

La Palma



MOSAIC

Winter 2014



What's Inside

How to be Safe with Your New Holiday Toys
City Council Committee Vacancies
Answers from the City Building Inspector
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 under Agendas and Minutes.

Any person wishing to address the City Council on any matter, whether or not it appears on the agenda, may do so under the Public Communications portion of the agenda. Each individual is allowed five minutes to address the Council. No action will be taken on any items not on the agenda.

Development Committee Meetings are held at 7:30 p.m. on the second Monday of January, March, May, July, September, and November.

Traffic and Safety Committee Meetings are held quarterly at 6:00 p.m. on the fourth Monday of January, April, July, and October.

Community Activities & Beautification Committee Meetings are held at 6:30 p.m. on the second Tuesday of every month, September – June.

All meetings are held in the City Council Chambers at City Hall, located at 7822 Walker Street.

La Palma City Council

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



January

- 1 New Years Day, City Offices Closed
- 7 City Council Meeting – 7:00 p.m.
- 17 Karaoke Night for Adults – 6:00 p.m.
- 18 Teen New Year Dance – 7:00 p.m.
- 21 City Council Meeting – 7:00 p.m.



February

- 4 City Council Meeting – 7:00 p.m.
- 15 Teen Valentines Dance – 7:00 p.m.
- 17 Presidents Day, City Offices Closed
- 18 City Council Meeting – 7:00 p.m.
- 21 Karaoke Nights for Adults – 6:00 p.m.



March

- 4 City Council Meeting – 7:00 p.m.
- 9 Daylight Saving Time Begins
- 18 City Council Meeting – 7:00 p.m.
- 20 First Day of Spring
- 21 Karaoke Night for Adults – 6:00 p.m.
- 21 Teen Dodgeball Night
Arnold/Cypress Park
- 31 Spring Day Camp Begins



Contents

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



Activity Guide

Toddlers/Preschool 8
Youth 10
Youth/Teens 12
Teen/Adults 14
Adults 16
Older Adults 17
All Ages 18
Facilities 20
Registration Information 21

A Message From The City

One of La Palma's highest community priorities and a major asset is the high level of law enforcement services and security provided by the City of La Palma's Police Department. A commitment to ensuring this excellence drove a decision last year to replace and upgrade aging police software systems. The new system is now operating and providing enhanced information capabilities for the community.

One of the leading providers of law enforcement software in the country, Spillman, provided the software suite which provides technical assistance to Police personnel in the areas of records management and computer aided dispatch. This includes mapping, connection to state and national databases, evidence management, traffic information, project management, streamlined report generation, and E-911 interface. Training and testing of the system was completed in November.

As an example, the Spillman system will improve the Police Department's ability to analyze specific crime trends instantaneously by accurately plotting crime data through pin mapping. This allows for a more rapid and thorough investigation with the goal of reducing crime through quick access to information and research. Pin mapping uses visual displays to give an enhanced view of the location, time, and frequency of a given crime. So if, for example, there is a rise in vehicle burglaries over a one week period, pin mapping will allow Police staff to target when and where patrol officers would focus their patrol checks to deter the crime from happening, locate potential suspects before another crime is committed, and apprehend those responsible for committing the crime. The mapping and geographic information system capability will also provide a basis for future use of such information in other departments such as planning, code enforcement, and utilities.

The one-time cost of the new system was about \$200,000 but this investment yields ongoing operating savings totaling an estimated \$365,000 over five years. So this important investment in maintaining high public safety levels will pay dividends for many years to come. Follow more information on crime and crime prevention issues by checking out the Neighborhood Watch Newsletter, "The Source" on-line at www.cityoflapalma.org/index.aspx?nid=173.

City Council Recap – July 16, August, September, and October

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.

July 16, 2013

The City Council, acting as the Successor Agency, adopted a Resolution approving the Fifth Recognized Obligation Payment Schedule and adopted a Resolution approving the Long-Range Property Management Plan (LRPMP) for the disposition and use of the real property of the former Community Development Commission and forwarded the LRPMP to the Oversight Board for approval.

The City Council authorized the Community Services Director to file a Notice of Completion and Acceptance of Work with the Orange County Recorder for the Installation of ADA Pedestrian Ramps and Removal and Replacement of Curb, Gutter, and Sidewalk at Various Locations Citywide.

The City Council discussed the formation of a citizen Finance Committee. The City Council requested that staff draft a proposal for a Finance Committee, following the Irvine model; including the committee's responsibilities and mission; with the committee sunseting after two years at the City Council's discretion; and bring the proposal back to the City Council for approval at a later date.

August 6, 2013

The City Council adopted a Resolution approving a building permit fee waiver for first-in homeowners to raise their fence height and/or install noise reduction windows/and or doors; and adopted a Resolution establishing truck delivery hours and no parking/stopping in the alley behind 5410-5482 La Palma Avenue. At the July 2, 2013, City Council meeting, three residents residing adjacent to the alley behind the commercial center at 5420 La Palma Avenue, expressed concerns during oral communications about late night and early morning noise. Pursuant to City Council direction, this matter was placed on the Agenda for further City Council consideration and discussion.

The City Council adopted a Curb Address Painting Policy. The policy is consistent with the City's Municipal Code and the needs of the City, to paint house numbers on street curbs and provide a clear and visible means of identifying property addresses leading to faster emergency response times, facilitating the delivery of goods and services, and generally serving to assist the public in finding a specific address. The City Council directed that the City will fund the policy.

The City Council approved a three-year agreement for City Attorney services with Rutan & Tucker, LLP. The previous City Attorney contract had been operating on a monthly contract extension. The City Council had previously directed Staff to

develop a Request for Proposals (RFP) process for attorney services; however, at their meeting of July 16, 2013, the City Council requested the Mayor, Mayor Pro Tem, and City Manager to meet with the City Attorney to negotiate an acceptable agreement for city attorney services with the goal of avoiding a RFP process if possible.

The City Council discussed the formation of a citizen Finance Committee; however, after lengthy discussion the City Council did not approve a committee.

August 20, 2013

The City Council authorized the recruitment and hiring of replacement part-time Community Services staff, including: two (2) Senior Recreation Leaders and four (4) Recreation Leaders; and authorized the creation of an eligibility list for six (6) months, should future vacancies occur. The City Council has recently established a policy requiring vacant positions authorized in the budget to be approved by the City Council to fill any vacancy.

The City Council reinstated a second Crossing Guard at the intersection of La Palma Avenue and Redford Lane. In 2007, the City Council had allocated funds for a second crossing guard at this intersection based on a citizen request and anecdotal evidence of "near misses" of vehicular and pedestrian traffic and a desire to increase traffic safety at that location. The FY2013-14 approved Budget, reflected a reduction of \$8,000 and the elimination of the second crossing guard at La Palma Avenue and Redford Lane as requested by the Cypress School District in lieu of providing a funding source to help meet with the equitable cost sharing.

September 3, 2013

The Planning Commission adopted a Resolution approving a Conditional Use Permit Amendment for 24-hour gasoline and retail sales; and alcohol (beer & wine) sales till 10:00 p.m. at the Crescent Car Wash, 8471 Walker Street.

The City Council awarded a contract in the amount of \$108,888 to PTM General Engineering Services, Inc. for the Walker Junior High School Pedestrian Safety Improvements along Walker Street from Crescent Avenue to La Palma Avenue and Crescent Avenue from Moody Street to Walker Street; and authorized the appropriation of funds in the amount of \$138,976 from the City's Capital Outlay Reserve (COR) fund. In October 2011, Caltrans approved the City's application for a Federal Safe Routes to School (SRTS) Grant Program, with a 100% reimbursement rate. Since project costs will be reimbursed through the SRTS program, there will be no net effect on the fund balance of the COR fund.

The City Council discussed the consideration of a Deposit/Reimbursement Agreement to cover expenses associated with advancing the concept of a digital billboard project to enhance municipal revenues. Two teams have submitted preliminary proposals, indicating their willingness to work cooperatively with the City to facilitate a 91 freeway digital billboard project to bring in a new revenue stream for the community. The item was continued to the October 1 meeting.

The City Council received and filed the Fourth Quarter Financial Report for Fiscal Year 2012-13. Projections indicate that General Fund expenditures were \$9.1 million, or approximately \$260,000 less than the amended budget which in turn is \$511,000 less than the original adopted budget. On the revenue side, General Fund

revenues are estimated at \$11.7 million; largely because of one-time revenues associated with the dissolution of redevelopment.

September 17, 2013

The Regular meeting of the La Palma City Council scheduled for September 17, 2013, was cancelled due to lack of agenda items.

October 1, 2013

The City Council formally accepted the work and authorized the Community Services Director to file a Notice of Completion with the Orange County Recorder for the Residential Water Meter Replacement and Commercial Water Meter Radio Retrofit Project. In September 2012, the City Council had awarded a contract to Equarius Waterworks for the project which included the retrofit or replacement of all residential and commercial water meters with automated remotely read meters, and the associated advanced meter infrastructure network.

The City Council approved a Deposit/Reimbursement Agreement with La Palma Sign Partners, LLC, to cover City expenses associated with advancing the concept of digital billboards in the City. La Palma Sign Partners, has agreed to help facilitate the construction and implementation of a La Palma digital billboard project, with the goal of bringing the project on-line, and a new revenue stream to the City, by the start of the next fiscal year. Sign Partners will add the necessary expertise to secure future site location(s), to assist with processing municipal code and environmental compliance documents, to secure Caltrans permits, to finance, construct, and furnish digital display structures, and to bid out and manage the digital display billboard(s) to the outdoor advertising companies. It is estimated that the billboards could generate \$6 million to \$12 million in new revenue to the City over 30 years.

The City Council adopted a Resolution approving an Irrevocable Trust with the CalPERS California Employers' Retiree Benefit Trust (CERBT), to prefund the City's other post employment benefit (OPEB) obligations (retiree medical expenses); and adopted a Resolution amending the Fiscal Year 2013-14 General Fund budget to increase appropriations by \$1.5 million to pre-funding the trust. The positive impact of having an irrevocable OPEB trust is to reduce liabilities over the long-term while helping ensure adequate funding is available for future retirees.

The City Council adopted a Resolution approving an amendment to the Western Riverside Council of Governments (WRCOG) Joint Powers Agreement to add the City of La Palma as an Associate Member in order to authorize the City's participation in the California HERO Program, which will enable property owners to finance permanently fixed renewable energy, energy and water efficiency improvements, and electric vehicle charging infrastructure on their properties. Participation in the Program is completely voluntary. Property owners who wish to participate, agree to repay the amount borrowed through a voluntary contractual assessment collected together with their property taxes.

The City Council authorized for the recruitment and hiring of a replacement Water Service Worker II in the Community Services Department, instead of establishing a higher Lead Water Service Worker position. In September, one of the City's existing Water Service Worker II employees resigned their position and the department

City Council Recap, continued

evaluated how best to reorganize existing work, including the potential need for a new classification. The Water Service Worker II classification is a full-time position, 100% funded by the Water and Sewer Enterprise Funds.

October 15, 2013

The City Council formally accepted the work and authorized the Community Services Director to file the Notice of Completion with the Orange County Recorder for the Measure M2 Environmental Cleanup Program Project. In February 2013, the City Council had awarded a contract to United Storm Water Inc. for the installation of automatic retractable catch basin screens for several storm drains in the City. The funding guidelines required a local match, of which the City committed matching 46% of the total cost of the project through “in-kind” use of personnel and maintenance and operations appropriations.

The City Council awarded a contract in the amount of \$33,390 to Pacific Industrial Electric for the Installation of the Emergency Electrical Generator at the City Yard. In May 2013, the City Council approved the award of contract to Quinn Power Systems for the purchase of the Emergency Electrical Generator with an expected delivery in March 2014. Over the past two years the 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.

Utility Users Tax Exemption For Low Income Households

The City of La Palma allows very low income families or households to be exempt from the City’s local Utility User Tax (UUT) on telephone, electricity, and natural gas bills. In order to qualify, residents must meet the “very low income” standards established by the California Department of Housing and Community Development, as described in the adjacent table.

2013 Combined Gross Income Criteria	
Number of Persons in Family	Gross Income
1	\$33,700
2	\$38,550
3	\$43,350
4	\$48,150
5	\$52,050
6	\$55,900
7	\$59,750
8	\$63,600

If your total household gross income is less than the income thresholds listed in the table, you can apply for a UUT exemption. The application process is fairly simple; it only requires a completed UUT Exemption Application and copies of ALL household members’ previous year wage and income statements (2013 W-2’s, 2013 1099, etc.). Once an application is approved, the local utilities are contacted to suspend the UUT collection which can take a few billing cycles. Exemptions are valid through the end of the calendar year and a new application is required each year. For application materials or more information, please visit www.cityoflapalma.org/UUTexempt, La Palma City Hall, or call (714) 690-3334.

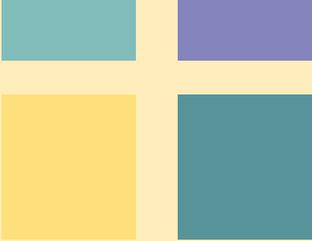
Mayssa Maring Crowned as Miss La Palma 2013!

The City of La Palma kicked off the La Palma Days Celebration with the Pageant on Sunday, November 3. There were approximately 150 people watching as Mayssa Maring, Kennedy High School Senior, was crowned as La Palma’s 2013-2014 Ambassador.

As Ambassador, Mayssa will attend Business Grand Openings, City functions and Community Events. The Contestants each choose a cause to dedicate their year of service to. Mayssa has chosen to call teens into action and to join Community events through volunteering, in order for them to give back to their Community.

Seven contestants were seeking the coveted title of La Palma Ambassador. La Palma Ambassador, Mayssa Maring and her court La Palma Princesses Christine Munar and Asia Scott will now serve as the Ambassadors of the City of La Palma for this coming year.





Community | Development

Answers from the City Building Inspector Aaron Thompson

Home owners thinking about remodeling their home or adding other improvements, many times have a number of questions about building permits.

This information is designed to give home owners basic knowledge of when construction permits and other approvals are required by the city of La Palma. It also answers some of the most frequently asked questions and offers tips from the city.

Since each construction project is unique, we invite you to call the City's Building Division line, (714) 690-3340, for answers to your specific questions. You can also e-mail us at building@cityoflapalma.org.

What are permits and why do I need one?

Permits are the way the City of La Palma regulates construction. Construction codes are established by the California Building Standards Commission and adopted by local government agencies to ensure the safety of all construction. The City of La Palma has adopted California Building Standard codes, among them are the 2013 California Building, Residential, Mechanical, Plumbing, Electrical, Energy, and Green Building Standards codes.

There are several different types of permits, based on the type of construction: structural, plumbing, mechanical, electrical and combination (used for single-family home construction and other small projects). Most home owner projects require a combination permit. In addition, the complete demolition and relocation of buildings also requires permits.

Obtaining the permit is just the first step in the process. In this step, you may need to create plans to submit to the department, make a plot plan for your property showing the improvements, and show the type of construction you'll be using.

Public Participation is key to the City's Economic Development Success

Businesses are participants in the process and can help develop innovative approaches to create and maintain jobs, but businesses do not develop the vision and plans necessary for a community's long-term sustainability. That task falls to the inhabitants and civic leaders of the community to undertake. That is why cities cannot rely solely on the private sector to promote economic development.

One way the City of La Palma is addressing local economic development is through an update of its General Plan. Every city is required to have a General Plan. It in essence is La Palma's vision and business plan for the next couple of decades and as the "City of Vision" it is appropriate that this plan "envisions a future that maintains the positive values of the present." Specifically, the plan sets the community's vision for itself and establishes clear policy direction for current and future civic leaders, regarding housing, commercial development, infrastructure improvements, and public services.

Through the General Plan update process, the community will be asked to review targeted areas for additional investment opportunities. The targeted areas include La Palma Intercommunity Hospital and adjacent medical

The City has handouts to help you through this process; they are available on the city website at www.cityoflapalma.org/index.aspx?nid=127.

Once plans are approved, you're required to build the project to those plans. If any changes are made to the plans, they must be made with the City's approval.

When do I need a construction permit?

A construction permit is needed for all new construction repair or alteration. In many cases, a permit is needed for repair or replacement of existing fixtures, such as replacing windows. A plumbing, electrical or mechanical permit maybe needed for any addition or changes to a building's existing system; for example, moving or adding an electrical outlet requires a permit.

To find out if your project needs a permit, call (714) 690-3340.

When don't I need a permit?

A permit is not needed for cosmetic items such as wallpapering, painting, carpeting or similar finish work. For plumbing, mechanical and electrical work, replacement or repair of fixtures (such as changing water faucets or replacing switches) does not normally require a permit. Replacing a water heater or adding a permanently wired light fixture does, however, require a permit.

To determine if your project needs a permit, call (714) 690-3340.

Where do I get a permit?

Construction permits are issued at the city's Community Development Counter, 7822 Walker Street. Call (714) 690-3340 for information. Counter hours for permits and questions are Monday through Friday 7:30 a.m. – 12:00 p.m. with alternating Fridays closed.

professional buildings, and properties near the 91 freeway. In these targeted areas, all La Palma stakeholders (residents, businesses, and property owners) will be asked to evaluate broadening the types of land uses allowed and the amount of development that may be permitted.

By broadening land uses and development potential in these targeted areas, owners will be able to respond to the globally and regionally changing environment, as well as, allow the marketplace to foster new business initiatives through their entrepreneurial actions. The community is able to ensure that any new development fits in with its vision and provides the resources needed to maintain the quality of life that La Palma enjoys.

The City will be introducing a Draft Updated General Plan after the seasonal holidays. Everyone is encouraged to participate in evaluating and approving a plan that ensures La Palma's sustainability and preserves the community's values. For more information on upcoming General Plan meetings please contact Scott Hutter, Associate Planner at (714) 690-3336 or visit <http://www.cityoflapalma.org> and click on the General Plan icon.

Community | Safety

How to be Safe with Your New Holiday Toys

'Tis the time of year when children will be riding new bicycles, skateboards, and scooters. Keep in mind, the single most effective safety device to reduce head injury and death from bicycle crashes is a helmet. Make it a rule: every time you and your child ride a bike, skateboard, or scooter, wear a helmet that meets the safety standards developed by the U.S. Consumer Product Safety Commission. If your child is reluctant to wear a helmet, try letting him or her choose their own.

Make sure the helmet fits and your child knows how to put it on correctly. A helmet should sit on top of the head in a level position, and should not rock forward, backward, or side-to-side. The helmet straps must always be buckled, but not too tightly. Try the Eyes, Ears and Mouth Test.

EYES: Position the helmet on your head. Look up and you should see the bottom of the rim of the helmet. The rim should be one to two finger-widths above the eyebrows.

EARS: Make sure the straps of the helmet form a "V" under your ears when buckled.

MOUTH: Open your mouth as wide as you can. Do you feel the helmet hug your head? If not tighten those straps and make sure the buckle is flat against your skin.

Always model and teach proper behavior. Learn the rules of the road, and obey all traffic rules. Adult supervision of child cyclists and skateboarders is essential until you are sure a child has good traffic skills and judgment. Children should not ride a bicycle, scooter, or skateboard when it's dark, in the fog, or in other low-visibility conditions.

Fight Back Against the Flu!

The flu season has begun! In an effort to keep our La Palma residents as healthy as possible, here is some information on how to minimize the impact of the flu at your home or business.

The flu or influenza is spread by droplets produced by coughing and sneezing. It usually spreads from person to person but occasionally objects such as a doorknob can become contaminated with the virus and serve as a source of infection.

People who are sick should stay home and avoid close contact with others. Good health habits such as washing your hands often, covering your mouth and nose with a tissue when coughing or sneezing, and avoiding contact with your eyes, mouth, or nose can prevent you and others from becoming ill. Antiviral medications are available which can prevent or lessen the severity of influenza infection however; these medications should only be used for those who are at higher risk of severe illness. Vaccination is the best prevention method available.

For more information on influenza, visit the Centers for Disease Control's website at www.cdc.gov/flu.

Fire Safe Cooking

When cooking, practice THREE guidelines and there may not be another cooking fire! Cooking fires account for the majority of fires within Orange County Fire Authority jurisdiction so it makes sense that we want to prevent death, injury, or property loss.

Watch It!

- If everyone would stay in the kitchen while cooking, or have someone watch the cooking surfaces when they leave the room; fires would be reduced significantly. It only takes one time for something to go terribly wrong. If you have to leave the room, turn off the cooking surface.

Check It!

- Ensure that the oven is empty before turning it on. While many of us use the oven as a storage facility; we need to remember to empty it before using it.

Keep It Clean!

- Keep items that could catch fire (pot holders, paper towels, loose clothing, cutting boards, plastic, and mail) away from cooking surfaces.
- Regularly cleaning splattered grease or spilled food on the stovetop burners and the oven decreases cooking fire hazards.

If you don't follow the THREE guidelines and find yourself faced with a cooking fire remember the following 3 steps:

1. Turn off the heat (as long as knobs are on the front of the stove).
2. Have a pot/skillet lid that is in easy reach. Cover the pan with a lid to suffocate the fire. Moving the pan or pouring water on oil or grease will cause severe burns, and the fire will grow bigger, and spread faster.
3. Get out, close the doors behind you, and call 911.

If it is predictable, then it is preventable. Cook with care. For more of the OCFA's Safety Resources, visit www.ocfa.org.

By Angela Garbiso, Community Education Specialist, Orange County Fire Authority



Community | Pride

La Palma Citizen Vacancies

Citizens of the City of La Palma are invited to submit applications for upcoming vacancies on the Community Activities and Beautification Committee and Development Committee.

The Community Activities & Beautification (CAB) Committee works with City staff to coordinate City special events. CAB members meet on the second Tuesday of each month from September to June.

The Development Committee (DC) reviews and evaluates plans for new construction and acts as an advisory body to the Planning Commission. The DC meets every other month on the second Monday of the month, with special meetings conducted on an as-needed basis.

Multiple vacancies with up to four-year terms will be created when the incumbent's terms expire on December 31, 2013. Applications for all vacancies are available on the City's website at www.cityoflapalma.org/committees or at City Hall. The deadline to apply is January 15, 2014. If you have any questions or for further information, please contact the City Clerk's office at (714) 690-3334.



Home Spotlight

Winter 2014 Home Spotlight Award Winner

The City of La Palma would like to congratulate residents Robert and Miko Funaoka of 7831 Barbi Lane for winning the 2014 Winter Home Spotlight Award!



Robert and Miko Funaoka have called the City of La Palma home since 1975. They raised their three adult children: Lisa, Lori and Lance in La Palma and enjoy living in here because it is a safe and quiet town. Robert enjoys gardening and takes immaculate care of the front lawn. They have updated the house with a roof and new windows. Robert and Miko were very grateful to receive the Home Spotlight Award!

Proud, diligent homeowners are the heart of strong, safe neighborhoods and a vibrant city. By keeping La Palma beautiful, residents like these are one of the many reasons why La Palma has been named one of the best places to live in the United States! We thank Robert and Miko Funaoka 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.

Holiday Closures and Service Schedule

Again this year, the City of La Palma's municipal facilities will be closed for a Winter Holiday, between Christmas and New Year's Day. This holiday closure results in reduced labor cost for the City, because most employees are required to use leave benefits during the closure.

All La Palma City offices (City Hall, Recreation, Water, Maintenance, and Police Administration) will be closed starting December 25 and will re-open on January 6. The Police Department is always open for emergency services or for other matters requiring an urgent response from the City, such as a water leak. Customers wishing to pay their municipal utility (water) bill during the holiday break are encouraged to use the drop-box, located outside City Hall, or call Park Disposal (EDCO) directly at (714) 522-3577 and pay over the phone at no additional cost.

Trash collection services will be disrupted on December 25 and January 1, in observance of these holidays. Trash collection will be pushed back one day for collection scheduled for Wednesday, Thursday, and Friday during this two week period. Park Disposal will also be collecting holiday trees, using a separate collection truck, during this two week period.

Street sweeping services will also be cancelled on Wednesday, December 25 and on Wednesday, January 1, with no make-up day; Monday, Tuesday, Thursday, and Friday street sweeping will take place on their respective days. Wednesday street sweeping will resume on January 8, 2014.

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



Activity Guide

Preschool / Toddlers

Educational

Tiny Tots

Age: 3 – 5

Our preschool teacher Ms. Andi and a trained recreation staff member teaches 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, education and developmental skills. These skills are taught through games, stories, crafts, physical fitness activities and playtime. Each 7-week session will 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.

TINY TOT REGISTRATION IS ON SATURDAY, DECEMBER 21, 2013 (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. Non-Residents must bring the child's birth certificate. Parents may register for ONE CLASS ONLY, and may request to be placed on the waiting list for the other class. One adult per child must remain in line until registration is complete. Registrations are first come, first served. SPACES ARE VERY LIMITED AND THAT PARENTS OFTEN LINE UP EARLY FOR THIS CLASS. There is a MANDATORY parents meeting for ALL NEW STUDENTS on Saturday, December 21 at 10:00 a.m. to discuss the philosophy and what parents can expect from the Tiny Tot Class.

Priority Registration will be given to previous session participants enrolling in our fourth session. Priority registration runs from February 10-14. Open registration for the fourth session begins Saturday, February 15. 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 on M/W/F \$ 99 for 7 weeks on T/TH
Non-Residents \$155 for 7 weeks on M/W/F \$114 for 7 weeks on T/TH
Class space is limited. 24 students per class

Instructor: A. Terry		Location: Pygmy Room		
Code	Days	Dates	Time	Fee/Weeks
Session 1				
11202	M/W/F	1/6-2/21*	9:00 a.m.-12:00 p.m.	\$140/7
11203	T/TH	1/7-2/20	9:30 a.m.-11:30 a.m.	\$99/7
Session 2				
11204	M/W/F	2/24-4/18*	9:00 a.m.-12:00 p.m.	\$140/7
11205	T/TH	2/25-4/17*	9:30 a.m.-11:30 a.m.	\$99/7
*No Class on 1/20, 2/17, 3/31, 4/1, 4/2, 4/3, 4/4				

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 spring. 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 the session, an optional parent-participation excursion to local places of interest will be held for Tiny Tots in camp. All excursions will be an additional cost. There is a \$15 non-resident fee for each camper.

Instructor: A. Terry		Location: Pygmy Room		
Code	Days	Dates	Time	Fee/Weeks
11206	M-TH	3/31-4/4	9:00-1:00 p.m.	\$40/1
Excursion:	TBD			

Dance

Parent & 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 attending children must be registered for class.

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

Instructor: High Fidelity Entertainment		Location: Ehlers Recreation Center		
Code	Days	Dates	Time	Fee/Weeks
11094	T	1/14 – 3/11*	5:15-6:00 p.m.	\$52/8
*No class 2/4				

Music/Art

Art Innovator's Preschool Art

Age: 3.5 – 5

Unleash your little one's power to create! Learning to draw on their own not only refines their fine motor skills but boosts their confidence like never before! Explore various subjects and fun media each week. A \$5 material fee is payable to the instructor at the first class meeting.

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

Instructor: Certified Art Innovators Instructor		Location: Ehlers Recreation Center		
Code	Days	Dates	Time	Fee/Weeks
11095	T	1/21-2/18	2:50-3:30 p.m.	\$55/5
11096	T	2/25-3/25	2:50-3:30 p.m.	\$55/5



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	
11187	TH	2/20-3/20	3:30-4:00 p.m.	\$59/5	

Toddlers Love Music

Age: 1 – 2 years old

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	
11188	TH	2/20-3/20	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 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	
11189	TH	2/20-3/20	5:00-5:45 p.m.	\$59/5	

Fitness

TriFytt Multi Sport

Age: 2 – 6

Here is a great chance for kids to play their favorite sports (soccer, t-ball, basketball) all at one class! This class is designed to motivate children to be active and healthy while giving them the fundamental skills needed to succeed and grow in whichever sport they choose. Every child will be given a t-shirt. The 2-3 age is Parent and Me Multi Sport class.

Instructor: Trifytt Sports					Location: Central Park
Code	Age	Days	Dates	Time	Fee/Weeks
11075	2-3	TH	2/6-3/6	5:00-5:30 p.m.	\$49/5
11076	3-4	TH	2/6-3/6	5:30-6:15 p.m.	\$49/5
11077	4-6	TH	2/6-3/6	6:30-7:15 p.m.	\$49/5

Anaheim Ice Parent & Me Skating

Age: 3 – 5

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

This class located at Anaheim ICE, 300 W. Lincoln Ave, Anaheim (714) 518-3212.

Instructor: Anaheim ICE Staff				Location: Anaheim ICE	
Code	Days	Dates	Time	Fee/Weeks	
11078	T	1/7-1/28	12:30-1:00 p.m.	\$39/4	
11079	SAT	1/11-2/1	11:45-12:15 p.m.	\$39/4	
11080	T	2/4-3/4*	12:30-1:00 p.m.	\$39/4	
11081	SAT	2/8-3/8*	11:45-12:15 p.m.	\$39/4	

*No Class 2/15, 2/18

Anaheim Ice Skating For Tots

Age: 3 – 5

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

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

Code	Days	Dates	Time	Fee/Weeks	
11082	W	1/8-1/29	4:30-5:00 p.m.	\$39/4	
11083	SAT	1/11-2/1	11:45-12:15 p.m.	\$39/4	
11084	W	2/5-3/5*	4:30-5:00 p.m.	\$39/4	
11085	SAT	2/8-3/8*	11:45-12:15 p.m.	\$39/4	

*No Class 2/15, 2/19



Activity Guide

Youth

Swimming Safety And Beginning Swim Lessons For Children

Age: 6 mos – 8 yrs

A fun and safe way to make a splash! Participants will gain lifelong confidence in and out of the water. Classes are taught by the Anaheim Family YMCA and will be held in the indoor, heated therapeutic pool at the La Palma Intercommunity Hospital. Classes teach basic water skills. Due to pool size restrictions, all levels are designed for the non-swimmer or very beginning student.

Registration forms are available at the Recreation Office. Classes are held on Tuesday and Thursdays.

Educational

Math Competition Prep Class

Age: 9 – 14

Math Competition Prep Class prepares students for better results in various competitions such as Math Kangaroo, Math Counts, math Field Day, NMSC, and AMC 8. Students will solve released questions from different mathematics competitions and receive help on solving skills and strengthening foundation of their knowledge. Students will be exposed to many different ways to solve problems and increase creativity as a result.

Instructor: Young Leaders of Orange County

Location: Sago Palm

Code	Days	Dates	Time	Fee/Weeks
11178	SAT	1/4-1-25	2:30 – 4:00 p.m.	\$49/4
11179	SAT	2/1-2/22	2:30 – 4:00 p.m.	\$49/4
11180	SAT	3/1-3/29*	2:30 – 4:00 p.m.	\$49/4

*No Class on 3/22

Dance

Beginning Ballet And Tap

Age: 4 – 7

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

Instructor: A. Valley

Location: Sago Palm

Code	Days	Dates	Time	Fee/Weeks
11175	T	1/7-1/28	4:30-5:30 p.m.	\$35/4
11176	T	2/4-2/25	4:30-5:30 p.m.	\$35/4
11177	T	3/4-3/25	4:30-5:30 p.m.	\$35/4

Jr. Jazz And Ballet

Age: 7 – 12

Students will learn basic ballet technique and will learn fun and exciting routines in the style of jazz. Dancing promotes a healthy lifestyle, self expression, and leads to academic success. Ballet shoes required.

Instructor: K. Smith

Location: Sago Palm

Code	Days	Dates	Time	Fee/Weeks
11172	T	1/7-1/28	5:30-6:30 p.m.	\$35/4
11173	T	2/4-2/25	5:30-6:30 p.m.	\$35/4
11174	T	3/4-3/25	5:30-6:30 p.m.	\$35/4

Hula For Kids

Age: 5 – 9



Hula can help improve your child hand-eye coordination in addition to being a great source of exercise. In this class children will learn about the Hawaiian culture through music and dance and is designed to develop self-confidence and poise through the art of dance.

Instructor: R. Reese

Location: Sago Palm

Code	Age	Days	Dates	Time	Fee/Weeks
11150	5-9	M	1/6-2-10	5:00-5:45 p.m.	\$60/6
11151	5-9	M	2/17-3/31	5:00-5:45 p.m.	\$70/7

Music/Art

Art Innovator's Art

Age: 5 – 11

Build your own portfolio with masterpieces you create each week! Explore a variety of artistic style and form using high quality media such as watercolor, pastels, paint and more! Every week is a new lesson with a different subject, technique & medium. We never repeat! A \$10 material fee is payable to the instructor.

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

Instructor: Certified Art Innovators Instructor

Location: Ehlers Recreation Center

Code	Days	Dates	Time	Fee/Weeks
11098	T	1/21-2/18	3:45-4:45 p.m.	\$61/5
11099	T	2/25-3/25	3:45-4:45 p.m.	\$61/5

Fitness

Zumbatomic (Kids Zumba)

Age: 4 – 8

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: CYAA Staff

Location: Royal Palm

Code	Days	Dates	Time	Fee/Weeks
11182	T/TH	1/7-1/30	6:30-7:15 p.m.	\$40/4
11183	T/TH	2/4-2/27	6:30-7:15 p.m.	\$40/4
11184	T/TH	3/4-3/27	6:30-7:15 p.m.	\$40/4



Pee Wee Hoops

Age: 4 – 7

Our Pee Wee Clinics are designed to meet the needs of boys and girls 4 to 7 years of age. La Palma's Pee Wee Clinics focus on teaching the fundamental skills of basketball while supporting and encouraging health and well-being by developing hand and eye coordination, increasing physical endurance, encouraging mental & social development, emphasizing teamwork, and creating positive memories—all in a safe and caring environment. Children of all abilities and skill levels are encouraged to join. Supply fee of \$15 payable to instructor at first meeting.

Instructor: CYAA Staff			Location: Central Park		
Code	Days	Dates	Time	Fee/Weeks	
11181	M/W	1/6-2/26	4:45-6:00 p.m.	\$60/8	

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 enhances their ability to pay attention and follow directions. 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	
11113	M/W	1/6-1/22	3:30-4:30 p.m.	\$40/3	
11114	M/W	2/3-2/19	3:30-4:30 p.m.	\$40/3	
11115	M/W	3/3-3/19	3:30-4:30 p.m.	\$40/3	

Fit N Fun After School Drop-in Program

Fit N Fun is halfway through another great year! If your child doesn't already go to Fit N' Fun, come join us for some 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. For more information please call (714) 690-3350.

Miller Elementary:	Mondays, Tuesdays, and Thursdays
Luther Elementary:	Tuesdays, Wednesdays, and Thursdays
Los Coyotes Elementary:	Mondays, Wednesdays, and Fridays

Fit N Fun resumes the week of January 6!

Polynesian Dance

Age: 10 – 16

This introductory Polynesian class focuses on basic steps and techniques of Hula, Tahitian, and Maori dances. This class is designed to develop self-confidence and poise through the art of dance.



Instructor: R. Reese			Location: Sago Palm		
Code	Age	Days	Dates	Time	Fee/Weeks
11218	10-16	M	1/6-2/10	6:00-7:00 p.m.	\$60/6
11217	10-16	M	2/17-3/31	6:00-7:00 p.m.	\$70/7



Club La Palma Spring Day Camp

Location: Royal Palm Room, Central Park

Parents! Need a fun and safe place for your young ones this Spring Break, March 31 – April 4? Club La Palma Counselors are committed to creating thrilling physical activities, introducing innovative crafts and building lasting friendships. Our Day Camp is designed for youth 5-12, and will be held Monday through Friday from 6:30 a.m. to 6:00 p.m. The all-inclusive fee of \$129 for the week, includes an enjoyable excursion (Thursday, April 3), afternoon snacks and all activities. Registration forms will be available beginning February 3. There is a \$15 non-resident fee added to each child.

Code	Days	Dates	Time	Fee/Weeks
11207	M-F	3/31-4/4	6:30 a.m.-6:00 p.m.	\$129/1



Activity Guide

Youth / Teens

Dance

Hip Hop After Homework

Age: 5 – 19

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

Instructor: M. Jacob
Code Age Days Dates Time Fee/Weeks Location: Sago Palm

Beginners

11209	5-13	T	1/9-2/13	5:30-6:15 p.m.	\$60/5
11212	5-13	T	2/20-3/27	5:30-6:15 p.m.	\$60/5

Intermediate

11210	5-13	T	1/9-2/13	6:15-7:00 p.m.	\$60/5
11213	5-13	T	2/20-3/27	6:15-7:00 p.m.	\$60/5

Advanced

11211	8-19	T	1/9-2/13	7:00-7:45 p.m.	\$60/5
11214	8-19	T	2/20-3/27	7:00-7:45 p.m.	\$60/5

Fitness

Freestyle Jump Rope

Ages: 7 – 14

This class is an introduction to the new and exciting sport of Jump Rope. Learn to jump rope—including instruction in Freestyle, Double Dutch, Chinese Wheel, Long Rope and many other exciting jump rope techniques. Come prepared with appropriate running/athletic shoes, snacks and water. Class is taught by the USA Jump Rope Region 8 Champions- The Jumping Coyotes and coach Rich Neder. A \$2 material fee is paid to the instructor at first class meeting.

Instructor: R. Neder
Code Days Dates Time Fee/Weeks Location: Sago Palm

11160	W	1/8-1/29	6:30- 7:30 p.m.	\$35/4
11161	W	2/5-2/26	6:30- 7:30 p.m.	\$35/4
11162	W	3/5-3/26	6:30- 7:30 p.m.	\$35/4

Basketball League Volunteer Coaches Needed!

Volunteers are needed for this league run, if you have the time to coach one practice during the week and games each Saturday then we need you! If you are interested in coaching a team of your own, then please call (714) 690 3350 for further information. Fingerprinting is required.

Volleytennis

Age: 8 – 13

Volleytennis is a fast-paced game played with volleyball on a tennis court with a tennis-height net. This is a low-pressure, high-participation sport. Teams will be divided by distribution of skill level. Our goal is to have a competitive league and for the participants to make new friends. 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 build self-confidence. \$15 supply fee payable to instructor on the first meeting. Practices held on Tuesdays and games on Thursdays.

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

11186	T/TH	1/7-2/27	TBD	\$75/8
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Junior Karate

Age: 8 – 14

Karate at the Martial Arts Fitness Center is an excellent confidence booster for kids. Their training will encourage them to draw on their own strengths and strive for their personal best. Students will be involved in positive activities that will direct their focus to achieve goals that may not have been thought possible. Emphasis will be on developing your child's self-esteem, self-discipline and confidence through practicing traditional karate techniques, martial arts uniform is required and will be available at the first class meeting.

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

Instructor: A. Jafari
Code Days Dates Time Fee/Weeks Location: MA Center

11125	T/TH	1/7-1/23	4:30-5:30 p.m.	\$40/3
11126	T/TH	2/4-2/20	4:30-5:30 p.m.	\$40/3
11127	T/TH	3/4-3/20	4:30-5:30 p.m.	\$40/3

CYAA 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, transitions/fast break play, defense, and rebounding. Teams will be divided by distribution of skill level. Our goal is to have a competitive league and for the participants to make new friends. 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. Each participant will receive a uniform and certificate at the end of the season. A \$15 supply fee will be payable to the instructor at the parent meeting (March 19).

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

11185	SAT	3/22-6/7	TBD	\$75/12
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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 students to learn self-control improve study habits and increase concentration skills. Students learn a variety of techniques that will allow them to better handle physical and emotional challenges of life. 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
11110	M/W	1/6-1/22	4:30-5:30 p.m.	\$40/3
11111	M/W	2/3-2/19	4:30-5:30 p.m.	\$40/3
11112	M/W	3/3-3/19	4:30-5:30 p.m.	\$40/3

Anaheim Ice Skating: Youth-Beginning

Age: 6 – 16

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

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

Instructor: Anaheim ICE Staff				Location: Anaheim ICE
Code	Days	Dates	Time	Fee/Weeks
11086	W	1/8-1/29	5:00- 5:30 p.m.	\$39/4
11087	SAT	1/11-2/1	10:45-11:15 a.m.	\$39/4
11088	W	2/5-3/5*	5:00- 5:30 p.m.	\$39/4
11089	SAT	2/8-3/8*	10:45-11:15 a.m.	\$39/4

*No Class on 2/15 and 2/19

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 balls and session awards to the top player in each class.

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: Intermediate players should be able to place their ground strokes and volleys. They are in the process of learning serves and match play.

Instructor: McConnell				Location: Tennis Courts		
Code	Level	Age	Days	Dates	Time	Fee/Weeks
11190	1	7-14	W	1/8-3/5	4:00-5:00 p.m.	\$90/9
11191	2-3	7-14	W	1/8-3/5	5:00-6:30 p.m.	\$125/9

Teen Events

Teen Dances

The City of La Palma in cooperation with the City of Cypress offers five teen dances throughout the school year. These dances are limited to students in seventh or eighth grade. All dances are held at La Palma Community Center (7821 Walker Street) from 7:00 – 10:00 p.m. Tickets are available for \$10. You will need your school I.D. to purchase your ticket as well as to enter the dance.

Black and White New Year Dance

Saturday, January 18

Come kick off the New Year with friends! We offer great music, dance competitions, food, and drinks. You don't want to miss out!

Be Mine Dance

Saturday, February 15

Come dance away the night with your sweetheart! We offer great music, dance competitions, food, and drinks. You don't want to miss out!

2014 Battle of the Bands

Does your band have what it takes to win the title of our 13th annual Battle of the Bands? Applications are due no later than Friday, April 4, 2014 by 4:30 p.m. at the La Palma Community Center. This event will be held at the Central Park Pavilion, 7821 Walker Street, La Palma. There will be a cash prize for the overall winner and an opportunity to perform at this year's La Palma Days. This event will take place May 3. Applications out now!



Teen Dodgeball Night

Arnold/Cypress Park, 8611 Watson Street

Friday, March 21, 2014

Come challenge your friends to a fun game of dodgeball! FREE EVENT!



Activity Guide

Teens / Adults

Educational

Drivers Education

Age: 14 – 18

Driver's education is a California-required course for teens to receive a driver's license. It is the first step that must be taken so the teen can receive a driver's permit. The course includes parental involvement, and is fun, interactive, and educational. Coursework can be completed at any time of day or night. This course is offered online only. DMV-accepted completion certificates issued upon successful completion of the course. Class does not include behind-the-wheel driving.

Meet the Contractors: AllGoodDrivers.com was created by licensed driving instructors with thousands of hours teaching classroom driver education course, behind the wheel courses, and traffic violator courses. Our mission is to make all new drivers, good drivers, through a quality driver's education. We hope to see new drivers obtain their driver's licenses with simplicity, knowledge, and the confidence that it takes to be a safe driver on today's roadways.

Education is the key to safe and successful driving. We have spent years developing our courses, which now incorporate the highest quality materials and activities.

Our courses are developed with this in mind. Using course activities and interactive observation time, we involve the parents/guardians in the learning process well before the student ever gets behind the wheel.

Instructor: All Good Drivers

Location: Online Course

Code	Days	Dates	Fee/Weeks
11154	Internet	1/2-3/31	\$75

CPR/AED/First Aid Training

Age: 16+

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

Instructor: K. Rowe

Location: Fan Palm Room

Code	Days	Dates	Time	Fee/Week
11208	SAT	1/25	8:30 a.m.-5:00 p.m.	\$25/1

Music/Art

Ukulele: Kanikapili Okalana

Age: 15+

Do you have a Ukulele? Learn how to play chords and keys for sing-a-longs, rock, pop, and even learn a simple Hawaiian tune. Come and enjoy the fun with us! Our instructor has 47 years of professional experience. Supplies Required: Ukulele and music stand. \$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
11145	W	1/8-1/29	7:30-9:00 p.m.	\$32/4
11146	W	2/5-2-26	7:30-9:00 p.m.	\$32/4
11147	W	3/5-3/26	7:30-9:00 p.m.	\$32/4

Hula For Adults



Age: 17+

Learn the richness of the Hawaiian culture through the Art of Hula Auana (modern style of hula). Students will learn basic technique, self-expression and hula dances.

Instructor: R. Reese

Location: Sago Palm

Code	Days	Dates	Time	Fee/Weeks
11152	M	1/6-2/10	7:00-8:00 p.m.	\$60/6
11153	M	2/17-3/31	7:00-8:00 p.m.	\$70/7

Photography 101

Age: 14+

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

This class is co-sponsored with Buena Park Recreation. Tuesday class held at the Buena Park Community Center, 6688 Beach Blvd. Wednesday class held at Ehlers Recreation Center, 8150 Knott Ave.

Instructor: R. Hinckley

Location: Ehlers Rec. Center

Code	Days	Dates	Time	Fee/Weeks
11103	T	1/7-1/28	9:00-11:00 a.m.	\$48/4
11104	W	1/8-1/29	6:30-8:30 p.m.	\$48/4
11105	T	2/11-3/4	9:00-11:00 a.m.	\$48/4
11106	W	2/12-3/5	6:30-8:30 p.m.	\$48/4
11107	T	3/18-4/8	9:00-11:00 a.m.	\$48/4
11108	W	3/19-4/9	6:30-8:30 p.m.	\$48/4

Fitness

Aerobic Dancing

Age: 16+

Do you love to dance? If so, Jackie Sorensen's Aerobic Dancing is a fun fitness program for you! This original fitness program is designed to provide a heart pumping cardiovascular and muscular workout through choreographed dances. The program includes warm-up and cool-down dances, abdominal work, aerobic dances and the Vertiform concept. Vertiform (with optional hand-held and/or ankle weights) maximizes lower body strength and toning; it takes leg and thigh work up off the floor and combines it with upper body conditioning to burn more calories and fat. Participants should wear comfortable clothing; good jogging or cross-training shoes and bring a towel or mat.

Instructor: K. Phelps

Location: Royal Palm

Code	Days	Dates	Time	Fee/Weeks
11132	MW	1/6-3/26*	5:45-6:45 p.m.	\$115/12
Pay as you go SAT		1/11-3/29	8:30-9:45 a.m.	\$6/1 day
Pay as you go MW		1/6-3/26*	5:45-6:45 p.m.	\$6/1 day

*No class on 2/17



Teens / Adults

Zumba Dance

Age: 16+

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

Instructor: L. Li				Location: Royal Palm
Code	Days	Dates	Time	Fee/Weeks
11155	M/W	1/6-1/29	7:45-8:45 p.m.	\$35/4
11156	M/W	2/3-2/26	7:45-8:45 p.m.	\$35/4
11157	M/W	3/3-3/26	7:45-8:45 p.m.	\$35/4

Tai Chi Chuan



Age: 18+

Tai Chi is one of the most popular forms of exercise practiced all over the world. It is a soft and smooth form also known as "a moving meditation". Tai Chi is safe, easy to learn, sweat-free and improves your physical condition, muscle strength, coordination, flexibility and balance. Wear comfortable clothes.

Instructor: O. Rosenthal				Location: Sago Palm
Code	Days	Dates	Time	Fee/Weeks
11163	M/W	1/6-1-29	11:00-12:00 p.m.	\$60/4
11164	M/W	2/3-2/26	11:00-12:00 p.m.	\$60/4
11165	M/W	3/3-3/26	11:00-12:00 p.m.	\$60/4

Adult Tae Kwon-Do

Age: 15+

Training martial art classes is essentially a process of change. Weight loss and physical energy are difficult to quantify, but virtually everyone who participates in this program over a period of time reports a positive effect on outlook and energy level. Classes are designed to develop endurance, flexibility and balance along with self-defense techniques. 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
11123	M/W	1/6-1/22	6:30-7:30 p.m.	\$40/3
11124	M/W	2/3-2/19	6:30-7:30 p.m.	\$40/3
11125	M/W	3/3-3/19	6:30-7:30 p.m.	\$40/3



Adult 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. 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
11119	T/TH	1/7-1/23	5:30-6:30 p.m.	\$40/3
11120	T/TH	2/4-2/20	5:30-6:30 p.m.	\$40/3
11121	T/TH	3/4-3/20	5:30-6:30 p.m.	\$40/3

Women's Self Defense

Age: 14+

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

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

Instructor: A. Jafari				Location: MA Center
Code	Days	Dates	Time	Fee/Weeks
11116	F	1/10-1/24	5:30-6:30 p.m.	\$45/3
11117	F	2/7-2/21	5:30-6:30 p.m.	\$45/3
11118	F	3/7-3/21	5:30-6:30 p.m.	\$45/3

Ice Skating For Adults

Age: 17+

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

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

Instructor: Anaheim ICE Staff				Location: Anaheim ICE
Code	Days	Dates	Time	Fee/Weeks
11090	W	1/8-1/29	7:00-7:30 p.m.	\$39/4
11091	W	2/5-3/5*	7:00-7:30 p.m.	\$39/4

*No Class on 2/19



Activity Guide

Power Tae Aerobics

Age: 13+

Power Tae, created by Grand Master J.G. Park (Olympic Tae Kwon Do coach), is without a doubt the fitness weight loss energizer of the new millennium. Power Tae combines the essential elements of Tae Kwon Do: aerobics and boxing. Speed, agility, and strength are the mainstays of this high-energy workout done to pulsating music. This class is provided with the intent to give you the opportunity to increase your physical endurance. If you like Tae-Bo®, you will love this class!

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

Instructor: Master Markopulos		Location: Tae Kwon Do Center		
Code	Days	Dates	Time	Fee/Weeks
11234	T/TH	1/2-1/30 8:00-9:00 p.m. (TH)	7:00-8:00 p.m.	\$55/4.5
11235	T/TH	2/4-2/27 8:00-9:00 p.m. (TH)	7:00-8:00 p.m.	\$55/4
11236	T/TH	3/4-3/27 8:00-9:00 p.m. (TH)	7:00-8:00 p.m.	\$55/4

Cardio Barre

Age: 13+

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

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

Instructor: Master Markopulos		Location: Tae Kwon Do Center		
Code	Days	Dates	Time	Fee/Weeks
11231	M/TH	1/2-1/30	7:00-8:00 p.m.	\$55/4.5
11232	M/TH	2/3-2/27	7:00-8:00 p.m.	\$55/4
11233	M/TH	3/3-3/27	7:00-8:00 p.m.	\$55/4

Abs, Thighs, And Buns

Age: 16+

No cardio, just an invigorating warm up, an hour of intense work on the Abs, Thighs, and Buns, followed by a relaxing cool down. Different paces are suggest throughout the class so you can work at the level in which you're comfortable and increase intensity when you choose. Wear comfortable clothes, bring a water bottle and mat.

This class is co-sponsored with Buena Park. Tuesday class held at Ehlers Recreation Center, 8150 Knott Ave. Thursday class held at the Buena Park Community, Center 6688 Beach Blvd.

Instructor: High Fidelity Entertainment		Location: Buena Park CC		
Code	Days	Dates	Time	Fee/Weeks
11100	T	1/14-3/11*	6:00-7:00 p.m.	\$42/8
11101	TH	1/16-3/13*	6:00-7:00 p.m.	\$42/8
11102	T/TH	1/14-3/13*	6:00-7:00 p.m.	\$62/8

*No Class 2/4 and 2/6

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, Parvo 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
11109	M	2/17-4/14	7:00-8:00 p.m.	\$75/9

Dance

Line Dance

Age: 18+

Yee-Haw!!!! Slip on your cowboy boots and rustle up your friends! Students will learn a variety of line dances, have an opportunity to meet new people as no partner is necessary, and get a great work-out.

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

Instructor: J. Karter		Location: Cypress SC		
Code	Days	Dates	Time	Fee/Weeks
11166	M	1/6-2/10	6:30-7:30 p.m.	\$32/6
11167	M	2/24-3/31	6:30-7:30 p.m.	\$32/6

Two Step & Swing

Age: 18+

Get your feet moving! Learn two-step patterns and East Coast Swing from instructor Janet Karter. Take this class with friends, family or by yourself as no partner is necessary. This class is co-sponsored with Cypress Recreation and will be held at the Cypress Senior Center, 9031 Grindlay Street.

Instructor: J. Karter		Location: Cypress SC		
Code	Days	Dates	Time	Fee/Weeks
11168	M	1/6-2/10	7:30-8:30 p.m.	\$32/6
11169	M	2/24-3/31	7:30-8:30 p.m.	\$32/6

Strictly Ballroom Dance

Age: 18+

Learn to dance for all occasions including weddings in this exciting class. Instructor Janet Karter will instruct students in two dances of their choice: cha-cha, waltz, swing, tango, salsa or foxtrot. Singles are welcome in this popular class.

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

Instructor: J. Karter		Location: Cypress SC		
Code	Days	Dates	Time	Fee/Weeks
11170	M	1/6-2/10	8:30-9:30 p.m.	\$32/6
11171	M	2/24-3/31	8:30-9:30 p.m.	\$32/6



Older Adults

Dance

Country Line Dancing

Age: 55+

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

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

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

Marsha Roe's Line Dance Class

Age: 55+

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

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

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

Fitness

Zumba Gold

Age: 50+

Zumba Gold is the most effective and fit class for Active Adults! It's a cardio based fitness class with slower and easy to follow patterns. Zumba is indeed great for mind, body and soul. Wear comfortable clothes and bring a water bottle.

Instructor: L. Li	Location: Royal Palm			
Code	Days	Dates	Time	Fee/Weeks
11158	F	1/3-2/7	9:00-10:00 a.m.	\$30/6
11159	F	2/14-3/28	9:00-10:00 a.m.	\$35/7

Water Fitness

Age: 55+

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

Winter Sessions: Held on Monday's and Wednesdays or Tuesdays and Thursdays. Classes are \$49 and held at 9:00 a.m. and 10:00 a.m. All classes are 50 minutes long.

Session #1	1/6 – 1/30
Session #2	2/3 – 2/27
Session #3	3/3 – 3/27

Older Adult Resources

Improving Access to Community and Social

2-1-1 is a free 3-digit telephone number that provides referrals for emergency services, such as food, shelter, child care, services for persons with disabilities, older adults and their caregivers, and alcohol and drug services. This is a much-needed and widely anticipated telephone number, which should streamline the point of access for persons in need of emergency services.

Information and Referral

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

Senior Transportation Referral

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



Activity Guide

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. We also encourage all players to register for the class online at www.cityofapalma.org/LPRecConnect. It's quick, easy, and it helps everyone to start the tournaments on time.

Instructor: LP Chess

Location: Sago Palm

CHESS TOURNAMENTS

Code	Tournament	Days	Dates	Time	Fee/Weeks
11128	All Three Tournaments	F	1/3-3/28	6:00-11:00 p.m.	\$40/13
11129	Ladder Match	F	1/3	6:00-11:00 p.m.	\$15/1
11130	7th Milky Way Championship	F	1/10-2/21	6:00-11:00 p.m.	\$35/7
11131	Monty Python Memorial	F	2/28-3/28	6:00-11:00 p.m.	\$30/5

Fitness

Private Tennis Lessons

Age: 7+

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



Traditional Martial Arts

Age: 6+

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

This program is divided into three course levels—Beginner for first-time students, Intermediate for students with previous experience, and Advanced for the highest level of training. Choose the beginner course or, if you have previous experience, discuss proper placement with the instructor before enrolling.

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

Students and instructors are expected to have their own authorized uniform. New students order a Taekwondo uniform, complete with patches and a white belt from the instructor after enrolling for the first session for a low cost of \$40. Additional uniforms, training equipment, and annual USAT/USJA memberships are available at the classes and not during registration.

For the most dedicated students, a special weekly package is available at a special price. Training includes one of our Saturday classes (Beginner, Intermediated or Advanced) in addition to our weekday Introduction to Martial Arts classes on Tuesdays and Thursdays. Enrolling in this program allows the student to maximize his or her development in martial art training by receiving personalized, one-on-one instruction. Please feel free to discuss this special option with our instructor staff.

Instructor: L. Amsell

Location: Sago Palm

Code	Days	Dates	Time	Fee/Weeks
BEGINNER				
11224	SAT	1/4-1/25	9:00-10:00 a.m.	\$45/4
11223	SAT	2/1-2/22	9:00-10:00 a.m.	\$45/4
11222	SAT	3/1-3/29	9:00-10:00 a.m.	\$45/5
11249	SAT	1/4-3/29	9:00-10:00 a.m.	\$110/13
INTERMEDIATE				
11221	SAT	1/4-1/25	10:00-11:30 a.m.	\$45/4
11219	SAT	2/1-2/22	10:00-11:30 a.m.	\$45/4
11220	SAT	3/1-3/29	10:00-11:30 a.m.	\$45/5
11250	SAT	1/4-3/29	10:00-11:30 a.m.	\$110/13
ADVANCED				
11229	SAT	1/4-1/25	11:30-1:00 p.m.	\$45/4
11225	SAT	2/1-2/22	11:30-1:00 p.m.	\$45/4
11226	SAT	3/1-3/29	11:30-1:00 p.m.	\$45/5
11251	SAT	1/4-3/29	11:30-1:00 p.m.	\$110/13
WEEKLY MARTIAL ARTS				
11227	T/TH	1/2-1/30	5:00-6:00 p.m.	\$60/5
	SAT		9:00-10:00 a.m.	
11228	T/TH	2/1-2/27	5:00-6:00 p.m.	\$60/5
	SAT		9:00-10:00 a.m.	
11230	T/TH	3/1-3/29	5:00-6:00 p.m.	\$60/5
	SAT		9:00-10:00 a.m.	
11252	T/TH	1/2-3/29	5:00-6:00 p.m.	\$145/15
	SAT		9:00-10:00 a.m.	

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



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



WWW.LAPALMAINTERCOMMUNITYHOSPITAL.COM



www.SteggellRealtyGroup.com



1. The Palms at Central Park Community Center

King Palm Queen Palm Sago Palm Pygmy Date Palm

Meals On Wheels (714) 690-3350

7821 Walker Street, La Palma

(714) 690-3350

2. City Hall (714) 690-3300

City Manager (714) 690-3333

Public Works (714) 690-3310

Finance & Water (714) 690-3330

Building & Safety (714) 690-3340

7822 Walker Street, La Palma

3. Police (714) 690-3370

Emergency 911

Fire (714) 527-6722

7792 Walker Street, La Palma

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

7842 Walker Street, La Palma

5. US Tae Kwon Do Center

12233 Centralia, Lakewood

6. Arnold/Cypress Park

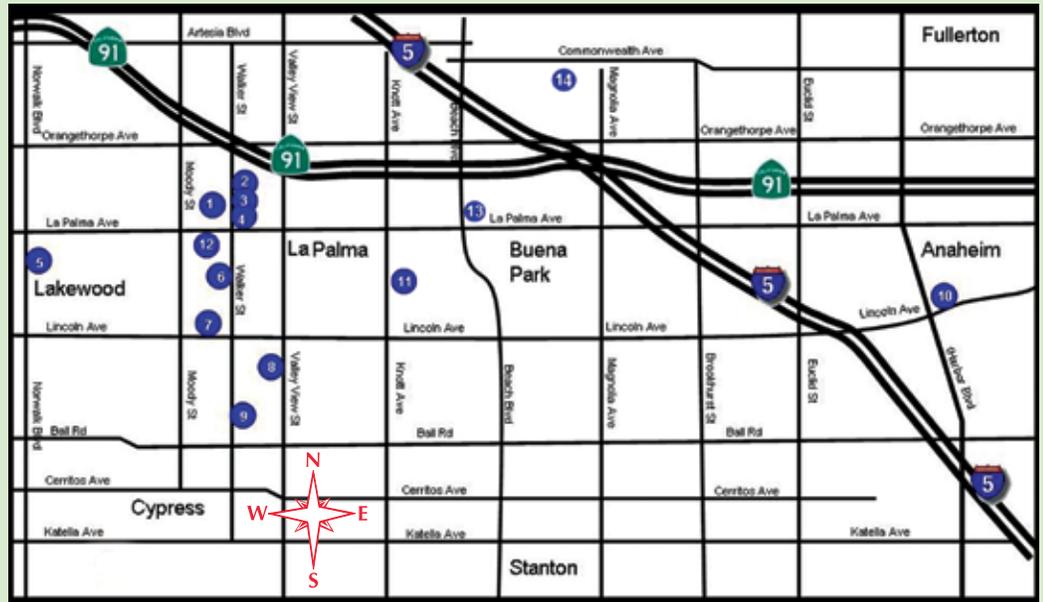
8611 Watson Street, Cypress

7. Cypress Senior Center

9031 Grindlay Street, Cypress

8. Cypress Community Center

5700 Orange Avenue, Cypress



9. Martial Arts Fitness Center

9949 Walker Street, Cypress

10. Anaheim ICE

300 W. Lincoln Avenue, Anaheim

11. Adol Ehlers Community Center

8150 Knott Ave., Buena Park

12. The Hub

5414 La Palma Ave., La Palma

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, Tim Dodd
 Andi Terry, Tamara York
 Senior Office Staff Jill Olivier & Lori Whalen

Recreation Leaders

Brandon Alfajora	Bryan Amezquita	Anthony Diaz
Elise Frontino	Megan Hana	Christine Juarez
Emily Kulassia	Chris McCombs	
Sam Montemayor	Ryan Plunkett	Min Rattanchandani
Nick Rotherham	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
Non-residents add an additional fee per class:			Class fee up to \$50 = \$5 Non-Res Fee			
			Class fee \$51 and over = \$10 Non-Res Fee			
TOTAL PAID						

PAYMENT METHOD (Checks payable to: City of La Palma)				Staff Initial _____	Receipt # _____
Circle One: 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

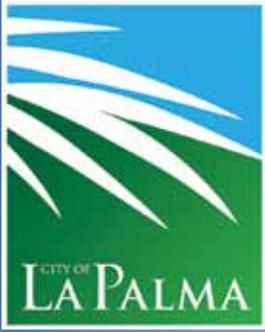
(Parent or guardian must sign for participants under 18 years of age.)

Print name

Date



Postal Customer La Palma, CA 90623



For up-to-date news . . .

Follow us on Twitter,
[@CityofLaPalma](https://twitter.com/CityofLaPalma)



Find us on Facebook, www.facebook.com/CityofLaPalma



Club La Palma Day Camp

March 31 – April 4
Ages 5 – 12

Parents! Need a fun and safe place for your young ones this Spring Break? Club La Palma Counselors are committed to creating thrilling physical activities, introducing innovative crafts and building lasting friendships. Our Day Camp is designed for youth 5-12, and will be held Monday through Friday from 6:30 a.m. until 6:00 p.m. The all-inclusive fee of \$129 for the week, includes an enjoyable excursion, afternoon snack and all activities. Registration will begin February 3!



Camp Tiny Tots

March 31 – April 4
Ages 3 – 5 (Pre-K)

This fun and exciting program is expanding into Spring! Camp Tiny Tots is filled with games, crafts, songs, special activities, physical fitness, and a parent participation excursion to a local place of interest. The camp will run from 9:00 a.m. until 1:00 p.m. and campers need to bring a lunch!

Registration will begin February 3!

