

# CRESCENT VALLEY PARK

3901 Dunsmore Ave., LaCrescenta, California 91214



## Tournament Tai Chi

**SATURDAYS & SUNDAYS**

**12:30 - 2:00 PM**

**818 330-9551**

**SELF-DEFENSE**

**QIGONG**

**PUSH HANDS**

Adult Tai Chi  
10 to 60  
\$50 per month

## KUNG FU BOOTCAMP

Adult Kung Fu  
10 to 60  
\$50 per month

**WEDNESDAYS 7:00 PM**

**Relieve stress and lose weight.**

CoSponsored by:  
**Buddha Zhen and  
Buddha Kung Fu**



[www.BuddhaKungFu.com](http://www.BuddhaKungFu.com)



Pursuant to the Americans with Disabilities Act (ADA), the County of Los Angeles Department of Parks and Recreation, has designated an ADA coordinator to carry out this department's compliance with the non-discriminatory provisions of the ADA. For more information contact the ADA Coordinator's office at TEL 213-738-2970 TDY 213-427-6118 FAX 213-487-0380; upon 3-day request notice, sign language interpreters and related materials in alternative formats (Braille-transcript, large print, audio record, video captioning, live description) or any other reasonable accommodations are available to the public for County-sponsored activities and events.

**Creating Community Through People, Parks and Programs**