













Follow us on social media & Cypress Central App

# **REGISTRATION INFO**

- Cypress Resident registration begins Monday, April 29 at 8:00am.
- Non-Resident registration begins Monday, May 6 at 8:00am.
- \$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.

# Register online at cypressca.org/register

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# **RECREATION STAFF**





# CYPRESS RECREATION & COMMUNITY SERVICES 5700 Orange Avenue, Cypress, CA 90630 (714) 229-6780



#### **City Council**

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

#### **Recreation & Community Services Commission**

Jeff Dronkers	Commission Chair
Christen Jackson	$\dots$ Commission Vice Chair
Colin Edwards	Commissioner
Carol Erbe	Commissioner
Anne Logovii	Commissioner
Leo Medrano	Commissioner
Jan Ridgeway	

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**

Hank Machal	Commission Chair
Glenn Button	Commission Vice Chair
Linda Croce	Commissioner
Jon DeCesare	Commissioner
Gincy Heins	$\ldots \ldots \ldots$ 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
lan 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 Community Center 5700 Orange Avenue



Cypress Senior Center 9031 Grindlay Street



JUNE 10 – AUGUST 2

Monday – Friday | 9 AM – 4 PM

Must be entering 1st – 7th grade

Fee: \$161 per week/child

Optional Extended Day Care: 7 AM - 9 AM and/or 4 PM - 6 PM Fee: \$39 per week/child

Optional Excursion:
Wednesdays
Fee: \$30 per excursion/per child
No excursion week 4
Tuesday excursion week 6



# REGISTER ONLINE

Registration Dates: Cypress Resident: Feb 20 Non-resident: Feb 26



DATES	THEME	EXURSION
June 10 - June 14	Superhero Summer	Boomers Irvine
June 17 - June 21	Camp Carnival	Big Air & Krikorian Theater
June 24 - June 28	Wild West	Knott's Berry Farm
July 1 - July 5 (no camp July 4)	Career Week	No Excursion
July 8 - July 12	Ocean Explorers	Bolsa Chica State Beach
July 15 - July 19	Silly Sports	LA Sparks Basketball Game
July 22 - July 26	Decades of Fun	Medieval Times
July 29 - August 2	Animated Antics	Soak City





# Tuesdays-Thursdays | 1-4PM 5-12 year olds

Summer Parks is a supervised program that includes fun-filled games, activities, and arts & crafts in various parks throughout the city.

Activities are subject to change.

Registration Dates:
Cypress Resident: Feb 20
Non-resident: Feb 26
RECISTER ONLINE



# Fee: \$40

per week/child.
Additional \$3-\$7
for weekly special events
& walking excursions

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DATE	THEME	PARK
June 11 - June 13	Welcome to the Jungle	Veterans Park
June 18 - June 20	Camp Carnival	Oak Knoll Park
June 25 - June 27	Animation Creation	Evergreen Park
July 2 - July 3 (no camp July 4)	Treasure Island	Veterans Park
July 9 - July 11	Under the Sea	Oak Knoll Park
July 16 - July 18	Blast from the Past	Evergreen Park
July 23 - July 25	Park Olympics	Veterans Park
July 30 - August 1	Camp vs Counselors	Oak Knoll Park



# **SUMMER CAMPS - YOUTH SPORTS**

#### Sports camps led by Cypress Recreation & Community Services Staff

#### **NEW!** Cypress Volleyball Camp

Bump, set, spike! Are you ready for some volleyball? Camp will include instruction on proper techniques for passing, hitting, setting, and serving. Skills learned throughout camp will be practiced in a game setting and through fun drills. All players are encouraged to bring a lunch and plenty of water. Sign up early as camps fill up fast.

# Cypress Recreation Staff Oak Knoll Park Basketball Courts 8-14 years old

#10085	T, Th	06/4-06/13	8:00am - 12:00pm	\$103
#10086	T, Th	06/18-06/27	8:00am - 12:00pm	\$103
#10087	M, W	07/8-07/17	8:00am - 12:00pm	\$103
#10088	M. W	07/22-07/31	8:00am - 12:00pm	\$103

#### **NEW!** Cypress Basketball Camp

Steal, Shoot, Score! Bring your game to our annual summer basketball camp. Basic skills, offense, defense, and a respect for the game will be taught by Recreation staff. All players are encouraged to bring a lunch and plenty of water. Sign up early as camps fill up fast!

# Cypress Recreation Staff Oak Knoll Park Basketball Courts 8-14 years old

#10081	M, W	06/3-06/12	8:00am - 12:00pm	\$103
#10082	M, W	06/17-06/26	8:00am - 12:00pm	\$103
#10083	T, Th	07/9-07/18	8:00am - 12:00pm	\$103
#10084	T. Th	07/23-08/1	8:00am - 12:00pm	\$103



Camp Refunds/Transfers: The last day to request a refund or transfer is 5:00 p.m., Monday the week before your child is registered to attend camp. Any requests received after 5:00 p.m. will be denied. The Request for Refund/Transfer form may be submitted in-person at the Cypress Community Center or online at www.cypressrec.org. There is a processing fee for any refunds and the processing time is 3 to 4 weeks. Once you have submitted the request, you have given up your child's space in the camp.

# **SUMMER CAMPS - YOUTH SPORTS**

#### **Skyhawks Basketball Camp**

This fun, skill-intensive program is designed for beginning to intermediate players. Using our progressional 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 7-12 years old

#10069 M-F 07/8-07/12 9:00am-12:00pm \$205



#### Skyhawks Multi-Sport Camp

This multi-sport program 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, basketball, and football, along with vital life lessons such a sportsmanship and teamwork.

Skyhawks Sports Academy Veterans Park 7-12 years old

#10070 M-F 07/15-07/19 9:00am-4:00pm \$310

#### Skyhawks Volleyball Camp

Skyhawks Volleyball takes the energy and excitement of this great team sport and puts it all together into one fun-filled program. All aspects of the game are taught through drills and exercises that focus on bumping, setting, spiking, hitting, and serving. This program is designed for the beginning to intermediate player. Camp will take place on a sand court.

Skyhawks Sports Academy Veterans Park

7-12 years old

#10071 M-F 06/10-06/14 9:00am-12:00pm \$205

#### Skyhawks Soccer Camp

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, made new friends, and improved their soccer skills.

Skyhawks Sports Academy Lexington Park

4-6 years old

#10072 M-F 06/17-06/21 9:00am-12:00pm \$205

7-12 years old

#10073 M-F 06/17-06/21 9:00am-12:00pm \$205

#### **Beginning Golf Camp**

Participants will learn the fundamentals of swinging, putting, body positioning, etiquette, and keeping score. The program is specifically designed for the entry-level player, simplifying instruction so that young players can make an easy and effective transition onto the golf course. Specially designed, age-appropriate golf equipment is provided.

Skyhawks Sports Academy Evergreen Park 5-8 years old

#10075 M-F 07/22-07/26 9:00am-12:00pm \$205

#### Flag Football Fueled by USA Football

Experience the excitement of football with Skyhawks Flag Football Fueled by USA Football. Using a curriculum developed by the experts from USA Football, coaches will teach skills like passing, receiving, kicking, and flag pulling. Participants will gain confidence and learn important life lessons in a fun, positive environment.

Skyhawks Sports Academy Evergreen Park 7-12 years old

#10074 M-F 06/24-06/28 9:00am-12:00pm \$205

#### **Youth Evolution Basketball Camp**

Using our progressive curriculum and focusing on the whole player, this one-week basketball camp will teach your child the skills they need both on and off the court. Our coaches will focus on respect, teamwork, and responsibility. We will start each day with a "skill of the day" and progress to drills and games, making this an unforgettable camp experience for your young athlete. After a week of passing, shooting, and dribbling, your player will enjoy improved confidence in their basketball skills.

Isaias Rosas Evergreen Park 6-11 years old

#9971 M-F 6/10-06/14 9:00am-12:00pm \$163

#### **Art Adventures**

Are you looking for a fun, immersive, and interactive summer arts experience for your kids? We're shaking things up this summer and taking you on a spectacular summer art-intensive adventure! This camp strives to bring out the true creative spirit within each student by guiding their imagination. With new projects each week, the students will get to bring their ideas to life through drawing, painting, and mixed media using various mediums. The goal is to focus on learning multiple skills and applications through creative assignments, applying your perspective, and giving your art its own identity. And of course, the main priority is to have fun! Students must bring their own supplies; the list of supplies needed will be provided by the instructor one week prior to camp.

Darshini Aithal
Cypress Community Center
7-13 years old

#9868 M-F 07/15-07/19 9:30am-12:00pm \$175

#### **Pastel Drawing Workshop - Colorful Critters**

Exciting news for young artists! A new pastel workshop awaits, offering a thrilling experience for kids. Dive into pastel drawing techniques, bringing to life whimsical bees, frogs, owls, and more artistic critters filled with detail. It's not just an art class; it's a creative challenge for your kids. Introduce them to the vibrant world of pastels - a guaranteed favorite summer tradition for every budding Young Rembrandt artist. Enroll now and let your kids embark on a colorful adventure of creativity and imagination!

Young Rembrandts North Orange County Cypress Community Center 6-12 years old

#9908 M-F 06/17-06/21 1:00pm-3:00pm \$168 #9909 M-F 07/22-07/26 1:00pm-3:00pm \$168





#### **Cartooning and Character Design**

Looking for a fun introductory cartooning and character design class? Draw your favorite characters in a humorous cartooning style, by breaking them down into shapes and lines. Learn how to make expressive images, manipulate facial features on characters (humans or animals), and capture everyday objects in a funny way that makes them come to life. With easy exercises and techniques, imagine, exaggerate, develop skills, and create. Students must bring their own supplies; the list of supplies needed will be provided by the instructor one week prior to camp.

Darshini Aithal Cypress Community Center 8-14 years old

#9867 M-F 07/8-07/12 9:30am-12:00pm \$175

#### **Youth Chess Camp**

Students will be grouped by skill level and then learn and play together. The final day will have a tournament to help students learn how to compete in tournaments. All students will win an award.

Hanley Chess Academy
Cypress Community Center
5-18 years old

#9847 M-F 06/24-06/28 8:30am-12:00pm \$193 #9848 M-W, F 07/1-07/5 8:30am-12:00pm \$156 #9849 M-F 07/29-08/2 8:30am-12:00pm \$193

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#### **Genetic One-Day Camp**

Come and join this fun and hands-on biology workshop for kids! Learn about DNA and how fruit flies play critical roles in genetics. Your child will be introduced to genetic concepts, live fruit flies, and perform DNA extraction in class. A supply fee of \$8 is payable to the instructor on the first day of camp. Bionerds, Inc.

**Cypress Community Center** 5-12 years old

#9942 07/19

9:00am-12:00pm \$66

#### Fishy One-Day Camp

Come and join this fun and hands-on biology workshop for kids! Learn about fish and sharks. Your child will be up close with fresh/preserved specimens, perform dissections and cool biology experiments and activities. A supply fee of \$8 is payable to the instructor on the first day of camp.

Bionerds, Inc.

**Cypress Community Center** 

5-12 years old

#9943 F 07/19

1:00pm-4:00pm

\$66

#### From Genetic to Fishy One-Day Camp

Come and join this fun and hands-on biology workshop for kids! Learn about DNA and how fruit flies play critical roles in genetics in the morning. Learn about fish and sharks in the afternoon. Your child will be introduced to genetic concepts, up close with live fruit flies, fresh/preserved specimens, perform dissections and DNA extraction in class. Participants must bring a lunch, snacks, and a bottle of water. A supply fee of \$14 is payable to the instructor on the first day of camp.

Bionerds, Inc.

**Cypress Community Center** 

5-12 years old

#9944

07/19

9:00am-4:00pm \$107

#### **Action Movie Workshop**

Are you a big fan of fast-paced movies loaded with actionpacked scenes? In this exciting workshop, you and your classmates will collaborate to write, direct, and produce your own action style movie, featuring stunt-fight training and film choreography. That's not all, wait until we dub in sizzling sound effects and voice-overs! No experience is necessary! Let our film crew show you how easy it is to be the next action star! All projects will be made available for downloading or viewing online. A material fee of \$30 is payable to the instructor on the first day of camp.

**Movies By Kids** 

**Cypress Community Center** 

7-13 years old

#9938 M-F 06/17-06/21 9:00am-12:00pm \$198

#### **Minecraft Movies**

Do you love Minecraft? Join this exciting class where kids will design a Minecraft world using Legos, create their own crazy Minecraft mini figures and finally utilize iPods (provided) to create their own Minecraft movie. They will even create voices for all of their characters. Design monsters, creepers or your own personal hero to tackle the incredible environment that you create. All movies will be available to view and download online. A material fee of \$30 is payable to the instructor on the first day of camp.

**Movies By Kids** 

**Cypress Community Center** 

7-13 years old

#9939 M-F

06/17-06/21

1:00pm-4:00pm

\$198

#### Hollywood Special Effects

Are you a fan of Special Effects in movies? Well, you're in the right place. In this exciting camp, we will teach your kids all about "Movie Magic" and how to create Hollywood special effects with an HD camera or smart device. Work with your classmates to create an original movie idea, then apply some exciting special effects! Special effects used include: Forced Perspective, "Green Screen" technology, CGI, making characters appear and disappear, and more! Be a part of movie history! All projects will be edited & available to download online! A materials fee of \$30 is payable to the instructor on the first day of class.

**Movies By Kids Cypress Community Center** 7-13 years old

#9940 M-F

07/22-07/26 9:00am-12:00pm

\$198

#### **LEGO® Disney® Animation**

Which Disney movies are your favorite? In this Stop-Motion Animation camp, you will combine your love of Disney movies with your love of Legos to create your own animated movie! We'll bring a wide variety of Lego Minifigures from Toy Story, The Incredibles, Frozen, Moana, and even some classics like Mickey Mouse & Donald Duck to cast as the main characters in your film! You and a partner or two will pick from a single movie, or mix them up in an ultimate Disney mashup masterpiece! All movies will be available to view and download online. A material fee of \$30 is payable to the instructor on the first day of camp.

**Movies By Kids** 

**Cypress Community Center** 

7-13 years old

#9941 M-F

07/22-07/26 1:00pm-4:00pm

\$198

#### Science in Action

Lets see science in ACTION. View the world through a camera obscura, different lenses and Kaleidoscopes. Make and take home a periscope, assemble and control pulleys, levers, catapults, and mega pinchers. Chemically compose your own sidewalk chalk, grow your own crystal gardens and play with Magic Mud! A material fee of \$30 is payable to the instructor on the first day of class.

Mad Science
Cypress Community Center
5-12 years old

#9951 M-F 06/10-06/14 9:00am-12:00pm \$186

#### Nasa Jr. Astronauts

Join our Academy of Future Space Explorers. Build your own model rocket, race a balloon rocket, and then see the real thing - a rocket launch up to 300 ft. in the air! Use teamwork to complete an important space mission. Make and take home your own comet, Space Copter, and much more. This NASA camp is "Out of this World." A material fee of \$30 is payable to the instructor on the first day of camp.

Mad Science 5-12 years old

**Cypress Community Center** 

#9952 M-F 06/17-06/21 9:00am-12:00pm \$186

La Palma Community Center

#9953 M-F 07/29-08/2 9:00am-12:00pm \$186



#### **Rollercoaster Robotics & Engineering**

Investigate the effects of Newton's Laws as you engineer games and explore gravitational energy, potential energy, & kinetic energy! Master the science behind the most thrilling rides on Earth. Discover the exciting side of physics and robotics while designing, experimenting, & building the Mad Science Odessey, your very own roller coaster robot to take home! A material fee of \$30 is payable to the instructor on the first day of camp.

Mad Science
Buena Park Community Center
8-12 years old

#9954 M-F 06/24-06/28 9:00am-12:00pm \$190

#### **Crazy Chemworks**

Come and discover what it's like to be a real scientist and work in a Mad Science Lab. Each day we will experiment with different chemicals and tools to see what kind of interesting and crazy reactions we can create! Students will explore acids and bases, reveal the secret recipe of slime, and examine crystallization. By the end of the week, the Jr. Mad Scientists will have their very own chemistry set so they can perform experiments at home! A material fee of \$20 for course 9955 and \$30 for course 9956 is payable to the instructor on the first day of camp.

Mad Science 5-12 years old

**Cypress Community Center** 

#9955 M-W 07/1-07/3 9:00am-12:00pm \$118

**Buena Park Community Center** 

#9956 M-F 07/22-07/26 9:00am-12:00pm \$186

#### Robots 101

I am a RO-BOT! Join us for a week of FUN with amazing robots! Learn about the uses of robots in our world and spend time experimenting with super cool robots that can sense sound, follow patterns, and even play soccer! Discover the science of circuitry and how robots use sensors to explore things around them. Use the skills you learned to build your very own working robots to take home! A material fee of \$30 is due to the instructor on the first day of camp.

Mad Science
La Palma Community Center
6-12 years old

#9957 M-F 07/8-07/12 9:00am-12:00pm \$186

#### **Galaxy Defenders**

Join our Astronaut Academy and Space Shuttle Tech Crew as you prepare to defend the galaxy. Make and take home tubular telescopes, space copters and flying fizzlers. Discover the fun involved in rockets and experience an awesome rocket launch. Learn how Sir Isaac Newton laid down the law of rocketry and motion. Join now and help our Mad Scientists protect the Earth from Alien Invaders! A material fee of \$30 is payable to the instructor on the first day of camp.

Mad Science
Cypress Community Center
5-12 years old

#9958 M-F 7/15-07/19 9:00am-12:00pm \$186



#### **Secret Agent Lab**

Look out, 007! "Mad Science" Secret Agent Lab will help you sharpen your secret spy skills as you learn about the science of sleuthing! Step into the shoes of a detective as they learn all about decoding messages, gathering evidence, checking out spy gear and cracking security systems. Secret science agents will make take-home projects each day for their spy kit. A materials fee of \$30 is payable to the instructor on the first day of camp.

Mad Science
Cypress Community Center
5-12 years old

#9959 M-F 07/29-08/2 9:00am-12:00pm \$186

#### Intro to Coding with Scratch 3 and LEGO®

Most kids love to play video games, watch animations, and build with LEGO® Bricks. But what if you could combine all that with learning how to control the action yourself, by learning how to code your own games, animations, and build LEGO® Models! Kids will spend time on computers and tablets, but no, we don't expect them to sit in front of a device for 3 hours! We swap activities about every 20 minutes so that kids are getting up, stretching, and doing creative building activities, mixed in with learning how to code. Campers should already have good reading skills. Each camper receives a customized mini-figure on the last day of camp. Please bring a snack and drink.

Bricks 4 Kids Cypress Community Center 7-12 years old

#9949 M-F 07/8-07/12 2:00pm-5:00pm \$263





#### **Brick City Engineers w/LEGOS®**

Let's build a CITY! Campers will put their engineering and architecture skills to work as they build city themed models using LEGO® Bricks. They'll have a blast using custom-built cars to move the people of the city all around town brick by brick! What an accomplishment to be able to proudly exclaim "We built this BRICK City!"

Bricks 4 Kids
Cypress Community Center
6-12 years old

#9948 M-Th 06/17-06/20 9:00am-12:00pm \$193

# All-Day Multi-Sport & Remote Control Mania w/LEGO®

Campers will spend the morning seeing their creations in motion using LEGO® wireless remote controls. Each day, campers will use fascinating and challenging LEGO® technic bricks, motors, gears, axles, and other amazing parts to create dynamic vehicles, machines, and more. Campers transition to an afternoon participating in a multi-sport program designed to introduce young athletes to a variety of different sports in one setting. Athletes will learn the rules and essential skills of soccer, basketball, and football, along with vital life lessons such a sportsmanship and teamwork. Please bring a snack and water. Supervised lunch from 12:00-1:00pm.

Bricks 4 Kids, Skyhawks Sports Academy Cypress Community Center, Oak Knoll Park 6-12 years old

#9841 M-F 06/10-06/14 9:00am-4:00pm \$407

# Video Game Design with Scratch 3 and LEGO®

Making it move is the name of the game at this exciting camp! Campers will love to see their creations in motion using LEGO® wireless remote controls. Each day, campers will use fascinating and challenging LEGO® components to create dynamic vehicles, inventions, machines, and more. As they enjoy the fun of building, campers will understand the basic working principles of many ingenious devices that are part of our everyday lives. Campers will also learn how to magnify, diminish, and redirect force to move objects at different speeds and in different directions. This camp is loads of fun and learning for budding builders. Each camper receives a customized mini-figure on the last day of camp. Please bring a snack and drink.

Bricks 4 Kids
Cypress Community Center
7-12 years old

#9950 M-W 07/29-08/2 2:00pm-5:00pm \$263

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# Stem + Minecraft Adventure Game Using LEGO®

Power on your STEM concepts and Minecraft gaming skills for a full day of LEGO® fun! First, build projects inspired by cool machines while applying real-world concepts in physics, engineering, and architecture. Then, immerse yourself in the Minecraft universe as you Mine, Craft, and Build your way to fun in the Adventure mode of our unique Minecraft gaming experience. Participants must bring a nut-free lunch, a few snacks, a bottle of water, and an optional camera.

Play-Well Teknologies Cypress Community Center 6-10 years old

#9936 M-W, F 07/1-07/5 9:00am-4:00pm \$248

#### **Stem + Pokemon Engineering Using LEGO®**

Prepare for a full-day LEGO® camp packed with hands-on STEM fun! First, build projects inspired by cool machines while applying real-world concepts in physics, engineering, and architecture. Then join Ash and Pikachu to explore the vast world of Pokemon. Come along on our journey to catch'em all! Participants must bring a nut-free lunch, a few snacks, a bottle of water, and an optional camera.

Play-Well Teknologies
Cypress Community Center
6-11 years old

#9937 M-F 07/15-07/19 9:00am-4:00pm \$308



# **YOUTH ARTS & CRAFTS**

#### **Preschool Drawing Fundamentals**

Gear up for summer fun as your little ones embark on a journey exploring barnyard farm animals, featuring cute pigs and adorable sheep. They'll also delve into a vibrant collection of summer imagery, encountering a fierce shark and a sailboat. The adventure continues as our students explore the visual delights of the playroom, discovering brightly colored toys, creative compositions, and playful imagery that are sure to ignite excitement. Let the exploration and creativity unfold in a summer filled with joyful learning!

#### Young Rembrandts North Orange County Cypress Community Center 3.5-5 years old

#9902	Sa	06/15-07/20	9:00am-9:45am	\$104
#9903	Sa	07/27-08/31	9:00am-9:45am	\$104

#### **Creative Canvas: Elementary Drawing**

Embark on a summer adventure with your child exploring a Pacific paradise and space-themed illustrations. From scenic Polynesian landscapes to vibrant tiki sculptures, they'll create tropical-inspired artwork. Dive into the wonders of space with shuttle blast-offs, detailed astronauts, and moon landing scenes. Plus, enhance the experience with monthly art history drawings. Join us for a creative journey that combines fun with learning!

#### Young Rembrandts North Orange County Cypress Community Center 6-12 years old

#9904	T	06/11-07/16	4:30pm-5:30pm	\$104
#9905	T	07/23-08/27	4:30pm-5:30pm	\$104
#9906	Sa	06/15-07/20	10:00am-11:00am	\$104
#9907	Sa	07/27-08/31	10:00am-11:00am	\$104



Cypress Resident registration: Monday, April 29 at 8:00am.
Non-Resident registration: Monday, May 6 at 8:00am.
Register online at cypressca.org/register

# YOUTH EDUCATION

#### 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 07/4

#9992 Th 06/13-08/8\* 4:00pm-4:45pm \$162

#### Computer Adventure for All Ages

Improve your fundamental typing abilities and equip yourself for years of future use. Familiarize yourself with Microsoft Word for composing reports, homework assignments, or basic communications. Engage in hands-on exercises, including the creation of flyers and the development of captivating slideshow presentations using PowerPoint. Enhance your skills to advance your learning and gain a competitive edge in both academic and professional environments. 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 07/4

#9993 Th 06/13-08/8\* 4:45pm-5:30pm \$162

#### **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

#### 4.5-6.5 years old

#9983	M, W	06/10-06/26	4:00pm-4:45pm	\$89		
#9984	M, W	07/1-07/17	4:00pm-4:45pm	\$89		
#9985	M, W	07/24-08/12	4:00pm-4:45pm	\$89		
6.5-11.5 years old						
#9986	M, W	06/10-06/26	4:50pm-5:35pm	\$89		
#9987	M, W	07/1-07/17	4:50pm-5:35pm	\$89		
#9988	M. W	07/24-08/12	4:50pm-5:35pm	\$89		

#### **Math Development**

Comprehensive testing identifies skill gaps. Grade level assessments may include primary facts ( $\pm x \div -$ ), 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

#### 6.5-11.5 years old

#9989	M, W	06/10-06/26	5:40pm-6:25pm	\$89
#9990	M, W	07/1-07/17	5:40pm-6:25pm	\$89
#9991	M, W	07/24-08/12	5:40pm-6:25pm	\$89



#### **ANAHEIM FAMILY YMCA - Swim Lessons**

Cypress High School (9801 Valley View St., Cypress CA, 90630) Saturday Sessions - (4) 35-min classes on consecutive Saturdays

Rates:	\$48	\$48	\$52	\$52	\$50	\$50	\$50	\$50	\$50	\$125
Rates.		<u> </u>	şэz	<b>\$52</b>	<b>\$50</b>	\$50	<b>\$30</b>	\$30	\$30	\$125
Swim Stage:	Swim S (Parent	Starter & Child)		Swii	m Basics		s	wim Strokes		Private
Lesson Type:	Water Discovery	Water Exploration	Water A	cclimation	Water Movement	Water Stamina	Stroke Introduction	Stroke Development	Stroke Mechanics	Private
Level:	Infant & Toddler	Young Beginner	Tiny Tots	Level 1: Polliwog	Level 2: Guppy	Level 3: Minnow	Level 4: Fish	Level 5/6 COMBO	Swim Team Prep	Lesson
Ages:	6 mo2	2-4 yrs	3-5 yrs	5-up yrs	5-up yrs	5-up yrs	5-up yrs	7-up	7-up	All Ages
Ratio:	8:1	8:1	4:1	5:1	6:1	6:1	6:1	8:1	8:1	1:1
9:15a-9:50a	8		4	5	6	6			8	1
9:55a-10:30a		8	4	5	6	6		8		1
10:35a-11:10a	8		4	5	6	6	6			1
	10 MIN BREAK - no program during this time									
11:25a-12:00p	8		4	5	6	6	6			1
12:05p-12:40p		8	4	5	6	6		8		1
12:45p-1:20p	8		4	5	6	6			8	2

Saturday Session I: April 27 – May 18 Saturday Session II: June 1 – June 22 Saturday Session III: June 28 – July 27 Saturday Session IV: August 8 - Aug 24 Saturday Session V: Sept. 9 – Sept. 24

Registration Opens: March 15<sup>th</sup> www.anaheimymca.org



# **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 <a href="mailto:purpledoorcreativearts@gmail.com">purpledoorcreativearts@gmail.com</a> with any questions.

#### Ronda Voorhees Cypress Community Center 7-16 years old

#9869	W	06/12-07/3	3:00pm-3:50pm	\$58
#9870	W	07/10-07/31	3:00pm-3:50pm	\$58
#9874	W	06/12-07/3	5:00pm-5:50pm	\$58
#9875	W	07/10-07/31	5:00pm-5:50pm	\$58
#9876	W	08/14-08/28	5:00pm-5:50pm	\$46



#### 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 <a href="mailto:purpledoorcreativearts@gmail.com">purpledoorcreativearts@gmail.com</a> with any questions.

#### Ronda Voorhees Cypress Community Center 7-16 years old

#9871	W	06/12-07/3	4:00pm-4:50pm	\$58
#9872	W	07/10-07/31	4:00pm-4:50pm	\$58
#9873	W	08/14-08/28	4:00pm-4:50pm	\$46
#9877	W	06/12-07/3	6:00pm-6:50pm	\$58
#9878	W	07/10-07/31	6:00pm-6:50pm	\$58
#9879	W	08/14-08/28	6:00pm-6:50pm	\$46





# SATURDAY WALKING AT THE NATURE PARK

Enjoy the company of your friends and family with the added bonus of fresh air and exercise while touring the Cypress Nature Park at 4201 Ball Road. Walkers can meet ten Saturdays this summer from 8 AM - 11 AM . No pets allowed.

Nature Park is open: June 15, 22 July 6, 13, 20, 27 August 3, 10, 17, and 24

# **YOUTH SPECIAL INTEREST**

#### **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 monthly tournaments held on Friday evenings. An optional material fee of \$40 is payable to the for two Hanley Chess Academy exercise books.

Hanley Chess Academy Cypress Community Center 5-18 years old

\*No class 06/18, 07/9, 07/16

#9843	Τ	06/11-07/23	6:00pm-7:00pm	\$68
#9844	T	07/30-08/27	6:00pm-7:00pm	\$83

#### **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 for two Hanley Chess Academy exercise books.

Hanley Chess Academy Cypress Community Center 5-18 years old

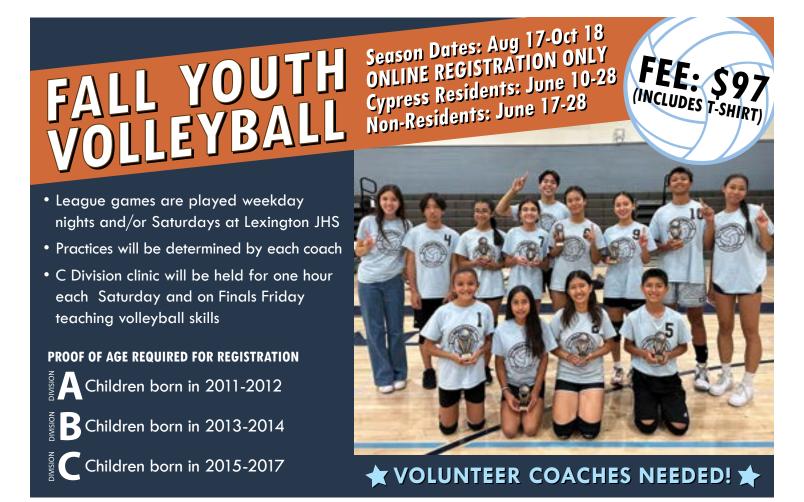
\*No class 06/18, 07/9, 07/16

#9845	Τ	06/11-07/23	7:00pm-8:00pm	\$68
#9846	T	07/30-08/27	7:00pm-8:00pm	\$83



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# **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 the winter and spring sessions to participate in the optional spring 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@socaarts.com

#### **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

#9921	W	06/26-07/17	4:40pm-5:25pm	\$67
#9922	W	07/24-08/21	4:40pm-5:25pm	\$84

#### Ballet, Jazz & Tap Combo

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

#### SoCa Arts

**Cypress Community Center** 

3-6 years old

#9923	W	06/26-07/17	3:45pm-4:30pm	\$67
#9924	W	07/24-08/21	3:45pm-4:30pm	\$84

#### **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

#9925	Т	06/18-07/16	3:45pm-4:30pm	\$84
#9926	Т	07/23-08/20	3:45pm-4:30pm	\$84

#### **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

#9927	T	06/18-07/16	4:40pm-5:25pm	\$84
#9928	Т	07/23-08/20	4:40pm-5:25pm	\$84

#### **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

#9929	T	06/18-07/16	5:35pm-6:20pm	\$84
#9930	T	07/23-08/20	5:35pm-6:20pm	\$84

#### K-Pop

This beginner-level class teaches popular K-Pop choreography from iconic boy groups, girl groups, and soloists. Suitable for boys and girls, with a focus on stage performance skills.

#### SoCa Arts

**Cypress Community Center** 

7-11 years old

#9931	Т	06/18-07/16	6:25pm-7:10pm	\$84
#9932	Τ	07/23-08/20	6:25pm-7:10pm	\$84

#### 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

#9933	W	06/26-07/17	5:35pm-6:20pm	\$67
#9934	W	07/24-08/21	5:35pm-6:20pm	\$84

#### 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.

#### SoCa Arts

**Cypress Community Center** 

5-12 years old

\*No class 07/4

#9935	Th	06/27-08/22	3:45pm-5:15pm	\$233
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# **YOUTH DANCE**

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 permission only).

Ginger Anderson
Cypress Community Center

Tap/Ballet - A+

3-5 years old

#9910 T 06/25-07/23 5:00pm-5:45pm \$38

Tap/Ballet - B+

4-6 years old

#9911 M 06/24-07/22 4:45pm-5:30pm \$38

Tap/Ballet - C

5-9 years old

#9912 M 06/24-07/22 5:45pm-6:30pm \$38

Tap/Ballet - E

9-13 years old

#9913 T 06/25-07/23 5:45pm-6:30pm \$38

Tap - F

20-25 years old

\*No class 07/4, make up clase Tuesday 07/30 #9914 Th 06/27-07/25\* 6:15pm-7:00pm \$38

Mother & Daughter Tap

#9915 T 06/25-07/23 6:30pm-7:15pm \$38

FOLLOW US ON SOCIAL MEDIA









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

#### Liko Intermediate Keiki - Polynesian Dance

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

#9850 W 06/12-07/17 5:45pm-6:30pm \$68 #9851 W 07/24-08/28 5:45pm-6:30pm \$68

#### Maile Intermediate Keiki - Polynesian Dance

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

#9852	T	06/11-07/16	6:00pm-7:00pm	\$68
#9853	T	07/23-08/27	6:00pm-7:00pm	\$68

#### Tiare Intermediate Keiki - Polynesian Dance

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 07/4

#9854	Th	06/13-07/18	5:00pm-6:00pm	\$58
#9855	Th	07/25-08/22	5:00pm-6:00pm	\$58

#### Naupaka Polynesian Dance

Intermediate/Advanced Polynesian dance class for tweens and teens. 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** 

14-18 years old

#9856	W	06/12-07/17	6:30pm-7:30pm	\$68
#9857	W	07/24-08/28	6:30pm-7:30pm	\$68

#### Pee Wee Baseball

Calling on all participants to lace up their shoes, grab a glove, and head out to the baseball diamond. Recreation staff will encourage "fun fundamentals" to all players and parents in this class. Baseball is a game of repetition and this is a great opportunity for young ball players to focus on their fundamentals. Six weeks of age-appropriate activities and fun games will teach the ball players to field, hit, run the bases, and the positions. Parent involvement is encouraged.

City of Cypress Lexington Park 3-7 years old

\*No class 07/1

#10053 M 06/3-07/15 5:30pm-6:20pm \$60

#### **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 Oak Knoll Park 3-7 years old

\*No class 07/2

#10054 T 06/4-07/16 5:30pm-6:20pm \$60

#### Pee Wee Basketball

Now's your chance to learn how to play basketball! Have some fun while learning shooting, dribbling, rebounding, passing, and zone defense. Instruction includes age-appropriate activities and games. Parent involvement is encouraged.

City of Cypress Evergreen Park 3-7 years old \*No class 07/3

#10055 W 06/5-07/17 5:30pm-6:20pm \$60



#### **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 athlete's 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 \*No class 07/4

#10056 Th 06/6-07/19 5:30pm-6:20pm \$60

#### 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 07/31

2-3.5 years old

#10061	W	06/26-08/14	4:00pm-4:40pm	\$135
3.5-4.5 y	ears old	d		
#10062	W	06/26-08/14	4:50pm-5:30pm	\$135
4.5-5 yea	ırs old			
#10063	W	06/26-08/14	5:40pm-6:20pm	\$135

#### 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

\*No class 07/31

#10064 W 06/26-08/14 6:30pm-7:10pm \$135

#### 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** 

\*No class 07/5

3.5-4.5 years old

#10065 F	06/28-08/16	4:00pm-4:40pm	\$135
4.5-5 years old			
#10066 F	06/28-08/16	4:50pm-5:30pm	\$135

#### Skyhawks Basketball

This fun, skill-intensive program is designed for beginning to intermediate players. Using our progressional 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.

#### Instructor: Skyhawks Sports Academy

**Evergreen Park** 

\*No class 07/5

6-8 years old

#10067 F	06/28-08/16	5:40pm-6:20pm	\$135
9-12 years old			
#10068 F	06/28-08/16	6:30pm-7:30pm	<b>\$135</b>

#### 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**

Evergreen Park (Monday), Oak Knoll Park (Saturday)

\*No class 07/6, 07/20

#### 2-3.5 years old

#10057	M	06/24-08/12	4:00pm-4:40pm	\$149	
#10076	Sa	06/29-08/17*	9:00am-9:40am	\$115	
3.5-4.5y	ears old				
#10058	M	06/24-08/12	4:50pm-5:30pm	\$149	
#10077	Sa	06/29-08/17*	9:50am-10:30am	\$115	
4.5-5years					
#10059	M	06/24-08/12	5:40pm-6:20pm	\$149	
#10078	Sa	06/29-08/17*	10:40am-11:20am	\$115	



#### 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 Evergree Park (Monday), Oak Knoll Park (Saturday) 6-8 years old

\*No class 07/6, 07/20

#10060 M	06/24-08/12 6:30pm-7:10pm	\$149
#10079 Sa	06/29-08/17* 11:30am-12:10pm	\$115

#### 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 Oak Knoll Park 5-6 years old

#9964 Sa 06/15-07/27 3:35pm-4:20pm \$162

#### 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 midfield 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

#9965 Sa 06/15-07/27 2:45pm-3:30pm \$162

#### 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 07/4

#9967	Th	06/13-07/11*	4:00pm-4:45pm	\$97
#9968	Th	08/1-08/22	4:00pm-4:45pm	\$97

#### 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 07/4

#9969	Th	06/13-07/11*	4:50pm-5:35pm	\$97
#9970	Th	08/1-08/22	4:50pm-5:35pm	\$97

#### 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

#9994	Sυ	06/2-06/23	10:30am-11:30am	\$51
#9995	Sυ	07/7-07/28	10:30am-11:30am	\$51
#9996	Sυ	08/4-08/25	10:30am-11:30am	\$51

#### **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.

#### West Grove Volleyball

**Buena Park Community Gym** 

#### 12-15 years old

#9997	Sυ	06/2-06/23	11:30am-12:30pm	\$51
#9998	Sυ	07/7-07/28	11:30am-12:30pm	\$51
#9999	Sυ	08/4-08/25	11:30am-12:30pm	\$51



#### 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

#9880	M	06/17-07/15	4:00pm-4:30pm	\$43
#9881	W	06/19-07/17	4:00pm-4:30pm	\$43
#9882	M	07/29-08/26	4:00pm-4:30pm	\$43
#9883	W	07/31-08/28	4:00pm-4:30pm	\$43

#### 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 <a href="mailto:brycewatanabe5@gmail.com">brycewatanabe5@gmail.com</a>. A material fee of \$18 is payable to the instructor on the first day of class. Bryce Watanabe

#### **Cypress Community Center**

#### Beginner 5-11 years old

\$55
\$55
\$93
\$55
\$55
\$93
\$93
\$93 \$55
\$55
\$55 \$55
\$55 \$55 \$93

#### **NEW!!** Brazilian Jiu Jitsu - Beginner

Students learn self defense, confidence, bully proofing, respect, self control, and fitness in a fun and family friendly environment. An optional uniform fee of \$75 is payable to the instructor on the first day of class. Instructor will provide alternative options to purchase a uniform, if needed.

Trinity Jiu Jitsu, LLC Trinity Jiu Jitsu, 1213 South Western Avenue, Anaheim 4-12 years old

#10038	M-Th	06/10-07/3	4:15pm-5:00pm	\$122
#10039	M-Th	07/8-08/1	4:15pm-5:00pm	\$122
#10040	M-Th	08/5-08/29	4:15pm-5:00pm	\$122



#### **NEW!!** Brazilian Jiu Jitsu - Intermediate

Students learn self defense, confidence, bully proofing, respect, self control, and fitness in a fun and family friendly environment. An optional uniform fee of \$75 is payable to the instructor on the first day of class. Instructor will provide alternative options to purchase a uniform, if needed.

Trinity Jiu Jitsu, LLC Trinity Jiu Jitsu, 1213 South Western Avenue, Anaheim 5-15 years old

#10041	M-Th	06/10-07/3	5:00pm-6:00pm	\$122
#10042	M-Th	07/8-08/1	5:00pm-6:00pm	\$122
#10043	M-Th	08/5-08/29	5:00pm-6:00pm	\$122



#### **NEW!** Pickleball: Kids Start

An introduction for kids having no experience playing pickleball. Foundational and FUNdamental developmentally appropriate skills will be introduced in a group setting, such as: safety, etiquette, sportsmanship, ball control, paddle development, rules, and scoring. This class uses a games approach to learning and development through modified play. Paddles are provided. Flat outdoor court specific footwear recommended.

Performance Pickleball Lexington Park 5-7 years old

#9972 Su 06/16-07/7 2:00pm-3:00pm \$98

#### 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 10-13 years old

#9973 Su 06/16-07/7 1:00pm-2:00pm \$133

#### 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 10-13 years old

#9974 W 08/7-08/28 4:00pm-5:30pm \$133



#### **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

6:00pm-7:00pm

6:00pm-7:00pm

6:00pm-7:00pm

08/5-08/26

08/7-08/28

08/9-08/30

#### Tennis-Beg. & Int.

**Bryan Sorvillo Evergreen Park** 

#### 5-10 years old #10000 M

#10027 M

#10028 W

#10029 F

-				
#10000	M	06/10-07/1	5:00pm-6:00pm	\$68
#10001	W	06/12-07/3	5:00pm-6:00pm	\$68
#10002	F	06/14-07/5	5:00pm-6:00pm	\$68
#10012	M	07/8-07/29	5:00pm-6:00pm	\$68
#10013	W	07/10-07/31	5:00pm-6:00pm	\$68
#10014	F	07/12-08/2	5:00pm-6:00pm	\$68
#10024	M	08/5-08/26	5:00pm-6:00pm	\$68
#10025	W	08/7-08/28	5:00pm-6:00pm	\$68
#10026	F	08/9-08/30	5:00pm-6:00pm	\$68
10-16 ye	ars old			
#10003	M	06/10-07/1	6:00pm-7:00pm	\$68
#10004	W	06/12-07/3	6:00pm-7:00pm	\$68
#10005	F	06/14-07/5	6:00pm-7:00pm	\$68
#10015	M	07/8-07/29	6:00pm-7:00pm	\$68
#10016		07/10 07/01	/ 00 700	<b>#</b> /0
$\pi$ 10010	W	07/10-07/31	6:00pm-7:00pm	\$68

#### **Advanced Tennis**

**Bryan Sorvillo Cypress Civic Center** 8-16 years old

#10006	M	06/10-07/1	6:00pm-7:00pm	\$68
#10007	W	06/12-07/3	6:00pm-7:00pm	\$68
#10008	F	06/14-07/5	6:00pm-7:00pm	\$68
#10018	M	07/8-07/29	6:00pm-7:00pm	\$68
#10019	W	07/10-07/31	6:00pm-7:00pm	\$68
#10020	F	07/12-08/2	6:00pm-7:00pm	\$68
#10030	M	08/5-08/26	6:00pm-7:00pm	\$68
#10031	W	08/7-08/28	6:00pm-7:00pm	\$68
#10032	F	08/9-08/30	6:00pm-7:00pm	\$68

#### **Private Tennis Lessons**

Private tennis lessons are available for all ages.Before you register contact Coach Bryan at <a href="mailto:cypresstennis81@gmail.com">cypresstennis81@gmail.com</a> 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

#10036	06/10-08/30	30 minutes	\$38
#10037	06/10-08/30	60 minutes	\$73

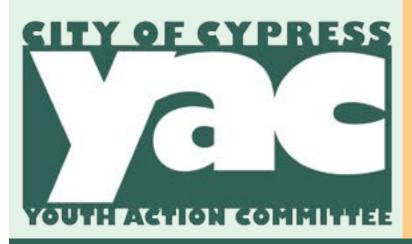




\$68

\$68

\$68



beginning Applications are available Monday, May at the 6th Cypress Community Center and online cypressrec.org. Application deadline 5:00 pm, Thursday, July 18th and must be returned to the Cypress Community Center or emailed to erodriguez@cypressca.org. selected based Members are application, availability and interview.

9th-12th grade | Limited space available | Meets first Wednesday of every month

#### Requirements:

- 1. Resident of Cypress or attend a school is Cypress, and not older than eighteen years of age.
- 2. Must carry a 2.5 GPA (excluding Physical Fitness) from the 2023-2024 school year.
- 3. Required to volunteer a minimum of 35 volunteer hours.

For more information call (714) 229-6780





# Summer CONCERTS ON THE GREEN

JUNE 21-AUGUST 9
FRIDAYS AT 6 PM
CIVIC CENTER GREEN
5275 ORANGE AVENUE



JUNE 21 Guilty Pleasure Makers\* | 80's to Today's Hits

JUNE 28 Family Style | Classic Soul, Rhythm & Blues

Salute to America 5:30-9:30 PM @ Cypress College

JULY 5 The Answer\* | Classic Rock

JULY 12 The Kings of 88\* | Greatest hits from Piano Legends

JULY 19 OC Groove | R&B, Funk, Soul, Rock, Blues

JULY 26 Suave' The Band\* | Jazz, Rock, R&B, Latin Music

**AUGUST 2** The Dreamboats | 50's & 60's Pop and Rock n' Roll

**AUGUST 9** 80z All Stars | 80's hits

\*Sponsored by FOCCA

Pack your picnic baskets, bring your blankets and chairs and get ready to enjoy your favorite summer pastime. Refreshments will be available for purchase at all concerts. Alcohol and smoking of any kind is prohibited. All personal items left before 2:00 PM on Thursday will be removed. Space markers and tarps of any kind are not permitted and will be removed.





# **CITY OF CYPRESS**

# SALUTETO AMBICA



FRIDAY, JUNE 28, 2024 5:30 - 9:30 PM

CYPRESS COLLEGE, 9200 VALLEY VIEW ST.











Festival seating, picnics, and lawn chairs are encouraged with food and refreshments available for purchase. Motorhomes, outside alcohol, dogs, BBQs, and fireworks are NOT permitted at this event. Early entry into the event area is strictly prohibited for the general public.

No space or seat savers of any kind are permitted to be placed prior to 5:30 PM. Your cooperation is appreciated!



# ADULT ARTS & CRAFTS

# **ADULT SPECIAL INTEREST**

#### 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 07/6

#9962	Sa	06/15-07/20	1:00pm-3:00pm	\$125
#9963	Sa	07/27-08/24	1:00pm-3:00pm	\$125

#### **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 Veterans Park** 18/up years old

06/15-07/20 10:30am-11:30am \$158 #9966 Sa



# Want to teach classes in Cypress? INSTRUCTORS WANTED!

We are currently looking for qualified instructors in:

- Gymnastics
- Preschool Age Education
   Ballroom Dance
- Self-Defense
- CPR
- Cheerleading
- Music

- Fitness
- Language
- Gardening
- Painting
- Computers, Phones, Tech

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





Cypress Resident registration: Monday, April 29 at 8:00am. Non-Resident registration: Monday, May 6 at 8:00am. Register online at cypressca.org/register

# **ADULT DANCE**

For all Polynesian dance classes, contact Hileka at (714) 598-6767 for 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

#9863	W	06/12-07/17	7:30pm-8:30pm	\$68
#9864	W	07/24-08/28	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 07/4

#9865	Th	06/13-07/18	6:00pm-7:00pm	\$58
#9866	Th	07/25-08/22	6:00pm-7:00pm	\$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. 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**

Ginger Anderson

**Cypress Community Center** 

18/up years old

\*No class 07/4, make up class Tuesday 07/30

#9916 Th 06/27-07/25\* 7:30pm-8:45pm \$43



#### **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

#### **Cypress Community Center**

#### 14/up years old

\*No class 07/4

#9858	Th	06/13-07/18	7:00pm-8:00pm	\$58
#9859	Th	07/25-08/22	7:00pm-8:00pm	\$58

#### Sampaguita 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

#9860	Т	06/11-07/16	7:00pm-8:00pm	\$68
#9861	Т	07/23-08/27	7:00pm-8:00pm	\$68



# **ADULT HEALTH & FITNESS**

#### 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

#9917	W	06/12-07/10	5:30pm-6:30pm	\$78
#9918	W	07/24-08/21	5:30pm-6:30pm	\$78

#### **NEW!!** Women's Self Defense & Fitness

A fun, safe, and supportive class environment where women learn self-defense tactics and how to improve their overall fitness routine.

#### Trinity Jiu Jitsu, LLC Trinity Jiu Jitsu, 1213 South Western Avenue, Anaheim 13/up years old

#10047	M-Th	06/10-07/3	11:00am-12:00pm	\$122
#10048	M-Th	07/8-08/1	11:00am-12:00pm	\$122
#10049	M-Th	08/5-08/29	11:00am-12:00pm	\$122
#10050	Sa	06/8	10:30am-12:00pm	\$20
#10051	Sa	07/13	10:30am-12:00pm	\$20
#10052	Sa	08/10	10:30am-12:00pm	\$20

#### **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

#9919	Μ	06/10-0 <del>7</del> /8	5:30pm-6:30pm	\$78
#9920	Μ	07/22-08/19	5:30pm-6:30pm	\$78





#### **ADULT SPORTS**

#### Pickleball: Adult Advanced

Designed for players who have completed the Adult Intermediate class or for someone who is an intermediate/advanced experienced player. Advance your game plan by utilizing court strategies, executing control, offensive tactics, and creative play options. Students will incorporate vital elements of the game in a challenging format. Flat outdoor court-specific footwear recommended.

Performance Pickleball Lexington Park 14/up years old

#9977 W 08/7-08/28 6:00pm-8:00pm \$173

#### 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

#9975 W 06/12-07/3 6:00pm-8:00pm \$173

#### 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

#9976 W 07/10-07/31 6:00pm-8:00pm \$173

#### Pickleball: Adult Small Group (All Levels)

Classes are for adults with experience playing pickleball games. Will expand on optimizing your game plan, court awareness, and strategies. Designed to improve your individual skills in a team environment, a small group setting for a more focused setting. Paddles provided. Flat outdoor court specific footwear recommended.

Performance Pickleball Lexington Park 14/up years old

#9978 W 07/10-07/31 4:00pm-5:30pm \$133



#### 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 <a href="mailto:brycewatanabe5@gmail.com">brycewatanabe5@gmail.com</a>. A material fee of \$18 is payable to the on the first day of class.

Bryce Watanabe Cypress Community Center 12/up years old

#9896	M	06/1 <i>7</i> -07/15	6:00pm-7:30pm	\$55
#9897	W	06/19-07/17	6:00pm-7:30pm	\$55
#9898	M, W	06/17-07/17	6:00pm-7:30pm	\$93
#9899	M	07/29-08/26	6:00pm-7:30pm	\$55
#9900	W	07/31-08/28	6:00pm-7:30pm	\$55
#9901	M, W	07/29-08/28	6:00pm-7:30pm	\$93



# **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**

**Brvan Sorvillo** 

**Cypress Civic Center** 

16/up years old

#10009	M	06/10-07/1	7:00pm-8:00pm	\$68
#10010	W	06/12-07/3	7:00pm-8:00pm	\$68
#10011	F	06/14-07/5	7:00pm-8:00pm	\$68
#10021	M	07/8-07/29	7:00pm-8:00pm	\$68
#10022	W	07/10-07/31	7:00pm-8:00pm	\$68
#10023	F	07/12-08/2	7:00pm-8:00pm	\$68
#10033	M	08/5-08/26	7:00pm-8:00pm	\$68
#10034	W	08/7-08/28	7:00pm-8:00pm	\$68
#10035	F	08/9-08/30	7:00pm-8:00pm	\$68

#### **Private Tennis Lessons**

Private tennis lessons are available for all ages. Before you register contact Coach Bryan at <a href="mailto:cypresstennis81@gmail.com">cypresstennis81@gmail.com</a> 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

#10036	06/10-08/30	30 minutes	\$38
#10037	06/10-08/30	60 minutes	\$73



#### 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

#9979	M, W	05/27-07/10	6:30pm-7:30pm	
	Sa	06/1-07/13	10:00am-11:00am	\$72
#9980	M, W	07/15-08/28	6:30pm-7:30pm	
	Sa	07/20-08/31	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 ) 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 9:00-9:30 AM on Saturdays.

Chushinkan Dojo Ehlers Event Center 14/up years old

#9981	W	05/29-07/10	7:30pm-8:30pm	
	Sa	06/1-07/13	8:30am-10:00am	\$62
#9982	W	07/17-08/28	7:30pm-8:30pm	
	Sa	07/20-08/31	8:30am-10:00am	\$62

#### **NEW!!** Brazilian Jiu Jitsu - Adult

Students learn self defense, confidence, bully proofing, respect, self control, and fitness in a fun and family friendly environment. An optional uniform fee of \$75 is payable to the instructor on the first day of class. Instructor will provide alternative options to purchase a uniform, if needed.

Trinity Jiu Jitsu, LLC Trinity Jiu Jitsu, 1213 South Western Avenue, Anaheim 16/up years old

\*No class 07/4

#10044 M-Th	06/10-07/3	6:00pm-7:00pm	\$122
#10045 M-Th	07/8-08/1	6:00pm-7:00pm	\$122
#10046 M-Th	08/5-08/29	6:00pm-7:00pm	\$122



# **OLDER ADULTS**



CYPRESS SENIOR CENTER 9031 Grindlay Street, Cypress Monday-Friday from 8:00am-5:00pm (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.



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 <a href="www.mealsonwheelsoc.org">www.mealsonwheelsoc.org</a>



to apply for the program or call (714) 220-0224 for more information. Volunteer drivers are always needed for this program. Volunteer applications are available at the Senior Center and at cypressca.org.

#### Senior Grocery Program TEFAP (provided by Second Harvest Food Bank)

Once a month from 10:00am 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 non-profit sites. Distribution is held on the second Wednesday of each month. 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.

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

# **OLDER ADULTS SPECIAL EVENTS**







# **PRESENTATIONS**

A variety of topics are

visit
cypressca.org/seniorcenter
for a list of presentations
and screenings.

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

# **OLDER ADULTS SERVICES**

#### TRANSPORTATION SERVICES **ACCEPTING NEW APPLICANTS**

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

#### **NUTRITION TRANSPORATION**

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.

#### TAXI VOUCHER PROGRAM

9031 Grindlay Street

This program is a curb to curb taxi service for qualifying participants for medical appointments, grocery shopping banking, visiting a relative, and more.

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



#### 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 and 4th 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.

#### **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

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



#### **Get Free Screenings &** Information

- Leisure Services
- Financial Services
- Health & Wellness Services
- Screenings and

For additional information call (714) 229-6670 or visit: cypressrec.org.

# **OLDER ADULTS DANCE, FITNESS**

#### **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.

P&C Taoipu.

**Cypress Senior Center** 

\*No Class 6/25

#9839 T

06/11-08/27 12:30-1:30pm

\$173

#### HAWAIIAN HULA: INTERMEDIATE

(11 weeks)

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! \*Prerequisite: Hawaiian Hula Basics

P&C Taoipu.

**Cypress Senior Center** 

\*No Class 6/25

#9838 T

06/11-08/27

10:30am-12:00pm \$173

#### **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** 

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





#### **ZUMBA FITNESS – PAY AS YOU GO**

Zumba fitness is perfect for 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

#### 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

#### **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

Ongoing T

**Cypress Senior Center** 

10:15-11:05am

\$8/class

# **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 1:00-2:50pm

**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







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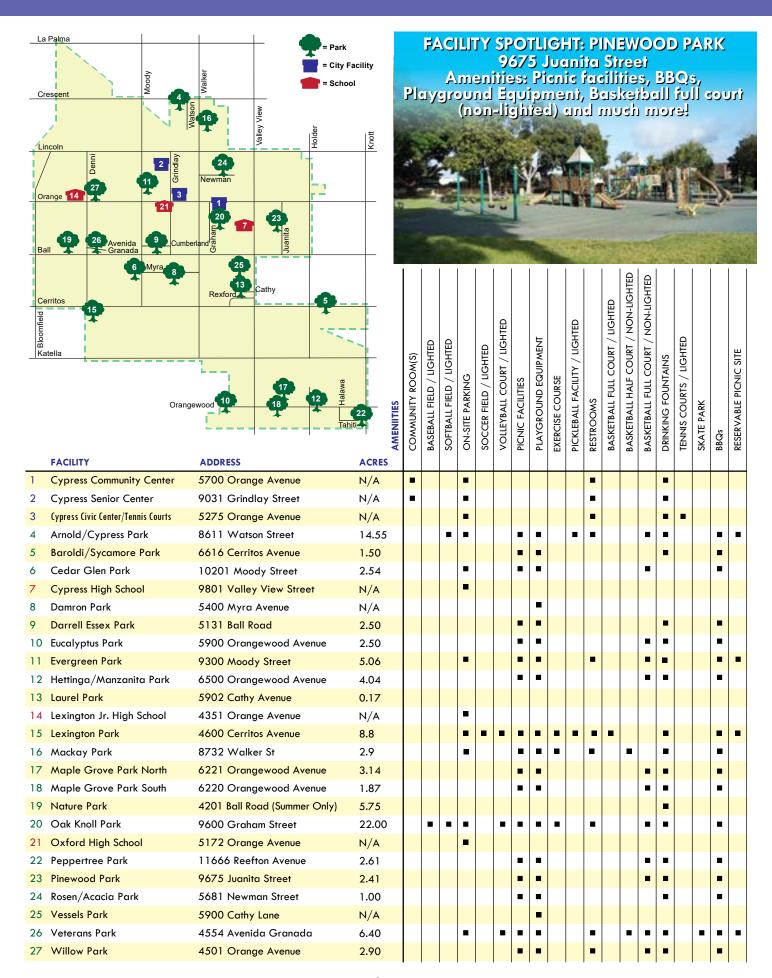








# **COMMUNITY AND RECREATION FACILITIES**





# 2024/25 Transitional Kindergarten & Kindergarten Enrollment

#### **Age Requirements**

Transitional Kindergarten: 5 years old between September 2, 2024, and June 2, 2025

**Kindergarten:** 5 years old on or *before* September 1, 2024

To learn more about student enrollment or to begin the enrollment process, please visit the Cypress School District <u>enrollment web page</u> or scan the QR code below.



If you have additional questions or would like to speak to a staff member, please contact your home school office. If you need help identifying your home school, please use the <a href="School Locator">School Locator</a>.

A.E. Arnold Elementary (714) 220-6965 ar.cypsd.org

Steve Luther Elementary (714) 220-6918 <u>lu.cypsd.org</u> Clara J. King Elementary (714) 220-6980 <u>ki.cypsd.org</u>

Juliet Morris Elementary (714) 220-6995 mo.cypsd.org Margaret Landell Elementary (714) 220-6960 la.cypsd.org

Frank Vessels Elementary (714) 220-6990 ve.cypsd.org





# **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	es regarding Cypress Recreati	on and Community Services ac	tivities, programs,	, and classes.	ne
Standard text message rates will apply. F Email Address		Driver License Numb	oer	Address or Pr	none
Course # Course Title		the Class: (First/Last)		M/F Fee	NO
				\$	
				\$	
				\$	
				\$	
NON-RESIDENT FEE IS \$12.00 F	PER PARTICIPANT, PER CLA	SS - TOTAL NUMBER OF CLA	ASSES = )	X \$12.00 = \$	
			тот	AL FEES = \$	
PLEASE READ AND S	IGN THE WAIVER, REL	EASE AND INDEMNITY A	GREEMENT	BELOW	
lected and appointed officials, volunteers, boards, dond/or anyone else acting on its/their behalf for any ancluding, but not limited to, emotional distress, be amage arising out of any actions by any City or Distind appointed officials, volunteers, boards, departmenters, or else acting on the City's and/or the District's articipation in this activity.  UNDERSTAND THIS RELEASE SHALL BE EFF AMAGE OR INJURY WAS NOT FORESEEABLE OF ART, FROM THE NEGLIGENCE OF THE CITY, DIBOVE PERSONS.  understand that this activity involves the risk of serion gree to assume any and all risk of serious injury or dentase of accident or other emergency, personnel of gents, are hereby authorized to secure medical care	and all claims, causes of action, odily injury, death, or property rict employees, officers, elected ents, agents, contractors and/or is behalf in connection with my ECTIVE EVEN IF THE LOSS, OR RESULTS, IN WHOLE OR IN STRICT AND/OR ANY OF THE DOWN IN INJURY OF THE COURS IN INJURY AND COUNTY OF THE COURS IN INJURY AND COUNTY OF THE COURS INJURY OF THE COUNTY OF THE COURS OF T	potential health risks to yourself The City and District are following The City and District cannot prot COVID-19. We encourage you to steps to protect your health conguidelines.  By signing below, I acknowle AGREEMENT CAREFULLY, I VOLUNTARILY AGREE TO ITS inducements, apart from this writhis agreement is declared invalidant effect. Where this agreement minor, the use of the word "me" in the use of the word "l" in this agacting on behalf of and binding the	ng recommended sect you and your factowash your hands fisistent with federal edge and represe FULLY UNDERST STERMS. No oral ten agreement, he is signed by a court, the rement is signed by a pareithis agreement shall includes.	steps by County health of amily against all possible frequently and take all new that I HAVE REAL FAND ITS CONTENTS representations, statem we been made. If any possible in the regal guardian on be all include and bind the minute the parent or legal guardian or le	official risks cessal heal TH AND nents ortion for all for anot, and a risk ortion, and a
result of that accident or injury, for me at my cost and administry and defend the City and/or the District are fficers, elected and appointed officials, volunteers, ontractors and/or anyone else acting on its/their be osts incurred (including, but not limited to, medica motional distress, any settlement paid or judgmentes) as a result of any injury that I cause to another he use of activity/event photography and/or video to nose pictures of me for promotional use, including or	nd/or both of their employees, , boards, departments, agents, ehalf and to pay for any and all al treatment, pain and suffering, nt, legal costs and/or attorneys' participant. I further consent to taping of me and the display of	REFUND POLICY: Refunds n class meeting. If the class is or hours before the class starts. T refunded other than those ger applies to refunds given prior to Kids Corner, Daycamp, Swi and Special Events. Please repolicies). It takes 3–4 weeks to	nly one day, our offi There is a \$18.00 and nerated by District to the start of classed mming Lessons, Nefer to these indivi	ice must receive the req dministrative fee for eac cancelled classes. Thes. (This policy does no Youth Basketball, Adult idual programs for their	uest 4 ch cla: nis al: ot app : Spoi
ocial media sites.			\	CHECK(S) PAYABL	
By signing below I agree with the			,   [50]	TY OF CYPRES	<u>5</u>
☐ I authorize Cypress Recreation against my credit card account for payment of programs, classes, an	the TOTAL FEES amo		CAS	H CHECK#	-
Signature	Date	<b>;</b>	_	ISCOVER	