



Sunland Recreation Center

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8651 Foothill Blvd., Sunland, CA 91040



Spring 2025 Programs

Registration for Flag Football and Girls Volleyball Teams begins February 3
Registration for all other classes and programs begins March 3 and continues until all classes are filled.
8 week class session begins the week of April 7 (no classes April 19 or May 26)
Clinics are three dates as listed, two hours on each date.

Youth Performance Teams

PlayLA Colorguard - Tall Flags	Ages 8-17	\$10/8 Wk	Mondays	6:00PM-7:00PM	Senior Center
PlayLA Little Mascots Cheer	Ages 3-5	\$10/8 Wk	Mondays	6:00PM-7:00PM	Clubhouse
GPLA Basic Cheer	Ages 5-12	\$10/8 Wk	Mondays	7:00PM-8:00PM	Clubhouse
GPLA Cheer Tumbling	Ages 8-15	\$10/8 Wk	Tuesdays	7:00PM-8:00PM	Clubhouse
GPLA Competition Cheer	Ages 8-17	\$10/8 Wk	Wednesdays	6:00PM-7:00PM	Clubhouse
GPLA Competition Cheer Stunting	Ages 8-17	\$10/8 Wk	Wednesdays	7:00PM-8:00PM	Clubhouse
PlayLA Hip Hop Dance I	Ages 5-8	\$10/8 Wk	Fridays	6:00PM-7:00PM	Clubhouse
PlayLA Hip Hop Dance II	Ages 9-17	\$10/8 Wk	Fridays	7:00PM-8:00PM	Clubhouse

Youth Gymnastics and Tumbling

PlayLA Tiny Tot Tumbling	Ages 3-4	\$10/8 Wk	Tuesdays	4:00PM-5:00PM	Gym
PlayLA Pee Wee Tumbling	Ages 5-7	\$10/8 Wk	Tuesdays	5:00PM-6:00PM	Gym
PlayLA Beginning Tumbling	Ages 8-13	\$10/8 Wk	Tuesdays	6:00PM-7:00PM	Gym
PlayLA Tiny Tot Gymnastics	Ages 3-4	\$10/8 Wk	Thursdays	4:00PM-5:00PM	Gym
PlayLA Rookie Gymnastics	Ages 5-6	\$10/8 Wk	Thursdays	5:00PM-6:00PM	Gym
PlayLA Tiny Tot Gymnastics	Ages 3-4	\$10/8 Wk	Saturdays	9:30AM-10:30AM	Gym
PlayLA Rookie Gymnastics	Ages 5-6	\$10/8 Wk	Saturdays	10:30AM-11:30AM	Gym
PlayLA Pee Wee Gymnastics	Ages 7-8	\$10/8 Wk	Saturdays	11:30AM-12:30PM	Gym
PlayLA Beginning Gymnastics	Ages 8-13	\$10/8 Wk	Saturdays	12:30PM-1:30PM	Gym



SPRING FLAG FOOTBALL LEAGUE

\$10 per player/per division.

Age is determined as of January 1, 2025

League begins April 2025



Mighty Mite
Rookie
Pee Wee
Minors
Majors

Boys and Girls age 3-4
 Co-Rec & GPLA age 5-8
 Co-Rec & GPLA age 5-8
 Co-Rec & GPLA age 9-10
 Co-Rec & GPLA age 11-12

No Evaluations
 Evaluations 9:30AM 3/15
 Evaluations 10:30AM 3/15
 Evaluations 11:30AM 3/15
 Evaluations 12:30AM 3/15

Registration continues until all teams are full



SPRING GIRLS VOLLEYBALL LEAGUE

\$10 per player/per division.

Age is determined as of January 1, 2025

League begins April 2025



Minor Girls Age 9-10 Evaluations 2PM 3/15
Major Girls Age 11-12 Evaluations 3PM 3/15
Junior Girls Age 13-15 Evaluations 4PM 3/15

Registration continues until all teams are full



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!



Youth Sports Classes

Play LA Tiny Tot Soccer Class	Ages 3-4	\$10/8 Wk	Tuesdays	4:30PM-5:30PM	Field
PlayLA Rookie Soccer Class	Ages 5-6	\$10/8 Wk	Tuesdays	5:30PM-6:30PM	Field
PlayLA Pee Wee Soccer Class	Ages 7-9	\$10/8 Wk	Tuesdays	6:30PM-7:30PM	Field
PlayLA Youth Aikido (Tuesday)	Ages 7-17	\$10/8 Wk	Tuesdays	6:00PM-7:00PM	Clubhouse
PlayLA Youth Aikido (Thursday)	Ages 7-17	\$10/8 Wk	Thursdays	6:00PM-7:00PM	Clubhouse
PlayLA Teen Aikido (Saturday)	Ages 13-17	\$10/8 Wk	Saturdays	6:00PM-7:00PM	Clubhouse
PlayLA Tennis - Bring your tennis racquet or use ours	Ages 7-12	\$10/8 Wk	Wednesdays	5:30PM-6:30PM	Courts
PlayLA Skateboarding I - Bring your skateboard or use ours	Ages 5-7	\$10/8 Wk	Fridays	4:00PM-5:00PM	Skate Park
PlayLA Skateboarding II - Bring your skateboard or use ours	Ages 8-17	\$10/8 Wk	Fridays	5:00PM-6:00PM	Skate Park

Youth Arts and Adventure

Awesome Arts & Crazy Crafts I *	3-6	\$40/8 Wk	Mondays	3:00PM-3:45PM	Classroom
Awesome Arts & Crazy Crafts II *	7-12	\$40/8 Wk	Mondays	4:00PM-4:45PM	Classroom
Comic Book Making *- Create your own comic book!	9-17	\$40/8 Wk	Mondays	5:00PM-4:45PM	Classroom
Life Drawing - Fundamentals of Drawing	9-17	\$40/8 Wk	Tuesdays	5:00PM-5:45PM	Classroom
Character Design - Create characters for animation and video games	9-15	\$40/8 Wk	Thursdays	5:00PM-5:45PM	Classroom
Beginning Guitar I *- Bring your guitar or use ours	9-14	\$50/8 Wk	Wednesdays	4:00PM-4:45PM	Classroom
Beginning Guitar II *- Bring your guitar or use ours	14-Adult	\$50/8 Wk	Wednesdays	5:00PM-5:45PM	Classroom
Dungeons & Dragons *- Intro to roll-playing games	9-Adult	\$30/Month	Thursdays	6:00PM-8:00PM	Classroom

Youth Clinics

Clinics are three dates as listed, two hours on each date

GPLA Volleyball - Passing and Receiving	9-10	\$10/ 3 day Clinic	Fridays 4/25, 5/2, 5/9	5:00PM-7:00PM	Field
GPLA Volleyball - Passing and Receiving	11-15	\$10/ 3 day Clinic	Fridays 4/25, 5/2, 5/9	5:00PM-7:00PM	Field
Cheer - Stunting and Choreography	5-8	\$10/ 3 day Clinic	Saturdays 5/10, 5/24, 5/31	1:30PM-3:30PM	Gym
Cheer - Stunting and Choreography	9-17	\$10/ 3 day Clinic	Saturdays 5/10, 5/24, 5/31	3:30PM-5:30PM	Gym

Adult Programs

Adult Aikido	18+	\$25/Month (3 days/wk)	Tues & Thurs Saturday	7:00PM-8:00PM 10:00AM-12:00PM	Clubhouse
Beginning Guitar II *- Bring your guitar or use ours	14-Adult	\$50/8 Wk	Wednesdays	5:00PM-5:45PM	Classroom
Dungeons & Dragons *- Intro to roll-playing games	9-Adult	\$30/Month	Thursdays	6:00PM-8:00PM	Classroom
Drop In Adult Pickleball	18+	\$10/Month (3 days/wk)	Mon/Wed/Fri	10:30AM-1:00PM	Gym
Drop In Adult Volleyball	18+	\$10/Month (3 days/wk)	Tues & Thurs Friday	10:30AM-1:00PM 1:00PM-4:00PM	Gym
Adult Line Dance	18+	\$5/class	Monday & Friday	12:00PM-1:30PM	Sr. Center
Adult Learn To Sketch	18+	\$1/class	Mondays	10:00AM-10:45AM	Sr. Center
Adult Sound Bath - Acoustic Sound Healing Journey *	18+	Free	Second Tuesday of the Month	2:00PM	Sr. Center

Registration for all programs continues until classes are full. The classes and programs in this brochure may be subject to change or cancellation.

* Check day and time of these classes prior to registration.