City Information
City Hall Hours:
7:30 a.m. – 6:00 p.m.  Monday – Thursday

City Council and Successor Agency to the Community Development 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 on the City’s website at www.cityoflapalma.org under Agendas and Minutes or by calling the City Clerk’s office at 714-690-3334.

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 and Circulation Committee Meetings are held at 7:00 p.m. on the second Monday of February, April, June, August, October, and December.

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.

Social Services Resources
Improving Access to Community and Social Services
2-1-1 is a free 3-digit telephone number that provides referrals for essential services, such as food, shelter, child care, services for persons with disabilities, older adults and their caregivers, and alcohol and drug services. This much-needed telephone number helps streamline the point of access for persons in need of emergency services.

Senior Information and Referral
If you or someone you know needs help, call Orange County Senior Information and Referral. This program is 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.

La Palma Meals on Wheels
La Palma’s Meals on Wheels program serves 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 714-690-3352.

Important Contact Information
City Hall                      714-690-3300  Administration@cityoflapalma.org
                          CityCouncil@cityoflapalma.org
Community Development       714-690-3340  CommDev@cityoflapalma.org
Public Works/Water           714-690-3310  PublicWorks@cityoflapalma.org
Recreation                   714-690-3350  Recreation@cityoflapalma.org
Police Department            714-690-3370  .Police@cityoflapalma.org

Frequently Requested Numbers
EDCO (Park) Disposal-Trash Services 714-522-3577
La Palma Intercommunity Hospital 714-670-7740
Orange County Fire Authority   714-573-6000
Orange County Library         714-523-8585
SEAACA (Animal Control)       562-803-3301
Orange County Vector Control  714-971-2421

Schools
Anaheim Union High School District 714-999-3511
J.F. Kennedy High School         714-220-4101
Walker Junior High School       714-220-4051
Centralia School District       714-228-3100
Los Coyotes Elementary School   714-228-3260
Miller Elementary School        714-228-3270
Cypress School District         714-220-6900
Luther Elementary School        714-220-6918
Fullerton Union High School District 714-870-2800
Buena Park High School          714-992-8600
Buena Park Junior High School   714-522-8491
Buena Park School District      714-522-8412
Corey Elementary School         714-739-4058

La Palma City Council
Marshall Goodman, Mayor
Peter Kim, Mayor Pro Tem
Gerard Goedhart, Council Member
Nitesh Patel, Council Member
Michele Steggell, Council Member

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La Palma Mosaic
Calendar of Events

August

3 Tiny Tot Registration Opens – 9:00 a.m.
Civic Expo & National Night Out – 5:30 p.m.
Concert in the Park – 6:30 p.m.
6 City Council Meeting – 7:00 p.m.
12 Development and Circulation Committee Meeting – 7:00 p.m.
20 City Council Meeting – 7:00 p.m.

September

2 Labor Day – City Offices Closed
3 City Council Meeting – 7:00 p.m.
10 Community Activities and Beautification (CAB) Committee Meeting – 6:30 p.m.
11 Patriot Day – City Offices Open
17 City Council Meeting – 7:00 p.m.
23 Autumn Begins

October

1 City Council Meeting – 7:00 p.m.
8 Community Activities and Beautification (CAB) Committee Meeting – 6:30 p.m.
14 Columbus Day – City Offices Open
Development and Circulation Committee Meeting – 7:00 p.m.
15 City Council Meeting – 7:00 p.m.
17 The Great California ShakeOut! – 10:17 a.m.
26 Dairyland Incorporation Day (1955)
31 Halloween Carnival – 6:00 – 8:30 p.m.

November

3 Daylight Saving Time Ends
5 City Council Meeting – 7:00 p.m.
11 Veterans’ Day – City Offices Closed
12 Community Activities and Beautification (CAB) Committee Meeting – 6:30 p.m.

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Mosaic

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

For up-to-date news . . .

Follow us on Twitter, @CityofLaPalma
Find us on Facebook, facebook.com/CityofLaPalma
Follow us on Instagram, @CityofLaPalma
Sign-up for our weekly E-newsletter, www.CityofLaPalma.org/newsletter
A Message From The City

Welcome to the Fall issue of the La Palma Mosaic! We hope you are having an amazing Summer and we are eager to showcase what Fall has to offer.

Join us for the Civic Expo & National Night Out event on Saturday, August 3 from 5:30 to 8:00 p.m. in Central Park. The Expo hosts booths from La Palma’s various service providers including our utility partners, public safety departments, municipal departments, and community non-profits. Each booth will have representatives on-hand to provide information and answer questions. The National Night Out component of the event is a “community-building campaign that promotes strong police-community partnerships and neighborhood camaraderie” helping to make our community a safe and pleasant place to live. Additionally, the last Concert in the Park for the year will provide entertainment with a Rolling Stones Tribute Band. Attendees can also enjoy the Fun Zone with arts and crafts, a Kid’s jumper, and more. Hope to see you there!

In June the City Council adopted the Fiscal Year 2019-20 Budget. The budget was developed with consideration to maintaining core services without adding unessential ongoing costs. Some of the larger projects included in this budget’s Capital Improvement Program is the construction of the newly redesigned street medians; installation of a revamped Citywide security system; and long overdue improvements to City Hall and the Public Works Yard.

Supporting businesses and encouraging investment in La Palma by new businesses is critical for the City’s long term fiscal outlook. We are proud to announce the opening of three new restaurants in the City this year! See page 7 for more details.

National Preparedness Month, sponsored by the Federal Emergency Management Agency (FEMA) and held annually in September, is a good reminder that disasters can happen at any time. Over the course of each year, City Staff participate in various Emergency Preparedness trainings, refining their knowledge and staying informed on best practices. We encourage you to do same. To see how well you are prepared, check out page 5.

Living in California, we are all well aware earthquakes can happen at any time with little to no warning. The Great ShakeOut Earthquake Drills are our chance to practice together how to protect ourselves, and for everyone to become prepared. At 10:17 a.m. on Thursday, October 17, join the millions of participants in practicing earthquake-safe action. It is only a one-minute commitment for something that can save your life. More information on the 2019 Great ShakeOut is available on page 5.

In May of 2018, the City Council awarded a contract to a landscape architecture firm to redesign the City’s arterial street medians. The project includes medians on Walker Street, La Palma Avenue, Orangethorpe Avenue, Moody Street, and Valley View Street. With the project’s design phase complete, the City is anticipating construction to begin later this year starting with medians on Walker Street, La Palma Avenue, and Moody Street. More information on this project is available on page 6.

This past Spring, the Community Services Department completed the installation of an outdoor exercise par course in Central Park between the basketball and tennis courts. The course offers a full body workout and has quickly become a park favorite for those who visit. See page 6 to view the course equipment then visit the park to try it out!

As a reminder, La Palma students will be going back to school the second week of August. Please be cautious and drive the speed limit in school zones and remind your students, if they take themselves to school, to look both ways when crossing streets, walk on the sidewalks, and use the bike lanes.

Be sure to attend our Halloween Carnival on Thursday, October 31 in Central Park. More information is on the back cover.

We hope to see you around this Fall and enjoy the rest of your Summer!
Council Meeting Highlights

Electronic Billboard Agreement
In 2016, the City adopted Ordinances 2016-05 and 2016-10, approving Development Agreements with Foster Interstate Media Inc. (FIMI) for outdoor advertising billboards at 5545 Orangethorpe Avenue and 6907 Marlin Circle. The Development Agreements provide that FIMI not transfer the Development Agreement without the prior written consent from the City. FIMI and Outfront Media, Inc. have entered into Purchase Agreements dated April 17, 2019, for the purchase and sale of certain billboard assets, including the two billboards in the City of La Palma. In addition to the Development Agreement Assignments, and at the request of Staff, FIMI submitted a new City logo option to be placed on the poles in place of the current logo, which is difficult to see. The new logo sign is 4 feet by 4 feet, with larger lettering. The City Council approved the Consent to Assignment at the April 2 Regular meeting and the new City Logo design has been installed and helps identify the billboards being in La Palma.

Walmart Shopping Center Code Enforcement
On April 2, the City Council received an update on the status of noise violations and delivery concerns regarding the Walmart Neighborhood Market. Walmart hired a third party consultant in January 2019 to take a fresh look at the noise issues and all potential alternatives. Walmart and Staff met with nine residents representing seven households on March 26 to share the design of the sound barrier and discuss other mitigation efforts that have been put into place. Walmart shared that they have instituted a strict no idling policy and have moved side-door deliveries (deliveries from smaller trucks that utilize rolling racks) to the front of the store, and will continue this policy after a sound barrier is installed. A full package of the design, sound study, and mitigation efforts were sent to the residents and were included with the final report and settlement agreement that went to the City Council on May 7. On May 7, the City Council continued the Settlement and Release Agreement with Walmart to a future meeting as a result of negotiating changes and then established an Ad-Hoc City Council Subcommittee met with Staff and Walmart on May 13 and negotiated a final Settlement and Release Agreement which clarifies that wall construction should begin within 90 days, otherwise, the City will begin citing Walmart immediately for any noise violations and that the City and Walmart will work in good faith to conduct sound measurements following construction of the sound barrier. The final agreement was approved by the City Council at a Regular Meeting on May 21.

Legislative Briefing and Response
At its Regular Meetings on April 16 and May 7, the City Council received a presentation from Staff regarding several legislative bills being brought forward for consideration of support or opposition. The City Council took action and sent letters of opposition on four bills that would negatively impact La Palma’s Land Use and Housing authority – AB 68 (Ting), AB 1279 (Bloom), AB 1763 (Chiu), and SB 50 (Weiner); and sent letters of opposition on AB 302 (Berman) regarding homeless students living in vehicles on campus, AB 392 (Weber) that would negatively impact Peace Officers judgement in the use of force, AB 1332 (Bonta) that would limit and restrain La Palma’s ability to cost-effectively contract for a variety of services as a result of the State’s Sanctuary policy, and Governor Newsom’s 2019 Trailer Bill that proposes a statewide tax on drinking water that would require approximately 3,000 local water systems, including La Palma, to assess on local residents and businesses. The City Council also sent letters of support for five bills that positively impact the Homeless Crisis – AB 143, AB 563, AB 816, and AB 1295 (Quirk Silva), and S. 923 (Feinstein); and sent letters of support for SB 230 (Caballero) that clarifies standards and provides training for law enforcement’s use of force, AB21 (Obernolte) that removes the $5 fee for a Veteran designation on Driver’s Licenses, SB 64 (Chang) requiring dog and cat microchipping by Animal Control if an owner sought to reclaim it, and SB 669 (Caballero) establishing the Safe Drinking Water Fund in the State Treasury that would provide funding for community water systems in disadvantaged communities that are chronically non-compliant with federal and state drinking water standards.

Cost of Living Adjustment to Fee Schedules
A user fee is a charge imposed on an individual for a service or a facility provided directly to that individual. State law requires that a fee not exceed the estimated reasonable cost of providing a service or facility, or else it is considered a tax. Local governments are not required to gain voter approval for a new or increased user fee if such a finding can be made. The City held a public hearing on April 16 on the proposed development fee increase and notified the public of the hearing. Over the last 12 months, the Consumer Price Index for All Urban Consumers (CPI-U) increased 2.5%. Staff presented recommended updates to the “User Fee Schedule for Various Municipal Activities and Services” and “Development Project Fees and Services” Where applicable, the Fee Schedules reflect the 2.5% increase in Consumer Price Index (CPI) from February 2018 to February 2019 for the Los Angeles/Riverside/Orange County Area as reported by the Federal Bureau of Labor Statistics. The City Council approved the recommended 2.5% CPI increase to fees for FY 2019-2020 at this Meeting.
Council Meeting Highlights (continued)

Electronic Message Center at the La Palma Community Center
The City Council awarded a Construction Services Agreement to Encore Image Inc. to supply and install an Electronic Message Center at the La Palma Community Center at the May 7, Regular Meeting of the City Council. In Summer 2018, the current Electronic Message Center (EMC) at the Community Center began experiencing operational issues including dimming, overheating, and presentation slides that would freeze. After having a technician complete the inspection, cleaning, and installed replacement parts, the EMC experienced the same issues. The current EMC was purchased and installed in 2009. The expected life-time of EMC LED displays can last up to 100,000 hours or approximately 10-11 years, operating 24 hours a day, 7 days a week. Beginning in 2019, Staff met with various EMC contractors to gather information and receive consultation. Staff issued a Request for Proposal (RFP) to replace the existing EMC on March 27. The RFP was published and sent to numerous outlets and contractors. On April 15, Staff received two (2) qualified proposals. Staff reviewed and rated the proposals and determined Encore Image, Inc. as the most qualified company to perform the services described in the RFP. The low bid amount of $58,878, with $240 LED annual maintenance costs, is from Encore Image, the most qualified firm, for EMC purchase and installation.

Citywide IT Services
Since January 2000, the City of La Palma has contracted with Brea IT for IT services. Currently, the City receives 26 hours per week of on-site IT support through its current contract for an annual cost of $143,900. In addition to the scheduled hours, 30 hours of emergency call-out hours are budgeted per year for an additional cost of $3,500, for a total of $147,400. In March 2019, staff sent Requests for Proposals (RFP) to various IT companies and received six proposals. Staff reviewed and rated the proposals based on experience, proposed services and personnel, and cost. After interviews, Staff determined that Scientia Consulting Group as the most qualified company to provide IT services described in the RFP. The IT services contract with Scientia is for three years with two one-year extension options and consists of 26 hours per week of on-site IT support at a first-year cost of $84,504. An additional 30 annual hours of emergency call-out hours are budgeted for an additional cost of $1,875. Also, a one-time engagement and transition fee of $10,214 to perform an initial assessment of the City’s IT infrastructure using additional key resources in order to increase the success of the “hand-off” process from the existing IT service provider. At its May 7, Regular Meeting, the City Council approved the contract with Scientia Group for the City’s IT services and started the transition in June 2019.

Fiscal Year 2019-20 Budget and Capital Improvement Program
The City Council received a presentation at its Meetings on April 16, and May 21, on the Long-Term Fiscal Status Update, and the Draft FY 2019-20 Budget to include revenue sources, transfers, and expenditures. There was a discussion on items to consider incorporating into the FY 2019-20 Budget including staffing, the Walmart Settlement Agreement, and new medians on Moody Street. Staff also presented a broad overview of the large projects planned in the Capital Improvement Program (CIP), to include discussions on City projects such as the City’s Street Median project, Citywide Security, City Hall Improvements, and City Yard Improvements. The City Council gave direction and information needed for the Proposed Budget that was presented at the May 21, City Council meeting. After the presentation, the City Council agreed to the proposals needed for the final Budget to be presented and adopted on June 4, at its Regular Council Meeting.

Miscellaneous: During this time period, the City Council also adopted a Resolution to identify projects to be funded by SB 1, the Road Repair and Accountability Act, for Fiscal Year 2019-20; Accepted the work and authorize the Community Service Director to file the Notices of Completion for both the Citywide Thermoplastic Striping Improvement Project, ST-347, and the Walker Well Pump Maintenance Project, 18-WTR-07; received and filed the 3rd Quarter Cash and Investment Report FY 2018-19 as of March 31, 2019; Third Quarter Operation Report FY 2018-19; approved destruction of Obsolete Departmental Records; awarded a two (2) year contract extension to Computer Service Company for traffic signal maintenance services; and awarded a contract to Doug Martin Contracting Company for Slurry Seal Improvements to Valley View Street, City Project No. ST-348, Residential Pavement Zone 1, City Project No. ST-354, and Police/Fire Parking Lot; and awarded a contract to RJ Noble Company for the Orangethorpe Avenue Rehabilitation Project, City Project No. ST-346.

The City Council, which also sits as the governing board of the Successor Agency to the Dissolved 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/511/Streaming-Media. Please note, this article contains highlights of the meetings only and additional items were likely discussed and approved by the City Council. For a complete copy of the approved minutes, visit the City’s website at www.cityoflapalma.org/72/Agendas-and-Minutes.
Community Information

West Orange County Community Emergency Response Team (CERT)

What is CERT?

When disasters happen, normal emergency response systems are quickly overwhelmed. CERT members are community-based volunteers who provide immediate assistance to victims, while assisting local response agencies during disasters or during major planned events, such as parades or festivals.

Who are CERT Team Members?

Community volunteers from six neighboring cities in western Orange County provide effective emergency response through their combined strength in numbers. Using joint training and two emergency response trailers, our West County CERT volunteers work as a single cohesive unit to:

• Educate and prepare our neighbors within these communities for emergencies and disasters.
• Maintain readiness through service training.
• Support the City Police and Fire Departments when called upon.

La Palma Needs You!
The City of La Palma needs volunteers to participate as members of the West Orange County CERT Team. To become a CERT member visit: www.westcountycert.com.

Questions

If you have questions contact Ed Fleming, Emergency Services Coordinator, at 714-690-3385 or edf@cityoflapalma.org.

National Preparedness Month

National Preparedness Month, recognized each September, provides an opportunity to remind us that we all must prepare ourselves and our families now and throughout the year. Take time to learn lifesaving skills—such as CPR and first aid, check your insurance policies and coverage for the hazards you may face, such as flood, earthquakes, and tornados. Make sure to consider the costs associated with disasters and save for an emergency. Also, know how to take practical safety steps like shutting off water and gas.

The recent and devastating hurricanes and wildfires reminded the nation of the importance of preparing for disasters. Often we will be the first ones in our communities to take action after a disaster strikes and before first responders arrive, so it is important to prepare in advance to help yourself and your community. The National Safety Council recommends the following general precautions that apply to many disaster situations:

• Have a family communication plan in place; review and practice the plan.
• Have all family members’ and other important phone numbers written down or memorized.
• Have an emergency kit in your car and at least three days of food and water at home.
• Store all important documents—birth certificates, insurance policies, etc.—in a fire-proof safe or safety deposit box.
• Assign a family member the responsibility of learning first aid and CPR.
• Learn how to shut off utilities.

Federal agencies, like Ready.gov, the National Oceanic and Atmospheric Administration and the Centers for Disease Control and Prevention, also are valuable resources for emergency preparedness.

The Great California Shake Out

October 17 at 10:17 a.m.

At 10:17 a.m. on October 17, 2019, millions of people will practice Drop, Cover, and Hold On through The Great California Shakeout. Many people, companies, and public organizations, including La Palma City Staff, will also practice other aspects of their emergency plans.

Last year, over 43 million people participated in Great ShakeOut Earthquake Drills. The International ShakeOut Day is every third Thursday of October each year.

What we do now determines how well we can survive and recover later. Register now at www.ShakeOut.org.
Community Information

Central Parks New Fitness Zone

In spring 2018, Staff from the Community Services Department participated in Greenfield's fitness competition at the annual California Parks and Recreation conference in Long Beach, California. By participating, the City received a significant discount on the purchase and installation of Greenfield's outdoor fitness equipment.

At the 2019 Arbor Day Celebration, the City presented the completed project to the community. Located between the basketball and tennis courts in Central Park, this Fitness Zone offers a full body workout with nine pieces of exercise equipment and can host up to ten people at a time.

Current Medians

The equipment includes:
- 2-Person Cross Country Ski
- Leg Press
- Sit-Up Bench
- Triceps Press
- Chest Press
- Vertical Press
- Shoulder Press
- Cardio Stepper
- Leg Extension & Curl
- Custom printed announcement board printed in both English and Korean.

In addition, the Community Services Department is developing a Fitness Trail plan that will incorporate the nearby Edison right-of-way trail, which links both ends of the City (2-mile trail approximately). This Fitness Trail and Fitness Zone workout plan will be rolled out later this year.

Citywide Street Median Redesign Project

In May of 2018, the City Council awarded the street median landscape redesign contract to NUVIS Landscape Architecture of Costa Mesa, California. The project includes medians on five arterial street in La Palma including: La Palma Avenue, Walker Street, Moody Street, Orangethorpe Avenue, and Valley View Street. Some of the goals of this project are to reduce water usage in the medians; improve the visual appeal of the medians, which have been depleted due to State mandated watering restrictions; and present a consistent median design throughout the City with a shelf-ready construction plan for future median projects.

NUVIS analyzed each street’s boundaries, topography, utilities, traffic poles, cross gutters, local depressions, catch basins, driveway openings, sidewalks, corner access ramps, fire hydrants, parkway drains, signs, retaining walks, concrete curbs, gutters, trees and shrubs. All this data was utilized to prepare the conceptual design plans and construction plans.

In April 2019, NUVIS completed the 60% construction drawing which included, among other construction details, the vegetation palette and irrigation plans. Pursuant to the project goals, the vegetation palette includes a variety of drought-tolerant plants and trees with a cobblestone stream bed and a drip irrigation system to significantly reduce water usage and water runoff into the streets. The completed construction documents are currently being finished and following approval by the City Council, with anticipated construction to begin this fall.

The first phase of construction will begin with the medians on La Palma Avenue, Walker Street, and Moody Street. An option to build two new medians on Moody Street, on the southern portion of Moody Street from La Luna Drive to Malaga Drive, was presented during the conceptual designing and the City anticipates this will also be a part of the overall construction bid and will save the City money if done concurrently. The medians on Orangethorpe Avenue and Valley View Street will be constructed at a later time due to other considerations with nearby developments and in cooperation with La Palma’s neighboring cities.

Exhibit of New Median Design
New Businesses in La Palma

Supporting businesses and encouraging investment in La Palma by new businesses is critical for the City’s long-term fiscal outlook and high quality of life our residents enjoy. This year, three new restaurants are opening in La Palma!

Gram’s Kitchen California Creole, located at 12 Centerpointe Drive, Suites 105 and 106, is an all new creole comfort food restaurant. Gram’s Kitchen offers Creole Inspired Food with a west coast touch including menu options for breakfast, lunch and dinner. The restaurant opened in May 2019, with a grand opening and ribbon cutting on June 4. It’s designed to create an ambiance of southern comfort—with a west coast touch—experience for its diners. Gram’s Kitchen brings classic southern dishes with their own flavor and style right here to La Palma.

Isla Cuban Kitchen & Rum Bar Restaurant, opened in June 2019 at 30 Centerpointe Drive, Suites 12 and 13. It is an all new restaurant with a Caribbean Island atmosphere offering Cuban and Mexican menu options. The restaurant has put the final touches on the interior that will bring the feel of old Havana into your dining experience. In addition to dining indoors, diners will have the opportunity to dine on a covered outdoor patio that features elegant lighting figures, fans, and vegetation to give it an oasis feel complemented with light background dining music. Isla Cuban Kitchen aims to create an ambience in which you’d feel like you’re in Cuba.

A family-friendly chicken restaurant is coming to La Palma. Ko Ko Chicken & BBQ Restaurant will be La Palma’s first home-style fried chicken restaurant located at 5511 Orangethorpe Avenue on northeast corner of Walker Street and Orangethorpe Avenue. Ko Ko’s restaurant specializes in fried chicken and prides themselves in having the finest fresh (never frozen) chicken every day ready for their menu. Ko Ko’s restaurant is hoping to open this summer upon completion of the upgrades to the property.

Interested in opening a business in the City of La Palma?
The City’s economic development activities are designed to stimulate local business growth, of both large and small companies, and generate additional new jobs in the community. The City is responsive to any new business that shows an interest in locating within the City as well as attracting complementary new businesses to become part of our business community. Contact the La Palma Community Development Department at 714-690-3342 for more information.
Community Pride

What Should NOT Go Down the Drain?

The only things that should be going down the drain are soap and water!

Letting trash go down any drain in the house may cause pipes to clog and can eventually lead to sewage spills that harm the environment. Here are some of the most common things that people should NOT send down the drain:

• Coffee grounds and eggshells should be properly disposed of in the trash.
• Dental floss and birth control devices cause more damage than you would imagine. They do not biodegrade and can cause pipes to clog.
• Fats, Oils and Grease (FOG) stick to the interior of sewer pipes, harden and may cause sewage backup and lead to a sewage spill.
• Food should be composted and the remnants put in the trash. Use a drain screen in your sink to catch remaining bits of food as you wash the dishes. Use your garbage disposal sparingly.
• Keep hair from going into the pipes by using a fine drain screen to catch it in your bathtub and shower. Dispose of it in the trash.
• Kitty Litter (especially clay kitty litter) will clog your pipes, even the ones that claim to be “flushable.” You should just put kitty litter in the trash.
• Prescription drugs and pills contain chemicals that should NOT enter the wastewater supply. To properly dispose, visit the City’s expired prescription drop-off center at City Hall or dispose of it in the trash in a sealed bag.
• Sanitary products, paper towels, diapers, baby wipes and facial tissues are made of materials that don’t break down and can cause pipes to clog. The trash is the place for these items.

For more information about properly waste disposal please visit www.what2flush.com.

Property Pride

The City of La Palma takes pride in its residential properties. Over the years the City has been recognized by Money Magazine as one of America’s Best Places to Live because of residents’ commitment to keeping La Palma beautiful. The City has set several local codes to ensure the community remains one of America’s Best Places to Live. Here are some areas to help keep your property La Palma beautiful:

• Yard Landscaping and Maintenance: Yards visible from the public right-of-way or streets are to be properly landscaped and maintained in a neat and orderly condition. Trees and bushes near streets and sidewalks should be trimmed regularly to prevent obstructions into the sidewalk.
• Property and House Maintenance: Homeowners should properly maintain all aspects of their property. A fresh coat of paint, new garage door, or repairing damaged block walls, fences, and planters are simple steps that all homeowners can take to improve the overall appearance of the community.
• Trash Can Storage: The storage of trash, garbage, boxes, rubbish, trash containers, etc. within public view is prohibited. These items must be stored behind a fence or in the garage. Trash ready for collection may be placed at curb after 3:00 p.m. on the day before collection is scheduled and the empty cans must be removed by midnight on the day of collection.
• Vehicles: All vehicles parked or stored on the driveway are to be road operational (including currently registered), and should be kept clean and free of debris.
• Pool/Spa/Pond Maintenance: All bodies of water more than 12-inches deep must be enclosed by a fence at least five feet high with access controlled gates or doors. Additionally, all bodies of water must be kept clean and clear. Draining pools into the street is illegal and can negatively affect the environment. The best way to drain a pool is to empty directly into the sanitary sewer line.
• Recreational Devices: Sidewalks and streets should only be used for vehicular and pedestrian use. Basketball hoops and other recreational devices (children’s toys, bicycles, etc.), when left on the street or sidewalk, can create a hazard. Please be sure to store basketball hoops on your property, preferably behind a fence or wall, and out of public view.

It is the City’s goal to educate and work cooperatively with the La Palma homeowners, in order to create a pleasant and quality community for those residing in La Palma. Please visit www.cityoflapalma.org/Code-Enforcement for more information on the La Palma’s property maintenance standards.
Community Spotlight

Home Spotlight

The City of La Palma would like to congratulate residents Ron & Linda Coleman of 7822 Willow Lane for winning the 2019 Fall Home Spotlight Award!

The Colemans have been residents of La Palma since 1976. They have two adult children who live nearby and are now raising their own kids. The front yard was recently renovated to include a new walkway with stepped elevation to address water runoff. A new brick planter was added that compliments the brick exterior and some stone work in the driveway.

Proud, diligent homeowners are the heart of strong, safe neighborhoods and a vibrant city. By keeping La Palma beautiful, residents like these are one of the many reasons why La Palma has been named one of the best places to live in the United States! We thank Mr. & Mrs. Coleman for contributing!

If you’d like to nominate a home for the Home Spotlight Award, please visit www.cityoflapalma.org/HomeSpotlight or contact 714-690-3350.

Employee Spotlight

Kimberly A. Kenney, Deputy City Clerk

Kimberly joined the City on November 19, 2007. As the Deputy City Clerk and Executive Assistant to the City Council, Kimberly’s primary duty is the coordination of City Council Meetings. Some of her other regular duties include: FPPC Filing and Compliance Officer; Elections Officer; City records management; City Council agendas preparation and publishing; legal notice compliance and publication; citizenry committee vacancy management; ethics training and compliance coordinator for City Council and Citizen Committee members; provides bi-annual Conflict of Interest Code Updates; provides correspondence assistance to the City Manager and City Council; coordinates field trips to City Hall for the local Elementary School students; and manages City Council and City professional memberships.

Kimberly’s proudest accomplishment is working every day, here, for the City of La Palma. Kimberly feels honored to work with such an incredible group of colleagues who, like her, love the community they work for. Kimberly enjoys working closely with the La Palma community – its residents, teachers, students, coaches, parents, and business owners - to help resolve their concerns and get business completed with the highest level of customer satisfaction. This has become a source of her daily pride and joy.

In 2018, Kimberly completed the City Clerk technical training and received her Certificate as a “Certified Municipal Clerk,” a CMC designation and a significant professional accomplishment. The certification has provided Kimberly the opportunity to work more closely with La Palma’s elected officials, helping them to perform their duties for their constituents, ensuring compliance with all the necessary requirements of a publicly elected official.

Kimberly’s biggest accomplishment outside of work is her family. She has enjoyed watching her son start his own family, growing up into an incredible husband and father. Being a part of her grandchildren’s lives is not just an accomplishment, but the source of unsurmountable joys. Kimberly is also very involved with her Church. She participates in convalescent home outreach, actively involved in “Together We Rise” a non-profit organization that transforms the way children experience Foster Care in America. Additionally, Kimberly participates at many of her granddaughter’s school events.

Kimberly loves the outdoors and is a self-proclaimed National Parks and Museums Nerd. Wherever she travels, a Museum or National Monument is a must see agenda item. Her highlight of vacationing was through a NYC trip during which she visited the Metropolitan Museum of Art and Antiquities (the MET). Other places Kimberly has been include: Yellowstone, Kings Canyon, Mount Zion, Glacier, Grand Canyon, Joshua Tree, Sequoia, and Grant Teton National Parks.

Kimberly chose to work for the City of La Palma because she prefers being actively engaged with the community. It is her daily goal to make every day a better day for those who live, work, and go to school in La Palma.
La Palma Toastmasters

Right in our own backyard!
By Sina Zaslawski

Toastmasters International has been around since 1924. An organization that has helped people in 143 countries become confident public speakers and leaders. In today’s world the importance of having good communication skills cannot be stressed enough. Being able to communicate effectively is perhaps the most important of all life skills. We are fortunate to have a Toastmasters Club right here in our own community. The La Palma Toastmasters Club has been going strong for 9 years! The club has achieved the President’s Distinguished Club Award every year since 2011. The reason for its continual success is confidence in the Toastmasters International Programs and the enthusiasm to share this knowledge with anyone and everyone who is interested in developing self-confidence and self-awareness.

This Club provides the right atmosphere to:

- Improve your public speaking skills
- Build leadership skills
- Work on networking in a small and supportive environment,
- Maximize your potential
- Gain a competitive advantage in the workplace all while enjoying unlimited personal growth

La Palma Toastmasters Club has a welcoming and lively energy which is present at every meeting. The members create a supportive and encouraging environment which helps their members step out of their comfort zone to creative a future with unlimited possibilities. Guests are welcome at every meeting and encouraged to ask questions and participate. If you are looking to take your skill to a higher more effective level this Club is ready to assist you on your journey.

Coming Soon!

An opportunity for guests to become familiar with La Palma Toastmasters, a Communication Workshops will be scheduled in the fall, with date and time to be determined. Please call 714-521-8395 or send an email to kkrishna@aol.com if you are interested in attending.

La Palma Toastmasters Club is open to the public over 18 years of age. Club meetings are held at The Sunrise of La Palma (5321 La Palma Ave., La Palma), every Wednesday 6:30 to 7:30 p.m. Guests are always welcome! Also, visit lapalmatoastmasters.org.

La Palma Community Foundation

La Palma is more than a City...it is a community. Our community may be only 1.8 square miles, but it is filled with passionate residents and businesses. La Palma Community Foundation was founded to provide a conduit to connect charitable individuals, corporations and organizations to provide assistance in helping to improve the lives of all La Palma residents.

The Foundation, a 501(c) (3), was established in 2017 and has already assisted in funding the following:

- Every 15 Minutes program at Kennedy High School. This is a nationwide program that reinforces to students that every 15 minutes someone dies in an alcohol related accident.
- A grant from the Orange County Task Force to employ a full time School Resource Office (SRO) to service schools in the City of La Palma.
- An appreciation luncheon for our outstanding La Palma Police Department and community volunteers.
- Two Public Service Scholarships awarded yearly to John F. Kennedy High School seniors.
- InspoTeen, an after school program for Walker Jr. High and Kennedy High School students.

The La Palma Community Foundation encourages community giving by providing individuals and businesses a channel for philanthropic support. Through the general donations of time and money from the community and the support of our annual fundraiser, the La Palma Community Foundation will turn pride into action with programs that will directly benefit the residents, students and families of La Palma.

The Foundation’s main fundraiser will be a Hawaiian Beach Party!

The Hawaiian Beach Party will be held on Saturday, September 14, 2019, at 5:30 p.m. at Knott’s Berry Farm Hotel. Watch for the Foundation postcard being mailed to your home for all the information about this great event. The cost is $50 per person, which includes a delicious Knott’s Chicken Dinner, complete with boysenberry pie, and live music. A silent auction with many outstanding prizes will also be held! Bring your camera as there will be a Hawaiian backdrop to provide the beach atmosphere for great pictures! Mark your calendar and plan to join the Foundation for a fun evening while raising money for special programs that will benefit all of La Palma.

The La Palma Toastmasters Club has a welcoming and lively energy which is present at every meeting. The members create a supportive and encouraging environment which helps their members step out of their comfort zone to creative a future with unlimited possibilities. Guests are welcome at every meeting and encouraged to ask questions and participate. If you are looking to take your skill to a higher more effective level this Club is ready to assist you on your journey.

Members of the La Palma Community Foundation are always looking for ways to support our great City. Suggestions are always welcome. The Foundation is also looking for new members. Please refer to lapalmacommunityfoundation@gmail.com for further information about the Foundation. You can also contact the Foundation’s President at 714-270-4133.

La Palma Toastmasters

Right in our own backyard!
By Sina Zaslawski
La Palma-Cerritos Branch

Join us for the Annual Potluck and General Meeting on Thursday, September 19, 2019, at Cerritos Park East (13234 East 166th Street, Cerritos) from 6:30 to 8:30 p.m. This will be an opportunity for people to enjoy a potluck while they meet the new officers for the 2019-2020 year, sign up for Interest Groups, and hear four 8th grade girls as guest speakers. The girls were sponsored by our branch to attend the STEM (Science, Technology, Engineering and Math) Tech Trek Camp at Whittier College in June of 2019.

The guest speakers for the evening are Arianna P. and Hannah R. from Fedde Middle School in ABC Unified School District in Los Angeles County, and Gracen G. and Hannah H. from Walker Jr. High School in Anaheim Union High School District in Orange County. Each girl was recommended by her Math or Science teacher and showed interest STEM subjects. They each wrote essays of how they thought STEM subjects could help improve the world, were interviewed and selected by a branch committee to attend a one-week STEM Tech Trek Camp at Whittier College. They will be sharing information about what they experienced at the Tech Trek Camp. Their presentation will be moderated by Tobi Balma, Assistant Whittier Tech Trek Camp Director, and a member of the La Palma-Cerritos AAUW.

The La Palma-Cerritos branch usually meets on the third Thursday of the month from 6:30 to 8:30 p.m., at Cerritos Park East or other places that are available for general meetings. In addition, there are meetings of Branch Interest Groups that were formed out of the desires and wishes for social interactions, friendships, stimulating conversations, gourmet food, and just plain good fun. The Interest Groups include: Breakfast Group, Gourmet Group, Great Decisions Discussion Group, Las Comadres Lunch Bunch, and Readers’ Theater for reading plays. The Interest Groups meet at the homes of members or at restaurants on different days or nights, monthly or quarterly. Interested members and guests are invited to come to the September 19 meeting, meet the leaders of the Interest Groups and sign up for the group of their choice. Guests may participate a maximum of three times before a paid membership in the AAUW will be required to continue participation.

The AAUW’s goal is to advance equity for women and girls through education, research and advocacy on the national, state and local level. Persons who have an associate, baccalaureate, or higher degree from an accredited college or university are eligible to join the AAUW. By joining the La Palma-Cerritos AAUW, qualified persons also become member of AAUW National and AAUW California. For more information about the La Palma-Cerritos AAUW meetings and activities for 2019-2020, contact President Harriet Moses at 714-994-1487.
Education

Tiny Tots
Age: 3 - 5 yrs.
Our preschool teacher, Ms. Misty, teaches our enrichment program for POTTY-TRAINED (No diapers or pull-ups) 3 to 5 year-olds. The Tiny Tots program is dedicated to improving the well-being of all young children, focusing on socialization, education and developmental skills. These skills are taught through games, stories, crafts, physical fitness activities and playtime. Each 7-week session will also include a parent-participation excursion to a local place of interest. EACH CHILD MUST BE ABLE TO COMPREHEND AND SPEAK ENGLISH IN ORDER TO BE ADMITTED INTO CLASS.

The Tiny Tot program is held 5 days a week. By September 1, 2019, children must be 4 years old to be in the Monday/Wednesday/Friday class. Children must be 3 years old by the start of class for the Tuesday/Thursday session.

SESSION ONE TINY TOT LINE UP REGISTRATION IS ON SATURDAY, AUGUST 3rd [RESIDENTS 9:00-9:30 AM AND NON-RESIDENTS AT 10:00 AM]. Resident priority registration is for those La Palma residents (resident verification required) in line by 9:30 a.m., residents that arrive after 9:30 a.m. will not be given priority registration. La Palma residents must bring proof of residency and the child's birth certificate to register. Non-Residents must bring the child’s birth certificate. Registrations are first come, first served. One adult per family must remain in line until registration is complete. SPACES ARE VERY LIMITED; BE AWARE THAT PARENTS OFTEN LINE UP EARLY FOR THIS CLASS. There is a parents meeting for ALL NEW STUDENTS on Saturday, August 3rd immediately after registration closes to discuss the philosophy and what parents can expect from the Tiny Tot Class.

Priority registration will be given to previous Session 1 participants enrolling in our second and third sessions. Priority registration for Session 2 runs from September 23-26. Open registration for the second session begins Friday, September 27. Priority registration for Session 3 runs from November 12-14. Open registration for the third session begins Friday, November 15.

No phone-in or online registration will be accepted. If class minimum of 12 participants is not met, the class will be cancelled. Class space is limited to 24 students per class.

Fees: Residents $158 for 7 weeks on M/W/F $111 for 7 weeks on T/TH $130 for 7 weeks on M/W/F $174 for 7 weeks on M/W/F

Instructor: M. Torres Location: Pygmy Palm Room

Session 1
Code: Days Dates Time Fee/Weeks
9098 M/W/F 8/12-9/27* 9:00 a.m.-12:00 p.m. $158
9100 T/TH 8/13-9/26* 9:30 a.m.-11:30 a.m. $111
*No Class 9/2

Session 2
Code: Days Dates Time Fee/Weeks
9099 M/W/F 10/7-11/22* 9:00 a.m.-12:00 p.m. $174
9101 T/TH 10/8-11/21 9:30 a.m.-11:30 a.m. $130
*No Class 11/11

Dance

Classic Princess Ballet
Age: 4 – 6 yrs.
Enjoy your favorite classic princess songs and stories in this special edition of Princess Ballet! Young dancers will be introduced to the fundamentals of ballet and creative movement with an element of fun and old-time fantasy. Princess Ballerinas will use props, wear princess tutus and dance to songs from their favorite classic princesses. Class also promotes listening skills, coordination, balance and musicality. Please contact OC Dance for more info: info@ocdanceproductions.com Nominal costume fee applies. A material fee of $5 [per session] is due to the instructor on the first day of class.

This class is co-sponsored with the City of Cypress and will be held at the Cypress Community Center.

Instructor: OC Dance Productions Location: Cypress CC

Code: Days Dates Time Fee/Weeks
9127 M 9/9-10/14 3:30-4:15 p.m. $74/6
9128 M 10/21-12/2* 3:30-4:15 p.m. $64/5
9144 M 9/9-12/2* 3:30-4:15 p.m. $124/11
*No Class 11/11, 11/25

Classic Beginning Ballet
Age: 4 – 6 yrs.
Beginning dancers focus on terminology, positions, and movements with emphasis on self-discipline, alignment, and poise through barre and center/across the floor work in this structured class. Wear leotard, tights and ballet shoes. Suitable for those continuing from tot ballet class, have had little dance experience, or are new to ballet but wanting to explore the disciplined art form. Please contact OC Dance for more info: info@ocdanceproductions.com

This class is co-sponsored with the City of Cypress and will be held at the Cypress Community Center.

Instructor: OC Dance Productions Location: Cypress CC

Code: Days Dates Time Fee/Weeks
9145 T 9/10-10/15 5:05-5:50 p.m. $74/6
9146 T 10/22-12/3* 5:05-5:50 p.m. $74/6
9147 T 9/10-12/3* 5:05-5:50 p.m. $139/12
*No Class 11/26

Butterfly Ballerinas
Age: 4 – 6 yrs.
Transform into a magical butterfly and float across the floor with beginning ballet movements and an introduction to ballet terminology. Instruction includes practice at the barre, traveling across the floor, and choreography. A performance will be held for parents on the last day. Nominal costume fee applies. Please contact OC Dance for more class info: info@ocdanceproductions.com

This class is co-sponsored with the City of Cypress and will be held at the Cypress Community Center.

Instructor: OC Dance Productions Location: Cypress CC

Code: Days Dates Time Fee/Weeks
9135 M 9/9-10/14 4:20-5:05 p.m. $74/6
9136 M 10/21-12/2* 4:20-5:05 p.m. $64/5
9143 M 9/9-12/2* 4:20-5:05 p.m. $124/11
*No Class 11/11, 11/25
### Early Childhood

#### Fall 2019

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**“Aladdin” Princess Ballet**

Age: 3 – 5 yrs.

Take a magic carpet ride into the life of a Desert Princess! Your little ballerina will enter a whole new world of magic and imagination in this special edition Princess Ballet class. Dancers will be introduced to the fundamentals of ballet and creative movement with an element of fun and fantasy. Dancers will use props, hear stories from “Aladdin,” and dance to songs from the movie and other princess favorites. Ballet shoes required. A material fee of $5 is due to instructor on the first day of class. Please contact OC Dance for more info: info@ocdanceproductions.com

This class is co-sponsored with the City of Cypress and will be held at the Cypress Community Center.

Instructor: OC Dance Productions  
Location: Cypress CC

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**Hip Hop Tumble**

Age: 3 – 6 yrs.

Dancers train in beginning jazz, hip-hop, and basic tumbling which are incorporated in dance combinations. Students will perform for family and friends on the last day of class. This class is suitable for boys and girls. Sneakers or dance shoes are required. Nominal costume fee applies. Please contact OC Dance for more info: info@ocdanceproductions.com

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Location: Cypress CC

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**All-in-One Dance Level I**

Age: 4 – 5 yrs.

Dancers will learn the basic fundamentals in ballet, jazz, tumbling, and hip hop. Class promotes balance, coordination, rhythm, listening skills, and imagination through creative movement exercises. Suitable for boys and girls. Dance shoes required. Recommended to complete Level I or have previous dance experience before Level II. Choreography performed for the parents on the last day of class. Nominal costume fee applies. Please contact OC Dance for more info: info@ocdanceproductions.com

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Location: Cypress CC

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**Hip Hop Funky Jazz**

Age: 4 – 7 yrs.

Dancers train with a mix of hip hop and funky jazz movements thus creating a fun, energetic foundation for both genres of dance. Class develops awareness for personal technique and emphasis on coordination, rhythm, creativity and individuality. Class promotes strength, flexibility, confidence and even sports ability and is appropriate for all levels. Sneakers required. Nominal costume fee applies. Please contact OC Dance for more info: info@ocdanceproductions.com

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**All-in-One Dance Level II**

Age: 5 – 8 yrs.

For those continuing from Level I or who are new to dance between ages 5 – 8. Dancers will learn the basic fundamentals in ballet, jazz, tumbling, and hip hop. Class promotes balance, coordination, rhythm, listening skills, and imagination through creative movement exercises. Choreography performed for the parents on the last day of class. Suitable for boys and girls. Dance shoes required. Nominal costume fee applies. Please contact OC Dance for more info: info@ocdanceproductions.com

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Instructor: OC Dance Productions  
Location: Cypress CC

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**Pop Star Hip Hop**

Age: 5 – 9 yrs.

Dancers learn lyrics and hip hop/jazz choreography to kids’ favorite artists of 2019 including, but not limited to, Taylor Swift, Selena Gomez, and Alessia Cara. Dancers will learn how to make their own pop star dances at home and about stage presence and performance skills that will improve confidence and improvisation. All dance choreography is clean, fun and age appropriate. Sneakers or jazz shoes required. Please contact OC Dance for more info: info@ocdanceproductions.com

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*No Class 11/26
**Art Innovator’s Preschool**  
Age: 3½ – 5 yrs.  
Unleash your little one’s power to create and innovate! Learning to draw on their own not only refines their fine motor skills but boosts their confidence like never before! Students explore various subjects and fun art media each class. There is a $5 material fee payable to the instructor at the first class meeting.
This class is co-sponsored with Buena Park Recreation and will be held at the Ehlers Event Center in Buena Park.
Instructor: Certified Art Innovators  
Location: Ehlers Event Center

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</table>

**Kids Love Music: Babies!**  
Age: 4 – 14 mos.
Musical bonding time for you and your baby (4-14 month old baby, NOT YET WALKING) learn lap songs, peek-a-boo songs and active chants. Explore rhythm and sound with shakers and drums. Your baby gains motor skills, building blocks for tonal memory, cognitive development—and fun with you! Adult participation is required. Please bring a baby blanket to all classes. There is an optional materials fee for a music CD “Baby and Me” ($10), rhythm instrument ($6 or $10), peek-a-boo scarf ($5) or purchase all three for $20.
This class is co-sponsored with Cypress Recreation and will be held at the Cypress Community Center.
Instructor: K. Greeno  
Location: Cypress Community Center

<table>
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</table>

**Kids Love Music: Toddlers**  
Age: 1 – 2 yrs.
A good class for first-timers! Sing, dance and play rhythm instruments with your 1-2 year old Toddlers! Explore making music with drums and pentatonic xylophones and glockenspiels. Your child gains tonal memory, motor skills, cognitive development—and fun with you in this shortened version of the Kids Love Music class! Adult participation required. There is an optional materials fee for a music CD “It’s Music Time Again” or “Sing With Me” ($10), rhythm instrument ($6 – $10), peek-a-boo scarf ($5) or purchase all three for $20.
This class is co-sponsored with Cypress Recreation and will be held at the Cypress Community Center.
Instructor: K. Greeno  
Location: Cypress Community Center

<table>
<thead>
<tr>
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</table>

**Swimming Safety and Beginning Swim Lessons for Children**  
Age: 6 mos. – 8 yrs.  
A fun and safe way to make a splash! Participants will gain lifelong confidence in and out of the water. Classes are taught by the Anaheim Family YMCA and will be held in the indoor, heated therapeutic pool at the La Palma Intercommunity Hospital. Classes teach basic water skills. Due to pool size restrictions, all levels are designed for the non-swimming student. Registration forms are available at the Community Services Office in Central Park or Register online.

**Fitness**

**Lil’ Palms Multi-Sport**  
Age: 4 – 7 yrs.  
As an introductory class, Lil’ Palms strongly encourages health and wellness through teaching the fundamental skills of baseball, basketball, and soccer emphasizing teamwork, and creating positive memories in a safe and caring environment. Each player will receive a certificate of participation and the conclusion of the session.
Instructor: La Palma Staff  
Location: Central Park

<table>
<thead>
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Anaheim Ice Skating for Tots
Age: 3 – 5 yrs.
Join the fun at Anaheim ICE! Beginning ice skating made fun and easy. Learn to march, glide, fall down and get up properly. Class includes skate rental, lessons, free practice on day of class, and three additional skating passes to be used during the 4-week session. Please arrive 15 minutes early to the first class and dress warm.
This class is located at Anaheim ICE.
Instructor: Anaheim ICE Staff
Location: Anaheim ICE

<table>
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Math Workshop for 3rd to 8th Graders
Age: 8 – 13 yrs.
This is a great refresher course for students who want to brush up on their Math skills. Experience a new approach to math problem solving and hands-on practice for 3rd – 8th grade students. Whether your student needs help with homework assistance or wants to prepare for a test, AGI is here to help. The program not only helps with individual improvement but will also help your student manage overall success in school. A $10 materials fee is due to instructor at the first class meeting.
This class is co-sponsored with the City of Buena Park and will be held at the Buena Park Community Center.
Instructor: AGI
Location: Buena Park CC

<table>
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*No Class 11/28

Educational

The Beauty and Art of Numbers
Age: 8+ yrs.
Yes, it’s possible to have fun with addition, subtraction, multiplication, and division without the struggle! Did you know numbers have special shapes and patterns? We will explore those shapes and patterns and how to use them, which allows us to excel at computing equations quickly, easily and accurately!
Instructor: M. McGlasson
Location: Fan Palm

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<th>Time</th>
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Intro to Typing, Word and PowerPoint
Age: 10+ yrs.
Develop your basic typing skills and prepare for many years of future usage. Let AGI introduce you to Microsoft Word for writing reports, homework or basic communication. Hands on exercises are provided with the opportunity to make a flyer and turn out an awesome slide show presentation by using PowerPoint. Come to sharpen your skills to get a head start in school or at work. A $10 materials fee is due to instructor on the first class meeting.
This class is co-sponsored with the City of Buena Park and will be held at the Buena Park Community Center.
Instructor: AGI
Location: Buena Park CC

<table>
<thead>
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<td>$79/6</td>
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</table>
*No Class 11/28

Handwriting
Age: 8+ yrs.
Fascinating new research points out the value and benefits of cursive writing. It trains the brain to integrate visual and tactile information and fine motor dexterity, helps to improve reading comprehension with higher rates of retention, and allows students to write more words quickly and express more ideas. Using a psycho-motor approach, this class is a fun way to learn handwriting and also allows your child a creative opportunity for self-expression.
Instructor: M. McGlasson
Location: Fan Palm

<table>
<thead>
<tr>
<th>Code</th>
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<th>Dates</th>
<th>Time</th>
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Fall Library Programs
OC Libraries – La Palma Branch
7842 Walker St. La Palma
714-523-8585
www.ocpl.org/libloc/lapalma

Children Storytimes
Mondays at 10:00 a.m.
Tuesdays at 11:00 a.m.
Family Storytime on Saturday at 10:00 a.m. (Please contact the library for the dates.)

Homework Help for Grades K-8
Tuesdays and Thursdays from 4:30 to 5:30 p.m. during the school year. Teen and adult volunteers will help the student but will not do their homework. Please bring worksheets, books, paper, pencils, etc. No registration required.

Children’s Craft Programs
Join us for special crafts for children. Halloween Science: Grow Your Own Monster on Monday, October 28 at 4 p.m. On Wednesday, October 30, join us for Spooky Face Painting at 4:00 p.m.
Experiential Writing
Age: 8 – 12 yrs.
Tactile and kinetic experiences inspire writing. Participate in creative exercises, outdoor games, and sensory activities before creating wonderful essays about those experiences. Combine writing with fun! Students will practice various styles including narrative, expository, and compare & contrast. They will learn grammar within the context of their own writing. Instruction is aligned with Common Core Writing Standards. Visit WriteOn via Facebook for more information. A material fee of $48 is due to instructor on the first class meeting.

This class is co-sponsored with the City of Cypress and will be held at the Cypress Community Center.

Instructor: WriteOn! Location: Cypress CC

<table>
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</table>

Creation of Myth: Narrative Writing
Age: 8 – 12 yrs.
Children are intrigued by mythology and folklore, and this interest can launch their writing skills. We’ll enjoy Greek, Indian, Korean, Chinese, and Native American stories to fuel their imagination and practice the four “secrets” of story writing. Students will then create their own mythological or folktale narratives. Instruction is aligned with Common Core Writing Standards, and teachers provide individualized feedback to help students improve. Visit WriteOn via Facebook for more information. A material fee of $48 is due to instructor on the first class meeting.

This class is co-sponsored with the City of Cypress and will be held at the Cypress Community Center.

Instructor: WriteOn! Location: Cypress CC

<table>
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<tr>
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Experiential Writing: Camp Survival
Age: 8 – 12 yrs.
Let us inspire your child’s writing with classes they will enjoy attending! Each week students will learn a survival skill like building snares, creating solar stills, and making a shelter from natural elements. Then they will write about their experiences, involving narrative, expository, and persuasive writing styles. Grow their engineering, science and writing skills simultaneously. Instruction is aligned with Common Core Writing Standards. Visit WriteOn via Facebook for more information. A material fee of $48 is due to instructor on the first class meeting.

This class is co-sponsored with the City of Cypress and will be held at the Cypress Community Center.

Instructor: WriteOn! Location: Cypress CC

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<td>3:30-5:00 p.m.</td>
<td>$70/4</td>
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Practical Chess
Age: 8+ yrs.
Play Chess! Your brain needs exercise too. Every Friday night chess tournaments are held that are officially rated by the US Chess Federation. For more information about the La Palma Chess Club and the tournaments, go to their website at www.lapalmachess.com. Players should bring their own chess clocks.

Instructor: La Palma Chess Club
Location: La Palma Chess Club

<table>
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<tr>
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Math Competition Prep Class
Age: 3rd – 6th grade
Become a confident competitor in math tests such as AMC and Math Kangaroo! Go beyond school mathematics and learn how to apply problem-solving, creativity, and logic skills to solve challenging problems. This class offers a great environment for those seeking to improve their math skills. Each week, students are taught how to approach competition-style math problems to improve their skills and attain mastery. Space is limited!

Instructor: Young Leaders of Orange County
Location: Sago Palm

<table>
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Art Innovators
Age: 5 – 11 yrs.
Learn to draw with Art Innovators! Students will build their own portfolio with the masterpieces they create each week. We will explore a variety of subjects and media including watercolor, professional markers, pastels and more. Come build confidence, creative thinking, and problem-solving skills by engaging the imagination in a new way! If you can dream, you can draw! We never repeat! A $10 material fee is payable to the instructor at the first class.

This class is co-sponsored with Buena Park Recreation and will be held at the Ehlers Event Center in Buena Park.

Instructor: Certified Art Innovators Location: Ehlers Event Center

<table>
<thead>
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Youth

Fine Arts Club
Age: 8+ yrs.
Through fine arts activities we discover our creative potential and come to realize it's the energy that allows us to view life as an opportunity for exploration and expanding sense of self. Students will be given the opportunity to explore materials and techniques to develop their skills to transpose their mental images into tangible visual statements. A materials list will be available at the first class meeting.

Instructor: M. McGlasson
Location: Fan Palm

<table>
<thead>
<tr>
<th>Code</th>
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<th>Dates</th>
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Fitness

WIN Sports Basketball Academy
Age: 7 – 9 yrs.
Coach Don and his assistants help athletes develop fundamental skills like dribbling, passing and shooting. This academy offers hands on training from a former collegiate basketball player and current skills development coach. Whether you are looking to get better as a basketball player, or just have fun, this course is for you! A $15 material fee is due to the instructor on the first day of class. Snacks and water provided by instructor.

Instructor: D. Moser, TripleThreat Basketball Academy
Location: Central Park

<table>
<thead>
<tr>
<th>Code</th>
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WIN Sports Basketball Academy
Age: 10 – 13 yrs.
Coach Don and his assistants help athletes develop fundamental skills like dribbling, passing and shooting. This academy offers hands on training from a former collegiate basketball player and current skills development coach. Whether you are looking to get better as a basketball player, or just have fun, this course is for you! A $15 material fee is due to the instructor on the first day of class. Snacks and water provided by instructor.

Instructor: D. Moser, TripleThreat Basketball Academy
Location: Central Park

<table>
<thead>
<tr>
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<td>10/4-10/25</td>
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Youth Intermediate Volleyball
Age: 8 – 11 yrs.
PASS, SET, HIT! We teach the fundamental skills of volleyball in a competitive yet supportive and fun environment. This course is designed for the teen athlete with some volleyball experience but exceptions do apply (give us a call if you’re not sure!) Come have fun and learn with us! This class is co-sponsored with the City of Buena Park and will be held in Buena Park.

Instructor: West Grove Volleyball
Location: Buena Park Junior High Gym

<table>
<thead>
<tr>
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<td>$48/4</td>
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Aikido for Kids
Age: 5 – 12 yrs.
Aikido is a noncompetitive, non-violent martial art with the goal of developing both mind and body. Aikido helps children gain confidence through self-defense techniques while also increasing their flexibility and fitness. Each class starts with stretching, rolling and learning to fall safely. Basic movements in joint-lock and throwing techniques are taught step-by-step, ensuring that students learn in a simple and clear methodology. Children who qualify may test for ranks designed to prepare them for transition into the Aikido Association of America. Additional fee required for testing. Wear loose fitting sports clothing that cover knees, or a karate or judo uniform with a white belt.

This class is co-sponsored with Buena Park Recreation and will be held at the Ehlers Event Center in Buena Park.

Instructor: O. Rosenthal
Location: Ehlers Event Center

<table>
<thead>
<tr>
<th>Code</th>
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*No Class 11/28

Anaheim Ice Skating: Youth–Beginning
Age: 6 – 16 yrs.
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 is located at Anaheim ICE.

Instructor: Anaheim ICE Staff
Location: Anaheim ICE

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Traditional Martial Arts
Age: 5+ yrs.
This program features a variety of traditional oriental martial arts, emphasizing modern training methods and focusing on personal growth. Students improve physical fitness, increased mental discipline, reduce stress, and get a positive attitude. Our instructors are certified by Kukkiwon and are experienced in both traditional martial arts and sports training systems.

There are three course levels—Beginner for first-time students, Intermediate for students with previous experience, and Advanced for the highest level of training. Choose the Beginner course or, if you have previous experience, discuss proper placement with the Senior Instructor before enrolling. This is a continuing program, and students may enroll in as many additional continuing sessions as desired without a contract.

A special weekly package is available for the most dedicated students at a discounted fee, this includes Saturday classes (Beginner, Intermediate, or Advanced) in addition to supplemental classes on Tuesdays and Thursdays. Additionally, there is a session discount for continuing students who wish to sign up for all of the classes offered during any one quarter.

New students order a Taekwondo uniform, complete with patches and a white belt from the instructor after enrolling for the first session for a cost of $45. Advanced students and instructors may wear their own authorized uniforms. Additional equipment can also be purchased as needed.

Instructor: L. Amsell  Location: Pygmy/Sago Palm
Code Days Dates Time Fee/Weeks
BEGINNER
9109 SAT 8/3-8/31 9:00-10:00 a.m. $45/5
9110 SAT 9/7-9/28 9:00-10:00 a.m. $45/4
9111 SAT 10/5-10/26 9:00-10:00 a.m. $45/4
9112 SAT 8/3-10/26 9:00-10:00 a.m. $115/13
INTERMEDIATE
9113 SAT 8/3-8/31 10:00-11:30 a.m. $45/5
9114 SAT 9/7-9/28 10:00-11:30 a.m. $45/4
9115 SAT 10/5-10/26 10:00-11:30 a.m. $45/4
9116 SAT 8/3-10/26 10:00-11:30 a.m. $115/13
ADVANCED
9105 SAT 8/3-8/31 11:30-1:00 p.m. $45/5
9106 SAT 9/7-9/28 11:30-1:00 p.m. $45/4
9107 SAT 10/5-10/26 11:30-1:00 p.m. $45/4
9108 SAT 8/3-10/26 11:30-1:00 p.m. $115/13
WEEKLY MARTIAL ARTS
9117 T/TH 8/1-8/31 5:00-6:00 p.m. $70/5
9118 T/TH 9/3-9/28 5:00-6:00 p.m. $70/4
9119 T/TH 10/1-10/29* 5:00-6:00 p.m. $70/4
9120 T/TH 8/1-10/29* 5:00-6:00 p.m. $180/13
*No Class 10/31

Tennis
Age: 7 – 14 yrs.
It's time to jump into action with our tennis classes for all ages! Coach Barbara Yuen (Thursdays) or Coach Josef McConnell (Saturdays) and 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 balls and session awards to the top player in each class.

LEVEL #1: Player is just beginning to play or has had minimal classes. 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: B. Yuen (Thursday class)
Instructor: J. McConnell (Saturday class)
Location: Tennis Courts
Code Days Date Time Fee/Weeks
9246 1 TH 8/15/19 4:00-5:00 p.m. $66/6
9247 2-3 TH 8/15/19 5:00-6:30 p.m. $99/6
9265 1 TH 10/3-11/14* 4:00-5:00 p.m. $66/6
9266 2-3 TH 10/3-11/14* 5:00-6:30 p.m. $99/6
9244 1 SAT 8/3-9/7 5:00-6:00 p.m. $66/6
9245 2-3 SAT 8/3-9/7 3:30-5:00 p.m. $66/6
9254 1 SAT 9/14-10/19 5:00-6:00 p.m. $66/6
9255 2-3 SAT 9/14-10/19 3:30-5:00 p.m. $99/6
*No Class 10/31

Private Tennis Lessons
Contact Coach Josef McConnell at 562-708-0427 to schedule lesson time and then contact Recreation to register and make payment for the lessons.

Aikido—A Different Martial Art
Age: 13+ yrs.
Unlike martial arts that teach how to fight, Aikido trains in how NOT to fight. This is a martial art that emphasizes resolution rather than confrontation. Techniques are based on flowing with the attack and dissipating aggression.

BEGINNING AIKIDO: Students are taught the basics of Japanese discipline, reduce stress, and get a positive attitude. Our instructors are certified by Kukkiwon and are experienced in both traditional martial arts and sports training systems.

There are three course levels—Beginner for first-time students, Intermediate for students with previous experience, and Advanced (Beginner, Intermediate, or Advanced) in addition to supplemental classes on Tuesdays and Thursdays. Additionally, there is a session discount for continuing students who wish to sign up for all of the classes offered during any one quarter.

New students order a Taekwondo uniform, complete with patches and a white belt from the instructor after enrolling for the first session for a cost of $45. Advanced students and instructors may wear their own authorized uniforms. Additional equipment can also be purchased as needed.

Instructor: L. Amsell  Location: Pygmy/Sago Palm
Code Days Dates Time Fee/Weeks
BEGINNER
9109 SAT 8/3-8/31 9:00-10:00 a.m. $45/5
9110 SAT 9/7-9/28 9:00-10:00 a.m. $45/4
9111 SAT 10/5-10/26 9:00-10:00 a.m. $45/4
9112 SAT 8/3-10/26 9:00-10:00 a.m. $115/13
INTERMEDIATE
9113 SAT 8/3-8/31 10:00-11:30 a.m. $45/5
9114 SAT 9/7-9/28 10:00-11:30 a.m. $45/4
9115 SAT 10/5-10/26 10:00-11:30 a.m. $45/4
9116 SAT 8/3-10/26 10:00-11:30 a.m. $115/13
ADVANCED
9105 SAT 8/3-8/31 11:30-1:00 p.m. $45/5
9106 SAT 9/7-9/28 11:30-1:00 p.m. $45/4
9107 SAT 10/5-10/26 11:30-1:00 p.m. $45/4
9108 SAT 8/3-10/26 11:30-1:00 p.m. $115/13
WEEKLY MARTIAL ARTS
9117 T/TH 8/1-8/31 5:00-6:00 p.m. $70/5
9118 T/TH 9/3-9/28 5:00-6:00 p.m. $70/4
9119 T/TH 10/1-10/29* 5:00-6:00 p.m. $70/4
9120 T/TH 8/1-10/29* 5:00-6:00 p.m. $180/13
*No Class 10/31

Aikido—A Different Martial Art
Age: 13+ yrs.
Unlike martial arts that teach how to fight, Aikido trains in how NOT to fight. This is a martial art that emphasizes resolution rather than confrontation. Techniques are based on flowing with the attack and dissipating aggression.

BEGINNING AIKIDO: Students are taught the basics of Japanese etiquette and self-defense. Qualified students may test for their first rank in the Aikido Association of America. Wear loose fitting sports clothing (no shorts) or a training uniform with a white belt.

INTERMEDIATE/ADVANCED AIKIDO: Requires prior attendance in the Beginning Aikido class and/or instructor approval. Training focuses on the next 6 levels towards black belt. Black belt degrees are awarded through the International HQ in Japan.

This class is co-sponsored with Buena Park Recreation and will be held at the Ehlers Event Center in Buena Park.

Instructor: J. Nakayama  Location: Ehlers Event Center
Code Level Days Date Time Fee/Weeks
9123 M 9/9-10/26 6:30-8:00 p.m. $70/7
W 6:30-7:30 p.m.
SAT 9:30-10:30 a.m.
9124 M 10/28-12/14 6:30-8:00 p.m. $70/7
W 6:30-7:30 p.m.
SAT 9:30-10:30 a.m.
Teen Activities

Open Mic Showcase
When: Saturday, September 21 at 5:00 p.m.
Where: Central Park Pavilion (7821 Walker Street, La Palma)
Cost: Free Event

Open to all acoustic musicians, instrumental musicians, poets, and vocalists! This event will showcase the talents of our City’s youth! If you have a special talent or know someone who does, applications are available Monday, August 12 and due Friday, September 13 by 5:00 p.m. at the La Palma Community Center Office (7821 Walker Street, La Palma). Applications are available online or at the La Palma Community Center.

Upcoming Teen Events:
- Teen Dance – Saturday, September 7, 2019, from 6:00 p.m. to 9:00 p.m.
- Teen Dance – Saturday, January 18, 2020
- Teen Fashion Scene – Model applications available on Wednesday, January 20, 2020
- March Madness Basketball Tournament – Friday, March 13, 2020

Fitness

Teen Intermediate Volleyball
Age: 12 – 15 yrs.
PASS, SET, HIT! We teach the fundamental skills of volleyball in a competitive yet supportive and fun environment. This course is designed for the teen athlete with some volleyball experience but exceptions do apply (give us a call if you’re not sure!) Come have fun and learn with us! This class is co-sponsored with the City of Buena Park and will be held in Buena Park.

Instructor: West Grove Volleyball
Location: Buena Park Junior High Gym

<table>
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<td>$48/4</td>
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Power Tae Fitness
Age: 13+ yrs.
Power Tae Fitness, created by Grand Master J.G. Park, is a great workout to lose weight fast and tone your muscles. This class combines Taekwondo, cardio, boxing and cardio-weight movements done to high energy up beat music. Add this fun class to your weekly routine to see the results you’ve been looking for. If you like Tae Bo, you’ll love this class. Please visit their website for more information at: www.jgparksmartialarts.com

This class is located at the U.S. Taekwondo Academy in Lakewood.
Instructor: C. Markopulos
Location: Lakewood Taekwondo Academy

<table>
<thead>
<tr>
<th>Code</th>
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<td>8:30-9:20 a.m.</td>
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Teen Job Workshop
Teens are welcome to the inaugural Teen Job Workshop event! At this event, you will learn interview tips, how to conduct an effective job search, and overall professional development that could land you a job! Join us for this exciting and informative event designed for teens!

Location: La Palma Community Center – Royal Palm Room (7821 Walker Street, La Palma)

<table>
<thead>
<tr>
<th>Code</th>
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Open Mic Showcase
When: Saturday, September 21 at 5:00 p.m.
Where: Central Park Pavilion (7821 Walker Street, La Palma)
Cost: Free Event

Open to all acoustic musicians, instrumental musicians, poets, and vocalists! This event will showcase the talents of our City’s youth! If you have a special talent or know someone who does, applications are available Monday, August 12 and due Friday, September 13 by 5:00 p.m. at the La Palma Community Center Office (7821 Walker Street, La Palma). Applications are available online or at the La Palma Community Center.

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Instructor: West Grove Volleyball
Location: Buena Park Junior High Gym

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Power Tae Fitness
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This class is located at the U.S. Taekwondo Academy in Lakewood.
Instructor: C. Markopulos
Location: Lakewood Taekwondo Academy

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</table>
**Power Barre**

Age: 13+ yrs.

Power Barre is a smooth flowing workout that will tone your entire body along with improving balance and flexibility. Nonstop movements are performed at two tempos: the faster intervals burn fat, the same motions at a slower pace build lean muscle. The method is influenced by classical dance (though it is not a dance class), but it will give you a dancer’s body. A bar is used to achieve optimum positions, 1 or 2 pound weights for the arms, along with an 8 inch soft ab ball which will give your abs the shape you desire. Master Cynthia has helped countless participants reshape their bodies. Go to their website for more information at: www.openjapan.com. This class is located at the U.S. Taekwondo Academy in Lakewood.

Instructor: C. Markopoulos  
Location: Lakeview Taekwondo Academy

<table>
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**Tai Chi Chuan**

Age: 13+ yrs.

Tai Chi is one of the most popular forms of internal exercise practiced all over the world. It is a soft and smooth form also known as “a moving meditation”. Tai Chi is safe, easy to learn, sweat-free and improves your physical condition, muscle strength, coordination, flexibility, and balance. Wear comfortable clothes.

This class is co-sponsored with the City of Buena Park and all classes are held at the Ehlers Event Center in Buena Park.

Instructor: O. Rosenthal  
Location: Ehlers Event Center

<table>
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<th>Code</th>
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**Stretching & Relaxation**

Age: 13+ yrs.

Stretching and relaxation can improve posture, flexibility and range of motion; ease back pain; relieve stress; promote blood circulation; and help you sleep better. This class offers you a chance to spend an hour releasing tension physically and mentally. Bring a yoga mat and wear comfortable clothing.

This class is co-sponsored with the City of Buena Park and all classes are held at the Ehlers Event Center in Buena Park.

Instructor: O. Rosenthal  
Location: Ehlers Event Center

<table>
<thead>
<tr>
<th>Code</th>
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<td>$35/7</td>
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**Intro to Japanese Swordsmanship**

Age: 13+ yrs.

Iaido is the study of Japanese sword forms. This class focuses on the basics of both contemporary and traditional forms. Students use an iaito (unsharpened sword - must be approved by Instructor) or bokken (wooden sword). Swords are provided for beginners. Wear loose fitting sports clothing, or a training uniform. Zazen (sitting meditation) is optional for students from 9:00-9:30 a.m. on Saturdays only. This class is co-sponsored with Buena Park Recreation and will be held at the Ehlers Event Center in Buena Park.

Instructor: J. Nakayama  
Location: Ehlers Event Center

<table>
<thead>
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**Fitness**

**Aerobic Dancing**

Age: 40+ yrs.

Aerobics—the exercise program to enjoy for life! 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 Veritfirm concept. Veritfirm (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.

Aerobics—the exercise program to enjoy for life! 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 Veritfirm concept. Veritfirm (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.

Instructor: K. Phelps  
Location: Royal Palm

<table>
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<th>Dates</th>
<th>Time</th>
<th>Fee/Weeks</th>
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<td>9/16-11*</td>
<td>5:45-6:45 p.m.</td>
<td>$7/1 day</td>
<td></td>
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</tbody>
</table>

*No class on 10/30, 11/27, 11/30, 12/4

**Anaheim Ice Skating for Adults**

Age: 17+ yrs.

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.

Instructor: Anaheim ICE Staff  
Location: Anaheim ICE

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</table>
Zumba Fitness & Zumba Toning
Age: 18+ yrs.
Zumba is more like a party than a workout; it is an energetic, fun, and easy to follow way to workout. Based on Latin style of dancing, Zumba is a total workout, combining all elements of fitness—cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. Wear comfortable clothes and bring a water bottle.
Instructor: L. Li  Location: Sago Palm

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Zumba Gold
Age: 50+ yrs.
Perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. Wear comfortable clothes and bring a water bottle.
Instructor: L. Li  Location: Sago Palm

<table>
<thead>
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Water Fitness
Age: 55+ yrs.
Water Fitness is a shallow water workout that includes aerobic training to strengthen your heart and lungs; muscle conditioning to strengthen your muscles; and a stretch and relax phase to promote flexibility to reduce stress and tension. This class is taught by the Anaheim Family YMCA and will be held in the indoor, heated therapeutic pool at the La Palma Intercommunity Hospital.
Classes held at 9:00, 10:00 and 11:00 a.m. on Mondays/Wednesdays OR Tuesdays/Thursdays. Classes are 50 minutes long. Special Water Fitness Registration forms are available at the Recreation Office in Central Park.

Power Tae Fitness
Age: 13+ yrs.
Power Tae Fitness, created by Grand Master J.G. Park, is a great workout to lose weight fast and tone your muscles. This class combines Taekwondo, cardio, boxing and cardio-weight movements done to high energy up beat music. Add this fun class to your weekly routine to see the results you’ve been looking for. If you like Tae Bo, you’ll love this class. Please visit their website for more information at: www.jgparksmartialarts.com
This class is located at the U.S. Taekwondo Academy in Lakewood.
Instructor: C. Markopoulos  Location: Lakewood Taekwondo Academy

<table>
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Easy Martial Art Training for Adult Fitness
Age: 18+ yrs.
This program is focused on adults who have always wanted to learn traditional oriental martial arts, but feel out of shape or uncomfortable training with younger students. Classes emphasize gentle, safe modern training methods and personal growth. Students will improve physical fitness, increase mental alertness, reduce stress, and achieve a positive attitude. A uniform is not required for new students however, if desired, students may order a taekwondo uniform from the instructor for $45.
Instructor: J. Amsell  Location: Pygmy/Sago Palm

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*No Class 10/31

Fall Library Programs
OC Libraries - La Palma Branch
7842 Walker St. La Palma
714-523-8585
www.ocpl.org/libloc/lapalma

Teens & Adults Programs
Teen Fest – Month of October
La Palma Branch Library and all OC Public Libraries are celebrating all things teen in the month of October. On Mondays in October, meetings will be held every week at 3 p.m. to learn how to create enamel pins. On October 31 at 3 p.m. there will be a tarot lesson.

Book Clubs
• The Bucket List Book Club meets every second Thursday of the month from 3 to 4 p.m. Read the books you’ve always meant to and chip away at your “to read” pile. Titles will be from classics to bestsellers.
• A fan of the morbid and macabre? Join our new True Crime and Horror Club. We meet every fourth Saturday at 2 to 2:30 p.m. for book discussion and 2:30 p.m. for a horror film viewing.
• The Nonfiction Book Club meets every third Thursday of the month from 6:00 p.m. – 6:45 p.m. Please visit the library to pick up a copy of the month’s selection. Please visit the library to pick up a copy of the month’s selection for each club.

Knitting Club – Mondays at 5:00 p.m.
Open craft hour for all to work on projects, learn a new skill, and swap ideas. All types of yarn crafting like knitting and crocheting welcome.
Power Barre
Age: 13+ yrs.
Power Barre is a smooth flowing workout that will tone your entire body along with improving balance and flexibility. Nonstop movements are performed at two tempos: the faster intervals burn fat, the same motions at a slower pace builds lean muscle. The method is influenced by classical dance (though it is not a dance class), but it will give you a dancers body. A bar is used to achieve optimum positions, 1 or 2 pound weights for the arms, along with an 8 inch soft ab ball which will give your abs the shape you desire. Master Cynthia has helped countless participants reshape their bodies. Go to their website for more information at: www.japarksmartialarts.com.
This class is located at the U.S. Taekwondo Academy in Lakewood.
Instructor: C. Markopulos
Location: Lakewood Taekwondo Academy

<table>
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Traditional Martial Arts
Age: 5+ yrs.
This program features a variety of traditional oriental martial arts, emphasizing modern training methods and focusing on personal growth. Students improve physical fitness, increased mental discipline, reduce stress, and get a positive attitude. Our instructors are certified by Kukkiwon and are experienced in both traditional martial arts and sports training systems.
There are three course levels—Beginner for first-time students, Intermediate for students with previous experience, and Advanced for the highest level of training. Choose the Beginner course or, if you have previous experience, discuss proper placement with the Senior Instructor before enrolling. This is a continuing program, and students may enroll in as many additional continuing sessions as desired without a contract.
A special weekly package is available for the most dedicated students at a discounted fee, this includes Saturday classes (Beginner, Intermediate, or Advanced) in addition to supplemental classes on Tuesdays and Thursdays. Additionally, there is a session discount for continuing students who wish to sign up for all of the classes offered during any one quarter.
New students order a Taekwondo uniform, complete with patches and a white belt from the instructor after enrolling for the first session for a cost of $45. Advanced students and instructors may wear their own authorized uniforms. Additional equipment can also be purchased as needed. See schedule on page 18.

Arts
Beading
Age: 18+ yrs.
Want to learn jewelry-making? Join us and discover a variety of techniques! All levels welcome. All necessary tools will be provided. For more information and photos of projects, please visit the instructor’s website at www.thejewelryhabit.com.

Beading Basics PLUS!
Learn jewelry design basics, materials selection, required tools, construction, and finishing. You will create three bracelets. Tools provided for in-class use. A non-refundable $20 cash materials fee is due to instructor at beginning of class.
Instructor: K. Cotton
Location: Fan Palm Room

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
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Pearl Knotting
Learn how to protect your pearls and precious stones. This class will show you how to integrate knotting into your designs, construct, and finish jewelry. All skill levels are welcome. Tools provided for in-class use. A non-refundable $20 cash materials fee is due to instructor at beginning of class.
Instructor: K. Cotton
Location: Fan Palm Room

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
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Coiled Beaded Bracelet
Create elegant spiral jewelry using a coiling method. You will create one bracelet and a pair of earrings. Tools provided for use in class. A non-refundable $20 cash materials fee is due to instructor at beginning of class.
Instructor: K. Cotton
Location: Fan Palm Room

<table>
<thead>
<tr>
<th>Code</th>
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Spiral Rope Beaded Bracelet
Learn this beautiful and versatile stitch. You will create one bracelet. A non-refundable $20 cash materials fee is due to instructor at beginning of class.
Instructor: K. Cotton
Location: Fan Palm Room

<table>
<thead>
<tr>
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Wire Basics
Learn basic wire linking to connect beads and components. You will create one bracelet and a pair of earrings. Tools provided for in-class use. A non-refundable $20 cash materials fee is due to instructor at beginning of class.
Instructor: K. Cotton
Location: Fan Palm Room

<table>
<thead>
<tr>
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Wire Wrapped Stone
Take your wire skills to the next level by wire wrapping beautiful stones. You will create one pendant and a pair of earrings. Prerequisite: Wire Basics from K. Cotton. Tools provided for in-class use. A non-refundable $20 cash materials fee is due to instructor at beginning of class.
Instructor: K. Cotton
Location: Fan Palm Room

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Educational

Practical Chess
Age: 8+ yrs.
Play Chess! Your brain needs exercise too. Every Friday night chess tournaments are held that are officially rated by the US Chess Federation. For more information about the La Palma Chess Club and the tournaments, go to their website at www.lapalmachess.com. Players should bring their own chess clocks.
Instructor: La Palma Chess Club
Location: Sago Palm/Pygmy Palm Room

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Handwriting
Age: 8+ yrs.
Fascinating new research points out the value and benefits of cursive writing. It trains the brain to integrate visual and tactile information and fine motor dexterity, helps to improve reading comprehension with higher rates of retention, and allows students to write more words quickly and express more ideas. Using a psycho-motor approach, this class is a fun way to learn handwriting and also allows your child a creative opportunity for self-expression.
Instructor: M. McGlasson
Location: Fan Palm

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Intro to Typing, Word and PowerPoint
Age: 10+ yrs.
Develop your basic typing skills and prepare for many years of future usage. Let AGI introduce you to Microsoft Word for writing reports, homework or basic communication. Hands on exercises are provided with the opportunity to make a flyer and turn out an awesome slide show presentation by using PowerPoint. Come to sharpen your skills to get a head start in school or at work. A $10 materials fee is due to instructor on the first class meeting.
This class is co-sponsored with the City of Buena Park and will be held at the Buena Park Community Center.
Instructor: AGI
Location: Buena Park CC

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Dance

Line Dance
Age: 18+ yrs.
Get ready to boot, scoot, and boogie! This class is sure to bring out the country western in you and teach you a variety of line dances. No partner necessary.
This class is co-sponsored with Cypress Recreation and will be held at the Cypress Senior Center.
Instructor: J. Karter
Location: Cypress Senior Center

<table>
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Two Step and Swing
Age: 18+ yrs.
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 Senior Center.
Instructor: J. Karter
Location: Cypress Senior Center

<table>
<thead>
<tr>
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Strictly Ballroom Dance
Age: 18+ yrs.
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 Senior Center.
Instructor: J. Karter
Location: Cypress Senior Center

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Dates</th>
<th>Time</th>
<th>Fee/Weeks</th>
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<tbody>
<tr>
<td>9093</td>
<td>M</td>
<td>9/16-10/21</td>
<td>8:30-9:30 p.m.</td>
<td>$36/6</td>
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<tr>
<td>9097</td>
<td>M</td>
<td>10/28-11/18*</td>
<td>8:30-9:30 p.m.</td>
<td>$18/3</td>
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Country Line Dancing
Age: 55+ yrs.
Join this beginner’s class to learn the art of country line dancing. Volunteer instructors will guide through the intricate yet simple steps to many dances. This is a free class.
This class is co-sponsored with Cypress Recreation and will be held at the Cypress Senior Center.
Instructor: TBA
Location: Cypress Senior Center

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<tr>
<th>Days</th>
<th>Dates</th>
<th>Time</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>T</td>
<td>Weekly</td>
<td>12:00-2:00 p.m.</td>
<td>free</td>
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</table>
City & Class Activity Locations

1. **Community Services Department – Recreation Division**
   - 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

2. **City Hall** 714-690-3300
   - **City Manager** 714-690-3334
   - **Public Works/Water** 714-690-3310
   - **Finance & Water Billing** 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 Taekwondo Academy** 12233 Centralia Street, 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. **Anaheim ICE**
   - 300 W. Lincoln Avenue, Anaheim

10. **Ehlers Event Center**
    - 8150 Knott Avenue, Buena Park

11. **Buena Park Community Center**
    - 6688 Beach Boulevard, Buena Park

12. **La Palma Intercommunity Hospital**
    - 7901 Walker Street, La Palma
Register Now!

**METHOD OF PAYMENT:** We accept cash, checks (made payable to the City of La Palma), money orders, credit cards [credit card fees apply.] If cash is your preferred payment choice, you may pay for your registration when the La Palma Community Services Administrative office is open Monday through Thursday, 7:30 a.m.–6:00 p.m. All other payment options may be used during our Central Park extended hours Monday–Thursday until 10:00 p.m.; 8:00 a.m. until 10:00 p.m. on Fridays; and on weekends from 8:00 a.m.–8:00 p.m. Non-Residents will pay an additional $5 fee per class for classes $75 and under and $10 for classes $76 and over.

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

**REFUNDS:** Requests for refunds will be honored by Community Services only if they are made at least one (1) day prior to the start of classes. An $11 processing charge will be deducted from all requested refunds. A full refund will be made only when a class or program is filled or cancelled by Community Services. Credit balances on all accounts as of June 30 annually will be returned in the form of a check to your address on file.

<table>
<thead>
<tr>
<th>Adult/Guardian LAST Name</th>
<th>Adult/Guardian FIRST Name</th>
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<tr>
<th>Address</th>
<th>Apt</th>
<th>City</th>
<th>Zip Code</th>
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<table>
<thead>
<tr>
<th>Day Phone</th>
<th>Cell Phone</th>
<th>E-Mail (for Online Class Registration)</th>
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<table>
<thead>
<tr>
<th>Emergency Contact Name</th>
<th>Emergency Contact Number</th>
<th>Relationship to Participant</th>
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<thead>
<tr>
<th>Class Code #</th>
<th>Class Name</th>
<th>Participant Name</th>
<th>Birth Date</th>
<th>Age</th>
<th>Sex</th>
<th>Fee</th>
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**Non-residents add an additional fee per class:**
- Class fee up to $75 = $5 Non-Res Fee
- Class fee $76 and over = $10 Non-Res Fee

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<tr>
<th>TOTAL PAID</th>
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**PAYMENT METHOD** (Checks payable to: City of La Palma)
- Cash
- Check 
- Credit Card
- Money Order

<table>
<thead>
<tr>
<th>Staff Initial</th>
<th>Receipt #</th>
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**WAIVER, RELEASE, HOLD HARMLESS AND AGREEMENT NOT TO SUE**

I fully understand that participation by the person(s) registered in any City Community Services Program exposes him/her to the risk of personal injury, death, or property damage. I hereby acknowledge that I am voluntarily having the person(s) registered, participate in the above program and agree to assume any such risks.

I hereby release, discharge and agree not to sue the City of La Palma for any injury, death or damage to or loss of personal property arising out of, or in connection with the participation in any City Community Services Program, by the person(s) registered, from whatever cause, including the active or passive negligence of the City of Palma or any other participants in any City Community Services Program.

The parties to this agreement understand that this document is not intended to release any party from any act or omission of “gross negligence,” as that term is used in applicable case law and/or statutory provision.

In consideration for the City of La Palma’s acceptance of this registration, I hereby agree to indemnify and hold harmless the City of La Palma, its officers, agents, or employees from any liability or claim or action for damages resulting from or in any way arising out of the participation in any City Community Services Program by the person(s) registered.

Furthermore, I give the City of La Palma, its officers, agents or employees permission to use any related picture, video or electronic images, sounds etc., in the City’s promotional materials.

I HAVE CAREFULLY READ THIS RELEASE, HOLD HARMLESS AND AGREEMENT NOT TO SUE AS IT APPLIES TO MYSELF AND TO ANY MINORS FOR WHOM I AM SIGNING, AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT IT IS A FULL RELEASE OF ALL LIABILITY AND SIGN IT ON MY OWN FREE WILL.

X

(Parent or guardian must sign for participants under 18 years of age.)

Print name

Date

Fall 2019
Civic Expo & National Night Out
Saturday, August 3, from 5:00 – 8:00 p.m.
La Palma Central Park

The City of La Palma is proud to present the 12th annual Civic Expo held in conjunction with National Night Out and the summer’s final Concert in the Park: Mick Adams & the Stones – Tribute to the Rolling Stones. Representatives from the City’s various municipal departments, emergency responders, various service providers, and utility organizations will be available to provide information and answer questions about their services. This event is an excellent opportunity for residents to learn more about your communities’ government, utility service providers, and public safety departments. For more information please call Community Services at 714-690-3350.

Halloween Carnival
“Kandyland Karn-evil”
Thursday, October 31, from 6:00 – 8:30 p.m.
La Palma Central Park

Trick or Treat? The night will be extra sweet for La Palma’s safe, family-oriented alternative to traditional trick or treating. Kids and families can choose from a variety of activities including a Kandyland Karn-evil maze, carnival games, and a special game area for those age 5 and under. Of course, everyone enjoys the costume contest for infants to 6th grade with special prizes in each age division. Community groups, organizations, and individuals are invited to help operate a carnival game booth as a community service project. Your help is greatly appreciated! For more information, please call the La Palma Community Services Department at 714-690-3350 or visit www.cityoflapalma.org/HalloweenCarnival.

IN THE EVENT OF RAIN, THE CARNIVAL WILL BE CANCELLED

Community Sponsorship Opportunities

The City of La Palma is known for its community spirit and commitment. This is demonstrated by the many residents and businesses that financially support programs and events throughout the year. The Sponsorship Program offers a great partnership opportunity and provides increased visibility, marketing, and promotional opportunities that can help grow your business. At the same time, your sponsorship makes these events a reality in a community that greatly values such opportunities to gather and share what we all love about La Palma. To sponsor an event, become annual sponsor, or for more information please visit, www.cityoflapalma.org/Sponsorship or call 714-690-3350.