

La Palma



MOSAIC

Fall 2012



What's Inside

City News
Fall Events
Activity Guide
La Palma Days

City Information

City Hall Hours:

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

City Council, Successor Agency to the 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

A Message from the City

As the summer heat begins to subside and cooler temperatures begin arriving, we look forward to youth returning to school and the many cherished community events for all ages. To kick off the fall festivities, the annual Halloween Carnival will be held on Wednesday, October 31. This event will be closely followed by the La Palma Days Celebration, which begins on Sunday, November 4 with the La Palma Pageant at the Performing Arts Center at Kennedy High School and ends with the La Palma Days Parade, Band Review, and Festival on Saturday, November 10 at Central Park. Wrapping up the busy fall season is the 26th Annual Holiday Tree Lighting Ceremony on Wednesday, December 5. Please join us at these wonderful family-friendly events; more information on these events can be found on pages 10 and 11.

On June 19, the La Palma City Council adopted a balanced \$28.22 million budget for FY 2012-13. The General Fund adopted budget maintains core services such as public safety and community programs. The City's budget was balanced by maintaining costs at prior year levels, while keeping the local Utility Users Tax at 4% for the fifth year in a row. In addition, the General Fund reserves are at the City Council policy level of 100% of expenditures. For more information on the budget please see the article on page 6.

No doubt many of our residents have been reading stories about cities throughout California in various states of financial distress and it is appropriate that our residents look for information regarding La Palma's fiscal health. Fortunately, the City has maintained an exceptionally high level of reserves in order to be ready for a potential financial disruption. This commitment to maintain a substantial "rainy day fund" speaks to the prudent and conservative fiscal management that has guided La Palma over the years.

This commitment becomes all the more important as La Palma begins to plan for the loss of sales tax revenue from a major fuel sales retailer who has advised us that it will be moving its sales group outside of the City in order to consolidate its operations. (Due to State sales tax rules, revenue from retail sales is credited to a city based on the location of the sale.) For many years, La Palma has benefited from the receipt of significant sales tax revenue from this business. However, it appears that these fuel sales in La Palma will cease by the end of September.

It is at this point in time that La Palma's motto, the "City of Vision," is most apt. The City Council, in coming months, will be discussing ways to address this revenue loss. City staff is already working on options to present to the City Council and community that will address the loss of funding for services.

Finally, La Palma is currently updating its General Plan. The outreach and planning effort is a perfect opportunity for residents and businesses to be involved in shaping the City of Vision over the next two to three decades. The General Plan process can help strengthen and diversify La Palma's economic base and we look forward to working with the community to create a plan that will assure the City can continue to be vibrant, safe and livable.

Calendar of Events

September

- 3 Labor Day-City Offices Closed
- 4 City Council Meeting-7:00 p.m.
- 8 Tiny Tot Registration
- 10 Pee Wee Kicks Begins
- 11 Patriot Day
- 18 City Council Meeting-7:00 p.m.
- 22 Autumn Begins
Teen Glow in the Dark Dance-7:00 p.m.
La Palma Community Center

October

- 1 Fit N Fun Begins
- 2 City Council Meeting-7:00 p.m.
- 8 Columbus Day-City Offices Open
- 16 City Council Meeting-7:00 p.m.
- 20 Teen Zombieland Dance-7:00 p.m.
La Palma Community Center
- 31 Halloween Carnival-6:00-8:30 p.m.
Central Park

November

- 4 La Palma Pageant-5:00 p.m.
Daylight Saving Time Ends
- 6 Election Day
City Council Meeting-7:00 p.m.
- 10 La Palma Days-10:00 a.m.-6:00 p.m.
- 12 Veterans Day-City Offices Closed
- 13 City Council Meeting
- 22-23 Thanksgiving-City Offices Closed

December

- 4 City Council Meeting-7:00 p.m.
- 5 Holiday Tree Lighting Ceremony-4:30 p.m.
Central Park
- 18 City Council Meeting-7:00 p.m.
- 21 Winter Begins
- 25 Christmas Holiday
- 25-Jan 1 Winter Holiday Closure-City Offices Closed

Contents

City Council Recap	2
Community Pride	7
Community Development	8
Community Safety	9
Fall Events	10

Activity Guide

Toddler / Preschool	12
Youth	14
Youth / Teen	15
Teens	17
Teen / Adult	18
Adult	21
Older Adult	23
All Ages	24
Facilities	28
Registration Information	29



La Palma 2.0



BECOME A FAN
HELP LA PALMA
GO VIRAL

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 – May, June and July

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.

May 1, 2012

The City Council received and filed the Third Quarter Financial Report for Fiscal Year 2011-12. The projections indicated that revenues for the Fiscal Year should be \$10,164,300, which is \$683,400 greater than the City's Adopted Budget. This increase in total revenues is related to sales tax receipts being higher than original forecasted. With expenditures, the City's overall spending is within its budgeted limits and no changes were recommended.

The City Council awarded a contract in the amount of \$594,817 to R. J. Noble Company for the pavement rehabilitation of residential streets project and authorized an expenditure of up to a maximum project cost of \$743,521. The project consists of the pavement rehabilitation of residential streets in the single family residential street areas south of Moody Creek. The scope of work consists of the removal of existing asphalt concrete pavement and the installation of asphalt concrete overlay using Asphalt Rubber Hot Mix (ARHM), removal and replacement of damaged asphalt concrete pavement, installation of traffic signal loops, and the associated restriping.

The City Council and the Successor Agency conducted a Study Session and provided direction on the general content of the proposed Fiscal Year 2012-13 General Fund Budget.

May 15, 2012

The Planning Commission conducted a Public Hearing and adopted Resolutions approving Conditional Use Permit 354 and Precise Plan 273, related to a proposed Chase Bank at 5962 La Palma Avenue. The entitlements necessary for this project are a Conditional Use Permit for the bank land use and Drive-Up ATM, a Precise Plan Permit for the new construction, a Master Sign Plan for the project signage, and a Development Agreement to

structure the typically revenue neutral use associated with this project to contribute to the City's tax base.

The City Council approved the receipt of \$20,000 in revenue as a Sprite Sparks Park Grant Project and appropriated \$20,000 in expenditures to rehabilitate the Central Park basketball courts. Last July, the City was awarded a \$20,000 grant from Coca-Cola's Sprite Spark Parks program. One of the grant requirements is that a public art component be included as part of the project. The Cypress Arts League has agreed to participate and the art will include painted players and basketballs around the court baselines. The project will also include powder-coating the backboards, additional benches for the sidelines, and a commemorative plaque. A grand-opening ceremony was held on June 23.



The City Council awarded a contract in the amount of \$35,000 to AKAL Consultants for Engineering Services for the Safe Routes to School Project. In November 2011, the City was awarded a \$174,000 Safe Routes to School grant for the installation of radar speed feedback signs along Walker Street and Crescent Avenue in the area of Kennedy and Walker Schools. AKAL Consultants will

prepare the engineering design and upon completion the package will be submitted to Caltrans for final approval and authorization for construction.

The City Council awarded a contract in the amount of \$26,188 per year to Clinical Laboratory of San Bernardino, Inc., of San Bernardino, California, for laboratory analysis services for testing of drinking water samples. The Department of Health Services requires that water purveyors test the water in their production wells and distribution system weekly for the presence or absence of coliform bacteria, chlorine, trace metals, organic and inorganic chemicals, disinfection by-products, and color and turbidity. The samples are taken and analyzed weekly by laboratory personnel, and the results are submitted to the Department of Health Services on a monthly basis.

The City Council conducted a Public Hearing and introduced for first reading an Ordinance 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. On April 17, the Planning Commission considered this item and recommended approval. The Development Agreement vests the Chase Bank projects' entitlements and thus needs to be adopted by Ordinance.

The City Council adopted a Resolution setting the Utility Users' Tax (UUT) Rate for Fiscal Year 2012-13 at 4%. The UUT Ordinance approved by voters in March 2002 and in November 2010 requires the City Council to annually review the UUT to determine whether the rate should be altered. Specifically, the Ordinance allows the City Council to implement a temporary reduction in the UUT to no less than 0.25% for the succeeding fiscal year if sufficient funding is available. At the end of the fiscal year, with no further City Council action, the rate will automatically revert to the 5% rate. Also, in the event of a fiscal emergency the City Council may cancel the temporary reduction and the rate would then revert to 5% as well.

The City Council approved an agreement for consultation services with Charles Abbott Associates, Inc. (CAA) for as-needed Building Official, Building Inspection, and Building Plan Check Services. Construction Permit processing is accomplished by the Building and Safety Division of the Community Development Department. Building and Safety functions are provided through a combination of contract and in-house personnel. It was recommended to continue contracting for professional plan check and inspection services in-lieu of taking on in-house staff to perform this function. This determination is based on the complexity of building codes and engineering design, as well as the level of demand for building and safety services necessary in a predominately built-out community.

The City Council and the Successor Agency conducted a Study Session and provided direction on the Proposed Fiscal Year 2012-13 Budget.

June 5, 2012

The City Council and the Successor Agency conducted a Study Session and provided direction on the Proposed Fiscal Year 2012-13 Budget.

The City Council adopted several Resolutions related to the November 2012 Election. A Resolution calling and giving notice of the holding of a Municipal Election to be held on Tuesday, November 6, 2012, in conjunction with the General Municipal Election, for the election of certain officers as required by the provisions of the laws of the State of California relating to general law cities. A Resolution requesting the Board of Supervisors of the County of Orange to consolidate a Municipal Election to be held on November 6, 2012, with the Statewide General Election to be held on the date pursuant to Section 10403 of the Elections Code. A Resolution adopting regulations for candidates for elective office pertaining to candidate statements submitted to the voters at an election to be held on Tuesday, November 6, 2012. This election will be for three of the five City Council seats.

The City Council awarded a three-year agreement in the amount of \$750,000 (\$250,000 annually) to the most qualified proposer,

MJC Construction, Inc. of Bonita, California for general sewer repair services. The scope of work includes the removal and replacement of damaged sewer pipeline, as identified in the Sewer Master Plan and included in the Capital Improvement Plan.

The City Council awarded a three-year agreement in the amount of \$297,000 (\$99,000 annually) to the most qualified proposer, Empire Pipe and Cleaning, Inc. of Anaheim, California, for general sewer maintenance services. The scope of work includes sewer encrustation removal and general sewer maintenance services as identified in the Capital Improvement Plan (CIP).

The City Council adopted a Resolution approving the Final Tract Map No. 17431 for the 12-unit condominium subdivision located at 4611 La Palma Avenue; accepted the offers of dedication identified on the final map; and authorized the City Engineer and the City Clerk to execute the Final Map. On January 3, the Planning Commission voted unanimously to approve Precise Plan 272 and vested Tentative Tract Map 17431 for the Construction of a 12-unit Residential Townhome Development at 4611 La Palma Avenue.

The City Council adopted an Ordinance 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 item was previously discussed by the City Council on May 15.



The City Council received and filed the report and provided direction to staff regarding a proposed Automated Water Meter Reading System. The system will allow the City to be more proactive in notifying residents in the event of water leaks on their property. In addition, water meter reading efforts will be reduced significantly while the accuracy of meter reads will be increased. This increase in effectiveness and efficiency of water meter reading will allow an increased amount of City resources to be dedicated to more frequent water system production and distribution maintenance. The adopted FY 2012-13 Capital Improvement Program (CIP) budget includes \$1,100,000 for a city-wide Automated Water Meter Replacement System infrastructure.

The City Council conducted the third Study Session on the Update of the General Plan and received a presentation of completed technical studies. The General Plan is a guide for future decisions with respect to land use, development, and related policy matters. To do that, it contains goals and policies that provide guidance to City Officials, City Staff, and the Community. The goals describe general conditions that are desired and the policies provide a framework for how to achieve those goals. The public provided significant comments and the City Council directed staff to conduct additional outreach.

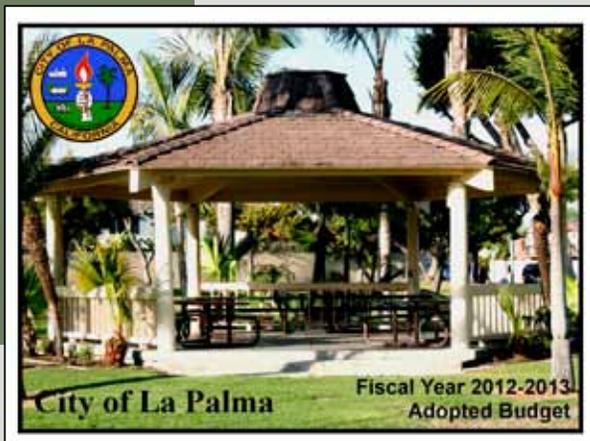
June 19, 2012

The City Council approved Resolutions adopting the City's Budget for Fiscal Year 2012-13, the City's Annual Appropriations Limit for Fiscal Year 2012-13, and the Successor Agency to the Community Development Commission Budget for Fiscal Year 2012-13. The City's Fiscal Year 2012-13 total budget is projected at \$28.2 million. See related story on page 6.

The City Council approved an amendment to the Agreement with All City Management Services, Inc. for continuing School Crossing Guard Services, through June 30, 2013. The amended Agreement includes a 2.5% increase in the hourly costs previously agreed to

for the 2011-12 Fiscal Year. The contract reflects the City's reduced need for crossing guard services from 5,013 to 3,780 hours of service, with the total cost not to exceed \$55,339 in Fiscal Year 2012-13. The decreased hours are a result of discontinued services at Watson Street and Crescent Avenue due to the installation of a traffic signal.

The City Council voted to cancel the July 3, general City Council meeting.



July 17, 2012

The City Council, acting as the Successor Agency of the La Palma Community Development Commission (CDC), adopted a Resolution approving the Third Recognized Obligations Payment Schedule (ROPS III) for January 1, 2013, to June 30, 2013. Each of California's redevelopment agencies were dissolved effective February 1, 2012. The City of La Palma, as Successor Agency to the former CDC has initiated the process under the Dissolution Act to unwind the affairs of its dissolved redevelopment agency. The Successor Agency is required to adopt Recognized Obligation Payment Scheduled (ROPS) for any enforceable obligations designated as continuing obligations.

The City Council approved an Agreement for Provision of Point of Dispensing Site Planning Services with the County of Orange. A Point of Dispensing, or POD, is a federally instituted best-practice

model designed to provide medication to a large community during a public health incident. During a public health emergency, PODs will be activated in order to provide medication to the healthy community prior to the onset of illness in order to prevent illness and death. The City of La Palma has agreed to work with the County of Orange in planning for and responding to Health Emergency or Exercise by pre-identifying POD site locations within the city.

The City Council approved an Amendment to the Agreement with the Southeast Area Animal Control Authority (SEAACA) for the provision of animal care services for the 2012-13 Fiscal Year. In October 2009, the City Council approved an Agreement with SEAACA, that went into effect on January 1, 2010. The Agreement includes a provision for amending the compensation and financial provisions annually upon mutual agreement of SEAACA and the City. SEACCA has submitted a Fiscal Year 2012-13 amendment, requesting \$64,454 for animal care services. These figures are based on an annual cost of \$93,154 offset by license fee guarantees of \$28,700.

The City Council voted to support alternative one of the Orange County Transportation Authority I-405 Improvement Project alternatives. The California Department of Transportation (Caltrans), in cooperation with the Orange County Transportation Authority (OCTA), are proposing to widen the I-405 between SR-73 and I-605. The project involves three proposed build alternatives: (1) add one general purpose lane in each direction; (2) add two general purpose lanes in each direction; or (3) add one general purpose lane in each direction and add express toll lanes. The OCTA has indicated that a preferred alternative will be identified based on recommendations from Caltrans and the OCTA, after all public comments have been considered. Caltrans is expected to certify the Final EIR in 2013, with construction anticipated to begin in early 2015, if funding is fully realized.

General Municipal Election - November 6

The General Municipal Election will be held on November 6, 2012, in consolidation with the Statewide and Presidential Elections. Three (3) seats are available on the La Palma City Council for a full term of four years. The filing period for candidates closed on August 10 and the deadline for write-in candidates to file is October 23.

If you would like to have an opportunity to meet the candidates, we encourage you to attend a candidate forum hosted by the Orange County League of Women Voters on October 9, at 7:00 p.m. in the Royal Palm Room at the La Palma Community Center.

In addition, the deadline to register to vote in this election is October 22, 2012. If you have not already registered or have changed your address since the last election, you may obtain a Voter Registration Form online from the Orange County Registrar of Voters at www.ocvote.com/registration, or you may pick up a paper registration form from La Palma City Hall.

For more information regarding the La Palma Municipal Election, please access the City's website at www.cityoflapalma.org/election, or contact the City Clerk at (714) 690-3334.

La Palma Adopts Balanced FY 2012-13 Budget

On June 19, 2012, the La Palma City Council adopted a \$28.22 million budget for the 2012-13 Fiscal Year. This budget maintains all services at prior year levels, funds various road and intersection improvement projects, and even includes funding to improve and expand the City's information technology capabilities. The development of the balanced budget was accomplished through the continued efforts of each department to maintain expenditures at prior year levels, while not reducing services to residents. Additional cost savings are being realized as employees continue to pay a larger share of retirement costs as part of negotiated concessions in their labor contracts.

The FY 2012-13 adopted General Fund budget projects \$9.71 million in revenue and \$9.64 million in expenditures across five departments. The City of La Palma relies on three primary sources of revenue to fund General Fund operations: sales tax, property tax and the utility users tax (UUT). These three sources of revenue equate to approximately 80% of General Fund revenue. The City Council acted in May to maintain the UUT at 4% for FY 2012-13, a one percentage point reduction from the maximum approved rate of 5%.

The adopted budget continues the City's commitment to public safety with over 54% of General Fund expenditures committed to police services. In addition, La Palma residents will continue to enjoy the benefit of numerous special events and classes coordinated and managed by the Recreation and Community Services Department. The City's parks and landscaping will also continue to receive regular maintenance through the efforts of our Public Works employees and contractors.

In addition to the daily operations of the City, the FY 2012-13 adopted budget maintains a commitment to various infrastructure improvement projects. These projects are necessary for the long-term health of La Palma. They will not only help the City be more efficient, but will lower future

ongoing maintenance costs—both very important goals as the City seeks to find cost savings across all operations.

The Capital Improvement Plan (CIP) commits \$5.27 million to arterial and residential pavement projects, various facility repairs and upgrades, and improvements to intersections. The City will also upgrade its technology backbone by replacing out of date servers and upgrading an antiquated telephone system.

After the adoption of the budget, the City received notification that a major fuel sales retailer will be moving its sales group outside of the City in order to consolidate its operations. La Palma has benefited from the receipt of significant sales tax revenue from this business for many years. It is anticipated that these fuel sales in La Palma will cease by the end of September. Even as La Palma begins planning for the eventual loss of this sales tax revenue, it must be stressed that the City rests on a sound fiscal base. The City will continue to focus on public safety, community events, and infrastructure improvement. The City Council will consider options available to immediately address the loss of revenue and will continue its work developing long-term solutions.

The goal in FY 2012-13, in light of the impending loss of sales tax revenue, will be to maintain core services, fund important infrastructure improvements and upgrades, and maintain General Fund reserves. The City Council, aided by each employee of the City of La Palma, is committed to prudent and conservative fiscal management. This commitment can be seen in the ongoing efforts to maintain a balanced budget while not reducing the level of service that La Palma residents have come to expect. A detailed FY 2012-13 budget is available for review at City Hall and can be found on the City's website: www.cityoflapalma.org/finance.

Community | Pride

Home Spotlight

Fall 2012 Home Spotlight Award Winner

The City of La Palma would like to congratulate residents Dung Won and Jin Hee Kwak of 5792 Crestview Circle for winning the 2012 Fall Home Spotlight Award!

The Kwaks have been residents of La Palma for the past 27 years raising their two children Nathaniel and Keziah. They added stone work to the front lawn accenting the stone work on the house. The Japanese landscape in the front lawn is always well maintained and is pleasing to the eye. They use their energy efficient water systems for their lawns. The Kwak Family are proud residents and are pleased to be recognized with the Fall Home Spotlight award!

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 the Kwak family for contributing!

If you'd like to nominate a home for the Home Spotlight Award, please contact (714) 690-3350.



Lawn Watering

Attention to your watering system is important for maintaining an attractive, healthy lawn and protecting the environment. Poor watering practices are the number one reason for dead and dying areas in lawns and a common source of urban runoff. Runoff can move fertilizer, pesticides, or other hazardous chemicals down storm drains and into our waterways.

Landscape with watering in mind.

- Avoid planting turf species that require frequent watering, such as bluegrass or ryegrass.
- Design your landscape to minimize water running off onto hard surfaces and into storm drains.
- Install non-irrigated buffer areas, which include water-efficient plants or permeable features, next to sidewalks or on slopes to reduce runoff.
- Aerate heavy or compacted soils so water can move down to reach grass roots.
- Install an irrigation system that can be adjusted to properly water areas of your landscape that have different requirements.

Water only when your lawn needs water.

- Water requirements vary according to turf species, location, and time of year.
- Most lawns need water when the top 2 inches of soil have dried out.
- Shady and sunny areas and different soils will have different water requirements.
- Deeper, less frequent watering is best for most lawns. Divide watering into 2 to 3 times per week.
- Observe your sprinkler system to be sure it is not producing runoff, especially on slopes. If you see runoff, use shorter watering times and repeat the cycle to allow time for water to move into soil.
- Water early in the morning when evaporation and wind are minimal.
- Adjust your watering schedule seasonally and shut off your irrigation system during rainy weather.

Maintain your irrigation system.

- Check your irrigation system regularly for leaks, broken or misdirected heads, faulty valves, and other malfunctions. Adjust sprinklers to keep water off driveways, sidewalks, and streets.

La Palma Toastmasters

Communication is the Big C that delivers results. At the work place the Big C moves you higher on your career ladder; with relationships, the Big C brings you closer. At parties and events the Big C draws everyone to your circle of laughter and good times. Now here is a well-kept, big, secret: you can learn the Big C right here in La Palma at The Hub Activity Center. Every Wednesday, from 6:30 – 7:30, The La Palma Toastmasters meets to learn and implement skills like competent communication and leadership, which can bring big results. The La Palma Toastmasters are a friendly and dedicated group who encourage you to drop by and see them in action. As members communicate their thoughts, ideas, personal experiences, before a friendly audience, they struggle, make mistakes, and mess up. Yet it's perfectly fine because they are in a safe and positive environment to practice and learn. The rest of the group provides encouragement, feedback and makes everyone feel safe to make mistakes and comfortable to learn and improve. For those a little ahead and advanced in their speaking skills, mentors coach and gently move them towards the personal goals they've set and want to achieve.

So come on over and let Big C and the La Palma Toastmasters help you to achieve competent communication and leadership skills for you! For more details, please contact: Angie Wahl at a_wahl@sbcglobal.net or (714) 552-2911, Ralph Rodriguez at Ralph.d.rodriguez@ca.rr.com or (714) 612-4237, Usha Sampath at usha0720@gmail.com, or Kris Krishna at kkrishna@aol.com or (714) 609-2979.

Community | Development

Inside City Hall

The City's long-time Building Inspector/ Official, Mr. Paul Pitts has officially retired from service. Mr. Pitts's 32 years of civil service to La Palma established him as a community family member and regular face about town. He served approximately 20 years as a full-time employee and another dozen years as a part-time contracted employee. Mr. Pitts's historical knowledge and familiarity with the City will be missed. With his departure the City sought requests for contracted building and safety services to fill the role of plan check and building inspection services.



On May 15, 2012, the City Council awarded a three year contract to Charles Abbott Associates, Inc. (CAA) to provide the City's building and safety needs. CAA has assigned Will Chen to the City of La Palma as the primary City building inspector. He brings over 5 years of industry experience having previously worked for Aliso Viejo as their code

enforcement officer. In addition, he has served other Orange County cities with permit issuance and performing code inspections. "The best part of this job is interacting with different people and really building a relationship with residents in the community. Inspecting is a unique job and every project is different with unique challenges, it keeps me engaged." A graduate of University of California, Irvine, Mr. Chen is also pursuing his master's degree part time at the University of Southern California in Los Angeles. He has been an Orange County resident since 1988 and loves its beach culture, wide freeways and clean environment. When he isn't inspecting buildings and attending classes, you can find him enjoying the outdoors and travelling throughout California.

CAA is a contract service provider to state and local government agencies, providing cities the departmental functions of building & safety, city engineering/public works, environmental, and fire prevention. With over 27 years of being in business, CAA has earned respect in the industry for their outstanding service. This service is a direct result of their team of professionals whom exhibit exceptional work attitude, mind-set, experience and skills that are unique to CAA.

CAA provides complete building and safety services to the cities of Los Alamitos and Seal Beach and Building Inspectors to the City of Cypress. With a full-time staff of more than 110 fully credentialed and cross-trained employees, they are able to quickly and effectively respond to any changes in our City's needs. With the change in service providers the City has expanded building inspection services to Monday through Friday 7:30 a.m. – 12:00 p.m. by appointment. Revenues from plan check and permit fee collection should off-set the expenses for contracted building and safety services.



Today La Palma faces new decisions regarding how—and whether—the City should evolve over the next 20 to 30 years, with the goal of balancing service objectives with the ability to fund those services. With the loss of redevelopment dollars and the lingering effects of the 2007-2011 recession (which has particularly affected property tax revenues), creative means will need to be identified. The General Plan update provides the community with the opportunity to explore possible strategies.

Based on public input, discussions with various City committees, and workshops with the City Council, the City has identified opportunity areas where ideas can be tested for moving La Palma forward. In these areas, the City is considering expanding land use potentials to allow property owners—over the next 20+ years and at their own initiative—to change or intensify how certain properties may be recycled or repurposed. These are considerations the City Council has asked the public to comment on through the series of public meetings this summer, culminating in a community-wide workshop on August 28, 2012. Everyone is encouraged to attend the community-wide workshop to be held at the Community Center at 7:00 p.m. For more information contact Scott Hutter at (714) 690-3322.



Community | Safety

Safe Driving in School Zones

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

Tips for Parents

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

Tips for Motorists

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



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

Be Halloween Safe!

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

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



Community

Events

Halloween Carnival 2012

Escape From Alcatraz!

Wednesday, 31, 2012

6:00-8:30 p.m., Central Park

FREE

Stop by La Palma's safe, family-oriented alternative to the traditional trick-or-treat! Kids and families can choose from a variety activities such as the costume contest for little ghost and goblins with special prizes in each age division! This year's Halloween Carnival will feature carnival games, a "Goblin Gulch" for children under the age of 5, and the Escaping Alcatraz Maze few have tried, even fewer have succeeded!

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

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



La Palma Pageant

Sunday, November 4

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

AUHS Performing Arts Center at Kennedy High School



The La Palma Pageant Committee is currently seeking individuals interested in entering the La Palma Pageant, scheduled for Sunday, November 4, 2012. To qualify, prospective contestants must either live, work, or attend school in the City of La Palma, and be a senior in high school or between the ages of 17 and 23 on the date of the Pageant. Scholarships will be awarded.

If you are interested in becoming a contestant, please complete and return an entry form to Central Park by September 16. An orientation for prospective contestants will also be held on Sunday, September 16. For more information please go to www.cityoflapalma.org/pageant.

28th Annual La Palma Days

Saturday, November 10, 2012

10:00 a.m. – 6:00 p.m.

Featuring:

- La Palma Pageant on November 4
- Parade & Band Review
- Activities
- Entertainment
- Cultural & Historical Activities
- International Food and Product Vendors

La Palma celebrates its diverse heritage with La Palma Days by encouraging residents, business partners and friends to be a part of La Palma's community spirit. La Palma Days kicks off with the La Palma Pageant on Sunday, November 4 then gears up for the grand celebration on Saturday, November 10.

Join the fun by participating in this year's celebration. Volunteers on the La Palma Days Coordinating Committee and various subcommittees are diligently



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

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



Convertibles Needed

You have the opportunity to participate in La Palma's 28th Annual Community Parade and Band Review by driving your convertible in the La Palma Days Parade to be held Saturday, November 10, 2011. Convertibles are needed to carry dignitaries in the parade that will start at 10:00 a.m. and conclude at approximately noon. If you or someone you know is available to participate in this year's parade, please contact parade committee members Ken Blake at (714) 504-3429 or by email at kenblake@hotmail.com or Wayne Zehner at (714) 222-5242 or by email at waneswold@aol.com.

26th Annual Holiday Tree Lighting

Wednesday, December 5
4:30-7:30 p.m.

Central Park Amphitheater

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





Activity | Guide

Toddlers / Preschool

Educational

Tiny Tots

Age: 3 – 5

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

The Tiny Tot program is held 5 days a week with the Monday, Wednesday and Friday class being geared to the older 4 and 5 year-olds preparing for kindergarten. The Tuesday and Thursday class will be geared for the newer and younger 3- and 4- year-olds.

OUR TINY TOT REGISTRATION WILL BE HELD ON SATURDAY, SEPTEMBER 8, 2012 (RESIDENTS AT 10:00 AM AND NON-RESIDENTS AT 10:30 AM), parents may register for ONE CLASS ONLY, and may request to be placed on the waiting list for the other class. Registrations are first come, first served. SPACES ARE VERY LIMITED; BE AWARE THAT PARENTS OFTEN LINE UP EARLY FOR THIS CLASS. La Palma residents must bring proof of residency and the child's birth certificate to register at 10:00 a.m. There is a MANDATORY parents meeting for ALL STUDENTS on Saturday, September 8, 2012 at 11:45 a.m. to discuss the philosophy and what can be expected from the Tiny Tot Class.

No phone-in or online registration will be accepted.

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

Class is limited to 24 students

Instructors: A. Terry & A. Turner

Location: Pygmy Room

Code	Days	Dates	Time	Fee/Weeks
9814	M/W/F	9/17-11/2	9:00-12:00 p.m.	\$122/7
9815	T/TH	9/18-11/1	9:30-11:30 a.m.	\$93/7
9816	M/W/F	11/5-12/21*	9:00-12:00 p.m.	\$122/7
9817	T/TH	11/6-12/20*	9:30-11:30 a.m.	\$93/7

*No class on 11/12, 11/22 and 11/23



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. Tuesday's class will be held at the Ehlers Community Center, 8150 Knott Avenue and Thursday's class will be held at Buena Park Community Center, 886 Beach Blvd.

Instructor: E. Drew

Location: Buena Park

Code	Days	Dates	Time	Fee/Weeks
9818	T	9/18-10/23	4:00-4:45 p.m.	\$36/6
9819	TH	9/20-10/25	4:00-4:45 p.m.	\$36/6
9820	T/TH	9/18-10/25	4:00-4:45 p.m.	\$62/6
9821	T	10/30-12/4	4:00-4:45 p.m.	\$36/6
9822	TH	11/1-12/13*	4:00-4:45 p.m.	\$36/6
9823	T/TH	10/30-12/13*	4:00-4:45 p.m.	\$62/6

*No class on 11/22

Music/Art

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 creative, social, cognitive and motor development. Classes for Kids: 1 – 4 years, and Babies: 4 – 14 mos (not walking). An optional \$20 materials fee for a CD, rhythm instrument and harmonica (kids) or scarf (babies) is payable to the instructor at the first class meeting. Adult participation is required. For more information visit us online at 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
9824	4-14 mos	TH	9/27-10/25	3:30-4:00 p.m.	\$59/5
9825	1-4	TH	9/27-10/25	4:15-4:45 p.m.	\$59/5



Kids Love Music: Holiday Class

Age: 4 mos. – 4 years

Mix together holiday and winter songs, jingle bells, snowmen, drums and xylophones, singing and dancing for holiday fun! Adult participation required. An optional \$20 materials fee for a CD, rhythm instrument and harmonica (kids) or scarf (babies) is payable to the instructor at the first class meeting. Adult participation is required. For more information visit us online at 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

Code	Age	Days	Dates	Time	Fee/Weeks
9826	4-14 mos.	TH	11/29-12/13	3:30-4:00 p.m.	\$39/3
9827	1-2	TH	11/29-12/13	4:15-4:45 p.m.	\$39/3
9828	1-4	TH	11/29-12/13	5:00-5:45 p.m.	\$39/3

Fitness

TriFyft Multi-Sport

Age: 2 – 6

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

Instructor: Trifytt Sports Staff

Location: Central Park

Code	Age	Days	Dates	Time	Fee/Weeks
9829	2-3	TH	9/27-10/25	5:00-5:30 p.m.	\$49/5
9830	3-4	TH	9/27-10/25	5:30-6:15 p.m.	\$49/5
9831	4-6	TH	9/27-10/25	6:30-7:15 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 with each child per class. The fee includes skate rental, lessons, free practice on day of class, and three additional skating passes to be used during the 4-week session. Please arrive 15 minutes early to the first class and dress warm.

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

Instructor: Anaheim ICE Staff

Location: Anaheim ICE

Code	Days	Dates	Time	Fee/Weeks
9832	T	9/25-10/16	12:30-1:00 p.m.	\$39/4
9833	SAT	9/29-10/20	11:45-12:15 p.m.	\$39/4
9834	T	10/23-11/13	12:30-1:00 p.m.	\$39/4
9835	SAT	10/27-11/17	11:45-12:15 p.m.	\$39/4

Anaheim Ice Skating For Tots

Age: 3 – 5

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

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

Instructor: Anaheim ICE Staff

Location: Anaheim ICE

Code	Days	Dates	Time	Fee/Weeks
9836	W	9/26-10/17	4:30-5:00 p.m.	\$39/4
9837	SAT	9/29-10/20	11:45-12:15 p.m.	\$39/4
9838	W	10/24-11/14	4:30-5:00 p.m.	\$39/4
9839	SAT	10/27-11/17	11:45-12:15 p.m.	\$39/4

Kidz Love Soccer-Mommy/Daddy & Me Soccer

Age: 2 – 3.5

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 this class parents are part of the action, not watching from the sidelines!

Instructor: Kidz Love Soccer Staff

Location: Central Park

Code	Days	Dates	Time	Fee/Weeks
9840	F	9/21-10/26	5:15-5:45 p.m.	\$66/6

Kidz Love Soccer-Tot/Pre Soccer

Age: 3.5 – 5

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

Instructor: Kidz Love Soccer

Location: Central Park

Code	Days	Dates	Time	Fee/Weeks
9841	F	9/21-10/26	3:40-4:20 p.m.	\$66/6





Activity | Guide

Youth

Dance

Beginning Ballet And Tap

Age: 4 – 7

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

Instructor: A. Valley				Location: Sago Palm
Code	Days	Dates	Time	Fee/Weeks
9842	T	9/4-9/25	4:30-5:30 p.m.	\$35/4
9843	T	10/2-10/23	4:30-5:30 p.m.	\$35/4
9844	T	11/13-12/4	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
9845	T	9/4-9/25	5:30-6:30 p.m.	\$35/4
9846	T	10/2-10/23	5:30-6:30 p.m.	\$35/4
9847	T	11/13-12/4	5:30-6:30 p.m.	\$35/4

Fitness

Pee Wee Kicks

Age: 4 – 7

Goal! La Palma Recreation is seeking Pee Wees to dribble to our two-days-per-week soccer clinic. Our Pee Wee clinic is designed for the needs of boys and girls, 4 to 7 years of age. Our trained recreation staff will coach your Pee Wee in the fundamentals of soccer, while supporting and encouraging the health and well being of each participant through developing hand and eye coordination, increasing physical endurance, encouraging mental and social development, emphasizing teamwork, and creating positive memories in a safe environment. Children of all abilities and skill levels are encouraged to join! All participants receive a team T-shirt and special participation trophy. Registration is now open! The Pee Wee Kicks season starts September 10th.

Instructor: Recreation Staff				Location: Central Park
Code	Days	Dates	Time	Fee/Weeks
9848	M/W	9/10-10/29	4:45-6:00 p.m.	\$75/8

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. Our 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
9849	W/F	9/5-9/21	3:30-4:30 p.m.	\$40/3
9850	W/F	10/3-10/19	3:30-4:30 p.m.	\$40/3
9851	W/F	11/2-11/21	3:30-4:30 p.m.	\$40/3

Soccer Skillz & Scrimmages

Age: 7 – 10

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.

Instructor: Kidz Love Soccer Staff				Location: Central Park
Code	Days	Dates	Time	Fee/Weeks
9853	F	9/21-10/26	4:20-5:05 p.m.	\$77/6

Tee It Up with TGA



Age: 5 – 12

Students will learn all aspects of the game of golf: swing fundamentals, rules, etiquette and life values while advancing through a five level program. TGA maintains a safe nurturing environment while maintaining a maximum 10:1 student/teacher ratio. TGA provides all equipment including a revolutionary practice ball, real irons, putters, and woods. All first timers receive a hat and a specialized achievement award. Tee It Up with TGA and see how much fun golf can be!

Instructor: Tee It Up with TGA Staff				Location: Central Park
Code	Days	Dates	Time	Fee/Weeks
9854	SAT	9/8-10/20*	10:00-11:00 a.m.	\$120/6

*No class on 10/6

**Get Active. Have Fun.
Register for a class today!**



Youth / Teens

Music

"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
9955	T	9/25-10/30	6:30-7:15 p.m.	\$30/6
9956	T	11/6-12/11	6:30-7:15 p.m.	\$30/6

Fitness

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
9855	T/TH	9/4-9/20	4:30-5:30 p.m.	\$40/3
9856	T/TH	10/2-10/18	4:30-5:30 p.m.	\$40/3
9857	T/TH	11/1-11/20	4:30-5:30 p.m.	\$40/3

Junior Tae Kwon-Do

Age: 8 – 14

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

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

Instructor: A. Jafari				Location: MA Center
Code	Days	Dates	Time	Fee/Weeks
9858	W/F	9/5-9/21	4:30-5:30 p.m.	\$40/3
9859	W/F	10/3-10/19	4:30-5:30 p.m.	\$40/3
9860	W/F	11/2-11/21	4:30-5:30 p.m.	\$40/3

Fit N Fun Free After School Drop-in Program

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

Miller Elementary: Mondays, Tuesdays, and Thursdays

Luther Elementary*: Tuesdays, Wednesdays, and Thursdays

Los Coyotes Elementary: Mondays, Wednesdays, and Fridays

Fit N Fun starts the week of October 1; Registration forms can be picked up in the school office, Recreation and Community Services Department or at the Fit N Fun table at back to school night!

*Luther Fit N Fun will be held at Swain Elementary School.

3-on-3 Basketball Tournament

Age: 11 – 17

Enjoy great competition and test your skills in the Fall 3-on-3 Basketball Tournament. The tournament is held by Crosby Youth Athletic Association in conjunction with La Palma Recreation Department. The tournament will be divided into 4 divisions; 11 – 13, 13 – 15, 15 – 17, and 18 and up. This will be a Round-Robin tournament where the top 4 teams in each division will be advanced to the Double Elimination Bracket. All participants receive a team T-shirt and each team is guaranteed at least 4 games (4 participants per team allowed). A special registration form is required and is available at www.cyaa-basketball.com or www.cityoflapalma.org. All registrations must be done at the La Palma Recreation Department by October 3, 2012 for your team to participate. DAY OF REGISTRATIONS WILL NOT BE ACCEPTED UNLESS OTHERWISE APPROVED.

Code	Age	Days	Date	Time	Fee/Weeks
10032	11-13	SAT	10/6	10:30-2:00 p.m.	\$80 per team
10033	14-15	SAT	10/6	10:30-2:00 p.m.	\$80 per team
10034	16-17	SAT	10/6	2:30-6:00 p.m.	\$80 per team





Activity | Guide

Youth / Teens

Tennis

Age: 7 – 14

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

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

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

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

Instructor: McConnell				Location: Tennis Courts		
Code	Level	Age	Days	Dates	Time	Fee/Weeks
9960	1	7-14	W	9/19-11/21*	4:00-5:00 p.m.	\$90/9
9962	2/3	7-14	W	9/19-11/21*	5:00-6:30 p.m.	\$130/9
9961	4	13+	W	9/19-11/21*	6:30-8:00 p.m.	\$130/9
9963	1	5-8	SAT	9/22-12/1*	5:30-6:30 p.m.	\$90/9
9964	4	13+	W/SAT	9/19-12/1*	6:30-8:00 p.m.	\$225/9

*No class 10/31, 11/10, 11/24

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		
9861	W	9/26-10/17	5:00-5:30 p.m.	\$39/4		
9862	SAT	9/29-10/20	10:45-11:15 a.m.	\$39/4		
9863	W	10/24-11/14	5:00-5:30 p.m.	\$39/4		
9864	SAT	10/27-11/17	10:45-11:15 a.m.	\$39/4		

Hockey Skating Skills

Age: 6 – 16

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

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

Instructor: Anaheim ICE Staff			Location: Anaheim ICE	
Code	Days	Dates	Time	Fee/Weeks
9865	W	9/26-10/17	6:15-6:45 p.m.	\$39/4
9866	W	10/24-11/14	6:15-6:45 p.m.	\$39/4

Freestyle Jump Rope

Age: 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	
9867	W	9/5-9/26	6:30-7:30 p.m.	\$35/4	
9868	W	10/3-10/24	6:30-7:30 p.m.	\$35/4	
9869	W	11/7-11/28	6:30-7:30 p.m.	\$35/4	

Hip Hop After Homework

Age: 5 – 17

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

Instructor: M. Jacob					Location: Sago Palm	
Code	Age	Days	Dates	Time	Fee/Weeks	
Beginners						
10011	5-13	TH	9/6-10/4	5:30-6:15 p.m.	\$50/5	
10012	5-13	TH	10/11-11/8	5:30-6:15 p.m.	\$50/5	
10013	5-13	TH	11/15-12/13*	5:30-6:15 p.m.	\$40/4	
Intermediate						
10014	5-13	TH	9/6-10/4	6:15-7:00 p.m.	\$50/5	
10015	5-13	TH	10/11-11/8	6:15-7:00 p.m.	\$50/5	
10016	5-13	TH	11/15-12/13*	6:15-7:00 p.m.	\$40/4	
Teens						
10017	13-19	TH	9/6-10/4	7:00-7:45 p.m.	\$50/5	
10018	13-19	TH	10/11-11/8	7:00-7:45 p.m.	\$50/5	
10019	13-19	TH	11/15-12/13*	7:00-7:45 p.m.	\$40/4	

*No class on 11/22



Teens

The Hub!

Location: 5414 La Palma Ave, La Palma
Monday – Friday: 2:00 p.m. – 5:00 p.m.
Reopening September 10

Bring your friends and enjoy activities such as tournaments, ping pong, XBOX, Wii, crafts, and much more! For more information on any teen events, please visit www.cityoflapalma.org/teens.



Battle of the Bands

Does your band have what it takes to win the title of the 2013 Battle of the Bands? Applications will be available January 7, 2013.



TEEN EVENTS

Dances

7th and 8th graders only!

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

Time: 7:00 p.m. – 10:00 p.m.

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

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

If you purchase the 2012-2013 "Fast Pass", you can save both time and money for our dances throughout the year. That's right! You're entitled to SIX dances throughout the year for only \$30 dollars. Just bring your ID to each dance and jump to the front of the line. When you purchase the Fast Pass, you also get a free meal ticket for our snack bar to use during the Homecoming Dance. Stop by the Recreation Department to purchase your Fast Pass Today!

Glow in the Dark Dance

Saturday, September 22

Pre-Registration by September 21

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

Zombie Land Dance

Saturday, October 20

Pre-Registration by October 19

Come party with your friends in celebration of Halloween with our Zombie Land theme.

Happy New Year Dance

Saturday, January 19

Ring in the New Year at the Happy New Year Dance!

Scary Movie Night

Friday, October 26 at 7:00 – 9:00 p.m.

at The Hub (5414 La Palma Ave.)

Kick off the Halloween festivities and enjoy a scary movie with all your friends. We will be serving popcorn and goodies.



Upcoming 2013 Special Teen Events

Sweetheart Dance	February 16
Teen Fashion Show	March 16
Flashlight Egg Hunt	March 29
Masquerade Dance	April 13
Dodge Ball Night	April 26
Battle of the Bands	May 4
Aloha Dance	June 1



Activity | Guide

Teens / Adults

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
9870	Home Study	9/1-12/31	\$90
9871	Internet	9/1-12/31	\$75

CPR/AED/First Aid Training

Age: 16+

Participants learn how to perform CPR and care for breathing in cardiac emergencies in adults; prevent, recognize and respond to cardiac and breathing emergencies in children under 12; and how to use automatic external defibrillators. Participants will also learn how to recognize and care for a variety of first aid emergencies. Red Cross certification is given with successful completion of the course. If registering for the whole day each participant will have a 30 minute lunch break. A \$27 material fee is due at class for the CPR/AED/First Aid cards or \$20 for CPR/AED or First Aid.

Instructor: K. Rowe

Location: Fan Palm Room

Code	Class	Days	Dates	Time	Fee/Week
9872	CPR/AED/First Aid	SAT	10/13	8:30-5:00 p.m.	\$20/1
9873	CPR/AED	SAT	10/13	8:30-12:30 p.m.	\$15/1
9874	First Aid	SAT	10/13	1:00-5:00 p.m.	\$15/1

Meditation & Positive Thinking



Age: 16+

As seen on Oprah, meditation is a powerful tool that can bring well-being, less stress and peacefulness to your life. Coupled with using positive thinking tools such as journaling, affirmations, focusing, creating, grounding and using the power of your subconscious mind, you will be able to see and feel wonderful possibilities in your life. Meditation reduces stress, brings about more energy, eases your mind to make change clearer and easier to handle. Once you learn and add meditation to your life, you will never let go!

This class is co-sponsored with Buena Park Recreation and will be held at the Buena Park Community Center, 6688 Beach Blvd.

Instructor: S. Campbell

Location: Buena Park

Code	Days	Dates	Time	Fee/Weeks
9957	M	9/24-10/15	6:15-7:15 p.m.	\$44/4
9958	M	10/22-11/12	6:15-7:15 p.m.	\$44/4
9959	M	11/19-12/10	6:15-7:15 p.m.	\$44/4

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: Pygmy Palm

Code	Days	Dates	Time	Fee/Weeks
10039	W	9/5-10/3	7:30-9:00 p.m.	\$45/5
10040	W	10/10-11/14*	7:30-9:00 p.m.	\$45/5
10041	W	11/21-12/26*	7:30-9:00 p.m.	\$45/5

*No Class on 10/31, 12/5





Teens / Adults

Scrapbooking Made Easy



Mini Travel Photo Book

Age 16+

Using brown paper bags, shabby chic scrapbook papers, fasteners, ribbons and other found objects, create a one-of-a-kind unique photo book. Learn fun ways to display your travel photos in this decorated mini book. This project makes a great gift! Please bring your own paper trimmer and scrapbook adhesive. A \$7 materials fee is payable to the instructor.

This class is co-sponsored by with Buena Park Recreation and will be held at the Buena Park Community Center at 6688 Beach Blvd.

Instructor: W. Jackson				Location: Buena Park
Code	Days	Dates	Time	Fee/Weeks
10036	M	9/24	6:00-8:00 p.m.	\$27/1

Decorated Mini Recipe Book

Age: 16+

Give your friends and family a treasured gift. Create a decorated recipe book and fill it with your favorite personal dishes. Using an inexpensive mini photo album, create recipe pages with festive scrapbook papers and ribbon. This is a fantastic way to share those forgotten family recipes. It will become an heirloom! Please bring your own paper trimmer and scrapbook adhesive. A \$7 materials fee is payable to the instructor.

This class is co-sponsored by with Buena Park Recreation and will be held at the Buena Park Community Center at 6688 Beach Blvd.

Instructor: W. Jackson				Location: Buena Park
Code	Days	Dates	Time	Fee/Weeks
10037	M	10/15	6:00-8:00 p.m.	\$27/1

Vintage Tag Size Photo Book

Age: 16+

By using recycled paper products, create this wonderful one-of-a-kind Vintage influenced photo book. Be prepared to get creative! Learn new scrap booking techniques of collage, along with beautiful papers, ribbons and other materials to create this beauty! Please bring your own paper trimmer and scrapbook adhesive. A \$7 materials fee is payable to the instructor.

This class is co-sponsored by with Buena Park Recreation and will be held at the Buena Park Community Center at 6688 Beach Blvd.

Instructor: W. Jackson				Location: Buena Park
Code	Days	Dates	Time	Fee/Weeks
10038	M	11/12	6:00-8:00 p.m.	\$27/1

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 Vertifirm concept. Vertifirm (with optional hand-held and/or ankle weights) maximizes lower body strength and toning; it takes leg and thigh work up off the floor and combines it with upper body conditioning to burn more calories and fat. Participants should wear comfortable clothing; good jogging or cross-training shoes and bring a towel or mat.

The Monday, Wednesday and Saturday "Pay As You Go" class fee is \$6 per class. Note: Aerobic Dancing is a fitness sport which requires progressive instruction. We regret that we cannot accept new students after the first week of class.

Instructor: K. Phelps				Location: Royal Palm
Code	Days	Dates	Time	Fee/Weeks
9875	M/W	9/17-12/12*	5:45-6:45 p.m.	\$105/13
Pay as you go	SAT	9/22-12/15*	8:30-9:45 a.m.	\$6/1 day
Pay as you go	M/W	9/17-12/12*	5:45-6:45 p.m.	\$6/1 day

*No class on 10/6, 10/31, 11/10, 11/21, 11/24, 12/5

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. It's fun! It's different! It's easy! It's effective! Wear comfortable clothes and bring a water bottle.

Instructor: L. Li				Location: Royal Palm
Code	Days	Dates	Time	Fee/Weeks
9878	W	9/5-10/24	7:30-8:30 p.m.	\$40/8
9879	W	11/7-12/26*	7:30-8:30 p.m.	\$35/7

*No class on 12/5



Activity | Guide

Teens / Adults

Fitness Boot Camp

Age: 18+

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 a 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
9880	T/TH	9/25-10/18	5:30-6:30 p.m.	\$50/4
9881	T/TH	10/23-11/15	6:00-7:00 a.m.	\$50/4
9882	T/TH	10/23-11/15	5:30-6:30 p.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
9883	W/F	9/5-9/21	6:30-7:30 p.m.	\$40/3
9884	W/F	10/3-10/19	6:30-7:30 p.m.	\$40/3
9885	W/F	11/2-11/21	6:30-7:30 p.m.	\$40/3

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
9886	T/TH	9/4-9/20	5:30-6:30 p.m.	\$40/3
9887	T/TH	10/2-10/18	5:30-6:30 p.m.	\$40/3
9888	T/TH	11/1-11/20	5:30-6:30 p.m.	\$40/3

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
9889	T/TH	9/4-9/20	7:00-8:00 p.m.	\$55/3
9890	T/TH	10/2-10/18	7:00-8:00 p.m.	\$55/3
9891	T/TH	11/1-11/20	7:00-8:00 p.m.	\$55/3

Women's Self Defense

Age: 14+

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

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

Instructor: A. Jafari				Location: MA Center
Code	Days	Dates	Time	Fee/Weeks
9892	F	9/7-9/21	5:30-6:30 p.m.	\$45/3
9893	F	10/5-10/19	5:30-6:30 p.m.	\$45/3
9894	F	11/2-11/16	5:30-6:30 p.m.	\$45/3

Ice Skating For Adults

Age: 17+

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

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

Instructor: Anaheim ICE Staff				Location: Anaheim ICE
Code	Days	Dates	Time	Fee/Weeks
9895	W	9/26-10/17	7:00-7:30 p.m.	\$39/4
9896	TH	9/27-10/18	12:30-1:00 p.m.	\$39/4
9897	W	10/24-11/14	7:00-7:30 p.m.	\$39/4
9898	TH	10/25-11/15	12:30-1:00 p.m.	\$39/4



Adults

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.

Instructor: Master Markopulos			Location: Tae Kwon Do Center	
Code	Days	Dates	Time	Fee/Weeks
9899	T/TH	9/4-9/27	7:00-8:00 p.m.	\$55/month
			8:00-9:00 p.m. (TH)	
9990	T/TH	10/2-10/30	7:00-8:00 p.m.	\$55/month
			8:00-9:00 p.m. (TH)	
9901	T/TH	11/1-11/29*	7:00-8:00 p.m.	\$55/month
			8:00-9:00 p.m. (TH)	
9902	T/TH	12/4-12/27*	7:00-8:00 p.m.	\$55/month
			8:00-9:00 p.m. (TH)	

*No class on 11/22, 12/25

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 this is not a dance class), but it will give you a dancer's 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
9903	M/TH	9/3-9/27	7:00-7:45 p.m.	\$55/month
9904	M/TH	10/1-10/29	7:00-7:45 p.m.	\$55/month
9905	M/TH	11/1-11/29*	7:00-7:45 p.m.	\$55/month
9906	M/TH	12/3-12/27	7:00-7:45 p.m.	\$55/month

*No class on 11/22

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	
9907	T	9/18-10/23	7:00-8:00 p.m.	\$28/6	
9908	T	11/6-12/11	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 Tuesday's class will be held at the Ehlers Community Center, 8150 Knott Avenue and Thursday's class will be held at Buena Park Community Center, 6888 Beach Blvd.

Instructor: E. Drew				Location: Buena Park	
Code	Days	Dates	Time	Fee/Weeks	
9909	T	9/18-10/23	6:00-7:00 p.m.	\$28/6	
9910	TH	9/20-10/25	6:00-7:00 p.m.	\$28/6	
9911	T	11/6-12/11	6:00-7:00 p.m.	\$28/6	
9912	TH	11/1-12/13*	6:00-7:00 p.m.	\$28/6	
9913	T/TH	9/18-10/25	6:00-7:00 p.m.	\$45/6	
9914	T/TH	11/6-12/13*	6:00-7:00 p.m.	\$45/6	

*No class on 11/22





Activity | Guide

Adults

Education

Dog Obedience / AKC Canine Good Citizen

Age: 18+

This class is based on the AKC Canine Good Citizen Program/ Basic Dog Obedience. These 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 and owners should bring proof of all vaccinations.

Instructor: M. Caballero

Location: Central Park

Code	Days	Dates	Time	Fee/Weeks
9915	M	9/10-11/5	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
9916	M	9/24-10/29	6:30-7:30 p.m.	\$32/6
9917	M	11/5-12/10*	6:30-7:30 p.m.	\$27/5

*No class on 11/12

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
9918	M	9/24-10/29	7:30-8:30 p.m.	\$32/6
9919	M	11/5-12/10*	7:30-8:30 p.m.	\$27/6

*No class on 11/12

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
9920	M	9/24-10/29	8:30-9:30 p.m.	\$32/6
9921	M	11/5-12/10*	8:30-9:30 p.m.	\$27/5

*No class on 11/12

Music/Art

Photography 101

Age: 18+

Photography 101 is a fun way to learn 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
9922	W	9/26-10/24	6:30-8:30 p.m.	\$48/5
9923	W	11/7-12/5	6:30-8:30 p.m.	\$48/5

Fitness

La Palma/Cypress Adult Softball

Registration: January 7 – 25, 2013 at Cypress Recreation (5700 Orange Avenue, Cypress)

Season Begins: February 3, 2013

Fee: \$365 per team plus \$15 each game for official fees per team

Leagues include a co-ed Divisions on Friday and Sunday Evenings (upper and lower divisions), Men's Lower D and Lower E Divisions on Wednesday Evenings. All games are held at Oak Knoll, Arnold Cypress Parks, and Central Park (La Palma) on Weeknights at 6:30, 7:40 and 8:50 p.m. and on Sundays at 4:30, 5:40, 6:50, 8:00 p.m.

To register you must have a completed roster with names, addresses, phone number and signature of each player; Code of Conduct signed by each player; Copy of one of the following: Driver's license, passport or California Identification Card for each player to show proof of age (all players must be 18 years old or older).



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

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.



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
9933	T	9/4-10/9	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
9932	TH	9/6-10/11	11:00-12:00 p.m.	\$6/6

Dance/Fitness

Country Line Dancing

Age: 55+

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

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

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

Marsha Roe's Line Dance Class

Age: 55+

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

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

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

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. Meet at the Central Park Gazebo.

Instructor: Recreation Staff		Location: Central Park Gazebo		
Code	Days	Dates	Time	Fee/Weeks
9928	M	9/3-9/24	9:00-10:30 a.m.	\$8/month
9929	M	10/1-10/29	9:00-10:30 a.m.	\$8/month
9930	M	11/5-11/26	9:00-10:30 a.m.	\$8/month
9931	M	12/3-12/24	9:00-10:30 a.m.	\$8/month



Activity | Guide

All Ages

Educational

Practical Chess Instruction

Age: 8+

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

Instructor: LP Chess
CHESS TOURNAMENTS

Location: Sago Palm

Code	Tournament	Days	Dates	Time	Fee/Weeks
9934	All Three Tournaments	F	9/7-12/28	6:00-11:00 p.m.	\$40/15
9935	The Knight's Tour	F	9/7-10/5	6:00-11:00 p.m.	\$30/5
9936	The Indian Defense	F	10/12-12/7*	6:00-11:00 p.m.	\$35/7
9937	Holiday Chess Nut Roast	F	12/14-12/28	6:00-11:00 p.m.	\$25/3

*No class 11/9, 11/23

Fitness

Private Tennis Lessons

Age: 7+

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

Weekly Traditional Martial Arts

Age: 6+

This is an option for the most dedicated students at a special price. Training includes one of our Saturday classes (Beginner, Intermediated or Advanced) in addition to our supplemental training 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. Students will receive a \$20 discount if they register for all sessions at one time.

Instructor: L. Amsell

Location: Pygmy/Sago

Code	Days	Dates	Time	Fee/Weeks
9954	T/TH/S	9/1-9/29	5:00-6:00 p.m.	\$60/5
9953	T/TH/S	10/2-10/30	5:00-6:00 p.m.	\$60/4
9943	T/TH/S	11/1-11/29*	5:00-6:00 p.m.	\$60/4
9942	T/TH/S	12/1-12/22	5:00-6:00 p.m.	\$60/4
10010	T/TH/S	9/1-12/22*	5:00-6:00 p.m.	\$220/17

*No class on 11/10, 11/22

Traditional Martial Arts

Age: 5+

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 form 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. Students will receive a \$20 discount if they register for all sessions at one time.

Instructor: L. Amsell

Location: Sago Palm

Code	Days	Dates	Time	Fee/Weeks
BEGINNER				
9948	SAT	9/1-9/29	9:00-10:00 a.m.	\$45/5
9947	SAT	10/6-10/27	9:00-10:00 a.m.	\$45/4
9946	SAT	11/3-11/24*	9:00-10:00 a.m.	\$45/3
9939	SAT	12/1-12/22	9:00-10:00 a.m.	\$45/4
10007	SAT	9/1-12/22*	9:00-10:00 a.m.	\$160/17
INTERMEDIATE				
9949	SAT	9/1-9/29	10:00-11:30 a.m.	\$45/5
9950	SAT	10/6-10/27	10:00-11:30 a.m.	\$45/4
9945	SAT	11/3-11/24*	10:00-11:30 a.m.	\$45/3
9940	SAT	12/1-12/22	10:00-11:30 a.m.	\$45/4
10008	SAT	9/1-12/22*	10:00-11:30 a.m.	\$160/17
ADVANCED				
9951	SAT	9/1-9/29	11:30-1:00 p.m.	\$45/5
9952	SAT	10/6-10/27	11:30-1:00 p.m.	\$45/4
9944	SAT	11/3-11/24*	11:30-1:00 p.m.	\$45/3
9941	SAT	12/1-12/22	11:30-1:00 p.m.	\$45/4
10009	SAT	9/1-12/22*	11:30-1:00 p.m.	\$160/17

*No class on 11/10

www.cityoflapalma.org
714-690-3350

Dance



Tahitian Dance

Ages: 5+

Learn the beautiful art of Tahitian Dance from the island of Tahiti. Tahitian dancing is a great form of fast pace exercise that may contribute to muscle toning, cardio fitness and stamina building. Tahitian dancing may also help with confidence building and self esteem. This exuberant and vibrant dance has a long history of cultural significance.

This class will be held at Te Varua Ori Dance Studio, 6396 Roland Street, Buena Park.

Instructor: A. Crisan

Code	Age	Days	Dates	Time	Fee/Weeks
10020	5-9	W	9/5-9/26	5:00-6:00 p.m.	\$35/monthly
10021	5-9	W	10/3-10/31	5:00-6:00 p.m.	\$35/monthly
10022	5-9	W	11/7-11/28	5:00-6:00 p.m.	\$35/monthly
10023	5-9	W	12/5-12/26	5:00-6:00 p.m.	\$35/monthly
10024	12+	W	9/5-9/26	6:00-7:00 p.m.	\$35/monthly
10025	12+	W	10/3-10/31	6:00-7:00 p.m.	\$35/monthly
10026	12+	W	11/7-11/28	6:00-7:00 p.m.	\$35/monthly
10027	12+	W	12/5-12/26	6:00-7:00 p.m.	\$35/monthly
10028	35+	F	9/7-9/28	6:00-7:00 p.m.	\$35/monthly
10029	35+	F	10/5-10/26	6:00-7:00 p.m.	\$35/monthly
10030	35+	F	11/2-11/30	6:00-7:00 p.m.	\$35/monthly
10031	35+	F	12/7-12/28	6:00-7:00 p.m.	\$35/monthly

La Palma Hospital

You Can Reach Us!

**Monday-Friday
7:30 a.m. to 10:00 p.m.**

**Weekends
8:00 a.m. to 8:00 p.m.**

(714) 690-3350

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Instructors wanted

Do you have a special skill or talent that you want to share with others? La Palma Recreation & Community Services is continually looking for new instructors. Call us at (714) 690-3359




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Calvary Chapel La Palma

"Come and see the work of God:
He is awesome in His doing towards the children of men."
Psalm 65:5

Sunday Service: 9:30 am

Phone: (562) 777-1679
Email: calvarylapalma@yahoo.com
FaceBook: Calvary Chapel La Palma
www.CalvaryChapelLaPalma.org

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

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

Emergency (714) 690-3370

Fire 911

(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

13. Buena Park Community Center

6688 Beach Blvd., Buena Park

13. Te Varua Ori Dance Studio

6396 Roland Street, Buena Park

La Palma Recreation & Community Services



Creating Unity in Community

The La Palma Recreation & Community Services

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

Your Recreation Staff

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

Recreation Leaders

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



Postal Customer La Palma, CA 90623



Halloween Carnival *Escape from Alcatraz*

Wednesday, October 31, 2012
6:00-8:30 p.m. at Central Park
FREE

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

In the event of rain, the carnival will be cancelled.

28th Annual La Palma Days

Saturday, November 10, 2012
10 a.m. – 6 p.m.

Featuring:

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

La Palma celebrates its diverse heritage with La Palma Days by encouraging residents, business partners and friends to be a part of La Palma's community spirit. La Palma Days kicks off with the La Palma Pageant on Sunday, November 4 then gears up for the grand celebration on Saturday, November 12.

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

