



CITY OF LOS ANGELES DEPARTMENT OF
RECREATION & PARKS
MT. CARMEL RECREATION CENTER
830W. 70TH ST. LOS ANGELES, CA 90044
323-789-2756



WEIGHT TRAINING

AGES 9-11

6-7 PM

AGES 12-17

7-8 PM

WITH COACH ESTELA

REGISTER NOW

TUESDAYS

**\$10 PER
CLASS**

JANUARY 13TH - MARCH 3RD

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.

