



City of Los Angeles, Department of Recreation and Parks

# Lake View Terrace Recreation Center

11075 Foothill Blvd. • Lake View Terrace, CA 91342 • 818-899-8087 www.laparks.org

## WINTER 2012 \*FREE L.A. KIDS & Low Cost Classes

\*8 Week Session runs from January 23rd - March 9th

Registration Begins January 6, 2012 @ 10:30 a.m.



### L.V.T. Adult Activities/Classes



#### **\*\*New Adult Dance Classes\*\***

<b>Jazzercise I</b>	Fri/Viernes	12:00-12:45pm	\$15.00	Ages 18 & Up
<b>Jazzercise II</b>	Fri/Viernes	1:00-1:45pm	\$15.00	Ages 18 & Up
<b>Salsa Dance</b>	Sat/Sabado	1:00-2:00pm	\$15.00	Ages 18 & Up

<b><u>Quad Rugby:</u></b>	Sundays	12:00pm - 3:00pm	Gym	18 yrs & Up
<b><u>Quad Basketball:</u></b>	Thursdays	6:30pm - 9:00pm	Gym	18yrs & Up

Competitive Sports for individuals with quadriplegia..



**Volleyball Open Play:** Fridays 7:00pm - 9:00pm Gym Teen-Adults  
Come join us for open play Volleyball. We play every Friday.

### Activities/Classes for Seniors

**Lake View Terrace “Tearers”** 10:00am 1st Tuesday of every month.

Join this group of Senior Citizens for meetings

#### **\*\*New Low Impact “Stretch-er-cise” classes**

Contact Center For More Information



#### **\*\*Spring Girls Softball League\*\***

Registration begins for Girls Softball Feb.11, 2012 @ 10:30 a.m.

### L.V.T Recreation Center Dates to Remember

**1/06/12**

Registration begins for Winter 2012 Free L.A. KIDS & Low Cost Classes

**2/11/12**

Registration begins for Girls Softball @ 10:30 a.m.

**\*\*Center will be closed on Mondays 1/2/12; 1/16/12; 2/20/12; 3/26/12 due to holidays..\*\***