



**La Palma
Recreation & Community Services**



Creating Unity in Community

- City News
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Spring 2009

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**La Palma
Recreation & Community Services**



Creating Unity in Community

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

Submit Your Photos

Do you have digital photographs that you would like to submit for publication in the Activity Guide? If so, you can email them to mikeb@cityoflapalma.org. 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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**Spring 2009
Director’s Message**

**Shaking Inactivity—
A New Spin on an Old Nemesis**

Everywhere you look there are symptoms of sedentary living and unhealthy choices that negatively affect communities-both physically and fiscally. Park and Recreation departments play a major role in offsetting this epidemic. Our business revolves around motivating people to be active and presenting a variety of healthy choices so our customers stay active.

“Fitness is a way of life; it’s not confined to what a child does on the soccer field or an adult does in the gym,” according to Arlington County Department of Parks and Recreation Chair Walter J. Tejada. Fitness comes from consistently making healthy choices: being active, eating well, getting proper sleep, choosing activities that involve flexibility, coordination, endurance and strength.

The La Palma Recreation and Community Services Department continues to maximize opportunities to promote physical activity and healthy choices. Here are just a couple things we have been doing:

1. Our award winning Fit ‘N’ Fun after school drop in program for children in grades 1st – 6th is offered at Miller, Los Coyotes and Luther elementary schools. One of the program goals is that youth will experience improved health and general wellness. We accomplish this by engaging participants in two activities each day, handing out and discussing nutritional snack choices, preparing and handing out a monthly newsletter to parents that have “healthy tips” and lastly, conducting fitness testing at the beginning and end of each semester.
2. For the first time this past summer, the Department partnered with the City of Los Alamitos to provide swimming lessons to our residents. The lessons were held at the USA Water Polo National Training Center at the Joint Forces Training Base in Los Alamitos. We received positive feedback from the parents about providing this activity as well as providing water safety for our children. Look for swim lessons again this summer.

Our promise to you is that we will continue to search for additional class/program offerings that will meet the needs of all ages and will help encourage you to join the fight for a healthy lifestyle. Watch for more information about our Older Active Adult programs. If there is a specific type of class you might be interested in please email us at recreation@cityoflapalma.org.

Jan Hobson
Director of Recreation & Community Services

Spring 2009

La Palma City

News

7822 Walker Street • La Palma, CA 90623 • cityoflapalma.org

Removal of Holiday Lighting

Although the removal of Christmas decorations at the end of the holiday season can be a tedious job, the City of La Palma would like to remind residents of the importance of removing all Christmas lights in a timely manner to help maintain quality looking neighborhoods that our residents have come to expect.

The California Electrical Code, which the City of La Palma has adopted, requires that all Christmas lighting installations be permitted for a period not to exceed 90 days. Now that we are approaching the end of March, we ask that if you still have not removed your lights to do so as soon as possible.

If you have any code enforcement questions or would like to report a violation, please contact the City's Code Enforcement Division at (714) 690-3342.

Summer Employment Opportunities

Wanted: Enthusiastic and hard working individuals with great attitudes are needed this summer to work part-time in the Recreation and Community Services Department. If you would like a job announcement flyer and a job application, please call (714) 690-3350. Deadlines to submit completed applications vary within the month of April. Submit your application now!

Home Spotlight

The home of Blaze and Elvira Bartoli and family at 5182 Huntswood Circle is the Spring 2009 Home Spotlight winner! The Bartoli family has lived in La Palma for almost 22 years and they love living in the city! They had a vision of an upgrade to a larger home; however leaving the community and their neighbors was not an option. The substantial renovation evolved from a challenge to a wonderful adventure, which included months of planning and designing along with many nights spent shopping! The final landscaping project, which is dominated by palm trees, is something they are very proud of.



La Palma's congratulates Blaze, Elvira, Gina (Miss La Palma 2006), Jena and, of course, Maxie the dog for being named the Home Spotlight winner for Spring 2009! Thank you for keeping La Palma beautiful!

As part of their events throughout the year, the La Palma Community Activities & Beautification Committee selects a home each quarter to receive La Palma's Home Spotlight Award. Do you know of a home that you think should be considered for this award? If so, please call (714) 690-3350 or email recreation@cityoflapalma.org and let us know!

Patronize La Palma Businesses

The City wants to encourage and remind our residents to keep their money in La Palma by patronizing local businesses whenever possible. During these challenging economic times it is important to remember that our local businesses also feel the pain. Buying goods and services in La Palma helps our businesses to be successful which also benefits the City as a whole.

The community directly benefits from each dollar spent in La Palma when state sales tax is charged. One cent of every dollar spent for a taxable purchase is then returned back to the city where the transaction occurred. The City of Palma is able to put these dollars back into the community to help pay for various local services, programs, capital improvement projects, and community wide events.

By shopping in La Palma you also help the environment with reduced vehicle miles traveled, retain local jobs, and recycle dollars in the form of wages which can then be spent on more local goods and services in the City. You can help your city and your neighborhood businesses by shopping local.



Calendar of Events

April

- 6 Summer Volunteer Applications Available
- 7 City Council Meeting – 7:00 p.m.
- 11 Teen Flashlight Egg Hung – 8:00 p.m.
Arnold/Cypress Park
- 21 City Council Meeting – 7:00 p.m.
- 22 Earth Day
- 24 Aquafina Pitch, Hit, & Run – 6:00 p.m.
- 25 Teen “Mardi Gras” Dance – 7:00 p.m.
La Palma Community Center
- 27-5/1 Bulky Item Trash Pick-Up

May

- 2 Teen Battle of The Bands
6:00 – 10:00 p.m.
Central Park Amphitheater
- 4 Club La Palma Summer Day
Camp Registration Begins
- 5 City Council Meeting – 7:00 p.m.
- 11 Summer Volunteer Applications Due
- 10 Mother’s Day
- 16 Armed Forces Day
- 19 City Council Meeting – 7:00 p.m.
- 25 Memorial Day, City Offices Closed
City Hall Ceremony – 9:15 a.m.

June

- 2 City Council Meeting – 7:00 p.m.
- 5 Teen Guys Movie Night – 7:00 p.m.
Arnold/Cypress Park
- 6 Teen “Aloha” Dance – 7:00 p.m.
Cypress Community Center
- 14 Flag Day
- 21 Father’s Day
Summer Begins
- 16 City Council Meeting – 7:00 p.m.

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

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

Annual Spring Clean-up — April 27 – May 1

The “Annual Bulky Item Spring Clean-up” for large household and yard items will be conducted the week of April 27 through May 1, 2009. Collection will occur on your normal trash collection day. All items will be collected at the curb. While this clean-up event includes most large or bulky items, please note that the following types of items *cannot* be collected:

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

For information regarding the proper disposal of Household Hazardous Waste or E-waste items, please visit the City’s website at www.cityoflapalma.org/recycling or call (714) 834-6752. If you want to know whether a specific item can be collected as a part of this clean-up event or if you have questions about your weekly trash pick-up, please call Park Disposal directly at (714) 522-3577.

Water Conservation

At its City Council meeting on December 16, 2008, the City of La Palma declared a Stage One Water Conservation Voluntary Compliance for the entire city, due to statewide water shortages. The purpose of the voluntary compliance is to educate/inform the customers to decrease water consumption without having to impose penalties.

The City is requesting that you reduce water consumption by irrigating less, shortening showers, not running water fountains unless they use recycled water, reduce the frequency of the washing of vehicles, and eliminate the washing of your driveways and sidewalks.

It is important that all residents conduct their best efforts in increasing water conservation citywide. If the city finds that water conservation is not progressing, Stage 2 Mandatory Compliance may be declared by the City Council, which would impose fines and penalties for violations. The City appreciates your efforts conserving water.

Storm Drain Measures

Residents are encouraged to sweep up and throw away leaves found on their property and in the gutter, especially during the windy season. Residents should also tell their gardeners or landscapers not to blow leaves into the gutter.

The storm drain gutter is designed to flow into storm drain inlets. However, the City of La Palma is very flat and it is difficult for water to flow in the gutter. Piles of leaves left in the gutters can clog storm drain systems and cause flooding. In addition, leaves in storm drains and gutters decompose and produce bacteria that can travel into the ocean. Care should also be taken by the residents to minimize watering of lawns and controlling irrigation so that water is kept on the property. This will aid in reducing the nuisance water left in the gutters caused by over-irrigation.

Street sweepers also experience difficulty cleaning the streets when leaves are left in the gutters. When the sweeper picks up leaves, the holding tank fills quickly and the sweeper is forced to empty the tank more often, which causes a delay in street sweeping. Please make sure that vehicles are not parked along the street during scheduled street sweeping periods of time. This will help to make sure that the streets are adequately swept. Please note that parked vehicles in violation during street sweeping shall be cited by the Police Department.

Calling All Veterans!

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

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

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

La Palma Businesses Make the List

The La Palma based Am/Pm Mini Market convenience store and La Palma Intercommunity Hospital have recently made a list of published rankings. Am/Pm Mini Market, owned by BP America, Inc., was No. 35 on the Annual Franchise 500 list compiled by the editors of Entrepreneur Magazine. Am/Pm held the same 35th ranking in 2008 which was up from its ranking of 51 in 2007. The company was founded in 1975 and has been franchising since 1979. In 2008 Am/Pm had 772 U.S. franchises, 1,928 foreign franchises, and 280 company owned stores.

The La Palma Intercommunity Hospital has been ranked No. 24 on the Orange County Business Journal's list of the 32 top Orange County based hospitals based on revenue. The 141 bed facility had revenue of \$42.5 million through the 12 month period ending September 2008, an increase of four percent from the prior year. For hospitals with a bed count between 100 and 150, La Palma Intercommunity ranked fourth out of eight. The hospital is owned by Prime Healthcare Services which owns several other hospitals throughout Southern California.



La Palma Is Changing Emergency Notification Systems

Important Notice: If you have already registered with CodeRed, you must re-register with the new system.

In order to better serve our residents and businesses, La Palma is joining AlertOC, the new County of Orange emergency mass notification system. AlertOC is a joint County/City mass notification system designed to keep residents and businesses informed of emergencies and certain community events. Residents and businesses are strongly encouraged to register their personal contacts into the confidential database. By registering with AlertOC, time-sensitive voice messages from the County or City may be sent to your home, cell or business phone. Text messages may also be sent to cell phones, e-mail accounts and hearing impaired receiving devices.

AlertOC can be activated on regional or neighborhood-specific levels to deliver messages directly to affected individuals via phone, email or text. The system is pre-loaded with all landline phone numbers. However, phone service provided through cable or cell companies is not included and these customers must self-register. Additionally, residents or businesses need to self-register additional contact points, such as cell phone numbers or email addresses, in order to maximize the system's effectiveness.

To receive important messages from AlertOC, register your contact information online at www.cityoflapalma.org. Registration is quick and simple and will ensure you receive important emergency notifications. If you have already registered with CodeRed, you must re-register with AlertOC to continue to receive emergency messages.

Annual High School Awards

Each year, the La Palma City Council recognizes four graduating high school seniors who are La Palma residents who have demonstrated outstanding conduct in activities that serve the community or the City of La Palma. Each award recipient receives a framed City proclamation and is granted a \$500 scholarship towards college or technical school expenses.

Applications for the 2009 La Palma Scholarship Program are available at La Palma City Hall or contact your senior school counselor for more information. Complete applications are due to City Hall no later than Monday, May 4, 2009.

Sharps Disposal Program

The City of La Palma provides residents with a free program for the proper disposal of sharps waste (syringes, needles, and lancets). The program is funded by a grant from the County of Orange, in partnership with the Cities of Cypress, Los Alamitos, and Stanton. State law prohibits the disposal of sharps waste in the trash. This program allows residents to receive an approved sharps collection container from participating pharmacy locations. Full containers are then mailed directly to an incineration company, using the included postage pre-paid boxes. La Palma's Walgreens Pharmacy is a participating location. For more information visit www.cityoflapalma.org/recycling or call (714) 690-3337.



City Council Recap—December 2008, January 2009, and February 2009

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.

December 2, 2008

Adopted a Resolution reciting the facts of the General Municipal Election held on November 4, 2008, and declaring the result.

The City Clerk administered the official Oath of Office and Induction of Ralph D. Rodriguez, Steve Shanahan, and Mark Waldman.

The City Council conducted its annual reorganization and selected Mark Waldman as Mayor and Steve Shanahan as Mayor Pro Tem.

Adopted an Ordinance amending Chapters 13 and 26 of the La Palma City Code pertaining to compliance with City, State, and Federal laws and regulations.

December 16, 2008

The Community Development Commission (CDC) received and filed the annual financial and compliance audit reports and the annual Redevelopment Agencies Financial Transactions Report of the CDC for the fiscal year ended June 30, 2008.

The Planning Commission conducted a twelve month review of Conditional Use Permit 340, for the sale of alcohol and live entertainment and a stage at Café Herb Garden located at 4961 La Palma Avenue.

The City Council received and filed the Comprehensive Annual Financial Report (CAFR) of the City of La Palma for the fiscal year ended June 30, 2008.

Approved an Agreement for Animal Care Services with the County of Orange.

Adopted a Resolution declaring a Stage One Voluntary Compliance (water watch) throughout the entire City of La Palma water service boundary.

January 6, 2009

Authorized the attendance of Mayor Pro Tem Shanahan at the League of California Cities 2009 New Mayors and Council Members Academy, January 21-23, 2009, in Sacramento and authorized the attendance of Councilmember Rodriguez at the League of California Cities Transportation, Communications, and Public Works Policy Committee meeting, January 22, 2009, and any associated meetings in Sacramento.

Appointed Richard Daum, Arvind Patel, Sally Alvis, Nitesh Patel, William Stecher, and Abe Waheed to the Community Activities and Beautification (CAB) Committee. Appointed Susan Kim as a Youth Member to CAB.

Appointed members to External Committees and Internal Subcommittees as follows: Mayor Pro Tem Shanahan as the California Joint Power Insurance Authority representative and Councilmember Herman as the alternate; Councilmember Charoen as the Orange County Fire Authority representative and Councilmember Rodriguez as the alternate; Councilmember Rodriguez as the Orange County Library Advisory Board representative and Mayor Pro Tem Shanahan as the alternate; Mayor Waldman as the Orange County Sanitation District representative and Councilmember Charoen as the alternate; Mayor Waldman and Mayor Pro Tem Shanahan as the Student Recognition Awards representatives.

January 20, 2009

The City Council conducted a study session on the use of long term revenues and capital projects.

Adopted a Resolution authorizing the destruction of audio tape recordings of the January 2004 through December 2005 City Council meetings.

Appointed Y. Henry Huang, Brian Johnson, and Ismile Noorbaksh to the Development Committee.

Appointed John Alvis and Richard Lutz to the Traffic Safety Committee.

Approved the 2009 Update to the City's Economic Development Plan and direct staff to implement its programs and policies.

February 3, 2009

The Planning Commission conducted a Study Session on Artificial Turf and directed staff to prepare an Ordinance amending the City's Code to permit artificial turf in the front and side yards of residential properties.

Approved the City Council's participation in the Cypress College Foundation's Americana Awards.

February 17, 2009

The City Council recognized outgoing committee members, Sharon Gutjahr, Noella Lew, Jane Rippee, and Stephen Shanahan from the CAB Committee; Terry Goen, Clifford Ishii, and Mel Mitchell from the Development Committee; and Jay Goldberg and Richard Maurice from the Traffic Safety Committee.

The City Council and Community Development Commission adopted a Resolution approving the Fiscal Year 2008-09 Mid-Year Budget Adjustments.

Received and filed the Cash and Investment Report as of December 31, 2008 and the Second Quarter Financial Report for Fiscal Year 2008-09.

Adopted a Resolution establishing a ticket distribution policy.

Adopted a Resolution authorizing City payment for meals at meetings and city logo attire.

Adopted a Resolution approving sponsorship of the 2009 Cypress College Foundation Americana Awards at the Benefactor Level, and authorized the distribution of tickets to City officials and City volunteers to attend the event.

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.

2009 La Palma State of the City Luncheon

featuring

Mayor Mark Waldman

Wednesday, April 22, 2009

11:30 a.m.

La Palma Community Center
Royal Palm Room

Individual tickets are \$30 and you can contact the City at (714) 690-3340 or at commdev@cityoflapalma.org for further information or to reserve your seat.

Preschool / Toddlers

Age: 3 – 5

5533 – 5534

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, APRIL 25, (RESIDENTS @ 10:00 A.M. AND NON-RESIDENTS @ 10:30 A.M. PLEASE DO NOT LINE UP BEFORE 8:00 A.M.), parents may register for ONE CLASS ONLY, and may request to be placed on the waiting list for the other class. Registrations are first come, first serve. SPACES ARE VERY LIMITED; BE AWARE THAT PARENTS OFTEN LINE UP EARLY FOR THIS CLASS. La Palma residents must bring proof of residency and the child's birth certificate to register at 10:00 a.m. There is a MANDATORY parent meeting for new registrants on April 25 at 11:00 AM. **No phone-in registrations will be accepted.**

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

Fees: \$122/7 weeks of M/W/F \$93/7 weeks of T/Th

(Each class is limited to 24 students)

Payments: Although you may pay for the entire Tiny Tot session at registration, we have a payment schedule for your convenience. Instead of paying for the entire session at once, you may pay in two affordable payments. The first payment is due at the time of registration. The second payment is due by Friday, May 15.



KIDS LOVE MUSIC

Age 4 mos – 4 yrs 5511 – 5516

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.

Register for a class today!

Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
5533	Tiny Tots	N. Brewer	4/27-6/12*	MWF	Pygmy Date	9:30-11:30 a.m.	\$122	7 weeks
			No Class on 5/25					
5534	Tiny Tots	N. Brewer	4/28-6/11	T/Th	Pygmy Date	9:30-11:30 a.m.	\$93	7 weeks
5511	Kids Love Music 1-4 yrs	G. Greeno	4/15-5/6	W	Cypress CC	9:00-9:45 a.m.	\$44	4 weeks
5512	Kids Love Music 1-2 yrs	G. Greeno	4/15-5/6	W	Cypress CC	9:55-10:35 a.m.	\$44	4 weeks
5513	Kids Love Music 4-14 mos	G. Greeno	4/15-5/6	W	Cypress CC	10:45-11:15 a.m.	\$44	4 weeks
5514	Kids Love Music 4-14 mos	G. Greeno	5/21-6/18	Th	Cypress CC	3:00-3:30 p.m.	\$50	5 weeks
5515	Kids Love Music 1-4 yrs	G. Greeno	5/21-6/18	Th	Cypress CC	3:45-4:30 p.m.	\$50	5 weeks
5516	Kids Love Music 1-4 yrs	G. Greeno	5/21-6/18	Th	Cypress CC	4:45-5:30 p.m.	\$50	5 weeks

Preschool / Toddlers

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

Age: 1½ – 5 years 5552 – 5555
 Parents and children will have a great time as they prepare for pre-school and kindergarten. We'll play, sing during "circle time", dance and pop bubbles! We build our motor skills through art by painting, gluing, cutting, coloring and collage. We'll also work on our listening and language skills by sharing a book each week. Join us and get ready for fun while growing and learning together! **Caregiver participation is required.** \$3 material fee is payable to the instructor at the first class.



Children are naturally physically active and athletic and like to

play and run; exploring all the potentials of bodily movement

—David Frawley

ITSY BITSY SPORTS: Basketball

Age: 3 – 5 5673 – 5674
 SWISH!!!! La Palma's little folks are getting an early jump on enjoying the benefits of being physically fit through sports-related activities. These activities provide fun, team work and learning to get along with others. Tennis shoes and comfortable clothes recommended for each practice.



ANAHEIM ICE: PARENT AND ME SKATING

Age: 3 – 5 5517 – 5520
 Parent and me skating gives your child a chance to spend valuable time with you all while staying cool and learning to skate in a fun and relaxed atmosphere. One parent and one child per class allowed. Includes skate rental, lessons, free practice on day of class, and three additional skating passes to be used during the 4-week session. This class is located at Anaheim ICE, 300 W. Lincoln Ave, Anaheim.

ICE SKATING FOR TOTS

Age: 3 – 5 5521 – 5524
 Join the fun at Anaheim ICE! Beginning ice skating made fun and easy. Learn to march, glide, fall down and get up properly. Includes skate rental, lessons, free practice on day of class, and three additional skating passes to be used during the 4-week session. This class is located at Anaheim Ice, 300 W. Lincoln Ave, Anaheim.

Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
5552	Parent & Me: 1 1/2 - 3 yrs	J. Longo	4/2-5/7* *No class on 4/16	Th	Sago Palm	9:30-10:30 a.m.	\$35	5 weeks
5553	Parent & Me: 2 1/2 - 5 yrs	J. Longo	4/2-5/7*	Th	Sago Palm	10:45-11:45 a.m.	\$35	5 weeks
5554	Parent & Me: 1 1/2 - 3 yrs	J. Longo	5/14-6/11	Th	Sago Palm	9:30-10:30 a.m.	\$35	5 weeks
5555	Parent & Me: 2 1/2 - 5 yrs	J. Longo	5/14-6/11	Th	Sago Palm	10:45-11:45 a.m.	\$35	5 weeks
5673	Itsy Bitsy: Basketball	D. Plunkett	4/6-5/11* *No Class on 4/13	M	Central Park	2:00-3:00 p.m.	\$30	5 weeks
5674	Itsy Bitsy: Basketball	D. Plunkett	6/1-6/29	M	Central Park	2:00-3:00 p.m.	\$30	5 weeks
5517	Parent and Me Skating	Anaheim Staff	3/31-4/28*	T	Anaheim Ice	12:30-1:00 p.m.	\$44	4 weeks
5518	Parent and Me Skating	Anaheim Staff	4/4-5/2*	Sat	Anaheim Ice	11:45 -12:15 p.m.	\$44	4 weeks
5519	Parent and Me Skating	Anaheim Staff	5/5-6/2*	T	Anaheim Ice	12:30-1:00 p.m.	\$44	4 weeks
5520	Parent and Me Skating	Anaheim Staff	5/9-6/6* *No Class on 4/11, 4/14, 5/23, 5/26	Sat	Anaheim Ice	11:45-12:15 p.m.	\$44	4 weeks
5521	Ice Skating for Tots	Anaheim Staff	4/1-4/29*	W	Anaheim Ice	4:30-5:00 p.m.	\$44	4 weeks
5522	Ice Skating for Tots	Anaheim Staff	4/4-5/2*	Sat	Anaheim Ice	10:15-10:45 a.m.	\$44	4 weeks
5523	Ice Skating for Tots	Anaheim Staff	5/6-6/3*	W	Anaheim Ice	4:30-5:00 p.m.	\$44	4 weeks
5524	Ice Skating for Tots	Anaheim Staff	5/9-6/6* *No Class on 4/11, 4/15, 5/23, 5/27	Sat	Anaheim Ice	10:15-10:45 a.m.	\$44	4 weeks

Preschool / Toddlers

JAZZ AND BALLET COMBO FOR TOTS**Age: 3 – 5** **5565 – 5567**

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



Register for a class today!



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

—Carolyn Adams
Professional Dancer

Youth

BALLET AND TAP COMBO**Age 4 – 7****5559 – 5561**

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

BALLET, JAZZ AND TAP**Age 6 – 9****5562 – 5564**

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

INSTRUCTOR SPOTLIGHT

Adriane Valley just joined the La Palma Recreation team of instructors this past winter teaching Ballet and Jazz Combo for Tots! Adriane has been teaching for 10 years in various studios and loves working with they tots. The benefits of your child taking her class is to learn the basic skills of Ballet and Jazz, creative movement and focus. It is a fun and exciting way to develop self-esteem and motivation in your child.



One of Adriane's secrets in teaching her young students dance words they can relate to, such as 1st position is also known as a pizza slice! If you have a young child and are interested in introducing them to a fun, healthy life style Adriane's class may be the recipe!

Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
5565	Jazz and Ballet Combo for Tots	A. Valley	4/6-4/27	M	Sago Palm	11:30-12:15 p.m.	\$30	4 weeks
5566	Jazz and Ballet Combo for Tots	A. Valley	5/4-5/18*	M	Sago Palm	11:30-12:15 p.m.	\$30	3 weeks
			*No Class on 5/25					
5567	Jazz and Ballet Combo for Tots	A. Valley	6/1-6/22	M	Sago Palm	11:30-12:15 p.m.	\$30	4 weeks
5559	Ballet and Tap Combo	A. Valley	4/7-4/28	T	Sago Palm	4:00-5:00 p.m.	\$30	4 weeks
5560	Ballet and Tap Combo	A. Valley	5/5-5/26	T	Sago Palm	4:00-5:00 p.m.	\$30	4 weeks
5561	Ballet and Tap Combo	A. Valley	6/2-6/23	T	Sago Palm	4:00-5:00 p.m.	\$30	4 weeks
5562	Jazz, Ballet and Tap	A. Valley	4/7-4/28	T	Sago Palm	5:00-6:00 p.m.	\$30	4 weeks
5563	Jazz, Ballet and Tap	A. Valley	5/5-5/26	T	Sago Palm	5:00-6:00 p.m.	\$30	4 weeks
5564	Jazz, Ballet and Tap	A. Valley	6/2-6/23	T	Sago Palm	5:00-6:00 p.m.	\$30	4 weeks

Youth

MARTIAL ARTS FOR KIDS

Age: 5 – 8

5628 – 5629, 5634

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

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

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

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

LIL' TIGERS KARATE

Age: 4 – 7

5585 – 5586

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

JUNIOR KARATE

Age: 8 – 14

5583 – 5584

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

PEE WEE HITS

Age: 4 – 7

5650

Batter Up! La Palma Recreation is seeking Pee Wees to step up to the plate for our two-days-per-week baseball clinic. Our Pee Wee clinic is designed for the needs of boys and girls 4 to 7 years of age. Our trained recreation staff will coach your Pee Wee in the fundamentals of baseball, while supporting and encouraging the health and well being of each participant through developing hand and eye coordination, increasing physical endurance, encouraging mental and social development, emphasizing teamwork, and creating positive memories in a safe environment. Children of all abilities and skill levels are encouraged to join! All participants receive a team T-shirt, hat, and a special participation medallion. Registration begins May 4! The Pee Wee Baseball season starts June 22. A separate registration form is required.



Get Active, Have Fun! Register Today!

Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
5634	Martial Arts for Kids	J. Amsell	4/4-4/25	Sat	Sago Palm	9:00-10:00 a.m.	\$35	4 weeks
5628	Martial Arts for Kids	J. Amsell	5/2-5/30	Sat	Sago Palm	9:00-10:00 a.m.	\$43	5 weeks
5629	Martial Arts for Kids	J. Amsell	6/6-6/27	Sat	Sago Palm	9:00-10:00 a.m.	\$35	4 weeks
5585	Lil' Tigers Karate	A. Jafari	4/1-4/27	M/W	MA Center	3:30-4:30 p.m.	\$35	4 weeks
5586	Lil' Tigers Karate	A. Jafari	5/11-6/8* *No Class on 5/25	M/W	MA Center	3:30-4:30 p.m.	\$35	4 weeks
5650	Pee Wee Hits	Rec Staff	6/22-8/12	M/W	Central Park	4:45-6:00 p.m.	\$75	8 weeks
5583	Junior Karate	A. Jafari	4/2-4/28	T/Th	MA Center	4:30-5:30 p.m.	\$44	4 weeks
5584	Junior Karate	A. Jafari	5/12-6/4	T/Th	MA Center	4:30-5:30 p.m.	\$44	4 weeks

Youth

JUNIOR TAE KWON-DO

Age: 8 – 14 **5579 – 5580**

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

HULA

Age 5 – 12 **5544 – 5547**

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

ANAHEIM ICE SKATING:

Youth – Beginning

Age: 6 – 16 **5525 – 5528**

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.



2009 Summer Sizzling Specials Sneak Peak

Summer is almost here and so are our ever popular camps and swimming lessons. We have something to keep every child active this summer from all-day camps, specialty camps such as “Legos, Legos and More Legos,” sports camps, and swim lessons.

Club La Palma Day Camp

Camps are one of the most memorable and fun experiences your child will never forget! Look for our ever popular Club La Palma Summer Day Camp which is returning for a jam-packed summer of amazing excursions, games, sports, crafts and memories. This full day camp is designed with working parents in mind as Club La Palma opens early at 6:30 a.m. and closes at 6 p.m. All activities and excursions are included in one low weekly fee of \$107. Registration begins May 4, 2009.

Specialty Camps

Does your child have a special interest such as science or is he/she a fan of action-packed movies? If so we have the camps for them! Look for camps based on classics such as Harry Potter, Star Wars and Indiana Jones. These one week camps spread throughout the summer are sure to fill up fast and will be sure bets with your child.

Sports Camps

If your child is a sports fan, maybe a few sports camps are in order this summer. From enhancing skills in their favorite sport or trying something new, these camps will keep your child active.

Swimming Lessons

After the success of last year’s program, we are teaming up with the City of Los Alamitos to offer swimming lessons for all ability levels. The lessons will again be held at the USA Water Polo National Training Center located at the Joint Forces Training Base. These classes have low instructor student ratios in order to provide a safe and nurturing environment where each child can learn to be safe in the water.

Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
5579	Junior Tae Kwon Do	A. Jafari	4/1-4/27	M/W	MA Center	4:30-5:30 p.m.	\$44	4 weeks
5580	Junior Tae Kwon Do	A. Jafari	5/11-6/8*	M/W	MA Center	4:30-5:30 p.m.	\$44	4 weeks
			*No Class on 5/25					
5525	Ice Skating: Youth-Beg.	Anaheim Staff	4/1-4/29*	W	Anaheim Ice	5:00-5:30 p.m.	\$44	4 weeks
5526	Ice Skating: Youth-Beg.	Anaheim Staff	4/4-5/2*	Sat	Anaheim Ice	10:15-10:45 a.m.	\$44	4 weeks
5527	Ice Skating: Youth-Beg.	Anaheim Staff	5/6-6/3*	W	Anaheim Ice	5:00-5:30 p.m.	\$44	4 weeks
5528	Ice Skating: Youth-Beg.	Anaheim Staff	5/9-6/6*	Sat	Anaheim Ice	10:15-10:45 a.m.	\$44	4 weeks
			*No Class on 4/11, 4/15, 5/23, 5/27					
5544	Hula-Babies: 5-7 years	J. Kalehua/A. Ani	4/6-5/4	M	Sago Palm	6:00-7:00 p.m.	\$50	5 weeks
5545	Hula-Babies: 5-7 years	J. Kalehua/A. Ani	5/11-6/15*	M	Sago Palm	6:00-7:00 p.m.	\$50	5 weeks
5546	Hula-Intermediate: 8-12 years	J. Kalehua/A. Ani	4/6-5/4	M	Sago Palm	7:00-8:30 p.m.	\$50	5 weeks
5547	Hula-Intermediate: 8-12 years	J. Kalehua/A. Ani	5/11-6/15*	M	Sago Palm	7:00-8:30 p.m.	\$50	5 weeks
			*No Class on 5/25					

Youth

Club La Palma Spring Day Camp**Monday, April 13- Friday, April 17, 2009****5411**

Spring Break is rapidly approaching and you need a safe, convenient and energetic environment to keep your child's body and mind stimulated! Club La Palma's spring edition will prepare an exciting week of team building games, sports and crafts for your camper. Our friendly and trained recreation staff will enjoy spending time with your camper and their buddies while promoting fitness, fun, and positive relationships at Central Park! Club La Palma is designed for children ages 5 to 12 and will be held Monday through Friday from 6:30 a.m. to 6:00 p.m. The all-inclusive fee is \$107 for the week and includes an excursion to Knott's Berry Farm, daily beverages, afternoon snack and all activities. A special registration form is available now.

Club La Palma Summer Day Camp**June 22 – August 28**

Are you a working parent that needs an inexpensive and reliable childcare solution? Want to tear your child away from wasted hours of inactivity due to T.V. and video games? Our summer day camp staff is currently planning a safe, fun, healthy, and memorable summer filled with action-packed activities and excursions! Designed for kids ages 5-12 years, this popular camp includes weekly excursions to a variety of favorite locations such as Disneyland, Knott's Berry Farm, swimming pools and much, much more! Club La Palma opens each day at 6:30 AM to accommodate working parents and concludes at 6:00 p.m. The first day of camp is June 22 and will run through August 28, 2009. Registration forms will be available on Monday, May 4. Deposits are required at the time of registration to hold your child's place for each week of attendance. Club La Palma Day Camp focuses on the positive development of your child by building meaningful relationships with new friends, caring counselors, and strengthening social competency skills. You won't find another camp quite like ours!

**Aquafina Pitch, Hit and Run Competition****Friday, April 24, 2009****6:00 to 8:00 p.m.**

Want a chance to be a part of the 2009 Major League Baseball All-Star festivities? The Aquafina Pitch, Hit and Run (PHR) competition is an exciting baseball skills competition for boys and girls from 7 – 14 years of age to showcase their pitching, hitting, and running abilities. Winners can advance through four levels of competition, including Team Championship events at the 30 Major League ballparks and the National Finals at the 80th MLB All-Star Game scheduled this year at Busch Stadium in St. Louis. La Palma Recreation and Community Services will host the local level (first tier) of competition at Central Park on April 24 starting at 6:00 p.m. This competition is FREE for all participants! A special registration form and a copy of the participant's birth certificate are required. For more information, please call (714) 690-3350 or visit www.mlb/phr.

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

Teens

Fit 'N' Fun After School Drop-in Program

La Palma's award-winning FREE after school drop-in program is offered for all students in grades 1 – 6 at G.B. Miller, Los Coyotes, and Steve Luther Elementary Schools. Our trained and friendly recreation staff will visit your school 3 days a week to help develop stronger bodies, encourage empathy and sensitivity, and promote nutritional awareness through a variety of cool and vivacious activities. Our staff is committed to mentor and supervise your child from the moment of class dismissal until 3:45 p.m. Fit 'N' Fun will run until June 5, 2009.

G.B. Miller Elementary: Mondays, Tuesdays, and Thursdays

Steve Luther Elementary: Tuesdays, Wednesdays and Thursdays

Los Coyotes Elementary: Mondays, Wednesdays and Fridays.

For more information, please call (714) 690-3350.

HOCKEY SKATING SKILLS

Age: 6 – 16 **5531 – 5532**

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

La Palma Days Seeking Volunteers

Do you want to be involved in your community? La Palma Recreation and Community Services are actively seeking committed community members to assist in the planning of the 2009 La Palma Days event. Committees include: Parade, Activities, Entertainment, Historical and Cultural, and the La Palma Pageant. If any of these strike your interest please call (714) 690-3350.

La Palma's Fitness Run for Fun Volunteers Needed

It's not too soon to be thinking about the 4th of July Fitness Run for Fun! The La Palma Recreation and Community Services Department has already begun planning this popular community event—and we need your help!

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, 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.

HULA

Age: 13+ **5548 – 5549**

This beautiful, popular dance reflects the many cultures of the Pacific Islands and tells stories with each movement of the hand. Both young men and young ladies will learn an age-old custom of communication through body movements as well as gain an appreciation for other cultures throughout the Pacific while learning to use instruments of the area. Groups are divided by age categories and skill level. Experience and skill level will be determined by the instructor. Parents are not allowed in the classroom while class is in session.

Register for a class today!

Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
5531	Hockey Skating Skills	Anaheim Staff	4/1-4/29*	W	Anaheim Ice	6:15-6:45 p.m.	\$44	4 weeks
5532	Hockey Skating Skills	Anaheim Staff	5/6-6/3*	W	Anaheim Ice	6:15-6:45 p.m.	\$44	4 weeks
			*No Class on 4/15 and 5/27					
5548	Hula-Young Ladies	J. Kalehua/A. Ani	4/1-4/29	W	Sago Palm	6:00-7:30 p.m.	\$50	5 weeks
5549	Hula-Young Ladies	J. Kalehua/A. Ani	5/6-6/10	W	Sago Palm	6:00-7:30 p.m.	\$60	6 weeks

Teens

The Teen Lounge

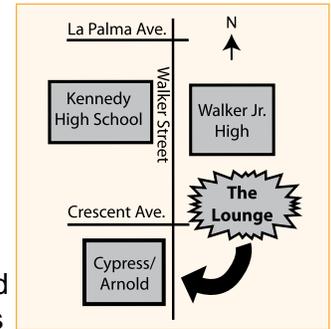
Open Tuesdays and Wednesday 2:30 – 5:30 p.m.

Thursdays 1:00 p.m. – 4:00 p.m.

Arnold/ Cypress Park

8611 Watson St.

Attention teens! Are you tired of the same old routine after school? Do you want a place to chill, meet new people, or get active? Then come by the Teen Lounge and get involved with our various daily activities, such as: Football, basketball, ping-pong, archery, billiards (pool), dominoes, snack attack, homework help, lacrosse, Xbox, Wii, and more. Guess what? Our program is entirely free and we have trained recreation staff there for you!



Teen Flashlight Egg Hunt

Saturday, April 11 – 8 p.m. FREE!

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

Mardi Gras Dance

Saturday, April 25, 7 p.m. – 10 p.m.

\$5 presale \$7 at the door

La Palma Community Center

Each year, nearly 4 million people come out to celebrate Mardi Gras for the greatest party on earth! This year, we will be hosting our own Mardi Gras dance party at the La Palma Community Center. Come dressed up in your Mardi Gras costumes and win beads for participating in our festive activities.

Aloha Dance

Saturday, June 6, 7 p.m. – 10 p.m.

\$5 presale, \$7 at the door

La Palma Community Center

Good bye Spring. Aloha Summer!

It's that time of the year where we can finally relax as the school year comes to a close. Let's start the summer off with a bang! Join us for our Aloha Dance taking place at La Palma's Community Center. Prizes will be awarded for the best Hula dance.

Guys Movie Night

Friday, June 5

Cypress/Arnold Park

7p.m. – 10 p.m. FREE

Fellas! Come on down to the Teen Lounge for a good macho movie for guys only! We will be watching an action packed movie and will be playing games all in one night. You definitely do not want to miss this event!

Tournaments at the Lounge

Connect Four Tourney, Thursday, March 26

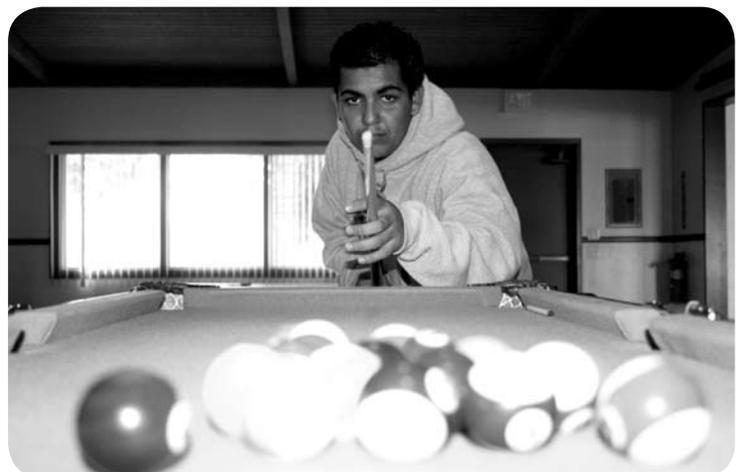
Do you have what it takes to take down the champ "Tenacious Tara" in Connect Four? If you think you got a shot, come down and see if you can get four in a row. The winner receives a special prize!

Archery Tourney, Thursday, April 30

Do you have an eye for a shooting target? Try your skills at the Teen Lounge as we practice our shooting skills with bows and arrows. The tournament consists of different points on a target, and the person with who accumulates the highest points wins the archery tournament. Come down and bring your competitive spirit.

Guitar Hero Tournament, Wednesday, May 20

Calling all rock stars! Come down and see who has what it takes to be called the Guitar Hero of La Palma and Cypress. Get your fingers in shape for this event. We're going to be playing from medium level to expert. The winner wins bragging rights and a special prize!

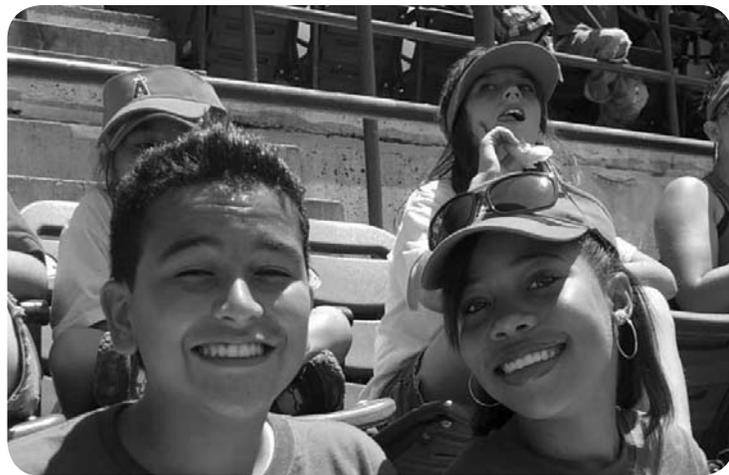


Teens

Battle of the Bands—Saturday, May 2**6 – 10 p.m. at Central Park**

Calling all bands! Do you think your band has what it takes to be the hottest band around town? Drop off your demo packets by Friday, April 10, 2009 by 5 p.m. to the La Palma Recreation and Community Services Department. All demo packets must have a minimum of 2 songs (CD, videos, DVD accepted), a completed entry form (may be picked up at either La Palma or Cypress Recreation), typed appropriate lyrics and current copies of school IDs or driver's licenses of all members of your band. Members must be 21 years or younger. If your band is selected to perform, your band must pay a \$25 participation fee and attend an informational meeting (TBA). The event will be held on May 2 from 6 – 10 p.m. If you win, there will be a cash prize and you will be featured at this year's La Palma Days!

Applications now available!

**2009 Summer Volunteen Program**

La Palma Teens! Need a ton of volunteer hours? Want to gain valuable work experience at the same time? The Recreation & Community Services Department is looking for responsible and energetic teens to assist our Club La Palma Day Camp Counselors throughout the summer. Each Volunteen earns a \$200 stipend after completing 200 hours of volunteer service by helping to create a fun and healthy lifestyle for our Club La Palma Day Camp participants.

All applicants **MUST** be La Palma residents, be between the ages of 13 – 17, be available to volunteer 20 hours each week during the summer and have reliable transportation to Central Park and the Day Camp site. This program includes an orientation and mandatory bi-weekly meetings throughout the summer for job training. Volunteen applications will be available at the Recreation & Community Services Department beginning April 6. Selection will be based on an oral interview. Applications must be completed by Monday, May 11 at 5 p.m. to be considered for the selection process. All Volunteens must provide proof of a negative TB test and residency. For more information, please call (714) 690-3350.

Need Volunteer Service Hours?

The La Palma Recreation & Community Services Department is offering minimal volunteer service hours for all High School and Jr. High School teens for graduation or service organization requirements. Volunteers are needed for our youth sports programs and Spring Day Camp and are **VERY** limited; do not wait to make arrangements! Please call the Recreation main line at (714) 690-3350 if this is something you are interested in and need more information.

Teens / Adult

DRIVERS EDUCATION**Age: 14 – 18** **5556 – 5557**

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

LINE DANCE**Age: 18+****5536**

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

TWO STEP & SWING**Age: 18+****5538**

Get your feet moving! Learn two-step patterns and East Coast Swing from instructor Janet Karter. Take this class with friends, family or by yourself as no partner is necessary. This class is co-sponsored with Cypress Recreation and will be held at the Cypress Community Center, 5700 Orange Avenue.

STRICTLY BALLROOM DANCE**Age: 18+****5537**

Learn to dance for all occasions, including weddings, in this exciting class. Instructor Janet Karter will instruct students in two dances of their choice: cha-cha, waltz, swing, tango, salsa or foxtrot. Singles are welcome in this popular class. This class is co-sponsored with Cypress Recreation and will be held at the Cypress Community Center, 5700 Orange Avenue.

How to Sell on eBay**Age: 18+** **5535**

Everyone has a lot of stuff in closets, drawers, garages and are even paying for storage areas to hold this stuff. Why not make some money and clear out your unwanted items at the same time? Using her corporate skills as an ISO consultant, Frances Green span will approach selling items one eBay from a business standpoint and will teach you how to organize, categorize and write posts for your items.

DOG OBEDIENCE**Age: 16+****5658**

This one is for the dogs. Does your owner need assistance walking on a leash, or do they dig holes in the yard, 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. 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 Pygmy Palm Room in Central Park without dogs. Proof of current parvo, distemper and rabies vaccinations will also be required at that time.



*Get Active, Have Fun!
Register Today!*

Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
5556	Home Study Drivers Ed	T. Zertuche	4/1-6/15	Home Study			\$85	
5557	Internet Based Drivers Training	T. Zertuche	4/1-6/15	Internet			\$75	
5535	How to Sell on eBay	F. Greenspan	4/23-5/7	Th	Fan Palm	6:30-8:30 p.m.	\$75	3 weeks
5536	Line Dancing	J. Karter	4/6-5/11	M	Cypress CC	6:30-7:30 p.m.	\$32	6 weeks
5537	Two Step & Swing	J. Karter	4/6-5/11	M	Cypress CC	7:30-8:30 p.m.	\$32	6 weeks
5538	Strictly Ballroom	J. Karter	4/6-5/11	M	Cypress CC	8:30-9:30 p.m.	\$32	6 weeks
5658	Dog Obedience	R. Audette	4/20-6/15*	M	Central Park	7:00-8:00 p.m.	\$75	8 weeks

*No class on 5/25

Teen / Adult

AEROBIC DANCING**Age: 16+****5587, 5675 – 5676**

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

The Monday, Wednesday and Saturday "Pay As You Go" class fee is \$6 per class. 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 \$50 is due on March 30 and the second payment of \$45 is due by May 4.

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+****5541 – 5543**

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

ADULT TAE KWON-DO**Age: 15+****5577 – 5578**

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

*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**

Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
5587	Aerobics Dancing	K. Phelps	3/30-6/3*	M/W	Royal Palms	5:45-6:45 p.m.	\$95	10 weeks
5675	Aerobics Dancing-Payment 1	K. Phelps	3/30-4/29	M/W	Royal Palms	5:45-6:45 p.m.	\$50	5 weeks
5676	Aerobics Dancing-Payment 2	K. Phelps	5/4-6/3*	M/W	Royal Palms	5:45-6:45 p.m.	\$45	5 weeks
			*No Class on 5/25					
	Pay As You Go	K. Phelps		Sat	Meeting Room	8:30-9:45 a.m.	\$6	1 week
	Pay As You Go	K. Phelps		M/W	Meeting Room	5:45-6:45 p.m.	\$6	1 day
5541	Power Tae Aerobics	C. Markopucos	4/2-4/30	T/Th	Tae Kwon Do	7:00-8:00 p.m. (T) 8:00-9:00 p.m. (TH)	\$40	4 weeks
5542	Power Tae Aerobics	C. Markopulos	5/5-5/28	T/Th	Tae Kwon Do	7:00-8:00 p.m. (T) 8:00-9:00 p.m. (TH)	\$40	4 weeks
5543	Power Tae Aerobics	C. Markopulos	6/2-6/25	T/Th	Tae Kwon Do	7:00-8:00 p.m. (T) 8:00-9:00 p.m. (TH)	\$40	4 weeks
5577	Adult Tae Kwon-Do	A. Jafari	4/1-4/27	M/W	MA Center	6:30-7:30 p.m.	\$44	4 weeks
5578	Adult Tae Kwon-Do	A. Jafari	5/11-6/8*	M/W	MA Center	6:30-7:30 p.m.	\$44	4 weeks
			*No class on 5/25					

Teen / Adult

ADULT KARATE**Age: 15+ 5581 – 5582**

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

WOMEN'S SELF DEFENSE**Age: 14+ 5568 – 5570**

This class will be tailored towards how an average woman can effectively deal with real world dangers without having to devote years of her life to the study of Martial Arts. This class will introduce basic self-defense techniques, which can be applied regardless of the person's size or physical condition. You will learn defensive tactics along with hands-on practice. This class is located at the Martial Arts Fitness Center, 9949 Walker Street, Cypress.

ICE SKATING FOR ADULTS**Age: 17+ 5529 – 5530**

Beginning ice skating made fun and easy at Anaheim Ice! Learn how to skate across the ice, glide on one foot, stop, turn and more. Fee includes skate rental, lessons, free practice on the day of class and three additional skating passes to be used during the 4-week session. This class is located at Anaheim Ice, 300 W. Lincoln Ave, Anaheim.

YOGA/PILATES FITNESS CLASS**Age: 14+ 5571 – 5576**

Classes will focus on achieving physical balance and coordination by reducing stress and increasing strength and flexibility. Yoga poses and stretching exercises are combined with some light weight training and step aerobics. This is a great class to get in shape quickly and safely. There is an \$8 supply fee payable the first day of class. This class is located at the Martial Arts Fitness Center, 9949 Walker Street, Cypress.

WATERCOLOR PAINTING STUDIO**Age: 18+ 5558**

This is a Beginning/Intermediate class working in watercolor. Come take time off from stressful days and enjoy some relaxing and soothing night's while water coloring. Learn painting methods that will enable you to create realistic watercolor paintings. All students will receive an informative color booklet and handouts. Class work includes lectures, instructor demonstrations and directed in-class paintings.



The beauty is that people often come here for the stretch, and leave with a lot more.

—Liza Ciano
co-owner and co-director
of Yoga Vermont



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
5581	Adult Karate	A. Jafari	4/2-4/28	T/Th	MA Center	5:30-6:30 p.m.	\$44	4 weeks
5582	Adult Karate	A. Jafari	5/12-6/4	T/Th	MA Center	5:30-6:30 p.m.	\$44	4 weeks
5571	Yoga/Pilates Fitness	Chopra/Seyller	4/1-4/20	M/W	MA Center	7:30-8:30 p.m.	\$50	3 weeks
5572	Yoga/Pilates Fitness	Chopra/Seyller	4/22-5/11	M/W	MA Center	7:30-8:30 p.m.	\$50	3 weeks
5573	Yoga/Pilates Fitness	Chopra/Seyller	5/27-6/15	M/W	MA Center	7:30-8:30 p.m.	\$50	3 weeks
5574	Yoga/Pilates Fitness	Chopra/Seyller	4/10-4/24	F	MA Center	5:30-6:30 p.m.	\$30	3 weeks
5575	Yoga/Pilates Fitness	Chopra/Seyller	5/1-5/15	F	MA Center	5:30-6:30 p.m.	\$30	3 weeks
5576	Yoga/Pilates Fitness	Chopra/Seyller	5/29-6/12	F	MA Center	5:30-6:30 p.m.	\$30	3 weeks
5568	Women's Self Defense	A. Jafari	4/2-4/16	Th	MA Center	6:30-7:30 p.m.	\$35	3 weeks
5569	Women's Self Defense	A. Jafari	4/23-5/7	Th	MA Center	6:30-7:30 p.m.	\$35	3 weeks
5570	Women's Self Defense	A. Jafari	5/28-6/11	Th	MA Center	6:30-7:30 p.m.	\$35	3 weeks
5529	Ice Skating for Adults	Anaheim Staff	4/1-4/29*	W	Anaheim Ice	7:00-7:30 p.m.	\$44	4 weeks
5530	Ice Skating for Adults	Anaheim Staff	5/6-6/3*	W	Anaheim Ice	7:00-7:30 p.m.	\$44	4 weeks
			*No Class on 4/15 and 5/27					
5558	Watercolor Painting	J. Bloom	4/8-5/27	W	Cypress SC	6:30-9:30 p.m.	\$95	8 weeks

Teen / Adult

**KANIKAPILA O KALANA
(UKULELE)****Age 18+ 5539 – 5540**

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

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

**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.

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.

HULA-GRACIOUS LADIES**Age 30+****5550 – 551**

This beautiful, popular dance reflects the many cultures of the Pacific Islands and tells stories with each movement of the hand. Participants will learn an age-old custom of communication through body movements as well as gain an appreciation for other cultures throughout the Pacific and learn to use instruments of the area. Groups are divided by age categories and skill level. Experience and skill level will be determined by the instructor.

INTRODUCTION TO MARTIAL ARTS FOR ADULTS**Age: 16+****5640- – 5642**

Have you always wanted to participate in martial art training but thought that it would be too demanding? Have you wanted to learn the intrinsic values associated with martial arts training-fitness, stress reduction, the mind-body connection- but did not wish to compete or participate in strenuous exercise? This is the class for you!

Chief Instructor Jack Amsell, 7th Degree Black Belt, has been training and teaching traditional martial arts for over 50 years and is still active. He has designed the class to make it accessible for those with limited physical abilities and to accommodate all fitness levels. If you have a desire for self-improvement and personal growth, the class covers various types of martial arts training for the mature and the younger adult. Get fit and have fun in a safe manner.

As a special benefit, a free uniform will be provided to new students after enrolling and joining in on their first session.

WEIGHT LOSS AND NUTRITION**Age: 12+****5659**

Ready to start living healthy? Instructors Shari Cary and Christy Hutchings will walk you through four different classes inspired by Arbonne International. Come learn about detoxification, vitamins, and minerals, age erasers and paying for wellness not sickness

Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
5539	Kanikapila O Kalana (Ukulele)	H. Kamae	4/1-5/6	W	King Palm	7:30-9:00 p.m.	\$55	6 weeks
5540	Kanikapila O Kalana (Ukulele)	H. Kamae	5/13-6/10	W	King Palm	7:30-9:00 p.m.	\$50	5 weeks
	Marsha Roe Line Dance	Roe		M	Cypress SC	1:00-3:00 p.m.	\$3	Weekly
	Country Line Dancing	TBA		T	Cypress SC	12:00-2:00 p.m.	FREE	Weekly
5550	Hula Gracious Ladies	J. Kalehua	4/1-4/29	W	Sago Palm	7:30-9:30 p.m.	\$50	5 weeks
5551	Hula Gracious Ladies	J. Kalehua	5/6-6/10	W	Sago Palm	7:30-9:30 p.m.	\$60	6 weeks
5640	Martial Arts for Adults	J. Amsell	4/7-4/30	T/Th	King Palm	5:00-6:00 p.m.	\$35	4 weeks
5641	Martial Arts for Adults	J. Amsell	5/5-5/28	T/Th	King Palm	5:00-6:00 p.m.	\$35	4 weeks
5642	Martial Arts for Adults	J. Amsell	6/2-6/25	T/Th	King Palm	5:00-6:00 p.m.	\$35	4 weeks
5659	Weight Loss and Nutrition	S. Cary	4/7-6/2*	T	Fan Palm	6:00-7:00 p.m.	\$45	9 weeks

*No class on 4/14

Adult / All Ages

LA PALMA/CYPRESS ADULT SOFTBALL

Registration Dates: March 23-April 24

Season Begins: The week of May 28

Fee: \$365 plus \$15 per game for officials

Divisions: Men's Upper C, Lower D and Lower E

Locations: Oak Knoll Park (Cypress), Arnold Cypress Park (Cypress), and Central Park (La Palma)

Times: Wednesdays: 6:30 p.m. 7:40 p.m., & 8:50 p.m.

Sundays: 4:30 p.m., 5:40 p.m., 6:50 p.m. and 8:00 p.m.

To accept registration:

A completed roster with name, address, phone number and signatures of each player.

Code of conduct signed by each player

Copy of one of the following: Driver's license, passport or California Identification

Card of each player showing proof of age

All players must be 18 years old or older

Registration is held at Cypress Recreation, 5700 Orange, Ave.



TRADITIONAL MARTIAL ARTS

Age: 8+

5630 – 5639

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

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

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

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

Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
5635	Introduction to Martial Arts	J. Amsell	4/4-4/25	Sat	Sago Palm	10:00-11:00 a.m.	\$35	4 weeks
5630	Introduction to Martial Arts	J. Amsell	5/2-5/30	Sat	Sago Palm	10:00-11:00 a.m.	\$43	5 weeks
5631	Introduction to Martial Arts	J. Amsell	6/6-6/27	Sat	Sago Palm	10:00-11:00 a.m.	\$35	4 weeks
5636	Intermediate Martial Arts	J. Amsell	4/4-4/25	Sat	Sago Palm	11:00-12:00 p.m.	\$35	4 weeks
5632	Intermediate Martial Arts	J. Amsell	5/2-5/30	Sat	Sago Palm	11:00-12:00 p.m.	\$43	5 weeks
5633	Intermediate Martial Arts	J. Amsell	6/6-6/27	Sat	Sago Palm	11:00-12:00 p.m.	\$35	4 weeks
5637	Martial Arts – Advanced	J. Amsell	4/4-4/25	Sat	Sago Palm	12:00-1:00 p.m.	\$35	4 weeks
5638	Martial Arts – Advanced	J. Amsell	5/2-5/30	Sat	Sago Palm	12:00-1:00 p.m.	\$43	5 weeks
5639	Martial Arts – Advanced	J. Amsell	6/6-6/27	Sat	Sago Palm	12:00-1:00 p.m.	\$35	4 weeks

All Ages / Family

PRACTICAL CHESS INSTRUCTION

Age: 8+ **5623 – 5627**

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

The La Palma Team Swiss will be held from April 3 through April 24.

The second tournament of the session will be Cheese Swiss 2 and will be held May 1 through May 22.

The third and quickest tournament of the session will be on May 29.

The final tournament of the season will be held from June 5 through June 26



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

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

▶ Most classes are \$72

- 5671 Start Date: 4/15
- 5672 Start Date: 5/20

Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
5623	Chess Tournament	LP Chess Club	4/3-6/26	F	Sago Palm	6:00-11:00 p.m.	\$40	13 weeks
5624	Chess Tournament: La Palma Swiss	LP Chess Club	4/3-4/24	F	Sago Palm	6:00-11:00 p.m.	\$13	4 weeks
5625	Chess Tournament: Cheese Swiss 2	LP Chess Club	5/1-5/22	F	Sago Palm	6:00-11:00 p.m.	\$13	4 weeks
5626	Chess Tournament: Quickie	LP Chess Club	5/29	F	Sago Palm	6:00-11:00 p.m.	\$5	1 week
5627	Chess Tournament: The Notta Quad	LP Chess Club	6/5-6/26	F	Sago Palm	6:00-11:00 p.m.	\$13	4 week

All Ages / Family

TENNIS

Age: 6 – Adult

5643 – 5649

Match Point! It's time to get fit and have fun doing it with our tennis classes for all ages! Instructor Patrick McConnell and his staff take time with each student to teach tennis skills such as: footwork, serving, ground strokes, and hitting, all while instilling good sportsmanship. Bring your own racket and a \$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

5650 – 5652

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

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

PRIVATE TENNIS LESSONS

Age: 8+

5653 – 5655

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



TENNIS CAMPS

Age 8 – 13

5656 – 5657

It's time to stay fit and have fun doing it with our tennis camps for Spring 2009! Instructor Patrick McConnell and his staff take time with each student to teach tennis skills such as: footwork, serving, ground strokes, hitting all while instilling good sportsmanship.

Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
5643	Y. Tennis L1, 6-9 yrs	McConnell	4/15-6/3	W	Central Park	4:00-5:00 p.m.	\$40	8 weeks
5644	Y. Tennis L2, 9-11 yrs	McConnell	4/15-6/3	W	Central Park	5:00-6:00 p.m.	\$40	8 weeks
5645	Y. Tennis L3, 11-13 yrs	McConnell	4/15-6/3	W	Central Park	6:00-7:00 p.m.	\$40	8 weeks
5646	Y. Tennis L1,9-11 yrs	McConnell	4/25-6/20	Sat	Central Park	9:00-10:00 a.m.	\$40	8 weeks
5647	Y. Tennis L2/3, 11-13 yrs	McConnell	4/25-6/20	Sat	Central Park	10:00-11:00 a.m.	\$40	8 weeks
5648	Y. Tennis L1, 9-11 yrs	McConnell	4/26-6/21	Sun	Central Park	5:00-6:00 p.m.	\$40	8 weeks
5649	Y. Tennis L2/3, 11-13 yrs	McConnell	4/26-6/21	Sun	Central Park	6:00-7:00 p.m.	\$40	8 weeks
5652	Bronze Academy-11+	McConnell	4/26-6/21	Sun	Central Park	3:00-5:00 p.m.	\$150	8 weeks
5651	Silver Academy-12+	McConnell	4/15-6/10	W	Central Park	7:00-9:00 p.m.	\$150	8 weeks
5650	Gold Academy-13+	McConnell	4/13-6/15*	M	Central Park	5:00-7:00 p.m.	\$150	8 weeks
			*No class on 5/25					
5656	Tennis Camp L 1/2: 8-11 yrs	McConnell	4/13-4/17	M-F	Central Park	8:00-9:30 a.m.	\$40	1 week
5657	Tennis Camp L 1/2: 11-13 yrs	McConnell	4/13-4/17	M-F	Central Park	9:30-11:00 a.m.	\$40	1 week
5653	April-Private Tennis Lessons	McConnell	April	Varies	Central Park	Varies	Varies	Varies
5654	May-Private Tennis Lessons	McConnell	May	Varies	Central Park	Varies	Varies	Varies
5655	June-Private Tennis Lessons	McConnell	June	Varies	Central Park	Varies	Varies	Varies

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, special events and community services. The Club's meetings are from 12 noon to 1 p.m. every Thursday. Cards are played from 1 – 3 p.m. The yearly membership fee of \$5 includes the monthly Senior Club Newsletter and full membership privileges. The members at each weekly meeting provide coffee and dessert. The Club also celebrates special events and holidays periodically. The La Palma Seniors Club is a dynamic, active and community-minded group—join them today!

Information and Referral

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

**Improving Access to Community & Social Services: 2-1-1**

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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(714) 522-3577

www.edcodisposal.com

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La Palma, CA 90623

714-562-0560

fax 714-562-0665

Monday - Friday 10 a.m.-7 p.m.

Saturday 11 a.m. - 5 p.m.

Sunday Closed

Shirley Woo Music Studio

Dr. Bold

Farr Insurance

Maria Reinhart

Please Patronize Our Advertisers

Birthing Center

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 Premier Healthcare Services Hospital

7903 Walker Street, La Palma, CA 90623
(714) 670-7400 www.lapalmaintercommunityhospital.com

Facilities and Staff

Recreation Facilities

CENTRAL PARK

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

CYPRESS COMMUNITY CENTER

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

CYPRESS SENIOR CENTER

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

LA PALMA COMMUNITY CENTER — THE PALMS AT CENTRAL PARK

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

Your Recreation Staff

DIRECTOR

Jan Hobson

SUPERINTENDENT

Mike Belknap

SUPERVISOR

Cindy Robinson

RECREATION COORDINATOR

Burt Ferguson Sylvia Hinojosa

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Nick Rotherham	Rudy Sanchez	Sarah Schrader
Brandon Solem-Kuehl	Michael Vela	Tara Williams
Tamara York		

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

Important Numbers

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

Social Service Referral 211

La Palma Recreation & Community Services



Creating Unity in Community



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

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 # _____

La Palma Days Seeking Volunteers

Do you want to be involved in your community? La Palma Recreation and Community Services are actively seeking committed community members to assist in the planning of the 2009 La Palma Days event. Committees include: Parade, Activities, Entertainment, Historical and Cultural, and the La Palma Pageant. If any of these strike your interest please call (714) 690-3350.

La Palma's Fitness Run for Fun Volunteers Needed

It's not too soon to be thinking about the 4th of July Fitness Run for Fun! The La Palma Recreation and Community Services Department has already begun planning this popular community event-and we need your help!

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, 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.

Memorial Day

May 25, 2009

9:15 a.m. Musical Interlude

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

Memorial Day honors America's men and women who have made the ultimate sacrifice for our country from the Revolutionary War to the present day wars in Iraq and Afghanistan. These men and women have paid the ultimate price for our rights to freedom; please join us in honoring their memory.

If you are a veteran please call in to reserve special seating. We would like to recognize the sacrifice that you have personally made.

The ceremony features honored guests from the armed forces and music provided by Walker Jr. High and Kennedy High School bands.



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



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Club La Palma Summer Day Camp

Are you a working parent that needs an inexpensive and reliable childcare solution? Want to tear your child away from wasted hours of inactivity due to T.V. and video games? Our summer day camp staff is currently planning a safe, fun, healthy, and memorable summer filled with action-packed activities and excursions! Designed for kids ages 5 – 12 years, this popular camp includes weekly excursions to a variety of favorite locations such as Disneyland, Knott's Berry Farm, swimming pools and much, much more! Club La Palma opens each day at 6:30 a.m. to accommodate working parents and concludes at 6:00 p.m. The first day of camp is June 22 and will run through August 28, 2009. Registration forms will be available beginning Monday, May 4. Deposits are required at the time of registration to hold your child's place for each week of attendance. Club La Palma Day Camp focuses on the positive development of your child by building meaningful relationships with new friends, caring counselors, and strengthening social competency skills. You won't find another camp quite like ours!