



CITY OF LOS ANGELES DEPARTMENT OF RECREATION & PARKS
MT. CARMEL RECREATION CENTER
830W. 70TH ST. LOS ANGELES, CA 90044
323-789-2757



PLYOMETRICS WITH MINTONETTE TRAINING



WITH COACH JOSE

**\$10 PER
CLASS**

Register Now!

Classes Begin - January 17th, 2026

Saturdays

*Ages 8-12 yrs - 2pm - 3pm
Ages 10-15 yrs - 3pm - 4pm*

Ends - March 7th, 2026



ALL PLAYERS MUST COMPLETE REGISTRATION PAPERWORK AND PAY
REGISTRATION FEES IN ORDER TO BE PLACED IN CLASS

GPLA
Girls Play Los Angeles



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 (323-789-2757), 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.