

SPORTS PROGRAMS

GARY P. MCCAUGHAN GYMNASIUM

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

REGULAR HOURS OF OPERATION

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

Class Registration Policy for Gym Programs

Registration for all gym programs will begin on December 11, 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 @apolloparkdowneyca

DRUNNING INSTRIDE RUNNING CLUB

Instructor: Eric Nilsen
Location: Apollo Park Open Space
Uniform: \$25.00

60 BEGINNERS
Fee: Resident: \$60.00 | Non-resident: \$64.00

CODE	AGES	TIME	DAY	DATES
31542	7-17 yrs	6:00pm-7:30pm	M/W/Th	Jan 6 - Jan 30
31543	7-17 yrs	6:00pm-7:30pm	M/W/Th	Feb 3 - Feb 27
31544	7-17 yrs	6:00pm-7:30pm	M/W/Th	Mar 3 - Mar 27

100 INTERMEDIATE
Fee: Resident: \$125.00 | Non-resident: \$129.00

CODE	AGES	TIMES	DAYS	DATES
31539	7-17 yrs	6:00pm-7:30pm	M/W/Th	Jan 6 - Mar 27

BASKETBALL HALF PINT HOOPS SKILLS & PLAY LEAGUE BASKETBALL

Instructor: Premier
Location: McCaughan Gym at Apollo Park

Winter League
Fee: Resident: \$60.00 | Non-resident: \$64.00

CODE	AGES	TIME	DAY	DATES
31403	3 yrs	4:00pm-5:00pm	Tue	Jan 7 - Feb 11
31404	4 yrs	5:00pm-6:00pm	Tue	Jan 7 - Feb 11
31405	5-6 yrs	6:00pm-7:00pm	Tue	Jan 7 - Feb 11

Spring League
Fee: Resident: \$40.00 | Non-resident: \$44.00

CODE	AGES	TIME	DAY	DATES
31406	3 yrs	4:00pm-5:00pm	Fri	Mar 14 - Apr 4
31409	3 yrs	4:00pm-5:00pm	Fri	May 2 - May 23
31407	4 yrs	5:00pm-6:00pm	Fri	Mar 14 - Apr 4
31410	4 yrs	5:00pm-6:00pm	Fri	May 2 - May 23
31408	5-6 yrs	6:00pm-7:00pm	Fri	Mar 14 - Apr 4
31411	5-6 yrs	6:00pm-7:00pm	Fri	May 2 - May 23

BASKETBALL D-LEAGUE

Instructor: Premier
Location: McCaughan Gym at Apollo Park
Uniform: \$50.00

Winter D-League
Fee: Resident: \$60.00 | Non-resident: \$64.00

CODE	AGES	TIME	DAY	DATES
31422	7-8 yrs	12:00pm-1:00pm	Sun	Jan 5 - Jan 26
31423	7-8 yrs	12:00pm-1:00pm	Sun	Feb 2 - Mar 2
31425	9-10 yrs	12:00pm-1:00pm	Sun	Jan 5 - Jan 26
31424	9-10 yrs	12:00pm-1:00pm	Sun	Feb 2 - Mar 2
31418	11-12 yrs	1:00pm-2:00pm	Sun	Jan 5 - Jan 26
31419	11-12 yrs	1:00pm-2:00pm	Sun	Feb 2 - Mar 2
31420	13-14 yrs	2:00pm-3:00pm	Sun	Jan 5 - Jan 26
31421	13-14 yrs	2:00pm-3:00pm	Sun	Feb 2 - Mar 2

Spring D-League
Fee: Resident: \$80.00 | Non-resident: \$84.00
*No class Spring Break Apr 14 - 21.

CODE	AGES	TIME	DAY	DATES
31415	7-8 yrs	12:00pm-1:00pm	Sun	Mar 16 - Apr 27
31416	9-10 yrs	1:00pm-2:00pm	Sun	Mar 16 - Apr 27
31413	11-12 yrs	2:00pm-3:00pm	Sun	Mar 16 - Apr 27
31414	13-14 yrs	3:00pm-4:00pm	Sun	Mar 16 - Apr 27

BASKETBALL SKILLS & PERFORMANCE

Instructor: Premier
Location: McCaughan Gym at Apollo Park
Fee: Resident: \$60.00 | Non-resident: \$64.00
Uniform fee: \$30.00
*No class Spring Break Apr 14 - 21.

CODE	AGES	TIME	DAY	DATES
31398	7-11 yrs	5:00pm-6:00pm	Tu/Th	Mar 18 - Apr 10
31399	7-11 yrs	5:00pm-6:00pm	Tu/Th	Apr 15 - May 8
31397	12-14 yrs	6:00pm-7:00pm	Tu/Th	Mar 18 - Apr 10
31396	12-14 yrs	6:00pm-7:00pm	Tu/Th	Apr 15 - May 8

GIRLS BASKETBALL SKILLS & FUNDAMENTALS

Instructor: Evolution
Location: Outdoor Basketball Courts at Apollo Park
Fee: Resident: \$40.00 | Non-resident: \$44.00
Uniform: \$15.00

CODE	AGES	TIME	DAY	DATES
31469	7-9 yrs	7:00pm-8:00pm	Tue	Apr 8 - Apr 29
31470	7-9 yrs	7:00pm-8:00pm	Tue	May 6 - May 27
31468	10-13 yrs	8:00pm-9:00pm	Tue	Apr 8 - Apr 29
31471	10-13 yrs	8:00pm-9:00pm	Tue	May 6 - May 27

GIRLS BASKETBALL SUNDAY HOOPS

Instructor: Evolution
Location: McCaughan Gymnasium at Apollo Park
Fee: Resident: \$70.00 | Non-resident: \$74.00
Uniform: \$50.00

CODE	AGES	TIME	DAY	DATES
31477	10-13 yrs	10:00am-12:00pm	Sun	Jan 5 - Jan 26
31478	10-13 yrs	10:00am-12:00pm	Sun	Feb 2 - Feb 23

GIRLS BASKETBALL LEAGUE PREP

Instructor: Evolution
Location: McCaughan Gymnasium at Apollo Park
Fee: Resident: \$65.00 | Non-resident: \$69.00
Uniform: \$50.00
Skills & Fundamentals is the prerequisite to enroll in this program

CODE	AGES	TIME	DAY	DATES
31473	7-8 yrs	10:00am-11:00am	Sun	Mar 16 - May 4
31474	9-10 yrs	11:00am-12:00pm	Sun	Mar 16 - May 4
31475	11-13 yrs	12:00pm-1:00pm	Thu	Mar 20 - May 8

VOLLEYBALL VOLLEYBALL ACADEMY

Instructor: Voltitude
Location: McCaughan Gym at Apollo Park
Uniform: \$30.00

(BEGINNERS/FIRST-TIME)
Fee: Resident: \$125.00 | Non-resident: \$129.00

CODE	AGES	TIME	DAY	DATES
31483	9-18 yrs	4:00pm-5:00pm	Thu	Mar 20 - Apr 12
		8:00am-9:00am	Sat	
31486	9-18 yrs	4:00pm-5:00pm	Thu	Apr 17 - May 10
		8:00am-9:00am	Sat	
31489	9-18 yrs	4:00pm-5:00pm	Thu	May 15 - Jun 7
		8:00am-9:00am	Sat	

(RETURNERS / INTERMEDIATE)
Fee: Resident: \$150.00 | Non-resident: \$154.00

CODE	AGES	TIME	DAY	DATES
31484	9-18 yrs	5:00pm-6:00pm	Thu	Mar 20 - Apr 12
		9:00am-10:00am	Sat	
31487	9-18 yrs	5:00pm-6:00pm	Thu	Apr 17 - May 10
		9:00am-10:00am	Sat	
31490	9-18 yrs	5:00pm-6:00pm	Thu	May 15 - Jun 7
		9:00am-10:00am	Sat	

(ADVANCE GIRLS) & BOYS (BEG./ADV.)
Fee: Resident: \$150.00 | Non-resident: \$154.00

CODE	AGES	TIME	DAY	DATES
31485	9-18 yrs	6:00pm-7:00pm	Thu	Mar 20 - Apr 12
		10:00am-11:00am	Sat	
31488	9-18 yrs	6:00pm-7:00pm	Thu	Apr 17 - May 10
		10:00am-11:00am	Sat	
31491	9-18 yrs	6:00pm-7:00pm	Thu	May 15 - Jun 7
		10:00am-11:00am	Sat	

SOCCER/FUTSAL LITTLE'S SOCCER

Instructor: Toque
Location: Independence Park
Fee: Resident: \$185.00 | Non-resident: \$189.00
Uniform fee: \$40.00 - \$125.00 on www.toqueapparel.com

WINTER

CODE	AGES	TIME	DAY	DATES
31547	3 yrs	4:00pm-5:00pm	Thu	Jan 16 - Mar 8
		10:00am-11:00am	Sat	
31548	4 yrs	5:00pm-6:00pm	Thu	Jan 16 - Mar 8
		11:00am-12:00pm	Sat	
31549	5 yrs	6:00pm-7:00pm	Thu	Jan 16 - Mar 8
		12:00pm-1:00pm	Sat	

SPRING
*No class Spring Break Apr 14 - 21.

CODE	AGES	TIME	DAY	DATES
31570	3 yrs	4:00pm-5:00pm	Thu	Mar 20 - May 17
		10:00am-11:00am	Sat	
31571	4 yrs	5:00pm-6:00pm	Thu	Mar 20 - May 17
		11:00am-12:00pm	Sat	
31572	5 yrs	6:00pm-7:00pm	Thu	Mar 20 - May 17
		12:00pm-1:00pm	Sat	

FUTSAL DEVELOPMENT PROGRAM (RECREATIONAL LEVEL)

Instructor: Toque
Location: Independence Park
Fee: Resident \$185.00 | Non-Resident \$189.00
Wed Only Fee: \$105.00 | Non-Resident \$109.00
Uniform: \$40.00 - \$125.00 on www.toqueapparel.com
Player Requirements: Entry/Beginning Level Players!
Best fit for players that are in: AYSO, Club Soccer (Flight 3 and Bronze Level), City Recreation Programs Players new to the game or have little experience playing futsal or soccer.

WINTER

CODE	AGES	TIME	DAY	DATES
31551	5-6 yrs	5:00pm-6:00pm	Mon	Jan 13 - Mar 8
		9:00am-10:00am	Sat	
31552	5-6 yrs	5:00pm-6:00pm	Tue	Jan 14 - Mar 8
		9:00am-10:00am	Sat	
31553	5-6 yrs	5:00pm-6:00pm	Wed	Jan 15 - Mar 5
		6:00pm-7:00pm	Mon	Jan 13 - Mar 8
31554	7 yrs	10:00am-11:00am	Sat	Jan 14 - Mar 8
		6:00pm-7:00pm	Tue	Jan 14 - Mar 8
31555	7 yrs	10:00am-11:00am	Sat	Jan 15 - Mar 8
		6:00pm-7:00pm	Wed	Jan 15 - Mar 8
31557	8 yrs	5:00pm-6:00pm	Thu	Jan 16 - Mar 8
		11:00am-12:00pm	Sat	
31561	9-10 yrs	7:00pm-8:00pm	Wed	Jan 15 - Mar 8
		1:00pm-2:00pm	Thu	Jan 16 - Mar 8
31558	9-10 yrs	6:00pm-7:00pm	Thu	Jan 16 - Mar 8
		1:00pm-2:00pm	Sat	
31559	11-13 yrs	7:00pm-8:00pm	Mon	Jan 13 - Mar 8
		2:00pm-3:00pm	Tue	Jan 14 - Mar 8
31560	11-13 yrs	7:00pm-8:00pm	Tue	Jan 14 - Mar 8
		2:00pm-3:00pm	Sat	

SPRING
*No class Spring Break April 14 - 20.

CODE	AGES	TIME	DAY	DATES
31576	5-6 yrs	5:00pm-6:00pm	Wed	Mar 19 - May 17
31574	5-6 yrs	5:00pm-6:00pm	Mon	Mar 17 - May 17
		9:00am-10:00am	Sat	
31575	5-6 yrs	5:00pm-6:00pm	Tue	Mar 18 - May 17
		9:00am-10:00am	Sat	
31577	7 yrs	6:00pm-7:00pm	Sat	Mar 17 - May 17
		10:00am-11:00am	Sat	
31578	7 yrs	6:00pm-7:00pm	Tue	Mar 18 - May 17
		10:00am-11:00am	Sat	
31579	8 yrs	6:00pm-7:00pm	Wed	Mar 19 - May 17
		11:00am-12:00pm	Sat	
31580	8 yrs	5:00pm-6:00pm	Thu	Mar 20 - May 17
		11:00am-12:00pm	Sat	
31581	9-10 yrs	7:00pm-8:00pm	Wed	Mar 19 - May 17
		1:00pm-2:00pm	Sat	
31582	9-10 yrs	6:00pm-7:00pm	Thu	Mar 20 - May 17
		1:00pm-2:00pm	Sat	
31583	11-13 yrs	7:00pm-8:00pm	Mon	Mar 17 - May 17
		2:00pm-3:00pm	Sat	
31584	11-13 yrs	7:00pm-8:00pm	Tue	Mar 18 - May 17
		2:00pm-3:00pm	Sat	

FUTSAL DEVELOPMENT PROGRAM (CLUB LEVEL)

Instructor: Toque
Location: Independence Park
Fee: Resident: \$195.00 | Non-resident: \$199.00
Uniform: \$40.00 - \$125.00 on www.toqueapparel.com
Player Requirements: Beginning/Intermediate Level Players
Best fit for players that are in: AYSO United or Extra, Club Soccer (Flight 2, Silver Level), Players are entering a more competitive and challenging environment. Players have more experience playing soccer or futsal.

WINTER

CODE	AGES	TIME	DAY	DATES
31563	7-8 yrs	5:00pm-6:00pm	Tue	Jan 14 - Mar 8
		3:00pm-4:00pm	Sat	
31564	7-8 yrs	5:00pm-6:00pm	Wed	Jan 15 - Mar 8
		3:00pm-4:00pm	Sat	
31565	9-10 yrs	6:00pm-7:00pm	Tue	Jan 14 - Mar 8
		4:00pm-5:00pm	Sat	
31566	9-10 yrs	5:00pm-6:00pm	Fri	Jan 17 - Mar 8
		4:00pm-5:00pm	Sat	
31567	11-13 yrs	6:00pm-7:00pm	Wed	Jan 15 - Mar 8
		5:00pm-6:00pm	Sat	
31568	11-13 yrs	6:00pm-7:00pm	Fri	Jan 17 - Mar 8
		5:00pm-6:00pm	Sat	

SPRING
*No class Spring Break April 14 - 20.

CODE	AGES	TIME	DAY	DATES
31587	7-8 yrs	5:00pm-6:00pm	Tue	Mar 18 - May 17
		3:00pm-4:00pm	Sat	
31588	7-8 yrs	5:00pm-6:00pm	Wed	Mar 19 - May 17
		3:00pm-4:00pm	Sat	
31589	9-10 yrs	6:00pm-7:00pm	Tue	Mar 18 - May 17
		4:00pm-5:00pm	Sat	
31590	9-10 yrs	5:00pm-6:00pm	Fri	Mar 21 - May 17
		4:00pm-5:00pm	Sat	
31591	11-13 yrs	7:00pm-8:00pm	Wed	Mar 19 - May 17
		5:00pm-6:00pm	Sat	
31592	11-13 yrs	6:00pm-7:00pm	Fri	Mar 21 - May 17
		5:00pm-6:00pm	Sat	