

Los Alamitos

Recreation & Community Services

Creating Quality of Life

Recreation Brochure

& City News

Summer 2022



FUN, NEW SUMMER PROGRAMS TO JOIN!

COMING UP SOON

2022

PAGE
14

Southland
CREDIT UNION
**Los Alamitos
Summer
Day Camp**

SUMMER DAY CAMP

JUNE 13 - AUGUST 19

PAGE
6

MemorialCare
Miller Children's & Women's
Hospital Long Beach
**Summer
CONCERT
series**

CONCERTS ON PINE

START JUNE 16

PAGE
14

Los Alamitos My City ♥ My Los Al
Recreation & Community Services
Creating Quality of Life
Southland
CREDIT UNION
**SUMMER PARKS
PROGRAM**

SUMMER PARKS PROGRAM

JUNE 13 - AUGUST 12

PAGE
7

Los Alamitos
My City ♥ My Los Al
**4th
of
July**
Fireworks
Spectacular

4TH OF JULY

JULY 4

PAGE
7

Los Alamitos My City ♥ My Los Al
Recreation & Community Services
Creating Quality of Life
LITTLE COTTONWOOD PARK
4000 Farquhar Ave, Los Alamitos
Family Fit Days
Fitness is for everyone!

FAMILY FIT DAYS

JULY 16 & AUGUST 20

PAGE
7

Los Alamitos My City ♥ My Los Al
Recreation & Community Services
Creating Quality of Life
10811 Oak Street
COUCH TO 5K
Running Program
Starts July 19

COUCH TO 5K

STARTS JULY 19

PAGE
6

MemorialCare
Miller Children's & Women's
Hospital Long Beach
**Summer
CONCERT
series**

CONCERTS IN PARK

START JULY 21

PAGE
6

Los Alamitos My City ♥ My Los Al
Recreation & Community Services
Creating Quality of Life
Register Now!
Race Los Al
5K / 10K
GLOWRUN & GLIDE
racelosal.com
Sept. 23-24, 2022

RACE LOS AL

SEPTEMBER 23-24

FALL

CAMPS, PROGRAMS AND EVENTS!

LOOK FOR YOUR FALL GUIDE ARRIVING IN JULY FOR MORE INFO ON HOW TO KEEP YOUR FAMILY BUSY THIS FALL

CLASSES AND EVENTS ARE SUBJECT TO CHANGE OR CANCELLATION BASED ON CURRENT COVID-19 GUIDELINES



Los Alamitos

Recreation & Community Services

Creating Quality of Life

CITY COUNCIL

Mayor

Shelley Hasselbrink

Mayor Pro Tem

Tanya Doby

Council Members

Ron Bates - District 2
Jordan Nefulda - District 3
Mark A. Chirco - District 5

City Manager

Chet Simmons

Deputy City Manager

Ron Noda

PARKS, RECREATION AND CULTURAL ARTS COMMISSION

Chairperson

Alexander Duran

Commissioners

William Bandak
Morgan Beck
Katelyn Duran
Janet Gallagher
Ray Joseph
Trisha Murphy

RECREATION AND COMMUNITY SERVICES STAFF

Director of

Recreation and Community Services

Emeline Noda

Recreation Manager

Jennifer Sisoev

Recreation Supervisors

Joanna Contreras
Steve Kim

Special Events Supervisor

Jason Bruton

Department Secretary

Trini Zenovka

Recreation Coordinators

Alejandro Gonzalez Lecumberri
Samantha Kenny

Community Services Coordinator

Cassidy Given

Clerical Assistant

Lauren Pavelec

Special Events Inside front cover

Upcoming Events 6-7

Preschool and Toddlers 8-10

Youth Programs 11-14

Teen and Adult Programs 15-20

Older Adults 21-23

Facilities and Parks 24

Registration Information Inside back cover

KEEP UP WITH US IN 2022



(562) 430-1073



CITYOFLOSALAMITOS.ORG/RECREATION



FOLLOW US @LOSALRECREATION



REGISTRATION: LOSALRECREATION.MYREC.COM

ON THE FRONT COVER:

Summer fun in Los Alamitos! The Los Alamitos Recreation & Community Services Department has a fun-filled summer for kids and adults of all ages! This season, we are offering Southland Credit Union sponsored programs including: Five sessions of Ready, Set, Go! Preschool Program, 10 weeks of Day Camp by, nine weeks of Parks Program, multiple sport camps and classes, a variety of specialty camps, and a full offering of recreation classes! There is something for everyone to make for a summer you will not forget.

ON THE BACK COVER:

Kick start your summer together as a family at one of our upcoming special events! Join us as we celebrate July Parks Make Life Better Month! Enjoy free pick up sports, Park Fitness Takeover, Mini Family Day, Park Pop Ups and a Dog Park all month long. Save the date for the 2nd Annual MemorialCare Miller Children's & Women's Hospital Long Beach Week of Los Al Presented by Southland Credit Union. The Week of Los Al is a jam-packed week celebrating the Los Alamitos community, featuring a variety of events including Serve Los Al, Family Day, My City My Los Al Street Fair, UWS Race Los Al and Bikes and Bites.



PASS THROUGH THE PARKLET!

Families, residents and businesses are all invited to “Reimagine” Pine Street (Florista and Pine St.) and participate in the fun festivities ahead. Through a series of four consecutive weeks, the community can enjoy a variety of scheduled events such as live music, social entertainment, inflatables, movies played on a large screen, local and popular eateries and so much more!

For questions and other details, please contact the Development Services Department at (562) 431-3538 or visit the City website at www.cityoffosalamitos.org and across the City’s social media platforms: Facebook: @cityoffosalamitos Instagram: @losalrecreation

Thursday Party on Pine - Live Concerts
6:00pm - 8:30pm

Festival Seating – Bring your own chairs, blankets and picnic (food available for purchase from local restaurants and food trucks)

- 4/21 – Knyght Ryder
- 4/28 – Neon Nation
- 5/5 – Suave the Band
- 5/12 – The Smokin’ Cobras

Friday Night Flicks - Movies on the Big Screen (Rated PG)
7:00pm - 9:30pm

Festival Seating – Bring your own chairs, blankets and picnic (food available for purchase from local restaurants and food trucks)

- 4/22 – Peter Rabbit 2: The Runaway
- 4/29 – Sing 2
- 5/6 – Encanto
- 5/13 – Raya and the Last Dragon

Sidewalk Saturdays - Morning Vendors and Entertainment
9:00am - 12:00pm

A celebration of local artisans, connection and community on the sidewalks.

4/23, 4/30, 5/7, 5/14 - Certified Farmer’s Market & Vendor Fair



My City ♥ My Los Al

ARBOR DAY
COME AND CELEBRATE TREE PLANTING TOGETHER

Thursday, April 28, 2022
10:00 a.m.
Little Cottonwood Park (4000 Farquhar Avenue)

Trees help in the following ways...

- Improved source of oxygen
- Enhanced quality of life
- Water storage
- Maintain soil fertility
- Absorbs carbon dioxide
- Increased property value

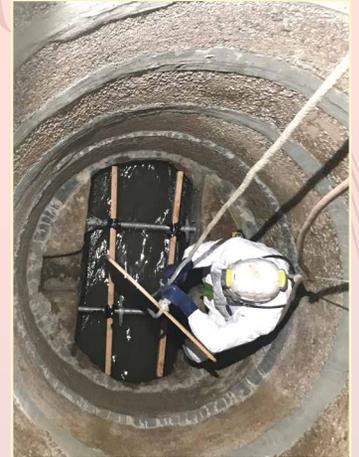
Join the Public Works Division in celebrating the importance of Arbor Day as a healthy tree is planted at Little Cottonwood Park. In addition, the City of Los Alamitos will be giving away one seedling for each family attending the Parklet Series - Party on Pine on Thursday, April 28 just before the concert (while supplies last).

For more information, please contact the Development Services Department at (562) 431-3538 or visit the City website at www.cityoffosalamitos.org



OC SAN

OC San's Los Alamitos Trunk Sewer Project is underway. To date, pipe cleaning and chemical grouting has been completed on Katella Ave., Oak St. and northbound Los Alamitos Blvd. All pipe cleaning should be completed by end of May on southbound Los Alamitos Blvd. Manhole repair work has been ongoing on northbound Los Alamitos Blvd. and will wrap in early April. In June, once school is on summer break, daytime manhole work will begin on Oak St., and continue to Katella Ave. to southbound Los Alamitos Blvd. Nightwork on Katella Ave. to continue with manhole rehabilitation will take place from May to July. All work in the City of Los Alamitos should conclude by late summer.



CITY OF Los Alamitos
My City ♥ My Los Al California

NEED TO REPORT A STREET MAINTENANCE ISSUE OR A CODE VIOLATION?

Your new hub for reporting an issue on the City website or via the My Los Al app is now available for use

Download the **My Los Al** app for easy access and to receive the latest updates on your request

GO GOV

Need to report a street maintenance issue or code violation? Your new hub for reporting an issue is now available via the City website at <http://cityoflosalamitos.org/390/Submit-a-Service-Request-Report-an-Issue> or via the My Los Al app – the app can be downloaded at no cost from the Google Play Store or Apple Store.

Download the app now to receive the latest updates on your request.



PERMIT CENTER

The City of Los Alamitos Building and Safety Division is proud to announce its new program, Permit Center (provided by CityTech Solutions). This program enhances the customer service experience by expediting the process for permit and plan check submittals. Customers may now submit a permit application, upload any required plan check document and issue payments with a credit card. The City will utilize electronic plan check software, which will allow multiple staff to conduct their reviews concurrently, reducing the overall turnaround time. This added convenience will enable architects, builders and homeowners to realize additional cost savings by reducing the number of trips to City Hall. Of course, the City of Los Alamitos can still be available during business hours to help those who prefer the in-person experience and comfort of having a City Staff provide assistance with any questions or concerns.

CITY NEWS

SUMMER PROGRAMS

The Los Alamitos Recreation & Community Services Department creates quality of life through providing opportunities for families and individuals to engage with their community in safe, fun activities and events, keeping families active and healthy, and engaged in lifelong learning and education. Come visit the Community Center.



EVENTS

Kicking off the summer, the Summer Concert Series sponsored by MemorialCare Miller Children's & Women's Hospital Long Beach offers eight weeks of live music starting on Pine Street in June then moving to alternating locations between Concerts in the Park at Little Cottonwood and Orville R. Lewis Jr. Park in July and August. July is Parks Make Life Better Month! Participate in multiple activities and events all throughout July.

Join us for the Universal Waste Systems (UWS) 4th of July Fireworks Spectacular at the Los Alamitos Joint Forces Training Base on Monday, July 4, 2022 in partnership with Los Alamitos and Seal Beach. No drive-up event format this year. Instead, bring out your lawn chairs and blankets for the traditional event set up with family games, static displays, live entertainment, food and commercial vendors and the best fireworks show display in the area! See event webpage for event rules.



PROGRAMS, CLASSES AND CAMPS

The Recreation & Community Services Department will offer a full slate of exciting programs and camps for your children to stay active and engaged all summer long. From Southland Credit Union sponsored youth programs including Ready, Set, Go! Preschool Program for ages 3 to 5, to Summer Day Camp ages 5 to 12, Counselor in Training Program ages 13 to 16, Los Alamitos Volunteer Program ages 11 to 17, and Summer Parks Program ages 5 to 12, classes and specialty camps for a variety of ages, tennis programs, and youth sports - we have got your family covered! Adults and older adults 50+ have a variety of special interest and fitness classes to keep you moving and learning. Socialize with your friends at the Los Alamitos Senior Club and at Dine-In & Dough House. Or try out one of our many new classes for adults such as art, Yogalates or Chair Yoga.



Los Alamitos offers true value for the entire community. With its small-town feel and year-round activities and events, your family will create lasting memories that will be treasured for generations to come. #MyCity♥MyLosAl

 My City ♥ My Los Al

With The Weather Warming Up, Protect Your Skin With Sunscreen or Protective Clothing



For more information, please visit www.cityoflosalamitos.org

My City ♥ My Los Al	SHOP LOCAL
	EAT LOCAL
	PLAY LOCAL
	STAY LOCAL
	SUPPORT LOCAL

Summertime Fun in Los Alamitos!



Contract Classes



Volunteer Program



Summer Day Camp
(June 13 - August 19)



Summer Parks Program
(June 13 - August 12)



Preschool Program



Specialty Camps



Youth Sports

Los Alamitos
Recreation & Community Services
Creating Quality of Life

562-430-1073
www.cityoflosalamitos.org/recreation

My City ♥ My Los Al



Sponsored by: **Southland** CREDIT UNION

LOS ALAMITOS POLICE DEPARTMENT

The Community Emergency Response Team (CERT) program educates volunteers about disaster preparedness for the hazards that may impact their area and trains them in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations. CERT offers a consistent, nationwide approach to volunteer training and organization that professional responders can rely on during disaster situations, allowing them to focus on more complex tasks.

The CERT Basic Training features a revised Disaster Medical Operations section, an updated Terrorism and CERT section, and hazard-specific annexes. Find the curriculum materials online and order free copies through the FEMA publications warehouse online ordering platform. The CERT Basic Training includes research-validated guidance for CERT programs to teach members what to do before, during, and after the hazards their communities may face. The materials in the training include:

- Instructor guides
- Participant manuals
- Hazard annex slide decks
- FEMA Independent Study IS-317: Introduction to CERT - This Independent Study (IS) course is an introduction to the CERT program.
- FEMA Independent Study IS-315: CERT and the ICS - This Independent Study (IS) course introduces CERT leaders to the Incident Command System (ICS), a proven management system used by emergency managers.

For more information or to reserve a spot in the next West Orange County CERT Academy contact Robert Acosta at 562-431-2255 x445.



EVENTS

Los Alamitos
Recreation & Community Services
Creating Quality of Life
My City ♥ My Los Al



Register Now!

Race Los Al

Sept. 23-24, 2022



5K / 10K

Southland CREDIT UNION
GLOW RUN & GLIDE

racelosal.com

Presented by the Parks, Recreation & Cultural Arts Commission



Concerts on Pine Street

10932 Pine Street, 6:30pm - 8:00pm

- June 16 - Partywave (Rock Cover)
- June 23 - Woodie and the Longboards (Beach Boys Tribute)
- June 30 - Radio Royalty (80's Variety)
- July 14 - Britain's Finest - The Complete Beatles Experience

FREE EVENT!

My City ♥ My Los Al cityoflosalamitos.org

Presented by the Parks, Recreation & Cultural Arts Commission



Concerts in the Park

FREE EVENT 6:30pm-8:30pm

- | | |
|---|--|
| Little Cottonwood Park
July 21 - Brad Johnson & The Killin' Time Band (Country Music)
Aug. 4 - Ortega Highway Band (Southern Rock) | Orville R. Lewis Jr. Park
July 28 - OC3 Band (Classic Rock) 
Aug. 11 - Familiar Faces (Variety Cover Band)  |
|---|--|

My City ♥ My Los Al cityoflosalamitos.org

Los Alamitos Seal Beach

UWS
UNIVERSAL WASTE SYSTEMS INC.

4th of July
Fireworks Spectacular

At the Los Alamitos Joint Forces Training Base

Seal Beach California

Los Alamitos California

Food Court ★ Vendor Booths ★ Musical Entertainment ★ Beer Garden
Free to attend ★ Adults must have photo ID to enter

Monday, July 4, 2022 4:00 p.m. Gates Open

Fireworks Show begins approximately 9:00 p.m.

Los Alamitos Joint Forces Training Base
Enter through Lexington or Orangewood Gates

- Bring lawn chairs & blankets (no bleachers and no drive-up seating)
- No reservations required
- No pedestrians, walk-ins, or bicycles at the gate
- Minors without an I.D. must be accompanied by a parent/guardian
- No outside alcohol, fireworks, BBQ's & motor homes
- No pets (service dogs are allowed on post)

Title Sponsor



Premier Sponsors



Event-NewsEnterprise

Shining Star Sponsor



Charles Abbott Associates, Inc.

Rising Star Sponsors



Orange County Breeze



Los Alamitos

Recreation & Community Services
Creating Quality of Life

My City ♥ My Los Al



LITTLE COTTONWOOD PARK
4000 Farquhar Ave, Los Alamitos



Family Fit Days

Saturday, July 16 & Saturday, August 20

\$5 per person, per date

FEATURING: Guest Speakers, Adult & Children
Focused Exercise, Family Exercise

All levels of fitness experience welcome!

For more information please visit
cityoflosalamitos.org/recreation

Los Alamitos

Recreation & Community Services
Creating Quality of Life

My City ♥ My Los Al

10911 Oak Street

COUCH TO 5K

Running Program

Starts July 19



9 Week Program • Tuesdays 6:00 p.m.
Beginner to Advance Welcome

\$50 includes:
Entry into Race Los Al

For more information please visit
cityoflosalamitos.org/recreation

PRESCHOOL

DANCE AND MUSIC

CHILDREN'S MUSICAL THEATER - NEW!

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Jump into the exciting world of Broadway! Participants learn beginning dance technique and gross motor skills, choreography and song lyrics to age-appropriate musicals, and play imaginative theater games. Instruction helps improve coordination, rhythm, and listening skills. Last day performance for family. Athletic attire and sneakers or jazz shoes required. Information: www.ocdanceproductions.com

No class: 7/4 & 7/25

Instructor: OC Dance Productions

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU2201	7 weeks	Mon	6/13-8/8	3:30-4:15	3-5	\$99/\$104



BEGINNING BALLET

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Explore the world of classical ballet! Beginning dancers will focus on ballet terminology, positions, and movements with an emphasis on self-discipline, alignment, flexibility, and poise in this structured class for the building ballerina. Wear a leotard, tights, and ballet shoes. Optional recital for those enrolled in the winter and spring sessions. Nominal costume applies. Information: www.ocdanceproductions.com

No class: 7/4 & 7/25

Instructor: OC Dance Productions

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU2202	7 weeks	Mon	6/13-8/18	4:25-5:10p	5-8	\$99/\$104



READY, SET, GO PRESCHOOL PROGRAM



Children will be introduced to numbers, letters, sight words, colors, shapes and days of the week! Activities will include circle time, art, music, and stories and games. Program will also emphasize sharing, respect, and understanding. All staff are First Aid, CPR, and AED certified. Price DOES NOT include \$20 supply fee for each session. Please register online using our new MY Rec portal or in person at the Los Alamitos Community Center (10911 Oak St.) A birth certificate is required to be uploaded when registering. Participants must be potty-trained, no pull-ups. Priority given to those currently enrolled. If adding mid-year to the Monday, Wednesday, Friday class the child must be assessed prior to enrollment.

SUMMER PROGRAM (4 Total / 2 WEEK SESSIONS)

SESSION 1						
#:	Age:	Days:	Dates:	Time:	Fee: (R/NR)	Code:
1	4-5	M/W/F	6/13-6/24	9am-1pm	\$129/\$132	SU2203
1	3-4	T/TH	6/14-6/23	9am-12pm	\$67/\$70	SU2204

SESSION 2						
#:	Age:	Days:	Dates:	Time:	Fee: (R/NR)	Code:
2	4-5	M/W/F	6/27-7/8	9am-1pm	\$129/\$132	SU2205
2	3-4	T/TH	6/28-7/7	9am-12pm	\$67/\$70	SU2206

NO CLASS: 7/4

SESSION 3						
#:	Age:	Days:	Dates:	Time:	Fee: (R/NR)	Code:
3	4-5	M/W/F	7/11-7/22	9am-1pm	\$129/\$132	SU2207
3	3-4	T/TH	7/12-7/21	9am-12pm	\$67/\$70	SU2208

SESSION 4						
#:	Age:	Days:	Dates:	Time:	Fee: (R/NR)	Code:
4	4-5	M/W/F	7/25-8/5	9am-1pm	\$129/\$132	SU2209
4	3-4	T/TH	7/26-8/4	9am-12pm	\$67/\$70	SU2210

FALL PROGRAM (8 WEEK SESSIONS)

Age:	Days:	Dates:	Time:	Fee: (R/NR)	Code:
4-5	M/W/F	8/15-10/7	9am-1pm	\$495/\$500	FA2211
3-4	T/TH	8/16-10/6	9am-12pm	\$248/\$253	FA2212

NO CLASS: 9/5



PROUD SPONSOR OF PRESCHOOL

Join Southland Credit Union and receive 20% off preschool registration by becoming a member. Forms available in the Community Center.

SPECIAL INTEREST CAMPS



“FROZEN” PRINCESS BALLET

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Twirl into the unknown! Dancers learn beginning ballet with an element of fantasy in this “Frozen” themed class for the budding ballerina. Class also includes “Frozen” story times and themed craft. Last day performance for family. Leotard, tights, and ballet shoes required. \$5 craft fee due on first day. Information: www.ocdanceproductions.com

No class: 7/21

Instructor: OC Dance Productions

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU2213	8 weeks	Thu	6/16-8/11	4:25-5:10	3-6	\$109/\$114



LIL' CHEF COOKING CAMP

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

In this yummy class, students will learn kitchen safety, hands-on skills, create delicious food, and learn techniques to be creative in a fun, safe environment. No parent participation.

Please inform the instructor prior to class of any allergies.

Instructor: Recreation Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SP2215	1 week	Mon-Thur	6/20-6/23	9-11a	4-6	\$96/\$101
SP2216	1 week	Mon-Thur	7/18-7/21	9-11a	4-6	\$96/\$101
SP2217	1 week	Mon-Thur	8/15-8/18	9-11a	4-6	\$96/\$101



HIP HOP

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

An upbeat, popular class for boys and girls! Dancers will learn beginning hip hop and basic tumbling skills in center and across the floor. Class also helps improve coordination, rhythm, gross motor skills, and agility. All movements and songs are age-appropriate. Last day performance for family. Athletic attire and sneakers required. Information: www.ocdanceproductions.com

No class: 7/21

Instructor: OC Dance Productions

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU2214	8 weeks	Thu	6/16-8/11	3:30-4:15p	3-5	\$109/\$114

JURASSIC DINO CAMP

Little Cottonwood Park
4000 Farquhar Ave.

Learn all about dinosaurs in this fun, hands-on class! Explore the Triassic, Jurassic, and Cretaceous eras through all sorts of project-based activities includes dino digs, fossil hunts, and ‘dino of the day’ activities! You even get to excavate your own dino egg, learning essential paleontology skills. Please bring a lunch.

Instructor: Recreation Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU2218	1 week	Mon-Thu	7/11-7/14	9-11a	4-6	\$96/\$101
SU2219	1 week	Mon-Thu	8/8-8/11	9-11a	4-6	\$96/\$101

MAD SCIENCE: PRESCHOOL LAB

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Investigate the science of nature with this fun summer camp for the youngest of scientist. Cultivate your interest in life science as you learn about insects, weather, plants and soil. Experience fun, hands-on experiments in this week-long lab. Parents requested not to stay during class. Must be potty trained. Instructor:Student ratio is 1:8.

Material fee: \$30 is due on the first day of class.

Instructor: Mad Science Instructor

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU2220	1 week	Mon-Fri	6/27-7/1	9-12p	3.5-5	\$180/\$185
SU2221	1 week	Mon-Fri	7/18-7/22	9-12p	3.5-5	\$180/\$185

PRESCHOOL

SPORTS CAMPS



JR. PEE WEE SOCCER CAMP

*Little Cottonwood Park
4000 Farquhar Avenue, Los Alamitos*

Pass the ball and score some goals! This week-long camp will teach future stars the fundamentals of soccer and will allow players to improve their skill level. Camp will be led by Recreation Staff and will focus on the basic skills of passing, ball control, shooting, and player movement.

Shirt and award are included in the fee.

Instructor: Recreation Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU2222	1 week	Mon-Fri	6/20-6/24	9-11:30a	4-7	\$80/\$85

JR. PEE WEE BASEBALL CAMP

*Little Cottonwood Park
4000 Farquhar Avenue, Los Alamitos*

Baseball is in full swing! Come learn the basics and work on becoming the next major leaguer. Recreation Staff will teach the fundamentals of fielding, hitting, throwing, and running the bases. Bats are provided during class.

Shirt and award are included in the fee.

Instructor: Recreation Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU2223	1 week	Mon-Fri	6/27-7/1	9-11:30a	4-7	\$80/\$85

SPORTS

MINI SUPERSTARS

*Little Cottonwood Park
4000 Farquhar Avenue, Los Alamitos*

Introduce your little superstar to sports! This five-week program will cover the sports of football, basketball, and soccer. Recreation Staff will lead the program, but parent participation is required. Get a jump-start in teaching your child to live an active lifestyle through sports.

Award are included in the fee.

No class: 7/2

Instructor: Recreation Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU2224	5 weeks	Sat	6/25-7/30	9-9:45a	2-3	\$50/\$55



JR. SUPERSTARS

*Little Cottonwood Park
4000 Farquhar Avenue, Los Alamitos*

Come try this multi-sport program and introduce your little athlete to a variety of sports. This five-week program will cover the sports of football, basketball, and soccer. Recreation Staff will lead the program with fun warm-ups and teach the fundamentals of each sport.

Award are included in the fee.

No class: 7/2

Instructor: Recreation Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU2225	5 weeks	Sat	6/25-7/30	9-9:45a	4-7	\$58/\$63



PARENT AND ME T-BALL

*Little Cottonwood Park
4000 Farquhar Avenue, Los Alamitos*

Get your little one started in America's favorite pastime. This five-week program will cover the fundamentals of catching, hitting, and running the bases. Practices are led by Recreation Staff and parent(s) participation is required. Come join the fun and hit some home runs! Bats are provided during class.

Award are included in the fee.

No class: 7/2

Instructor: Recreation Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU2226	5 weeks	Sat	6/25-7/30	10-10:45a	2-3	\$50/\$55



GOLF WITH SPORTBALL - NEW!

*Little Cottonwood Park
4000 Farquhar Avenue, Los Alamitos*

Sportball Golf introduces your athlete to the fundamentals of the sport. Coaches will lead children through station-based drills focusing on swing fundamentals, proper setup, ball position, parts of the golf club, rules & etiquette of the game, vocabulary, and the simple concepts of how the game is played. \$15 material Fee

No class: 7/2

Instructor: Sportball Coaches

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU2227	8 weeks	Sat	6/16-8/13	9-9:45a	3-4	\$134/\$139

KARATE FOR KIDS

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

Learn coordination, confidence, respect, discipline, and sportsmanship. Learn basic and advanced moves under Masters 2000 Hall of Fame Inductee Gary Pitts a black belt in Shoto Kan and Shito-Ryu.

Instructor: Gary Pitts

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU2228	4 weeks	Tue	6/14-7/5	4-4:30p	3.5-15	\$65/\$70
SU2229	4 weeks	Tue	5/3-5/24	4-4:30p	3.5-15	\$65/\$70

DANCE

ALL-IN-ONE DANCE

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Perfect for those wanting to try multiple styles of dance! Boys and girls will learn beginning ballet, jazz, hip hop, and tumbling in an upbeat and encouraging environment. Class also helps improve balance, coordination, rhythm, and even sports ability! Last day performance for family. Leotard, tights, or leggings, and ballet or jazz shoes required. Information: www.ocdanceproductions.com

No class: 7/4 & 7/25

Instructor: OC Dance Productions

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU2230	7 weeks	Mon	6/13-8/8	5:20-6:05p	5-9	\$99/\$104

POP STAR HIP HOP

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Dance like your favorite pop star! Dancers learn hip hop and jazz technique and choreography to today's popular artists in this fun, energetic class. Class helps improve coordination, rhythm, and performance skills. All movements and songs are age-appropriate. Last day performance for family. Athletic attire and sneakers required. Information: www.ocdanceproductions.com

No class: 7/21

Instructor: OC Dance Productions

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU2231	8 weeks	Thu	6/16-8/11	5:20-6:05p	5-9	\$109/\$114

SPECIAL INTEREST

LEGO STAR WARS ANIMATION

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Take your imagination to a galaxy far far away and make a movie in this exciting Lego class. We'll supply all of the Legos and Star Wars minifigures you need to bring your masterpiece to the big screen! Whether it's a re-creation of your favorite Star Wars movie or a unique adventure in another galaxy, this class is the ultimate chance to bring your Star Wars Lego masterpiece to life using the art of stop-Motion-Animation! All student films will be available to view and download.

Material fee: \$30

Instructor: Movies by Kids Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU2232	1 week	Mon-Fri	6/20-6/24	1-4p	7-13	\$192/\$197

LIGHTS, CAMERA, ACTION!

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Movies By Kids is ready to make you a screenwriter, director, and star! Students will be a producer, storyboard it, organize all production elements, and venture out to scout for the perfect location. Filming begins! All project files will be available to download online!

Material fee: \$30
Instructor: Movies by Kids Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU2233	1 week	Mon-Fri	6/20-6/24	9-12p	7-13	\$192/\$197

SPECIAL INTEREST CAMPS

MAD SCIENCE: ROLLER COASTER ROBOTICS

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Investigate the effects of Newton's Laws as you design roller coasters and explore gravitational energy and kinetic energy! Master the science of roller coasters while designing your very own roller coaster. Mad Science Odyssey, your very own roller coaster to take home! \$30 materials fee due on the first day of class.

Instructor: Mad Science Instructor

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU2234	1 week	Mon-Fri	7/11-7/15	9-12p	8-12	\$175/\$180

MAD SCIENCE: GALAXY DEFENDERS

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Join our Astronaut Academy and Space Shuttle Tech Crew as you prepare to defend the galaxy. Make and take home tubular telescopes, space copters and flying fizzlers. Discover the fun involved in rockets and experience an awesome rocket launch. Learn how Sir Isaac Newton laid down the law of rocketry and motion. Join now and help our Mad Scientists protect the Earth from Alien Invaders!

Material fee: \$30 is due on the first day of class.

Instructor: Mad Science Instructor

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU2235	1 week	Mon-Fri	8/8-8/12	9-12p	5-12	\$165/\$170

MAD SCIENCE: JR ASTRONAUTS

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Join our Academy of Future Space Explorers. Use teamwork to complete an important space mission, race a balloon rocket, and then see the real thing – a model rocket launch up to 300 ft. in the air! Make and take home your own comet, Space Copter, rocket & much more. This NASA camp is 'Out of this World!'

Material fee: \$30 is due on the first day of class.

Instructor: Mad Science Instructor

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU2236	1 week	Mon-Fri	6/13-6/17	9-12p	5-12	\$165/\$170

MAD SCIENCE: ROBOTS 101

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

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

Material fee: \$30 is due on the first day of class.

Instructor: Mad Science Instructor

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU2237	1 week	Mon-Fri	7/25-7/29	9-12p	5-12	\$175/\$180

SPECIAL INTEREST CAMPS CONT.

MAD SCIENCE: CRAZY CHEMWORKS

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Come discover what it's like to be a real scientist and work in a Mad Science Lab. Each day we will experiment with different chemicals and tools to see what kind of interesting and crazy reactions we can create! Students will explore acids and bases, reveal the secret slime recipe, and examine crystallization. By the end of the week, the Jr. Mad Scientists will have their very own chemistry set so they can perform their own experiments at home!

Material fee: \$30 is due on the first day of class.

Instructor: Mad Science Instructor

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU2238	1 week	Mon-Fri	8/22-8/26	9-12p	5-12	\$165/\$170

MAD SCIENCE: SECRET AGENT LAB

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Lookout, 007! – Mad Science's Secret Agent Lab will help you sharpen your secret spy skills as you learn about the science of sleuthing! Campers will have the opportunity to step into the shoes of a detective as they learn all about forensic science by decoding messages, gathering evidence, checking out spy gear and cracking security systems. Become a super spy and learn clever ways of performing tasks in this hands-on view of the science used by spies. Campers will make awesome take-home projects each day for their spy kit including spygoggles and a secret safe!

Material fee: \$30 is due on the first day of class.

Instructor: Mad Science Instructor

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU2239	1 week	Tue-Fri	7/5-7/8	9-12p	5-12	\$175/\$180

YOUTH ART CAMP

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Calling all artists! Come explore your creativity through all different ways of art. We will be looking at variations of art styles and creating masterpieces using different elements such as watercolor, chalk, glue, balloons, cardboard, and clay.

Instructor: Recreation Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU2240	1 week	Mon-Thur	6/27-6/30	9-11a	6-12	\$96/\$101
SU2241	1 week	Mon-Thur	7/25-7/28	9-11a	6-12	\$96/\$101

MODERN TWEEN HOME ECONOMICS CAMP

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Recreation staff will teach students the basics of sewing, cooking, baking, and more! Students will learn essential vehicle maintenance and safety. There is a \$10 materials fee each class!

No class on 7/25-7/28

Instructor: Recreation Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU2242	1 week	Mon-Thur	6/27-6/30	12-2p	10-14	\$96/\$101
SU2243	1 week	Mon-Thur	7/25-7/28	12-2p	10-14	\$96/\$101



MASTER CHEF CAMP

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

In this yummy class, students will learn kitchen safety, hands-on skills, create delicious food, and learn techniques to be creative in a fun, safe environment.

Please inform the instructor prior to class of any allergies.

Instructor: Recreation Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU2244	1 week	Mon-Thur	6/20-6/23	12-2p	7-12	\$96/\$101
SU2245	1 week	Mon-Thur	7/18-7/21	12-2p	7-12	\$96/\$101
SU2246	1 week	Mon-Thur	8/15-8/18	12-2p	7-12	\$96/\$101

JEDI TRAINING ACADEMY

Little Cottonwood Park
4000 Farquhar Ave.

May the Force be with you! This camp will take you from a Jedi Padawan to a Jedi Knight. You will learn to act like the characters, draw the Jedi cartoon characters, create your own Jedi uniform, take home your very own Light Saber, and more! Students will become Jedi Knights in a Knighting Ceremony for friends and family towards the end of the session.

Instructor: Recreation Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU2247	1 week	Mon-Thu	6/27-6/30	9-11a	5-12	\$96/\$101
SU2248	1 week	Mon-Thu	7/25-7/28	9-11a	5-12	\$96/\$101

FAIRYTALE CAMP

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Enter the world of fairies, princesses, and dragons! Come join us for a magical and fun fairy tale-themed camp! Activities will include story time, crafts, dress up, and dancing!

Instructor: Recreation Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU2249	1 week	Mon-Thur	7/11-7/14	9-11a	5-12	\$96/\$101
SU2250	1 week	Mon-Thur	8/8-8/11	9-11a	5-12	\$96/\$101

WOOD BUILDING CAMP

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

3,2,1 Go! Campers will build their very own wood racecar and race it to the finish line at the end of camp! Throughout the week, they will work on other small projects and learn the basics of woodworking. All power tool preparation of materials will be done outside of class time, by instructor, to ensure safety of students. Tools possibly used in class include hammer, drill, screwdriver, ruler, tape measure, pliers, clamps, smoothing plane, sandpaper.

Instructor: Recreation Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU2251	1 week	Mon-Thur	8/1-8/4	9-11a	8-12	\$96/\$101

CANCELLED

CANCELLED

SPORTS

HOMECOURT EDGE BASKETBALL SHOOTING STARS AND BALL HANDLING CLINIC BUNDLE

Oak Middle School Gym

10821 Oak Street, Los Alamitos

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

Drop in: \$20 per class

No class: 7/17, 7/19, 7/21

Instructor: HCE Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU2252	12 weeks	Tue/Thu	6/14-8/25	6-9p	4-18	\$168/\$173

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.

Drop in: \$20 per class

No class: 7/17, 7/19, 7/21

Instructor: HCE Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU2253	11 weeks	Thu	6/16-8/25	6-9p	4-18	\$108/\$113

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.

Drop in: \$20 per class

No class: 7/17, 7/19, 7/21

Instructor: HCE Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU2254	12 weeks	Tue	6/14-8/30	6-9p	4-18	\$108/\$113

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!

No class: 7/17, 7/19, 7/21

Instructor: HCE Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU2256	12 weeks	Tue/Thu/Sun	6/14-8/28	7-8:30p/2-3:30p	5-14	\$208/\$213
SU2257	12 weeks	Tue/Thu/Sun	6/14-8/28	7-8:30p/3:30-5p	14-18	\$208/\$213

HOMECOURT EDGE BASKETBALL ATTACK SERIES SKILLS CLINIC

Oak Middle School Gym

10821 Oak Street, Los Alamitos

HCE Attack Series Clinic Skills Clinic will be a combination of our Ballhandling and Shooting Clinic Series. HomecourtEdge Basketball Ballhandling Clinic will introduce ballhandling skills for novice, intermediate and advanced levels. The clinic will also introduce the latest offensive moves to the basket. Classes will also include speed and agility footwork. 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. Youth Level K-8th boys and girls 2-3:30pm. HS Boys and Girls 3:30-5pm.

Drop in: \$20 per class

No class: 7/17, 7/19, 7/21

Instructor: HCE Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU2260	10 weeks	Sun	6/19-8/28	2-3:30p	5-14	\$108/\$113
SU2261	10 weeks	Sun	6/19-8/28	3:30-5p	14-18	\$108/\$113

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 twice a month. Your child will get better!

Teams available: 9u/3rd grade boys

10u/4th grade boys

11u/5th grade boys

12u/6th grade boys

13u/7th grade boys

14u/8th grade boys

Freshman, JV and Varsity Level for Boys

No class: 7/17, 7/19, 7/21

Instructor: HCE Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU2262	12 weeks	Tue/Thu	6/14-8/25	6-9p	4-18	\$168/\$173

GOLF WITH SPORTBALL - NEW!

Little Cottonwood Park

4000 Farquhar Avenue, Los Alamitos

Sportball Golf introduces your athlete to the fundamentals of the sport. Coaches will lead children through station-based drills focusing on swing fundamentals, proper setup, ball position, parts of the golf club, rules and etiquette of the game, vocabulary, and the simple concepts of how the game is played. \$15 material Fee

No class: 7/2

Instructor: Sportball Coaches

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU2264	8 weeks	Sat	6/16-8/13	10-10:45a	5-7	\$134/\$139

Los Alamitos
Recreation & Community Services
Creating Quality of Life
Los Alamitos Community Center
10911 Oak Street

For more information please visit
cityoflosalamitos.org/recreation

Los Alamitos Summer Day Camp

June 13 - August 19 • Ages 5 - 12 yrs.



My City
My Los Al
Sponsored by:
Southland
CREDIT UNION

Join Southland Credit Union and receive 20% off of your registration by becoming a member. Forms available in the Community Center.

<p>Week One June 13 - June 17</p> <p>BLAST OFF INTO SUMMER</p> <p>THURSDAY Excursion to OC Discovery Cube 6/16</p>	<p>Week Two June 20 - June 24</p> <p>BELIEVE IN MAGIC</p> <p>THURSDAY Excursion to Harkins Movie Theater to see "Lightyear" 6/23</p>	<p>Week Three June 27 - July 1</p> <p>ANIMAL PLANET</p> <p>THURSDAY Excursion to Santa Ana Zoo 6/30</p>	<p>Week Four July 5 - July 8</p> <p>PARTY IN THE USA</p> <p>THURSDAY Excursion to Scooter's Jungle 7/7</p>	<p>Week Five July 11 - July 15</p> <p>BLAST FROM THE PAST</p> <p>THURSDAY Excursion to Pirate's Dinner Adventure 7/14</p>
<p>Week Six July 18 - July 22</p> <p>AROUND THE WORLD</p> <p>THURSDAY Excursion to Rockin' Jump 7/21</p>	<p>Week Seven July 25 - July 29</p> <p>SUMMER SCIENCE EXPLOSION</p> <p>THURSDAY Excursion Harbor Cruise & Aquarium of the Pacific 7/28</p>	<p>Week Eight August 1 - August 5</p> <p>LET THE GAMES BEGIN</p> <p>THURSDAY Excursion to Angel's Game 8/4</p>	<p>Week Nine August 8 - August 12</p> <p>LAST SPLASH</p> <p>THURSDAY Excursion to Knott's Berry Farm 8/11</p>	<p>Week Ten August 15 - August 19</p> <p>SPIRIT WEEK</p> <p>End of Summer Extravaganza!</p>

Daily Rates: Resident \$27, Non-resident \$30 • Weekly Rates: Resident \$105, Non-resident \$108
Extended Rates: Daily-Res: \$42, Non-Res: \$48 • Weekly-Res: \$157, Non-Res: \$163

All fees are applicable per child, daily hours: 9am-4pm, extended hours: 7am-9am and/or 4pm-6pm.

Transfer fees (\$10 per transfer, per child) are applicable per request. NO REFUNDS. The deadline for excursion registration is the day prior. Camp subject to change based on excursion availability and safety guidelines in place at the time of the program.



Los Alamitos My City ♥ My Los Al
Recreation & Community Services
Creating Quality of Life

SUMMER PARKS PROGRAM

June 13 - AUGUST 12

Little Cottonwood Park (M/W/F)
&
Orville R. Lewis Jr. Park (T/TH)

10:30am-4:00pm
Ages 5-12
FREE drop-in Program



Games
Arts & Crafts
Excursions

SPONSORED BY



Program information subject to change based on COVID-19 guidelines in place at the time of the program

Los Alamitos
Recreation & Community Services
Creating Quality of Life

SPONSORED BY: **Southland**
CREDIT UNION

COUNSELOR IN TRAINING (CIT) PROGRAM

AGES 13-16

Counselors in Training (CIT) will gain valuable work experience and work alongside the Los Alamitos Day Camp Staff to prepare camp activities, organize games, arts & crafts, and assist staff with special events. They will learn what it takes to be a Day Camp Counselor. Each session will also feature training workshops aimed to develop and strengthen professional and life skills for teens. NO REFUNDS and/or transfers.



Resident Fee: \$105
Non-Resident Fee: \$108

Session 1: 6/13-6/24
Session 2: 6/27-7/08
Session 3: 7/11-7/22
Session 4: 7/25-8/05
Session 5: 8/08-8/19

Sessions CANNOT be split up.

Regular Hours:
Monday-Friday:
9am-4pm

***Extended Hours:**
Monday-Friday:
7am-6pm

***Additional \$52 per 2-week session for extended care.**

Scholarships available for eligible Los Alamitos residents.

TEEN AND ADULT

ART

PORTRAIT WORKSHOP

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Come draw or paint live models with our national award-winning artist instructor, Ying Liu. Beginning through advanced level students are welcome. Bring medium of choice including pencil, drawing board, charcoal, pastel, oil, watercolor, or acrylic. Simple easels and drawing horses are available for use. Demonstrations and one-on-one instruction are provided upon request. **Fee: \$15 per class + \$10 model fee payable to the instructor per class.**

No class: 7/2

Instructor: Ying Liu

DURATION	DAY	DATE(S)	TIME	AGE	PER CLASS FEE
Continuous	Sat	6/18-8/13	9a-12p	16+	\$15

DRAWING & SKETCHING - NEW!

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

This course is designed for students who have an interest in learning how to draw and sketch. The instructor will provide plenty of exercises and demonstrations using different techniques and styles. Students provide their own supplies. A list of supplies will be sent.

Instructor: Darshini Aithal

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU2265	4 weeks	Wed	6/29-7/20	6-8p	18+	\$100/\$105
SU2266	4 weeks	Wed	7/27-8/17	6-8p	18+	\$100/\$105

CANCELLED

ACRYLIC PAINTING - NEW!

In this course we explore different techniques in painting with an emphasis on composition, light and shadow, color harmony and mixing. Students will be encouraged to learn while working on their projects. The instructor will provide demonstrations and instructions. Join me to explore the world of acrylics on canvas and paper. A list of supplies will be sent to all students.

Instructor: Darshini Aithal

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU2267	4 weeks	Thu	6/30-7/21	6:30-8:30p	18+	\$100/\$105
SU2268	4 weeks	Thu	7/28-8/18	6:30-8:30p	18+	\$100/\$105

CANCELLED



The Youth Center



- MUSIC PROGRAM
- YCASP & R.A.S.C.A.L.S
- KIDS' NIGHT OUT
- LEADERSHIP ACADEMY

For more information or to enroll, contact the Youth Center at (562) 493-4043, 10909 Oak St., Los Alamitos or visit www.TheYouthCenter.org.

WATERCOLOR PAINTING - NEW!

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: 7/2

Instructor: Darshini Aithal

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU2269	4 weeks	Sat	6/25-7/23	12-2p	18+	\$100/\$105
SU2270	4 weeks	Sat	7/30-8/20	12-2p	18+	\$100/\$105

DANCE



BEG./INT. LINE DANCING

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

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

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

Drop in: \$15 per class

No class: 6/13, 7/4, 7/11, 8/8

Instructor: Cheryl Schnitzer

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU2271	7 weeks	Mon	6/6-8/15	6-8:30p	18+	\$93/98

EASY LINE DANCING

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

This is an easy line dance class for those who want to move to the music. We do easy line dances-some old, some new, some country music, some to 50's, or popular music. Lots of review, no pressure, and no partner required. Join us for fun line dancing.

Drop in: \$5 per class

Instructor: Carri Fox

DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
Continuous	Wed	6/2-8/31	10-11a	18+	\$5 per class

TEEN AND ADULT TENNIS



COURT INFORMATION

The tennis courts at Laurel Park are FREE for community play! Reservations for the tennis courts can be made by contacting the Recreation and Community Services Department a minimum of two weeks in advance at (562) 430-1073. All participants (residents and non-residents) may reserve the tennis court with lights for a fee until 10pm. 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. **Early registration is encouraged so that class minimums can be reached in advance.**

INSTRUCTORS:



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



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



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

SESSION 1

CLASS	DAY	TIME	AGE	DATES	CODE	R/NR
Pee Wee	T	4:15-5pm	4-6	6/14-7/19	SU2272	\$64 / \$69
Youth-Beg	T	5-6pm	7-16	6/14-7/19	SU2273	\$79 / \$84
Youth-Beg	W	3:30-4:30pm	7-16	6/15-7/20	SU2274	\$79 / \$84
Adult-Beg	W	6:30-7:30pm	16+	6/15-7/20	SU2275	\$79 / \$84
Pee Wee	Th	3:45-4:30pm	4-6	6/16-7/21	SU2276	\$64 / \$69
Youth-Beg	Th	4:30-5:30pm	7-16	6/16-7/21	SU2277	\$79 / \$84
Youth-Int	Th	5:30-6:30pm	11-16	6/16-7/21	SU2278	\$79 / \$84
Pee Wee	S	8:45-9:30am	4-6	6/18-7/21	SU2279	\$64 / \$69
Youth-Beg	S	9:30-10:30am	7-16	6/18-7/23	SU2280	\$79 / \$84
Youth-Int	S	10:30-11:30am	11-16	6/18-7/23	SU2281	\$79 / \$84

SESSION 2

CLASS	DAY	TIME	AGE	DATES	CODE	R/NR
Pee Wee	T	4:15-5pm	4-6	8/2-9/6	SU2282	\$64 / \$69
Youth-Beg	T	5-6pm	7-16	8/2-9/6	SU2283	\$79 / \$84
Youth-Beg	W	3:30-4:30pm	7-16	8/3-9/7	SU2284	\$79 / \$84
Adult-Beg	W	6:30-7:30pm	16+	8/3-9/7	SU2285	\$79 / \$84
Pee Wee	Th	3:45-4:30pm	4-6	8/4-9/8	SU2286	\$64 / \$69
Youth-Beg	Th	4:30-5:30pm	7-16	8/4-9/8	SU2287	\$79 / \$84
Youth-Int	Th	5:30-6:30pm	11-16	8/4-9/8	SU2288	\$79 / \$84
Pee Wee	S	8:45-9:30am	4-6	8/6-9/10	SU2289	\$64 / \$69
Youth-Beg	S	9:30-10:30am	7-16	8/6-9/10	SU2290	\$79 / \$84
Youth-Int	S	10:30-11:30am	11-16	8/6-9/10	SU2291	\$79 / \$84

TENNIS CAMPS

Laurel Park

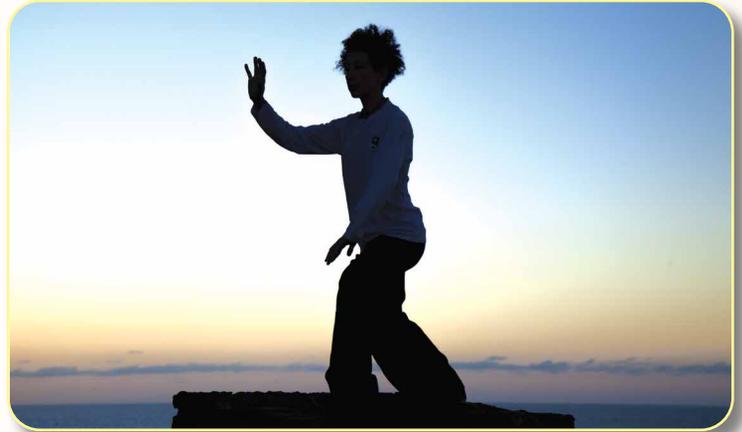
10862 Bloomfield Street, Los Alamitos

Camps are designed to focus on learning the game, strengthening stroke production, footwork, and match play strategy. The well rounded curriculum features high intensity drills, live-ball play, and competitive play to improve player performance.

Instructor: Kevin and Vicky Garrett Tennis, Inc.

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU2292 (Beg)	1 week	Mon-Fri	6/13-6/17	9a-12p	7-14	\$174/\$179
SU2293 (Int)	1 week	Mon-Fri	6/20-6/24	9a-12p	10-16	\$174/\$179
SU2294 (All Levels)	1 week	Mon-Fri	6/27-7/1	9a-12p	7-16	\$174/\$179

FITNESS AND SPORTS



COMBINED T'AI CHI CHIH

Los Alamitos Community Center

10911 Oak Street, Los Alamitos



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

Instructor: Suzanne Rody-Ross

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU2295 (Beg/Int)	4 weeks	Mon	6/6-6/27	9:25-11a	18+	\$49/\$54
SU2296 (Beg/Int)	5 weeks	Mon	8/1-8/29	9:25-11a	18+	\$59/\$64

TEEN AND ADULT



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: 7/2

Instructor: Barbara Bannerman

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU2297	10 weeks	Tue	6/14-8/16	6:30-7:30p	16+	\$109/\$114
SU2298	10 weeks	Sat	6/18-8/27	8:30-9:30a	16+	\$109/\$114

MAT PILATES - NEW!

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Mat Pilates is a strengthening and lengthening exercise focusing on core muscles while training the arms and legs. Mat Pilates is based on the principles of Pilates developed to strengthen the body of a young man and then be modified for women. Exercises can be modified for anyone. A yoga mat is required for this class. Recommended.

No class: 7/2
Instructor: Barbara Pilates

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU2299	8 weeks	Mon	6/20-8/15	6:45-7:45p	18+	\$152/\$157

CANCELLED



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

If you are interested in being involved, please contact Jorge Sotelo at jsotelo@sosc.org.



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.

REGISTRATION: SOCCER LEAGUES:

Early Registration: **5/8 - 7/2**

Regular Registration: **7/3 - 7/24**

Visit teamsideline.com/losalamitos for updated soccer league information

SUMMER / FALL 2022



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

EARLY REGISTRATION/ REG. REGISTRATION CODES	PROGRAM	AGE	DAY(S)	START DATE	LOCATION	EARLY REGISTRATION/ REG. REGISTRATION FEE	OFFICIAL FEE (PER GAME / PER TEAM)
SU22100 / SU22101	11v11 Soccer Men's Over 45	45+	Sun	8/7/2022	Oak / McAuliffe	\$950/ \$1,000 per team	\$60
SU22102 / SU22103	7v7 Soccer Co-Ed Over 18	18+	Mon	8/8/2022	Oak / McAuliffe	\$610/ \$660 per team	\$20
SU22104 / SU22105	7v7 Soccer Men's Over 35	35+	Wed	8/10/2022	Oak / McAuliffe	\$610/ \$660 per team	\$20
SU22106 / SU22107	7v7 Soccer Women's Over 35	30+	Thur	8/11/2022	Oak / McAuliffe	\$610/ \$660 per team	\$20
	Pick-Up Basketball (8:30-10pm)	18+	Tues	Continuous	Oak Gym	\$3 per person	N/A
	Pick-Up Volleyball (8:45-10pm)	18+	Thur	Continuous	Oak Gym	\$3 per person	N/A

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

McAuliffe Middle School: 4112 W Cerritos Ave, Los Alamitos, CA 90720

TEEN AND ADULT FITNESS AND SPORTS CONT.



YOGALATES - NEW!

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

YOGALATES = Yoga + Pilates all wrapped into one. This class will guide you through a workout that combines equal parts Pilates and Yoga. It harnesses the physical and mental benefits of both practices to create a comprehensive exercise system with toning, stretching, and core strengthening exercises. Some exercises may require the use of resistance bands which will be provided. The instructor will offer various modifications for those who need them. *A yoga mat is required for this class. Water is recommended.

Drop-in fee per class

Instructor: Garage Pilates

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU22108	10 weeks	Thu	6/16-8/18	8:45-9:45a	18+	\$190/\$195

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	DATE(S)	TIME	AGE	RES/NON-RES
SU22109	1 Day/Tue	6/21	7-9p	18+	FREE
SU22110	1 Day/Tue	7/19	7-9p	18+	FREE
SU22111	1 Day/Tue	8/16	7-9p	18+	FREE



GUITAR CLUB

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

The Los Alamitos Guitar Club is a group of local guitar enthusiasts who meet on Mondays at the Los Alamitos Community Center. Experienced musicians are welcome to join for serious fun and occasional gigs. All instruments welcome. Contact Michele at (562) 500-6505 to discuss.

No class: 7/4

Instructor: Michele Wilkosz

DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
Continuos	Mon	6/13-8/29	9a-12p	16+	\$3 per class

SUPERSITTERS

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

This is a great common-sense course designed for anyone caring for children. Students will have a quick review of basic CPR and First Aid, learn emergency preparedness, and safety proofing. Learn to be a super babysitter!

\$12 materials fee.

Instructor: Jack Griswold

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU22112	1 day	Sat	8/27	11-12:30p	10+	\$37/\$42

Los Alamitos
Recreation & Community Services
Creating Quality of Life



L.A.V.P.

LOS ALAMITOS
VOLUNTEER
PROGRAM



Join a passionate group of 11-17 year olds 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

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

Proud Sponsor:



Join Southland Credit Union and receive 20% off your registration fee.

My City ♥ My Los Al

TEEN AND ADULT

My City ♥ My Los Al

Facility Reservations



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

subject to change based on COVID-19 restrictions at the time of the event



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



My REC Rewards

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

Annual fee
\$49 Resident Family
\$52 Non-Resident Family

Free Entry to Select Events • Waived transfer & refund fees
Member Contest Experiences • Swag Gifts
Preferred parking (4th of July)



Upcoming Events (Free for Members ONLY)

11/25/22	Drop 'N Shop 8a-12p & 12p-4p
12/17/22	Holiday Crafts Workshop 1p-3p

Los Alamitos
Recreation & Community Services
Creating Quality of Life

Customer Loyalty Program

LOS ALAMITOS RECREATION SCHOLARSHIP PROGRAM


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

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, & seniors)
VISIT FOR MORE INFORMATION: WWW.CITYOFLOSALAMITOS.ORG/RECREATION

TEEN AND ADULT

SPECIAL PROGRAMS

CPR FOR ADULTS, CHILD, AND INFANT*

Los Alamitos Community Center

10911 Oak Street, Los Alamitos

Designed to teach both the lay person and professional how to initially respond to cardiac or respiratory arrest. Learn single rescuer CPR for adult, child, and infant as well as foreign object removal techniques for airways. If a healthcare provider card is needed, please call Cindy at (714) 891-5620.

\$20 materials fee.

Instructor: Jack Griswold

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU22113	1 day	Sat	7/9	8-10a	10+	\$20/\$25
SU22114	1 day	Fri	7/29	8-10a	10+	\$20/\$25
SU22115	1 day	Sat	8/27	8-10a	10+	\$20/\$25

* IF TAKING BOTH CPR AND FIRST AID, ONE COMBINED BOOKLET WILL BE PROVIDED FOR A \$40 MATERIALS FEE.

FIRST AID*

Los Alamitos Community Center

10911 Oak Street, Los Alamitos

Designed to teach both the lay person and professional how to initially respond to cardiac or respiratory arrest. Learn single rescuer CPR for adult, child, and infant as well as foreign object removal techniques for airways. If a healthcare provider card is needed, please call Cindy at (714) 891-5620. **\$20 materials fee.**

Instructor: Jack Griswold

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU22116	1 day	Sat	7/9	10-11a	10+	\$20/\$25
SU22117	1 day	Fri	7/29	8-9a	10+	\$20/\$25
SU22118	1 day	Sat	8/27	10-11a	10+	\$20/\$25



Virtual

PARENTING IN TODAY'S SOCIETY

This workshop will help parents learn about the powerful role they play in reducing risk factors associated with substance use among youth. Parents will also receive the current drug and alcohol data trends in Orange County and how they can increase healthy lifestyle choices for their children to live substance-free lives. Registration required 48 hours in advance.

Participants will be emailed workshop link.

Instructor: Sherryl Ramos

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU22119	1 day	Tue	6/7	9a or 6p	18+	Free
SU22120	1 day	Tue	7/5	9a or 5p	18+	Free
SU22121	1 day	Tue	8/2	9a or 5p	18+	Free



DONATION DRIVE

Back Packs & School Supplies

Local nonprofits will receive school supplies to benefit local children in need

In partnership with **Southland CREDIT UNION**

Drive-up June 21st 4-7pm

Los Alamitos Community Center 10911 Oak St.

Sewer LOS AL

Los Alamitos
Recreation & Community Services
Creating Quality of Life

My City ♥ My Los Al

PARTNER

Partnership Program

Thank you

2022 PARTNERS

<p style="font-weight: bold; font-size: 1.2em;">PREMIER</p> <p>MemorialCare Miller Children's & Women's Hospital Long Beach</p> <p>Southland CREDIT UNION</p>	<p style="font-weight: bold; font-size: 1.2em;">STAR</p>
<p style="font-weight: bold; font-size: 1.2em;">ADVOCATE</p> <p>BEACH ORTHOPAEDIC SPECIALTY INSTITUTE</p>	<p style="font-weight: bold; font-size: 1.2em;">FRIEND</p> <p>Leone Electric</p> <p>Fairfield BY MARRIOTT</p>

If your business or organization is interested in becoming a partner, contact **The Recreation & Community Services Department 562-430-1073**



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 twice before becoming a member of Senior Club. On the second Thursday of the month, enjoy birthday celebrations and an activity or arts and crafts.



CLUB ACTIVITIES:
Thursdays 10am-3:30pm
Bingo starts at 12:00pm
(Buy-in closes at 11:00am)

AGE: 50+

ANNUAL MEMBERSHIP:
\$10 for the calendar year.

LOCATION: Los Alamitos Community Center, 10911 Oak Street

GAME & SOCIAL HOUR
Come to the Los Alamitos Community Center to play games, enjoy luncheons, friendly conversation, socialize and make new friends! \$5 per person.

DAY/TIME:
1st & 3rd Wednesday at 12:30pm



*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! **This class is free because of the generosity of Scan Health Plan. Please bring a caregiver if you need assistance. Registration required for both participant and caregiver.**

Instructor: Molly Knox

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU22122	9 weeks	Tue	6/14-8/23	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.*

NEEDLECRAFTS, KNITTING AND CROCHET - NEW!

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Learn how to knit and crochet one-of-a-kind items including decorations and clothing for babies, children, and adults. Creatively learn to use the latest fibers and techniques while also how to read and interpret more complex instructions. All students, ages 18+ from beginners to advanced, are welcome! This class is through a partnership with North Orange Continuing Education. For more information, please call 714-808-4909.

Instructor: Ashley Bowman, North Orange Continuing Education (NOCE)

DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
Continuos	Wed	5/4 - 5/25	9-11a	18+	Free

CHAIR YOGA - NEW!

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Looking for a safe and gentle, yet effective yoga practice? A practice where you can enjoy all the benefits of yoga while being comfortably supported by chairs. Chair yoga gives you all the health benefits that a yoga practice does. The benefits include muscle strength, flexibility, stress levels, better breathing techniques, and an overall sense of well-being. This class is designed with you in mind. If limited mobility is a barrier to enjoying your body to the fullest, it is up to you to give this course a try. It's a safe way to safely stretch and strengthen your body.

Drop-in fee: \$15

No Class: 7/2

Instructor: Darshini Aithal

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU22123	8 weeks	Sat	6/25-8/20	10:30-11:20a	18+	\$81/\$86

OLDER ADULTS



Los Alamitos
Recreation & Community Services
Creating Quality of Life

SENIOR GROCERY PROGRAM



The Los Alamitos Recreation and Community Services Department provides free groceries to seniors 60 and over each Tuesday beginning at 1:00 p.m. until supplies last.

Groceries are provided by the Second Harvest Food Bank of Orange County. The Community Center is located at 10911 Oak Street. We ask participants to arrive at the Center no earlier than 12:45pm and bring their own bags or boxes to carry their groceries home.



Thank you to Cottonwood Church for its continued volunteer support.

Please call (562) 430-1073 for more information or visit our website at www.cityoflosalamitos.org/recreation

CITY OF
Los Alamitos
California

My City ♥ My Los Al

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

Los Al's Dine-In Dough & House

10909 Oak St.

Join the Los Alamitos Recreation & Community Services Department for a dine-in lunch experience with restaurant-style menu options from local eateries.

Lunch is served at 11:30 a.m.
Pre-registration is required.
We request at least 48 hours notice to ensure your seat. Please call (562) 430-1073 to register. \$5 fee. Ages 50+

The Dough House is open on **Tuesday and Thursday from 8:15 a.m. to 11:15 a.m.** offering pastries & bread upon availability from local restaurants at a suggested donation. Join us for a morning cup of coffee

For a menu, please visit our website at www.cityoflosalamitos.org/recreation or pick up a hard copy at the Community Center (10911 Oak St.)

Serve LOS AL

Philanthropy deeply rooted in the community

Helping seniors in need in our community

Give back All year long

Ages 50+

Los Alamitos Seniors!



NEED REPAIRS OR HELP WITH YARDWORK?

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.

Looking to serve your community? Sign up on our interest list for projects year round at www.servelosal.org

Los Alamitos
Recreation & Community Services
Creating Quality of Life

My City ♥ My Los Al

Needlecrafts, Knitting and Crochet



Learn how to knit and crochet one-of-a-kind items including decorations and clothing for babies, children, and adults. Creatively learn to use the latest fibers and techniques while also how to read and interpret more complex instructions.

All students, ages 18+ from beginners to advanced, are welcome!

Start date: May 4, 2022

Class meets on Wednesdays from 9 a.m. - 11 a.m.

Instructor: Ashley Bowman

Cost: Tuition-free class

**Los Alamitos Community Center
10911 Oak Street, Los Alamitos, 90720**

For more information about Emeritus classes, call 714.808.4909

NOCE
NORTH ORANGE
CONTINUING EDUCATION



Accredited by the Accrediting Commission for Schools, Western Association of Schools and Colleges
525 Newport Blvd., Suite 200, Banning, CA 92008
Website: www.noceschools.org

The North Orange County Community College District's (NOCCCD) North Orange Continuing Education (NOCE) Administrative Offices are located at 1830 W. Romney Drive in Anaheim, California 92801. For more information, call 714.808.4645 or visit www.noceschools.org. It is the policy of NOCCCD to provide an educational, employment, and business environment in which no person shall be unlawfully subjected to discrimination or sexual harassment, nor unlawfully denied full and equal access to the benefits of District programs or activities on the basis of ethnic group identification, national origin, religion, age, gender, race, color, ancestry, sexual orientation, marital status or physical or mental disability as defined and prohibited by state and federal statutes. The District is also committed to maintaining campuses that are free of harassment, drugs and alcohol. To read the entire NOCCCD nondiscrimination statement, see the policy in the General Information section in the back of the NOCE class schedule.

MemorialCare
Long Beach Medical Center

SENIOR PROM

GREASE

Live Band • Dinner • Dancing • Door Prizes
Saturday, May 7, 2022
3:00 p.m. to 6:00 p.m.

Ages 50+

\$6 Pre-Sale/ \$8 at the Door
\$10 for 50 & Under

Los Alamitos
Recreation & Community Services
Creating Quality of Life

Los Alamitos Community Center

ADDITIONAL SENIOR SERVICES

AARP Smart Driver (online) Course:

This convenient, cost-effective course teaches evidence-based strategies to keep you safe behind the wheel and could save you money on your auto insurance. Consult your insurance agent for details on savings. Visit aarprdriversafety.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 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.

Home Delivered Meals Program:

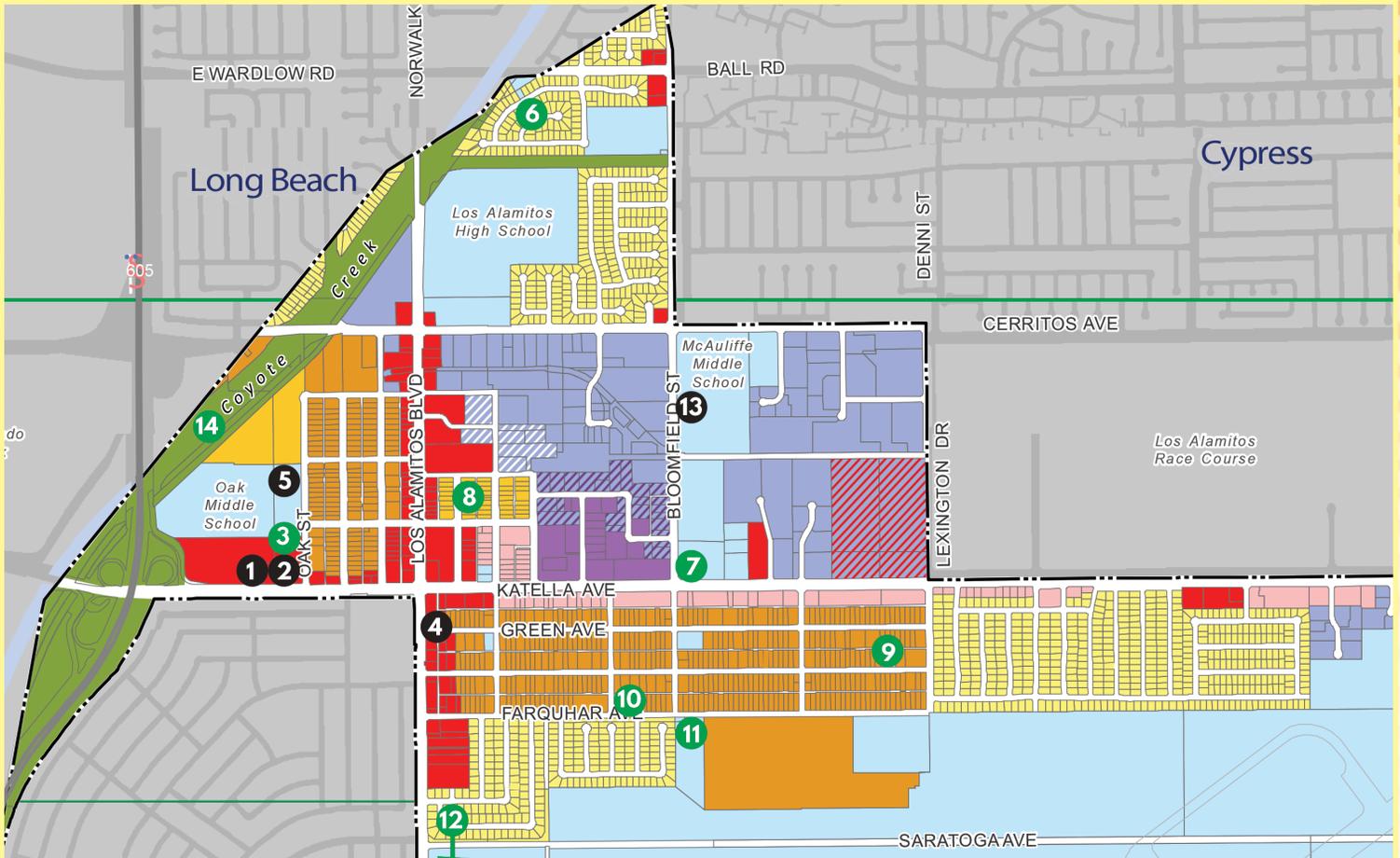
Breakfast and lunch is provided by North Seal Beach Senior Center and delivered Monday thru Friday. Please contact Community SeniorServ at (714) 229-3352 for more information.

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

DIRECTORY



FACILITIES AND PARKS:

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



Thank you to our Brochure Distribution Partners



REGISTRATION

SUMMER 2022

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

REFUND POLICY
If minimum enrollment is not met 72 hours prior to the class start date, classes will be cancelled and a full refund will be issued. Refunds for one-day classes or workshops must be requested no less than five days prior to the class start date. Refunds for all other classes will only be granted if requested prior to the second regularly scheduled class or specialty camp meeting. A \$10 refund fee will be assessed per participant, per class. No refunds will be issued for seasonal Day Camps or the Ready, Set, Go! Preschool Program.

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.

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.

TRANSFER FEE APPLIED
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.

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.

SUMMER DAY CAMP REGISTRATION
Registration for Los Alamitos residents

opens Friday, April 8, 2022. Non-residents opens Sunday, April 10, 2022.

MAIL-IN REGISTRATION
Mail-in registration begins Monday, April 25, 2022. 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 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, April 25, 2022 will not be accepted. Registration will be processed beginning Monday, April 25, 2022.

ONLINE REGISTRATION
Registration is available online at: <https://losalrecreation.myrec.com>. A credit card payment is required and we accept the following credit cards: Visa, Mastercard, or Discover. Online registration begins Friday, April 22, 2022 for residents and Sunday, April 24, 2022 for non-residents.

WALK-IN REGISTRATION
Walk-in registration begins Monday, April 25, 2022. 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, April 25, 2022. 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: X _____ Date: _____	EMERGENCY CONTACT NAME: EMERGENCY CONTACT PHONE:
---	---

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

Donation to City's Scholarship Fund \$

TOTAL FEE:

METHOD OF PAYMENT: CASH <input type="checkbox"/> CHECK <input type="checkbox"/> VISA <input type="checkbox"/> MASTERCARD <input type="checkbox"/> DISCOVER <input type="checkbox"/>	Check Amount:	Check #
--	----------------------	----------------

OFFICE USE ONLY- COMPLETED BY: (Please complete this section if method of payment is cash) Name of Staff: _____ Cash Denomination: _____	RECEIPT #	STAFF INITIALS:	DATE:
---	------------------	------------------------	--------------

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"/> CVV2 CODE: <input type="text"/> <input type="text"/> <input type="text"/>

CITY OF LOS ALAMITOS
RECREATION AND COMMUNITY
SERVICES DEPARTMENT

RESIDENTS AND BUSINESSES
LOS ALAMITOS, CA 90720

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

Los Alamitos
Recreation & Community Services
Creating Quality of Life

FREE Activities All Month Long!

**July is
Parks
Make
Life
Better!
Month!**

Pop-Up DOG PARK
Laurel Park
July 1-30

**PARK FITNESS
TAKE OVER**
Laurel Park
July 9 • 7:30-9:30am

**ART WORKSHOP AND
FLOWER SEED GIVEAWAY**
Los Alamitos Community Center
July 14 • 5-6pm

PARK POP-UP
Stansbury Park • July 16
Orville R. Lewis Jr. Park • July 23
Sterns Park • July 30

**MINI FAMILY DAY
WITH CONCERTS
IN THE PARK**
Little Cottonwood Park
July 21 • 5-6pm

**FREE PICK-UP SPORTS
(ALL MONTH LONG)**
Basketball: Tuesday 8:30-10pm
Volleyball: Thursday 8:45-10pm

Some activities will require pre-registration • Activities subject to change
For more info visit: www.cityoflosalamitos.org/recreation


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

**Activities & Events
Celebrating Los Alamitos!**
September 16-24, 2022

presented by:  Southland
CREDIT UNION

Los Alamitos
Recreation & Community Services
Creating Quality of Life

My City ♥ My Los Al

Week of Los Al



5K / 10K


GLOWRUN
& GLIDE



- Vendor Fair
- Beer Garden
- Car Show
- Kids Zone
- Performers
- Touch a Truck

