

MICHELLE AND BARACK OBAMA SPORTS COMPLEX AT RANCHO CIENEGA
5001 OBAMA BLVD, LOS ANGELES, CA 90016
EMAIL: RANCHOCIENEGA.SPORTSCENTER@LACITY.ORG

SUMMER CLASSES AT-A-GLANCE

REGISTRATION OPENS 6/9/25
ALL CLASSES START THE WEEK OF 7/7 THRU 8/30

YOUTH CLASSES

| CLASSES | DAYS | TIMES | AGES |
|--|----------------------|---------------------|-------|
| Mini Beginners Boxing | Monday 7/7-8/25 | 5:00 PM - 6:00 PM | 3-6 |
| GPLA Beginners Boxing | Monday 7/7-8/25 | 6:00 PM - 7:00 PM | 7-17 |
| GPLA Boxing Fitness | Monday 7/7-8/25 | 7:00 PM - 8:00 PM | 7-17 |
| GPLA Volleyball Skills | Monday 7/7-8/25 | 6:00 PM - 7:00 PM | 9-11 |
| Beginners KickBoxing | Tuesday 7/8-8/26 | 5:00 PM - 6:00 PM | 7-17 |
| Basketball Skills Training | Tuesday 7/8-8/26 | 6:00 PM - 7:00 PM | 5-8 |
| Advanced Boxing Fundamentals | Tuesday 7/8-8/26 | 6:00 PM - 7:00 PM | 7-17 |
| Advanced Boxing Drills | Tuesday 7/8-8/26 | 7:00 PM - 8:00 PM | 7-17 |
| Gymnastics II | Wednesday 7/9-8/27 | 5:00 PM - 6:00 PM | 5-12 |
| Intermediate Boxing | Wednesday 7/9-8/27 | 4:00 PM - 5:00 PM | 7-17 |
| Intermediate Boxing Fitness | Wednesday 7/9-8/27 | 5:00 PM - 6:00 PM | 7-17 |
| Advanced Boxing Fitness | Wednesday 7/9-8/27 | 6:00 PM - 7:00 PM | 7-17 |
| Advanced Boxing | Wednesday 7/9-8/27 | 7:00 PM - 8:00 PM | 7-17 |
| Lacrosse Fundamentals | Wednesday 7/9-8/27 | 6:00 PM - 7:00 PM | 8-14 |
| Lacrosse Offensive Strategies & Concepts | Wednesday 7/9-8/27 | 7:00 PM - 8:00 PM | 8-14 |
| GPLA Volleyball Skills | Wednesday 7/9-8/27 | 6:00 PM - 7:00 PM | 12-16 |
| GPLA Softball Fielding | Thursday 7/10 - 8/28 | 5:30 PM - 6:30 PM | 6-8 |
| GPLA Softball Skills Training | Thursday 7/10 - 8/28 | 6:00 PM - 7:00 PM | 9-10 |
| Dodgeball Fitness | Friday 7/11 - 8/29 | 4:00 PM - 5:00 PM | 7-17 |
| Beginners Boxing | Friday 7/11 - 8/29 | 5:00 PM - 6:00 PM | 7-17 |
| Beginners Boxing Fundamentals | Friday 7/11 - 8/29 | 6:00 PM - 7:00 PM | 7-17 |
| GPLA Softball Advanced Fielding | Saturday 7/12 - 8/30 | 9:30 AM- 10:30 AM | 11-17 |
| GPLA Softball Advanced Skills Training | Saturday 7/12 - 8/30 | 10:30 AM - 11:30 AM | 11-17 |

FOR MORE INFORMATION PLEASE CONTACT US: (323) 290-3141



SCAN ME

"Achieving gender equity through a continuous commitment to girls and women in sports."
 "Persons with disabilities are welcomed to participate in our classes and programs. Reasonable accommodations will be made with prior arrangements. Please be aware that some accommodations may take 30 days or longer, submit your request for an accommodation as soon as possible."

Registration is on a first come, first served basis. The classes and programs in this flyer may be subject to cancellation without notice.

No refunds will be issued unless the program is cancelled by the Recreation Center.

\$10

PER PARTICIPANT

TO REGISTER



ADULT CLASSES

| CLASSES | DAYS | TIMES | AGE | FEE |
|------------------------------|----------------------|---------------------|-----|------|
| Ballroom Chacha & Salsa | Tuesday 7/8-8/26 | 11:00AM - 12:30 PM | 18+ | FREE |
| R&B Dance Workout | Tuesday 7/8-8/26 | 6:00 PM - 7:00 PM | 18+ | FREE |
| Line Dancing | Wednesday 7/9-8/27 | 2:00 PM - 4:30 PM | 18+ | FREE |
| Adult Salsa Dance | Wednesday 7/9-8/27 | 6:00 PM - 7:30 PM | 18+ | FREE |
| Ballroom Chacha & Salsa | Thursday 7/10 - 8/28 | 11:00AM - 12:30 PM | 18+ | FREE |
| R&B Dance Workout | Thursday 7/10 - 8/28 | 6:00 PM - 7:00 PM | 18+ | FREE |
| Xtreme Hip-Hop Step Aerobics | Saturday 7/12 - 8/30 | 10:00 AM - 11:30 AM | 18+ | \$40 |
| Adult Salsa Dance | Saturday 7/12 - 8/30 | 1:30 PM - 3:00 PM | 18+ | FREE |

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TO REGISTER

SCAN
ME



OR REGISTER NOW AT

THE FOLLOWING LINK

[HTTPS://WWW.LAPARKS.ORG/RECCENTER/MICHELLE-AND-BARACK-OBAMA-SPORTS-COMPLEX](https://www.laparks.org/reccenter/michelle-and-barack-obama-sports-complex)

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