

La Palma



# MOSAIC

Spring 2011



## What's Inside

Spring Into Clean  
Central Park Goes Smoke and Tobacco Free  
Activities Guide

## City Information

### City Hall Hours:

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

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

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

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

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

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

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

### La Palma City Council

Ralph Rodriguez  
*Mayor*

Henry Charoen  
*Mayor Pro Tem*

Steve Hwangbo  
*Councilmember*

Steve Shanahan  
*Councilmember*

Mark Waldman  
*Councilmember*

## A Message from the City

Springtime is upon us, and with spring comes warmer weather, a chance to enjoy the outdoors, and to spruce up our homes and gardens.

To assist residents in sprucing up their homes, the City has scheduled the Annual Bulky Item Spring Clean-up during the week of April 25 through April 29. Collections will occur on your normal trash collection day. For specific details please see the article on page 6. Be aware that hazardous materials such as paint, batteries and cleaners need to be disposed of properly. For more information, see the article "Spring Into Cleaning" on page 7.

For High School seniors, springtime brings a time to prepare for college. Once again the La Palma City Council will recognize four graduating high school seniors and one Community College student who have demonstrated outstanding conduct in activities that serve the community and who are La Palma residents. If you are a high school senior and are interested in earning a scholarship, more information is available on page 5.

Spring is also a time for residents to once again enjoy the outdoors by walking the Edison Right-of-Way trail, visiting one of our City's parks, or enjoying time with your neighbors. To create a healthier environment in Central Park, the City Council designated Central Park as completely smoke and tobacco free. For more information please see the article on page 8. Additionally, April 8, 2011 marks the *first annual Visit a Park Day* which was designed to encourage people to learn more about their local, state and national parks. This is a great opportunity to meet with family, neighbors, coworkers and friends at our local parks to enjoy a picnic lunch or have a play date with your children.

Regardless of the way you decide to spend your spring: in the park, cleaning or enjoying time with your friends and family, the entire community will be affected for the better.

Happy Spring!

# Calendar of Events

## April



- 4 Street Name Sign Sale Begins  
Volunteer Applications Available
- 5 City Council Meeting – 7:00 p.m.
- 14 State of the City Luncheon – 11:30 a.m.
- 16 Teen Mardi Gras Dance – 7:00 p.m.
- 19 City Council Meeting – 7:00 p.m.
- 22 Earth Day
- 23 Teen Flashlight Egg Hunt – 8:00 p.m.
- 25 Club La Palma Summer Day Camp  
Registration Begins
- 25-29 Bulk Item Spring Clean-Up

## May



- 2 La Palma Scholarship Application Due
- 3 City Council Meeting – 7:00 p.m.
- 7 Teen Battle of the Bands – 6:00 p.m.
- 8 Mother's Day
- 30 Memorial Day, City Offices Closed  
Ceremony at City Hall – 9:15 a.m.

## June



- 4 Teen Aloha Dance – 7:00 p.m.
- 7 City Council Meeting – 7:00 p.m.
- 14 Flag Day

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## Recap, November 2010 through February 2011

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).

### November 16, 2010

The City Council and Community Development Commission received and filed the First Quarter Financial Report for Fiscal Year 2010-11. The projections indicate that revenues for Fiscal Year 2010-11 will be 4.2% less than the City's Adopted Budget. This decrease of total revenues is a direct result of sales tax receipts coming in significantly lower due to the severe economic recession. On the expenditure side, both labor and non-labor expenditures are on track. Labor expenditures are less than 25% of that budgeted for Fiscal Year 2010-11. There are no significant or unusual non-labor expenditures or trends to report.

The City Council approved a supplemental grant request for funding through the 2009 American Recovery and Reinvestment Act (ARRA) for a street improvement project. The project includes the installation of concrete bus pads along Orangethorpe Avenue, from the west City limits to the State Route 91 and sidewalk installation along the west side of Valley View Street from Orangethorpe Avenue to Fresca Drive. The federal funds provide the City with a reimbursement of 100% of the eligible construction and engineering costs.

The City Council adopted an Ordinance adding Section 18-28 to the La Palma City Code Limiting Smoking or Chewing of Tobacco or Tobacco-Related Products to Designated Areas in Central Park. This item was previously introduced and discussed on October 5. Staff was also directed to conduct an additional survey regarding smoking in Central Park.

The City Council ratified the execution of an amendment to the Agreement between the City and MJC Construction in an amount not to exceed \$94,300, for emergency sewer repair services on Crescent Avenue, under City Code Section 2-46, "Exception to Bidding Procedures and Emergencies;" and authorized a supplemental appropriation of \$94,300 from the City's Sewer Fund Reserve to cover the full costs associated with the subject project. During the progress of construction, it was discovered that needed repair areas were considerably larger than anticipated and several unforeseen circumstances were encountered as the trench excavations were exposed. In order to complete the necessary repairs prior to the rainy season the City Manager declared an emergency so the project could proceed to completion.

### December 7, 2010

The City Council adopted a Resolution reciting the facts of the General Municipal Election held on November 2, 2010, and declaring the result. Further, outgoing Council Member Larry Herman was honored and recognized for his eight years of dedicated service on the La Palma City Council. The City Clerk administered the official Oath of Office and Induction of Henry Charoen and Steve Hwangbo. Finally, the City Council conducted its annual reorganization and selected Ralph Rodriguez as Mayor and Henry Charoen as Mayor Pro Tem.

The City Council awarded a contract in the amount of \$140,000 to Nobest Inc., for the American Recovery and Reinvestment Act (ARRA) 2 Project for the rehabilitation of Orangethorpe Avenue from Moody Street/West City Limits to SR-91 and Valley View Street from Orangethorpe Avenue to Fresca Drive; and authorized the execution of an agreement with AKAL Consultants, in an amount not-to-exceed \$43,500 for construction management and inspection services for the project. Grant funding for this project was approved at the November 16 meeting.

The City Council conducted a Public Hearing and adopted an Ordinance of the adopting the 2010 Edition of the California Fire Code.

The City Council conducted a Public Hearing and adopted an Ordinance adopting the 2010 editions of the California Building Codes.

### December 21, 2010

The Community Development Commission (CDC) received and filed the annual financial and compliance audit reports; and the annual Redevelopment Agencies Financial Transactions Report of the CDC for the fiscal year ended June 30, 2010.

The City Council received and filed the Comprehensive Annual Financial Report (CAFR) of the City of La Palma for the fiscal year ended June 30, 2010. Both documents are available for viewing on the City website at [www.cityoflapalma.org/finance](http://www.cityoflapalma.org/finance).

The City Council appointed members to external committees and internal subcommittees as follows:

Committees/Subcommittees	Representative	Alternate Representative
California Joint Power Insurance	Council Member Shanahan	Mayor Pro Tem Charoen
Orange County Fire Authority	Mayor Rodriguez	Mayor Pro Tem Charoen
Orange County Library Advisory Board	Mayor Pro Tem Charoen	Mayor Rodriguez
Orange County Sanitation District	Council Member Waldman	Council Member Hwangbo
Student Recognition Awards	Council Members Hwangbo and Shanahan	
CDC/La Palma Chamber Subcommittee	Mayor Rodriguez and Council Member Waldman	

## January 4, 2011

The Community Development Commission (CDC) approved an Agreement with the La Palma Chamber of Commerce for the use of 5410 La Palma Avenue; and approved a supplemental appropriation of \$4,000 for improvement costs needed before occupancy can occur. The CDC acquired this property located at 5410 – 5414 La Palma Avenue to foster future redevelopment of the Ralph's Shopping Center. The CDC proposes temporary use of the building space until such time the remainder of the shopping center is in a position to be redeveloped. Currently, the City is operating "The Hub" facility for seniors and youth activities in half of the building.

The City Council approved the placement of Orbrey L. Duke's and Glen W. Reeves' names in the Community Commemorative Area. In March of 2009, the City Council established a Community Commemorative Area in honor of residents and employees who had devoted their time and efforts to the betterment of the community and its residents. This area is located near the flagpole at the Civic Center.

The City Council approved the installation of traffic improvements at the intersections of Ivywood Drive at Inwood Lane and Collins Lane and authorized the appropriation of \$1,500 from the City's General Fund Reserve to cover the costs associated with the installation of stop signs and pavement markings at the intersections.

## January 18, 2011

The Community Development Commission adopted a Resolution approving the relocation plan for 4611 La Palma Avenue to facilitate Phase II of the Denni Street Affordable Housing Specific Plan; and approved a supplemental appropriation of \$50,000 from the Low and Moderate Income Housing Fund to pay estimated relocation costs. The property at 4611 La Palma Avenue was acquired on December 15, 2010, with the intention that a 12-unit affordable housing project be developed on the Site. Development of the project requires displacement and relocation of one residential household. Persons displaced as a direct result of a project that is financed by a public entity are eligible for relocation assistance and benefits pursuant to State law.

The City Council approved a contract in the amount of \$84,923 to Skora Electric, for the American Recovery and Reinvestment Act (ARRA) Project and Energy Efficiency and Conservation Block Grants (EECBG) Project. This project involves retrofitting of the existing interior and exterior light fixtures, LED Exit Signs, and the removal and replacement of a Heating, Ventilating, and Air Conditioning (HVAC) Unit for the Police Department. It is anticipated

that ongoing electrical costs associated with the retrofit of the lighting and replacement of the HVAC unit will result in substantial energy savings.

The City Council approved the installation of a fully-actuated traffic signal at the intersection of Crescent Avenue and Watson Street; authorized a supplemental appropriation of \$150,000 from the City's General Fund Reserves to be transferred to Capital Outlay Reserve (COR) Fund to cover half the costs; and authorized the City Manager to execute an agreement with the City of Cypress for design and construction costs of the traffic signal.

The City Council received and filed a report regarding the results of a community telephone survey on smoking at La Palma's Central Park. The survey revealed that 60% of those surveyed supported a smoke free Central Park. The City Council decided to not establish a designated smoking area at the park, therefore causing the park to become entirely smoke free on February 1. See related story on page 8.

## February 1, 2011

The Community Development Commission adopted a Resolution opposing the Governor's proposal to abolish redevelopment in California and authorized the Chairperson and Executive Director, as necessary, to travel to Sacramento to provide City representation in this matter.

The Community Development Commission approved the Request for Qualifications and Proposal (RFQ/P) for the Development of Phase II of the Denni Street Affordable Housing Specific Plan; authorized solicitation of proposals from the prequalified list of developers; and appointed Commission Members Shanahan and Waldman to an Ad Hoc Committee to review the proposals, interview respondents, and make a recommendation for a preferred Developer. The project consists of 12 new townhomes to be constructed on the site located at 4611 La Palma Avenue that the CDC recently purchased.

The Planning Commission adopted a Resolution recommending the City Council adopt an Ordinance to allow lattice and block wall extensions in all areas of the City. Residential block walls have been regulated in La Palma since 1965 with the City's original Zoning Code. In 1984, the Zoning Code was amended to establish standards that clarified how a block wall was to be measured and included language to prevent a "stair stepping effect" of block walls throughout the City. This Ordinance would eliminate the stair stepping and lattice restrictions.

The City Council awarded a contract in the amount of \$550,596.50 to R. J. Noble for Construction Services for Street Rehabilitation on Moody Street

from La Palma Avenue to Houston Avenue. The project includes the pavement rehabilitation of Moody Street from La Palma Avenue to Houston Avenue.

The City Council appointed Allen Goya, Jan Jensen, and Peter Kim to the Traffic Safety Committee, all with four-year terms expiring December 31, 2014.

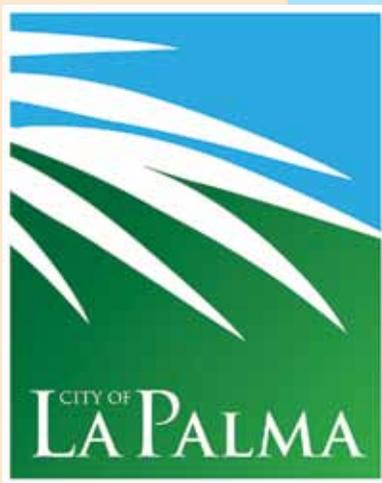
The City Council approved the sale of old street name signs beginning on April 4, 2011; set the minimum donation amount at \$25; and directed that the donations be designated for replacement of the Gazebo at Central Park. See related story on page 6.

### February 15, 2011

The City Council and Community Development Commission received the Second Quarter Financial Report for Fiscal Year 2010-11. Current revenue projections through the end of the Fiscal Year anticipate a \$443,000 deficit, a direct result of sales tax receipts and investment income coming in significantly lower due to the severe economic recession. The City Manager has ordered holding three positions open, which will reduce costs by over \$180,000 for the remainder of the Fiscal Year and for staff to curtail expenditures and explore savings where possible without affecting service levels.

The City Council authorized the execution of Memorandum of Understanding with the Orange County Transportation Authority (OCTA) giving permission to design and implement the Orangethorpe Avenue Traffic Light Synchronization Program Project. The project will coordinate approximately forty-one traffic signals located on Orangethorpe Avenue from La Palma to Yorba Linda. The City of La Palma will benefit by having three intersections coordinated at no cost to the City.

The City Council received and filed a report on video streaming options for the Council Chambers. While video casting would enhance the experience of those listening to City Council meetings, the costs associated with modifications to the current infrastructure appear to be prohibitive (between \$13,000 and \$50,000; with annual ongoing costs of up to \$14,000). It was recommended that the City Council reconsider video casting at a later time in coordination with a City Hall refurbishment project.



## 2011 La Palma State of the City Luncheon

### Featuring

**Mayor Ralph Rodriguez**

**Thursday, April 21, 2011**

**11:30 a.m.**

**La Palma Community Center**

**Royal Palm Room**

**For further information and to purchase tickets, please contact the City at (714) 690-3300.**

## Annual High School Awards

Each year, the La Palma City Council recognizes four graduating high school seniors and one community college student who are La Palma residents. Students must demonstrate outstanding conduct in activities that serve the community. Each award recipient receives a framed City proclamation and \$500.

Applications for the 2011 La Palma Scholarship Program are now available at La Palma City Hall or through senior school counselors. Completed applications are due to City Hall no later than Monday, May 2, 2011.

## La Palma Days Seeking Volunteers

It's already time to start planning this year's La Palma Days event scheduled for Saturday, November 12. The La Palma Recreation and Community Services Department is actively seeking creative, energetic, and dedicated community members to assist in the planning for the various components for the event. Committees include Parade, Activities/Entertainment, Historical and Cultural, and the La Palma Pageant. If any of these are of interest to you, please call (714) 690-3350.

## La Palma's Fitness Run For Fun – Volunteers Needed

### La Palma Fitness



This year, La Palma will be conducting the 31<sup>st</sup> Fitness Run for Fun. This annual event continues to attract participants from all over the Southland. To continue this successful patriotic event, we need over 150 volunteers to staff the 3.1 mile course!

The Fitness Run for Fun which includes a 5K & 10K run and a 5K walk, begins at 7:30 a.m. sharp on Monday, July 4. What a healthy way to start Independence Day with your family and friends.

You can become an important part of this 31<sup>st</sup> Fitness Run for Fun by getting involved to make this great event successful. There are several opportunities available. Call the La Palma Recreation and Community Services Department at (714) 690-3350 for more information.

## Chamber of Commerce Relocates to the Ralph's Center

The Chamber of Commerce was located at 7872 Walker Street in 800 square feet of a Professional Medical building. While this location was central to La Palma's core, it was not very approachable. Their office was accessed from



an internal corridor and there were no windows or openings to the general public. Parking for the Medical building is located to the rear and tucked under the building. The location did not lend itself well to an organization that benefits from visibility, accessibility, and convenience.

The Community Development Commission (CDC) acquired the commercial building located at 5414-5410 La Palma Avenue to foster the future redevelopment of the Ralph's Shopping Center. The building is 3,000 square feet which is divided into two suites. The CDC is using the space for temporary use until such time the remainder of the Shopping Center is in a position to redevelop. Those discussions are on going. Currently, the City is running a seniors and youth activity center out of 5414 La Palma Avenue, referred to as "The Hub."

Now, the Chamber of Commerce's office will occupy the space adjacent to The Hub at 5410 La Palma Avenue. Community Development Director, Douglas Dumhart said, "The City's assistance to the Chamber of Commerce through use of its idle commercial space for the Chamber office, demonstrates La Palma's commitment to help strengthen its business community." At 1,500 sq. ft. it's almost twice the size of the Chamber's former location. With the extra space, the Chamber of Commerce plans on offering more business assistance related programs such as on-site training and counseling services and a city archives display.

Chamber Executive Director Esther De Leon Hernandez is looking for more volunteers to help staff the new location as more drop-in business is anticipated with the user friendly location. If you are interested in volunteering at the Chamber of Commerce office, please call Esther at (714) 931-8166.

# Community | Pride

## Home Spotlight

The City of La Palma would like to congratulate residents Roy and Lorraine Teramoto of 5052 Cadiz Circle for winning the Spring 2011 Home Spotlight Award! Roy and Lorraine have been residents of La Palma for over 32 years. Over the years, their home has been remodeled, both inside and out. They've installed environmentally friendly double pane windows, low flush toilets, fluorescent and halogen lighting, extra insulation and water / gas efficient washers and dryers. Their landscaping is creative and aesthetically pleasing. Distinct touches such as water-saving, low maintenance shrubs, intricate planters and brickwork add to the overall appearance of the home. Proud, diligent homeowners are the heart of strong, safe neighborhoods and a vibrant city. By keeping La Palma beautiful, residents like these are one of the many reasons why La Palma has been named one of the best places to live in the United States! We thank Roy and Lorraine for contributing!



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



## Street Name Sign Sale

In an effort to keep our streets safe and attractive, the City is currently upgrading the street signs Citywide. The new signs feature a larger, easier to read font and have better night visibility. They also include the City's new corporate logo.

The City Council has approved a program to sell the salvaged signs. Sale of the old signs will commence on Monday April 4, 2011, beginning at 8:00 a.m. at City Hall and will continue through the end of the calendar year. We are asking for a minimum donation of \$25 per sign. Signs will be sold on a first-come first-served basis, with proceeds going towards the replacement of the Central Park Gazebo. This is a great opportunity to own a piece of La Palma history while helping to create a vibrant future for our community. If you would like more information on the sale, including a list of available signs, please contact the Public Works Department at (714) 690-3310.



## Tree Rebate up to \$75

For information go to [www.CityofLaPalma.org](http://www.CityofLaPalma.org)

## Submit Your Photos

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

Please include:

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

## Spring Into Cleaning

The “Annual Bulky Item Spring Clean-up” for large household and yard items will be conducted the week of April 25 through April 29, 2011. Collection will occur on your normal trash collection day and items must be placed near the curb. While this clean-up event includes the removal of most large or bulky items, please note the following types of items cannot be collected:

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

It is important to remember that some household materials are hazardous to our environment and must be handled properly.

Leftover household materials such as paint, antifreeze and cleaning supplies that contain corrosive, toxic, flammable, or reactive ingredients are hazardous to the environment. Never dispose of these materials in the gutter, street, storm drain, sewer, or trash.

Water from rain or urban runoff will carry these materials down the storm drain where they will flow untreated directly to our creeks, rivers, bays, beaches and ocean. To learn more about pollution prevention, contact the Orange County Storm water Program at [www.ocwatersheds.com](http://www.ocwatersheds.com).

While not always immediately obvious, the dangers of improperly disposing of household hazardous waste can cause physical injury to sanitation workers and could contaminate wastewater treatment systems if poured down the drain or flushed down the toilet. Placing these materials in the trash can also be dangerous for the environment because they will be sent to a landfill, where they could contaminate our groundwater.

Hazardous materials should be taken to a Household Hazardous Waste (HHW) Collection Center. Centers are located in Anaheim, Huntington Beach, Irvine and San Juan Capistrano and offer free disposal. Many of these centers have “Stop & Swap” programs that allow you to drop off and pick up partially used home, garden and automotive care products at no cost.

For more information regarding the proper disposal of Household Hazardous Waste or E-waste items, please visit the City’s website at [www.cityoflapalma.org/recycling](http://www.cityoflapalma.org/recycling) or to get directions to the HHW collection center nearest you. Please call 714 834-6752 or log on to [www.oilandfills.com](http://www.oilandfills.com).



### ***Household Hazardous Materials Include:***

- Paint
- Batteries
- Paint thinners
- Adhesives
- Drain openers
- Oven cleaners
- Wood and metal cleaners and polishes
- Pesticides and insecticides
- Automotive fluids and materials
- Grease and rust solvents
- Thermometers and other materials contain mercury
- Fluorescent lamps
- Cathode ray tubes (CRTs), e.g., televisions, computer monitors
- Pool and spa chemicals

If you want to know whether a specific item can be collected as a part of the annual clean-up event or through the special waste collection program, please call Park Disposal directly at (714) 522-3577.

By following these simple steps, we can keep both our home and our environment clean!

# Community | Pride

## La Palma's Central Park Goes Smoke and Tobacco Free

La Palma's Central Park became smoke and tobacco free on February 1, 2011, creating a healthier environment for all patrons. The new restriction comes after more than a year of research and public comment. A recent telephone survey showed that 60% of La Palma residents were in favor of a full ban on smoking in Central Park.



Director Michael Belknap notes that, "One of the target issues for the Recreation and Community Services Department is to encourage and support health and well-being. Creating a smoke and tobacco free environment assists in that effort." Statistics from the Centers for Disease Control and Prevention show that smoking is responsible for the premature death of over 440,000 Americans each year, of which 49,000 deaths are from secondhand smoke.

A community education campaign is currently underway to inform all guests of the new law. Violators of the Ordinance may be cited up to \$250. For additional information, residents are encouraged to contact the Recreation and Community Services Department at (714) 690-3350.

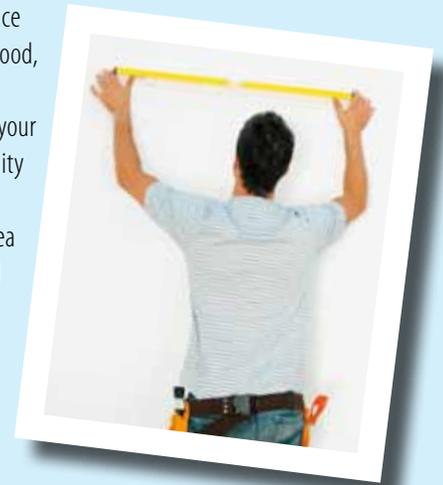
## Community Grants Available

Do you have a great idea to spruce up your street, block, neighborhood, or the community as a whole? Spring is a great time to gather your neighbors and tackle a community project and the City of La Palma would like to help bring your idea to life through its Neighborhood Grant Program.

Grants of up to \$300 are available for projects or events that improve the physical condition of a neighborhood, enhance neighborhood pride and identity, increase communication among neighbors, or help build bridges between cultural groups. Project ideas include, conducting a joint clean up of a home or yard that is in disrepair; beautifying a neighborhood entry or local school entry; or holding a neighborhood block party to get to know your neighbors. Projects are limited only by your imagination—so get together with your neighbors and start brainstorming.

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 City Hall.



## Now that the Holidays are Over...

The joy of Christmas is over and although the removal of Christmas decorations at the end of the holiday season can be a tedious job, the City of La Palma would like to remind residents of the importance of removing all Holiday lights in order to maintain the quality neighborhoods that our residents have come to expect.

Pursuant to California's Electrical Code (CEC) Section 590.3(B), all temporary lighting installations shall be permitted for a period not to exceed 90 days. We ask that you promptly remove all Holiday lighting and decorations.

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

# Community | Safety

## Utility User Tax Exemption for Low Income Households

The City of La Palma allows very low income families or households to be exempt from the City's local Utility User Taxes (UUT) on telephone, electricity, and natural gas bills. In order to qualify, residents must meet the "very low income" standards established by the California Department of Housing and Community Development, as described in the adjacent table.

If your total household gross income is less than the income thresholds listed in the table you can apply for an UUT exemption. The application process is fairly simple; it only requires a completed UUT Exemption Application and copies of all household members' previous year wage and income statements (W-2's, 1099's, etc.). Once an application is approved the local utilities are contacted to suspend the UUT collection, which can take a few billing cycles. Exemptions are valid through the calendar year and a new application is required each year. For application materials or more information, please visit [www.cityoflapalma.org/UUTexempt](http://www.cityoflapalma.org/UUTexempt), La Palma City Hall, or call (714) 690-3334.

2010 Combined Gross Income	
Number Of Persons In Household	Gross Income
1	\$32,550
2	\$37,200
3	\$41,850
4	\$46,450
5	\$50,200
6	\$53,900
7	\$57,600
8	\$61,350

## Upcoming | in Summer

### 2011 Summer Sizzling Special Sneak Peak

Summer is just around the corner and so are our ever popular camps and swimming lessons. We have some things to keep every child active from all-day camps, specialty camps, sports camps and swim lessons.

#### Specialty Camps

Does your child have a special interest such as science or does he/she have a curious side to them? If so we have the camps for them! Look for camps based on fantasy, magic, animals and more. These one week camps fill up fast so register early.

#### Sports Camps

Get your child up and active! This summer we will have a variety of sport camps. From enhancing skills in their favorite sport or trying something new, these camps will keep your child moving!

#### Swimming Lessons

This popular activity is a great way to build your child's confidence while they learn the basics of swimming. Again, we will be teaming up with the City of Los Alamitos to offer swimming lessons for all ability levels. The lessons will again be held at the USA Water Polo National Training Center located at the Joint Forces Training Base. These classes have low instructor student ratios in order to provide a safe and nurturing environment where each child can learn to be safe in the water.

## Security in Your Homeland

This year will mark the 10th anniversary of the terrorist attacks on the World Trade Center. Since then, the term "homeland security" has become a familiar term to all Americans. But what does homeland security really mean? And, who is responsible for it?

In its most basic form, homeland security is anything that is done to protect the United States. Who is responsible for homeland security? The answer is: EVERYONE. We are all responsible for the detection and identification of anyone that may have the intention of harming the U.S.

The best tool we have in preventing terrorism is YOU. The only thing that you have to do to be a part of homeland security is something that you probably already do every day: pay attention to your surroundings, no matter where you are. If you see someone taking video or pictures of places or buildings that seems suspicious, report it. If someone is asking questions that are out of place (like what time there is less security personnel at a place, or if all entrances or exits are monitored, etc.), report it. Remember: IF YOU SEE SOMETHING SUSPICIOUS, SAY SOMETHING!



# Activity Guide

## Toddlers / Preschool

### EDUCATIONAL

#### Tiny Tots

Age: 3 – 5

Certified preschool instructor and National Association for the Education of Young Children (NAEYC) member Nancy Brewer teams up with a recreation staff member 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, April 16, 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, April 16, 2011 at 11:30 a.m. No phone-in registrations will be accepted.

Classes begin the week of April 25

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, May 13.

Co-Instructor: N. Brewer & Recreation Staff

Location: Pygmy Palm

Code	Days	Dates	Time	Fee/Weeks
7932	MWF	4/25-6/10*	9:00-12:00 p.m.	\$122 / 7
7933	TTH	4/26-6/9	9:30-11:30 a.m.	\$93 / 7

\*No class: 5/30



#### Parent and Tot Preschool Practice

Help your child grow, learn, and get ready for preschool. We play, dance, sing during "circle time" and pop popcorn. We work on being in the school setting through cooperation, listening, and direction. We stimulate overall motor skill improvement through creativity, crafts and activities. Come and join us for fun while preparing for preschool. Parent/guardian participation is required. A \$3 material fee payable to the instructor at first class.

Instructor: K. Schooner

Location: Sago Palm Room

Code	Age	Days	Dates	Time	Fee/Weeks
7936	18mos-3	Th	4/14-5/19	9:30-10:30 a.m.	\$42 / 6
7937	2.5-5	Th	4/14-5/19	10:45-11:45 a.m.	\$42 / 6
7938	18mos-3	Th	5/26-6/23	9:30-10:30 a.m.	\$42 / 6
7939	2.5-5	Th	5/26-6/23	10:45-11:45 a.m.	\$42 / 6

### DANCE

#### Baby Ballet

Age: 2 – 4

This is the perfect class for your budding ballerina. Through stories, songs, and classical ballet poses, the participants will learn the traditional movement and language of ballet, along with stories of the most famous ballets. Ballet shoes required.

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
7976	T	4/12-5/31	4:00-4:45 p.m.	\$47 / 8

### MUSIC / ART

#### 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, social, cognitive and motor development. Classes for Kids: 1 – 4 years, Toddlers: 1 – 2 years and Babies: 4 – 14 mos (not walking). An optional \$20 material fee for a music CD, harmonica, and rhythm instrument is payable to the instructor. Adult participation required. Visit us online: [www.KidsLoveMusic.net](http://www.KidsLoveMusic.net).

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

Instructor: K. Greeno

Location: Cypress CC

Code	Age	Days	Dates	Time	Fee/Weeks
7940	4-14 mos	Th	4/21-5/26	3:30-4:00 p.m.	\$66 / 6
7941	1-2	Th	4/21-5/26	4:15-4:45 p.m.	\$66 / 6
7942	1-4	Th	4/21-5/26	5:00-5:45 p.m.	\$66 / 6



## Young Rembrandts: Preschool Drawing Class

Age: 3 1/2 – 5

Encourage your preschooler's enthusiasm for art and creativity. Your preschooler will travel back in time as they draw a fantastic dinosaur, then we'll draw some clothing, a butterfly and kite scene. These drawings will provide great opportunities for your child to explore the world of color, pattern, and design.

Instructor: Young Rembrandts

Location: Fan Palm

Code	Days	Dates	Time	Fee/Weeks
7954	TH	4/7-4/28	9:30 -10:15 a.m.	\$48 / 4
7955	TH	5/5-5/26	9:30 -10:15 a.m.	\$48 / 4

### FITNESS

## Pee Wee Cheer & Pom Dance

Age: 3 1/2 – 5

Come learn arm motions, jumps, cheers, basic pom dances, team building and confidence! Formatted by former NFL cheerleader and award winning cheer coach, Kim Esmond, this class is perfect for the first time cheerleader and taught with enthusiasm and encouragement by experienced staff. Cheerleaders learn self confidence, teamwork and have fun while learning the basics of this exciting sport. For more information please visit [OCDanceProductions.com](http://OCDanceProductions.com).

This class is co-sponsored with Buena Park Recreation and will be held at the Ehlers Community Center, 8150 Knott Avenue.

Instructor: OC Dance Production Staff

Location: Ehlers CC

Code	Days	Dates	Time	Fee/Weeks
7977	W	4/20-5/25	4:00-4:45 p.m.	\$49 / 6



## Multi Sport Camp

Age: 2 – 7

Here is a great chance for kids to play their favorite sports (soccer, tee 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
7957	2-3	T	5/3-5/31	4:30-5:00 p.m.	\$45/ 5
7958	3-4	T	5/3-5/31	5:00-5:45 p.m.	\$45/ 5
7959	5-7	T	5/3-5/31	6:00-6:45 p.m.	\$45/ 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
7963	T	4/5-5/3*	12:30-1:00 p.m.	\$39 / 4
7964	SAT	4/9-5/7*	11:45-12:15 p.m.	\$39 / 4
7965	T	5/10-6/7*	12:30-1:00 p.m.	\$39 / 4
7966	SAT	5/14-6/11*	11:45-12:15 p.m.	\$39 / 4

\*No class: 4/23, 4/26, 5/28, 5/31

## 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
7967	W	4/6-5/4*	4:30-5:00 p.m.	\$39 / 4
7968	SAT	4/9-5/7*	10:15-10:45 a.m.	\$39 / 4
7969	W	5/11-6/8*	4:30 -5:00 p.m.	\$39 / 4
7970	SAT	5/14-6/11*	10:15-10:45 a.m.	\$39 / 4

\*No class: 4/20, 4/23, 5/28, 6/1



# Youth

## EDUCATIONAL



### Cooking For Kids

Age: 6 – 13

Join us for nutritious and fun recipes your child will want to make again and again. We will slice, knead, stack, toss and mix our way through this great class. Incorporating fruits and veggies into fun recipes makes this class a winner for everyone. Bring a “chefs bag” to each class containing: a small cutting board, plate, bowl, cup, fork, spoon, knife and a small container for leftovers. If your child has food allergies, please notify at time of registering. A \$20 material fee is payable to the instructor at first class.

Instructor: K. Schooner Location: King Palm

Code	Days	Dates	Time	Fee/Weeks
7973	Th	4/14-5/5	4:00-5:00 p.m.	\$35 / 4
7974	Th	5/12-6/9*	4:00-5:00 p.m.	\$35 / 4

\*No class 5/19

## DANCE

### 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
7978	T	4/5-4/26	4:30-5:30 p.m.	\$35 / 4
7979	T	5/3-5/24	4:30-5:30 p.m.	\$35 / 4
7980	T	6/7-6/28	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
7982	T	4/5-4/26	5:30-6:30 p.m.	\$35 / 4
7983	T	5/3-5/24	5:30-6:30 p.m.	\$35 / 4
7984	T	6/7-6/28	5:30-6:30 p.m.	\$35 / 4

## MUSIC / ART

### Beginning Piano

Age: 6 – 14

Students will have fun learning the basics of playing the piano. Class size is small and focuses on learning to read music notes and rhythms which lead to playing simple songs. This class is a good way to find out if your child is ready for and/or interested in piano lessons. At the end of the session each student will be able to move to the next level of piano. Instructor will inform students on first day where to purchase music books. A \$10 material fee (cash only) is payable to the instructor on the first day of class.

Instructor: The Music Academy Location: Fan Palm

Code	Age	Days	Dates	Time	Fee/Weeks
7986	6-7	M	4/4-4/25	3:00-3:30 p.m.	\$40 / 4
7987	8-14	M	4/4-4/25	3:30-4:00 p.m.	\$40 / 4
7988	6-7	M	5/2-5/23	3:00-3:30 p.m.	\$40 / 4
7989	8-14	M	5/2-5/23	3:30-4:00 p.m.	\$40 / 4

### Intermediate Piano

Age: 6 – 14

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 \$5.00 material fee (cash only) is payable to instructor is due on the first day of class.

Instructor: The Music Academy Location: Fan Palm

Code	Days	Dates	Time	Fee/Weeks
7990	M	4/4-4/25	4:00-4:50 p.m.	\$50 / 4
7991	M	5/2-5/23	4:00-4:50 p.m.	\$50 / 4

### Young Rembrandts: Elementary Drawing Class

Age: 6 – 12

Do you have an elementary student who gets excited at the prospect of undertaking fun and creative endeavors? If so, there's no better time than now to enroll your child into a Young Rembrandts class. We'll spring into action drawing cute, adorable bunnies. We'll also create a city skyline and tower bridge, Korean pottery and learn about artist Gustav Klimt.

Instructor: Young Rembrandts Location: Pygmy Palm

Code	Days	Dates	Time	Fee/Weeks
7992	TH	4/7-4/28	3:30-4:30 p.m.	\$48 / 4
7993	TH	5/5-5/26	3:30-4:30 p.m.	\$48 / 4

### Young Rembrandts: Cartooning Class

Age: 6 – 12

Does your child have a great sense of humor to compliment his or her artistic skills? If so, your child will LOVE a Young Rembrandts class. Humor and artistic mastery are just a hop, skip and a jump away as our students illustrate a variety of funny frogs. We will do canine-inspired cartoons, a kite sequence and personify inanimate objects!

Instructor: Young Rembrandts Location: Pygmy Palm

Code	Days	Dates	Time	Fee/Weeks
7995	TH	4/7-4/28	4:30-5:30 p.m.	\$48/4
7996	TH	5/5-5/26	4:30-5:30 p.m.	\$48/4



**FITNESS**

**Pee Wee Hits**

Age: 4 – 7

Batter Up! La Palma Recreation is seeking Pee Wees to step up to the plate for our two-days-per-week baseball clinic. Our Pee Wee clinic is designed for the needs of boys and girls 4 to 7 years of age. Our trained recreation staff will coach your Pee Wee in the fundamentals of baseball, while supporting and encouraging the health and well being of each participant through developing hand and eye coordination, increasing physical endurance, encouraging mental and social development, emphasizing teamwork, and creating positive memories in a safe environment. Children of all abilities and skill levels are encouraged to join! All participants receive a team T-shirt, hat, and a special participation award. Registration begins May 2nd! The Pee Wee baseball season starts June 20.

Instructor: Recreation Staff

Location: Central Park

Code	Days	Dates	Time	Fee/Weeks
7972	MW	6/20-8/15*	4:45-6:00 p.m.	\$75 / 8

\* No Class on 7/4

**Cheerleading**

Age: 6 – 10

Come and join us for an energy packed class from Orange County Dance! This class is the perfect introduction to cheerleading without the cost and pressures of competitive programs. Structured by former NFL cheerleader and award winning cheer coach, Kim Esmond, participants learn a progression of arm motions, formations, chants, jumps, voice projection and pompom dances by professionally trained staff in a safe and encouraging environment. Curriculum also includes flexibility training, performance skills, teamwork and exercises that build confidence. For more information on Orange County Dance Productions and optional performance please visit [OCDanceProductions.com](http://OCDanceProductions.com).



This class is co-sponsored with Buena Park Recreation and will be held at the Ehlers Community Center, 8150 Knott Avenue.

Instructor: OC Dance Production Staff

Location: Buena Park

Code	Days	Dates	Time	Fee/Weeks
7998	W	4/20-5/25	5:00-5:45 p.m.	\$49 / 6

**Lil' Tigers Karate**

Age: 4 – 7

Do you want your child to be more focused? This program is developed specifically for preschool aged 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. Instructor is a high-ranking black belt with over 30 years of teaching experience. Martial arts uniform is required and will be available at the first class meeting.

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

Instructor: A. Jafari

Location: MA Center

Code	Days	Dates	Time	Fee/Weeks
8003	MW	4/4-4/20	3:30-4:30 p.m.	\$35 / 3
8004	MW	5/2-5/18	3:30-4:30 p.m.	\$35 / 3
8005	MW	6/1-6/20	3:30-4:30 p.m.	\$35 / 3

**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 Green 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 \$40.

Instructor: J. Amsell

Location: Sago Palm

Code	Days	Dates	Time	Fee/Weeks
7999	SAT	4/2-4/23	9:00-10:00 a.m.	\$40 / 4
8000	SAT	4/30-5/21	9:00-10:00 a.m.	\$40 / 4
8001	SAT	5/28-6/11	9:00-10:00 a.m.	\$30 / 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 has had an awesome year so far. 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



# Activity Guide

## 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
8006	TTH	4/5-4/21	4:30-5:30 p.m.	\$35 / 3
8007	TTH	5/3-5/19	4:30-5:30 p.m.	\$35 / 3
8008	TTH	6/2-6/21	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
8009	MW	4/4-4/20	4:30-5:30 p.m.	\$35 / 3
8010	MW	5/2-5/18	4:30-5:30 p.m.	\$35 / 3
8011	MW	6/1-6/20	4:30-5:30 p.m.	\$35 / 3

### Club La Palma Spring Day Camp

April 4 – April 8

Ages: 5 – 12

Location: Royal Palm Room, Central Park

Parents! Want your child 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 are 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 are available beginning now.

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

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

### Club La Palma Summer Day Camp

June 20 – August 26

Age: 5 – 12

Location: G.B. Miller Elementary School

Our dynamic Summer Day Camp is specially catered to working parents on a budget! Club La Palma is filled with action-packed activities and exciting excursions such as Disneyland, the Columbia Memorial Space Center and more that will guarantee a memorable summer of fun! Club La Palma is open to all children, 5 – 12 years of age, Monday through Friday from 6:30 a.m. to 6:00 p.m. The first day of camp is June 20 and will run through August 26, 2011. A deposit of \$20 is required to hold your child's place each week of registration for all camp activities, including excursion and pool trips. Registration forms will be available on Monday, April 25. Reserve your space now!

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

### DANCE



### Hip Hop After Homework

Hip Hop After Homework is a tool which uses dance as an incentive for Elementary through High School age youth to stay on top of their school work. The youth are trained in popular dance moves and choreography which develop their coordination and cardiovascular fitness. The students get the opportunity to build self esteem, self discipline and confidence while learning techniques that are used in modern hip hop and break dancing. After one five-week session the student will be prepared to perform simple freestyle and basic choreography.

Instructor: M. Jacob

Location: Royal Palm

Code	Age	Days	Dates	Time	Fee/Weeks
8012	5-7	T	4/5-5/10	5:30-6:15 p.m.	\$50 / 5
8013	8-9	T	4/5-5/10	6:15-7:00 p.m.	\$50 / 5
8014	10-12	T	4/5-5/10	7:00-7:45 p.m.	\$50 / 5
8015	13-17	T	4/5-5/10	7:45-8:30 p.m.	\$50 / 5
8016	5-7	T	5/17-6/14	5:30-6:15 p.m.	\$50 / 5
8017	8-9	T	5/17-6/14	6:15-7:00 p.m.	\$50 / 5
8018	10-12	T	5/17-6/14	7:00-7:45 p.m.	\$50 / 5
8019	13-17	T	5/17-6/14	7:45-8:30 p.m.	\$50 / 5

\* No Class on 4/26





## Youth / Teens

### MUSIC / ART



#### Musical Theatre Studio

Age: 8 – 14

This studio workshop is designed for kids interested in participating in the Buena Park Youth Theatre or who just love to perform! Students will learn how to prepare for an audition using new repertoire and refine their singing, acting, and movement skills in rehearsal and performance. Throughout the course, they will learn both group and solo numbers to be performed at the end of the session. Students should wear clothes they can move in.

This class is co-sponsored with Buena Park Recreation and will be held at the Ehlers Community Center, 8150 Knott Avenue.

Instructor: N. Werner

Location: Ehlers CC

Code	Days	Dates	Time	Fee/Weeks
8020	T	4/19-5/24	4:00-6:00 p.m.	\$60 / 6

#### “Glee” Vocal Fun For Kids



Age: 8 – 14

Learn the foundations of healthy, sustainable singing in a fun group atmosphere! Lessons will focus on correct breath support, resonance, and production placement. You will learn warm-ups, visualization, and knowledge of vocal mechanics as you work on new repertoire provided by the instructor. As techniques become second nature, you will be able to focus on your performance, working toward becoming a more comprehensive singing artist.

This class is co-sponsored with Buena Park Recreation and will be held at the Ehlers Community Center, 8150 Knott Avenue.

Instructor: N. Werner

Location: Ehlers CC

Code	Days	Dates	Time	Fee/Weeks
8021	T	4/19-5/24	6:00-6:45 p.m.	\$30 / 6

### FITNESS

#### 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
8029	W	4/6-5/4*	5:00- 5:30 p.m.	\$39 / 4
8030	SAT	4/9-5/7*	10:15-10:45 a.m.	\$39 / 4
8031	W	5/11-6/8*	5:00-5:30 p.m.	\$39 / 4
8032	SAT	5/14-6/11*	10:15-10:45 a.m.	\$39 / 4

\*No class: 4/20, 4/23, 5/28, 6/1

#### 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
8033	W	4/6-5/4*	6:15- 6:45 p.m.	\$39 / 4
8034	W	5/11-6/8*	6:15- 6:45 p.m.	\$39 / 4

\*No class: 4/20, 6/1

#### 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 a \$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

Place: Tennis Courts

Code	Level	Age	Days	Dates	Time	Fee/Weeks
8023	1-2	4-6	W	4/6-6/8	4:00-4:30 p.m.	\$80 / 10
8024	1-2	7-14	W	4/6-6/8	4:30-5:30 p.m.	\$80 / 10
8025	2-3	8+	W	4/6-6/8	5:30-7:00 p.m.	\$110 / 10

#### 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.



# Activity Guide



## The Hub

Hey teens! Need help with your homework or just want a place to hang out with your friend's afterschool? The Hub offers daily activities such as video game competitions including Just Dance 2, Guitar Hero, Rock Band; Ping Pong Tournaments; computer usage and more! The Hub is a drop in program for junior high and high school teens. It offers a safe, supervised environment for teens to go to after school!

Location: 5414 La Palma Ave, La Palma

Hours: Monday – Thursday 2:00 – 6:00 p.m.  
Friday 2:00 – 8:00 p.m.

Schedule: Mondays: XBOX Tournaments  
Tuesdays: Wii Tournaments  
Wednesdays: Ping Pong Tournaments  
Thursdays: Crafts  
Fridays: Special Activities

## Volunteers

La Palma Teens! Do you need volunteer hours? Need something to do this summer? Want hands on training as that would benefit you for future work opportunities? The Recreation and Community Services Department is looking for responsible young youth to assist our Club La Palma Day Camp Counselors throughout the summer. At the end of the summer, each volunteer will receive a \$200 stipend after completing 200 hours of volunteer service. As a part of this program you will gain job experience and helping to create a fun and healthy environment for La Palma Day Camp Participants.

In order to be considered for this job, you must be a La Palma resident between the ages of 13 through 17 and be available to volunteer 20 hours each week during the summer. This program includes mandatory bi-weekly meetings which will include job training workshops. Applications will be available at [www.cityoflapalma.org](http://www.cityoflapalma.org) <<http://www.cityoflapalma.org>> starting April 4th and must be completed May 6th by 5:30 pm. Selections are based on oral interviews. All Volunteers must provide proof of residency and a negative TB test. For more information please (714) 690-3350.

## TEEN EVENTS

### Friday Nights at The Hub!

Location: 5414 La Palma Ave, La Palma

Fridays: 6:00 p.m. – 8:00 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 Flashlight Egg Hunt

Cypress Arnold Park

Saturday, April 23, 8:00 p.m.

FREE

Bring your friends and flashlights. Come enjoy an awesome evening at Cypress Arnold Park! We will be hunting for eggs in the dark.

### Dances: For 6th, 7th, and 8th graders only.

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

Time: 7:00 p.m. – 10:00 p.m.

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

### Mardi Gras Dance

Saturday, April 16

We will be hosting our version of Mardi Gras with a dance party for you and all your friends. Wear your Mardi Gras attire and win beads and glow accessories for participating in our festive activities.

### Aloha Dance

Saturday, June 4

Good bye school year, aloha summer!

The school year will finally be coming to a close. Come kick off summer and have a fun filled night with dancing and friends.

### 10<sup>th</sup> Annual Battle of the Bands

Saturday, May 7

6:00 – 10:00 p.m. at Central Park

Does your band have what it takes to win the title of our 10th annual Battle of the Bands? Drop off your demo packets by 5 p.m. on Friday, April 8, 2011 by to the La Palma Recreation and Community Services Department. All demo packets must have a minimum of 2 songs (CD, videos, DVD accepted), a completed application (available at either La Palma or Cypress Recreation Depts.), typed clean lyrics, and current copies of all school IDs or Drivers Licenses of each band member. Members must be 21 years of age or younger. If your band is selected to perform, there will be a \$25 participation fee due at the mandatory informational meeting on Wednesday, April 20. The Event will be held on May 7. The world famous KROQ 106.7 FM, will be in attendance to judge the band performance. There will be cash prizes for the winners and an opportunity to get your band heard at this year's La Palma Days.



## Teen / Adult

### EDUCATIONAL

#### Drivers Education

Age: 14 – 18

Driver's education is a California-required course for teens to work towards receiving 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
8035	Home Study	4/1-6/15	\$91
8036	Internet	4/1-6/15	\$75

### ART / MUSIC

#### Ukulele: Kanikapili Okalana

15+

Do you have a Ukulele? Learn how to play chords and keys for sing-a-longs, rock, pop, and even learn a simple Hawaiian tune. Come and enjoy the fun with us! Our instructor has 56 years of professional experience. Supplies Required: Ukulele and music stand. \$2.50 material fee is payable to the instructor at the first class.

Instructor: H. Kamae Location: Pygmy Palm

Code	Days	Dates	Time	Fee/Weeks
8037	W	4/6-5/4	7:30-9:00 p.m.	\$45 / 5

#### 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
8040	M	4/4-5/2	6:30-8:30 p.m.	\$40 / 5
8041	M	5/9-6/13*	6:30-8:30 p.m.	\$40 / 5

\*No class: 5/30

### FITNESS

#### 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.

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
8043	MW	4/4-6/8*	5:45-6:45 p.m.	\$95 / 10
8044	MW	4/4-5/4	5:45-6:45 p.m.	\$50 / 5
8045	MW	5/9-6/8*	5:45-6:45 p.m.	\$45 / 5
Pay as you go	SAT	4/9-6/11*	8:30-9:45 a.m.	\$6 / 1 day
Pay as you go	MW	4/4-6/8*	5:45-6:45 p.m.	\$6 / 1 day

\*No class on 5/28 and 5/30 .

#### 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. 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
8083	MW	4/4-4/20	6:30-7:30 p.m.	\$35 / 3
8084	MW	5/2-5/18	6:30-7:30 p.m.	\$35 / 3
8085	MW	6/1-6/20	6:30-7:30 p.m.	\$35 / 3



# Activity Guide

## Teen / Adult

### 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
8086	TTH	4/5-4/21	5:30-6:30 p.m.	\$35 / 3
8087	TTH	5/3-5/19	5:30-6:30 p.m.	\$35 / 3
8088	TTH	6/2-6/21	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
8089	TTH	4/5-4/21	6:30-7:30 p.m.	\$45 / 3
8090	TTH	5/3-5/19	6:30-7:30 p.m.	\$45 / 3
8091	TTH	6/2-6/21	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 mediation works 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. A great class to get in shape quickly and safely! Class is taught by a Certified Yoga Instructor.

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

Instructor: Chopra/Seyller Location: MA Center

Code	Days	Dates	Time	Fee/Weeks
8092	MW	4/4-4/20	7:30-8:30 p.m.	\$55 / 3
8093	MW	5/2-5/18	7:30-8:30 p.m.	\$55 / 3
8094	MW	6/1-6/20	7:30-8:30 p.m.	\$55 / 3

### Women's Self Defense

Age: 14+

This class is tailored to an average woman and how she 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
8095	F	4/1-4/15	5:30-6:30 p.m.	\$45 / 3
8096	F	5/6-5/20	5:30-6:30 p.m.	\$45 / 3
8097	F	6/3-6/17	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
8098	W	4/6-5/4*	7:00-7:30 p.m.	\$39 / 4
8099	TH	4/7-5/5*	12:30-1:00 p.m.	\$39 / 4
8100	W	5/11-6/8*	7:00-7:30 p.m.	\$39 / 4
8101	TH	5/12-6/9*	12:30-1:00 p.m.	\$39 / 4

\*No class: 4/20, 4/21, 5/26, 6/1

### 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
8102	TTH	4/5-4/28	7:00-8:00 p.m.	\$40 / 4
8103	TTH	5/3-5/31	7:00-8:00 p.m.	\$40 / 4
8104	TTH	6/2-6/30	7:00-8:00 p.m.	\$40 / 4



## Adult

### EDUCATIONAL

### 30 Minute Burn

Age: 13+

Master Cynthia Markopolos 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.

This class will be held at the Tae Kwon Do Academy, 12233 Centralia, Lakewood 90715.

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

Instructor: Master Markopolos

Location: Tae Kwon Do

Code	Days	Dates	Time	Fee/Weeks
8106	M/TH	4/4-4/28	7:15-7:45 p.m.	\$40 / 4
8107	M/TH	5/2-5/26	7:15-7:45 p.m.	\$40 / 4
8108	M/TH	6/2-6/30	7:15-7:45 p.m.	\$40 / 4

### Solo Salsa Workout

Age: 16+

In this unusual cardio class you will learn Solo Salsa routines which will be repeated at various speeds to accomplish an aerobic workout while teaching you the basic moves of this popular dance. No dance experience required. Wear comfortable clothes and bring a water bottle.

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
8110	T	4/12-5/31	5:00-6:00 p.m.	\$34 / 8

### Abs, Thighs, And Buns

Age: 16+

Hit that hard-to-tone trouble zone in this focused muscle conditioning class. There is no cardio, just an invigorating warm up; an hour of intense work on the abs, thighs, and buns; followed by a relaxing cool down. Different paces are suggested throughout the class so you can work at the level in which you are comfortable and increase intensity when you choose. Wear comfortable clothes, bring a water bottle, and a mat to class.

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
8111	T	4/12-5/31	6:00-7:00 p.m.	\$34 / 8



### 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

Location: Ehlers CC

Code	Days	Dates	Time	Fee/Weeks
8112	T	5/10-5/31	7:15-8:30 p.m.	\$30 / 4

### 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 vs. 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
8113	T	6/7	6:30-9:30 p.m.	\$22





# Activity Guide

## Adult

### Re-Stock Your Parenting Toolbox

Age: 18+

Each of the workshops below features The Parent Talk System where parents are empowered to deal confidently with typical daily situations that most families face. Parents are taught highly effective, respectful ways of talking with children that encourage self-reliance, stimulate learning, and promote family harmony. Appropriate and applicable to parents with children of all ages—toddlers to teens! Let parent education veteran, Kathy Salazar, inspire and encourage you in your parenting! These tools work whether you're dealing with a child who won't do his homework, refuses to cooperate, is using inappropriate language or many of the typical behaviors that get under our 'parental skin'! \$50 if you pay for all four classes at once.

Instructor: K. Salazar

Location: Fan Palm Room

Code	Days	Dates	Time	Fee/Weeks
8114	F	4/1-4/22	9:30-11:15 a.m.	\$50/4

### Taming Power Struggles

Pickup and practice some new language strategies that actually prevent the battles, defuse conflict and empower both you and your child to search for and reach positive solutions. Emphasis is on the 'power of choice' for children and parents, maintaining parental influence and teaching responsibility and respect.

Code	Days	Dates	Time	Fee/Weeks
8115	F	4/1	9:30-11:15 a.m.	\$15

### Discipline and Follow-through

Gain strength, parental fortitude. Learn what to say and how to say it to set reasonable limits and provide appropriate consequences. Learn specific strategies to prepare your children for increased responsibility and independence in school and at home while building character and strengthening family relationships.

Code	Days	Dates	Time	Fee
8116	F	4/8	9:30-11:15 a.m.	\$15

### Building Confidence and Self-esteem

Dramatically increase your child's confidence and self-esteem through appropriate and effective praise. Learn what to say and how to say it when your child needs correction so that the impact of your words is most helpful and not hurtful.

Code	Days	Dates	Time	Fee/Weeks
8117	F	4/15	9:30-11:15 a.m.	\$15

### Implementing Behavior Changes

In this powerful workshop parents learn and have time to practice the exact words and skills to eliminate your child's most annoying and frustrating behaviors. Leave this workshop empowered and confident in addressing behaviors you've tried for years to eliminate!

Code	Days	Dates	Time	Fee/Weeks
8118	F	4/22	9:30-11:15 a.m.	\$15

## DANCE

### Belly Dancing

Age: 18+

Oriental Dance or Raqs Sharqi (pronounced Roks Sharkee, Dance from the East) most commonly known as Belly Dance, it's characterized by its intricate hip movements and known to strengthen the abdominal muscle. In this class the students will be introduced to basic steps and focus on posture and alignment. Get in shape, lower stress levels, and condition your core muscle, while learning this ancient form of art, safe for all ages. Wear comfortable clothing to class (no jeans please).

Instructor: P. Peterson

Location: Sago Palm

Code	Days	Dates	Time	Fee/Weeks
8119	T	4/5-5/3	7:30-8:30 p.m.	\$40/5
8120	T	5/10-6/7	7:30-8:30 p.m.	\$40/5

### 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
8121	M	4/4-5/9	6:30-7:30 p.m.	\$32 / 6

### Two Step & Swing

Age: 18+

Get your feet moving! Learn two-step patterns and East Coast Swing from instructor Janet Karter. Take this class with friends, family or by yourself as no partner is necessary.

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

Instructor: J. Karter

Location: Cypress CC

Code	Days	Dates	Time	Fee/Weeks
8123	M	4/4-5/9	7:30-8:30 p.m.	\$32 / 6

### Strictly Ballroom Dance

Age: 18+

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

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

Instructor: J. Karter

Location: Cypress CC

Code	Days	Dates	Time	Fee/Weeks
8125	M	4/4-5/9	8:30-9:30 p.m.	\$32 / 6



## Argentine Tango



Age: 18+

Come learn the dance of passion in a fun and safe environment. The instructors are classically trained but have extensive experience in new age stylings. They are 2nd in the nation and the only couple to represent the U.S. in stage tango in Argentina at the 2010 World Championships. The class is designed to take anyone with any level of dance experience (even those with two left feet) and bring them to a whole new level. This series is for beginners, but every level is welcome and every student will be given instruction based on their level. Great for couples, but you don't need bring a partner. A \$10 materials fee payable to instructor.

This class is co-sponsored with Buena Park Recreation and will be held at the Ehlers Community Center, 8150 Knott Avenue.

Instructor: B. Griswold & J. Small

Location: Buena Park

### LEVEL I

Code	Days	Dates	Time	Fee/Weeks
8127	S	4/23-5/28	9:00-10:00 a.m.	\$42 / 6

### LEVEL II

Code	Days	Dates	Time	Fee/Weeks
8128	S	4/23-5/28	10:00-11:00 a.m.	\$42 / 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

Location: Ehlers CC

Code	Days	Dates	Time	Fee/Weeks
8129	T	4/12-5/3	7:15-8:30 p.m.	\$47 / 4 (\$82/couple)

## MUSIC / ART

## 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 by taking it off Auto. 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
8130	W	4/20-5/25	6:30-8:30 p.m.	\$42 / 6

## Mother's Day Floral Extravaganza

Age: 18+

Learn the fundamentals of floral arranging and create a beautiful Mother'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: Ehlers CC

Code	Days	Dates	Time	Fee/Weeks
8132	TH	5/5	6:30-8:30 p.m.	\$18

## Summer Topiary Floral Arrangement

Age: 18+

Prepare for summer entertaining by creating a fun and easy summer centerpiece to make. Learn the basics and create a fabulous focal point for any casual gathering at your home. 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: Ehlers CC

Code	Days	Dates	Time	Fee/Weeks
8133	TH	3/31	6:30-8:30 p.m.	\$27

## Paper Piecing for Scrapbooking (and Other Paper Crafts)



Age: 18+

What if you could make most of your own embellishments? Paper piecing is a fun, simple and inexpensive way to make what you need. If you can draw basic shapes or cut along the lines, then you are already halfway to making your own perfectly pieced embellishments! We'll make a wonderful Holiday themed layout to feature our Paper Pieced embellishment, but this technique can work with all Paper Crafts! All supplies, tools and directions will be provided in class. Bring 3 – 5 photos from a single event that will fit the theme listed. \$6 material fee is payable to the instructor.

This class is co-sponsored with Buena Park Recreation and will be held at the Ehlers Community Center, 8150 Knott Avenue.

Instructor: K. Hinckley

Location: Ehlers CC

### Spring Theme

Code	Days	Dates	Time	Fee/Weeks
8165	M	4/11	6:00-8:00 p.m.	\$15 / 1

### Mother's Day Theme

Code	Days	Dates	Time	Fee/Weeks
8166	F	5/6	6:00-8:00 p.m.	\$15 / 1

### Father's Day Theme

Code	Days	Dates	Time	Fee/Weeks
8167	M	6/13	6:00-8:00 p.m.	\$15 / 1



# Activity Guide

## Adult

### Scrapbooking 101 – Beginning



Age: 18+

Bring 3 – 5 photos from a single event and I'll provide everything else you need to make your first scrapbook page(s). I will show you how to use the basic tools and introduce you to the essential products and techniques to create scrapbooks that will be passed on from generation to generation. You'll also learn all of the important preservation techniques to be sure your memories will last without fear of fading or deterioration. All supplies, tools and directions will be provided in class. \$6 material fee is payable to the instructor. Feel free to take this class both times it's offered to create different layouts and learn some new techniques!

This class is co-sponsored with Buena Park Recreation and will be held at the Ehlers Community Center, 8150 Knott Avenue.

Instructor: K. Hinckley

Location: Ehlers CC

Code	Days	Dates	Time	Fee/Weeks
8168	M	4/4	6:00-8:00 p.m.	\$15 / 1
8169	W	5/4	6:00-8:00 p.m.	\$15 / 1
8170	F	6/3	6:00-8:00 p.m.	\$15 / 1

### FITNESS

### Zumba



Age: 18+

Zumba is "exercise in disguise" and designed for everyone. It is a cardio-based workout with components of resistance/sculpting training to tone the entire body and achieve any desired fitness goals. Wear comfortable clothes and bring a water bottle to class.

Instructor: L. Li

Location: Royal Palm

Code	Days	Dates	Time	Fee/Weeks
8171	W	4/6-5/4	7:30-8:30 p.m.	\$35 / 5
8172	W	5/11-6/8	7:30-8:30 p.m.	\$35 / 5

### La Palma/Cypress Adult Softball

Registration Dates: April 11 – May 13, 2011

Season Begins: Week of June 1

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

Co-Ed Divisions: Friday and Sunday night (upper and lower divisions)

Men's Lower D and Lower E Divisions: Wednesday night

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

Game times: Weeknights, 6:30, 7:40, 8:50 p.m.

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

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



**These Classes Fill Fast  
REGISTER ONLINE TODAY**



## All Ages

### Practical Chess Instruction

Checkmate! The La Palma Chess Club (LPCC) is a US Chess Federation affiliated chess club offering rated tournaments, casual play, and blitz games every Friday night. Visitors of all ages are welcome. We offer competition for players of all skill levels, from beginner to master. Chess lessons are available upon request. There are three tournaments this session. Players can sign up for individual tournaments, or, at a discount, sign up for all three tournaments in the session. We encourage all players to register for class online with the City of La Palma [www.cityoflapalma.org/LPRecConnect](http://www.cityoflapalma.org/LPRecConnect). It's quick, easy, and it helps everyone in getting the tournaments started on time.

Instructor: LP Chess Location: Sago Palm

Code	Days	Dates	Time	Fee/Weeks
8139	F	4/1-6/10	6:00-11:00 p.m.	\$40 / 11

### Chess Tournaments

Code	Tournament	Days	Dates	Time	Fee/Weeks
8140	Tal Memorial Tourney	F	4/1-4/29	6:00-11:00 p.m.	\$30/ 5 weeks
8141	School's Out Celebration	F	5/6-6/3	6:00-11:00 p.m.	\$20 / 5 weeks
8142	Quick Chess Tourney	F	6/10	6:00-11:00 p.m.	\$10 / 1 week



### Introduction To Martial Arts

#### Age: 6 to Adult

Have you always wanted to participate in martial art training but thought that it would be too demanding? Or wanted to learn the intrinsic values associated with martial arts training—such as fitness, stress reduction, and the mind-body connection. 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 can 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 \$40. Additional uniforms, training equipment, and annual USAT/USJA memberships are available at the classes.

Instructor: L. Amsell Location: Sago Palm

Code	Days	Dates	Time	Fee/Weeks
8145	TTH	4/5-5/5	5:00-6:00 p.m.	\$40 / 4
8146	TTH	5/10-5/26	5:00-6:00 p.m.	\$30 / 3
8147	TTH	5/31-6/16	5:00-6:00 p.m.	\$30 / 3

### Weekly Traditional Martial Arts

#### Age: 6 to Adult

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

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

Instructor: J. Amsell Location: Pygmy/Sago Palm

Code	Days	Dates	Time	Fee/Weeks
8161	T/TH/S	4/2-4/23	5:00-6:00 p.m.	\$60 / 4
8162	T/TH/S	4/26-5/21	5:00-6:00 p.m.	\$60 / 4
8163	T/TH/S	5/24-6/14	5:00-6:00 p.m.	\$60 / 4



# Activity Guide

## All Ages

### Traditional Martial Arts

Age: 6 to Adult

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

This program is divided into three course levels—Beginner for first-time students, Intermediate for students with previous experience, and Advanced for the highest level of training. Choose the beginner course or, if you have previous experience, discuss proper placement with the instructor before enrolling.

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

Students and instructors are expected to have their own authorized uniform. New students need to order a Taekwondo uniform, complete with patches and white belt from an instructor after enrolling for the first session for the low cost of \$40. Additional uniforms, training equipment and annual USAT/USJA members are available through the class.

Instructor: J. Amsell

Location: Sago Palm

#### BEGINNER

Code	Days	Dates	Time	Fee/Weeks
8149	SAT	4/2-4/23	10:00-11:00 a.m.	\$40 / 4
8150	SAT	4/30-5/21	10:00-11:00 a.m.	\$40 / 4
8151	SAT	5/28-6/11	10:00-11:00 a.m.	\$30 / 3

#### INTERMEDIATE

8152	SAT	4/2-4/23	11:00-12:00 a.m.	\$40 / 4
8153	SAT	4/30-5/21	11:00-12:00 p.m.	\$40 / 4
8154	SAT	5/28-6/11	11:00-12:00 a.m.	\$30 / 3

#### ADVANCED

8155	SAT	4/2-4/23	12:00-1:00 p.m.	\$40 / 4
8156	SAT	4/30-5/21	12:00-1:00 p.m.	\$40 / 4
8157	SAT	5/28-6/11	12:00-1:00 p.m.	\$30 / 3

## Older Adult

### EDUCATIONAL

#### Beginning Computer Classes

Ages: Older Adults

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

This class will be held at the La Palma Public Library, 7842 Walker Street.

Instructor: Recreation Staff

Location: La Palma Library

Code	Days	Dates	Time	Fee/Weeks
8134	T	4/12-5/17	11:00-12:00 p.m.	\$6 / 6

#### Intermediate Computer Classes

Ages: Older Adults

Learn about Power Point program including slide shows and more intricate use of the internet with our patient and knowledgeable Recreation staff. Class size is limited, so sign up early! This class will be held at the HUB, 5414 La Palma Avenue.

Instructor: Recreation Staff

Location: The Hub

Code	Days	Dates	Time	Fee/Weeks
8136	TH	4/14-5/19	11:00-12:00 p.m.	\$6 / 6

### DANCE

#### 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: M Roe

Place: Cypress SC

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



## The Hub

Free Activities

### Movie Magic

Every Wednesday

Gather your friends, and enjoy a morning of cine-magic and warm buttered popcorn! Movies provide everybody a chance to escape into an imaginary world. Show time at 10:30 a.m.

### Scrabble

Every Friday

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

### Play In Clay Day

Thursday, April 7

Join us and make a one of a kind item. Use your hands and imagination to give you ideas. We use senior friendly clay.

### Make A Flowerpot For Mother's Day

Thursday, May 5

Decorate a flower pot and plant flowers in the pot. Give the gift to your mother, sister, granddaughter or make it for yourself.

### Game Show Day

Thursday, June 9

Use your memory and play the Price Is Right. Draw names to say "come on down." The participant who guesses closest to the actual price, without going over, will be the winner!



## 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.

## 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.

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<p><b>FREE CHIPS &amp; REG. FOUNTAIN DRINK</b></p> <p>WITH THE PURCHASE OF A REG. OR LARGE SUB. VALID ONLY ON CLASSIC &amp; SIGNATURE SUBS Offer Valid only at this location Expires 12/31/11</p>	<p><b>3 Large Subs \$13.99</b></p> <p>AFTER 2PM AND ALL DAY ON SATURDAY! Offer Valid only at this location. Excludes Prime Rib Expires 12/31/11</p>

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**Call: (714) 562-0560** Must present coupon. Cannot be combined with any other offer.

Open: Mon - Fri: 10 am to 7 pm • Sat: 10 am to 3 pm • Sun: closed



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Insurance Lic. #: 0771272  
La Palma, CA 90623  
Bus: 714-527-8897 Fax: 714-527-8898  
charlene@charlenehatakeyama.com

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**Beth Hale**  
(714) 488-5152  
DRE# 01480574





La Palma Hospital

Dr. Bold

Coldwell Banker

Interstate Automotive

Farr's Insurance



## 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

(714) 527-6722

7792 Walker Street, La Palma

## 4. La Palma Branch Library

(714) 523-8585

7842 Walker Street, La Palma

## 5. US Tae Kwon Do Center

12233 Centralia, Lakewood

## 6. Arnold/Cypress Park

8611 Watson Street, Cypress

## 7. Cypress Senior Center

9031 Grindlay Street, Cypress

## 8. Cypress Community Center

5700 Orange Avenue, Cypress



## 9. Martial Arts Fitness Center

9949 Walker Street, Cypress

## 10. USA Water Polo National Training Center

Joint Forces Training Base

11360 Valley Forge Drive, Los Alamitos

## 11. Anaheim ICE

300 W. Lincoln Avenue, Anaheim

## 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*

## The La Palma Recreation & Community Services

Department makes a positive difference in our community by encouraging citizen involvement, fostering human development, and strengthening community through people, parks, and programs.

## Your Recreation Staff

Director	Mike Belknap
Supervisor	Cindy Robinson
Coordinators	jaNell Adams, Marina Rabinovich
Specialists	D.J. Albarian, Nancy Brewer Anthony Kim, Tamara York
Senior Office Staff	Jill Olivier & Lori Whalen

## Leaders

Bryan Amezquita	Brady Barber	Tim Dodd
Austin Greene	Maureen Guinoo	Jeff Gilbert
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 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.**

## Registration Form

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

Adult Last Name \_\_\_\_\_ Adult First Name \_\_\_\_\_

Address \_\_\_\_\_ Apt # \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Day Phone \_\_\_\_\_ Evening Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Relationship \_\_\_\_\_

Emergency Phone \_\_\_\_\_

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

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

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

CASH     CHECK # \_\_\_\_\_  
 CREDIT CARD  
 VISA     MASTERCARD    \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_  
 Expiration Date \_\_\_\_\_ Card Holder Name \_\_\_\_\_

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

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

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



## Postal Customer La Palma, CA 90623

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### Memorial Day

#### May 30, 2011

9:15 a.m. Musical Interlude

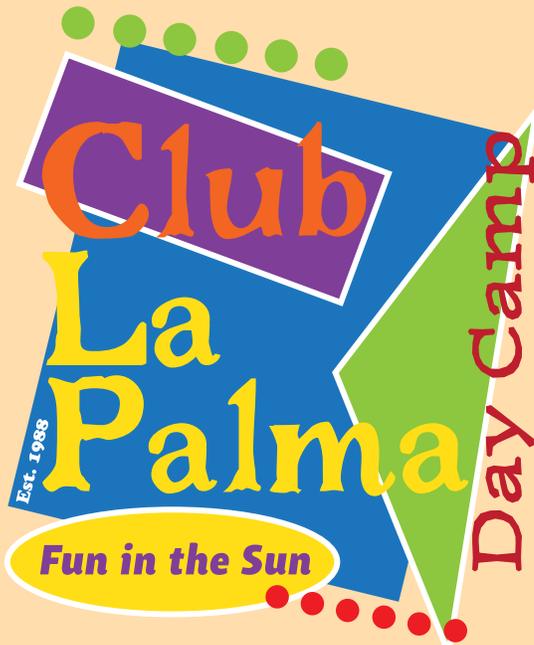
9:30 a.m. Ceremony begins at the Eternal Flame in front of City Hall

#### Calling All Veterans

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

The Community Activities and Beautification Committee would like to recognize ALL veterans, from past wars to the current conflict, for their service and willingness to defend our American way of life. Please join us on Monday, May 30 at 9:15 a.m. in front of City Hall so we can thank you for a job well done.

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



### CLUB LA PALMA SUMMER DAY CAMP

June 20 – August 26

Age: 5 – 12

Location: G.B. Miller Elementary School

Our dynamic Summer Day Camp is specially catered to working parents on a budget! Club La Palma is filled with action-packed activities and exciting excursions such as Disneyland, the Columbia Memorial Space Center, and more that will guarantee a memorable summer of fun! Club La Palma is open to all children 5 – 12 years of age, Monday through Friday from 6:30 a.m. to 6:00 p.m. The first day of camp is June 20 and it will run through August 26, 2011. A deposit of \$20 is required to hold your child's place each week of registration for all camp activities, including excursion and pool trips. Registration forms will be available on Monday, April 25. Reserve your space now!

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