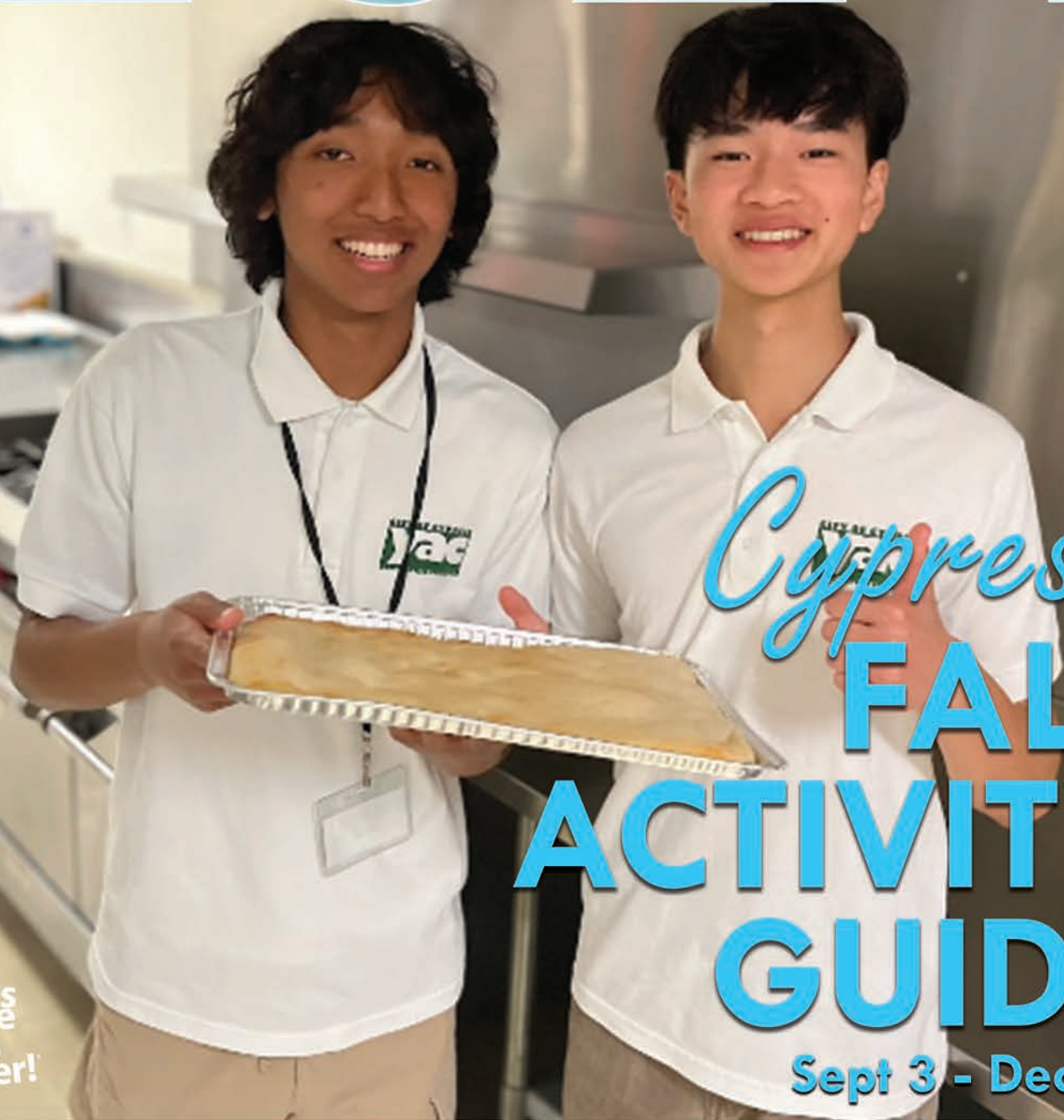


2024



Cypress FALL ACTIVITY GUIDE

Sept 3 - Dec 13

Parks
Make
Life
Better!



RECREATION
"CREATING COMMUNITY"



Follow us on social media & Cypress Central App

For more information: (714) 229-6780 or cypressrec.org

REGISTRATION INFO

Cypress Resident registration begins
Monday, July 22 at 8:00 am.

Non-Resident registration begins
Monday, July 29 at 8:00 am.

\$12 Non-Resident fee per participant per class.

WAYS TO REGISTER

ONLINE

Log onto cypressca.org/register. All major credit cards accepted. If you need any assistance call: (714) 229-6780.



WALK-IN

Visit the Community Center or Senior Center, Monday- Friday, 8:00am-5:00pm.
Community Center: 5700 Orange Avenue
Senior Center: 9031 Grindlay Street

DROP BOX

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 following business day.



MAIL-IN

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

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.



Register Online @
cypressca.org/register

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RECREATION STAFF



City Council

- Scott Minikus Mayor
- Bonnie Peat Mayor Pro Tem
- David Burke Council Member
- Frances Marquez, Ph.D Council Member
- Anne Mallari Council Member

Recreation & Community Services Commission

- Fermin Cervantes Commissioner
- Jeff Dronkers Commissioner
- Colin Edwards Commissioner
- Carol Erbe Commissioner
- Christen Jackson Commissioner
- Anne Logovii Commissioner
- Jan Ridgeway Commissioner

The Recreation and Community Services Commission meets at 6:00pm on the 3rd Tuesday of the month at the Cypress Community Center.

Senior Citizens Commission

- Linda Croce Commissioner
- Cynthia Fayne Commissioner
- Gincy Heins Commissioner
- Hank Machal Commissioner
- Claudia Nessary Commissioner
- Ginger Osman Commissioner
- David Skorupinski..... Commissioner

The Senior Citizens Commission meets at 3:00pm on the 2nd Wednesday of the month at the Cypress Senior Center.

Recreation & Community Services Staff

- Jeff Draper Director
- Ian Kokot Manager
- Shayna Gutierrez Supervisor
- Courtney Powers Supervisor
- Taylor Burtle Coordinator
- Alexis Corral Coordinator
- Ervy Rodriguez Coordinator
- Andi Terry Coordinator



Cypress Civic Center - 5275 Orange Avenue, Cypress, CA



Cypress Community Center - 5700 Orange Avenue, Cypress, CA



Cypress Senior Center - 9031 Grindlay Street, Cypress, CA

YOUTH ARTS & CRAFTS

Preschool Drawing Fundamentals

Unlock your child's creativity with Young Rembrandts' classes specifically designed for early learners! Explore a world of colorful masterpieces like ladybugs, gumball machines, and cheerful clown puppets. Witness your little artist's confidence soar with every stroke as they transform simple shapes into captivating art and build visual vocabulary, and fine motor skills.

**Young Rembrandts North Orange County
Cypress Community Center**

3.5-5 years old

***No Class 10/5, 10/12**

#10150	Sa	09/7-11/2*	9:00am-9:45am	\$120
#10151	Sa	11/9-12/14	9:00am-9:45am	\$104

Cartoon and Comic Drawing

Join Young Rembrandts' class for a laughter-packed adventure! Children create lively drawings from baseball-playing animals to spirited ogres. With bold personalities and the art of exaggeration, creativity flourishes in every session which feature fun lessons like Cow Expressions, Elf Emotions, Basketball fun, and Baking Sequences.

**Young Rembrandts North Orange County
Cypress Community Center**

5-12 years old

***No Class 10/5, 10/12**

#10152	Sa	09/7-11/2*	10:00am-11:00am	\$120
#10153	Sa	11/9-12/14	10:00am-11:00am	\$104

Elementary Focused Drawing

Young Rembrandts instructors provide a step-by-step, and immersive learning environment that expands your child's art vocabulary and art techniques. Create delightful scenes like Van Goh's sunflowers or dive into still life and the color wheel to embrace winter themes like chilly faces and candy canes. The monthly art history lessons will enrich your budding artist's understanding of each drawing's heritage.

**Young Rembrandts North Orange County
Cypress Community Center**

5-12 years old

***No Class 11/26, 12/3**

#10148	T	09/3-10/15	4:30pm-5:30pm	\$120
#10149	T	10/22-12/10*	4:30pm-5:30pm	\$104

**Cypress Resident Registration:
Monday, July 22 at 8:00am**

**Non-Resident Registration:
Monday, July 29 at 8:00am**

**Register online at
cypressca.org/register**



Learn & Grow Playgroup

Meet new friends and share some smiles in an environment that fosters positive parenting. Children will engage in various activities like movement, literature, music, and crafts to aid in development. Parent or caregiver participation is required; please do not bring unregistered siblings. **A material fee of \$5 is payable to the instructor on the first day of class.**

Diana Perez

Los Alamitos Community Center

1.5-2.5 years old

#10211 W 09/11-10/9 9:15am-10:00am \$79

#10212 W 10/23-11/20 9:15am-10:00am \$79

Shaping it up with ABC's & 123's

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 material fee of \$5 is payable to the instructor on the first day of class.**

Diana Perez

Los Alamitos Community Center

2.5-5 years old

#10213 W 09/11-10/9 10:15am-11:00am \$79

#10214 W 10/23-11/20 10:15am-11:00am \$79

Math Workshop for 2nd to 8th Graders

This is a great refresher course for students who want to brush up on their math skills. Experience a new approach to math problem solving and hands-on practice for 2nd-8th graders. Whether students need help with homework assistance or want to prepare for a test, AGI is here to help. The program not only helps with individual improvement, but will also help your student manage overall success in school. **A material fee of \$10 is payable to the instructor on the first day of class.**

AGI Academy

Buena Park Community Center

7-14 years old

***No Class 11/28**

#10224 Th 09/26-10/31 4:00pm-5:00pm \$162

#10225 Th 11/7-12/12* 4:00pm-5:00pm \$135

Computer Adventure for All Ages

Develop your basic typing skills and prepare for many years of future usage. Introduce you to the Microsoft Word for writing report, homework or basic communication. Hands on exercises are provided with the opportunity to make a flyer and turn into an awesome slide show presentation using PowerPoint. Sharpen your skills to the next level of learning and get a head start in school or work. **A material fee of \$10 is payable to the instructor on the first day of class.**

AGI Academy

Buena Park Community Center

8/up years old

***No Class 11/28**

#10226 Th 09/26-10/31 5:00pm-6:00pm \$162

#10227 Th 11/7-12/12* 5:00pm-6:00pm \$135

Reading Development

Individualized to students needs. Specially trained teachers test, structure, and implement your child's program. Interactive audio lessons, skill cards, worksheets, and short stories assist the student along the path of reading mastery. First day is comprehensive testing.

Readwrite Educational Solutions

La Palma Community Center

***No Class 11/11**

4.5-6.5 years old (Grades K-1)

#10215 M, W 09/9-09/25 4:00pm-4:45pm \$89

#10216 M, W 10/2-10/21 4:00pm-4:45pm \$89

#10217 M, W 10/28-11/18* 4:00pm-4:45pm \$89

6.5-11.5 years old (Grades 2-6)

#10218 M, W 09/9-09/25 4:50pm-5:35pm \$89

#10219 M, W 10/2-10/21 4:50pm-5:35pm \$89

#10220 M, W 10/28-11/18* 4:50pm-5:35pm \$89

Math Development

Comprehensive testing identifies skill gaps. Grade level assessments may include primary facts (+ - × ÷), fraction operations, prime numbers, factoring concepts, decimals, algebra, and geometry skills. Based on assessments, an individualized program is designed to reinforce skill gaps and build student confidence.

Readwrite Educational Solutions

La Palma Community Center

6-11 years old

***No Class 11/11**

#10221 M, W 09/9-09/25 5:40pm-6:25pm \$89

#10222 M, W 10/2-10/21 5:40pm-6:25pm \$89

#10223 M, W 10/28-11/18* 5:40pm-6:25pm \$89

Email Sign Up!

Get the latest Cypress news
right in your inbox!

Visit:

cypressca.org/emailsingup



YOUTH MUSIC



Piano - Beginning

This class is designed for students who have never taken piano or have completed one session with Miss Ronda. Students will learn how to play piano in a fun and friendly environment. Please contact Miss Ronda at: purpledoorcreativearts@gmail.com with any questions.

Ronda Voorhees

Cypress Community Center

7-16 years old

***No Class 11/11, 11/25**

#10158	M	09/9-09/30	5:00pm-5:50pm	\$73
#10159	M	10/7-10/28	5:00pm-5:50pm	\$73
#10160	M	11/4-12/9*	5:00pm-5:50pm	\$73

Piano - Intermediate

This class is designed for students who have completed two or more sessions with Miss Ronda. Students will continue to learn to play piano while practicing songs and using worksheets for comprehensive understanding. Please contact Miss Ronda at purpledoorcreativearts@gmail.com with any questions.

Ronda Voorhees

Cypress Community Center

7-16 years old

***No Class 11/11, 11/25**

#10161	M	09/9-09/30	4:00pm-4:50pm	\$88
#10162	M	10/7-10/28	4:00pm-4:50pm	\$88
#10163	M	11/4-12/9*	4:00pm-4:50pm	\$88
#10164	M	09/9-09/30	6:00pm-6:50pm	\$88
#10165	M	10/7-10/28	6:00pm-6:50pm	\$88
#10166	M	11/4-12/9*	6:00pm-6:50pm	\$88

FOLLOW US ON SOCIAL MEDIA



— 2024 —

STATE OF THE CITY

SAVE THE DATE

OCTOBER 15, 2024

5:30-8:00 PM

CIVIC CENTER GREEN



TEENS *Night Out*



HALLOWEEN ESCAPE ROOM

7th and 8th Graders Only
Friday, October 11 | 6-9 PM

Cypress Community Center
5700 Orange Avenue

REGISTER TODAY!



\$6

PRE-REGISTRATION REQUIRED

(714) 229-6780 | CYPRESSCA.ORG/TEENS

YOUTH SPECIAL INTEREST

New!! Kiddie Gymnastics and Tumbling

Students will have the opportunity to learn a variety of skills from the balance beam to forward rolls and even backbends. We will guide your child through a progressive curriculum that promotes strength, flexibility, coordination, and confidence.

Kidz Talent Academy

Cypress Community Center

3-6 years old

***No Class 10/10 | **No Class 11/28**

#10249	Th	09/5-09/26	5:10pm-5:50pm	\$80
#10250	Th	10/3-10/31*	5:10pm-5:50pm	\$80
#10251	Th	11/7-12/5**	5:10pm-5:50pm	\$80

New!! Youth Gymnastics and Tumbling

Students will have the opportunity to learn a variety of skills from backbends and forward rolls, to handstands and cartwheels. We will guide your child through a progressive curriculum that promotes strength, flexibility, coordination, and confidence.

Kidz Talent Academy

Cypress Community Center

7-13 years old

***No Class 10/10 | **No Class 11/28**

#10252	Th	09/5-09/26	6:00pm-6:50pm	\$80
#10253	Th	10/3-10/31*	6:00pm-6:50pm	\$80
#10254	Th	11/7-12/5**	6:00pm-6:50pm	\$80

New!! Pump it Up Cheer & Dance

Get in the cheer spirit with our cheer and dance class! Cheerleaders will learn the fundamentals and basics of cheerleading and performance dance. Learn team building, choreography, cheer movement, jumps and more! **A material fee of \$15 is payable to the instructor on the first day of class.**

Kidz Talent Academy

Cypress Community Center

5-12 years old

***No Class 10/10 | **No Class 11/28**

#10246	Th	09/5-09/26	4:15pm-5:00pm	\$80
#10247	Th	10/3-10/31*	4:15pm-5:00pm	\$80
#10248	Th	11/7-12/5**	4:15pm-5:00pm	\$80

Beginner Chess

This level 1 & 2 class is for students who need to learn the first 22 skills of the Hanley Chess Academy curriculum. If you are new to chess or have a little experience, this is the appropriate class. Once students graduate Level 1, they are able to compete in our chess tournaments. **An optional material fee of \$40 is payable to the instructor for two Hanley Chess Academy exercise books.**

Hanley Chess Academy

Cypress Community Center

5-18 years old

#10154	T	09/3-09/24	6:00pm-7:00pm	\$68
#10155	T	10/29-11/19	6:00pm-7:00pm	\$68

Novice/Intermediate Chess

This level 2 & 3 class focuses on the second set of 22 skills in the Hanley Chess Academy curriculum. Students are required to pass the level 1 test in Beginner Chess prior to enrolling in this class. Students are encouraged to complete weekly homework assignments and compete in the Scholastic Chess Tournaments. **An optional material fee of \$40 is payable to the instructor for two Hanley Chess Academy exercise books.**

Hanley Chess Academy

Cypress Community Center

5-18 years old

#10156	T	09/9-09/24	7:00pm-8:00pm	\$68
#10157	T	10/29-11/19	7:00pm-8:00pm	\$68



Register Online @
cypressca.org/register



YOUTH SPECIAL INTEREST

New!! Bionerds: Forensic Science

Join the fun in this hands-on forensics and biology workshop for kids! Follow in the footsteps of Sherlock Holmes and Scotland Yard while you learn forensic and biology techniques to uncover the truth like a real detective. Topics include fingerprinting, DNA, trace evidence, dental forensics, and so much more. **A supply fee of \$35 is payable to the instructor on the first day of class.**

Bionerds, Inc.

Cypress Community Center

5-12 years old

#10124 T 09/3-10/15 5:00pm-6:00pm \$218



New!! Bionerds: Animal Kingdom

Join this fun and hands-on biology workshop for kids! Your biologist-in-training will learn about frogs, lizards, birds, and more from the amazing animal kingdom. Participants will be up close with the fresh/preserved specimens, perform some dissections, and engage in cool biology experiments using lab equipment/tools. **A supply fee of \$30 is payable to the instructor on the first day of class.**

Bionerds, Inc.

Cypress Community Center

5-12 years old

***No Class 11/26, 12/3**

#10125 T 10/22-12/10*5:00pm-6:00pm \$188





KIDS

Night Out

5-12 YEARS OLD | 6-10 PM
CYPRESS COMMUNITY CENTER

\$30

per person
NO REFUNDS

Course	Date	Theme	Movie
#10230	Sept. 20	Bugs in Action	Bugs Life
#10240	Oct. 18	World of Wonder	Alice in Wonderland
#10241	Nov. 15	Nature Adventure	Brother Bear

YOUTH DANCE

SoCa Arts Class Information

Parents/guardians must remain in the lobby and are not permitted in the room during class time. Participants must take class September-November to participate in the optional holiday recital (with a nominal fee). Recitals are offered independently by SoCa Arts and are not City of Cypress affiliated events. Please contact SoCa Arts for more info: info@socarts.com

Beginning Ballet

Leap into the world of ballet! Dancers learn ballet terminology and technique in an encouraging environment while enhancing alignment, coordination, musicality, movement quality, and flexibility. Leotard, tights, and ballet shoes required.

SoCa Arts

Cypress Community Center

5-8 years old

#10167 T	09/10-10/8	3:45pm-4:30pm	\$82
#10168 T	10/22-11/19	3:45pm-4:30pm	\$82

K- Pop

This specialized class teaches popular choreography from iconic K-Pop groups and soloists, and helps improve coordination and musicality. Beginning level dancers are welcome, but prior dance experience is recommended as the focus is on performance skills. Sneakers are required.

SoCa Arts

Cypress Community Center

7-12 years old

#10173 T	09/10-10/8	6:25pm-7:10pm	\$82
#10174 T	10/22-11/19	6:25pm-7:10pm	\$82

Hip Hop

A popular class for everyone! Dancers learn beginning hip-hop and basic tumbling skills incorporated in dance combinations. Class improves coordination, rhythm, gross motor skills, listening, and agility. Sneakers or dance shoes are required.

SoCa Arts

Cypress Community Center

3-5 years old

#10169 T	09/10-10/8	4:40pm-5:25pm	\$82
#10170 T	10/22-11/19	4:40pm-5:25pm	\$82

Ballet, Jazz & Tap Combo

Children involved in dance improve coordination, rhythm, spatial awareness, and listening skills. This beginning class introduces tap, jazz, and ballet movements and dance terminology. Leotard, tights, ballet and tap shoes required.

SoCa Arts

Cypress Community Center

3-6 years old

#10175 W	09/11-10/9	3:45pm-4:30pm	\$82
#10176 W	10/23-11/20	3:45pm-4:30pm	\$82

Pop Star Hip Hop

Dance like your favorite pop star! Participants learn hip hop, jazz technique, and choreography to today's popular artists while improving confidence, creativity, and musicality. All choreography and music is age-appropriate. Sneakers required.

SoCa Arts

Cypress Community Center

5-9 years old

#10171 T	09/10-10/8	5:35pm-6:20pm	\$82
#10172 T	10/22-11/19	5:35pm-6:20pm	\$82

Princess Ballet

Dancers learn beginning ballet with a princess twist! Class includes short princess storytimes and also helps improve coordination, gross motor skills, and musicality. Leotard, tights, and ballet shoes required. A craft fee of \$5 is **payable to the instructor on the first day of class.**

SoCa Arts

Cypress Community Center

3-5 years old

#10177 W	09/11-10/9	4:40pm-5:25pm	\$82
#10178 W	10/23-11/20	4:40pm-5:25pm	\$82



Email Sign Up!

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Visit cypressca.org/emailsignup

YOUTH DANCE

Children's Musical Theater

Children learn beginning dance technique and gross motor skills, choreography, and song lyrics to age-appropriate musicals in this fun class for the young performer. Class includes imaginative theater games. Athletic attire and jazz shoes required.

SoCa Arts

Cypress Community Center

4-7 years old

#10179 W 09/11-10/9 5:35pm-6:20pm \$82

#10180 W 10/23-11/20 5:35pm-6:20pm \$82

Musical Theater Showcase

Students will create a mini-musical to perform on the last day of class! Students will focus on acting & singing exercises as well as dance technique & choreography to develop characters and create scenes. Athletic attire and jazz shoes required. Class not eligible for recital.

SoCa Arts

Cypress Community Center

5-12 years old

***No Class 10/10, 10/31**

#10181 Th 09/12-11/21* 3:45pm-5:15pm \$262

About GC Dance Program Serving the City of Cypress for over 40 years, the GC Dance Program under the direction of Miss Ginger offers professional instruction in tap and ballet for ages 3 to adult (see Adult Section for more information). Dance helps develop poise, coordination, self-confidence, and self-control. Students are instructed in technique and learn dances to showcase those learned skills. This structured learning process helps students develop into skilled dancers.

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 made with instructor permission only).

+ Talk to instructor before purchasing shoes.

^ By audition only.

Ginger Anderson

Cypress Community Center

Tap/Ballet - A+

3-5 years old

#10182 T 09/17-11/5 5:00pm-5:45pm \$56

Tap/Ballet - B+

4-6 years old

#10184 M 09/16-11/4 4:45pm-5:30pm \$56

Tap/Ballet - C

5-8 years old

#10185 M 09/16-11/4 5:45pm-6:30pm \$56

Tap/Ballet - E

9-13 years old

#10186 T 09/17-11/5 5:45pm-6:30pm \$56

Tap - F^

20-25 years old

***No Class 10/10**

#10187 Th 09/19-11/14* 6:15pm-7:00pm \$56

Mother & Daughter Tap

#10188 T 09/17-11/5 6:30pm-7:15pm \$56



YOUTH DANCE

For all **Polynesian Dance** classes, contact Hileka at (714) 598-6767 for instructor approval prior to registration.



Liko Intermediate Keiki - Polynesian Dance

Aloha kakou (Greetings all)! Intermediate Keiki focuses on basic footwork and hand motions, timing, integrating Hawaiian language, and preparation for performances (optional). Students should wear comfortable clothing.

Hileka Miles

Cypress Community Center

4/up years old

*No Class 11/27

#10190	W	09/11-10/16	5:45pm-6:30pm	\$68
#10191	W	10/23-12/4*	5:45pm-6:30pm	\$68

Maile Intermediate Keiki - Polynesian Dance

Aloha kakou (Greetings all)! Intermediate Keiki focuses on basic footwork & hand motions, timing, integrating Hawaiian language, and preparation for performances (optional). Students should wear comfortable clothing.

Hileka Miles

Cypress Community Center

7/up years old

*No Class 10/29

#10192	T	09/10-10/8	6:00pm-7:00pm	\$58
#10193	T	10/15-11/19*	6:00pm-7:00pm	\$58

Tiare Intermediate Keiki - Polynesian Dance

Aloha kakou (Greetings all)! Intermediate Keiki focuses on basic footwork & hand motions, timing, integrating Hawaiian language, and preparation for performances (optional). Students should wear comfortable clothing.

Hileka Miles

Cypress Community Center

7/up years old

*No Class 10/10, **No Class 11/28

#10194	Th	09/12-10/24*	6:30pm-7:30pm	\$68
#10195	Th	11/7-12/12**	6:30pm-7:30pm	\$58





WINTER YOUTH BASKETBALL

\$124

INCLUDES JERSEYS

SEASON RUNS:
NOVEMBER 23 - JANUARY 24
REGISTRATION ONLINE ONLY

VOLUNTEER COACHES NEEDED!

"A" DIVISION: CHILDREN BORN IN 2011-2012
"B" DIVISION: CHILDREN BORN IN 2013-2014
"C" DIVISION: CHILDREN BORN IN 2015-2017

(714) 229-6780 | CYPRESSCA.ORG/YOUTHBASKETBALL

YOUTH SPORTS

Pee Wee Soccer

Dribble, pass, shoot, and GOAL!! Calling on all the young soccer players to come and learn the fundamentals of soccer with our Recreation staff. Players will participate in age appropriate activities and fun games. Parent involvement is encouraged.

City of Cypress

Lexington Park

3-7 years old

#10117 T 09/3-10/8 4:00pm-4:50pm \$62

Pee Wee Volleyball

Learn the basic skills of volleyball with our Recreation staff. Skills include passing, setting and hitting using lightweight volleyballs and other alterative equipment. Players will participate in age appropriate activities, interactive drills and fun games. Parent involvement is encouraged.

City of Cypress

Lexington Park - Multiuse Court

3-7 years old

#10118 W 09/4-10/9 4:00pm-4:50pm \$62

Pee Wee All Sorts of Sports

Haven't found your niche? Now's the time! Come join our awesome Recreation staff in a camp-like setting while playing a variety of sports throughout the course. Participants will be exposed to a different sport each class; among the sports will be baseball, kickball, track, and much more! All sports will increase your athletes, participation and sportsmanship level while having fun and learning what sports they enjoy the most. Parent involvement is encouraged.

City of Cypress

Lexington Park

3-7 years old

#10119 Th 09/5-10/10 4:00pm-4:50pm \$62

Skyhawks HoopsterTots

Learning basketball has never been more fun! These classes focus on dribbling, shot technique, passing, and teamwork. Adjustable hoops and appropriately-sized basketballs are used to always provide just the right amount of challenge.

Skyhawks Sports Academy

Evergreen Park

4.5-5 years old

#10299 F 09/20-10/18 4:00pm-4:40pm \$109

Lexington Park

4.5-5 years old

*No Class 11/29

#10300 F 11/8-12/13* 4:00pm-4:40pm \$109

Skyhawks Basketball

This fun, skill-intensive program is designed for beginning to intermediate players. Using our progression curriculum, we focus on the whole player - teaching sportsmanship and teamwork. Boys and girls will learn the fundamentals of passing, shooting, ball handling, rebounding, and defense through skill-based instruction and small-sided scrimmages.

Skyhawks Sports Academy

Evergreen Park / Lexington Park

*No Class 11/29

6-8 years old

#10301 F 09/20-10/18 4:50pm-5:30pm \$109

#10302 F 11/8-12/13* 4:50pm-5:30pm \$109

#10303 F 09/20-10/18 5:40pm-6:20pm \$109

#10304 F 11/8-12/13* 5:40pm-6:20pm \$109

Evergreen Park / Lexington Park

9-12 years old

#10305 F 09/20-10/18 6:30pm-7:30pm \$119

#10306 F 11/8-12/13* 6:30pm-7:30pm \$119

Skyhawks SoccerTots

SoccerTots is our flagship program! These soccer-themed motor skill classes are very easy for youngsters to get into. Younger age groups focus on developing motor skills and self-confidence; older classes focus more on developing core soccer skills and personal focus, and introduce an element of light competition. Instructor-to-student ratio is kept small to maximize individual development, and above all else we promote fun, fun, fun! Parent participation required for ages 2-3.5 years.

Skyhawks Sports Academy

Lexington Park

*No Class 11/27

2-3.5 years old

#10307 W 09/18-10/16 4:00pm-4:40pm \$109

#10308 W 11/6-12/11* 4:00pm-4:40pm \$109

3.5-4.5 years old

#10309 W 09/18-10/16 4:50pm-5:30pm \$109

#10310 W 11/6-12/11* 4:50pm-5:30pm \$109

4.5-5 years old

#10311 W 09/18-10/16 5:40pm-6:20pm \$109

#10312 W 11/6-12/11* 5:40pm-6:20pm \$109

Skyhawks Soccer

Your young athlete will gain the technical skills and sport knowledge required for their next step into soccer. Areas of focus are dribbling, passing, shooting, and ball control. By the end of the program, your child will have learned new life skills such as teamwork and sportsmanship, make new friends and improve their soccer skills.

Skyhawks Sports Academy

Lexington Park

6-8 years old

#10313 W 09/18-10/16 6:30pm-7:10pm \$109

#10314 W 11/6-12/11 6:30pm-7:10pm \$109

YOUTH SPORTS

Skyhawks Multi-SportTots

Introduce your little superstar to sports in our most popular program! This Soccer, Baseball, Basketball class uses age-appropriate games and activities to explore balance, hand/eye coordination, fitness, sport skills, and child development. Parent participation required for ages 2-3.5 years

Skyhawks Sports Academy

Veterans Park

*No Class 10/5, 10/12, 11/30

2-3.5 years old

#10315 Sa 09/21-12/7* 9:00am-9:40am \$159

3.5-4.5 years old

#10316 Sa 09/21-12/7* 9:50am-10:30am \$159

4.5-5 years old

#10317 Sa 09/21-12/7* 10:40am-11:20am \$159

Skyhawks Multi-Sport

This multi-sport class is designed to introduce young athletes to a variety of different sports in one setting. Athletes will learn the rules and essential skills of soccer, baseball, and basketball, along with vital life lessons such as sportsmanship and teamwork.

Skyhawks Sports Academy

Veterans Park

6-8 years old

*No Class 10/5, 10/12, 11/30

#10318 Sa 09/21-12/7* 11:30am-12:10pm \$159

Soccer 1 - Techniques & Teamwork

Players will learn dribbling, passing, defense, and shooting goals! Fun skill games are played at every session, and every participant will have a ball at their feet. Small-sided soccer matches will be introduced gradually. Perfect for first time players while being fun and engaging for kids with some experience. All participants receive a Kidz Love Soccer jersey! Shin guards are required after the first meeting.

Kidz Love Soccer

5-6 years old

Oak Knoll Park

*No Class 10/5, 10/12

#10297 Sa 09/7-11/2* 3:05pm-3:50pm \$170

Soccer 2 - Skillz & Scrimmages

A great introduction to competitive soccer, Skillz and Scrimmages teaches advanced skill building such as dribbling, passing and shooting in a team format, as well as an introduction to goal-tending. Kids will scrimmage and learn to play together as a team. From defense and mid-field to forward and goalie, kids get exposure to playing every position and have a blast doing it. Appropriate for players of varying skill levels. Best of all, each participant receives a Kidz Love Soccer jersey!

Kidz Love Soccer

Oak Knoll Park

7-10 years old

*No Class 10/5, 10/12

#10298 Sa 09/7-11/2* 2:15pm-3:00pm \$170

Youth Evolution Basketball - Level 2

This course will focus on dribbling, passing, shot technique, and team work. Children will learn fundamental and basic basketball specific skills to provide just the right amount of challenge through a variety of activities and games.

Isaias Rosas

Evergreen Park

8-9 years old

*No Class 10/31, 11/28

#10293 Th 09/5-10/3 4:00pm-4:45pm \$111

#10294 Th 10/24-12/5* 3:30pm-4:15pm \$111

Youth Evolution Basketball - Level 3

The goal of the Level 3 course is to improve large motor skills, spatial awareness, and teamwork. The instructor will focus on agility and advanced drills that teach children how to perform under the pressure of the clock and opponents. Drills include fast breaks, coordinated offensive plays, and multiple defensive structures. Players will learn explosive plays, improve their footwork and accuracy of shooting.

Isaias Rosas

Evergreen Park

10-11 years old

*No Class 10/31, 11/28

#10295 Th 09/5-10/3 4:45pm-5:30pm \$111

#10296 Th 10/24-12/5* 4:15pm-5:00pm \$111



YOUTH SPORTS

Pee Wee Tiger Karate

Pee Wees will learn behavioral skills, including how to focus, pay attention in a classroom, line up, raise their hands to speak, have self-control, and improve basic motor skills (punching, kicking, balance, etc.). 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 and develop their own leadership skills. Parents may stay in class for the first and last classes only. **Mandatory \$8 belt fee and optional \$30-34 uniform fee is payable to instructor on the first day of class.**

Bryce Watanabe

Cypress Community Center

3-5 years old

***No Class 11/11, 11/25 | **No Class 11/27**

#10126	M	09/9-10/7	4:00pm-4:30pm	\$43
#10127	W	09/11-10/9	4:00pm-4:30pm	\$43
#10128	M	10/21-12/9*	4:00pm-4:30pm	\$50
#10129	W	10/23-12/11**	4:00pm-4:30pm	\$57

Karate

Students learn the art and sport of karate as well as self-defense techniques. Our dojo emphasizes development of character, respect, and leadership. If you have any questions, please email brycewatanabe5@gmail.com. **A material fee of \$18 is payable to the instructor on the first day of class.**

Bryce Watanabe

Cypress Community Center

***No Class 11/11 11/25 | **No Class 11/27**

6-12 years old - Beginners

#10130	M	09/9-10/7	4:30pm-5:15pm	\$55
#10131	W	09/11-10/9	4:30pm-5:15pm	\$55
#10132	M	10/21-12/9*	4:30pm-5:15pm	\$64
#10133	W	10/23-12/11**	4:30pm-5:15pm	\$73
#10134	M, W	09/9-10/9	4:30pm-5:15pm	\$92
#10135	M, W	10/21-12/11**	4:30pm-5:15pm	\$117

6-12 years old - Intermediate

#10136	M	09/9-10/7	5:15pm-6:00pm	\$55
#10137	W	09/11-10/9	5:15pm-6:00pm	\$55
#10138	M	10/21-12/9*	5:15pm-6:00pm	\$64
#10139	W	10/23-12/11**	5:15pm-6:00pm	\$73
#10140	M, W	09/9-10/9	5:15pm-6:00pm	\$92
#10141	M, W	10/21-12/11**	5:15pm-6:00pm	\$117

Pickleball: Youth Academy

Calling all youth with little to no experience playing pickleball! FUNDamental skills such as, safety, etiquette, rules, scoring, underhand serve, dinking, forehand, backhand, and volleys will be introduced. Once completed, players can participate comfortably in games. The paddles and balls are provided. Flat outdoor court specific footwear recommended.

Performance Pickleball

Lexington Park

9-13 years old

#10323	Su	09/8-09/29	1:00pm-2:00pm	\$107
#10324	Su	10/13-11/3	2:00pm-3:00pm	\$107

Pickleball: Youth Intermediate

For youth who have completed the beginning class or is an experienced player. Optimize your skills and strengthen your game plan with court strategies, such as court movement, positioning, consistency, ball placement, and the mental game. Be prepared to elevate your game! Flat outdoor court-specific footwear recommended.

Performance Pickleball

Lexington Park

9-13 years old

#10325	W	10/9-10/30	5:00pm-6:00pm	\$107
#10326	Su	10/13-11/3	1:00pm-2:00pm	\$107

Intermediate Volleyball

PASS, SET, HIT! We teach the fundamental skills of volleyball in a competitive and fun environment. This course takes the beginner to the next level. Come have fun and learn with us.

West Grove Volleyball

Buena Park Community Gym

11-14 years old

***No Class 12/8**

#10231	Su	09/8-09/29	10:30am-11:30am	\$51
#10232	Su	10/6-10/27	10:30am-11:30am	\$51
#10233	Su	11/3-11/17	10:30am-11:30am	\$39
#10234	Su	11/24-12/15*	10:30am-11:30am	\$39

Advanced Volleyball

PASS, SET, HIT! We teach the fundamental skills of volleyball in a competitive and fun environment. This course will be fast paced to suit the experienced athlete. Come have fun and learn with us.

Instructor: West Grove Volleyball

Buena Park Community Gym

12-15 years old

***No Class 12/8**

#10235	Su	09/8-09/29	11:30am-12:30pm	\$51
#10236	Su	10/6-10/27	11:30am-12:30pm	\$51
#10237	Su	11/3-11/17	11:30am-12:30pm	\$39
#10238	Su	11/24-12/15*	11:30am-12:30pm	\$39



YOUTH SPORTS

TENNIS

Established 1981 by Nancy Jennings, 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
- Tournaments each session/trophy given to each court winner

Tennis - Beg. & Int.

Bryan Sorvillo

Cypress Civic Center

5-16 years old

*No Class Nov 25-29

5-10 years old

#10255	M	09/9-10/7	5:00pm-6:00pm	\$83
#10256	W	09/11-10/9	5:00pm-6:00pm	\$83
#10257	F	09/13-10/11	5:00pm-6:00pm	\$83
#10267	M	10/14-11/4	5:00pm-6:00pm	\$68
#10268	W	10/16-11/6	5:00pm-6:00pm	\$68
#10269	F	10/18-11/8	5:00pm-6:00pm	\$68
#10279	M	11/18-12/9*	5:00pm-6:00pm	\$53
#10280	W	11/13-12/11*	5:00pm-6:00pm	\$68
#10281	F	11/15-12/13*	5:00pm-6:00pm	\$68

10-16 years old

#10258	M	09/9-10/7	6:00pm-7:00pm	\$83
#10259	W	09/11-10/9	6:00pm-7:00pm	\$83
#10260	F	09/13-10/11	6:00pm-7:00pm	\$83
#10270	M	10/14-11/4	6:00pm-7:00pm	\$68
#10271	W	10/16-11/6	6:00pm-7:00pm	\$68
#10272	F	10/18-11/8	6:00pm-7:00pm	\$68
#10282	M	11/18-12/9*	6:00pm-7:00pm	\$53
#10283	W	11/13-12/11*	6:00pm-7:00pm	\$68
#10284	F	11/15-12/13*	6:00pm-7:00pm	\$68

Advanced Tennis

Bryan Sorvillo

Cypress Civic Center

8-16 years old

*No Class Nov 25-29

#10261	M	09/9-10/7	6:00pm-7:00pm	\$83
#10262	W	09/11-10/9	6:00pm-7:00pm	\$83
#10263	F	09/13-10/11	6:00pm-7:00pm	\$83
#10273	M	10/14-11/4	6:00pm-7:00pm	\$68
#10274	W	10/16-11/6	6:00pm-7:00pm	\$68
#10275	F	10/18-11/8	6:00pm-7:00pm	\$68
#10285	M	11/18-12/9*	6:00pm-7:00pm	\$53
#10286	W	11/13-12/11*	6:00pm-7:00pm	\$68
#10287	W	11/15-12/13*	6:00pm-7:00pm	\$68

Private Tennis Lessons

Private tennis lessons are available for all ages. Before you register contact Coach Bryan at cypresstennis81@gmail.com or (714) 856-5387 to schedule your lessons. Please note that these classes are non-refundable/non-transferable.

Bryan Sorvillo

Cypress Civic Center

5/up years old

#10291	09/3-12/13	\$38
#10292	09/3-12/13	\$73



Email Sign Up!

Get the latest Cypress news right in your inbox!

Visit cypressca.org/emailsingup



WANT TO TEACH CLASSES IN CYPRESS? INSTRUCTORS WANTED!



We are currently looking for qualified instructors in:

- Skateboarding
- Preschool Age Education
- Self-Defense
- CPR
- Rollerblading
- Music
- Fitness
- Cooking
- Language
- Gardening
- Adult Dance
- Computers, Phones, Tech

Call (714) 229-6780 or email crpd@cypressca.org if you are interested



SATURDAY
OCTOBER 12
10 AM-8 PM

Oak Knoll Park • 9600 Graham St.

Chili & Salsa Contest • Live Entertainment • Kids Area • Business & Craft Booths

cypressfestival.com

ADULT DANCE

For all Polynesian dance classes, contact Hileka at (714) 598-6767 for instructor approval prior to registration.

'Iwalani Advanced Adult Hula

This class is designed for the adult who has progressed from previous classes; they will learn advanced techniques and choreography, covering the full range of Polynesian dance arts, using implements and oli (Hawaiian chants).

Hileka Miles

Cypress Community Center

17/up years old

*No Class 11/27

#10200 W 09/11-10/16 7:30pm-8:30pm \$68

#10201 W 10/23-2/4* 7:30pm-8:30pm \$68

Lehua Polynesian Dance

Intermediate/Advanced Polynesian dance class. Class will focus on basic footwork and hand motions, timing, integrating the Hawaiian language, and applying basics to Hula. This class will help you develop as a dancer, have a deeper understanding of Hula and have opportunities to learn lei making, implements, and costumes for shows.

Hileka Miles

Cypress Community Center

16-25 years old

*No Class 11/27

#10202 W 09/11-10/16 6:30pm-7:30pm \$68

#10203 W 10/23-12/4* 6:30pm-7:30pm \$68

Lokelani Intermediate Adult Hula

Intermediate adult hula class will focus on basic footwork, hand motions, timing, integrating Hawaiian language, and applying basics to hula. This class will help develop you as a dancer, have a deeper understanding of hula, have opportunities to learn lei making, implements, and costume making for shows.

Hileka Miles

Cypress Community Center

17/up years old

*No Class 10/29

#10198 T 09/10-10/8 7:00pm-8:00pm \$58

#10199 T 10/15-11/19* 7:00pm-8:00pm \$58

Recreational Adult Hula

Introductory Hula class that will develop you as a dancer, while reviewing the basics of Hula dance! Enjoy learning a variety of Hula 'Auana (modern) choreography. No experience necessary. Each class is progressive to build on your skills. Come prepared to have fun!

Hileka Miles

14/up years old

*No Class 10/10 | **No Class 11/28

#10196 Th 09/12-10/24* 7:30pm-8:30pm \$68

#10197 Th 11/7-12/12** 7:30pm-8:30pm \$58

Serving the City of Cypress for over 40 years, the GC Dance Program under the direction of Miss Ginger offers professional instruction in tap and ballet for ages 3 to adult (see Adult Section for more information). Dance helps develop poise, coordination, self-confidence, and self-control. Students are instructed in technique and learn dances to showcase those learned skills. This structured learning process helps students develop into skilled dancers.

Adult Tap

Tap experience recommended.

Ginger Anderson

Cypress Community Center

18/up years old

*No Class 10/10

#10189 Th 09/19-11/14* 7:30pm-8:45pm \$64



FOLLOW US ON SOCIAL MEDIA



ADULT ART

Watercolor Painting

In this class we will focus on getting comfortable with watercolor painting skills and techniques, and enjoy the process of painting. The basics of materials, tools, techniques and color will be explored with demonstrations. Join us to learn tips and tricks in watercolors and create your own masterpieces. Skill level beginner to intermediate. Students provide their own supplies once a supply list is sent by the instructor.

Darshini Aithal

Los Alamitos Community Center

16/up years old

***No Class 11/11**

#10328 M 10/21-11/18* 10:15am-12:15pm \$120

#10330 Sa 11/2-11/23 10:00am-12:00pm \$120



CELEBRATE WOMEN
CYPRESS WOMEN'S CONFERENCE

OCTOBER 23, 2024 8AM-1PM
CYPRESS COMMUNITY CENTER
5700 ORANGE AVE.
cypressca.org/womensconference



ADULT SPECIAL INTEREST

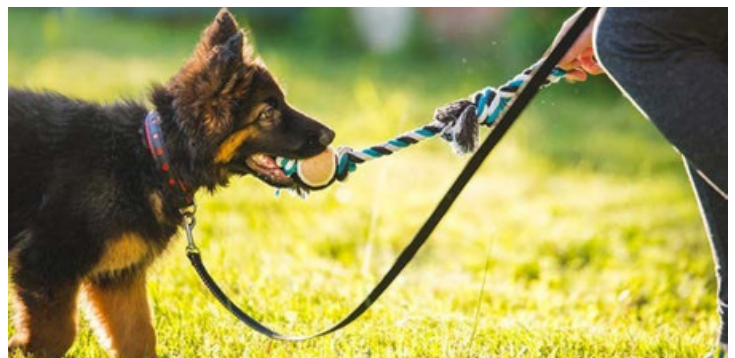
NEW!! Basic Obedience For Dogs

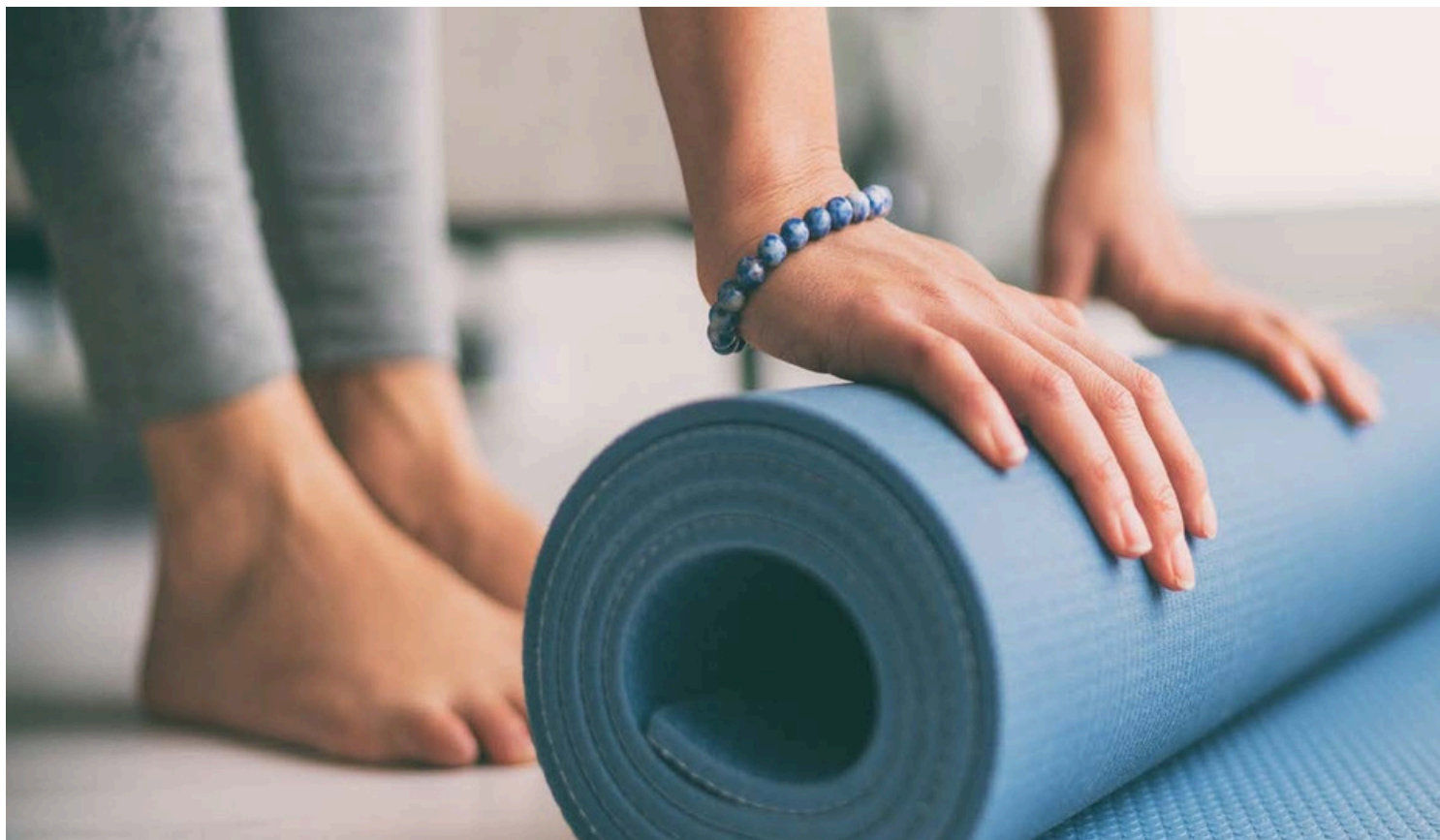
Dogs of all ages welcome! Teach your dog basic obedience commands and manners. Learn how to eliminate jumping, pulling on leash, chewing, digging, and barking. Alex Macias Dog Training

Evergreen Park

18/up years old

#10123 Su 09/8-10/6 10:00am-11:00am \$133





Yoga for Wellness

Slow down your breath, and ease into your flow. During our practice we will work to deepen our connection to our bodies and breath to develop a personal yoga journey to self-transformation. Use this ancient art to improve flexibility and concentration, renew energy, and regulate stress. Be one with yourself and rejuvenate your life for health and happiness! Please bring a yoga mat and wear comfortable clothing.

Darshini Aithal

Cypress Community Center

16/up years old

#10228 W 09/4-10/2 6:35pm-7:35pm \$75

#10229 W 10/23-11/20 6:35pm-7:35pm \$75

AMPD - Kettlebell

Heart-pumping music and 60 minutes of calorie torching fun! Use lightweight kettlebells for a fun and effective full body workout. Combining the benefits of strength training, functional movements and cardiovascular exercise, this program is a safe and effective workout for all fitness levels. Please bring a yoga mat.

Lorraine Shorman

Cypress Community Center

13/up years old

***No Class 11/25**

#10204 M 09/9-09/30 5:30pm-6:30pm \$78

#10205 M 10/14-11/4 5:30pm-6:30pm \$78

#10206 M 11/18-12/9* 5:30pm-6:30pm \$61

POUND - Cardio Drumming

Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using special, light-weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. Designed for all fitness levels, POUND provides the perfect atmosphere for letting loose, getting energized, toning up, and rocking out. This workout is easily modifiable, and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities. Please bring a yoga mat.

Lorraine Shorman

Cypress Community Center

13/up years old

***No Class 11/27**

#10207 W 09/11-10/2 5:30pm-6:30pm \$78

#10208 W 10/16-11/6 5:30pm-6:30pm \$78

#10209 W 11/20-12/11* 5:30pm-6:30pm \$61



Register Online @
cypressca.org/register

ADULT SPORTS

Aikido

Aikido is the art of non-aggressive self-defense, based on flowing with attacks and dissipating aggression. Training is cooperative and includes use of staff and sword, and learning to fall safely. Wear loose fitting sports clothing or a training uniform.

Chushinkan Dojo

Ehlers Event Center

14/up years old

#10239	M, W	09/4-10/16	6:30pm-7:30pm	
	Sa	09/7-10/19	10:00am-11:00am	\$72
#10242	M, W	10/21-12/4	6:30pm-7:30pm	
	Sa	10/26-12/7	10:00am-11:00am	\$72

Japanese Swordsmanship-laido

Training is in both contemporary and traditional Japanese laido sword forms. laido is no-contact training in solo forms. Students use iaito (unsharpened sword - must be approved by instructor) or bokken (wooden sword). Swords are provided for beginners. Wear loose fitting sports clothing (no shorts) or a training uniform. Zazen (sitting meditation) is optional 9:00-9:30AM on Saturdays.

Chushinkan Dojo

Ehlers Event Center

14/up years old

#10243	W	09/4-10/16	7:30pm-8:30pm	
	Sa	09/7-10/19	8:30am-10:00am	\$62
#10244	W	10/23-12/4	7:30pm-8:30pm	
	Sa	10/26-12/7	8:30am-10:00am	\$62

Karate - Mixed Level

This class is designed for mixed levels including advanced youth, beginner adult, and advanced adult. Students learn the art and sport of karate as well as self-defense techniques. Our dojo emphasizes development of character, respect, and leadership. Last 30 minutes of class required for advanced adult students and optional for advanced youth and beginning adult students. If you have any questions, please email brycewatanabe5@gmail.com.

A material fee of \$18 is payable to the instructor on the first day of class.

Bryce Watanabe

Cypress Community Center

12/up years old

***No Class 11/11, 11/25 | **No Class 11/27**

#10142	M	09/9-10/7	6:00pm-7:30pm	\$55
#10143	W	09/11-10/9	6:00pm-7:30pm	\$55
#10144	M	10/21-12/9*	6:00pm-7:30pm	\$64
#10145	W	10/23-12/11**	6:00pm-7:30pm	\$73
#10146	M, W	09/9-10/9	6:00pm-7:30pm	\$92
#10147	M, W	10/21-12/11**	6:00pm-7:30pm	\$117

Pickleball: Adult Beginning

Classes are designed for adults with no experience playing Pickleball. Basic foundational fundamental skills will be introduced in a large group setting such as safety, etiquette, rules, scoring, serves, volleys, forehand, backhand, and basic strategies. Once completed, the player can play comfortably in games. Paddles and balls are provided. Flat outdoor court-specific footwear recommended.

Performance Pickleball

Lexington Park

14/up years old

#10320	W	09/4-09/25	6:00pm-8:00pm	\$175
#10321	Su	10/13-11/3	3:00pm-5:00pm	\$175

Pickleball: Adult Intermediate

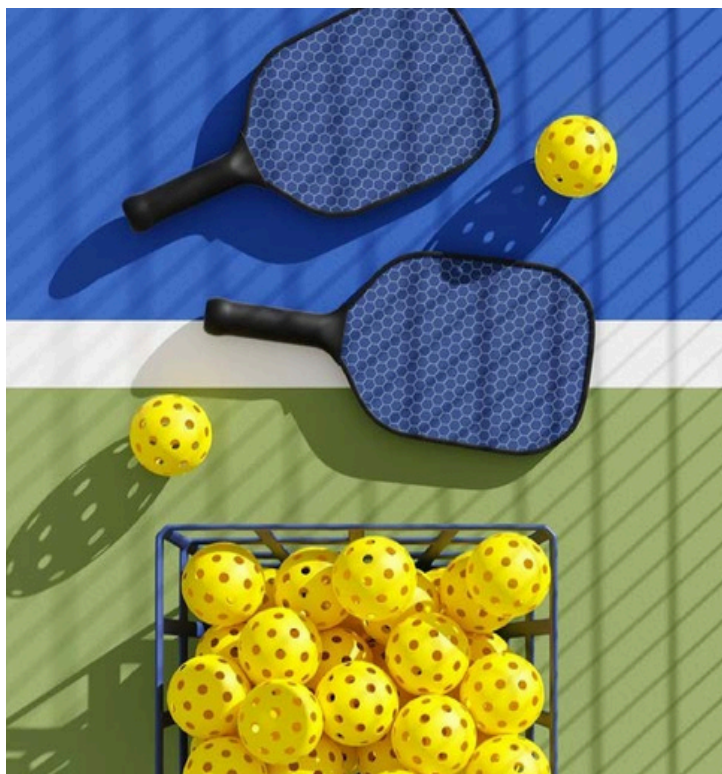
Classes are designed for anyone who has completed an adult beginning pickleball class or is an experienced beginner player. This class expands on optimizing your game plan, court strategies, and the next steps to improve your game. Improve your existing skills, court movement, court positioning, consistency, ball placement, serves, forehands, backhands volleys, overheads, strategies, poaching, and the mental game. Be prepared to elevate your game! Flat outdoor court-specific footwear recommended.

Performance Pickleball

Lexington Park

14/up years old

#10322	W	10/9-10/30	6:00pm-8:00pm	\$175
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ADULT SPORTS

TENNIS

Established 1981 by Nancy Jennings, 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
- Tournaments each session/trophy given to each court winner

Adult Tennis

Bryan Sorvillo

Cypress Civic Center

16/up years old

***No class Nov 25-29**

#10264	M	09/9-10/7	7:00pm-8:00pm	\$83
#10265	W	09/11-10/9	7:00pm-8:00pm	\$83
#10266	F	09/13-10/11	7:00pm-8:00pm	\$83
#10276	M	10/14-11/4	7:00pm-8:00pm	\$68
#10277	W	10/16-11/6	7:00pm-8:00pm	\$68
#10278	F	10/18-11/8	7:00pm-8:00pm	\$68
#10288	M	11/18-12/9*	7:00pm-8:00pm	\$53
#10289	W	11/13-12/11*	7:00pm-8:00pm	\$68
#10290	F	11/15-12/13*	7:00pm-8:00pm	\$68

Private Tennis Lessons

Private tennis lessons are available for all ages. Before you register contact Coach Bryan at cypresstennis81@gmail.com or (714) 856-5387 to schedule your lessons. Please note that these classes are non-refundable/non-transferable.

Bryan Sorvillo

Cypress Civic Center

5/up years old

#10291	Daily	09/3-12/13	8:00am-10:00pm	\$38
#10292	Daily	09/3-12/13	8:00am-10:00pm	\$73



Drop-in Badminton

SUNDAY AFTERNOONS:
Sept. 8 - Dec. 15



Location: Lexington Junior High Gym

Time: 1:00 - 4:00pm

Cost: \$4 per individual

Gym closed: Dec. 1

Pick-up games are encouraged

Drop-in Volleyball

THURSDAY NIGHTS:
Sept. 5 - Dec. 19

Location: Lexington Junior High Gym

Time: 6:30 - 9:30pm

Cost: \$4 per adult

Age: 18+

Gym closed: Oct. 31,
Nov. 28, and Dec. 12

Pick-up games are encouraged



CYPRESS RUN



OCTOBER 5, 2024



5K RUN & WALK
COMMUNITY DASH
HEALTH & FUN EXPO



Kick off our month of community celebrations with friends and family or solo by walking or running at the annual Cypress Run. Take on the challenge as you dash through the streets of our City! Each participant will receive a commemorative medal, shirt, and a signature popsicle at the finish line! All are welcome to join us on the green for the Health & Fun Expo from 7:00-9:00 AM. Let's Celebrate Cypress!

SCAN ME



(714) 229-6780 | CYPRESSCA.ORG/CYPRESSRUN

OLDER ADULTS



CYPRESS SENIOR CENTER

9031 Grindlay Street, Cypress

The Senior Center is open Monday-Friday from 8:00am-5:00pm.

**PLEASE NOTE: THE SENIOR CENTER HAS A NEW PHONE NUMBER!
(714) 229-6670**

NUTRITION PROGRAMS

Senior Café Lunch Café (provided by Meals on Wheels OC)

The Lunch Café is open to anyone 60 or older. Every contribution we receive helps Meals on Wheels Orange County deliver meals to Orange County senior centers. The nutrition desk is open at 10:30am for check in. Lunch is served Monday through Thursday at 12:00pm on a first come first served basis. Suggested contribution for lunch is \$3.00, but everyone is welcome, even if a contribution is not possible. Guests under 60 can enjoy lunch for a fee of \$5.00.

Home Delivered Meals (provided by Meals on Wheels)

Meals on Wheels of Cypress will deliver meals to your home Monday through Friday for a nominal fee if you are home bound and unable to prepare your own meals. Please visit www.mealsonwheelsoc.org to apply for the program or call (714) 220-0224 for more information. **Volunteer drivers are always needed for this program. Volunteer applications available at the Senior Center and at cypressrec.org**

Senior Grocery Program TEFAP (Second Harvest Food Bank)

Once a month from 10:00am or until gone, the Senior Grocery Program provides a free, direct food resource for Orange County's vulnerable low-income senior population (60+) at affordable senior apartments, senior centers and other nonprofit partner sites. Distribution is held on the **second Wednesday of each month** indoors. Check in begins at 8:00am and distribution begins at 10:00am. Patrons are responsible for providing their own carts and/or bags to transport commodities.

Fall Themed Lunches

Join us for lunch and fun activities as we celebrate these special days. For more information call (714) 229-6670.

- Western Day Celebration | Friday, September 13
- Halloween | Thursday, October 31
- Thanksgiving Celebration | Friday, November 22
- Holiday Celebration | Friday, December 13

For additional information about the nutrition programs, please call the Cypress Senior Center at (714) 229-6670 during business hours.

OLDER ADULTS SPECIAL EVENTS

Cypress 5K Run/Walk All About That Pace Walking Club



Are you an older adult who would like to participate in the Cypress Run?

Register at the
Cypress Senior Center
Walk-in registration only
Opens Friday, August 16
FREE!
Space is limited.



CYPRESS SENIOR CINEMA

EVERY WEDNESDAY
12:45 PM SHOWTIME
DOORS OPEN AT 12:30 PM

9031 Grindlay St
Cypress, CA 90630

**FREE
MOVIES**



VOLUNTEER OPPORTUNITIES



The Senior Center is seeking volunteers for
Home Delivery Meal Drivers,
Class Instructors, and Reception Desk.

Applications are available at the Senior Center
and online at cypressrec.org.

OLDER ADULTS SERVICES

FREE SERVICES

Health Insurance Counseling & Advocacy Program (HICAP)

Do you have questions about MediCal or Medicare insurance? Health Insurance Counseling and Advocacy Program (HICAP) is here to help for FREE. Their counselors provide unbiased Medicare guidance. HICAP does not sell or recommend Medicare insurance plans. Every 2nd Tuesday of the month by appointment only.

Community Legal Aid So Cal

The Legal Advocacy Program (Legal Aid) provides seniors 60 years or older, residing in Orange County, with free counseling, referrals, and representation in administrative and civil cases. Every 3rd Thursday of the month by appointment only.

Notary Service

Free notary service available offered by CARE Patrol to seniors 60 and older. Patrons must provide required documents and a valid ID. Services available every 2nd and 4th Wednesday of the month by appointment only.

Support Groups

Alzheimer's Caregivers Support Group

3rd Wednesday of the month
7:00-8:30pm

Peer Support Group

Every Wednesday
2:00-3:00pm

TRANSPORTATION SERVICES ACCEPTING NEW APPLICANTS

The Cypress Senior Center offers transportation programs available to all Cypress residents 60 and older. In person appointments are required to apply.

Nutrition Transportation

If you are interested in participating in our Lunch Café Nutrition Program but do not have means of transportation this is a perfect service for you. This program provides a free taxi service to and from the Senior Center.

For additional information or to schedule an appointment, please call the Cypress Senior Center at (714) 229-6670 during business hours.

Presentations

A variety of topics are presented each month. Visit cypressca.org/seniorcenter for a list of presentations and screenings.

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.

For more information or to schedule an appointment, please call the Senior Center at (714) 229-6670.

FREE EVENT

Medicare Info Fair

FRIDAY, OCTOBER 25TH
9:00 - 11:30 AM
CYPRESS SENIOR CENTER

cypressca.org/seniorcenterevents

OLDER ADULTS DANCE, FITNESS

CHAIR YOGA: PAY AS YOU GO

Looking for a safe and gentle, yet effective yoga practice? Chair yoga gives you all the health benefits that normal yoga practice does. This Chair Yoga class has you in mind. If limited mobility or injuries are holding you back from enjoying your body to the fullest, then give this course a try. It's an amazing way to safely stretch and strengthen your body. Fee payable on-site, day of, exact cash please.

D. Aithal

Cypress Senior Center

Ongoing T 10:15-11:05am \$8/class

FLOW YOGA: PAY AS YOU GO

Anyone can practice yoga regardless of age or experience. Use this ancient art to improve flexibility and concentration, renew energy and regulate stress. Darshini offers three styles of yoga to fit your needs. All levels welcome. Please bring a yoga mat & wear comfortable clothing. Fee payable on-site, day of, exact cash please.

D. Aithal

Cypress Senior Center

Ongoing M 8:30-9:30am \$10/class

HAWAIIAN HULA BASIC

(11 weeks)

Students will learn basic hand and foot movements taught in the Hawaiian language. There are many benefits like exercising the body and mind while learning another language. No class on 6/25.

P&C Taoipu

Cypress Senior Center

#10334 T 9/3-11/19 12:30-1:30pm \$188

HAWAIIAN HULA: INTERMEDIATE*

(11 weeks) *Prerequisite: Hawaiian Hula Basics

Hawaiian Hula Dance is a form of sign language that is indigenous to the Hawaiian Islands. All lessons are taught in the Hawaiian language. Physical and mental exercises will stimulate the mind, body, and soul, where Hula lives!

P&C Taoipu

Cypress Senior Center

#10333 T 9/3-11/19 10:30am-12:00pm \$188

ZUMBA GOLD: PAY AS YOU GO

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 adults 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. Fee payable on-site, day of, exact cash please.

L. Morris

Cypress Senior Center

Ongoing TH 8:15-9:15am \$7/class

ZUMBA FITNESS – PAY AS YOU GO

Zumba fitness is perfect for everybody and everybody! 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 will see why Zumba Fitness classes are often called exercise in disguise. It is effective and fun! What are you waiting for? Try it now! Fee payable on-site, day of, exact cash please.

L. Morris

Cypress Senior Center

Ongoing S 9:00-10:00am \$7/class



SUBSCRIBE FOR FREE

Subscribe to the Cypress Senior Center's monthly newsletter.

Along The Way includes senior updates, services, programs, activities, class schedules, and more! The newsletter is available for both email and postal delivery each month. A mailed subscription is FREE for Cypress residents. Non-residents can subscribe to the digital version at no charge.

*Along The Way subscriptions for non-residents are \$15.00 for a 12-month, mailed subscription. Mail checks directly to:

Cypress Senior Center

9031 Grindlay Street, Cypress, CA 90630

Make Checks Payable to: City of Cypress

You may also pay cash at the Reception Desk during regular business hours, Monday-Friday, 8 AM to 5 PM.

OLDER ADULTS FREE ONGOING CLASSES

ALL CLASSES ARE SUBJECT TO CHANGE WITHOUT NOTICE

No class on major holidays. Call the Senior Center for excluded dates (714) 229-6670.

CYPRESS SENIOR CENTER CLASSES

OPEN EXERCISE

M-F 8:15-9:45am

ECLECTIC YOGA FOR SENIORS

M 1:00-3:00pm

TAI CHI

T 8:15-9:00am (Intermediate/Advanced)

T 9:00-10:00am (Beginner)

GAMES FOR BRAINS

T 9:00-10:50am

COUNTRY LINE DANCE & MORE (OUTDOORS)

T 1:00-2:00pm (Experienced beginner)

F 10:00am-12:00pm (Intermediate)

INTERMEDIATE LINE DANCE

T 11:30am-2:00pm

YOGA CLUB

W 8:30-10:00am

CRIBBAGE

W 12:30-3:30pm

MAHJONG

W 12:30-4:30pm

MINDFULNESS & MEDITATION

TH 9:00-10:00am

HATHA YOGA

TH 10:00-11:30am

BEGINNING LINE DANCE

F 12:30-2:00pm

NORTH ORANGE CONTINUING EDUCATION

Must be a registered student through NOCE

For more info: noce.edu or (714) 808-4679

QUILTING FOR OLDER ADULTS

M 8:30am-12:20pm

HEALTH & WELLNESS FOR OA

M 10:20am-12:10pm

M 1:00-2:50pm

TH 9:45-11:45am

TH 1:00-2:50pm

CREATIVE WRITING FOR SENIORS

T 1:00-2:50pm

PAINTING

W 1:00-4:50pm

MUSIC ARTS

TH 1:00-2:50pm

SENIOR CHORUS FOR OLDER ADULTS

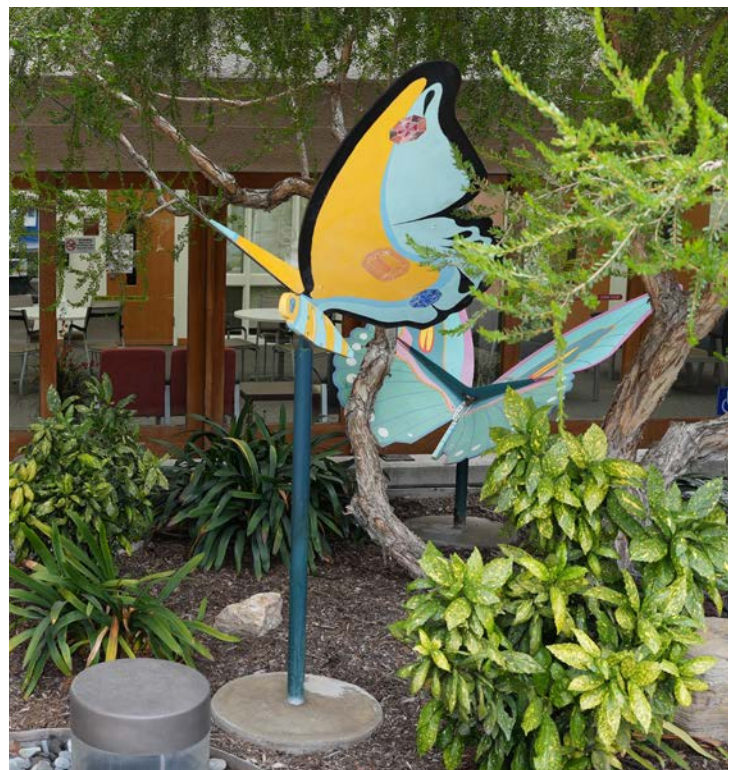
F 9:30-11:20am

HELP YOURSELF TO HEALTH FOR OA

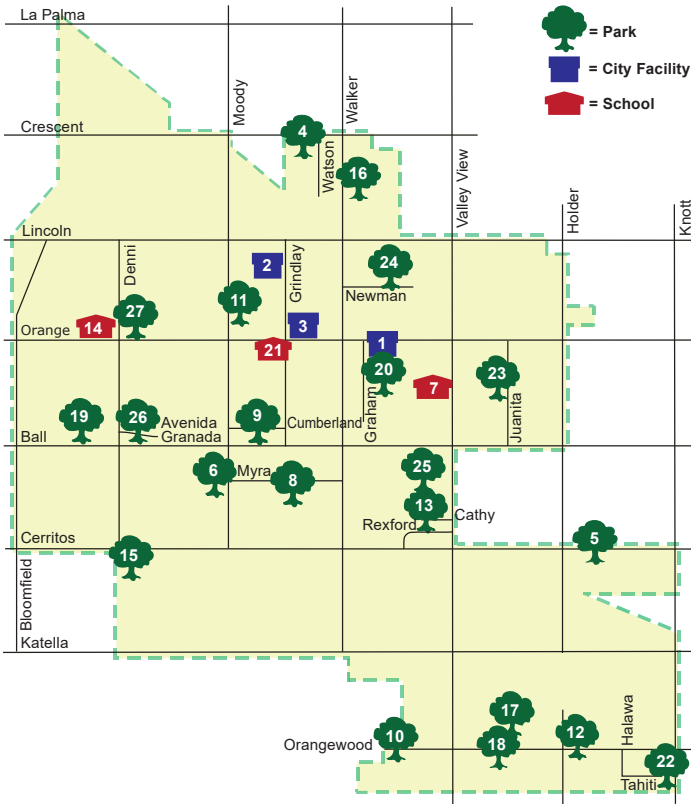
F 3:00-4:50pm



Register Online @
cypressca.org/register



COMMUNITY AND RECREATION FACILITIES



CYPRESS FACILITY SPOTLIGHT
 Evergreen Park • 9300 Moody Street
 AMENITIES: Reservable Picnic Site, BBQs, Basketball Full Court (non-lighted), Playground Equipment, and more!



FACILITY	ADDRESS	ACRES	AMENITIES																			
			COMMUNITY ROOM(S)	BASEBALL FIELD / LIGHTED	SOFTBALL FIELD / LIGHTED	ON-SITE PARKING	SOCCER FIELD / LIGHTED	VOLLEYBALL COURT / LIGHTED	PICNIC FACILITIES	PLAYGROUND EQUIPMENT	EXERCISE COURSE	PICKLEBALL FACILITY / LIGHTED	RESTROOMS	BASKETBALL FULL COURT / LIGHTED	BASKETBALL HALF COURT / NON-LIGHTED	BASKETBALL FULL COURT / NON-LIGHTED	DRINKING FOUNTAINS	TENNIS COURTS / LIGHTED	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/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	Cedar Glen Park	10201 Moody Street	2.54					■			■	■					■				■	■
7	Cypress High School	9801 Valley View Street	N/A				■															
8	Damron Park	5400 Myra Avenue	N/A									■										
9	Darrell Essex Park	5131 Ball Road	2.50									■	■				■				■	■
10	Eucalyptus Park	5900 Orangewood Avenue	2.50									■	■				■	■			■	■
11	Evergreen Park	9300 Moody Street	5.06				■				■	■		■			■	■			■	■
12	Hettinga/Manzanita Park	6500 Orangewood Avenue	4.04									■	■				■	■			■	■
13	Laurel Park	5902 Cathy Avenue	0.17																			
14	Lexington Jr. High School	4351 Orange Avenue	N/A				■															
15	Lexington Park	4600 Cerritos Avenue	8.8				■	■	■	■	■	■	■	■	■					■	■	■
16	Mackay Park	8732 Walker St	2.9				■				■	■	■				■				■	■
17	Maple Grove Park North	6221 Orangewood Avenue	3.14								■	■					■	■			■	■
18	Maple Grove Park South	6220 Orangewood Avenue	1.87								■	■					■	■			■	■
19	Nature Park	4201 Ball Road (Summer Only)	5.75																	■		
20	Oak Knoll Park	9600 Graham Street	22.00		■	■	■			■	■	■	■				■	■			■	■
21	Oxford High School	5172 Orange Avenue	N/A				■															
22	Peppertree Park	11666 Reefton Avenue	2.61									■	■				■	■			■	■
23	Pinewood Park	9675 Juanita Street	2.41									■	■				■	■			■	■
24	Rosen/Acacia Park	5681 Newman Street	1.00									■	■				■	■			■	■
25	Vessels Park	5900 Cathy Lane	N/A									■	■									
26	Veterans Park	4554 Avenida Granada	6.40				■			■	■	■	■				■	■	■	■	■	■
27	Willow Park	4501 Orange Avenue	2.90									■	■				■	■			■	■



ACTIVITY REGISTRATION FORM

5700 ORANGE AVENUE, CYPRESS, CA 90630 (714) 229-6780
PLEASE PRINT CLEARLY & FILL OUT FORM COMPLETELY
REGISTER ONLINE AT WWW.CYPRESSREC.ORG

Adult First and Last Name _____ MI _____ Date of Birth _____ M / F

Address _____ City _____ Zip _____

Cell Phone Number _____ Alternate Phone Number _____ Please circle one:
Cell / Work / Home

YES, I would like to receive text messages regarding Cypress Recreation and Community Services activities, programs, and classes.

Standard text message rates will apply. Please state your cell phone carrier: _____

Is this a change of Address or Phone? Yes No

Email Address _____ Driver License Number _____

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

NON-RESIDENT FEE IS \$12.00 PER PARTICIPANT, PER CLASS - TOTAL NUMBER OF CLASSES = _____ X \$12.00 = \$ _____

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.

The COVID-19 (Coronavirus) outbreak is an ongoing and developing situation. The City of Cypress and the Cypress Recreation and Park District encourage the community to monitor publicly available information and to always follow federal, state and county public health guidance and government mandates. While participating in these activities, you are required to follow all applicable social distancing orders and guidelines. By potentially being exposed to others who might have COVID-19, you assume the risks of exposure to COVID-19 and assume all potential health risks to yourself and that could cause harm to you and your family. The City and District are following recommended steps by County health officials. The City and District cannot protect you and your family against all possible risks of COVID-19. We encourage you to wash your hands frequently and take all necessary steps to protect your health consistent with federal, state and county public health guidelines.

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.

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 \$18.00 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.

By signing below I agree with the above stated waiver, release and indemnity

I authorize Cypress Recreation and Community Services to process a charge against my credit card account for the TOTAL FEES amount stated above for the payment of programs, classes, and activities.

Signature

Date

MAKE CHECK(S) PAYABLE TO:
CITY OF CYPRESS

FOR OFFICE USE ONLY

CASH CHECK # _____

- VISA
- MASTERCARD
- AMERICAN EXPRESS
- DISCOVER



Holiday Sing & Tree Lighting

SCHOOL PERFORMANCES 🍭 SANTA ACTIVITIES 🍪 TRAIN RIDES & MORE!

DECEMBER 3 | 6-9 PM 🎄 CIVIC CENTER GREEN

cypressca.org/holidaysing

2024 Holiday DECORATING CONTEST

Get your tinsel and lights ready for the annual Holiday Decorating Contest! All Cypress households and businesses are eligible and encouraged to share their holiday spirit.

DEADLINE TO APPLY
December 13th

Best of the Best Award recognizing the participant with the highest appeal will be selected by the Recreation and Community Services Commission based on all total submissions.

Contest Rules: Submissions are limited to one (1) category. Multiple entries for the same home or business are not accepted.

SUBMIT YOUR PHOTOS *here!*

