

Los Alamitos

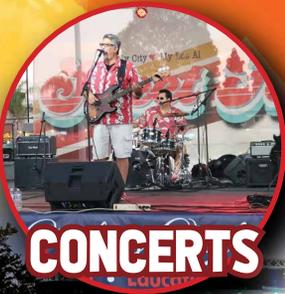
Recreation & Community Services

Creating Quality of Life

Recreation Brochure

& City News

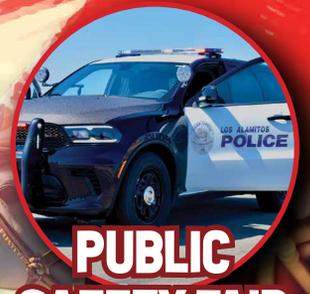
Fall 2023



CONCERTS



CARNIVAL



PUBLIC SAFETY FAIR

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

Celebrate Los Al

Sept. 16, 2023

**10901 Pine Street,
Los Alamitos**



Eat, Drink & Celebrate Los Al Restaurants

**FOOD TASTING
W/BEER GARDEN**



**Race Los Al
5K / 10K**



**GLOW RUN
& GLIDE**

COMING UP SOON

2023

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MemorialCare. ELEVATE ENCORE 50+
SENIOR EXPO
Health, Wellness and Resources for Your Second Act
• Resources
• Vendor Fair
• Light Breakfast
• Giveaways
FREE
Los Alamitos
Recreation & Community Services
Creating Quality of Life
562-430-1073

SENIOR EXPO

AUGUST 23

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Serve LOS AL
Philanthropy deeply rooted in the community

SERVE LOS AL

SEPTEMBER 15-16

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MemorialCare.
Miller Children's & Women's
Hospital Long Beach
Celebrate Los Al

**ACTIVITIES AND EVENTS
CELEBRATING LOS AL**

SEPTEMBER 16

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Register Now!
Race Los Al
Sept. 16, 2023

RACE LOS AL

SEPTEMBER 16

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**CO-ED YOUTH
VOLLEYBALL LEAGUE**

**CO-ED YOUTH
VOLLEYBALL LEAGUE**

SEPT. 18 - DEC. 8

BACK
COVER

MemorialCare.
Miller Children's & Women's
Hospital Long Beach
**TRUNK
OR
TREAT**

TRUNK OR TREAT

OCTOBER 21

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**HALLOWEEN
DECORATING CONTEST**

HALLOWEEN CONTEST

OCTOBER 24

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Fall Camp
November 20-22
Ages 5-12
Location: TBD

FALL CAMP

NOVEMBER 20 - 22

WINTER

CAMPS, PROGRAMS AND EVENTS!

LOOK FOR YOUR WINTER GUIDE ARRIVING IN NOVEMBER FOR MORE INFO ON HOW TO KEEP YOUR FAMILY BUSY THIS WINTER

CLASSES AND EVENTS ARE SUBJECT TO CHANGE OR CANCELLATION



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 Managers

Jennifer Sisoev
Jason Bruton

Recreation Supervisors

Joanna Contreras
Steve Kim
Kristina Villaluna

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



CITYOFFLOSALAMITOS.ORG/RECREATION



FOLLOW US @CITYOFFLOSAL



REGISTRATION: LOSALRECREATION.MYREC.COM

ON THE FRONT COVER:

MemorialCare Miller Children's and Women's Hospital Long Beach Celebrate Los Al features a variety of events in the City of Los Alamitos on Saturday, September 16 including UWS Race Los Al at 7:30am, Los Alamitos Carnival, Public Safety Fair, strEATs food tasting and beer garden, Concerts from 4:00pm to 10:00pm and the UWS Race Los Al Glow Run at 7:30pm. For more information please see page 5.

ON THE BACK COVER:

You are invited to attend the City of Los Alamitos Recreation & Community Services Department 12th Annual MemorialCare Miller Children's and Women's Hospital Long Beach Trunk or Treat! The free event will take place on Saturday, October 21 from 5 – 7:30pm at Little Cottonwood Park (4000 Farquhar Ave). This spooktacular event provides a safe space for families to celebrate Halloween. Guests will have the opportunity to participate in children's costume contests, pick their very own pumpkin (until supplies last), play carnival games, visit the prize booth, visit Trunks for candy, shop at vendor booths, jump on moon bunces, ride the spooky train, participate in an adult pie eating contest, purchase adult beverages from the beverage garden benefiting the Los Alamitos Community Foundation, and more! Families are encouraged to come dressed in their Halloween costumes to enter the ever-so-popular costume contest. The costume contest has four divisions: Ages 0-3, ages 4-7, ages 8-12, and the family division. First, second, and third place prizes will be available for each division. For more information, or interest in sponsoring an area of the event, please visit cityofflosalamitos.org/recreation.



YOUR TAX DOLLARS AT WORK

STREET IMPROVEMENT PROJECT PHASE II

The City of Los Alamitos is currently finishing plans for the upcoming construction of citywide street repairs as part of its ongoing pavement management program. The project is scheduled to start construction in early fall. The project will also replace damaged curb & gutter and lifted sidewalk to correct drainage. Curb ramps at these locations will be modified to current codes as necessary for accessibility. The project will include the following streets:

- Catalina Street (Cherry Street to Kyle Street)
- Catalina Street (Oak Street to Los Alamitos Boulevard)
- Kyle Street (Catalina Street to Florista Street)
- Florista Street (Kyle Street to Bloomfield Street)
- Noel Street (North of Katella Avenue)
- Kyle Street (South of Kinmount Street)
- Kinmount Street (portion)
- Maple Street
- Kaylor Avenue (Ball Road to Kinmount Street)
- Farnham Avenue
- Glacier Circle
- Vicksburb Circle
- Carlsbad Circle
- Interior Circle
- Ranier Circle
- Apollo Circle



For any questions or concerns, please contact the Development Services Department at (562) 431-3538 or visit the City website for all construction related updates.

GOOD MORNING, LOS ALAMITOS!



Returning this Fall, Good Morning, Los Alamitos! is a great way to stay connected with all City related programs, services, projects, and news. Catch all the buzz in the City and meet with City leaders and personnel to help you stay in the loop.

MAYOR'S BUSINESS SPOTLIGHT



The Mayor's Business Spotlight is an Economic Development program which works closely with the business community to recognize and highlight one business each month in an effort to draw awareness, showcase the different types of businesses available, and say thank you for making their home in Los Alamitos. If you are a business owner and are interested in this program, please contact Development Services Department at (562) 431-3538 or visit the City website at <http://cityoflosalamitos.org/187/Economic-Development>.

MEET AND GREET



Mayor Tanya Doby continued making the rounds doing a “meet and greet” with the local area elected officials. Mayor Doby recently represented Los Alamitos with meetings with Congresswoman Michelle Steel (45th District) and Senator Janet Nguyen (36th Senate District) and the local Regional Office of Governor Gavin Newsom. Pictured top left is Congresswoman Michelle Steel and bottom left is Senator Janet Nguyen, 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



NATIONAL CODE ENFORCEMENT APPRECIATION MONTH

LOS ALAMITOS CITY OF LOS ALAMITOS CODE ENFORCEMENT

National Code Enforcement Appreciation Month

My Los Al App
(562) 431 - 3538
codeenforcement@cityoflosalamitos.org
www.cityoflosalamitos.org

October is National Code Enforcement Appreciation Month! The City of Los Alamitos Code Enforcement Division is committed to maintaining and improving the quality of life in our neighborhoods, commercial corridors and industrial areas. The Code Enforcement Division responds to complaints of violations of the Los Alamitos Municipal Code that include substandard buildings, property maintenance, inoperative vehicles, weed abatement and land use violations.

YOUR SERVICES

- BULKY ITEM COLLECTION**
Los Alamitos residents receive two (2) free bulky item collections (up to 4 items per collection) per household, per year - service is also available to multifamily households.
Residents can schedule bulky item collections by contacting the UWS customer service team at (800) 631-7016 or by submitting a request via email to customerservice@uwscompany.com.
- ROLL-OFF CONTAINERS**
As your sole waste service provider, UWS is also the sole provider for the rental of temporary roll-off containers. Temporary bin service includes but is not limited to various sized grey, blue and green containers.
To learn more about the cost and your options that suit your needs best, please contact the UWS customer service team at (800) 631-7016.
- HOUSEHOLD HAZARDOUS WASTE (HHW)**
Los Alamitos residents receive free quarterly household hazardous waste collection (up to four items per collection). To learn more about accepted HHW items and how to schedule a pick up, please contact the UWS customer service team at (800) 631-7016 or by submitting a request via email to customerservice@uwscompany.com.
- LEARN MORE ABOUT YOUR SERVICES**
Looking for more information about your waste hauler, or wanting to learn more about the latest California legislation (Senate Bill 1383) impacting waste services? Please visit the City's website by using the provided QR code or by visiting www.cityoflosalamitos.org.

STAY CONNECTED!

My City My Los Al

- SUBSCRIBE**
Subscribe to receive the City's weekly e-news
- FOLLOW**
Connect via the City's social media platforms
- http://**
The City website is your central hub for learning more about your City, projects, services and more.

(562) 431-3538
www.cityoflosalamitos.org

E-BIKE SAFETY AWARENESS



School District held two E-Bike safety classes for students that attend Oak Middle School and McAuliffe Middle School. The classes included teaching the students the rules of the road while riding E-Bikes to and from school. After each class, students were given a sticker to attach to their E-Bikes, showing they attended the safety class. In all, approximately 130 students attended the E-Bike safety classes.

The Los Alamitos Police Department and the Los Alamitos Unified School District's goal is to offer these safety classes twice a year moving forward. One class will be held at the beginning of the school year and the second class will be offered when students return to school after the holiday break.

In order to assure students are adhering to the rules of the road after taking this specific E-Bike safety class, the Los Alamitos Police Department will be conducting random and periodic traffic enforcement for E-Bike violations.



BUILDING COUNTER HOURS EXTENDED

7:30 AM - 12:30 PM
MONDAY - THURSDAY
STARTING JULY 3, 2023
(EXCLUDING ALL FEDERAL HOLIDAYS)

Over the past several years, the sales of E-Bikes have not only increased dramatically in the United States, but more specifically in the City of Los Alamitos. Even hospitals have seen a steady rise in pediatric injuries related to E-Bikes in the form of concussions, extremity fractures, skull fractures, and facial fractures.

Every day, more and more kids are riding their E-Bikes to and from school. With the increased presence of E-Bikes being ridden by students, the Los Alamitos Police Department has seen a dramatic uptick in the number of unsafe Vehicle Code violations. These violations include but are not limited to, not wearing / improperly wearing helmets, unsafe speed, riding on the wrong side of the roadway, and stop sign violations.

In order to combat these violations and decrease injuries related to E-Bike collisions, the Los Alamitos Police Department and the Los Alamitos Unified School District teamed up to educate our youth. We came up with the idea of offering E-Bike safety classes to middle school students. In order for the students to ride their E-Bikes to school, the Los Alamitos Unified School District required students to attend the hour-long safety class.

Over the past year, the Los Alamitos Police Department and the

MOBILE LIBRARY UNIT OF OC PUBLIC LIBRARIES

Los Alamitos / Rossmoor Library is closed for tenant improvements. Mobile Library is scheduled to visit once a month at the following locations: Orville Lewis Jr. Park and Little Cottonwood from May through October.

Access information, resources & more!

OC Public Libraries Mobile Library On-the-Go!

Get a library card!

More information
ocpl.org/mobilelibrary
ocpl.mobilelibrary@occr.ocgov.com
(714)566-2708

Check out Chromebooks & Hotspots

Check out Chromebooks & Hotspots

Check out books, DVDs, magazines & more!

LOS ALAMITOS PARKS

ORVILLE LEWIS JR. 10:00AM-11:30AM

LITTLE COTTONWOOD PARK, 1:30PM-3:00PM
(*no visits in June & July for Little Cottonwood)

4/21, 5/26, *6/23, *7/21, 8/25, 9/22, 10/27

**STORY TIME
10:15AM**

CELEBRATE LOS AL

Come join us on September 16th to commemorate the MemorialCare Miller Children's & Women's Hospital Long Beach's annual, "Celebrate Los Al" event! We are starting off the day with, 'Serve Los Al', a citywide volunteer service event, where dedicated residents can stay committed to making our City thrive. You can participate by supporting one of the many projects offered such as serving local non-profits, aiding senior residents in need or giving back to the community. Projects can be viewed soon at www.servelosal.org.

Following 'Serve Los Al', the 'UWS Race Los Al' returns for its 42nd Anniversary. UWS Race Los Al takes off bright and early at 7:30am and gives runners a unique and exciting way to explore your City. You'll get the chance to lace up your running shoes and sign up for the 5K Run/Walk and 10K Run. Registration is now open at www.racelosal.com.

After the UWS Race Los Al, join your community at 4:00pm for the My City, My Los Al "Celebrate Los Al Street Fair." Here, we are featuring the Los Al Carnival where the whole family can partake in carnival games and rides, all while enjoying Pine strEATs which offers a variety of food tastings from local restaurants. Come and explore our Public Safety Fair featuring Los Alamitos Police Department, OCFA, CERT, and so much more. Grab a drink and relax while listening to live music from 4:00pm to 10:00pm.

To finish off the celebration, we are ending the night with our Los Alamitos Glow Run where more than 1,500 participants will unite in their most eccentric neon outfits and experience the magic of glow tunnels. Register now at www.racelosal.com

Don't miss out on these exciting activities and events highlighting our beautiful City of Los Alamitos! We can't wait to see you, your family and friends.

NEW EVENT - SEE PAGE 22



ELEVATE
ENCORE **50+**

SENIOR EXPO

Join the Los Alamitos Recreation & Community Services Department along with title sponsor MemorialCare Long Beach for an informative, **FREE event on Wednesday, August 23 from 10:00 a.m. to 12:00 p.m.** featuring resources and information to help you in our Second Act! Resources will be available on housing, transportation, caregiving, leisure services and more! See page 22 for additional information or visit our website, cityoflosalamitos.org/recreation.

Citywide Volunteer Service Event

SEPTEMBER 15-16, 2023

Volunteers needed!

Give back Service Community

Serve LOS AL

Sign up to volunteer at www.servelosal.org

Assembly 9-16-23
8:30am Oak Middle School

Celebrate Los Al

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

Sept. 16, 2023

10901 Pine Street,
Los Alamitos

7:30 AM

Race Los Al



5K / 10K

7:30 AM

Serve Los Al



Citywide
Volunteer
Service Event

8:30 AM

Oak Middle School Auditorium
10821 Oak St. Los Alamitos

Street Fair, Carnival & Concerts



4:00 PM

Vendor Fair

5:00 PM

Carnival Starts

5:30 PM

Veterans Recognition

 Pine
strEATS

Eat, Drink & Celebrate
Los Al Restaurants

5:30 PM

Public Safety Fair



4:00 PM

Glow Run & Glide



7:30 PM

10:00 PM

Los Alamitos
Recreation & Community Services
Creating Quality of Life

HALLOWEEN DECORATING CONTEST



TUESDAY, OCTOBER 24
6 PM TO 8 PM
My City ♥ My Los Al

Los Alamitos
Recreation & Community Services
Creating Quality of Life

Holiday Decorating Contest

Wednesday, December 13
From 6-9pm



Display your holiday lights & decorate your home!

Los Alamitos
Recreation & Community Services
Creating Quality of Life

My City ♥ My Los Al

Santa Calls

Thursday, December 14

Santa will be calling on Thursday, December 14 from 5-7pm. Simply write a letter to Santa Claus and drop it off at the Los Alamitos Community Center (10911 Oak St.) by 5pm on Thursday, December 7. No letters will be accepted by mail. Please include child's name, age, phone number, and other info Santa needs to know.

Letter template available at the Community Center



Saturday, December 2, 2023
4pm to 7:30pm

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

WINTER Wonderland

My City ♥ My Los Al

Presented by

- FREE Snow Play** 
- FREE Ice Skating Rink** 
- Tree Lighting**
- Snow Sledding**
- Santa's Village**
- Musical Entertainment**

Location:
**ST. ISIDORE
HISTORICAL PLAZA**

10961 Reagan Street and Pine Street
www.cityoflosalamitos.org/recreation

Los Alamitos
Recreation & Community Services
Creating Quality of Life

ELEVATE WOMEN'S CONFERENCE meet ups 2023

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
[HTTPS://LOSALAMITOSELEVATEMEETUPS.EVENTBRITE.COM](https://losalamitoselevatemeetups.eventbrite.com)

PRESCHOOL

ARTS, CRAFTS AND MUSIC



LEARN AND GROW PLAYGROUP

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

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

\$5 materials fee

Instructor: Diana Perez

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2301	5 weeks	Wed	9/6-10/4	9:15-10a	1.5-2.5	\$79/\$84
FA2302	5 weeks	Wed	10/18-11/15	9:15-10a	1.5-2.5	\$79/\$84

SHAPING IT UP WITH ABC'S AND 123'S

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Come join us as we explore our world of numbers, shapes, and letters. Class will target classification, counting, numbers, letters, colors, shapes, socialization, music, movement, crafts, and prepare children for school readiness. Parent participation is required. Please do not bring unregistered siblings.

\$5 materials fee

Instructor: Diana Perez

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2303	5 weeks	Wed	9/6-10/4	10:15-11a	2.5-5	\$79/\$84
FA2304	5 weeks	Wed	10/18-11/15	10:15-11a	2.5-5	\$79/\$84

HOLLY JOLLY WORKSHOP

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Join Mrs. Diana for some Fall fun as we meet new friends, share ideas to foster positive parenting, and all the while sharing some smiles. This 3 week session will incorporate movement, music, and winter craft fun that will heighten their development in social, cognitive, and fine and gross motor skills. Parent participation required. Please do not bring unregistered siblings.

\$5 materials fee

Instructor: Diana Perez

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2305	3 weeks	Wed	11/29-12/13	9:15-10a	2.5-5	\$53/\$58

CITY OF
Los Alamitos
California

My City ♥ My Los Al

LATE PICK UP 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.





FALL PROGRAM

(SESSION 1: 9 WEEKS)

Age:	Days:	Dates:	Time:	Fee: (R/NR)	Code:
4-5	M/W/F	8/14-10/13	9am-1pm	\$550/\$555	FA2306
3-4	T/TH	8/15-10/12	9am-12pm	\$270/\$275	FA2307

NO CLASS: 9/4, 10/9

(SESSION 2: 9 WEEKS)

Age:	Days:	Dates:	Time:	Fee: (R/NR)	Code:
4-5	M/W/F	10/16-12/22	9am-1pm	\$550/\$555	FA2308
3-4	T/TH	10/17-12/21	9am-12pm	\$270/\$275	FA2309

NO CLASS: 11/9-11/10, 11/20-11/24

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.

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.

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 holiday recital with nominal fee. Must be enrolled September-December to participate, registration deadline 9/30/2023. Information: www.socaarts.com

Instructor: SoCa Arts

No Class: 11/9,11/23

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2310	5 weeks	Thu	9/7-10/5	4:25-5:10p	3-6	\$74/\$79
FA2311	6 weeks	Thu	10/19-12/7	4:25-5:10p	3-6	\$88/\$93



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. Athletic attire and sneakers required. Optional holiday recital with nominal fee. Must be enrolled September-December to participate, registration deadline 9/30/2023. Information: www.socaarts.com

Instructor: SoCa Arts

No Class: 11/9,11/23

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2312	5 weeks	Thu	9/7-10/5	3:30-4:15p	3-5	\$74/\$79
FA2313	6 weeks	Thu	10/19-12/7	3:30-4:15p	3-5	\$88/\$93

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 holiday recital with nominal fee. Must be enrolled September-December to participate, registration deadline 9/30/2023. Information: www.socaarts.com

Instructor: SoCa Arts

No Class: 11/9,11/23

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2314	5 weeks	Thu	9/7-10/5	5:20-6:05p	4-7	\$74/\$79
FA2315	6 weeks	Thu	10/19-12/7	5:20-6:05p	4-7	\$88/\$93

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. Athletic attire and sneakers required. Optional holiday recital with nominal fee. Must be enrolled September-December to participate, registration deadline 9/30/2023. Information: www.socaarts.com

Instructor: SoCa Arts

No Class: 11/9,11/23

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2316	5 weeks	Thu	9/7-10/5	6:15-7:00p	5-9	\$74/\$79
FA2317	6 weeks	Thu	10/19-12/7	6:15-7:00p	5-9	\$88/\$93

Fall Camp

November 20-22
Ages 5-12

10909 Oak Street, Los Alamitos

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



Join MyRec Rewards sponsored by MemorialCare Miller Children's and Women's Hospital Long Beach for 5% off your registration.

Registration can be done at losalrecreation.myrec.com.

Scholarships are also available for eligible Los Alamitos residents.

Please visit cityoflosalamitos.org/recreation to apply.

Los Alamitos
Recreation & Community Services
Creating Quality of Life

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



My City
♥
My Los Al

PRESCHOOL & YOUTH

SPORTS

PARENT & ME FLAG FOOTBALL

Little Cottonwood Park
4000 Farquhar Avenue, Los Alamitos

This is the perfect opportunity to introduce your little athlete to the sport of football! In this class, your athlete will be taught fundamental football skills, whilst developing their motor skills. Classes are led by Recreation Staff and must include parent participation.

Award is included in the fee.

Instructor: Recreation Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2318	5 weeks	Tue	9/19-10/17	4-4:45p	2-3	\$63/\$68



SOCCER AND T-BALL COMBO WITH SPORTBALL - NEW!

Little Cottonwood Park
4000 Farquhar Avenue, Los Alamitos

In our Soccer & T-ball Class, we dive into two of the most loved sports: baseball and soccer. We will introduce your young athlete to the basics of both sports through imagination skill-based games, that will constantly be improving cognitive and social skills, and most importantly learning to work together as a team. The first part of the session focuses on soccer skills such as passing, throw-ins, dribbling and goalie skills and non-competitive game play. Midway through the season, we switch to baseball skills such as throwing, catching, batting, running bases and fielding before playing an actual game.

No class: 11/25

Instructor: Sportball Coaches

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2321	6 weeks	Sat	9/9-10/14	11-11:45a	2-3yrs	\$159/\$164
FA2322	6 weeks	Sat	11/4-12/16	11-11:45a	2-3yrs	\$159/\$164
FA2323	6 weeks	Sat	9/9-10/14	12-12:45p	3-5yrs	\$159/\$164
FA2324	6 weeks	Sat	11/4-12/16	12-12:45p	3-5yrs	\$159/\$164



JR. PEE WEE FLAG FOOTBALL

Little Cottonwood Park
4000 Farquhar Avenue, Los Alamitos

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

Award is included in the fee.

Instructor: Recreation Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2319	5 weeks	Tue	9/19-10/17	5-5:45p	4-6	\$63/\$68



PEE WEE FOOTBALL

Little Cottonwood Park
4000 Farquhar Avenue, Los Alamitos

Come and refine your skills with Pee Wee Football. Recreation Staff will cover the fundamental skills of football with skill-based drills and games. Whether your athlete is new to the sport of football or has some experience, this program is meant to help your athlete excel. The activities that participants engage in will translate over to their gameplay. A Pee Wee Super Bowl will be played on the final day.

Award is included in the fee.

Instructor: Recreation Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2320	5 weeks	Tue	9/19-10/17	6-6:45p	7-9	\$63/\$68



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: 11/25

Instructor: Sportball Coaches

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2325	6 weeks	Sat	9/9-10/14	9-9:45a	16m-3yrs	\$159/\$164
FA2326	6 weeks	Sat	11/4-12/16	9-9:45a	16m-3yrs	\$159/\$164
FA2327	6 weeks	Sat	9/9-10/14	10-10:45a	3-5yrs	\$159/\$164
FA2328	6 weeks	Sat	11/4-12/16	10-10:45a	3-5yrs	\$159/\$164

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

Learn the skills and techniques of volleyball, or sharpen your skills, in the Recreation Departments Co-ed Youth Volleyball League. Practice will be held once per week, beginning the week of September 18. The first week is dedicated to practice, with the first game scheduled on Friday, September 29, and ending with the Skills Contest on Friday, December 8. Game schedule will be distributed by September 25. Jersey and award are included in the fee.

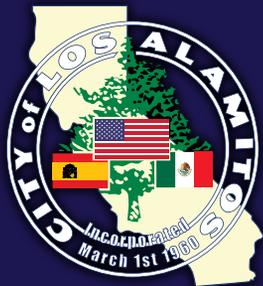


Grades 4-8
September 18-December 8
No Practice/Games: 11/6-11/10, 11/20-11/24
10 weeks
Res. \$145, Non-Res. \$150



CODE	PRACTICE SITE	DIVISION	PRACTICE DAY	PRACTICE TIME
FA2329	Oak Gym	Spike (6th-8th grade)	Wednesday	5:30-6:45pm
FA2330	McAuliffe M.S.	Spike (6th-8th grade)	Thursday	3:30-4:45pm
FA2331	McGaugh	Set (4th-5th grade)	Monday	3:30-4:30pm
FA2332	Oak Gym	Set (4th-5th grade)	Monday	6:00-7:00pm
FA2333	LAE	Set (4th-5th grade)	Tuesday	3:30-4:30pm
FA2334	Weaver	Set (4th-5th grade)	Tuesday	3:30-4:30pm
FA2335	Lee	Set (4th-5th grade)	Thursday	3:30-4:30pm

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



My City
♥
My Los Al

SHOP LOCAL

EAT LOCAL

PLAY LOCAL

STAY LOCAL

SUPPORT LOCAL

Los Alamitos
Recreation & Community Services
Creating Quality of Life

NEW!

BUMP CLINIC

Oak Gym
10821 Oak St., Los Alamitos

Come and join us for this new addition to our Youth Volleyball Program offerings! This introductory clinic is meant to acquaint your child with the basic skills and technique of volleyball. Taught by Recreation Staff, participants will engage in various drills and activities that will help them to develop the fundamental skills needed to excel in the sport. T-shirt and certificate are included in the fee.

CODE	DURATION	DAY	DATE(S)	TIME	GRADE	RES/NON-RES
FA2336	6 weeks	Mon	9/18-10/23	6-7p	1-3	\$80 /\$85

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

YOUTH SPORTS



HEMOCOURT 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: 9/7, 10/12, 11/9, 11/23, 11/28

Instructor: HCE Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2337	4 weeks	Tue/Thurs	9/5-9/28	7-8:30p	5-14	\$169/\$174
FA2338	5 weeks	Tue/Thurs	10/3-11/2	7-8:30p	5-14	\$209/\$214
FA2339	6 weeks	Tue/Thurs	11/7-12/14	7-8:30p	5-14	\$209/\$214

HEMOCOURT 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

No Class: 9/7, 10/12, 11/9, 11/23

Instructor: HCE Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2340	3 weeks	Thurs	9/14-9/28	7-8:30p	5-14	\$89/\$94
FA2341	3 weeks	Thurs	10/5-10/26	7-8:30p	5-14	\$89/\$94
FA2342	5 weeks	Thurs	11/2-12/14	7-8:30p	5-14	\$134/\$139

HEMOCOURT 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 week with Homecourt Edge Basketball. Tuesday's ball-handling class, Thursday's shooting class and Sunday's Open Gym. Please don't hesitate to sign up with us today! For class makeups, please contact: hcepersonaltraining@yahoo.com

Drop in: \$20 per class

No Class: 9/7, 10/12, 11/9, 11/23, 11/28

Instructor: HCE Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2343	4 weeks	Tue/Thu/Sun	9/3-9/28	T/Th 7-8:30p	5-14	\$224/\$229
FA2344	5 weeks	Tue/Thu/Sun	10/1-11/2	Sun 2-3:30p	5-14	\$239/\$244
FA2345	7 weeks	Tue/Thu/Sun	11/5-12/17	Sun 2-3:30p	5-14	\$294/\$299

HEMOCOURT 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. 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. 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

Instructor: HCE Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2346	4 weeks	Sun	9/3-9/24	2-3:30p	5-14	\$89/\$74
FA2347	5 weeks	Sun	10/1-10/29	2-3:30p	5-14	\$109/\$114
FA2348	7 weeks	Sun	11/5-12/17	2-3:30p	5-14	\$149/\$154

HEMOCOURT 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: 11/28

Instructor: HCE Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2349	4 weeks	Tues	9/5-9/26	7-8:30p	5-14	\$109/\$114
FA2350	5 weeks	Tues	10/3-10/31	7-8:30p	5-14	\$134/\$139
FA2351	5 weeks	Tues	11/7-12/12	7-8:30p	5-14	\$134/\$139

HEMOCOURT 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! Girls and Boys 2nd - High School teams. For class makeups, please contact: hcepersonaltraining@yahoo.com

No Class: 9/7, 10/12, 11/9, 11/23, 11/28

Instructor: HCE Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2352	4 weeks	Tue/Thurs	9/5-9/28	6-8:30p	8-14	\$200/\$205
FA2353	5 weeks	Tue/Thurs	10/3-11/2	6-8:30p	8-14	\$200/\$205
FA2354	7 weeks	Tue/Thurs	11/7-12/14	6-8:30p	8-14	\$250/\$255

HEMOCOURT EDGE BASKETBALL OPEN RUN - NEW!

Oak Middle School Gym
10821 Oak Street, Los Alamitos

Bring a group of friends to come play ball! Ages 10-11 from 2:00 - 3:30pm and Ages 12-14 from 3:30-5:00pm. Please contact: hcepersonaltraining@yahoo.com

Drop in: \$20 per class

Instructor: HCE Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2355	4 weeks	Sun	9/3-9/24	2-5p	10-14	\$65/\$70
FA2356	5 weeks	Sun	10/1-10/29	2-5p	10-14	\$79/\$84
FA2357	7 weeks	Sun	11/5-12/17	2-5p	10-14	\$107/\$112

TEEN AND ADULT

SPORTS CONT.



STRENGTH AND AGILITY TRAINING

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
FA2358	4 weeks	Fri	9/08-9/29	4 - 4:50p	6-9	\$77/\$82
FA2359	4 weeks	CANCELLED	CANCELLED	CANCELLED	10-13	CANCELLED
FA2360	4 weeks	CANCELLED	CANCELLED	CANCELLED	14-18	CANCELLED
FA2361	4 weeks	CANCELLED	CANCELLED	CANCELLED	6-9	CANCELLED
FA2362	4 weeks	CANCELLED	CANCELLED	CANCELLED	10-13	CANCELLED
FA2363	4 weeks	CANCELLED	CANCELLED	CANCELLED	14-18	CANCELLED
FA2364	3 weeks	CANCELLED	CANCELLED	CANCELLED	6-9	CANCELLED
FA2365	3 weeks	CANCELLED	CANCELLED	CANCELLED	10-13	CANCELLED
FA2366	3 weeks	CANCELLED	CANCELLED	CANCELLED	14-18	CANCELLED

SPECIAL INTEREST



YOUTH SIGN LANGUAGE - NEW!

Los Alamitos Community Center

10911 Oak Street, Los Alamitos

Get introduced to the basics of American Sign Language in this fun, interactive class! Children will learn age-appropriate curriculum through engaging activities and lessons.

Instructor: Recreation Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2367	6 weeks	Tue	9/19-10/24	3:45-4:30p	7-9	\$75/\$80

NO-SOLDER RING MAKING CLASS - NEW!

Los Alamitos Community Center

10911 Oak Street, Los Alamitos

This is a fun, creative class to make a hammer finished sterling silver ring. No solder is needed. Learn how to hammer your own piece of wire in your own way and shape the ring. You will be surprised with the outcome that you can achieve from this workshop!

Material Fee: \$20

Instructor: Erin Choi

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2368	1 day	Thu	9/7	7-9p	16+	\$49/\$54
FA2369	1 day	Thu	9/21	7-9p	16+	\$49/\$54
FA2370	1 day	Mon	9/11	9-11a	16+	\$49/\$54
FA2371	1 day	Mon	9/25	9-11a	16+	\$49/\$54

HOOP EARRING MAKING CLASS - NEW!

Los Alamitos Community Center

10911 Oak Street, Los Alamitos

Make your own hoop earrings in sterling silver or gold filled wire. Learn how to design, forge and polish a wire into jewelry. Each class includes techniques instruction and tools you need to create beautiful personalized earrings of your own!

Material Fee: \$20

Instructor: Erin Choi

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2372	1 day	Thu	10/19	7-9p	16+	\$49/\$54
FA2373	1 day	Mon	10/23	9-11a	16+	\$49/\$54

RIVET RING MAKING CLASS - NEW!

Los Alamitos Community Center

10911 Oak Street, Los Alamitos

If you love jewelry making, this class is absolutely for you. Here, you'll learn the basics of cold-joint techniques, forging, and ring making out of sterling silver wire. All tools and step by step instruction is provided.

Material Fee: \$20

Instructor: Erin Choi

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2374	1 day	Mon	11/6	9-11a	16+	\$49/\$54
FA2375	1 day	Thu	11/16	7-9p	16+	\$49/\$54

HOLIDAY PEARL EARRING MAKING CLASS - NEW!

Los Alamitos Community Center

10911 Oak Street, Los Alamitos

Bring the holiday spirit to your ears with this perfect pearl earring making class! In just 2 hours, you'll learn how to create classic pearl earrings. Choose sterling silver or gold filled metal, and bring home a beautiful one-of-a-kind gift for your family and friends. Extra materials are available to purchase in class.

Material Fee: \$20

Instructor: Erin Choi

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2376	1 day	Mon	12/4	9-11a	16+	\$49/\$54
FA2377	1 day	Thu	12/7	7-9p	16+	\$49/\$54
FA2378	1 day	Mon	12/11	9-11a	16+	\$49/\$54

TEEN AND ADULT 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: 10/9, 10/16, 11/20, 11/27

Drop in: \$15 per class

Instructor: Cheryl Schnitzer

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2379	10 weeks	Mon	9/11-12/11	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

No Class: 10/11, 11/22

Instructor: Carri Fox

DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
Continuous	Wed	9/6-12/13	10-11a	18+	\$6 per class

SPECIAL INTEREST

THERE'S MORE TO THE STORY

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Explore the influence of how main stream media and social media has on a young person's mind around the topic of alcohol and other drugs and learn ways to read the hidden message advertisers use to promote their products. Join us for this interactive and fun workshop!

Instructor: Sherryl Ramos, Orange County Health Care Agency, Alcohol Drug Education and Prevention Team

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2380	1 day	Wed	9/6	3:30-4:15p	11-14	Free
FA2381	1 day	Wed	10/18	3:30-4:15p	11-14	Free
FA2382	1 day	Wed	11/15	3:30-4:15p	11-14	Free
FA2383	1 day	Wed	12/13	3:30-4:15p	11-14	Free

DOG OBEDIENCE CLASS - NEW!

Little Cottonwood Park
4000 Farquhar Avenue, Los Alamitos

Dogs of all ages welcome! We will work on the following basic obedience commands: sit, watch me, loose leash walking, leave it, sit stay, down stay, and come when called. We also work on getting rid of attention seeking behaviors like jumping, barking, mouthing, and chewing. Potty training concerns will also be addressed.

Instructor: Alexandra Macias CPDT-KA

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2384	6 weeks	Sat	9/9-10/14	12-1p	18+	\$159/\$164
FA2385	6 weeks	Sun	10/8-11/12	9-10a	18+	\$159/\$164

My City ♥ My Los Al

Register Now!

Race Los Al

Sept. 16, 2023

5K / 10K
GLOW RUN & GLIDE

racelosal.com

TEEN AND ADULT



WATERCOLOR PAINTING

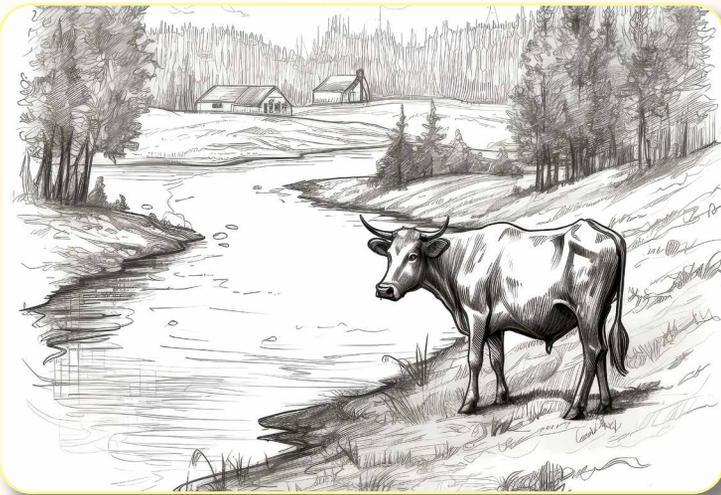
Los Alamitos Community Center
10911 Oak Street, Los Alamitos

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: 9/16, 11/11, 11/25, 12/2

Instructor: Darshini Aithal

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2386	3 weeks	Mo	CANCELLED	10:15a-12:15p	16+	\$90/\$95
FA2387	3 weeks	Mon	11/6-11/20	10:15a-12:15p	16+	\$80/\$85
FA2388	3 weeks	Sa	CANCELLED	11a-1p	16+	\$80/\$85
FA2389	3 weeks	Sat	11/4-12/9	11a-1p	16+	\$80/\$85



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 and how to improve their skills. It covers the tools and techniques used to draw and provide plenty of exercises to practice different techniques and styles. All students provide their own supplies; a list of supplies will be sent.

Instructor: Darshini Aithal

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2390	4 weeks	Thu	9/7-9/28	6-7:30p	18+	\$100/\$105

CANCELLED



SUGAR COOKIE DECORATING

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Learn to decorate beautiful sugar cookies with royal icing just like on your favorite competition shows. Students will receive step-by-step instructions as they complete 6 different cookie designs to take home. Skills to be covered including piping, flooding, and detail work. Please notify the instructor of any food allergies prior to class.

Instructor: McKenzie Ricks

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2391	1 day	Tue	10/24	7-9p	14+	\$50/55
FA2392	1 day	Tue	12/12	7-9p	14+	\$50/55



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.



TEEN AND ADULT SPECIAL INTEREST CONT.



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	8/12-9/2	9-12p	16+	\$15 +\$10 model fee



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	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2393	1 day	Tue	9/19	7-9p	18+	FREE
FA2394	1 day	Tue	10/17	7-9p	18+	FREE
FA2395	1 day	Tue	11/21	7-9p	18+	FREE

LOS ALAMITOS RECREATION SCHOLARSHIP PROGRAM



Available

Interested in signing up for a Recreation class but need financial assistance?

Thanks to local community groups & individuals who have graciously donated funds, the City of Los Alamitos offers scholarships to Los Alamitos families in need.



Donate

Interested in giving back to your community so that families in need can have opportunities to participate in enrichment, exercise, and educational programs?

Donate today! Any amount is appreciated and your generosity will go a long way to enhance the lives and experiences of families who may not have the means to afford a program or class.

To register for a recreation program (toddlers, teens, & seniors)
VISIT FOR MORE INFORMATION: WWW.CITYOFLOSALAMITOS.ORG/RECREATION



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: 9/16, 11/11, 12/2

Instructor: Hōkū Bray

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2396	5 weeks	Sat	9/9-10/14	10:45-11:45a	15+	\$76/\$81
FA2397	5 weeks	Sat	10/28-12/9	10:45-11:45a	15+	\$76/\$81

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: 9/16, 11/11, 12/2

Instructor: Hōkū Bray

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA2398	5 weeks	Sat	9/9-10/14	9:30-10:30a	15+	\$76/\$81
FA2399	5 weeks	Sat	10/28-12/9	9:30-10:30a	15+	\$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.

No class: 10/11, 11/22

Instructor: Hōkū Bray

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA23100	6 weeks	Wed	9/6-10/18	7:00-8:30p	13+	\$87/\$92
FA23101	6 weeks	Wed	10/25-12/6	7:00-8:30p	13+	\$87/\$92

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



CITY OF Los Alamitos California

My City My Los Al

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

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 FITNESS AND SPORTS



COMBINED T'AI CHI CHIH

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

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

No class: 10/9

Instructor: Suzanne Roady-Ross



CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA23102 (Beg/Int)	5 weeks	Mon	9/18-10/23	9:25-11a	18+	\$69/\$74
FA23103 (Beg/Int)	5 weeks	Mon	11/6-12/4	9:25-11a	18+	\$69/\$74



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: 10/21, 11/11, 11/28, 12/2

Instructor: Barbara Bannerman

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA23105	12 weeks	Tue	9/19-12/12	6:30-7:30p	16+	\$129/\$134
FA23106	10 weeks	Sat	9/23-12/16	8:30-9:30a	16+	\$109/\$114



GENTLE YOGA

Cypress Community Center Oak Knoll Park
9600 Graham Street, Cypress

Slow down your breath and ease into your practice. During our practice, we will work to deepen our breathing, stretch our bodies and our breath and develop our concentration. This is a journey of self-transformation. Use this practice to increase flexibility and concentration, reduce stress, and improve your overall health and happiness! Please bring a yoga mat and comfortable clothing.

Instructor: Mini Aithal

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA23104	4 weeks	Wed	9/6-9/27	6:35-7:35p	18+	\$51/\$56



MAT PILATES

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

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

No class: 10/9

Instructor: Garage Pilates

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA23107	6 weeks	Mon	9/11-10/23	6:45-7:45p	16+	\$159/\$164
FA23108	6 weeks	Mon	11/6-12/11	6:45-7:45p	16+	\$159/\$164

TEEN AND ADULT

TENNIS



SESSION 1

CLASS	DAY	TIME	AGE	DATES	CODE	R/NR
Pee Wee	T	4:15-5pm	4-6	10/3-10/31	FA23109	\$46 / \$51
Youth-Beg	T	5-6pm	7-16	10/3-10/31	FA23110	\$58 / \$63
Youth-Beg	W	3:30-4:30pm	7-16	10/4-11/1	FA23111	\$58 / \$63
Adult-Beg	W	6:30-7:30pm	16+	10/4-11/1	FA23112	\$58 / \$63
Pee Wee	Th	3:45-4:30pm	4-6	10/5-11/2	FA23113	\$46 / \$51
Youth-Beg	Th	4:30-5:30pm	7-16	10/5-11/2	FA23114	\$58 / \$63
Youth-Int	Th	5:30-6:30pm	11-16	10/5-11/2	FA23115	\$58 / \$63
Pee Wee	S	8:45-9:30am	4-6	10/7-11/4	FA23116	\$46 / \$51
Youth-Beg	S	9:30-10:30am	7-16	10/7-11/4	FA23117	\$58 / \$63
Youth-Int	S	10:30-11:30am	11-16	10/7-11/4	FA23118	\$58 / \$63

SESSION 2

CLASS	DAY	TIME	AGE	DATES	CODE	R/NR
Pee Wee	T	4:15-5pm	4-6	11/14-12/19	FA23119	\$46 / \$51
Youth-Beg	T	5-6pm	7-16	11/14-12/19	FA23120	\$58 / \$63
Youth-Beg	W	3:30-4:30pm	7-16	11/15-12/20	FA23121	\$58 / \$63
Adult-Beg	W	6:30-7:30pm	16+	11/15-12/20	FA23122	\$58 / \$63
Pee Wee	Th	3:45-4:30pm	4-6	11/16-12/21	FA23123	\$46 / \$51
Youth-Beg	Th	4:30-5:30pm	7-16	11/16-12/21	FA23124	\$58 / \$63
Youth-Int	Th	5:30-6:30pm	11-16	11/16-12/21	FA23125	\$58 / \$63
Pee Wee	S	8:45-9:30am	4-6	11/18-12/23	FA23126	\$46 / \$51
Youth-Beg	S	9:30-10:30am	7-16	11/18-12/23	FA23127	\$58 / \$63
Youth-Int	S	10:30-11:30am	11-16	11/18-12/23	FA23128	\$58 / \$63

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.**

INSTRUCTORS:



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



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



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

SOCCER

REGISTRATION:

SOCCER LEAGUES:

Early Registration: **7/1 – 8/12**

Regular Registration: **8/13 – 9/3**

Visit teamsideline.com/losalamitos for updated soccer league information



FALL 2023

EARLY REGISTRATION/ REG. REGISTRATION CODES	PROGRAM	AGE	DAY(S)	START DATE	LOCATION	EARLY REGISTRATION/ REG. REGISTRATION FEE	OFFICIAL FEE (PER GAME / PER TEAM)
FA23129 / FA23130	11v11 Soccer Men's Over 45	45+	Sun	10/1/2023	Oak / McAuliffe	\$950/ \$1,000 per team	\$60
FA23131 / FA23132	7v7 Soccer Men's Over 35	35+	Wed	9/13/2023	Oak / McAuliffe	\$610/ \$660 per team	\$20
FA23133 / FA23134	7v7 Soccer Women's Over 30	30+	Thur	9/14/2023	Oak / McAuliffe	\$610/ \$660 per team	\$20

Pick-Up Basketball (8:30-10pm) 18+ Tues Continuous Oak Gym \$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

CHECK OUT!

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

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.**

Instructor: Molly Knox

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA23135	15 weeks	Tue	9/12-12/19	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.**



SENIOR STRETCH AND STRENGTH SENIOR FITNESS AND MOBILITY CLASS - NEW!

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Come join us as we move and build strength and endurance to some fun and groovy music. We will start off with a good morning stretch and get the blood flowing with light low impact movements. Part of the class will be done standing and the other half seated. The health benefits of movement and light weight training is essential and vital during older adulthood. Grab your friends and let's get moving! Register at: losalrecreation.myrec.com. Spaces are limited. Max: 20 participants

Instructor: Recreation Staff

Materials: Bring water and wear comfortable clothing.

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA23136	7 weeks	Mon	10/30-12/11	11a-12p	55+	Free



FREE WORKSHOPS

OCTA - TRANSPORTATION WORKSHOP - NEW!

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Are you an avid user of the Orange County public transit system? Or maybe you're a new user and find public transit intimidating. The Orange County Transportation Authority (OCTA) is here to help with this transportation workshop. In this hour-long presentation, you will learn about the OC Bus and its current fare & reduced fare options, trip planning, mobile app, and operation updates. All participants will receive free bus passes as well as an opportunity to win a raffle prize.

Wednesday, September 20th, 2023 at 11 AM

UCI MIND - HEALTHY BRAIN AGING AND ALZHEIMER'S DISEASE RESEARCH - NEW!

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Join the UC Irvine Institute for Memory Impairments and Neurological Disorders (UCI MIND) for an enriching presentation on neurological disorders such as Alzheimer's disease and how we can protect our brains as we age. UCI MIND is an Alzheimer's Disease Research Center with the goal of advancing treatment and care for Alzheimer's. The workshop will cover general information and background on Alzheimer's disease, current research, data, and prevention methods as well as risk reducing factors. This will be followed by a question & answer segment at the end.

Wednesday, November 8th, 2023 at 11 AM

HICAP - MEDICARE WORKSHOP - NEW!

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

The Health Insurance Counseling and Advocacy Program (HICAP) will be hosting a seminar to help prepare you for the Medicare open enrollment period. The presentation will discuss Medicare coverage, benefits, healthcare options, Medicare Part D prescription coverage, and general costs. If you are new to Medicare or care for a loved one and need more information, you won't want to miss out on this resource.

Wednesday, October 25th, 2023 at 11 AM

OCFA - HOLIDAY FIRE SAFETY AND FIRE EXTINGUISHER DEMO - NEW!

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

The Orange County Fire Authority (OCFA) will be leading a presentation on fire safety and addresses home electrical and heating safety as well as discussing common fire accidents for the holiday season. The educational slideshow will be followed by a fire extinguisher demonstration to help bolster the community's confidence in executing emergency protocols during a fire emergency.

Wednesday, December 13th, 2023 at 11 AM

SENIOR PROGRAMS



SENIOR GROCERY PROGRAM

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

In a joint effort with Second Harvest Food Bank Orange County, the City of Los Alamitos Recreation Department is tackling food scarcity within the older adult community by providing free food for those 50 and over. Stop by the Los Alamitos Community Center every Tuesday and fill your bag with fresh produce and dry goods. Check in begins at 12:45 PM. Participants will be allowed to choose the items they would like to take home. Please bring your own grocery bags as supplies are limited. For up to date information on closure dates please visit the Senior Page at cityoflosalamitos.org/recreation.

Every Tuesday at 1 PM
(closure dates listed online)



DINE IN & DOUGH HOUSE

*The Youth Center
10909 Oak Street, Los Alamitos*

Join us for a cup of coffee at Dine In & Dough House. This is a two-part senior program providing a social space for individuals 50+ consisting of a bread program in the mornings and lunch program following immediately after. A variety of bread and pastries are available from 8 AM to 11 AM at a suggested donation. Lunch is catered from local restaurants for a modest, fixed price of \$7 and is served at 11:15 AM. Participant registration and payment is requested 24 hours in advanced by visiting the Los Alamitos Community Center or calling in at (562) 430-1073. Menus can be viewed online on the City of Los Alamitos' Senior Page at cityoflosalamitos.org/recreation.

Every Tuesday & Thursday 8 AM to 12 PM
(closure dates listed online)

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.

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 Ombudsman Services)
- Friendly Visitors Program

INSTRUCTORS WANTED

Los Alamitos
Recreation & Community Services
Creating Quality of Life

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

My City
My Los Al

cfigueroa@cityoflosalamitos.org

OLDER ADULTS



ELEVATE ENCORE

50+

SENIOR EXPO

Health, Wellness and Resources for Your Second Act

- Resources
- Vendor Fair
- Light Breakfast
- Giveaways



FREE

Los Alamitos

Recreation & Community Services
Creating Quality of Life

Los Alamitos Community Center
(10911 Oak St., Los Alamitos)

562-430-1073

cityoflosalamitos.org/recreation

WEDNESDAY

AUGUST 23, 2023 • 10:00 A.M. - 12:00 P.M.

**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

California State University Long Beach

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

ST. ISIDORE HISTORICAL PLAZA
10961 REAGAN ST., LOS ALAMITOS

Classes are available to adults 50 and older.

PLAY IT AGAIN JAM
Tuesdays 10:00 a.m. – 12:00 p.m.
Jul. 11 – Aug. 22

REIKI I: SELF-HEALING
Tuesdays 1:00 p.m. – 2:30 p.m.
Jul. 11 – Aug. 15

ACOUSTIC GUITAR 2: BEYOND THE BASICS
Wednesdays 11:30 a.m. – 1:00 p.m.
Jul. 12 - Aug. 23

“CATCH THE SPIRIT OF SINGING” CHORUS
Thursdays 3:00 p.m. – 4:30 p.m.
Jul. 13 - Aug. 24

BLUEGRASS MUSIC JAM
Fridays 11:30 a.m. – 1:00 p.m.
Jul. 14 - Aug. 25

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



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 11:00 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

THURSDAY, SEPTEMBER 7, 2023

BINGO FUNDRAISER

LOS ALAMITOS SENIOR CLUB

LOS ALAMITOS COMMUNITY CENTER
10911 OAK ST. LOS ALAMITOS, CA 90720
Bingo Starts: 11:45 a.m.

\$20 PER PLAY Buy In
\$5 EXTRA PACK

PRIZES
\$50 pay outs
\$100 Blackout
Extra
Double Extra, 50/50,
Disks, Bonanza and more!!

DOORS OPEN at 9:00AM
BUY IN from 9:30 - 11:00 AM (only)
BINGO STARTS at 11:45M

LUNCH
\$6 Sandwich, Chips & Soda

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

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

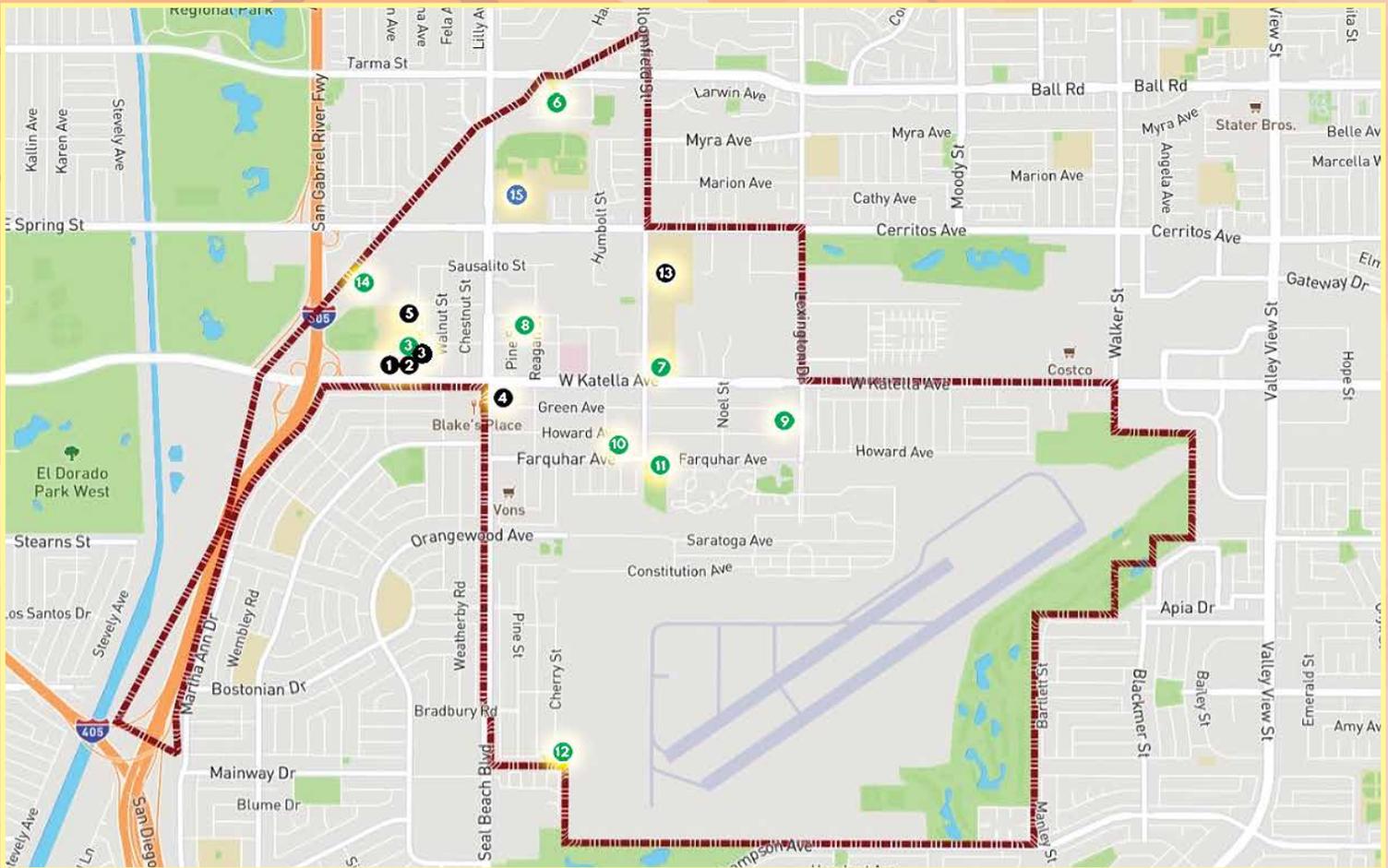
Sign up for My Rec Rewards Loyalty Program & receive exclusive benefits for the entire family.

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</p> <p>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

FALL 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.

MAIL-IN REGISTRATION

Mail-in registration begins Monday July 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, July 24, 2023 will not be accepted. Registration will be processed beginning Monday, July 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, July 21, 2023 for residents and Sunday, July 23, 2023 for non-residents.

WALK-IN REGISTRATION

Walk-in registration begins Monday July 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 July 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:
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PROGRAM CODE	NAME OF CLASS	CLASS DAY/TIME	PARTICIPANT'S FULL NAME	SEX	BIRTHDATE	FEE

Donation to City's Scholarship Fund \$

TOTAL FEE:

METHOD OF PAYMENT: CASH <input type="checkbox"/> CHECK <input type="checkbox"/> VISA <input type="checkbox"/> MASTERCARD <input type="checkbox"/> DISCOVER <input type="checkbox"/>	Check Amount:	Check #
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OFFICE USE ONLY - COMPLETED BY: (Please complete this section if method of payment is cash) Name of Staff: _____ Cash Denomination: _____	RECEIPT #	STAFF INITIALS:	DATE:
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Cardholder Name (Please Print): _____	Cardholder Signature: _____	
CREDIT CARD #: <input type="text"/>	EXPIRATION DATE: <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	CVV2 CODE: <input type="text"/> <input type="text"/> <input type="text"/>

CITY OF LOS ALAMITOS
RECREATION AND COMMUNITY
SERVICES DEPARTMENT

RESIDENTS AND BUSINESSES
LOS ALAMITOS, CA 90720

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



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

Los Alamitos
Recreation & Community Services
Creating Quality of Life

FREE ADMISSION!

TRUNK OR TREAT

A FUN, SAFE HALLOWEEN EVENT FOR FAMILIES

FREE PUMPKIN PATCH

PRESENTED BY

Southland
CREDIT UNION



**SATURDAY
OCTOBER 21**

5:00 - 7:30 PM
LITTLE COTTONWOOD PARK

**4000 FARQUHAR AVE,
LOS ALAMITOS**



www.cityoflosalamitos.org/recreation