Silver Lake Recreation Center

GIRLS ONLY SPORTS CLUB will help promote health and wellness through sports. Girls will not only get an increased awareness and understanding of the sports through teamwork and exercise, but will build long lasting friendship and camaraderie as well as build confidence through practice and play.

SESSION 1
Sept. 4th - Oct. 9th

SESSION 2
Nov. 6th - Dec. 11

SESSION 3
Jan. 8th - Feb. 12th

1850 W. Silver Lake Dr.
Los Angeles CA 90026
(323) 644-3946

Wednesday
5:00 pm - 5:45 pm

Ages: 5 - 7

Look for us at: www.LAParks.org

“Participation in fitness classes involves varying degrees of accidental injury risks. The City of Los Angeles Department of Recreation and Parks (RAP) is not responsible for any injury to any person suffered while warming up or participating in exercise and fitness classes for any reason whatsoever. Each adult participant certifies upon registration that he/she is physically capable of participating in a class. Parents and/or legal guardians are solely responsible for ensuring participants who are their legal minors are physically capable of participating in a class. RAP recommends that every participant speak with a Physician and receive a physical prior to participating in any exercise and fitness class.”

Persons with disabilities are encouraged to participate in our programs. Reasonable accommodations will be made with prior arrangements.

Good Sportsmanship is Everyone’s Responsibility. Be a Good Sport. The classes and programs on this flyer may be subject to cancellation.