# GARY P. MCCAUGHAN **GYMNASIUM**

12544 Rives Avenue • (562) 904-7128 Email: parksandrec@downeyca.org

## REGULAR HOURS OF OPERATION

Monday-Friday 12:00pm - 8:00pm 9:00am - 5:00pm Saturday

### Class Registration Policy for Gym Programs

Registration for all gym programs will begin on **August 14, 2023** on a first-come, first served basis until the programs are filled. Program registration will not be accepted without the fees. Registration will be taken during the gymnasium regular hours of operation.

### Please follow our instagram for all current class updates @apolloparkdowneysports

# BASEBALL

**T-BALL SKILLS & PLAY LEAGUE** 

Instructor: Mario Miranda **Location:** Baseball Diamonds at Apollo Park Fee: Resident: \$80.00 | Non-resident: \$84.00 Uniform fee: \$50.00

CODE AC	GES TIME		DAY	DATES
28496 3 y	rs 9:00ar	n - 10:00am	Sat	Sep 9 - Oct 14
28917 3 y	rs 9:00ar	n - 10:00am	Sat	Oct 21 - Dec 2
28497 4 y	rs 10:00a	ım - 11:00am	Sat	Sep 9 - Oct 14
28918 4 y	/rs 10:00a	ım - 11:00am	Sat	Oct 21 - Dec 2
28498 5 y	rs 11:00a	m - 12:00pm	Sat	Sep 9 - Oct 14
28919 5 y	rs 11:00a	m - 12:00pm	Sat	Oct 21 - Dec 2
No class N	ov 25.			

### **BASEBALL SKILLS & PLAY LEAGUE**

**Instructor:** Mario Miranda **Location:** Baseball Diamonds at Apollo Park Fee: Resident: \$80.00 | Non-resident: \$84.00

Uniform fee: \$50.00						
CODE	<b>AGES</b>	TIME	DAY	DATES		
28499	6-7 yrs	12:00pm - 1:00pm	Sat	Sep 9 - Oct 14		
28920	6-7 yrs	12:00pm - 1:00pm	Sat	Oct 21 - Dec 2		
28500	8-9 yrs	1:00pm - 2:00pm	Sat	Sep 9 - Oct 14		
28921	8-9 yrs	1:00pm - 2:00pm	Sat	Oct 21 - Dec 2		
28501	10-12 yrs	2:00pm - 3:00pm	Sat	Sep 9 - Oct 14		
28922	10-12 yrs	2:00pm - 3:00pm	Sat	Oct 21 - Dec 2		
No clas	s Nov 25.					

### **BASEBALL PITCH, HIT & CATCH**

**Instructor:** Mario Miranda **Location:** Baseball Diamonds at Apollo Park Fee: Resident: \$60.00 | Non-resident: \$64.00 Uniform fee: \$25.00

CODE	AGES	TIME	DAY	DATES
28504	3-6 yrs	5:00pm - 6:00pm	Tue/Thu	Sep 5 - Sep 28
28507	3-6 yrs	5:00pm - 6:00pm	Tue/Thu	Oct 3 - Oct 26
28510	3-6 yrs	5:00pm - 6:00pm	Tue/Thu	Nov 2 - Nov 30
28505	7-12 yrs	6:00pm - 7:00pm	Tue/Thu	Sep 5 - Sep 28
28508	7-12 yrs	6:00pm - 7:00pm	Tue/Thu	Oct 3 - Oct 26
28511	7-12 yrs	6:00pm - 7:00pm	Tue/Thu	Nov 2 - Nov 30
No clas	s Nov 23.			

# **INSTRIDE RUNNING CLUB**

Instructor: Eric Nilsen **Location:** Apollo Park Open Space

**100 INTERMEDIATE Fee:** Resident: \$125.00 | Non-resident: \$129.00 Uniform fee: \$50.00

CODE AGES TIME DATES 28532 7-17 yrs 6:00pm - 7:30pm M/W/TH Oct 2 - Dec 14 **60 BEGINNERS** 

Fee: Resident: \$60.00 | Non-resident: \$64.00 Uniform fee: \$50

DATES CODE AGES TIME 28529 7-17 yrs 6:00pm - 7:30pm M/W/TH Sep 4 - Sep 28



### BASKETBALL **HALF PINT HOOPS SKILLS & PLAY LEAGUE BASKETBALL**

**Instructor:** Premier

**Location:** Apollo: McCaughan Gym at Apollo Park Fee: Resident: \$40.00 | Non-resident: \$44.00

Uniform fee: \$25.00					
	CODE	AGES	TIME	DAY	DATES
	28462	3 yrs	4:00pm - 5:00pm	Fri	Sep 8 - Sep 29
	28466	3 yrs	4:00pm - 5:00pm	Fri	Oct 6 - Oct 27
	28463	4 yrs	5:00pm - 6:00pm	Fri	Sep 8 - Sep 29
	28467	4 yrs	5:00pm - 6:00pm	Fri	Oct 6 - Oct 27
	28464	5-6 yrs	6:00pm - 7:00pm	Fri	Sep 8 - Sep 29
	28468	5-6 yrs	6:00pm - 7:00pm	Fri	Oct 6 - Oct 27

### **BASKETBALL D-LEAGUE**

**Instructor:** Premier **Location:** McCaughan Gym at Apollo Park Fee: Resident: \$80.00 | Non-resident: \$84.00

Unitor	m ree: \$50.			
CODE	AGES	TIME	DAY	DATES
28474	6-7 yrs	12:00pm - 1:00pm	Sat	Sep 9 - Oct 28
28475	8-9 yrs	1:00pm - 2:00pm	Sat	Sep 9 - Oct 28
28476	10-11 yrs	2:00pm - 3:00pm	Sat	Sep 9 - Oct 28
28477	12-13 yrs	3:00pm - 4:00pm	Sat	Sep 9 - Oct 28

### **BASKETBALL SKILLS & PERFORMANCE**

**Instructor:** Premier **Location:** Outdoor Basketball Courts at Apollo Park Fee: Resident: \$60.00 | Non-resident: \$64.00 Uniform fee: \$30.00

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CODE	AGES	TIME	DAY	DATES
28480	7-11 yrs	5:00pm - 6:00pm	Tue/Thu	Sep 5 - Sep 28
28484	7-11 yrs	5:00pm - 6:00pm	Tue/Thu	Oct 3 - Oct 26
28914	7-11 yrs	5:00pm - 6:00pm	Tue/Thu	Nov 7 - Dec 7
28481	12-14 yrs	6:00pm - 7:00pm	Tue/Thu	Sep 5 - Sep 28
28483	12-14 yrs	6:00pm - 7:00pm	Tue/Thu	Oct 3 - Oct 26
28915	12-14 yrs	6:00pm - 7:00pm	Tue/Thu	Nov 7 - Dec 7
No clas	s on Nov 2	1 and 23.		

### **GIRLS BASKETBALL FALL LEAGUE**

**Instructor:** Evolution **Location:** McCaughan Gymnasium at Apollo Park Fee: Resident: \$125.00. Non-resident: \$129.00 Uniform fee: \$50.00

Parent meeting at 12:00PM in the Activity room on October 29th.						
CODE	AGES	TIME	DAY	DATES		
28833	7-9 yrs	12:00pm - 2:00pm	Sun	Oct 29 - Dec 10		
28834	10-13 yrs	7:00pm - 9:00pm	Thu	Nov 2 - Dec 14		
No class on Nov 23.						

### GIRLS BASKETBALL LEAGUE PREP

**Instructor:** Evolution **Location:** McCaughan Gymnasium at Apollo Park Fee: Resident: \$65.00 | Non-resident: \$69.00

Unifor	Uniform fee: \$50.00							
*Skills & Fundamentals is the prerequisite to enroll in this program*								
CODE	AGES	TIME	DAY	DATES				
28656	7-8 yrs	11:00am - 12:00pm	Sun	Sep 17 - Oct 8				
JV DIV	ISION							
28657	10-13 yrs	7:00pm - 8:30pm	Thu	Sep 7 - Sep 28				
28843	10-13 yrs	10:00am - 11:30am	Sun	Nov 5 - Dec 3				
No clas	No class on Nov 26.							

#### **GIRLS BASKETBALL SKILLS & FUNDAMENTALS Instructor:** Evolution

**Location:** Outdoor Basketball Courts at Apollo Park Fee: Resident: \$35.00 | Non-resident: \$39.00 Uniform fee: \$15.00

CODE	AGES	TIME	DAY	DATES			
INTRO	TO BASKET	ΓBALL					
28835	7-13 yrs	7:00pm - 8:00pm	Tue	Sep 5 - Sep 26			
28839	7-13 yrs	7:00pm - 8:00pm	Tue	Nov 7 - Nov 28			
INTERMEDIATE/ADVANCE SKILL WORK							
28838	9-13yrs	8:00pm - 9:00pm	Tue	Sep 5 - Sep 26			
28842	9-13yrs	8:00pm - 9:00pm	Tue	Nov 7 - Nov 28			

**FUTSAL DEVELOPMENT PROGRAM** (CLUB LEVEL) Instructor: Toque

**Location:** Futsal Courts at Independence Park 8-Week Programs Fee: Resident: \$185.00 | Non-resident: \$189.00

<b>Uniform:</b> \$35.00							
CODE	AGES	TIME	DAY	DATES			
28636	7-8 yrs	5:00pm - 6:00pm	Tue	Aug 29 - Oct 21			
		2:30pm - 3:30pm	Sat				
28637	7-8 yrs	5:00pm - 6:00pm	Wed	Aug 30 - Oct 21			
		2:30pm - 3:30pm	Sat				
28638	9-10 yrs	6:00pm - 7:00pm	Tue	Aug 29 - Oct 21			
		3:30pm - 4:30pm	Sat				
28639	9-10 yrs	5:00pm - 6:00pm	Fri	Sep 1 - Oct 21			
		3:30pm - 4:30pm	Sat				
28640	11-13 yrs	7:00pm - 8:00pm	Wed	Aug 30 - Oct 21			
		4:30pm - 5:30pm	Sat				
28641	11-13 yrs	6:00pm - 7:00pm	Fri	Sep 1 - Oct 21			
		4:30pm - 5:30pm	Sat				

# 4-Week Programs

Fee: Re	sident: \$95	.00   Non-resident: \$99	9.00	
Unifor	<b>m:</b> \$15			
CODE	AGES	TIME	DAY	DATES
28645	7-8 yrs	5:00pm - 6:00pm	Tue	Nov 4 - Dec 5
		2:30pm - 3:30pm	Sat	
28646	7-8 yrs	5:00pm - 6:00pm	Wed	Nov 1 - Dec 2
		2:30pm - 3:30pm	Sat	
28647	9-10 yrs	6:00pm - 7:00pm	Tue	Nov 4 - Dec 5
		3:30pm - 4:30pm	Sat	
28648	9-10 yrs	5:00pm - 6:00pm	Fri	Nov 3 - Dec 2
		3:30pm - 4:30pm	Sat	
28649	11-13 yrs	7:00pm - 8:00pm	Wed	Nov 1 - Dec 2
		4:30pm - 5:30pm	Sat	
28650	11-13 yrs	6:00pm - 7:00pm	Fri	Nov 3 - Dec 2
		4:30pm - 5:30pm	Sat	

### No class on Sep 4, Oct 31, and Nov 20-26.

### **FUTSAL DEVELOPMENT PROGRAM** (RECREATIONAL LEVEL)

**Instructor:** Toque **Location:** Futsal Courts at Independence Park 8-Week Programs Fee: Resident: \$185.00 | Non-resident: \$189.00

Unifor				
CODE	AGES	TIME	DAY	DATES
28613	5-6 yrs	5:00pm - 6:00pm	Mon	Aug 28 - Oct 23
		9:00am - 10:00am	Sat	
28614	5-6 yrs	5:00pm - 6:00pm	Tue	Aug 29 - Oct 21
		9:00am - 10:00am	Sat	
28615	7 yrs	6:00pm - 7:00pm	Mon	Aug 28 - Oct 23
		10:00am - 11:00am	Sat	
28616	7 yrs	6:00pm - 7:00pm	Tue	Aug 29 - Oct 21
		10:00am - 11:00am	Sat	
28617	8 yrs	5:00pm - 6:00pm	Wed	Aug 30 - Oct 21
		11:00am - 12:00pm	Sat	
28618	8 yrs	5:00pm - 6:00pm	Thu	Aug 31 - Oct 21
		11:00am - 12:00pm	Sat	
28619	9-10 yrs	6:00pm - 7:00pm	Wed	Aug 30 - Oct 21
		12:30pm - 1:30pm	Sat	
28620	9-10 yrs	6:00pm - 7:00pm	Thu	Aug 31 - Oct 21
		12:30pm - 1:30pm	Sat	
28621	11-13 yrs	7:00pm - 8:00pm	Mon	Aug 28 - Oct 23
		1:30pm - 2:30pm	Sat	
28622	11-13 yrs	7:00pm - 8:00pm	Tue	Aug 29 - Oct 21

### 4-Week Programs Fee: Resident: \$95.00 | Non-resident: \$99.00

1:30pm - 2:30pm

Unifor	<b>m:</b> \$15	•			
CODE	AGES	TIME	DAY	DATES	
28624	5-6 yrs	5:00pm - 6:00pm	Mon	Oct 30 - Dec 2	
		9:00am - 10:00am	Sat		
28625	5-6 yrs	5:00pm - 6:00pm	Tue	Nov 4 - Dec 5	
		9:00am - 10:00am	Sat		
28626	7 yrs	6:00pm - 7:00pm	Mon	Oct 30 - Dec 2	
		10:00am - 11:00am	Sat		
28627	7 yrs	6:00pm - 7:00pm	Tue	Nov 4 - Dec 5	
		10:00am - 11:00am	Sat		
28628	8 yrs	5:00pm - 6:00pm	Wed	Nov 1 - Dec 2	
		11:00am - 12:00pm	Sat		
28629	8 yrs	5:00pm - 6:00pm	Thu	Nov 2 - Dec 2	
		11:00am - 12:00pm	Sat		
28630	9-10 yrs	6:00pm - 7:00pm	Wed	Nov 1 - Dec 2	
		12:30pm - 1:30pm	Sat		
28631	9-10 yrs	6:00pm - 7:00pm	Thu	Nov 2 - Dec 2	
		12:30pm - 1:30pm	Sat		
28632	11-13 yrs	7:00pm - 8:00pm	Mon	Oct 30 - Dec 2	
		1:30pm - 2:30pm	Sat		
28633	11-13 yrs	7:00pm - 8:00pm	Tue	Nov 4 - Dec 5	
		1:30pm - 2:30pm	Sat		

## SOCCER LITTLE'S SOCCER

Instructor: Toque Location: Athletic Field at Apollo Park 8-Week Programs

Fee: Resident: \$170.00   Non-resident: \$174.00 Uniform: \$35.00							
CODE		TIME	DAY	DATES			
28604	3 yrs	4:00pm - 5:00pm	Thu	Aug 31 - Oct 21			
		10:00am - 11:00am	Sat				
28605	4 yrs	5:00pm - 6:00pm	Thu	Aug 31 - Oct 21			
		11:00am - 12:00pm	Sat				
28606	5 yrs	6:00pm - 7:00pm	Thu	Aug 31 - Oct 21			
		12:00nm - 1:00nm	Sat				

# 4-Week Programs

Fee: Resident: \$85.00   Non-resident: \$89.00 Uniform: \$15.00							
CODE	AGES	TIME	DAY	DATES			
28608	3 yrs	4:00pm - 5:00pm 10:00am - 11:00am	Thu Sat	Nov 2 - Dec 2			
28609	4 yrs	5:00pm - 6:00pm 11:00am - 12:00pm	Thu Sat	Nov 2 - Dec 2			
28610	5 yrs	6:00pm - 7:00pm 12:00pm - 1:00pm	Thu Sat	Nov 2 - Dec 2			

### **VOLLEYBALL ACADEMY 1 (GIRLS & BOYS)**

Instructor: Volitude Location: McCaughan Gym at Apollo Park Fee: Resident: \$100.00 | Non-resident: \$104.00 Uniform fee: \$30.00

### If you have never been coached by a Volitude coach,

you must sign up for this class first.							
CODE	AGES	TIME	DAY	DATES			
28514	9-18 yrs	4:00pm - 5:00pm	Thu	Sep 7 - Sep 28			
28519	9-18 yrs	4:00pm - 5:00pm	Thu	Oct 5 - Oct 26			
28524	9-18 yrs	4:00pm - 5:00pm	Thu	Nov 2 - Nov 30			
No class on Nov 23.							

### **VOLLEYBALL ACADEMY 2**

Instructor: Volitude

Location: McCaughan Gym at Apollo Park Uniform fee: \$30.00

If you have never been coached by a Volitude coach,

you mu	ıst sign up			
CODE	AGES	TIME	DAY	DATES
GIRLS -	- Fee: Resid	lent \$125.00   Non resi	ident \$1	29.00
28515	9-18 yrs	4:00pm - 5:00pm	Thu	Sep 7 - Sep 30
		8:30am - 9:30am	Sat	
28521	9-18 yrs	4:00pm - 5:00pm	Thu	Oct 5 - Oct 28
		8:30am - 9:30am	Sat	
28526	9-18 yrs	4:00pm - 5:00pm	Thu	Nov 2 - Dec 2
		8:30am - 9:30am	Sat	
BOYS -	Fee: Resid	ent \$150.00   Non resid	dent \$1	54.00
28516	9-18 yrs	6:00pm - 7:00pm	Thu	Sep 7 - Sep 30
		10:30am - 11:30am	Sat	
28520	9-18 yrs	6:00pm - 7:00pm	Thu	Oct 5 - Oct 28
		10:30am - 11:30am	Sat	
28525	9-18 yrs	6:00pm - 7:00pm	Thu	Nov 2 - Dec 2
		10:30am - 11:30am	Sat	

### **VOLLEYBALL GIRLS ACADEMY 3**

No class on Nov 23 and Nov 25.

Instructor: Volitude **Location:** McCaughan Gym at Apollo Park **Fee:** Resident: \$150.00 | Non-resident: \$154.00 Uniform fee: \$30.00

#### If you have never been coached by a Volitude coach, you must sign up for Academy 1 first.

you must sign up for Acuaciny 1 mst.				
CODE	AGES	TIME	DAY	DATES
28517	9-18 yrs	5:00pm - 6:00pm	Thu	Sep 7 - Sep 30
		9:30am - 10:30am	Sat	
28522	9-18 yrs	5:00pm - 6:00pm	Thu	Oct 5 - Oct 28
		9:30am - 10:30am	Sat	
28527	9-18 yrs	5:00pm - 6:00pm	Thu	Nov 2 - Dec 2
		9:30am - 10:30am	Sat	

### No class on Nov 23 and Nov 25.

### FITNESS **LIL OLYMPIANS**

# **Instructor:** Premier

**Location:** Fitness & Performance Pavilion at Apollo Park Fee: Resident: \$30.00 | Non-resident: \$34.00

Uniform fee: \$15.00						
	CODE	AGES	TIME	DAY	DATES	
	28487	3-4 yrs	9:00am - 10:00am	Sat	Sep 9 - Sep 3	
	28490	3-4 yrs	9:00am - 10:00am	Sat	Oct 7 - Oct 2	
	28488	5-6 yrs	10:00am - 11:00am	Sat	Sep 9 - Sep 3	
	28491	5-6 yrs	10:00am - 11:00am	Sat	Oct 7 - Oct 2	

#### **FIT 45 CARDIO**

**Instructor:** Premier **Location:** Fitness & Performance Pavilion at Apollo Park Fee: Resident: \$60.00 | Non-resident: \$64.00

Unifor				
CODE	AGES	TIME	DAY	DATES
28493	7-11 yrs	5:00pm - 5:45pm	M/W	Sep 11 - Oct
28494	7-11 yrs	5:00pm - 5:45pm	M/W	Oct 9 - Nov 1
28923	7-11 yrs	5:00pm - 5:45pm	M/W	Nov 6 - Dec 6
No clas	s on Nov 2	0 and 22.		

#### FIT 45 WALK, RUN, & FUN

**Instructor:** Premier

**Location:** Fitness & Performance Pavilion at Apollo Park Fee: Resident: \$30.00 | Non-resident: \$34.00

Unifor	<b>m fee:</b> \$15	.00		
CODE	AGES	TIME	DAY	DATES
28925	7-11 yrs	10:00am - 11:00am	Sat	Sep 9 - Sep 30
28926	7-11 yrs	10:00am - 11:00am	Sat	Oct 7 - Oct 28
28927	7-11 yrs	10:00am - 11:00am	Sat	Nov 4 - Dec 2
No clas	ss on Nov 2	<b>?5.</b>		

# HIP HOP

**HIP HOP DANCE ACADEMY** 

28831 9-16 yrs 6:00pm-6:45pm Mon

**Instructor:** Latasia Floyd Location: Activity Room at Apollo Park Fee: Resident: \$50.00 | Non-resident: \$54.00 5:00pm-5:45pm Mon Oct 16 - Nov 6 28830 5-8 yrs 5:00pm-5:45pm Mon Nov 13 - Dec 4 28594 9-16 yrs 6:00pm-6:45pm Mon Sep 11 - Oct 2 28600 9-16 yrs 6:00pm-6:45pm Mon Oct 16 - Nov 6

Nov 13 - Dec 4

### PRESCHOOL HIP HOP DANCE ACADEMY

**Instructor:** Latasia Floyd Location: Activity Room at Apollo Park Fee: Resident: \$50.00 | Non-resident: \$54.00 CODE AGES TIME DATES 28595 3-6 yrs 4:30pm-5:00pm Thu Sep 7 - Sep 28 28601 3-6 yrs 4:30pm-5:00pm Thu Oct 5 - Oct 26 28832 3-6 yrs 4:30pm-5:00pm Thu Nov 2 - Nov 30 No class on Nov 23.

# COLLEGE PREP **WORKSHOPS**

**COLLEGE ADMISSIONS 101 Instructor:** Collegiate Coaching LLC

**Location:** Barbara J. Riley Community & Senior Center Downey Room Fee: Resident: \$150.00 | Non-resident: \$154.00 Mandatory Attendance of one of the following workshops is required to attend the UCLA Campus Tour. CODE AGES TIME DAY DATES 28999 12-18 yrs 6:00pm - 8:00pm Wed Sep 6 28900 12-18 yrs 6:00pm - 8:00pm Wed Sep 20

### **NAVIGATING FINANCIAL AID APPLICATIONS**

**Instructor:** Collegiate Coaching LLC Location: Barbara J. Riley Community & Senior Center Downey Room **Fee:** Resident: \$150.00 | Non-resident: \$154.00 CODE AGES TIME DAY 29001 12-18 yrs 6:00pm - 8:00pm Wed

### **SCHOLAR-ATHLETES: PLAYING SPORTS IN COLLEGE**

**Instructor:** Collegiate Coaching LLC Location: Barbara J. Riley Community & Senior Center Downey Room **Fee:** Resident: \$150.00 | Non-resident: \$154.00 CODE AGES TIME DAY DATES 29002 12-18 yrs 6:00pm - 8:00pm Wed



No class on Sep 4, Oct 31, and Nov 20-26.