



CITY OF LOS ANGELES DEPARTMENT OF RECREATION AND PARKS

VAN NUYS RECREATION CENTER

14301 VANOWEN ST. VAN NUYS, CA 91405

(818)756-8131

VANNUYS.RECREATIONCENTER@LACITY.ORG



Winter Classes

Class	Age	Day	Time	Price
Track and Field	5-10	Tuesdays	4:30 PM-5:30 PM	\$10
Taekwondo 1 Beginner **Additional gear may be required**	5-12	Tuesdays	5:15 PM-6:15 PM	\$10
Taekwondo 2 Intermediate (Color Belts) **Additional gear may be required** *For Purple Belts and above*	5-12	Tuesdays	6:15 PM-7:15 PM	\$10
Taekwondo Sparring *Must have attended at least 1 Taekwondo Class* **Additional gear may be required**	5-12	Tuesdays	7:15 PM-8:15 PM	\$10
GPLA Folklorico Beginner **Additional attire may be required**	5-17	Wednesdays	5:30 PM-6:30 PM	\$10
GPLA Folklorico Intermediate **Additional attire may be required**	5-17	Wednesdays	6:30 PM- 7:30 PM	\$10
GPLA Folklorico 101 **Additional attire may be required**	5-17	Wednesdays	7:30 PM-8:30 PM	\$10
GPLA Pre-Ballet and Dance *Leotard may be required*	3-4	Thursdays	10:00 AM-11:00 AM	\$10
Boxing Skills *For beginners and intermediate*	9-17	Saturdays	9:30 AM-10:30 AM	\$10

*****Registration begins: Monday, December 2nd*****

Register in person or online @

<https://www.laparks.org/discover-activities?filters=location.popular.-1>

Session runs: January 13th-March 14th

Each class is offered for 8 sessions.

Each class is only \$10

GPLA=Girls only

Van Nuys RC will send a reminder email only



Persons with disabilities are welcome to participate in our classes and 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.

"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.

Refunds will only be issued prior to the first day of the program or if the program is cancelled by the recreation facility. A non-refundable 15% administrative fee will be assessed by the City of Los Angeles Department of Recreation and Parks for any patron granted a refund. Credits, refunds or make-ups will not be provided for classes missed by the patron and there will be no prorating of fees.



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 HTTPS://WWW.LAPARKS.ORG/RECCENTER/VAN-NUYS

Winter Clinics

Clinic	Age	Day	Date	Date	Date	Time
T-Ball Clinic	5-6	Fridays	1/17	1/24	1/31	3:45 PM-5:45 PM
Baseball Clinic	7-9	Fridays	2/7	2/21	2/28	3:45 PM-5:45 PM
GPLA Volleyball Skills Clinic	10-12	Sundays	2/16	2/23	3/2	2:30 PM-4:30 PM
GPLA Volleyball Clinic	13-15	Sundays	3/9	3/16	3/23	2:30 PM-4:30 PM

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Each Clinic meets three times during the season for two hours.

Each Clinic is only \$10

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