

La Palma



# MOSAIC

Winter 2011



## What's Inside

Election Results

Community Commemorative Area

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 at [www.cityoflapalma.org](http://www.cityoflapalma.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 City 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

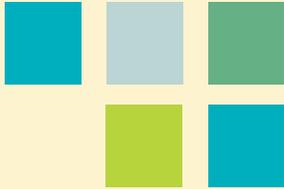
Ralph Rodriguez  
*Mayor*

Henry Charoen  
*Mayor Pro Tem*

Steve Hwangbo  
*Councilmember*

Steve Shanahan  
*Councilmember*

Mark Waldman  
*Councilmember*



## A Message from the City

The New Year represents a new beginning and, for the City of La Palma, 2011 will bring changes and new leadership. In November, the General Election was held and residents elected Henry Charoen to his second term and Steve Hwangbo to his first term on the City Council. At the City Council Meeting on December 7, the City Council reorganized and elected Ralph Rodriguez as Mayor and Henry Charoen as Mayor Pro Tem.

Other changes include the retirements of Police Chief Ed Ethell and Recreation and Community Services Director Jan Hobson. They take with them over 40 years of vision, service, and leadership to the City. With the appointments of Eric Nunez as the Police Chief and Mike Belknap as Recreation and Community Services Director, a new chapter will begin. Eric and Mike currently work for the City of La Palma, and have already given a combined 44 years of service to the City of La Palma.

This edition of the Mosaic features over 10 new classes being offered to provide residents of all ages with a variety of new learning opportunities such as a Young Rembrandts Preschool Drawing Class and Mah Jong Tea Party for our children, Mechanics for Women, and activities for Older Adults at The Hub such as a Social Services Information and Referral Day, a Scrabble Tournament, and a Puzzle Day.

In this edition of the La Palma Mosaic, you'll find articles about the 2010 Election Results (page 4); Neighborhood Grants (page 5); La Palma's Community Commemorative Area (page 5) that gives residents a chance to honor those that have made an outstanding and significant contribution to the City; and Enhancing the La Palma Shopping Experience (page 6). There is always something happening in La Palma.

Happy New Year!

# Calendar of Events

## January

- 3 City Offices Closed
- 4 City Council Meeting – 7:00 p.m.
- 18 City Council Meeting – 7:00 p.m.

## February

- 1 City Council Meeting – 7:00 p.m.
- 12 Teen Be My Valentine Dance – 7:00 p.m.
- 15 City Council Meeting – 7:00 p.m.
- 21 President’s Day, City Offices Closed

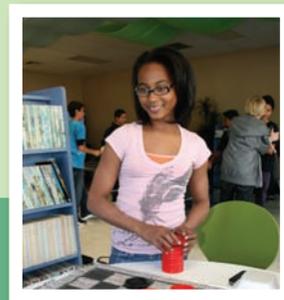
## March

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



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## Activity Guide

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This issue of the La Palma Mosaic includes articles on:

- 2010 Election Results
- Curbside Collection Program for Special Waste Items
- Neighborhood Grants
- La Palma Community Commemorative Area
- Continental Little League

The La Palma City Council and 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 year.

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](mailto:recreation@cityoflapalma.org).

## City Council Recap – August, September, and October 2010

The City Council, which also sits as the governing board of the Planning Commission and Community Development Commission, 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 encouraged to attend and meetings are also audio-cast live on the City's website at [www.cityoflapalma.org/media](http://www.cityoflapalma.org/media). Please note, 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).

### August 3, 2010

The Planning Commission conducted a Study Session on a proposed Outdoor Display and Incidental Seating Ordinance. The City of La Palma has traditionally prohibited outdoor displays and seating along business frontages; however, there may be benefits in allowing incidental outdoor uses in controlled circumstances. To improve and enhance commercial activity in the City, a draft Ordinance was developed that would establish a uniform set of standards to protect pedestrian traffic, enhance aesthetics, and assist local businesses in economic development. The Planning Commission directed the item to be brought back for formal consideration at a later meeting.

The City Council adopted a Resolution approving and adopting the City's User Fee Schedule. The User Fee Schedule was adjusted to maintain fees at existing levels, except those which were found to be higher than the actual cost; these rates have been reduced to actual cost. In addition, fees have been combined, renamed, and added to conform to existing practices.

### August 17, 2010

The Planning Commission adopted a Resolution recommending that the City Council approve a General Plan Amendment and amendments to Chapter 26 of the City Code adding a "Planned Neighborhood Development (PND)" Zoning District and changing the Land Use Designation for certain properties to Planned Neighborhood Development. The objective of the new zoning designation is to limit undesirable uses and encourage those uses that foster quality development and optimize the City's tax base.

The City Council awarded a contract in the amount of \$36,805, to Industry Coatings Co. of San Pedro, for the Arterial Block Wall Painting Project – Phase 2. Phase 2 of the project consists of the preparation and painting of the remaining existing block walls located on arterial streets Citywide. Specifically, Orangethorpe Avenue, Houston Avenue, Crescent Avenue, and the areas of La Palma Avenue (without vines) remain.

The City Council adopted a Resolution supporting the Poseidon Resources Water Desalination Facility located in Huntington Beach. Poseidon Resources has proposed to build a seawater desalination facility utilizing a reverse-osmosis system to remove salinity. The proposed facility would be co-located with the AES Power Plant on Pacific Coast Highway. Poseidon would use the power plant's existing infrastructure to access and purify 50 million gallons of seawater per day for Orange County residents and businesses. This would provide an additional source of potable water for County residents.

The City Council appointed Ryan DeCook and Megan Hsiao as Youth Members to the Community Activities and Beautification Committee (CAB) with terms expiring August 31, 2011. The CAB Committee is a citizen's advisory committee established to make recommendations to the City Council, and develop and implement community events and City beautification projects. CAB promotes cultural appreciation and increases the community's awareness of the many opportunities to participate in various artistic and cultural activities within the area.

### September 7, 2010

The City Council approved the refined preliminary designs prepared by MIG Inc. for the Master Plan improvements at Central Park. They also approved an amendment to the Agreement with MIG in the amount of \$9,125 for additional services for a Water Quality Master Plan and a Storm Water Pollution Prevention Plan. The revised plan leaves the softball field in its current location and includes the remodel of the existing restroom in the southwest corner of Central Park.

### September 21, 2010

The City Council introduced for first reading an Ordinance amending Chapter 26 of the La Palma City Code adding a Planned Neighborhood Development (PND) Zoning District and changing the Land Use Designation for certain properties to PND. They also adopted a Resolution approving a Negative Declaration and General Plan Amendment to establish the Planned Neighborhood Development (PND) Land Use Designation and the PND Design Guidelines. The Ordinance provides the means for the regulation of buildings, structures, and land uses in order to facilitate the implementation of the General Plan and the Economic Development Program. The regulations of the PND Zoning District are intended to provide for a specific diversity of uses allowing for innovative land design while ensuring compliance with the provisions of the City Code. The new PND land use district and its accompanying design guidelines will not by themselves cause redevelopment to occur. Rather the zoning and design guidelines are another aid in the economic development tool box.

The Planning Commission adopted a Resolution recommending that the City Council approve a General Plan Amendment and amendments to Chapter 26 of the City Code adding a "Planned Neighborhood Development (PND)" Zoning District and changing the Land Use Designation for certain properties to Planned Neighborhood Development. The objective of the new zoning designation is to limit undesirable uses and encourage those uses that foster quality development at key corner locations and optimize the City's tax base.

## October 5, 2010

The City Council introduced for first reading an Ordinance amending Chapter 26 of the La Palma City Code pertaining to Outdoor Display and Incidental Seating Areas. The proposed Ordinance provides the means to permit and regulate incidental outdoor display and seating areas throughout the City's Commercial zones. The Ordinance establishes specific standards and guidelines that would apply to all ancillary outdoor uses. The Ordinance requires an applicant to complete and submit an Outdoor Display and Seating Permit Application to the Community Development Department. The application requires a description of the proposed project, pictures or photographs of the proposed furniture, and a site plan indicating furniture placement. The Community Development Director will have design review authority over applications concerning outdoor display and seating. The Planning Commission conducted a Study Session on a proposed Outdoor Display and Incidental Seating Ordinance. The City of La Palma has traditionally prohibited outdoor displays and seating along business frontages; however, there may be benefits in allowing incidental outdoor uses in controlled circumstances. To improve and enhance commercial activity in the City, a draft Ordinance was developed that would establish a uniform set of standards to protect pedestrian traffic, enhance aesthetics, and assist local businesses in economic development. The Planning Commission directed the item to be brought back for formal consideration at a later meeting.

The City Council approved an Amendment to the Agreement with EDCO Disposal Corporation, to add a Curbside Universal, Electronic, Pharmaceutical, and Sharps Waste Collection Program. The new disposal/recycling program will provide La Palma residents with the opportunity to easily and properly dispose of hazardous waste items that might otherwise find their way into the waste stream and into the ground water. The new program is estimated to cost approximate \$31,202 annually and will be completely funded through AB 939 Set Aside Funds, which are on deposit with Park Disposal.

The City Council conducted a Study Session regarding Waste Diversion Methods. Overall, the City of La Palma has met waste diversion requirements as established in State law through the use of a Material Recovery Facility (MRF). However, other jurisdictions use a combination of automated trash, automated recycle, and manual green waste collection to meet the waste diversion requirements. The City Council agreed to receive and file the report and requested EDCO to provide quotes for source separation of recyclable materials at a later date.

## October 19, 2010

The Community Development Commission (CDC) adopted a Resolution authorizing expenditure of Housing Set-Aside Funds outside of the Project Area; approved a Purchase and Sale Agreement and Joint Escrow Instructions for real property located at 4611 La Palma Avenue; and authorized a supplemental appropriation from the Low/Moderate Income Housing Fund to pay for the purchase. The CDC has an obligation to utilize 20% of its tax increment for the creation of affordable housing. The subject site has already received its entitlements for the development of affordable housing. This fact will save the CDC time and expense compared to pursuing other potential sites to meet affordable housing goals. The purchase of 4611 La Palma Avenue for \$1.4 million, enables the CDC and the City to meet mandated obligations with respect to affordable housing production at a location that is suited for such development.

The Planning Commission adopted a Resolution approving Conditional Use Permit 349 and Amendment to Precise Plan 57, a request to add a 24-hour drive-up ATM kiosk and roof mounted HVAC units with screening at the Bank of America located at 5531 La Palma Avenue. As conditioned, the proposed addition of a second unmanned drive-up ATM kiosk and upgrade to a modern, multiple climate zone and energy efficient HVAC system is consistent with the land use provisions of both the City of La Palma General Plan and La Palma City Code.

The City Council awarded a contract in the amount of \$88,220 to Sancon Engineering, Inc. of Huntington Beach, for the Houston Avenue Sewer Lining Project, and appropriated \$51,453 from the City's Sewer Fund Reserve to cover the additional costs associated with the project. The Houston Avenue Sewer Lining Project consists of the sewer pipe lining on Houston Avenue, mobilization, traffic control, television-taped inspection, and re-opening of sewer laterals. Prior to this work, isolated sewer line repairs were conducted to correct misalignment, damaged segments of pipe, and sags within the sewer lines. The completion of the sewer lining on Houston Avenue would complete the necessary sewer rehabilitation and further attention should not be necessary for quite some time.

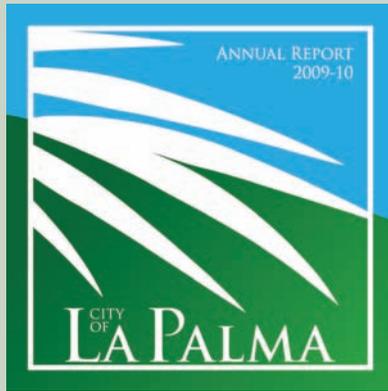
The City Council discussed Houston Avenue's designation as a secondary arterial highway and the inability to increase block wall heights along public streets. Currently, La Palma Municipal Code Section 26-45 (b)(5) states that only complete sections of a wall may be raised along a public street or right-of-way. The City Council directed that a draft Ordinance be created that would allow block wall sections along Houston Avenue to be raised. This item will be brought back before the City Council at a later date.

## November 2, 2010

This meeting was cancelled to allow residents and City Council Members the opportunity to fully participate in the November 2, General Municipal Election.

## 2009-10 Annual Report Released

The City of La Palma is pleased to announce the release of the 2009 – 10 Annual Report. The report highlights the City's many achievements throughout the year. Among the noteworthy, La Palma was named the "Best Small City to Raise a Family in Orange County" by OC Parenting and the "Best Affordable Suburb in California" by Bloomberg Business Week. In an effort to conserve public dollars, residents are encouraged to view a PDF of the report online at [www.cityoflapalma.org/annual](http://www.cityoflapalma.org/annual) or to stop by City Hall for a limited number of printed reports.



## Election Results & Mayor Selection

The official election results for the November 2 general election indicate that incumbent Councilmember Henry Charoen received 28.8% of the votes, Candidate Steve Hwangbo received 26.4%, Candidate Noella Lew received 24.1%, and Candidate Gerard Goedhart received 20.8%. The results were certified and approved by the La Palma City Council on December 7 and the two top candidates—Henry Charoen and Steve Hwangbo—were sworn-in. Following the swearing-in ceremony, the City Council conducted its annual reorganization and selected Ralph Rodriguez as Mayor and Henry Charoen as Mayor Pro Tem.

La Palma voters also approved local initiative Measure U, with 91.8% voting yes. The measure authorizes the City Council to reduce the rate of the City's Utility Users Tax (UUT), if the City's financial conditions will not be adversely affected, from 5% to a rate not lower than one quarter of one percent (0.25%). The approved initiative does not immediately change the City's current UUT rate of 4%, but merely allows the City Council to lower the rate in the future, if sufficient funds exist.

The City Council holds its regular meetings on the first and third Tuesdays of each month at 7:00 p.m. in the Council Chambers located at 7822 Walker Street.

## Pedestrian Safety Tips

### Tips for Pedestrians

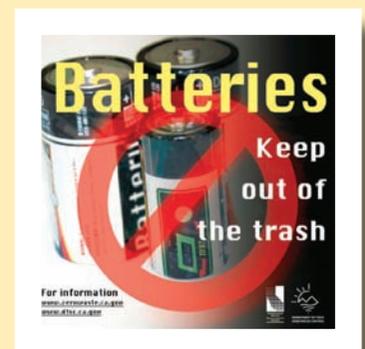
- Before entering the crosswalk, stop at the curb, look left-right-left for cars, and then cross when clear and vehicles have stopped.
- Make certain the driver sees you and stops before you cross in front of the car.
- Make it easy for drivers to see you—avoid dark clothing. It might be wise to carry a flashlight in very dark areas.
- Use extra caution when crossing multiple-lane streets.
- Don't talk on a cell phone or wear earphones when crossing the street.
- Supervise and teach your children about safe walking.
- It is recommended to cross at signalized intersections, where possible.
- Walk alertly and don't run. Stay within the lines of the crosswalk.

### Tips for Drivers

- You can encounter pedestrians anytime and anywhere—even in places where they are not supposed to be found.
- Pedestrians can be very hard to see, especially in bad weather or dark conditions. You must keep a lookout and slow down if you can't see clearly.
- When entering a crosswalk area, drive slowly and be prepared to stop.
- Stop for pedestrians who are in a crosswalk, even if it is not marked. When you stop for a pedestrian in a crosswalk, stop well back so that drivers in the other lanes can also see the pedestrian in time to stop.
- Do not overtake and pass other vehicles stopped for pedestrians.
- Be especially attentive around schools and in neighborhoods where children are active.

## New Curbside Collection Program for Special Waste Items

The La Palma City Council recently approved an agreement with Park Disposal to establish a local disposal program for special waste items such as pharmaceuticals, sharps, e-waste, household batteries, and fluorescent lamps. The program, which started December 1, is provided free to residents through an on-call (curbside) program. Residents schedule a pickup by calling Park Disposal directly. For more information please visit [www.cityoflapalma.org/recycling](http://www.cityoflapalma.org/recycling), or call Park Disposal at (714) 522-3577.



## Continental Little League Celebrates 50 Year History

Continental Little League, La Palma's largest youth organization, is holding Spring 2011 Registration. Baseball Sign-up dates and locations are as follows:

Wed., January 5 6 p.m. – 8 p.m. McDonalds (Orangethorpe & Moody)  
Sat., January 8 9 a.m. – 2 p.m. Try Outs @Walker Jr. High School Fields  
Sun., January 9 Noon – 2 p.m. Try Outs @Walker Jr. High School Fields

Baseball tryouts and most games are played at Walker Jr. High School located at 8132 Walker Street. Fees are \$110.00 per child. Fees include hat, baseball pants, photo package, trophy and an awesome yearbook full of memories. Register in person with your child's birth certificate and proof of residency. Teams are assigned in late January with practices beginning in February and the season running through May. Kids learn the fundamentals of baseball and important character traits such as citizenship, courage, teamwork, and sportsmanship. Lifelong friendships are made in little league, especially in our small town.

Established in 1960, Continental is the largest children's organization in the city of La Palma and represents families from all of La Palma and parts of Cypress and Buena Park. At one time, Continental used to play at the old JC Penney lot on Valley View and Orangethorpe Avenue. Quickly outgrowing those dusty fields, in the 1960s Continental moved to Walker Jr. High School where we still play now. We have a wonderful core of volunteers that make Continental Little League one of Southern California's premiere leagues, last year winning another District 29 All Star Championship.

For more information or to sign up online, visit our website at [www.lapalmlittleleague.com](http://www.lapalmlittleleague.com). Continental Little League is a great place for kids to make friends, build strong character, and get out and play. JOIN LITTLE LEAGUE TODAY!

*Article submitted by Continental Little League*

## La Palma Community Commemorative Area

In 2009, the City of La Palma established a Community Commemorative Area to honor those who have made outstanding and significant contributions to the City along with selection criteria for recognizing and commemorating said recipients.

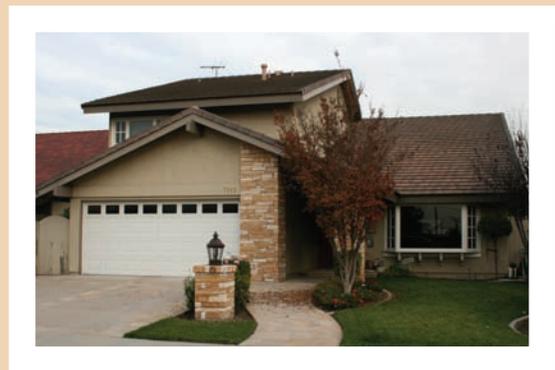
Nominees who have unselfishly contributed to La Palma and who have made tangible contributions by creating and enhancing a strong sense of community which transcends time, will be honored with an engraved paving stone in the area noting the individuals name and pertinent information.

For more information regarding the Community Commemorative Area and the requirements for having a paver placed in memory of a community volunteer, please contact the City Clerk's office at 714 690-3330. The area was originally dedicated to honor Duane Schuster, a long time volunteer and former Councilmember of the City.

## Home Spotlight

This winter's Home Spotlight Award goes to Kim and Sharon Wilson, who reside at 7812 Willow Lane. The Wilson family has lived in La Palma for 28 years. They have two daughters (both whom have graduated from John F. Kennedy High School) and 4 grandchildren. Kim is a business owner and Sharon is involved in real estate sales and also serves as a member of Neighborhood Watch. The Wilson's say La Palma is a safe, family community who offers something for residents of all ages.

Our congratulations go out to Kim and Sharon Wilson for being the Winter 2011 Home Spotlight Award winner. Thank you for keeping La Palma beautiful!



## Neighborhood Grants Available

Do you have a great idea for your street, block, neighborhood, or the community as a whole? The City of La Palma can help bring your idea to life through the new Neighborhood Grant Program.

Grants up to \$300 are available for projects or events that increase communication among neighbors, improve the physical condition of a neighborhood, enhance neighborhood pride and identity, or help build bridges between cultural groups. The Neighborhood Grant Program is the City's way of helping you create a successful project or event. By bringing people together for a neighborhood improvement project, you are helping to strengthen the La Palma community.

To be eligible, projects or events must meet the following requirements: (1) provide an identifiable benefit or positive impact to your street, block, or neighborhood; (2) have a specific timeline, clearly defined steps and outcomes, and a breakdown of the costs; (3) must not be political or religious in nature; and (4) must include the active involvement of at least three La Palma households.

Applications must be submitted and approved prior to starting your project or event. More information and application packets are available at the City's website [www.cityoflapalma.org/grant](http://www.cityoflapalma.org/grant) or at La Palma City Hall.

## Surf Over to OC Watersheds' New Website

*OC Watersheds and the Orange County Stormwater Program have a new website to provide the public information about water pollution prevention at [www.ocwatersheds.com/publiced/](http://www.ocwatersheds.com/publiced/)*

Protect Orange County's surf by surfing over to the revitalized OC Watersheds and Orange County Stormwater Program's new website. Log on to [www.ocwatersheds.com](http://www.ocwatersheds.com) to find out more on a variety of water quality issues and protection efforts in Orange County. For more information about water pollution prevention tips, please visit [www.ocwatersheds.com/publiced/](http://www.ocwatersheds.com/publiced/). The public education pages include information about upcoming public events featuring water pollution prevention booths, a sign-up to receive a quarterly e-newsletter and a kid's corner section with interactive games.

The Orange County Stormwater program is proud of the variety of brochures it has produced over the years addressing various common activities that can lead to water pollution. The public education website has pages to provide water pollution prevention tips for home auto repair, landscape and gardening, pool maintenance and other household activities.

The public education website is broken up into different segments for ease of use. There is a section for Orange County residents, another one for businesses, one for kids and one for teachers and other school administrators. While this new website has been designed to be easy to navigate and simple to use, more detailed information about the Orange County Stormwater program is available at the main website, [www.ocwatersheds.com](http://www.ocwatersheds.com).

Jenna Voss, Environmental Resources Specialist for the Orange County Stormwater Program sees this website as a one-stop-shop for anyone concerned about pollution prevention of our waterways. "This new website is designed to be both informative as well as entertaining. The interactive games, video clips and imaginative artwork are designed to educate the public in a fun and memorable way. The larger OC Watersheds site provides detailed information on a wide variety of water pollution and protection topics, great for researching water quality protection efforts in Orange County."

Do your part! Remember, the Ocean Begins At Your Front Door. For more information about what you can do to prevent water pollution or to report a water pollution problem, contact the Orange County Stormwater Program at 1-877-89-SPELL or please visit our new website at [www.ocwatersheds.com](http://www.ocwatersheds.com).



## Enhancing the La Palma Shopping Experience

La Palma merchants received some assistance from the City when the City Council adopted new rules and guidelines for enhancing their storefronts. The outdoor display and incidental seating ordinance approved in October will permit businesses in the commercial districts to promote their services and merchandize outside their storefronts.

In the past, the City of La Palma prohibited outdoor display of merchandise and only allowed outdoor dining through a conditional use permit process. However, in order to improved commercial activity in the City, a uniform set of standards was established for allowing outdoor display of merchandise. The rules are designed to protect pedestrian circulation, enhance aesthetics, and promoted economic development.

The Outdoor Display and Incidental Seating Permit expands display and seating options for retailers and restaurants. The intent of the ordinance is to allow businesses to augment the shopping experience by providing high quality displays outside their storefronts. The incidental outdoor display areas hope to boost economic activity while complementing the appearance of commercial centers.

The permit to allow outdoor display is free and only requires the business to complete an application and provide a display plan. For further information please contact the Community Development Department by calling (714) 690-3340 or visit the City's web site at [www.cityoflapalma.org](http://www.cityoflapalma.org).



## 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 Recreation Specialist Kayla Rodrigues 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 class will be geared for the newer and younger 3- and 4-year-olds.

**AT OUR SPECIAL TINY TOT REGISTRATION ON SATURDAY, January 8, 2011 (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, January 8, 2011 at 11:30 a.m. No phone-in registrations will be accepted.

2nd payment for the first session is due by Friday, January 21. Priority registration for second session is February 14 – 18. 2nd payment for second session is due by Friday, March 18.

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

Classes begin the week of January 10

Second session begins the week of February 28

**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, January 21 for the first session and March 18 for the second session.

Co-Instructor: N. Brewer & K. Rodrigues      Location: Pygmy

Code	Days	Dates	Time	Fee/Weeks
7714	MWF	1/10-2/25*	9:00-12:00 p.m.	\$122 / 7
7716	MWF	2/28-4/22*	9:00-12:00 p.m.	\$122 / 7
7715	TTH	1/11-2/24	9:30-11:30 a.m.	\$ 93 / 7
7717	TTH	3/1-4/21*	9:30-11:30 a.m.	\$ 93 / 7

\*No class: 1/17, 2/21, 4/4-4/8

### Kids Love Music

Age: 4 mos – 4 years

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: 12 – 22 months and Babies: 4 – 14 mos (not walking). Optional \$20 materials fee for a music CD, harmonica, and rhythm instruments is payable to the instructor. 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: K. Greeno

Location: Cypress CC

Code	Age	Days	Dates	Time	Fee/Weeks
7718	4-14 mos	T	2/15-3/22	3:30-4:00 p.m.	\$66 / 6
7719	12-22 mos	T	2/15-3/22	4:15-4:45 p.m.	\$66 / 6
7720	1-4	T	2/15-3/22	5:00-5:45 p.m.	\$66 / 6

### Multi Sport Camp

Age: 2 – 7

Here is a great chance for kids to play their favorite sports (soccer, t-ball, basketball) all in one class. This class 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.

Instructor: Trifytt Sports

Location: Central Park

Code	Age	Days	Dates	Time	Fee/Weeks
7724	2-3	T	1/18-2/15	4:30-5:00 p.m.	\$45 / 5
7725	3-4	T	1/18-2/15	5:00-5:45 p.m.	\$45 / 5
7726	5-7	T	1/18-2/15	6:00-6:45 p.m.	\$45 / 5
7727	2-3	T	3/1-3/29	4:30-5:00 p.m.	\$45 / 5
7728	3-4	T	3/1-3/29	5:00-5:45 p.m.	\$45 / 5
7729	5-7	T	3/1-3/29	6:00-6:45 p.m.	\$45 / 5

### First Steps In Music – Infants & Toddlers



Age: 3 mos – 4 years

Learn to interact with your child through music. We will sing songs and rhymes, wiggle, giggle and bounce. Class is based on folk and traditional songs and rhymes that help create a musical bond between parent and child. Parent participation required. No siblings unless enrolled. \$5 material fee (cash only) due to instructor on first day of class.

**Register early—each class is limited to 4 children!**

Instructor: The Music Academy

Location: Fan Palm

Code	Age	Days	Dates	Time	Fee/Weeks
7770	2-4	M	1/10-2/14	1:00-1:30 p.m.	\$25/6
7879	2-4	M	2/21-3/28	1:00-1:30 p.m.	\$25/6
7880	3-24mos	M	1/10-2/14	1:30-2:00 p.m.	\$25/6
7881	3-24mos	M	2/21-3/28	1:30-2:00 p.m.	\$25/6



# Activity Guide

## Preschool / Toddlers

### Music For Little Mozarts

Age: 4 – 5

An excellent music program designed for the young child. While participating in the adventures of Beethoven Bear and Mozart Mouse, children will learn the beginning principles of piano playing. Parent participation required. Siblings allowed in class only if enrolled. A \$10 material fee (cash only) is payable to instructor at first class. Register early—each class is limited to 4 children!

Instructor: The Music Academy Location: Fan Palm

Code	Days	Dates	Time	Fee/Weeks
<b>Beginners</b>				
7753	M	1/10-2/14	2:30-3:00 p.m.	\$50/6
7754	M	2/21-3/28	2:30-3:00 p.m.	\$50/6
<b>Intermediate</b>				
7755	M	1/10-2/14	2:00-2:30 p.m.	\$50/6
7756	M	2/21-3/28	2:00-2:30 p.m.	\$50/6

### Young Rembrandts: Preschool Drawing Class

Age: 3½ – 5

Keep your preschoolers warm and engaged during the cold winter months. There's no place warmer and more artistically engaging than a Young Rembrandts classroom. Warm thoughts will dance through your preschooler's imagination as they draw our colorful hat and mittens lesson in the month of January. And if variety is the spice of life, our lesson lineup in February is the salt to your pepper. A drawing of a mouthwatering pizza and the cutest duck this side of Swan Lake will bring out the artistic mastery in your preschooler. And there's no better way to warm up to the upcoming spring season than with our March lessons. The warm colors in our parrot drawing and pirate ship lesson will have you setting sails for the Caribbean. This winter, expand your preschooler's creative horizons with a Young Rembrandts class. Sign up now!

Instructor: Young Rembrandts Location: Sago Palm

Code	Days	Dates	Time	Fee/Weeks
7730	TH	1/6-1/27	9:30-10:15 a.m.	\$48 / 4
7731	TH	2/3-2/24	9:30-10:15 a.m.	\$48 / 4
7732	TH	3/3-3/31	9:30-10:15 a.m.	\$60 / 5

### Anaheim Ice Parent & Me 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
7733	T	1/18-2/8	12:30-1:00 p.m.	\$39 / 4
7734	SAT	1/22-2/12	11:45-12:15 p.m.	\$39 / 4
7735	T	2/22-3/15	12:30-1:00 p.m.	\$39 / 4
7736	SAT	2/26-3/26*	11:45-12:15 p.m.	\$39 / 4

\*No class: 3/5

## Youth

### Anaheim 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. 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
7737	W	1/19-2/9	4:30-5:00 p.m.	\$39 / 4
7738	SAT	1/22-2/12	10:15-10:45 a.m.	\$39 / 4
7739	W	2/23-3/16	4:30-5:00 p.m.	\$39 / 4
7740	SAT	2/26-3/26*	10:15-10:45 a.m.	\$39 / 4

\*No class: 3/5

### Pee Wee Hoops

Age: 4 – 7

Are you ready to shoot some hoops? The Pee Wee Basketball Hoops Clinic is right around the corner! Participants must be ages 4 to 7 years of age as of March 2011. La Palma Recreation offers a two-days-per-week clinic from 4:45 – 6:00 p.m. Your Pee Wee will be provided 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 team work 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 trophy. Registration begins immediately, so sign up while spots are still available. **The season starts March 7, 2011. A separate registration form is required.**

Instructor: Recreation Staff Location: Central Park

Code	Days	Dates	Time	Fee/Weeks
7741	MW	3/7-4/27	4:45-6:00 p.m.	\$75 / 8

### Prince and Princess College

Age: 5 – 9

A new twist to classic Cotillion. Learn every day manners and etiquette plus special skills every prince and princess needs. Your little one will learn the royal wave and how to curtsy, plus how to set a table properly and how to tie the perfect bow. Etiquette and manners will be taught within the context of preparing to host a magnificent ball, which will be held on the last day of class, to which family will be invited.

Instructor: E. Drew Location: Pygmy Palm

Code	Days	Dates	Time	Fee/Weeks
7766	W	1/12-2/16	4:00-5:00 p.m.	\$40/6





## Royal Tea

Age: 5 – 9

Dress in your royal best and attend a festive tea party held by Fancy the Fairy Princess. You'll enjoy cookies and cakes along with delicious herbal teas and fruit juices. All food will be vegan and Kosher. Fancy will tell her guests tales of her exciting life, using puppets, books, and props. Boys and girls will enjoy this exciting afternoon.

Instructor: E. Drew Location: Pygmy Palm

Code	Days	Dates	Time	Fee/Weeks
7767	S	2/19	1:30-4:00 p.m.	\$12

## Mah Jong Tea Party for Royalty

Age: 5 – 9

The tiles, with their intriguing figures set the stage for an exotic luncheon. The game itself is good exercise for the brain. Your little one will be greeted by the Fairy Queen and led to a table set up with a Mah Jong set. They'll learn a simple version of the game and after a few rounds, the game will be replaced by tea and the Fairy Queen will tell an exciting Mah Jong themed story while the royalty enjoys tea/juice and cookies.

Instructor: E. Drew Location: Pygmy Palm

Code	Days	Dates	Time	Fee/Weeks
7768	W	2/23-3/30	4:00-5:00 p.m.	\$40/6

## Pet and Me Prince/Princess Parade

Age: 5 – 9

Bring your favorite animal, leashed and ready for attention. The day will start with circle time where you'll sit with your pet on laps, hear stories and learn songs. Then the princes and princesses and their pets will parade around the park singing fun pet songs. Families are encouraged to stay and picnic afterwards.

Instructor: E. Drew Location: Central Park

Code	Days	Dates	Time	Fee/Weeks
7769	S	3/19	2:00-3:00 p.m.	\$10/1

## Beginning 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
7742	T	1/4-1/25	4:30-5:30 p.m.	\$35 / 4
7743	T	2/1-2/22	4:30-5:30 p.m.	\$35 / 4
7744	T	3/1-3/22	4:30-5:30 p.m.	\$35 / 4



## Jr. Jazz, Ballet And Tap

Age: 7 – 12

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. Ballet and Tap shoes required.

Instructor: A. Valley Location: Sago Palm

Code	Days	Dates	Time	Fee/Weeks
7746	T	1/4-1/25	5:30-6:30 p.m.	\$35 / 4
7747	T	2/1-2/22	5:30-6:30 p.m.	\$35 / 4
7748	T	3/1-3/22	5:30-6:30 p.m.	\$35 / 4

## Beginning Piano

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: Fan Palm

Code	Age	Days	Dates	Time	Fee/Weeks
7757	6-7	M	1/10-2/14	3:00-3:30 p.m.	\$50 / 6
7758	8-14	M	1/10-2/14	3:30-4:00 p.m.	\$50 / 6
7759	6-7	M	2/21-3/28	3:00-3:30 p.m.	\$50 / 6
7760	8-14	M	2/21-3/28	3:30-4:00 p.m.	\$50 / 6

## Intermediate Piano

For students who have completed at least one session of Beginning Piano, they will continue developing their piano skills while advancing at their own pace. In addition to piano instruction, students will reinforce their learning by using music games, worksheets and practice centers. A \$5 material fee (cash only) payable to instructor is due on the first day of class.

Instructor: The Music Academy Location: Fan Palm

Code	Age	Days	Dates	Time	Fee/Weeks
7761	6-14	M	1/10-2/14	4:00-4:50 p.m.	\$60 / 6
7762	6-14	M	2/21-3/28	4:00-4:50 p.m.	\$60 / 6

## 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



# Activity Guide

## Youth

### Young Rembrandts: Elementary Drawing Class

Age: 6 – 12

Ring in the New Year with a Young Rembrandts class for your elementary student. Our budding artists will have the opportunity to flex their creative muscle as they take on fun, artistic challenges like our Jack Russell Terrier and Chinese New Year lessons in the month of January. The month of February brings a lot of fun and culture into the classroom as our students' imaginations are whisked away to a masquerade or into the mind of master artist Salvador Dali. And in the month of March, get ready for some dinosaur-sized excitement as your elementary student recreates the ferocious T-Rex Young Rembrandts style! Our winter lessons are so hot; they'd make Frosty the Snowman melt.

Instructor: Young Rembrandts

Location: Queen Palm

Code	Days	Dates	Time	Fee/Weeks
7750	TH	1/6-1/27	3:30-4:30 p.m.	\$48 / 4
7751	TH	2/3-2/24	3:30-4:30 p.m.	\$48 / 4
7752	TH	3/3-3/31	3:30-4:30 p.m.	\$60 / 5

### Young Rembrandts: Cartooning Class

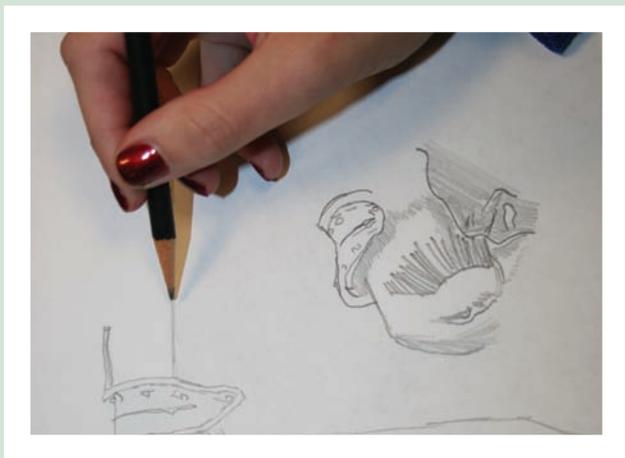
Age: 6 – 12

What runs from ear-to-ear and is contagious? Give up? It's the SMILE your child will have as they get to explore the fun, artistic world of Young Rembrandts cartooning! Your child will wear the biggest smile as they laugh and learn while drawing our fun superhero expressions lesson in the month of January. Then in February, our students will jump for joy and spring into action with our heroic unlikely heroes lesson. And there's no better way to prepare for spring than with our bird versus worm drawing sequence. There's no better time than NOW for your child to have fun, be challenged artistically, and to create amazing pieces of artwork. Sign up today!

Instructor: Young Rembrandts

Location: Queen Palm

Code	Days	Dates	Time	Fee/Weeks
7763	TH	1/6-1/27	4:30-5:30 p.m.	\$48 / 4
7764	TH	2/3-2/24	4:30-5:30 p.m.	\$48 / 4
7765	TH	3/3-3/31	4:30-5:30 p.m.	\$60 / 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, a Taekwondo uniform, complete with patches and a white belt, is ordered from the instructor after enrolling for the first session for a low cost of \$35.

Instructor: J. Amsell

Location: Sago Palm

Code	Days	Dates	Time	Fee/Weeks
7771	SAT	1/8-1/29	9:00-10:00 a.m.	\$40 / 4
7772	SAT	2/5-2/26	9:00-10:00 a.m.	\$40 / 4
7773	SAT	3/5-3/26	9:00-10:00 a.m.	\$40 / 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 improve children's motor skills and enhance 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. Our instructor is a high-ranking black belt with over 30 years of teaching experience. A 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
7778	MW	1/3-1/19	3:30-4:30 p.m.	\$35 / 3
7779	MW	2/2-2/21	3:30-4:30 p.m.	\$35 / 3
7780	MW	3/2-3/21	3:30-4:30 p.m.	\$35 / 3

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



## Youth/Teens

### 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 your child's self-esteem, self-discipline and confidence through practicing traditional karate techniques. A 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
7775	TTH	1/4-1/20	4:30-5:30 p.m.	\$35 / 3
7776	TTH	2/1-2/17	4:30-5:30 p.m.	\$35 / 3
7777	TTH	3/1-3/17	4:30-5:30 p.m.	\$35 / 3

### 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 at Martial Arts Fitness Center 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. A 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
7781	MW	1/3-1/19	4:30-5:30 p.m.	\$35 / 3
7782	MW	2/2-2/21	4:30-5:30 p.m.	\$35 / 3
7783	MW	3/2-3/21	4:30-5:30 p.m.	\$35 / 3

### FIT N FUN After School Drop-in Program

La Palma Recreation and Community Services is proud to announce that our award winning after school 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 speaking to 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

Fit N Fun resumes the week of January 3!

### Club La Palma Spring Day Camp

Location: Royal Palm Room, Central Park

Parents! Need a fun, safe and relatively inexpensive care for your young ones this Spring Break, April 4 – 8, 2011. Club La Palma Counselors are committed to creating thrilling physical activities, introducing innovative crafts, and building lasting friendships. Our Day Camp is designed for youth 5 – 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, includes an enjoyable excursion (Thursday, April 7) to the Buena Park High School Farm and Concourse Bowling Alley, afternoon snacks and all activities. Registration forms will be available beginning February 14.

Code	Days	Dates	Time	Fee/Weeks
7919	M-F	4/4-4/8	6:30-6:00 p.m.	\$107/1

### Athletic Pride Basketball League

Age 8 – 14

Looking to develop your child's basketball skills? Then the Athletic Pride Basketball League is for them! For a third season, this one of a kind league will help your child advance their skills with a weekly team practice and games on Saturday (held at Walker Junior High School). Each participants will receive a team t-shirt and certificate. There is a mandatory Parent Meeting on February 16 at 6:30 p.m. at the Community Center and an Evaluation Session on February 19, 2011. The season will begin on March 5 and will be played until May 7. There is a \$20 supply fee payable to instructor at the Parent Meeting on February 16.

Registration forms will be available beginning January 24.

Code	Days	Dates	Time	Fee/Weeks
7856	S	3/5-5/5	TBA	\$75/10

### Volunteer Coaches Needed

Advanced Player Basketball League needs you! Without volunteer coaches this league is not possible, if you are interested in coaching a team, please call 714-690-3350 by February 1, 2011. Fingerprinting is required.





# Activity Guide

## Youth/Teens

### Traditional Martial Arts

Age: 6 – 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
7784	SAT	1/8-1/29	10:00-11:00 a.m.	\$40 / 4
7785	SAT	2/5-2/26	10:00-11:00 a.m.	\$40 / 4
7786	SAT	3/5-3/26	10:00-11:00 a.m.	\$40 / 4

#### INTERMEDIATE

7787	SAT	1/8-1/29	11:00-12:00 a.m.	\$40 / 4
7788	SAT	2/5-2/26	11:00-12:00 p.m.	\$40 / 4
7789	SAT	3/5-3/26	11:00-12:00 a.m.	\$40 / 4

#### ADVANCED

7790	SAT	1/8-1/29	12:00-1:00 p.m.	\$40 / 4
7791	SAT	2/5-2/26	12:00-1:00 p.m.	\$40 / 4
7792	SAT	3/5-3/26	12:00-1:00 p.m.	\$40 / 4



### 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 \$15 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: P. McConnell

Location: Tennis Courts

Code	Level	Age	Days	Dates	Time	Fee/Weeks
7803	1/2	7-14	W	1/5-2/23	6:30-7:30 p.m.	\$60 / 8
7805	2/3	7-14	W	1/5-2/23	7:30-8:30 p.m.	\$60 / 8
7800	1/2	7-14	Th	1/6-2/24	5:00-6:00 p.m.	\$60 / 8
7804	1/2	4-6	Th	1/6-2/24	6:00-6:30 p.m.	\$60 / 8
7806	2/3	7-14	Th	1/6-2/24	6:30-7:30 p.m.	\$60 / 8

### 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.

### Anaheim 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
7807	W	1/19-2/9	5:00- 5:30 p.m.	\$39 / 4
7808	SAT	1/22-2/12	10:45-11:15 a.m.	\$39 / 4
7809	W	2/23-3/16	5:00- 5:30 p.m.	\$39 / 4
7810	SAT	2/26-3/26*	10:45-11:15 a.m.	\$39 / 4

\*No class: 3/5

### 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
7811	W	1/19-2/9	6:15-6:45 p.m.	\$39 / 4
7812	W	2/23-3/16	6:15-6:45 p.m.	\$39 / 4



## TEEN EVENTS

### Friday Nights at The Hub!

Location: 5414 La Palma Ave, La Palma

Fridays: 6:00 p.m. – 9:00 p.m.

Bring your friends and enjoy Friday nights full of activities such as movie nights, tournaments, ping pong, XBOX, Wii, and much more!

### Teen Dances

Location: La Palma Community Center, 7821 Walker Street, La Palma CA

The City of La Palma in cooperation with the City of Cypress offers six teen dances throughout the school year. These dances are limited to students in the sixth, seventh, or eighth grade. The dances are held at the La Palma Community Center

Date: February 12

Time: 7:00 p.m. – 10:00 p.m.

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

#### Be My Valentine Dance

Come Celebrate Valentine's Day dancing the night away with your special someone or all your friends at this fun themed dance. We offer great music, pictures, food, and drinks. You don't want to miss out!



## Upcoming 2011 Special Teen Events

Be My Valentine Dance, February 12

Teen Fashion Scene, March 19

Mardi Gras Dance, April 16

Battle of the Bands, May 7

Aloha Dance, June 4

### Teen Flashlight Egg hunt

Arnold/Cypress Park, 8611 Watson Street

Saturday, April 23

Bring your flashlight and come hunt for eggs in the dark!

### Teen Fashion Scene

Saturday, March 19

Come check out the latest designs for the most popular event of the year. The show features stores like Vans, Furnace, Styles for Less, as well as our 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 28 by 5:00 p.m. to the La Palma Community Center.

### Models Needed

Have you ever wanted to "strut" your stuff down the runway? This is your big chance! We need 13 – 18 year old Guys and Girls! Applications are due January 21 by 5:00 p.m. to the La Palma Community Center. Applicants will be notified of their audition time.

### 2011 Battle of the Bands

Does your band have what it takes to win the title of our 10th annual Battle of the Bands? Applications are due no later than Friday, April 8, 2011 by 4:30 p.m. at the La Palma Community Center. This event will be held at the Central Park Pavilion, 7821 Walker Street, La Palma. There will be a cash prize for the overall winner and an opportunity to perform at La Palma Days. This event will take place May 7. Applications out now!



# Activity Guide

## Teen / Adult

### 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 parental involvement, and is fun, interactive, and educational. Coursework can be completed at any time. 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
7813	Home Study	1/10-3/31	\$91
7814	Internet	1/10-3/31	\$75



### 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
7815	M	1/10-2/7	6:30-8:30 p.m.	\$40 / 5
7816	M	2/28-3/28	6:30-8:30 p.m.	\$40 / 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 \$60 is due on January 3, and the second payment of \$60 is due by February 14. No class on Saturday, February 5, February 19, Monday, February 21.

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
7818	MW	1/3-3/30*	5:45-6:45 p.m.	\$115 / 12
7920	MW	1/3-2/7	5:45-6:45 p.m.	\$60/6
7921	MW	2/14-3/30	5:45-6:45 p.m.	\$60/6
Pay as you go	SAT	1/8-4/2*	8:30-9:45 a.m.	\$6 / 1 day
Pay as you go	MW	1/3-3/30*	5:45-6:45 p.m.	\$6 / 1 day

### 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
7819	MW	1/3-1/19	6:30-7:30 p.m.	\$35 / 3
7820	MW	2/2-2/21	6:30-7:30 p.m.	\$35 / 3
7821	MW	3/2-3/21	6:30-7:30 p.m.	\$35 / 3



## 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. A 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
7822	TTH	1/4-1/20	5:30-6:30 p.m.	\$35 / 3
7823	TTH	2/1-2/17	5:30-6:30 p.m.	\$35 / 3
7824	TTH	3/1-3/17	5:30-6:30 p.m.	\$35 / 3

## 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
7825	TTH	1/4-1/20	6:30-7:30 p.m.	\$45 / 3
7826	TTH	2/1-2/17	6:30-7:30 p.m.	\$45 / 3
7827	TTH	3/1-3/17	6:30-7:30 p.m.	\$45 / 3

## 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! Class is taught by a Certified Yoga Instructor.

Instructor: Chopra/Seyller Location: MA Center

Code	Days	Dates	Time	Fee/Weeks
7828	MW	1/3-1/19	7:30-8:30 p.m.	\$55 / 3
7829	MW	2/2-2/21	7:30-8:30 p.m.	\$55 / 3
7830	MW	3/2-3/21	7:30-8:30 p.m.	\$55 / 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
7831	F	1/7-1/21	5:30-6:30 p.m.	\$45 / 3
7832	F	2/4-2/18	5:30-6:30 p.m.	\$45 / 3
7833	F	3/4-3/18	5:30-6:30 p.m.	\$45 / 3

## 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
7834	W	1/19-2/9	7:00-7:30 p.m.	\$39 / 4
7835	TH	1/20-2/10	12:30-1:00 p.m.	\$39 / 4
7836	W	2/23-3/16	7:00-7:30 p.m.	\$39 / 4
7837	TH	2/24-3/24*	12:30-1:00 p.m.	\$39 / 4

\*No class: 3/3

## 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: K. Westrom Location: Central Park

Code	Days	Dates	Time	Fee/Weeks
7838	Sun	1/9-2/27	9:00-10:00 a.m.	\$75 / 8



# Activity Guide

## Teen/Adult

### Power Tae Aerobics

Age: 13+

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 Academy, 12233 Centralia, Lakewood 90715.

Instructor: Master Markopulos

Location: Tae Kwon Do

Code	Days	Dates	Time	Fee/Weeks
7839	TTH	1/4-1/27	7:00-8:00 p.m.	\$40 / 4
7840	TTH	2/1-2/24	7:00-8:00 p.m.	\$40 / 4
7841	TTH	3/1-3/24	7:00-8:00 p.m.	\$40 / 4

### 30 Minute Burn

Age: 13+

Master Cynthia has helped countless women achieve toned & defined bodies. With over 17 years of experience in Martial Arts & Fitness Training, her common sense approach to the feminine body is a unique way to obtain your ideal shape.

- Sculpted Arms
- Flat Abs
- Firm Thighs
- Tight Buns

Instructor: Master Markopulos

Location: Tae Kwon Do

Code	Days	Dates	Time	Fee/Weeks
7843	M/TH	1/3-1/27	7:15-7:45 p.m.	\$40 / 4
7844	M/TH	2/3-2/28	7:15-7:45 p.m.	\$40 / 4
7845	M/TH	3/3-3/24	7:15-7:45 p.m.	\$40 / 4

## ADULT

### 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
7847	M	1/3-2/7	6:30-7:30 p.m.	\$32 / 6
7848	M	2/14-3/28*	6:30-7:30 p.m.	\$32 / 6

\*No class: 2/21

### 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
7849	M	1/3-2/7	7:30- 8:30 p.m.	\$32 / 6
7850	M	2/14-3/28*	7:30- 8:30 p.m.	\$32 / 6

\*No class: 2/21

### 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
7851	M	1/3-2/7	8:30-9:30 p.m.	\$32 / 6
7852	M	2/14-3/28	8:30-9:30 p.m.	\$32 / 6

### Wedding Dance

Age: 18+

If your goal is to dazzle your guests with your inimitable style, or simply to stay on beat with your two left feet, this class is for you. Learn simple step patterns and basic styling that will give you the confidence you need to turn a potentially uncomfortable moment into a fun memory. The grand entrance, music options, and compensation for various gown styles will all be covered. So grab your fiancé and sign up today! This class is co-sponsored with Buena Park Recreation and will be held at the Ehlers Community Center, 8150 Knott Avenue.

Instructor: E. Drew

Code	Days	Dates	Time	Fee/Weeks
7853	T	2/1-2/22	7:00-8:30 p.m.	\$47 / 4 (\$82/couple)

### Be Your Own Wedding Coordinator

Age: 18+

Where do you start and what needs to be done first? Create an organized game plan covering all the details for an unforgettable wedding. Learn how to negotiate the best prices, wholesale resources in Los Angeles, and most importantly, make a timeline and "To Do" list for yourself to reduce stress and make the planning a fun and memorable part of the whole wedding experience. This class is co-sponsored with Buena Park Recreation and will be held at the Ehlers Community Center, 8150 Knott Avenue.

Instructor: E. Drew

Code	Days	Dates	Time	Fee/Weeks
7854	T	3/1-3/22	6:30-8:00 p.m.	\$30 / 4





## Adult

### Gemology for Sweethearts

Age: 18+

Learn about precious metals and diamond basics before you shop for a ring. This course will cover the pros and cons of the various diamond cuts; gold, platinum, and titanium; trendy versus classic styles, and will give you an understanding of wholesale pricing and market fluctuations. You'll learn to use the internet to discover how much your jeweler is marking up the diamond you have your eye on, and how to locate wholesale sources which sell to the public. You'll also gain an understanding of global mining practices, beneficiation and the social and environmental impact of various diamond choices. The instructor is a GIA Graduate Gemologist. This class is co-sponsored with Buena Park Recreation and will be held at the Ehlers Community Center, 8150 Knott Avenue.

Instructor: E. Drew

Location: Ehlers CC

Code	Days	Dates	Time	Fee/Weeks
7855	T	3/29	6:30-9:30 p.m.	\$22

### Parent Talk – “Family Communication 101”

Ages: Adults

Improve your parent-child relationship! Learn easy, effective ways to increase your child's sense of responsibility, cooperation and confidence. Decrease, even eliminate annoying and inappropriate behaviors. Restore family harmony and improve all family relationships! Applicable to any age children—toddlers to teens. A \$10 workbook fee is payable to the instructor at the first class..

Instructor: K. Salazar

Location: Cypress CC

Code	Days	Dates	Time	Fee/Weeks
7857	TH	1/6-2/10	6:45-8:45 p.m.	\$65 / 6
7858	F	1/21-2/25	9:30-11:30 a.m.	\$65 / 6
7859	TH	2/24-3/31	6:45-8:45 p.m.	\$65 / 6

### Photography 101

Age: 18+

Photography 101 is a fun way to make money with your camera! Learn how to take pictures you will love to show others. Learn how to get more out of your camera (take it off Auto) lessons in craft photos and cut out photos. Be ready to get great vacation shots! Bring your camera to class and get ready to have some fun! This class is co-sponsored with Buena Park Recreation and will be held at the Ehlers Community Center, 8150 Knott Avenue.

Instructor: R. Hinckley

Location: Ehlers CC

Code	Days	Dates	Time	Fee/Weeks
7860	W	1/12-2/16	6:30-8:30 p.m.	\$42 / 6
7861	W	3/2-4/6	6:30-8:30 p.m.	\$42 / 6

### Valentine's Floral Extravaganza

Age: 18+

Learn the fundamentals of floral arranging and create a beautiful Valentine's Day arrangement that will impress your friends and family. Fill your home with the scent and beauty of fresh flowers arranged by YOU! A \$15 flower fee is payable to the instructor. Bring a pair of small garden scissors or pruners. This class is co-sponsored with Buena Park Recreation and will be held at the Ehlers Community Center, 8150 Knott Avenue.

Instructor: G. Ortega

Location: Cypress CC

Code	Days	Dates	Time	Fee/Weeks
7862	TH	2/10	6:30-8:30 p.m.	\$27

### Spring Floral Arrangement

Age: 18+

Welcome the freshness of spring into your home by creating the perfect floral arrangement. Learn the basics and create a fabulous focal point that welcomes your family and friends to your home. Fill your home with the scent and beauty of fresh flowers arranged by YOU! A \$15 flower fee is payable to the instructor. Bring a pair of small garden scissors or pruners. This class is co-sponsored with Buena Park Recreation and will be held at the Ehlers Community Center, 8150 Knott Avenue.

Instructor: G. Ortega

Location: Cypress CC

Code	Days	Dates	Time	Fee/Weeks
7863	TH	3/31	6:30-8:30 p.m.	\$27

### Mechanics Made Easy for Women

Age: 18+

This is an interactive class giving women 'tools' to use at the local parts counter and auto repair shop with confidence.

Instructor: T. Donna

Location: Fan Palm

Code	Days	Dates	Time	Fee/Weeks
7864	S	1/15	9:00-11:00 a.m.	\$23
7865	S	2/12	1:00-3:00 p.m.	\$23
7866	S	3/19	10:00-12:00 p.m.	\$23

### 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



# Activity Guide

## Adult

### Country Line Dancing

Age: 55+

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.

Instructor: TBA

Place: Cypress SC

Days	Dates	Time	Fee/Weeks
T	Weekly	12:00-2:00 p.m.	Free / Weekly

### Marsha Roe's Line Dance Class

Age: 55+

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.

Instructor: Roe

Place: Cypress SC

Days	Dates	Time	Fee/Weeks
M	Weekly	1:00-3:00 p.m.	\$3 / Weekly

### La Palma/Cypress Adult Softball

Registration Dates: January 3 – February 4

Season Begins: Week of February 27

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

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

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

Times: Men's: Wednesdays: 6:30 p.m., 7:40 p.m., and 8:50 p.m.  
Co-ed: Sunday: 4:30 p.m., 5:40 p.m., 6:50 p.m., and 8:00 p.m.

#### To accept registration:

- A completed roster with name, address, phone number and signatures of each player
- Code of conduct signed by each player
- Copy of one of the following: Driver's license, passport or California Identification
- Identification card of each player showing proof of age
- All players must be 18 years old or older

## Older Adult

### La Palma Seniors Club

The La Palma Seniors Club offers adults 50 years and older the opportunity to meet new friends, learn new things, and have a lot of fun! The Club features games, bingo, cards, fund-raising activities, guest speakers, potluck luncheons, special events and community services. The Club's meetings are from 12 noon to 1 p.m. every Thursday. Cards are played from 1 – 3 p.m. The yearly membership fee of \$5 includes the monthly Senior Club Newsletter and full membership privileges. The members at each weekly meeting provide coffee and dessert. The Club also celebrates special events and holidays periodically. The La Palma Seniors Club is a dynamic, active and community-minded group—join them today!

### Information and Referral

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

### Senior Transportation Referral

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

### La Palma Meals On Wheels

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

### Volunteers Needed

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



## 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		
	Days	Dates	Time	Fee/Weeks
7867	T	1/11-2/15	11:00-12:00 p.m.	Free / 6
7868	T	2/22-3/29	11:00-12:00 p.m.	Free / 6

## Water Aerobics and Learn to Swim Classes

La Palma Recreation and Community Services Department in conjunction with North Orange County YMCA and La Palma Intercommunity Hospital are proud to announce Water Aerobics and Learn to Swim Classes are coming this winter. More information will be available in early February. If you are interested in participating in either program, please call 714-690-3350 or send us an email at [recreation@cityoflapalma.org](mailto:recreation@cityoflapalma.org).

## Social Service Information and Referral Day

Monday, January 17, 2011

10:00 a.m. – 12:00 p.m.

Recreation Specialist Nancy Brewer will be in attendance to talk about meals-on-wheels, USDA, Senior Club, Transportation and to assist with any other issues an older adult may have.

### Scrabble Day

Thursday, February 17, 2011

9:00 a.m. – 1:00 p.m.

Come to the Hub and play a game of Scrabble. Game boards, tiles and official Scrabble dictionary provided.

All levels welcome.

### Puzzle Day

Thursday, March 17, 2011

9:00 a.m. – 1:00 p.m.

Meet at Hub to put together a large puzzle with your friends. Everyone is welcome to help in putting our beautiful puzzles together. Several options will be available.



## The HUB for Older Adults

The Hub is an intergenerational facility that will give La Palmans a chance to gather, participate in activities, and attend classes. The Hub will be open Monday through Friday from 9:00 a.m. until 1:00 p.m. for the older adult population.

A FREE membership is required to participate in activities at The Hub and features activities such as Wii gaming system, ping pong, movies, books, board games, computers, complimentary coffee, and discount card to your favorite spots.

The Hub is located in the Ralphs Shopping Center at 5414 La Palma Avenue. For more information please call (714) 690-3350.

Featured weekly activities include the following:

<b>Monday:</b>	Wii Bowling League	10:00 a.m.
<b>Tuesday:</b>	Knitting Fun	10:30 a.m. – 12:30 p.m.
<b>Wednesday:</b>	Movie & Popcorn	10:30 a.m.
<b>Thursday:</b>	Craft Day	10:30 a.m. – 12:30 p.m.
<b>Friday:</b>	B-I-N-G-O	10:00 a.m. – noon

## 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.



# Activity Guide

All Ages

## 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 be 4 different tournaments, individuals can sign up for one, two or all of them!

Instructor: LP Chess

Location: Sago Palm

Code	Days	Dates	Time	Fee/Weeks
7873	F	1/7-3/25	6:00-11:00 p.m.	\$40 / 12

## Chess Tournaments

Code	Tournament	Days	Dates	Time	Fee/Weeks
7874	Prize Fest	F	1/7-2/4	6:00-11:00 p.m.	\$25 / 5 weeks
7875	The Two-Rounder	F	2/11-2/18	6:00-11:00 p.m.	\$10 / 2 weeks
7876	The 4th Annual Undisputed- Milky Way Championship	F	2/25-3/25	6:00-11:00 p.m.	\$20 / 5 weeks

## Introduction To Martial Arts

Age: 6 – Adult

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.

New students order a Taekwondo uniform, complete with patches and a white belt from the instructors after enrolling for the first session for a low cost of \$35. Additional uniforms, training equipment, and annual USAT/USJA memberships are available at the classes.

Instructor: J. Amsell

Location: Pygmy Palm

Code	Days	Dates	Time	Fee/Weeks
7869	TTH	1/4-1/27	5:00-6:00 p.m.	\$40 / 4
7870	TTH	2/1-2/24	5:00-6:00 p.m.	\$40 / 4
7871	TTH	3/1-3/31	5:00-6:00 p.m.	\$40 / 4

## Weekly Traditional Martial Arts

Age: 6 – Adult

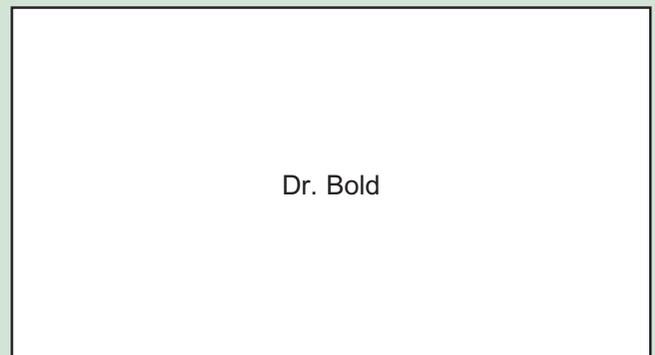
This is an option for the most dedicated students at a special price. Training includes one of our Saturday classes (Martial Arts for Kids, Beginner, Intermediated or Advanced) in addition to our weekday Introduction to Martial Arts classes on Tuesdays and Thursdays.

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
7796	T/TH/S	1/4-1/29	5:00-6:00 p.m.	\$60 / 4
7797	T/TH/S	2/1-2/26	5:00-6:00 p.m.	\$60 / 4
7798	T/TH/S	3/1-3/26	5:00-6:00 p.m.	\$60 / 4



Dr. Bold

[www.FredSmithTeam.com](http://www.FredSmithTeam.com)



**Fred Smith & Beth Hale**

Fred: (562) 884-1478

Beth: (714) 488-5152



[www.FredSmithTeam.com](http://www.FredSmithTeam.com)

E-mails: [fred@fredsmithteam.com](mailto:fred@fredsmithteam.com)

[beth@fredsmithteam.com](mailto:beth@fredsmithteam.com)

Fred Smith DRE#00885080 Beth Hale DRE#01480574

Fax: (562) 860-4193



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Offer ends 1/31/2011

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# 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

**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

**Emergency** (714) 690-3370

**Fire** 911

7792 Walker Street, La Palma

## 4. La Palma Branch Library

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

## 12. Adol Ehlers Community Center

8150 Knott Ave., Buena Park

## 13. The Hub

5414 La Palma Ave., La Palma

## La Palma Recreation & Community Services



*Creating Unity in Community*

**T**he 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	Mike Belknap
Supervisor	Cindy Robinson
Coordinator	jaNell Adams, Marina Rabinovich
Specialists	D.J. Albarian, Nancy Brewer Anthony Kim, Kayla Rodrigues, Tamara York
Senior Office Staff	Jill Olivier, Lori Whalen

### Leaders

Ronalee Abbago	Bryan Amezcuita	Brady Barber
Tim Dodd	Jeff Gilbert	Austin Greene
Maureen Guinoo	Fahad Gul	Lindsey Gutierrez
David Han	Megan Hana	Emily Kulassia
Ron Lopino	Kristine Luevanos	Jesse Matsukawa
Cody Maurice	Christian McCombs	Amanda Mitry
Louis Negrete	Matt Rippel	Nick Rotherham
Denisse Rudolph	Michael Sanders-Smith	Michael Vela
Daniel Zagel		

# 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.**

## Mail-In

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

## Walk-In

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

## 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:** \_\_\_\_\_

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 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=	\$
<b>TOTAL AMOUNT PAID</b>	<b>\$</b>

Make your check payable to:  
**CITY OF LA PALMA**

Receipt # \_\_\_\_\_



## Postal Customer La Palma, CA 90623

### Club La Palma Spring Day Camp

**April 4 – April 8**

**Ages 5 – 12**

**7919**

Parents: Want your children away from the video games during spring break? Are your kids ready to spend quality time making friends in a healthy, fun and safe environment? Our caring staff of trained Recreation Leaders is looking forward to seeing your camper at Club La Palma Spring Day Camp! Day Camp inspires a positive change in its participants by providing fun and stimulating organized activities. Your child will feel better at the end of each day by spending time with other campers, building friendships, playing as a team member, and exercising the body—as well as challenging the mind. Club La Palma is preparing for a dynamic week of crafts, movies, stories, and team-building sports. Our Day Camp is designed for youth ages 5 – 12 and will be held Monday through Friday from 6:30 a.m. to 6:00 p.m. The all-inclusive fee is \$107 for the week and includes an excursion to Buena Park High School Farm and Concourse Bowling Alley, daily beverages, afternoon snack and all activities. Registration forms will be available beginning February 14.

**Day Camp Week Fee (All-inclusive): \$107**

**Excursion Thursday, April 7: Buena Park High School Farm and Concourse Bowling Alley**

**Location: Central Park-Community Center.**



### the Hub

This intergenerational facility located at 5414 La Palma Avenue in the Ralphs Shopping Center, gives La Palmans a chance to gather, participate in activities, and attend classes. The Hub is open Monday through Friday from 9:00 a.m. to 1:00 p.m. for our older adult population and from 2:00 to 6:00 p.m. for our youth (5th grades and above) population.

Featured activities at the Hub include public computer access (coming soon), cards, games, puzzles, books, movies, ping pong, Wii Gaming, special interest classes and clubs and more! Many of the activities are determined by the Hub's visitors! Meet your friends at the Hub for a cup of coffee and conversation, or to start a new hobby. New this winter, the library is now available for books to be checked out! Ask our staff for more information on how to borrow one of the many donated books.

La Palma Nonprofits: looking for a place to meet on a bi-weekly or monthly basis? If so, The Hub might be the right place for you! Facility Use Permits will be issued on a quarterly basis. If you are a member of a nonprofit organization and need a place to host meetings Monday through Friday, please call (714) 690-3350. Space is limited so call now!

For more information about the Hub please call (714) 690-3350.