

Sunland Recreation Center

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8651 Foothill Blvd., Sunland, CA 91040



Spring 2024 Programs

Registration for Flag Football and Girls Volleyball Teams begins February 3

Registration for all other classes and programs begins March 4 and continues until all classes are filled.

8 week session begins the week of April 8 (no classes May 27)

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

Mondays				
Adult Drop In Pickleball Club	Ages 18+	\$10/Month	10:30AM-1:00PM	Gym
Adult and Senior Line Dance	Ages 18+	\$5/Class	12:00PM-1:30PM	Senior Center
Co-Rec Little Mascots Cheer Team	Ages 3-4	\$20/8 Week Session	4:00PM-4:45PM	Gym
Co-Rec Cheer II Competition Team	Ages 9-17	\$20/8 Week Session	5:00PM-5:45PM	Gym
Co-Rec Cheer Stunting <small>participants must be enrolled in Competition Cheer</small>	Ages 9-17	\$20/8 Week Session	6:00PM-6:45PM	Gym
Co-Rec Color Guard - Tall Flag Team I <small>Beginner</small>	Ages 7-17	\$20/8 Week Session	6:00PM-6:45PM	Field
Co-Rec Color Guard - Tall Flag Team II	Ages 8-17	\$20/8 Week Session	7:00PM-7:45PM	Field
Awesome Art & Crazy Crafts	Ages 3-5	\$30/8 Week Session	4:30PM-5:15PM	Classroom
	Ages 6-12	\$30/8 Week Session	5:30PM-6:15PM	Classroom

Tuesdays				
Adult Drop In Volleyball Club	Ages 18+	\$10/Month	10:30AM-2:00PM	Gym
Play LA Co-Rec Skateboarding	Ages 5-8	\$10/8 Week Session	4:00PM-4:45PM	Skate Park
	Ages 9-15	\$10/8 Week Session	5:00PM-5:45PM	Skate Park
Co-Rec Tumbling	Ages 3-5	\$20/8 Week Session	4:00PM-4:45PM	Gym
	Ages 6-8	\$20/8 Week Session	5:00PM-5:45PM	Gym
	Ages 9-13	\$20/8 Week Session	6:00PM-6:45PM	Gym
Co-Rec Flyer Flex (tumbling for cheer and dance)	Ages 8-15	\$20/8 Week Session	7:00PM-7:45PM	Gym
Co-Rec Soccer	Ages 3-4	\$20/8 Week Session	4:30PM-5:15PM	Field
	Ages 5-6	\$20/8 Week Session	5:20PM-6:15PM	Field
	Ages 7-8	\$20/8 Week Session	6:30PM-7:15PM	Field
Co-Rec Youth Aikido	Ages 7-17	\$20/8 Week Session	6:00PM-6:45PM	Clubhouse
Co-Rec Family Aikido <small>(parent and child—child registers for Youth price)</small>	Ages 18+	\$20/Month	6:00PM-6:45PM	Clubhouse
Co-Rec Adult Aikido	Ages 18+	\$25/Month	7:00PM-8:00PM	Clubhouse



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!



Wednesdays				
Adult Drop In Pickleball Club	Ages 18+	\$10/Month	10:30AM-1:00PM	Gym
Co-Rec Competition Cheer Team	Ages 5-8	\$20/8 Week Session	5:00PM-5:45PM	Gym
	Ages 9-17	\$20/8 Week Session	6:00PM-6:45PM	Gym
Co-Rec Cheer Stunting <small>participants must be enrolled in Competition Cheer</small>	Ages 9-17	\$20/8 Week Session	7:00PM-7:45PM	Gym
Beginning Guitar	Ages 7-12	\$50/8 Week Session	5:00PM-5:45PM	Classroom
	Ages 13-Adult	\$50/8 Week Session	6:00PM-6:45PM	Classroom
Play LA Co-Rec Tennis	Ages 7-12	\$10/8 Week Session	5:30PM-6:30PM	Tennis Courts

Thursdays				
Adult Drop In Volleyball Club	Ages 18+	\$10/Month	10:30AM-2:00PM	Gym
Co-Rec Basketball	Ages 5-6	\$20/8 Week Session	6:30PM-7:15PM	Gym
	Ages 7-8	\$20/8 Week Session	7:30PM-8:15PM	Gym
Co-Rec Youth Aikido	Ages 7-17	\$20/8 Week Session	6:00PM-6:45PM	Clubhouse
Co-Rec Family Aikido <small>(parent and child—child registers for Youth price)</small>	Ages 18+	\$20/Month	6:00PM-6:45PM	Clubhouse
Co-Rec Adult Aikido	Ages 18+	\$25/Month	7:00PM-8:00PM	Clubhouse

Fridays				
Adult Drop In Pickleball Club	Ages 18+	\$10/Month	10:30AM-1:00PM	Gym
Adult and Senior Line Dance	Ages 18+	\$5/Class	12:00PM-1:30PM	Senior Center
Adult Drop In Volleyball Club	Ages 18+	\$10/Month	1:00PM-4:00PM	Gym
Co-Rec Hip Hop	Ages 5-8	\$20/8 Week Session	4:30PM-5:15PM	Clubhouse
	Ages 9-17	\$20/8 Week Session	5:30PM-6:15PM	Clubhouse
Co-Rec T-Ball <small>Bring your Glove!</small>	Ages 3-4	\$20/8 Week Session	5:00PM-5:45PM	Gym
	Ages 5-6	\$20/8 Week Session	6:00PM-6:45PM	Gym

Saturdays				
Co-Rec Gymnastics	Ages 3-4	\$20/8 Week Session	9:30AM-10:15AM	Gym
	Ages 5-6	\$20/8 Week Session	10:30AM-11:15AM	Gym
	Ages 7-8	\$20/8 Week Session	11:30AM-12:15PM	Gym
	Ages 8-12	\$20/8 Week Session	12:30PM-1:15PM	Gym
Co-Rec Adult Aikido-Beginning	Ages 18+	\$25/Month	10:00AM-11:00AM	Clubhouse
Co-Rec Adult Aikido-Intermediate	Ages 18+	\$25/Month	11:00AM-12:00PM	Clubhouse
Beginning Spanish	Ages 4-6	\$30/8 Week Session	12:00PM-12:45PM	Classroom
	Ages 7-12	\$30/8 Week Session	1:00PM-1:45PM	Classroom

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

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

SPRING GIRLS VOLLEYBALL LEAGUE

\$20 per player/per division.

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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

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