



City of Los Angeles Department of Recreation & Parks

TARZANA RECREATION CENTER

5655 Vanalden Ave Tarzana, CA 91356



tarzana.recreationcenter@lacity.org



818-343-5946



tarzanarc



Winter 2026

Kickboxing Class

Age 12+

Instructor: Sensei Ari

**IN PERSON & ONLINE REGISTRATION
OPENS DECEMBER 8TH @9AM**



8 Weeks beginning week of January 17th

SATURDAYS 1:00-2:30 PM



FEE: \$140*



***WAIVERS
AVAILABLE FOR
THOSE WHO QUALIFY.
ASK FOR DETAILS***



- Learn self-defense techniques
- Build strength & endurance
- Gain self esteem & confidence
- Develop leadership qualities
- Learn kicks, punches, knees, elbows, & defense+counters



PlayLA Youth and Adaptive Youth Sports Program is made possible by the LA28 Olympic and Paralympic Games.

All programs subject to change or cancellation. A 15% cancellation fee is assessed for all refunds. Persons with disabilities are welcome to participate in our programs. In some cases a person of assistance may be required. Reasonable accommodations will be made with prior arrangements. Achieving gender equity through a continuous commitment to girls and women in sports. Good sportsmanship is everyone's responsibility. IT STARTS WITH YOU!