

La Palma



MOSAIC

Summer 2012



What's Inside

Civic Expo and National Night Out
New Recycling Program
Fitness Run for Fun
Summer Swim Lessons
Summer Camps

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

G. Henry Charoen, Mayor
Steve Hwangbo, Mayor Pro Tem
Ralph Rodriguez, Council Member
Steve Shanahan, Council Member
Mark Waldman, Council Member

Summer 2012

A Message from the City

Summer is a great time to gather your friends and family and head outside and enjoy the beach, a pool or a community event at Central Park.

The Recreation and Community Services Department will, once again, be hosting a variety of event and programs for all ages this summer. On June 18, Club La Palma Day Camp, Camp Tiny Tots, Pee Wee Hits and Swimming Lessons all begin. Be sure to register early for these classes and programs, they do tend to fill quickly! For more information on all of our youth programs and camps please see pages 11 – 17.

Summer would not be complete if you did not celebrate Independence Day and what is a better way to start the celebration but to participate in the 32nd La Palma Fitness Run for Fun? The event will consist of a 5K Run/Walk, 10K Run and a Yankee Doodle Dash for the kids! After the competitive events, enjoy a pancake breakfast by the La Palma Kiwanis Club, and the Family Fun Zone!

The Community Activities and Beautification Committee has planned a great Concerts in the Park series this year which will include some favorites from the past, like U2JT (a U2 Tribute Band) and The DSB Band (a Journey Tribute Band). As in past years there will be some great activities at each concert such as the Civic Expo/National Night out (page 5). Also you won't want to miss being part of the food truck craze. At a few concerts there will be a variety of food trucks, sure to satisfy your cravings. For more information on the Concerts in the Park, please see the back cover.

The City of La Palma wishes everybody a happy and safe summer!

La Palma 2.0



**BECOME A FAN
HELP LA PALMA
GO VIRAL**

Calendar of Events

June

- 5 City Council Meeting-7:00 p.m.
- 14 Flag Day
- 16 32nd Fitness Run for Fun
Pre-Registration Deadline
- 17 Father's Day
- 18 Club La Palma Summer Day Camp Begins
Camp Tiny Tot Begins
Swim Lessons Begin
- 19 City Council Meeting-7:00 p.m.
- 20 First Day of Summer



July

- 3 City Council Meeting-7:00 p.m.
- 4 32nd Annual Fitness Run for Fun-7:30 a.m.
Independence Day
- 7 Concert in the Park – 6:30 p.m.
Buddy Holly & Friends-50's Hits
- 14 Concert in the Park – 6:30 p.m.
Boarding House Band-Rock & Americana
- 17 City Council Meeting-7:00 p.m.
- 21 Concert in the Park – 6:30 p.m.
Greg Young & 2nd St. Band-
50s—today's hits
- 28 Concert in the Park – 6:30 p.m.
Elm Street Band-Southern California
Surfer Music



August

- 4 Concert in the Park – 6:30 p.m.
U2JT-U2 Tribute
- 7 City Council Meeting-7:00 p.m.
- 11 Concert in the Park – 6:30 p.m.
The DSB Band-Journey Tribute
- 18 Concert in the Park – 6:30 p.m.
The Who Revue- The Who Tribute
- 21 City Council Meeting – 7:00 p.m.
- 25 Concert in the Park – 6:30 p.m.
Emperor-Classic Rock



Contents

- City Council Recap 2
- Community Pride 4
- Summer Events 5
- Fitness Run for Fun 7



Activity Guide

- Toddler / Preschool 8
- Youth 10
- Youth / Teen 13
- Teen / Adult 15
- Adult 18
- Older Adult 19
- All Ages 21
- Facilities 24
- Registration Information 25

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.

Recap— March and April

The City Council, which also sits as the governing board of the Planning Commission and Successor Agency to the 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.

March 6, 2012

The Planning Commission adopted a Resolution recommending the City Council approve an Ordinance amending Chapter 26 of the La Palma City Code regarding the Planned Neighborhood Development (PND) Zoning District. In October 2010, the City established a PND Zoning District designation for six sites located at key arterial intersections in the City. This new land use designation was established with the goal of fostering retail development and promoting the economic sustainability of the community. This amendment proposes three minor revisions to the PND Zoning standards, including: allowing banks within the Zone subject to a Conditional Use Permit and Development Agreement; modify setback standards for refuse enclosures; and remove mandatory landscape coverage requirements.

The City Council awarded a contract, in the amount of \$26,148, to AES Water, Inc. for the installation of the Seismic Actuated Valve at the City Yard Reservoir. The installation of a Seismic Actuated Valve at the City Yard reservoir would enable immediate control of water flow in the event of a terrorist attack or damaging earthquake. The instrumentation within the Seismic Actuated Valve system measures forces to which the water reservoir is exposed to and can immediately perform a shut-down of the water reservoir.

The City Council approved an Employment Agreement with Terry S. Matz for Interim City Manager services. The agreement provides that Mr. Matz will provide the City of La Palma with Interim City Manager services for up to six months, for approximately 25 to 35 hours per week at an hourly rate of \$80 per hour. Mr. Matz is a resident of Cerritos and has held City Management positions for several cities, including Agoura Hills, Stanton, Blythe, and Duarte. In 2009, he retired from the City of Brea as their Assistant City Manager.

The City Council approved various traffic improvements and appropriated General Fund Reserves to fund the projects. The projects include: the installation of a "Keep Clear" lane markings on Moody Street at the Los Coyotes Elementary School north driveway; installation of additional red curb along the narrow portion of Maroon Drive and revised the drive lane widths and lane markings; and the installation of double-yellow centerline markings at Rampart Lane and Bourbon Lane.

March 13, 2012

The City Council conducted a Special Meeting and adopted an Ordinance authorizing an amendment to the contract between the City of La Palma and the California Public Employees' Retirement System (CalPERS). The amendment establishes a second tier retirement formula for newly hired safety employees. The new formula is the 2% at 55 formula for Safety 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 Police Association (LPPA). 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 February 21.

March 20, 2012

The City Council adopted a Resolution approving certain amendments to the Conditional Use Permit for the existing Unocal 76 Service Station located at 5482 La Palma Avenue. The approved changes to the permit include: an automobile vacuum cleaner can be added to the site subject to operational limitation of 7:00 a.m. to 7:00 p.m.; the car wash exit door can remain open during operating hours; the hours of liquor sales were extended to 6:00 a.m. through 2:00 a.m.; one illuminated window sign was allowed on the site; and increased the operational hours of the of the car wash to 7:00 a.m. to 10:00 p.m.

The City Council authorized the purchase of one replacement unmarked Ford Taurus vehicle for the Police Department and appropriated \$25,570 from the Vehicle Maintenance Internal Service Fund for the purchase. The vehicle was scheduled for replacement in the Fiscal Year 2012-13 Budget; however, a vendor recently indicated that they could provide increased savings for vehicles purchased prior to the end of the Fiscal Year. Therefore, the vehicle was purchased in conjunction with the Cooperative Purchase Provision of a County of Los Angeles purchase order for a savings of nearly \$5,000.

The City Council approved an agreement with Peckham and McKenney for City Manager recruitment services in an amount not-to-exceed \$17,000, plus reimbursement for expenses in an amount not-to-exceed \$7,000; and appropriated \$24,000 from General Fund Reserves to fund the recruitment. The recruitment for a new City Manager is necessary because of the departure of Dominic Lazzaretto to Arcadia. The City Council hopes to have a new City Manager selected by the Fall of 2012.

The City Council introduced, for first reading, an Ordinance amending Chapter 26 of the La Palma City Code adding and amending certain provisions to the "Planned Neighborhood Development (PND)" Zoning District. This amendment proposes to make three minor revisions to the PND Zoning standards, including: allowing banks within the Zone subject to a Conditional Use Permit and Development Agreement; modify setback standards for refuse enclosures; and remove mandatory landscape coverage requirements. This item was previously reviewed by the Planning Commission on March 6.

The City Council approved the City's participation in the Regional Narcotic Suppression Program (RNSP), which requires dedicating one full-time police officer for a period of up to three years to the specialized task force and authorized the City Manager to execute all necessary documents to participate in the program. The RNSP was started in 1987 as a task force comprised of full-time police officers assigned by their primary agencies to investigate major narcotic activity and related crimes. The officer's training and overtime costs will be paid by RNSP while the City will be responsible for the normal salary and benefit costs. RNSP will also distribute Asset Seizure funds up to 4% of the money seized, directly to the City after overhead and operating costs of RNSP have been deducted. It is anticipated the total cost of a top-step officer will be paid for by the asset seizure money distributed by RNSP to the City. There will be no reduction in frontline police services to the community as a result of this program.

April 3, 2012

The City Council, acting as Successor Agency to the former CDC adopted two Resolutions, approving the Recognized Obligation Payment Schedule (ROPS) for January 1, 2012, to June 30, 2012; and July 1, 2012 to December 31, 2012. The City of La Palma is now required to adopt a Recognized Obligation Payment Schedule (ROPS) for any obligations it is designating as an "enforceable obligation" for payment from the fund of former tax increment administered by the County Auditor–Controller. These ROPS are to be prepared in six (6) month increments.

The City Council, acting as Successor Agency to the former CDC adopted a Resolution approving the Successor Agency Administrative Budget for the period of February 1, 2012, through June 30, 2012, pursuant to Health and Safety Code Section 34177(j). The Administrative Budget includes expenses required to carry out Successor Agency and Oversight Board activities and administration, legal and consulting expenses, the cost of information technology support, supplies, printing of agendas and agenda packets, posting, insurance, and associated facility costs.

The Planning Commission adopted a Resolution granting a one-year time extension for the Conditional Use Permit request by Verizon Wireless to construct a cellular facility in the church steeple at the La Palma Christian Center located at 8082 Walker Street. The permits were originally approved by the Planning Commission on October 4, 2011, and were scheduled to expire. The Applicant is in the process of developing construction plans and is anticipating submission for plan check shortly.

The City Council approved and authorized the Mayor to execute an Amendment to the Agreement with the Southeast Area Animal Control Authority (SEAACA) for the provision of animal care services for the 2011-12 Fiscal Year. In July 2011, SEAACA submitted to the City, a Fiscal Year 2011-12 amendment, requesting \$72,936 for animal care services. These figures were based on an annual cost of \$88,297 offset by license fee guarantees of \$15,361. The City questioned the increased fees and SEAACA conducted two City-wide canvasses and generated additional income to increase the license fee guarantee to \$22,950, reducing the net cost of the contract for FY 2011-12 to \$65,347.

The City Council adopted an Ordinance amending Chapter 26 of the La Palma City Code adding and amending certain provisions to the "Planned Neighborhood Development (PND)" Zoning District. This item was previously reviewed by the Planning Commission on March 6 and by the City Council on March 20.

April 17, 2012

The Planning Commission adopted a Resolution recommending the City Council adopt an Ordinance of the City of La Palma approving the Development Agreement for a new bank use at 5962 La Palma Avenue. The proposed development is a new Chase Bank project within the Planned Neighborhood Development (PND) Zone. This zone was amended on April 3, 2012, to conditionally permit bank uses subject to a development agreement. The Development Agreement vests the Chase Bank projects' entitlements and thus needs to be adopted by Ordinance.

The City Council awarded a contract in the amount of \$949,949 to All American Asphalt for various arterial rehabilitation pavement projects at Moody Street from Crescent Avenue to La Palma Avenue; Moody Street from Houston Avenue to Orangethorpe Avenue; and Walker Street from Crescent Avenue to La Palma Avenue. Approval of the project also authorizes the expenditure of up to an additional \$237,487 for contingencies, for a maximum project cost of \$1,187,436. The project is scheduled to commence in early July and will involve the removal of two inches of existing asphalt concrete pavement and the installation of two inches of asphalt concrete overlay using conventional asphalt; installation of pedestrian ramps, installation of traffic signal loops, and associated restriping.

The City Council approved the purchase of ten replacement Police vehicle mobile data computers (MDC's) from CDCE Engineering Solutions and appropriated \$33,500 from the Computer replacement Internal Service Fund reserves. These current MDC's were originally purchased in Fiscal Year 2007-08, are experiencing a high failure rate, and were scheduled for replacement in the 2012-13 Fiscal Year. The proposed replacement devices have been discounted approximately \$1,900 each by the vendor because they were part of an over purchase for a larger agency. The cost of the MDC's, docking stations, and installation is approximately \$42,000. By taking advantage of the discounted pricing now, the City will realize a savings of approximately \$19,000.

The City Council conducted a second Study Session regarding the General Plan Update project and provided direction to staff regarding the draft land use designations. The General Plan is a guide for future decisions with respect to land use, development, and related policy matters. The draft Land Use Plan recommends an enhanced presence along the 91 freeway corridor in terms of visual appearance, intensity of development, and a range of uses that attracts spending on a regional scale. Also, a new town center along Walker Street and better utilized commercial properties is proposed which can create places for retail uses that meet the day-to-day needs of local residents who now spend their

money in adjacent communities. By providing better local places to shop, the City can achieve two key goals: 1) building the tax base and 2) allowing people to walk and bike to local businesses, which works toward sustainability objectives.

The City Council reviewed and discussed the proposed five-year Capital Improvement Program (CIP) and provided direction to Staff on the use of General Fund reserves in excess of the City Council 100% reserve policy. The draft CIP recommends the expenditure of \$5.2 million for Fiscal Year 2012-13 from all funds and \$2.3 million in Fiscal Year 2013-14. Arterial and residential street rehabilitation projects represent the largest expenditures followed by an extensive water meter replacement program.

Notice of Election

The City of La Palma will hold an election on November 6, 2012 to fill three City Council seats. The election will be consolidated with the County-wide election of the same date. City Elections for the La Palma City Council are held every two years (in even number years). The terms for Council's five at-large seats are staggered. Therefore, all five council seats are not up for election during the same election year.

This is your opportunity to get involved in your community. The filing period for nominations is July 16 to August 10. If no one or only one person is nominated for each office the City Council may appoint someone to the office. If you have questions regarding the process or wish to make an appointment to take out nomination papers, please contact the City Clerk at (714) 690-3338.

Home Spotlight

Summer 2012 Home Spotlight Award Winner

The City of La Palma would like to congratulate residents Moo Kwang and Jung Sim Lim of 4961 Borrego Drive for winning the 2012 Summer Home Spotlight Award!

Moo Kwang and Jung Sim have been residents of La Palma since 2007. Their beautiful home is well kept and has a stunning flower garden in the front yard. The Lim Family has made several renovations to their home since they moved in, including: adding concrete flooring to the back yard, designating a garden area for fruits and vegetables, installing grass, tile walkway leading to the front door, and many more landscaping renovations. Moo Kwang and Jung Sim both enjoy gardening; Moo Kwang loves to grow fruits and vegetables and Jung Sim loves to plant a wide range of flowers. Jung Sim tends to the backyard which has a peach tree, fig tree, banana tree, and a garden full of lettuce, tomatoes, and cabbage, just to name a few. The Lim Family enjoys eating the fruits and vegetables they grow in their garden every day. Jung Sim tends to the gorgeous flowers in the front yard, which adds a touch of beauty to their neighborhood. They are always changing things up with the season so there is always something new to look at and eat!

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 the many reasons why La Palma has been named one of the best places to live in the United States! We thank Ron and Tina for contributing!

If you'd like to nominate a home for the Home Spotlight Award, please contact (714) 690-3300 or visit www.cityoflapalma.org.



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.

Tips For Landscape and Gardening While Protecting The Storm Drain System

With warmer temperatures approaching and residents eager to beautify their lawns, there are several tips that residents should be aware of when conducting general landscaping at their properties in order to protect our storm drains and waterways.

General Landscaping Tips

- Protect stockpiles and materials from wind and rain by storing them under tarps or secured plastic sheeting.
- Prevent erosion of slopes by planting fast-growing, dense ground covering plants to shield and bind the soil.
- Plant native vegetation to reduce the amount of water, fertilizers, and pesticide applied to the landscape.
- Never apply pesticides or fertilizers when rain is predicted within the next 48 hours.

Garden and Lawn Maintenance

- Do not overwater. Use irrigation practices such as drip irrigation, soaker hoses or micro spray systems. Periodically inspect and fix leaks and misdirected sprinklers.
- Do not rake or blow debris into the street, gutter, or storm drain. Instead, dispose of green waste by composting, hauling it to a permitted landfill, or recycling it through your city's program.
- Use slow-release fertilizers to minimize leaching, and use organic fertilizers.
- Store pesticides, fertilizers and other chemicals in a dry covered area to prevent exposure that may result in the deterioration of containers and packaging.
- When available, use non-toxic alternatives to traditional pesticides, and use pesticides specifically designed to control the pest you are targeting.
- If fertilizer is spilled, sweep up the spill before irrigating. If the spill is liquid, apply an absorbent material such as cat litter, and then sweep it up and dispose of it in the trash.
- Take unwanted pesticides to a Household Hazardous Waste Collection Center to be recycled. For more information, call (714) 834-6752 or visit www.oilandfills.com.

Combined Civic Expo & National Night Out – Saturday August 11

The City of La Palma is proud to present the 5th annual La Palma Civic Expo, being held in conjunction with National Night Out and the City's Concert in the Park on Saturday, August 11, from 5:30 p.m. to 8:00 p.m. at La Palma Central Park. Representatives from the City's various municipal departments, emergency responders, various service providers, and utility organizations will be available to provide details about their services. This event is an excellent opportunity for you to learn more about your community's government and utility services.



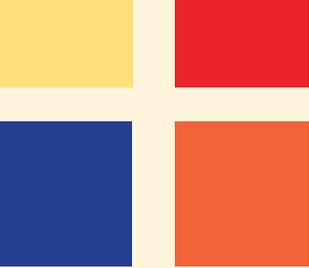
La Palma's Fitness Run For Fun – Volunteers Needed

This year La Palma will be conducting the 32nd Fitness Run for Fun. This annual event continues to attract participants from all over the country. To continue this successful and patriotic event, we need over 150 volunteers to staff the 3.1 mile course every year!

The Fitness Run for Fun includes a 5K & 10K run, a 5K walk, and a Yankee Doodle Dash for the kids that begins at 7:30 a.m. sharp on Wednesday, July 4th. What a healthy way to start Independence Day with your family and friends.

You can become an important part of this 32nd Annual Fitness Run for Fun by getting involved to make this great event successful. There are several opportunities available. Call the La Palma Recreation and Community Services Department at (714) 690-3350 for more information.





Summer Events

La Palma Public Library

Summer Reading Programs

July 2 – 30

Readers of all ages can join the Summer Reading Programs at the La Palma Public Library! There is a summer reading program for all ages including “Dream Big Read!” for ages 2 – 12, “Own the Night” for teen’s ages 12 – 17, and “Between the Covers” for adults, 18 and up. Children, teens and adults can pick up a Reading Log starting June 25th but they will not be accepted before July 2; however you can join anytime during the month.

As incentives for reading, there will be prizes, books and raffles for children and teens. Adults can put their name in for a prize drawing for every book read.

Story Times

Preschool Story Time will be held Mondays, July 2, 9, 16, 23 and 30 from 11:30 a.m. and 12:15 p.m. Preschool story time is aimed at children ages 2 – 4 and their caregivers, however children younger and older are welcome. It includes stories, music, movement and crafts. There will be no story time in June or August.

Family Story Time will be held Tuesdays, July 10, 17, 24 and 31 from 6:30 – 7:30 p.m. There will be no story time in June or August. Family Story Time is aimed at children ages 4-6 but all ages are welcome. It includes stories, movement, music and crafts.

Read Orange County presents a Family Story Time on June 5, July 3 and August 7 from 6:30 – 7:45 p.m. There will be stories, crafts, snack and a free book for each child. No one admitted after 6:45 p.m. Parent or caregiver must attend with child.

Read to or pet Bodey, a gentle, child-friendly Australian Shepherd therapy dog a half hour before Family Story times. Bodey will be present at the library on Tuesdays July 3, 10, 17 and 31 from 6:00 – 6:30 p.m.

Summer Programs – All programs are held at the La Palma Community Center (7821 Walker St.) except the chalk Art Festival which is held at the Library.

John Abrams’ Animal Magic	Wednesday, June 27	1:30 – 2:15 p.m.
Cousin’s Comedy Juggling Show	Wednesday, July 11	1:00 – 1:45 p.m.
Chalk Art Festival	Thursday, July 12	1:30 p.m.
Mad Science	Wednesday, July 18	1:30 – 2:30 p.m.
Franklin Haynes Marionettes	Wednesday, July 25	1:30 – 2:15 p.m.
Buster Balloon	Monday, July 30	1:30 – 2:15 p.m.
Georgia Frawley’s Dream with Your Hands	Monday, August 6	1:30 – 2:30 p.m.

New Recycling Program

This June, Park Disposal (EDCO) is expanding its existing trash collection program to include a new automated curbside recycling program at no additional cost. If you have not already received your new blue recycling cart, it will be delivered soon to all single-family residential household customers. These blue 65-gallon capacity automated containers will conveniently hold all household recyclable materials mixed together; while other household trash will continue to be collected in the same manner, using your own containers. There is still no limit on the amount of trash containers a household may place for collection.

The following items should be placed in your new blue recycling cart: recyclable plastics labeled 1 through 7; aluminum and steel cans (including empty aerosol cans); glass bottles and jars; mixed

paper (junk mail, magazines, cereal boxes, shredded paper, etc.); cardboard; plastic water and soda bottles; and telephone books. Additional blue recycling carts are available at no additional cost and a smaller cart option is available upon request.

All other waste items should be placed in your normal waste containers, including: plastics not labeled with a number 1 through 7; trash bags and plastic grocery bags; yard waste; pet or diaper waste; and food waste. You will receive a complete guide on the new automated recycling program when the cart is delivered. For more information about the automated commingled recycling program please visit www.cityoflapalma.org/recycling or call Park Disposal at (714) 522-3577.

LA PALMA
FITNESS 
RUN FOR FUN
JULY 4, 2012

WEDNESDAY, JULY 4
LA PALMA CENTRAL PARK
7821 WALKER STREET

Times

- 6:00 am Check In & Late Registration begins
- 7:30 am Start of competitive 5K Run,
5K Walk, & 10K Run
- 7:30 am Kiwanis Pancake Breakfast
- 8:00 am Live Entertainment/
Family Fun Zone open
- 8:30 am Yankee Doodle Dash
Non Competitive Kids Run)
- 9:00 am Awards Ceremony

Awards

\$100 Cash Card Awards will be presented to the overall first place male and female competitors in the 10K Run, 5K Run and 5K Walk.

1st, 2nd, and 3rd place commemorative awards will be presented in all competitive divisions for both men and women.

Fees

Competitive Races

(5K Run/5K Walk/10K Run):

PRE-REGISTRATION (deadline 6/16/12):

- \$30 Entry Fee with Commemorative T-Shirt
(mail or walk-in)
- \$25 Entry Fee Only (NO Shirt)
- \$7 Yankee Doodle Dash (non competitive run for ____
kids/T-shirt not included)
- \$4 Pancake Breakfast Ticket

LATE ENTRY FEES (6/16 – 6/23):

- \$35 Entry Fee Only— cash, check or credit card
(credit card fees apply plus convenience fee)
- \$12 Commemorative T-Shirt (can be purchased
at the race, if available)
- \$10 Yankee Doodle Dash (cash only on 7/4)

RACE DAY REGISTRATION:

Late Entry Fees apply. Credit Cards will be accepted; however a credit card convenience fee ____ is applied.



A healthy way to kick off your Fourth of July festivities! La Palma's Fitness Run for Fun is more than just another run: it's an opportunity to experience that small town/hometown sense of community to share quality time with your family, neighbors, and friends and to focus on health and wellness while participating in a quality running, walking, or strolling experience.

YANKEE DOODLE DASH & FAMILY FUN ZONE

8:30 a.m. - 10:30 a.m.

Kids, join us in the 2nd annual Yankee Doodle Dash, a race geared for children 2 – 12 years old. This noncompetitive run will have two starting points based on age or ability. The 4/10 mile run (6 – 12 year old) will start in front of Bank of America, while the 2/10 mile run (2 – 5 year old) will start in front of the Orange County Library-La Palma Branch. Each runner will receive an official race bib and a participation medal. Although this race is intended for kids, parents are welcome to run with their children. Registration is required for this run and space is limited, so sign up today!

The Family Fun Zone has plenty to do for families of all ages! Challenge your friends in our inflatable obstacle course, or race your family in a potato sack race, challenge them in a tug-o-war match. Even the little ones will have fun with the patriotic arts and crafts. Join us and we'll guarantee a healthy and fun start to your 4th of July!

REFRESHMENTS

The La Palma Kiwanis Club will serve their annual Pancake Breakfast from 7:30 to 10:00 a.m. Proceeds benefit their many community activities and student scholarships. Add a pancake breakfast ticket to your registration for the discounted price of \$4—on the day of the race, the ticket price will go up to \$5.

REGISTER ONLINE UNTIL JUNE 21

and save at www.cityoflapalma.org
**\$25 Online Entry Fee with
Commemorative T-Shirt
(credit card fees apply)**



Activity Guide

Toddlers / Preschool

Educational

Camp Tiny Tots

Age: 3 – 5

This fun and exciting program is designed for the younger campers, ages 3 to 5 to keep them active this summer. Camp Tiny Tots is filled with games, crafts, songs, special activities, physical fitness, and parent-participation excursions. Each camp session is two weeks on Monday/Wednesday or Tuesday/Thursday from 9:00 a.m. – 1:00 p.m. Campers need to bring their lunch each day and must be potty trained. At the end of each session, an optional parent-participation excursion to local places of interest will be held for Tiny Tots in either camp. All excursions will be an additional cost.

Instructors: A. Terry & A. Turner

Location: Pygmy Room

Amazing Animals

Code	Days	Dates	Time	Fee/Weeks
9415	M/W	6/18-6/29	9:00-1:00 p.m.	\$40/2
9416	T/TH	6/19-6/29	9:00-1:00 p.m.	\$40/2

Excursion: Zoofari in Santa Ana Zoo on 6/29

Bugs Bonanza

Code	Days	Dates	Time	Fee/Weeks
9417	M/W	7/2-7/13*	9:00-1:00 p.m.	\$40/2
9418	T/TH	7/3-7/13	9:00-1:00 p.m.	\$40/2

*No Camp: 7/4

Excursion: Beetle Brigade at El Dorado Nature Center on 7/13

Dinosaur Dig

Code	Days	Dates	Time	Fee/Weeks
9419	M/W	7/16-7/27	9:00-1:00 p.m.	\$40/2
9420	T/TH	7/17-7/27	9:00-1:00 p.m.	\$40/2

Excursion: Dino Quest at Discovery Science Center on 7/27

Little Pirates

Code	Days	Dates	Time	Fee/Weeks
9421	M/W	7/30-8/10	9:00-1:00 p.m.	\$40/2
9422	T/TH	7/31-8/10	9:00-1:00 p.m.	\$40/2

Excursion: Buccaneer Bay at Splash! on 8/10

Parent And Tot Preschool Practice

Age: 18 months to 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 Room

Code	Age	Days	Dates	Time	Fee/Weeks
9423	18 mon - 3	M	6/25-7/16	9:00-10:00 a.m.	\$38/4
9424	2.5-5	M	6/25-7/16	10:15-11:15 a.m.	\$38/4
9425	18 mon - 3	M	8/6-8/27	9:00-10:00 a.m.	\$38/4
9426	2.5-5	M	8/6-8/27	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
9455	T	5/29-7/3	5:00-5:45 p.m.	\$36/6
9456	TH	5/31-7/5	5:00-5:45 p.m.	\$36/6
9457	T/TH	5/29-7/5	5:00-5:45 p.m.	\$62/6
9458	T	7/10-8/14	5:00-5:45 p.m.	\$36/6
9459	TH	7/12-8/16	5:00-5:45 p.m.	\$36/6
9460	T/TH	7/10-8/16	5:00-5:45 p.m.	\$62/6

Music/Art

Young Rembrandts Preschool Drawing

Age: 3.5 – 5

Sweep away summer boredom with artistic fun at Young Rembrandts. Young Rembrandts provides an engaging, creative environment where your child will learn how to draw and strengthen his or her art skills. During the month of June, our students will have fun on the farm as they create barnyard images. Cute pigs, a colorful tractor and adorable sheep are some of the drawings they will illustrate. A brightly-colored world of inspiration is at your little artist's fingertips. Enroll your child today!

Instructor: Young Rembrandts

Location: Fan Palm Room

Code	Days	Dates	Time	Fee/Weeks
9427	W	6/20-7/25*	2:15-3:00 p.m.	\$60/5
9428	W	8/1-8/29	2:15-3:00 p.m.	\$60/5

*No Class on 7/4

Kids Love Music

Age: 4 mos – 4 years

Join us for an interactive, fun time with your child. Babies learn lap games, peek-a-boo & drum fun with you. Busy Toddlers stay active! Kids dance and play with puppets, xylophones, drums and glockenspiels. Everybody sings and plays with rhythm instruments! Along the way, experience creativity and social, cognitive and motor development. Classes for Kids: 1 – 4 years, Toddlers: 1 – 2 years and Babies: 4 – 14 mos (not walking). Optional \$20 materials fee. Adult participation required. Visit us online: www.KidsLoveMusic.net.

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

Instructor: K. Greeno

Location: Cypress CC

Code	Age	Days	Dates	Time	Fee/Weeks
9430	4-14 mos	TH	8/2-8/30	3:30-4:00 p.m.	\$58/5
9431	1-2	TH	8/2-8/30	4:15-4:45 p.m.	\$58/5
9432	1-4	TH	8/2-8/30	5:00-5:45 p.m.	\$58/5



Fitness

TriFytt Soccer Skills

Age: 2 – 7

Here is a great chance for young athletes to play the game of soccer. Through fun and safe games, athletes will learn new techniques and soccer skills, while also learning the benefits of sportsmanship, sharing, and teamwork. Every athlete will be given a shirt.

Instructor: Trifytt Sports					Location: Central Park
Code	Age	Days	Dates	Time	Fee/Weeks
9433	2-3	TH	7/19-8/16	5:00-5:30 p.m.	\$49/5
9434	3-4	TH	7/19-8/16	5:30-6:15 p.m.	\$49/5
9435	5-7	TH	7/19-8/16	6:15-7:00 p.m.	\$49/5

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. 714-518-3212.

Instructor: Anaheim ICE Staff					Location: Anaheim ICE
Code	Days	Dates	Time	Fee/Weeks	
9436	SAT	6/23-7/14	11:45-12:15 p.m.	\$39/4	
9437	SAT	7/21-8/25*	11:45-12:15 p.m.	\$39/4	

*No Class on 8/4, 8/11

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. 714-518-3212.

Instructor: Anaheim ICE Staff					Location: Anaheim ICE
Code	Days	Dates	Time	Fee/Weeks	
9438	W	6/20-7/18*	4:30-5:00 p.m.	\$39/4	
9439	SAT	6/23-7/14	10:15-10:45 p.m.	\$39/4	
9440	W	7/25-8/22*	4:30 -5:00 p.m.	\$39/4	
9441	SAT	7/21-8/25*	10:15-10:45 p.m.	\$39/4	

*No Class on 7/4, 8/4, 8/8, 8/11

Kidz Love Soccer



Age: 2 – 5

Instructor: Kidz Love Soccer Staff
Class Status Hotline: 1-888-372-5803

Mommy/Daddy & Me Soccer

Introduce yourself and your toddler to the “World’s Most Popular Game”! As you and your child participate in our fun age appropriate activities, your child will be developing their large motor skills and socialization skills. The fun happens on the field, and in Mommy/Daddy & Me Soccer parents are part of the action, not watching from the sidelines!

Code	Age	Days	Dates	Time	Fee/Weeks
9461	2-3.5	F	6/22-8/10*	6:15-6:45 p.m.	\$77/7

*No Class 7/6

Tot-Soccer

Little tykes will enjoy running and kicking just like the big kids! This class encourages large motor skills development through fun soccer games and introduces small children to the group setting. Shin guards are required after the first meeting.

Code	Age	Days	Dates	Time	Fee/Weeks
9462	3.5-4	F	6/22-8/10*	5:00-5:30 p.m.	\$77/7

*No Class 7/6

Pre-Soccer

Teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age appropriate environment. Shin guards are required after the first meeting.

Code	Age	Days	Dates	Time	Fee/Weeks
9463	4-5	F	6/22-8/10*	5:30-6:05 p.m.	\$77/7

*No Class 7/6





Activity Guide

Youth

Educational

Cooking For Kids

Age: 6 – 13

Join us for nutritious and fun recipes your child will want to make again and again. We will slice, knead, stack, toss and mix our way through this great class. Incorporating fruits and veggies into fun recipes makes this class a winner for everyone. Bring a "chefs bag" to each class containing: a small cutting board, plate, bowl, cup, fork, spoon, knife and a small container for leftovers. If your child has food allergies, please contact the instructor before registering. 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
9442	M	6/25-7/16	4:00-5:00 p.m.	\$35/4
9443	M	8/6-8/27	4:00-5:00 p.m.	\$35/4

Dance

Beginning Ballet And Tap

Age: 4 – 7

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

Instructor: A. Valley			Location: Sago Palm	
Code	Days	Dates	Time	Fee/Weeks
9444	T	7/3-7/24	4:30-5:30 p.m.	\$35/4
9445	T	8/7-8/28	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
9447	T	7/3-7/24	5:30-6:30 p.m.	\$35/4
9448	T	8/7-8/28	5:30-6:30 p.m.	\$35/4

Webby Cheer

Age: 5 – 10



We will combine popular cheer and song routines with today's most exciting steps. This class will provide basic cheer skills, warm ups and stretching, including splits, bridges, kicks, jumps, formations and choreographed routines to music.

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

Instructor: M. Quigley			Location: Central Park	
Code	Days	Dates	Time	Fee/Weeks
9464	T	6/5-7/3	4:45-5:30 p.m.	\$42/5
9465	T	7/24-8/21	4:45-5:30 p.m.	\$42/5

Music/Art

Young Rembrandts Elementary Drawing Class

Age: 6 – 13

Get ready for summer as your child explores the wonders of a Pacific Paradise. Young Rembrandts provides a wonderful opportunity for your child to discover and develop his or her drawing abilities. During the month of June, our students will create tropical-inspired images from the Pacific, a scenic Polynesian landscape, a detailed dolphin graphic and colorful Tiki sculptures are just some of the drawings our students will illustrate. Set sail for this Pacific Paradise. Enroll your child today!

Instructor: Young Rembrandts			Location: Fan Palm Room	
Code	Day	Dates	Time	Fee/Weeks
9450	W	6/20-7/25*	3:00-4:00 p.m.	\$60/5
9451	W	8/1-8/29	3:00-4:00 p.m.	\$60/5

*No Class on 7/4

Young Rembrandts Cartooning Class

Age: 6 – 13

Don't let summer boredom grab your child. Keep him or her amused and productive with Young Rembrandts. Young Rembrandts provides a wonderful opportunity for your child to discover and develop his or her drawing abilities. Humorous parrot characters, fun grass skirts and a surfing sequence are just some of the drawings our students will depict. Feel the sand beneath your feet and marvel at the blue skies overhead. Enroll your child today!

Instructor: Young Rembrandts			Location: Fan Palm Room	
Code	Days	Dates	Time	Fee/Weeks
9466	W	6/20-7/25*	4:00-5:00 p.m.	\$60/5
9467	W	8/1-8/29	4:00-5:00 p.m.	\$60/5

*No Class on 7/4

Fitness

Pee Wee Hits

Age: 4 – 7

Batter Up! Our Pee Wee clinic is designed for the needs of both boys and girls 4 to 7 years of age. Our trained recreation staff will coach your Pee Wee in the fundamentals of baseball, while supporting and encouraging the health and well being of each participant through developing hand and eye coordination, increasing physical endurance, encouraging mental and social development, emphasizing team work, and creating positive memories. Children of all abilities and skill levels are encouraged to join! All participants receive a team T-shirt, trophy, and a recognition party at the end of the season. Registration is available now! A separate registration form available at the community center is required.

Instructor: Recreation Staff			Location: Central Park	
Code	Days	Dates	Time	Fee/Weeks
9216	M/W	6/18-8/13*	4:45-6:00 p.m.	\$75/8

*No practice 7/4



Lil' Tigers Karate

Age: 4 – 7

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

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

Instructor: A. Jafari		Location: MA Center		
Code	Days	Dates	Time	Fee/Weeks
9468	MW	6/18-7/9*	3:30-4:30 p.m.	\$40/3
9469	MW	7/16-8/1	3:30-4:30 p.m.	\$40/3
9470	MW	8/13-8/29	3:30-4:30 p.m.	\$40/3

*No classes: 7/4

Kidz Love Soccer

Age: 5 – 10

Instructor: Kidz Love Soccer Staff

Class Status Hotline: 1-888-372-5803



Soccer 1

Players will learn dribbling, passing, receiving, shooting, age-specific defense, etc. Fun skill games are played at every session, and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually. Shin guards are required after the first meeting.

Code	Age	Days	Dates	Time	Fee/Weeks
5-6	F		6/22-8/10*	3:30-4:15 p.m.	\$77/7

*No Class 7/6

Soccer Skillz & Scrimmages

Kids will enjoy advanced skill building: dribbling, passing and shooting in a team play format. Each class will focus on scrimmages that emphasize application of finer technical points. All levels are welcome to come enjoy the world's most popular game. Best of all – every participant receives a Kidz Love Soccer Jersey! Shin guards are required.

Code	Age	Days	Dates	Time	Fee/Weeks
7-10	F		6/22-8/10*	4:15-5:00 p.m.	\$87/7

*No Class 7/6



Club La Palma Summer Day Camp

June 18 – August 24

Age: 5 – 12

Location: G.B. Miller Elementary School

Our dynamic Summer Day Camp is specially catered to working parents on a budget! Club La Palma is filled with action-packed activities and exciting excursions such as Disneyland, Boomers, Seaside Lagoon and more that will guarantee a memorable summer of fun! Club La Palma is open to children, 5 – 12 years of age, Monday through Friday from 6:30 a.m. to 6:00 p.m. The first person day of camp is June 18 and will run through August 24, 2012. A deposit of \$20 is required to hold your child's place each week of registration for all camp activities, including excursion and pool trips. Registration forms are available at Central Park Main Office. Reserve your space now!

Day Camp Week Fee (All inclusive); \$107

Athletic Pride Basketball Camp

Age: 8 – 16

Come participate in the Athletic Pride Basketball Camp! This 2 day camp will help you develop your fundamentals and teach you how to practice by doing some of the same drills as today's NBA players. Don't miss out on the excitement of learning new skills, making new friends, and having FUN!

Instructor: A. Purnell		Location: Central Park Basketball Courts		
Code	Days	Dates	Time	Fee/Weeks
9578	SAT-SUN	6/16-6/17	8:00 a.m.-12:00 p.m.	\$100

Mad Science Camps

Spy-entist Academy

Age: 5 – 12

Mad Science Spy-entist Academy will help you sharpen your special operative skills as you learn about the secret world of espionage. As a spy-entist you will need to learn how to process clues at a scene, discover proper procedures to study evidence, and learn the art of the fingerprinting. You will also find out how to send secret messages to your friends using special codes, learn to use Morse Code, and the mystery of Mad Science Message Wheel. A \$10 materials fee is due the first day of class.

Instructor: Mad Science Camp Staff		Location: Fan Palm Room		
Code	Days	Dates	Time	Fee/Weeks
9501	M-T	7/9-7/10	9:00 a.m.-12:00 p.m.	\$55



Slime Time!

Age: 5 – 12

It's SLIME TIME! Learn about the world of polymers, the chemical reactions to create them and the inner workings of silly putty. Atoms to molecules to polymers, check out how it all works together. A \$10 materials fee is due the first day of class.

Instructor: Mad Science Camp Staff		Location: Sago Palm Room		
Code	Days	Dates	Time	Fee/Weeks
9502	W-TH	8/1-8/2	9:00 a.m.-12:00 p.m.	\$55



Activity Guide

Youth

Earth Wind Inspire

Age: 5 – 12

The earth is our home! In this camp we will explore how the Earth's forces affect the way we live, grow and play! Learn about pollution and what it does to our planet. Unearth pollution solutions and other ways to help our planet. A \$15 materials fee is due the first day of class.

Instructor: Mad Science Camp Staff			Location: Sago Palm Room	
Code	Days	Dates	Time	Fee/Weeks
9503	W-F	8/22-8/24	9:00 a.m.-12:00 p.m.	\$82

Jump Start Youth Basketball Camp



Age: 6 – 13

Participants will learn the basic and advance fundamentals of basketball while learning how to play in a team environment. Kids will learn shooting, dribbling, passing, defense and rebounding techniques. Participants are asked to bring water and eat a healthy breakfast before attending.

Instructor: Jump Start Youth Basketball Staff			Location: Central Park Basketball Courts	
Code	Days	Dates	Time	Fee/Weeks
9473	M-F	7/16-7/20	9:00 a.m.-12:00 p.m.	\$100
9474	M-F	7/30-8/3	9:00 a.m.-12:00 p.m.	\$100

Play-Well TEKologies Camps



Pre-Engineering with Lego

Age: 5 – 6

Have your child become a Play-Well Engineer! Build cities, bridges, motorized cars and planes. With access to over 100,000 pieces of LEGO, students build what they have only dreamed of with the support of an experienced Play-Well Engineering instructor.

Instructor: Play-Well TEKologies Staff			Location: Fan Palm Room	
Code	Days	Dates	Time	Fee/Weeks
9475	M-F	7/30-8/3	9:00-12:00 p.m.	\$175

Engineering Fundamentals

Age: 7 – 12

Power-up your engineering skills with Play-Well TEKologies and over 100,000 pieces of LEGO! Kids apply real-world concepts in physics, engineering, and architecture through projects designed by engineers. Instructors provide inspiration for students to take their creations further and each day's projects are geared uniquely to challenge each student's abilities. We will explore motorized, mechanized and architectural projects in a fun way.

Instructor: Play-Well TEKologies Staff			Location: Sago Palm Room	
Code	Days	Dates	Time	Fee/Weeks
9476	M-F	7/30-8/3	1:00-4:00 p.m.	\$175

Jedi Engineering

Age: 5 – 6

Build X-Wings, droids, and palaces inspired by design made a long time ago in a galaxy far, far away. Create motorized sand crawlers, drone assembly lines, and Battlecruisers in this new offering of imaginative and original themed projects.

Instructor: Play-Well TEKologies Staff			Location: Fan Palm Room	
Code	Days	Dates	Time	Fee/Weeks
9477	M-F	8/20-8/24	9:00 a.m.-12:00 p.m.	\$175

Jedi Master Engineering

Age: 7 – 12

The Force is strong in this camp. Build complex machines and structures based on the best designs from a galaxy far, far away. Projects include X-Wings, AT-AT walkers, Pod Racers, Star Destroyers, Cloud Cities, settlements, and fortresses. Play-Well's Jedi instructors reinforce key engineering concepts such as gear trains, worm drives, pneumatics, eccentric motion and more as students tap into the powerful forces of imagination and engineering.

Instructor: Play-Well TEKologies Staff			Location: Sago Palm Room	
Code	Days	Dates	Time	Fee/Weeks
9478	M-F	8/20-8/24	1:00-4:00 p.m.	\$175





Youth / Teens

Dance



Musical Theatre Dance Techniques

Age: 8 – 18

Try this new class to learn the proper techniques of ballet, jazz and tap. By learning the fundamentals you can be prepared for any style of dance. Students will learn basic warm ups, audition routines, musical theatre dance routines and how to pick up choreography quickly. Appropriate shoes required.

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

Instructor: J. McGregor		Location: Buena Park		
Code	Days	Dates	Time	Fee/Weeks
9479	W	7/11-8/29	5:30-7:00 p.m.	\$50/8

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
9480	M	6/4-7/9	4:00-5:00 p.m.	\$40/6
9481	M	7/23-8/27	4:00-5:00 p.m.	\$40/6

“Glee” Vocal Fun For Kids

Age: 8 – 14

Learn the foundations of healthy, sustainable singing in a fun group atmosphere! Lessons will focus on correct breath support, resonance, and production placement. You will learn warm-ups, visualization, and knowledge of vocal mechanics as you work on new repertoire provided by the instructor. As techniques become second nature, you will be able to focus on your performance, working toward becoming a more comprehensive singing artist. \$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
9482	M	6/4-7/9	5:00-5:45 p.m.	\$30/6
9483	M	7/23-8/27	5:00-5:45 p.m.	\$30/6

Fitness

Summer Swimming Lessons

A fun and safe way to make a splash! In collaboration with the Anaheim Family YMCA, summer swimming lessons are returning to the Kennedy High School pool! Group lessons, will be conducted in three 2-week sessions, for \$49 per session, and one session of Saturday classes for \$30. Swim lessons are available for the following: Water Babies (ages 6 months to 3 years), Tots (ages 3 to 5 years), and Levels 1 through 6 (ages 5 to 13). Register in-person only at the Central Park Office, 7821 Walker Street. Lessons begin on June 18.

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
9484	T/TH	6/19-7/10*	4:30-5:30 p.m.	\$40/3
9485	T/TH	7/17-8/2	4:30-5:30 p.m.	\$40/3
9486	T/TH	8/14-8/30	4:30-5:30 p.m.	\$40/3

*No Class: 7/3

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
9487	W/F	6/20-7/11*	4:30-5:30 p.m.	\$40/3
9488	W/F	7/18-8/3	4:30-5:30 p.m.	\$40/3
9489	W/F	8/15-8/31	4:30-5:30 p.m.	\$40/3

*No classes: 7/4



Activity Guide

Youth / Teens

Tennis

Age: 3 – 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: Central Park

Code	Level	Age	Days	Dates	Time	Fee/Weeks
9495	1	3-4	T	6/19-8/21	4:30-5:00 p.m.	\$80/10
9496	2/3	10+	T	6/19-8/21	5:00-6:00 p.m.	\$100/10
9491	4	13+	T/SAT	6/16-8/18	6:00-7:30 p.m.	\$175/10
9492	1-2	7-14	W*	6/20-8/15	5:00-6:00 p.m.	\$80/8
9493	2-3	8+	W*	6/20-8/15	6:00-7:30 p.m.	\$100/8
9494	1	5-8	TH	6/21-8/23	5:00-6:00 p.m.	\$100/10
9490	4	13+	TH/SAT	6/21-8/23	6:00-7:30 p.m.	\$175/10

* No Class on 7/4

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
9497	W	6/20-7/18*	5:00- 5:30 p.m.	\$39/4
9498	SAT	6/23-7/14	10:15-10:45 a.m.	\$39/4
9499	W	7/25-8/22*	5:00- 5:30 p.m.	\$39/4
9500	SAT	7/21-8/25*	10:15-10:45 a.m.	\$39/4

No classes: 7/4, 8/4, 8/8, 8/11

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
9504	W	6/20-7/18*	6:15- 6:45 p.m.	\$39/4
9505	W	7/25-8/22*	6:15- 6:45 p.m.	\$39/4

No classes: 7/4, 8/8

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
9506	W	6/6-7/11*	6:30- 7:30 p.m.	\$35/4
9507	W	7/25-8/15	6:30- 7:30 p.m.	\$35/4

No classes: 6/20, 7/4





Teens/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
9508	Home Study	6/16-8/31	\$90
9509	Internet	6/16-8/31	\$75

CPR/AED/First Aid Training

Age: 16+

Participants will 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
9452	CPR/AED/First Aid	SAT	7/28	8:30-5:00 p.m.	\$20/1
9453	CPR/AED	SAT	7/28	8:30-12:30 p.m.	\$15/1
9454	First Aid	SAT	7/28	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
9510	W	6/13-7/18*	7:30-9:00 p.m.	\$45/5
9511	W	7/25-8/22	7:30-9:00 p.m.	\$45/5
*No Class on 7/4				

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. Instead of paying for the entire session at once, you may pay in two affordable payments. 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
9512	MW	6/18-8/29*	5:45-6:45 p.m.	\$105/11
9513	MW	6/18-7/27*	5:45-6:45 p.m.	\$55/6
9514	MW	7/30-8/29	5:45-6:45 p.m.	\$50/5
Pay as you go	SAT	6/23-8/25	8:30-9:45 a.m.	\$6/1 day
Pay as you go	MW	6/18-8/29*	5:45-6:45 p.m.	\$6/1 day
*No class on 7/4				

ZUMBA

Age: 15+

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. Wear comfortable clothes and bring a water bottle.

Instructor: L. Li			Location: Royal Palm	
Code	Days	Dates	Time	Fee/Weeks
9515	W	7/11-7/25	7:45-8:45 p.m.	\$15/3
9516	SAT	7/7-7/28	10:00-11:00 a.m.	\$20/4



Activity | Guide

Teens/Adult

Belly Dance For Fitness

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
9517	T	7/10-7/31	7:30-8:30 p.m.	\$32/4
9518	T	8/7-8/28	7:30-8:30 p.m.	\$32/4

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.

*Participants need to fill out a liability waiver, PAR-Q, and an informed consent form. Please print the forms from www.ocsustainablefitness.com, fill them out completely, and bring them to their first class.

Instructor: T. Keeley				Location: Central Park
Code	Days	Dates	Time	Fee/Weeks
9519	T/TH	7/3-7/26	6:00-7:00 a.m.	\$50/4
9520	T/TH	7/31-8/23	6:00-7:00 a.m.	\$50/4

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
9522	M/W	6/18-7/9*	6:30-7:30 p.m.	\$40/3
9523	M/W	7/16-8/1	6:30-7:30 p.m.	\$40/3
9524	M/W	8/13-8/29	6:30-7:30 p.m.	\$40/3

*No Class on 7/4

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
9525	T/TH	6/19-7/10*	5:30-6:30 p.m.	\$40/3
9526	T/TH	7/17-8/2	5:30-6:30 p.m.	\$40/3
9527	T/TH	8/14-8/30	5:30-6:30 p.m.	\$40/3

*No Class on 7/3

Yoga – Chi & Fitness Class

Age: 14+

Yoga stretching and breathing exercises have been seen to result in an invigorating effect on both mental and physical energy and improved total fitness. Combine those benefits with gentle flowing movement of Tai-Chi and you get the perfect mix of exercises to reduce the stress of today's busy lifestyle and improve health.

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
9528	T/TH	6/19-7/10*	7:00-8:00 p.m.	\$55/3
9529	T/TH	7/17-8/2	7:00-8:00 p.m.	\$55/3
9530	T/TH	8/14-8/30	7:00-8:00 p.m.	\$55/3

*No Class on 7/3

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
9531	F	6/15-6/29	5:30-6:30 p.m.	\$45/3
9532	F	7/13-7/27	5:30-6:30 p.m.	\$45/3
9533	F	8/10-8/24	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
9534	W	6/20-7/18*	7:00-7:30 p.m.	\$39/4
9535	W	7/25-8/22	7:00-7:30 p.m.	\$39/4
*No Class on 7/4, 8/8				

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!

This class is held at the US Tae Kwon Do Academy, 12233 Centralia, Lakewood 90715.

Instructor: Master Markopulos			Location: Tae Kwon Do Center	
Code	Days	Dates	Time	Fee/Weeks
9536	T/TH	7/3-7/31	7:00-8:00 p.m.	\$55/month
			8:00-9:00 p.m. (Th)	
9537	T/TH	8/2-8/30	7:00-8:00 p.m.	\$55/month
			8:00-9:00 p.m. (Th)	

Power Barre

Age: 13+

Power 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	
Code	Days	Dates	Time	Fee/Weeks
9539	M/TH	7/2-7/30	7:00-8:00 p.m.	\$55/month
9540	M/TH	8/2-8/30	7:00-8:00 p.m.	\$55/month

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
9542	T	5/29-7/3	7:00-8:00 p.m.	\$28/6
9543	T	7/10-8/14	7:00-8:00 p.m.	\$28/6

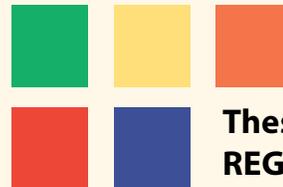
Abs, Thighs, And Buns

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
9544	T	5/29-7/1	6:00-7:00 p.m.	\$28/6
9545	TH	5/31-7/3	6:00-7:00 p.m.	\$28/6
9546	T	7/10-8/14	6:00-7:00 p.m.	\$28/6
9547	TH	7/12-8/16	6:00-7:00 p.m.	\$28/6
9548	T/TH	5/29-7/5	6:00-7:00 p.m.	\$45/6
9549	T/TH	7/10-8/16	6:00-7:00 p.m.	\$45/6



**These Classes Fill Fast
REGISTER ONLINE TODAY**



Activity Guide

Adult

Education



Dog Obedience / Aka Canine Good Citizen

Age: 18+

This class is based on the AKC Canine Good Citizen Program/ Basic Dog Obedience. Skills include sit, down, come, stay, and walking on a loose leash. Good manners include polite greetings, staying focused around distractions and not jumping on people. Your dog will become a well-behaved companion at home and well-respected member of your community. In addition you will work toward preparing to take the Canine Good Citizen Test. Dogs must be 5 months or older. All dogs must have distemper and parvo vaccinations and meet rabies requirements. First night of the class will be without dogs. On first night bring proof of all vaccinations.

Instructor: M. Caballero		Location: Central Park Grass Area		
Code	Days	Dates	Time	Fee/Weeks
9563	M	6/18-8/13	7:00-8:00 p.m.	\$75/9

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
9550	M	6/25-7/30	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
9552	M	6/25-7/30	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
9554	M	6/25-7/30	8:30-9:30 p.m.	\$32/6

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
9556	T	6/5-7/10*	6:30-8:30 p.m.	\$42/6
9557	W	6/6-7/11*	6:30-8:30 p.m.	\$42/6
9558	T	7/24-8/21	6:30-8:30 p.m.	\$42/6
9559	W	7/25-8/22	6:30-8:30 p.m.	\$42/6

*No Class: 7/3, 7/4

Mosaics Gone Wild

Age: 18+

Have you always wanted to learn how to create a Mosaic piece? You will learn the fundamentals of how to design a project, cut glass tiles, the proper use of mosaic tools and grouting your project. Topics include tips on achieving the best adhesive and grouting results and creating a glass on glass design. Learn how to mosaic bottles, wood items and just about anything you can get your hands on. Designs and materials provided.

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

Instructor: B. Loback		Location: Buena Park		
Code	Days	Dates	Time	Fee/Weeks
9560	T	6/5-7/10	6:30-8:30 p.m.	\$60/5
9561	T	7/24-8/21	6:30-8:30 p.m.	\$60/5

*No Class 7/3

Fitness

La Palma/Cypress Adult Softball

- Registration: July 16 – August 10
- Cost: \$365 per team plus \$15 each game for official fees per team
- Co-Ed Divisions- Friday and Sunday Evenings (upper and lower divisions)
- Men's Lower D and Lower E Divisions- Wednesday Evenings
- Locations: Oak Knoll, Arnold Cypress Parks, 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.
- Season: Ten games starting the week of August 19



Older Adults

Information and Referral

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

Senior Transportation Referral

For La Palma seniors needing transportation, the La Palma Recreation & Community Services Department provides guidance and referral assistance. There is a variety of options available depending on your needs. Our staff will help identify these options and the process required to access transportation. If necessary, we will work with you to fill 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

The Hub

Location: 5414 La Palma Ave, La Palma

The Hub is an intergenerational facility that will give La Palmans a chance to gather, participate in activities, and attend classes.

A FREE membership is required to participate in activities at The Hub and features activities such as Wii gaming system, ping pong, pool, movies, books, board games, computer with internet, complimentary coffee, and discount card to your favorite local spots.

Featured weekly activities include the following:

Movie Magic

Every Wednesday at 10:00 a.m.

Gather your friends, and enjoy a morning of cine-magic and warm buttered popcorn! Movies provide everybody a chance to escape into an imaginary world. Have an idea on a movie? Let our staff know and we will show it!

Karaoke Night

Every third Friday of the month

6 p.m. – 9 p.m.

Enjoy a night out with your family, friends and neighbors karaokeing at The Hub. Show off your singing talent or dance to the music. Appetizers will be provided. Register by the third Wednesday of every month.



Walking Club

How about a morning stroll to get your heart rate going and get you feeling good for the rest of the day? Join our weekly walking club, learn ways to stretch properly, get some helpful weekly tips on a healthy diet, stretching and exercise that you can use throughout the week to keep you moving and feeling great. Walk at your own pace, wear comfortable clothes and appropriate walking shoes.

Instructor: Recreation Staff			Location: Central Park Gazebo	
Code	Days	Dates	Time	Fee/Weeks
9565	M	7/2-7/30	9:00-10:30 a.m.	\$8/month
9566	M	8/6-8/27	9:00-10:30 a.m.	\$8/month

Educational

Beginning Computer Classes

Ages: Older Adults

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

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

Instructor: Recreation Staff			Location: La Palma Library	
Code	Days	Dates	Time	Fee/Weeks
9564	T	7/10-8/14	11:00-12:00 p.m.	\$6/6

Intermediate Computer Class

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
9562	TH	7/12-8/16	11:00-12:00 p.m.	\$6/6

Dance

Country Line Dancing

Age: 55+

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

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

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



Activity Guide

Older Adults

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

Traditional Martial Arts

Age: 5 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				
9594	SAT	7/7-7/28	9:00-10:00 a.m.	\$45/4
9593	SAT	8/4-8/25	9:00-10:00 a.m.	\$45/4
INTERMEDIATE				
9591	SAT	7/7-7/28	10:00-11:30 a.m.	\$45/4
9590	SAT	8/4-8/25	10:00-11:30 a.m.	\$45/4
ADVANCED				
9588	SAT	7/7-7/28	11:30-1:00 p.m.	\$45/4
9587	SAT	8/4-8/25	11:30-1:00 p.m.	\$45/4

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 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	Dates	Time	Fee/Weeks
9567	Both Tournaments	F	6/22-8/31	6:00-11:00 p.m.	\$40/11
9568	Big Fish, Little Fish	F	6/22-7/20	6:00-11:00 p.m.	\$35/5
9569	Surfing on the 7th Rank	F	7/27-8/31*	6:00-11:00 p.m.	\$30/5
9570	IM Jack Peters Simulation Exhibit and Lecture	F	8/24	6:00-11:00 p.m.	\$20/1

* No Class on 8/24



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 Beginner, Intermediated or Advanced) in addition to our weekday Introduction to Martial Arts classes on Tuesdays and Thursdays. Enrolling in this program allows the student to maximize his or her development in martial art training by receiving personalized, one-on-one instruction. Please feel free to discuss this special option with our instructor staff.

Instructor: L. Amsell				Location: Pygmy/Sago
Code	Days	Dates	Time	Fee/Weeks
9585	T/TH/S	7/5-7/31	5:00-6:00 p.m.	\$60/4
9584	T/TH/S	8/2-8/30	5:00-6:00 p.m.	\$60/4

Please Patronize our Advertisers

www.cityoflapalma.org
714-690-3350

La Palma Hospital



SOUTHERN CALIFORNIA
714.521.8113 - WWW.ROSENDIN.COM

Dr. Bold



Edco



La Palma Tutoring



(714) 321-8694

CHRYSLER CONSTRUCTION

Kevin Chrysler

NO JOB TOO BIG OR TOO SMALL
Excellent References Available kevinchrysler@yahoo.com



Get our
3-Bed, 2-Bath,
4-Door,
V-6 discount.



Charlene Hatakeyama, Agent
Insurance Lic#: 0771272
7831 Valley View Street
charlene@charlenehatakeyama.com
Bus: 714-527-8897

Put auto and home together
for hundreds in savings.
When you have a State Farm®
car and a State Farm home, get
ready to drive around with a big,
money-saving State Farm smile.
GET TO A BETTER STATE.™
CALL AN AGENT OR VISIT US
ONLINE TODAY.



State Farm

State Farm Mutual Automobile Insurance Company, State Farm Indemnity Company, Bloomington, IL
©2012 State Farm

FAIRMONT 2012

SUMMER PROGRAM

where learning is an adventure



714.765.6300

www.fairmontsummerprograms.com

ENROLL
ONLINE
TODAY!

MARKS THE SPOT

TAKE ADVANTAGE OF A PRIVATE SCHOOL
EDUCATION OVER THE SUMMER!

SAVE 10% on Fairmont Summer Camp and Summer School Through APRIL 30th!



SUMMER CAMP

Preschool - 6th Grade
Weekly, June 18-August 17

Each week of camp is filled with
unique adventures to ensure fun
all summer long!



SUMMER SCHOOL

Preschool - 12th Grade
June 25-August 3

Focus on your child's academic
foundation over the summer.

ENRICHMENT WORKSHOPS

Throughout the Summer

Subject specific classes are
taught with a creative,
hands-on approach.





"LIFE IS TOO SHORT
NOT TO LOVE
WHERE YOU LIVE."



The Key To Your Home
Buying & Selling Success
www.KeyRealtyTeam.com

Fred Smith
(562) 884-1478

DRE# 00885080

Beth Hale
(714) 488-5152

DRE# 01480574



Scentsy
INDEPENDENT
CONSULTANT

MICHELLE CLEASE
Independent Consultant

323.744.1615 cell

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

SMOKELESS • WICKLESS • FLAMELESS CANDLES



Farr Insurance Agency



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)

1. The Palms at Central Park Community Center

King Palm Queen Palm Sago Palm Pygmy Date Palm

Meals On Wheels (714) 690-3350

7821 Walker Street, La Palma

(714) 690-3350

2. City Hall (714) 690-3300

City Manager (714) 690-3333

Public Works (714) 690-3310

Finance & Water (714) 690-3330

Building & Safety (714) 690-3340

7822 Walker Street, La Palma

3. Police (714) 690-3370

Emergency 911

Fire (714) 527-6722

7792 Walker Street, La Palma

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

7842 Walker Street, La Palma

5. US Tae Kwon Do Center

12233 Centralia, Lakewood

6. Arnold/Cypress Park

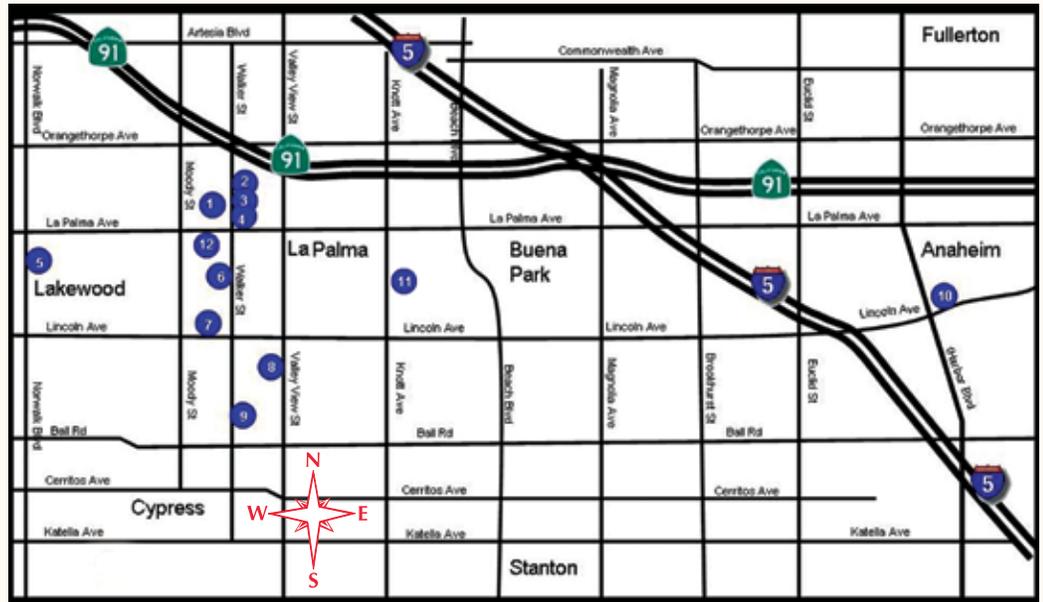
8611 Watson Street, Cypress

7. Cypress Senior Center

9031 Grindlay Street, Cypress

8. Cypress Community Center

5700 Orange Avenue, Cypress



9. Martial Arts Fitness Center

9949 Walker Street, Cypress

10. Anaheim ICE

300 W. Lincoln Avenue, Anaheim

11. Adol Ehlers Community Center

8150 Knott Ave., Buena Park

12. The Hub

5414 La Palma Ave., La Palma

La Palma Recreation & Community Services



Creating Unity in Community

The La Palma Recreation & Community Services

Department makes a positive difference in our community by encouraging citizen involvement, fostering human development, and strengthening community through people, parks, and programs.

Your Recreation Staff

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

Leaders

Brandon Alfajora	Bryan Amezcua	Abigail Castellanos
Joselyne Carpio	Elise Frontino	Austin Greene
Jeff Gilbert	Lindsey Gutierrez	Megan Hana
Emily Kulassia	Ron Lopino	Jesse Matsukawa
Christian McCombs	Louis Negrete	Ryan Plunkett
Nick Rotherham	Denisse Rudolph	Michael Vela
Nae-Nae Williams	Daniel Zagal	



Postal Customer
La Palma, CA 90623

Sounds Like Summer—Concerts in the Park Series

This summer series of musical concerts invites you to come together with family and friends, bring a picnic and enjoy the music. The City of La Palma and the Community Activities and Beautification Committee proudly presents Concerts in the Park Series—Sounds Like Summer.

Concerts are held every Saturday evening at 6:30 p.m. at Central Park, located on Walker Street, north of La Palma Avenue. Admission is free. The Community Activities and Beautification Committee is seeking business and personal donations to help support La Palma's Concerts. All donations are recognized in the weekly concert program. For further donation information, please call La Palma Recreation & community Services at (714) 690-3350.

Sounds Like Summer

- | | |
|-----------|---|
| July 7 | Buddy Holly & Friends (50s Hits) |
| July 14 | Boarding House (Rock & Americana) |
| July 21 | Greg Young & the 2nd St. Band (50s, 60s, 70s, 80s & today's hits) |
| July 28 | Elm Street Band (Southern California Surfer Music) |
| August 4 | U2JT (U2 Tribute) |
| August 11 | The DSB Band (Journey Tribute) |
| August 18 | The Who Revue (The Who Tribute) |
| August 25 | Emperor (Classic Rock) |



**La Palma Recreation &
Community Services Department**



Details on
Page 16

SUMMER 
SWIMMING LESSONS

at Kennedy High School
Register Today!