



# FALL 2025 CLASSES AT-A-GLANCE

## YOUTH CLASSES

Fall

**REGISTRATION OPENS 9/8/25**

**ALL CLASSES START THE WEEK OF 10/6 THRU 12/6**

**\$10**

**PER PARTICIPANT**

CLASSES	DAYS	TIMES	AGES
Mini Beginners Exercise Class	Monday 10/6 - 12/1	5:00 PM - 6:00 PM	3-6
GPLA Beginners Boxing	Monday 10/6 - 12/1	6:00 PM - 7:00 PM	7-17
GPLA Boxing Fitness	Monday 10/6 - 12/1	7:00 PM - 8:00 PM	7-17
Baseball Skills Training	Monday 10/6 - 12/1	7:30 PM - 8:30 PM	9-12
GPLA Advanced Basketball Skills	Monday 10/6 - 12/1	7:30 PM - 8:30 PM	8-15
GPLA Basic Basketball Fundamentals	Monday 10/6 - 12/1	7:30 PM - 8:30 PM	8-15
Beginners KickBoxing	Tuesday 10/7 - 12/2	5:00 PM - 6:00 PM	7-17
Advanced Boxing Drills	Tuesday 10/7 - 12/2	7:00 PM - 8:00 PM	7-17
Advanced Basketball Skills	Tuesday 10/7 - 12/2	7:00 PM - 8:00 PM	9-15
Advanced Basketball Run & Shoot	Tuesday 10/7 - 12/2	8:00 PM - 9:00 PM	9-15
Intermediate Boxing Fitness	Wednesday 10/8 - 12/3	5:00 PM - 6:00 PM	7-17
Advanced Boxing Fitness	Wednesday 10/8 - 12/3	6:00 PM - 7:00 PM	7-17
Advanced Boxing	Wednesday 10/8 - 12/3	7:00 PM - 8:00 PM	7-17
Lacrosse Fundamentals	Wednesday 10/8 - 12/3	6:00 PM - 7:00 PM	8-14
Lacrosse Offensive Strategies & Concepts	Wednesday 10/8 - 12/3	7:00 PM - 8:00 PM	8-14
Dodgeball Fitness	Thursday 10/9 - 12/4	5:00 PM - 6:00 PM	7-17
Beginners Boxing	Thursday 10/9 - 12/4	6:00 PM - 7:00 PM	7-17
Beginners Boxing Fundamentals	Thursday 10/9 - 12/4	7:00 PM - 8:00 PM	7-17
Game Ready Basketball Skills	Thursday 10/9 - 12/4	6:30 PM - 7:30 PM	9-15
Game Ready Basketball Fundamentals	Thursday 10/9 - 12/4	7:30 PM - 8:30 PM	9-15
GPLA Softball Fielding Fundamentals	Thursday 10/9 - 12/4	5:30 PM - 6:30 PM	8-15
GPLA Softball Skills Training	Thursday 10/9 - 12/4	6:30 PM - 7:30 PM	8-15
Lacrosse Fitness	Friday 10/10 - 12/5	6:00 PM - 7:00 PM	8-14
Lacrosse Skills Training	Friday 10/10 - 12/5	7:00 PM - 8:00 PM	8-14
Beginners Basketball Fundamentals	Friday 10/10 - 12/5	6:00 PM - 7:00 PM	9-15
Baseball Skills Clinic Session 1 (3 days only)	Friday - 10/10, 10/17, 10/24	6:30 PM - 8:30 PM	9-12
Baseball Skills Clinic Session 2 (3 days only)	Friday - 11/07, 11/14, 11/21	6:30 PM - 8:30 PM	9-12

**MADE POSSIBLE BY THE LA28 OLYMPIC AND PARALYMPIC GAMES**

OBAMA SPORTS COMPLEX AT RANCHO CIENEGA

5001 OBAMA BLVD., LOS ANGELES, CA 90016

(323) 290-3141

RANCHOCIENEGA.SPORTSCENTER@LACITY.ORG



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Fall

## ADULT CLASSES

FREE

**ALL FREE CLASSES ARE YEAR ROUND**

CLASSES	DAYS	TIMES	AGE	FEE
Ballroom Chacha & Salsa	Tuesdays	11:00AM - 12:30 PM	18+	FREE
R&B Dance Workout	Tuesdays	6:00 PM - 7:00 PM	18+	FREE
Line Dancing	Wednesdays	2:00 PM - 4:30 PM	18+	FREE
Adult Salsa Dance	Wednesdays	6:00 PM - 7:30 PM	18+	FREE
Ballroom Chacha & Salsa	Thursdays	11:00AM - 12:30 PM	18+	FREE
R&B Dance Workout	Thursdays	6:00 PM - 7:00 PM	18+	FREE
Adult Salsa Dance	Saturdays	1:30 PM - 3:00 PM	18+	FREE

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

ACHIEVING GENDER EQUALITY THROUGH A CONTINUOUS COMMITMENT TO GIRLS AND WOMEN IN SPORTS.

IF YOU ARE A PERSON WITH A DISABILITY AND REQUIRE ACCOMMODATION TO PARTICIPATE IN A CITY OF LOS ANGELES DEPARTMENT OF RECREATION AND PARKS PROGRAM, SERVICE, OR ACTIVITY, REQUESTS MAY BE MADE BY CALLING THE FACILITY AT 213-290-3141, OR 711 FOR CA RELAY, TEN DAYS IN ADVANCE OF THE EVENT. WE WILL DO OUR BEST TO FULFILL REQUESTS WITH LESS THAN TEN BUSINESS DAYS' NOTICE.

IF A PARTICIPANT REQUIRES A ONE TO ONE AIDE, REQUESTS WILL BE FULFILLED WITHIN SEVEN BUSINESS DAYS OF RECEIVING REQUIRED PAPERWORK AND DOCUMENTATION NEEDED TO ISSUE A RIGHT OF ENTRY PERMIT TO THE AGENCY PROVIDING THE AIDE.

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