



PARK DE LA CRUZ GYMNASIUM

FALL PROGRAM GUIDE 2024



Park De La Cruz Gymnasium

3911 Landis Street San Diego,
 CA 92105

(619)-516-3141

www.sdreconnect.com
 Call for more information!

Hours of Operation

Mondays 10 am - 8:30 pm

Tuesdays 10 am - 8:30 pm

Wednesdays 10 am - 8:30 pm

Thursdays 10 am - 8:30 m

Fridays 10 am - 8:30 pm

Saturdays 10 am - 5:30 pm

Sundays we are closed

**Permit Processing
 made by
 appointment only!!**

Sports Programs



PDLC 10 & Under Flag Football

Tuesday's & Wednesday's
5 pm - 7 pm
Active Net #118182



PDLC 12 & Under Flag Football

Tuesday's & Wednesday's
5 pm - 7 pm
Active Net # 118183



PDLC Peeewee Flag Football

Tuesday's & Wednesday's
5 pm - 7 pm
Active Net # 118185



PDLC Youth Basketball Skills and Conditioning

Friday's 6 pm - 8 pm
Active Net # 118203



PDLC 12 & Under Volleyball



**Tuesday's 6 pm - 8 pm
Thursday's 4 pm - 6 pm
Active Net #118213**



**6 vs. 6 Intermediate/Advanced Coed
Adult Volleyball**

**Saturday's 10 am - 12:30pm
Active Net # 118178**

Thursday Night Open Play Futsal

**Thursday's 6 pm - 8:30 pm
Active Net # 118178**



Open Play Pickleball



**Tuesday's 12:30 pm - 2:30 pm
Thursday's 10 am - 12 pm
Active Net #118179**

**Civic Dance programs offered!
Tuesday's, for more
information please contact
park staff.**

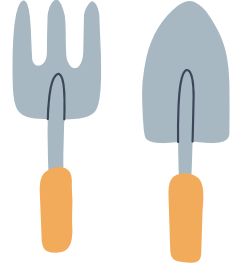


**We also offer Age Well
Programs and Therapeutic
Recreation Programs. For more
information, please contact
park staff.**

Fall Events

Arts & Crafts Class

Wednesday's 6 pm - 7pm
Active Net # 118181



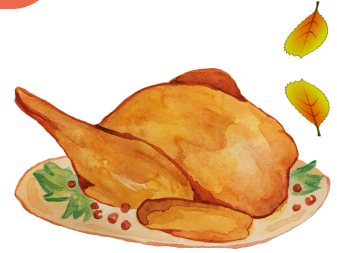
Garden Program - Sprout Buddies

Saturday's 1 pm - 2 pm
Active Net # 118184



Health Fair & Turkey Giveaway

Saturday November 23rd
For more information call
gymnasium staff
(619)-516-3141



Turkey Trot

Saturday November 16th
For more information call TRS staff
(619)-525-8247



Annual Fall Carnival

Free Admission!!
Saturday October 28th
2:00 - 4:00 pm



The City of San Diego is committed to providing an equitable and inclusive environment for all individuals. Consistent with these principles and applicable laws, it is the City's policy not to discriminate on the basis of any protected classification, including age, ancestry, color, creed, physical or mental disability, gender, gender identity, gender expression, genetic information, marital status, medical condition, veteran or military status, national origin, pregnancy (including childbirth, breastfeeding, or related medical conditions), race, traits historically associated with race (including hair texture and protective hairstyles such as braids, locks, and twists), religion, religious belief or observance, religious creed, sex, sex stereotype, sexual orientation, transgender status or transitioning, or any other classification protected by federal, state, or local law (including being perceived or regarded as or associated with any protected classification). If anyone believes they have been discriminated against, they may file a complaint alleging the discrimination with either the City of San Diego, Parks and Recreation Department District Manager at (619) 236-7342, or the California Department of Fair Employment and Housing (DFEH) at (800) 884-1684. This information is available in alternative formats upon request.