



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



Summer Classes

Class	Age	Day	Time	Price
Taekwondo 1	5-12	Tuesdays	5:30 PM-6:30 PM	\$10
Taekwondo 2	5-12	Tuesdays	6:30 PM-7:30 PM	\$10
Track and Field	5-10	Tuesdays	4:30 PM-5:30 PM	\$10
GPLA Folklorico Beginner	5-17	Wednesdays	5:00 PM-6:00 PM	\$10
GPLA Folklorico Intermediate	5-17	Wednesdays	6:05 PM-7:05 PM	\$10
Folklorico 101	5-17	Wednesdays	7:10 PM-8:15 PM	\$10
GPLA Pre-Ballet and Dance	3-4	Thursdays	10:00 AM-11:00 AM	\$10
GPLA Running Skills	5-12	Thursdays	4:30PM-5:30PM	\$10
Sparing & Self Defense	5-12	Fridays	5:30 PM-6:30PM	\$10
Soccer Skills	3-4	Saturdays	8:30 AM-9:30 AM	\$10
Boxing Skills	9-17	Saturdays	9:30 AM-10:30 AM	\$10



*****Registration begins: Monday, June 3, 2024*****

Register in person or online @

[https://www.laparks.org/discover-activities?](https://www.laparks.org/discover-activities?filters=location.popular.-1)

filters=location.popular.-1

Session runs: July 8th - August 30th

Each class is offered for 8 sessions.

Each class is only \$10

GPLA=Girls 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.



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



Summer Clinics

Clinic	Age	Day	Date	Date	Date	Time
Soccer Clinic	9-10	Mondays	7/29	8/5	8/12	5:30PM-7:30PM
Soccer Skills Clinic	11-13	Mondays	8/19	8/26	9/9	5:30PM-7:30PM
GPLA Running Clinic	6-12	Tuesdays	7/9	7/23	8/6	4:00PM-6:00PM
Tennis Clinic	6-9	Thursdays	7/18	8/1	8/15	4:45PM-6:45PM
Dodgeball Clinic	9-13	Fridays	8/16	8/23	8/30	6:30PM-8:30PM
GPLA Soccer Drills Clinic	8-15	Fridays	7/12	7/19	7/26	3:45PM-5:45PM
GPLA Volleyball Clinic	7-10	Saturdays	7/20	7/27	8/3	3:00PM-5:00PM
GPLA Volleyball Skills Clinic	11-15	Saturdays	8/10	8/17	8/24	3:00PM-5:00PM



*****Registration begins: June 3, 2024*****

Register in person or online @

[https://www.laparks.org/discover-activities?](https://www.laparks.org/discover-activities?filters=location.popular.-1)

[filters=location.popular.-1](https://www.laparks.org/discover-activities?filters=location.popular.-1)

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

Each Clinic is only \$10

GPLA= Girls 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.



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



Clases de Verano

Clase	Edad	Día	Hora	Precio
Taekwondo 1	5-12	martes	5:30 PM-6:30 PM	\$10
Taekwondo 2	5-12	martes	6:30 PM-7:30 PM	\$10
Atletismo	5-10	martes	4:30 PM-5:30 PM	\$10
GPLA Folklórico Principiante	5-17	miércoles	5:00PM-6:00PM	\$10
GPLA Folklórico Intermedio	5-17	miércoles	6:05PM-7:05PM	\$10
Folklórico 101	5-17	miércoles	7:10 PM-8:10 PM	\$10
Pre-Ballet y Danza GPLA	3-4	jueves	10:00 AM-11:00 AM	\$10
Habilidades de carrera GPLA	5-12	jueves	4:30 PM-5:30 PM	\$10
Moderación y autodefensa	5-12	viernes	5:30 PM-6:30 PM	\$10
Habilidades futbolísticas	3-4	sábados	8:30 AM-9:30 AM	\$10
Habilidades de boxeo	9-17	sábados	9:30 AM-10:30 AM	\$10



*****La inscripción comienza: lunes 3 de junio de 2024*****

Regístrese en persona o en línea @

[https://www.laparks.org/discover-activities?](https://www.laparks.org/discover-activities?filters=location.popular.-1)

filters=location.popular.-1

La sesión dura: del 8 de julio al 30 de agosto

Cada clase se ofrece durante 8 sesiones.

Cada clase cuesta solo \$10

GPLA=Solo niñas



"Las personas con discapacidades pueden participar en nuestras clases y programas. Se harán adaptaciones razonables con arreglos previos. Tenga en cuenta que algunas adaptaciones pueden tardar 30 días o más. Envíe su solicitud de adaptación lo antes posible." "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 cancelación sin previo aviso.



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



Clínicas de verano

Clínica	Edad	Día	Fecha	Fecha	Fecha	Tiempo
Clínica de Fútbol	9-10	lunes	7/29	8/5	8/12	5:30PM-7:30PM
Clínica de tenis	6-9	jueves	7/18	8/1	8/15	4:45PM-6:45PM
Clínica de habilidades futbolísticas	11-13	lunes	8/19	8/26	9/9	5:30PM-7:30PM
Clínica de balón prisionero	9-13	viernes	8/16	8/23	8/30	6:30PM-8:30PM
Clínica de carrera GPLA	6-12	martes	7/9	7/23	8/6	4:00PM-6:00PM
Ejercicios de fútbol GPLA	8-15	viernes	7/12	7/19	7/26	3:45PM-5:45PM
Clínica de voleibol GPLA	7-10	sábados	8/12	8/19	8/26	3:00PM-5:00PM
Clínica de habilidades de voleibol GPLA	11-15	sábados	7/20	7/27	8/3	3:00PM-5:00PM



*****La inscripción comienza: 3 de junio de 2024*****

Regístrese en persona o en línea @

[https://www.laparks.org/discover-activities?](https://www.laparks.org/discover-activities?filters=location.popular.-1)

filters=location.popular.-1

Cada clínica se reúne tres veces durante la temporada durante dos horas.

Cada clínica cuesta solo \$10

GPLA= Solo niñas



"Las personas con discapacidades pueden participar en nuestras clases y programas.

Se harán adaptaciones razonables con arreglos previos. Tenga en cuenta que algunas adaptaciones pueden tardar 30 días o más.

Envíe su solicitud de adaptación lo antes posible." "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 cancelación sin previo aviso.

