



YOUTH AND ADAPTIVE YOUTH SPORTS

Summer 2024: Learn to Stand Up Paddle Board

Program Requirements: Ages 7-17

Program Time: 9am-12pm

\$10

- **Total Body Workout:** Engage your core muscles, improve balance, and tone your body while having fun on the water. ☀️
- **Outdoor Adventure:** Experience the beauty of nature from a unique perspective while gliding across the water. 😊
- **Relaxation:** Enjoy the peaceful tranquility of paddling at your own pace, soaking in the sunshine and fresh air. 👧👦



Session	Dates	Registration*	Location
#1	Monday 6/17 - Friday 6/21**	June 2	Cabrillo Beach or Hansen Dam
#2	Monday 6/24 - Friday 6/28	June 2	Cabrillo Beach or Hansen Dam
#3	Monday 7/1 - Friday 7/5**	June 2	Cabrillo Beach or Hansen Dam
#4	Monday 7/8 - Friday 7/12	June 29	Cabrillo Beach or Hansen Dam
#5	Monday 7/15 - Friday 7/19	June 29	Cabrillo Beach or Hansen Dam
#6	Monday 7/22 - Friday 7/26	July 13	Cabrillo Beach or Hansen Dam
#7	Monday 7/29 - Friday 8/2	July 13	Cabrillo Beach or Hansen Dam
#8	Monday 8/5 - Friday 8/9	July 27	Cabrillo Beach or Hansen Dam

*Online Registration opens @ 9:00 AM. ONLINE ONLY.

**No class on 6/19 or 7/4

Visit: www.laparks.org/discover-activities to register.

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

Made possible by the LA28 Olympic and Paralympic Games

