

La Palma



MOSAIC

Winter 2012



What's Inside

- Holiday Closures
- Stay Alert During the Holidays
- How to Check for a Water Leak
- Living with Urban Wildlife
- Winter Activity Guide

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

Henry Charoen
Steve Hwangbo
Ralph Rodriguez
Steve Shanahan
Mark Waldman

A Message from the City

The start of a new year offers opportunity for personal reflection and recommitment to what's important to you. The Holidays are over, kids are back in school, and adults are back to work; it's the perfect time to begin a new hobby or acquire a new skill. The La Palma Recreation & Community Services Department has classes for both children and adults that can assist you in getting started. Hobbies can be anything from photography (see page 23) to trying a vocal class. Does your child doodle? How about enrolling them in one of the drawing classes (page 16)? Are you interested in earning your certification in CPR and First Aid (page 19)? We are also offering new fitness classes such as Boot Camp and Cardio Barre (page 20) and many, many more, just in time for your New Year's Resolutions.

In each issue of the La Palma Mosaic, the City News section is a forum to provide topical information to residents including City Council actions and articles which could be useful in your home. In this issue, articles include The Spirit of Christmas Gas (page 6), How to Check for a Water Leak and Pool Maintenance Tips (page 9), and Living with Urban Wildlife (page 10). Community organizations are also encouraged to submit articles and information on public events. If you have suggestions on future articles, questions, or would like to submit an article for an upcoming edition, please email the La Palma Mosaic Editor at recreation@cityofpalma.org.

In addition to this publication, the City strives to offer varied avenues of communication for its residents, including The Source newsletter, email blasts, press releases, flyers, and the electronic reader board at the Community Center. This past fall, the City of La Palma took another step forward and added another communication tool by launching a Facebook page! In today's ever-evolving world of communication, Facebook plays an indispensable role for many. Join us on Facebook and receive up-to-date, real time information on events, emergencies, and much more. The City's page can be found at www.facebook.com/pages/City-of-La-Palma/306879489337938.

The City of La Palma wishes everyone a very happy and prosperous New Year!

Calendar of Events

January

- 3 City Council Meeting- 7:00 p.m.
- 17 City Council Meeting- 7:00 p.m.
- 20 Bunko! for Adults- 6:00 p.m.



February

- 7 City Council Meeting- 7:00 p.m.
- 11 Teen Be My Valentine Dance- 7:00 p.m.
- 17 Friday Night Karaoke for Adults-6:00 p.m.
- 20 Presidents Day, City Offices Closed
- 21 City Council Meeting- 7:00 p.m.



March

- 6 City Council Meeting- 7:00 p.m.
- 10 Craft Crop for Adults-10:00 a.m.
- 11 Daylight Saving Time Begins
- 17 Teen Fashion Scene- 6:00 p.m.
Cypress Community Center
- 20 City Council Meeting- 7:00 p.m.
First Day of Spring

The La Palma City Council and entire staff wish everyone a happy, safe and prosperous New Year! All of us remain committed to serving and working together with all La Palma residents as we begin this new year.

The La Palma Mosaic is your magazine; we welcome your suggestions and feedback, if you would like to see something specific or want to include an upcoming community, school, or business event in the magazine, please contact the La Palma Mosaic Editor at recreation@cityoflapalma.org.

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Recap, August, September, and October 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. Over the past three months, the La Palma City Council has approved a variety of projects or contracts and has received extensive public testimony.

8/2/2011

The City Council formally approved and authorized the Public Works Director to file a Notice of Completion for the Removal and Replacement of Curb, Gutter, Sidewalk, and Curb Ramps Project. The final contract amount of \$121,607, was 22.8% above the awarded contract amount of \$99,020. The increased contract amount was due to an increase in the scope of work for the project. Additional pedestrian ramps, sidewalk areas, and a storm drain inlet were added, which were not originally identified in the project. In addition, a failed concrete area was larger than anticipated, resulting in larger concrete quantities.



The City Council received a report from the City Manager regarding goals that were established on February 25, 2011. In all, four priority goals were established with 17 individual action items identified to carry out those goals. Of the 17 assigned tasks, six have been completed, two are ongoing, and the remaining

nine are on time and within budget. Of special note is that the City Council's highest priority goal for 2011 – presenting a balanced budget – was achieved on June 21. It is anticipated that all of the other projects will be completed by the end of the calendar year.

The City Council received a status report on the state of Redevelopment in response to recent State legislation. On June 29, 2011, Governor Brown signed several budget trailer bills to implement the State Budget for Fiscal Year 2011-12 that dramatically affected redevelopment authority. ABX1 26, the "Dissolution Act," immediately suspends all new redevelopment activities and incurrence of indebtedness and dissolved redevelopment agencies altogether, effective October 1, 2011. ABX1 27, the "Voluntary Program Act," allows redevelopment agencies to avoid abolishment under the "Dissolution Act" if their host City elects to provide certain annual payments to the State and comply with the alternative redevelopment program described in the bill. It is projected that the City will need to pay approximately \$1,142,088 in FY 2011-12 and then make ongoing annual payments of approximately \$274,101 in order to participate in the Voluntary Program. Given the alternatives of losing all redevelopment powers and funding or retaining most powers and the some of the funding, it was recommended that the City participate in the Voluntary Program.

8/16/2011

The Community Development Commission received a report about the closing of the La Palma Chamber of Commerce, effective October 1, 2011. The Chamber has indicated that they are in discussion with the Buena Park Chamber of Commerce about a potential merger. Unfortunately, because of the uncertainty of redevelopment agencies, the Commission cannot enter into agreements with any other chamber organizations. In the meantime, City staff members will continue to assist La Palma businesses whenever possible and will help coordinate business related events like ribbon cutting ceremonies.

The City Council introduced an Ordinance authorizing the City of La Palma to participate in the Voluntary Alternative Redevelopment Program (VARP). VARP would require the City to commit to making remittance payments beginning in January of 2012, but would allow the Community Development Commission (CDC) to transfer funding to the City for the purpose of making these payments. In the event the City does not elect to comply with the VARP, a "successor agency" would be established by the State to take over performance of the CDC's current contractual obligations, liquidate its assets, and retire its debt and wind-down operations after October 1, 2011. The State Department of Finance has calculated the City's payment for FY2011-12, at \$1,133,849 and then ongoing annual payments of approximately \$274,101. Given the alternatives of losing all redevelopment powers and funding or retaining most powers and the some of the funding, it was recommended that the City participate in the VARP and introduce the "Opt-in" Ordinance for adoption.

The City Council adopted an Ordinance authorizing an amendment to the contract with the California Public Employees' Retirement System (CalPERS). The amendment established a second tier retirement formula for newly hired non-safety employees. The new formula is the 2% at 60 formula for Miscellaneous employees, and is calculated based on the average salary from the final three years of employment. These changes were authorized through negotiations with the La Palma General Employees Association (LPGEA), the La Palma Professional Employees Association (LPPEA), and the unrepresented Management Team. Long term cost savings are anticipated as current employees separate or retire from the City and are replaced with new employees in the second tier formula. This item was previously introduced and discussed on July 19.

9/6/2011

The City Council adopted an Ordinance authorizing the City of La Palma to participate in the Voluntary Alternative Redevelopment Program (VARP), subject to certain conditions and reservations. This item was previously introduced and discussed on August 16 (please see further details above).

The City Council formally approved and authorized the Public Works Director to file a Notice of Completion for the Street Rehabilitation Project on Moody Street from La Palma Avenue to Houston Avenue. The final contract amount was \$518,672, which was 5.8% below the awarded contract amount. The decreased contract amount was due to a decrease in quantities for the project from the original estimated quantities. The contract was funded using \$116,806.30 in eligible Community Development Commission funds and \$401,865.65 in Capital Outlay Reserve funds.



The City Council approved the installation of striping improvements at the intersection of Iris Circle and Sunflower Lane and directed Staff to develop a policy of adding similar striping at other like areas within the City during normal street rehabilitation projects. A concern had been

expressed with vehicles travelling along the knuckle of the intersection and crossing onto oncoming traffic lanes. The new striping will consist of a 4-inch white edge line and double-yellow center line striping along street knuckles. Studies indicate that reducing the width of the travel lanes aids in the reduction of vehicular speeds and channel vehicles into the appropriate travel lane.

The City Council and the Community Development Commission adopted respective Resolutions approving a Cooperation and Funding Agreement for Reimbursement of Administrative Expenses between the City of La Palma and the Community Development Commission. The purpose and intent of the Cooperative Agreement is to identify, as indebtedness, the total estimated administrative charges to support the CDC operations from now to the end of the redevelopment plan or until the Tax Increment Cap is reached. It is anticipated the CDC will reach its tax increment cap assuming a nominal growth rate for secured property of 2% per year by 2024-25.

The City Council and the Community Development Commission adopted respective Resolutions approving a Remittance Agreement between and the City of La Palma and the Community Development Commission, to

cover required ABX1 27 Payments. Further, the Community Development Commission authorized a supplemental appropriation of \$1,133,849, as required by the Remittance Agreement for Fiscal Year 2011-12 to be transferred to the City of La Palma for payment. The Remittance Agreement formalizes the arrangement for the transfer of Net Tax Increment Revenues to sufficiently cover the payment obligation. The remittance payment will be made from current cash balances in the Debt Service Fund.

9/20/2011

The Community Development Commission adopted a Resolution approving a preliminary draft of the initial Recognizable Obligation Payment Schedule. The preliminary draft forms the basis of payments that will be made by a successor agency if the Community Development Commission was dissolved and a successor agency is established. In addition, commencing January 1, 2012, the payment schedule will supersede the Statement of Indebtedness, which shall no longer be prepared nor have any effect under Community Redevelopment Law.

The City Council approved modifications to the Employee Computer Loan Program to reflect current trends and limit opportunities for abuse. These types of programs have been used by employers in all fields to increase computer literacy amongst employees and, thereby improve the productivity of the work force. They generally offer no- or low-interest loans that are provided by the employer to purchase qualifying computers and accessories. The loans are repaid over time through payroll deductions. The new program was modified to prohibit participation by department heads, the City Manager, or the City Council; limit participation to once every five years; cap the loan amount at \$1,500; and prohibit multiple computers from being purchased with a single loan.

The City Council received and filed a report regarding previously installed traffic improvements. The improvements including striping markings along La Luna Drive and Santa Margarita Drive for traffic calming, which resulted in a 85th percentile speed reduction of 2-3 miles per hour. At Amberwood Drive and Suffield Street, striping markings were installed at the knuckle to reduce vehicles entering on-coming traffic lanes, which resulted in improved vehicle observations in that area. At Puerto Rico Drive and Oak Drive, a 3-way stop intersection was created to slow vehicles down; however,



some vehicles were observed not completely stopping and additional enforcement by the Police Department was requested.

Recap (continued)

10/4/2011



Adopted a Resolution approving a Conditional Use Permit and Precise Plan, allowing Verizon Wireless to construct a cellular facility in the church steeple at the La Palma Christian Center located at 8082 Walker Street. The existing 70-foot tall church steeple at the La Palma Christian Center will be replaced with a new 65 foot tall (radio

frequency transparent) church steeple that will house the cellular antennas out of public view. The equipment cabinets will be placed at grade behind a red-brick enclosure near the steeple. The improvements have been designed to mitigate aesthetic concerns by successfully integrating the wireless facilities into the church steeple at the La Palma Christian Center.

The Planning Commission received and filed a six month review of the Conditional Use Permit, regarding the La Palma Express Service Station at 5482 La Palma Avenue. In September 2009, the Planning Commission approved the Conditional



Use Permit, which allowed the building to be expanded by 960 sq. ft. and included a new automated self-service drive-through car wash, new fueling canopies, exterior building facade upgrades, a new Code-compliant trash enclosure, and a new Healy Tank system with enclosure. The City has not received any complaints about the fueling station remodel or ongoing operations. Staff was requested to work with the business owner to resolve the signage issues; to extend the hours of operation for the car wash; and to approve leaving the car wash door open during business hours.

10/18/2011

The City Council provided direction regarding the Gazebo structure and Central Park. In March 2010, the City Council had approved a comprehensive Parks and Recreation System Master Plan, which incorporated a conceptual site plan for improvements at Central Park.



A final site plan was approved in July 2010, which provided for the removal of the existing gazebo and replacement with three new gazebos constructed of steel. At this time, the Council directed staff to allocate up to \$20,000 (offset by volunteer labor and donations) to repair the existing Gazebo at its current location and not proceed with the new steel gazebo structures.

The City Council approved an agreement with Hogle-Ireland, Inc. in the amount of \$271,887 to prepare the General Plan Update and Environmental Impact Report as outlined in their proposal dated June 3, 2011, and authorized a supplemental budget appropriation from the General Fund Reserve in the amount of \$18,055. A General Plan is a comprehensive long-term plan for the physical development of a city and must contain seven state-mandated elements: Land Use, Open Space, Conservation, Housing, Circulation, Noise, and Safety. La Palma's General Plan was last updated in 1999. To ensure costs savings on a project of this scale and complexity requires close communication and collaboration between City Staff and the consultant team. The City was able to provide data to save costs and will be bringing some projects tasks in-house. Those actions by the City coupled with Hogle-Ireland, Inc. spreading the scope of the General Plan Update out across multiple fiscal years provides a best case scenario for the fiscal impact on the City.

11/1/2011

The City Council formally approved and authorized the Public Works Director to file the Notice of Completion for the Fire Hydrant Maintenance Project. The final contract amount was \$159,424, which is 1.8% above the awarded contract amount of \$156,550. The additional construction cost was due to additional parts required for the proper retrofitting of the existing water line system to accommodate the new fire hydrants.

The City Council formally approved and authorized the Public Works Director to file the Notice of Completion for the Street Rehabilitation on Walker Street from La Palma Avenue to 183rd Street. The final contract amount was \$564,756, which is 0.1% below the awarded contract amount of \$565,565.



The City Council formally approved and authorized the Public Works Director to file the Notice of Completion for the Pavement Rehabilitation of Residential Streets with Asphalt Rubber Overlay and/or Rubberized Slurry Seal Project. The final contract amount was \$917,385, which was 13.7%

above the awarded contract amount of \$807,150. The additional costs are due to an increase in quantities during construction. During the pavement repair “dig-out” portion of construction, staff directed the contractor to change the method of pavement rehabilitation on Brian Lane (north of Conifer Drive) from slurry seal to overlay, due to the deteriorated condition of the street.

The City Council adopted a Resolution approving the Memorandum of Understanding between the City of La Palma and the La Palma Police 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 conducted a Study Session regarding the development of a Contingency Plan for significant economic variations in the community. This plan was a priority goal of the City Council in 2011. As an initial step, the Council directed staff members to prepare a 20% reduced budget scenario and provide further details at the 2012 Goal Setting meeting. It is expected that the contingency planning process will take place over the course of several months in 2012 and will include significant public input opportunities.

11/15/2011

The City Council received and filed the First Quarter Financial Report for Fiscal Year 2011-12. The projections indicate that revenues for Fiscal Year 2011-12 should be \$9,699,000, which is \$218,000 or 2.3% above the City’s Adopted Budget. This increase in total revenues is a direct result of sales tax receipts coming in significantly higher due to slight improvement in the economy. Expenditures are currently less than 25% of the budget for the fiscal year and there are no significant or unusual non-labor expenditures or trends to report.

The City Council introduced for first reading an Ordinance amending Chapter 26 of the La Palma City Code pertaining to Density Bonuses within residential districts. This item was previously reviewed and recommended for adoption

by the Planning Commission on October 18. In 2004, the State of California passed Senate Bill 1818, pertaining to residential density bonuses for projects that include affordable housing. The purpose of the bill was to encourage developers to build affordable housing by requiring local governments to provide increases in density and other incentives when affordable units are included in development projects. The proposed Density Bonus Ordinance closely follows State Law and will allow the City to impose specific procedures, collect fees, and standardize monitoring and enforcement of the specified units produced in accordance with the ordinance.

The City Council approved an agreement with RBF Consulting of Irvine, in the amount of \$115,580, for the preparation of the Sewer Master Plan; and authorized a supplemental appropriation of \$15,580 from the Sewer Fund to cover the full costs associated with the project. The purpose of the sewer master plan is to investigate and analyze the City’s sanitary sewer system; identify system conditions and deficiencies; and recommend system improvements as part of a Sewer Capital Improvement Program (CIP) that will help ensure the proper and safe conveyance of existing and future City wastewater flows in the community.

The City Council authorized the payment of a one percent (1%) retention payment to eligible employees in the La Palma General Employees Association, La Palma Professional Employees Association, and unrepresented Management Team; and authorized a supplemental appropriation of \$25,000 from the Employee Benefits Internal Service Fund for the payments. The payments were proposed because of differences between the first year employee contribution towards pension plans by various labor agreements in an effort to provide equity to all labor members.

The City Council adopted a Resolution endorsing and supporting the concepts underlying Governor Brown’s Twelve Point Pension Reform Plan as proposed on November 15, 2011. The City Clerk was requested to transmit a copy of this Resolution to Governor Brown and the California Legislature. The proposed plan would apply to all California state, local, school, and other public employers, new public employees, and current employees as legally permissible. It would also begin to reduce the taxpayer burden for state retiree health care costs and would put California on a more sustainable path to providing fair public retirement benefits. The plan contains no drafted legislation, but is rather a “road map” that the Legislature could choose to take in drafting further pension reforms.

Holiday Closures and Service Schedules

The City of La Palma has implemented a new holiday schedule for the winter holiday season. Under the new program, which was recently negotiated with the majority of employees and resulted in labor cost reductions for the City, municipal facilities will be closed between Christmas and New Years, with employees being required to use floating holiday or other leave benefits during the closure.

All La Palma City offices (City Hall, Recreation, Public Works, and Police Administration) will be closed starting December 23 and will re-open on January 3. The Police Department is always open for emergency services or for other matters requiring an urgent response from the City, such as a water leak. Customers wishing to pay their municipal utility (water) bill during the holiday break are encouraged to use the drop-box, located outside City Hall or call Park Disposal (EDCO) directly at (714) 522-3577 and pay over the phone at no additional cost.

Trash collection services will be disrupted on December 26 and January 2, in observance of the holidays. Trash collection will be pushed back one day throughout this two week period; for example, Monday's collection will occur on Tuesday, Tuesday's collection on Wednesday, etc. Park Disposal will also be collecting holiday trees for recycling during this two week period using a separate collection truck.

Street sweeping services will also be cancelled on Monday, December 26 and on January 2, with no make-up day. Tuesday through Friday street sweeping will occur on their normal respective days. Monday street sweeping will resume on Monday, January 9.

Please have a safe and joyous holiday season and Happy New Year from the City of La Palma!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dec 18	19	20	21	22	23 -City Closed -Fri. Trash -Fri. Sweeping	24
25 Christmas Day	26 (Holiday) -City Closed -No Trash -No Sweeping	27 -City Closed -Mon. Trash -Tues. Sweeping	28 -City Closed -Tues. Trash -Wed. Sweeping	29 -City Closed -Wed. Trash -Thurs. Sweeping	30 -City Closed -Thurs. Trash -Fri. Sweeping	31 -Fri. Trash
Jan 1 New Years Day	2 (Holiday) -City Closed -No Trash -No Sweeping	3 -Mon. Trash -Tues. Sweeping	4 -Tues. Trash -Wed. Sweeping	5 -Wed. Trash -Thurs. Sweeping	6 -City Closed -Thurs. Trash -Fri. Sweeping	7 -Fri. Trash

Community | Safety

The Spirit of Christmas Gas?

From the La Palma Building Department

Winter is upon us and many homeowners are closing their windows and doors to the season's brisk nighttime chill. The Yule log is stoked and burning warmly in the fireplace. In doing so, you may be locking into your home a silent and deadly killer! Don't Scrooge your holiday season, be aware. Carbon monoxide poisoning is the leading cause of accidental poisoning deaths in the United States according to the American Medical Association.



Carbon monoxide (CO) is a tasteless, odorless and invisible gas. CO is formed from the incomplete burning of any flame fueled (i.e., not electric) device including ranges, ovens, clothes dryers, furnaces, fireplaces, grills, space heaters, vehicles, and water heaters. Carbon monoxide can be dangerous – when inhaled, it passes from the lungs into the hemoglobin molecules of red blood cells. The result is that the body becomes oxygen-starved, which can lead to tissue damage and death.

Effective July 1, 2011, a new law California Senate Bill 183 requires all existing single family homes to have carbon monoxide alarms. This law is intended to

help prevent senseless CO poisoning in the home. All other types of residences (apartments, condominiums, etc.) will need carbon monoxide alarms beginning January 1, 2013. The new requirements apply if ANY of the following are present within a home:

- Attached garage
- Natural gas or propane furnace and/or
- Natural gas range/oven and/or
- Gas or wood-burning fireplace

For existing homes, the CO alarms may be battery powered. At a minimum, CO alarms are required outside of each sleeping area or bedroom and on each level of the home.



This Holiday season you might consider getting family and friends a gift that could prove to be a real life saver. To see a list of CO alarms currently approved by the Office of the State Fire Marshal, visit the California Department of Forestry and Fire Protection website at: www.osfm.fire.ca.gov/strucfireengineer/pdf/bml/CSFM%20listed%20carbon%20monoxide%20devices.pdf

How to Check for a Water Leak

Follow these steps to find out if your system has sprung a leak

Finding water leaks can save you water, which means saving money on water and sewer bills. Follow these easy steps to determine if you have a leak in either the residence or a sprinkler irrigation system.

Step 1. Turn all water-using appliances off so that no water is being used. This means turning off all water inside and outside the house including showers, sinks, washing machines and any appliance that uses water. If you have a sprinkler irrigation system, turn off the controller and manually shut off the valves.

Step 2. Take the lid off the meter box and lift the protective cover.

Watch the meter. Your meter will have a triangular red or silver and black round disc that is commonly called a “leak indicator.”

- If it is spinning, you have a leak. If there is no indicator and the actual meter dial hand is moving, water is running somewhere in your system and you have a leak – go to step 3.
- If the hand is not moving, note the position of the hand and wait 10 minutes. Check the meter again, if it has moved, you have a slow leak - go to step 3. If not, you do not have a leak.

Step 3. Locate the main shut-off valve to the house and turn off the valve. It is typically located below the hose bib.

Step 4. Turn on a faucet inside the house to test.

- If water still flows from the faucet after several seconds, the shut off valve is not working.

Step 5. If no water is flowing, check if the meter’s leak indicators hand is moving.

- If the leak indicator or dial hand is still moving, water is flowing between the meter and the shut-off valve. That means you have a leak between the meter and the customer-side shut-off valve.
- If it is not moving, then you have a leak between the customer-side shut-off valve and possibly somewhere in the house. Check toilets, washing machines, faucets, etc., for any leaks.

If you have any questions, please contact the City of La Palma Public Works Department at (714) 690-3310.

Pool Maintenance Tips

All stormwater run-off that leaves La Palma ends up downstream in Orange County’s creeks, streams, rivers, bays, and the ocean. With the winter months and cold weather approaching, many residents will be emptying and cleaning their swimming pools. What do we all need to do in order to make sure that we are doing our part to comply with the stormwater regulations?

Many pools are plumbed to allow the pool to drain directly into the City’s sewer system. If yours is not, follow these instructions for disposing of pool and spa water.

Acceptable and Preferred Method of Disposal:

When you cannot dispose of pool water in the sanitary sewer, the release of dechlorinated swimming pool water is allowed if all of these tips are followed:

- The residual chlorine does not exceed 0.1 mg/l (parts per million)
- The pH is between 6.5 and 8.5
- The water is free of any unusual coloration, dirt or algae
- There is no discharge of filter media
- There is no discharge of acid cleaning wastes

How do you Know if You are Following the Standards?

You can find out how much chlorine is in your water by using a pool testing kit. Excess chlorine can be removed by discontinuing the use of chlorine for a few days prior to discharge or by purchasing dechlorinating chemicals from a local pool supply company. Always make sure to follow the instructions that come with any products you use.

Doing Your Part

By complying with these guidelines, you will make a significant contribution toward keeping pollutants out of Orange County’s creeks, streams, rivers, bays, and the ocean. This helps to protect organisms that are sensitive to pool chemicals, and helps to maintain the health of our environment.

Community | Get Involved



Continental Little League

In A Small Town Be Part of Something BIG!

Little League is the world's largest youth sports program with more than 2.8 million children and 1 million volunteers in more than 100 countries. An American tradition, every August ESPN televises the Little League World Series from Williamsport, PA. Millions watch domestic and international 11-12 year old teams compete against each for the championship. It's exciting, dramatic and heartfelt. Hardly anything matches the level of spirit these kids put into every game.

Continental Little League has been serving the children of La Palma, Buena Park and Cypress for over 50 years. The last decade has produced some outstanding competition, winning District 29

Championships in 2004, 2006, 2007, 2008 and 2010. Besides teaching fundamentals of baseball, the real charge is instilling important character traits such as citizenship, courage, teamwork and sportsmanship. Games are won and lost every day but the lifetime friendships and memories made in little league last forever.

Sign-up for the 2012 Season at the following dates and locations:

Thursday, December 15, 2011	The Hub @ 5414 La Palma Ave	7:30 – 9:00 p.m.
Saturday, January 7, 2012	Walker Jr. High School	8:00 a.m. – 2:00 p.m. (Try Outs)
Sunday, January 8, 2012	Walker Jr. High School	11:00 a.m. – 2:00 p.m. (Try Outs)

All kids between ages 4 – 12 years are welcome. Parent or legal guardian must be present, with three proofs of residence, and an original or state-certified copy of the child's birth certificate. The documents will be inspected and returned. Fees of \$110 (10-15% discount for siblings) include hat, pants, photo package, trophy and yearbook. Teams are drafted in January with practices beginning in February.

At Continental Little League children play baseball with members of THIS community, all managers and coaches have background checks, and the highest importance is the safety of the player. For more information or to sign up online, visit our website at www.lapalmlittleleague.com. GET IN THE GAME!!

Kennedy Center For The Performing Arts Foundation

The Kennedy Center for the Performing Arts Foundation is a non-profit organization, organized to promote the arts and enhance the Performing Arts Center at Kennedy High School and to provide a superb facility for the AUHSD students and the community to utilize. All proceeds will benefit the students and enhance the performing arts facility at the Kennedy Performing Arts Center at Kennedy High School.

The Foundation recently sponsored a Beatles Tribute Concert and the "District Idol" competition. Charishma Marquez of Loara High School took the "District Idol" title. Various events are planned for 2012 including a dance competition and various cabaret shows.

The next event is a "Turn-Around" trip to the San Manuel Casino with plenty of fun on the bus including snacks, "Name that Tune" games and prizes.

Trip: San Manuel Indian Casino

Date: January 21, 2012.

Donation: \$25 per person

Voucher: \$10 for each person to be used for food or slots.

Location: Kennedy High School parking lot

Time: 9:00 a.m. (bus departs at 9:30 a.m.)

Return Time: 4:30 p.m.

For more information contact www.kpacfoundation.org, or adukelp@aol.com, or mail checks to Kennedy Center for the Performing Arts Foundation, Attn: Turn-Around Trip, P.O. Box 1453, Cypress, CA 90630.



Community | **Pride**

Home Spotlight

Winter 2012 Home Spotlight Award Winner

The City of La Palma would like to congratulate Antonio and Eustolia Ocampo of 8072 Hampshire Circle for winning the 2012 Winter Home Spotlight Award!

Antonio and Eustolia have been residents of La Palma for 23 years. They recently completed an extensive remodel, transforming the exterior from a traditional to Spanish style home. A natural, stonework walkway leads to a large gable entry framed with pillars. Decorative balcony railings accentuate the second story windows while ledge stone planters and exterior siding surround the carefully manicured, sloping front lawn.

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 Antonio and Eustolia 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.

Stay Alert During the Holidays

Don't let the rush and excitement of the holiday season make you careless in protecting your home from potential criminals! The holiday season is a time when busy people can become careless and vulnerable to theft and other holiday crime. The following tips from the La Palma Police Department can help you be more careful, prepared, and aware during the holiday season.

- Be extra cautious about locking doors and windows when you leave the house, even for a few minutes.
- When leaving home for an extended time, have a neighbor or family member watch your house and pick up your newspapers and mail. You can also receive FREE vacation checks from the Police Department. Just call (714) 690-3370 to file a vacation check form.
- Indoor and outdoor lights should be on an automatic timer.
- Leave a radio or television on so the house looks and sounds occupied.
- Large displays of holiday gifts should not be visible through the windows and doors of your home.
- When setting up a Christmas tree or other holiday display, make sure doors and passageways are clear inside your home.
- Be sure your Christmas tree is mounted on a sturdy base so children, elderly persons or pets can't pull it over on themselves.
- If you use lights on your Christmas tree, ensure the wiring is not damaged or frayed. Frayed or damaged wiring can cause a fire.
- Place your Christmas tree in water or wet sand to keep it green.
- Never place wrapping paper in your fireplace.

If you have any questions regarding these tips or on other crime prevention strategies, please contact the La Palma Police Department's Administrative Support Bureau at (714) 690-3367.

Living with Urban Wildlife

The existence of wildlife in urban areas enriches our environment, bringing a little bit of nature to the bustle of our cities. Abundant food and shelter and the absence of natural predators have allowed many wild animals (i.e. skunks, raccoons, opossums, and coyotes) to successfully adapt to urban life. We can hardly blame them for helping themselves to food that is readily accessible in pet food bowls, trash cans, gardens, and fruit trees.

If there is ample food and a place to live, removing the resident animal will just create a vacant territory for another one to move into. Preventive measures have proven to be less costly and less stressful for both wildlife and the homeowner in the long term. Although human-wildlife conflicts can occur, a little understanding of the animals' characteristics and needs will help us take a humane approach leading to a peaceful coexistence. Humane treatment of an animal involves compassion and respect, precludes cruelty and avoids pain, suffering, or injury.

Never corner or attempt to pick up any wild animal. They may bite when they feel threatened and they may have parasites or diseases that could be passed on to you or your pets. Peaceful co-existence with our wild neighbors is most successfully achieved by allowing these animals their niche in the urban environment while taking measures to prevent them from becoming a nuisance. The following do's and don'ts will help prevent problems before they arise.

Do's

- Tightly screen all access holes into buildings. Vents, gables, chimneys, eaves, and pipes are all potential entryways for wildlife to set up residence in the attic or under the home.
- Secure trash in sturdy plastic or metal cans with tightly fitting lids. If necessary, tie the lids down so they won't become dislodged if the can is tipped over. Also, wait until the morning of pick-up to put trash out.
- Eliminate any food sources such as fallen fruit or unattended pet food, which may attract wildlife.
- To stop animals from digging under a fence, attach chicken wire to the bottom and bury it at least 6 inches deep and 6 inches outward, parallel to the ground. Burying cinder blocks around the bottom of a fence will also discourage digging.
- Ornamental fish ponds can be protected from raccoons by attaching wire mesh (preferably a type that won't rust) horizontally around

the circumference of the pond. It should be at least one foot wide and submerged about 2 to 6 inches. Raccoons cannot reach over the mesh and because it is unstable are unlikely to try standing on it.

Don'ts

- Don't feed wildlife. Doing so will lure animals to your property in overwhelming numbers leaving them dependent on you for food and at risk from other humans who may harm them.
- Don't corner or try to catch a wild animal. If you come across a wild animal, keep children and pets at a safe distance and leave it alone. Odds are it wants to get away from you as badly as you want it to leave. If the animal appears injured, contact our local animal control agency for assistance (Please see details below).
- Don't allow pets to roam, especially at night. They may never return.
- Don't set out poison bait. More than likely, the wrong animal will consume it or the dead, poisoned animal will be eaten by a non-target animal. Also, a poisoned animal will frequently die under a building or some other inaccessible area leaving you with an irremovable smelly carcass.
- Don't seal an entrance hole in a building or the opening to a den site unless you are certain the animals living there are not present.

Animal Control Response

Prevention of urban wildlife problems through good property maintenance and management is the only permanent solution. The removal of individual animals, without taking steps to eliminate access to potential den sites and food sources, will just leave the territory vacant for another animal to inhabit. These wild animals in our cities can be entertaining to watch and give us a glimpse of nature at our doorstep. Please be respectful and patient with these animals when conflicts arise. Do not disturb them when they have young, and employ only the passive methods described to address problems.

The Southeast Area Animal Control Authority (SEAACA) provides animal control services for the City of La Palma and their staff can assist residents in managing urban wildlife problems by providing further education on how to deal with the inconvenience and damage created by these animals. SEAACA staff will always respond to situations with wildlife that is trapped, sick, injured, dead, or has had physical contact with a human or domestic animal. SEAACA can be contacted, 24-hours a day, at (562) 803-3301.



Toddlers / Preschool

Educational

Tiny Tots

Age: 3 – 5

Our preschool teachers, Ms. Andi and Mrs. Andrea, team 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 with the Monday, Wednesday and Friday class being geared to the older 4- and 5-year-olds preparing for kindergarten. The Tuesday and Thursday class will be geared for the newer and younger 3- and 4- year-olds.

AT OUR SPECIAL TINY TOT REGISTRATION ON SATURDAY, JANUARY 7, 2012 (RESIDENTS AT 10:00 AM AND NON-RESIDENTS AT 10:30 AM), 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 parents meeting for ALL STUDENTS on Saturday, January 7, 2012 at 11:30 a.m. to discuss the philosophy and what parents can expect from the Tiny Tot Class.

No phone-in or online registration will be accepted. If class minimum of 12 participants in not met, the class will be cancelled!

2nd payment for the first session is due by Friday, January 27. Priority registration for the second session is February 13-17. 2nd payment for second session is due by Friday March 16.

Fees: \$122 for 7 weeks on M/W/F \$93 for 7 weeks on T/Th

Each class is limited to 24 students

Instructors: A. Terry & A. Turner Location: Pygmy Palm

Code	Days	Dates	Time	Fee/Weeks
9090	M/W/F	1/9-2/24*	9:00-12:00 p.m.	\$122/7
9091	T/Th	1/10-2/23	9:30-11:30 a.m.	\$93/7
9092	M/W/F	2/27-4/20	9:00-12:00 p.m.	\$122/7
9093	T/Th	2/28-4/19	9:30-11:30 a.m.	\$93/7

*No Class on 1/16, 2/20 and 4/2-4/6



Parent and Tot Preschool Practice

Age: 18 months – 5 years

Help your child grow, learn and get ready for preschool! We will play, dance, sing during "circle time" and pop popcorn. In addition, we 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 instructor at first class meeting.

Instructor: G. Pedroza

Location: Sago Palm

Code	Age	Days	Dates	Time	Fee/Weeks
8983	18 mon - 3	M	1/2-1/23	9:00-10:00 a.m.	\$38/4
8984	2.5-5	M	1/2-1/23	10:15-11:15 a.m.	\$38/4
8985	18 mon - 3	M	2/6-2/27	9:00-10:00 a.m.	\$38/4
8986	2.5-5	M	2/6-2/27	10:15-11:15 a.m.	\$38/4
8987	18 mon - 3	M	3/5-3/26	9:00-10:00 a.m.	\$38/4
8988	2.5-5	M	3/5-3/26	10:15-11:15 a.m.	\$38/4

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: Buena Park

Code	Days	Dates	Time	Fee/Weeks
9083	T	1/10-2/14	5:00-5:45 p.m.	\$36/6
9084	TH	1/12-2/16	5:00-5:45 p.m.	\$36/6
9085	T	2/28-4/3	5:00-5:45 p.m.	\$36/6
9086	TH	3/1-4/5	5:00-5:45 p.m.	\$36/6

Music/Art

Young Rembrandts Preschool Drawing

Age: 3.5 – 5

The long winter months can easily lead to boredom or restlessness. Alleviate any creative dormancy with a fun-filled Young Rembrandts class! We begin the season with a lesson that teaches our students about shape recognition as they create a colorful pattern using basic geometric shapes. Winter-themed lessons like our snow dome and ice skate drawings will excite the imagination. Illustrations featuring a cuddly kitten and monstrous tyrannosaurus rex will provide a great introduction to drawing animals. All this and more awaits your budding artist.

Instructor: Young Rembrandts

Location: Pygmy Palm

Code	Days	Dates	Time	Fee/Weeks
8911	M	1/9-1/30	2:45-3:30 p.m.	\$48/4
8912	M	2/6-2/27	2:45-3:30 p.m.	\$48/4
8913	M	3/5-3/26	2:45-3:30 p.m.	\$48/4



Activity Guide

Toddlers / Preschool

Fitness

TriFyftt Multi Sport

Age: 2 – 7

Here is a great chance for kids to play their favorite sports (soccer, t-ball, basketball) all at 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 shirt.

Instructor: Trifyftt Sports

Location: Central Park

Code	Age	Days	Dates	Time	Fee/Weeks
8955	2-3	TH	2/2-3/8	5:00-5:30 p.m.	\$59/6
8956	3-4	TH	2/2-3/8	5:30-6:15 p.m.	\$59/6
8957	5-7	TH	2/2-3/8	6:15-7:00 p.m.	\$59/6

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
8914	T	1/17-2/7	12:30-1:00 p.m.	\$39/4
8915	SAT	1/21-2/11	11:45-12:15 p.m.	\$39/4
8916	T	2/28-3/20	12:30-1:00 p.m.	\$39/4
8917	SAT	3/3-3/24	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

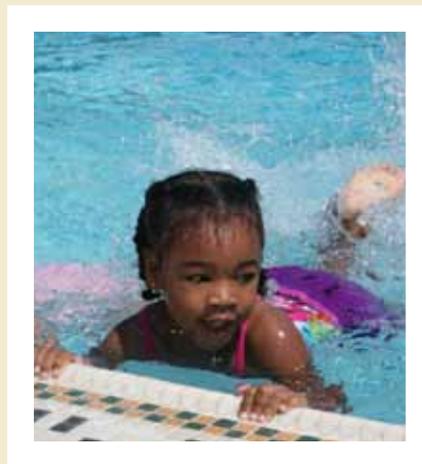
Code	Days	Dates	Time	Fee/Weeks
8918	W	1/18-2/8	4:30-5:00 p.m.	\$39/4
8919	SAT	1/21-2/11	10:15-10:45 p.m.	\$39/4
8920	W	2/29-3/21	4:30 -5:00 p.m.	\$39/4
8921	SAT	3/3-3/24	10:15-10:45 p.m.	\$39/4

Swimming Safety

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. Registrations forms are available at the Recreation Office.

Winter Session: Each \$49 session will include nine 30-minute lessons, held on Mondays, Wednesdays, and Thursdays, over the course of three weeks.

Call our offices at (714) 690-3350 for more information.



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. A \$20 material fee is payable to the instructor at first class for cooking supplies.

Instructor: G. Pedroza

Location: King Palm

Code	Days	Dates	Time	Fee/Weeks
8958	M	1/2-1/23	4:00-5:00 p.m.	\$35/4
8959	M	2/6-2/27	4:00-5:00 p.m.	\$35/4
8960	M	3/5-3/26	4:00-5:00 p.m.	\$35/4



Youth

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
8922	T	1/3-1/24	4:30-5:30 p.m.	\$35/4
8923	T	2/7-2/28	4:30-5:30 p.m.	\$35/4
8924	T	3/6-3/27	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
8925	T	1/3-1/24	5:30-6:30 p.m.	\$35/4
8926	T	2/7-2/28	5:30-6:30 p.m.	\$35/4
8927	T	3/6-3/27	5:30-6:30 p.m.	\$35/4

Music/Art

Young Rembrandts Elementary Drawing Class

Age: 6 – 13

Encourage your elementary student's enthusiasm for art and help develop their drawing skills with a Young Rembrandts drawing class. As we enter the winter months, we will present a variety of stellar lessons from our extensive catalog. The vibrant colors and intricate design of our patterned lion drawing will really engage our students. Your heart will melt once you see the adorable Dalmatian your student will create. Our drawing of a fluid and graceful koi fish will simply astound you. Your student will also learn about important artistic themes and concepts in our art history lessons. All this and more awaits your child in the Young Rembrandts classroom!

Instructor: Young Rembrandts				Location: Pygmy Palm
Code	Days	Dates	Time	Fee/Weeks
8928	M	1/9-1/30	3:30-4:30 p.m.	\$48/4
8929	M	2/6-2/27	3:30-4:30 p.m.	\$48/4
8930	M	3/5-3/26	3:30-4:30 p.m.	\$48/4

Young Rembrandts Cartooning Class

Age: 6 – 13

Encourage your child's enthusiasm for art and help develop their drawing skills with a Young Rembrandts drawing class. Our cartoon drawing lessons will stoke your child's artistic fire. Your child will learn animation techniques in our anime-themed expression lessons. Your child will also learn personification as they transform ordinary pictures into fully realized cartoon characters. Learning to tell a story through a series of drawings will be the focus in our illustrations featuring a humorous drive-thru sequence and a colorful piñata sequence. Encourage your child's creativity.

Instructor: Young Rembrandts				Location: Pygmy Palm
Code	Days	Dates	Time	Fee/Weeks
8931	M	1/9-1/30	4:30-5:30 p.m.	\$48/4
8932	M	2/6-2/27	4:30-5:30 p.m.	\$48/4
8933	M	3/5-3/26	4:30-5:30 p.m.	\$48/4

Instructor Spotlight



Ms. Valley

Ms. Valley has been teaching and performing dance for more than twenty years and has been the stage manager for the Disney Summer Showcase and of the Kennedy High School Choir Program.

Ms. Valley's love of dance is evident through her imaginative choreography. She has studied ballet, jazz, tap and multi-cultural dance forms such as Afro-Cuban, Afro-Haitian and West African.



Activity Guide

Youth

Beginning/Intermediate Piano

Age: 6 – 14

This ongoing piano class can be taken continuously by students at any level. Students will rotate areas by spending time playing music games, worksheets and lessons time with the instructor. Keyboards will be provided during class instruction time. However, students must have a piano or keyboard at home to practice. There is a \$5 (cash only) supply fee payable to the instructor.

Classes held at the Ehlers Community Center, 8150 Knott Ave.

Instructor: The Music Academy
Code Age Days Dates Time Fee/Weeks Location: Buena Park

Beginning					
Code	Age	Days	Dates	Time	Fee/Weeks
9099	6-8	M	1/23-2/27	3:30-4:00 p.m.	\$50/6
9100	9-14	M	1/23-2/27	4:00-4:30 p.m.	\$50/6
9101	6-8	M	3/5-4/9	3:30-4:00 p.m.	\$50/6
9102	9-14	M	3/5-4/9	4:00-4:30 p.m.	\$50/6

Intermediate					
Code	Age	Days	Dates	Time	Fee/Weeks
9103	6-14	M	1/23-2/27	4:30-5:20 p.m.	\$60/6
9104	6-14	M	3/5-4/9	4:30-5:20 p.m.	\$60/6

Fitness

Pee Wee Hoops

Age: 4 – 7

Are you ready to shoot some hoops? The Pee Wee Basketball Hoops Clinic is right around the corner! Our goal is to meet the needs of boys and girls ages 4 to 7 years of age as of March 2012. La Palma Recreation offers a two-days-per-week clinic from 4:45-6:00 p.m. Our goal is to provide your Pee Wee with the fundamental skills of basketball, while supporting and encouraging the health and well-being of each participant through developing hand and eye coordination, encouraging mental and social development, increasing physical fitness, emphasizing team work and creating positive memories in a safe and caring environment. Children are encouraged to join regardless of experience or skill level. All participants will receive a team t-shirt and a trophy. Registration begins immediately, so sign up while spots are still available. The season starts March 5, 2012. A separate registration form is required.

Instructor: Recreation Staff
Code Days Dates Time Fee/Weeks Location: Central Park

9059	MW	3/5-4/25	4:45-6:00 p.m.	\$75/8
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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
Code Days Dates Time Fee/Weeks Location: MA Center

8989	WF	1/4-1/20	3:30-4:30 p.m.	\$40/3
8990	WF	2/1-2/17	3:30-4:30 p.m.	\$40/3
8991	WF	3/7-3/23	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 emphasis is in using martial art training as a to improve upon discipline, to increase fitness, to 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. This is a continuing program, so students may continue on for as many sessions as desired. Upon achieving a Green 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.

For more information please visit their website at www.americanmoodokwan.com

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

9060	SAT	1/7-1/28	9:00-10:00 a.m.	\$45/4
9061	SAT	2/4-2/25	9:00-10:00 a.m.	\$45/4
9062	SAT	3/3-3/31	9:00-10:00 a.m.	\$45/5



Youth / Teens

Dance

Fit N Fun After School Drop-In Program

La Palma Recreation and Community Services is proud to announce that Fit N Fun will resume after the New Year! Start the New Year off fresh and come join us for some fun! Fit N Fun is for students in grades 1st – 6th at Miller, Luther and Los Coyotes Elementary Schools. Trained Staff visit each school 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! We teach kids about healthy eating through the snacks that we provide for them twice weekly. Supervision is provided from the time school ends until 3:45 p.m. Your child will develop and enhance interpersonal competence as they develop empathy, sensitivity and build long-lasting and meaningful relationships with peers and staff. We will also be providing guest speakers speaking to your kids about sports and nutritional awareness. 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 resumes the week of January 9!

Club La Palma Spring Day Camp

Age: 5 – 12

Location: Royal Palm Room, Central Park

Parents! Need a fun and safe care for your young ones this Spring Break, April 2-6, 2012. Club La Palma Counselors are committed to creating thrilling physical activities, introducing innovative crafts and building lasting friendships. Our Day Camp is designed for youth 5-12, and will be held Monday through Friday from 6:30 a.m. to 6:00 p.m. The all-inclusive fee of \$107 for the week, includes an enjoyable excursion (Thursday, April 5) to California Adventures, afternoon snacks and all activities. Registration forms will be available beginning February 13.

Location: Royal Palm Room, Central Park

Code	Days	Dates	Time	Fee/Weeks
9094	M-F	4/2-4/6	6:30-6:00 p.m.	\$107/1



Hip Hop After Homework

Age: 5 – 17

Hip Hop After Homework is a tool which uses dance as an incentive for Elementary through High School aged youth to stay on top of their school work. They 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 student 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					
8961	5-13	T	1/10-2/7	5:30-6:15 p.m.	\$50/5
8962	5-13	T	2/21-3/20	5:30-6:15 p.m.	\$50/5
Intermediate					
8963	5-13	T	1/10-2/7	6:15-7:00 p.m.	\$50/5
8964	5-13	T	2/21-3/20	6:15-7:00 p.m.	\$50/5
Advanced					
8965	8-17	T	1/10-2/7	7:00-7:45 p.m.	\$50/5
8966	8-17	T	2/21-3/20	7:00-7:45 p.m.	\$50/5

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: Buena Park

Code	Days	Dates	Time	Fee/Weeks
8992	M	1/9-2/13	4:00-6:00 p.m.	\$40/6
8993	M	2/27-4/2	4:00-6:00 p.m.	\$40/6



**These Classes Fill Fast
REGISTER ONLINE TODAY**



Activity | Guide

Youth / Teens

“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. \$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: Buena Park

Code	Days	Dates	Time	Fee/Weeks
8994	M	1/9-2/13	5:00-5:45 p.m.	\$30/6
8995	M	2/27-4/2	5:00-5:45 p.m.	\$30/6

Fitness

Athletic Pride Basketball League

Age: 8 – 14

Are you between the ages of 8-14 and would like to enhance your basketball skills in a relaxed and friendly environment? Come participate in the Athletic Pride Basketball League (APBL) where you can learn the game of basketball in a TEAM setting! There will be weekly practices and games, a post season tournament, an All-Star game, and a free Camp coached by Allan Purnell. All players will learn the fundamentals of basketball and the importance of teamwork. Don't miss out on an exciting season of games, making new friends, and having FUN! There will be a Parent Meeting on February 15 at 6:30 p.m. in the Central Park Community Center. On Saturday, February 18, there is a skills assessment at 10:00 a.m. for all participants to show their skills to be put on a team. The season will start on Saturday, March 3, and will be played until May 5. The majority of games will be held on Saturdays between 10:00 AM and 3:00 PM with the exception of the Saturday before Easter. There is a \$15 supply fee payable to the instructor the night of the Parent Meeting, on February 15.

Registration forms will be available beginning January 24.

Code	Days	Dates	Time	Fee/Weeks
9095	S	3/3-5/5	TBD	\$75/10

Volunteer Coaches Needed!

Volunteers are needed for this league! If you have the time to coach one practice during the week and games each Saturday then we need you! If you are interested in coaching a team of your own, then please call 714 690 3350 by February 1, 2012. There will be a coaches meeting on February 16 at 6:30 p.m. at the Central Park Community Center. Fingerprinting is required for all coaches.

Jump Start Youth Basketball Clinic

Age: 10 – 13

Participants will learn the basic and advanced 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
8996	M	1/9-2/13	3:30-5:00 p.m.	\$100/6
8997	M	2/20-3/26	3:30-5:00 p.m.	\$100/6

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
8998	T/TH	1/5-1/24	4:30-5:30 p.m.	\$40/3
8999	T/TH	2/2-2/21	4:30-5:30 p.m.	\$40/3
9000	T/TH	3/1-3/20	4:30-5:30 p.m.	\$40/3

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
9001	M/W	1/4-1/23	4:30-5:30 p.m.	\$40/3
9002	M/W	2/1-2/20	4:30-5:30 p.m.	\$40/3
9003	M/W	3/5-3/21	4:30-5:30 p.m.	\$40/3



Tennis

Age: 7 – 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
8970	1-2	7-14	W	1/11-2/29	5:00-6:00 p.m.	\$98/8
8971	2-3	8-14	W	1/11-2/29	6:00-7:30 p.m.	\$112/8
8968	1-2	7-14	SAT	1/14-3/3	4:00-5:00 p.m.	\$98/8
8967	2-3	8-14	SAT	1/14-3/3	5:00-6:00 p.m.	\$98/8

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		
8934	W	1/18-2/8	5:00- 5:30 p.m.	\$39/4		
8935	SAT	1/21-2/11	10:15-10:45 a.m.	\$39/4		
8936	W	2/29-3/21	5:00- 5:30 p.m.	\$39/4		
8937	SAT	3/3-3/24	10:15-10:45 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		
8938	W	1/18-2/8	6:15- 6:45 p.m.	\$39/4		
8939	W	2/29-3/21	6:15- 6:45 p.m.	\$39/4		

Freestyle Jump Rope

Ages: 7 – 14

This class is an introduction to the new and 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 is paid to the instructor at first class meeting.

Instructor: R. Neder				Location: Sago Palm	
Code	Days	Dates	Time	Fee/Weeks	
8973	W	1/11-2/1	5:30- 6:30 p.m.	\$35/4	
8974	W	2/8-2/29	5:30- 6:30 p.m.	\$35/4	
8975	W	3/7-3/28	5:30- 6:30 p.m.	\$35/4	



Photo courtesy of Gayle Wada



Activity | Guide

Teens

The Hub!

Location: 5414 La Palma Ave, La Palma

Monday-Friday: 2:00 p.m. – 5:00 p.m.

Bring your friends and enjoy activities such as tournaments, ping pong, XBOX, Wii, crafts, and much more!

Teen Dances

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

The City of La Palma in cooperation with the City of Cypress offers six teen dances throughout the school year. These dances are limited to students in seventh or eighth grade.

Time: 7:00 p.m. – 10:00 p.m.

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

Be My Valentine Dance

Saturday, February 11

Come celebrate Valentine's Day with your friends! We offer great music, dance competitions, food, and drinks. You don't want to miss out!



Teen Flashlight Egg hunt

Arnold/Cypress Park, 8611 Watson Street

Saturday, April 7

Bring your flashlight and come hunt for eggs in the dark!

Teen Dodge Ball Night

Arnold/Cypress Park, 8611 Watson Street

Saturday, April 20

Come challenge your friends to a fun game of dodge ball!

Teen Fashion Scene

Saturday, March 17

Come check out the latest designs for the most popular event of the year. The show features stores like Vans, Furnace, Styles for Less, and local designers. Tickets cost \$4. If you want to enter your original designs in the show, you can pick up a designer application, available now. Applications are due January 13 by 5:00 p.m. to the La Palma Community Center.

Models Needed

Have you ever wanted to "strut" your stuff down the runway? This is your big chance! We need 13-18 year old Guys and Girls! Applications are due January 27 by 5:00 p.m. to the La Palma Community Center. Applicants will be notified of their audition time.

2012 Battle of the Bands

Does your band have what it takes to win the title of our 11th Annual Battle of the Bands? **Applications are due no later than Friday, April 6, 2012 by 4:30 p.m. at the La Palma Community Center.** This event will be held at the Central Park Pavilion, 7821 Walker Street, La Palma. There will be a cash prize for the overall winner and an opportunity to perform at this year's La Palma Days. This event will take place May 5. Applications available now!



Upcoming 2012 Special Teen Events

Mardi Gras Dance, April 14

Dodge Ball Night, April 20

Battle of the Bands, May 5

Aloha Dance, June 2



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
8910	Home Study	1/2-3/31	\$90
8954	Internet	1/2-3/31	\$75

CPR/AED/First Aid Training



Age: 16+

Participants learn how to perform CPR and care for breathing in cardiac emergencies in adults; prevent, recognize and respond to cardiac and breathing emergencies in children under 12; and how to use automatic external defibrillators. Participants will also learn how to recognize and care for a variety of first aid emergencies. Red Cross certification is given with successful completion of the course. A \$26 material fee is due at class for certification cards (CPR, First Aid and AED) and lunch if signing up for the full course. If only doing First Aid or CPR/AED a material fee of \$13 is due at the class meeting.

Instructor: K. Rowe			Location: Fan Palm Room		
Code	Class	Days	Dates	Time	Fee/Week
9096	CPR/AED/First Aid	S	3/17	8:30 a.m.-5:00 p.m.	\$20/1
9097	CPR/AED	S	3/17	8:30 a.m.-12:30 p.m.	\$15/1
9098	First Aid	S	3/17	1:00-5:00 p.m.	\$15/1

Music/Art

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: Sago Palm
Code	Days	Dates	Time	Fee/Weeks
9004	W	1/11-2/8	7:30-9:00 p.m.	\$45/5
9005	W	2/15-3/14	7:30-9:00 p.m.	\$45/5

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 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
9006	M	1/9-2/6	6:30-8:30 p.m.	\$40/5
9007	M	2/13-3/12	6:30-8:30 p.m.	\$40/5





Activity Guide

Teen / Adult

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. Payments: Although you may pay for the entire Aerobic session at registration, we have a payment schedule for your convenience.

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
9008	MW	1/9-3/28*	5:45-6:45 p.m.	\$115/12
9009	MW	1/9-2/15	5:45-6:45 p.m.	\$60/6
9010	MW	2/22-3/28	5:45-6:45 p.m.	\$55/6
Pay as you go SAT		1/14-3/31*	8:30-9:45 a.m.	\$6/1 day
Pay as you go MW		1/9-3/28	5:45-6:45 p.m.	\$6/1 day

*No class on 2/18, 2/20

Zumba

Age: 16+

Zumba is a Latin-inspired, dance-fitness class that incorporates Latin and International music and dance movements, which create a dynamic, exciting, and effective fitness system! This class format combines fast and slow rhythms. It's fun! It's different! It's easy! It's effective! Wear comfortable clothes and bring a water bottle.

Instructor: L. Li

Location: Royal Palm

Code	Days	Dates	Time	Fee/Weeks
8977	W	1/11-2/8	7:30-8:30 p.m.	\$35/5
8978	S	1/7-2/4	10:00-11:00 a.m.	\$35/5
8979	W	2/15-3/14	7:30-8:30 p.m.	\$35/5
8980	S	2/11-3/10	10:00-11:00 a.m.	\$35/5
8981	W	3/21-4/18	7:30-8:30 p.m.	\$35/5
8982	S	3/17-4/14	10:00-11:00 a.m.	\$35/5

Belly Dancing

Age: 16+

Belly Dance is a new way to exercise and is becoming one of the hot new work-out trends in the US. A fusion of belly dance steps with aerobics will help you sweat, shimmying your inches away. Develop your stamina, reduce stress levels, increase flexibility and condition core muscle; no belly dance experience needed! Wear comfortable clothing (no jeans please). Bring a yoga mat, towel and water bottle.

Instructor: P. Peterson

Location: Sago Palm

Code	Days	Dates	Time	Fee/Weeks
9050	T	1/10-2/14	7:30-8:30 p.m.	\$48/6
9051	T	2/21-3/27	7:30-8:30 p.m.	\$48/6

Fitness Boot Camp



Age: 16+

This class will include plyometrics and a variety of exercise routines using little to no equipment to give you a well-rounded workout. The workout will include: a stretching and warm-up section, muscular strength and endurance section, as well as cardiovascular section. Fitness and body composition testing will track participant's progress throughout the boot camp. The benefits for this class include a reduction in stress levels, improved flexibility, increased range of motion, increased muscular strength and endurance and an overall healthier lifestyle! Participants should bring their own mats, towels and reusable water bottles and wear loose comfortable clothing and athletic shoes.

Instructor: T. Keeley

Location: Central Park

Code	Days	Dates	Time	Fee/Weeks
9087	T/TH	1/3-1/26	6:00-7:00 a.m.	\$90/4
9088	T/TH	2/7-3/1	6:00-7:00 a.m.	\$90/4
9089	T/TH	3/6-3/29	6:00-7:00 a.m.	\$90/4

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. 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
9052	W/F	1/4-1/20	6:30-7:30 p.m.	\$40/3
9053	W/F	2/1-2/17	6:30-7:30 p.m.	\$40/3
9054	W/F	3/7-3/23	6:30-7:30 p.m.	\$40/3



Adult

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
9105	T/TH	1/5-1/24	5:30-6:30 p.m.	\$40/3
9106	T/TH	2/2-2/21	5:30-6:30 p.m.	\$40/3
9107	T/TH	3/1-3/20	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
9108	T/TH	1/10-1/26	6:30-7:30 p.m.	\$45/3
9109	T/TH	2/7-2/23	6:30-7:30 p.m.	\$45/3
9110	T/TH	3/6-3/22	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. Great class to get in shape quickly and safely! Class is taught by a Certified Yoga Instructor.

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

Instructor: Chopra/Seyller				Location: MA Center
Code	Days	Dates	Time	Fee/Weeks
9111	M/W	1/4-1/23	7:30-8:30 p.m.	\$55/3
9112	M/W	2/1-2/20	7:30-8:30 p.m.	\$55/3
9113	M/W	3/5-3/21	7:30-8:30 p.m.	\$55/3

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
9114	F	1/6-1/20	5:30-6:30 p.m.	\$45/3
9115	F	2/3-2/17	5:30-6:30 p.m.	\$45/3
9116	F	3/2-3/16	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
8940	W	1/18-2/8	7:00-7:30 p.m.	\$39/4
8941	Th	1/19-2/9	7:00-7:30 p.m.	\$39/4
8942	W	2/29-3/21	7:00-7:30 p.m.	\$39/4
8943	Th	3/1-3/22	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 90715.

Instructor: Master Markopulos				Location: Tae Kwon Do Academy
Code	Days	Dates	Time	Fee/Weeks
9117	T/TH	1/3-1/31	7:00-8:00 p.m. 8:00-9:00 p.m. (Th)	\$55/4.5
9118	T/TH	2/2-2/28	7:00-8:00 p.m. 8:00-9:00 p.m. (Th)	\$55/4
9119	T/TH	3/1-3/29	7:00-8:00 p.m. 8:00-9:00 p.m. (Th)	\$55/4.5



Activity Guide

Adult

Cardio Barre



Age: 13+

Cardio Barre is a smooth flowing workout that will tone your entire body along with improving balance and flexibility. Nonstop movements are performed at two tempos; the faster intervals burn fat, the same motions at a slower pace builds lean muscle. The method influenced by classical dance (though it is not a dance class), but it will give you a dancers body. A chair or barre are used to achieve optimum positioning, 1 or 2 pound weights for the arms, along with an 8 inch soft abs ball which will give your abs the shape you desire. Master Cynthia has helped countless women reshape their bodies.

Lessons will be held at the US Tae Kwon Do Academy, 12233 Centralia, Lakewood 90715.

Instructor: Master Markopulos			Location: Tae Kwon Do Academy	
Code	Days	Dates	Time	Fee/Weeks
9120	M/TH	1/2-1/30	7:00-8:00 p.m.	\$55/4.5
9121	M/TH	2/2-2/27	7:00-8:00 p.m.	\$55/4
9122	M/TH	3/1-3/29	7:00-8:00 p.m.	\$55/4.5

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
9123	T	1/10-2/14	7:00-8:00 p.m.	\$28/6
9124	T	2/28-4/3	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: Buena Park	
Code	Days	Dates	Time	Fee/Weeks
9125	T	1/10-2/14	6:00-7:00 p.m.	\$28/6
9126	Th	1/12-2/16	6:00-7:00 p.m.	\$28/6
9127	T	2/28-4/3	6:00-7:00 p.m.	\$28/6
9128	Th	3/1-4/5	6:00-7:00 p.m.	\$28/6

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 Street.

Instructor: J. Karter			Location: Cypress CC	
Code	Days	Dates	Time	Fee/Weeks
8944	M	1/9-2/13	6:30-7:30 p.m.	\$32/6
8945	M	2/27-4/2	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 Street.

Instructor: J. Karter			Location: Cypress CC	
Code	Days	Dates	Time	Fee/Weeks
8946	M	1/9-2/13	7:30- 8:30 p.m.	\$32/6
8947	M	2/27-4/2	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. Instructor Janet Karter 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 Street.

Instructor: J. Karter			Location: Cypress CC	
Code	Days	Dates	Time	Fee/Weeks
8948	M	1/9-2/13	8:30-9:30 p.m.	\$32/6
8949	M	2/27-4/2	8:30-9:30 p.m.	\$32/6



**These Classes Fill Fast
REGISTER ONLINE TODAY**



Older Adults

Music/Art

Photography 101

Age: 18+

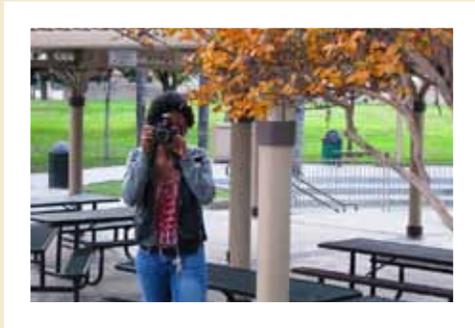
Photography 101 is a fun way to make money with your camera! Learn how to take pictures you will love to show others, and how to get more out of your camera (take it off Auto)! Lessons will include how to create craft photos and cut out photos. Bring your camera to class and get ready to have some fun!

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: Buena Park

Code	Days	Dates	Time	Fee/Weeks
9129	W	1/11-2/15	6:30-8:30 p.m.	\$42/6
9130	W	2/29-4/4	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

Special Events

Bunko!

Date: Friday, January 20, 2012

Time: 6:00 – 9:00 p.m.

Bunko is a party in a box. Come out for a night of fun and games. Bring your friends invite your neighbors and join us at The Hub. Snacks will be provided. Chat, laugh and eat! Pre-registration is required by January 19; please call (714) 690-3350.

All special events held at The Hub

Friday Night Karaoke for Adults

Date: February 17, 2012

Time: 6:00 – 9:00 p.m.

Come out and sing a few songs with us at The Hub. If you don't sing, enjoy the music, dance a little, and have some tasty treats on us. Pre-registration is required by February 16; please call (714) 690-3350.

Craft Crop

Date: Saturday, March 10, 2012

Time: 10:00 a.m. – 1:00 p.m.

Spend some time with us making cards and scrapbooks for you, family and friends. Bring your own supplies; creative staff will be available to lend a helping hand. Basic supplies will be provided such as cardstock, adhesive, scissors, markers, craft paper. Pre-registration is required by March 9; please call (714) 690-3350.

Educational

Beginning Computer Class

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
8950	T	1/10-2/14	11:00 a.m.-12:00 p.m.	\$6/6
8951	T	2/21-3/27	11:00 a.m.-12:00 p.m.	\$6/6

Intermediate Computer Class

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
8952	Th	1/12-2/16	11:00 a.m.-12:00 p.m.	\$6/6
8953	Th	2/23-3/29	11:00 a.m.-12:00 p.m.	\$6/6



Activity | Guide

Older Adults

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

Fitness

Aqua Aerobics

Age: 55+

Aqua Aerobics is a 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 to reduce stress and tension. This class 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.

Winter Sessions: Each \$30 session will include six 50-minute lessons, held on Monday's and Wednesdays or Tuesdays and Thursdays, over the course of three weeks for all classes listed below.

For more information please call (714) 690-3350

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.

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 our 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

All Ages

Educational

Practical Chess Instruction

Age: 8+

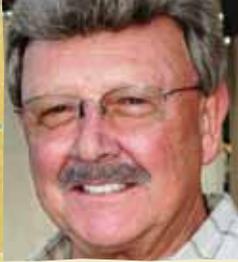
The best way to improve your chess is to plunge in and play. The La Palma Chess Club (LPCC) is a USCF affiliated club offering rated tournaments, casual play, and blitz games every Friday night. Visitors of all ages are welcome. We offer competition to players of all skill levels, from beginner to master. Chess lessons are available upon request. We will have three tournaments this session. Players can sign up for individual tournaments, or, at a significant discount, sign up for all of the tournaments in the session. We also encourage all players to register for the class online at 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	Date	Time	Fee/Weeks
9055	All Three Tournaments	F	1/6-3/30	6:00-11:00 p.m.	\$40/13
9056	Captain America Open	F	1/6-2/3	6:00-11:00 p.m.	\$20/5
9057	Milky Way Championship	F	2/10-3/9	6:00-11:00 p.m.	\$30/5
9058	The Ides of March	F	3/16-3/30	6:00-11:00 p.m.	\$15/3



All Ages

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.

Instructor: A. L. Kaio

Location: Sago Palm

Code	Age	Days	Dates	Time	Fee/Weeks
9131	4-12	M	1/9-1/30	6:00-7:00 p.m.	\$35/4
9132	12+	M	1/9-1/30	7:00-8:00 p.m.	\$35/4
9133	21+	M	1/9-1/30	8:00-9:00 p.m.	\$35/4
9134	4-12	M	2/6-3/5*	6:00-7:00 p.m.	\$35/4
9135	12+	M	2/6-3/5*	7:00-8:00 p.m.	\$35/4
9136	21+	M	2/6-3/5*	8:00-9:00 p.m.	\$35/4
9137	4-12	M	3/12-4/2	6:00-7:00 p.m.	\$35/4
9138	12+	M	3/12-4/2	7:00-8:00 p.m.	\$35/4
9139	21+	M	3/12-4/2	8:00-9:00 p.m.	\$35/4

*No Class on 2/20

Fitness

Private Tennis Lessons

Age: 7+

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.

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
9079	T/TH	1/3-1/31	5:00- 6:00 p.m.	\$45/5
9080	T/TH	2/2-2/28	5:00- 6:00 p.m.	\$45/5
9081	T/TH	3/1-3/29	5:00- 6:00 p.m.	\$45/5

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.

For more information please visit www.americanmoodokwan.com.

Instructor: L. Amsell

Location: Sago Palm

Code	Days	Dates	Time	Fee/Weeks
BEGINNER				
9077	SAT	1/7-1/28	10:00-11:00 a.m.	\$45/4
9078	SAT	2/4-2/25	10:00-11:00 a.m.	\$45/4
9066	SAT	3/3-3/31	10:00-11:00 a.m.	\$45/5
INTERMEDIATE				
9064	SAT	1/7-1/28	11:00-12:00 a.m.	\$45/4
9065	SAT	2/4-2/25	11:00-12:00 p.m.	\$45/4
9067	SAT	3/3-3/31	11:00-12:00 a.m.	\$45/5
ADVANCED				
9069	SAT	1/7-1/28	12:00-1:00 p.m.	\$45/4
9070	SAT	2/4-2/25	12:00-1:00 p.m.	\$45/4
9071	SAT	3/3-3/31	12:00-1:00 p.m.	\$45/5

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 Palm

Code	Days	Dates	Time	Fee/Weeks
9073	T/TH/S	1/3-1/31	5:00-6:00 p.m.	\$60/5
9074	T/TH/S	2/2-2/28	5:00-6:00 p.m.	\$60/5
9075	T/TH/S	3/1-3/31	5:00-6:00 p.m.	\$60/5



www.FredSmithTeam.com



Fred Smith & Beth Hale

Fred: (562) 884-1478

Beth: (714) 488-5152



Realtors®

www.FredSmithTeam.com

E-mails: fred@fredsmithteam.com

beth@fredsmithteam.com

Fred Smith DRE#00885080 Beth Hale DRE#01480574

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Dr. Bold

SUNIL ANAND

Mobile Notary Public &
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La Palma Tutoring

Coldwell Banker Realty

Farr Insurance Agency

Regina Tan, DDS

Math Tutoring-Gary Brown



Scentsy
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MICHELLE CLEAVE
Independent Consultant

323.744.1615 cell

www.michellecleave.scentsy.us
gr8scents.michelle@gmail.com

SMOKELESS • WICKLESS • FLAMELESS CANDLES

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

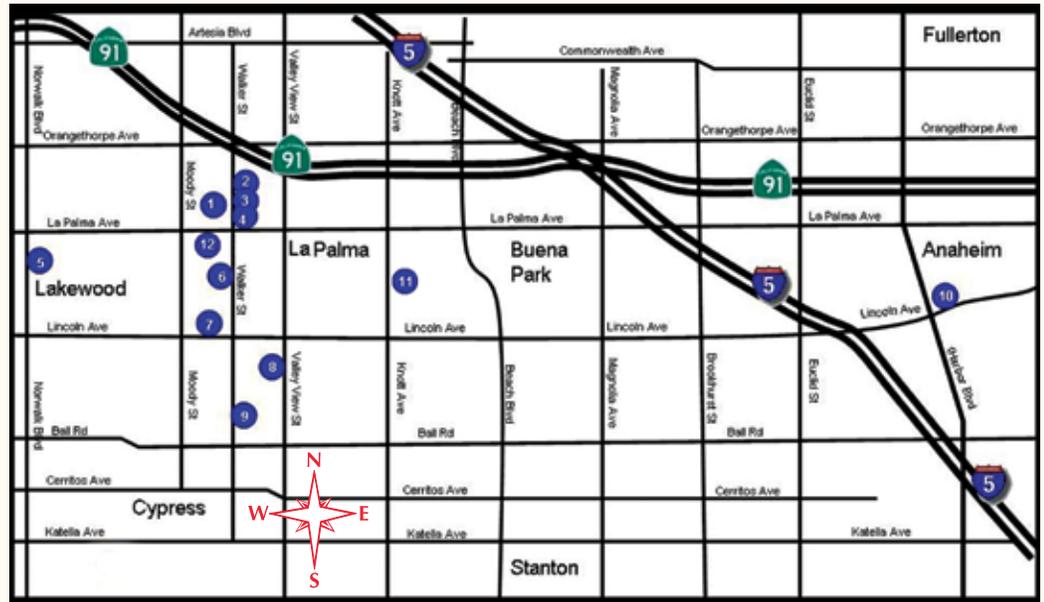
8611 Watson Street, Cypress

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

CALVARY CHAPEL LA PALMA

Sunday Service @9:30 A.M.
Children's Ministry @9:30 A.M.

Contact Information: *Phone-562-777-1679*
 e-mail-CalvaryLaPalma@yahoo.com
 FaceBook-[Calvary Chapel La Palma](#)
 Website-www.CalvaryChapelLaPalma.org

"Come and see the work of God: He is awesome in His doing towards the children of men"(Psalm 66:5)



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	\$

Make your check payable to:
CITY OF LA PALMA
 Receipt # _____



Postal Customer La Palma, CA 90623

La Palma 2.0



BECOME A FAN
HELP LA PALMA
GO VIRAL

The City of La Palma is proud to announce the launch of the La Palma 2.0 campaign. The campaign began the first week of November with the launch of the City's official Facebook page. Become a fan now and be one of the first residents to help La Palma go viral!

Find the La Palma Facebook page at:

www.facebook.com/pages/City-of-La-Palma/306879489337938

Club La Palma Spring Day Camp

April 2 – April 6

Ages 5 – 12

Parents! Need a fun and safe care for your young ones this Spring Break, April 2-6, 2012? Club La Palma Counselors are committed to creating thrilling physical activities, introducing innovative crafts and building lasting friendships. Our Day Camp is designed for youth 5 – 12, and will be held Monday through Friday from 6:30 a.m. to 6:00 p.m. The all-inclusive fee of \$107 for the week, includes an enjoyable excursion (Thursday, April 5), afternoon snacks and all activities. Registration forms will be available beginning February 13.

Day Camp Week Fee (All-Inclusive): \$107

Location: Central Park-Community Center

