

CITY OF LOS ANGELES DEPARTMENT OF RECREATION & PARKS

WRESTLING



RIO DE LOS ANGELES STATE PARK

1900 N. SAN FERNANDO ROAD

LOS ANGELES, CA 90065

Phone: (323) 276 - 3015

Email: riodela.recreationcenter@lacity.org



Registration begins
November 28
Classes begin the week of
January 9—14
End the week of
February 28—March 4



**AGES: 5 TO 15—SATURDAY:
11:00 AM—12:00 PM**

FEE: \$10: 8 WEEK SESSION

WRESTLING CLASSES WILL TEACH VARIOUS TECHNIQUES SUCH AS GRAPPLING TYPE TECHNIQUES, THROWS, TAKE DOWNS, JOINT LOCKS, PINS AND OTHER GRAPPLING HOLDS.

QUICK LINKS

For more info visit:
tinyurl.com/riodelainfo
Or Scan Below



To register visit:
tinyurl.com/riodelareg
Or Scan Below



Persons with disabilities are welcome to participate in our programs, reasonable accommodations will be made with prior arrangement.