



CITY OF LOS ANGELES - DEPARTMENT OF RECREATION AND PARKS
SOUTH SEAS HOUSE RECREATION CENTER
2301 W. 24TH ST. LOS ANGELES, CA 90018
PHONE: (323)373-9483 / RAP.SOUTHSEASHOUSE@LACITY.ORG



\$70*
PER CLASS/
PER CHILD

*DISCOUNTED PRICE IS DUE TO LA28 GRANTS THAT SUPPORT YOUTH SPORTS PROGRAMS THROUGH THE CITY OF LOS ANGELES DEPARTMENT OF RECREATION AND PARKS VIA THE PLAY LA INITIATIVE!

WINTER 2026 YOUTH SPORTS CLASSES AND CLINICS
REGISTRATION BEGINS: MONDAY, DECEMBER 8, 2025

CLASS NAME	AGES	TIME	INSTRUCTOR	LOCATION
MONDAYS: 1/12-3/6				
Ultimate Frisbee	5 - 12	4:30pm-5:30pm	COACH DON	Annex
Self Defense	5 - 12	5:30pm-6:30pm	COACH ASTRID	SSH Backyard
TUESDAYS: 1/13-3/3				
Dodgeball	5 - 12	4:00 p.m. - 5:00 p.m.	STAFF	Annex
Freestyle Dance	5 - 12	5:00 p.m. - 6:00 p.m.	STAFF	SSH Living Room
WEDNESDAYS: 1/14-3/4				
Parachute Fitness	5 - 12	4:00 p.m. - 5:00 p.m.	STAFF	Annex
Zumba	5 - 12	5:00 p.m. - 6:00 p.m.	STAFF	SSH Living Room
THURSDAYS: 1/15-3/5				
Basketball Shootout	5 - 12	4:00 p.m. - 5:00 p.m.	STAFF	Basketball Courts
Soccer Skills	5 - 12	4:00 p.m. - 5:00 p.m.	COACH GIOVANNA	Annex
Hip Hop Dance	5 - 12	5:00 p.m. - 6:00 p.m.	STAFF	SSH Living Room
GPLA Soccer	5 - 12	5:00 p.m. - 6:00 p.m.	COACH GIOVANNA	Annex
FRIDAYS: 1/16-3/6				
Playground Parkour	5 - 12	4:00 p.m. - 5:00 p.m.	STAFF	Playground
Boxing Beginners	5 - 12	4:00 p.m. - 5:00 p.m.	COACH TT	SSH Backyard
Get Moving - Dance Fitness	9 - 14	5:00 p.m. - 6:00 p.m.	STAFF	SSH Living Room
GPLA Boxing	9 - 14	5:00 p.m. - 6:00 p.m.	COACH TT	SSH Backyard
SATURDAYS: 1/17-3/7 (CLASSES WITH AN * DO NOT START UNTIL 1/24/26)				
Little Ballers*	2.8 - 5	10:00 a.m. - 11:00 a.m.	COACH TT	Basketball Courts
Yoga Fundamentals	5 - 12	10:00 a.m. - 11:00 a.m.	COACH ALAYSIA	SSH Living Room
GPLA Flag Football	5 - 12	10:00 a.m. - 11:00 a.m.	COACH MARIO	Annex
Basketball Fundamentals*	5 - 12	11:00 a.m. - 12:00 p.m.	COACH TT	Basketball Courts
GPLA Cheer - Beginner	5 - 12	11:00 a.m. - 12:00 p.m.	COACH ALAYSIA	SSH Living Room
Co-Rec Flag Football	5 - 12	11:00 a.m. - 12:00 p.m.	COACH MARIO	Annex
GPLA Basketball Fundamentals*	5 - 12	12:00 p.m. - 1:00 p.m.	COACH TT	Basketball Court
Dance	5 - 12	12:00 p.m. - 1:00 p.m.	COACH ALAYSIA	SSH Living Room
Co-Ed Basketball Fundamentals	9 - 12	12:00 p.m. - 1:00 p.m.	COACH MARIO	Basketball Court
GPLA Cheer - Advanced	5 - 14	1:00 p.m. - 2:00 p.m.	COACH ALAYSIA	SSH Living Room
GPLA Basketball Fundamentals	9 - 12	1:00 p.m. - 2:00 p.m.	COACH MARIO	Basketball Courts
YOUTH SPORT CLINICS				
Co-Ed Soccer Clinics	5 - 12	4:00 p.m. - 6:00 p.m. 1/16/26, 1/23/26, 1/30/26		COACH GIOVANNA
GPLA Soccer Clinics	5 - 12	4:00 p.m. - 6:00 p.m. 2/6/26, 2/13/26, 2/20/26		COACH GIOVANNA
Boxing Fundamentals	5 - 12	4:00 p.m. - 6:00 p.m. 3/13/26, 3/20/26, 3/27/26		COACH TT
GPLA Self Defense	5 - 12	4:00 p.m. - 6:00 p.m. 1/13/26, 1/20/26, 1/27/26		COACH ASTRID

LIMITED SPACE IS AVAILABLE! REGISTER AT: WWW.LAPARKS.COM/RECCENTERSSSH

ALL PROGRAMS ARE SUBJECT TO CHANGE OR CANCELLATION. ACHIEVING GENDER EQUALITY THROUGH A CONTINUOUS COMMITMENT TO GIRLS AND WOMEN IN SPORTS. PROGRAMS ARE OFFERED ON A FIRST-COME, FIRST-SERVED BASIS. IF YOU ARE A PERSON WITH A DISABILITY AND REQUIRE ACCOMMODATION TO PARTICIPATE IN A CITY OF LOS ANGELES DEPARTMENT OF RECREATION AND PARKS PROGRAM, SERVICE, OR ACTIVITY, REQUESTS MAY BE MADE BY CALLING THE FACILITY (323) 373-9483 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. PROGRAMS AND CLASSES ARE SUBJECT TO CHANGE OR CANCELLATION WITHOUT NOTICE. NO REFUNDS WILL BE ISSUED UNLESS THE PROGRAM IS CANCELLED BY THE RECREATION CENTER.