

Los Alamitos

Recreation & Community Services

Creating Quality of Life

Recreation Brochure

& City News

Summer 2023



**SUMMER
TIME
IN LOS AL!**

AQUATICS



SPECIALTY CAMPS



DAY CAMP



**PARKS
PROGRAM**



**CLASSES
FOR ALL
AGES**



FUN, NEW SUMMER PROGRAMS TO JOIN!

COMING UP SOON

2023

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**Los Alamitos
Summer
Day Camp**

SUMMER DAY CAMP

JUNE 12 - AUGUST 18

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COUNSELORS IN TRAINING

JUNE 12 - AUGUST 18

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**Summer
CONCERT
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**CONCERTS IN
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JUNE 15 - AUGUST 10

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PROGRAM**

SUMMER PARKS PROGRAM

JUNE 12 - AUGUST 11

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**3RD
of
July
Fireworks
Spectacular**

**FIREWORKS
SPECTACULAR**

JULY 3

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**COUCH TO 5K
Running Program**

Starts July 19

COUCH TO 5K

STARTS JULY 11

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**BACKPACKS AND
SCHOOL SUPPLIES**

DONATION DRIVE

JULY 11

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**Register Now!
Race Los Al**

Sept. 16, 2023

RACE LOS AL

SEPTEMBER 16

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



Los Alamitos

Recreation & Community Services

Creating Quality of Life

CITY COUNCIL

Mayor

Tanya Doby

Mayor Pro Tem

Jordan Nefulda

Council Members

Trisha Murphy - District 2
Shelley Hasselbrink - District 4
Emily Hibard - District 5

City Manager

Chet Simmons

Deputy City Manager

Ron Noda

PARKS, RECREATION AND CULTURAL ARTS COMMISSION

Chairperson

Alexander Duran

Commissioners

William Bandak - Vice Chair
Morgan Beck
Wendy Cope
Katelyn Duran
Janet Gallagher
Ray Joseph

RECREATION AND COMMUNITY SERVICES STAFF

Director of

Recreation and Community Services

Emeline Noda

Recreation Manager

Jennifer Sisoiev

Recreation Supervisors

Joanna Contreras
Steve Kim
Kristina Villaluna

Special Events Supervisor

Jason Bruton

Department Secretary

Trini Zenovka

Recreation Coordinators

Alejandro Gonzalez Lecumberri
Samantha Kenny
Cassidy Figueroa

Community Services Coordinators

Alix Anderson
Gilberto Arteaga-Ceja
Angel Hernandez

Clerical Assistant

Lauren Pavelec

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KEEP UP WITH US IN 2023



(562) 430-1073



CITYOFLOSALAMITOS.ORG/RECREATION



FOLLOW US @CITYOFLOSAL



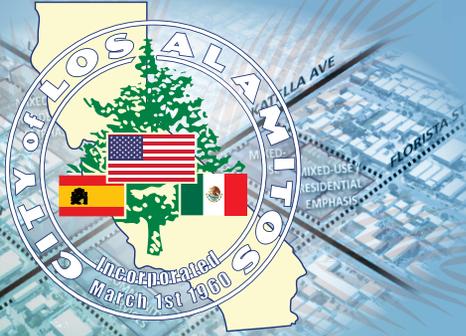
REGISTRATION: LOSALRECREATION.MYREC.COM

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 amazing programs including: Aquatics in partnership with the Los Alamitos Unified School District, 10 weeks of Day Camp, 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.

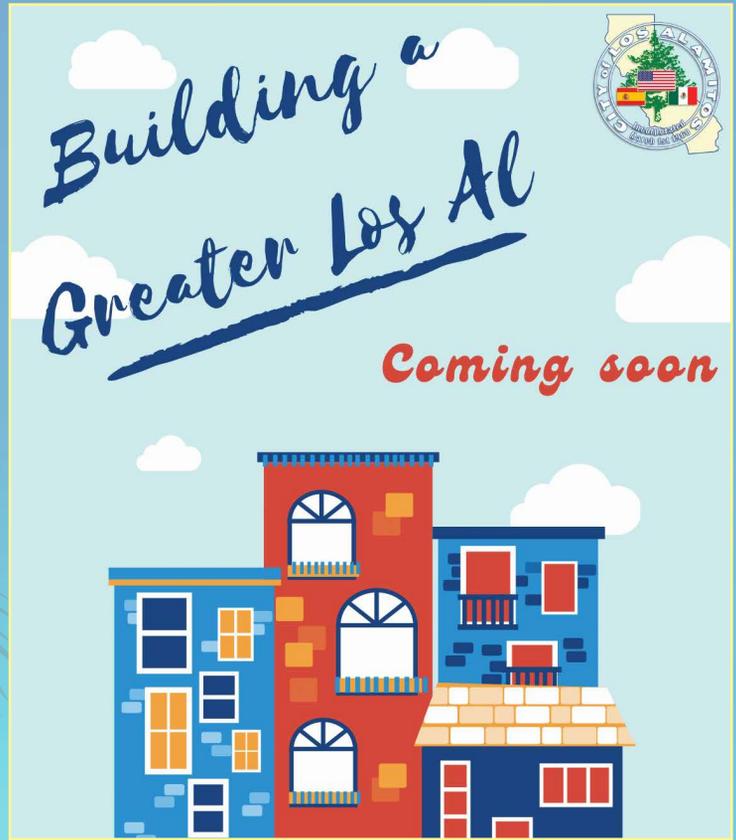
ON THE BACK COVER:

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, Flower Seed Giveaway, Park Fitness Takeover, Mini Family Day, Art Workshop, Park Pop Ups, Spikeball Tournament and a Dog Park all month long. Save the date for the Universal Waste Systems Race Los Al and Glow Run on Saturday September 16, 2023. Registration can be made at racelosal.com.



BUILDING A GREATER LOS AL

The business community is a vital component to the economic fabric of the City. The success and attraction of local businesses, both big and small are a major priority for the future. Later this year, the City of Los Alamitos will be conducting an economic development driven program called "Building a Greater Los Al". This program is designed to offer partial reimbursement funding to assist small businesses and commercial properties seeking to renovate their property frontage or make tangible improvements for their business. Please stay tuned for information such as program criteria and requirements made available on the City website www.cityoflosalamitos.org, social media platforms and other news outlets.



e-bike

SAFETY TIPS

My City
♥
My Los Al

- 1. E-Bikes must follow California Vehicle Laws** This includes stopping at traffic signs and yielding the right-of-way.
- 2. Protect Yourself** Always wear a helmet. Know what kind of helmet supports the specific speed of your bike.
- 3. Passengers** Each passenger for an e-bike must have their own seat that is attached to the framing.
- 4. E-Bike Battery Safety Tip** Do not modify your e-bike battery and avoid charging or storing your e-bike battery in extreme temperatures.

Please visit www.cityoflosalamitos.org for more safety tips and information

OIL PROGRAM

In partnership with the County of Orange and the California Department of Resources Recycling and Recovery (CalRecycle), the City of Los Alamitos offers free recycling of your used motor oil and motor filters. No paperwork is involved and there are no requirements to provide identification to participate. To learn more about the City's Oil Program, please visit the City website at www.cityoflosalamitos.org.

USED MOTOR OIL AND FILTERS

RECYCLE FOR FREE

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			

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FOR MORE INFORMATION:
 (562) 431-3538
www.cityoflosalamitos.org

STREET SWEEPING AND NEIGHBORHOOD PARKING PERMIT SURVEY

Your community, your voice. This summer, the City will be launching a survey to obtain community feedback on current street sweeping and neighborhood parking restrictions. The goal of this analysis is to implement equitable, sustainable, and efficient parking management strategies. Be sure to stay tuned, as we need the input of Los Alamitos residents. To learn more, please visit the City website at www.cityoflosalamitos.org.

On the Horizon!

STREET SWEEPING & NEIGHBORHOOD PARKING PERMIT SURVEY



More information to come early Summer 2023

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HOUSEHOLD HAZARDOUS WASTE SERVICES

Did you know that leftover household products that contain corrosive, toxic, and ignitable and reactive ingredients are considered Household Hazardous Waste (HHW)? Los Alamitos residents receive free quarterly HHW collection of up to four items per collection. To schedule your collection, please contact the UWS customer service team at (800) 631-7016 or email customerservice@uwscompany.com. To learn more about HHW, please visit the City website at www.cityoflosalamitos.org.



HOUSEHOLD HAZARDOUS WASTE (HHW) COLLECTION SERVICES

If you are a Los Alamitos resident needing to dispose of household hazardous waste (HHW), schedule your free quarterly (up to 4 items per quarter) collection now!



To schedule your collection, please contact the UWS customer service team at (800) 631-7016 or email customerservice@uwscompany.com

Accepted Items Include:

Antifreeze	Drain Cleaners	Gasoline & Diesel fuel
Asbestos	Light Bulbs (CFLs)	Household Batteries
Automotive Products	E-cigarettes/ Vaping Devices	Nail Polish/Remover
Bug Spray	E-Waste	Oven Cleaners
Car Batteries	Fertilizers	SHARPS waste/medical needles

For a complete list of accepted HHW items, or to learn more about disposal center locations in the County of Orange, please visit the City website at www.cityoflosalamitos.org.

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SHOP LOCAL

EAT LOCAL

PLAY LOCAL

STAY LOCAL

SUPPORT LOCAL

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♥
My Los Al

CITY NEWS

MEET AND GREET



Recently, Mayor Tanya Doby has been making the rounds doing a “meet and greet” with the local area elected officials. Mayor Doby has represented Los Alamitos with meetings so far with Congresswoman Michelle Steel (45th District), Senator Janet Nguyen (36th Senate District), Supervisor Andrew Do (OC Board of Supervisors 1st District), and Assembly Member Tri Ta (70th Assembly District), with more to come. Pictured top left is Supervisor Andrew Do and bottom left is Assembly Member Tri Ta, both with Mayor Doby. “I am looking forward to talking to all our elected officials because these meetings are an opportunity to give Los Alamitos a voice. Even though we are a small city, we are mighty, and I want to make sure we are heard.” – Mayor Tanya Doby



ONLINE PUBLIC RECORDS

The City of Los Alamitos is dedicated to effective records management. We believe successful records management is vital for the transparency and accountability of local government. In an effort to increase transparency, the City has made various records available for immediate access.



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/ONLINERECORDS

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Summertime Fun in Los Alamitos!



Contract Classes



Volunteer Program



**Summer Day Camp
(June 12 - August 18)**



**Summer Parks Program
(June 12 - August 11)**



Preschool Program



Specialty Camps



Youth Sports

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

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Los Alamitos Recreation & Community Services AQUATICS



In partnership
with



AQUATICS IS BACK!

The Los Alamitos Recreation & Community Services Department is excited to announce the return of the Los Alamitos Aquatics Program. Through partnership with the Los Alamitos Unified School District, the program will launch this summer offering a combination of Youth Swim Lessons, Recreation Swim and Adult Lap Swim. Lessons will be group-style and offered in partnership with the American Red Cross Learn-to-Swim Program, where all staff will be trained and certified to teach curriculum. The Aquatics Program will take place at Los Alamitos High School (3951 W. Cerritos Avenue, Los Alamitos) where a brand-new aquatics facility was unveiled last year, featuring a 50-meter Olympic size pool. Staff looks forward to bringing back this popular program for the community in an effort to bring affordable aquatics options while focusing on water safe curriculum. For full information, see page 8.



CELEBRATE THE SUMMER WITH EXCITING EVENTS IN LOS AL!

The Recreation & Community Services Department is gearing up for a busy and fun-filled summer! Back for its second year is the Summer Concert Series sponsored by MemorialCare Miller Children's & Women's Hospital Long Beach, offering eight weeks of live music with Concerts on Pine Street in June then moving to Concerts in the Park alternating between Little Cottonwood and Orville R. Lewis Jr. Park in July and August. July celebrates Parks Make Life Better Month, where the community can participate in multiple activities and events throughout the entire month.

Join us for the Universal Waste Systems (UWS) 3rd of July Fireworks Spectacular at the Los Alamitos Joint Forces Training Base on Monday, July 3, 2023 in partnership with Los Alamitos and Seal Beach. The community is invited to bring 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.



SUMMER PROGRAMS, CLASSES AND CAMPS

This summer, we offer a full slate of exciting programs and camps for your children to stay active and engaged all summer long. Our Lil' Oak Preschool Program offers a fun space for ages 3 to 5 to learn how to become school ready while socializing with friends. Summer Day Camp returns for ages 5 to 12 offering a full lineup of activities and excursions to keep youth active and engaged the entire summer. For those looking for a way to give back and learn job ready skills, our Counselor in Training Program is available for ages 13 to 16, and our Los Alamitos Volunteer Program for ages 11 to 17. We also offer a FREE Summer Parks Program for ages 5 to 12, classes and specialty camps for a variety of ages, tennis programs, and youth sports - we have got your family covered! For our adults and older adults, we have an entire listing of classes and programs including brand new fitness programs, in addition to art and special interests. We encourage you to try something new this summer and to come try it out with us!



EVENTS

Presented by the Parks, Recreation & Cultural Arts Commission

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

Summer CONCERT series

FREE EVENT

Beverage Garden benefiting:
Los Alamitos Community Foundation

Concerts on Pine Street

10902 Pine Street • 6:30pm - 8:00pm

CONCERT DATES

- June 15 - Redneck Rodeo (Country Music)
- June 22 - Who's Zeppelin (The Who and Led Zeppelin Tribute)
- June 29 - Britain's Finest (Beatles Tribute)
- July 13 - Red Hot Tribute (Red Hot Chili Peppers Tribute)

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Presented by the Parks, Recreation & Cultural Arts Commission

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

Summer CONCERT series

Concerts in the Park

FREE EVENT 6:30pm - 8:00pm

Beverage Garden benefiting:
Los Alamitos Community Foundation

CONCERT DATES & LOCATIONS

Little Cottonwood Park
4000 Farquhar Ave, Los Alamitos

July 20 - Woodie & the Longboards
(Beach Boys Tribute)

Aug. 3 - Journey Through Time
(Journey Tribute)

Orville R. Lewis Jr. Park
3662 Kempton Dr, Los Alamitos

July 27 - Kayln & the New Frontier Band
(Top 40 Hits)

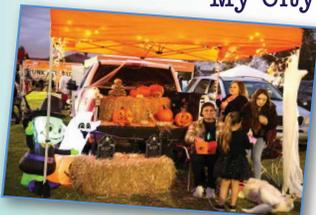
Aug. 10 Knight Ryder
(80's Variety)

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Los Alamitos Community Foundation



My City ♥ My Los Al



The Los Alamitos Community Foundation is a newly established organization that partners with the City of Los Alamitos to provide funding to enhance programs and services offered through the City to benefit the residents of Los Alamitos.

- The Los Alamitos Community Foundation has identified three priorities to initially focus on in this first year including funding towards a/an:
- Police Department Canine Program
 - Urban Forest Program
 - Adaptive Recreation Program

Each of these programs will benefit the residents of Los Alamitos in the areas of crime prevention, environmental benefits and community inclusion and expansion of services for families with special needs. Visit the Foundation's website at www.losalfoundation.org to donate today and begin your support of these valuable programs and services that will enhance the quality of life for residents in Los Alamitos.

www.losalfoundation.org

ELEVATE WOMEN'S CONFERENCE meet ups 2023

In partnership with the Los Alamitos Area Chamber of Commerce, the City of Los Alamitos "Elevate" Women's Conference Meet Ups are opportunities for women to gather and socialize to build connections in the community. There are a few more dates leading up to the Conference in October to choose from. Participants must be ages 18+ to attend events. Adult beverages are available at some events and participants must be 21 and over to purchase and consume. Due to space, registration is limited on most events, so please register early!

Terrarium Workshop and Gardening Tips

Friday, June 23, 2023 from 6:00 to 8:00 p.m.

Cost: \$30 + online processing fee

Location: Los Alamitos Community Center 10911 Oak Street, Los Alamitos

Paint Night

Thursday, August 24, 2023 from 6:00 to 8:00 p.m.

Cost: \$35 + online processing fee

Wine available for purchase at additional cost, must be 21 & over

Location: Los Alamitos Community Center 10911 Oak Street, Los Alamitos

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<https://losalamitoselevatemeetups.eventbrite.com>
CITY OF Los Alamitos
California

Ages 18+





Monday, July 3, 2023

4:00 p.m. Gates Open

8:45 p.m. Gates Close

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

Rising Star Sponsors



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

Los Alamitos
 Recreation & Community Services
Creating Quality of Life

My City ♥ My Los Al
 10911 Oak Street

COUCH TO 5K

Running Program
 Starts July 11



9 Week Program • Tuesdays 6:30 p.m.
 Beginner to Advance Welcome

\$50 includes:
Entry into Race Los Al

For more information please visit
cityoflosalamitos.org/recreation

Los Alamitos
 Recreation & Community Services
Creating Quality of Life



My City ♥ My Los Al

Register Now!

Race Los Al

Sept. 16, 2023



5K / 10K GLOW RUN & GLIDE

racelosal.com

AQUATICS IS BACK!



In partnership with



LEARN - TO - SWIM

Youth swim lesson classes are 25 minutes in length. Classes meet once a week for 4 weeks, there will be two 4 week sessions offered this summer. There is a variety of different age and skill levels available. The City of Los Alamitos only hires American Red Cross Certified Water Safety Instructors to provide the highest quality services and safety for the community.

LAP SWIM INFORMATION

Lap Swimming will be available for participants over the age of 18. Lap swim is open Monday, Wednesday, Friday from 10:30 a.m. – 1:30 p.m. Reservations are required to be made ahead of time at losalrecreation.myrec.com. For all lap swim participants, reservations will be available in 60 minute time slots. Reservation spots will open one week in advance on Monday. Lap swimming is \$4.00 per reservation.

DURATION	DAY	DATE(S)	TIME	AGE
8 weeks	M/W/F	6/12-8/11	10:30a-1:30p	18+

RECREATION SWIM

Recreation swim is on Fridays during regular pool hours and is open to all ages. Participants that are under the age of 5 must be accompanied by an adult, one-on-one at all times in the water and the adult must be in arms reach of the child. All participants that wish to go into the deep end are required to take a swim test, they must be able to swim on full length (25 yards) of the pool unassisted and without struggle. Recreation swim is FREE for all participants but reservations are required to be made ahead of time, each participant coming to recreation swim must have a reservation. Reserve at losalrecreation.myrec.com.



GENERAL INFORMATION

The Los Alamitos Aquatics Program is held at the Los Alamitos High School Pool (3591 W. Cerritos Avenue, Los Alamitos, 90720) for the summer season. The pool will be open on Monday, Wednesday, and Friday from 10:30 a.m. – 1:30 p.m. with a variety of different programs available. Summer will kick off on June 12, 2023 and will run for 8 weeks until August 11, 2023. Pool dates and time are subject to change.

SESSION 1: June 12 - July 14 • SESSION 2: July 16 - Aug. 11
NO CLASS: Week of July 3

CLASS DESCRIPTIONS

Parent & Me Ratio 1:6 6 mos-3 yrs

Introduce your child to fun in the water! Skills include blowing bubbles, kicking, holding onto wall, assisted or unassisted floating on front and back, and water safety skills.

Tiny Tots Ratio 1:3 3-4 yrs

This class is for children ready to be in the water without a parent. Skills include: bobbing, kicking, assisted and unassisted floating, introduction to arm strokes.

Tiny Tots 2 Ratio 1:3 3-4 yrs

This class is for children ready to be in the water without a parent and who are ready to be more independent. Skills include: bobbing, kicking, exhaling underwater through mouth and nose, unassisted floating on back, assisted or unassisted floating on front, gliding, and arm strokes.

Level 1 Ratio 1:4 5-12 yrs

This class is for beginners who have little aquatic experience, to help students feel comfortable in the water and enjoy the water safely. Skills include: water adjustment, bobbing, blowing bubbles, kicking, assisted or unassisted back and front floating, and gliding.

Level 2 Ratio 1:6 5-12 yrs

This class is for beginners who feel comfortable in the water. Skills include: Kicking, unassisted floating on back and front, combining arm and leg movements, and gliding.

Level 3 Ratio 1:6 5-12 yrs

This class is to introduce strokes and endurance. Skills include: combined leg and arm actions with breathing, introduction to backstroke, side breathing, and elementary back stroke.

Level 4 Ratio 1:8 5-12 yrs

This class is to improve stroke technique and endurance. Skills include: front crawl, back stroke, side breathing, treading water, and additional strokes.

LEARN-TO-SWIM LESSON SCHEDULE						
CLASS	AGE	DAY	TIME	CODE S-1	CODE S-2	RES/NON-RES
Parent & Me	6 m - 3 yrs	MONDAY	11:00 - 11:25 12:00 - 12:25	SU2301 SU2302	SU2333 SU2334	\$64 / \$69
		WEDNESDAY	11:00 - 11:25 12:00 - 12:25	SU2303 SU2304	SU2335 SU2336	
Tiny Tots 1	3 - 4 yrs	MONDAY	11:00 - 11:25 11:30 - 11:55 12:00 - 12:25	SU2305 SU2306 SU2307	SU2337 SU2338 SU2339	\$64 / \$69
		WEDNESDAY	11:00 - 11:25 11:30 - 11:55 12:00 - 12:25	SU2308 SU2309 SU2310	SU2340 SU2341 SU2342	
Tiny Tots 2	3 - 4 yrs	MONDAY	11:00 - 11:25 12:30 - 12:55	SU2311 SU2312	SU2343 SU2344	\$64 / \$69
		WEDNESDAY	11:00 - 11:25 12:30 - 12:55	SU2313 SU2314	SU2345 SU2346	
Level 1	5 - 8 yrs	MONDAY	11:00 - 11:25 12:30 - 12:55	SU2315 SU2316	SU2347 SU2348	\$64 / \$69
		WEDNESDAY	11:00 - 11:25 12:30 - 12:55	SU2317 SU2318	SU2349 SU2350	
	8 - 12 yrs	MONDAY	11:30 - 11:55	SU2319	SU2351	
		WEDNESDAY	11:30 - 11:55	SU2320	SU2352	
Level 2	5 - 8 yrs	MONDAY	11:30 - 11:55 12:30 - 12:55	SU2321 SU2322	SU2353 SU2354	\$64 / \$69
		WEDNESDAY	11:30 - 11:55 12:30 - 12:55	SU2323 SU2324	SU2355 SU2356	
	8 - 12 yrs	MONDAY	12:00 - 12:25	SU2325	SU2357	
		WEDNESDAY	12:00 - 12:25	SU2326	SU2358	
Level 3	5 - 8 yrs	MONDAY	11:30 - 11:55	SU2327	SU2359	\$64 / \$69
		WEDNESDAY	11:30 - 11:55	SU2328	SU2360	
	8 - 12 yrs	MONDAY	12:00 - 12:25	SU2329	SU2361	
		WEDNESDAY	12:00 - 12:25	SU2330	SU2362	
Level 4	5 - 12 yrs	MONDAY	12:30 - 12:55	SU2331	SU2363	\$64 / \$69
		WEDNESDAY	12:30 - 12:55	SU2332	SU2364	

For additional information, please call (562) 430-1073 or visit the City's website at www.cityoflosalamitos.org

SUMMER CAMPS

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 12 - August 18 • Ages 5 - 12 yrs.



<p>WEEK ONE June 12 - June 16</p> <p>SPACE IS THE PLACE</p> <p>*THURSDAY Excursion: OC Discovery Cube 6/15</p> <p>FRIDAY *Walking Excursion: LAHS Pool 6/16</p>	<p>WEEK TWO June 19 - June 23</p> <p>SUMMER SCIENTISTS</p> <p>*TUESDAY Excursion: Mother's Beach 6/20</p> <p>*THURSDAY Excursion: Harkins Movie Theater to see "Elemental" 6/22</p>	<p>WEEK THREE June 26 - June 30</p> <p>GAME ON</p> <p>*THURSDAY Excursion: Angel's Baseball Game 6/29</p> <p>*FRIDAY Walking Excursion: LAHS Pool 6/30</p>	<p>WEEK FOUR July 5 - July 7</p> <p>CAMPERS IN THE KITCHEN</p> <p>*THURSDAY Excursion: John's Incredible Pizza 7/6</p> <p>NO CAMP 7/3 & 7/4</p>	<p>WEEK FIVE July 10 - July 14</p> <p>ANIMAL KINGDOM</p> <p>*THURSDAY Excursion: Santa Ana Zoo 7/13</p> <p>*FRIDAY Walking Excursion: LAHS Pool 7/14</p>
<p>WEEK SIX July 17 - July 21</p> <p>A PIRATE'S LIFE FOR ME</p> <p>*TUESDAY Excursion: Mother's Beach 7/18</p> <p>*THURSDAY Excursion: Pirate's Dinner Adventure 7/20</p>	<p>WEEK SEVEN July 24 - July 28</p> <p>OCEAN EXPLORERS</p> <p>*THURSDAY Excursion: Aquarium of the Pacific & Harbor Cruise 7/27</p> <p>*FRIDAY Walking Excursion: LAHS Pool 7/28</p>	<p>WEEK EIGHT July 31 - August 4</p> <p>SUPERHEROES IN TRAINING</p> <p>*TUESDAY Excursion: Mother's Beach 8/1</p> <p>*THURSDAY Excursion: Rockin' Jump 8/3</p>	<p>WEEK NINE August 7 - August 11</p> <p>MAKING MAGIC</p> <p>*THURSDAY Excursion: Knott's Berry Farm 8/10</p> <p>*FRIDAY Walking Excursion: LAHS Pool 8/11</p>	<p>WEEK TEN August 14 - August 18</p> <p>SPIRIT WEEK</p> <p>End of Summer Extravaganza!</p> <p>Crazy Hair Day Crazy Socks Day</p>

MONDAY - FRIDAY
REGULAR HOURS: 9 AM - 4 PM
Daily: Resident \$30, Non-resident \$35
Weekly: Resident \$120, Non-resident \$125

MONDAY - FRIDAY
EXTENDED HOURS: 7 AM - 6 PM
Daily: Resident \$45, Non-resident \$50
Weekly: Resident \$180, Non-resident \$185

ALL FEES ARE APPLICABLE PER CHILD.
\$5 First Sibling Discount /
\$10 Second Sibling Discount
(only applicable to weekly rate)

REGISTRATION OPENS APRIL 3, 2023

* EXCURSIONS AND EXCURSION T-SHIRT ARE AN ADDITIONAL ENROLLMENT AND FEE FROM SUMMER DAY CAMP. PURCHASING AN EXCURSION T-SHIRT, DAY, OR WEEK OF CAMP DOES NOT ENROLL THE PARTICIPANT TO ATTEND AN EXCURSION. NO REFUNDS. TRANSFER REQUESTS ACCEPTED FOR REVIEW, BUT NOT GUARANTEED 5 BUSINESS DAYS IN ADVANCE OF ATTENDANCE. IF APPROVED, \$10 TRANSFER FEE PER CHILD.

COUNSELOR IN TRAINING (CIT) PROGRAM

AGES 13-16 LOS ALAMITOS COMMUNITY CENTER



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 event Fridays.

REGISTRATION OPENS APRIL 3, 2023

REGULAR HOURS:
Monday - Friday / 9AM - 4PM
Extended Hours:
Monday - Friday / 7AM - 6PM
*Additional \$60 / session for extended care.

RESIDENT FEE: \$120 / Session
NON-RESIDENT FEE: \$125 / Session
*Scholarships available for eligible Los Alamitos residents.

Los Alamitos
Recreation & Community Services
Creating Quality of Life
For more information, please call (562) 430-1073 or visit cityoflosalamitos.org/recreation

SESSION 1: 6/12 - 6/23

Workshops
Week 1: Self Confidence
Week 2: Hobbies

SESSION 3: 7/10 - 7/21

Workshops
Week 1: Budgeting Tips
Week 2: Fun in the Kitchen

SESSION 5: 8/7 - 8/18

Workshops
Week 1: Movement is Medicine
Week 2: Public Speaking

SESSION 2: 6/26 - 7/7

NO CLASS 7/3 & 7/4
Workshops
Week 1: Time Management Skills
Week 2: Interpersonal Skills

SESSION 4: 7/24 - 8/4

Workshops
Week 1: Establishing Boundaries
Week 2: Goal Setting & Resilience

SUMMER CAMPS

SPECIAL INTEREST CAMPS

ADVENTURES IN STEM USING LEGO MATERIALS

Fire Station #48

3131 N. Gate Rd, Seal Beach

Let your imagination run wild with tens of thousands of LEGO parts! Build engineer designed projects and use special pieces to create your own unique designs! Projects are rotated seasonally to ensure that both new and returning students can explore the endless creative possibilities of the LEGO building system.

Instructor: Play-Well TEKologies Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU2365	1 week	M-F	7/10-7/14	9a-12p	5-7	\$200/\$205

STEM EXPLORING USING LEGO MATERIALS

Fire Station #48

3131 N. Gate Rd, Seal Beach

Master your engineering skills with Play-Well TEKologies and tens of thousands of LEGO parts! Apply real-world concepts in physics, engineering, and architecture through engineer designed projects. Projects are rotated seasonally to ensure that even returning students get a new experience, so join us to design and build as never before and explore your craziest ideas.

Instructor: Play-Well TEKologies Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU2366	1 week	M-F	7/10-7/14	1-4p	7-12	\$200/\$205

POKEMON ENGINEERING USING LEGO MATERIALS

Marina Community Center

151 Marina Drive, Seal Beach

Calling all Pokemon trainers! With the Pokemon Championship approaching, join our enthusiastic Play-Well Instructor as we build and catch our favorite Pokemon, rescue Pikachu from Team Rocket, take a ride on the S.S. Anne to uncover rare and mystic Pokemon, and battle to see who will hold the title of Pokemon Master. Come along on our journey to catch 'em all!

Instructor: Play-Well TEKologies Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU2367	1 week	M-F	7/31-8/4	9a-12p	5-7	\$200/\$205

MARVELOUS ENGINEERING USING LEGO MATERIALS

Marina Community Center

151 Marina Drive, Seal Beach

LEGO® Builders Assemble! We need you to come join our experienced Play-Well Instructors to save the world. We will use LEGO® to build our strongest Avengers to defeat Thanos, help Thor retrieve Mjolnir, swing through the city with Spiderman, and tell Hulk to....Smash! Our journey will take us to battles on this world and beyond; are you up to the challenge?

Instructor: Play-Well TEKologies Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU2368	1 week	M-F	7/31-8/4	1-4p	7-12	\$200/\$205

NASA JR. ASTRONAUTS

Marina Community Center

151 Marina Drive, Seal Beach

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 200 ft. in the air! Make and take home your own comet, rocket & much more. This NASA camp is 'Out of this World'!

Material Fee: \$35 material fee due the first day of class.

Instructor: Mad Science Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU2369	1 week	M-F	6/12-6/16	9a-12p	5-12	\$185/\$190

PRE-K LITTLE SCIENTISTS LAB

Marina Community Center

151 Marina Drive, Seal Beach

Investigate the science of nature with this fun summer camp for the youngest of scientists. 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: \$35 material fee due the first day of class.

Instructor: Mad Science Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU2370	1 week	M-F	6/26-6/30	9a-12p	3.5-5	\$205/\$210

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

SUMMER PARKS PROGRAM

June 12 - AUGUST 11

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

Program information subject to change

SUMMER CAMPS

ROBOTS 101

Marina Community Center
151 Marina Drive, Seal Beach

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: \$40 material fee due the first day of class.

Instructor: Mad Science Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU2371	1 week	M-F	7/24-7/28	9a-12p	6-9	\$205/\$210

CRAZY CHEMWORKS

Marina Community Center
151 Marina Drive, Seal Beach

Come and discover what it's like to be a real scientist! 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 recipe of slime and examine crystallization. By the end of the week, the Jr. Mad Scientists will have their own chemistry set so they can perform their own experiments at home!

Material Fee: \$35 material fee due the first day of class.

Instructor: Mad Science Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU2372	1 week	M-F	7/10-7/14	9a-12p	5-12	\$185/\$190

LEGO STAR WARS ANIMATION

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

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 students films will be available to view and download.

Material Fee: \$30 material fee due the first day of class.

Instructor: Movies by Kids-O.C.

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU2373	1 week	M-F	6/19-6/23	1-4p	7-13	\$199/\$204

HOLLYWOOD SPECIAL EFFECTS

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Are you a fan of Special Effects in movies? In this exciting class, learn how to create easy Hollywood special effects right in your HD Camera or Smart Device. Then you will collaborate with classmates to create a movie applying everything you have learned. Special effects used include: Forced Perspective, "Green Screen" technology, CGI, making characters appear and disappear, etc.! All movies will be available to view and download!

Material Fee: \$30 material fee due the first day of class.

Instructor: Movies by Kids-O.C.

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU2374	1 week	M-F	6/19-6/23	9a-12p	7-13	\$199/\$204

SCIENCE IN MOTION

Marina Community Center
151 Marina Drive, Seal Beach

Learn how animals are camouflaged and go on the hunt for scents and tracks and discover what adversely affects our planet as we explore conversations. Take apart owl pellets to see what birds of prey can digest, build a birdhouse and experiment with inertia and gravity as you learn how they work together to help you enjoy your favorite sports.

Material Fee: \$35 material fee due the first day of class.

Instructor: Mad Science Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU2375	1 week	M-F	8/7-8/11	9a-12p	5-12	\$185/\$190

YOUTUBE-STYLE VIDEO MAKING

Fire Station #48

3131 N. Gate Rd, Seal Beach

In this class, you will turn the cameras directly at yourself, in the style of the current social media and online shorts and vlogs. They will film about 5-7 assigned shorts or vlogs using a variety of topics and filming techniques to get the job done! (We will NOT post finished projects on YouTube), but they will be available privately to enjoy amongst family & friends!

Material Fee: \$30 material fee due the first day of class.

Instructor: Movies by Kids-O.C.

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU2376	1 week	M-F	8/7-8/11	9a-12p	7-13	\$199/\$204

LEGO MOVIE

Fire Station #48

3131 N. Gate Rd, Seal Beach

Have you seen "The Lego Movie"? Get ready to take your fascination with Legos to the next level! Movies By Kids will provide all the Legos you need to create amazing movies. The ideas will be yours, the sets will be built by you, and you will operate all the equipment to bring your masterpiece to the big screen using the art of Stop-Motion-Animation! All movies will be made available to download online.

Material Fee: \$30 material fee due the first day of class.

Instructor: Movies by Kids-O.C.

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU2377	1 week	M-F	8/7-8/11	1-4p	7-13	\$199/\$204



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. New recipes each session. Please inform instructor of any allergies prior to camp starting. No parent participation.

Instructor: Recreation Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU2378	1 week	M-Th	6/26-6/29	9-11a	4-7	\$100/\$105
SU2379	1 week	M-Th	7/10-7/13	9-11a	4-7	\$100/\$105
SU2380	1 week	M-Th	7/24-7/27	9-11a	4-7	\$100/\$105
SU2381	1 week	M-Th	8/14-8/17	9-11a	4-7	\$100/\$105

SUMMER CAMPS

MASTER 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. New recipes each session. Please inform instructor of any allergies prior to camp starting.

Instructor: Recreation Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU2382	1 week	M-Th	6/26-6/29	12-2p	8-12	\$100/\$105
SU2383	1 week	M-Th	7/10-7/13	12-2p	8-12	\$100/\$105
SU2384	1 week	M-Th	7/24-7/27	12-2p	8-12	\$100/\$105
SU2385	1 week	M-Th	8/14-8/17	12-2p	8-12	\$100/\$105

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!

Instructor: Recreation Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU2386	1 week	M-Th	7/31-8/3	9-11a	5-12	\$100/\$105

JURASSIC DINO CAMP

Laurel Park

10862 Bloomfield St, Los Alamitos

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 water bottle and a snack.

Instructor: Recreation Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU2387	1 week	M-Th	7/17-7/20	9-11a	4-6	\$100/\$105

JEDI TRAINING CAMP

Laurel Park

10862 Bloomfield St, Los Alamitos

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 D.I.Y. Light Saber, and more! Students will become Jedi Knights in a Knighting Ceremony for friends and family towards the end of the session. Please bring a water bottle.

Instructor: Recreation Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU2388	1 week	M-Th	6/19-6/22	9-11a	5-12	\$100/\$105

LEGO CAMP

Los Alamitos Community Center

10911 Oak Street, Los Alamitos

Join us as we create and learn to build fun, new LEGO creations! Students will learn how to create LEGO designs all while developing lasting memories with fellow participants!

Instructor: Recreation Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU2389	1 week	M-Th	8/7-8/10	9-11a	5-12	\$100/\$105

ACRYLIC PAINTING CAMP

Cypress Community Center

5700 Orange Ave, Cypress

Painting is a great way to express yourself if you have a creative mind, and Acrylic paint has become a top choice for many. This course is designed to guide you step by step to learn the tips and techniques to create your own masterpieces while having fun. Each week there are different projects. Students bring their own supplies. A list of supplies will be provided via email.

Instructor: Darshini Aithal -Just Think Art

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU2390	1 week	M-F	6/26-6/30	9:30a-12p	8-14	\$170/\$175
SU2391	1 week	M-F	7/17/7/21	9:30a-12p	8-14	\$170/\$175

WATERCOLOR PAINTING CAMP

Cypress Community Center

5700 Orange Ave, Cypress

Watercolor is a fun and exciting medium that is perfect for anyone curious about the world of painting. Learn the fundamentals while playing and experimenting with different subjects and themes. Review the basics as well as various techniques. Explore how to control paint and water and get creative with your brush! Both weeks have different projects. Students bring their own supplies. A list of supplies will be provided via email.

Instructor: Darshini Aithal -Just Think Art

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU2392	1 week	M-F	6/19-6/23	9:30a-12p	8-14	\$170/\$175
SU2393	1 week	M-F	7/31-8/4	9:30a-12p	8-14	\$170/\$175

ART ADVENTURES CAMP

Cypress Community Center

5700 Orange Ave, Cypress

We're shaking things up this summer and taking you on a spectacular summer art-intensive adventure! This camp strives to bring out the true creative spirit within each student by guiding their imagination. With new projects each week, the students will get to bring their ideas to life through drawing, painting, and mixed media using various mediums. Students bring their own supplies. A list of supplies will be provided via email. Camp 1 In the Wild. Camp 2 Ocean Adventures.

Instructor: Darshini Aithal -Just Think Art

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU2394	1 week	M-F	7/10-7/14	9:30a-12p	7-13	\$170/\$175
SU2395	1 week	M-F	8/7-8/11	9:30a-12p	7-13	\$170/\$175

CARTOONING AND CHARACTER DESIGN

Cypress Community Center

5700 Orange Ave, Cypress

Looking for a fun introductory cartooning and character design class? Draw your favorite characters, in a humorous cartooning style, by breaking them down into shapes and lines. Learn how to make expressive images, manipulate facial features on characters: humans or animals, and capture everyday objects in a funny way that makes them come to life. Students bring their own supplies. A list of supplies will be provided via email.

Instructor: Darshini Aithal -Just Think Art

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU2396	1 week	M-F	7/24-7/28	9:30a-12p	8-14	\$170/\$175

SUMMER CAMPS

SPORTS



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
SU2397	1 week	Mon-Fri	6/19-6/23	12-1:30p	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
SU2398	1 week	Mon-Fri	6/26-6/30	9-10:30a	4-7	\$80/\$85



JR. PEE WEE FOOTBALL CAMP

Little Cottonwood Park
4000 Farquhar Avenue, Los Alamitos

Football season is right around the corner! Whether your child is just starting their football journey or looking to improve, this week-long camp is for them. Recreation staff will teach the fundamental skills of football that will include passing, catching, throwing, and defense. Sessions will utilize clinic style drills and fun skill-based games.

Shirt and award are included in the fee.

Instructor: Recreation Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU2399	1 week	Mon-Fri	7/10-7/14	9-10:30a	4-7	\$80/\$85



JR. PEE WEE BASKETBALL CAMP

Little Cottonwood Park
4000 Farquhar Avenue, Los Alamitos

Come make the ball go swish! This week-long camp is designed to teach the basic skills of basketball while having fun in the sun. Recreation staff will go over dribbling, shooting, passing, defense, and other skills necessary for the game.

Shirt and award are included in the fee.

Instructor: Recreation Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU23100	1 week	Mon-Fri	7/24-7/28	9-10:30a	4-7	\$80/\$85



EPIC SPORTS WEEK SUMMER CAMP WITH SPORTBALL

Little Cottonwood Park
4000 Farquhar Avenue, Los Alamitos

Sportball Campers will learn and play 8 different sports throughout the week with our fun skill-based games, drills and game play. Different activities daily from water games, dodgeball tournaments, Lego building, Nerf Gun challenges, Battleship, kickball and so much more! Please send a nut free snack and lots of water!

Instructor: Sportball

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU23101	1 week	Mon-Fri	6/12-6/16	9a-12p	3-5	\$165/\$170
SU23102	1 week	Mon-Fri	6/12-6/16	9a-12p	3-5	\$165/\$170
SU23103	1 week	Mon-Fri	7/17-7/21	9a-12p	6-12	\$165/\$170
SU23104	1 week	Mon-Fri	7/17-7/21	1-4p	3-5	\$165/\$170

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.

Los Alamitos Recreation & Community Services
Creating Quality of Life

L.A.V.P.

LOS ALAMITOS VOLUNTEER PROGRAM

My City ♥ My Los Al

Join a passionate group of 11-17 year old's learning new skills and making a difference in the community year-round!

Participants Can Receive:

- ★ Work Experience
- ★ Life Skills
- ★ Presidential Service Award
- ★ Service Hour Credit
- ★ New Friendships
- ★ Leadership Skills

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

PRESCHOOL



Los Alamitos

Recreation & Community Services

Creating Quality of Life

10911 Oak Street, Los Alamitos

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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 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. Department Late Policy: \$1 per minute, after 5 minutes of program ending. Fee due prior to start of next class. If there are no further classes, fees due at time of late pick-up. Payable at the front desk.

SUMMER PRESCHOOL PROGRAM

(3 Total / 2 WEEK SESSIONS)

SESSION 1 - Backyard Fun

Age:	Days:	Dates:	Time:	Fee: (R/NR)	Code:
4-5	M/W/F	6/19-6/30	9am-1pm	\$150/\$155	SU23105
3-4	T/TH	6/20-6/29	9am-12pm	\$100/\$105	SU23106

SESSION 2 - Down on the Farm

4-5	M/W/F	7/10-7/21	9am-1pm	\$150/\$155	SU23107
3-4	T/TH	7/11-7/20	9am-12pm	\$100/\$105	SU23108

SESSION 3 - Going on a Safari

4-5	M/W/F	7/24-8/4	9am-1pm	\$150/\$155	SU23109
3-4	T/TH	7/25-8/3	9am-12pm	\$100/\$105	SU23110

OPTIONAL DROP-IN DAYS: SUMMERTIME FUN!

4-5	M/W/F	7/5	9am-1pm	\$25/\$30	SU23111
4-5	M/W/F	7/7	9am-1pm	\$25/\$30	SU23112
4-5	M/W/F	8/7	9am-1pm	\$25/\$30	SU23113
4-5	M/W/F	8/9	9am-1pm	\$25/\$30	SU23114
3-4	T/TH	7/6	9am-12pm	\$25/\$30	SU23115
3-4	T/TH	8/8	9am-12pm	\$25/\$30	SU23116

FALL - NEW ENROLLMENT OPENS 7/24

4-5	M/W/F	8/14-10/6	9am-1pm	\$520/\$525	SU23117
3-4	T/TH	8/15-10/5	9am-12pm	\$260/\$265	SU23118

Department Late Policy: \$1 per minute, after 5 minutes of program ending.

Fee due prior to start of next class. Payable at the front desk.

Preschool Program Refund Policy: Lil' Oak Preschool Program is a No Refund Program.

DANCE AND MUSIC

PRINCESS BALLET

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Twirl into your imagination! Dancers learn beginning ballet with an element of fantasy in this princess-themed class for the budding ballerina. Class also includes princess storytimes and a craft. Leotard, tights, and ballet shoes required. \$5 craft fee due on first day. Optional recital with nominal fee available in Winter and Fall sessions only. Information: www.ocdanceproductions.com

Instructor: OC Dance Productions

Material Fee: \$5

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU23119	5 weeks	Thu	6/15-7/13	4:25-5:10p	3-6	\$74/\$79
SU23120	5 weeks	Thu	7/20-8/17	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 with nominal fee available in Winter and Fall sessions only. Information: www.ocdanceproductions.com

Instructor: OC Dance Productions

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU23121	5 weeks	Thu	6/15-7/13	3:30-4:15p	3-5	\$74/\$79
SU23122	5 weeks	Thu	7/20-8/17	3:30-4:15p	3-5	\$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 with nominal fee available in Winter and Fall sessions only. Information: www.ocdanceproductions.com

Instructor: OC Dance Productions

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU23123	5 weeks	Thu	6/15-7/13	5:20-6:05p	4-7	\$74/\$79
SU23124	5 weeks	Thu	7/20-8/17	5:20-6:05p	4-7	\$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 with nominal fee available in Winter and Fall sessions only. Information: www.ocdanceproductions.com

Instructor: OC Dance Productions

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU23125	5 weeks	Thu	6/15-7/13	6:15-7:00p	5-9	\$74/\$79
SU23126	5 weeks	Thu	7/20-8/17	6:15-7:00p	5-9	\$74/\$79

OC Dance Production is the proud winner of Parenting OC's Readers' Choice Award for Best Dance Studio for Children!

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 included in the fee.

Instructor: Recreation Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU23127	5 weeks	Sat	6/24-7/22	9-9:45a	2-3	\$50/\$55

PARENT AND ME T-BALL

Little Cottonwood Park

4000 Farquhar Avenue, Los Alamitos

Get you 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 included in the fee.

Instructor: Recreation Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU23128	5 weeks	Sat	6/24-7/22	10-10:45a	2-3	\$50/\$55

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.

Instructor: Sportball Coaches

No class: 7/1

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU23129	4 weeks	Sat	6/17-7/15	11-11:45a	3-4yrs	\$84/\$89
SU23130	4 weeks	Sat	8/5-8/26	11-11:45a	3-4yrs	\$84/\$89
SU23131	4 weeks	Sat	6/17-7/15	12-12:45p	5-7yrs	\$84/\$89
SU23132	4 weeks	Sat	8/5-8/26	12-12:45p	5-7yrs	\$84/\$89

8-SPORT MULTI-SPORT WITH SPORTBALL

Little Cottonwood Park

4000 Farquhar Avenue, Los Alamitos

Sportball Multi-Sport is a dynamic sports program that focuses on skill development in a different sport each class (soccer, basketball, football, volleyball, tennis, hockey, golf, and baseball). Classes apply developmentally appropriate methodology to introduce, practice, and refine motor skills, progress sports skills, reinforce the benefits of teamwork and prepare your athlete for a future of confident sports participation.

No class: 7/1

Instructor: Sportball Coaches

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU23133	4 weeks	Sat	6/17-7/15	9-9:45a	16m-3yrs	\$84/\$89
SU23134	4 weeks	Sat	8/5-8/26	9-9:45a	16m-3yrs	\$84/\$89
SU23135	4 weeks	Sat	6/17-7/15	10-10:45a	3-5yrs	\$84/\$89
SU23136	4 weeks	Sat	8/5-8/26	10-10:45a	3-5yrs	\$84/\$89



STRENGTH AND AGILITY TRAINING - NEW!

Tribe Athletics

10712 Reagan St. B, Los Alamitos

Let's get our kids moving with a great mix of cardiovascular and strength training designed for athletic performance. Our coaches are all trained professionals and have a passion for youth athletics. 5-person minimum per class.

Instructor: Tribe Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU23137	3 weeks	Mon	6/12-6/26	3-3:50p	6-9	\$60/\$65
SU23138	4 weeks	Mon	7/10-7/31	3-3:50p	6-9	\$77/\$82
SU23139	3 weeks	Mon	8/14-8/28	3-3:50p	6-9	\$60/\$65
SU23140	3 weeks	Wed	6/14-6/28	3-3:50p	10-13	\$60/\$65
SU23141	4 weeks	Wed	7/12-8/2	3-3:50p	10-13	\$77/\$82
SU23142	3 weeks	W	6/12-6/26	3-3:50p	6-9	\$60/\$65
SU23143	3 weeks	Sat	6/17-7/1	10:30-11:30a	14-18	\$60/\$65
SU23144	4 weeks	S	6/17-7/1	10:30-11:30a	14-18	\$77/\$82
SU23145	3 weeks	Sat	8/19-9/2	10:30-11:30a	14-18	\$60/\$65



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.



YOUTH

SPORTS CONT.



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! For class makeups, please contact: hcepersonaltraining@yahoo.com

Drop in: \$20 per class
No Class: 7/4, 7/13, 7/18, 7/20

Instructor: HCE Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU23146	4 weeks	Tue/Thurs	6/13-7/6	7-8:30p	5-14	\$149/\$154
SU23147	6 weeks	Tue/Thurs	7/11-8/24	7-8:30p	5-14	\$229/\$234

HOMECOURT EDGE BASKETBALL SHOOTING STARS

Oak Middle School Gym
10821 Oak Street, Los Alamitos

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

Drop in: \$20 per class
Instructor: HCE Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU23148	4 weeks	Thurs	6/15-7/6	7-8:30p	5-14	\$109/\$114
SU23149	5 weeks	Thurs	7/27-8/24	7-8:30p	5-14	\$134/\$139

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 Home Court 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! For class makeups, please contact: hcepersonaltraining@yahoo.com

Drop in: \$20 per class
No Class: 7/13, 7/16, 7/18, 7/20

Instructor: HCE Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU23150	3 weeks	Tue/Thu/Sun	6/11-6/29	T/Th 7-8:30p	5-14	\$149/\$154
SU23151	6 weeks	Tue/Thu/Sun	7/6-8/24	Sun 2-3:30p	5-14	\$240/\$245

HOMECOURT EDGE BASKETBALL TOTAL 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 co-ed 2-3:30pm. High School co-ed 3:30-5pm. For class makeups, please contact: hcepersonaltraining@yahoo.com

Drop in: \$20 per class
No Class: 7/16

Instructor: HCE Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU23152	3 weeks	Sun	6/11-6/25	2-3:30p	4-18	\$84/\$89
SU23153	3 weeks	Sun	7/9-7/30	2-3:30p	4-18	\$84/\$89
SU23154	3 weeks	Sun	8/6-8/20	2-3:30p	4-18	\$84/\$89

HOMECOURT EDGE BASKETBALL BALLHANDLING CLINIC

Oak Middle School Gym
10821 Oak Street, Los Alamitos

Homecourt Edge Basketball Ballhandling Clinic will introduce ballhandling skills for novice, intermediate and advanced levels. The clinic will also introduce the latest offensive moves to the basket. Classes will also include speed and agility footwork. For class makeups, please contact: hcepersonaltraining@yahoo.com

Drop in: \$20 per class
No Class: 7/4

Instructor: HCE Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU23155	4 weeks	Tues	6/13-7/11	7-8:30p	5-14	\$109/\$114
SU23156	5 weeks	Tues	7/25-8/22	7-8:30p	5-14	\$134/\$139

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. For class makeups, please contact: hcepersonaltraining@yahoo.com

No Class: 7/13, 7/18, 7/20

Instructor: HCE Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU23157	3 weeks	Tue/Thurs	6/13-6/29	6-8:30p	8-14	\$150/\$155
SU23158	2 weeks	Tue/Thurs	7/6-7/27	6-8:30p	8-14	\$100/\$105
SU23159	4 weeks	Tue/Thurs	8/1-8/24	6-8:30p	8-14	\$200/\$205

HOMECOURT EDGE BASKETBALL BLACKTOP - NEW!

Oak Middle School Gym
10821 Oak Street, Los Alamitos

Come down and just play ball like it should be! No refs, no fuss! All kids are encouraged to bring their friends as their own teams every week and see who the best is! Please contact: hcepersonaltraining@yahoo.com

Drop in: \$20 per class

No Class: 7/16

Instructor: HCE Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU23160	3 weeks	Sun	6/11-6/25	3:30-5p	12-17	\$54/\$59
SU23161	3 weeks	Sun	7/9-7/30	3:30-5p	12-17	\$54/\$59
SU23162	3 weeks	Sun	8/6-8/20	3:30-5p	12-17	\$54/\$59

SPECIAL INTEREST

SILVER EARRING JEWELRY MAKING

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

This workshop is perfect for beginners to learn basic jewelry making skills with tools and high quality materials. Each participant will make his/her own beautiful handmade earrings with step by step guidance from the instructor. Join us to learn how to make jewelry of your own design from start to finish!

Material Fee: \$20

Instructor: Erin Choi

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU23163	1 Day	Wed	6/21	7-9p	16+	\$49/\$54
SU23164	1 Day	Wed	6/28	7-9p	16+	\$49/\$54

SILVER BRACELET JEWELRY MAKING

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

This workshop is perfect for beginners to learn basic jewelry making skills with tools and high quality materials. Each participant will make his/her own beautiful handmade chain bracelet with step by step guidance from the instructor. Join us to learn how to make jewelry of your own design from start to finish!

Material Fee: \$20

Instructor: Erin Choi

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU23165	1 Day	Wed	7/12	7-9p	16+	\$49/\$54
SU23166	1 Day	Wed	7/19	7-9p	16+	\$49/\$54

SILVER NECKLACE JEWELRY MAKING

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Learn how to make sterling earrings using basic hammering, stamping, and sanding techniques. This workshop is perfect for beginners to learn basic jewelry making skills with tools and high quality materials. Each participant will make his/her own beautiful handmade initial necklace with step by step guidance from the instructor. Join us to learn how to make jewelry of your own design from start to finish!

Material Fee: \$20

Instructor: Erin Choi

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU23167	1 Day	Wed	8/2	7-9p	16+	\$49/\$54
SU23168	1 Day	Wed	8/9	7-9p	16+	\$49/\$54

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.

Instructor: Ying Liu

DURATION	DAY	DATE(S)	TIME	AGE	PER CLASS FEE
Continuos	Sat	6/17-8/5	9-12p	16+	\$15 +\$10 model fee

Donation Drive Backpacks & School Supplies



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

**DRIVE-UP • JULY 11
4-7 PM**

LOS ALAMITOS COMMUNITY CENTER
10911 Oak St.

DROP BOXES:
MONDAY, JULY 10 – THURSDAY, JULY 13,
7:30 AM – 5:30 PM

DROP BOX LOCATIONS:
LOS ALAMITOS COMMUNITY CENTER,
CITY HALL LOBBY, POLICE DEPARTMENT LOBBY

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)

**CALL US AT 562-430-1073 OR VISIT US FOR MORE INFORMATION:
WWW.CITYOFLOSALAMITOS.ORG/RECREATION**

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.

TEEN AND ADULT

SPECIAL INTEREST CONT.

WATERCOLOR PAINTING

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

In this class, we will focus on getting comfortable with watercolor painting skills and techniques and enjoy the process of painting. The basics of materials, tools, techniques and color will be explored with demonstrations. Join us to learn tips and tricks in watercolors and creating your own masterpieces. Skill level- beginner to intermediate. Students provide their own supplies; a list of supplies will be sent.

No Class: 7/11

Instructor: Darshini Aithal

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU23169	4 weeks	Sat	6/17-7/15	10a-12p	16+	\$100/\$105
SU23170	4 weeks	Sat	7/22-8/12	10a-12p	16+	\$100/\$105

DRAWING & SKETCHING

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

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: 7/6

Instructor: Darshini Aithal

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU23171	4 weeks	Thu	6/15-7/13	6-7:30p	18+	\$100/\$105
SU23172	4 weeks	Thu	7/20-8/10	6-7:30p	16+	\$100/\$105



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.

No class: 6/26, 7/3, 7/10, 7/24, 7/31, 8/14

Instructor: Alex Jeung

DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
Continuos	Mon	6/12-8/21	9a-12p	16+	\$3 per class

GUAVA GROOVE UKULELE - BEGINNING

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

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

Material Fee: \$5

No class: 7/1, 8/12

Instructor: Hōkū Bray

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU23173	4 weeks	Sat	6/17-7/15	10:45-11:45a	18+	\$61/\$66
SU23174	4 weeks	Sat	7/22-8/19	10:45-11:45a	18+	\$61/\$66

GUAVA GROOVE UKULELE - INTERMEDIATE

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Ah! Time to take your playing to another level! Students will move beyond basic chords, and strums, learn arpeggios, tablature, and basic music fundamentals. You got this! Requirement: Ukulele and tuner.

Material Fee: \$5

No class: 7/1, 8/12

Instructor: Hōkū Bray

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU23175	4 weeks	Sat	6/17-7/15	9:30-10:30a	18+	\$61/\$66
SU23176	4 weeks	Sat	7/22-8/19	9:30-10:30a	18+	\$61/\$66

GUAVA GROOVE UKULELE - ADVANCED

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

With an emphasis on Hawaiian music, this class builds upon the intermediate level and opens up an opportunity to explore more chords, apply interesting rhythms, and become better uke players. Requirement: Ukulele and tuner.

Material Fee: \$5

Instructor: Hōkū Bray

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU23177	5 weeks	Wed	6/14-7/12	5:45-6:45p	18+	\$76/\$81
SU23178	5 weeks	Wed	7/19-8/16	5:45-6:45p	18+	\$76/\$81

KULA A'O 'UKULELE A HŌKŪLANI

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Requirement: Previous enrollment in Guava Groove Ukulele Advanced, along with a teacher recommendation.

Requirement: Ukulele and tuner.

Instructor: Hōkū Bray

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU23179	5 weeks	Wed	6/14-7/12	7:00-8:30p	18+	\$76/\$81
SU23180	5 weeks	Wed	7/19-8/16	7:00-8:30p	18+	\$76/\$81

Parks
July is Make Month!
Life
Better!

FREE ACTIVITIES ALL MONTH LONG!

For activities, please see back cover

TEEN AND ADULT

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
SU23181	1 Day/Tue	6/20	7-9p	18+	FREE
SU23182	1 Day/Tue	7/18	7-9p	18+	FREE
SU23183	1 Day/Tue	8/15	7-9p	18+	FREE

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.

No Class: 7/3

Drop in: \$15 per class

Instructor: Cheryl Schnitzer

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU23184	9 weeks	Mon	6/12-8/14	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. Not too many turns, lots of review, no pressure, and no partner required. Join us for fun line dancing.

Drop in: \$6 per class

Instructor: Carri Fox

DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
Continuous	Wed	6/14-8/16	10-11a	18+	\$6 per class

FITNESS AND SPORTS

THE LOS AL STEPPERS- A COMMUNITY WALKING GROUP - NEW!

Little Cottonwood Park
4000 Farquhar Avenue, Los Alamitos

Let's start the week right by moving outdoors. Meet us at Little Cottonwood Park every Monday morning at 9:30am. We will begin with a nice good morning stretch and light warmup to get the blood flowing. Our 40 min walk will be safely paced according to individuals' capabilities. Come meet new friends and have fun getting fit and active. Strollers and walkers are all welcome!

No class: 7/3

Materials: Bring water and good walking shoes.

Instructor: Recreation Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU23185	8 weeks	Mon	6/12-8/7	9:30-10:30a	18+	\$25/\$30

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 10:00 am and will do a full practice with the beginners following along.

No class: 7/3

Instructor: Suzanne Roady-Ross

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU23186 (Beg/Int)	4 weeks	Mon	6/26-7/24	9:25-11a	18+	\$49/\$54
SU23187 (Beg/Int)	4 weeks	Mon	8/7-8/28	9:25-11a	18+	\$49/\$54

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: 7/4

Instructor: Barbara Bannerman

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU23188	10 weeks	Tue	6/13-8/22	6:30-7:30p	16+	\$109/\$114
SU23189	10 weeks	Sat	6/17-8/19	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: 7/3

Instructor: Garage Pilates

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU23190	5 weeks	Mon	6/12-7/17	6:45-7:45p	16+	\$140/\$145
SU23191	5 weeks	Mon	7/24-8/21	6:45-7:45p	16+	\$140/\$145

GENTLE YOGA - NEW!

Cypress Community Center Oak Knoll Park
9600 Graham Street, Cypress

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

Instructor: Darshini Aithal

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU23192	4 weeks	Wed	6/14-7/5	6:35-7:35p	18+	\$51/\$56
SU23193	4 weeks	Wed	7/12-8/2	6:35-7:35p	18+	\$51/\$56
SU23194	4 weeks	Wed	8/9-8/30	6:35-7:35p	18+	\$51/\$56

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. Participants must provide their own tennis racket. **Early registration is encouraged so that class minimums can be reached in advance.**

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
SU23195 (Beg)	1 week	Mon-Fri	6/12-6/16	9a-12p	7-14	\$179/\$184
SU23196 (Int)	1 week	Mon-Fri	6/19-6/23	9a-12p	11-16	\$179/\$184
SU23197 (All Levels)	1 week	Mon-Fri	6/26-6/30	9a-12p	7-14	\$179/\$184

SESSION 1

CLASS	DAY	TIME	AGE	DATES	CODE	R/NR
Pee Wee	T	4:15-5pm	4-6	6/13-7/11	SU23204	\$54 / \$59
Youth-Beg	T	5-6pm	7-16	6/13-7/11	SU23205	\$69 / \$74
Youth-Beg	W	3:30-4:30pm	7-16	6/14-7/12	SU23206	\$69 / \$74
Adult-Beg	W	6:30-7:30pm	16+	6/14-7/12	SU23207	\$69 / \$74
Pee Wee	Th	3:45-4:30pm	4-6	6/15-7/13	SU23208	\$54 / \$59
Youth-Beg	Th	4:30-5:30pm	7-16	6/15-7/13	SU23209	\$69 / \$74
Youth-Int	Th	5:30-6:30pm	11-16	6/15-7/13	SU23210	\$69 / \$74
Pee Wee	S	8:45-9:30am	4-6	6/17-7/15	SU23211	\$54 / \$59
Youth-Beg	S	9:30-10:30am	7-16	6/17-7/15	SU23212	\$69 / \$74
Youth-Int	S	10:30-11:30am	11-16	6/17-7/15	SU23213	\$69 / \$74

SESSION 2

CLASS	DAY	TIME	AGE	DATES	CODE	R/NR
Pee Wee	T	4:15-5pm	4-6	8/1-9/5	SU23214	\$54 / \$59
Youth-Beg	T	5-6pm	7-16	8/1-9/5	SU23215	\$69 / \$74
Youth-Beg	W	3:30-4:30pm	7-16	8/9-9/6	SU23216	\$69 / \$74
Adult-Beg	W	6:30-7:30pm	16+	8/9-9/6	SU23217	\$69 / \$74
Pee Wee	Th	3:45-4:30pm	4-6	8/10-9/7	SU23218	\$54 / \$59
Youth-Beg	Th	4:30-5:30pm	7-16	8/10-9/7	SU23219	\$69 / \$74
Youth-Int	Th	5:30-6:30pm	11-16	8/10-9/7	SU23220	\$69 / \$74
Pee Wee	S	8:45-9:30am	4-6	8/12-9/9	SU23221	\$54 / \$59
Youth-Beg	S	9:30-10:30am	7-16	8/12-9/9	SU23222	\$69 / \$74
Youth-Int	S	10:30-11:30am	11-16	8/12-9/9	SU23223	\$69 / \$74

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.

SOCCER REGISTRATION:



SOCCER LEAGUES:

Early Registration: **2/3 – 4/16**

Regular Registration: **4/17 – 5/15**

Team Manager Meeting: **5/9**

Visit teamsideline.com/losalamitos
for updated soccer league information

SUMMER 2023

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)
SU23198 / SU23199	11v11 Soccer Men's Over 45	45+	Sun	5/28/2023	Oak / McAuliffe	\$950/ \$1,000 per team	\$60
SU23200 / SU23201	7v7 Soccer Men's Over 35	35+	Wed	5/24/2023	Oak / McAuliffe	\$610/ \$660 per team	\$20
SU23202 / SU23203	7v7 Soccer Women's Over 30	30+	Thur	5/25/2023	Oak / McAuliffe	\$610/ \$660 per team	\$20
	Pick-Up Basketball (8:30-10pm)	18+	Tues	Continuous	Oak Gym	\$5 per person	N/A
	Pick-Up Spike ball (7:00-9:00pm)	18+	Mon	6/5/2023	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

OLDER ADULTS

*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.*

No Class: 7/4

Instructor: Molly Knox

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU23224	10 weeks	Tue	6/13-8/22	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.



Helping seniors in need in our community

Give back All year long

Philanthropy deeply rooted in the community

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

TECH FOR OLDER ADULTS - VIRTUAL CLASSES!

CODE	CLASS	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SU23225	Smartphone for Beginners iPhones	Tue	6/20-7/11	9-10a	55+	\$69/74
SU23226	Smartphone for Beginners iPhones	Wed	7/19-8/9	10:15-11:15a	55+	\$69/74
SU23227	Smartphones for Beginners Android	Wed	6/21-7/12	9-10a	55+	\$69/74
SU23228	Smartphones for Beginners Android	Wed	7/19-8/9	12:30-1:30p	55+	\$69/74
SU23229	Smartphones Advanced iPhones	Tue	7/18-8/8	10:15-11:15a	55+	\$69/74
SU23230	Smartphones Advanced Android	Wed	7/19-8/9	12:30-1:30p	55+	\$69/74
SU23231	Everything Google	Tue	6/20-7/11	10:15-11:15a	55+	\$69/74
SU23232	Digital Security	Wed	7/19-8/9	10:15-11:15a	55+	\$69/74
SU23233	Digital Security	Wed	6/21-7/12	10:15-11:15a	55+	\$69/74
SU23234	5G Internet and Cell Phone Plan Explained	Tue	6/20-7/11	2-3:30p	55+	\$34/\$39
SU23235	Technology for Seniors	Tue	7/18-8/8	12:30-1:30p	55+	\$69/74
SU23236	Cell Phone Basics	Tue	6/20	2-3:30p	55+	\$34/\$39
SU23237	Cell Phone Basics	Wed	7/12	10:15-11:45a	55+	\$34/\$39
SU23238	Cell Phone Basics	Tue	7/25	2-3:30p	55+	\$34/\$39
SU23239	Nature of Aging- Workshop	Tue	6/27	2-3:30p	55+	\$34/\$39
SU23240	Technology for Organizing Photos	Wed	6/21-6/28	10:15-11:45a	55+	\$54/\$59
SU23241	Amazon Prime Explained- Workshop	Tue	8/8	2-3:30p	55+	\$34/\$39
SU23242	Your Music and Technology- Workshop	Tue	7/18	2-3:30p	55+	\$34/\$39
SU23243	Apple Watch: The Basics	Wed	6/21	12-30-2:00p	55+	\$34/\$39
SU23244	Apple Watch: The Next Level	Wed	6/28	9-10:30a	55+	\$34/\$39

CANCELLED



These virtual technology classes are designed for self-paced learning in a variety of topics for all levels of users. You'll receive a pre-recorded online instructional video along with step-by-step handouts allowing you to learn at your own pace, pause, rewind and rewatch. The instructor is a professional in technology with over seven years of experience teaching tech to older adults in Orange County.

Instructor:
Marga Dill



OLDER ADULTS

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 aarpdriversafety.org for more details.

Abrazar: A non-profit agency that offers a no-cost Senior Non-Emergency Medical Transportation program. Rides provided to:

- Dialysis
- Rx pick-ups
- Health Education
- Dentistry
- Lab Tests
- X-rays and more!

Must be 60 years of age or older. If interested in utilizing this service, you must complete an application and return it via mail or email. Applications available through Abrazar or can be picked up at the Los Alamitos Community Center located at 10911 Oak Street. For additional information, or to register, please contact Abrazar at (714) 891-9500.

Access: Transportation provided within O.C. for doctor visits, shopping, or whatever your needs may be. (\$3.60 each way). Call (877) 628-2232 to be certified to ride.

Affordable Housing Resources:

The Orange County Housing Authority maintains a list of affordable rental housing and offers assistance and information on housing resources. Visit ochousing.org for more information.

Council on Aging of OC Programs and Services: Call (714) 479-0107 or visit www.coaoc.org for information.

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



INSTRUCTORS WANTED

We are looking for fun and creative programs for adults 55+. If you can teach a class, give us a call or email a program proposal!

562-430-1073

cfigueroa@cityoflosalamitos.org

Los Alamitos Recreation & Community Services
My City My Los Al



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 11:00 A.M.

Pre-registration is required. We request at least 48 hours notice to ensure your seat.

Please call (562) 430-1073 to register. \$7 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.

Los Alamitos Recreation & Community Services
Creating Quality of Life

KATELLA BAKERY DELI RESTAURANT



DONUTS HOUSE

My City My Los Al

For questions, the menu or to register for lunch, call: **(562) 430-1073** or visit our website at:

cityoflosalamitos.org/recreation

or pick up a hard copy at the Community Center (10911 Oak St.)



SENIOR GROCERY PROGRAM



The Los Alamitos Recreation and Community Services Department provides free groceries to seniors 50+ 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 our community partners:
Second Harvest Food Bank and Cottonwood Church.



(562) 430-1073 • cityoflosalamitos.org/recreation



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.

AGE: 50+

ANNUAL MEMBERSHIP:

\$20 for the calendar year.

February - January

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 1:00pm

Los Alamitos Senior Club 28 76

Summer Bingo Fundraiser

Los Alamitos Community Center
10911 Oak Street, Los Alamitos 90720
at 11:30 a.m.

\$20 Buy In AND \$5 For Each Additional 6 On

PRIZES
9 Games—\$50
Black Out—\$100
Drawing 50/25/25
Extra Games 50/25/25
Additional Games \$ 1 each:
Double Action, Strips, Disks, Bonanza and more!!

DOORS OPEN at 9:00AM
BUY IN from 9:30 - 11:00 AM (only)
BINGO STARTS at 11:30AM
Lunch for \$6 Hot Dog, Chips & Soda

For More Information Contact
Teri Nugent at (310) 803-4338

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Facility Reservations

My City ♥ My Los Al

Celebrate with Us!

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

www.cityoflosalamitos.org/recreation

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

Customer Loyalty Program

My REC Rewards

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

PROUD SPONSOR OF THE MY REC REWARDS PROGRAM

ANNUAL FEE
\$49 Resident Family
\$52 Non-Resident Family

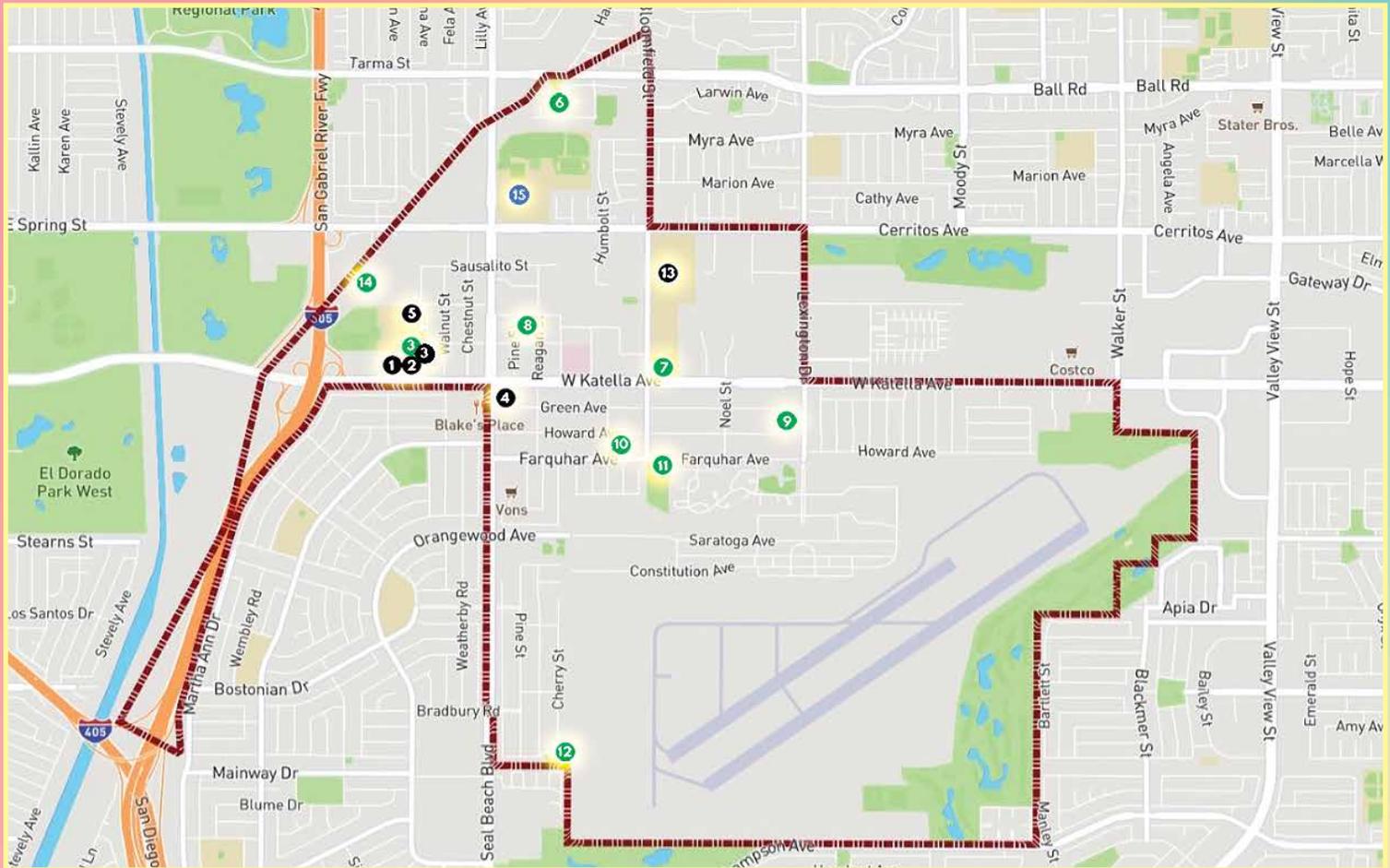
Sign up for My Rec Rewards Loyalty Program & receive exclusive benefits for the entire family.

Los Alamitos
Recreation & Community Services
Creating Quality of Life

- Free Holiday Art Workshop
- 3rd of July Preferred Parking
- Front of line passes at Winter Wonderland and Spring Carnival photo with Peter Rabbit
- 5% off classes excluding other discounted programs

www.cityoflosalamitos.com/MyRec-Rewards-Program

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> <p>15 Los Alamitos High School Pool
3591 W. Cerritos Avenue</p> |
|---|---|---|



Thank you to our Brochure Distribution Partners



REGISTRATION

SUMMER 2023

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.

GENERAL POLICIES

The City of Los Alamitos does not discriminate on the basis of handicapped status in admission or access to, or treatment in, its programs and activities. Alternative methods of communication will be made available for those wishing to participate in City programs or activities. Information concerning the provisions of the Americans with Disabilities Act is available by calling (562) 431-3538. Individuals registering for a class must meet the age requirement prior to the first class meeting. Children may not remain in adult classes and adults may not remain in children's classes during instruction unless otherwise stated.

REFUND POLICY

If minimum enrollment is not met 72 hours prior to the class start date, classes will be cancelled and a full refund will be issued. Refunds for one-day classes or workshops must be

requested no less than five days prior to the class start date. Refunds for all other classes will only be granted if requested prior to the second regularly scheduled class or specialty camp meeting. A \$10 refund fee will be assessed per participant, per class. No refunds will be issued for seasonal Day Camps, Lap Swim or the Lil' Oak Preschool Program.

LATE REGISTRATION

Registration will be accepted at the first and second class if space is available. Fees will not be prorated. Call first to verify an opening at (562) 430-1073.

CLASS TRANSFERS

Transfers will be honored if requested prior to the second class meeting. A \$10 transfer fee will be applied to any class, specialty camp, or program unless the class is cancelled due to low enrollment. Transfers cannot be made from season to season.

LATE PICKUP FEE

If, after the conclusion of any class or program, a minor participant has not been picked up, staff will allow for a 5-minute grace period after which a \$1 per minute fee will be assessed and charged to the parent/guardian.

COMMENTS OR SUGGESTIONS

The programs and classes listed in

this brochure are provided through the Recreation and Community Services Department and are made possible through public interest and input. If you have comments or class suggestions, please call (562) 430-1073.

SUMMER DAY CAMP REGISTRATION

Registration opens Monday April 3, 2023.

MAIL-IN REGISTRATION

Mail-in registration begins Monday, April 24, 2023. Mail registration form and method of payment to the Los Alamitos Community Center (10911 Oak St). For checks, please make payable to the City of Los Alamitos and include your driver's license number at the top of the check. All major credit cards except American Express are accepted.

MAIL TO:

Los Alamitos Recreation and Community Services Department
Attention: Registration
10911 Oak St., Los Alamitos, CA 90720

Registration postmarked prior to Monday, April 24, 2023 will not be accepted. Registration will be processed beginning Monday, April 24, 2023.

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 21, 2023 for residents and Sunday, April 23, 2023 for non-residents.

WALK-IN REGISTRATION

Walk-in registration begins Monday, April 24, 2023. 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 24, 2023. 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 CHECK VISA MASTERCARD DISCOVER Check Amount: Check #

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

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

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

Los Alamitos
Recreation & Community Services
Creating Quality of Life

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

FREE Activities All Month Long!

ALL MONTH LONG
Dog Park • Laurel Park
July 1 - August 31
• Flower Seed Giveaway
• Free Pick up Sports - Ages 18+

**PARK FITNESS
TAKE OVER**
Laurel Park
July 8
7:00 - 8:30 a.m.

**MINI FAMILY DAY
SUMMER CONCERT
SERIES**
Little Cottonwood Park
July 20
5:00 - 6:30 p.m.

Some activities will require pre-registration • Activities subject to change

For more info visit: www.cityoflosalamitos.org/recreation

PARK POP-UP
Little Cottonwood Park: July 1
Labourdette Park: July 15
Soroptimist Park: July 22
10:00 a.m. - 12:00 p.m.

SUNSET YOGA
Laurel Park
July 11, 18, 25
7:15 - 8:00 p.m.

ART WORKSHOP
Los Alamitos Community Center
July 13
5:00 - 6:30 p.m.

SPIKE BALL TOURNAMENT
Laurel Park • July 29
9:00 a.m.

Los Alamitos
Recreation & Community Services
Creating Quality of Life



My City ♥ My Los Al

Register Now!

Race Los Al

Sept. 16, 2023

5K / 10K

**GLOW RUN
& GLIDE**

racelosal.com

