

La Palma



MOSAIC

Summer 2011



What's Inside

- La Palma Goals for 2011
- Run for Fun
- Activities Guide
- Specialty Camps
- Summer Swim Lessons

City Information

City Hall Hours:

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

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

Steve Shanahan

Mark Waldman

A Message from the City

This year the City of La Palma is celebrating anniversaries for the Recreation & Community Services and Police Departments. 2011 marks the 50th Anniversary of the La Palma Police Department, whose mission has been to ensure safety and security for those who live, work, and play in La Palma. To celebrate, a special Open House will be held on July 4 from 8:00 a.m. – 11:00 a.m. in conjunction with the Fitness Run For Fun. Attendees will be able to view photographs and items from the past 50 years and will be able to tour the Police Station.

This July, the La Palma Recreation & Community Services Department celebrates its 40th Anniversary. Since inception, the Department has been committed to providing quality programs and services for La Palma residents of all ages. To commemorate the occasion, a 40th Birthday BBQ is being held on Saturday, July 30, in conjunction with Concerts in the Park. For more information, please see page 7.

Summertime has always been a fun and exciting time in Recreation & Community Services, and after 40 years the Department is excited to offer traditional events and programs along with new offerings. In partnership with the Anaheim Family YMCA, swimming lessons will be held at Kennedy High School with classes being held Monday through Saturday mornings. More information on this exciting new program can be found on page 29.

The 31st Annual La Palma Fitness Run for Fun, a community tradition, starts July 4 off with a bang! Each year this event attracts over 1,000 runners, walkers, and volunteers to kick off their Independence Day festivities! A new component is the Yankee Doodle Dash, a non-competitive run for 2 – 12 year old children. Race registration details can be found on page 10 and 11.

Another community favorite, Concerts in the Park will begin on July 9, just as summer starts to heat up. This year's theme is "Summer Groovin'—Come Together" and will feature tribute bands performing classics from Elvis, Santana and Neil Diamond, just to name a few. For the complete schedule, look on the back cover of this publication.

Summer is a time for families to come together and enjoy the outdoors and all of the wonderful activities offered, however it's a time to be careful as well. As you spend time outside remember to apply sunscreen, watch children in or near water, protect your eyes from the sun, and most of all—have fun!

Have a safe and enjoyable summer!

Calendar of Events

June



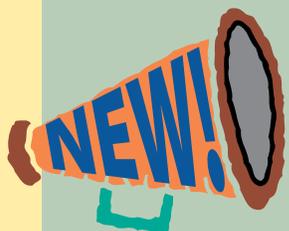
- 4 Aloha Dance – 7:00 p.m.
- 7 City Council Meeting – 7:00 p.m.
- 14 Flag Day
- 16 Fitness Run for Fun Pre-Registration Deadline
- 19 Father's Day
- 20 Club La Palma Summer Day Camp Begins
Swim Lessons Begin
- 21 City Council Meeting – 7:00 p.m.
First Day of Summer

July

- 4 31st Annual La Palma Run for Fun – 7:30 a.m.
Independence Day
- 5 City Council Meeting – 7:00 p.m.
- 9 Concert in the Park/PT Cruiser Car Show – 6:30 p.m.
- 16 Concert in the Park – 6:30 p.m.
- 19 City Council Meeting – 7:00 p.m.
- 23 Concert in the Park – 6:30 p.m.
- 30 La Palma Recreation's
40th Anniversary BBQ – 4:00 p.m.
Concert in the Park – 6:30 p.m.

August

- 2 City Council Meeting – 7:00 p.m.
- 6 Concert in the Park/National Night Out – 6:30 p.m.
- 13 Concert in the Park/City Council BBQ – 6:30 p.m.
- 16 City Council Meeting – 7:00 p.m.
- 20 Concert in the Park – 6:30 p.m.



New Classes

- Summer Day Camps
- Freestyle Jump Rope
- Introduction to Mosaics
- Foundation Drawing
- Parent Talk—Raising Confident and Responsible Kids
- Jump Start Youth Basketball Clinic
- And More!
- Hula
- Swimming Lessons
- Foundation Drawing
- Raw Cardio Boot Camp

Contents

City Council Recap	2
City Council News	3
Community Get Involved	4
Community Pride	7
Safety Information	8
Events at the Library	9
Run for Fun	10



Activity Guide

Toddler / Preschool	12
Specialty Camps	14
Youth / Teen	16
Teen / Adult	20
Adult	22
Older Adult	26
All Ages	28
Facilities and Staff	32
Registration Information	33

Recap, March and April 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. 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.

March 1, 2011

The City Council approved an Agreement for Implementation of Water Quality Monitoring, Reporting, and Studies for Coyote Creek with the County of Orange and Orange County Flood Control District to comply with the requirements of the San Gabriel River/Coyote Creek Total Maximum Daily Loads (TMDLs) for Copper, Lead, and Zinc. The project is being funded through a cost share allocation calculation based on population, land area, and watershed area data; the City of La Palma's share is 2.38% of the \$84,283 budget or approximately \$2,006 for Fiscal Year 2011-12.

The City Council approved an Agreement with the City of Cypress for the Crescent Avenue Sewer Line Cooperative Maintenance Project. The City of Cypress currently owns and maintains a sewer main along Crescent Avenue, which serves facilities from both the Cities of Cypress and La Palma; however the City of La Palma does not contribute funds for the maintenance or repair of the Cypress sewer main. The City of Cypress has identified a deficiency (insufficient sizing) in the downstream portion of this sewer main and has requested a connection to La Palma's Crescent Avenue sewer main which has sufficient capacity.

The City Council awarded a contract in the amount of \$99,020 to S. Parker Engineering, Inc. for the removal and replacement of curb, gutter, sidewalk, and curb ramps. Traditionally, damaged curbs, gutters, and sidewalks are replaced in the area of the City that is next scheduled for street pavement rehabilitation.

The City Council introduced, for first reading, an Ordinance amending Chapters 17 and 26 of the La Palma City Code pertaining to fences, walls, and hedges. The proposed Ordinance has been crafted to allow lattice height extensions to walls located in the Single Family Residential (R-1) Zone with a consistent design and uniform look. Per the Planning Commission's direction on February 1, the Ordinance strikes existing language in the City Code that prohibited the stair stepping of block wall height extensions along public streets and rights-of-way.

The City Council adopted an Ordinance amending Section 16-65 of the La Palma Municipal Code pertaining to increased penalties for parking violations. This item was previously introduced and discussed on February 15. As part of the FY 2010-11 State Budget, the Legislature levied an additional \$3.00 fee on all parking citations to be transmitted to the Trial Court Trust Fund; this Amendment increases fines to recover the \$3.00 fee charged by the State.

March 15, 2011

The City Council adopted a Resolution approving the 2009-10 Annual Progress Report on the status of the General Plan. The annual report is State-mandated and identifies the implementation status of La Palma's General Plan. A copy of

the report is submitted to the Governor's Office of Planning and Research and the State Department of Housing and Community Development.

The City Council adopted an Ordinance amending Chapters 17 and 26 of the La Palma City Code pertaining to fences, walls, and hedges. This item was previously introduced and discussed on March 1. The Ordinance amends the City Code to permit both lattice and block height extensions to stair step along arterial streets and public rights-of-way.

April 5, 2011

The Community Development Commission selected The Olson Company as the preferred developer for Phase II of the Denni Street Affordable Housing Specific Plan; and, authorized staff to negotiate a Disposition and Development Agreement for the Community Development Commission's consideration. Phase II consists of 12 new townhomes to be constructed on the site located at 4611 La Palma Avenue. The CDC purchased and took possession of the property on December 15, 2010, and is now focusing its attention on selecting the preferred housing developer for the project.

The Planning Commission adopted a Resolution recommending that the City Council adopt a Negative Declaration for, and approve, an Ordinance amending Chapter 26 of the La Palma City Code pertaining to the maximum permitted density under the Village Overlay. The amendment permits all Multiple Family Residential (R-3) parcels with the Village Overlay Designation, regardless of size, to be developed at a maximum density of 30 units to the acre.

The City Council accepted the work and authorized the Public Works Director to file the proper documentation with the Orange County Recorder for the following projects: American Recovery and Reinvestment Act (ARRA) Project, Rehabilitation of Orangethorpe Avenue from Moody Street/ West City Limits to SR-91 and Valley View Street from Orangethorpe Avenue to Fresca Drive; the Houston Avenue Sewer Lining Project; and the re-striping of City Arterial and Residential Streets Project.

The City Council approved and authorized the Mayor to execute an Agreement with Midori Gardens, Inc. of Santa Ana, California, for general landscape maintenance services. The Public Works Department recently issued a Request for Statement of Qualifications and Proposal for general landscape maintenance services and only two proposals were received. The approved agreement has annual fee of \$78,468, for a period of two years.

The City Council awarded a contract in the amount of \$807,150 to R.J.



Noble Company for the Pavement Rehabilitation of Residential Streets with Asphalt Rubber Overlay and Rubberized Slurry Seal Project. The project consists of the removal and replacement of asphalt concrete, cold planing five feet wide from edge of gutter, placing one and one-half inches of Asphalt Rubber Hot Mix overlay; removal and replacement of concrete improvements; adjusting utility valves and manholes to grade; and pavement striping, markers, and markings per the plans and specifications. A pavement overlay is scheduled for the majority of streets in the project area and also includes the Community Center Parking Lot. Several other streets are scheduled for slurry seal only, because a pavement overlay was performed for those streets during a prior pavement maintenance project.

The City Council adopted a Resolution authorizing the purchase of a Liquid Propane Gas (LPG) Utility Truck for \$41,998.94 and authorized the replaced vehicle to be sold at auction. The vehicle being replaced is a 1988 3/4 ton Utility Bed Truck with a lift gate that is used for daily transportation of equipment. The proposed replacement vehicle will be a 2010 F350 Liquid Propane Gas (LPG) Utility Bed Truck purchased using Vehicle Replacement and AQMD alternative fuel Grant Funds.

The City Council approved an Agreement with the Municipal Water District of Orange County (MWDOC). MWDOC is a wholesale water supplier and resource-planning agency that serves 28 retail water agencies in Orange County. Under the proposed Agreement, beginning in Fiscal year 2011-12, MWDOC will adopt a new business model and organize its budget according to core and optional services. MWDOC will also realign the current rate structure over a five-year period to recover all of its revenue from a fixed retail connection charge, resulting in an increase in wholesale rates over a five-year period.

The City Council authorized the City Manager to execute an Agreement with General Pump Company in an amount not to exceed \$160,000 for Emergency Repair and Rehabilitation of the Walker Street Well, under City Code Section 2-46, "Exception to bidding procedures Emergencies;" The well was recently taken out of service for routine inspection. The inspection showed that the pump bowls, bowl shaft, head shaft, column pipe, bearings, and impeller showed normal wear but are worn beyond factory specifications. It was recommended that the motor be replaced and the pump be rebuilt while the well was out of service.

April 19, 2011

The City Council accepted the work and authorized the Public Works Director to file the proper documentation with the Orange County Recorder for the following projects: Arterial Block Wall Painting Project; and Removal and Replacement of Residential Street Name Signs and Welcome to the City of La Palma Signs Project.

The City Council approved an Agreement with Bucknam & Associates, Inc., in the amount of \$68,789, for engineering services for the Hydraulic Modeling Study and Water Quality Study Project. Water system modeling is a standard engineering practice for today's water systems to evaluate hydraulic deficiencies in the system. Additionally, it is recommended that the City perform an evaluation of groundwater well quality to ensure continued compliance with Federal and State Water Quality Standards.

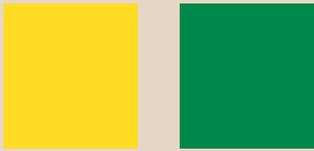
The City Council approved a Second Amendment to the Agreement with Clinical Laboratory of San Bernardino, Inc. for Laboratory Analysis Services for Testing of Drinking Water Samples, extending the term of the agreement through May 1, 2012. The Department of Health Services requires that water purveyors test the water in the production wells and distribution system weekly for the presence or absence of coliform bacteria, chlorine, trace metals, organic and inorganic chemicals, disinfection by-products, and color and turbidity.

The City Council authorized the execution of a Memorandum of Understanding with the Orange County Transportation Authority (OCTA) to design and implement the La Palma Avenue Traffic Light Synchronization Project. The project will coordinate approximately fifty-eight traffic signals located along La Palma Avenue from La Palma to Anaheim. The City of La Palma will benefit by having three intersections coordinated at no cost to the City.

The City Council approved and authorized the solicitation of proposals for the General Plan Update. The purpose of this Request for Proposal (RFP) is to solicit and select a consulting firm to administer and draft the General Plan Update and any requisite CEQA documentation. The RFP will be in circulation through June 3, 2011, and a recommendation will be brought back before the City Council on July 5, 2011.

The City Council approved the installation of pedestrian countdown signal indications at the intersection of Walker Street and La Luna Drive and the appropriation of funds from the General Fund Reserve for the project; and approved the inclusion of a Capital Improvement Project for Fiscal Year 2011-12 for the installation of traffic improvements at the intersections of Walker Street and La Palma Avenue. The traffic improvements would include the installation of fully protected left-turn phasing signals and modification of the center median in the westbound approach in order to extend the storage length for waiting vehicles to 300 feet at an estimated project cost of \$62,000.

The City Council conducted a Study Session regarding the Proposed Capital Improvement Plan (CIP) for the Fiscal Year 2011-12 City Budget. The plan recommends funding for various municipal facility improvements, infrastructure improvements, and large infrastructure maintenance projects.



Community

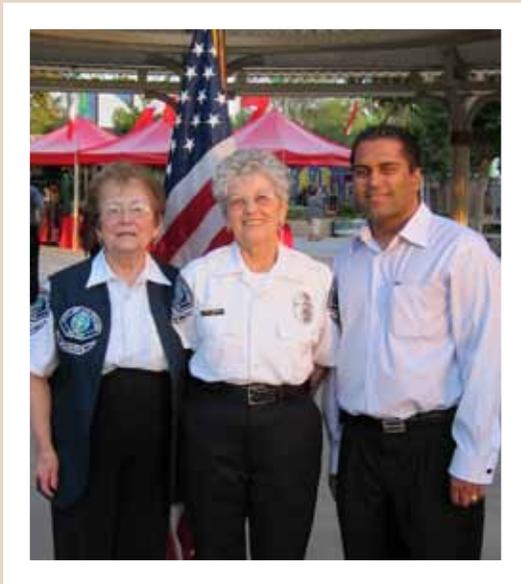
Get Involved

La Palma Adopts Goals for 2011

In February, the La Palma City Council conducted its annual goal setting session. After a full day of discussions, the City Council adopted four priority goals for the year. The priority goals are to: present a budget that is balanced without the use of reserves for ongoing operations; develop/improve underutilized retail properties and continue business retention efforts; enhance public outreach efforts; and continue coordination with schools to maximize resources.

Each of these priority goals includes a series of specific action items that City departments have begun to pursue and will follow throughout the year. Some of the key action items include: prioritize services across all departments to identify potential service cuts that may be needed to balance the budget; work with various companies to ensure that they remain in the community; establish a simple social networking portal (Twitter, Facebook) for the City; and meet with each school to discuss traffic safety/circulation concerns.

A complete listing of the goals and the related action items can be found on the City's website at www.cityoflapalma.org/goals.



Volunteers of the Year

The City of La Palma and the City Council recognized this past year's volunteers on May 5, 2011. The 16th Annual Volunteer Recognition gives the City a chance to thank all those volunteers for their dedication to the City. Each year the Recreation and Community Services Department and Police Department select their volunteers of the year. The Recreation and Community Services Department selected Nitesh Patel and the Police Department selected Maria Anderson and Gay James for their dedication and service to the City.

The La Palma City Council and staff would like to thank all of the La Palma volunteers for their extraordinary service and dedication in the many programs and services offered throughout the year. THANK YOU!

Submit Your Photos

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

Please include:

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

Save the Rain!

Fresh water is a limited resource that we all share and use, whether we are reaching for a clean glass of ice cold water to quench our thirst on a hot day, watering our lawn and gardens, washing our cars, doing dishes and laundry or flushing toilets. The truth of the matter is that we all live in a semi-arid urbanized environment here in beautiful Southern California, and we generate a high demand for fresh "potable" water. On a per capita basis Southern Californians use more water than is available to them and water must be purchased to meet demand. That is why when drought conditions exist for a prolonged period of time conservation policies kick in. Living in a region of the beautiful State of California, where potable water is a limited resource and droughts can last for years, it would seem like the region would focus on collecting and making use of the free water that comes from the sky. In practice, the design of our neighborhoods and commercial centers has been to collect and drain as much water as possible to the streets which convey it at lightning speed to storm drains and concrete water channels on its way to the ocean, with very little of that fresh rain water being retained and reintroduced into the water table. (See Figure 1. Below)



Landscape draining resources. Arrows denote water flow.

Image From Rainwater Harvesting for Drylands and Beyond © HarvestingRainwater.com

Southern California was balanced and capable of absorbing lots of rain water. The combination of pumping water out of the ground and draining the majority of rain water to the ocean is a double negative for sustaining a healthy fresh water supply, and that holds true especially during drought conditions. All is not lost, in fact there are many little and big things that one can do on their own property that can break the hydrophobic cycle that development has locked us all into and move towards more sustainable approaches in our landscape and living. Since 1993, Brad Lancaster, a successful permaculture consulting, design, and education business has demonstrated his passion in helping people become harvesters of rainwater. Brad has written two volumes to date in

his Rainwater Harvesting for Drylands and Beyond book series to assist people in making a positive change in their water usage by making it fun to harvest rainwater right in their own backyards.

We all know that when it rains, it pours; and with the use of a simple rain barrel, you can collect all that rainwater and save it to use for irrigation. By harvesting your rain water you can decrease your demand for domestic potable water in which your residential irrigation can account for a large percentage of your consumption. (See Figure 2. Below). By collecting your free rain water and storing it in your rain barrel you'll have water for future use, whether it's for watering the garden or just keeping it handy for emergency situations.

Your ability to collect and use the free rain water that falls onto your



Landscape harvesting resources. Arrows denote water flow.

Image from Rainwater Harvesting for Drylands and Beyond © HarvestingRainwater.com

home and property to irrigate your vegetation long after the rain has stopped, is instrumental in achieving sustainability. Take advantage of the coming dry summer months to research and maybe plan the implementation of a rain barrel or other methods Brad Lancaster discusses in his book.

For more information please visit www.harvestingrainwater.com for pictures and videos that detail rainwater harvestings. To get a ballpark estimate on what your water usage is you can visit the free water usage calculator at the following link, www.csgnetwork.com/waterusagecalc.html.



Community | Get Involved

What's Summer Without the Beach?

By Reducing Urban Runoff At Home, You Can Protect Water Quality



Here comes the sun, along with great summer activities like trips to the beach. Our days in the surf and sand could be reduced if water pollution makes our beaches unsafe for swimming. Many common summer

activities could lead to water pollution, but by simply changing one or two individual practices, you can help reduce urban runoff, improve the health of our waterways and keep our beaches open all summer long.

Urban runoff occurs when excessive water from irrigation, car washing and other sources carries litter, lawn clippings, motor oil, pet waste, and other pollutants into the storm drain. Unlike water that enters the sewer (from sinks and toilets); water that enters the storm drain is not treated before entering our waterways.

Overwatering our lawns is a common source of urban runoff. When a lawn is over-saturated, excess water flows off the landscape into streets, where it may enter the storm drain and our waterways. To prevent overwatering, follow these simple tips:

- Plant native plants that require less water.
- Before you water your plants, check the soil moisture level below the surface, it should almost be dry before you water.
- Water early in the morning or in the evening minimizing evaporation.
- Set your irrigation timer to water in 3-4 minute cycles.
- Shut off your irrigation timer or use the rain-delay feature before and during rain events.
- Adjust your irrigation schedule by using the water index at

www.bewaterwise.com.

Another source of urban runoff is water from home car washing. Consider taking your car to a commercial car wash, which uses, on average, less than half the water you would use at home. Commercial car washes also conserve water by recycling washwater. If you wash your car at home, divert all water to a landscaped area and use a nozzle to turn off the water when not in use.

When urban runoff flows from your property, it carries almost everything in its path down the storm drain where it flows untreated directly to our creeks, rivers, bays, beaches and ocean. This includes fertilizer, pesticides and trimmings from your yard, soap and auto residue from car washing, and oil and litter from our streets. To reduce and prevent pollutants from entering the storm drain, follow these simple tips:

- Follow directions when applying fertilizers or pesticides, and never water directly after applying them, unless directed by the manufacturer.
- Sweep up all cut grass, trimmings, leaves, and dispose of them as green waste.
- Maintain your car to prevent leaks.
- Clean up fluid leaks by absorbing them with kitty litter, sweep it up and dispose of it in the trash.
- If your pet spends time in your yard, check regularly for pet waste, pick it up and dispose of it in the trash or toilet.
- Do not litter.
- Volunteer to help with or organize a clean-up event. For information about clean-up events, visit www.trails4all.org or www.coastal.ca.gov.

Do your part! Remember, the Ocean Begins At Your Front Door. For more information about what you can do to prevent water pollution or to report a water pollution problem, contact the Orange County Storm water Program at 1-877-89SPILL or visit www.ocwatersheds.com

La Palma's Fitness Run For Fun – Volunteers Needed

This year La Palma will be conducting the 31st Annual 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 each year!

The Fitness Run for Fun which includes a 5K & 10K run along with 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 31st Fitness Run for Fun by volunteering to make this great event successful. There are several opportunities available. To get involved call the La Palma Recreation and Community Services Department at (714) 690-3350 to become a volunteer.



Community | Pride

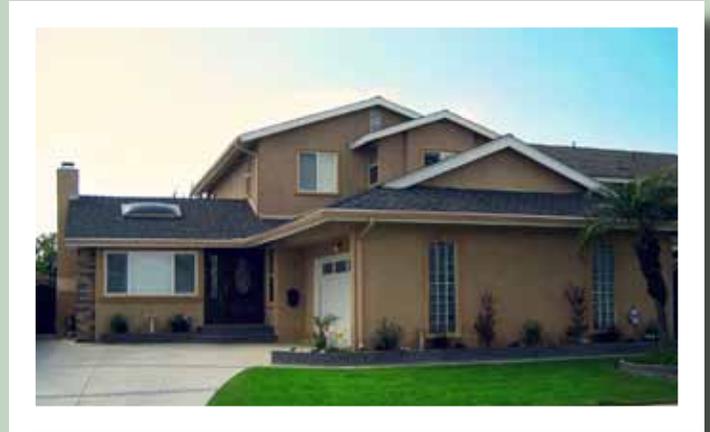
Home Spotlight

The City of La Palma would like to congratulate residents Ron and Tina Hernandez of 7811 Denise Circle for winning the 2011 Summer Home Spotlight Award!

Ron and Tina have been residents of La Palma for 12 years. Their gorgeous home has been remodeled and modified, both inside and out. In addition to adding on a second story, they've installed environmentally friendly double-paned windows, low flush toilets, fluorescent, halogen and efficient friendly LED lighting, extra insulation, a tankless water heater and numerous energy efficient appliances. Their beautiful backyard features a pool with a child-friendly fence, keeping their two-year old daughter and surrounding neighborhood children safe.

The outside of the home features distinct rod iron gates, a glass paneled front door and glass block inserts in the garage. The intricate brickwork on the planters and driveway add to the curb appeal of the home. Their landscaping is low maintenance, yet still aesthetically appealing, and is always well maintained.

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! Thank you for keeping La Palma beautiful and environmentally friendly!



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 and you'd like to nominate a home for the Home Spotlight Award, please contact (714) 690-3350, email recreation@cityoflapalma.org or visit our website at www.cityoflapalma.org.

Celebrate!

50th Anniversary Police Open House

Monday, July 4
8:00 – 11:00 a.m.
7792 Walker Street



40th Anniversary Recreation and Community Services Birthday BBQ

For all residents, former and current employees and volunteers who've been part of the past 40 years.

Saturday, July 30
4:00 p.m.
RSVP by July 22 to (714) 690-3350
Cost: \$15 (or \$10 for children under 10)

Food, Games, History, and More!

Civic Expo Coming This Summer

The City of La Palma is proud to present the fourth annual La Palma Civic Expo, which will be held on Saturday, August 13, in conjunction with the summer Concert in the Park series. Representatives from the City's various Departments, other service providers, and utility organizations will be available to provide details about their services. Additionally, the remaining La Palma street name signs will be available for purchase, with proceeds benefiting the replacement of the Central Park gazebo. This event promises to be an excellent opportunity for you to learn more about your community and the government services it provides. For more information about this exciting event, please visit the City's website at: www.cityoflapalma.org/civicepo.



Community | Safety

Be Cool, Drain Your Pool...Correctly



With summertime upon us, many La Palma residents will be draining and refilling their swimming pools. Before you pour that chlorinated water down the storm drain, think about the consequences. Many people may not know it, but

it is illegal to discharge chlorinated swimming pool water into your neighborhood storm drains.

Water that flows down gutters and enters the storm drain is not cleaned or filtered prior to flowing into our creeks and beaches. Everyday activities such as discharging chlorinated pool water or backwash water from pool filtration units into the storm drain could have a negative effect on natural life. Chemicals typically have a harmful impact on aquatic plants and animals. Native fish and small aquatic life is susceptible to pool chemicals.

In order to prevent environmental contamination, do not allow chlorinated water to flow into storm drains. If you are planning on draining your pool stop adding chlorine to the pool for a period of 10 days. Before you discharge, test the water to a PH level of 7 and a chlorine residual of .02 ppm. If you wish to accelerate the process, you can purchase de-chlorination chemical from your local pool supply store.

Test your water to ensure that chlorine is not present prior to discharging. Discharge your pool filtration units into the sanitary sewer cleanout at your home, and make sure that your non-chlorinated discharge is not picking up other pollutants like sediment or pesticides when draining into the storm sewer.

If your pool is not connected to a sanitary sewer line for draining, the water must be de-chlorinated before releasing it into a storm drain. Under the La Palma City Code, fines for violations may range from \$100-\$1,000 per day for each violation.

For more information about storm drain contamination or to report a violation, call the City's Code Enforcement Division at (714) 690-3342. And remember, only rain down the drain!

Uh, Oh, Was That Poisonous?

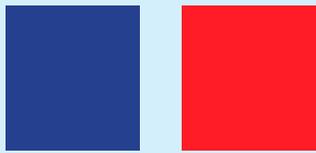
It's always better to be safe than sorry, so don't hesitate—call the California Poison Control System. Not only will you get a live voice, you'll be speaking directly to a highly trained poison specialist—nurse, pharmacist or medical toxicologist. You'll also have access to their highly advanced database, which can quickly provide the answer your child needs.

According to statistics compiled by the California Poison Control System, the three main culprits of childhood poisoning are medicine, household cleaning products and cosmetics. Acetaminophen and ibuprofen cause the highest numbers of medicine-related poisoning among children because of availability and accessibility. Estimates show more than 50 percent of poisonings occur between 0 and 5 years of age because young children explore the world with their mouths. Many are also able to unlock child-resistant caps, so it's recommended to keep all medications locked up and out of reach.

Are you going camping or planning an outing this summer? First, check with Poison Control or your pediatrician to be sure the insect repellent you've selected is age-appropriate for your child. Some are too strong for children. If you'll be spending time in the garden or on home improvement projects, watch your children carefully around pesticides, fertilizers and building supplies. Remember—poison may be ingested, inhaled or absorbed through the skin.

Wherever you go, take along your cell phone and the Poison Control number, just in case. Call if your child gets bitten or stung, touches or eats strange plants, or eats unfamiliar looking berries. You may even call if you have doubts about food poisoning.

To contact Poison Control, call (800) 876-4766 or (800) 8-POISON. For poison prevention education, please contact the California Poison Control System online at www.calpoison.org.



Summer

Events at the Library

La Palma Public Library

Summer Reading Programs

Readers of all ages will travel the globe this summer as the La Palma Public Library presents “One World, Many Stories” theme during their summer reading program held July 2 through July 30. There is a summer reading program for children (ages 2 – 12), as well as one for teens (ages 12 – 17) called “You Are Here” and for adults (18 and up) called “Novel Destinations”. You can join the Summer Reading Program anytime in July. Children, teens and adults can pick up a Reading Log starting June 28 but July 1st is the first day they can bring it back. As incentives for reading, there will be prizes, books and raffles for children and teens. Adults can put their name in for a prize drawing for every book read.



Story Times – Free

Toddler Story Time will be held on Monday mornings, from 11:30 a.m. – 12:15 p.m. on July 11, 18 and 25. There will be no story time in June or August. Toddler story time is aimed at children ages 2 – 4 and their caregivers, although children younger and older are welcome, which includes stories, music, movement and craft.

Family Story Time will be held on Tuesday evenings from 6:30 – 7:30 p.m. on July 12, 19 and 26. There will be no story time in June or August. Family Story Time is aimed at children ages 4 – 6 but all ages are welcome, which includes stories, movement, music and craft..

Read Orange County presents Family Story Time the first Tuesday evening of every month from 6:30 – 7:45 p.m. on June 7, July 5 and August 2. There will be stories, crafts, snacks and a free book for each child.

Summer Events

Pullin’ Strings – Cavalcade of Puppets

Wednesday, June 29

1:30 p.m. – 2:00 p.m.

A variety show featuring marionette puppets! This event will be held at the La Palma Community Center- Royal Palm Room.

John Abrams, Animal Magic Show

Wednesday, July 6

1:30 – 2:15 p.m.

A comedy magic show with live animals! This event will be held in the La Palma Central Park-Outdoor Pavilion.

Puppet Art Theater

Monday, July 11

1:30- – 2:15 p.m.

Three Billy Goats Gruff & Tortoise and the Hare Puppet Show. This event will be held at the La Palma Community Center- Royal Palm Room.

Around the World with the Balloon Storyteller

Monday, July 18

1:30 – 2:15 p.m.

Annie Banannie uses balloon costumes and props, to travel around the world with myths, legends and tall tales. This event will be held at the La Palma Community Center- Royal Palm Room.

One World Many Stories through Music

Wednesday, July 27

1:30 – 2:15 p.m.

One World Rhythm blends fun songs with group participation. All guests will use percussion instruments to make sound. This event will be held at the La Palma Community Center- Royal Palm Room.

Wonders of Wildlife – Destination: Animals.

Monday, August 1

1:30 p.m. – 2:30 p.m.

Join the edzoocator in a race around the globe to uncover weird, whacky and sometimes unbelievable superstitions and tales of animals in different countries. This interactive program includes a selection of live animals, music, magic and much more. This event will be held in the La Palma’s Central Park-Outdoor Pavilion.

Run for Fun

July 4, 2011



A healthy way to kick off your Fourth of July festivities! La Palma's Fitness Run for Fun is more than just another run: it's an opportunity to experience that small town/hometown sense of community; to share quality time with your family, neighbors, and friends; and to focus on health and wellness while participating in a quality running, walking, or strolling experience.

Monday, July 4
La Palma Central Park
7821 Walker Street

Times

- 6:00 am Check In & Late Registration begins
- 7:30 am Start of competitive 5K Run, 5K Walk, & 10K Run
- 7:30 am Kiwanis Pancake Breakfast
- 8:00 am Live Entertainment/Family Fun Zone open
- 8:30 am Yankee Doodle Dash (Non Competitive Kids Run)
- 9:00 am Awards Ceremony

Awards

\$100 Cash Card Awards will be presented to the overall first place male and female competitors in the 10K Run, 5K Run and 5K Walk.

1st, 2nd, and 3rd place commemorative awards will be presented in all competitive divisions for both men and women.

Course

Competitive Events: USATF sanctioned and certified flat and fast course on asphalt streets, well-marked and with ample water stations. Traffic will be controlled by the La Palma Police Department. 5K races are 1 loop (3.1 miles), 10K race is 2 loops (6.2 miles); Note: No 10K Walk. Split starts for the 5K Walk, 5K Run, and 10K Run ensure distance accuracy. ChampionChip timing system by Race Central means fast and accurate results. Official timing ends at 9:00 a.m.



Fees

Competitive Races

(5K Run/5K Walk/10K Run):

PRE-REGISTRATION (deadline 6/16/11):

\$29 Entry Fee with Commemorative T-Shirt (mail or walk-in)

\$25 Entry Fee Only (NO Shirt)

\$7 Yankee Doodle Dash (non competitive run for kids/T-shirt not included)

\$4 Pancake Breakfast Ticket

LATE ENTRY FEES (6/16 – 6/23):

\$35 Entry Fee Only— cash, check or credit card (credit card fees apply plus convenience fee)

\$10 Commemorative T-Shirt (can be purchased at the race, if available)

\$10 Yankee Doodle Dash (cash only on 7/4)

RACE DAY REGISTRATION:

Late Entry Fees apply. Credit Cards will be accepted however a credit card convenience fee is applied.

Yankee Doodle Dash & Family Fun Zone

8:30 a.m. – 10:30 a.m.

Introduce your kids to the joy of running with a race just for them! The Yankee Doodle Dash is a non competitive 4/10 of a mile run for kids ages 2 – 12 years old. Each participant will receive an official race bib and a participation medal. This race is designed for kids only; however, parents are allowed to run with their child if necessary. Registration is required for this race. This race is limited to 100, so register now!

The Family Fun Zone has plenty to do for families of all ages! Challenge your friends in our inflatable obstacle course, or race your family in a potato sack race, or challenge them in a tug-o-war match. Even the little ones will have fun with the patriotic arts and crafts. Join us and we'll guarantee a healthy and fun start to your 4th of July!

Refreshments

The La Palma Kiwanis Club will serve their annual Pancake Breakfast from 7:30 to 10:00 a.m. Proceeds benefit their many community activities and student scholarships. *Add a pancake breakfast ticket to your registration for the discounted price of \$4—on the day of the race, the ticket price will go up to \$5*

Register online –

**and save at www.cityoflapalma.org
\$24 Online Entry Fee with
Commemorative T-Shirt (credit card
fees apply)**

Flyer Distribution by:



Sanctioned by:



Register Online:
www.cityoflapalma.org



ChampionChip
Timing by:



Entry Form

Complete the entry form (please print) and return with check payable to the City of La Palma, 7821 Walker St., La Palma, CA 90623

RACE DIVISION

- 5K Walk 5K Run 10K Run Yankee Doodle Dash
- 13 Yrs & under 35-39 yrs 60-65 yrs
 14-17 yrs 40-44 yrs 66-69 yrs
 18-24 yrs 45-49 yrs 70-75 yrs
 25-29 yrs 50-54 yrs 76 yrs & over
 30-34 yrs 55-59 yrs

Yes, I want a shirt(s)
Indicate sizes and number of shirts in each size.

Small _____
 Medium _____
 Large _____
 X-large _____
 XX-Large _____
 Youth Med. _____

Official Use

Receipt # _____
 Fee _____
 Initials _____

Pancake Breakfast Tickets
 # _____ x \$4.00 = \$ _____

First Name _____ Sex _____ Age _____

Last Name _____

Daytime Telephone _____ Ext. _____

Address _____

City _____ State _____ Zip Code _____

Email _____

In consideration of your accepting my entry, intending to be legally bound, I do hereby for myself, my heirs, executors, and administrators, waive and release forever any and all rights and claims for damages I may accrue against the City of La Palma, USATF, and any and all sponsors of this race, their successors, representatives and assigns for any and all injuries suffered by me while traveling to and from and participating in the 2011 La Palma Fitness Run for Fun to be conducted July 4, 2011. I further attest that I am physically fit and have sufficiently trained for the completion of this run/walk.

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.

Participant's Signature _____

Date _____

(Parent/Guardian must sign if participant is under 18 years of age)
 ONE ENTRY FORM PER PARTICIPANT



Activity Guide

Toddlers / Preschool

Camps



Camp Tiny Tots

Age: 3 – 5 (Pre-K)

Our newest summer camp for your younger children, ages 3 to 5, is designed to keep them active this summer. Camp Tiny Tots is filled with games, crafts, songs, special activities, physical fitness, and parent-participation excursions. Each Camp session is two weeks on Monday/Wednesday or Tuesday/Thursday from 9 a.m. – 1 p.m. Tiny Tots should bring their lunch each day. At the end of each session, an optional parent-participation excursion to local places of interest will be held for Tiny Tots in either camp. All excursions are an additional cost.

Time: 9:00 a.m. – 1:00 p.m.

Locations: Pygmy Date

Fee/Weeks: \$40/2 weeks

Themes and Excursions:

“Down on the Farm”

8497	Monday/Wednesday	6/20-7/1
8498	Tuesday/Thursday	6/21-7/1
	Excursion: Santa Ana Zoo	7/1

“Bugs Bonanza”

8499	Monday/Wednesday	7/6-7/15	*No Camp 7/4
8500	Tuesday/Thursday	7/5-7/15	
	Excursion: Discovery Science Center	7/15	

“Diggin’ Dinosaurs”

8501	Monday/Wednesday	7/18-7/29
8502	Tuesday/Thursday	7/19-7/29
	Excursion: Ralph B. Clark Regional Park	7/29

“Under the Sea”

8503	Monday/Wednesday	8/1-8/12
8504	Tuesday/Thursday	8/2-8/12
	Excursion: Splash	8/12



Parent and Tot Preschool Practice

Age: 18 mos – 5 years

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 gross motor skill improvement through creativity, crafts and activities. Parent/guardian participation is required. A \$3 material fee is payable to the instructor at first class meeting for materials.

Instructor: K. Schooner

Location: Sago Palm

Code	Age	Days	Dates	Time	Fee/Weeks
8214	18 mos - 3	Th	7/21-8/25	9:30-10:30 a.m.	\$42 / 6
8215	2.5-5	Th	7/21-8/25	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 the 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
8218	T	6/14-7/19	4:00-4:45 p.m.	\$36 / 6
8219	T	7/26-8/30	4:00-4:45 p.m.	\$36 / 6

Music/Art

Kids Love Music

Age: 4 mos – 4 years

This class is an interactive, fun time with your child exploring singing, dancing, puppet play, rhythm instruments and instrumental jam sessions. Along the way they will experience creativity and social, cognitive and motor development. Classes are for kids: 1 – 4 years, Toddlers: 1 – 2 years and Babies: 4 – 14 mos (not walking). An optional \$20 materials fee for CD, Rhythm instrument and Harmonica (kids) or Scarf (babies). Adult participation required. Visit us online: www.KidsLoveMusic.net.

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

Instructor: K. Greeno

Location: Cypress CC

Code	Age	Days	Dates	Time	Fee/Weeks
8220	4-14 mos	Th	7/7-8/11	3:30-4:00 p.m.	\$66 / 6
8221	1-2	Th	7/7-8/11	4:15-4:45 p.m.	\$66 / 6
8222	1-4	Th	7/7-8/11	5:00-5:45 p.m.	\$66 / 6



Young Rembrandts: Preschool Drawing Class

Age: 3.5 – 5

Preschoolers are eager to learn and a joy to teach! Young Rembrandts instructors provide a nurturing and strong learning environment that expands preschoolers' image vocabulary as they draw familiar images and subject matter. We will concentrate on the skill of drawing and coloring while developing fine motor skills, focusing, listening, staying on task, patience and spatial organization. We provide all materials and teach new lessons each week, even for previous Young Rembrandts students!

Instructor: Young Rembrandts					Location: Fan Palm
Code	Days	Dates	Time	Fee/Weeks	
8226	TH	6/16-7/7	2:15-3:00 p.m.	\$48 / 4	
8227	TH	7/21-8/11	2:15-3:00 p.m.	\$48 / 4	

Fitness

TriFytt Soccer

Age: 2 – 7

Here is a great chance for kids to play soccer! This class is designed to motivate children to be active and healthy while giving them the fundamental skills needed to succeed and grow in soccer. Every child will be given a camp shirt.

Instructor: Trifytt Sports						Location: Central Park
Code	Age	Days	Dates	Time	Fee/Weeks	
8229	2-3	Th	7/21-8/18	5:00-5:30 p.m.	\$49 / 5	
8230	3-4	Th	7/21-8/18	5:30-6:15 p.m.	\$49 / 5	
8231	5-7	Th	7/21-8/18	6:15-7:00 p.m.	\$49 / 5	

Anaheim Ice Parent and 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. There must be one parent and one child per class. The fee 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	
8232	SAT	6/25-7/23*	11:45-12:15 p.m.	\$39 / 4	
8233	SAT	7/30-8/27*	11:45-12:15 p.m.	\$39 / 4	

*No class: 7/2, 8/13

Anaheim Ice Skating For Tots

Age: 3 – 5

Join the fun at Anaheim ICE with 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
8234	W	6/22-7/20*	4:30-5:00 p.m.	\$39 / 4
8235	SAT	6/25-7/23*	10:15-10:45 a.m.	\$39 / 4
8236	W	7/27-8/24*	4:30 -5:00 p.m.	\$39 / 4
8237	SAT	7/30-8/27*	10:15-10:45 a.m.	\$39 / 4

*No class: 7/2, 7/6, 8/10, 8/13





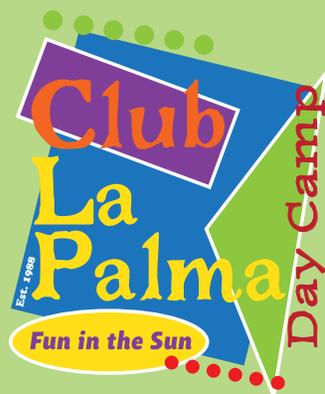
Activity Guide

Youth Specialty Camps

Club La Palma Summer Day Camp

Age: 5 – 12

Location: G.B. Miller Elementary School
Our dynamic Summer Day Camp is designed to keep your child active this summer! Club La Palma is filled with action-packed activities and exciting excursions such as Disneyland, Wild Rivers and the Columbia Memorial Space Center 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. Registration forms are now available. Reserve your space now, you won't find a better deal than this!



- The all inclusive weekly fee of \$107 includes a Club La Palma T-shirt, a trip to Peak Park Pool, daily snack and drink, excursion to a local place of interest, and trained and caring Day Camp staff and Volunteers.
- A non-refundable/non-transferable deposit of \$20 per child is required to reserve future day camp weeks.
- The deposits are applicable to the week reserved and will require the remainder of payment (\$87 for all weeks except the July 5 – 8, which will be \$67) by the Monday prior to the week reserved.

Theme Weeks and Excursions:

8200	June 20-June 24	"Ready, Set, Go"	
	June 23	Newport Beach Dunes	
8201	June 27-July 1	"101 Ways to Have Fun"	
	June 30	Disneyland	
8202	July 5-8	"Splish Splash"	*No Camp on July 4
	July 7	Wild Rivers	
8203	July 11-15	"Ahoy Matey"	
	July 14	Pirate's Show & Bowling	
8204	July 18-22	"All Stars"	
	July 21	Angel's Baseball Game	
8205	July 25-29	"Yeekaw! Go Green"	
	July 28	Knott's Berry Farm	
8206	August 1-5	"Under the Sea"	
	August 4	Aquarium of the Pacific	
8207	August 8-12	"Mystery Magic"	
	August 11	Universal Studios	
8208	August 15-19	"Fun in the Sun"	
	August 18	Seaside Lagoon	
8209	August 22-26	"Blast from the Past"	
	August 25	Columbia Memorial Space Center	

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

Tiny Cheerleaders Camp

Age: 4 – 7

Come join us for some fun with cheer FUNDamentals for our littlest cheerleaders! Perfect for first timers, this camp is formatted by dance professional and former NFL cheerleader, Kim Esmond, and teaches basic cheer motions, jumps, dances and chants. This mini-camp has lots of music such as High School Musical and Disney favorites, crafts, games, team building and lots of moving and shaking! Participants will perform for parents and friends on the last day of camp. A material fee of \$20 includes supplies needed to make cheer spirit props such as megaphones and team spirit props.

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
8238	M-F	8/1-8/5	10:00-12:00 p.m.	\$99 / 1

Cheerleading and Pom Camp

Age: 8 – 11

Come join the professionals for a summer camp full of cheering, fun and spirit! Perfect for those who would like to try cheer or want more summer instruction this camp is formatted by award winning coach and former NFL cheerleader, Kim Esmond. In these camp cheerleaders will learn arm motions, jumps, chants, fun pom dances, flexibility training, performance skills and touches on nutrition. Camp also includes lots of fun games, crafts and team building activities. Participants will perform for parents and friends on the last day of camp. A material fee of \$20 includes supplies needed to make cheer spirit props such as megaphones and team spirit props. Participants should wear clothes suitable for dance including tennis shoes and bring water, a snack and sunscreen.

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
8239	M-F	8/1-8/5	1:00-4:00 p.m.	\$119 / 1





Chess Wizards Summer Camp



Age: 6 – 15

Have fun learning the fundamentals of Chess! Your child will enjoy games and activities throughout the day led by the most energetic members of our staff. Activities include: chess lessons, puzzles, Wizard Says, Bug House, Mirror, Fisher, Take Me, Charades and More! Each child will also receive a Chess Board; which all of their new friends can sign on the last day of camp. In addition, each child will receive a trophy and the NEW Chess Wizards T-Shirt, plus a folder containing all of the puzzles that they completed at camp. A Half day and full day camp is offered. All camps include snack time. Morning Session is held at Ehlers Community Center located at 8150 Knott Ave. Afternoon session is held at La Palma Community Center located at 7821 Walker St.

Lunch Break during the full day camp is from 12:00 p.m. to 1:00 p.m. Parents must pick up child for lunch and transport from Buena Park to La Palma.

Instructor: A. Ischenko				Location: Ehlers CC/Fan Palm
Code	Days	Dates	Time	Fee/Weeks
8240	M-F	6/27-7/1	9:00-12:00 p.m.	\$200 / 1
8241	M-F	6/27-7/1	1:00-4:00 p.m.	\$200 / 1
8242	M-F	6/27-7/1	9:00-4:00 p.m.	\$330 / 1

Star Wars Theme Camp

Age: 6 – 12

It's Jedi training time at Camp! Learn how to use the force and to operate a Light saber. Campers will build a Jedi Costume, be issued a practice saber, and taught the positive aspects of being a Jedi. Basic stage combat will be taught for safe saber sparring. Yoda will help us get in tune with the force, crafts will build our Jedi arsenal, and Jedi games and competitions will be held to help strengthen our commitment to the force.

Instructor: Edutainment Arts				Location: Gazebo
Code	Days	Dates	Time	Fee/Weeks
8243	T-F	7/5-7/8	9:00-1:00 p.m.	\$129 / 1

Junk Yard Camp



Age: 6 – 12

People hundreds of years ago used items that they had to create from sling shots to flowerpots. Working as individuals and in teams you will compete against each other to build different items such as a box car, sling shots, games, or devices to catch things. Use the items that you have created to have on giant competition! (All items subject to change).

Instructor: Edutainment Arts				Location: Gazebo
Code	Days	Dates	Time	Fee/Weeks
8244	M-F	6/20-6/24	9:00-12:00 p.m.	\$129 / 1

Crazy Chem Works



Age: 5 – 12

Come and discover what it's like to be a real scientist and work in a Mad Science Lab. We will experiment with different chemicals and tools to see what interesting and crazy reactions we can create! Students will explore acids and bases and reveal the secret recipe of slime. By the end of the week the Jr. Mad Scientist will have their very own chemistry set so they can perform their own experiment at home!

Instructor: Mad Science Staff				Location: King Palm
Code	Days	Dates	Time	Fee/Weeks
8377	M-F	7/11-7/15	9:00-12:00 p.m.	\$135 / 1

Nasa: Jr. Space Explorers



Age: 5 – 12

This NASA Camp is "Out of this World"! Join our Academy of Future Space Explorers as you prepare to explore the galaxy. Build your own model rocket, race a balloon rocket, and then see the real thing—a rocket launch up to 300 ft. in the air! Make and take home your own comet, Shuttle Copter, glow-in-the-dark Bead Dipper and much more! Participants will see comets up close (as one is formed before your eyes), use teamwork to complete important space missions and build a model space station, travel to the end of the rainbow, and make a sunset.

Instructor: Mad Science Staff				Location: King Palm
Code	Days	Dates	Time	Fee/Weeks
8378	M-F	8/8-8/12	9:00-12:00 p.m.	\$135 / 1

Jr. Engineering



Age 7 – 10

Great hands-on learning and building. Students will creatively build and modify machines through basic engineering skills using our unique LEGO® kits. Concepts covered: Basic Engineering principles, simple machines, forces in motion, problem solving and communication skills. Students work in pairs – 1 kit per pair.

Instructor: All About Learning Staff				Location: King Palm
Code	Days	Dates	Time	Fee/Weeks
8381	M-F	7/25-7/29	9:00-12:00 p.m.	\$149 / 1
8382	M-F	8/1-8/5	9:00-12:00 p.m.	\$149 / 1

Elementary Engineering



Age 9 – 12

Students will creatively build and modify machines through basic engineering skills using our unique LEGO® kits. This is an integrated science and math class. Concepts covered: Basic Engineering principles, simple machines, forces in motion, problem solving and communication skills. Students work in pairs—1 kit per pair.

Instructor: All About Learning Staff				Location: Sago Palm
Code	Days	Dates	Time	Fee/Weeks
8383	M-F	7/25-7/29	1:00-4:00 p.m.	\$149 / 1
8384	M-F	8/1-8/5	1:00-4:00 p.m.	\$149 / 1



Activity Guide

Youth / Teens

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 contact the instructor before 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
8245	TH	6/23-7/21*	4:00-5:00 p.m.	\$35 / 4
8246	TH	8/4-9/1*	4:00-5:00 p.m.	\$35 / 4

*No class 7/14, 8/18

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
8248	T	7/5-7/26	4:30-5:30 p.m.	\$39 / 4
8249	T	8/2-8/23	4:30-5:30 p.m.	\$39 / 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
8250	T	7/5-7/26	5:30-6:30 p.m.	\$39 / 4
8251	T	8/2-8/23	5:30-6:30 p.m.	\$39 / 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 the first day of class 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
8252	6-7	M	6/20-7/25*	3:30-4:00 p.m.	\$60 / 5
8253	8-14	M	8/1-8/29	3:30-4:00 p.m.	\$60 / 5

*No class 7/4

Intermediate Piano

Age: 6 – 14

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

Instructor: The Music Academy

Location: Fan Palm

Code	Days	Dates	Time	Fee/Weeks
8254	M	6/20-7/25*	4:00-4:50 p.m.	\$60 / 4
8255	M	8/1-8/29	4:00-4:50 p.m.	\$60 / 4

*No class 7/4

Beginning Acting/Musical Theatre



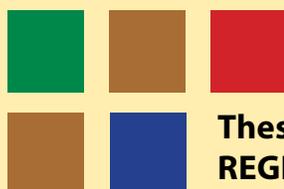
Age: 4 – 10

Does your child enjoy acting and singing? This class is designed to introduce children to performing in a no pressure atmosphere. There are no auditions, however, children will learn to audition, prepare lines, and memorize songs. Proper vocal techniques will be taught. Class ends with a fun musical called “E-I-E-I-O!”, which is a fun musical centered around a cow that won’t moo. There is a material fee of \$8 (cash only) which covers the script and practice CD. Parents will be asked to assist with student’s costuming which will be simple. A performance will be held on the last day of class at 2:15 p.m.

Instructor: The Music Academy

Location: Cypress CC

Code	Days	Dates	Time	Fee/Weeks
8256	W	6/29-8/17	2:00-2:45 p.m.	\$65 / 8



**These Classes Fill Fast
REGISTER ONLINE TODAY**



Youth / Teens

Young Rembrandts: Elementary Drawing Class

Age: 6 – 12

Our elementary-age curriculum is designed to teach basic to advanced drawing skills, art techniques and vocabulary. We believe that drawing is the bedrock skill required for future artistic success. We give students skills to express their creativity, and believe that all children can, and should learn to draw. We provide all the materials and teach new lessons each week, even for previous Young Rembrandts students! You'll see increased art abilities, learning skills, self-confidence, and self esteem in your child.

Instructor: Young Rembrandts			Location: Pygmy Palm	
Code	Days	Dates	Time	Fee/Weeks
8258	TH	6/16-7/7	3:00- 4:00 p.m.	\$48 / 4
8259	TH	7/21-8/11	3:00- 4:00 p.m.	\$48 / 4

Young Rembrandts: Cartooning Class

Age: 6 – 12

Learning to draw can be fun, especially when we create silly characters, funny expressions, and drawing sequences that tell a joke! This delightful program combines Young Rembrandts' innovative step-by-step drawing method with light-hearted subject matter that engages children, their sense of humor, and their vivid imaginations. We provide all materials and teach new lessons each week even for previous Young Rembrandts students!

Instructor: Young Rembrandts			Location: Pygmy Palm	
Code	Days	Dates	Time	Fee/Weeks
8260	TH	6/16-7/7	4:00-5:00 p.m.	\$48/4
8261	TH	7/21-8/11	4:00-5:00 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, and a special participation award. The Pee Wee Baseball season starts June 20.

Instructor: Recreation Staff			Location: Central Park	
Code	Days	Dates	Time	Fee/Weeks
7972	MW	6/20-8/10	4:45-6:00 p.m.	\$75 / 8
*No Class 7/4				

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. Our 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
8262	WF	6/17-7/6	3:30-4:30 p.m.	\$40 / 3
8263	WF	7/15-8/3	3:30-4:30 p.m.	\$40 / 3
8264	WF	8/12-8/31	3:30-4:30 p.m.	\$40 / 3

Dance

Hip Hop After Homework

Age: 5 – 17

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 also 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 students will be prepared for simple freestyle and to perform some basic choreography.

Instructor: M. Jacob			Location: Royal Palm		
Code	Age	Days	Dates	Time	Fee/Weeks
8271	5-7	T	6/21-7/26*	5:30-6:15 p.m.	\$50 / 5
8272	8-9	T	6/21-7/26*	6:15-7:00 p.m.	\$50 / 5
8273	10-17	T	6/21-7/26*	7:00-7:45 p.m.	\$50 / 5
8274	5-7	T	8/2-8/30	5:30-6:15 p.m.	\$50 / 5
8275	8-9	T	8/2-8/30	6:15-7:00 p.m.	\$50 / 5
8276	10-17	T	8/2-8/30	7:00-7:45 p.m.	\$50 / 5
*No Class 7/5					



Activity Guide

Youth / Teens

Music

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
8277	T	7/12-8/16	3:00-5:00 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
8278	T	7/12-8/16	5:00-5:45 p.m.	\$30 / 6

Fitness

Jump Start Youth Basketball Clinic



Age: 10 – 13

Participants will learn the basic and advanced fundamentals of basketball while learning how to play in a team environment. These skills will include shooting, passing, ball handling, transition/fast break play, defense and rebounding.

Instructor: J. Crosby					Location: Basketball Courts
Code	Age	Days	Dates	Time	Fee/Weeks
8379	10-11	T	6/21-8/18	5:00-6:30 p.m.	\$110 / 8
8380	12-13	T	6/21-8/18	6:30-8:00 p.m.	\$110 / 8
*No class 7/26					

Junior Karate

Age: 8 – 14

Karate at the 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. 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
8265	TTH	6/21-7/7	4:30-5:30 p.m.	\$45 / 3
8266	TTH	7/12-7/28	4:30-5:30 p.m.	\$45 / 3
8267	TTH	8/2-8/18	4:30-5:30 p.m.	\$45 / 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 the 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. 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
8268	MW	6/20-7/11*	4:30-5:30 p.m.	\$45 / 3
8269	MW	7/18-8/3	4:30-5:30 p.m.	\$45 / 3
8270	MW	8/15-8/31	4:30-5:30 p.m.	\$45 / 3
*No class: 7/4				





Youth / Teens

Tennis

Age: 4 – 14

It's Time to jump into action with our tennis classes for all ages! Instructor Patrick McConnell and his staff take time with each student to teach tennis skills such as: footwork, serving, ground strokes, and hitting; all while instilling good sportsmanship. Bring your own racket and \$15 supply fee to the first class. This supply fee covers the cost of machine rentals, towers, balls, and session awards.

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

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

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

Instructor: P. McConnell Location: Tennis Courts

Code	Level	Age	Days	Dates	Time	Fee/Weeks
8279	1-2	4-6	Su	6/19-8/14*	4:30-5:00 p.m.	\$74 / 8
8280	1-2	7-14	Su	6/19-8/14*	5:00-6:00 p.m.	\$94 / 8
8281	2-3	8+	Su	6/19-8/14*	6:00-7:30 p.m.	\$104 / 8
8282	1-2	7-14	W	6/22-8/10	5:00-6:00 p.m.	\$94 / 8
8283	2-3	8+	W	6/22-8/10	6:00-7:30 p.m.	\$104 / 8

*No class: 7/3

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
8287	W	6/22-7/20*	5:00- 5:30 p.m.	\$39 / 4
8288	SAT	6/25-7/23*	10:15-10:45 a.m.	\$39 / 4
8289	W	7/27-8/24*	5:00- 5:30 p.m.	\$39 / 4
8290	SAT	7/30-8/27*	10:15-10:45 a.m.	\$39 / 4

*No class: 7/2, 7/6, 8/10, 8/13

Hockey Skating Skills

Age: 6 – 16

Want to play hockey but don't know where to start? Learn the 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
8291	W	6/22-7/20*	6:15- 6:45 p.m.	\$39 / 4
8292	W	7/27-8/24*	6:15- 6:45 p.m.	\$39 / 4

*No class: 7/6, 8/10



Freestyle Jump Rope

Age: 6 – 16

This class is an introduction to the exciting sport of Jump Rope. Learn individual and pairs skills, Double Dutch, single rope speed/power, Long Rope, and Chinese Wheel. There are hundreds of jump rope tricks and combinations that you can learn. Jumpers will learn how to put together their own jump rope routine and perform it with music. Jumpers will also be encouraged to participate in local jump rope competitions. Any level jumper is welcome to join this class. Jump rope is a lot of fun and will help increase self-esteem and fitness levels, which will help them excel at other sports. Come prepared with appropriate running/athletic shoes, snacks and water. Class is taught by the USA Jump Rope Region 8 Champions, The Jumping Coyotes, and coach Rich Neder.

Instructor: R. Neder Location: Sago Palm

Code	Days	Dates	Time	Fee/Weeks
8375	W	6/22-7/13	6:30-7:30 p.m.	\$35 / 4
8376	W	7/20-8/17*	6:30-7:30 p.m.	\$35 / 4

*No class: 8/3





Activity Guide

Teens / Adult

The Hub



Come down to The Hub for public computer and internet access, Wii, XBOX, cards, games, puzzles, books, ping pong, and much more!

Location: 5414 La Palma Ave, La Palma

Hours: Monday – Friday
2 p.m. – 6 p.m.

Teens Schedule: Mondays: XBOX Tournaments
Tuesdays: Wii Tournaments
Wednesdays: Ping Pong Tournaments
Thursdays: Board Game Tournaments
Fridays: Arts and Crafts

Youth Action Committee (YAC)

YAC consists of teens, in grades 9 – 12, attending the surrounding local high schools. YAC members are required to perform a minimum of 40 hours of volunteer services throughout the school year in our various programs and activities. This is a great opportunity for teens that need both community service hours to graduate and want to help their community. For more information visit our website. Applications are now available at the La Palma Recreation and Community Services Department as well as online at CityofLaPalma.org.

Do you want Volunteer hours?

If you are wondering what you are going to do this summer or simply need volunteer hours. Look no further because the City of La Palma Recreation and Community Services has something for you! We are always looking for smiling faces to assist recreation staff with numerous activities throughout the city.

We could especially use your help with our Youth Sports Programs!

Volunteer hours are limited so make arrangements as soon as possible! For more information, please call (714) 690-3350.



Educational

Drivers Education

Age: 14 – 18

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

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

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

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

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

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

Instructor: T. Zertuche			Location: Home Study/Internet
Code	Days	Dates	Fee/Weeks
8293	Home Study	6/16-8/31	\$91
8294	Internet	6/16-8/31	\$75

Art/Music

Ukulele: Kanikapili Okalana

Age: 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 47 years of professional experience. Supplies Required: Ukulele and music stand. A \$2.50 material fee is payable to the instructor at the first class.

Instructor: H. Kamae				Location: Sago Palm
Code	Days	Dates	Time	Fee/Weeks
8295	W	6/22-7/20	7:30-9:00 p.m.	\$45 / 5
8296	W	7/27-8/24	7:30-9:00 p.m.	\$45 / 5



Scrapbooking

Age: 16+

Scrapbooking comes in many different styles and colors. Learn new ways to use your tools and scrap book supplies. Shabby Chic/Vintage is the newest craze using many of the die cut machine, distressed inks, glitter and more. Come and learn how to make your scrapbooks, alter books, simple project and more come alive with a interactive twist.

Instructor: W. Jackson				Location: Fan Palm
Code	Days	Dates	Time	Fee/Weeks
8297	M	6/20-7/25*	6:30-8:30 p.m.	\$40 / 5
8298	M	8/1-8/29	6:30-8:30 p.m.	\$40 / 5
*No class: 7/4				

Summer Scrapbook Crop Day



Age: 16+

Come and join your friends in a day of fun and crop until the summer sun goes down! Each participant will receive 3 feet of space to crop. Be sure to bring all your tools, adhesive, paper and supplies to complete your project. This is a great opportunity to complete those projects that you've started! In addition to scrapbooking time, there will be two Make & Takes (an additional \$1.50 each payable to the instructor day of) and door prizes provided by local Scrapbook Stores. You won't want to miss the fun so register now! Class size is limited to 25.

Instructor: W. Jackson				Location: Royal Palm
Code	Days	Dates	Time	Fee/Weeks
8385	S	6/11	10:30-6:30 p.m.	\$10

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 Vertifirm concept. Vertifirm (with optional hand-held and/or ankle weights) maximizes lower body strength and toning; it takes leg and thigh work up off the floor and combines it with upper body conditioning to burn more calories and fat. Participants should wear comfortable clothing; good jogging or cross-training shoes and bring a towel or mat.

The Monday, Wednesday and Saturday "Pay As You Go" class fee is \$6 per class. Payments: Although you may pay for the entire Aerobic session at registration, we have a payment schedule for your convenience. Instead of paying for the entire session at once, you may pay in two affordable payments. The first payment of \$50 is due on June 20, and the second payment of \$45 is due by August 1.

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
8299	MW	6/20-8/31*	5:45-6:45 p.m.	\$105 / 11
8300	MW	6/20-7/27*	5:45-6:45 p.m.	\$55 / 6
8301	MW	8/1-8/31	5:45-6:45 p.m.	\$50 / 5
Pay as you go	SAT	6/25-8/27	8:30-9:45 a.m.	\$6 / 1 day
Pay as you go	MW	6/20-8/31*	5:45-6:45 p.m.	\$6 / 1 day
*No class on 7/4				

Belly Dance For Fitness

Age: 14+

Belly Dancing is the new way to exercise and is becoming one of the hot, new work-out trends in the US. If you are looking for a new way to break out of your fitness routine and have fun at the same time, then this class is what you been looking for. A fusion of belly dance moves and aerobics engaging in cardio dance activities (shimmies) will develop stamina and build the muscle essential for belly dancing such as the core. Classes will end up with a proper gentle cool down, some yoga moves to develop flexibility and floor exercise to strengthen the abs. No belly dance experience needed, please bring a yoga mat, no shoes required (ballet sleepers or jazz shoes ok). Wear comfortable clothing.

Instructor: P. Peterson				Location: Sago Palm
Code	Days	Dates	Time	Fee/Weeks
8302	Th	7/7-7/28	6:00-7:00 p.m.	\$34/4
8303	Th	8/4-8/25	6:00-7:00 p.m.	\$34/4

Adult Tae Kwon-Do

Age: 15+

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

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

Instructor: A. Jafari				Location: MA Center
Code	Days	Dates	Time	Fee/Weeks
8304	MW	6/20-7/11*	6:30-7:30 p.m.	\$45 / 3
8305	MW	7/18-8/3	6:30-7:30 p.m.	\$45 / 3
8306	MW	8/15-8/31	6:30-7:30 p.m.	\$45 / 3
*No class on 7/4				

Adult Karate

Age: 15+

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

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

Instructor: A. Jafari				Location: MA Center
Code	Days	Dates	Time	Fee/Weeks
8307	TTH	6/21-7/7	5:30-6:30 p.m.	\$45 / 3
8308	TTH	7/12-7/28	5:30-6:30 p.m.	\$45 / 3
8309	TTH	8/2-8/18	5:30-6:30 p.m.	\$45 / 3



Activity Guide

Adult

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 "meditation 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
8310	TTH	6/21-7/7	6:30-7:30 p.m.	\$45 / 3
8311	TTH	7/12-7/28	6:30-7:30 p.m.	\$45 / 3
8312	TTH	8/2-8/18	6:30-7:30 p.m.	\$45 / 3

Yoga/Pilates Fitness Class

Age: 14+

You have probably heard that yoga is good for you. Maybe you have even tried yoga and discovered that it makes you feel better. Yoga through meditation works remarkably to achieve mind/body harmony. Classes will focus on achieving physical balance and coordination by reducing stress and increasing strength and flexibility. Yoga poses and stretching exercises are combined with some light weight training. A great class to get in shape quickly and safely! Class is taught by a Certified Yoga Instructor.



Instructor: Chopra/Seyller				Location: MA Center
Code	Days	Dates	Time	Fee/Weeks
8313	MW	6/20-7/11*	7:30-8:30 p.m.	\$55 / 3
8314	MW	7/18-8/3	7:30-8:30 p.m.	\$55 / 3
8315	MW	8/15-8/31	7:30-8:30 p.m.	\$55 / 3

*No class on 7/4

Women's Self Defense

Age: 14+

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

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

Instructor: A. Jafari				Location: MA Center
Code	Days	Dates	Time	Fee/Weeks
8316	F	6/17-7/1	5:30-6:30 p.m.	\$45 / 3
8317	F	7/15-7/29	5:30-6:30 p.m.	\$45 / 3
8318	F	8/12-8/26	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
8319	W	6/22-7/20*	7:00-7:30 p.m.	\$39 / 4
8320	W	7/27-8/24*	7:00-7:30 p.m.	\$39 / 4

*No class: 7/6, 8/10

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 Markopolos				Location: Tae Kwon Do
Code	Days	Dates	Time	Fee/Weeks
8321	TTH	6/2-6/30	7:00-8:00 p.m.	\$40 / 4
8322	TTH	7/5-7/28	7:00-8:00 p.m.	\$40 / 4
8323	TTH	8/2-8/30	7:00-8:00 p.m.	\$40 / 4

Power Burn

Age: 13+

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

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

Instructor: Master Markopolos				Location: Tae Kwon Do
Code	Days	Dates	Time	Fee/Weeks
8327	M/TH	6/2-6/30	7:00-7:45 p.m.	\$40 / 4
8328	M/TH	7/7-7/28	7:00-7:45 p.m.	\$40 / 4
8329	M/TH	8/2-8/30	7:00-7:45 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
8330	T	6/14-7/19	5:00-6:00 p.m.	\$28 / 6
8331	T	7/26-8/30	5:00-6:00 p.m.	\$28 / 6

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, and 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 and bring a water bottle. Please bring 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
8332	T	6/14-7/19	6:00-7:00 p.m.	\$28 / 6
8333	T	7/26-8/30	6:00-7:00 p.m.	\$28 / 6

Zumba

Age: 18+

Zumba is not only great for the body but it is also great for the mind. It is a "feel-happy" workout. This class offers a dynamic core workout, high calorie expenditure and easy, non-intimidating learning environment. You will achieve a high level of "feeling good". Wear comfortable clothes and bring a water bottle.

Instructor: L. Li				Location: Royal Palm
Code	Days	Dates	Time	Fee/Weeks
8356	W	6/29-7/27	7:30-8:30 p.m.	\$39/5
8357	W	8/3-8/31	7:30-8:30 p.m.	\$39/5



Raw Cardio Boot Camp



Age: 18+

Raw Cardio Boot Camp is designed and taught by Michael Jacob who has close to 20 years of experience in physical fitness. He believes the key to getting into shape is dedication, but the key to staying in shape is combination of intensity and enjoyment. This class will teach the discipline you need while offering a great combination of intensity and enjoyment to get into the shape you have always wanted. Michael's motto to getting rid of problem areas is to "attack that mess." Boot Camp will be offered 3 days a week for your convenience and will teach you workouts that you are able to do on your own. Whether you choose to pay per class, pay weekly, or pay monthly, you will be given exercise routines that you are encouraged to do throughout the week to ensure the best results. If you have desired to get into shape but have lacked the knowledge or discipline to do so, this class is for you. Getting into shape may not be easy, but it is attainable!

Instructor: M. Jacob				Location: Royal Palm
Code	Days	Dates	Time	Fee/Weeks
8386	T/TH	6/16-8/31	7:45-8:30 p.m.	\$100/10
	S		10:30-11:15 a.m.	
8387	T/TH	6/16-7/21	7:45-8:30 p.m.	\$60/5
	S		10:30-11:15 a.m.	
8388	T/TH	7/28-8/31	7:45-8:30 p.m.	\$60/5
	S		10:30-11:15 a.m.	
Pay as you go	T/TH	6/16-7/21	7:45-8:30 p.m.	\$15/per wk
	S		10:30-11:15 a.m.	
Pay as you go	T/TH	6/16-7/21	7:45-8:30 p.m.	\$8/per day
	S		10:30-11:15 a.m.	

Educational

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
8334	T	7/26-8/30	7:15-8:30 p.m.	\$38 / 6



Activity Guide

Adult

Gemology for Sweethearts

Age: 18+

Learn about precious metals and diamond basics before you shop for a ring. This course will cover the pros and cons of the various diamond cuts; gold, platinum, and titanium; trendy 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
8335	T	6/7	6:30-9:30 p.m.	\$22

Parent Talk—Raising Confident and Responsible Kids



Age: 18+

Parents are taught highly effective and respectful techniques to set limits, create appropriate consequences, build confidence, promote independence, and reduce conflict with their children. Parents are taught specific verbal skills that empower and equip them to raise responsible, respectful children. Improve all family relationships and enhance self esteem through the use of "Parent Talk" strategies. This class is applicable to parents with children of ALL ages. A \$10 workbook fee is payable to instructor the first day of class.

Instructor: K. Salazar				Location: Fan Palm
Code	Days	Dates	Time	Fee
8336	T	7/12-8/16	9:30-11:10 a.m.	\$75/6
8337	W	7/13-8/17	7:00-9:00 p.m.	\$75/6

Dance

Belly Dancing

Age: 16+

Oriental Dance or Raqs Sharqi (pronounced Roks Sharkee, Dance from the East) most commonly known as Belly Dance, is characterized by its intricate hip movements and is known to strengthen the abdominal muscles. 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 muscles, while learning this ancient form of art, safe for all ages. Wear comfortable clothing (no jeans please).

Instructor: P. Peterson				Location: Sago Palm
Code	Days	Dates	Time	Fee/Weeks
8338	T	7/5-7/26	7:30-8:30 p.m.	\$32/4
8339	T	8/2-8/30	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 Senior Center, 9031 Grindlay St..

Instructor: J. Karter				Location: Cypress CC
Code	Days	Dates	Time	Fee/Weeks
8340	M	6/20-8/1	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
8341	M	6/20-8/1	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
8342	M	6/20-8/1	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: Ehlers CC
	Code	Days	Dates	Time	Fee/Weeks
LEVEL I	8343	S	6/4-7/9	9:00-10:00 a.m.	\$42 / 6
LEVEL II	8344	S	7/23-8/27	10:00-11:00 a.m.	\$42 / 6



Adult

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
8345	T	6/14-7/19	7:15-8:30 p.m.	\$36 / 6 (\$60/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, and how to get more out of your camera (take it off Auto)! Lessons will include how to create craft photos and cut out photos. 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
8346	W	6/8-7/13	6:30-8:30 p.m.	\$42 / 6
8347	W	7/27-8/31	6:30-8:30 p.m.	\$42 / 6

Photography 102

Age: 18+

More fun with photography! Learn to take great pictures and become a better photographer and make money selling photos. Learn how to get the photos to come out like what you see in your camera. Learn how to use your camera to the fullest and not just do as your camera tells you. You can be a better photographer in less than 6 weeks!!!! Photography can open up a whole new world of 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
8348	T	6/7-7/12	6:30-8:30 p.m.	\$42 / 6
8349	T	7/26-8/30	6:30-8:30 p.m.	\$42 / 6

Introduction To Mosaics

Age: 18+



Have you always wanted to learn how to create a Mosaic piece? In this fabulous two part course you will learn the fundamentals of how to design a project, cut glass tiles, the proper use of mosaic tools and grouting your project. Topics include tips on achieving the best adhesive and grouting results and creating a glass on glass design. Learn how to mosaic bottles, wood items and just about anything you can get your hands on. Designs and materials provided. There will be a \$20 materials fee paid to the instructor at the first class.

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

Instructor: G. Blackwell					Location: Ehlers CC
Code	Project	Days	Dates	Time	Fee/Weeks
8350	Sailboat Design	S	7/9-7/16	10:00-1:00 p.m.	\$40/2
8351	Tiles Gone Wild	S	7/23-7/30	10:00-1:00 p.m.	\$40/2
8352	Flower Design	S	8/6-8/13	10:00-1:00 p.m.	\$40/2
8353	Seahorse Design	S	8/20-8/27	10:00-1:00 p.m.	\$40/2

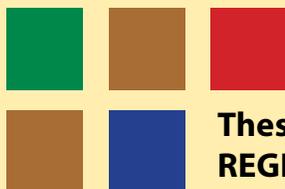
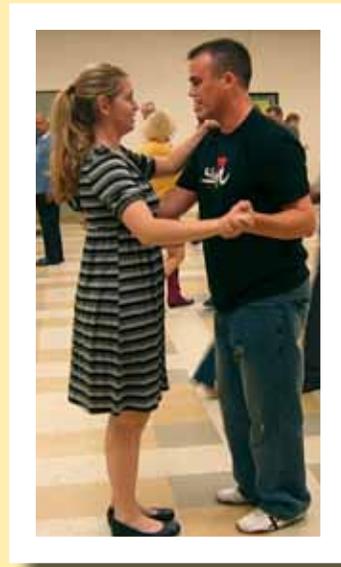
Foundation Drawing

Age: 18+



This class will teach foundation drawing skills. We will start with basic forms; the square, circle, triangle and rectangle, move on to three dimensional objects using a light source and from there we will be drawing simple still life set ups in one color. Students will need to provide their own art materials including vine charcoal, charcoal pencils, kneaded erasers, newsprint pad and drawing board. This class is co-sponsored with Buena Park Recreation and will be held at the Ehlers Community Center, 8150 Knott Avenue.

Instructor: G. Blackwell					Location: Ehlers CC
Code	Days	Dates	Time	Fee/Weeks	
8354	W	6/8-7/13	10:00-12:00 p.m.	\$72/6	
8355	W	7/27-8/31	10:00-12:00 p.m.	\$72/6	



**These Classes Fill Fast
REGISTER ONLINE TODAY**



Activity Guide

Older Adult

The Hub for Older Adults

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

A FREE membership is required to participate in activities at The Hub and features activities such as Wii Gaming System, Ping Pong, Movies, Books, Board Games, Computers, Complimentary Coffee, and Discount card to your favorite spots within the shopping center.

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



Movie Magic at The Hub

Every Wednesday, 10:00 a.m.

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. For specific movie times please call (714) 690-3350.

Trivia Tournament

Monday, June 27 and July 18

Do you get the answers right on Jeopardy? Think you are smarter than the average person? Bring your friends to The Hub (5414 La Palma Ave) and challenge them to a game of Trivia. La Palma Recreation staff will be on site to facilitate the game.

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) 690-3350.

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.

Improving Access to Community and Social

2-1-1 is a free 3-digit telephone number that provides referrals for emergency services, such as food, shelter, child care, services for persons with disabilities, older adults and their caregivers, and alcohol and drug services. This is a much-needed and widely anticipated telephone number, which should streamline the point of access for persons in need of emergency services.

Cool Down Site

The Cool Down Site will be activated depending on the overall Heat Index for City of La Palma. If it is determined that extreme hot weather will be a problem during the business week The Hub will be used (located at 5414 La Palma Avenue), however if the heat index becomes high over the weekend the Community Center (located at 7821 Walker Street) will be opened. For more information please call the Recreation and Community Services Department for more information at (714) 690-3350.



Educational

Beginning Computer Classes

Age: 55+

In partnership with the OC Public Libraries—La Palma Branch, learn basic computer 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
8358	T	6/28-8/2	11:00-12:00 p.m.	\$6 / 6

Intermediate Computer Classes

Age: 55+

Are you interested in taking your computer skills to the next level? Our Intermediate Computer Class will teach you about the program Power Point including how to create a slide shows plus how to fully utilize the internet. This class is taught by 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
8359	T	6/28-8/2	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 you 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			Location: Cypress SC	
Code	Days	Dates	Time	Fee/Weeks
	T	Weekly	12:00-2:00 p.m.	Free / Weekly

Marsha Roe's Line Dance Class

Age: 55+

This is a fun and energetic class for intermediate line dancers. Improve your skills while learning new dances. Instructor Marsha Roe provides you with instruction and a great time.

This class is co-sponsored with Cypress Recreation and will be held at the Cypress Senior Center, 9031 Grindlay Street.

Instructor: Roe			Location: Cypress SC	
Code	Days	Dates	Time	Fee/Weeks
	M	Weekly	1:00-3:00 p.m.	\$3 / Weekly

When to Call 9-1-1

9-1-1 is the number to call to get help in a police, fire or medical emergency. A 9-1-1 call goes over dedicated phone lines to the 9-1-1 answering point closest to the caller, and trained personnel then send the emergency help needed.

9-1-1 should only be used in emergency situations. An emergency is any situation that requires immediate assistance from the police, the fire department or an ambulance. If you are ever in doubt of whether a situation is an emergency you should call 9-1-1. It's better to be safe and let the 9-1-1 call taker determine if you need emergency assistance.

If you call 9-1-1 by mistake, do not hang up! Tell the call taker what happened so they know there really isn't an emergency.



Activity Guide

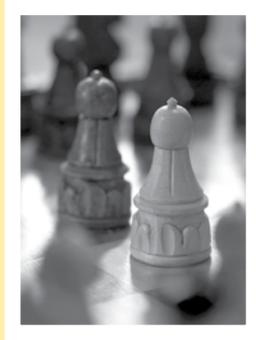
All Ages

Educational

Practical Chess Instruction

Age: 8+

The best way to improve your chess is to plunge in and play. The La Palma Chess Club (LPCC) is a US Chess Federation affiliated 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. We will have two tournaments this session. Players can sign up for individual tournaments, or, at a discount, sign up for both tournaments in the session. We encourage all players to register for class online with the City of La Palma www.cityoflapalma.org/LPRecConnect. It's quick, easy, and it helps everyone to start the tournaments on time.



Instructor: LP Chess			Location: Sago Palm		
Code	Session	Days	Dates	Time	Fee/Weeks
8360	Full Session	F	6/17-8/26	6:00-11:00 p.m.	\$40/11 wks
8361	Get Bent, Larson	F	6/17-7/22	6:00-11:00 p.m.	\$30/ 6 wks
8362	Shah Mat in August	F	7/29-8/26	6:00-11:00 p.m.	\$20 / 5 wks

Dance

Hula New

Age: 8+

In Hawaiian culture, the hula is more than just dancing. The movements and gestures performed by dancers are just the surface. Underneath this surface is a cultural system that celebrates creation and procreation, mythological and legendary exploits, historical events and places, ancestral beings and cherished relations, and natural manifestations of life forces that nurture and sustain Hawaiian people. This class will provide an introduction to Hawaiian culture through hula. Supply fee of \$40 for pareau and top is payable to the instructor at first class meeting.



Instructor: A. L. Kaio			Location: Sago Palm		
Code	Age	Days	Dates	Time	Fee/Weeks
8363	4-8	M	6/20-7/18*	5:00-6:00 p.m.	\$35 / 4
8364	9-12	M	6/20-7/18*	6:00-7:00 p.m.	\$35 / 4
8365	13-29	M	6/20-7/18*	7:00-8:00 p.m.	\$35 / 4
8366	30+	M	6/20-7/18*	8:00-9:00 p.m.	\$35 / 4
8367	4-8	M	7/25-8/15	5:00-6:00 p.m.	\$35 / 4
8368	9-12	M	7/25-8/15	6:00-7:00 p.m.	\$35 / 4
8369	13-29	M	7/25-8/15	7:00-8:00 p.m.	\$35 / 4
8370	30+	M	7/25-8/15	8:00-9:00 p.m.	\$35 / 4
8371	4-8	M	8/22-9/12	5:00-6:00 p.m.	\$35 / 4
8372	9-12	M	8/22-9/12	6:00-7:00 p.m.	\$35 / 4
8373	13-29	M	8/22-9/12	7:00-8:00 p.m.	\$35 / 4
8374	30+	M	8/22-9/12	8:00-9:00 p.m.	\$35 / 4

*No class 7/4

Fitness

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.

Summer Swimming Lessons

A Fun and safe way to make a splash! Participants will gain lifelong confidence in and out of the water. Trained instructors teach essential swimming and water safety skills to youth ages infant to 13 years.

Classes are taught by the Anaheim Family YMCA and will be held at the John F. Kennedy High School swimming pool. Class times subject to change to accommodate minimum teacher to student ratios.

Participant must be registered for the class prior to the 1st day of each session.

Weekday Sessions – Each weekday session will include nine 30-minute lessons over the course of two weeks.

Session #1	June 20 – 30	(no class Friday, July 1)	\$49
Session #2	July 5 – 15	(no class Monday, July 4)	\$49
Session #3	July 18 – 28	(no class Friday, July 29)	\$49

Saturday Session – This session consists of six 30-minute lessons over six consecutive Saturdays.

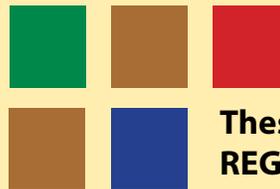
Session	June 25 – July 30	\$35
----------------	-------------------	------

Polliwogs: Ages 6 months to 2½ years

Weekday Sessions	Session #1	Session #2	Session #3
10:50 a.m. – 11:20 a.m.	8389	8395	8398
11:25 a.m. – 11:55 a.m.	8390	8396	8399
12:00 p.m. – 12:30 p.m.	8391	8397	8400

Saturday Session

Session
10:45 a.m. – 11:15 a.m.
11:20 a.m. – 11:50 a.m.
11:55 a.m. – 12:25 p.m.



**These Classes Fill Fast
REGISTER ONLINE TODAY**



Tots: Ages 3 to 5 years (Preschool)

Weekday Sessions	Session #1	Session #2	Session #3
9:05 a.m. – 9:35 a.m.	8401	8407	8413
9:40 a.m. – 10:10 a.m.	8402	8408	8414
10:15 a.m. – 10:45 a.m.	8403	8409	8415
10:50 a.m. – 11:20 a.m.	8404	8410	8416
11:25 a.m. – 11:55 a.m.	8405	8411	8417
12:00 p.m. – 12:30 p.m.	8406	8412	8418

Saturday Session	Session
9:00 a.m. – 9:30 a.m.	8419
9:35 a.m. – 10:05 a.m.	8420
10:10 a.m. – 10:40 a.m.	8421
10:45 a.m. – 11:15 a.m.	8422
11:20 a.m. – 11:50 a.m.	8423
11:55 a.m. – 12:25 p.m.	8424

Level 1: Ages 5 to 13 years, Intro to basic skills – no experience

Weekday Sessions	Session #1	Session #2	Session #3
9:05 a.m. – 9:35 a.m.	8425	8431	8437
9:40 a.m. – 10:10 a.m.	8426	8432	8438
10:15 a.m. – 10:45 a.m.	8427	8433	8439
10:50 a.m. – 11:20 a.m.	8428	8434	8440
11:25 a.m. – 11:55 a.m.	8429	8435	8441
12:00 p.m. – 12:30 p.m.	8430	8436	8442

Saturday Session	Session
9:00 a.m. – 9:30 a.m.	8443
9:35 a.m. – 10:05 a.m.	8444
10:10 a.m. – 10:40 a.m.	8445
10:45 a.m. – 11:15 a.m.	8446
11:20 a.m. – 11:50 a.m.	8447
11:55 a.m. – 12:25 p.m.	8448

Level 2: Ages 5 to 13 years, Comfortable in water – can swim 5 yards without support

Weekday Sessions	Session #1	Session #2	Session #3
9:05 a.m. – 9:35 a.m.	8449	8455	8461
9:40 a.m. – 10:10 a.m.	8450	8456	8462
10:15 a.m. – 10:45 a.m.	8451	8457	8463
10:50 a.m. – 11:20 a.m.	8452	8458	8464
11:25 a.m. – 11:55 a.m.	8453	8459	8465
12:00 p.m. – 12:30 p.m.	8454	8460	8466

Saturday Session	Session
9:00 a.m. – 9:30 a.m.	8467
9:35 a.m. – 10:05 a.m.	8468
10:10 a.m. – 10:40 a.m.	8469
10:45 a.m. – 11:15 a.m.	8470
11:20 a.m. – 11:50 a.m.	8471
11:55 a.m. – 12:25 p.m.	8472

Level 3: Ages 6 to 13 years, Comfortable swimming 15 yards on front and back

Weekday Sessions	Session #1	Session #2	Session #3
9:05 a.m. – 9:35 a.m.	8473	8479	8485
9:40 a.m. – 10:10 a.m.	8474	8480	8486
10:15 a.m. – 10:45 a.m.	8475	8481	8487
10:50 a.m. – 11:20 a.m.	8476	8482	8488
11:25 a.m. – 11:55 a.m.	8477	8483	8489
12:00 p.m. – 12:30 p.m.	8478	8484	8490

Saturday Session	Session
9:00 a.m. – 9:30 a.m.	8491
9:35 a.m. – 10:05 a.m.	8492
10:10 a.m. – 10:40 a.m.	8493
10:45 a.m. – 11:15 a.m.	8494
11:20 a.m. – 11:50 a.m.	8495
11:55 a.m. – 12:25 p.m.	8496

Adult Fitness Lap Swim Pass – 8505 – Looking for a great way to exercise? Why not swim laps? Swimming is an excellent way to burn calories, tone muscle and relieve stress without overexerting your joints!

\$49 Monday – Saturday

10:30 a.m. – 12:30 p.m.

June 20 – July 30

(no lap swim on July 1, July 4, & July 29)



ONE OF THE **BEST MEAL DEALS** in Town!




30 Centerpointe Dr., Ste 12, La Palma, CA 90623
(Inside Centerpointe Plaza, Next to Fedex)

Exclusive Special Offers

<p>FREE SUB</p> <p>WHEN YOU BUY ANY SUB OF EQUAL OR GREATER VALUE WITH MED DRINK.</p> <p><i>Offer Valid only at this location</i></p> <p>Expires 12/31/11 ✓</p>	<p>\$1 OFF or \$2 OFF</p> <p>A REG. SUB or A LRG. SUB</p> <p>VALID ONLY ON CLASSIC & SIGNATURE SUBS</p> <p><i>Offer Valid only at this location</i></p> <p>Expires 12/31/11 ✂</p>
<p>FREE CHIPS & REG. FOUNTAIN DRINK</p> <p>WITH THE PURCHASE OF A REG. OR LARGE SUB. VALID ONLY ON CLASSIC & SIGNATURE SUBS</p> <p><i>Offer Valid only at this location</i></p> <p>Expires 12/31/11</p>	<p>3 Large Subs</p> <p>\$13.99 AFTER 2PM</p> <p>AND ALL DAY ON SATURDAY!</p> <p><i>Offer Valid only at this location. Excludes Prime Rib</i></p> <p>Expires 12/31/11</p>

10% OFF PARTY PLATTERS!

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



When everyone forgets how to drive.

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

I'm your agent for that.

On those crazy days, just know that I have your back. With my help and the backing of my great team, I'll have you back on the road and driving happy in no time. Like a good neighbor, State Farm is there.*

CALL FOR A QUOTE 24/7.



State Farm

1001195 State Farm Mutual Automobile Insurance Company
State Farm Indemnity Company • Bloomington, IL

La Palma Tutoring

Interstate Automotive

Farr's Insurance



ROSENDIN
ELECTRIC

SOUTHERN CALIFORNIA
714.521.8113 - WWW.ROSENDIN.COM

PARK
WASTE & RECYCLING SERVICES



La Palma Hospital



crescent-carwash.com
8471 Walker St, La Palma, CA 90623

714.761.2800



<p>Full Service Hand Wash</p> <p>\$6⁹⁹</p> <p>Mon. to Thurs Trucks, Vans, SUVs EXTRA Expires 6/30/2011 Must present ad</p>	<p>Complete Auto Detail</p> <p>\$119</p> <p>Reg. 179.99 Mon. to Thurs Trucks, Vans, SUVs EXTRA Expires 6/30/2011 Must present ad</p>
---	--

<p>Ask about our:</p> <p>Fleet Vehicle Discounts</p> <p>Trucks, Vans, SUVs, Boats, RV's, Motorcycles</p>	<p>Hand Wash Hand Wax</p> <p>\$34⁹⁹</p> <p>Mon. to Thurs Trucks, Vans, SUVs EXTRA Expires 6/30/2011 Must present ad</p>
---	--

100% Hand Wash

100% Satisfaction

We Accept Credit Cards

Prices subject to change without notice

Ric and Pamela Dizon
YOUR LA PALMA REAL ESTATE "DREAM TEAM"

Buying or selling your home shouldn't be a nightmare. We'll make sure your real estate experience is as relaxing and easygoing as a sweet dream.

LaPalma HOMEFINDER411

CALL US TODAY!
714-698-9895

www.LaPalmaHomeFinder411.com

City & Class Activity Locations

1. The Palms at Central Park Community Center

King Palm Queen Palm Sago Palm Pygmy Date Palm

Meals On Wheels (714) 690-3350

7821 Walker Street, La Palma

(714) 690-3350

2. City Hall (714) 690-3300

City Manager (714) 690-3333

Public Works (714) 690-3310

Finance & Water (714) 690-3330

Building & Safety (714) 690-3340

7822 Walker Street, La Palma

3. Police (714) 690-3370

Emergency 911

Fire (714) 527-6722

7792 Walker Street, La Palma

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

7842 Walker Street, La Palma

5. US Tae Kwon Do Center

12233 Centralia, Lakewood

6. Arnold/Cypress Park

8611 Watson Street, Cypress

7. Cypress Senior Center

9031 Grindlay Street, Cypress

8. Cypress Community Center

5700 Orange Avenue, Cypress



9. Martial Arts Fitness Center

9949 Walker Street, Cypress

10. USA Water Polo National Training Center

Joint Forces Training Base

11360 Valley Forge Drive, Los Alamitos

11. Anaheim ICE

300 W. Lincoln Avenue, Anaheim

12. Adol Ehlers Community Center

8150 Knott Ave., Buena Park

13. The Hub

5414 La Palma Ave., La Palma

76 5482 La Palma Ave.
La Palma, CA 90623
(714) 527-4040
Open 24/7

La Palma Express
Your Neighborhood Corner

Join Our Frequent Car Wash Membership For Free
Membership Offers Rewards Including:

- Free 76 The Works Wash
- Enter Draw To Win \$100 Free Gas
- Free Coffee With Each Wash
- Tuesday \$3 Car Wash Special
- Sign Up And Start Saving Today

La Palma Express Coupon
Free Coffee with Coupon.
& Free Carwash with Fillup
(receipt required)
offer expires August 1st, 2011



Postal Customer
La Palma, CA 90623

Summer Groovin' — Come Together

This summer series of musical concerts invites you to come together with family and friends, bring a picnic and enjoy the music. The City of La Palma and the Community Activities and Beautification Committee proudly presents Concerts in the Park Summer Groovin'—Come Together. .

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

Summer Groovin'—Come Together Concerts in the Park

July 9	Scott Bruce (Tribute to Elvis)
July 16	Savor (Tribute to Santana)
July 23	Copy Cats (Top 40 and Variety)
July 30	Funky Hippeez (Disco)
August 6	Turn the Page (Tribute to Bob Seger)
August 13	Eric Ekstrand (Swing)
August 20	Hot August Nights (Tribute to Neil Diamond)



La Palma Recreation &
Community Services Department



Details on
Pages 28 –29

SUMMER SWIMMING LESSONS



at Kennedy High School

Register Today!