



City of Los Angeles - Department of Recreation and Parks

# VAN NUYS RECREATION CENTER

14301 Vanowen St. Van Nuys, CA. 91405. (818) 756-8131

[Laparks.org/recenter/van-nuys](http://Laparks.org/recenter/van-nuys)



# FALL CLASSES



CLASS	AGES	DAY	TIME	COST
TRACK & FIELD	5 - 12	TUESDAY	4:45PM - 5:45PM	\$10
TAEKWONDO	5 - 12	TUESDAY	5:45PM - 6:45PM	\$10
GPLA FOLKLORICO - BEGINNER	5 - 17	WEDNESDAY	5:30PM - 6:30PM	\$10
GPLA FOLKLORICO - INTERMEDIATE	5 - 17	WEDNESDAY	6:45PM - 7:45PM	\$10
YOUTH FITNESS	5 - 12	THURSDAY	5:00PM - 6:00PM	\$10
GPLA SOCCER SKILLS	16 - 17	FRIDAY	6:00PM - 7:00PM	\$10
BOXING SKILLS	9 - 17	SATURDAY	9:30AM - 10:30AM	\$10
CO-REC SOCCER SKILLS 101	3 - 4	SATURDAY	8:15AM - 9:15AM	\$10
GPLA SOCCER SKILLS 101	3 - 4	SATURDAY	8:15AM - 9:15AM	\$10

\*GPLA CLASSES (ALL GIRLS)

**\*\*\*Registration begins: August 28, 2023\*\*\***

\*Register in person or online @ [Laparks.org/recenter/van-nuys](http://Laparks.org/recenter/van-nuys)

**\*\*Session runs: October 2, 2023 - December 9, 2023**

\*Each class is offered for 8 sessions.

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

*"Achieving gender equity through a continuous commitment to girls and women in sports."*

*Information on this flyer is subject to change or cancellation without prior notice.*



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# CLASES DE OTOÑO



CLASE	EDADES	DIA	HORARIO	COSTO
PISTA Y CAMPO	5 - 12	MARTES	4:45PM - 5:45PM	\$10
TAEKWONDO	5 - 12	MARTES	5:45PM - 6:45PM	\$10
GPLA FOLKLORICO - PRINCIPIANTE	5 - 17	MIERCOLES	5:30PM - 6:30PM	\$10
GPLA FOLKLORICO - INTERMEDIA	5 - 17	MIERCOLES	6:45PM - 7:45PM	\$10
APTITUD JUVENIL	5 - 12	JUEVES	5:00PM - 6:00PM	\$10
GPLA FUTBOL	16 - 17	VIERNES	6:00PM - 7:00PM	\$10
HABILIDADES DE BOXEO	9 - 17	SABADO	9:30AM - 10:30AM	\$10
HABILIDADES DE FUTBOL	3 - 4	SABADO	8:15AM - 9:15AM	\$10
HABILIDADES DE FUTBOL (GPLA)	3 - 4	SABADO	8:15AM - 9:15AM	\$10

\*GPLA CLASES (SOLO PARA NIÑAS)

**\*\*\* Comienza el registro: 28 de Agosto del 2023 \*\*\***

\*Regístrate en persona o en línea @ [Laparks.org/reccenter/van-nuys](http://Laparks.org/reccenter/van-nuys)

**\*\*Clases Comienza: 2 de Octubre del 2023 - 9 de Diciembre del 2023**

\*Clases son por ocho semanas.

"Las personas con discapacidades son bienvenidas a participar en nuestros programas. Se harán adaptaciones razonables con arreglos previos".

"Lograr la equidad de género a través de un compromiso continuo con las niñas y mujeres en el deporte".

La información de este folleto está sujeta a cambios o cancelaciones sin previo aviso.