



YOUTH AND ADAPTIVE YOUTH SPORTS

# Summer 2024: Learn to Stand Up Paddle Board

Program Requirements: Ages 7-17

Program Time: 9am-12pm

# \$10

- **Total Body Workout:** Engage your core muscles, improve balance, and tone your body while having fun on the water. ☀️
- **Outdoor Adventure:** Experience the beauty of nature from a unique perspective while gliding across the water. 😊
- **Relaxation:** Enjoy the peaceful tranquility of paddling at your own pace, soaking in the sunshine and fresh air. 👧👦



Session	Dates	Registration*	Location
#1	Monday 6/17 - Friday 6/21**	June 2	Cabrillo Beach or Hansen Dam
#2	Monday 6/24 - Friday 6/28	June 2	Cabrillo Beach or Hansen Dam
#3	Monday 7/1 - Friday 7/5**	June 2	Cabrillo Beach or Hansen Dam
#4	Monday 7/8 - Friday 7/12	June 29	Cabrillo Beach or Hansen Dam
#5	Monday 7/15 - Friday 7/19	June 29	Cabrillo Beach or Hansen Dam
#6	Monday 7/22 - Friday 7/26	July 13	Cabrillo Beach or Hansen Dam
#7	Monday 7/29 - Friday 8/2	July 13	Cabrillo Beach or Hansen Dam
#8	Monday 8/5 - Friday 8/9	July 27	Cabrillo Beach or Hansen Dam

\*Online Registration opens @ 9:00 AM. ONLINE ONLY.

\*\*No class on 6/19 or 7/4

Visit: [www.laparks.org/discover-activities](http://www.laparks.org/discover-activities) to register.

Persons with disabilities are welcome to participate in our aquatic programs.

Reasonable accommodations will be made with prior arrangements.

Made possible by the LA28 Olympic and Paralympic Games

