

Los Alamitos

Recreation & Community Services

Creating Quality of Life

Recreation Brochure

& City News



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

Winter 2025

WINTER Wonderland



My City ♥ My Los Al

PRESENTING SPONSOR
FOR FREE ICE SKATING RINK:



PRESENTING SPONSOR
FOR FREE SNOW PLAY AREA:



Saturday, December 7, 2024
4pm to 7:30pm • Pine Street

COMING UP SOON

2024

PAGE

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WINTER WONDERLAND

DECEMBER 7

BACK COVER



HOLIDAY DECORATING CONTEST

DECEMBER 11

BACK COVER



SANTA CALLS

DECEMBER 12

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WINTER CAMP

DEC. 23, 26, 27, 30, 31 & JAN. 2, 3

2025

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WEEKEND OF ART

MARCH 14 - 15

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ELEVATE TEEN EXPO

APRIL 12

PAGE

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SPRING CARNIVAL

APRIL 19

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AQUATICS

JANUARY 13

SPRING

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

Jordan Nefulda

Mayor Pro Tem

Shelley Hasselbrink

Council Members

Tanya Doby - District 1
Trisha Murphy - District 2
Emily Hibard - District 5

City Manager

Chet Simmons

Deputy City Manager

Ron Noda

PARKS, RECREATION AND CULTURAL ARTS COMMISSION

Chairperson

William Bandak

Commissioners

Morgan Beck - Vice Chair
Janet Gallagher
Ray Joseph
Richard Wright
Elliot Singer

RECREATION AND COMMUNITY SERVICES STAFF

Director of Recreation & Community Services / Intergovernmental Affairs

Emeline Noda

Recreation Managers

Jason Bruton
Jennifer Sisoev

Management Analyst

Megan Shimada

Recreation Supervisors

Steve Kim
Kristina Villaluna

Department Secretary

Lauren Pavelec
Jewelina Miranda

Recreation Coordinators

Alix Anderson
Gilberto Arteaga-Ceja
Cassidy Figueroa
Alejandro Gonzalez Lecumberri
Angel Hernandez
Samantha Kenny

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KEEP UP WITH US IN 2024



(562) 430-1073



CITYOFFLOSALAMITOS.ORG/RECREATION



FOLLOW US @CITYOFFLOSAL



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 7, 2024 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 live entertainment by local performing groups, Santa's Village, a tree lighting, vendors, inflatables, free snow sledding presented by Universal Waste Systems (UWS), and a free ice skating rink presented by Southland Credit Union. For more information, please visit www.cityofflosalamitos.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 11 to discover Los Al's most decorative homes! Registration is encouraged; however, all Los Alamitos homes will be considered with lighted displays on between 6-10 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.cityofflosalamitos.org to register.

Santa Calls: Ho Ho Ho! Santa will be phoning into Los Alamitos homes on Thursday, December 12 from 5:30-7:30 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 5. Unfortunately, no letters can be accepted by mail. Please include your child's name, age, phone number, and other info Santa needs to know.

Nites on Pine ST
LOS ALAMITOS

Music, Bites, and Community Nites

- OCTOBER 19TH
- NOVEMBER 16TH

4:00 PM - 9:00 PM

10902 PINE STREET • FLORISTA ST. & PINE ST.
WWW.CITYOFLOSALAMITOS.ORG • @NITESONPINE

My City My Los Al

NITES ON PINE



Join us for the grand finale remaining dates of our four-month series before the holiday season! Experience an unforgettable evening with live entertainment, delicious food trucks, fresh craft beers and wine, a variety of artisan vendors and crafters, and a fun kids' area. It's a fantastic event for the whole family!

ILLEGAL DUMPING

DON'T DUMP!

Illegal dumping consists of unscheduled discarding of waste upon any right-of-way, public, and private property. Typical waste ranges in bulky items like furniture, appliances, and tires and hazardous materials from oil, paint, batteries, and antifreeze that are harmful to the environment and your City.

- ✓ UWS provides residents with free quarterly bulky item pick ups (up to 4 items)
- ✓ Household hazardous waste collected at Orange County Collection Centers

Schedule your free bulky item pick up

- ☎ UWS (800) 631-7016

Find your closest hazardous waste site

- 🌐 OC Collection Centers
www.oclandfills.com/hazardous-waste

Report illegal dumping

- ☎ City of Los Alamitos (562) 431-3538

Stay connected!
www.cityoflosalamitos.org

MAYOR'S BUSINESS SPOTLIGHT

My City My Los Al

MAYOR'S BUSINESS SPOTLIGHT

If you own a business in the City or wish to support one, this program is for you! Designed to highlight the diverse, fun, and unique shops in our community, this program

features brief on-camera interviews with the Mayor. You can view these videos on the City's YouTube channel, Facebook page, and at City Council meetings. For more information about the program, please contact City Hall at (562) 431-3538 or visit the City's website at www.cityoflosalamitos.org.

DECEMBER HAPPY HOLIDAYS

SAFETY TIPS

LIGHTING AND DECORATIONS
Inspect lights for damaged sockets, wires, or loose connections before use.

CANDLES
Consider using flameless candles and flame-resistant candleholders to reduce fire risk.

CHRISTMAS TREES

- Place the tree away from heat sources and ensure it doesn't obstruct traffic or doorways.
- Use non-combustible or flame-resistant decorations.
- Remove the tree promptly after the holidays due to high fire risk.

FOR MORE INFORMATION
SCAN ME

JANUARY HAPPY NEW YEAR!

SAFETY TIPS

FLU SEASON

- **Avoid Close Contact:** Stay away from sick individuals and stay home if you're ill until symptoms improve and you're fever-free for 24 hours.
- **Practice Good Hygiene:** Cover your mouth and nose when sneezing, wash hands often, avoid touching your face, and clean frequently touched surfaces.

FOR MORE INFORMATION
SCAN ME

FEBRUARY NATIONAL HEART HEALTH MONTH

HEART HEALTH SAFETY TIPS

KNOW THE SIGNS OF A HEART ATTACK:

- Symptoms to Watch For: Chest pain, discomfort in the upper body, shortness of breath, nausea, dizziness, cold sweat.
- Immediate Action: Call 911 if you or someone has symptoms; prompt medical attention is crucial.

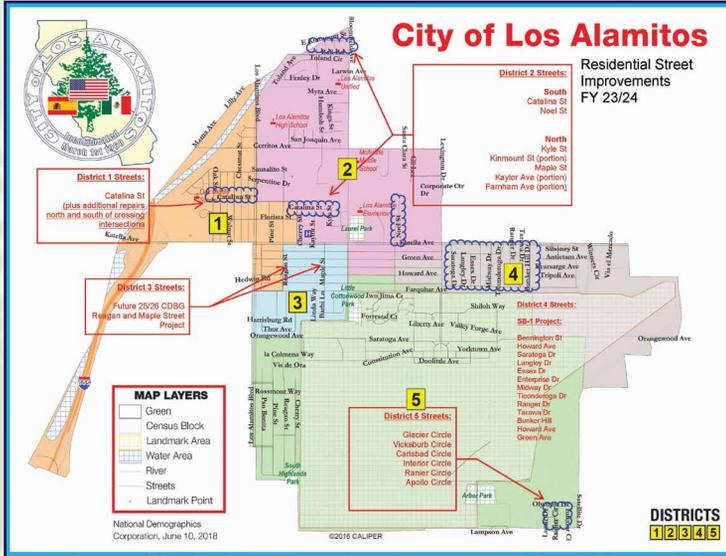
PREVENTION:

- Know Your Numbers: Regularly check cholesterol, blood pressure, and blood glucose levels.
- Healthy Lifestyle: Eat heart-healthy foods, exercise regularly, and manage stress.

FOR MORE INFORMATION
SCAN ME

REHABILITATION STREET PROJECT

As part of the City's ongoing commitment to its pavement management program, the Phase II citywide street rehabilitation project will begin later this year. Paved asphalt roads ensure a safe mode of transportation for vehicles and bicyclists while also improving accessibility. This project will involve repaving and applying a slurry seal to the streets, as well as replacing damaged curbs and gutters and repairing lifted sidewalks to address drainage issues. Funding for this project comes from your tax dollars. **Please see the map below for more details.**



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.

Holiday Street Sweeping Schedule

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

Street Sweeping will occur as regularly scheduled for the Christmas Day and New Year's Day holidays.



Holiday Trash Collection Schedule

There is no service on these holidays:

- Thanksgiving Day
- Christmas Day
- New Year's Day

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



HOLIDAY TREE COLLECTION

Recycle Your Tree

DECEMBER 26TH - JANUARY 16TH

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.



My City ♥ My Los Al

CITY NEWS

LOS ALAMITOS POLICE DEPARTMENT • CITIZENS' ACADEMY



As part of a comprehensive outreach effort to enhance community relations, the Los Alamitos Police Department will host a Citizens' Academy during the first quarter of 2025. This initiative is one of three key programs, alongside:

- The recently established VIPs program
- The upcoming Neighborhood Watch program

The Citizens' Academy is designed to give community members a deeper understanding of law enforcement's role in Los Alamitos. This eight-week program provides an overview of the Police Department's structure, philosophy, operations, and services. Through a series of presentations from department members who specialize in their field, participants will gain insight into the department's functions and have the opportunity to participate in ride-alongs with Los Alamitos officers.

The academy is intended to offer a broad perspective on the operational needs and challenges that the Los Alamitos Police Department faces in providing public safety to the community.

Topics covered will include, but are not limited to:

- Organizational Structure / Chain of Command
- Detective Bureau / Criminal Investigations
- DUI Investigations
- Police Canine (Elvis)
- Use of Force
- Patrol Operations and Traffic Stops
- Traffic Enforcement and Collision Investigation
- Shooting Range, Firearms Training, Special Weapons and Tactics (SWAT)



The Citizens' Academy will meet for eight consecutive weeks. The classes will be held at the Los Alamitos Police Department one evening a week from 6:00 p.m. to 9:00 p.m. Classes are tentatively scheduled to begin in January, culminating in a graduation ceremony. Each participant will receive a graduation certificate and a special gift from the department.

The Citizens' Academy is limited to 10 participants per session, with additional sessions being considered for the future. To be eligible, applicants must be at least 18 years old, live or work in Los Alamitos, and have no felony convictions. The selection process involves completing an application, a modified personal history statement, and a criminal background check. Successful applicants will receive a confirmation letter with program details.

The application period is expected to open on November 1 and run through December 15. Please follow our Instagram account for further updates.

For more information or to request an application, please contact Robert Acosta at racosta@cityoflosalamitos.org or call 562-431-225 ext 445.

My City My Los Al

CITY OF Los Alamitos California

APPLY NOW!

WWW.CITYOFLOSALAMITOS.ORG

JOIN OUR TEAM

Are you passionate about serving the community and are committed to excellence? We encourage you to apply to the City of Los Alamitos. The City of Los Alamitos Administration Department is committed to upholding ethical leadership and providing responsive assistance and exceptional customer service in all personnel and employment matters. As part of our commitment to excellence, we are currently hiring for various positions. To apply or learn more about current job openings, please visit the City of Los Alamitos website at www.cityoflosalamitos.org/employment or email HumanResources@cityoflosalamitos.org.

PASSPORT SERVICES

City Hall
3191 Katella Avenue
Los Alamitos, CA 90720

APPOINTMENT ONLY

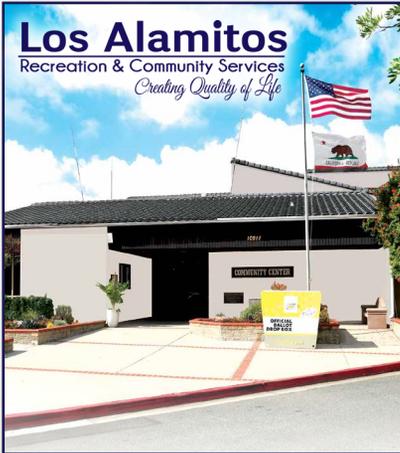
Tuesdays from 1:00 p.m. - 5:00 p.m.
Wednesdays from 8:00 a.m. - 12:00 p.m.

Learn more or schedule an appointment online at
www.cityoflosalamitos.org/596/Passport-Acceptance-Facility

NO WALK-INS ACCEPTED

Contact the City Clerk's Office
(562) 357-4523
passport@cityoflosalamitos.org

LOS ALAMITOS COMMUNITY CENTER GRAND RE-OPENING & PARTY PACKAGES



The City of Los Alamitos Recreation & Community Services Department is thrilled to reopen the newly refreshed and remodeled Community Center! While the Community Center still offers a variety of community events and classes, we are also excited to bring back venue rentals for your next big meeting or event! Celebrations will be enhanced with our newly upgraded sound and lighting upgrades. With a variety of room sizes to choose from, the Community Center is sure to be the perfect place for your next gathering.



Do one of your children have a birthday coming up and you don't know where to begin? We are here to help! The Recreation & Community Services Department is excited to be offering party planning packages for your child's next birthday party! Packages include a three-hour facility rental, a party host, an hour of personalized instruction, two activity stations, tables, seating, and music. We also offer a wide variety of add-ons to make your party package even more elaborate such as jumpers, entertainers, goodie bags, desserts, balloons, and much more!

For more information on facility rentals, please contact Tin Villaluna at kvillaluna@cityoflosalamitos.org. For more information on party packages, please contact Megan Shimada at mshimada@cityoflosalamitos.org.



LOS ALAMITOS CITY GOVERNMENT ACCOUNTABILITY, TRANSPARENCY CHARTER REFORM MEASURE



Measure X - the Los Alamitos City Government Accountability, Transparency Charter Reform Measure on the November 2024 general election ballot. The measure aims to update the City Charter. Measure X offers several key reforms including updating the Public Works contracting requirements, establishing district-specific term limits for City Council members, updating language related to district elections, placing campaign contribution limits on those seeking City Council office and requiring public filing and disclosure of lobbyist activities in the City.

Proposed changes included in Measure X that will amend the City Charter:

Modernize Public Works Purchasing: This amendment would increase the threshold for formal bid solicitation and City Council-awarded Public Works contracts from \$10,000, set in 1966, to \$125,000 to account for inflation.

Establish District Term Limits and Update By-District Elections: This Charter amendment would update the current City Council term limits to align with recently adopted by-district election procedures.

Campaign Contribution Restrictions: This Charter amendment would cap contributions from companies and individuals to City Council candidates at \$500.

Require Lobbyist Registration: This Charter amendment would require lobbyists to register with the City Clerk, with all reports made publicly available.

To learn more about the Los Alamitos City Government Accountability, Transparency Charter Reform Measure, please scan the QR code or visit our website at LosAlamitosMeasureX.org



EVENTS



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

WINTER Wonderland

Presented by





My City ♥ My Los Al




SATURDAY, December 7, 2024

4pm to 7:30pm

Location:  10961 Reagan Street
and Pine Street
HISTORICAL PLAZA

Presented by



FREE Snow Play

Presented by



FREE Ice Skating Rink

 **Tree Lighting**
  **Vendor Fair**
  **Santa's Village**
 **Live Entertainment**

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

TOY DRIVE



Two ways to donate:

New & Unwrapped Toys!

Mon, Dec. 2 - Thu, Dec. 5

Donation Bins Located at:

Los Alamitos Community Center,
City Hall and Police Department



Coffee with a Cop



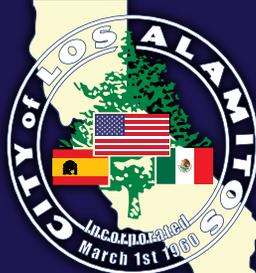
Tuesday, December 3
5:00 - 7:00pm

Starbucks (5252 Katella Avenue, Los Alamitos)



Los Alamitos nonprofit organizations will distribute toys to local children who are most in need.

My City
♥
My Los Al



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SHOP LOCAL

EAT LOCAL

PLAY LOCAL

STAY LOCAL

SUPPORT LOCAL

2 DAY VISUAL & PERFORMING ARTS EXHIBITION

Presented by the Los Alamitos Parks, Recreation & Cultural Arts Commission

Weekend of Art

FRIDAY

**March 14, 2025
5:00 – 8:00 PM**



ARTIST REGISTER HERE

SATURDAY

**March 15, 2025
12:00 – 7:00 PM**

**LOS ALAMITOS COMMUNITY CENTER (10911 OAK ST.)
WWW.CITYOFLOSALAMITOS.ORG/RECREATION**



Spring Carnival

free admission!

SAVE THE DATE

SATURDAY

**APRIL 19, 2025
9:30 AM - 12:00 PM**

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

SAVE THE DATE

8am-3pm

Los Alamitos Community Center
10911 Oak Street, Los Alamitos



Saturday, April 12, 2025

A Personal Development Conference
for Teens in Middle School and High School

AQUATICS

OFFERING YEAR ROUND AQUATICS!



Los Alamitos

Recreation & Community Services

AQUATICS

GENERAL INFORMATION

The Los Alamitos Aquatics Program is excited to announce its expansion! Youth Swim Lessons return year-round to the MWR Aquatic Training Center at the Los Alamitos Joint Forces Training Base (JFTB • 11360 Valley Forge Avenue Bldg #44, Los Alamitos, 90720). This winter, two 4-week sessions will be offered for Youth Swim Lessons. More information on times and dates can be found at cityoflosalamitos.org/recreation. Please remember, all adults entering the Joint Forces Training Base MUST have a valid photo I.D. All High School students MUST show school I.D.

REFUND & MAKE-UP POLICY

Refund requests will only be granted prior to the second regularly scheduled class meeting, and a \$10 administrative fee will be assessed per participant per class. There will be no Make-up classes unless the City of Los Alamitos Recreation Staff cancels class due to an unforeseen circumstance.

MWR Aquatic Training Center at JFTB

11360 Valley Forge Ave. #44, Los Alamitos

LEARN TO SWIM LESSONS • 4-WEEK SESSIONS

Youth Swim Lessons are located at the MWR Aquatic Training Center at the Los Alamitos Joint Forces Training Base. Classes are 25 minutes in length. Classes meet either twice per week on Mon/Wed, or once per week on Saturdays. There are two **4-week sessions** offered during the winter. There are a variety of different age and skill levels available. Please refer to the level descriptions to see what class would fit your child; if you are unsure which class is best, please email aquatics@cityoflosalamitos.org or call the Community Center at **562-430-1073**.

LAP SWIM

Available through the Joint Forces Training Base NAF – MWR at the MWR Aquatic Training Center at the Los Alamitos Joint Forces Training Base. For more information on Lap Swim times and pricing, please visit jftbmwrбилlets.com/aquatics or call **562-795-2628**.



PARENT & ME

Age 6 mon. – 3 yrs. Ratio 1:6

Introduce your child to fun and swimming readiness through water exploration. This class is designed to increase comfort in and around the water for both the child and parent. Some skills include blowing bubbles, kicking, floating on tummy and back, and holding onto the wall. Adults are required in water with children, and adults must know how to swim.

LITTLE FISH

PRESCHOOL AGE 3 YRS – 6 YRS

Guppies (Tiny Tot 1) Ratio 1:3

This class is designed for children ready to be in the water without a parent. Some skills include being comfortable getting head wet, assisted tummy and back float, assisted kicking on tummy and back, assisted tummy gliding, and introducing alternating arm action.

Jelly Fish (Level 1) Ratio 1:4

This class is designed for beginners who have some aquatics experience but still need assistance getting comfortable in the water. Some skills include moving through water comfortably, assisted tummy float, moving to unassisted back float, assisted kicking on tummy and back, and introducing alternating arm action.

Squid (Level 2) Ratio 1:4

This class is designed for children who have aquatics experience, are comfortable in the water, and are ready to complete some skills unassisted. Some skills include introduction to deep water, submerging head for 5 seconds, unassisted tummy and back float, combined freestyle arms, and legs, assisted rolling over, and getting out at side of pool.

Otter (Level 3) Ratio 1:5

This class is designed for students who are ready to be more independent in the water and are ready to try harder skills. Some skills include introduction to side breathing, unassisted kicking with face in the water, unassisted tummy and back float, streamline position on top of water, unassisted jumping into water and swimming to instructor, and introduction to combined arm and legs for backstroke.

Seals (Level 4) Ratio 1:6

This class is designed for students who are ready to be introduced to stroke techniques and build endurance. Some skills include tummy glide with underwater streamline, freestyle with side breathing, coordinated backstroke arm action, retrieve an object from the deep end, comfortable in deep water, introduction to breaststroke kick, and introduction to diving.

BIG FISH

SCHOOL AGE 6 YRS – 13 YRS

Manatees (Level 1) Ratio 1:3

This class is designed for students who have little or no aquatics experience. Some skills include fully submerging head, assisted front and back float, flutter kicking, water entry, arm action, and introduction to glides.

Belugas (Level 2) Ratio 1:4

This class is designed for students who are comfortable in the water and have some aquatics experience. Skills include front glide, unassisted front, and back float, jumping into water and swimming to the instructor, assisted backstroke kick, introduction to side breathing, and coordination with arm and leg action for freestyle.

Manta Ray (Level 3) Ratio 1:5

This class is designed for students who are ready to be introduced to more swim strokes and do skills independently. Some skills include introduction to backstroke arms and legs, alternating side breathing, introduction to breaststroke legs, comfortable in deep water, and swimming 15 yards of freestyle.

Barracuda (Level 4) Ratio 1:8

This class is designed for students who can do skills independently and are comfortable in deep water. After the first 4 classes, the instructor is no longer required to be in water with participants. Some skills include swimming underwater, 50 yards of kicking with a kickboard, 25 yards of freestyle, introduction to breaststroke arms, introduction to butterfly legs and arms, diving, treading water, and open turns.

Orcas (Pre-Swim Team) Ratio 1:12

INSTRUCTOR NO LONGER REQUIRED IN WATER

This class is designed for students who no longer require an instructor to be in the water with them and serves as a pre-swim team class. Some skills include 100 yards of freestyle with alternating side breathing, 100 yards of backstroke, 25 yards of breaststroke and butterfly, diving, treading water, and introduction to flip turns.



All Youth Swim lessons are located at the MWR Aquatic Training Center at JFTB

SESSION 1: MONDAY / WEDNESDAY JANUARY 13 - FEBRUARY 8 • NO CLASS JANUARY 20

CLASS	AGE	10:00 a.m.	10:30 a.m.	3:30 p.m.	4:00 p.m.	4:30 p.m.	5:00 p.m.	5:30 p.m.
Parent & Me	6 mo – 3 yr	WI2501	WI2502		WI2506			
Guppies (Tiny Tots)	3 - 6 yrs			WI2503				
Jelly Fish (Level 1)	3 - 6 yrs				WI2507			WI2515
Squids (Level 2)	3 - 6 yrs					WI2509		
Otters (Level 3)	3 - 6 yrs						WI2512	
Seals (Level 4)	3 - 6 yrs					WI2510		
Manatees (Level 1)	6 - 13 yrs			WI2504				
Belugas (Level 2)	6 - 13 yrs					WI2511		WI2516
Manta Rays (Level 3)	6 - 13 yrs						WI2513	
Barracudas (Level 4)	6 - 13 yrs				WI2508			WI2517
Orcas (Pre-Swim Team)	8 - 15 yrs			WI2505			WI2514	

\$134 FOR RESIDENTS • \$139 FOR NON-RESIDENTS

SESSION 1: SATURDAY JANUARY 13 - FEBRUARY 8

CLASS	AGE	9:00 a.m.	9:30 a.m.	10:00 a.m.	10:30 a.m.	11:00 a.m.	11:30 a.m.
Parent & Me	6 mo – 3 yr	WI2518		WI2528			
Guppies (Tiny Tots)	3 - 6 yrs		WI2523		WI2533		WI2543
Jelly Fish (Level 1)	3 - 6 yrs	WI2519		WI2529		WI2538	
Squids (Level 2)	3 - 6 yrs		WI2524		WI2534		WI2544
Otters (Level 3)	3 - 6 yrs	WI2520		WI2530		WI2539	
Seals (Level 4)	3 - 6 yrs		WI2525		WI2535		WI2545
Manatees (Level 1)	6 - 13 yrs	WI2521		WI2531		WI2540	
Belugas (Level 2)	6 - 13 yrs		WI2526		WI2536		WI2546
Manta Rays (Level 3)	6 - 13 yrs	WI2522				WI2541	
Barracudas (Level 4)	6 - 13 yrs		WI2527		WI2537		WI2547
Orcas (Pre-Swim Team)	8 - 15 yrs			WI2532		WI2542	

\$65 FOR RESIDENTS • \$70 FOR NON-RESIDENTS • SATURDAY CLASSES

SESSION 2: MONDAY / WEDNESDAY FEBRUARY 24 - MARCH 20

CLASS	AGE	10:00 a.m.	10:30 a.m.	3:30 p.m.	4:00 p.m.	4:30 p.m.	5:00 p.m.	5:30 p.m.
Parent & Me	6 mo – 3 yr	WI2548	WI2549		WI2553			
Guppies (Tiny Tots)	3 - 6 yrs			WI2550				
Jelly Fish (Level 1)	3 - 6 yrs				WI2554			WI2562
Squids (Level 2)	3 - 6 yrs					WI2556		
Otters (Level 3)	3 - 6 yrs						WI2559	
Seals (Level 4)	3 - 6 yrs					WI2557		
Manatees (Level 1)	6 - 13 yrs			WI2551				
Belugas (Level 2)	6 - 13 yrs					WI2558		WI2563
Manta Rays (Level 3)	6 - 13 yrs						WI2560	
Barracudas (Level 4)	6 - 13 yrs				WI2555			WI2564
Orcas (Pre-Swim Team)	8 - 15 yrs			WI2552			WI2561	

\$134 FOR RESIDENTS • \$139 FOR NON-RESIDENTS

SESSION 2: SATURDAY MARCH 8 - MARCH 29

CLASS	AGE	9:00 a.m.	9:30 a.m.	10:00 a.m.	10:30 a.m.	11:00 a.m.	11:30 a.m.
Parent & Me	6 mo – 3 yr	WI2565		WI2575			
Guppies (Tiny Tots)	3 - 6 yrs		WI2570		WI2580		WI2590
Jelly Fish (Level 1)	3 - 6 yrs	WI2566		WI2576		WI2585	
Squids (Level 2)	3 - 6 yrs		WI2571		WI2581		WI2591
Otters (Level 3)	3 - 6 yrs	WI2567		WI2577		WI2586	
Seals (Level 4)	3 - 6 yrs		WI2572		WI2582		WI2592
Manatees (Level 1)	6 - 13 yrs	WI2568		WI2578		WI2587	
Belugas (Level 2)	6 - 13 yrs		WI2573		WI2583		WI2593
Manta Rays (Level 3)	6 - 13 yrs	WI2569				WI2588	
Barracudas (Level 4)	6 - 13 yrs		WI2574		WI2584		WI2594
Orcas (Pre-Swim Team)	8 - 15 yrs			WI2579		WI2589	

\$65 FOR RESIDENTS • \$70 FOR NON-RESIDENTS • SATURDAY CLASSES

My City ♥ My Los Al

PARTY PACKAGES

Let us do the planning...

LET'S BE HONEST... PARTIES TAKE A LOT OF TIME AND ENERGY TO PLAN. LUCKILY, THAT'S WHERE WE COME IN! CHOOSE FROM A MENU OF PARTY THEMES WITH A VARIETY OF OPTIONS TO MAKE YOUR CHILD'S BIRTHDAY FUN, MEMORABLE, & STRESS FREE!

Party Themes

- DANCE PARTY
- FAIRY TALE
- BATTLE ZONE
- SPORTS ZONE
- LITTLE ARTIST

Add ons...

- BOUNCERS
- DECORATIONS
- FACE PAINTING
- BALLOON TWISTING
- SNACK CUPS
- PHOTO AREA
- CAKE OR CUPCAKES

Customizable packages to fit your needs

- COMMUNITY CENTER (\$850) OR PICNIC SHELTER (\$650) RENTAL (3 HOURS)
- DEDICATED PARTY HOST
- TABLES, LINENS, & CHAIRS
- THEMED CRAFT STATIONS
- STAFF LED INSTRUCTION (1 HOUR)

PARTY IT UP
Los Al Rec Style



Let's get Started

Los Alamitos Recreation & Community Services Department
FOR MORE INFORMATION, PLEASE CALL (562) 430-1073
OR EMAIL MSHIMADA@CITYOFLOSALAMITOS.ORG

Los Alamitos Community Foundation



My City ♥ My Los Al



The Los Alamitos Community Foundation is an 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 priorities to focus on including funding towards a / an:

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

Each of these programs will benefit the residents of Los Alamitos in the areas of crime prevention, environmental benefits, community inclusion, expansion of services for families with special needs, and seniors. Visit the Foundation's website at 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

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

Annual Fee: Resident: \$42 / Non-Resident: \$45
Register Here: losalrecreation.myrec.com



My City
♥
My Los Al

ADAPTIVE RECREATION

Adaptive Recreation

Sponsored by:



Los Alamitos
Recreation & Community Services
Creating Quality of Life

The City of Los Alamitos invites participants with disabilities who require additional support or accommodations due to physical, mental, or developmental challenges and their families to participate in fun, social, and free activities. Monthly meetups are open to all ages and disabilities. Parent/guardian and/or aide is required to accompany participants at all times.

Monthly Meetups

Wednesday, January 29, 2025 – Lunar New Year Craft Night

Located: Los Alamitos Community Center
Time: 3:30 - 4:30 p.m.

Wednesday, February 26, 2025 – Sugar Cookie Decorating

Located: Los Alamitos Community Center
Time: 3:30 - 4:30 p.m.



Preregistration is required. Register at losalrecreation.myrec.com
For more information, please visit cityoflosalamitos.org/recreation



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 Mark Bermudez at mbermudez@sosc.org & Steve Munoz at smunoz@sosc.org



LOS ALAMITOS RECREATION SCHOLARSHIP PROGRAM



Available

Interested in signing up for a Recreation class but need financial assistance?

Thanks to local community groups & individuals who have graciously donated funds, the City of Los Alamitos offers scholarships to Los Alamitos families in need.



Donate

Interested in giving back to your community so that families in need can have opportunities to participate in enrichment, exercise, and educational programs?

Donate today! Any amount is appreciated and your generosity will go a long way to enhance the lives and experiences of families who may not have the means to afford a program or class.

**To register for a recreation program (toddlers, teens, adults, & seniors)
VISIT FOR MORE INFORMATION: WWW.CITYOFLOSALAMITOS.ORG/RECREATION**

PRESCHOOL

ARTS, CRAFTS AND MUSIC



LEARN AND GROW PLAYGROUP

Los Alamitos Community Center
10911 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
WI2595	5 weeks	Wed	1/15-2/12	9:15-10a	1.5-2.5	\$79/\$84
WI2596	4 weeks	Wed	2/26-3/19	9:15-10a	1.5-2.5	\$69/\$74

SHAPING IT UP WITH ABC'S AND 123'S

Los Alamitos Community Center
10911 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
WI2597	5 weeks	Wed	1/15-2/12	10:15-11a	2.5-5	\$79/\$84
WI2598	4 weeks	Wed	2/26-3/19	10:15-11a	2.5-5	\$69/\$74

SPECIAL INTEREST

PRESCHOOL SPANISH

Los Alamitos Community Center
10911 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.

No Class: 2/19

Instructor: Portal Languages

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI2599	8 weeks	Wed	1/8-3/5	3-3:45p	2-5	\$208/\$213

CITY OF
Los Alamitos
California

My City ♥ My Los Al

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.



Los Alamitos
Recreation & Community Services
Creating Quality of Life

10911 Oak Street, Los Alamitos

My City ♥ My Los Al

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 the MY Rec portal or in person at the Los Alamitos Community Center (10909 Oak St.) Participants must be potty-trained, no pull-ups. Priority given to those currently enrolled. 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.



WINTER PRESCHOOL PROGRAM

(SESSION 1 - 6 WEEKS)

Age:	Days:	Dates:	Time:	Fee: (R/NR)	Code:
4-5	M/W/F	1/6-2/14	9am-1pm	\$420/\$425	WI25100
3-4	T/TH	1/7-2/13	9am-1pm	\$200/\$205	WI25101

NO CLASS: 1/20

(SESSION 2 - 8 WEEKS)

Age:	Days:	Dates:	Time:	Fee: (R/NR)	Code:
4-5	M/W/F	2/24-4/18	9am-1pm	\$530/\$535	WI25102
3-4	T/TH	2/25-4/17	9am-1pm	\$250/\$255	WI25103

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.

PRESCHOOL & YOUTH

DANCE AND GYMNASTICS



PRINCESS BALLET

Los Alamitos Community Center / Dance Room
10911 Oak Street, Los Alamitos

Los Alamitos Dance Room

Come twirl! 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 recital with nominal fee. January-May enrollment required to participate, recital registration deadline February 25th. Please read before first class: www.socaarts.com/policies-procedures

No Class: 2/20

Material Fee: \$5

Instructor: SoCa Arts

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI25104	7 weeks	Thu	1/16-3/6	4:25-5:10p	3-6	\$108/\$113

HIP HOP

Los Alamitos Community Center / Dance Room
10911 Oak Street, Los Alamitos

Children learn beginning hip hop and intro to 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 recital with nominal fee. January-May enrollment required to participate, recital registration deadline February 25th. Please read before first class: www.socaarts.com/policies-procedures

No Class: 2/20

Instructor: SoCa Arts

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI25105	7 weeks	Thu	1/16-3/6	6:15-7:00p	4-7	\$108/\$113

ALL-IN-ONE DANCE

Los Alamitos Community Center / Dance Room
10911 Oak Street, Los Alamitos

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 recital with nominal fee. January-May enrollment required to participate, recital registration deadline February 25th. Please read before first class: www.socaarts.com/policies-procedures

No Class: 2/20

Instructor: SoCa Arts

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI25106	7 weeks	Thu	1/16-3/6	5:20-6:05p	5-8	\$108/\$113

KIDDIE CHEER AND DANCE

Los Alamitos Community Center

10911 Oak Street, Los Alamitos

Get in the cheer spirit with our Cheer and Dance class! Cheerleaders will learn the fundamentals and basics of cheerleading and performance dance! Learn team building, choreography, cheer movements, jumps and more! Practice attire: Please wear a black t-shirt or any color KTA shirt (sold in class), black bottoms and sneakers to every class.

No Class: 2/19

Instructor: Kidz Talent Academy

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI25107	4 weeks	Wed	1/8-1/29	4:10-4:50p	3-5	\$74/\$79
WI25108	3 weeks	Wed	2/5-2/26	4:10-4:50p	3-5	\$58/\$63
WI25109	3 weeks	Wed	3/5-3/19	4:10-4:50p	3-5	\$58/\$63

KIDDIE GYMNASTICS AND TUMBLING

Los Alamitos Community Center

10911 Oak Street, Los Alamitos

During this action-packed class, kids will have the exciting opportunity to learn a variety of gymnastics and tumbling skills. From handstands and backbends, to forward rolls and backward roll, we will guide your child through a progressive curriculum that promotes strength, flexibility, coordination, and confidence in tumbling.

No Class: 2/19

Instructor: Kidz Talent Academy

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI25110	4 weeks	Wed	1/8-1/29	5-5:40p	3-6	\$81/\$86
WI25111	3 weeks	Wed	2/5-2/26	5-5:40p	3-6	\$63/\$68
WI25112	3 weeks	Wed	3/5-3/19	5-5:40p	3-6	\$63/\$68

GYMNASTICS AND TUMBLING

Los Alamitos Community Center

10911 Oak Street, Los Alamitos

During this action-packed class, kids will have the exciting opportunity to learn a variety of gymnastics and tumbling skills. From handstands and backbends, to forward rolls and cartwheels, we will guide your child through a progressive curriculum that promotes strength, flexibility, coordination, and confidence in tumbling.

No Class: 2/19

Instructor: Kidz Talent Academy

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI25113	4 weeks	Wed	1/8-1/29	5:45-6:35p	7-13	\$81/\$86
WI25114	3 weeks	Wed	2/5-2/26	5:45-6:35p	7-13	\$63/\$68
WI25115	3 weeks	Wed	3/5-3/19	5:45-6:35p	7-13	\$63/\$68

YOUTH BALLET AND JAZZ

Los Alamitos Community Center

10911 Oak Street, Los Alamitos

Dancers will develop an enjoyment of music and movement expression while learning and perfecting the skills of ballet and jazz dancing with turns, kicks, leaps, and more! Dancers will learn simple rhythm techniques, musicality, and dance terms. Ballet attire, ballet or jazz shoes are required.

No Class: 1/20, 2/17

Instructor: Kidz Talent Academy

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI25116	3 weeks	Mon	1/6-1/27	5:30-6:15p	7-13	\$54/\$59
WI25117	3 weeks	Mon	2/3-2/24	5:30-6:15p	7-13	\$54/\$59
WI25118	3 weeks	Mon	3/3-3/17	5:30-6:15p	7-13	\$54/\$59

PRESCHOOL & YOUTH

SPORTS



PARENT & ME BASKETBALL

*Oak Middle School Gym
10821 Oak Street, 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
WI25119	5 weeks	Thu	1/9-2/6	5:15-6p	2-3	\$65/\$70

8-SPORT MULTI-SPORT WITH SPORTBALL

*Orville Lewis Jr. Park
3662 Kempton Dr, Los Alamitos*

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 2-3 year old classes.

Instructor: Sportball Coaches

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI25120	6 weeks	Sat	1/25-3/1	10-10:45a	3-5	\$133/\$138

PARENT AND CHILD SOCCER AND T-BALL COMBO WITH SPORTBALL

*Orville Lewis Jr. Park
3662 Kempton Dr, Los Alamitos*

Join us as 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 2-3 year old classes.

Instructor: Sportball Coaches

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI25121	6 weeks	Sat	1/25-3/1	10:50-11:35a	2-3	\$133/\$138

SOCCER AND T-BALL COMBO WITH SPORTBALL

*Orville Lewis Jr. Park
3662 Kempton Dr, Los Alamitos*

Join us as 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 2-3 year old classes.

Instructor: Sportball Coaches

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI25122	6 weeks	Sat	1/25-3/1	11:40-12:25a	3-5	\$133/\$138

TINY TYKES

*Orville Lewis Jr. Park
3662 Kempton Dr, Los Alamitos*

TinyTykes is an exciting child development program delivered through soccer. Our soccer and child development professionals have designed an innovative curriculum that takes children on 'Immersive Interactive Adventures' through fun and exciting themes. It is through these semi-structured adventures that every child has the ability to build their own experiences and be introduced to the basic skills needed in soccer; motor, social, and psychological skills.

Instructor: Challenger Sports Coaches

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI25123	8 weeks	Sun	1/12-3/2	10-10:45a	2-3	\$140/\$149
WI25124	8 weeks	Sun	1/12-3/2	11-11:45a	4-5	\$140/\$149



CITY OF Los Alamitos California

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PARTICIPANTS POLICY: Participants will receive a refund or transfer to a different class if enrollment does not meet the minimum number of participants.

SPORTS CONTINUED

HOMECOURT EDGE BASKETBALL SHOOTING STARS

Oak Middle School Gym
10821 Oak Street, Los Alamitos

HomeCourtEdge 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. Please bring basketball and water.

No Class: 2/20, 3/13

Instructor: HCE Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI25125	4 weeks	Thu	1/9-1/30	7-8:30p	5-14	\$109/\$114
WI25126	3 weeks	Thu	2/6-2/27	7-8:30p	5-14	\$94/\$99
WI25127	2 weeks	Thu	3/6-3/20	7-8:30p	5-14	\$69/\$74

HOMECOURT EDGE BASKETBALL BALL HANDLING 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. Please bring basketball and water.

No Class: 2/18

Instructor: HCE Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI25128	4 weeks	Tues	1/7-1/28	7-8:30p	5-14	\$109/\$114
WI25129	3 weeks	Tues	2/4-2/25	7-8:30p	5-14	\$94/\$99
WI25130	3 weeks	Tues	3/4-3/18	7-8:30p	5-14	\$94/\$99

HOMECOURT EDGE BASKETBALL RUN - NEW!

Oak Middle School Gym
10821 Oak Street, Los Alamitos

Bring a group of friends to come play ball! 2nd-6th grade is from 2:00-3:30p.m. and 7th-12th grade is from 3:30-5:00p.m.. Please bring basketball and water.

Instructor: HCE Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI25131	4 weeks	Sun	1/5-1/26	2-3:30p	8-11	\$79/\$84
WI25132	4 weeks	Sun	1/5-1/26	3:30-5p	12-14	\$79/\$84
WI25133	4 weeks	Sun	2/2-2/23	2-3:30p	8-11	\$79/\$84
WI25134	4 weeks	Sun	2/2-2/23	3:30-5p	12-14	\$79/\$84
WI25135	3 weeks	Sun	3/2-3/16	2-3:30p	8-11	\$69/\$74
WI25136	3 weeks	Sun	3/2-3/16	3:30-5p	12-14	\$69/\$74

HOMECOURT EDGE BASKETBALL TRIPLE

Oak Middle School Gym
10821 Oak Street, Los Alamitos

Come and get the best of both worlds and get multiple workouts a week with Home Court 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. Please bring basketball and water.

No Class: 2/18, 2/20, 3/13

Instructor: HCE Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI25137	4 weeks	Tue/Thu/Sun	1/5-1/30	T/Th 7-8:30p Sun 2-3:30p	5-14	\$234/\$239
WI25138	4 weeks	Tue/Thu/Sun	2/2-2/27	T/Th 7-8:30p Sun 2-3:30p	5-14	\$199/\$204
WI25139	3 weeks	Tue/Thu/Sun	3/2-3/20	T/Th 7-8:30p Sun 2-3:30p	5-14	\$159/\$164

HOMECOURT 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! 9U-11U is from 6:00-7:15p.m. and 12/14U is from 7:15-8:30p.m.. Not an introductory class. Must get prior approval from the head coach before joining the program. Please email hcepersonaltraining@yahoo.com for approval and instructions. Please bring basketball and water.

No Class: 2/18, 2/20, 3/13

Instructor: HCE Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI25140	4 weeks	Tue/Thurs	1/7-1/30	6-7:15p	9-11	\$209/\$214
WI25141	4 weeks	Tue/Thurs	1/7-1/30	7:15p-8:30p	12-14	\$209/\$214
WI25142	3 weeks	Tue/Thurs	2/4-2/27	6-7:15p	9-11	\$189/\$194
WI25143	3 weeks	Tue/Thurs	2/4-2/27	7:15p-8:30p	12-14	\$189/\$194
WI25144	3 weeks	Tue/Thurs	3/4-3/20	6-7:15p	9-11	\$209/\$214
WI25145	3 weeks	Tue/Thurs	3/4-3/20	7:15p-8:30p	12-14	\$209/\$214

HOMECOURT EDGE BASKETBALL SHOOTING STARS AND BALL HANDLING 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 Home Court 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. Please bring basketball and water.

No Class: 2/18, 2/20, 3/13

Instructor: HCE Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI25146	4 weeks	Tue/Thu	1/7-1/30	7-8:30p	5-14	\$169/\$174
WI25147	3 weeks	Tue/Thu	2/4-2/27	7-8:30p	5-14	\$139/\$144
WI25148	3 weeks	Tue/Thu	3/4-3/20	7-8:30p	5-14	\$119/\$124

HOMECOURT EDGE BASKETBALL TOTAL ATTACK 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. HomeCourtEdge 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. HomeCourtEdge 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. Please bring basketball and water.

Instructor: HCE Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI25149	4 weeks	Sun	1/5-1/26	2-3:15p	5-14	\$89/\$94
WI25150	4 weeks	Sun	2/2-2/23	2-3:15p	5-14	\$89/\$94
WI25151	3 weeks	Sun	3/2-3/16	2-3:15p	5-14	\$74/\$79

YOUTH

SPECIAL INTEREST

FULL STEM AHEAD – NEW!

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Explore elements of Science, Technology, Engineering, and Mathematics in this fun and interactive STEM class. Students will learn fundamental concepts of all branches of science while also challenging themselves with hands-on projects and experiments.

No Class: 2/19

Instructor: Recreation Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI25152	5 weeks	Wed	1/22-2/26	4:30-5:30p	5-11	\$100/\$105

HOLIDAY FUN CAMP – NEW!

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Join Recreation Staff on a jolly full week of holiday fun! Campers will make their own gingerbread houses, participate in a sugar cookie decorating contest, have a snowball fight, compete in a dreidel competition and so much more!

No Class: 12/24, 12/25

Instructor: Recreation Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI25153	3 Days	M/Th/Fri	12/23-12/27	2:30-3:30p	5-12	\$49/\$54
WI25154	4 Days	M/Tue/Thu/Fri	12/30-1/3	2:30-3:30p	5-12	\$64/\$69

FITNESS, FUN & GAMES – NEW!

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

With a mixture of fun, fitness, and teamwork building, this class is perfect for kids who love to play games and workout! Class includes weightlifting, circuit training, sports, and other fun, classic schoolyard games! Improve concentration, fine motor skills, hand-eye coordination, and more! Comfortable clothing and sneakers are required for class.

No Class: 2/19

Instructor: Kidz Talent Academy

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI25155	4 weeks	Wed	1/8-1/29	6:45-7:30p	5-12	\$69/\$74
WI25156	3 weeks	Wed	2/5-2/26	6:45-7:30p	5-12	\$54/\$59
WI25157	3 weeks	Wed	3/5-3/19	6:45-7:30p	5-12	\$54/\$59

ISLAND FITNESS – NEW!

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Island Fitness is a hula and Tahitian dance inspired workout that includes toning and a restorative stretch. This class is low-impact, and for all fitness levels. Toning is done with resistance bands to help build strength and confidence. The class will finish with a cooldown dance and ends with a relaxing stretch. Bring a yoga mat.

Drop in: \$12 per class

No Class: 2/20, 3/13

Instructor: Roselynn Tandiana

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI25158	4 weeks	Thu	1/9-1/30	7:30-8:30p	13+	\$48/\$53
WI25159	5 weeks	Thu	2/6-3/20	7:30-8:30p	13+	\$60/\$65

Winter Camp

AGES 5-12

**December 23, 26, 27, 30, 31, 2024
& January 2, 3, 2025**

10911 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. Scholarships are also available for eligible Los Alamitos residents. Please visit 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



PICKLEBALL FOR BEGINNERS – NEW!

Laurel Park
10862 Bloomfield Steet, Los Alamitos

Learn the fundamentals of pickleball including exercises to improve your mobility and flexibility on a pickleball court to take you to the next level. The mysteries of kitchen, dinking and pickle! Supplies needed. Please bring a paddle and two pickle balls.

Instructor: Mika Maunula

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI25160	4 weeks	Wed	1/8-1/29	9-10a	18+	\$61/\$66

SPECIAL INTEREST CONT.

SPANISH FOR KIDS

Los Alamitos Community Center
10911 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. If classes don't meet the minimum, they will be offered as a virtual class via Zoom instead.

No Class: 2/19
Material Fee: \$20

Instructor: Portal Languages

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI25161	8 weeks	Wed	1/8-3/5	4-5p	6-10	\$219/\$224

SPANISH FOR BEGINNERS 2

Los Alamitos Community Center
10911 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. If classes don't meet the minimum, they will be offered as a virtual class via Zoom instead.

No Class: 2/19
Material Fee: \$30

Instructor: Portal Languages

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI25162	8 weeks	Wed	1/8-3/5	6-7p	18+	\$219/\$224

SHOTOKAN KARATE/ SELF-DEFENSE - YOUTH CLASS

Los Alamitos Community Center / Dance Room
10911 Oak Street, Los Alamitos

Japanese Shotokan Karate for youth. Traditional Karate and self-defense will be taught. Training will focus on kihon (basics), kata (form), kumite (one-step sparring), and goshin jutsu (self-defense). You will also gain discipline, confidence, body awareness, and fitness. The history of Martial Arts and traditions will also be taught. Daniel Gacad is a 7th degree Black Belt (nana-dan) in Japanese Shotokan Karate.

No Class: 2/18

Instructor: Daniel Gacad

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI25163	7 weeks	Tue	1/7-2/25	4:30-5:15p	6-12	\$70/\$75

YOUTH SIGN LANGUAGE

Los Alamitos Community Center
10911 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.

Instructor: Recreation Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI25164	6 weeks	Thu	1/9-2/13	3:45-4:30p	10-13	\$70/\$75

YOUTH COOKING CLASS

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Junior Chefs (Ages 6-8) - Fire up the grill, sharpen your knives and get ready for junior chefs' class. This class introduces young children to basics of cooking, baking, and food preparation while engaging them in hands-on food activities that can be easily recreated at home.

Seasoned Chefs (Ages 9-12) - Fire up the grill, sharpen your knives and get ready for seasoned chefs' class. This class is tailored to aspiring chefs who are eager to learn some basics and practice their skills with cooking, baking, and food preparation.

Instructor: Recreation Staff

No Class: 2/20

Instructor: Recreation Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI25165	5 weeks	Thu	1/23-2/27	3:15-4:30p	6-8	\$105-\$110
WI25166	5 weeks	Thu	1/23-2/27	4:45-6p	9-12	\$105-\$110

MEDIA DETECTIVE

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Designed for 3rd-4th grade students and proven to reduce youth use of alcohol and tobacco. Lessons unravel alcohol and tobacco media messages through engaging and motivational activities.

Instructor: OCHCA- Sherryl Ramos

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI25167	1 week	M-Th	2/24-2/27	3:30-4:15p	8-10	Free

February Day Camp

AGES 5-12

February 17-21, 2025

10911 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. Scholarships are also available for eligible Los Alamitos residents. Please visit cityoflosalamitos.org/recreation to apply.

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YOUTH AND TEEN



Co-ed Youth Basketball League

January 6 - March 29, 2025 / 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 on Saturdays.
- Practices once a week on Mondays, Wednesdays, and Fridays
- Practices times: 4:30 p.m., 5:30 p.m., 6:30 p.m.
- Jersey, Shorts, & Award are included in the fee
- View practice schedule on losalrecreation.myrec.com

DATES:

- Registration Deadline – January 12
- Practice Begins – Week of January 6
- **FREE** Skills Clinic – January 11
- Games Begin – January 18
- No Practice / Games – February 17 – 22,
- Last Games – March 22
- Skills Contest & Closing Ceremony – March 29



Cheer 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 Wednesdays from 2:00 - 3:00 p.m. beginning on January 8 at the **Los Alamitos Community Center**. Performances at Youth Basketball games will be on Saturdays from **January 18 - March 29**. Game schedule will be announced the second week of practice.



Important Dates:

- **FREE** Skills Clinic – January 11
- Registration Deadline – January 8
- Practices: Wednesdays from 2-3 p.m. January 8 - March 26
- Appearances at Youth Basketball: Saturdays (Times vary) January 18 - March 29
- No Practice / Games: February 19 & 22

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

Teams may be split based on number of participants.

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



DANCE



EASY LINE DANCING

*Los Alamitos Community Center
10911 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. Lots of review, no pressure, and no partner required. Join us for fun line dancing.

Drop in: \$6 per class

No Class: 2/19

Instructor: Carri Fox

DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
Continuous	Wed	1/8-3/19	10-11a	18+	\$6 per class

SPECIAL INTEREST



SUGAR COOKIE DECORATING

*Los Alamitos Community Center
10911 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
WI25168	1 day	Tue	2/11	7-9p	14+	\$50/55
WI25169	1 day	Tue	3/11	7-9p	14+	\$50/55



PORTRAIT WORKSHOP

*Los Alamitos Community Center
10911 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.

Instructor: Ying Liu

DURATION	DAY	DATE(S)	TIME	AGE	PER CLASS FEE
Continuous	Sat	2/1-3/8	9-12p	16+	\$15 +\$10 model fee

PHOTOGRAPHY CLUB

*Los Alamitos Community Center
10911 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
WI25170	1 day	Tue	1/21	7-9p	18+	FREE
WI25171	1 day	Tue	3/18	7-9p	18+	FREE

UKULELE - BEGINNING

*Los Alamitos Preschool Building
10911 Oak Street, Los Alamitos*

This class covers all the fun-damentals you need to start playing ukulele. Students will learn how to tone, strum, read chord charts and more.

Requirement: Bring a ukulele and a smile!

Material Fee: \$5

Instructor: Hōkū Bray

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI25172	6 weeks	Tue	1/7-2/11	9-9:45a	18+	\$71/\$76

TEEN AND ADULT SPECIAL INTEREST CONT.



FORGED HOOP EARRING MAKING CLASS - NEW!

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Learn the basic metal forging technique with our hoop earring making class. Create one-of-a-kind earrings by forging wires into unique designs. Choose silver or gold-filled wire. No prior experience is needed with all tools provided. Unleash your creativity and make a statement with your own forged hoop earrings.

Material Fee: \$20

Instructor: Erin Choi

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI25173	1 day	Thu	1/23	7-9p	13+	\$49/\$54

STACKING RING MAKING CLASS

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Ready to get your hands dirty and create one-of-a-kind jewelry? This sterling silver stacking ring making class welcomes beginners and teaches you how to use hammers to add unique textures to your pieces. You will take home a set of 3 stacking rings and the skills to keep crafting.

Material Fee: \$20

Instructor: Erin Choi

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI25174	1 day	Thu	3/8	12:45 - 2:45p	13+	\$49/\$54

FRIENDSHIP BRACELET MAKING CLASS - NEW!

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Join us for a fun-filled friendship bracelet making class. Master the art of working with wire and delicate chains, using high-quality materials such as sterling silver or gold-filled. You will learn how to create unique and personalized bracelets that are perfect for special gifts or treating yourself. (This is not a cotton thread/string bracelet making class).

Material Fee: \$20

Instructor: Erin Choi

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI25175	1 day	Thu	2/13	7-9p	13+	\$49/\$54



LEARN TO SKATE

The Rinks Lakewood ICE
3975 Pixie Ave, Lakewood

This program is a fun introduction to ice skating. With a strong team of coaches, participants will learn the basics of getting up and moving on the ice. Whether you are interested in ice hockey, figure skating, or going around for fun, this class is a great start! Classes will be split into age groups 3-6 years old and 7-16 years old at the rink by coaches. Class fee includes 30-minute instruction each week, skate rental, and 4 public session passes with skate rental. Learn to Skate USA Membership Required to join classes: \$18.50 annually** Register at www.learntoskateUSA.com

No Class: 2/12, 2/13, 2/15

Instructor: The Rinks Lakewood ICE

Session 1:

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI25176	4 weeks	Wed	1/8-1/29	5:45-6:15p	3-16	\$88/\$93
WI25177	4 weeks	Wed	1/8-1/29	6:20-6:50p	3-16	\$88/\$93
WI25178	4 weeks	Thu	1/9-1/30	5:45-6:15p	3-16	\$88/\$93
WI25179	4 weeks	Thu	1/9-1/30	6:20-6:50p	3-16	\$88/\$93
WI25180	4 weeks	Sat	1/11-2/1	10:40-11:10a	3-16	\$88/\$93
WI25181	4 weeks	Sat	1/11-2/1	11:15-11:45a	3-16	\$88/\$93

Session 2:

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI25182	3 weeks	Wed	2/5-2/26	5:45-6:15p	3-16	\$66/\$71
WI25183	3 weeks	Wed	2/5-2/26	6:20-6:50p	3-16	\$66/\$71
WI25184	3 weeks	Thu	2/6-2/27	5:45-6:15p	3-16	\$66/\$71
WI25185	3 weeks	Thu	2/6-2/27	6:20-6:50p	3-16	\$66/\$71
WI25186	3 weeks	Sat	2/8-3/1	10:40-11:10a	3-16	\$66/\$71
WI25187	3 weeks	Sat	2/8-3/1	11:15-11:45a	3-16	\$66/\$71

Session 3:

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI25188	3 weeks	Wed	3/5-3/19	5:45-6:15p	3-16	\$66/\$71
WI25189	3 weeks	Wed	3/5-3/19	6:20-6:50p	3-16	\$66/\$71
WI25190	3 weeks	Thu	3/6-3/20	5:45-6:15p	3-16	\$66/\$71
WI25191	3 weeks	Thu	3/6-3/20	6:20-6:50p	3-16	\$66/\$71
WI25192	3 weeks	Sat	3/8-3/22	10:40-11:10a	3-16	\$66/\$71
WI25193	3 weeks	Sat	3/8-3/22	11:15-11:45a	3-16	\$66/\$71

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TEEN AND ADULT SPECIAL INTEREST CONT.



WATERCOLOR PAINTING

Los Alamitos Community Center
10911 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: 1/20, 3/15

Instructor: Darshini Aithal

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI25200	4 weeks	Mon	1/6-2/3	10:15a-12:15p	18+	\$120/\$125
WI25201	4 weeks	Mon	3/3-3/24	10:15a-12:15p	18+	\$120/\$125
WI25202	4 weeks	Sat	1/11-2/1	10a-12p	18+	\$120/\$125
WI25203	4 weeks	Sat	3/1-3/29	10a-12p	18+	\$120/\$125



HEALING HEARTS SOUND BATH

Los Alamitos Community Center
10911 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

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

DURATION	DAY	DATE(S)	TIME	AGE	PER CLASS FEE
WI25204	Fri	1/10	6-7p	18+	\$30
WI25205	Fri	1/24	6-7p	18+	\$30
WI25206	Fri	2/14	6-7p	18+	\$30

TABLE TENNIS CLUB



Oak Middle School Gym
10821 Oak Street, Los Alamitos

Join the Long Beach Table Tennis Club! Drop-in play occurs year-round on Mondays, Wednesdays, and Saturdays at the Oak Middle School Gym (10821 Oak St.). League play is seasonal and occurs on Wednesdays. Whether it is your first time playing or you are a seasoned pro, this program is an excellent opportunity to increase your skillset through friendly and fun competition.

For dates, times, and more information regarding the Long Beach Table Tennis Club, please contact the Los Alamitos Community Center at (562) 430 – 1073

PICKLEBALL



Joint Forces Training Base Gym
11360 Valley Forge Avenue, Los Alamitos

The Los Alamitos Recreation and Community Services Department offers open-play pickleball on Tuesdays and Thursdays at the Los Alamitos Joint Forces Training Base Gym (11360 Valley Forge Ave, Los Alamitos, CA 90720). Two time slots are available on Tuesdays and Thursdays: 9 a.m. – 12:00 p.m. and 5:00 – 8:00 p.m. Come see what the pickleball buzz is all about!

For fees and more information regarding pickleball, please contact the Los Alamitos Community Center at (562) 430 – 1073. All participants entering the Joint Forces Training Base must have a valid I.D. present.

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FITNESS AND SPORTS

COMBINED T'AI CHI CHIH

Los Alamitos Community Center
10911 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: 1/20, 2/17

Instructor: Suzanne Roady-Ross

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI25207 (Beg/Int)	5 weeks	Mon	1/6-2/10	9:25-10:45a	18+	\$69/\$74
WI25208 (Beg/Int)	5 weeks	Mon	2/24-3/24	9:25-10:45a	18+	\$69/\$74

YOGA WITH BARBARA

Los Alamitos Community Center
10911 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: 2/18, 3/15

Instructor: Barbara Bannerman

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI25209	10 weeks	Tue	1/7-3/18	6:30-7:30p	12+	\$109/\$114
WI25210	10 weeks	Sat	1/11-3/22	8:30-9:30a	12+	\$109/\$114

SHOTOKAN KARATE/ SELF-DEFENSE - ADULT/TEENS CLASS

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Japanese Shotokan Karate for Teens/Adults. Traditional Karate and self-defense will be taught. Training will focus on kihon (basics), kata (form), kumite (one-step sparring), and goshin jutsu (self-defense). You will also gain discipline, confidence, body awareness, and fitness. The history of Martial Arts and traditions will also be taught. Daniel Gacad is a Black Belt rank to 7th dan (nana-dan) in Japanese Shotokan Karate.

No Class: 2/18

Instructor: Daniel Gacad

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI25211	7 weeks	Tue	1/7-2/25	5:30-6:30p	13-18+	\$70/\$75

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.

No class: 1/20, 2/17, 2/20, 3/13

Instructor: Garage Pilates

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI25212	9 weeks	Mon	1/6-3/17	5:30-6:30p	18+	\$259/\$264
WI25213	9 weeks	Thu	1/9-3/20	6:30-7:30p	18+	\$259/\$264



BARRE WORKOUT - NEW!

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Barre is a combination of yoga, ballet and pilates which helps to strengthen muscles, improves posture, and flexibility. The low-impact movements also help reduce stress.

Please bring your yoga mat, water and towel.

No class: 2/21, 3/14

Instructor: Mitra Dhar

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI25214	4 weeks	Fri	1/10-1/31	9:30-10:30a	18-65	\$80/\$85
WI25215	3 weeks	Fri	2/7-2/28	9:30-10:30a	18-65	\$60/\$65
WI25216	2 weeks	Fri	3/7-3/21	9:30-10:30a	18-65	\$40/\$45

AIKIDO MARTIAL ARTS

Seal Beach Community Center
3333 Saint Cloud Dr., Seal Beach, CA 90720

This course focuses on the martial art of "Aikido" self-defense. Students will learn the principles of falling, rolling, and defense techniques against punches, strikes, knife attacks, control, blending with your opponent, mat safety, and self-defense awareness. Wear sweats and no jewelry. Martial arts gi are optional and can be purchased on own. Belt testing is optional. All students that attend must have the ability to roll and fall at a moderate pace and will be allowed to participate only per the instructor's discretion. Some Saturdays to be announced from 9:00am-10:30am.

Instructor: Steven Waserman

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI25217	11 weeks	M/W	1/6-3/19	7:30-9:30p	18+	\$184/\$189

QIGONG

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Seeking less stress and more energy? Join us for QiGong, an ancient practice adapted to our times. This class is based on gentle movements of breathing, warm-ups, postures, flows, and meditation designed to increase energy, improve being and circulate Qi (your vital force energy) to improve your overall health. We will be exploring the Five Elements and the Five Treasures flows in this class. All movements are simple and easily modified to your own needs. A short standing meditation will complete each session. Wear comfortable clothing and a soft shoe or go barefoot and bring a mat or blanket.

Instructor: Katie McNeil

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI25218	5 weeks	Thu	1/9-2/6	9:30-10:30a	18+	\$70/\$75

CANCELLED

TEEN AND ADULT TENNIS



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 10 p.m. Please visit 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.**

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Classes are subject to change or cancellation. Please check our website at www.cityoflosalamitos.org/recreation for the most up to date information.

SESSION 1

CLASS	DAY	TIME	AGE	DATES	CODE	R/NR
Pee Wee	T	4:15-5pm	4-6	1/7-2/11	WI25219	\$59 / \$64
Youth-Beg	T	5-6pm	7-16	1/7-2/11	WI25220	\$74 / \$79
Youth-Beg	W	3:30-4:30pm	7-16	1/8-2/12	WI25221	\$74 / \$79
Adult-Beg	W	6:30-7:30pm	16+	1/8-2/12	WI25222	\$74 / \$79
Pee Wee	Th	3:45-4:30pm	4-6	1/9-2/13	WI25223	\$59 / \$64
Youth-Beg	Th	4:30-5:30pm	7-16	1/9-2/13	WI25224	\$74 / \$79
Youth-Int	Th	5:30-6:30pm	11-16	1/9-2/15	WI25225	\$74 / \$79
Pee Wee	S	8:45-9:30am	4-6	1/11-2/15	WI25226	\$59 / \$64
Youth-Beg	S	9:30-10:30am	7-16	1/11-2/15	WI25227	\$74 / \$79
Youth-Int	S	10:30-11:30am	11-16	1/11-2/15	WI25228	\$74 / \$79

SESSION 2

CLASS	DAY	TIME	AGE	DATES	CODE	R/NR
Pee Wee	T	5:30-6:15pm	4-6	2/25-4/1	WI25229	\$59 / \$64
Youth-Beg	T	6:15-7:15pm	7-16	2/25-4/1	WI25230	\$74 / \$79
Youth-Beg	W	3:30-4:30pm	7-16	2/26-4/2	WI25231	\$74 / \$79
Adult-Beg	W	6:30-7:30pm	16+	2/26-4/2	WI25232	\$74 / \$79
Pee Wee	Th	5:30-6:15pm	4-6	2/27-4/3	WI25233	\$59 / \$64
Youth-Beg	Th	6:15-7:15pm	7-16	2/27-4/3	WI25234	\$74 / \$79
Youth-Int	Th	7:15-8:15pm	11-16	2/27-4/3	WI25235	\$74 / \$79
Pee Wee	S	8:45-9:30am	4-6	3/1-4/5	WI25236	\$59 / \$64
Youth-Beg	S	9:30-10:30am	7-16	3/1-4/5	WI25237	\$74 / \$79
Youth-Int	S	10:30-11:30am	11-16	3/1-4/5	WI25238	\$74 / \$79



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 Ends: **12/1**
Regular Registration: **12/2 – 12/31**

Visit teamsideline.com/losalamitos for updated soccer league information

WINTER 2025

EARLY REGISTRATION/ REG. REGISTRATION CODES	PROGRAM	AGE	DAY(S)	START DATE	LOCATION	EARLY REGISTRATION/ REG. REGISTRATION FEE	OFFICIAL FEE (PER GAME / PER TEAM)
WI25239 / WI25240	11v11 Soccer Men's Over 45	45+	Sun	1/5/2025	Oak	\$950/ \$1,000 per team	\$60
WI25241 / WI25242	7v7 Soccer Men's Over 35	35+	Wed	1/8/2025	Oak	\$610/ \$660 per team	\$20
WI25243 / WI25244	7v7 Soccer Women's Over 30	30+	Thur	1/9/2025	Oak	\$610/ \$660 per team	\$20

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

CHECK OUT!

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



*BALANCE AND FITNESS

Los Alamitos Community Center
10911 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!
Please bring a caregiver if you need assistance.

Registration required for both participant and caregiver.

No Class: 2/18

Instructor: Molly Knox

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI25245	10 weeks	Tue	1/7-3/18	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.**



STRETCH AND STRENGTH

Los Alamitos Community Center
10911 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. The main focus of this class will be strengthening the upper body. The health benefits of movement and light weight training is essential and vital during older adulthood. Grab your friends and let's get moving! Spaces are limited.

No Class: 1/20, 2/17

Instructor: Recreation Staff

Materials: Bring water and wear comfortable clothing.

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
WI25246	8 weeks	Mon	1/6-3/10	11:30a-12p	55+	Free



CONNECTING GENERATIONS: LIFELONG LEARNING AND SOCIALIZING FOR SENIORS

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Join us for an engaging workshop designed to blend learning with social interaction, tailored for seniors who wish to expand their horizons both digitally and personally. Each session focuses on a new topic, such as exploring world cultures through virtual tours, discussing literature over e-books, or sharing personal histories through digital storytelling. While we will introduce essential digital skills to enhance these activities, the heart of our workshops lies in the connections made through group discussions, collaborative projects, and social events. This is a fantastic opportunity to meet peers, exchange knowledge, and foster friendships in a supportive and interactive environment. Whether you're looking to pick up new skills, rekindle old passions, or simply enjoy lively discussions, this workshop is your gateway to a more fulfilling social life.

No Class: 1/20

Instructor: Mary Ann Remnet

CODE	DURATION	DAY	DATE(S)	TIME	AGE	PER CLASS FEE
WI25247	5 weeks	Mon	1/6-2/10	9:30-10:30a	50+	\$70/\$75
WI25248	4 weeks	Mon	2/24-3/17	9:30-10:30a	50+	\$60/\$65

NAVIGATING YOUR NEXT CHAPTER: ONLINE JOB SEARCH SKILLS FOR SENIORS

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Embark on a workshop tailored specifically for seniors ready to re-enter the workforce or explore new career opportunities. This course is designed to blend practical job search skills with social networking to maximize your professional potential. Each week, we'll cover key aspects of the digital job search process, from creating a compelling online resume to effectively using job search platforms and leveraging social media for professional networking. In addition to learning how to navigate these digital tools, our sessions encourage interactive discussions and networking opportunities, helping you connect with peers and potential employers. This workshop is ideal for anyone looking to update their skills, understand the modern job market, and make meaningful professional connections in a supportive, collaborative environment.

Drop in \$15

No Class: 3/13

Instructor: Mary Ann Remnet

CODE	DURATION	DAY	DATE(S)	TIME	AGE	PER CLASS FEE
WI25249	6 weeks	Thu	1/9-2/13	9:30-10:30a	50+	\$80/\$85
WI25250	3 weeks	Thu	2/27-3/20	9:30-10:30a	50+	\$50/\$55

OLDER ADULTS

FREE EDUCATIONAL PRESENTATIONS

Register at cityoflosalamitos.org/recreation to stay updated with any changes. Drop-ins allowed.



DEPRESSION AND ANXIETY - NEW!

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Is depression and anxiety due to life circumstances or chemical imbalance? Come chat with Dr. Trinh about the influence of both and strategies to address mental health with lifestyle changes.

Wednesday, December 11, 2024 • 11 a.m. – 12 p.m.

COMMUNICATING WITH A LOVED ONE WITH DEMENTIA - NEW!

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Our loved ones with dementia often experience behavioral and personality changes. Come chat with Dr. Trinh about strategies to communicate with our loved ones with compassion and understanding.

Wednesday, November 13, 2024 • 11 a.m. – 12 p.m.

TRAVEL TALKS WITH NINO MOHAN: ITALY, SICILY, MALTA, AND SARDINIA - NEW!

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Join Nino Mohan, a 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, November 20, 2024 • 10 a.m. – 12 p.m.

DON'T BE A VICTIM - NEW!

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

According to the FBI, scams aimed at individuals aged 60 and above resulted in over \$3.4 billion in losses in 2023. Join our seasoned detectives to learn how to stay alert and avoid falling victim to those who seek to exploit the elderly.

Wednesday, December 4, 2024 • 11 a.m. – 12 p.m.

ALZHEIMER'S UPDATE - NEW!

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Come chat with Dr. Trinh about the latest developments in Alzheimer's disease. Learn about new strategies for diagnosis, treatment, and lifestyle risk reduction.

Wednesday, January 15, 2025 • 11 a.m. – 12 p.m.

MEDICATIONS TO MANAGE TYPE 2 DIABETES - NEW!

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

The Center for Disease Control (CDC) states that the percentage of adults with Type 2 Diabetes increases with age, reaching close to 30% for those aged 65 years or older. This talk will discuss the medications healthcare providers use as tools to manage Type 2 Diabetes. It will also include a review of diabetes medications recently approved by the FDA for weight loss in the management of obesity.

Wednesday, January 29, 2024 • 11 a.m. – 12 p.m.

GUT HEALTH AND BRAIN HEALTH - NEW!

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Come chat with Dr. Trinh about diseases connected to poor gut health, strategies to maintain our gut health and foods that improve our gut health.

Wednesday, February 12, 2025 • 11 a.m. – 12 p.m.



AGE: 50+

ANNUAL MEMBERSHIP:

\$20 for the calendar year.

February - January

LOCATION: Community Center
10911 Oak St. Los Alamitos

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.

CLUB ACTIVITIES:

Thursdays 9:00 a.m. - 2:30 p.m.

(Bingo Buy-in is from 9:00 a.m. to 10:30 a.m.)

Bingo starts immediately following announcements.



SOCIAL HOUR

Join the Los Alamitos Senior Club every 1st and 3rd Wednesday at 1:00 p.m. to play games, enjoy luncheons, and socialize! \$5 per person includes a potluck lunch. Please bring an item to share.

FOOD PROGRAMS



SENIOR GROCERY PROGRAM

Los Alamitos Community Center
10911 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 p.m. 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.

Every Tuesday at 1 p.m.
(closure dates listed online)



DINE IN & DOUGH HOUSE

Los Alamitos Community Center
10911 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 a.m. to 11 a.m. at a suggested donation. Lunch is catered from local restaurants for a modest, fixed price of \$7 and is served at 11:15 a.m. 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.

Every Tuesday & Thursday 8 a.m. to 12 p.m.
(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 aarpsdriversafety.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 for more information.

Council on Aging of OC Programs and Services: Call (714) 479-0107 or visit 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



Los Alamitos
Recreation & Community Services
Creating Quality of Life

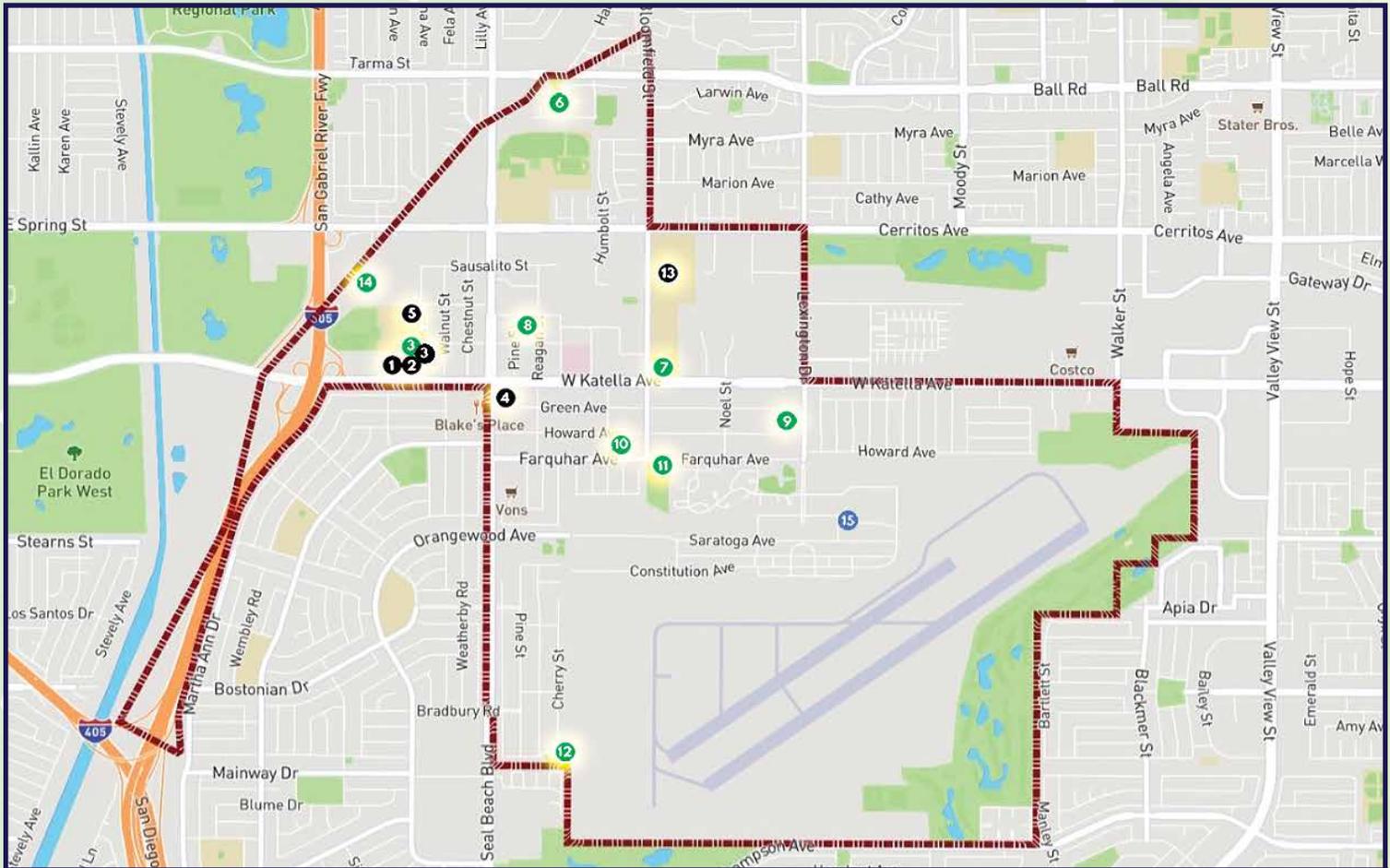
My City
My Los Al

SENIOR SERVICES MASTER PLAN SURVEY

Thank you to the following Los Alamitos and Seal Beach businesses for assisting us in promoting the Senior Services Master Plan.

- 5th Avenue Bagelry
- Ameci Pizza & Pasta
- Angelina's Famous Pizza
- Butter+Cream
- Casitas De Amigos
- Chick-fil-A
- El Pollo Loco
- Firehouse Cafe
- Jimmy John's
- Katella Bakery, Deli & Restaurant
- Mama's Comfort Food & Cocktails
- Mustard's Chicago Style Eatery
- Nevin's Donut Shop
- Nick's Deli II
- Panera Bread
- Pasty Kitchen
- Paul's Place
- Pittsburgh Broasted Chicken
- Starbucks
- Taco Surf
- Tacos El Jefe
- The Donut House
- The Flame Broiler
- Valentino's Pizza
- Volcano Burgers
- Vons
- Wendy's

DIRECTORY



FACILITIES AND PARKS:

- | | | |
|---|---|---|
| <p>1 City Hall
3191 Katella Avenue</p> <p>2 Police Department
3201 Katella Avenue</p> <p>3 Community Center
10911 Oak Street
Building 2
10909 Oak Street</p> <p>3 Roberts Park
10911 Oak Street</p> <p>4 Los Alamitos Museum
11062 Los Alamitos Blvd.</p> | <p>5 Oak Gymnasium and Field
10821 Oak Street</p> <p>6 Stansbury Park
3711 Toland Avenue</p> <p>7 Laurel Park
10862 Bloomfield Avenue</p> <p>8 Soroptimist Park
10822 Pine Street</p> <p>9 Labourdette Park
4401 Howard Avenue</p> <p>10 Sterns Park
3871 Farquhar Avenue</p> | <p>11 Little Cottonwood Park
4000 Farquhar Avenue</p> <p>12 Orville R. Lewis Jr. Park
3662 Kempton Drive</p> <p>13 McAuliffe Field
4112 Cerritos Avenue</p> <p>14 Coyote Creek Park
10821 Oak Street</p> <p>15 MWR Aquatic Training Center at JFTB
11360 Valley Forge Ave. #44,
Los Alamitos</p> |
|---|---|---|



Thank you to our Brochure Distribution Partners



REGISTRATION



WINTER 2025

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, October 28, 2024. 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, October 28, 2024 will not be accepted. Registration will be processed beginning Monday, October 28, 2024.

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, October 25, 2024. For residents and Sunday, October 27, 2024. For non-residents.

WALK-IN REGISTRATION

Walk-in registration begins Monday, October 28, 2024. 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, October 28, 2024. 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 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

LAST NAME (Adult):	FIRST NAME (Adult):	DOB (Adult) (REQUIRED):
ADDRESS:	HOME PHONE:	
CITY/STATE/ZIP:	SECONDARY PHONE (REQUIRED):	CIRCLE ONE: CELL WORK
E-MAIL ADDRESS:	HAS YOUR INFORMATION CHANGED? <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:
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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 <input type="checkbox"/> CHECK <input type="checkbox"/> VISA <input type="checkbox"/> MASTERCARD <input type="checkbox"/> DISCOVER <input type="checkbox"/>	Check Amount:	Check #
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OFFICE USE ONLY- COMPLETED BY: (Please complete this section if method of payment is cash) Name of Staff: _____ Cash Denomination: _____	RECEIPT #	STAFF INITIALS:	DATE:
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Cardholder Name (Please Print): _____	Cardholder Signature: _____
CREDIT CARD #: <input type="text"/>	EXPIRATION DATE: <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> CVV2 CODE: <input type="text"/> <input type="text"/> <input type="text"/>

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 11
From 6-10 p.m.



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

*Ho Ho
Ho!*

Santa Calls

Santa will be calling on Thursday, December 12 from 5:30 - 7:30 p.m. Simply write a letter to Santa Claus and drop it off at the Los Alamitos Community Center (10911 Oak St.) by 5 p.m. on Thursday, December 5.

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

Thursday, December 12

