



# Sunland Recreation Center

818-352-5282 | [sunland.recreationcenter@lacity.org](mailto:sunland.recreationcenter@lacity.org)

8651 Foothill Blvd., Sunland, CA 91040



## Fall 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 July 29 and continues until all teams are full.

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

Age is determined as of January 1, 2024

League begins October 2024



<b>Pee Wee</b>	Boys and Girls age 5-8	Evaluations 10AM 8/17
<b>Minors</b>	Boys and Girls age 9-10	Evaluations 11AM 8/17
<b>Majors</b>	Boys and Girls age 11-12	Evaluations 12AM 8/17

Makeup Evaluations 8/29: Pee Wee Boys and Girls 5:30PM  
 Minor Boys and Girls 6:30PM  
 Major Boys and Girls 7:30PM

## Fall Girls Volleyball League

**\$20 per player/per division.**

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Registration begins July 29 and continues until all teams are full.

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

Age is determined as of January 1, 2024

League begins October 2024



<b>Minor</b>	Girls Age 9-10	Evaluations 5PM 8/27
<b>Major</b>	Girls Age 11-12	Evaluations 6PM 8/27
<b>Junior</b>	Girls Age 13-15	Evaluations 7PM 8/27

Makeup Evaluations 9/07  
 Minor 10AM - Major 11AM - Junior 12PM

## Fall Performance Teams

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

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Registration begins July 29 and continues until all teams are full.

Season begins the week of October 7 Teams are open to Girls and Boys

Fall Events: Park Football Games - Half Time Shows - Picture Day - Final Banquet



### Color Guard - Tall Flags

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



### Hip Hop Dance

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

Hip Hop II Team Ages 9-12 Fridays 5:30PM-6:15PM

Hip Hop III Team Ages 13-17 Fridays 6:30PM-7:15PM

### Cheerleading

Cheer I Team Ages 5-8 Mondays 4:00PM-4:45PM

Cheer II Beginning Team Ages 9-17 Mondays 5:00PM-5:45PM

Cheer II Competition Team Ages 9-17 Wednesdays 5:00PM-5:45PM

Cheer Beginning Stunting (Mondays) Ages 5-17 Mondays 6:00PM-6:45PM

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

*Coaching on safe stunting for all cheer activities. Must also be registered in a cheer team. Class size is limited.*

Flyer Flex Class Ages 8-15 Tuesdays 7:00PM-7:45PM

*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](http://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 Fall Classes 2024

Registration begins August 26 and continues until all classes are full. 8 week classes begin the week of October 7

Tumbling and Flyer Flex Classes Begin October 15

No Classes October 14, November 11, and November 25-30

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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

### 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 6-11	Monday 5:30-6:15PM	Location - Classroom	\$30/8 wks.
Age 12-17	Monday 6:30-7:15PM	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: 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.

### Basketball

Learn the basic elements of basketball including passing & shooting

Coach: Danny Gonzalez

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

### 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+ Monday, Wednesday, and Friday 10:30AM-1PM \$10/Month

### Drop in Volleyball Club

Intermediate and advanced players drop in for a friendly game.\$10/Month

Age 18+ Tuesday and Thursday 10:30AM-1:00PM & 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

### Aikido

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

Age 18+ \$25/Month - Unlimited days

Family Group: Attend with your child (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

### Beginning Guitar

Learn the basics of playing acoustic or electric guitar. Bring your own or borrow ours. Instructor: Cruz Godinez

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

## SENIOR CENTER

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!