

La Palma



# MOSAIC

Fall 2013



## What's Inside

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Water Conservation  
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Activity Guide

## 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](http://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



## September

- 2 Labor Day—City Offices Closed
- 3 City Council Meeting—7:00 p.m.
- 7 Tiny Tot's Registration
- 11 Patriots Day
- 17 City Council Meeting—7:00 p.m.
- 20 Older Adult Karaoke—6:00 p.m.  
The Hub
- 22 Autumn Begins
- 28 Teen Glow in the Dark Dance—7:00 p.m.
- 30 Fit N Fun Begins



## October

- 1 City Council Meeting—7:00 p.m.
- 14 Columbus Day—City Offices Open
- 15 City Council Meeting—7:00 p.m.
- 18 Older Adult Karaoke—6:00 p.m.  
The Hub
- 25 Teen Scary Movie Night—7:00 p.m.  
The Hub
- 31 Halloween Carnival—6:00-8:30 p.m.



## November

- 3 La Palma Pageant—5:00 p.m.  
Daylight Saving Time Ends
- 5 Election Day
- City Council Meeting—7:00 p.m.
- 9 La Palma Days—10:00 a.m. – 6:00 p.m.
- 11 Veterans Day—City Offices Closed
- 15 Older Adult Karaoke—6:00 p.m.  
The Hub
- Teen Dodge Ball Tournament—7:00 p.m.  
Cypress-Arnold Park
- 16 Teen Dance—Giving—7:00 p.m.
- 19 City Council Meeting
- 28-29 Thanksgiving—City Offices Closed



## December

- 3 City Council Meeting—7:00 p.m.
- 4 Tree Lighting Ceremony—4:30 p.m.  
Central Park
- 17 City Council Meeting—7:00 p.m.
- 20 Older Adult Karaoke—6:00 p.m.
- 21 Winter Begins
- 25-1/3 Winter Holiday Closure—City Offices Closed



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## A Message From The City

The Summer Mosaic article, “Tough Tax Talk” reviewed major issues relative to the City budget revenues. For Fall, the focus shifts to the expenditure side and what those revenues buy. That is, what are the City’s results and what do they mean for residents and businesses in La Palma?

While the adopted budget includes total expenditures over \$20 million, most of the focus is placed on services over which the City Council has the most control, those in the General fund. General fund expenditures in FY 2013-14 are approved at \$9 million. The other \$11 million are for things such as water and sewer which are paid for through utility bills and not through taxes. Water charges must be used for water expenses while taxes such as property tax can be used for any City Council approved purpose.

Of the \$9 million approved to spend from the General fund this year, 57% will go towards the cost of the Police Department. Even though total Police costs are about \$70,000 less than what the Department is projected to have spent last year, the percent of total costs is higher because other departments have cut back even more. Two of the seven full time positions cut between the 2012-13 and 2013-14 budgets are in Police, but neither represent a change to frontline services and neither resulted in an employee layoff. In fact, of the seven positions eliminated citywide, only one was occupied. In all, the substantial commitment for Police indicates the high priority placed on these services by the community.

The most dramatic change in the budget is the merger of two departments, Public Works and Recreation and Community Services, to create a new Community Services department. Four of the seven eliminated positions were in these two prior departments and the total cost reduction from projected 2012-13 costs is about \$254,000. All the functions including maintenance, engineering, utilities, recreation, and special events are retained.

Important service impacts from citywide reductions in services or revised operations include:

- Planning and Building counter hours are limited to morning hours. Afternoon services are available by appointment.
- One less hour of Central Park office hours each day due to cuts in part time Recreation staff.
- Revised City Council minutes format due to reduction in staff support.

In addition to on-going expenses, the budget includes one-time expenses such as capital projects for roads, sidewalks, City facilities, and parks. This year, these projects make up over \$2.8 million. This investment in the community is largely

## City Council Recap – May, June, and July 2

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](http://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](http://www.cityoflapalma.org/minutes).

### May 7, 2013

The City Council authorized the purchase of a Caterpillar Diesel Standby Generator for the City Yard Facility and Booster Pump Station for \$107,840 from Quinn Power Systems of Industry, California. Over the past two years the

paid for through Sewer and Water charges for service and the City’s Capital Outlay Reserve or COR fund. Large projects in the budget include an emergency generator for the City Yard, repair of sewer pipe cracks and sewer lining, reroofing City Hall and the Police building, and residential and arterial street repaving.

The City continues to review operations, services, and capital needs to improve the City’s fiscal health over the long term and match costs to the revenues that support them. In capital projects, focus is on projects where a one-time investment pays on-going dividends in terms of savings—such as energy conservation or technology. In operations, focus is on both better ways of doing things and on prioritizing which things the City should or must do vs. things which may best be done by others. An example is on-going research into contracting with another agency for Police Dispatch service vs. continuing to provide this service for ourselves. These efforts will influence actual costs under the approved budget plan. We know we cannot continue the same services, provided in the same way, with the same revenues. Quarterly operating reports will help track our progress.

What are you getting for the money invested in City programs and service? The budget for each department now includes a summary of the major functions it performs and what employees are funded to perform them. Performance measures have also been added to the department budgets to provide a more transparent way to evaluate whether the results the community is getting from the City match what the community expects. Some of these measures include:

- Police response to critical incidents average under 3 minutes
- The number of injury traffic accidents is reduced
- Graffiti complaints are eradicated within 72 hours of notice
- Utility rate increases average under 3% annually; and
- The number of liability claims associated with damaged infrastructure is reduced

For more information on the City’s budget, see the City Manager’s Budget Message or any portion of the adopted budget available on-line at [www.cityoflapalma.org/DocumentCenter/](http://www.cityoflapalma.org/DocumentCenter/) under Finance Department. You can also sign up to receive emails when new financial information is posted onto the City’s website by using the Notify Me option off of the home page at [www.cityoflapalma.org](http://www.cityoflapalma.org) and you can use the Contact Us feature on the home page to share your thoughts on costs, results, and priorities so that we can build a La Palma greater and more beautiful than the one given to us.

City Yard Facility has suffered three major power outages. The City Yard Facility and Booster Pump Station serve as the storage and staging area for Public Works and provide the City of La Palma with over 258 million gallons of water per year.

The City Council received and filed a report regarding a small rate increase for residential and commercial solid waste (trash) sanitation services effective July 1, 2013. Park Disposal requested increases in the contractor and billing components of the rate, commensurate with increases in CPI for the period ending January 31, 2013. These increases are partially offset by decreases in other components of the rate and with retroactive adjustments dating back to 2009 resulting in a 2.5% increase. This 2.5% increase translates to an additional \$0.42 per month cost for residents and a \$3.01 per month increase for commercial accounts. Local trash rates have not increased since 2008.

The City Council reviewed a draft FY2013-14 Budget. This represents the fourth 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.

#### **May 21, 2013**

The City Council appropriated funds from the Insurance Internal Service Reserve Fund and authorized a Liability Insurance Retrospective Deposit payment of \$225,570 to be made prior to June 30, 2013, with two subsequent payments of \$231,049 scheduled for July 1, 2014, and July 1, 2015, respectively. The City of La Palma is a member of the California Joint Powers Insurance Authority (CJPIA). The CJPIA is composed of 121 California public entities and is organized to arrange and administer programs for the pooling of self-insured losses, to purchase excess insurance or reinsurance, and to arrange for group purchased insurance for property and other lines of coverage. For the past three years the CJPIA has been transitioning from a retrospective funding model to a new prospective funding model.

The City Council approved proceeding with a Draft General Plan 2013-2023, incorporating the revised Land Use Elements that were previously discussed on October 16, 2012. The Draft General Plan will be prepared and presented to the community for review in approximately 90 days. A public scoping meeting will then be held to identify the environmental issues to be further analyzed.

The City Council conducted an open discussion on the general content of the Proposed Fiscal Year 2013-14 Budget. This represents the fifth public meeting at which the budget has been discussed.

#### **June 4, 2013**

The City Council approved the City's 2013 Sewer Master Plan. The purpose of the sewer master plan is to investigate and analyze the City's sanitary sewer system; identify system conditions and deficiencies; and recommend system improvements as part of a Sewer Capital Improvement Program (SCIP) that will help ensure the proper and safe conveyance of existing and future City wastewater flows in the community.

The City Council approved revisions to the City's salary schedules, consistent with salary and title changes that the City Council approved May 21, as part of its ongoing budget discussions for Fiscal Year 2013-14. The Public Works Department has been combined with the Recreation and Community Services Department under a new title of Community Services Department. The City Engineer services will now be provided through a contract with an outside company. The salary schedules for the Community Services Director and Maintenance Supervisor have been adjusted to reflect the realignment of duties to those positions.

The City Council approved Resolutions adopting the City's Budget for Fiscal Year 2013-14 and the City's Annual Appropriations Limit for Fiscal Year 2013-14. The City's Fiscal Year 2013-14 total budget is projected at \$20.5 million, which includes a General Fund operating budget of \$8.6 million. To balance the City's General Fund budget, a one-time use of \$265,000 of reserves was authorized by the City Council; which represents less than 2% of the City's available \$13.6 million General Fund reserves.

#### **June 18, 2013**

The City Council approved an amendment to the Agreement with All City Management Services, Inc., providing for School Crossing Guard Services through June 30, 2014 in an amount not to exceed \$47,434. The amended Agreement maintains the same hourly costs from the 2012-13 Fiscal Year; and includes a decrease from 3,780 to 3,240 hours of service. The decreased hours are a result of the elimination of one of two crossing guard positions at La Palma Avenue and Redford Lane. There will still be one crossing guard at this location.

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 2013-14 Fiscal Year in an amount not to exceed \$70,043. The City has contracted with SEAACA for animal care services since January 2010.

The City Council conducted a Public Hearing and introduced for first reading, an Ordinance adding and amending certain provisions within Chapter 26 of the La Palma City Code, to establish development/use and performance standards to allow "Emergency Shelters" as a permitted by-right use within the City's Public and Institutional Zone; and, allow "Transitional/Supportive Housing" as a permitted by-right use within the City's residential zoning districts.

The City Council received and filed the Third Quarter Financial Report for Fiscal Year 2012-13. Projections indicate that General Fund expenditures will be \$9.1 million, or approximately \$269,000 less than the amended budget which in turn is \$520,000 less than the original adopted budget. On the revenue side, General Fund revenues are estimated at \$10.7 million; largely because of one-time revenues associated with the dissolution of redevelopment.

#### **July 2, 2013**

The City Council awarded a Contract in the amount of \$37,931 to MJC Construction for the installation of median concrete on Valley View Street and Orangethorpe Avenue medians; and authorized a Cooperative Agreement with the City of Buena Park for 50% of the construction cost plus contingencies. Furthermore, the Fiscal Year 2013-14 Capital Outlay Reserve (COR) budget was amended by \$37,931 to fund the project.

The City Council conducted the second reading and adopted an Ordinance amending certain provisions within Chapter 26 of the La Palma City Code, establishing development/use and performance standards to allow "Emergency Shelters" as a permitted by-right use within the City's Public and Institutional Zone; and, allow "Transitional/Supportive Housing" as a permitted by-right use within the City's Residential Zoning Districts. This item was previously introduced at the June 18 meeting.

# Special Events



## HALLOWEEN CARNIVAL 2013

**Hollywood Terror**  
**Thursday, October, 31**  
**6:00 – 8:30 p.m., Central Park**  
**FREE**

Suit up in your favorite scary movie costume and join us for a night filled with Hollywood Terror at Central Park! La Palma's Community Services Department offers a safe, family-oriented alternative to traditional trick-or-treating! This year's Halloween Carnival will feature carnival games, a "Goblin Gulch" for children under the age of 5, and the frightening Hollywood Maze of Terror for those who dare to enter!

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 Community Services Department at (714)690-3350 or go to [www.cityoflapalma.org/halloween](http://www.cityoflapalma.org/halloween).

IN THE EVENT OF RAIN, THE CARNIVAL WILL BE CANCELLED



## La Palma Pageant

**Sunday, November 3**  
**5:00 p.m. – 8:00 p.m.**

The La Palma Pageant Committee is currently seeking individuals interested in entering the La Palma Pageant, scheduled for Sunday, November 3, 2013. To qualify, prospective contestants must either live, work, or attend school in the City of La Palma, and be between the ages of 17 and 23 by December 31, 2013. Scholarships will be awarded.

If you are interested in becoming a contestant, please complete and return an entry form to Center Park by September 8. An orientation for prospective contestants will also be held on Sunday, September 8. For more information please visit [www.cityoflapalma.org/pageant](http://www.cityoflapalma.org/pageant).

## 29th Annual La Palma Days

Saturday, November 9, 2013

10:00 a.m. – 6:00 p.m.

### Featuring:

- La Palma Pageant on November 3
- Parade & Band Review
- Activities
- Entertainment
- Cultural & Historical Activities
- International Food and Product Vendors
- Beer and Wine Garden



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 3, then gears up for the grand celebration on Saturday, November 9.

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](http://www.cityoflapalma.org/LaPalmaDays).

### Convertibles Needed

You have the opportunity to participate in La Palma's 29th Annual Community Parade and Band Review by driving your convertible in the La Palma Days Parade to be held Saturday, November 9, 2013. 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 Dickson Lew at (714) 523-4829 or by email at [dlewsix@gmail.com](mailto:dlewsix@gmail.com) or Wayne Zehner at (714) 222-5242 or by email at [waneswld@aol.com](mailto:waneswld@aol.com).



## 27th Annual Tree Lighting

Wednesday, December 4

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.

You can also join Santa and his elves in the activities area before the event. This area will feature crafts, an opportunity to write a letter to Santa, and of course, the young and young-at-heart won't want to miss an early visit from Santa Claus! For more information please visit [www.cityoflapalma.org/treelighting](http://www.cityoflapalma.org/treelighting).

# Community | Get Involved

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

### *Managing Stormwater During the Rainy Season*

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

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

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

During these upcoming wet-weather months, it is important to closely monitor your lawn watering habits and adjust your watering schedule to reflect the weather conditions. During the rainy season, landscaped areas need less water. A heavy rainfall can eliminate the need for watering for up to two weeks. Therefore, increase the number of days between watering and reduce the amount of time sprinklers are operating. Also, shut off your

sprinklers or use the rain-delay feature before and during rainy weather. When you avoid unnecessary watering, more rain can soak into your landscape and less runs off into the storm drain.

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

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

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

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

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



## Think Outside the Sink!

The City of La Palma wants our residents to know about the many easy ways they can save water. Inside the house, running your dishwasher and washing machine only when they are full are a few simple ways to save. Installing water efficient shower heads and faucets can also dramatically cut down your indoor water use. But outside is where real water savings are to be found, starting with your sprinkler system. Simple actions like fixing leaky sprinklers and not watering in the heat of the day can save many gallons of water every day.

### Smart Water Conservation Tips

- Watering your lawn early in the morning or in the evenings will maximize water absorption into the soil and minimize loss due to evaporation.
- Water your lawn only when needed. Most plants do not need to be watered every day and excess watering not only wastes water, but can harm plants.
- Make sure your sprinklers are leak-proof and not aimed on sidewalks, streets or driveways. For technical information on proper irrigation and landscaping, call toll free to (877) 728-2282.
- Landscape your yard and garden with Mediterranean-climate or California Friendly® plants from your local nursery as they do not require much water.
- Use a trigger or automatic shut-off nozzle on your garden hose.
- Use mulch and drip irrigation or soaker hoses to water trees, shrubs, and flower beds.
- Use a broom instead of water to clean your sidewalks and driveways.

For more information on ways to save, check these online resources: [saveourh2o.org](http://saveourh2o.org) • [bewaterwise.com](http://bewaterwise.com) • [wateruseitwisely.com](http://wateruseitwisely.com)

## Advanced Metering Infrastructure Project Completed



In June of 2012 the City of La Palma began exploring replacement of over 4,300 residential water meters as part of a city-wide Advanced Metering Infrastructure (AMI) project. The project included installation of three data collectors installed at strategic locations throughout the City, over 4,300 new meters and radios, and an AMI software system to handle the data collected. Installations were completed in March of 2013 and the system has been live since January. The City has seen immediate improvement in meter reading accuracy, ability to handle customer service inquiries, and enhanced water usage data and reporting. The AMI system will also allow for advanced leak detection, improved water conservation data, increased security against reverse flows and meter tampering, and enhanced operational efficiency. This project will also play a big part in fulfilling California Senate Bill X7-7 2009 which requires all water suppliers in the state to reduce usage by 20% by the year 2020. Accurate water usage data will help show that La Palma is doing its part to conserve a very precious California resource!

## Understanding the Basics of Local Economic Development

Local economies do not run on “automatic pilot.” Without conscious and continuous attention to La Palma’s economy, its competitive resources, advantages, and quality of life can quickly dissipate. While each community’s role in economic development may differ, the goals are essentially similar—increased employment, increased private capital investment, and increased revenue generation. The income, profits and tax revenues, secured for the community through its economic development initiatives is the only way to maintain a sustainable economic base. A sustainable economic base is measured by the ability of a community to attract private investment that brings a return on investment to the community on a reoccurring basis. Private investment, attracted by healthy returns, is the only way to increase tax revenues sufficient to address the City’s public service requirements without increasing its taxes.

The pressure to provide essential public services in the face of constraints on City finances has created aggressive competition between neighboring communities to attract new private investment. Therein lays the reason a community needs to constantly pay attention to supporting economic development opportunities and initiatives.

Local economies are in a constant state of change. All types of businesses are either growing or they are declining as a result of market trends, disruptions, under capitalization, poor management and/or over regulation. Some are

particularly susceptible to business cycles, while others are driven by regional or global demands. The important thing to remember is it is the competitive position of these businesses that will determine whether La Palma’s economic base is growing or declining. Understanding the structure of the local economy and its dynamics is essential for formulating public policies that maintain and improve economic vitality.

Outreach and data collection are necessary components to grasp an effective understanding of existing local economic conditions. To achieve this, the City of La Palma is teaming up with the West Orange County Regional Chamber of Commerce to hold a series of “Walk About” with the Mayor, City Manager, and Community Development Director. The Walk About will consist of actual field visitation and face-to-face meetings with La Palma businesses. Once a month a business district will be selected for a Walk About and the City and Chamber team will solicit input from businesses in the district. The feedback from the Walk About will be shared with other community leaders so that effective economic policy decisions can be made.

For more information about the Walk About or other business assistance you can reach the West Orange County Regional Chamber of Commerce at (714) 484-1420 or visit their web site at: [www.wocrcoc.org](http://www.wocrcoc.org).

# Community | Safety

## Things to Remember When Driving in School Zones

“Our children depend on your driving” is a message that has been presented countless times in various mediums to remind motorists of safe driving behaviors to prevent serious injuries and fatalities to children in motor vehicle crashes. But how many embed that message while speeding through a school zone to get to work on time? How many recall the message while sending a text message to a spouse, friend, or colleague as they drive through a school zone? Many child pedestrians are killed on streets or sidewalks of their school zones due to the reckless and irresponsible behaviors of motorists. “Slow Down, you are never far from a school.”

Around most schools the school zone speed limit is 25 mph. Special speed limit signs are posted around schools to alert one as they enter the zone. The reasons for lower speed limits when school children are present are obvious. Kids will be crossing the street on foot and on their bicycles. There will be extra heavy traffic when parents pick up their kids. Kids are also very unpredictable so one never knows when a child will hastily cross the street when they are not supposed to. In addition, there will be school buses entering or exiting the school. Therefore, the following are some school zone safety tips for motorists:



- Because of their size, it is difficult for children to see motorists or for motorists to see them. Because their peripheral vision is about one-third narrower than an adult's, children can't see a motorist approaching from the right or left as soon as an adult can.
- Drivers should observe speed limits at all times, but especially around children. When driving in school zones, near playgrounds, or in neighborhoods where children might be playing, motorists should always expect a child to dart out into the roadway.
- When turning left at a green light or making a right turn on red, drivers need to look for pedestrians as well as cars. Pedestrians always have the right of way in these situations.
- Please be kind to school crossing guards. These guards provide countless hours helping our children cross busy streets as they arrive and depart from school. Crossing guards often encounter hostile attitudes from individuals who are more concerned with their own personal agendas than the safety of school children.
- Avoid using a cell phone in and around school zones. If you are texting, talking or making a call, it can affect your ability to react quickly. Again, children's actions can be unpredictable. Also many drivers miss the school zone speed limit signs and signals due to the cell phone distraction. When a school bus stops with flashing red lights, or displays a “stop sign” you must stop.

## Walking and Biking Safety

Team California for Healthy Kids encourages you to promote healthy eating and physical activity throughout the day. One way to do that is by walking or biking to school at least part of the school week. The California Department of Education has a Walkability Check List that you can use to evaluate your route to school. Some questions to ask yourself: Do I have room to walk or are their sidewalk blockages or gaps I should report to the City? Is it easy to cross streets or is my view blocked by plants or cars? Do drivers behave well? Can I follow good safety rules on the route (cross where you can be seen etc.)? Is the walk pleasant? Am I and/or my child healthy enough to walk? Some resources for walking or biking to school include [www.caactivecommunities.org/w2s](http://www.caactivecommunities.org/w2s) and [www.cdc.gov/nccdphp/dnpa/kidswalk](http://www.cdc.gov/nccdphp/dnpa/kidswalk) as well as the City's Safe Routes to School program. You can also offer suggestions to improve walking conditions in La Palma through our on-line comment system accessible from our home page at [www.cityoflapalma.org](http://www.cityoflapalma.org). Give your child a head start in learning through improved health and have a safe and healthy school year!

## Keep an Eye on What You Fry

These photos are a sight no one wants to witness. How does something like this happen? It happens because people don't "keep an eye on what they Fry," or fail to "stand by their pan." While you chuckle at the references, it is simply the reality. If people would stay in the kitchen while cooking or have someone watching the cooking surfaces when they leave the room—it would reduce fires significantly.



As with anything, there are other ways to make certain a kitchen is safe for cooking and entertaining events.

- Always keeps items that can catch fire away from cooking surfaces. These items could include pot holders, paper towels, loose clothing, cutting boards, plastic utensils and accessories.
- "Keep it Clean" is a motto we teach about preventing kitchen fires. Wiping off splattered grease or spilled food on the stovetop burners and the oven decreases any potential fire hazards.
- Always open the oven door to make sure it's empty before you turn it on. It is important to use your oven just for cooking. Using the oven as a storage facility is a recipe for a fire.

For more of the OCFA's Safety Resources, visit [www.ocfa.org](http://www.ocfa.org).

Written by Angela Garbiso, Education Specialist, Orange County Fire Authority

## Home Spotlight

### *Fall 2013 Home Spotlight Award Winner*

The City of La Palma would like to congratulate residents Gerald and Jean Takaki of 4842 Elben Drive for winning the 2013 Fall Home Spotlight Award!



Gerald and Jean Takaki have lived in the City of La Palma for over 34 years. They raised their son and daughter in La Palma and truly enjoy their neighborhood and community. The Takaki family has improved their home by upgrading the roof, windows, and sidings of the house. In addition, they consistently keep their lawn and flower beds in pristine condition.

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 La Palma is being named one of the best places to live in the United States! We thank Gerald and Jean 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](http://CityofLaPalma.org/HomeSpotlight).



# Activity Guide

## Preschool / Toddlers

### Educational

#### Tiny Tots

Age: 3 – 5

Our preschool teachers, Ms. Andi and Mrs. Andrea, will team up to teach our enrichment program for POTTY-TRAINED (No diapers or pull-ups), 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 and developmental skills. These skills are taught through games, stories, crafts, physical fitness activities and playtime. Each 7-week session will also include a parent-participation excursion to a local place of interest. EACH CHILD MUST BE ABLE TO COMPREHEND AND SPEAK ENGLISH IN ORDER TO BE ADMITTED INTO CLASS.

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

**SESSION ONE TINY TOT REGISTRATION IS ON SATURDAY, SEPTEMBER 7, (RESIDENTS 9:00-9:30 AM AND NON-RESIDENTS AT 10:00 AM).** Resident priority registration is for those La Palma residents (resident verification required) in line by 9:30 a.m., residents that arrive after 9:30 a.m. will not be given priority registration. La Palma residents must bring proof of residency and the child's birth certificate to register. Parents may register for ONE CLASS ONLY, and may request to be placed on the waiting list for the other class. One adult per family must remain in line until registration is complete. Registrations are first come, first served. SPACE IS VERY LIMITED; BE AWARE THAT PARENTS OFTEN LINE UP EARLY FOR THIS CLASS. There is a MANDATORY parents meeting for ALL NEW STUDENTS on Saturday, September 7 at 10:30 a.m. to discuss the philosophy and what parents can expect from the Tiny Tot's Class.

Priority Registration will be given to first session participants enrolling in our second session. Priority registration runs from October 21 – 25. Open registration for the second session begins Saturday, October 26.

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

Fees: Residents \$140 for 7 weeks M/W/F \$ 99 for 7 weeks T/Th

Non-Residents \$155 for 7 weeks M/W/F \$114 for 7 weeks T/Th

Class space is limited. 24 students per class

Instructors: A. Terry & A. Turner

Location: Pygmy Room

Code	Days	Dates	Time	Fee/Weeks
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#### Session 1

10831	M/W/F	9/16-11/1	9:00 a.m.-12:00 p.m.	\$140/7
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10832	T/Th	9/17-10/31	9:30 a.m.-11:30 a.m.	\$ 99/7
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#### Session 2

10833	M/W/F	11/4-12/20*	9:00 a.m.-12:00 p.m.	\$140/7
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10834	T/Th	11/5-12/19*	9:30 a.m.-11:30 a.m.	\$ 99/7
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\* No Class on 11/11, 11/28 and 11/29

### 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
10835	T	9/24-11/12	4:30-5:15 p.m.	\$52/8

### 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
10836	TH	10/17-11/21*	3:30-4:00 p.m.	\$59/5

\* No Class on 10/31

#### 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
10837	TH	10/17-11/21*	4:15-4:45 p.m.	\$59/5

\* No Class on 10/31

### New Tiny Tot Registration Process



## 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 material 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	
10838	TH	10/17-11/21*	3:30-4:00 p.m.	\$59/5	
* No Class on 10/31					

## 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.

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	
10843	T	9/24-10/22	2:50-3:30 p.m.	\$55/5	
10844	T	10/29-11/26	2:50-3:30 p.m.	\$55/5	

## 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	
10839	F	9/13-10/18	5:15-5:45 p.m.	\$66/6	

### Kidz Love Soccer-Tot/Pre Soccer

Age: 3.5 – 5

This class 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	
10855	F	9/13-10/18	4:30-5:05 p.m.	\$66/6	

## TriFyft Multi Sport

Age 2 – 6

There is a great change 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. The 2-3 years old class is designed as a Parent and Me class.

Instructor: TriFyft Sports Staff				Location: Central Park	
Code	Age	Days	Dates	Time	Fee/Weeks
10840	2-3	TH	10/10-11/14*	5:00-5:30 p.m.	\$49/5
10841	3-4	TH	10/10-11/14*	5:30-6:15 p.m.	\$49/5
10842	4-6	TH	10/10-11/14*	6:30-7:15 p.m.	\$49/5
* No Class on 10/31					

## 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	
10847	T	9/24-10/15	12:30-1:00 p.m.	\$39/4	
10848	SAT	9/28-10/26*	11:45-12:15 p.m.	\$39/4	
10849	T	10/29-11/19	12:30-1:00 p.m.	\$39/4	
10850	SAT	11/2-11/23	11:45-12:15 p.m.	\$39/4	
* No Class on 10/19					

## 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	
10851	W	9/25-10/23*	4:30-5:00 p.m.	\$39/4	
10852	SAT	9/28-10/26*	11:45-12:15 p.m.	\$39/4	
10853	W	10/30-11/20	4:30-5:00 p.m.	\$39/4	
10854	SAT	11/2-11/23	11:45-12:15 p.m.	\$39/4	
* No Class on 10/16 and 10/19					



# Activity Guide

## Youth / Teens

### Beginning Swim Lessons for the Non-swimmer

**Ages:** 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 Community Services Office.

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 8, Intro to basic skills—no experience

### Educational

### Math Competition Prep Class



**Age:** 9 – 14

AMC Class prepares students for better results in various competitions such as Math Kangaroo, Math Counts and AMC 8. Students will solve released questions from different mathematics competitions. Students will receive help with solving skills and strengthening their general knowledge foundation.

Instructor: Young Leaders of Orange County

Location: Fan Palm Room

Code	Days	Dates	Time	Fee/Weeks
10910	SAT	9/7-9/28	2:30-4:00 p.m.	\$49/4
10911	SAT	10/5-10/26	2:30-4:00 p.m.	\$49/4
10912	SAT	11/2-11/30*	2:30-4:00 p.m.	\$49/4
10913	SAT	12/7-12/28	2:30-4:00 p.m.	\$49/4

\* No Class on 11/9

### 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
10914	Home Study	9/1-12/30	\$90
10915	Internet	9/1-12/30	\$75

### 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
10869	T	9/3-9/24	4:30-5:30 p.m.	\$35/4
10870	T	10/1-10/22	4:30-5:30 p.m.	\$35/4
10871	T	11/5-11/26	4:30-5:30 p.m.	\$35/4

### Jr. Jazz and Ballet

**Age:** 7 – 12

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

Instructor: A. Valley

Location: Sago Palm

Code	Days	Dates	Time	Fee/Weeks
10873	T	9/3-9/24	5:30-6:30 p.m.	\$35/4
10874	T	10/1-10/22	5:30-6:30 p.m.	\$35/4
10875	T	11/5-11/26	5:30-6:30 p.m.	\$35/4

### 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
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#### Beginner

10881	5-13	TH	9/5-10/10	5:30-6:15 p.m.	\$60/6
10882	5-13	TH	10/17-12/12*	5:30-6:15 p.m.	\$60/6

#### Intermediate

10883	5-13	TH	9/5-10/10	6:15-7:00 p.m.	\$60/6
10884	5-13	TH	10/17-12/12*	6:15-7:00 p.m.	\$60/6

#### Teens

10885	13-19	TH	9/5-10/10	7:00-7:45 p.m.	\$60/6
10886	13-19	TH	10/17-12/12*	7:00-7:45 p.m.	\$60/6

\* No Class on 10/31, 11/21 and 11/28



**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
10845	T	9/24-10/22	3:45-4:45 p.m.	\$61/5
10846	T	10/29-11/26	3:45-4:45 p.m.	\$61/5

**Fitness**

**Pee Wee Kicks**

Age: 4 – 7

Our Pee Wee clinics strongly encourage health and wellness through teaching the fundamental skills of soccer, emphasizing teamwork, and creating positive memories in a safe and caring environment. Participants will learn the basic skills of soccer—passing, shooting and dribbling.

A \$15 material fee is due to the instructor on the first day of class.

Instructor: J. Crosby				Location: Central Park
Code	Days	Dates	Time	Fee/Weeks
10856	M/W	9/9-10/30	4:45-6:00 p.m.	\$84/8

**Lil' Tigers Karate**

Age: 4 – 7

Do you want your child to develop better social skills and understand the concept of "teamwork?"

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. 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
10857	W/F	9/4-9/20	3:30-4:30 p.m.	\$40/3
10858	W/F	10/2-10/18	3:30-4:30 p.m.	\$40/3
10859	W/F	11/6-11/22	3:30-4:30 p.m.	\$40/3

**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
10860	T/TH	9/3-9/26	6:30-7:15 p.m.	\$40/4
10861	T/TH	10/1-10/24	6:30-7:15 p.m.	\$40/4
10862	T/TH	10/29-11/21*	6:30-7:15 p.m.	\$35/4
10863	T/TH	11/26-12/19*	6:30-7:15 p.m.	\$35/4
10864	T	9/3-10/22	6:30-7:15 p.m.	\$40/8
10865	T	10/29-12/17	6:30-7:15 p.m.	\$40/8
10866	TH	9/5-10/24	6:30-7:15 p.m.	\$40/8
10867	TH	11/7-12/19*	6:30-7:15 p.m.	\$30/6

\* No Class on 10/31 and 11/28

**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
10868	F	9/13-10/18	3:45-4:30 p.m.	\$66/6





# Activity Guide

## Youth / Teens

### 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
10901	W	9/25-10/23*	5:00-5:30 p.m.	\$39/4
10902	SAT	9/28-10/26*	10:45-11:15 a.m.	\$39/4
10903	W	10/30-11/23	5:00-5:30 p.m.	\$39/4
10904	SAT	11/2-11/23	10:45-11:15 a.m.	\$39/4

\* No Class on 10/16 and 10/19

### Kidz Love Soccer Skills and Scrimmages

Age: 7 – 10

Kidz 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 Kids Love Soccer jersey! Shin guards are required.

Instructor: Kidz Love Soccer			Location: Central Park	
Code	Days	Dates	Time	Fee/Weeks
10880	F	9/13-10/18	3:00-3:45 p.m.	\$77/6

### Freestyle Jump Rope

Ages: 7 – 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
10905	W	9/18-10/9	6:30-7:30 p.m.	\$35/4
10906	W	11/6-11/27	6:30-7:30 p.m.	\$35/4

### Jump Start Co-Ed Youth Sports Camps



Age: 8 – 12

During the Thanksgiving holiday break, 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.

Instructor: CYAA Staff			Location: Central Park		
Code	Sport	Days	Dates	Time	Fee/Weeks
10877	Basketball	M-W	11/25-11/27	9:00 a.m.-12:00 p.m.	\$60/1
10878	Soccer	M-W	11/25-11/27	9:00 a.m.-12:00 p.m.	\$60/1
10879	Volleyball	M-W	11/25-11/27	9:00 a.m.-12:00 p.m.	\$60/1

### Fit N Fun Free After School Drop-in Program

La Palma 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 visit 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! Don't miss out on the fun and excitement, Fit N Fun begins September 30! 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 begins Monday, September 30; Registration forms are available at Central Park, school sites, or at the Fit N Fun table at back to school nights beginning August 26.





## 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. Emphasis will be on developing children's self-esteem, self-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
10887	T/TH	9/3-9/19	4:30-5:30 p.m.	\$40/3
10888	T/TH	10/1-10/17	4:30-5:30 p.m.	\$40/3
10889	T/TH	11/5-11/21	4:30-5:30 p.m.	\$40/3

## 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
10890	M/W	9/4-9/20	4:30-5:30 p.m.	\$40/3
10891	M/W	10/2-10/18	4:30-5:30 p.m.	\$40/3
10892	M/W	11/6-11/22	4:30-5:30 p.m.	\$40/3

## Youth Basketball League

Age: 8 – 15

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 t-shirt 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. Parent Meeting will be held September 4. Championships are November 16. A \$15 supply fee is payable to instructor on first meeting. All games will be on Saturdays.

Instructor: CYAA Staff				Location: Central Park
Code	Days	Dates	Time	Fee/Weeks
10876	TBD	9/4 -11/16	TBD	\$75/9

## 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 Community Services office.

Instructor: McConnell					Location: Tennis Courts	
Code	Level	Age	Days	Dates	Time	Fee/Weeks
10896	1	7-14	W	9/4-10/30	5:00-6:00 p.m.	\$90/9
10893	1	7-14	SUN	9/8-10/27	5:00-6:00 p.m.	\$80/8
10894	1	7-14	W	11/6-12/18*	4:00-5:00 p.m.	\$60/6
10895	1	7-14	SUN	11/3-12/22	4:00-5:00 p.m.	\$80/8
10897	2/3	7-14	W	9/4-10/30	5:00-6:30 p.m.	\$125/9
10898	2/3	7-14	SUN	9/8-10/27	5:00-6:30 p.m.	\$110/8
10899	2/3	7-14	W	11/6-12/18*	5:00-6:30 p.m.	\$85/6
10900	2/3	7-14	SUN	11/3-12/22	5:00-6:30 p.m.	\$110/8

\* No Class on 12/4





# Activity Guide

## Teen Events

### Dances: For 7th and 8th graders!

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

Time: 7:00 p.m. – 10:00 p.m.

\$10 pre-sale, \$ 15 at the door

Buy a Fast Pass for the entire school year only \$50 for 6 dances!

If you purchase the 2013-2014 "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 \$50. Just bring your ID to each dance and jump to the front of the line. Stop by the Community Services Department to purchase your Fast Pass Today!!

### Glow in the Dark Dance

Saturday, September 28

Pre-sale by September 27

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

### Dance-Giving

Saturday, November 16

Pre-sale by November 15

Come dance the night away with your friends at our first annual thanksgiving dance.



### Fall Dodgeball Night

Friday, November 15

Ages 13 – 18

Location: Lexington Junior High

Time: 7:00 – 9:00 p.m.

FREE

Single players or teams (up to 10) are welcome! Pick up a registration form at La Palma Community Services Department. There will be prizes for first place, most creative team name and most creative uniform. Register now, space is limited!

### Scary Movie Night

Friday, October 25

Time: 7:00 p.m.

FREE

Come watch a spooky movie with friends. Popcorn included



### Battle of the Bands

Does your band have what it takes to win the 2014 Battle of the Bands? Applications will be available January 7 to participate in the 2014 Battle of the Bands on May 3, 2014.

### Upcoming 2013-14 Teen Special Events

Be my Valentine Dance	February 15
Teen Fashion Show	March 15
Spring Dodgeball Night	March 21
Mardi Gras Dance	April 19
Battle of the Bands	May 3
Aloha Dance	June 7
Skate Night	June 13



## Teens / Adults

### 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 a 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
10916	W	9/4-9/25	7:30-9:00 p.m.	\$32/4
10917	W	10/2-10/30	7:30-9:00 p.m.	\$39/5
10918	W	11/6-11/27	7:30-9:00 p.m.	\$32/4
10919	W	12/11-12/18	7:30-9:00 p.m.	\$16/2

\* No Class on 12/4

### Fitness

#### 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
10974	T/TH	9/3-9/26	7:00-8:00 p.m. (T) 8:00-9:00 p.m. (TH)	\$55/month
10975	T/TH	10/1-10/29	7:00-8:00 p.m. (T) 8:00-9:00 p.m. (TH)	\$55/month
10976	T/TH	11/5-11/26	7:00-8:00 p.m. (T) 8:00-9:00 p.m. (TH)	\$55/month
10977	T/TH	12/3-12/26	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: US Tae Kwon Do

Code	Days	Dates	Time	Fee/Weeks
10978	M/TH	9/5-9/30	7:00-7:45 p.m.	\$55/month
10979	M/TH	10/3-10/28	7:00-7:45 p.m.	\$55/month
10980	M/TH	11/4-11/25	7:00-7:45 p.m.	\$55/month
10981	M/TH	12/2-12/30	7:00-7:45 p.m.	\$55/month

#### Women's Self Defense

Age: 14+

This class will be tailored towards an average woman, and how she 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
10968	F	9/6-9/20	5:30-6:30 p.m.	\$45/3
10969	F	10/4-10/18	5:30-6:30 p.m.	\$45/3
10970	F	11/1-11/15	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 these 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
10971	T/TH	9/3-9/18	7:00-8:00 p.m.	\$45/3
10972	T/TH	10/1-10/17	7:00-8:00 p.m.	\$45/3
10973	T/TH	11/5-11/21	7:00-8:00 p.m.	\$45/3



# Activity Guide

## Teens / Adults

### Zumba/Sentao Dance

Age: 15+

Let's have Fun! Working out can be an exhilarating experience with Zumba and Sentao Dance. We use 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
10958	M/W	9/2-9/25	7:45-8:45 p.m.	\$35/4
10959	M/W	9/30-10/30	7:45-8:45 p.m.	\$40/5
10960	M/W	11/4-11/27	7:45-8:45 p.m.	\$35/4
10961	M/W	12/2-12/30*	7:45-8:45 p.m.	\$35/4

\* No Class on 12/4 and 12/25

### 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
10962	M/F	9/4-9/20	6:30-7:30 p.m.	\$40/3
10963	M/F	10/2-10/18	6:30-7:30 p.m.	\$40/3
10964	M/F	11/6-11/22	6:30-7:30 p.m.	\$40/3

### 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
10965	T/TH	9/3-9/19	5:30-6:30 p.m.	\$40/3
10966	T/TH	10/1-10/17	5:30-6:30 p.m.	\$40/3
10967	T/TH	11/5-11/21	5:30-6:30 p.m.	\$40/3

### 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
10982	T	9/24-11/12	6:00-7:00 p.m.	\$42/8
10983	TH	9/26-11/21*	6:00-7:00 p.m.	\$42/8
10984	T/TH	9/24-11/21*	6:00-7:00 p.m.	\$62/8

\* No Class on 10/31

### Aerobic Dancing

Age: 16+

Jacki Sorensen's Aerobic Dancing is in its 34th year in La Palma! The first 25 minutes is an

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

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
10920	M/W	9/16-12/11*	5:45-6:45 p.m.	\$115/13
Pay as you go SAT		9/21-12/14*	8:30-9:45 a.m.	\$6/1 day
Pay as you go M/W		9/16-12/11*	5:45-6:45 p.m.	\$6/1 day

\* No Class on 10/30, 11/9, 11/27, 11/30 and 12/4

### 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
10985	T	9/24-11/12	7:00-8:00 p.m.	\$42/8



## Adults

### 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
10988	M	9/9-11/4	7:00-8:00 p.m.	\$75/9

### Dance



#### Ethnocise

Age 18+

This fun, unique, gentle and healing exercise class incorporates dance movements from around the world. Learn five dances from different world cultures. Instructor breaks down all movements so anyone can do it. Dress in comfortable clothes.

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

Instructor: K. Spruill, PT				Location: Ehlers CC
Code	Days	Dates	Time	Fee/Weeks
10908	TH	9/26-10/31	6-7 p.m.	\$40/6
10909	TH	11/7-12/19*	6-7 p.m.	\$40/6
* No Class on 11/28				

#### 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
10989	M	9/23-10/28	6:30-7:30 p.m.	\$32/6
10990	M	11/4-12/9*	6:30-7:30 p.m.	\$28/5
* No Class on 11/11				

#### 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
10991	M	9/23-10/28	7:30-8:30 p.m.	\$32/6
10992	M	11/4-12/9*	7:30-8:30 p.m.	\$28/5
* No Class on 11/11				

#### 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
10993	M	9/23-10/28	8:30-9:30 p.m.	\$32/6
10994	M	11/4-12/9*	8:30-9:30 p.m.	\$28/5
* No Class on 11/11				

#### Zumba Gold Fitness Dance Class

Age: 45+

Zumba Gold is effective for active adults. It's a fitness exercise that includes a cardio based work out with slower easy to follow patterned steps. Zumba is great for mind, body and soul. Let's dance together. Please wear comfortable clothes and bring a water bottle.

Instructor: L. Li				Location: Royal Palm
Code	Days	Dates	Time	Fee/Weeks
10986	F	9/6-10/25	8:00-9:00 a.m.	\$40/8
10987	F	11/1-12/20*	8:00-9:00 a.m.	\$35/7
* No Class on 11/8				



# 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 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

Ages: 55+

Join a shallow water workout that includes aerobic training to help strengthen your muscles; muscle 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 Community Services Office.

Class size is limited.



## All Ages

### Educational

#### Practical Chess Instruction

Age: 8+

Develop your brain: play chess! Every Friday night we hold tournament games, officially rated by the US Chess Federation. For more information about us and these tournaments, see our website at [www.lapalmachess.com](http://www.lapalmachess.com). Visitors, beginners, and casual players are welcome.

Instructor: LP Chess		Location: Sago Palm			
Code	Tournament	Days	Dates	Time	Fee/Weeks
10995	Chess-Full Session	F	9/6-12/27*	6:00-11:00 p.m.	\$40/15
10996	Indian Summer Classic	F	9/6-10/18	6:00-11:00 p.m.	\$35/7
10997	Marcel DuChamp Memorial	F	10/25-12/6*	6:00-11:00 p.m.	\$30/5
10998	Holiday Ladder Matches	F	12/13-12/27	6:00-11:00 p.m.	\$25/3

\* No Class on 11/8 and 11/29

### Fitness

#### Traditional Martial Arts

Age: 5 to Adult

This program features a variety of traditional oriental martial arts emphasizing 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 advanced students may 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.

There are three course levels: Beginning, Intermediate and Advanced. You can discuss proper placement with the Chief or Senior Instructor before enrolling. This is a continuing

Code	Days	Dates	Time	Fee/Weeks
<b>BEGINNER</b>				
11004	SAT	9/7-9/28	9:00-10:00 a.m.	\$45/4
11002	SAT	10/5-10/26	9:00-10:00 a.m.	\$45/4
11001	SAT	11/2-11/30*	9:00-10:00 a.m.	\$45/4
10999	SAT	12/7-12/21	9:00-10:00 a.m.	\$34/3
11000	SAT	9/7-12/21*	9:00-10:00 a.m.	\$150/15
<b>INTERMEDIATE</b>				
11009	SAT	9/7-9/28	10:00-11:30 a.m.	\$45/4
11005	SAT	10/5-10/26	10:00-11:30 a.m.	\$45/4
11006	SAT	11/2-11/30*	10:00-11:30 a.m.	\$45/4
11007	SAT	12/7-12/21	10:00-11:30 a.m.	\$34/3
11008	SAT	9/7-12/21*	10:00-11:30 a.m.	\$150/15

\* No Class on 11/9 and 11/28

#### 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 Community Services office.



program, and students may continue enrolling in as many sessions as desired. Our Weekly session 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
<b>ADVANCED</b>				
11010	SAT	9/7-9/28	11:30 a.m.-1:00 p.m.	\$45/4
11003	SAT	10/5-10/26	11:30 a.m.-1:00 p.m.	\$45/4
11011	SAT	11/2-11/30*	11:30 a.m.-1:00 p.m.	\$45/4
11012	SAT	12/7-12/21	11:30 a.m.-1:00 p.m.	\$34/3
11013	SAT	9/7-12/21*	11:30 a.m.-1:00 p.m.	\$150/15
<b>WEEKLY TRADITIONAL MARTIAL ARTS</b>				
11014	T/TH Sat	9/3-9/28	5:00-6:00 p.m. 9:00-10:00 a.m.	\$60/4
11015	T/TH Sat	10/1-11/2*	5:00-6:00 p.m. 9:00-10:00 a.m.	\$60/4
11016	T/TH Sat	11/5-11/30*	5:00-6:00 p.m. 9:00-10:00 a.m.	\$60/4
11017	T/TH Sat	12/3-12/21	5:00-6:00 p.m. 9:00-10:00 a.m.	\$60/4
11018	T/TH Sat	9/3-12/21	5:00-6:00 p.m. 9:00-10:00 a.m.	\$220/15

\* No Class on 10/31, 11/9 and 11/28

# Corporate Connection

The City of La Palma provides the opportunity to showcase your business at community events the City hosts throughout the year and in various publications that the City produces.

To learn more about becoming a Corporate Connection Sponsor please contact the Community Services Department 714-690-3359 or visit [www.cityoflapalma.org](http://www.cityoflapalma.org)



# FREE MATH Tutoring FOR GRADES 3 – 8

+ **BY:** Young Leaders of Orange County  
(High School Volunteers)

— **WHERE:** Buena Park Senior Center  
(8150 Knott Ave., Buena Park CA)

\* **WHEN:** Every Saturday (2:30pm – 4:00pm)  
Starting Saturday, 8/17/13

÷ **FOR INQUIRES:** Email us at [yloc11@gmail.com](mailto:yloc11@gmail.com)

La Palma Tutoring

Coldwell Banker Realty



Care Ambulance

## La Palma Intercommunity Hospital

7901 WALKER STREET  
LA PALMA, CA 90623  
(714) 670-7400

We are a full service,  
general acute care hospital  
and have been a part  
of the community since 1972.

- 24-Hour Emergency Services
  - Behavioral Medicine
  - Maternity Services
- Comprehensive Wound Care
- Cardiac Catheterization Laboratory



### Instructors wanted

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



WWW.LAPALMAINTERCOMMUNITYHOSPITAL.COM

# City & Class Activity Locations

## 1. The Palms at Central Park Community Center

King Palm    Queen Palm    Sago Palm    Pygmy Date Palm

**Meals On Wheels** (714) 690-3350

7821 Walker Street, La Palma  
(714) 690-3350

## 2. City Hall

**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 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  
Coordinator    jaNell Adams  
Specialists    D.J. Albarian, Andi Terry,  
Andrea Turner, Tamara York  
Senior Office Staff    Jill Olivier & Lori Whalen

## Recreation Leaders

Brandon Alfajora	Bryan Amezquita	Lizette Dolmos
Tim Dood	Elise Frontino	Lindsey Gutierrez
Megan Hana	Christine Juarez	Emily Kulassia
Chris McCombs	Louis Negrete	Ryan Plunkett
Min Rattanchandani	Nick Rotherham	Denisse Rudolph
Mary Sargious	Michael Vela	Daniel Zagal

# Register Now!

**METHOD OF PAYMENT:** We accept cash, checks (made payable to the City of La Palma), money orders, and Visa or Mastercard. If cash is your preferred payment choice, you may pay for your registration when the La Palma Community Services Administrative office is open Monday through Thursday, 7:30 a.m.–5:30 p.m. and on Fridays, 7:30 a.m.–4:30 p.m. All other payment options may be used during our Central Park extended hours Monday–Friday until 10 p.m. and on Weekends from 8:00 a.m.–8:00 p.m. Non-Residents will pay an additional \$5 fee per class for classes \$49 and under and \$10 for classes \$50 and over.

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

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

Adult/Guardian LAST Name			Adult/Guardian FIRST Name			
Address		Apt	City	Zip Code		
Day Phone	Cell Phone		E-Mail (for Online Class Registration)			
Emergency Contact Name		Emergency Contact Number		Relationship to Participant		
Class Code #	Class Name	Participant Name	Birth Date	Age	Sex	Fee
<b>Non-residents add an additional fee per class:</b>			Class fee up to \$50 = \$5 Non-Res Fee			
			Class fee \$51 and over = \$10 Non-Res Fee			
<b>TOTAL PAID</b>						

<b>PAYMENT METHOD</b> (Checks payable to: <b>City of La Palma</b> )				Staff Initial	Receipt #
<b>Circle One:</b> Cash            Check # _____    Credit Card            Money Order				_____	_____

**WAIVER, RELEASE, HOLD HARMLESS AND AGREEMENT NOT TO SUE**

I fully understand that participation by the person(s) registered in any City Community Services Program exposes him/her to the risk of personal Injury, death, or property damage. I hereby acknowledge that I am voluntarily having the person(s) registered, participate in the above program and agree to assume any such risks.

I hereby release, discharge and agree not to sue the City of La Palma for any injury, death or damage to or loss of personal property arising out of, or in connection with the participation in any City Community Services Program, by the person(s) registered, from whatever cause, including the active or passive negligence of the City of Palma or any other participants in any City Community Services Program.

The parties to this agreement understand that this document is not intended to release any party from any act or omission of "gross negligence," as that term is used in applicable case law and/or statutory provision.

In consideration for the City of La Palma's acceptance of this registration, I hereby agree to indemnify and hold harmless the City of La Palma, its officers, agents, or employees from any liability or claim or action for damages resulting from or in any way arising out of the participation in any City Community Services Program by the person(s) registered.

Furthermore, I give the City of La Palma, its officers, agents or employees permission to use any related picture, video or electronic images, sounds etc., in the City's promotional materials.

**I HAVE CAREFULLY READ THIS RELEASE, HOLD HARMLESS AND AGREEMENT NOT TO SUE AS IT APPLIES TO MYSELF AND TO ANY MINORS FOR WHOM I AM SIGNING, AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT IT IS A FULL RELEASE OF ALL LIABILITY AND SIGN IT ON MY OWN FREE WILL.**

**X**

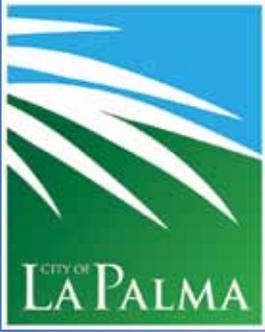
\_\_\_\_\_  
(Parent or guardian must sign for participants under 18 years of age.)

\_\_\_\_\_  
Print name

\_\_\_\_\_  
Date



## Postal Customer La Palma, CA 90623



For up-to-date news . . .

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Find us on Facebook, [www.facebook.com/CityofLaPalma](http://www.facebook.com/CityofLaPalma)



## HALLOWEEN CARNIVAL 2013

**Hollywood Terror**  
**Thursday, October 31, 2013**  
**6:00 – 8:30 p.m., Central Park**  
**FREE**

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

IN THE EVENT OF RAIN, THE CARNIVAL WILL BE CANCELLED



## 29th Annual La Palma Days

**Saturday, November 9, 2013**  
**10:00 a.m. – 6:00 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 3 then gears up for the grand celebration of Saturday, November 9.

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

