



Sunland Recreation Center

818-352-5282 | sunland.recreationcenter@lacity.org
8651 Foothill Blvd., Sunland, CA 91040



Winter 2026 Programs

Leagues - Registration for Basketball, Soccer, and Volleyball leagues begins November 3

Classes - Registration for all other classes and programs begins December 8 and continues until all classes are filled.
8 week class session begins the week of January 12. No classes 1/19 & 2/16

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
PlayLA Folklorico I	Ages 5-8	\$10/8 Wk	Tuesdays	5:00PM-6:00PM	Senior Center
PlayLA Folklorico II	Ages 9-17	\$10/8 Wk	Tuesdays	6:00PM-7:00PM	Senior Center
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
GPLA Basic Cheer Tumbling	Ages 8-13	\$10/8 Wk	Thursdays	7:00PM-8:00PM	Gym
PlayLA Hip Hop Dance I	Ages 5-8	\$10/8 Wk	Fridays	6:00PM-7:00PM	Senior Center
PlayLA Hip Hop Dance II	Ages 9-17	\$10/8 Wk	Fridays	7:00PM-8:00PM	Senior Center
GPLA Advanced Cheer Tumbling	Ages 14-17	\$10/8 Wk	Saturdays	10:30AM-11:30AM	Gym

Youth Gymnastics

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

Youth Arts, Education, & Adventure

Character Design - Create characters for animation and video games	9-17	\$40/8 Wk	Mondays	4:00PM-4:45PM	Classroom
Comic Book Making	9-15	\$40/8 Wk	Mondays	5:00PM-5:45PM	Classroom
Dungeons & Dragons - Intro to roll-playing games No program 1/19 & 2/16	10-Adult	\$40/Month	Mondays	6:00PM-8:00PM	Classroom



Register at www.laparks.org/reccenter/sunland

"Achieving gender equity through a continuous commitment to girls and women in sports"

If you are a person with a disability and require accommodation to participate in a City of Los Angeles Department of Recreation and Parks program, service, or activity, requests may be made by calling the facility (818) 352-5282, or 711 for CA Relay, ten days in advance of the event. We will do our best to fulfill requests with less than ten business days' notice. If a participant requires a one to one aide, requests will be fulfilled within seven business days of receiving required paperwork and documentation needed to issue a Right of Entry Permit to the agency providing the aide.

Sportsmanship counts. Be a good sport!





SPORTS LEAGUES



\$10 per player/per division.

Age is determined as of January 1, 2026 Co-Rec PlayLA and Girls GPLA leagues offered in all Minor, Major & Junior Divisions
League begins January 2026 Registration continues until all teams are full Practice days and times to be determined by volunteer coaches after teams are drafted.



BASKETBALL

Mandatory Evaluations
December 10, 2025

Co-Rec Rookie	Age 5-6	5PM
Co-Rec Pee Wee	Age 7-8	6PM
Co-Rec Minor	Age 9-10	7PM
GPLA Minor	Age 9-10	7PM



VOLLEYBALL

Mandatory Evaluations
December 9, 2025

Co-Rec Minor	Age 9-10	5:30PM
GPLA Minor	Age 9-10	5:30PM
Co-Rec Major	Age 11-12	6:30PM
GPLA Major	Age 11-12	6:30PM
Co-Rec Junior	Age 13-15	7:30PM
GPLA Junior	Age 13-15	7:30PM



SOCCER

Mandatory Evaluations
December 3, 2025

Little Kickers	Age 3-4	No Evals
Co-Rec Rookie	Age 5-6	5PM
Co-Rec Pee Wee	Age 7-8	6PM
Co-Rec Minor	Age 9-10	7PM
GPLA Minor	Age 9-10	7PM

Youth Sports Classes

PlayLA T-Ball (Boys and Girls please bring your glove and helmet)	Ages 5-8	\$10/8 Wk	Tuesdays	4:00PM-5:00PM	Diamond 2
GPLA Softball (Girls please bring your glove and helmet)	Ages 8-15	\$10/8 Wk	Tuesdays	5:00PM-6:00PM	Diamond 2
PlayLA Intermediate Volleyball for boys and girls	Ages 10-15	\$10/8 Wk	Tuesdays	5:00PM-6:00PM	Gym
PlayLA Youth Aikido (Tuesday)	Ages 7-17	\$10/8 Wk	Tuesdays	6:00PM-7:00PM	Clubhouse
GPLA Girls Pee Wee Volleyball	Ages 7-8	\$10/8 Wk	Wednesdays	5:00PM-6:00PM	Gym
PLAYLA Beginning Volleyball for boys and girls	Ages 9-10	\$10/8 Wk	Wednesdays	6:00PM-7:00PM	Gym
PlayLA Youth Aikido (Thursday)	Ages 7-17	\$10/8 Wk	Thursdays	6:00PM-7:00PM	Clubhouse
PlayLA Tennis - Bring your tennis racquet or use ours	Ages 7-12	\$10/8 Wk	Thursdays	5:30PM-6:30PM	Tennis 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 Clinics

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

GPLA Girls Soccer Fundamentals	8-10	\$10/ 3 day Clinic	Thursdays 1/15, 1/22 & 1/29	5:00PM-7:00PM	Field
PlayLA Volleyball - Serving and Receiving for boys and girls	9-10	\$10/ 3 day Clinic	Fridays 1/16, 1/23 & 1/30	5:30PM-7:30PM	Gym
PlayLA Volleyball - Serving and Receiving for boys and girls	11-15	\$10/	Fridays 1/7, 1/14 & 1/21	5:30PM-7:30PM	Gym

Adult Programs

Adult Aikido	18+	\$25/Month (3 days/week)	Tues & Thurs Saturday	7:00PM-8:00PM 10:00AM-12:00PM	Clubhouse
Drop In Adult Pickleball	18+	\$10/Month	Mon/Wed/Fri	10:30AM-1:00PM	Gym
Drop In Adult Volleyball	18+	\$10/Month	Tues/Thurs/Fri	Tues/Thurs 10:30AM-1:00PM Friday	Gym
Adult Line Dance	18+	\$5/class	Monday & Friday	12:00PM-1:30PM	Sr. Center

YOU can make a difference!
We can't make it happen without you!



Volunteer coaches are needed for all sports leagues. No experience necessary. Please contact the park office for more information.



For the most up to date Sunland Park information and updates, join us on Instagram and SportsYou!

sportsYou

You've been invited to join

SUNLAND RC

Use your unique access code below and follow the instructions.

Access Code

VRFP-X3QC

