



**La Palma  
Recreation & Community Services**



*Creating Unity in Community*

- City News
- Activity Guide

**Winter 2009**

**General Information and Table of Contents**

**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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**Winter 2009  
Director’s Message**

In September 2007, the La Palma City Council along with the La Palma Recreation and Community Service Department has focused on our efforts encouraging and supporting healthy living by offering a variety of programs and services to meet your needs.

Did you know . . .

- The current generation is projected to be the first NOT to live longer than it’s parents
- 1/3 of children in America are obese or at risk for obesity
- 92 percent of Americans believe childhood obesity is a serious national problem
- Only 8 percent of elementary schools provide daily physical education

There are several organizations and associations such as the American Heart Association which have created partnerships to address this concern.

In the past year the NFL (National Football League) launched NFL Play 60, a national youth health and fitness campaign, focused on increasing the wellness of our youth by encouraging them to be active for at least 60 minutes a day.

So as you contemplate those New Year’s resolutions let’s think about including healthier lifestyles for all members of your family by vowing to become healthy so that we can reverse the childhood obesity trend by 2012.

Not sure how to go about it?? Come see what we have to offer!

In addition to or traditional fitness classes we have two new classes this quarter to help jump start the new year: first is our Wellness Revolution. Our new Instructor Shari Cary will walk you through four different classes including, detoxification, vitamins and minerals and how to lessen the aging process. Shari is no stranger to the community she is a teacher at Walker Jr. High School.

The second class is Introduction to Tae Kwon-Do with the goal of this class is to help improve the participant’s physical fitness, achieve mental alertness and gain a positive attitude all while having fun. Our instructors are internationally certified by the Kukkiwon World Headquarters and are registered with USA Tae Kwon-Do.

Jan Hobson  
Director of Recreation & Community Services

Winter 2009

# La Palma City

# News

7822 Walker Street • La Palma, CA 90623 • [cityoflapalma.org](http://cityoflapalma.org)

## Community Center Completed

On October 21, 2008, the City celebrated the reopening of the new Community Center facility, "The Palms at Central Park." The facility underwent a \$3.6 million rehabilitation that included upgrades and refurbishment of all public areas, new restroom facilities, a new meeting space area, the addition of an equipment check-out pavilion and new landscaping along the Walker Street frontage. For over 30 years, the Community Center has served as a meeting and event place for La Palmans. The new improvements to the Community Center will continue the sense of civic pride and community spirit for this facility.

## Holiday Closures/ Schedules

The City of La Palma will be observing several holidays during the winter holiday period. City offices will be closed December 25 and 26 for the Christmas holiday and January 1 and 2 for the New Years Day holiday. The City's contract waste collection company, Park Disposal, will be observing the December 25 and January 1 holidays, with trash collection pushed back one day for the Thursday and Friday collection days during those two weeks. Finally, street sweeping enforcement will be cancelled on Thursday, December 25 and January 1. For residents living in the Thursday street sweeping area, sweeping will resume on January 7. On a related note, Park Disposal will be collecting holiday trees for two weeks after Christmas and having them recycled as mulch. Happy Holidays from the City of La Palma!

## Home Spotlight

This winter's Home Spotlight Award goes to Joe and Karen Kingston who currently reside at 5092 Bransford Ave. The Kingston family moved to La Palma over 30 years ago and raised three children, James, Elena, and Allison, in the city. The Kingstons just recently started the process of landscaping their front yard. If you look closely in their front yard you will find their pet iguana hiding in the bushes.



Our congratulations go out to Joe and Karen Kingston for being the Winter 2009 Home Spotlight Award winner. Thank you for keeping La Palma beautiful!

## Keeping Trash Containers Out of Public View

Residents are reminded that pursuant to City Code Section 11 - 3, all garbage, refuse, boxes, trash containers, abandoned, discarded or unused objects or equipment such as furniture and appliances are required to be stored out of public view.

Trash containers shall be stored out of public view in a side or rear yard on non-trash collection days. Trash containers may be placed on the curb in front of the residence where trash was generated beginning at 3:00 p.m. on the day before collection is scheduled to occur. Trash containers must be removed from public view by midnight on the day of collection.

If you have any questions or would like to report any violations, please contact the City's Code Enforcement Division at (714) 690-3342. For questions regarding general refuse removal, please contact Park Disposal at (714) 522-3577.

## Denni Street Pocket Park Improvements

The City was recently approached by the employees of BP/ARCO to complete a community improvement project in the City of La Palma. In partnership with the City, BP/ARCO selected the Denni Street "pocket park" located at the south end of Denni Street. BP/ARCO contributed \$17,500 toward improvements to the park and labor hours of approximately 10 volunteer employees over a six day period. The City Council allocated up to \$18,200 of City funds towards the project. Improvements include: new irrigation and landscaping, picnic tables, benches, security lighting, a concrete walkway, and a tot lot area. T-Mobile also participated in the project through the donation of one of the new benches. The City appreciates BP/ARCO's and T-Mobile's contributions to improving the community.



## Calendar of Events

### January

- 1 New Year's Day  
City Offices Closed
- 6 City Council Meeting – 7:00 p.m.
- 19 Dr. Martin Luther King Jr. Day  
City Offices Open
- 20 USDA Commodity Distribution – 3:00 p.m.  
City Council Meeting – 7:00 p.m.
- 23 Teen Game Night – 7:00 p.m.  
Arnold/Cypress Park

### February

- 3 City Council Meeting – 7:00 p.m.
- 14 Valentine's Day  
Teen Be My Valentine Dance – 7:00 p.m.  
La Palma Community Center
- 16 President's Day  
City Offices Closed
- 17 USDA Commodity Distribution – 3:00 p.m.  
City Council Meeting – 7:00 p.m.
- 27 Teen Girls Night Out – 7:00 p.m.  
Arnold/Cypress Park

### March

- 3 City Council Meeting – 7:00 p.m.
- 8 Daylight Saving Time Begins
- 14 Teen Fashion Show  
Cypress Community Center
- 17 USDA Commodity Distribution – 3:00 p.m.  
City Council Meeting – 7:00 p.m.

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.

## Used Oil Recycling

**D**o you change your car's motor oil? Did you know that State-certified used oil collection centers will take your used motor oil and they will even pay you 16¢ per gallon? When you take your used oil to a certified center for recycling, you are protecting the environment, conserving a valuable resource, and getting paid for it. That's a winning combination! There is one catch. Certified collection centers will not accept used motor oil that has been contaminated with other fluids such as antifreeze, solvents, gasoline, or water. So please, don't mix your used oil with anything. To find the closest used oil collection center visit the California Integrated Waste Management Board's website at [www.ciwmb.ca.gov](http://www.ciwmb.ca.gov) or call (800) CLEANUP.

Additionally, the City of La Palma has a limited number of used oil collection/storage containers available to residents at no charge. You may pick up a free container at City Hall, while supplies last. For more information on a variety of City recycling programs visit the City's website at [www.cityoflapalma.org/recycling](http://www.cityoflapalma.org/recycling).

## Community Input Needed to Determine the Future of Central Park

**T**he City of La Palma's recreational facilities, programs, and park amenities are essential to the composition of this community. In light of this, City staff has begun a master planning process to establish a vision for the future of Central Park. The most important part of this planning effort is gathering community input.

To begin the discussions, a Park Assessment Survey has been created to help identify what residents and patrons enjoy the most about the current facilities and programs offered and what they would like to see at Central Park in the future. Residents are strongly encouraged to complete the short survey.

The results of the Park Assessment Survey will be paired with the results of a children's Design A Park project that was held at several Concerts in the Park this past summer as well as input from focus groups and community discussions that will be conducted later this winter. Once complete, the Central Park Master Plan will be a key tool in identifying potential enhancements to Central Park and our recreational programming.

To provide your valuable input, please visit the City's website at [www.cityoflapalma.org](http://www.cityoflapalma.org) and look on the homepage for the Central Park Assessment Survey link. This survey will be available until the end of March 2009. For more information on the Central Park Master Plan process, please contact our Recreation and Community Services Department at (714) 690-3350.

## Meals On Wheels

**D**o you know someone who needs assistance preparing meals or needs interim assistance when the leaving the hospital? La Palma Meals on Wheels is here to help! This program was developed to serve nutritionally balanced meals to La Palma residents who are physically unable to prepare their own. Meals will be delivered by caring volunteers who will offer a smiling face and greeting and will check-in with the clients to ensure they're doing well. Hot meals, which cost \$2.40, and cold sack dinners, which cost \$1.20, are delivered Monday – Friday between Noon and 1 p.m.

The hot meal will be served for lunch and the sack dinner will be put in the refrigerator for dinner that evening. The meals are prepared by La Palma Intercommunity Hospital and are prepared to meet all medical and dietary needs of the clients. If you would like further information or to receive Meals On Wheels, contact the La Palma Recreation & Community Services Department at 714/690-3350.

## La Palma Continental Little League District 29 Champions 2004-2005-2007-2008



**W**HY choose La Palma Continental Little League as compared to City Recreation Leagues, Pony League, Travel Ball or other sports? Each of these programs have their own distinctive benefits with a few common denominators: Getting kids to exercise, building character, sportsmanship and teamwork, and also learning a sport (at different levels). In any community, children's health and wellness should come first in a day and age when electronic distractions are overwhelming, preventing our kids from venturing outdoors and doing something physical. Getting your kids involved in any of these programs is a good thing. Little League is an American tradition and an organization recognized throughout the world. Every August, ESPN televises the Little League World Series from Williamsport, Pennsylvania, whereby millions watch domestic and international 11 – 12 year old teams compete against each other from around the world. It's exciting, dramatic and heartfelt. Hardly anything matches the level of spirit and competition these kids put into every game.

That level of competition and spirit trickles down to the local league every spring (and Continental is no different). Every league is a little different but all have the same common goal. Teach the kids how to play the wonderful game of baseball. Teach them how to catch, throw and

hit the ball. Teach them the benefits of practice and hard work and how it applies to just about anything in life. Most of all, teach them the spirit of the game, teamwork, and how practice will make them better. Just as the little league pledge states: "Win or lose, I will always try my best." Little League is one of the purest forms of youth baseball.

Continental Little League has T Ball and C- Minor divisions, which do not count wins and losses and tend to teach the fundamentals first. T Ball is usually for kids 5 to 7 who have never played before and is considered one of the happiest and funniest years of little league. Kids hit off a T platform, learn how to play defense and offense and how to stay focused on the field. C-Minor has machine pitch and/or coach pitch and is typically for kids 6 through 8 years. Again, these divisions are non-competitive and do not count wins and losses (although every child wants to know the score). B-Minor (kid pitch), A-Minor and Majors are all competitive divisions and start to really work hard on developing skill sets and practice ethic. B-Minor tends to be for kids 8, 9 and sometimes 10. This is the first year of kid pitch. A-Minor and the Majors are for kids 9 through 12 with the big difference being the Major kids have shown a better feel for the game. Once a child is selected for a Major team, he or she stays on that team until they graduate from little league at age 12. Minor league divisions re-draft and form new teams each year. All children who sign up are guaranteed to play and all 12 year olds are guaranteed to make the Majors.

Another great thing about Continental Little League is the cost. While other sports have gone crazy with the cost of equipment, candy buy outs and uniform fees, not to mention snack bar, gym rental and travel fees, Continental Little League includes most everything in one low registration cost. Continental Little League fees include hat, pants, photo

package, participation trophy and an awesome yearbook full of memories (our yearbook is the best). Don't forget, this also includes anywhere from 18 – 26 games per season with a boatload of practices. Little League will teach your child the fundamentals of baseball and keep it under \$100, that's a fact.

And Continental Little League does it the best. We have awesome managers, coaches and team parents. We have great Opening and Closing Day Ceremonies with an even better all-league tailgater at Angel Stadium every year. We are one of the most organized and affordable leagues in the area, considered by many as the "Scrappy Little League." We are District 29 Champions in four of the last five years. District 29 includes leagues twice our size). Founded in 1960, Continental is one of the area's original youth programs. We are La Palma's largest youth organization and very proud of it. Little League has a little something to offer for everyone in your family, kids and parents alike. We're always looking for new players, volunteers, team moms, scorekeepers, coaches and managers. Our league is successful because of its core volunteers and the manner in which they care. The kids have a much better time when we all get involved. Continental is more structured than other leagues with a true focus on the kids and their development. Continental is definitely the way to go. Sign up today for a fun filled season of good times, great games and new lifelong friendships.

La Palma Continental Little League is taking new registrations now for the Spring 2009 Season (Feb thru May). You can sign up online at our website [www.lapalmlittleleague.com](http://www.lapalmlittleleague.com) or go to any one of our many sign up locations. For questions, our email is [ContinentalRocks@aol.com](mailto:ContinentalRocks@aol.com) Don't miss out on another great year!

See you on the field. Play Ball!



## City Council Recap—August, September and October 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.

### August 5, 2008

Approved the purchase of seven police in-car mobile video recording systems, to replace outdated in-car video equipment.

Adopted Resolution 2008-34 authorizing the purchase of three replacement vehicles for the Police Department.

Approved the award of a \$380,381 contract to GMC Engineering for the installation of a monument sign and landscaped median islands on La Palma Avenue from Denni Street to Moody Street.

Approved the Water System Master Plan and directed the Public Works Director/City Engineer to develop a schedule and a plan of implementation to complete the Capital Improvement Projects.

Approved the updated Housing Element and authorized staff to submit the report to the California Department of Housing and Community Development for review.

Adopted Resolution 2008-35, formally establishing a Sister City relationship with the City of Hanam, Korea.

### August 19, 2008

Approved the award of a \$666,666 contract to All American Asphalt for a residential pavement rehabilitation project.

### August 26, 2008 (Special Meeting)

Conducted a Public Workshop to discuss paint color standards for single family homes and received public comment.

### September 2, 2008

Conducted the six month review of Conditional Use Permit 341, for Texas Loosey's Chili Parlor Saloon and Restaurant, located at 40 Centerpointe Drive.

Awarded a \$232,156 contract to Belarie-West Landscape Inc. for the renovation of the Civic Center parking lot and landscaping improvements.

Denied the appeal of a Special Business Permit for a proposed Savers Thrift Store at 4951 La Palma Avenue.

### September 16, 2008

Adopted Resolution 2008-09PC approving Conditional Use Permit 34 5, for a warehousing and distribution use with ancillary office space, at 5572 Fresca Drive.

Approved a Cooperative Agreement between the City of La Palma and the County of Orange for the construction and funding of the shared parking lot at the Civic Center.

Approved a two year agreement with the City of Buena Park for Court Liaison Services.

### October 7, 2008

Adopted Resolution 2008-10PC, approving an Amendment to Precise Plan 250, for the proposed EVR Phase II system at 5472 Orangethorpe Avenue.

City Council directed Staff to further research amending the City's Code to allow artificial turf in residential areas and return to the City Council/Planning Commission with recommendations.

Adopted Resolution 2008-42 authorizing the destruction of obsolete finance records as provided by California Government Code Section 34090.

Adopted Resolution 2008-43 authorizing the purchase of one replacement vehicle for the Police Department.

Adopted Resolution 2008-44 through 2008-46 approving Memorandums of Understanding with the La Palma General Employees Association, the La Palma Police Association, and the La Palma Professional Employees Association.

Approved an allocation of up to \$18,200 from the General Fund Reserve to match BP/ARCO's contribution for the Community Project at Denni Street Pocket Park.

### October 21, 2008

The Planning Commission adopted a Resolution recommending adoption of an Ordinance amending the City Code pertaining to compliance with City, State, and Federal laws and regulations.

Adopted a Resolution approving Precise Plan 269 for a community build project with BP/ARCO at the Denni Street Pocket Park.

### November 4, 2008 – CANCELLED

The regularly scheduled meeting was cancelled because of the General Election and lack of items.

### November 18, 2008

Adopted a Resolution approving Amendment to Precise Plan 241, for the proposed EVR Phase II system at 5502 Orangethorpe Avenue.

Adopted a Resolution reapproving Tentative Tract Map 16876, part of Precise Plan 263, to construct a 6-unit residential planned unit development (PUD) project at 5082 La Palma Avenue.

Adopted a Resolution approving Revised Amendment Number One to Conditional Use Permit 227, to install an emergency backup generator at an existing Verizon Wireless antenna facility located at 6907 Marlin Circle.

Received and filed the First Quarter Financial Report for Fiscal Year 2008-09.

Approved Amendment No. 5 to the Agreement with EDCO Disposal Corporation (dba Park Disposal) regarding alternative-fuel street sweeping services.

Introduced for first reading, a proposed Ordinance amending Chapters 13 and 26 of the City Code, pertaining to compliance with City, State, and Federal laws and regulations.

Adopted a Resolution adopting a salary schedule and a comprehensive listing of personnel practices and benefits for Management employees and rescinding Resolution 2005-31.

Adopted a Resolution amending the salary schedule for part-time employees consistent with salaries for full-time classifications and approved a new part-time Code Enforcement Officer classification.

Adopted a Resolution amending the Salary Schedule for the La Palma Professional Employees Association (LPPEA) to add a salary range for the newly created position of Recreation Services Superintendent.

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.

## Preschool / Toddlers

### Age: 3 – 5

**5321 – 5324**

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, JANUARY 10, (RESIDENTS @ 10:00 A.M. AND NON-RESIDENTS @ 10:30 A.M. PLEASE DO NOT LINE UP BEFORE 8:00 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 serve. 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 10:00 a.m. There is a MANDATORY parent meeting for new registrants on January 10 at 11:00 AM. **No phone-in registrations will be accepted.**

IF THE CLASS MINIMUM OF 12 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, January 30 for the first session and Friday, March 20 for the second session.

Priority registration for the second session will be held until February 20. New students may register on February 21.



### KIDS LOVE MUSIC

**Age 4 mos – 4 yrs    5387 – 5392**

Music activities provide an excellent way to foster creativity, 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
5321	Tiny Tots	N. Brewer	1/12-2/27*	M/W/F	Pygmy Date	9:30-11:30 a.m.	\$122	7 weeks
5322	Tiny Tots	N. Brewer	3/2-4/24*	M/W/F	Pygmy Date	9:30-11:30 a.m.	\$122	7 weeks
*No Class on 1/19, 2/16, 4/13, 4/15 and 4/17								
5323	Tiny Tots	N. Brewer	1/13-2/26	T/Th	Pygmy Date	9:30-11:30 a.m.	\$93	7 weeks
5324	Tiny Tots	N. Brewer	3/3-4/23*	T/Th	Pygmy Date	9:30-11:30 a.m.	\$93	7 weeks
*No class on 4/14 and 4/16								
5390	Kids Love Music 1 - 4 yrs	G. Greeno	1/7-2/11	W	Cypress CC	9:00-9:45 a.m.	\$60	6 weeks
5391	Kids Love Music 1 - 2 yrs	G. Greeno	1/7-2/11	W	Cypress CC	9:55-10:35 a.m.	\$60	6 weeks
5392	Kids Love Music 4 - 14 mos	G. Greeno	1/7-2/11	W	Cypress CC	10:45-11:15 a.m.	\$60	6 weeks
5387	Kids Love Music 4 - 14 mos	G. Greeno	2/19-3/26	Th	Cypress CC	3:00-3:30 p.m.	\$60	6 weeks
5388	Kids Love Music 1 - 4 yrs	G. Greeno	2/19-3/26	Th	Cypress CC	3:45-4:30 p.m.	\$60	6 weeks
5389	Kids Love Music 4 - 14 mos	G. Greeno	2/19-3/26	Th	Cypress CC	4:45-5:30 p.m.	\$60	6 weeks

**Preschool / Toddlers**

**PARENT AND ME: *New!* GROWING AND LEARNING TOGETHER**

**Age: 1½ – 5 years 5479 – 5482**  
 Parents and children will have a great time as they prepare for pre-school and kindergarten. We'll play, sing during "circle time", dance and pop bubbles! We build our motor skills through art by painting, gluing, cutting, coloring and collage. We'll also work on our listening and language skills by sharing a book each week. Join us and get ready for fun while growing and learning together! **Caregiver participation is required.** \$3 material fee is payable to the instructor at the first class.



**Students whose parents are involved in their lives have higher graduation rates and greater enrollment rates in post-secondary education.**

—Washington State PTA

**ITSY BITSY SPORTS: Soccer**

**Age: 3 – 5 5438 – 5439**  
 GOOOOOAAAALLLLLL!!!!!! 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.



**ANAHEIM ICE: PARENT AND ME SKATING**

**Age: 3 – 5 5383 – 5386**  
 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 5379 – 5382**  
 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.

Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
5479	Parent & Me: 1 1/2 - 3 yrs	J. Longo	1/15-2/12	Th	Sago Palm	9:30-10:30 a.m.	\$35	5 weeks
5480	Parent & Me: 2 1/2 - 5 yrs	J. Longo	1/15-2/12	Th	Sago Palm	10:45-11:45 a.m.	\$35	5 weeks
5481	Parent & Me: 1 1/2 - 3 yrs	J. Longo	2/19-3/19	Th	Sago Palm	9:30-10:30 a.m.	\$35	5 weeks
5482	Parent & Me: 2 1/2 - 5 yrs	J. Longo	2/19-3/19	Th	Sago Palm	10:45-11:45 a.m.	\$35	5 weeks
5438	Itsy Bitsy: Soccer	D. Plunkett	1/12-2/23*	M	Central Park	2:00-3:00 p.m.	\$30	5 weeks
			*No Class on 1/19 and 2/16					
5439	Itsy Bitsy: Soccer	D. Plunkett	3/2-3/30	M	Central Park	2:00-3:00 p.m.	\$30	5 weeks
5383	Parent and Me Skating	Anaheim Staff	1/13-2/3	T	Anaheim Ice	12:30-1:00 p.m.	\$44	4 weeks
5385	Parent and Me Skating	Anaheim Staff	2/17-3/10	T	Anaheim Ice	12:30-1:00 p.m.	\$44	4 weeks
5384	Parent and Me Skating	Anaheim Staff	1/17-2/7	Sat	Anaheim Ice	11:45 -12:15 p.m.	\$44	4 weeks
5386	Parent and Me Skating	Anaheim Staff	2/21-3/14	Sat	Anaheim Ice	11:45-12:15 p.m.	\$44	4 weeks
5379	Ice Skating for Tots	Anaheim Staff	1/14-2/4	W	Anaheim Ice	4:30-5:00 p.m.	\$44	4 weeks
5381	Ice Skating for Tots	Anaheim Staff	2/17-3/11	W	Anaheim Ice	4:30-5:00 p.m.	\$44	4 weeks
5380	Ice Skating for Tots	Anaheim Staff	1/17-2/7	Sat	Anaheim Ice	10:15-10:45 a.m.	\$44	4 weeks
5382	Ice Skating for Tots	Anaheim Staff	2/21-3/14	Sat	Anaheim Ice	10:15-10:45 a.m.	\$44	4 weeks

## Preschool / Toddlers

**JAZZ AND BALLET COMBO FOR TOTS****Age: 3 – 5**      **5426 – 5431**

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

*New!***CREATIVE MOVEMENT DANCE****Age: 3 – 5 years**      **5432 – 5437**

Creative movement teaches young children the basic skills of using hand and feet coordination. This fun and active class helps with rhythm, dance basics, numbers, shapes, and colors.

*New!*

*Register for a class today!*

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## Youth

**BALLET AND TAP COMBO****Age 4 – 7****5420 – 5422**

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

**BALLET, JAZZ AND TAP****Age 6–9****5423 – 5425**

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



**The Arts—and dance in particular—transmit culture, teach skills and fulfill the human spirit. There is perhaps no better description of education than this.**

—Carolyn Adams, Professional Dancer  
Source - Kids Source Online

Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
5429	Jazz and Ballet Combo for Tots	A. Valley	1/5-1/26	M	Sago Palm	11:45-12:45 a.m.	\$30	4 weeks
5430	Jazz and Ballet Combo for Tots	A. Valley	2/2-2/23	M	Sago Palm	11:45-12:45 a.m.	\$30	4 weeks
5431	Jazz and Ballet Combo for Tots	A. Valley	3/2-3/23	M	Sago Palm	11:45-12:45 a.m.	\$30	4 weeks
5426	Jazz and Ballet Combo for Tots	A. Valley	1/6-1/27	T	Sago Palm	11:45-12:45 a.m.	\$30	4 weeks
5427	Jazz and Ballet Combo for Tots	A. Valley	2/3-2/24	T	Sago Palm	11:45-12:45 a.m.	\$30	4 weeks
5428	Jazz and Ballet Combo for Tots	A. Valley	3/3-3/24	T	Sago Palm	11:45-12:45 a.m.	\$30	4 weeks
5432	Creative Movement Dance	A. Valley	1/5-1/26	M	Sago Palm	12:45-1:30 p.m.	\$30	4 weeks
5433	Creative Movement Dance	A. Valley	2/2-2/23	M	Sago Palm	12:45-1:30 p.m.	\$30	4 weeks
5434	Creative Movement Dance	A. Valley	3/2-3/23	M	Sago Palm	12:45-1:30 p.m.	\$30	4 weeks
5435	Creative Movement Dance	A. Valley	1/6-1/27	T	Sago Palm	12:45-1:30 p.m.	\$30	4 weeks
5436	Creative Movement Dance	A. Valley	2/3-2/24	T	Sago Palm	12:45-1:30 p.m.	\$30	4 weeks
5437	Creative Movement Dance	A. Valley	3/3-3/24	T	Sago Palm	12:45-1:30 p.m.	\$30	4 weeks
5420	Ballet and Tap Combo	A. Valley	1/6-1/27	T	Sago Palm	4:00-5:00 p.m.	\$30	4 weeks
5421	Ballet and Tap Combo	A. Valley	2/3-2/24	T	Sago Palm	4:00-5:00 p.m.	\$30	4 weeks
5422	Ballet and Tap Combo	A. Valley	3/3-3/24	T	Sago Palm	4:00-5:00 p.m.	\$30	4 weeks
5423	Jr. Jazz, Ballet and Tap	A. Valley	1/6-1/27	T	Sago Palm	5:00-6:00 p.m.	\$30	4 weeks
5424	Jr. Jazz, Ballet and Tap	A. Valley	2/3-2/24	T	Sago Palm	5:00-6:00 p.m.	\$30	4 weeks
5425	Jr. Jazz, Ballet and Tap	A. Valley	3/3-3/24	T	Sago Palm	5:00-6:00 p.m.	\$30	4 weeks

## Youth

**MARTIAL ARTS FOR KIDS****Age: 5 – 8****5440 – 5442**

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

Choose this course for 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.

**LIL' TIGERS KARATE****Age: 4 – 7****5455 – 5457**

This class is based in traditional Shotokan Karate. Instructor is a Sixth Degree Black Belt and has many years of traditional experience. Class is designed for children ages of 4 to 7 providing 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 located at the Martial Arts Fitness Center, 9949 Walker Street, Cypress.

**JUNIOR KARATE****Age: 8 – 14****5467 – 5469**

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

**PEE WEE HOOPS****Age: 4 – 7****5415**

Are you ready to shoot some hoops? The Pee Wee Basketball Hoops Clinic is right around the corner! Our Pee Wee Clinic is designed to meet the needs of boys and girls ages 4 to 7 years of age as of January 2009. La Palma Recreation offers a two-days-per-week clinic from 4:45 – 6:00 p.m. Our goal is to provide your Pee Wee with the fundamental skills of basketball, while supporting and encouraging the health and well being of each participant through developing hand and eye coordination, encouraging mental and social development, increasing physical fitness, emphasizing teamwork, and creating positive memories in a safe and caring environment. Children are encouraged to join regardless of experience or skill level. All participants will receive a team T-shirt and a special participation medallion. Registration begins February 2nd, so sign up while spots are still available! The season starts March 9, 2009.

A separate registration form is required.

*Get Active, Have Fun  
Register today!*

Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
5440	Martial Arts for Kids	J. Amsell	1/3-1/31	Sat	Sago Palm	9:00-10:00 a.m.	\$40	5 weeks
5441	Martial Arts for Kids	J. Amsell	2/7-2/28	Sat	Sago Palm	9:00-10:00 a.m.	\$35	4 weeks
5442	Martial Arts for Kids	J. Amsell	3/7-3/28	Sat	Sago Palm	9:00-10:00 a.m.	\$35	4 weeks
5455	Lil' Tigers Karate	A. Jafari	1/5-1/28	M/W	MA Center	3:30-4:30 p.m.	\$35	4 weeks
5456	Lil' Tigers Karate	A. Jafari	2/2-2/25	M/W	MA Center	3:30-4:30 p.m.	\$35	4 weeks
5457	Lil' Tigers Karate	A. Jafari	3/2-3/25	M/W	MA Center	3:30-4:30 p.m.	\$35	4 weeks
5415	Pee Wee Hoops	Rec Staff	3/9-5/6*	T/Th	Central Park	4:45-6:00 p.m.	\$75	8 weeks
			* No Class 4/13 and 4/15					
5467	Junior Karate	A. Jafari	1/6-1/29	T/Th	MA Center	4:30-5:30 p.m.	\$44	4 weeks
5468	Junior Karate	A. Jafari	2/3-2/26	T/Th	MA Center	4:30-5:30 p.m.	\$44	4 weeks
5469	Junior Karate	A. Jafari	3/3-3/26	T/Th	MA Center	4:30-5:30 p.m.	\$44	4 weeks

## Youth

**JUNIOR TAE KWON-DO****Age: 8 – 14**      **5464 – 5466**

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.



**Physically fit  
students perform  
better academically**

**ANAHEIM ICE SKATING: Youth – Beginning****Age: 6 – 16****5375 – 5378**

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.

**ATHLETIC PRIDE BASKETBALL LEAGUE****Age: 8 – 14****5410**

Looking to develop your basketball skills? The Advanced Player Basketball League (APBL) is a one of a kind youth league where participants will develop the core values of basketball: teamwork, good sportsmanship, and hard work. Players will practice with their team once a week and games will be played on the weekends. An optional fundamentals clinic/camp will also be offered on Thursday with Coach Purnell for all players who want to work on their individual skills. Season starts March 3rd. Registration forms available January 19.

There is a \$20 supply fee payable to instructor first day of practice.

**VOLUNTEER COACHES NEEDED**

Want to play an active role in sports development? Volunteer coaches are needed to lead youth teams that emphasize sportsmanship, fundamentals, and team play in the Advanced Player Basketball League. Fingerprinting will be required. For more info, call (714) 690-3350.

**HULA****Age 5 – 12****5325 – 5327**

This beautiful, popular dance reflects the many cultures of the Pacific Islands and tells stories with each movement of the hand. Boys and girls 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. Groups are divided by age categories and skill level. Experience & skill level will be determined by the instructor. Parents are not allowed in the classroom while class is in session.

Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
5464	Junior Tae Kwon-do	A. Jafari	1/5-1/28	M/W	MA Center	4:30-5:30 p.m.	\$44	4 weeks
5465	Junior Tae Kwon-do	A. Jafari	2/2-2/25	M/W	MA Center	4:30-5:30 p.m.	\$44	4 weeks
5466	Junior Tae Kwon-do	A. Jafari	3/2-3/25	M/W	MA Center	4:30-5:30 p.m.	\$44	4 weeks
5375	Ice Skating: Youth-Beg.	Anaheim Staff	1/14-2/4	W	Anaheim Ice	5:00-5:30 p.m.	\$44	4 weeks
5376	Ice Skating: Youth-Beg.	Anaheim Staff	1/17-2/7	Sat	Anaheim Ice	10:15-10:45 a.m.	\$44	4 weeks
5377	Ice Skating: Youth-Beg.	Anaheim Staff	2/18-3/11	W	Anaheim Ice	5:00-5:30 p.m.	\$44	4 weeks
5378	Ice Skating: Youth-Beg.	Anaheim Staff	2/21-3/14	Sat	Anaheim Ice	10:15-10:45 a.m.	\$44	4 weeks
5410	Athletic Pride Basketball League	Recreation Staff	3/3-4/28	T	Central Park	TBD	\$75	8 weeks
			* No Class on 5/14					
5325	Hula-Babies: 5 - 7 yrs	J. Kalehua/A. Ani	1/26-3/2	M	Sago Palm	6:00-7:00 p.m.	\$50	6 weeks
5326	Hula-Intermediate: 8 - 12 yrs	J. Kalehua/A. Ani	1/26-3/2	M	Sago Palm	7:00-8:30 p.m.	\$50	6 weeks
5327	Hula-Boys: 7 - 12 yrs	J. Kalehua/A. Ani	1/27-3/3	T	Sago Palm	6:00-7:00 p.m.	\$50	6 weeks

## Youth

**Club La Palma Spring Day Camp****April 13 – April 17****5411**

**P**arents: Need someone to watch your children during the work week? Want your kids away from the video games and television during Spring Break? Our caring staff of trained Recreation Leaders are looking forward to seeing your camper for a dynamic week of crafts, movies, stories, and team-building sports at Club La Palma's Spring Day Camp! Club La Palma inspires a positive change in its participants by providing fun and stimulating organized activities. Your child will conquer boredom by spending time with other campers, building friendships, playing as a team member, and exercising the body as well as challenging the mind. Our Day Camp is designed for youth ages 5 to 12 and will be held Monday through Friday from 6:30 a.m. to 6:00 p.m. The all-inclusive fee is \$107.00 for the week and includes our annual excursion to Knott's Berry Farm, daily beverages, afternoon snack and all activities. Registration forms will be available beginning March 2.

**Fit 'N' Fun After School Drop-in Program**

**L**a Palma Recreation and Community Services is proud to announce that our award winning after school drop-in program, Fit 'N' Fun is halfway through another great school year! Start the new year of fresh and come join us for some fun! Fit 'N' Fun is for students in grades 1st – 6th at Miller, Luther and Los Coyotes Elementary Schools. Trained Recreation Staff will visit each school three days per week. Fit 'N' Fun is committed to enhancing interpersonal skills, increasing physical fitness levels and providing quality role models through games, crafts, fitness activities, nutritious snacks and much more! Supervision is provided from the time school ends until 3:45 p.m. Your child will expand 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 resumes the week of January 5!**

• **Camps help children grow a lot and learn about themselves**

- **Camp helps build self-confidence and self esteem**
- **Camp is a safe environment**
- **Camp is a place to build social skills and make friends**
- **Camp teaches independence and leadership skills**
- **Camp gives social and emotional growth**
- **Camp helps with healthy adolescent development**

— Long Island Camps and Private Schools-

*You Can Reach Us!*

**Monday-Friday**                      **Weekends**  
**7:30 a.m. to 10:00 p.m.**              **8:00 a.m. to 8:00 p.m.**  
**(714) 690-3350**

Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
5411	Club La Palma Day Camp	Recreation Staff	4/13-4/17	M-F	Royal Palm	6:30 a.m.-6:00 p.m.	\$107	1 week

## Teens

**ATHLETIC PRIDE BASKETBALL LEAGUE****Age: 8 – 14****5410**

Looking to develop your basketball skills? The Advanced Player Basketball League (APBL) is a one of a kind youth league where participants will develop the core values of basketball: teamwork, good sportsmanship, and hard work. Players will practice with their team once a week and games will be played on the weekends. An optional fundamentals clinic/camp will also be offered on Thursday with Coach Purnell for all players who want to work on their individual skills. Season starts March 3rd. Registration forms available January 19.

There is a \$20 supply fee payable to instructor first day of practice.

**VOLUNTEER COACHES NEEDED**

Want to play an active role in sports development? Volunteer coaches are needed to lead youth teams that emphasize sportsmanship, fundamentals, and team play in the Advanced Player Basketball League. Fingerprinting will be required. For more info, call (714) 690-3350.

**HOCKEY SKATING SKILLS****Age: 6 – 16****5371 – 5372**

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

**HULA****Age: 13+****5328 – 5329**

This beautiful, popular dance reflects the many cultures of the Pacific Islands and tells stories with each movement of the hand. Both young men and young ladies 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. Groups are divided by age categories and skill level. Experience and skill level will be determined by the instructor. Parents are not allowed in the classroom while class is in session.

*Register for a class today!*

Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
5410	Athletic Pride Basketball League	Recreation Staff	3/3-4/28 * Np Class on 5/14	T	Central Park	TBD	\$75	8 weeks
5371	Hockey Skating Skills	Anaheim Staff	1/14-2/4	W	Anaheim Ice	6:15-6:45 p.m.	\$44	4 weeks
5372	Hockey Skating Skills	Anaheim Staff	2/18-3/11	W	Anaheim Ice	6:15-6:45 p.m.	\$44	4 weeks
5328	Hula-Young Men	J. Kalehua/A. Ani	1/27-3/3	T	Sago Palm	7:00-8:30 p.m.	\$50	6 weeks
5329	Hula-Young Ladies	J. Kalehua/A. Ani	1/28-3/4	W	Sago Palm	6:00-7:30 p.m.	\$50	6 weeks

## Teens

## The Teen Lounge

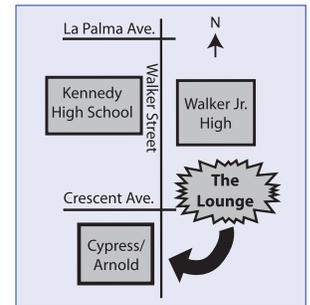
**Open starting Tuesday, January 5 – June 4**  
**Tuesdays and Wednesdays 2:30 p.m. – 5:30 p.m.**  
**Thursdays 1:00 p.m. – 4:00 p.m.**  
**Arnold/Cypress Park**  
**8611 Watson St.**

Teens! Are you bored after school? Want a place to chill and meet new friends? Check out what we have going on at the La Palma/Cypress Teen Lounge!

Tuesdays- Homework help, movies, outdoor activities, open games, hang out and meet new friends.

Wednesday- Come out and play games or get homework help!

Thursdays- Join staff and friends outside to play your favorite sports. Come on down and enjoy a free snack!



## Teen Dances

Want somewhere to dance with your friends to the latest hits? Our teen dances are made just for you! 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**

### Be My Valentine Dance

**Saturday, February 14**

Come celebrate Valentine's Day by dancing the night away at our romantic themed dance with your special someone or all of your friends!



### Mardi Gras Dance

**Saturday, April 25**

Let's kick in the spring season dancing Mardi Gras style!

### Battle of the Bands

**Saturday, May 2**

Applications to submit your band for inclusion in the Annual Battle of the Bands will be available January 26. Time to tune those instruments and start practicing.



*It's important to have your own little or big group that you can hang out with.*

Jessie, Age 15  
 Kidshealth.org

The Teen Lounge is a perfect place for teens to hang out!



## Teens

*Special Teen Events at The Lounge*

Dances aren't your thing? We have a few special events that are out of the ordinary for whole lot of fun!

**Tournament Days at the Lounge****Domino Tournament****Tuesday, January 27**

It's a little more than math when you are throwing down the bones—Dominoes!

**Pick Your Tourney Day****Wednesday, February 25**

Vote for your favorite Lounge-friendly competition!

**Connect Four Tournament****Thursday, March 26**

Can you beat the Master? Joe from the Lounge says you can't!

**Friday Night Lights**

7:00-10:00 p.m.

Arnold/Cypress Park  
8611 Watson Street

**Teen Game Night****Friday, January 23**

Come play games at our authentic looking casino without really wasting any of your money! Karaoke, cards, sports book, and more! Don't know how to play cards? We'll teach you! It only costs \$2 at the door!

**Friday Night Lights: Girls Night Out,  
February 27****FREE!**

Hang out with your girls for a night of movies, photos, chatting and fun! NO BOYS ALLOWED!

**Fashion Show****Saturday, March 14**

Come check out the latest designs for the most popular event of the year! Last year's show featured stores like Tsunami, Vans, Hot Topic and local designers. Tickets will cost \$4. If you want to enter your original designs in the show, you can pick up an application for designers which are available NOW (due by January 30).



Want to be a model?

You can sign up to be a model starting January 5 with applications are due by January 23. Interviews for potential models will be held February 11 and 12.

**Teen Flashlight Egg Hunt****Saturday, April 11**

Bring your flashlight and your basket—we're hunting for eggs in the dark!

**Need Volunteer Service Hours?**

**H**igh 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 PEE WEE HOOPS program and SPRING DAY CAMP!

Volunteer hours are limited so make arrangements as soon as possible! If you are interested please call (714) 690-3350 for more information.

## Teens / Adult

**DRIVERS EDUCATION****Age: 14 – 18**      **5405 – 5406**

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.**

**LINE DANCE****Age: 18+**      **5399 – 5400**

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.

**PARENT TEEN WORKSHOP****Age: 12+****5396 – 5398**

Parents: Do you want to motivate your teen to be the best they can be? Do you want to assist your teen in becoming successful in school and in life?

Teens: Do your parents just not understand you? You know they have your best interest at heart, but you just don't want to hear their advice? Join Walker Junior High School Teacher of the Year Shari Cary as she guides you through these awkward years. Topics will differ each week:

**January 7: Act As If and Just Lean Into It (5396)****February 4: Face Your Fears Head-On! and Be Willing to Pay the Price (5397)****March 4: Ask Ask Ask and Reject Rejection (5398)***New!***TWO STEP & SWING****Age: 18+****5401 – 5402**

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.

**STRICTLY BALLROOM DANCE****Age: 18+****5403 – 5404**

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.



*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
5405	Home Study Drivers Ed	T. Zertuche	1/5-3/31	Home Study			\$85	
5406	Internet Based Drivers Training	T. Zertuche	1/5-3/31	Internet			\$75	
5396	Parent Teen Workshop	S. Cary	1/7	W	Fan Palm	6:00-7:30 p.m.	Free	1 week
5397	Parent Teen Workshop	S. Cary	2/4	W	Fan Palm	6:00-7:30 p.m.	Free	1 week
5398	Parent Teen Workshop	S. Cary	3/4	W	Fan Palm	6:00-7:30 p.m.	Free	1 week
5399	Line Dancing	J. Karter	1/5-2/9	M	Cypress CC	6:30-7:30 p.m.	\$32	6 weeks
5400	Line Dancing	J. Karter	2/23-3/30	M	Cypress CC	6:30-7:30 p.m.	\$32	6 weeks
5401	Two Step & Swing	J. Karter	1/5-2/9	M	Cypress CC	7:30-8:30 p.m.	\$32	6 weeks
5402	Two Step & Swing	J. Karter	2/23-3/30	M	Cypress CC	7:30-8:30 p.m.	\$32	6 weeks
5403	Strictly Ballroom	J. Karter	1/5-2/9	M	Cypress CC	8:30-9:30 p.m.	\$32	6 weeks
5404	Strictly Ballroom	J. Karter	2/23-3/30	M	Cypress CC	8:30-9:30 p.m.	\$32	6 weeks

## Teen / Adult

**AEROBIC DANCING****Age: 16+****5366**

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; 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 payable to the instructor before 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 \$58 is due at the time of registration. The second payment of \$57 is due by February 16.

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+****5407 – 5409**

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 TAE KWON-DO****Age: 15+****5470 – 5472**

Tae Kwon-Do strengthens 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 class located at the Martial Arts Fitness Center, 9949 Walker Street, Cypress.

Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
5366	Aerobics Dancing	K. Phelps	1/5-3/25*	M/W	Meeting Room	5:45-6:45 p.m.	\$115	12 weeks
			*No class on 2/16					
	Pay As You Go	K. Phelps	1/10-3/28	Sat	Meeting Room	8:30-9:45 a.m.	\$6	1 week
	Pay As You Go	K. Phelps	1/5-3/25*	M/W	Meeting Room	5:45-6:45 p.m.	\$6	1 week
5407	Power Tae Aerobics	C. Markopucos	1/6-1/29	T/TH	Tae Kwon-Do	7:00-8:00 p.m. (T) 8:00-9:00 p.m. (TH)	\$40	4 weeks
5408	Power Tae Aerobics	C. Markopucos	2/3-2/26	T/TH	Tae Kwon-Do	7:00-8:00 p.m. (T) 8:00-9:00 p.m. (TH)	\$40	4 weeks
5409	Power Tae Aerobics	C. Markopulos	3/3-3/31	T/TH	Tae Kwon-Do	7:00-8:00 p.m. (T) 8:00-9:00 p.m. (TH)	\$40	4 weeks
5470	Adult Tae Kwon-Do	A. Jafari	1/7-1/30	W/F	MA Center	6:30-7:30 p.m.	\$44	4 weeks
5471	Adult Tae Kwon-Do	A. Jafari	2/4-2/27	W/F	MA Center	6:30-7:30 p.m.	\$44	4 weeks
5472	Adult Tae Kwon-Do	A. Jafari	3/4-3/27	W/F	MA Center	6:30-7:30 p.m.	\$44	4 weeks

## Teen / Adult

**ADULT KARATE****Age: 15+ 5473 – 5475**

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.

**YOGA/PILATES FITNESS CLASS****Age: 14+ 5458 – 5463**

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. 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.

**WOMEN'S SELF DEFENSE****Age: 14+****5476 – 5478**

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+****5373 – 5374**

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)**

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 Ukulele 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.

Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
5473	Adult Karate	A. Jafari	1/6-1/29	T/Th	MA Center	5:30-6:30 p.m.	\$44	4 weeks
5474	Adult Karate	A. Jafari	2/3-2/26	T/Th	MA Center	5:30-6:30 p.m.	\$44	4 weeks
5475	Adult Karate	A. Jafari	3/3-3/26	T/Th	MA Center	5:30-6:30 p.m.	\$44	4 weeks
5458	Yoga/Pilates Fitness	Chopra/Seyller	1/5-1/28	M/W	MA Center	7:30-8:30 p.m.	\$50	4 weeks
5459	Yoga/Pilates Fitness	Chopra/Seyller	2/2-2/25	M/W	MA Center	7:30-8:30 p.m.	\$50	4 weeks
5460	Yoga/Pilates Fitness	Chopra/Seyller	3/2-3/25	M/W	MA Center	7:30-8:30 p.m.	\$50	4 weeks
5461	Yoga/Pilates Fitness	Chopra/Seyller	1/9-1/30	F	MA Center	5:30-6:30 p.m.	\$30	4 weeks
5462	Yoga/Pilates Fitness	Chopra/Seyller	2/6-2/27	F	MA Center	5:30-6:30 p.m.	\$30	4 weeks
5463	Yoga/Pilates Fitness	Chopra/Seyller	3/6-3/27	F	MA Center	5:30-6:30 p.m.	\$30	4 weeks
5476	Women's Self Defense	A. Jafari	1/8-1/29	Th	MA Center	6:30-7:30 p.m.	\$35	4 weeks
5477	Women's Self Defense	A. Jafari	2/5-2/26	Th	MA Center	6:30-7:30 p.m.	\$35	4 weeks
5478	Women's Self Defense	A. Jafari	3/5-3/26	Th	MA Center	6:30-7:30 p.m.	\$35	4 weeks
5373	Ice Skating for Adults	Anaheim Staff	1/14-2/4	W	Anaheim Ice	7:00-7:30 p.m.	\$44	4 weeks
5374	Ice Skating for Adults	Anaheim Staff	2/18-3/11	W	Anaheim Ice	7:00-7:30 p.m.	\$44	4 weeks
5483	Kanikapila O Kalana (Ukulele)	H. Kamae	1/7-2/11	W	King Palm	7:30-9:00 p.m.	\$50	6 weeks
5484	Kanikapila O Kalana (Ukulele)	H. Kamae	2/18-3/25	W	King Palm	7:30-9:00 p.m.	\$50	6 weeks

## Teen / Adult

**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.

**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.

**HULA-GRACIOUS LADIES**

**Age 30+ 5330**

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. Groups are divided by age categories and skill level. Experience and skill level will be determined by the instructor.

**WELLNESS REVOLUTION**

**Age: 18+**

**5393 – 5395**

Did you make a new years resolution, vowing to become healthy? Not sure how to go about it? Instructor Shari Cary will walk you through four different classes, including Detoxification, Vitamins and Minerals, Age Eraser, and Paying for wellness, not sickness/Health Affirmations. The New Year is a great time to start anew and become healthy, let Shari help you!

**LA PALMA/CYPRESS ADULT SOFTBALL**

**Registration Dates: Through January 16, 2009**

**Season Begins: The week of February 4**

**Fee: \$495**

Divisions:

- Men's Upper C Wednesdays at Oak Knoll Park  
Times: 6:30 p.m., 7:40 p.m., & 8:50 p.m.
- Men's Lower D Wednesdays at Arnold Cypress Park  
Times: 6:30 p.m., 7:40 p.m. & 8:50 p.m.
- Men's Lower E Wednesdays at Central Park, La Palma  
Times: 6:30 p.m., 7:40 p.m. & 8:50 p.m.
- Friday Co-Ed Fridays at Oak Knoll Park  
Times: 6:30 p.m., 7:40 p.m., & 8:50 p.m.
- Sunday Co-Ed Sundays at Arnold Cypress Park  
Times: 4:30 p.m., 5:40 p.m., 6:50 p.m. & 8:00 p.m.

To accept registration: A completed roster with name, address, phone number and signatures of each player must be submitted.

League fee of \$495

Code of conduct signed by each player

Copy of one of the following: Driver's license, passport or California Identification Card of each player showing proof of age

All players must be 18 years old or older

Registration is held at Cypress Recreation, 5700 Orange Avenue



**Lack of physical activity is an important contributor to many of the most important chronic diseases for older Americans, including heart disease, diabetes, colon cancer, and high blood pressure. Lack of physical activity, along with poor nutrition, is a major contributor to the growing epidemic of obesity in the United States.**

—Agency of Healthcare Research and Quality

Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
	Country Line Dancing	TBA	Ongoing	T	Cypress SC	12:00-2:00 p.m.	FREE	Weekly
	Marsha Roe Line Dance	Roe	Ongoing	M	Cypress SC	1:00-3:00 p.m.	\$3	Weekly
<b>5330</b>	Hula Gracious Ladies	J. Kalehua/A. Ani	1/28-3/11	W	Sago Palm	7:30-9:30 p.m.	\$50	7 weeks
<b>5393</b>	Wellness Revolution	S. Cary	1/6-1/27	T	Fan Palm	6:00-7:30 p.m.	Free	4 weeks
<b>5394</b>	Wellness Revolution	S. Cary	2/3-2/24	T	Fan Palm	6:00-7:30 p.m.	Free	4 weeks
<b>5395</b>	Wellness Revolution	S. Cary	3/3-3/24	T	Fan Palm	6:00-7:30 p.m.	Free	4 weeks

## Adult / All Ages

### TRADITIONAL MARTIAL ARTS

**Age: 8+**

**5443 – 5451**

This program teaches a variety of traditional oriental martial arts including Tae Kwon-Do, 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 while more advanced students are permitted to compete in Tae Kwon-Do or Judo. Our instructors are certified by the Kukkiwon, World Tae Kwon-do 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 Tae Kwon-Do 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 and are not during registration.

### INTRODUCTION TO TAE KWON-DO

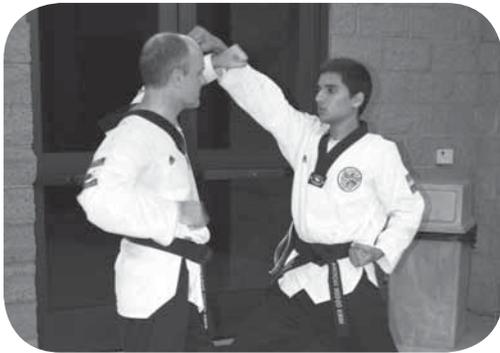
**Age: 8+**

**5452 – 5454**

This course will introduce beginning students to Tae Kwon-Do, a modern Korean martial art and sport. Tae Kwon-Do is famous for its speed, acrobatic techniques, and fluid motion. Students will improve their physical fitness, achieve mental alertness, gain a positive attitude and have fun.

The course builds the groundwork for learning the Olympic sport aspect of Tae Kwon-Do, but does not include actual competition. Our instructors are internationally certified by the Kukkiwon World Headquarters and are registered with USA Tae Kwon-Do (USAT), the National Governing Body of the U.S. Olympic Committee (USOC).

Students will receive a free uniform after enrolling for their first session. All students will be eligible to test for rank (Belt) promotion at the completion of each class session. Those students who desire to advance to the Intermediate training course are invited to do so after achieving a Yellow Belt.



*The New Year is a great time to start something new. Register for a class today!*

Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
5443	Introduction to Martial Arts	J. Amsell	1/3-1/31	Sat	Sago Palm	10:00-11:00 a.m.	\$40	5 weeks
5444	Introduction to Martial Arts	J. Amsell	2/7-2/28	Sat	Sago Palm	10:00-11:00 a.m.	\$35	4 weeks
5445	Introduction to Martial Arts	J. Amsell	3/7-3/28	Sat	Sago Palm	10:00-11:00 a.m.	\$35	4 weeks
5446	Martial Arts – Intermediate	J. Amsell	1/3-1/31	Sat	Sago Palm	11:00-12:00 p.m.	\$40	5 weeks
5447	Martial Arts – Intermediate	J. Amsell	2/7-2/28	Sat	Sago Palm	11:00-12:00 p.m.	\$35	4 weeks
5448	Martial Arts – Intermediate	J. Amsell	3/7-3/28	Sat	Sago Palm	11:00-12:00 p.m.	\$35	4 weeks
5449	Martial Arts – Advanced	J. Amsell	1/3-1/31	Sat	Sago Palm	12:00-1:00 p.m.	\$40	5 weeks
5450	Martial Arts – Advanced	J. Amsell	2/7-2/28	Sat	Sago Palm	12:00-1:00 p.m.	\$35	4 weeks
5451	Martial Arts – Advanced	J. Amsell	3/7-3/28	Sat	Sago Palm	12:00-1:00 p.m.	\$35	4 weeks
5452	Introduction to Taekwondo	J. Amsell	1/6-1/29	T/Th	King Palm	6:00-7:00 p.m.	\$35	4 weeks
5453	Introduction to Taekwondo	J. Amsell	2/3-2/26	T/Th	King Palm	6:00-7:00 p.m.	\$35	4 weeks
5454	Introduction to Taekwondo	J. Amsell	3/3-3/26	T/Th	King Palm	6:00-7:00 p.m.	\$35	4 weeks

## All Ages / Family

**PRACTICAL CHESS INSTRUCTION****Age: 8+ 5367 – 5370**

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, individuals can sign up for one, two or all of them!

The 5-Round Tournament will be held from January 2 through January 30.

The second tournament of the session will be We Three Kings, being held from February 6 through February 20.

The third and final tournament of the session will be the Undisputed Milky Way Championships which will be held from February 27 through March 27!



*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

#### ▶ Most classes are \$72

- |      |                  |
|------|------------------|
| 5412 | Start Date: 1/21 |
| 5413 | Start Date: 2/18 |
| 5414 | Start Date: 3/18 |

Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
5367	Chess Tournament	LP Chess Club	1/2-3/27	F	Sago Palm	6:00-11:00 p.m.	\$40	13 weeks
5368	Chess Tournament	LP Chess Club	1/2-1/30	F	Sago Palm	6:00-11:00 p.m.	\$20	5 weeks
5369	Chess Tournament	LP Chess Club	2/6-2/20	F	Sago Palm	6:00-11:00 p.m.	\$15	3 weeks
5370	Chess Tournament	LP Chess Club	2/27-3/27	F	Sago Palm	6:00-11:00 p.m.	\$20	5 weeks

## All Ages / Family

### TENNIS

**Age: 6 – Adult**

**5485 – 5498**

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 stokes, and 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

**5499 – 5504**

**Age 11 – Adults, Gold, Silver, and Bronze Academy**

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+**

**5505 – 5506**

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.

Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
5487	Y. Tennis L1, 9-11 yrs	McConnell	1/10-2/7	Sat	Central Park	9:00-10:00 a.m.	\$40	5 weeks
5486	Y. Tennis L1, 9-11 yrs	McConnell	2/21-3/21	Sat	Central Park	9:00-10:00 a.m.	\$40	5 weeks
5485	Y. Tennis L2/3, 11-13 yrs	McConnell	1/10-2/7	Sat	Central Park	10:00-11:00 p.m.	\$40	5 weeks
5492	Y. Tennis L2/3, 11-13 yrs	McConnell	2/21-3/21	Sat	Central Park	10:00-11:00 p.m.	\$40	5 weeks
5493	Y. Tennis L1, 9-11 yrs	McConnell	1/11-2/8	Sun	Central Park	5:00-6:00 p.m.	\$40	5 weeks
5494	Y. Tennis L1, 9-11 yrs	McConnell	2/22-3/22	Sun	Central Park	5:00-6:00 p.m.	\$40	5 weeks
5495	Y. Tennis L2/3, 11-13 yrs	McConnell	1/11-2/8	Sun	Central Park	6:00-7:00 p.m.	\$40	5 weeks
5496	Y. Tennis L2/3, 11-13 yrs	McConnell	2/22-3/22	Sun	Central Park	6:00-7:00 p.m.	\$40	5 weeks
5488	Y. Tennis L1, 6-9 yrs	McConnell	1/14-2/11	W	Central Park	5:00-6:00 p.m.	\$40	5 weeks
5489	Y. Tennis L1, 6-9 yrs	McConnell	2/25-3/25	W	Central Park	5:00-6:00 p.m.	\$40	5 weeks
5490	Y. Tennis L2, 9-11 yrs	McConnell	1/14-2/11	W	Central Park	6:00-7:00 p.m.	\$40	5 weeks
5491	Y. Tennis L2, 9-11 yrs	McConnell	2/25-3/25	W	Central Park	6:00-7:00 p.m.	\$40	5 weeks
5497	Y. Tennis L3, 11-13 yrs	McConnell	1/14-2/11	W	Central Park	7:00-8:00 p.m.	\$40	5 weeks
5498	Y. Tennis L3, 11-13 yrs	McConnell	2/25-3/25	W	Central Park	7:00-8:00 p.m.	\$40	5 weeks
5499	Bronze Academy-11+	McConnell	1/11-2/8	Sun	Central Park	3:00-5:00 p.m.	\$100	5 weeks
5500	Bronze Academy-11+	McConnell	2/22-3/22	Sun	Central Park	3:00-5:00 p.m.	\$100	5 weeks
5501	Silver Academy-12+	McConnell	1/11-2/8	Sun	Central Park	7:00-9:00 p.m.	\$100	5 weeks
5502	Silver Academy-12+	McConnell	2/22-3/22	Sun	Central Park	7:00-9:00 p.m.	\$100	6 weeks
5503	Gold Academy-13+	McConnell	1/12-2/9	M	Central Park	5:00-7:00 p.m.	\$100	5 weeks
5504	Gold Academy-13+	McConnell	2/23-3/23	M	Central Park	5:00-7:00 p.m.	\$100	5 weeks
	Private Tennis Lessons	McConnell	To Be Arranged		Central Park	Varies	Varies	Varies

## 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, special events and community services. The Club's meetings are from 12 noon to 1 p.m. every Thursday. Cards are played from 1 – 3 p.m. 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.

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 WASTE & RECYCLING SERVICES  
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*Wishing you and  
your loved ones  
a happy and  
healthy 2009!*

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 B.M. Piano Performance U.C. Irvine  
 M.A. Music Education, early childhood Teachers College,  
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Comprehensive Music Program  
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Lisa Huang

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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](http://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 — THE PALMS AT CENTRAL PARK**

- ❖ King Palm
  - ❖ Pygmy Date Palm
  - ❖ Green Palm
  - ❖ Sago Palm
- 7821 Walker Street, La Palma ..... (714) 690-3350

**Your Recreation Staff**

**DIRECTOR**

Jan Hobson

**SUPERINTENDENT**

Mike Belknap

**SUPERVISOR**

Cindy Robinson

**RECREATION COORDINATOR**

Sylvia Hinojosa

**RECREATION SPECIALISTS**

Nancy Brewer                      Jason Chua  
Anthony Kim

**SENIOR OFFICE STAFF**

Jill Olivier                              Lori Whalen

**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	Allison Riach
Nick Rotherham	Sarah Schrader	Michael Vela
Tara Williams	Tamara York	

This brochure is the property of the City of La Palma.

**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.



## Club La Palma Spring Day Camp

April 13 – April 17

5411



**P**arents: Need someone to watch your children during the work week? Want your kids away from the video games and television during Spring Break? Our caring staff of trained Recreation Leaders are looking forward to seeing your camper for a dynamic week of crafts, movies, stories, and team-building sports at Club La Palma's Spring Day Camp! Club La Palma inspires a positive change in its participants by providing fun and stimulating organized activities. Your child will conquer boredom by spending time with other campers, building friendships, playing as a team member,

and exercising the body as well as challenging the mind. Our Day Camp is designed for youth ages 5 to 12 and will be held Monday through Friday from 6:30 a.m. to 6:00 p.m. The all-inclusive fee is \$107 for the week and includes our annual excursion to Knott's Berry Farm, daily beverages, afternoon snack and all activities. Registration forms will be available beginning March 2.



### Central Park Survey— We Need You!



**T**he City of La Palma's recreation facilities, community service programs and park amenities at Central Park are essential to the composition of

this community. Beginning this winter, the City is asking all residents and patrons of Central Park to complete a short online survey about our amenities and services. This assessment survey will involve residents and patrons in determining whether improvements or additional park amenities would better meet your needs at Central Park as well as identifying future priorities.

To provide your valuable input, please visit the City's website at [www.cityoflapalma.org](http://www.cityoflapalma.org) and look on the homepage for the Central Park Assessment Survey. This survey will be available until the end of March 2009.

CITY OF LA PALMA  
CITY HALL • 7822 WALKER STREET  
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