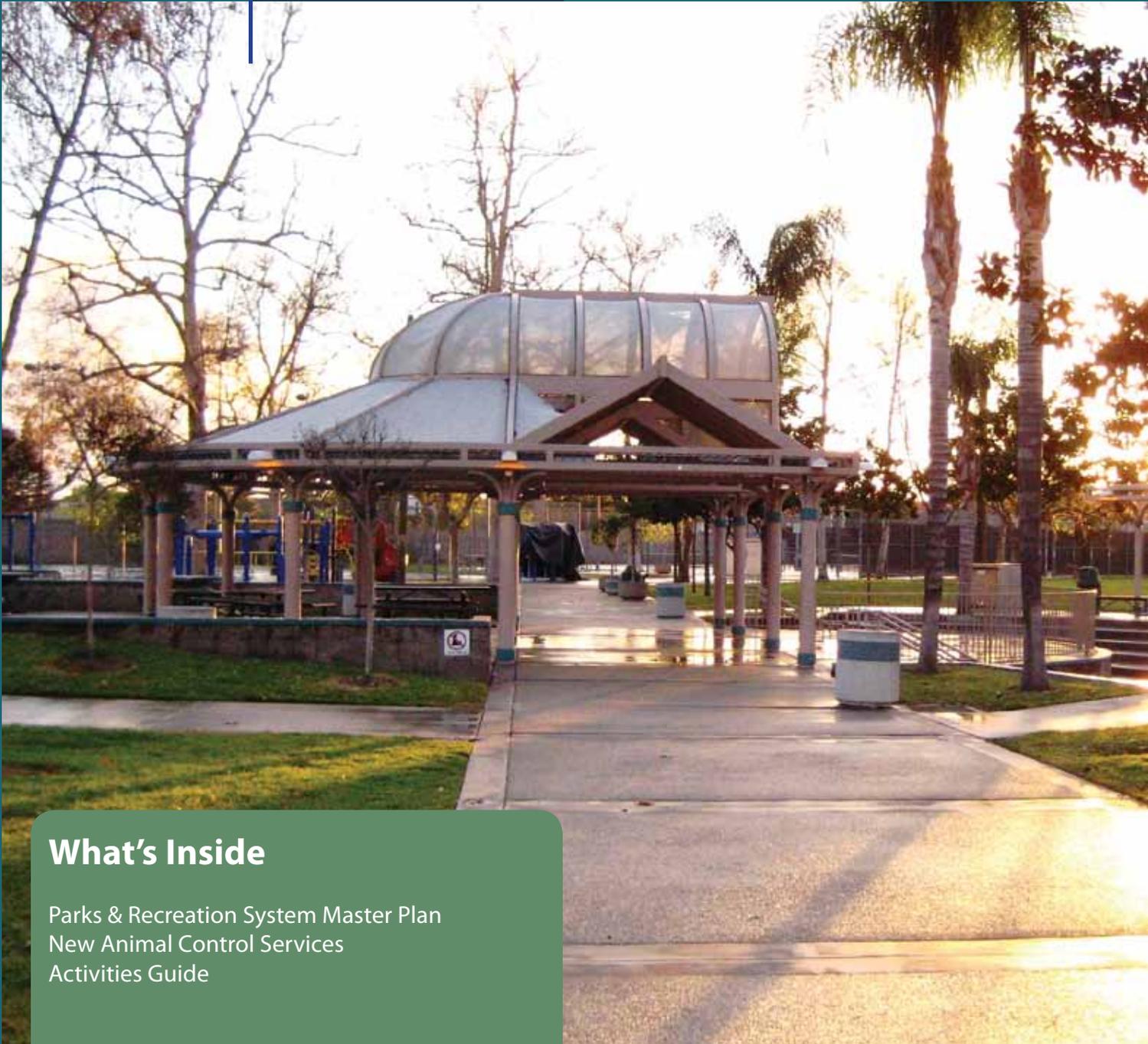


La Palma



MOSAIC

Winter 2010



What's Inside

Parks & Recreation System Master Plan
New Animal Control Services
Activities Guide

City Information

City Hall Hours:

7:30 a.m. – 5:30 p.m. **Monday – Thursday
and Alternating Fridays**

City Council, Community Development Commission, and the Planning Commission Meetings are held on the first and third Tuesday of each month. Meetings start at 7:00 p.m. and are open to the public. Agendas are available by calling the City Clerk's office at 714-690-3334, or on the City's website www.cityofpalma.org under Agendas and Minutes.

Any person wishing to address the City Council on any matter, whether or not it appears on the agenda, may do so under the Public Communications portion of the agenda. Each individual is allowed five minutes to address the Council. No action will be taken on any items not on the agenda.

Development Committee Meetings are held at 7:30 p.m. on the second Monday of every odd-numbered Month (January, March, May, July, September, and November).

Traffic and Safety Committee Meetings are held quarterly at 6:00 p.m. on the fourth Monday of January, April, July, and October.

Community Activities & Beautification Committee Meetings are held at 6:30 p.m. on the second Tuesday of every month, September – June.

All meetings are held in the City Council Chambers at City Hall, located at 7822 Walker Street.

La Palma City Council

G. Henry Charoen
Councilmember

Larry Herman
Councilmember

Ralph Rodriguez
Councilmember

Steve Shanahan
Councilmember

Mark Waldman
Councilmember

A Message from the City

The first decade of this century will likely be remembered for the historic economic downturn that the world is currently facing. If you're not affected personally, chances are you know someone who is. While there is glimmers of hope as we move into 2010, the economy — especially here in California — has a long way to go before we can say it's fully recovered.

In this time of economic uncertainty, the La Palma City Council continues its commitment to helping residents in any way possible. A Permit Fee Holiday Program has been instituted to encourage and promote investment in existing single family residential properties throughout the City. A typical home remodel can save over \$1,400 in fees while the Holiday is in effect. Residents are encouraged to apply for the Permit Fee Holiday Program by contacting the Community Development Department at (714) 690-3340.

Recently, the City Council also approved a Residential Tree Planting Rebate Program to encourage residents to plant new trees in their front yards. This program is coming to you in partnership with Southern California Edison, who has agreed to provide the initial funding. For further information on how to receive \$75 for a new tree, see the article on page six.

In addition, coming this spring, the City will begin painting all of the block walls facing arterial streets. Although the homeowners are traditionally responsible for maintaining these walls, the entire community will benefit from this dramatic aesthetic improvement. More information about Arterial Block Wall Program, including which streets will be painted, can be found on page six.

The City Council also lowered the Utility Users Tax to 4% this year and has extended the hours of the Tiny Tots Program without increasing fees. These are just a few examples of how the City has tried to ease the burden on residents and businesses during these difficult times. By working together, we can come out of this as a stronger community.

Calendar of Events

January

- 1 & 4 New Year's Holiday,
City Offices Closed
- 5 City Council Meeting – 7:00 p.m.
- 19 City Council Meeting – 7:00 p.m.



February

- 2 City Council Meeting – 7:00 p.m.
- 6 Teen Be My Valentine Dance – 7:00 p.m.
La Palma Community Center
- 15 President's Day,
City Offices Closed
- 16 City Council Meeting – 7:00 p.m.



March

- 2 City Council Meeting – 7:00 p.m.
- 13 Teen Fashion Show – 6:00 p.m.
Cypress Community Center
- 14 Daylight Saving Time Begins
- 16 City Council Meeting – 7:00 p.m.
- 20 Spring Begins

This issue of the La Palma Mosaic also includes articles on:

- New Animal Control Services
- The Alert OC Emergency Notification System
- Parks & Recreation System Master Plan
- Continental Little League
- Water Conservation & Preventing Urban Runoff

The La Palma City Council and the entire staff wish everyone a happy, safe and prosperous New Year! All of us remain committed to serving and working together with all La Palma residents as we begin this new decade.

The La Palma Mosaic is your magazine; we welcome your suggestions and feedback. If you would like to see something specific or want to include an upcoming community, school, or business event in the magazine, please contact the La Palma Mosaic Editor at recreation@cityoflapalma.org.

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Recap August, September, October, and November 2009

The City Council meets on the 1st and 3rd Tuesdays of each month at 7:00 p.m. in the Council Chambers at City Hall. The public is always invited to attend; additionally, meetings are audio-cast live on the City's website at 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. Below are actions that the City Council has taken during the past few months.

August 4, 2009

Conducted a Joint Study Session with the Community Development Commission (CDC) to discuss the City's economic development and redevelopment efforts and provided direction for future priority areas and projects. The purpose of the Study Session was to provide for an open discussion on recent efforts to facilitate new developments on existing vacant properties, the redevelopment of specific retail shopping centers within the City, and the CDC's ability to fund the cost of its capital improvement and economic development or redevelopment program.

Authorized the Mayor to execute an amendment to the agreement with MJC Construction, Inc. extending the term of the agreement through June 30, 2010 for the provision of general sewer repair services. MJC recently completed the City's Fiscal Year 2008-2009 general Sewer Repair Services project. This project involves the repair/replacement of damaged sewer pipes consistent with Sewer Master Plan.

August 18, 2009

Authorized the Mayor to execute an amendment to the agreement with Empire Pipe Cleaning and Equipment Inc. extending the term of the agreement through June 30, 2010 for the provision of general sewer maintenance services. Empire recently completed the City's Fiscal Year 2008-2009 general Sewer Maintenance Services project. This project involves the cleaning/jetting of sewer pipes consistent with the Sewer Master Plan.

Adopted a Resolution approving the City's participation in the Mortgage Credit Certificate Program through the County of Orange. The program entitles qualified first-time home buyers to reduce the amount of their federal income tax liability by an amount equal to a portion of the interest paid during the year on a home mortgage. This tax credit allows the buyer to qualify more easily for a loan by increasing the effective income of the buyer. For more information about this program visit the County's contract administrator of the program at www.urbanfuturesinc.com.

Adopted a Resolution authorizing submittal of an application to the California Integrated Waste Management Board (CIWMB) for a Used Oil Recycling Block Grant for Fiscal Year 2009-2010. The block grant is provided to local governments for establishing local collection programs that encourage recycling of used motor oil. The amount of funding to be received from the CIWMB for the current fiscal year is estimated at \$5,000.

September 1, 2009

Considered and approved modifications to the Community Center Rehabilitation project. The modifications include remodeling the Community Center restrooms, the installation of two electronic readerboard signs, and a revised exterior color scheme.

September 15, 2009

Adopted a Resolution updating the City's Records Management Policy and Retention Schedule. The new policy updates the 1995 Records Retention Schedule and includes retention schedules for paper and media records. The Fiscal Year 2009-2010 Budget includes funding for the digital conversion of many of the City's paper records.

Approved and authorized the Mayor to execute an agreement with the County of Orange to utilize grant funds to hire a part-time Police Service Aide. Police Service Aides are used to relieve officers of non-patrol functions such as transporting vehicles for service, transporting evidence to the crime lab, and assisting at Community Policing events.

Adopted an Ordinance amending Chapter 26 of the La Palma City Code to comply with Senate Bill 731 relating to massage therapy. Discussed a proposed Ordinance amending Chapter 26 of the La Palma City Code to comply with Senate Bill 731 relating to massage therapy.

Adopted a Resolution approving a Residential Tree Rebate Program. The Program is available to property owners of single-family detached homes throughout the City and would provide a one-time rebate of up to \$75 for the cost of the tree, including planting and staking materials. Please see related article on page 4.

October 6, 2009

Adopted a Resolution approving an agreement for Federal funding of the rehabilitation of Orangethorpe Avenue from the west City limits at Moody Street to the east City limits at Valley View Street. The work includes pavement rehabilitation, sidewalk installation, and pedestrian ramp reconstruction. The construction project is being funded by the American Recovery and Reinvestment Act of 2009.

Authorized the purchase of two replacement Public Works vehicles. A 2010 Ford F30 Dump Truck and a 2010 F250 Liquid Propane Gas (LPG) Utility Bed Truck will be used for daily operations, such as hauling large items to and from maintenance sites and transportation of equipment. The vehicles being replaced will be sent to auction.

Adopted a Resolution to detach several La Palma parcels from the Cypress Recreation and Park District (CRPD). The residents residing in this 10-acre area are not receiving services from the CRPD, although property taxes are being collected by CRPD. The detachment of this area from the CRPD would result in approximately \$13,000 annually of additional property tax revenue to the City of La Palma.

Approved the updated 2008 Draft Housing Element and authorized submission to the California Department of Housing and Community Development for review. Every six years, cities and counties in California are required to submit Housing Element updates to the California Department of Housing and Community Development (HCD). The Housing Element plays a key role in planning for the housing needs of all economic segments of the community.

October 20, 2009

Approved and authorized the Mayor to execute an agreement for animal control services with the Southeast Area Animal Control Authority (SEACA) in the amount of \$79,653 for a six month term commencing January 1, 2010. Please see related article on page 5.

Approved the plans and specifications and authorized the solicitation of competitive bids for the Pedestrian Traffic Signal Modification project on Walker Street at John F. Kennedy High School. This project will involve the removal of the existing pedestrian ramps, crosswalk, and pedestrian signal improvements; and the installation of new ramps, crosswalk, and pedestrian traffic signal improvements 40 feet south of the existing improvements that conform to current standards.

Conducted a Public Hearing to ascertain whether a public nuisance exists at 8182 Santa Margarita Lane. After further discussion about a volunteer community project (sponsored by BP/Arco) to correct the property, the hearing was continued to the December 1 meeting.

November 3, 2009

Authorized the Public Works Director to solicit competitive bids for the rehabilitation of Orangethorpe Avenue, from the west City limits at Moody Street to the east City limits at Valley View Street. Funds for this project were obtained from the American Recovery and Reinvestment Act (ARRA), otherwise known as Federal stimulus funds.

Authorized the purchase of two Reservoir Management System (RMS) Tank Mixers for installation at the Meadowlark Lane and Walker Street Reservoirs. The mixers are an economical solution to manage, maintain, and control disinfection levels, while optimizing water quality and reducing disinfection costs.

November 17, 2009

The Community Development Commission approved and authorized the execution of a Purchase Agreement for the acquisition of property located at 5410 La Palma Avenue. The property is being acquired with the premise that it could be utilized for a future redevelopment effort at the center or could ultimately be sold. In the meantime, the space could be utilized for a community use and/or leased for a private use.

Received and filed the Cash and Investment Report as of September 30, 2009 and the First Quarter Financial Report for Fiscal Year 2009-10. The projections indicate that revenues for Fiscal Year 2009-10 will be 13% less than the City's Adopted Budget. This significant decrease of total revenues is a direct result of sales tax receipts coming in significantly lower due to the severe economic recession. On the expenditure side, the City has been monitoring expenditures and cutting back when possible and spending within the adopted budget for both labor and non-labor expenditures during the First Quarter.

Awarded a contract in the amount of \$53,935 to Atom Engineering Construction of Hemet, California for the Community Center Restroom Remodel project.

Introduced and adopted an urgency Ordinance prohibiting the processing or approval of any land use development entitlements, permits, or approvals on designated properties in the Neighborhood Commercial Zone pending the completion of a study of amendments to the City's Zoning Ordinance. As the City continues to study possible changes and amendments to the City's Zoning Code, it is appropriate that the proposed Ordinances be adopted to suspend the issuance or processing of any land use approvals or building permits for banks and financial institutions, check cashing services, pawn shops, carwashes, or liquor stores pending completion of the study.



La Palma City Council Considers Comprehensive Parks & Recreation System Master Plan

In continuing to pursue their number one goal for 2009, the La Palma City Council will hold a Public Hearing on Tuesday, January 19, 2010 at 7:00 p.m. to discuss the draft Parks & Recreation System Master Plan. The principal purpose of this comprehensive Master Plan is to establish a decision making guide for recreation programs and service offerings, operations, maintenance and capital improvements over the next ten years.

The City Council will receive the findings, recommendations and conceptual design concept for Central Park developed by the consulting group MIG, Inc. which includes extensive public comment from a citywide telephone survey, focus groups, and community meetings. All interested residents and community members are encouraged to attend this Public Hearing to learn about the Master Plan and provide their input.

Waste Collection Event – Saturday January 9

On Saturday, January 9, from 9:00 a.m. to noon, residents can properly recycle/dispose of many household hazardous waste products. The City of Cypress is hosting this waste collection event at the Cypress Community Center, 5700 Orange Avenue, Cypress. Items to be collected include: used oil, oil filters, pharmaceuticals, needles/sharps, batteries, fluorescent bulbs, thermostats, and e-waste. E-waste includes: computers, printers, televisions, monitors, VCR's, DVD players, stereos, and radios. Please note the following items will NOT be accepted: paints/varnishes, household chemicals/cleaners, personal care products (hair dyes, sprays, lotions), and cosmetics (nail polish & remover); for disposal of these products visit www.oilandfills.com. This event is funded by state and local grants and held in cooperation with non-profit community partners, therefore no business/commercial waste will be accepted. For more information or questions, please visit www.cityoflapalma.org or contact the Recycling Coordinator at (714) 690-3337.

Holiday Closures/Schedules

The City of La Palma will be observing several holidays during the winter holiday period. City offices will be closed December 24 and 25 for the Christmas holiday and January 1 and 4 for the New Years holiday. The City's contract waste collection company, Park Disposal, will be observing the December 25 and January 1 holidays, with trash collection pushed back one day to Saturday during those two weeks. Finally, street sweeping enforcement will be cancelled December 25 and January 1. For residents living in the Friday street sweeping area, sweeping will resume on January 8.

Holiday Tree Collection

Park Disposal will be collecting holiday trees for two weeks after Christmas and having them recycled as mulch. Happy Holidays from the City of La Palma!

Community | Safety



AlertOC

The City of La Palma is currently using AlertOC for mass notification; this system allows City Officials the ability to communicate with residents regarding time-sensitive incidents such as planned and unforeseen public safety matters.

On Friday, November 6, the public received a test message from the City of La Palma, utilizing the mass notification system, AlertOC. The test message went out to all homes and businesses within the City of La Palma, as well as to those who signed up for cell phone, text or email delivery. Approximately 11,500 calls were made with a 56.2% success rate. Also delivered were 297 emails and 35 text messages.

The city is currently researching other possibilities with the system which could include informing parents of Fit N Fun or sports cancellations due to rain. Please encourage everyone to visit the city website, www.cityoflapalma.org and sign up to receive phone, text or email messages using the AlertOC system and watch for more information to join specific groups.

New Animal Control Services Starting January 1

On October 20, 2009, the La Palma City Council approved an agreement with the Southeast Area Animal Control Authority (SEAACA) to provide animal control services in the City beginning January 1, 2010. The new agreement reflects the City Council's commitment to providing the highest quality animal care services for La Palma residents.

Since incorporation in 1955, the City of La Palma has contracted with the County of Orange for animal care services. The County animal care facility, located in Orange, was built in 1941 and is scheduled for replacement in the next few years. The new County facility will be located in Tustin, nearly 20 miles away from La Palma and will cost \$25 – 30 million to build. Due to the increased costs of the new shelter and the distance from the La Palma, the City Council authorized the change from services with the County to SEAACA.

The SEAACA animal shelter is located just 9.8 miles from the City, off the 605 Freeway, Imperial Highway exit, in Downey. The SEAACA shelter is a state-of-the-art facility that is equipped with stainless steel kennels, skylights, a temperature controlled environment, a state-of-the-art veterinary clinic, grooming facilities, and a low cost wellness clinic that is open to the public, Tuesday through Saturday. Additionally, SEAACA will provide the City a dedicated Animal Services Officer to patrol the City 40 hours per week, in addition to emergency afterhours and weekend service calls.

Residents are reminded that all dogs are required to have a valid pet license. The La Palma City Council has approved a reduced animal licensing fee, effective January 1, 2010. Dog owners can now expect to pay \$20 for altered animals and \$40 for unaltered. There is a 50% Senior (any person over the age of 55) licensing fee discount for altered pets. As part of the new service agreement, SEAACA will also implement a door-to-door canvassing campaign to license pets.

If you currently have a pet license issued by the County of Orange, SEAACA will honor that license until it expires. The SEAACA licensing period is from July 1 to June 30 and residents who license new pets between January 1 and June 30 will pay a pro-rated rate. Please note that all dogs must be licensed within 30 days of becoming 4 months of age or moving into the City. Residents should maintain current rabies certificates and/or sterility certificates as appropriate. A current rabies vaccination must be valid for the entire licensing period. For more information about animal care or pet licensing services please visit SEAACA at www.seaaca.org.

Starting January 1, all calls for animal related services should be directed to SEAACA at (562) 803-3301.

Community | Pride

Home Spotlight

This winter's Home Spotlight Award goes to Fred and Teresita Fernandez who reside at 7821 Birchwood. The Fernandez family moved to La Palma in 1978 and are the original owners of the home. They raised two daughters and a son. Mrs. Fernandez planted the front and back yard herself. She has made small changes over the years but the yard has been consistently well taken care of. It is energy efficient in the use of cactus, drought resistant plants, and many decorative stones and patterns. At 80 years old, Mrs. Fernandez continues to maintain her yard.

Our congratulations go out to Fred and Teresita Fernandez for being the Winter 2010 Home Spotlight Award winner. Thank you for keeping La Palma beautiful!

Each quarter a home is selected by the La Palma Community Activities & Beautification Committee to receive the La Palma's Home Spotlight Award. The award recognizes property owners that have excelled with the upkeep and appearance of their property. Do you know a home that you think should be considered for this award? If so, please call (714) 690-3350 or email recreation@cityoflapalma.org



Residential Tree Planting Rebate Program

The City Council has approved a Residential Tree Planting Rebate Program to encourage residents to plant new trees in their front yards. The program is aimed at increasing the aesthetics and attractiveness of La Palma's single family residential neighborhoods, providing for potential energy savings, and adding to the City's urban forest. The new program is a partnership with Southern California Edison, who has agreed to provide initial funding for the program. Residents of single family detached homes throughout the City can apply for a one-time rebate of up to \$75 for the cost of the trees, including planting and staking materials. The homeowner must purchase and plant the trees following the City's established guidelines and be responsible for all future maintenance and care of the trees. Interested residents can visit City Hall or access the City's website at www.cityoflapalma.org to get further information about the program, including an application and program guidelines. If you have questions about the program, please contact the Community Development Department at (714) 690-3340.

Arterial Block Walls To Be Painted

The City's 2009-10 Budget includes funds to paint all of the block walls facing arterial streets in the City. While these walls are owned and generally maintained by individual property owners, the City Council has found that the community as a whole would benefit from an aesthetic facelift of these aging structures.

In the coming months, City staff will work with property owners to prepare the walls for painting. The scope of work includes: patching of block walls, trimming vines, and painting the walls. It is anticipated that approximately five months will be necessary to complete each street, which includes: three to four months for the property owners to complete the necessary preparation work and one month for the City's contractor to complete the painting.

Painting is anticipated to begin on Moody Street in April. The other arterial streets identified in order of priority are the following: Walker Street, Houston Avenue, portions of La Palma Avenue (those without vines), Orangethorpe Avenue, and Crescent Avenue.

As part of this process, the City Council has directed staff to prepare a City Code amendment to allow for uniform extensions to the block walls using lattice and vegetation for privacy. The current code prohibits all such extensions.

If you own a property that backs up to an arterial street in La Palma, you are encouraged to contact the Community Development Department at (714) 690-3340 to discuss what preparation work will be necessary on your wall so that together we can complete this project as quickly as possible.

Continental Little League

La Palma's Largest and Only Youth Organization Serving La Palma Residents since 1960

By Randy Larscheid, League Information Officer

Continental Little League is commonly referred around here as "The Scrappy Little League." We have been serving community youth for over 50 years and continue to be one of District 29's best little leagues. In this decade alone, we have won five District 29 All Star Championships. Parents and kids alike have fond memories of playing in Continental Little League and generations have gone through our fields.

Fall registration begins in November of each year with several live location sign ups at local restaurants and vendors around town. Continental always gives back to the community by bringing its constituency out to the local businesses as a way of saying thank you for all their support over the years. Try Outs are in January as the new year sets in. The draft usually takes place at the end of January and teams begin practicing in February. There are several divisions in little league: T Ball (ages 4 – 6), C Minor (machine pitch) 7 – 8 years old, B Minor (kid pitch) ages 7 – 10, A Minor 8 – 11 years old, and Majors ages 9 – 12. By the last week in February, a traditional Opening Day takes place the La Palma Kiwanis Club cooking up a fantastic pancake breakfast. Local dignitaries, minor league baseball mascots and an occasional celebrity grace our Opening Day Ceremonies every year. Over 1,000 people attend this fun filled day.

The season starts on Opening Day and usually winds down in mid May with post season play beginning shortly after. There's Tournament of Champions and All Stars after the regular season finishes. This sometimes goes into the month of July.

The majority of games are played at Walker Jr High School where all four of our fields are located. We are one of the few leagues that has our own

dedicated T Ball field and grass infields on all fields. Continental works hard all year to keep these fields in great condition so that all of our kids can enjoy the wonderful game of baseball. We do some interleague play with Buena Park American Little League in Buena Park, located off of Crescent and Holder (less than two miles away) and will occasionally travel.

Little League will always be America's favorite youth sport, with millions tuning in every August for the Little League World Series on ESPN. It all starts here. Our league is filled with fantastic coaches and volunteers and we never forget why we're here. We encourage parents from all backgrounds to sign up their kids for little league and teach them what life is all about—teamwork, camaraderie, courage, sportsmanship and life long friendships/memories that will never be replaced. In a day and age when there are so many electronic distractions and choices, little league remains true to its cause. Like the Little League Pledge says, ". . . I will play fair and strive to win. But win or lose, I will always do my best." Continental is here to teach character and the wonderful game of baseball.



Go to www.lapmallittleleague.com and sign up online or get information as to when and where local sign ups will take place. Continental gives out raffle tickets to all of our regular season sign ups as a way of getting your money back and keeping it affordable for all families. League fees include hat, pants, photo package, participation trophy and an awesome yearbook. Don't miss another great year with "the Scrappy Little League."

Water | Preservation

6 Ways to Conserve Water

Even though three quarters of our planet is covered in water, there is still a strong demand for it in every community, and a scarcity in many. That's because we can actually only use one to two percent of the water that's out there.

Typical methods for conserving water such as low-flow showerheads, faucet aerators, rain barrels, and efficient washing machines and dishwashers really help to conserve water. However, there are some surprising ways to cut down on water usage that you might not often think of. Below is a list of creative steps citizens can take to conserve water.

1. Only order water in a restaurant if you are going to actually drink it.

How many times have you seen full water glasses left on tables from customers who have ordered an iced tea or soda instead? Next time you sit down, think twice about whether you are going to drink your glass of water or ask your server to fill you halfway. You can always get a refill.

2. Wash your fruits and vegetables in a pot of water.

Instead of washing your delicious delectables from the farmer's market under a running faucet, fill a pot instead. Not only will you save a good amount of water, but the water in the pot can also be reused to water your plants.

Submit Your Photos

Do you have digital photographs that you would like to submit for publication in the La Palma Mosaic? If so, you can email them to recreation@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!



3. Check outdoor hoses, faucets, and sprinklers.

While many of us are very diligent about staying on top of leaky faucets and toilets, another source of wasted water could be coming from outdoors as well. Make sure to check all hoses, faucets, and sprinklers for any leaks that might occur, and check their connections as well. Many times these can often be fixed with electrical tape or duct tape.

4. Use the same glass for water.

Throughout the day we drink several glasses of water. But instead of putting it directly into the dishwasher after each use, simply refill the one that you already have. This will cut down on the many glasses used throughout the day, which means there are fewer glasses to wash.

5. Know the water footprint of your food.

A significant way to decrease your water footprint is to know how many gallons of water the food you eat consumes. While this might seem a bit difficult at first, you'll get the hang of it and can put it to good use when you're at the grocery store or eating in a restaurant. For example, beef consumes way more water than chicken and mangos consume more water than nectarines. For more information on water consumption for food, go to www.waterfootprint.org.

6. Reuse your cooking water.

How many times a week do you steam or boil vegetables or fill a pot of water for cooking pasta? Often, that leftover water ends up down the drain. Next time, save the water and use it to start vegetable stock for a soup or use the water in your garden once it's cooled.

These are just a few ways of conserving water. Stay tuned for other methods of minimizing water consumption.

A Pollution Fix in 2010

Making a New Year's Resolution to Prevent Urban Runoff Pollution

The New Year offers the opportunity to reflect on the past and plan for the future. While you may be considering a resolution to lose weight, earn more money or get organized, consider adding another resolution—to improve the health of our creeks, rivers, bays and ocean.

Urban runoff is the excess water from outdoor cleaning, irrigation, or car washing. Runoff carries litter, lawn clippings, motor oil, pet waste, and other pollutants into the storm drain. Unlike water that enters the sewer (from sinks and toilets), water that enters the storm drain is not treated before entering our waterways. If you are not careful, everyday household activities such as watering your lawn can produce runoff that leads to water pollution. Make a New Year's resolution to reduce the quantity and improve the quality of the runoff from your property by:

Around the Yard:

- Sweeping up debris and disposing of it in the trash. Do not hose down your driveway, sidewalk or patio.
- Using dry cleanup methods for outdoor spills such as applying cat litter or another absorbent material, then sweep it up and dispose of it in the trash.
- Watering the lawn and garden by hand to control the amount of water used. Set your irrigation systems to reflect seasonal water needs. If water flows off your yard and onto the driveway or sidewalk, the system is overwatering.
- Covering trash cans securely.
- Taking hazardous waste, such as paint, batteries and cleaners, to a household hazardous waste collection center (HHWCC).
- Storing toxic products in closed, labeled containers inside or under a cover.
- Picking up after your pet and placing the waste in the trash.
- Following directions for pesticides and fertilizers. Always measure, do not estimate amounts. Also, never water after applying these materials unless the instructions require you to do so.

For Your Car:

- Take your car to a commercial car wash rather than washing it at home.
- If you do wash your car at home, choose soaps, cleaners or detergents labeled "non-toxic," "phosphate-free" or "biodegradable." Vegetable and citrus-based products are typically safest for the environment, but even these should not be allowed into the storm drain.
- Shake floor mats into the trash can or vacuum to clean.
- Do not use acid-based wheel cleaners or "hose off" engine degreasers at home.
- Do not pour washwater onto your driveway, sidewalk, street, gutter or storm drain. Washwater should be disposed of in the sanitary sewer (through a sink or toilet) or onto an absorbent surface like your lawn.
- Use a nozzle to turn off water when not actively washing your car.
- Monitor vehicles for leaks and place a pan under the car if it is leaking. Keep your car well maintained.
- Perform repairs and maintenance under a covered area and use drip pans or plastic sheeting to keep spills and waste materials from reaching storm drains.
- Never pour oil or antifreeze in the street, gutter or storm drain. Recycle these substances at a service station, HHWCC, or used oil recycling center. For the nearest Used Oil Collection Center call 1-800-CLEANUP or visit www.1800CLEANUP.ORG.

Ring in the New Year by making a resolution to do your part! Remember, the ocean begins at your front door. For more information about what you can do to prevent urban runoff pollution or to report a water pollution problem, contact the Orange County Stormwater Program at 877-89-SPILL or visit www.ocwatersheds.com.



Activity Guide

Preschool / Toddlers

Tiny Tots

Age: 3 – 5

Certified preschool instructor and National Association for the Education of Young Children (NAEYC) member Nancy Brewer teams up with a recreation staff aide to teach our enrichment program for potty-trained 3- to 5-year-olds. NAEYC is the world's largest organization working on behalf of young children. The Tiny Tots program is dedicated to improving the well-being of all young children, with a focus on educational and developmental skills. These skills are taught through 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 will be geared for the newer and younger 3- and 4-year-olds.

AT OUR SPECIAL TINY TOT REGISTRATION ON SATURDAY, JANUARY 9, 2010 (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 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, January 9, at 11:00 a.m.

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

Classes begin the week of January 11

Fees: \$122 for 7 weeks on MWF \$93 for 7 weeks on TTH
(Each class is limited to 24 students)

Payments: Although you may pay for the entire Tiny Tot session at registration, we have a payment schedule for your convenience. Instead of paying for the entire session at once, you may pay in two affordable payments. The first payment is due at the time of registration. The second payment is due by Friday, January 29 for the first session, and Friday, March 19 for the second session.

Instructor: N. Brewer		Location: Pygmy Date		
Code	Days	Dates	Time	Fee/Weeks
6511	MWF	1/11-2/26*	9:00-12:00 p.m.	\$122 / 7
6513	MWF	3/1-4/23**	9:00-12:00 p.m.	\$122 / 7
6512	TTH	1/12-2/25	9:30-11:30 a.m.	\$93 / 7
6514	TTH	3/2-4/22**	9:30-11:30 a.m.	\$93 / 7

*No class on January 18 and February 15

** No class April 15 – 9



Kids Love Music

Join us for an interactive, fun time with your child exploring, singing, dancing, puppet play, rhythm instruments and instrumental jam sessions. Along the way experience creativity and social, cognitive and motor development. Classes for Kids: 1 – 4 years, Toddlers: 1 – 2 yrs and Babies: 4 – 14 mos. An optional \$20 materials fee is payable to the instructor at the first class meeting for a music CD, rhythm band instrument, and a song sheet. Adult participation required. Visit us online: www.KidsLoveMusic.net.

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

Instructor: G. Greeno

Location: Cypress CC

Code	Age	Days	Dates	Time	Fee/Weeks
6687	1-4	W	1/13-2/10	9:00-9:45 a.m.	\$55 / 5
6688	1-2	W	1/13-2/10	10:00-10:30 a.m.	\$55 / 5
6689	4-14 mos	W	1/13-2/10	10:45-11:15 a.m.	\$55 / 5
6690	4-14 mos	TH	2/25-3/25	3:00-3:30 p.m.	\$55 / 5
6691	1-4	TH	2/25-3/25	3:45-4:30 p.m.	\$55 / 5
6692	1-4	TH	2/25-3/25	4:45-5:30 p.m.	\$55 / 5

Parent and Me: Growing and Learning Together

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. A \$3 material fee is payable to the instructor at the first class.

Instructor: J. Longo

Location: Sago Palm

Code	Age	Days	Dates	Time	Fee/Weeks
6622	1 1/2-3	TH	1/7-2/11	9:30-10:30 a.m.	\$42 / 6
6623	2 1/2-5	TH	1/7-2/11	10:45-11:45 a.m.	\$42 / 6
6624	1 1/2-3	TH	2/18-3/18	9:30-10:30 a.m.	\$35 / 5
6625	2 1/2-5	TH	2/18-3/18	10:45-11:45 a.m.	\$35 / 5

Young Rembrandts: Preschool Drawing Class

Age: 3 1/2 – 5

Bring out the artist in your child! At Young Rembrandts we teach children how to draw, the fundamental skill of all visual arts, using a sequential and ordered process. Give your preschool child a head start on developing their fine motor skills that will help them be handwriting ready. Let your child be creative while having fun!

Instructor: Young Rembrandts Staff

Location: Pygmy Palm

Code	Days	Dates	Time	Fee/Weeks
6703	W	1/6-1/27	3:30-4:15 p.m.	\$48 / 4
6704	W	2/3-2/24	3:30-4:15 p.m.	\$48 / 4
6705	W	3/3-3/24	3:30-4:15 p.m.	\$48 / 4



Preschool / Toddlers

Itsy Bitsy Sports: Soccer

Age: 3 – 5

G0000AAALLL!!! 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, teamwork and learning to get along with others. Tennis shoes and comfortable clothes recommended for each practice.

Instructor: D. Plunkett

Location: Central Park

Code	Days	Dates	Time	Fee/Weeks
6561	M	1/25-3/1*	2:00-3:00 p.m.	\$35 / 5
6562	M	3/8-4/12**	2:00-3:00 p.m.	\$35 / 5
*No class on February 15				
**No class on April 5				

Parent & Me Ice Skating

Age: 3 – 5

What a great opportunity to bond with your child as you both learn to skate in a fun and relaxed atmosphere. One parent and one child per class. Includes skate rental, lessons, free practice on day of class, and three additional skating passes to be used during the 4-week session. Please arrive 15 minutes early to the first class and dress warm. This class located at Anaheim ICE, 300 W. Lincoln Ave, Anaheim.

Instructor: Anaheim ICE Staff

Location: Anaheim ICE

Code	Days	Dates	Time	Fee/Weeks
6669	T	1/12-2/2	12:30-1:00 p.m.	\$44 / 4
6670	SAT	1/16-2/6	11:45-12:15 p.m.	\$44 / 4
6671	T	3/2-3/23	12:30-1:00 p.m.	\$44 / 4
6672	SAT	3/6-3/27	11:45-12:15 p.m.	\$44 / 4

Ice Skating For Tots

Age: 3 – 5

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. Please arrive 15 minutes early to the first class and dress warm. This class located at Anaheim ICE, 300 W. Lincoln Ave, Anaheim.

Instructor: Anaheim ICE Staff

Location: Anaheim ICE

Code	Days	Dates	Time	Fee/Weeks
6673	W	1/13-2/3	4:30-5:00 p.m.	\$44 / 4
6674	SAT	1/16-2/6	10:15-10:45 a.m.	\$44 / 4
6675	W	3/3-3/24	4:30-5:00 p.m.	\$44 / 4
6676	SAT	3/6-3/27	10:15-10:45 a.m.	\$44 / 4

**Get Active. Have Fun.
Register for a class today!**

Creative Ballet and Tap

Age: 4 – 7

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

Instructor: A. Valley

Location: Sago Palm

Code	Days	Dates	Time	Fee/Weeks
6518	T	1/5-1/26	4:30-5:30 p.m.	\$35 / 4
6519	T	2/2-2/23	4:30-5:30 p.m.	\$35 / 4
6520	T	3/2-3/23	4:30-5:30 p.m.	\$35 / 4

Lil' Tigers Karate

Age: 4 – 7

Do you want your child to be more focused? This program is developed specifically for preschool age children through age 7. It is designed to improved children's motor skills and enhances their ability to pay attention and follow directions. Children will go beyond what they think they are capable of doing by building a strong foundation in essential qualities such as courtesy, respect and discipline. Instructor is a high-ranking black belt with over 30 years of teaching experience. Martial arts uniform is required and will be available at the first class meeting.

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

Instructor: A. Jafari

Location: MA Center

Code	Days	Dates	Time	Fee/Weeks
6640	MW	1/4-1/27	3:30-4:30 p.m.	\$35 / 4
6641	MW	2/1-2/24	3:30-4:30 p.m.	\$35 / 4
6642	MW	3/1-3/24	3:30-4:30 p.m.	\$35 / 4

Volunteer Service Hours

Do you need minimal volunteer service hours for graduation or service organizations? High School and Junior High students are encouraged to assist our Recreation staff with multiple activities throughout the city. We especially need help with our Pee Wee Sports and Spring Day Camp programs!

Volunteer hours are very limited so please make arrangements as soon as possible. Please call (714) 690-3350 for more information.



Activity Guide

Youth

Arts and Crafts For Kids

Age: 5 – 12

This class offers children a way to harness their creativity into making unique crafts out of different kinds of recycled materials. Children will learn and improve their painting, drawing, cutting and gluing skills as well. A \$10 material fee is payable to the instructor on the first day of class.

Instructor: Recreation Staff Location: Pygmy Palm

Code	Days	Dates	Time	Fee/Weeks
6693	M	1/11-2/8	5:00-6:00 p.m.	\$30 / 5
6694	M	2/22-3/22	5:00-6:00 p.m.	\$30 / 5

Young Rembrandts: Elementary Drawing Class

Age: 6 – 13

Bring out the artist in your child! At Young Rembrandts we teach children how to draw, the fundamental skill of all visual arts using a sequential, ordered process. Help your child develop their fine motor skills to enhance their handwriting ability. Once a month we have an art history lesson. Let your child be creative while having fun!

Instructor: Young Rembrandts Staff Location: Sago Palm

Code	Days	Dates	Time	Fee/Weeks
6700	W	1/6-2/27	3:30-4:30 p.m.	\$48 / 4
6701	W	2/3-2/24	3:30-4:30 p.m.	\$48 / 4
6702	W	3/3-3/24	3:30-4:30 p.m.	\$48 / 4

Kids Cooking Class

Age: 7 – 12

This class teaches children the basic skills needed to work in the kitchen in a fun, safe and clean environment where children can learn to make their favorite foods like pizza, spaghetti, cupcakes and more! A \$10 material fee is payable to the instructor on the first day of class.

Instructor: Recreation Staff Location: King Palm

Code	Days	Dates	Time	Fee/Weeks
6706	TH	1/14-2/11	5:00-6:00 p.m.	\$30 / 5
6707	TH	2/25-3/25	5:00-6:00 p.m.	\$30 / 5



Martial Arts for Kids

Age: 5 – 8

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 program; however the emphasis is in using martial art training as a way to improve upon discipline, to increase fitness, to learn teamwork, and to gain a positive attitude.

Choose this course for very young children who are interested in martial arts. Parents who are unsure of whether this kind of program is a good fit for their children are welcome to drop by for a free trial session and a discussion with the Chief Instructor before enrolling. All students will be eligible to test for rank (belt) promotion during the quarterly promotion exam. Upon achieving a Yellow Belt or higher; students may be assigned to more advanced classes.

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

Instructor: J. Amsell Location: Sago Palm

Code	Days	Dates	Time	Fee/Weeks
6600	SAT	1/9-1/30	9:00-10:00 a.m.	\$35 / 4
6601	SAT	2/6-2/27	9:00-10:00 a.m.	\$35 / 4
6602	SAT	3/6-3/27	9:00-10:00 a.m.	\$35 / 4

Ballet, Jazz and Tap

Age: 7 – 10

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.

Instructor: A. Valley Location: Sago Palm

Code	Days	Dates	Time	Fee/Weeks
6515	T	1/5-1/26	5:30-6:30 p.m.	\$35 / 4
6516	T	2/2-2/23	5:30-6:30 p.m.	\$35 / 4
6517	T	3/2-3/23	5:30-6:30 p.m.	\$35 / 4

Beginning Piano

Age: 6 – 14

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. A \$10 material fee (cash only) is payable to the instructor on the first day of class.

Instructor: The Music Academy Location: Queen Palm

Code	Age	Days	Dates	Time	Fee/Weeks
6563	6-7	M	1/11-2/8	3:00-3:50 p.m.	\$50 / 6
6564	8-14	M	1/11-2/8	4:00-4:50 p.m.	\$50 / 6
6565	6-7	M	2/22-3/29	3:00-3:50 p.m.	\$60 / 6
6566	8-14	M	2/22-3/29	4:00-4:50 p.m.	\$60 / 6



Youth

Pee Wee Hoops

Age: 4 – 7

Are you ready to shoot some hoops? The Pee Wee Basketball Hoops Clinic is right around the corner! Our Pee Wee Clinic is designed to meet the needs of boys and girls ages 4 to 7 years of age as of March 2010. La Palma Recreation offers a two-days-per-week clinic from 4:45 – 6:00 p.m. Our goal is to provide your Pee Wee with the fundamental skills of basketball, while supporting and encouraging the health and well-being of each participant through developing hand and eye coordination, encouraging mental and social development, increasing physical fitness, emphasizing teamwork and creating positive memories in a safe and caring environment. Children are encouraged to join regardless of experience or skill level. All participants will receive a team t-shirt and a special participation medallion. Registration begins immediately, so sign up while spots are still available. The season starts March 8, 2010. A separate registration form is required.

Instructor: Recreation Staff

Location: Central Park

Code	Days	Dates	Time	Fee/Weeks
6708	MW	3/8-4/28	4:45-6:00 p.m.	\$75 / 8

Junior Karate

Age: 8 – 14

Karate at Martial Arts Fitness Center is an excellent confidence booster for kids. Their training will encourage them to draw on their own strengths and strive for their personal best. Students will be involved in positive activities that will direct their focus to achieve goals that may not have been thought possible. Emphasis will be on developing the child's self-esteem, self-discipline and confidence through practicing traditional karate techniques. Martial arts uniform is required and will be available at the first class meeting.

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

Instructor: A. Jafari

Location: MA Center

Code	Days	Dates	Time	Fee/Weeks
6637	TTH	1/5-1/28	4:30-5:30 p.m.	\$35 / 4
6638	TTH	2/2-2/25	4:30-5:30 p.m.	\$35 / 4
6639	TTH	3/2-3/25	4:30-5:30 p.m.	\$35 / 4

Junior Tae Kwon-Do

Age: 8 – 14

Besides enjoying the health benefits of regular exercise, kids who are physically fit sleep better and are better able to handle physical and emotional challenges. Tae Kwon-Do is not only a great art of self-defense but it also helps students learn self-control, improve study habits and increase their concentration skills. Martial arts uniform is required and will be available at the first class meeting.

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

Instructor: A. Jafari

Location: MA Center

Code	Days	Dates	Time	Fee/Weeks
6649	MW	1/4-1/27	4:30-5:30 p.m.	\$35 / 4
6650	MW	2/1-2/24	4:30-5:30 p.m.	\$35 / 4
6651	MW	3/1-3/24	4:30-5:30 p.m.	\$35 / 4

Ice Skating: Youth–Beginning

Age: 6 – 16

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. Please arrive 15 minutes early to the first class and dress warm. This class located at Anaheim ICE, 300 W. Lincoln Ave, Anaheim.

Instructor: Anaheim ICE Staff

Location: Anaheim ICE

Code	Days	Dates	Time	Fee/Weeks
6677	W	1/13-2/3	5:00-5:30 p.m.	\$44 / 4
6678	SAT	1/16-2/6	10:15-10:45 a.m.	\$44 / 4
6679	W	3/3-3/24	5:00-5:30 p.m.	\$44 / 4
6680	SAT	3/6-3/27	10:15-10:45 a.m.	\$44 / 4

Hockey Skating Skills

Age: 6 – 16

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 valid during the 4-week session. Please arrive 15 minutes early to the first class and dress warm.

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

Instructor: Anaheim ICE Staff

Location: Anaheim ICE

Code	Days	Dates	Time	Fee/Weeks
6685	W	1/13-2/3	6:15-6:45 p.m.	\$44 / 4
6686	W	3/3-3/24	6:15- 6:45 p.m.	\$44 / 4





Activity Guide

Youth / Teen

Club La Palma Spring Day Camp

Parents: Do you need relatively inexpensive care for your children during Spring Break, April 5 – 9, 2010? Would you like to minimize the screen time exposure your children receive at home? Club La Palma Day Camp is opening its doors for springtime fun with your camper. Club La Palma counselors are committed to creating exhilarating physical activities, introducing creative crafts, and building lasting friendships. Our Day Camp is designed for youth ages 5 to 12 and will be held Monday through Friday from 6:30 a.m. to 6:00 p.m. The all-inclusive fee is \$107 for the week and includes our annual excursion to Knott's Berry Farm, daily beverages, afternoon snack and all activities. Registrations forms will be available beginning February 15.

Excursion: Thursday, April 8: Knott's Berry Farm

Location: Royal Palm Room

Fit N Fun After School Drop-In Program

La Palma Recreation and Community Services is proud to announce that our award winning afterschool drop-in program, Fit N Fun will resume after the New Year! Start the new Year off fresh and come join us for some fun! Fit N Fun is for students in grades 1st – 6th at Miller, Luther and Los Coyotes Elementary Schools. Trained Staff are visiting each school three days per week. Fit N Fun is committed to enhancing interpersonal skills, increasing physical fitness levels and providing quality role models through games, crafts, fitness activities, snacks and much more! We teach kids about healthy eating through the snacks that we provide for them twice weekly. Supervision is provided from the time school ends until 3:45 p.m. Your child will develop and enhance interpersonal competence as they develop empathy, sensitivity and build long-lasting and meaningful relationships with peers and staff. We will also be providing guest speakers that will chat with your kids about sports and nutritional awareness. Don't miss out on the fun and excitement! For more information, please call (714) 690-3350.

Miller Elementary: Mondays, Tuesdays, and Thursdays

Luther Elementary: Tuesdays, Wednesdays, and Thursdays

Los Coyotes Elementary: Mondays, Wednesdays, and Fridays.



Party at The Palms!—Children's Birthday Party

Looking for a fun new way to celebrate your children's birthday? Let the La Palma Recreation and Community Services Department organize and run your next birthday party! Parties are designed for ages 4 – 10 years old and 24 of their friends and family. Parties will be held in the Pygmy Date Room (attached to the Tiny Tot playground) on Saturdays from 12 to 2 p.m. Birthday parties include staff led games and crafts, birthday cake, pizza and drinks. We offer many themes, such as Transformers, Hello Kitty, Princess, Spiderman and much more. For more Information or to make a reservation, please call (714) 690-3350 today! Hurry, space is limited. Fee: \$325

Drivers Education

Age: 14 – 18

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 on today's roadways.

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.

Instructor: T. Zertuche

Location: Home Study/Internet

Code	Days	Dates	Fee/Weeks
6635	Home Study	1/4-3/27	\$91
6636	Internet	1/4-3/27	\$75

Athletic Pride Basketball League

Looking to develop your basketball skills? Then Athletic Pride Basketball League is for you! The one of a kind league will help your child advance their skills with weekly team practices and games for the second season in a row! This league also provides a clinic once a week that helps your child focus on a variety of skills. This year, our clinics will be held on Sunday afternoons with our very own Coach Purnell. Evaluation day is March 6, 2010, but don't wait until then! Registration starts January 4, 2010. A special registration form is required.

Volunteer Coaches Needed!

If you are interested in coaching a team of your own, please call (714) 690-3350. Fingerprinting is required.



Teen Lounge

January 12 – April 2

Tuesdays and Thursdays: 3:00 p.m. – 6:00 p.m.

Fridays: 7:00 p.m. – 10:00 p.m.

Arnold/Cypress Park

8611 Watson St., Cypress

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

Tournament Days at the Lounge

Tuesday	January 26	Madden Tournament
Thursday	February 25	Wii Mario Kart Tournament
Friday	March 26	Texas Hold'em Tournament

TEEN EVENTS

Dances: for 6th, 7th, and 8th graders only

Location: La Palma Community Center, 8721 Walker Street, La Palma

Time: 7:00 p.m. – 10:00 p.m.

\$6 pre-registration, \$10 at the door

Be My Valentine Dance

Saturday, February 6

La Palma Community Center

Come celebrate Valentine's Day with your special someone or all of your friends and dance the night away. We offer great music, food, and drinks. Bring all your friends for an awesome time you don't want to miss.



Fashion Show

Saturday, March 13

Cypress Community Center

Come check out the latest designs for the most popular event of the year! Last year's show featured stores like Vans, Furnace, Heavenly Couture, and local designers. Tickets cost \$4. If you want to enter your original designs in the show, you can pick up a designer application, available now! Applications are due January 29 by 5:00 p.m. to the La Palma Community Center.

Models Needed!

Have you ever wanted to be a model and “strut” your stuff down the runway? This is your big chance! We need 13 – 18 year old Guys and Girls! You can sign up to be a model starting January 4. Applications are due January 22 by 5:00 p.m. to the La Palma Community Center. Interviews for potential models will be held February 10 and 11.

Battle of the Bands

Saturday, May 1

La Palma Central Park Pavilion

Tune those instruments and start practicing because applications to submit your band for inclusion in the Annual Battle of the Bands will be available January 25.



Activity Guide

Teen / Adult

Scrapbooking

Age: 16+

Scrapbooking with an interactive twist! Learn page making along with making projects you can take to the office or have in your wonderful home. A \$15 material fee is payable to the instructor at the first class.

Instructor: W. Jackson Location: Sago Palm

Code	Days	Dates	Time	Fee/Weeks
6521	M	1/4-2/1	6:30-8:30 p.m.	\$40 / 5
6522	M	2/8-3/15*	6:30-8:30 p.m.	\$40 / 5

*No class on February 15

Zumba Latin Dance Fitness

Age: 16+

Zumba is a fun, high-energy, cardio workout that will help you get in great shape. You will learn salsa, merengue, 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.

Instructor: G. Espinosa Location: Royal Palm

Code	Days	Dates	Time	Fee/Weeks
6598	TH	1/7-2/4	6:15-7:15 p.m.	\$45 / 5
6599	TH	2/18-3/18	6:15-7:15 p.m.	\$45 / 5

Aerobic Dancing

Age: 16+

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 Vertiform concept. Vertiform (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 \$52.50 is due on January 4th and the second payment of \$52.50 is due by February 15.

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.

Instructor: K. Phelps Location: Royal Palm

Code	Days	Dates	Time	Fee/Weeks
6523	MW	1/4-3/17*	5:45-6:45 p.m.	\$105 / 11
6559	MW	1/4-2/10*	5:45-6:45 p.m.	\$52.50 / 6
6560	MW	2/15-3/17	5:45-6:45 p.m.	\$52.50 / 5
Pay as you go SAT		1/9-3/20*	8:30-9:45 a.m.	\$6 / 1 day
Pay as you go MW		1/4-3/17*	5:45-6:45 p.m.	\$6 / 1 day

*No class on February 13 and 15

Adult Tae Kwon-Do

Age: 15+

Training martial art classes is essentially a process of change. Weight loss and physical energy are difficult to quantify, but virtually everyone who participates in this program over a period of time reports a positive effect on outlook and energy level. Classes are designed to develop endurance, flexibility and balance along with self-defense techniques. Martial arts uniform is required and will be available at the first class meeting.

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

Instructor: A. Jafari Location: MA Center

Code	Days	Dates	Time	Fee/Weeks
6643	MW	1/4-1/27	6:30-7:30 p.m.	\$35 / 4
6644	MW	2/1-2/24	6:30-7:30 p.m.	\$35 / 4
6645	MW	3/1-3/24	6:30-7:30 p.m.	\$35 / 4

Adult Karate

Age: 15+

Physicians and scientists are discovering brand new health benefits through working out every day. Regular Karate practice creates mental clarity and calmness, increases body awareness, releases the mind, centers attention and sharpens concentration. Students will learn various kicking, punching and blocking techniques while achieving physical fitness, balance, health and overall well-being. Martial arts uniform is required and will be available at the first class meeting.

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

Instructor: A. Jafari Location: MA Center

Code	Days	Dates	Time	Fee/Weeks
6646	TTH	1/5-1/28	5:30-6:30 p.m.	\$35 / 4
6647	TTH	2/2-2/25	5:30-6:30 p.m.	\$35 / 4
6648	TTH	3/2-3/25	5:30-6:30 p.m.	\$35 / 4

Introduction To Tai Chi

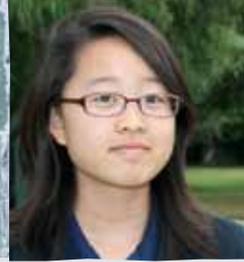
Age: 14+

Originally developed in China as a form of self-defense, Tai chi is a graceful form of exercise that has existed for some 2,000 years. This ancient art uses gentle flowing movements to reduce the stress of today's busy lifestyles and improve health. Tai chi, in fact, is often described as "mediation in motion" because it promotes serenity through gentle movements—connecting the mind and body. Anyone, regardless of 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.

Instructor: L. Seyller Location: MA Center

Code	Days	Dates	Time	Fee/Weeks
6655	TH	1/7-1/28	6:30-7:30 p.m.	\$44 / 4
6656	TH	2/4-2/25	6:30-7:30 p.m.	\$44 / 4
6657	TH	3/4-3/25	6:30-7:30 p.m.	\$44 / 4



Teen / Adult

Yoga/Pilates Fitness Class

Age: 14+

You have probably heard that yoga is good for you. Maybe you have even tried yoga and discovered that it makes you feel better. Yoga through meditation works remarkably to achieve mind/body harmony. 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. Great class to get in shape quickly and safely!

Instructor: Chopra/Seyller Location: MA Center

Code	Days	Dates	Time	Fee/Weeks
6658	MW	1/4-1/20	7:30-8:30 p.m.	\$50 / 3
6659	MW	2/1-2/17	7:30-8:30 p.m.	\$50 / 3
6660	MW	3/1-3/17	7:30-8:30 p.m.	\$50 / 3

Women's Self Defense

Age: 14+

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

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

Instructor: A. Jafari Location: MA Center

Code	Days	Dates	Time	Fee/Weeks
6652	T	1/5-1/19	6:30-7:30 p.m.	\$44 / 3
6653	T	2/2-2/16	6:30-7:30 p.m.	\$44 / 3
6654	T	3/2-3/16	6:30-7:30 p.m.	\$44 / 3

Introduction to Martial Arts

Age: 13+

Have you always wanted to participate in martial art training but thought that it would be too demanding? Have you always 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!

Senior Instructor Lisa Amsell, 5th Degree Black Belt, has been training and teaching traditional martial arts for over 25 years and leads weekday classes. She 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 Taekwondo uniform will be provided to new students after enrolling and joining in on their first session.

Instructor: J. Amsell Location: Pygmy Palm

Code	Days	Dates	Time	Fee/Weeks
6619	TTH	1/5-1/28	5:00-6:00 p.m.	\$35 / 4
6620	TTH	2/2-2/25	5:00-6:00 p.m.	\$35 / 4
6621	TTH	3/2-3/25	5:00-6:00 p.m.	\$35 / 4

Weekly Traditional Martial Arts

Age: 6 to Adult

This is an option for the most dedicated students at a special price. Training includes one of our Saturday classes (Martial Arts for Kids, Beginner, Intermediated or Advanced) in addition to our weekday Introduction to Martial Arts classes on Tuesdays and Thursdays.

Enrolling in this program allows the student to maximize his or her development in martial art training by receiving personalized, one-on-one instruction. Please feel free to discuss this special option with our instructor staff.

Instructor: J. Amsell Location: King Palm

Code	Days	Dates	Time	Fee/Weeks
6612	T/TH S	1/5-1/30	5:00-6:00 p.m. Times vary	\$50 / 4
6613	T/TH S	2/2-2/27	5:00-6:00 p.m. Times vary	\$50 / 4
6617	T/TH S	3/2-3/27	5:00-6:00 p.m. Times vary	\$50 / 4

Ice Skating for Adults

Age: 17+

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. Please arrive 15 minutes early for the first class and dress warm. This class is located at Anaheim ICE, 300 W. Lincoln Ave, Anaheim.

Instructor: Anaheim ICE Staff Location: Anaheim ICE

Code	Days	Dates	Time	Fee/Weeks
6681	W	1/13-2/3	7:00-7:30 p.m.	\$44 / 4
6683	W	3/3-3/24	7:00-7:30 p.m.	\$44 / 4
6682	TH	1/14-2/4	12:30-1:00 p.m.	\$44 / 4
6684	TH	3/4-3/25	12:30-1:00 p.m.	\$44 / 4

Dog Obedience

Age: 16+

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.

Instructor: R. Audette Location: Central Park

Code	Days	Dates	Time	Fee/Weeks
6629	M	1/11-3/1	7:00-8:00 p.m.	\$75 / 8



Activity Guide

Adult

Parenting Solutions Workshops

Age: Adult

Based on the book Parent Talk by Chick Moorman, this series of single-session workshops focuses on specific parenting challenges. Taming Power Struggles: Pickup and practice some new language strategies that actually prevent the battles, defuse conflict and empower both you and your child to search for and reach positive solutions. Emphasis is on the power of choice for children and parents, maintaining parental influence and teaching responsibility and respect. Creating a Culture of Accountability: Learn and practice new strategies to hold children accountable for their behavior. Emphasis is on setting reasonable limits and providing appropriate consequences and preparing children for increased responsibility and independence in school and at home. Building Confidence and Self-esteem: Discover important words of praise and other strategies to effectively enhance your child's sense of self esteem and confidence.

Instructor: K. Salazar Location: Fan Palm

Code	Workshop	Days	Dates	Time	Fee/Weeks
6696	Taming Power Struggles	M	1/25	7:00-8:30 p.m.	\$8 / 1
6697	Creating Culture of Accountability	M	2/1	7:00-8:30 p.m.	\$8 / 1
6698	Building Confidence/Self Esteem	M	2/8	7:00-8:30 p.m.	\$8 / 1

Power Tae Aerobics

Age: 18+

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.

Instructor: C. Markopulos Location: Tae Kwon Do

Code	Days	Dates	Time	Fee/Weeks
6630	TTH	1/5-1/28	7:00-8:00 p.m. (T) 8:00-9:00 p.m. (TH)	\$40 / 4
6631	TTH	2/2-2/25	7:00-8:00 p.m. (T) 8:00-9:00 p.m. (TH)	\$40 / 4
6632	TTH	3/2-3/25	7:00-8:00 p.m. (T) 8:00-9:00 p.m. (TH)	\$40 / 4

Line Dance

Age: 18+

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.

Instructor: J. Karter Location: Cypress CC

Code	Days	Dates	Time	Fee/Weeks
6663	M	1/4-2/8	6:30-7:30 p.m.	\$32 / 6
6664	M	2/22-3/29	6:30-7:30 p.m.	\$32 / 6

Two Step & Swing

Age: 18+

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.

Instructor: J. Karter Location: Cypress CC

Code	Days	Dates	Time	Fee/Weeks
6665	M	1/4-2/8	7:30-8:30 p.m.	\$32 / 6
6666	M	2/22-3/29	7:30-8:30 p.m.	\$32 / 6

Strictly Ballroom Dance

Age: 18+

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.

Instructor: J. Karter Location: Cypress CC

Code	Days	Dates	Time	Fee/Weeks
6667	M	1/4-2/8	8:30-9:30 p.m.	\$32 / 6
6668	M	2/22-3/29	8:30-9:30 p.m.	\$32 / 6

How to Sell on Ebay

Age: 18+

With the economy the way it is, everyone is trying to save money wherever possible. Think of eBay as a giant garage sale – someone else's stuff is your treasure. Why not make money and clear stuff out at the 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.

Instructor: F. Greenspan Location: Fan Palm

Code	Days	Dates	Time	Fee/Weeks
6633	TH	3/25-4/1	6:30-8:30 p.m.	\$69 / 2

Ukulele: Kanikapili Okalana

18+

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.

Instructor: H. Kamae Location: Pygmy Palm

Code	Days	Dates	Time	Fee/Weeks
6661	W	1/6-2/10	7:30-9:00 p.m.	\$55 / 6
6662	W	2/17-3/24	7:30-9:00 p.m.	\$55 / 6

   Register online at your convenience, 24 hours a day, seven days a week.



Adult

La Palma/Cypress Adult Softball

Registration Dates: April 26, 2010 – May 21, 2010
 Season Begins: Week of June 2
 Fee: \$365 plus \$15 per game for officials
 Divisions: Lower D and Lower E, Co-Ed
 Locations: Oak Knoll Park (Cypress), Arnold Cypress Park (Cypress), and Central Park (La Palma)
 Times: Weeknights: 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 Sunday 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

Registration is held at Cypress Recreation, 5700 Orange Avenue.

Adult Broom Ball and Dodge Ball

La Palma Recreation and Community Services Department is currently compiling an interest list for an adult Broom Ball and Dodge Ball League/Tournament. If you are interested in playing in either of these leagues or tournaments, please call (714) 690-3350 or send us an email at recreation@cityoflapalma.org.



Older Adult

Movies for Older Adults!

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

ALL CLASSES below are offered on a weekly basis, by the North Orange County Community College District (N.O.C.C.C.D.) and are FREE! The following classes are located at Buena Park Senior Center 8150 Knott Ave. Buena Park, CA 90620

Chair Exercise

Thursday 9:00 – 10:15 a.m.

This is a great low-impact exercise for anyone and everyone. The class is sponsored by the Arthritis Foundation.

Instructor: M. Hesketh

Exercise, Balance and Mobility

Monday 1:00 – 2:30 p.m., Thursday 10:30 a.m. – 12:00 p.m.

Everyone can benefit from this fantastic class. Come and watch you won't regret it.

All participants need a doctor's permission slip and a 10-minute test from the instructor. For more information, please call (714) 690-3350

Instructor: K. Yu

Yoga

Monday 3:15 – 4:30 p.m.

Relax with us and bring your yoga mat. This focused but fun form of yoga fills fast.

Volunteer Instructor: Sue

Beginning Computer Classes

Ages: Older Adults

In partnership 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, 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.

Instructor: Recreation Staff

Location: La Palma Library

Code	Days	Dates	Time	Fee/Weeks
6709	T	1/12-2/16	11:00-12:00 p.m.	Free / 6

Intermediate Computer Classes

Ages: Older Adults

In partnership with the OC Public Libraries-La Palma Branch, learn about PowerPoint program including slide shows and more intricate use of the internet with our patient and knowledgeable Recreation staff. Class size is limited, so sign up early! This class will be held at the La Palma Public Library, 7842 Walker Street.

Instructor: Recreation Staff

Location: La Palma Library

Code	Days	Dates	Time	Fee/Weeks
6710	T	2/23-3/30	11:00-12:00 p.m.	Free / 6



Adult / All Ages

Traditional Martial Arts

Age: 6 to Adult

This program teaches a variety of traditional oriental martial arts including Taekwondo, Judo/Jujitsu, Hapkido, Aikido, Kendo 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—Beginner for first-time students, Intermediate for students with previous experience, and Advanced for the highest level of training. Choose the beginner course or, if you have previous experience, discuss proper placement with the instructor before enrolling.

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. Additional uniforms, training equipment, and annual USAT/USJA memberships are available at the classes and not during registration.

Instructor: J. Amsell

Location: Sago Palm

Beginner

Code	Days	Dates	Time	Fee/Weeks
6611	SAT	1/9-1/30	10:00-11:00 a.m.	\$35 / 4
6614	SAT	2/6-2/27	10:00-11:00 a.m.	\$35 / 4
6610	SAT	3/6-3/27	10:00-11:00 a.m.	\$35 / 4

Intermediate

6608	SAT	1/9-1/30	11:00-12:00 p.m.	\$35 / 4
6607	SAT	2/6-2/27	11:00-12:00 p.m.	\$35 / 4
6606	SAT	3/6-3/27	11:00-12:00 p.m.	\$35 / 4

Advanced

6604	SAT	1/9-1/30	12:00-1:00 p.m.	\$35 / 4
6615	SAT	2/6-2/27	12:00-1:00 p.m.	\$35 / 4
6603	SAT	3/6-3/27	12:00-1:00 p.m.	\$35 / 4

Practical Chess Instruction

Age: 8+

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 include two different tournaments, individuals can sign up for one or both!

Instructor: LP Chess

Location: Sago Palm

Code	Days	Dates	Time	Fee/Weeks
6626	F	1/8-3/26	6:00-11:00 p.m.	\$30 / 12

Chess Tournaments

Code	Tournament	Days	Dates	Time	Fee/Weeks
6627	TGIF	F	1/8-2/12	6:00-11:00 p.m.	\$20 / 6
6628	Grandmaster Fest	F	2/19-3/26	6:00-11:00 p.m.	\$20 / 6

Tennis

Age: 6 – 13

It's time to jump into action with our tennis classes for all ages! Instructor Patrick McConnell and his staff take time with each student to teach tennis skills such as: footwork, serving, ground strokes, and hitting; all while instilling good sportsmanship. Bring your own racket and \$10 supply fee to the first class. This supply fee covers the cost of machine rentals, towers, balls, and session awards.

Level #1: Player is just beginning to play or has had minimal lessons. At this level you will learn the basics of tennis.

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

Level #3/Academy: Intermediate players should be able to place their strokes and volleys. They are in the process of learning serves and match play.

Instructor: McConnell

Location: Tennis Courts

Code	Level	Age	Days	Dates	Time	Fee/Weeks
6567	2/3	10-14	MW	1/11-3/8	6:30-7:30 p.m.	\$100 / 8
6570	3/4	15+	MW	1/11-3/8	7:30-8:30 p.m.	\$100 / 8
6571	1	9-11	SAT	1/9-3/6	9:00-10:00 a.m.	\$50 / 8
6568	2/3	11-13	SAT	1/9-3/6	10:00-11:00 a.m.	\$50 / 8
6572	1	6-9	SUN	1/10-3/7	3:00-4:00 p.m.	\$50 / 8
6569	2	9-11	SUN	1/10-3/7	4:00-5:00 p.m.	\$50 / 8
6574	ACAD/L3	11-13	SUN	1/10-3/7	5:00-7:00 p.m.	\$120 / 8

No tennis on February 13, 14 & 15 President's Day weekend

Private Tennis Lessons

Age: 8+

Private tennis lessons are available from Tennis Instructor Patrick McConnell. All dates, times and prices will be arranged with the instructor. To schedule a private lesson, please call (562) 889-8053.



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Church of the Carpenter

City & Class Activity Locations

1. The Palms at Central Park Community Center

King Palm Queen Palm Sago Palm Pygmy Date Palm

Meals On Wheels (714) 690-3350

7821 Walker Street, La Palma

(714) 690-3350

2. City Hall (714) 690-3300

City Manager (714) 690-3333

Public Works (714) 690-3310

Finance & Water (714) 690-3330

Building & Safety (714) 690-3340

7822 Walker Street, La Palma

3. Police (714) 690-3370

Emergency 911

Fire (714) 527-6722

7792 Walker Street, La Palma

4. La Palma Branch Library (714) 523-8585

7842 Walker Street, La Palma

5. US Tae Kwon Do Center

12233 Centralia, Lakewood

6. Arnold/Cypress Park

8611 Watson Street, Cypress

7. Cypress Senior Center

9031 Grindlay Street, Cypress



8. Cypress Community Center

5700 Orange Avenue, Cypress

9. Martial Arts Fitness Center

9949 Walker Street, Cypress

10. USA Water Polo National Training Center

Joint Forces Training Base

11360 Valley Forge Drive, Los Alamitos

11. Anaheim ICE

300 W. Lincoln Avenue, Anaheim

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.

Your Recreation Staff

Director	Jan Hobson
Superintendent	Mike Belknap
Supervisor	Cindy Robinson
Coordinators	Burt Ferguson & Sylvia Hinojosa
Specialists	D.J. Albarian, Nancy Brewer Anthony Kim, Tamara York, Vanessa Haning
Senior Office Staff	Jill Olivier & Lori Whalen

Leaders

Allen Arslanian	Bryan Amezquita	Mahesh Botejue
Joe Cooper	Tim Dodd	Austin Greene
Maureen Guinoo	Fahad Gul	Lindsey Gutierrez
Mena Habeeb	David Han	Kristen Hara
Emily Kulassia	Kristine Luevanos	Jesse Matsukawa
Meghan Maher	Christian McCombs	Allison Riach
Matt Rippel	Nick Rotherham	Brandon Solem-Kuehl
Michael Vela		

REGISTER TODAY



Online

www.cityoflapalma.org/LPRecConnect

Register online and get instant confirmation of you classes. All first time registration customers need to request a family account and pin number prior to registration. MasterCard, VISA, Discover, and American Express are accepted for online registration.

FAX

Fax us 24 hours a day at (714) 522-2967. Please have all your information printed in ink on the form below. Please include your current Visa or Mastercard numbers. Your confirmation will arrive by email.

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

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

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

Registration Form

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

Adult Last Name _____ Adult First Name _____

Address _____ Apt # _____

City _____ State _____ Zip Code _____

Day Phone _____ Evening Phone _____ Cell Phone _____

E-mail _____

Emergency Contact _____ Relationship _____

Emergency Phone _____

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

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

Signature: _____ **Date:** _____

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

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

Make your check payable to:
CITY OF LA PALMA

Receipt # _____



Postal Customer La Palma, CA 90623

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LPreConnect

Recreation Online Registration – Register Now!

LPreConnect is an online registration system offering the convenience of secure online registration for our classes and activities. LPreConnect is available 24 hours a day, seven days a week. You may also browse indoor facility availability for The Palms at Central Park Community Center.

With LPreConnect, you now have access to an easy-to-use, highly secure, and convenient online recreation registration system. You can register your family for Recreation activities from the comfort of your home or work, or wherever you have internet access. Be assured that all of your personal and financial information you provide is highly secure.

How Do I Register Online?

Registration is easy! Go to: www.cityoflapalma.org/LPreConnect

If you have previously registered for a La Palma Recreation and Community Services program, you have already been assigned a Login ID and Account PIN. If you have previously given your email address at registration, click on the "Retrieve Login Information" button on the My Account tab and your Login ID and Account PIN will be automatically emailed to you. After logging in to LPreConnect you'll be able to register for available courses, be added to a course waitlist, and make payments for programs such as Club La Palma Day Camp. Please note that not all programs and activities are available for online registration.

If you have not previously registered for a program, or do not currently have an email address on account with us, you can request an account online through LPreConnect.

After your account is verified by the department, your Login ID and Account PIN will be emailed to you within two business days.

We hope you take advantage of this convenient and safe registration option by using LPreConnect. If you have any questions or problems with registering, contact the Recreation & Community Services Department at (714) 690-3356.

Fit N Fun After School Drop-In Program

La Palma Recreation and Community Services is proud to announce that our award winning afterschool drop-in program, Nit N Fun will resume after the new Year! Start the new Year off fresh and come join us for some fun! Fit N Fun is for students in grades 1st – 6th at Miller, Luther and Los Coyotes Elementary Schools. Trained Staff are visiting each school three days per week. Fit N Fun is committed to enhancing interpersonal skills, increasing physical fitness levels and providing quality role models through games, crafts, fitness activities, snacks and much more! We teach kids about healthy eating through the snacks that we provide for them twice weekly. Supervision is provided from the time school ends until 3:45 p.m. Your child will develop and enhance interpersonal competence as they develop empathy, sensitivity and build long-lasting and meaningful relationships with peers and staff. We will also be providing guest speakers that will chat with your kids about sports and nutritional awareness. Don't miss out on the fun and excitement! For more information, please call (714) 690-3350.

Miller Elementary: Mondays, Tuesdays, and Thursdays
Luther Elementary: Tuesdays, Wednesdays, and Thursdays
Los Coyotes Elementary: Mondays, Wednesdays, and Fridays

