



SEE SPECIAL SUMMER CENTERFOLD

La Palma Recreation & Community Services



Creating Unity in Community

- City News
- Activity Guide

Summer 2008

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. 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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Director’s Message

ACTIVE LIVING

Over the past year, the Director’s Message in this Activities Guide has been about the benefits of play. So I am going to continue to stake our claim as promoters of health and wellness, especially as it relates to the war on obesity.

The common theme among current medical research is that moderate levels of physical activities—such as those available through our recreation programs and events—impart huge health benefits to all ages. Parks and recreation activities can uplift your mood, augment self-efficacy, boost self-esteem and promote your overall quality of life.

The recommended minimum amount of moderate exercise each week is 30 minutes each day for most days of the week. For every additional mile you walk, you add 20 minutes to your life.

La Palma Recreation & Community Services is here to help keep you healthy for your entire life span. We are committed to providing recreation programs and opportunities for your quality of life as well. Take advantage of the numerous classes, activities, programs and events featured in this guide—there’s something for every lifestyle!

Jan Hobson
Director of Recreation & Community Services



This Summer, La Palma Recreation & Community Services has brought together a variety of new and exciting programs for all ages! Look for the special pull-out centerfold featuring Club La Palma Day Camp, specialty camps, sports camps and Learn to Swim lessons. We’re confident you’ll find something to keep your children active and safe this summer! Enjoy — we’d love to hear your comments! Email us at recreation@cityoflapalma.org.

La Palma Mass Notification System

During the 2007 San Diego fires, San Diego County issued evacuation orders for over 515,000 residents through the use of a telephone emergency mass-notification system. This resulted in the largest single fire evacuation in the Nation's history.

In order to ensure La Palma residents and businesses are provided with immediate and important information in the event of an emergency or significant event, the City has instituted a similar notification system. This system called CodeRED will be able to send telephone notifications to residents and businesses within La Palma impacted by, or in danger of being impacted by, an emergency or significant event. The system gives the City the ability to deliver pre-recorded messages to targeted areas or the entire city at a rate of up to 60,000 calls per hour.

The system will be used by the City to provide residents and businesses with information on the event and/or actions (such as evacuation) we are asking them to take. The system utilizes the 9-1-1 database, and thus is able to contact land-line telephones whether listed or unlisted. It is TTY/TDD capable. If the call is picked up by an answering machine, the system will leave a voice message. If the telephone called is busy or does not answer, the system will redial that number up to three times in an attempt to deliver the message.

Because the system uses the 9-1-1 database, only land-line numbers are in the system. If you have a Voice over IP (VoIP) or cellular telephone and would like to be notified over that device, you must register those telephone numbers. A link to register your telephone number will be available on the City website at www.cityoflapalma.org. There is no fee for this service.

If you have questions, or do not have Internet access and wish to be added to the data base, please call Captain Jim Enright at (714) 690-3382.

Home Spotlight



The Summer 2008 Home Spotlight Award goes to William, Diane and Robert Hall, who have lived at 5320 Houston Avenue since 1997. This family may be fairly new to La Palma, but Diane's parents, Bob and Ardeth Jordan, have lived here since 1974!

The home's remodel occurred in 2005, when a water pipe burst and caused extensive water damage. The resulting

remodel added 500 feet to the home—that's an expensive leak! This beautiful craftsman-style home is a one-of-a-kind architectural design in La Palma. It should be—the designer is none other than William, who is a contractor! Additionally, the home is handicapped-accessible for their son, Robert. It features a raised panel entrance hallway, done in alderwood—just like you would see in a home magazine. The front and back yards are newly landscaped with brick accents and lovely blooming flowers. And the Halls have been recognized before—with a "Spirit of Christmas Award" for their annual holiday display.

In addition to the attention lavished on the home by the family, son Robert is also a volunteer at our La Palma Library. La Palma's congratulations go out to the entire Hall family for all they have given to our community: a beautiful home, bright and beautiful holiday decorations, and a caring volunteer who helps our community. This family exemplifies why La Palma is one of the best places to live in the United States!

COMMUNITY Calendar

June

- 3 City Council Meeting – 7:00 p.m.
- 6 Teen Guys Movie Night – 7:00 p.m.
Arnold/Cypress Park
- 7 Teen "Aloha" Dance – 7:00 p.m.
Cypress Community Center
- 14 Flag Day
- 15 Father's Day
- 16 La Palma Library Summer Reading Program Starts
- 17 City Council Meeting – 7:00 p.m.
- 20 Summer Begins
Fitness Run For Fun
Pre-Registration Deadline
- 23 Club La Palma Summer Day Camp Starts

July Celebrate Parks & Recreation Month

- 1 City Council Meeting – 7:00 p.m.
- 4 Fitness Run For Fun – 7:30 a.m.
City Offices Closed
- 12 Concert in the Park – 6:30 p.m.
Around the World with Music
(3 Cultural Acts)
- 15 City Council Meeting – 7:00 p.m.
- 19 Concert in the Park – 6:30 p.m.
Hollywood U2 (Current)
- 26 Concert in the Park – 6:30 p.m.
80 Degrees (80s)

August

- 2 Concert in the Park – 6:30 p.m.
Film at Eleven (60s)
Green Expo – 5:30 p.m.
- 5 City Council Meeting – 7:00 p.m.
- 9 Concert in the Park – 6:30 p.m.
Oreo Divas (70s)
- 16 Concert in the Park – 6:30 p.m.
SoulShot (50s)
- 19 City Council Meeting – 7:00 p.m.
- 23 Concert in the Park – 6:30 p.m.
Swing, Inc. (40s)

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

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

City Council Recap — March and April 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. Below are actions that the City Council has taken during the past three months.

March 4, 2008

Awarded a contract in the amount of \$57,300 to the low responsible bidder, Kato Landscape, Inc., of Fountain Valley, California, and authorized the Mayor to execute the Agreement for Bid Division #4, Landscaping, for the Community Center Rehabilitation Project.

City Council discussed a possible amendment to the La Palma City Code regarding the regulation of exterior colors for single-family homes in the City and directed staff to bring a detailed analysis of what an Ordinance would entail and hold a Community Forum to discuss the matter further.

March 18, 2008

Approved Amendment No. 4 to the Agreement between EDCO Disposal Corporation (dba Park Disposal) and the City of La Palma and authorized the Mayor to execute the Agreement.

Awarded a contract in the amount of \$81,580 to the low responsible bidder, JDC, Inc., of Rancho Cucamonga, California, and authorized the Mayor to execute the Agreement for the Removal and Replacement of Curb and Gutter, Sidewalk, and Trees on Moody Street from Crescent Avenue to Houston Avenue; and authorized the appropriation of funds in the amount of \$54,000 from the Measure M Reserve Fund.

Awarded a contract in the amount of \$14,471.60 to the low responsible bidder, E. C. Construction Co. of South El Monte, California, and authorized the Mayor to execute the Agreement for the Walker Street Safety Related Enhancements.

Adopted a Resolution approving street closures for City special events to be held in 2008: Memorial Day, Monday May 26; Fitness Run for Fun, Friday July 4; and La Palma Days, Saturday November 8.

Approved a Resolution in support of Senate Bill 1445, which would give La Palma residents the right to choose the school their child is enrolled in without regard to school district boundaries; and approved funding in an amount not to exceed \$5,000 to send every City Council member to Sacramento to lobby in support of Senate Bill 1445.

April 1, 2008

Authorized the purchase and installation of ten (10) Police In-Car Mobile Data Computers to replace outdated computer equipment; and appointed \$118,000 from the General Fund Reserve for the purchase.

April 22, 2008

The Planning Commission Adopted a Resolution recommending adoption of a City Code amendment; and the City Council introduced an Ordinance

amending Chapter 26 of the City Code pertaining to electronic readerboard signs in the Public/Institutional Zoning District.

Approved the plans and specifications, and authorized the Director of Public Works to solicit competitive bids for Indigo Lane Storm Drain Improvements.

Approved the plans and specifications, and authorized the Director of Public Works to solicit competitive bids for the Renovation of the Civic Center Landscaping and Parking Lot.

Directed staff to modify the Community Center readerboard element to remove the need for footings and attempt to accelerate the project timeline without impacting the overall budget for the Community Center Rehabilitation Project.

Reviewed and discussed the proposed Capital Improvement Plan for Fiscal Year 2008-09 and an adequate fund balance reserve policy.

Discussed adopting a non-City funded Sister City program with the City of Hanam, Korea.

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

Notice of Election

The City of La Palma will hold an election on November 4, 2008 to fill three City Council seats. The election will be consolidated with the County-wide election of that same date. City Elections for the La Palma City Council are held every two years (in even numbered years). The terms for Council's five at-large seats are staggered. Therefore, all five council seats are not up for election during the same election year.

This is your opportunity to get involved in your community. The filing period for nominations is July 14 to August 8. If no one or only one person is nominated for each office the council may appoint someone to the office. If you have questions regarding the process or wish to make an appointment to take out nomination papers, please contact the City Clerk at (714) 690-3338.

La Palma Celebrates “Year of Awards”

On April 29, the City of La Palma, in conjunction with the La Palma Chamber of Commerce, held its annual State of the City Luncheon. In his presentation, Mayor G. Henry Charoen said 2007 was the “Year of Awards,” with La Palma being named America’s 16th best small city to live in by Money Magazine and the 2nd highest rated city in California. Additionally, the Recreation and Community Services Department received two awards from the California Parks and Recreation Society for the Operation: A Bit of Home program and the new staff-created departmental logo and motto, “Creating Unity in Community.” Also, the Finance Department received an 8th consecutive Certificate of Achievement from the Government Finance Officer’s Association and the Public Works Department received an award from

the American Public Works Association for their community outreach activities. Finally, the City received three risk management awards from the California Joint Powers Insurance Authority.

The Mayor also highlighted the City’s current economic development efforts, strong financial stability, continued infrastructure investments, and decreasing crime rates. “For 52 years, La Palma has worked hard to create a sense of place for its residents and businesses,” said Mayor Charoen. These efforts involve enhanced cultural diversity efforts, extensive involvement with the community’s youth, and the new “Lunch with the Mayor” program.

For 2008, Mayor Charoen identified several goals consistent with the City’s vision, including: upgrading arterial blockwalls, providing residents

with trees to encourage a park-like feel in residential neighborhoods, implementing a 7-year pavement management plan, upgrading key intersections, modernizing the La Palma Avenue bridge over Coyote Creek, establishing a sister city program, providing city documents translated in various languages, implementing a multicultural summer concert program, and improving overall communication with the public.

In closing, Mayor Charoen said, “Even though we were the 2nd best small California city, I want us to be number one. In order to do this, we need the community’s help. It took the dedication and involvement of all of La Palma’s citizens and supporters to get us to this point and we are going to need their continued efforts to reach that higher goal of being number one.”

Conserve Water and Save Money

The City of La Palma is joining water agencies throughout Southern California in asking residential and business customers to help maximize existing local and regional water supplies by voluntarily conserving water in view of record low rainfall in recent years.

The City currently meets 20% of its total demand with water delivered from the Metropolitan Water District (MWD) and the remaining 80% with local groundwater.

Each and every La Palma resident can do their part to help save water and save money by implementing these easy to follow, “no cost” steps to achieving water savings:

- Take shorter showers. One or two minutes less time in the shower can save up to 700 gallons a month
- Turn off the water faucet while brushing your teeth or shaving
- Wash only full loads in your washing machine and dishwasher
- Fix leaky faucets, toilets and sprinklers
- Adjust your irrigation system to water lawns early in the mornings and only if needed; don’t water during or after the rain
- Mulch around trees and plants to hold water and cool the soil.
- Wash you car using a bucket of sudsy water followed by a quick rinse. Be sure to use a shutoff nozzle.
- Clean sidewalks and driveways with a broom, not water from a hose. This will also help reduce urban runoff that carries pollution to the ocean.

Additional tips may be obtained by going to the website, www.bewaterwise.com or call Public Works Department at (714) 690-3310

Save A Life— Drowning Prevention

Did you hear it? Children drown without a sound. According to the Orange County Fire Authority, drowning continues to be the leading cause of accidental death among children under five years old. Two-thirds of all drownings happen between May and August and 40% occur on Saturdays and Sundays. Drowning usually occurs quickly and silently. Drowning is 100% preventable. To combat this needless tragedy, the following action steps should be taken:

Action Step #1: Protection

Install alarms on doors and windows. Ensure there is a non-climbable, five-foot fence around the entire pool/spa area.

Action Step #2: Supervision

Assign an adult “water watcher” to supervise the pool/spa area, especially during social gatherings.

Action Step #3: Preparation

Learn how to swim, proper rescue techniques, and CPR. Mount rescue equipment by the pool, including a lifesaving ring, shepherd’s hook, and CPR sign.

La Palma Volunteers Recognized

On May 1, 2008 the City of La Palma and the City Council recognized their dedicated and faithful volunteers at the 13th Annual Volunteer Recognition Celebration. The western themed event included a bungee-bull ride, horse races and cow lassoing and entertainment provided by the Country Kickers prior to a full-spread BBQ dinner.

The La Palma Police Department and Recreation and Community Services Department recognized two individuals and one group for their dedicated volunteerism in 2007. Master of Ceremonies Dominic Lazzaretto welcomed and thanked all of the volunteers in attendance and commended them for helping to make La Palma the great community that it is. Then, on behalf of the City Council, Mayor G. Henry Charoen also thanked everyone in attendance and commented that La Palma was named America's 16th best small city to live in by Money Magazine and the 2nd highest rated city in California due in no small measure to the many dedicated volunteers. Mayor Charoen went on to recognize the City Council appointed committees including Traffic and Safety, Development, and Community Activities and Beautification.

Police Officer Joe Guerrero recognized long-time La Palma resident Dee Vincenti as the Neighborhood Watch Volunteer of the Year. Dee has lived in La Palma for 20 years and has been a member of La Palma's Neighborhood Watch for 19 years, currently serving as a District Coordinator. She has been instrumental in working with other District Coordinators in delivering the La Palma Police Department's SOURCE Newsletter to La Palma's residents. Dee has worked closely with the Police Department in the continued development of La Palma's Neighborhood Watch Program. She has also made herself available to assist the La Palma Police Department with various community policing projects such as Red Ribbon Week and the La Palma Police Neighborhood Visit

Program. Dee encourages all La Palma residents in helping to keep La Palma a great place to live by joining the Neighborhood Watch Program.

Dianna Medina was presented as the La Palma Police Explorer Volunteer of the Year. Dianna has been a La Palma Police Explorer for over a year and a half. Since joining, Dianna has demonstrated that she is dedicated to serving the community by assisting the La Palma Police Department. Dianna is a graduate of the Orange County Police Explorers Police Academy where she was a standout in a class of hundreds. She has been instrumental in developing the La Palma Police Department's Explorer Post where she and her fellow Explorers have won several awards at the Orange County Explorer Police Tactic Competitions.

Dianna is currently a junior at Kennedy High School and plans on joining the United States Air Force when she graduates.

Director of Recreation & Community Services Jan Hobson had the pleasure to recognize the department's volunteers, without whom many of the programs and events would not be possible. In 2007, Recreation & Community Services volunteers committed 9,400 hour of their valuable time to the community. Half of these hours were donated by youth and teen volunteers, one of which was Volunteer Tess Matsukawa who was presented the 2007 Youth Volunteer of the Year Award. Tess first was a Club La Palma Day Camp Volunteer in 2006 and continued in 2007. This past year she stood out among the other 19 volunteers in the program, impressing both counselors and program supervisors with copious amounts of energy, maturity, politeness, and the ability to light up the room with her smile. She was a favorite with the campers in the program, and among staff she earned the reputation as the "8th counselor." Her leadership proved to be an asset to her peers while



City Manager Dominic Lazzaretto, Cheryl Thorpe, Gene Thorpe, Larry Tischaur, Tess Matsukawa, Diana Medina, and Deneen Vincenti

planning the traditional Volunteer week at the end of the summer.

The Recreation & Community Services Volunteer Group of the Year Award was presented to the Radio Amateur Civil Emergency Service, better known as RACES. This community organization concentrates on emergency and civil communications to support the safety of La Palma residents. For many years RACES has been instrumental in coordinating communication efforts for La Palma's two main community events: the Fitness Run for Fun and La Palma Days. At the Run, RACES volunteers many important intersections on the race course to ensure the safety of all participants. Using their radios, they are able to send quick information about any situation. At the La Palma Days Parade, RACES volunteers share vital information to keep the parade running smoothly. The department knows they can count on contact Larry Tischaur to rally his members from La Palma and other surrounding communities to join the La Palma community on these important days.

The La Palma City Council and staff would like to thank all of the La Palma volunteers for their extraordinary service and dedication in the many programs and services offered throughout the year. THANK YOU!

Preschool / Toddlers

TINY TOTS

Age: 3–5

4776-4777

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, JUNE 7, (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 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 10:00 a.m. There is a MANDATORY parent meeting for new registrants on June 7 at 11:00 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 Tuesday, July 8.

The payments are as follows: M/W/F \$61 T/TH \$46.50



KIDS LOVE MUSIC

Age: 4 mos–4 years 4781–4786

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. 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
4776	Tiny Tots	N. Brewer	6/16-8/1*	M/W/F	Meeting Room	9:30-11:30 a.m.	\$122	7 weeks
4777	Tiny Tots	N. Brewer	6/17-7/31*	T/TH	Meeting Room	9:30-11:30 a.m.	\$93	7 weeks
*No Class on 7/3 and 7/4								
4781	Kids Love Music 4-14 mos	G. Greeno	7/24-8/14	TH	Cypress CC	3:00-3:30 p.m.	\$40	4 weeks
4782	Kids Love Music 1-4 yrs	G. Greeno	7/24-8/14	TH	Cypress CC	3:45-4:30 p.m.	\$40	4 weeks
4783	Kids Love Music 1-4 yrs	G. Greeno	7/24-8/14	TH	Cypress CC	4:45-5:30 p.m.	\$40	4 weeks
4784	Kids Love Music 1-4 yrs	G. Greeno	6/25-7/16	W	Cypress CC	9:00-9:45 a.m.	\$40	4 weeks
4785	Kids Love Music 1-2 yrs	G. Greeno	6/25-7/16	W	Cypress CC	9:55-10:35 a.m.	\$40	4 weeks
4786	Kids Love Music 4-14 mos	G. Greeno	6/25-7/16	W	Cypress CC	10:45-11:15 a.m.	\$40	4 weeks

Preschool / Toddlers

ITSY BITSY SPORTS: BASKETBALL

Age: 3-5 **4880**

Look out Coby! 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.

ITSY BITSY SPORTS: T-ball

Age: 3-5 **4881-4882**

The summer Olympics are coming, and what a great time to enroll your child in a sport that they can watch the greatest athletes in the world compete in! Let your little folks get 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.

Register for a class today!

PARENT & ME SKATING

Age: 3-5 **4838-4839**

Parent and Me Skating gives your child a chance to spend valuable time with you 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 located at Anaheim ICE, 300 W. Lincoln Ave, Anaheim.



ICE SKATING FOR TOTS

Age: 3-5 **4836-4837**

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

CHEER FOR TOTS

Age: 3-5 **4844-4845**

New!
GO TEAM GO!!!! This class will provide young tots with a positive environment to learn cheer techniques. During this session the girls will learn kicks, tumbling, and some dance skills. There is a \$7 supply fee due to the instructor the first day of class.



Cheerleading is a dynamic athletic activity that is considered a sport by several schools and universities.

Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
4880	Itsy Bitsy: Basketball	D. Plunkett	6/2-7/7*	M	Central Park	2:00-3:00 p.m.	\$30	5 weeks
4881	Itsy Bitsy: T-ball	D. Plunkett	7/14-8/11	M	Central Park	2:00-3:00 p.m.	\$30	5 weeks
4882	Itsy Bitsy: T-ball	D. Plunkett	8/18-9/29**	M	Central Park	2:00-3:00 p.m.	\$30	5 weeks
			*No Class on 6/30					
			**No Class on 9/1 and 9/8					
4838	Parent and Me Skating	Anaheim Staff	6/24-7/15	T	Anaheim Ice	12:30-1:00 p.m.	\$44	4 weeks
4839	Parent and Me Skating	Anaheim Staff	6/28-7/19	Sat	Anaheim Ice	11:45-12:15 p.m.	\$44	4 weeks
4836	Ice Skating for Tots	Anaheim Staff	6/25-7/16	W	Anaheim Ice	4:30-5:00 p.m.	\$44	4 weeks
4837	Ice Skating for Tots	Anaheim Staff	6/28-7/19	Sat	Anaheim Ice	4:30-5:00 p.m.	\$44	4 weeks
4844	Cheer for Tots	K. Luevanos	6/16-7/14	M	Meeting Room	4:00-4:45 p.m.	\$24	5 weeks
4845	Cheer for Tots	K. Luevanos	7/28-9/8*	M	Meeting Room	4:00-4:45 p.m.	\$24	5 weeks
			*No class on 8/11 & 9/1					

Youth

THINK IN INK**Age: 9–12** **4946**

New!

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.

BEGINNING TAP & BALLET**Age: 4–7** **4939–4940**

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

TAP & BALLET COMBO**Age: 6–9** **4942–4943**

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.

JUNIOR JAZZ**Age: 7–10** **4944–4945**

Get ready to move and dance in this high energy class! Jazz is considered a contemporary dance of today. Rhythm, body alignment, musicality, muscle strength, and flexibility are emphasized. Students will learn new tap steps and combinations while building confidence, coordination, and physical fitness. Jazz shoes required.

JAZZ**Age: 5–6 and 11–12** **4846–4849**

New!

This class will provide young dancers with a positive environment to learn and improve dance technique. During this session, students will learn kicks, leaps, turns, and showmanship skills.

BEGINNING FOLKLORICO—CHILD STARS**Age: 5–7** **4833–4834**

For your little señoras and señoritas. These dances of Mexico will have them moving and dancing. Students will learn basic footwork and skirt movement. Girl attire is black dance wear and hard sole shoes. Boy's attire is black t-shirt, shorts 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.

*Get Active, Have Fun
Register today!*

Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
4946	Think in Ink	V. Pham	7/11-8/22	F	Meeting Room	3:00-5:30 p.m.	\$45	7 weeks
4939	Beginning Tap & Ballet	A. Valley	7/1-7/29*	T	Meeting Room	4:00-5:00 p.m.	\$28	4 weeks
			*No Class on 7/15					
4940	Beginning Tap & Ballet	A. Valley	8/5-8/26	T	Meeting Room	4:00-5:00 p.m.	\$28	4 weeks
4942	Tap & Ballet Combo	A. Valley	7/1-7/29*	T	Meeting Room	5:00-6:00 p.m.	\$28	4 weeks
			*No Class on 7/15					
4943	Tap & Ballet Combo	A. Valley	8/5-8/26	T	Meeting Room	5:00-6:00 p.m.	\$28	4 weeks
4944	Junior Jazz	A. Valley	7/1-7/29*	T	Meeting Room	6:00-7:00 p.m.	\$28	4 weeks
			*No Class on 7/15					
4945	Junior Jazz	A. Valley	8/5-8/26	T	Meeting Room	6:00-7:00 p.m.	\$28	4 weeks
4846	Jazz: 5-6 years	K. Luevanos	6/16-7/14	M	Meeting Room	4:45-5:30 p.m.	\$32	5 weeks
4848	Jazz: 5-6 years	K. Luevanos	7/28-9/8*	M	Meeting Room	4:45-5:30 p.m.	\$32	5 weeks
			*No class on 8/11 & 9/1					
4847	Jazz: 11-12 years	K. Luevanos	6/16-7/14	M	Meeting Room	7:00-7:45 p.m.	\$32	5 weeks
4849	Jazz: 11-12 years	K. Luevanos	7/28-9/8*	M	Meeting Room	7:00-7:45 p.m.	\$32	5 weeks
			*No Class on 8/11 & 9/1					
4833	Folklorico—Child Star	A. Vaca	6/21-7/12	Sat	Paso De Oro	10:00-11:00 a.m.	\$30	4 weeks
4834	Folklorico—Child Star	A. Vaca	7/19-8/9	Sat	Paso De Oro	10:00-11:00 a.m.	\$30	4 weeks

Youth

HULA-BABIES**Age: 5–7****4891–4892**

This beautiful, popular dance reflects the many cultures of the Pacific Islands and tells stories with each movement of the hand. The babies will learn the basic principals of the age-old customs of communication through body movements. Parents are not allowed in the classroom while class is in session.

MARTIAL ARTS FOR KIDS**Age: 5–8****4800–4802**

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, increase fitness, learn teamwork, and 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).

LATIN DANCE**Age: 6–12****4885–4886**

Hot Latin Dancing at its best! Learn basic patterns, turns, and combinations for Salsa, Meringue and the Cha-Cha with fun HIP-HOP in the mix. This class is sure to be a hit with your young dancers. This class is held at the Paso de Oro Dance Studio at 14535 Valley View Avenue #T in Santa Fe Springs, (562) 921-9052.

BEGINNING HIP-HOP DANCE**Age: 9–12****4810**

Hip Hop is one of the hottest ways to dance out there! Learn new combinations with the latest hip-hop moves and even a little jazz technique. Students will build confidence while performing and working on their physical fitness. Classes start at a beginning level and will increase as necessary. Students should wear comfortable clothing and jazz or tennis shoes.

HULA INTERMEDIATE**Age: 8–12****4893–4894**

This beautiful, popular dance reflects the many cultures of the Pacific Islands and tells stories with each movement of the hand. Students will learn an age-old custom of communication through body movements as well as gain an appreciation for other cultures throughout the Pacific while learning to use instruments of the area. Parents are not allowed in the classroom while class is in session.



A child needs 30 to 60 minutes of active play each day

Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
4891	Hula-Babies	J. Kalehua	6/23-7/21	M	TKD Center	5:30-7:00 p.m.	\$40	5 weeks
4892	Hula-Babies	J. Kalehua	7/28-8/25	M	TKD Center	5:30-7:00 p.m.	\$40	5 weeks
4800	Martial Arts for Kids	J. Amsell	6/7-6/28	Sat	BB Center	9:00-10:00 a.m.	\$35	4 weeks
4801	Martial Arts for Kids	J. Amsell	7/5-7/26	Sat	BB Center	9:00-10:00 a.m.	\$35	4 weeks
4802	Martial Arts for Kids	J. Amsell	8/2-8/23	Sat	BB Center	9:00-10:00 a.m.	\$35	4 weeks
4885	Latin Dance-Youth	A. Vaca	6/26-7/17	Th	Paso De Oro	5:00-6:00 p.m.	\$35	4 weeks
4886	Latin Dance-Youth	A. Vaca	7/23-8/14	Th	Paso De Oro	5:00-6:00 p.m.	\$35	4 weeks
4810	Hip-Hop Dance	E. Kulassia	7/24-8/27	W	Meeting Room	4:30-5:30 p.m.	\$35	6 weeks
4893	Hula Int. 8-12 yrs	J. Kalehua	6/25-7/23	W	TKD Center	5:30-7:00 p.m.	\$40	5 weeks
4894	Hula Int. 8-12 yrs	J. Kalehua	7/30-8/27	W	TKD Center	5:30-7:00 p.m.	\$40	5 weeks

Youth

LIL' TIGERS KARATE**Age: 4–7** **4828–4829**

This class is based on traditional Shotokan Karate. Instructor is a Sixth Degree Black Belt and has many years of traditional experience. Class is designed for children ages 4 to 7. 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 themselves both physically and mentally. Self-defense will be introduced as well as being focused in life. 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 BASEBALL CLINIC**Age: 4–7****4771**

It's that time of year again! Pee Wee Baseball is back for another awesome season! Designed for children 4 to 7 years of age (as of 6/16/08), our unique Pee Wee Baseball Clinic teaches the fundamentals of the game while it encourages mental and social development, cooperation, and health and wellness in its participants. Boys and girls of all abilities and skill levels are encouraged to join. All Pee Wees receive a team T-shirt, hat, special participation award, medallion, and positive and caring instruction from our Recreation Staff. Openings may still exist. Season starts June 16 and ends August 6.

ANAHEIM ICE SKATING: Youth-Beginning**Age: 6–16****4840–4841**

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.

JUNIOR KARATE**Age: 8–14****4832–4833**

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.



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

**Physical Benefits of Karate:****Improved reflexes and co-ordination****Increased performance in all physical activities****Increased strength and stamina so you feel great all day****Increased flexibility and weight control for better overall fitness****Cardiovascular workouts (heart and lungs) to keep you in top shape****Greatly improved balance****Ability to defend yourself**

– Family Karate Schools Association

Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
4828	Lil' Tigers Karate	Jafari/Boice	6/16-7/9	M/W	MA Center	3:30-4:30 p.m.	\$35	4 weeks
4829	Lil' Tigers Karate	Jafari/Boice	7/28-8/20	M/W	MA Center	3:30-4:30 p.m.	\$35	4 weeks
4771	Pee Wee Baseball	Rec Staff	6/16-8/6	M/W	Central Park	4:45-6:00 p.m.	\$75	8 weeks
4840	Ice Skating: Youth-Beg.	Anaheim Staff	6/25-7/16	Wed	Anaheim Ice	5:00-5:30 p.m.	\$44	4 weeks
4841	Ice Skating: Youth-Beg.	Anaheim Staff	6/28-7/19	Sat	Anaheim Ice	10:15-10:45 a.m.	\$44	4 weeks
4832	Junior Karate	Jafari/Boice	6/17-7/10	T/Th	MA Center	4:30-5:30 p.m.	\$35	4 weeks
4833	Junior Karate	Jafari/Boice	8/5-8/28	T/Th	MA Center	4:30-5:30 p.m.	\$35	4 weeks

Teens

BEGINNING FOLKLORICO-TEENS

Age: 13-18 4887-4888

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.

HOCKEY SKATING SKILLS

Age: 6-16 4843

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.

Do you need Volunteer Service?

Whether you need to volunteer for your service hours for graduation, are looking to build up your resume, or just want to lend a helping hand to your community, La Palma Recreation and Community Services has a job for you! We are always looking for smiling faces to assist Recreation staff with numerous activities throughout the city.

We especially need help with our awesome YOUTH SPORTS PROGRAMS!

Volunteer hours are limited so make arrangements as soon as possible! For more information, please call (714) 690-3350.



DRIVERS EDUCATION

Age: 14-18 4779-4780

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 considerable 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.



Motor vehicle crashes are the leading cause of death for U.S. teens, accounting for 36% of all deaths in this age group (CDC 2006). However, research suggests that the most strict and comprehensive graduated drivers licensing programs are associated with reductions of 38% and 40% in fatal and injury crashes, respectively, of 16-year-old drivers (Baker et al. 2007)

– Centers for Disease Control and Prevention

\$ 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
4887	Beg. Folklorico-Teen	A. Vaca	6/23-7/14	M	Paso De Oro	7:30-8:30 p.m.	\$35	4 weeks
4888	Beg. Folklorico-Teen	A. Vaca	7/21-8/11	M	Paso De Oro	7:30-8:30 p.m.	\$35	4 weeks
4843	Hockey Skating Skills	Anaheim Staff	6/25-7/16	W	Anaheim Ice	6:15-6:45 p.m.	\$44	4 weeks
4779	Internet Based Drivers Ed	T. Zertuche	6/15-8/31		Online		\$75	
4780	Home Study Drivers Training	T. Zertuche	6/15-8/31		Home Study		\$85	

Teen / Adult

LINE DANCE**Age: 18+** **4773**

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 workout. This class is sure to bring out the country western in you. A variety of dances will be taught. This class is co-sponsored with Cypress Recreation and will be held at the Cypress Community Center, 5700 Orange Ave.

**TWO STEP & SWING****Age: 18+** **4774**

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**Age: 18+** **4775**

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

SOCIAL SALSA DANCE**Age: 18+** **4889-4890**

Hot Salsa Dancing at its best! Join award winning Alejandro Rey in learning basic footwork, turns, partner combinations, and styling. This class is held at the Paso de Oro Dance Studio at 14535 Valley View Avenue #T in Santa Fe Springs, (562) 921-9052.



Out of many physical activities, dancing is considered to be one of the top five, burning more calories than all, but running. An average adult can burn between 200 and 500 calories during an hour of dance, depending on the intensity of the workout.

— eSSORTMENT

DOG OBEDIENCE**Age: 16+** **4809**

This one is for the dogs, does your owner need assistance walking on a leash, do they dig holes in the yard, or are they constantly barking? Well we have a class for you! You will learn standard AKC training, including the basic commands of sit, down, stay, come, and heel. This class is open to all breeds of dogs that are at least 6 months of age or with the consent of the instructor. Handlers must be at least 16 years old. The class meets at Central Park, and dogs must be on a leash before, during, and after class. The first class meeting will be an orientation of training methods, including the explanation of the proper equipment needed to train your dog. It will be held in the Gazebo without dogs. Proof of current parvo, distemper, and rabies vaccinations will also be required at that time.



Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
4773	Line Dancing	J. Karter	6/23-7/28	M	Cypress SC	6:30-7:30 p.m.	\$32	6 weeks
4774	Two Step & Swing	J. Karter	6/23-7/28	M	Cypress SC	7:30-8:30 p.m.	\$32	6 weeks
4775	Strictly Ballroom	J. Karter	6/23-7/28	M	Cypress SC	8:30-9:30 p.m.	\$32	6 weeks
4889	Social Salsa Dance	A. Vaca	6/26-7/17	Th	Paso De Oro	7:00-8:00 p.m.	\$35	4 weeks
4890	Social Salsa Dance	A. Vaca	7/24-8/14	Th	Paso De Oro	7:00-8:00 p.m.	\$35	4 weeks
4809	Dog Obedience	M. Steinberger	6/24-8/12	T	Gazebo	7:00-8:00 p.m.	\$75	8 weeks

La Palma Fitness Run For Fun

FAMILY FUN ZONE

8:30 a.m. – 10:30 a.m.

After you have run or cheered your heart as a participant or spectator, gather your family together and head over to the Family Fun Zone! Celebrate America's birthday and participate in family games, crafts and activities! The Family Fun Zone spells fun for all ages!



FEES

Competitive Races

(5K Run/5K Walk/10K Run):

PRE-REGISTRATION (deadline 6/20/08)

\$22 Online Entry Fee with Commemorative T-Shirt
Register online and save at
www.cityoflapalma.org

\$25 Entry Fee with Commemorative T-Shirt
(mail or walk-in)

\$20 Entry Fee Only (NO Shirt)

\$60 Family Plan* includes T-shirts (3 members
of immediate family). \$20 each additional
immediate family member

* Use separate forms for each family member

\$3.50 Pancake Breakfast Ticket

LATE ENTRY FEES (postmarked after 6/20/08):

\$30 Entry Fee Only

\$10 Commemorative T-Shirt (can be purchased
at the race, if available)

Late registration also available on race day

Register Online:

www.cityoflapalma.org



ChampionChip
Timing by:



REFRESHMENTS

The La Palma Kiwanis Club will serve their annual Pancake Breakfast from 7:30 to 10 a.m. Proceeds benefit their many community activities and student scholarships. Add a pancake breakfast ticket to your registration for the discounted price of \$3.50—on the day of the race, the ticket price will go up to \$4!

ENTRY FORM

Complete the entry form (please print) and return with check payable to the City of La Palma, 7821 Walker St., La Palma, CA 90623

RACE DIVISION

- 5K Walk 5K Run 10K Run
- 13 Yrs & under 35-39 yrs 60-65 yrs
- 14-17 yrs 40-44 yrs 66-69 yrs
- 18-24 yrs 45-49 yrs 70-75 yrs
- 25-29 yrs 50-54 yrs 76 yrs & over
- 30-34 yrs 55-59 yrs

Yes, I want a shirt(s)
Indicate sizes and number of shirts in each size.

Small _____
Medium _____
Large _____
X-large _____
XX-Large _____
Youth Med. _____

Official Use

Receipt # _____
Fee _____
Initials _____

Pancake Breakfast Tickets

_____ x \$3.50 = \$ _____

First Name _____ Sex _____ Age _____

Last Name _____

Daytime Telephone _____ Ext. _____

Address _____

City _____ State _____ Zip Code _____

Email _____

In consideration of your accepting my entry, intending to be legally bound, I do hereby for myself, my heirs, executors, and administrators, waive and release forever any and all rights and claims for damages I may accrue against the City of La Palma, USATF, and any and all sponsors of this race, their successors, representatives and assigns for any and all injuries suffered by me while traveling to and from and participating in the 2008 La Palma Fitness Run for Fun to be conducted July 4, 2008. I further attest that I am physically fit and have sufficiently trained for the completion of this run/walk.

Participant's Signature _____

Date _____

(Parent/Guardian must sign if participant is under 18 years of age)

ONE ENTRY FORM PER PARTICIPANT

Sizzling

SUMMER SPECIALS

LA PALMA RECREATION AND COMMUNITY SERVICES

7821 Walker Street, La Palma, CA 90623 • (714) 690-3350

TriFyft Sports Camps

Receive hands-on, intense training at the TriFyft Sports Camps. The goal is to provide the tools to improve your game, increase knowledge, and get you to the next level of play and beyond. Campers will have a fun time fine tuning their motor and socialization skills in a safe environment while focusing on sportsmanship, discipline, and teamwork.

FYTT STARS SOCCER CAMP

Ages: 4-6 **4954**
Kids will have the time of their lives in Fyft Stars Soccer exciting introduction to soccer. Fun games and soccer skills will be introduced in a safe environment. Our Fyft Stars soccer is designed for kids to have fun with friends and coaches while fine-tuning their motor and socialization skills. Every camper will be given a camp shirt and ball.

6/23-6/27 M-F 9:00 a.m.-12:00 p.m. \$89

SOCCER SKILLZ CAMP

Ages: 7-12 **4955**
Here is a great chance for beginner to advanced soccer players to receive specific coaching on skills and game situations. Through fun and safe games, athletes will learn new techniques and tactics, while we also concentrate on the benefits of sportsmanship, discipline, and teamwork. Each athlete will also be given ideas and drills to help further their skill development as well as a camp shirt and ball.

7/7-7/11 M-F 9:00 a.m.-3:00 p.m. \$110

VOLLEYBALL SKILLZ CAMP

Ages: 7-14 **4956-4957 and 4961-4962**
Come to TriFyft Sports and learn or improve the skills needed to become a skillful volleyball player. This camp will focus on the fundamental skills of volleyball by using fun games and exercises, while also developing your sportsmanship and work ethic. Every participant receives a camp shirt.

4956	7/14-18	M-F	7-10 yrs	9:00 a.m.-12:00 p.m.	\$89
4957	7/14-7/18	M-F	10-14 yrs	1:00 p.m.-4:00 p.m.	\$89
4961	8/11-8/15	M-F	7-10 yrs	9:00 a.m.-12:00 p.m.	\$89
4962	8/11-8/15	M-F	10-14 yrs	1:00 p.m.-4:00 p.m.	\$89

CO-ED FOOTBALL SKILLZ CAMP

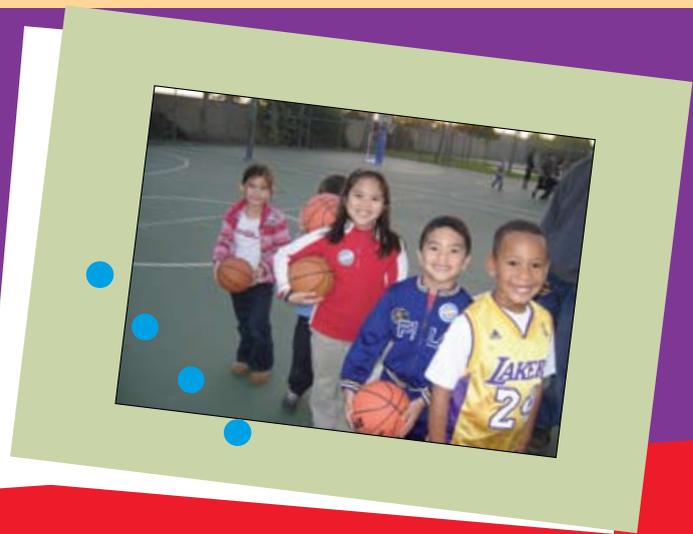
Ages: 7-12 years **4958 and 4964**
Come to TriFyft Sports co-ed football camp and learn the basic to advance skills in football. This class will teach football positions such as quarterback, running back, wide receiver, and offensive and defensive style practices in a fun and safe environment. Athletes will be given a camp shirt and ball.

4958	7/14-7/18	M-F	7-12 yrs	9:00 a.m.-3:00 p.m.	\$110
4964	8/11-8/15	M-F	7-12 yrs	9:00 a.m.-3:00 p.m.	\$110

MULTI-SPORT CAMP

Ages: 3-12 years **4959-4960 and 4965-4966**
Here is a great chance for kids to play baseball, basketball, and soccer all at one camp. This camp is designed to motivate children to be active and healthy while giving them the fundamental skill sets needed to succeed and grow in whichever sport they choose. Every child will also be given a camp shirt and ball.

4959	7/21-7/25	M-F	7-12 yrs	9:00 a.m.-12:00 p.m.	\$89
4960	7/21-7/25	M-F	3-4 yrs	12:15 p.m.-1:00 p.m.	\$49
4965	8/18-8/22	M-F	4-6 yrs	9:00 a.m.-12:00 p.m.	\$89
4966	8/25-8/29	M-F	7-12 yrs	9:00 a.m.-3:00 p.m.	\$110



ADVANCED PLAYER BASKETBALL TRAINING CAMP

Age: 9-15 **4821**
This dynamic basketball training program is designed to work on enhancing every skill to improve your overall game. It will put heavy emphasis on offensive fundamentals and 1-on-1 skill development, as well as feature many drills focusing on the player's shooting and ball handling. Defense and conditioning will also be components within this intense training camp built to challenge players of all levels. This camp will be taught by Coach Purnell of JFK High School.

7/28-8/1 M-F Central Park 8:00 a.m.-12:00 p.m. \$130



Learn to Swim

USA Water Polo National Training Center

located at Joint Forces Training Base, Los Alamitos
 11360 Valley Forge Drive (off of Lexington Drive and
 Farquhar Ave), (562) 795 2628
 Please remember: all adults entering the Joint Forces
 Training Base MUST have a photo I.D.



SWIM LESSONS

The City of La Palma, in collaboration with the City of Los Alamitos is committed to providing the highest quality services to our communities. We hire only American Red Cross certified and trained Water Safety Instructors and Lifeguards in order to maintain a high standard and quality of employee, putting safety first. All swimming lessons are taught utilizing the American Red Cross guidelines and teaching techniques. We offer low class ratios and high quality instructors at reasonable rates in order to provide a safe and nurturing environment where each child can learn to be safe in the water.

Registration Procedures:

You must come to La Palma Recreation and pick up the Aquatics Registration Form. Please complete one form per student per session and be sure to sign the bottom.

Special Early Registration: May 31-June 13

Walk-in Registration: at the pool

Walk-in registration will be accepted only if classes are not full and on a session-by-session basis. You may register for each session on the first Monday of the session and the last Thursday of the prior session from 10:00 a.m.-6:00 p.m. For example, you may register for Session 2 on the last day of Session 1 or on the first day of Session 2, if room permits.

TINY TOTS

Ages: 3-4 years

This class is for children ready to be in the water without a parent. Skills include: bobbing, kicking, exhaling underwater through mouth and nose, floating and introduction to arm strokes. The student to teacher ratio is 6:1.

June 23-July 3		July 7-17		July 21-31	
10:10 a.m.	4982	10:10 a.m.	4983	10:10 a.m.	4984
4:40 p.m.	4987	4:40 p.m.	4988	4:40 p.m.	4989
5:20 p.m.	4992	5:20 p.m.	4993	5:20 p.m.	4994
6:00 p.m.	4997	6:00 p.m.	4998	6:00 p.m.	4999
Aug 4-14		Aug 18-28			
10:10 a.m.	4985	10:10 a.m.	4986		
4:40 p.m.	4990	4:40 p.m.	4991		
5:20 p.m.	4995	5:20 p.m.	4996		
6:00 p.m.	5000	6:00 p.m.	5001		

LEVEL 1

Ages: 5-15 years

This class is designed for beginners who have little or no aquatic experience. Skills include: water adjustment, bobbing, blowing bubbles, kicking, and floating on front and back. The student to teacher ratio is 6:1.

June 23-July 3		July 7-July 17		July 21-31	
10:10 a.m.	5002	10:10 a.m.	5003	10:10 a.m.	5004
4:40 p.m.	5007	4:40 p.m.	5008	4:40 p.m.	5009
6:30 p.m.	5012	6:30 p.m.	5013	6:30 p.m.	5014
Aug 4-Aug 14		Aug 18-28			
10:10 a.m.	5005	10:10 a.m.	5006		
4:40 p.m.	5010	4:40 p.m.	5011		
6:30 p.m.	5015	6:30 p.m.	5016		

SWIM SESSIONS:

Sessions consist of nine (9) days of 30-minute classes: Week 1 is Monday - Friday and Week 2 is Monday-Thursday.

Session	Dates	Fees	Cost
Session 1	June 23-July 3	Parent and Me Tiny Tot Levels 1-6 Adults	\$53 \$53 \$47 \$53
Session 2	July 7-17		
Session 3	July 21-31		
Session 4	August 4-14		
Session 5	August 18-28		

PARENT AND ME

Ages: 6 months-3 years

Introduce your child to fun in the water! Skills include: blowing bubbles, kicking, holding onto the wall, floating on front and back, and water safety skills. Classes will be taught using our custom-made "teaching platforms." The student to teacher ratio is 6:1. Parents must know how to swim and children must wear swim diapers.

June 23-July 3		July 7-17		July 21-31	
9:30 a.m.	4967	9:30 a.m.	4968	9:30 a.m.	4969
5:20 p.m.	4972	5:20 p.m.	4973	5:20 p.m.	4974
6:00 p.m.	4977	6:00 p.m.	4978	6:00 p.m.	4979
Aug 4-14		Aug 18-28			
9:30 a.m.	4970	9:30 a.m.	4971		
5:20 p.m.	4975	5:20 p.m.	4976		
6:00 p.m.	4980	6:00 p.m.	4981		



LEVEL 2

Ages: 5-15 years

This class is for beginners who feel comfortable in the water. Skills include rhythmic breathing, introduction to front and back arm strokes, kicking and gliding. The student to teacher ratio is 6:1.

June 23-July 3		July 7-17		July 21-31	
9:30 a.m.	5017	9:30 a.m.	5018	9:30 a.m.	5019
10:10 a.m.	5022	10:10 a.m.	5023	10:10 a.m.	5024
4:40 p.m.	5027	4:40 p.m.	5028	4:40 p.m.	5029
5:20 p.m.	5032	5:20 p.m.	5033	5:20 p.m.	5034
6:00 p.m.	5037	6:00 p.m.	5038	6:00 p.m.	5039
6:30 p.m.	5042	6:30 p.m.	5043	6:30 p.m.	5044
Aug 4-14		Aug 18-28			
9:30 a.m.	5020	9:30 a.m.	5021		
10:10 a.m.	5025	10:10 a.m.	5026		
4:40 p.m.	5030	4:40 p.m.	5031		
5:20 p.m.	5035	5:20 p.m.	5036		
6:00 p.m.	5040	6:00 p.m.	5041		
6:30 p.m.	5045	6:30 p.m.	5046		

LEVEL 3

Ages: 5-15

This class is designed to improve your stroke and endurance. Skills include: front crawl, backstroke, side breathing, treading water, floating and elementary backstroke. The student to teacher ratio is 6:1.

June 23-July 3		July 7-17		July 21-31	
9:30 a.m.	5047	9:30 a.m.	5048	9:30 a.m.	5049
10:10 a.m.	5052	10:10 a.m.	5053	10:10 a.m.	5054
4:40 p.m.	5057	4:40 p.m.	5058	4:40 p.m.	5059
5:20 p.m.	5062	5:20 p.m.	5063	5:20 p.m.	5064
6:00 p.m.	5067	6:00 p.m.	5068	6:00 p.m.	5069
6:30 p.m.	5072	6:30 p.m.	5073	6:30 p.m.	5074
Aug 4-14		Aug 18-28			
9:30 a.m.	5050	9:30 a.m.	5051		
10:10 a.m.	5055	10:10 a.m.	5056		
4:40 p.m.	5060	4:40 p.m.	5061		
5:20 p.m.	5065	5:20 p.m.	5066		
6:00 p.m.	5070	6:00 p.m.	5071		
6:30 p.m.	5075	6:30 p.m.	5076		

LEVEL 4

Ages: 5-15 years

This class is designed to further improve strokes and endurance and learn breaststroke and side stroke. The student to teacher ratio is 8:1.

June 23-July 3		July 7-17		July 21-31	
9:30 a.m.	5077	9:30 a.m.	5078	9:30 a.m.	5079
10:10 a.m.	5082	10:10 a.m.	5083	10:10 a.m.	5084
5:20 p.m.	5087	5:20 p.m.	5088	5:20 p.m.	5089
6:30 p.m.	5092	6:30 p.m.	5093	6:30 p.m.	5094
Aug 4-14		Aug 18-28			
9:30 a.m.	5080	9:30 a.m.	5081		
10:10 a.m.	5085	10:10 a.m.	5086		
5:20 p.m.	5090	5:20 p.m.	5091		
6:30 p.m.	5095	6:30 p.m.	5096		

According to the Orange County Fire Authority, drowning continues to be the leading cause of accidental death among children under five years old.

Drownings are 100% preventable.

Be prepared—

Learn to swim.

LEVEL 5

Ages: 6-15 years

This class is designed to refine skills learned in level 4, and be introduced to the butterfly, jump entry, underwater swimming and open turns. The student to teacher ratio is 8:1.

LEVEL 6

Ages: 6-15 years

This class is designed to further improve your strokes and endurance and learn breaststroke and sidestroke. The student to teacher ratio is 8:1.

June 23-July 3		July 7-17		July 21-31	
9:30 a.m.	5097	9:30 a.m.	5098	9:30 a.m.	5099
4:40 p.m.	5102	4:40 p.m.	5103	4:40 p.m.	5104
6:00 p.m.	5107	6:00 p.m.	5108	6:00 p.m.	5109
Aug 4-14		Aug 18-28			
9:30 a.m.	5100	9:30 a.m.	5101		
4:40 p.m.	5105	4:40 p.m.	5106		
6:00 p.m.	5110	6:00 p.m.	5111		

ADULTS

Ages: 16+

It's never too late to learn to swim! This class is for adult of all levels who want to learn to swim or to improve their swimming abilities. The student to teacher ratio is 8:1.

June 23-July 3		July 7-17		July 21-31	
6:30 p.m.	5112	6:30 p.m.	5113	6:30 p.m.	5114
Aug 4-14		Aug 18-28			
6:30 p.m.	5115	6:30 p.m.	5116		



SWIM AND STAY FIT LAP SWIMMING

Ages: All

Looking for a great way to get in shape? The Swim and Stay Fit Lap Swimming Program is for swimmers of all abilities. This program allows you to track your progress as you swim your way into shape. Daily workout plans are available to all participants. To participate in the lap swimming program, purchase a Club Card at the Los Alamitos Community Center, 10911 Oak St. The pool is heated to a comfortable temperature and locker rooms are available. Kickboards and leg floats are available to check out. Pool space is limited and participants will need to share lanes. Additionally, noon-1:30 p.m. is limited to only two lanes, so we encourage you to attend one of our other lap swimming sessions for more pool space.

Fee: Lap Swim Club Card \$60 for 20 visits

Drop In \$3.50 per visit

Days	Times
Mon-Sun	12:00-1:30 p.m.
Mon-Fri	5:30-7:00 a.m.
M/W/F	7:00-8:30 p.m.
Sat	7:00-8:30 a.m.

Class ratios will be adhered to as much as possible, with an occasional student added in order to accommodate as many participants as possible. Class times are subject to change.

Ultimate Camps

Try something totally new this summer! These specialty camps are conducted by Edutainment Arts and the Magic Bug. All supplies and activities are provided. Campers should bring their lunch each day.

HARRY POTTER CAMP

Ages: 6-12 4948

It is week one of Wizardry School. Each student will make wands, capes, hats and plenty of magic. We will study potions, flying, tricks, and so much more. Campers will present a final presentation for friends and families at the end of the week. An exciting week of science, magic and art. Don't miss this incredible week of performing arts.

6/23-6/27 M-F Gazebo 9:00 a.m.-2:00 p.m. \$110

THE RUNWAY PROJECT CAMP

Ages: 8-14 4949

We are looking for the next Versace, DK or Vera Wang. Are you the next Abercrombie or Fitch? This will be a week of design and modeling. We will create outfits, accessories, jewelry and hats. An exciting camp that will culminate in a final runway presentation for friends and family. Hair and make up sessions included.

8/18-8/22 M-F Gazebo 9:00 a.m.-2:00 p.m. \$110

CAMP HOLLYWOOD

Ages: 6-12 4950

LIGHTS, CAMERA, ACTION!! Hit your mark! Don't look into the camera. It's your job to create the next movie sensation. We only have one week to do it. We are casting future actors of America. Of course, we also need writers, directors and cinematographers. Our final projects will be shown to friends and family at our red carpet event at the end of the camp week. Bring your popcorn!!! Autographs will be given to all those who request them.

8/4-8/8 M-F Gazebo 9:00 a.m.-2:00 p.m. \$110



CLUB LA PALMA SUMMER DAY CAMP

Club La Palma Day Camp is back for more fun in the sun! Our caring and supportive counselors are looking forward to engaging your child in a variety of fun and healthy activities to build resiliency, grow and develop their various skills and talents, and meet new friends. Designed for children ages 5-12, our popular camp includes weekly excursions to a variety of favorite Southern California destinations such as Disneyland, Knott's Berry Farm and much, much more! Club La Palma opens at 6:30 a.m. to accommodate working parents and concludes at 6:00 p.m. each day. The first week of camp is June 23-June 27, and will be conducted for a total of 10 weeks. Special registration forms are available in La Palma's Recreation and Community Services Department office. Hurry! There may still be space available to sign up your camper!

The all-inclusive weekly fee of \$107 includes a Club La Palma T-shirt, a trip to a local pool, daily snack and drink, an excursion to a local place of interest, and trained and caring Day Camp staff and Volunteers.

A non-refundable/non-transferable \$20 deposit per child will be required to reserve future day camp weeks. For example, after the initial \$107 is paid for the first day camp week, a total deposit of \$180 (\$20 x 9 more weeks) would reserve the rest of the summer for one child.

The deposits are applicable to the week reserved and will require the remainder of payment (\$87) by the Monday prior to the week reserved.

DAY CAMP SITE: G.B. Miller Elementary School, 7751 Furman Rd, La Palma, CA 90623, then on to Central Park, 7821 Walker Street, La Palma, CA 90623 for the last week of summer.



MUSIC VIDEO CAMP

Age: 10-16 4951

An exciting week of music, dance and film. Once we have picked our songs, we will choreograph the dance, story board the show, and film a video that is bound to leave the audience dancing in their seats. A toe tapping camp that will compete with MTV and VH1; move over Madonna, there are some new Divas in town!

7/7-7/11 M-F Gazebo 9:00 a.m.-2:00 p.m. \$110

CSI CAMP

Ages: 6-12 4952

A crime has been committed. We need to train our crackpot team of detectives in crime solving. We will dust for fingerprints, analyze writing, test for DNA, and solve the crime. We will have to go undercover to spy on suspects, watch for clues and report to district attorneys. No deviant is safe from watchful eyes or crime lab. Final presentation for friends and family at the end of the week.

7/21-7/25 M-F Gazebo 9:00 a.m.-2:00 p.m. \$110

THE TEEN ULTIMATE REALITY CAMP

Ages: 13-16 4953

It's the Ultimate Reality Camp—designed just for teens! Every day is a different show.

Monday	On the Lot (Movie Making)
Tuesday	Survivor
Wednesday	Top Chef
Thursday	Amazing Race
Friday	Project Runway

Teams will compete for exciting prizes. Who will walk away as La Palma's Ultimate Reality Hero?

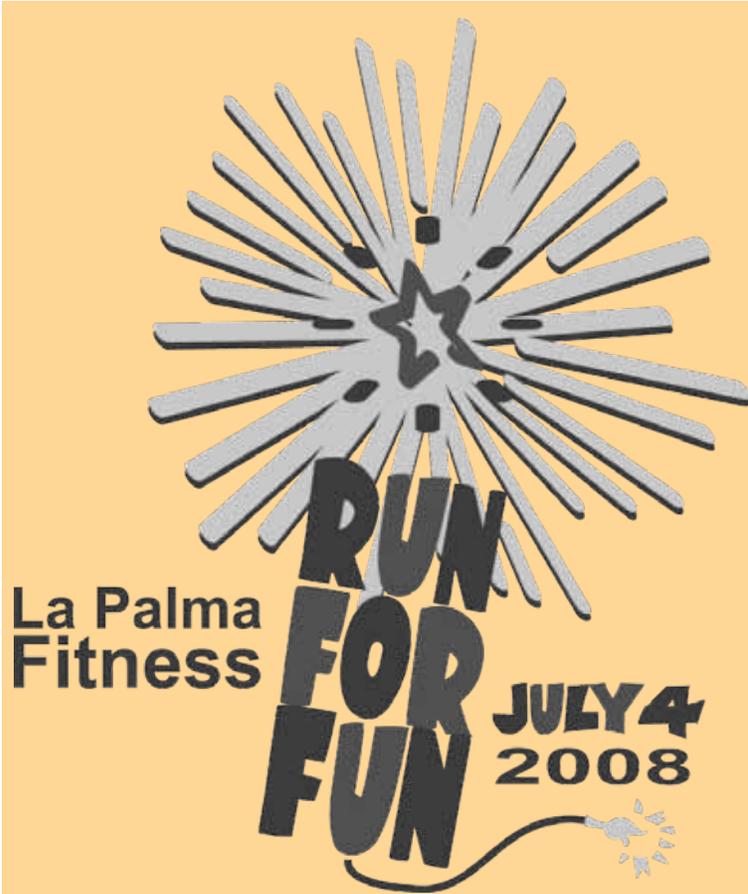
7/28-8/1 M-F Gazebo 9:00 a.m.-2:00 p.m. \$110



Theme Weeks and Excursions

4787	June 23-June 27 June 26	"Happiest Camp on Earth" Disneyland
4788	June 30-July 3 July 2 (Wed)	"Take Me Out to the Ball Game" Angel Stadium (Angels vs. Oakland)
	NO CAMP ON Friday, JULY 4 (Total: \$87)	
4789	July 7-July 11 July 10	"Turf N Surf" Soak City
4790	July 14-July 18 July 17	"Movie Madness" Universal Studios
4791	July 21-July 25 July 24	"Say Cheese!" Orange County Fair
4792	July 28-August 1 July 31	"Hooray for Hollywood" El Capitan Theatre, "Wall-e"
4793	August 4-August 8 August 7	"A Knight's Tale" Medieval Times and Camelot
4794	August 11-August 15 August 14	"Slip N Slide" Wild Rivers
4795	August 18-August 22 August 21	"Take a Walk on the Wild Side" Los Angeles Zoo
4796	August 25-August 29 August 28	"Corrals and Cowboys" Knott's Berry Farm

La Palma Fitness Run For Fun



COURSE

Competitive Events: USATF sanctioned and certified flat and fast course on asphalt streets, well-marked and with ample water stations. Traffic will be controlled by the La Palma Police Department. 5K races are 1 loop (3.1 miles), 10K race is 2 loops (6.2 miles); **Note: No 10K Walk.** Split starts for the 5K Walk, 5K Run, and 10K Run ensure distance accuracy. Split times announced at each mile, measured separately for 5K & 10K; ChampionChip timing system by Race Central means fast and accurate results. *Official timing ends at 9:00 a.m.*



FRIDAY, JULY 4 LA PALMA CENTRAL PARK 7821 WALKER STREET

A healthy way to kick off your Fourth of July festivities! La Palma's Fitness Run For Fun is more than just another run: it's an opportunity to experience that small town/hometown sense of community; to share quality time with your family, neighbors, and friends; and to focus on health and wellness while participating in a quality running, walking, or strolling experience.

TIMES

6:00 am	Check In & Late Registration begins
7:30 am	Start of competitive 5K Run, 5K Walk, & 10K Run
7:30–10:00 am	Kiwanis Pancake Breakfast
8:30–10:30 am	Live Entertainment/ Family Fun Zone open
9:00 am	Awards Ceremony

AWARDS

\$100 Cash Card Awards will be presented to the overall first place male and female competitors in the 10K Run, 5K Run and 5K Walk.

1st, 2nd, and 3rd place commemorative awards will be presented in all competitive divisions for both men and women.

Flyer Distribution by:



Sanctioned by:



Teen / Adult

AEROBIC DANCING**Age: 16+****4905**

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 aerobic 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 \$50 is due by Monday, July 28.

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+****4797–4798**

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 KARATE**Age: 15+****4830–4831**

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

YOGA/PILATES FITNESS**Age: 14+****4822–4825**

This class focuses on achieving physical balance and coordination. It helps reduce stress and increase strength and flexibility. Yoga poses and stretching exercises are combined with some light weight training and step aerobics. A great class to get in shape quickly and safely! This class located at the Martial Arts Fitness Center, 9949 Walker Street, Cypress.

Register for a class today!

Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
4905	Aerobics Dancing	K. Phelps	6/16-8/27	M/W	Meeting Room	5:45-6:45 p.m.	\$110	11 weeks
	Pay As You Go	K. Phelps	6/21-8/23	Sat*	Meeting Room	8:30-9:45 a.m.	\$6	11 weeks
			*No Class on 7/5					
	Pay As You Go	K. Phelps	6/16-8/27	M/W	Meeting Room	5:45-6:45 p.m.	\$6	11 weeks
4797	Power Tae Aerobics	C. Markopulos	7/1-7/31	T/TH	Tae Kwon Do	7:00-8:00 p.m. (T) 8:00-9:00 p.m. (TH)	\$40	5 weeks
4798	Power Tae Aerobics	C. Markopulos	8/5-8/28	T/TH	Tae Kwon Do	7:00-8:00 p.m. (T) 8:00-9:00 p.m. (TH)	\$40	4 weeks
4930	Adult Karate	Jafari/Boice	6/17-7/10	T/TH	MA Center	5:30-6:30 p.m.	\$35	4 weeks
4931	Adult Karate	Jafari/Boice	8/5-8/28	T/TH	MA Center	5:30-6:30 p.m.	\$35	4 weeks
4822	Yoga/Pilates	M. Chopra	6/16-7/16	M/W	MA Center	7:30-8:30 p.m.	\$50	5 weeks
4823	Yoga/Pilates	M. Chopra	7/28-8/27	M/W	MA Center	7:30-8:30 p.m.	\$50	5 weeks
4824	Yoga/Pilates	M. Chopra	6/20-7/18	F	MA Center	5:30-6:30 p.m.	\$30	5 weeks
4825	Yoga/Pilates	M. Chopra	8/1-8/29	F	MA Center	5:30-6:30 p.m.	\$30	5 weeks

Teen / Adult

WOMEN'S SELF DEFENSE

Age: 14+ 4826-4827

Do you walk alone at night to your car, enjoy jogging early mornings, or just want to prepare for the worst? This class is 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. It will introduce basic self-defense techniques which can be applied regardless of the person's size or physical conditions. Defense tactics along with hands on practice will be used. This class located at the Martial Arts Fitness Center, 9949 Walker Street, Cypress.

ICE SKATING FOR ADULTS

Age: 17+ 4842

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

Cypress/La Palma

SUMMER SLOW PITCH SOFTBALL

- Coed divisions— Friday and Sunday evenings
- Men's Upper C, Lower D and Lower E Divisions— Wednesday Evenings
- Location: Oak Knoll, Arnold Cypress Parks, and Central Park (La Palma)
- Game times: Weeknights—6:30, 7:40, 8:50 p.m.; Sundays—4:30, 5:40, 6:50, 8:00 p.m.
- Cost: \$495 per team
- Registration: Openings may still exist
- Season: Ten games starting the week of June 1

Completed roster, signed waiver/code of conduct, and payment required at time of registration to be considered for eligibility and placement. Fees must be paid by authorized credit card (Visa, M/C), personal check or cashier's check. CDL# must be provided on submitted check.

Registration location is at the Cypress Community Center. League registrations are open until filled on a first-come first serve basis.

– Blank Rosters are available under the “forms” section on the City's website: www.ci.cypress.ca.us

KANIKAPILA O KALANA (UKULELE)

Age 18+

4816-4817

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

Supplies required: Ukulele, music stand, Ukulele tuner, and a supply fee of \$3.00 payable to instructor at first class meeting.

You Can Reach Us!

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

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

(714) 690-3350



Playing the ukulele teaches students to

learn self-discipline, self-respect and patience to achieve a skill.

Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
4826	Women's Self Defense	Jafari/Boice	6/19-7/10	Th	MA Center	6:30-7:30 p.m.	\$30	4 weeks
4827	Women's Self Defense	Jafari/Boice	7/24-8/14	Th	MA Center	6:30-7:30 p.m.	\$30	4 weeks
4842	Ice Skating for Adults	Anaheim Staff	6/25-7/16	W	Anaheim Ice	6:15-6:45 p.m.	\$44	4 weeks
4816	Kanikapila O Kalana (Ukulele)	H. Kamae	6/25-7/30	W	Meeting Room	7:30-9:00 p.m.	\$50	6 weeks
4817	Kanikapila O Kalana (Ukulele)	H. Kamae	8/6-8/27	W	Meeting Room	7:30-9:00 p.m.	\$35	4 weeks

Teen / Adult

PRACTICAL CHESS INSTRUCTION

Age: All Ages

4876-4877

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

The Bobby Fischer Memorial Tournament will be held from 7/11-8/8, registration will take place from 6:00-7:00 p.m. on July 11, and prizes will be awarded at the end of the tournament.

The second tournament of the session will be **The Quickie**, being held on 8/15, if you are interested in trying out chess this may be the night for you! Prizes again will be awarded.

The third and final tournament of the session will crown you **Undisputed Chess Champion of the Universe!** You must hold a USCF card and can register from 6:00 - 7:00 p.m. on August 22 (that is earth time, of course). This class does fill so sign up early!

Bobby Fischer Memorial Tournament:
July 11 - August 8

Speedy One: August 15

Undisputed Chess Championship of the Universe:
August 22 - September 26

Celebrate! July Is Parks & Recreation Month

**La Palma
Recreation & Community Services**



Creating Unity in Community

Online Classes

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 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

- 5117 Start Date: June 18
- 5118 Start Date: July 16
- 5119 Start Date: August 20

Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
4876	Chess Tournament	LP Chess Club	7/11-9/26	F	Meeting Room	6:00-11:00 p.m.	\$34	12 weeks
4877	Chess Tournament	LP Chess Club	7/11-8/8	F	Meeting Room	6:00-11:00 p.m.	\$18	5 weeks
4878	Chess Tournament	LP Chess Club	8/15	F	Meeting Room	6:00-11:00 p.m.	\$5	1 week
4879	Chess Tournament	LP Chess Club	8/22-9/26	F	Meeting Room	6:00-11:00 p.m.	\$20	6 weeks

Teen / Adult

TENNIS

Age: 6–Adult

4856–4873

It's time to jump into action with our tennis classes for all ages! Instructor Patrick McConnell and his staff take time with each student to teach tennis skills such as: footwork, serving, ground strokes, and hitting; all while instilling good sportsmanship. Bring your own racket and \$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+

4874, 4850–4855

Gold, Silver, and Bronze Academy

The Tennis Academy is designed to assist players in moving up to the next level. Improve your coordination and test your physical stamina. There is a \$20 materials fee to cover balls & machine use.

TWICE A WEEK LESSONS

Age 10+, Levels 3 & 4

Choose any Two Academy dates (with instructor approval) for \$210.

PRIVATE TENNIS LESSONS

Age: 8+

4875

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
4856	Y. Tennis L3, 16+ yrs	McConnell	6/24-7/22	T	Central Park	7:00-8:00 p.m.	\$38	5 weeks
4857	Y. Tennis L3, 16+ yrs	McConnell	8/5-9/2	T	Central Park	7:00-8:00 p.m.	\$38	5 weeks
4858	Y. Tennis L1 6-9 yrs	McConnell	6/25-7/23	W	Central Park	6:00-7:00 p.m.	\$38	5 weeks
4859	Y. Tennis L1 6-9 yrs	McConnell	8/6-9/3	W	Central Park	6:00-7:00 p.m.	\$38	5 weeks
4860	Y. Tennis L1/2, 9-11 yrs	McConnell	6/25-7/23	W	Central Park	7:00-8:00 p.m.	\$38	5 weeks
4861	Y. Tennis L1/2, 9-11 yrs	McConnell	8/6-9/3	W	Central Park	7:00-8:00 p.m.	\$38	5 weeks
4862	Y. Tennis L3, 11-13 yrs	McConnell	6/25-7/23	W	Central Park	8:00-9:00 p.m.	\$38	5 weeks
4863	Y. Tennis L3, 11-13 yrs	McConnell	8/6-9/3	W	Central Park	8:00-9:00 p.m.	\$38	5 weeks
4864	Y. Tennis L1/2, 9-11 yrs	McConnell	6/21-7/26*	Sat	Central Park	9:00-10:00 a.m.	\$38	5 weeks
4865	Y. Tennis L1/2, 9-11 yrs	McConnell	8/9-9/13*	Sat	Central Park	9:00-10:00 a.m.	\$38	5 weeks
4866	Y. Tennis L3, 11-13 yrs	McConnell	6/21-7/26*	Sat	Central Park	10:00-11:00 a.m.	\$38	5 weeks
4867	Y. Tennis L3, 11-13 yrs	McConnell	8/9-9/13*	Sat	Central Park	10:00-11:00 a.m.	\$38	5 weeks
4868	Y. Tennis L1, 6-9 yrs	McConnell	6/29-7/27	Sun	Central Park	5:00-6:00 p.m.	\$38	5 weeks
4869	Y. Tennis L1, 6-9 yrs	McConnell	8/10-9/14*	Sun	Central Park	5:00-6:00 p.m.	\$38	5 weeks
4870	Y. Tennis L2, 9-11 yrs	McConnell	6/29-7/27	Sun	Central Park	6:00-7:00 p.m.	\$38	5 weeks
4871	Y. Tennis L2, 9-11 yrs	McConnell	8/10-9/14*	Sun	Central Park	6:00-7:00 p.m.	\$38	5 weeks
4872	Y. Tennis L3, 11-13 yrs	McConnell	6/29-7/27	Sun	Central Park	7:00-8:00 p.m.	\$38	5 weeks
4873	Y. Tennis L3, 11-13 yrs	McConnell	6/29-7/27*	Sun	Central Park	7:00-8:00 p.m.	\$38	5 weeks
			*No Class on 7/5 and 8/31-9/1					
4850	Gold Academy, 13+	McConnell	6/23-7/21	M	Central Park	6:00-8:00 p.m.	\$95	5 weeks
4874	Gold Academy, 13+	McConnell	8/4-9/8*	M	Central Park	6:00-8:00 p.m.	\$95	5 weeks
4851	Silver Academy, 13+	McConnell	6/21-7/26*	Sat	Central Park	3:00-5:00 p.m.	\$95	5 weeks
4854	Silver Academy, 13+	McConnell	8/9-9/13*	Sat	Central Park	3:00-5:00 p.m.	\$95	5 weeks
4852	Bronze Academy, 11+	McConnell	6/29-7/27	Sun	Central Park	3:00-5:00 p.m.	\$95	5 weeks
4855	Bronze Academy, 11+	McConnell	8/10-9/14*	Sun	Central Park	3:00-5:00 p.m.	\$95	5 weeks
			*No Class on 7/5 and 8/31-9/1					
4875	Private Tennis Lessons	McConnell	To Be Arranged	To Be Arranged	Central Park	Varies	Varies	Varies

Adult / All Ages**HULA—GRACIOUS LADIES****Age: 30+ 4895–4900**

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 while learning to use instruments of the area. Groups are divided by age categories and skill level. Experience & skill level will be determined by the instructor.

**TRADITIONAL MARTIAL ARTS****Age: 8+****4803–4808 and 4818–4820**

Learn traditional oriental martial arts taught with an emphasis on modern training methods and personal growth. Students will improve their physical fitness, achieve mental alertness, reduce stress, and gain a positive attitude.

Our classes teach a variety of martial arts including Taekwondo, Judo/Jujitsu, Hapkido, Aikido, and Kobudo (weapons). For those interested in sports, we include competition and officiating in Olympic Taekwondo. Our instructors are internationally certified by the Kukkiwon World Headquarters and sport-certified U.S. Olympic Committee (USOC).

Our program is divided into three classes. Choose Introduction if you have no prior experience in martial arts, or Intermediate if you have some background (Yellow to Blue belts), or Advanced (Red and Black Belts only). Please discuss what class to choose with the Chief Instructor before enrolling in a non-beginner classes.

Beginners may purchase a uniform after enrolling. Intermediate and advanced students must already have standard Taekwondo or Judo uniform(s) and are eligible to participate in competitive events. All students must become members of the USOC (\$35 for 2008).

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



Martial arts training benefits children in many self ways, like self control, self defense, and self discipline. It gives your child a chance to strengthen his or her body and mind.

—eSSORTMENT

Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
4895	Hula Gracious Ladies	J. Kalehua	6/23-7/21	M	TKD Center	7:30-9:30 p.m.	\$40	5 weeks
4896	Hula Gracious Ladies	J. Kalehua	7/28-8/25	M	TKD Center	7:30-9:30 p.m.	\$40	5 weeks
4897	Hula Gracious Ladies	J. Kalehua	6/28-7/26	S	TKD Center	12:30-3:30 p.m.	\$40	5 weeks
4898	Hula Gracious Ladies	J. Kalehua	8/2-8/30	S	TKD Center	12:30-3:30 p.m.	\$40	5 weeks
4899	Hula Gracious Ladies	J. Kalehua	6/23-7/26	M/S	TKD Center	Mon: 7:30-9:30 p.m. Sat: 12:30-3:30 p.m.	\$55	5 weeks
4900	Hula Gracious Ladies	J. Kalehua	7/28-8/30	M/S	TKD Center	Mon: 7:30-9:30 p.m. Sat: 12:30-3:30 p.m.	\$55	5 weeks
4803	Introduction to Martial Arts	J. Amsell	6/7-6/28	Sat	BB Center	10:00-11:00 a.m.	\$35	4 weeks
4804	Introduction to Martial Arts	J. Amsell	7/5-7/26	Sat	BB Center	10:00-11:00 a.m.	\$35	4 weeks
4805	Introduction to Martial Arts	J. Amsell	8/2-8/23	Sat	BB Center	10:00-11:00 a.m.	\$35	4 weeks
4806	Martial Arts – Intermediate	J. Amsell	6/7-6/28	Sat	BB Center	11:00-12:00 p.m.	\$35	4 weeks
4807	Martial Arts – Intermediate	J. Amsell	7/5-7/26	Sat	BB Center	11:00-12:00 p.m.	\$35	4 weeks
4808	Martial Arts – Intermediate	J. Amsell	8/2-8/23	Sat	BB Center	11:00-12:00 p.m.	\$35	4 weeks
4818	Martial Arts – Advanced	J. Amsell	6/7-6/28	Sat	BB Center	12:00-1:00 p.m.	\$35	4 weeks
4819	Martial Arts – Advanced	J. Amsell	7/5-7/26	Sat	BB Center	12:00-1:00 p.m.	\$35	4 weeks
4820	Martial Arts – Advanced	J. Amsell	8/2-8/23	Sat	BB Center	12:00-1:00 p.m.	\$35	4 weeks

All Ages / Family

**Summer Reading Program Begins****June 16**

First day to register for La Palma Library's Summer Reading Program. Children read library books on their own or with family and keep track of time spent reading on our official form. The amount of BugBucks earned to spend at BugMart, the library's prize center, will be based on amount of time spent reading. Teen and Adult Summer Reading Program with prizes for reading will also be offered. See library fliers for more details.

Fire Prevention Program**June 25, 2:00 p.m.****La Palma Public Library**

Presented by the Orange County Fire Authority and the La Palma Fire Department. Learn about fire prevention and drowning prevention. See a fire engine up close and learn about the equipment firemen use.

Annual Chalk Art Competition**July 1, 11:00 a.m.****outside the La Palma Public Library**

Draw chalk pictures on the La Palma Library's sidewalk. Draw your own picture or draw with a friend. Chalk will be provided.

**Animal Behavior Program
with Shelter Animals****July 8, 6:00 p.m.****La Palma Public Library**

Talk to Me: Understanding What Animals Might Be Saying to You presented by Orange County Animal Care Services. Enjoy a story time with critters from the animal shelter while learning about animal behavior and how to play safe with pets.

Summer 2008**La Palma Branch Library**

7842 Walker Street, La Palma

June 16-August 16

Handwriting Analysis Program**July 16-2:00 p.m.****La Palma Public Library**

What is Your Personality Type? A teen program with Paula Sassi, a Certified Master Graphologist (handwriting Expert). Have fun learning about yourself and others by discovering the secrets revealed through handwriting analysis.

Juggling Program**July 21-2:00 p.m.-****Central Park Pavilion****(7821 Walker Street)****Juggling with David Cousin**

Comedy juggling with lots of audience involvement, interaction, and music! David Cousin is holder of 5 world Records. Fun for the entire family will be had!

Anaheim Angels Strike Force**July 29, 12:00 p.m.****La Palma Public Library**

Two members from the Anaheim Angels Strike Force promotional squad will participate in a library program with books, crafts and a drawing for a voucher good for 4 free tickets to an August Angels' game.

Animal Magic Program**August 7, 2:00 p.m.****Central Park Pavilion (7821 Walker Street)**

John Abrams' Animal Magic! John blends magic, comedy, music and live exotic pets for a fun program for the entire family.

**Last day of the Summer Reading
Program****August 16**

Reading Records can be redeemed for BugBucks through August 30 and BugMart will be open through August 30.

All Ages / Family

Rockin' Through the Decades 2008

Do you enjoy spending a warm summer's evening with a picnic and good music while your children play close by in a safe atmosphere? La Palma's Concerts in the Park series are meant for you!

The La Palma Community Activities and Beautification Committee is already hard at work planning this summer's offerings, ranging from 40s through current! But they need your help! The Community Activities and Beautification Committee is seeking business and personal donations—anything from \$1 to \$1,000 to help support La Palma's activities. All donations are recognized in the weekly Concert program. For further donation information, please call La Palma Recreation & Community Services at (714) 690-3350. We'll see you at the first concert of the summer on July 12!

2008 Rockin' Through the Decades Concerts in the Park Saturday at Central Park, 6:30-8:00 p.m.

- July 12: Around the World with Music – 3 Cultural Acts
- July 19: Hollywood U2 (Current)
- July 26: 80 Degrees (80s) and Skate Expo
- August 2: Film at Eleven (60s) and Green Expo (5:30 p.m.)
- August 9: Oreo Divas (70s) and National Night Out
- August 16: SoulShot (50s) and Classic Car Show
- August 23: Swing, Inc. (40s) and City Council Thank You!

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.

La Palma's Fitness Run for Fun – Volunteers Needed

La Palma's Fitness Run For Fun attracts participants from all over Southern California. To keep this competitive crowd moving around the beautiful 3.1-mile course takes over 150 volunteers. **WE NEED YOU!**

The Run starts at 7:30 a.m. sharp on the morning of the 4th of July. What a healthy way to start Independence Day—with your family, friends, and neighbors, cheering the competitors on, sharing a pancake breakfast with your neighbors, and being a vital part of making this great event successful! Many jobs are available—just call the La Palma Recreation and Community Services Department at (714) 690-3350.

La Palma Days Seeking Volunteers

Do 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.

"Cool Down" this Summer

In conjunction with the City of Buena Park, a "Cool Down" site will be activated based on the overall Heat Index for Buena Park. If it is determined that extreme hot weather will be a problem, the Buena Park Senior Center will be opened. Call the "Cool Down" Hotline at (714) 236-3870 to see if the Senior Center is open. The Buena Park Senior Center is located in the Ehlers Community Recreation Center at 81250 Knott Avenue.

Remember to drink lots of water during hot weather to stay hydrated!

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**

The 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

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

*Get Active, Have Fun
Register today!*

SENIOR TRANSPORTATION REFERRAL

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

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 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

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Maria Reinhart

WPD Dental Group

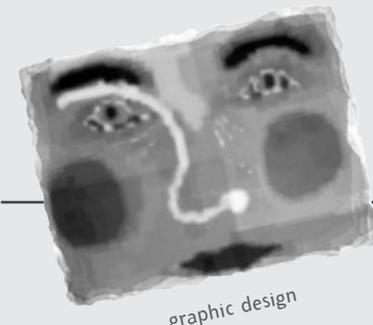


30 Centerpointe Drive #12
La Palma, CA 90623
714-562-0560
fax 714-562-0665
Monday - Friday 10 a.m.-5 p.m.
Saturday 11 a.m. - 5 p.m.
Sunday Closed

Shirley Woo Music Studio

Dr. Bold

Paw House



Liz Parker
 714 315-2507
 liz@lizparker.net
 graphic design

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.

Please Patronize Our Advertisers

PARK
 WASTE & RECYCLING SERVICES
(714) 522-3577
 www.edcodisposal.com
"We'll Take Care of It"

Lisa Huang

Farr Agency

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 Palms Brothers Service Hospital

7901 Wilbur Street, La Palma, CA 90682
 (714) 690-7000 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
 - ❖ Community Center East
 - ❖ Community Center North
- 7821 Walker Street, La Palma(714) 690-3350

Your Recreation Staff

DIRECTOR

Jan Hobson

SUPERVISORS

Mike Belknap Janet Cates

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	Allen Arslanian
Joe Cooper	Tim Dodd	Austin Greene
Maureen Guinoo	Kristen Hara	Vanessa Haning
Richard Huerto	Emily Kulassia	Kristine Luevanos
Jesse Matsukawa	Christian McCombs	Erin Peters
Allison Riach	Nick Rotherham	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.

Walk-In

First priority is given to participants who come to register upon receipt of this brochure. Our regular hours are Mon–Fri, 7:30 a.m.–10 p.m., and weekends 8 a.m.–8 p.m.

Mail-In

Complete the Registration form below, include payment, and a self-addressed, stamped envelope and mail to: La Palma Recreation and Community Services, 7821 Walker St., La Palma, CA 90623.

Fax-In

Fax us 24 hours a day at (714) 522-2967. Please have all your information printed in ink on the form below. Please include your current Visa or Mastercard numbers. Sorry, credit card registrations must be for amounts in excess of \$21 only. Your confirmation will arrive by mail.

METHOD OF PAYMENT: We accept cash, checks (made payable to the City of La Palma), money orders, and Visa or Mastercard for amounts in excess of \$21. If cash is your preferred payment choice, you may pay for your registration when the La Palma Recreation and Community Services Administrative office is open Monday through Thursday, 7:30 a.m.–5:30 p.m. and on Fridays, 7:30 a.m.–4:30 p.m. All other payment options may be used during our Central Park extended hours Monday–Friday until 10 p.m. and on Weekends from 8:00 a.m.–8:00 p.m. Adult Non–Residents will pay an additional \$5 fee per class.

ALL RECREATION PROGRAMS ARE FILLED ON A FIRST-COME, FIRST-SERVED BASIS! We encourage advance registration for all our programs. No registrations can be taken at classes, since most instructors need to know their enrollment at least two or three days prior to their starting date.

REFUNDS: Requests for refunds will be honored by Recreation & Community Services only if they are made at least one (1) day prior to the start of classes with one or two meetings. On classes that consist of three or more meetings, the request for a refund must be made before the second class meeting. No refunds will be given after the second class meeting. An \$11 processing charge will be deducted from all requested refunds. A full refund will be made only when a class or program is filled or cancelled by Recreation & Community Services. **ABSOLUTELY NO REFUNDS CAN BE GIVEN FOR EXCURSIONS.**

Registration Form



PLEASE PRINT AND FILL OUT COMPLETELY REMEMBER TO ENCLOSE A SELF-ADDRESSED, STAMPED ENVELOPE WITH YOUR REGISTRATION FORM

Adult Last Name

Adult First Name

Address

Apt #

City

State Zip Code

Day Phone Evening Phone Cell Phone

E-mail

Emergency Contact

Relationship

Emergency Phone

Activity #	Activity Name	Participant Name	Birth Date	Age	Sex	Fee
			/ /			
			/ /			
			/ /			

In consideration of your accepting this registration, I hereby agree to indemnify and hold harmless The City of La Palma and its officers, agents, or employees from any liability of claim or action for damages resulting from or in any way arising out of the participation in this program by the person/persons registered above. 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. This photograph may be used for any purpose whatsoever, without compensation.

Signature: _____ **Date:** _____

CASH CHECK # _____
 CREDIT CARD
 VISA MASTERCARD
 Expiration Date _____ Card Holder Name _____

Total of Activity Fees	\$
Adult non-residents of the City of La Palma pay an additional \$5 per class=	\$
TOTAL AMOUNT PAID	\$

Make your check payable to:
CITY OF LA PALMA
 Receipt # _____

Rockin' Through the Decades 2008

Do you enjoy spending a warm summer's evening with a picnic and good music while your children play close by in a safe atmosphere? La Palma's Concerts in the Park series are meant for you!

The La Palma Community Activities and Beautification Committee is already hard at work planning this summer's offerings, ranging 40s through current! But they need your help! The Community Activities and Beautification Committee is seeking business and personal donations—anything from \$1 to \$1,000 to help support La Palma's activities. All donations are recognized in the weekly Concert program. For further donation information, please call La Palma Recreation & Community Services at (714) 690-3350. We'll see you at the first concert of the summer on July 14!

**2008 Rockin' Through the Decades
Concerts in the Park
Saturday at Central Park
6:30-8:00 p.m.**



- July 12: Around the World with Music – 3 Cultural Acts
July 19: Hollywood U2 (Current)
July 26: 80 Degrees (80s) and Skate Expo
August 2: Film at Eleven (60s) and Green Expo (5:30 p.m.)
August 9: Oreo Divas (70s) and National Night Out
August 16: SoulShot (50s) and Classic Car Show
August 23: Swing, Inc. (40s) and City Council Thank You!

Celebrate! July is Park and Recreation Month

- Feel great
- Try a new class
- Take a walk in the park
- Meet new friends
- Relieve stress
- Experience quality family time
- Build self-esteem
- Be happier
- Learn a new skill
- Play with your kids
- Have a picnic in the park
- Read under a tree

There are countless ways to celebrate!
Take the time to recreate and enjoy life!
Courtesy of Your Friends at La Palma
Recreation & Community Services.

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



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