



# Sunland Recreation Center

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



## Spring 2026 Programs

**Leagues** - Registration for Flag Football and Volleyball leagues begins February 2

**Classes** - Registration for all other classes and programs begins March 9 and continues until all classes are filled.  
8 week class session begins the week of April 6. No classes 5/25

### Youth Performance Teams

<b>Colorguard</b>	PLAYLA Tall Flags <small>Uniform purchase required</small>	Ages 8-17	\$10/8 Wk	Mondays	6:00PM-7:00PM	Senior Center
<b>Cheer</b>	PLAYLA Little Mascots	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 Competition Cheer	Ages 9-17	\$10/8 Wk	Wednesdays	6:00PM-7:00PM	Clubhouse
	GPLA Competition Stunting	Ages 9-17	\$10/8 Wk	Wednesdays	7:00PM-8:00PM	Clubhouse
	GPLA Basic Cheer Tumbling	Ages 9-17	\$10/8 Wk	Thursdays	7:00PM-8:00PM	Gym
<b>Dance</b>	GPLA Advanced Cheer Tumbling	Ages 14-17	\$10/8 Wk	Saturdays	10:30AM-11:30AM	Gym
	GPLA Folklorico I <small>Outfit purchase required</small>	Ages 5-8	\$10/8 Wk	Tuesdays	5:30PM-6:30PM	Senior Center
	GPLA Folklorico II <small>Outfit purchase required</small>	Ages 9-17	\$10/8 Wk	Tuesdays	6:30PM-7:30PM	Senior Center
	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

### Youth Gymnastics

<b>Tiny Tots</b>	PLAYLA Tiny Tot Gymnastics	Ages 3-4	\$10/8 Wk	Thursdays	4:00PM-5:00PM	Gym
	PLAYLA Tiny Tot Gymnastics	Ages 3-4	\$10/8 Wk	Saturdays	9:30AM-10:30AM	Gym
<b>Level I</b>	PLAYLA Gymnastics Level I	Ages 5-13	\$10/8 Wk	Thursdays	5:00PM-6:00PM	Gym
<b>Level II</b> <small>must have solid cartwheel</small>	PLAYLA Gymnastics Level II	Ages 5-13	\$10/8 Wk	Thursdays	6:00PM-7:00PM	Gym
	PLAYLA Gymnastics Level II	Ages 5-13	\$10/8 Wk	Saturdays	11:30AM-12:30PM	Gym
<b>Level III</b> <small>must have solid backbend</small>	PLAYLA Gymnastics Level III	Ages 5-13	\$10/8 Wk	Saturdays	12:30PM-1:30PM	Gym



### Youth Sports Leagues



**\$10 per player/per division.**

Age is determined as of January 1, 2026 Fee includes: uniform, award, officials, weekly practice and games League begins April 2026  
Registration continues until all teams are full Weeknight practice days and times to be determined by volunteer coaches after teams are drafted.  
Any player wishing to be considered to play in an older division must attend evaluations for both their correct age group and the division they wish to play in.  
*Minor, Major, and Junior teams are drafted - only sibling same team requests will be honored. No exceptions!*



#### VOLLEYBALL

Mandatory Evaluations  
March 10, 2026

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



#### FLAG FOOTBALL

Mandatory Evaluations  
March 14, 2026

Co-Rec Mighty Might	Age 3-4	No Evaluations
Co-Rec Pee Wee	Age 5-8	10:00AM
GPLA & Co-Rec Minor	Age 9-10	11:00AM
GPLA & Co-Rec Major	Age 11-12	12:00PM



**Register at [www.laparks.org/reccenter/sunland](http://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!



## Youth Arts, Education, & Adventure

<b>Art</b>	Character Design	Ages 9-17	\$40/8 Wk	Mondays	4:30PM-5:30PM	Classroom
	Comic Book Making	Ages 9-17	\$40/8 Wk	Tuesdays	4:00PM-5:00PM	Classroom
<b>Dungeons &amp; Dragons</b>		Ages 10-Adult	\$40/Month	Mondays	6:00PM-8:00PM	Classroom
<b>Music</b>	Beginning Guitar	Ages 12-Adult	\$40/8 Wk	Tuesdays	4:00PM-5:00PM	Classroom
<b>Parent and Me!</b>		Ages 1-4	\$40/8 Wk	Mondays	5:00PM-6:00PM	Classroom

## Youth Sports Classes

<b>Baseball/Softball</b>	PLAYLA T-Ball	Ages 5-8	\$10/8 Wk	Tuesdays	4:00PM-5:00PM	Ball Diamond
	GPLA Softball	Ages 8-15	\$10/8 Wk	Tuesdays	5:00PM-6:00PM	Ball Diamond
<b>Soccer</b>	PLAYLA Little Kickers	Ages 3-4	\$10/8 Wk	Wednesdays	4:30PM-5:30PM	Field
	PLAYLA Rookie (Tuesday)	Ages 5-6	\$10/8 Wk	Tuesdays	7:00PM-8:00PM	Field
	PLAYLA Rookie (Wednesday)	Ages 5-6	\$10/8 Wk	Wednesdays	5:30PM-6:30PM	Field
	PLAYLA Pee Wee (Tuesday)	Ages 7-8	\$10/8 Wk	Tuesdays	6:00PM-7:00PM	Field
	PLAYLA Pee Wee (Wednesday)	Ages 7-8	\$10/8 Wk	Wednesdays	6:30PM-7:30PM	Field
	PLAYLA Minor	Ages 9-10	\$10/8 Wk	Wednesdays	7:30PM-8:30PM	Field
<b>Volleyball</b>	PLAYLA Beginning	Ages 7-9	\$10/8 Wk	Wednesdays	5:00PM-6:00PM	Gym
	PLAYLA Intermediate	Ages 10-15	\$10/8 Wk	Tuesdays	5:00PM-6:00PM	Gym
<b>Martial Arts</b>	PLAYLA Aikido (Tuesday)	Ages 7-17	\$10/8 Wk	Tuesdays	6:00PM-7:00PM	Clubhouse
	PLAYLA Aikido (Thursday)	Ages 7-17	\$10/8 Wk	Thursdays	6:00PM-7:00PM	Clubhouse
<b>Tennis</b>	PLAYLA Tennis	Ages 7-12	\$10/8 Wk	Thursdays	5:30PM-6:30PM	Tennis Courts
<b>Skateboarding</b>	PLAYLA Skateboarding I	Ages 5-7	\$10/8 Wk	Fridays	4:00PM-5:00PM	Skate Park
	PLAYLA Skateboarding II	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

<b>Volleyball</b>	PLAYLA Volleyball - Setting and Hitting	10-12	\$10/ 3 day Clinic	Fridays 5/1, 5/8 & 5/15	5:00PM-7:00PM	Gym
	PLAYLA Volleyball - Setting and Hitting	13-15	\$10/ 3 day Clinic	Fridays 5/1, 5/8 & 5/15	5:00PM-7:00PM	Gym
<b>Soccer</b>	PLAYLA Soccer Skills Clinic	5-7	\$10/ 3 day Clinic	Thursdays 4/30, 5/7 & 5/14	4:30PM-6:30PM	Field
	PLAYLA Soccer Skills Clinic	8-10	\$10/ 3 day Clinic	Thursdays 4/30, 5/7 & 5/14	4:30PM-6:30PM	Field

## 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 \$5/June	Mon/Wed/Fri June/Friday Only	10:30AM-1:00PM	Gym
Drop In Adult Volleyball	18+	\$10/Month \$5/June	Tues/Thurs/Fri June/ Friday Only	Tues/Thurs 10:30AM-1:00PM Friday 1:00PM-4:00PM	Gym
Adult Line Dance	18+	\$5/class	Monday & Friday	12:00PM-1:30PM	Sr. Center
Adult Folklorico	18+	\$40/8 Wk	Tuesdays	7:30PM-8:30PM	Sr. Center

**Volunteer coaches are needed**  
for all sports leagues.  
No experience necessary.



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info.



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