

La Palma



MOSAIC

Summer 2013



What's Inside

- Volunteer Opportunities
- Water Safety
- Camps
- Concert in the Park

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

Steve Hwangbo, Mayor
Steve Shanahan, Mayor Pro Tem
G. Henry Charoen, Councilmember
Gerard Goedhart, Councilmember
Peter Kim, Councilmember

Calendar of Events

June



- 1-2 Relay for Life-Buena Park Jr. High School
- 1 Teen Aloha Dance – 7:00 p.m.
- 4 City Council Meeting – 7:00 p.m.
- 14 Flag Day
- 16 Fathers Day
- 17 Club La Palma Day Camp Begins
Camp Tiny Tots Begins
Summer Aquatics Program Begins
- 18 City Council Meeting – 7:00 p.m.
- 21 First Day of Summer
- 30 33rd Fitness Run for Fun
Pre-Registration Deadline



July



- 2 City Council Meeting – 7:00 p.m.
- 4 33rd Annual Fitness Fun for Fun – 7:30 a.m.
Independence Day
- 13 Concert in the Park – 6:30 p.m.
The Neil Deal-Tribute to Neil Young
- 16 City Council Meeting – 7:00 p.m.
- 20 Concert in the Park – 6:30 p.m.
Gold Rush Country – Contemporary Country
- 27 Concert in the Park – 6:30 p.m.
Walking Phoenixes – Tribute to Johnny Cash

August

- 3 Concert in the Park – 6:30 p.m.
The Reflexx-80's New Wave Tribute
- 6 City Council Meeting – 7:00 p.m.
- 10 Concert in the Park – 6:30 p.m.
Stone Soul – Rock & Soul
- 17 Concert in the Park – 6:30 p.m.
Gregory Wolfe – Tribute to Rod Steward
- 20 City Council Meeting – 7:00 p.m.

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@cityofpalma.org.



Contents

- Message from the City/City Council Recap. 2
- Community Get Involved 5
- Community Pride 6
- Community Development 7
- Community Safety 8



Activity Guide

- Camps 9
- Toddler / Preschool 12
- Youth 14
- Youth / Teen 16
- Teen / Adult 17
- Adult 18
- Older Adult 20
- All Ages 21
- Facilities 24
- Registration Information 25

Tough Tax Talk

The start of a new budget year is a good time to focus on how your city government gets the money it needs and how it spends that money. Some of how that happens may surprise you.

You know that water fees pay for water and sewer fees for sewer. In fact, those fees are restricted by law and cannot be used for any other purpose. Most city services though have a much less direct link between the money in and the services out. Parks, Recreation, Police, Planning and Code Enforcement are all part of the services and functions funded through what is called the General Fund (GF) and it has many sources of revenue. Police makes up about half of the money spent from the fund. It is where the City Council has the most flexibility in spending and it includes most of the services provided by the City.

The new budget estimates over \$8.3 million in GF revenue. While that money comes from several sources, 3 taxes make up about 72% of all the money received into the GF each year. These are sales tax, property tax, and utility users' tax. What you may not realize is how much of what you spend actually comes to the City and who is paying most of those taxes. For example, property tax makes up about 37% of the budget. But only about 11 cents of every property tax dollar you spend goes to the City. The rest goes to schools, the county and other agencies. La Palma's wonderful stability also acts to keep property tax revenues low because significant changes to property taxes happen only when homes are sold or have a major remodel. In fact, about a third of homes in La Palma are assessed based on their original 1975 Proposition 13 value or at values set prior to 1985. Those lower assessments help taxpayers, but also impact tax revenues and therefore the 11% that the City has available to spend.

You also pay sales taxes. However, only the tax you pay on goods you purchase within the City of La Palma contributes to the City. Of the total Orange County sales tax of 8 cents on each dollar, the City receives one cent for dollars spent

within La Palma. That is one reason shopping and eating locally is so important to the financial health of the City. But most sales tax revenue to the City does not come from residents at all, or even visitors to our shops and restaurants. Rather in the past it has come from one company doing extremely high volume sales from its corporate office in La Palma. That of course was BP/ARCO who moved their sales operations out of town at the beginning of 2013. The resulting GF revenue loss represents about 20% of all the monies available for GF services. That loss triggered the need to work very hard to reduce GF costs and to look for other options to close the money in/money out gap. The City Council approved an agreement with Tesoro, another oil firm working to purchase some of ARCO's refining capability, to bring their sales office into La Palma and recoup some of those sales tax dollars. The new budget assumes about \$250,000 in new revenue from this change and more in future years. All together, sales taxes represent about 21% of GF revenue.

The third major source of money for the General Fund is the voter approved utility user tax. This tax is capped at 5% and accounts for almost 14% of the revenue to the GF. The more electricity and natural gas used, the higher the dollar value paid in the tax. Therefore, large commercial and industrial users pay much more versus a single family home. Between property, sales, and utility user taxes, non-residential properties account for a very high proportion of the money available for GF supported services such as Police and Recreation. Without this important segment of our community, the city services which help to make La Palma so special would not be possible. You can help these businesses by keeping as much of your business local as you can—and you will save on travel, time and pollution as a bonus! For more information on how the City receives and spends money, visit our website at www.cityoflapalma.org.

Recap – February, March, and April

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

February 19, 2013

The City Council received and filed the Second Quarter Financial Report for Fiscal Year 2012-13 and adopted mid-year budget adjustments. Projections indicate that General Fund expenditures will be \$9.1 million,

or approximately \$90,000 less than the amended budget which in turn is \$545,000 less than the adopted budget. On the revenue side, General Fund revenues are estimated at \$9.6 million. Continued strict fiscal discipline by

all City Departments in light of the large loss of sales tax is a testament to the commitment all employees have of maintaining a balanced budget.

The City Council reviewed the long-term (ten-year) Capital Improvement Plan (CIP) projected project and funding plan and provided feedback on the projected use of various funding sources to meet the City's long-term infrastructure needs. The plan continues the City Council's commitment to funding infrastructure projects at the same levels as in recent years.

March 5, 2013

The City Council appointed Sally Alvis, Patricia Craig, Nitesh Patel, and William Stecher to the Community Activities and Beautification (CAB) Committee; all with four-year terms expiring December 31, 2016; and appointed John Alvis, Rodi Almendralo, and Richard Lutz to the Traffic Safety Committee; also with four-year terms expiring December 31, 2016.

The City Council awarded a contract in the amount of \$102,000, to Pacific Industrial Electric of Brea, California for the Construction of the New Motor Control Center at City Yard Booster Station. The project consists of the construction and installation of a new Electrical Service Switchboard, Automatic Transfer Switch, Distribution Center, Transformers, Disconnect Switch, and all related electrical conduit, electrical wiring, and reinforced concrete foundation. The City of La Palma relies exclusively on two Booster Stations to provide proper water pressure within the City's water system.

March 11, 2013

The City Council conducted a Budget Workshop and provided direction to staff regarding a tentative Fiscal Years 2013-14 Budget.

March 19, 2013

The City Council appointed Sue S. Chang, Y. Henry Huang, and Ismile Noorbaksh to the Development Committee; all with four-year terms expiring December 31, 2016.

The City Council awarded a contract in the amount of \$117,785 to J. RDMMAC Inc. of Victorville, California, for Construction Services for the installation of ADA pedestrian ramps and the removal and replacement of curb, gutter, and sidewalk at various locations Citywide.

The City Council adopted General Fund and Internal Service Fund Reserve Policies. The new policies classify 60% of the General Fund's annual operating expenditures as Committed for an Economic Uncertainty Reserve (\$5.5 million); 40% of the General Fund's annual operating expenditures as Assigned for Infrastructure/Capital Projects Reserve (\$3.6 million); and the revenues in excess of 100% of the General Fund's annual operating expenditures as Unassigned Reserves (\$3.6 million).

The City Council adopted a Resolution approving and adopting a revised User Fee Schedule. This comprehensive update of user fees, the first of its kind in seven years, will provide additional revenue from increased Recreation, Public Works and Planning fees. The exact dollar value of the proposed fee updates is difficult to accurately calculate; however, the potential for \$100,000 in additional revenue is estimated annually.

April 2, 2013

The City Council awarded a contract in the amount of \$886,861 to R.J. Noble Company for the Pavement Rehabilitation of Residential Streets with Asphalt Rubber Overlay. The project involves the pavement rehabilitation of residential streets in the single family residential street areas west of Moody Street, south of La Palma Avenue, and north of Moody Creek. The project is scheduled to commence in May and be completed in July.

The City Council approved setting the Utility Users' Tax (UUT) Rate for Fiscal Year 2013-14 at the voter approved maximum level of 5%. The UUT Ordinance, which was approved by voters in March 2002 and again in November 2010, requires the City Council to annually review the UUT to determine whether the rate should be altered.

April 16, 2013

The City Council reviewed an Overview of the FY2013-14 General Fund Budget. This represents the third public meeting at which the General Fund budget has been discussed. In an effort to increase transparency, provide additional opportunities for dialogue on the City's finances, and respond to a changing financial condition, the City has pursued a greatly expanded budget development process this year.

The City Council directed staff to begin the process of establishing an irrevocable trust with the CalPERS California Employers' Retiree Benefit Trust (CERBT) to address the liabilities related to Other Post Employment Benefits (OPEB) for retiree medical expenses; and approved the use of an estimated amount not to exceed \$1.5 million in Unassigned General Fund reserves as an initial deposit into the irrevocable trust.



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

Thursday, July 4
La Palma Central Park
7821 Walker Street

Times

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

Awards

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

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

COURSE

Competitive Events: USATF sanctioned and certified flat and fast course on asphalt streets, well-marked and with ample water stations. Traffic will be controlled by the La Palma Police Department. 5K races are 1 loop (3.1 miles), 10K race is 2 loops (6.2 miles); **Note: No 10K Walk.** Split starts for the 5K Walk, 5K Run, and 10K Run ensure distance accuracy. RFID-Race Timing System by RaceWire means fast and accurate results. Official timing ends at 9:00 a.m.

Fees

Competitive Races

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

PRE-REGISTRATION (deadline 6/30/13):

- \$37 Entry Fee with Commemorative T-Shirt (mail or walk-in)
- \$32 Entry Fee Only (NO Shirt)
- \$10 Yankee Doodle Dash (non competitive run for kids/T-shirt not included)
- \$5 Pancake Breakfast Ticket

RACE DAY REGISTRATION:

- \$42 Entry Fee Only-cash, check or credit card (credit card fees apply)
- \$12 Yankee Doodle Dash
- \$12 Commemorative T-Shirt (can be purchased at the race, if available)



Community | Get Involved

La Palma's Fitness Run For Fun – Volunteers Needed

This year La Palma will be conducting the 33rd Fitness Run for Fun. This annual event continues to attract participants from all over the country. To continue this successful and patriotic event, we need over 100 volunteers to staff the 3.1 mile course every year!

The Fitness Run for Fun includes a 5K & 10K run, along with a 5K walk which begins at 7:30 a.m. sharp and a Yankee Doodle Dash for the kids begins at 8:30 a.m. on Thursday, July 4th. This event is a healthy way to start Independence Day with your family and friends.

You can become an important part of this 33rd Annual Fitness Run for Fun by getting involved to make this great event successful. There are lots of opportunities available. Call the La Palma Recreation and Community Services Department at (714) 690-3350 for more information.



Civic Expo & National Night Out – Saturday August 10

The City of La Palma is proud to present the 6th annual La Palma Civic Expo, being held in conjunction with National Night Out and the City's Concert in the Park; Saturday, August 10, from 5:30 p.m. to 8:00 p.m. at La Palma Central Park. Representatives from the City's various municipal departments, emergency responders, various service providers, and utility organizations will be available to provide details about their services. This event

is an excellent opportunity for you to learn more about your communities' government and utility services.

For more information about this exciting event, please visit the City's website at: www.cityoflapalma.org/CivicExpo.



Summer Reading Program

June 24 – August 3

Join our community of readers at the La Palma Public Library this summer. The Summer Reading Program is for children (starting at age 2), teens and adults. The theme is Reading Is So Delicious! Readers can sign up starting June 17 and the program begins Monday, June 24 through Saturday, August 3. Read some great books and be eligible for prizes and raffles!

Story Times

Story Times are offered July 1 – 29, every Monday, from 11:30 – 12:15 p.m.

Evening Story Times are offered July 2 – 30, every Tuesday, from 6:30 – 7:30 p.m. kicking off with Read OC Family Story Time on July 2.

Special Programs–All programs are approximately 45 minutes and will be held at the La Palma Community Center (7821 Walker St.) except the Chalk Art Festival which is held at the Library.

The Science of Bubbles

Presented by Best Bubble Parties

Wednesday, June 26 1:30 p.m.

Annual Chalk Art Festival

Presented by Best Bubble Parties

Wednesday, July 3 1:30 p.m.

Eatin' Right with Bunny BooBoo

Presented by Magician Dave Skale

Wednesday, July 10 1:30 p.m.

Pinocchio

Presented by Pullin' Strings Puppet Show

Wednesday, July 17 1:30 p.m.

What's On the Zoo Menu?

Presented by Wonders of Wildlife

Wednesday, July 24 1:30 p.m.

Juggling, Unicycle, & Acrobats!

Presented by Christopher Yates

Tuesday, July 30 1:30 p.m.

Home Spotlight

Summer 2013 Home Spotlight Award Winner

The City of La Palma would like to congratulate resident Ann Nagasawa of 5801 Warwick Circle for winning the 2013 Summer Home Spotlight Award!



On a beautiful day in May of 1976, the Nagasawa family found a home in La Palma, an ideal place in which to raise their son and spend the rest of their lives. In recent years, they have added flagstone to the front of the house and a wrought iron gate and fence. Mrs. Nagasawa is in the process of replanting the walkway with succulent plants for water conservation.

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 Ann for contributing!

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

Stormwater Protection Tips for Home Improvement Projects

Clean beaches, healthy creeks, rivers, bays and ocean are important to Orange County. However, many common activities can lead to water pollution if you're not careful. Home improvement projects and work sites must be maintained to ensure that building materials do not enter the street, gutter or storm drain. Unlike water in sanitary sewers (from sinks and toilets), water in storm drains is not treated before entering our waterways.

Home improvement projects can cause significant damage to the environment. It is important to follow these simple tips while renovating, remodeling or improving your home:

- Schedule projects for dry weather.
- Keep all construction debris away from the street, gutter, and storm drain.
- Store materials under cover with temporary roofs or plastic sheets to eliminate or reduce the possibility that rainfall, runoff or wind will carry materials from the project site to the street, storm drain or adjacent properties.

Whether you hire a contractor or conduct the work on the house yourself, the property owner is responsible for any illegal discharges into the storm drain system (gutters, inlets, storm drain mains). If City crews are necessary to remediate illegal discharges, the property owner will be fined for all materials and labor necessary to adequately clean up the area.

La Palma Volunteer Recognized

The City of La Palma and the City Council recognized their volunteers on May 1, 2013 at the 18th Annual Volunteer Recognition. This event gives the City an opportunity to thank all volunteers for their dedication to the various programs and events. Each year the Recreation and Community Services Department and Police Department select their Volunteers of the Year. The Police Department selected Sergeant Andrew Kim as the Explorer of the Year and Mits Kosaka as Volunteer of the Year who is involved in Volunteer in Policing (VIPs) program. The Recreation and Community Services Department selected Ric and Linda Maurice as their Volunteers of the Year. All three of the volunteers of the year donate endless hours helping make La Palma a great community.

The La Palma City Council and staff would like to thank all of the La Palma volunteers for their extraordinary service and dedication in the many programs and services offered throughout the year. THANK YOU!





Community | Development

City Council Approve ZERO \$0 FEE for Artificial Turf Permits

The City of La Palma City Council has adopted a new PERMIT FEE SCHEDULE that set the fee for Artificial Turf permits at \$0.00. Residents can now obtain review of their proposed artificial turf and their permit for free. Artificial turf is a substitute for traditional live grass that can significantly reduce water use associated with irrigation and eliminate the need for pesticides and fertilizers thereby reducing run-off pollution.

The City Code has artificial turf standards that specify minimum standards for artificial turf to ensure the final installed artificial turf resembles a thriving, live, green lawn. The Community Development Department issues Artificial Turf Permits. Permits allow the City opportunity to review and approve all artificial turf installations for compliance with the artificial turf installation and quality standards. To the right one can see the difference between an installation that meet city standards and one that does not.

All artificial turf visible from public rights-of-way must be maintained in a manner so as to mimic the appearance of a maintained, green, thriving lawn free of fading, visible seams, dents, ruts, trash, debris, damaged areas, stains, and/or exhibiting a worn out, unnatural appearance. It also requires that all artificial turf located in a parkway be subject to the same provisions.

Thinking artificial turf might be right for your residence? Please do not hesitate to contact the City Planner, Mr. Scott Hutter, with the Community Development Department at 714-690-3336 on how to make your fake grass look real.



Installation not consistent City Code standards



Application consistent with City Code Standards

Harnessing the Power of Local



When people think of La Palma, they usually think of quiet neighborhoods, strong families, and great schools. People say that our roads are well maintained, our park space is beautiful, and that our police and fire services are first rate quality. What residents often overlook is La Palma's local business community. It's a shame because without strong local commerce, many of the things that make La Palma such a special place would not be possible.

Many key city services—including police protection, recreation programs, and street maintenance—are made possible by the sales taxes one pays while shopping at local businesses. When shopping in a neighboring city the sales tax from your transactions stay in that community. When you stay home and shop in La Palma, your purchases help make our community the strongest it can be. That's why City leadership wants you to harness the power of local by patronizing La Palma businesses.

In addition to making the City the best it can be, there are many great personal reasons to harness the Power of Local. Here are just a few examples:

Personal Service: Most of our businesses are small, which means that shop owners can take the time to get to know you. Unlike most large chains, small businesses can tailor their services to meet your needs.

Conveniently Close: No matter where you are in town, you're less than two miles from a local merchant. Sure, there's plenty of parking in our commercial centers, but most businesses are just a short walk away. Local stores help to sustain vibrant, compact, walkable communities which in turn are essential to reducing automobile use, and air pollution.

Keeping Dollars in the Local Economy: Compared to chain stores, locally owned businesses recycle a much larger share of their revenue back into the local economy, enriching the whole community. Another advantage of local businesses is that more of the money spent at a local business stays in the local area. A study conducted in Austin, Texas, by the American Independence Business Alliance, found that out of every \$100 spent at nationwide chain stores, only about \$13 stayed in the local economy. However, out of every \$100 spent at a locally owned and operated business, about \$45 stayed in the local economy. This provides a huge boost to other local businesses, workers, and families in the area.

Community Well-Being: Locally owned businesses build strong communities by sustaining vibrant town centers, linking neighbors in a web of economic and social relationships, and contributing to local causes. The City has now made it even easier to find local businesses through E2G2 ("Easy to Get To") Neighborhood Network. Simply put, the new network is a way to "Harness the Power of Local," making everything in town "Easy to Get to" through a new directory and mobile app. The network is available now at lapalma.e2g2.com

Water Safety

Swimming is the most popular summer activity. The best thing you can do to help your family stay safe is to enroll in age-appropriate swim lessons. La Palma Recreation offers summer aquatics. See page 12 for more information.

Follow these safety tips whenever you are in, on or around water.

Make Water Safety Your Priority

- Swim in designated areas supervised by lifeguards.
- Always swim with a buddy; do not allow anyone to swim alone. Even at a public pool or a lifeguarded beach, use the buddy system!
- Ensure that everyone in the family learns to swim well. Enroll in age-appropriate Red Cross water orientation and Learn-to-Swim courses.
- Never leave a young child unattended near water and do not trust a child's life to another child; teach children to always ask permission to go near water.
- Have young children or inexperienced swimmers wear U.S. Coast Guard-approved life jackets around water, but do not rely on life jackets alone.
- Establish rules for your family and enforce them without fail. For example, set limits based on each person's ability, do not let anyone play around drains and suction fittings, and do not allow swimmers to hyperventilate before swimming under water or have breath-holding contests.
- Even if you do not plan on swimming, be cautious around natural bodies of water including ocean shoreline, rivers and lakes. Cold temperatures, currents and underwater hazards can make a fall into these bodies of water dangerous.
- If you go boating, wear a life jacket! Most boating fatalities occur from drowning.
- Avoid alcohol use. Alcohol impairs judgment, balance and coordination; affects swimming and diving skills; and reduces the body's ability to stay warm.

Prevent Unsupervised Access to the Water

- Install and use barriers around your home pool or hot tub. Safety covers and pool alarms should be added as additional layers of protection.
- Ensure that pool barriers enclose the entire pool area, are at least 4-feet high with gates that are self-closing, self-latching and open outward, and away from the pool. The latch should be high enough to be out of a small child's reach.



- If you have an above-ground or inflatable pool, remove access ladders and secure the safety cover whenever the pool is not in use.
- Remove any structures that provide access to the pool, such as outdoor furniture, climbable trees, decorative walls and playground equipment.
- Keep toys that are not in use away from the pool and out of sight. Toys can attract young children to the pool.

Maintain Constant Supervision

- Actively supervise children whenever around the water—even if lifeguards are present. Do not just drop your kids off at the public pool or leave them at the beach—designate a responsible adult to supervise.
- Always stay within arm's reach of young children and avoid distractions when supervising children around water.

Know What to Do in an Emergency

- If a child is missing, check the water first. Seconds count in preventing death or disability.
- Know how and when to call 9-1-1 or the local emergency number.
- If you own a home pool or hot tub, have appropriate equipment, such as reaching or throwing equipment, a cell phone, life jackets and a first aid kit.
- Enroll in Red Cross home pool safety, water safety, first aid and CPR/ La Palma Recreation offers summer aquatics, see page 12 for more information.

Activity Guide

www.cityofpalma.org
714-690-3350

CAMPS

Camp Tiny Tots

Age: 3 – 5 (Pre-K)

This fun and exciting program is designed for the younger campers, ages 3 to 5 to keep them active this summer. Camp Tiny Tots is filled with games, crafts, songs, special activities, physical fitness, and parent-participation excursions. Campers need to bring their lunch each day and must be potty trained. At the end of each session, an optional parent-participation excursion to local places of interest will be held for Tiny Tots in either camp. All excursions will be an additional cost. There is a \$15 non-resident fee for each camp.

Instructors: A. Terry & A. Turner

Location: Pygmy Room

"Animal Antics"

Code	Days	Dates	Time	Fee/Weeks
10467	M/W	6/17-6/28	9:00-1:00 p.m.	\$40/2
10468	T/TH	6/18-6/28	9:00-1:00 p.m.	\$40/2

Excursion: Orange County Zoo on 6/28

"Beetle Brigade"

10469	M/W	7/01-7/12*	9:00-1:00 p.m.	\$30/2
10470	T/TH	7/02-7/12*	9:00-1:00 p.m.	\$30/2

Excursion: El Dorado Nature Center on 7/12

"Diggin' Dinosaurs"

10471	M/W	7/15-7/26	9:00-1:00 p.m.	\$40/2
10472	T/TH	7/16-7/26	9:00-1:00 p.m.	\$40/2

Excursion: Prehistoric Reptile Zoo on 7/26

"Little Pirates Ocean Adventure"

10473	M/W	7/29-8/09	9:00-1:00 p.m.	\$40/2
10474	T/TH	7/30-8/09	9:00-1:00 p.m.	\$40/2

Excursion: Aquarium of the Pacific on 8/09

*No Class on 7/3 and 7/4

Club La Palma Summer Day Camp

June 17 – August 23

Age: 5 – 12

Location: G.B. Miller Elementary School

Our dynamic Summer Day Camp is especially catered to working parents! Club La Palma is filled with action-packed activities and exciting excursions to such locations as Knott's Berry Farm, Seaside Lagoon, Angels Stadium and more that will guarantee a memorable summer of fun! Club La Palma is open to children, 5-12 years of age, Monday through Friday from 6:30 a.m. to 6:00 p.m. The first day of camp is June 17 and will run through August 23. A deposit of \$20 is required to hold your child's place each week. The registration fee includes all camp activities, including excursions and pool trips weekly! Registration forms are available at the Recreation and Community Services Office. Reserve your space now!

Day Camp Weekly Fee (all inclusive): \$129 (Residents)
\$144 (Non-Residents)

Adventure Music Camp

Age: 3 – 7

Have fun as we experience a "Music Adventure" each day. Cowboys, rock 'n' roll, a day at the circus, pirates and more! Each day children will be introduced to many instruments from around the world, singing, art projects, musical games, movement, musical theory, making their own music CD and much more! Activities are age appropriate and designed to teach children to enjoy music. This is a hands-on camp where your child will do wonderful activities each day.

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

Instructor: Kids Music N Motion Staff

Location: Cypress CC

Code	Days	Dates	Time	Fee/Weeks
10611	M-F	7/15-7/19	9:00-12:00 p.m.	\$180/1

Junior Vehicle Engineering™

Age: 5 – 9

Campers will creatively build and modify different vehicles including everyday vehicles, concept cars, construction machines, and more using our unique LEGO® kits. Race car, golf cart, old time car, semi truck with trailer, shopping cart, snow plow, stand up scooter, three wheeler, trick car, wheel barrow, Zamboni, and a mini-van. Each student will take home a custom project and learn the basic engineering principles, friction, forces, motion and aerodynamics, problem solving and communication skills.

Instructor: All About Learning Staff

Location: Sago Palm

Code	Days	Dates	Time	Fee/Weeks
10608	M-TH	6/24-6/27	9:00-12:00 p.m.	\$161/1

Junior Engineering™

Age: 5 – 9

Camper will creatively build and modify machines through basic engineering skills using our LEGO® kits. Students will build a race car, windmill, merry-go-round, levers/pliers and pulley/cranes. Each student will take home a custom project and basic engineering principles, simple machines, forces in motion, problem solving and communication skills.

Instructor: All About Learning Staff

Location: Sago Palm

Code	Days	Dates	Time	Fee/Weeks
10610	M-TH	6/17-6/20	1:00-4:00 p.m.	\$161/1



Crazy Chemworks

Age: 5 – 12

Come and discover what it's like to be a real scientist and work in a Mad Science Lab. We will experiment with different chemicals and tools to see what interesting and crazy reactions we can create! Students will explore acids and bases and reveal the secret recipe of slime. By the end of the week, the Jr. Mad Scientist will have their very own chemistry set so they can perform their own experiment at home! A \$30 material fee is due to the instructor on the first day of camp.

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

Instructor: Mad Science Staff		Location: Cypress CC			
Code	Days	Dates	Time	Fee/Weeks	
10624	M-F	7/22-7/26	9:00-12:00 p.m.	\$135/1	

Rockin' Rockets

Age: 5 – 12

Aerodynamic and motion are the stars of this fun-filled week! Design and build everything from kites to planes to rockets! Experiment with different propulsion systems as you use your new knowledge to blast off, track, and recover all kinds of flying machinery! Have a rockin' good time at this rocket camp! A \$30 material fee is payable to the instructor on the first day of camp.

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

Instructor: Mad Science Staff		Location: Buena Park CC			
Code	Days	Dates	Time	Fee/Weeks	
10625	M-F	8/5-8/9	9:00-12:00 p.m.	\$135/1	

Beauty Spa Camp

Age: 6 – 12

Spend a week, not just one day, at the spa! Campers will learn beauty tips and tricks, how to relax and more! You'll get your nails manicured and your hair styled. We'll also learn how to make perfumes, bath and body products, and jewelry for some final bling! This is a great camp for beauty and creativity!

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

Instructor: Edutainment Staff		Location: Cypress CC			
Code	Days	Dates	Times	Fee/Weeks	
10613	M-F	7/8-7/12	9:00-12:00 p.m.	\$139/1	

Fort Building

Age: 6 – 12

You've done it since you were young, surrounding yourself with piles of stuffed animals and couch cushions. Now build your forts with tons of friends and have the fun of building and competing. Each day new forts will be made out of different whacky materials: some small forts and some large. Castle vs. castle, fort vs. fort, fun vs. more fun!

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

Instructor: Edutainment Staff		Location: Cypress CC			
Code	Days	Dates	Times	Fee/Weeks	
10614	M-F	7/15-7/19	9:00-12:00 p.m.	\$139/1	



Skateboard and Scooter Camp

Age: 6 – 13

Whether you are just learning or are ready to learn advanced tricks, this camp is right for you! Make new friends, advance your skills, and most importantly, have fun in our private skate park! All participants will receive a Skatedogs T-shirt. Requirements: A signed Skatedogs waiver form by a parent, a skateboard or scooter, knee pads, elbow pads and a helmet.

This camp is co-sponsored with Cypress Recreation and will be held at Little Cottonwood Park, 4000 Farquhar Ave, Los Alamitos.

Instructor: A. Cohen			Location: Little Cottonwood		
Code	Class	Days	Dates	Times	Fee/Weeks
10616	Skateboard	M-F	6/17-6/21	3:30-6:30 p.m.	\$164/1
10617	Scooter	M-F	6/17-6/21	3:30-6:30 p.m.	\$164/1
10618	Skateboard	M-F	7/22-7/26	8:30-11:30 a.m.	\$164/1
10619	Scooter	M-F	7/22-7/26	8:30-11:30 a.m.	\$164/1
10620	Skateboard	M-F	8/5-8/9	8:30-11:30 a.m.	\$164/1
10621	Scooter	M-F	8/5-8/9	8:30-11:30 a.m.	\$164/1
10622	Skateboard	M-F	8/19-8/23	8:30-11:30 a.m.	\$164/1
10623	Scooter	M-F	8/19-8/23	8:30-11:30 a.m.	\$164/1

FX Film Camp

Age: 7 – 12

Explore the magic of the movies by learning about what goes on behind the camera. Campers will study storyboarding, rehearsing, directing, and then put it all together to create an action packed movie to show family and friends. We'll also throw in some special effects, such as green screen, stop motion, and many camera tricks. Some campers will find a love for behind the scenes storytelling while others will be called by the camera.

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

Instructor: Edutainment Staff		Location: Cypress CC			
Code	Days	Dates	Time	Fee/Weeks	
10612	M-F	6/24-6/28	9:00-12:00 p.m.	\$139/1	

Activity Guide

www.cityofpalma.org
714-690-3350

CAMPS

Top Junior Chef Cooking Camp

Age: 7 – 12

Our goal: to open a restaurant in one week. Campers will prepare several delicious dishes while learning the basics of food handling skills and hygiene. Our restaurant is open at the end of the week for family and friends! (Two guests per student enrolled allowed at the final day's meal). A materials fee of \$15 is due to the instructor on first day of camp.

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

Instructor: Edutainment Staff			Location: Cypress CC	
Code	Days	Dates	Time	Fee/Weeks
10615	M-F	8/5-8/9	9:00-12:00 p.m.	\$139/1

Robots 101

Age: 8 – 12

I am a RO-BOT! Join us for a week of FUN with amazing robots! Learn about the uses of robots in our world and spend time experimenting with super cool robots that can sense sound, follow patterns, and even play SOCCER! Discover the science of circuitry and how robots use sensors to explore the things around them. Use your skills to build your very own working robot to take home with you! A \$30 materials fee is payable to the instructor at the first day of camp.

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

Instructor: Mad Science Staff			Location: Cypress CC	
Code	Days	Dates	Time	Fee/Weeks
10626	M-F	8/19-8/23	9:00-12:00 p.m.	\$145/1

Vehicle Engineering™

Age: 10 – 14

Campers will build up to 13 different motorized vehicles capped off with a final project using our unique LEGO® kits. Vehicles include everyday vehicles, concept cars, construction machines, adjustable crane, flipper car, inch worm car, motorcycle, motorized wheel chair, rally race car, space war vehicles, steam roller, scissor car, submarine and more! Each camper will take home a custom project plus basic engineering principles, gearing and gear ratios, electric motors and energy, friction, forces, motion and aerodynamic principles, problem solving and communication skills.

Instructor: All About Learning Staff			Location: Sago Palm	
Code	Days	Dates	Time	Fee/Weeks
10609	M-TH	6/24-6/27	1:00-4:00 p.m.	\$161/1

Elementary Engineering™

Age: 10 – 14

Campers will creatively build and modify machines applying basic engineering principles and using our unique LEGO® kits. This is an integrated science and math class. Students will build a deck chair, draw bridge, rubber band car, carousel, turnstile, belt conveyer and a crane. Each camper will take home a custom project plus a basic understanding of engineering principles, gears and gear ratios, simple machines, structures, forces and motions.

Instructor: All About Learning Staff			Location: Sago Palm	
Code	Days	Dates	Time	Fee/Weeks
10607	M-TH	6/17-6/20	9:00-12:00 p.m.	\$161/1

Jump Start Sports Camps

Age: 8 – 17

This camp is geared towards teens who want to learn the sport or brush up on their skills. Participants will learn the basic and advanced fundamentals of each sport with an emphasis on learning how to play in a team environment. Both basic and advanced techniques will be used during instruction. Participants are asked to bring water and eat a healthy meal before attending. If attending the soccer camp, shin guards and soccer shoes are required; baseball/softball requires you to wear a hat and to bring your glove; and hockey requires shin guards and athletic shoes (no skating required).

Instructor: J. Crosby					Location: Central Park	
Code	Sport	Ages	Days	Dates	Time	Fee/Weeks
10779	Basketball	8-12	M-F	6/17-6/21	9:00-12:00 p.m.	\$75/1
10780	Basketball	8-12	M-F	7/1-7/5*	9:00-12:00 p.m.	\$60/1
10498	Basketball	13-17	M-F	6/17-6/21	12:30-3:30 p.m.	\$75/1
10499	Basketball	13-17	M-F	7/1-7/5*	12:30-3:30 p.m.	\$60/1
10500	Soccer	8-12	M-F	6/17-6/21	9:30-12:30 p.m.	\$75/1
10501	Soccer	8-12	M-F	7/1-7/5*	9:30-12:30 p.m.	\$60/1
10502	Volleyball	10-13	M-F	6/17-6/21	9:30-12:30 p.m.	\$75/1
10503	Volleyball	10-13	M-F	7/1-7/5*	9:30-12:30 p.m.	\$60/1
10504	Baseball	8-10	M-F	6/24-6/28	10:00-1:00 p.m.	\$75/1
10505	Baseball	8-10	M-F	7/8-7/12	10:00-1:00 p.m.	\$75/1
10506	Softball	8-10	M-F	6/24-6/28	10:00-1:00 p.m.	\$75/1
10507	Softball	8-10	M-F	7/8-7/12	10:00-1:00 p.m.	\$75/1
10508	Hockey	8-12	M-F	6/24-6/28	9:00-12:00 p.m.	\$75/1
10509	Hockey	8-12	M-F	7/8-7/12	9:00-12:00 p.m.	\$75/1

*No Camp on 7/4



Activity Guide

Toddlers / Preschool

Summer Swimming Lessons at Kennedy High School

Age: 6 mos – 13 yrs

A fun and safe way to make a splash! In collaboration with the Anaheim Family YMCA, summer swimming lessons are returning to the Kennedy High School pool! Participants will gain lifelong confidence in and out of the water. Trained instructors teach essential swimming and water safety skills to youth.

Group lessons will be conducted in three 2-week sessions and one session of 4 Saturdays. Registration is ongoing. Saturday lessons begin June 15 and weekday lessons begin June 17.

Registration must be completed in-person, at Recreation and Community Services Department, 7821 Walker Street.

Available Levels

- Water Babies: Ages 6 months to 3 years (Adult Required in water)
- Tots: Ages 3 to 5, participants grouped by ability
- Polliwog (Level 1): Ages 5 to 13, Intro to basic skills—no experience
- Guppy (Level 2): Ages 5 to 13, Comfortable in the water, can swim 5 yards with no support
- Minnow (Level 3): Ages 6 to 13, Comfortable swimming, can swim 15 yards front & backstroke
- Fish (Level 4): Ages 7 to 13, Can swim, with rotary breathing, 25 yards front, back, and breaststroke
- Flying Fish (Level 5): Ages 7 to 13, Can swim 50 yards front, back, and breaststroke; 15 yards sidestroke & butterfly
- Shark (Level 6): Ages 7 to 13, Advanced water skills & proficiency

Water Safety for Non-Swimmers

Age: 6 mos – 8 yrs

Water safety classes continue at the La Palma Intercommunity Hospital Pool! Participants will gain lifelong confidence in and out of the water. Classes are taught by the Anaheim Family YMCA. A special registration form, with dates and time, is required and available at the Recreation Office.

Dance

Parent and Me Ballet & Tap

Age: 2 – 3

Help your child develop self-confidence and poise through the art of dance! This class is designed to teach the fundamentals of ballet and tap. One class fee covers one child and one adult. Adult participation is required and all attending children must be registered for class.

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

Instructor: High Fidelity

Location: Ehlers CC

Code	Days	Dates	Time	Fee/Weeks
10640	T	6/4-8/13*	4:30-5:15 p.m.	\$62/10

*No Class on 7/16

Music/Art

Babies Love Music

Age: 4 – 14 mos

A fun and interactive play time with your 4 –14 month old baby, NOT YET WALKING! We learn lap songs, finger plays, peek-a-boo, and play rhythm instruments and drums. Along the way your baby gains vocabulary, motor and listening skills, social and cognitive development, and fun with you! Class content changes each session. Please bring a baby blanket. There is an optional materials fee for a music CD "Baby and Me" (\$10), rhythm instrument (\$6 or \$7), peek-a-boo scarf (\$5) or all of the mentioned for \$20.

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	Days	Dates	Time	Fee/Weeks
10460	F	6/28-7/26	11:00-11:30 a.m.	\$59/5
10461	TH	8/1-8/29	3:30-4:00 p.m.	\$59/5

Toddlers Love Music

Age: 1 – 2

Perfect for the active toddler! Mix together singing, dancing, rhythm band activities, drum and xylophone playing. We keep the children active and engaged in this shortened version of Kids Love Music class! Class content changes each session. There is an optional materials fee for a music CD "It's Music Time Again" or "Sing with Me" (\$10), rhythm instrument (\$6 or \$7), peek-a-boo scarf (\$5) or all of the mentioned for \$20.

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	Days	Dates	Time	Fee/Weeks
10464	TH	8/1-8/29	4:15-4:45 p.m.	\$59/5

Kids Love Music

Age: 1 – 4

Join us for a fun time with your child! Sing, dance and play with puppets and rhythm instruments. Class ends with a free flow music time using xylophones, glockenspiels and drums! Along the way, we encourage creativity, motor and listening skills, social and cognitive development, and fun with you! Class content changes each session. There is an optional materials fee for a music CD "It's Music Time Again" or "Sing with Me" (\$10), rhythm instrument (\$6 or \$7), peek-a-boo scarf (\$5) or all of the mentioned for \$20.

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	Days	Dates	Time	Fee/Weeks
10465	F	6/28-7/26	10:00-10:45 a.m.	\$59/5
10466	TH	8/1-8/29	5:00-5:45 p.m.	\$59/5



Art Innovator's Preschool Art

Age: 3.5 – 4.5

The "language" of art begins with the recognition of lines and shapes. We show preschoolers how to draw as well as to explore fun media each week. There is a \$5 materials fee payable to the instructor at the first class for supplies.

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

Instructor: Art Innovators				Location: Ehlers CC	
Code	Days	Dates	Time	Fee/Weeks	
10590	T	6/25-7/23	2:50-3:30 p.m.	\$55/5	
10591	T	7/30-8/27	2:50-3:30 p.m.	\$55/5	

Young Rembrandts: Preschool Drawing Class

Age: 3.5 – 5

Do you want your preschooler to improve his/her fine motor skills? Then sign up your little artist to learn to draw animals, and plants as we explore deserts, rainforests, and the sea!

Instructor: Young Rembrandts Staff				Location: Fan Palm Room	
Code	Days	Dates	Time	Fee/Weeks	
10597	M	6/17-7/22	1:00-1:45 p.m.	\$72/6	
10598	M	7/29-8/26	1:00-1:45 p.m.	\$60/5	

Fitness

Kidz Love Soccer-Mommy/Daddy & Me Soccer

Age: 2 – 3.5 yrs

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

Instructor: Kidz Love Soccer Staff				Location: Central Park	
Code	Days	Dates	Time	Fee/Weeks	
10773	F	6/28-8/9	5:15-5:45 p.m.	\$66/6	
*No Class on 7/5					

X Factor Sports Speed Clinic

Age: 6 – 12

Sports fitness training that will give you an edge over the competition. We will put you in the best physical shape to perform at your highest level and stay. This program will emphasize speed, quickness, and agility taught by a former NCAA collegiate athlete. There is an "X" factor in all of us and we will bring it out on you!

Instructor: CYAA Staff				Location: Central Park	
Code	Days	Dates	Time	Fee/Weeks	
10588	T/TH	7/16-8/15	5:00-6:30 p.m.	\$100/5	

TriFyft Tee Ball League

Age 2 – 5

Your child will have a great time playing tee ball and making new friends while learning the benefits of sportsmanship, sharing, and teamwork. The Bidy Ball League is designed to introduce kids to team sports in a fun and exciting environment. Everyone will receive a team shirt and medal. The first week will be practice and team assignments with the remainder of the weeks being games.

Instructor: TriFyft Sports Staff				Location: Central Park	
Code	Age	Days	Dates	Time	Fee/Weeks
10475	2-3	SAT	7/20-8/24	9:30-10:00 a.m.	\$65/6
10476	3-5	SAT	7/20-8/24	10:00-11:00 a.m.	\$65/6

Parent & Me Ice Skating

Age: 3 – 5

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

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

Instructor: Anaheim ICE Staff				Location: Anaheim ICE	
Code	Days	Dates	Time	Fee/Weeks	
10477	SAT	6/22-7/13	11:45-12:15 p.m.	\$39/4	

Ice Skating for Tots

Age: 3 – 5

Join the fun at Anaheim ICE! Beginning ice skating made fun and easy. Learn to march, glide, stop, hop, 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 is located at Anaheim ICE, 300 W. Lincoln Ave, Anaheim.

Instructor: Anaheim ICE Staff				Location: Anaheim ICE	
Code	Days	Dates	Time	Fee/Weeks	
10478	W	6/19-7/10	4:30-5:00 p.m.	\$39/4	
10479	SAT	6/22-7/13	11:45-12:15 p.m.	\$39/4	

Kidz Love Soccer-Tot/Pre Soccer

Age: 3.5 – 5

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

Instructor: Kidz Love Soccer				Location: Central Park	
Code	Days	Dates	Time	Fee/Weeks	
10482	F	6/28-8/9	4:30 – 5:05 p.m.	\$66/6	
*No Class on 7/5					



Activity Guide

Youth

Zumbatomic (Kids Zumba)

Age: 4 – 12

Designed exclusively for kids, Zumbatomic classes are rockin', high-energy fitness classes packed with specially choreographed, kid-friendly routines and all the music kids love, like hip-hop, reggaeton, cumbia and more!

Instructor: J. Crosby

Location: Royal Palm

Code	Days	Dates	Time	Fee/Weeks
10603	T/TH	6/18-7/11*	6:30-7:15 p.m.	\$35/4
10604	T/TH	7/16-8/8	6:30-7:15 p.m.	\$40/4
10605	T	6/18-8/6	6:30-7:15 p.m.	\$40/8
10606	TH	6/20-8/8*	6:30-7:15 p.m.	\$35/8

*No Class on 7/4

Kidz Love Soccer 1

Age: 5 – 6

Players will learn dribbling, passing, receiving, shooting, defense, etc. Fun skill games are played at every session. Small-sided soccer matches will be introduced gradually. Shin guards are required after the first meeting.

Instructor: Kidz Love Soccer

Location: Central Park

Code	Days	Dates	Time	Fee/Weeks
10483	F	6/28-8/9*	3:00 – 3:45 p.m.	\$66/6

*No Class on 7/5

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
10278	T	6/4-6/25	4:30-5:30 p.m.	\$35/4
10627	T	7/2-7/23	4:30-5:30 p.m.	\$35/4
10628	T	8/6-8/27	4:30-5:30 p.m.	\$35/4

Dance for Musical Theatre

Age: 5 – 9

Learn and perform routines from musicals like Annie, Peter Pan, Oliver, etc. This class is perfect for those interested in improving and sharpening their performance skills, those auditioning for Children's Theater, or those who just want to have fun!

This class is cosponsored with the Buena Park Recreation and will be held at the Ehlers Recreation Center, 8150 Knott Ave.

Instructor: High Fidelity Entertainment

Location: Ehlers CC

Code	Days	Dates	Time	Fee/Weeks
10641	T	6/4-8/13*	5:15-6:00 p.m.	\$62/10

*No Class on 7/16

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
10281	T	6/4-6/25	5:30-6:30 p.m.	\$35/4
10629	T	7/2-7/23	5:30-6:30 p.m.	\$35/4
10630	T	8/6-8/27	5:30-6:30 p.m.	\$35/4

Art

Art Innovator's Youth Art

Age: 5 – 11

Build your own portfolio with masterpieces you create each week! Explore a variety of media including watercolor, pastels, paint and more! We build confidence, creative thinking, and problem solving skills through engaging the imagination in a new way! If you can dream, you can draw! A \$10 supply fee is payable to Art Innovators at the first class.

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

Instructor: Art Innovators

Location: Ehlers CC

Code	Days	Dates	Time	Fee/Weeks
10592	T	6/25-7/23	3:45-4:45 p.m.	\$61/5
10593	T	7/30-8/27	3:45-4:45 p.m.	\$61/5

Young Rembrandts Elementary Drawing Class

Age: 6 – 13

Drawing is said to help in developing the imagination and critical thinking skills in children. In this class your young artist will learn to draw dinosaurs, pets and sea creatures while having fun!

Instructor: Young Rembrandts

Location: Fan Palm Room

Code	Days	Dates	Time	Fee/Weeks
10599	M	6/17-7/22	1:45-2:45 p.m.	\$72/6
10600	M	7/29-8/26	1:45-2:45 p.m.	\$60/5

Young Rembrandts Cartooning Class

Age: 6 – 13

Have your young artist learn to draw funny cartoon characters while having a blast and learning how to draw!

Instructor: Young Rembrandts

Location: Fan Palm Room

Code	Days	Dates	Time	Fee/Weeks
10601	M	6/17-7/22	2:45-3:45 p.m.	\$72/6
10602	M	7/29-8/26	2:45-3:45 p.m.	\$60/5



Youth / Teens

Fitness

Pee Wee Hits

Age: 4 – 7

Participants will learn the basic and advanced fundamentals of baseball while learning how to play in a team environment. These skills will include hitting, throwing, catching, fielding, and base running. Our Pee Wee clinic is designed for the needs of boys and girls 4 to 7 years of age.

Instructor: J. Crosby		Location: Central Park		
Code	Days	Dates	Time	Fee/Weeks
10282	M/W	6/17-8/12*	4:45-6:00 p.m.	\$99/8
*No Class on 7/3				

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

Instructor: A. Jafari		Location: MA Center		
Code	Days	Dates	Time	Fee/Weeks
10494	M/W	6/17-7/8*	3:30-4:30 p.m.	\$40/3
10495	M/W	7/15-7/31	3:30-4:30 p.m.	\$40/3
10496	M/W	8/5-8/21	3:30-4:30 p.m.	\$40/3
*No Class on 7/3				

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
10497	F	6/28-8/9*	3:45 – 4:30 p.m.	\$77/6
*No Class on 7/5				

Dance

Hip Hop after Homework

Age: 5 – 19

Hip Hop After Homework students are trained in all styles of popular Hip-Hop dance moves and choreography which will develop their coordination and cardiovascular fitness while also building their self-esteem.

Instructor: M. Jacob					Location: Royal Palm
Code	Age	Days	Dates	Time	Fee/Weeks
Beginner					
10631	5-13	TH	6/20-7/25*	5:30-6:15 p.m.	\$50/5
10634	5-13	TH	8/1-8/29*	5:30-6:15 p.m.	\$40/4
Intermediate					
10632	5-13	TH	6/20-7/25*	6:15-7:00 p.m.	\$50/5
10635	5-13	TH	8/1-8/2*	6:15-7:00 p.m.	\$40/4
Teens					
10633	13-19	TH	6/20-7/25*	7:00-7:45 p.m.	\$50/5
10636	13-19	TH	8/1-8/29*	7:00-7:45 p.m.	\$40/4
*No Class on 7/4 and 8/8					

Fitness

Junior Karate

Age: 8 – 14

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
10510	T/TH	6/18-7/9*	4:30-5:30 p.m.	\$40/3
10511	T/TH	7/16-8/1	4:30-5:30 p.m.	\$40/3
10512	T/TH	8/6-8/22	4:30-5:30 p.m.	\$40/3
*No Class on 7/4				

Fall Basketball League

Participants will learn the basic and advanced fundamentals of basketball while learning how to play in a team environment. These skills will include shooting, passing, ball handling, transition/fast break play, defense, and rebounding. Each participant will receive a uniform and certificate at the end of the season. Sports are known to teach discipline, respect for self and others, enhance self-esteem and self-confidence, and build leadership qualities, commitment to a goal, teamwork and building strong friendships. The league will run on Fridays and Saturdays, September 6 through November 16.

Registration will begin in July.



Activity Guide

Youth / Teens

Junior Tae Kwon-Do

Age: 8 – 14

This class is not only a great way to exercise but it's also a great way for the student to learn self-control, improve study habits and increase concentration skills. Students learn a variety of techniques that will allow them to better handle the physical and emotional challenges of life. 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
10513	M/W	6/17-7/8*	4:30-5:30 p.m.	\$40/3
10514	M/W	7/15-7/31	4:30-5:30 p.m.	\$40/3
10515	M/W	8/5-8/21	4:30-5:30 p.m.	\$40/3

*No Class on 7/3

X Factor Sports Speed Clinic

Age: 13 – 18

Sports fitness training that will give you an edge over the competition. We will put you in the best physical shape to perform at your highest level and stay. This program will emphasize speed, quickness, and agility taught by a former NCAA collegiate athlete. There is an "X" factor in all of us and we will bring it out on you!

Instructor: CYAA Staff			Location: Central Park	
Code	Days	Dates	Time	Fee/Weeks
10589	T/TH	7/16-8/15	6:30-8:00 p.m.	\$100/5

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 tennis 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 ground strokes and volleys. They are in the process of learning serves and match play.

Private and Semi Private Tennis Lessons are available through Linda Paulding please call (415) 676-9464. Once you have made arrangements with the Coach, please complete a Registration form with the Recreation office.

Instructor: McConnell			Location: Tennis Courts			
Code	Level	Age	Days	Dates	Time	Fee/Weeks
10638	1	7-14	W	6/19-8/21*	4:00-5:00 p.m.	\$90/9
10644	1	7-14	SUN	6/16-8/11	4:00-5:00 p.m.	\$90/9
10637	2/3	7-14	W	6/19-8/21*	5:00-6:30 p.m.	\$125/9
10645	2/3	7-14	SUN	6/16-8/11	5:00-6:30 p.m.	\$125/9

*No Class on 7/3

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
10480	W	6/19-7/10	5:00- 5:30 p.m.	\$39/4
10481	SAT	6/22-7/13	10:45-11:15 a.m.	\$39/4

Freestyle Jump Rope

Age: 6 – 14

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. Class is taught by the USA Jump Rope Region 8 Champions- The Jumping Coyotes and coach Rich Neder. Come prepared with appropriate running/athletic shoes, snacks and water.

Instructor: R. Neder			Location: Sago Palm	
Code	Days	Dates	Time	Fee/Weeks
10516	W	6/5-6/26	6:30- 7:30 p.m.	\$35/4
10517	W	7/17-8/7	6:30- 7:30 p.m.	\$35/4





Teens / Adults

Dance

Social Dance Sampler

Age: 16+

All the basics you'll need to survive on any dance floor, from a cruise, to your high school reunion, from your best friend's wedding, to your company's Christmas party. The class will cover the basics of partner dancing in the context of ballroom, swing and country, includes waltz, foxtrot, east coast swing, jitterbug and some Latin dances. Bring a partner or find one in class. Wear comfortable shoes and be ready to have lots of fun!

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

Instructor: High Fidelity		Location: Buena Park CC		
Code	Days	Dates	Time	Fee/Weeks
10639	T	6/4-8/13*	7:30-8:30 p.m.	\$52/10
*No Class on 7/16				

Educational

Driver's 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, is fun, interactive, and educational. Coursework can be completed at any time of day or night. 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.

Instructor: All Good Driving School, Inc.		Location: Home Study/Internet		
Code	Days	Dates	Fee/Weeks	
10518	Home Study	6/17-8/30	\$90	
10275	Internet	6/17-8/30	\$75	

Music/Art

Ukulele: Kanikapili Oklana

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
10594	W	6/26-7/24*	7:30-9:00 p.m.	\$32/4
10595	W	7/31-8/28	7:30-9:00 p.m.	\$39/5
*No Class on 7/3				

Fitness

Aerobic Dancing

Age: 16+

Jacki Sorensen's Aerobic Dancing is in its 33rd year in La Palma! The first 25 minutes including

- Energizing warm-up
- Stretches
- Vertifirm® - a unique vertical strength/weight training, while toning core and legs
- Ab-tightening crunches
- Powerful push-ups

The next 30 minutes provides easy to follow choreographed dances to a wide variety of music working on Cardio. Of course we follow with a 5 minute cool down dance. Aerobic Dance is a fitness sport that requires progressive instruction. We regret that we cannot accept new students after the first week of class. 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.

Instructor: K. Phelps		Location: Royal Palm		
Code	Days	Dates	Time	Fee/Weeks
10520	M/W	6/17-8/28*	5:45-6:45 p.m.	\$105/11
Pay as you go	SAT	6/22-8/24	8:30-9:45 a.m.	\$6/1 day
Pay as you go	M/W	6/17-8/28	5:45-6:45 p.m.	\$6/1 day
*No Class on 7/3				

Zumba/Sentao Dance

Age: 15+

Let's face it, working out can be lots of things but it's never been known to be an exhilarating experience, also Zumba and Sentao Dance uses easy to follow moves to create a one-of-a-kind fitness program that will blow you away! Let Zumba lift your spirits and invigorate your well being. Please wear comfortable clothes and bring a water bottle.

Instructor: L. Li		Location: Royal Palm		
Code	Days	Dates	Time	Fee/Weeks
10552	M/W	7/8-8/7	7:45-8:45 p.m.	\$45/5

Tae Kwon-Do

Age: 15+

Training in a martial art class 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 their 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
10553	M/W	6/17-7/8*	6:30-7:30 p.m.	\$40/3
10554	M/W	7/15-7/31	6:30-7:30 p.m.	\$40/3
10555	M/W	8/5-8/21	6:30-7:30 p.m.	\$40/3
*No Class on 7/3				



Activity | Guide

Teens / Adults

Karate

Age: 15+

Regular karate practice creates mental clarity and calmness, increases body awareness, relaxes the mind, centers attention and sharpens concentration. Our approach to traditional karate training allows students to achieve 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
10556	T/TH	6/18-7/9*	5:30-6:30 p.m.	\$40/3
10557	T/TH	7/16-8/1	5:30-6:30 p.m.	\$40/3
10558	T/TH	8/6-8/22	5:30-6:30 p.m.	\$40/3

*No Class on 7/4

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. Please wear loose & comfortable clothing for this class.

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
10559	F	7/12-7/26	5:30-6:30 p.m.	\$45/3
10560	F	8/2-8/16	5:30-6:30 p.m.	\$45/3

Yoga/Chi

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 movements of Tai-Chi and you get the perfect mix of exercises to reduce the stress of today's busy lifestyles 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
10561	T/TH	6/18-7/9*	7:00-8:00 p.m.	\$48/3
10562	T/TH	7/16-8/1	7:00-8:00 p.m.	\$48/3
10563	T/TH	8/6-8/22	7:00-8:00 p.m.	\$48/3

*No Class on 7/4

Power Tae Aerobics

Age: 13+

Power Tae, created by Grand Master J.G. Park, is a great workout to lose weight fast and tone your muscles. This class combines Taekwondo, aerobics, boxing and cardio-weight movements done to high energy up beat music. Add this fun class to your weekly routine to see the results you've been looking for. If you like Tae Bo you'll love this class.

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

Instructor: Master Markopulos		Location: Tae Kwon Do Center		
Code	Days	Dates	Time	Fee/Weeks
10564	T/TH	7/2-7/30	7:00-8:00 p.m. (T) 8:00-9:00 p.m. (TH)	\$55/month
10565	T/TH	8/1-8/29	7:00-8:00 p.m. (T) 8:00-9:00 p.m. (TH)	\$55/month

Power Barre

Age: 13+

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

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

Instructor: Master Markopulos		Location: Tae Kwon Do Center		
Code	Days	Dates	Time	Fee/Weeks
10566	M/TH	7/1-7/29	7:00-7:45 p.m.	\$55/month
10567	M/TH	8/1-8/29	7:00-7:45 p.m.	\$55/month

Abs, Thighs and Buns

Age: 16+

Hit the hard to tone trouble zones 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. Please wear comfortable clothes and bring a water bottle. Also, bring a mat to class.

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

Instructor: High Fidelity Entertainment		Location: Ehlers CC		
Code	Days	Dates	Time	Fee/Weeks
10642	T	6/4-8/13*	6:00-7:00 p.m.	\$52/10

*No Class on 7/16



Adults

Solo Salsa Workout

Age: 16+

In this unique 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: High Fidelity Entertainment			Location: Ehlers CC	
Code	Days	Dates	Time	Fee/Weeks
10643	T	6/4-8/13*	7:00-8:00 p.m.	\$52/10
*No Class on 7/16				

Education

Dog Obedience

Age: 18+

This class is based on the American Kennel Club Basic Obedience Skills- sit, down, come, stay and walking on a loose leash. Your dog can become a well-behaved companion at home and in the community. Dogs must be 5 months or older, must have Distemper, Pravo vaccinations, and meet Rabies requirements. At the first day of class please bring proof of vaccinations and no dogs!

Instructor: M. Caballero			Location: Central Park	
Code	Days	Dates	Time	Fee/Weeks
10568	M	7/1-8/26	7:00-8:00 p.m.	\$75/9

Why You Need a Trust and Other Estate Needs

Age: All

This class you will learn the benefits of having a Trust when you have real property. How to save your heirs time and money and why you don't want to go through Probate. What is Probate? And other estate planning will be covered.

Instructor: K Nelson and M. Steggall			Location: Fan Palm Room	
Code	Day	Date	Time	Fee/Weeks
10596	TH	6/20	7:00 p.m.	\$5/1

Dance

Line Dance

Age: 18+

Grab your boots and friends for a fun time learning a variety of line dances! 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 class is co-sponsored with Cypress Recreation and will be held at the Cypress Senior Center, 9031 Grindlay Street.

Instructor: J. Karter			Location: Cypress SC	
Code	Days	Dates	Time	Fee/Weeks
10569	M	6/24-7/29	6:30-7:30 p.m.	\$32/6

Two Step & Swing

Age: 18+

Get your feet moving! Learn the latest two-step patterns and East Coast Swing. 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 SC	
Code	Days	Dates	Time	Fee/Weeks
10570	M	6/24-7/29	7:30-8:30 p.m.	\$32/6

Strictly Ballroom Dancing

Age: 18+

Dance the night away! Cha-Cha, swing, Foxtrot, Waltz or the Tango will be taught. 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 SC	
Code	Days	Dates	Time	Fee/Weeks
10571	M	6/24-7/29	8:30-9:30 p.m.	\$32/6

Fitness

La Palma/Cypress Softball League

Register between July 15-August 9 at Cypress Recreation (5700 Orange Avenue, Cypress)

Season Begins: Week of August 21, 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).



Activity Guide

Older Adults

Information and Referral

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

Senior Transportation Referral

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

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.

Dance

Country Line Dancing

Age: 55+

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

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

Instructor: TBA

Location: Cypress SC

Days	Dates	Time	Fee/Weeks
T	Weekly	12:00-2:00 p.m.	Free/Weekly

Marsha Roe's Line Dancing 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

Location: Cypress SC

Days	Dates	Time	Fee/Weeks
M	Weekly	1:00-3:00 p.m.	\$3/Weekly

Fitness

Water Fitness

Age: 55+

A shallow water workout that includes aerobic training to help strengthen your muscles; conditioning to strengthen your muscles; and a stretch and relax phase to promote flexibility and reduce stress and tension. Water Fitness is taught by the Anaheim Family YMCA and will be held in the indoor, heated therapeutic pool at the La Palma Intercommunity Hospital. Registration forms with days and times are available at the Recreation Office.

Scentsy
INDEPENDENT CONSULTANT

MICHELLE CLEASE
Independent Consultant

323.744.1615 cell

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

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All Ages

Educational

Practical Chess Instruction

Age: 8+

Energize your brain: play chess! Nothing gives your brain more exercise than a serious chess tournament. Every Friday night we hold an ongoing tournament officially rated by the US Chess Federation. Visitors, beginners, and casual players are welcome.

Instructor: LP Chess		Location: Sago Palm			
Code	Tournament	Days	Dates	Time	Fee/Weeks
10572	Chess-Full Session	F	6/21-8/30	6:00-11:00 p.m.	\$40/11
10573	Big Dog Chess Tourn.	F	6/21-7/19	6:00-11:00 p.m.	\$35/5
10574	Simultaneous Chess Exh.	F	7/26	6:00-11:00 p.m.	\$20/1
10575	Star Wars Chess Tourn.	F	8/2-8/30	6:00-11:00 p.m.	\$30/5

Fitness

Private Tennis Lessons

Age: 7+

Private and Semi Private Tennis Lessons are available through Coach Linda Paulding, please call (415) 676-9464. Once you have made arrangements with the Coach, please complete a Registration form with the Recreation office.

Traditional Martial Arts

Age: 5 to Adult

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

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

This is an option for the most dedicated students at a special price. Enrolling in this program allows the student to maximize his or her development in martial art training by receiving personalized, one-on-one instruction.

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 optional annual USAT/USJA memberships are available at the classes.

Instructor: L. Amsell		Location: Sago Palm		
Code	Days	Dates	Time	Fee/Weeks
BEGINNER				
10576	SAT	7/6-7/27	9:00-10:00 a.m.	\$45/4
10577	SAT	8/3-8/31	9:00-10:00 a.m.	\$45/5
10584	SAT	7/6-8/31	9:00-10:00 a.m.	\$75/9
INTERMEDIATE				
10578	SAT	7/6-7/27	10:00-11:30 a.m.	\$45/4
10579	SAT	8/3-8/31	10:00-11:30 a.m.	\$45/5
10585	SAT	7/6-8/31	10:00-11:30 a.m.	\$75/9
ADVANCED				
10580	SAT	7/6-7/27	11:30-1:00 p.m.	\$45/4
10581	SAT	8/3-8/31	11:30-1:00 p.m.	\$45/5
10586	SAT	7/6-8/31	11:30-1:00 p.m.	\$75/9

WEEKLY TRADITIONAL MARTIAL ARTS

10582	T/TH	7/2-8/3*	5:00-6:00 p.m.	\$60/5
	Sat		9:00-10:00 a.m.	
10583	T/TH	8/6-8/31	5:00-6:00 p.m.	\$60/4
	Sat		9:00-10:00 a.m.	
10587	T/TH	7/2-8/31	5:00-6:00 p.m.	\$100/9
	Sat		9:00-10:00 a.m.	

*No Class on 7/4.



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FOOD DRIVE JULY 17

FREE Admission with Donation of 5 Cans of Food

CHILDREN'S BOOK DRIVE JULY 24

FREE Admission with Donation of 1 New Children's Book or 3 Gently Used Children's Books

CLOTHING DRIVE JULY 31

FREE Admission with Donation of 5 Gently Used Clothing Items

SCHOOL SUPPLY DRIVE AUGUST 7

FREE Admission with Donation of 1 New School Supply Item Valued at \$5 or More



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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

You're invited to our Sunday Service at 10 am!

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calvarylapalma@yahoo.com

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www.CalvaryChapelLaPalma.org



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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

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

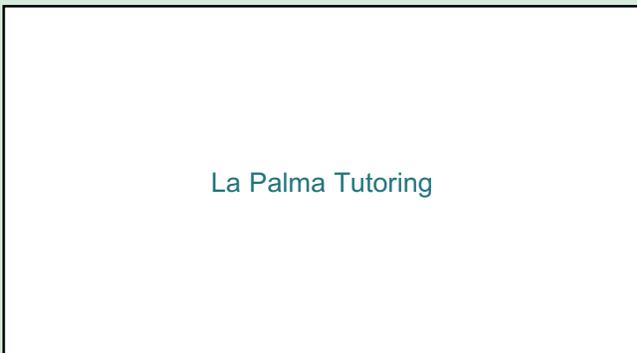
6688 Beach Blvd., Buena Park

13. Te Varua Ori Dance Studio

6396 Roland Street, Buena Park



Farr Insurance Agency

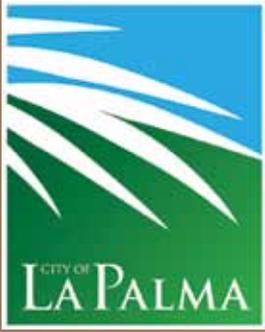


La Palma Tutoring





Postal Customer La Palma, CA 90623



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Aquatics

A fun and safe way to make a splash! In collaboration with the Anaheim Family YMCA, summer swimming lessons are returning to the Kennedy High School pool! For more information and how to register please see page 12!

CAMPS

Summer is a great chance for your child to go out and play! This summer La Palma Recreation is offering a wide variety of camps including Camp Tiny Tots, Club La Palma Day Camp, Sports, Music, Science and Engineering Camps! For more information please see pages 9 – 11.

Summer in the City Concerts in the Park Series

The City of La Palma and the Community Activities and Beautification Committee proudly present, Concerts in the Park "Summer in the City". Bring your family and friends and enjoy six nights of music! Concerts are held every Saturday evening at 6:30 until 8:00 p.m. at Central Park, located on Walker Street, north of La Palma Avenue. Admission is free. Concerts in the Park is adding a Beer & Wine Garden and Food Trucks for concert goers to enjoy while they relax and listen to the bands. The Beer & Wine Garden will be for adults 21 & older, with an ID check, and will open at 5:30 p.m. and close at 7:30 p.m. A dinner and dessert truck will be on site starting at 5:30 p.m. for your enjoyment.

The Community Activities and Beautification Committee is seeking business and personal donations to help support La Palma's Concerts. All donations are recognized in the weekly concert program. For further donation information and/or about the concerts, please call La Palma Recreation & Community Services at (714) 690-3350.

Summer in the City-Concert line up

July 13	The Neil Deal	Tribute to Neil Young
July 20	Gold Rush Country	Contemporary Country Band
July 27	Walking Phoenixes	Tribute to Johnny Cash
August 3	The Reflexx	80's New Wave Tribute
August 10	Stone Soul	Rock & Soul
August 17	Gregory Wolfe	Tribute to Rod Steward