

La Palma



# MOSAIC

Winter 2016



## What's Inside

Budget Preparation Schedule  
El Niño Preparation  
Water Conservation  
Activity Guide

## City Information

### City Hall Hours:

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

### City Council, Successor Agency to the Community Development Commission, and Planning Commission Meetings

are held on the first and third Tuesday of each month. Meetings start at 7:00 p.m. and are open to the public. Agendas are available by calling the City Clerk's office at (714) 690-3334, or on the City's website at [www.cityofpalma.org](http://www.cityofpalma.org) under Agendas and Minutes.

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

**Development Committee Meetings** are held at 7:00 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, Councilmember
- Gerard Goedhart, Councilmember
- Steve Hwangbo, Councilmember
- Steve Shanahan, Councilmember
- Michele Steggell, Councilmember

# Calendar of Events

## January



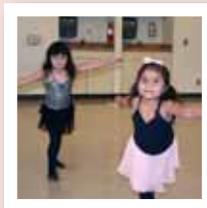
- 1 New Years Day, City Offices Closed
- 5 City Council Meeting—7:00 p.m.
- 15 Karaoke Night for Adults—6:00 p.m.
- 16 Teen Black & White Dance—7:00 p.m.
- 19 City Council Meeting—7:00 p.m.

## February



- 2 City Council Meeting—7:00 p.m.
- 15 Presidents Day, City Offices Closed
- 16 City Council Meeting—7:00 p.m.
- 19 Karaoke Nights for Adults—6:00 p.m.

## March



- 1 City Council Meeting—7:00 p.m.
- 4 Teen Dodgeball Night—6:00 p.m.
- 11 March Madness Basketball Tournament—6:00 p.m.
- 13 Daylight Saving Time Begins
- 14 Volunteer Applications Available Online
- 15 City Council Meeting—7:00 p.m.
- 18 Karaoke Night for Adults—6:00 p.m.
- 20 First Day of Spring

## April

- 2 Teen Fashion Scene—6:00 p.m.
- 5 City Council Meeting—7:00 p.m.
- 9 Teen Choice Dance—7:00 p.m.
- 11 Summer Day Camp Information Available
- 19 Arbor Day—4:00 p.m.
- 19 City Council Meeting—7:00 p.m.



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



# Contents

- City Highlights . . . . . 2
- Community Pride . . . . . 5
- Community Get Involved . . . . . 6
- Community Development . . . . . 7
- Water Conservation . . . . . 8



## Activity Guide

- Toddler/Preschool . . . . . 10
- Youth . . . . . 12
- Youth/Teens . . . . . 14
- Teen Events . . . . . 15
- Teens/Adults . . . . . 16
- Adults . . . . . 18
- Older Adults . . . . . 20
- All Ages . . . . . 21
- Facilities . . . . . 24
- Registration Information . . . . . 25

### **Solar Permit Streamlining – Assembly Bill 2188**

On July 7, the City Council amended the La Palma Municipal Code and adopted an Ordinance approving a streamlined permitting procedure for residential solar energy systems to comply with Assembly Bill 2188 (AB 2188). California has become the first state in the country to mandate a standardized procedure for solar permitting. Every city and county in the state is required to adopt a simplified procedure for residential rooftop solar panel systems. The State Legislature has determined that a streamlined permitting process greatly benefits California homeowners with shorter wait times between contract signing, installation, inspection, and saving on their first month's electricity bill.

### **Civil Penalties for Street Sweeping Fines**

On July 7, the City Council approved a Resolution allowing an increase in the civil penalties for Street Sweeping Parking Violations. On April 21, 2015, the City Council considered the possibility of increasing parking fines. Staff surveyed 20 Orange County cities (that maintain their own police departments) and found that the City of La Palma currently has the lowest fine for its street sweeping ordinance. Parking on the street during street sweeping has several negative effects including less efficient street sweeping, degradation of storm water quality, potential accident risks, and increased enforcement time by City staff. After much discussion, the City Council agreed to increase the penalty for a street sweeping parking violation from \$30.00 to \$45.00 per citation, which would put the City at the county average.

### **Tentative Tract Map 17828, the Ozawa Family Properties**

On July 21, the City Council, serving as the Planning Commission, held a public hearing and approved Tentative Tract Map (TTM) 17828 located at 7601 and 7621 Walker Street, subdividing the two parcels into seven (7) single-family residential lots consistent with the Single Family Residential (R-1) Zoning for the properties. The TTM 17828 proposes a new public cul-de-sac right of way to take direct access from Walker Street and will include required roadway and utility improvements. The process for a subdivision begins with the Tentative Tract Map approval by the Planning Commission and ends with the Final Map approval by the City Engineer and County, with the City Council accepting all dedications of public improvements, rights-of-way and/or easements.

### **Citizen Committee on La Palma's Sustainability and Future**

On July 21, the City Council approved the appointment of 11 residents to the ad hoc citizen committee that will review the City's operations and finances, and recommend a plan to achieve long-term financial sustainability to the City Council. The City is and will be experiencing a structural deficit and the City Council does not want to consider any significant long-term changes without input from the residents. This Committee will allow more input and opportunities for the public to discuss and provide possible solutions that are acceptable to residents, and make La Palma sustainable for generations to come. Several meetings and work sessions have been scheduled with a formal recommendation to be given to the City Council at a meeting in February 2016, where a decision will be made on how to address the structural deficit and move forward.

### **High School of Choice**

On August 4, the City Council conducted a Study Session for High School Choice concurrent with the 2015 City Council Goals in an effort to allow high school students north of Houston Avenue to attend La Palma High Schools. At the meeting, the City Council directed staff to prepare a petition for consideration at the August 18, 2015, City Council Meeting to include a letter notifying residents north of Houston of the upcoming action at that meeting to allow an opportunity for the community to get involved, and to invite the Fullerton High School District to that meeting. Previously, the City Council introduced the school district issue in meetings with newly elected Assembly woman, Young Kim. She responded by introducing Assembly Bill 523 (AB523) – the Open Enrollment Act - aimed at offering La Palma residents a choice to transfer or send their children to a La Palma High School. The bill was heard at the Assembly Education Committee on April 8, 2015, and the City Council provided information, testimony, and advice through the legislative process where it failed passage due to concern that the issue was a local matter. The Committee plans to reconsider AB523 in January, 2016. On August 18, 2015, the City Council adopted a Resolution authorizing the City Manager to develop and submit a petition for territory transfer to the Orange County Committee on District Organization for high school education purposes. City Staff met with the Fullerton Union High School District on August 26, 2015, and discussed the City's status on the issue and willingness to move forward with the petition. After meeting with the County, the City learned that the State Education Code required that high school districts have the same boundary lines as their corresponding feeder schools; therefore, on September 15, 2015, the City Council directed the City Manager to withdraw the petition submitted to the Orange County Committee on School District Organization and conduct further research prior to bringing the issue back to the City Council.

## **Water Conservation Ordinance Amendment**

At the regularly scheduled meeting on August 18, City Staff introduced amendments to the City's Water Conservation Ordinance, to revise the watering schedule, car washing regulations, and the filling or refilling of swimming pools. After much discussion, the City Council also directed Staff to amend the language in the Ordinance to "strongly recommend" the use of pool covers instead of making that a mandate, and to clarify that during Stage III restrictions, filling or refilling any outdoor feature or pond is prohibited, except as necessary to sustain aquatic life. These amendments were approved and adopted at the September 1, 2015, City Council Meeting.

## **Citywide Water Reduction**

The State Water Resources Control Board (Water Board) has mandated that the City of La Palma achieve a 20% reduction from 2013 water usage levels. The City Council directed Staff to conduct monthly water reports, starting in July, to monitor and update the status of its water reductions. On July 7, Staff reported a 25% water use reduction for the month of May; on August 4, Staff reported a 23% water use reduction for the month of June; on September 1, Staff reported a 27% water reduction use for July; and on October 6, Staff reported another 27% water reduction use for the month of August, 2015. The Water Board is now requiring that water suppliers report enforcement actions that are taken each month and Water Department Staff has been tracking and monitoring violators with numerous cases opening and closing throughout the Conservation period, and Staff has had to issue its first two Notices of Violation in the month of August. Furthermore, Staff will be looking closely at usage over the next few months to determine if a Stage Three Water Alert declaration will be necessary.

## **Memorandum of Understanding for the La Palma Professional Employees Association**

On September 15, the City Council was presented with the introduction and first reading of the Memorandum of Understanding (MOU) for the La Palma Professional Employees Association (LPPEA). The City's LPPEA consists of the six employees; the Accounting Supervisor, the Associate Planner, the Community Services Supervisor, the Management Analyst, and the Water Supervisor. After completing negotiations, concessions were made in an effort to find savings throughout its various expenditure funds to include a 5% annual salary decrease concurrent with a 5% less hours worked; overtime provisions eliminated from the agreement; and other various reductions and language changes resulting in a total two year savings estimated to be \$42,000. The agreement also added \$75 per month increase to the Medical Benefit effective January 1, 2016, to accommodate the escalating medical premiums. The two-year MOU was approved at the October 6, 2015, City Council meeting.

## **Business Survey Results**

On October 6, the City Council was presented with the results of the Business Survey that was issued with the business license renewals at the beginning of July. The questions in the survey were typical of business retention and attraction surveys prepared by local Economic Development Agencies. The City experienced a 25% response rate to the Survey with positive results. The notable results were that La Palma's businesses are very stable and felt that the City of La Palma is a good place to conduct business; that the businesses are more than satisfied with the City services they have received; that they have been in business for over a decade; and that their revenues are anticipated to remain the same. This Survey was completed in an effort to achieve one of the 2015 City Council Goals to "Promote and achieve a better business environment."

## **Miscellaneous:**

During this time period, the City Council also approved an extension to South East Area Animal Control Agency's (SEAACA) contract for the provision of animal care services for Fiscal Year 2015-16; approved the City Attorney agreement with Rutan and Tucker, LLP, through August 1, 2017, at a 5% rate decrease; accepted the dedication of property located at 5100 Orangethorpe Avenue for Public Right of Way purposes; approved the backfill of the Police Department Sergeant, full and part-time Police Officers, and Reserve Police Officer positions; approved an extension to the Charles Abbot Associates agreement for as-needed Building Official, Building Inspection, Building Plan Check Services, and for Environmental and Storm Water Support Services; approved a North Orange County Energy Partnership that results in energy-saving financial benefits; approved a Resolution in support of a year-round permanent Emergency Homeless Shelter in the City of Anaheim; approved the submittal and was awarded a Public Engagement Grant from the Davenport Institute; delayed purchasing new replacement Public Works vehicles; approved the preparation of La Palma's 2015 Urban Water Management Plan; approved the recruitment for a Water Service Worker and Accounting Technician to fill the vacant positions; and rescheduled a Public Hearing to approve a Tentative Parcel Map and Precise Plan for a 3-lot single-family subdivision located at 8231 Moody Street.

The City Council, which also sits as the governing board of the Planning Commission and Successor Agency to the Community Development Commission, meets on the 1st and 3rd Tuesdays of each month at 7:00 p.m. in the Council Chambers at City Hall. The public is always encouraged to attend and meetings are also audio-cast live on the City's website at [www.cityoflapalma.org/media](http://www.cityoflapalma.org/media). Please note, this 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](http://www.cityoflapalma.org/minutes).



## A Message From The City

As we begin a new year, it is a time for change here in La Palma. The City Council appointed Laurie Murray as its new City Manager on November 17. While she is new to her position, she is certainly not new to La Palma. Laurie has been with the City since 2006 as Administrative Services Manager and Administrative Services Director. She brings institutional knowledge and a solid understanding of the City's finances to the City Manager position as the City navigates through the fiscal challenges it continues to face.

This past June the City adopted a budget that made difficult cuts to programs and staffing. While the budget had a projected deficit of \$106,800; with the continued decline in oil prices that deficit is now projected at over \$400,000.

As we look to the future, the problem will continue to grow if the City does not make additional significant changes. To that end, in July the City Council appointed eleven community members to the Citizen Committee on La Palma's Sustainability and Future. This Committee was charged with reviewing the City's operations and finances and recommending to the City Council a plan to achieve long-term financial sustainability. The Committee will present a report with its recommendations to the City Council at its February 2 meeting and the public is encouraged to attend. Because of the challenges facing the City, the budget process will take place much earlier this year. A schedule of budget meetings is at right; make sure to check the City's website for meeting updates.

As part of the current budget changes, the Mosaic will now be delivered three times per year, with Winter/Spring, Summer, and Fall editions. Please keep that in mind as you begin to plan out the activities and classes you plan on participating in. One of the main concerns Southern California is facing in this New Year, is the threat of El Niño. This El Niño is predicted to be as strong as the one that hit Southern California in 1997-1998. The City has already begun planning on what areas may flood, where to get sand bags and our emergency response, if needed. More information is included on pages 8 and 9, with helpful tips on how to prepare for and endure El Niño such as trimming your trees, where to pick up sand bags, and how to help prepare your home for potential flooding.

Several events are planned to help you with your Spring Cleaning. The first program will be the annual Paper Shred Day which will be held on April 16 at the La Palma Intercommunity Hospital. That same week, the annual Bulky Item Clean Up event will take place from April 18 – 22, which allows La Palma Residents to place their bulky items on the curb on your trash day and those items will be picked up. Once you've finished your spring cleaning join the City on April 19 for the annual Arbor Day Ceremony to be held in Central Park.

## 2nd Annual Paper Shred Day

**Saturday, April 16**

**10:00 – 2:00 p.m.**

**La Palma Intercommunity Hospital  
7901 Walker Street, La Palma**

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

## Fiscal Year 2016-17 Budget Preparation

The City of La Palma invites you to participate in the 2016-17 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
January 19, 2016	Study Session: Long-Term Financial Plan, Fiscal Status, and Budget Impacts	Regular City Council Meeting
February 16, 2016	Capital Improvement Plan	Regular City Council Meeting
March 1, 2016	Revenues, Expenditures, & Supplemental Budget Requests	Regular City Council Meeting
March 15, 2016	Proposed Budget	Regular City Council Meeting
March 22, 2016	Budget Workshop	Special City Council Meeting
April 19, 2016	Budget Adoption and Public Hearing	Regular City Council Meeting

A variety of financial documents are available for review on the City's website at [www.cityoflapalma.org/finance](http://www.cityoflapalma.org/finance) or at La Palma City Hall. The City's proposed budget will also be available for review starting after March 15 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 are scheduled to be held at City Hall, located at 7822 Walker Street.

# Community | Pride

## La Palma Appoints New City Manager

On November 17, 2015, the La Palma City Council appointed Laurie Murray as the next City Manager of La Palma. Her appointment completes a quick transition from Ellen Volmert's resignation in mid-October, to the temporary appointment of Police Chief Eric Nunez as the Acting City Manager, to Laurie Murray's selection as the new Manager.



Mrs. Murray has worked for La Palma since 2006, serving as the City's first Administrative Services Manager. She was promoted to the Administrative Services Director position in 2014.

Prior to coming to La Palma, Mrs. Murray had previously worked for the Cities of Aliso Viejo and Mission Viejo. She earned her Bachelor Degree in Business Management from Vanguard University of Southern California in May 2007, graduating Summa Cum Laude.

## La Palma 2016 Ambassadors

The City of La Palma hosted the Ambassador Program on November 2, 2016. After completing a seven week program culminating with each candidate delivering a speech and participating in a formal interview; Alyssa Mellor, Keila Goulding and Amanda One were selected as the 2015-16 Ambassadors.



Six candidates were apart of the Ambassador Candidate program. This year was the first set of candidates who completed the Ambassador Candidate program which comprised of seven weeks of weekly meeting, speech workshops, resume workshops, professional portfolio workshops, and a mock interview workshop. Throughout the program the candidates had the opportunity to attend a La Palma ToastMasters meeting, attend a La Palma Kiwanis Meeting, attend a City Council Meeting, and judged the costume contest at the La Palma Halloween Carnival. Alyssa Mellor, Keila Goulding and Amanda One will now serve as the Ambassadors of the City of La Palma for this coming year, and attend Business Grand Openings, City functions and Community Events.

## Home Spotlight

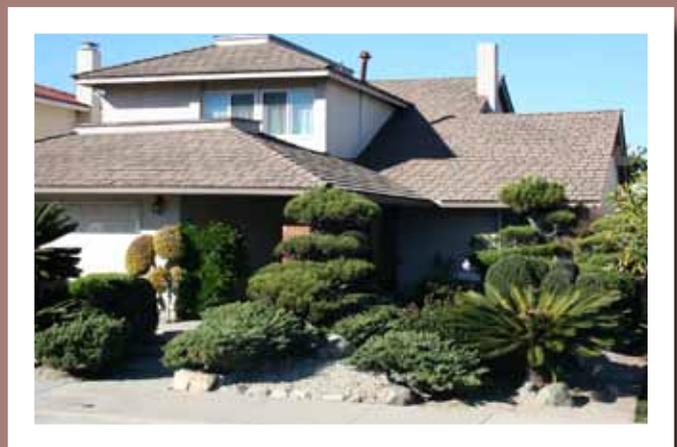
### Winter 2016 Home Spotlight Award Winner

The City of La Palma would like to congratulate resident Cathleen Tsujioka of 5351 Marview Drive for winning the 2016 Winter Home Spotlight Award!

Mrs. Tsujioka has been a proud long time resident of La Palma, she has resided in her home for the past 46 years. When asked about her lawn, she said she converted her lawn into a "low maintenance" lawn some time ago. The plan includes a dry river bed, large boulders, bonsai palm trees, and shrubs. With the drought and recent water shortage, Kathleen contributes this type of landscaping helps her to do their part in reducing water usage in La Palma.

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](http://CityofLaPalma.org/HomeSpotlight)



## El Niño is Coming, Are You Prepared?

### *Excerpts taken from the National Weather Service Turn Around Don't Drown Program®*

The City of La Palma wants you to be ready for the upcoming El Niño season, which is predicted to be as strong as the 1997-1998 season. A lot of residents lived in La Palma in 1997-1998, do you remember what it was like? If you didn't live in town, think back to other major rain events when you did live in La Palma, did you have flooding at your house? Here are some helpful tips to help you prepare for the upcoming rainy season.

### PREPARE

#### Is Flooding Likely?

- Determine whether your home, school, or work is in a potential flood area.
- Know safe routes from home, work, and school that take you to higher ground.

#### Have a Kit, Have a Plan

- Create a go-kit with water, food, blankets, radio, flashlight, and emergency phone list.
- Keep a first aid kit and ensure tetanus inoculations are current.
- Include pet carriers and pet supplies in your evacuation plan.

#### Stay Informed

- Watch news weather reports or use the FEMA App for Weather Service Alerts.
- Sign up at [www.AlertOC.com](http://www.AlertOC.com) to receive emergency info by cell, text, and email.
- Listen to battery-operated radio for latest storm information

#### Safeguard personal documents and inventories

- Consider Flood insurance: To find an agent, visit [www.FloodSmart.gov](http://www.FloodSmart.gov)
- Store personal and financial and insurance records in a waterproof container
- Create a list of all major appliances, and valuables, including jewelry and artwork.

#### Where to get Sandbags and Sand

- Commercial Sources—Lowes, Home Depot, or other hardware stores
- La Palma Central Park (Sand and Sandbags):  
7821 Walker Street
- Fire Station 13 (Empty Sandbags Only):  
7792 Walker Street, La Palma, CA
- Fire Station 17 (Sand and Sandbags)  
4991 Cerritos Ave, Cypress, CA

#### Prepare your home and business

- Deep roof drains free of leaves and debris. Repair leaky roofs before the rainy season.
- Clear debris from gutters, downspouts, yard drains, and parking lot drains.
- Place sandbags and trim trees, as needed
- Raise electrical switches & appliances at least 12 inches above projected flood elevation
- During storms, secure trash cans and lids that can clog storm drains and cause flooding.

### DURING AN EMERGENCY

#### Turn Around—Don't Drown

- It is NEVER safe to drive or walk into floodwaters
- Keep away from streams and flood control channels
  - i) 6 inches of moving water can knock you over
  - ii) 12 inches of rushing water can carry away a car
  - iii) 2 feet of rushing water can carry away trucks and SUV's

#### Stay Informed:

- Watch news weather reports or use the FEMA App for Weather Service Alerts.
- Sign up at [www.AlertOC.com](http://www.AlertOC.com) to receive emergency info by cell, text, and email.
- Listen to battery-operated radio for latest storm information

#### Evacuate If Necessary: Take Your Kit & Activate your Plan

- Get to higher ground if you're in an area that is subject to flooding
- Bring your emergency kit and emergency phone list. Contact an out-of-state friend
- If you have time, disconnect appliances before you leave.

#### Safety Considerations:

- Avoid standing water that can conceal chemicals and electrical wires
- Before re-entering, check your home for structural damage or a red-tag.
- Keep power off until an electrician has inspected your system for safety
- Ensure that water is safe to drink and not contaminated.
- If you have come in contact with floodwaters, wash hands with soap and clean water
- Ensure tetanus vaccinations are current

#### Notify your insurance Agent

- If your home or business has suffered damage, call your insurance agent.
- Take photos of any floodwaters in or around your home, if safe to do so.

#### Assess damage and Begin Clean-Up if Safe to Do So

- Save damaged personal property, if you can do safely.
- Make list of lost and damaged items. Store this list with your pre-flood inventory list.
- Some damaged items may require disposal, so keep photographs of these items.
- Prevent mold by removing wet contents immediately.
- When cleaning, wear gloves, boots, eye protection, and a respirator.

# Community | Development

## New Housing in La Palma Signals a Better Economy

On October 19, 2015 the Orange County Register reported home sales and prices ticked up to their second-highest level since the summer of 2007. With the housing market returning to pre 2007 values, the City of La Palma has also experienced renewed investment interest for residential in-fill projects. The end of last year saw two development proposals for new single family homes before the Planning Commission.

The Ozawa Family farm houses at 7601-21 Walker Street sought approval for a 7 lot subdivision. The Tentative Tract Map to subdivide the land was approved by the Planning Commission with a new cul-de-sac to take direct access off of Walker Street. The Developer is Hearthside Communities will be looking to build 2,800 square foot homes on 5,000 square foot single family lots.

The second application the City received was for the property located at 8231 Moody Street. The site is approximately 19,000 square feet and hosts a single 1,200sf house with 440sf detached garage. The little yellow house was relocated from Buena Park to this site in 1960, under Conditional Use Permit #117, when the City was still "Dairyland." The property owner and Developer is CenterStone Communities West, Inc. They made an application to subdivide the property into 3 single family lots. They plan on developing 3,000 square foot homes with 4 bedroom, 3 bathroom homes which feature an option for California style

patio rooms. California rooms are a multipurpose semi enclosed open air living space. Centerstone will be offering three exterior architectural designs, Spanish, Mediterranean, and Craftsman as shown in the rendering below.



The Register reported Orange County median home price of \$615,000 in September. The Developers of the La Palma project are watching the El Nino weather forecasts to determine when to initiate their projects. Both are hoping to come on the market in early Spring 2016 and anticipate asking prices in the mid \$800,000 range.

For more information about these projects please contact the Community Development Department at (714) 690-3340.

## City Streamlines Process for Residential Solar Systems

On July 7, 2015, the City Council approved and adopted streamlined permitting procedures for small residential solar energy systems. The Council was in concurrence with the State Legislature that a streamlined permitting process greatly benefits homeowners with shorter wait times between contract signing, installation, inspection, and saving on their first month's electricity bill.

A "small residential rooftop solar energy system" is defined to mean Photovoltaic systems of 10 kilowatts or less that is installed on a single or duplex family dwelling which conforms to all applicable State fire, structural, electrical, and building codes adopted by the City, and does not exceed the maximum legal building height as defined by the City's zoning.

Streamlining review procedures became effective on September 30, 2015, in compliance with AB 2188. The permitting can now be processed administratively with use of standardized plan forms and checklists. The permit fees for rooftop solar photovoltaic (PV) systems are typically less than \$500.

The anticipated benefits for streamlining PV systems are threefold: 1) It is expected to increase energy reliance for residents by generating electricity near where it is consumed, 2) this type of energy can provide stable electricity prices for consumers, and 3) the increased demand for solar systems is expected to create thousands of new jobs in California.

## New Registration Software Coming Soon!

On March 17, 2016 we'll be rolling out a new online registration system through the Active Network, allowing you to register and pay for programs and view facilities for rent all from your computer, tablet or smart phone!

You'll need to create an account once it has been released, but don't worry! With a couple clicks and a few taps of the keyboard, you'll be set up and ready to enjoy the convenience of online registration!

The new system has many great benefits and is extremely easy to use! Search for your favorite program by keyword, age, day, time, location and more! You may even discover a new program along the way! And if you find a program that isn't open for registration just yet, you can save that class to your Wish List and easily add it to your cart when it opens!

We'll keep you updated as we move towards the March 17 release, and if you have any questions please don't hesitate to contact the Community Services Department at (714) 690-3350.

**New Registration  
Software Coming Soon**

## Water Conservation – Saves Money and Protects Our Environment

As California continues to weather through one of its worst droughts ever recorded, it is important to consider how we can do our part to help reduce water usage. Governor Jerry Brown enacted a series of laws to ensure California conserves water, and has mandated a 25% State-wide water use reduction by the end of February 2016. The good news is that Californians have already cut back on water usage an average of 13.5%, according to the State Water Resources Control Board, but more cuts need to be made to meet the 25% reduction goal.

In addition to the reduction of water usage, the State Water Code Sec 864.a.1 and La Palma's Municipal Code Section 34-221 prohibits non-storm water discharge into storm drains to prevent pollution into the storm drain system. Runoff picks up pollutants such as dirt, oil, fertilizer and trash on any surface it comes in contact with and carries the pollutants directly to local streams, creeks, and the ocean.

La Palma residents can do their part to help conserve water and protect our creeks and ocean. Over fifty percent of the City's water use is from outdoor watering, and the outdoors is a great place to start eliminating unnecessary water use. Homeowners can replace lawns with California native plants, adjust sprinkler systems to reduce the amount of overspray from landscaped areas, and use a broom to clean driveways and sidewalks instead of water. Residents can also reduce indoor water usage by minimizing the amount of time spent in the shower, as well as installing high efficiency appliances. With changes indoors and outdoors, a significant amount of water can be saved and monthly bills can be reduced.

The following resources and rebates are available to help save water and money:

- La Palma's Water Conservation Webpage: [www.cityoflapalma.org/index.aspx?NID=208](http://www.cityoflapalma.org/index.aspx?NID=208)
- La Palma's Municipal Code: [www.municode.com/library/ca/la\\_palma/codes/code\\_of\\_ordinances](http://www.municode.com/library/ca/la_palma/codes/code_of_ordinances)
- Overwatering is Out: [www.overwateringisout.org/](http://www.overwateringisout.org/)
- Metropolitan Water District of Southern California: [www.bewaterwise.com/](http://www.bewaterwise.com/)
- Municipal Water District of Orange County: [www.mwdoc.com/](http://www.mwdoc.com/) and [www.ocwatersmart.com](http://www.ocwatersmart.com)
- Orange County Water District: [www.ocwd.com/](http://www.ocwd.com/)
- California Urban Water Conservation Council: [www.h2ouse.org/](http://www.h2ouse.org/)

For additional information, please contact the City's Water Quality Division at [waterqualityinsp@cityoflapalma.org](mailto:waterqualityinsp@cityoflapalma.org).

## Doing Our Part to Conserve Water

City of La Palma residents and businesses were able to conserve over 26% as compared to the same month in 2013. The last few months of conservation has really paid off and we are on track to meet our State mandated conservation goal of 20% in February of 2016. Thank you for doing your part to conserve water and helping to preserve water supplies for our future!



MONTH	SAVINGS
January	-9.1%
February	-3.1%
March	-1.6%
April	-11.0%
May	-25.0%
June	-22.3%
July	-27.4%
August	-26.7%
September	-30.3%
October	-26.4%

**Remember . . .  
Turn off automatic  
sprinklers during  
rain storms.**



With just a few small changes, we can build a sustainable future together and protect our most precious resource- water.

# TIPS

## How Can You Use Water More Efficiently Every Day?

**TOTAL ANNUAL WATER SAVINGS:**

**157,200 gallons per year!**

[www.mwdoc.com/services/water-saving-tips](http://www.mwdoc.com/services/water-saving-tips)



Swap a 15 minute shower for a 5 minute shower. Saves 9,000 gallons a year!



Switch to high-efficiency. Saves nearly 7,000 gallons a year per person!



Use short blasts to rinse dishes instead of running water. Saves nearly 5,000 gallons a year!



Set your lawn mower to the highest setting. Saves over 2,000 gallons a year!



Turn off the water while brushing your teeth. Saves over 2,000 gallons a year!



Turn off the water while shaving. Saves over 3,000 gallons a year!



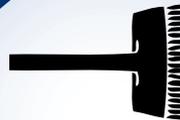
Run your clothes and dishwasher only when full. Save nearly 12,000 gallons each year!



Fix leaks right away. Saves 10,000 gallons each year!



Turn off water from the hose when not in use. Saves 10 gallons a minute!



Use a broom instead of a hose to clean your driveway. Saves over 7,000 gallons a year!



Install a "Smart" irrigation controller. Saves 15,000 gallons a year!



Cover your pool. Nearly 15,000 gallons are lost to evaporation each year!



Install rotating nozzles. Saves over 60,000 gallons a year!



Take your car to a carwash that recycles water. Saves over 5,000 gallons a year!



**WATER: DO MORE WITH LESS**



# Activity | Guide

## Preschool / Toddlers

### Educational

#### Tiny Tots

Age: 3 – 5

Our preschool teacher Ms. Tamara 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. Children being registered in the Monday, Wednesday and Friday class must be 4 years old by the start of class. Children being registered for the Tuesday and Thursday class must be 3 years old by the start of class.

SESSION 4 TINY TOT REGISTRATION IS ON SATURDAY, JANUARY 30 (RESIDENTS 9:00-9:30 A.M. 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 children'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. SPACE IS LIMITED; BE AWARE THAT PARENTS OFTEN LINE UP EARLY FOR THIS CLASS. There is a MANDATORY parents meeting for ALL NEW STUDENTS on Saturday, January 30 at 10:30 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 fifth session. Priority registration runs from March 21 – 25, 2016. Open registration for the fifth session begins Saturday, March 26.

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

Fees: Residents \$140 for 7 weeks 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: T. York		Location: Pygmy Palm Room			
Code	Days	Dates	Time	Fee/Weeks	
Session 4					
13409	M/W/F	2/8-4/1*	9:00 a.m.-12:00 p.m.	\$140/7	
13410	T/TH	2/9-3/31*	9:30-11:30 a.m.	\$99/7	
Session 5					
13411	M/W/F	4/4-5/20	9:00 a.m.-12:00 p.m.	\$140/7	
13412	T/TH	4/5-5/19	9:30-11:30 a.m.	\$99/7	

\*No Class 2/15, 3/14-3/18

### 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
13413	TH	1/7-3/10	4:30-5:15 p.m.	\$55/10

#### Ballet and Tap for Tots

Age: 3 – 5

For little tykes who like to dance. This is a fun introduction to ballet & tap, which includes beginning movements, arm and foot positions. Help your child develop self-confidence and poise through the art of dance! Postures, grace, rhythm, arm and foot positions and base stretches are taught exercises specifically designed for this age group. This class will cover pre-ballet techniques.

Instructor: High Fidelity Entertainment		Location: Sago Palm Room		
Code	Days	Dates	Time	Fee/Weeks
13414	T	1/5-3/8	4:45-5:30 p.m.	\$55/10
13415	T	4/5-6/7	4:45-5:30 p.m.	\$55/10

#### Lil' Ones Hip-Hop

Age: 3 – 6

Children ages 3 – 6 will learn movement and basic dance steps while they have fun dancing to Hip-Hop music!

Instructor: High Fidelity Entertainment		Location: Sago Palm Room		
Code	Days	Dates	Time	Fee/Weeks
13416	TH	1/7-3/10	4:45-5:30 p.m.	\$55/10
13417	TH	4/7-6/9	4:45-5:30 p.m.	\$55/10

### Music/Art

#### Art Innovator's Preschool

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! Students explore various subjects and fun art media each. 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
13418	T	1/5-2/2	2:05-2:45 p.m.	\$55/5
13419	T	2/9-3/8	2:05-2:45 p.m.	\$55/5
13420	T	3/29-4/26	2:05-2:45 p.m.	\$55/5



## Babies Love Music

Age: 4 – 14 mos.

Musical bonding time for you and your baby (4-14 month old baby, NOT YET WALKING!) Learn lap songs, peek-a-boo songs and active chants. Explore rhythm and sound with shakers and drums. Your baby gains motor skills, building blocks for tonal memory, cognitive development—and fun with you! Class content changes each session. Adult participation is required. 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
13421	TH	2/18-3/17	3:30-4:00 p.m.	\$65/5

## Toddlers Love Music

Age: 1 – 2

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
13422	TH	2/18-3/17	4:15-4:45 p.m.	\$65/5

## Kids Love Music

Age: 1 – 4

Come sing, dance and play together with animal puppets and rhythm instruments! Explore making music with drums and pentatonic xylophones and glockenspiels! 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
13423	TH	2/18-3/17	5:00-5:45 p.m.	\$65/5

## Fitness

### TriFyftt: 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 a Parent and Me Soccer class.

Instructor: Trifyftt Sports				Location: Central Park	
Code	Age	Days	Dates	Time	Fee/Weeks
13424	2-3	TH	2/4-3/3	5:00-5:30 p.m.	\$59/5
13425	3-4	TH	2/4-3/3	5:30-6:15 p.m.	\$59/5
13426	4-6	TH	2/4-3/3	6:30-7:15 p.m.	\$59/5

### TriFyftt: 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 a Parent and Me Multi Sport class.

Instructor: Trifyftt Sports				Location: Central Park	
Code	Age	Days	Dates	Time	Fee/Weeks
13427	2-3	SAT	2/20-3/19	9:30-10 a.m.	\$59/5
13428	3-4	SAT	2/20-3/19	10-10:45 a.m.	\$59/5
13429	4-6	SAT	2/20-3/19	11-11:45 a.m.	\$59/5

### 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 is located at Anaheim ICE.

Instructor: Anaheim ICE Staff				Location: Anaheim ICE
Code	Days	Dates	Time	Fee/Weeks
13430	T	1/12-2/2	12:30-1:00 p.m.	\$39/4
13431	SAT	1/16-2/6	11:45-12:15 p.m.	\$39/4
13432	T	2/23-3/15	12:30-1:00 p.m.	\$39/4
13433	SAT	2/27-3/19	11:45-12:15 p.m.	\$39/4

Sign up for a class today!



# 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
13434	W	1/13-2/3	4:30-5:00 p.m.	\$39/4
13435	SAT	1/16-2/6	11:45-12:15 p.m.	\$39/4
13436	W	2/24-3/16	4:30-5:00 p.m.	\$39/4
13437	SAT	2/27-3/19	11:45-12:15 p.m.	\$39/4

### 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, headed 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 in Central Park.

### Club La Palma Summer Day Camp

Ages: 5 – 12

Instructor: Recreation Staff Location: GB Miller Elementary School  
Parents! It's never too early to start thinking about your child's summer break! At Club La Palma day camp our campers eagerly anticipate our jam packed activities and thrilling excursions such as La Mirada Splash, Leeway Sailing Center, Soak City, and Big Air Trampoline Park. We also go to swimming once a week, create fun and imaginative arts and crafts, and play indoor and outdoor games while making new friends. Now that sounds like a memorable summer! More information and registration forms will be available on Monday, April 11.



### Math Competition Prep Class

Age: 8 – 13

A fun, one-of-a-kind experience for the math lover's out there! Hone your creativity and problem-solving skills to become a strong contender in the national AMC and Math Kangaroo contests! New problems and puzzles every week for a learning experience you'll love. Students must be in 3rd through 7th grade to participate.

Instructor: Young Leaders of Orange County				Location: Sago Palm
Code	Days	Dates	Time	Fee/Weeks
13438	SAT	1/9-1/30	2:30-4:00 p.m.	\$40/4
13439	SAT	2/6-2/27	2:30-4:00 p.m.	\$40/4
13440	SAT	3/5-3/26	2:30-4:00 p.m.	\$40/4
13441	SAT	4/9-4/30	2:30-4:00 p.m.	\$40/4

### 2nd Annual YLOC Math Competition

Age: 8 – 13

A fun day of problem-solving for kids with a passion for math. A series of multiple choice word problems will be offered for each grade and winners will be awarded right after testing. This is the perfect chance to engage in a friendly competition and test your math skills!

Instructor: Young Leaders of Orange County				Location: Sago Palm
Code	Days	Dates	Time	Fee/Weeks
13442	SAT	4/2	10:30-1:30 p.m.	\$5/1

### Hot Topics



Ages 7 – 12

Should kids use electronic devices during class? Should kids have homework? Is happiness more important than money? Choose a side (after analyzing multiple points of views) and learn how to present your perspective with powerfully convincing words. We will learn each step of writing a persuasive essay: analyzing the topic, creating an outline, writing a first draft, and composing a final draft with grammar and structural changes. A \$35 materials fee is payable to the instructor 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
13443	T	2/16-3/15	3:30-4:30 p.m.	\$75/5

### Persuasive Voices



Ages 7 – 12

Active verbs, lively adjectives, creative jingles, and persuasive voices surround us daily through various forms of media. Come learn persuasive writing in a fun, interactive style as we create elections speeches, advertisements, announcements, and letters. Develop the vocabulary and techniques to perfect your persuasive writing! A \$35 materials fee is payable to the instructor at the first 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
13444	T	1/12-2/9	3:30-4:30 p.m.	\$75/5



## 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 before composing your brilliant response-to-literature essays. We'll show you all the steps! A \$35 materials fee is payable to the instructor at the first 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
13445	T	3/22-4/12	3:30-4:45 p.m.	\$65/4
13446	T	4/19-5/10	3:30-4:45 p.m.	\$65/4

### Spring Break Camp

## NASA Jr. Astronauts

Age: 5 – 12

Join our Academy of Future Space Explorers! Build your own model rocket, race a balloon rocket, and then see a rocket launch up to 300 ft. in the air! Make and take your own comet, Space Copter, telescope and more. NASA camp is "Out of this World"! Please bring \$30 materials fee to the first day of class.

This camp is cosponsored with the City of Buena Park and the City of Cypress.

Instructor: Mad Science				Location: Cypress Community Center
Code	Days	Dates	Time	Fee/Weeks
13447	M-F	3/14-3/18	9:00-12:00 p.m.	\$145

### Music/Art

## Art Innovators

Age: 5 – 11

Learn to draw with Art Innovators! Students will build their own portfolio with the masterpieces they create each week. We will explore a variety of subjects and media including watercolor, professional markers, pastels and more. Come build confidence, creative thinking, and problem-solving skills by engaging the imagination in a new way! If you can dream, you can draw! 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
13448	T	1/5-2/2	3:00-4:00 p.m.	\$66/5
13449	T	2/9-3/8	3:00-4:00 p.m.	\$66/5
13450	T	3/29-4/26	3:00-4:00 p.m.	\$66/5

## Dance

### Ballet & Tap Combo

Age: 6 – 8

Help your child develop self-confidence and poise through the art of dance! Postures, grace, rhythm, arm and foot positions and basic stretches are taught through exercises specifically designed for this age group. The class will cover pre-tap and pre-ballet techniques.

Instructor: High Fidelity Entertainment				Location: Sago Palm Room
Code	Days	Dates	Time	Fee/Weeks
13451	T	1/5-3/8	5:30-6:15 p.m.	\$55/10
13452	T	4/5-6/7	5:30-6:15 p.m.	\$55/10

### Hip Hop Kids

Age: 7 – 11

A Hip-Hop class designed for boys and girls! Learn different styles of hip-hop from commercial to "old school" moves to freestyle. Get your friends and siblings to join you as you improve your skills in dance.

Instructor: High Fidelity Entertainment				Location: Sago Palm Room
Code	Days	Dates	Time	Fee/Weeks
13453	TH	1/7-3/10	5:30-6:15 p.m.	\$55/10
13454	TH	4/7-6/9	5:30-6:15 p.m.	\$55/10

### 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 improve children's motor skills and enhance their ability to pay attention and follow directions. A martial arts uniform is required and will be available at the first class meeting.

This class is located at the Martial Arts Fitness Center.

Instructor: A. Jafari				Location: MA Center
Code	Days	Dates	Time	Fee/Weeks
13455	M/W	1/4-1/20	3:30-4:30 p.m.	\$45/3
13456	M/W	2/1-2/17	3:30-4:30 p.m.	\$45/3
13457	M/W	3/2-3/21	3:30-4:30 p.m.	\$45/3
13458	M/W	4/4-4/20	3:30-4:30 p.m.	\$45/3



# Activity | Guide

## Youth / Teens

### Fitness

### Aikido for Kids

Age: 5 – 12

Aikido is a noncompetitive and 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 students 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: O. Rosenthal		Location: Ehlers Recreation Center		
Code	Days	Dates	Time	Fee/Weeks
13459	M/W/TH	1/4-2/18*	5:30-6:30 p.m.	\$90/7
13460	M/W/TH	2/22-4/7	5:30-6:30 p.m.	\$90/7
13461	M/W/TH	4/11-5/26	5:30-6:30 p.m.	\$90/7

\*No Class 2/15

### TriFytt 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: Trifytt Sports

Location: Central Park

Code	Age	Days	Dates	Time	Fee/Weeks
13462	6-9	SAT	2/20-3/19	12-12:45 p.m.	\$59/5
13463	9-12	SAT	2/20-3/19	1-1:45 p.m.	\$59/5

### Junior Karate

Age: 8 – 14

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

Instructor: A. Jafari		Location: MA Center		
Code	Days	Dates	Time	Fee/Weeks
13464	T/TH	1/5-1/21	4:30-5:30 p.m.	\$45/3
13465	T/TH	2/2-2/18	4:30-5:30 p.m.	\$45/3
13466	T/TH	3/1-3/17	4:30-5:30 p.m.	\$45/3
13467	T/TH	4/5-4/21	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. A martial arts uniform is required and will be available at the first class meeting. This class is located at the Martial Arts Fitness Center.

Instructor: A. Jafari		Location: MA Center		
Code	Days	Dates	Time	Fee/Weeks
13468	M/W	1/4-1/20	4:30-5:30 p.m.	\$45/3
13469	M/W	2/1-2/17	4:30-5:30 p.m.	\$45/3
13470	M/W	3/2-3/21	4:30-5:30 p.m.	\$45/3
13471	M/W	4/4-4/20	4:30-5:30 p.m.	\$45/3

### Tennis

Age: 7 – 13

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 B. Yuen		Location: Tennis Courts				
Code	Level	Age	Days	Dates	Time	Fee/Week
13472	1	7-13	TH	1/21-3/10	4:00-5:00 p.m.	\$80/8
13473	2-3	7-13	TH	1/21-3/10	5:00-6:30 p.m.	\$110/8



## 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. You will need your school I.D. to purchase your ticket as well as to enter the dance. Dance tickets go on sale the Monday before the dance.

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

**Time:** 7:00 p.m. – 10:00 p.m.

**\$10 Admission**

#### Black & White New Year's Dance

Saturday, January 16

#### Teen Choice Dance

Saturday, April 9

### Spring Dodgeball Night

Friday, March 4 at 6:00 p.m.

**Location:** Arnold/Cypress Park

**\$10 dollars per Team**

Single players or teams (up to 10) are welcome! Pick up a registration form at La Palma Community Center Services Department. There will be prizes for first place, most creative team name and most creative uniform. Register now, spaces are limited! This event is for 13 – 18 year old teens.

### March Madness Basketball Tournament

Friday, March 11 at 6:00 p.m.

**Location:** La Palma Central Park

**\$10 dollars per team**

Got game? Come out for a fun and competitive basketball tournament to kick off March Madness! This event is for 13 – 18 year old teens.

### Teen Fashion Scene

Saturday, April 2 at 6:00 p.m.

**Location:** Cypress Community Center, 5700 Orange Ave.

**\$5 per ticket**

We are looking for girls and guys 13 – 18 years old who are interested in strutting down the runway at our annual Teen Fashion Scene. Don't miss out on this opportunity to dress to impress! Model application are available Monday, January 11, 2016 and are due Friday, February 19, 2016 by 5:00 p.m. to the La Palma or Cypress Community Centers.

We are also looking for designers for the show! If you want to enter your original designs to the show, you may pick up a designer application available now and are due Friday, January 8, 2016 by 5:00 p.m. to the La Palma or Cypress Community Center. You won't want to miss out on this opportunity to receive a scholarship and show off your amazing designs.

### 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](http://www.CityOfLaPalma.org) beginning March 14 and must be completed by April 15 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 2015-16 Teen Special Events

Black & White New Year Dance	January 16
Spring Dodgeball Night	March 4
March Madness Basketball	March 11
Teen Choice Dance	April 9
Teen Fashion Scene	April 2
Battle of the Bands	May 7
Skate Night Friday	May 13
Wild Wild West Dance	May 21



# Activity | Guide

## Youth / Teens

### 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
13474	W	1/13-2/3	5:00- 5:30 p.m.	\$39/4
13475	SAT	1/16-2/6	12:15-12:45 p.m.	\$39/4
13476	W	2/24-3/16	5:00- 5:30 p.m.	\$39/4
13477	SAT	2/27-3/19	12:15-12:45 p.m.	\$39/4

### Freestyle Jump Roping

Ages: 7 – 14

This class is an introduction to the 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
13478	W	1/6-1/27	6:30- 7:30 p.m.	\$35/4
13479	W	2/24-3/16	6:30- 7:30 p.m.	\$35/4

## 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	Fee/Weeks
13480	Internet	1/1-4/30	\$40

## Teens / Adults

### Music/Art

### Art of Caricature

Age: 13+

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
13483	T	1/5-2/9	6:30-8:30 p.m.	\$65/6
13484	T	2/16-3/22	6:30-8:30 p.m.	\$65/6
13485	T	3/29-5/3	6:30-8:30 p.m.	\$65/6

### 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
13486	Beginning	1/4-2/20*	6:30-7:30 p.m.	\$70/7
			9:30-10:30 a.m.	
13487	M/TH	2/22-4/9	6:30-7:30 p.m.	\$70/7
	SAT		9:30-10:30 a.m.	
13490	M/TH	4/11-5/28	6:30-7:30 p.m.	\$70/7
	SAT		9:30-10:30 a.m.	
13488	M/TH	1/4-2/20*	7:30-8:30 p.m.	\$80/7
	W		6:30-7:30 p.m.	
	SAT		9:30-10:30 a.m.	
13489	M/TH	2/22-4/9	7:30-8:30 p.m.	\$80/7
	W		6:30-7:30 p.m.	
	SAT		9:30-10:30 a.m.	
13491	M/TH	4/11-5/28	7:30-8:30 p.m.	\$80/7
	W		6:30-7:30 p.m.	
	SAT		9:30-10:30 a.m.	

\*No Class 2/15



## 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 Rinzai 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
13492	W	1/6-2/20	7:30-8:30 p.m.	\$60/7
	SAT		8:00-9:30 a.m.	
13493	W	2/24-4/9	7:30-8:30 p.m.	\$60/7
	SAT		8:00-9:30 a.m.	
13494	W	4/13-5/28	7:30-8:30 p.m.	\$60/7
	SAT		8:00-9:30 a.m.	

## Adult Tae Kwon-Do

Age: 15+

Training in martial art classes is essentially a process of change. Weight loss and physical energy are difficult to quantify, but virtually everyone who participates in this program over a period of time reports a positive effect on outlook and energy level. Classes are designed to develop endurance, flexibility and balance along with self-defense techniques. A martial arts uniform is required and will be available at the first class meeting. This class is located at the Martial Arts Fitness Center.

Instructor: A. Jafari			Location: MA Center	
Code	Days	Dates	Time	Fee/Weeks
13495	M/W	1/4-1/20	6:30-7:30 p.m.	\$45/3
13496	M/W	2/1-2/17	6:30-7:30 p.m.	\$45/3
13497	M/W	3/2-3/21	6:30-7:30 p.m.	\$45/3
13498	M/W	4/4-4/20	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. A martial arts uniform is required and will be available at the first class meeting. This class is located at the Martial Arts Fitness Center.

Instructor: A. Jafari			Location: MA Center	
Code	Days	Dates	Time	Fee/Weeks
13499	T/TH	1/5-1/21	5:30-6:30 p.m.	\$45/3
13500	T/TH	2/2-2/18	5:30-6:30 p.m.	\$45/3
13501	T/TH	3/1-3/17	5:30-6:30 p.m.	\$45/3
13502	T/TH	4/5-4/21	5:30-6:30 p.m.	\$45/3

## Aerobic Dancing

Age: 16+

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

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

Instructor: K. Phelps				Location: Royal Palm	
Code	Days	Dates	Time	Fee/Weeks	
13503	M/W	1/4-3/23*	5:45-6:45 p.m.	\$115/12	
Pay as you go	SAT	1/9-3/19	8:30-9:45 a.m.	\$6/1 day	
Pay as you go	M/W	1/4-3/23	5:45-6:45 p.m.	\$6/1 day	
13504	M/W	4/4-6/8*	5:45-6:45 p.m.	\$95/10	
Pay as you go	SAT	4/9-6/11*	8:30-9:45 a.m.	\$6/1 day	
Pay as you go	M/W	4/4-6/8*	5:45-6:45 p.m.	\$6/1 day	

\*No class on 2/15, 5/28, 5/30

## 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 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
13570	T	1/5-3/22	6:00-7:00 p.m.	\$72/12
13571	TH	1/7-3/24	6:00-7:00 p.m.	\$72/12
13572	T/TH	1/5-3/24	6:00-7:00 p.m.	\$108/12

## 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 is held at the Martial Arts Fitness Center.

Instructor: A. Jafari			Location: MA Center	
Code	Days	Dates	Time	Fee/Weeks
13573	F	1/8-1/22	5:30-6:30 p.m.	\$45/3
13574	F	2/5-2/19	5:30-6:30 p.m.	\$45/3
13575	F	3/4-3/18	5:30-6:30 p.m.	\$45/3
13576	F	4/1-4/15	5:30-6:30 p.m.	\$45/3



# Activity | Guide

## Adults

### 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
13577	W	1/13-2/3	7:00-7:30 p.m.	\$39/4
13578	W	2/24-3/16	7:00-7:30 p.m.	\$39/4

### 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 of dancing, Zumba is 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
13579	M/W	1/4-1/27	7:45-8:45 p.m.	\$35/4
13580	M/W	2/1-2/29*	7:45-8:45 p.m.	\$35/4
13581	M/W	3/7-3/30	7:45-8:45 p.m.	\$35/4
135852	M/W	4/4-4/27	7:45-8:45 p.m.	\$35/4

\*No Class 2/15

### 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 the City of Buena Park and all classes are held at Buena Park Community Center.

Instructor: O. Rosenthal

Location: Buena Park Community Center

Code	Days	Dates	Time	Fee/Weeks
13583	T	1/5-2/16	6:00-7:00 p.m.	\$35/7
13584	T	2/23-4/5	6:00-7:00 p.m.	\$35/7

### Power Barre

Age: 18+

Power Barre is a smooth flowing workout that will tone your entire body along with improving balance and flexibility. Nonstop movements are performed at two tempos; the faster intervals burn fat, the same motions at a slower pace builds lean muscle. A bar is used to achieve optimum positions. Master Cynthia has helped countless women reshape their bodies. Go to their website for more information [www.jparksmartialarts.com](http://www.jparksmartialarts.com).

Instructor: C. Markopolus

Location: Lakewood Taekwondo Academy

Code	Days	Dates	Time	Fee/Weeks
13585	M/TH	1/4-1/28	7:00-7:45 p.m.	\$55/4
13586	M/TH	2/1-2/29	7:00-7:45 p.m.	\$55/4
13587	M/TH	3/3-3/31	7:00-7:45 p.m.	\$55/4
13588	M/TH	4/4-4/28	7:00-7:45 p.m.	\$55/4

### Power Tai Fitness

Age: 18+

Power Tae Fitness, created by Grand Master J.G. Park, is a great workout to lose weight fast and tone your muscles. This class combines Taekwondo, cardio, boxing and cardio-weight movements done to high energy up beat music. Add this fun class to your weekly routine to see the results you've been looking for. If you like Tae Bo, you'll love this class. Go to their website for more information [www.jparksmartialarts.com](http://www.jparksmartialarts.com).

Instructor: C. Markopolus

Location: Lakewood Taekwondo Academy

Code	Days	Dates	Time	Fee/Weeks
13590	T	1/2-1/30	7:00-8:00 p.m.	\$55/4
	SAT		8:30-9:30 a.m.	
13591	T	2/2-2/27	7:00-8:00 p.m.	\$55/4
	SAT		8:30-9:30 a.m.	
13592	T	3/1-3/29	7:00-8:00 p.m.	\$55/4
	SAT		8:30-9:30 a.m.	
13593	T	4/2-4/30	7:00-8:00 p.m.	\$55/4
	SAT		8:30-9:30 a.m.	

### Introduction to Martial Arts for Adults

Age: 18+

This program is focused on adults who want to learn traditional oriental martial arts, but feel out of shape or uncomfortable training with younger students. Classes emphasize gentle, safe modern training methods and personal growth. Students may continue training in this special program or advance to our regular training program when ready. New students must order taekwondo uniforms (\$45).

Instructor: L. Amsell

Location: Pygmy/Sago Palm

Code	Days	Dates	Time	Fee/Weeks
13594	T/TH	1/5-1/28	6:00-7:00 p.m.	\$45/4
13595	T/TH	2/2-2/25	6:00-7:00 p.m.	\$45/4
13596	T/TH	3/1-3/31	6:00-7:00 p.m.	\$45/5
13597	T/TH	4/5-4/28	6:00-7:00 p.m.	\$45/4



## 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 off site class to put into practice what you will be learning. The date and time will be announced by the instructor 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
13598	TH	1/7-2/25	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. Dogs 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
13599	M	1/25-3/21	7:00-8:00 p.m.	\$75/9
13600	M	4/18-6/27	7:00-8:00 p.m.	\$75/9

\*No Class 5/30

## 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 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
13601	M	1/4-2/8	6:30-7:30 p.m.	\$32/6
13602	M	2/22-3/28	6:30-7:30 p.m.	\$32/6
13603	M	4/4-5/9	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.

Instructor: J. Karter

Location: Cypress SC

Code	Days	Dates	Time	Fee/Weeks
13604	M	1/4-2/8	7:30-8:30 p.m.	\$32/6
13605	M	2/22-3/28	7:30-8:30 p.m.	\$32/6
13606	M	4/4-5/9	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.

Instructor: J. Karter

Location: Cypress SC

Code	Days	Dates	Time	Fee/Weeks
13607	M	1/4-2/8	8:30-9:30 p.m.	\$32/6
13608	M	2/22-3/28	8:30-9:30 p.m.	\$32/6
13609	M	4/4-5/9	8:30-9:30 p.m.	\$32/6





# Activity | Guide

## Older Adult

### 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

Days	Dates	Time	Place: Cypress SC	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

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

#### Karaoke Night

January 15, February 19, March 18 and April 15

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, and 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

Code	Days	Dates	Time	Fee/Weeks
13610	F	1/8-2/26	9:00-10:00 a.m.	\$40/8
13611	F	3/4-4/29	9:00-10:00 a.m.	\$45/9

#### Chair Exercise

Age: 50+

Looking for an exercise program that is relaxing and well-paced? Chair exercises may be perfect for you! This class focuses on improving circulation as well as increasing flexibility and stability in postural and mobilization muscles. Please come wearing comfortable clothing and shoes.

Instructor: C. Phong

Location: Sago Palm

Code	Days	Dates	Time	Fee/Weeks
13612	T/TH	1/12-1/28	9:00-10:00 a.m.	\$24/3
13613	T/TH	2/2-2/25	9:00-10:00 a.m.	\$32/4
13614	T/TH	3/1-3/31	9:00-10:00 a.m.	\$40/5
13615	T/TH	4/5-4/28	9:00-10:00 a.m.	\$36/4

#### 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 in Central Park.

### 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.



## All Ages

### Music



#### Guitar Lessons

Age: 8+

Have you ever wanted to be a Rock Star? Well, now's the time! Learn to play guitar with Mr. Greg and have fun playing your favorite songs in no time... Beatles, Rolling Stones, Green Day, Weezer and so much more! All levels, all ages welcome so don't delay learn to play! Bring your own guitar. One time \$15 material fee due to instructor on first day of class.

Instructor: G. Daulton

Location: Sago Palm

Code	Days	Dates	Time	Fee/Weeks
13616	W	1/6-1/27	3:30-4:00 p.m.	\$49/4
13617	W	1/6-1/27	4:00-4:30 p.m.	\$49/4
13618	W	1/6-1/27	4:30-5:30 p.m.	\$80/4
13619	W	2/3-2/24	3:30-4:00 p.m.	\$49/4
13620	W	2/3-2/24	4:00-4:30 p.m.	\$49/4
13621	W	2/3-2/24	4:30-5:30 p.m.	\$80/4
13622	W	3/2-3/30	3:30-4:00 p.m.	\$49/5
13633	W	3/2-3/30	4:00-4:30 p.m.	\$49/5
13624	W	3/2-3/30	4:30-5:30 p.m.	\$80/5
13625	W	4/6-4/27	3:30-4:00 p.m.	\$49/4
13626	W	4/6-4/27	4:00-4:30 p.m.	\$49/4
13627	W	4/6-4/27	4:30-5:30 p.m.	\$80/4

### Educational

#### Practical Chess

Age: 8+

Strengthen your brain—Play Chess! 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](http://www.lapalmachess.com).

Instructor: LP Chess Club

Location: Sago Palm

#### Chess Tournaments

Code	Days	Dates	Time	Fee/Weeks
13628	All Three Tournaments	F 1/8-4/29	6:00-11:00 p.m.	\$55/17
13629	Straight Outta Beckett	F 1/8-2/5	6:00-11:00 p.m.	\$45/5
13630	Rubinstein Open	F 2/12-3/11	6:00-11:00 p.m.	\$45/5
13631	La Palma Championship	F 3/18-4/29	6:00-11:00 p.m.	\$50/7

### 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+

Students will 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.

Instructor: L. Amsel

Location: Pygmy/Sago Palm

Code	Days	Dates	Time	Fee/Weeks
<b>BEGINNER</b>				
13632	SAT	1/9-1/30	9:00-10:00 a.m.	\$45/4
13633	SAT	2/6-2/27	9:00-10:00 a.m.	\$45/4
13634	SAT	3/5-3/26	9:00-10:00 a.m.	\$45/4
13634	SAT	4/2-4/30	9:00-10:00 a.m.	\$45/5
13635	SAT	1/9-4/30	9:00-10:00 a.m.	\$160/17
<b>INTERMEDIATE</b>				
13649	SAT	1/9-1/30	10:00-11:30 a.m.	\$45/4
13636	SAT	2/6-2/27	10:00-11:30 p.m.	\$45/4
13641	SAT	3/5-3/26	10:00-11:30 a.m.	\$45/4
13651	SAT	4/2-4/30	10:00-11:30 a.m.	\$45/5
13642	SAT	1/9-4/30	10:00-11:30 a.m.	\$160/17
<b>ADVANCED</b>				
13650	SAT	1/9-1/30	11:30-1:00 p.m.	\$45/4
13637	SAT	2/6-2/27	11:30-1:00 p.m.	\$45/4
13643	SAT	3/5-3/26	11:30-1:00 p.m.	\$45/4
13638	SAT	4/2-4/30	11:30-1:00 p.m.	\$45/5
13639	SAT	1/9-4/30	11:30-1:00 p.m.	160/17
<b>Weekly Martial Arts</b>				
13644	T/TH	1/5-1/30	5:00-6:00 p.m.	\$70/4
	SAT		9:00-10:00 a.m.	
13645	T/TH	2/2-2/27	5:00-6:00 p.m.	\$70/4
	SAT		9:00-10:00 a.m.	
13646	T/TH	3/1-3/31	5:00-6:00 p.m.	\$70/4
	SAT		9:00-10:00 a.m.	
13647	T/TH	4/2-4/30	5:00-6:00 p.m.	\$70/5
	SAT		9:00-10:00 a.m.	
13648	T/TH	1/5-4/30	5:00-6:00 p.m.	\$240/17
	SAT		9:00-10:00 a.m.	



## Thank You

2015

### Corporate Connection Sponsors!

**Platinum Sponsors:** La Palma Intercommunity Hospital

**Gold Sponsors:** EDCO Park Disposal, Rosendin Electric, Inc.

**Silver Sponsors:** ADP

**Event Sponsors:** Rutan & Tucker, AKAL Consultants, West Coast Arborist and Multi-Sales Inc.

Your sponsorship makes it possible to deliver quality services, programs, and events for the enjoyment of La Palma residents as well as those individuals that work in the City of La Palma.

*Join the Corporate Connection Sponsorship program today!*

For more information about a business sponsorship opportunity with the City of La Palma call (714) 690-3350 or visit our website [www.cityofLaPalma.org](http://www.cityofLaPalma.org)



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PROBLEMS?**

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La Palma Tutoring

## 2016 CORPORATE CONNECTION

*Business Sponsor Opportunity with the City of La Palma*

The City of La Palma provides the opportunity to showcase your business at community events the City hosts through 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 714-690-3350 or visit [www.cityoflapalma.org/corporateconnection](http://www.cityoflapalma.org/corporateconnection).

# City & Class Activity Locations

## 1. Recreation and Community Services Department

### 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/Water** (714) 690-3310

**Finance & Water Billing** (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

## 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 & Tamara York
Senior Office Staff	Jill Olivier & Lori Whalen

## Recreation Leaders

Cyndria Abernathy	Brandon Alfajora	Claudia Ayala
Anthony Barrios	Carmen Batres	Robert Gardner
Safa Gul	Min Rattanchandani	Maike Soto
Haley Sprague		

# 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
<b>Non-residents add an additional fee per class:</b>			Class fee up to \$49 = \$5 non-Res Fee			
			Class fee \$50 and over = \$10 Non-Res Fee			
<b>TOTAL PAID</b>						

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

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

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

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

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

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

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

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

**X**

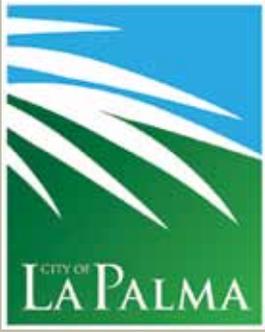
\_\_\_\_\_  
(Parent or guardian must sign for participants under 18 years of age.)

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

\_\_\_\_\_  
Date



## Postal Customer La Palma, CA 90623



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



### Arbor Day

**Tuesday, April 19 at 4:00 p.m.**

**Central Park**

The City of La Palma is hosting a free and fun-filled Arbor Day Celebration on Tuesday, April 19, from 4:00 p.m. to 6 p.m. at Central Park.

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 Arbor Day crafts, Arbor Day Tree Sponsorship program, and presentation of art contest award and of course planting of new trees.

To participate in the art and coloring contest, themed "Trees are Terrific and Good for Our Health!" please visit the City website for the details and coloring sheets [www.cityoflapalma.org](http://www.cityoflapalma.org). Winning artwork will be displayed at the Arbor Day Celebration. We are seeking organizations and individuals to participate in the Arbor Day Tree Sponsorship program.

For more information to participant in the art contest and or to donate in the Arbor Day Tree Sponsorship program, please call (714) 690-3350.