

**La Palma  
Recreation & Community Services**



*Creating Unity in Community*

- City News
- Activity Guide

**Fall 2008**

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### 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.

### Submit Your Photos

Do you have digital photographs that you would like to submit for publication in the Activity Guide? If so, you can email them to [mikeb@cityoflapalma.org](mailto:mikeb@cityoflapalma.org). For additional information, please call (714) 690-3350.

Please include:

- Your name, address, and telephone number
- Names of those in the photographs and what activity is featured
- The statement "I hereby irrevocably consent to and authorize the use and reproduction by the City of La Palma or anyone authorized by the City of La Palma of any and all photographs. These photographs may be used for any purpose whatsoever, without compensation."

Thank You!

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### Fall 2008 Director's Message

#### GRAND RE-OPENING PLANNED

In September 2007, the La Palma City Council along with OSBORN Architectural Group and Construct 1 Corporation, embarked on renovating and expanding the Community Center Complex at Central Park to better meet the needs of the Community.

The purpose of the renovation is to provide an updated and accessible facility that will engage La Palma's citizens by broadening and deepening their appreciation for creating a sense of place. The key components of this project are the addition of a lobby and restrooms in the main Community Center, a new conference room and equipment check-out pavilion, and a complete facelift of all public meeting spaces.

We hope that you will find that the improvements will contribute to a Community Center that is reflective of the diverse and proud community that is La Palma.

We are very excited to be re-opening our newly renovated and expanded Community Center. Please join us on Tuesday, October 21, 2008 from 5 – 8 p.m. as we proudly re-open our doors.

*Come and see the new Community Center!!*

Jan Hobson  
Director of Recreation & Community Services

## Community Center Grand Re-Opening

**Tuesday, October 21, 2008**

**5:00 – 7:00 p.m.**

Join your friends and neighbors to re-open the newly rehabilitated Community Center, The Palms at Central Park. After much anticipation, La Palma residents will once again be able to utilize the Community Center for social gatherings, meetings and various program and events. We appreciate your understanding during the construction period and anticipate the improvements made will provide many years of successful and memorable events!

Presentations will begin at 5:15 p.m. with tours and light refreshments provided throughout the evening. Please join us!

## City Launches New Website

The City of La Palma is proud to have launched a new website in July, which can be viewed at [www.cityoflapalma.org](http://www.cityoflapalma.org). Hundreds of staff hours have gone into the new colorful design, improved layout, and more detailed content. And, by no means is the website done, staff members are constantly adding new features and content to the website. If you have comments or suggestions about what you would like to see on the new and improved website please tell us, using the provided feedback tool at the website.



## Home Spotlight



This Fall's Home Spotlight Award goes to Gerry and Deena Barnes and their two children, Grant and Lia, who currently reside at 5151 Glenwood. The Barnes' family roots are deeply planted in La Palma's soil: both Gerry's and Deena's parents have lived here since 1978. After the Barnes got married in 1985, they returned to their La Palma roots in 1993 — and this home, which they acquired in 2000, is their third in our city!

They've been very busy, upgrading and renovating their lovely home. The entrance features pillars made from Arizona flagstone, and a water fountain in the courtyard. Gerry himself reconstructed the unique driveway, which is concrete, saw cut and acid stained. No one wants to park their car on that beauty! With an eye towards safety, the Barnes have reinforced their side fences with steel; since they live on a corner lot and accidents can happen. The backyard has been designed for total rest and relaxation: the two palm trees were actually planted to accommodate the swinging hammock rest area! Even the interior features a makeover from floor to ceiling, and that job isn't finished!

And it's nice to know that the Barnes family takes advantage of what their city offers. It's been a family tradition for them to compete in the 4th of July Fitness Run for Fun, which began with the first race in 1978. This year, Grant and Lia were with nine other family members at the starting line, and many of them, including Lia, walked away with awards! Look out, Olympics 2020! Thank you all for supporting our community events!

Our congratulations go out to Gerry, Deena, Grant and Lia Barnes for being the Fall 2008 Home Spotlight Award winner. Thank you for keeping La Palma beautiful!

# COMMUNITY Calendar

### September

- 1 Labor Day – City Offices Closed
- 2 City Council Meeting – 7:00 p.m.
- 7 Grandparent's Day
- 11 Patriot Day
- 16 City Council Meeting – 7:00 p.m.
- 22 Autumn Begins

### October

- 4 JFK Band Tournament  
Glover Stadium
- 7 City Council Meeting – 7:00 p.m.
- 10 Teen Scary Movie Night – 7:00 p.m.  
Arnold/Cypress Park
- 13 Columbus Day – City Offices Open
- 21 Community Center Grand  
Re-Opening – 5:00 p.m.  
City Council Meeting – 7:00 p.m.
- 25 Teen Thriller Dance – 7:00 p.m.  
La Palma Community Center
- 31 Halloween Carnival – 5:30-8:30 p.m.

### November

- 2 Daylight Saving Time Ends  
La Palma Pageant – 5:00 p.m.  
AVHSD Performing Arts Center
- 4 Election Day  
City Council Meeting – 7:00 p.m.
- 8 La Palma Days  
10:00 a.m.-6:00 p.m.
- 12 AUHSD Band Spectacular  
7:00 p.m., Glover Stadium
- 11 Veteran's Day Observed  
City Offices Closed
- 18 City Council Meeting – 7:00 p.m.
- 22 Father/Daughter Dance – 6:30 p.m.  
La Palma Community Center
- 26-27 Thanksgiving  
City Offices Closed

### December

- 2 City Council Meeting – 7:00 p.m.
- 3 Holiday Tree Lighting – 5:30 p.m.  
Central Park
- 13 Teen Holiday Blowout Dance  
7:00 p.m., LP Community Center
- 16 City Council Meeting – 7:00 p.m.
- 21 Winter Begins
- 25 Christmas – City Offices Closed

If your school or non-profit organization would like to add something to the Community Calendar, e-mail your request to [mikeb@cityoflapalma.org](mailto:mikeb@cityoflapalma.org).

The City of La Palma reserve the right to consider requests based on content and space constraints.

## City Council Recap — May, June and July 2008

The City Council 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 invited to attend and meetings are also audio cast live on the City's website at [www.cityoflapalma.org](http://www.cityoflapalma.org). Below are actions that the City Council has taken during the past three months.

### May 6, 2008

Adopted a Resolution approving an Amendment to Conditional Use Permit 271, regarding a request to relocate and resize the canopy structure at the La Palma Car Wash located at 5021 La Palma Avenue.

Adopted a Resolution finding that a Public Nuisance exists on the property located at 5652 Vinevale Circle and ordering the abatement of said Public Nuisance.

Adopted Ordinance No 2008-04, Amending Chapter 26 of the City Code pertaining to electronic reader board signs in the Public Institutional Zoning District.

### May 20, 2008

Adopted a Resolution approving Conditional Use Permit 344, regarding a request to operate a Preschool at the existing Fountain of Living Water Church Facility located at 8111 Walker Street.

Approved and authorized the Mayor to execute an Agreement for Prosecution Services between the City of La Palma and the County of Orange.

### June 3, 2008

Approved and authorized the Mayor to execute Amendment One to the Cooperation Agreement between the County of Orange and the City of La Palma for participation in the Urban County Program to utilize CDBG and HOME program funds.

Adopted a Resolution calling and giving notice of the holding of a General Municipal Election to be held on Tuesday

November 4, 2008 for the election of certain officers as required by the provisions of the laws of the State of California.

Adopted a Resolution establishing regulations for candidates for elective office pertaining to candidates statements submitted to the voters at an election to be held on Tuesday, November 4, 2008.

Approved the Plans and Specifications and authorized the Director of Public Works to solicit competitive bids for the pavement Rehabilitation of Residential Streets with Asphalt Rubber Hot Mix Overlay and Rubberized Slurry Seal.

### June 17, 2008

Adopted a Resolution approving Precise Plan 267 and Conditional Use Permit 343 regarding a request to construct a new Wachovia Bank building with a drive-thru ATM at 5014 Orangethorpe.

Adopted a Resolution approving and adopting a Budget for Fiscal Year 2008-09 and reducing the Utility Users Tax by 1% for the Fiscal Year.

Approved and authorized the Mayor to execute a Professional Services Agreement with the City of Brea's Information Technology Division Brea IT for computing and technology services for the period of July 1, 2008 through June 30, 2010.

Approved a petition from Park Disposal to increase the street sweeping portion of the contractor component of the rates commensurate with increased costs

associated with compliance of South Coast Air Quality Management District (SCAQMD) Rule which requires the use of alternative fueled street sweeping vehicles.

Approved a Sister City Relationship with the City of Hanam, Korea at minimal out of pocket cost to the City and directed staff to prepare a Resolution and Proclamation formally recognizing the relationship.

### July 1, 2008

Adopted a Resolution approving Amendment No 2 to Conditional Use Permit 316 and Precise Plan 251 to add three panel antennas and related equipment to an existing T-Mobile wireless antenna facility located at 7700 Valley View Street.

Approved the Plans and Specifications and authorize the Director of Public Works to solicit competitive bids for the Installation of Landscaped Median Islands and a Monument Sign on La Palma Avenue from Denni Street to 240' West of Moody Street.

### July 15, 2008

Conducted a Study Session regarding medical marijuana dispensary regulations and directed staff to develop a City Code Amendment which would require all La Palma businesses to comply with local, State and Federal law.

Approved the addition of up to three youth representatives to the Community Activities and Beautification Committee (CAB) and modified Council Policy 10 to include policies for the Youth members.

For more information on these items, please log onto the City's website at [www.cityoflapalma.org](http://www.cityoflapalma.org) for a complete copy of the agenda and staff reports or to listen to each Council Meeting in its entirety.

### Wanted! Convertible Car Owners

Take this opportunity to participate in the 24th Annual La Palma Days by driving your convertible in the La Palma Days Parade on Saturday, November 8, 2008. Demonstrate your community spirit and show off your fantastic convertibles. Drivers are needed to carry dignitaries in the parade starting at 10 a.m. and concluding around 12 noon. If you, or someone you know, is interested please contact parade committee member Ken Blake (714) 504-3429 or by email at [kenablake@hotmail.com](mailto:kenablake@hotmail.com).

## City Adopts FY2008-09 Budget and Lowers Utility Tax 1%

In late June the La Palma City Council approved and adopted the City's \$24.9 million Fiscal Year 2008-09 operating budget and reduced the City's local Utility User Tax (UUT) by 1%. The City of La Palma receives its revenues from a variety of funding sources, with property taxes, sales taxes, and the UUT accounting for 63% of City revenues. Overall, revenues are expected to increase by 4% while expenditures are expected to increase by 3.9% over the 2007-08 Fiscal Year.

Continuing its tradition of placing a high priority on public safety and community-building programs, the \$9.5 million in General Fund expenditures are allocated to City departments as follows: 55% for Police, 17% for Recreation and Community Services, 15% for Administration, 8% for Public Works, and 5% for Community Development.

Other noteworthy expenditures highlighted in the Fiscal Year 2008-09 budget, include:

- \$1.3 million for various water, sewer, and storm drain system improvements
- \$0.9 million for the current year's residential pavement management program and setting aside an additional \$ 1.7 million for future years
- \$0.5 million for installation of medians on La Palma Avenue from Moody Street to Denni Street
- \$0.3 million for City Hall landscaping improvements and parking lot resurfacing

Additionally, the City Council took advantage of an unexpected one-time Sales and Use Tax reconciliation payment from the State and unanimously approved a reduction in the City's UUT for Fiscal Year 2008-09 from the current rate of 5% to 4%. This is the second time in the past four years that the City Council has voted to lower the UUT. The UUT is assessed on all electrical, natural gas, cable, and telephone bills within the City and was ratified by La Palma residents in 2002. The UUT Ordinance gives the City Council the authority to reduce the rate by up to 1% when sufficient funds are available.

Because of the necessary programming changes required by the various utility company billing systems, actual reductions in utility bills can take a few months. The City has already notified all of the affected utilities; and residents should begin to see reductions in their utility bills by October.

A complete digital version of the City's budget is available for viewing on the City's website, at [www.cityoflapalma.org/finance](http://www.cityoflapalma.org/finance).

## Guidance for Construction of Patio Covers

Whether you are building a classic open lattice patio cover or building your dream patio cover with a solid roof and concrete tile, you will have to go through the City's building permit process. That might come as a surprise to some homeowners, but there are important zoning and building requirements that need to be incorporated into the design prior to construction of the patio. If you are considering replacing an existing patio cover or build a new one from the ground up, just remember the three things listed below to help speed things along:

- 1) Planning: Verify the proposed patio cover will comply with the City of La Palma's development standards. The City's Planning Staff is available at (714) 690-3336 to assist you and provide zoning related information and guidance. You can also obtain this information in the City's Municipal Code through the City's website at [www.cityoflapalma.org](http://www.cityoflapalma.org).
- 2) Building: Submit a plan or use the City's patio standard hand-out available from the Building & Safety Division for plan check review and to obtain a building permit. The Building & Safety Division will require three (3) sets of your construction plan to start the process, along with a completed building permit application. The City's Building & Safety Staff is available at 714-690-3340 to provide building related information and plan check/permit status.
- 3) Permits: Once your patio cover plans have been approved by Planning and Building staff, it is time to pull permits and start construction. If you plan to do the work yourself, you may pull a building permit as an owner-builder, otherwise the permit must be obtained by a state licensed contractor. Once the permit is obtained, the City's Building Official will perform inspections to ensure your patio cover is built in compliance with state building codes and the approved plan.

You may contact the Community Development Department at (714) 690-3340 if you have questions regarding patio covers.

## CERT Training

Please join your neighbors in preparing for the next disaster by attending CERT training. CERT stands for Community Emergency Response Team. The training is designed to prepare citizens to respond to emergencies in their local area. The West County CERT training team is comprised of members from the La Palma, Buena Park, Cypress, Los Alamitos, Seal Beach and Westminster Police Departments. This class meets on four different dates (Fridays and Saturdays), beginning September 5, 2008. Friday courses will run from 6:00 p.m. to 9:30 p.m., and Saturday classes will run from 8:00 a.m. to 5:00 p.m.

If you are interested in attending this free program, please contact Sergeant Raul Morales of the Administrative Support Bureau of the La Palma Police Department by phone (714) 690-3386, or by e-mail at [rmorales@cityoflapalma.org](mailto:rmorales@cityoflapalma.org).

### Prepare Now . . .

With the recent earthquake in Southern California, now is the perfect time to check your family's emergency plans and supplies. Go to [www.oes.ca.gov](http://www.oes.ca.gov) for helpful information and preparedness tips.

## La Palma Citizen Committee Vacancies

Citizens of the City of La Palma are invited to submit applications for current and upcoming vacancies on three Council Appointed Committees – the Community Activities and Beautification Committee, the Development Committee, and the Traffic Safety Committee.

The Community Activities and Beautification (CAB) Committee works with City staff to coordinate City special events including Memorial Day, Concerts in the Park, and the annual Holiday Tree Lighting event. CAB committee members also assist the City in planning the annual La Palma Days event. CAB members meet on the second Tuesday of each month from September to June. The CAB Committee currently has two vacancies, with varying terms, and another five vacancies with four-year terms will be created when the incumbents' terms expire on Dec. 31, 2008. Up to three of these vacancies may be filled by youth representatives.

The role of the Development Committee is to review and evaluate plans for new construction in the City, and act as an

advisory body to the Planning Commission. The Planning Commission relies on the Development Committee's expertise in ensuring that every project meets the high standards maintained throughout La Palma. The Development Committee meets every other month on the second Monday with special meetings conducted on an as-needed basis. Three vacancies with four-year terms will be created when the incumbents' terms expire on Dec. 31, 2008.

The role of the Traffic Safety Committee is to identify and make recommendations to the Council on improvements in La Palma traffic conditions. The Traffic Safety Committee meets quarterly, with special meetings conducted on an as-needed basis. Two vacancies with four-year terms will be created when the incumbents' terms expire on Dec. 31, 2008.

Applications for all vacancies are available at City Hall and are due by October 30, 2008. If you have any questions or for further information, please contact the City Clerk's office at (714) 690-3334.

## Code Enforcement Reminders

We all want our neighborhoods to look their best and protect property values in the city. In order to maintain the quality neighborhoods that our residents have come to expect and enjoy, the city's Code Enforcement Division, is working with residents and business owners to ensure properties are maintained at a high standard in compliance with the city's code. The city would like to remind our residents of several regulations that involve keeping La Palma neighborhoods beautiful. The following are some of our most common violations that occur in our residential areas.

- **Animal Waste:** Section 5 – 5, prohibits a person from leaving pet waste on any public property or private property that is not his or her own.
- **Basketball Hoops:** Section 26 – 52.1 and 22 – 7, requires that the sidewalk area be used as a pedestrian walk-way. You may not store, place, or display any items in the sidewalk or adjacent to the street.
- **Trashcans:** Section 11 – 3 and 17 – 6, prohibits the storage of trash, garbage, refuse, trashcans, etc. from being stored within public view.
- **Vehicle Driveway Storage:** Section 26 – 27, requires that all vehicles parked or stored in driveways, be road operational (currently registered), kept clean, and free of debris.
- **Yard/Lawn Landscaping Maintenance:** Section 26 – 65, requires that all yards visible from public streets and sidewalks be properly landscaped and maintained in a neat and orderly condition.

Compliance with these provisions will help to keep the appearance of the City's neighborhoods aesthetically pleasing and attractive. If you have any questions or would like to report a code violation, please contact the city's Code Enforcement officer at (714) 690-3342.

## New Fluorescent Light Bulb and Battery Recycling Program

The City of La Palma is pleased to announce a new Universal Waste recycling program for household batteries and fluorescent light bulbs, including compact fluorescent lights (CFL's). The program is being funded by a grant from the County of Orange, in partnership with the Cities of Cypress, Los Alamitos, and Stanton. Residents can drop-off all household batteries (no vehicle batteries) inside City Hall. However, all fluorescent light bulbs must be recycled at one of the following participating commercial locations: Ganahl Lumber, 10742 Los Alamitos Blvd, Los Alamitos; Jiffy Lube, 4942 Lincoln Ave, Cypress; Jiffy Lube, 3311 Katella Ave, Los Alamitos; and True-Value Hardware, 7612 Katella Ave, Stanton. For additional information visit [www.cityoflapalma.org/recycling](http://www.cityoflapalma.org/recycling) or call (714) 690-3337. Residents can still dispose of other household hazardous waste products at the County Collection Center located at 1071 N. Blue Gum Street, Anaheim. For more information regarding that program visit [www.oilandfills.com](http://www.oilandfills.com) or call (714) 834-6752.

## New Sharps Disposal Program

The City of La Palma is also pleased to announce a new program to help residents properly dispose of sharps (syringes, needles, and lancets) waste. The program is being funded by a grant from the County of Orange, in partnership with the Cities of Cypress, Los Alamitos, and Stanton. Beginning September 1, State law prohibits the disposal of sharps waste in the trash. The new program allows residents to receive an approved sharps collection container from participating pharmacy locations. Full containers are then mailed directly to an incineration company, using the included postage pre-paid boxes. La Palma's Walgreens Pharmacy is a participating location. For a list of additional pharmacies or for more information visit [www.cityoflapalma.org/recycling](http://www.cityoflapalma.org/recycling) or call (714) 690-3337.

## Preschool / Toddlers

### TINY TOTS Age: 3–5

5120–5123

Preschool is a vital time for learning social and academic skills that will benefit your little one for the school years to come. Certified preschool instructor Nancy Brewer teams up with a recreation staff aide to teach our enrichment program for potty-trained 3 to 5-year-olds. Our teachers concentrate on introducing the Tiny Tots to a variety of valuable academic and socialization skills necessary for Kindergarten and beyond, in a fun blending of 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:

Monday/Wednesday/Friday will be geared to the older 4- and 5-year-olds preparing for Kindergarten.

Tuesday/Thursday class will be geared for the newer and younger 3- and 4-year-olds.

**AT OUR SPECIAL TINY TOT REGISTRATION ON SATURDAY, SEPTEMBER 6, (RESIDENTS @ 10 A.M. AND NON-RESIDENTS @ 10:30 A.M. PLEASE DO NOT LINE UP BEFORE 8 A.M.),** parents may register for ONE CLASS ONLY, and may request to be placed on the waiting list for the other class. Registrations are first come, first served. SPACES ARE VERY LIMITED; BE AWARE THAT PARENTS OFTEN LINE UP EARLY FOR THIS CLASS. La Palma residents must bring proof of residency and the child's birth certificate to register at 10 a.m. There is a MANDATORY parent meeting for new registrants on September 6 at 11 a.m. **No phone-in registrations will be accepted.**

IF CLASS MINIMUM OF 12 PARTICIPANTS IS NOT MET, THE CLASS WILL BE CANCELLED!

**Fees: \$122/7 weeks of M/W/F      \$93/7 weeks of T/TH**  
**(Each class is limited to 24 students)**

Payments: Although you may pay for the entire Tiny Tot session at registration, we have a payment schedule for your convenience. Instead of paying for the entire session at once, you may pay in two affordable payments. The first payment is due at the time of registration. The second payment is due by Friday, October 3 for the first session and Friday, November 21 for the second session.

Priority registration for the second session will be held from October 20 – October 24. New students may register on October 27.



### KIDS LOVE MUSIC

Age: 4 mos–4 years 5124–5126

Music activities provide an excellent way to foster creativity, and cognitive, social, and motor skills. Join Music Therapist Gary Greeno as we enjoy singing, dancing, instrumental jam sessions, puppet songs, and rhythm band activities. An optional \$20 material fee is payable to the instructor at the first class meeting for a music CD, rhythm band instrument, and song sheets. Parent participation is required. For more information on this class, go to [www.kidslovemusic.net](http://www.kidslovemusic.net). This class is co-sponsored with Cypress Recreation, and will be held at the Cypress Community Center, 5700 Orange Avenue.

Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
5120	Tiny Tots	N. Brewer	9/15-10/31	M/W/F	Meeting Room	9:30-11:30 a.m.	\$122	7 weeks
5121	Tiny Tots	N. Brewer	11/3-12/19*	M/W/F	Meeting Room	9:30-11:30 a.m.	\$122	7 weeks
5122	Tiny Tots	N. Brewer	9/16-10/30	T/TH	Meeting Room	9:30-11:30 a.m.	\$93	7 weeks
5123	Tiny Tots	N. Brewer	11/4-12/18*	T/TH	Meeting Room	9:30-11:30 a.m.	\$93	7 weeks
*No Class on 11/7, 11/11, 11/27, or 11/28								
5124	Kids Love Music 4-14 mos	G. Greeno	10/16-11/20	Th	Cypress CC	3:00-3:30 p.m.	\$60	6 weeks
5125	Kids Love Music 1-2 yrs	G. Greeno	10/16-11/20	Th	Cypress CC	3:45-4:30 p.m.	\$60	6 weeks
5126	Kids Love Music 1-4 yrs	G. Greeno	10/16-11/20	Th	Cypress CC	4:45-5:30 p.m.	\$60	6 weeks

## Preschool / Toddlers

### KIDS LOVE MUSIC: HOLIDAY SPECIAL

**Age 4 mos–4 years 5130–5132**

Mix together holiday songs, jingle bells, puppets, drums, xylophones, singing, and dancing. Mmm, mmm, good! Parent participation required. Optional \$20 materials fee payable to the instructor at the first class meeting for a Music CD, rhythm band instrument, and song sheets. Any questions? Check our website: [www.kidslovemusic.net](http://www.kidslovemusic.net). This class is co-sponsored with Cypress Recreation and will be held at the Cypress Community Center, 5700 Orange Avenue.

### ANAHEIM ICE: PARENT AND ME SKATING

**Age: 3–5 5133–5136**

Parent and me skating gives your child a chance to spend valuable time with you all while staying cool and learning to skate in a fun and relaxed atmosphere. One parent and one child per class allowed. Includes skate rental, lessons, free practice on day of class, and three additional skating passes to be used during the 4-week session. This class is located at Anaheim ICE, 300 W. Lincoln Ave, Anaheim.

### ICE SKATING FOR TOTS

**Age: 3–5 5137–5140**

Join the fun at Anaheim ICE! Beginning ice skating made fun and easy. Learn to march, glide, fall down, and get up properly. Includes skate rental, lessons, free practice on day of class, and three additional skating passes to be used during the 4-week session. This class is located at Anaheim Ice, 300 W. Lincoln Ave, Anaheim.

### ITSY BITSY SPORTS: FLAG FOOTBALL

**Age: 3–5 5191–5192**

24-36-32 HIKE! La Palma's little folks are getting an early jump on enjoying the benefits of being physically fit through sports-related activities. These activities provide fun, team work and learning to get along with others. Tennis shoes and comfortable clothes recommended for each practice.

### CHEER FOR TOTS

**Age: 3–5 5280–5281**

GO TEAM GO!!!! This class will provide young girls and boys with a positive environment to learn cheer techniques. During this session the participants will learn kicks, tumbling, and some dance skills. There is a \$9 supply fee payable to the instructor the first day of class.

 Use your VISA or Master Card to pay for class fees, Community Center use deposits, and sport league registrations over \$21.

Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
5130	Kids Love Music 4-14 mos	G. Greeno	12/4-12/18	Th	Cypress CC	3:00-3:30 p.m.	\$33	3 weeks
5131	Kids Love Music 1-4 yrs	G. Greeno	12/4-12/18	Th	Cypress CC	3:45-4:30 p.m.	\$33	3 weeks
5132	Kids Love Music 1-4 yrs	G. Greeno	12/4-12/18	Th	Cypress CC	4:45-5:30 p.m.	\$33	3 weeks
5191	Itsy Bitsy: Flag Football	D. Plunkett	10/6-11/3	M	Central Park	2:00-3:00 p.m.	\$30	5 weeks
5192	Itsy Bitsy: Flag Football	D. Plunkett	11/10-12/15*	M	Central Park	2:00-3:00 p.m.	\$30	5 weeks
			*No Class on 11/24					
5133	Parent and Me Skating	Anaheim Staff	9/23-10/21*	Tue	Anaheim Ice	12:30-1:00 p.m.	\$44	4 weeks
5134	Parent and Me Skating	Anaheim Staff	9/27-10/25*	Sat	Anaheim Ice	11:45 -12:15 p.m.	\$44	4 weeks
			*No Class on 10/4 or 10/7					
5135	Parent and Me Skating	Anaheim Staff	10/28-11/18	Tue	Anaheim Ice	12:30-1:00 p.m.	\$44	4 weeks
5136	Parent and Me Skating	Anaheim Staff	11/1-11/22	Sat	Anaheim Ice	11:45-12:15 p.m.	\$44	4 weeks
5137	Ice Skating for Tots	Anaheim Staff	9/24-10/22*	W	Anaheim Ice	4:30-5:00 p.m.	\$44	4 weeks
5138	Ice Skating for Tots	Anaheim Staff	9/27-10/25*	Sat	Anaheim Ice	11:15-11:45 a.m.	\$44	4 weeks
			*No Class on 10/4 or 10/8					
5139	Ice Skating for Tots	Anaheim Staff	10/29-11/19	W	Anaheim Ice	4:30-5:00 p.m.	\$44	4 weeks
5140	Ice Skating for Tots	Anaheim Staff	11/1-11/22	Sat	Anaheim Ice	11:15-11:45 a.m.	\$44	4 weeks
5280	Cheer for Tots	K. Luevanos	9/15-11/3	M	Meeting Room	4:00-4:45 p.m.	\$30	8 weeks
5281	Cheer for Tots	K. Luevanos	11/10-12/29	M	CC North	4:00-4:45 p.m.	\$30	8 weeks

## Youth

### Ballet and Tap Combo

Age 4–7 **5141–5144**

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

### BEGINNING SCREAMING CHICAS

Age: 5–8 **5149–5151**

Are you looking for a fun class for your tot or young child? Try a little bit of Salsa, a bit of meringue, and whole lot a jazz! This class is sure to be a hit with your little Latin dancers! Girls are required to wear black dance attire and a hard sole shoe. Boys are required to wear black shorts, black t-shirts and a hard sole shoe. This class is held at the Paso de Oro Dance Studio at 14535 Valley View Avenue #T in Santa Fe Springs, (562) 921-9052.

### MARTIAL ARTS FOR KIDS

Age: 5–8 **5152–5155**

This course will introduce very young students to the world of traditional martial arts. It is a scaled back version of our regular training programs, however the emphasis is on martial arts training as a way to improve upon discipline, increase fitness, learn teamwork, and to gain a positive attitude.

Choose this course for very young children who are interested in martial arts. Parents who are unsure of whether this kind of program is a good fit for their children are welcome to drop by for a free trial session and a discussion with the Chief Instructor before enrolling.

All students will be eligible to test for rank (belt) promotion at the completion of the course. Those students who desire to advance to the Intermediate Martial Arts training courses are invited to do so after achieving a Yellow Belt.

To prepare beginning students for the training, each will receive a free uniform after enrolling for their first session. Uniforms are available at the classes and are not available during enrollment.

Classes will be held at the U.S. Black Belt Center, 21053 Bloomfield Ave., Lakewood (SW corner of Bloomfield and Centralia/Crescent).

### Ballet, Jazz and Tap

Age 6–9 **5145–5148**

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

*Get Active, Have Fun  
Register today!*

Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
5141	Ballet & Tap Combo	A. Valley	9/2-9/23	T	Meeting Room	4:00-5:00 p.m.	\$28	4 weeks
5142	Ballet & Tap Combo	A. Valley	10/7-10/28	T	Meeting Room	4:00-5:00 p.m.	\$28	4 weeks
5143	Ballet & Tap Combo	A. Valley	11/4-11/25	T	CC North	4:00-5:00 p.m.	\$28	4 weeks
5144	Ballet & Tap Combo	A. Valley	12/2-12/23	T	CC North	4:00-5:00 p.m.	\$28	4 weeks
5145	Ballet, Jazz & Tap	A. Valley	9/2-9/23	T	Meeting Room	5:00-6:00 p.m.	\$28	4 weeks
5146	Ballet, Jazz & Tap	A. Valley	10/7-10/28	T	Meeting Room	5:00-6:00 p.m.	\$28	4 weeks
5147	Ballet, Jazz & Tap	A. Valley	11/4-11/25	T	CC North	5:00-6:00 p.m.	\$28	4 weeks
5148	Ballet, Jazz & Tap	A. Valley	12/2-12/23	T	CC North	5:00-6:00 p.m.	\$28	4 weeks
5149	Beginning Screaming Chicas	A. Vaca	9/10-10/1	W	Paso De Oro	5:30-6:30 p.m.	\$35	4 weeks
5150	Beginning Screaming Chicas	A. Vaca	10/8-10/29	W	Paso De Oro	5:30-6:30 p.m.	\$35	4 weeks
5151	Beginning Screaming Chicas	A. Vaca	11/5-11/26	W	Paso De Oro	5:30-6:30 p.m.	\$35	4 weeks
5152	Martial Arts for Kids	J. Amsell	9/6-9/27	Sat	BB Center	9:00-10:00 a.m.	\$35	4 weeks
5153	Martial Arts for Kids	J. Amsell	10/4-10/25	Sat	BB Center	9:00-10:00 a.m.	\$35	4 weeks
5154	Martial Arts for Kids	J. Amsell	11/1-11/29*	Sat	CC North	9:00-10:00 a.m.	\$35	4 weeks
			*No Class on 11/8					
5155	Martial Arts for Kids	J. Amsell	12/6-12/27	Sat	CC North	9:00-10:00 a.m.	\$35	4 weeks

## Youth

### LATIN DANCE

**Age: 6–12**

**5156–5158**

Hot Latin Dancing at its best! Learn basic pattern turns and combinations for Salsa, Merengue and the Cha-Cha. This class is held at the Paso de Oro Dance Studio at 14535 Valley View Avenue #T in Santa Fe Springs, (562) 921-9052.

### LIL' TIGERS KARATE

**Age: 4–7**

**5159–5161**

This class is based on traditional Shotokan Karate. Our instructor is a Sixth Degree Black Belt and has many years of traditional experience. Class is designed for children between the ages of 4 to 7. This class is an introduction to karate, physical fitness, and coordination skills. Children will go beyond what they think they are capable of doing and challenge them both physically and mentally. Self-defense will be introduced as well as being focused in life. This class is located at the Martial Arts Fitness Center, 9949 Walker Street, Cypress.

### PEE WEE KICKS CLINIC

**Ages 4–7**

**5162**

Our Pee Wee Kicks Clinic is for boys and girls 4 to 7 years of age as of September 15, 2008. The two-days-a-week Kicks Clinic will focus on teaching the fundamental skills of soccer while supporting and encouraging health and well-being by developing hand and eye coordination, increasing physical endurance, encouraging mental and social development, emphasizing teamwork, and creating positive memories in a safe and caring environment. Children of all abilities and skill levels are encouraged to join! All participants receive a team t-shirt, a special participation medallion, and certificate. Openings may still exist! The season starts September 15, 2008.

### BEGINNERS FOLKLORICO

**Ages 5–8**

**5258–5260**

Learn the dances of Mexico for fun and exercise. Students will learn basic foot work and skirt movement. Girls wear black tights and leotard and hair in bun. Boys wear red t-shirts, black shorts or sweats pants. Please wear hard shoes. This class is held at the Paso de Oro Dance Studio at 14535 Valley View Avenue #T in Santa Fe Springs, (562) 921-9052.

### BROADWAY STARS!

**Ages: 7–10**

**5278–5279**

Is the stage calling your youth star? Learn basic skills that will help your star prepare for musical theater, such as Singing and dancing.



**Giving a child new experiences builds knowledge and understanding of the world.**

Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
5156	Beginning Latin Dance	A. Vaca	9/11-10/2	Th	Paso De Oro	5:00-6:00 p.m.	\$35	4 weeks
5157	Beginning Latin Dance	A. Vaca	10/9-10/30	Th	Paso De Oro	5:00-6:00 p.m.	\$35	4 weeks
5158	Beginning Latin Dance	A. Vaca	11/6-12/4*	Th	Paso De Oro	5:00-6:00 p.m.	\$35	4 weeks
			*No Class on 11/27					
5159	Lil' Tigers Karate	A. Jafari	9/15-10/8	M/W	MA Center	3:30-4:30 p.m.	\$35	4 weeks
5160	Lil' Tigers Karate	A. Jafari	10/13-11/5	M/W	MA Center	3:30-4:30 p.m.	\$35	4 weeks
5161	Lil' Tigers Karate	A. Jafari	11/10-12/3	M/W	MA Center	3:30-4:30 p.m.	\$35	4 weeks
5162	Pee Wee Kicks Clinic	Rec Staff	9/15-11/5	M/W	Central Park	4:45-6:00 p.m.	\$75	8 weeks
5258	Beg. Folklorico	A. Vaca	9/13-10/4	Sat	Paso De Oro	9:00-10:00 a.m.	\$30	4 weeks
5259	Beg. Folklorico	A. Vaca	10/11-11/1	Sat	Paso De Oro	9:00-10:00 a.m.	\$30	4 weeks
5260	Beg. Folklorico	A. Vaca	11/8-12/6	Sat	Paso De Oro	9:00-10:00 a.m.	\$30	4 weeks
5278	Broadway Stars!	K. Luevanos	9/15-11/3	M	Meeting Room	4:45-5:30 p.m.	\$30	8 weeks
5279	Broadway Stars!	K. Luevanos	11/10-12/29	M	CC North	4:45-5:30 p.m.	\$30	8 weeks
5308	Think in Ink	V Pham	9/26-10/24	F	Meeting Room	2:45-5:15 p.m.	\$200	5 weeks
5309	Think in Ink	V Pham	11/14-12/19	F	Meeting Room	2:45-5:15 p.m.	\$160	4 weeks
			*No Class on 11/28 and 12/12					

## Youth Teens

### THINK IN INK

**Age: 9–12** **5308–5309**

Learn Lead Succeed, in partnership with La Palma Recreation and Community Services, proudly offers Think in Ink, a writing program that will improve a student's writing skills and has been taught successfully to students ranging from the second grade to college graduates. Think in Ink offers extensive practice, which helps students get ahead in classroom essays, the SAT, college admissions statements, and career development. Our students write more essays in one month than most do in a semester. There is a \$30 materials fee payable to the instructor on the first day of class. This class will also provide more practice for past Think in Ink students.

#### Think in Ink Success

During the Spring Session at Fit 'n' Fun, 20 4th- and 5th-graders improved their written level of detail and analysis by 50% from the start of the 7-week program. 100% of them were regularly outling their essays.

### JUNIOR KARATE

**Age: 8–14**

**5163–5165**

Students learn various kicking, punching and blocking techniques while learning how to apply those techniques in controlled sparring sessions. The emphasis will be on developing the child's self-esteem, self-discipline, and confidence through practicing traditional karate techniques. There is an \$8 supply fee payable the first day of class. This class is located at the Martial Arts Fitness Center, 9949 Walker Street, Cypress.

### JUNIOR TAE KWON-DO

**Age: 8–14**

**5265–5267**

Like most martial art styles, Tae Kwon-Do is not only a great art of self-defense but of the mind as well. Students will be taught a variety of martial art techniques and will benefit in terms of learning self-control, improving study habits and increasing concentration skills. This class is located at the Martial Arts Fitness Center, 9949 Walker Street, Cypress.

### FIT 'N' FUN AFTER SCHOOL DROP-IN PROGRAM RETURNS

La Palma Recreation and Community Services is proud to announce the return of our award winning after school drop-in program, Fit 'N' Fun! Fit 'N' Fun is for students in grades 1st–6th at Miller, Luther and Los Coyotes Elementary Schools. The program is committed to enhancing interpersonal skills, increasing physical fitness levels and providing quality role models through games, crafts, fitness activities, snacks and much more! Trained Recreation Staff will visit each school three days per week. Supervision is provided from the time school ends until 3:45 p.m. Your child will develop and enhance interpersonal competence as they develop empathy, sensitivity and build long-lasting and meaningful relationships with peers and staff. Don't miss out on the fun and excitement! For more information please call (714) 690-3350.

Miller Elementary: Mondays, Tuesdays, and Thursdays

Luther Elementary: Tuesdays, Wednesdays, and Thursdays

Los Coyotes Elementary: Mondays, Wednesdays, and Fridays

Fit 'N' Fun starts the week of October 6; registration forms are coming soon!

### DO YOU NEED VOLUNTEER SERVICE HOURS?

High School and Jr. High School students that need minimal volunteer service hours for graduation and service organizations are encouraged to assist our Recreation staff with multiple activities conducted throughout the City.

We especially need help with our YOUTH SPORTS PROGRAMS!

Volunteer hours are limited and are usually offered Monday through Friday, early afternoons and evenings, so make arrangements as soon as possible! For more information, please call (714) 690-3350.

Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
5163	Jr. Shotokan Karate	A. Jafari	9/16-10/9	T/Th	MA Center	4:30-5:30 p.m.	\$44	4 weeks
5164	Jr. Shotokan Karate	A. Jafari	10/14-11/6	T/Th	MA Center	4:30-5:30 p.m.	\$44	4 weeks
5165	Jr. Shotokan Karate	A. Jafari	11/11-12/9*	T/Th	MA Center	4:30-5:30 p.m.	\$44	4 weeks
			*No Class on 11/27					
5265	Junior Tae Kwon-Do	A. Jafari	9/15-10/8	M/W	MA Center	4:30-5:30 p.m.	\$35	4 weeks
5266	Junior Tae Kwon-Do	A. Jafari	10/13-11/5	M/W	MA Center	4:30-5:30 p.m.	\$35	4 weeks
5267	Junior Tae Kwon-Do	A. Jafari	11/10-12/3	M/W	MA Center	4:30-5:30 p.m.	\$35	4 weeks

**Youth / Teens**

**ANAHEIM ICE SKATING:  
Youth–Beginning**  
**Age: 6–16**      **5166–5169**  
 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. Fee includes  
 skate rentals, lessons, free  
 practice on day of class, and three  
 additional skating passes to be  
 used during the 4-week session.  
 This class located at Anaheim Ice,  
 300 W. Lincoln Ave, Anaheim.

**BEGINNING FOLKLORICO–  
TEENS**  
**Age: 13–18**      **5170–5172**  
 Learn dances of Mexico for fun  
 and exercise. Students will learn  
 the basic footwork and skirt  
 movement. Ladies should wear  
 black dance wear and hard soled  
 shoes. Men’s attire is black shorts,  
 black t-shirt and hard sole shoes.  
 This class is held at the Paso de  
 Oro Dance Studio at 14535 Valley  
 View Avenue #T in Santa Fe  
 Springs, (562) 921-9052.

**LA PALMA/CYPRESS  
YOUTH ACTION  
COMMITTEE**  
**T**he cities of La Palma and Cypress  
 are looking for young people  
 with creative ideas and a desire to  
 enhance teen programs within our  
 cities. The principal objectives of the  
 Youth Action Committee are:  
 1. Interpret the needs of young  
 people and represent them to  
 the committee and the Cypress  
 Recreation and Community  
 Services Commission.  
 2. Involve young people in  
 civic activities and youth  
 programming.  
 3. Involve youth in municipal  
 government.  
 4. Promote public understanding of  
 the contributions of young people.  
 For more information or to apply,  
 call the Recreation & Community  
 Services Department at (714)  
 690-3350

**YOUTH BASKETBALL  
RETURNS!**  
 La Palma Recreation and  
 Community Services is proud  
 to announce the return of our  
 youth basketball league under  
 the direction of Kennedy High  
 School’s Coach Purnell! This eight  
 week program will focus on skill  
 development, conditioning and  
 inducting the participants into a  
 healthy competitive environment.  
 Keep your eyes open for more  
 information in the coming months,  
 as this returning program will be  
 back in winter 2009! For more  
 information call (714) 690-3350.

**HOCKEY SKATING SKILLS**  
**Age: 6–16**      **5173–5174**  
 Want to play hockey but don’t  
 know where to start? Learn basic  
 skating skills necessary for hockey  
 including forward and backward  
 skating, stopping, and turning.  
 Pucks and sticks are not used  
 during this class. Fee includes  
 hockey skate rental, lessons, free  
 practice on day of class and 3  
 additional skating passes to be  
 used during the 4-week session.  
 This class located at Anaheim Ice,  
 300 W. Lincoln Ave, Anaheim.



**Physical fit  
students perform  
better academically.**

Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
5166	Ice Skating:Youth-Beg.	Anaheim Staff	9/24-10/22*	Wed	Anaheim Ice	5:00-5:30 p.m.	\$44	4 weeks
5167	Ice Skating:Youth-Beg.	Anaheim Staff	9/27-10/25*	Sat	Anaheim Ice	10:45-11:15 a.m.	\$44	4 weeks
			*No Class on 10/4 and 10/8					
5168	Ice Skating:Youth-Beg.	Anaheim Staff	10/29-11/19	Wed	Anaheim Ice	5:00-5:30 p.m.	\$44	4 weeks
5169	Ice Skating:Youth-Beg.	Anaheim Staff	11/1-11/22	Sat	Anaheim Ice	10:45-11:15 a.m.	\$44	4 weeks
5170	Beg. Folklorico-Teen	A. Vaca	9/15-10/6	M	Paso De Oro	6:00-7:00 p.m.	\$35	4 weeks
5171	Beg. Folklorico-Teen	A. Vaca	10/13-11/3	M	Paso De Oro	6:00-7:00 p.m.	\$35	4 weeks
5172	Beg. Folklorico-Teen	A. Vaca	11/10-12/1	M	Paso De Oro	6:00-7:00 p.m.	\$35	4 weeks
5173	Hockey Skating Skills	Anaheim Staff	9/24-10/22*	W	Anaheim Ice	6:15-6:45 p.m.	\$44	4 weeks
5174	Hockey Skating Skills	Anaheim Staff	10/29-11/19	W	Anaheim Ice	6:15-6:45 p.m.	\$44	4 weeks
			*No Class on 10/8					

## Teens

## The Teen Lounge

**Open starting Tuesday, October 7 – December 18**

**Tuesdays and Wednesdays 2:30 p.m. – 5:30 p.m.**

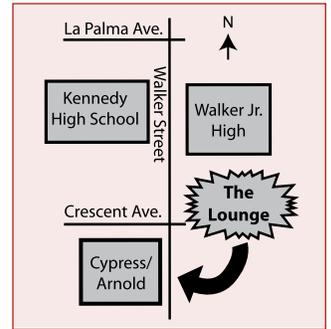
**Thursdays 1:00 p.m. – 4:00 p.m.**

**Arnold/Cypress Park**

**8611 Watson St.**

Teens! Meet us at The Lounge for homework help, movies, video games, indoor and outdoor activities, open games, snacks, and fun times with friends!

Watch for what's NEW in the Fall – Joe's Pigskin Picks and how-to events, such as weight lifting, dodgeball tournament, flag football challenge, and more!



## Teen Dances

These popular events are co-sponsored by the Cities of Cypress and La Palma

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

**Time: 7:00 p.m. – 10:00 p.m.**

**\$5 pre-registration, \$7 at the door**

### Thriller Dance

**Saturday, October 25**

Pre-registration by October 24

Come party with the things that go bump in the night! Make sure to wear your scariest, funniest or most creative costumes and try to win the costume contest. (Dress Code still applies!)

### Holiday Blowout Dance

**Saturday, December 13**

Pre-registration by December 12

Time to start your holiday break early at "The Holiday Blowout!" Grab all of your friends and bring them to the hottest dance in town. It's a last chance to hang out with them before break, so don't miss out!

### Friday Night Lights

**On Selected Fridays During the School Year**

7:00 – 10:00 p.m.

Arnold/Cypress Park, 8611 Watson Street

### Scary Movie Night

**Friday, October 10**

**FREE!**

Are you ready for a hair-raising movie event? Don't miss out on this scary evening filled with a terrifying movie, popcorn and other snacks.

## Upcoming 2009 Special Teen Events

### Teen Game Night

**Friday, January 23**

**\$2**

**Location: Cypress Community Center**

Enjoy a casino-themed evening filled with games like Bologna, Karaoke, Speed, Texas Hold'em and more! We'll have snacks and prizes for the serious gamers!

Be My Valentine Dance . . . Saturday, February 14

Girls Night Out . . . . . Friday, February 27

Teen Fashion Scene. . . . . Saturday, March 14

Teen Flashlight Egg Hunt. . Saturday, April 11

Mardi Gras Dance . . . . . Saturday, April 25

Battle of the Bands. . . . . Saturday, May 2

Guys Movie Night. . . . . Friday, June 5

Aloha Dance. . . . . Saturday, June 6

## Teens / Adult

### DRIVERS EDUCATION

**Age: 14-18**      **5175-5176**

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

### TWO STEP & SWING

**Age: 18+**      **5179-5180**

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 Community Center, 5700 Orange Avenue.

### LOOKING FOR VOLUNTEER COACHES!

**P**arents would like to coach a youth basketball team this winter?

If interested, please call La Palma Recreation & Community Services at (714) 690-3350!

### STRICTLY BALLROOM DANCE

**Age: 18+**      **5181-5182**

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 Community Center, 5700 Orange Avenue.



### LINE DANCE

**Age: 18+**      **5177-5178**

Yee-Haw!!!! Slip on your cowboy boots and rustle up your friends! Students will learn a variety of line dances, have an opportunity to meet new people (as no partner is necessary), and get a great work-out. This dance class is co-sponsored with Cypress Recreation and will be held at the Cypress Community Center, 5700 Orange Ave.

### SOCIAL LATIN DANCE

**Age: 18+**      **5183-5185**

Hot Latin dancing at it's best! Join award winning, Las Vegas National Champion Alejandro Rey in learning the basic patterns, turns, and combinations from explosive Salsa and Merengue to the sensual moves of Bachata. Experience the wave sweeping dance socials worldwide! This class is held at the Paso de Oro Dance Studio at 14535 Valley View Avenue #T in Santa Fe Springs, (562) 921-9052.

*Register for a class today!*

Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
5175	Home Study Drivers Ed	T. Zertuche	9/8-12/19		Home Study		\$85	
5176	Internet Based Drivers Training	T. Zertuche	9/8-12/19		Internet		\$75	
5177	Line Dancing	J. Karter	9/22-10/27	M	Cypress CC	6:30-7:30 p.m.	\$32	6 weeks
5178	Line Dancing	J. Karter	11/3-12/8	M	Cypress CC	6:30-7:30 p.m.	\$32	6 weeks
5179	Two Step & Swing	J. Karter	9/22-10/27	M	Cypress CC	7:30-8:30 p.m.	\$32	6 weeks
5180	Two Step & Swing	J. Karter	11/3-12/8	M	Cypress CC	7:30-8:30 p.m.	\$32	6 weeks
5181	Strictly Ballroom	J. Karter	9/22-10/27	M	Cypress CC	8:30-9:30 p.m.	\$32	6 weeks
5182	Strictly Ballroom	J. Karter	11/3-12/8	M	Cypress CC	8:30-9:30 p.m.	\$32	6 weeks
5183	Social Latin Dance	A. Vaca	9/11-10/2	Th	Paso De Oro	7:00-8:00 p.m.	\$35	4 weeks
5184	Social Latin Dance	A. Vaca	10/9-10/30	Th	Paso De Oro	7:00-8:00 p.m.	\$35	4 weeks
5185	Social Latin Dance	A. Vaca	11/6-12/4*	Th	Paso De Oro	7:00-8:00 p.m.	\$35	4 weeks

\*No Class on 11/27

## Teen / Adult

**AEROBIC DANCING****Age: 16+****5186**

Do you love to dance? Then Jacki 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 taking 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. Payments: Although you may pay for the entire Aerobic session at registration, we have a payment schedule for your convenience. Instead of paying for the entire session at once, you may pay in two affordable payments. The first payment of \$60 is due at the time of registration. The second payment of \$60 is due by Monday, October 27.

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.

**POWER TAE AEROBICS****Age: 18+****5229–5232**

Power Tae, created by Grand Master J.G. Park (Olympic Tae Kwon Do coach), is without a doubt the fitness weight loss energizer of the new millennium. Power Tae combines the essential elements of Tae Kwon Do: aerobics and boxing. Speed, agility, and strength are the mainstays of this high-energy workout done to pulsating music. This class is provided with the intent to give you the opportunity to increase your physical endurance. If you like Tae-Bo®, you will love this class! Lessons will be held at the US Tae Kwon Do Center, 12233 Centralia, Lakewood 90713, (562) 809-0653.

**ADULT SHOTOKAN KARATE****Age: 15+****5262–5264**

Students will learn various kicking, punching and blocking techniques while achieving physical fitness, health, and overall well-being. Traditional karate techniques will be taught by 6th degree Black Belt Instructor Ali Jafari. This class is located at the Martial Arts Fitness Center, 9949 Walker Street, Cypress.

Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
5186	Aerobics Dancing	K. Phelps	9/15-12/10*	M/W	Meeting Room	5:45-6:45 p.m.	\$120	13 weeks
	Pay As You Go	K. Phelps	9/20-12/13*	Sat	Meeting Room	8:30-9:45 a.m.	\$6	13 weeks
			*No Class on 11/8, 11/26 and 12/3					
	Pay As You Go	K. Phelps	9/15-12/10	M/W	Meeting Room	5:45-6:45 p.m.	\$6	13 weeks
5229	Power Tae Aerobics	C. Markopucos	9/2-9/30	T/TH	Tae Kwon Do	7:00-8:00 p.m. (T) 8:00-9:00 p.m. (TH)	\$40	4 weeks
5230	Power Tae Aerobics	C. Markopucos	10/2-10/30	T/TH	Tae Kwon Do	7:00-8:00 p.m. (T) 8:00-9:00 p.m. (TH)	\$40	4 weeks
5231	Power Tae Aerobics	C. Markopulos	11/4-11/25*	T/TH	Tae Kwon Do	7:00-8:00 p.m. (T) 8:00-9:00 p.m. (TH)	\$40	4 weeks
			*No class on 11/27					
5232	Power Tae Aerobics	C. Markopulos	12/2-12/30	T/TH	Tae Kwon Do	7:00-8:00 p.m. (T) 8:00-9:00 p.m. (TH)	\$40	4 weeks
			*No class on 12/25					
5262	Adult Shotokan Karate	A. Jafari	9/16-10/9	T/Th	MA Center	5:30-6:30 p.m.	\$35	4 weeks
5263	Adult Shotokan Karate	A. Jafari	10/14-11/6	T/Th	MA Center	5:30-6:30 p.m.	\$35	4 weeks
5264	Adult Shotokan Karate	A. Jafari	11/11-12/9*	T/Th	MA Center	5:30-6:30 p.m.	\$35	4 weeks
			*No Class on 11/27					

**Teen / Adult**

**YOGA/PILATES FITNESS CLASS**

**Age: 14+ 5236–5239**

Classes will focus on achieving physical balance and coordination by reducing stress and increasing strength and flexibility. Yoga poses and stretching exercises are combined with some light weight training and step aerobics. This is a great class to get in shape quickly and safely. This class is located at the Martial Arts Fitness Center, 9949 Walker Street, Cypress.



**WOMEN’S SELF DEFENSE**

**Age: 14+ 5240–5241**

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

**ICE SKATING FOR ADULTS**

**Age: 17+ 5242–5243**

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

**KANIKAPILA O KALANA (UKULELE)**

**Age 18+ 5244–5245**

Come learn to play and sing the songs of the Hawaiian style and culture with “Uncle Henry’s Kanikapila O Kalana Uke Jammers”. You will learn to play and sing with the Ukelele and advanced students will be able to enter into festivals!

Supplies required: Ukulele, music stand, Ukulele tuner, and a supply fee of \$2.50 payable to instructor at first class meeting.



**Yoga is invigoration in relaxation. Freedom in routine. Confidence through self control. Energy within and energy without.**

—Ymber Delecto

Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
5236	Yoga/Pilates Fitness	Chopra/Seyller	9/15-10/15	M/W	MA Center	7:30-8:30 p.m.	\$50	5 weeks
5237	Yoga/Pilates Fitness	Chopra/Seyller	9/19-10/17	F	MA Center	5:30-6:30 p.m.	\$30	5 weeks
5238	Yoga/Pilates Fitness	Chopra/Seyller	10/20-11/19	M/W	MA Center	7:30-8:30 p.m.	\$50	5 weeks
5239	Yoga/Pilates Fitness	Chopra/Seyller	10/24-11/21	F	MA Center	5:30-6:30 p.m.	\$30	5 weeks
5240	Women’s Self Defense	A. Jafari	9/18-10/9	Th	MA Center	6:30-7:30 p.m.	\$30	4 weeks
5241	Women’s Self Defense	A. Jafari	10/30-11/20	Th	MA Center	6:30-7:30 p.m.	\$30	4 weeks
5242	Ice Skating for Adults	Anaheim Staff	9/24-10/22*	W	Anaheim Ice	7:00-7:30 p.m.	\$44	4 weeks
			*No Class on 10/8					
5243	Ice Skating for Adults	Anaheim Staff	10/29-11/19	W	Anaheim Ice	7:00-7:30 p.m.	\$44	4 weeks
5244	Kanikapila O Kalana (Ukulele)	H. Kamae	9/17-10/22	W	Meeting Room	7:30-9:00 p.m.	\$50	6 weeks
5245	Kanikapila O Kalana (Ukulele)	H. Kamae	10/29-11/26	W	Meeting Room	7:30-9:00 p.m.	\$42	5 weeks

**Adult / All Ages****WATERCOLOR PAINTING STUDIO****Age: 18+** **5261**

This is a Beginning/Intermediate class working in watercolor. Come take time off from stressful days and enjoy some relaxing and soothing night's while water coloring. Learn painting methods that will enable you to create realistic watercolor paintings. All students will receive an informative color booklet and handouts. Class work includes lectures, instructor demonstrations, and directed in-class paintings. This class is co-sponsored with the City of Cypress and will be held at the Cypress Senior Center, 9031 Grindlay Street.

**HULA-GRACIOUS LADIES****Age 30+****5272-5277**

This beautiful, popular dance reflects the many cultures of the Pacific Islands and tells stories with each movement of the hand. Participants will learn an age-old custom of communication through body movements as well as gain an appreciation for other cultures throughout the Pacific and learn to use instruments of the area. This class is located at the US Tae Kwon Do Center, 12233 Centralia, Lakewood.

**ADULT TAE KWON-DO****Age: 15+****5233-5235**

Tae Kwon-do strengthens the body and improves health through physical and mental exercise. This program is designed to develop endurance, flexibility, and balance along with self-defense techniques. Instructor is a high ranking black belt with over 20 years of teaching experience in traditional Tae Kwon-Do. This is class located at the Martial Arts Fitness Center, 9949 Walker Street, Cypress.



**We're not just people who entertain you. There's much more that we know. There's so much that we're involved in (referring to dancers' language study, research at Bishop Museum and the State Archives). There's much more to hula than choreography and dancing to the music . . . I like the idea of researching. You learn so much more, you find more stuff.**

—Michael Canopin

Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
5261	Water Colors	J. Bloom	9/24-11/12	W	Cypress SC	6:30-9:30 p.m.	\$95	8 weeks
5272	Hula Gracious Ladies	J. Kalehua	9/15-10/27	M	TKD Center	7:30-9:30 p.m.	\$56	7 weeks
5273	Hula Gracious Ladies	J. Kalehua	11/3-12/15	M	CC North	7:30-9:30 p.m.	\$56	7 weeks
5274	Hula Gracious Ladies	J. Kalehua	9/20-11/1	Sat	TKD Center	12:30-3:30 p.m.	\$56	7 weeks
5275	Hula Gracious Ladies	J. Kalehua	11/15-12/20	Sat	CC North	12:30-3:30 p.m.	\$48	6 weeks
5276	Hula Gracious Ladies	J. Kalehua	9/15-11/1	M/S	TKD Center	Mon: 7:30-9:30 p.m. Sat:12:30-3:30 p.m.	\$80	7 weeks
5277	Hula Gracious Ladies	J. Kalehua	11/3-12/20*	M/S	TKD Center	Mon: 7:30-9:30 p.m. Sat:12:30-3:30 p.m.	\$72	7 weeks
			*No Class on 11/8					
5233	Adult Tae Kwon-Do	A. Jafari	9/15-10/8	M/W	MA Center	6:30-7:30 p.m.	\$35	4 weeks
5234	Adult Tae Kwon-Do	A. Jafari	10/13-11/5	M/W	MA Center	6:30-7:30 p.m.	\$35	4 weeks
5235	Adult Tae Kwon-Do	A. Jafari	11/10-12/3	M/W	MA Center	6:30-7:30 p.m.	\$35	4 weeks

**Adult / All Ages****TRADITIONAL MARTIAL ARTS****Age: 8+****5246-5257**

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

This program is divided into three course levels – Introduction for first-time students, Intermediates for students with previous experience, and Advanced for the highest level of training. Choose the course that best fits your capabilities (please discuss with the Chief Instructor before enrolling in non-beginner classes).

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

Students and instructors are expected to have their own authorized Taekwondo and Judo uniform, however new Introductory students will receive a free uniform after enrolling for their first session. Uniforms, training equipment, and annual USAT/USJA memberships are available at the classes, not during registration.

Classes will be held at the U.S. Black Belt Center, 21053 Bloomfield Ave., Lakewood (SW corner of Bloomfield and Centralia/Crescent) until the middle of October. At that point they will be moved to the newly remodeled La Palma Community Center. Special off-site training activities are scheduled and announced well in advance.



**One of the most striking features of karate is that it may be engaged in by anybody, young or old, strong or weak, male or female.**

—Gichin Funakoshi

Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
5246	Introduction to Martial Arts	J. Amsell	9/6-9/27	Sat	BB Center	10:00-11:00 a.m.	\$35	4 weeks
5247	Introduction to Martial Arts	J. Amsell	10/4-10/25	Sat	BB Center	10:00-11:00 a.m.	\$35	4 weeks
5248	Introduction to Martial Arts	J. Amsell	11/1-11/29*	Sat	CC North	10:00-11:00 a.m.	\$35	4 weeks
			*No Class on 11/8					
5249	Introduction to Martial Arts	J. Amsell	12/6-12/27	Sat	CC North	10:00-11:00 a.m.	\$35	4 weeks
5250	Martial Arts – Intermediate	J. Amsell	9/6-9/27	Sat	BB Center	11:00-12:00 p.m.	\$35	4 weeks
5251	Martial Arts – Intermediate	J. Amsell	10/4-10/25	Sat	BB Center	11:00-12:00 p.m.	\$35	4 weeks
5252	Martial Arts – Intermediate	J. Amsell	11/1-11/29*	Sat	CC North	11:00-12:00 p.m.	\$35	4 weeks
			*No Class on 11/8					
5253	Martial Arts – Intermediate	J. Amsell	12/6-12/27	Sat	CC North	11:00-12:00 p.m.	\$35	4 weeks
5254	Martial Arts – Advanced	J. Amsell	9/6-9/27	Sat	BB Center	12:00-1:00 p.m.	\$35	4 weeks
5255	Martial Arts – Advanced	J. Amsell	10/4-10/25	Sat	BB Center	12:00-1:00 p.m.	\$35	4 weeks
5256	Martial Arts – Advanced	J. Amsell	11/1-11/29*	Sat	CC North	12:00-1:00 p.m.	\$35	4 weeks
			*No Class on 11/8					
5257	Martial Arts –Advanced	J. Amsell	12/6-12/27	Sat	CC North	12:00-1:00 p.m.	\$35	4 weeks

**All Ages / Family****PRACTICAL CHESS INSTRUCTION****Age: All Ages****5268-5271**

Checkmate! La Palma Chess Club (LPCC) was established in 1975 and is a USCF affiliated chess club that offers rated tournaments, casual play, and blitz games every Friday night. Visitors of all ages are welcome. We offer competition for players of all abilities from beginner to master. Chess lessons are available upon request. This session there will be 3 different tournaments held and individuals can sign up for one, two or all of them!



The Club Championships will be held from 10/3 – 11/21, and prizes will be awarded at the end of the tournament.

The second tournament of the session will be the Speed Chess Tournament, being held on November 28. There will be no fee associated with this tournament, if you are interested in trying out chess this may be the night for you!

The third and final tournament of the session will be the Four Knight Swiss! This tournament is a 4-round Swiss in two sections. The field will be divided in half by rating.

**Club Championships:****October 3 – November 21****Speed Chess Tournament (TG and American Open):****November 28****Four Night Swiss:****December 5 – December 26**

*Register for a class today!*

# Online Classes

**[www.Ed2go.com/lapalmarec](http://www.Ed2go.com/lapalmarec)****Computer Courses**

- Introduction to Microsoft Excel 2007
- Advanced Microsoft Excel 2003
- 101 Tips and Tricks for the Internet

**Photography**

- Discover Digital Photography
- Secrets of Better Photography

**Go online  
to see  
all available  
courses**

**Specific Subjects**

- Accounting Fundamentals
- Accounting Fundamentals II
- Constitutional Law: Bill of Rights I

**Parenting**

- Understanding Adolescents

**Special Interest Classes**

- Enjoying European Art Online
- Drawing for the Absolute Beginner
- Administrative Assistant Application
- Six Sigma: Total Quality Applications
- Speed Spanish
- Get Paid to Travel
- Introduction to the Game Industry
- Luscious, Low-fat, Lightening-Quick Meals

**Online Course Instructions**

1. Go online to [www.ED2go.com/lapalmarec](http://www.ED2go.com/lapalmarec) to see available courses and descriptions.
2. Select the course(s) you wish to take and complete the online registration for each course prior to each session's start date.
3. Fill out the La Palma Recreation Activity Registration Form on page 25.
4. You may stop by our offices or mail your registration with payment to:  
7821 Walker Street, La Palma, CA 90623

**▶ All classes are \$72**

5187	Start Date: September 17
5188	Start Date: October 15
5189	Start Date: November 12
5190	Start Date: December 10

Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
5268	Chess Tournament	LP Chess Club	10/3-12/26*	F	Meeting Room	6:00-11:00 p.m.	\$40	11 weeks
5269	Chess Tournament	LP Chess Club	10/3-11/21*	F	Meeting Room	6:00-11:00 p.m.	\$20	6 weeks
			*No Class on 10/31 and 11/7					
5270	Chess Tournament	LP Chess Club	11/28	F	CC North	6:00-11:00 p.m.	FREE	1 weeks
5271	Chess Tournament	LP Chess Club	12/5-12/26	F	CC North	6:00-11:00 p.m.	\$10	4 week

**All Ages / Family**

**TENNIS Age: 6–Adult**

**5282–5299**

Match Point! It's time to get fit and have fun doing it 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, hitting, all while instilling good sportsmanship. Bring your own racket and \$10 supply fee to the first class. This supply fee covers the cost of machine rentals, towers, balls, and session awards.

Level #1: Player is just beginning to play or has had minimal lessons. At this level you will be practicing the basics of forehands, backhands and volleys.

Level #2: Advanced beginners should be able to hit the ball over the net with some success. At this level players will work on spins, placement, and footwork.

Level #3: Intermediate players should be able to place their forehand, backhand, and volleys. They are in the process of learning serves; however, they are not consistent enough to participate in match play. This level features small groups of no more than six players per instructor.

**TENNIS ACADEMY  
Age 11 – Adults, Gold, Silver,  
and Bronze Academy 5300–5305**

The Tennis Academy is designed to assist more advanced players in moving up to the next level. Improve your coordination and test your physical stamina. There is a \$10 materials fee to cover balls & machine use.

**PRIVATE TENNIS LESSONS**

**Age: 8+**

**5306**

If your schedule is busy, but you have the passion for tennis or just want to try a new hobby private tennis lessons are available from Tennis Instructor Patrick McConnell. All dates, times and prices will be arranged with the instructor. To schedule a private lesson, please call (714) 690-3350.

*Register for a class today!*

Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
5282	Y. Tennis L1/2, 9-11 yrs	McConnell	9/20-10/18	Sat	Central Park	9:00-10:00 a.m.	\$40	5 weeks
5283	Y. Tennis L3, 11-13 yrs	McConnell	9/20-10/18	Sat	Central Park	10:00-11:00 p.m.	\$40	5 weeks
5284	Y. Tennis L1, 6-9 yrs	McConnell	9/21-10/19	Sun	Central Park	5:00-6:00 p.m.	\$40	5 weeks
5285	Y. Tennis L2, 9-11 yrs	McConnell	9/21-10/19	Sun	Central Park	6:00-7:00 p.m.	\$40	5 weeks
5286	Y. Tennis L3, 11-13yrs	McConnell	9/21-10/19	Sun	Central Park	7:00-8:00 p.m.	\$40	5 weeks
5287	Y. Tennis L3, 15+ yrs	McConnell	9/16-10/14	T	Central Park	7:00-8:00 p.m.	\$40	5 weeks
5288	Y. Tennis L1, 6-9 yrs	McConnell	9/17-10/15	W	Central Park	5:00-6:00 p.m.	\$40	5 weeks
5289	Y. Tennis L1/2, 9-11 yrs	McConnell	9/17-10/15	W	Central Park	6:00-7:00 p.m.	\$40	5 weeks
5290	Y. Tennis L3, 11-13 yrs	McConnell	9/17-10/15	W	Central Park	7:00-8:00 p.m.	\$40	5 weeks
5291	Y. Tennis L1/2, 9-11 yrs	McConnell	10/25-12/6*	Sat	Central Park	9:00-10:00 a.m.	\$40	5 weeks
5292	Y. Tennis L3, 11-13 yrs	McConnell	10/25-12/6*	Sat	Central Park	10:00-11:00 p.m.	\$40	5 weeks
5293	Y. Tennis L1, 6-9 yrs	McConnell	10/26-12/7*	Sun	Central Park	5:00-6:00 p.m.	\$40	5 weeks
5294	Y. Tennis L2, 9-11 yrs	McConnell	10/26-12/7*	Sun	Central Park	6:00-7:00 p.m.	\$40	5 weeks
5295	Y. Tennis L3, 11-13yrs	McConnell	10/26-12/7*	Sun	Central Park	7:00-8:00 p.m.	\$40	5 weeks
5296	Y. Tennis L3, 15+ yrs	McConnell	10/21-11/25*	Tues	Central Park	7:00-8:00 p.m.	\$40	5 weeks
5297	Y. Tennis L1, 6-9 yrs	McConnell	10/29-11/26	W	Central Park	5:00-6:00 p.m.	\$40	5 weeks
5298	Y. Tennis L1/2, 9-11 yrs	McConnell	10/29-11/26	W	Central Park	6:00-7:00 p.m.	\$40	5 weeks
5299	Y. Tennis L3, 11-13 yrs	McConnell	10/29-11/26	W	Central Park	7:00-8:00 p.m.	\$40	5 weeks
*No Class on 11/8, 11/9, 11/11, 11/29 and 11/30								
5300	Bronze Academy-11+	McConnell	9/21-10/19	Sun	Central Park	3:00-5:00 p.m.	\$100	5 weeks
5301	Silver Academy-13+	McConnell	9/20-10/18	Sat	Central Park	3:00-5:00 p.m.	\$100	5 weeks
5302	Gold Academy-13+	McConnell	9/15-10/13	M	Central Park	7:00-9:00 p.m.	\$100	5 weeks
5303	Bronze Academy-11+	McConnell	10/26-12/7*	Sun	Central Park	3:00-5:00 p.m.	\$100	5 weeks
5304	Silver Academy-13+	McConnell	10/25-12/6*	Sat	Central Park	3:00-5:00 p.m.	\$100	5 weeks
5305	Bronze Academy-13+	McConnell	10/20-11/17	M	Central Park	7:00-9:00 p.m.	\$100	5 weeks
*No Class on 11/8, 11/9, 11/29 and 11/30								
5306	Private Tennis Lessons	McConnell	To Be Arranged		Central Park	Varies	Varies	Varies

## Events

### HALLOWEEN CARNIVAL

Friday, October 31, 2008

5:30 – 8:30 p.m., Central Park

FREE

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

**O**ur yearly spooktacular event features a fabulous COSTUME CONTEST for ghouls and boys with special prizes in each age division! This year's Halloween spookfest will feature CARNIVAL GAMES, a "GOBLIN GULCH" for children under the age of 5, and the HAUNTED HOLLYWOOD area.

Community groups, organizations and individuals are invited to operate a carnival booth as a community service project. Your help is greatly appreciated! For more information, please call the La Palma Recreation and Community Services Department at (714) 690-3350.

IN THE EVENT OF RAIN, THE CARNIVAL WILL BE CANCELLED.



### LA PALMA PAGEANT

Sunday, November 2

5:00 – 8:00 p.m.

AVHD Performing Arts Center at Kennedy High School

**T**he La Palma Pageant Committee is currently seeking individuals interested in entering the La Palma Pageant, scheduled for Sunday, November 2, 2008. To qualify, prospective contestants must either live, work, or attend school in the City of La Palma, and be between the ages of 17 and 23 on the date of the pageant. Scholarships will be awarded.

If you are interested in becoming a contestant, please complete and return an entry form to Central Park by September 14. An orientation for prospective contestants will be held on Thursday, September 11.

### 1st Annual

### FATHER DAUGHTER DANCE

Saturday, November 22, 2008

6:30 – 9:00 p.m.

\$20 per couple/\$5 per extra princess

**F**athers, Grandfathers, and Uncles, treat your princesses to a night filled with fun and excitement. Wear your most elegant attire and together create a memory that will be cherished forever. The evening will feature light snacks, music, dancing and much more.

### 22nd Annual HOLIDAY TREE LIGHTING

Wednesday, December 3

5:30 – 8:30 p.m.

Central Park Amphitheater

**J**oin your friends and family for this annual holiday favorite. Every year this event brings the La Palma community together to ring in the holiday season! Enjoy the musical talents from our local schools and join in during the Community Carol Sing Along. Join Santa and his elves in the activities area before the event. This area will feature crafts, an opportunity to write a letter to Santa, and of course, the young and young-at-heart won't want to miss an early visit from Santa Claus! For further information, please call (714) 690-3350.



**Events**

**24th Annual La Palma Days**

**Saturday, November 8, 2008**  
**10 a.m. – 6 p.m.**



Featuring:

- La Palma Pageant
- Parade & Band Review
- Activities
- Entertainment
- Cultural & Historical Activities
- International Food & Product Vendors

**L**a Palma celebrates its diverse heritage with La Palma Days. This annual tradition has been celebrated in our community for over 20 years, encouraging residents, business partners and friends to celebrate La Palma's community spirit. La Palma Days kicks off with the La Palma Pageant on Sunday, November 2 then gears up for the grand celebration on Saturday, November 8.

Join the fun by participating in this year's celebration. Volunteers on the La Palma Days Coordinating Committee and various subcommittees are diligently making plans to ensure another successful event. The committees are looking for clubs, organizations, families and businesses that would like to participate in the parade and festival. This event is a great opportunity for local non-profit groups to support their community while earning much-needed funds for their organization!

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

**La Palma Days Seeking Volunteers**

**D**o you want to be involved in your community? La Palma Recreation and Community Services is actively seeking committed community members to assist in the planning of this year's La Palma Days. Committees include: Parade, Activities, Entertainment, Historical and Culture, and the La Palma Pageant. If any of these strike your interest please call (714) 690-3350.

**Seniors**

**MARSHA ROE'S LINE DANCE CLASS**

This is a fun and energetic class for intermediate line dancers. Improve your skills while learning new dances. Instructor Marsha Roe provides you with instruction and a great time. This class is co-sponsored with Cypress Recreation and will be held at the Cypress Senior Center, 9031 Grindlay Street.

**COUNTRY LINE DANCING**

Join this beginner's class to learn the art of country line dancing. Volunteer instructors will guide through the intricate yet simple steps to many dances. This is a free class. This class is co-sponsored with Cypress Recreation and will be held at the Cypress Senior Center, 9031 Grindlay Street.



Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
	Marsha Roe Line Dance	Roe	Ongoing	M	Cypress SC	1:00-3:00 p.m.	\$3	Weekly
	Country Line Dancing	TBA	Ongoing	T	Cypress SC	12:00-2:00 p.m.	FREE	Weekly

**Seniors****LA PALMA SENIORS CLUB**

**T**he La Palma Seniors Club offers adults 50 years and older the opportunity to meet new friends, learn new things, and have a lot of fun! The Club features games, bingo, cards, fund-raising activities, guest speakers, potluck luncheons, special events and community services. The Club's hours are 12 noon to 3 p.m. every Thursday. The yearly membership fee of \$5 includes the monthly Senior Club Newsletter and full membership privileges. The members at each weekly meeting provide coffee and dessert. The Club also celebrates special events and holidays periodically. The La Palma Seniors Club is a dynamic, active and community-minded group—join them today!

**Information and Referral**

**I**f 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.

*Get Active, Have Fun  
Register today!*

**SENIOR TRANSPORTATION REFERRAL**

**F**or La Palma seniors needing transportation, the La Palma Recreation & Community Services Department provides guidance and referral assistance. There is a variety of options available depending on your needs. Our staff will help identify these options and the process required to access transportation. If necessary, we will work with you to fill out required forms, which can be a daunting task. If you would like referral assistance or have questions regarding transportation for seniors, please contact us at (714) 690-3353.

**LA PALMA MEALS ON WHEELS**

La Palma's Meals on Wheels program was developed to serve nutritionally balanced meals to residents who are physically unable to prepare their own. There are still spaces available to receive meals if you live in La Palma. For more information about the program, please call (714) 690-3350.

**Volunteers Needed**

Meals on Wheels is continually looking for volunteers who would be interested in delivering meals Monday – Friday. Volunteers work twice monthly for about one hour. If you're interested in volunteering, please call (714) 690-3350.

**Improving Access to Community & Social Services**

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.

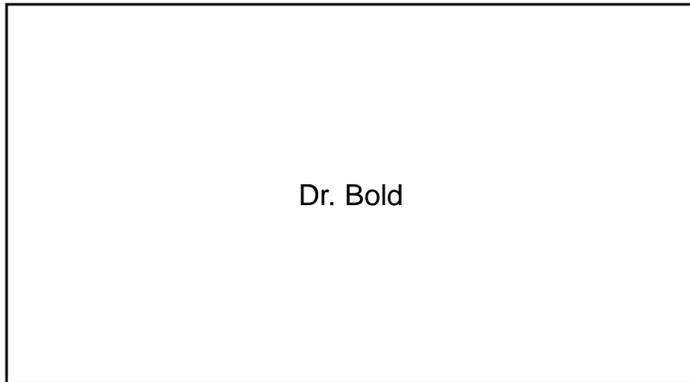
**When To Call 9-1-1**

9-1-1 is the number to call to get help in a police, fire or medical emergency. A 9-1-1 call goes over dedicated phone lines to the 9-1-1 answering point closest to the caller, and trained personnel then send the emergency help needed.

9-1-1 should only be used in emergency situations. An emergency is any situation that requires immediate assistance from the police, the fire department or an ambulance. If you are ever in doubt of whether a situation is an emergency you should call 9-1-1. It's better to be safe and let the 9-1-1 call taker determine if you need emergency assistance.

If you call 9-1-1 by mistake, do not hang up! Tell the call taker what happened so they know there really isn't an emergency.

**Please Patronize Our Advertisers**



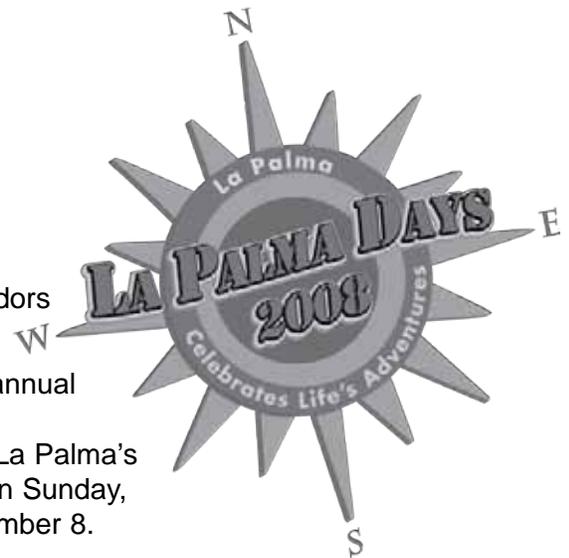
**24th Annual La Palma Days**

**Saturday, November 8, 2008**

**10 a.m. – 6 p.m.**

Featuring:

- La Palma Pageant
- Parade & Band Review
- Activities
- Entertainment
- Cultural & Historical Activities
- International Food & Product Vendors



**L**a Palma celebrates its diverse heritage with La Palma Days. This annual tradition has been celebrated in our community for over 20 years, encouraging residents, business partners and friends to celebrate La Palma's community spirit. La Palma Days kicks off with the La Palma Pageant on Sunday, November 2 then gears up for the grand celebration on Saturday, November 8.

Join the fun by participating in this year's celebration. Volunteers on the La Palma Days Coordinating Committee and various subcommittees are diligently making plans to ensure another successful event. The committees are looking for clubs, organizations, families and businesses that would like to participate in the parade and festival. This event is a great opportunity for local non-profit groups to support their community while earning much-needed funds for their organization!

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

*Instructors Wanted*

Do you have a special skill or talent that you want to share with others? La Palma Recreation & Community Services is continually looking for new instructors. Call us at (714) 690-3358 for details.

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# Your Community Hospital Is Always Open.



La Palma Intercommunity Hospital is a recognized leader in healthcare delivery and has been your community hospital for over 35 years.

Conveniently located, the hospital offers:

- 24-hour Emergency Department with short wait times
- Family-Centered Maternity Care
- Behavioral Medicine
- Wound Care
- Cardiac Catheterization Laboratory

Remember La Palma Intercommunity Hospital. We're here when you need us, right in your neighborhood.



*A Prime Healthcare Services Hospital*

7901 Walker Street La Palma, CA 90623  
 (714) 670-7400 www.lapalmaintercommunityhospital.com

**Facilities and Staff**

**Recreation Facilities**

**CENTRAL PARK**

- ❖ Central Park Plaza, Pavilion & Amphitheater  
7821 Walker Street, La Palma ..... (714) 690-3350
- ❖ Bicentennial Gazebo

**CYPRESS COMMUNITY CENTER**

5700 Orange Avenue, Cypress..... (714) 229-6780

**CYPRESS SENIOR CENTER**

9031 Grindlay Street, Cypress..... (714) 229-2005

**LA PALMA COMMUNITY CENTER**

- ❖ Community Center West
- ❖ Meeting Room
- 7821 Walker Street, La Palma ..... (714) 690-3350
- ❖ Community Center East
- ❖ Community Center North

**Your Recreation Staff**

**DIRECTOR**

Jan Hobson

**SUPERVISOR**

Mike Belknap

**RECREATION COORDINATORS**

Sylvia Hinojosa                      Cindy Robinson

**RECREATION SPECIALISTS**

Nancy Brewer                      Brandon Talamantes  
Anthony Kim

**SENIOR OFFICE STAFF**

Jill Olivier                      Theresa Selga

**RECREATION STAFF**

D.J. Albarian	Bryan Amezquita	Joe Cooper
Tim Dodd	Austin Greene	Maureen Guinoo
Kristen Hara	Vanessa Haning	Richard Huerto
Emily Kulassia	Kristine Luevanos	Jesse Matsukawa
Christian McCombs	Jamaal McIntosh	Erin Peters
Allison Riach	Nick Rotherham	Sarah Schrader
Rubina Sohnd	Michael Vela	Tara Williams
Tamara York		

**Important Numbers**

- City Hall                      (714) 690-3300
- City Manager              (714) 690-3333
- Police                      (714) 690-3370
- Emergency                      911**
- Public Works              (714) 690-3310
- Finance & Water              (714) 690-3330
- Building & Safety              (714) 690-3340
- Meals on Wheels              (714) 690-3350
- Fire                      (714) 527-6722
- Library                      (714) 523-8585

**Social Service Referral              211**

**La Palma  
Recreation & Community Services**



*Creating Unity in Community*

**\$** Use your VISA or Master Card to pay for class fees, Community Center use deposits, and sport league registrations over \$21.



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## Community Center Grand Re-Opening

**Tuesday, October 21, 2008**

**5:00 – 7:00 p.m.**

**J**oin your friends and neighbors to re-open the newly rehabilitated Community Center, The Palms at Central Park. After much anticipation, La Palma residents will once again be able to utilize the Community Center for social gatherings, meetings and various program and events. We appreciate your understanding during the construction period and anticipate the improvements made will provide many years of successful and memorable events!

Presentations will begin at 5:15 p.m. with tours and light refreshments provided throughout the evening. Please join us!

CITY OF LA PALMA  
CITY HALL • 7822 WALKER STREET  
LA PALMA, CA 90623



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