

La Palma



MOSAIC

Spring 2015



What's Inside

State of the City
Water Conservation
Volunteer Opportunities
Spring Classes

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 7:00 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

Peter Kim, Mayor

Gerard Goedhart, Mayor Pro Tem

Steve Hwangbo, Councilmember

Steve Shanahan, Councilmember

Michele Steggell, Councilmember

Calendar of Events



March

- 8 Daylight Savings time begins
- 17 City Council Meeting – 7:00 p.m.
- 20 First Day of Spring
- 20 Karaoke Night for Adults – 6:00 p.m.
- 30 Spring Day Camp/Camp Tiny Tots begin
- 30 Volunteer Applications Available

April

- 7 Club La Palma Summer Day Camp Registration Begins
- 7 City Council Meeting – 7:00 p.m.
- 11 Teen "Let the Good Times Roll" Dance – 7:00 p.m.
- 17 Karaoke Night for Adults – 6:00 p.m.
- 21 Arbor Day Celebration
- 21 City Council Meeting – 7:00 p.m.
- 22 State of the City Luncheon – 11:30 a.m.
- 20-24 Bulky Item Spring Clean-up

May

- 2 Teen Battle of the Bands – 5:00 p.m.
- 5 City Council Meeting – 7:00 p.m.
- 10 Mother's Day
- 15 Teen Skate Night – 6:00 p.m.
- 15 Karaoke Night for Adults – 6:00 p.m.
- 16 Armed Services Day
- 19 City Council Meeting – 7:00 p.m.
- 25 Memorial Day, City Office Closed Ceremony at City Hall – 9:15 a.m.



June

- 2 City Council Meeting – 7:00 p.m.
- 6 Teen "Wild Wild West" Dance – 7:00 p.m.
- 6-7 Relay for Life – 10:00 a.m.
Buena Park Junior High School
- 14 Flag Day
- 19 Karaoke Night for Adults – 6:00 p.m.

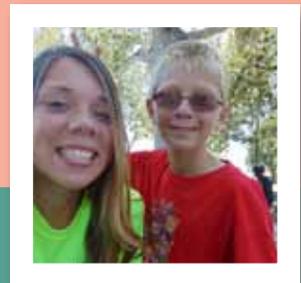


The La Palma Mosaic is your magazine; we welcome your suggestions and feedback. If you would like to see something specific or want to include an upcoming community, school, or business event in the magazine, please contact the La Palma Mosaic Editor at recreation@cityoflapalma.org.

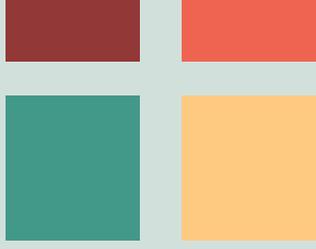


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City | Highlights

2014 Election Results and City Council Reorganization:

On November 4, the citizens of La Palma spoke during the General Municipal Election and re-elected incumbent Steve Hwangbo and Michele Steggell to the two available seats on the City Council. At its December 2, Regular Meeting, the City Council honored and recognized outgoing Council Member G. Henry Charoen, who served 8 years on the La Palma City Council. Additionally, the City Council certified the results of the recent General Municipal Election by swearing-in incumbent Steve Hwangbo, and newly elected Council Member Michele Steggell. Following the ceremony, the City Council reorganized as follows:

- Peter Kim, Mayor
- Gerard Goedhart, Mayor Pro Tem
- Steve Hwangbo, Council Member
- Steve Shanahan, Council Member
- Michele Steggell, Council Member

Grant Management Services:

The adopted Sustainable Financial Plan includes additional resources devoted to grants research and development, in the form of consultant services. The FY 2014-15 budget provides up to \$40,000 in one time monies for grants consultant services. A new approach was needed to better tap these resources for City projects. On November 18, the City Council discussed a contract for professional grant management services with Blais & Associates that was approved on December 2, 2014. This contract includes an initial needs assessment, grant research and monitoring, as well as grant writing assistance over the seven month period of the contract. As part of the approval, Staff is required to seek City Council consent before pursuing a grant to ensure it is consistent with the City Council goals and direction. At its December 16, Regular Meeting, the City Council approved the development of the Community Development Block Grant (CDBG), for pedestrian access ramps and items directly related to making intersections or buildings accessible as part of the Americans with Disabilities Act (ADA) Streets & Sidewalk Transition Plan. Should the City receive these CDBG funds there would be \$325,000 for this work, which will allow installation of approximately 150 pedestrian access ramps significantly fast-tracking the current Capital Improvement Plan (CIP) schedule for ADA improvements. Since the improvements are ones the City is required to make, any grant funds received offset future City funds that would have to be spent to complete the improvements as well as making those improvements available for the public in a timelier manner.

Coffee Bean & Tea Leaf:

On November 18, the City Council serving as the Planning Commission held a public hearing and approved Precise Plan 278, permitting the remodel for a Coffee Bean & Tea Leaf at 5510 La Palma Avenue. The remodel is to facilitate the reuse of the property from a vacant Walgreens to a Coffee Bean and Tea Leaf shop. The remodel plan is largely an interior tenant improvement of the existing floor space with minor exterior architectural and signage upgrades that will bring new economic development opportunities into the City, benefiting City residents without adversely impacting City services. These upgrades include a decommissioned west-side drive thru conversion to an outdoor patio area, added landscaping improvements to include queen palm trees, and a pedestrian path at the northwest corner. For detailed information on this project, please contact the Community Development Department at (714) 690-3340.

Energy Related Improvements to City Facilities:

On December 16, 2014, the City Council approved an energy service contract with Climatec for a variety of energy related projects citywide and associated improvements that will result in an expected savings to the City of over \$2.2 million during the equipment's useful life, reducing energy costs. Because the project cost is entirely funded by the energy savings of implementing the recommended measures and utility incentives, the City Council agreed to self fund the project on January 20, 2015.

Straight-Up Fitness:

On January 20, 2015, the City Council serving as the Planning Commission held a public hearing and approved Conditional Use Permit 364, permitting the establishment, maintenance, and operation of a 3,468 square foot fitness facility use (Straight-Up Fitness) consisting of personal instruction training areas, free weights, and cardio areas. Use is allowed subject to Conditions of Approval in the Mixed-Use Business Zone. The project met all six findings for Approval of Conditional Use, including consistency with the General Plan. The business owner agreed to make the necessary tenant improvements as conditioned by the Planning Commission to sufficiently mitigate any potential impacts associated with the proposed use.

Miscellaneous:

During this time period, the City Council also discussed and approved a Site License Agreement for Water Quality improvements at 5692 Fresca Drive, a three year agreement for labor counsel services, a City-wide Traffic Speed Zone Survey and Engineering Study, a finance system conversion update and proposed budget structure, and authorized the recruitment of a Water Worker and Community Liaison Officer.

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 article contains highlights of the meetings 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.

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, resident must meet the “very low income” standards established by the California Department of Housing and Community Development, as described in the table BELOW.

2014 COMBINED GROSS INCOME CRITERIA	
Number of Persons In Family	Gross Income
1	\$33,750
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 (2014 W-2’s, 2014 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.



2015 La Palma State of the City Luncheon

Featuring Mayor Peter Kim
Wednesday, April 22, 2015
11:30 a.m.

La Palma Community Center
7821 Walker Street, La Palma

Co-Sponsor:
West Orange County
Regional Chamber of Commerce

A Message From The City

City Council Adopts New Goals

On January 20, 2015, the La Palma City Council adopted new goals for the 2015 year and beyond. The ten goals will now be incorporated into budget and labor negotiations processes, department work plans, and performance measures and reporting. Overall, they emphasize placing the City on firm financial footing and maintaining the services and quality of life expected by the community. The goals are:

1. Make a City Council decision regarding the billboard project by April, with a minimum of one site.
2. Maintain a sustainable balanced budget which includes:
 - a. Receive a mid-year budget/financial status report in February which includes a clear analysis of the City's financial status and a plan to balance 2014/15 budget (including a decision on adopted budget items which were to return to the City Council for decisions at mid-year);
 - b. Improve the 2015/16 budget process including more City Council discussion and at least one dedicated work session;
 - c. Improve the transparency, ease of understanding, and accuracy of the 2015/16 budget document; and,
 - d. Adopt a 2015/16 budget which is balanced without the use of reserves for operations, or use of one-time monies for ongoing expenditures, and which is consistent with the forecast for the longer term.
3. Complete a study of modernization of the utility users' tax by December 2015 in preparation for decision making regarding a potential November 2016 ballot measure.
4. Address the water/sewer funds operational deficits by September 2015.
5. Maintain Quality of Life through beautification, continuous improvement in operations and services, and improvement in communications. Emphasis is on the City's core responsibilities including maintaining strong police and fire services, infrastructure, keeping residents happy, and providing services and protection.
6. Approve the zoning code in 2015.
7. Meet the State mandate of reducing City water usage by at least 20% by 2020 and permanently reduce the City's water usage.
8. Complete labor negotiations for 2015.
9. Have a City Council discussion regarding whether or not to go forward with a school district survey of residents north of Houston and including the historic context of the issue. Survey to be followed by a decision on whether or not to put resources into creating a strategy and action plan going forward.
10. Promote and achieve a better business environment through implementation of the Economic Development Action Plan recommendations, especially those concerning streamlining regulations and processes and conducting an annual meeting with existing businesses. Include a survey of business attitudes to provide an additional outlet for business input.

For more information on goals, including the City's Vision Statement and General Plan goals, explore the City's website at www.cityoflapalma.org.

Fiscal Year 2015-16 Budget Preparation

The City of La Palma invites you to participate in the 2015-16 Budget process. This is always an important undertaking, and the process for this subsequent fiscal year takes on added importance given the various financial challenges facing the City. The following budget-related meetings have been scheduled:

Date	Topic	Comments
March 17, 2015	Capital Improvement Plan	Regular City Council Meeting
April 7, 2015	Study Session: Long-Term Financial Plan, Fiscal Status, and Budget Impacts	Regular City Council Meeting
May 5, 2015	Proposed Budget Presented	Regular City Council Meeting
May 11, 2015	Budget Workshop	Special Meeting at 6:30 p.m.
June 2, 2015	Budget Adoption and Public Hearing	Regular City Council Meeting

City's website at www.cityoflapalma.org/finance or at La Palma City Hall. The City's proposed budget will also be available for review starting after May 5 and the final budget document will be available after it is adopted by the City Council. Residents are encouraged to participate in the budget process and attend City Council meetings which start at 7:00 p.m. All meetings will be held at City Hall, located at 7822 Walker Street.

1st Annual Paper Shred Day

Saturday, April 18
10:00 – 2:00 p.m.

La Palma Intercommunity Hospital
7901 Walker Street, La Palma

Neighbors and community members are welcome to join the first annual paper shred day! All services will be provided free of charge. Bring your confidential old documents to be shredded and disposed of safely and securely.



Community Pride

Home Spotlight

Spring 2015 Home Spotlight Award Winner

Ronny and Rick Liddell are the proud, original owners of their home, built in 1973. They raised their children who attended the local schools.



The Liddells have remodeled and renovated their home, transforming a small, one story, three bedroom home into a spacious two story, four bedroom home. Their tiled roof is fireproof and they have installed energy efficient windows. Their well-groomed landscape is adorned with coordinated trees, plants and a variety of colorful flowers, as well as their seasonal yearly decorations. Their continuous up keep, care and devotion depicts their pride of ownership of their home.

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 Ronnie and Rick 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.

Kiwanis Thanks La Palma City Employees

For 15 years the La Palma Kiwanis Club donated holiday gift baskets for needy families. Each year the club puts together gift baskets containing canned goods, produce, and a ham, as well as toys for the younger children. Kiwanis members provide pasta and rice and cereal products, and the students at Kennedy hold a canned food drive. All of us, at Kiwanis Club of La Palma, have been blessed knowing that La Palma City Employees contributed a generous donation of more than \$600 making it possible for the club to provide some holiday cheer to families in the community and are thankful to the city employees who generously contributed to the success of this program.

Proactive Response Reduces City Water Use by 20%

In 2008, California passed a water conservation measure that is commonly referred to as "20 by 2020." This measure calls for a 20% reduction in water usage to be met by the year 2020. In order to meet this goal, the City taken several steps to reduce water usage at City facilities and parks including: installation of high efficiency sprinkler heads, smart irrigation controllers, automatic water faucets, ultra-low flow toilets and waterless urinals. The City of La Palma's overall water usage was on a downward trend and we were on track to meet our 20% by 2020 goal. However the record setting drought over the last couple of years caused California Governor Brown to call for all Californians to reduce their water usage by 20% from last years usage. In order to meet this new goal, the City immediately began cutting back irrigation at all City-owned facilities, parks and medians. In addition to cutting back on irrigation, City staff proactively looked for ways to eliminate water waste. As of December 2014, the City was able to reduce overall water usage for City-owned facilities, parks and medians by 20% from 2013.

For 2014, La Palma's overall water usage was down 5.2% from last year's. Although any reduction is good, we fell short of the 20% reduction called for by Governor Brown. The current average usage per resident is 66.7 gallons per day. The State's 20% reduction goal for La Palma is 56.3 residential gallons per day (r-gpcd). This means that each resident needs to further reduce their water usage by 10 and a half gallons per day. This conservation goal can be met through water wise practices and elimination of water waste. Reduction of water usage now can help us to avoid more drastic measures to achieve conservation in the future. Everyone must do their part so that La Palma can achieve the conservation level asked for the Governor. Ultimately, water conservation will assist all Californians to have more water available to serve present and future needs. "Conserve Water, Preserve Our Future."

10 Spring Tips For Water Conservation

Spring is normally the season when just about everything in the garden is blooming, but none of spring's wonders can happen without water! Saving water and utilizing it better will help La Palma be better prepared for times when our water resources are limited. Here are a few tips to observe.

1. Check all outside hose connections and irrigation systems against leaks.
2. Planting your garden to start the season? Start off by using plants that are native to Southern California. There are many beautiful groundcovers, trees and shrubs that require less watering.
3. Avoid wasting water by installing a spring-loaded shutoff nozzle on each garden hose.
4. Adjust sprinklers to avoid watering the driveways and sidewalks.
5. Using compost will enhance water retention in your garden, not to mention a wealth of nutrients. Start a compost pile and mix in some wood chips or peat moss.
6. Slow-drip irrigation systems can help reduce over-watering and save money on your water bill.
7. Water lawns and gardens during periods that helps us to conserve our precious water resources. Water evaporates most rapidly during the day so watering during the evening or early morning will use less water.
8. Keeping the length of your lawn approximately 2 inches long will help reduce evaporation and require less water.
9. Cycle watering in areas where runoff occurs, especially on slopes or compacted dry soils.

Approximately 56 percent of La Palma's total water use is residential. As of December of 2014, the average usage per person is 66.7 residential gallons per day (r-gpcd). Our goal is to reduce the per capita water usage to 56.3 r-gpcd which represents a 20% reduction from 2013's usage. This conservation goal can be met by wise water practices and elimination of water waste. Conserving water means more water will be available to serve present and future water needs.

Conserve Water, Preserve Our Future

Learn how to save water and eliminate runoff with OC Garden Friendly plants

With more than 300 days of sunshine each year, Orange County is one of the best places to be a gardener! A beautiful garden of drought resistant and climate appropriate plants will not only make your outside a more enjoyable habitat for humans and gnomes alike, but help you save water and stop overwatering. Your garden can produce edibles, be a great source of exercise, make you the envy of your neighbors, and help you contribute to a cleaner climate.

Looking for help finding those climate appropriate plants? OC Garden Friendly has partnered with various garden supply and home improvement stores throughout Orange County to hold outdoor plant sales complete with local experts on water-efficient landscaping, vendor displays, and special discounts on plants that are ideal for Southern California. Be on the lookout for OC Garden Friendly stickers—these plants have been identified by our experts as water efficient additions for your garden!

Cypress: OC Garden Friendly at Home Depot
March 7 at 8:00 a.m. - 12:00 p.m.

Join hundreds of your neighbors committed to putting an end to overwatering in Orange County. Keep water in the yard; not the sidewalk:
<http://www.overwateringisout.org/>

In collaboration with the Municipal Water District of Orange County, the City of La Palma offers rebates on water-saving devices. For more information go to: <http://www.ocwatersmart.com/>

Annual Spring Clean-up April 20 – April 24

The "Annual Bulky Item Spring Clean-up" for large household and yard items will be conducted the week of April 20 through April 24, 2015. Collection will occur on your normal trash collection day and items must be placed near the curb. While this clean-up event includes the removal of most large or bulky items, please note the following types of items cannot be collected:

- Tree branches longer than four feet (please cut them down to smaller sizes).
- Construction materials including: concrete, asphalt, dirt, rocks, sod, etc.
- Automobile-related items including: motor oil, auto parts, engines, tires, etc.
- Household hazardous waste including: all batteries, fluorescent light bulbs, paints, pesticides, etc.
- E-Waste items including: TVs, computers, monitors, VCR/DVD players, etc.

For information regarding the proper disposal of Household Hazardous Waste or E-waste items, please visit the City's website at www.cityoflapalma.org/recycling; some of these items can be collected as part of the City's curbside special waste collection program. If you want to know whether a specific item can be collected as a part of the annual clean-up event or through the special waste collection program, please call Park Disposal directly at (714) 522-3577.

Before Heading Outside: Spring Safety and Injury Prevention Tips

As the spring season gets underway, the La Palma Police Department encourages residents to avoid injuries by reviewing these safety tips before heading out to the yard:

Whether it is lifting a bag of mulch or a large flower pot, plan your lift and don't be in a hurry. Bend at the knees, not the waist and keep your back straight. Lift with your legs and thigh muscles keeping the item close to you as you lift. Do not twist at the waist and always ask for help for items that are heavy or bulky.

Inspect lawn and garden power tools for frayed power cords and cracked or broken casings. If the item is damaged, have it repaired by a qualified technician or replace it. Thoroughly inspect tools prior to every use.

Take care of your back during yard clean-up and planting. Sprains and strains can be avoided by varying tasks so that you're not making the same movement over and over for long periods of time.

Before using the lawn mower for the first time this year, review the owner's manual. Be sure you know how to stop the mower in case of an emergency. Store gas in an approved container and store it away from your home.

Whether your ladder is brand new or it has seen a few spring cleanings, read the instructions and warning labels before using it. Remember to use the 4-to-1 rule: for every four feet of ladder height, the bottom of the ladder should be one foot away from the wall or object it is leaning against.

Always wear appropriate protective clothing that is necessary for the task, such as gloves, long pants, eye protection and sturdy footwear. This is especially critical when handling pesticides and fertilizers. Always wash hands and clothing after handling these materials.

And don't forget to wear sunscreen.

Smoke Alarms Save Lives!

A working smoke alarm increases your chance of surviving a fire by 50%.

Most home fires occur at night when families are sleeping. When you do not have a working smoke alarm, your family is at risk for sleeping deeper because of the smoke, which could lead to a death.

The #1 reason smoke alarms aren't working is because of missing, disconnected, or dead batteries.

Smoke alarms give you and your family extra time to escape.

You should know these important smoke alarm safety facts:

Install-A smoke alarm on every level of your home, in every sleeping area, and in the hallway leading to every sleeping area.

Inspect- A "chirping" smoke alarm means the battery is weak and it's time to install a new battery. Test your smoke alarm monthly and change the battery every six-months.

Never "borrow" a battery from a smoke alarm.

Hard-wired smoke alarms should have battery back in case the power goes out.

Protect- Discuss and practice a family fire drill.

Articles provided by the Orange County Fire Authority.



Change your
CLOCKS
and
smoke alarm
BATTERIES
Sunday March 8

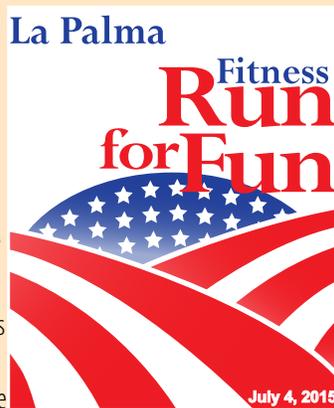
Community | Get Involved

La Palma's Fitness Run For Fun – Volunteers Needed

This year La Palma will be conducting the 35th Fitness Run for Fun. This annual event continues to attract participants from all over the Southland. To continue this successful patriotic event we need over 100 volunteers to staff the 3.1 mile course every year!

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

You can become an important part of this 35th Fitness Run for Fun by getting involved to make this great event successful. There are several opportunities available. Call the La Palma Recreation and Community Services Department at (714) 690-3350 for more information.



Community Blood Drive

The American Red Cross Club at John F. Kennedy High School in collaboration with the City of La Palma is hosting a community blood drive on Tuesday, May 26 at the Community Center (7821 Walker Street).

Every two seconds someone in the United States needs blood, by donating blood you could be a life-saving contributor. Don't miss out on this great opportunity, and support the many people out in the world that need your help.

To be a blood donor you must be at least 16 years of meet certain height and weight requirements. For more information on the requirements to donate or to make an appointment please visit redcrossblood.org and search sponsor keyword "KennedyHS."



Help Finish the Fight Against Cancer During Relay For Life of Buena Park and La Palma

Join the American Cancer Society's Relay for Life of Buena Park and La Palma on June 6-7, 2015 at Buena Park Jr. High School from 10:00 a.m. – 8:00 a.m. and help finish the fight against cancer. This overnight event celebrates cancer survivors, remembers those we have lost and provides the community with an opportunity to unite and fight back against this disease. You can join the fight against cancer by visiting www.relayforlife.org/buenaparklapalma to register. Funds raised through Relay For Life support the American Cancer Society's efforts to make this cancer's last century. For more information on Relay for Life of Buena Park and La Palma please call Taryn McDonald at (949) 567-0614 or email BuenaParkLaPalmaRelay@gmail.com.

Volunteers

Teens in La Palma! Do you need something to fill your time this summer? Want hands on training that would benefit you for future work opportunities? The Community Services Department is looking for responsible teens to assist our Club La Palma Day Camp Counselors through the summer. At the end of the summer, each volunteer will receive a \$200 stipend after completion of volunteer service. As a part of this program, you will gain on-the-job experience, interviewing skills, learn how to organize game in large groups, and help create a fun and healthy environment for La Palma's youth!

To be considered for this position, you must be a La Palma resident between the ages of 13 and 17 and be available to volunteer approximately 20 hours per week throughout the summer. This program includes mandatory bi-weekly meetings which include job training. Applications will be available online at www.CityOfLaPalma.org beginning March 30 and must be completed by May 1 at 5:30 p.m. Selections are based on oral interviews. All Volunteers must provide proof of residency and a negative TB test by the first day of Day Camp. For more information please call (714) 690-3350.

Community | Development

Why You Need to Change Your Coffee Addiction

It's doing more damage than you know.

By Douglas D. Dumhart
Community Development Director for
the City of La Palma



When people think of La Palma, they usually think of quiet, well maintained neighborhoods with great schools. People say that La Palma's roads are well maintained, the Central Park is an exceptional community amenity, and that they feel very safe.

However, what people often overlook is the City's business community. It's a shame because without strong businesses, many of the things that make La Palma such a desirable place would not be possible.

Many key city services—including local police protection, recreation programs, and street maintenance—are made possible by the taxes you pay when you shop at local businesses. When you shop in a neighboring city, the taxes stay in that city. And when shopping in adjacent Los Angeles cities like Cerritos, you are paying more in taxes as LA County sales tax is 9 cents per dollar versus 8 cents per dollar in Orange County.

So what does this information have to do with your coffee addiction? Well, there are a couple popular coffee spots on La Palma's North and Eastern border. That is the point. They are not in La Palma, and hence your sales tax dollars are left in another City. There are many outlets in La Palma that do serve coffee. I'm not suggesting you give up your caffeine pleasure, just reconsider where you get your next café au lait. On the east side of town, in the Centerpointe business park, facing Valley View is Cachi Coffee. On the west side of town in the Moody Shopping center is Boba Loca. On the north side of town on Orangethorpe Avenue are Yum Yum Donuts, Burger King and McDonalds McCafe which will all be able to conveniently serve you a hot cup of java to go.

And if those venues don't pass the rigors for the coffee connoisseurs, there will soon be a new coffee house opening in the heart of town. The Coffee Bean and Tea Leaf will be opening a shop in the former Walgreens on the corner of Walker Street and La Palma Avenue this spring. If you're not familiar with The Coffee Bean and Tea Leaf, they are the oldest and largest privately held specialty coffee and tea retailer in the United States. They started in Southern California in 1963, eight years before that Seattle based company was born in 1971.

So when you need your next delicious cup o'joe, please do so, in La Palma. Your purchases will help make your community stronger—kind of like an espresso.

Did you know that La Palma businesses contribute over 65% of the City's general fund revenue even though the business community makes up only 20% of the land use in La Palma?

Why should we be concerned with irrigation runoff?

Irrigation runoff can be a major contributor to ocean pollution.

Overwatering becomes part of the urban runoff mix that finds its way through the streets, gutters, and storm drains before entering the ocean. The implementation of Best Management Practices (BMP's) is required for compliance with State and local regulations which were developed to prevent water pollution and protect public health.

Irrigation runoff management shall include the following:

1. Zero discharge or a closed-loop recycled water system.
2. Consider upgrading irrigation system components to increase efficiency and reduce the potential for irrigation runoff.
3. Consider reducing the need for irrigation.

Best Management Practices (BMPs)

Home, business owners, homeowner associations and property management companies shall use the following BMPs to comply with water quality requirements and water pollution prevention:

- a. Minimize water use. Conserve water by using irrigation practices such as drip irrigation, soaker hoses or micro-spray systems.
- b. Inspect the irrigation system regularly, while it is operating, and promptly repair leaks or breaks.
- c. Adjust sprinkler heads and nozzles to avoid over-spray onto pavement and/or other impervious areas.
- d. Ensure that persons responsible for landscape maintenance are aware of irrigation management techniques for pollution prevention.
- e. Irrigate slowly or pulse irrigate so the infiltration rate of the soil is not exceeded.
- f. Adjust watering schedule seasonally to reflect reduced water demand.





Activity Guide

Preschool / Toddlers

Educational

Tiny Tots

Age: 3 – 5

Our preschool teacher Ms. Andi 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 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.

Priority Registration will be given to previous session participants enrolling in our fifth session. Priority registration runs from April 13-17. Open registration for the fifth session begins Saturday, April 18.

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 to 24 students per class.

Instructor: A. Terry		Location: Pygmy Palm Room		
Code	Days	Dates	Time	Fee/Weeks
12614	M/W/F	4/27-6/12*	9:00 a.m.-12:00 p.m.	\$140/7
12615	T/TH	4/28-6/11	9:30-11:30 a.m.	\$99/7

*No class on 5/25

Spring Camp Tiny Tots

Age: 3 – 5 (Pre – K)

This fun and exciting program is designed for the younger campers, ages 3-5 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. Friday, April 3, an optional parent-participation excursion to a local place of interest will be held for Tiny Tots in camp. Excursion will be and additional cost. There is a \$15 non-resident fee for each camper. Registration begins February 2. Class space is limited to 24 students.

Instructor: A. Terry		Location: Pygmy Room		
Code	Days	Dates	Time	Fee/Weeks
12277	M-TH	3/30-4/3	9:00 a.m.-1:00 p.m.	\$40/1



Dance

Parent & Me Ballet and 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. 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.

Instructor: High Fidelity Entertainment			Location: Ehlers Recreation Center	
Code	Days	Dates	Time	Fee/Weeks
12486	T	5/19-6/23	5:15-6:00 p.m.	\$39/6

Music/Art

Art Innovator's Preschool!

Age: 3.5 – 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 material fee payable to the instructor and the first class meeting. This class is co-sponsored with Buena Park Recreation and will be held at the Ehlers Recreation Center.

Instructor: Certified Art Innovators Instructor			Location: Ehlers Recreation Center	
Code	Days	Dates	Time	Fee/Weeks
12487	T	4/14-5/12	2:05-2:45 p.m.	\$55/5
12488	T	5/19-6/16	2:05-2:45 p.m.	\$55/5



Babies Love Music

Age: 4 – 14 mos.

This is musical play time with your 4-14 month old baby, NOT YET WALKING! Learn lap songs and active chants; play rhythm shakers and explore drums. Your baby gains motor skills and cognitive development – and has a fun bonding time with you! Class content changes each session. Adult participation is required and please bring a baby blanket to all classes. 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 purchase all three for \$20. This class is co-sponsored with Cypress Recreation and will be held at the Cypress Community Center.

Instructor: K. Greeno			Location: Cypress CC		
Code	Days	Dates	Time	Fee/Weeks	
12489	TH	4/9-5/7	3:30-4:00 p.m.	\$65/5	

Toddlers Love Music

Age: 1 – 2 years old

A good class for first-timers! Together we sing, dance, play rhythm instrument and explore playing drums, xylophones and glockenspiels. We keep you and your toddler active and engaged in this shortened version of the Kids Love Music class! Class content changes each session. Adult participation required. 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), harmonica (\$5) or purchase all three for \$20. This class is co-sponsored with Cypress Recreation and will be held at the Cypress Community Center.

Instructor: K. Greeno			Location: Cypress CC		
Code	Days	Dates	Time	Fee/Weeks	
12491	TH	4/9-5/7	4:15-4:45 p.m.	\$65/5	

Kids Love Music

Age: 1 – 4

Join us as we sing, dance, use puppets, play rhythm instruments and make music with specially designed xylophones, glockenspiels and drums! Your child gains tonal memory, motor skills, cognitive development and has a fun bonding time with you! Class content changes each session. Adult participation required. 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), harmonica (\$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.

Instructor: K. Greeno			Location: Cypress CC		
Code	Days	Dates	Time	Fee/Weeks	
12492	TH	4/9-5/7	5:00-5:45 p.m.	\$65/5	

Fitness

TriFyft: Soccer

Age: 2 – 6

Here is a great chance for kids to play their favorite sport SOCCER! This class is designed to motivate children to be active and healthy while giving them the fundamental skills needed to succeed and grow in the sport of soccer. Every child will be given a camp shirt. The 2-3 age is Parent and Me Soccer class.

Instructor: Trifyft Sports					Location: Central Park
Code	Age	Days	Dates	Time	Fee/Weeks
12493	2-3	TH	4/23-5/21	5:00-5:30 p.m.	\$59/5
12494	3-4	TH	4/23-5/21	5:30-6:15 p.m.	\$59/5
12495	4-6	TH	4/23-5/21	6:30-7:15 p.m.	\$59/5

TriFyft: 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 camp shirt. The 2-3 age is Parent and Me Multi Sport class.

Instructor: Trifyft Sports					Location: Central Park
Code	Age	Days	Dates	Time	Fee/Weeks
12496	2-3	SAT	4/25-5/30*	9:30-10 a.m.	\$59/5
12497	3-4	SAT	4/25-5/30*	10:00-10:45 a.m.	\$59/5
12498	4-6	SAT	4/25-5/30*	11:00-11:45 a.m.	\$59/5

*No Class 5/23

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 is located at Anaheim ICE.

Instructor: Anaheim ICE Staff				Location: Anaheim ICE
Code	Days	Dates	Time	Fee/Weeks
12499	T	3/31-4/28*	12:30-1:00 p.m.	\$39/4
12500	SAT	4/11-5/2	11:45-12:15 p.m.	\$39/4
12501	T	5/5-6/2*	12:30-1:00 p.m.	\$39/4
12502	SAT	5/9-6/6*	11:45-12:15 p.m.	\$39/4

*No class on 4/7, 5/23, 5/26



Register online at your convenience,
24 hours a day, seven days a week.



Activity Guide

Youth

Educational

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 is located at Anaheim ICE.

Instructor: Anaheim ICE Staff

Location: Anaheim ICE

Code	Days	Dates	Time	Fee/Weeks
12503	W	4/1-4/29*	4:30-5:00 p.m.	\$39/4
12504	SAT	4/11-5/2	11:45-12:15 p.m.	\$39/4
12505	W	5/6-6/3*	4:30 -5:00 p.m.	\$39/4
12506	SAT	5/9-6/6*	11:45-12:15 p.m.	\$39/4

*No class on 4/8, 5/23, 5/27

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 3-week sessions on Tuesday and Thursdays.

Math Competition Prep Class

Age: 3rd – 7th grade

With a unique word-problem curriculum, students apply reading, logical analysis, and critical thinking to solve difficult problems with multiple steps, and advanced math that they do not learn in schools. This 4 week intensive math program focuses on challenging elementary and middle school students with math word problems, puzzles, and basics to improved their skills in school, and prepare them for the AMC test in November and Math Kangaroo test.

Instructor: Young Leaders of Orange County

Location: Sago Palm

Code	Days	Dates	Time	Fee/Weeks
12507	SAT	4/4-4/25	2:30 – 4:00 p.m.	\$40/4
12508	SAT	5/2-5/23	2:30 – 4:00 p.m.	\$40/4
12509	SAT	6/6-6/27	2:30 – 4:00 p.m.	\$40/4

Analyze This!



Ages 7 – 12

Never feel overwhelmed again when asked to write an essay about the themes, characters, and symbols within a story. Become the master of mystery and the doctor of drama as you learn to dissect, analyze, and interpret a story for your brilliant response-to-literature essays. We'll show you all the steps! A \$25 materials fee is due on the first day of class. This class is co-sponsored with the City of Cypress and will be held at the Cypress Community Center.

Instructor: Write On!

Location: Cypress CC

Code	Days	Dates	Time	Fee/Weeks
12511	T	3/31-4/21	3:30-4:45 p.m.	\$60/4

Upcoming Summer Activities!

It's never too early to start thinking about Summer! This year the Community Services Department will once again have activities and programs for families and our youth, including the following:

Aquatics will begin mid June, Registration will open April 7

Club La Palma Day Camp will begin June 15, Registration will open April 7

Camp Tiny Tots will begin June 15 – Registration will open April 7

Specialty camps will also be available, such as NASA! Jr. Astronaut, Crazy Chemworks, Rockin' Rockets, Harry Potter and Hogwarts, Camp Katness and Percy Jackson

You also won't want to miss the annual Run for Fun on July 4 and Concerts in the Park starting on July 11!



Music/Art

Art Innovators

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.

Instructor: Certified Art Innovators Instructor		Location: Ehlers Recreations Center		
Code	Days	Dates	Time	Fee/Weeks
12512	T	4/14-5/12	3:00-4:00 p.m.	\$66/5
12513	T	5/19-6/16	3:00-4:00 p.m.	\$66/5

How to Draw Cartoon Faces:

The Art of Caricature

Age: 9 – 16

Students will learn the basic fundamentals of caricature (facial structure/anatomy, features, exaggeration, and humor) and will practice drawing various faces and ultimately produce their own final caricature "portrait" of a friend, loved one, or famous person. A \$15 material fee is payable to the instructor at the first class.

Instructor: J. Galloway		Location: Fan Palm		
Code	Days	Dates	Time	Fee/Weeks
12514	SAT	4/4-5/9	9:00-10:00 a.m.	\$65/6
12515	SAT	5/16-6/20	9:00-10:00 a.m.	\$65/6

Fitness

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 improved 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 is located at the Martial Arts Fitness Center.

Instructor: A. Jafari		Location: MA Center		
Code	Days	Dates	Time	Fee/Weeks
12516	W/F	4/1-4/17	3:30-4:30 p.m.	\$45/3
12517	W/F	5/1-5/20	3:30-4:30 p.m.	\$45/3
12518	W/F	5/27-6/12	3:30-4:30 p.m.	\$45/3

Aikido for Kids

Age: 6 – 12

Aikido is a noncompetitive, non-violent, martial art with the goal of developing both mind and body. Aikido helps children gain confidence through self-defense techniques while also increasing their flexibility and fitness. Classes start with stretching, rolling and learning to fall safely. Basic movements in joint-lock and throwing techniques are taught step-by-step, ensuring that student's learn in a simple and clear methodology. Children who qualify may test for ranks designed to prepare them for transition into the Aikido Association of America. Additional fee required for testing. Wear loose fitting sports clothing that cover knees, or a karate or judo uniform with a white belt. This class is co-sponsored with Buena Park Recreation and will be held at Ehlers Recreation Center.

Instructor: J. Nakayama		Location: Ehlers Recreation Center		
Code	Days	Dates	Time	Fee/Weeks
12519	M/W/TH	4/13-5/28*	5:30-6:30 p.m.	\$90/7
*No class on 5/25				

TriFyft Basketball Skillz

Age: 6 – 12

Here is a great chance for young basketball players to receive specific coaching techniques on skills and game situations. Through fun and safe games, athletes will learn new techniques and tactics of the game of basketball. We will also concentrate on teaching the benefits of sportsmanship, discipline and teamwork. Every child will be given a class shirt.

Instructor: Trifyft Sports		Location: Central Park			
Code	Age	Days	Dates	Time	Fee/Weeks
12520	6-9	SAT	4/25-5/30*	12:00-12:45 p.m.	\$59/5
12521	9-12	SAT	4/25-5/30*	1:00-1:45 p.m.	\$59/5
*No class on 5/23					





Activity | Guide



Club La Palma Spring Day Camp

Age: 5 – 12

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, Whale Watching (Thursday, April 2), afternoon snacks and all activities. Registration forms will be available beginning February 3.

Instructor: Recreation Staff

Location: Royal Palm Room

Code	Days	Dates	Time	Fee/Weeks
12409	M-F	3/30-4/3	6:30-6:00 p.m.	\$129/1

Club La Palma Summer Day Camp

Location: GB Miller Elementary School

Summer is just around the corner, what perfect way to start it, by joining Club La Palma Day Camp! At day camp our campers eagerly anticipate our jam packed activities and thrilling excursions such as La Mirada Splash, Leeway Sailing Center, Newport Dunes, and Seaside Lagoon. Participants also swim once a week, create fun and imaginative arts and crafts, play indoor and outdoor games all while making new friends. Now that sounds like a memorable summer! The first day of camp will be June 23, 2015. More information and registration forms will be available on Monday, April 7.

Fit N Fun After School Program

La Palma Recreation and Community Services' Fit N Fun afterschool drop in program continues to have a great year and will carry on until the last week of May. Fit N Fun is for students in grades 1st – 6th at Miller, Luther, and Los Coyotes Elementary Schools. Trained recreation staff runs this successful program at each school three days per week. Fit N Fun is committed to enhancing interpersonal skills, increasing physical fitness levels and providing quality role models for its participants. Fit N Fun offers games, crafts, and much more! Supervision is provided from the time school ends until 3:45 p.m. Don't miss out on the fun! For more information please call (714) 690-3350.

Miller Elementary: Mondays, Tuesdays, Thursdays

Luther Elementary: Tuesdays, Wednesdays, Thursdays

Los Coyotes Elementary: Mondays, Wednesdays, Fridays

Mad Science Spring Break Camp



Age: 5 – 12

Rockin' Rockets: Aerodynamics and Motion are the stars of this fulfilled week! Design and build everything from kites to planes to ROCKETS! Experiment with different propulsion systems as you use your new knowledge to blast off, track and recover all kinds of Flying Machinery! Have a rockin' good time at this rocket camp! A \$30 materials fee is due to the instructor the first day of class. This camp is co-sponsored with the City of Cypress and is held at Cypress Community Center.

Instructor: Mad Science

Location: Cypress CC

Code	Days	Dates	Time	Fee/Weeks
12522	M-F	3/30-4/3	9:00 a.m.-12:00 p.m.	\$145/1





Youth / Teens

Fitness

Junior Karate

Age: 8 – 14

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

Instructor: A. Jafari		Location: MA Center		
Code	Days	Dates	Time	Fee/Weeks
12299	T/TH	4/2-4/21	4:30-5:30 p.m.	\$45/3
12300	T/TH	5/5-5/21	4:30-5:30 p.m.	\$45/3
12301	T/TH	5/26-6/11	4:30-5:30 p.m.	\$45/3

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 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 is located at the Martial Arts Fitness Center.

Instructor: A. Jafari		Location: MA Center		
Code	Days	Dates	Time	Fee/Weeks
12526	W/F	4/1-4/17	4:30-5:30 p.m.	\$45/3
12527	W/F	5/1-5/20	4:30-5:30 p.m.	\$45/3
12528	W/F	5/27-6/12	4:30-5:30 p.m.	\$45/3



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

Instructor: McConnell Sports Staff				Location: Tennis Courts		
Code	Level	Age	Days	Dates	Time	Fee/Week
12529	1	7-14	TH	4/16-6/4	4:00-5:00 p.m.	\$80/8
12530	2-3	7-14	TH	4/16-6/4	5:00-6:30 p.m.	\$110/8

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 is located at Anaheim ICE.

Instructor: Anaheim ICE Staff				Location: Anaheim ICE	
Code	Days	Dates	Time	Fee/Weeks	
12531	W	4/1-4/29*	5:00- 5:30 p.m.	\$39/4	
12532	SAT	4/11-5/2	12:15-12:45 p.m.	\$39/4	
12533	W	5/6-6/3*	5:00- 5:30 p.m.	\$39/4	
12534	SAT	5/9-6/6*	12:15-12:45 p.m.	\$39/4	

*No class on 4/8, 5/23, 5/27

Freestyle Jump Roping

Ages: 7 – 14

This class is an introduction to the new and exciting sport of Jump Rope. Learn individual and pair skills, Double Dutch, single rope speed/power, Long Rope and Chinese Wheel. Any level jumper is welcome to join this class. Jump rope is a lot of fun and will help increase self-esteem and fitness levels which will help children to excel at other sports. Come prepared with appropriate athletic shoes, snacks and water. Class is taught by the USA Jump Rope region 8 Champions-Jumping Coyotes. A \$2 material fee is paid to the instructor at first class meeting.

Instructor: R. Neder				Location: Sago Palm	
Code	Days	Dates	Time	Fee/Weeks	
12324	W	4/1-4/22	6:30- 7:30 p.m.	\$35/4	
12325	W	4/29-5/20	6:30- 7:30 p.m.	\$35/4	
12326	W	5/27-6/17	6:30- 7:30 p.m.	\$35/4	

Activity | Guide

Teen Events

Teen Dances

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

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. You will need your school I.D. to purchase your ticket as well as to enter the dance.

Time: 7:00 p.m. – 10:00 p.m.

\$10 Admission

Let the Good Times Roll!

Saturday, April 11

Come join us as we celebrate Madri Gras! Wear purple, green and yellow attire to get into the fun of Madri Gras.

Wild Wild West Dance

Saturday, June 6

As the school year ends, we will be celebrating the beginning of summer! Come kick off summer and have a night filled with food, entertainment, and a live DJ!



2015 Battle of the Bands

Saturday, May 2

Location: Central Park

Time: 5:00 – 10:00 p.m.

Bands are coming together for another historic battle in Central Park! Be there to help determine who will win the grand prize for their performance which includes a gig at the 2015 La Palma Days! Light refreshments will be available for purchase. This event will be held at Central Park Pavilion, 7821 Walker Street, La Palma.

Does your band have what it takes to win the title of the best band for the 14th annual Battle of the Bands? To compete application and demo packets must be turned in no later than Friday, April 3, 2015 by 4:30 p.m. at the La Palma Community Center. The winning band will have the opportunity to perform at this year's La Palma Days.

Skate Night

Friday, May 15

6:00 – 8:00 p.m.

Location: Veterans Park, 4554 Avenida Granada

Where are all the skaters and bladers? Spend your night grinding down rails, landing steezy flip tricks, and shredding down half pipes for our FREE SKATE NIGHT on Friday, May 15. Come check out gnarley skateboarding demos demonstrated by Furnace! Event sponsored by Furnace.

Volunteers

Teens in La Palma! Do you need something to fill your time this summer? Want hands on training that would benefit you for future work opportunities? The Community Services Department is looking for responsible teens to assist our Club La Palma Day Camp Counselors through the summer. At the end of the summer, each volunteer will receive a \$200 stipend after completion of volunteer service. As a part of this program, you will gain on-the-job experience, interviewing skills, learn how to organize game in large groups, and help create a fun and healthy environment for La Palma's youth!

To be considered for this position, you must be a La Palma resident between the ages of 13 and 17 and be available to volunteer approximately 20 hours per week throughout the summer. This program includes mandatory bi-weekly meetings which include job training. Applications will be available online at www.CityOfLaPalma.org beginning March 30 and must be completed by May 1 at 5:30 p.m. Selections are based on oral interviews. All Volunteers must provide proof of residency and a negative TB test by the first day of Day Camp. For more information please call (714) 690-3350.

Upcoming 2015 Special Teen Events

Skate Night, May 15

Wild Wild West Dance, June 6



Teen

Educational

Drivers Education

Age: 14 – 18

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

Instructor: All Good Drivers

Location: Online Course

Code	Days	Dates	Time	Fee/Weeks
12535	Internet	4/1-6/15		\$75



Analyze This!

Ages 12 – 16

Never feel overwhelmed again when asked to write an essay about the themes, characters, and symbols within a story. Become the master of mystery and the doctor of drama as you learn to dissect, analyze, and interpret a story for your brilliant response-to-literature essays. We'll show you all the steps! A \$25 material fee is due on the first day of class. This class is co-sponsored with the Cypress Recreation and will be held at the Cypress Community Center.

Instructor: Write On!

Location: Cypress CC

Code	Days	Dates	Time	Fee/Weeks
12523	M	4/6-4/27	3:30-4:45 p.m.	\$60/4



Teen Book Club

Ages 13 – 17

Do you love to read books like Harry Potter, Percy Jackson, or Maze Runner? Are you looking for a new author to love? Then join us as we explore what makes our favorite novels great. We will discuss the elements of narrative writing that our "faves" have in common while focusing on reading one specific novel: Pawn of Prophecy. Students will have reading assignments between sessions and must have their own copy of the book. A \$20 material fee is payable to the instructor on the first day of class. This class is co-sponsored with Long Beach Recreation and will be held at the Heartwell Golf Course.

Instructor: Write On!

Location: Heartwell Golf Course

Code	Days	Dates	Time	Fee/Weeks
12524	TH	4/2-4/23	4:00-5:15 p.m.	\$28/4

Teen Writing Workshop

Ages 13 – 17

Are you looking for a way to improve your writing? Do you crave peer feedback? Then this is the writing workshop for you! This Teen Writing Workshop is a teacher-moderated, peer-editing writing club with a relaxed, casual atmosphere. Whether you write fan fiction or want to put your best foot forward on school writing assignments, you can bring your own work, share with the group for valuable feedback, and get some one-on-one with a teacher. A \$20 material fee is payable to the instructor on the first day of class. This class is co-sponsored with the Long Beach Recreation and will be held at the Heartwell Golf Course.

Instructor: Write On!

Location: Heartwell Golf Course

Code	Days	Dates	Time	Fee/Weeks
12525	T	3/31-4/21	4:00-5:15 p.m.	\$28/4





Activity | Guide

Teen / Adult

Fitness

Aikido-Beginning/Intermediate/Advanced

Age: 13+

The Japanese martial art of Aikido is a peaceful discipline, combining effective self-defense with a philosophy for living each day. Classes include stretching, instruction in safe rolling and falling, joint-lock and throwing techniques and etiquette. Students who qualify, may test for the rank of 7th kyu in the Aikido Association of America. Additional fees are required for testing. Wear loose fitting sports clothing covering knees (no shorts), or a karate or judo uniform with white belt. Intermediate/Advanced classes require prior attendance in the Beginning Aikido class AND instructor approval. This class is co-sponsored with Buena Park Recreation and will be held at Ehlers Recreation Center.

Instructor: J. Nakayama		Location: Ehlers Recreation Center		
Code	Days	Dates	Time	Fee/Weeks
Beginning				
12536	M/TH SAT	4/13-5/30*	6:30-7:30 p.m. 9:30-10:30 a.m.	\$70/7
Inter/Adv				
12537	M/TH W SAT	4/13-5/30*	7:30-8:30 p.m. 6:30-7:30 p.m. 9:30-10:30 a.m.	\$80/7

*No class on 5/25

Iaido and Meditation

Age: 13+

Iaido (ee-eye-doe) is the art of using the Japanese sword in a non-competitive form. Iaido emphasizes awareness, calmness, centering, focus and precision, as well as traditional etiquette. Students may use an iaito (unsharpened practice sword), or bokken (wooden sword). Training will also include the use of the jo (staff). Bokken and jo will be provided for beginners. Wear loose fitting sports clothing covering knees and elbows (no shorts), or a Japanese dogi (training uniform) with white belt. If you have an iaito or hakama, you may use them in class. All personal weapons must be approved. Students who qualify may test for ranks up to and including black belt. Additional fees required for testing. Meditation based on Rinzaï Zen is held on Saturdays only. This class is co-sponsored with Buena Park Recreation and will be held at Ehlers Recreation Center.

Instructor: Black Belt Staff		Location: Ehlers Recreation Center		
Code	Days	Dates	Time	Fee/Weeks
12540	W SAT	4/15-5/30	7:30-8:30 p.m. 8:00-9:30 a.m.	\$60/7

Women's Self Defense

Age: 14+

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

Instructor: A. Jafari		Location: MA Center		
Code	Days	Dates	Time	Fee/Weeks
12542	T	4/7-4/21	5:30-6:30 p.m.	\$45/3
12543	T	5/5-5/19	5:30-6:30 p.m.	\$45/3
12544	T	5/26-6/19	5:30-6:30 p.m.	\$45/3

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 is located at the Martial Arts Fitness Center.

Instructor: A. Jafari		Location: MA Center		
Code	Days	Dates	Time	Fee/Weeks
12545	W/F	4/1-4/17	6:30-7:30 p.m.	\$45/3
12546	W/F	5/1-5/20	6:30-7:30 p.m.	\$45/3
12547	W/F	5/27-6/12	6:30-7:30 p.m.	\$45/3

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 is located at the Martial Arts Fitness Center.

Instructor: A. Jafari		Location: MA Center		
Code	Days	Dates	Time	Fee/Weeks
12550	T/TH	4/2-4/21	5:30-6:30 p.m.	\$45/3
12548	T/TH	5/5-5/21	5:30-6:30 p.m.	\$45/3
12549	T/TH	5/26-6/11	5:30-6:30 p.m.	\$45/3



Adult

Aerobic Dancing

Age: 16+

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

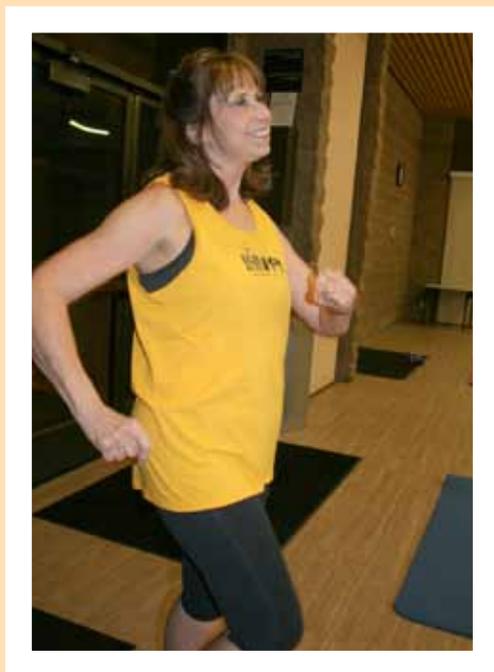
The Monday, Wednesday and Saturday "Pay As You Go" class fee is \$6 per class. Note: Aerobic Dancing is a fitness sport which requires progressive instruction. We regret that we cannot accept new students after the first week of class.

Instructor: K. Phelps

Location: Royal Palm

Code	Days	Dates	Time	Fee/Weeks
12551	M/W	4/13-6/10*	5:45-6:45 p.m.	\$85/9
Pay as you go SAT		4/18-6/13	8:30-9:45 a.m.	\$6/1 day
Pay as you go M/W		4/13-6/10*	5:45-6:45 p.m.	\$6/1 day

*No class on 5/25



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 suggested 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 Recreation. Tuesday's class is held at Ehlers Recreation Center, and Thursday's class is held at the Buena Park Community Center.

Instructor: High Fidelity Entertainment

Location: Buena Park CC/Ehlers

Code	Days	Dates	Time	Fee/Weeks
12578	T	5/12-6/2	6:00-7:00 p.m.	\$25/4
12579	TH	5/14-6/4	6:00-7:00 p.m.	\$25/4
12580	T/TH	5/12-6/4	6:00-7:00 p.m.	\$35/4

Anaheim 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.

Instructor: Anaheim ICE Staff

Location: Anaheim ICE

Code	Days	Dates	Time	Fee/Weeks
12582	W	4/1-4/29*	7:00-7:30 p.m.	\$39/4
12581	W	5/6-6/3*	7:00-7:30 p.m.	\$39/4

*No class on 4/8, 5/27

You Can Reach Us!

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

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

(714) 690-3350



Activity Guide

Music/Art

Art Of Caricature

Age: 16+

Want to learn how to draw caricatures? Students will learn step-by-step how to draw a face, get a likeness, and understand facial anatomy and how to exaggerate. We will draw in class (FUN!) and will have exciting homework assignments. Have a blast drawing funny faces! A \$15 material fee is payable to the instructor at the first class.

Instructor: J. Galloway				Location: Fan Palm
Code	Days	Dates	Time	Fee/Weeks
12584	T	4/7-5/12	6:30-7:30 p.m.	\$65/6
12583	T	5/19-6/23	6:30-7:30 p.m.	\$65/6

Fitness

Zumba Fitness & Zumba Toning

Age: 18+

Zumba is more like a party than a workout, it is an energetic, fun, and easy to follow way to workout. Based on Latin style dancing, a total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. Wear comfortable clothes and bring a water bottle.

Instructor: L. Li				Location: Sago Palm
Code	Days	Dates	Time	Fee/Weeks
12585	M/W	4/1-4/29	7:45-8:45 p.m.	\$40/5
12586	M/W	5/4-5/27*	7:45-8:45 p.m.	\$35/4
12587	M/W	6/1-6/24	7:45-8:45 p.m.	\$35/4

*No class on 5/25

Tai Chi Chuan

Age: 18+

Tai Chi is one of the most popular form of internal 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. This class is co-sponsored with Buena Park Recreation and all classes are held at Buena Park Community Center.

Instructor: O. Rosenthal				Location: Buena Park CC
Code	Days	Dates	Time	Fee/Weeks
12588	T/TH	4/7-4/30	11:00-12:00 p.m.	\$40/4
12589	T/TH	5/5-5/28	11:00-12:00 p.m.	\$40/4
12590	T/TH	6/2-6/25	11:00-12:00 p.m.	\$40/4

Education

Understanding the World of Wine

Age: 21+

Have you ever felt intimidated when buying a bottle of wine or ordering wine in a restaurant? In this basic introductory course, you will explore the major wine regions of the world, the grapes they grow and the wines they produce. Learn how to read a wine label, navigate a wine list, and pair wines with food. You will also become familiar with the growing of grapes and the wine making process. At the completion of the class you will feel comfortable talking about wine, ordering wine and purchasing and enjoying this wonderful beverage.

A \$20 material fee will be payable to instructor on first day of class. There will be an optional 9th class on June 25th that will run 2 hours long, from 7 p.m. to 9 p.m. It will be a wine tasting and will be held off site provided enough class participants are interested. There will be an additional cost of approximately \$30 to \$40 per person payable to the instructor for those who wish to attend.

Instructor: T. Severin				Location: Fan Palm Room
Code	Days	Dates	Time	Fee/Weeks
12591	TH	4/30-6/18	7:00-8:00 p.m.	\$20/8

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. Dog must be 5 months or older, must have Distemper, Parvo Vaccinations, and meet Rabies requirements. First night of class will be without dogs and you need to bring proof of all vaccinations.

Instructor: M. Caballero				Location: Gazebo-Central Park
Code	Days	Dates	Time	Fee/Weeks
12616	M	4/13-6/15*	7:00-8:00 p.m.	\$75/9

*No class on 5/25





Older Adults

Dance

Line Dance

Age: 18+

Get ready to boot, scoot and boogie! This class is sure to bring out the country western in you and teach you a variety of line dances. No partner necessary. This dance class is co-sponsored with Cypress Recreation and will be held at the Cypress Senior Center.

Instructor: J. Karter				Location: Cypress SC
Code	Days	Dates	Time	Fee/Weeks
12592	M	4/13-5/11	6:30-7:30 p.m.	\$28/5

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.

Instructor: J. Karter				Location: Cypress SC
Code	Days	Dates	Time	Fee/Weeks
12593	M	4/13-5/11	7:30-8:30 p.m.	\$28/5

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.

Instructor: J. Karter				Location: Cypress SC
Code	Days	Dates	Time	Fee/Weeks
12594	M	4/13-5/11	8:30-9:30 p.m.	\$28/5

Dance/Singing

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.

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

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.

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

Karaoke Night

March 20, April 17, May 15, June 19

6:00 p.m. – 9:00 p.m.

Location: La Palma Community Center

Come out for a night of fun with family, friends and neighbors, karaokeing! Show off your singing and dance talents to your favorite music selection!

Fitness

Zumba Gold

Age: 50+

Perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. Wear comfortable clothes and bring a water bottle.

Instructor: L. Li				Location: Sago Palm
	Days	Dates	Time	Fee/Weeks
12385	F	4/3-5/8	9:00-10:00 a.m.	\$30/6
12386	F	5/15-6/26	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.

Classes held at 9:00, 10:00 or 11:00 a.m. on Mondays/Wednesdays OR Tuesday/Thursdays. All classes meet 2 times per week and are 50 minutes long. Special Water Fitness Registration forms are available at the Recreation Office.



Activity Guide

All Ages

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.

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) 690-3352.

Educational

Practical Chess Instruction

Age: 8+

CHESS – It's good for your brain! That's why every Friday night we hold chess tournament games, officially rated by the US Chess Federation. For more information about us and these tournaments, see our website at www.lapalmachess.com.

Instructor: LP Chess Club

Location: Sago Palm

CHESS TOURNAMENTS

Code	Tournament	Days	Dates	Time	Fee/Weeks
12595	Both Tournaments	F	4/3-6/12	6:00-11:00 p.m.	\$40/11
12596	Club Championship	F	4/3-5/15	6:00-11:00 p.m.	\$35/7
12597	Chess Stress Test	F	5/22-6/12	6:00-11:00 p.m.	\$30/4

Fitness

Private Tennis Lessons

Age: 7+

Private & Semi Private Tennis Lessons

Available through McConnell Sports. Coach Linda Pauling, former Whitney High School Coach, USPTA, USPTR developing tournament players in Southern California. Please call (415) 676-9464 to schedule lesson time and then contact Recreation to register and make payment for the lessons.

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 improve physical fitness, increased mental alertness, reduce stress, and get a positive attitude.

Students learn several martial arts systems, and advanced students may compete in Taekwondo. Our instructors are certified by the Kukkiwon, World Taekwondo Federation, the U.S. Olympic Committee, and are experienced in both traditional martial arts and sports training systems.

There are 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 Senior Instructor before enrolling. This is a continuing program, and students may enroll in as many additional continuing sessions as desired without a contract.

For the most dedicated students, a special weekly package available at a special price. Training includes one of our Saturday classes (Beginner, Intermediate, or Advanced) in addition to supplemental classes on Tuesdays and Thursdays. Additionally, there is a session discount for continuing students who wish to sign up for all of the classes offered during any one quarter.

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 \$45. Advanced students and instructors may wear their own authorized uniforms.

Instructor:	L. Amsell		Location: Pygmy/Sago Palm	
Code	Days	Dates	Time	Fee/Weeks
BEGINNER				
12598	SAT	4/4-4/25	9:00-10:00 a.m.	\$45/4
12599	SAT	5/2-5/30	9:00-10:00 a.m.	\$45/5
12600	SAT	6/6-6/27	9:00-10:00 a.m.	\$45/4
12611	SAT	4/4-6/27	9:00-10:00 a.m.	\$120/13
INTERMEDIATE				
12603	SAT	4/4-4/25	10:00-11:30 a.m.	\$45/4
12601	SAT	5/2-5/30	10:00-11:30 a.m.	\$45/5
12604	SAT	6/6-6/27	10:00-11:30 a.m.	\$45/4
12612	SAT	4/4-6/27	10:00-11:30 a.m.	\$120/13
ADVANCED				
12605	SAT	4/4-4/25	11:30-1:00 p.m.	\$45/4
12602	SAT	5/2-5/30	11:30-1:00 p.m.	\$45/5
12606	SAT	6/6-6/27	11:30-1:00 p.m.	\$45/4
12613	SAT	4/4-6/27	11:30-1:00 p.m.	\$120/13
WEEKLY MARTIAL ARTS				
12607	T/TH	4/2-4/30	5:00-6:00 p.m.	\$70/4
	SAT		9:00-10:00 a.m.	
12608	T/TH	5/2-5/30	5:00-6:00 p.m.	\$70/5
	SAT		9:00-10:00 a.m.	
12609	T/TH/S	6/2-6/30	5:00-6:00 p.m.	\$70/4
	SAT		9:00-10:00 a.m.	
12610	T/TH/S	4/2-6/30	5:00-6:00 p.m.	\$190/13



SOUTHERN CALIFORNIA
714.521.8113 - WWW.ROSENDIN.COM

La Palma Tutoring



Corporate Connection

Business Sponsorship Opportunities

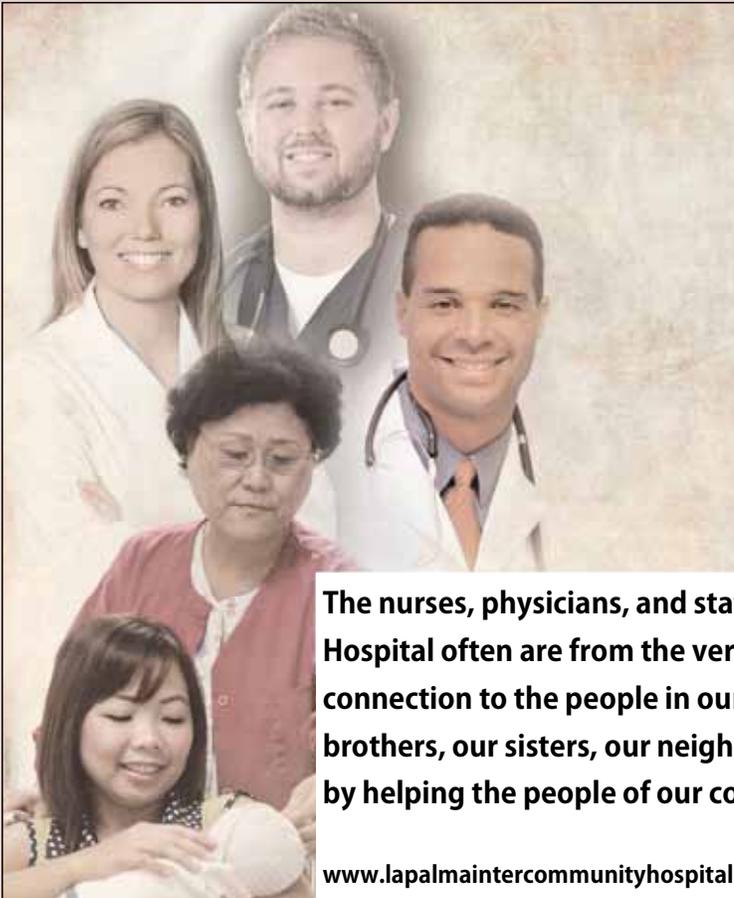
The City of La Palma provides the opportunity to showcase your business at community events the City hosts throughout the year and in various publications that the City produces.

To learn more about becoming a Corporate Connection Sponsor please contact the Community Services Department 714-690-3359 or visit www.cityoflapalma.org

PARK
WASTE & RECYCLING SERVICES



Working together to create healthy lifestyles is what we do — and who we are.



The nurses, physicians, and staff that make up La Palma Intercommunity Hospital often are from the very communities they serve. We have a natural connection to the people in our communities: they are our brothers, our sisters, our neighbors and friends. We believe that by helping the people of our community, we help ourselves.



www.lapalmaintercommunityhospital.com / (714) 670-7400/ 7901 Walker St. La Palma Ca, 90623

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 (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. Ehlers Community Center

8150 Knott Ave., Buena Park

12. Buena Park Community Center

6688 Beach Blvd., Buena Park

13. La Palma Intercommunity Hospital

7901 Walker St., La Palma

13. Heartwell Golf Course

6700 Carson St., Long Beach

La Palma Recreation & Community Services



Creating Unity in Community

The La Palma Recreation & Community Services Department makes a positive difference in our community by encouraging citizen involvement, fostering human development, and strengthening community through people, parks, and programs.

Your Recreation Staff

Director Mike Belknap
 Supervisor Cindy Robinson
 Coordinator jaNell Adams
 Specialists Megan Hana, Andi Terry, Tamara York
 Senior Office Staff Jill Olivier & Lori Whalen

Recreation Leaders

Brandon Alfajora	Bryan Amezquita	Claudia Ayala
Anthony Barrios	Hannah Daly	Elise Frontino
Michelle Glasell	Marian Martinez	Chris McCombs
Robert Mendoza	Ryan Plunkett	Min Rattanchandani
Mitasha Suján	Michael Vela	Taylor Woodring

Register Now!

METHOD OF PAYMENT: We accept cash, checks (made payable to the City of La Palma), money orders, credit cards. 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 \$49 = \$5 non-Res Fee			
			Class fee \$50 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

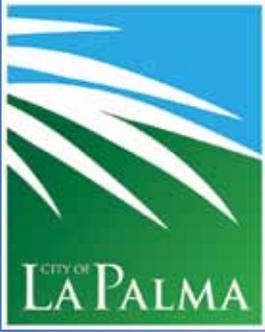
(Parent or guardian must sign for participants under 18 years of age.)

Print name

Date



Postal Customer La Palma, CA 90623



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Arbor Day

Tuesday, April 21 at 4:30 p.m. – 6:00 p.m.

Central Park (next to the Tennis Courts)

The City of La Palma is hosting a free and fun-filled Arbor Day Celebration on Tuesday, April 21, from 4:30 p.m. – 6:00 p.m. at Central Park next to the Tennis Courts.

Hosted by the city's Community Activities and Beautification Committee, and Community Services Department, the Arbor Day Celebration will include a display of entries from the coloring and art contest. This family-friendly event also includes environment friendly vendors, Arbor Day



crafts, presentation of art contest award, and of course planting of new trees. We are seeking partners to join the tree sponsorship program.

For more information about the Tree Sponsorship Program and the Arbor Day Celebration please visit www.cityoflapalma.org/ArborDay or call (714) 690-3350.

Memorial Day

May 25, 2015

9:15 a.m. Musical Interlude

9:30 a.m. Ceremony at the Eternal Flame in front of City Hall

Calling all Veterans

Each year, the City of La Palma honors those who are willing to go to the ends of the earth to defend our freedoms and our rights, and especially those who have paid the ultimate price.

The Community Activities and Beautification Committee would like to recognize ALL veterans, from past wars to the current conflict, for their service and willingness to defend our American way of life. Please join us on Monday, May 25 at 9:15 a.m. in front of City Hall so we can thank you for a job well done.

Please call the La Palma Community Services Department at (714) 690-3350 to reserve your place now!

