

# Los Alamitos

Recreation & Community Services

*Creating Quality of Life*

## Recreation Brochure

& City News

Spring 2026

**Reverse  
Sprint  
Triathlon**

**5K  
Run / Walk**



**FEBRUARY 28, 2026**

**REGISTER NOW!**

**[www.raceonthebaselosal.com](http://www.raceonthebaselosal.com)**

# COMING UP SOON

2026

PAGE  
**7 &**  
FRONT  
COVER

LOS ALAMITOS  
**RACE ON  
THE BASE**  
2026

**RACE ON THE BASE**

FEBRUARY 28

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**Weekend  
of Art**

**WEEKEND OF ART**

MARCH 27 - 28

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**SPRING CARNIVAL**

APRIL 4

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**ELEVATE  
Teen  
Conference**  
Middle School & High School

**ELEVATE TEEN  
CONFERENCE**

APRIL 11

PAGE  
**2**

**PAWS FOR  
THE PLANET**

Join us...  
LAUREL PARK  
SATURDAY, APRIL 25  
9AM-NOON

**PAWS FOR THE PLANET**

APRIL 25

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**Senior  
Prom**

Live Band • Dinner • Dancing

**SENIOR PROM**

MAY 2

BACK  
COVER



**EV TRANSPORTATION**

AVAILABLE NOW

**SUMMER**

**CAMPS, PROGRAMS AND EVENTS!**

LOOK FOR YOUR SUMMER GUIDE ARRIVING IN APRIL FOR MORE INFO ON HOW TO KEEP YOUR FAMILY BUSY THIS SUMMER

CLASSES AND EVENTS ARE SUBJECT TO CHANGE OR CANCELLATION



# Los Alamitos

## Recreation & Community Services

*Creating Quality of Life*

### CITY

**City Manager**  
Chet Simmons

**Assistant City Manager**  
Ron Noda

### PARKS, RECREATION AND CULTURAL ARTS COMMISSION

**Chairperson**  
William Bandak

**Commissioners**  
Morgan Beck - Vice Chair  
Janet Gallagher  
Elliott Singer  
Richard Wright

### RECREATION AND COMMUNITY SERVICES STAFF

**Director of Recreation & Community Services / Intergovernmental Affairs**  
Emeline Noda

**Recreation Managers**  
Jason Bruton  
Jennifer Sisoev

**Management Analyst**  
Megan Shimada

**Recreation Supervisors**  
Steve Kim  
Kristina Villaluna

**Community Resources**  
Tara Farajian

**Department Secretaries**  
Jewelina Miranda  
Lauren Pavelec

**Recreation Coordinators**  
Alix Anderson  
Gilberto Arteaga-Ceja  
Carson Deterding  
Angel Hernandez  
Alejandro Gonzalez Lecumberri

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## KEEP UP WITH US IN 2026



(562) 430-1073



**CITYOFLOSALAMITOS.ORG/RECREATION**



**FOLLOW US @CITYOFLOSAL**



**REGISTRATION:  
LOSALRECREATION.MYREC.COM**



**ONLINE BROCHURE**

## ON THE FRONT COVER:

The Los Alamitos Recreation and Community Services Department invites the community to the UWS Race on the Base on Saturday, February 28, 2026. The event consists of a Reverse Triathlon and 5K Run/Walk and is located at the Joint Force Training Base in Los Alamitos. This unique race will take participants through the Joint Forces Training Base and on to the airfield, running past displays that only the military can provide. If interested, go to [www.raceonthebaselosal.com](http://www.raceonthebaselosal.com) to register or to find out more information.

## ON THE BACK COVER:

In partnership with Circuit, getting around Los Al just got easier! The City of Los Alamitos has launched a new on-demand EV transportation service, Los Al Link. Available now for residents to improve local mobility. See City website for more information.



## PAWS FOR THE PLANET

Los Alamitos California

Join us... **LAUREL PARK** *Arbor Day & Pet Expo Event*  
**SATURDAY, APRIL 25**  
**9AM-NOON**

- Face painting
- Eco Friendly Activities
- Free Saplings
- Help Plant a Tree
- Dog Costume Contest
- Pet Adoptions & Vendor Fair
- Pup playtime at the new dog park

My City ♥ My Los Al  
**CITYOFLOSALAMITOS.ORG**  
**562.430.1073**

FOR MORE INFO & TO REGISTER:








## PAWS FOR THE PLANET

Why was the dog afraid of the tree? Because it heard a loud bark...bring your furry friends to Laurel Park as we celebrate the importance of trees and the various health benefits they offer to communities and environment. This two-for-one special will consist of several paw-some activities that will be fun for the whole family and sure to make your tail wag! Beleaf us when we say, Parks Make Life Better!



## NEIGHBORHOOD CLEAN UP

Got junk? Pull up. In partnership with our exclusive waste hauler, Universal Waste Systems, Inc. (UWS), Los Alamitos residents can make a final push on spring cleaning at this community clean up drive-thru event. Acceptable items for collection will include bulky items, personal documents for paper shredding, and electronic waste. For greater efficiency and ease, box trucks, U-Haul trucks, and walk-ups will NOT be permitted. Household Hazardous Waste will also not be collected.

Can't make it? It's ok. As part of its contractual service, UWS provides residents four (4) free bulky item pickups per year with up to four (4) items per collection. To schedule a pickup or learn more, contact UWS at (562) 941-4900, option 3.

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## Neighborhood Clean Up Day

**Saturday, May 16, 2026**  
**8:00 a.m. - 11:00 a.m.**  
 Pine Street [between Florista Street and Katella Avenue]

**Details**

- ✓ Available to Los Alamitos residents only
- ✓ Dispose bulky items, e-waste, and document shredding
- ✓ Convenient drive-up
- ✓ Best of all...free!

**More info**



SCAN ME





## LOS AL LOCAL STAGE

Discover the people and stories shaping your community. Tune into the City of Los Alamitos' brand new TV talk show where it highlights multiple topics and exciting projects, programs, and services. Each episode invites inspiring guests who are making a vital difference in our City, from local leaders and innovative creators to hometown heroes. This is just another way to shine the spotlight on real stories.

Viewers can watch the show on the City of Los Alamitos' official YouTube channel. Simply scan the following QR code to access and watch the episodes anytime.



My City ♥ My Los Al



## LOS ALAMITOS LOCAL STAGE

**GET EGG-CITED!**

## Earn Local

Shop local  
Support local  
Dine local  
Play local

**SCAN ME**

REC BUCKS

Los Alamitos Recreation & Community Services

My City ♥ My Los Al

Scan the QR code for more info

## RECREATION BUCKS

If you can crack an egg, you can crack open your wallet, and support Los Al. The City of Los Alamitos is excited to launch Recreation Bucks as part of its continued effort to support local businesses and connect community programs. By shopping in participating businesses, consumers will earn rewards that offer discounted rates towards recreation classes and programs conducted in the City of Los Alamitos Recreation & Community Services Department during the Spring 2026 season. Participating businesses will hang the Rec Buck (shown on the graphic) at their store front showing involvement and eligibility for the rewards. For full program guidelines, please visit the City website at [www.cityoflosalamitos.org](http://www.cityoflosalamitos.org) or call City Hall at (562) 431-3538.

**REC BUCKS**

Los Alamitos Recreation & Community Services

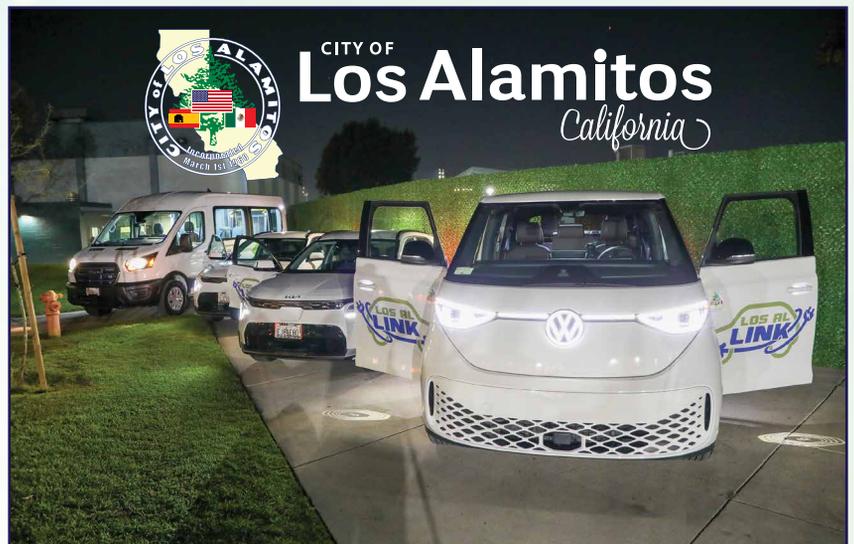
My City ♥ My Los Al



Download the App:



- Eco-friendly
- Accessible
- Safe
- Connecting Los Al
- Free for ages 50+!



## Talking Trash

The City of Los Alamitos and UWS would like to remind residents and commercial customers to dispose responsibly.



Where do I place my trash?



### Green WASTE



branches  
brush  
flower cuttings  
flowers  
garden trimmings  
grass  
hay

### Blue WASTE



house plants  
lawn clippings  
leaves  
pruning  
shrubby  
straws  
twigs

### Gray

### MIXED SOLID WASTE & ORGANICS



egg cartons  
gift wrap  
jars  
paper products  
pizza boxes  
prescription bottles

bagged pet waste  
broken glass  
ceramic  
cereal liners  
chip bags  
disposable diapers  
food waste

garden hoses  
juice cartons  
milk cartons  
plastic bags  
soiled paper  
tissue  
toys

For more info



## VISIT LONG BEACH ANIMAL CARE SERVICES

### ADOPT

7700 E. Spring St.  
Long Beach, CA 90815

Wed - Fri  
10:00 AM - 4:30 PM  
Sat - Sun  
10:00 AM - 3:00 PM

[www.longbeach.gov/acs](http://www.longbeach.gov/acs)



### SCAN TO DONATE

Help LBACS ensure "Compassion Saves" by donating to support the people and animals of our community through outreach, education, guidance, and support services.



### PET LITERACY

The Pet Literacy Program promotes the humane treatment and socialization of animals through reading out loud, improving the shelter environment, and preparing animals for adoption.





## BUILDING SAFER, STRONGER COMMUNITIES: THE VALUE OF NEIGHBORHOOD WATCH AND THE CITIZENS ACADEMY

The Police Department is excited to announce that applications are now being accepted for the next Citizens Academy. Classes will be held on Tuesdays from February 24, 2026, through April 20, 2026. Please note there will be no class on St. Patrick's Day; that session will instead be held on Wednesday, March 18, 2026. This engaging and highly informative program offers community members a rare opportunity to look inside the world of law enforcement — to learn firsthand what goes into keeping our neighborhoods safe.

### EVERY HOUR - EVERY DAY

Over the course of the academy, participants will meet experts from a wide range of law enforcement divisions, including patrol, investigations, K-9, forensics, traffic, dispatch, and community engagement. Each session provides valuable insight into how officers work collaboratively to solve problems, respond to emergencies, and serve the public with professionalism and compassion.

The Citizen's Academy isn't just about education — it's about connection. Graduates come away with a deeper understanding of the challenges and responsibilities of policing, and with a renewed appreciation for how much safer a community becomes when residents and police work hand-in-hand. One of the most meaningful ways graduates can continue their involvement is by joining or helping lead a Neighborhood Watch program.

Neighborhood Watch remains one of the most effective and proven tools in community safety. When residents look out for one another, share information, and maintain open lines of communication with law enforcement, crime is reduced, and quality of life improves. Watch groups create a sense of unity — neighbors who know each other are more likely to notice when something seems out of place and to report suspicious activity early, before it escalates.

The Police Department's goal is to identify and develop well-informed block captains through the Citizens Academy. These leaders play a key role in fostering community engagement, organizing meetings, and ensuring that safety messages and crime prevention tips reach every corner of the neighborhood. By participating in the Citizens Academy and Neighborhood Watch, residents not only gain knowledge but also become an active part of the solution — helping to build a community where everyone feels secure and connected.

**Applications for the 2026 Citizens Academy are now open! Don't miss your chance to learn, connect, and make a lasting impact on your neighborhood. For more information, or to apply, visit the city website at [www.cityoflosalamitos.org](http://www.cityoflosalamitos.org).**



My City My Los Al

**APPLY NOW!**

[WWW.CITYOFLOSALAMITOS.ORG](http://WWW.CITYOFLOSALAMITOS.ORG)

### 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](http://www.cityoflosalamitos.org/employment) or email [HumanResources@cityoflosalamitos.org](mailto:HumanResources@cityoflosalamitos.org).

**INTRODUCING YOUR COMMUNITY ENGAGEMENT PLATFORM**

**YOU ASKED WE LISTENED**  
We heard you say that you wanted to be informed about large projects happening in the City.

**MYLOSAL ENGAGE**  
With our new MyLosAlEngage Platform, you can track a project from beginning to end and provide feedback along the way.

**STAY INFORMED**  
In addition to the City's website and social media, MyLosAlEngage will be a centralized information hub dedicated to large projects happening in the City of Los Alamitos.  
Sign up to be notified today!

**VISIT US ONLINE TODAY**  
[www.MyLosAlEngage.com](http://www.MyLosAlEngage.com)

## STAY INFORMED



City Website



City Events & Meetings, Community Events Calendar



Weekly E-Newsletter and Social Media



Social Media  
@cityoflosal  
@losalamitospd



My Los Al App



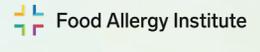
My Los Al Engage



Los Al Loop Monthly Newspaper

## THANK YOU TO OUR PARTNERS!

The City of Los Alamitos Recreation & Community Services Department extends its sincere gratitude to last year's 2025 sponsors for their invaluable contributions. Their partnership strengthens the mission and makes meaningful community experiences possible.



Planning for 2026 is already underway, and the City invites potential partners to explore the **2026 Sponsorship Opportunities**, which will include enhanced branding, engagement, and impact-driven opportunities. Please visit [cityoflosalamitos.org](http://cityoflosalamitos.org) for more information.

**EVENT SPONSORSHIP OPPORTUNITIES**

The City of Los Alamitos Recreation and Community Services Department prides itself on planning a wide variety of special events throughout the year for all ages which bring together upwards of 14,000 community members. Each event offers a unique sponsorship opportunity for local businesses and organizations who in turn receive unique marketing benefits allowing them to connect with the local community.

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City of Los Alamitos Recreation & Community Services Department  
10921 Oak St. Los Alamitos • 924-430-1073 • [www.cityoflosalamitos.org](http://www.cityoflosalamitos.org)

**SPECIAL EVENT VENDOR PACKET**

My City My Los Al

### 2026 Special Event Vendor Packet

The Recreation and Community Services Department is pleased to launch its 2026 Special Event Vendor Packet providing local vendors and businesses an opportunity to set up vendor booths at the variety of City special events held throughout the year. Applications for events occurring in 2026 will be available the second week of January on the Recreation website and accepted on a first come, first served basis until spaces fill up. \*Vendors are responsible for providing all necessary insurance and permits required prior to participating in any event. Full list of requirements can be found on the website.

### 2026 Event Sponsorship Packet

For those businesses and organizations interested in furthering their marketing opportunities, an Event Sponsorship is a great way to do that. Recreation and Community Services events are catered toward all ages and bring together upwards of 14,000 community members. Each event offers a unique sponsorship opportunity for local businesses and organizations who in turn, receive a variety of marketing benefits allowing them to connect with the local community. visit the Recreation web page at [www.cityoflosalamitos.org/recreation](http://www.cityoflosalamitos.org/recreation).

**2 DAY VISUAL  
& PERFORMING  
ARTS EXHIBITION**



CITY OF  
**Los Alamitos**  
*California*

My City ♥ My Los Al

# Weekend of Art

Presented by the Los Alamitos Parks, Recreation & Cultural Arts Commission

**FRIDAY**

**March 27, 2026  
5:00 – 8:00 PM**

**SATURDAY**

**March 28, 2026  
12:00 – 7:00 PM**

**LOS ALAMITOS COMMUNITY CENTER (10911 OAK ST.)  
WWW.CITYOFLOSALAMITOS.ORG/RECREATION**

**LOS ALAMITOS-ROSSMOOR LIBRARY**

## UPCOMING EVENTS



### CHILDREN

Baby Toddler Storytime  
Tuesdays @ 10:30a

Kinder Readiness  
Storytime  
Wednesdays @ 10:30a

Read to a Dog  
2<sup>nd</sup> Wednesdays @ 3p

Campfire Storytime  
2<sup>nd</sup> Mondays @ 5:30p

Food Literacy for Littles  
4<sup>th</sup> Thursdays @ 11:00a

2700 MONTECITO RD  
SEAL BEACH, CA 90740  
562-430-1048

### TEEN

Teen Book Club  
3<sup>rd</sup> Tuesdays @ 4:30p

Teen Food Program  
4<sup>th</sup> Wednesdays @ 4:30p

### ADULT

Death & Donuts Book Club  
1<sup>st</sup> Mondays @ 10:30a

Genre Hopping Book Club  
3<sup>rd</sup> Wednesdays @ 5:30p



Orange County, CA  
**Public Libraries**  
*Open Doors. Free Access. Community.*



## DONATION DRIVE



### Diapers, Wipes & Paper goods

- Baby diapers size 2+ & adult sizes • Wipes
- Paper towels, plates, tissue, toilet paper
- Copy paper



Donations will be accepted:

**April 20-24**

**Monday through Thursday  
From 7:30 a.m. to 5:30 p.m.**

**Los Alamitos Community Center  
10911 Oak St.**



**Los Alamitos**  
Recreation & Community Services  
*Creating Quality of Life*

All donated items will benefit local non-profits to benefit those in need.

# REGISTER NOW!

TITLE SPONSOR:



CITY OF Los Alamitos California

My City ♥ My Los Al



## FEBRUARY 28, 2026

### REVERSE SPRINT TRIATHLON 5K RUN / WALK



LOCATION:

LOS ALAMITOS JOINT FORCES TRAINING BASE  
11200 LEXINGTON DRIVE,  
LOS ALAMITOS, CA 90720

### REGISTER NOW!

## RACEONTHEBASELOSA.COM

# RACEONTHEBASELOSA.COM

Miller Children's & Women's Hospital  
MemorialCare™

CITY OF Los Alamitos California  
My City ♥ My Los Al



FREE ADMISSION

## Spring Carnival

# SATURDAY, APRIL 4

9:30 AM - 12:00 PM

LITTLE COTTONWOOD PARK  
(4000 FARQUHAR AVENUE)

[www.cityoflosalamitos.org/recreation](http://www.cityoflosalamitos.org/recreation)

## SAVE THE DATE

8am-3pm

Los Alamitos Community Center  
10911 Oak Street, Los Alamitos

ELEVATE  
Teen  
Conference

\$5

### Saturday, April 11, 2026

A Personal Development  
Conference for Teens in  
Middle School and High School



# Los Alamitos

Recreation & Community Services  
AQUATICS



## MWR Aquatic Training Center at JFTB

11360 Valley Forge Ave. #44, Los Alamitos

### LEARN TO SWIM LESSONS

This winter, two 4-week sessions will be offered. Youth Swim Classes are 25 minutes long and meet either twice weekly (Monday/Wednesday) or once weekly on Saturdays. Lessons are available for a variety of age and skill levels, please refer to the level descriptions to find the best fit for your child. If you're unsure, contact us at [aquatics@cityoflosalamitos.org](mailto:aquatics@cityoflosalamitos.org) or call the Community Center at **562-430-1073**. Registration can be completed online at [losalrecreation.myrec.com](http://losalrecreation.myrec.com). There will be no make-up classes unless canceled by Los Alamitos Recreation Staff due to unforeseen circumstances. For details on our refund policy, please see page 33.

**All adults entering the Joint Forces Training Base must present a valid U.S. Passport, or a REAL ID compliant driver's license or identification card; and high school students must show a current school I.D.**

#### 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.

##### 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.

#### BIG FISH

SCHOOL AGE 6 YRS – 13 YRS

##### Manatees (Level 1) Ratio 1:4

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.

##### 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.

#### 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.

##### 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.

##### 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.

##### 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.

##### Jelly Fish (Level 1) Ratio 1:4

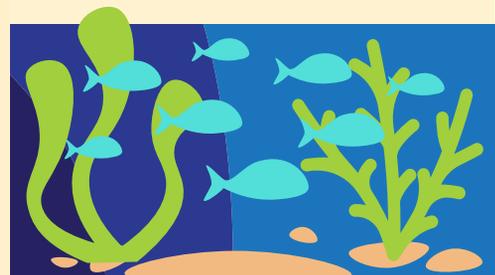
This class is designed for beginners who have some aquatics experience but still need assistance getting comfortable in the water. Some skills include moving through water comfortably, assisted tummy float, moving to unassisted back float, assisted kicking on tummy and back, and introducing alternating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

##### 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.

##### 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.



**SESSION 1: MON / WED**  
4/13 - 5/6

CLASS	AGE	CLASS TIMES	
Parent & Me	6 mo - 3 yr	10:00AM	5:30PM
Guppies	3 - 6 yrs	10:30AM	4/5 PM
Jelly Fish	3 - 6 yrs	3:30PM	4:30PM
Squid	3 - 6 yrs	3:30PM	5:00PM
Otter	3 - 6 yrs	4:00PM	5:00PM
Seals	3 - 6 yrs	4:30PM	5:30PM
Manatees	6 - 13 yrs	3:30PM	4:30PM
Belugas	6 - 13 yrs	4:30PM	5:30PM
Manta Ray	6 - 13 yrs	4:00PM	5:00PM
Barracuda	6 - 13 yrs	4:00PM	5:30PM
Orcas	6 - 15 yrs	3:30PM	5:00PM

**RESIDENT: \$134**  
**NON-RESIDENT: \$140**

**SESSION 1: SATURDAY**  
4/18 - 5/9

CLASS	AGE	CLASS TIMES			
Parent & Me	6 mo - 3 yr	9:30AM	10:30AM	11:30AM	12:30PM
Guppies	3 - 6 yrs	10:00AM	11:00AM	12:00PM	1:30PM
Jelly Fish	3 - 6 yrs	9:30AM	10:30AM	11:30AM	1:00PM
Squid	3 - 6 yrs	10:00AM	11:00AM	12:00PM	1:00PM
Otter	3 - 6 yrs	10:30AM	11:30AM	12:30PM	1:30PM
Seals	3 - 6 yrs	9:30AM	10:30AM	12:00PM	1:00PM
Manatees	6 - 13 yrs	10:00AM	11:00AM	12:00PM	1:00PM
Belugas	6 - 13 yrs	9:30AM	11:30AM	12:30PM	1:30PM
Manta Ray	6 - 13 yrs	10:00AM	11:00AM	12:30PM	1:30PM
Barracuda	6 - 13 yrs	9:30AM	11:30AM	12:30PM	1:30PM
Orcas	6 - 15 yrs	10:00AM	11:00AM	12:00PM	1:00PM

**RESIDENT: \$65**  
**NON-RESIDENT: \$71**



**REGISTER HERE: [LOSALRECREATION.MYREC.COM](https://www.losalrecreation.com)**

**Scholarships available for eligible  
Los Alamitos residents.**

# ADAPTIVE RECREATION



## Adaptive Recreation

Sponsored By:



The City of Los Alamitos invites participants requiring 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.

QUARTERLY CALENDAR



**Los Alamitos**  
Recreation & Community Services  
*Creating Quality of Life*

SOSC.ORG/REGION4

**Special Olympics**  
Southern California

Become an athlete, coach, or volunteer — make a lasting impact. From field to podium, your support builds confidence, friendships, and joy.

## 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.

**Material Fee: \$5**

**No Class: 4/8**

**Instructor:** Diana Perez

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SP2601	5 weeks	Wed	3/25-4/29	9:15-10a	1.5-2.5	\$79/\$85

### 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.

**Material Fee: \$5**

**No Class: 4/8**

**Instructor:** Diana Perez

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SP2602	5 weeks	Wed	3/25-4/29	10:15-11a	2.5-5	\$79/\$85

### SUNSHINE TODDLER WORKSHOP

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

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

**\$5 materials fee**

**Instructor:** Diana Perez

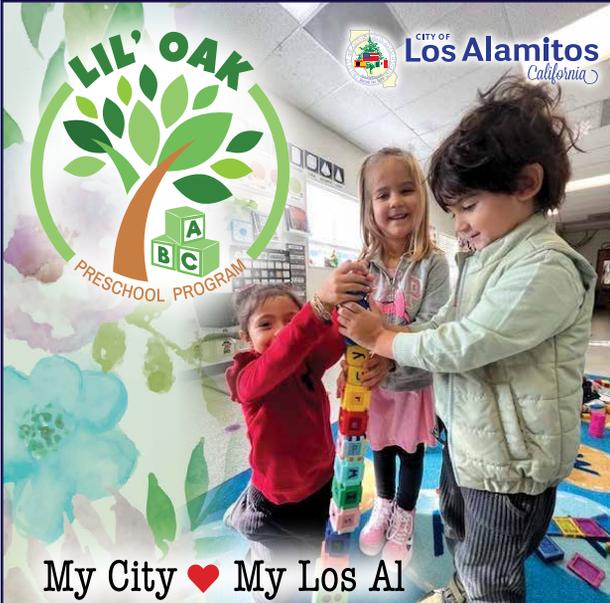
CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SP2603	3 weeks	Wed	5/13-5/27	9:15-10a	2.5-5	\$59/\$65

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**Classes are subject to change or cancellation. Please check our website at [www.cityoflosalamitos/recreation](http://www.cityoflosalamitos/recreation) for the most up to date information.**

# PRESCHOOL & YOUTH



**LIL' OAK**  
PRESCHOOL PROGRAM

CITY OF  
**Los Alamitos**  
California

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Children will be introduced to numbers, letters, sight words, colors, shapes, and days of the week! Activities will include circle time, art, music, stories, and games. Program will also emphasize sharing, respect, and understanding. All staff are First Aid, CPR, and AED certified. Please register online using the My Rec portal or in person at the Los Alamitos Community Center. Participants must be potty-trained, no pull-ups. Priority given to those currently enrolled.

## LIL' OAK PRESCHOOL PROGRAM

### SPRING PROGRAM

9 WEEKS • Registration Opens:  
Mon, Feb 9

Age:	Days:	Dates:	Time:	Fee: (R/NR)	Code:
3-5	M/W/F	3/16-5/22	9am-1pm	\$646/\$652	SP2604
3-5	T/TH	3/17-5/21	9am-1pm	\$439/\$445	SP2605

**NO CLASS: 4/6 - 4/10**



10911 Oak Street, Los Alamitos

Department Late Policy: \$1 per minute, after 1:05 p.m.

Fee due prior to start of next class. Payable at the front desk. **No Refund Program.**

## DANCE AND GYMNASTICS

### PRINCESS BALLET

Los Alamitos Community Center  
10911 Oak Street, Los Alamitos

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. Last day performance for families. Please read before first class: [www.socaarts.com/policies-procedures](http://www.socaarts.com/policies-procedures).

**Material Fee: \$5**

**No Class: 4/9**

**Instructor:** SoCa Arts

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SP2606	10 weeks	Thu	3/19-5/28	3:30-4:15p	4-7	\$158/\$164

### TOTS PRINCESS BALLET

Los Alamitos Community Center  
10911 Oak Street, Los Alamitos

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. Last day performance for families. Please read before first class: [socaarts.com/policies-procedures](http://socaarts.com/policies-procedures).

**Material Fee: \$5**

**No Class: 4/9**

**Instructor:** SoCa Arts

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SP2607	10 weeks	Thu	3/19-5/28	4:20-5:05p	2.5-4	\$158/\$164

## BEGINNING HIP HOP AND JAZZ

Los Alamitos Community Center  
10911 Oak Street, Los Alamitos

This high-energy class introduces dancers to both hip hop and jazz styles in a fun, encouraging environment. Kids build confidence, coordination, rhythm, and performance skills – perfect for beginners who love to move and perform! Dance attire and jazz shoes required. Last day performance for families. Please read before first class: [www.socaarts.com/policies-procedures](http://www.socaarts.com/policies-procedures).

**No Class: 4/9**

**Instructor:** SoCa Arts

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SP2608	10 weeks	Thu	3/19-5/28	6-6:45p	6-10	\$158/\$164

## 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. Last day performance for families. Please read before first class: [socaarts.com/policies-procedures](http://socaarts.com/policies-procedures).

**No Class: 4/9**

**Instructor:** SoCa Arts

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SP2609	10 weeks	Thu	3/19-5/28	5:10-5:55p	3.5-7	\$158/\$164

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California

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# PRESCHOOL & YOUTH

## DANCE AND GYMNASTICS CONT.



### 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 rolls, we will guide your child through a progressive curriculum that promotes strength, flexibility, coordination, and confidence in tumbling. Parents must remain outside. Attire: Leotard or a fitted top with comfortable bottoms. Grip socks are preferred for safety.

**Instructor:** Kidz Talent Academy

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SP2610	4 weeks	Wed	4/15-5/6	4-4:40p	3-6	\$88/\$94
SP2611	3 weeks	Wed	5/13-5/27	4-4:40p	3-6	\$69/\$75

### YOUTH 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. Parents must remain outside. Attire: Leotard or a fitted top with comfortable bottoms. Grip socks are preferred for safety.

**Instructor:** Kidz Talent Academy

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SP2612	4 weeks	Wed	4/15-5/6	4:45-5:35p	7-13	\$89/\$95
SP2613	3 weeks	Wed	5/13-5/27	4:45-5:35p	7-13	\$69/\$75

### PUMP IT UP CHEER AND DANCE

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

Get in the cheer spirit with Cheer & Dance! Learn cheer fundamentals, performance dance, team building, choreography, motions, jumps, small stunts, and basic tumbling for cheer. Wear a black KTA t-shirt, black shorts, and sneakers. One-time \$35 material fee (includes KTA shirt + pom poms); shirt arrives by week two. Optional cheer uniform required for performances.

**Material Fee: \$35**

**Instructor:** Kidz Talent Academy

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SP2614	4 weeks	Wed	4/15-5/6	5:45-6:30p	5-12	\$88/\$94
SP2615	3 weeks	Wed	5/13-5/27	5:45-6:30p	5-12	\$69/\$75

## SPORTS

### SOCCER AND T-BALL INTRO TO LEAGUE PLAY WITH SPORTBALL

*Little Cottonwood Park  
4000 Farquhar Avenue, Los Alamitos*

In our Soccer and T-Ball class, young athletes explore two beloved sports: soccer and baseball! Through fun, imaginative, skill-based games, kids learn the basics while boosting cognitive skills, social skills, and teamwork. The first half of the season focuses on soccer, covering passing, throw-ins, dribbling, goalie skills, and game play. The second half shifts to t-ball, teaching throwing, catching, batting, base running, and fielding.

**Instructor:** Sportball Coaches

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SP2616	6 weeks	Sat	4/11-5/17	9-9:45a	2-3	\$129/\$135
SP2617	6 weeks	Sat	4/11-5/17	10-10:45a	3-5	\$129/\$135

### FLAG FOOTBALL, SOCCER AND T-BALL WITH SPORTBALL

*Little Cottonwood Park  
4000 Farquhar Avenue, Los Alamitos*

Join our action-packed program designed to boost athletic skills in flag football, soccer, and T-ball! Young athletes will develop speed, coordination, and teamwork through fun drills and games led by experienced coaches. It's perfect for energetic kids eager to level up their sports skills in a supportive, exciting environment!

**Instructor:** Sportball Coaches

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SP2618	6 weeks	Sat	4/11-5/17	11-11:45a	5-7	\$129/\$135



### 8 SPORT MULTI-SPORT WITH SPORTBALL

*Little Cottonwood Park  
4000 Farquhar Avenue, Los Alamitos*

Multi-sport programs let kids dive into 8 sports – soccer, basketball, baseball, football, volleyball, hockey, golf, and tennis. For ages 16 months – 7 years, with parent-child sessions for our toddler ages, it's all about FUN! Multi-sport classes help kids find their passion while progressing their skills with each age group. Every season mixes it up with fresh skills in each sport.

**Instructor:** Sportball Coaches

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SP2619	6 weeks	Sun	4/12-5/18	10-10:45a	16mo-2yr	\$129/\$135
SP2620	6 weeks	Sun	4/12-5/18	11-11:45a	3-5	\$129/\$135
SP2621	6 weeks	Sun	4/12-5/18	11:50-12:35p	5-7	\$129/\$135

## SPORTS CONTINUED



### SKATEDOGS SKATEBOARDING

*El Dorado Skatepark*

*2760 N Studebaker Road, Long Beach*

Whether you are just learning or ready to learn advanced tricks, this camp is right for you. Make friends, play games, win prizes, and advance your skills in our private mobile skatepark. Requirements: A signed waiver, a "trick" skateboard, knee & elbow pads and a helmet. Visit [skatedogs.com](http://skatedogs.com) to view our online skate shop, and to learn about what type of skateboard to bring.

**No Class: 4/5, 5/10**

**Instructor:** Skatedogs

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SP2622	6 weeks	Sun	3/1 - 4/12	9a-12p	5-13	\$231/\$237
SP2623	6 weeks	Sun	4/19 - 5/31	9a-12p	5-13	\$231/\$237



### PARENT & ME SOCCER

*Little Cottonwood Park*

*4000 Farquhar Avenue, Los Alamitos*

Introduce your child to fun with the great sport of soccer! Parent & Me Soccer teaches the basic fundamental soccer skills, whilst developing motor skills for children, alongside their guardian. Skills include dribbling, passing, shooting, defense, and ball control. Recreation Staff will lead classes but must include parent(s) participation.

**Award is included in the fee.**

**Instructor:** Recreation Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SP2624	5 weeks	Sat	4/11-5/9	9-9:45a	2-3	\$65/\$71

### JR. PEE WEE SOCCER

*Little Cottonwood Park*

*4000 Farquhar Avenue, Los Alamitos*

Kick-start your child's future, one goal at a time! This five-week soccer program will teach your child the basic, beginning skills of soccer. Taught in a clinic-style format, Recreation Staff will emphasize good sportsmanship, teamwork, instill confidence, and fun while teaching fundamental skills such as dribbling, passing, shooting, defense, and ball control. Award is included in the fee.

**Award is included in the fee.**

**Instructor:** Recreation Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SP2625	5 weeks	Sat	4/11-5/9	10-10:45a	4-6	\$65/\$71

### PEE WEE SOCCER

*Little Cottonwood Park*

*4000 Farquhar Avenue, Los Alamitos*

Come out and learn what it takes to be a Pee Wee Soccer champion! Through this five-week program, Recreation Staff will instill and develop the basic soccer skills within your athlete while emphasizing the importance of good sportsmanship, teamwork, respect, and determination. Participants will learn various skills throughout the program, such as dribbling, passing, shooting, defense, and ball control.

**Award is included in the fee.**

**Instructor:** Recreation Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SP2626	5 weeks	Sat	4/11-5/9	11-11:45a	7-9	\$65/\$71

## February Day Camp

Campers ages 5-12 will enjoy a variety of organized indoor and outdoor games, fun activities, and crafts.

**February 16-20, 2026**

10911 Oak Street, Los Alamitos

Regular Care: 9am - 4pm • Daily Rates: Res. \$32, Non-Res. \$37

Extended Care: 7am - 6pm • Daily Rates: Res. \$47, Non-Res. \$52



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For more information, call  
(562) 430-1073 or visit  
[cityoflosalamitos.org/recreation](http://cityoflosalamitos.org/recreation)

# YOUTH



## HOME COURT EDGE BASKETBALL OPEN GYM SCRIMMAGE

**Oak Middle School Gym**  
10821 Oak Street, Los Alamitos

Bring a group of friends to come play ball!

**Instructor:** HCE Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SP2627	4 weeks	Sun	4/5-4/26	3-4:30p	12-18	\$109/\$115
SP2628	4 weeks	Sun	5/3-5/24	3-4:30p	12-18	\$109/\$115

## HOMECOURT EDGE BASKETBALL SHOOTING STARS

**Oak Middle School Gym**  
10821 Oak Street, Los Alamitos

HomeCourt Edge Basketball Shooting Stars will focus on improving your child's shooting form. We will teach proper shooting techniques, proper release, follow through, shooting consistency, shooting off the screen, and squaring up to the basket. For class makeups, please contact: [hcepersonaltraining@yahoo.com](mailto:hcepersonaltraining@yahoo.com). Please bring basketball and water.

**Drop in: \$21 per class**

**No Class: 4/2, 4/9**

**Instructor:** HCE Staff-Coach H and Coach Leseanda

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SP2629	4 weeks	Thu	4/2-4/30	6:30-7:30p	5-14	\$114/\$120
SP2630	4 weeks	Thu	5/7-5/28	6:30-7:30p	5-14	\$114/\$120

## HOMECOURT EDGE BASKETBALL TRIPLE BUNDLE

**Oak Middle School Gym**  
10821 Oak Street, Los Alamitos

Come and get the best of both worlds and get multiple workouts a weeks with HomeCourt Edge Basketball. Tuesday's ball-handling class, Thursday's shooting class and Sunday's Open Gym. Please don't hesitate to sign up with us today! Please bring basketball and water.

**No Class: 4/2, 4/7, 4/9**

**Instructor:** HCE Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SP2631	4 weeks	Tue/Thu/Sun	3/31-4/30	T/Th 6:30-7:30p Sun 2-3p	5-14	\$254/\$260
SP2632	4 weeks	Tue/Thu/Sun	5/3-5/28	T/Th 6:30-7:30p Sun 2-3p	5-14	\$254/\$260

## HOMECOURT EDGE BASKETBALL BALL HANDLING CLINIC

**Oak Middle School Gym**  
10821 Oak Street, Los Alamitos

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

**Drop in: \$21 per class**

**No Class: 4/2, 4/7, 4/9**

**Instructor:** HCE Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SP2633	4 weeks	Tue/Thu	3/31-4/30	6:30-7:30p	5-14	\$174/\$180
SP2634	4 weeks	Tue/Thu	5/5-5/28	6:30-7:30p	5-14	\$174/\$180

## HCEU GUARD SKILLS TRAINING - NEW!

**Oak Middle School Gym**  
10821 Oak Street, Los Alamitos

Only for intermediate and advanced hoopers. Please contact Coach Lloyd for more information

**No Class: 4/7**

**Instructor:** HCE Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SP2635	4 weeks	Tue	3/31-4/28	5:30-6:30p	10-17	\$129/\$135
SP2636	4 weeks	Tue	5/5-5/26	5:30-6:30p	10-17	\$129/\$135

## 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! Not an introductory class. Must get prior approval from the head coach before joining the program. Please email [hcepersonaltraining@yahoo.com](mailto:hcepersonaltraining@yahoo.com) for approval and instructions. Please bring basketball and water.

**No Class: 4/2, 4/7, 4/9**

**Instructor:** HCE Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SP2637	4 weeks	Tue/Thu	3/31-4/30	Tue 6:30-8:30p Thu 6:30-9p	8-14	\$214/\$220
SP2638	4 weeks	Tue/Thu	5/5-5/28	Tue 6:30-8:30p Thu 6:30-9p	8-14	\$214/\$220

## 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](mailto:hcepersonaltraining@yahoo.com). Please bring basketball and water.

**Drop in: \$21 per class**

**No Class: 4/7**

**Instructor:** HCE Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SP2639	4 weeks	Tues	3/31-4/28	6:30-7:30p	5-14	\$114/\$120
SP2640	4 weeks	Tues	5/5-5/28	6:30-7:30p	5-14	\$114/\$120

## HOMECOURT EDGE BASKETBALL TOTAL ATTACK SKILLS CLINIC

**Oak Middle School Gym**  
10821 Oak Street, Los Alamitos

HCE Attack Series Clinic Skills Clinic will be a combination of our Ballhandling and Shooting Clinic Series. HomeCourt Edge Basketball Ballhandling Clinic will introduce ballhandling skills for novice, intermediate and advanced levels. The clinic will also introduce the latest offensive moves to the basket. Classes will also include speed and agility footwork. HomeCourt Edge Basketball Shooting Stars will focus on improving your child's shooting form. We will teach proper shooting techniques, proper release, follow through, shooting consistency, shooting off the screen, and squaring up to the basket. Please bring basketball and water.

**Instructor:** HCE Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SP2641	4 weeks	Sun	4/5-4/26	2-3p	5-14	\$114/\$120
SP2642	4 weeks	Sun	5/3-5/24	2-3p	5-14	\$114/\$120

## SPECIAL INTEREST



### 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 7th degree Black Belt (nana-dan) in Japanese Shotokan Karate.

**No Class: 4/7**

**Instructor:** Daniel Gacad

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SP2643	8 weeks	Tue	3/31-5/26	4:30-5:30p	5.5-13	\$79/\$85

### MAD SCIENCE "MAKE IT" CAMP - NEW!

**Seal Beach Community Center**  
211 8th Street, Seal Beach

Come and apply the concepts, tools and techniques of real chemists and work in a Mad Science Lab. Each day we will experiment with different chemicals and tools. Students will explore acids and bases, reveal the secret recipe of slime and examine crystallization. By the end of the week, the Jr. Mad Scientists will have their very own chemistry set. \$30 materials fee due the first day of class.

**Material Fee: \$30**

**Instructor:** Mad Scientist Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SP2644	1 week	M-F	4/6-4/10	10a-1p	5-12	\$195/\$201

### JUST THINK ART

**Cypress Community Center**  
5700 Orange Ave, Cypress

Immerse into the world of drawing, and painting where young artists can explore a world of creativity! Through exciting projects and guided instruction, children will discover the magic of different techniques and mediums while exploring various subjects. This class is the perfect opportunity for kids to unleash their imagination and develop their creative skills in a supportive and inclusive environment. Join us for a journey of artistic discovery and endless possibilities! Students must provide their own supplies and bring to the first day of class. A supply list will be emailed to all participants. Parents are required to sign children in and out of each class meeting.

**Instructor:** Darshini Aithal

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SP2645	4 weeks	Wed	4/15-5/6	5-6:15p	7-13	\$120/\$126
SP2646	4 weeks	Wed	5/13-6/3	5-6:15p	7-13	\$120/\$126

### 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.

**No Class: 4/6, 5/25**

**Material Fee: \$20**

**Instructor:** Portal Languages – Long Beach

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SP2647	8 weeks	Mon	3/30-6/1	3-4p	5-7	\$249/\$255

### AFTER SCHOOL CHESS CLASS

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

Join Chess Wizards this year for challenging chess lessons, exciting tournaments, fun, team activities, and more! If you're brand-new to chess, we'll teach you the basics and get you playing right away. If you're a seasoned checkmate artist, we'll show you new ways to let your creativity show on the chessboard.

**No Class: 4/6**

**Instructor:** Chess Wizards

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SP2648	7 weeks	Mon	3/30-5/18	4:30-5:30p	6-12	\$289/\$295

## Spring Day Camp

**AGES 5-12**

**April 6 – 10, 2026**

**Los Alamitos Community Center**  
10911 Oak Street

Regular: 9am - 4pm • Daily Rates: Res. \$32, Non-Res. \$38  
Extended: 7am - 6pm • Daily Rates: Res. \$47, Non-Res. \$53



To register, or for more information, visit  
[cityoflosalamitos.org/recreation](http://cityoflosalamitos.org/recreation)



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CITY OF LOS ALAMITOS

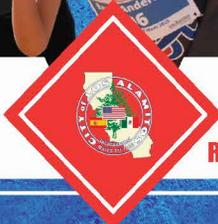
# SPRING 2026 TRACK & FIELD



**1ST - 3RD GRADE**

4:30 - 5:15PM

RES. \$85 / NON-RES. \$91



**4TH - 8TH GRADE**

5:30 - 6:45PM

RES. \$95 / NON-RES. \$101

**MARCH 30 - MAY 18**

\*NO PROGRAM 4/6

**MONDAYS**

\*TRACK MEET AT MCAULIFFE TRACK ON 5/18

**OAK MIDDLE SCHOOL  
TRACK**

10821 OAK ST.,  
LOS ALAMITOS

**7 WEEKS WITH  
TRACK MEET**

- SKILL DEVELOPMENT
- PROGRESSIVE TRAINING
- SUPPORTIVE COACHING

Los Alamitos  
Recreation & Community Services  
*Creating Quality of Life*

MORE INFORMATION AT [CITYOFLOSALAMITOS.ORG/RECREATION](http://CITYOFLOSALAMITOS.ORG/RECREATION)

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**REGISTER  
HERE!**



# CO-ED YOUTH VOLLEYBALL CLINIC



**SET (4TH-5TH GRADE)**

**DATES: TUESDAYS,  
3/24 - 5/12 (NO CLASS 4/7)**

**RES. \$100 • NON-RES: \$106**

**TIME: 5:15 - 6:15PM**



**BUMP CLINIC (K-3RD)**

**DATES: WEDNESDAYS,  
3/25 - 5/13 (NO CLASS 4/8)**

**RES. \$100 • NON-RES: \$106**

**TIME: 5:15 - 6:15PM**

**SPIKE (6TH-8TH GRADE)**

**DATES: THURSDAYS,  
3/26 - 5/14 (NO CLASS 4/2, 4/9)**

**RES. \$100 • NON-RES: \$106**

**TIME: 5:15 - 6:15PM**

Go to [MyRec.com](http://MyRec.com) for detailed schedule

[www.cityoflosalamitos.org/recreation](http://www.cityoflosalamitos.org/recreation)

## LOS ALAMITOS RECREATION SCHOLARSHIP PROGRAM

**Miller Children's & Women's Hospital**  
MemorialCare..

### 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, adults, & seniors)  
**VISIT FOR MORE INFORMATION: [WWW.CITYOFLOSALAMITOS.ORG/RECREATION](http://WWW.CITYOFLOSALAMITOS.ORG/RECREATION)**

## Los Alamitos Community Foundation



My City ♥ My Los Al



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

The Los Alamitos Community Foundation has identified priorities to focus on including funding towards a / an:

- Police Department Canine Program
- Urban Forest Program
- Adaptive Recreation Program
- Senior Programs

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

[www.losalfoundation.org](http://www.losalfoundation.org)



### NEW MEMBERSHIP YEAR STARTS MAY 1, 2026



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
- ★ Scholarship Opportunities
- ★ Service Hour Credit
- ★ New Friendships
- ★ Leadership Skills

Los Alamitos Recreation & Community Services  
*Creating Quality of Life*

**Annual Fee: Resident: \$42 / Non-Resident: \$48**  
**Register Here: [losalrecreation.myrec.com](http://losalrecreation.myrec.com)**



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♥  
My Los Al

# YOUTH

## SPECIAL INTEREST CONT.



### SPRING INTO ART

Los Alamitos Community Center  
10911 Oak Street, Los Alamitos

Join us to celebrate the Spring season of growth! Enjoy exciting games, fun activities, and many different projects. Participants will explore different aspects of nature such as plants, flowers, and animals. We will create clay-flower pots, canvas paintings, and many more nature-inspired projects!

**Instructor:** Recreation Staff

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SP2649	4 weeks	Tue	4/14-5/5	3:45-4:45p	6-8	\$65/\$71
SP2650	4 weeks	Tue	4/14-5/5	5-6p	9-12	\$65/\$71

## DANCE



### 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: \$7 per class**

**No Class: 4/8**

**Instructor:** Carri Fox

DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
Continuous	Wed	4/1-5/29	10-11a	18+	\$7 per class





**CITY OF**  
**Los Alamitos**  
*California*

# PARTY PACKAGES

**Let us do the planning...**

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

**Customizable packages to fit your needs...**

- COMMUNITY CENTER OR PICNIC SHELTER RENTAL (3 HOURS)
- THEMED CRAFT STATIONS & STAFF LED ACTIVITIES

**Add ons...**

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





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**Let's get Started**

*Los Alamitos Recreation & Community Services Department*

FOR MORE INFORMATION, PLEASE CALL (562) 430-1073  
OR EMAIL MSHIMADA@CITYOFLOSALAMITOS.ORG

## SPECIAL INTEREST CONT.



### 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
SP2651	1 day	Tue	4/21	7-9p	18+	FREE
SP2652	1 day	Tue	5/19	7-9p	18+	FREE



### 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: 5/2**

**Instructor:** Darshini Aithal

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SP2654	3 weeks	Mon	4/13-4/27	11:30a-1:30p	18+	\$90/\$96
SP2655	3 weeks	Mon	5/4-5/18	11:30a-1:30p	18+	\$90/\$96
SP2656	4 weeks	Sat	4/25-5/23	10a-12p	18+	\$120/\$126



### GUAVA GROOVE UKULELE - BEGINNING

Los Alamitos Community Center  
10911 Oak Street, Los Alamitos

This class covers all the fun-damentals you need to start playing ukulele. Students will learn how to tune, strum, read chord charts and more.

Requirement: Bring a ukulele and a smile!

**Material Fee: \$5**

**Instructor:** Hōkū Bray

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SP2653	5 weeks	Fri	5/1-5/29	9-10a	18+	\$69/\$75



### 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](http://www.clinicalcounselingwithtselane.com)

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

DURATION	DAY	DATE(S)	TIME	AGE	PER CLASS FEE
SP2657	Fri	4/17	6-7p	18+	\$30
SP2658	Fri	5/15	6-7p	18+	\$30

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California

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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 SPECIAL INTEREST CONT.



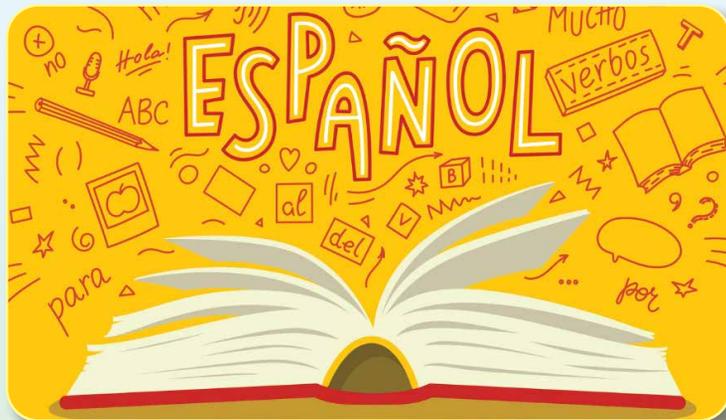
## SUGAR COOKIE DECORATING

*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
SP2659	1 day	Tue	4/14	7-9p	14+	\$50/56
SP2660	1 day	Tue	5/12	7-9p	14+	\$50/56



## SPANISH FOR ADULTS

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

Expand your world through language! Our Spanish classes for adults are designed to help you communicate confidently in real-life situations. Whether you're learning for travel, work, or personal growth, you'll practice conversation, pronunciation, and useful vocabulary in an engaging and supportive environment.

**No Class:** 4/9

**Material Fee:** \$40

**Instructor:** Portal Languages

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SP2661	8 weeks	Thu	4/2-5/28	5-6p	18+	\$249/\$255



## CHARM BRACELET MAKING CLASS

**- NEW!**

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

Craft your own unique charm bracelet using sterling silver and add personalized charms. Whether bold or dainty style, you can create a bracelet anyway you want! We will learn how to make charms with gemstones, beads, and wires. And we will also learn how to wire to make personalized charms. Come with your friends or treat yourself to a fun and unforgettable experience!

**Material Fee:** \$20

**Instructor:** Erin Choi

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SP2662	1 day	Sat	5/16	10a-12p	13+	\$49/\$55



## SILVER SPOON RING MAKING CLASS

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

Join us for this fun Silver Spoon Ring Making Class! We will be making unique rings using real vintage spoon handles. No experience required. You will learn basic metal smithing skills such as forging, hammering, and patina, polishing. Discover the thrill of upcycling something old into one-of-a-kind ring!

**Material Fee:** \$20

**Instructor:** Erin Choi

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SP2663	1 day	Sat	4/25	10a-12p	13+	\$49/\$55

## SPECIAL INTEREST CONT.



### CPR & AED TRAINING FOR ADULTS, CHILDREN & INFANTS

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

This class teaches both the average person & professional how to initially respond to a cardiac/respiratory arrest. Students will learn CPR for all ages (adults, children & infants), use of an AED and techniques for relief of choking. Students will receive an American Heart Association certification card via email upon successful completion of the class.

**Material Fee: \$20**

**Instructor:** Bryce Haines

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SP2664	1 Day	Sat	4/11	10a-1p	11+	\$54/\$60
SP2665	1 Day	Sat	4/25	10a-1p	11+	\$54/\$60
SP2666	1 Day	Sat	5/9	10a-1p	11+	\$54/\$60
SP2667	1 Day	Sat	5/16	10a-1p	11+	\$54/\$60

### CPR & AED + 1ST AID TRAINING FOR ADULTS, CHILDREN & INFANTS

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

This class teaches both the average person & professional how to initially respond to a cardiac/respiratory arrest. Students will learn CPR for all ages (adults, children & infants), use of an AED & techniques for relief of choking. Students will also learn first aid actions for various type of injuries/emergencies. Students will receive an emailed certification card.

**Material Fee: \$20**

**Instructor:** Bryce Haines

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SP2668	1 Day	Sun	4/26	2-5:30p	11+	\$74/\$80
SP2669	1 Day	Sun	5/24	2-5:30p	11+	\$74/\$80

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



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My Los Al

SHOP LOCAL

EAT LOCAL

PLAY LOCAL

STAY LOCAL

SUPPORT LOCAL

## Facility Reservations

My City ♥ My Los Al



Celebrate  
with Us!

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

[www.cityoflosalamitos.org/recreation](http://www.cityoflosalamitos.org/recreation)

# TEEN AND ADULT

## LEARN TO SKATE

*The Rinks Lakewood ICE*  
3975 Pixie Avenue, Lakewood

This program is a fun 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 3-6 years old and 7-16 years old at the rink by coaches. Class fee includes 30-minute instruction each week, skate rental, and 4 public session passes with skate rental. Learn to Skate USA Membership required to join classes: \$18.50 annually\*\* Register at [www.learntoskateUSA.com](http://www.learntoskateUSA.com)

**Instructor:** The Rinks Lakewood ICE

### Session 1 Tots:

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SP2670	4 weeks	Wed	4/1-4/22	5:45-6:15p	3-6	\$97/\$103
SP2671	4 weeks	Thu	4/2-4/23	5:45-6:15p	3-6	\$97/\$103
SP2672	4 weeks	Sat	4/4-4/25	10:40-11:10a	3-6	\$97/\$103

### Session 2 Tots:

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SP2673	6 weeks	Wed	5/13-6/17	5:45-6:15p	3-6	\$141/\$147
SP2674	6 weeks	Thu	5/14-6/18	5:45-6:15p	3-6	\$141/\$147
SP2675	5 weeks	Sat	5/23-6/20	10:40-11:10a	3-6	\$119/\$125



### Session 1 Youth:

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SP2676	4 weeks	Wed	4/1-4/22	6:20-6:50p	7-16	\$97/\$103
SP2677	4 weeks	Thu	4/2-4/23	6:20-6:50p	7-16	\$97/\$103
SP2678	4 weeks	Sat	4/4-4/25	11:15-11:45a	7-16	\$97/\$103

### Session 2 Youth:

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SP2679	6 weeks	Wed	5/13-6/17	6:20-6:50p	7-16	\$141/\$147
SP2680	6 weeks	Thu	5/14-6/18	6:20-6:50p	7-16	\$141/\$147
SP2681	5 weeks	Sat	5/23-6/20	11:15-11:45a	7-16	\$119/\$125

## ICE REALM WESTMINSTER



## BASIC PARENT & ME (3 YRS REALM RASCALS)

*Ice Realm Westminster*  
13071 Springdale St., Westminster

Entry level class to help skater be safe and comfortable on the ice. For new skaters only. Parent or Guardian needs to take the class with the child; class is taught as a parent/child class. Includes six-half hour classes, free public session the day of the class and skate rental. \*Make ups allowed during the same session, in same level class if available. Learn to Skate USA \$20 annual USA Membership payable to Ice Realm at check-in.

**Instructor:** Ice Realm Westminster

### Session 1 Parent & Me:

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SP2682	6 weeks	Tue	4/7-5/12	4-4:30p	3	\$141/\$147
SP2683	6 weeks	Thu	4/9-5/14	4-4:30p	3	\$141/\$147
SP2684	6 weeks	Sat	4/11-5/16	1:30-2p	3	\$141/\$147

### Session 2 Parent & Me:

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SP2685	6 weeks	Tue	5/19-6/23	4-4:30p	3	\$141/\$147
SP2686	6 weeks	Thu	5/21-6/25	4-4:30p	3	\$141/\$147
SP2687	6 weeks	Sat	5/23-6/27	1:30-2p	3	\$141/\$147

## FUNDAMENTAL SKATE LESSONS

*Ice Realm Westminster*  
13071 Springdale St., Westminster

Entry level classes give skaters an introduction to the ice. Begin your skating journey with this class and discover body awareness, balance and exercise while enjoying this great sport. Make new friends and gain a sense of accomplishment at mastering each skill. Curriculum includes safety and basic skills that help the skater get comfortable on the ice and moving on their own. Class is for new skaters only. Includes six-half hour classes, free public session the day of the class and skate rental. \*Make ups allowed during the same session, in same level class if available. Learn to Skate USA \$20 annual USA Membership payable to Ice Realm at check-in.

**Instructor:** Ice Realm Westminster

### Session 1

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SP2688	6 weeks	Tue	4/7-5/12	4-4:30p	4-5	\$141/\$147
SP2689	6 weeks	Thu	4/9-5/14	4-4:30p	4-5	\$141/\$147
SP2690	6 weeks	Sat	4/11-5/16	1:30-2p	4-5	\$141/\$147
SP2691	6 weeks	Tue	4/7-5/12	4:30-5p	6-12	\$141/\$147
SP2692	6 weeks	Thu	4/9-5/14	4:30-5p	6-12	\$141/\$147
SP2693	6 weeks	Sat	4/11-5/16	2-2:30p	6-12	\$141/\$147
SP2694	6 weeks	Tue	4/7-5/12	6-6:30p	13+	\$141/\$147
SP2695	6 weeks	Thu	4/9-5/14	6-6:30p	13+	\$141/\$147
SP2696	6 weeks	Sat	4/11-5/16	2-2:30p	13+	\$141/\$147

### Session 2

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SP2697	6 weeks	Tue	5/19-6/23	4-4:30p	4-5	\$141/\$147
SP2698	6 weeks	Thu	5/21-6/25	4-4:30p	4-5	\$141/\$147
SP2699	6 weeks	Sat	5/23-6/27	1:30-2p	4-5	\$141/\$147
SP26100	6 weeks	Tue	5/19-6/23	4:30-5p	6-12	\$141/\$147
SP26101	6 weeks	Thu	5/21-6/25	4:30-5p	6-12	\$141/\$147
SP26102	6 weeks	Sat	5/23-6/27	2-2:30p	6-12	\$141/\$147
SP26103	6 weeks	Tue	5/19-6/23	6-6:30p	13+	\$141/\$147
SP26104	6 weeks	Thu	5/21-6/25	6-6:30p	13+	\$141/\$147
SP26105	6 weeks	Sat	5/23-6/27	2-2:30p	13+	\$141/\$147

# TEEN AND ADULT

## LEARN TO PLAY HOCKEY

*Ice Realm Westminster*

**13071 Springdale St., Westminster**

Entry level class gives skaters an introduction to the ice with a hockey flare. Curriculum includes safety and basic skills that help the skater get comfortable on the ice and moving on their own. Class is for new skaters only. Includes six-half hour classes, free public session the day of the class and skate rental. \*Make ups allowed during the same session, in same level class if available. Learn to Skate USA \$20 annual USA Membership payable to Ice Realm at check-in.

### Session 1

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SP26106	6 weeks	Tue	4/7-5/12	4:30-5p	4-5	\$141/\$147
SP26107	6 weeks	Thu	4/9-5/14	4:30-5p	4-5	\$141/\$147
SP26108	6 weeks	Sat	4/11-5/16	1:30-2p	4-5	\$141/\$147
SP26109	6 weeks	Tue	4/7-5/12	4:30-5p	6-12	\$141/\$147
SP26110	6 weeks	Thu	4/9-5/14	4:30-5p	6-12	\$141/\$147
SP26111	6 weeks	Sat	4/11-5/16	1:30-2p	6-12	\$141/\$147

### Session 2

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SP26112	6 weeks	Tue	5/19-6/23	4:30-5p	4-5	\$141/\$147
SP26113	6 weeks	Thu	5/21-6/25	4:30-5p	4-5	\$141/\$147
SP26114	6 weeks	Sat	5/23-6/27	1:30-2p	4-5	\$141/\$147
SP26115	6 weeks	Tue	5/19-6/23	4:30-5p	6-12	\$141/\$147
SP26116	6 weeks	Thu	5/21-6/25	4:30-5p	6-12	\$141/\$147
SP26117	6 weeks	Sat	5/23-6/27	1:30-2p	6-12	\$141/\$147



## TENNIS

### 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.** Visit: [losaltennis.com](http://losaltennis.com) for more details.

### SESSION 1

CLASS	DAY	TIME	AGE	DATES	CODE	R/NR
Kinder Class	Tue	2-3pm	4-6	3/31-5/4	SP26118	\$90 / \$96
Kinder Class	Wed	2-3pm	4-6	4/1-5/6	SP26119	\$90 / \$96
Kinder Class	Sat	2-3pm	4-6	4/4-5/9	SP26120	\$90 / \$96
Youth-Beg	Wed	3-4pm	6-14	4/1-5/6	SP26121	\$90 / \$96
Youth-Beg	Thu	4-5pm	6-14	4/2-5/7	SP26122	\$90 / \$96
Youth-Beg	Sat	9:30-10:30am	6-14	4/2-5/9	SP26123	\$90 / \$96
Youth-Beg	Sat	3-4pm	6-14	4/2-5/9	SP26124	\$90 / \$96
Youth-Beg/ Int	Mon	3-4pm	6-14	3/30-5/4	SP26125	\$90 / \$96
Youth-Int	Thu	5-6pm	10-16	4/2-5/7	SP26126	\$90 / \$96
Youth-Int	Sat	10:30-11:30am	10-16	4/4-5/9	SP26127	\$90 / \$96
Youth Fitness + Drills	Tue	6-7pm	10-17	3/31-5/5	SP26128	\$90 / \$96
Jr. Academy	Tue	4-6pm	10-17	3/31-5/5	SP26129	\$90 / \$96
Jr. Academy	Sat	4-6pm	10-17	4/4-5/9	SP26130	\$90 / \$96
Adult Beginning	Wed	6-7pm	17+	4/1-5/6	SP26131	\$90 / \$96
Adult Fitness + Drills	Mon	6-7pm	17+	3/30-5/4	SP26132	\$90 / \$96
Adult Fitness + Drills	Sat	6-7pm	17+	4/4-5/9	SP26133	\$90 / \$96

### SESSION 2 • NO CLASS 5/25

CLASS	DAY	TIME	AGE	DATES	CODE	R/NR
Kinder Class	Tue	2-3pm	4-6	5/12-6/2	SP26134	\$72 / \$78
Kinder Class	Wed	2-3pm	4-6	5/13-6/3	SP26135	\$72 / \$78
Kinder Class	Sat	2-3pm	4-6	5/16-6/6	SP26136	\$72 / \$78
Youth-Beg	Wed	3-4pm	6-14	5/13-6/3	SP26137	\$72 / \$78
Youth-Beg	Thu	4-5pm	6-14	5/14-6/4	SP26138	\$72 / \$78
Youth-Beg	Sat	9:30-10:30am	6-14	5/16-6/6	SP26139	\$72 / \$78
Youth-Beg	Sat	3-4pm	6-14	5/16-6/6	SP26140	\$72 / \$78
Youth-Beg/ Int	Mon	3-4pm	6-14	5/11-6/8	SP26141	\$72 / \$78
Youth-Int	Thu	5-6pm	10-16	5/14-6/4	SP26142	\$72 / \$78
Youth-Int	Sat	10:30-11:30am	10-16	5/16-6/6	SP26143	\$72 / \$78
Youth Fitness + Drills	Tue	6-7pm	10-17	5/12-6/2	SP26144	\$72 / \$78
Jr. Academy	Tue	4-6pm	10-17	5/12-6/2	SP26145	\$72 / \$78
Jr. Academy	Sat	4-6pm	10-17	5/16-6/6	SP26146	\$72 / \$78
Adult Beginning	Wed	6-7pm	17+	5/13-6/3	SP26147	\$72 / \$78
Adult Fitness + Drills	Mon	6-7pm	17+	5/11-6/8	SP26148	\$72 / \$78
Adult Fitness + Drills	Sat	6-7pm	17+	5/16-6/6	SP26149	\$72 / \$78

### INSTRUCTORS:



**Mika Maunula** RSPA Professional Coach. Mika has been running the popular youth and adult City of Los Alamitos tennis classes for the last 11 years. His programs have produced many Varsity players, boys & girls that have transitioned over to the Los Alamitos High School tennis teams. He has been the Head Coach for the Boys JV team for the last 5 years with proven success.

Mika has worked over the years with well known tennis coaches, both in his native country Finland and in California with Peter Smith and Mike Nelson. He was a professional Team Handball player in Finland. He played on both National and European Club Championship teams. He has won National championships in both Finland and the USA. He was the Head Coach for the USA U20 Men's Olympic Team Handball for 6 years in tournaments in Europe, North & South America. He holds a Bachelor's Degree in Marketing and Foreign Trade and is a certified athletic trainer.



**Landon Draper** - RSPA and PTR Professional Coach. With over 20 years of coaching experience, Landon has dedicated his career to helping players reach their full potential both on and off the court. He began as a JV Head Coach at Huntington Beach High School, leading the program for three years before refining his coaching skills under former top-20 ATP players Phil and Taylor Dent at the Dent Tennis Academy, where he spent four years developing junior and elite players. Landon then joined Woodbridge Tennis Academy in Irvine, serving 11 years and seven of those as Head Pro, guiding players of all ages and levels.

As a player, Landon achieved early success as a CIF Champion and JV Sunset League Singles Champion at Los Alamitos High School, despite having played for less than a year. These experiences inspire his lifelong commitment to the sport and to mentoring the next generation of athletes, combining technical expertise with a passion for personal growth and development.

# TEEN AND ADULT



- Court lights are required for reservations from 15 minutes before sunset until closing. Light requests must be submitted 3 days in advance; the option to select lights is available when requesting your reservation. Applicants can reserve lights in 15-minute increments.
- Pickleball Courts: Light usage is covered in the reservation fee.
- Tennis Courts: The light usage fee is \$8.00 per hour per court.
- To create an account, visit [losalrecreation.myrec.com](http://losalrecreation.myrec.com)
- Laurel Park courts can be found under the facilities tab.

Please visit [www.cityoflosalamos.org/recreation](http://www.cityoflosalamos.org/recreation) for more information.



My City ♥ My Los Al

## LAUREL PARK COURT RESERVATIONS

Laurel Park has three tennis courts and two pickleball courts. When not used for City programming, Pickleball courts #1 and #2 and Tennis Courts #2 and #3 are available for reservation Sunday through Saturday from 8:00 a.m. to 12:00 p.m. and 5:00 p.m. to 10:00 p.m. Players with facility permits have priority use. Open play is only available from 12:00 p.m. to 5:00 p.m.

- Pickleball Courts: \$10/hr. per court.
- Tennis Courts: Free
- Reservations are taken on a first-come, first-served basis via online reservation only.
- Reservations cannot exceed 30 days from the date of submission.
- Reservations can be up to two hours maximum.

# ADULT SOCCER LEAGUE

## REGISTRATION:

Early Registration: **3/2 – 3/31**

Regular Registration: **4/1 – 4/30**

Visit [teamsideline.com/losalamos](http://teamsideline.com/losalamos) for updated soccer league information



## CHECK OUT!

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



## SUMMER 2026

EARLY REGISTRATION/ REG. REGISTRATION CODES	PROGRAM	AGE	DAY(S)	START DATE	LOCATION	EARLY REGISTRATION/ REG. REGISTRATION FEE	OFFICIAL FEE (PER GAME / PER TEAM)
SP26150 / SP26151	5v5 Soccer 18+	18+	Sun	5/10/2026	Laurel	\$450/ \$500 per team	\$25
SP26152 / SP26153	7v7 Soccer Men's Over 35	35+	Wed	5/13/2026	Oak	\$610/ \$660 per team	\$30
SP26154 / SP26155	7v7 Soccer Women's Over 30	30+	Thur	5/14/2026	Oak	\$610/ \$660 per team	\$30

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

# TEEN AND ADULT TABLE TENNIS CLUB

## PICKLEBALL



### PICKLEBALL FOR BEGINNERS

Laurel Park

10862 Bloomfield Steet, Los Alamitos

Learn the fundamentals of pickleball including exercises to improve your mobility and flexibility on a pickleball court to take you to the next level. The mysteries of kitchen, dinking and pickle!

**Supplies Needed:** Please bring a paddle and a ball.

**Instructors:** Mika Maunula and Keanu Maunula

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SP26156	4 weeks	Wed	4/8-4/29	9-10a	18+	\$61/\$67

### PICKLEBALL FOR INTERMEDIATE

Laurel Park

10862 Bloomfield Steet, Los Alamitos

Improve your court positioning & footwork, work on shot selections in more game type situations including consistent serves and returns.

**Supplies Needed:** Please bring a paddle and a ball.

**Instructors:** Mika Maunula and Keanu Maunula

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SP26157	4 weeks	Thu	4/9-4/30	9-10a	18+	\$61/\$67



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.

### DROP-IN PLAY - YEAR ROUND

**Mondays** 7:30 - 10:00 p.m.

**Wednesdays** 7:30 - 10:30 p.m.

**Saturdays** 9:00 - 11:00 a.m. / Jan. 17 - Mar. 21 • 8:30 - 10:30 a.m.

**Drop In-Cost:** \$6/person

**Monthly Membership:** \$40/month

**Payment:** Pre-registration and in-person payment options available.

### LEAGUE PLAY - SEASONAL

**Dates:** Wednesdays

**Time:** 7:30 - 10:30 p.m.

**League Fee:** \$20 (one-time fee per season)

**\*A drop-in fee of \$6/person or \$40 monthly membership is still required\***

**Payment:** Pre-registration and in-person payment options available.

For more information regarding the Long Beach Table Tennis Club, please contact the Los Alamitos Community Center at (562) 430 - 1073.

## PICKUP-BASKETBALL



### PICK-UP BASKETBALL

SIMPLY SHOW UP, PAY AT THE DOOR, AND ROTATE INTO FRIENDLY AND FUN COMPETITIVE BASKETBALL GAMES THROUGHOUT THE SESSION. ALL SKILL-LEVELS ARE WELCOME! MUST BE 18+.

**LOCATION:**  
OAK MIDDLE SCHOOL GYM (10821 OAK ST.)

**DROP-IN COST:**  
\$6 // \*NO CASH ACCEPTED

**DATES:**  
EVERY TUESDAY

**TIMES:**  
8:30 - 10:00PM

**Los Alamitos**  
Recreation & Community Services  
*Creating Quality of Life*



# TEEN AND ADULT FITNESS AND SPORTS



## 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.

**No Class: 4/6, 4/8, 5/25**

**Instructor:** Steven Wasserman

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SP26158	9 weeks	M/W	3/30-5/29	7:30-9:30p	18+	\$185/\$191



## PILATES ON THE REFORMER

**Garage Pilates**

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

Pilates on the Reformer Apparatus gives your full body workout an extra boost! The Reformer is an apparatus that uses a spring-loaded resistance technique to allow adjusting the work to your unique needs. 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 equipment and give detailed information on the fundamentals of Pilates. Expect a full body workout, deep stretching and lots of fun! Socks required.

**No class: 4/6, 4/9, 5/25**

**Instructor:** Garage Pilates

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SP26160	7 weeks	Mon	3/30-5/18	6:30-7:30p	18+	\$230/\$236
SP26161	8 weeks	Thu	4/2-5/29	6:30-7:30p	18+	\$240/\$246



## COMBINED BEG./INT. T'AI CHI CHIH

**Los Alamitos Community Center**

**10911 Oak Street, Los Alamitos**

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

**Instructor:** Suzanne Roady-Ross

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SP26159	5 weeks	Mon	4/13-5/11	9:25-10:45a	18+	\$69/\$75



## 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 \$16 per class**

**No class: 4/18, 5/2**

**Instructor:** Barbara Bannerman

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SP26162	6 weeks	Tue	4/14-5/19	6-7p	10+	\$69/\$75
SP26163	5 weeks	Sat	4/11-5/23	8:30-9:30a	10+	\$59/\$65



# Senior Prom

# Aloha!

# TROPICAL PARADISE

## Dinner and Dance

# Saturday, May 2, 2026

## 3:00 p.m. to 6:00 p.m.

Performance by:

**KING SALMON**  
AND THE  
**FUNK YARD HORNS**

**Pre-Sale 50+ \$10 • Under 50 \$12**

[www.cityoflosalamitos.org/recreation](http://www.cityoflosalamitos.org/recreation)



## Los Alamitos Community Center • 10911 Oak St.

## SERVE LOS AL

*Helping seniors in need in our community.*

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



Visit [www.servelosal.org](http://www.servelosal.org) to complete an application

### Our Mission

is to inspire our community to unite through connecting, participating, giving, and serving.

### Annual Serve Day

Our City comes together every September to serve the community.

### Ongoing Opportunities

Get connected with organizations who need your help!

To view the **Resource Guide**, scan the following QR code:



## CAREGIVER SUPPORT GROUP



The first **Tuesday** of every month  
6:00 pm to 7:00 pm

You can also Zoom in: <https://bit.ly/LosAlamitosSG>

Caring for someone, whether it's a child with special needs, a spouse with a chronic illness, or an aging parent, can be both fulfilling and overwhelming. This support group is designed for caregivers of all ages and situations.

<b>JANUARY 6</b>	<b>JULY 7</b>
<b>FEBRUARY 3</b>	<b>AUGUST 4</b>
<b>MARCH 3</b>	<b>SEPTEMBER 1</b>
<b>APRIL 7</b>	<b>OCTOBER 6</b>
<b>MAY 5</b>	<b>NOVEMBER 3</b>
<b>JUNE 2</b>	<b>DECEMBER 1</b>

Register through the front desk or [www.cityoflosalamitos.org/recreation.org](http://www.cityoflosalamitos.org/recreation.org)  
Walk-ins welcome. Space is limited.

Los Alamitos Community Center  
10911 Oak St., Los Alamitos, CA 90720  
562-430-1073



You can also Zoom in: <https://bit.ly/LosAlamitosSG>

**Los Alamitos**  
Recreation & Community Services  
*Creating Quality of Life*

**Alzheimer's**  
ORANGE COUNTY

# 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:**

Los Alamitos

Community Center

10911 Oak St. Los Alamitos

## CLUB ACTIVITIES:

Join the Los Alamitos Senior Club each Thursday for Bingo, food, special programs and socialization with friends. Bingo Buy-in from 9:00 a.m. to 10:30 a.m. Bingo starts immediately following announcements. Thursdays 9:00 a.m. - 2:30 p.m.

## SOCIAL HOUR IS BACK!

In collaboration with the Los Alamitos Senior Club, we are excited for the return of Social Hour every Wednesday from 1:00 p.m. to 3:30 p.m. at the Los Alamitos Community Center.

Social Hour offers a fun social environment to connect with others through engaging activities. Light refreshments will be served at all events while supplies last. The first 10 participants to register and attend each activity will also receive a special, small prize. Pre-registration is encouraged, but walk-ins are welcome.

After each activity or presentation below, attendees will be invited to stick around for games like Yahtzee, Bunco, and others until 3:30 p.m. New games are welcome!

### April 1st: OC Animal Allies

The nonprofit OC Animals Allies will bring their furry four-legged friends (aka dogs). Looking for some downtime from the daily grind? Come meet the OC Animal Allies PAWS Therapy dogs. Learn and feel the benefits of interacting with our furry friends.

### April 8th: Orange County Registrar of Voters - Elections in Orange County

The Orange County Registrar of Voters will provide a presentation on election operations, security and integrity, services at vote centers, and voter registration. The presentation will include demonstrations of equipment used in vote centers with a focus on accessibility.

### April 15th: MemorialCare, "Healthy Habits for Life"

Making healthy lifestyle changes can be challenging, but there are several tips to help you prepare for success. Creating healthy habits can lead to a longer, happier life. Join us to discuss tips on creating healthy habits that will make a positive impact on your health today, tomorrow, and beyond.

### April 22nd: Pelvic Floor Strengthening

Come learn about your pelvic floor and how to strengthen it with the amazing Dr. Carri Dominick, PT, CSCS. These techniques can enhance daily living and overall quality of life. Whether you want to strengthen your bladder or address tailbone pain, Dr. Carri Dominick knows all the tricks of the trade.

### April 29th: The Anatomy of a Scam

Attend this FREE & UNBIASED seminar from the only agency authorized by Senior Medicare Patrol to offer Fraud Prevention seminars. Crooks, scams, phishing, emails - what you need to know to recognize and prevent your Medicare benefits from being stolen. Join this unbiased and educational session.

### May 13th: MemorialCare, Physical Therapist

A Physical Therapist will review the benefits of physical therapy and demonstrate various exercises that can improve mobility, alleviate pain, and restore function.

### May 20th: Unlock the Benefits of 2-1-1

2-1-1 is a free resource that helps link individuals to social services closest to them. Services can vary from dental care to housing. This is a great resource for everyone to learn about.

### May 27th: MemorialCare, "Superfoods to the Rescue"

What is a superfood? Come learn about foods highly rich in antioxidants, vitamins A, C, E, and omega-3 fatty acids, and how they will pack a healthy punch to your diet. Learn as they share some of the most nutritionally dense super foods and how to easily incorporate them properly into your daily diet.

Join others in learning and engaging in health and wellness topics with information provided by industry professionals.

**Register at [cityoflosalamitos.org/recreation](http://cityoflosalamitos.org/recreation) to stay updated with any changes. Drop-ins welcome.**

## OLDER ADULT CLASSES ATTENDANCE POLICY:

- Pre-registration is required.
- For classes 6 weeks or less, participants will be removed from the class after 2 absences.
- For classes 7 weeks or more, participants will be removed from the class after 3 absences.

## CLASSES

### BALLROOMHEALS “FOXTROT FLOW, SWING GLOW”

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

Step into joy with this uplifting BallroomHeals™ class that blends the smooth elegance of the Foxtrot with the playful rhythm of Swing. Guided by cognitive mobility expert Peter Krajewski, you'll improve balance, coordination, memory, and mood, while moving to feel-good music in a friendly, social setting. Gentle, flowing patterns and adaptable movements make this class both fun and accessible, with both standing and seated options for every level. No partner required, just bring your curiosity to flow, glow, and go!

**Instructor:** Peter Krajewski

**Res. Registration: 2/2 • Non-Res. Registration: 2/9**

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SP26164	5 weeks	Mon	4/13-5/11	12:30-1:15p	50+	Free

**Participant will be removed from class after 2 absences**

### PICKLEBALL FOR OLDER ADULTS

*Laurel Park*

*10862 Bloomfield Steet, Los Alamitos*

For beginners to learn the fundamentals of pickleball including exercises to improve your mobility and flexibility on a pickleball court to take you to the next level. The mysteries of kitchen, dinking and pickle!

**No class: 5/12**

**Materials:** Please bring a paddle and a ball.

**Instructors:** Mika Maunula

**Res. Registration: 2/2 • Non-Res. Registration: 2/9**

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SP26165	5 weeks	Tue	4/14-5/19	10-11a	50+	Free
SP26166	5 weeks	Tue	4/14-5/19	11a-12p	50+	Free

**Participant will be removed from class after 2 absences**

### FLORAL DESIGN

*Los Alamitos Community Center*

*10911 Oak Street, Los Alamitos*

Brighten your week with fresh flowers! Discover how to make creative, vibrant flower arrangements that will impress your friends and family. Each week will feature a new project. All materials included. No experience required.

**No class: 4/7**

**Instructor:** Casey Schwartz

**Res. Registration: 2/2 • Non-Res. Registration: 2/9**

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SP26167	8 weeks	Tue	3/31-5/26	11:30a-12:30p	50+	Free

**Participant will be removed from class after 3 absences**

### BOXING FOR PARKINSON'S

*Los Alamitos Community Center*

*10911 Oak Street, Los Alamitos*

Boxing for PD is a non-contact class designed to help older adults find a fun way to build strength, coordination, flexibility, and endurance through a boxing program. The class is open to everyone but is especially suited for older adults seeking to manage symptoms related to Parkinson's. The class is led by a personal trainer affiliated with the non-profit organization Parkinson's Exercise Programs For You (PEP4U).

**No class: 4/6, 4/27, 5/4**

**Materials:** RDX boxing gloves and pads made from Maya Hide leather (16 oz for men, 14 oz for women)

**Instructor:** Jessica Phung, PT, DPT

**Res. Registration: 2/2 • Non-Res. Registration: 2/9**

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SP26168	5 weeks	Mon	3/30-5/18	2-3p	50+	Free

**Participant will be removed from class after 2 absences**

### LAUGHTER YOGA

*Los Alamitos Community Center*

*10911 Oak Street, Los Alamitos*

Laughter Yoga for seniors is a fun, uplifting wellness class designed to boost mood, relieve stress, and foster social connection. Each session blends laughter exercises, gentle movement, and breathing techniques in a supportive group setting. No prior experience is needed, just a willingness to laugh and connect! Participants will leave feeling lighter, more relaxed, and energized.

**No class: 4/7**

**Instructor:** Dr. Jaime G. Raygoza

**Res. Registration: 2/2 • Non-Res. Registration: 2/9**

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SP26169	8 weeks	Tue	3/31-5/26	9-10a	50+	Free

**Participant will be removed from class after 3 absences**

### WELLNESS BOOTCAMP

*Los Alamitos Community Center*

*10911 Oak Street, Los Alamitos*

Wellness Bootcamp is a 5-week interactive series blending mindfulness, stress relief, and positive psychology. Participants will learn practical tools for self-care, resilience, and happiness, including meditation, gratitude, movement, and group support. Each week offers new strategies to boost well-being and energy. All levels welcome.

**No class: 4/6**

**Instructor:** Dr. Jaime G. Raygoza

**Res. Registration: 2/2 • Non-Res. Registration: 2/9**

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SP26170	5 weeks	Mon	3/30-5/4	10:30-11:30a	50+	Free

**Participant will be removed from class after 2 absences**

### 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 and lower 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.

**Materials:** Bring water and wear comfortable clothing.

**Instructor:** Recreation Staff

**Res. Registration: 2/2 • Non-Res. Registration: 2/9**

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SP26171	6 weeks	Mon	4/13-5/18	11:30a-12:15p	50+	Free

**Participant will be removed from class after 2 absences**

### 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: 4/7**

**Instructor:** Molly Knox

**Res. Registration: 2/2 • Non-Res. Registration: 2/9**

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SP26172	8 weeks	Tue	3/31-5/26	10-11a	50+	Free

**Participant will be removed from class after 3 absences**

# OLDER ADULTS

## CLASSES CONT.

### STEP AND STRENGTH

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

Experience the excitement of Step Aerobics with a twist in vibrant Los Alamitos! This engaging 45-minute class is designed to challenge your body and mind by stepping on to a platform with choreography. This class is for active adults who are able to step up and down a platform continuously with ease. We will be working both on and off the floor with weights. Don't forget to bring your water bottle and wear your most comfortable attire. Feel free to bring your own light weights and mat. Let's get moving and make every step count!

**Instructor:** Recreation Staff

**Res. Registration: 2/2 • Non-Res. Registration: 2/9**

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SP26173	3 weeks	Wed	4/15-4/29	11:30a-12:15p	50+	Free
SP26174	4 weeks	Wed	5/6-5/27	11:30a-12:15p	50+	Free

**Participant will be removed from class after 2 absences**

### SENIOR T'AI CHI CHIH

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

This moving meditation aids mindfulness, fitness, and balance. Beginners will learn the basics of how to move in T'ai Chi Chih. Intermediate students will do a full practice with the beginners following along.

**Instructor:** Suzanne Roady-Ross

**Res. Registration: 2/2 • Non-Res. Registration: 2/9**

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SP26175	5 weeks	Mon	4/13-5/11	11a-12:15p	50+	Free

**Participant will be removed from class after 2 absences**

## PROGRAMS & SERVICES

### SENIOR GROCERY PROGRAM

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

In a joint effort with Second Harvest Food Bank Orange County, the City of Los Alamitos Recreation & Community Services 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 1:45 p.m. 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](http://cityoflosalamitos.org/recreation).

**Every Tuesday at 2:00 p.m.**

**(Closure dates listed online)**

### DINE-IN & DOUGH HOUSE

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

Join us for a cup of coffee at Dine-In & Dough House. This is a two-part senior program providing a social space for individuals 50+ consisting of a bread program in the mornings and lunch program following immediately after. A variety of bread and pastries are available from 8 a.m. to 10 a.m. at a suggested donation. Lunch is catered from local restaurants for a modest, fixed price of \$7 and is served at 11:15 a.m. Participant registration and payment is requested 24 hours in advance 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](http://cityoflosalamitos.org/recreation).

**Every Tuesday & Thursday 8 a.m. to 12 p.m.**

**(Closure dates listed online)**

### SPANISH FOR SENIORS

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

Keep your mind active and have fun learning a new language! Our Spanish for seniors class offers a friendly, relaxed environment where older adults can learn at their own pace. Through conversation, music, and cultural activities, students build practical Spanish skills for everyday situations – like travel, socializing, and connecting with others.

**No Class: 4/7**

**Material Fee: \$40**

**Instructor:** Portal Languages

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
SP26176	8 weeks	Tue	3/31-5/26	11a-12p	50+	\$129/\$135

### CREATIVE ARTS FOR OLDER ADULTS

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

This class for older adults encourages art appreciation, self-expression, and creativity through a variety of art media. Projects are designed to expose older adult students to artistic design and provide them with experience in various artistic methods, techniques, tools, and materials.

**You must be a registered NOCE student to participate in NOCE classes. For questions regarding NOCE classes or registration, call (714) 808-4679 or email [starhelp@noce.edu](mailto:starhelp@noce.edu)**

**No class: 2/20, 3/27, 4/10**

**Instructor:** Nirali Thakkar

CODE	DURATION	DAY	DATE(S)	TIME	AGE	RES/NON-RES
63023	25 weeks	Fri	1/16-5/15	1-2:50p	50+	Free

## RESOURCES

For those seniors or their family members in need of social services resources, contact our Community Resources Supervisor who can assist with information and referral for the following:

- Adult Abuse/Elder Abuse/Neglect
- Adult Day Care Services
- Bereavement Counseling
- Caregiver Resources
- Food Assistance
- Legal Assistance
- Housing Assistance
- Counseling Services
- And more



**For a full listing of resources, visit our website: [www.cityoflosalamitos.org/seniors](http://www.cityoflosalamitos.org/seniors)**

## INFORMATION & REFERRAL SERVICES



Are you or a family member in need of resources? Schedule a meeting with Community Resources Supervisor, Tara Farajian, LCSW. Tara can assist by linking you with services related to housing, legal, health insurance, caregiving, and much more.

**Schedule a call or in-person appointment, 562-430-1073 • Office hours: 10:30-11:30am on Mondays and Tuesdays.**



## WHAT IS OLLI?

OLLI is a non-profit organization that offers non-credit courses of interest to people aged 50 and older. The OLLI center is located at California State University, Long Beach (CSULB), within the College of Health and Human Services. OLLI courses are led by current and emeriti CSULB professors, as well as volunteers and professionals from community organizations. In partnership, the City of Los Alamitos Recreation and Community Services Department will serve as a satellite location for several classes year-round, starting with the Fall session. The City of Los Alamitos is one of only a few cities in Southern California with a formal partnership with OLLI. There are no academic prerequisites for membership or participation in the classes, just a desire to learn.

## FREE OLLI MEMBERSHIP

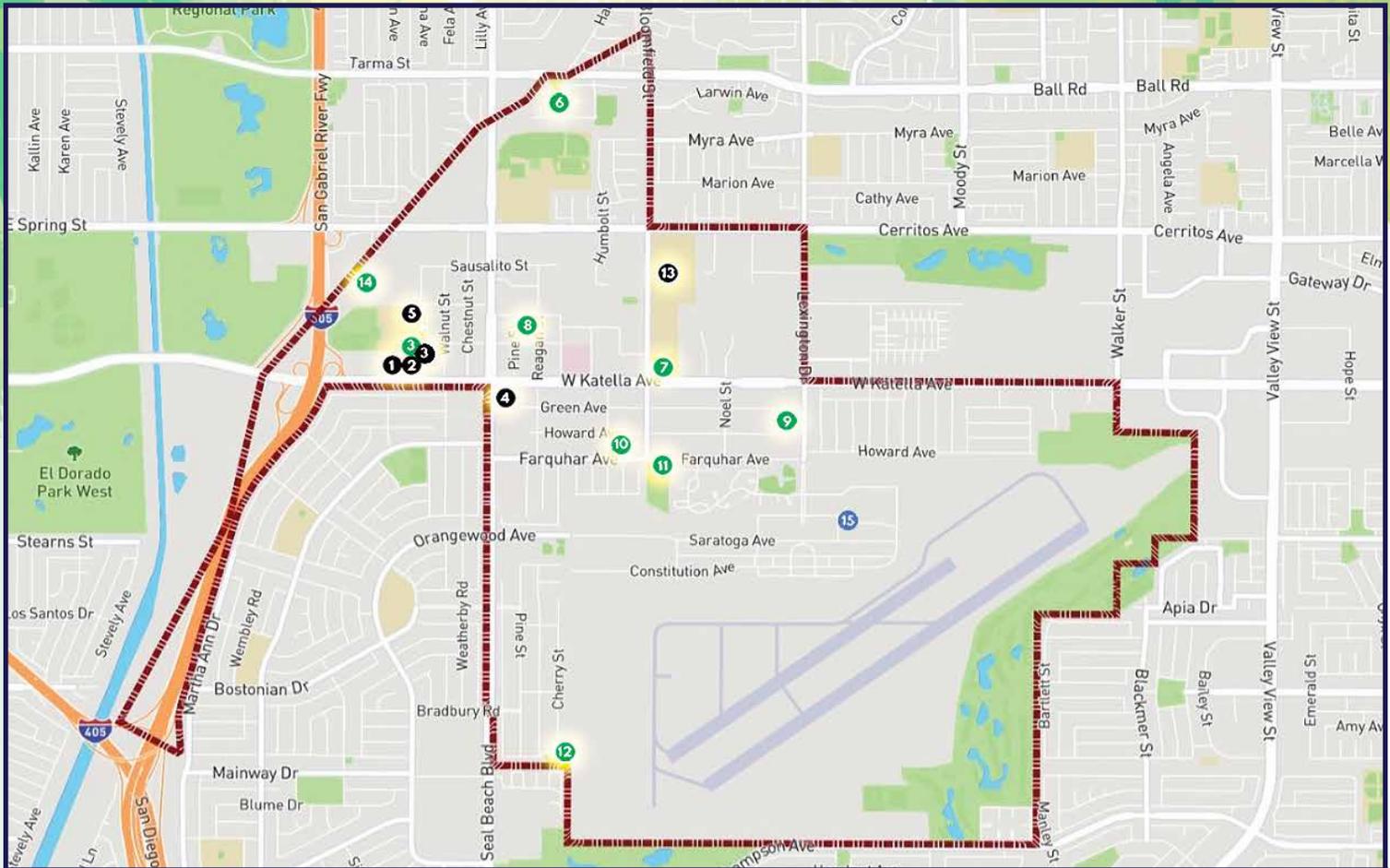
The City is offering a free, one-time OLLI membership and one free OLLI class for Los Alamitos residents age 50 and older. You can fill out an OLLI Membership Request Form at the front desk at the Los Alamitos Community Center. Once you receive your certificate, you will need to contact OLLI to sign up for your membership as well as the one free class of your choice. The City is a host location for OLLI's classes, but does not handle their membership or registrations, and you are not registered for membership or any classes until you do so directly with them. If you have questions about OLLI's membership and classes, please contact their support line Monday through Friday 8 a.m. to 5 p.m. at (562) 985-2398.

## HOW TO SIGN UP FOR A CLASS?

- Sign in or create a new online account and register: [www.campusce.net/csulbolli/account/signin.aspx](http://www.campusce.net/csulbolli/account/signin.aspx)
- OR Fill in a Registration form and mail with a check payable to CSULB Foundation.
- Membership is \$40.00 for a full academic year (Sept. to Aug.)
- Membership is open to adults 50 and older.
- Membership is required to enroll in any class.
- Membership is pro-rated to \$20.00 for half of the year (March 1 to August 15).
- Class tuition for any type is \$15.
- Classes are offered in person on the CSULB campus, or at satellite locations on Zoom or as HyFlex classes (Zoom & Room).
- Zoom class links will be e-mailed a week before the start of classes.
- Explore a wide variety of educational topics from art, history, and technology to special interest classes like bridge, gardening, film, and music. Fitness courses like yoga and dance are also some of the many other classes available.



# DIRECTORY



## FACILITIES AND PARKS:

- |   |   |   |
|---|---|---|
| <p><b>1 City Hall</b><br/>3191 Katella Avenue</p> <p><b>2 Police Department</b><br/>3201 Katella Avenue</p> <p><b>3 Community Center</b><br/>10911 Oak Street<br/><b>Building 2</b><br/>10909 Oak Street</p> <p><b>3 Roberts Park</b><br/>10911 Oak Street</p> <p><b>4 Los Alamitos Museum</b><br/>11062 Los Alamitos Blvd.</p> | <p><b>5 Oak Gymnasium and Field</b><br/>10821 Oak Street</p> <p><b>6 Stansbury Park</b><br/>3711 Toland Avenue</p> <p><b>7 Laurel Park</b><br/>10862 Bloomfield Avenue</p> <p><b>8 Soroptimist Park</b><br/>10822 Pine Street</p> <p><b>9 Labourdette Park</b><br/>4401 Howard Avenue</p> <p><b>10 Sterns Park</b><br/>3871 Farquhar Avenue</p> | <p><b>11 Little Cottonwood Park</b><br/>4000 Farquhar Avenue</p> <p><b>12 Orville R. Lewis Jr. Park</b><br/>3662 Kempton Drive</p> <p><b>13 McAuliffe Field</b><br/>4112 Cerritos Avenue</p> <p><b>14 Coyote Creek Park</b><br/>10821 Oak Street</p> <p><b>15 MWR Aquatic Training Center at JFTB</b><br/>11360 Valley Forge Ave. #44,<br/>Los Alamitos</p> |
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## Thank you to our Brochure Distribution Partners



# REGISTRATION



# SPRING 2026

**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.

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

**REFUND POLICY**  
If minimum enrollment is not met 72 hours prior to the class start date, classes will be cancelled and a full refund will be issued. Refunds for one-day classes or workshops must be requested no less than five days prior to

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

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

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

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

**CASHLESS PAYMENTS**  
Starting on January 6, 2026, No form of cash payment will be accepted.

**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, February 9, 2025. 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, February 9, 2025 will not be accepted. Registration will be processed beginning Monday, November 17, 2025.

**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 Monday, February 9, 2025.

**WALK-IN REGISTRATION**  
Walk-in registration begins Monday, February 9, 2025. 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, February 9, 2025. Complete the registration form and please print clearly. Pay with credit card only for fax-in registration. Fax only once to avoid duplicate registration. Fax form to (562) 594-9657. We accept the following credit cards: Visa, Mastercard or Discover.

**SCHOLARSHIPS AVAILABLE FOR LOS ALAMITOS RESIDENTS**

See website at [www.cityoflosalamitos.org](http://www.cityoflosalamitos.org) for eligibility and more information.

10911 Oak Street  
Los Alamitos, Ca 90720-2315

## Class/Activity Registration Form

(562) 430-1073  
FAX: (562) 594-9657

PLEASE PRINT AND FILL OUT FORM

<b>LAST NAME (Adult):</b>	<b>FIRST NAME (Adult):</b>	<b>DOB (Adult) (REQUIRED):</b>
<b>ADDRESS:</b>	<b>HOME PHONE:</b>	
<b>CITY/STATE/ZIP:</b>	<b>SECONDARY PHONE (REQUIRED):</b>	<b>CIRCLE ONE:    CELL    WORK</b>
<b>E-MAIL ADDRESS:</b>	<b>HAS YOUR INFORMATION CHANGED?</b> <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.

<b>PARTICIPANT'S SIGNATURE OR PARENT/LEGAL GUARDIAN</b> <b>SIGNATURE IF PARTICIPANT IS A MINOR:</b> <b>X</b> _____ <b>Date:</b> _____	<b>EMERGENCY CONTACT NAME:</b> _____ <b>EMERGENCY CONTACT PHONE:</b> _____
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PROGRAM CODE	NAME OF CLASS	CLASS DAY/TIME	PARTICIPANT'S FULL NAME	SEX	BIRTHDATE	FEE

*Donation to City's Scholarship Fund*    \$

**TOTAL FEE:** \_\_\_\_\_

**METHOD OF PAYMENT:** CASH  CHECK  VISA  MASTERCARD  DISCOVER     Check Amount: \_\_\_\_\_    Check # \_\_\_\_\_

<b>OFFICE USE ONLY - COMPLETED BY:</b> (Please complete this section if method of payment is cash) <b>Name of Staff:</b> _____ <b>Cash Denomination:</b> _____	<b>RECEIPT #</b> _____	<b>STAFF INITIALS:</b> _____	<b>DATE:</b> _____
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<b>Cardholder Name (Please Print):</b> _____	<b>Cardholder Signature:</b> _____
<b>CREDIT CARD #:</b> _____	<b>EXPIRATION DATE:</b> _____
	<b>CVV2 CODE:</b> _____

CITY OF LOS ALAMITOS  
RECREATION AND COMMUNITY  
SERVICES DEPARTMENT

RESIDENTS AND BUSINESSES  
LOS ALAMITOS, CA 90720

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



CITY OF  
**Los Alamitos**  
*California*

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# Citywide EV Transportation



In partnership with  
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GETTING AROUND  
**LOS AL**  
JUST GOT EASIER!

The City of Los Alamitos has launched a new on-demand transportation service, Los Al Link for residents to improve local mobility.

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- **Accessible**
- **Safe**
- **Connecting Los Al**
- **Free for ages 50+!**