

WESTWOOD RC CHILDREN'S CLASSES



Online or in Person
laparks.org/reccenter/westwood
REGISTRATION BEGINS DEC. 8TH

WINTER 2026

CLASS NAME	AGES	TIME	FEE / WEEKS	INSTRUCTOR	CLASS DATES
MONDAY (no classes on 1/19 and 2/16)					
Karate - Beginning	5 - 17	4:00 - 4:45pm	\$140 / 8wks	Roesha Hightower	1/12 - 3/23
Karate - Novice	5 - 17	5:00 - 5:45pm	\$140 / 8wks	Roesha Hightower	1/12 - 3/23
Karate - Intermediate	9 - 17	6:00 - 6:45pm	\$140 / 8wks	Roesha Hightower	1/12 - 3/23
TUESDAY					
Clay & Ceramics for Kids	6 - 10	4:00 - 4:45pm	\$150 / 8wks	Teacher Fereshteh	1/13 - 3/24
GPLA Volleyball Clinic	8 - 10	6:00 - 6:45pm	\$140 / 8wks	Staff	1/13 - 3/24
GPLA Volleyball Clinic	11 - 14	7:00 - 7:45pm	\$140 / 8wks	Staff	1/13 - 3/24
Karate - Beginner & Novice	5 - 17	6:00 - 6:45pm	\$140 / 8wks	Roesha Hightower	1/13 - 3/24
Karate - Intermediate	5 - 17	7:00 - 7:45pm	\$140 / 8wks	Roesha Hightower	1/13 - 3/24
WEDNESDAY					
High 5 Basketball Clinic	5 - 6	4:00 - 4:45pm	\$150 / 8wks	David Carter	1/14 - 3/25
Karate - Beginner & Novice	5 - 17	6:00 - 6:45pm	\$140 / 8wks	Roesha Hightower	1/14 - 3/25
Karate - Intermediate	5 - 17	7:00 - 7:45pm	\$140 / 8wks	Roesha Hightower	1/14 - 3/25
THURSDAY					
High 5 Basketball Clinic	7 - 8	4:00 - 4:45pm	\$150 / 8wks	David Carter	1/15 - 3/26
Art Studio	5 - 12	4:00 - 5:00pm	\$140 / 8wks	Teacher Annie	1/15 - 3/26
Drawing Class	5 - 12	5:30 - 6:30pm	\$140 / 8wks	Teacher Annie	1/15 - 3/26
FRIDAY					
Karate - Beginner & Novice	5 - 17	5:00 - 5:45pm	\$140 / 8wks	Roesha Hightower	1/16 - 3/27
Karate - Intermediate	5 - 17	6:00 - 6:45pm	\$140 / 8wks	Roesha Hightower	1/16 - 3/27
Karate - Sparring Class (kumite)	9 - 17	7:00 - 7:45pm	\$140 / 8wks	Roesha Hightower	1/16 - 3/27
Soccer Class	5 - 6	4:00 - 4:45am	\$140 / 8wks	Saray Cortes	1/14 - 3/25
Soccer Class	7 - 8	5:00 - 5:45am	\$140 / 8wks	Saray Cortes	1/14 - 3/25
SATURDAY					
Gymnastics Class	3 - 4	9:00 - 9:45am	\$140 / 8wks	Emily Glenn	1/17 - 3/28
Gymnastics Class	5 - 6	10:00 - 10:45am	\$140 / 8wks	Emily Glenn	1/17 - 3/28
Gymnastics Class	7 - 8	11:00 - 11:45am	\$140 / 8wks	Emily Glenn	1/17 - 3/28
Gymnastics Class	9 - 12	12:00 - 12:45am	\$140 / 8wks	Emily Glenn	1/17 - 3/28
Flag Football Clinic	5 - 8	10:30 - 11:15am	\$140 / 8wks	Jose Rivera	1/17 - 3/28



WESTWOOD RC ADULT CLASSES



Online or in Person
laparks.org/reccenter/westwood
REGISTRATION BEGINS DEC. 8TH

CLASS NAME	AGES	TIME	FEE / WEEKS	INSTRUCTOR	CLASS DATES
MONDAY (no classes on 1/19 and 2/16)					
Adult Fitness / Cardio M,W,Th	18+	8:00am-8:55am	\$250 / 8wks	Deidre Smith	1/12 - 3/23
TUESDAY					
Ceramics	18+	9:00am - 2:00pm	\$250 / 10wks	Teacher Fereshteh	1/13 - 4/7
Racquetball Beginners	18+	6:00pm - 6:55pm	\$150 / 8wks	Jacob Helali	1/13 - 3/24
THURSDAY					
Racquetball Intermediate	18+	6:00pm-6:55pm	\$150 / 8wks	Jacob Helali	1/14 - 3/26
Racquetball advanced	18+	7:00pm-7:55pm	\$150 / 8wks	Jacob Helali	1/14 - 3/26
SATURDAY					
Karate - Beginning	18+	2:00pm - 2:55pm	\$150 / 8wks	Roesha Hightower	1/14 - 3/28
Karate - Intermediate	18+	3:00pm - 3:55pm	\$150 / 8wks	Roesha Hightower	1/14 - 3/28

WINTER 2026



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

Persons with disabilities are welcomed to participate in our programs. Reasonable accommodations will be made with prior arrangements. Please be aware that some accommodations may take 30 days or longer. Please submit your request for an accommodation as soon as possible.



310-473-3610



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