



Sunland Recreation Center

818-352-5282 | sunland.recreationcenter@lacity.org

8651 Foothill Blvd., Sunland, CA 91040



Spring Flag Football League

\$20 per player/per division.

PlayLA Youth and Adaptive Youth Sports Program is made possible by the LA28 Olympic and Paralympic Games. Waivers available for those who qualify, ask for detail

Registration begins February 3 and continues until all teams are full.

Fee includes: uniform, trophy, officials, and banquet.

Age is determined as of January 1, 2024

League begins April 2024



Pee Wee	Boys and Girls age 5-8	Evaluations 10AM 3/16
Minors	Boys and Girls age 9-10	Evaluations 11AM 3/16
Majors	Boys and Girls age 11-12	Evaluations 12AM 3/16
GPLA	Girls age 8-12	Evaluations 10AM 3/16

Makeup Evaluations 3/20: Pee Wee 5:30PM - Minor 6:30PM
Major 6:30PM - GPLA 5:30PM

Spring Girls Volleyball League

\$20 per player/per division.

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Fee includes: uniform, trophy, officials, and banquet.

Age is determined as of January 1, 2024

League begins April 2024



Minor	Girls Age 9-10	Evaluations 5PM 3/18
Major	Girls Age 11-12	Evaluations 6PM 3/18
Junior	Girls Age 13-15	Evaluations 7PM 3/18

Makeup Evaluations 3/23
Minor 12PM - Major 1PM - Junior 2PM

Spring Performance Teams

Includes performances and end of season celebration—Uniforms may require a deposit or additional cost

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Registration begins February 3 and continues until all teams are full.

Season begins the week of April 8 Teams are open to Girls and Boys

Spring Events: Park Football Games - Half Time Shows - Picture Day - Final Banquet - Salute to Recreation



Color Guard - Tall Flags

Flag Team I Ages 7-17 Mondays 6:00PM-7:00PM

Flag Team II Ages 8-17 Mondays 7:00PM-8:00PM

New Flag Team members should sign up for Flag Team I.



Hip Hop Dance

Hip Hop I Team Ages 5-8 Fridays 4:30PM-5:15PM

Hip Hop II Team Ages 9-17 Fridays 5:30PM-6:15PM



Cheerleading

Little Mascots Cheer Team Ages 3-4 Mondays 4:00PM-4:45PM

Cheer I Competition Team Ages 5-8 Wednesdays 5:00PM-5:45PM

Cheer II Competition Team (Mondays) Ages 9-17 Mondays 5:00PM-5:45PM

Cheer II Competition Team (Wednesdays) Ages 9-17 Wednesdays 6:00PM-6:45PM

Cheerleaders may sign up for either or both days of Cheer II. Team size is limited.

Cheer Stunting Class (Mondays) Ages 9-17 Mondays 6:00PM-6:45PM

Cheer Stunting Class (Wednesdays) Ages 9-17 Wednesdays 7:00PM-7:45PM

Coaching on safe stunting for all cheer activities. Must also be registered in Competition Cheer - Cheerleaders may sign up for either or both days of stunting. Class size is limited.

Flyer Flex Class Ages 8-15 Tuesdays 6:00PM-6:45PM

Intermediate and advanced tumbling skills and core body strength building for cheer and dance. Class size is limited.



Register at www.laparks.org/reccenter/sunland

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

“Persons with disabilities are welcomed to participate in our classes and programs. Reasonable accommodations will be made with prior arrangements.. Please be aware that some accommodations may take 30 days or longer. Please submit your request for an accommodation as soon as possible.”

Sportsmanship counts. Be a good sport!





Sunland Park Spring Classes 2024

Registration begins March 4 and continues until all classes are full. 8 week classes begin the week of April 8
No Classes May 27

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YOUTH PROGRAMS

Gymnastics

Safely build gymnastics skills in floor, beam, bar, and vault.

Coach: Vanessa Williams

Age 3-4	Saturday 9:30-10:15AM	Location - Gym	\$20/8 wks
Age 5-6	Saturday 10:30-11:15AM	Location - Gym	\$20/8 wks.
Age 7-8	Saturday 11:30-12:15PM	Location - Gym	\$20/8 wks
Age 8-12	Saturday 12:30-1:15PM	Location - Gym	\$20/8 wks

Beginning Spanish

A great introduction to Spanish language.

Instructor: Ruby Franco

Age 4-6	Saturday 12:00-12:45PM	Location - Classroom	\$30/8 wks
Age 7-12	Saturday 1:00-1:45PM	Location - Classroom	\$30/8 wks.

Basketball

Learn the basic elements of basketball including passing & shooting

Coach: Danny Gonzalez

Age 3-4	Saturday 2:00-2:45PM	Location - Gym	\$20/8 wks
Age 5-6	Thursday 6:30-7:15PM	Location - Gym	\$20/8 wks.
Age 7-8	Thursday 7:30-8:15PM	Location - Gym	\$20/8 wks

Awesome Art & Crazy Crafts

Have fun making cool projects and creative art.

Instructor: Cruz Godinez

Age 3-5	Monday 4:30-5:15PM	Location - Classroom	\$30/8 wks
Age 6-12	Monday 5:30-6:45PM	Location - Classroom	\$30/8 wks.

Play LA Skateboarding



Learn how to Skateboard. Bring your equipment or borrow ours.

Coach: Johnathan Leal

Age 5-8	Tuesday 4:00-4:45PM	Location - Skate park	\$10/8 wks
Age 9-15	Tuesday 5:00-5:45PM	Location - Skate park	\$10/8 wks
Age 5-8	Friday 4:00-4:45PM	Location - Skate park	\$10/8 wks
Age 9-15	Friday 5:00-5:45PM	Location - Skate park	\$10/8 wks.

Soccer

Learn teamwork and basic soccer skills

Coach: Michelle Moore & Rosy Barboza

Age 3-4	Tuesday 4:30-5:15PM	Location - Field	\$20/8 wks
Age 5-6	Tuesday 5:30-6:15PM	Location - Field	\$20/8 wks
Age 7-8	Tuesday 6:30-7:15PM	Location - Field	\$20/8 wks.

Tumbling

Build basic tumbling skills including summersaults and cartwheels.

Coach: Vanessa Williams

Age 3-5	Tuesday 4:00-4:45PM	Location - Gym	\$20/8 wks
Age 6-8	Tuesday 5:00-5:45PM	Location - Gym	\$20/8 wks.
Age 9-13	Tuesday 6:00-6:45PM	Location - Gym	\$20/8 wks

Flyer Flex

Intermediate and advanced tumbling and core strength building.

Coach: Vanessa Williams

Age 8-15	Tuesday 7:00-7:45PM	Location - Gym	\$20/8 wks
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Youth Aikido

Learn the art of self-defense (Participants may register for one or both days).

Sensei: Gabriel LeGarreta

Age 7-17	Tuesday 6:00-6:45PM	Location - Clubhouse	\$20/8 wks
Age 7-17	Thursday 6:00-6:45PM	Location - Clubhouse	\$20/8 wks.

Play LA Tennis



Learn the basics of Tennis. All equipment provided.

Coach: Ray Finks

Age 7-12	Wed.5:30-6:30PM	Location - Tennis Court	\$10/8 wks
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Beginning Guitar

Learn the basics of playing acoustic or electric guitar. *Bring your own or borrow ours.*

Instructor: Cruz Godinez

Age 7-12	Wednesday 5:00-5:45PM	Location - Classroom	\$50/8wks
Age 13-Adult	Wednesday 6:00-6:45PM	Location - Classroom	\$50/8wks.

T-Ball

A fun introduction to the basics of baseball. Please bring your glove!

Coach: Rosy Barboza

Age 3-4	Friday 5:00-5:45PM	Location - Ball Diamond	\$20/8 wks
Age 5-6	Friday 6:00-6:45PM	Location - Ball Diamond	\$20/8 wks

ADULT PROGRAMS

Drop in Pickleball Club

Drop in and play one of the fastest growing new sports.

Age 18+	Mon/Wed/Fri 10:30AM-1PM	\$10/Month - Unlimited days
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Drop in Volleyball Club

Intermediate and advanced players drop in for a friendly game.

Age 18+	Tues/Thurs 10:30AM-2PM	\$10/Month - Unlimited days
	Friday 1PM-4PM	

Line Dance

Fabulous mind-body workout while dancing your way to fitness.

Age 18+	Mon/Fri 12PM-1:30PM	Location: Sr. Center	\$5/class
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Aikido

Learn the art of self-defense. Find alternatives to conflict.

Age 18+	\$25/Month - Unlimited days
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Family Group: (see youth price above) Tues/Thurs 6:00PM-7:00PM

Beginning/Intermediate: Tues/Thurs 7:00PM-8:00PM

Beginning: Saturdays 10AM-11AM

Intermediate: Saturdays 11AM-12PM

Sunland Senior Center - (818) 353-9571

Adult programs - Contact Center for details

Bingo - Movie Matinee - Bollywood Yoga - Music & Movement

Walk & Tone - Art Hour - Musical Theater - 60+ Senior Lunches

Resource Fairs - Holiday Events - Excursions - And More!