

Los Alamitos

Recreation & Community Services

Creating Quality of Life

Recreation Brochure

& City News

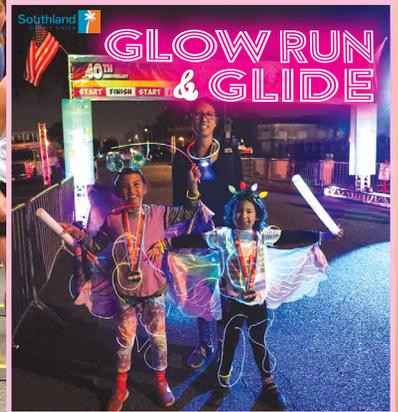
Fall 2022

Race Los Al

Sept. 23-24, 2022



5K / 10K
racelosal.com



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

My City ♥ My Los Al

Street Fair

Presented by: Southland CREDIT UNION



COMING UP SOON

2022

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SERVE LOS AL

SEPTEMBER 16 - 17

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BIKES & BITES

SEPTEMBER 17

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CO-ED YOUTH VOLLEYBALL LEAGUE

SEPT. 19 - DEC. 9

BACK COVER

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

TRUNK OR TREAT

TRUNK OR TREAT

OCTOBER 22

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

Week of You AL

Southland
CREDIT UNION

**ACTIVITIES AND EVENTS
CELEBRATING LOS AL**

SEPTEMBER 16 - 24

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

**Los Al's
FAMILY DAY**

FAMILY DAY

SEPTEMBER 18

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Los Alamitos
My City My Los Al

Race Los Al
Sept. 23-24, 2022
5K / 10K
GLOWRUN & GLIDE
racelosal.com

RACE LOS AL

SEPTEMBER 23 - 24

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Fall Camp

November 21-23
Ages 5-12

Los Alamitos Community Center
10911 Oak Street

FALL CAMP

NOVEMBER 21 - 23

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 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 Figueroa

Clerical Assistant

Lauren Pavelec

Special Events	Inside front cover
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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:

Join us for the 41st Annual UWS Race Los Al on September 23-24, 2022. UWS Race Los Al is back where it started, on the streets of Los Alamitos. This year, Race Los Al will be part of MemorialCare Miller Children's & Women's Hospital Long Beach Week of Los Al presented by Southland Credit Union. UWS Race Los Al will feature a 5K, 10K and Glow in the Dark Run presented by Southland Credit Union. Participants will run through the streets of Los Alamitos including Los Alamitos Blvd. All participants will receive a finisher medal and shirt.

ON THE BACK COVER:

You are invited to attend the City of Los Alamitos Recreation and Community Services Department 11th Annual MemorialCare Miller Children's and Women's Hospital Long Beach Trunk or Treat! The free event will be taking place on Saturday, October 22 from 5-7:30pm at Little Cottonwood Park (4000 Farquhar Ave). This exciting event provides a safe space for families to celebrate Halloween. Guests will have the chance to participate in children's costume contests, play games and create spooky crafts, shop at vendor booths, jump on moon bounces, ride the spooky train, visit trunks for candy, and more! Families are encouraged to come dressed in their Halloween costumes to enter the ever-so-popular costume contest. The costume contest has four divisions: Ages 0-3, ages 4-7, ages 8-12, and the family division. For more information, or interest in sponsoring the event, please contact Samantha Kenny at skenny@cityoflosalamitos.org.

Tree Dedication Memorial Program

"The gift that keeps on living"



My City ♥ My Los Al



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

TREE DEDICATION MEMORIAL PROGRAM

There are moments in life where loss can be difficult to process and each memory holds a special meaning. Trees are a wonderful way to commemorate the life of a loved one and dedication can leave a lasting impact. The City of Los Alamitos now offers the opportunity to celebrate a family or friend's life through the Tree Dedication Memorial Program.

My City ♥ My Los Al

COMING THIS FALL!

LOS ALAMITOS SUNSET SATURDAYS



FOLLOW US
FOR UPCOMING
EVENT DETAILS

LIVE MUSIC. FOOD. BEER GARDEN.
MAKERS. FARM. LOCAL ARTISTS.

PINE ST. BETWEEN KATELLA AVE. AND FLORISTA ST.

For more information, call (562) 431-3538 or visit: www.cityoflosalamitos.org

GoGov (CODE ENFORCEMENT & PUBLIC WORKS)

My City ♥ My Los Al

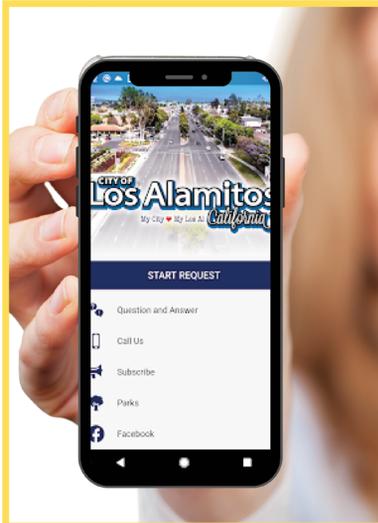


NEED TO REPORT A POTENTIAL CODE VIOLATION?

The Los Alamitos Code Enforcement Division is entrusted with protecting the health, safety, and general welfare of Los Alamitos residents and the business community.



Potential Code Enforcement violations can now be submitted via the City's *My Los Al* App



To submit a report of a Code Enforcement violation, download the *My Los Al* app or visit the City website at www.cityoflosalamitos.org.

Frequently Asked Questions (FAQ's): Common Code Enforcement Violations

- What are the permissible hours for construction?**
Construction hours are limited between the hours of 7 a.m. - 8 p.m., Monday through Saturday. Construction is also not allowed at any time on Sundays or Federal holidays.
- Is the parking of recreational vehicles allowed on City streets?**
No person shall park any vehicle of twenty-two (22) feet or more in length, or any recreational item, upon any street or alley between the hours of 2 a.m. and 6 a.m.
- Is it required to have landscaping in the yard areas of a residence?**
Yes, landscaping is required in the front yard and in any area visible from the public right-of-way. Any landscaping that is hidden from the public view, however, must still be maintained. The required front yard landscaped area shall include landscaping (plant material) along each side property line with a minimum dimension requirement.
- Does remodeling a home require permits?**
Yes, no building or structure may be erected, constructed, enlarged, altered, repaired, moved, improved, removed, converted or demolished unless appropriate permits have been obtained from the Building & Safety Division. To learn more about the Building & Safety Division, please visit www.cityoflosalamitos.org.
- What is the appropriate storage of trash receptacles in residential zones?**
Garbage, trash, or refuse bins stored for more than 24 hours on the public right-of-way or within the front or street side setbacks is prohibited.
- What is considered to be a lack of property maintenance?**
Maintenance of a property that is out of harmony or conformity with the maintenance standards of adjacent properties as to cause substantial diminution of the enjoyment, use or property values of such adjacent properties.
- Is it illegal to discard of trash, furniture or any bulky item in the public right-of-way?**
Yes, to appropriately dispose of any bulky items, please contact the City's solid waste service provider Universal Waste Systems (UWS) to schedule a collection at (800) 631-7016.
- Can items be stored in the driveway area of a residence?**
No, driveways shall be kept free of debris, inoperable vehicles, junk, waste or other materials blocking access to the garage.

CONTACT US

- ☎ (562) 431-3538 ext 304
- ✉ codeenforcement@cityoflosalamitos.org
- 🌐 www.cityoflosalamitos.org
- 📍 3191 Katella Avenue



NEED TO REPORT A STREET MAINTENANCE ISSUE?

Did you know you can also use the *My Los Al* app to report street maintenance issues? Download now for easy access and to receive the latest updates on your request. [DOWNLOAD](#)

My City ♥ My Los Al

SB 1383

SB1383: Mandatory Organics Recycling & Edible Food Recovery

Are You In Compliance?

SB1383 aims to:

1) Reduce Short Lived Climate Pollutants (SLCP) and 2) Reduce food insecurity. **Goal:** 75% reduction in organic waste and 20% increase in food recovery by 2025.

While SLCPs persist for a short time in the environment, they are more powerful and harmful pollutants than carbon dioxide. SLCPs include methane, a detrimental greenhouse gas. 20% of California's methane emissions come from organic material that is disposed in landfills. Meanwhile, 1 in 4 Californians experience food insecurity. SB 1383 aims to solve both these issues by mandating businesses that fall under certain parameters (listed below) to donate edible food and compost what cannot be donated. Businesses that fail to comply will be subject to fines.

Business must be in compliance by:

Tier 1: Jan. 1, 2022	<ul style="list-style-type: none"> Food service providers Grocery stores & Supermarkets >10,000 sq. ft. Food distributors Wholesale Food Vendors
Tier 2: Jan. 1, 2024	<ul style="list-style-type: none"> Restaurants >250 seats or > 5,000 sq. ft. Hotels with on-site facilities and >200 rooms Large venues & events – parameters to be determined Local education agencies with on-site food facilities State agencies with cafeterias (same criteria as restaurants)

Accepted Organics



How can I comply with SB 1383?

- 1) Recover maximum amount of edible food for donation rather than composting or disposing of it in a landfill.
- 2) Arrange for either collection or self-hauling of edible food to be donated with a Food Rescue or Recovery Organization such as Abound Food Care or FoodRescueLocator.com
- 3) Maintain records of:
 - a) Each recovery organization
 - b) Contracts & Agreements
 - c) Types of food
 - d) Frequency of donations
 - e) Pounds per month

For more info call 800-631-7016 or visit uwscompany.com



As a covered entity of the Americans with Disabilities Act, the City of Los Alamitos does not discriminate on the basis of disability and, upon request, will provide reasonable accommodations to ensure equal access to its programs, services and activities.



OC SAN PROJECT



Los Alamitos Trunk Sewer Project

OC SAN IS REHABILITATING THE REGIONAL SEWER IN THE CITIES OF SEAL BEACH AND LOS ALAMITOS. WORK CONSISTS OF REMOVING CALCIUM BUILDUP AT VARIOUS PIPE JOINTS. ADDITIONALLY, OVER 70 MANHOLES ARE BEING REHABILITATED OR REPLACED.

Sign Up:

Email alerts: visit ocsan.gov/LosAlamitos

Text Alerts: Text "Los Alamitos" to 74121 or scan the QR code.



Questions?

Construction Hotline: 714-378-2965
ConstructionHotline@ocsan.gov

Follow Us: @OCsanDistrict

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 program, please visit the City website at www.cityoflosalamitos.org or call (562) 431-3538.

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

GOOD MORNING, Los Alamitos!

My City ♥ My Los Al

Save the Date

Wednesday, October 19, 2022
10911 Oak Street • 8:30 am - 9:30 am

For more information, please call the Development Services Department at (562) 431-3538



PUBLIC RECORDS NOW ONLINE

The City of Los Alamitos is pleased to announce the availability of certain public records online. Records available for immediate access include:

- MINUTES
- RESOLUTIONS
- CONTRACT LISTINGS

Additional records may be available by submitting a Public Records Request through the City Clerk's Office.

(562) 431-3538
 CITYCLERK@CITYOFLOSALAMITOS.ORG
 WWW.CITYOFLOSALAMITOS.ORG/ONLINERCORDS

My City ♥ My Los Al



The City of Los Alamitos is pleased to announce various records are now available online for immediate access. It is our goal to increase transparency and accountability of your local government. Can't find what you're looking for? Additional records may be available by submitting a Public Records Request through the City Clerk's Office. Visit us online at www.cityoflosalamitos.org/onlinerecords



Thanks to your involvement with the redistricting process and assisting the City in redrawing district lines, the City Council has selected and adopted NDC Map 5, implementing new electoral district boundaries.

The new districts will be used for City Council elections starting with the November 8, 2022 General Municipal Election. Two Council Member seats will be up for election and shall be elected “by-district” (District 4 and District 5).

For more information and to determine what district you live in, please visit the City's website at <http://cityoflosalamitos.org/Elections>.

LOS ALAMITOS POLICE DEPARTMENT COMMUNITY ENGAGEMENT RECAP “EVERY HOUR EVERY DAY”



Join us in celebrating Los Alamitos with the MemorialCare Miller Children's & Women's Hospital Long Beach "Week of Los Al" presented by Southland Credit Union. The week kicks off with Serve Los Al, a citywide volunteer service event on September 16 & 17. Roll up your sleeves and give back to your community by serving at one of the local non-profits or help a senior resident in need of assistance. Projects can be viewed soon at www.servealos.org.

Also following Serve Los Al on September 17 from 11:00 a.m. to 2:00 p.m., the community is invited to join us for The Bikes & Bites Restaurant Tour throughout the City. On Sunday, September 18, the MemorialCare Miller Children's & Women's Hospital Long Beach Los Al's "Family Day" will take place at the Community Center where families will have the chance to rotate through a variety of different activities. Register for activities at <https://losalrecreation.myrec.com>. Throughout the week, Youth Art Workshops will take place at the Community Center (pre-registration required) as well as engaging social media activities the community can participate in via the Los Al Recreation Instagram and Facebook accounts. Register for the Art Workshop at: <https://losalrecreation.myrec.com>.

The UWS Race Los Al returns back to the streets of Los Alamitos for its 41st anniversary. Lace up your running shoes and sign up for the 5K Run/Walk, 10K Run/Wheel, and Southland Credit Union Glow in the Dark Run on September 23 & 24. Register now at www.racelosal.com.

The MemorialCare Miller Children's & Women's Hospital Long Beach My City My Los Al "Street Fair" presented by Southland Credit Union will conclude the week-long celebration on Pine Street on Friday, September 23 from 4:00 p.m. to 9:00 p.m. and Saturday, September 24 from 10:00 a.m. to 8:00 p.m. with stage entertainment including live bands, performance groups, food and display vendors, a beer garden, artisan display vendors, and a Kid's Fun Zone.

Come and join all the activities and see all your neighbors and friends out at all of these community events. It's a week filled with fun and excitement that you and your family will not want to miss!



Citywide Volunteer Service Event

SEPTEMBER 16-17, 2022

Volunteers needed!



Give back *Service* *Community*





Sign up to volunteer at www.servealos.org

Assembly 9-17-22
8am Comm. Ctr.


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

Activities & Events
Celebrating
Los Alamitos!

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

Presented by:  **Southland**
 CREDIT UNION

Week of Los Al

September 16-24, 2022



Race Los Al

Sept. 23-24

5K / 10K


 GLOW RUN
 & GLIDE



Street Fair

Sept. 23-24

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



Bikes & Bites

Sept. 17



Los Al's FAMILY DAY

Sept. 18

Los Alamitos
Recreation & Community Services
Creating Quality of Life

HALLOWEEN DECORATING CONTEST

TUESDAY, OCTOBER 25
6 PM TO 8 PM
My City ♥ My Los Al

Los Alamitos
Recreation & Community Services

My City ♥ My Los Al

Drop 'N' Shop

Drop the kids off for fun, so you can shop!

Los Alamitos Community Center, 10911 Oak Street, Los Alamitos

BLACK FRIDAY SALE

BLACK FRIDAY SUPER SALE

Drop your kids off at these two times!

Free for My Rec Rewards Participants

Pre-register on: <https://losalrecreation.myrec.com>

Agnes 5-12
Nov. 25 (Black Friday)
8a-1p

\$15/R • \$18/NR per session
\$5 off 2nd child

Los Alamitos
Recreation & Community Services
Creating Quality of Life

My City ♥ My Los Al

Santa Calls

Thursday, December 15

Santa will be calling on Thursday, December 15 from 5-7pm. 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 8. 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

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

City of Los Alamitos

Winter Wonderland

Free Snow play

Musical Entertainment

Tree Lighting

Santa's Village

Snow Sledding

Toy Drive for Local Charities
presented by Southland

Donate new and unwrapped toys at the event
Food is subject to change or cancellation based on COVID-19 restrictions in place at the time the event occurs.

Location:
ST. ISIDORE HISTORICAL PLAZA 10961 Reagan Street and Pine Street

Saturday, December 3, 2022
4pm to 7:30pm

Los Alamitos
Recreation & Community Services
Creating Quality of Life

Holiday Decorating Contest

Wednesday, December 14
From 6-9pm

Display your holiday lights & decorate your home!

PRESCHOOL

ARTS, CRAFTS AND MUSIC



LEARN AND GROW PLAYGROUP

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Come join us as we meet new friends, share ideas to foster positive parenting, and all the while sharing some smiles. Children will engage in various activities including movement, literature, music, and crafts that will heighten their development in social, cognitive, fine, and gross motor skills. Parent participation is required. Please do not bring unregistered siblings.

\$5 materials fee

Instructor: Diana Perez

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2201	5 weeks	Wed	9/7-10/5	9:15-10a	1.5-2.5	\$79/\$84
FA2202	5 weeks	Wed	10/19-11/16	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

Instructor: Diana Perez

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2203	5 weeks	Wed	9/7-10/5	10:15-11a	2.5-5	\$79/\$84
FA2204	5 weeks	Wed	9/7-10/5	11:15a-12p	2.5-5	\$79/\$84
FA2205	5 weeks	Wed	10/19-11/16	10:15-11a	2.5-5	\$79/\$84
FA2206	5 weeks	Wed	9/7-10/5	10:15-11a	2.5-5	\$79/\$84

HOLLY JOLLY TODDLER WORKSHOP

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

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

\$5 materials fee

Instructor: Diana Perez

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2207	3 weeks	Wed	11/30-12/14	9:15-10a	2.5-5	\$53/\$58

CANCELLED

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.



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. *Please contact the Preschool Program for questions regarding which class your child should enroll in.

FALL PROGRAM (SESSION 1)

Age:	Days:	Dates:	Time:	Fee: (R/NR)	Code:
4-5*	M/W/F	8/15-10/7	9am-1pm	\$495/\$500	FA2208
3-4*	T/TH	8/16-10/6	9am-12pm	\$248/\$253	FA2209

NO CLASS: 9/5, 9/16, 9/23

(SESSION 2)

Age:	Days:	Dates:	Time:	Fee: (R/NR)	Code:
4-5*	M/W/F	10/10-12/16	9am-1pm	\$495/\$500	FA2210
3-4*	T/TH	10/11-12/15	9am-12pm	\$248/\$253	FA2211

NO CLASS: 10/10, 11/10, 11/11, 12/6 • THANKSGIVING BREAK: 11/21 - 11/25

Southland CREDIT UNION **PROUD SPONSOR OF PRESCHOOL**

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

DANCE AND MUSIC

CHILDREN'S MUSICAL THEATER

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. Optional recital available in Fall and Winter sessions only. Nominal costume fee applies. Information: www.ocdanceproductions.com

No class: 10/3, 10/10, 11/21

Instructor: OC Dance Productions

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES	
FA2212	5 weeks	Mon	9/12-10/24	3:30-4:15p	3-5	\$74/\$79	
FA2212	5 weeks	CANCELLED					\$74/\$79



"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. Optional recital available in Fall and Winter sessions only. Nominal costume fee applies. Information: www.ocdanceproductions.com

No class: 9/29, 11/10, 11/24

Instructor: OC Dance Productions

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2214	5 weeks	Thu	9/15-10/20	4:25-5:10p	3-6	\$74/\$79
FA2215	5 weeks	Thu	10/27-12/8	4:25-5:10p	3-6	\$74/\$79

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. Optional recital available in Fall and Winter sessions. Nominal costume fee applies. Information: www.ocdanceproductions.com

No class: 9/29, 11/10, 11/24

Instructor: OC Dance Productions

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2216	5 weeks	Thu	9/15-10/20	3:30-4:15p	3-5	\$74/\$79
FA2217	5 weeks	Thu	10/27-12/8	3:30-4:15p	3-5	\$74/\$79



BEGINNING BALLET

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Leap into the world of ballet! Dancers focus on beginning ballet terminology, positions, and movements in an encouraging environment for the budding ballerina. Instruction helps improve self-discipline, alignment, flexibility, and poise in this structured yet nurturing class. Last day performance for family. Leotard, tights, and ballet shoes required. Optional recital available in Fall and Winter sessions only. Nominal costume fee applies. Information: www.ocdanceproductions.com

No class: 10/3, 10/10, 11/21

Instructor: OC Dance Productions

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2218	5 weeks	Mon	9/12-10/24	4:25-5:10p	5-8	\$74/\$79
FA2219	5 weeks	Mon	10/31-12/5	4:25-5:10p	5-8	\$74/\$79

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. Optional recital available in Fall and Winter sessions only. Nominal costume fee applies. Information: www.ocdanceproductions.com

No class: 10/3, 10/10, 11/21

Instructor: OC Dance Productions

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2220	5 weeks	Mon	9/12-10/24	5:20-6:05p	5-9	\$74/\$79
FA2221	5 weeks	Mon	10/31-12/5	5:20-6:05p	5-9	\$74/\$79

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. Optional recital available in Fall and Winter sessions only. Nominal costume fee applies. Information: www.ocdanceproductions.com

No class: 9/29, 11/10, 11/24

Instructor: OC Dance Productions

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2222	5 weeks	Thu	9/15-10/20	5:20-6:05p	5-9	\$74/\$79
FA2223	5 weeks	Thu	10/27-12/8	5:20-6:05p	5-9	\$74/\$79

PRESCHOOL

SPORTS

PARENT & ME FLAG FOOTBALL

Little Cottonwood Park
4000 Farquhar Avenue, Los Alamitos

Come toss the football with your little athlete. Learn the basic fundamentals of throwing, catching, and hiking. Classes are led by Recreation Staff, and must include parent participation. **Award is included in the fee.**

No class: 10/22

Instructor: Recreation Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2224	5 weeks	Sat	10/1-11/5	9-9:45a	2-3	\$50/\$55

JR. PEE WEE FLAG FOOTBALL

Little Cottonwood Park
4000 Farquhar Avenue, Los Alamitos

Get a jump start on your football career. Participants will learn the rules of the game in a clinic style, fun atmosphere. Future football stars will learn the basic skills such as throwing, catching, and flag pulling. A Jr. Pee Wee Super Bowl will be played on the final day.

Award is included in the fee.

No class: 10/22

Instructor: Recreation Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2225	5 weeks	Sat	10/1-11/5	10-10:45a	3.5-4	\$58/\$63

JR. SUPERSTARS

Little Cottonwood Park
4000 Farquhar Avenue, Los Alamitos

Introduce your child to our multi-sport program. The Jr. Superstars program is a five-week program that will cover a variety of sports including football, volleyball, and track and field. Recreation staff will go over a variety of skills in each sport. Award is included in the fee.

Award are included in the fee.

No class: 10/22

Instructor: Recreation Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2226	5 weeks	Sat	10/1-11/5	11-11:45a	5-8	\$58/\$63

GOLF WITH SPORTBALL

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: 10/22

Instructor: Sportball Coaches

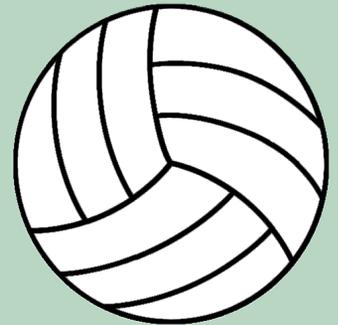
CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA22113	6 weeks	Sat	10/1-11/12	9-9:45a	3-4	\$105/\$110
FA22114	6 weeks	Sat	10/1-11/12	10-10:45a	5-7	\$105/\$110



Los Alamitos

Recreation & Community Services
Creating Quality of Life

Learn the skills and techniques of volleyball, or sharpen your skills, in the Recreation Departments Co-ed Youth Volleyball League. Practice will be held once per week, beginning the week of September 19. The first week is dedicated to practice, with the first game scheduled on Friday, September 30, and ending with the Skills Contest on Friday, December 9.



Grades 4-8

September 19-December 9

No Practice/Games: 11/11, 11/21-11/25

10 weeks

Res. \$140, Non-Res. \$145



PRACTICE SITE	DIVISION	PRACTICE DAY	PRACTICE TIME
Oak Gym	Spike (6th-8th grade)	Monday	5:30-6:45pm
McAuliffe M.S.	Spike (6th-8th grade)	Wednesday	3:30-4:45pm
McAuliffe M.S.	Spike (6th-8th grade)	Thursday	3:30-4:45pm
McGaugh	Set (4th-5th grade)	Monday	3:30-4:30pm
Oak Gym	Set (4th-5th grade)	Wednesday	6:00-7:00pm
LAE	Set (4th-5th grade)	Tuesday	3:30-4:30pm
Weaver	Set (4th-5th grade)	Tuesday	3:30-4:30pm
Lee	Set (4th-5th grade)	Thursday	3:30-4:30pm

Practice sites, practice times, and game times are subject to change.

SPECIAL INTEREST CLASSES



Los Alamitos
Recreation & Community Services
Creating Quality of Life

YOUTH ART CLASS

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Calling all artists! Come explore your creativity through all different ways of art. We will explore various art styles and creating masterpieces using mediums such as watercolor, charcoal, and clay.

No class on 10/22
Instructor: Recreation Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA222	6 weeks	Mon	9/12-10/3	3:30-4:45p	6-12	\$65/\$70
FA222	4 weeks	Mon	10/17-11/14	3:30-4:45p	6-12	\$65/\$70

Schedule your Valentine's date night and leave the kids with us for some fun activities!

Los Al Kids' Club



Valentine's Day Kids Club
Sat, Feb. 11, 2023 6p-10p

\$15/R • \$20/NR
\$5 off 2nd child

Ages 5-12

Los Alamitos Community Center: 10911 Oak Street, Los Alamitos

FREE for My Rec Rewards Participants



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.

LIL' CHEF COOKING CLASS

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. Parent participation is encouraged. Please inform the instructor prior to class of any allergies.

No class on 10/22
Instructor: Recreation Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2229	6 weeks	Sat	10/1-11/12	9-10:30a	4-6	\$110/\$115

MASTER CHEF COOKING CLASS

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.

No class: 10/22

Instructor: Recreation Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2230	6 weeks	Sat	10/1-11/12	11-12:30p	7-12	\$110/\$115

Fall Camp

November 21-23
Ages 5-12

Los Alamitos Community Center
10911 Oak Street

Regular: 9am - 4pm • Daily Rates: Res. \$30, Non-Res. \$35
Extended: 7am - 6pm • Daily Rates: Res. \$45, Non-Res. \$50

Proud Sponsor of Day Camp



Join Southland Credit Union and receive 20% off your registration by becoming a member. Discount only redeemable through in-person registration at the Community Center.

Los Alamitos
Recreation & Community Services
Creating Quality of Life

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

YOUTH SPORTS



HOMECOURT EDGE BASKETBALL BALL HANDLING AND SHOOTING STARS 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: 9/8, 11/10, 11/24, 12/6

Instructor: HCE Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2231	4 weeks	Tue/Thurs	9/6-9/29	7-8:30p	4-18	\$168/\$173
FA2232	4 weeks	Tue/Thurs	10/4-10/27	7-8:30p	4-18	\$168/\$173
FA2233	6 weeks	Tue/Thurs	11/1-12/15	7-8:30p	4-18	\$249/\$254

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: 9/8, 11/10, 11/24

Instructor: HCE Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2234	4 weeks	Thurs	9/8-9/29	7-8:30p	4-18	\$108/\$113
FA2235	4 weeks	Thurs	10/6-10/27	7-8:30p	4-18	\$108/\$113
FA2236	5 weeks	Thurs	11/3-12/15	7-8:30p	4-18	\$134/\$139

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: 12/6

Instructor: HCE Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2237	4 weeks	Tues	9/6-9/27	7-8:30p	4-18	\$108/\$113
FA2238	4 weeks	Tues	10/4-10/25	7-8:30p	4-18	\$108/\$113
FA2239	6 weeks	Tues	11/1-12/13	7-8:30p	4-18	\$159/\$164

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: 9/8, 11/10, 11/24, 12/6

Instructor: HCE Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2240	4 weeks	Tue/Thu/Sun	9/6-9/29	T/Th 7-8:30p	4-18	\$208/\$213
FA2241	5 weeks	Tue/Thu/Sun	10/4-10/30	Sun 2-3:30p	4-18	\$259/\$264
FA2242	7 weeks	Tue/Thu/Sun	11/1-12/11		4-18	\$359/\$364

HOMECOURT EDGE BASKETBALL ATTACK SERIES SKILLS CLINIC

Oak Middle School Gym
10821 Oak Street, Los Alamitos

HCE Attack Series 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 co-ed 2-3:30pm. High School co-ed 3:30-5pm.

Drop in: \$20 per class

No class: 10/18, 12/18

Instructor: HCE Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2243	7 weeks	Sun	9/11-10/30	2-5p	4-18	\$184/\$189
FA2244	6 weeks	Sun	11/6-12/11	2-5p	4-18	\$159/\$164

HOMECOURT EDGE TRAVEL BALL PROGRAM

Oak Middle School Gym
10821 Oak Street, Los Alamitos

Come and join our HomeCourt Edge Basketball Travel Team Program! We will practice twice a week Tuesdays and Thursdays. We will play at least two shootouts/ tournaments a month. Your child will get better! Co-ed 2nd – High School teams.

No class: 9/8, 11/10, 11/24, 12/6

Instructor: HCE Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2245	4 weeks	Tue/Thurs	9/6-9/29	6-8:30p	6-18	\$188/\$193
FA2246	4 weeks	Tue/Thurs	10/4-10/27	6-8:30p	6-18	\$188/\$193
FA2247	6 weeks	Tue/Thurs	11/1-12/15	6-8:30p	6-18	\$279/\$284

CITY OF
Los Alamitos
California

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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.

TEEN SECTION



MODERN TWEEN HOME ECONOMICS CLASS

Los Alamitos Community Center
10911 Oak Street, Los Alamitos, CA 92653
Recreation staff will teach students how to make sewing, cooking, baking, and more. Students will learn about essential vehicle maintenance, and more. Activities each class!

CODE	DATE(S)	TIME	AGE	RES/NON-RES
FA22	Tue 9/6-10/4	3:30-4:45p	10-14	\$75/\$80
FA22	6 weeks Tue 10/18-11/15	3:30-4:45p	10-14	\$75/\$80

CANCELLED

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!

Proud Sponsor:



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

My City ♥ My Los Al

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



YOUTH IN GOVERNMENT
LEARN HOW TO BE MORE CIVICALLY ENGAGED!

College application benefits, make new and lasting friendships, leadership development, and scholarships available.

Open for Los Alamitos High School, Juniors and Seniors, students will have the opportunity to apply and interview for the program to determine program participant roles.

Luncheon with the City of Los Alamitos Executive Team, Management Team, and City Council.

Opportunity to complete special projects at City events and programs.

Educational workshops with City professionals.

APPLICATIONS OPEN SEPTEMBER 2022

Please visit cityoflosalamitos.org/recreation for the most up to date information on this program.

WHAT WE OFFER

NON-RESIDENTIAL COUNSELING

For teens and/or families looking for counseling services, but not in need of CY's shelter services.

PARENTING CLASSES

Designed for parents of teens in need of additional skills & support during those challenging adolescent years. Our 12-week curriculum is OC Department of Probation & Social Services approved. **Mondays 7-8:30pm**

TEEN DROP-IN

For teens between the ages of 12-17, this group is aligned with Parenting group topics. Designed to offer additional skills & guidance for non-residential youth. **Mondays 7-8:30pm**

For info on these services & more: casayouthshelter.org or (562) 534-6825.

CASA YOUTH SHELTER



Los Alamitos
Recreation & Community Services
Creating Quality of Life



WE SERVE AND NURTURE YOUTH ...

in crisis with shelter, counseling, and support services, empowering them to come through their crisis with increased confidence, stability, and tools for continued growth.

Casa Youth Shelter

24-Hour Helpline Call (800) 914-CASA (2272)
www.CasaYouthShelter.org



TEEN AND ADULT



DIY HOME DECOR SIGN MAKING

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Join us in this fun one day class where you will learn to create your very own sign to display in your home. Recreation staff will teach you fun and trendy ways to create your own personal sign. Participants will receive all the materials needed to create their sign. Recreation staff will provide all the materials needed to create signs.

Instructor: Recreation Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2251	1 day	Sat	10/8	9-11a	16+	\$30/\$35



CURSIVE HANDWRITING CLASS

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Have you ever wanted to write in cursive? Now is your chance to learn! Join us as our Recreation staff teach you how to write in cursive and you can impress your friends.

No Class: 11/10, 11/24

Instructor: Recreation Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2251	5 weeks	Tue	9/6-10/4	5:30-6:30p	10-14	\$75/\$80
FA2252	5 weeks	Tue	9/6-10/4	5:30-6:30p	10-14	\$75/\$80
FA2253	5 weeks	Tue	9/6-10/4	5:30-6:30p	15-19	\$75/\$80
FA2254	5 weeks	Thu	10/20-12/1	5:30-6:30p	15-18	\$75/\$80

CANCELLED

Los Alamitos
Recreation & Community Services
Creating Quality of Life

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NEW

PICK-UP SPIKEBALL

Who: CO-ED 18+

When: Begins Monday, August 29

Continuous Mondays/ 7:00 p.m. - 9:30 p.m.

Where: Laurel Park (10862 Bloomfield St.)

\$5 PER PERSON

PAINTED COURTS & EQUIPMENT PROVIDED!

For more information on adult sports offerings, please visit cityoflosalamitos.org/recreation.



MODERN TEEN HOME ECONOMICS CLASS

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Recreation staff will teach you how to sew, cook, bake, garden, and more! Essential skills for life! Essential activities each class!

No class: 11/10, 11/24

Instructor: Recreation Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2251	5 weeks	Thu	9/8-10/6	3:30-4:45p	15-17	\$75/\$80
FA2252	5 weeks	Thu	10/20-12/1	3:30-4:45p	15-17	\$75/\$80

CANCELLED

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.

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: 9/17, 9/24, 10/22

Instructor: Ying Liu

DURATION	DAY	DATE(S)	TIME	AGE	PER CLASS FEE
Continuous	Sat	9/10-11/19	9-12p	16+	\$15 +\$10 model fee



Virtual

DRAWING & SKETCHING

This course is designed for artists who have an interest in learning how to draw and sketch or simply want to improve their skills. It covers the tools you'll need to draw and provide plenty of exercises to practice drawing using different techniques and styles. All skill levels are welcome. Students provide their own supplies; a list of supplies will be sent.

No Class: 11/23

Instructor: Darshini Aithal

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2257	4 weeks	Wed	10/12-11/2	4-6p	16+	\$100/\$105
FA2258	4 weeks	Wed	11/9-12/7	4-6p	16+	\$100/\$105



Virtual

ACRYLIC PAINTING

In this course, we explore different techniques in acrylic painting with an emphasis on composition, light and shade, color harmony and mixing. Students will get the opportunity to learn while working on their projects with guided demonstrations and instructions. Join me to unleash your inner artist, put paint to canvas and gain a solid foundation of painting, from the comfort of your own home. A Zoom link and a list of supplies will be sent to all students.

No Class: 11/24

Instructor: Darshini Aithal

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2259	4 weeks	Thurs	10/13-11/3	6:30-8:30p	16+	\$100/\$105
FA2260	4 weeks	Thurs	11/17-12/15	6:30-8:30p	16+	\$100/\$105

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: 10/22

Instructor: Darshini Aithal

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2261	5 weeks	Sat	10/15- 11/19	12-2p	16+	\$125/\$130

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: 10/10, 10/31, 11/28

Instructor: Cheryl Schnitzer

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2262	11 weeks	Mon	9/12-12/12	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

No class: 10/12, 11/23

Instructor: Carri Fox

DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
Continuous	Wed	9/7-12/14	10-11a	18+	\$5 per class

BALLROOM DANCE

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

An evening of dancing. Want to prepare for a special event, a wedding or an anniversary, a corporate event or a cruise? Or if you just want to come dance and work on the material you have learned, join us for an evening of social ballroom dancing. No instruction, just lots of dancing. Carri Fox will play a mix of music for you to dance to. Dress up or come casual but bring your dancing shoes! We will dance the Fox Trot, Swing, Cha Cha, Rumba, and Night Club Two-Step. Pre-register and save! Life is Better When You Dance.

Drop in: \$18

Instructor: Carri Fox

DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2263	Wed	9/28	7-9p	18+	\$16/\$21

TEEN AND ADULT TENNIS



SESSION 1

CLASS	DAY	TIME	AGE	DATES	CODE	R/NR
Pee Wee	T	4:15-5pm	4-6	9/13-10/18	FA2264	\$64 / \$69
Youth-Beg	T	5-6pm	7-16	9/13-10/18	FA2265	\$79 / \$84
Youth-Beg	W	3:30-4:30pm	7-16	9/14-10/19	FA2266	\$79 / \$84
Adult-Beg	W	6:30-7:30pm	16+	9/14-10/19	FA2267	\$79 / \$84
Pee Wee	Th	3:45-4:30pm	4-6	9/15-10/20	FA2268	\$64 / \$69
Youth-Beg	Th	4:30-5:30pm	7-16	9/15-10/20	FA2269	\$79 / \$84
Youth-Int	Th	5:30-6:30pm	11-16	9/15-10/20	FA2270	\$79 / \$84
Pee Wee	S	8:45-9:30am	4-6	9/17-10/22	FA2271	\$64 / \$69
Youth-Beg	S	9:30-10:30am	7-16	9/17-10/22	FA2272	\$79 / \$84
Youth-Int	S	10:30-11:30am	11-16	9/17-10/22	FA2273	\$79 / \$84

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. Participants must provide their own racket. **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 2

CLASS	DAY	TIME	AGE	DATES	CODE	R/NR
Pee Wee	T	4:15-5pm	4-6	11/1-12/6	FA2274	\$64 / \$69
Youth-Beg	T	5-6pm	7-16	11/1-12/6	FA2275	\$79 / \$84
Youth-Beg	W	3:30-4:30pm	7-16	11/2-12/7	FA2276	\$79 / \$84
Adult-Beg	W	6:30-7:30pm	16+	11/2-12/7	FA2277	\$79 / \$84
Pee Wee	Th	3:45-4:30pm	4-6	11/3-12/8	FA2278	\$64 / \$69
Youth-Beg	Th	4:30-5:30pm	7-16	11/3-12/8	FA2279	\$79 / \$84
Youth-Int	Th	5:30-6:30pm	11-16	11/3-12/8	FA2280	\$79 / \$84
Pee Wee	S	8:45-9:30am	4-6	11/5-12/10	FA2281	\$64 / \$69
Youth-Beg	S	9:30-10:30am	7-16	11/5-12/10	FA2282	\$79 / \$84
Youth-Int	S	10:30-11:30am	11-16	11/5-12/10	FA2283	\$79 / \$84

No class: 11/23 - 11/26 • Class make-ups: 12/14-17

SOCCER REGISTRATION:



SOCCER LEAGUES:

Early Registration: **5/8 – 7/15**

Regular Registration: **7/16 – 7/24**

Visit teamsideline.com/losalamitos for updated soccer league information

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)
FA2284 / FA2285	11v11 Soccer Men's Over 45	45+	Sun	8/7/2022	Oak / McAuliffe	\$950/ \$1,000 per team	\$60
FA2286 / FA2287	7v7 Soccer Co-Ed Over 18	18+	Mon	8/8/2022	Oak / McAuliffe	\$610/ \$660 per team	\$20
FA2288 / FA2289	7v7 Soccer Men's Over 35	35+	Wed	8/10/2022	Oak / McAuliffe	\$610/ \$660 per team	\$20
FA2290 / FA2291	7v7 Soccer Women's Over 30	30+	Thur	8/11/2022	Oak / McAuliffe	\$610/ \$660 per team	\$20
	Pick-Up Basketball (8:30-10pm)	18+	Tues	8/30/2022	Oak Gym	\$3 per person	N/A
	Pick-Up Volleyball (8:45-10pm)	18+	Thur	CANCELLED		\$3 per person	N/A
NEW!	Pick-Up Spikeball (7-9:30pm)	18+	Mon	8/29/2022	Laurel Park	\$5 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

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.

No class: 10/10

Instructor: Suzanne Roady-Ross

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2292 (Beg/Int)	4 weeks	Mon	9/12-10/3	9:25-11a	18+	\$49/\$54
FA2293 (Beg/Int)	5 weeks	Mon	11/7-12/5	9:25-11a	18+	\$59/\$64



Tuesday, August 2, 2022
5 p.m. - 8 p.m.

- ★ Meet & Greet Los Al Police Dept.
- ★ Specialized Units Static Displays
- ★ Food Vendors
- ★ Scavenger Hunt with Youth Giveaways
- ★ Family Activities & Live Band
- ★ Inflatable Bouncers for the Kids

Little Cottonwood Park 4000 Farquhar Ave. Los Alamitos, 90720

www.cityoflosalamitos.org



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: 9/17, 9/24, 10/22, 12/3

Instructor: Barbara Bannerman

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2294	12 weeks	Tue	9/13-11/29	6:30-7:30p	16+	\$129/\$134
FA2295	10 weeks	Sat	9/10-12/10	8:30-9:30a	16+	\$109/\$114



MAT PILATES

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Mat Pilates is a strengthening and lengthening form of exercise focusing on core muscles while also training arms and legs. Mat Pilates is based on the original exercises Joseph Pilates developed to strengthen his entire body as a very young man and then began teaching others. Mat Pilates can be modified for any age, body, or fitness level. *A yoga mat is required for this class and water is recommended.

No class: 10/10

Instructor: Garage Pilates

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2296	10 weeks	Mon	9/19-11/28	6:45-7:45p	18+	\$195/\$200

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
FA2297	1 day	Tue	10/25	7-9p	14+	\$45/50
FA2298	1 day	Tue	12/13	7-9p	14+	\$45/50



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, photo shop post production, and many other items of interest.

Instructor: Dave Duenas

CODE	DURATION	DATE(S)	TIME	AGE	RES/NON-RES
FA2299	1 Day/Tue	9/20	7-9p	18+	FREE
FA22100	1 Day/Tue	10/18	7-9p	18+	FREE
FA22101	1 Day/Tue	11/15	7-9p	18+	FREE

TAKE CHARGE OF YOUR YARD!



WWW.MOSQUITOESSUCK.ORG



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: 10/10

Instructor: Michele Wilkosz

DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
Continuos	Mon	9/5-12/12	9a-12p	16+	\$3 per class

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-1p
12/17/22	Holiday Art 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 ADULT, 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. **\$30 materials fee.**

Instructor: Jack Griswold

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA22102	1 day	Sat	9/10	8-10a	10+	\$10/\$15
FA22103	1 day	Sat	10/1	8-10a	10+	\$10/\$15
FA22104	1 day	Sat	11/5	8-10a	10+	\$10/\$15
FA22105	1 day	Sat	12/10	8-10a	10+	\$10/\$15

* IF TAKING BOTH CPR AND FIRST AID, ONE COMBINED BOOKLET WILL BE PROVIDED FOR A \$60 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. **\$30 materials fee.**

Instructor: Jack Griswold

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA22102	1 day	Sat	9/10	10-11a	10+	\$10/\$15
FA22103	1 day	Sat	10/1	10-11a	10+	\$10/\$15
FA22108	1 day	Sat	11/5	10-11a	10+	\$10/\$15
FA22109	1 day	Sat	12/10	10-11a	10+	\$10/\$15

SUPERSITTERS

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

This is a great opportunity for anyone caring for children. Students will receive training for basic CPR and First Aid, emergency preparedness, and safety proofing. **\$17 materials fee.**

Instructor: Jack Griswold

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA22110	1 day	Sat	9/10	11-12:30p	10+	\$37/\$42



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.



Los Alamitos
Recreation & Community Services
Creating Quality of Life



Thank you
2022 PARTNERS

PREMIER



STAR



ADVOCATE



FRIEND



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

OLDER ADULTS



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.



AGE: 50+

ANNUAL MEMBERSHIP:
\$10 for the calendar year.

LOCATION: Los Alamitos Community Center, 10911 Oak Street

CLUB ACTIVITIES:

Thursdays 9 a.m. - 3 p.m.
(Bingo Buy-in is from 9:00 a.m. to 11 a.m.)
The Pledge of Allegiance and Announcements begin at 11:30 a.m.
Bingo starts immediately following Announcements.

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 includes a potluck lunch. Please bring an item to share.

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
FA22111	9 weeks	Tue	9/13-12/13	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.*



CHAIR YOGA

*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 traditional yoga while being comfortably supported by a chair. Chair yoga gives you all the health benefits that a normal yoga practice does. The benefits include muscle toning, flexibility, reduced stress levels, better breathing techniques, better sleep and an overall sense of well-being. This Chair Yoga class has you in mind. If limited mobility or injuries are holding you back from enjoying your body to the fullest, then you owe it to yourself to give this course a try. It's an amazing way to safely stretch and strengthen your body. Drop-In Fee: \$15

No Class: 10/22

Instructor: Darshini Aithal

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA22112	5 weeks	Sat	10/15-11/19	10:50-11:40a	18+	\$54/\$59

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.



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 HELP WITH YARDWORK?

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

Visit www.servelosal.org to complete an application.

Looking to serve your community?
Visit www.servelosal.org



HICAP

a Program of Council on Aging

Los Alamitos
Recreation & Community Services
Creating Quality of Life

MEDICARE ESSENTIALS UNDERSTANDING MEDICARE BASICS

Wednesday, August 31
11:00 a.m. – 12:00 p.m.
Los Alamitos Community Center
10911 Oak Street

QUESTIONS ABOUT MEDICARE?

Join HICAP's presentation which will include information on:

- Medicare enrollment periods
- Medicare coverage and benefits
- Health care options
- Medicare Part D prescription drug coverage
- Medicare costs and cost saving options
- Resources
- Health Insurance Counseling and Advocacy Program (HICAP) is a program of the Council on Aging-Southern California.

HICAP does not sell or endorse insurance products

We will also review the importance of the upcoming Medicare Open Enrollment Period (starts October 15- runs through December 7) and HICAP's assistance available.

OLLI California State University Long Beach

THE OSHER LIFELONG LEARNING INSTITUTE @ CSULB IS PLEASED TO OFFER THE FOLLOWING CLASSES AT ST. ISIDORE HISTORICAL PLAZA

ST. ISIDORE HISTORICAL PLAZA
10961 REAGAN ST., LOS ALAMITOS
Classes are available to adults 50 and older.

Journal Making
Mondays 1:00 – 3:00 pm
Beginning July 11

Chorus
Thursdays 3:00 – 4:30 pm (in the hall)
Beginning June 23 (Social Hall)

Recorder Consort
Mondays 10:00 – 11:30 am
Beginning July 11

Blue Grass Music Jam
Fridays 11:30 – 1:00 pm
Beginning July 8

OLLI Membership is \$40/year and each full class is \$15. To register, please call 562-985-8237 or visit our website.

25 Years OLLI

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:

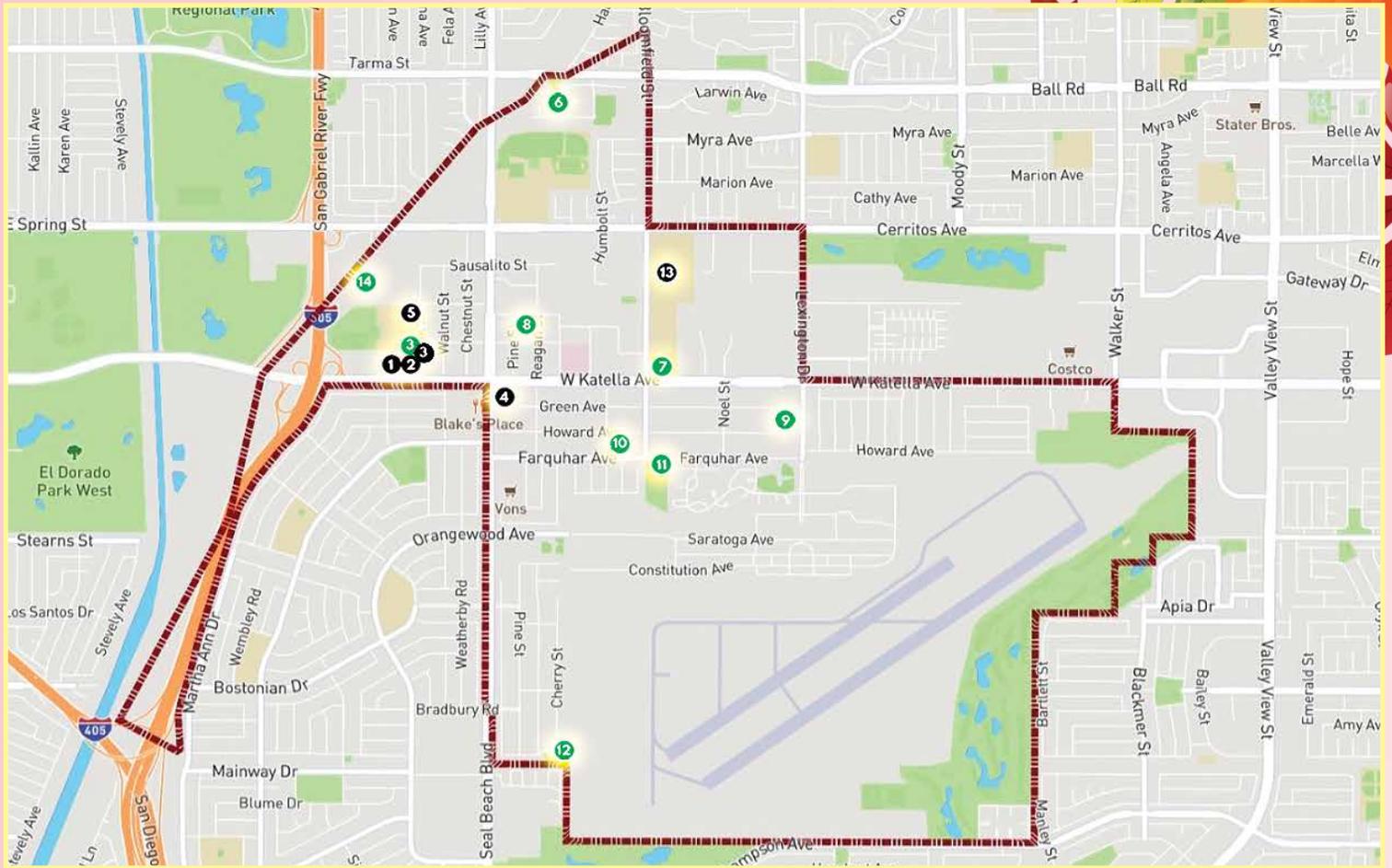
Breakfast and lunch is provided by North Seal Beach Senior Center and delivered Monday thru Friday. Please contact Community SeniorServ at (714) 229-3352 for more information.

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:

- | | | |
|---|---|--|
| <p>1 City Hall
3191 Katella Avenue</p> <p>2 Police Department
3201 Katella Avenue</p> <p>3 Community Center
10911 Oak Street
The Youth Center
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> |
|---|---|--|



Thank you to our Brochure Distribution Partners



REGISTRATION

FALL 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.

will be made available for those wishing to participate in City programs or activities. Information concerning the provisions of the Americans with Disabilities Act is available by calling (562) 431-3538. Individuals registering for a class must meet the age requirement prior to the first class meeting. Children may not remain in adult classes and adults may not remain in children's classes during instruction unless otherwise stated.

REFUND POLICY

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

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.

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

MAIL-IN REGISTRATION

Mail-in registration begins Monday, July 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, July 25, 2022 will not be accepted. Registration will be processed beginning Monday, July 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, July 22, 2022 for residents and Sunday, July 24, 2022 for non-residents.

WALK-IN REGISTRATION

Walk-in registration begins Monday,

July 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, July 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

PLEASE PRINT AND FILL OUT FORM

FAX: (562) 594-9657

LAST NAME (Adult):	FIRST NAME (Adult):	DOB (Adult) (REQUIRED):
ADDRESS:	HOME PHONE:	
CITY/STATE/ZIP:	SECONDARY PHONE (REQUIRED):	CIRCLE ONE: CELL WORK
E-MAIL ADDRESS:	HAS YOUR INFORMATION CHANGED? <input type="checkbox"/> YES <input type="checkbox"/> NO <input type="checkbox"/> LOS ALAMITOS RESIDENT <input type="checkbox"/> NON-RESIDENT	

Release, Waiver and Assumption of Risk

I fully understand that my/my child's participation in the events/programs/classes listed below, exposes me/my child to the risk of personal injury, death or property damage. I hereby acknowledge that I/my child am/is voluntarily participating in this event/program/class and agree to assume any such risks. I hereby release, discharge and agree not to sue the City of Los Alamitos or LAUSD or Military Department of the State of California and each of their respective officers, agents, employees, representatives, board members, volunteers and sponsors for any injury, death or damage to or loss of personal property arising out of, or in connection with my/my child's participation in the event/program/class from whatever cause, including the active or passive negligence of City of Los Alamitos or LAUSD or Military Department of the State of California and each of their respective officers, agents, employees, representatives, board members, volunteers and sponsors, or any other participants in the event/program/class. The parties to this agreement understand that this document is not intended to release any party from any act or omission of "gross negligence," as that term is used in applicable case law and/or statutory provision. In consideration for being permitted to participate in the event/program/class, I hereby agree, for myself, my heirs, administrators, executors, assigns, and agents that I shall indemnify and hold harmless City of Los Alamitos or LAUSD or Military Department of the State of California and each of their respective officers, agents, employees, representatives, board members, volunteers and sponsors, from any and all claims, demands, actions or suits arising out of or in connection with my participation in the event/program/class. I also grant my irrevocable right and permission with respect to photographs, videos, motion pictures, and/or sound recordings being taken of myself/my child. I further certify that said person/minor is in good health and has no physical or other impediment which would endanger him/her from participating in such an activity. I hereby consent to any x-ray, examination, anesthetic, medical or surgical diagnosis or treatment and hospital care to be rendered to myself/my child by a physician or hospital selected by staff for any injury or incident arising out of or connect with this event/program/class. The City of Los Alamitos has put into place preventative measures and protocols to protect program participants from the spread of COVID-19; however, the City of Los Alamitos cannot guarantee that you or your child will not become infected with COVID-19. Further, attending the recreation program could increase your risk and your child's risk of contracting COVID-19 or any other contagious disease. By signing this Liability Release and Assumption of Risk, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that my child and I may be exposed to or infected by COVID-19 by attending the recreation program and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 at the recreation program may result from the actions, omissions, or negligence of myself and others, including, but not limited to, the City of Los Alamitos, its officers, agents, and employees, and other program participants and their families. I voluntarily agree to assume all the foregoing risks and accept sole responsibility for any harm, injury, or damage that may befall my child or myself relating to me or my child's attendance to the recreation program. On my behalf, and on behalf of my child, I hereby release, covenant not to sue, discharge, and hold harmless the City of Los Alamitos, its officers, agents, and employees (collectively "Released Parties") from any and all claims, including all liabilities, actions, damages, costs or expenses of any kind arising out of or relating to my child's attendance to the recreation program ("Claims"). I understand and agree that this Liability Release and Assumption of Risk includes any Claims based on the actions, omissions, or negligence, whether passive or active, of the Released Parties and irrespective of whether a COVID-19 infection occurs before, during, or after me or my child's attendance at the recreation program. I HAVE CAREFULLY READ THIS WAIVER, RELEASE, HOLD HARMLESS AND AGREEMENT NOT TO SUE AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A FULL RELEASE OF ALL LIABILITY AND SIGN IT ON MY OWN FREE WILL.

PARTICIPANT'S SIGNATURE OR PARENT/LEGAL GUARDIAN SIGNATURE IF PARTICIPANT IS A MINOR: X _____ Date: _____	EMERGENCY CONTACT NAME: _____
	EMERGENCY CONTACT PHONE: _____

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)	RECEIPT #	STAFF INITIALS:	DATE:
Name of Staff: _____	Cash Denomination: _____		

Cardholder Name (Please Print): _____	Cardholder Signature: _____
CREDIT CARD #: _____	EXPIRATION DATE: _____
	CVV2 CODE: _____

CITY OF LOS ALAMITOS
RECREATION AND COMMUNITY
SERVICES DEPARTMENT

RESIDENTS AND BUSINESSES
LOS ALAMITOS, CA 90720

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LOS ALAMITOS, CA 90720
PERMIT #70
CAR-ROUTE



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Recreation & Community Services

Creating Quality of Life

TRUNK OR TREAT

FREE ADMISSION!

FREE PUMPKIN PATCH

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A FUN, SAFE HALLOWEEN EVENT FOR FAMILIES

SATURDAY, OCTOBER 22

5:00 - 7:30 PM

LITTLE COTTONWOOD PARK

4000 FARQUHAR AVE, LOS ALAMITOS

ADDITIONAL EVENT INFORMATION WILL BE POSTED AT A LATER DATE

www.cityoflosalamitos.org/recreation