



PRESS RELEASE

City of Los Alamitos
Contact: Recreation and Community Services
(562) 430 – 1073
Released 10/7/25

Adaptive Recreation – Pals of Los AI

Los Alamitos, CA – The City of Los Alamitos invites participants (ages 5+) requiring additional support or accommodations due to physical, mental, or developmental disabilities, and their families, to participate in a fun and inclusive afternoon at the second annual **Pals of Los AI Youth Sports Day**. Held on November 5, from 3:30 p.m. to 4:45 p.m. at the Oak Middle School Field (10821 Oak St.), participants will rotate through four different sports rotations: football, track and field, soccer, and volleyball. Athletes from Los Alamitos High School will be on site to assist and engage with participants throughout the afternoon, led by the City of Los Alamitos team, creating a fun and supportive atmosphere. To celebrate the day's activities, all participants will enjoy a complimentary treat from Kona Ice.

Schedule:

Check-in – 3:10 p.m.

Warm Up – 3:30 p.m.

Sport Rotations – 3:40–4:25 p.m.

Kona Ice – 4:25–4:45 p.m.

This event is free of charge, but space is limited, and pre-registration is required. Please note that a parent/guardian and or aide is required to accompany participants at all times. For any questions about this event, please visit www.cityoflosalamitos.org/recreation or email cdeterding@cityoflosalamitos.org. To register, please visit losalrecreation.myrec.com.

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