



Sunland Recreation Center

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

8651 Foothill Blvd., Sunland, CA 91040



Summer Basketball 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 May 6 and continues until all teams are full.

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

Age is determined as of January 1, 2024

League begins July 2024

Rookie	Boys and Girls age 5-6	Evaluations 6:30PM 6/11
GPLA Rookie	Girls age 5-6	Evaluations 6:30PM 6/11
Pee Wee	Boys and Girls age 7-8	Evaluations 7:30PM 6/11
GPLA Pee Wee	Girls age 7-8	Evaluations 7:30PM 6/11

All Games will be played at Sunland Recreation Center.
Coaches needed - Please contact office staff for details

Summer Girls Elementary Flag Football League



\$20 per player/per division.

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Registration begins May 6 and continues until all teams are full.

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

Age is determined as of January 1, 2024

League begins July 2024

Elementary Girls Age 9-12
Evaluations 6:30PM 6/6



Games will be played at Sunland, Fernangeles, and Delano park.
Coaches needed - Please contact office staff for details

Summer Performance Teams

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

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 May 6 and continues until all teams are full.

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

Spring Events: Park Basketball Games - Half Time Shows - Picture Day - Final Banquet



Color Guard - Tall Flags

Beginning Flag Team	Ages 7-17	Mondays	5:00PM-5:45PM
Intermediate Flag Team	Ages 8-17	Mondays	6:00PM-7:00PM

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



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

Beginning Cheer Team	Ages 5-12	Mondays	4:00PM-4:45PM
Cheer II Competition Team (Monday)	Ages 9-17	Mondays	5:00PM-5:45PM
Cheer I Competition Team (Wednesday)	Ages 5-8	Wednesdays	5:00PM-5:45PM
Cheer II Competition Team (Wednesday)	Ages 9-17	Wednesdays	6:00PM-6:45PM

First time cheerleaders should sign up for Beginning Cheer. Cheerleaders may sign up for one day of Cheer II only. Class 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 one day of stunting only. Class size is limited.

Flyer Flex Class	Ages 8-15	Tuesdays	6:00PM-6:45PM
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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 Summer Classes 2024

Registration begins June 3 and continues until all classes are full. 8 week classes begin the week of July 8

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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.

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+	Summer schedule - Friday 10:30AM-1PM	\$5/Month
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Drop in Volleyball Club

Intermediate and advanced players drop in for a friendly game.

Age 18+	Summer Schedule - Friday 1PM-4PM	\$5/Month
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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

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
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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!