



Sunland Recreation Center

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

8651 Foothill Blvd., Sunland, CA 91040



Winter Performance Teams

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

Registration begins December 2 and continues until all teams are full.

Season begins the week of January 13

Winter Events: Park Basketball Games - Half Time Shows - Picture Day - Final Celebration



PLAY LA Color Guard - Tall Flags

Flag Team Girls and Boys Ages 8-17 Mondays 6:00PM-7:00PM



PLAY LA Hip Hop Dance

Hip Hop I Team	Girls and Boys Ages 5-8	Fridays	4:30PM-5:15PM
Hip Hop II Team	Girls and Boys Ages 9-12	Fridays	5:30PM-6:15PM
Hip Hop III Team	Girls and Boys Ages 13-17	Fridays	6:30PM-7:15PM



GPLA Girls Cheerleading

Little Mascots Cheer	Girls Ages 3-5	Fridays	6:00PM-6:45PM
Cheer Basic	Girls Ages 5-8	Fridays	7:00PM-7:45PM
Cheer Intermediate	Girls Ages 8-17	Mondays	6:00PM-6:45PM
Cheer Competition	Girls Ages 8-17	Wednesdays	6:00PM-6:45PM

Registration for Cheer Competition is skill based and requires instructor approval. Class size is limited.

Cheer Stunting Basics (Mondays) Girls Ages 5-17 Mondays 7:00PM-7:45PM

Cheer Performance Stunting (Wednesdays) Girls Ages 8-17 Wednesdays 7:00PM-7:45PM

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

Tumbling and Flyer Flex classes are strongly recommended for all cheer participants!

Winter Gymnastics & Tumbling

Registration begins December 2 and continues until all classes are full. Class size is limited. Coach Vanessa Williams

8 week session begins the week of January 13 Open to Girls and Boys

PLAY LA Gymnastics

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

Tiny Tot	Age 3-4	Saturdays	9:30AM-10:15AM
Tiny Tot	Age 3-4	Thursday	4:00PM-4:45PM
Rookie	Age 5-6	Saturday	10:30AM-11:15AM
Rookie	Age 5-6	Thursday	5:00PM-5:45PM
Pee Wee	Age 7-8	Saturday	11:30AM-12:15PM
Beginning	Age 8-13	Saturday	12:30PM-1:15PM



PLAY LA Tumbling

Develop basic tumbling skills including summersaults and cartwheels.

Tiny Tot	Age 3-4	Tuesday	4:00PM-4:45PM
Pee Wee	Age 5-7	Tuesday	5:00PM-5:45PM
Beginning	Age 8-13	Tuesday	6:00PM-6:45PM



PLAY LA Flyer Flex

Intermediate and advanced tumbling skills with a focus on core building including hand stands, round offs, back walk overs. Highly recommended as a compliment to our cheer program.

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



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 Winter Classes and Clinics 2025

Registration begins December 2 and continues until all classes are full.
8 week classes begin the week of January 13 No Classes January 20 or February 17

YOUTH PROGRAMS

Awesome Art & Crazy Crafts

Have fun making cool projects and creative art. A fun opportunity to try your hand at different art styles and media
Instructor: Cruz Godinez

Age 3-6 Monday 3:00-3:45PM \$30/8 wks
Age 7-12 Monday 4:00-4:45PM \$30/8 wks.

Comic Book Making

Learn the process of making a comic book from start to finish!
Instructor: Cruz Godinez

Age 10-16 Monday 5:00-5:45PM \$30/8 wks

Beginning and Intermediate Art

Improve and expand your art skills with fun weekly projects!
Instructor: Mia Datuin

Beginning Age 13-Adult Tuesday 5:00-5:45PM \$30/8 wks
Intermediate Age 13-Adult Tuesday 6:00-6:45PM \$30/8 wks

PLAYA Skateboarding

Learn how to Skateboard. Bring your own equipment or borrow ours. Coach: Johnathan Leal

Age 5-7 Tuesday 4:00-4:45PM \$10/8 wks
Age 8-15 Tuesday 5:00-5:45PM \$10/8 wks
Age 5-7 Friday 4:00-4:45PM \$10/8 wks
Age 8-15 Friday 5:00-5:45PM \$10/8 wks.

PLAYA Youth Aikido

Learn the art of self-defense. Receive the benefits of physical fitness, discipline, coordination, and self-confidence. Participants may register for one or both days. Sensei: Gabriel LeGarreta

Age 7-17 Tuesday 6:00-6:45PM \$10/8 wks
Age 7-17 Thursday 6:00-6:45PM \$10/8 wks.

Beginning Guitar

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

Age 9-14 Wednesday 4:00-4:45PM \$50/8wks
Age 15-Adult Wednesday 5:00-5:45PM \$50/8wks.

PLAYA Tennis

Learn the basics of Tennis. Class focuses on fundamental skills. All equipment provided. Coach: Ray Finks

Age 7-12 Wednesday 5:30-6:30PM \$10/8 wks

Life Drawing

Learn the basics of drawing from life, starting with the fundamentals of drawing. Instructor: Mia Datuin

Age 9-15 Thursday 5:00-5:45PM \$30/8 wks

Dungeons & Dragons

Learn to play D&D and join in on a game of collaborative roleplay and storytelling! Monthly sessions begin 1/9, 2/6, & 3/6
Dungeon Master: Cruz Godinez

Age 9-Adult Thursday 6:00-8:00PM \$30/Month

YOUTH CLINICS



Girls Volleyball Clinics



Join us for a series of 2 hour clinics for 6 total hours of focused coaching on Serving and Setting.



Clinic Dates: January 17, 24, & 31
5:00PM-7:00PM

Girls age 9-10 Girls Age 11-12

ADULT PROGRAMS

Drop in Pickleball Club

Age 18+ Monday, Wednesday & Friday 10:30AM-1PM \$10/Month

Drop in Volleyball Club

Age 18+ Tue/Thurs. 10:30AM-1PM, Fri. 1PM-4PM \$10/Month

Line Dance

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

Beginning and Intermediate Art

Beginning Age 13-Adult Tuesday 5:00-5:45PM \$30/8wks.
Intermediate Age 13-Adult Tuesday 6:00-6:45PM \$30/8wks.

Aikido

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

Age 10-Adult Wednesday 5:00-5:45PM \$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 Lunch Resource

Fairs - Holiday Events - Excursions - And More!