

Los Alamitos

Recreation & Community Services

Creating Quality of Life

Recreation Brochure

& City News

Fall 2024

Celebrate Los Al

Sept. 14, 2024

10901 Pine Street,
Los Alamitos



STREET FAIR



CONCERTS



**FOOD TASTING
W/BEER GARDEN**



CARNIVAL



**PUBLIC
SAFETY FAIR**



**GLOW RUN
& GLIDE**

SERVE LOS AL EVENT

COMING UP SOON

2024

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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 21

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Serve LOS AL
*Philanthropy deeply rooted
in the community*

SERVE LOS AL

SEPTEMBER 13-14

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Activities & Events
Celebrating Los Alamitos!

**Celebrate
Los Al**

**ACTIVITIES AND EVENTS
CELEBRATING LOS AL**

SEPTEMBER 14

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Los Alamitos
Recreation & Community Services
Creating Quality of Life

PARK POP UPS

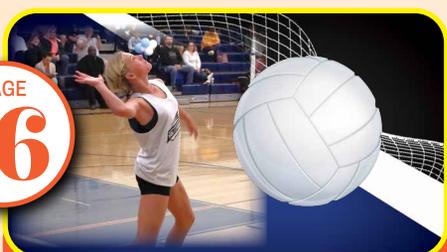
Rec on the Go
LOS ALAMITOS

Rec on the Go is coming to a corner near you!

REC ON THE GO

SEPT. THROUGH DEC.

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CO-ED YOUTH
VOLLEYBALL LEAGUE

**CO-ED YOUTH
VOLLEYBALL LEAGUE**

SEPT. 9 - NOV. 15

**BACK
COVER**



Los Alamitos
Recreation & Community Services
Creating Quality of Life

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

FREE ADMISSION!

TRUNK OR TREAT

A FUN, SAFE HALLOWEEN EVENT FOR FAMILIES

FREE PUMPKIN PATCH!

PRESENTED BY
Southland
CREDIT UNION

TRUNK OR TREAT

OCTOBER 26

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**HALLOWEEN
DECORATING CONTEST**

HALLOWEEN CONTEST

OCTOBER 29

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Fall Camp

November 25-27, & 29
Ages 5-12
10909 Oak Street, Los Alamitos

FALL CAMP

NOVEMBER 25 - 27 & 29

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

Jordan Nefulda

Mayor Pro Tem

Shelley Hasselbrink

Council Members

Tanya Doby - District 1
 Trisha Murphy - District 2
 Emily Hibard - District 5

City Manager

Chet Simmons

Deputy City Manager

Ron Noda

PARKS, RECREATION AND CULTURAL ARTS COMMISSION

Chairperson

William Bandak

Commissioners

Morgan Beck - Vice Chair
 Janet Gallagher
 Ray Joseph
 Richard Wright
 Elliot Singer

RECREATION AND COMMUNITY SERVICES STAFF

Director of

Recreation & Community Services / Intergovernmental Affairs

Emeline Noda

Recreation Managers

Jason Bruton
 Jennifer Sisoev

Recreation Supervisors

Steve Kim
 Megan Shimada
 Kristina Villaluna

Department Secretary

Lauren Pavelec
 Jewelia Miranda

Recreation Coordinators

Alix Anderson
 Gilberto Arteaga-Ceja
 Cassidy Figueroa
 Alejandro Gonzalez Lecumberri
 Angel Hernandez
 Samantha Kenny

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KEEP UP WITH US IN 2024



(562) 430-1073



CITYOFLOSALAMITOS.ORG/RECREATION



FOLLOW US @CITYOFLOSAL



REGISTRATION: LOSALRECREATION.MYREC.COM

ON THE FRONT COVER:

Celebrate Los Al features a variety of events in the City of Los Alamitos on Saturday, September 14. Los Alamitos Street Fair, Los Alamitos Carnival, Public Safety Fair, strEATs food tasting, Veterans Recognition, and Beverage Garden, Concerts from 4:00 p.m. to 10:00 p.m., and the Los Al Glow Run & Glide Race at 7:30pm. For more information please see page 6.

ON THE BACK COVER:

You are invited to attend the City of Los Alamitos Recreation & Community Services Department 13th Annual MemorialCare Miller Children's and Women's Hospital Long Beach Trunk or Treat presented by Southland Credit Union! The free event will take place on Saturday, October 26 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 bounces, 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 five divisions: Ages 0-3, ages 4-7, ages 8-12, the family division, and NEW this year, a pet 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 cityoflosalamitos.org/recreation

CITY NEWS

INTRODUCING: NITES ON PINE

Music, Bites, and Community Nites

- AUGUST 17TH
- SEPTEMBER 21ST
- OCTOBER 19TH
- NOVEMBER 16TH

4:00 PM - 9:00 PM

10902 PINE STREET • FLORISTA ST. & PINE ST.
WWW.CITYOFLOSALAMITOS.ORG • @NITESONPINE

My City My Los Al

Join us starting this August for “Nites on Pine,” a fresh take on the classic Sunset Saturday Night Market. Every third Saturday until November, experience an evening filled with local vendors, live music, delicious food trucks, and a vibrant community atmosphere. Bring your friends and family for an unforgettable night out on Pine Street!

NATIONAL CODE ENFORCEMENT APPRECIATION

OCTOBER IS
NATIONAL CODE ENFORCEMENT MONTH

National Code Enforcement Appreciation Month, observed annually in October, recognizes the essential work of code enforcement officers and professionals nationwide. These individuals play a crucial role in maintaining safe, healthy, and vibrant communities by ensuring compliance with local building, zoning, and safety codes. The City of Los Alamitos is grateful for its dedicated crew that preserves the quality of life and protects the public welfare.
562-431-3538 • codeenforcement@cityoflosalamitos.org

PINE STREETS RETURNS!

Pine strEATS
 Eat, Drink & Celebrate Los Al Restaurants
September 14, 2024
5:30 PM

Mark your calendars for the return of Pine strEATS, a Culinary Showcase of Los Alamitos! Join us for an unforgettable experience where you can purchase tickets to sample the diverse flavors of our City, all in one exciting event on Pine Street. Stay tuned for more details — it’s an event you won’t want to miss!

Only rain down the storm drain

Common household items that are considered pollutants which harm our ocean:

- Paint
- Oil (engine and cooking)
- Commercial car washing debris
- Trash
- Chlorinated Pool Water

For more information, visit www.cityoflosalamitos.org or h2oc.org

H₂OCC | h2oc.org
 STORMWATER PROGRAM



SEPTEMBER NATIONAL EMERGENCY PREPAREDNESS MONTH

PREPARING FOR A DISASTER



- STEP 1: MAKE A FAMILY DISASTER PLAN
- STEP 2: CREATE EMERGENCY SUPPLY KITS
- STEP 3: PREPARE YOUR HOME



FOR MORE INFORMATION ON HOW TO PREPARE FOR AN EMERGENCY



OCTOBER NATIONAL CRIME PREVENTION MONTH

CYBER SECURITY TIPS

USE STRONG PASSWORDS

Create unique and complex passwords for each of your accounts.



KEEP SOFTWARE UPDATED

Regularly update your operating system, antivirus software, and applications.



BE CAUTIOUS OF PHISHING ATTEMPTS

Exercise caution when clicking on links or downloading attachments from suspicious emails, messages, or websites.



REGULARLY BACK UP YOUR DATA

Perform regular backups of your important files and data to an external hard drive, cloud storage, or backup service.



NOVEMBER FAMILY GATHERING

HOLIDAY SAFETY TIPS



TRAVEL SAFETY

If traveling, ensure your vehicle is properly maintained before hitting the road. Check weather and road conditions in advance and drive cautiously.



DEEP FRYER SAFETY

If using a turkey fryer, do so outdoors, away from buildings and flammable materials. Thoroughly dry the turkey before lowering it into the hot oil to prevent splattering.

SAFE COOKING PRACTICES

Thaw the turkey in the refrigerator, not on the counter, to prevent bacteria growth. Avoid cross-contamination by keeping raw turkey and its juices away from other foods.



Download My Los Al

- Access Information
- Submit Service Requests
- Report Issues
- And more...

SCAN TO DOWNLOAD

Powered by GOGov



My City ♥ My Los Al



My City
♥
My Los Al

SHOP LOCAL
EAT LOCAL
PLAY LOCAL
STAY LOCAL
SUPPORT LOCAL

CITY OF
Los Alamitos
California

CITY NEWS

MEET AND GREET



Mayor Jordan Nefulda is making the rounds doing a “meet and greet” with the local area elected officials. Pictured Top left is Assemblymember Tri Ta, top right is Congresswoman Michelle Steel, bottom left is Supervisor Andrew Do and bottom right is Senator Janet Nguyen, all of them with Mayor Nefulda. “Meeting with our elected officials who represent Los Alamitos has been very productive. We communicated our vision of the City and discussed how they can help support our efforts at the County, State, and Federal level. We appreciate their support of Los Alamitos.” –

Mayor Jordan Nefulda

JOIN OUR TEAM

Are you passionate about serving the community and are committed to excellence, we encourage you to apply to the City of Los Alamitos. The City of Los Alamitos Administration Department is committed to upholding ethical leadership and providing responsive assistance and exceptional customer service in all personnel and employment matters. As part of our commitment to excellence, we are currently hiring for various positions. To apply or learn more about current job openings, please visit the City of Los Alamitos website at www.cityoflosalamitos.org/employment or email HumanResources@cityoflosalamitos.org.

My City ❤️ My Los Al

CITY OF Los Alamitos California

APPLY NOW!

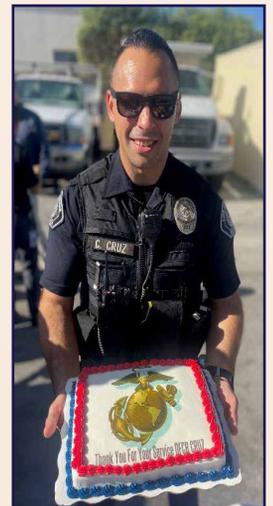
WWW.CITYOFFLOSALAMITOS.ORG



POLICE DEPARTMENT / MOTOR OFFICER POSITION

The City of Los Alamitos has made significant strides over the past couple of years to modernize processes to become more efficient and effective, and the Los Alamitos Police Department is no exception. They have increased their staffing (in both sworn and professional staff positions), reinstated the School Resource Officer (Officer Brucki), reinstated the K-9 Officer (Officer Navarro), added an Orange County Auto Theft Detective position (Detective Arnold), and now reinstated the motor officer position (Officer Cruz).

Officer Cruz was selected to fill the motor officer position in 2023 but was deployed by the United States Marine Corps shortly thereafter. He returned from meritoriously serving his Country to the Los Alamitos Police Department in June 2024 and is now ready to begin his motor officer training. If you see a motor officer driving around the City of Los Alamitos in the near future, please be sure to tell Officer Cruz, “Thank you for service,” in more ways than one.



SENIOR SERVICES MASTER PLAN

This year, the City of Los Alamitos has taken on the ambitious goal to produce a Senior Services Master Plan for the older adult population aged 50 and older. This plan, one of the first of its kind, sets out to create a model of program planning and implementation catering to the wants and needs of older adults in the City of Los Alamitos and its surrounding communities for the next 20+ years. The plan will take into consideration all facets of aging within a community from health and wellness, social wellbeing and fitness, to transportation opportunities, infrastructure upgrades and community partnerships for social services. We invite our entire community to complete this important survey to help guide us in the planning and implementation of programs, events and services for the older adult community in Los Alamitos. Please visit our website for the survey link, which will take approximately 20 minutes to complete and offer a chance at an opportunity drawing for a gift card to a local Los Alamitos business or restaurant. We will also offer several opportunities throughout the summer for the community to meet face-to-face with the Senior Services Team and provide feedback and input. Survey responses will be accepted through August 31.



Los Alamitos
Recreation & Community Services
Creating Quality of Life

My City
My Los Al

SENIOR SERVICES MASTER PLAN SURVEY

"Help us shape Los Alamitos' future for the next 20 years"

We are collecting community input on our senior programming in Los Alamitos. Follow this link for more information and to complete the survey by August 31.

SURVEY QR CODE



COMMUNITY FOCUS GROUP DATES

7/25	PLEASE VISIT OUR BOOTH	Summer Concert Series	Orville R. Lewis Jr. Park 6:30 p.m. - 8:00 p.m. 3662 Kempton Drive, Los Alamitos
8/5	PLEASE CALL TO RSVP 562-430-1073	Griffins Grill	2:00 p.m. - 4:00 p.m. 11272 Los Alamitos Blvd., Los Alamitos
8/21	PLEASE VISIT OUR BOOTH	Senior Expo	10:00 a.m. - 12:00 p.m. Los Alamitos Community Center 10911 Oak Street, Los Alamitos

For more information, and to access the survey, please call us at 562-430-1073 or visit us at www.cityoflosalamitos.org/recreation



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 21 from 10:00 a.m. to 12:00 p.m.** featuring resources and information to help you in your 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.

SEE PAGE 27



Citywide Volunteer Service Event

SEPTEMBER 13 & 14, 2024

Volunteers needed!



Give back Service Community



Rotary
Los Alamitos/Seal Beach



Food Finders
Meal & Food, Reaching Hunger



health CARE AGENCY



Heart of the City



Estomac Free Clinic



Los Alamitos Community Foundation



EPSON
EXCEED YOUR VISION



Kiwanis
CLUB LOS ALAMITOS



Los Alamitos Area Chamber of Commerce



LAEF
LOS ALAMITOS EDUCATION FOUNDATION



The Youth Center

Serve **LOS AL** Sign up to volunteer at www.servealos.org

Assembly 9-14-24
8:30am • Oak Middle School



Activities & Events
Celebrating Los Alamitos!

Celebrate

Los Al

Sept. 14, 2024

10901 Pine Street,
Los Alamitos

8:30 AM

Street Fair & Carnival



4:00 PM

Vendor Fair

5:00 PM

Carnival Starts

5:30 PM

Veterans Recognition

Serve Los Al



Citywide
Volunteer
Service Event

8:30 AM

Oak Middle School Auditorium
10821 Oak St. Los Alamitos

Concerts



4:00 PM

Headshine

7:00 PM

JT Harker

Public Safety Fair



4:00 PM

Glow Run & Glide



7:30 PM

Pine strEATS &

Eat, Drink & Celebrate
Los Al Restaurants

Beverage Garden

5:30 PM

10:00 PM

Los Alamitos
Recreation & Community Services
Creating Quality of Life

HALLOWEEN DECORATING CONTEST

**TUESDAY, OCTOBER 29
7 PM TO 9 PM**

My City ♥ My Los Al

Los Alamitos
Recreation & Community Services
Creating Quality of Life

Holiday Decorating Contest

**Wednesday, December 11
From 6-10pm**

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 12

Santa will be calling on Thursday, December 12 from 5:30 - 7:30 p.m. 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 5. 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 7, 2024
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** ENVIRONMENTAL DESIGN SYSTEMS, INC.
- FREE Ice Skating Rink**

- Tree Lighting**
- Snow Sledding**
- Santa's Village**
- Musical Entertainment**

Location:

**ST. ISIDORE
HISTORICAL PLAZA**

Los Alamitos
Recreation & Community Services
Creating Quality of Life

10961 Reagan Street and Pine Street

www.cityoflosalamitos.org/recreation

My City ♥ My Los Al

Registration
Coming Soon!

CITY OF
Los Alamitos
California

ELEVATE WOMEN'S CONFERENCE

Premier Sponsor:

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

**Wednesday, October 9, 2024
8:30 a.m. to 1:00 p.m.**

AQUATICS

OFFERING YEAR ROUND AQUATICS!



Los Alamitos

Recreation & Community Services

AQUATICS

GENERAL INFORMATION

The Los Alamitos Aquatics Program is excited to announce its expansion! Youth Swim Lessons return year-round to the MWR Aquatic Training Center at the Los Alamitos Joint Forces Training Base (JFTB • 11360 Valley Forge Avenue Bldg #44, Los Alamitos, 90720). This fall, three 4-week sessions will be offered for Youth Swim Lessons. **Recreation Swim** will also be available until September 6 at the MWR Aquatic Training Center. More information on times and dates can be found at cityoflosalamitos.org/recreation. Please remember, all adults entering the Joint Forces Training Base MUST have a valid photo I.D. All High School students MUST show school I.D.

REFUND & MAKE-UP POLICY

Refund requests will only be granted prior to the second regularly scheduled class meeting, and a \$10 administrative fee will be assessed per participant per class. There will be no Make-up classes unless the City of Los Alamitos Recreation Staff cancels class due to an unforeseen circumstance.

MWR Aquatic Training Center at JFTB

11360 Valley Forge Ave. #44, Los Alamitos

LEARN TO SWIM LESSONS • 4-WEEK SESSIONS

Youth Swim Lessons are located at the MWR Aquatic Training Center at the Los Alamitos Joint Forces Training Base. Classes are 25 minutes in length. Classes meet either twice per week on Mon/Wed or Tues/ Thurs, or once per week on Saturdays. There are three **4-week sessions** offered during the fall. There is a variety of different age and skill levels available. Please refer to the level descriptions to see what class would fit your child; if you are unsure which class is best, please email aquatics@cityoflosalamitos.org or call the Community Center at **562-430-1073**.

LAP SWIM

Available through the Joint Forces Training Base NAF – MWR at the MWR Aquatic Training Center at the Los Alamitos Joint Forces Training Base. For more information on Lap Swim times and pricing, please visit jftbmwrbillets.com/aquatics or call **562-795-2628**.



PARENT & ME

Age 6 mon. – 3 yrs. Ratio 1:6

Introduce your child to fun and swimming readiness through water exploration. This class is designed to increase comfort in and around the water for both the child and parent. Some skills include blowing bubbles, kicking, floating on tummy and back, and holding onto the wall. Adults are required in water with children, and adults must know how to swim.

LITTLE FISH

PRESCHOOL AGE 3 YRS – 6 YRS

Guppies (Tiny Tot 1) Ratio 1:3

This class is designed for children ready to be in the water without a parent. Some skills include being comfortable getting head wet, assisted tummy and back float, assisted kicking on tummy and back, assisted tummy gliding, and introducing alternating arm action.

Jelly Fish (Level 1) Ratio 1:4

This class is designed for beginners who have some aquatics experience but still need assistance getting comfortable in the water. Some skills include moving through water comfortably, assisted tummy float, moving to unassisted back float, assisted kicking on tummy and back, and introducing alternating arm action.

Squid (Level 2) Ratio 1:4

This class is designed for children who have aquatics experience, are comfortable in the water, and are ready to complete some skills unassisted. Some skills include introduction to deep water, submerging head for 5 seconds, unassisted tummy and back float, combined freestyle arms, and legs, assisted rolling over, and getting out at side of pool.

Otter (Level 3) Ratio 1:5

This class is designed for students who are ready to be more independent in the water and are ready to try harder skills. Some skills include introduction to side breathing, unassisted kicking with face in the water, unassisted tummy and back float, streamline position on top of water, unassisted jumping into water and swimming to instructor, and introduction to combined arm and legs for backstroke.

Seals (Level 4) Ratio 1:6

This class is designed for students who are ready to be introduced to stroke techniques and build endurance. Some skills include tummy glide with underwater streamline, freestyle with side breathing, coordinated backstroke arm action, retrieve an object from the deep end, comfortable in deep water, introduction to breaststroke kick, and introduction to diving.

BIG FISH

SCHOOL AGE 6 YRS – 13 YRS

Manatees (Level 1) Ratio 1:3

This class is designed for students who have little or no aquatics experience. Some skills include fully submerging head, assisted front and back float, flutter kicking, water entry, arm action, and introduction to glides.

Belugas (Level 2) Ratio 1:4

This class is designed for students who are comfortable in the water and have some aquatics experience. Skills include front glide, unassisted front, and back float, jumping into water and swimming to the instructor, assisted backstroke kick, introduction to side breathing, and coordination with arm and leg action for freestyle.

Manta Ray (Level 3) Ratio 1:5

This class is designed for students who are ready to be introduced to more swim strokes and do skills independently. Some skills include introduction to backstroke arms and legs, alternating side breathing, introduction to breaststroke legs, comfortable in deep water, and swimming 15 yards of freestyle.

Barracuda (Level 4) Ratio 1:8

This class is designed for students who can do skills independently and are comfortable in deep water. After the first 4 classes, the instructor is no longer required to be in water with participants. Some skills include swimming underwater, 50 yards of kicking with a kickboard, 25 yards of freestyle, introduction to breaststroke arms, introduction to butterfly legs and arms, diving, treading water, and open turns.

Orcas (Pre-Swim Team) Ratio 1:12

INSTRUCTOR NO LONGER REQUIRED IN WATER

This class is designed for students who no longer require an instructor to be in the water with them and serves as a pre-swim team class. Some skills include 100 yards of freestyle with alternating side breathing, 100 yards of backstroke, 25 yards of breaststroke and butterfly, diving, treading water, and introduction to flip turns.



All Youth Swim lessons are located at the MWR Aquatic Training Center at JFTB

SESSION 1: MON / WED AUGUST 19 - SEPTEMBER 14 - NO CLASS SEPT. 2 & SEPT. 18	CLASS	AGE	9:30AM	10:00AM	10:30AM	3:00PM	3:30PM	4:00PM	4:30PM	5:00PM	5:30PM
	Parent & Me	6 mo - 3 yr	FA2401			FA2402		FA2403			FA2404
Guppies (Tiny Tots)	3 - 6 yrs	FA2405			FA2406	FA2407		FA2408			
Jelly Fish (Level 1)	3 - 6 yrs			FA2409			FA2410		FA2411		
Squid (Level 2)	3 - 6 yrs									FA2412	
Otter (Level 3)	3 - 6 yrs							FA2413			FA2414
Seals (Level 4)	3 - 6 yrs					FA2415					FA2416
Manatees (Level 1)	6 - 13 yrs			FA2417			FA2418		FA2419		
Belugas (Level 2)	6 - 13 yrs										FA2420
Manta Ray (Level 3)	6 - 13 yrs							FA2421			
Barracuda (Level 4)	6 - 13 yrs					FA2422				FA2423	
Orcas (Pre-Swim Team)	8 - 15 yrs						FA2424		FA2425		FA2426

\$134 FOR RESIDENTS • \$139 FOR NON-RESIDENTS

SESSION 1: TUES / THURS AUGUST 19 - SEPTEMBER 14 - NO CLASS SEPT. 2 & SEPT. 18	CLASS	AGE	9:30AM	10:00AM	10:30AM	3:00PM	3:30PM	4:00PM	4:30PM	5:00PM	5:30PM
	Parent & Me	6 mo - 3 yr	FA2427			FA2428		FA2429			FA2430
Guppies (Tiny Tots)	3 - 6 yrs	FA2431			FA2432	FA2433		FA2434			
Jelly Fish (Level 1)	3 - 6 yrs			FA2435			FA2436		FA2437		
Squid (Level 2)	3 - 6 yrs									FA2438	
Otter (Level 3)	3 - 6 yrs							FA2439			FA2440
Seals (Level 4)	3 - 6 yrs					FA2441					FA2442
Manatees (Level 1)	6 - 13 yrs			FA2443			FA2444		FA2445		
Belugas (Level 2)	6 - 13 yrs										FA2446
Manta Ray (Level 3)	6 - 13 yrs							FA2447			
Barracuda (Level 4)	6 - 13 yrs					FA2448				FA2449	
Orcas (Pre-Swim Team)	8 - 15 yrs						FA2450		FA2451		FA2452

\$65 FOR RESIDENTS • \$70 FOR NON-RESIDENTS FOR SATURDAY CLASSES

SESSION 1: SATURDAY AUGUST 19 - SEPTEMBER 14 - NO CLASS SEPT. 2 & SEPT. 18	CLASS	AGE	10:30AM	11:00AM	11:30AM	12:00PM	12:30PM	1:00PM	1:30PM
	Parent & Me	6 mo - 3 yr	FA2453			FA2454		FA2455	
Guppies (Tiny Tots)	3 - 6 yrs			FA2456		FA2457	FA2458		FA2459
Jelly Fish (Level 1)	3 - 6 yrs	FA2460			FA2461			FA2462	
Squid (Level 2)	3 - 6 yrs			FA2463		FA2464		FA2465	
Otter (Level 3)	3 - 6 yrs				FA2466		FA2467		FA2468
Seals (Level 4)	3 - 6 yrs	FA2469				FA2470		FA2471	
Manatees (Level 1)	6 - 13 yrs			FA2472		FA2473			FA2474
Belugas (Level 2)	6 - 13 yrs	FA2475			FA2476			FA2477	
Manta Ray (Level 3)	6 - 13 yrs			FA2478			FA2479		FA2480
Barracuda (Level 4)	6 - 13 yrs	FA2481			FA2482			FA2483	
Orcas (Pre-Swim Team)	8 - 15 yrs			FA2484		FA2485		FA2486	

All Youth Swim lessons are located at the MWR Aquatic Training Center at JFTB

\$134 FOR RESIDENTS • \$139 FOR NON-RESIDENTS

SESSION 2: MON / WED SEPTEMBER 23 - OCTOBER 19	CLASS	AGE	9:30AM	10:00AM	10:30AM	3:00PM	3:30PM	4:00PM	4:30PM	5:00PM	5:30PM
	Parent & Me	6 mo - 3 yr	FA2487			FA2488		FA2489			FA2490
Guppies (Tiny Tots)	3 - 6 yrs	FA2491			FA2492	FA2493		FA2494			
Jelly Fish (Level 1)	3 - 6 yrs			FA2495			FA2496		FA2497		
Squid (Level 2)	3 - 6 yrs									FA2498	
Otter (Level 3)	3 - 6 yrs										FA24100
Seals (Level 4)	3 - 6 yrs					FA24101					FA24102
Manatees (Level 1)	6 - 13 yrs			FA24103			FA24104		FA24105		
Belugas (Level 2)	6 - 13 yrs										FA24106
Manta Ray (Level 3)	6 - 13 yrs							FA24107			
Barracuda (Level 4)	6 - 13 yrs					FA24108				FA24109	
Orcas (Pre-Swim Team)	8 - 15 yrs						FA24110		FA24111		FA24112

\$134 FOR RESIDENTS • \$139 FOR NON-RESIDENTS

SESSION 2: TUES / THURS SEPTEMBER 23 - OCTOBER 19	CLASS	AGE	9:30AM	10:00AM	10:30AM	3:00PM	3:30PM	4:00PM	4:30PM	5:00PM	5:30PM
	Parent & Me	6 mo - 3 yr	FA24113			FA24114		FA24115			FA24116
Guppies (Tiny Tots)	3 - 6 yrs	FA24117			FA24118	FA24119		FA24120			
Jelly Fish (Level 1)	3 - 6 yrs			FA24121			FA24122		FA24123		
Squid (Level 2)	3 - 6 yrs									FA24124	
Otter (Level 3)	3 - 6 yrs							FA24125			FA24126
Seals (Level 4)	3 - 6 yrs					FA24127					FA24128
Manatees (Level 1)	6 - 13 yrs			FA24129			FA24130		FA24131		
Belugas (Level 2)	6 - 13 yrs										FA24132
Manta Ray (Level 3)	6 - 13 yrs							FA24133			
Barracuda (Level 4)	6 - 13 yrs					FA24134				FA24135	
Orcas (Pre-Swim Team)	8 - 15 yrs						FA24136		FA24137		FA24138

\$65 FOR RESIDENTS • \$70 FOR NON-RESIDENTS FOR SATURDAY CLASSES

SESSION 2: SATURDAY SEPTEMBER 23 - OCTOBER 19	CLASS	AGE	10:30AM	11:00AM	11:30AM	12:00PM	12:30PM	1:00PM	1:30PM
	Parent & Me	6 mo - 3 yr	FA24139			FA24140		FA24141	
Guppies (Tiny Tots)	3 - 6 yrs			FA24142		FA24143	FA24144		FA24145
Jelly Fish (Level 1)	3 - 6 yrs	FA24146			FA24147			FA24148	
Squid (Level 2)	3 - 6 yrs			FA24149		FA24150		FA24151	
Otter (Level 3)	3 - 6 yrs				FA24152		FA24153		FA24154
Seals (Level 4)	3 - 6 yrs	FA24155				FA24156			FA24157
Manatees (Level 1)	6 - 13 yrs			FA24158		FA24159			FA24160
Belugas (Level 2)	6 - 13 yrs	FA24161			FA24162			FA24163	
Manta Ray (Level 3)	6 - 13 yrs			FA24164			FA24165		FA24166
Barracuda (Level 4)	6 - 13 yrs	FA24167			FA24168			FA24169	
Orcas (Pre-Swim Team)	8 - 15 yrs			FA24170		FA24171		FA24172	

Classes & Lap Swim may be subject to change or cancellation due to unforeseen weather or circumstances.

Session 3: October 28 - November 23 on the next page

AQUATICS



CLASS	AGE	9:30AM	10:00AM	10:30AM	3:00PM	3:30PM	4:00PM	4:30PM	5:00PM	5:30PM
		FA24173		FA24174		FA24175			FA24176	
Parent & Me	6 mo - 3 yr	FA24173		FA24174		FA24175			FA24176	
Guppies (Tiny Tots)	3 - 6 yrs	FA24177		FA24178	FA24179		FA24180			
Jelly Fish (Level 1)	3 - 6 yrs		FA24181			FA24182		FA24183		
Squid (Level 2)	3 - 6 yrs								FA24184	
Otter (Level 3)	3 - 6 yrs						FA24185			FA24186
Seals (Level 4)	3 - 6 yrs				FA24187					FA24188
Manatees (Level 1)	6 - 13 yrs		FA24189			FA24190		FA24191		
Belugas (Level 2)	6 - 13 yrs									FA24192
Manta Ray (Level 3)	6 - 13 yrs						FA24193			
Barracuda (Level 4)	6 - 13 yrs				FA24194				FA24195	
Orcas (Pre-Swim Team)	8 - 15 yrs					FA24196		FA24197		FA24198

\$134 FOR RESIDENTS • \$139 FOR NON-RESIDENTS

CLASS	AGE	9:30AM	10:00AM	10:30AM	3:00PM	3:30PM	4:00PM	4:30PM	5:00PM	5:30PM
		FA24199		FA24200		FA24201			FA24202	
Parent & Me	6 mo - 3 yr	FA24199		FA24200		FA24201			FA24202	
Guppies (Tiny Tots)	3 - 6 yrs	FA24203		FA24204	FA24205		FA24206			
Jelly Fish (Level 1)	3 - 6 yrs		FA24207			FA24208		FA24209		
Squid (Level 2)	3 - 6 yrs								FA24210	
Otter (Level 3)	3 - 6 yrs						FA24211			FA24212
Seals (Level 4)	3 - 6 yrs				FA24213					FA24214
Manatees (Level 1)	6 - 13 yrs		FA24215			FA24216		FA24217		
Belugas (Level 2)	6 - 13 yrs									FA24218
Manta Ray (Level 3)	6 - 13 yrs						FA24219			
Barracuda (Level 4)	6 - 13 yrs				FA24220				FA24221	
Orcas (Pre-Swim Team)	8 - 15 yrs					FA24222		FA24223		FA24224

\$65 FOR RESIDENTS • \$70 FOR NON-RESIDENTS FOR SATURDAY CLASSES

CLASS	AGE	10:30AM	11:00AM	11:30AM	12:00PM	12:30PM	1:00PM	1:30PM
		FA24225		FA24226		FA24227		FA24231
Parent & Me	6 mo - 3 yr	FA24225		FA24226		FA24227		
Guppies (Tiny Tots)	3 - 6 yrs		FA24228		FA24229	FA24230		FA24231
Jelly Fish (Level 1)	3 - 6 yrs	FA24232		FA24233			FA24234	
Squid (Level 2)	3 - 6 yrs		FA24235		FA24236		FA24237	
Otter (Level 3)	3 - 6 yrs			FA24238		FA24239		FA24240
Seals (Level 4)	3 - 6 yrs	FA24241			FA24242			FA24243
Manatees (Level 1)	6 - 13 yrs		FA24244		FA24245			FA24246
Belugas (Level 2)	6 - 13 yrs	FA24247		FA24248			FA24249	
Manta Ray (Level 3)	6 - 13 yrs		FA24250			FA24251		FA24252
Barracuda (Level 4)	6 - 13 yrs	FA24253		FA24254			FA24255	
Orcas (Pre-Swim Team)	8 - 15 yrs		FA24256		FA24257		FA24258	

Classes & Lap Swim may be subject to change or cancellation due to unforeseen weather or circumstances.

PARTY IT UP
Los Al Rec Style

PARTY PACKAGES

My City ♥ My Los Al

Let us do the planning...

LET'S BE HONEST... PARTIES TAKE A LOT OF TIME AND ENERGY TO PLAN. LUCKILY, THAT'S WHERE WE COME IN! CHOOSE FROM A MENU OF PARTY THEMES WITH A VARIETY OF OPTIONS TO MAKE YOUR CHILD'S BIRTHDAY FUN, MEMORABLE, AND STRESS FREE!

Party Themes

- DANCE PARTY
- FAIRY TALE ADVENTURES
- BATTLE ZONE
- SPORTS ZONE
- LITTLE ARTIST

Customizable packages to fit your needs

- FACILITY OR PICNIC SHELTER RENTAL (3 HOURS)
- DEDICATED PARTY HOST
- TABLES, LINENS, AND CHAIRS
- THEMED MUSIC
- THEMED ACTIVITIES & INSTRUCTION

Add ons...

- BOUNCERS
- DECORATIONS
- FACE PAINTING
- BALLOON TWISTING
- SNACK CUPS
- PHOTO AREA
- CAKE OR CUPCAKES
- CHARACTER APPEARANCES
- PLATES & FLATWARE
- DRINKS
- GUEST GOODIE BAGS
- GUEST BOOK & POLAROIDS
- AND MORE!

Let's get Started

Los Alamitos Recreation & Community Services Department

FOR MORE INFORMATION, PLEASE CALL (562) 430-1070 OR EMAIL MSHIMADA@CITYOFLOSALAMITOS.ORG

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

My City
♥
My Los Al

ADAPTIVE RECREATION

Adaptive Recreation

Sponsored by:



Los Alamitos
Recreation & Community Services
Creating Quality of Life

The City of Los Alamitos invites participants with disabilities who require additional support or accommodations due to physical, mental, or developmental challenges and their families to participate in fun, social, and free activities. Monthly meetups are open to all ages and disabilities. Parent/guardian and/or aide is required to accompany participants at all times.

Monthly Meetups

**Wednesday, September 25, 2024 –
DIY Flowerpots**

Located: Los Alamitos Community Center
Time: 3:30 - 4:30 p.m.

**Saturday, October 30, 2024 –
Workout with ADAPTFIT!**

Located: ADAPTFIT Gym 3894 W Cerritos Ave.,
Los Alamitos, CA 90720
Time: 3:00 - 4:30 p.m.

No Meet-Up in November and December

Preregistration is required. Register at losalrecreation.myrec.com
For more information please visit cityoflosalamitos.org/recreation



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 Mark Bermudez at mbermudez@sosc.org & Steve Munoz at smunoz@sosc.org



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

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
FA24259	5 weeks	Wed	9/11-10/9	9:15-10a	1.5-2.5	\$79/\$84
FA24260	5 weeks	Wed	10/23-11/20	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
FA24418	5 weeks	Wed	9/11-10/9	10:15-11a	2.5-5	\$79/\$84
FA24419	5 weeks	Wed	10/23-11/20	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 winter 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
FA24261	3 weeks	Wed	12/4-12/18	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.



Los Alamitos
Recreation & Community Services
Creating Quality of Life

10911 Oak Street, Los Alamitos

My City ♥ My Los Al

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 \$10 supply fee for each session. Please register online using the MY Rec portal or in person at the Los Alamitos Community Center (10909 Oak St.) Participants must be potty-trained, no pull-ups. Priority given to those currently enrolled. 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.



FALL PROGRAM

(SESSION 1: 9 WEEKS)

Age:	Days:	Dates:	Time:	Fee: (R/NR)	Code:
4-5	M/W/F	8/12-10/11	9am-1pm	\$570/\$575	FA24262
3-4	T/TH	8/13-10/10	9am-1pm	\$360/\$365	FA24263

NO CLASS: 9/2

(SESSION 2: 9 WEEKS)

Age:	Days:	Dates:	Time:	Fee: (R/NR)	Code:
4-5	M/W/F	10/14-12/20	9am-1pm	\$570/\$575	FA24264
3-4	T/TH	10/15-12/19	9am-1pm	\$360/\$365	FA24265

NO CLASS: 11/11 and 11/25-11/29

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.

PRESCHOOL & YOUTH

DANCE AND GYMNASTICS

PRINCESS BALLET

Los Alamitos Community Center
10911 Oak Street, Los Alamitos
Los Alamitos Dance Room

Come twirl! Dancers learn beginning ballet with an element of fantasy in this princess-themed class for the budding ballerina. Class includes princess storytimes and crafting. Leotard, tights, and ballet shoes required. \$5 craft fee due on first day. Optional recital with nominal fee. September-December enrollment required to participate, recital registration deadline Sept 30th. Please read before first class: www.socaarts.com/policies-procedures

No Class: 9/19, 11/21, 11/28

Instructor: SoCa Arts

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA24266	5 weeks	Thu	9/5-10/10	4:25-5:10p	4-7	\$78/\$83
FA24267	6 weeks	Thu	10/24-12/12	4:25-5:10p	4-7	\$93/\$98

HIP HOP

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Children learn beginning hip hop and intro to tumbling skills in this upbeat, popular class! Class helps improve coordination, rhythm, gross motor skills, and agility. All movements and songs are age-appropriate. Athletic attire and sneakers required. Optional recital with nominal fee. September-December enrollment required to participate, recital registration deadline Sept 30th. Please read before first class: www.socaarts.com/policies-procedures

No Class: 9/19, 11/21, 11/28

Instructor: SoCa Arts

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA24268	5 weeks	Thu	9/5-10/10	6:15-7:00p	4-7	\$78/\$83
FA24269	6 weeks	Thu	10/24-12/12	6:15-7:00p	4-7	\$93/\$98

ALL-IN-ONE DANCE

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Try multiple styles of dance! Dancers learn beginning ballet, jazz, hip hop, and tumbling in an encouraging environment. Class helps improve coordination, rhythm, and even sports ability! Leotard, tights or leggings, and jazz shoes required. Optional recital with nominal fee. September-December enrollment required to participate, recital registration deadline Sept 30th. Please read before first class: www.socaarts.com/policies-procedures

No Class: 9/19, 11/21, 11/28

Instructor: SoCa Arts

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA24270	5 weeks	Thu	9/5-10/10	5:20-6:05p	5-8	\$78/\$83
FA24271	6 weeks	Thu	10/24-12/12	5:20-6:05p	5-8	\$93/\$98

BUTTERFLY BALLERINAS

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

For young dancers ready to "fly" into the world of ballet! Participants learn beginning ballet and gross motor skills while improving coordination, rhythm, and listening skills. Leotard, tights, and ballet shoes required. Optional recital with nominal fee. September-December enrollment required to participate, recital registration deadline Sept 30th. Please read before first class: www.socaarts.com/policies-procedures/

No Class: 9/19, 11/21, 11/28

Instructor: SoCa Arts

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA24272	5 weeks	Thu	9/5-10/10	3:30-4:15p	4-7	\$78/\$83
FA24273	6 weeks	Thu	10/24-12/12	3:30-4:15p	4-7	\$93/\$98

KIDDIE CHEER AND DANCE

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Get in the cheer spirit with our Cheer and Dance class! Cheerleaders will learn the fundamentals and basics of cheerleading and performance dance! Learn team building, choreography, cheer movements, jumps and more! Practice attire: Please wear a black t-shirt or any color KTA shirt (sold in class), black bottoms and sneakers to every class.

No Class: 10/16, 11/27

Instructor: Kidz Talent Academy

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA24274	4 weeks	Wed	9/4-9/25	4:10-4:50p	3-5	\$74/\$79
FA24275	4 weeks	Wed	10/2-10/30	4:10-4:50p	3-5	\$74/\$79
FA24276	4 weeks	Wed	11/6-12/4	4:10-4:50p	3-5	\$74/\$79

KIDDIE GYMNASTICS AND TUMBLING

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

During this action-packed class, kids will have the exciting opportunity to learn a variety of gymnastics and tumbling skills. From handstands and backbends, to forward rolls and backward roll. We will guide your child through a progressive curriculum that promotes strength, flexibility, coordination, and confidence in tumbling.

No Class: 10/16, 11/27

Instructor: Kidz Talent Academy

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA24277	4 weeks	Wed	9/4-9/25	5-5:40p	3-6	\$81/\$86
FA24278	4 weeks	Wed	10/2-10/30	5-5:40p	3-6	\$81/\$86
FA24279	4 weeks	Wed	11/6-12/4	5-5:40p	3-6	\$81/\$86

GYMNASTICS AND TUMBLING

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

During this action-packed class, kids will have the exciting opportunity to learn a variety of gymnastics and tumbling skills. From handstands and backbends, to forward rolls and cartwheels. We will guide your child through a progressive curriculum that promotes strength, flexibility, coordination, and confidence in tumbling.

No Class: 10/16, 11/27

Instructor: Kidz Talent Academy

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA24280	4 weeks	Wed	9/4-9/25	5:45-6:35p	7-13	\$81/\$86
FA24281	4 weeks	Wed	10/2-10/30	5:45-6:35p	7-13	\$81/\$86
FA24282	4 weeks	Wed	11/6-12/4	5:45-6:35p	7-13	\$81/\$86

YOUTH BALLET AND JAZZ

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Dancers will develop an enjoyment of music and movement expression while learning and perfecting the skills of ballet and jazz dancing with turns, kicks, leaps, and more! Dancers will learn simple rhythm techniques, musicality, and dance terms. Ballet attire, ballet or jazz shoes are required.

No Class: 10/16, 11/27

Instructor: Kidz Talent Academy

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA24283	4 weeks	Wed	9/4-9/25	6:45-7:30p	7-13	\$69/\$74
FA24284	4 weeks	Wed	10/2-10/30	6:45-7:30p	7-13	\$69/\$74
FA24285	4 weeks	Wed	11/6-12/4	6:45-7:30p	7-13	\$69/\$74

YOUTH SPORTS

JR. PEE 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.

Award is included in the fee.

Instructor: Recreation Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA24286	5 weeks	Tue	9/10-10/8	5-5:45p	4-7	\$65/\$70

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.

Parent Participation Required for 2-3 year old classes.

Instructor: Sportball Coaches

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA24287	6 weeks	Sat	9/14-10/19	10-10:45a	3-5	\$133/\$138
FA24288	4 weeks	Sat	11/2-11/23	10-10:45a	3-5	\$85/\$90

PARENT AND CHILD SOCCER AND T-BALL COMBO WITH SPORTBALL

Little Cottonwood Park
4000 Farquhar Avenue, Los Alamitos

Join us as 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.

Parent Participation Required for 2-3 year old classes.

Instructor: Sportball Coaches

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA24289	6 weeks	Sat	9/14-10/19	11-11:45a	2-3	\$133/\$138
FA24290	4 weeks	Sat	11/2-11/23	11-11:45a	2-3	\$85/\$90

SOCCER AND T-BALL COMBO WITH SPORTBALL

Little Cottonwood Park
4000 Farquhar Avenue, Los Alamitos

Join us as 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.

Parent Participation Required for 2-3 year old classes.

Instructor: Sportball Coaches

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA24291	6 weeks	Sat	9/14-10/19	11:50a-12:35p	3-5	\$133/\$138
FA24292	4 weeks	Sat	11/2-11/23	11:50a-12:35p	3-5	\$85/\$90

TINY TYKES - NEW!

Laurel Park
10862 Bloomfield St, Los Alamitos

TinyTykes is an exciting child development program delivered through soccer. Our soccer and child development professionals have designed an innovative curriculum that takes children on 'Immersive Interactive Adventures' through fun and exciting themes. It is through these semi-structured adventures that every child has the ability to build their own experiences and be introduced to the basic skills needed in soccer; motor, social, and psychological skills.

Instructor: Challenger Sports Coaches

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA24293	8 weeks	Sun	9/8-10/27	10-11a	2-3	\$140/\$149
FA24294	8 weeks	Sun	9/8-10/27	11a-12p	4-5	\$140/\$149

Los Alamitos
Recreation & Community Services
Creating Quality of Life

PARK POP UPS

Rec on the Go
LOS ALAMITOS

Rec on the Go is coming to a corner near you!
Bring your family and enjoy arts, crafts, and games for all ages.
All activities are **FREE** and no registration is required.
Children must be accompanied by an adult.
Note: While supplies last. Events subject to change.

Saturday, September 21
9-11 am, Orville Lewis Jr. Park
Fall Fun

Saturday, October 26
5-730 pm, Little Cottonwood Park
Trunk or Treat

Saturday, November 16
9-11 am, Stansbury Park
Cobble Gobble Cobble

Saturday, December 7
5-730 pm, St. Isidore Historical Plaza
Winter Wonderland

FOR MORE INFO VISIT CITYOFLOSALAMITOS.ORG

CITY OF **Los Alamitos**
California

My City ♥ My Los Al

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

SPORTS CONTINUED



HOMECOURT EDGE BASKETBALL SHOOTING STARS

Oak Middle School Gym
10821 Oak Street, Los Alamitos

HomeCourtEdge 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. Please bring basketball and water.

No Class: 10/17, 11/21, 11/28

Instructor: HCE Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA24295	4 weeks	Thu	9/5-9/26	7:15-8:30p	4-18	\$129/\$134
FA24296	3 weeks	Thu	10/3-10/24	7:15-8:30p	4-18	\$109/\$114
FA24297	4 weeks	Thu	11/7-12/12	7:15-8:30p	4-18	\$129/\$134

HOMECOURT EDGE BASKETBALL BALL HANDLING CLINIC

Oak Middle School Gym
10821 Oak Street, Los Alamitos

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

No Class: 10/15, 10/29, 11/26

Instructor: HCE Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA24298	4 weeks	Tues	9/3-9/24	7:15-8:30p	4-18	\$129/\$134
FA24299	3 weeks	Tues	10/1-10/22	7:15-8:30p	4-18	\$109/\$114
FA24300	5 weeks	Tues	11/5-12/10	7:15-8:30p	4-18	\$159/\$164

HOMECOURT EDGE BASKETBALL RUN - NEW!

Oak Middle School Gym
10821 Oak Street, Los Alamitos

Bring a group of friends to come play ball! 2nd-6th grade is from 2:00-3:30pm and 7th-12th grade is from 3:30-5:00pm. Please bring basketball and water.

Drop in: \$20

Instructor: HCE Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA24301	4 weeks	Sun	9/8-9/29	2-3:30p	8-12	\$94/\$114
FA24302	4 weeks	Sun	9/8-9/29	3:30-5p	12-18	\$94/\$114
FA24303	4 weeks	Sun	10/6-10/27	2-3:30p	8-12	\$94/\$114
FA24304	4 weeks	Sun	10/6-10/27	3:30-5p	12-18	\$94/\$114
FA24305	7 weeks	Sun	11/3-12/15	2-3:30p	8-12	\$159/\$164
FA24306	7 weeks	Sun	11/3-12/15	3:30-5p	12-18	\$159/\$164

HOMECOURT EDGE TRAVEL BALL PROGRAM

Oak Middle School Gym
10821 Oak Street, Los Alamitos

Come and join our HomeCourt Edge Basketball Travel Team Program! We will practice twice a week Tuesdays and Thursdays. We will play at least two shootouts/ tournaments a month. Your child will get better! 9U-11U is from 6:00-7:15pm and 12/14U is from 7:15-8:30pm. Not an introductory class. Must get prior approval from the head coach before joining the program. Please email hcepersonaltraining@yahoo.com for approval and instructions. Please bring basketball and water.

No Class: 10/15, 10/17, 11/21, 11/26, 11/28

Instructor: HCE Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA24307	4 weeks	Tue/Thurs	9/3-9/26	6-8:30p	8-18	\$204/\$209
FA24308	3 weeks	Tue/Thurs	10/1-10/24	6-8:30p	8-18	\$169/\$174
FA24309	5 weeks	Tue/Thurs	11/5-12/12	6-8:30p	8-18	\$184/\$189

Fall Camp

November 25-27, & 29
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.



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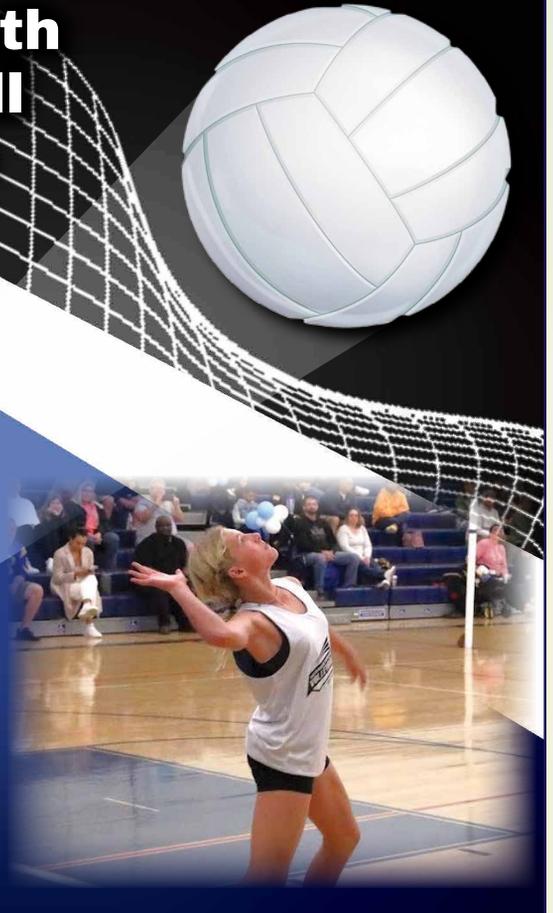
Co-Ed Youth Volleyball League

Bump-Set-Dominate! Come and learn the skills and techniques of volleyball or sharpen your skills in the Recreation Department's Co-ed Youth Volleyball League. Practice will be held once per week, beginning the week of September 9. Players will be grouped into teams and given practice times based on grade. The first week is dedicated to practice, with the first game scheduled on Friday, September 20, and ending with the Skills Contest on Friday, November 15. The game schedule will be distributed by September 16. Jersey and award are included in the fee.

Grades 4-8 • September 9 - November 15
No Practice/Games: 10/14, 11/11 • 10 weeks
Res. \$145, Non-Res. \$150

CODE	PRACTICE SITE	DIVISION	PRACTICE DAY	PRACTICE TIME
FA24310	JFTB Gym	Spike (6th-8th grade)	Mondays	5:00-6:30pm
FA24420	JFTB Gym	Spike (6th-8th grade)	Mondays	6:45-8:15pm
FA24311	JFTB Gym	Set (4th-5th grade)	Wednesday	5:00-6:00pm
FA24421	JFTB Gym	Set (4th-5th grade)	Wednesday	6:15-7:15pm

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



Los Alamitos
Recreation & Community Services
Creating Quality of Life

BUMP CLINIC

Joint Forces Training Base
11360 Valley Forge Ave, Los Alamitos

This introductory clinic is meant to acquaint your child with the basic skills and techniques of volleyball. Taught by Recreation Staff, participants will engage in various drills and activities to help them 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
FA24312	6 weeks	Tue	9/10-10/15	4:30-5:30p	1-3	\$80 /\$85

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

DANCE



CHEER CLASS - NEW!

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

L-E-T-S-G-O...LET'S GO! Time to jump, kick, dance, cheer, and make memories in this fun and upbeat cheer camp! Experienced and enthusiastic coaches are excited to teach your little cheerleaders the cheer basics, a short pom routine, and chants. Camp will also include arts, crafts, and games! Please send your child with a snack, water bottle, wear comfortable clothes and athletic shoes.

Instructor: Recreation Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA24313	6 weeks	Wed	9/4-10/9	2-3p	5-10	\$88/\$93

CHEER CLINIC

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

L-E-T-S-G-O...LET'S GO! Time to jump, kick, dance, and cheer in this fun and upbeat one day workshop! Experienced coaches are excited to teach your little cheerleaders the cheer basics, a short pom routine, and chants. Games, crafts and playtime will also be included.

Instructor: Recreation Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA24314	1 day	Sat	10/19	2-5p	5-10	\$34/\$39
FA24315	1 day	Sat	11/16	2-5p	5-10	\$34/\$39

FITNESS, FUN & GAMES - NEW!

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

With a mixture of fun, fitness, and teamwork building, this class is perfect for kids who love to play games and workout! Class includes weightlifting, circuit training, sports, and other fun, classic schoolyard games! Improve concentration, fine motor skills, hand-eye coordination, and more! Comfortable clothing and sneakers are required for class.

No Class: 10/14, 11/25

Instructor: Kidz Talent Academy

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA24316	4 weeks	Mon	9/9-9/30	5:30-6:15p	5-12	\$69/\$74
FA24317	4 weeks	Mon	10/7-11/4	5:30-6:15p	5-12	\$69/\$74
FA24318	3 weeks	Mon	11/18-12/9	5:30-6:15p	5-12	\$54/\$59

SPECIAL INTEREST

HOLIDAY FUN CAMP

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Join Recreation Staff on a jolly full week of holiday fun! Campers will make their own gingerbread houses, participate in a sugar cookie decorating contest, have a snowball fight, compete in a dreidel competition and so much more!

No Class: 12/24, 12/25, 1/1

Instructor: Recreation Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA24319	3 days	M-F	12/23-12/27	2:30-3:30p	5-12	\$49/\$54
FA24320	4 days	M-F	12/30-1/3	2:30-3:30p	5-12	\$64/\$69

SPANISH FOR KIDS

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Welcome to our Enrichment program: a unique opportunity to enjoy a language immersion associated with cultural activities. Excellent opportunity to expose your kids to foreign languages with native instructors.

Material Fee: \$20

No Class: 10/16

Instructor: Portal Languages

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA24321	8 weeks	Wed	9/11-11/6	4:30-5:30p	6-10	\$209/\$214

SHOTOKAN KARATE/ SELF-DEFENSE - YOUTH CLASS

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Japanese Shotokan Karate for youth. Traditional Karate and self-defense will be taught. Training will focus on kihon (basics), kata (form), kumite (one-step sparring), and goshin jutsu (self-defense). You will also gain discipline, confidence, body awareness, and fitness. The history of Martial Arts and traditions will also be taught. Daniel Gacad is a 6th degree Black Belt (roku-dan) in Japanese Shotokan Karate.

No Class: 10/29, 11/26

Instructor: Daniel Gacad

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA24322	6 weeks	Tue	9/3-10/8	4:30-5:15p	6-12	\$60/\$65
FA24323	6 weeks	Tue	10/22-12/10	4:30-5:15p	6-12	\$60/\$65

MEDIA DETECTIVE

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Designed for 3rd-4th grade students and proven to reduce youth use of alcohol and tobacco. Lessons unravel alcohol and tobacco media messages through engaging and motivational activities.

Instructor: OCHCA- Sherryl Ramos

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA24324	1 week	M-F	9/23-9/27	3-3:45p	8-10	Free

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PARTICIPANTS POLICY: Participants will receive a refund or transfer to a different class if enrollment does not meet the minimum number of participants.

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 6:30pm - 7:30pm.
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 7:30pm - 9:00pm.

Drop in: \$15 per class

No Class: 10/14

Instructor: Cheryl Schnitzer

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA24325	8 weeks	Mon	9/9-11/4	6:30-9p	18+	\$93/\$98



EASY LINE DANCING

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

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

Drop in: \$6 per class

No Class: 10/16, 11/27

Instructor: Carri Fox

DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
Continuous	Wed	9/4-12/4	10-11a	18+	\$6 per class



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
FA24326	1 day	Tue	9/10	7-9p	14+	\$50/55
FA24327	1 day	Tue	10/22	7-9p	14+	\$50/55
FA24328	1 day	Tue	12/10	7-9p	14+	\$50/55

PORTRAIT WORKSHOP

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

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

No Class: 9/14

Instructor: Ying Liu

DURATION	DAY	DATE(S)	TIME	AGE	PER CLASS FEE
Continuous	Sat	9/7-10/19	9-12p	16+	\$15 +\$10 model fee

BASIC DOG OBEDIENCE

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
FA24329	6 weeks	Sun	9/8-10/13	11:30a-12:30p	18+	\$159/\$164

SPECIAL INTEREST



GEMSTONE BEAD NECKLACE CLASS

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Learn the art of gemstone bead necklace making in this class! Beginners are welcome to come and create their own unique necklace using stunning natural gemstones and sterling silver clasps. Bring your own imagination and leave with a one-of-a-kind piece. Don't miss out on this creative opportunity!

Material Fee: \$20

Instructor: Erin Choi

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA24330	1 day	Thu	9/19	7-9p	13+	\$49/\$54

FORGED PENDANT NECKLACE CLASS

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Join our hand forging pendant making class! Discover the art of forging, hammering, and riveting to create one-of-a-kind silver pendants. No experience needed - just a passion for adventure!

Material Fee: \$20

Instructor: Erin Choi

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA24331	1 day	Thu	10/10	7-9p	13+	\$49/\$54

SILVER SPOON RING MAKING CLASS

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Unleash your creativity with our Silver Ring Making Class using real vintage spoon handles! No experience finishing. You will learn basic metalsmithing skills such as forging, hammering, and finishing. Take a risk and discover the thrill of upcycling something old into a one-of-a-kind ring!

Material Fee: \$20

Instructor: Erin Choi

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA24332	1 day	Thu	11/7	7-9p	13+	\$49/\$54

YOUTH SIGN LANGUAGE

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.

No Class: 10/17, 10/31

Instructor: Recreation Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA24333	6 weeks	Thu	9/19-11/7	3:45-4:30p	10-13	\$70/\$75

CROCHET FOR BEGINNERS

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

This course is for absolute beginners to the wonderful world of crochet. You will learn how to make a slip knot, chain, and single and double crochet. You will be able to create fun and wonderful items to show your friends and family by the end of the 4 week session.

Instructor: Nicole Miller

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA24334	4 weeks	Sun	9/8-9/29	2-3p	9+	\$209/\$214
FA24335	4 weeks	Fri	10/4-10/25	5-6p	9+	\$209/\$214

LEARN TO SKATE

The Rinks Lakewood ICE
3975 Pixie Ave, Lakewood

This program is a fun 4-week introduction to ice skating. With a strong team of coaches, participants will learn the basics of getting up and moving on the ice. Whether you are interested in ice hockey, figure skating, or going around for fun, this class is a great start! Classes will be split into age groups 4-6 years old and 7-16 years old at the rink by coaches. Class fee includes skate rental and 2 public session passes with skate rental. Learn to Skate USA Membership Required to join classes--\$18.50 annually** Register at www.learnatoskateUSA.com

Instructor: The Rinks Lakewood ICE

Session 1:

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA24336	4 weeks	Wed	9/4-9/25	5:45-6:25p	4-17	\$93/\$98
FA24337	4 weeks	Wed	9/4-9/25	6:30-7:10p	4-17	\$93/\$98
FA24338	4 weeks	Thu	9/5-9/26	5:45-6:25p	4-17	\$93/\$98
FA24339	4 weeks	Thu	9/5-9/26	6:30-7:10p	4-17	\$93/\$98
FA24340	4 weeks	Sat	9/7-9/28	10:40-11:20a	4-17	\$93/\$98
FA24341	4 weeks	Sat	9/7-9/28	11:25a-12:05p	4-17	\$93/\$98

Session 2:

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA24342	4 weeks	Wed	10/2-10/23	5:45-6:25p	4-17	\$93/\$98
FA24343	4 weeks	Wed	10/2-10/23	6:30-7:10p	4-17	\$93/\$98
FA24344	4 weeks	Thu	10/3-10/24	5:45-6:25p	4-17	\$93/\$98
FA24345	4 weeks	Thu	10/3-10/24	6:30-7:10p	4-17	\$93/\$98
FA24346	4 weeks	Sat	10/5-10/26	10:40-11:20a	4-17	\$93/\$98
FA24347	4 weeks	Sat	10/5-10/26	11:25a-12:05p	4-17	\$93/\$98

Session 3:

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA24348	4 weeks	Wed	10/30-11/20	5:45-6:25p	4-17	\$93/\$98
FA24349	4 weeks	Wed	10/30-11/20	6:30-7:10p	4-17	\$93/\$98
FA24350	4 weeks	Thu	10/31-11/21	5:45-6:25p	4-17	\$93/\$98
FA24351	4 weeks	Thu	10/31-11/21	6:30-7:10p	4-17	\$93/\$98
FA24352	4 weeks	Sat	11/2-11/23	10:40-11:20a	4-17	\$93/\$98
FA24353	4 weeks	Sat	11/2-11/23	11:25a-12:05p	4-17	\$93/\$98

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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.

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: 9/14, 11/11

Instructor: Darshini Aithal

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA24363	4 weeks	Mon	10/21-11/18	10:15a-12:15pm	16+	\$120/\$125
FA24364	4 weeks	Sat	11/2-11/23	10a-12p	16+	\$120/\$125



HEALING HEARTS SOUND BATH

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

The Healing Hearts Sound Bath is a transformative and rejuvenating experience combining sound with guided meditation to promote emotional healing and relaxation. In this 60-minute session, participants will be immersed in a bath of soothing sounds, including crystal singing bowls, gongs, chimes, and other healing instruments, creating a space for inner peace, emotional release, and heart-centered healing.

www.clinicalcounselingwithtselane.com

Instructor: Dr. Tselane Gardner, DBC, M.A.

DURATION	DAY	DATE(S)	TIME	AGE	PER CLASS FEE
FA24365	Fri	9/13	6-7p	18+	\$30
FA24366	Fri	9/27	6-7p	18+	\$30
FA24367	Fri	10/11	6-7p	18+	\$30
FA24368	Fri	10/25	6-7p	18+	\$30
FA24369	Fri	11/22	6-7p	18+	\$30
FA24370	Fri	12/13	6-7p	18+	\$30



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
FA24371	1 day	Tue	9/17	7-9p	18+	FREE
FA24372	1 day	Tue	10/15	7-9p	18+	FREE
FA24373	1 day	Tue	11/19	7-9p	18+	FREE

TABLE TENNIS CLUB



Oak Middle School Gym
10821 Oak Street, Los Alamitos

Join the Long Beach Table Tennis Club! Drop-in play occurs year-round on Mondays, Wednesdays, and Saturdays at the Oak Middle School Gym (10821 Oak St.). League play is seasonal and occurs on Wednesdays. Whether it is your first time playing or you are a seasoned pro, this program is an excellent opportunity to increase your skillset through friendly and fun competition.

For dates, times, and more information regarding the Long Beach Table Tennis Club, please contact the Los Alamitos Community Center at (562) 430 – 1073

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: 11/11

Instructor: Suzanne Roady-Ross

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA24374 (Beg/Int)	5 weeks	Mon	9/9-10/7	9:25-10:50a	18+	\$69/\$74
FA24375 (Beg/Int)	4 weeks	Mon	10/21-11/18	9:25-10:50a	18+	\$57/\$62

YOGA WITH BARBARA

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

Learn how to release trauma or stress through the use of yoga. The use of breath work, yoga positions, tapping EFT, and meditation will be taught. Self-awareness and body-mind connection are encouraged. Class begins and ends with a short mindfulness guided meditation. All levels welcome.

Drop in \$15 per class

No class: 9/10, 9/14, 10/15, 10/26, 10/29, 11/26

Instructor: Barbara Bannerman

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA24376	11 weeks	Tue	9/3-12/10	6:30-7:30p	13+	\$119/\$124
FA24377	10 weeks	Sat	9/7-11/23	8:30-9:30a	13+	\$109/\$114

SHOTOKAN KARATE/ SELF-DEFENSE - ADULT/TEENS CLASS

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

Japanese Shotokan Karate for Teens/Adults. Traditional Karate and self-defense will be taught. Training will focus on kihon (basics), kata (form), kumite (one-step sparring), and goshin jutsu (self-defense). You will also gain discipline, confidence, body awareness, and fitness. The history of Martial Arts and traditions will also be taught. Daniel Gacad is a 6th degree Black Belt (roku-dan) in Japanese Shotokan Karate.

No Class: 10/29, 11/26

Instructor: Daniel Gacad

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA24378	6 weeks	Tue	9/3-10/8	5:30-6:30p	13-18+	\$60/\$65
FA24379	6 weeks	Tue	10/22-12/3	5:30-6:30p	13-18+	\$60/\$65

PILATES ON THE REFORMER

Garage Pilates

*10900 Los Alamitos Blvd., Unit 116
Los Alamitos, 90720*

This Reformer Pilates Class utilizes a unique piece of Pilates equipment called a Reformer. This is ideal for those who are new to Pilates, have limitations they are working through or are just getting back into the studio after a long hiatus. Our experienced instructors will provide specific guidance on the Balanced Body equipment and give detailed information on the fundamentals of Pilates. Expect a full body workout, deep stretching and a lot of fun! Socks required.

No class: 10/14, 11/11, 11/25

Instructor: Garage Pilates

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA24380	11 weeks	Mon	9/9-12/9	5:30-6:30p	18+	\$259/\$264
FA24381	11 weeks	Thu	9/5-12/5	6:30-7:30p	18+	\$259/\$264



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: 10/14, 11/11, 11/25

Instructor: Garage Pilates

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA24382	11 weeks	Mon	9/9-12/9	4-5p	18+	\$189/\$194

AIKIDO MARTIAL ARTS

Seal Beach Community Center

3333 Saint Cloud Dr., Seal Beach, CA 90720

This course focuses on the martial art of "Aikido" self-defense. Students will learn the principles of falling, rolling, and defense techniques against punches, strikes, knife attacks, control, blending with your opponent, mat safety, and self-defense awareness. Wear sweats and no jewelry. Martial arts gi are optional and can be purchased on own. Belt testing is optional. All students that attend must have the ability to roll and fall at a moderate pace and will be allowed to participate only per the instructor's discretion. Some Saturdays to be announced from 9:00am-10:30am.

Instructor: Steven Waserman

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA24383	15 weeks	M/W	9/2-12/11	7:30-9:30p	18+	\$175/\$180

QIGONG

Los Alamitos Community Center

10911 Oak Street, Los Alamitos

Seeking less stress and more energy? Join us in QiGong, an ancient practice adapted to our times. QiGong is based on gentle movements of breathing, warm-ups, stretches, flows, and meditation designed to increase overall well-being and circulate Qi (your vital force energy) to promote better health. We will be exploring the Five Elements and Three Treasures flows in this class. All movements are standing and easily modified to your own needs. A short standing or seated meditation will complete each session. Wear comfortable clothing and a soft shoe or go barefoot and bring a mat for comfort.

Instructor: Annette McNeil

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA24384	5 weeks	Thu	10/17-11/14	9:30-10:30a	18+	\$70/\$75

TEEN AND ADULT

TENNIS



SESSION 1

CLASS	DAY	TIME	AGE	DATES	CODE	R/NR
Pee Wee	T	4:15-5pm	4-6	9/24-10/22	FA24385	\$39 / \$44
Youth-Beg	T	5-6pm	7-16	9/24-10/22	FA24386	\$49 / \$54
Youth-Beg	W	3:30-4:30pm	7-16	9/25-10/23	FA24387	\$49 / \$54
Adult-Beg	W	6:30-7:30pm	16+	9/25-10/23	FA24388	\$49 / \$54
Pee Wee	Th	3:45-4:30pm	4-6	9/26-10/24	FA24389	\$39 / \$44
Youth-Beg	Th	4:30-5:30pm	7-16	9/26-10/24	FA24390	\$49 / \$54
Youth-Int	Th	5:30-6:30pm	11-16	9/26-10/24	FA24391	\$49 / \$54
Pee Wee	S	8:45-9:30am	4-6	9/28-10/26	FA24392	\$39 / \$44
Youth-Beg	S	9:30-10:30am	7-16	9/28-10/26	FA24393	\$49 / \$54
Youth-Int	S	10:30-11:30am	11-16	9/28-10/26	FA24394	\$49 / \$54

SESSION 2

CLASS	DAY	TIME	AGE	DATES	CODE	R/NR
Pee Wee	T	4:15-5pm	4-6	11/5-12/10	FA24395	\$39 / \$44
Youth-Beg	T	5-6pm	7-16	11/5-12/10	FA24396	\$49 / \$54
Youth-Beg	W	3:30-4:30pm	7-16	11/6-12/11	FA24397	\$49 / \$54
Adult-Beg	W	6:30-7:30pm	16+	11/6-12/11	FA24398	\$49 / \$54
Pee Wee	Th	3:45-4:30pm	4-6	11/7-12/12	FA24399	\$39 / \$44
Youth-Beg	Th	4:30-5:30pm	7-16	11/7-12/12	FA24400	\$49 / \$54
Youth-Int	Th	5:30-6:30pm	11-16	11/7-12/12	FA24401	\$49 / \$54
Pee Wee	S	8:45-9:30am	4-6	11/9-12/14	FA24402	\$39 / \$44
Youth-Beg	S	9:30-10:30am	7-16	11/9-12/14	FA24403	\$49 / \$54
Youth-Int	S	10:30-11:30am	11-16	11/9-12/14	FA24404	\$49 / \$54

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.**

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.



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: **6/21 – 8/16**

Regular Registration: **8/17 – 9/14**

Visit teamsideline.com/losalamitos for updated soccer league information



FALL 2024

EARLY REGISTRATION/ REG. REGISTRATION CODES	PROGRAM	AGE	DAY(S)	START DATE	LOCATION	EARLY REGISTRATION/ REG. REGISTRATION FEE	OFFICIAL FEE (PER GAME / PER TEAM)
FA24405 / FA24406	11v11 Soccer Men's Over 40	40+	Sun	9/22/2024	Oak	\$950/ \$1,000 per team	\$60
FA24407 / FA24408	7v7 Soccer Men's Over 35	35+	Wed	9/25/2024	Oak	\$610/ \$660 per team	\$20
FA24409 / FA24410	7v7 Soccer Women's Over 30	30+	Thur	9/26/2024	Oak	\$610/ \$660 per team	\$20

Oak Middle School: 10821 Oak St, 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! **Please bring a caregiver if you need assistance.**

Registration required for both participant and caregiver.

No Class: 10/15, 10/29, 11/26

Instructor: Molly Knox

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA24411	12 weeks	Tue	9/3-12/10	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.**



STRETCH AND STRENGTH

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. The main focus of this class will be strengthening the upper body. The health benefits of movement and light weight training is essential and vital during older adulthood. Grab your friends and let's get moving! Spaces are limited.

Instructor: Recreation Staff

Materials: Bring water and wear comfortable clothing.

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
FA24412	5 weeks	Mon	9/9-10/7	11:30a-12p	50+	Free

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 aarpsdriversafety.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



My City
♥
My Los Al

SHOP LOCAL

EAT LOCAL

PLAY LOCAL

STAY LOCAL

SUPPORT LOCAL

FOOD PROGRAMS



SENIOR GROCERY PROGRAM

American Legion Post 716
3252 Florista St., 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

American Legion Post 716
3252 Florista St., 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)

BOOMERS TO ZOOMERS

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

Your first step into the driver's seat of a smart device: phones and tablets. Learn how to navigate communication in a world that seems to be moving away from in-person visits. Understand the pros and cons of virtual meetings, protecting your personal information and devices, without feeling out-of-touch as the younger generation speeds up and seems to zoom away from life as you know it. Hands-on, interactive learning at a slower pace.

Drop in: \$15

No Class: 10/14, 11/11, 11/25

Instructor: Mary Ann Remnet

CODE	DURATION	DAY	DATE(S)	TIME	AGE	PER CLASS FEE
FA24413	6 weeks	Mon	9/9-10/21	8-9a	50+	\$70/\$75
FA24414	5 weeks	Mon	10/28-12/9	8-9a	50+	\$60/\$65

BEYOND ZOOMING

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

PUT YOUR BEST FACE FORWARD: Don't let how you look keep you from getting online. Learn how to use simple settings to take away the sharp edges of how you look in online videos and photos. Hollywood has been doing it for years, why not you? The best part? Meeting online opens up a **WHOLE NEW WORLD** – literally. Remove your fears and confidently practice with your peers. In-person sessions with additional online workshops.

Drop in: \$15

Instructor: Mary Ann Remnet

CODE	DURATION	DAY	DATE(S)	TIME	AGE	PER CLASS FEE
FA24415	6 weeks	Thu	9/5-10/10	11:30a-12:30p	50+	\$70/\$75
FA24416	4 weeks	Thu	10/24-11/14	11:30a-12:30p	50+	\$50/\$55

SONIC BOOMERS

Los Alamitos Community Center
10911 Oak Street, Los Alamitos

These introductory sessions are for those who were getting things done, before there was any noise about how to do things better. Lively discussions about Smart vs. mobile phones and how to keep an upper hand on safely using them. Starting with just the facts – voice + pictures + movies = a handheld computer. What? Let's talk about it together, as Boomers, then decide if faster than the speed of sound is a next step for you.

Drop in: \$15

Instructor: Mary Ann Remnet

CODE	DURATION	DAY	DATE(S)	TIME	AGE	PER CLASS FEE
FA24417	4 weeks	Thu	9/5-9/26	9:30-10:30a	50+	\$50/\$55



OLDER ADULTS

FREE EDUCATIONAL PRESENTATIONS

Register at cityoflosalamitos.org/recreation to stay updated with any changes. Drop-ins allowed.

INTEGRATIVE HEALTH - NEW!

American Legion Post 716

3252 Florista St, Los Alamitos

Come chat with Dr. Trinh about Integrative Functional Medicine, Acupuncture, and Herbal Medicine in healthcare.

Wednesday, September 11, 2024 • 11 AM - 12 PM

LIVING WITHOUT YOUR LOVED ONE

- NEW!

American Legion Post 716

3252 Florista St, Los Alamitos

Join Judy Foy, Ph.D., grief mentor, and professor emeritus of psychology as she discusses the grieving process and highlights ways that help the bereaved move towards healing. You'll learn some tools for coping and discover valuable resources for support after the death of a loved one.

Wednesday, September 25, 2024, 2024 • 11 AM - 12 PM

FOOD IS MEDICINE - NEW!

American Legion Post 716

3252 Florista St, Los Alamitos

Every food we eat either helps or harms our body. Food is Information that activates or suppresses genes. Come chat with Dr. Trinh about how Food is Medicine.

Wednesday, October 9, 2024 • 11 AM - 12 PM

MEDICARE: WHAT'S NEW IN 2025 - NEW!

American Legion Post 716

3252 Florista St, Los Alamitos

Medicare's Annual Open Enrollment is fast approaching! Join HICAP (Health Insurance Counseling and Advocacy Program) to learn about upcoming changes to Medicare in 2025, and how those changes may impact you. Know your options to ensure your healthcare coverage best meets your needs. HICAP, a program of Council on Aging-Southern California, provides free, unbiased services and does not sell or endorse insurance products.

Wednesday, October 16, 2024 • 11 AM - 12 PM

TRAVEL TALKS WITH NINO MOHAN: ITALY, SICILY, MALTA, AND SARDINIA - NEW!

American Legion Post 716

3252 Florista St, Los Alamitos

Join Nino Mohan, a professional photographer and avid traveler, on a journey through Italy, Sicily, Malta, and Sardinia. Experience these locations through breathtaking photos while expert presenter Nino guides you through their unique rich history.

Wednesday, November 6, 2024 • 10 AM - 12 PM

COMMUNICATING WITH A LOVED ONE WITH DEMENTIA - NEW!

American Legion Post 716

3252 Florista St, Los Alamitos

Our loved ones with dementia often experience behavioral and personality changes. Come chat with Dr. Trinh about strategies to communicate with our loved ones with compassion and understanding.

Wednesday, November 13, 2024 • 11 AM - 12 PM

DON'T BE A VICTIM - NEW!

American Legion Post 716

3252 Florista St, Los Alamitos

According to the FBI, scams aimed at individuals aged 60 and above resulted in over \$3.4 billion in losses in 2023. Join our seasoned detectives to learn how to stay alert and avoid falling victim to those who seek to exploit the elderly.

Wednesday, December 4, 2024 • 11 AM - 12 PM

DEPRESSION AND ANXIETY - NEW!

American Legion Post 716

3252 Florista St, Los Alamitos

Is depression and anxiety due to life circumstances or chemical imbalance? Come chat with Dr. Trinh about the influence of both and strategies to address mental health with lifestyle changes.

Wednesday, December 11, 2024 • 11 AM - 12 PM

SENIOR SERVICES MASTER PLAN

Give us your input by completing our survey! Visit the link below to access the survey by August 31 and be entered into an opportunity drawing for a chance to win a gift card to a local Los Alamitos business or restaurant.



Los Alamitos
Recreation & Community Services
Creating Quality of Life

**SURVEY
QR
CODE**

OLDER ADULTS



The Los Alamitos Senior Club provides opportunities to meet new friends, develop new interests, and socialize with one's peers. Club activities include: crafts, bingo, cards, table games, luncheons, holiday parties, birthday celebrations, guest speakers, entertainment, charity projects, and volunteer opportunities. Guests are welcome to attend.

AGE: 50+

ANNUAL MEMBERSHIP:

\$20 for the calendar year.

February - January

LOCATION: American Legion
3252 Florista St. Los Alamitos

CLUB ACTIVITIES:

Thursdays 9 a.m. - 2:30 p.m.
(Bingo Buy-in is from 9:00 a.m. to 10:30 a.m.)
Bingo starts immediately following Announcements.

SOCIAL HOUR

Join the Los Alamitos Senior Club every 1st. and 3rd. Wednesday at 1:00 p.m. to play games, enjoy luncheons, and socialize! \$5 per person includes a potluck lunch. Please bring an item to share.

Helping seniors in need in our community
Give back All year long

Ages 50+ **Los Alamitos Seniors!**

NEED HELP WITH YARDWORK?

Are you a Los Alamitos senior resident over the age of 50+ that would like assistance with minor landscaping for your home by youth volunteers? Visit www.servelosal.org to complete an application.

Looking to serve your community?

Visit www.servelosal.org

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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.



ELEVATE ENCORE

50+

SENIOR EXPO

Health, Wellness and Resources for Your Second Act



FREE

- Resources
- Vendor Fair
- Light Breakfast
- Giveaways

Los Alamitos

Recreation & Community Services
Creating Quality of Life

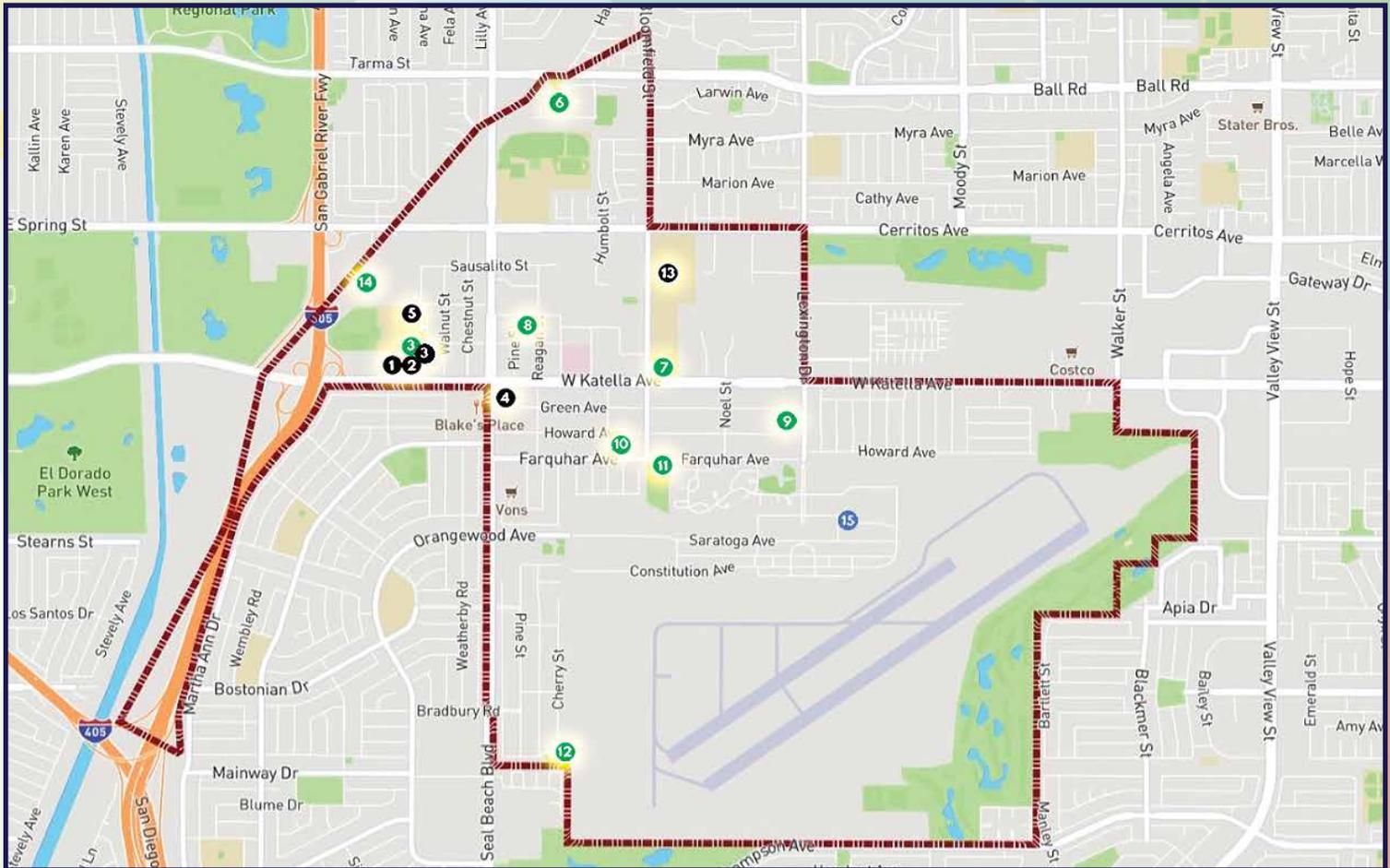
American Legion Post 716
(3252 Florista St., Los Alamitos)

562-430-1073

cityoflosalamitos.org/recreation

SAVE THE DATE - WEDNESDAY
AUGUST 21, 2024 • 10:00 A.M. - 12:00 P.M.

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
Building 2
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 MWR Aquatic Training Center at JFTB
11360 Valley Forge Ave. #44,
Los Alamitos</p> |
|---|---|---|



Thank you to our Brochure Distribution Partners



REGISTRATION

FALL 2024

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.

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 22, 2024. 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 22, 2024 will not be accepted. Registration will be processed beginning Monday July 22, 2024.

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 19, 2024. For residents and Sunday, July 21, 2024. for non-residents.

WALK-IN REGISTRATION

Walk-in registration begins Monday July 22, 2024. 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 22, 2024, 2024. 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.

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

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: (Please complete this section if method of payment is cash)	RECEIPT #	STAFF INITIALS:	DATE:
Name of Staff: _____	Cash Denomination: _____		

Cardholder Name (Please Print): _____	Cardholder Signature: _____
CREDIT CARD #: <input type="text"/>	EXPIRATION DATE: <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

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5:00 - 7:30 PM
LITTLE COTTONWOOD PARK

**4000 FARQUHAR AVE,
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