

Los Alamitos

Recreation & Community Services

Creating Quality of Life

Recreation Brochure



& City News

Fall 2025

Celebrate Los Al

Sept. 13, 2025

10901 Pine Street,
Los Alamitos

Carnival & Activities
Celebrating Los Alamitos!



STREET FAIR



CONCERTS



SERVE LOS AL
EVENT



CARNIVAL



PUBLIC
SAFETY FAIR



GLOW RUN
& GLIDE

FOOD TASTING W/ BEVERAGE GARDEN

COMING UP SOON

2025

BACK COVER



MemorialCare **ELEVATE ENCORE** 50+
Presented by LivingWell scan
SENIOR EXPO
Health, Wellness and Resources for Your Second Act
AUGUST 27, 2025 • 10:00 A.M. - 12:00 P.M.
Los Alamitos Community Center
(10911 Oak St., Los Alamitos)
562-430-1073
cityoffosalamitos.org/recreation

SENIOR EXPO

AUGUST 27

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CO-ED YOUTH VOLLEYBALL LEAGUE

SEPT. 8 - NOV. 14

PAGE 19



CROSS COUNTRY

SEPT. 11 - NOV. 13

PAGE 19



SERVE LOS AL
Philanthropy deeply rooted in the community

SEPTEMBER 13

PAGE 6



CARNIVAL & ACTIVITIES CELEBRATING LOS AL

SEPTEMBER 13

BACK COVER



TRUNK OR TREAT
FREE PUMPKIN PATCH
SATURDAY, OCTOBER 25 5:00-7:30 PM
LITTLE COTTONWOOD PARK
4000 FARQUHAR AVE, LOS ALAMITOS

OCTOBER 25

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HALLOWEEN CONTEST

OCTOBER 28

PAGE 16



Fall Camp
November 24-26, & 28
Ages 5-12
10911 Oak Street, Los Alamitos
Regular: 9am - 4pm • Daily Rates: Res. \$32, Non-Res. \$37
Extended: 7am - 6pm • Daily Rates: Res. \$47, Non-Res. \$52

NOVEMBER 24 - 26 & 28

WINTER

CAMPS, PROGRAMS AND EVENTS!

LOOK FOR YOUR WINTER GUIDE ARRIVING IN NOVEMBER FOR MORE INFO ON HOW TO KEEP YOUR FAMILY BUSY THIS WINTER

CLASSES AND EVENTS ARE SUBJECT TO CHANGE OR CANCELLATION



Los Alamitos

Recreation & Community Services

Creating Quality of Life

CITY

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
Elliot Singer
Richard Wright

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

Community Resources
Tara Farajian

Department Secretaries
Jewelina Miranda
Lauren Pavelec

Recreation Coordinators
Alix Anderson
Gilberto Arteaga-Ceja
Carson Deterding
Angel Hernandez
Samantha Kenny
Alejandro Gonzalez Lecumberri

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KEEP UP WITH US IN 2025



(562) 430-1073



CITYOFLOSALAMITOS.ORG/RECREATION



FOLLOW US @CITYOFLOSAL



REGISTRATION:
LOSALRECREATION.MYREC.COM



ONLINE BROCHURE

ON THE FRONT COVER:

The Universal Waste Systems Celebrate Los Al event takes place on Saturday, September 13, with a full day of activities across Los Alamitos. The day begins with Serve Los Al, a city-wide community service project, followed by an evening of fun from 4:30 to 9:30 p.m. Enjoy a street fair, carnival, public safety fair, Pine StrEATs food tasting, veterans recognition, beverage garden, and live performances. The night wraps up with the Elite Maintenance and Tree Service Glow Run and Glide at 7:30 p.m.

ON THE BACK COVER:

You are invited to attend the City of Los Alamitos Recreation & Community Services Department 14th Annual MemorialCare Miller Children's and Women's Hospital Long Beach Trunk or Treat presented by Southland Credit Union! The free event will take place on Saturday, October 25 from 5:00 – 7:30 p.m. at Little Cottonwood Park (4000 Farquhar Ave). This spooktacular event provides a safe and inviting space for families to celebrate Halloween. Guests will have the opportunity to participate in costume contests, pick their very own pumpkin (until supplies last), play carnival games, visit Trunks for candy and games, enjoy many vendors, and participate in many family activities. Adults may purchase adult beverages from the Beverage Garden benefiting the Los Alamitos Community Foundation, and more! Families are encouraged to come dressed in their Halloween costumes to enter the ever-so-popular costume contest. For more information or interest in participating as a Trunk for the event, please visit cityoflosalamitos.org/recreation.

August
14 **New Romantics**
(Taylor Swift Cover)

September
11 **Sega Countryside**
(Country)

October
9 **The Emperors**
(Classic Rock)

Nites on Pine ST
LOS ALAMITOS

10901 Pine St.
(Florista St. and Pine St.)
6:30p.m. to 8:00p.m.

Live Music + Vendors + Free Kids Zone

Free Event

@CityofLosAl
@NitesonPine

Presented by the Economic Development Division
For more information, contact (562) 431-3538 or visit cityoflosalamitos.org

NITES ON PINE

Join us for Nites on Pine - a family-friendly street fair on Pine Street with live music, food, kids' activities, and pop-up vendors. Each themed night offers a unique community vibe under the stars. Events take place the second Thursday of each month: Aug. 14, Sept. 11, and Oct. 9, from 6:30–8:00 p.m



TREE CITY USA
Arbor Day Foundation Program

The City of Los Alamitos has been recognized as a Tree City!

To learn more about this achievement, please scan here:

TREE CITY USA

The City has been recognized as a Tree City USA by the Arbor Day Foundation, honoring its commitment to urban forestry. This designation supports the City's ongoing efforts to enhance sustainability, improve public spaces, and strengthen community connection to nature.



July Fireworks DISPOSAL SAFETY

- ★ Give used fireworks a bath overnight.
- ★ Ensure they are cool to the touch before disposing in a proper waste receptacle.
- ★ Keep waste receptacle away from structures or anything flammable.

AUGUST TIPS TO... BEAT the HEAT

WHO IS AT RISK IN EXTREME HEAT?

People with infants, adults over 65 years of age, those with existing medical conditions, and those without air conditioning.

What Can You Do?

<p>STAY HYDRATED</p> <ul style="list-style-type: none"> • DRINK PLENTY OF WATER • AVOID ALCOHOLIC/SUGARY DRINKS • REMIND OTHERS TO DRINK WATER THROUGHOUT THE DAY 	<p>STAY COOL</p> <ul style="list-style-type: none"> • WEAR LOOSE-FITTING CLOTHES • AVOID DIRECT SUNLIGHT • TRY TO STAY IN AIR-CONDITIONED ROOMS • TAKE COOL SHOWERS
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SEPTEMBER NATIONAL EMERGENCY PREPAREDNESS MONTH

PREPARING FOR A DISASTER

- STEP 1: MAKE A FAMILY DISASTER PLAN
- STEP 2: CREATE EMERGENCY SUPPLY KITS
- STEP 3: PREPARE YOUR HOME

FOR MORE INFORMATION ON HOW TO PREPARE FOR AN EMERGENCY

I-605/KATELLA AVENUE INTERCHANGE PROJECT

OCTA and Caltrans have begun preparations for construction on the I-605/Katella Avenue Interchange Project. Contractors are expected to begin mobilizing equipment as they gear up for construction to improve the local interchange as well as enhance safety and mobility along Katella Avenue between Coyote Creek Channel and Epsom Way. The project is intended to benefit motorists, bicyclists and pedestrians. The project, expected to be completed in late 2026, is being supported by OCTA's Public Outreach team, who is leading efforts to inform and engage the community.

For more information or to sign up for project alerts about upcoming construction activities, closures and impacts, visit OCTA's webpage.

Construction of the I-605/Katella Avenue Interchange Project is underway!

For more information and to stay up to date on the progress, please scan the QR code below:

STAY CONNECTED

octa.net/605Katella Text 605Katella to 888-720-7016
 888-200-3302 Message and data rates apply
 605KatellaInfo@octa.net
 @605Katella

Recycle for FREE Used Motor Oil and Filters

Certified Center Locations:

AutoZone 11282 Los Alamitos Blvd Los Alamitos (562) 431-8808	AutoZone 6500 E. Spring St. Long Beach (562) 425-1502	Jiffy Lube 3311 Katella Ave. Los Alamitos (562) 596-1827
M & N Coastline Auto & Tire 3400 Cerritos Ave. Los Alamitos (562) 799-1777	O'Reilly Auto Parts 6551 E. Spring St. Long Beach (562) 420-9941	

Need to contact the City? (562) 431-3538

My City ♥ My Los Al

RECYCLED OIL PROGRAM

In partnership with the County of Orange and the California Department of Resources Recycling and Recovery (CalRecycle), the City offers free recycling of your used motor oil, motor filters, and boat bilge pads at local certified locations. There is no paperwork involved, and no requirements to provide identification in order to participate. To learn more about this collection program, please visit the City website at www.cityoflosalamitos.org or call (562) 431-3538.

TREE DEDICATION MEMORIAL PROGRAM

"The Gift that Keeps on Living"

FOR MORE INFORMATION, PLEASE CONTACT THE DEVELOPMENT SERVICES DEPARTMENT.

(562) 431-3538 WWW.CITYOFLOSALAMITOS.ORG

Honor the memory of a loved one with a tree dedication through the City of Los Alamitos. Trees offer a lasting tribute and meaningful way to celebrate a life.

To participate, contact the Development Services Department at (562) 431-3538 or visit www.cityoflosalamitos.org.



*Sept. 13, 2025
5:00 p.m.*



Calling All Foodies!

Join us and sample delicious entrée and dessert menu items from various restaurants in town!




My City
♥
My Los Al

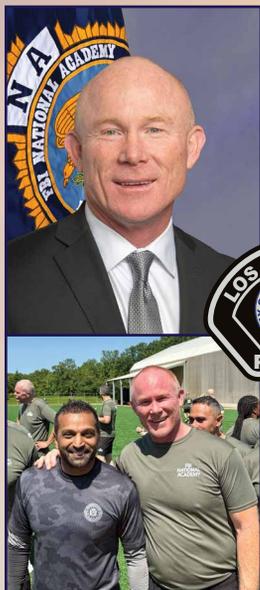
SHOP LOCAL

EAT LOCAL

PLAY LOCAL

STAY LOCAL

SUPPORT LOCAL



LOS ALAMITOS POLICE DEPARTMENT

Recently, Los Alamitos Police Chief Michael Claborn attended the FBI National Academy, a prestigious 10-week executive leadership program held at the FBI Training Academy in Quantico, Virginia. This program is designed for seasoned law enforcement leaders and offers advanced coursework in areas such as law, behavioral science, forensic science, communication, and leadership development. Participants engage in rigorous academic and physical training, including the renowned “Yellow Brick Road” obstacle course, which tests endurance and resilience. The academy fosters collaboration among law enforcement professionals from across the United States and around the world, enhancing interagency cooperation and the sharing of best practices.

Chief Claborn's participation in the FBI National Academy underscores his commitment to professional development and bringing innovative leadership strategies to the Los Alamitos Police Department. The insights and skills acquired during this intensive program are expected to benefit the department and the community it serves, promoting effective policing and public safety initiatives. His attendance also reflects the department's dedication to maintaining high standards of excellence and staying abreast of evolving challenges in law enforcement.

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.



INTRODUCING **YOUR**
COMMUNITY ENGAGEMENT PLATFORM

YOU ASKED WE LISTENED
We heard you say that you wanted to be informed about large projects happening in the City.

MYLOSAL ENGAGE
With our new MyLosAlEngage Platform, you can track a project from beginning to end and provide feedback along the way.

STAY INFORMED
In addition to the City's website and social media, MyLosAlEngage will be a centralized information hub dedicated to large projects happening in the City of Los Alamitos.
Sign up to be notified today!

VISIT US ONLINE TODAY
www.MyLosAlEngage.com

EXPANSION OF SENIOR SERVICES

The City of Los Alamitos Recreation and Community Services Department is excited to announce the expansion of older adult programming following the conclusion of the Senior Services Master Plan. The Master Plan served as a guiding framework for enhancing the City's existing older adult services. The Recreation and Community Services Department will be expanding offerings beginning this Fall with the inclusion of new, free contracted classes focused on health, wellness, lifelong learning, and social engagement. In addition, the Recreation and Community Services Department has formalized an agreement with Osher Lifelong Learning Institute (OLLI) to further diversify offerings for this Fall.



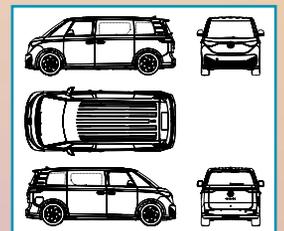
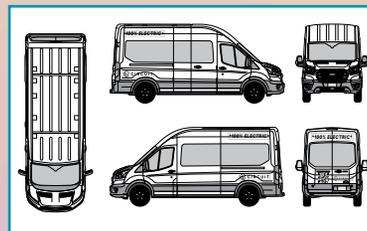
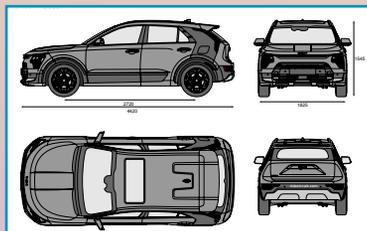
OLLI is a non-profit organization that offers non-credit courses of interest to people aged 50 and older. The OLLI center is located at California State University, Long Beach (CSULB), within the College of Health and Human Services. OLLI courses are led by current and emeriti CSULB professors, as well as volunteers and professionals from community organizations. In partnership, the City of Los Alamitos Recreation and Community Services Department will serve as a satellite location for several classes year-round, starting with the Fall session. The City of Los Alamitos is one of only a few cities in Southern California with a formal partnership with OLLI. There are no academic prerequisites for membership or

participation in the classes, just a desire to learn. Class registration information can be found in the Older Adults section of the brochure on page 31.



CIRCUIT TRANSPORTATION

The City is in the process of bringing an on-demand transportation service for all of its residents. At the June 9th City Council Meeting, the bid for services was awarded to Circuit. The transportation project is in partnership with the Orange County Transportation Authority. The Community Based Transit Circulator Program (Project V) provides funding to local cities to help complement regional transit already in place. Circuit provides micro transit services utilizing all electric vehicles to minimize impact on the environment while providing an essential service to the community. Once launched, Circuit will operate its services within the City limits of Los Alamitos. Services are already operational in some of the nearby cities such as Belmont Shore, Downtown Long Beach, Huntington Beach, and Costa Mesa. The City will offer educational workshops and booths at local events to provide more information on services that Circuit will provide in the coming months. Special thanks to Marilyn Bates for her generous donation for this program, as well as the grant by OCTA.



EVENTS



Celebrate Los Al

Sept. 13, 2025

10901 Pine Street, Los Alamitos

Carnival & Activities
Celebrating Los Alamitos!

8:30 AM

Street Fair & Carnival



4:30 PM

Vendor Fair & Carnival Starts

5:30 PM

Veterans Recognition

Serve Los Al



Citywide Volunteer Service Event

8:30 AM

Oak Middle School Auditorium
10821 Oak St. Los Alamitos

Concerts



4:30 PM

80'z All-Stars

7:00 PM

Country Nation

Public Safety Fair



4:30 PM



Pine strEATS &

Eat, Drink & Celebrate
Los Al Restaurants

Beverage Garden

5:00 PM



Glow Run & Glide

7:30 PM

9:30 PM

Los Alamitos
Recreation & Community Services
Creating Quality of Life

HALLOWEEN DECORATING CONTEST

TUESDAY, OCTOBER 28
7 PM TO 9 PM
My City ♥ My Los Al

Los Alamitos
Recreation & Community Services
Creating Quality of Life

Holiday Decorating Contest

Wednesday, December 10
From 6-10pm

Display your holiday lights & decorate your home!

Los Alamitos
Recreation & Community Services
Creating Quality of Life

My City ♥ My Los Al

Santa Calls

Thursday, December 11

Santa will be calling on Thursday, December 11 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 5pm 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.

Letter template available at the Community Center

Saturday, December 6, 2025
4pm to 7:30pm

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

WINTER Wonderland

My City ♥ My Los Al

Presented by

- FREE Snow Play** (with UWS logo)
- FREE Ice Skating Rink**
- Tree Lighting**
- Snow Sledding**
- Santa's Village**
- Musical Entertainment**

Location:
ST. ISIDORE
HISTORICAL PLAZA

Los Alamitos
Recreation & Community Services
Creating Quality of Life

10961 Reagan Street and Pine Street
www.cityoflosalamitos.org/recreation

My City ♥ My Los Al

Register Now!
<https://rb.gy/n5hmp>

CITY OF
Los Alamitos
California

ELEVATE WOMEN'S CONFERENCE

Premier Sponsor:
Miller Children's & Women's Hospital
MemorialCare.

Wednesday, October 1, 2025
8:30 a.m. to 1:00 p.m.



MWR Aquatic Training Center at JFTB

11360 Valley Forge Ave. #44, Los Alamitos

LEARN TO SWIM LESSONS

This fall, two 4-week sessions and one 3-week session will be offered. Youth Swim Classes are 25 minutes long and meet either twice weekly (Monday/Wednesday) or once weekly on Saturdays. Lessons are available for a variety of age and skill levels—please refer to the level descriptions to find the best fit for your child. If you're unsure, contact us at aquatics@cityoflosalamitos.org or call the Community Center at **562-430-1073**. Registration can be completed online at losalrecreation.myrec.com. There will be no make-up classes unless canceled by Los Alamitos Recreation Staff due to unforeseen circumstances. For details on our refund policy, please see page 33.

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**.

All adults entering the Joint Forces Training Base must present a valid U.S. Passport, or a REAL ID compliant driver's license or identification card; and high school students must show a current school I.D.

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.

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.

BIG FISH

SCHOOL AGE 6 YRS – 13 YRS

Manatees (Level 1) Ratio 1:4

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.

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.

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.

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.

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.

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.

Jelly Fish (Level 1) Ratio 1:4

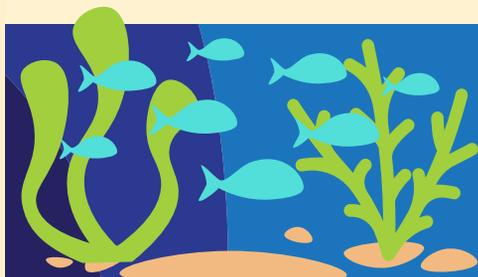
This class is designed for beginners who have some aquatics experience but still need assistance getting comfortable in the water. Some skills include moving through water comfortably, assisted tummy float, moving to unassisted back float, assisted kicking on tummy and back, and introducing alternating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

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.

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.



SESSION 1: MON / WED
8/25 - 9/22

CLASS	AGE	CLASS TIMES	
Parent & Me	6 mo - 3 yr	9:30AM	10:30AM
Guppies	3 - 6 yrs	10:30AM	4:00PM
Jelly Fish	3 - 6 yrs	3:30PM	4:30PM
Squid	3 - 6 yrs	3:30PM	5:00PM
Otter	3 - 6 yrs	4:00PM	5:30PM
Seals	3 - 6 yrs	4:30PM	5:30PM
Manatees	6 - 13 yrs	3:30PM	4:30PM
Belugas	6 - 13 yrs	4:30PM	5:30PM
Manta Ray	6 - 13 yrs	4:00PM	5:00PM
Barracuda	6 - 13 yrs	4:00PM	5:00PM
Orcas	6 - 15 yrs	3:30PM	5:00PM

RESIDENT: \$134
NON-RESIDENT: \$139

SESSION 1: SATURDAY
8/23 - 9/27
NO CLASS: 8/30, 9/13

CLASS	AGE	CLASS TIMES		
Parent & Me	6 mo - 3 yr	10:30AM	11:30AM	12:30PM
Guppies	3 - 6 yrs	11:00AM	12:00PM	1:30PM
Jelly Fish	3 - 6 yrs	10:30AM	11:30AM	1:00PM
Squid	3 - 6 yrs	11:00AM	12:00PM	1:00PM
Otter	3 - 6 yrs	11:30AM	12:30PM	1:30PM
Seals	3 - 6 yrs	10:30AM	12:00PM	1:30PM
Manatees	6 - 13 yrs	11:00AM	12:00PM	1:30PM
Belugas	6 - 13 yrs	10:30AM	11:30AM	1:00PM
Manta Ray	6 - 13 yrs	11:00AM	12:30PM	1:30PM
Barracuda	6 - 13 yrs	10:30AM	11:30AM	1:00PM
Orcas	6 - 15 yrs	11:00AM	12:00PM	1:00PM

RESIDENT: \$65
NON-RESIDENT: \$70

SESSION 2: MON / WED
10/6 - 11/3
NO CLASS: 10/13

CLASS	AGE	CLASS TIMES	
Parent & Me	6 mo - 3 yr	9:30AM	10:30AM
Guppies	3 - 6 yrs	10:30AM	4:00PM
Jelly Fish	3 - 6 yrs	3:30PM	4:30PM
Squid	3 - 6 yrs	3:30PM	5:00PM
Otter	3 - 6 yrs	4:00PM	5:30PM
Seals	3 - 6 yrs	4:30PM	5:30PM
Manatees	6 - 13 yrs	3:30PM	4:30PM
Belugas	6 - 13 yrs	4:30PM	5:30PM
Manta Ray	6 - 13 yrs	4:00PM	5:00PM
Barracuda	6 - 13 yrs	4:00PM	5:00PM
Orcas	6 - 15 yrs	3:30PM	5:00PM

RESIDENT: \$134
NON-RESIDENT: \$139

SESSION 2: SATURDAY
10/11 - 11/8
NO CLASS: 10/25

CLASS	AGE	CLASS TIMES		
Parent & Me	6 mo - 3 yr	10:30AM	11:30AM	12:30PM
Guppies	3 - 6 yrs	11:00AM	12:00PM	1:30PM
Jelly Fish	3 - 6 yrs	10:30AM	11:30AM	1:00PM
Squid	3 - 6 yrs	11:00AM	12:00PM	1:00PM
Otter	3 - 6 yrs	11:30AM	12:30PM	1:30PM
Seals	3 - 6 yrs	10:30AM	12:00PM	1:30PM
Manatees	6 - 13 yrs	11:00AM	12:00PM	1:30PM
Belugas	6 - 13 yrs	10:30AM	11:30AM	1:00PM
Manta Ray	6 - 13 yrs	11:00AM	12:30PM	1:30PM
Barracuda	6 - 13 yrs	10:30AM	11:30AM	1:00PM
Orcas	6 - 15 yrs	11:00AM	12:00PM	1:00PM

RESIDENT: \$65
NON-RESIDENT: \$70

SESSION 3: MON / WED
11/17 - 12/10
NO CLASS: 11/24, 11/26

CLASS	AGE	CLASS TIMES	
Parent & Me	6 mo - 3 yr	9:30AM	10:30AM
Guppies	3 - 6 yrs	10:30AM	4:00PM
Jelly Fish	3 - 6 yrs	3:30PM	4:30PM
Squid	3 - 6 yrs	3:30PM	5:00PM
Otter	3 - 6 yrs	4:00PM	5:30PM
Seals	3 - 6 yrs	4:30PM	5:30PM
Manatees	6 - 13 yrs	3:30PM	4:30PM
Belugas	6 - 13 yrs	4:30PM	5:30PM
Manta Ray	6 - 13 yrs	4:00PM	5:00PM
Barracuda	6 - 13 yrs	4:00PM	5:00PM
Orcas	6 - 15 yrs	3:30PM	5:00PM

RESIDENT: \$100
NON-RESIDENT: \$105

SESSION 3: SATURDAY
11/22 - 12/13
NO CLASS: 11/29

CLASS	AGE	CLASS TIMES		
Parent & Me	6 mo - 3 yr	10:30AM	11:30AM	12:30PM
Guppies	3 - 6 yrs	11:00AM	12:00PM	1:30PM
Jelly Fish	3 - 6 yrs	10:30AM	11:30AM	1:00PM
Squid	3 - 6 yrs	11:00AM	12:00PM	1:00PM
Otter	3 - 6 yrs	11:30AM	12:30PM	1:30PM
Seals	3 - 6 yrs	10:30AM	12:00PM	1:30PM
Manatees	6 - 13 yrs	11:00AM	12:00PM	1:30PM
Belugas	6 - 13 yrs	10:30AM	11:30AM	1:00PM
Manta Ray	6 - 13 yrs	11:00AM	12:30PM	1:30PM
Barracuda	6 - 13 yrs	10:30AM	11:30AM	1:00PM
Orcas	6 - 15 yrs	11:00AM	12:00PM	1:00PM

RESIDENT: \$50
NON-RESIDENT: \$55

REGISTER HERE: [LOSALRECREATION.MYREC.COM](https://www.losalrecreation.myrec.com)

ADAPTIVE RECREATION



Adaptive Recreation

Sponsored By:



The City of Los Alamitos invites participants requiring 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.

QUARTERLY CALENDAR



Los Alamitos
Recreation & Community Services
Creating Quality of Life



Special Olympics
Southern California



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

If you are interested in being involved, please contact Mark Bermudez at mbermudez@sosc.org & Steve Munoz at smunoz@sosc.org



Los Alamitos
Recreation & Community Services
Creating Quality of Life



**DATE & TIME TO BE ANNOUNCED SOON!
PLEASE VISIT WWW.CITYOFLOSALAMITOS.ORG
FOR MORE INFORMATION**

THE CITY OF LOS ALAMITOS INVITES PARTICIPANTS REQUIRING ADDITIONAL SUPPORT OR ACCOMMODATIONS DUE TO PHYSICAL, MENTAL, OR DEVELOPMENTAL CHALLENGES, AND THEIR FAMILIES TO PARTICIPATE IN OUR SECOND ANNUAL PALS OF LOS AL! GO FOR THE GOLD IN THIS FREE YOUTH SPORTS EVENT!



SCAN HERE!



Los Alamitos Community Foundation

Adaptive Recreation

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

No Class: 10/1

Instructor: Diana Perez

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2501	5 weeks	Wed	9/10-10/15	9:15-10a	1.5-2.5	\$79/\$84
FA2502	5 weeks	Wed	10/22-11/19	9:15-10a	1.5-2.5	\$79/\$84

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

No Class: 10/1

Instructor: Diana Perez

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2503	5 weeks	Wed	9/10-10/15	10:15-11a	2-5.5	\$79/\$84
FA2504	5 weeks	Wed	10/22-11/19	10:15-11a	2-5.5	\$79/\$84

HOLLY JOLLY WORKSHOP

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Join Mrs. Diana for some winter fun as we meet new friends, share ideas to foster positive parenting, and all the while sharing some smiles. This 3 week session will incorporate movement, music, and winter craft fun that will heighten their development in social, cognitive, and fine and gross motor skills. Parent participation required. Please do not bring unregistered siblings.

\$5 materials fee

Instructor: Diana Perez

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2505	3 weeks	Wed	12/3-12/17	9:15-10a	2-5.5	\$53/\$58

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

LIL'OAK PRESCHOOL PROGRAM

FALL PROGRAM

(SESSION 1: 9 WEEKS) • Registration Opens:
Priority 6/30, Public 7/14

Age:	Days:	Dates:	Time:	Fee: (R/NR)	Code:
4-5	M/W/F	8/11-10/10	9am-1pm	\$623/\$628	FA2506
3-4	T/TH	8/12-10/9	9am-1pm	\$439/\$444	FA2507

NO CLASS: 9/1

(SESSION 2: 9 WEEKS) • Registration Opens:
Priority 7/28, Public 8/11

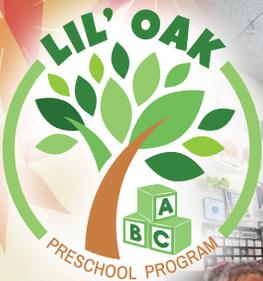
Age:	Days:	Dates:	Time:	Fee: (R/NR)	Code:
4-5	M/W/F	10/13-12/19	9am-1pm	\$646/\$651	FA2508
3-4	T/TH	10/14-12/18	9am-1pm	\$416/\$421	FA2509

NO CLASS: 11/11 and 11/24 - 11/28

10911 Oak Street, Los Alamitos

Department Late Policy: \$1 per minute, after 1:05 p.m.

Fee due prior to start of next class. Payable at the front desk. **No Refund Program.**



Los Alamitos
Recreation & Community Services
Creating Quality of Life



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, stories, and games. Program will also emphasize sharing, respect, and understanding. All staff are First Aid, CPR, and AED certified. Please register online using the My Rec portal or in person at the Los Alamitos Community Center. Participants must be potty-trained, no pull-ups. Priority given to those currently enrolled.

PRESCHOOL & YOUTH

DANCE AND GYMNASTICS



PRINCESS BALLET

*Los Alamitos Community Center
10911 Oak Street, Los Alamitos*

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 the first day. Optional performance opportunities with additional fees. Sept-Dec enrollment required to participate in performances. Please read before first class: www.socaarts.com/policies-procedures.

No Class: 11/20, 11/27

Instructor: SoCa Arts

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2510	6 weeks	Thu	9/4-10/9	3:30-4:15p	4-7	\$93/\$98
FA2511	6 weeks	Thu	10/23-12/11	3:30-4:15p	4-7	\$93/\$98

TOTS PRINCESS BALLET

*Los Alamitos Community Center
10911 Oak Street, Los Alamitos*

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 performance opportunities with additional fees. Sept-Dec enrollment required to participate in performances. Please read before first class: socaarts.com/policies-procedures.

No Class: 11/20, 11/27

Instructor: SoCa Arts

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2512	6 weeks	Thu	9/4-10/9	4:20-5:05p	2.5-4	\$93/\$98
FA2513	6 weeks	Thu	10/23-12/11	4:20-5:05p	2.5-4	\$93/\$98

YOUTH 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: 11/26

Instructor: Kidz Talent Academy

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2514	4 weeks	Wed	9/3-9/24	4:45-5:35p	7-13	\$81/\$86
FA2515	4 weeks	Wed	10/8-10/29	4:45-5:35p	7-13	\$81/\$86
FA2516	4 weeks	Wed	11/5-12/3	4:45-5:35p	7-13	\$81/\$86

ALL-IN-ONE DANCE

*Los Alamitos Community Center
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. Last day performance for family. Please read before first class: socaarts.com/policies-procedures.

No Class: 11/20, 11/27

Instructor: SoCa Arts

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2517	6 weeks	Thu	9/4-10/9	6-6:45p	5-9	\$93/\$98
FA2518	6 weeks	Thu	10/23-12/11	6-6:45p	5-9	\$93/\$98

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 rolls, we will guide your child through a progressive curriculum that promotes strength, flexibility, coordination, and confidence in tumbling.

No Class: 11/26

Instructor: Kidz Talent Academy

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2519	4 weeks	Wed	9/3-9/24	4-4:40p	3-6	\$81/\$86
FA2520	4 weeks	Wed	10/8-10/29	4-4:40p	3-6	\$81/\$86
FA2521	4 weeks	Wed	11/5-12/3	4-4:40p	3-6	\$81/\$86



PUMP IT UP 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: 11/26

Instructor: Kidz Talent Academy

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2522	4 weeks	Wed	9/3-9/24	5:45-6:30p	5-12	\$74/\$79
FA2523	4 weeks	Wed	10/8-10/29	5:45-6:30p	5-12	\$74/\$79
FA2524	4 weeks	Wed	11/5-12/3	5:45-6:30p	5-12	\$74/\$79

PRESCHOOL & YOUTH

SPORTS

ABC'S OF SPORTS PARENT & CHILD - NEW!

*Little Cottonwood Park
4000 Farquhar Avenue, Los Alamitos*

This is often a child's first time participating in a structured sports class so everything is new and exciting! At this stage we focus on breaking down the basics in eight different sports, while learning to follow instructions, taking turns, improving balance and building confidence in a supportive environment surrounded by caregivers and positive role models.

No Class: 10/25, 11/29

Instructor: Sportball Coaches

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2528	4 weeks	Sat	9/13-10/4	9:15-10a	16 mon-3yrs	\$93/\$98
FA2529	4 weeks	Sat	10/18-11/15	9:15-10a	16 mon-3yrs	\$93/\$98
FA2530	4 weeks	Sat	11/22-12/20	9:15-10a	16 mon-3yrs	\$93/\$98



HIP HOP

*Los Alamitos Community Center
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 performance opportunities with additional fees. Sept-Dec enrollment required to participate in performances. Please read before first class: socaarts.com/policies-procedures.

No Class: 11/20, 11/27

Instructor: SoCa Arts

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2525	6 weeks	Thu	9/4-10/9	5:10-5:55p	3.5-7	\$93/\$98
FA2526	6 weeks	Thu	10/23-12/11	5:10-5:55p	3.5-7	\$93/\$98

SPECIAL INTEREST



PRESCHOOL SPANISH

*Los Alamitos Community Center
10911 Oak Street, Los Alamitos*

This fun and playful Spanish class is perfect for young beginner who are ready to explore a new language! Through games, songs, stories and hands-on activities, kids will learn basic Spanish in a way that feels like play. Featuring greetings and introductions, colors, numbers, shapes, songs, rhymes, and everyday words!

Material Fee: \$20

No Class: 10/13

Instructor: Portal Languages-Long Beach

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2527	8 weeks	Mon	9/8-11/3	3-4p	3-6	\$189/\$194



TINY TYKES YOUTH SOCCER

*Laurel Park
10862 Bloomfield Street, 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
FA2531	8 weeks	Sun	9/7-10/26	9:15-10a	2-3	\$144/\$149
FA2532	8 weeks	Sun	9/7-10/26	10:15-11a	4-5	\$144/\$149

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

YOUTH SPORTS CONTINUED



FLAG FOOTBALL CLINIC

*Little Cottonwood Park
4000 Farquhar Avenue, Los Alamitos*

Get a jump start on your football career! Participants will learn the skills of the game in a clinic-style, fun, and energetic atmosphere. Led by experienced Recreation Coaches, future football stars will learn basic skills such as passing, catching, and flag pulling. Whether your child is trying football for the first time or looking to build confidence on the field, our experienced coaches ensure every participant feels encouraged and included. An award is included in the fee. ***Parent & Me program requires parent participation.**

Instructor: Recreation Staff

CODE	PROGRAM	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2533	Parent & Me	5 weeks	Tue	9/9-10/7	5:15-6p	2-3	\$65/\$70
FA2534	Jr. Pee Wee	5 weeks	Tue	9/9-10/7	5:15-6p	4-7	\$65/\$70

YOUTH BASKETBALL CLINIC

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

Is your child ready to hit the court and learn the fundamentals of basketball in a supportive and exciting environment? This dynamic clinic will go over dribbling, passing, shooting, footwork, and defense through age-appropriate drills and games. Our experienced coaches create an inclusive and positive atmosphere where every child can thrive, no matter their starting skill level. An award is included in the fee. ***Parent & Me program requires parent participation.**

No Class: 10/25

Instructor: Recreation Staff

CODE	PROGRAM	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2535	Parent & Me	5 weeks	Sat	10/18-11/22	1:15-2p	2-3	\$65/\$70
FA2536	Pee Wee	5 weeks	Sat	10/18-11/22	1:15-2p	4-6	\$65/\$70
FA2537	All Star	5 weeks	Sat	10/18-11/22	2:15-3p	7-9	\$65/\$70
FA2538	Dream Team	5 weeks	Sat	10/18-11/22	2:15-3p	10-12	\$65/\$70

SPORTS FUNDAMENTALS - NEW!

*Little Cottonwood Park
4000 Farquhar Avenue, Los Alamitos*

Your child will love learning the fundamentals of eight different sports in our fun and engaging classes. They'll get to play soccer, baseball, basketball, football, hockey, golf and tennis – all in one place! Sportball classes are the perfect way to keep your child active and having fun. They'll build confidence, teamwork skills, and learn how to compete in a healthy way.

Instructor: Sportball Coaches

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2539	4 weeks	Sun	9/14-10/5	9:15-10a	3-5	\$93/\$98
FA2540	6 weeks	Sun	10/19-11/23	9:15-10a	3-5	\$135/\$140

8 SPORTS SKILLS & TEAM PLAY

*Little Cottonwood Park
4000 Farquhar Avenue, Los Alamitos*

Sportball Skills & Team play focus on cooperative and competitive play with a main focus on optimal range of motion and whole body strength development. Children will focus on: smart decision making skills through team play, learning how to manage winning and losing, running with speed and accuracy, agility and quickness in multiple directions, balance and coordination, kicking and throwing with distance and accuracy and more!

Instructor: Sportball Coaches

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2541	4 weeks	Sun	9/14-10/5	10:15-11a	3-5	\$93/\$98
FA2542	6 weeks	Sun	10/19-11/23	10:15-11a	3-5	\$135/\$140

INTRO TO FLAG FOOTBALL

*Little Cottonwood Park
4000 Farquhar Avenue, Los Alamitos*

Beginning to intermediate players will enjoy this fun, skill-intensive program. Our progression-based curriculum promotes sportsmanship and teamwork while teaching the whole player. The coaches work on throwing, catching, field goals, routes, snapping, and footwork in fun, exciting skill focused games.

Instructor: Sportball Coaches

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2543	4 weeks	Sun	9/14-10/5	11:15-12p	4-6	\$93/\$95
FA2544	6 weeks	Sun	10/19-11/23	11:15-12p	4-6	\$135/\$140

SOCCER AND T-BALL: INTRO TO LEAGUE PLAY

*Little Cottonwood Park
4000 Farquhar Avenue, Los Alamitos*

In this class, 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.

No Class: 10/25, 11/29

Instructor: Sportball Coaches

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2545	4 weeks	Sat	9/13-10/4	10:15-11a	2-3	\$93/\$98
FA2546	4 weeks	Sat	10/18-11/15	10:15-11a	2-3	\$93/\$98
FA2547	4 weeks	Sat	11/22-12/20	10:15-11a	2-3	\$93/\$98
FA2548	4 weeks	Sat	9/13-10/4	11:15a-12p	3-5	\$93/\$98
FA2549	4 weeks	Sat	10/18-11/15	11:15a-12p	3-5	\$93/\$98
FA2550	4 weeks	Sat	11/22-12/20	11:15a-12p	3-5	\$93/\$98

HOMECOURT EDGE BASKETBALL RUN

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

Bring a group of friends to come play ball! 2nd-6th grade is from 2:00-3:30pm and 7th-12th grade is from 3:30-5:00pm.

Instructor: HCE Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2551	4 weeks	Sun	9/7-9/28	3-4:30p	7-14	\$109/\$114
FA2552	4 weeks	Sun	10/5-10/26	3-4:30p	7-14	\$109/\$114
FA2553	6 weeks	Sun	11/2-12/7	3-4:30p	7-14	\$159/\$164

HOMECOURT EDGE PRO WORK - NEW!

Oak Middle School Gym
10821 Oak Street, Los Alamitos

The class will offer advanced level instruction that will focus on shot creation and ballhandling creation drills.

No Class: 11/11, 11/20, 11/25, 11/27

Instructor: HCE Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2554	4 weeks	Tue/Thu	9/9-9/30	3-4:30p	5-18	\$169/\$174
FA2555	5 weeks	Tue/Thu	10/2-10/30	3-4:30p	5-18	\$169/\$174
FA2556	4 weeks	Tue/Thu	11/4-12/11	3-4:30p	5-18	\$169/\$174

HOMECOURT EDGE BASKETBALL SHOOTING STARS

Oak Middle School Gym
10821 Oak Street, Los Alamitos

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

Drop in: \$20 per class

No Class: 10/16, 11/20, 11/27

Instructor: HCE Staff-Coach H and Coach Leseanda

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2557	4 weeks	Thu	9/4-9/25	7:30-8:30p	5-14	\$109/\$114
FA2558	4 weeks	Thu	10/2-10/30	7:30-8:30p	5-14	\$109/\$114
FA2559	4 weeks	Thu	11/6-12/11	7:30-8:30p	5-14	\$109/\$114

HOMECOURT EDGE BASKETBALL TRIPLE BUNDLE

Oak Middle School Gym
10821 Oak Street, Los Alamitos

Come and get the best of both worlds and get multiple workouts a weeks with Homecourt Edge Basketball. Tuesday's ball-handling class, Thursday's shooting class and Sunday's Open Gym. Please don't hesitate to sign up with us today! Please bring basketball and water.

No Class: 10/16, 11/20, 11/25, 11/27

Instructor: HCE Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2560	4 weeks	Tue/Thu/Sun	9/7-9/30	T/Th 7:30-8:30p	5-14	\$189/\$194
FA2561	5 weeks	Tue/Thu/Sun	10/2-10/30	Sun 2-3p	5-14	\$225/\$230
FA2562	5 weeks	Tue/Thu/Sun	11/2-12/11		5-14	\$225/\$230

HOMECOURT EDGE BASKETBALL BALL HANDLING CLINIC BUNDLE AND SHOOTING STARS

Oak Middle School Gym
10821 Oak Street, Los Alamitos

Come and get the best of both worlds and get multiple workouts a week with Homecourt Edge Basketball. Tuesday's ball-handling class, Thursday's shooting class. Please don't hesitate to sign up with us today! Please bring basketball and water.

Drop in: \$20 per class

No Class: 10/16, 11/11, 11/20, 11/25, 11/27

Instructor: HCE Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2563	4 weeks	Tue/Thu	9/2-9/25	7:30-8:30p	5-14	\$149/\$154
FA2564	4 weeks	Tue/Thu	10/2-10/30	7:30-8:30p	5-14	\$149/\$154
FA2565	4 weeks	Tue/Thu	11/4-12/11	7:30-8:30p	5-14	\$149/\$154



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: 10/16, 11/11, 11/20, 11/25, 11/27

Instructor: HCE Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2566	4 weeks	Tue/Thurs	9/9-9/30	6:30-7:30p	5-14	\$189/\$194
FA2567	4 weeks	Tue/Thurs	10/2-10/30	6:30-7:30p	5-14	\$189/\$194
FA2568	4 weeks	Tue/Thurs	11/4-12/11	6:30-7:30p	5-14	\$189/\$194

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.

Drop in: \$20 per class

No Class: 11/11, 11/25

Instructor: HCE Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2569	5 weeks	Tues	9/2-9/30	7:30-8:30p	5-14	\$134/\$139
FA2570	4 weeks	Tues	10/7-10/28	7:30-8:30p	5-14	\$109/\$114
FA2571	4 weeks	Tues	11/4-12/9	7:30-8:30p	5-14	\$109/\$114

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. Homecourt Edge Basketball Ballhandling Clinic will introduce ballhandling skills for novice, intermediate and advanced levels. The clinic will also introduce the latest offensive moves to the basket. Classes will also include speed and agility footwork. Homecourt Edge Basketball Shooting Stars will focus on improving your child's shooting form. We will teach proper shooting techniques, proper release, follow through, shooting consistency, shooting off the screen, and squaring up to the basket. Please bring basketball and water.

Instructor: HCE Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2572	4 weeks	Sun	9/7-9/28	2-3p	5-14	\$109/\$114
FA2573	4 weeks	Sun	10/5-10/26	2-3p	5-14	\$109/\$114
FA2574	6 weeks	Sun	11/2-12/7	2-3p	5-14	\$159/\$164

YOUTH

SPECIAL INTEREST



SHOTOKAN KARATE/ SELF-DEFENSE - YOUTH CLASS

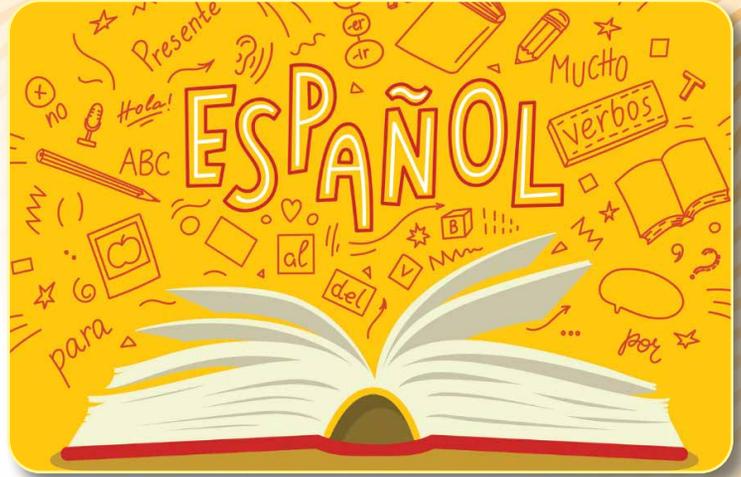
Los Alamitos Community Center
10911 Oak Street, Los Alamitos

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: 11/11, 11/25

Instructor: Daniel Gacad

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2575	6 weeks	Tue	9/2-10/7	4:30-5:30p	6-13	\$60/\$65
FA2576	6 weeks	Tue	10/21-12/9	4:30-5:30p	6-13	\$60/\$65



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.

Material Fee: \$20

Instructor: Portal Languages – Long Beach

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2577	8 weeks	Tue	9/2-10/21	4-5p	7-10	\$209/\$214

Fall Camp

November 24-26, & 28
Ages 5-12
10911 Oak Street, Los Alamitos

Regular: 9am - 4pm • Daily Rates: Res. \$32, Non-Res. \$37
Extended: 7am - 6pm • Daily Rates: Res. \$47, Non-Res. \$52

Los Alamitos
Recreation & Community Services
Creating Quality of Life

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



JUST THINK ART

Cypress Community Center
5700 Orange Ave, Cypress

Immerse into the world of drawing, and painting where young artists can explore a world of creativity! Through exciting projects and guided instruction, children will discover the magic of different techniques and mediums while exploring various subjects. This class is the perfect opportunity for kids to unleash their imagination and develop their creative skills in a supportive and inclusive environment. Join us for a journey of artistic discovery and endless possibilities! Students must provide their own supplies and bring to the first day of class. A supply list will be emailed to all participants. Parents are required to sign children in and out of each class meeting.

No Class: 11/26

Instructor: Darshini Aithal

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2578	4 weeks	Wed	10/15-11/5	5-6:15p	7-13	\$110/\$115
FA2579	4 weeks	Wed	11/12-12/10	5-6:15p	7-13	\$110/\$115

Los Alamitos
Recreation & Community Services
Creating Quality of Life

My City
My Los Al



CO-ED YOUTH VOLLEYBALL LEAGUE



GRADES: 4-8
SEPTEMBER 8
TO NOVEMBER 14

PRACTICES BEGIN
WEEK OF SEPT. 8

SCAN TO REGISTER



GAMES BEGIN
SEPT. 19

BUMP CLINIC

SEPTEMBER 9 TO OCTOBER 14

GRADES:
1-3



SCAN TO REGISTER



www.cityoflosalamitos.org/recreation

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?

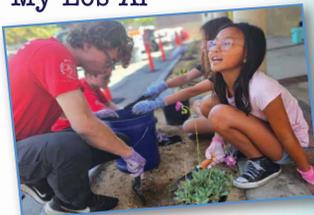
Donate today! Any amount is appreciated and your generosity will go a long way to enhance the lives and experiences of families who may not have the means to afford a program or class.

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

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



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

Los Alamitos Recreation & Community Services
Creating Quality of Life

Annual Fee: Resident: \$42 / Non-Resident: \$47
 Register Here: losalrecreation.myrec.com



My City
 ♥
 My Los Al

LOS ALAMITOS CROSS COUNTRY

10 week program • 4:00 - 5:15 p.m.
9/11 - 11/13, Thursdays

Los Alamitos
Recreation & Community Services
Creating Quality of Life

**Track Meet on
the Last Day
of Program!**



Los Alamitos Community Center
(10911 Oak St., Los Alamitos)

Grades 3-5: 1 Mile

Grades 6-8: 2 Mile

Res: \$125 / Non-Res: \$130



Citywide Volunteer Service Event SEPTEMBER 13, 2025

**Volunteers
needed!**



Give back

Service

Community



Serve LOS AL Sign up to volunteer at www.serveal.org

**Assembly 9-13-25
8:30am • Oak Middle School**

TEEN AND ADULT 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.

No Class: 10/1, 11/26

Drop in: \$6 per class

Instructor: Carri Fox

DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
Continuous	Wed	9/3-12/3	10-11a	18+	\$6 per class



PICKUP-BASKETBALL

PICK-UP BASKETBALL

SIMPLY SHOW UP, PAY AT THE DOOR, AND ROTATE INTO FRIENDLY AND FUN COMPETITIVE BASKETBALL GAMES THROUGHOUT THE SESSION. ALL SKILL-LEVELS ARE WELCOME! MUST BE 18+.

LOCATION:
OAK MIDDLE SCHOOL GYM (10821 OAK ST.)

DROP-IN COST:
\$5 (CASH)

DATES:
EVERY TUESDAY

TIMES:
8:30 - 10:00PM

Los Alamitos
Recreation & Community Services
Creating Quality of Life





TIME TO PARTY

Los Al
Rec
Style

PARTY PACKAGES

Let us do the planning...

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

Customizable packages to fit your needs...

- COMMUNITY CENTER (\$850) OR PICNIC SHELTER (\$650) RENTAL (3 HOURS)
- THEMED CRAFT STATIONS & STAFF LED ACTIVITIES

Add ons...

- BOUNCERS
- DECORATIONS
- FACE PAINTING
- BALLOON TWISTING
- SNACK CUPS
- PHOTO AREA
- CAKE OR CUPCAKES
- CHARACTER APPEARANCES
- PLATES & FLATWARE
- DRINKS & PIZZA
- GOODIE BAGS
- GUEST BOOK & POLAROIDS
- AND MUCH MORE!







Let's get Started

Los Alamitos Recreation & Community Services Department

FOR MORE INFORMATION, PLEASE CALL (562) 430-1073

OR EMAIL MSHIMADA@CITYOFLOSALAMITOS.ORG

SPECIAL INTEREST



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
FA2580	1 day	Tue	9/16	7-9p	18+	FREE
FA2581	1 day	Tue	10/21	7-9p	18+	FREE
FA2582	1 day	Tue	11/18	7-9p	18+	FREE



GUAVA GROOVE UKULELE - BEGINNING

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

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

Material Fee: \$5

Instructor: Hōkū Bray

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2583	5 weeks	Fri	9/5-10/3	9-10a	18+	\$64/\$69
FA2584	5 weeks	Fri	10/17-11/14	9-10a	18+	\$64/\$69



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

Download My Los Al

AVAILABLE NOW

Access Information ✓

Submit Service Requests ✓

Receive Notifications ✓

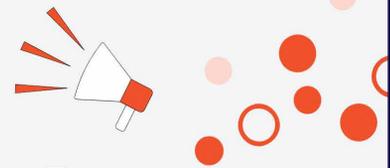


My City
♥
My Los Al

Join Us

at the Los Alamitos-Rossmoor Library

12700 Montecito Rd
Seal Beach, CA 90740
562-430-1048
www.ocpl.org



Teen

Volunteer Orientation

1st Tuesdays @ 5:00p

Children

Baby Toddler Storytime

Tuesdays @ 10:30a

Kinder Readiness Storytime

Wednesdays @ 10:30a

Food Literacy for School-Age

1st Thursdays @ 4:00p

Campfire Storytime

2nd Mondays @ 5:30p

Food Literacy for Littles

4th Thursdays @ 10:30a

Teen Advisory Group

3rd Mondays @ 5:00p

Teen Event by TAG

4th Tuesdays @ 5:00p

Adult

Death & Donuts Book Club

1st Mondays @ 10:30a

Cookbook Club

2nd Tuesdays @ 4:00p

Genre Hopping Book Club

3rd Wednesdays @ 5:30p



Orange County, CA
Public Libraries
Open Doors. Free Access. Community.

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: 10/25, 11/24, 11/29, 12/6

Instructor: Darshini Aithal

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2585	4 weeks	Mon	10/20-11/10	10:30a-12:30p	18+	\$120/\$125
FA2586	3 weeks	Mon	11/17-12/8	10:30a-12:30p	18+	\$90/\$95
FA2587	3 weeks	Sat	10/18-11/8	10a-12p	18+	\$90/\$95
FA2588	3 weeks	Sat	11/15-12/13	10a-12p	18+	\$90/\$95



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
FA2589	Fri	9/26	6-7p	18+	\$30
FA2590	Fri	10/24	6-7p	18+	\$30
FA2591	Fri	11/14	6-7p	18+	\$30
FA2592	Fri	12/12	6-7p	18+	\$30



LEARN TO SKATE

*The Rinks Lakewood ICE
3975 Pixie Avenue, 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

Instructor: The Rinks Lakewood ICE

Session 1 Tots:

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2593	6 weeks	Wed	9/17-10/2	5:45-6:15p	3-6	\$132/\$137
FA2594	6 weeks	Thu	9/18-10/23	5:45-6:15p	3-6	\$132/\$137
FA2595	6 weeks	Sat	9/20-10/25	10:40-11:10a	3-6	\$132/\$137

Session 1 Youth:

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2596	6 weeks	Wed	9/17-10/22	6:20-6:50p	7-16	\$132/\$137
FA2597	6 weeks	Thu	9/18-10/23	6:20-6:50p	7-16	\$132/\$137
FA2598	6 weeks	Sat	9/20-10/25	11:15-11:45a	7-16	\$132/\$137

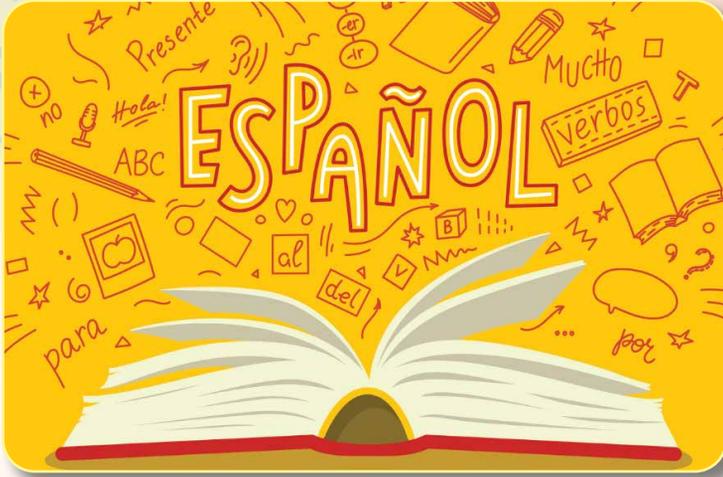
Session 2 Tots: No Class 11/26, 11/27, 11/29

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2599	5 weeks	Wed	11/12-12/17	5:45-6:15p	3-6	\$110/\$115
FA25100	5 weeks	Thu	11/13-12/18	5:45-6:15p	3-6	\$110/\$115
FA25101	5 weeks	Sat	11/15-12/20	10:40-11:10p	3-6	\$110/\$115

Session 2 Youth: No Class 11/26, 11/27, 11/29

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA25102	5 weeks	Wed	11/12-12/17	6:20-6:50p	7-16	\$110/\$115
FA25103	5 weeks	Thu	11/13-12/18	6:20-6:50p	7-16	\$110/\$115
FA25104	5 weeks	Sat	11/15-12/20	11:15-11:45p	7-16	\$110/\$115





SPANISH 1

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.

No Class: 10/16

Material Fee: \$40

Instructor: Portal Languages – Long Beach

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA25105	8 weeks	Thu	9/4-10/30	3-4p	18+	\$209/\$214



CPR & AED TRAINING FOR ADULTS, CHILDREN & INFANTS

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

This class teaches both the average person & professional how to initially respond to a cardiac/respiratory arrest. Students will learn CPR for all ages (adults, children & infants), use of an AED and techniques for relief of choking. Students will receive an American Heart Association certification card via email upon successful completion of the class.

Material Fee: \$20

Instructor: Bryce Haines

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA25106	1 Day	Sat	9/6	2-5p	11+	\$49/\$54
FA25107	1 Day	Sat	9/20	2-5p	11+	\$49/\$54
FA25108	1 Day	Sat	10/4	10a-1p	11+	\$49/\$54
FA25109	1 Day	Sat	10/18	10a-1p	11+	\$49/\$54
FA25110	1 Day	Sat	11/1	10a-1p	11+	\$49/\$54
FA25111	1 Day	Sat	11/15	10a-1p	11+	\$49/\$54
FA25112	1 Day	Sat	11/29	10a-1p	11+	\$49/\$54

MARIJUANA AND CANNABIS PREVENTION

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Gain insight into the consequences and prevention of underage use.

Instructor: OCHCA- Sherryl Ramos

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA25113	1 Day	Thu	9/4	9-10a	18	Free

PARENTING IN TODAY'S SOCIETY

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Equip parents with additional tools for empowering youth and opportunities to strengthen family connections.

Instructor: OCHCA- Sherryl Ramos

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA25114	1 Day	Thu	10/2	9-10a	18+	Free

RX FOR PREVENTION

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Learn about prescription misuse and simple steps to manage medication in the home to keep your family safe.

Instructor: OCHCA- Sherryl Ramos

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA25115	1 Day	Thu	11/6	9-10a	18+	Free

Facility Reservations

My City ♥ My Los Al



Celebrate with Us!

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

www.cityoflosalamitos.org/recreation

TEEN AND ADULT 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
FA25116	1 day	Tue	9/16	7-9p	14+	\$50/55
FA25117	1 day	Tue	10/21	7-9p	14+	\$50/55



FORGED PENDANT MAKING CLASS

*Los Alamitos Community Center
10911 Oak Street, Los Alamitos*

Join our hand forging pendant making class! Discover the art of forging, hammering, and riveting to create unique silver pendants. No experience is needed – just a passion for adventure!

Material Fee: \$20

Instructor: Erin Choi

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA25118	1 day	Thu	12/11	7-9p	13+	\$49/\$54



CHARM BRACELET MAKING CLASS - NEW!

*Los Alamitos Community Center
10911 Oak Street, Los Alamitos*

Craft your own unique charm bracelet using sterling silver and add personalized charms. Whether bold or dainty style, you can create a bracelet anyway you want! We will learn how to make charms with gemstones, beads, and wires. And we will also learn how to wire to make personalized charms. Come with your friends or treat yourself to a fun and unforgettable experience!

Material Fee: \$20

Instructor: Erin Choi

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA25119	1 day	Thu	11/13	7-9p	13+	\$49/\$54

SILVER SPOON RING MAKING CLASS

*Los Alamitos Community Center
10911 Oak Street, Los Alamitos*

Unleash your creativity with our Silver Ring Making Class using real vintage spoon handles! No experience finishing. You will learn basic metalsmithing skills such as forging, hammering, and finishing. Take a risk and discover the thrill of upcycling something old into a one-of-a-kind ring!

Material Fee: \$20

Instructor: Erin Choi

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA25120	1 day	Thu	9/4	7-9p	13+	\$49/\$54

SILVER EARRING MAKING CLASS

*Los Alamitos Community Center
10911 Oak Street, Los Alamitos*

Come join us for this exciting silver earring-making class. In this class, you will learn to make earrings with mixed materials such as gemstones, silver, and copper using various techniques such as hammering, stamping, filing, and wire wrapping. Beginners are welcome, and all tools are provided.

Material Fee: \$20

Instructor: Erin Choi

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA25121	1 day	Thu	10/9	7-9p	13+	\$49/\$54

CITY OF
Los Alamitos
California

My City ♥ My Los Al

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

TEEN AND ADULT TABLE TENNIS CLUB



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 10:00 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.**

CLASS	DAY	TIME	AGE	DATES	R/NR
Adult Fitness + Drills	M-S	M/W/F: 10-11am; T/Th/S: 6-7pm	17+	Continuous	\$18 / \$23
Kinder Class	M/T/Th/F/S	2-3pm	4-6	Continuous	\$18 / \$23
Youth-Beg	M/W/Th/F	3-4pm	4-6	Continuous	\$18 / \$23
Youth Fitness + Drills	M/W	6-7pm	10-17	Continuous	\$18 / \$23
Adult Clinic	T/Th	9:30-11am	17+	Continuous	\$27 / \$32
Youth Beg Int	T/S	3-4pm	6-12	Continuous	\$18 / \$23
JR Academy	T/S	4-6pm	10-17	Continuous	\$36 / \$41

SESSION 1

CLASS	DAY	TIME	AGE	DATES	CODE	R/NR
Adult Adv Beg	W	10-11am	17+	9/24-10/22	FA25122	\$90 / \$95
Adult-Beg	W	6-7pm	17+	9/24-10/22	FA25123	\$90 / \$95
Youth-Beg	S	9:30-10:30am	8-14	9/27-10/25	FA25124	\$90 / \$95
Youth Int	S	10:30-11:30am	8-14	9/27-10/25	FA25125	\$90 / \$95

SESSION 2 • *NO CLASS DATES: 11/26, 11/29

CLASS	DAY	TIME	AGE	DATES	CODE	R/NR
Adult Adv Beg	W	10-11am	17+	*11/5-12/10	FA25126	\$90 / \$95
Adult-Beg	W	6-7pm	17+	*11/5-12/10	FA25127	\$90 / \$95
Youth-Beg	S	9:30-10:30am	8-14	*11/8-12/13	FA25128	\$90 / \$95
Youth Int	S	10:30-11:30am	8-14	*11/8-12/13	FA25129	\$90 / \$95



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.

DROP-IN PLAY - YEAR ROUND

Dates: Mondays, Wednesdays, Saturdays
Times: Mon. 7:30 - 10:00 p.m. / Wed. 7:30 - 10:30 p.m.
Sat. 9:00 - 11:00 a.m.

Drop In-Cost: \$5/person

Monthly Membership: \$40/month

Payment: Pre-registration and in-person cash options available.

LEAGUE PLAY - SEASONAL

Dates: Wednesdays

Time: 7:30 - 10:30 p.m.

League Fee: \$20 (one-time fee per season)

A drop-in fee of \$5/person or \$40 monthly membership is still required

Payment: Pre-registration and in-person cash options available.

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

TEEN AND ADULT FITNESS AND SPORTS



YOGA FOR WELLNESS

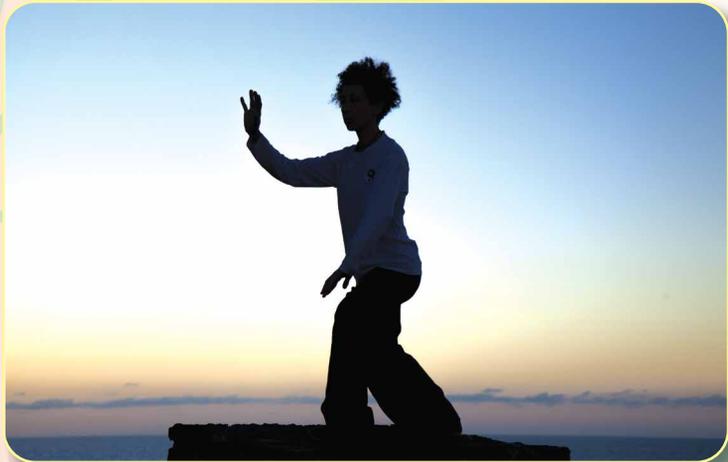
Cypress Community Center
5700 Orange Ave, Cypress

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

No Class: 11/26

Instructor: Darshini Aithal

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA25130	4 weeks	Wed	10/15-11/5	6:35-7:35p	18+	\$69/\$74
FA25131	4 weeks	Wed	11/12-12/10	6:35-7:35p	18+	\$69/\$74



COMBINED BEG./INT. T'AI CHI CHIH

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

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

Instructor: Suzanne Roady-Ross

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA25132 (BEG/INT)	5 weeks	Mon	9/8-10/6	9:25-10:50a	18+	\$69/\$74
FA25133 (BEG/INT)	5 weeks	Mon	10/20-11/17	9:25-10:50a	18+	\$69/\$74



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: 10/13, 10/16, 11/20, 11/24, 11/27

Instructor: Garage Pilates

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA25134	12 weeks	Mon	9/8-12/8	6:30-7:30p	18+	\$380/\$385
FA25135	12 weeks	Thu	9/4-12/11	6:30-7:30p	18+	\$380/\$385

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: 9/13, 10/25, 11/11, 11/25, 12/6

Instructor: Barbara Bannerman

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA25136	10 weeks	Tue	9/23-12/9	6:30-7:30p	12+	\$109/\$114
FA25137	10 weeks	Sat	9/27-12/13	8:30-9:30a	12+	\$109/\$114

QIGONG

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

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

No Class: 11/27

Instructor: Annette McNeil

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA25138	5 weeks	Thu	10/30-12/3	11:30a-12:30p	18+	\$69/\$74

TEEN AND ADULT



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: 11/11, 11/25

Instructor: Daniel Gacad

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA25139	6 weeks	Tue	9/2-10/7	5:30-6:30p	13-18+	\$60/\$65
FA25140	6 weeks	Tue	10/21-12/9	5:30-6:30p	13-18+	\$60/\$65



PICKLEBALL COURT RESERVATIONS - LAUREL PARK

Laurel Park has three tennis courts and two pickleball courts. When not used for City programming, Pickleball courts #1 and #2 and Tennis Courts #2 and #3 are available for reservation Sunday through Saturday from 8:00 a.m. to 12:00 p.m. and 5:00 p.m. to 10:00 p.m. Players with facility permits have priority use. Open play only is available from 12:00 p.m. to 5:00 p.m.

- Pickleball Courts: \$10/hr. per court. • Tennis Courts: Free
- Reservations are taken on a first-come, first-served basis via online reservation only.
- Reservations cannot exceed 30 days from the date of submission.
- Reservations can be up to two hours maximum.
- Court lights are required for reservations from 15 minutes before sunset until closing. Light requests must be submitted 3 days in advance; the option to select lights is available when requesting your reservation. Pickleball Courts: Light usage is covered in the reservation fee. Tennis Courts: The light usage fee is \$8.00 per hour per court. Applicants can reserve lights in 15-minute increments.

Please visit www.cityoflosalamitos.org/recreation for more information.

ADULT SOCCER LEAGUE

REGISTRATION:

Early Registration: **11/1 – 11/30**

Regular Registration: **12/1 – 12/29**

Visit teamsideline.com/losalamitos for updated soccer league information



CHECK OUT!

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

WINTER 2026

EARLY REGISTRATION/ REG. REGISTRATION CODES	PROGRAM	AGE	DAY(S)	START DATE	LOCATION	EARLY REGISTRATION/ REG. REGISTRATION FEE	OFFICIAL FEE (PER GAME / PER TEAM)
FA25141 / FA25142	5v5 Soccer Co-ed	18+	Sun	1/11/2026	Laurel	\$450/ \$500 per team	\$25
FA25143 / FA25144	7v7 Soccer Men's Over 35	35+	Wed	1/7/2026	Oak	\$610/ \$660 per team	\$30
FA25145 / FA25146	7v7 Soccer Women's Over 30	30+	Thur	1/8/2026	Oak	\$610/ \$660 per team	\$30

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

OLDER ADULTS



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:

Join the Los Alamitos Senior Club each Thursday for Bingo, food, special programs and socialization with friends. Bingo Buy-in from 9:00 a.m. to 10:30 a.m. Bingo starts immediately following announcements. Thursdays 9:00 a.m. - 2:30 p.m.

PROGRAMS & SERVICES

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 1:45 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 2:00 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 10 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 advance 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)



SERVE LOS AL

*Helping seniors in need
in our community.*

Are you a Los Alamitos senior resident over the age of 50+ that would like assistance with minor repairs and landscaping for your home by other resident volunteers?



Visit www.servelosal.org
to complete an application



Our Mission

is to inspire our community to unite through connecting, participating, giving, and serving.

Annual Serve Day

Our City comes together every September to serve the community.

Ongoing Opportunities

Get connected with organizations who need your help!

Serve Los Al was created to help beautify our City and provide the community an opportunity to unite and give back to serve the City they live in as well as assist the local non-profits in accomplishing their goals and the noble work they do each day.

SENIOR RESOURCES

For those seniors or their family members in need of social services resources, contact our community resources supervisor who can assist with information and referral for the following:

- Housing for seniors
- Health insurance resources
- Legal & advocacy resources
- Food & other basic amenities
- Mental health resources
- Caregiving resources



Schedule a call or in-person appointment, 562-430-1073

ADDITIONAL 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

LAUGHTER YOGA - NEW!

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Laughter Yoga is a fun, uplifting wellness class designed to boost mood, relieve stress, and foster social connection. Each session blends laughter exercises, gentle movement, and breathing techniques in a supportive group setting. No prior experience is needed, just a willingness to laugh and connect! Participants will leave feeling lighter, more relaxed, and energized.

No class: 11/11

Instructor: Dr. Jaime G. Raygoza

Res. Registration: 7/14 • Non-Res. Registration: 7/21

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA25147	10 weeks	Tue	9/9-11/18	9-10a	50+	Free

FLORAL DESIGN - NEW!

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Brighten your week with fresh flowers! Discover how to make creative, vibrant flower arrangements that will impress your friends and family. Each week will feature a new project. From building a bud vase to designing a special gift box. All materials included. No experience required.

Instructor: Casey Coleman Schwartz

Res. Registration: 7/14 • Non-Res. Registration: 7/21

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA25148	6 weeks	Tue	9/9-10/14	11a-12p	50+	Free

A MATTER OF BALANCE - NEW!

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

A Matter of Balance is an award-winning program designed to reduce the fear of falling and increase activity levels. During this eight-week course, participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance.

No class: 10/13

Instructor: Sydney Delgado-Kurth, BSN, RN, PHN, MICN, CEN

Res. Registration: 7/14 • Non-Res. Registration: 7/21

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA25149	8 weeks	Mon	9/22-11/17	1-3p	50+	Free

BOXING FOR PARKINSON'S DISEASE - NEW!

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Boxing for PD is a non-contact class designed to help older adults find a fun way to build strength, coordination, flexibility, and endurance through a boxing program. The class is open to everyone but is especially suited for older adults seeking to manage symptoms related to Parkinson's Disease. The class is led by a personal trainer affiliated with the non-profit organization Parkinson's Exercise Programs For You (PEP4U).

No class: 10/13 & 11/24

Instructor: Jessica Phung, PT, DPT

Res. Registration: 7/14 • Non-Res. Registration: 7/21

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA25150	12 weeks	Mon	9/8-12/8	11:30a-12:30p	50+	Free

WORKSHOPS

Join others in learning and engaging in health and wellness topics with information provided by industry professionals.

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

OLDER ADULTS



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 and lower 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.

Materials: Bring water and wear comfortable clothing.

No Class: 10/13,10/27

Instructor: Recreation Staff

Res. Registration: 7/14 • Non-Res. Registration: 7/21

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA25151	4 weeks	Mon	9/8-9/29	11:30a-12:15p	50+	Free
FA25152	4 weeks	Mon	10/6-11/10	11:30a-12:15p	50+	Free



*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: 11/11, 11/25

Instructor: Molly Knox

Res. Registration: 7/14 • Non-Res. Registration: 7/21

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA25153	13 weeks	Tue	9/2-12/9	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.**



STEP AND STRENGTH - NEW!

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Experience the excitement of Step Aerobics with a twist in vibrant Los Alamitos! This engaging 45-minute class is designed to challenge your body and mind by stepping on to a platform with choreography. This class is for active adults who are able to step up and down a platform continuously with ease. We will be working both on and off the floor with weights. Don't forget to bring your water bottle and wear your most comfortable attire. Feel free to bring your own light weights and mat. Let's get moving and make every step count!

Instructor: Recreation Staff

Res. Registration: 7/14 • Non-Res. Registration: 7/21

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA25154	4 weeks	Wed	9/3-9/24	11:30a-12:15p	50+	Free
FA25155	4 weeks	Wed	10/8-10/29	11:30a-12:15p	50+	Free



My City



My Los Al

SHOP LOCAL

EAT LOCAL

PLAY LOCAL

STAY LOCAL

SUPPORT LOCAL

SEEKING NEW INSTRUCTORS! FOR OLDER ADULT PROGRAMMING

Do you have a special talent or have always wanted to teach a skill or topic to older adults?

WE ARE LOOKING FOR YOU!

Contact Gilberto for more information!

562-430-1073



WHAT IS OLLI?

OLLI is a non-profit organization that offers non-credit courses of interest to people aged 50 and older. The OLLI center is located at California State University, Long Beach (CSULB), within the College of Health and Human Services. OLLI courses are led by current and emeriti CSULB professors, as well as volunteers and professionals from community organizations. In partnership, the City of Los Alamitos Recreation and Community Services Department will serve as a satellite location for several classes year-round, starting with the Fall session. The City of Los Alamitos is one of only a few cities in Southern California with a formal partnership with OLLI. There are no academic prerequisites for membership or participation in the classes, just a desire to learn.

HOW TO SIGN UP FOR A CLASS?

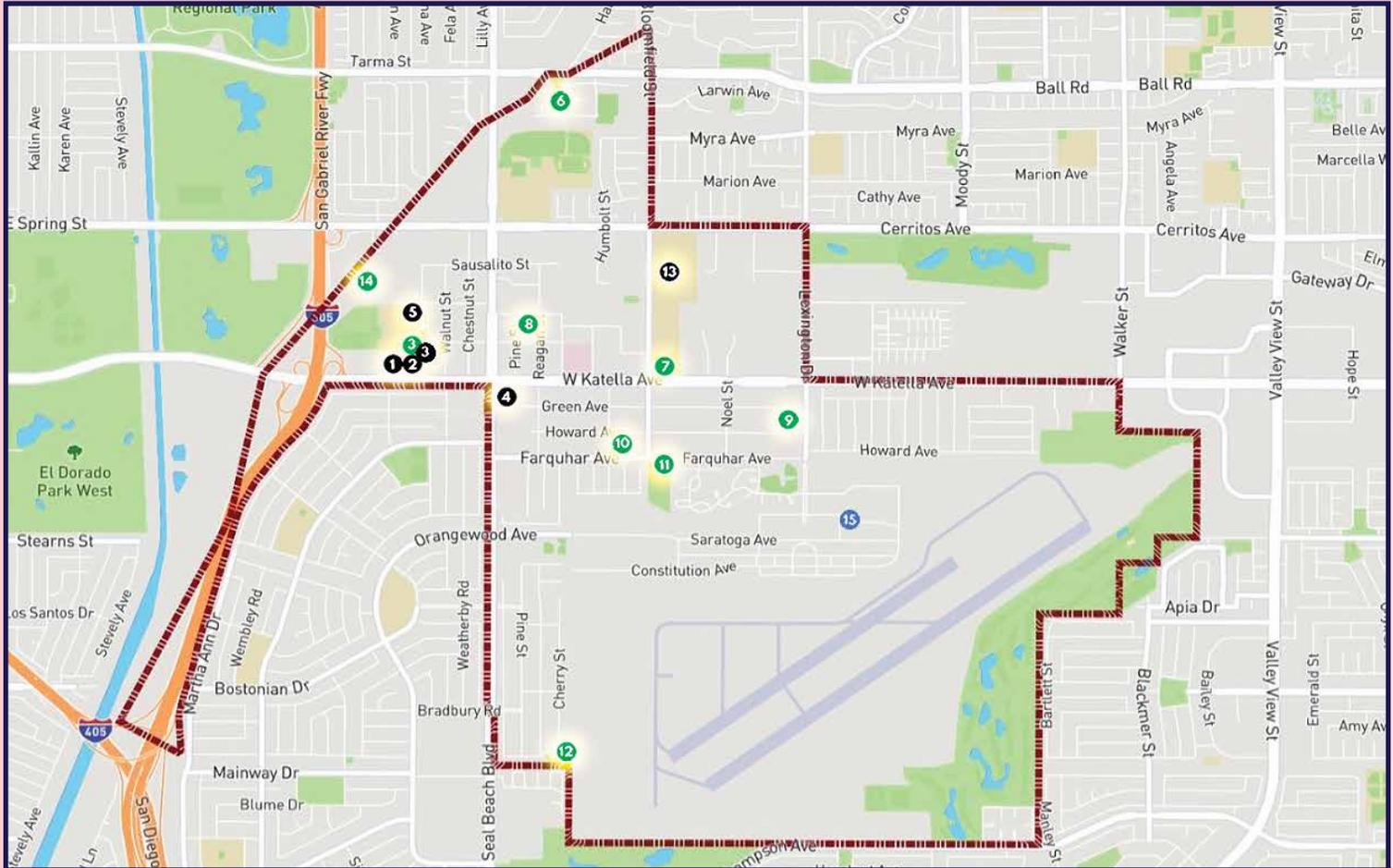
- Sign in or create a new online account and register: www.campusce.net/csulbolli/account/signin.aspx
- OR Fill in a Registration form and mail with a check payable to CSULB Foundation.
- Membership is \$40.00 for a full academic year (Sept. to Aug.)
- Membership is open to adults 50 and older.
- Membership is required to enroll in any class.
- Membership is pro-rated to \$20.00 for half of the year (March 1 to August 15).
- Class tuition for any type is \$15.
- Classes are offered in person on the CSULB campus, or at satellite locations on Zoom or as HyFlex classes (Zoom & Room).
- Zoom class links will be e-mailed a week before the start of classes.

OLLI CLASSES

OLLI is bringing exciting and engaging new classes to the Los Alamitos Community Center. Explore a wide variety of educational topics from art, history, and technology to special interest classes like bridge, gardening, film, and music. Fitness courses like yoga and dance are also some of the many other classes available. OLLI also offers travel opportunities to off-site adventures! Visit www.csulb.edu/olli or scan the QR code to check out THE SUN class catalog for the full class list, including those hosted at the Los Alamitos Community Center.



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



FALL 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.

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 Camp, 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, July 14, 2025. 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, July 14, 2025 will not be accepted. Registration will be processed beginning Monday, July 14, 2025.

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 Monday, July 14, 2025.

WALK-IN REGISTRATION
Walk-in registration begins Monday, July 14, 2025. 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, July 14, 2025. 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
FAX: (562) 594-9657

PLEASE PRINT AND FILL OUT FORM

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:	EMERGENCY CONTACT NAME:
X _____ Date: _____	EMERGENCY CONTACT PHONE:

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

Donation to City's Scholarship Fund \$

TOTAL FEE:

METHOD OF PAYMENT: CASH <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)	RECEIPT #	STAFF INITIALS:	DATE:
Name of Staff: _____	Cash Denomination: _____		

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



ELEVATE ENCORE

50+

SENIOR EXPO

Presented by
 Living Well
HOME CARE
 scan Medicare Advantage

Health, Wellness and Resources for Your Second Act

AUGUST 27, 2025 • 10:00 A.M. - 12:00 P.M.

Los Alamitos Community Center
(10911 Oak St., Los Alamitos)
562-430-1073
cityoflosalamitos.org/recreation



Miller Children's
& Women's Hospital
MemorialCare

FREE ADMISSION!

Los Alamitos
Recreation & Community Services
Creating Quality of Life

TRUNK OR TREAT

FREE PUMPKIN PATCH

PRESENTED BY
 Southland
CREDIT UNION

**SATURDAY,
OCTOBER 25** | **5:00 - 7:30 PM**
LITTLE COTTONWOOD PARK
4000 FARQUHAR AVE, LOS ALAMITOS

