Palisades Rec Center Fall 2019
Flag Football

COST: $200

Ages: 7-12
Register: 5/1/19 to 8/10/19
League Dates: 9/10/19 to 11/21/19
Playoffs: 12/2/19 to 12/13/19
Games are played at 4:15pm, 5:15pm, or 6:15pm and
are scheduled on a rotating basis.

GIRLS & CO-ED GAME DAYS

<table>
<thead>
<tr>
<th>Division</th>
<th>Age</th>
<th>Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bantam</td>
<td>7-8</td>
<td>Tuesday</td>
</tr>
<tr>
<td>Minor</td>
<td>9-10</td>
<td>Thursday</td>
</tr>
<tr>
<td>Major</td>
<td>11-12</td>
<td>Wednesday</td>
</tr>
</tbody>
</table>

GIRLS & CO-ED EVALS SUNDAY

8/25/19

<table>
<thead>
<tr>
<th>Division</th>
<th>Age</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bantam</td>
<td>7-8</td>
<td>10am-11am</td>
</tr>
<tr>
<td>Minor</td>
<td>9-10</td>
<td>11am-12pm</td>
</tr>
<tr>
<td>Major</td>
<td>11-12</td>
<td>12pm-1pm</td>
</tr>
</tbody>
</table>

There are no switches or trades after the draft has been completed.
Requests are taken as a courtesy only and are NOT guaranteed.

Rookie Football Clinic

CO-ED & GIRLS AGES 5-6
Cost: $150

Register: 5/1/19 to 8/10/19
Clinic Dates: 9/11/17 to 11/20/17
Wednesdays 4pm - 5pm
Learn the basics of youth flag football among your peers. This clinic is suitable for all skill levels. Even if
you don’t know how to play football we will teach you the fundamentals and the rules of the game.

City of Los Angeles Recreation and Parks
Palisades Recreation Center
851 Alma Real Dr., Pacific Palisades, CA 90272
310-454-1412    palisades.rc@lacity.org

Persons with disabilities are encouraged to participate in our programs. Reasonable accommodations will be made with prior arrangements.
Achieving gender equality through a continuous commitment to girls in sports. Programs are subject to change or cancellation.