



**La Palma  
Recreation & Community Services**



*Creating Unity in Community*

- City News
- Activity Guide

**Summer 2009**

**General Information and Table of Contents**

**La Palma  
Recreation & Community Services**



*Creating Unity in Community*

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

*Submit Your Photos*

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

Please include:

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

Thank You!

**Contents**

City News . . . . .	1
Toddler / Preschool . . . . .	4
Youth . . . . .	6
Teen . . . . .	10
Teen / Adult . . . . .	11
Adult / All Ages . . . . .	18
All Ages / Family . . . . .	19
Seniors . . . . .	20
Registration Information . . . . .	25

**Director’s Message**

**Playgrounds: More Than Just A Place To PLAY**

In the Spring issue, I shared with you some thoughts about Fitness and consistently making healthy choice that could have a positively impact communities both physically and fiscally. Staying on the same track, this issue focuses on the playground and how children play games that can prepare them for the rest of their lives.

The playground: the childhood microcosm of adult life. It’s where knees are skinned and swings take children to thrilling heights. But it’s also a stage upon which children learn important life lessons, building character as well as shaping and refining their personalities for coming adolescent and adult years. Seem a little far-fetched? Not according to Joel Fish, Ph.D., a nationally recognized expert in sport psychology and the author of 101 Ways to Be a Terrific Sports Parent. The playground, he contends, can offer children the ideal environment in which to flex their young muscles and try on new identities to see which one fits best. Here are a few thoughts Fish has said about how time spent on the playground contributes to shaping children’s character.

What are some of the life lessons children learn on playground?

- Frustration and anger – is one of the biggest challenges for younger children. The playground can teach children how to cope when things don’t work out their way, set goals, work toward a common goal, learn how to celebrate and maintain dignity. Play gives them some skills to handle these emotions.
- Adversity – The playground enables children to deal with adversity later in life. Part of play is learning that they can’t always get what they want. There are rules on the playground, just like there are rules in the real world. In order to get along or to survive, kids have to understand and abide by those rules.
- Patience – Children have to learn patience, how to let their frustrations come out in ways that aren’t harmful to themselves or others. Whenever people compete, no one wins every time. The playground is not the only place for them to learn that, but it does provide an opportunity for it.

The playground offers children an opportunity to branch out of their comfort zone, test things out, and experiment with new habits, behaviors and traits. It gives kids a chance to develop the courage to do the best they can, to take a deep breath and find the courage to dive in and let go of mistakes. When it comes down to it, it’s not an issue of learning how to deal with failure but how to deal with success. And isn’t that what we all want for our children?

Jan Hobson  
Director of Recreation & Community Services

Summer 2009

# La Palma City

# News

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

## Flex Alerts

**F**lex Alerts are an urgent call for California businesses, governments, and residents to voluntarily reduce their electricity use. The alert is used to prevent Stage 1 Electrical Emergencies—times when the demand for electricity is at its peak, typically during very hot weather. When a Flex Alert is issued you should: turn off all unnecessary lights, computers, and appliances; postpone using major appliances until after 7 p.m.; and turn your air conditioning thermostat to 78°F or higher. For more information about Flex Alerts or conserving electricity visit: [www.fypower.org](http://www.fypower.org)

## Hot Weather Tips for Pets

**O**verheating (heat prostration) can kill your pet. Never leave your pet alone in a vehicle, even with the windows cracked slightly; it only takes a few minutes for the temperature inside to reach 160 degrees. With only hot air to breathe, your pet can quickly suffer brain damage or die from heatstroke. Parking in the shade offers little protection, as the sun shifts during the day. When traveling, carry a gallon thermos of fresh, cool water for your pet.

In extreme hot weather, don't leave your pet standing on the hot pavement, and keep walks to a minimum. Your pet is much closer to the ground and their body can heat up quickly.

Always provide plenty of shade for your pets that stay outside of the house. A properly constructed doghouse serves best. Bring your pet inside during the heat of the day and let them rest in a cool part of the house.

## Home Spotlight

**T**he 2009 Summer Home Spotlight Award goes to Sylvia, Carlos, and Daniel Maciel who live at 5011 Cottonwood Lane. The Maciels have lived in La Palma for over 33 years and it's obvious by their beautiful renovations to their home that they are proud residents. At one time they considered moving to an upgraded and larger home. However, they wanted to stay in the City because La Palma has so much to offer—school, neighbors and shopping. The amazing home renovations, which took place over many years, included adding beveled glass front windows and a hand carved solid wood front door. The updated landscaping and hardscaping includes palm trees, brick planters and driveway, and free flowing flower beds with numerous rose varieties. As part of these renovations, the Maciels also included water saving sprinklers and drought resistant plants.



La Palma congratulates Sylvia, Carlos, and Daniel for being named the Home Spotlight winner for Summer 2009. Thank you for keeping La Palma beautiful and caring about our environment by being water wise!

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 download a nomination form at [www.cityoflapalma.org](http://www.cityoflapalma.org). Click on About La Palma, Community Events, Home Spotlight Awards.

## Learn the ABC's of Pool Safety

**C**alifornia leads the nation in drownings. These needless tragedies are the leading cause of accidental injury and death in children under the age of five and the second leading cause of death in children under the age of 14. In Southern California, drowning prevention and water safety should be practiced on a year-round basis with special emphasis during the summer months. Below are the ABC's of water safety:

- A – Adult Supervision:** Assign a “Water Watcher” who can swim to specifically watch the water at all times.
- B – Barriers:** Install and maintain proper fencing around any body of water to isolate it from your home and play areas.
- C – CPR:** Learn CPR, first aid, and rescue techniques.



## Calendar of Events

### 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.  
La Palma Community Center
- 12 Swim Lesson Registration Ends
- 14 Flag Day
- 16 City Council Meeting – 7:00 p.m.
- 21 Father’s Day  
Summer Begins
- 20 Fitness Run For Fun  
Pre-Registration Deadline
- 22 Club La Palma Summer Day  
Camp Starts  
La Palma Library Summer  
Reading Program Starts

### July **Celebrate Parks & Recreation Month**

- 4 Fitness Run For Fun – 7:30 a.m.  
City Offices Closed
- 7 City Council Meeting – 7:00 p.m.
- 11 Concert in the Park – 6:30 p.m.  
Bella Donna – Tribute to  
Fleetwood Mac
- 18 Concert in the Park – 6:30 p.m.  
Raymond Michael – Tribute to  
Elvis
- 21 City Council Meeting – 7:00 p.m.
- 25 Concert in the Park – 6:30 p.m.  
Mighty Cash Cats – Tribute to  
Johnny Cash

### August

- 1 Concert in the Park – 6:30 p.m.  
Proud Mary – Tribute to  
Tina Turner
- 4 City Council Meeting – 7:00 p.m.
- 8 Concert in the Park – 6:30 p.m.  
Long Run – Tribute to the Eagles
- 15 Concert in the Park – 6:30 p.m.  
Urban Dread – Tribute to  
Bob Marley  
Civic Expo
- 18 City Council Meeting – 7:00 p.m.
- 22 Concert in the Park – 6:30 p.m.  
Hollywood Stones – Tribute to  
the Rolling Stones

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

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

## Civic Expo – August 15

The City of La Palma is proud to present a Civic Expo which will be held in conjunction with the August 15 Concert in the Park. Representatives from the City’s various Departments will be on hand with a variety of information. Additionally, various other government and utility organizations will be available to provide details about their services. The event promises to be an excellent opportunity for you to learn more about your community and the government services it provides. For more information on this exciting event, please visit [www.cityoflapalma.org/civicepo](http://www.cityoflapalma.org/civicepo).

## City Council Adopts Goals for 2009

On March 5, the La Palma City Council conducted its annual goal setting session. After a full day of discussions, the City Council unanimously adopted five priority goals for the year. The priority goals are to: complete the Park Master Plan; create a “permit fee holiday” for residential home improvement projects; establish a plan to upgrade and repair curbs, gutters, and sidewalks; strive for financial stability in the future; and explore changing the law to give the City Council greater flexibility to reduce the Utility Users Tax.

Each of these priority goals includes a series of specific action items that City departments have begun to pursue and will follow throughout the year. Some of the key action items include: ensuring that the Park Master Plan includes culturally diverse programs and programs for all ages; highlighting “green” home improvement projects; assuring that City sidewalks are ADA compliant; establishing a General Fund reserve policy; and reporting to the City Council any anticipated revenue impacts.

A complete listing of the goals and the related action items can be found on the City’s website at [www.cityoflapalma.org/goals2009](http://www.cityoflapalma.org/goals2009).

## La Palma Volunteers Recognized

On May 14, 2009 the City of La Palma and the City Council recognized their dedicated and faithful volunteers at the 14th Annual Volunteer Recognition Celebration. Each year the Recreation and Community Services Department and the Police Department each select a volunteer of the year.

This year the Recreation & Community Services Department chose the Kirby Family. The Kirby family has been long time volunteers for the Recreation Department. They are devoted each and every year to the 4th of July Fitness Run for Fun by issuing run shirts that have been purchased and by organizing and keeping safe over 600 runner’s personal belonging. Their volunteer hours don’t stop there as the family is also involved in La Palma Days. Currently Milissa and Patti are serving on the Activities Committee and Patrick is working the parade assisting in preparing the cars for departure on the parade route. The Kirby family has been counted on for years and always comes through for the department which is much appreciated.

The Police Department recognized Virginia Hartzell. Virginia was a member of Volunteers in Policing for 13 years starting with the original S.C.O.R.E. group (Senior Citizens Reciprocal Efforts) in 1994. In later years as a member of VIP, Virginia could be found every Monday morning in the records division of the police department diligently filing reports. Her contribution in the records division was valued and appreciated by every member of the police department. In 2008 Virginia was recognized for her contribution to the City of La Palma Police Department when she was received Volunteer of the Year from the Volunteer Center of Orange County and the Orange County Register. Virginia’s recorded volunteer time with the La Palma Police Department which amounted to over 14,000 hours. Sadly, Virginia passed away last October. Virginia is missed not only for her dedicated service but also her caring, cheerful and giving nature that always made her a wonderful member of the La Palma Police Department Family.

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!

## 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; additionally, meetings are audio cast live on the City's website at [www.cityoflapalma.org/media](http://www.cityoflapalma.org/media). Please note that this recap is a summary only and additional items may have been discussed and/or approved. For a complete copy of the approved minutes, please visit the City's website at [www.cityoflapalma.org/minutes](http://www.cityoflapalma.org/minutes). Below are actions that the City Council has taken during the past few months.

### March 3, 2009

Directed staff to discontinue participation in the "Go Local" Program with the Orange County Transportation Authority (OCTA).

Approved changes to Council Policy 24—Guidelines for the Award of Memorial Plaques, establishing a Community Commemorative Area to honor those who have made significant contributions to the City of La Palma.

### March 5, 2009

The City Council conducted a goal setting session with the City Manager. The priority goals are to: complete the Park Master Plan; create a "permit fee holiday" for residential home improvement projects, establish a plan to upgrade and repair curbs, gutters, and sidewalks; strive for financial stability in the future; and explore changing the law to give the City Council greater flexibility to reduce the Utility Users Tax.

The City Council conducted a Special Meeting to consider developing exterior paint color standards for homes in the single family residential zone of the City. The City Council decided to take no further action and file the report.

### March 17, 2009

Received and filed the six month review of Amendment No. 1 to Conditional Use Permit 341, for the sale of alcohol and live entertainment at Texas Loosey's Chili Parlor and Saloon restaurant located at 40 Centerpointe Drive.

Approved the plans and specifications and authorized the Public Works Director to solicit competitive bids for the re-stripping of City arterial and residential streets.

Approved changes to Council Policy 17 – Representation of the City at Special Events, to incorporate the recently adopted Ticket Distribution Policy.

Authorized the purchase of a replacement street sweeper from Mar-Co Equipment Company in the amount of \$215,829.

Introduced an Ordinance repealing Chapter 14 of the La Palma Municipal Code and adding thereto a new Chapter 14 relating to emergency organization

and functions.

### April 7, 2009

Received and filed the six-month review of Precise Plan 264 and Conditional Use Permit 338, for a Walgreens with a drive-thru pharmacy located at 5961 La Palma Avenue.

Adopted a Resolution approving street closures for the three 2009 City special events: Memorial Day, Monday, May 25; Fitness Run for Fun, Saturday, July 4; and La Palma Days, Saturday, November 14.

### April 14, 2009.

Awarded a contract in the amount of \$25,550, to Premier Awnings, and awarded a contract in the amount of \$6,550, to M. B. Painting, for the rehabilitation of the Central Park Pavilion.

Awarded a contract in the amount of \$151,700 to the low responsible bidder, Empire Pipe and Cleaning, Inc. of Anaheim, for general sewer maintenance.

Approved the execution of an amendment to the agreement with Midori Gardens, Inc. of Santa Ana, for annual landscape maintenance services, and extended the terms of the agreement through April 7, 2011.

Approved the execution of an amendment to the agreement with Computer Service Company of Corona, for traffic signal maintenance services, and extended the terms of the agreement through June 6, 2010.

Approved the execution of an amendment to the agreement with Clinical Laboratory of San Bernardino, Inc. for laboratory analysis services for the testing of drinking water samples, and extended the terms of the agreement through May 1, 2011.

Awarded a contract in the amount of \$47,000 to MurCal Inc., and authorized the execution of the agreement for the replacement of the existing Murphy Engine Control Panel at the City Yard Booster Station.

Approved and authorized the execution of an Agreement with Konica Minolta Business Solutions, USA, Inc. for a 48-month lease of three copy machines in the approximate

amount of \$20,900 annually.

Introduced an Ordinance amending Section 16-65 of the La Palma Municipal Code as to penalties for parking violations.

Adopted a Resolution approving the submittal of applications to the State of California Department of Transportation (Caltrans) for funding under the Safe Routes to School Grant Program to enhance safety in school zones citywide.

Adopted an Ordinance repealing Chapter 14 of the La Palma Municipal Code and adding thereto a new Chapter 14 relating to emergency organization and functions.

### April 21, 2009

Adopted a Resolution to comply with the federal implementing rules under the Fair and Accurate Credit Transactions Act of 2003.

Approved and authorized the execution of an agreement with the County of Orange for the Proposition 42 City Aid Program for Fiscal Year 2009-10.

Adopted an Ordinance amending Section 16-65 of the Municipal Code as to penalties for parking violations.

Conducted a study session to review and discuss the proposed Capital Improvement Plan for Fiscal Year 2009-10.

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



## Preschool / Toddlers

### TINY TOTS

**Age: 3–5**

**5687–5688**

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 13, (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 Saturday, JUNE 13, 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!**

**Classes begin the week of June 22**

**Fees: \$122 for 7 weeks on M/W/F \$93 for 7 weeks on 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, July 10.



### KIDS LOVE MUSIC

**Age: 4 mos–4 years 5689–5694**

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

Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
5687	Tiny Tots	N. Brewer	6/22-8/7	M/W/F	Pygmy Date	9:30-11:30 a.m.	\$122	7 weeks
5688	Tiny Tots	N. Brewer	6/23-8/6	T/TH	Pygmy Date	9:30-11:30 a.m.	\$93	7 weeks
5692	Kids Love Music 1-4 yrs	G. Greeno	6/24-7/15	W	Cypress CC	9:00-9:45 a.m.	\$44	4 weeks
5693	Kids Love Music 1-2 yrs	G. Greeno	6/24-7-15	W	Cypress CC	9:55-10:35 a.m.	\$44	4 weeks
5694	Kids Love Music 4-14 mos	G. Greeno	6/24-7/15	W	Cypress CC	10:45-11:15 a.m.	\$44	4 weeks
5689	Kids Love Music 4-14 mos	G. Greeno	7/23-8/13	TH	Cypress CC	3:00-3:30 p.m.	\$44	4 weeks
5690	Kids Love Music 1-4 yrs	G. Greeno	7/23-8/13	TH	Cypress CC	3:45-4:30 p.m.	\$44	4 weeks
5691	Kids Love Music 1-4 yrs	G. Greeno	7/23-8/13	TH	Cypress CC	4:45-5:30 p.m.	\$44	4 weeks

## Preschool / Toddlers

**PARENT AND ME:  
GROWING AND LEARNING  
TOGETHER****Age: 1½–5 years**      **5695–5698**

Parents and children have a great time as they prepare for pre-school and kindergarten. We play, sing during “circle time”, dance and pop bubbles! We build our motor skills through art by painting, gluing, cutting, coloring and collage. We 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.

**TINY TUMBLERS****Age: 3–5**      **5899–5700**

This class introduces basic tumbling and balancing skills in a fun creative atmosphere. Through various age appropriate obstacle courses and exciting fitness stations, kids will improve balance, self-confidence, motor-development skills and fitness.

**CHEER TOTS****Age: 3–5**      **5702–5703**

Go Team Go! Join this fun filled class and learn the basics of tumbling and cheerleading. Your child will learn jumps, kicks, and some dance skills. There will be a \$7 material fee due at the first class.

**ITSY BITSY SPORTS:****T - BALL****Age: 3–5**      **5704–5705**

GOING, GOING, GONE!!! 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 &  
ME SKATING****Age: 3–5**      **5706–5707**

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.

**ANAHEIM ICE SKATING  
FOR TOTS****Age: 3–5**      **5708–5709**

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.

*Get Active!  
Have Fun!  
Register today!*

Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
5695	Parent & Me: 1 1/2 - 3 yrs	J. Longo	6/25-7/30	TH	Sago Palm	9:30-10:30 a.m.	\$42	6 weeks
5696	Parent & Me: 2 1/2 - 5 yrs	J. Longo	6/25-7/30	TH	Sago Palm	10:45-11:45 a.m.	\$42	6 weeks
5697	Parent & Me: 1 1/2 - 3 yrs	J. Longo	8/6-9/10	TH	Sago Palm	9:30-10:30 a.m.	\$42	6 weeks
5698	Parent & Me: 2 1/2 - 5 yrs	J. Longo	8/6-9/10	TH	Sago Palm	10:45-11:45 a.m.	\$42	6 weeks
5699	Tiny Tumblers: 3-5 yrs	J. Summers	6/22-7/20	M	Sago Palm	9:00-10:00 a.m.	\$30	5 weeks
5700	Tiny Tumblers: 3-5 yrs	J. Summers	8/5-8/31	M	Sago Palm	9:00-10:00 a.m.	\$30	5 weeks
5702	Cheer Tots: 3-5 yrs	K. Luevanos	6/24-7/15	W	Sago Palm	5:00-5:45 p.m.	\$25	4 weeks
5703	Cheer Tots: 3-5 yrs	K. Luevanos	7/22-8/12	W	Sago Palm	5:00-5:45 p.m.	\$25	4 weeks
5704	Itsy Bitsy: T-Ball	D. Plunkett	7/6-8/3	M	Central Park	2:00-3:00 p.m.	\$30	5 weeks
5705	Itsy Bitsy: T-Ball	D. Plunkett	8/10-9/14*	M	Central Park	2:00-3:00 p.m.	\$30	5 weeks
			*No Class on 9/7					
5706	Parent and Me Skating	Anaheim Staff	7/7-7/28	T	Anaheim ICE	12:30-1:00 p.m.	\$44	4 weeks
5707	Parent and Me Skating	Anaheim Staff	7/11-8/1	SAT	Anaheim ICE	11:45-12:15 p.m.	\$44	4 weeks
5708	Ice Skating for Tots	Anaheim Staff	7/8-7/29	W	Anaheim ICE	4:30-5:00 p.m.	\$44	4 weeks
5709	Ice Skating for Tots	Anaheim Staff	7/11-8/1	SAT	Anaheim ICE	10:15-10:45 a.m.	\$44	4 weeks

## Preschool / Toddlers

**JAZZ AND BALLET COMBO FOR TOTS****Age: 3–5**      **5710–5711**

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.

**INTERMEDIATE JAZZ AND BALLET COMBO | FOR TOTS****Age: 4–6**      **5713–5715**

This self-discipline of Ballet and Jazz can improve focus and concentration in school and sports. Posture, flexibility, musicality, and integration of basic movements will be taught. The intermediate class focuses on positions, turns, jumps, and movement. Participants must have completed the beginning class or have three months experience to enroll in the intermediate class.

## Youth

**BEGINNING ACTING/  
MUSICAL THEATRE****Age 4–11**      **5722–5723**

Does your child enjoy acting and singing? This class is designed to introduce children to performing in a no-pressure atmosphere. There are no auditions, however, children will learn how to audition, prepare lines, and memorize songs. Proper vocal technique will be taught. Class ends with a seasonal performance. There is a materials fee of \$8 payable to the instructor which covers the script and practice CD. Parents will be asked to assist with student's costuming, which is simple.

This class is con-sponsored with Cypress Recreation and will be held at the Cypress Community Center, 5700 Orange Avenue.

**BEGINNING PIANO****Age 6–14**      **5739–5742**

Students will have fun learning the basics of playing the piano. Class size is small and focuses on learning to read music notes and rhythms which lead to playing simple songs. This class is a good way to find out if your child is ready for and/or interested in piano lessons. At the end of the session each student will be able to move to the next level of piano. Instructor will inform students on first day where to purchase music books.

**BEGINNING GUITAR****Age 7–12**      **5760**

What better time to learn the guitar than now! Bring your guitar and get ready to learn a variety of styles such as Country, Hawaiian and the Blue's. Emphasis will be placed on tuning your guitar, chord patterns, and strum techniques. An \$8 material fee, payable to the instructor, is due at the first class.

*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
5710	Jazz and Ballet Combo for Tots	A. Valley	7/6-7/27	M	Sago Palm	11:30-12:15 p.m.	\$30	4 weeks
5711	Jazz and Ballet Combo for Tots	A. Valley	8/3-8/24	M	Sago Palm	11:30-12:15 p.m.	\$30	4 weeks
5713	Int. Jazz and Ballet Combo for Tots	A. Valley	6/1-6/22	M	Sago palm	12:30-1:15 p.m.	\$30	4 weeks
5714	Int. Jazz and Ballet Combo for Tots	A. Valley	7/6-7/27	M	Sago palm	12:30-1:15 p.m.	\$30	4 weeks
5715	Int. Jazz and Ballet Combo for Tots	A. Valley	8/3-8/24	M	Sago palm	12:30-1:15 p.m.	\$30	4 weeks
5722	Beginning Acting/Musical Theatre: 4-6 yrs	R. Costantino	7/8-8/26	W	Cypress CC	1:15-1:45 p.m.	\$80	8 weeks
5723	Beginning Acting/Musical Theatre: 7-11 yrs	R. Costantino	7/8-8/26	W	Cypress CC	1:45-2:30 p.m.	\$90	8 weeks
5739	Beginning Piano: 6-7 yrs	R. Costantino	7/6-7/27	M	Queen Palm	3:00-3:50 p.m.	\$60	4 weeks
5740	Beginning Piano: 8-14 yrs	R. Costantino	7/6-7/27	M	Queen Palm	4:00-4:50 p.m.	\$60	4 weeks
5741	Beginning Piano: 6-7 yrs	R. Costantino	8/3-8/24	M	Queen Palm	3:00-4:00 p.m.	\$60	4 weeks
5742	Beginning Piano: 8-14 yrs	R. Costantino	8/3-8/24	M	Queen Palm	4:00-4:50 p.m.	\$60	4 weeks
5760	Beginning Guitar	J. Keliioholokai	6/24-7/22	W	Sago Palm	6:30-7:30 p.m.	\$60	5 weeks

## Youth

### BALLET AND TAP COMBO

**Age: 4–7**

**5716–5717**

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.

### JAZZ, BALLET AND TAP

**Age: 6–9**

**5719–5720**

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 and ballet. Posture, flexibility, musicality and integration of basic movements will be covered.

### MARTIAL ARTS FOR KIDS

**Age: 5–8**

**5724–5725**

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**

**5727–5729**

This class is based in traditional Shotokan Karate. The instructor is a Sixth Degree Black Belt and has many years of traditional experience. This class is an introduction to karate, physical fitness and coordination skills. Children will go beyond what they think they are capable of doing and challenge them both physically and mentally. Self-defense will be introduced as well as being focused in life. This class 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
5716	Ballet and Tap Combo	A. Valley	7/7-7/28	T	Sago Palm	4:00-5:00 p.m.	\$30	4 weeks
5717	Ballet and Tap Combo	A. Valley	8/4-8/25	T	Sago Palm	4:00-5:00 p.m.	\$30	4 weeks
5719	Jazz, Ballet and Tap	A. Valley	7/7-7/28	T	Sago Palm	5:00-6:00 p.m.	\$30	4 weeks
5720	Jazz, Ballet and Tap	A. Valley	8/4-8/25	T	Sago Palm	5:00-6:00 p.m.	\$30	4 weeks
5724	Martial Arts for Kids	J. Amsell	7/11-8/1	SAT	Sago Palm	9:00-10:00 a.m.	\$35	4 weeks
5725	Martial Arts for Kids	J. Amsell	8/8-8/29	SAT	Sago Palm	9:00-10:00 a.m.	\$35	4 weeks
5727	Lil' Tigers Karate	A. Jafari	6/15-7/1	M/W	MA Center	3:30-4:30 p.m.	\$35	3 weeks
5728	Lil' Tigers Karate	A. Jafari	7/13-7/29	M/W	MA Center	3:30-4:30 p.m.	\$35	3 weeks
5729	Lil' Tigers Karate	A. Jafari	8/10-8/26	M/W	MA Center	3:30-4:30 p.m.	\$35	3 weeks

## Youth

### PEE WEE HITS

**Age: 4–7** **5730**

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 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 is going on now! The Pee Wee Baseball season starts June 15.

### JUNIOR KARATE

**Age: 8–14** **5731–5733**

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

### JUNIOR TAE KWON-DO

**Age: 8–14** **5734–5736**

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

### ANAHEIM ICE SKATING: Youth–Beginning

**Age: 6–16** **5737–5738**

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

### ADVANCED PLAYER BASKETBALL TRAINING CAMP

**Age: 8–15** **5855**

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 our Athletic Pride Basketball League.



Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
5730	Pee Wee Hits	Rec Staff	6/15-8/5	M/W	Central Park	4:45-6:00 p.m.	\$75	8 weeks
5731	Junior Karate	A. Jafari	6/16-7/2	T/TH	MA Center	4:30-5:30 p.m.	\$44	3 weeks
5732	Junior Karate	A. Jafari	7/14-7/30	T/TH	MA Center	4:30-5:30 p.m.	\$44	3 weeks
5733	Junior Karate	A. Jafari	8/11-8/27	T/TH	MA Center	4:30-5:30 p.m.	\$44	3 weeks
5734	Junior Tae Kwon Do	A. Jafari	6/15-7/1	M/W	MA Center	4:30-5:30 p.m.	\$44	3 weeks
5735	Junior Tae Kwon Do	A. Jafari	7/13-7/29	M/W	MA Center	4:30-5:30 p.m.	\$44	3 weeks
5736	Junior Tae Kwon Do	A. Jafari	8/10-8/26	M/W	MA Center	4:30-5:30 p.m.	\$44	3 weeks
5737	Ice Skating: Youth-Beg.	Anaheim Staff	7/8-7/29	W	Anaheim ICE	5:00-5:30 p.m.	\$44	4 weeks
5738	Ice Skating: Youth-Beg.	Anaheim Staff	7/11-8/1	SAT	Anaheim ICE	10:15-10:45 a.m.	\$44	4 weeks
5855	Advanced Player Basketball Camp	A. Purnell	8/3-8/7	M-F	Basketball Courts	8:00 a.m.-12:00 p.m.	\$140	1 week

## Youth



## HOME RUN READERS!

**2009 Summer Reading Program**  
**La Palma Branch Library**  
**June 22-August 15**

**L**a Palma Branch of OC Public Libraries invites children and teens to sign up for the “Home Run Readers” Summer Reading program which is co-sponsored, this year, with the Anaheim Angels Baseball Team and Beach Pit BBQ Restaurant. Readers keep track of the time they spend reading and earn prizes and incentives as they progress through the summer. Raffle tickets to win Krikorian Cinema, Soak City, Knott’s Berry Farm and K1-Go Kart Racing admission tickets can be earned at 5, 10, 15 and 20 hours of reading.

Attend our Grand Slam Programs featuring special guests. See the lineup schedule below.

**June 22-June 27** Registration begins for the Summer Reading Program. Prizes will be given out starting the following week.

**June 29-August 15** Register anytime during the Summer Reading Program. Incentive prizes will be given for time spent reading with special prizes given at 5, 10, 15 and 20 hours read.

**August 15 (Saturday)** Last day of the Summer Reading Program. Last day to get credit for time spent reading.

## Grand Slam Programs

### The Lineup

#### **June 24 (Wednesday) Musical Barnyard Extravaganza**

Have a Rootin Tootin Time with Sandy and her critters. Live animals will be part of the show and will include a tortoise, goat, bunny, chicken and more. Fifteen minute petting zoo after the program.

1:30 p.m. – Central Park Amphitheater

#### **June 30 (Tuesday) Annual Chalk Art Competition**

Draw chalk pictures on the La Palma Library’s sidewalk. Draw your own picture or draw with a friend. Chalk provided and certificates awarded. Water and animal crackers provided.

1:30 p.m. – outside the La Palma Library

#### **July 6 (Monday) Buckle Bear Program and Storytime.**

Children will learn the safest way to ride in the vehicle through interaction with Buckle Bear. This program is provided by Children’s Hospital of Orange County. A teddy bear story time will round out the forty-five minute program.

11:30 a.m. – La Palma Public Library

#### **July 8 (Wednesday) Magician Dave Skale**

David Skale presents Search for the King of Imaga-Nation. This is a magic show with audience participation, comedy and a live bunny.

1:30 p.m. – Central Park Amphitheater.

#### **July 14 (Tuesday) Juggler Mike Rayner**

Mike Rayner presents a super-silly juggling show with everyday objects. He has appeared on David Letterman, Nickelodeon and Sesame Street.

11:00 a.m. – Central Park Amphitheater

#### **July 22 (Wednesday) Anaheim Angels Strike Force**

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

1:30 p.m. – La Palma Library

#### **July 28 (Tuesday) OC Animal Care Services**

Learn about pets and see a live cat.

6:30 p.m. – La Palma Library

#### **August 3 (Monday) Pullin’ Strings Puppet Productions**

Live interactive marionette show. Marionettes are puppets with strings attached (like Pinocchio).

11:30 a.m. – Central Park Amphitheater.

## La Palma Public Library

7842 Walker Street

La Palma, CA

714-523-8585

## Teens

**HOCKEY SKATING SKILLS****Age: 6–16** **5743**

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.

*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

**DRIVERS EDUCATION****Age: 14–18****5744–5745**

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.

Meet the Contractors: AllGoodDrivers.com was created by licensed driving instructors with thousands of hours teaching classroom driver education course, behind the wheel courses, and traffic violator courses.

Our mission is to make all new drivers, good drivers, through a quality driver's education. We hope to see new drivers obtain their driver's licenses with simplicity, knowledge, and the confidence that it takes to be a safe driver.

Education is the key to safe and successful driving. We have spent years developing our courses, which now incorporate the highest quality materials and activities.

We feel that parents/guardians play the most important role is a students' driving education. Students cannot become experienced at what they have learned without many hours of practice.

Our courses are developed with this in mind. Using course activities and interactive observation time, we involve the parents/guardians in the learning process well before the student ever gets behind the wheel.

**Do you need Volunteer Service?**

**W**hether 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.

Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
5743	Hockey Skating Skills	Anaheim Staff	7/8-7/29	W	Anaheim ICE	6:15-6:45 p.m.	\$44	4 weeks
5744	Home Study Drivers Ed	T. Zertuche	6/22-8/28	Home Study			\$91	
5745	Internet Based Drivers Training	T. Zertuche	6/22-8/28	Internet			\$75	

## Older Teens / Adults

**SCRAPBOOKING  
WITH AN INTERACTIVE  
TWIST****Age: 16+** **5756-5757**

Everyone loves a good story! What better way to tell your story than with photos and journaling. Journaling is a way to make your pages and projects come alive. Each week will include a different aspect of scrapbooking as embellishments are used in an interactive way. A \$15 material fee is payable to the instructor at the first class.

**BEGINNING  
GUITAR****Age: 13+** **5761**

What better time to learn the guitar than now? Bring your guitar and get ready to learn a variety of styles such as Country, Hawaiian and the Blue's. Emphasis will be placed on tuning your guitar, chord patterns, and strum techniques. An \$8 material fee is payable to the instructor at the first class.

**ZUMBA LATIN DANCE FITNESS****Age: 16+****5762-5763**

Zumba is a fun, high-energy, cardio workout that will help you get in great shape. You will learn to dance salsa, meringue, cumbia, cha cha, bachata, and more. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt the body while burning fat.

**AEROBIC DANCING****Age: 16+****5754-5789**

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

The Monday, Wednesday and Saturday "Pay As You Go" class fee is \$6 per class. 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 on June 15th and the second payment of \$60 is due by July 27.

Note: Aerobic Dancing is a fitness sport which requires progressive instruction. We regret that we cannot accept new students after the first week of class.

*You Can Reach Us!*

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

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

Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
5756	Scrapbooking with an Interactive Twist	W. Jackson	6/22-7/20	M	Sago Palm	6:30-8:30 p.m.	\$40	5 weeks
5757	Scrapbooking with an Interactive Twist	W. Jackson	7/27-8/24	M	Sago Palm	6:30-8:30 p.m.	\$40	5 weeks
5761	Beginning Guitar	J. Keliioholokai	7/29-8/26	W	Sago Palm	7:45-8:45 p.m.	\$60	5 weeks
5762	Zumba Latin Dance Fitness	G. Espinosa	6/25-7/23	TH	Royal Palm	6:30-7:30 p.m.	\$42	5 weeks
5763	Zumba Latin Dance Fitness	G. Espinosa	7/30-8/27	TH	Royal Palm	6:30-7:30 p.m.	\$42	5 weeks
5754	Aerobics Dancing	K. Phelps	6/15-9/2	M/W	Royal Palms	5:45-6:45 p.m.	\$120	12 weeks
5755	Aerobics Dancing-Payment 1	K. Phelps	6/15-7/22	M/W	Royal Palms	5:45-6:45 p.m.	\$60	6 weeks
5789	Aerobics Dancing-Payment 2	K. Phelps	7/27-9/2	M/W	Royal Palms	5:45-6:45 p.m.	\$60	6 weeks
	Pay As You Go	K. Phelps	6/20-9/5*	SAT	Royal Palm	8:30-9:45 a.m.	\$6	1 week
			*No class 7/4					
	Pay As You Go	K. Phelps	6/15-9/2	M/W	Royal Palm	5:45-6:45 p.m.	\$12	1 day

**SATURDAY, 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.



La Palma  
**Fitness**  
**Run for Fun**  
 July 4, 2009

## 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.*



## 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:



# SUMMER SPECIALS

## La Palma Recreation and Community Services

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

### ULTIMATE CAMPS

#### INDIANA JONES ADVENTURE CAMP

**Ages: 6 – 12 years**

Grab your hat and let's head out for an adventure! You are Indiana's side kick and must use your knowledge of codes and strategy to find some of the worlds most prized and historic pieces!

6171 6/22 – 6/26 M – F 9:00 a.m. – 12:00 p.m. \$129

#### PRE-ENGINEERING WITH LEGOS CAMP

**Ages: 5 – 12 years**

Take a "crash course" in Demolition Derby, design a Might Metropolis, challenge the Battle Track, build and race a Locomotive faster than a speeding Worm Drive. Explore concepts in physics, mechanical engineering, structural engineering, and architecture while playing with your favorite creations. Children will be given instruction, design challenges, and competitions with Lego technical and system components. This class is not affiliated with the LEGO group.

##### Session I: Week of June 29 – July 2 (Four day session)

6172 6/29 – 7/2 M – TH 9:00 a.m. – 12:00 p.m. \$140  
6173 6/29 – 7/2 M – TH 1:00 p.m. – 4:00 p.m. \$140

##### Session II: Week of August 17 – August 21 (Five day session)

6174 8/17 – 8/21 M – F 9:00 a.m. – 12:00 p.m. \$175  
6175 8/17 – 8/21 M – F 1:00 p.m. – 4:00 p.m. \$175

#### HARRY POTTER

**Ages: 6 – 12 years**

With a new movie opening this summer, you won't want to miss this camp experience. Campers will be trained to become the next Camp Wizard. We will study magic, potions, horticulture, and flight. Campers will also build wands, capes, hats and everything you need to be a Kid Wizard.

6170 7/6 – 7/10 M – F 9:00 a.m. – 12:00 p.m. \$129

#### NASA JR. ASTRONAUTS

**Ages: 5 – 12 years**

6176

Join our Academy of Future Space Explorers as you prepare to explore the galaxy. Build your own model rocket, race a balloon rocket, and then see the real thing – a rocket launch up to 300 feet in the air! Make and take home your own comet, Shuttle Copter, glow-in-the-dark Bead Dipper and much more. See comets up close as one is formed before your eyes. Use teamwork to complete an important space mission and build a model space station. Travel to the end of the rainbow and make a sunset. This NASA camp is "Out of this World!" A \$25 supply fee which includes a t-shirt is payable to the instructor at the first class.

6176 7/13 – 7/17 M – F 9:00 a.m. – 12:00 p.m. \$129



#### SCIENCE IN MOTION

**Ages: 5 – 12 years**

Discover how things move with science. Take apart pellets to see what an owl can digest. View the world through a camera obscura that you make yourself. Assemble and control pulleys, levers, catapults, and mega pinchers. Take a walk on the wild side to explore the beasts of the fields and the birds of the air. Build your own birdhouse; make your own sidewalk chalk; grow your own crystal gardens; play with Magic Mud, and so much more. See you there! A \$25 supply fee which includes a t-shirt is payable to the instructor at the first class.

6177 8/3 – 8/7 M – F 9:00 a.m. – 12:00 p.m. \$129

#### SURVIVOR CAMP

**Ages: 6 – 12 years**

This camp based on the popular television series forms tribes and the fun begins! Competitions require teamwork and dedication to overcome obstacles, and build friendship. Everyone is a winner! No one gets voted off this island, but only one team can be the ultimate at survival. You may even get to eat a bug.

6178 8/10 – 8/14 M – F 9:00 a.m. – 12:00 p.m. \$129

#### STAR WARS

**Ages: 6 – 12 years**

It is Jedi training time. We need to get all of our young warriors ready to tackle evil. The time is now for the Force to be with us. This fantasy camp includes performing arts, martial arts, film, costuming, arts and crafts, magic, and super powers.

6179 8/24 – 8/28 M – F 9:00 a.m. – 12:00 p.m. \$129



La Palma  
Recreation & Community Services



Creating Unity in Community



# LEARN TO SWIM

## USA Water Polo National Training Center

located at Joint Forces Training Base, Los Alamitos(562) 795-2628  
11360 Valley Forge Drive (off of Lexington Drive and Farquhar Ave)

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 remains committed to providing the highest quality services to the community. 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 child per session and be sure to sign the bottom. You may register for all five sessions during the La Palma registration period May 30 – June 12, 2009.

### Walk-in Registration: at the pool

Walk-in registration at the pool 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.

## SWIM SESSIONS:

Sessions consists of nine (9) days of 30-minute classes:

**Week 1 is Monday – Friday and Week 2 is Monday-Thursday.**

**Session 1 June 22-July 2**

**Session 2 July 6-16**

**Session 3 July 20-30**

**Session 4 August 3-13**

**Special Session 5 August 17-27\***

\*To reinforce what students have learned over the summer, all classes will have half as many students to provide more individual attention.

FEES:	Sessions 1 – 4	Session 5
Parent & Me	\$56	\$65
Tiny Tots	\$56	\$65
Levels 1 – 6	\$50	\$65
Adult	\$56	\$65

## PARENT AND ME

**Ages: 6 months-3 years**

**Student/Teacher Ration 3:1**

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". **Parents must know how to swim and children must wear swim diapers.**

June 22 – July 3		July 6 – 16		July 20 – 30	
11:20 a.m.	5856	11:20 a.m.	5857	11:20 a.m.	5858
3:05 p.m.	5861	3:05 p.m.	5862	3:05 p.m.	5863
5:25 p.m.	5866	5:25 p.m.	5867	5:25 p.m.	5868
6:00 p.m.	5873	6:00 p.m.	5874	6:00 p.m.	5875
August 3 – August 13		August 17 – August 27			
11:20 a.m.	5859	11:20 a.m.	5860		
3:05 p.m.	5864	3:05 p.m.	5865		
5:25 p.m.	5869	5:25 p.m.	5870		
6:00 p.m.	5876	6:00 p.m.	5877		

## TINY TOTS

**Ages: 3 – 4 years**

**Student/Teach Ratio: 6:1**

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.

June 22 – July 3		July 6 – 16		July 20 – 30	
9:00 a.m.	5878	9:00 a.m.	5879	9:00 a.m.	5880
10:10 a.m.	5883	10:10 a.m.	5884	10:10 a.m.	5885
10:45 a.m.	5888	10:45 a.m.	5889	10:45 a.m.	5890
11:20 a.m.	5893	11:20 a.m.	5894	11:20 a.m.	5895
3:05 p.m.	5898	3:05 p.m.	5899	3:05 p.m.	5900
3:40 p.m.	5903	3:40 p.m.	5904	3:40 p.m.	5905
4:50 p.m.	5908	4:50 p.m.	5909	4:50 p.m.	5910
5:25 p.m.	5913	5:25 p.m.	5914	5:25 p.m.	5915
6:00 p.m.	5918	6:00 p.m.	5919	6:00 p.m.	5920
August 3 – August 13		August 17 – August 27			
9:00 a.m.	5881	10:45 a.m.	5882		
10:10 a.m.	5886	11:20 a.m.	5887		
10:45 a.m.	5891	10:45 a.m.	5892		
11:20 a.m.	5896	11:20 a.m.	5897		
3:05 p.m.	5901	3:05 p.m.	5902		
3:40 p.m.	5906	3:40 p.m.	5907		
4:50 p.m.	5911	4:50 p.m.	5912		
5:25 p.m.	5916	5:25 p.m.	5917		
6:00 p.m.	5921	6:00 p.m.	5922		

## LEVEL 1

**Ages: 5 – 15 years**

**Student/Teacher Ratio: 6:1**

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.

June 22 – July 3		July 6 – 16		July 20 – 30	
9:00 a.m.	5923	9:00 a.m.	5924	9:00 a.m.	5925
9:35 a.m.	5928	9:35 a.m.	5929	9:35 a.m.	5930
10:10 a.m.	5933	10:10 a.m.	5934	10:10 a.m.	5935
11:20 a.m.	5938	11:20 a.m.	5939	11:20 a.m.	5940
2:30 p.m.	5943	2:30 p.m.	5944	2:30 p.m.	5945
3:40 p.m.	5948	3:40 p.m.	5949	3:40 p.m.	5950
4:15 p.m.	5953	4:15 p.m.	5954	4:15 p.m.	5955
4:50 p.m.	5958	4:50 p.m.	5959	4:50 p.m.	5960
6:00 p.m.	5963	6:00 p.m.	5964	6:00 p.m.	5965
6:35 p.m.	5968	6:35 p.m.	5969	6:35 p.m.	5970
August 3 – August 13		August 17 – August 27			
9:00 a.m.	5926	9:00 a.m.	5927		
9:35 a.m.	5931	9:35 a.m.	5932		
10:10 a.m.	5936	10:10 a.m.	5937		
11:20 a.m.	5941	11:20 a.m.	5942		
2:30 p.m.	5946	2:30 p.m.	5947		
3:40 p.m.	5951	3:40 p.m.	5952		
4:15 p.m.	5956	4:15 p.m.	5957		
4:50 p.m.	5961	4:50 p.m.	5962		
6:00 p.m.	5966	6:00 p.m.	5967		
6:35 p.m.	5971	6:35 p.m.	5972		

**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.**

## LEVEL 2

**Ages: 5-15 years Student/Teacher Ratio: 6:1**

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.

June 22 – July 3		July 6 – 16		July 20 – 30	
9:00 a.m.	5973	9:00 a.m.	5974	9:00 a.m.	5975
9:35 a.m.	5978	9:35 a.m.	5979	9:35 a.m.	5980
10:10 a.m.	5983	10:10 a.m.	5984	10:10 a.m.	5985
11:20 a.m.	5988	11:20 a.m.	5989	11:20 a.m.	5990
2:30 p.m.	5993	2:30 p.m.	5994	2:30 p.m.	5995
3:05 p.m.	5998	3:05 p.m.	5999	3:05 p.m.	6000
3:40 p.m.	6003	3:40 p.m.	6004	3:40 p.m.	6005
4:15 p.m.	6008	4:15 p.m.	6009	4:15 p.m.	6010
4:50 p.m.	6013	4:50 p.m.	6014	4:50 p.m.	6015
6:00 p.m.	6018	6:00 p.m.	6019	6:00 p.m.	6020
6:35 p.m.	6023	6:35 p.m.	6024	6:35 p.m.	6025

  

August 3 – August 13		August 17 – August 27	
9:00 a.m.	5976	9:00 a.m.	5977
9:35 a.m.	5981	9:35 a.m.	5982
10:10 a.m.	5986	10:10 a.m.	5987
11:20 a.m.	5991	11:20 a.m.	5992
2:30 p.m.	5996	2:30 p.m.	5997
3:05 p.m.	5601	3:05 p.m.	6002
3:40 p.m.	6006	3:40 p.m.	6007
4:15 p.m.	6011	4:15 p.m.	6012
4:50 p.m.	6016	4:50 p.m.	6017
6:00 p.m.	6021	6:00 p.m.	6022
6:35 p.m.	6026	6:35 p.m.	6027

## LEVEL 3

**Ages: 5-15 Student/Teacher Ratio: 6:1**

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

June 22 – July 3		July 6 – 16		July 20 – 30	
9:00 a.m.	6028	9:00 a.m.	6029	9:00 a.m.	6030
9:35 a.m.	6033	9:35 a.m.	6034	9:35 a.m.	6035
10:10 a.m.	6038	10:10 a.m.	6039	10:10 a.m.	6040
10:45 a.m.	6043	10:45 a.m.	6044	10:45 a.m.	6045
11:20 a.m.	6048	11:20 a.m.	6049	11:20 a.m.	6050
2:30 p.m.	6053	2:30 p.m.	6054	2:30 p.m.	6055
3:05 p.m.	6058	3:05 p.m.	6059	3:05 p.m.	6060
3:40 p.m.	6063	3:40 p.m.	6064	3:40 p.m.	6065
4:15 p.m.	6068	4:15 p.m.	6069	4:15 p.m.	6070
4:50 p.m.	6073	4:50 p.m.	6074	4:50 p.m.	6075
5:25 p.m.	6078	5:25 p.m.	6079	5:25 p.m.	6080
6:00 p.m.	6083	6:00 p.m.	6084	6:00 p.m.	6085
6:35 p.m.	6088	6:35 p.m.	6089	6:35 p.m.	6090

  

August 3 – August 13		August 17 – August 27	
9:00 a.m.	6031	9:00 a.m.	6032
9:35 a.m.	6036	9:35 a.m.	6037
10:10 a.m.	6041	10:10 a.m.	6042
10:45 a.m.	6046	10:45 a.m.	6047
11:20 a.m.	6051	11:20 a.m.	6052
2:30 p.m.	6056	2:30 p.m.	6057
3:05 p.m.	6061	3:05 p.m.	6062
3:40 p.m.	6066	3:40 p.m.	6067
4:15 p.m.	6071	4:15 p.m.	6072
4:50 p.m.	6076	4:50 p.m.	6077
5:25 p.m.	6081	5:25 p.m.	6082
6:00 p.m.	6086	6:00 p.m.	6087
6:35 p.m.	6091	6:35 p.m.	6092

## LEVEL 4

**Ages: 5-15 years Student/Teacher Ratio: 6:1**

This class is designed to further improve strokes and endurance and learn breaststroke and side stroke.

June 22 – July 3		July 6 – 16		July 20 – 30	
9:00 a.m.	6189	9:00 a.m.	6190	9:00 a.m.	6191
9:35 a.m.	6194	9:35 a.m.	6195	9:35 a.m.	6196
10:45 a.m.	6199	10:45 a.m.	6200	10:45 a.m.	6201
2:30 p.m.	6204	2:30 p.m.	6205	2:30 p.m.	6206
3:05 p.m.	6209	3:05 p.m.	6210	3:05 p.m.	6211
3:40 p.m.	6214	3:40 p.m.	6215	3:40 p.m.	6216
4:15 p.m.	6219	4:15 p.m.	6220	4:15 p.m.	6221
5:25 p.m.	6224	5:25 p.m.	6225	5:25 p.m.	6226
6:35 p.m.	6229	6:35 p.m.	6230	6:35 p.m.	6231

  

August 3 – August 13		August 17 – August 27	
9:00 a.m.	6192	9:00 a.m.	6193
9:35 a.m.	6197	9:35 a.m.	6198
10:45 a.m.	6202	10:45 a.m.	6203
2:30 p.m.	6207	2:30 p.m.	6208
3:05 p.m.	6212	3:05 p.m.	6213
3:40 p.m.	6217	3:40 p.m.	6218
4:15 p.m.	6222	4:15 p.m.	6223
5:25 p.m.	6227	5:25 p.m.	6228
6:35 p.m.	6232	6:35 p.m.	6233

## LEVEL 5/6

**Ages: 6 – 15 years**

**Student/Teacher Ratio: 8:1**

This class is designed to refine skills learned in level 4, and be introduced to the butterfly, jump entry, underwater swimming and open turns. Also great for students to refine and improve all strokes.

June 22 – July 3		July 6 – 16		July 20 – 30	
9:35 a.m.	6138	9:35 a.m.	6139	9:35 a.m.	6140
10:45 a.m.	6143	10:45 a.m.	6144	10:45 a.m.	6145
2:30 p.m.	6148	2:30 p.m.	6149	2:30 p.m.	6150
4:15 p.m.	6153	4:15 p.m.	6154	4:15 p.m.	6155
5:25 p.m.	6158	5:25 p.m.	6159	5:25 p.m.	6160

  

August 3 – August 13		August 17 – August 27	
9:35 a.m.	6141	9:35 a.m.	6142
10:45 a.m.	6146	10:45 a.m.	6147
2:30 p.m.	6151	2:30 p.m.	6152
4:15 p.m.	6156	4:15 p.m.	6157
5:25 p.m.	6161	5:25 p.m.	6162

## ADULTS

**Ages: 16+ years**

**Student/Teacher Ratio: 6:1**

It's never too late to learn to swim! This class is for adults of all levels who want to learn to swim or to improve their swimming abilities.

June 22 – July 3		July 6 – 16		July 20 – 30	
9:35 a.m.	6163	6:35 p.m.	6164	6:35 p.m.	6165
<b>August 3 – August 13</b>		<b>August 17 – August 27</b>			
6:35 p.m.	6166	6:35 p.m.	6167		

## WATER POLO

**Age: 6 – 17 years**

This USA Water Polo developed program is designed to introduce children to the basic skills of water polo with an emphasis on fun and participation. Participants must be at least a Level 4 swimmer.

July 6 – 16		July 20 – 30	
10:45 - 11:45 a.m.	6189	10:45 - 11:45 a.m.	6190

## SWIM AND STAYFIT 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. or pay a daily fee at the pool. The pool is heated to a comfortable temperature and locker rooms are available. Kickboards and leg floats are available to checkout.

Fee:	Lap Swim Club Card	\$65 for 20 visits
	Drop In	\$4 per visit

**Days**

Mon – Fri

**Times**

Noon – 1:30 p.m.



# TRIFYTT SPORTS CAMPS

In a safe and fun environment, caring and trained TriFytt coaches balance fundamental skill improvement with personal character development to help each participant strengthen his or her own potential. This approach provides tremendous growth in all athletes.

## MULTI-SPORT CAMP

**Ages: 3 – 11 years**

Take advantage of this great opportunity for your kids to play their favorite sports all at one camp. This camp is designed to motivate children to be active and healthy while giving them the fundamental skills needed to succeed and grow in whichever sport they choose. Every child will be given a camp shirt.

Course	Date	Camp	Day	Time	Fee
6181	6/22 – 6/26	Soccer/T-ball/Basketball	M – F	9:00 a.m. – 12:00 p.m.	\$89
6182	6/22 – 6/26	Soccer/T-ball/Basketball	M – F	12:15 p.m. – 1:00 p.m.	\$49
6183	7/6 – 7/10	Soccer/Baseball/Basketball	M – F	5:00 p.m. – 8:00 p.m.	\$89
6184	7/21 – 8/18	Soccer/T-ball/Basketball	T	5:00 p.m. – 5:45 p.m. 5 wks	\$55
6185	7/21 – 8/18	Soccer/T-ball/Basketball	T	6:00 p.m. – 6:45 p.m. 5 wks	\$55

## LITTLE FYTT STARS SOCCER

**Ages: 5 – 7 years**

Take advantage of this opportunity to learn how to play soccer. Through fun and safe games, athletes will have a great time playing the world's fastest growing sport. We will also teach our athletes the benefits of sportsmanship, sharing, and teamwork. Every athlete will be given a camp shirt and soccer ball.

6186	7/27 – 7/31	Soccer	M – F	9:00 a.m. – 12:00 p.m.	\$89
------	-------------	--------	-------	------------------------	------



## TINY FYTT STARS SOCCER

**Ages: 3 – 5 years**

Join TriFytt Sports in our Tiny Fytt Stars soccer program. Have your child be introduced to soccer in a fun and safe environment while learning the basics of the game and making new friends. Our Tiny Fytt Stars program is designed to fine-tune each child's motor and socialization skills. Every child will receive a t-shirt.

6234	7/27 – 7/31	Soccer	M – F	12:15 p.m. – 1:00 p.m.	\$49
------	-------------	--------	-------	------------------------	------



# CLUB LA PALMA SUMMER DAY CAMP

Keep your child active this summer with our caring and supportive counselors! Club La Palma Day Camp is looking forward to engaging campers 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 22–June 26, and will be conducted for a total of 10 weeks. Special registration forms are available in La Palma's Recreation 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.



## Theme Weeks and Excursions

5661	June 22 - June 26 June 25	"Hooray for Hollywood" Up - El Capitan
5662	June 29 - July 3 July 2	"Under the Sea" Corona Del Mar Beach
5663	July 6 - July 10 July 9	"Happiest Camp on Earth" Disneyland
5664	July 13 - July 17 July 15 (WED)	"Goal!" Chivas USA
5665	July 20 - July 24 July 23	"Think Big" Orange County Fair
5666	July 27- July 31 July 30	"Wild Water Ride" Wild Rivers
5667	August 3 - August 7 August 6	"Animals All Aboard" Orange County Zoo & Irvine Park Railroad
5668	August 10 - August 14 August 13	"Legends, Myths & Fantasies" Medieval Times
5669	August 17 - August 21 August 20	"Start Your Engines" Boomers
5670	August 24 - August 28 August 27	"Wild West" Knott's Berry Farm



## Older Teens / Adults

### ADULT TAE KWON-DO

**Age: 15+ 5804-5806**

Tae Kwon-do strengthens the body and improves health through physical and mental exercise. This program is designed to develop endurance, flexibility, and balance along with self-defense techniques. The 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.

### ADULT KARATE

**Age: 15+ 5807-5809**

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.

### INTRODUCTION TO TAI CHI

**Age: 14+**

**5810-5811**

*New!*  
This graceful form of exercise that has existed for some 2,000 years uses gentle flowing movements to reduce the stress of today's busy lifestyles and improve health. Tai Chi, is often described as "meditation in motion" because it promotes serenity through gentle movements – connecting the mind and body. Anyone, regardless of age or physical ability, can practice Tai Chi since the emphasis is on technique over strength. This class located at the Martial Arts Fitness Center, 9949 Walker Street, Cypress.

### YOGA/PILATES FITNESS CLASS

**Age: 14+**

**5812-5814**

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 to the instructor the first day of class. This class located at the Martial Arts Fitness Center, 9949 Walker Street, Cypress.

### WOMEN'S SELF DEFENSE

**Age: 14+**

**5816-5819**

This class will be tailored toward 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 located at the Martial Arts Fitness Center, 9949 Walker Street, Cypress.

Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
5804	Adult Tae Kwon-Do	A. Jafari	6/15-7/1	M/W	MA Center	6:30-7:30 p.m.	\$44	3 weeks
5805	Adult Tae Kwon-Do	A. Jafari	7/13-7/29	M/W	MA Center	6:30-7:30 p.m.	\$44	3 weeks
5806	Adult Tae Kwon-Do	A. Jafari	8/10-8/26	M/W	MA Center	6:30-7:30 p.m.	\$44	3 weeks
5807	Adult Karate	A. Jafari	6/16-7/2	T/TH	MA Center	5:30-6:30 p.m.	\$44	3 weeks
5808	Adult Karate	A. Jafari	7/14-7/30	T/TH	MA Center	5:30-6:30 p.m.	\$44	3 weeks
5809	Adult Karate	A. Jafari	8/11-8/27	T/TH	MA Center	5:30-6:30 p.m.	\$44	3 weeks
5810	Introduction to Tai chi	A. Jafari	6/18-7/16	TH	MA Center	6:30-7:30 p.m.	\$44	5 weeks
5811	Introduction to Tai chi	A. Jafari	7/30-8/27	TH	MA Center	6:30-7:30 p.m.	\$44	5 weeks
5815	Yoga/Pilates Fitness	Chopra/Seyller	6/15-7/1	M/W	MA Center	7:30-8:30 p.m.	\$50	3 weeks
5812	Yoga/Pilates Fitness	Chopra/Seyller	7/6-7/22	M/W	MA Center	7:30-8:30 p.m.	\$50	3 weeks
5813	Yoga/Pilates Fitness	Chopra/Seyller	7/27-8/12	M/W	MA Center	7:30-8:30 p.m.	\$50	3 weeks
5814	Yoga/Pilates Fitness	Chopra/Seyller	8/17-9/2	M/W	MA Center	7:30-8:30 p.m.	\$50	3 weeks
5816	Women's Self Defense	A. Jafari	6/16-6/30	T	MA Center	6:30-7:30 p.m.	\$44	3 weeks
5817	Women's Self Defense	A. Jafari	7/7-7/21	T	MA Center	6:30-7:30 p.m.	\$44	3 weeks
5818	Women's Self Defense	A. Jafari	7/28-8/11	T	MA Center	6:30-7:30 p.m.	\$44	3 weeks
5819	Women's Self Defense	A. Jafari	8/18-9/1	T	MA Center	6:30-7:30 p.m.	\$44	3 weeks

**Older Teens / Adults****INTRODUCTION TO MARTIAL ARTS****Age: 13+ 5821-5822**

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 their first session.

*Register for a class today!*

**ICE SKATING FOR ADULTS****Age: 17+ 5820**

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.

**DOG OBEDIENCE****Age: 16+ 5753**

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 Date Room without dogs. Proof of current parvo, distemper and rabies vaccinations will also be required at that time.

**Adults****ADULT INTRO TO JAZZ, STRETCHING & FLEXIBILITY****Age: 18+ 5758-5759**

This class will involve lots of stretching to help with you become more flexible as you learn a variety of dance moves to some of your favorite music.

**ADULT FITNESS AND EXERCISE****Age: 18+ 5764-5765**

This fun and exciting class provides the perfect workout to get back in shape. Join in as we combine basic warm-ups with soothing across-the-floor exercises. Bring a floor mat or towel.



Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
5821	Introduction to Martial Arts	J. Amsell	6/30-7/23	T/TH	King Palm	5:00-6:00 p.m.	\$35	4 weeks
5822	Introduction to Martial Arts	J. Amsell	7/28-8/27	T/TH	King Palm	5:00-6:00 p.m.	\$43	5 weeks
5820	Ice Skating for Adults	Anaheim Staff	7/8-7/29	W	Anaheim ICE	7:00-7:30 p.m.	\$44	4 weeks
5753	Dog Obedience	R. Audette	6/22-8/10	M	Central Park	7:00-8:00 p.m.	\$75	8 weeks
5758	Intro to Jazz - Stretch & Flexibility	A. Valley	7/7-7/28	T	Sago Palm	6:00-7:00 p.m.	\$30	4 weeks
5759	Intro to Jazz - Stretch & Flexibility	A. Valley	8/4-8/25	T	Sago Palm	6:00-7:00 p.m.	\$30	4 weeks
5764	Adult Fitness & Exercise	A. Valley	7/6-7/27	M	Royal Palm	9:30-10:30 a.m.	\$40	4 weeks
5765	Adult Fitness & Exercise	A. Valley	8/3-8/24	M	Royal Palm	9:30-10:30 a.m.	\$40	4 weeks

## Adult

### POWER TAE AEROBICS

**Age: 18+**

**5802–5803**

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.

### HOW TO SELL ON eBAY

**Age: 18+**

**5746–5747**

Everyone has a lot of stuff in closets, drawers, garages and are even paying for storage areas to hold this stuff. Why not make money and clear stuff out at that same time? This class will show you how to sell on eBay. We will discuss organization, categorization and how to write posts for your items.

### LINE DANCE

**Age: 18+**

**5750**

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 Avenue.

### UKULELE: KANIKAPILI OKALANA

**Age: 18+**

**5748–5749**

Do you have a Ukulele? Learn how to play chords and keys for sing-a-longs, rock, pop, and even learn a simple Hawaiian tune. Come and enjoy the fun with us! Our instructor has 47 years of professional experience. Supplies Required: Ukulele and music stand.

### TWO STEP & SWING

**Age: 18+**

**5751**

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+**

**5752**

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.



Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
5802	Power Tae Aerobics	C. Markopulos	7/2-7/30	T/TH	Tae Kwon Do	7:00-8:00 p.m. (T) 8:00-9:00 p.m. (TH)	\$40	4 weeks
5803	Power Tae Aerobics	C. Markopulos	8/4-8/27	T/TH	Tae Kwon Do	7:00-8:00 p.m. (T) 8:00-9:00 p.m. (TH)	\$40	4 weeks
5750	Line Dancing	J. Karter	6/29-8/3	M	Cypress CC	6:30-7:30 p.m.	\$32	6 weeks
5751	Two Step & Swing	J. Karter	6/29-8/3	M	Cypress CC	7:30-8:30 p.m.	\$32	6 weeks
5752	Strictly Ballroom	J. Karter	6/29-8/3	M	Cypress CC	8:30-9:30 p.m.	\$32	6 weeks
5746	How to Sell on eBay	F. Greenspan	6/16-6/23	T	Fan Palm	6:30-8:30 p.m.	\$69	2 weeks
5747	How to Sell on eBay	F. Greenspan	8/19-8/26	W	Fan Palm	10:00 a.m.-12:00 p.m.	\$69	2 weeks
5748	Ukulele: Kanikapili Okalana	J. Kamae	6/17-7/22	W	Pygmy Palm	7:30-9:00 p.m.	\$55	6 weeks
5749	Ukulele: Kanikapili Okalana	J. Kamae	7/29-8/26	W	Pygmy Palm	7:30-9:00 p.m.	\$46	5 weeks

## Adults

## Online Classes

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

### Computer Courses

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

### Photography

- Discover Digital Photography
- Secrets of Better Photography

Go online  
to see  
all available  
courses

### Specific Subjects

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

### Parenting

- Understanding Adolescents

### Special Interest Classes

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

### Online Course Instructions

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

#### ▶ All classes are \$72

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

*Register for a class today!*

### LA PALMA/CYPRESS ADULT SOFTBALL

Registration Dates: July 20 – August 21

Season Begins: September 7

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

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

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

Times: Wednesdays: 6:30 p.m., 7:40 p.m., and 8:50 p.m.  
Sundays- 4:30, 5:40, 6:50 and 8:00 p.m.  
Co-ed: Friday and Saturday evenings

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
- Identification card of each player showing proof of age
- All players must be 18 years old or older

*Blank rosters are available under the "Forms" section on the City of Cypress website:  
[www.ci.Cypress.ca.us](http://www.ci.Cypress.ca.us).*



### 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.

**All Ages / Family****TRADITIONAL MARTIAL ARTS****Age: 8+****5823-5828**

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

This program is divided into three course levels—Introduction for first-time students, 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 and more advanced students are permitted to compete in Taekwondo or Judo. Our instructors are certified by the Kukkiwon, World Taekwondo Federation, the U.S. Olympic Committee and the U.S. Judo Association and are experienced in both traditional martial arts and sports training systems.

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

**PRACTICAL CHESS INSTRUCTION****Age: 8+****5829-5831**

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

Knight Fever

July 10 – July 31

New Hampshire

August 7 – August 28

*La Palma Days Celebrates 25 Years***La Palma Days Seeking Volunteers**

**D**o 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.



Code	Class	Instructor	Dates	Day	Location	Time	Fee	Length
5823	Introduction to Martial Arts	J. Amsell	7/11-8/1	SAT	Sago Palm	10:00-11:00 a.m.	\$35	4 weeks
5824	Introduction to Martial Arts	J. Amsell	8/8-8/29	SAT	Sago Palm	10:00-11:00 a.m.	\$35	4 weeks
5825	Intermediate Martial Arts	J. Amsell	7/11-8/1	SAT	Sago Palm	11:00-12:00 p.m.	\$35	4 weeks
5826	Intermediate Martial Arts	J. Amsell	8/8-8/29	SAT	Sago Palm	11:00-12:00 p.m.	\$35	4 weeks
5827	Martial Arts – Advanced	J. Amsell	7/11-8/1	SAT	Sago Palm	12:00-1:00 p.m.	\$35	4 weeks
5828	Martial Arts – Advanced	J. Amsell	8/8-8/29	SAT	Sago Palm	12:00-1:00 p.m.	\$35	4 weeks
5829	Chess Tournament	LP Chess Club	7/10-8/28	F	Sago Palm	6:00-11:00 p.m.	\$20	8 weeks
5830	Chess Tournament: Knight Fever	LP Chess Club	7/10-7/31	F	Sago Palm	6:00-11:00 p.m.	\$13	4 weeks
5831	Chess Tournament: New Hampshire	LP Chess Club	8/7-8/28	F	Sago Palm	6:00-11:00 p.m.	\$13	4 weeks



## Older Adults

### MOVIES FOR OLDER ADULTS!

Gather your friends, and enjoy an afternoon of cinemagic and warm buttered popcorn! Movies provide everybody a chance to escape into an imaginary world. Movies are shown every Tuesday at 12:30 p.m. in the Fan Palm Room. For more information please call 714-690-3350.

*New!*

### SUMMER BBQ

**August 20 12:00–2:00 p.m.**  
**Free!**

Enjoy a beautiful day in the park with good friends, good food, and a good time! La Palma Recreation is excited to begin offering new activities for our older adults during the BBQ, but **WE NEED YOUR INPUT!** City staff will be on hand to take your suggestions and in the future will be creating a program that benefits you!

This event is **FREE**, but registration is required by August 19.

*New!*

### Wii BOWLING TOURNAMENT

**Ages: Adults 5854**

**STRIKE!!!** Get up, get active, and get bowling! La Palma Recreation and Coast Healthcare Management are teaming up to offer a Wii Bowling Tournament. All skill levels are invited to attend and show La Palma what you got!

*New!*



### COOL DOWN SITE FOR SENIORS!

**Monday-Friday**  
**The Palms at Center Park**  
**7821 Walker Street**  
**La Palma, Ca 90623**

**T**he Cool Down Site will be activated depending on the overall Heat Index for City of La Palma. If it is determined that extreme hot weather will be a problem, then one of the rooms at Central Park will be opened during the week. Call the City of La Palma Recreation and Community Services Department at (714) 690-3350 for more information.

### BEGINNING COMPUTER CLASSES

**Ages: Adults 5853**

In connection with the OC Public Libraries-La Palma Branch learn basic programs and skills with our patient Recreation staff. The staff will teach you beginning skills such as using a keyboard, mouse, signing up for an email program, sending and receiving emails and pictures, utilizing the internet, and much more. Class size is limited, so sign up early! This class will be held at the La Palma Public Library, 7842 Walker 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.

### 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.

*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
5853	Beginning Computer Class	J. Matsukawa/ J. Cooper	6/23-7/28	T	La Palma Library	11:00 a.m.-12:00 p.m.	Free	6 weeks
5854	Wii Bowling Tournament		6/25/09	TH	Fan Palm	12:00-3:00 p.m.	Free	1 week
	Country Line Dancing	TBA		T	Cypress SC	12:00-2:00 p.m.	Free	Weekly
	Marsha Roe Line Dance	Roe		M	Cypress SC	1:00-3:00 p.m.	\$3	Weekly

## Older Adults

### LA PALMA SENIORS CLUB

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

### Information and Referral

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

*Get Active, Have Fun  
Register today!*

### SENIOR TRANSPORTATION REFERRAL

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

### LA PALMA MEALS ON WHEELS

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

#### Volunteers Needed

Meals on Wheels is 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**

State Farm Insurance

Maria Reinhart

WPD Dental Group

Rosendin Electric

Care Ambulance

Dr. Bold

Arbonne International



**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) 690-3359 for details.

Please Patronize Our Advertisers

**PARK**  
WASTE & RECYCLING SERVICES  
**(714) 522-3577**  
[www.edcodisposal.com](http://www.edcodisposal.com)  
*“We’ll Take Care of It”*

Lisa Huang

Farr Agency



The block contains three logos: the bp logo (a sunburst with 'bp' text), the ARCO logo (a dark rounded rectangle with 'ARCO' and a diamond symbol), and the ampm logo (a rounded rectangle with 'ampm.' and a curved line above it).

A large empty rectangular box occupying the bottom half of the page.

**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**

- ❖ 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

**RECREATION SPECIALISTS**

D.J. Albarian                      Nancy Brewer  
Jason Chua                      Anthony Kim

**SENIOR OFFICE STAFF**

Jill Olivier                      Lori Whalen

**RECREATION STAFF**

Bryan Amezcuita	Edward Cho	Joe Cooper
Tim Dodd	Austin Greene	Maureen Guinoo
Kristen Hara	Vanessa Haning	Emily Kulassia
Kristine Luevanos	Jesse Matsukawa	Christian McCombs
Jamaal McIntosh	Allison Riach	Nick Rotherham
Sarah Schrader	Brandon Solem-Kuehl	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*



## 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



PRSR STD  
U.S. Postage  
PAID  
Buena Park, CA  
Permit No. 49

Postal Customer  
La Palma, CA 90623

*Online Registration  
Coming this Fall.  
Fast, Easy, Convenient*

## SUMMER OF ICONS 2009

### Concerts in the Park Saturday at Central Park 6:30-8:00 p.m.

**A**re you ready for some Concerts? The City of La Palma and the Community Activities and Beautification Committee proudly presents Concerts in the Park – Summer of Icons. This summer series of musical concerts and fun invites you to gather family and friends, bring a picnic, relax, and enjoy the music.

Concerts are held every Saturday evening at Central Park, located at 7821 Walker Street, north of La Palma Avenue. Admission is free. Concerts begin on Saturday, July 11, at 6:30 p.m. and continue every Saturday thereafter through August 22. The Community Activities and Beautification Committee are seeking business and personal donations to help support La Palma's Concerts. All donations are recognized in the weekly concert program. For further donation information, please call La Palma Recreation & Community Services at (714) 690-3350.



July 11	Bella Donna (Fleetwood Mac)
July 18	Raymond Michael (Elvis)
July 25	Mighty Cash Cats (Johnny Cash)
August 1	Proud Mary (Tina Turner)
August 8	Long Run (The Eagles)
August 15	Urban Dread (Bob Marley)
August 22	Hollywood Stones (The Rolling Stones)