



CYPRESS

**Parks
Make
Life
Better!**

Activity Guide and City News
Fall 2016 Sept-Dec

Year-Round Fun

October 31Halloween Carnival
 November 4 & 5Charity Softball Tournament
 November 19Holiday Bazaar
 December 6Holiday Sing

■ City Events ■ City Holiday Closures

JANUARY						
SUN	MON	TUE	WED	THUR	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24 31	25	26	27	28	29	30

JULY						
SUN	MON	TUE	WED	THUR	FRI	SAT
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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24 31	25	26	27	28	29	30

FEBRUARY						
SUN	MON	TUE	WED	THUR	FRI	SAT
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28	29					

AUGUST						
SUN	MON	TUE	WED	THUR	FRI	SAT
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7	8	9	10	11	12	13
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21	22	23	24	25	26	27
28	29	30	31			

MARCH						
SUN	MON	TUE	WED	THUR	FRI	SAT
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20	21	22	23	24	25	26
27	28	29	30	31		

SEPTEMBER						
SUN	MON	TUE	WED	THUR	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

APRIL						
SUN	MON	TUE	WED	THUR	FRI	SAT
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3	4	5	6	7	8	9
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17	18	19	20	21	22	23
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OCTOBER						
SUN	MON	TUE	WED	THUR	FRI	SAT
						1
2	3	4	5	6	7	8
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23 30	24 31	25	26	27	28	29

MAY						
SUN	MON	TUE	WED	THUR	FRI	SAT
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
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29	30	31				

NOVEMBER						
SUN	MON	TUE	WED	THUR	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
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27	28	29	30			

JUNE						
SUN	MON	TUE	WED	THUR	FRI	SAT
			1	2	3	4
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

DECEMBER						
SUN	MON	TUE	WED	THUR	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
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Cypress City News

Fall 2016



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City Services

All telephone numbers are in the 714 area code unless otherwise noted.

City Departments

City Hall: 5275 Orange Avenue	229-6700
Police Department: 5275 Orange Avenue	229-6600
Community Center: 5700 Orange Avenue	229-6780
Senior Center: 9031 Grindlay Street	229-2005
Maintenance Yard: 5285 Cypress Street	229-6760

Frequently Requested Phone Numbers

Anaheim High School District	999-3511
Animal Control	935-6848
Cypress Chamber of Commerce	827-2430
Cypress Main Post Office (Lincoln Ave)	1-800-275-8777
Cypress School District (K-6)	220-6900
O.C. Fire Authority (non-emergency)	573-6000
O.C. Library-Cypress Branch	826-0350
Registrar of Voters	567-7600
Vector Control	971-2421

Utilities

Southern California Edison	1-800-655-4555
Golden State Water Company	1-800-999-4033
The Gas Company	1-800-427-2200
AT&T Telephone Company	1-800-310-2355
Verizon Telephone Company	1-800-483-5000
Valley Vista Services	380-5450
Time Warner Cable Company / Spectrum	1-800-892-2253

ON THE COVER:

**Learn new sports
in Pee Wee
sports classes!**

See page 6 for details.



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FACILITIES

Community & Recreation Facilities*inside back cover*

Make sure you register for classes early to help us determine if there is sufficient enrollment to hold a class.

Political Profile

Form of Government	Council/Manager
Type of Jurisdiction	Charter City
Date of Incorporation.....	1956
City Hall Location.....	5275 Orange Avenue
City Hall Telephone.....	(714) 229-6700
Area.....	6.9 Square miles

City Council

City Council Meetings are held on the 2nd and 4th Mondays at 7:00pm, in the Council Chamber at 5275 Orange Ave., Cypress

Mariellen Yarc	Mayor
Paulo M. Morales	Mayor Pro Tem
Stacy Berry	Council Member
Rob Johnson	Council Member
Jon E. Peat	Council Member
Peter Grant	City Manager

Recreation & Community Services Commission

Recreation and Community Services Commission meetings are held the third Tuesday of the month at the Cypress Community Center

Nancy Conze	Chair
Linda Croce	Vice Chair
Jim Hunter.....	Commissioner
Jeanette James.....	Commissioner
Thomas O'Toole	Commissioner
Jan Ridgeway	Commissioner
David Sluga	Commissioner

Senior Citizens Commission

Meetings are held on the 2nd Wednesday of the month

Ken Lynch.....	Chair
Frann Shermet	Vice Chair
Betty Koester.....	Commissioner
Carlos Ramirez	Commissioner
Carole Shaw	Commissioner
Jan Stein.....	Commissioner
Judy Wagner.....	Commissioner

Recreation & Community Services Staff

June S. S. Liu.....	Director of Recreation & Community Services
Dena Diggins	Recreation Superintendent
Jeff Draper	Recreation Supervisor
Shelly Myers	Recreation Supervisor
Jenni Worsham.....	Recreation Supervisor
Joan Bardin.....	Recreation Coordinator
Shayna Gutierrez.....	Recreation Coordinator
Belin Hernandez.....	Recreation Coordinator
Adrianna Hyta.....	Recreation Coordinator
Andrea Terry.....	Recreation Specialist
Teena Tomlinson.....	Recreation Specialist

Friends of Cypress Recreation and Parks, Inc.

Friends of Cypress Recreation and Parks, Inc. is a non-profit corporation designed to promote the general improvement of the parks and recreation assets of Cypress Recreation and Community Services. Meetings held the first Wednesday of the month at 7:00pm at the Cypress Senior Center.

CITY OF CYPRESS | RECREATION & COMMUNITY SERVICES | 5700 ORANGE AVE., CYPRESS, CA 90630 | 714-229-6780

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Kids Corner Registration



Kids Corner is a recreation program designed to strengthen a child's self-image and feelings of competence. Children **MUST** be the appropriate age by **September 1, 2016** (no exceptions), and **MUST** be potty trained. A copy of participant's birth certificate is required and must be presented at the time of registration, even if you have registered in the past. Registration is taken at the Cypress Community Center during regular business hours. Call the Recreation office at (714) 229-6780 for availability. Location: Swain Elementary School, 5791 Newman St.

2016-17 Fall Kids Corner Session I: (9 weeks) Aug 15-Oct 14

COURSE	AGE	DAYS	TIME	FEE
13925	4yrs	M/W/F	9:00am-11:30am	\$243
13926	4yrs	M/W/F	9:30am-12Noon	\$243
13927	3yrs	T/Th	9:00am-11:30am	\$180
13928	3yrs	T/Th	9:30am-12Noon	\$180

Fall Kids Corner Session II: (9 weeks) Oct 17- Jan 13, 2017

COURSE	AGE	DAYS	TIME	FEE
13929	4yrs	M/W/F	9:00-11:30am	\$243
13930	4yrs	M/W/F	9:30am-12Noon	\$243
13931	3yrs	T/Th	9:00-11:30am	\$180
13932	3yrs	T/Th	9:30am-12Noon	\$180

PLEASE READ CAREFULLY! WALK-IN REGISTRATION ONLY!

EDUCATION CLASSES

LEARN & GROW PLAYGROUP 1½-3yrs (5 weeks)

Come join us as we meet new friends, share ideas to foster positive parenting, and all the while share some smiles. Children will engage in various activities including movement, literature, music, and crafts that will heighten their development in social, cognitive, and fine and gross motor skills. Parent or caregiver participation is required; please do not bring unregistered siblings. A \$5 material fee is payable to the instructor at the first class. Instructor: D. Perez. Location: Los Alamitos Community Center, 10911 Oak Street, Los Alamitos.

COURSE	DATES	DAY	TIME	FEE
14140	Sept 13-Oct 11	T	10:30-11:15am	\$66
14141	Oct 25-Nov 22	T	10:30-11:15am	\$66

PARENT & ME GROWING AND LEARNING TOGETHER IN THE EVENING 2-4yrs (8 weeks)

For all parents who can't make it to daytime classes, this is the class for you! You and your child will have a great time as they prepare for preschool and kindergarten. We play, dance, pop bubbles, and sing. We also build fine motor skills through art and work on listening skills by sharing a book each week. Parent or caregiver participation is required. A \$3 material fee is payable to the instructor at the first class. Instructor: J. Longo. Location: Cypress Senior Center.

COURSE	DATES	DAY	TIME	FEE
14144	Sept 29-Nov 17	Th	6:30-7:30pm	\$72

MOMMY/DADDY & ME PLAY SCHOOL 16mos-3yrs (4 weeks)

Is your little one ready to socialize with other youngsters? This class is a great way to introduce your child to a preschool environment. Children will enjoy themed related crafts, music, stories, and interacting with other children. Parent or caregiver participation required. A \$5 material fee is payable to the instructor at the first class. Instructor: M. Gonzales. First Session Location: Buena Park Community Center, 6688 Beach Blvd. (behind City Hall) Second Session Location: Ehlers Community Center, 8150 Knott St., Buena Park. *No class November 11 and 25

COURSE	DATES	DAY	TIME	FEE
14145	Sept 9-30	F	9:30-10:30am	\$40
14146	Nov 4-Dec 9*	F	9:30-10:30am	\$40

SHAPING IT UP WITH ABCs & 123s 2½-5yrs (5 weeks)

Come join us as we explore our world of numbers, shapes, and letters. Class will target classification, counting, numbers/letters/colors/shapes, socialization, music, movement, crafts, and prepare children for school readiness. Parent or caregiver participation is required; please do not bring unregistered siblings. A \$5 material fee is payable to the instructor at the first class. Instructor: D. Perez. Location: Los Alamitos Community Center, 10911 Oak Street, Los Alamitos.

COURSE	DATES	DAY	TIME	FEE
14142	Sept 13-Oct 11	T	9:30-10:15am	\$66
14143	Oct 25-Nov 22	T	9:30-10:15am	\$66

HOLLY JOLLY TODDLER TIME 4-5yrs (3 weeks)

Come join Mrs. Diana for some holiday fun! We will incorporate movement, music, holiday-themed stories, songs and crafts. Toddlers are sure to have a merry time! Parent or caregiver participation is required; please do not bring unregistered siblings. A \$5 material fee is payable to the instructor at the first class. Instructor: D. Perez. Location: Los Alamitos Community Center, 10911 Oak Street, Los Alamitos.

COURSE	DATES	DAY	TIME	FEE
14493	Dec 6-20	T	9:30-10:15am	\$45

WRITE ON! EXPERIENTIAL WRITING 7-12yrs (4 weeks)



Everyday experiences can launch and inspire writing. Participate in creative exercises, outdoor games, and sensory activities before creating wonderful essays about those experiences. Students will practice various styles of writing, including narrative, persuasive, compare & contrast, and expository. They will learn grammar and editing within the context of their own writing. Bring a journal for free writing when time permits. A \$28 material fee is payable to the instructor at the first class. Instructor: S. Swendson. Location: Cypress Community Center.

COURSE	DATES	DAY	TIME	FEE
14148	Sept 13-Oct 4	T	3:30-5:00pm	\$60
14147	Oct 11-Nov 1	T	3:30-5:00pm	\$60

WRITE ON! NARRATIVE WRITING 7-12yrs (4 weeks)



Create your own narrative essays with quirky characters, twisty plots, descriptive dialogue, and strange settings. We will learn the important writing elements necessary to score well on any narrative writing exams. Students will learn grammar and editing within the context of their own writing. A \$28 material fee is payable to the instructor at the first class. Instructor: S. Swendson. Location: Cypress Community Center. *No class November 22

Students will learn grammar and editing within the context of their own writing. A \$28 material fee is payable to the instructor at the first class. Instructor: S. Swendson. Location: Cypress Community Center. *No class November 22

COURSE	DATES	DAY	TIME	FEE
14149	Nov 8-Dec 6*	T	3:30-5:00pm	\$60

TUTORING CLUB Pre-K-12th grade

Tutoring Club of Cypress offers individualized tutoring in all academic areas and is now offering high school classes for credit. Our professional teachers maintain a commitment to ensuring your child's success. A positive atmosphere and motivational system encourage your child to keep learning. Continuous registration. Registration fees must be pre-paid at the Cypress Community Center. Tutoring coupons are not replaceable if lost or stolen. Enrollment consists of four 1-hour sessions. Monday-Thursdays hours: 3:30-7:30pm and Saturday hours: 9:30-11:30am. Location: Tutoring Club of Cypress, 9111 Valley View St.

TIME	FEE
(4) one hour sessions	\$140

SPECIAL INTEREST CLASSES

NEW!! CYPRESS YOUTH THEATER

Does your child enjoy acting and singing? Our theater program is designed to introduce children to performing in a non-pressure atmosphere. There are no auditions, but children learn to audition, prepare lines, and memorize songs. Proper vocal technique will be taught. Each session ends with a seasonal performance. A \$5 cash material fee is due to the instructor at the first class for scripts and a practice CD. Parents will be asked to assist with student's simple costumes. Instructor: Music Academy Staff. Location: Cypress Community Center.

FALL PERFORMANCES:

Santa and the Star Search *5-7yrs (8 weeks)*

The North Pole is preparing for the annual Star Search competition in which one of the stars from the ornament department will be chosen to be the official tree topper. The stars have been practicing to show Santa who is the super star, but wait...an emergency may postpone the competition and even Christmas! Join us as we sing and act out this fun holiday musical centered around Santa. Performance will be held on Thursday, December 8 at 6:00pm. **No class November 23*

COURSE	DATES	DAY	TIME	FEE
14422	Oct 12-Dec 7	W	4:30-5:30pm	\$60

One Crazy Night Before Christmas *8-11yrs (8 weeks)*

'Twas the night before Christmas when all through the house...the cousins show up and take our beds, I'm getting slippers for Christmas again? And there are three fake Santas at my house!! Join us as we sing and act out this funny holiday musical centered around Santa. Performance will be held on Thursday, December 8 at 7:00pm. **No class November 23*

COURSE	DATES	DAY	TIME	FEE
14423	Oct 12-Dec 7	W	5:45-6:45pm	\$60

FUN ON THE FARM *2-6yrs (4 weeks)*



Take a hold of your parent's hand and let's learn about farm animals. Make a farm craft each week, sing songs with puppets, and ride a pony! We will explore milking a goat, collecting eggs, holding a bunny, and feeding a pig. Parent participation is required. Wear closed-toed shoes, long jean pants, and a bike helmet. A \$20 material fee is payable to the instructor at the first day of class. Instructor: C. Skidmore. Location: El Rodeo Stables, 4449 Carbon Canyon Rd., Brea.

Parent participation is required. Wear closed-toed shoes, long jean pants, and a bike helmet. A \$20 material fee is payable to the instructor at the first day of class. Instructor: C. Skidmore. Location: El Rodeo Stables, 4449 Carbon Canyon Rd., Brea.

COURSE	DATES	DAY	TIME	FEE
14152	Sept 16-Oct 7	F	11:00am-12:00pm	\$75
14151	Oct 14-Nov 4	F	11:00am-12:00pm	\$75

HORSE FUN FOR KIDS *3-12yrs (4 weeks)*

Learn basic horsemanship, safety, grooming, saddling, and basic riding. Please wear closed-toed shoes and long jean pants. Parent participation is required for kids ages 3-6, and they must bring a bike helmet. A \$20 material fee is payable to the instructor at the first day of class. Instructor: C. Skidmore, www.havefunwithhorses.com. Location: El Rodeo Stables, 4449 Carbon Canyon Rd., Brea.

Session I: September 17-October 8

COURSE	DAY	AGE	TIME	FEE
14153	Sat	3-6yrs	1:00-2:00pm	\$75
14154	Sat	7-12yrs	2:00-3:00pm	\$75

Session II: October 15-November 5

COURSE	DAY	AGE	TIME	FEE
14155	Sat	3-6yrs	1:00-2:00pm	\$75
14156	Sat	7-12yrs	2:00-3:00pm	\$75

HALLOWEEN STOP MOTION ANIMATION

8-15yrs (6 weeks)

Did you ever want to make your own monster movies? In this seasonal class you can make your own movies using stop motion animation. Cameras and computers are provided for classroom use. A \$20 material fee is payable to the instructor at the first class. Instructor: Creative Brain Learning Staff. Location: Cypress Community Center.

COURSE	DATES	DAY	TIME	FEE
14157	Sept 13-Oct 18	T	5:00-5:50pm	\$66

VIDEO GAME DESIGN

8-15yrs (6 weeks)

You play the games, now learn to design and develop them. Working in teams, students will create and develop their own video game that they can take home and play. A \$20 material fee is payable to the instructor at the first class. Instructor: Creative Brain Learning Staff. Location: Cypress Community Center.

COURSE	DATES	DAY	TIME	FEE
14158	Oct 25-Nov 29	T	3:00-3:50pm	\$66

NEW!! BUILD IT WORKSPACE ANDROID APP CREATIONS

9-16yrs (4 weeks)

Create games and apps from your imagination. Build games, social apps, quizzes, and other tools for your Android phone or tablet to use or share with your friends. Acquire basic programming concepts while learning the processes involved in application development. Android phone or tablet is not required for class. Previous coding experience is recommended. Instructor: Build It Workspace Staff. Location: Build It Workspace Shop, 4478 Cerritos Ave., Los Alamitos.

COURSE	DATES	DAY	TIME	FEE
14487	Sept 10-Oct 1	Sat	9:30-10:30am	\$50
14488	Nov 5-26	Sat	9:30-10:30am	\$50

NEW!! BUILD IT WORKSPACE MINECRAFT CREATIONS

7-16yrs (4 weeks)

Discover 3D modeling and 3D printing as you create models of your favorite video game characters. Manipulate basic shapes and build your own unique designs to bring home. A \$15 cash material fee is due the instructor on the first day of class. Instructor: Build It Workspace Staff. Location: Build It Workspace Shop, 4478 Cerritos Ave., Los Alamitos.

COURSE	DATES	DAY	TIME	FEE
14489	Sept 10-Oct 1	Sat	10:45-11:45am	\$50

MUSIC CLASSES



KIDS LOVE MUSIC: BABIES!

4-14mos (5 weeks)

Musical play time for you and your 4-14 month old baby not yet walking! Learn lap songs, peek-a-boo songs, and active chants. Explore rhythm and sound with shakers and drums. Your baby gains motor skills and cognitive development, and has a fun bonding time with you! Please bring a baby blanket. Class content changes each session. Adult participation required. Optional \$20 material fee. Instructor: K. Greeno www.kidslovemusic.net. Location: Cypress Community Center.

COURSE	DATES	DAY	TIME	FEE
14159	Oct 20-Nov 17	Th	3:30-4:00pm	\$65

CITY OF CYPRESS | RECREATION & COMMUNITY SERVICES | 5700 ORANGE AVE., CYPRESS, CA 90630 | 714-229-6780

YOUTH

KIDS LOVE MUSIC: TODDLERS!

1-2yrs (5 weeks)

For toddlers 1-2 years old, here is a shortened version of Kids Love Music! Together we sing, dance, play rhythm instruments, and explore playing drums, xylophones, and glockenspiels. Class content changes each session. Adult participation required. Optional \$20 material fee. Instructor: K. Greeno www.kidslovemusic.net. Location: Cypress Community Center.

COURSE	DATES	DAY	TIME	FEE
14160	Oct 20-Nov 17	Th	4:15-4:45pm	\$65

KIDS LOVE MUSIC!

1-4yrs (5 weeks)

Come sing, dance, and play with your 1-4 year old using puppets and rhythm instruments! Explore making music with xylophones, glockenspiels, and drums! Your child will gain tonal memory, motor skills, cognitive development, and fun with you! Class content changes each session. Adult participation required. Optional \$20 material fee. Instructor: K. Greeno www.kidslovemusic.net. Location: Cypress Community Center.

COURSE	DATES	DAY	TIME	FEE
14161	Oct 20-Nov 17	Th	5:00-5:45pm	\$65

MUSIC FOR LITTLE MOZARTS

4-5yrs (6 weeks)

An excellent music program designed for the young child. While participating in the adventures of Beethoven Bear and Mozart Mouse, children will learn the beginning principles of piano playing. This class is for children entering T-K or Kindergarten in the fall. Parent participation required. No siblings allowed unless enrolled. Students must have piano or keyboard at home on which to practice. A \$10 cash only materials fee due to the instructor on the first day of class. Instructor: Music Academy Staff. Location: Cypress Community Center. **No class October 31 and November 21*

COURSE	DATES	DAY	TIME	FEE
14162	Sept 12-Oct 17	M	2:15-2:45pm	\$45
14163	Oct 24-Dec 12*	M	2:15-2:45pm	\$45

Kids Night Out!

5-12yrs (1 day) – 6:00-10:00pm

NEW!! Kids Night Out will now be offered monthly, on the third Friday of each month! Kids, get ready for a fun night out with friends. This program will have you busy throughout the night with games, crafts, a movie, dinner and dessert! Parents, take this opportunity to catch a movie, check out a new restaurant, or have a quiet night at home. Minimum enrollment is required two days prior to date. Location: Cypress Community Center.

<p>COURSE: 14113 DATE: Sept 16 DAY: Friday FEE: \$15</p>	<p>COURSE: 14419 DATE: Oct 21 DAY: Friday FEE: \$15</p>
<p>COURSE: 14420 DATE: Nov 18 DAY: Friday FEE: \$15</p>	<p>COURSE: 14421 DATE: Dec 16 DAY: Friday FEE: \$15</p>



UKULELE

8-13yrs (6 weeks)

Learn basic strumming, chords, and the basic concepts of reading music while playing the ukulele in a group setting. Students must provide their own ukulele, which can be purchased at Alley Kat Music (714)229-8528. A \$10 cash only materials fee due to the instructor on the first day of class. Instructor: Music Academy Staff. Location: Cypress Senior Center. **No class November 24*



COURSE	DATES	DAY	TIME	FEE
14164	Sept 22-Oct 27	Th	5:30-6:00pm	\$40
14165	Nov 3-Dec 15*	Th	5:30-6:00pm	\$40

PIANO

6-16yrs (6 weeks)

This ongoing piano class can be taken continuously by students at any level. Students will have fun learning the basics of piano/keyboard playing in a group setting. Students will rotate areas spending time playing music games, worksheets, and lesson time with the instructor. Keyboards will be provided during class instruction time; however, students must have a piano or keyboard at home on which to practice. A \$10 cash only material fee payable to instructor for lesson books. Instructor: Music Academy Staff. **Monday and Wednesday Location: Cypress Community Center. Thursday Location: Cypress Senior Center. **Instructor's approval required**

Mondays Session I: September 12-October 17

COURSE	AGES	DAY	TIME	FEE
14170	6-7yrs	M	3:00-3:50pm	\$60
14175	8-16yrs	M	4:00-4:50pm	\$60

Wednesday/Thursday Session I: September 21-October 27

COURSE	AGES	DAY	TIME	FEE
14167	6-7yrs	W	3:00-3:50pm	\$60
14168	8-16yrs	W	4:00-4:50pm	\$60
14178	6-16yrs**	W	5:00-5:50pm	\$60
14166	6-16yrs	W	6:00-6:50pm	\$60
14169	6-16yrs	Th	4:30-5:20pm	\$60

Mondays Session II: October 24-December 12

**No class October 31 and November 21*

COURSE	AGES	DAY	TIME	FEE
14176	6-7yrs	M	3:00-3:50pm	\$60
14177	8-16yrs	M	4:00-4:50pm	\$60

Wednesday/Thursday Session II: November 2-December 15

**No class November 23 and 24*

COURSE	AGES	DAY	TIME	FEE
14171	6-7yrs	W	3:00-3:50pm	\$60
14172	8-16yrs	W	4:00-4:50pm	\$60
14179	6-16yrs**	W	5:00-5:50pm	\$60
14173	6-16yrs	W	6:00-6:50pm	\$60
14174	6-16yrs	Th	4:30-5:20pm	\$60

GUITAR

8-16yrs (6 weeks)

This ongoing guitar class can be taken continuously by students at any level; participants will have fun learning the basics of guitar in a group setting. Students will rotate areas spending time playing music games, worksheets, and lesson time with the instructor. Students must bring their own guitar to class each week. A \$5 cash only material fee payable to instructor. Instructor: Music Academy Staff. Location: Cypress Community Center.

Session I: September 12-October 17

COURSE	LEVEL	DAYS	TIME	FEE
14180	Beginning	M	5:00-5:30pm	\$45
14181	Returning	M	5:30-6:00pm	\$45

Session II: October 24-December 12

**No class October 31 and November 21*

COURSE	LEVEL	DAYS	TIME	FEE
14182	Beginning	M	5:00-5:30pm	\$45
14183	Returning	M	5:30-6:00pm	\$45

ARTS AND CRAFTS

FROSTY THE SNOWMAN FUN *3-5yrs (1 day)*

Kids, join in the fun and create gifts for the holidays. Puzzle wreaths, reindeer keepsakes, ornaments that sparkle, and a tasty graham cracker house. A \$6 material fee is payable to the instructor at the first class. Instructor: M. Gonzales. Location: Ehlers Community Center, 8150 Knott Ave.

COURSE	DATES	DAY	TIME	FEE
14184	Dec 13	T	3:30-5:00pm	\$16

ALL THAT HOLIDAY GLITTER *6-12yrs (1 day)*

Create projects that sparkle, including homemade gifts to give for the holidays. We will be using our creativity to make evergreen wreaths, clay pot bells, ornaments that glitter, and a delicious treat, too. A \$6 material fee is payable to the instructor at the first class. Instructor: M. Gonzales. Location: Ehlers Community Center, 8150 Knott Ave.

COURSE	DATES	DAY	TIME	FEE
14185	Dec 15	Th	4:00-6:00pm	\$16

ART INNOVATORS PRESCHOOL *3½-5yrs (5 weeks)*

Unleash your little one's power to create! Learning to draw on their own not only refines their fine motor skills, but boosts their confidence like never before! Explore various subjects and fun media each week. A \$5 material fee is payable to Art Innovators at the first class. Instructor: Art Innovators Staff. Location: Ehlers Community Center, 8150 Knott St., Buena Park.

COURSE	DATES	DAY	TIME	FEE
14186	Sept 13-Oct 11	T	2:05-2:45pm	\$57
14187	Oct 18-Nov 15	T	2:05-2:45pm	\$57

ART INNOVATORS *5-11yrs (5 weeks)*



Build your own portfolio with masterpieces you create each week! Explore a variety of artistic styles and forms using professional quality media such as watercolor, pastels, paint, and more! Every week is a new lesson with a different subject, media, and technique. We never repeat! A \$10 supply fee is payable to Art Innovators at the first class. Instructor: Art Innovators Staff. Location: Ehlers Community Center, 8150 Knott St., Buena Park.

COURSE	DATES	DAY	TIME	FEE
14188	Sept 13-Oct 11	T	3:00-4:00pm	\$68
14189	Oct 18-Nov 15	T	3:00-4:00pm	\$68

INTRO TO ANIME DRAWING *8-15yrs (6 weeks)*

Anime art is a specialized field similar to cartoon drawing. Students will learn the essence of anime art and will recreate their favorite anime characters and design new ones. A \$20 material fee is payable to the instructor at the first class. Instructor: Creative Brain Learning Staff. Location: Cypress Community Center.



COURSE	DATES	DAY	TIME	FEE
14190	Sept 13-Oct 18	T	4:00-4:50pm	\$66

INTRO TO CARTOON DRAWING *8-15yrs (6 weeks)*

Learn the secrets of cartoon drawing and create your very own cartoon story in this unique arts class. Students will learn to draw cartoon characters and other elements to create their own story ideas and turn them into actual cartoons. A \$20 material fee is payable to the instructor at the first class. Instructor: Creative Brain Learning Staff. Location: Cypress Community Center.

COURSE	DATES	DAY	TIME	FEE
14191	Oct 25-Nov 29	T	4:00-4:50pm	\$66

YOUTH SPORTS

PARENT & TOT GYMNASTICS *18mos-3yrs (4 weeks)*

Our program will teach your child how to swing on the bars, tumble on the floor, balance on the beam, and vault off the springboard. We warm up to silly songs, teach listening and following directions, and play parachute games! Parent/guardian participation required. A \$5 insurance fee is payable to the instructor at the first class. Instructors: Leap of Faith Gymnastics Staff. Location: Cypress Community Center.

COURSE	DATES	DAY	TIME	FEE
14193	Sept 8-29	Th	6:00-6:30pm	\$45
14192	Oct 6-27	Th	6:00-6:30pm	\$45

GYMNASTICS *3-12yrs (4 weeks)*



Introduce your child to the exciting sport of gymnastics! Our program will teach your child stretching, locomotor skills, and basic gymnastics proficiency on the vault, bars, balance beam, and floor. Your child will improve coordination, strength, and develop dexterity in a fun and safe environment. A \$5 insurance fee is payable to the instructor at the first class of each session. Instructors: Leap of Faith Gymnastics Staff. Location: Cypress Community Center.

Session I: September 8-29

COURSE	AGES	LEVEL	DAY	TIME	FEE
14194	3-5yrs	Beg	Th	4:15-4:45pm	\$45
14195	3-5yrs	Beg	Th	4:50-5:20pm	\$45
14196	3-5yrs	Beg	Th	6:00-6:30pm	\$45
14197	5-7yrs	Beg	Th	4:15-4:45pm	\$45
14198	5-7yrs	Beg	Th	4:50-5:20pm	\$45
14199	5-7yrs	Beg	Th	5:25-5:55pm	\$45
14200	8-12yrs	Beg	Th	5:25-5:55pm	\$45
14201	8-12yrs	Beg	Th	6:35-7:05pm	\$45
14202	5-12yrs	Adv	Th	6:35-7:05pm	\$45

Session II: October 6-27

COURSE	AGES	LEVEL	DAY	TIME	FEE
14203	3-5yrs	Beg	Th	4:15-4:45pm	\$45
14204	3-5yrs	Beg	Th	4:50-5:20pm	\$45
14205	3-5yrs	Beg	Th	6:00-6:30pm	\$45
14206	5-7yrs	Beg	Th	4:15-4:45pm	\$45
14207	5-7yrs	Beg	Th	4:50-5:20pm	\$45
14208	5-7yrs	Beg	Th	5:25-5:55pm	\$45
14209	8-12yrs	Beg	Th	5:25-5:55pm	\$45
14210	8-12yrs	Beg	Th	6:35-7:05pm	\$45
14211	5-12yrs	Adv	Th	6:35-7:05pm	\$45

Make sure you register for classes early to help us determine if there is sufficient enrollment to hold a class.

TUMBLING FOR CHEERLEADERS 7-16yrs (4 weeks)

Learn the tumbling skills you need to take your cheerleading to the next level! This class will focus on tumbling and jumps needed for cheerleading, such as round-offs, back handsprings, straddle, and herkie jumps. Beginning and advanced students will be adequately challenged while learning how to safely perform these skills. A \$5 insurance fee is payable to the instructor at the first class. Instructors: Leap of Faith Gymnastics Staff. Location: Cypress Community Center.

COURSE	DATES	DAY	TIME	FEE
14212	Sept 8-29	Th	7:10-7:40pm	\$45
14213	Oct 6-27	Th	7:10-7:40pm	\$45

BEGINNING GOLF 5-11yrs (6 weeks)

Participants will learn the fundamentals of swinging, putting, and body positioning. Skyhawks has adopted the SNAG (Starting New at Golf) system to its curriculum. SNAG, specifically designed for the entry-level player, simplifies instruction so that young players can make an easy and effective transition onto the golf course. All equipment provided. Each child receives a Skyhawks t-shirt. Instructors: Skyhawks Sports Academy Staff. Location: Veterans Park, 4554 Avenida Granada.

COURSE	AGES	DATES	DAY	TIME	FEE
14214	5-7yrs	Sept 21-Oct 26	W	3:30-4:15pm	\$89
14215	8-11yrs	Sept 21-Oct 26	W	4:20-5:05pm	\$89

PEE WEE FLAG FOOTBALL 3-7yrs (6 weeks)

Ready, hut, hut, hike! Your young athlete will be introduced to the basic fundamentals of flag football, including running and cutting, grabbing flags, throwing, kicking, and catching by recreation staff. Parent involvement is encouraged. Fee includes a t-shirt. Location: Evergreen Park, 9300 Moody St.



DATES: Sept 13-Oct 18
TIME: 4:00-4:50pm

COURSE	AGES	DAY	FEE
14216	3-7yrs	T	\$35

PEE WEE SOCCER 3-7yrs (6 weeks)

Dribble, pass, shoot, and score! Calling on all the young soccer players to come and learn the fundamentals of soccer with our Recreation Staff. Come discover new drills while sharpening your skills both individually and with a team. Players will participate in appropriate activities and fun games. Parent involvement is encouraged. Fee includes a t-shirt. Location: Oak Knoll Park/Community Center, 5700 Orange Avenue



COURSE	AGES	DATES	DAY	TIME	FEE
14217	3-7yrs	Sept 14-Oct 19	W	5:30-6:20pm	\$35

PEE WEE ALL SORTS OF SPORTS 3-7yrs (6 weeks)

Kickball, Volleyball, and Badminton

Running the bases, kicking and catching the ball, bump, set, spike, and playing with a badminton racquet are just a few of the things that you will be doing! Each sport will be played in two week sessions. While learning the fundamentals of each sport with our Recreation staff, players will be participating in age appropriate drills and games. Location: Evergreen Park, 9300 Moody St. Fee includes a t-shirt.

COURSE	AGES	DATES	DAY	TIME	FEE
14218	3-7yrs	Sept 15-Oct 20	Th	4:00-4:50pm	\$35



SPECIAL NEEDS MARTIAL ARTS 4-18yrs (4 weeks)

This training is a blend of Kung Fu and Brazilian Jiu Jitsu. Benefiting both the body and the mind, students will develop increased strength, balance and coordination while learning focus and discipline. Classes are structured, but not rigid, and will promote self confidence and a sense of accomplishment. Instructor: K. Davidson. Location: Buena Park Community Center, 6688 Beach Blvd., Buena Park (Behind City Hall).

Session I: September 7-October 1

COURSE	DAY	TIME	FEE
14219	W	4:30-5:30pm	\$80
14220	Sat	9:00-10:00am	\$80

Session II: October 5-29 *No class October 8

COURSE	DAY	TIME	FEE
14221	W	4:30-5:30pm	\$80
14222	Sat* (3 weeks)	9:00-10:00am	\$60

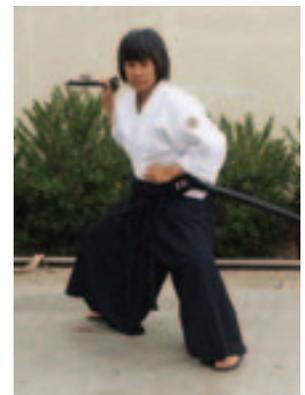
Session III: November 2-December 3

*No class November 23 and 26

COURSE	DAY	TIME	FEE
14223	W	4:30-5:30pm	\$80
14224	Sat	9:00-10:00am	\$80

AIKIDO FOR KIDS 5-12yrs (7 weeks)

Aikido is a non-competitive, non-violent, martial art with the goal of developing both mind and body. Aikido helps children gain confidence through self-defense techniques while also increasing their flexibility and fitness. Classes start with stretching, rolling, and learning to fall safely. Basic movements in joint-lock and throwing techniques are taught step-by-step, ensuring that students learn in a simple and clear methodology. Children who qualify may test for ranks



designed to prepare them for transition into the Aikido Association of America. Additional fees required for testing. Wear loose fitting sports clothing that cover knees, or a dogi (training uniform) with a white belt. Instructor: O. Rosenthal. Location: Ehlers Recreation Center, 8150 Knott Ave. Buena Park. *No class November 24

COURSE	DATES	DAY	TIME	FEE
14225	Sept 7-Oct 20	M/W/Th	5:30-6:30pm	\$90
14226	Oct 24-Dec 8*	M/W/Th	5:30-6:30pm	\$90

Make sure you register for classes early to help us determine if there is sufficient enrollment to hold a class.

PEE WEE TIGER KARATE

3-5yrs (6 weeks)

Our Pee Wees will learn behavioral skills, including how to focus and pay attention in a classroom, line up, raise hands to speak, self-control, and basic motor skills (punching, kicking, balance, and more). This class emphasizes learning while having FUN and is excellent preparation for pre-school and kindergarten! Advanced students from other classes often assist the class, to serve as role models for the Pee Wees and to develop their own leadership skills. Parents may stay in class for the first and last classes only. An \$8 material fee is payable to the instructor for all new students at the first class. Instructor: K. Wegener. Location: Cypress Community Center.

Session I: September 12-October 26 *No class October 3 and 5

COURSE	LEVEL	DAYS	TIME	FEE
14227	Pee Wee	M	4:00-4:30pm	\$30
14228	Pee Wee	W	4:00-4:30pm	\$30
14229	Pee Wee Combo	M/W	4:00-4:30pm	\$48

Session II: October 31-December 14 *No class October 31, please ask instructor for make-up date. No class November 21 and 23

COURSE	LEVEL	DAYS	TIME	FEE
14230	Pee Wee	M	4:00-4:30pm	\$30
14231	Pee Wee	W	4:00-4:30pm	\$30
14232	Pee Wee Combo	M/W	4:00-4:30pm	\$48

KARATE

5-16yrs (6 weeks)

Traditional Japanese Shito Ryu Karate instructed by Olympic Festival bronze-medalist and 5th degree black belt Sensei Kathleen Wegener. Students learn the art and sport



of karate as well as self-defense techniques. Our dojo emphasizes development of character, respect, and leadership. Sessions are ongoing. Please visit www.dojowear.com or e-mail senseiwegener@yahoo.com. Instructor: K. Wegener. Location: Cypress Community Center.

Session I: September 12-October 26

*No class October 3-5

COURSE	LEVEL	AGES	DAY	TIME	FEE
14233	Beginner	5-12yrs	M	4:00-5:00pm	\$42
14234	Intermediate	6-16yrs	M	5:00-6:00pm	\$42
14235	Advanced	7-16yrs	M	6:00-7:30pm	\$42
14236	Yth & Adult	5yrs & up	T	6:15-7:15pm	\$42
14237	Beginner	5-12yrs	W	4:00-5:00pm	\$42
14238	Intermediate	6-16yrs	W	5:00-6:00pm	\$42
14239	Advanced	7-16yrs	W	6:00-7:30pm	\$42

MULTIPLE DAY COURSES

COURSE	LEVEL	DAYS	AGES & TIME	FEE
14240	Beg Combo	M/T/W	as stated above	\$65
14241	Int Combo	M/T/W	as stated above	\$65
14242	Adv Combo	M/T/W	as stated above	\$65

Session II: October 31-December 14 *No class October 31, please ask instructor for make-up date. No class November 21-23

COURSE	LEVEL	AGES	DAY	TIME	FEE
14243	Beginner	5-12yrs	M	4:00-5:00pm	\$42
14244	Intermediate	6-16yrs	M	5:00-6:00pm	\$42
14245	Advanced	7-16yrs	M	6:00-7:30pm	\$42
14246	Yth & Adult	5yrs & up	T	6:15-7:15pm	\$42
14247	Beginner	5-12yrs	W	4:00-5:00pm	\$42
14248	Intermediate	6-16yrs	W	5:00-6:00pm	\$42
14249	Advanced	7-16yrs	W	6:00-7:30pm	\$42

MULTIPLE DAY COURSES

COURSE	LEVEL	DAYS	AGES & TIME	FEE
14250	Beg Combo	M/T/W	as stated above	\$57
14251	Int Combo	M/T/W	as stated above	\$57
14252	Adv Combo	M/T/W	as stated above	\$57

MOMMY/DADDY & ME SOCCER

2-3½yrs (5 weeks)

Introduce yourself and your toddler to the game of soccer! As you and your child participate in our fun age-appropriate activities, your child will be developing their motor and socialization skills. A variety of activities designed around the game of soccer will be played each week. All kids receive a Kidz Love Soccer jersey! The KLS class status hotline is (888) 372-5803. Instructor: Kidz Love Soccer Staff. Location: Oak Knoll Park, 5700 Orange Ave.

COURSE	DATES	DAY	TIME	FEE
14269	Sept 24-Oct 22	Sat	4:45-5:15pm	\$72

KIDZ LOVE SOCCER

3½-10yrs (8 weeks)

Since 1979, KLS is dedicated to teaching children the world's most popular sport within a nurturing environment. At KLS the emphasis is always on fun! A session experience includes age-appropriate activities, skill demonstrations, fun games, and instructional scrimmages always conducted in a non-competitive recreational format. The KLS class status



hotline is (888) 372-5803. All participants receive a Kidz Love Soccer jersey! Shin guards are required after the first meeting. Instructor: Kidz Love Soccer Staff. Location: Oak Knoll Park, 5700 Orange Ave.

Session Dates: September 24-November 12

COURSE	LEVEL	AGES	DAY	TIME	FEE
14270	Tot Soccer	3½-5yrs	Sat	4:00-4:35pm	\$104
14271	Soccer 1	5-6yrs	Sat	3:15-4:00pm	\$104
14272	Soccer 2	7-10yrs	Sat	2:30-3:15pm	\$104

WINTER YOUTH BASKETBALL 2016-17

Ages 7-14

Registration Dates:
Cypress Residents:
September 26 – October 14

Non-Residents:
October 3 – 14

Mon-Fri, 8:00am-5:00pm
\$80 – Includes Jersey
Season runs: Dec 3-Feb 10

Spots are limited, first-come, first-served.

Registration Location:
Cypress Community Center
5700 Orange Avenue

VOLUNTEER COACHES NEEDED!

PROOF OF AGE IS REQUIRED.

Games are played weekday evenings and Saturdays at Lexington Jr. High School

“A” DIVISION:
(Children born September 1, 2002-December 31, 2004 & going into 8th grade or lower)

“B” DIVISION:
(Children born in 2005-2006 & in the 6th grade or lower)

“C” DIVISION:
(Children born in 2007-2009)

CITY OF CYPRESS | RECREATION & COMMUNITY SERVICES | 5700 ORANGE AVE., CYPRESS, CA 90630 | 714-229-6780

YOUTH

WESTMINSTER ICE

Location: 13071 Springdale Ave., Westminster. (714)518-3212



Includes skate rental, 30-minute lesson, free practice on the day of class (Tuesday class: 3:10-4:40pm; Wednesday class: 3:00-5:00pm; Saturday class: 12Noon-2:00pm), and three additional skating passes to be used during the four week session. Please arrive 15 minutes early to the first class and dress warmly. Instructor: Westminster Ice Staff.

ICE SKATING LESSONS PARENT & ME 3-5yrs (4 weeks)

What a great opportunity to bond with your child as you both learn to skate in a fun and relaxed atmosphere. One parent and one child per class.

Session I: September 27-October 22

COURSE	DAY	TIME	FEE
14253	T	4:10-4:40pm	\$37
14254	Sat	11:15-11:45am	\$37

Session II: October 25-November 19

14255	T	4:10-4:40pm	\$37
14256	Sat	11:15-11:45am	\$37

ICE SKATING FOR TOTS AND BEGINNERS

3-16yrs (4 weeks)

Join the fun at Westminster ICE! Beginning ice skating made fun and easy.

Session I: September 27-October 22

COURSE	AGES	DAY	TIME	FEE
14257	3-5yrs	T	3:40-4:10pm	\$37
14258	3-5yrs	Sat	10:45-11:15am	\$37
14259	6-16yrs	T	4:10-4:40pm	\$37
14260	6-16yrs	Sat	11:15-11:45am	\$37

Session II: October 25-November 19

COURSE	AGES	DAY	TIME	FEE
14261	3-5yrs	T	3:40-4:10pm	\$37
14262	3-5yrs	Sat	10:45-11:15am	\$37
14263	6-16yrs	T	4:10-4:40pm	\$37
14264	6-16yrs	Sat	11:15-11:45am	\$37

ICE HOCKEY SKATING SKILLS 6-16yrs (4 weeks)

Learn basic skating skills necessary for hockey, including forward and backward skating, stopping, and turning. Pucks and sticks are not used during this class.

Session I: September 28-October 22

COURSE	DAY	TIME	FEE
14265	W	6:10-6:40pm	\$37
14266	Sat	10:45-11:15am	\$37

Session II: October 26-November 19

COURSE	DAY	TIME	FEE
14267	W	6:10-6:40pm	\$37
14268	Sat	10:45-11:15am	\$37



TENNIS

3-16yrs (6 weeks)

Established 1981 by Nancy Jennings

Instructor: B. Sorvillo & Staff

Enjoy the game of a lifetime! Tennis classes will consist of:

- Learning skills of the game
- Improving fitness & great exercise
- 6:1 ratio player to instructor
- Rotate to four different courts to do different drills and games

Location: Cypress Civic Center, 5275 Orange Avenue

EVENING & SATURDAY TENNIS CAMP

Session I: September 13-October 22

COURSE	LEVEL	AGES	DAY	TIME	FEE
14273	Pee Wee	3-5yrs	Th	4:30-5:00pm	\$30
14274	Beg & Int	5-12yrs	T	5:00-6:00pm	\$60
14282	Beg & Int	7-14yrs	Th	5:00-6:00pm	\$60
14275	Beg & Int	5-14yrs	F	5:00-6:00pm	\$60
14276	Advanced	7-16yrs	F	6:00-7:30pm	\$80
14277	Beginning	5-14yrs	Sat	9:00-10:00am	\$60
14278	Intermediate	6-14yrs	Sat	10:00-11:00am	\$60
14279	Advanced	7-16yrs	Sat	11:00am-12:30pm	\$80

Session II: October 25-December 10

*No class November 22, 24, 25, and 26

COURSE	LEVEL	AGES	DAY	TIME	FEE
14280	Pee Wee	3-5yrs	Th	4:30-5:00pm	\$30
14281	Beg & Int	5-12yrs	T	5:00-6:00pm	\$60
14283	Beg & Int	7-14yrs	Th	5:00-6:00pm	\$60
14284	Beg & Int	5-14yrs	F	5:00-6:00pm	\$60
14285	Advanced	7-16yrs	F	6:00-7:30pm	\$80
14286	Beginning	5-14yrs	Sat	9:00-10:00am	\$60
14287	Intermediate	6-14yrs	Sat	10:00-11:00am	\$60
14288	Advanced	7-16yrs	Sat	11:00am-12:30pm	\$80

PRIVATE TENNIS LESSONS

Private tennis lessons are being offered by B. Sorvillo. Call (714) 229-6780 for more information. FEE: \$25 per one-half hour, \$50 per hour.

DANCE CLASSES

POLYNESIAN DANCE

4-18yrs (4 weeks)



Aloha kakou (Greetings all)! Polynesian dancing will help develop coordination and confidence for boys and girls. This class teaches basic steps and routines from modern and ancient hula and Tahitian melodies. The main focus will be hula sprinkled with Tahitian dancing. Students should wear comfortable clothes and bring a pareo (sarong or wrap). All skill levels are welcome. A \$2 material fee for CD is payable to instructor. Instructor: Hiya Papaya Productions. Location: Leiali'inani Studio, 9203 Valley View St.

Location: Leiali'inani Studio, 9203 Valley View St.

Session I: September 7-28 *No class September 5

COURSE	LEVEL & AGE	DAY	TIME	FEE
14290 (3 weeks)	I (4-7yrs)	M	5:00-6:00pm	\$32
14291 (3 weeks)	II (8-12yrs)	M	6:00-7:00pm	\$32
14292 (3 weeks)	III (13-16yrs)	M	7:00-8:00pm	\$32
14293	IV (13-16yrs)	W	5:30-6:30pm	\$42

Session II: October 3-26 *No class October 31

COURSE	LEVEL & AGE	DAY	TIME	FEE
14294	I (4-7yrs)	M	5:00-6:00pm	\$42
14295	II (8-12yrs)	M	6:00-7:00pm	\$42
14296	III (13-16yrs)	M	7:00-8:00pm	\$42
14297	IV (13-16yrs)	W	5:30-6:30pm	\$42

Session III: November 2-28

COURSE	LEVEL & AGE	DAY	TIME	FEE
14298	I (4-7yrs)	M	5:00-6:00pm	\$42
14300	II (8-12yrs)	M	6:00-7:00pm	\$42
14299	III (13-16yrs)	M	7:00-8:00pm	\$42
14301	IV (13-16yrs)	W	5:30-6:30pm	\$42



OC Dance offers a variety of classes with studio-quality instruction by family-friendly staff, a detailed progression program for young dancers to track their accomplishments, and inexpensive recitals twice a year.

For more information and recommended attire, visit www.ocdanceproductions.com. Location for all classes listed below: Cypress Community Center

PRINCESS BALLET 3-5 yrs (11 weeks)

Your little one will enter a world of magic and imagination, dancing to their favorite tunes from princess movies new and old. This class teaches the basics of ballet and dance through terminology and imagery. Dancers will also hear stories, dress up in princess tutus, and create their own princess props to take home. Ballet shoes required. A \$10 cash material fee is payable to the instructor on the first day of class. **No class October 31 and November 21*

COURSE	DATES	DAY	TIME	FEE
14302	Sept 12-Dec 5*	M	3:30-4:15pm	\$105

BUTTERFLY BALLERINAS 4-6yrs (11 weeks)

Transform into a magical butterfly and float across the floor with beginning ballet movements and an introduction to ballet terminology. Instruction includes practice at the barre, traveling across the floor, and choreography. Performance for parents on the last day of class. **No class October 31 and November 21*

COURSE	DATES	DAY	TIME	FEE
14303	Sept 12-Dec 5*	M	4:20-5:05pm	\$105

ALL-IN-ONE 4-9yrs (6 weeks)

Dancers will learn the basic fundamentals in ballet, jazz, tumbling, and hip hop. Class promotes balance, coordination, rhythm, listening skills, and imagination through creative movement exercises. Suitable for boys and girls. Dance shoes required. Recommended to complete Level I or have previous dance experience before Level II. Choreography performed for the parents on the last day of class. **No class October 31, November 21 and 22*

COURSE	LEVEL & AGE	DATES	DAY	TIME	FEE
14304	I (4-7yrs)	Sept 12-Dec 5*	M	5:10-5:55pm	\$105

14305	II (5-9yrs)	Sept 13-Oct 18	T	6:00-6:45pm	\$57
14306	II (5-9yrs)	Oct 25-Dec 6*	T	6:00-6:45pm	\$57

BALLET, JAZZ, TAP COMBO 3-6yrs (6 weeks)

Children involved in dance develop improved spatial awareness, rhythm, and listening skills. This beginning class introduces to the world of tap, jazz, ballet movements, and dance terminology. Ballet and tap shoes required. **No class November 22*

COURSE	DATES	DAY	TIME	FEE
14307	Sept 13-Oct 18	T	3:30-4:15pm	\$57
14308	Oct 25-Dec 6*	T	3:30-4:15pm	\$57

JEDI HIP HOP 5-9yrs (6 weeks)

Calling all Jedis! Children will learn choreographed movements with light sabers they create in class. Movements are hip hop/jazz-based and age appropriate. Class will also include basic coordination techniques, strength exercises, and teamwork activities. A \$10 cash material fee is payable to the instructor on the first day of class. **No class November 22*

COURSE	DATES	DAY	TIME	FEE
14309	Sept 13-Oct 18	T	4:20-5:05pm	\$57
14310	Oct 25-Dec 6*	T	4:20-5:05pm	\$57

CHILDREN'S MUSICAL THEATER 3-6yrs (6 weeks)

Children will be introduced to musical theater by creating characters, learning about articulation, projection, rhythm, and working with their peers in producing their show. Dancers will learn basic choreography and lyrics to popular children's musical numbers. Performers will also participate in theater and imaginative games, work on stage presence and confidence as well as make crafts and props for our final performance for parents and friends on the last day of class. **No class November 22*

COURSE	DATES	DAY	TIME	FEE
14311	Sept 13-Oct 18	T	5:10-5:55pm	\$57
14312	Oct 25-Dec 6*	T	5:10-5:55pm	\$57

TAP, BALLET, AND HIP HOP

3-22yrs (8 weeks)

Dance helps to develop poise, self-confidence, and self-control. Please note: Class "A" must be completed before advancing to class "B", etc. Students **MUST** be potty trained; NO diapers or pull-ups. All students **MUST** be the correct age by the first day of class. (Exceptions will be taken by instructor permission only) Location: Cypress Community Center.

+Talk to Dance Instructor before purchasing shoes

**By Audition Only

All classes below taught by Miss Ginger

Session Dates: September 26-November 17

**No class October 31, make-up date will be November 21*

TAP/BALLET

COURSE	LEVEL & AGE	DAY	TIME	FEE
14314	A (3-5yrs)+	Th	4:45-5:30pm	\$55
14315	A & B (4-6yrs)+	M	5:30-6:15pm	\$55
14316	C (4-7yrs)	T	6:00-6:45pm	\$55
14317	D (5-9yrs)	Th	5:30-6:15pm	\$55
14318	E (7-11yrs)	M	6:15-7:00pm	\$55
14319	F (8-12yrs)	T	4:30-5:15pm	\$55

TAP

COURSE	LEVEL & AGE	DAY	TIME	FEE
14324	B (9-13yrs)	T	5:15-6:00pm	\$55
14325	C (12-16yrs)	Th	6:15-7:00pm	\$55
14326	F (16-20yrs)	T	7:15-8:00pm	\$55
14327	G (20-23yrs)**	M	4:30-5:15pm	\$55

All classes below taught by Miss Charlotte

Session Dates: September 21-December 1 **No class October 12-27 and November 24, make-up date will be December 8*

TAP/BALLET

COURSE	LEVEL & AGE	DAY	TIME	FEE
14313	A (3-5yrs)+	W	3:30-4:15pm	\$55
14320	B (4-6yrs)	W	4:15-5:00pm	\$55
14321	C (5-8yrs)	W	5:00-5:45pm	\$55
14323	E & F (9-13yrs)	Th	4:00-4:45pm	\$55
14322	G (11-15yrs)**	Th	4:45-5:30pm	\$60

BALLET

COURSE	LEVEL & AGE	DAY	TIME	FEE
14328	Ballet (Teens)	Th	6:30-7:30pm	\$60

HIP HOP

COURSE	LEVEL & AGE	DAY	TIME	FEE
14329	Hip Hop (8-15yrs)	Th	5:30-6:15pm	\$60

SPECIALTY DANCE CLASSES

Classes are "by invitation or audition only." Individuals **MUST** have permission of the instructor to register. Classes will contain five hours of instruction. Meeting dates and times will be arranged with the instructor. Instructor: Miss Ginger. Location: Cypress Community Center.

Session Dates: September 30-November 18

COURSE	DESCRIPTION	DATES	DAY	TIME	FEE
14330	Daddy & Daughter Tap	TBA	F	TBA	\$45
14331	Mother & Daughter Tap	TBA	F	TBA	\$45
14332	Individual (or Duet) Tap	TBA	F	TBA	\$45





TEENS: 13-18 YRS OLD (PG-13)

Teen Coffee & Movie Night!

TIME: 6:30PM
Saturday, November 5

\$2.00 per teen / drink included!
First-come, first-served.

Cypress Community Center, 5700 Orange Avenue
 Your choice of movie:
Theater 1: Finding Dory / Theater 2: Batman vs. Superman

TEEN DANCES

For 7th and 8th graders only!
 Location: LA PALMA COMMUNITY CENTER
 7821 WALKER STREET
 6:00-9:00pm • \$10.00 • Limited Space

TEENS MUST BE PRESENT TO PURCHASE TICKET AND HAVE A VALID SCHOOL ID CARD STATING THEIR CURRENT GRADE AT TIME OF PURCHASE AND TO BE ADMITTED INTO EACH DANCE!!
VERIFICATION OF STUDENT'S ID THROUGH AERIES MAY BE USED IN ABSENCE OF A STUDENT ID

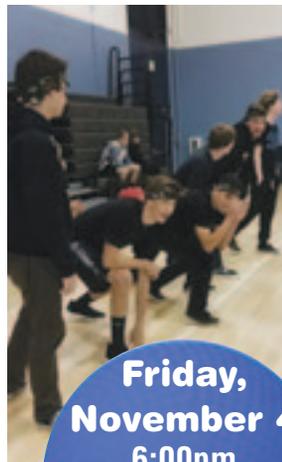
Saturday, September 17 **Saturday, October 15**
90's Flashback Dance **Halloween Dance**

BUY YOUR TICKETS SOON.
TEEN DANCES ARE A BLAST AND SELL OUT FAST!
 Tickets available the week of the Dance



teen DODGEBALL Night

13-18 year olds • Applications available at cypressrec.com



- ✓ \$10.00 per team
- ✓ Pre-register before Thursday, October 27
- ✓ Maximum 10 members per team
- ✓ Waiver must be signed by minor (17 years or younger) and parent/guardian before teams can play
- ✓ Limited Space Available!

**Friday,
 November 4
 6:00pm
 Lexington Junior
 High, 4351
 Orange Ave.**



A Preview of 2017 Teen Events:

- 2017 New Year's Dance
Saturday, January 14
- Spring Dodgeball Night – **Friday, February 17**
- March Madness Basketball Tournament
Friday, March 10
- Teen Fashion Scene – **Saturday, April 1**
- Teen Choice Dance – **Saturday, April 8**
- Battle of the Bands – **Saturday, May 6**
- Teen Skate Night – **Friday, May 12**
- Aloha Dance – **Saturday, May 20**

ARTS & CRAFTS

NEW!! BUILD IT WORKSPACE CRAFTING

13yrs-Adult (1 day)

Refresh your home with crafts based on mold making. In these workshops, we learn to create Halloween masks, scented soaps, chocolate forms, and more! Each seminar covers a new technique and projects reflect the season. A \$15 cash material fee is due to the instructor at the beginning of class. Instructor: Build It Workspace Staff. Location: Build It Workspace Shop, 4478 Cerritos Ave., Los Alamitos.

COURSE	DATES	DAY	TIME	FEE
14490	Oct 18	T	6:00-9:00pm	\$35
14491	Nov 15	T	6:00-9:00pm	\$35
14492	Dec 20	T	6:00-9:00pm	\$35

NEW!! JEWELRY MAKING: BEADING BASICS

18yrs-Adult (1 day)

Learn the basics of jewelry design, materials selection, required tools, construction and finishing. You will create two bracelets. Tools will be provided. A \$10 cash material fee is payable to the instructor at class. Instructor: K. Cotton. Location: Cypress Senior Center.

COURSE	DATES	DAY	TIME	FEE
14499	Sept 12	M	6:00-8:00pm	\$25

NEW!! JEWELRY MAKING: HOLIDAY BRACELETS

18yrs-Adult (1 day)

Come and create festive jewelry for the holidays! All levels welcome. Tools will be provided. A \$10 cash material fee is payable to the instructor at each class. Instructor: K. Cotton. Location: Cypress Senior Center.

COURSE	THEME	DATES	DAY	TIME	FEE
14336	Halloween	Oct 3	M	6:00-7:30pm	\$20
14337	Autumn	Nov 14	M	6:00-8:00pm	\$20
14338	Snowflake	Dec 5	M	6:00-8:00pm	\$25

ACRYLIC PAINTING WORKSHOP

18yrs-Adult

Great fun for the beginning to advanced painters. Canvas, hard-surface, and decorative painting techniques will be covered. Class will also include demonstrations and individual attention. Students bring their own supplies. New students need to call the teacher before the first class. Phone number available from the Community Center Office. Instructor: J. Jay. Location: Cypress Senior Center. *No class November 23*



COURSE	DATES	DAY	TIME	FEE
14333 (4 weeks)	Sept 14-Oct 5	W	6:15-9:15pm	\$39
14334 (5 weeks)	Oct 26-Nov 30*	W	6:15-9:15pm	\$49

RUBBER STAMPING CLASSES

16yrs-Adult (1 day)

These hands-on classes cover all major rubber stamping techniques used to create fabulous all-occasion cards, gifts, scrapbooks, and wrappings. Register no later than the Monday before class to guarantee a spot and supplies. All supplies, tools, and directions will be provided in class. A \$6 material fee is due for the first three classes and a \$9 material fee is due for the three Christmas card classes to the instructor at each class. Instructor: C. Griesinger. Location: Cypress Senior Center.

COURSE	TITLE	DATE	DAY	TIME	FEE
14341	Going Places Cards	Sept 13	T	6:30-9:00pm	\$10
14342	Swirly Bird Cards	Sept 27	T	6:30-9:00pm	\$10
14343	Bear Hug Cards	Oct 11	T	6:30-9:00pm	\$10
14339	Christmas Cards	Oct 25	T	6:30-9:00pm	\$10
14340	Christmas Cards	Nov 8	T	6:30-9:00pm	\$10
14344	Christmas Cards	Nov 29	T	6:30-9:00pm	\$10

PORTRAIT WORKSHOP

16yrs-Adult (8 weeks)

Come draw and paint live models with our national award winning artist instructor, Ying Liu. Beginners through advanced students are welcome. Bring medium of choice: pencil, charcoal, pastel, oil, or watercolor. There are demos and one-on-one instruction throughout the session. A \$5 model fee is payable to the instructor at each class. Instructor: Y. Liu. Location: Los Alamitos Community Center, 10911 Oak St. (Additional parking in Super Media parking lot at Katella & Civic Center Dr.). *No class October 8*

COURSE	DATES	DAY	TIME	FEE
14345	Sept 10-Nov 5*	Sat	9:00am-12Noon	\$76

GOURMET DELIGHTS

MAKE-AHEAD HOLIDAY SIDE DISHES

13yrs-Adult (1 day)



Looking to improve the taste of your holiday side dishes or how about ideas to make the holiday meals easier for the cook? Chef Elizabeth Whitt will teach you to make great side dishes that can all be prepared ahead of time. Bring an apron and appetite for delicious holiday cooking. Menu and more info at www.chefelizabeth.com. A \$20 material fee is payable to the instructor. Instructor: E. Whitt. Location: Cypress Community Center.

COURSE	DATES	DAY	TIME	FEE
14346	Nov 17	Th	6:30-9:00pm	\$45

SPECIAL INTERESTS

NEW!! BUILD A 72 HOUR EMERGENCY BACKPACK

18yrs-Adult (1 day)

First responders recommend everyone have at least 72 hours of emergency supplies. In this class you will assemble your own emergency backpack, learn what is in your pack, and how to use the contents. Discussion will also include preparedness tips, creating a family communication plan, and building a commuter plan. An \$89 material fee is due to the instructor in class; this fee includes all of the supplies for the 72 hour backpack. Instructor: J. Stewart-Tai. Monday Location: Los Alamitos Community Center, 10911 Oak St. Thursday Location: Cypress Community Center.



72 Hour Emergency Backpack

COURSE	DATES	DAY	TIME	FEE
14347	October 3	M	6:00-8:00pm	\$100
14348	October 6	Th	6:30-8:30pm	\$100
14349	November 3	Th	6:30-8:30pm	\$100
14350	November 14	M	6:00-8:00pm	\$100

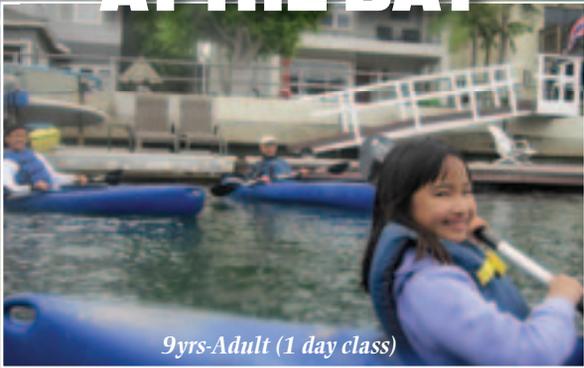
NEW!! SURVIVING THE FIRST 72 HOURS AFTER A DISASTER

18yrs-Adult (1 day)

You've assembled your emergency supplies and prepared your home. Now what? Learn what to do in the first 72 hours after an emergency. This class will include discussion and activities on communicating following a disaster, assessing for injuries and damage, and handling disaster related stress. Each student receives a workbook, gas shut-off wrench, and credit card style flash drive. A \$35 material fee is due to the instructor in class for these supplies. Instructor: J. Stewart-Tai. Location: Cypress Community Center.

COURSE	DATES	DAY	TIME	FEE
14351	October 20	Th	6:30-8:30pm	\$29
14352	December 1	Th	6:30-8:30pm	\$29

KAYAK AT THE BAY



9yrs-Adult (1 day class)

Bring your family and friends and join us for a day on the water! Whether you're an avid kayaker or a beginner, you will enjoy a cruise through beautiful Alamitos Bay in Long Beach. A relaxing meal will be served following the paddle. Instruction, equipment, and food are included. Wear appropriate clothing – no jeans or tennis shoes. **Minors must be accompanied by an adult.** Free street parking is limited, so bring quarters for meters! Registration deadline is Monday, September 19 at 5:00pm. Location: Leeway Sailing Center – 5437 East Ocean Blvd., Long Beach.

COURSE	DATE	DAY	TIME	FEE
13860	Sept 24	Sat	9:00am-1:00pm	\$27

UKULELE *18yrs-Adult (6 weeks)*

Learn basic strumming, chords, and concepts of reading music in a group setting. Each participant must provide their own ukulele, which can be purchased from Alley Kat Music (714)229-8528. A \$10 materials fee due to the instructor on the first day of class. Instructor: Music Academy Staff. Location: Cypress Senior Center. *No class November 24*

COURSE	DATES	DAY	TIME	FEE
14353	Sept 22-Oct 27	Th	6:00-6:30pm	\$40
14354	Nov 3-Dec 15*	Th	6:00-6:30pm	\$40

ICE SKATING *17yrs-Adult (4 weeks)*

Ice skating made fun and easy. Learn to skate across the ice forward and backward, stop, hop, spin, and more! Includes skate rental, 30-minute lesson, free practice on the day of class (Wednesday 6:40-7:10pm), and three additional skating passes to be used during the 4-week session. Please arrive 15 minutes early to the first class and dress warmly. Instructor: Westminster Ice Staff. Location: Westminster Ice, 13071 Springdale Ave, Westminster.

COURSE	DATES	DAY	TIME	FEE
14355	Sept 28-Oct 19	W	6:10-6:40pm	\$37
14356	Oct 26-Nov 16	W	6:10-6:40pm	\$37

PUPPY KINDERGARTEN *Handlers: 10yrs-Adult (6 weeks)*



Establish good manners and socialization at an early age through simple obedience training, emphasizing positive reinforcement and gentle handling. This class is for puppies two to five months old. We'll also discuss housebreaking, chewing, nipping, health tips, and other puppy care topics. **Please bring vaccination records and \$10 materials fee (includes training manual) to the first meeting, which is an orientation to be held WITHOUT DOGS.** Instructor: K. Knight. Location: El Dorado Park, 2760 Studebaker Rd., Long Beach. Meet near hockey court.

Please bring vaccination records and \$10 materials fee (includes training manual) to the first meeting, which is an orientation to be held WITHOUT DOGS. Instructor: K. Knight. Location: El Dorado Park, 2760 Studebaker Rd., Long Beach. Meet near hockey court.

COURSE	DATES	DAY	TIME	FEE
14357	Sept 24-Oct 29	Sat	12:30-1:30pm	\$84

DOG OBEDIENCE TRAINING *Handlers: 10yrs-Adult (7 weeks)*

This class helps in establishing good conduct and curbing bad habits such as excessive barking, destructive chewing, hole digging, and over-exuberance. All breeds of dogs five months or older are welcome! You will be teaching your dog to walk on a leash without pulling, sit automatically when you stop, stay in a sit and down position, come when called, and to hold a stand position. **Please bring vaccination records and \$10 materials fee (includes training manual) to the first meeting, which is an orientation to be held WITHOUT DOGS.** Instructor: K. Knight. First class meeting held at Los Alamitos Community Center, 10911 Oak St. Remaining meetings will be held at Laurel Park, 10862 Bloomfield St., Los Alamitos.

COURSE	DATES	DAY	TIME	FEE
14358	Sept 22-Nov 3	Th	6:15-7:15pm	\$93

DOG MANNERS "CRASH COURSE" *Handlers: 10yrs-Adult (4 weeks)*

This fast paced course can help you accomplish your dog training goals and get behavior problems under control in just four weeks. All breeds of dogs ages five months and older may enroll. The course includes basic obedience commands and corrections for bad habits. Dogs attend all meetings. Vaccinations must be current. Pre-registration is required so that we may brief you prior to first meeting. A \$5 insurance fee due to instructor at the first meeting. Instructor: R. Healey (Wed.) & K. Knight. (Sat.) Wed. Location: John Marshall Park, 2025 W. La Palma Ave., Anaheim. Sat. Location: El Dorado Park, 2760 Studebaker Rd., Long Beach. Meet near hockey court.

COURSE	DATES	DAY	TIME	FEE
14359	Oct 1-22	Sat	11:00am-12:15pm	\$82

FRISBEE DOGS! CATCH THE FUN! *Handlers: 10yrs-Adult (1 day)*

In this one-day workshop, your dog can start learning the fun sport of Toss-N-Fetch from an avid Dog-Disc competitor, David Procida. Includes instruction on proper Frisbee throwing techniques, getting your dog motivated to catch a disc and bring it back to you, and an introduction to some stunts, including spins and weaving through your legs. Please pre-register, and bring vaccination records, your dog, and \$5 material fee, which includes a frisbee. Instructor: D. Procida. Location: El Dorado Park, 2760 Studebaker Rd., Long Beach.

COURSE	DATES	DAY	TIME	FEE
14360	Sept 25	Sun	3:00-4:30pm	\$27

HEALTH AND FITNESS

PILATES MAT *16yrs-Adult*

HB Pilates mat exercises are low impact with high results. HB Pilates' highly certified instructors will help improve your posture, strength, flexibility, balance, coordination, and total mind-body awareness. Focusing on core strength, we promise to condition your entire body in every class! All ages/abilities welcome. Bring mat, towel, water, and anti-slip socks. Instructor: HB Pilates Staff. Mon. Location: Los Alamitos Community Center, 10911 Oak St, Los Alamitos Thurs. Location: Cypress Senior Center. *No class October 10*

COURSE	DATE	DAY	TIME	FEE
14362 (4 weeks)	Sept 12-Oct 3	M	6:00-7:00pm	\$56
14363 (5 weeks)	Oct 17-Nov 14	M	6:00-7:00pm	\$70
14361 (4 weeks)	Nov 21-Dec 12	M	6:00-7:00pm	\$56
14368 (9 weeks)	Sept 12-Nov 14*	M	6:00-7:00pm	\$108
14365 (5 weeks)	Sept 15-Oct 13	Th	6:30-7:30pm	\$70
14364 (5 weeks)	Oct 20-Nov 17	Th	6:30-7:30pm	\$70
14366 (3 weeks)	Dec 1-15	Th	6:30-7:30pm	\$42
14367 (10 weeks)	Sept 15-Nov 17	Th	6:30-7:30pm	\$120

Pay as you go Pilates Mat *16yrs-Adult*

For those adults who cannot commit to a whole session, we are now offering a drop-in rate of \$16 per class. The fee can be paid to the instructor at the time of the class. The drop-in rate is available at the classes listed above. *No class October 10*

CIRCUIT TRAINING

16yrs-Adult (4 weeks)

This Circuit Training class combines strength and aerobic exercises with interval training for a great cardiovascular and power training workout, and is for anyone looking for an intense exercise session while having fun. You will see a reduction in body fat, some weight loss, and a decrease in your midsection. Bring a mat, water bottle, and towel. Instructor: A. Sumlin. Location: Cypress Community Center.

*No class November 22

COURSE	DATES	DAY	TIME	FEE
14500	Oct 4-25	T	6:30-7:30pm	\$40
14501	Nov 1-29*	T	6:30-7:30pm	\$40

ZUMBA

13yrs-Adult (6 weeks)

Zumba fitness is perfect for everybody and every body! We take the "work" out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie



burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba Fitness classes are often called exercise in disguise. It's effective and fun! What are you waiting for? Try it now! Monday Instructor: L. Morris. Wednesday Instructor: S. Aguire. Location: Cypress Community Center. *No class October 31

COURSE	DATES	DAY	LEVEL	TIME	FEE
14371	Sept 12-Oct 17	M	Beg	6:30-7:30pm	\$42
14369	Sept 14-Oct 19	W	Int	7:30-8:30pm	\$42
14372 (5 weeks)	Oct 24-Nov 28*	M	Beg	6:30-7:30pm	\$35
14370	Oct 26-Nov 30	W	Int	7:30-8:30pm	\$42

Saturday Pay as you go Zumba

13yrs-Adult

For those students who cannot commit to a whole session, Zumba offers a drop-in class on Saturdays from 9:00am-10:00am. The fee can be paid at the time of class. Instructor: L. Morris. Location: Cypress Senior Center, 9031 Grindlay Ave.

DAY	TIME	FEE
Saturday	9:00-10:00am	\$5.00 per class/pay at the door

HULA FITNESS

16yrs-Adult (Ongoing)

Hot Hula Fitness is a core focused workout that really carves out your larger muscle groups, such as your quads, abs and glutes. Hot Hula is a more low-impact, strength training workout. It is inspired by Hawaiian Hula dancing, with the movements being very fluid, making this workout easier on your joints than some other dance workouts. Instructor: Hiya Papaya Productions. Location: Leiali'inani Studio, 9203 Valley View St.

MONTHLY PASS: Meets the following days and times and session dates for \$42 a month.

Session I: September 6-October 1 *No class September 17

COURSE	DAY	TIME
14374	T	8:15-9:15pm
	Sat	7:15-8:15am

Session II: October 4-29

COURSE	DAY	TIME
14375	T	8:15-9:15pm
	Sat	7:15-8:15am

Session III: November 1-26

COURSE	DAY	TIME
14376	T	8:15-9:15pm
	Sat	7:15-8:15am

Make sure you register for classes early to help us determine if there is sufficient enrollment to hold a class.

HATHA YOGA

16yrs-Adult (6 weeks)

Reduce stress through Yoga. Exercises designed for this class will provide a deep tension release and noticeable rise in energy level with gentle stretches, proper breathing, and relaxation/meditation. Yoga sticky mat and a blanket are needed. Wear comfortable clothing. Instructor: H. Kuyper. Location: Cypress Community Center.

Session I: September 12-October 19

COURSE	DAY	TYPE	TIME	FEE
14379	M	Hatha Yoga	6:00-7:15pm	\$52
14380	T	Hatha Yoga	10:00-11:15am	\$52
14381	W	Gentle Yoga	6:00-7:15pm	\$52

Session II: October 24-December 14

*No class October 31-November 2 and November 21-23

COURSE	DAY	TYPE	TIME	FEE
14382	M	Hatha Yoga	6:00-7:15pm	\$52
14377	T	Hatha Yoga	10:00-11:15am	\$52
14378	W	Gentle Yoga	6:00-7:15pm	\$52

GOLF SWING CLASS

10yrs-Adult (4 weeks)



Group swing lessons with emphasis on fundamentals for the beginner or experienced golfer. Experienced golfers are encouraged to bring their own clubs, but loaner clubs are available if needed. Group lessons are conducted by PGA teaching golf professional Bob Silver. For more information, go to instructor's website at www.golfsilver.com. Location: Old Ranch Practice Center, 3845 West Lampson Ave., Seal Beach.

COURSE	DATES	DAY	TIME	FEE
14383	Oct 8-29	Sat	2:00-3:00pm	\$75

BEGINNING AIKIDO

13yrs-Adult (7 weeks)

The Japanese martial art of Aikido is a peaceful discipline, combining effective self-defense with a philosophy for living each day. Classes include stretching, instruction in safe rolling and falling, joint-lock and throwing techniques, and etiquette. Students who qualify may test for the rank of 7th kyu in the Aikido Association of America. Additional fees required for testing. Wear loose fitting sports clothing covering knees (no shorts), or a dogi (training uniform) with white belt. Instructor: Chushinkan Dojo Staff. Location: Ehlers Recreation Center, 8150 Knott Ave. Buena Park. *No class November 24

COURSE	DATES	DAY	TIME	FEE
14387	Sept 7-Oct 22	M/Th/Sat	6:30-7:30pm (M/Th) 9:30-10:30am (Sat)	\$70
14386	Oct 24-Dec 10*	M/Th/Sat	6:30-7:30pm (M/Th) 9:30-10:30am (Sat)	\$70

INTERMEDIATE AND ADVANCED AIKIDO

13yrs-Adult (7 weeks)

Prior attendance in the Beginning Aikido class and instructor approval required for this class. This class focuses on requirements of 6th kyu and up for the Aikido Association of America. Students who qualify may test for ranks up to and including black belt. Additional fees required for testing. Instructor: J. Nakayama. Location: Ehlers Recreation Center, 8150 Knott Ave. Buena Park. *No class November 24

Session I: September 7-October 22

COURSE	DAY	TIME	FEE
14388	M/W/Th/Sat	7:30-8:30pm (M/Th) 6:30-7:30pm (W) 9:30-10:30am (Sat)	\$80

Session II: October 24-December 10*

COURSE	DAY	TIME	FEE
14389	M/W/Th/Sat	7:30-8:30pm (M/Th) 6:30-7:30pm (W) 9:30-10:30am (Sat)	\$80

IAIDO AND MEDITATION

13yrs-Adult (7 weeks)

Iaido (ee-eye-doe) is the art of using the Japanese sword in a non-competitive form. Iaido emphasizes awareness, calmness, centering, focus, and precision, as well as traditional etiquette. Students may use an iaito (unsharpened practice sword), or bokken (wooden sword). This class focuses on a form of iaido related to aikido, a non-combative form of martial arts. Training will also include the use of the jo (staff). Sword and staff will be provided for beginners. Wear loose fitting sports clothing (no shorts), or a dogi (training uniform) with a white belt. If you have an iaito, it must be approved for class. Students who qualify may test for ranks up to and including black belt. Additional fees required for testing. Meditation based on Rinzai Zen is held on Saturdays only. Instructor: Chushinkan Dojo Staff. Location: Ehlers Recreation Center, 8150 Knott Ave. Buena Park.

COURSE	DATES	DAY	TIME	FEE
14390	Sept 7-Oct 22	W/Sat	7:30-8:30pm (W) 8:00-9:30am (Sat)	\$60
14391	Oct 26-Dec 10	W/Sat	7:30-8:30pm (W) 8:00-9:30am (Sat)	\$60

KARATE

13yrs-Adult (6 weeks)

Traditional Japanese Shito Ryu Karate is instructed by K. Wegener. For more information, go to Instructor's website at www.dojowear.com or e-mail at senseiwegener@yahoo.com. An \$8 material fee is due for all new students. Location: Cypress Community Center.

Session I: September 12-October 26 *No class October 3-5

COURSE	LEVEL	DAYS	TIME	FEE
14392	Beginning	M	6:00-7:00pm	\$42
14393	Advanced	M	7:30-8:30pm	\$42
14396	Yth & Adult	T	6:15-7:15pm	\$42
14395	Beginning	W	6:00-7:00pm	\$42
14394	Advanced	W	7:30-8:30pm	\$42

MULTIPLE DAY COURSES

COURSE	LEVEL	DAYS	TIME	FEE
14397	Combo	M/T/W	as stated above	\$65

Session II: October 31-December 14 *No class October 31, ask instructor for make-up date. No class November 21-23

COURSE	LEVEL	DAYS	TIME	FEE
14398	Beginning	M	6:00-7:00pm	\$42
14399	Advanced	M	7:30-8:30pm	\$42
14400	Yth & Adult	T	6:15-7:15pm	\$42
14401	Beginning	W	6:00-7:00pm	\$42
14402	Advanced	W	7:30-8:30pm	\$42

MULTIPLE DAY COURSES

COURSE	LEVEL	DAYS	TIME	FEE
14403	Combo	M/T/W	as stated above	\$65

TENNIS

16yrs-Adult (6 weeks)

Instructor: B. Sorvillo & Staff

- Learn fundamental skills and strategies through interactive drilling
- Deluxe ball machine
- Improving fitness & exercise

Location: Cypress Civic Center, 5272 Orange Avenue

*No class November 24

COURSE	LEVEL	DATES	DAY	TIME	FEE
14384	All Levels	Sept 15-Oct 20	Th	6:00-7:00pm	\$60
14385	All Levels	Oct 27-Dec 8*	Th	6:00-7:00pm	\$60

PRIVATE TENNIS LESSONS

Private tennis lessons are being offered by B. Sorvillo. Call (714) 229-6780 for more information. FEE: \$25 per one-half hour, \$50 per hour.

Saturday Pay as you go Tennis 16yrs-Adult

For those adults who have a busy schedule and cannot commit to a whole session, we now offer a drop in rate of \$12 per class and you can pay at the courts.

DAY	TIME	FEE
Thursday	6:00-7:00pm	\$12/pay at the courts

DANCE CLASSES

HULA DANCING

14yrs-Adult (monthly)

Experience first-hand the enchanting beauty and charm of ancient Polynesian dances. The blur of the hips shaking and the unmistakable energetic performances that are Polynesian dance are brought together here! This class



teaches basic steps of modern and ancient hula sprinkled with dances from Tahiti. Students should wear comfortable clothes and bring a pareo (sarong-wrap). All skill levels are welcome. A \$2 material fee for CD is payable to instructor. Instructor: Hiya Papaya Productions. Location: Leiali'inani Studio, 9203 Valley View St.

COURSE	LEVEL	DATES	DAY	TIME	FEE
14404	Beginning	Sept 6-27	T	6:30-7:30pm	\$42
14406	Intermediate	Sept 7-28	W	8:00-9:00pm	\$42
14405	Beginning	Oct 4-25	T	6:30-7:30pm	\$42
14407	Intermediate	Oct 5-26	W	8:00-9:00pm	\$42
14408	Beginning	Nov 1-22	T	6:30-7:30pm	\$42
14409	Intermediate	Nov 2-23	W	8:00-9:00pm	\$42

TAP & BALLET

14yrs-Adult (8 weeks)

Dance is a great way to have fun, meet new people and stay in shape. Location: Cypress Community Center.

All classes below are taught by Miss Ginger

Session Dates: September 26-November 17

*No class October 31, make-up date will be November 21

COURSE	LEVEL	DAYS	TIME	FEE
14410	Int Tap II	Th	7:30-9:00pm	\$60
14411	Int Tap III	M	7:30-9:00pm	\$60

All classes below taught by Miss Charlotte

Session Dates: September 22-December 1 *No class October 13, 20, 27 and November 24, make-up date will be December 8

COURSE	LEVEL	DAY	TIME	FEE
14412	Beg/Int Ballet	Th	6:30-7:30pm	\$60

LINE DANCE

18yrs-Adult

This class is sure to bring out the country western in you. Instructor Janet Karter and a DJ will teach you a variety of line dances, and you'll meet new people. No partner is necessary. Location: Cypress Senior Center.

COURSE	DATES	DAY	TIME	FEE
14413 (5 weeks)	Sept 26-Oct 24	M	6:30-7:30pm	\$28
14414 (3 weeks)	Nov 7-21	M	6:30-7:30pm	\$16

2 STEP/SWING

18yrs-Adult

Get your feet movin'. Learn East Coast Swing moves as well as 2-step patterns from instructor Janet Karter and a DJ. No partner required. Location: Cypress Senior Center.

COURSE	DATES	DAY	TIME	FEE
14415 (5 weeks)	Sept 26-Oct 24	M	7:30-8:30pm	\$28
14416 (3 weeks)	Nov 7-Dec 21	M	7:30-8:30pm	\$16

STRICTLY BALLROOM

18yrs-Adult (6 weeks)

Learn to dance for all occasions in this exciting dance class. Instructor Janet Karter and a DJ will instruct students in two dances of their choice: Cha-Cha, Waltz, Swing, Tango, Salsa, or Foxtrot. Singles are welcome! Location: Cypress Senior Center.

COURSE	DATES	DAY	TIME	FEE
14417 (5 weeks)	Sept 26-Oct 24	M	8:30-9:30pm	\$28
14418 (3 weeks)	Nov 7-21	M	8:30-9:30pm	\$16

ADULT SPORTS LEAGUES – 18yrs & over

TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SUNDAYS
Roller Hockey	Men's Softball	Basketball	Co-Ed Softball	Co-Ed Softball Basketball Badminton

REGISTRATION PROCEDURE

- Registration location is at the Cypress Community Center.
- League registrations are open until filled on a first-come, first-served basis.
- Completed roster, copy of identification with proof of age and residency for each player, signed waiver/code of conduct, and payment required at time of registration to be considered for eligibility and placement.
- Fees must be paid by authorized credit card (Visa, M/C), personal check or cashier's check. CDL# must be provided on submitted check.
- Registration packets are available on the city's website *cypress-rec.com* under the adult sports section.

Category A: Cypress Resident Teams

- Basketball** – Must maintain no fewer than (3) Cypress residents on the roster at all times.
- Softball** – Must maintain no fewer than (8) Cypress residents on the roster at all times.

Category B: Cypress Sponsored Teams

- Basketball and Softball** – Must be sponsored by a bona fide Cypress business or community organization.

Category C: Non-Resident / Non-Sponsored Teams

- Basketball and Softball** – Teams not meeting the requirement in the above two categories.

WINTER SHORT SEASON MEN'S LEAGUE SOFTBALL

- Locations: Oak Knoll & Arnold Cypress
- Game Times: **Wed Nights:** 6:30, 7:40, 8:50pm
- Season: **Six game league with one week playoffs**
- Men's:** Oct 26 – Dec 7
- Registration: **Category A & B:** Sept 19 – Oct 7
- Cost: \$219 per team plus \$15 each game for official fees per team
- Category C:** Sept 26 – Oct 7
- Cost: \$269 per team plus \$15 each game for official fees per team

SPRING SLOW PITCH SOFTBALL LEAGUES

- Co-Ed Leagues: **Fri and Sun Evenings** – new player ratios
- Men's Open Bat League: **Wed Evenings** – Upper and lower divisions available
- Locations: Oak Knoll & Arnold Cypress
- Game Times: **Weeknights:** 6:30, 7:40, 8:50pm
- Sundays:** 4:30, 5:40, 6:50, 8:00pm
- Season: Ten game league with one week playoffs

- Men's:** Wednesday Jan 25-April 5, 2017
- Co-Ed:** Friday Jan 27-April 7, 2017
- Co-Ed:** Sunday Jan 22-April 9, 2017
- Registration: **Category A & B:** Nov 28 – Jan 13, 2017
- Cost: \$365 per team plus \$15 each game for official fees per team
- Category C:** Nov 28-Jan 13, 2017
- Cost: \$415 per team plus \$15 each game for official fees per team

BASKETBALL LEAGUES

- SUNDAY: WINTER LEAGUE**
- Location: Lexington Jr. High & Oxford Academy
- Game Times **Sunday:** 5:15, 6:15, 7:15, 8:15pm
- Season: Ten game league with one week of playoffs
- Nov 20-Feb 26, 2017
- Open division
- Maximum of 12 teams
- Registration: **Category A & B:** Oct 10-Nov 4
- Cost: \$295 per team plus \$25 each game for official fees per team
- Category C:** Oct 17-Nov 4
- Cost: \$345 per team plus

ANNUAL HOMERUN DERBY

- Location: Arnold Cypress Park
- November 4
- Start time: 6:30pm
- Cost: \$10 for 10 balls, cash only
- Must provide own pitcher
- Registration: October 31-November 4 8:00am-5:00pm in the office, 6:00pm at the park on November 4



ANNUAL CHARITY SOFTBALL TOURNAMENT

◆SWING FOR A REASON◆

- Co-ed Division
- Location: Arnold Cypress Park
- November 5
- \$250 per team, cash only
- Guaranteed two games
- Maximum of twelve teams
- Registration: October 3-21
- Fills up quick!



benefitng Breast Cancer Angels



- \$25 each game for official fees per team
- SUNDAY: SPRING LEAGUE**
- Location: Lexington Jr. High & Oxford Academy
- Game Times **Sunday:** 5:15, 6:15, 7:15, 8:15pm
- Season: Ten game league with one week of playoffs
- March 19-June 25, 2017
- Open division
- Maximum of 12 teams
- Registration: **Category A & B:** Feb 6-March 3, 2017
- Cost: \$295 per team plus \$25 each game for official fees per team
- Category C:** Feb 13-March 3, 2017
- Cost: \$345 per team plus \$25 each game for official fees per team

- THURSDAY: SPRING LEAGUE**
- Location: Lexington Jr. High
- Game Times **Thursday:** 6:15, 7:15, 8:15, 9:15pm
- Season: Ten game league with one week of playoffs
- Jan 12-March 23, 2017
- Open division
- Maximum of eight teams
- Registration: **Category A & B:** Nov 28-Dec 23
- Cost: \$295 per team plus \$25 each game for official

- fees per team
- Category C:** Dec 5-23
- Cost: \$345 per team plus \$25 each game for official fees per team

DROP-IN ROLLER HOCKEY

- Tues Night:** Arnold Cypress Park Roller Hockey Rink
- Times: 6:30-9:30pm
- Cost: \$3 per Adult, paid at rink
- Dates: Weekly
- 18 years and older ONLY!**
- Pick up games encouraged!!
- Staff will leave if no participants have arrived by 7:30pm. Minimum of 6 participants required.

DROP-IN BADMINTON

- Sunday Afternoons:** Lexington Jr. High
- Times: 1:00-4:00pm
- Cost: \$3 per adult and \$2 per child, paid at door
- Dates: Weekly
- Gym closed Sunday, September 4, November 27, December 25, January 1**
- Pick up games encouraged!!
- Staff will leave if no participants have arrived by 2:00pm. Minimum of 6 participants required.

SERVICES

Please be advised that the City of Cypress and the Cypress Senior Center do not recommend, endorse or guarantee products or professional services offered at the Center.

Please contact the Cypress Senior Center at (714) 229-2005 for additional information on these and other services.

TRANSPORTATION: The Cypress Senior Center offers two transportation programs:

Nutrition Transportation: If you are 60 years or older, a Cypress resident, and participate in the “Let’s Do Lunch” nutrition program, there is free transportation available to and from the Senior Center.

Taxi Voucher Program: The Taxi Voucher Program is a curb-to-curb taxi service for qualifying Cypress seniors 60 years or older for medical and medically related appointments, grocery shopping, banking, visiting the Cypress Senior Center or visiting a relative in a hospital. Income qualifications apply.

Let’s Do Lunch: Whether it’s listening to and enjoying live music, playing games with others or watching movies after your meal, lunch at the Senior Center can be the highlight of your day. A delicious lunch is served at 12:00pm Monday-Friday. Adults 60 years and older are requested to make a suggested donation of \$3.00 for lunch. If you are under 60 years of age there is a charge of \$5.00 per meal. Lunch is available on a first-come, first-served basis. Menu subject to change. Nutrition desk opens at 10:45am.

Home Delivered Meals: Meals delivered to homebound adults in Cypress, age 60+, who are unable to shop for groceries or prepare meals. Contact Community SeniorServ at (714) 823-3294 for more information.

Special Interest Topics: A variety of topics and services are presented each month. The schedule includes the following programs:

- Laughter Yoga
- Turn Paper Piles into Organized Files
- High Blood Pressure with Stroke Screening
- Nutrition Bingo

Free Services:

- Adult Public Health Nursing Services (APHNS)
- Health Insurance Counseling & Advocacy Program (HICAP)
- Legal Aid

Support Groups:

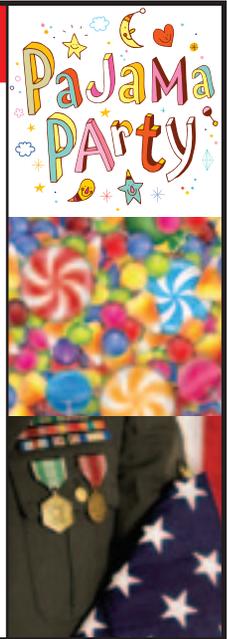
- Bereavement Support Group
2nd, 3rd and 4th Wednesdays • 1:00-2:30pm
- Alzheimer’s Caregivers Support Group
3rd Wednesday of the month
1:30-3:00pm & 7:00-8:30pm
- Senior Support Group • Fridays, 1:00-2:30pm

BUNCO!

Themed Friday Night Bunco is an opportunity for new and experienced players of all ages to get together and enjoy this fun and exciting game. Includes light dinner and prizes. Prizes will be awarded to the most Buncos, players with the most wins and the most losses. Dinner will be served at 6:00pm and Bunco play begins at 6:30pm. **Must be registered by 5:00pm the day before.**

Fridays • 6:00-8:30pm • Fee: \$10

COURSE	THEME	DATE
13529	Pajama Party	Sept 9
13533	Candyland	Oct 14
13535	Veterans Bunco	Nov 4



SPECIAL EVENTS

COUNTRY HOEDOWN

Friday, September 23 • 9:45am – 1:00pm

Come on down for a stompin’ good time at our Country Hoe Down featuring a country style lunch and entertainment. Tickets are available to dining room participants Tuesday, September 6 and available to the general public starting Monday, September 12 at the Reception Desk until sold out.

MEDICARE INFO FAIR

Wednesday, October 26 • 9:00 – 11:30am

Each year, when Medicare Open Enrollment comes around, it is time to double check your Medicare and prescription drug plans for the following year. Visit with health plans and medical groups to compare your current plan.

HICAP MEDICARE ENROLLMENT CLINIC

Wednesday, November 2 • 9:00am – 4:00pm

The Medicare Annual Enrollment period (October 15 through December 7) allows people to join, change or drop a Medicare Advantage health plan or prescription drug plan. If you would like help in comparing benefits, HICAP can help. Appointment required!

VETERANS DAY

Thursday, November 10 • 11:00am – 12:30pm

Join us for this commemorative celebration honoring all who served. Enjoy lunch, musical entertainment, and slideshow presentation of Veterans and current military. Tickets are \$5.00 per person and are available to the dining center participants Monday, October 24 and available at the reception desk beginning Monday, October 31 until sold out.

SHOP-A-RAMA

Tuesday, December 6 • 10:00am – 2:00pm

Finish your holiday shopping or buy something special just for you! There will be several companies with unique items for sale.

MORNING FLOW YOGA

(1 day)

Begin your day and awaken your body with Flow Yoga. This practice seamlessly blends movement and posture with breath to strengthen the body, relax the mind, and develop inner peace. Use this ancient art to improve flexibility and concentration, renew energy, and regulate stress. Please bring a yoga mat and wear comfortable clothing. Instructor: D. Aithal. **No class September 5*



COURSE	DAY	TIME	FEE
Ongoing	M	8:45-9:45am	\$5 per class

MELT SOFT ROLLER CLASS: FULL BODY



As featured on Dr. OZ, the MELT Method is an innovative science-based self-treatment program that you can do at home! Do you have aches, pains or stiffness in your back, hips, neck or shoulders? You can ease this inflammation by learning simple self-care techniques you can use to make your body feel better and function more efficiently. The MELT Method is an innovative science-based self-treatment program to rehydrate your connective tissue. Wear comfortable clothing, bring water, small towel, yoga mat optional. We will be doing exercises on the floor but some can be adapted to chairs. Instructor: N. Parker.

DAY/TIME:	COURSE	DATES	FEE
Th/10:30-11:30am	13546 (5 weeks)	September 1 – 29	\$45
	14424 (4 weeks)	October 6 – 27	\$36
	14425 (3 weeks)	November 3 – 17	\$27
	14426 (4 weeks)	December 1 – 22	\$36

MELT HANDS, FEET & FACELIFT (1 day)

The Melt Workshop will focus on your hands and feet. All work can be done seated. You can ease this inflammation by learning simple self-care techniques you can use to make your body feel better and function more efficiently. Please wear comfortable clothing and bring water. Instructor: N. Parker.

DAY/TIME:	COURSE	DATES	FEE
Th/9:45am-10:30am	13549	September 15	\$5
	14427	October 13	\$5
	14428	November 10	\$5
	14429	December 8	\$5

EXERCISE WITH MARY JO (1 day)

This is an exercise program designed to maintain and improve muscle strength, mobility, flexibility and relaxation in a group setting. Participants sit and/or stand through the program. Anyone with arthritis or other challenges will improve their physical fitness and strength. Instructor: M. Hesketh

DATES	DAY	TIME	FEE
Ongoing	T	10:00-11:15am	\$3 per class

ZUMBA GOLD

Are you ready for fun? Dance your way to better fitness to the Latin rhythms of Salsa, Merengue, Cha Cha, Mambo, Cumbia and more. **Zumba Gold** is perfect for the active older adult with easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. C'mon, what are you waiting for? No dance experience necessary or partner required. Instructor: L. Morris. **No class November 24*

DAY/TIME:	COURSE	DATES	FEE
Th/8:15-9:15am	14432 (6 weeks)	Sept 15 – Oct 20	\$30
	14433 (5 weeks)	Oct 27 – Dec 1*	\$25

ADVANCED CHOREOGRAPHED BALLROOM DANCE (1 day)

Round dance is a choreographed ballroom dancing. Dancewaltz, tango, foxtrot, and the Latin and swing dances to beautiful music with routines cued for you as you dance. Tuesday is more advanced than Thursday. Workshop includes new routines and technique clinics during an evening of dancing. Instructor: D & S Finch.

DATES	DAY	TIME	FEE
Ongoing	T	7:00-9:30pm	\$7 per person per evening

INTRO ADVANCED ROUND DANCE (1 day)

A workshop to advance the advanced levels of choreographed ballroom dancing – waltz, tango, foxtrot, and the Latin and swing dances to beautiful music with routines cued for you as you dance. Some experience is necessary. Workshop includes new routines and technique clinics during an evening of dancing. Instructor: D & S Finch. **No class September 22 and November 24*

DATES	DAY	TIME	FEE
Ongoing	Th	6:30-9:30pm	\$7 per person per evening

Winter **DANCE CLINIC** (1 day)

Choreographed ballroom dancing at the intermediate and advanced levels, with "Back to Basics" clinic on one of the Latin rhythms. Instructor: D & S Finch

COURSE	DAY	DATE	TIME	FEE
14479	Sat	Nov 27	1:30-4:30pm	\$7

HATHA YOGA AND MEDITATION (1 day)

Hatha Yoga practice pays attention to the proper alignment of the body by using postures (asanas) and breathing. It brings awareness to the body and helps develop flexibility and strength followed by meditation and deep relaxation. This class provides numerous health benefits. It helps energize the body, regulate stress, relax the mind and develop inner peace. Instructor: D. Aithal. **No class November 11 and 25*

DATES	DAY	TIME	FEE
Ongoing	F	10:00-11:30am	\$8 per class

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EXERCISE/DANCE/FITNESS CLASSES, continued

BEGINNING/INTERMEDIATE HULA

This is a Beginning/Intermediate class. You have to take the BEGINNING BASIC HULA class on Friday in order to take this class. Students continue to practice technique and learn hula dances. It is a great form of overall exercise that provides opportunities to be socially and mentally engaged. Instructors: P&C Taoipu.

DAY/TIME: M/10:45am-12:30pm

COURSE	DATES	FEE
14437 (9 weeks)	Oct 3 – Nov 28*	\$63
14435 (3 weeks)	Dec 5 – 19	\$21

BEGINNING BASIC HULA

Learn the richness of the Hawaiian culture through the Art of Hula Auana (modern style of hula). Students will learn BASIC technique, self-expression and hula dances. It is a great form of overall exercise that provides opportunities to be socially and mentally engaged. Join us in our Adult hula classes for beginners. Instructors: P&C Taoipu. *No class November 11

DAY/TIME: Fri/12:00-1:30pm

COURSE	DATES	FEE
14436 (6 weeks)	Oct 7 – Nov 18*	\$56
14434 (3 weeks)	December 2 – 16	\$21

NEW!! LINE DANCE WORKSHOP (1 day)

Join us for an all level, one-day line dance workshop! Come kick up your heels, meet new people and have some fun! Please wear shoes that are comfortable and safe for dancing and be sure to bring your own drinks. Bring your friends for an afternoon of dancing fun!

DAY/TIME: Sat/1:00-4:00pm

COURSE	DATES	FEE
14438	September 17	\$5

ART CLASS

ONE STROKE PAINTING

One stroke painting creates beautiful shadows, color changes, and designs in just one stroke. It is easy and fun to learn! We will make beautiful hand-painted painted gifts. Materials are included in the course fee. Must register by 5pm the day before the class. Instructor: J. Kenan

DAY/TIME/FEE: Wed/10:00am-12:00pm / \$15

COURSE	THEME	DATES
14440	Sea Turtle/Ocean Coral	Sept 14
14441	Tiny Flowers on Coffee Cup	Oct 12
14439	Fall Landscape/Fall Colors	Nov 9
14442	Christmas Ornament	Dec 14

MUSIC CLASS

PIANO FOR YOU! (6 weeks)

Wish you had learned the piano? Now's your chance! Haven't played in years and want to start again? Whether you're a beginner or needing a refresher course, come learn with us. Instructor provides one-on-one time, so you can go at your own pace. Class size is limited to six adults, so register early. Individual keyboards provided during class time. However, participants must have access to keyboard or piano to practice on outside of class. A \$10.00 cash material fee is payable to the instructor for an instructional book. Instructor: Music Academy Staff. *No class November 24

Session I: September 22 – October 27

COURSE	DAY	TIME	FEE
14443	Th	10:00 – 10:50am	\$60
14444	Th	11:00 – 11:50am	\$60

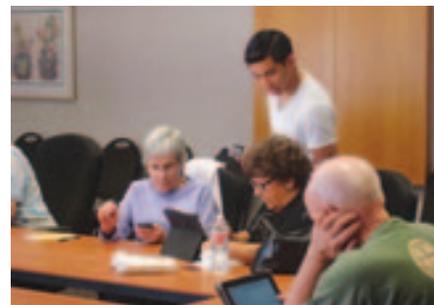
Session II: November 10 – December 22*

COURSE	DAY	TIME	FEE
14445	Th	10:00 – 10:50am	\$60
14446	Th	11:00 – 11:50am	\$60

ENRICHMENT CLASSES

iLEARN: LEARN THE BASICS OF iPADS, IPHONES AND IPODS (1 day)

One day beginner level class designed to teach and introduce you to the basics of using an iPad, iPhone, or iPod. You will learn all about syncing your device to a computer, daily use, and all of the special built-in features. Bring a device for a more hands on experience. Free stylus provided on the first day of the class. Instructor: H. Ying.



Free stylus provided on the first day of the class. Instructor: H. Ying.

DAY/TIME: Sat/9:00-10:30am

COURSE	DATES	FEE
14453	September 24	\$15
14454	October 22	\$15
14455	November 19	\$15
14456	December 17	\$15

PRIVATE TECHNOLOGY CLASS

One-on-one hour of tech help! Instructor Howard Ying will provide private assistance on a computer, laptop, tablet or cell phone. The instructor's number can be given out at the Reception Desk. Please call the instructor to set up time and date of class prior to purchasing a private lesson ticket. **Class is held at the Cypress Senior Center during business hours.** Class coupons are not replaceable if lost or stolen.

TIME: One-hour session **FEE:** \$25 per hour

MATURE DRIVING

(2 days)

A DMV Certificate of Completion of this eight-hour classroom setting course will be provided as evidence of attendance to potentially obtain reduced insurance rates. We will review how age may affect your ability to drive along with a refresher on traffic laws and safety techniques. Pre-registration is required. No refunds given. Space is limited. Instructor: R. Clifton.

DAY/TIME:	W & Th / 1:00-5:00pm	
COURSE	DATES	FEE
13568	September 14 & 15	\$5
14447	November 2 & 3	\$5

SPORTS

TENNIS LESSONS FOR SENIORS! (6 weeks)

It is not too late to learn to play tennis! Tennis is a sport for all ages. During the one-hour class, you will learn fundamental skills and strategies through interactive drills at a pace that is comfortable for you. Tennis is a fun and active way to exercise and improve fitness. Location: Cypress Civic Center, 5272 Orange Ave. *No class November 24

DAY/TIME:	Th / 6:00-7:00pm		
COURSE	LEVEL	DATES	FEE
14448	All Levels	Sept 15 – Oct 20	\$40
14449	All Levels	Oct 27 – Dec 8*	\$40

PRIVATE TENNIS LESSONS

Private tennis lessons are being offered by B. Sorvillo. Call (714) 229-6780 for more information. FEE: \$25 per one-half hour, \$50 per hour.

PAY AS YOU GO TENNIS

For those adults who have a busy schedule and cannot commit to a whole session, we now offer a drop-in rate of \$12 per class, pay at the courts.

DAY	TIME	FEE
Th	6:00 – 7:00pm	\$12 (pay at the courts)

ALONG THE WAY... Senior Center Newsletter Subscription:
 Subscribe to the Cypress Senior Center's monthly newsletter "Along the Way" for \$10 a year. A newsletter will be mailed to you monthly. Visit cypressrec.com to download the newsletter or the subscription form.



FREE ONGOING CLASSES OFFERED AT THE CYPRESS SENIOR CENTER

NORTH ORANGE COUNTY COMMUNITY COLLEGE DISTRICT	
<i>*No class September 5, November 11, 24 and 25</i>	
	DAY TIME
BALANCE AND MOBILITY	Mon 8:30–10:30am
PHYSICAL FITNESS	Mon 10:00am–12:00pm Thurs 10:00am–12:00pm
QUILTING FOR OLDER ADULTS	Mon 10:00am–12:00pm
CHAIR EXERCISE	Mon 2:00–4:00pm Wed 9:30–11:30am
PAINTING	Tues 9:00–11:00am
CERAMICS	Tues 12:30–2:30pm Tues 2:30–4:30pm
CREATIVE WRITING	Tues 1:00–3:00pm
GAMES 4 BRAINS	Tues 9:30–11:30am
TAI CHI CHUAN	Thurs 1:00–2:30pm
LITE AEROBICS	Fri 9:30–11:30am
SENIOR CHORUS	Fri 9:30–11:30am
DYNAMIC BALANCE AND MOBILITY	Fri 3:00–5:00pm

CYPRESS SENIOR CENTER CLASSES	
<i>*No class September 5, November 11, 24 and 25</i>	
	DAY TIME
OPEN EXERCISE	M-F 8:00–9:30am
SPANISH CLASS	Mon 1:00–2:00pm
ECLECTIC YOGA FOR SENIORS	Mon 1:00–3:00pm
TAI CHI	Tues 9:00–10:00am
BEGINNING COUNTRY LINE DANCE	Tues 1:00–2:00pm
BEGINNING/INTER COUNTRY LINE DANCE	Tues 2:00–3:00pm Fri 12:15–2:15pm
ADV/INTER COUNTRY LINE DANCE	Tues 12:00–2:00pm
YOGA CLUB	Wed 8:30–10:00am
MAHJONG	W/F 12:00–4:30pm
MINDFULNESS & MEDITAION	Thurs 9:00–10:00am
"LET'S REVIEW" BOOK CLUB	Fri 1:00–2:00pm

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Cypress City News

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Cypress City Channel 36 Programming

Programs shown each 2nd and 4th Monday of the Month

City Council Meetings (live)

Coverage begins at 7:00pm. Replays are every Wednesday at 6:00pm and Sunday at 9:00am.

In a portion of northwest Cypress, city channel programming can be found on Channel 3.

A variety of Government Programs are shown on Tuesdays and Thursdays from 10:00am through 11:00pm.

COMMISSION MEETINGS

Traffic Commission

3rd Tuesday of the month, 3:00pm, City Hall

*Susan Culbertson
Steve Fenoglio
Ginger Osman
Robert Sittman, Jr.
Larry Smith*

Senior Citizens Commission

2nd Wed. of the month, 3:00pm, Senior Center
(Commission listed in Recreation section)

Recreation and Community Services Commission

3rd Tuesday of the month, 7:00pm,
Community Center
(Commission listed in Recreation section)

Want to Suggest Article Topics

or make comments about this publication? Contact Cypress Recreation and Community Services at (714) 229-6780.

Your Voice



Your Vote

Are you registered to vote for the election on Tuesday, November 8, 2016? Not only is this year a presidential election, but it is also the time when you will have the opportunity to elect two City Council Members. This election will also likely include a variety of important state and local ballot measures.

Those interested in voting in this year's election must be registered to vote by Monday, October 24 in order to vote on November 8th. To qualify to register to vote, you must be a U.S. citizen at the time you register and at least 18 years of age on or before November 8, 2016. Be sure to re-register every time you move, change your name, or change your political party affiliation. Voter registration is available online at www.ocvote.com. You can also obtain registration forms at City Hall or by calling the Orange County Registrar of Voter's Office at (714) 567-7600.



You Can Now Watch City Council Meetings Online!

Did you know that City Council Meetings are now online? You can now watch City Council meetings live on our website or on demand from the comfort of your home. This project is part of the City Council's Strategic Plan and also the City's Technology Master Plan. We hope that it will help our residents and businesses engage with City Hall and stay informed about what is going on in Cypress. This project has been a priority of the City Council and City staff to increase transparency and improve our customer service and responsiveness to the community. We sincerely hope you enjoy this new feature!

New City Website Coming Soon!

www.cypressca.org



Did you know the City is in the process of redesigning its website? In late 2015, the City Council approved an agreement with Vision Internet for the design of a new website that is scheduled to launch in Fall 2016. The new website will also feature a new domain name, www.cypressca.org. Our current address will continue to work and will forward anyone to the new site after it launches. The new website is part of the City Council's Strategic Plan and also the City's Technology Master Plan. We hope that the new site will be more engaging and easier to navigate for our residents and businesses. The new website, along with other projects in the Technology Master Plan, are intended to improve efficiencies in City Hall and help us to provide better customer service to the public. We can't wait to share our new site with you!

Change Your Clock, Change Your Battery—Sunday, Nov. 6

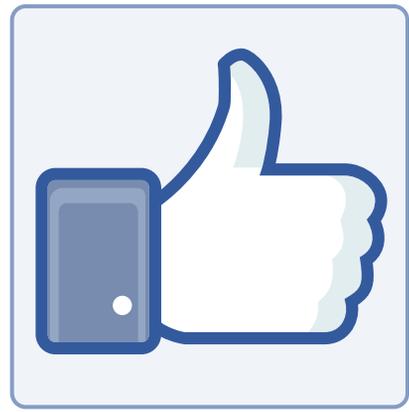


A working smoke alarm in your home can mean the difference between life and death. Smoke alarms with batteries that are dead, disconnected, or missing cannot alert you to the dangers of smoke and fire. So, when you change your clock back on Sunday, November 6, check your smoke alarms, and if necessary change the battery.

If you do not already have smoke alarms installed in your home, it is im-

portant that you install one as soon as possible. Having a smoke alarm installed in your home reduces your chance of dying in a house fire by 50 percent. It is important to install smoke alarms on every level of your home. Additionally, if someone in your home is deaf or hard of hearing, consider installing an alarm that combines flashing lights, vibration and/or sound.

If you already have smoke alarms installed in your home, it is important that you test the alarms and replace the batteries routinely. Often, your smoke detector will make a chirping sound when the battery needs to be replaced. However, be sure to refer to the manufacturer's recommendation specific to your smoke alarm. Never "borrow" a battery from a smoke alarm as it is easy to forget to replace it. Remember to replace smoke alarms every 10 years.



Cypress PD is now on Facebook!

Did you know that Cypress PD is now on Facebook? Visit our page for news, updates and information about public safety in Cypress. We hope this will be a convenient way for our residents and businesses to stay in touch with our Police Department.

Like us on Facebook at www.facebook.com/cypresspd to get Cypress PD posts in your news feed.

Fire preparedness is important to review with the whole family. Be sure to plan regular fire drills to ensure that everyone knows exactly what to do when the smoke alarm sounds. Designate an outside meeting place and make sure that everyone knows two ways out of each room.

For more fire safety tips, please visit the Orange County Fire Authority's website at www.ocfa.org.



SAVE
THE DATE

24
SEPT

Cypress Community Clean-up Day

Saturday, September 24
9:00am-3:00pm



Drive-thru drop off of your Household Hazardous Waste, Bulky Items, E-Waste, and anything else you want to throw away. Be sure to bring your ID to verify you are a Cypress resident. For more information, please visit www.ci.cypress.ca.us or contact the Community Development Department at (714) 229-6720.



Halloween is among the most joyfully anticipated nights of the year for children. While trick-or-treating can be a fun family activity, children are often exposed to increased risks while celebrating the holiday. The following safety tips can ensure that everyone has a fun and safe Halloween this year.

- Talk to children every Halloween about preventing pedestrian injuries, falls, poisoning and burns to help keep them safe.
- Never trick-or-treat alone. Older kids should use the buddy system,

while younger kids should be accompanied by an adult.

- Set a time limit for children to trick-or-treat and map out a safe route so you will know where the children will be.
- Use the sidewalks and cross the street only at crosswalks. If driving, drive slowly and watch for children crossing.
- Remind children to stay in neighborhoods that they know and not to trick-or-treat at a house that is dark.
- Try to get kids to trick-or-treat while it is still light out. If it is dark, be sure to carry flashlights that work.
- Make sure kids wear brightly-colored costumes or add reflective tape to dark outfits so that it is easy for motorist to see them.
- Check that costumes are made of flame-resistant material and that they fit properly so as to prevent trips and falls.
- Be sure children understand that they must inspect their

candy with their parents before they can eat it.

- Remind children not to eat unwrapped treats.

Parents can create a good alternative to trick-or-treating by organizing a Halloween costume party with treats, games, music, and more. A Halloween party can be a fun and safe place. Also consider attending other community Halloween themed festivities for families.

The City's Recreation Department will be holding its annual Halloween Carnival on Monday, October 31st. For more information, please refer to the Recreation portion of this brochure, or contact the Department at (714) 229-6780.

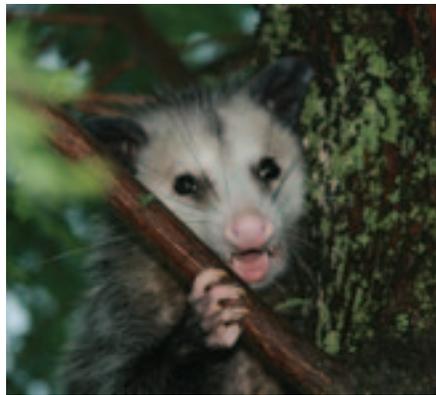


What to Do About Wildlife in Your Neighborhood



- Eliminate garbage, debris, lumber piles, etc.
- Check fencing and try to eliminate access points to roof tops.
- Change automatic sprinkler settings regularly.

Taking these preventative measures should help in deterring wildlife from visiting your property. Please remember that if the three (3) life sustaining elements are available (food, water and shelter), you are likely to encounter some wildlife in your area.



OC Animal Care will respond to situations regarding any wildlife that is sick, injured, dead, or has had physical contact with a human or domestic animal. To contact Animal Care Services, please call (714) 935-6848. For more information on the laws pertaining to urban wildlife and their protection visit the Department of Fish and Game's website at dfg.ca.gov.



Many residents in Orange County experience occasional visits from local wildlife, especially in areas of new development or areas near protected parks and wilderness trails. While some residents understand that wildlife is being pushed from their natural habitat and take pleasure in these visits, many consider them a nuisance because of late night forages in trash cans, messes left behind and the occasional "setting up camp" in or around one's property. Orange County Animal Care receives many calls about wildlife from residents throughout the year. In an effort to alleviate concerns, here are some helpful tips to discourage wildlife activity in your neighborhood.

- Keep pet food indoors and do not leave food of any kind outside at night. Food left out at night will be taken as a welcome invitation by wildlife, and may prompt a future visit.
- Keep cats and small dogs indoors or in the close presence of an adult.
- Remove any fruit which has fallen to the ground.
- Store trash in covered, heavy-duty containers.
- Keep yards free from potential shelter such as thick brush and weeds, and enclose the bottoms of porches and decks.

CYPRESS LIBRARY



5331 Orange Avenue • (714) 826-0350
www.ocpl.org

Head Librarian: Laura Hearn

Hours of Operation:

Monday – Thursday: 10:00am-7:00pm

Friday Closed

Saturday – 9:00am-5:00pm

Sunday – 9:00am-5:00pm

Library Closed:

Monday, September 5, Labor Day

Monday, October 10, Columbus Day

Friday, November 11, Veterans Day

Thursday, November 26, Thanksgiving Day

Important Dates and Events:

Adult Book Chat – Meets on the third Thursday of every month at 10:00am in the Cypress Library Community Room. Join us for a lively book discussion! Books are available for checkout at the library's Information Desk. No registration is required. The following books are tentatively scheduled for discussion this fall:

- **September 15** – *Belle Ruin* by Martha Grimes
- **October 20** – *Up From Slavery* by Booker T. Washington
- **November 17** – *After You* by Jojo Moyes

Tech Open House –

Biweekly Sundays, 9:30 – 10:30 am

Drop in to get tech answers in a friendly group environment led by your peers and Library staff. Test our devices or bring your own. Some topics of discussion may include Microsoft Office, email, Internet searching, downloading eBooks, social media, and more! No reservations required.

Family Creative Drawing Program – October 1, 12:30 – 1:00 pm

Channel your inner Looney! Join us for ACME Drawing Board by Chuck Jones Center for Creativity. Learn how to draw the beloved Chuck Jones characters like Bugs Bunny, Daffy Duck, Wyle E. Coyote and the Roadrunner. All materials provided and all ages and families are welcome!

For more information about Library events, please call (714) 826-0350 or visit www.ocpl.org.

CITY OF CYPRESS | RECREATION & COMMUNITY SERVICES | 5700 ORANGE AVE., CYPRESS, CA 90630 | 714-229-6780

THE GALLERY

The Community Art Gallery is located in the Cypress Community Center, 5700 Orange Avenue and is open Monday through Friday: 8:00am to 5:00pm, except holidays. Admission is free! Please see the Recreation & Community Services office for admittance.

CYPRESS ART LEAGUE meets throughout the year at the Cypress Community Center, 5700 Orange Avenue. The purpose of the League is to further public interest in the visual arts with art shows, to perform community service projects such as scholarships, and to serve member artists by assisting in the development of their skills and providing programs for the promotion and sale of their work. Beginning to professional level artists in all media and art enthusiasts are welcome. www.cypressartleague.com

WORKSHOP & EXHIBIT SCHEDULE

CYPRESS ART LEAGUE GENERAL MEETING:

September 18 Demonstrator: Tom Swimm, Oils/Acrylic
 November 20 Demonstrator: Robin Cole Smith, Charcoal

AUTUMN OPEN SHOW

September 17 Take-in

EXHIBIT

September 18 – October 17
 Judge Mada Leach



Birthdays 'R' Us

(4-10 years old) • Saturdays 1:00-3:00pm

Let the Cypress Recreation and Community Services staff organize and run your party so all you have to do is sit back and enjoy the day. The package includes a personalized birthday banner, birthday cake, ice cream, pizza, drinks, games, and crafts for up to 24 guests. Decorations include streamers, wall decorations, a personalized banner, and more. Parties must be booked four weeks in advance and are subject to room availability.

Package Costs:

- Cypress Resident: \$260
- Non-Resident: \$275
- Specialty Themes are an additional \$50.
- Balloon arrangements are an additional \$30, cash only.

Showcase your Holiday Spirit



Share your decorations and creativity with the entire City!!

- Send in one photo of your house/business
- the address
- list one unique feature of your decorations, example: over 3,000 lights used!!

All entries will be placed on the city website. It's easy and FREE, just go to cypressrec.com for additional guidelines.

MAKE CYPRESS SPARKLE!!

Halloween Carnival

Monday, October 31st

6:00-9:00 pm

Cypress Community Center
5700 Orange Ave

Game Booths, Candy, Family Games,
Trick or Treat Street, Entertainment,
Glow in the Dark Fun Zone and MORE

Admission - \$3 (cash only)
children under 1 yr are free

Food will be sold for an
additional cost at the event.

Volunteers Needed! (714) 229-6780

For more information,
please call (714) 229-6780
or visit cypressrec.com

ANNUAL CHARITY SOFTBALL TOURNAMENT

◀ SWING FOR A REASON ▶

benefiting
Breast
Cancer
Angels



- Co-ed Division
- Location: Arnold Cypress Park
- November 5
- \$250 per team, cash only
- Guaranteed two games
- Maximum of twelve teams
- Registration: October 3-21
- Fills up quickly!

ANNUAL HOMERUN DERBY

- Location: Arnold Cypress Park
- November 4, 6:30pm
- \$10 for 10 balls, cash only
- Must provide own pitcher
- Registration:
October 31 – November 4 in the office,
6:00pm at the park on November 4



36th Annual Holiday Craft Show

Saturday, November 19 • 9:00am-3:00pm
Cypress Community Center, 5700 Orange Ave.

Breakfast with Santa:
8:00-11:00am

\$5.00
Proceeds benefit Boy Scout Troop #660

- Holiday Entertainment •
- Hand Crafted and Commercial Items •
- Start your Holiday shopping now! •

Check cypressrec.com
for vendor information.

For more information call
(714) 229-6780.

Admission is FREE.



Holiday Sing and Tree Lighting

Tuesday, December 6 at 6:00pm

- Refreshments
- School Performers
- Cookie Decorating
- Train Rides
- Visits with Santa
- Games
- Letters to Veterans
and Santa
- Toy Drive



On the Civic Center Green Corner of Orange Ave. & Grindlay St. For more information call (714) 229-6780

Looking for a local club and/or organization number? Please go to our website at cypressrec.com or call (714) 229-6780.

PLAN YOUR SPECIAL EVENT HERE

- Wedding Receptions
- Birthday Parties
- Corporate Functions
- Graduations
- Seminars
- Holiday Parties

Cypress Community Center
5700 Orange Avenue, Cypress, CA 90630
(714) 229-6780



Cypress Senior Center
9031 Grindlay Street, Cypress, CA 90630
(714) 229-2005



REGISTRATION INFORMATION

- **Cypress Resident Online Registration** begins Monday, August 8 at 8:00am.
- **Cypress Resident Walk-in, Mail-in, Fax-in Registration** begins Monday, August 15.
- **Non-Resident Registration** begins Monday, August 29.
- **\$2 Non-Resident fee** per participant per class.
- **Proof of residency is required** the first time you register to get resident rates and priority registration.
- Please check each class schedule for specific starting date.
- Already looking forward to our fall activities? The Winter Activity Guide will be mailed to Cypress Residents week of October 31.

WAYS TO REGISTER

Online:

Log onto... cypressrec.com.
Visa or Mastercard payment accepted.
Login ID and Account PIN required.

How do I get a Login ID or Account PIN?

Call the Community Center
(714) 229-6780 or visit us at
5700 Orange Avenue.

* Convenience fee will apply – minimum of \$2.00 *



Mail-in:



Mail registration form
and payment to:
Cypress Recreation
5700 Orange Ave.
Cypress, CA 90630

Fax-in:



Fax registration form
with VISA or Mastercard
information to
(714) 229-6798

Walk-in/Drop-Box:



Cypress Community Center
5700 Orange Ave.
Cypress, CA 90630
Cypress Senior Center
9031 Grindlay Street
Cypress, CA 90630

Hours: Mon-Fri: 8:00am-5:00pm

For your convenience, we have a 24 hour drop-box located in front of the Community Center. All registration in the drop-box will be processed the next business day.

- **REGISTRATION WILL NOT BE TAKEN IN CLASS**
- Make Checks Payable to the **City of Cypress**
- **If enrollment does not meet the minimum required**, the class will be cancelled and fee refunded
- **If you need special accommodations** for any of our activities, please notify staff at time of registration

INFO LINE (714) 229-6734 The 24-hour "Info Line" provides general information on events and programs.

ACTIVITY REGISTRATION FORM

5700 ORANGE AVENUE, CYPRESS, CA 90630 (714) 229-6780 FAX # (714) 229-6798 (FOR CHARGE ONLY)

PLEASE PRINT CLEARLY & FILL OUT FORM COMPLETELY

REGISTER ONLINE AT WWW.CYPRESSREC.COM

Adult First Name _____ Last _____ MI _____

Address _____ City _____ Zip _____

Drivers License # _____ Phone # Day (_____) - _____ - _____ Is this a change of Address or Phone?

Phone # (Night) _____ Phone # Cell (_____) - _____ - _____ Yes No

Emergency # _____ Email Address _____

Course #	Course Title	Name of person taking the Class: (First/Last)	D.O.B.	M/F	Fee
_____	_____	_____	_____	_____	\$ _____
_____	_____	_____	_____	_____	\$ _____
_____	_____	_____	_____	_____	\$ _____
_____	_____	_____	_____	_____	\$ _____

NON-RESIDENT FEE IS \$2.00 PER PARTICIPANT, PER CLASS - TOTAL NUMBER OF CLASSES = _____ X \$2.00 = \$ _____

TOTAL FEES = \$ _____

PLEASE READ AND SIGN THE WAIVER, RELEASE AND INDEMNITY AGREEMENT BELOW

In exchange for participating in this activity I hereby agree on behalf of myself and my spouse, parents, children, family, employees, agents, heirs, estate, executors, representatives, administrators, insurers, successors and assigns, distributees, guardians and/or other legal representatives (collectively the "Released Parties") to fully release and to not make any claim against, file a lawsuit against, attach the property of, or prosecute the City of Cypress (the City) and/or the Cypress Recreation and Park District (the "District") and/or either of their employees, officers, elected and appointed officials, volunteers, boards, departments, agents, contractors and/or anyone else acting on its/their behalf for any and all claims, causes of action, including, but not limited to, emotional distress, bodily injury, death, or property damage arising out of any actions by any City or District employees, officers, elected and appointed officials, volunteers, boards, departments, agents, contractors and/or anyone else acting on the City's and/or the District's behalf in connection with my participation in this activity.

I UNDERSTAND THIS RELEASE SHALL BE EFFECTIVE EVEN IF THE LOSS, DAMAGE OR INJURY WAS NOT FORESEEABLE OR RESULTS, IN WHOLE OR IN PART, FROM THE NEGLIGENCE OF THE CITY, DISTRICT AND/OR ANY OF THE ABOVE PERSONS.

I understand that this activity involves the risk of serious injury and even death, and I agree to assume any and all risk of serious injury or death in participating in the activity. In case of accident or other emergency, personnel of the City or District and/or their agents, are hereby authorized to secure medical care deemed necessary by them, as a result of that accident or injury, for me at my cost and expense. I further agree to indemnify and defend the City and/or the District and/or both of their employees, officers, elected and appointed officials, volunteers, boards, departments, agents, contractors and/or anyone else acting on its/their behalf and to pay for any and all costs incurred (including, but not limited to, medical treatment, pain and suffering, emotional distress, any settlement paid or judgment, legal costs and/or attorneys fees) as a result of any injury that I cause to another participant. I further consent to the use of activity/event photography and/or video taping of me and the display of those pictures of me for promotional use, including on the City's Internet website and social media sites.

By signing below, I acknowledge and represent that I HAVE READ THIS AGREEMENT CAREFULLY, I FULLY UNDERSTAND ITS CONTENTS AND I VOLUNTARILY AGREE TO ITS TERMS. No oral representations, statements or inducements, apart from this written agreement, have been made. If any portion of this agreement is declared invalid by a court, the remainder shall continue in full force and effect. Where this agreement is signed by a parent or legal guardian on behalf of a minor, the use of the word "me" in this agreement shall include and bind the minor, and the use of the word "I" in this agreement shall include the parent or legal guardian acting on behalf of and binding the minor to this agreement.

IF 18 YEARS OF AGE OR OLDER: I declare under the penalty of perjury under the laws of the State of California that I am eighteen (18) years of age or older and am fully competent to sign this agreement. IF THE PARTICIPANT IS UNDER 18 YEARS OF AGE, by signing below, I declare under the penalty of perjury under the laws of the State of California that I am the parent/legal guardian for the minor participant herein and am authorized to sign this agreement on their behalf.

Signature _____

Date _____

REFUND POLICY: Refunds must be requested in writing before the second-class meeting. If the class is only one day, our office must receive the request 48 hours before the class starts. There is a \$5.00 administrative fee for each class refunded other than those generated by District cancelled classes. This also applies to refunds given prior to the start of classes. (This policy does not apply to Kids Corner, Daycamp, Swimming Lessons, Youth Basketball, Adult Sports and Special Events. Please refer to these individual programs for their refund policies.) It takes 3-4 weeks to process any refund requests.

Check one: VISA MASTERCARD

Card #

Expiration Date: Month Yr

Signature: _____



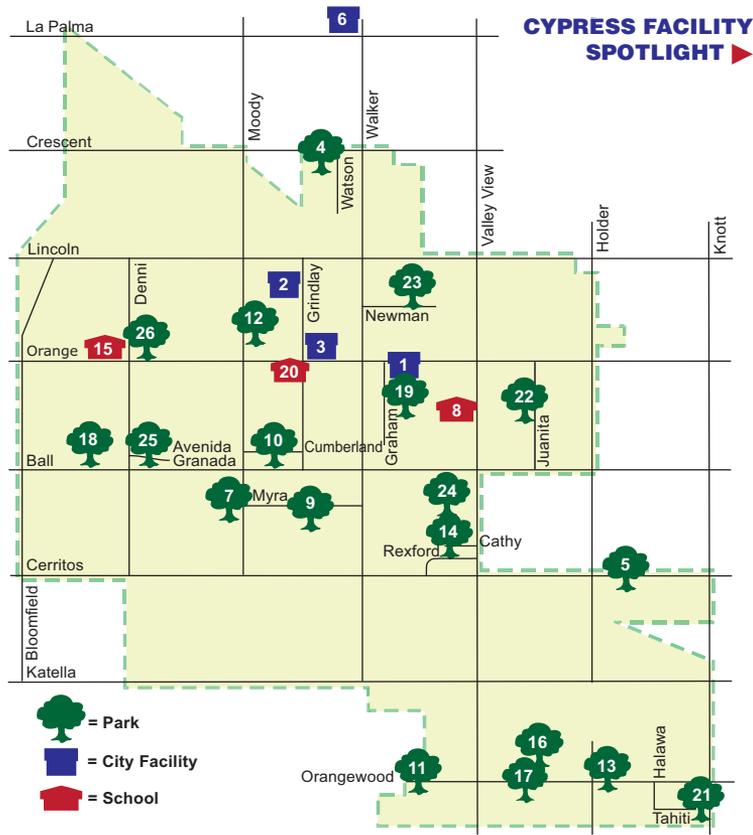
RECREATION
"CREATING COMMUNITY"

MAKE CHECK(S)
OR MONEY ORDER
PAYABLE TO:

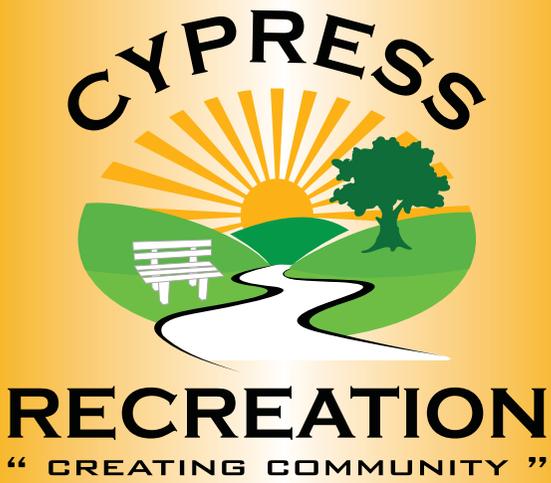
CITY OF CYPRESS

FOR OFFICE USE ONLY
CASH CHECK # _____

Community & Recreation Facilities



FACILITY	ADDRESS	ACRES	AMENITIES																			
			COMMUNITY ROOM(S)	BASEBALL FIELD	SOFTBALL FIELD	ON-SITE PARKING	VOLLEYBALL COURT / NON-LIGHTED	PICNIC FACILITIES	PLAYGROUND EQUIPMENT	EXERCISE COURSE	ROLLER HOCKEY FACILITY	RESTROOMS	NATURE FACILITY	BASKETBALL HALF COURT / NON-LIGHTED	BASKETBALL FULL COURT / NON-LIGHTED	DRINKING FOUNTAINS	TENNIS COURTS	SKATE PARK	BBQs	RESERVABLE PICNIC SITE		
1	Cypress Community Center	5700 Orange Avenue	N/A	■			■								■							
2	Cypress Senior Center	9031 Grindlay Street	N/A	■			■								■							
3	Cypress Civic Center / Library / Tennis Courts	5275 Orange Avenue	N/A				■								■		■					
4	Arnold / Cypress Park	8611 Watson Street	14.55	■		■	■			■	■			■	■						■	■
5	Baroldi / Sycamore Park	6616 Cerritos Avenue	1.50							■	■						■					■
6	La Palma Community Center	7821 Walker Street	N/A	■			■								■							
7	Cedar Glen Park	10201 Moody Street	2.54				■			■	■											■
8	Cypress High School	9801 Valley View Street	N/A				■															
9	Damron Park	5400 Myra Avenue	N/A								■											
10	Darrell Essex Park	5131 Ball Road	2.50								■	■					■					■
11	Eucalyptus Park	5900 Orangewood Avenue	2.50								■	■					■	■				■
12	Evergreen Park	9300 Moody Street	5.06				■				■	■			■							■
13	Hettinga / Manzanita Park	6500 Orangewood Avenue	4.04								■	■			■	■						■
14	Laurel Park	5902 Cathy Avenue	0.17																			
15	Lexington Jr. High School	4351 Orange Avenue	N/A				■															
16	Maple Grove Park North	6221 Orangewood Avenue	3.14								■	■			■	■						■
17	Maple Grove Park South	6220 Orangewood Avenue	1.87								■	■			■	■						■
18	Nature Park	4201 Ball Road (Reservation only)	5.75												■	■						
19	Oak Knoll Park	9600 Graham Street	22.00		■	■	■	■		■	■	■			■	■						■
20	Oxford High School	5172 Orange Avenue	N/A				■															
21	Peppertree Park	11666 Reefton Avenue	2.61								■	■					■	■				■
22	Pinewood Park	9675 Juanita Street	2.41								■	■					■	■				■
23	Rosen / Acacia Park	5681 Newman Street	1.00								■	■					■					■
24	Vessels Park	5900 Cathy Avenue	N/A									■										
25	Veterans Park	4554 Avenida Granada	6.40				■	■		■	■				■	■				■	■	■
26	Willow Park	4501 Orange Avenue	2.90								■	■			■	■						■



**Parks
Make
Life
Better!** SM

cypressrec.com



Scan code
for online
guide and
registration.

Make sure you register
for classes early to help
us determine if there
is sufficient enrollment
to hold a class.



SPECIAL EVENTS

**Halloween
Carnival**
Monday, October 31
6:00-9:00pm at
Cypress Community Center
Game Booths, Candy,
Entertainment, and More
Admission: \$3.00

**Holiday
Craft Fair**
Saturday, November 19
9:00am-3:00pm at
Cypress Community Center
Entertainment, Food Booths,
Breakfast with Santa, and
Hand Made Arts and Crafts
Free Admission
see page 26 for more information

**Showcase
Your Holiday
Spirit**
It's easy and no entry fee!
visit cypressrec.com or
see page 24 for more information

**Homerun
Derby**
Friday, November 4
**Charity
Softball
Tournament**
Saturday, November 5
\$250 per team
see page 25 for more information

Holiday Sing
Tuesday, December 6
6:00pm at the Civic Center
School Performances,
Train Rides, and Santa
Free Admission



Cypress Activity Guide and City News is a quarterly publication of the City of Cypress.
Comments and suggestions should be submitted to:
City of Cypress, 5700 Orange Ave., Cypress, CA 90630

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ECRWSS

Cypress Postal Customer
Cypress, California 90630