

# Los Alamitos

Recreation & Community Services

*Creating Quality of Life*

## Recreation Brochure

& City News



MemorialCare™  
Miller Children's & Women's  
Hospital Long Beach

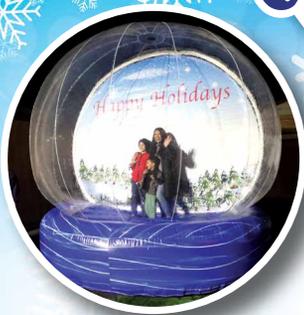
Winter 2024

# WINTER

# Wonderland



My City ♥ My Los Al



**PRESENTING SPONSOR**  
FOR FREE ICE SKATING RINK:



**PRESENTING SPONSOR**  
FOR FREE SNOW PLAY AREA:



**Saturday, December 2, 2023**  
**4pm to 7:30pm • Pine Street**

# COMING UP SOON

2023

**PAGE 7**



MemorialCare  
Miller Children's & Women's  
Hospital Long Beach

Los Alamitos  
Recreation & Community Services  
Creating Quality of Life

## WINTER Wonderland

**WINTER WONDERLAND**

DECEMBER 2

**BACK COVER**



**HOLIDAY DECORATING CONTEST**

DECEMBER 13

**BACK COVER**



**SANTA CALLS**

DECEMBER 14

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**Winter Camp**

AGES 5-12

**WINTER CAMP**

DEC. 26 - DEC. 29 &  
JAN. 2 - 5

2024

**PAGE 6**



**Weekend of Art**

**WEEKEND OF ART**

MARCH 16-17

**PAGE 6**



MemorialCare  
Miller Children's & Women's  
Hospital Long Beach

**Spring Carnival**

**SPRING CARNIVAL**

MARCH 30

**PAGE 6**

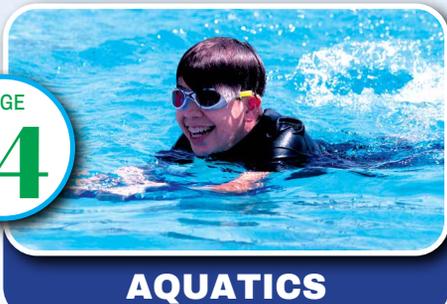


Southland  
**ELEVATE**  
teen expo  
Middle School & High School

**ELEVATE TEEN EXPO**

APRIL 20

**PAGE 14**



**AQUATICS**

JANUARY 7



**CAMPS, PROGRAMS AND EVENTS!**

LOOK FOR YOUR SPRING GUIDE ARRIVING IN FEBRUARY FOR MORE INFO ON HOW TO KEEP YOUR FAMILY BUSY THIS SPRING

CLASSES AND EVENTS ARE SUBJECT TO CHANGE OR CANCELLATION



# Los Alamitos

## Recreation & Community Services

*Creating Quality of Life*

### CITY COUNCIL

**Mayor**

Tanya Doby

**Mayor Pro Tem**

Jordan Nefulda

**Council Members**

Trisha Murphy - District 2  
Shelley Hasselbrink - District 4  
Emily Hibard - District 5

**City Manager**

Chet Simmons

**Deputy City Manager**

Ron Noda

**PARKS, RECREATION  
AND CULTURAL ARTS  
COMMISSION**

**Chairperson**

Alexander Duran

**Commissioners**

William Bandak - Vice Chair  
Morgan Beck  
Katelyn Duran  
Janet Gallagher  
Ray Joseph

**RECREATION AND  
COMMUNITY  
SERVICES STAFF**

**Director of**

**Recreation and Community  
Services**

Emeline Noda

**Recreation Managers**

Jason Bruton  
Jennifer Sisoev

**Recreation Supervisors**

Joanna Contreras  
Steve Kim  
Megan Shimada  
Kristina Villaluna

**Department Secretary**

Lauren Pavelec

**Recreation Coordinators**

Cassidy Figueroa  
Alejandro Gonzalez Lecumberri  
Samantha Kenny

**Community Services  
Coordinators**

Alix Anderson  
Gilberto Arteaga-Ceja  
Angel Hernandez

Special Events . . . . . Inside front cover  
Upcoming Events . . . . . 6-7  
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## KEEP UP WITH US IN 2024



(562) 430-1073



**CITYOFLOSALAMITOS.ORG/  
RECREATION**



**FOLLOW US @CITYOFLOSAL**



**REGISTRATION: LOSALRECREATION.MYREC.COM**

## ON THE FRONT COVER:

The Los Alamitos Recreation and Community Services Department invites the community to the MemorialCare Miller Children's and Women's Hospital Long Beach Winter Wonderland on Saturday, December 2, 2023 from 4:00 p.m. to 7:30 p.m. on Pine Street and St. Isidore Historical Plaza (10961 Reagan Street.) The event will feature musical entertainment by local groups, Santa's Village, a tree lighting, vendors, inflatables, free snow sledding presented by Universal Waste Systems (UWS), and new this year a free ice skating rink presented by Southland Credit Union. For more information, please visit [www.cityoflosalamitos.org/recreation](http://www.cityoflosalamitos.org/recreation).

## ON THE BACK COVER:

The City of Los Alamitos invites you to participate in our beloved Holiday traditions: **Holiday Decorating Contest:** Judges will be out on Wednesday, December 13th to discover Los Al's most decorative homes! Registration is encouraged; however, all Los Alamitos homes will be considered with lighted displays on between 6-9 p.m. Awards will be given for the following divisions: Brightest, Most Creative, and Most Holiday Spirit. \*Participating neighborhoods will receive awards. Please visit [www.cityoflosalamitos.org](http://www.cityoflosalamitos.org) to register.

**Santa Calls:** Ho Ho Ho! Santa will be phoning into Los Alamitos homes on Thursday, December 14th from 5-7 p.m. Simply write a letter to Santa Claus and drop it off at the Los Alamitos Community Center (10911 Oak Street) by 5 p.m. on Thursday, December 7th. Unfortunately, no letters can be accepted by mail. Please include your child's name, age, phone number, and other info Santa needs to know.

# GRANT AWARD RECEIVED!

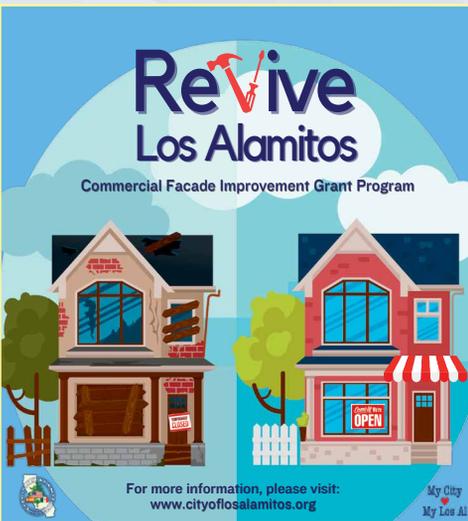
## The City of Los Alamitos secures \$2.5 million dollars in special funding in the State's Budget!



Mayor Tanya Doby and State Senator Janet Nguyen

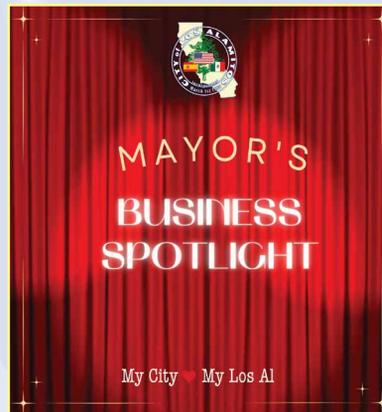
The City of Los Alamitos has been awarded \$2.5 million dollars for local infrastructure projects with the help of State Senator Janet Nguyen. This is the first time that the City has been able to secure a dedicated line item in the State budget. This generous support from Senator Nguyen will address infrastructure improvements to the Civic Center that has mostly remained unchanged from the 1970s. The financial assistance will evolve the Civic Center into a vital resource for the community by modernizing facilities to meet the increase demand for services, upgrading the Emergency Operation Center (EOC) to meet today's unexpected time of crisis, and to ensure a flourishing hub for community engagement.

*"We want to thank Senator Janet Nguyen for her steadfast support for our City,"* said Mayor Tanya Doby. *"Senator Nguyen has been an ally for our small, but mighty City since her first days in higher office. Due to her background as an advocate for the underdog and the little guy, she has always had a soft spot for Los Alamitos and our particular needs. Soliciting and securing \$2.5 million for our residents is just the latest in a long line of ways the Senator has showed her dedication to our City over the course of our relationship with her as a diligent advocate for Los Alamitos."*



The City's Economic Development Division is excited to launch this program intended for Los Alamitos based businesses. This grant opportunity will allow brick and mortar storefronts and commercial establishments to invest in their property

to make improvements to their façade, address outdated repairs for their business, replace old structures and landscaping, and otherwise freshen the aesthetics for greater shopping experience and customer appeal. Additional criteria and eligibility rules will apply. Interested businesses are encouraged to contact the Development Services Department for any questions by calling City Hall at (562) 431-3538 or visiting the City's website.



## MAYOR'S BUSINESS SPOTLIGHT

This program is designed to draw awareness and help attract new customers to Los Alamitos based businesses. Selected businesses have an opportunity to share their story, service, and specialty through a brief

on camera interview with the Mayor. The video itself is then featured across media platforms including the City's YouTube Channel, Facebook page, and presented in front of City Council and the community at City Council Meetings with the business representative in attendance. If you own a business in the City of Los Alamitos, then this is the program for you! Take advantage of this free opportunity and inquire with Development Services at City Hall on how to be included at the next Mayor's Business Spotlight by calling (562) 431-3538. The following are some of the previously featured businesses: Champion's Quest, Sir Speedy, Precious Life Shelter, Garage Pilates and Wahoo's.



## YOUR TAX DOLLARS AT WORK



### REHABILITATION STREET PROJECT

As part of the City's continued commitment to its ongoing pavement management program, Phase II citywide street rehabilitation project will commence this Spring 2024. Paved asphalt roads provide a safe mode of transportation for vehicles and bicyclists and increase accessibility. The project will also replace damaged curb & gutter and lifted sidewalk to correct drainage. Funding for this project is made possible through your tax dollars. This project will include repave and slurry seal to the streets listed below:

- Kyle Street (South of Kinmount Street)
- Kaylor Avenue (Ball Road to Kinmount Street)
- Maple Street (South of Kinmount Street)
- Kinmount Street
- Farnham Avenue
- Catalina Street (Oak Street to Los Alamitos Boulevard)
- Catalina Street (Cherry Street to Kyle Street)
- Florista Street (Bloomfield Avenue to Kyle Street)
- Noel Street (North of Katella Avenue)
- Glacier Circle
- Vicksburg Circle
- Carlsbad Circle
- Interior Circle
- Ranier Circle
- Apollo Circle
- Saratoga Drive
- Langley Drive
- Essex Drive
- Enterprise Drive
- Midway Drive
- Ticonderoga Drive
- Ranger Drive
- Tarawa Drive
- Bunker Hill Drive
- Green Ave (Saratoga Drive to Ticonderoga Drive)
- Howard Avenue (Lexington Drive to Bennington Street)

For any questions or concerns, please contact the Development Services Department at (562) 431-3538 or visit the City website for all construction related updates.

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CITY OF **Los Alamitos**  
*California*



**APPLY NOW!**

[WWW.CITYOFLOSALAMITOS.ORG](http://WWW.CITYOFLOSALAMITOS.ORG)



### REIMAGINING LABOURDETTE PARK

City Staff are in the beginning phases of design concepts for the future look of Labourdette Park. The park playground and picnic shelter will be upgraded and new amenities may be added. This project will give a much needed change to the park and bring excitement to the community. Funding for this project will be made available through Community Development Block Grant (CDBG) money.



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**HOLIDAY TREE COLLECTION**

*Recycle Your Tree*

**DECEMBER 26TH - JANUARY 12TH**

Los Alamitos residents can recycle their holiday trees at no additional cost.

**Instructions on disposal:**

- Remove lights, ornaments, tinsel and tree stands.
- Cut trees in half that are 6 feet and over.
- Place tree at the curb next to the bins on your regular collection day.
- Do not block streets, alleys, or sidewalk.

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## Holiday Street Sweeping Schedule



**IMPACTED:**  
Street Sweeping will **not** occur on the *Thanksgiving Holiday*, with no make-up date for that week. Regular Sweeping will resume the following week.

**NOT IMPACTED:**  
Street Sweeping will occur as regularly scheduled for the *Christmas Day* and *New Years Day* holidays.



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## UWS Holiday Trash Collection Schedule

There is **NO** service on these holidays:

- Thanksgiving Day
- Christmas Day
- New Years Day

There will be a **1-day delay** in the regular collection each week, with regular collection resuming the week of January 8. Service schedule hours range from 7:00 a.m. to 6:00 p.m.



## EMERGENCY NOTIFICATIONS

An emergency mass notification system is a comprehensive platform that facilitates the rapid dissemination of emergency messages to targeted recipients through multiple communication channels, such as text alerts, email, phone calls, and FAX. The City of Los Alamitos utilizes two platforms for residents and surrounding areas to receive these notifications: **Wireless Emergency Alerts (WEA)** and **Alert OC**.

### Wireless Emergency Alerts:

- Allows for emergency notifications via cell phone of a geographically targeted area.
- Uses cell phone towers to deliver the message – designed to capture all cell phones in the target area.
- No need to sign up – all cell phone providers participate in the WEA system.

**WEA** is primarily used for critical time sensitive messages such as evacuation orders, shelter in place orders, be on the lookout (BOLO), critical incidents, etc. A message advising of police activity was recently sent out using WEA to notify people in a targeted area of an outstanding suspect and his description. A recipient of the message identified the suspect, called 911, and the suspect was arrested a short time later. This arrest likely would not have occurred had his description not been broadcast to our community.

### Alert OC:

- Allows for notifications (emergency and informative) ranging from a small group of affected users and up to all County users.
- Users must sign up to receive Alert OC messages on their cell phone, text, email, or TTD/TTY.

Some examples of what an Alert OC is utilized for are planned or forecasted events, avoiding an area due to police activity, public works emergency (broken water main), weather events, planned outages, etc. Recently, Alert OC was utilized to notify residents of the Pacific Airshow and the anticipated increase of jet noise and air traffic around the Joint Forces Training Base.

**Stay one step ahead of emergencies with Alert OC and sign up today.**



**AlertOC**  
STAY INFORMED

## LOS ALAMITOS COMMUNITY FOUNDATION

The Los Alamitos Community Foundation is a newly established organization that partners with the City of Los Alamitos to provide funding to enhance programs and services offered through the City to benefit the residents of Los Alamitos. The Foundation identified three priorities to initially focus on in this first year including funding towards a Police Department K9 Program, an Urban Forest Program, and an Adaptive Recreation Program. The Foundation is thrilled to report that great strides have been made in all three areas of priority.

The K9 officer fundraising is complete in large part due to community member donations from Kenny Brandyberry for \$15,000 and Dayl Salamanca for \$5,000. The K9 policy has been officially accepted and published. There is a current testing process being conducted for the selection of the K9 officer, which is expected to wrap up in November. The department has received the K9 police vehicle, which is currently undergoing extensive labor to be outfitted with the appropriate equipment. The next step to be completed is the selection of the handler, followed by a six-week academy for the officers before being deployed into the field. Donations will continue to be accepted to cover annual veterinary costs.

**Los Alamitos Community Foundation**

My City ♥ My Los Al

The Los Alamitos Community Foundation is a newly established organization that partners with the City of Los Alamitos to provide funding to enhance programs and services offered through the City to benefit the residents of Los Alamitos.

The Los Alamitos Community Foundation has identified three priorities to initially focus on in this first year including funding towards also:

- Police Department Canine Program
- Urban Forest Program
- Adaptive Recreation Program

Each of these programs will benefit the residents of Los Alamitos in the areas of crime prevention, environmental benefits and community inclusion and expansion of services for families with special needs. Visit the Foundation's website at [www.losalfoundation.org](http://www.losalfoundation.org) to donate today and begin your support of these valuable programs and services that will enhance the quality of life for residents in Los Alamitos.

[www.losalfoundation.org](http://www.losalfoundation.org)

As part of the City's commitment and effort to expand its Urban Forest, the foundation raised \$20,000 to plant 30 additional Crepe Myrtle trees along Ball Road between Bloomfield Street and the bridge on both sides of the street.

Lastly, the Foundation has set aside \$10,500 towards adaptive recreation programming for children, teens, and adults with special needs. Staff are ready to move forward in the planning and implementation of monthly meet ups. Recreation staff will lead monthly activities such as arts and crafts, life skills, socials, and mini events. Monthly meet ups are free, open to all ages, and great networking opportunities for families. The Department would like to continue to expand programming in partnering with local agencies. Please visit the Foundation's website at <https://losalfoundation.org> to support more valuable programs and services like these that will enhance the quality of life for residents in Los Alamitos.

**Follow the Foundation's Facebook and Instagram pages @losalfoundation.**

## SPECIAL EVENT PARTNERSHIP OPPORTUNITIES

The Recreation & Community Services Department is proud to partner closely with local businesses and non-profit organizations by offering two main ways to get involved in the many special events planned throughout the year: Vendor Opportunities and Sponsorship Opportunities.

### 2024 Special Event Vendor Packet

The Recreation and Community Services Department is pleased to launch its 2024 Special Event Vendor Packet providing local vendors and businesses an opportunity to set up vendor booths at the variety of special events held throughout the year. Applications for events occurring in 2024 will be available the second week of January on the Recreation website and accepted on a first come, first served basis until spaces fill up. \*Vendors are responsible for providing all necessary insurance and permits required prior to participating in any event. Full list of requirements can be found on the website.



### 2024 Event Sponsorship Packet

For those businesses and organizations interested in furthering their marketing opportunities, the Event Sponsorship is a great way to do that. Recreation and Community Services events are catered toward all ages and bring together upwards of 12,000 community members. Each event offers a unique sponsorship opportunity for local businesses and organizations who in turn receive a variety of marketing benefits allowing them to connect with the local community. Sponsorships are sought for areas such as: Weekend of Art Stage Sponsor, Senior Prom Entertainment Sponsor, 3rd of July Fireworks Sponsor, and much more. For full details on how your business or organization can get involved, visit the Recreation web page at [www.cityoflosalamitos.org/recreation](http://www.cityoflosalamitos.org/recreation).

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

The City of Los Alamitos Recreation and Community Services Department prides itself on planning a wide variety of special events throughout the year for all ages which bring together upwards of 12,000 community members. Each event offers a unique sponsorship opportunity for local businesses and organizations who in turn receive unique marketing benefits allowing them to connect with the local community.

**EVENT SPONSORSHIP OPPORTUNITIES**

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City of Los Alamitos Recreation & Community Services Department  
10921 Oak St. Los Alamitos • 924-430-1073 • [www.cityoflosalamitos.org](http://www.cityoflosalamitos.org)

# EVENTS

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

My City  
My Los Al

**CALLING ARTISTS OF ALL AGES!**

## Weekend of Art

**VISUAL & PERFORMING ARTS EXHIBITION**

**MARCH 16-17 2024**

Leave your Mark on WeeKend of Art!

MemorialCare  
Miller Children's & Women's Hospital Long Beach

## Spring Carnival

*free admission!*

**SAVE THE DATE**

**SATURDAY**

**MARCH 30, 2024**

**9:30 AM - 12:00 PM**

**LITTLE COTTONWOOD PARK**  
(4000 FARQUHAR AVENUE)

Los Alamitos  
Recreation & Community Services  
AQUATICS

## WE ARE HIRING

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

My City  
My Los Al

Join the Recreation & Community Services Team!

**AQUATICS**

- Lifeguard
- Senior Lifeguard/ Water Safety Instructor
- Aquatics Specialist

**RECREATION**

- Recreation Specialist
- Recreation Leader
- Senior Recreation Leader

Apply now by visiting the City's website  
[cityoflosalamitos.org](http://cityoflosalamitos.org) • 562-430-1073

- Be a part of a dynamic and creative team.
- Make an impact on your community.
- Flexible hours and competitive pay.

**SAVE THE DATE**

8am-3pm  
Location: To Be Determined

**\$5**  
Scholarships available!  
Registration coming soon!

Southland CREDIT UNION

## ELEVATE

teen expo

Middle School & High School

**Saturday, April 20, 2024**

**A Personal Development Conference**



**MemorialCare..**  
Miller Children's & Women's  
Hospital Long Beach

# WINTER Wonderland

Presented by  
 UNIVERSAL WASTE SYSTEMS INC.

My City ♥ My Los Al






## SATURDAY, December 2, 2023 4pm to 7:30pm

**Location:**  10961 Reagan Street  
and Pine Street  
HISTORICAL PLAZA

Presented by  
 UNIVERSAL WASTE SYSTEMS INC.

Presented by  
 Southland  
CREDIT UNION

**FREE Snow Play**

**FREE Ice Skating Rink**

**Tree Lighting**   **Snow Sledding**   **Santa's Village**

**Musical Entertainment**

**TOY DRIVE FOR LOCAL CHARITIES**  
Donate new and unwrapped toys at the event

**Title Sponsor:**



MemorialCare..  
Miller Children's & Women's  
Hospital Long Beach

**Presenting Sponsors:**






**Community Sponsors:**





Event is subject to change or cancellation based on COVID-19 restrictions in place at the time the event occurs.

# TOY DRIVE

Donate New & Unwrapped Toys!

● 4 Ways to Donate ●

**Online:**  **Now through Wednesday, Nov. 29**

**Donation Bins:** **Mon, Nov. 27 - Thu, Nov. 30** My City  
Community Center, City Hall, Police Department, and local Starbucks My Los Al

**Drive-up Drop-off:**  **Wednesday Nov. 29**  **Help us Stuff a BearCat**  
from 4:00pm - 7:00pm and Join us for   
Starbucks (9675 Katella Ave, Los Alamitos)  **Coffee with a Cop**

**WINTER Wonderland** **Saturday, Dec. 2**  
from 4:00pm - 7:30pm  
10911 Pine Street, Los Alamitos

Make a difference in a child's life this Holiday Season  
Los Alamitos nonprofit organizations will distribute toys to local children who are most in need.

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



L.A.V.P.  
LOS ALAMITOS  
**VOLUNTEER**  
PROGRAM

My City ♥ My Los Al

Join a passionate group of 11-17 year old's learning new skills and making a difference in the community year-round!

Participants Can Receive:

- ★ Work Experience
- ★ Service Hour Credit
- ★ Life Skills
- ★ New Friendships
- ★ Presidential Service Award
- ★ Leadership Skills

Annual Fee: Resident: \$42 / Non-Resident: \$45  
Register Here: [losalrecreation.myrec.com](http://losalrecreation.myrec.com)



My City  
♥  
My Los Al

# PRESCHOOL

## ARTS, CRAFTS AND MUSIC



### LEARN AND GROW PLAYGROUP

Los Alamitos Community Center - Building 2  
10909 Oak Street, Los Alamitos

Come join us as we meet new friends, share ideas to foster positive parenting, and all the while sharing some smiles. Children will engage in various activities including movement, literature, music, and crafts that will heighten their development in social, cognitive, fine, and gross motor skills. Parent participation is required. Please do not bring unregistered siblings.

**\$5 materials fee**

**Instructor:** Diana Perez

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI2401	5 weeks	Wed	1/17-2/14	9:15-10a	1.5-2.5	\$79/\$84
WI2402	5 weeks	Wed	2/28-3/27	9:15-10a	1.5-2.5	\$79/\$84

### SHAPING IT UP WITH ABC'S AND 123'S

Los Alamitos Community Center - Building 2  
10909 Oak Street, Los Alamitos

Come join us as we explore our world of numbers, shapes, and letters. Class will target classification, counting, numbers, letters, colors, shapes, socialization, music, movement, crafts, and prepare children for school readiness. Parent participation is required. Please do not bring unregistered siblings.

**\$5 materials fee**

**Instructor:** Diana Perez

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI2403	5 weeks	Wed	1/17-2/14	10:15-11a	2.5-5	\$79/\$84
WI2404	5 weeks	Wed	2/28-3/27	10:15-11a	2.5-5	\$79/\$84

CITY OF  
**Los Alamitos**  
*California*

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**LATE PICK UP POLICY: \$1 per minute, after 5 minutes of program ending. Fee due prior to start of next class. If there are no further classes, fees due at time of late pick-up. Payable at the front desk.**



### WINTER PRESCHOOL PROGRAM

(SESSION 1 - 8 WEEKS)

Age:	Days:	Dates:	Time:	Fee: (R/NR)	Code:
4-5	M/W/F	1/8-3/8	9am-1pm	\$530/\$535	WI2305
3-4	T/TH	1/9-3/7	9am-12pm	\$250/\$255	WI2306

NO CLASS: 1/15, 2/19 - 2/23

(SESSION 2 - 6 WEEKS)

Age:	Days:	Dates:	Time:	Fee: (R/NR)	Code:
4-5	M/W/F	3/11-4/26	9am-1pm	\$420/\$425	WI2307
3-4	T/TH	3/12-4/25	9am-12pm	\$200/\$205	WI2308

NO CLASS: 4/1 - 4/5

Department Late Policy: \$1 per minute, after 5 minutes of program ending. Fee due prior to start of next class. Payable at the front desk.

Preschool Program Refund Policy: Lil' Oak Preschool Program is a No Refund Program.

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

10911 Oak Street, Los Alamitos

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Children will be introduced to numbers, letters, sight words, colors, shapes and days of the week! Activities will include circle time, art, music, and stories and games. Program will also emphasize sharing, respect, and understanding. All staff are First Aid, CPR, and AED certified. Price DOES NOT include \$20 supply fee for each session. Please register online using our MY Rec portal or in person at the Los Alamitos Community Center (10911 Oak St.) A birth certificate is required to be uploaded when registering. Participants must be potty-trained, no pull-ups. Priority given to those currently enrolled. If adding mid-year to the Monday, Wednesday, Friday class the child must be assessed prior to enrollment. \*Please contact the Preschool Program for questions regarding which class your child should enroll in. Department Late Policy: \$1 per minute, after 5 minutes of program ending. Fee due prior to start of next class. If there are no further classes, fees due at time of late pick-up. Payable at the front desk.

## DANCE AND MUSIC

### PRINCESS BALLET

Los Alamitos Community Center - Building 2  
10909 Oak Street, Los Alamitos

Twirl into your imagination! Dancers learn beginning ballet with an element of fantasy in this princess-themed class for the budding ballerina. Class includes princess storytimes and crafting. Leotard, tights, and ballet shoes required. \$5 craft fee due on first day. Optional spring recital with nominal fee. Must be enrolled January-May to participate, recital registration deadline 2/23. More info: [www.socaarts.com](http://www.socaarts.com)

**No Class: 2/22**

**Instructor:** SoCa Arts

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI2409	9 weeks	Thu	1/18-3/21	4:25-5:10p	3-6	\$128/\$133



### HIP HOP

Los Alamitos Community Center - Building 2  
10909 Oak Street, Los Alamitos

Children learn beginning hip hop and basic tumbling skills in this upbeat, popular class! Class helps improve coordination, rhythm, gross motor skills, and agility. All movements and songs are age-appropriate. Athletic attire and sneakers required. Optional spring recital with nominal fee. Must be enrolled January-May to participate, recital registration deadline 2/23. More info: [www.socaarts.com](http://www.socaarts.com)

**No Class: 2/22**

**Instructor:** SoCa Arts

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI2410	9 weeks	Thu	1/18-3/21	3:30-4:15p	3-5	\$128/\$133

### ALL-IN-ONE DANCE

Los Alamitos Community Center - Building 2  
10909 Oak Street, Los Alamitos

Perfect for those wanting to try multiple styles of dance! Dancers learn beginning ballet, jazz, hip hop, and tumbling in an encouraging environment. Class helps improve coordination, rhythm, and even sports ability! Leotard, tights or leggings, and jazz shoes required. Optional spring recital with nominal fee. Must be enrolled January-May to participate, recital registration deadline 2/23. More info: [www.socaarts.com](http://www.socaarts.com)

**No Class: 2/22**

**Instructor:** SoCa Arts

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI2411	9 weeks	Thu	1/18-3/21	5:20-6:05p	4-7	\$128/\$133

### POP STAR HIP HOP

Los Alamitos Community Center - Building 2  
10909 Oak Street, Los Alamitos

Shine like a star! Dancers learn hip hop and jazz technique and choreography to music from popular artists in this fun, energetic class. Class helps improve coordination, rhythm, and performance skills. Age-appropriate movements and songs. Athletic attire and sneakers required. Optional spring recital with nominal fee. Must be enrolled January-May to participate, recital registration deadline 2/23. More info: [www.socaarts.com](http://www.socaarts.com)

**No Class: 2/22**

**Instructor:** SoCa Arts

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI2412	9 weeks	Thu	1/18-3/21	6:15-7:00p	5-9	\$128/\$133



My City



My Los Al

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# PRESCHOOL & YOUTH

## SPORTS

### PARENT & ME BASKETBALL

Little Cottonwood Park  
4000 Farquhar Avenue, Los Alamitos

Calling all parents looking to shoot some hoops with their little one! This program is designed to introduce your little one to the sport of basketball. Participants will learn basketball skills through a clinic-style and game based session. Skills that will be covered include: dribbling, passing, defense, and shooting. Classes will be led by Recreation Staff but must include parent(s) participation.

**Award is included in the fee.**

**Instructor:** Recreation Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI2413	5 weeks	Sat	1/13-2/10	9-9:45a	2-3	\$63/\$68



### JR. PEE WEE BASKETBALL

Little Cottonwood Park  
4000 Farquhar Avenue, Los Alamitos

It's time to dribble the dream! This is a great and fun introductory program for participants looking to build a solid basketball foundation. Taught by Recreation Staff, participants will learn the fundamentals of basketball that will prepare them for their basketball journey. This program will consist of skill-based games and drills. Skills that will be covered include: dribbling, passing, defense, and shooting.

**Award is included in the fee.**

**Instructor:** Recreation Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI2414	5 weeks	Sat	1/13-2/10	10-10:45a	4-6	\$63/\$68



### PEE WEE BASKETBALL

Little Cottonwood Park  
4000 Farquhar Avenue, Los Alamitos

This program is designed to enhance and build upon your child's basketball skill-set. These sessions will consist of skill-based games and drills that will work to develop your athlete into a better player. It is important to get repetitions in to develop skill set and this clinic-style program will do just that. Skills that will be covered include: dribbling, passing, defense, and shooting.

**Award is included in the fee.**

**Instructor:** Recreation Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI2415	5 weeks	Sat	1/13-2/10	11-11:45a	7-9	\$63/\$68



### SOCCER AND T-BALL COMBO WITH SPORTBALL

Orville R. Lewis Jr. Park  
3662 Kempton Drive, Los Alamitos

In this 8 week session, we dive into two of the most loved sports, baseball and soccer. We will introduce your young athlete to the basics of both sports through imagination skill-based games, that will constantly be improving cognitive and social skills, and most importantly learning to work together as a team. The first part of the session focuses on soccer skills such as passing, throw-ins, dribbling and goalie skills and non-competitive game play. Midway through the season, we switch to baseball skills such as throwing, catching, batting, running bases and fielding before playing an actual game.

**Parent Participation Required for 16m-3 years and 2-3 year old classes.**

**Instructor:** Sportball Coaches

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI2416	8 weeks	Sat	1/20-3/9	11-11:45a	2-3yrs	\$145/\$150
WI2417	8 weeks	Sat	1/20-3/9	12-12:45a	3-5yrs	\$145/\$150

### 8-SPORT MULTI-SPORT WITH SPORTBALL

Orville R. Lewis Jr. Park  
3662 Kempton Drive, Los Alamitos

In this 8 week session, Sportball Multi-Sport is a dynamic sports program that focuses on skill development in a different sport each class (soccer, basketball, football, volleyball, tennis, hockey, golf, and baseball). Classes apply developmentally appropriate methodology to introduce, practice, and refine motor skills, progress sports skills, reinforce the benefits of teamwork and prepare your athlete for a future of confident sports participation.

**Parent Participation Required for 16m-3 years and 2-3 year old classes.**

**Instructor:** Sportball Coaches

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI2418	8 weeks	Sat	1/20-3/9	9-9:45a	16m-3yrs	\$145/\$150
WI2419	8 weeks	Sat	1/20-3/9	10-10:45a	3-5yrs	\$145/\$150

# ADAPTIVE RECREATION

Sponsored by:



Join Recreation Staff as they lead monthly activities for participants with special needs and their families. Participants must be accompanied by an aide or parent/guardian. Monthly meetups are FREE, open to all ages, and great networking opportunities for families!

## MONTHLY MEETUPS

- \* January 31, 2024 - Lunar New Year Craft  
 Located: Los Alamitos Community Center Building 2  
 Time: 3:30 p.m. - 5:30 p.m.
- \* February 28, 2024 - Life Skills and Ice Cream Social  
 Located: Los Alamitos Community Center Building 2  
 Time: 3:30 p.m. - 5:30 p.m.
- \* March 27, 2024 - Eggcessible Eggstravanganza  
 Located: Los Alamitos Community Center Building 2  
 Time: 3:30 p.m. - 7:30 p.m. \*Time slots will be available for registration starting in January.

Preregistration is required. Register at [losalrecreation.myrec.com](http://losalrecreation.myrec.com)  
 For more information please visit [cityoflosalamitos.org/recreation](http://cityoflosalamitos.org/recreation)

# Winter Camp

AGES 5-12

December 26 - December 29, 2023  
 & January 2 - 5, 2024

10909 Oak Street, Los Alamitos

Regular: 9am - 4pm • Daily Rates: Res. \$30, Non-Res. \$35  
 Extended: 7am - 6pm • Daily Rates: Res. \$45, Non-Res. \$50



Join MyRec Rewards sponsored by MemorialCare Miller Children's and Women's Hospital Long Beach for 5% off your registration. Registration can be done at [losalrecreation.myrec.com](http://losalrecreation.myrec.com). Scholarships are also available for eligible Los Alamitos residents. Please visit [cityoflosalamitos.org/recreation](http://cityoflosalamitos.org/recreation) to apply.

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

For more information call  
 (562) 430-1073 or visit  
[cityoflosalamitos.org/recreation](http://cityoflosalamitos.org/recreation)



**Special Olympics**  
 Southern California

Individuals with an intellectual disability gain confidence, self-esteem & develop life skills in a fun, supportive team environment. Volunteers enjoy a rewarding experience helping as coaches & assistant coaches.

If you are interested in being involved, please contact Jorge Sotelo at [jsotelo@sosc.org](mailto:jsotelo@sosc.org).



# February Day Camp

AGES 5-12

February 19-23, 2024

10909 Oak Street, Los Alamitos

Regular: 9am - 4pm • Daily Rates: Res. \$30, Non-Res. \$35  
 Extended: 7am - 6pm • Daily Rates: Res. \$45, Non-Res. \$50



Join MyRec Rewards sponsored by MemorialCare Miller Children's and Women's Hospital Long Beach for 5% off your registration. Registration can be done at [losalrecreation.myrec.com](http://losalrecreation.myrec.com). Scholarships are also available for eligible Los Alamitos residents. Please visit [cityoflosalamitos.org/recreation](http://cityoflosalamitos.org/recreation) to apply.

**Los Alamitos**  
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For more information, call  
 (562) 430-1073 or visit  
[cityoflosalamitos.org/recreation](http://cityoflosalamitos.org/recreation)

# YOUTH SPORTS



## HEMOCOURT EDGE BASKETBALL BALL HANDLING AND SHOOTING STARS CLINIC BUNDLE

**Oak Middle School Gym**  
10821 Oak Street, Los Alamitos

Come and get the best of both worlds and get multiple workouts a week with Homecourt Edge Basketball: Tuesday's ball-handling class, Thursday's shooting class. Please don't hesitate to sign up with us today! For class makeups, please contact: hcepersonaltraining@yahoo.com

**Drop in: \$20 per class**

**No Class: 2/20, 2/22, 3/21**

**Instructor:** HCE Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI2420	4 weeks	Tue/Thurs	1/9-2/1	7-8:30p	6-18	\$149/\$154
WI2421	3 weeks	Tue/Thurs	2/6-2/29	7-8:30p	6-18	\$109/\$114
WI2422	4 weeks	Tue/Thurs	3/5-3/28	7-8:30p	6-18	\$149/\$154

## HEMOCOURT EDGE BASKETBALL SHOOTING STARS

**Oak Middle School Gym**  
10821 Oak Street, Los Alamitos

Homecourt Edge Basketball Shooting Stars will focus on improving your child's shooting form. We will teach proper shooting techniques, proper release, follow through, shooting consistency, shooting off the screen, and squaring up to the basket. For class makeups, please contact: hcepersonaltraining@yahoo.com

**Drop in: \$20 per class**

**No Class: 2/22, 3/21**

**Instructor:** HCE Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI2423	3 weeks	Thurs	1/11-1/25	7-8:30p	6-18	\$84/\$89
WI2424	4 weeks	Thurs	2/1-2/29	7-8:30p	6-18	\$109/\$114
WI2425	3 weeks	Thurs	3/7-3/28	7-8:30p	6-18	\$84/\$89

## HEMOCOURT EDGE BASKETBALL TRIPLE BUNDLE

**Oak Middle School Gym**  
10821 Oak Street, Los Alamitos

Come and get the best of both worlds and get multiple workouts a week with Homecourt Edge Basketball: Tuesday's ball-handling class, Thursday's shooting class and Sunday's Open Gym. Please don't hesitate to sign up with us today! For class makeups, please contact: hcepersonaltraining@yahoo.com

**Drop in: \$20 per class**

**No Class: 2/20, 2/22, 3/21**

**Instructor:** HCE Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI2426	4 weeks	Tue/Thu/Sun	1/7-2/1	T/Th 7-8:30p	6-18	\$209/\$214
WI2427	3 weeks	Tue/Thu/Sun	2/4-2/29	Sun 2-3:30p	6-18	\$174/\$179
WI2428	4 weeks	Tue/Thu/Sun	3/3-3/28		6-18	\$209/\$214

## HEMOCOURT EDGE BASKETBALL TOTAL ATTACK SERIES SKILLS CLINIC

**Oak Middle School Gym**  
10821 Oak Street, Los Alamitos

HCE Attack Series Clinic Skills Clinic will be a combination of our Ballhandling and Shooting Clinic Series. Homecourt Edge Basketball Ballhandling Clinic will introduce ballhandling skills for novice, intermediate and advanced levels. The clinic will also introduce the latest offensive moves to the basket. Classes will also include speed and agility footwork. Homecourt Edge Basketball Shooting Stars will focus on improving your child's shooting form. We will teach proper shooting techniques, proper release, follow through, shooting consistency, shooting off the screen, and squaring up to the basket. For class makeups, please contact: hcepersonaltraining@yahoo.com

**Instructor:** HCE Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI2429	4 weeks	Sun	1/7-1/28	2-3:30p	6-18	\$109/\$114
WI2430	4 weeks	Sun	2/4-2/25	2-3:30p	6-18	\$109/\$114
WI2431	4 weeks	Sun	3/3-3/24	2-3:30p	6-18	\$109/\$114

## HEMOCOURT EDGE BASKETBALL BALLHANDLING CLINIC

**Oak Middle School Gym**  
10821 Oak Street, Los Alamitos

Homecourt Edge Basketball Ballhandling Clinic will introduce ballhandling skills for novice, intermediate and advanced levels. The clinic will also introduce the latest offensive moves to the basket. Classes will also include speed and agility footwork. For class makeups, please contact: hcepersonaltraining@yahoo.com

**Drop in: \$20 per class**

**No Class: 2/20**

**Instructor:** HCE Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI2432	4 weeks	Tues	1/9-1/30	7-8:30p	6-18	\$109/\$114
WI2433	3 weeks	Tues	2/6-2/27	7-8:30p	6-18	\$84/\$89
WI2434	4 weeks	Tues	3/5-3/26	7-8:30p	6-18	\$109/\$114

## HEMOCOURT EDGE TRAVEL BALL PROGRAM

**Oak Middle School Gym**  
10821 Oak Street, Los Alamitos

Come and join our Homecourt Edge Basketball Travel Team Program! We will practice twice a week Tuesdays and Thursdays. We will play at least two shootouts/ tournaments a month. Your child will get better! Girls and Boys 2nd - High School teams. For class makeups, please contact: hcepersonaltraining@yahoo.com

**No Class: 2/20, 2/22, 3/21**

**Instructor:** HCE Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI2435	4 weeks	Tue/Thurs	1/9-2/1	6-8:30p	8-14	\$209/\$214
WI2436	3 weeks	Tue/Thurs	2/6-2/29	6-8:30p	8-14	\$189/\$194
WI2437	4 weeks	Tue/Thurs	3/5-3/28	6-8:30p	8-14	\$209/\$214

## HEMOCOURT EDGE BASKETBALL OPEN RUN

**Oak Middle School Gym**  
10821 Oak Street, Los Alamitos

Bring a group of friends to come play ball! Ages 10-11 from 2:00-3:30pm and Ages 12-14 from 3:30-5:00pm. Please contact: hcepersonaltraining@yahoo.com

**Drop in: \$20 per class**

**Instructor:** HCE Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI2438	4 weeks	Sun	3/3-3/24	2-5p	8-18	\$75/\$80

# YOUTH AND TEEN



# Co-ed Youth Basketball League

January 29 - April 19, 2024 / 10 Week Program

## DIVISIONS:

**Pee Wee:** K & 1st Grade

**All-Star:** 2nd & 3rd Grade

**Dream Team:** 4th & 5th Grade

**Legends:** 6th-8th Grade



## INFORMATION:

- **Fee:** Residents \$160, Non-Res. \$165
- Games played at Oak Gym on Saturdays
- Sites with multiple teams will be determined based on talent level – **NO ROSTER/CARPOOL REQUESTS WILL BE GRANTED.**
- Jersey, Shorts, & Award are included in the fee

## DATES:

- Registration Deadline – January 11
- Practice Begins – Week of January 29
- Skills Clinic – February 3
- Games Begin – February 10
- No Practice / Games – February 19 – 24, March 30 – April 6
- Last Games – April 13
- Skills Contest & Closing Ceremony – April 19

CODE	PRACTICE SITE	DIVISION	PRACTICE DAY	PRACTICE TIME
WI2439	Oak Gym	Pee Wee	Fridays	5:30-6:30p
WI2440	Oak Gym	Pee Wee	Wednesdays	5:30-6:30p
WI2441	Lee Elem.	All Star	Mondays	3:30-5:00p
WI2442	Los Alamitos Elem.	All Star	Tuesdays	3:30-5:00p
WI2443	Oak M.S. (Outdoor)	All Star	Thursdays	3:30-5:00p
WI2444	Weaver	All Star	Wednesdays	3:30-5:00p
WI2445	Lee Elem.	Dream Team	Mondays	3:30-5:00p
WI2446	Los Alamitos Elem.	Dream Team	Tuesdays	3:30-5:00p
WI2447	Weaver	Dream Team	Wednesdays	3:30-5:00p
WI2448	Oak Gym	Dream Team	Fridays	7:00-8:30p
WI2449	McAuliffe M.S.	Legends	Thursdays	3:30-5:00p
WI2450	Oak Gym	Legends	Mondays	5:30-7:00p

**Practice sites may be subject to change based on registration.**



# Song Team

Cheerleaders in grades K-8 will learn basic Song Team cheers and dances to perform at the Los Alamitos Basketball Games. Practices will be held once a week on Thursdays from 4:00 - 5:00 pm beginning on February 1 at the **Los Alamitos Community Center**. Performances at Youth Basketball games will be at **Oak Middle School Gym** on Saturdays from **February 1 - April 13**. Game schedule will be announced the second week of practice.



*Teams may be split based on number of participants.*

*Poms, cheer uniform, briefs, bow, and award are included in registration fee.*

## Important Dates:

- Registration Deadline – January 11
- Practice Begins – Thursdays at 4-5pm
- Appearances at Youth Basketball Games February 10 - April 13
- No Practice / Games: February 19 – 24 March 30 – April 6
- Last Practice and Team Party: April 18
- Basketball Closing Ceremony Appearance: April 19

**Residents Fee: \$160**  
**Non-Residents: \$165**



# YOUTH AND TEEN

## OFFERING YEAR ROUND AQUATICS!

**Los Alamitos High School Pool**  
3591 W. Cerritos Avenue, Los Alamitos



In partnership with



### LEARN TO SWIM LESSONS

#### SATURDAY JAN 13 - FEB 17 / \$94 RES \$99 NON-RES

CLASS	RATIO	11:30AM	12:00PM	12:30PM	1:00PM	1:30PM	2:00PM
Parent & Me	1:12	WI2451		WI2452		WI2453	
Tiny Tot 1 (3 - 4yrs)	1:4	WI2454		WI2455		WI2456	
Tiny Tot 2 (3-4yrs)	1:4		WI23457		WI2458		WI2459
Level 1 (5 - 8yrs)	1:5	WI2460		WI2461		WI2462	
Level 1 (8-12yrs)	1:5		WI2463		WI2464		WI2465
Level 2 (5-8yrs)	1:6	WI23466		WI2467		WI2468	
Level 2 (8-12yrs)	1:6		WI2469		WI2470		WI2471
Level 3 (5-8yrs)	1:8	WI2472		WI2473		WI2474	
Level 3 (8-12yrs)	1:8		WI2475		WI2476		WI2477
Level 4 (5-12yrs)	1:8		WI2478		WI2479		WI2480

#### SUNDAY JAN 7 - FEB 11 / \$94 RES \$99 NON-RES

CLASS	RATIO	11:30AM	12:00PM	12:30PM	1:00PM	1:30PM	2:00PM
Parent & Me	1:12	WI2481		WI2482		WI2483	
Tiny Tot 1 (3 - 4yrs)	1:4	WI2484		WI2485		WI2486	
Tiny Tot 2 (3-4yrs)	1:4		WI2487		WI2488		WI2489
Level 1 (5 - 8yrs)	1:5	WI2490		WI2491		WI2492	
Level 1 (8-12yrs)	1:5		WI2493		WI2494		WI2495
Level 2 (5-8yrs)	1:6	WI2496		WI2497		WI2498	
Level 2 (8-12yrs)	1:6		WI2499		WI24100		WI24101
Level 3 (5-8yrs)	1:8	WI24102		WI24103		WI24104	
Level 3 (8-12yrs)	1:8		WI24105		WI24106		WI24107
Level 4 (5-12yrs)	1:8		WI24108		WI24109		WI24110

### LAP SWIM

DURATION	DAY	DATE(S)	TIME	AGE	PER CLASS FEE
Continuous	Sat	1/7-3/29	11:30a-2:30p	18+	\$4
Continuous	Sun	1/7-3/29	11:30a-2:30p	18+	\$4

- Classes & Lap Swim may be subject to change or cancellation due to unforeseen weather or circumstances.
- Reservations for lap swim are recommended to guarantee a spot, walk-ins are welcome based on available space. No on site cash payments.

## SPECIAL INTEREST

### SPANISH FOR KIDS - NEW!

*Los Alamitos Community Center - Building 2*  
10909 Oak Street, Los Alamitos

Welcome to our Enrichment program: a unique opportunity to enjoy a language immersion associated with cultural activities. Excellent opportunity to expose your kids to foreign languages with native instructors.

**Material Fee: \$20**

**No Class: 2/21**

**Instructor:** Portal Languages

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI24111	8 weeks	Wed	1/17-3/13	4:30-5:30p	6-10	\$209/\$214

### WINTER ROBOTS 101 CAMP - NEW!

*Marina Community Center*  
151 Marina Drive, Seal Beach

I am a RO-BOT! Join us for a week of FUN with amazing robots! Learn about the uses of robots in our world and spend time experimenting with super cool robots that can sense sound, follow patterns and even be a pet! Discover the science of circuitry and how robots use sensors to explore things around them. Use the skills you learned to build your very own working robots to take home!

**Material Fee: \$30**

**Instructor:** Mad Science

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI24112	4 days	Tue-Fri	1/2-1/5	9a-12p	6-12	\$205/\$210



### YOUTH SIGN LANGUAGE

*Los Alamitos Community Center - Building 2*  
10909 Oak Street, Los Alamitos

Get introduced to the basics of American Sign Language in this fun, interactive class! Children will learn age-appropriate curriculum through engaging activities and lessons.

**No Class: 2/20, 2/22**

**Instructor:** Recreation Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI24113	6 weeks	Tue	1/23-3/5	3:45-4:30p	7-9	\$70/\$75
WI24114	6 weeks	Thu	1/25-3/7	3:45-4:30p	10-13	\$70/\$75

# TEEN AND ADULT SPECIAL INTEREST

## DANCE



### BEG./INT. LINE DANCING

*Los Alamitos Community Center - Building 2  
10909 Oak Street, Los Alamitos*

**Beginning Class:** This class is perfect if you are new to line dancing or just want to get some exercise. Instruction will be slower paced and will focus on current dances being danced at local clubs. Come meet some new friends, increase your memory skills, and have some fun while still getting those "steps" in. Beginning class takes place from 6:00pm - 7:00pm.

**Intermediate Class:** Some dance experience is helpful. Learn/practice dances currently being danced at the local clubs. Faster paced instruction. Intermediate to advanced level dances. Intermediate class takes place from 7:00pm - 8:30pm.

**Drop in: \$15 per class**

**No Class: 1/15, 2/19**

**Instructor:** Cheryl Schnitzer

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI24115	9 weeks	Mon	1/8-3/18	6-8:30p	18+	\$93/\$98



### EASY LINE DANCING

*Los Alamitos Community Center - Building 2  
10909 Oak Street, Los Alamitos*

This is an easy line dance class for those who want to move to the music. We do easy line dances-some old, some new, some country music, some to 50's, or popular music. (Not too many turns) lots of review, no pressure, and no partner required. Join us for fun line dancing.

**Drop in: \$6 per class**

**No Class: 2/21**

**Instructor:** Carri Fox

DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
Continuous	Wed	1/10-3/20	10-11a	18+	\$6 per class



### BASIC DOG OBEDIENCE

*Orville R. Lewis Jr. Park  
3662 Kempton Drive, Los Alamitos*

Dogs of all ages welcome! We will work on the following basic obedience commands: sit, watch me, loose leash walking, leave it, sit stay, down stay, and come when called. We also work on getting rid of attention seeking behaviors like jumping, barking, mouthing, and chewing. Potty training concerns will also be addressed.

**Instructor:** Alexandra Macias CPDT-KA

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI24116	6 weeks	Sun	1/14-2/18	10:30-11:30a	18+	\$159/\$164



### PORTRAIT WORKSHOP

*Los Alamitos Community Center - Building 2  
10909 Oak Street, Los Alamitos*

Come draw or paint live models with our national award-winning artist instructor, Ying Liu. Beginning through advanced level students are welcome. Bring medium of choice including pencil, drawing board, charcoal, pastel, oil, watercolor, or acrylic. Simple easels and drawing horses are available for use. Demonstrations and one-on-one instruction are provided upon request.

**Fee: \$15 per class + \$10 model fee payable to the instructor per class.**

**No Class: 3/16**

**Instructor:** Ying Liu

DURATION	DAY	DATE(S)	TIME	AGE	PER CLASS FEE
Continuous	Sat	1/13-3/23	9-12p	16+	\$15 +\$10 model fee

# TEEN AND ADULT SPECIAL INTEREST CONT.



## WATERCOLOR PAINTING

*Los Alamitos Community Center - Building 2  
10909 Oak Street, Los Alamitos*

In this class, we will focus on getting comfortable with watercolor painting skills and techniques and enjoy the process of painting. The basics of materials, tools, techniques and color will be explored with demonstrations. Join us to learn tips and tricks in watercolors and creating your own masterpieces. Skill level-beginner to intermediate. Students provide their own supplies; a list of supplies will be sent.

**No Class: 2/19**

**Instructor:** Darshini Aithal

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI24117	4 weeks	Mon	2/12-3/11	11:30-1:30p	16+	\$101/\$106



## HEALING HEARTS SOUND BATH - NEW

*Los Alamitos Community Center - Building 2  
10909 Oak Street, Los Alamitos*

The Healing Hearts Sound Bath is a transformative and rejuvenating experience combining sound with guided meditation to promote emotional healing and relaxation. In this 60-minute session, participants will be immersed in a bath of soothing sounds, including crystal singing bowls, gongs, chimes, and other healing instruments, creating a space for inner peace, emotional release, and heart-centered healing.

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

**No Class: 3/1**

**Instructor:** Dr. Tselane Gardner, DBC, M.A.

DURATION	DAY	DATE(S)	TIME	AGE	PER CLASS FEE
Continuous	Fri	1st & 3rd	6-7p	18+	\$50



## PHOTOGRAPHY CLUB

*Los Alamitos Community Center - Building 2  
10909 Oak Street, Los Alamitos*

The Los Alamitos Photography Club is a group of local photo enthusiasts who meet once a month. This club shows individuals' photographs from current personal projects, works in progress, or assignments. All skill levels are welcome to participate. Come take part in discussions on photographic techniques, lighting, printing, photoshop post production, and many other items of interest.

**Instructor:** Dave Duenas

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI24118	1 day	Tue	1/23	7-9p	18+	FREE
WI24119	1 day	Tue	2/20	7-9p	18+	FREE
WI24120	1 day	Tue	3/19	7-9p	18+	FREE



## GUAVA GROOVE UKULELE - BEGINNING

*Los Alamitos Community Center - Building 2  
10909 Oak Street, Los Alamitos*

If you want to learn to play ukulele, this is the class for you! We will learn to tune, read chord charts, strum, and play songs! Requirement: Ukulele and tuner.

**Material Fee: \$5**

**Instructor:** Hōkū Bray

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI24121	4 weeks	Sat	1/13-2/3	10:45-11:45a	15+	\$69/\$74
WI24122	4 weeks	Sat	2/17-3/9	10:45-11:45a	15+	\$69/\$74

## GUAVA GROOVE UKULELE - INTERMEDIATE

Los Alamitos Community Center - Building 2  
10909 Oak Street, Los Alamitos

Ah! Time to take your playing to another level! Students will move beyond basic chords, and strums, learn arpeggios, tablature, and basic music fundamentals. You got this! Requirement: Ukulele and tuner.

**Material Fee: \$5**

**Instructor:** Hōkū Bray

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI24123	4 weeks	Sat	1/13-2/3	9:30-10:30a	15+	\$69/\$74
WI24124	4 weeks	Sat	2/17-3/9	9:30-10:30a	15+	\$69/\$74



## GUAVA GROOVE UKULELE - ADVANCED

Los Alamitos Community Center - Building 2  
10909 Oak Street, Los Alamitos

With an emphasis on Hawaiian music, this class builds upon the intermediate level, and opens up an opportunity to explore more chords, apply interesting rhythms, and become better uke players.

**Material Fee: \$5**

**Instructor:** Hōkū Bray

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI24125	4 weeks	Wed	1/17-2/7	5:45-6:45p	18+	\$69/\$74
WI24126	4 weeks	Wed	2/28-3/20	5:45-6:45p	18+	\$69/\$74

## SUGAR COOKIE DECORATING

Los Alamitos Community Center - Building 2  
10909 Oak Street, Los Alamitos

Learn to decorate beautiful sugar cookies with royal icing just like on your favorite competition shows. Students will receive step-by-step instructions as they complete 6 different cookie designs to take home. Skills to be covered including piping, flooding, and detail work. Please notify the instructor of any food allergies prior to class.

**Instructor:** McKenzie Ricks

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI24129	1 day	Tue	2/13	7-9p	14+	\$50/55
WI24130	1 day	Tue	3/12	7-9p	14+	\$50/55

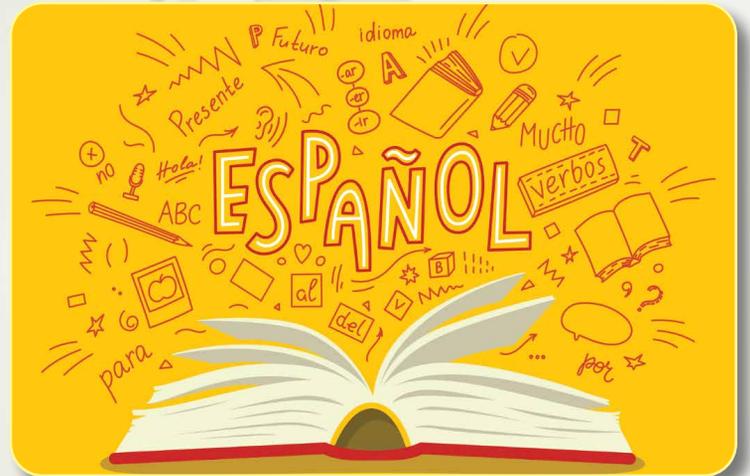
## KULA A'O 'UKULELE A HŌKŪLANI

Los Alamitos Community Center - Building 2  
10909 Oak Street, Los Alamitos

Requirement: Previous enrollment in Guava Groove Ukulele Advanced, along with a teacher recommendation. Requirement: Ukulele and tuner.

**Instructor:** Hōkū Bray

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI24127	4 weeks	Wed	1/17-2/7	7:00-8:30p	13+	\$69/\$74
WI24128	4 weeks	Wed	2/28-3/20	7:00-8:30p	13+	\$69/\$74



## SPANISH 1 - NEW!

Los Alamitos Community Center - Building 2  
10909 Oak Street, Los Alamitos

Learn a new language with little or no knowledge. The focus is on conversation for fast learning of daily actions. You will speak your chosen language from the very beginning. Vocabulary development, key grammatical structures and use of appropriate verbs will follow. The lessons build on one another. Emphasis is given to listening and interpretation.

**Material Fee: \$30**

**No Class: 2/21**

**Instructor:** Portal Languages

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI24131	8 weeks	Wed	1/17-3/13	5:30-6:30p	18+	\$209/\$214



CITY OF  
**Los Alamitos**  
California

My City ♥ My Los Al

Classes are subject to change or cancellation. Please check our website at [www.cityoflosalamitos/recreation](http://www.cityoflosalamitos/recreation) for the most up to date information.

# TEEN AND ADULT FITNESS AND SPORTS



## COMBINED T'AI CHI CHIH

Los Alamitos Community Center - Building 2  
10909 Oak Street, Los Alamitos



This moving meditation aids mindfulness, fitness, and balance. At 9:25am, beginners will learn the basics of how to move in T'ai Chi Chih. Intermediate students will join at 10:00 am and will do a full practice with the beginners following along.

**No class: 1/15**

**Instructor:** Suzanne Roady-Ross

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI24132 (Beg/Int)	5 weeks	Mon	1/8-2/12	9:25-11a	18+	\$69/\$74
WI24133 (Beg/Int)	4 weeks	Mon	2/26-3/18	9:25-11a	18+	\$57/\$62



## GENTLE YOGA

Cypress Community Center Oak Knoll Park  
9600 Graham Street, Cypress

Slow down your breath and ease into your flow. During our practice, we will work to deepen our connection to our bodies and our breath and develop our very own personal yoga journey of self-transformation. Use this ancient art to improve flexibility and concentration, renew energy, and regulate stress. Be one with yourself and rejuvenate your life for health and happiness! Please bring a yoga mat and wear comfortable clothing.

**Instructor:** Darshini Aithal

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI24134	5 weeks	Wed	2/7-3/6	6:35-7:35p	18+	\$61/\$66



## YOGA WITH BARBARA

Los Alamitos Community Center - Building 2  
10909 Oak Street, Los Alamitos

Learn how to release trauma or stress through the use of yoga. The use of breath work, yoga positions, tapping EFT, and meditation will be taught. Self-awareness and body-mind connection are encouraged. Class begins and ends with a short mindfulness guided meditation. All levels welcome.

**Drop in \$15 per class**

**No class: 2/20, 3/16**

**Instructor:** Barbara Bannerman

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI24135	10 weeks	Tue	1/9-3/19	6:30-7:30p	16+	\$109/\$114
WI24136	10 weeks	Sat	1/13-3/23	8:30-9:30a	16+	\$109/\$114



## PILATES ON THE REFORMER

Garage Pilates

10900 Los Alamitos Blvd., Unit 116  
Los Alamitos, 90720

This Reformer Pilates Class utilizes a unique piece of Pilates equipment called a Reformer. This is ideal for those who are new to Pilates, have limitations they are working through or are just getting back into the studio after a long hiatus. Our experienced instructors will provide specific guidance on the Balanced Body equipment and give detailed information on the fundamentals of Pilates. Expect a full body workout, deep stretching and a lot of fun! Socks required.

**Instructor:** Garage Pilates

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI24137	11 weeks	Thurs	1/11-3/21	6:30-7:30	18+	\$259/\$264

# TEEN AND ADULT

## TENNIS

**SESSION 1** No Class: 4/2-4/6



CLASS	DAY	TIME	AGE	DATES	CODE	R/NR
Pee Wee	T	4:15-5pm	4-6	3/5-4/16	WI24138	\$54 / \$59
Youth-Beg	T	5-6pm	7-16	3/5-4/16	WI24139	\$69 / \$74
Youth-Beg	W	3:30-4:30pm	7-16	3/6-4/17	WI24140	\$69 / \$74
Adult-Beg	W	6:30-7:30pm	16+	3/6-4/17	WI24141	\$69 / \$74
Pee Wee	Th	3:45-4:30pm	4-6	3/7-4/18	WI24142	\$54 / \$59
Youth-Beg	Th	4:30-5:30pm	7-16	3/7-4/18	WI24143	\$69 / \$74
Youth-Int	Th	5:30-6:30pm	11-16	3/7-4/18	WI24144	\$69 / \$74
Pee Wee	S	8:45-9:30am	4-6	3/9-4/20	WI24145	\$54 / \$59
Youth-Beg	S	9:30-10:30am	7-16	3/9-4/20	WI24146	\$69 / \$74
Youth-Int	S	10:30-11:30am	11-16	3/9-4/20	WI24147	\$69 / \$74

### COURT INFORMATION

The tennis courts at Laurel Park are FREE for community play! Reservations for the tennis courts can be made by contacting the Recreation and Community Services Department a minimum of two weeks in advance at (562) 430-1073. All participants (residents and non-residents) may reserve the tennis court with lights for a fee until 10pm. Please visit [www.cityoflosalamitos.org/recreation](http://www.cityoflosalamitos.org/recreation) for more information.

### REGISTRATION FOR TENNIS CLASSES

Participants may register for tennis classes online or by completing a registration form and submitting it to the Recreation and Community Services Department. Participants must provide their own tennis racket. **Early registration is encouraged so that class minimums can be reached in advance.**



### INSTRUCTORS:



**Kevin and Vicky Garrett Tennis, Inc.** - Director of Tennis - Kevin is a USPTA certified level 1 Elite Professional. He currently coaches boys and girls high school tennis. While coaching the boys and girls teams at Los Alamitos High School, he compiled a 114-2 league record, won multiple coach of the year awards for both boys and girls, and won the Division I CIF title. Kevin also spent time studying Spanish training methods with former Spanish Davis Cup coach, Emilio Sanchez.



**Mika Maunula** - Mika is a USPTA certified instructor with almost 20 years of tennis coaching experience at high-level tennis programs and is a certified athletic trainer. Currently, Mika is a tennis coach at Los Alamitos High School. He has had great success of developing high school players and running adult programs. Available for private lessons.



**John Mano** - John is USPTA certified, grew up in Seal Beach, and brings over 24 years of tennis playing and teaching experience. As a junior, John won national level tournaments, helping him achieve a top 20 national ranking and #6 in Southern California. John is passionate about tennis and is available for private lessons or hitting sessions.

## SOCCER

### REGISTRATION:

### SOCCER LEAGUES:

Early Registration: **9/25 – 12/2**

Regular Registration: **12/3 – 12/31**

Visit [teamsideline.com/losalamitos](http://teamsideline.com/losalamitos) for updated soccer league information



## WINTER 2024

EARLY REGISTRATION/ REG. REGISTRATION CODES	PROGRAM	AGE	DAY(S)	START DATE	LOCATION	EARLY REGISTRATION/ REG. REGISTRATION FEE	OFFICIAL FEE (PER GAME / PER TEAM)
WI24148 / WI24149	11v11 Soccer Men's Over 45	45+	Sun	1/7/2024	Oak	\$950/ \$1,000 per team	\$60
WI24150 / WI24151	7v7 Soccer Men's Over 35	35+	Wed	1/10/2024	Oak	\$610/ \$660 per team	\$20
WI24152 / WI24153	7v7 Soccer Women's Over 30	30+	Thur	1/11/2024	Oak	\$610/ \$660 per team	\$20
	Pick-Up Basketball (8:30-10pm)	18+	Tues	Continuous	Oak Gym	\$5 per person	N/A

Oak Middle School: 10821 Oak St, Los Alamitos, CA 90720

# CHECK OUT!

The City of Los Alamitos  
Adult Soccer Leagues  
for Men & Women

# OLDER ADULTS

## \*BALANCE AND FITNESS

Los Alamitos Community Center - Building 2  
10909 Oak Street, Los Alamitos



This low-impact exercise class incorporates seated stretch, standing or seated strength training, along with balance and coordination movements all while grooving to fun, inspiring music! *This class is free because of the generosity of Scan Health Plan. Please bring a caregiver if you need assistance. Registration required for both participant and caregiver.*

**Instructor:** Molly Knox

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI24154	11 weeks	Tue	1/9-3/19	10-11a	50+	Free

*\*If student misses 3 classes in a row, they will be removed from the class to allow for those on the waitlist.*



## BOOMERS TO ZOOMERS - NEW!

Los Alamitos Community Center - Building 2  
10909 Oak Street, Los Alamitos

Comfortably use technology to improve the way we age. These engaging sessions are not your typical "how-to" computer classes. Rather, they are designed to help seniors confidently use iPads to navigate daily experiences, despite the rapidly changing ways computers influence life, in general. From new friendships while together, we safely discover a whole new world just beyond our fingertips. Drop in option: \$15

**No class: 1/15**

**Instructor:** Mary Ann Remnet

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI24155	4 weeks	Mon	1/8-2/5	11:15-12:15p	50+	\$50/\$55

## BEGINNERS TO BOOMERS TECH HELP - NEW!

Los Alamitos Community Center - Building 2  
10911 Oak Street, Los Alamitos

For those wanting individualized support, and affordable stress-free hands-on help. Available to all and it especially supplements the Digital Connections Program using a grant from the County of Orange and California Departments of Aging, for seniors with limited or no access to internet and technological education. Ask us for more details. We'll all be zooming in no time!

**Instructor:** Mary Ann Remnet

CODE	DURATION	DAY	DATE(S)	TIME	AGE	PER CLASS FEE
WI24156	Continuous	Wed	1st&3rd	2-3p	50+	\$15- drop in



## SENIOR STRETCH AND STRENGTH SENIOR FITNESS AND MOBILITY CLASS - NEW!

Los Alamitos Community Center - Building 2  
10909 Oak Street, Los Alamitos

Come join us as we move and build strength and endurance to some fun and groovy music. We will start off with a good morning stretch and get the blood flowing with light low impact movements. Part of the class will be done standing and the other half seated. The health benefits of movement and light weight training is essential and vital during older adulthood. Grab your friends and let's get moving! Register at: [losalrecreation.myrec.com](http://losalrecreation.myrec.com). Spaces are limited. Max: 20 participants

**No class: 1/15, 2/19**

**Instructor:** Recreation Staff

**Materials:** Bring water and wear comfortable clothing.

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI24157	3 weeks	Mon	1/8-1/29	11a-12p	55+	Free
WI24158	3 weeks	Mon	2/5-2/26	11a-12p	55+	Free
WI24159	3 weeks	Mon	3/4-3/18	11a-12p	55+	Free



Additional classes for older adults offered through our lifelong learning institute (OLLI). Classes are held at St. Isidore Historical Plaza. A full listing and additional information can be found on our website:

[www.cityoflosalamitos.org/recreation](http://www.cityoflosalamitos.org/recreation)

ST. ISIDORE  
HISTORICAL PLAZA

Los Alamitos  
Recreation & Community Services  
Creating Quality of Life

## SENIOR PROGRAMS



### SENIOR GROCERY PROGRAM

*Los Alamitos Community Center - Building 2  
10909 Oak Street, Los Alamitos*

In a joint effort with Second Harvest Food Bank Orange County, the City of Los Alamitos Recreation Department is tackling food scarcity within the older adult community by providing free food for those 50 and over. Stop by the Los Alamitos Community Center every Tuesday and fill your bag with fresh produce and dry goods. Check in begins at 12:45 PM. Participants will be allowed to choose the items they would like to take home. Please bring your own grocery bags as supplies are limited. For up to date information on closure dates please visit the Senior Page at [cityoflosalamitos.org/recreation](http://cityoflosalamitos.org/recreation).

**Every Tuesday at 1 PM**  
**(closure dates listed online)**



### DINE IN & DOUGH HOUSE

*Los Alamitos Community Center - Building 2  
10909 Oak Street, Los Alamitos*

Join us for a cup of coffee at Dine In & Dough House. This is a two-part senior program providing a social space for individuals 50+ consisting of a bread program in the mornings and lunch program following immediately after. A variety of bread and pastries are available from 8 AM to 11 AM at a suggested donation. Lunch is catered from local restaurants for a modest, fixed price of \$7 and is served at 11:15 AM. Participant registration and payment is requested 24 hours in advanced by visiting the Los Alamitos Community Center or calling in at (562) 430-1073. Menus can be viewed online on the City of Los Alamitos' Senior Page at [cityoflosalamitos.org/recreation](http://cityoflosalamitos.org/recreation).

**Every Tuesday & Thursday 8 AM to 12 PM**  
**(closure dates listed online)**

## ADDITIONAL SENIOR SERVICES

### AARP Smart Driver (online) Course:

This convenient, cost-effective course teaches evidence-based strategies to keep you safe behind the wheel and could save you money on your auto insurance. Consult your insurance agent for details on savings. Visit [aarpdriversafety.org](http://aarpdriversafety.org) for more details.

**Abrazar:** A non-profit agency that offers a no-cost Senior Non-Emergency Medical Transportation program. Rides provided to:

- Dialysis
- Rx pick-ups
- Health Education
- Dentistry
- Lab Tests
- X-rays and more!

Must be 60 years of age or older. If interested in utilizing this service, you must complete an application and return it via mail or email. Applications available through Abrazar or can be picked up at the Los Alamitos Community Center located at 10911 Oak Street. For additional information, or to register, please contact Abrazar at (714) 891-9500.

**Access:** Transportation provided within O.C. for doctor visits, shopping, or whatever your needs may be. (\$3.60 each way). Call (877) 628-2232 to be certified to ride.

### Affordable Housing Resources:

The Orange County Housing Authority maintains a list of affordable rental housing and offers assistance and information on housing resources. Visit [ochousing.org](http://ochousing.org) for more information.

**Council on Aging of OC Programs and Services:** Call (714) 479-0107 or visit [www.coaoc.org](http://www.coaoc.org) for information.

### Information and Assistance for Older Adults:

The County of Orange Office on Aging offers free information on services for older adults. Call 1 (800) 510-2020.

- Financial Abuse Prevention
- Advocates for Nursing
- In-Home Care Management
- Home Residents (Long-Term Care Ombudsman Services)
- Friendly Visitors Program

# INSTRUCTORS WANTED

We are looking for qualified instructors in:

- Music • Self-Defense
- Teen Programs • Babysitting
- Adapted Fitness • Adapted Dance

My City  
My Los Al

## 562-430-1073

[cfigueroa@cityoflosalamitos.org](mailto:cfigueroa@cityoflosalamitos.org)

Los Alamitos  
Recreation & Community Services  
Creating Quality of Life

# OLDER ADULTS

**Helping seniors in need in our community**  
*Give back All year long*

**Ages 50+** **Los Alamitos Seniors!**

## NEED HELP WITH YARDWORK?

Are you a Los Alamitos senior resident over the age of 50+ that would like assistance with minor landscaping for your home by youth volunteers? Visit [www.servelosal.org](http://www.servelosal.org) to complete an application.

Looking to serve your community?

Visit [www.servelosal.org](http://www.servelosal.org)

CITY OF  
**Los Alamitos**  
California

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Classes are subject to change or cancellation. Please check our website at [www.cityoflosalamitos/recreation](http://www.cityoflosalamitos/recreation) for the most up to date information.

My City  
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My Los Al

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



## TIPS ON HEALTHY AGING

WITH DR. DUNG TRINH, MD

In collaboration with



**MemorialCare**

- **January 17**  
Cancer, what progress has been made?
- **February 14**  
Recent Advances in Health Technology
- **March 13**  
What is the Best Diet?
- **April 10**  
The Sugar Cycle
- **May 8**  
Living to 100 Years Old

These **FREE** workshops will be hosted at the Los Alamitos Community Center from **11 a.m. – 12 p.m.**



Dung Trinh, MD is the Chief Medical Officer of the Healthy Brain Clinic, medical missionary with TongueOut Medical Missions, and holds leadership positions with multiple health care organizations in Orange County. He is a keynote speaker, best-selling author, and founder of HealthTalksOC.com, a platform to provide education focused on preventive health and wellness.

## FREE WORKSHOPS

### OCFA – HOLIDAY FIRE SAFETY AND FIRE EXTINGUISHER DEMO - **NEW!**

Los Alamitos Community Center - Building 2  
10909 Oak Street, Los Alamitos

The Orange County Fire Authority (OCFA) will be leading a presentation on fire safety and addresses home electrical and heating safety as well as discussing common fire accidents for the holiday season. The educational slideshow will be followed by a fire extinguisher demonstration to help bolster the community's confidence in executing emergency protocols during a fire emergency.

**Wednesday, December 13th, 2023 at 11 AM – 12 PM**

### ALZHEIMER'S ORANGE COUNTY – SHARPEN YOUR MIND! MEMORY TIPS & TEASERS - **NEW!**

Los Alamitos Community Center - Building 2  
10909 Oak Street, Los Alamitos

Participants will discover evidence-based techniques to remember things like names, faces, phone numbers, grocery lists, and to-do lists through fun, interactive exercises in this special, one-hour presentation.

**Wednesday, February 28th, 2024 11 AM – 12 PM**

### COMMUNITY LEGAL AID SOCIAL – ESTATE PLANNING - **NEW!**

Los Alamitos Community Center - Building 2  
10909 Oak Street, Los Alamitos

A good estate plan is like a well-built piece of furniture. It has four sturdy legs. Estate plans can be surprisingly easy and affordable. This presentation will go over what you need to know about a Will, Trust, Advance Health Care Directive and Power of Attorney.

**Wednesday, January 24th, 2024 at 11 AM – 12 PM**

### TRAVEL TALKS WITH NINO MOHAN – ITALY, SICILY, MALTA, AND SARDINIA - **NEW!**

Los Alamitos Community Center - Building 2  
10909 Oak Street, Los Alamitos

Join Nino Mohan, professional photographer, and avid traveler, on a journey through Italy, Sicily, Malta, and Sardinia. Experience these locations through breathtaking photos while expert presenter, Nino, guides you through their unique, rich history.

**Wednesday, March 20th, 2024 10 AM – 12 PM**



The Los Alamitos Senior Club provides opportunities to meet new friends, develop new interests, and socialize with one's peers. Club activities include: crafts, bingo, cards, table games, luncheons, holiday parties, birthday celebrations, guest speakers, entertainment, charity projects, and volunteer opportunities. Guests are welcome to attend.

**AGE:** 50+

**ANNUAL MEMBERSHIP:**

\$20 for the calendar year.

February - January

**LOCATION:** American Legion  
3252 Florista St. Los Alamitos



**CLUB ACTIVITIES:**

Thursdays 9 a.m. - 3 / 3:30 p.m.  
(Bingo Buy-in is from 9:30 a.m. to 11 a.m.)

The Pledge of Allegiance and Announcements begin at 11:45 a.m.

Bingo starts immediately following Announcements.

**GAME & SOCIAL HOUR**

Come to the Los Alamitos Community Center to play games, enjoy luncheons, friendly conversation, socialize and make new friends! \$5 per person includes a potluck lunch. Please bring an item to share.

**DAY/TIME:**

1st & 3rd Wednesday at 1:00pm

## Los Alamitos

Recreation & Community Services  
*Creating Quality of Life*

# SENIOR SERVICES MASTER PLAN

## COMING IN EARLY 2024

The Recreation & Community Services Department will begin the process of compiling and composing a Senior Services Master Plan for the City of Los Alamitos. Be on the lookout for more information on how to provide your input!

**Facility Reservations**  
My City ♥ My Los Al

**Celebrate with Us!**

Plan your event at the Community Center with a variety of rooms available or reserve a picnic shelter today!

[www.cityoflosalamitos.org/recreation](http://www.cityoflosalamitos.org/recreation)  
subject to change based on COVID-19 restrictions at the time of the event

**Customer Loyalty Program**

**My REC Rewards**

MemorialCare  
Miller Children's & Women's Hospital Long Beach  
PROUD SPONSOR OF THE MY REC REWARDS PROGRAM

**ANNUAL FEE**  
\$49 Resident Family  
\$52 Non-Resident Family

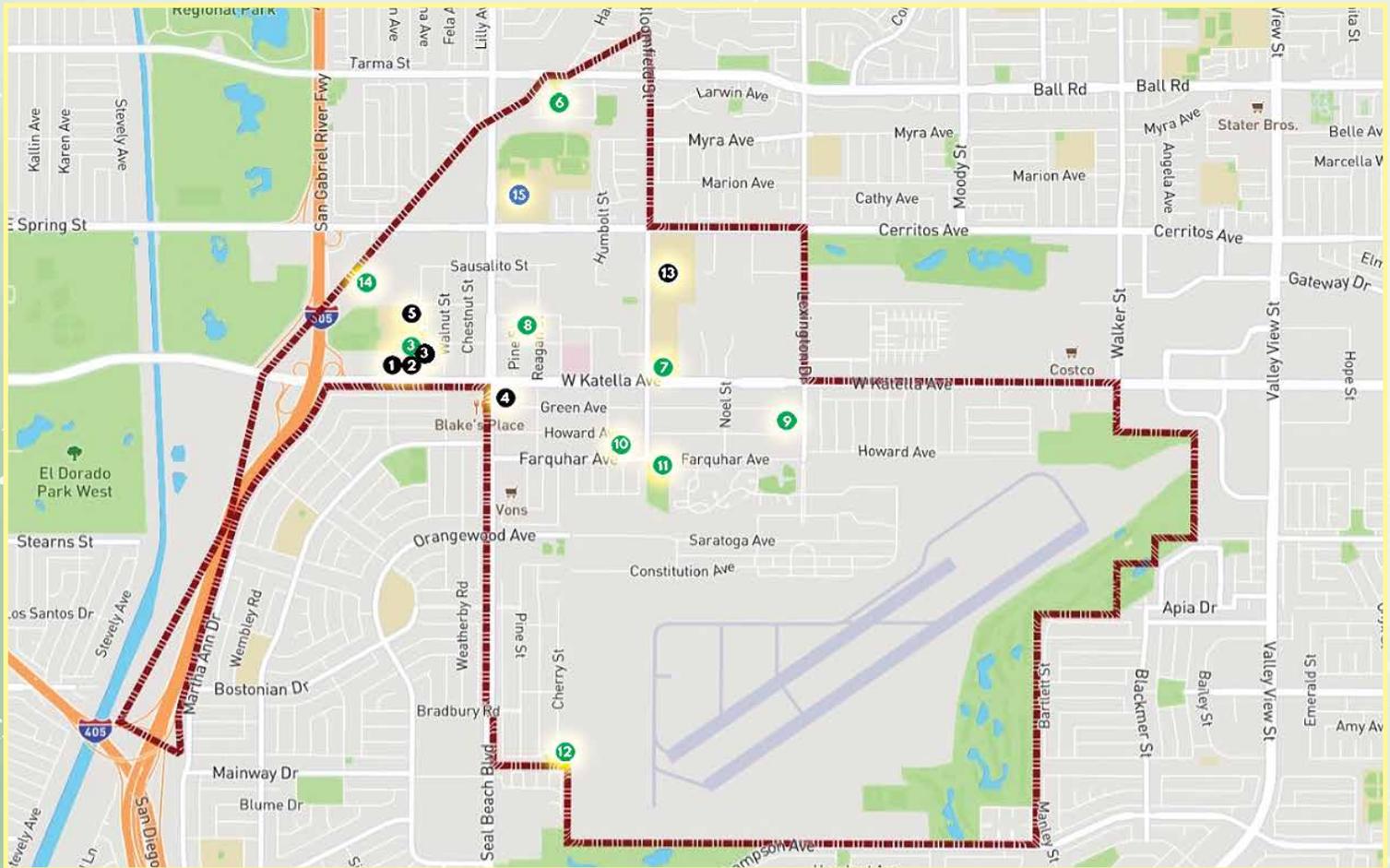
Sign up for My Rec Rewards Loyalty Program & receive exclusive benefits for the entire family.

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

- Free Holiday Art Workshop
- 3rd of July Preferred Parking
- Front of line passes at Winter Wonderland and Spring Carnival photo with Peter Rabbit
- 5% off classes excluding other discounted programs

[www.cityoflosalamitos.com/MyRec-Rewards-Program](http://www.cityoflosalamitos.com/MyRec-Rewards-Program)

# DIRECTORY



## FACILITIES AND PARKS:

- |   |   |   |
|---|---|---|
| <p><b>1 City Hall</b><br/>3191 Katella Avenue</p> <p><b>2 Police Department</b><br/>3201 Katella Avenue</p> <p><b>3 Community Center</b><br/>10911 Oak Street<br/><b>Building 2</b><br/>10909 Oak Street</p> <p><b>3 Roberts Park</b><br/>10911 Oak Street</p> <p><b>4 Los Alamitos Museum</b><br/>11062 Los Alamitos Blvd.</p> | <p><b>5 Oak Gymnasium and Field</b><br/>10821 Oak Street</p> <p><b>6 Stansbury Park</b><br/>3711 Toland Avenue</p> <p><b>7 Laurel Park</b><br/>10862 Bloomfield Avenue</p> <p><b>8 Soroptimist Park</b><br/>10822 Pine Street</p> <p><b>9 Labourdette Park</b><br/>4401 Howard Avenue</p> <p><b>10 Sterns Park</b><br/>3871 Farquhar Avenue</p> | <p><b>11 Little Cottonwood Park</b><br/>4000 Farquhar Avenue</p> <p><b>12 Orville R. Lewis Jr. Park</b><br/>3662 Kempton Drive</p> <p><b>13 McAuliffe Field</b><br/>4112 Cerritos Avenue</p> <p><b>14 Coyote Creek Park</b><br/>10821 Oak Street</p> <p><b>15 Los Alamitos High School Pool</b><br/>3591 W. Cerritos Avenue</p> |
|---|---|---|



## Thank you to our Brochure Distribution Partners



# REGISTRATION

# WINTER 2024

## GENERAL INFORMATION

Registration procedures for classes and programs are aimed at giving priority to Los Alamitos residents without excluding individuals from other communities. Participants can register online, by mail, in person, or by fax. Early registration is encouraged so that class minimums can be reached in advance of the first class. Los Alamitos residents will receive a \$5 discount per participant, per class.

## GENERAL POLICIES

The City of Los Alamitos does not discriminate on the basis of handicapped status in admission or access to, or treatment in, its programs and activities. Alternative methods of communication will be made available for those wishing to participate in City programs or activities. Information concerning the provisions of the Americans with Disabilities Act is available by calling (562) 431-3538. Individuals registering for a class must meet the age requirement prior to the first class meeting. Children may not remain in adult classes and adults may not remain in children's classes during instruction unless otherwise stated.

## REFUND POLICY

If minimum enrollment is not met 72 hours prior to the class start date, classes will be cancelled and a full refund will be issued. Refunds for one-day classes or workshops must be

requested no less than five days prior to the class start date. Refunds for all other classes will only be granted if requested prior to the second regularly scheduled class or specialty camp meeting. A \$10 refund fee will be assessed per participant, per class. No refunds will be issued for seasonal Day Camps, Lap Swim or the Lil' Oak Preschool Program.

## LATE REGISTRATION

Registration will be accepted at the first and second class if space is available. Fees will not be prorated. Call first to verify an opening at (562) 430-1073.

## CLASS TRANSFERS

Transfers will be honored if requested prior to the second class meeting. A \$10 transfer fee will be applied to any class, specialty camp, or program unless the class is cancelled due to low enrollment. Transfers cannot be made from season to season.

## LATE PICKUP FEE

If, after the conclusion of any class or program, a minor participant has not been picked up, staff will allow for a 5-minute grace period, after which a \$1 per minute fee will be assessed and charged to the parent/guardian.

## COMMENTS OR SUGGESTIONS

The programs and classes listed in this brochure are provided through the Recreation and Community Services Department and are made possible through public interest and input. If you have comments or class suggestions, please call (562) 430-1073.

## MAIL-IN REGISTRATION

Mail-in registration begins Monday November 13, 2023. Mail registration form and method of payment to the Los Alamitos Community Center (10911 Oak St). For checks, please make payable to the City of Los Alamitos and include your driver's license number at the top of the check. All major credit cards except American Express are accepted.

## MAIL TO:

Los Alamitos Recreation and Community Services Department  
Attention: Registration  
10911 Oak St., Los Alamitos, CA 90720

Registration postmarked prior to Monday November 13, 2023 will not be accepted. Registration will be processed beginning Monday, November 13, 2023.

## ONLINE REGISTRATION

Registration is available online at: <https://losalrecreation.myrec.com>. A credit card payment is required

and we accept the following credit cards: Visa, Mastercard, or Discover. Online registration begins Friday, November 10, 2023 for residents and Sunday, November 12, 2023 for non-residents.

## WALK-IN REGISTRATION

Walk-in registration begins Monday November 13, 2023. The Los Alamitos Community Center office hours are Monday-Thursday from 7:30am-5:30pm. For your convenience, a brass wall-mounted drop box is located at the entrance to the Community Center on the left side of the building. You may drop your registration form with payment in this box.

## FAX-IN REGISTRATION

Fax-in registration begins Monday November 13, 2023. Complete the registration form and please print clearly. Pay with credit card only for fax-in registration. Fax only once to avoid duplicate registration. Fax form to (562) 594-9657. We accept the following credit cards: Visa, Mastercard or Discover.

**SCHOLARSHIPS AVAILABLE FOR LOS ALAMITOS RESIDENTS**

See website at [www.cityoflosalamitos.org](http://www.cityoflosalamitos.org) for eligibility and more information.



10911 Oak Street  
Los Alamitos, Ca 90720-2315

## Class/Activity Registration Form

(562) 430-1073

PLEASE PRINT AND FILL OUT FORM

FAX: (562) 594-9657

<b>LAST NAME (Adult):</b>	<b>FIRST NAME (Adult):</b>	<b>DOB (Adult) (REQUIRED):</b>
<b>ADDRESS:</b>	<b>HOME PHONE:</b>	
<b>CITY/STATE/ZIP:</b>	<b>SECONDARY PHONE (REQUIRED):</b>	<b>CIRCLE ONE:    CELL    WORK</b>
<b>E-MAIL ADDRESS:</b>	<b>HAS YOUR INFORMATION CHANGED?</b> <input type="checkbox"/> YES <input type="checkbox"/> NO <input type="checkbox"/> LOS ALAMITOS RESIDENT <input type="checkbox"/> NON-RESIDENT	

### Release, Waiver and Assumption of Risk

I fully understand that my/my child's participation in the events/programs/classes listed below, exposes me/my child to the risk of personal injury, death or property damage. I hereby acknowledge that I/my child am/is voluntarily participating in this event/program/class and agree to assume any such risks. I hereby release, discharge and agree not to sue the City of Los Alamitos or LAUSD or Military Department of the State of California and each of their respective officers, agents, employees, representatives, board members, volunteers and sponsors for any injury, death or damage to or loss of personal property arising out of, or in connection with my/my child's participation in the event/program/class from whatever cause, including the active or passive negligence of City of Los Alamitos or LAUSD or Military Department of the State of California and each of their respective officers, agents, employees, representatives, board members, volunteers and sponsors, or any other participants in the event/program/class. 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 being permitted to participate in the event/program/class, I hereby agree, for myself, my heirs, administrators, executors, assigns, and agents that I shall indemnify and hold harmless City of Los Alamitos or LAUSD or Military Department of the State of California and each of their respective officers, agents, employees, representatives, board members, volunteers and sponsors, from any and all claims, demands, actions or suits arising out of or in connection with my participation in the event/program/class. I also grant my irrevocable right and permission with respect to photographs, videos, motion pictures, and/or sound recordings being taken of myself/my child. I further certify that said person/minor is in good health and has no physical or other impediment which would endanger him/her from participating in such an activity. I hereby consent to any x-ray, examination, anesthetic, medical or surgical diagnosis or treatment and hospital care to be rendered to myself/my child by a physician or hospital selected by staff for any injury or incident arising out of or connect with this event/program/class. The City of Los Alamitos has put into place preventative measures and protocols to protect program participants from the spread of COVID-19; however, the City of Los Alamitos cannot guarantee that you or your child will not become infected with COVID-19. Further, attending the recreation program could increase your risk and your child's risk of contracting COVID-19 or any other contagious disease. By signing this Liability Release and Assumption of Risk, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that my child and I may be exposed to or infected by COVID-19 by attending the recreation program and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 at the recreation program may result from the actions, omissions, or negligence of myself and others, including, but not limited to, the City of Los Alamitos, its officers, agents, and employees, and other program participants and their families. I voluntarily agree to assume all the foregoing risks and accept sole responsibility for any harm, injury, or damage that may befall my child or myself relating to me or my child's attendance to the recreation program. On my behalf, and on behalf of my child, I hereby release, covenant not to sue, discharge, and hold harmless the City of Los Alamitos, its officers, agents, and employees (collectively "Released Parties") from any and all claims, including all liabilities, actions, damages, costs or expenses of any kind arising out of or relating to my child's attendance to the recreation program ("Claims"). I understand and agree that this Liability Release and Assumption of Risk includes any Claims based on the actions, omissions, or negligence, whether passive or active, of the Released Parties and irrespective of whether a COVID-19 infection occurs before, during, or after me or my child's attendance at the recreation program. I HAVE CAREFULLY READ THIS WAIVER, RELEASE, HOLD HARMLESS AND AGREEMENT NOT TO SUE AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A FULL RELEASE OF ALL LIABILITY AND SIGN IT ON MY OWN FREE WILL.

### PARTICIPANT'S SIGNATURE OR PARENT/LEGAL GUARDIAN

SIGNATURE IF PARTICIPANT IS A MINOR:

**X** \_\_\_\_\_ **Date:** \_\_\_\_\_

EMERGENCY CONTACT NAME:

EMERGENCY CONTACT PHONE:

PROGRAM CODE	NAME OF CLASS	CLASS DAY/TIME	PARTICIPANT'S FULL NAME	SEX	BIRTHDATE	FEE

*Donation to City's Scholarship Fund*    \$

**TOTAL FEE:**

**METHOD OF PAYMENT:** CASH  CHECK  VISA  MASTERCARD  DISCOVER     Check Amount: \_\_\_\_\_    Check # \_\_\_\_\_

**OFFICE USE ONLY - COMPLETED BY:** (Please complete this section if method of payment is cash)    RECEIPT # \_\_\_\_\_    STAFF INITIALS: \_\_\_\_\_    DATE: \_\_\_\_\_

**Name of Staff:** \_\_\_\_\_    **Cash Denomination:** \_\_\_\_\_

**Cardholder Name (Please Print):** \_\_\_\_\_    **Cardholder Signature:** \_\_\_\_\_

CREDIT CARD #: \_\_\_\_\_    EXPIRATION DATE: \_\_\_\_\_    CVV2 CODE: \_\_\_\_\_

CITY OF LOS ALAMITOS  
RECREATION AND COMMUNITY  
SERVICES DEPARTMENT

RESIDENTS AND BUSINESSES  
LOS ALAMITOS, CA 90720

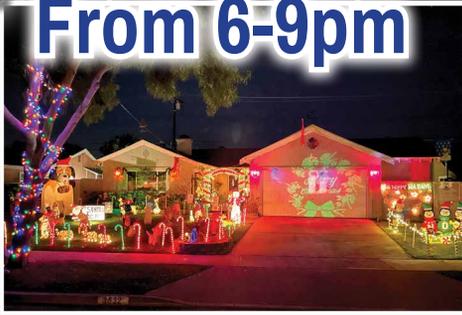
BULK RATE  
U.S. POSTAGE  
PAID  
LOS ALAMITOS, CA 90720  
PERMIT #70  
CAR-ROUTE

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

**come join us in one of our  
UPCOMING HOLIDAY events...**

# Holiday Decorating Contest

**Wednesday,  
December 13  
From 6-9pm**



**Display your holiday lights and  
decorate your home! See details on page 1**

## Santa Calls

Santa will be calling on Thursday, December 14 from 5-7pm. Simply write a letter to Santa Claus and drop it off at the Los Alamitos Community Center (10911 Oak St.) by 5pm on Thursday, December 7.

No letters will be accepted by mail. Please include child's name, age, phone number, and other info Santa needs to know.

**Thursday, December 14**

