



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

# AGILITY & STRENGTH TRAINING

**ENTRENAMIENTO DE AGILIDAD Y FUERZA DEPORTIVA PARA NINAS**



PlayLA Youth and Adaptive Youth Sports Program is made possible by the LA28 Olympic and Paralympic Games providing parks an opportunity to participate for \$10. Waivers available, ask for details.

**INSTRUCTOR: SERGIO**

**8 weeks of classes for \$10. / 8 semanas de clases por \$10.**

**Class Dates / Fecha de Clases: 4/7, 4/14, 4/21, 4/28, 5/5, 5/12, 5/19, & 5/26**

## Tuesday / Martes

Class / Clase	Ages / Edades	Time / Tiempo	Location/ Ubicación
GPLA Agility & Strength / Agilidad Y Fuerza Deportiva	5-15	5:00 pm– 5:45 pm	At soccer field/ En el campo de fútbol

**Co-Requisite: Participants must enroll for GPLA Agility and Strength Training and GPLA Soccer Skills simultaneously.**

**Co-Requisito: Los participantes deben inscribirse para GPLA Agility and Strength Training y GPLA Soccer Skills simultáneamente.**

**All information is subject to change and/or cancellation at any time.**

Achieving gender equity through a continuous commitment to girls and women in sports.

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 (818) 767-6151, 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.

**Toda la información está sujeta a cambios y/o cancelaciones en cualquier momento.**

Logrando la equidad del genero por medio de continuo compromiso de niñas y mujeres en deportes.

Si usted es una persona con discapacidad y necesita una adaptación para participar en un programa, servicio o actividad de la Ciudad de Los Ángeles, puede solicitarla llamando al 818 767-6151 marcando el 711 para CA Relay, al menos diez días hábiles antes del evento. Haremos todo lo posible por satisfacer las solicitudes recibidas con menos de cinco días hábiles de anticipación. Si lo desea, puede obtener copias de los documentos en formatos alternativos previa solicitud.

Please note that a \$25 administration fee will be charged to change or transfer classes.

Se cobrará un cargo administrativo de \$25 para cambiar o transferir clases.

**City of Los Angeles Department of Recreation and Parks**

**SUN VALLEY RECREATION CENTER**

**8133 Vineland Avenue Sun Valley, CA 91352**

**818.767.6151 sunvalley.recreationcenter@lacity.org**

