



**CITY OF LOS ANGELES
DEPARTMENT OF RECREATION AND PARKS**



PARK PROUD LA

FREE
WELLNESS PROGRAMS
FOR ADULTS

WILMINGTON RECREATION CENTER

325 N. Neptune Avenue

Wilmington, CA 90744

310-548-7645

SUMMER CLASSES: August 14, 2019 - Sept 21, 2019



- ◆ *Creative Crafts* 6:00pm-7:00pm
Wednesdays: Multi-purpose Rm (MPR)
- ◆ *Hula Dancing* 7:00pm-8:00pm
Wednesdays: MPR
- ◆ *Painting* 6:00pm-7:00pm
Thursdays: MPR
- ◆ *Sweet Creations* 7:00pm-8:00pm
Thursdays: Kitchen & MPR
- ◆ *Kung Fu* 10:00am-11:00am
Saturdays: Outdoor Grass Area
- ◆ *Tai Chi Fan* 11:00am-12:00pm
Saturdays: Outdoor Grass Area

PERSONS WITH DISABILITIES ARE WELCOME TO PARTICIPATE IN OUR PROGRAMS.
REASONABLE ACCOMMODATIONS WILL BE MADE WITH PRIOR ARRANGEMENTS.
PROGRAMS SUBJECT TO CHANGE OR CANCELLATION.



**CITY OF LOS ANGELES
DEPARTMENT OF RECREATION AND PARKS**



GRATIS

PROGRAMAS DE BIENESTAR

POR ADULTOS

WILMINGTON RECREATION CENTER

325 N. Neptune Avenue

Wilmington, CA 90744

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clases de verano: 14 de Agosto 2019 - 21 de Septiembre 2019



- ◆ *Manualidades creativas 6:00 pm-7:00pm*
Miércoles: Salón de usos múltiples (MPR)
- ◆ *Baile Hula 7:00 pm-8:00pm*
Miércoles: MPR
- ◆ *Pintando 6:00 pm-7:00pm*
Jueves: MPR
- ◆ *Creaciones Dulces 7:00 pm-8:00pm*
Jueves: Cocina y MPR
- ◆ *Kung Fu 10:00 am-11:00am*
Sábados: área de césped al aire libre
- ◆ *Tai Chi Fan 11:00 am-12:00pm*
Sábados: área de césped al aire libre

**PERSONAS CON INCAPACIDADES SON BIENVENIDAS A PARTICIPAR EN NUESTROS PROGRAMAS.
SE HARÁN ACOMODACIONES RAZONABLES CON AVISO PREVIO.
LAS CLASES SON SUJETAS A CAMBIOS O CANCELACIÓN SIN AVISO PREVIO.**