City of Los Angeles Department of Recreation and Parks

PLAY LA YOUTH AND ADAPTIVE YOUTH SPORTS

Fall 2023: Learn to Surf
Cabrillo Beach

$10

Program Requirements: Ages 9-17 years and Swim 100 yards*

*must be done prior to registration.

Program Time: 9:00 AM to 2:00 PM

Location: Cabrillo Beach

Learn to Surf is a program designed for youth to learn basic oceanic safety through surf education. Participants will learn:

- Identification of hazards at the beach
- Paddling in & around the surf zone
- Body surfing
- Popping up

All necessary equipment will be provided to participants which includes surfboards and wetsuits.
Each participant will also receive a rash guard, T-shirt & shorts.

Learn to Surf Level

Level 1 Beginner
- No prior surfing experience.

Session	Dates	Registration- Online Only
#1	Saturdays 9/9, 9/16, 9/23, 9/30	August 26 @ 9am
#1	Sundays 9/10, 9/17, 9/24, 10/1	August 26 @ 9am
#2	Saturdays 10/7, 10/14, 10/21, 10/28	September 23 @ 9am
#2	Sundays 10/8, 10/15, 10/22, 10/29	September 23 @ 9am
#3	Saturdays 11/4, 11/11, 11/18, 12/2	October 21 @ 9am
#3	Sundays 11/5, 11/12, 11/19, 12/3	October 21 @ 9am

Visit: 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.

laparks.org/aquatics
citywide.aquatics@lacity.org
323-906-7953

Made possible by the LA28 Olympic and Paralympic Games

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