

La Mirada Living

WINTER 2017

*Chili Holiday
Celebration*

**Saturday, December 3
5 to 8 p.m. at Splash!**



**WINTER REGISTRATION
BEGINS NOVEMBER 14**

See page 4 for details

WINTER RECREATION REGISTRATION BEGINS NOVEMBER 14



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Registration System**
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City of La Mirada Electronic Newsletter

LA MIRADA UPDATE

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4 My La Mirada app



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By volunteering, you will be providing much needed free tax assistance to those in need.

8 Celebrate the New Year Safely

The Public Safety Team reminds residents to be safe when celebrating the New Year.

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I-5 Freeway Widening Update

The I-5 Corridor Improvement Project includes widening the freeway from the Orange County line to the I-605 interchange.

Design plans for the Valley View segment in La Mirada, Santa Fe Springs, and Cerritos were completed last year and the project was awarded to Security Paving this past summer.

The improvements include the addition of one general purpose lane and one high occupancy vehicle lane in each direction. Construction within La Mirada involves the reconstruction of the Valley View Avenue bridge. The new bridge will span the widened freeway and the railroad crossing located to the south of the freeway. Firestone Boulevard north and south of the freeway will be realigned to accommodate the freeway widening.

“The Valley View Avenue bridge will be reduced to a single lane in each direction for an extended period of time beginning as early as late November,” says Public Works Director Mark Stowell. “Motorists are encouraged to begin considering alternate routes.

For more information on the I-5 Corridor Improvement Projects, visit my5LA.com or call (855) 454-6335.

Roadway Center Medians

Watering of City parks and landscape has been reduced to help meet the water reduction goals set by the state. In addition to the watering restrictions, Governor Brown issued a mandate to all cities and counties to stop watering turf within roadway medians. As a result, City turf medians have turned brown over the hot summer months.

The Public Works Department is working to maintain the appearance of the medians under these challenging restrictions. Efforts are being made to water center median trees, however many are suffering due to the drought. Additionally, the City is exploring landscaping alternatives for future median improvements on La Mirada Boulevard, Rosecrans Avenue, Valley View Avenue and Alondra Boulevard.

Keep Front Yard Landscaping Alive

Residents are facing challenges in maintaining front yard landscaping during California’s severe drought. Drought tolerant landscaping has become a popular alternative for many residents who desire to maintain the appearance of their neighborhoods while being water wise. Other residents have opted to reduce the amount of water being used on turf landscaping. This reduction in water will reduce the lush appearance of the turf, but will ensure the turf does not completely die off.

In July 2016, Suburban Water Systems ended the monthly water surcharge for residential customers. Residents are encouraged to maintain and water their landscaping in accordance with provisions outlined at swwc.com/suburban/conservation/. If a turf lawn is allowed to completely die and become dirt, Code concerns such as soil erosion and dust pollution will be addressed by the City’s Code Enforcement division. Questions regarding drought tolerant landscaping can be addressed by the City’s Planning division at (562) 943-0131.



La Mirada Property Values Continue to Rise

Property values in La Mirada have grown by more than 4.5 percent during the past year according to a recent report by the Los Angeles County Assessor’s Office.

La Mirada’s assessed value increased by \$265 million to reach its highest mark ever at \$6,051,859,016. The increase in value is attributed primarily to the Assessor’s adjustment pursuant to Proposition 13 and re-assessments of property that were sold prior to January 1, 2016. The new figures were part of the 2016 Assessment Roll recently released by the Assessor’s Office.

The local housing market has also remained strong. The median sale price of a single family home in La Mirada from July to October 2016 is \$525,000. This represents a \$40,000 (8.2 percent) increase in median sale price from 2015.

For more information, call the Economic Development Office at (562) 943-0131.



Election Information and Voter Registration

The City of La Mirada will be holding an election on March 7, 2017 to fill two City Council seats.

The nomination period opens at 7:30 a.m. on Nov. 14 and closes at 4:30 p.m. on Dec. 9. If an incumbent does not file papers by Dec. 9, the nomination period is extended until 5:30 p.m. on Dec. 14. You must be a registered voter in the City of La Mirada on the date nomination papers are received at City Hall to qualify to run for the office of La Mirada City Councilmember.

The last day to register to vote in the March 7, 2017 election is Feb. 20, 2017. Registration forms will be available at City Hall, the Library, the Post Office, or can be requested by mail by calling the Los Angeles County Elections Registration Request Line at (800) 481-VOTE (8683).

If you have general questions about the election, please contact the City Clerk’s office at (562) 943-0131.

La Mirada Welcomes New Businesses

The City of La Mirada values local businesses and their employees as important members of the community. La Mirada is home to over 1,300 businesses from diverse industries that promote economic vitality and create jobs for La Mirada residents. The City welcomes the following new businesses to La Mirada:

- New Dental Supply Inc14747 Artesia Blvd Ste 5K
- Woudenberg Enterprises..... 14923 Desman Rd
- CA Eyebrow Threading Beauty Salon 14561 Telegraph Rd
- Pei Chen 15843 1/2 Imperial Hwy
- Trademax International Corp 14101 Rosecrans Ave Unit H
- La Cle Skincare 15516 La Mirada Blvd

Send your email address to econdev@cityoflamirada.org to automatically receive the quarterly e-Business News newsletter with information on La Mirada businesses, City business programs, resources, and incentives.

City Launches New Service Request System



The City recently launched “My La Mirada”, a smartphone application and web portal for residents to access local services. My La Mirada enables residents to submit, track, and view service requests through their smartphones or online.

Residents can submit a variety of service requests and report issues such as graffiti, potholes, broken street signs, and public records requests using the convenient system. Requests and issues are delivered to City staff and tracked from start to finish. Residents have the option to receive notifications, real-time status updates and comments on their submitted requests.

“My La Mirada” enhances communication between residents and City officials. To help reach all residents, the application supports 17 languages. In-app widgets provide users information about local news, programs, services, events, and public facilities.

“The ‘My La Mirada’ service request system is an innovative and convenient way for residents to stay connected to the City and report issues affecting local neighborhoods,” says City Manager Jeff Boynton.

The “My La Mirada” smartphone app can be downloaded for free from the Apple App Store and Google. Service requests can also be submitted online at cityoflamirada.org.



The City of La Mirada will be hosting a “Shop La Mirada Holiday Edition” event on Small Business Saturday! The City is celebrating the energy, originality, and success of local business owners by encouraging holiday shopping in La Mirada. Participants who spend at least \$100 at La Mirada retail stores and restaurants on Saturday, November 26 will receive a free gift bag with gift cards and coupons for La Mirada restaurants and businesses that can be used during the holiday season.

“We are excited to offer an event that promotes our local business community and reminds residents to shop and dine locally this holiday season,” says City Manager Jeff Boynton. “Spending locally helps keep neighborhood stores and restaurants in business, promotes local job creation, and strengthens the economic vitality of our city.”

Residents participating in the event can receive their free gift bag at La Mirada City Hall on November 28 and 29 from 8:00 a.m. to 5:00 p.m. with proof of receipt. Limit one gift bag per person, while supplies last.

For more information on the “Shop La Mirada Holiday Edition” event, contact the City’s Economic Development Team at (562) 943-0131.

New Eateries Coming to La Mirada

Four new dining establishments will soon be opening in La Mirada.

Construction is underway for a McDonald’s on the northwest corner of Imperial Highway and Telegraph Road. McDonald’s is expected to open by the end of the year and is currently recruiting to fill various positions. The Habit Burger Grill, which will be located at the southwest corner of La Mirada Boulevard and Imperial Highway, is currently completing façade improvements and is also expected to open by January. Designs for McDonald’s and The Habit will incorporate new, modern and attractive architectural elements as set forth in the City’s Imperial Highway Specific Plan.

Shabuya, an all-you-can-eat shabu shabu/hot pot restaurant, will be located at the intersection of Rosecrans Avenue and La Mirada Boulevard in the La Mirada Theatre Shopping Center. Tenant improvements are currently underway and will include a 6,270 square foot dining area with 69 tables with individual electric heating elements for each customer. The City has also recently approved interior improvement plans for a new Piara Pizza restaurant at 13930 Imperial Highway within the Imperial Plaza Shopping Center.

“The City is looking forward to the opening of these new eateries,” says Community Development Manager Alison Moore. “These restaurants will provide additional dining opportunities within La Mirada and generate new jobs for students and others in the local community.”

For more information, contact (562) 943-0131.

Youth in Government Kicks Off

The City's Youth in Government program is now underway. The program, which is sponsored by the City of La Mirada and La Mirada Ebell service club, provides a unique opportunity for La Mirada High School students to learn about local government operations, develop their leadership skills and contribute to the community.

The students recently attended a meeting at City Hall where they met with their City Council and staff counterparts, and also observed a City Council meeting.

For four months, the students will serve in the roles of City Council members and staff while preparing presentations on ideas for City services and programs. During this time, they will have the opportunity to volunteer at City events, such as the upcoming annual Chili Holiday event.

"This program is a great way for younger residents to get involved in the community and provide their input on City services" says Community Services Director Lori Thompson. "The students work hard to develop ideas to benefit the City, and we enjoy getting to know them and hear their proposals."

The 2016-17 Youth in Government participants include: Karim Sologuren, Nikolai Clark, Benjamin Spirescu, Emeth Pittle, Gabriella Magar, David Ramirez, Maximo Vazquez, Aden Orozco, Delilah Sandoval, Eddie Pardo, Maya Pineda, Javier Marin, Alexis Sanchez, Jackilyn Ponce, Jazlyn Lafferre, Kayla Zendejas, Isabel Urquiza, Alejandra Vaca, Benjamin Cornado, Bruno Araiza, and Jason Gomez.

Youth in Government students will be presenting their final reports at the February 28 City Council meeting.



Helping Hands

The spirit of community continues to thrive in La Mirada. The City's Helping Hands program provides minor exterior home repairs and landscaping assistance to elderly, low income, and disabled La Mirada residents. The program takes place on the last Saturday of each month, with exceptions during holiday weekends. Volunteers meet at the Resource Center at 8:30 a.m.

The program would not be possible without the assistance of volunteers. For more information on becoming a volunteer or to learn more about the Helping Hands program, please contact the Activity Center at (562) 902-3160.

A waiver must be signed by a parent or guardian for volunteers ages 11-17. Volunteers ages 11-15 must be accompanied by an adult.



LA MIRADA THEATRE FOR THE PERFORMING ARTS

"Shakespeare" Begins Phantom Projects 2016-17 Season at La Mirada Theatre

Phantom Projects Theatre Group starts its 16/17 Season at La Mirada Theatre with the hysterical, fast-paced comedy, "The Complete Works of William Shakespeare (abridged)," on November 17. Three actors will perform all 37 of his plays in just 97 minutes! The season will continue in February with Lois Lowry's *The Giver* (February 18, 2017), based on the Newbery Award Winning book. In May, the troupe will present the World Premiere of *#TheWall* (May 18, 2017), a brand new show about teens and their (ir)responsibility with social media. The season will close on August 5 with the 11th Annual Young Artist Project, and *The Phantom Cabaret: A Benefit Gala Supporting Arts Education*. Tickets start at \$10 for students, and special Behind The Curtain Tickets are available, which offers backstage access before the show to meet the cast, take photos, and receive a special gift! Space for these unique packages is very limited. To subscribe, visit www.LaMiradaTheatre.com/PhantomProjects or call the box office at (562) 944-9801.



La Mirada Symphony Announces New Season

The La Mirada Symphony begins its 2016-17 season on Sunday, November 20 at 3 p.m. with a free concert featuring composers recognized as the "British Masters". Conductor Alan Mautner leads the orchestra on the *Crown Imperial March* by William Walton and *Symphony #3*, *Pastoral* by Ralph Vaughn Williams. Guest soloist, Cecelia Tsan, will perform the *Cello Concerto* by Edward Elgar.

Doors will open at 2 p.m. A pre-concert lecture with Maestro Mautner and cellist Cecelia Tsan will be offered at 2:15 p.m. A \$10 donation per seat is suggested with collection bowls available in the lobby. For more information visit LaMiradaSymphony.com

In addition to the exciting new season, patrons can now reserve seats for La Mirada symphony concerts through the La Mirada Theatre Box Office. Patrons will no longer have to wait in a line in the lobby to claim seats on a first come, first serve basis. Tickets may be obtained online at LaMiradaTheatre.com or by calling the box office at 562-944-9801.



Chili Holiday Celebration

Chili Holiday Celebration

Celebrate the most wonderful time of the year at the Chili Holiday Celebration. The annual event, featuring a tree lighting with Santa, will be held Saturday, December 3 from 5 to 8 p.m. at Splash! La Mirada Regional Aquatics Center.

Guests will enjoy live entertainment and free chili, hot dogs, warm drinks, cookies and much more! A family area will feature crafts, games, bounce houses and letters to Santa. Photos with Santa and train rides will be available for a minimal fee.

Nonperishable food items and unwrapped toys will be collected throughout the event to support local families in need. For more information about the Chili Holiday event, call (562) 943-7277.

Letters to Santa

Children of all ages, let Santa know what's on your Christmas wish list this year! Santa will be sending personalized replies to all letters received by December 19. Special mailboxes will be located at City Hall, the Resource Center, and Splash! Please remember to include a return address.

Letters can also be sent via mail to:
Santa Claus
c/o La Mirada Resource Center
13710 La Mirada Blvd.
La Mirada, CA 90638

Holiday Wreath Auction

Celebrate the holiday season and help support local community events and programs! A silent auction will be held during the upcoming Chili Holiday Celebration where you can bid on beautifully decorated wreaths donated by local non-profit organizations and businesses. All proceeds benefit the La Mirada Community Foundation. Wreaths will be decorated and ready for display at your home or business.

The Holiday Wreath Auction will be held at the Chili Holiday Celebration at Splash! on December 3. For additional information on the auction or if you would like to submit a decorated wreath, call (562) 943-7277.

The Arts Colony of La Mirada "Mirrors of Your Mind" Art Show

The Arts Colony of La Mirada invites artists of all ages to participate in the 2016 "Mirrors of Your Mind" Art Show. Submissions of all art media will be accepted on November 1 and 2. The cost per submission is \$15 for non-members and \$10 for members. Arts Colony of La Mirada's annual membership is \$20 for individuals or \$25 for families.

The art exhibit will be open for viewing by the public Monday through Friday, November 7 through 18 from 10 a.m. to 6 p.m. at the La Mirada Activity Center. A closing awards reception will take place on Saturday, November 19 from 3 to 5 p.m.

The Arts Colony of La Mirada meets at the La Mirada Resource Center on the first Monday of every month at 6:30 p.m., excluding holidays. Artists interested in submitting entries are encouraged to visit the Arts Colony of La Mirada's website at acolm.org or call (562) 941-4116 or (562) 448-3427.



AARP Foundation Tax-Aide Volunteers Needed!

Join over 35,000 volunteers in serving 2.6 million taxpayers annually at more than 5,000 sites nationwide. Apply to volunteer as a greeter, translator, tax preparer, or as an administration or communications coordinator.

By volunteering, you will be providing much needed free tax assistance to the older adult and low income population in the community. Volunteers will be assisting at the La Mirada Activity Center. All necessary training and materials will be provided. Visit www.aarp.org/givingback for more information on how to become an AARP volunteer.

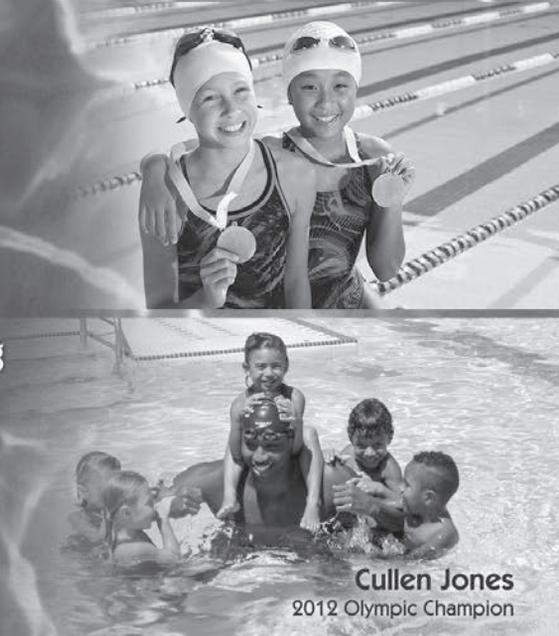
It Starts with a Splash!

Splash! offers year round swim lessons and aquatic programs for all ages and ability levels.

Teams include Swimming, Water Polo, Synchronized Swimming and Diving. Water Exercise and Lap swim also offered.



www.splashlamirada.com



Cullen Jones
2012 Olympic Champion

LAP SWIM

Monday - Friday	5:30am-1pm
Monday - Friday	6:30pm-9pm
Saturday & Sunday	7am-12pm

SPA

Monday - Friday	5:30am-9pm
Saturday & Sunday	7am-5:30pm

ADMISSION

Single use adult	\$4
16 visits adult discounted	\$52
16 visits senior discounted	\$44

REC SWIM

Saturday	12pm-5pm
Sunday (beginning February 5th)	12pm-5pm

ADMISSION

Single adult use	\$4
Single child use	\$3

WATER AEROBICS

SHALLOW WATER

Monday / Wednesday / Friday	8am
Monday / Wednesday	7pm
Tuesday / Thursday	10am
Saturday	9am

DEEP WATER

Tuesday / Thursday	7pm
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ADMISSION

Single Class	\$5
9 Classes	\$40

Splash! Makes the Perfect Holiday Gift!

Give the gift of Pirate Treasure with a Buccaneer Bay Season Pass on sale now for \$54. Passes purchased before December 31 will include a special holiday gift and admission to Polar Bear Plunge.

Smiles, laughter, and adventure will fill the air as loved ones enjoy Buccaneer Bay Water Park all summer long. For more information or to purchase your holiday gifts, visit Splash! La Mirada Regional Aquatics Center, call (562) 902-3191 or visit splashlamirada.com.



Slide into the New Year!

Be among the first in 2017 to bravely plunge down the waterslides into the chilly water of Buccaneer Bay. Splash! will host the annual Polar Bear Plunge on Sunday, January 1 from 2 to 4 p.m. Adventurers will receive a photo taken of the plunge down the waterslides, hot chocolate, and admission to recreational swimming in the heated 25 yard pool.

This exciting plunge is available for \$5 and is free for 2017 season pass holders. The heated 25 yard pool will be open from 12 to 5 p.m. on New Year's Day. Hot chocolate, coffee and mochas will also be available for purchase.

For more information, call Splash! at (562) 902-3191 or visit splashlamirada.com

Public Safety is Everyone's Business



Public Safety Alternative Fuel Vehicles

The City of La Mirada recently received funds from the South Coast Air Quality Management District (AQMD) to purchase fuel efficient vehicles that reduce air pollution.

The AQMD is the air pollution control agency for all of Orange County and the urban portions of Los Angeles, Riverside and San Bernardino counties. As part of its duties, AQMD oversees funding from California Assembly Bill 2766 which provides funding to cities and counties to meet requirements of federal and state Clean Air Acts.

Through these funds, the City was able to purchase Ford Fusion Hybrids to replace several Public Safety vehicles that were high in mileage and had maintenance issues.

La Mirada Holiday Home Decorating Program

Get out your decorations and start planning your festive holiday display. The City of La Mirada's annual Holiday Home Decorating program is fast approaching. Residents are encouraged to decorate their homes and help spread holiday cheer throughout La Mirada. No application is needed for this program. Every decorated home in La Mirada will be considered for recognition.

Judging for the Holiday Home Decorating program will take place December 1 through December 11. Winners will be selected in the categories of Most Original, Best Use of Lights, and Best Holiday Scene. Award winners will receive a holiday ornament.

Winners will be announced on the City's website at cityoflamirada.org.

For more information on the Holiday Home Decorating program, call the La Mirada Community Sheriff's Station at (562) 902-2960.

NEIGHBORHOOD WATCH

Celebrate the New Year Safely

The Public Safety Team reminds residents to be safe when celebrating the New Year. To enjoy a safe holiday, keep in mind the following:

- Gunfire is prohibited.
- Fireworks, including "safe and sane" fireworks, may not be discharged.
- Public drinking of alcoholic beverages and public intoxication are prohibited.
- Following a warning by the Public Safety Team, individuals who host large parties that disturb the peace and quiet of the neighborhood will be billed for the cost of breaking up the party.
- Streets may not be blocked to accommodate large parties.
- If you drink, don't drive!

The Public Safety Team will be taking a zero-tolerance approach to ensure the safety of residents. Anyone in violation of the above laws and Municipal Codes will be fined and/or arrested.





Holiday Trash and Street Sweeping Schedule

Thanksgiving - November 24

Trash – Thursday Pick-up moved to Friday, November 25.
 Friday Pick-up moved to Saturday, November 26.
Street Sweeping – No Sweeping either day.

Christmas Eve - December 24

Trash – No Change.
Street Sweeping – No Change.

Christmas Day - December 25

Trash – Holiday will be observed on Monday, December 26.
 Trash will be delayed one day December 27 - Saturday, December 31.
Street Sweeping – No Sweeping on December 26.
 Regular schedule resumes December 27 through 30.

New Year's Day - January 1

Trash – Holiday will be observed on Monday, January 2.
 Trash will be delayed one day Tuesday, January 3 - Saturday January 7.
Street Sweeping – No Sweeping on January 2.
 Regular schedule resumes January 3 through 6.

Christmas Tree Recycling

Beginning December 27, residents may place their used Christmas trees curbside on the normal trash pick-up day. Trees should be cut into six-foot segments and be free of all ornaments, tinsel, lights, nails, plastic containers, tree stands, and plastic bags. Flocked trees will be accepted. Residents living in multi-family communities without curbside refuse service may drop their tree off at the La Mirada Community Gymnasium, 15105 Alicante Road. The Christmas tree recycling program ends January 14. For more information, contact (562) 902-2385.

Winter Inspection of Your Vehicle

Properly maintaining your vehicle in the winter months is important due to potential hazardous weather. To help protect your vehicle, it is important to maintain it in the best condition possible. The following are helpful hints to facilitate your vehicle check:

- **Tires** - The Lincoln head penny test can be used to determine the tread depth of your tires. Insert a penny, head first, between the tire's tread. If the top of Lincoln's head is visible, your vehicle is in need of new tires. Tread depth and properly inflated tires are crucial to the level of traction between your vehicle and the road. During the winter season, be sure to check the tire pressure about twice a month.
- **Batteries** - Batteries lose almost one third of their power at freezing temperatures. If you are planning any trips to the local mountains or to an area that may reach freezing temperatures this winter, be sure to check your battery during the trip. Additionally, inspect the battery cables to make sure they are not worn down and that the connections are secured tightly.
- **Windshield Wipers** - Windshield wipers should be changed on a regular basis. If your wipers leave streaks on the windshield after three swipes, your vehicle may need new windshield wiper blades.

Driving in the Rain

Even if you have inspected your vehicle to prepare for the rainy season, drivers must adjust their normal driving habits to accommodate for slippery roads. The following are ways drivers can decrease the risk of being involved in a traffic collision:

- Adjust vehicle speed during wet weather. Rain lowers the amount of traction between tires and the road.
- Give extra time to get to your destination.
- Leave extra space between your vehicle and the car in front of you. Wet brakes will prevent your vehicle from stopping at the rate it normally stops when the brakes are dry.
- Do not swerve unexpectedly.
- Drive with the headlights on. It is California law to drive with headlights on, day or night, when it is raining.

La Mirada

CITY OF LA MIRADA • LOS ANGELES COUNTY SHERIFF • LOS ANGELES COUNTY FIRE DEPARTMENT

PUBLIC SAFETY



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facebook.com/LaMiradaPublicSafety

CITY COUNCIL & Successor Agency HIGHLIGHTS

- Recognized Samantha Huerta for her CIF Southern Section Track and Field accomplishments.
- Recognized Joe and Millie Emmerling for their 70th Wedding Anniversary.
- Recognized Los Angeles County Supervisor Don Knabe for his career of public service.
- Recognized Temple Beth Ohr for its 60th Anniversary.
- Recognized Norma Stein, Vaniah De Rojas, and Amanda Ponce de Leon for their years of dedicated service.
- Reappointed Marianne Hampton and Diane Albert to the Senior Council, and Dr. Stephen Smith to the La Mirada Community Foundation.
- Reappointed Karis Chun, Fabian Lee, Noemi Munoz, Adriana Perez, David Ramirez, Michael Salazar, and Karim Sologuren, and appointed Emeth Pittle and Maximo Vazquez to the Youth Council.
- Proclaimed July 2016 as Parks and Recreation Month.
- Reviewed and discussed the proposed La Mirada History Book.
- Reviewed and discussed the City's 2016 fireworks enforcement.
- Received and filed the Annual Report of the La Mirada Theatre for the Performing Arts Foundation.
- Received and filed the City's Investment Reports for the months ending June, July, and August 2016.
- Awarded a contract to Doug Martin Contracting Company, Inc. for Capital Improvement Project No. 2015-15, Residential Slurry Seal north of Foster Road and South of Imperial Highway from Ocaso Avenue to Easterly City Limits.
- Awarded a contract to Sequel Contractors, Inc. for Capital Improvement Project No. 2015-18, Olive Branch Drive Street Rehabilitation from Santa Gertrudes Avenue to Ocaso Avenue.
- Authorized the purchase of City clean air vehicles.
- Authorized a Notice of Completion for traffic signal upgrades at the intersections of Imperial Highway and La Mirada Boulevard, Imperial Highway and Cordova Road, and Imperial Highway at Oxford Drive.
- Adopted a resolution opposing the Los Angeles County Metropolitan Transportation Authority Expenditure Plan for the 2016 proposed ballot measure.
- Adopted a resolution amending the City's Conflict of Interest Code for designated personnel.
- Adopted a resolution adjusting City user fees and approving annual CPI adjustments.
- Adopted a resolution declaring a need for a Parking Authority to function in the City and declaring the City Council to be the Board of Directors of the Parking Authority.
- Approved the funding request by Southeast Area Social Services Funding Authority for Fiscal Year 2016-17.
- Adopted a resolution finding the City to be in conformance with the Congestion Management Program (CMP) and adopting the CMP Local Development Report to be submitted to LA Metro.
- Approved a reimbursement agreement with the California High-Speed Rail Authority for costs incurred in providing analysis and input on High-Speed Rail's impact on the local community.
- Approved a resolution of the Board of Directors of the Parking Authority of the City of La Mirada adopting the bylaws of the Parking Authority.
- Approved a funding request by Straight Talk, Inc. for Fiscal Year 2016-17.
- Adopted an ordinance repealing regulations applicable to noise levels in residential and commercial zones.
- Adopted a resolution authorizing the installation of Stop signs on the east and west approaches of Hesse Drive at Talbot Drive.
- Adopted a resolution authorizing the removal of the ladder-type school crosswalk, accompanying signs, and pavement markings at the east approach of Telegraph Road at Armsdale Avenue.
- Adopted a resolution approving the application for transit and transportation funds for Fiscal Year 2016-17.
- Adopted a resolution approving a First Supplemental Agreement to the Joint Exercise of Powers Agreement with respect to the La Mirada Public Financing Authority.
- Accepted Subdivision Improvement Agreement and bonds, and approved Tract Map No. 61591.
- The Successor Agency and Parking Authority adopted resolutions approving a First Supplemental Agreement to the Joint Exercise of Powers Agreement with respect to the La Mirada Public Financing Authority.
- Reviewed and discussed the Measure I Annual Report for the period of July 2015 through June 2016.
- Reviewed and discussed the City's Citizen Relationship Management system.
- Reviewed and discussed the I-5 Freeway Widening Project and an update on the Valley View Avenue segment.
- Approved a Professional Services Agreement with Blodgett Baylosis Environmental Planning for the preparation of an Initial Study and Mitigated Negative Declaration Environmental Assessment.
- Approved a proposal from Disability Access Consultants for ADA Assistance Program service and a Memorandum of Understanding with the California Joint Powers Insurance Authority.
- Authorized a Notice of Completion for traffic signal improvements at the intersections of La Mirada Boulevard and Rosecrans Avenue, Imperial Highway and Santa Gertrudes Avenue, and Imperial Highway and Ocaso Avenue.
- Approved plans and specifications for Measure I, Phase 3, Residential Street Rehabilitation and a Joint Participations Agreement with the City of Buena Park.
- Authorized a Notice of Completion for play area rehabilitation for the Gymnasium Tot Lot, Frontier Park and Anna J. Martin Park.
- Authorized a Notice of Completion for Activity Center and Resource Center carpet replacement.
- Authorized a Notice of Completion for asphalt seal coat, rehabilitation and restriping of the Civic Center parking lot, and Creek Park east parking lot.
- Approved plans and specifications for wrought iron fence painting at Windermere, Behringer, Frontier and Oak Creek Parks.
- Approved plans and specifications for sports court resurfacing at Gardenhill, Frontier, and Neff Parks.
- Adopted a resolution authorizing the submittal of a Functional Classification Change Request to the California Department of Transportation for Tacuba Drive between La Mirada Boulevard and Biola Avenue.
- Adopted a resolution approving a Certificate of Compatibility and the associated Negative Declaration to construct a new 78,752 square foot industrial building at 14860 Alondra Boulevard within the Industrial (M-2) Zoning District.
- Adopted a resolution adopting line drawing criteria for adjusting City Council district boundaries.
- Approved an agreement with the Mexican American Legal Defense and Education Fund.
- Adopted a resolution authorizing a budget amendment for the Fiscal Year 2016-17 Theatre Presentations Activity.
- Approved an Exclusive Lease Listing Agreement for property located at 14515 Alondra Boulevard.
- Authorized a Notice of Completion for Splash! Aquatics Center entry landscape improvements and irrigation booster pump replacement.
- Awarded a contract for Capital Improvement Project No. 2016-17, Civic Center Pedestrian Access Ramp, to Ruiz Concrete and Paving, Inc.
- Authorized a Notice of Completion and change order for slurry seal and striping of Imperial Highway from La Mirada Boulevard to easterly City limits, and Leffingwell Road from La Mirada Boulevard to easterly City limits.
- Approved La Mirada Symphony's Fiscal Year 2016-17 funding request and in-kind contribution.
- Approved Phantom Projects' Fiscal Year 2016-17 in-kind funding request.
- Adopted a resolution approving Certificates of Compatibility to develop six single-family residences with attached garages at 13400 Biola Avenue, within the Single-family Residential (R-1-7,500) Zoning District.
- Conducted a Public Hearing to gather public input on the draft City Council district maps.

CALENDAR OF EVENTS

Brickhouse-Middle School Night Out “Neon November”

Friday, November 18 • 7 to 10 p.m.

Brickhouse is back! Join us for the “Neon November” Middle School Night Out on Friday, November 18, from 7 to 10 p.m. Students can enjoy a night out with their friends including games, dancing, refreshments, and a “Selfie Station”. Please purchase tickets early! Tickets are \$5 and can be purchased at any Community Services facility. Be sure to bring a valid Middle School identification card and signed event waiver when purchasing tickets. For more information, contact the Community Gymnasium at (562) 902-2938.

Polar Bear Plunge New Year’s Day

Celebrate the New Year at Splash! on Friday, January 1, 2017 from 2 to 4 p.m. Invite family and friends to cheer you on as you slide down the two-story waterslides in Buccaneer Bay into a chilly catch pool. Your plunge will be forever remembered with a keepsake photo for every participant. Admission is \$5 or free for 2017 season pass holders. Admission includes the plunge, a keepsake photo, hot chocolate, and swimming in the heated 25-yard pool from 1 to 5 p.m.



Father Daughter Dance

Friday, February 10, 2016 • 7-9 p.m.

Community Gymnasium

\$37 per child and adult • \$17 additional child

On Friday, February 10 dads are invited to bring their daughters for a fun evening of crafts, music, dancing and refreshments. Souvenir photos will be included in the evening’s festivities. Dads and their guests are encouraged to dress in their favorite party outfit! For more information or to sign up, please call Community Services at (562) 943-7277

#4416	7-9p	F	2/10	\$37* Parent & Child *\$17 Additional Child
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November 2016

7 Salute To Veterans

La Mirada Theatre

18 Brickhouse “Neon November”

Gym • 7-10 p.m.

December 2016

1-9 Holiday Home Decorating Program

3 Chili Holiday Celebration

Splash!

3 Festival of Trees

Splash!

9 All That Dance

Activity Center • 7-10 p.m.

15 Holiday Toy & Food Drive Ends

January 2017

1 Polar Bear Plunge

Splash! • 2-4 p.m.

February 2017

10 Father-Daughter Dance

Gym • 7-9 p.m.

March 2017

3 All That Dance

Activity Center • 7-10 p.m.



All That Dance

Friday, December 9 from 7 to 10 p.m. #4092

Friday, March 3 from 7 to 10 p.m. #4093

Doors open at 6:45 p.m. • La Mirada Activity Center

Join friends at the La Mirada Activity Center and dance the night away on Friday, December 9 and Friday, March 3 from 7 to 10 p.m. for All That Dance. Live entertainment is provided by Jim Gilman and Associates along with light refreshments and door prizes. Pre-registration is encouraged, but tickets may be purchased at the door. **Cost is \$5 per person.** Ages 18 and over are welcome.

RECREATION FACILITY GUIDE



La Mirada Resource Center

13710 La Mirada Blvd. (562) 943-7277

Operating Hours:

Monday-Thursday 7:30 a.m. - 9 p.m.
 Friday 7:30 a.m. - 8 p.m.
 Saturday 8 a.m. - 4 p.m.



La Mirada Activity Center

13810 La Mirada Blvd. (562) 902-3160

Operating Hours:

Monday - Friday 8:30 a.m. to 6 p.m.
 Tuesdays (Jan. 10, - Feb. 7, 2017) 8:30 a.m. to 9 p.m.



La Mirada Community Gymnasium

15105 Alicante Rd. (562) 902-2938

Operating Hours:

Monday & Wednesday 2 to 11 p.m.
 Tuesday & Thursday 6 to 9 a.m. / 2 to 11 p.m.
 Friday 2 to 9 p.m.
 Saturday 6 a.m. to 5 p.m.
 Sunday Noon to 4 p.m.

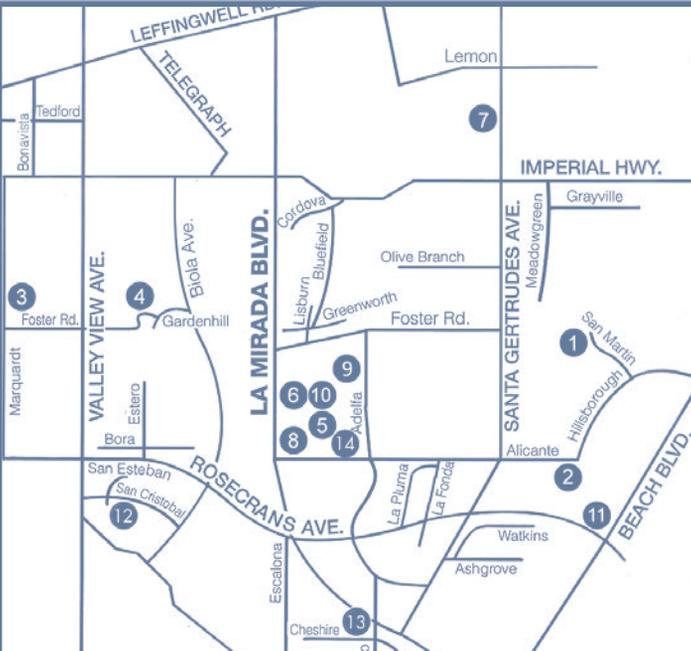


Splash! La Mirada Regional Aquatics Center

13806 La Mirada Blvd. (562) 902-3191

Operating Hours:

Monday-Friday 5:30 a.m. to 9 p.m.
 Saturday and Sunday 7 a.m. to 5 p.m.



1	Anna J. Martin Park, 16135 Avenida San Martin	(562) 943-7277
2	Behringer Athletic Facilities, Alicante Rd. & Hillsborough Dr.	(562) 943-7277
3	Frontier Park, 13212 Marquardt Ave.	(562) 921-7151
4	Gardenhill Park, 14435 Gardenhill Dr.	(562) 941-6621
5	La Mirada Activity Center, 13810 La Mirada Blvd.	(562) 902-3160
6	La Mirada City Hall, 13700 La Mirada Blvd.	(562) 943-0131
7	La Mirada Creek Park, 12021 Santa Gertrudes Ave.	(562) 943-7277
8	Gymnasium, 15105 Alicante Rd.	(562) 902-2938
9	La Mirada Regional Park, 13701 Adelfa Dr.	(562) 902-5645
10	La Mirada Resource Center, 13710 La Mirada Blvd.	(562) 943-7277
11	Los Coyotes Athletic Facilities, Rosecrans & Beach	(562) 943-7277
12	Neff Park, 14300 San Cristobal Dr.	(562) 943-7277
13	Windermere Park, 15261 Cheshire St.	(714) 521-4090
14	Splash! La Mirada Regional Aquatics Center, 13806 La Mirada Blvd.	(562) 902-3191



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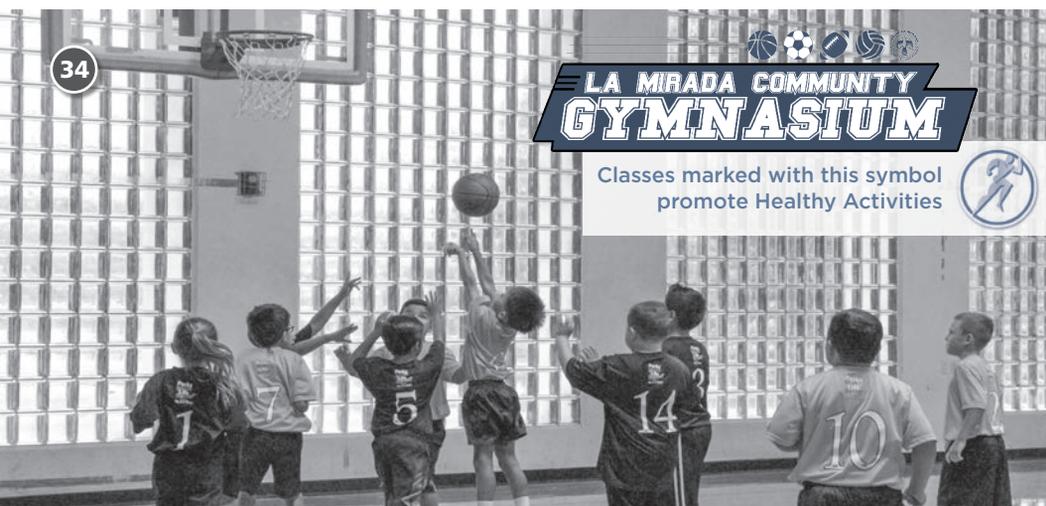
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**Aquatics Center
Pool Hours**

Recreational Swim

Saturday & Sunday 12-5pm
Sunday starting 1/15/17

Fees

Rec Swim Adult\$4
Rec Swim Child\$3

Adult Lap Swim

Monday-Friday 5:30am-1pm & 6:30-9pm
Saturday & Sunday 7am-12pm

*Must be 18 and over

Fee\$4

Lap Swim Pass (16 visits)

Adult\$52
Senior (60 and over)\$44

Monthly Pass (unlimited use)

Adult\$48
Senior (60 and over)\$44

Adult Spa Hours

Monday-Friday 5:30am-9pm
Saturday 7am-5pm
Sunday 7am-12pm
Sunday 7am-5pm starting 1/15/17

Fee\$4

Special Holiday Hours

November 2016

Thanksgiving Day - Thursday 11/26/16

Facility Closed

Day after Thanksgiving - Friday 11/27/16

7am-1pm / Lap Swim

December 2016

Christmas Eve - Saturday 12/24/16

7am-1pm / Lap Swim

Christmas - Sunday 12/25/16

Facility Closed

New Year's Eve - Saturday 12/31/16

7am-1pm / Lap Swim

January 2017

New Year's Day - Sunday 1/1/17

Adult Lap Swim 7am-5pm

Polar Bear Plunge 2-4pm

Recreational Swim 12-5pm

**Registration Begins
November 14**

Swim Lesson

Registration Instructions

Registration can be done on-line, by phone or in person at Splash! or the Resource Center. For additional information please call Splash! at (562) 902-3191.

Please Register Carefully

Students registered in the wrong skill level will not be able to participate. If the class you want is full, please put your name on the waiting list. Additional classes may be added. Registration begins at 7:30am for all classes.

Free Skills Testing

If assistance is needed to determine class level, skill tests are available prior to registration. Participants may come to Splash! during recreational swim hours for testing.



**Water Exercise Class
50 minutes**

Age: 14 years and older

Shallow Water

Monday/Wednesday/Friday 8 a.m.
Monday/Wednesday 7 p.m.
Tuesday/Thursday 10 a.m.
Saturday 9 a.m.

Deep Water

Tuesday & Thursday 7 p.m.

Fees

Single Use \$5
Discounted Pass (9 classes) \$40

Aqua Zumba

Have fun in the pool while toning muscles and burning calories with no impact on your joints.

Instructor: Reyna Ruiz

Ages 13 and up **Splash!**

#4040	6-6:30p	Th	12/1-1/19	\$32
#4042	6-6:30p	Th	1/26-3/2	\$32
#4039	8-8:45a	Sa	12/3-1/21	\$32
#4041	8-8:45a	Sa	1/28-3/4	\$32
#4043	9-9:45a	Tu, F	11/29-1/17	\$52
#4044	9-9:45a	Tu, F	1/24-3/3	\$52



**Starbabies & Me
4 Weeks**

Class introduces infants and toddlers to the water in a fun and loving environment. Parents/caregivers receive water safety training and drowning prevention. Parents or caregivers are taught the proper techniques to teach their infants and toddlers how to float, submerge, and move in the water and rollover.

A Personal Record Book is required for this class and is available for purchase at Splash! For \$4

Ages 6 mos. to 3 **Splash!**

Session 1

#46055	10:30-10:55a	Sa	1/14-2/4	\$29
#46056	3:30-3:55p	Sa	1/14-2/4	\$29
#46957	11-11:25a	Su	1/15-2/5	\$29
#46057	10-10:25a	M, W	1/16-2/8	\$57

Session 2

#46054	5:30-5:55p	M, W	1/16-2/8	\$57
#26055	10:30-10:55a	Sa	2/11-3/4	\$29
#26056	3:30-3:55p	Sa	2/11-3/4	\$29
#26957	11-11:25a	Su	2/12-3/5	\$29
#26057	10-10:25a	M, W	2/13-3/8	\$57
#26054	5:30-5:55p	M, W	2/13-3/8	\$57

**New and Improved
Registration System**
Create your account today!
www.cityoflamirada.org



Preschool Starfish
4 Weeks

Preschool children will focus on improving comfort and skill in the water. Topics covered in this class include breathing control, floating, prone glide, back float, arm stokes, kicking, and other elementary skills.

A Personal Record Book is required for this class and is available for purchase at Splash! For \$4.

Ages 3 to 5 **Splash!**

Session 1				
#45999	10-10:25a	Sa	1/14-2/4	\$29
#46001	11-11:25a	Sa	1/14-2/4	\$29
#46000	1-1:25p	Sa	1/14-2/4	\$29
#46002	2-2:25p	Sa	1/14-2/4	\$29
#46003	3-3:25p	Sa	1/14-2/4	\$29
#45998	4-4:25p	Sa	1/14-2/4	\$29
#46004	9-9:25a	Su	1/15-2/5	\$29
#46005	10-10:25a	Su	1/15-2/5	\$29
#46006	11-30-11:55a	Su	1/15-2/5	\$29
#44030	12-30-12:55p	Su	1/15-2/5	\$29
#44040	2:30-2:55p	Su	1/15-2/5	\$29
#45987	10:30-10:55a	M, W	1/16-2/8	\$57
#45988	12-12:25p	M, W	1/16-2/8	\$57
#45989	4:30-4:55p	M, W	1/16-2/8	\$57
#45990	5-5:25p	M, W	1/16-2/8	\$57
#45992	10:30-10:55a	Tu, Th	1/17-2/9	\$57
#45997	12-12:25p	Tu, Th	1/17-2/9	\$57
#45994	4:30-4:55p	Tu, Th	1/17-2/9	\$57
#45995	5:30-5:55p	Tu, Th	1/17-2/9	\$57
#45996	6-6:25p	Tu, Th	1/17-2/9	\$57

Session 2				
#25999	10-10:25a	Sa	2/11-3/4	\$29
#26001	11-11:25a	Sa	2/11-3/4	\$29
#26000	1-1:25p	Sa	2/11-3/4	\$29
#26002	2-2:25p	Sa	2/11-3/4	\$29
#26003	3-3:25p	Sa	2/11-3/4	\$29
#25998	4-4:25p	Sa	2/11-3/4	\$29
#26004	9-9:25a	Su	2/12-3/5	\$29
#26005	10-10:25a	Su	2/12-3/5	\$29
#26006	11-11:25a	Su	2/12-3/5	\$29
#24405	12-30-12:55p	Su	2/12-3/5	\$29
#24406	2:30-2:55p	Su	2/12-3/5	\$29
#25987	10:30-10:55a	M, W	2/13-3/8	\$57
#25988	12-12:25p	M, W	2/13-3/8	\$57
#25989	4:30-4:55p	M, W	2/13-3/8	\$57
#25990	5-5:25p	M, W	2/13-3/8	\$57
#25992	10:30-10:55a	Tu, Th	2/14-3/9	\$57
#25997	12-12:25p	Tu, Th	2/14-3/9	\$57
#25994	4:30-4:55p	Tu, Th	2/14-3/9	\$57
#25995	5:30-5:55p	Tu, Th	2/14-3/9	\$57
#25996	6-6:25p	Tu, Th	2/14-3/9	\$57



Starfish Swim School
4 Weeks

This class is designed to improve comfort and skill in the water. Topics covered in this class include breathing control, floating, prone glide, back float, arm stokes, kicking, and other elementary skills.

A Personal Record Book is required for this class and is available for purchase at Splash! For \$4

Ages 6 to 16 **Splash!**

Session 1				
#46068	9-9:25a	Sa	1/14-2/4	\$29
#46969	9:30-9:55a	Sa	1/14-2/4	\$29
#46070	10-10:25a	Sa	1/14-2/4	\$29
#46073	10:30-10:55a	Sa	1/14-2/4	\$29
#46071	9:30-9:55a	Su	1/15-2/5	\$29
#46074	10:30-10:55a	Su	1/15-2/5	\$29
#46072	11-11:25a	Su	1/15-2/5	\$29
#46064	4:30-4:55p	M, W	1/16-2/8	\$57

#46063	6:30-6:55p	M, W	1/16-2/8	\$57
#46964	4-4:25p	Tu, Th	1/17-2/9	\$57
#46069	5-5:25p	Tu, Th	1/17-2/9	\$57
#46066	6-6:25p	Tu, Th	1/17-2/9	\$57
#46067	6:30-6:55p	Tu, Th	1/17-2/9	\$57

Session 2				
#26068	9-9:25a	Sa	2/11-3/4	\$29
#26969	9:30-9:55a	Sa	2/11-3/4	\$29
#26070	10-10:25a	Sa	2/11-3/4	\$29
#26073	10:30-10:55a	Sa	2/11-3/4	\$29
#26071	9:30-9:55a	Su	2/12-3/5	\$29
#26074	10:30-10:55a	Su	2/12-3/5	\$29
#26072	11-11:25a	Su	2/12-3/5	\$29
#26064	4:30-4:55p	M, W	2/13-3/8	\$57
#26063	6:30-6:55p	M, W	2/13-3/8	\$57
#26964	4-4:25p	Tu, Th	2/14-3/9	\$57
#26069	5-5:25p	Tu, Th	2/14-3/9	\$57
#26066	6-6:25p	Tu, Th	2/14-3/9	\$57
#26067	6:30-6:55p	Tu, Th	2/14-3/9	\$57



Semi-Private Swim Class
4 Weeks

With three students per instructor, this class offers small group instruction to beginner and competitive swimmers of all ages and levels. This class is designed to offer a more individualized approach to learning how to swim.

A Personal Record Book is required for this class and is available for purchase at Splash! for \$4.

Ages 3 to 16 **Splash!**

Session 1

#46047	11:30-11:55a	Sa	1/14-2/4	\$44
#46048	2:30-2:55p	Sa	1/14-2/4	\$44
#46049	4:30-4:55p	Sa	1/14-2/4	\$44
#46050	10-10:25a	Su	1/15-2/5	\$44
#46052	10:30-10:55a	Su	1/15-2/5	\$44
#46051	11:30-11:55a	Su	1/15-2/5	\$44
#44070	1:30-1:55p	Su	1/15-2/5	\$44
#44408	3-3:25p	Su	1/15-2/5	\$44
#44000	4:30-4:55p	Su	1/15-2/5	\$44
#46039	9:30-9:55a	M, W	1/16-2/8	\$88
#46040	11:30-11:55a	M, W	1/16-2/8	\$88
#46041	4-4:25p	M, W	1/16-2/8	\$88
#46044	6-6:25p	M, W	1/16-2/8	\$88
#46043	8:30-8:55a	Tu, Th	1/17-2/9	\$88
#46045	9:30-9:55a	Tu, Th	1/17-2/9	\$88
#46999	4-4:25p	Tu, Th	1/17-2/9	\$88
#46046	4:30-4:55p	Tu, Th	1/17-2/9	\$88

Session 2

#26047	11:30-11:55a	Sa	2/11-3/4	\$44
#26048	2:30-2:55p	Sa	2/11-3/4	\$44
#26049	4:30-4:55p	Sa	2/11-3/4	\$44
#26050	10-10:25a	Su	2/12-3/5	\$44
#26052	10:30-10:55a	Su	2/12-3/5	\$44
#26051	11:30-11:55a	Su	2/12-3/5	\$44
#24410	1:30-1:55p	Su	2/12-3/5	\$44
#24411	3-3:25p	Su	2/12-3/5	\$44
#24412	4:30-4:55p	Su	2/12-3/5	\$44
#26039	9:30-9:55a	M, W	2/13-3/8	\$88
#26040	11:30-11:55a	M, W	2/13-3/8	\$88
#26041	4-4:25p	M, W	2/13-3/8	\$88
#26044	6-6:25p	M, W	2/13-3/8	\$88
#26043	8:30-8:55a	Tu, Th	2/14-3/9	\$88
#26045	9:30-9:55a	Tu, Th	2/14-3/9	\$88
#26999	4-4:25p	Tu, Th	2/14-3/9	\$88
#26046	4:30-4:55p	Tu, Th	2/14-3/9	\$88

Classes promote personal development and enrichment.



Private Swim Class
4 Weeks

This individual class is designed to teach swimming skills depending on the skill level of the participant. Participants will begin with fundamentals and work up to competitive skills.

A Personal Record Book is required for this class and is available for purchase at Splash! for \$4.

Ages 6 month and up **Splash!**

Session 1

#46037	8:30-8:55a	Sa	1/14-2/4	\$64
#46029	9-9:25a	Sa	1/14-2/4	\$64
#46030	9:30-9:55a	Sa	1/14-2/4	\$64
#46033	10-10:25a	Sa	1/14-2/4	\$64
#46790	10:30-10:55a	Sa	1/14-2/4	\$64
#46028	1:30-1:55p	Sa	1/14-2/4	\$64
#46036	8:30-8:55a	Su	1/15-2/5	\$64
#46937	9-9:25a	Su	1/15-2/5	\$64
#46038	9:30-9:55a	Su	1/15-2/5	\$64
#46031	11-11:25a	Su	1/15-2/5	\$64
#46032	11:30-11:55a	Su	1/15-2/5	\$64
#43930	12-12:25p	Su	1/15-2/5	\$64
#43940	1-1:25p	Su	1/15-2/5	\$64
#43950	2-2:25p	Su	1/15-2/5	\$64
#43960	3:30-3:55p	Su	1/15-2/5	\$64
#43970	4-4:25p	Su	1/15-2/5	\$64
#46018	9-9:25a	M, W	1/16-2/8	\$129
#46015	11-11:25a	M, W	1/16-2/8	\$129
#46024	12:30-12:55p	M, W	1/16-2/8	\$129
#46017	4-4:25p	M, W	1/16-2/8	\$129
#46026	4:30-4:55p	M, W	1/16-2/8	\$129
#46008	5-5:25p	M, W	1/16-2/8	\$129
#46023	5:30-5:55p	M, W	1/16-2/8	\$129
#46929	6-6:25p	M, W	1/16-2/8	\$129



Starfish Stroke School
4 Weeks

This class will review previous level swimming skills. Students will develop endurance and refine freestyle. Students will learn stroke technique for backstroke, butterfly and breaststroke.

A Personal Record Book is required for this class and is available for purchase at Splash! for \$4.

Ages 6 to 16 **Splash!**

Session 1

#46060	11-11:50a	Sa	1/14-2/4	\$37
#46061	9-9:50a	Su	1/15-2/5	\$37
#46058	5-5:50p	M, W	1/16-2/8	\$69
#46059	5-5:50p	Tu, Th	1/17-2/9	\$69

Session 2

#26060	11-11:50a	Sa	2/11-3/4	\$37
#26061	9-9:50a	Su	2/12-3/5	\$37
#26058	5-5:50p	M, W	2/13-3/8	\$69
#26059	5-5:50p	Tu, Th	2/14-3/9	\$69



Pre-Competitive Swim Class
4 Weeks

Participants will improve swimming skills by refining the competitive strokes learned in previous classes. Participants will also be prepared for competitive swimming. Flip turns, competitive starts and dives will also be taught. Prerequisite: Starfish Stroke School. This class may be repeated.

Ages 6 to 16 **Splash!**

Session 1

#45983	11-11:50a	Sa	1/14-2/4	\$37
#45984	10-10:50a	Su	1/15-2/5	\$37
#45985	6-6:50p	M, W	1/16-2/8	\$69
#45986	6-6:50p	Tu, Th	1/17-2/9	\$69

Session 2

#25983	11-11:50a	Sa	2/11-3/4	\$37
#25984	10-10:50a	Su	2/12-3/5	\$37
#25985	6-6:50p	M, W	2/13-3/8	\$69
#25986	6-6:50p	Tu, Th	2/14-3/9	\$69

Private Swim Class continued...

#46021	6:30-6:55p	M, W	1/16-2/8	\$129
#46016	7-7:25p	M, W	1/16-2/8	\$129
#46012	7:30-7:55p	M, W	1/16-2/8	\$129
#46014	8-8:25a	Tu, Th	1/17-2/9	\$129
#46019	9-9:25a	Tu, Th	1/17-2/9	\$129
#46034	12:30-12:55p	Tu, Th	1/17-2/9	\$129
#46007	4-4:25p	Tu, Th	1/17-2/9	\$129
#46011	4:30-4:55p	Tu, Th	1/17-2/9	\$129
#46009	5-5:25p	Tu, Th	1/17-2/9	\$129
#46013	5:30-5:55p	Tu, Th	1/17-2/9	\$129
#46025	6-6:25p	Tu, Th	1/17-2/9	\$129
#46022	6:30-6:55p	Tu, Th	1/17-2/9	\$129
#46010	7-7:25p	Tu, Th	1/17-2/9	\$129
#46020	7:30-7:55p	Tu, Th	1/17-2/9	\$129

Session 2

#26037	8:30-8:55a	Sa	2/11-3/4	\$64
#26029	9-9:25a	Sa	2/11-3/4	\$64
#26030	9:30-9:55a	Sa	2/11-3/4	\$64
#26028	1:30-1:55p	Sa	2/11-3/4	\$64
#26036	8:30-8:55a	Su	2/12-3/5	\$64
#26937	9-9:25a	Su	2/12-3/5	\$64
#26038	9:30-9:55a	Su	2/12-3/5	\$64
#25792	10-10:25a	Su	2/12-3/5	\$64
#25797	10:30-10:55a	Su	2/12-3/5	\$64
#26031	11-11:25a	Su	2/12-3/5	\$64
#26032	11:30-11:55a	Su	2/12-3/5	\$64
#23980	12-12:25p	Su	2/12-3/5	\$64
#23990	1-1:25p	Su	2/12-3/5	\$64
#24400	2-2:25p	Su	2/12-3/5	\$64
#24401	3:30-3:55p	Su	2/12-3/5	\$64
#24412	4-4:25p	Su	2/12-3/5	\$64
#26018	9-9:25a	M, W	2/13-3/8	\$129
#26015	11-11:25a	M, W	2/13-3/8	\$129
#26024	12:30-12:55p	M, W	2/13-3/8	\$129
#26017	4-4:25p	M, W	2/13-3/8	\$129
#26026	4:30-4:55p	M, W	2/13-3/8	\$129
#26008	5-5:25p	M, W	2/13-3/8	\$129
#26023	5:30-5:55p	M, W	2/13-3/8	\$129
#26929	6-6:25p	M, W	2/13-3/8	\$129
#26021	6:30-6:55p	M, W	2/13-3/8	\$129
#26016	7-7:25p	M, W	2/13-3/8	\$129
#26012	7:30-7:55p	M, W	2/13-3/8	\$129
#26014	8-8:25a	Tu, Th	2/14-3/9	\$129
#26019	9-9:25a	Tu, Th	2/14-3/9	\$129
#26034	12:30-12:55p	Tu, Th	2/14-3/9	\$129
#26007	4-4:25p	Tu, Th	2/14-3/9	\$129
#26011	4:30-4:55p	Tu, Th	2/14-3/9	\$129
#26009	5-5:25p	Tu, Th	2/14-3/9	\$129
#26013	5:30-5:55p	Tu, Th	2/14-3/9	\$129
#26025	6-6:25p	Tu, Th	2/14-3/9	\$129
#26022	6:30-6:55p	Tu, Th	2/14-3/9	\$129
#26010	7-7:25p	Tu, Th	2/14-3/9	\$129
#26020	7:30-7:55p	Tu, Th	2/14-3/9	\$129



 **Home School Education Swim Class**
4 Weeks

This class is designed to meet the physical education needs for the home school student. Participants will improve their basic skills and physical fitness. Course will cover basic skills and knowledge in swimming, water-polo, diving and basic water safety.

Ages 6 to 16 **Splash!**

Session 1

#45981	11-11:50a	Tu, Th	1/17-2/9	\$69
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Session 2

#25981	11-11:50a	Tu, Th	2/14-3/9	\$69
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Special Flex Plan Lesson Offered (8 Lessons)

Starbabies and Me, Preschool Starfish, Private, and Semi-Private classes are offered on a special flexible schedule plan. Lessons must be booked in advance and are subject to availability. For more information contact Splash! at (562) 902-3191 or email splashcashier@cityoflamirada.org.

Starbabies and Me	Fee: \$74
Preschool Starfish	Fee: \$74
Semi-Private	Fee: \$119
Private	Fee: \$149



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 **Adult Beginning Swimming**
4 Weeks

This class is a basic swim course for adults learning to swim. Participants will be taught floating and basic stroke techniques. This class will introduce front crawl and elementary backstroke skills. No previous skills required.

Ages 16 and up **Splash!**

Session 1

#45973	8-8:50a	Sa	1/14-2/4	\$37
#45974	8-8:50a	Su	1/15-2/5	\$37
#45971	7-7:50p	M, W	1/16-2/8	\$69
#45972	7-7:50p	Tu, Th	1/17-2/9	\$69

Session 2

#25973	8-8:50a	Sa	2/11-3/4	\$37
#25974	8-8:50a	Su	2/12-3/5	\$37
#25971	7-7:50p	M, W	2/13-3/8	\$69
#25972	7-7:50p	Tu, Th	2/14-3/9	\$69

 **Adult Intermediate Swimming**
4 Weeks

Participants will be taught how to improve the front crawl stroke and be introduced to breaststroke and sidestroke. Depending on the skill level, adults will be introduced to treading water, diving and flip turns. The majority of class time will be spent in deep water. Pre-requisite: Adult Beginning level swimming skills.

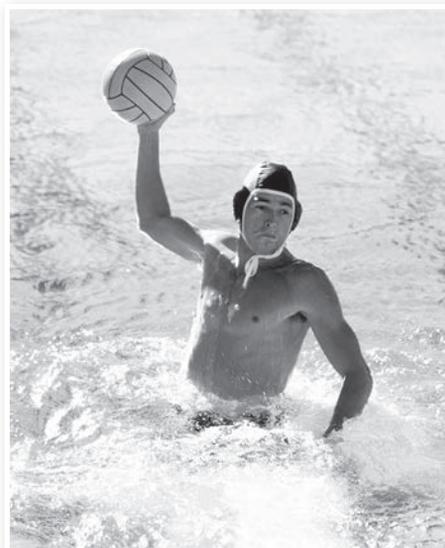
Ages 16 to 16 **Splash!**

Session 1

#45977	8-8:50a	Sa	1/14-2/4	\$37
#45978	8-8:50a	Su	1/15-2/5	\$37
#45975	7-7:50p	M, W	1/16-2/8	\$69
#45976	7-7:50p	Tu, Th	1/17-2/9	\$69

Session 2

#25977	8-8:50a	Sa	2/11-3/4	\$37
#25978	8-8:50a	Su	2/12-3/5	\$37
#25975	7-7:50p	M, W	2/13-3/8	\$69
#25976	7-7:50p	Tu, Th	2/14-3/9	\$69



Adaptive Swim Class
4 Weeks

This class is designed to provide community members with a mental or physical disability the opportunity to learn and improve swimming skills, maintain and increase physical fitness, achieve success and recognition within an aquatic environment.

Ages 4 to 18 **Splash!**

Session 1

#45970	12-12:50p	Sa	1/14-2/4	\$37
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Session 2

#46075	12-12:50p	Sa	2/11-3/4	\$37
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Board Diving
4 Weeks

This class is designed to teach the basics of one-meter and three meter spring board diving. Participants will be taught the fundamentals of basic board diving through safe teaching techniques. Pre-requisite: Standing front dive and Starfish Stroke School. This class may be repeated.

Ages 6 to 16 **Splash!**

Session 1

#45979	11-11:50a	Sa	1/14-2/4	\$37
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Session 2

#46088	11-11:50a	Sa	2/11-3/4	\$37
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Polo Buddies

Polo Buddies is a beginner level water polo class for boys and girls ages 7-15. With smaller class sizes and multiple coaches, students receive more individual instruction. In a Polo Buddies class, no student gets left behind. This class is perfect for any child. It is also an inclusive class for kids with ADHD(ADD), Asperger's, anxiety, or muscle coordination issues. Students must be able to follow verbal directions, work in groups of 3 to 4 and must be safe in deep water. Polo Buddies is a group class and is not designed for students who may need individual instruction. For more information please contact Coach David Farkas at david@shaquatics.net

Ages 7 to 15 **Splash!**

Session 1

#4289	11:30-12:30p	Sa	1/7-1/28	\$65
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#4290	11:30-12:30p	Su	1/8-1/29	\$65
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Session 2

#4291	11:30-12:30p	Sa	2/4-2/25	\$65
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#4292	11:30-12:30p	Su	2/5-2/26	\$65
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Fundamentals of Water Polo
4 Weeks

This is a water polo class for boys and girls that will cover treading water, head up and head down freestyle, backstroke, ball handling skills, pressure passing, and passing technique. This class will encourage team work, good character and having fun learning a great sport. No prior water polo experience is necessary. Prerequisite: Starfish Stroke School swimming skills. Students will need to bring goggles. Girls must wear one piece suits and boys must wear speedos or jammers (no board shorts). Students can only attend the Fundamentals class which they are enrolled. There are no makeups. For younger children who are 7-8 years old and want to start to learn water polo, please check out the Polo Buddies class held at Splash!

Ages 10 to 15 **Splash!**

Session 1

#45980	5:30-6:20p	M, W	1/16-2/8	\$69
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Session 2

#25980	5:30-6:20p	M, W	2/13-3/8	\$69
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Mermaid Synchronized Swimming
4 Weeks

This class is designed to teach participants the Olympic sport of synchronized swimming which combines ballet, swimming and gymnastics. Participants will be introduced to basic skills such as sculling, figure skills, and will be taught a routine set to music. Prerequisite: Starfish Stroke School

Ages 6 to 16 **Splash!**

Session 1

#45982	12-12:50p	Sa	1/14-2/4	\$99
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Session 2

#46087	12-12:50p	Sa	2/11-3/4	\$99
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Parks Make Life Better!

The City of La Mirada is proud to serve participants with special needs. Patrons are encouraged to enjoy an assortment of activities through our recreation classes and activities as well as specialized adaptive recreation programs. A variety of activities are offered year-round for individuals with developmental or physical disabilities.

The Community Services Department will provide reasonable accommodations in recreation programs and facilities to enable participation by individuals with disabilities. La Mirada is committed to providing programs for all residents including those with special needs. Please call (562) 902-3160 for assistance in finding the perfect class.



Adaptive Swim Class 4 Weeks

This class is designed to provide community members with a mental or physical disability the opportunity to learn and improve swimming skills, maintain and increase physical fitness, achieve success and recognition within an aquatic environment.

Ages 4 to 18 **Splash!**

Session 1

#45970	12-12:50p	Sa	1/14-2/4	\$37
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Session 2

#46075	12-12:50p	Sa	2/11-3/4	\$37
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Healthy Eating, Healthy Living

Using highly visual material, video and active participation, students will learn the basics of good nutrition and how to make good food choices at home and at restaurants. Students will learn how to identify and count carbohydrates and identify healthy types of fat. Students will set individual weight goals and with support from the instructors develop weekly meal plans to achieve those goals. The class members will serve as a support network to encourage and aide each other in meeting their health goals. \$10 supply fee payable to the instructor. Please call Community Advocates for People's Choice at (562) 693-8823 EXT. 3030 to enroll and for more information.

LMAC

10-11:30a	Tu	11/29-1/31	Free
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Adaptive Artful Expressions

This is a fun, open-ended art class designed for children on the Autism Spectrum and their siblings. Children can explore various art materials which will provide an opportunity for sensory and creative experiences.

A cash \$10 material fee is payable to instructor at first class meeting. Adult attendance required.

Instructor: Jackie Ferraro

Ages 4 to 12 **LMRC**

#3526	4:30p-5:15p	F	12/2-12/16	\$25
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Polo Buddies

Polo Buddies is a beginner level water polo class for boys and girls ages 7-15. With smaller class sizes and multiple coaches, students receive more individual instruction. In a Polo Buddies class, no student gets left behind. This class is perfect for any child. It is also an inclusive class for kids with ADHD(ADD), Asperger's, anxiety, or muscle coordination issues. Students must be able to follow verbal directions, work in groups of 3 to 4 and must be safe in deep water. Polo Buddies is a group class and is not designed for students who may need individual instruction. For more information please contact Coach David Farkas at david@shaquatics.net

Ages 7 to 15 **Splash!**

Session 1

#4289	11:30-12:30p	Sa	1/7-1/28	\$65
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#4290	11:30-12:30p	Su	1/8-1/29	\$65
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Session 2

#4291	11:30-12:30p	Sa	2/4-2/25	\$65
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#4292	11:30-12:30p	Su	2/5-2/26	\$65
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Adaptive Zumba

This fun-filled class is an adaptive fitness program with very simple and easy to follow moves inspired by Latin dance, hip hop and other rhythms to create an aerobic routine to target calorie output, fat burning and toning.

Instructor: Pilar Lopez

Ages 12 to 21 **LMAC**

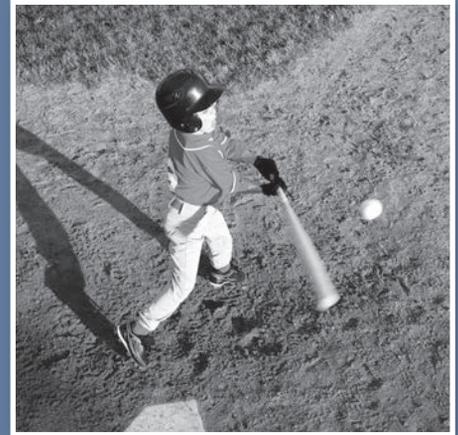
#3423	5-5:50p	M	11/28-12/19	\$49
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#3424	5-5:50p	M	1/9-1/30	\$49
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Support Group For Parents With Children Who Have Special Needs

A support group for parents who have a child who is coping with medical, developmental, behavioral learning challenges in their lives. Parents need a safe and healthy environment to seek support, comfort, and resources to help with their own emotional needs. For more information, please call Straight Talk at (562) 943-0195.



Sports Groups

La Mirada Pop Warner, La Mirada Soccer Association and La Mirada Little League offer adaptive recreational sports leagues for individuals of all ages. TOP Soccer, Challenger Football and Challenger Baseball are community-based training and team placement programs designed specifically for young athletes with disabilities. Coaches provide instruction appropriate to each individual child's level. One-on-one assistance is provided by "buddies", and specifically adapted equipment is available for use. For more information, contact the La Mirada Resource Center at (562) 943-7277.

CHALLENGER BASEBALL

4 yrs & Up

Season: March - June (SPRING)

Sign-ups: November-January

Little League Baseball

www.LaMiradaLittleLeague.com

CHALLENGER FOOTBALL

5 - 18 yrs

Season: August - December (FALL)

Sign-ups: April-June

La Mirada Pop Warner

www.LaMiradaPopWarner.com

TOPSOCCER

All Ages

Season: August - January (FALL)

Sign-ups: May - June

(866) 930-LMSA

La Mirada Soccer Association (LMSA)

www.LaMiradaSoccer.org

Early Childhood



Pre-Ballet

Introduction into the wonderful world of dance! Fundamentals of ballet and movement are explored in an active, playful and fun group setting. Basic tap is provided for rhythm. Comfortable dance attire recommended.

Instructor: Cristina M. Blanco

Ages 3 to 4				LMRC
#3433	12-12:45p	Th	1/12-3/2	\$100
#3434	4:30-5:15p	Th	1/12-3/2	\$100
#3435	10-10:45a	Sa	1/14-3/4	\$100
#3436	1-1:45p	Sa	1/14-3/4	\$100



Ballet and Tap

Come join "Parenting" magazine's award winner for "Best Dance." Children will learn the basics of ballet and tap in a fun, positive and rewarding environment. Child must bring ballet shoes, tap shoes and any leotard/tutu will do.

Instructor: Freckled Frog Staff - Stacy

Ages 2 to 3				LMRC
#3441	11:15a-12p	M	11/28-12/12	\$45
#3442	11:15a-12p	Tu	11/29-12/13	\$45
#4131	11:15a-12p	M	1/16-2/20	\$72
#4132	11:15a-12p	Tu	1/17-2/21	\$72

Ages 2 to 3				Gym
#3443	5:30-6:15p	W	11/30-12/14	\$45
#4133	5:30-6:15p	W	1/18-2/22	\$72

Ages 3½ to 5				LMRC
#3444	12:30-1:15p	M	11/28-12/12	\$45
#4134	12:30-1:15p	M	1/16-2/20	\$72

Ages 4 to 7				LMRC
#3446	3:30-4:15p	M	11/28-12/12	\$45
#3447	6:30-7:15p	W	11/30-12/14	\$45
#4136	3:30-4:15p	M	1/16-2/20	\$72
#4137	6:30-7:15p	W	1/18-02/22	\$72

Jazz/Tap combo

Ages 4 to 6				LMRC
#4135	12:15-1p	Tu	1/17-2/21	\$72



Jazz

Our award winning dance curriculum builds confidence, coordination skills, listening skills, helps with motor skills and so much more. The goal in our studio is for the children to love dance!

Instructor: Freckled Frog Staff - Stacy

Ages 5 to 8				LMRC
#4387	4:15-5p	M	1/16-2/20	\$72



Mommy and Me Ballet

Designed for the youngest of Mrs. Cristina's ballerinas, come and enjoy with your child the wonderful world of dance! **Parent participation required.** Comfortable clothing recommended.

Instructor: Cristina M. Blanco

Ages 2 to 4				LMRC
#3432	11-11:45a	Th	1/12-3/2	\$100

Youth



Beginning Ballet

For continuing students or newcomers, a progressive class focusing on more advanced elements of ballet and tap.

Instructor: Cristina M. Blanco

Ages 5 to 8				LMRC
#3428	1-1:45p	Th	1/12-3/2	\$100
#3429	5:30-6:15p	Th	1/12-3/2	\$100
#3430	11-11:45a	Sa	1/14-3/4	\$100
#3431	2-2:45p	Sa	1/14-3/4	\$100



Hip Hop Dance

Your child will have a great time learning Hip Hop dance moves and routines. All music has been edited for appropriateness. Comfortable clothing and sneakers will be helpful. **No jeans please.**

Instructor: Georgia Gonzales

Ages 6 to 12				Gym
#3971	4:30-5:30p	Tu	1/3-1/31	\$57
#3972	4:30-5:30p	Tu	2/7-3/7	\$57



Royal All-Stars - Cheer Program

'Royal All-Stars' is an all-star cheer and dance team for girls and boys wanting to improve their dance and cheer skills; great for individuals who want to dance and belong to a team. Team will perform at city events, sports games and participate in competitions. If you want to enjoy a recreational dance experience, prepare for middle or high school dance/cheer try-outs or simply want to be part of a team, you are encouraged to join! **\$100 material fee due at first class for practice & performance uniform.**

Instructor: Bianca Hallock

Ages 5 to 18				Gym
#3393	7:30-8:30p	W-Th	1/18-2/23	\$107

Teens to Adults



Belly Dance

Escape with this fun and energizing dance form. Burn calories, reduce stress, and increase self-esteem while you trim and tone your body with graceful movements from the ancient art of belly dance.

Instructor: Fahtiem

Ages 13 and up				LMRC
#3539	7:35-9p	Th	1/5-2/2	\$49
#3540	7:35-9p	Th	2/9-3/9	\$49



Adult Basic Ballet

Whether you have a background in dance or have always been curious to learn, come join us for a lovely evening of ballet, music, and camaraderie. Comfortable clothing recommended.

Instructor: Cristina M. Blanco

Ages 16 and up				LMRC
#3427	6:15-7:25p	Tu, Th	1/10-3/2	\$100



Classes and programs help you live a healthier, happier life.

Arts & Crafts



Art Innovators! Preschool

Build your own portfolio with the masterpieces you will create each week! Explore a variety of artistic styles and methods using professional-quality media such as watercolor, pastels, chalk, and more. Our projects never repeat. If you can dream, you can draw! **\$5 material fee payable to instructor at first class meeting.**

Instructor: Art Innovators

Ages 3½ to 5		LMAC		
#3437	2:50-3:30p	F	12/2-12/23	\$47
#3438	2:50-3:30p	F	1/6-1/27	\$47
#4414	2:50-3:30p	F	2/3-2/24	\$47

Aspiring Little Artists

Children will learn about colors and shapes of the season while experimenting with a variety of art mediums and tools. Hands-on activities will encourage fine-motor, language and cognitive skills. Expect story time, painting, collage, and clay work. **\$15 cash material fee payable to instructor at first class meeting. Adult participation required.**

Instructor: Jackie Ferraro

Ages 2 to 4		LMRC		
#3524*	10:15-11a	F	12/2-12/16	\$25
#3525	10:15-11a	F	1/20-2/24	\$42

*Holiday Edition - \$10 material fee



Creative Play for Tots

Little fingers will experiment with painting, sculpting, and creating while exploring different art textures. Sensory exploration and musical activity encourages speech and language development, along with fine and gross motor skills. A great class for children with special needs, too. Dress for a mess of fun! **Adult participation is required. \$10 cash material fee payable to instructor at first class meeting.**

Instructor: Jackie Ferraro

Ages 15 mos. to 36 mos.		LMRC		
#3529	10:15-11a	Tu	11/29-12/20	\$28
#3530	11:15a-12p	Tu	11/29-12/20	\$28
#3531	10:15-11a	Tu	1/10-2/14	\$42*
#3532	11:15a-12p	Tu	1/10-2/14	\$42*

*\$15 cash material fee payable to instructor at first class meeting.



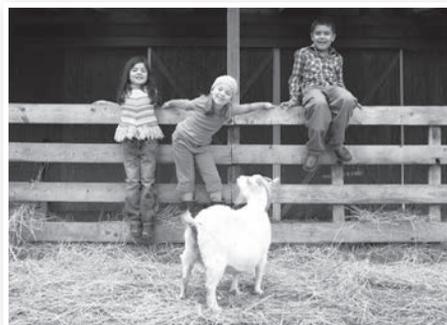
Christmas Holiday Fun

Celebrate Christmas with music and movement activities. We'll sing songs about Santa, Christmas trees and reindeer too! Expect a variety of activities including obstacle course, story time, parachute and puppets. Create a craft to go along with our weekly story or song. **Adult participation required. \$5 material fee payable to instructor at 1st class meeting.**

Instructor: Jackie Ferraro

Ages 3 and up		LMRC		
#3538	10:15-11:15a	M	12/5-12/19	\$25

Enrichment



Fun on the Farm

Bring your parent to the farm. Together you'll learn about funny farm animals, create a farm craft and ride a real pony each week. **\$20 material fee payable to instructor at first class meeting. Bring a bike helmet and wear closed-toe shoes. Parent participation is required.**

www.havefunwithhorses.com

Location: El Rodeo Stables

(949) 285-5286

4449 Carbon Canyon Rd.

Brea, CA 92823

Instructor: Cheryl Skidmore

Ages 1½ to 6 yrs.		El Rodeo Stables		
#3546	10-11a	Fri	12/2-12/23	\$72
#3547	10-11a	Fri	1/6-1/27	\$72
#3548	10-11a	Fri	2/03-2/24	\$72



Horse Fun for Preschoolers

Bring your parent to help you learn about horses! We will learn to halter, groom, saddle, feed, walk, stop, and turn a real live horse. **\$20 material fee payable to instructor at first class meeting. Bring a bike helmet and wear closed-toe shoes. Parent participation is required.**

www.havefunwithhorses.com

Location: El Rodeo Stables

(949) 285-5286

4449 Carbon Canyon Rd.

Brea, CA 92823

Instructor: Cheryl Skidmore

Ages 3 to 6		El Rodeo Stables		
#3549	11a-12p	Sa	12/3-12/17	\$72
#3550	11a-12p	Sa	1/7-1/28	\$72
#3551	11a-12p	Sa	2/4-2/25	\$72

Health & Fitness



Cooking and Story Telling

A fun and interactive cooking class for your preschool chef. Kids will be inspired each week as they follow a simple recipe to go along with their weekly story. We will measure, mix, and make masterpieces! **Parent participation is required. \$20 cash material fee due to instructor at the first class meeting.**

Instructor: Jackie Ferraro

Ages 3 to 6		LMRC		
#4130	11:45a-1p	F	12/2-12/16	\$30



Babies Play to Grow Holiday Edition

A fun parent and me class designed especially for young babies and their parents. Class will include infant massage, music and movement, tummy time, sensory play, and gentle movement exercises to enhance brain development and basic baby sign language. **Bring a blanket and pillow.**

Instructor: Jackie Ferraro

Ages 2 to 8 months		LMRC		
#3535	11:30a-12:15p	M	12/5-12/19	\$25



**Awesome Acrobats
Gymnastics**

PDGA USA is a world-class training facility offering preschool gymnastics. PDGA USA offers a structured environment with all the competitive gymnastics equipment including trampolines and a foam pit.

Location: PDGA USA
15064 Shoemaker Avenue
Santa Fe Springs, CA 90670
(562) 229-1927

Instructor: PDGA USA

Ages 3 to 5		PDGA USA		
#3448	10:45-11:30a	W	1/4-1/25	\$65
#3449	10:45-11:30a	W	2/1-2/22	\$65
#4417	5-5:45p	M	11/28-12/19	\$65
#3499	5-5:45p	M	1/2-1/23	\$65
#3951	11-11:45a	S	12/3-12/17	\$49
#3507	11-11:45a	S	1/7-1/28	\$65



**Mommy, Daddy and Me
Gymnastics**

Mommy/Daddy & Me Gymnastics is a great way to begin your toddler's development of fine motor skills with group exercises, balance, flexibility, and aerobic activities. Mommy/Daddy & Me is offered at PDGA USA Gymnastics Academy, a world-class training facility.

Location: PDGA USA
15064 Shoemaker Avenue
Santa Fe Springs, CA 90670
(562) 229-1927

Instructor: PDGA USA

Ages 1 to 3		PDGA USA		
#3456	10-10:45a	W	1/4-1/25	\$65
#3457	10-10:45a	W	2/1-2/22	\$65
#3509	5:15-6p	W	11/30-12/21	\$65
#3510	5:15-6:00p	W	1/2-1/23	\$65
#3513	10-10:45a	Sa	12/3-12/17	\$65
#3514	10-10:45a	Sa	1/6-1/27	\$65

Classes and programs help you live a healthier, happier life.



Tot Ice Hockey

Learn basic skills necessary to play ice hockey. No sticks or pucks yet. Skate rental is included. Free practice session times: Th 2:45-4p or Sat 10:45-11:15a. Check in early. **Dress warmly. Pre-registration required.**

Location: The Rinks Lakewood ICE
(562) 429-1805
3975 Pixie Avenue
Lakewood, CA 90712
www.lakewoodice.com

Instructor: The Rinks Lakewood ICE staff

Ages 3 to 6				
#3995	4-4:30p	Th	12/1-12/15	\$45
#3996	4-4:30p	Th	1/5-1/26	\$45
#3997	4-4:30p	Th	2/2-2/23	\$45
#3998	10:15-10:45a	Sa	12/3-12/17	\$45
#3999	10:15-10:45a	Sa	1/7-1/28	\$45
#4000	10:15-10:45	Sa	2/4-2/25	\$45



Tae Kwon Do for Pee-Wee

Students will learn leadership and life skills such as self-control, confidence, respect, and focus. They will be taught Tae Kwon Do and social skills in a fun, dynamic, disciplined, and positive environment. **Includes free uniform for new students; returning members will receive a \$5 discount for the class.**

Location: U.S. Tae Kwon Do
(714) 739-8676
15532 La Mirada Blvd.
La Mirada, CA 90638

Instructor: Master Jang Kim

Ages 3½ to 6 U.S. Tae Kwon Do Center

#3398	6:20-6:50p	Tu, Th	11/29-12/29	\$55
#3397	6:20-6:50p	Tu, Th	1/3-1/26	\$55
#3399	6:20-6:50p	Tu, Th	1/31-2/23	\$55
#3402	6:20-6:50p	Th, Sa*	12/1-12/31	\$55
#3401	6:20-6:50p	Th, Sa*	1/5-1/28	\$55
#3400	6:20-6:50p	Th, Sa*	2/2-2/25	\$55

*Saturday class from 9a-9:30a



Ice Skating for Tots

Learn the fundamentals of ice skating with our comprehensive program designed for skaters of all ages and disciplines. Fees include skate rentals and practice time on lesson day. Arrive early for check-in and skate sizing. **Dress warmly and wear mittens/gloves.**

www.eastwesticepalace.com
Location: East West Ice Palace
(562) 809-6200
11446 Artesia Blvd.,
Artesia CA, 90701

Instructor: East West Ice Palace

Ages 3 to 5		East West Ice Palace		
#4024	5:40-6:10p	W	1/11-2/8	\$57



**Character Education
Class for Tiny Tiger**

The Tiny Tiger program is designed specifically for pre-school aged kids! Three to five year olds love physical activity and anything involving playing and kicking. We provide them with their own program that targets their stage of development in a manner that keeps them entertained while at the same time building skills that set them up for success. Includes free uniform for new students only.

Location: Victory Tae Kwon Do
13425 Beach Blvd.
La Mirada, CA 90638
(562) 947-1111

Instructor: Victory Tae Kwon Do

Ages 3 to 5 Victory Tae Kwon Do

#3458	3:30-4p	M, W	11/28-12/21	\$57
#3459	3:30-4p	M, W	1/9-2/1	\$57
#3470	3:30-4p	M, W	2/6-3/1	\$57
#3461	5:45-6:15p	Tu, Th	11/29-12/22	\$57
#3460	5:45-6:15p	Tu, Th	1/10-2/2	\$57
#3471	5:45-6:15p	Tu, Th	2/7-3/2	\$57



Pee Wee Tennis

This class is your future tennis star's introduction to the exciting world of tennis, sports, and overall athleticism. This class features fun games that are designed to advance your child's hand-eye coordination, balance and love of tennis. Our friendly staff will provide a fun, creative and positive environment for every child involved. **Parent participation is strongly encouraged.**

Instructor: Johnny Allen Tennis Staff

Ages 3 to 5 Gardenhill Park

#4014	4:45-5:30p	Tu, Th	12/6-12/15	\$47
#4015	4:45-5:30p	Tu, Th	1/10-2/2	\$86
#4016	4:45-5:30p	Tu, Th	2/7-3/2	\$86



TriFyft Tee Ball

Trifyft Sports Camps are the perfect way for your young athlete to learn or enhance their sports skills. Focusing on the “Spirit, Mind and Body”, Trifyft Sports classes provide the ideal curriculum for the next-generation athlete in a safe and fun environment. Caring and trained Trifyft instructors balance fundamental skills improvement with personal character development to help each participant strengthen his or her own potential. The Trifyft curriculum covers rules of the sport, game techniques, and drills or useful tips to further skill development at home. Tryfyft Camps also focus on the importance of communication, respect, goal setting, positive self image, sportsmanship and teambuilding.

Instructor: Trifyft Sports Staff

Ages 2 to 3	Behringer Park			
#4007	3:30-4p	F	1/20-3/3	\$79
Ages 3 to 4	Behringer Park			
#4008	4-4:45p	F	1/20-3/3	\$85
Ages 5 to 8	Behringer Park			
#4127	4:45-5:30p	F	1/20-3/3	\$85

Learning Corner



Baby Explorers and Me

This class is for infants who are on the move and exploring their world. Music, instruments and a mini obstacle course will encourage your child’s cognitive, motor, social and language development. Expect bubbles, ball play, mini obstacle course and fun!

Instructor: Jackie Ferraro

Ages 6 mos. to 18 mos.	LMRC			
#4128	11:30a-12:15p	M	1/23-2/13	\$30
#3533*	11:15a-12p	Th	12/1-12/15	\$25
#3534	11:15a-12p	Th	1/12-2/23	\$46

* Holiday Edition



Art and Science Exploration
8 weeks

Create paints, slimes and other wonderful art concoctions as we learn about the seasons. Expect creative interaction with classmates, painting, weekly projects, simple experiments, and story time. Fun hands-on activities will stimulate independence. **\$20 cash material fee payable to instructor at first class meeting.**

Instructor: Jackie Ferraro

Ages 3 to 5	LMRC			
#3527	11:30a-12:45p	F	1/20-2/24	\$48

Music & Theatre



WunderKeys Piano Program

WunderKeys is a unique and very engaging piano program. Your preschooler can start with no prior piano or music experience and after completing the program, will be able to play a simple piece of music. Fun and enjoyable activities are included. **\$15 cash material fee payable to instructor at first class meeting.**

Instructor: Regina Golovina

Ages 3 to 4	LMRC			
#4367	10a-10:45a	Tu	12/6-1/03	\$70
#4368	10a-10:45a	Tu	1/10-1/31	\$70
#4369	10a-10:45a	Tu	2/7-2/28	\$70
#4374	5p-5:45p	W	12/7-12/21	\$70
#4375	5p-5:45p	W	1/4-1/25	\$70
#4376	5p-5:45p	W	2/1-2/22	\$70

Ages 4 to 5	LMRC			
#4370	10:50a-11:35a	Tu	12/6-1/03	\$70
#4372	10:50a-11:35a	Tu	1/10-1/31	\$70
#4373	10:50a-11:35a	Tu	2/7-2/28	\$70
#4377	5:50p-6:35p	W	12/7-12/21	\$70
#4378	5:50p-6:35p	W	1/4-1/25	\$70
#4379	5:50p-6:35p	W	2/1-2/22	\$70



Music Movement and Fun!

Your preschooler will have fun learning about numbers, animals and literature through music and movement activities. Participate in circle time activities such as flannel board and puppets, which encourages problem-solving skills and independence. **Parent attendance required. \$5 material fee payable to instructor at the first class meeting.**

Instructor: Jackie Ferraro

Ages 3 and up	LMRC			
#4129	10:15-11:15a	M	1/23-2/13	\$28



Little Music for Little Ones Holiday Edition

You and your little one will sing, move and have fun together. Participate in singing, circle time, obstacle course, and playing simple instruments. Activities such as finger plays, puppets and parachute will stimulate motor, verbal and memory skills. **Dress comfortably.**

Instructor: Jackie Ferraro

Ages 1 to 3	LMRC			
#3536*	10-10:50a	Th	12/1-12/15	\$25
#3537	10-10:50a	Th	1/12-2/23	\$56

* Holiday Edition

New and Improved Registration System
Create your account today!
www.cityoflamirada.org



- Kindergarten Readiness
- Phonic & Language Development
- Science Exploration
- Socialization
- Nutrition
- Active Play

Tiny Tots
Ages 3 to 4

Children will be introduced to preschool skills through hands-on learning, active play, and socialization. This class will build self-confidence, encourage independence and creativity, and aid in cognitive and fine motor development. **Bring sack lunch and drink. All children must be potty trained.**

Gardenhill Park

8:30-11:15a	Tu, Th	1/3-1/31	\$90
8:30-11:15a	Tu, Th	2/2-2/28	\$90
8:30-11:15a	Tu, Th	3/2-3/30	\$90
8:30-11:15a	Tu, Th	4/4-4/27	\$90
8:30-11:15a	Tu, Th	5/2-5/30	\$90
11:15a-2p	Tu, Th	1/3-1/31	\$90
11:15a-2p	Tu, Th	2/2-2/28	\$90
11:15a-2p	Tu, Th	3/2-3/30	\$90
11:15a-2p	Tu, Th	4/4-4/27	\$90
11:15a-2p	Tu, Th	5/2-5/30	\$90

Windermere Park

8:30-11:15a	Tu, Th	1/3-1/31	\$90
8:30-11:15a	Tu, Th	2/2-2/28	\$90
8:30-11:15a	Tu, Th	3/2-3/30	\$90
8:30-11:15a	Tu, Th	4/4-4/27	\$90
8:30-11:15a	Tu, Th	5/2-5/30	\$90
11:15a-2p	Tu, Th	1/3-1/31	\$90
11:15a-2p	Tu, Th	2/2-2/28	\$90
11:15a-2p	Tu, Th	3/2-3/30	\$90
11:15a-2p	Tu, Th	4/4-4/27	\$90
11:15a-2p	Tu, Th	5/2-5/30	\$90

Club Kindergarten
Ages 4 to 5

Club Kindergarten is designed to engage children through activities, active play, and socialization. Participants will be introduced to a variety of kindergarten readiness activities that encourage independence and academic exploration. Number recognition, phonic development, science, culinary arts, and literature are among the many areas of exploration and development. Club Kindergarten teachers work with the school district to prepare children for kindergarten. **Bring a sack lunch and drink. All children must be potty trained. No class 4/14, 4/17, & 5/29.**

Gardenhill Park

8:30-11:15a	M, W, F	1/4-1/30	\$120
8:30-11:15a	M, W, F	2/1-2/27	\$120
8:30-11:15a	M, W, F	3/1-3/31	\$120
8:30-11:15a	M, W, F	4/3-4/28	\$120
8:30-11:15a	M, W, F	5/1-5/31	\$120
11:15a-2p	M, W, F	1/4-1/30	\$120
11:15a-2p	M, W, F	2/1-2/27	\$120
11:15a-2p	M, W, F	3/1-3/31	\$120
11:15a-2p	M, W, F	4/3-4/28	\$120
11:15a-2p	M, W, F	5/1-5/31	\$120

Windermere Park

8:30-11:15a	M, W, F	1/4-1/30	\$120
8:30-11:15a	M, W, F	2/1-2/27	\$120
8:30-11:15a	M, W, F	3/1-3/31	\$120
8:30-11:15a	M, W, F	4/3-4/28	\$120
8:30-11:15a	M, W, F	5/1-5/31	\$120
11:15a-2p	M, W, F	1/4-1/30	\$120
11:15a-2p	M, W, F	2/1-2/27	\$120
11:15a-2p	M, W, F	3/1-3/31	\$120
11:15a-2p	M, W, F	4/3-4/28	\$120
11:15a-2p	M, W, F	5/1-5/31	\$120



Holiday Tots

This class is great for tots and parents. Tots can have time for holiday crafts and fun while parents can shop and get all the last minute errands finished. If new to the program, send a copy of a birth certificate with registration. All children must be potty trained. **Children must wear closed-toe shoes. Bring sack lunch and drink. No class 11/24, 11/25.**

Instructor: City of La Mirada staff

Tiny Tots

Ages 3 to 4 Gardenhill Park

8:30-11:15a	Tu, Th	11/15-12/15	\$90
11:15a-2p	Tu, Th	11/15-12/15	\$90

Ages 3 to 4 Windermere Park

8:30-11:15a	Tu, Th	11/15-12/15	\$90
11:15a-2p	Tu, Th	11/15-12/15	\$90

Club Kindergarten

Ages 4 to 5 Gardenhill Park

8:30-11:15a	M, W, F	11/14-12/16	\$135
11:15a-2p	M, W, F	11/14-12/16	\$135

Ages 4 to 5 Windermere Park

8:30-11:15a	M, W, F	11/14-12/16	\$135
11:15a-2p	M, W, F	11/14-12/16	\$135

* Participants can sign up for morning and afternoon classes.

Requirements for all Tiny Tots Classes:

- Children must wear closed-toe shoes.
- All children must be fully potty trained.
- If new to the program, a copy of birth certificate must be provided at registration.

Tiny Tots Late Pickup Notice

Parents/guardians picking up children from the City's Tiny Tots programs will be given a 5-minute grace period and will be assessed \$1 per minute thereafter. Parents/guardians will be required to pay the tardy fees prior to the next class meeting. After three late pickups during a session, including during the 5-minute grace period, the participant is subject to removal from the program.

Arts & Crafts



Art Innovators!

Build your own portfolio with the masterpieces you will create each week! Explore a variety of artistic styles and methods using professional-quality media such as watercolor, pastels, chalk, and more. Our projects never repeat. If you can dream, you can draw! **\$10 material fee payable to instructor at first class meeting.**

Instructor: Art Innovators

Ages 5 to 11	LMAC			
#3437	3:45-4:45p	F	12/2-12/23	\$60
#3438	3:45-4:45p	F	1/6-1/27	\$60
#4413	3:45-4:45p	F	2/3-2/24	\$60

Masterpieces with Pencils & Pastel

Your young artist will learn basic design, perspective, animal art and portraiture. **There is a \$3 supply fee payable to instructor at first class session.**

Instructor: Kathy Breaux

Ages 6 to 12	LMRC			
#3979	4-5p	Th	12/1-12/15	\$44

Fun Acrylic Painting

Students explore color mixing, landscape, animal art and portraits. Please wear an old T- Shirt or apron, as paints used in class may stain. **There is a \$3 supply fee payable to instructor at first class session.**

Instructor: Kathy Breaux

Ages 6 to 12	LMRC			
#3980	5-6p	Th	12/1-12/15	\$44

Community Parks

Frontier, Gardenhill & Windermere Parks

Recreation Leaders will provide fun activities geared for children ages 7-13. Children can participate in games, sports, crafts and homework. All activities take place outdoors, except in inclement weather. Parks will be staffed from 2:30-5 p.m. Monday through Friday, with extended hours on Wednesdays from 1-5 p.m.

2:30-5 p.m.	M-F*	8/17-6/1	Free
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*Wednesdays 1-5p

Enrichment



Afterschool Enrichment Program Monthly

This program is designed to provide quality supervision for children after school, balancing learning and fun through a variety of experiences. Children can receive homework help, participate in enrichment activities such as clubs, crafts, physical fitness, computer activities, sports and much more in a stimulating, after-school care environment.

Instructor: City of La Mirada Staff

Grades: Kindergarten through Grade 8

Location: Resource Center

November	2:30-6p	M-F	11/1-11/30	\$180
December	2:30-6p	M-F	12/1-12/23	\$180

*Wednesdays, 1-6p



Horse Fun for Kids

Join this fun class and learn the basics about horsemanship and riding, saddling, haltering, feeding, and grooming. **Bring a bike helmet and wear closed-toe shoes. \$20 material fee payable to instructor at first class meeting.**

www.havefunwithhorses.com

Location: El Rodeo Stables
(949) 285-5286
4449 Carbon Canyon Rd.
Brea, CA 92823

Instructor: Cheryl Skidmore

Ages 7 to 12	El Rodeo Stables			
#3555	10a-11a	Sa	12/3-12/17	\$72
#3556	10a-11a	Sa	1/7-1/28	\$72
#3557	10a-11a	Sa	2/4-2/25	\$72

Learning Corner



Math Workshop

This is a great refresher course for students who want to brush up on their math skills. Experience a new approach to math problem solving and hands-on practice for ages 8 to 13. Whether students need help with homework or want to prepare for a test, AGI is here to help. The program not only helps with individual improvement but will also help your student manage overall success in school. **\$10 material fee payable to instructor at first class meeting.**

Instructor: AGI Academy

Ages 8 to 13	LMRC			
#3425	5:15p-6p	Th	1/19-2/23	\$78

Classes promote personal development and enrichment.



Intro to Typing, Microsoft Word & Powerpoint

Develop your basic typing skills and prepare for many years of future usage. This class will introduce you to Microsoft Word for writing reports, homework or basic communication. This class will provide hands on exercises with the opportunity to make a flyer and a slide show presentation using PowerPoint. Come sharpen your skills and get a head start in school or at work. **\$10 material fee payable to instructor at first class meeting.**

Instructor: AGI Academy

Ages 8 and up	LMRC			
#3426	6p-6:45p	Th	1/19-2/23	\$78

Music & Theatre

Semi-Private Piano

This course will assist those with an interest in learning piano with an introduction to reading music, and theory. Practice will be done at home with course assignments. **Parents will be responsible for the purchase of materials and a list of required books will be provided at the first class meeting.**

Instructor: Mercedes Valdes

Ages 6 and up	LMAC			
#3989	3-4p	Tu,Th	12/13-1/19	\$67
#3990	4-5p	Tu,Th	12/13-1/19	\$67
#3991	5-6p	Tu,Th	12/13-1/19	\$67
#3992	3-4p	Tu,Th	1/24-2/23	\$67
#3993	4-5p	Tu,Th	1/24-2/23	\$67
#3994	5-6p	Tu,Th	1/24-2/23	\$67

Health & Fitness



Judo - Youth

The Olympic sport of Judo is the most widely practiced martial art in the world. Judo builds self-confidence, coordination, balance, poise and character. Today, Judo is practiced worldwide by men and women of all ages as a method of self-defense, a means of keeping fit, or simply as an enjoyable sport. Saturday classes are combined with all adult and youth Judo & Ju-Jitsu classes. Instructor is a 3-time World Champion.

Instructor: Greg Fernandez

Ages 5 to 12	Gym			
#3419	6:30-7:30p	Tu, Sa	11/29-3/4	\$31

*Saturday 9a-12p



TriFytt Basketball

TriFytt Sports are the perfect way for your young athlete to learn or enhance their sports skills. Focusing on the 'Spirit, Mind and Body', TriFytt Sports provide the ideal curriculum for the next-generation athlete in a safe and fun environment. Caring and trained TriFytt instructors balance fundamental skills improvement with personal character development to help each participant strengthen his or her potential. The TriFytt curriculum covers rules of the sport, game techniques, and drills or useful tips to further skill development at home. TriFytt also focuses on the importance of communication, respect, goal setting, positive self-image, sportsmanship and teambuilding. Each participant will receive a camp shirt!

Instructor: Trifytt Sports Staff

Ages 3 to 4	Gardenhill Park		
#4011 4-4:45p	Tu	01/17-02/28	\$85
Ages 5 to 7	Gardenhill Park		
#4013 5-5:45p	Tu	01/17-02/28	\$85
Ages 8 to 12	Gardenhill Park		
#4012 6-7p	Tu	01/17-02/28	\$89

Karate

Traditional Japanese Karate retains all traditions of the ancient art. The philosophy and rules help children develop a better form of discipline and respect. Consistent training helps students become stronger and develop more confidence. Karate teaches students the customs and courtesies of the Japanese culture.

Ages 5 and up

Beginner

#3981 6-7:15p	Tu, Th, *Sa	11/29-12/22	\$75
#3982 6-7:15p	Tu, Th, *Sa	1/3-1/28	\$75
#3985 6-7:15p	Tu, Th, *Sa	1/31-2/25	\$75

*Saturday class 1-2:15p

Intermediate

#3983 7:15-8:30p	Tu, Th, **Sa	11/29-12/22	\$75
#3984 7:15-8:30p	Tu, Th, **Sa	1/3-1/28	\$75
#3987 7:15-8:30p	Tu, Th, **Sa	1/31-2/25	\$75

**Saturday class 2:15-3:30p

Classes and programs help you live a healthier, happier life.



Beginning Youth Tennis

We believe learning tennis should be fun and exciting. All classes feature the magical fusion of music and tennis. All four major strokes will be taught; the forehand, backhand, serve and volley. Students will be given a solid tennis foundation through innovative and effective drills and games. Once ready, players will be invited to join the intermediate class

Instructor: Johnny Allen Tennis Staff

Ages 6 to 10	Gardenhill Park		
#4017 5:30-6:30p	Tu, Th	12/6-12/15	\$57
#4018 5:30-6:30p	Tu, Th	1/10-2/2	\$106
#4019 5:30-6:30p	Tu, Th	2/7-3/2	\$106



Intermediate/Advanced Youth Tennis

All junior tennis players looking for fun and improvement are welcome to play and find their groove, as music is played in every class. All four major strokes will be taught; the forehand, backhand, serve and volley. Players will improve technique, spin, placement, balance, and movement through Johnny Allen's own specially designed drills and games. We will be focusing on proper technique on all major shots during singles and doubles play, preparing players for high school tennis, tournaments and an overall higher level of the game.

Instructor: Johnny Allen Tennis Staff

Ages 7 to 17	Gardenhill Park		
#4020 6:30-8:30p	Tu, Th	12/6-12/15	\$72
#4021 6:30-8:30p	Tu, Th	1/10-2/2	\$136
#4022 6:30-8:30p	Tu, Th	2/7-3/2	\$136



Anti-Bully Self Defense Class

Student will learn how to react (and how not to react), proper freeing techniques, locks, and strangling techniques. Class includes about 80% kicking and 20% punching and a form of self-defense called Hapkido, which involves joint locks, pressure points, throws, falls, and other self-defense strikes. **Includes free uniform for new students only.**

Location: Victory Tae Kwon Do
13425 Beach Blvd.
La Mirada, CA 90638
(562) 947-1111

Instructor: Victory Tae Kwon Do

Ages 6 to 12	Victory Tae Kwon Do		
#3466 7-7:45p	M, W	11/28-12/21	\$57
#3467 7-7:45p	M, W	1/9-2/1	\$57
#3472 7-7:45p	M, W	2/6-3/1	\$57
#3468 4:15-5p	Tu, Th	11/29-12/22	\$57
#3469 4:15-5p	Tu, Th	1/10-2/2	\$57
#3473 4:15-5p	Tu, Th	2/7-3/2	\$57



Ice Skating for Kids

Learn the fundamentals of ice skating with our complete and comprehensive program supporting skaters of all ages and disciplines. Fees include skate rentals and practice time on lesson day. **Arrive early for check-in and skate sizing. Dress warm and wear mittens/gloves.**

www.eastwesticepalace.com.
Location: East West Ice Palace
(562) 809-6200
11446 Artesia Blvd
Artesia CA, 90701

Instructor: East West Ice Palace

Ages 6 to 12	East West Ice Palace		
#4026 5:40-6:10p	W	1/11-2/8	\$57



Jammin' Gymnastics

Jammin' Gymnastics is an introductory gymnastics class offered at PDGA Gymnastics Academy, a world-class training facility. Jammin' Gymnastics will teach four competitive events utilizing trampolines and foam pits. This is a great class to introduce your child to the sport of gymnastics.

Location: PDGA USA
15064 Shoemaker Avenue
Santa Fe Springs, CA 90670
(562) 229-1927

Instructor: PDGA USA

Ages 5 to 8	PDGA USA		
#3450 4-4:55p	F	1/6-1/27	\$65
#3451 4-4:55p	F	2/3-2/24	\$65
#3485 4-4:55p	M	11/28-12/19	\$65
#3486 4-4:55p	M	1/7-1/28	\$65
#3487 4-4:55p	W	11/30-12/21	\$65
#3491 3-3:55p	F	12/2-12/23	\$65
#3492 3-3:55p	F	1/4-1/25	\$65

Ages 9 to 13

#3489 6-6:55p	W	11/30-12/21	\$65
#3490 6-6:55p	W	1/2-1/23	\$65
#3493 11-11:55a	Sa	12/3-12/17	\$65
#3494 11-11:55a	Sa	1/6-1/27	\$65

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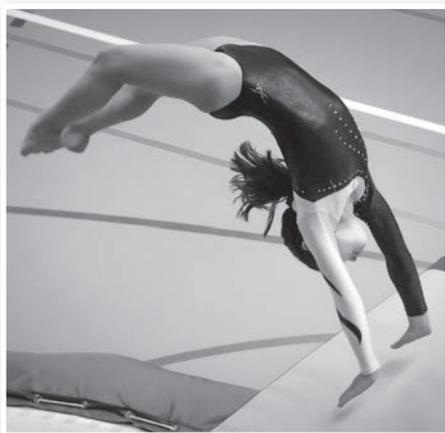
Youth Ice Hockey

Learn basic skills necessary to play ice hockey, one of the fastest growing So Ca. High School Varsity sports! No sticks or pucks yet. Skate rental is included. Free practice session times: Th 2:45-4pm or Sat 10:45-11:15am. Check in early. **Dress warmly. Pre-registration required. No class 1/14, 2/18.**

Location: The Rinks Lakewood ICE
(562) 429-1805
3975 Pixie Avenue
Lakewood, CA 90712
www.lakewoodice.com

Instructor: The Rinks Lakewood ICE staff
Ages 7 to 18

#4001	4:30-5p	Th	12/1-12/15	\$45
#4002	4:30-5p	Th	1/5-1/26	\$45
#4003	4:30-5p	Th	2/2-2/23	\$45
#4004	11:15-11:45a	Sa	12/3/12/17	\$45
#4005	11:15-11:45a	Sa	1/7-1/28	\$45
#4006	11:15-11:45	Sa	2/4-2/25	\$45



Round-Off Back handspring Class

These classes are designed to teach the round-off back handspring for cheerleading or a gymnastics team including multiple back handsprings and the more advanced back flip. Good for beginner to advanced levels.

Location: PDGA USA
15064 Shoemaker Avenue
Santa Fe Springs, CA 90670
(562) 229-1927

Instructor: PDGA USA

Ages 6 to 16		PDGA USA		
#3452	12-12:55p	Sa	1/7-1/28	\$65
#3453	12-12:55p	Sa	2/4-2/25	\$65
#3454	12-12:55p	Su	1/8-1/29	\$65
#3455	12-12:55p	Su	2/5-2/26	\$65
Ages 8 to 15		PDGA USA		
#3481	4-4:45p	M	11/28-12/19	\$65
#3482	4-4:45p	M	1/7-1/28	\$65



Jujitsu - Youth

Ju-Jitsu is a comprehensive Japanese martial art employing attacks such as throwing, choking, restraining holds, joint locks, and blows with the hands and feet to subdue or disable an opponent. Saturday classes are combined with adult and youth Judo & Ju-Jitsu classes. Instructor is a 9th degree black belt.

Instructor: Greg Fernandez

Ages 7 to 12		Gym		
#3422	6-7:30p	M, Sa	11/28-3/4	\$47

*Saturday 9a-12p



Tae Kwon Do for Youth

Students will learn leadership and life skills such as self-control, confidence, respect, and focus. **Includes free uniform for new students; returning members will receive a \$5 discount for the class.**

Location: U.S. Tae Kwon Do
15532 La Mirada Blvd.
La Mirada, CA 90638
(714) 739-8676

Instructor: Master Jang Kim

Ages 6 to 12		U.S. Tae Kwon Do Center		
#3403	5:40-6:20p	M, W	11/28-12/28	\$55
#3404	5:40-6:20p	M, W	1/4-1/25	\$55
#3405	5:40-6:20p	M, W	1/30-2/22	\$55
#3406	6:20-7p	M, W	11/28-12/28	\$55
#3407	6:20-7p	M, W	1/4-1/25	\$55
#3408	6:20-7p	M, W	1/30-2/22	\$55
#3409	3:50-4:30p	Tu, Th	11/29-12/29	\$55
#3410	3:50-4:30p	Tu, Th	1/3-1/26	\$55
#3411	3:50-4:30p	Tu, Th	1/31-2/23	\$55
#3412	4:30-5:10p	Tu, Th	11/29-12/29	\$55
#3413	4:30-5:10p	Tu, Th	1/3-1/26	\$55
#3414	4:30-5:10p	Tu, Th	1/31-2/23	\$55



Southern California Seahorses and their 30+ years of working with soccer youth are joining in with the La Mirada Recreation Department to help our youth learn how to play the game of soccer in a wholesome and fun environment!



Soccer Newbies!

Let's have fun and learn some soccer! This is an introduction class for our newbies! We want to make sure they have a positive and fun experience as they learn some soccer basics to build on as they learn to develop their soccer "career"!

Instructor: Southern California Seahorses

Ages 3 to 4		Behringer Park		
#4380	4:30-5:05p	W	1/11-3/1	\$89



Having FUN with Soccer FUNDAMENTALS

Having fun is essential for learning at this age. We will focus on the games technical fundamentals by learning them while having lots of fun!

Instructor: Southern California Seahorses

Ages 5 to 7		Behringer Park		
#4381	5:10-5:55p	W	1/11-3/1	\$89



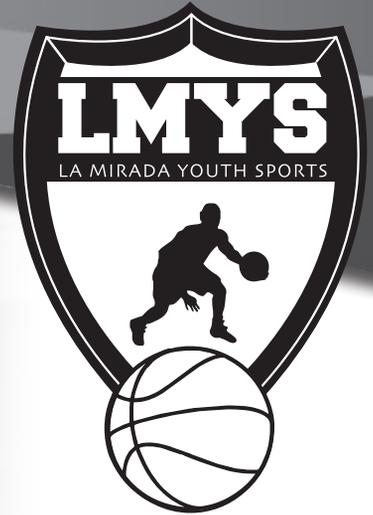
Speed up Your Game!

We will focus on different ways in which a youth player can speed up his/her game which will lead him/her to be a more impacting player for their team!

Instructor: Southern California Seahorses

Ages 8 to 10		Behringer Park		
#4382	6-6:45p	W	1/11-3/1	\$89

Classes promote personal development and enrichment.

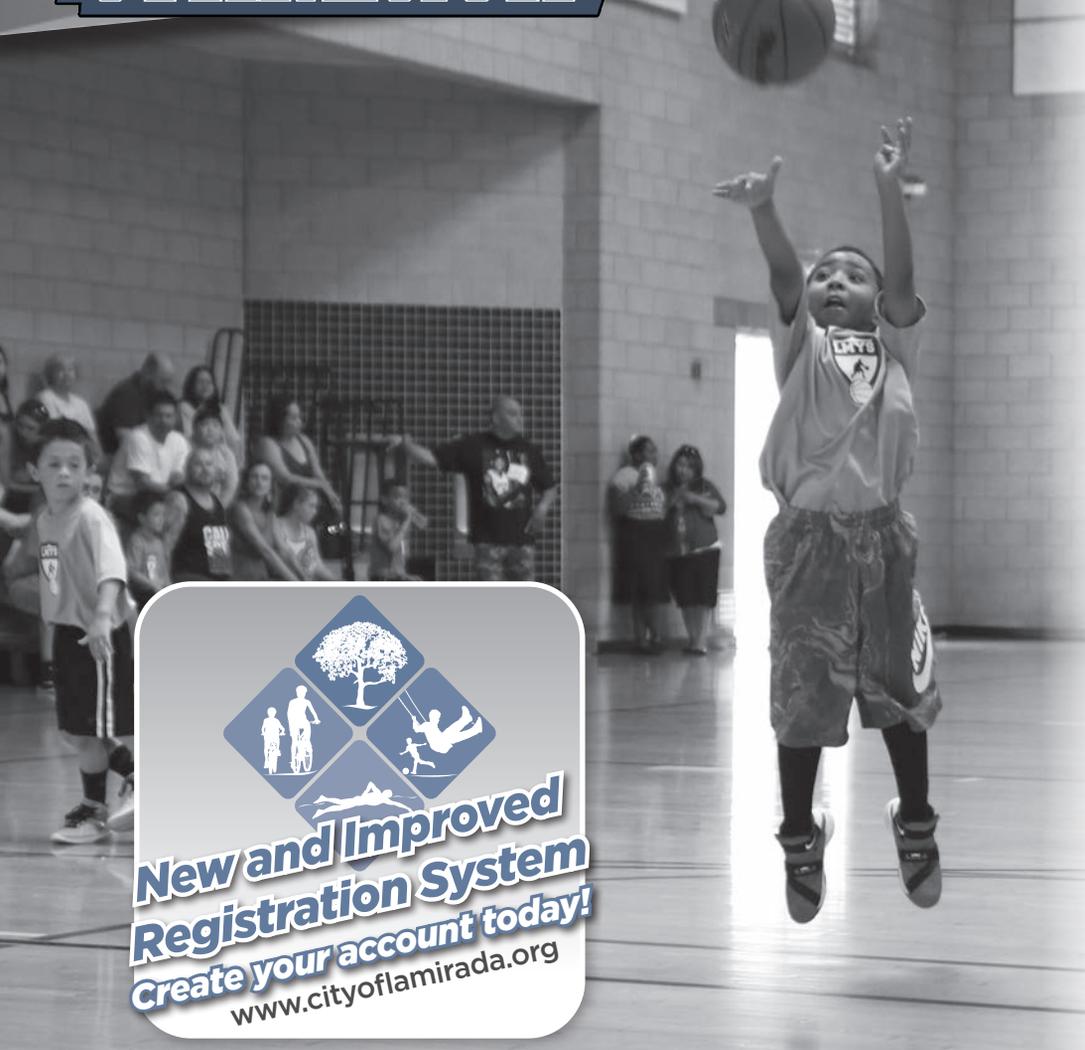


Youth Basketball League
10 Games

The Community Services Department Youth Basketball program is a non-competitive league designed for recreational play. Volunteer coaches will teach the fundamentals of the sport, emphasizing teamwork, passing, dribbling and other ball skills. Everyone plays! Each player receives a team jersey and player medal. Submit a copy of participant's birth certificate at time of registration if new to the league. Practices are scheduled to begin the week of 1/9/17, although subject to change. **A \$10 late registration fee will be assessed after 1/3/17.**

La Mirada Gymnasium

Ages 5-6	Sa, Su	1/21-3/12	\$65
Ages 7-8	Sa, Su	1/21-3/12	\$65
Ages 9-10	Sa, Su	1/21-3/12	\$65
Ages 11-12	Sa, Su	1/21-3/12	\$65
Ages 13-14	Sa, Su	1/21-3/12	\$65
Ages 15-17	Sa, Su	1/21-3/12	\$65



New and Improved Registration System
Create your account today!
www.cityoflamirada.org

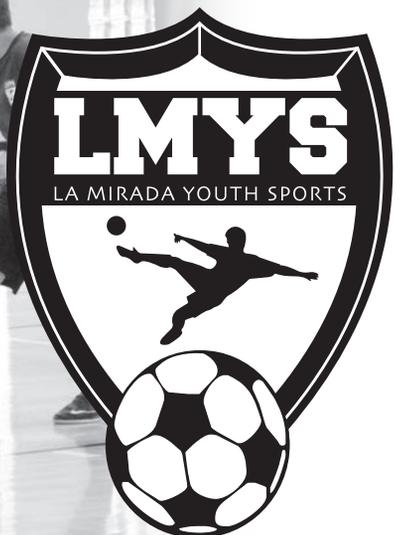


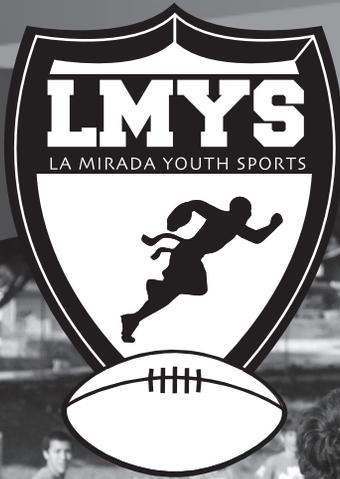
Youth Futsal Indoor Soccer League
8 Games

The Community Services Department Youth Futsal program is a non-competitive league designed for recreational play. Volunteer coaches will teach the fundamentals of the sport, emphasizing teamwork, passing, dribbling and other ball skills. Everyone plays! Each player receives a t-shirt and player trophy. Submit a copy of participant's birth certificate at time of registration if new to the league. Practices are scheduled to begin the week of 1/9/17, although subject to change. **A \$10 late registration fee will be assessed after 1/3/17.**

La Mirada Gymnasium

Ages 5-14	Sa	1/21-3/11	\$65
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Friday Night Football

The City of La Mirada is pleased to announce Friday Night Football (FNF) for youth ages 5-14 is returning for the Fall of 2016. Friday Night Football enhances the flag football style of play with less contact and no blocking. The quick strike, high scoring offensive philosophy will help develop skills and allow for a fun safe environment to play and enjoy the game of football. All games are played Friday evenings at Behringer Park. Sign up today for the 2017 season, as practices will start on the week of 3/20/17. A \$10 late registration fee will be assessed after 3/14/17.

Ages 5-6	F	4/1-5/21	\$65
Ages 7-8	F	4/1-5/21	\$65
Ages 9-10	F	4/1-5/21	\$65
Ages 11-12	F	4/1-5/21	\$65
Ages 13-14	F	4/1-5/21	\$65



Youth Volleytennis League
8 Games

If you are 7-8 years old and want to play volleyball, this is a great place to start! The net is lower and the ball may bounce making it easier for the kids. This league will be a fun introduction to our volleyball league. Games will be played on either Saturday or Sunday afternoons. Each player receives a team T-shirt and player medal. Submit a copy of participant's birth certificate at time of registration if new to the league. Practices begin the week of 3/20/17, although subject to change. **A \$10 late registration fee will be assessed after 3/14/17.**

La Mirada Gymnasium

Ages 7-8	Sa/Su	4/1-5/21	\$65
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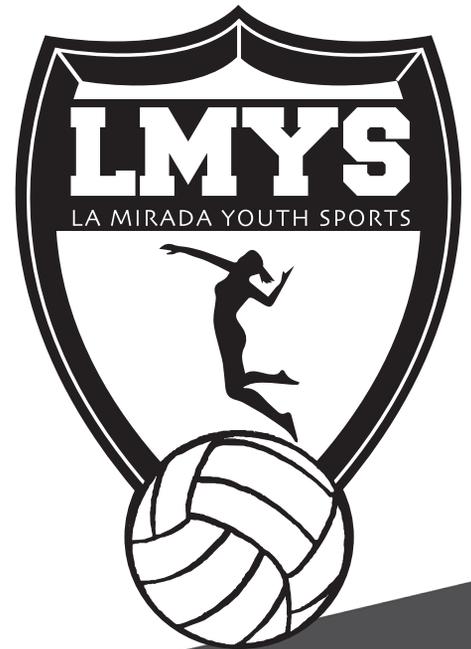


Youth Volleyball League
8 Games

The City of La Mirada Community Services Department's Youth Volleyball program is designed for recreation play. Volunteer coaches emphasize skills such as passing, setting, serving and teamwork. Everyone plays! Games will be played on Saturday or Sunday afternoons. Each player receives a team T-shirt and participation medal. Open to ages 9-17. Please submit a copy of participant's birth certificate at time of registration if new to the league. Practices begin the week of 3/20/17, although subject to change. **A \$10 late registration fee will be assessed after 3/14/17.**

La Mirada Gymnasium

Ages 9-10	Sa/Su	4/1-5/21	\$65
Ages 11-12	Sa/Su	4/1-5/21	\$65
Ages 13-14	Sa/Su	4/1-5/21	\$65
Ages 15-17	Sa/Su	4/1-5/21	\$65



**FOR MORE INFORMATION CALL (562)902-2938
OR VISIT WWW.CITYOFLAMIRADA.ORG**

BRICK HOUSE

March 10
March Madness

La Mirada
Community Gymnasium
7-10 p.m. • \$5

The La Mirada Public Safety and Community Services Departments provide local middle school students an opportunity to relax and enjoy a night filled with music, dancing, refreshments, and friends. Tickets can be purchased at any Community Services facility for \$5. **Valid Middle School identification and event waiver form must be presented at time of purchase. Please purchase tickets in advance.**



Leaders in Training

Youths 13 to 17 years of age can gain work experience, have fun and explore the field of recreation through the City of La Mirada's Leaders in Training program. Tailored specifically to enable youth to build leadership skills in a fun and interesting environment, the program gives Leaders in Training participants the opportunity to assist with various recreational programs and facilities within the City. Applications are now being accepted at the La Mirada Resource Center.

Ages 13 to 17 **Price \$60**
#41180 Annual M-F 6/22/16-6/4/17

Classes and programs help you live a healthier, happier life.



Father Daughter Dance

Friday, February 10, 2016 • 7-9 p.m.

Community Gymnasium

\$37 per child and adult • \$17 additional child

On Friday, February 10 dads are invited to bring their daughters for a fun evening of crafts, music, dancing and refreshments. Souvenir photos will be included in the evening's festivities. Dads and their guests are encouraged to dress in their favorite party outfit! For more information or to sign up, please call Community Services at (562) 943-7277

#4416 7-9p F 2/10 \$37* Parent & Child
*\$17 Additional Child

Arts & Crafts



Artists' Studio

Dedicate 3 hours each week to improve your artwork and yourself as an artist. Bring your own project and supplies. Work at your own pace, while you learn from your peers in a positive, art-driven atmosphere. **No class 12/20 or 12/27.**

Instructor: Stephanie Matthies

Ages 18 and up **LMRC**
#4122 6-8:45p T 11/29-2/28 Free

Chinese Brush Painting

This course will provide instruction on the basic techniques of traditional Chinese brush painting as a new water color medium that is related, but different from western watercolor. Instructor will help develop a new approach and new perception in painting.

Instructor: Meejung Lee

Ages 13 and up **LMAC**
#4119 10a-12p M 12/5-2/27 \$15

Enrichment



Beginning Knitting

Knitting is a wonderful way to hand make beautiful, personalized and practical gifts at a fraction of the retail cost. Learn the basic stitches (knit and purl) and how to read the pattern to knit a small project. **\$10 material fee payable to the instructor at the first class meeting. No class 12/21 and 12/28.**

Instructor: Lina Ibarra

Ages 13/up **LMRC**
#4388 6-7:15p W 11/30-1/18 \$67
#4391 6-7:15p W 1/25-03/1 \$67



Beginning Crochet

Crocheting is a wonderful way to hand make beautiful, personalized and practical gifts at a fraction of the retail cost. Learn the basic stitches (single crochet, half double crochet and double crochet) and how to read the pattern to crochet a small project. **\$10 material fee payable to the instructor at the first class meeting. No class 12/21 and 12/28.**

Instructor: Lina Ibarra

Ages 13/up **LMRC**
#4389 7:30-8:45p W 11/30-1/18 \$67
#4390 7:30-8:45p W 1/25-3/1 \$67



Sewing, Serging and More

Whether you are a beginner or an advanced seamstress, you will learn how to sew or improve your sewing skills. Instructions will be given for the sewing machine, sergers and cover stitch machines. There will be a different lesson each week. Students work on projects of their choice and receive help to complete them. Please bring your sewing machine and all supplies you need for your project.

Instructor: Lana Mc Millen

Ages 13 and up		LMRC		
#3977	5:15-8:15p	M	11/28-2/27	\$70
#3978	8:30a-12:30p	W	11/30-3/1	\$90



Horse Fun for Adults

Learn the art of basic riding and learn all about horses in a fun-filled atmosphere. We will learn to halter, groom, saddle, feed, walk, stop, turn, mount and dismount. **\$20 material fee payable to instructor at first class meeting. Safety helmets provided or bring your own bike helmet.** www.havefunwithhorses.com

Location: El Rodeo Stables
(949) 285-5286
4449 Carbon Canyon Rd.
Brea, CA 92823

Instructor: Cheryl Skidmore

Ages 13 and up		El Rodeo Stables		
#3552	3-4p	Sa	12/3-12/17	\$72
#3553	3-4p	Sa	1/7-1/28	\$72
#3554	3-4p	Sa	2/4-2/25	\$72

Music

Guitar with Fundamentals of Music

This class is designed to teach students how to read music and play guitar. We will cover music fundamentals, chords, finger-picking, and learn how to create music using the techniques students learn in class. **No class 12/27.**

Instructor: James Grover

Ages 18 and up		LMRC		
#4118	5-6p	T	11/29-1/10	\$77
#4124	5-6p	T	1/17-2/21	\$77
#4117	6:30-7:30p	T	11/29-1/10	\$77
#4125	6:30-7:30p	T	1/17-2/21	\$77

Classes promote personal development and enrichment.

Learning Corner

Driver Education - Online Course

A driver's education course must be taken in California prior to receiving a Driver's Permit. This is an internet course and coursework can be completed at the student's convenience. A DMV accepted certificate will be issued upon successful completion of the course. Class does not include behind-the-wheel driving.

Instructor: All Good Driving School, Inc.

Ages 14 to 18		Personal Computer		
#3541	8a-10p	M	1/9-1/30	\$47
#3542	8a-10p	M	2/6-2/27	\$47

Health & Fitness



100 Citizens Fitness Program

Reach your health and wellness goals, and get a head start on those New Year's resolutions, with the 100 Citizens Fitness Program. This free community fitness program is brought to you by Biola University's Kinesiology Department and will help individuals 18 years and older meet or exceed the CDC's exercise recommendations.

100 citizens meets at La Mirada Regional Park Monday, Wednesday, and Friday mornings from 6:30 to 7:30 a.m. beginning October 10. Program meets near the tennis courts by the Adelfa parking lot. For more information email 100citizens@biola.edu



Deep Tissue-Massage with Therapy Balls

Learn to give yourself a deep-tissue massage using therapy balls designed to grip the skin and penetrate deeply into muscles and connective tissue. Learn techniques to relieve back pain/sciatica, stiff neck/shoulders, tight hips/hamstrings, TMJ/tight jaw, and more. **\$15 materials fee (cash) due at first class for 1 set of therapy balls, which you will keep. Bring yoga mat. No class 12/24 & 12/31.**

sunmoonyogastudio@gmail.com

Instructor: Sun Moon Yoga

Ages 13 and up		LMRC		
#3384	10a-11:30a	Sa	12/3-1/7	\$67
#3385	10a-11:30a	Sa	1/14-2/4	\$67
#4126	10a-11:30a	Sa	2/11-3/4	\$67



Ice Skating for Teens and Adults

Learn the fundamentals of ice-skating with our comprehensive program for skaters of all ages and disciplines. Fees include skate rentals and practice time on lesson day.

Arrive early for check-in and skate sizing. Dress warmly and wear mittens/gloves.

www.eastwesticepalace.com

Location: East West Ice Palace
(562)809-6200
11446 Artesia Blvd
Artesia CA, 90701

Instructor: East West Ice Palace

Ages 13 and up		East West Ice Palace		
#4028	5:40-6:10p	W	1/11-2/8	\$57



Judo - Adult

The Olympic sport of judo is the most widely practiced martial art in the world and its primary characteristic and appeal lies in its throwing techniques. Judo is practiced by men and women of all ages as a method of self-defense, a means of keeping fit or simply as an enjoyable sport. Saturday classes are combined with all adult and youth Judo and Ju-Jitsu classes. Instructor is a 3-time world champion.

Instructor: Greg Fernandez

Ages 13 and up		Gym		
#3420	7:30-9p	Tu, Sa	11/29-3/4	\$31

*Saturday 9a-12p

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www.cityoflamirada.org



Judo Kata

This class is for advanced martial artists only and with prior approval from the instructor who will teach the kata of Kodokan Judo at an advanced level to satisfy promotion requirements and/or kata competition needs.

Instructor: Greg Fernandez

Ages 13 and up LMRC

#3418	7:30-9p	Th	12/1-1/5	\$27
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Adult Jujitsu

Jujitsu is a comprehensive Japanese martial art employing attacks such as throwing, choking, restraining holds, joint locks and blows with the hands and feet to subdue or disable an opponent. Intermediate and advanced students will also learn how to defend against traditional and modern weapons. Saturday classes are combined with all adult and youth Judo and Ju-Jitsu classes. Instructor is a 9th degree black belt.

Instructor: Greg Fernandez

Ages 13 and up Gym

#3421	7:30-9p	M, Sa	11/28-3/4	\$47
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*Saturday 9a-12p



Workout Tae Kwon Do for Teens and Adults

This class is designed to be a discipline-teaching way of enhancing our spirit and life through training our body and mind. Workouts consist of total body cardio fitness and strength training, balancing mental fitness with physical fitness for an overall complete workout. Anyone can do it! **Includes free uniform for new students only.**

Location: Victory Tae Kwon Do
13425 Beach Blvd.
La Mirada, CA 90638
(562) 947-1111

Instructor: Victory Tae Kwon Do

Ages 13 and up Victory Tae Kwon Do

#3462	7:45-8:35p	M, W	11/28-12/21	\$57
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#3463	7:45-8:35p	M, W	1/9-2/1	\$57
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#3474	7:45-8:35p	M, W	2/6-3/1	\$57
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#3464	7:45-8:35p	Tu, Th	11/29-12/22	\$57
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#3465	7:45-8:35p	Tu, Th	1/10-2/2	\$57
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#3475	7:45-8:35p	Tu, Th	2/7-3/2	\$57
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Self-Defense for Women

This class will teach simple/practical defenses from common assaults such as chokes and bear hugs to more serious confrontations involving guns and knives. Instructor is a 4th degree black belt.

Instructor: Dixie Holloway

Ages 13 and up LMRC

#3970	7:30-9p	Th	1/5-2/2	\$49
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Power Yoga

This invigorating workout helps build muscle strength, relieve back pain, lower blood pressure, help with weight loss and increase all over body health. All levels welcome, especially beginners. Hydrate before class and come with an empty stomach, a yoga mat, a large towel and water.

Instructor: Sun Moon Yoga

Ages 13 & up LMRC

#3386	7:45-9p	W	11/30-1/18	\$55
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#3390	7:45-9p	W	1/25-3/1	\$55
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#3388	8:30-9:45a	Sa	12/3-1/21	\$55
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#3391	8:30-9:45a	Sa	1/28-3/4	\$55
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#3387	7:45-9p	W	11/30-3/1	\$103
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#3389	8:30-9:45a	Sa	12/3-3/4	\$103
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San Soo Kung Fu

The ancient art of Kung Fu San Soo is a Chinese style of hand-to-hand combat developed and refined for over two thousand years. Come learn how the concepts of San Soo can change the way you think about self-defense.

Instructor: Globosoft Solutions

Ages 11 and up LMRC

#3382	7:15-9p	M, W	11/28-1/11	\$77
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#3383	7:15-9p	M, W	1/16-2/22	\$77
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 **Yoga/Stress Management**

The class will focus on yoga poses and breathing techniques that will tone your body, increase flexibility, energize you and teach you to completely relax. Classes are designed and taught by a physical therapist with 20 years of experience teaching yoga. **Avoid eating 2 hours before class, bring sticky mat, large towel, and be prepared to remove your shoes and socks. No class from 12/22-12/29, 2/2 and 2/4.**

Instructor: Dolly Lai

Ages 13 and up		LMRC			
#3476	5:30-6:45p	M	11/28-2/13	\$95	
#3477	5:30-6:45p	W	11/30-2/15	\$95	
#3478	12-1p	Th	12/1-2/16	\$95	



 **Yoga Therapy (Yoga+Physical Therapy)**

The class is designed to help with symptoms of pain, depression, stress, blood pressure, arthritis, insomnia, tendonitis, allergies, toxins and osteoporosis. Movements may improve circulation, flexibility, muscle tone, strength, balance, breathing capacity and oxygen intake. Everyone works at their own pace. Yoga mat and flexible clothing needed. **No class 12/27, 12/29, 1/3, 1/5.**

Instructor: Trissia Baughman

Ages 18 and up		LMRC			
#4102	9:30-11:30a	Tu	11/29-1/17	\$43	
#3973	9:30-11:30a	Tu	11/29-2/28	\$79	
#4103	6-8p	Th	12/1-1/19	\$43	
#3974	6-8p	Th	12/1-3/2	\$79	



 **Zumba Gold - Low Impact**

Zumba Gold is perfect for beginners, individuals with limitations, and older adults. This class will provide the same moves as regular Zumba with low impact. Latin rhythms, belly dancing, and African beats all compacted into one fun-filled class.

Instructor: Reyna Ruiz

Ages 17 and up		LMRC			
#4031	8:30-9:30a	M	11/28-1/16	\$25	
#4038	8:30-9:30a	M	1/23-2/27	\$25	
#4032	9-10a	Sa	12/3-1/21	\$25	
#4033	9-10a	Sa	1/28-3/4	\$25	

 **Zumba Gold - Toning**

Zumba Gold - Toning is a class designed for the beginner. You will enjoy 30 minutes of low impact Zumba cardio followed by 30 minutes of low impact toning using light weights, of no more than 2 lbs each. Achieve faster results with this fun-filled combination class.

Instructor: Reyna Ruiz

Ages 17 and up		LMRC			
#4029	8:30-9:30a	W	11/30-1/18	\$25	
#4030	8:30-9:30a	W	1/25-3/1	\$25	

 **Aqua Zumba**

Have fun in the pool while toning muscles and burning calories with no impact on your joints.

Instructor: Reyna Ruiz

Ages 13 and up		Splash!			
#4040	6-6:30p	Th	12/1-1/19	\$32	
#4042	6-6:30p	Th	1/26-3/2	\$32	
#4039	8-8:45a	Sa	12/3-1/21	\$32	
#4041	8-8:45a	Sa	1/28-3/4	\$32	
#4043	9-9:45a	Tu, F	11/29-1/17	\$52	
#4044	9-9:45a	Tu, F	1/24-3/3	\$52	

Zumba

Zumba is an aerobic workout that combines different rhythms such as cumbia, merengue, salsa, belly dancing, and much more. Zumba is a fun way to get in shape.

Instructor: Reyna Ruiz

Ages 13 and up		LMRC			
#4034	7:30-8:30p	M	11/28-1/16	\$32	
#4035	7:30-8:30p	M	1/23-2/27	\$32	
#4036	6:45-7:45p	W	11/30-1/18	\$32	
#4037	6:45-7:45p	W	1/25-3/1	\$32	

Sports Leagues

 **Adult Basketball League 10 Weeks**

The City of La Mirada is pleased to offer our popular Adult Basketball League on Monday and Thursday evenings. Space is limited. Team registration fee is \$375 per team. Teams are responsible for additional \$25 cash per game for referees. Games are generally an hour long starting at 6:30p. Walk-in registrations only. Contact the La Mirada Gymnasium for registration times or additional information at (562) 902-2938.

La Mirada Community Gymnasium

Thursday League (A & B Divisions)				
A Division	6:30-10:30p	Th	2/2-4/20	\$375
B Division	6:30-10:30p	Th	2/2-4/20	\$375
Monday League (C & D Divisions)				
C Division	6:30-10:30p	M	11/21-2/13*	\$375
D Division	6:30-10:30p	M	11/21-2/13*	\$375

*No games 12/26 and 1/2.

Classes and programs help you live a healthier, happier life.



LA MIRADA COMMUNITY GYMNASIUM



Membership

The Community Gymnasium has set aside hours for open gym for Community Gymnasium Members. Open Gym programs include adult basketball, youth and adult futsal indoor soccer, and adult open table tennis! Hours may vary.

Membership Fees

Type of Membership	Fees
Annual Adult Membership (18-49 years of age)	\$50
Annual Senior Membership (50 years and above)	\$35
Annual Youth Membership (Under 18 years of age)	\$30
Annual Family Membership (Max. 4 adults on account)	\$120
One-Day Pass for Youth and Adults	\$5



Open Play Hours

Subject to change.

Adult Basketball

Tuesdays 8:15-11 p.m.
 Wednesdays..... 8:15-11 p.m.

Senior Sunrise Hoops (ages 50+)

Tuesday 6-9 a.m.
 Thursday 6-9 a.m.
 Saturday..... 6-9 a.m.

Adult Futsal

Fridays..... 7-9 p.m.

Table Tennis

Mondays 2-5 p.m.
 Tuesdays 6-9 a.m. & 2-4 p.m.
 Thursdays..... 6-9 a.m., 2-5 p.m. & 8-11p.m.
 Fridays..... 2-8 p.m.
 Sundays..... 12-4 p.m.



Youth Sports Leagues

Summer

Basketball
 Futsal Indoor Soccer

Fall

Volleyball
 Volley-tennis
 Friday Night Football

Winter

Basketball
 Futsal Indoor Soccer

Spring

Volleyball
 Volley-tennis
 Friday Night Football

Registration for all Leagues takes place the season prior.
Volunteer coaches needed



Fitness Room

The Community Gymnasium also offers a Fitness Room for all of your cardio needs. Be sure to stop by to check out the various equipment including treadmills, stationary bikes, elliptical machines, and stair climbers.

Fitness Room Hours

Monday.....2 to 11 p.m.
 Tuesday6 to 9 a.m. / 2 to 11 p.m.
 Wednesday2 to 11 p.m.
 Thursday6 to 9 a.m. / 2 to 11 p.m.
 Friday2 to 9 p.m.
 Saturday.....6 a.m. to 5 p.m.
 SundayNoon to 4 p.m.

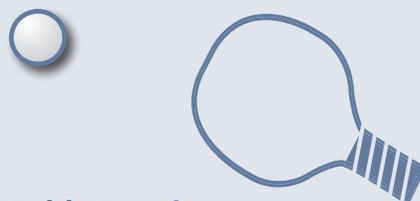


Table Tennis

The Community Gymnasium has a very popular Open Table Tennis program with a variety of hours. To participate in this program a Day Pass or membership must be purchased.



La Mirada Athletic Council Community Sports Groups

La Mirada Athletic Council

Pete Dames, President (562) 943-7277

La Mirada Baseball Association (3½-15 yrs.)

Marcus Nichols, President (714) 981-3001
LMBA.hardballsystems.com

La Mirada Girls Softball Association (4-18 yrs.)

Miriam Curiel, President (562) 355-1132
www.eteamz.com/LMGSA

La Mirada Matadores Youth Football Football/Cheerleaders (5-14 yrs.)

Travis Alexander, Commissioner LaMiradaPopWarner.com

La Mirada Little League (4-18 yrs.)

Aaron Abler, President
www.LaMiradaLittleLeague.com

La Mirada National Jr. Basketball (8-13 yrs.)

Richard Estrada, President www.LaMiradaNJB.com

La Mirada Soccer Association

Ruben Orozco, President (866) 930-LMSA
www.LaMiradaSoccer.org

So. Cal Seahorse Soccer Organization

Mark Schrock, President (714) 739-8375
www.SeahorseSoccer.com

La Mirada Armada Swim Team (all ages)

Rick Shipherd, Head Coach (949) 254-4484
www.ArmadaSwim.com

Shaquatics Youth Water Polo Club

David Farkas, Head Coach (714) 525-9651
www.Shaquatics.net

La Mirada Aquabelles Synchronized Swim Team

(Girls ages 18 or under)
Ling Ye, President (562) 650-1502

OC Synchronized Swim Team (Girls ages 8-15)

Anna Lim, President (714) 357-5802
OCSynchro@gmail.com

Unsyncables of La Mirada (Age 20 or older)

Kathy Chapman, President www.Unsyncables.org

These individuals are volunteers, please call weekdays after 5 p.m., but no later than 9:30 p.m. Check league website for registration information!

La Mirada Pop Warner

Travis Alexander, President www.LaMiradaPopWarner.com

YOUTH FOOTBALL

5 - 13 yrs
Season: August - December (FALL)
Sign-ups: April-June

CHEER

5 - 13 yrs
Season: August - December (FALL)
Sign-ups: April-June

CHALLENGER FOOTBALL

5 - 18 yrs
Season: August - December (FALL)
Sign-ups: April-June

La Mirada Youth Basketball (NJB)

Richard Estrada, President
www.LaMiradaNJB.com

YOUTH BASKETBALL

Grades 3 - 8
Season: September - February (FALL)
Sign-ups: August-October

La Mirada Soccer Association (LMSA)

Ruben Orozco, President (866) 930-LMSA
www.LaMiradaSoccer.org

YOUTH SOCCER

4 - 19 yrs
Season: August - January (FALL)
Sign-ups: May - June

Season: March - May (SPRING)
Sign-ups: December - January

TOPSOCCER

All Ages
Season: August - January (FALL)
Sign-ups: May - June

La Mirada Baseball Association (LMBA)

Marcus Nichols, President (714) 981-3001
LMBA.hardballsystems.com

YOUTH BASEBALL

3½ - 14 yrs
Season: March - June (SPRING)
Sign-ups: December-January

Season: September - November (FALL)
Sign-ups: July-August

Little League Baseball (LMLL)

Aaron Abler, President www.LaMiradaLittleLeague.com

YOUTH BASEBALL

4 - 16 yrs
Season: March - June (SPRING)
Sign-ups: November-January

4 - 12 yrs

Season: September - November (FALL)
Sign-ups: July-August

SENIOR BASEBALL

15 - 16 yrs
Season: May - June (SUMMER)
Sign-ups: May

CHALLENGER BASEBALL

4 yrs & Up
Season: March - June (SPRING)
Sign-ups: November-January

La Mirada Girls Softball Association (LMGSA)

President: Miriam Curiel (562) 355-1132
eteams.com/LMGSA

YOUTH GIRLS SOFTBALL

5 - 18 yrs
Season: February - June (SPRING)
Sign-ups: December-January

YOUTH GIRLS SOFTBALL

5 - 18 yrs
Season: September - November (FALL)
Sign-ups: May - June

Southern California Seahorses

Mark Schrock, President (714) 739-8375
www.SeahorseSoccer.com

YOUTH SOCCER CLINICS

5 - 14 yrs
Year Round

SUMMER & WINTER CAMPS

5 - 14 yrs
Season: June/July & December

PDL TEAM & GAMES

Season: May - July

Arts & Crafts

Free Art Student Meeting Class

No two art students are alike! This class will provide you the environment to paint at your own pace or style. Participants are encouraged to share drawing and painting techniques with one another.

Ages 18 and up LMAC
4074 8:30a-1p Tu 11/29-2/28 Free

Free Painting for Older Adults

This program offers older adults an individual approach to painting and creative arts. Topics may include art appreciation, art history, awareness of color, line, shape, and form, techniques in drawing color mixing and canvas painting. Space is limited. **No class 3/29.**

Instructor: Leslie Gardener
Ages 18 and up LMAC
4076 4-6p W 2/1-5/24 Free

Free La Mirada Quilters

Quilt with others who share your love of this art! Participants are able to assist one another while working on solo and group projects. Enjoy great lighting, big tables, and a large room. Do handwork or bring a sewing machine. Space is limited.

Ages 18 and up LMAC
#4077 8:30a-4:30p Th 12/1-3/2 Free
#4078 8:30a-4:30p F 12/2-3/3 Free

Free Arts and Crafts

Unleash your creativity with a morning of arts and crafts! Students are provided the environment to work on solo and group projects.

Ages 18 and up LMAC
4079 9-11a W 11/30-3/1 Free



Chinese Brush Painting

This course will provide instruction on the basic techniques of traditional Chinese brush painting as a new water color medium that is related, but different from western watercolor. Instructor will help develop a new approach and new perception in painting.

Instructor: Mee Jung Lee
Ages 13 and up LMAC
#4119 10a-12p M 12/5-2/27 \$15

Enrichment

Free Creative Writing

Celebrate your life by writing your story! Participants are encouraged to share life stories and experiences through poetry or in story form. Join anytime.

Ages 18 and up LMAC
4081 2-4p W 11/30-3/1 Free

AARP Smart Driver Course Full Course/ Refresher Course

The two day class provides a DMV certificate that may be used to reduce auto insurance rates. Classes meet four hours each day. Full attendance is required on both days.

The one day refresher course will cover materials learned in the two day class. Past participation in the full course is recommended to enroll in the refresher course.

\$15 for AARP members and \$20 non-members. The material fee is payable to AARP and is due on the first day of class. Space is limited. Please call (562) 902-3160 for more information.

Ages 50 and up LMAC

9a-1p	Th, F	1/19-1/20	\$15/\$20
9a-1p	Th, F	3/23-3/24	\$15/\$20
9a-2p	Th	1/26	\$15/\$20
9a-2p	Th	3/9	\$15/\$20

Free Veteran's History Project

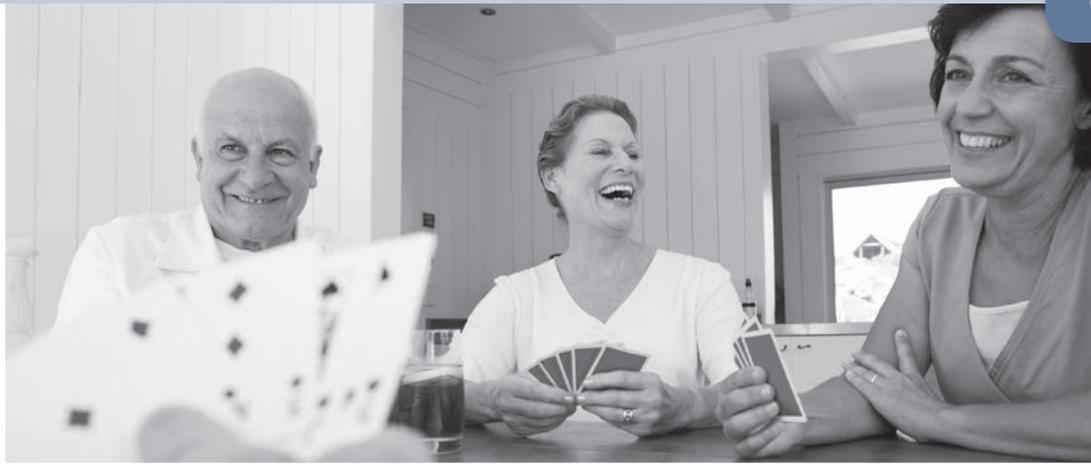
This class is reaching out to veterans of World War I, World War II, Korean, Vietnam, and Persian Gulf wars to record first person accounts and preserve their stories. Approximately 19 million veterans live in the nation today, according to the U.S. Department of Veteran Affairs, but 1,600 die each day and many have never recorded their wartime recollections. We will honor our war veterans by collecting, videotaping oral histories, and transcribing war stories so they can be preserved for future generations to learn and deepen their understanding of each war. **No classes on 2/17 and 3/17.**

Instructor: Dr. Elijah Levy
Ages 18 and up LMAC
4088 1:30-3:30p F 1/13-5/19 Free

LA MIRADA TRANSIT

La Mirada Transit 10-Trip passes are available at the Resource Center, Activity Center, Gymnasium, and Splash! and on board transit vehicles. Please call (562) 943-6776 to make reservation.
Regular Pass \$10
Discount Pass \$5

New and Improved Registration System
Create your account today!
www.cityoflamirada.org



Tuesday Game Night

It's so much fun to get together with family and friends without spending a dime! The La Mirada Activity Center is hosting a good old fashioned game night from 6:30 to 9 p.m. Join us for Scrabble, Monopoly, Bridge, Pinochle, and Canasta! For more information, please call (562) 902-3160.

6-9p T 1/10-2/7 Free



Card Games

Pinochle, Canasta, and Mexican Train Dominos are available for open play. Come join the fun!

Ages 18+		LMAC
Pinochle	M, T, Th, F	12:30-6p
Mexican Train Dominos	Tu	1:30-6p
Canasta	W	12:30-6p



Billiards

Billiard tables are available for play on a drop-in basis. Children under 18 must be supervised by an adult. Days and times are as follows:

Youth & Adult		LMAC
12-6p	M-F	\$5 annual membership
Seniors		LMAC
8:30a-6p	M-F	\$5 annual membership

Telecare offers a free daily well check service for older adults living alone

You are not alone with Telecare daily well check service.

Telecare is a daily well check telephone call to those older adults living alone, homebound, or convalescing from an illness. Older adults will receive a valuable, comforting, friendly phone call Monday through Friday, "just so we know you are well." If there is no answer a second call will be made to the provided emergency contact person.

This program has been very successful through PIH Health for over three decades. We are pleased to announce the City of La Mirada's partnership with a program that will provide this valuable resource to the community.

There is no charge for Telecare. To register for the program or to become a volunteer, telephone PIH Health Volunteer Services office at (562) 698-0811, ext 12423 Monday through Friday from 9 a.m. to 5 p.m.



Mahjong

Participants will learn how to play this 2,000 year-old game of Chinese origin with or without a partner. No prior experience or knowledge is necessary. *Friday classes are from 8:30a-2:30p.

Ages 18 and up LMAC #4089 8:30a-4:30p M, F 11/28-3/3 Free

Half Century Bingo

Join the Half Century Club for Bingo! Popcorn and refreshments are provided. Club membership is not required to play.

Ages 18 and up LMAC 1-3:30p M, F On-going



At The Movies

Every Thursday, 12:30 p.m. La Mirada Activity Center

Enjoy today's most popular movies.

Enjoy today's most popular movies. A different film is shown each Thursday afternoon. Free popcorn and punch is served. The curtain goes up at 12:30 p.m. For listings, please call (562) 902-3160. **Movies subject to change without notice.**

**Current Events**

Come for an opportunity to participate in lively discussions of current events. Topics may include social, political, and financial matters. Participants are welcome to make this an astute and learning experience!

Ages 18 and up **LMAC**

#4094 9-11a M 11/28-2/27 Free

“Once Upon A Time...”

If you love storytelling, here's a chance to share stories with children. The City of La Mirada is looking for volunteers to read short stories to children ages 3-5 in the City's Tiny Tots program. Storytellers will spend approximately 15 minutes once a week for a 5-6 week period with the children. For more information, please call (562) 943-7277.

Health & Fitness**Stress Management with Jorge**

This exciting class makes exercising fun with innovative fitness techniques. All major muscles of the body are addressed. Wheelchairs welcome! Space is limited! **No class on 3/15.**

Instructor: Jorge Lozano

Ages 18 and up **LMAC**

#4095 1-2:45p W 1/11-5/17 Free

**Hatha Yoga**

Yoga practice enhances health and well-being. Movements include relaxation while stretching, strengthening by holding weight-bearing poses when applicable, breathing awareness, working together in rhythm, repetition to promote skill building, fitness, strength, and relaxation. **Please bring yoga mat or towel. Space is limited. No class 3/28.**

Instructor: Dolly Lai

Ages 18 and up **LMAC**

#4096 11:30a-12:30p Tu 1/31-5/23 Free

**General Exercise on Video**

This nicely paced exercise routine on video includes stretching, aerobic exercise, and a cool down!

Ages 18 and up **LMAC**

#4097 9-10a M-F 11/28-3/3 Free

**Tai Chi Group**

Participants are introduced to Chinese exercise which is neither vigorous nor strenuous. It is suitable for older adults who want to gain or maintain good health. Tai Chi will help strengthen the muscles and organs, relax the minds and body, improve blood circulation, and increase memory concentration.

Ages 18 and up **LMAC**

#4098 2-3p Tu 11/29-2/28 Free

**Beginning Country Line Dancing**

Have fun and learn how to hoe down! Participants will learn the basics of country line dancing. **Space is limited and is a drop-in program.**

Instructor: Elaine

Ages 40 and up **LMRC**

#4099 9:30a-12p F 1/6-3/3 Free

**Intermediate Country Line Dancing**

Students will review the basics of country line dancing and learn new intermediate steps. **Space is limited and is a drop-in program.**

Instructor: Ephraim

Ages 40 and up **LMRC**

#4100 12:15-1:15p W 11/30-3/1 Free

**Advanced Country Line Dancing**

Master your country line dancing skills! Advanced dancers will be taught new choreography. **Space is limited and is a drop-in program.**

Instructor: Ephraim

Ages 40 and up **LMRC**

#4101 1:15-2:45p W 11/30-3/1 Free

Senior Nutrition

Monday-Friday
9a-12:30p
La Mirada
Activity Center

Nutritionally balanced hot lunches are served for older adults ages 60+. Lunch is served Monday through Friday at 11:30 a.m. Come early to socialize with friends! Home delivered meals are also available for homebound seniors. Suggested donations are \$2.75 for meals served at the LMAC and \$2 for home delivered meals. Intergenerational programs are scheduled for special holidays, allowing seniors to meet children from local schools.

For more information or to reserve a lunch, please call Café on the Green at (562) 947-8787.

CAFE ON THE GREEN

Birthday Celebrations

Join us for your birthday at Café on the Green! Enjoy cake and door prizes at 11 a.m. Sponsored by Mirada Hills.

December 8

January 12

February 9

March 9

CAFE ON THE GREEN



Manage Stress with Chair Exercise

This nicely paced chair-based exercise routine focuses on upper body strength and includes stretching and light aerobic exercise. Space is limited! **No classes on 1/16, 2/20, 3/13, 3/15.**

Instructor: Tracy Van Herk

Ages 18 and up LMAC

#4090 10-11a M, W 1/9-5/17 Free



Longevity Stick

The 'Longevity Stick' regimen incorporates a series of 12 movements designed to improve flexibility, strength, mental focus, breathing capacity, and vitality. This exercise, which is done while standing, take its name from the only piece of equipment used in its practice a 1 inch thick stick that is an inch or two longer than the student's height! **Please bring your own dowel to class.**

Instructor: Deanna Allensworth

Ages 18 and up LMAC

#4091 8:45-9:45a W 11/30-3/1 Free



Have some fun playing basketball with other seniors at the Community Gym. Men and women of all skill levels are encouraged to participate. A discounted Senior Citizens Annual Gym Membership (\$35) or a day pass must be purchased. Hours are subject to change. For more information, please contact the Gym at (562) 902-2938.

Ages 50 and up Gym

6-9a T, Th, Sa On-going

Classes promote personal development and enrichment.

Care Management

Care management is available to frail elderly and functionally impaired adults to enable them to remain at home safely. Services include:

- In-home assessments of needs
- Development of care plans
- Arrangement & coordination of services
- Monitoring & follow-up

Services are provided free of charge through SASSFA.

For information, call (562) 699-3231 x224.

New and Improved Registration System
Create your account today!
www.cityoflamirada.org



Friday, December 9 from 7 to 10 p.m. #4092

Friday, March 3 from 7 to 10 p.m. #4093

Doors open at 6:45 p.m. • La Mirada Activity Center

Dance the night away with your friends at the Activity Center! Seniors are invited to line dance, tango, ballroom, and do the twist! Enjoy live entertainment by Jim Gilman & Associates, along with light snacks and refreshments. Pre-registration is strongly encouraged. Tickets may also be purchased at the door!

\$5 per ticket • Door Prizes! Refreshments will be provided.

For more information, please call the Activity Center at (562) 902-3160. Ages 18+

Birthday & Anniversary Recognition

RECOGNITION PROGRAMS

The City of La Mirada recognizes certain milestones such as 80th, 90th, 100th birthdays, and beyond. 50th, 60th, and 70th wedding anniversaries are also recognized. For more information or to arrange for recognition, please call the La Mirada Activity Center at (562) 902-3160.

Health and Wellness Workshops

Join us as we discuss health and wellness topics with professional organizations.

12/1	3-4p	Information on Assisted Living and Medicare	Bankers
12/8	10-11a	Fall Prevention and Assessment Workshop	Mirada Hills Rehabilitation
12/14	10-11a	Free Dental Screening	New Age Dental
1/9	10-11a	Burn Prevention for Seniors	Grossman Burn Foundation
1/10	10-11a	Bauman College Nutritional Wellness Program	Healthy I Am Holistic Nutrition & Wellness
1/12	3-4p	Health Expenses and Retirement Care	Bankers
1/17	10-11a	Bauman College Nutritional Wellness Program	Healthy I Am Holistic Nutrition & Wellness
2/8	10-11a	Free Educational Hearing Seminar	Whittier Hearing Center
2/15	10-11a	Free Dental Screening	New Age Dental
2/24	10-11a	Bauman College Nutritional Wellness Program	Healthy I Am Holistic Nutrition & Wellness

**Pre-registration is strongly encouraged to ensure that the workshop will not be cancelled.
For more information, please call (562) 902-3160.**

How to Make Medicare Work for You

HICAP: Health Insurance Counseling, La Mirada Activity Center

This program offers information & assistance with Medicare benefits, health maintenance organizations (HMO's) and supplemental insurance.

All Health Insurance Counseling and Advocacy Program services are provided free of charge. HICAP is a program of the Center for Health Care Rights. HICAP is funded, in part, by the Los Angeles City and County Area Agencies on Aging, through the Older Californians Act. For more information, please call (800) 824-0780.



Half Century Club • La Mirada Gadabouts

Christie McMullen (562) 665-3981

SeniorNet®

EDUCATION & EMPOWERMENT

Founded in 1986

SeniorNet Computer Classes for January 18 - March 22

Learn to use a computer and access the Internet through hands-on classes sponsored by the City of La Mirada and PIH Health. All classes are taught by trained senior volunteer instructors.

Registration Date:

Registration will only be held on **Friday, January 6, 2017**

Hours:

Only from 9:30 through 11:30 a.m.

Location:

Second floor of the Activity Center

Since registration is on a first come basis, it is advisable to arrive prior to 9:30 a.m. as some classes fill quickly. Those who are unable to attend registration may send a friend or relative in their place. Please call (562) 902-3177 prior to registration for more information.

SeniorNet Fees:

Annual membership	\$44
Renewal membership.....	\$34
Couples membership.....	\$72
Courses.....	\$10.50-\$23
Workshops and Seminars	\$5

Courses

Class Description	Lessons	Day	Time	Dates	Fee
Intro to Computers: Part 1	6	M	10a-12p	2/6 - 3/13	\$10.50
Intro to Computers: Part 1	6	M	1-3p	2/6 -3/13	\$10.50
Intro to Computers: Part 2	6	Tu	10a-12p	1/24-2/28	\$18.00
Intro to Internet	4	W	1-3 p	3/1- 3/22	\$10.50
Digital Photography	8	Th	1-3p	1/26- 3/16	\$23.00
Typing Tutor	5	F	10a-12p	2/3-3/3	\$10.50
Magic of Spreadsheets	6	W	1-3p	1/18- 2/22	18.00

Please bring your flash drive to all courses and workshops

Open Lab

Come try out our Open Lab at the La Mirada Activity Center!

Held every Friday from 1 to 5 p.m. This is a chance to come in and get some help on any PC question you have. You're welcome to bring in your laptop or desktop computer for hands on advice (only the tower need to be brought to the lab for desktops. All other hardware will be provided). We have a group of volunteers ready to assist in any way they can - as long as you are a SeniorNet member, volunteer or student, you are welcome.

For class schedules (times & fees), to volunteer, or other information, call (562) 902-3177.

www.lmseniornet.com

Workshops

All Workshops are open to the public and have pre-requisites. Pre-requisite: Completion of "Introduction to Computers: Part 2" (except as noted).

***Beginning Basics**

This two lesson workshop serves as an introduction for students enrolled in Introduction to Computers Part 1. It is intended to ease their transition into the world of computers. ***Only available to those enrolled in 'Intro to Computers: Part 1**

#4111	10a-12p	M	1/23-1/30	Free
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How to Scan

In this one lesson workshop you will learn how to scan and save documents and photographs onto your flash drive.

#4113	10a-12p	Tu	3/21	\$5
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Windows 10 Overview

Learn how to navigate Windows 10.

#4114	1-3pm	Tu	3/7-3/14	\$5
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Email

Learn how to set up a free email account or use your current one. You will also learn how to send and receive email messages with attached documents and photographs.

#4112	10a-12p	Tu	3/7-3/14	\$5
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Seminars

Google, more than just a search engine!

We'll look at some of the other services that Google provides and how it can improve your experience on the computer. All of these services are accessible from anywhere you have an Internet connection, including a calendar, a note taker, most of the same programs you can find in Microsoft Office, map programs, news, books, translations, and video conferencing.

#4115	1-3p	Th	3/16	\$5
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The Invaluable "Right Click"

Learn all the ways the "other" mouse button can make computer life easier.

#4116	10a-12p	M	3/20	\$5
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Health Workshops



AARP Mature Driving

January 19 and 20

March 23 and 24

9 a.m. - 1 p.m.

AARP will provide a two day class for older adults, which upon successful completion, will allow for reduced auto insurance rates for participants. Full attendance on both days is required. Program costs are \$15 for AARP members and \$20 for non- members. Please register by calling (562) 902-3160.

AARP Renewal Course

January 26

March 9

9 a.m. - 2 p.m.

The one day refresher course will cover materials learned in the two day class. Past participation in the full course is recommended to enroll in the refresher course. Program costs are \$15 for AARP members and \$20 for non- members. Please register by calling (562) 902-3160.

AARP Tax Aide Program

Jan. 31-Apr. 14

9 a.m. to 12 p.m.

La Mirada Activity Center

Senior Income Tax Assistance:

Tuesdays and Wednesdays

Low Income Tax Assistance:

Fridays • 9a-12p

Free federal and state income tax assistance is offered by trained AARP volunteers at the La Mirada Activity Center. Taxpayers should bring records of income and deductions including forms W-2, W4 and 1099's, statements showing health insurance coverage, interest and dividends, a copy of last year's tax return, and any other pertinent records. Space is limited. Appointments are highly encouraged. Walk-ins are welcome. For more information and to place an appointment, please contact the La Mirada Activity Center at (562) 902-3160.



Arts and Crafts

December 15

January 18

February 14

9:30 a.m.

Provided by Bankers

Join us for themed arts and crafts at the Activity Center! All supplies are provided. Space is limited. For more information and to register, please call (562) 902-3160.



Listening Heart

Straight Talk

Drop-In Counseling

Thursday

10:30 - 11:30 a.m.

A Straight Talk counselor will be available to speak with older adults on Thursdays from 10:30 to 11:30 a.m. at the LMAC. Please call (562) 943-0195 for counseling availability.



Dental Screening

Wednesday, Dec. 14

Wednesday, Feb. 15

10 - 11 a.m.

Dental problems and dental disease can be preventable with regular screenings. Tooth decay will get worse if ignored or delayed. New Age Dental will provide free dental screenings to seniors 55+. To register, please call (562) 902-3160.



"Ask The Nurse"

Wednesdays

February 8 - May 10

***No program on 3/15 and 4/19**

8:30a-12p

The Biola Nursing Department will provide free blood pressure and glucose screenings and information regarding medications, diet, exercise, and overall health and wellness on Wednesdays at the La Mirada Activity Center. This is a drop-in program and all are welcome.



Low Vision Wellness

The Braille Institute is offering free Low Vision Wellness information pertinent to participants with low vision or no vision. This is an opportunity to learn and discover innovative ways that make life easier, and overcome fears! For more information, please call (562) 902-3160.

SeniorNet Registration

Friday, January 6

9:30-11:30 a.m.

Annual Membership: \$44

Renewal Membership: \$34

For more information, please call (562) 902-3160.

All That Dance

Ages 18+ • \$5

Friday, Dec. 9 • 7 - 10 p.m.

Friday, March 3 • 7 - 10 p.m.

Dance the night away with your friends at the La Mirada Activity Center! Seniors are invited to line dance, tango, ballroom, and do the twist! Enjoy live entertainment by Jim Gilman & Associates, along with light refreshments, and door prizes. Pre-registration is strongly encouraged. Tickets may also be purchased at the door. Please call (562) 902-3160 for more information.

LA MIRADA TRANSIT

La Mirada Transit 10-Trip passes are available at the Resource Center, Activity Center, Gymnasium, and Splash! and on board transit vehicles. Please call (562) 943-6776 to make reservation. Regular Pass \$10 Discount Pass \$5



CITY OF LA MIRADA VOLUNTEERS IN ACTION

Get Involved **and become a La Mirada Volunteer!**

The City of La Mirada offers many volunteer opportunities ranging from coaching sports, volunteering as a theatre usher and as a historical docent for Neff house tours. To participate in the Volunteers in Action Program, you must be 18 years of age or older. Prior to starting, volunteers will complete a process, which includes an application, interview, fingerprinting, and orientation. For more information, please contact the Resource Center at (562) 943-7277.

Helping Hands **La Mirada Program**

The Helping Hands program provides free services to elderly, low-income, and disabled residents. Services include landscape maintenance and minor exterior home repairs through the use of volunteers.

The program takes place the last Saturday of each month, with exceptions during holiday weekends. Community volunteers meet at the Resource Center at 8:30 a.m. Volunteers from the community, businesses and groups make this award-winning program possible.

For more information on becoming a volunteer or information about the program, please contact the Activity Center at (562) 902-3160.

**Waiver must be signed by a parent or guardian for volunteers ages 11-17. Volunteers ages 11-15 must be accompanied by an adult.*



VOLUNTEER COACHES NEEDED

Volunteer coaches are the backbone of youth sports in the City of La Mirada. Without the committed hard work of our volunteer coaches, local youth would not have the quality, one-of-a-kind sports programs you see in La Mirada.

Continue to help make a difference in your community by signing up to be a volunteer youth league coach. Becoming a volunteer coach is easy. Simply stop by any City of La Mirada facility and fill out a Volunteers In Action application. Just specify what sport you would like to coach!

Coaching opportunities available for the following sports:

- Basketball
- Volleyball / Volley-tennis
- Futsal Indoor Soccer
- Flag Football

For more information please visit www.cityoflamirada.org or call the Community Services Department at (562) 943-7277.

The City of La Mirada has long recognized the importance of the family in this community. Social Services is dedicated to improving the quality of family life by providing information on various programs, services and events.

La Mirada Activity Center Staff is available to assist you during the following hours:

**Monday - Friday
8:30 a.m. - 6 p.m.**

**For more information,
call (562) 902-3160.**

Meals On Wheels

(562) 943-0037

Meals on Wheels is dedicated to helping the disabled, aged, and chronically or temporarily ill by providing hot, nutritious meals which are delivered by caring volunteers. The service provides nourishing food during a period of need and assures a helping hand so that residents can remain self-sufficient in their own homes. The meals are prepared and packaged by Lascari's Restaurants. The cost for one meal a day is \$4.50 per day and the cost for two meals a day is \$8 per day. For more information, please call (562) 943-0037 between 8 a.m. and 12:30 p.m., Monday through Friday.

VFW Post 9148

(562) 941-4097

Employment Services

Looking for employment opportunities? Please visit the Activity Center to view a list of job opportunities in the community. For more information, please call (562) 902-3160.

Southeast Area Social Services Funding Authority (SASSFA) can also assist you with your employment search by calling (562) 946-2237.

Information & Referral

The Activity Center offers a wide variety of information and referral options such as counseling services, housing services, and much more! For more information, please call (562) 902-3160.

City of La Mirada Services For Older Adults

(562) 902-3160

www.cityoflamirada.org

Recreation activities, education classes, clubs, and volunteer programs.

Community Advocates For People's Choice

(562) 693-8826

www.capcinc.org

Provides independent living and employment training for those with developmental disabilities.

Community Legal Services

(562) 864-9935

Assists victims of domestic violence with obtaining temporary restraining orders at Norwalk Superior Court.

Helpline Youth Counseling, Inc.

(562) 864-3722

www.hycinc.org

Provides individual and group counseling and therapeutic day treatment for at risk youth and their families.

Interfaith Food Center

(562) 903-1478

www.interfaithfoodcenter.org

Provides supplementary food assistance to low income residents of La Mirada.

La Mirada Volunteer Center

(562) 943-3177

Recruitment, referral, and training for volunteers of all ages. Programs include: Court Referral placement, friendly services, and free legal counseling.

Los Angeles Centers for Alcohol & Drug Abuse

(562) 906-2676

www.LACADA.org

Provides outpatient and residential programs for youth and adults involved in or affected by substance abuse.

SASSFA Employment & Training Services

(562) 946-2237

www.sassfa.org/job-seekers

Services for youth and dislocated workers.

SASSFA Senior Services

(562) 699-3231

www.sassfa.org/seniors

Provides care management, respite care, telephone reassurance, medication management, peer counseling, home delivered meals and senior dining at the La Mirada Activity Center.

Resource Services for Independent Living

(562) 862-6531

www.scrs-ilg.org

Independent living skills training, counseling, advocacy and referral for those with physical disabilities.

The Whole Child

(562) 204-0628

www.thewholechild.info

Provides mental health, housing assistance and social services to children and their families by developing healthy alternatives to abuse and violence.

Women's & Children's Crisis Shelter

(562) 945-3939

www.wccshope.org

24-hour hotline. Stop-over for those in danger of domestic violence.



Straight Talk Counseling

Counseling services for individuals, families, couples, groups, teens, and seniors.

Monday - Wednesday • 9a.m. - 9p.m.

Thursday • 10a.m. - 9p.m.

La Mirada Resource Center • 13710 La Mirada Blvd. • (562) 943-0195

Quality counseling services provided for individuals, families, couples, teens and seniors with fees based on income.

Please call Straight Talk at (562) 943-0195 to schedule an intake appointment. Straight Talk also offers the following groups and classes.

Please call to register prior to attending the first class.

Parenting Skills Class

A 10-week class focusing on helping parents of school-age children develop responsibility, self-discipline, problem solving skills, and self-esteem. Learn to discipline more effectively. Held Thursdays at 7:00 – 8:30 p.m. at Straight Talk. Fee: \$15 per session for an individual/\$25 per session for a couple.

Parents of Teenagers Class

A 10-week class that helps parents to understand teens and learn more effective ways to deal with the following topics: communication, discipline, responsibility and cooperation. Fee: \$15 per session for an individual/\$25 per session for a couple. Please call for day and time.

Anger Management For Adults

A 10-week support group to help adults learn effective ways of expressing anger. Held Wednesdays at 6:00 to 7:30 p.m. Fee: \$15 per session.

Teen Substance Abuse and Other At-Risk Behaviors

A 10-week class for teens who have experimented with drugs or alcohol. This class is approved by the Court and Probation Departments. Held Thursdays at 4:00 to 5:30 p.m. at Straight Talk. Fee: \$15 per session.

Relationship Support Group

Do you have a relationship that you are struggling with? Come join the Relationship Support Group. This support group is a process style group in which you can safely discuss and process all of your important relationships in a loving and supportive environment. Fee: \$15.00 per session. Held Mondays at 4:30 to 5:50 p.m.

Bereavement Support Group

A 10-week support group for those who have lost a loved one either recently or in the past. Call for start date.



Parenting Class For Parents of Infants and Toddlers

A new class for parents of infants and toddlers started in the Fall will be ongoing. This class will be covering attachment, brain development and the importance of ages 0 – 3 in children.



Older Adult Support Group

Join a supportive group for adults 65 and over. Talking to a caring Straight Talk counselor can be helpful in dealing with issues such as self esteem, relationships, stress, anxiety and depression. Held Wednesdays at 9:30 to 11:00 a.m. in the Game Room at the Activity Center. Fee is \$5.00 per group.

Teen Support Group

A 10-week support group for teens to safely share with other teens about relationships, family, school, the future, or anything else that matters. Call for start date.

In Home Counseling For The Elderly

Straight Talk Counselors are available to make In-Home visits for elderly La Mirada residents who would have difficulty coming to our office for counseling. If you are experiencing depression, anxiety, loneliness, grief and loss, or coping with illness, counseling may be helpful for you. Fees are based on a sliding scale. We are a Medicare approved provider. Call to schedule an appointment.

46 Facility Reservation Information

The City of La Mirada has a number of outstanding facilities for use. Community Services staff members can help you find the perfect location for your next meeting, party, wedding or many other events. For more information regarding pricing, date availability and to book your reservation, please call Community Services at (562) 943-7277 or visit www.cityoflamirada.org.

Banquet Facilities

La Mirada Activity Center

13810 La Mirada Boulevard

Multi-Purpose Room - seating up to 250 banquet and 300 assembly

Library – assembly seating for 185 and banquet seating for 168

Smaller rooms available

Kitchen available for rent with MPR rental

La Mirada Neff Barn

14300 San Cristobal Drive

Banquet Seating for 150

Assembly seating for 175

La Mirada Resource Center

13710 La Mirada Boulevard

Meeting Rooms

Assembly seating for 68 and banquet seating for 48

Two meeting rooms available with doubled capacity

Classrooms available

Splash! La Mirada Regional Aquatic Center

13806 La Mirada Boulevard

Multipurpose Room —banquet seating for 80

Aquatic and outdoor banquet and picnic areas available

La Mirada Gymnasium

15105 Alicante Road

Basketball and/or volleyball courts

Multipurpose Room / Dance Room

Community Buildings/Multi-Purpose Rooms

Frontier Park - 13212 Marquardt Avenue

Windermere Park – 15261 Cheshire Street

Gardenhill Park– 14435 Gardenhill Drive

Assembly seating for 75

Banquet seating for 50

La Mirada Neff Park Gazebo

14300 San Cristobal Drive

Great location for outdoor ceremonies

La Mirada Activity Center Courtyard & Gazebo

13810 La Mirada Boulevard

La Mirada Picnic Areas

Neff Park -14300 San Cristobal Drive

Frontier Park - 13212 Marquardt Avenue

Creek Park - 12021 Santa Gertrudes Avenue

Windermere Park – 15261 Cheshire Street

Gardenhill Park – 14435 Gardenhill Drive

Classrooms and smaller facilities are also available for rent.

For information, pricing and application, please call Community Services at (562) 943-7277 or visit our website www.cityoflamirada.org.



If you've filled out a Registration Form in the past, please complete Steps 1 & 3.

Check this box if you have a change of address, phone number or name.

Please fill out the registration form completely to ensure registration. For updated class information view the website at www.cityoflamirada.org. For more information, call (562) 943-7277.

Step 1 First, give us your main phone number. Main Phone: (_____) _____

Step 2 Next, decide who the Main Contact is for your family. This is normally the person who is responsible for signing up family members and paying for classes. (Note: Any refund processed for this account will be payable to the Main Contact.)

MAIN CONTACT LAST NAME	FIRST NAME	MI	(_____) _____
STREET ADDRESS		SP/APT. NO.	(_____) _____
CITY	ZIP CODE	E-MAIL ADDRESS	

Step 3 Now, you may register by completing step 3. Fees, times and dates of all programs subject to change and an additional non-resident fee may apply.

LAST NAME, FIRST NAME	BIRTH DATE MM/DD/YYYY	CLASS #	CLASS NAME	DAY(S)	TIME	FEE*
	/ /					
	/ /					
	/ /					
	/ /					

*Non-residents add \$10.

I absolve and agree to hold harmless the City of La Mirada, its employees, officers or agents from any liability which may result from my participation or those listed above.

I hereby give permission for videos/photographs of myself and or child to be used in local newspapers, on television, in the City of La Mirada publicity material, or similar published materials for the sole use of program promotion.

I understand that a complete waiver form must be submitted prior to participation in classes or programs. A complete copy of this waiver can be viewed and printed by visiting www.cityoflamirada.org. Forms can be mailed or hand delivered to the La Mirada Resource Center located at 13710 La Mirada Blvd. La Mirada, CA 90638.

ADULT PARTICIPANT OR PARENT/GUARDIAN SIGNATURE

DATE

Step 4 **4 ways to register. Online Registration now available. Please read carefully.**



Online
 Visit www.cityoflamirada.org to register for classes.

Drop-off
 Registration forms will be accepted at the following locations: La Mirada Resource Center, La Mirada Activity Center, and the La Mirada Community Gymnasium and Splash! La Mirada Regional Aquatics Center.

or Phone-in (562) 943-7277
 Phone-in registration will be processed on a first received, first handled basis.

Non-resident fee does not apply to classes held at the Community Gymnasium, La Mirada Activity Center & Splash! La Mirada Regional Aquatics Center.

Class Payment & Confirmation: Fees are payable by cash, check, money order, MasterCard, Discover or Visa. Make checks payable to **City of La Mirada**. The City of La Mirada does not prorate registration fees. If you prefer a receipt as confirmation, enclose a self-addressed stamped envelope with your mail-in registration. Class confirmations are not made. Unless a cancellation notification is received, students should plan on attending classes as listed.

Refund Policy: If for any reason you are not able to continue with an activity or class, please submit in writing a refund request. **These requests must be in writing and received by our offices before the 2nd class meeting; youth leagues 2nd game. Workshop refund requests must be received 1 week prior to the first class meeting. No refunds on excursions, memberships, replacement cards, day passes, adult leagues & tournaments. There will be a \$10 processing fee for all refunds, transfers and class withdrawals. *Day Camp refund request prior to 2nd day of camp.**

Late Policy: Parents/guardians picking up children from the City's Tiny Tot programs will be given a 5-minute grace period and will be assessed \$1 per minute thereafter. Parents/guardians will be required to pay the tardy fees prior to the next class meeting. After three late pickups during a session, including tardiness during the 5-minute grace period, the participant is subject to removal from the program.

RECREATION CLASS WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY (MINOR)

I hereby consent to allow my minor child, _____, to participate in the _____ recreation class(es) provided by the City of La Mirada ("the Class"), on or beginning on _____, 20____ ("the Class.") In consideration of my minor child being permitted to participate in the Class, I hereby voluntarily waive, release and discharge in advance any and all actions or causes of action and claims for personal injury, property damage and/or wrongful death that I, my minor child, and/or any of our heirs or other successors in interest may have, or that may hereafter accrue, as a result of my minor child's participation in the Class, including any transportation and/or other activities incidental thereto. This release is intended to release and hold harmless in advance the City of La Mirada, its elected officials, officers, employees, volunteers and agents ("Sponsors" herein) from any and all liabilities, claims and/or actions arising out of or connected in any way with my minor child's participation in the Class, even if caused by the active or passive negligence of any of the Sponsors. I further expressly authorize the provision of emergency medical aid to my minor child, if needed during the Class and agree that this release shall apply to any such treatment.

I understand that serious accidents occasionally occur during similar activities, and that participants occasionally sustain fatal or serious personal injuries as a consequence thereof. Knowing these risks, however, on behalf of my minor child I nevertheless expressly assume those risks and agree that under no circumstances will I, my minor child, or any of our heirs or successors in interest prosecute any civil action or claim for personal injury, property damage or wrongful death against any of the Sponsors who, through active or passive negligence or otherwise, might be liable to me or my minor child's heirs or other successors in interest for damages.

I further agree to indemnify, defend and hold free and harmless the Sponsors, and each of them, with respect to any and all claims and actions asserted by any person, including any of the Sponsors, for any damages, liabilities, losses, and/or injuries, arising out of or in any way connected with my minor child's participation in the Class, including, but not limited to, any transportation to and from the Class, to the fullest extent permitted by law.

I AM SIGNING THIS DOCUMENT WITH THE INTENT TO RELEASE AND HOLD HARMLESS IN ADVANCE THE CITY OF La Mirada, AND ITS ELECTED OFFICIALS, OFFICERS, EMPLOYEES, VOLUNTEERS AND AGENTS WITH RESPECT TO ALL LIABILITY FOR PERSONAL INJURY, PROPERTY DAMAGE OR WRONGFUL DEATH CAUSED BY THE ACTIVE OR PASSIVE NEGLIGENCE OF ANY OF THE SAME, TO THE MAXIMUM EXTENT PERMITTED BY LAW. I HAVE READ THIS DOCUMENT AND UNDERSTAND AND ACKNOWLEDGE THAT BY SIGNING THE SAME I AND MY MINOR CHILD ARE GIVING UP IMPORTANT LEGAL RIGHTS.

Dated Signature of Parent/Guardian

Dated Signature of Parent/Guardian

Home Telephone Number: (_____) _____

FOR STAFF USE ONLY

Logged into CLASS

Completed by _____ Date _____

RECREATION CLASS WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY (ADULT)

In consideration of my being allowed to participate in the _____ recreational class(es) provided by the City of La Mirada ("the Class"), on or beginning on _____, 20____, and to the fullest extent permitted by law, I, the undersigned, hereby waive, release, and discharge in advance any and all claims and causes of action for damages for death, personal injury and/or property damage which I may have, or which may hereafter accrue to me or to any of my heirs, assigns, or other successors in interest, as a result of my participation in the Class. This release is intended to discharge and release in advance the City of La Mirada and each of its elected officials, officers, employees, volunteers, and/or agents ("the Sponsors") with respect to any and all liability arising out of or connected in any way with my participation in the Class, even though that liability may arise out of the active or passive negligence of any of the Sponsors. I further expressly authorize the provision of emergency medical aid to me if needed during the Class and I agree that this release shall apply to any such treatment.

I fully understand the nature of the Class, and further understand and agree that serious accidents may occasionally occur during the Class, including any required transportation to and from the Class, and that participants may sustain fatal or serious personal injuries and/or property damage as a consequence thereof. Knowing these risks, and having full knowledge of my physical limitations, I nevertheless expressly agree to assume those risks and hold the Sponsors, and each of them, free and harmless with respect to any such injuries, damages and/or my death. I further understand and agree that this waiver of liability, assumption of risk and indemnity is binding on all of my heirs, assigns and any and all other successors in interest.

I further agree to indemnify, defend and hold free and harmless the Sponsors, and each of them, with respect to any and all claims and actions asserted by any person, including any of the Sponsors, for damages, liabilities, losses, and/or injuries, arising out of or in any way connected with my participation in the Class, including, but not limited to, any transportation to and from the Class, to the fullest extent permitted by law.

I AM SIGNING THIS DOCUMENT WITH THE INTENT TO RELEASE AND HOLD HARMLESS IN ADVANCE THE CITY OF La Mirada, AND ITS ELECTED OFFICIALS, OFFICERS, EMPLOYEES, VOLUNTEERS AND AGENTS FROM ALL LIABILITY FOR PERSONAL INJURY, PROPERTY DAMAGE AND/OR WRONGFUL DEATH CAUSED BY THE ACTIVE OR PASSIVE NEGLIGENCE OF ANY OF THE SAME, TO THE MAXIMUM EXTENT PERMITTED BY LAW. I HAVE READ THIS DOCUMENT AND FULLY UNDERSTAND AND ACKNOWLEDGE THAT BY SIGNING THE SAME I AM GIVING UP IMPORTANT LEGAL RIGHTS.

Dated Participant

Home Telephone Number: (_____) _____

FOR STAFF USE ONLY

Logged into CLASS

Completed by _____ Date _____

La Mirada Theatre
for the Performing Arts



RESTAURANT EXTRA!

Just like this season's incredible productions at La Mirada Theatre For The Performing Arts, some of our local restaurants are offering incredible dining experiences! From good old American fare to exotic cuisine, these restaurants are ready to stimulate your palate before our theatre productions stimulate your mind. On the back of each La Mirada Theatre ticket is an offer from one of these area restaurants.



14303 Firestone Blvd.
La Mirada, CA 90638
(714) 994-1474



MEXICO 1900
RESTAURANT

11531 La Mirada Blvd.
La Mirada, CA 90638
(562) 941-2016

Mulberry Street
Ristorante

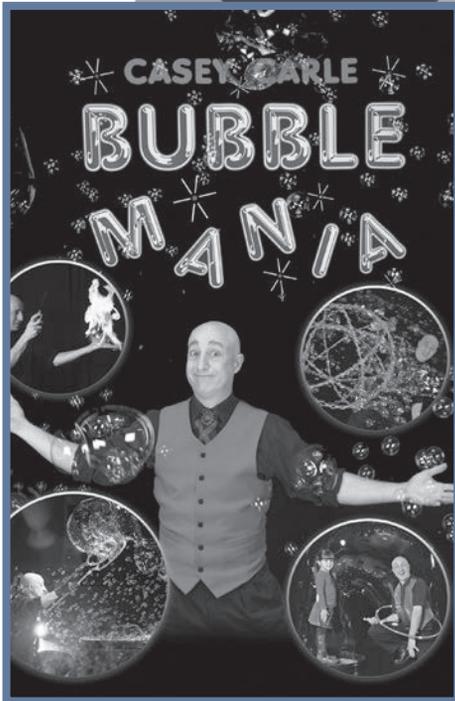
114 West Wilshire Avenue
Fullerton, CA 92832
(714) 525-1056



14320 Valley View Ave.
La Mirada, CA 90638
(562) 946-8600

LA MIRADA THEATRE

Great for ages 5 and up!



**BUBBLEMANIA:
SCIENCE, ART &
COMEDY!
WITH CASEY CARLE**

DEC 4, 2016 • 1pm & 3:30pm
From super solutions and surface tension, fog and helium filled bubbles, to cube bubbles and human sized bubbles – it's an interactive bonanza!

**YES INDEED!
JAZZ REACH – FEATURING
METTA QUINTET**

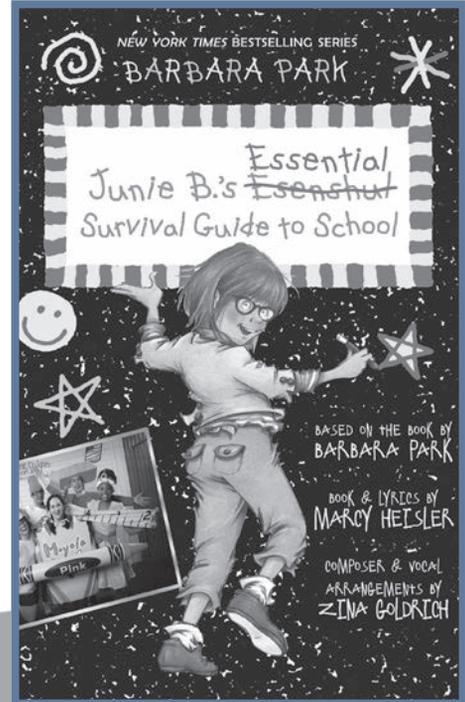
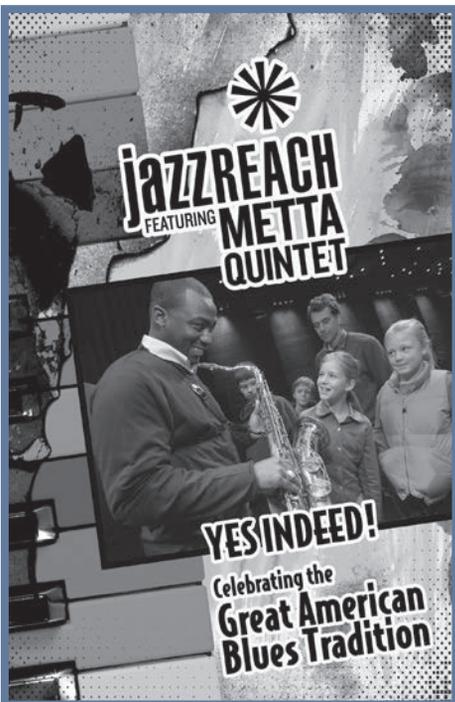
FEB 26, 2017 • 1pm & 3:30pm
Play on! An engaging, interactive, live music program that instills a greater appreciation, awareness and understanding of the great American Blues tradition.

**SILENT SLAPSTICK
WITH LIVE MUSIC**

MAR 26, 2017 • 1pm & 3:30pm
Your kids will laugh themselves silly at this program of classic 1920s comedy films, presented authentically with live musical accompaniment! Direct from New York's Lincoln Center, renowned silent film accompanist/historian Ben Model will improvise scores for 3 short slapstick comedies.

**JUNIE B.'S ESSENTIAL
SURVIVAL GUIDE TO
SCHOOL**

APR 9, 2017 • 1pm & 3:30pm
With a jillion tips, tricks and trip-ups, Junie B. shares her hard-won expertise and shows us all how school is sometimes scary, sometimes super-fun, and ALWAYS something to sing about! An all-new musical adventure based on Barbara Park's popular book.



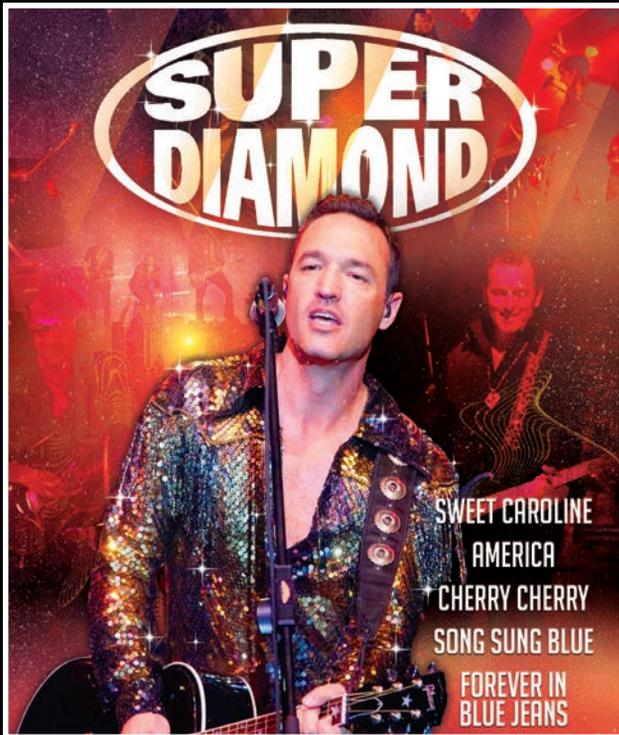
SINGLE TICKETS are just \$12

Flexible Discount Packages available - tickets as low as \$9
CALL THE BOX OFFICE - TICKETS ON SALE NOW!
(562)944-9801 • www.LaMiradaTheatre.com

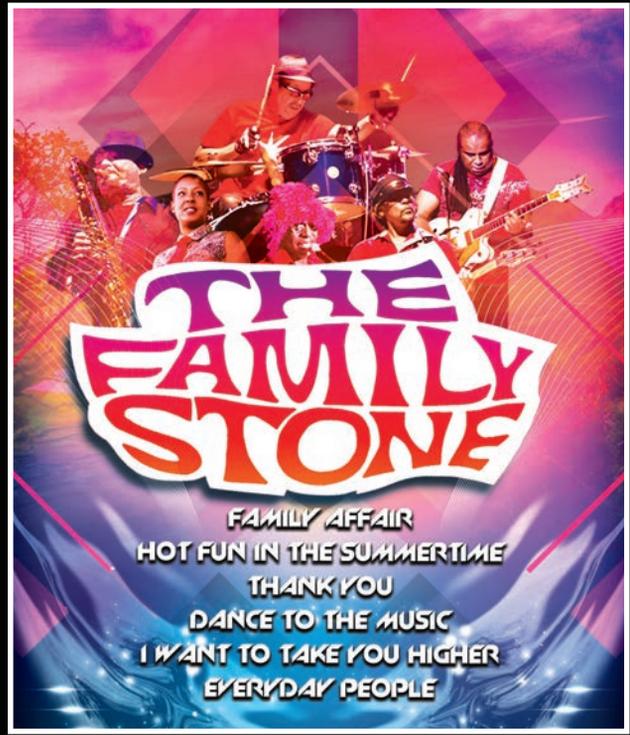
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CONCERTS & SPECIAL EVENTS

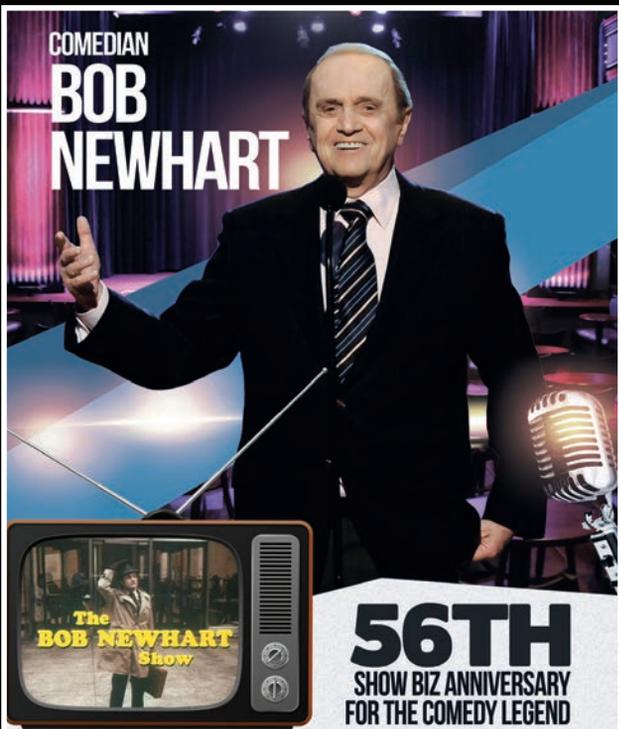
GET YOUR TICKETS TODAY!



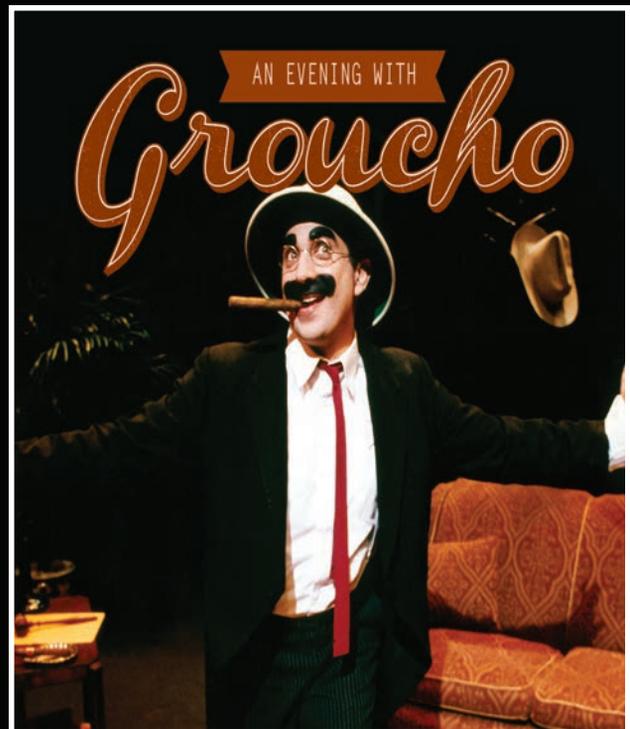
NOV 18, 2016 • 8PM



FEB 17, 2017 • 8PM



FEB 18, 2017 • 8PM



MAR 15, 2017 • 2PM

LA MIRADA THEATRE

ALL SEATS ON SALE NOW! • (562)944-9801 • www.LaMiradaTheatre.com



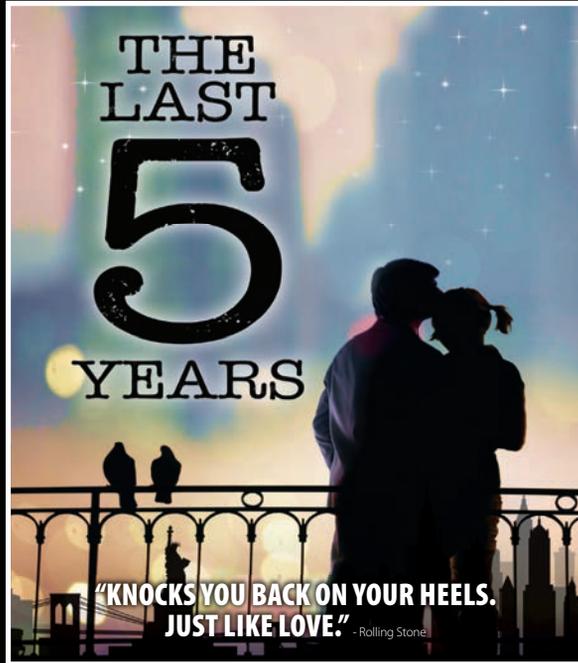
La Mirada City Council
Steve De Ruse, Mayor
Ed Eng, Mayor Pro Tem
Pauline Deal, Councilmember
Lawrence P. Mowles, Councilmember
Andrew Sarega, Councilmember

Postal Customer
La Mirada, CA 90638

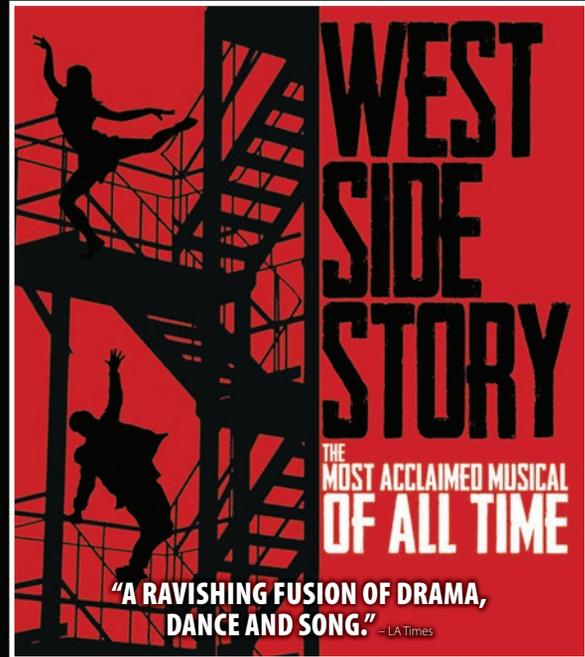
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LA MIRADA THEATRE

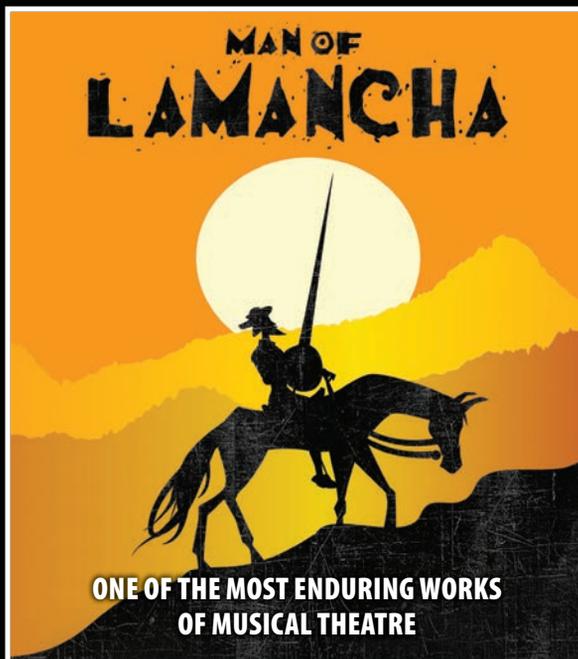
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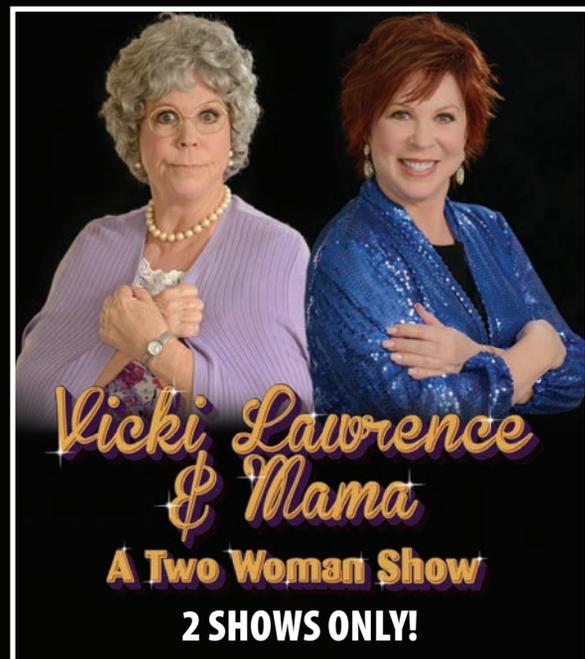
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APR 21 – MAY 14, 2017



JUNE 2 – 25, 2017



2 SHOWS ONLY!

MAY 20, 2017

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