



## PRESS RELEASE

City of Los Alamitos  
Contact: Recreation and Community Services  
(562) 430 – 1073  
*Released 7/19/23*

### **Parks Make Life Better**

*Los Alamitos, CA* – July is Parks Make Life Better Month! The Los Alamitos Recreation and Community Services Department has been offering free activities all throughout the month of July in celebration. A Dog park is available at Laurel Park (10862 Bloomfield St.) through August 31 and is open from 7:00 a.m. to 7:00 p.m. This is a great opportunity to take your furry friend outside to enjoy some fresh air at the park. There have also been Park Pop-Ups taking place at various parks within Los Alamitos. During Park Pop-Ups, recreation staff set-up organized games and activities for all to enjoy! All Park Pop-Ups run from 10:00 a.m. to 12:00 p.m. The next Park Pop-Up will take place at Soroptimist Park on July 22. In addition to Summer Concert Series, recreation staff will be holding a Mini Family Day just before Summer Concert Series at Little Cottonwood Park on July 20! Come on out and enjoy various activities, an inflatable, and finish the evening with a performance by Woodie & the Longboards (Beach Boys Tribute) at Summer Concert Series.

To end Parks Make Life Better Month, there will be a roundnet tournament, in partnership with California Association for the State of Roundnet. This tournament will use Spikeball equipment and take place at Laurel Park on July 29, starting at 9:00 a.m. Pre-registration is required and is done as a team of two. There will be multiple divisions based on skill level. All skill levels are welcome, and the tournament will feature pool play and move on to bracket play as the day continues. There will be prizes for top place finishers. Pick-up basketball, which is held every Tuesday at the Oak Middle School gym (10821 Oak St.) from 8:30 p.m. to 10:00 p.m., is free for the month of July! All are welcome to join in and play recreational games of basketball. No pre-registration is needed. Simply show-up and come ready to play! All month long at the Los Alamitos Community Center (10911 Oak Street, Los Alamitos) free flower seed packets will be available for pick-up during regular business hours of 7:30 a.m. to 5:30 p.m., Monday through Thursday. Please take some seeds and plant them in your garden!

For more information on Parks Make Life Better Month, please visit [www.cityoflosalamitos.org/recreation](http://www.cityoflosalamitos.org/recreation) or contact the Recreation and Community Services Department at (562) 430 – 1073.



CITY OF  
**Los Alamitos**  
*California*

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**Los Alamitos**  
Recreation & Community Services  
*Creating Quality of Life*

**July is**  
**Parks**  
**Make**  
**Life**  
**Better!**  
**Month!**

**FREE Activities All Month Long!**

**ALL MONTH LONG**  
Dog Park • Laurel Park  
July 1 - August 31  
• Flower Seed Giveaway  
• Free Pick up Sports - Ages 18+

**PARK POP-UP**  
Little Cottonwood Park: July 1  
Labourdette Park: July 15  
Soroptimist Park: July 22  
10:00 a.m. - 12:00 p.m.

**PARK FITNESS TAKE OVER**  
Laurel Park  
July 8  
7:00 - 8:30 a.m.

**SUNSET YOGA**  
Laurel Park  
July 11, 18, 25  
7:15 - 8:00 p.m.

**MINI FAMILY DAY SUMMER CONCERT SERIES**  
Little Cottonwood Park  
July 20  
5:00 - 6:30 p.m.

**ART WORKSHOP**  
Los Alamitos Community Center  
July 13  
5:00 - 6:30 p.m.

**SPIKE BALL TOURNAMENT**  
Laurel Park • July 29  
9:00 a.m.

*Some activities will require pre-registration • Activities subject to change*

**For more info visit: [www.cityoflosalamitos.org/recreation](http://www.cityoflosalamitos.org/recreation)**