

WEIGHT TRAINING & CONDITIONING CLASS

***REGISTRATION BEGINS:
03/09/2026***



***CLASS BEGINS:
04/08/2026***

Class	Age	Price	Day & Time
Weight Training & Condition	9-12 years	\$10	Tuesdays @ 7pm

Space is limited

***Loren Miller Recreation Center
2717 S. Halldale Avenue
Los Angeles, CA 90018
323-734-4386***

Play LA Youth and Adaptive Sports Program is made possible by the LA28 Olympic and Paralympic Games. This subsidy allows youth to participate for \$10. Waivers are available, ask for details.

If you are a person with a disability and require accommodation to participate in the City of Los Angeles Department of Recreation and Parks program, service, or activity, requests may be made by calling the facility (323-734-4386), or 711 for CA Relay, ten days in advance of the event. We will do our best to fulfill requests with less than ten business days' notice.

If a participant requires a one to one aide, requests will be fulfilled within seven business days of receiving required paperwork and documentation needed to issue a Right of Entry Permit to the agency providing the aide.

laparks.org
lorenmiller.recreationcenter@lacity.org
323.734.4386

Come play with us on
lorenmiller.rec



City of Los Angeles
Department of Recreation and Parks



SCAN HERE TO REGISTER

