

La Palma



MOSAIC

Fall 2011



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City Information

City Hall Hours:

7:30 a.m. – 5:30 p.m. **Monday – Thursday
and Alternating Fridays**

City Council, Community Development Commission, and Planning Commission Meetings are held on the first and third Tuesday of each month. Meetings start at 7:00 p.m. and are open to the public. Agendas are available by calling the City Clerk's office at 714-690-3334, or on the City's website at www.cityofpalma.org under Agendas and Minutes.

Any person wishing to address the City Council on any matter, whether or not it appears on the agenda, may do so under the Public Communications portion of the agenda. Each individual is allowed five minutes to address the Council. No action will be taken on any items not on the agenda.

Development Committee Meetings are held at 7:30 p.m. on the second Monday of January, March, May, July, September, and November.

Traffic and Safety Committee Meetings are held quarterly at 6:00 p.m. on the fourth Monday of January, April, July, and October.

Community Activities & Beautification Committee Meetings are held at 6:30 p.m. on the second Tuesday of every month, September – June.

All meetings are held in the City Council Chambers at City Hall, located at 7822 Walker Street.

La Palma City Council

Ralph Rodriguez
Mayor

Henry Charoen
Mayor Pro Tem

Steve Hwangbo
Steve Shanahan
Mark Waldman

A Message from the City

On June 21, the La Palma City Council adopted a fully balanced \$28.6 million budget, while keeping the local Utility Users Tax at 4% for the fourth year in a row. It was especially difficult to do that this year, with revenues continuing to stagnate as a result of the struggling economy. Through negotiated labor concessions, further belt-tightening, and leaving certain personnel vacancies unfilled, the City Council achieved a balanced budget without program or service cuts. In fact, we even added new swim classes at Kennedy High School this summer (and at La Palma Intercommunity Hospital this fall)!

In keeping with La Palma's motto of being "The City of Vision," the City Council and staff continue to focus on constantly enhancing the quality of life for all residents. For instance, La Palma households will soon receive smart electric meters from Southern California Edison. These new meters will allow residents to track their electrical usage online and establish monthly targets that meet their needs. Residents do not need to be home when installation occurs; however, the area should be clear to provide access to the meter. More information on smart meter installation is available on page 5.

As the summer heat subsides, cooler fall temperatures signal the return of many cherished community events. The annual Halloween Carnival will kick off fall festivities on Monday, October 31. That is followed by the La Palma Days Celebration, which begins on Saturday, November 6 with the La Palma Pageant at the Performing Arts Center at Kennedy High School and ends with the La Palma Days Parade, Band Review, and Festival on Saturday, November 12 at Central Park. Wrapping up the busy fall season is the 25th Annual Tree Lighting Ceremony on Wednesday, December 7. Please join us at these wonderful family-friendly events; more information can be found on pages 8 and 9.

Finally, as we head into 2012, Phase II of the Denni Street Project will begin construction. This townhome development near Denni St. and La Palma Ave. will give opportunities for 12 new families to join the La Palma community. We look forward to welcoming our newest neighbors! More information on this development is available on page 5.

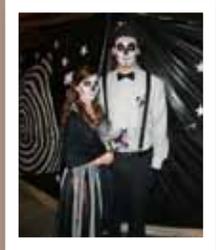
Calendar of Events

September



- 5 Labor Day-City Offices Closed
- 6 City Council Meeting-7:00 p.m.
- 10 Tiny Tot Registration
- 11 Patriots Day
Grandparents Day
- 12 Fall Aquatic Program Begins
Pee Wee Kicks Begin
The Hub-Teen Programming Begins
- 20 City Council Meeting-7:00 p.m.
- 23 Autumn Begins
- 24 Teen Homecoming Dance-7:00 p.m.
La Palma Community Center

October



- 3 Fit N Fun Begins
- 4 City Council Meeting-7:00 p.m.
- 10 Columbus Day-City Offices Open
- 18 City Council Meeting-7:00 p.m.
- 22 Teen Thriller Dance-7:00 p.m.
La Palma Community Center
- 31 Halloween Carnival-6:00-8:30 p.m.
Central Park

November



- 6 La Palma Pageant-5:00 p.m.
Daylight Saving Time Ends
- 8 Election Day
City Council Meeting-7:00 p.m.
- 11 Veteran's Day-City Offices Closed
- 12 La Palma Days-10:00 a.m.-6:00 p.m.
- 15 City Council Meeting
- 24-25 Thanksgiving-City Offices Closed

December



- 3 Teen Holiday Blowout Dance-7:00 p.m.
Cypress Senior Center
- 6 City Council Meeting-7:00 p.m.
- 7 Holiday Tree Lighting Ceremony-4:30 p.m.
Central Park
- 20 City Council Meeting-7:00 p.m.
- 22 Winter Begins
- 23-Jan 2 Winter Holiday Closure-City Offices Closed
- 25 Christmas Holiday

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Recap, May, June, and July 2011

The City Council, which also sits as the governing board of the Planning Commission and Community Development Commission, meets on the 1st and 3rd Tuesdays of each month at 7:00 p.m. in the Council Chambers at City Hall. The public is always encouraged to attend and meetings are also audio-cast live on the City's website at www.cityoflapalma.org/media. Please note, this recap is a summary only and additional items may have been discussed and/or approved. For a complete copy of the approved minutes, please visit the City's website at www.cityoflapalma.org/minutes.

May 3, 2011

The City Council received and filed the Third Quarter Financial Report for Fiscal Year 2010-11. The projections indicated that revenues for Fiscal Year 2010-11 would be \$9,477,900, which is \$446,000 or 4.5% less than the City's Adopted Budget. This decrease of total revenues is a direct result of sales tax receipts and investment income being significantly lower because of the economic recession. With expenditures, the City Manager has ordered Staff to identify savings where possible without affecting service levels and has directed three positions to be held open, which will save over \$200,000 for the remainder of this Fiscal Year.

The City Council and CDC conducted a Study Session and provided direction on the general content of the proposed Fiscal Year 2011-12 General Fund Budget.

The City Council awarded a contract in the amount of \$565,565 to All American Asphalt for Street Rehabilitation on Walker Street from La Palma Avenue to 183rd Street. The project includes: the installation of pedestrian ramps; pavement grinding of the existing asphalt; a new asphalt overlay; raising of manholes and valves to grade; and the replacement of striping, pavement markings, and traffic signal loops.

The City Council conducted a public hearing and introduced for first reading a proposed Ordinance amending Chapter 26 of the La Palma City Code pertaining to the maximum permissible density in the Village Overlay Zone. The proposed Ordinance will clarify the maximum allowable density under the Village Overlay designation when applied to parcels located in the Multiple Family Residential district. While the La Palma General Plan currently permits a maximum density of 30 units to the acre under the Village Overlay Designation when applied to any Multiple Family Residential parcel, the Development Code fails to clearly prescribe the same density. The objective of the amendment is to assure that the Development Code is consistent with the General Plan.

The City Council discussed the possible removal of trees from the frontage medians on Houston Avenue and Walker Street. Staff was directed to consult with the Arborist, to evaluate the pine trees along Houston Avenue in order to safely proceed with the street repairs, and authorized the funding of the Walker Street Median Reconstruction Project including the removal of pine trees (This decision was reversed on May 17).

The City Council approved the placement of Daniel Collins' name on a paver brick in the Community Commemorative Area. In 2009, the City Council established the Community Commemorative Area, to honor

residents and employees who had devoted their time and efforts to the betterment of the community and its residents. Mr. Collins, served on the La Palma Development Committee in the 1970's; helped establish a local Fly Abatement Board in 1972, served on the City Council in the 1980's; served as a member of the City's negotiating team for the Centerpointe Development Agreement; served as Mayor in 1982 and 1986; and chaired the volunteer group that constructed the Bi-Centennial Gazebo in Central Park.

May 17, 2011

The Planning Commission adopted a Resolution approving Conditional Use Permit 352, a request from the University of Phoenix to operate a college campus at 6 Centerpointe Drive. The University is proposing to use 30,000 square feet, comprised of the entire 2nd floor and a portion of the 3rd floor. The plan includes fourteen (14) classrooms, a student resource center, a student vending area, a faculty resource center, and administrative offices for staff.

The City Council conducted a Public Hearing and adopted a Resolution approving the Urban Water Management Plan. The plan, which is required by the California Department of Water Resources, is intended to achieve conservation and efficient use of urban water supplies to protect the residents and businesses of La Palma and their water sources, and to ensure that sufficient water supplies will be available for future beneficial use.

The City Council reconsidered the action taken on May 3 regarding the removal of trees from the frontage medians on Walker Street. Staff was directed to not remove the pine trees along Walker Street as a part of the Walker Street Median Reconstruction Project.

The City Council adopted an Ordinance Amending Chapter 26 of the La Palma City Code pertaining to the maximum permissible density in the Village Overlay zone. This item was previously introduced and discussed on May 3.

The City Council adopted a Resolution setting the Utility Users' Tax (UUT) Rate for Fiscal Year 2011-12 at 4%. The UUT Ordinance approved by voters in March 2002 and in November 2010 requires the City Council to annually review the UUT to determine whether the rate should be altered. Specifically, the Ordinance allows the City Council to implement a temporary reduction in the UUT to no less than 0.25% for the succeeding fiscal year if sufficient funding is available. At the end of the fiscal year, with no further City Council action, the rate will automatically revert to the 5% rate.

The City Council adopted a Resolution approving the Salary Schedule and Comprehensive Listing of personnel practices and benefits for Management Employees. The three-year agreement made significant changes to



Management benefits, including: a requirement that employees contribute to their retirement benefits, established a lower retirement benefit for future employees, included no overall salary increases in the first two years; and allowed a potential salary increase in year three if economic indicators are reached.

The City Council and CDC conducted a Study Session and provided direction on the Proposed Fiscal Year 2011-12 Budget.

June 7, 2011

The CDC approved an agreement with Quality Environmental Inc. for demolition in the amount of \$28,600; and approved a Supplemental Appropriation from the Low and Moderate Income Housing Fund of \$42,000 to complete the CDC's obligations for this project. The CDC purchased and took possession of the property at 4611 La Palma Avenue on December 15, 2010. The CDC is pursuing development of Phase II of the Denni Street Affordable Housing Specific Plan, consisting of 12 new townhomes to be constructed on the site. Existing structures on the site need to be removed before construction can begin.

The City Council and CDC conducted a Study Session and provided direction on the Proposed Fiscal Year 2011-12 Budget.

The City Council adopted a Resolution approving an Amendment to Precise Plan with conditions for landscaping and hardscaping modifications in conjunction with the installation of Beacon Day School's enclosed outdoor relaxation/play area at 24 Centerpointe Drive. Beacon Day School is proposing to occupy three fourths (3/4) of the building at 24 Centerpointe Drive for an autism facility.

The City Council adopted a Resolution approving the Policy Implementing Governmental Accounting Standards Board Statement No. 54. The intent of the Statement is to bring greater transparency and consistency to fund balance reporting in the governmental sector.

The City Council approved and authorized the City Clerk to transition City Council Agendas and other City processes, as applicable, to a paperless solution.

June 21, 2011

The CDC approved an Amendment to the Declaration of Restrictions and Grant of Easements recorded February 1971, pertaining to the Walker and La Palma Avenue Shopping Center. The Amendment is necessary to preserve the reciprocity of access and "shared parking" for the Shopping Center and to attract first quality anchor tenants for the Center.

The City Council and CDC approved a Resolution adopting the City's Budget for Fiscal Year 2011-12, the City's Annual Appropriations Limit for Fiscal Year 2011-12, and the Community Development Commission Budget for Fiscal Year 2011-12. The City's Fiscal Year 2011-12 total budget is projected at \$28.6 million. See related story on page 4.

The City Council adopted a Resolution approving the Memorandum of Understanding between the City of La Palma and the La Palma Professional Employees Association. The three-year agreement made significant changes to employee benefits, including: a requirement that employees contribute to their retirement benefits, established a lower retirement benefit for future employees, provided no overall salary increases in the first two years; and allows a potential salary increase in year three if economic indicators are reached.

The City Council and CDC adopted Resolutions approving a Disposition and Development Agreement (DDA) between the CDC and The Olson Company regarding Phase II of the Denni Street Affordable Housing Specific Plan at 4611 La Palma Avenue. The DDA is an agreement for the sale and development of real property and becomes the instrument that legally governs the relationship between the parties until the development has been completed.

The City Council discussed redistricting draft maps prepared by the California Citizens Redistricting Committee. Staff was directed to send a letter to the Committee indicating that La Palma should be grouped with the Cities of Cypress, Buena Park, Los Alamitos, and Fullerton.

The City Council approved a Resolution in support of the United States-Korea Free Trade Agreement (KORUS FTA). In 2007, then President George W. Bush signed the Agreement; however, it was never ratified by Congress. In December 2010, President Obama announced the successful resolution of outstanding issues with the KORUS FTA, setting the stage for consideration of the agreement by Congress.

July 5, 2011

The City Council adopted a Resolution approving the submittal of applications to the State of California Department of Transportation for funding under the Federal Safe Routes to School Grant Program to enhance safety in school zones citywide. The application submittal requested funding for the installation of radar speed feedback signs along Walker Street and Crescent Avenue in the area of Kennedy and Walker Schools.

The City Council adopted Resolutions reducing the City's employer paid member contributions to the California Public Employees' Retirement System (CalPERS) for Fiscal Year 2011-12 to 5% for Miscellaneous employees and 6% for Safety employees in the La Palma General Employees Association, the La Palma Professional Employees Association, and the unrepresented Management Team.

The City Council adopted a Resolution approving the Memorandum of Understanding between the City of La Palma and the La Palma General

Recap (continued)

Employees Association. The three-year agreement made significant changes to employee benefits, including: a requirement that employees contribute to their retirement benefits, established a lower retirement benefit for future employees, provided no overall salary increases in the first two years; and allows a potential salary increase in year three if economic indicators are reached.

July 19, 2011

The City Council conducted a public hearing and introduced for first reading a proposed Ordinance of the City Council of the City of La Palma authorizing an amendment to the contract between the City Council of the City of La Palma and the Board of Administration of the California Public Employees' Retirement System (CalPERS). The Ordinance will establish a second tier retirement formula of 2% at 60 for new Miscellaneous employees hired on or after July 1, 2011.

The City Council adopted a Resolution approving Affordable Housing Program Guidelines, to assist in meeting its Regional Housing Needs Assessment (RHNA) Goals. The program is intended to provide affordable housing to extremely-low and very-low income tenant households. The City plans to procure existing residential units in the marketplace and record affordability covenants against the property for a term of 55 years to make them eligible to satisfy RHNA requirements. The City will then enter into an affordable housing and grant agreement with a non-profit affordable housing corporation, to take ownership possession and manage the units as affordable rental properties subject to the provisions of the guidelines.

The City Council conceptually approved a proposal for the development of a Chase Bank at 5962 La Palma Avenue and directed staff to draft a Zoning Code Amendment. The Amendment would conditionally allow a bank use in the PND Zone subject to entering a development agreement that addresses the PND community benefits requirements.

La Palma Adopts Balanced FY2011-12 Budget through Negotiated Labor Concessions

On June 21, 2011, the La Palma City Council adopted a \$28.6 million total budget for the 2011-12 Fiscal Year, while maintaining the local Utility Users Tax (UUT) at 4% for the fourth year in a row. In response to the continued economic slowdown and the unpredictability of the City's tax base, General Fund expenditures were reduced by \$600,000 from the prior budget year.

Even with the expenditure reductions, the City's budget was still projected to have a deficit. However, through negotiated labor concessions from its general, professional, and management employees, the City was able to adopt a balanced budget. The agreements will provide approximately \$132,200 in savings in the 2011-12 Fiscal Year and more than \$640,000 over their three year terms. Key terms of the agreements include a requirement that all employees begin paying for a portion of their retirement benefits and the establishment of a second tier retirement plan for future employees.

City Manager Dominic Lazzaretto said, "The City Council's number one goal for 2011 was to adopt a fully balanced budget without cutting services or raising user fees. Thanks to the employees, we can proudly say that the goal has been achieved."

The City projects to have a strong General Fund Reserve balance of \$9.9 million – or 104% of ongoing operating costs – at the end of the 2011-12 Fiscal Year. Some noteworthy expenditures included in the budget, are: \$2,152,000 for arterial and residential street rehabilitation projects; \$1,420,000 for various water, sewer, and storm drain system improvements; \$108,000 for park improvements; and \$75,000 for intersection improvements at Walker Street and La Palma Avenue.

The City is also slightly expanded services by offering summer swim classes at Kennedy High School for the first time. The adopted budget and a variety of other financial documents are available for review at La Palma City Hall or on the City's website: www.cityoflapalma.org/finance.

Submit Your Photos

Do you have digital photographs that you would like to submit for publication in the La Palma Mosaic? If so, you can email them to recreation@cityoflapalma.org. For additional information, please call (714) 690-3350.

Please include:

- Your name, address, and telephone number
- Names of those in the photographs and what activity is featured
- The statement "I hereby irrevocably consent to and authorize the use and reproduction by the City of La Palma or anyone authorized by the City of La Palma of any and all photographs. These photographs may be used for any purpose whatsoever, without compensation." Thank You!

New Housing Coming to La Palma

The Community Development Commission (CDC) is pursuing development of Phase II of the Denni Street Specific Plan. Phase II consists of 12 new townhomes to be created on the site located at 4611 La Palma Avenue. The parcel is surrounded by single-family tract housing to the north, Steve Luther Elementary School to the east, and Montecito Housing Project to the west.

Last year, the CDC became aware that 4611 La Palma Avenue was available. The CDC acquired the site to assist in achieving its current affordable housing goals. The CDC purchased and took possession of the property on December 15, 2010 then selected the Olson Company as the preferred developer.

The Denni Street Affordable Housing Specific Plan was adopted in 1995 to satisfy the affordable housing requirements imposed upon the City by State law. The Specific Plan encompassed a total area of 6.7 acres at the corner of Denni Street and La Palma Avenue. The specific plan included this privately owned parcel (approximately 0.9 acre) at the time of adoption, but recognized the family was not ready for redevelopment and set it aside as a future phase.

As the selected developer, Olson Company is proposing all for-sale units, with 50% of the units at restricted income levels. Three units will be restricted to low-income households and three will be restricted



to moderate-income households. The units will range from 1,450 to 1,750 square feet with three to four bedrooms respectively, plus related parking, landscaping, lighting, signage, and all other on-site and off-site improvements required for the development of the Site. The site is currently being prepared for development and the project is anticipated to be completed in Spring of 2012.

For more information about Phase II of the Denni Street Affordable Housing Specific Plan please contact the Community Development Department at (714) 690-3340.

Southern California Edison to Install Smart Meters In La Palma

Southern California Edison (SCE) will install smart electric meters in La Palma as part of the Edison SmartConnect program. The technology will enable SCE residential and small business customers to take advantage of new programs and services in the near future.

Edison SmartConnect meters are digital, secure, two-way communicating devices that are replacing traditional mechanical meters, and provide a key step in transforming the electric system to a smart grid. Customers with smart meters will have access to their daily energy usage data through SCE.com, and will be able to sign up to receive e-mail, voice or text message alerts. These can help customers track usage against a monthly budget target of their choice, and reduce monthly bills.

SCE partnered with Corix Utilities Inc. to perform most of the installations. Here is some important information for customers receiving the new meters:

- Customers will receive advance notice by mail when installations are scheduled in their neighborhood.
- Customers do not need to be home, but should provide clear access to their meters. The installer will leave a door hanger indicating if the installation was successful or if an appointment for installation is required due to access issues.

- During a typical residential installation, customers will experience a short power interruption of less than a minute. As an extra measure of protection, customers are encouraged to plug electronic equipment, such as personal computers and televisions, into power surge protectors. Typically, no service interruption is required for smart meter installations at small businesses.
- Customers who operate life support medical equipment at their addresses, or have concerns about power interruptions, may call SCE at 1-800-973-2356.
- Corix installers carry identification indicating they are approved SCE contractors.
- Smart meter customers will receive follow-up mail, notifying them when new program features and services are available and how to access them.

For more information, please go to www.sce.com/edisonsmartconnect. To view a video about Edison SmartConnect, visit YouTube.com/SCE or sce.com/smartfuture.

When It Rains It Pours...Pollutants Into Our Waterways

Managing Stormwater During the Rainy Season

The rainy season is back. Time for umbrellas, raincoats, and...the first flush? The first flush is the first significant rainfall after a long period of dry weather. This rain flushes months of accumulated pollutants such as litter, lawn clippings, pesticides, motor oil, and pet waste from impervious surfaces such as rooftops, driveways, parking lots, and roadways down storm drains. Unlike water that flows through sewers (from sinks and toilets), water that flows through storm drains is not treated before entering our creeks, rivers, bays, and ocean.

Impervious surfaces cover soil that would allow stormwater to soak into the ground. By not allowing stormwater to soak into the ground, these surfaces significantly increase the amount of water that runs off the land. Always on the move, water flows downhill, over and through the land picking up pollutants, and sending them to the nearest waterway. This is called stormwater pollution. However, by preparing for the rain, you can help reduce stormwater pollution and improve the health of our creeks, rivers, bays, and ocean.

Maintaining your landscape can help reduce pollution in our waterways. Preserve existing vegetation as much as possible. Plants are a natural, inexpensive and highly effective means for controlling runoff. Runoff slows down and loses much of its force when it reaches vegetation, which works as a filter, straining out sediment, debris and other pollutants.

During these upcoming wet-weather months, it is important to closely monitor your lawn watering habits and adjust your watering schedule to reflect the weather conditions. During the rainy season, landscaped areas need less water. A heavy rainfall can eliminate the need for watering for up to two weeks. Therefore, increase the number of days between watering and reduce the amount of time sprinklers are operating. Also, shut off your sprinklers or use the rain-delay feature before and during rainy weather. When you avoid unnecessary watering, more rain can soak into your landscape and less runs off into the storm drain.

Leaves may have collected in the rain gutters along your roof over the summer. Remove the debris from the gutter and place it in a green waste container before it rains and clogs your gutter. Also, direct downspouts and gutters to drain onto your lawn or plant beds where water will soak into the soil.



Erosion is another peril of heavy rain. To help prevent soil from leaving your property, examine your area carefully. Be aware of the slope, drainage patterns and soil types. If your property is prone to erosion, consider the following:

- Plant grass seed or other vegetation before the fall rains begin.
- Apply netting and straw mulch on steep slopes.
- Preserve trees and shrubs in streamside areas.
- Incorporate existing native vegetation into your landscape area.
- Direct water runoff away from areas subject to erosion.
- Minimize impervious surfaces such as concrete and asphalt and maximize the absorption capacity of your land through vegetation.

These measures can limit the flow of stormwater off your property and reduce the amount of pollutants entering the storm drain. To further reduce and prevent pollutants from entering the storm drain, place yard trimmings in a green waste container, pick up litter, maintain your vehicle and don't over-fertilize or overwater your lawn.

Do your part! Remember, the Ocean Begins At Your Front Door. For more information about what you can do to prevent water pollution or to report a water pollution problem, contact the Orange County Stormwater Program at 1-877-89SPILL or visit www.ocwatersheds.com.

Community | Pride

Home Spotlight

The City of La Palma would like to congratulate Mario and Alma Bordenave of 5262 Ivywood Drive for winning the 2011 Fall Home Spotlight Award!

Mario and Alma have been residents of La Palma for over three years. Since moving to La Palma, they have remodeled both inside and out. They have updated the look of their property with a rustic southern lodger stone, used throughout the front of their house, surrounding the planters and light pillars and the walkway is designed with satillo terra-cotta styles squares tiles. The complete exterior of the home was repainted and rain gutters and a new sprinkle system were installed. The Bordenave's take great pride in their home and are constantly adding new plants and keeping the lawn well maintained. To save energy they installed environmentally friendly double pane windows throughout their home. To top it all off a flag is always waving in front of their house showing their pride.

Proud, diligent homeowners are the heart of strong, safe neighborhoods and a vibrant city. By keeping La Palma beautiful, residents like these are one of many reasons why La Palma has been named one of the best places to live in the United States. We thank the Bordenave family for contributing!



Each quarter a home is selected by the La Palma Community Activities & Beautification Committee to receive La Palma's Home Spotlight Award. The award recognizes property owners that have excelled with the upkeep and appearance of their property. Do you know a home that you think should be considered for this award? If so and you'd like to nominate a home for the Home Spotlight Award, please contact (714) 690-3350, email recreation@cityoflapalma.org or visit our website at www.cityoflapalma.org.

La Palma Wins Sprite Spark Parks Grant

The Recreation and Community Services Department is proud to announce that they are the recipient of a \$20,000 Grant for the Sprite Spark Park Project. The Central Park basketball courts were nominated in February by a member of the community to compete for a grant to renovate the courts. The Coca-Cola Company completed an initial Judging Phase and chose Central Park as a finalist. From the end of May through mid-June, online voting occurred on Facebook. The members of the community and city staff were able to generate enough votes to earn this grant.

The grant requires that an art component and community participation be included in the project. If you are interested in participating in the process of renovating the courts please contact the Recreation Department at (714) 690-3350.



The La Palma Mosaic is distributed quarterly in order to keep residents up-to-date on all things La Palma; however, residents can sign up for our "Notify Me" email news services to receive more frequent and timely email updates from the City. Simply visit our website at: www.cityoflapalma.org/NotifyMe and we will keep you up-to-date on all the latest events and happenings in your hometown. Of course, we will never sell your email address to anyone and we will only send you important local information. Join today!

Community

Events

Halloween Carnival

Monday, October 31, 2011

6:00-8:30 p.m.

Central Park

FREE

Stop by La Palma's safe, family-oriented alternative to the traditional trick-or-treat! Our yearly spooktacular event features a fabulous COSTUME CONTEST for ghouls and boys with special prizes in each age division! This year's Halloween spookfest will feature CARNIVAL GAMES, a "GOBLIN GULCH" for children under the age of 5, and a HAUNTED area featuring Zombies as our special guests!

Community groups, organizations and individuals are invited to operate a carnival booth as a community service project. Your help is greatly appreciated! For more information, please call the La Palma Recreation and Community Services Department at (714) 690-3350.

IN THE EVENT OF RAIN, THE CARNIVAL WILL BE CANCELLED.



La Palma Pageant

Sunday, November 6

5:00 p.m. - 8:00 p.m.

AUHSD Performing Arts Center at Kennedy High School



The La Palma Pageant Committee is currently seeking individuals interested in entering the La Palma Pageant, scheduled for Sunday, November 6, 2011. To qualify, prospective contestants must either live, work, or attend school in the City of La Palma, and be between the ages of 17 and 23 on the date of the pageant. Scholarships will be awarded.

If you are interested in becoming a contestant, please complete and return an entry form to Center Park by September 11. An orientation for prospective contestants will also be held on Sunday, September 11.

27th Annual La Palma Days

Saturday, November 12, 2011

10:00 a.m. – 6:00 p.m.

Featuring:

- Parade & Band Review
- Activities
- Entertainment
- Cultural & Historical Activities
- International Food and Product Vendors

La Palma celebrates its diverse heritage with La Palma Days by encouraging residents, business partners and friends to be a part of La Palma's community spirit. La Palma Days kicks off with the La Palma Pageant on Sunday, November 6 then gears up for the grand celebration on Saturday, November 12.

Join the fun by participating in this year's celebration. Volunteers on the La Palma Days Coordinating Committee and various subcommittees are diligently making plans to ensure another successful event. The

committees are looking for clubs, organizations, families and businesses that would like to participate in the parade and festival. This event is a great opportunity for local non-profit groups to support their community while earning much-needed funds for their organization!

For more information or to volunteer for the year's event, please call (714) 690-3350 or visit www.cityoflapalma.org



Convertibles Needed

You have the opportunity to participate in La Palma's 27th Annual Community Parade and Band Review by driving your convertible in the La Palma Days Parade to be held Saturday, November 12, 2011. Convertibles are needed to carry dignitaries in the parade that will start at 10:00 a.m. and conclude at approximately noon. If you or someone you know is available to participate in this year's parade, please contact parade committee members Ken Blake at (714) 504-3429 or by email at kenblake@hotmail.com or Wayne Zehner at (714) 222-5242 or by email at waneswold@aol.com.

25th Annual Holiday Tree Lighting

Wednesday, December 7

4:30-7:30 p.m.

Central Park Amphitheater

Join your friends and family for this annual holiday favorite! Every year this event brings the La Palma community together to ring in the holiday season! Enjoy the musical talents from our local schools and join in during the Community Carol Sing Along. Join Santa and his elves in the activities area before the event. This area will feature crafts, an opportunity to write a letter to Santa, and of course, the young and young-at-heart won't want to miss an early visit with Santa Claus!



Safe Driving in School Zones

Fall is around the corner, and with that comes the return of children to school. School crossing laws and school bus laws will be heavily enforced to ensure that everyone gets to and from school safe. Now is a good time to take a few minutes and review some safety tips for parents and motorists.



Tips for Parents

- Help your children learn and practice safety rules for walking, bicycling or riding in a passenger car, school bus or transit bus.
- Supervise young children as they are walking or biking to school or as they wait at the school bus stop.
- Be a good role model. Always buckle up in the car, always wear a helmet when biking, and always follow pedestrian safety rules.

Tips for Motorists

- Slow down and obey all traffic laws and speed limits.
- Always stop for a school bus that has stopped to load or unload passengers. Red flashing lights and extended stop arm tell you the school bus is stopped to load or unload children. State law requires you to stop. Failure to do so can result in a traffic citation.
- Always stop for a school crossing guard in the roadway. Failure to do so can result in a traffic citation.
- Be alert. Watch for children walking in the street, especially where there are no sidewalks. Watch for children playing and gathering near bus stops. Watch for children arriving late for the bus, who may dart into the street without looking for traffic. When backing out of a driveway or leaving a garage, watch for children walking or biking to school.

Remember it is the responsibility of all drivers and pedestrians to observe all traffic laws. It is also the daily mission of the La Palma Police Department to ensure the safe movement of traffic and to reduce traffic crashes. Together we make the difference!

Be Halloween Safe!

Halloween is a fun and spooky time of year for you and your little ones. Make trick-or-treating safe with a few easy Halloween safety tips.

- NEVER trick or treat alone. Always go with a parent or another adult.
- If children are going to a Halloween party at other's homes, have them look for exits and plan how they would get out in an emergency.
- Buy only costumes, wigs, and props labeled flame resistant or flame retardant. If you are making your own costume, choose material that won't easily ignite if it comes in contact with heat or flame. STAY AWAY from loose or long trailing fabric. If your child is wearing a mask, make sure the eye holes are large enough so they can see out.
- Carry a lightweight flashlight or glow stick to help you see after dark.
- Walk on sidewalks and driveways. Make sure to cross the street at the corner or in a crosswalk.
- Never go into anyone's home without the permission of parents or the adult in charge.
- Only visit houses with their lights on.
- NEVER eat or even taste candy until parents or another adult has carefully inspected it.
- Tell children to stay away from open flames. Remember to STOP, DROP, COVER your face, and ROLL if your costume or clothing catches fire.
- Remember to keep exits clear of decorations, so nothing blocks escape routes.
- Dried flowers, cornstalks, and crepe paper are highly flammable. Keep these and other decorations well away from all open flames and heat sources, including light bulbs and heaters.
- Use flashlights as alternatives to candles or torch lights when decorating walkways and yards. They are much safer for trick-or-treaters, whose costumes may brush against the lighting.





Toddlers / Preschool

Educational

Tiny Tots

Age: 3 – 5

Our preschool teachers will be teaming up to teach our enrichment program for POTTY-TRAINED, 3 to 5 year-olds. The Tiny Tots program is dedicated to improving the well-being of all young children, with a focus on socialization, education and developmental skills. These skills are taught through games, stories, crafts, physical fitness activities, and playtime. Each 7-week session will also include a parent-participation excursion to a local place of interest. EACH CHILD MUST BE ABLE TO COMPREHEND AND SPEAK ENGLISH IN ORDER TO BE ADMITTED INTO CLASS.

The Tiny Tot program is held 5 days a week:

Monday/Wednesday/Friday will be geared to the older 4- and 5-year-olds preparing for Kindergarten.

Tuesday/Thursday class will be geared for the newer and younger 3- and 4-year-olds.

AT OUR SPECIAL TINY TOT REGISTRATION ON SATURDAY, SEPTEMBER 10, 2011 (RESIDENTS @ 10:00 A.M. AND NON-RESIDENTS @ 10:30 A.M. PLEASE DO NOT LINE UP BEFORE 8:00 A.M.), parents may register for ONE CLASS ONLY, and may request to be placed on the waiting list for the other class. Registrations are first come, first served. SPACES ARE VERY LIMITED; BE AWARE THAT PARENTS OFTEN LINE UP EARLY FOR THIS CLASS. La Palma residents must bring proof of residency and the child's birth certificate to register at 10:00 a.m. There is a MANDATORY parent meeting for ALL STUDENTS on Saturday, September 10, 2011 at 11:30 a.m. to discuss the philosophy and what parents can expect from of the Tiny Tot Class.

No phone-in registrations will be accepted.

2nd payment for the session is due by Friday, October 7.

IF CLASS MINIMUM OF 12 PARTICIPANTS IS NOT MET, THE CLASS WILL BE CANCELLED!

Classes begin the week of September 12.

No phone-in registrations will be accepted.

2nd payment for the session is due by Friday, October 7.

IF CLASS MINIMUM OF 12 PARTICIPANTS IS NOT MET, THE CLASS WILL BE CANCELLED!

Classes begin the week of September 12.

Fees: \$122 for 7 weeks on M/W/F \$93 for 7 weeks on T/TH
(Each class is limited to 24 students)

Payments: Although you may pay for the entire Tiny Tot session at registration, we have a payment schedule for your convenience. Instead of paying for the entire session at once, you may pay in two affordable payments. The first payment is due at the time of registration. The second payment is due by Friday, October 7.

Instructor: Recreation Staff

Location: Pygmy Palm

Code	Days	Dates	Time	Fee/Weeks
8757	M/W/F	9/12-10/28	9:00-12:00 p.m.	\$122/7
8759	M/W/F	10/31-12/16*	9:00-12:00 p.m.	\$122/7
8758	T/TH	9/13-10/27	9:30-11:30 a.m.	\$93/7
8760	T/TH	11/1-12/15*	9:30-11:30 a.m.	\$93/7

*No Class 11/11, 11/25 and 11/26

Parent And Tot Preschool Practice

Ages: 18 months to 5 years

Help your child grow and learn and get ready for preschool! We play, dance, sing and pop popcorn, all during "circle time." We also work on being in the school setting through cooperation, listening, and direction. We stimulate gross motor skill improvement through creativity, crafts and activities. Come and join us for fun while preparing for preschool. Parent/guardian participation is required. A \$5 material fee is payable to the instructors at the first class meeting.

Instructor: K. Schooner

Location: Sago Palm

Code	Age	Days	Dates	Time	Fee/Weeks
8580	18 mon - 3	Th	9/8-10/13	9:30-10:30 a.m.	\$42/6
8581	2.5-5	Th	9/8-10/13	10:45-11:45 a.m.	\$42/6
8582	18 mon - 3	Th	10/27-12/8*	9:30-10:30 a.m.	\$42/6
8583	2.5-5	Th	10/27-12/8*	10:45-11:45 a.m.	\$42/6

*No Class 11/24

Dance

Baby Ballet

Age: 2 – 4

This is the perfect class for your budding ballerina. Through stories, songs, and classical ballet poses the participants will learn the traditional movement and language of ballet, along with the stories of the most famous ballets. Ballet shoes required.

This class is co-sponsored with Buena Park Recreation and will be held at the Ehlers Community Center, 8150 Knott Avenue.

Instructor: E. Drew

Location: Ehlers CC

Code	Days	Dates	Time	Fee/Weeks
8584	T	9/27-11/15	5:00-5:45 p.m.	\$48/8





Activity Guide

Toddlers / Preschool

Music/Art

Kids Love Music

Age: 4 mos – 4 years

This class is an interactive, fun time with your child exploring singing, dancing, puppet play, rhythm instruments and instrumental jam sessions. Along the way they will experience creativity and social, cognitive and motor development. An optional \$20 materials fee for CD, rhythm instrument and harmonica (kids) or scarf (babies) is payable to the instructor at the first class meeting. Adult participation required. Visit us online: www.KidsLoveMusic.net.

This class is co-sponsored with Cypress Recreation, and will be held at the Cypress Community Center, 5700 Orange Avenue.

Instructor: K. Greeno					Location: Cypress CC
Code	Age	Days	Dates	Time	Fee/Weeks
8585	4-14 mos	Th	9/15-10/13	3:30-4:00 p.m.	\$55/5
8586	1-4	Th	9/15-10/13	4:15-5:00 p.m.	\$55/5

Kids Love Music – Holiday Class

Age: 4 mos – 4 years

Mix together holiday and winter songs, jingle bells, snowmen, drums, xylophones, singing and dancing. Mmm, mmm, good! Adult participation required. An optional \$20 material fee is payable to the instructor at the first class meeting.

This class is co-sponsored with Cypress Recreation, and will be held at the Cypress Community Center, 5700 Orange Ave.

Instructor: K. Greeno					Location: Cypress CC
Code	Age	Days	Dates	Time	Fee/Weeks
8587	4-14 mos	Th	12/1-12/15	3:30-4:00 p.m.	\$39/3
8588	1-4	Th	12/1-12/15	4:15-5:00 p.m.	\$39/3

Fitness

Trifytt Multi Sport

Age: 2 – 7

Here is a great chance for kids to play their favorite sports (soccer, t-ball, basketball) all in one class! This class is designed to motivate children to be active and healthy while giving them the fundamental skills needed to succeed and grow in whichever sport they choose. Every child will be given a t-shirt.

Instructor: Trifytt Sports					Location: Central Park
Code	Age	Days	Dates	Time	Fee/Weeks
8589	2-3	SAT	9/17-11/5	9:30-10:00 a.m.	\$79/8
8590	3-4	SAT	9/17-11/5	10:00-10:45 a.m.	\$79/8
8591	5-7	SAT	9/17-11/5	11:00-11:45 a.m.	\$79/8

Anaheim Ice Parent & Me Skating

Age: 3 – 5

What a great opportunity to bond with your child as you both learn to skate in a fun and relaxed atmosphere. There must be one parent and one child per class. The fee includes skate rental, lessons, free practice on day of class, and three additional skating passes to be used during the 4-week session. Please arrive 15 minutes early to the first class and dress warm.

This class located at Anaheim ICE, 300 W. Lincoln Ave, Anaheim.

Instructor: Anaheim ICE Staff				Location: Anaheim ICE
Code	Days	Dates	Time	Fee/Weeks
8592	T	9/20-10/11	12:30-1:00 p.m.	\$39/4
8593	SAT	9/24-10/15	11:45-12:15 p.m.	\$39/4
8594	T	10/18-11/8	12:30-1:00 p.m.	\$39/4
8595	SAT	10/22-11/12	11:45-12:15 p.m.	\$39/4

Anaheim Ice Skating For Tots

Age: 3 – 5

Join the fun at Anaheim ICE! Beginning ice skating made fun and easy. Learn to march, glide, fall down and get up properly. Class includes skate rental, lessons, free practice on day of class, and three additional skating passes to be used during the 4-week session. Please arrive 15 minutes early to the first class and dress warm.

This class located at Anaheim ICE, 300 W. Lincoln Ave, Anaheim.

Instructor: Anaheim ICE Staff				Location: Anaheim ICE
Code	Days	Dates	Time	Fee/Weeks
8596	W	9/21-10/12	4:30-5:00 p.m.	\$39/4
8597	SAT	9/24-10/15	11:45-12:15 p.m.	\$39/4
8598	W	10/19-11/9	4:30-5:00 p.m.	\$39/4
8599	SAT	10/22-11/12	11:45-12:15 p.m.	\$39/4

Swimming Lessons

A fun and safe way to make a splash! Participants will gain lifelong confidence in and out of the water. Classes are taught by the Anaheim Family YMCA and will be held in the indoor, heated therapeutic pool at the La Palma Intercommunity Hospital. Registration forms are available at the Recreation Office.

Fall Sessions: Each session will include nine 30-minute lessons, held on Mondays, Wednesdays, & Thursdays, over the course of three weeks for all classes listed below.

Session #1	9/12 – 9/29	Session #2	10/3 – 10/20	Fee/Weeks
Session #3	10/24 – 11/10	Session #4	11/14 – 12/1	\$49/3
Session #5	12/5 – 12/22			

Polliwogs: Ages 6 months to 2 ½ years – adult in water
11:35 a.m. 4:00 p.m. 4:35 p.m.

Tots: Ages 3 to 5 years (Preschool)
11:00 a.m. 11:35 a.m. 4:00 p.m. 4:35 p.m.
5:10 p.m. 5:45 p.m.

Level 1: Ages 5 to 13 years, Intro to basic skills
5:10 p.m. 5:45 p.m.



Youth

Educational

Cooking For Kids

Age: 6 – 13

Join us for nutritious and fun recipes your child will want to make again and again. We will slice, knead, stack, toss and mix our way through this great class. Incorporating fruits and veggies into fun recipes makes this class a winner for everyone. Bring a “chefs bag” to each class containing: a small cutting board, plate, bowl, cup, fork, spoon, knife and a small container for leftovers. If your child has food allergies, please contact the instructor before registering by calling (714) 690-3350. A \$20 material fee is payable to the instructor at first class.

Instructor: K. Schooner				Location: King Palm	
Code	Days	Dates	Time	Fee/Weeks	
8600	Th	10/13-11/3	4:00-5:00 p.m.	\$35/4	

Dance

Beginning Ballet And Tap

Age: 4 – 7

The self-discipline of Tap and Ballet can improve focus and concentration in school and other sports. Dancing is a legitimate form of exercise and an educational quest which promotes the joy of self-expression. Students will learn classic positions, jumps, turns, and dances. This is an excellent way for your child to gain confidence, poise and increase flexibility. Ballet and tap shoes required.

Instructor: A. Valley				Location: Sago Palm	
Code	Days	Dates	Time	Fee/Weeks	
8601	T	9/6-9/27	4:30-5:30 p.m.	\$35/4	
8602	T	10/4-10/25	4:30-5:30 p.m.	\$35/4	
8603	T	11/1-11/22	4:30-5:30 p.m.	\$35/4	

Jr. Jazz, Ballet And Tap

Age: 7 – 12

The self-discipline of Ballet, Tap and Jazz can improve focus and concentration in school and sports. This fun, but educational class, is an introduction to basic concepts in tap and ballet. Posture, flexibility, musicality and integration of basic movements will be covered. Ballet and Tap shoes required.

Instructor: A. Valley				Location: Sago Palm	
Code	Days	Dates	Time	Fee/Weeks	
8604	T	9/6-9/27	5:30-6:30 p.m.	\$35/4	
8605	T	10/4-10/25	5:30-6:30 p.m.	\$35/4	
8606	T	11/1-11/22	5:30-6:30 p.m.	\$35/4	

Music/Art

Beginning Piano

Age: 6 – 14

Students will have fun learning the basics of playing the piano. Class size is small and focuses on learning to read music notes and rhythms which lead to playing simple songs. This class is a good way to find out if your child is ready for and/or interested in piano lessons. At the end of the session each student will be able to move to the next level of piano. Instructor will inform students on the first day of class where to purchase music books. A \$10 material fee (cash only) is payable to the instructor on the first day of class.

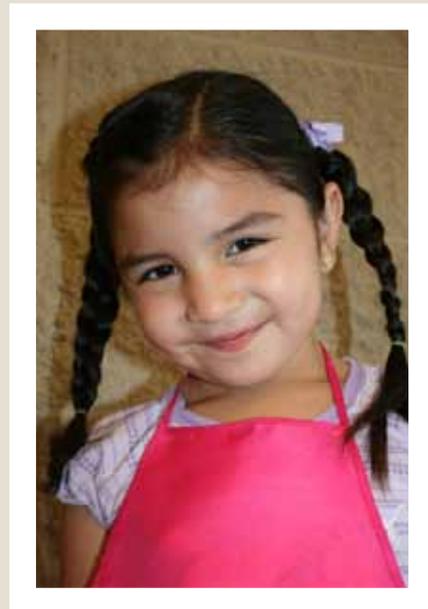
Instructor: The Music Academy				Location: Sago Palm	
Code	Age	Days	Dates	Time	Fee/Weeks
8607	6-7	M	9/12-10/24	3:30-4:00 p.m.	\$65/7
8608	8-14	M	11/7-12/19	3:30-4:00 p.m.	\$65/7

Intermediate Piano

Age: 6 – 14

This class is for students who have completed at least one session of Beginning Piano. They will continue developing their piano skills while advancing at their own pace. In addition to piano instruction, students will reinforce their learning by using music games, worksheets and practice centers. A \$5 material fee (cash only) is payable to instructor on the first day of class.

Instructor: The Music Academy				Location: Sago Palm	
Code	Days	Dates	Time	Fee/Weeks	
8609	M	9/12-10/24	4:00-4:50 p.m.	\$65/7	
8610	M	11/7-12/19	4:00-4:50 p.m.	\$65/7	





Activity Guide

Youth

Fitness

Lil' Tigers Karate

Age: 4 – 7

Do you want your child to be more focused? This program is developed specifically for preschool age children through age 7. It is designed to improve children's motor skills and enhance their ability to pay attention and follow directions. Children will go beyond what they think they are capable of doing by building a strong foundation in essential qualities such as courtesy, respect and discipline. Instructor is a high-ranking black belt with over 30 years of teaching experience. A martial arts uniform is required and will be available at the first class meeting.

This class located at the Martial Arts Fitness Center, 9949 Walker Street, Cypress. .

Instructor: A. Jafari				Location: MA Center
Code	Days	Dates	Time	Fee/Weeks
8612	W/F	9/2-9/21	3:30-4:30 p.m.	\$40 / 3
8613	W/F	10/5-10/21	3:30-4:30 p.m.	\$40 / 3
8614	W/F	11/2-11/18	3:30-4:30 p.m.	\$40 / 3

Martial Arts For Kids

Age: 5 – 8

This course will introduce very young students to the world of traditional oriental martial arts. It is a scaled back version of our regular training program; however the emphasis is in using martial art training as a way to improve upon discipline, to increase fitness, to learn teamwork, and to gain a positive attitude.

Choose this course for very young children who are interested in martial arts. Parents who are unsure of whether this kind of program is a good fit for their children are welcome to drop by for a free trial session and a discussion with the Chief Instructor before enrolling.

All students will be eligible to test for rank (belt) promotion during the quarterly promotion exam. Upon achieving a Yellow Belt or higher; students may be assigned to more advanced classes.

To prepare beginning students for the training, a Taekwondo uniform, complete with patches and white belt, is ordered from the instructor after enrolling for the first session for a low cost of \$40.

Instructor: L. Amsell				Location: Sago Palm
Code	Days	Dates	Time	Fee/Weeks
8615	SAT	9/3-9/24	9:00-10:00 a.m.	\$40/4
8616	SAT	10/1-10/22	9:00-10:00 a.m.	\$40/4
8617	SAT	10/29-11/19*	9:00-10:00 a.m.	\$30/3
8618	SAT	11/26-12/17	9:00-10:00 a.m.	\$40/4

*No Class 11/12

Pee Wee Kicks

Age: 4 – 7

Gooooaaa! La Palma Recreation is seeking Pee Wees to dribble their way to our two-day-per-week soccer clinic. Our Pee Wee clinic is designed for the needs of boys and girls, 4 to 7 years of age. Our trained recreation staff will coach your Pee Wee in the fundamentals of soccer, while supporting and encouraging the health and well being of each participant through developing hand and eye coordination, increasing physical endurance, encouraging mental and social development, emphasizing teamwork, and creating positive memories in a safe environment. Children of all abilities and skill levels are encouraged to join! All participants receive a team T-shirt, and a special participation award. Registration is now open! The Pee Wee Kicks season starts September 12.

Instructor: Recreation Staff			Location: Central Park	
Code	Days	Dates	Time	Fee/Weeks
8611	M/W	9/12-11/7*	4:45-6:00 p.m.	\$75 / 8

*No practice on 10/31

Fit N Fun After School Drop-In Program

The La Palma Recreation and Community Services is proud to announce the return of our after school drop-in program, Fit N Fun. Fit N Fun is a free drop in program for students in grades 1st – 6th at Miller, Luther and Los Coyotes Elementary Schools. Trained Recreation Staff visits each school site three days per week. Fit N Fun is committed to enhancing interpersonal skills, increasing physical fitness levels and providing quality role models through games, crafts, fitness activities, snacks and much more! Supervision is provided from the time school ends until 3:45 p.m. even on minimum days! Fit N Fun staff has been planning great new activities and crafts to play all summer, and are excited to start this school year! Don't miss out on the fun and excitement! For more information please call (714) 690-3350.

Miller Elementary: Mondays, Tuesdays, and Thursdays

Luther Elementary: Tuesdays, Wednesdays, and Thursdays

Los Coyotes Elementary: Mondays, Wednesdays, and Fridays

Fit N Fun starts the week of October 3; Registration forms can be picked up in the school office or from the Fit N Fun table at back to school night!





Youth / Teens

Dance

Hip Hop After Homework

Hip Hop After Homework is a tool which uses dance as an incentive for Elementary through High School age youth to stay on top of their school work. The youth are trained in popular dance moves and choreography which develop their coordination and cardiovascular fitness. The students get the opportunity to also build self esteem, self discipline and confidence while learning techniques that are used in modern hip hop and break dancing. After one five-week session the students will be prepared for simple freestyle and to perform some basic choreography.

Instructor: M. Jacob						Location: Royal Palm
Code	Age	Days	Dates	Time	Fee/Weeks	
Beginners						
8619	5-13	T	9/13-10/11	5:30-6:15 p.m.	\$50/5	
8620	5-13	T	10/25-11/29*	5:30-6:15 p.m.	\$50/5	
Intermediate						
8621	5-13	T	9/13-10/11	6:15-7:00 p.m.	\$50/5	
8622	5-13	T	10/25-11/29*	6:15-7:00 p.m.	\$50/5	
Advanced						
8623	8-17	T	9/13-10/11	7:00-7:45 p.m.	\$50/5	
8624	8-17	T	10/25-11/29*	7:00-7:45 p.m.	\$50/5	

*No Class 11/22

Music

Musical Theatre Studio

Age: 8 – 14

This studio workshop is designed for kids interested in participating in the Buena Park Youth Theatre or who just love to perform! Students will learn how to prepare for an audition using new repertoire and refine their singing, acting, and movement skills in rehearsal and performance. Throughout the course, they will learn both group and solo numbers to be performed at the end of the session. Students should wear clothes they can move in. A \$10 supply fee is payable to the instructor at first class meeting.

This class is co-sponsored with Buena Park Recreation and will be held at the Ehlers Community Center, 8150 Knott Avenue.

Instructor: N. Werner					Location: Ehlers CC
Code	Days	Dates	Time	Fee/Weeks	
8625	M	9/12-10/17	4:00-5:00 p.m.	\$60/6	
8626	M	10/24-12/5	4:00-5:00 p.m.	\$60/6	

"Glee" Vocal Fun For Kids

Age: 8 – 14

Learn the foundations of healthy, sustainable singing in a fun group atmosphere! Lessons will focus on correct breath support, resonance, and production placement. You will learn warm-ups, visualization, and knowledge of vocal mechanics as you work on new repertoire provided by the instructor. As techniques become second nature, you will be able to focus on your performance, working toward becoming a more comprehensive singing artist. A \$10 supply fee is payable to the instructor at first class meeting.

This class is co-sponsored with Buena Park Recreation and will be held at the Ehlers Community Center, 8150 Knott Avenue.

Instructor: N. Werner					Location: Ehlers
Code	Days	Dates	Time	Fee/Weeks	
8627	M	9/12-10/17	5:00-5:45 p.m.	\$30/6	
8628	M	10/24-12/5	5:00-5:45 p.m.	\$30/6	

Fitness

Jump Start Youth Basketball Clinic

Age: 10 – 13

Enhance your skills for the upcoming basketball season. Participants will learn the basic and advance fundamentals of basketball while learning how to play in a team environment. These skills will include shooting, passing, ball handling, transition/fast break play, defense and rebounding. Both basic and advance techniques will be used during instruction.

Instructor: J. Crosby					Location: Central Park
Code	Days	Dates	Time	Fee/Weeks	
8629	T	9/13-10/18	3:00-4:30 p.m.	\$110/6	
8630	T	10/25-11/29	3:00-4:30 p.m.	\$110/6	

Junior Karate

Age: 8 – 14

Karate at the Martial Arts Fitness Center is an excellent confidence booster for kids. Their training will encourage them to draw on their own strengths and strive for their personal best. Students will be involved in positive activities that will direct their focus to achieve goals that may not have been thought possible. Emphasis will be on developing your child's self-esteem, self-discipline and confidence through practicing traditional karate techniques. A martial arts uniform is required and will be available at the first class meeting.

This class located at the Martial Arts Fitness Center, 9949 Walker Street, Cypress.

Instructor: A. Jafari					Location: MA Center
Code	Days	Dates	Time	Fee/Weeks	
8631	T/Th	9/6-9/22	4:30-5:30 p.m.	\$40/3	
8632	T/Th	10/4-10/20	4:30-5:30 p.m.	\$40/3	
8633	T/Th	11/3-11/22	4:30-5:30 p.m.	\$40/3	

**These Classes Fill Fast
REGISTER ONLINE TODAY**



Activity Guide

Youth / Teens

Junior Tae Kwon-Do

Age: 8 – 14

Besides enjoying the health benefits of regular exercise, kids who are physically fit sleep better and are better able to handle physical and emotional challenges. Tae Kwon-Do at Martial Arts Fitness Center is not only a great art of self-defense but it also helps students learn self-control, improve study habits and increase their concentration skills. A martial arts uniform is required and will be available at the first class meeting.

This class located at the Martial Arts Fitness Center, 9949 Walker Street, Cypress.

Instructor: A. Jafari		Location: MA Center		
Code	Days	Dates	Time	Fee/Weeks
8634	M/W	9/7-9/26	4:30-5:30 p.m.	\$40/3
8635	M/W	10/3-10/19	4:30-5:30 p.m.	\$40/3
8636	M/W	11/2-11/21	4:30-5:30 p.m.	\$40/3

Tennis

Age: 4 – 14

It's time to jump into action with our tennis classes for all ages! Instructor Patrick McConnell and his staff take time with each student to teach tennis skills such as: footwork, serving, ground strokes, and hitting; all while instilling good sportsmanship. Bring your own racket and \$15 supply fee to the first class. This supply fee covers the cost of machine rentals, towers, balls, and session awards.

Level #1: Player is just beginning to play or has had minimal lessons. At this level you will learn the basics of tennis.

Level #2: Advanced beginning players should be able to hit the ball over the net with some success. At this level, players will begin to work on spins, placement and footwork.

Level #3/Academy: Intermediate players should be able to place their strokes and volleys. They are in the process of learning serves and match play.

Instructor: McConnell		Location: Tennis Courts				
Code	Level	Age	Days	Dates	Time	Fee/Weeks
8640	1-2	4-6	W	9/14-10/19	4:30-5:00 p.m.	\$60/6
8641	1-2	4-6	W	11/2-12/14*	4:30-5:00 p.m.	\$60/6
8638	1-2	7-14	W	9/14-10/19	5:00-6:00 p.m.	\$74/6
8637	1-2	7-14	W	11/2-12/14*	5:00-6:00 p.m.	\$74/6
8639	2-3	8+	W	9/14-10/19	6:00-7:30 p.m.	\$84/6
8642	2-3	8+	W	10/26-12/14*	6:00-7:30 p.m.	\$84/6
8643	1-2	7-14	SAT	9/10-10/15	4:00-5:00 p.m.	\$74/6
8644	1-2	7-14	SAT	10/29-12/10*	4:00-5:00 p.m.	\$74/6
8645	2-3	8+	SAT	9/10-10/15	5:00-6:00 p.m.	\$74/6
8646	2-3	8+	SAT	10/29-12/10*	5:00-6:00 p.m.	\$74/6

*No Class 11/12, 12/7

Anaheim Ice Skating: Youth-Beginning

Age: 6 – 16

Have fun at Anaheim ICE! Beginning ice skating made fun and easy! Learn how to skate across the ice, glide on one foot, turn, stop and more. The fee includes skate rentals, lessons, free practice on day of class, and three additional skating passes to be used during the 4-week session. Please arrive 15 minutes early to the first class and dress warm.

This class located at Anaheim ICE, 300 W. Lincoln Ave, Anaheim.

Instructor: Anaheim ICE Staff		Location: Anaheim ICE		
Code	Days	Dates	Time	Fee/Weeks
8647	W	9/21-10/12	5:00- 5:30 p.m.	\$39/4
8648	SAT	9/24-10/15	10:45-11:15 a.m.	\$39/4
8649	W	10/19-11/9	5:00- 5:30 p.m.	\$39/4
8650	SAT	10/22-11/12	10:45-11:15 a.m.	\$39/4

Hockey Skating Skills

Age: 6-16

Want to play hockey but don't know where to start? Learn the basic skating skills necessary for hockey, including forward and backward skating, stopping, and turning. Pucks and sticks are not used during this class. Fee includes hockey skate rental, lessons, free practice on day of class and 3 additional skating passes valid during the 4-week session. Please arrive 15 minutes early to the first class and dress warm.

This class located at Anaheim ICE, 300 W. Lincoln Ave, Anaheim.

Instructor: Anaheim ICE Staff		Location: Anaheim ICE		
Code	Days	Dates	Time	Fee/Weeks
8651	W	9/21-10/12	6:15- 6:45 p.m.	\$39/4
8652	W	10/19-11/9	6:15- 6:45 p.m.	\$39/4

Freestyle Jump Rope

Age: 7 – 14

This class is an introduction to the exciting sport of Jump Rope. Learn individual and pairs skills, Double Dutch, single rope speed/power, Long Rope, and Chinese Wheel. There are hundreds of jump rope tricks and combinations that you can learn. Jumpers will learn how to put together their own jump rope routine and perform it with music. Jumpers will also be encouraged to participate in local jump rope competitions. Any level jumper is welcome to join this class. Jump rope is a lot of fun and will help increase self-esteem and fitness levels which will help them excel at other sports. Come prepared with appropriate running/athletic shoes, snacks and water. Class is taught by the USA Jump Rope Region 8 Champions- The Jumping Coyotes and coach Rich Neder. A \$2 material fee paid to the instructor at first class meeting.

Instructor: R. Neder		Location: Sago Palm		
Code	Days	Dates	Time	Fee/Weeks
8653	W	9/7-9/28	6:30- 7:30 p.m.	\$35/4
8654	W	10/5-10/26	6:30- 7:30 p.m.	\$35/4
8655	W	11/2-11/23	6:30- 7:30 p.m.	\$35/4
8656	W	11/30-12/14*	6:30- 7:30 p.m.	\$26/3

*No Class 12/7



Teens

The Hub

Location: 5414 La Palma Ave, La Palma

Monday – Friday

2 p.m. – 6 p.m.

Come down to The Hub for public computer and internet access, Wii, XBOX, cards, games, puzzles, books, ping pong, and much more!

Mondays: XBOX Tournaments

Tuesdays: Wii Tournaments

Wednesdays: Ping Pong Tournaments

Thursdays: Board Game Tournaments

Fridays: Arts and Crafts

Teen Events:

Dances: For 7th and 8th graders only!

Location: La Palma Community Center, 7821 Walker Street, La Palma

Time: 7:00 p.m. – 10:00 p.m.

\$6 pre-registration, \$ 10 at the door

Buy a Fast Pass for the entire school year only \$30 for 6 dances!

If you purchase the 2011-2012 "Fast Pass", you can save both time and money for our dances throughout the year. That's right! You're entitled to SIX dances throughout the year for only \$30 dollars. Just bring your ID to each dance and jump to the front of the line. When you purchase the Fast Pass, you also get a free meal ticket for our snack bar to use during the Homecoming Dance. Stop by the Recreation Department to purchase your Fast Pass Today!!

Homecoming Dance

Saturday, September 24

Pre-Registration by September 23

Come kick off the school year by dancing the night away with your friends at the homecoming dance.

Thriller Teen Dance

Saturday, October 22

Pre-Registration by October 21

Come party with your friends in celebration of Halloween. Make sure to wear your scariest, funniest or most creative costume to enter into our costume contest. Dress Code still applies!

Holiday Blowout Dance

Saturday, December 3

Time to celebrate the holidays at the Holiday Blowout Dance! Don't miss out on your chance to hang out with your friends before you go on break. This dance will be held at the **Cypress Senior Center, 9031 Grindlay Street.**

Battle of the Bands

Does your band have what it takes to win the title of the 2012 Battle of the Bands? Applications will be available January 7.

Youth Action Committee (YAC)

YAC consists of teens in grades 9 – 12 attending the surrounding high schools. YAC members are required to perform a minimum of 40 hours of volunteer services throughout the school year in our various programs and activities such as dances, Flashlight Egg Hunt, and more. This is a great opportunity for teens that need both community service hours to graduate and want to help their community. For more information visit our website. Applications are now available at the La Palma Recreation and Community Services Department as well as online at www.cityoflapalma.org. Applications are due by 5:00 p.m. on Friday, August 26.

Do you want Volunteer hours?

City of La Palma Recreation and Community Services has limited volunteer hours for our teens! We are always looking for smiling faces to assist recreation staff with numerous activities throughout the city, especially our Youth Sports Programs!

Volunteer hours are limited so make arrangements as soon as possible! For more information, please call (714) 690-3350.



Upcoming 2012

Special Teen Events

Be my Valentine Dance	February 11
Teen Fashion Show	March 17
Mardi Gras Dance	April 14
Flashlight Egg Hunt	April 7
Battle of the Bands	May 5
Aloha Dance	June 2



Activity Guide

Teen / Adult

Educational

Drivers Education

Age: 14 – 18

Driver's education is a California-required course for teens to receive a driver's license. It is the first step that must be taken so the teen can receive a driver's permit. The course includes parental involvement, and is fun, interactive, and educational. Coursework can be completed at any time. Students may choose from an internet course or a home study course. DMV-accepted completion certificates issued upon successful completion of the course. Class does not include behind-the-wheel driving.

Meet the Contractors: AllGoodDrivers.com was created by licensed driving instructors with thousands of hours teaching classroom driver education course, behind the wheel courses, and traffic violator courses.

Our mission is to make all new drivers, good drivers, through a quality driver's education. We hope to see new drivers obtain their driver's licenses with simplicity, knowledge, and the confidence that it takes to be a safe driver on today's roadways.

Education is the key to safe and successful driving. We have spent years developing our courses, which now incorporate the highest quality materials and activities.

We feel that parents/guardians play the most important role is a students' driving education. Students cannot become experienced at what they have learned without many hours of practice.

Our courses are developed with this in mind. Using course activities and interactive observation time, we involve the parents/guardians in the learning process well before the student ever gets behind the wheel.

Instructor: T. Zertuche			Location: Home Study/Internet
Code	Days	Dates	Fee/Weeks
8657	Home Study	9/1-12/31	\$90
8658	Internet	9/1-12/31	\$75

Music

Ukulele: Kanikapili Okalana

Age: 15+

Do you have a Ukulele? Learn how to play chords and keys for sing-a-longs, rock, pop, and even learn a simple Hawaiian tune. Come and enjoy the fun with us! Our instructor has 47 years of professional experience. Supplies Required: Ukulele and music stand. A \$2.50 material fee is payable to the instructor at the first class.

Instructor: H. Kamae			Location: Pygmy Palm	
Code	Days	Dates	Time	Fee/Weeks
8659	W	9/7-10/5	7:30-9:00 p.m.	\$45/5
8660	W	10/12-11/9	7:30-9:00 p.m.	\$45/5

Music/Art

Scrapbooking

Age: 16+

Scrapbooking is an excellent time to be creative and relax! This class is designed to teach students new skills along with refining old skills. Projects will include cards, pages and more! This class offers an excellent opportunity to try Scrapbooking in a comfortable and supportive environment. A \$15 material fee is payable to the instructor at the first class.

Instructor: W. Jackson			Location: Fan Palm	
Code	Days	Dates	Time	Fee/Weeks
8661	M	9/12-10/10	6:30-8:30 p.m.	\$40 / 5
8662	M	10/17-11/21*	6:30-8:30 p.m.	\$40 / 5
*No Class 10/31				

Fitness

Aerobic Dancing

Age: 16+

Do you love to dance? If so, Jackie Sorensen's Aerobic Dancing is a fun fitness program for you! This original fitness program is designed to provide a heart pumping cardiovascular and muscular workout through choreographed dances. The program includes warm-up and cool-down dances, abdominal work, aerobic dances and the Vertiform concept. Vertiform (with optional hand-held and/or ankle weights) maximizes lower body strength and toning; it takes leg and thigh work up off the floor and combines it with upper body conditioning to burn more calories and fat. Participants should wear comfortable clothing; good jogging or cross-training shoes and bring a towel or mat.

The Monday, Wednesday and Saturday "Pay As You Go" class fee is \$6 per class.

Note: Aerobic Dancing is a fitness sport which requires progressive instruction. We regret that we cannot accept new students after the first week of class.

Instructor: K. Phelps			Location: Royal Palm	
Code	Days	Dates	Time	Fee/Weeks
8663	M/W	9/19-12/14*	5:45-6:45 p.m.	\$115/13
8664	M/W	9/19-10/26	5:45-6:45 p.m.	\$60/7
8665	M/W	11/2-12/14	5:45-6:45 p.m.	\$55/6
Pay as you go	SAT	9/24-12/17	8:30-9:45 a.m.	\$6/1 day
Pay as you go	M/W	6/20-8/31	5:45-6:45 p.m.	\$6/1 day
*No Class 10/31, 11/12, 11/23, and 12/7				



Zumba

Age: 16+

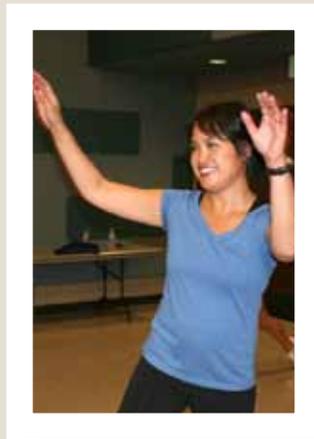
The Zumba program is the most effective innovative and exciting workout designed for everyone. This class format combines fast and slow rhythms that tone and sculpt the body in an aerobics/fitness fashion to achieve a unique blended balance of cardio and muscle-toning benefits such as gluts, legs, arms, core, abdominal and the heart. Wear comfortable clothes and bring a water bottle.

Instructor: L. Li		Location: Royal Palm		
Code	Days	Dates	Time	Fee/Weeks
8666	W	9/7-10/5	7:30-8:30 p.m.	\$39/5
8667	S	9/3-10/1	10:00-11:00 a.m.	\$39/5
8668	W	10/12-11/9	7:30-8:30 p.m.	\$39/5
8669	S	11/19-12/17	10:00-11:00 a.m.	\$39/5

Belly Dancing

Age: 16+

Oriental Dance or Raqs Sharqi (pronounced Roks Sharkee, Dance from the East) most common known as Belly Dance, it's characterized by its intricate hip movements and known to strengthen the abdominal muscle. In this class the students will be introduced to basic steps and focus on posture and alignment. Get in shape, lower stress levels, and condition your core muscle, while learning this ancient form of art, safe for all ages. Wear comfortable clothing (no jeans please).



Instructor: P. Peterson		Location: Sago Palm		
Code	Days	Dates	Time	Fee/Weeks
8670	T	9/6-10/11	7:30-8:30 p.m.	\$48 / 6
8671	T	10/18-11/22	7:30-8:30 p.m.	\$48 / 6

Adult Tae Kwon-Do

Age: 15+

Training in martial art classes is essentially a process of change. Weight loss and physical energy are difficult to quantify, but virtually everyone who participates in this program over a period of time reports a positive effect on outlook and energy level. Classes are designed to develop endurance, flexibility and balance along with self-defense techniques. Martial arts uniform is required and will be available at the first class meeting.

This class located at the Martial Arts Fitness Center, 9949 Walker Street, Cypress.

Instructor: A. Jafari		Location: MA Center		
Code	Days	Dates	Time	Fee/Weeks
8672	M/W	9/7-9/26	6:30-7:30 p.m.	\$40 / 3
8673	M/W	10/3-10/19	6:30-7:30 p.m.	\$40 / 3
8674	M/W	11/2-11/21	6:30-7:30 p.m.	\$40 / 3

Adult Karate

Age: 15+

Physicians and scientists are discovering brand new health benefits through working out every day. Regular Karate practice creates mental clarity and calmness, increases body awareness, releases the mind, centers attention and sharpens concentration. Students will learn various kicking, punching and blocking techniques while achieving physical fitness, balance, health and overall well-being. A martial arts uniform is required and will be available at the first class meeting.

This class located at the Martial Arts Fitness Center, 9949 Walker Street, Cypress.

Instructor: A. Jafari		Location: MA Center		
Code	Days	Dates	Time	Fee/Weeks
8675	T/Th	9/6-9/22	5:30-6:30 p.m.	\$40/3
8676	T/Th	10/4-10/20	5:30-6:30 p.m.	\$40/3
8677	T/Th	11/3-11/22	5:30-6:30 p.m.	\$40/3

Introduction To Tai Chi

Age: 14+

Originally developed in China as a form of self-defense, Tai chi is a graceful form of exercise that has existed for some 2,000 years. This ancient art uses gentle flowing movements to reduce the stress of today's busy lifestyles and improve health. Tai chi, in fact, is often described as "mediation in motion" because it promotes serenity through gentle movements—connecting the mind and body. Anyone, regardless of physical ability, can practice Tai chi since the emphasis is on technique over strength.

This class located at the Martial Arts Fitness Center, 9949 Walker Street, Cypress.

Instructor: L. Seyller		Location: MA Center		
Code	Days	Dates	Time	Fee/Weeks
8678	T/Th	9/6-9/22	6:30-7:30 p.m.	\$45/3
8679	T/Th	10/4-10/20	6:30-7:30 p.m.	\$45/3
8680	T/Th	11/3-11/22	6:30-7:30 p.m.	\$45/3

Yoga/Pilates Fitness Class

Age: 14+

You have probably heard that yoga is good for you. Maybe you have even tried yoga and discovered that it makes you feel better. Yoga through meditation works remarkably to achieve mind/body harmony. Classes will focus on achieving physical balance and coordination by reducing stress and increasing strength and flexibility. Yoga poses and stretching exercises are combined with some light weight training. A great class to get in shape quickly and safely! Class is taught by a Certified Yoga Instructor.

Instructor: Chopra/Seyller		Location: MA Center		
Code	Days	Dates	Time	Fee/Weeks
8754	M/W	9/7-9/26	7:30-8:30 p.m.	\$55/3
8755	M/W	10/3-10/19	7:30-8:30 p.m.	\$55/3
8756	M/W	11/2-11/21	7:30-8:30 p.m.	\$55/3



Activity Guide

Teen / Adult

Women's Self Defense

Age: 14+

This class will be tailored towards how an average woman can effectively deal with real world dangers without having to devote years of her life to the study of Martial Arts. This class will introduce basic self-defense techniques, which can be applied regardless of the person's size or physical condition. You will learn defensive tactics along with hands-on practice.

This class located at the Martial Arts Fitness Center, 9949 Walker Street, Cypress.

Instructor: A. Jafari				Location: MA Center
Code	Days	Dates	Time	Fee/Weeks
8681	F	9/9-9/23	5:30-6:30 p.m.	\$45/3
8682	F	10/14-10/28	5:30-6:30 p.m.	\$45/3

Ice Skating For Adults

Age: 17+

Beginning ice skating made fun and easy at Anaheim Ice! Learn how to skate across the ice, glide on one foot, stop, turn and more. Fee includes skate rental, lessons, free practice on the day of class and three additional skating passes to be used during the 4-week session. Please arrive 15 minutes early for the first class and dress warm.

This class is located at Anaheim ICE, 300 W. Lincoln Ave, Anaheim.

Instructor: Anaheim ICE Staff		Location: Anaheim ICE		
Code	Days	Dates	Time	Fee/Weeks
8684	W	9/21-10/12	7:00-7:30 p.m.	\$39/4
8685	Th	9/22-10/13	7:00-7:30 p.m.	\$39/4
8686	W	10/19-11/9	7:00-7:30 p.m.	\$39/4
8687	Th	10/20-11/10	7:00-7:30 p.m.	\$39/4

Power Tae Aerobics

Age: 13+

Power Tae, created by Grand Master J.G. Park (Olympic Tae Kwon Do coach), is without a doubt the fitness weight loss energizer of the new millennium. Power Tae combines the essential elements of Tae Kwon Do: aerobics and boxing. Speed, agility, and strength are the mainstays of this high-energy workout done to pulsating music. This class is provided with the intent to give you the opportunity to increase your physical endurance. If you like Tae-Bo®, you will love this class!

Lessons will be held at the US Tae Kwon Do Academy, 12233 Centralia, Lakewood.

Instructor: Master Markopolos				Location: Tae Kwon Do
Code	Days	Dates	Time	Fee/Weeks
8688	T/Th	9/1-9/29	7:00-8:00 p.m. 8:00-9:00 p.m. (Th)	\$40/monthly
8689	T/Th	10/4-10/27	7:00-8:00 p.m. 8:00-9:00 p.m. (Th)	\$40/monthly
8690	T/Th	11/1-11/29*	7:00-8:00 p.m. 8:00-9:00 p.m. (Th)	\$40/monthly

*No Class 11/24

Power Burn

Age: 13+

Master Markopolos has helped countless women achieve toned & defined bodies. With over 17 years of experience in Martial Arts & Fitness Training, her common sense approach to the feminine body is a unique way to obtain your ideal shape. This class will help you achieve:

- Sculpted Arms
- Flat Abs
- Firm Thighs
- Tight Buns

Instructor: Master Markopolos				Location: Tae Kwon Do
Code	Days	Dates	Time	Fee/Weeks
8691	M/Th	9/1-9/29	7:00-7:45 p.m.	\$40/monthly
8692	M/Th	10/3-10/31	7:00-7:45 p.m.	\$40/monthly
8693	M/Th	11/3-11/28*	7:00-7:45 p.m.	\$40/monthly

*No Class: 11/24

Solo Salsa Workout

Age: 16+

In this unusual cardio class you will learn Solo Salsa routines which will be repeated at various speeds to accomplish an aerobic workout while teaching you the basic moves of this popular dance. No dance experience required. Wear comfortable clothes and bring a water bottle.

This class is co-sponsored with Buena Park Recreation and will be held at the Ehlers Community Center, 8150 Knott Avenue.

Instructor: E. Drew				Location: Buena Park
Code	Days	Dates	Time	Fee/Weeks
8694	T	9/13-10/18	7:00-8:00 p.m.	\$28/6
8695	T	10/25-11/29	7:00-8:00 p.m.	\$28/6

Abs, Thighs, And Buns

Age: 16+

Hit that hard to tone trouble zone in this focused muscle conditioning class. There is no cardio, just an invigorating warm up, and an hour of intense work on the abs, thighs, and buns; followed by a relaxing cool down. Different paces are suggested throughout the class so you can work at the level in which you are comfortable and increase intensity when you choose. Wear comfortable clothes and bring a water bottle. Please bring a mat to class.

This class is co-sponsored with Buena Park Recreation and will be held at the Ehlers Community Center, 8150 Knott Avenue.

Instructor: E. Drew				Location: Ehlers CC
Code	Days	Dates	Time	Fee/Weeks
8696	T	9/13-10/18	6:00-7:00 p.m.	\$28/6
8697	Th	9/15-10/20	6:00-7:00 p.m.	\$28/6
8698	T	10/25-11/29	6:00-7:00 p.m.	\$28/6
8699	Th	10/27-12/8*	6:00-7:00 p.m.	\$28/5

*No Class 11/24



Adult

Educational

Practical Parent Talk Workshop

Age: 18+

This inspiring and practical series of family-building workshops is appropriate for parents with children of all ages – preschoolers to teens!

Instructor: K. Salazar

Location: Fan Palm Room

Back-to-School Family Communications Workshop – Get your family organized and on a schedule.

Code	Days	Dates	Time	Fee
8700	W	9/21	9:30-11:30 a.m.	\$18

Taming Power Struggles – Real solutions to common family issues

Code	Days	Dates	Time	Fee
8701	W	10/12	9:30-11:30 a.m.	\$18

Loving Discipline that Really Works – Discover wording that empowers both you and your children, builds trust and communicates love.

Code	Days	Dates	Time	Fee
8702	W	11/9	9:30-11:30 a.m.	\$18

Praise That Truly Affirms – Learn and practice how to offer quality praise statements that build confidence and character.

Code	Days	Dates	Time	Fee
8703	W	12/7	9:30-11:30 a.m.	\$18

All Four Workshops

Code	Days	Dates	Time	Fee
8704	W	9/21-12/7	9:30-11:30 a.m.	\$60

Dance

Line Dance

Age: 18+

Yee-Haw!!!! Slip on your cowboy boots and rustle up your friends! Students will learn a variety of line dances, have an opportunity to meet new people as no partner is necessary, and get a great work-out.

This dance class is co-sponsored with Cypress Recreation and will be held at the Cypress Senior Center, 9031 Grindlay St.

Instructor: J. Karter

Location: Cypress SC

Code	Days	Dates	Time	Fee/Weeks
8705	M	9/19-10/24	6:30-7:30 p.m.	\$32/6
8706	M	10/31-12/5	6:30-7:30 p.m.	\$32/6

Two Step & Swing

Age: 18+

Get your feet moving! Learn two-step patterns and East Coast Swing from instructor Janet Karter. Take this class with friends, family or by yourself as no partner is necessary.

This class is co-sponsored with Cypress Recreation and will be held at the Cypress Senior Center, 9031 Grindlay St.

Instructor: J. Karter

Location: Cypress SC

Code	Days	Dates	Time	Fee/Weeks
8707	M	9/19-10/24	7:30- 8:30 p.m.	\$32/6
8708	M	10/31-12/5	7:30- 8:30 p.m.	\$32/6

Strictly Ballroom Dance

Age: 18+

Learn to dance for all occasions including weddings in this exciting class. Our instructor will instruct students in two dances of their choice: cha-cha, waltz, swing, tango, salsa or foxtrot. Singles are welcome in this popular class. This class is co-sponsored with Cypress Recreation and will be held at the Cypress Senior Center, 9031 Grindlay St.

Instructor: J. Karter

Location: Cypress CC

Code	Days	Dates	Time	Fee/Weeks
8709	M	9/19-10/24	8:30-9:30 p.m.	\$32/6
8710	M	10/31-12/5	8:30-9:30 p.m.	\$32/6

Argentine Tango

Age: 18+

Come learn the dance of passion in a fun and safe environment. The instructors are classically trained but have extensive experience in new age stylings. They are 2nd in the nation and the only couple to represent the U.S. in stage tango in Argentina at the 2010 World Championships. The class is designed to take anyone with any level of dance experience (even those with two left feet) and bring them to a whole new level. This series is for beginners, but every level is welcome and every student will be given instruction based on their level. Great for couples, but you don't need bring a partner. A \$10 materials fee payable to instructor.

This class is co-sponsored with Buena Park Recreation and will be held at the Ehlers Community Center, 8150 Knott Avenue.

Instructor: B. Griswold & J. Small

Location: Ehlers CC

LEVEL I

Code	Days	Dates	Time	Fee/Weeks
8711	Sat	9/17-10/22	9:00-10:00 a.m.	\$42/6

LEVEL II

Code	Days	Dates	Time	Fee/Weeks
8712	Sat	11/5-12/10	10:00-11:00 a.m.	\$42/6





Activity Guide

Adult

Art

Photography 101

Age: 18+

Photography 101 is a fun way to make money with your camera! Learn how to take pictures you will love to show others, and how to get more out of your camera (take it off Auto)! Lessons will include how to create craft photos and cut out photos. Bring your camera to class and get ready to have some fun!

This class is co-sponsored with Buena Park Recreation and will be held at the Ehlers Community Center, 8150 Knott Avenue.

Instructor: R. Hinckley		Location: Ehlers CC		
Code	Days	Dates	Time	Fee/Weeks
8713	W	9/14-10/19	6:30-8:30 p.m.	\$42/6
8714	W	11/2-12/7	6:30-8:30 p.m.	\$42/6

Fitness

La Palma/Cypress Adult Softball

Registration Dates: January 2 – 20, 2012 at Cypress Recreation

Season Begins: February 5, 2012

Fee: \$365 plus \$15 per game for officials

Co-Ed Divisions: Friday and Sunday night (upper and lower divisions)

Men's Lower D and Lower E Divisions: Wednesday night

Locations: Oak Knoll Park (Cypress), Arnold Cypress Park (Cypress), and Central Park (La Palma)

Game times: Weeknights: 6:30, 7:40, 8:50 p.m.;

Sundays: 4:30, 5:40, 6:50, 8:00 p.m..

To accept registration:

- A completed roster with name, address, phone number and signatures of each player
- Code of conduct signed by each player
- Copy of one of the following: Driver's license, passport or California Identification
- Identification card of each player showing proof of age
- All players must be 18 years old or older



Older Adults

Educational

The Hub

Location: 5414 La Palma Ave, La Palma

Monday – Friday, 10 a.m. – 2 p.m.

Movie Magic-Every Wednesday

Gather your friends, and enjoy a morning of cine-magic and warm buttered popcorn! Movies provide everybody a chance to escape into an imaginary world. Show time at 10:00 a.m.

Bunko!

Thursday, September 15, 2011

Come in and play America's official favorite dice game. Refreshments will be provided and prizes will be awarded.

Paint By Numbers

Thursday, October 20, 2011

Enjoy an afternoon of relaxation with a paint by numbers project and calming music to assist in the background.

Scrapbooking

Thursday, November 17, 2011

Create lasting memories by making a scrapbook page and adding your favorite pictures. Basic supplies will be provided for the project, feel free to bring your personal supplies and projects to work on.



Beginning Computer Classes

Ages: Older Adults

In partnership with the OC Public Libraries- La Palma Branch, learn basic computer programs and skills with our patient Recreation staff. The staff will teach you beginning skills such as using a keyboard, mouse, signing up for an email program, sending and receiving emails, utilizing the internet and much more! Class size is limited, so sign up early!

This class will be held at the La Palma Public Library, 7842 Walker Street.

Instructor: Recreation Staff		Location: La Palma Library		
Code	Days	Dates	Time	Fee/Weeks
8715	T	9/13-10/18	11:00-12:00 p.m.	\$6/6
8716	T	10/25-11/29	11:00-12:00 p.m.	\$6/6



Intermediate Computer Classes

Ages: Older Adults

Are you interested in taking your computer skills to the next level? Our Intermediate Computer Class will teach you about the program Power Point including how to create a slide shows plus how to use fully utilize the internet. This class is taught by our patient and knowledgeable Recreation staff. Class size is limited, so sign up early!

This class will be held at the HUB, 5414 La Palma Avenue.

Instructor: Recreation Staff				Location: The Hub
Code	Days	Dates	Time	Fee/Weeks
8717	T	9/13-10/18	11:00-12:00 p.m.	\$6 / 6
8718	T	10/25-11/29	11:00-12:00 p.m.	\$6 / 6

Dance

Country Line Dancing

Age: 55+

Join this beginner's class to learn the art of country line dancing. Volunteer instructors will guide through the intricate yet simple steps to many dances. This is a free class.

This class is co-sponsored with Cypress Recreation and will be held at the Cypress Senior Center, 9031 Grindlay Street.

Instructor: TBA				Place: Cypress SC
Code	Days	Dates	Time	Fee/Weeks
	T	Weekly	12:00-2:00 p.m.	Free / Weekly

Marsha Roe's Line Dance Class

Age: 55+

This is a fun and energetic class for intermediate line dancers. Improve your skills while learning new dances. Instructor Marsha Roe provides you with instruction and a great time.

This class is co-sponsored with Cypress Recreation and will be held at the Cypress Senior Center, 9031 Grindlay Street.

Instructor: Roe				Place: Cypress SC
Code	Days	Dates	Time	Fee/Weeks
	M	Weekly	1:00-3:00 p.m.	\$3 / Weekly

La Palma Seniors Club

The La Palma Seniors Club offers adults, 50 years and older, the opportunity to meet new friends, learn new things, and have a lot of fun! The Club features games, bingo, cards, fund-raising activities, guest speakers, potluck, luncheons, special events and community services. The Club's meetings are from 12 noon to 1 p.m. every Thursday. Cards are played from 1 – 3 p.m. The yearly membership fee of \$5 includes the monthly Senior Club Newsletter and full membership privileges. The members at each weekly meeting provide coffee and dessert. The Club also celebrates special events and holidays periodically. The La Palma Seniors Club is a dynamic, active and community-minded group-join them today!

Aqua Aerobics

Age 55+

Shallow water workout that includes aerobic training to strengthen your heart and lungs; muscle conditioning to strengthen your muscles; and a stretch and relax phase to promote flexibility and reduce stress and tension. Aqua Aerobics is taught by the Anaheim Family YMCA and will be held in the indoor, heated therapeutic pool at the La Palma Intercommunity Hospital. Recreation forms are available at the Recreation Office.

Fall Sessions: Each Session will include six 50-minute lessons, held on Mondays and Wednesdays or Tuesdays and Thursdays, over the course of three weeks for all classes listed below.

Session #1	9/12 – 9/29	Session #2	10/3 – 10/20	Fee/Weeks
Session #3	10/24 – 11/10	Session #4	11/14 – 12/1	\$30/3
Session #5	12/5 – 12/22			

Class Times: 9:00 a.m. 10:00 a.m. 11:00 a.m.

Improving Access to Community and Social

2-1-1 is a free 3-digit telephone number that provides referrals for emergency services, such as food, shelter, child care, services for persons with disabilities, older adults and their caregivers, and alcohol and drug services. This is a much-needed and widely anticipated telephone number, which should streamline the point of access for persons in need of emergency services.



Activity Guide

Older Adults

Information and Referral

If you or someone you know needs help, call Orange County Senior Information and Referral. This is a program designed to provide seniors access to the available agencies and human services programs that can assist them with their problems, legal information, nutrition programs, and much more. Information and Referral is there to help you and to follow up, if necessary, on any contact that might be made. Call the Orange County Senior Information and Referral Office at (714) 567-7500.

Senior Transportation Referral

For La Palma seniors needing transportation, the La Palma Recreation & Community Services Department provides guidance and referral assistance. There is a variety of options available depending on your needs. Our staff will help identify these options and the process required to access transportation. If necessary, we will work with you to fill out required forms, which can be a daunting task. If you would like referral assistance or have questions regarding transportation for seniors, please contact us at (714) 690-3350.

La Palma Meals on Wheels

La Palma's Meals on Wheels program was developed to serve nutritionally balanced meals to residents who are physically unable to prepare their own. There are still spaces available to receive meals if you live in La Palma. For more information about the program, please call (714) 690-3350.

Instructor Spotlight

A. L. Kaio

Halau O Lilinoe a me Na Pua Me Kealoha was founded in 1980 by Sissy Lilinoe and Lincoln Kaio. For the last decade, the Halau (hula school) has been under the joint stewardship of Sissy and Annette Lilinoe Kaio-McCormack.

While both instructors have full-time jobs, they continue to dedicate their lives to perpetuating the Hawaiian traditions. They continue to learn from masters of Hawai'i through a diverse offering of workshops in the areas of language, arts & crafts, hula implement making, lei making, lauhala weaving, and kapa beating.

This year the instructors decided to extend their teachings further into the Mainland community. As not to leave their home base located in Torrance, CA, Sissy & Annette (Lilinoe) have decided to dedicate three hours each Monday to the City of La Palma.



All Ages

Educational

Practical Chess Instruction

Age: 8+

The best way to improve your chess is to plunge in and play. The La Palma Chess Club (LPCC) is a US Chess Federation affiliated club offering rated tournaments, casual play, and blitz games every Friday night. Visitors of all ages are welcome. We offer competition for players of all skill levels, from beginner to master. Chess lessons are available upon request. We will have two tournaments this session. Players can sign up for individual tournaments, or, at a discount, sign up for both tournaments in the session. We encourage all players to register for class online with the City of La Palma www.cityoflapalma.org/LPRecConnect. It's quick, easy, and it helps everyone to start the tournaments on time.

Instructor: LP Chess

Location: Sago Palm

CHESS TOURNAMENTS

Code	Tournament	Days	Dates	Time	Fee/Weeks
8719	Both Tournaments	F	9/2-11/18*	6:00-11:00 p.m.	\$40/12
8720	Sweet Summer Endgame	F	9/2-9/30	6:00-11:00 p.m.	\$20/5
8721	2011 Championship	F	10/7-11/25*	6:00-11:00 p.m.	\$35/7

*No Class: 11/11

Dance

HULA

Age: 4+

In Hawaiian culture, the hula is more than just dancing. The movements and gestures performed by dancers are just the surface. Underneath this surface is a cultural system that celebrates creation and procreation, mythological and legendary exploits, historical events and places, ancestral beings and cherished relations, and natural manifestations of life forces that nurture and sustain Hawaiian people. This class will provide an introduction to Hawaiian culture through hula. Supply fee of \$40 for pareau and top is payable to the instructor at the first class meeting.

Instructor: A. L. Kaio

Location: Sago Palm

Code	Age	Days	Dates	Time	Fee/Weeks
8722	4-12	M	9/19-10/10	6:00-7:00 p.m.	\$35/4
8723	12-20	M	9/19-10/10	7:00-8:00 p.m.	\$35/4
8724	21+	M	9/19-10/10	8:00-9:00 p.m.	\$35/4
8725	4-12	M	10/17-11/21*	6:00-7:00 p.m.	\$35/4
8726	12-20	M	10/17-11/21*	7:00-8:00 p.m.	\$35/4
8727	21+	M	10/17-11/21*	8:00-9:00 p.m.	\$35/4

*No class: 10/31, 11/7

**These Classes Fill Fast
REGISTER ONLINE TODAY**



Fitness

Private Tennis Lessons

Age: 8+

Private tennis lessons are available from Tennis Instructor Patrick McConnell. All dates, times and prices will be arranged with the instructor. To schedule a private lesson, please call (562) 889-8053.

Traditional Martial Arts

Age: 6 to Adult

This program teaches a variety of traditional oriental martial arts including Taekwondo, Judo/Jujitsu, Hapkido, Aikido, Kendo and Kobudo (weapons). Classes emphasize modern training methods and personal growth. Students will improve their physical fitness, achieve mental alertness, reduce stress, and gain a positive attitude.

This program is divided into three course levels—Beginner for first-time students, Intermediate for students with previous experience, and Advanced for the highest level of training. Choose the beginner course or, if you have previous experience, discuss proper placement with the instructor before enrolling.

Students progress through various martial arts systems and more advanced students are permitted to compete in Taekwondo or Judo. Our instructors are certified by the Kukkiwon, World Taekwondo Federation, the U.S. Olympic Committee and the U.S. Judo Association and are experienced in both traditional martial arts and sports training systems.

Students and instructors are expected to have their own authorized uniform. New students order a Taekwondo uniform, complete with patches and a white belt from the instructor after enrolling for the first session for a low cost of \$40. Additional uniforms, training equipment, and annual USAT/USJA memberships are available at the classes and not during registration.

Instructor: L. Amsell
Code Days Dates Time Location: Sago Palm Fee/Weeks

BEGINNER

8744	SAT	9/3-9/24	10:00-11:00 a.m.	\$40/4
8745	SAT	10/1-10/22	10:00-11:00 a.m.	\$40/4
8737	SAT	10/29-11/19*	10:00-11:00 a.m.	\$30/3
8734	SAT	11/26-12/17	10:00-11:00 a.m.	\$40/4

INTERMEDIATE

8746	SAT	9/3-9/24	11:00-12:00 a.m.	\$40/4
8747	SAT	10/1-10/22	11:00-12:00 p.m.	\$40/4
8738	SAT	10/29-11/19*	11:00-12:00 a.m.	\$30/3
8735	SAT	11/26-12/17	11:00-12:00 p.m.	\$40/4

ADVANCED

8748	SAT	9/3-9/24	12:00-1:00 p.m.	\$40/4
8749	SAT	10/1-10/22	12:00-1:00 p.m.	\$40/4
8739	SAT	10/29-11/19*	12:00-1:00 p.m.	\$30/3
8736	SAT	11/26-12/17	12:00-1:00 p.m.	\$40/4

*No Class 11/12

Weekly Traditional Martial Arts

Age: 6 to Adult

This is an option for the most dedicated students at a special price. Training includes one of our Saturday classes (Martial Arts for Kids, Beginner, Intermediated or Advanced) in addition to our weekday Introduction to Martial Arts classes on Tuesdays and Thursdays.

Enrolling in this program allows the student to maximize his or her development in martial art training by receiving personalized, one-on-one instruction. Please feel free to discuss this special option with our instructor staff.

Instructor: L. Amsell				Location: Pygmy/Sago
Code	Days	Dates	Time	Fee/Weeks
8742	T/TH/S	9/1-9/27	5:00-6:00 p.m.	\$60/4
8743	T/TH/S	9/29-10/25	5:00-6:00 p.m.	\$60/4
8740	T/TH/S	10/27-11/22*	5:00-6:00 p.m.	\$60/4
8741	T/TH/S	11/26-12/22	5:00-6:00 p.m.	\$60/4
*No Class 11/11				

Introduction To Martial Arts

Age: 6 to Adult

Have you always wanted to participate in martial art training but thought that it would be too demanding? Have you always wanted to learn the intrinsic values associated with martial arts training—fitness, stress reduction, the mind-body connection—but did not wish to compete or participate in strenuous exercise? This is the class for you!



Senior Instructor Lisa Amsell, 5th Degree Black Belt, has been training and teaching traditional martial arts for over 25 years and leads weekday classes. She has designed the class to make it accessible for those with limited physical abilities and to accommodate all fitness levels. If you have a desire for self-improvement and personal growth, the class covers various types of martial arts training for the mature and the younger adult. Get fit and have fun in a safe manner.

To prepare beginning students for the training, a Taekwondo uniform, complete with patches and white belt, is ordered from the instructor after enrolling for the first session for a low cost of \$40.

Instructor: L. Amsell				Location: Pygmy Palm
Code	Days	Dates	Time	Fee/Weeks
8750	TTH	9/1-9/27	5:00- 6:00 p.m.	\$40/4
8751	TTH	9/29-10/25	5:00- 6:00 p.m.	\$40/4
8752	TTH	10/27-11/22	5:00- 6:00 p.m.	\$40/4
8753	TTH	11/29-12/22	5:00- 6:00 p.m.	\$40/4

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City & Class Activity Locations

1. The Palms at Central Park Community Center

King Palm Queen Palm Sago Palm Pygmy Date Palm

Meals On Wheels (714) 690-3350

7821 Walker Street, La Palma

(714) 690-3350

2. City Hall (714) 690-3300

City Manager (714) 690-3333

Public Works (714) 690-3310

Finance & Water (714) 690-3330

Building & Safety (714) 690-3340

7822 Walker Street, La Palma

3. Police (714) 690-3370

Emergency 911

Fire (714) 527-6722

7792 Walker Street, La Palma

4. La Palma Branch Library (714) 523-8585

7842 Walker Street, La Palma

5. US Tae Kwon Do Center

12233 Centralia, Lakewood

6. Arnold/Cypress Park

8611 Watson Street, Cypress

7. Cypress Senior Center

9031 Grindlay Street, Cypress

8. Cypress Community Center

5700 Orange Avenue, Cypress



9. Martial Arts Fitness Center

9949 Walker Street, Cypress

10. Anaheim ICE

300 W. Lincoln Avenue, Anaheim

11. Adol Ehlers Community Center

8150 Knott Ave., Buena Park

12. The Hub

5414 La Palma Ave., La Palma

La Palma Recreation & Community Services



Creating Unity in Community

The La Palma Recreation & Community Services Department makes a positive difference in our community by encouraging citizen involvement, fostering human development, and strengthening community through people, parks, and programs.

Your Recreation Staff

Director	Mike Belknap
Supervisor	Cindy Robinson
Coordinators	jaNell Adams, Marina Rabinovich
Specialists	D.J. Albarian, Anthony Kim, Tamara York
Senior Office Staff	Jill Olivier & Lori Whalen

Leaders

Brandon Alfajora	Bryan Amezcua	Abigail Castillo
Tim Dodd	Austin Greene	Maureen Guinoo
Jeff Gilbert	Lindsey Gutierrez	David Han
Megan Hana	Emily Kulassia	Ron Lopino
Kristine Luevanos	Jesse Matsukawa	Christian McCombs
Louis Negrete	Ryan Plunkett	Matt Rippel
Nick Rotherham	Denisse Rudolph	Michael Vela
Daniel Zagel		



Online

www.cityoflapalma.org/LPRecConnect

Register online and get instant confirmation of you classes. All first time registration customers need to request a family account and pin number prior to registration. MasterCard, VISA, Discover, and American Express are accepted for online registration.

FAX

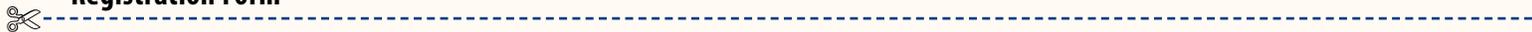
Fax us 24 hours a day at (714) 522-2967. Please have all your information printed in ink on the form below. Please include your current Visa or Mastercard numbers. Your confirmation will arrive by email.

METHOD OF PAYMENT: We accept cash, checks (made payable to the City of La Palma), money orders, and Visa or Mastercard. If cash is your preferred payment choice, you may pay for your registration when the La Palma Recreation and Community Services Administrative office is open Monday through Thursday, 7:30 a.m.—5:30 p.m. and on Fridays, 7:30 a.m.—4:30 p.m. All other payment options may be used during our Central Park extended hours Monday–Friday until 10 p.m. and on Weekends from 8:00 a.m.—8:00 p.m. Adult Non–Residents will pay an additional \$5 fee per class.

ALL RECREATION PROGRAMS ARE FILLED ON A FIRST-COME, FIRST-SERVED BASIS! We encourage advance registration for all our programs. No registrations can be taken at classes, since most instructors need to know their enrollment at least two or three days prior to their starting date.

REFUNDS: Requests for refunds will be honored by Recreation & Community Services only if they are made at least one (1) day prior to the start of classes with one or two meetings. On classes that consist of three or more meetings, the request for a refund must be made before the second class meeting. No refunds will be given after the second class meeting. An \$11 processing charge will be deducted from all requested refunds. A full refund will be made only when a class or program is filled or cancelled by Recreation & Community Services. **ABSOLUTELY NO REFUNDS CAN BE GIVEN FOR EXCURSIONS.**

Registration Form



PLEASE PRINT AND FILL OUT COMPLETELY REMEMBER TO ENCLOSE A SELF-ADDRESSED, STAMPED ENVELOPE WITH YOUR REGISTRATION FORM IF USING MAIL-IN.

Adult Last Name _____ Adult First Name _____

Address _____ Apt # _____

City _____ State _____ Zip Code _____

Day Phone _____ Evening Phone _____ Cell Phone _____

E-mail _____

Emergency Contact _____ Relationship _____

Emergency Phone _____

Activity #	Activity Name	Participant Name	Birth Date / /	Age	Sex	Fee
			/ /			
			/ /			

In consideration of your accepting this registration, I hereby agree to indemnify and hold harmless The City of La Palma and its officers, agents, or employees from any liability of claim or action for damages resulting from or in any way arising out of the participation in this program by the person/persons registered above. I hereby irrevocably consent to and authorize the use and reproduction by the City of La Palma or anyone authorized by the City of La Palma of any and all photographs. This photograph may be used for any purpose whatsoever, without compensation.

Signature: _____ **Date:** _____

CASH CHECK # _____
 CREDIT CARD
 VISA MASTERCARD _____
 Expiration Date _____ Card Holder Name _____

Total of Activity Fees	\$
Adult non-residents of the City of La Palma pay an additional \$5 per class=	\$
TOTAL AMOUNT PAID	\$

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Receipt # _____



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27th Annual La Palma Days

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- La Palma Pageant
- Entertainment
- Parade & Band Review
- Cultural & Historical Activities
- Activities
- International Food & Product Vendors

La Palma celebrates its diverse heritage with La Palma Days by encouraging residents, business partners and friends to be a part of La Palma's community spirit. La Palma Days kicks off with the La Palma Pageant on Sunday, November 6 then gears up for the grand celebration on Saturday, November 12.

For more information or to volunteer for this year's event, please call (714) 690-3350 or visit www.cityoflapalma.org.



Halloween Carnival

Sunday, October 31, 2011

6:00 – 8:30 p.m., Central Park

FREE

Stop by La Palma's safe, family-oriented alternative to the traditional trick-or-treat!

IN THE EVENT OF RAIN, THE CARNIVAL WILL BE CANCELLED.



**La Palma Recreation &
Community Services Department**



SWIMMING LESSONS

at The La Palma Intercommunity Hospital

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