



PRESS RELEASE

City of Los Alamitos
Contact: Recreation and Community Services
(562) 430 – 1073
Released 10/14/24

Pals of Los AI Youth Sports Day

Los Alamitos, CA – The Los Alamitos Recreation & Community Services Department is excited to announce the expansion of Adaptive Recreation with a new event – Pals of Los AI Youth Sports Day sponsored by the Los Alamitos Community Foundation. Scheduled for Monday, October 21, 2024, at the Los Alamitos Unified School District's Field (10293 Bloomfield, Los Alamitos), this free event will host a sports day for participants requiring additional support or accommodations due to physical, mental or developmental challenges along with their families. Participants must be accompanied by an adult at all times. Aide support will not be provided at this event.

During the event, groups will be split into two according to ages, with preschoolers through elementary from 2:45pm to 4:00pm and middle school through adult transition from 3:45pm to 5:00pm. Participants will join together for a group warm-up activity followed by adaptive sports rotations including volleyball, soccer, and track, led by Recreation staff, Los Alamitos Police Department, Public Works team members, and volunteers from Los Alamitos High School sports teams. All participants will receive a Pals of Los AI t-shirt, and each grouping will finish off the activities by enjoying a Kona Ice. Pre-registration is required and can be accessed on our website, cityoflosalamitos.org/recreation.

For more information, please visit www.cityoflosalamitos.org/recreation or contact the Recreation and Community Services Department at (562) 430 – 1073.

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Pals Of Los Al

FREE

YOUTH SPORTS DAY

The City of Los Alamitos is proud to host the inaugural Pals of Los Al free event. Pals of Los Al invites students with special needs, who require additional support or accommodations, along with their families, to participate in a fun afternoon of youth sports activities. Participants must be accompanied by an adult at all times. Aide support will not be provided at this event.

**Monday,
October 21,
2024**

**Los Alamitos School
District Field (10293
Bloomfield)**

| PRESCHOOL - ELEMENTARY | MIDDLE SCHOOL - ADULT TRANSITION |
|---|---|
| 2:45 p.m. - 4:00 p.m. | 3:45 p.m. - 5:00 p.m. |
| 2:45 p.m. Check-In | 3:45 p.m. Check-In |
| 3:00 p.m. - 3:10 p.m. Warm Up | 4:00 p.m. - 4:10 p.m. Warm Up |
| 3:10 p.m. - 3:50 p.m. 10 minute Rotations | 4:10 p.m. - 4:50 p.m. 10 minute Rotations |
| 3:50 p.m. - 4:00 p.m. Kona Ice | 4:50 p.m. - 5:00 p.m. Kona Ice |

Space is limited, and pre-registration is required. Registration information can be found on our website.

Los Alamitos Recreation & Community Services Department
www.cityoflosalamitos.org 562 - 430 - 1073

Los Alamitos
Recreation & Community Services
Creating Quality of Life