

# PALMDALE

News • Activities • Entertainment



PALMDALE  
*a place to call home*

**Winter/Spring** 2013



# COMING MAY 14, 2013



The City of Palmdale is honored to host the Stage 3 Start of the eight-day Amgen Tour of California.

The Palmdale race will offer a challenging course for the cyclists, and spectacular viewing for cycling enthusiasts.

Over the coming months, we'll be announcing events and activities to celebrate the arrival of this world-class event in Palmdale, such as:

- **Bicycle-themed Art Contest**
- **Bicycle Rodeos for kids**
- **Tour de Palmdale Cycle Rides for adults and kids**

For more information about the Palmdale Stage Start, to apply to become a volunteer, or to find out how your business can become a local stage sponsor of this international event, please visit

[www.cityofpalmdale.org/atoc](http://www.cityofpalmdale.org/atoc)





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Palmdale: News • Activities • Entertainment  
Winter/Spring 2013

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City of Palmdale

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### CITY COUNCIL

**Mayor** James C. Ledford, Jr.  
**Mayor Pro Tem** Steven D. Hofbauer  
**Councilmember** Laura Bettencourt  
**Councilmember** Mike Dispenza  
**Councilmember** Tom Lackey  
**City Manager** David Childs

**On The Cover:** A gorgeous Palmdale sunset with a Joshua tree lit up in the foreground, taken by James Stamsek. James was the winner of the City's photo contest for the cover shot of the Winter/Spring Palmdale Magazine. See page 27 for details.

**New!**



**AFTER HOURS  
Emergency Contact:  
661/266-3195**

To report emergencies, residents may call 661/266-3195 after 6 pm and before 7:30 am Monday through Thursday and all day Friday, Saturday and Sunday. Emergencies include sewer overflows, roadway/right of way hazards, downed tree limbs, downed signs, potholes, or broken sprinkler lines in City parks or landscaped areas.

## News

### LETTER FROM THE CITY MANAGER



DAVID CHILDS, CITY MANAGER

Dear Resident,

It is with great pleasure that we present to you the Winter/Spring 2013 edition of Palmdale: News, Activities & Entertainment. You have at your fingertips all the latest news and upcoming activities for you and your family to enjoy.

I'm especially pleased that we are once again able to present our series of contract classes, which offer everything from art and music, to dance and sports. I'm sure you will find plenty of enjoyable activities to be a part of!

Recently, I had the pleasure of presenting the State of the City address with the Mayor, and let me tell you, if I wasn't excited about all that was going on in Palmdale when I first got here, I'm really excited now about where we're going. We looked back at our City's 50 year history and forward to where we'll be in the next 50 years. And to get to where we want to be, we've come up with a

strategy that we're calling "Success Through Sustainability."

Sustainability will be at the heart of what we do as a city for the future. We need to ensure that the decisions, policies and programs we do today enable us to do what we need to build a thriving community for the future.

The reality today is that the old ways of doing things will no longer work. We need to change, adapt and embrace the challenges that face us. A great starting point begins with each one of us individually: we all need to change the language we use when talking about this community. We have a great City, wonderful amenities, the best shopping venues in the High Desert, amazing weather, excellent schools, affordable housing, world-class health care — and more. We have much to be thankful for and proud of. To most of the nation and world, Palmdale is a blank canvas. They don't know much about us, so we have a great opportunity to paint our own picture of who we really are.

Structurally, we can approach our "Success Through Sustainability" through three basic components: Community, Organization and Economy. These three components will be at the heart of our strategic planning as we map out our future. You can read more about it on page 4 of the magazine.

If you'd like to see the State of the City address in its entirety, you may view it online at [www.cityofpalmdale](http://www.cityofpalmdale), or on Time Warner Cable 27.

Sincerely,

Dave Childs  
City Manager



# Success Through Sustainability

Celebrating Palmdale’s 50 years as an incorporated City gave the opportunity to not only reflect on five decades of growth and success, but also to revisit our focus for the future. In these changing times, future success will depend on the continued implementation of what worked well in the past, as well as making necessary adjustments that will sustain us in the years and decades ahead.

As outlined in our State of the City address, “Success Through Sustainability” will be achieved by creating dynamic partnerships between residents and stakeholders in three key areas: Community, Organization and Economy.

## COMMUNITY

Palmdale’s motto is “a place to call home” and it really is the sense of community we have and how we develop it. Engaging people to participate in programs such as Neighborhood and Business Watch, volunteering, youth programs and city meetings greatly helps us create strong bonds. Maintaining public safety, the number one priority of the City, builds confidence and community pride. The combined efforts of City staff, law enforcement and residents has

produced the lowest crime rate in 20 years. Providing vibrant parks and culture for residents builds pride. Over \$500 million has been invested in City parks and amenities which include facilities such as DryTown Water Park, Palmdale Playhouse, Palmdale City Library and Legacy Commons, and programs that include concerts at the Palmdale Amphitheater, Thursday Night on the Square, aquatics, sports, dance, music and much more.

*Palmdale is fiscally strong and sound,  
with a balanced budget, a healthy 9.62%  
reserve and Grade A bond ratings.*

## ORGANIZATION

The combination of the Great Recession and the State of California taking City monies through the elimination of redevelopment agencies has put a financial strain on cities. The good news in Palmdale is that the City is fiscally strong and sound, with a balanced budget, a healthy 9.62% reserve and Grade A bond ratings. The City was forced to reduce the size of staff, but continues to provide quality services to residents. To do so, the City has reorganized some of the way it conducts business, by contracting out some services, requiring employees to do more and taking advantage of available technologies — all of which provide residents with value for their tax dollars.

## ECONOMY

The key driver to a successful and sustainable future is a diversified economy. Palmdale offers potential businesses a highly educated workforce through innovative endeavors such as the Palmdale Aerospace Academy, a unique partnership with the City, Palmdale School District; and the AERO Institute, designed to train the next generation of high tech workers. Partnerships with groups like Youth Build and New Beginnings provide job training and offer viable career options for our youth. A solid and dependable infrastructure is also important to generating commerce. The City will invest \$20.8 million in FY 2012/13 on projects such as the Avenue S corridor widening, signal upgrades, sewer upgrades, street resurfacing, and more. Developing Palmdale as a transportation hub will continue, as Metrolink, California High Speed Rail, Xpress West high speed rail to Las Vegas, the High Desert Corridor and the future Palmdale Airport will position Palmdale as a major intermodal center. Growth in the medical industry, as well as new manufacturing and retail opportunities will provide job opportunities for residents in the years ahead.



## START YOUR BUSINESS OFF ON THE RIGHT FOOT: PRE-APPLICATION REVIEW

The City of Palmdale can help you get your project or business off to a great start through a Pre-Application review. The Pre-Application review is basically a conceptual review of projects that may involve either new construction, or a proposed use within an existing building that may require a Site Plan Review (SPR) or Conditional Use Permit (CUP).

“Through the Pre-Application process your project is reviewed by various City departments and agencies,” said Planning’s Carlos Contreras. “After review of the project, the applicant will meet with City staff and agencies to go over issues, concerns and requirements, with regards to the proposed project, so the applicant can have a better idea of what is required to move forward with the project. It helps the applicant save valuable time, prevent delays and avoid surprises that could potentially slow down or stop the proposed project.”

Pre-Applications are available for \$195. For more information, contact our Planning Department at 661/267-5200 or [Planning\\_Department@cityofpalmdale.org](mailto:Planning_Department@cityofpalmdale.org).



As a resident of the Antelope Valley and owner of The Jimenez Law Group, I truly believe that advertising in *Palmdale Magazine* is a valuable tool for my law practice. It’s delivered to all Palmdale residents — all of whom are potential clients!

As a member of the Palmdale community, it’s a pleasure to have my neighbors come to my law office for their legal needs. The clients that I have gained through my *Palmdale Magazine* ads consult with me for one legal reason, then discover that I practice many different areas of the law, leading them to seek my legal services on more than one occasion — turning my *Palmdale Magazine* clients into lifetime clients!

The results that I have received from *Palmdale Magazine* have produced effective, solid clientele. When it arrives at my neighbors’ homes, it not only offers fun family activities, but it is a resource that is kept in their homes as they refer to it all season ‘round — and a chance for my potential clients to keep my law office fresh in their minds for the time when they need the services of their neighbor, Chellei G. Jimenez and The Jimenez Law Group!

—Chellei G. Jimenez, Esq.  
Attorney and Counselor at Law  
California Licensed Real Estate Broker

**THE JIMENEZ LAW GROUP**  
2827 West Avenue L, Lancaster 93536  
661/722-7474 Fax: 661/722-9494  
<http://jimenezlawgroup.com/>

Get your ad into  
every Palmdale  
home for less than  
1¢ per household

(THAT’S 47,086  
152,622 PEOPLE  
AND COUNTING!)



Call today to  
discover for  
yourself how  
effective &  
affordable  
advertising in  
*Palmdale Magazine*  
can be for your  
business.

**661/267-5599**

# NASA Celebrates Five Years in Palmdale



The National Aeronautics and Space Administration (NASA) recently marked its fifth year in Palmdale at Site 9. Operated by NASA's Dryden Flight Research Center, the facility houses the sophisticated Stratospheric Observatory for Infrared Astronomy — or SOFIA — a world-class airborne observatory that will complement the Hubble, Spitzer, Herschel and James Webb space telescopes. The project provides approximately 300 professional jobs and attracts scientists from around the world.



## Kirkland's Now Open at AV Mall

Kirkland's, a leading specialty retailer of home décor in the United States, recently opened at the Antelope Valley Mall.

Founded in 1966, Kirkland's presents a broad selection of distinctive merchandise, including framed art, mirrors, candles, lamps, picture frames, accent rugs, garden accessories and artificial floral products. It also offers an extensive assortment of holiday merchandise, as well as items carried throughout the year suitable for giving as gifts.

### BUFFALO'S CAFÉ COMING TO EAST PALMDALE



Growth continues on the City's eastside as the newest restaurant, Buffalo's Café, is coming to 4611 E. Avenue S. Buffalo's Café offers world famous buffalo wings and classic American dining in a family friendly atmosphere. Hours will be daily from 11 am to 11 pm, with great lunch specials and a kids menu. Information: [www.buffaloscfe.com](http://www.buffaloscfe.com).



## Transit Village Construction Underway

Work is underway on the City's first phase of the innovative Transit Village project. Currently under construction is a 156-unit, five-story apartment complex located south of the Palmdale Transportation Center. It will feature underground parking and a second-floor courtyard with a playground and community swimming pool. A late summer opening is planned.

"Transit Village represents the first step in the development of affordable and market rate housing specific to the needs of commuting workforce households," said Housing Manager Mike Miller. "This project is addressing the existing blight and

deterioration in the area bounded by East Avenue Q and the Transportation Center, and 6th St. East to 4th St. East in Focus Neighborhood No. 3. By eliminating the blight in this area and developing new affordable housing targeted for first-time home buyers and renters, the Agency will increase the community's supply of affordable housing and create a pleasant and beautiful extension of the newly developed Transportation Center."

Phase two, which will feature 122 townhomes, is expected to be under construction by the fall of 2013.

An interest list is forming. If you would like to be on the list, please contact Mary Keshishian at 949/336-6565.

### AMS FULFILLMENT ACTIVATES PALMDALE'S FOREIGN TRADE ZONE

Representatives from the City of Palmdale, AMS Fulfillment, the City of Santa Clarita and Los Angeles County office gathered to celebrate the activation of AMS Fulfillment in the City of Palmdale's Foreign Trade Zone (FTZ) at a ribbon cutting ceremony at AMS headquarters in Valencia.

"The City of Palmdale is proud to welcome AMS Fulfillment to its Foreign Trade Zone and connect them with the benefits of having a FTZ designation," said Palmdale Economic Development Manager Dave Walter. "With the elimination of redevelopment, our Foreign Trade Zone program is one of the last tools that we can use to create wealth within the community by attracting new industry, diversifying the local economy and providing additional employment opportunities for local residents.

Palmdale's FTZ, which encompasses a 60 miles radius around the City, offers other businesses in the area the opportunity to increase employment opportunities, and investment.

"Foreign Trade Zones are important to our economic health as



they help expedite and encourage foreign commerce," said Walter. "They provide companies with customs duty savings and logistical benefits that can help encourage them to establish or maintain operations in the U.S."

# The City's Public Safety and Community Relations Office

will host a series of workshops and events to help you, your business and your neighborhood stay safe and be prepared in an emergency.

## Neighborhood Watch Orientation

Tuesday, January 8 and Monday, April 8 at 7 pm  
Palmdale City Council Chamber  
38300 Sierra Highway, Suite B, Palmdale

Neighborhood Watch is the most effective means available for keeping crime out of our neighborhoods. Residents who are not currently involved in Neighborhood Watch are encouraged to come learn about the program and see how easy it is to form and maintain a group in their neighborhood. It is also very effective in preparing yourself and your neighborhood for any type of emergency situation that may arise. To learn more, please contact the crime prevention office at 661/267-5170.

## Emergency Preparedness for Seniors

Thursday, January 31 at 9:30 am  
Legacy Commons for Active Seniors  
930 E. Ave. Q-9, Palmdale

By evaluating your own personal needs and making an emergency plan, you can be better prepared for any situation. A commitment to planning will help you prepare for any emergency situation. To learn more please contact Crime Prevention Officer Kery German at 661/267-5541.

## Security and Safety for Your Small Business

Tuesday, February 5 at 8 am  
Palmdale City Council Chamber  
38300 Sierra Highway, Suite B, Palmdale

Representatives from the City of Palmdale's Public Safety Office and the Los Angeles County Sheriff's Department will present information on how to protect your business from crimes such as burglary and robbery as well as addressing issues such as loitering and vandalism. To learn more please contact Crime Prevention Officer Kery German at 661/267-5541.



## Identity Theft and Scam Prevention

Monday, March 4 at 7 pm  
Palmdale City Council Chamber  
38300 Sierra Highway, Suite B

Learn how identity theft occurs, how to minimize individual risk and what to do if one becomes a victim of identity theft.

## Phishing and Pharming – Protecting Yourself Online

Tuesday, March 12 at 7 pm  
38300 Sierra Highway, Suite B

“Phishing’ and ‘pharming’ are two ways that criminals attempt to steal usernames, passwords and credit card details, either by pretending to be a trustworthy entity usually in an e-mail or by redirecting people to bogus Web sites.”



## Emergency Preparedness Basics

Tuesday, March 26 at 7 pm  
Palmdale City Council Chamber  
38300 Sierra Highway, Suite B, Palmdale

Being properly prepared for an emergency is important for all residents. Come learn how you, your family and your neighborhood can prepare for any disaster. It's never too early to prepare but it can be too late. For more information please contact the crime prevention office at 661/267-5170.



## Save the date:

The City of Palmdale will join cities and organizations across the nation in honoring the service legacy of Dr. Martin Luther King through a “Semester of Service.” In collaboration with the Hollywood Beautification Team, the city will host four tree planting events resulting in the addition of over 400 trees to the Palmdale landscape. For more information visit the City's Web site at [www.cityofpalmdale.org](http://www.cityofpalmdale.org).

## From the Fire Chief



### FLOOD/MUDSLIDES

Flooding causes more damage in the United States than any other weather event. It can cause deaths, injuries, significant property damage and can strike at any time of the year. Floods happen when prolonged rainfall over several days, intense rainfall over a short period of time, or a debris jam causes rivers or streams to overflow. A flash flood can develop quickly, sometimes in just a few minutes and without any visible signs of rain. You will not always have a warning that these deadly, sudden floods are coming.

Flooding can also cause landslides and mudslides. It is important that residents who live on steep hillsides and in canyons be prepared for these dangers. In addition, areas that have been hard-hit by fires and don't have grass, trees, shrubs, and plants are more likely to have landslides, especially during or after heavy rains.

If you live in areas prone to floods, plan now to protect your family and property. Here are some guidelines from the Los Angeles County Fire Department on how to weather the storm safely:

- Monitor local radio and TV networks for information related to weather conditions.
- Have an emergency plan that all family members understand.
- Clear rain gutters and drains ahead of time to help avoid possible roof collapse.
- If your home is built on a hillside, use plastic covering on the hillside to prevent water from over saturating the soil. Before using a plastic covering, consult your local County of Los Angeles Department of Public Works Building and Safety Office on proper procedures.
- Sandbags and sand may be obtained at any local fire station to help channel water away from your property.
- Stay away from flood channels and flowing rivers. You can be knocked off your feet in as little as six inches of water.
- Do not attempt to cross flooded areas and never enter into moving water.
- If you become trapped in your vehicle, stay with it. If possible, relocate to the hood if the water continues to rise.
- When in a canyon or mountainous areas, be aware of possible flash floods or sudden mudflows.
- Avoid floodwaters and keep all children and pets out of the floodwaters when possible. The water may be contaminated by oil, gasoline, or raw sewage.  
Remember: don't delay, prepare today!

### Did you know?

The California Vehicle Code prohibits the parking of any vehicle within 15 feet of a fire hydrant. A curb will be painted red when the fire department has determined that less than 15 feet is acceptable. This law applies to all public streets, including those located in residential areas. Only emergency vehicles are allowed to park within 15 feet of a hydrant. In addition to receiving a citation, state law allows for the removal of any vehicle found to obstruct a fire hydrant. If you have questions or would like to ask about other parking violations, you may call the Parking Enforcement Office at 661/267-5436.

### NEXT GENERATION YOUTH COUNCIL

The Next Generation Youth Council is open to Palmdale residents ages 12 through 18. The Council plans a variety of events and activities for the youth of Palmdale and is a great opportunity for our youth to be heard. For more information, please call 661/267-5181 or visit [www.cityofpalmdale.org/pbp/youth](http://www.cityofpalmdale.org/pbp/youth).

### NEXT GENERATION YOUTH RESOURCE GUIDE

Looking for activities for youth or have an organization that provides programs for youth?

Then the Next Generation Youth Resource Guide is the place for you! Check it out at [www.cityofpalmdale.org/pbp/youth](http://www.cityofpalmdale.org/pbp/youth).



### PALMDALE WORKS! YOUTH JOB ACADEMY

The Palmdale Works! Youth Job Academy is a 3-week course designed to assist youth ages 15-18 find, apply for, and get ready for your first summer job. No prior experience is necessary and there is no cost to register. This is not a job placement program; it is a job readiness program. Students must complete all classes to receive a certificate of completion.

The next session will be held Feb. 12-28 and will meet on Tuesdays and Thursdays from 3:30 to 5:30 pm.

Visit [www.cityofpalmdale.org/pbp/youth](http://www.cityofpalmdale.org/pbp/youth) to register.

# City to Double Street Sweeping Frequency

A new year is bringing some great new enhancements to the City street sweeping program. First of all, the frequency of which streets are swept will increase from once a month to twice a month in 2013 as the City is now contracting with Waste Management for this service.

Secondly, to enhance customer service to residents, Waste Management will provide a special iPhone and Android compatible application (app). The app will allow residents to choose to receive reminders of their trash and street sweeping days, to have the option to only receive reminders during times when there are changes to their schedule (for example during holidays), answers to frequently asked questions, a quick and easy way to figure out whether or not an item is recyclable, and to report issues such as illegal dumping, damaged/missing street signs, etc. The reporting function of the app not only ensures that the report quickly gets to the appropriate person, but will utilize the GPS capabilities of



the smart phones to allow reports of an incident with greater ease.

Be sure to check the City's Web site regularly for updates on its progress with the new programs and to download the new mobile phone app that will soon be available for all iPhone and Android mobile phone users.

# City Staff Helps Keep Business from Relocation to Texas



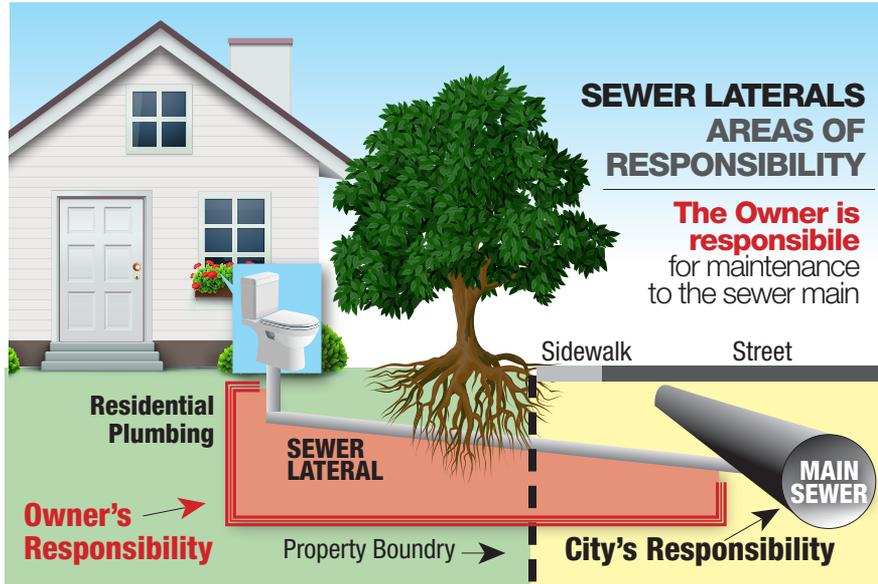
There's one less business leaving California, thanks in part to the out-of-the-box thinking and efforts of City of Palmdale staffers.

Tarps Plus of Palmdale was all set to move their warehouse to Texas, said Economic Development Manager Dave Walter. They had issued press releases citing regulations, taxes and costs as their reasons for moving. "We didn't want to see them leave, Walter said. "We couldn't control the rate of state taxes, but we could look at some things that were in our control that perhaps would help convince them to stay.

Walter and Building and Safety Supervisor Bud Davis paid a visit to Tarps Plus to talk about some of the concerns they had. "They needed a display area inside for the public with disabled access," said Davis. "The architect designed something that would have been very expensive to implement. We came up with an effective alternative that cost far less and more effective."

Tarps Plus loved the idea, and the rest, as they say is history. They'll continue that history, right here in Palmdale — not Texas — and continue to supply high quality tarps for boats, cars, roof grills — and even major league ball parks.

# EASY STEPS TO Minimize Sewer Overflows



Sewer backups can cause tremendous damage to the interior of a home. In order to minimize these, the City provides continual maintenance services for the public sewer mainlines.

The sewer system within the City of Palmdale is comprised of a series of over 400 miles of underground pipes. The majority of the pipes are publicly owned; however, the pipes that connect the mainline under the street and residences—called sewer laterals—are entirely owned by the private property owner that they serve.

The sewer laterals extend from the building to the mainline within the street (or within an easement at the rear of your home). The laterals are typically four inches in diameter while the City's mainline is typically at least eight inches in diameter. The private property owner is responsible for the entire length of the lateral, which includes that portion that may be located within the public right of way (under the asphalt and street landscaping).

Unfortunately, sewer laterals are often not maintained by private property owners until a disaster strikes. Out of sight, out of mind is a typical approach to sewer lateral maintenance by many. It is our hope that we can provide you various means of addressing these issues and thus minimize your risk of an overflow entering your home.

The three methods we suggest are:

1. Maintain your lateral through proper cleaning, repair and replacement.
2. Do not place improper items into the sewer or make improper connections to the sewer.
  - a. Keep rainwater out of the sewer line as it overwhelms the capacity of the sewer lines and may cause sewer spills.
  - b. Do not pour Fats, Oils, or Grease (FOG) in your drains as these products harden and stick to the inside of the sewer pipes, which build up and may eventually cause a blockage in the sewer lateral or mainline sewer.
3. Install a backflow prevention device and cleanout in your sewer lateral.

For more information, please call 661/267-5272.

## Recycled Water Now Flows at McAdam Park

Fresh off the heels of a new joint powers authority (JPA) agreement between the City of Palmdale and the Palmdale Water District, the first gallons of recycled water reached the grounds of McAdam Park for irrigation purposes.

The new JPA, called the Palmdale Recycled Water Authority enables the City and the District to become the joint purveyors of recycled water within the boundaries of the District.

Using tertiary treated water from the District 20 plant in Palmdale, the City plans to connect all parks within the District to reclaimed water saving over 2 billion gallons of potable water each year. With over \$500 million invested in City parks, irrigation with recycled water will ensure residents of lush, green landscapes while preserving billions of gallons of drinkable water for homes and businesses.



## Stay Connected: Follow the City on Facebook, Twitter and with E-News!

Stay "in the know" on what's happening in Palmdale by following us on Facebook at City of Palmdale-Government. Or if you use Twitter, you can get our "tweets" at @PalmdaleCity. Also, you may subscribe to one of the City's e-Newsletters that will bring information directly to you via email—information regarding job opportunities, events, public safety information, programs and more. Visit [www.cityofpalmdale.org](http://www.cityofpalmdale.org) and select the e-Newsletters that you wish to receive. You may "like" our other Facebook pages; Best of the West Softball, Starlight Concert Series and DryTown Water Park.

# activities



Award-winning  
CITY OF PALMDALE

## Parks•Recreation & Special Events

38260 10th Street East  
(between Palmdale Blvd. & Avenue R)  
661/267-5611 • 661/267-5636 fax  
10 am–6 pm Monday–Thursday  
Please arrive at least 15 minutes  
prior to closing

### what's inside?

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#### Class Location Key

- AVP** Anaverde Park
- AQP** Arnie Quinones Park
- BVL** Brunswick Vista Lanes
- BWSC** Best of the West  
Softball Complex
- CCC** Chimbole Cultural Center
- CPB** Courson Pool Building
- CP** Courson Park/Pool
- DSP** Desert Sands Park
- DMP** Domenic Massari Park
- DT** DryTown Water Park
- HAC** Hammack Activity Center
- JHP** Joshua Hills Park
- LC** Legacy Commons
- LS** Local Schools
- MZP** Manzanita Park
- MKP** Marie Kerr Park/Pool
- MKPRC** Marie Kerr Park Recreation Center
- MP** McAdam Park/Pool
- POP** Palmdale Oasis Park/Pool
- POPC** Palmdale Oasis Park Center
- PPH** Palmdale Playhouse
- PRO** Parks and Recreation Office
- PTC** Palmdale Transportation Center
- PVP** Pelona Vista Park

**Parks  
Make  
Life  
Better!**<sup>SM</sup>

"Enjoy the organization, staff, and facilities—overall great experience."  
— Gabriel G.

"So happy my child and I got the experience. We are new to Palmdale and are looking  
for fun activities, please keep them coming."

"Kids need activities to participate in, learn skills and develop positive attitudes."  
— Anna Lemele

"This is a great facility and we are very lucky to be able to have access to the classes here  
and elsewhere in Palmdale. Your instructors were great with kids!"



# registration information

Winter/Spring registration begins online and in person, Jan. 2 at 10 am unless otherwise noted.

## Online Registration

Visit [www.cityofpalmdale.org/playpalmdale](http://www.cityofpalmdale.org/playpalmdale) and click on the registration link. Activities available for online registration are identified by a 'mouse' icon.

- **New customers** and those who have not registered within the past five years must visit the parks and recreation office to open an account. Proof of address (Calif. I.D. or utility bill) is required to verify Palmdale residency. An e-mail address must be provided to register online.
- **Returning customers who have not provided an e-mail address** must call parks and recreation to obtain a Family ID and Account PIN.
- **Returning customers who have provided an e-mail address** may obtain a Family ID and Account PIN by visiting [www.cityofpalmdale.org/playpalmdale](http://www.cityofpalmdale.org/playpalmdale). Answers to frequently asked questions are available on the Web site.

## Registration information

Some classes require on site registration. In most cases, students must be enrolled with payment prior to participation. Register online or at the parks and recreation office. You may register during operating hours in person, by fax or phone. Programs are filled on a first-come, first-served basis. Information is subject to change.

## Resident/non-resident information

Resident and non-resident fees are in place to benefit Palmdale residents. Those living outside Palmdale city limits pay an extra fee for some registrations.

## Sibling discount

A discount rate is offered for select programs to register two or more children in your immediate family into the **same program**. Discount is not available online.

## Proof of age requirement

Tiny Tots and Youth Sports programs require child's proof of age (birth certificate required for Tiny Tots) at time of registration.

## Payment options

Payment may be made by cash, check, Visa or MasterCard. Adult sports programs require payment by company check, cashier's check, money order or cash (personal checks accepted from team managers only). **Please make checks payable to City of Palmdale.** The City charges a \$25 fee for returned checks.

## Withdrawal/refund policy

Full refunds/credits are available for courses cancelled by the City or instructor. Patron-requested cancellations must be received three days before the second meeting for full refund/credit. No refund/credit will be issued after this time. For cash or check transaction refunds, please allow four to six weeks to process. **Aquatics program** cancellations must be made seven days prior to the first meeting. Late requests will be processed as an account credit for 50% of the fee. Withdrawals/refunds are not available once the program begins.

Cancellation of programs due to weather or facility maintenance will be processed as an account credit on a per participant/class basis.

## Contract Instructor Material Fees

In addition to the registration fee some contract instructors may charge a material fee for supplies or costumes. Material fees are paid directly to the contract instructor and are the responsibility of the instructor. Any issues with supplies received or refund requests must be handled directly with the contract instructor.

## Waiver

A signed Release, Waiver, and Assumption of Risk is required for all program participants.

## Notice

- Registration or participation in City of Palmdale programs and events constitutes authorization to use program/participant photographs for City marketing purposes.
- The City of Palmdale reserves the right to prohibit any individual from participating.

## Aqua Pass

Those using select aquatic programs must present a pre-paid reloadable Aqua Pass. Passes can be obtained at the parks and recreation office.





The  
Palmdale  
Playhouse

# Celebrates

## 19 years of Community Theatre!

PURCHASE TICKETS FOR PLAYHOUSE SHOWS  
AND PERFORMANCES

Beginning Monday, January 7 at the parks and recreation office,  
38260 10th Street East or call 661/267-5611.

Tickets may also be purchased at the Palmdale Playhouse box office  
beginning 1 hour before each show or performance.

*Palmdale Concert and Symphonic Orchestras present*

### A Little Bit of Night Music

Saturday, February 23, 2013, 7:30 pm

Directed by Patricia Graham, the Palmdale Concert and Symphonic Orchestras present a classical evening concert featuring, "Surprise Symphony No. 94," "Variations on a Theme" by Joseph Haydn and "Poem for Orchestra" by John Tatgenhorst. This piece was originally written for and recorded by the London Symphony Orchestra and is tender, expressive and will touch the hearts of players and audiences alike.

Tickets: \$12/adults, \$10/seniors, students, military, 12 & under

### An Evening of Musical Inspiration

Saturday, March 23, 2013, 6 pm

An evening of musical solos, duets and ensemble pieces presented by students of the Palmdale Concert and Symphonic Orchestras.

Tickets: \$10/adults, \$8/seniors, students, military, 12 & under



For a list of all Playhouse  
Visual and Performing  
Arts classes see pages 24-29

#### ART GALLERY EXHIBIT

See the best of local artists at our intimate gallery.

#### Legacy of ART II

Visual Artists at Legacy Commons

Thursday, February 7 through Sunday, March 24

Reception: Thursday, February 7, 6:30-8:30 pm

The visual artists at Legacy Commons present a variety of art media featuring watercolors, oils and acrylics with landscapes, flowers, portraits and more. Under the instruction of Debra Schneider the artists meet every Friday at Legacy Commons in Palmdale from 9-11 am.



# TRAVELOGUE ... *a world of scenic wonder awaits*

## TRAVELOGUE #3

### **"The Great Canadian Train Ride"** —Doug Jones

Sunday, January 13, 2013, 2 pm

Train travel is perhaps the most romantic form of travel in the world. In 1955, the Canadian Pacific inaugurated a new Trans-continental streamliner, the "Canadian." It promised to be one of the most luxurious trains of the world. Five decades later, the "Canadian" still rolls across the prairies of Canada and through the most breathtaking part of the rocky mountain range as it carries travelers west across the North American continent in a style that speaks of another age. Tickets: \$5

## TRAVELOGUE #4

### **"Southern Europe: A Journey from Paris to Cannes, Spain, Croatia, Greece & Istanbul"** —Marlin Darrah

Sunday, February 10, 2013, 2 pm

Marlin Darrah is probably the world's most traveled filmmaker. This film is a delicious sampler from many wonderful Central and Southern European cities. A feast of architectural and cultural highlights from Paris, Cannes, Barcelona, Granada, Seville, Croatia, Greece & Istanbul. From the Seine and art galleries of Paris; to the Moorish palaces and market streets of Spain; to the greatest coastal walled city in the world, to the most fascinating and alluring city of the East Mediterranean, Istanbul.

Tickets: \$5

## TRAVELOGUE #5

### **"Sea To Shining Sea in a Model T"** —Don Van Polen

Sunday, March 24, 2013, 2 pm

It was 100 years ago that Henry Ford introduced the first Model T Ford. It was the car that changed America. Henry Ford claimed that his Model T would be the last car the country would ever need! We've had at least two generations of traveling in the fast lanes and freeways and it's time to see the country from the slow lane. Join the Van Polens as they travel from the Puget Sound in Washington State to the Eastern most town and lighthouse in America. Along the way they describe the landscapes with delightful interludes of appropriate music as well as the fascinating story of Henry Ford's Old Car. Tickets: \$5

## TRAVELOGUE #6

### **"Cuba: The Inside Story"** —NatGeo Explorer Karin Muller

Sunday, April 28, 2013, 2 pm

There's a side of Cuba you've seen before, and a side that you have not. For years Karin Muller has heard people arguing over Cuba. Some say it's a tropical paradise, filled with healthy, happy people. Others — a police state where almost everyone is trying to escape. So for three months Karin went undercover to find out the truth. The answer was not what she expected — and it all started with the local pizza joint. Amazingly the Cuban people have fascinating personalities — funny, creative, patient, friendly, ingenious and they're our neighbors.

Tickets: \$5





# adult sports

## 🔥 Adult Tournament

All students must bring one unopened can of tennis balls or \$5 materials fee. This class is for students interested in playing various competitions. Student should be able to serve, hit forehand, back hand, sustain a short rally, play and score a game of tennis. Should know basic rules of tennis. Focus will be on point construction, foot work, and strategy.

Instructor: Leonard Johnson

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
14524	18+	Jan 5-Feb 23	Sa	4:30-6 pm	MKP	\$120
14525	18+	Mar 2-Apr 20	Sa	4:30-6 pm	MKP	\$120

## 🔥 Adult Coed Volleyball

Teams play one classification game prior to start of league and a 10-game schedule. Teams pay \$8 per game for official. Register 1/21-2/28.

COURSE	AGE	LEVEL	DATE	DAY	TIME	LOC	FEE
14810	16+	Rec.	Mar 19-May 30	Tu, Th	6:15-10 pm	POPC/MKRC	\$265

## 🔥 Adult Coed Hardball Slow Pitch

Teams play one classification game prior to start of league and a 10-game schedule. Teams pay \$11 per game for umpire. Register 1/21-2/21.

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
14805	16+	Mar 11-May 20	M	6:30-10:15 pm	BWSC	\$400
14806	16+	Mar 12-May 21	Tu	6:30-10:15 pm	BWSC	\$400
14807	16+	Mar 13-May 22	W	6:30-10:15 pm	BWSC	\$400
14808	16+	Mar 14-May 23	Th	6:30-10:15 pm	BWSC	\$400
14809	16+	Mar 17-May 26	Su	6:30-10:15 pm	BWSC	\$400

## 🔥 Adult Coed Slow Pitch

Teams play one classification game prior to start of league and a 10-game schedule. Teams pay \$11 per game for umpire. Register 1/21-2/21.

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
14800	16+	Mar 11-May 20	M	6:30-10:15 pm	BWSC	\$400
14801	16+	Mar 12-May 21	Tu	6:30-10:15 pm	BWSC	\$400
14802	16+	Mar 13-May 22	W	6:30-10:15 pm	BWSC	\$400
14803	16+	Mar 14-May 23	Th	6:30-10:15 pm	BWSC	\$400
14804	16+	Mar 17-May 26	Su	6:30-10:15 pm	BWSC	\$400

## 🔥 Men's Slow Pitch

Teams play one classification game prior to start of league and a 10-game schedule. Teams pay \$11 per game for umpire. Register 1/21-2/21.

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
14795	16+	Mar 12-May 21	Tu	6:30-10:15 pm	BWSC	\$400
14796	16+	Mar 13-May 22	W	6:30-10:15 pm	BWSC	\$400
14797	16+	Mar 14-May 23	Th	6:30-10:15 pm	BWSC	\$400
14798	16+	Mar 15-May 24	F	6:30-10:15 pm	BWSC	\$400
14799	16+	Mar 17-May 26	Su	6:30-10:15 pm	BWSC	\$400

Adult Sports programs are sponsored by High Desert Medical Group



# youth sports

## Basketball Hoopsters

This skills clinic is designed to teach youngsters fundamentals of basketball and good sportsmanship. Students learn to dribble, pass, shoot and more! Instructor: Staff

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
14534	4-5	Jan 7-Feb 25	M	4-4:45 pm	POPC	\$27R/\$32NR
14536	6-7	Jan 7-Feb 25	M	5-5:45 pm	POPC	\$27R/\$32NR

## Youth T-Ball, Coaches Pitch & Baseball

Young ballplayers develop skills and self-esteem in this fun and educational program. Fee includes a 12-game schedule, jersey and cap, picture package and trophy. Practices are held at Desert Sands and Best of the West Softball Complex; games are held at Best of the West Softball Complex and played during the week and Saturdays. Coach determines practice day and time. Proof of age required. Register 1/21-2/21.

COURSE	AGE	LEVEL	DATE	DAY	TIME	LOC	FEE
14788	7-10	Coaches Pitch	Apr 20-Jun 15	Th, Sa	9 am-2 pm	BWSC	\$67R/\$80NR
14789	10-12	Baseball	Apr 20-Jun 15	Th, Sa	9 am-2 pm	BWSC	\$67R/\$80NR
14787	5-8	T-ball	Apr 20-Jun 15	Tu, Sa	9 am-2 pm	BWSC	\$67R/\$80NR

## T-Ball All-Stars

Students learn to bat, catch, field and run bases. Fundamental skills and good sportsmanship are emphasized. Instructor: Staff

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
14564	4-5	Jan 9-Feb 27	W	4-4:45 pm	POPC	\$27R/\$32NR
14565	6-7	Jan 9-Feb 27	W	5-5:45 pm	POPC	\$27R/\$32NR
14566	4-5	Mar 6-Apr 24	W	4-4:45 pm	POPC	\$27R/\$32NR
14567	6-7	Mar 6-Apr 24	W	5-5:45 pm	POPC	\$27R/\$32NR

## Girls Softball

Be part of a team and don't strike out! Fee includes a 12-game schedule, jersey and visor, picture package and trophy. Practices are held at Desert Sands and Best of the West Softball Complex. Games are held at Best of the West Softball Complex. Proof of age required. Register 1/21-2/21.

COURSE	AGE	LEVEL	DATE	DAY	TIME	LOC	FEE
14785	10-12	Division	Apr 20-Jun 15	Th, Sa	9am-2pm	BWSC	\$67R/\$80NR
14786	13-16	Divison	Apr 20-Jun 15	Th, Sa	9am-2pm	BWSC	\$67R/\$80NR

## Little Tennis 1

Parents are required to assist in class. Students will learn beginning control of the racket and ball, hand/eye coordination, movement and reflexes. Beginning racket skills, fun games and play day. Loaner tennis rackets provided. Instructor: Leonard Johnson

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
14530	5-6	Jan 3-Feb 21	Th	2:30-3:15 pm	MKP	\$66
14528	5-6	Jan 8-Feb 26	Tu	2:30-3:15 pm	MKP	\$66
14529	5-6	Jan 8-Feb 26	Tu	3:30-4:15 pm	MKP	\$66

## Little Tennis 2

Parents are required to assist in class. Students will learn racket control, forehand and backhand rally progression, beginning serve, return and volley. Fun games and play day. Loaner tennis rackets provided. \$3 materials fee per student.

Instructor: Leonard Johnson

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
14532	7-8	Jan 3-Feb 21	Th	3:30-4:15 pm	MKP	\$66
14533	7-8	Jan 3-Feb 21	Th	4:30-5:15 pm	MKP	\$66
14531	7-8	Jan 8-Feb 26	Tu	4:30-5:15 pm	MKP	\$66

## Tennis Beginner

All students must bring one unopened can of tennis balls or \$5 materials fee. This is a beginner class. Students will have no or limited tennis background. Students will learn basic strokes, rules of tennis, scoring and beginning tennis games, and will be tested at the end of the eight week session if they wish to advance to the next level. Loaner tennis rackets provided.

Instructor: Leonard Johnson

COURSE	AGE	LEVEL	DATE	DAY	TIME	LOC	FEE
14518	7-10	Junior Beginner	Jan 5-Feb 23	Sa	11:30 am-12:30 pm	MKP	\$100
14519	11-15	Beginner Junior	Jan 5-Feb 23	Sa	12:30-1:30 pm	MKP	\$100
14526	18+	Beginner Adult	Jan 5-Feb 23	Sa	1:30-2:30 pm	MKP	\$100
14520	7-10	Junior Beginner	Mar 2-Apr 20	Sa	11:30 am-12:30 pm	MKP	\$100
14521	11-15	Beginner Junior	Mar 2-Apr 20	Sa	12:30-1:30 pm	MKP	\$100
14527	18+	Beginner Adult	Mar 2-Apr 20	Sa	1:30-2:30 pm	MKP	\$100

## Jr. Team Tennis

All students must bring one unopened can of tennis balls or \$5 materials fee. This class is for intermediate to advanced players that are at a higher level of play and are currently playing tournaments, high school team tennis, tennis leagues, USTA Junior Team Tennis or aspire to do so. Player must be able to serve, hit forehand and backhand, volley, have an understanding of the court layout, play and score a game of tennis. Focus will be on improving technique, footwork, ball control, stroke production and point construction. Instructor: Leonard Johnson

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
14522	12-16	Jan 5-Feb 23	Sa	2:30-3:30 pm	MKP	\$100
14523	12-16	Mar 2-Apr 20	Sa	2:30-3:30 pm	MKP	\$100

## Youth Volleyball

Fee includes jersey, trophy and picture package. Teams play an eight-game schedule. Coach determines practice day and time. Games are held Saturdays between 9 am-5 pm. Proof of age required at registration. Register 1/21-2/28.

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
14792	7-9	Apr 6-Jun 8	Sa	9 am-5 pm	MKPRC/POPC	\$57R/\$68NR
14793	10-12	Apr 6-Jun 8	Sa	9 am-5 pm	MKPRC/POPC	\$57R/\$68NR
14794	13-16	Apr 6-Jun 8	Sa	9 am-5 pm	MKPRC/POPC	\$57R/\$68NR



# youth sports

## Volleyball FUNdamentals

Bump, set and spike! Learn the fundamentals in this fun and exciting class including digging, hitting, serving and passing.  
Instructor: Staff

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
14563	8-13	Jan 10-Feb 28	Th	4-4:45 pm	POPC	\$27R/\$32NR
14562	8-13	Jan 10-Feb 28	Th	5-5:45 pm	POPC	\$27R/\$32NR

## Mommy/Daddy & Me Soccer

Introduce yourself and your toddler to the world's most popular game. As you and your child participate in our fun, age appropriate activities, your child will develop motor and socialization skills. A variety of activities designed around soccer will be played each week. KLS Rain-out Hotline: 1-888-372-5803. Visit [www.kidzlovesoccer.com](http://www.kidzlovesoccer.com) for more information.  
Instructor: Kidz Love Soccer

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
14476	2-3	Jan 28-Mar 11	M	5:10-5:40 pm	DSP	\$66

## Kidz Love Soccer

Kids aged 3-1/2 to 6 learn the world's most popular sport from professional coaches trained in the Kidz Love Soccer method. Sessions include age-appropriate activities, skill demonstrations, fun games, and instructional scrimmages conducted in a non-competitive, recreational format. Visit [www.kidzlovesoccer.com](http://www.kidzlovesoccer.com) for more information. KLS Rain-out Hotline: 1-888-372-5803.  
Instructor: Kidz Love Soccer

COURSE	AGE	LEVEL	DATE	DAY	TIME	LOC	FEE
14513	5-6	Soccer 1	Jan 28-Mar 11	M	3:10-3:55 pm	DSP	\$66
14512	4-5	Pre	Jan 28-Mar 11	M	3:55-4:30 pm	DSP	\$66
14511	3-4	Tot	Jan 28-Mar 11	M	4:30-5 pm	DSP	\$66

## Pee Wee Soccer

A fun, non-competitive introduction to this popular sport. Students learn to kick, dribble and pass. Fundamental skills and good sportsmanship are emphasized. Instructor: Staff

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
14568	4-5	Mar 5-Apr 23	Tu	4-4:45 pm	POPC	\$27R/\$32NR
14569	6-7	Mar 5-Apr 23	Tu	5-5:45 pm	POPC	\$27R/\$32NR

## Young Champions Youth Soccer

Students learn essential skills and strategy to play winning soccer! Beginner, intermediate and advanced instruction provided. Learn dribbling, passing, trapping, shooting, defending and scoring. Register on site 20 minutes prior to class on the first day or 10 minutes prior to class up to the fourth week. \$6/lesson if entire session is paid in full; \$7/lesson if paid weekly. \$8 registration fee/student/session. Call 714/259-1400 for more information. Instructor: Young Champions

AGE	DATE	DAY	TIME	LOC	FEE
4-6	Jan 26-Apr 6	Sa	9:30-10:10 am	DSP	\$7
7-9	Jan 26-Apr 6	Sa	10:20-11 am	DSP	\$7
10-15	Jan 26-Apr 6	Sa	11:10-11:50 am	DSP	\$7



## Young Champions

### Self-Defense & Safety Awareness

Students learn and practice verbal and physical skills for self-defense against bullies and strangers. Course content includes breakaways, close contact techniques, communication skills and confident posture. Weekly safety awareness information addresses the lures strangers use to attract and abduct children and teens. Students progress in rank and earn their belts. Register on site 20 minutes prior to class the first day or 10 minutes prior up to the fourth week. \$6/lesson if paid in full; \$7/lesson if paid weekly. There is an \$8 registration fee/student/session. Call 714/259-1400 for more information. This class is designed for students new to self-defense. Instructor: Young Champions

AGE	LEVEL	DATE	DAY	TIME	LOC	FEE
4-15	New Students	Jan 22-Apr 2	Tu	5:30-6:10 pm	MKPRC	\$7
4-15	Yellow	Jan 22-Apr 2	Tu	6:15-6:55 pm	MKPRC	\$7
4-15	Purple Belts	Jan 22-Apr 2	Tu	7-7:40 pm	MKPRC	\$7
4-15	Adults	Jan 22-Apr 2	Tu	7:45-8:25 pm	MKPRC	\$7
5-7	New Students	Jan 26-Apr 6	Sa	9-9:40 am	MKPRC	\$7
8-15	New Students	Jan 26-Apr 6	Sa	9:45-10:25 am	MKPRC	\$7
5-15	Yellow Belts	Jan 26-Apr 6	Sa	10:30-11:10 am	MKPRC	\$7
5-15	Orange & Purple	Jan 26-Apr 6	Sa	11:15-11:55 am	MKPRC	\$7
5-15	Green & Above	Jan 26-Apr 6	Sa	12-12:40 pm	MKPRC	\$7
5-7	Adults	Jan 26-Apr 6	Sa	12:45-1:25 pm	MKPRC	\$7
5-7	New Students	Jan 28-Apr 1	M	4:30-5:10 pm	POPC	\$7
8-15	New Students	Jan 28-Apr 1	M	5:15-5:55 pm	POPC	\$7
5-15	Yellow Belts	Jan 28-Apr 1	M	6-6:40 pm	POPC	\$7
5-15	Orange & Above	Jan 28-Apr 1	M	6:45-7:25 pm	POPC	\$7

### Guerra Fencing Studio

Students will learn the sport of fencing, its history and rules. Develop concentration, flexibility, balance, speed and self-esteem while learning one of the most complete sports of all time. \$60 deposit for jacket payable to instructor. Deposit will be refunded upon jacket return at end of session. Instructor: Jose Guerra

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
14620	6-12	Jan 7-28	M	6:30-7:30 pm	MKP	\$70
14621	13+	Jan 7-28	M	7:30-8:30 pm	MKP	\$70
14613	6-12	Jan 9-30	W	6:30-7:30 pm	POPC	\$70
14612	13+	Jan 9-30	W	7:30-8:30 pm	POPC	\$70
14622	6-12	Feb 4-25	M	6:30-7:30 pm	MKP	\$70
14623	13+	Feb 4-25	M	7:30-8:30 pm	MKP	\$70
14615	6-12	Feb 6-27	W	6:30-7:30 pm	POPC	\$70
14614	13+	Feb 6-27	W	7:30-8:30 pm	POPC	\$70
14624	6-12	Mar 4-25	M	6:30-7:30 pm	MKP	\$70
14625	13+	Mar 4-25	M	7:30-8:30 pm	MKP	\$70
14616	6-12	Mar 6-27	W	6:30-7:30 pm	POPC	\$70
14617	13+	Mar 6-27	W	7:30-8:30 pm	POPC	\$70
14626	6-12	Apr 1-22	M	6:30-7:30 pm	MKP	\$70
14627	13+	Apr 1-22	M	7:30-8:30 pm	MKP	\$70
14618	6-12	Apr 3-24	W	6:30-7:30 pm	POPC	\$70
14619	13+	Apr 3-24	W	7:30-8:30 pm	POPC	\$70

### Mini Musketeers Fencing Academy

This introductory fencing program for boys and girls uses safe plastic swords qualified by European Fencing Federation for youth fencing practices. Fencing promotes hand/eye coordination, balance, concentration, interpersonal skills and confidence. Students wear sweat pants, long-sleeve shirts and sneakers. \$10 equipment rental fee payable to instructor. Register early, class is limited to 12 students! For more information visit [www.thrustfencing.com](http://www.thrustfencing.com) Instructor: Thrust Fencing Studio

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
14780	6-12	Jan 12-Feb 16	Sa	9-10 am	POPC	\$60
14781	6-12	Mar 9-Apr 13	Sa	9-10 am	POPC	\$60

## Melanie's Dance Studio BALLET & TAP

### MONDAY CLASSES

4:00-4:45 pm Ages 4-5 years old  
5:00-5:45 pm Ages 6-12 years old

### TUESDAY CLASSES

3:30-4:15 pm Ages 3-4 years old  
4:30-5:15 pm Ages 5-6 years old  
5:30-6:15 pm Ages 7-12 years old

### THURSDAY CLASSES

3:30-4:15 pm Ages 3-4 years old  
4:30-5:15 pm Ages 5-6 years old

*Your child will be introduced to the wonderful world of dance in our year 'round tap/ballet combo classes.*

*Classes fill quickly - register January 2, 4-6 pm at Palmdale Oasis Recreation Center*



Classes are held at Palmdale Oasis Recreation Center 3850 E. Avenue S, Palmdale

To register, please call Miss Melanie at 661/202-0090 or 661/272-1889

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TU-TH. 10:30 AM-7 PM • FRI-SAT. 10:30 AM-8 PM • SUN. 11 AM-5 PM

# aquatics



## Lifeguard Academy

If you want a fantastic summer job that is challenging and requires concentration with an ability to respond to emergency situations, become a lifeguard! Lifeguard Academy participants who successfully complete requirements will receive American Red Cross Lifeguarding certifications. Successful completion of the Lifeguard Academy guarantees an interview to become a City of Palmdale lifeguard upon completion of employment application and pre-screening test during recruitment period. Course fees include textbooks and supplies. Participants must possess the ability to swim 300 yards continuously prior to the first day of course. If participants are unable to pass the swim test they will be removed from the course and their registration fee will be fully refunded. Mandatory participant meeting Wednesday, February 20, at 6 pm at Marie Kerr Pool. **PLEASE NOTE—ALL LIFEGUARD CANDIDATES WHO WISH TO APPLY FOR A JOB MUST BE 17 YEARS OF AGE BY MAY 1, 2013.** Additional \$35 fee for certificates due the day of test and a pocket mask must be purchased by the participant. Instructor: Staff

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
14465	16+	Mar 1-17	F Sa, Su	6-9 pm 9 am-4 pm	MKP	\$80R/\$96NR

## Adult Lap Swim

This low impact, full body workout will help you reach your fitness goals. **NOTE:** Youth ages 12-15 must be accompanied by an adult. You must obtain an Aqua Pass (see pg. 13) to participate. Times and location are subject to change.

AGE	DATE	DAY	TIME	LOC	FEE
12+	Jan 2-Apr 26	W-F, M-W	12-2 pm	MKP	\$3R/\$4NR
12+	Jan 2-Apr 26	W-F, M-W	12-2 pm	POP	\$3R/\$4NR
12+	Jan 2-14	W, F, M	6-9 pm	MKP	\$3R/\$4NR
12+	Jan 2-14	W, F, M	6-9 pm	POP	\$3R/\$4NR
12+	Jan 21-Apr 26	M, W, F	7:30-9 pm	MKP	\$3R/\$4NR
12+	Jan 21-Apr 26	M, W, F	7:30-9 pm	POP	\$3R/\$4NR

## Senior Citizen Swim

Seniors, grab your suit and towel and head to the pool for a refreshing, therapeutic swim.

AGE	DATE	DAY	TIME	LOC	FEE
55+	Apr 1-26	M-F	11 am-12 pm	MKP	\$1.50

## Water Resistance Exercise

Join us in the shallow end of Oasis Park Pool for fun and exercise. This course will provide a workout for all levels of water exercise enthusiasts with the goal for providing training while reducing the impact on your body. Must be 15 years old to participate. Children under 16 must be accompanied by an adult registered in the class.

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
14661	15+	Mar 19-Apr 11	Tu, Th	6:30-7:30 pm	POP	\$24R/\$32NR
14662	15+	Apr 16-May 9	Tu, Th	6:30-7:30 pm	POP	\$24R/\$32NR





## RECYCLE USED OIL

*It's good  
for everyone!*

- To find the nearest Certified Collection Center, please call **888/CLEANLA** or visit **www.cleanla.com**
- For Free collection from your home (1 per year), please visit **www.cleanla.com** or **www.AtYourDoor@WM.com** or call **800/HHW-PKUP**
- Take your used oil to **AVECC**, 1200 West City Ranch Road. Hours: 9 AM-3PM, first & third Saturday of every month.





# fitness

## Exercise Ballet

Students get a total body workout by strengthening muscles and developing flexibility and stamina. Instructor: Erin Hvegholm

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
14762	12+	Jan 8-Mar 26	Tu	5:30-6:30 pm	PPH	\$80
14766	12+	Apr 2-Jun 18	Tu	5:30-6:30 pm	PPH	\$80

## Jazzercise

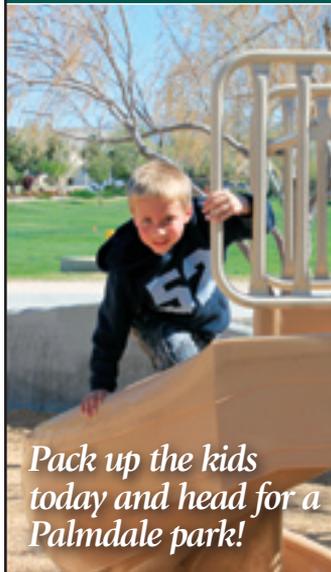
Burn up to 600 calories in one fun and powerfully effective 60-minute total body workout. Each class combines dancebased cardio with strength training and stretching to sculpt, tone and lengthen muscles. Jazzercise is a fusion of jazz dance, resistance training, pilates, yoga and kick-boxing. Start dancing yourself fit and change the shape of your body TODAY! **Access to all Jazzercise classes M-TH is \$39/mo. Bring mat and hand weights. Please call parks and recreation at 267-5611 to register for all access classes.** Instructor: Joanne Harris

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
14728	15+	Jan 7-30	M, W	9:15-10:15 am	MKPRC	\$25
14596	15+	Jan 7-31	M-Tu, Th	6:30-7:30 pm	MKPRC	\$33
14729	15+	Feb 4-27	M, W	9:15-10:15 am	MKPRC	\$25
14597	15+	Feb 4-28	M-Tu, Th	6:30-7:30 pm	MKPRC	\$33
14730	15+	Mar 4-27	M, W	9:15-10:15 am	MKPRC	\$25
14598	15+	Mar 4-28	M-Tu, Th	6:30-7:30 pm	MKPRC	\$33
14731	15+	Apr 1-24	M, W	9:15-10:15 am	MKPRC	\$25
14599	15+	Apr 1-25	M-Tu, Th	6:30-7:30 pm	MKPRC	\$33



## America's Backyard: Make Parks Yours

*Our parks are critical to the health of our community.*



Kids who regularly spend unstructured time outside:

- Play more creatively
- Have lower stress levels
- Have more active imaginations
- Become fitter and leaner
- Develop stronger immune systems
- Experience fewer ADD and ADHD symptoms
- Have greater respect for themselves, others and the environment

Source: GreenHour.org

*Pack up the kids today and head for a Palmdale park!*

Palmdale has 12 parks with 9 playgrounds, perfect for unstructured outdoor play.

Learn more about America's Backyard – a campaign for those who love their local parks and recreation programs.



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



CITY OF PALMDALE  
PARKS & RECREATION

A Program of the National Recreation and Park Association



HEALTH BENEFITS OF PARKS & RECREATION

# Great cities have healthy families

With nearly half of Americans overweight and a third obese,<sup>1</sup> the stakes have never been higher. Our parks are critical to the health of our community. But the health benefits of parks and community recreation programs go well beyond the fight against obesity. They provide daily opportunities for social contact, increased connectedness and well-being, as well as increased physical activity.

- Parks are the ideal environment to be physically active, and increased access to parks is proven to promote physical activity among children and adolescents. Parks also provide recreational experiences, opportunities to learn and grow, and places of quiet refuge.<sup>3</sup>
- Kids are healthier, happier and have better social skills when they have frequent opportunities for free and unstructured outdoor play. Parks provide the ideal setting for kids to connect with the outdoors, promoting physical and emotional health.<sup>3</sup>
- Families that play together stay together. Children and youth remain connected to parents, and parents who share leisure interests are more likely to stay together.<sup>2</sup>
- Well-maintained parks preserve green and open spaces, improve our air quality, and nurture an important connection to nature that experts believe is essential to health and wellness.<sup>4</sup>

Investing in parks, recreation facilities & programs is good for your health

**Parks  
Make  
Life  
Better!**

## Parks, recreation, fitness, sports and active living:

- Help people live longer, adding up to two years to life expectancy<sup>2</sup>
- Reduce the risk of coronary heart disease and stroke<sup>2</sup>
- Combat osteoporosis and diabetes<sup>2</sup>
- Help prevent site specific cancers, particularly of the colon, breast and lungs<sup>2</sup>
- Help prevent and rehabilitate back problems, which affect 25% of adults<sup>2</sup>
- Reduce stress and depression while contributing to emotional and psychological well-being<sup>2</sup>
- Enhance overall health and well-being<sup>2</sup>
- Prolong independent living by shortening age-related disease and impairment, keeping seniors vital and involved in community life<sup>2</sup>

<sup>1</sup>Centers for Disease Control and Prevention, <sup>2</sup>Missoula Measures, <sup>3</sup>Let's Move, <sup>4</sup>National Recreation and Park Association

# visual & performing arts



## Primary/Pre Ballet II

Children continue to learn the fundamentals of dance movement. Requires previous attendance in Primary/Pre Ballet I.

Instructor: Heather Benes

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
14751	5-7	Jan 8-Mar 26	Tu	3:30-4:15 pm	PPH	\$75
14768	5-7	Apr 2-Jun 18	Tu	3:30-4:15 pm	PPH	\$75

## Primary/Pre Ballet I

Students develop competencies in musicality, rhythm, balance, coordination, creativity and locomotor skills through movement.

Instructor: Heather Benes

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
14755	5-6	Jan 10-Mar 28	Th	3-4 pm	PPH	\$75
14772	5-6	Apr 4-Jun 20	Th	3-4 pm	PPH	\$75

## Basic Ballet

Requires successful completion of beginning ballet course work. The student increases his/her knowledge of classical ballet skills. Class includes barre technique and center work. Performance skills and etiquette are emphasized. Instructor: Heather Benes

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
14753	8+	Jan 8-Mar 26	Tu	5:45-6:45 pm	PPH	\$80
14770	8+	Apr 2-Jun 18	Tu	5:45-6:45 pm	PPH	\$80

## Basic Ballet/Low Intermediate

A traditional classical ballet class which includes barre and center work. Requires consent of instructor to enroll. Competency in basic ballet technique is required, including port de bras, Adagio, enchainment, petit and grand allegro, and pirouettes.

Instructor: Heather Benes

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
14757	9+	Jan 10-Mar 28	Th	5:15-6:15 pm	PPH	\$80
14774	9+	Apr 4-Jun 20	Th	5:15-6:15 pm	PPH	\$80

## Beginning Ballet Ages 7-10

Students learn the formal skills and vocabulary of classical ballet as appropriate for their age and physical development. Class incorporates center barre technique, performance skills and class and stage etiquette in a structured class environment.

Instructor: Heather Benes

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
14756	7-10	Jan 10-Mar 28	Th	4-5 pm	PPH	\$80
14773	7-10	Apr 4-Jun 20	Th	4-5 pm	PPH	\$80

## Beginning Ballet Ages 10+

Students learn the formal skills and vocabulary of classical ballet as appropriate for their age and physical development. Class incorporates center barre technique, performance skills and class and stage etiquette in a structured class environment.

Instructor: Heather Benes

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
14752	10-14	Jan 8-Mar 26	Tu	4:30-5:30 pm	PPH	\$80
14769	10-14	Apr 2-Jun 18	Tu	4:30-5:30 pm	PPH	\$80



## Intermediate/Advance Ballet

A traditional ballet class which includes barre and center work. Competency in basic ballet technique is required including port de bras, Adagio, enchainment, petit and grand allegro.

Instructor: Heather Benes

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
14754	12+	Jan 8-Mar 26	Tu	7-8:30 pm	PPH	\$90
14771	12+	Apr 2-Jun 18	Tu	7-8:30 pm	PPH	\$90

## Intermediate/Advanced Ballet Plus Pointe

Classical ballet technique class with pointe. Must have consent of instructor and current attendance in intermediate ballet class.

Instructor: Heather Benes

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
14758	12+	Jan 10-Mar 28	Th	6:30-8:30 pm	PPH	\$90
14775	12+	Apr 4-Jun 20	Th	6:30-8:30 pm	PPH	\$90

## Get Into Tap

Class teaches the fundamentals of sound, rhythm and coordination, from classical style to the new craze of rhythm tap.

Instructor: Erin Hvegholm

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
14750	6-11	Jan 7-Mar 25	M	4-5 pm	PPH	\$80
14759	6-11	Apr 1-Jun 17	M	4-5 pm	PPH	\$80

## Tap for Fun

Students will review all basic tap steps and study new vocabulary, acapella combinations and improvisation. Tap dance builds aerobic fitness and muscle control in a fun environment.

Instructor: Erin Hvegholm

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
14761	12+	Jan 7-Mar 25	M	6:30-7:30 pm	PPH	\$80
14765	12+	Apr 1-Jun 24	M	6:30-7:30 pm	PPH	\$80

## Ballet & Tap Introduction

Step into dance! Your child will join a class full of fun and positive energy. Format includes technique, rhythm, locomotion and sharing. Instructor handles optional costume purchase for performances. Instructor: Melineh Alahverdian

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
14664	4-5	Jan 9-Feb 27	W	3:30-4:15 pm	MKPRC	\$60
14665	6-12	Jan 9-Feb 27	W	4:30-5:15 pm	MKPRC	\$60
14666	4-5	Mar 6-Apr 24	W	3:30-4:15 pm	MKPRC	\$60
14667	6-12	Mar 6-Apr 24	W	4:30-5:15 pm	MKPRC	\$60

## Jazz Dancing

Jazz dancing is energetic and fun, consisting of unique moves, fancy footwork, big leaps and quick turns. Class features warm-ups, strengthening, floor and barre work.

Instructor: Erin Hvegholm

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
14763	12+	Jan 8-Mar 26	Tu	6:30-7:30 pm	PPH	\$80
14767	12+	Apr 2-Jun 18	Tu	6:30-7:30 pm	PPH	\$80

# CREATIVE INSTRUCTORS WANTED

The City of Palmdale is looking for qualified contract instructors to submit proposals to potentially teach a variety of classes and programs. If you have a hobby or the passion to teach others, this is an opportunity for you! Class instructors need to submit a proposal and qualifications to teach a range of classes, such as dance, crafts, infant and toddler activities, fitness, foreign and sign language, music, and theater arts. Programs may be designed for preschoolers, school age children, teens, adults, families and seniors.

If you are interested in offering services please visit the City's website at [www.cityofpalmdale.org](http://www.cityofpalmdale.org) to download a proposal form, contact parks and recreation at 661/267-5611 or email [contractclasses@cityofpalmdale.org](mailto:contractclasses@cityofpalmdale.org).

Proposal deadline is February 11, 2013.



# visual & performing arts



## Jazz for Kids

Class teaches kids improvised rhythmic dancing and a variety of theatrical dance styles. Instructor: Erin Hvegholm

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
14760	7-11	Jan 7-Mar 25	M	5:15-6:15 pm	PPH	\$80
14764	7-11	Apr 1-Jun 10	M	5:15-6:15 pm	PPH	\$80

## Palmdale Concert Orchestra

Student must audition for class, call 267-5684 for information. Rehearsals are geared toward intermediate level musicians and offer a creative outlet for local musicians. Instructor: Patricia Graham

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
14777	7+	Jan 9-May 22	W	6:15-7:45 pm	PPH	\$95

## Palmdale Flute Choir

A course designed to rehearse and perform flute choir repertoire for intermediate to advanced students. Must have at least one year experience with their instrument. Instructor: Patricia Graham

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
14779	7+	Feb 2-May 18	Sa	10-11:30 am	PPH	\$90

## Palmdale String Orchestra

Student must audition for class; call 267-5684 for information. Rehearsals assist beginning musicians with the basics of learning to play in an orchestra setting. Must have one year experience with their instrument. Instructor: Patricia Graham

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
14749	7+	Jan 9-May 22	W	5-6 pm	PPH	\$95

## Palmdale Symphonic Orchestra

Student must audition for class; call 267-5684 for information. Rehearsals welcome more advanced musicians and offer a creative outlet for local musicians. Instructor: Patricia Graham

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
14778	7+	Jan 9-May 15	W	8-9:30 pm	PPH	\$95

## Palmdale Wind Ensemble

Student must audition for class; call 267-5684 for information. Rehearsals assist beginning musicians with the basics of learning to play in an orchestra setting. Student must have at least one year experience with their instrument. Instructor: Patricia Graham

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
14776	7+	Jan 9-May 29	W	5-6 pm	PPH	\$95



## Swordplay for Teens

Swordplay with padded boffer swords, basic combat choreography and rules for fair fighting will be taught in this interactive class! Focus on etiquette, gentlemanly behavior and safety first. Social skills, fair play and group interaction! \$10 materials fee for sword payable to instructor. Instructor: Wayne Crews

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
14741	10-17	Jan 7-28	M	6-7 pm	PPH	\$45
14742	10-17	Feb 4-25	M	6-7 pm	PPH	\$45
14743	10-17	Mar 4-25	M	6-7 pm	PPH	\$45
14744	10-17	Apr 1-22	M	6-7 pm	PPH	\$45

## Adult Acting Class

Start your training by building a solid foundation. Learn the building blocks of professional acting technique, become comfortable in front of an audience, and utilize your mind, voice, and body to communicate truth on stage. This class is designed for full group participation as well as individual scene study. \$40 materials fee payable to the instructor. Instructor: James Goins

COURSE	AGE	LEVEL	DATE	DAY	TIME	LOC	FEE
14737	18+	Class I	Jan 8-Feb 26	Tu	7-8:30 pm	PPH	\$90
14739	18+	Class II	Jan 10-Feb 28	Th	7-8:30 pm	PPH	\$90
14738	18+	Class I	Mar 5-Apr 23	Tu	7-8:30 pm	PPH	\$90
14740	18+	Class II	Mar 7-Apr 25	Th	7-8:30 pm	PPH	\$90

## Theatre Arts Level 1

Classes will provide exposure to a variety of theatre fundamentals. Students will learn about the people and skills involved in a theatre production and how it all comes together to create 'the magic of theatre'. This course is designed for students who have had little or no theatre experience. It will provide all the basics of theatre: acting fundamentals, theatre etiquette, auditioning techniques, projection and voice control, creating a character and scene analysis.

Instructor: Staff

COURSE	AGE	LEVEL	DATE	DAY	TIME	LOC	FEE
14747	10-16	Level 1	Jan 14-May 6	M	6-6:45 pm	PPH	\$70R/\$90NR

## Theatre Arts Level 2- The Theatre Experience

Prerequisite class, attendees must have previous experience. Experience may include: Level 1 class, school, church or other verifiable community theatre experience. This is a performance level class. Instructor: Staff

COURSE	AGE	LEVEL	DATE	DAY	TIME	LOC	FEE
14748	13-18	Level 2	Jan 14-May 6	M	7-8:30 pm	PPH	\$70R/\$90NR

**Parks  
Make  
Life  
Better!**



## How Palmdale Parks Make Your Life Better!

We recently asked residents how Palmdale parks make their life better and to submit a photo in one of the following themes: 1) **Play**– safe, outdoor space; 2) **Nature**– beauty and serenity; 3) **Exercise**– healthy movement; 4) **Positive Spaces**– free-time fun; 5) **Gathering Places**– socializing and learning; 6) **Forever**– valued today and forever.

Although we received many beautiful photos and after much difficult deliberation by City staff we are happy to announce that **James Stamsek's** photo has been chosen to grace the cover of the winter/spring Palmdale Magazine.

However since there were so many beautiful photos submitted staff selected the following for honorable mention that best represented themes of Parks Make Life Better:

### HONORABLE MENTION



- 1) Linda Ruiz, 2) Randy Pimentel, 3) Javaun Bruins, 4) Cynthia Felts, 5) Gilbert Barajas



Award-winning  
CITY OF PALMDALE

**Parks•Recreation  
& Special Events**

# visual & performing arts



## Young Champions Art & Illustration

Students learn the fundamentals of art and illustration. Participants will expand creativity and imagination, learn drawing and painting methods, and strengthen individual and group skills. Learn to draw anime and other forms of cartooning! Register on site 20 minutes prior to first class or 10 minutes prior up to the fourth week. \$6/lesson if paid in full; \$7/lesson if paid weekly. \$8 registration fee/student/session. Call 714/259-1400 for more information. Instructor: Young Champions

AGE	LEVEL	DATE	DAY	TIME	LOC	FEE
4-7	All Students	Jan 28-Apr 1	M	5:30-6:10 pm	MKPRC	\$7
8-9	All Students	Jan 28-Apr 1	M	6:15-6:55 pm	MKPRC	\$7
10-15	All Students	Jan 28-Apr 1	M	7-7:40 pm	MKPRC	\$7

## Belly Dance-Tribal Fusion & ATS for Beginners

Learn the beautiful art of belly dance. Students will learn by drilling basic belly dance moves and combinations of American Tribal Style belly dance (ATS) in the FCBD format. Using slow movements and fast steps while focusing on group improvisation to get you dancing in your first class. Isolations, strengthening, drills, technique and an introduction to zills (finger cymbals). Geared toward the new student, this class is also for continuing students for refinement, and establishes a strong foundation. Performance opportunities available. Instructor: Dana Adoptante

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
14646	12+	Jan 10-31	Th	7:45-8:45 pm	MKPRC	\$35
14647	12+	Feb 7-28	Th	7:45-8:45 pm	MKPRC	\$35
14648	12+	Mar 7-28	Th	7:45-8:45 pm	MKPRC	\$35
14649	12+	Apr 4-25	Th	7:45-8:45 pm	MKPRC	\$35

## Discovering Dance

Your child will be introduced to the wonderful world of dance in this combination tap and ballet class. Students will learn basic tap and ballet through age appropriate music and instruction. Tap and ballet shoes are required. Instructor: Keri Sullivan/Dance Evolutions

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
14600	2	Jan 8-29	Tu	9-9:30 am	POPC	\$30
14601	3	Jan 8-29	Tu	9:30-10:15 am	POPC	\$30
14602	4	Jan 8-29	Tu	10:15-11 am	POPC	\$30
14603	2	Feb 5-26	Tu	9-9:30 am	POPC	\$30
14604	3	Feb 5-26	Tu	9:30-10:15 am	POPC	\$30
14605	4	Feb 5-26	Tu	10:15-11 am	POPC	\$30
14606	2	Mar 5-26	Tu	9-9:30 am	POPC	\$30
14607	3	Mar 5-26	Tu	9:30-10:15 am	POPC	\$30
14608	4	Mar 5-26	Tu	10:15-11 am	POPC	\$30
14609	2	Apr 9-30	Tu	9-9:30 am	POPC	\$30
14610	3	Apr 9-30	Tu	9:30-10:15 am	POPC	\$30
14611	4	Apr 9-30	Tu	10:15-11 am	POPC	\$30



## Introduction to Children's Dance

Learn basic tap and ballet steps as well as rhythm while boosting self-confidence. This class is a fun way to increase and improve flexibility. Instructor handles optional costume purchase for performances. Tap and ballet shoes are required.

Instructor: Kerry Montesdeoca

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
14588	3-4	Jan 8-29	Tu	4-4:45 pm	MKPRC	\$35
14589	5-7	Jan 8-29	Tu	4:45-5:30 pm	MKPRC	\$35
14590	3-4	Feb 5-26	Tu	4-4:45 pm	MKPRC	\$35
14591	5-7	Feb 5-26	Tu	4:45-5:30 pm	MKPRC	\$35
14592	3-4	Mar 5-26	Tu	4-4:45 pm	MKPRC	\$35
14593	5-7	Mar 5-26	Tu	4:45-5:30 pm	MKPRC	\$35
14594	3-4	Apr 2-23	Tu	4-4:45 pm	MKPRC	\$35
14595	5-7	Apr 2-23	Tu	4:45-5:30 pm	MKPRC	\$35

## Young Champions Hip-Hop Dance

This is a fun, high-energy class where students learn the fundamentals of hip-hop and modern dance. Popular with both girls and boys, this program promotes artistic expression, movement, and teamwork in a fun, musical environment.

Participants are invited to participate in state competition.

Register 20 minutes prior to the first class or 10 minutes prior up to the fourth week. \$6/lesson if paid in full; \$7/lesson if paid weekly. \$8 registration fee/student/session. Call 714/259-1400 for more information. Instructor: Young Champions

AGE	DATE	DAY	TIME	LOC	FEE
6-7	Jan 23-Apr 10	W	5:30-6:10 pm	MKPRC	\$7
8-9	Jan 23-Apr 10	W	6:15-6:55 pm	MKPRC	\$7
10+	Jan 23-Apr 10	W	7-7:40 pm	MKPRC	\$7

## Young Champions Cheerleading

Students learn arm motions, formations, voice projection, cheers, chants and dance movements taught by experienced coaches, and cheering skills progress with each consecutive session. All students are invited to participate in a performance at the end of the session. Register on site 20 minutes prior to first class or 10 minutes prior up to the fourth week. \$6/lesson if paid in full; \$7/lesson if paid weekly. \$8 registration fee/student/session. Call 714/259-1400 for more information. Instructor: Young Champions

AGE	LEVEL	DATE	DAY	TIME	LOC	FEE
4-7	New & Stars	Jan 24-Apr 4	Th	4:30-5:10 pm	MKPRC	\$7
8-15	New & Stars	Jan 24-Apr 4	Th	5:15-5:55 pm	MKPRC	\$7
5-15	Stars & Juniors	Jan 24-Apr 4	Th	6-6:40 pm	MKPRC	\$7
5-15	Pro & Elite	Jan 24-Apr 4	Th	6:45-7:25 pm	MKPRC	\$7



# Martha Flores

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## After School Tutoring and Homework Help

This exciting new program offers homework help, additional tutoring in weak areas, and enrichment activities to students grades 2-8. Enrichment activities support the student's development of higher-level thinking skills through project based learning, public speaking, technology and writing. Additional activities include hands-on science investigation, music and art appreciation, and much more! Instructor: Deborah Sinness

COURSE	GRADE	DATE	DAY	TIME	LOC	FEE
14732	2nd-8th	Jan 7-Feb 1	M-F	3-5:30 pm	DSP	\$180
14733	2nd-8th	Feb 4-Mar 1	M-F	3-5:30 pm	DSP	\$180
14734	2nd-8th	Mar 4-29	M-F	3-5:30 pm	DSP	\$180
14735	2nd-8th	Apr 1-26	M-F	3-5:30 pm	DSP	\$180

## GED Prep

Students will learn practical strategies and helpful tips for the five main areas of the GED: math, reading, writing, social studies and science. They will practice fundamental skills and review key concepts, in addition to learning research-based test-taking strategies. Instructor: Deborah Sinness

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
14634	18+	Jan 7-30	M, W	6-7:30 pm	MKPRC	\$69
14635	18+	Feb 4-27	M, W	6-7:30 pm	MKPRC	\$69
14636	18+	Mar 4-27	M, W	6-7:30 pm	MKPRC	\$69
14637	18+	Apr 1-24	M, W	6-7:30 pm	MKPRC	\$69

## Italian for Travelers

This class will familiarize students with the Italian culture and customs, to prepare for basic communication while traveling in Italy. Instructor: Rosaria Minneci-Campanile

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
14638	15+	Jan 5-26	Sa	2-3:30 pm	MKPRC	\$80
14639	15+	Feb 2-23	Sa	2-3:30 pm	MKPRC	\$80
14640	15+	Mar 2-23	Sa	2-3:30 pm	MKPRC	\$80
14641	15+	Apr 6-27	Sa	2-3:30 pm	MKPRC	\$80

## Scrapbooking

Students will learn the ease and fun of scrapbooking by following five simple steps! 1. Choose your theme; 2. Power layout; 3. Crop your photos; 4. Decorate/enhance; 5. Mount/journal. Enhance your scrapbooking skills and challenge your creative ideas by taking the advanced class. Instructor: Linda Olson

COURSE	AGE	LEVEL	DATE	DAY	TIME	LOC	FEE
14642	18+	Basic	Jan 3-31	Th	10 am-12 pm	MKPRC	\$48
14643	18+	Advanced	Feb 7-28	Th	10 am-12 pm	MKPRC	\$48
14644	18+	Basic	Mar 7-28	Th	10 am-12 pm	MKPRC	\$48
14645	18+	Advanced	Apr 4-25	Th	10 am-12 pm	MKPRC	\$48



## Fabulous Faux: Classic–Tuscan–Metallics

A professional faux painter shares her secret tricks of the trade so you can create your own spectacular walls. Quickly create a variety of looks—suede, marble, granite, southwest rustic or old world Tuscan. Learn how to rescue a wall from disaster, make your own glaze and more. Bring a paint shirt. \$29 materials fee payable to instructor. \$10 discount if participant also registers for Fabulous Faux Suede. Call parks and recreation to receive discount. Visit [www.twistonwalls.com](http://www.twistonwalls.com) for more information.

Instructor: Linda Coffman

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
14508	18+	Jan 19	Sa	9:30 am-12 pm	MKPRC	\$30

## Fabulous Faux: Suede–Rustic–Modern

Create looks like leather, how to paint western or southern walls, contemporary and children's rooms. Bring a paint shirt. \$10 discount if participant also registers in Fabulous Faux Metallics. Call parks and recreation to receive discount. Visit [www.twistonwalls.com](http://www.twistonwalls.com) for more information.

Instructor: Linda Coffman

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
14510	18+	Jan 19	Sa	1-3:30 pm	MKPRC	\$30

## How to Play Piano by Ear

A very practical presentation of music theory that includes predicting chord progressions, learning from recordings, and transposing, all expressed in everyday language. This is an ideal follow-up to 'Instant Piano' and is open to anyone who has a basic understanding of chords on any instrument. \$29 material fee payable to instructor. \$10 discount if participant also registers for Instant Piano; call parks and recreation to receive discount. Instructor: Craig Coffman

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
14504	18+	Jan 19	Sa	1-3:30 pm	MKPRC	\$30

## Instant Piano for Hopelessly Busy People

In just a few hours you can learn enough secrets of the trade to give you years of musical enjoyment. While regular piano teachers teach note reading, piano professionals use chords. And you can learn all the chords you'll need to play any song in this one session. Beginners can request a free pamphlet by sending a SASE to Innovative Keyboard Instruction, 2841 S. Southwind Dr., Gilbert, AZ 85295. \$29 material fee payable to instructor. \$10 discount if participant also registers for How to Play Piano by Ear; call parks and recreation to receive discount.

Instructor: Craig Coffman

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
14506	18+	Jan 19	Sa	9 am-12 pm	MKPRC	\$30

## Instant Guitar for Hopelessly Busy People

In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment. This crash course will teach you some basic chords and get you playing along with your favorite songs. Bring your acoustic guitar. \$29 materials fee payable to instructor. Visit [www.instantguitar.com](http://www.instantguitar.com) for more information. Instructor: Craig Coffman

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
14479	18+	Jan 18	F	6:30-9 pm	MKPRC	\$30

 Online registration available at  
[www.cityofpalmdale.org/playpalmdale](http://www.cityofpalmdale.org/playpalmdale)

Registration for most programs begins on January 2

# THE JIMENEZ LAW GROUP

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\*We are a debt relief agency. We help people file for bankruptcy relief under the bankruptcy code.  
\*\*Making a false or fraudulent material statement or material representation for the purpose of obtaining or denying a workers' compensation claim or benefits is a felony subject to up to 5 years in prison or a fine of up to \$50,000 or double the value of the fraud, whichever is greater, or by both imprisonment and fine.



# early childhood

## Tiny Tots Registration Information

Session 3 – Participants may register in an open class at any time during the session, however, fees are not pro-rated. A birth certificate is required at registration. Children must be minimum 3 years old by December 2, 2012 to register for Twinkling Stars, or minimum of 4 years old by December 2, 2012 for Blazing Comets. Enrollment is limited to 20 per class. Participants may not enroll in more than one class per session.

Registration begins **February 18** for Desert Sands and Marie Kerr park locations, and **March 4** for Palmdale Oasis Park.

### Tiny Tots

This program offers recreational curriculum for children ages 3-5 years. Your child will build social skills and independence while being introduced to the alphabet, numbers, colors and shapes in a developmentally appropriate environment. Children should be fully potty-trained and accustomed to parental separation. During two classes in the session, parents are required to assist, provide a snack and a simple hands-on craft project. Sibling discount available for each session. Instructor: Staff

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
<b>Blazing Comets</b>						
14714	4-5	Feb 25-May 31	M, W, F	9 am-12 pm	MKPRC	\$240R/\$288NR
14716	4-5	Feb 25-May 31	M, W, F	9 am-12 pm	DSP	\$240R/\$288NR
14715	4-5	Mar 11-Jun 7	M, W, F	9 am-12 pm	POPC	\$240R/\$288NR
<b>Twinkling Stars</b>						
14717	3-4	Feb 26-May 30	Tu, Th	10 am-12 pm	MKPRC	\$120R/\$144NR
14719	3-4	Feb 26-May 30	Tu, Th	10 am-12 pm	DSP	\$120R/\$144NR
14718	3-4	Mar 12-Jun 6	Tu, Th	10 am-12 pm	POPC	\$120R/\$144NR

## Lunch Box Tots

For children currently enrolled in Tiny Tots; pack her/his lunch once each week and she/he can stay and play when class is over! Children have lunch with friends, listen to stories and enjoy music while parents have time for errands or just an afternoon off. You cannot register for this program online. Please call the parks and recreation to register.

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
14723	3-4	Feb 26-May 28	Tu	12-1 pm	MKPRC	\$36R/\$32R
14725	3-4	Feb 26-Jun 4	Tu	12-1 pm	DSP	\$36R/\$32R
14724	3-4	Mar 12-Jun 4	Tu	12-1 pm	POPC	\$36R/\$32R
14720	4-5	Feb 27-May 29	W	12-1 pm	MKPRC	\$36R/\$32R
14722	4-5	Feb 27-May 29	W	12-1 pm	DSP	\$36R/\$32R
14721	4-5	Mar 13-Jun 5	W	12-1 pm	POPC	\$36R/\$32R



## Adventures with Food

Experiment and create crafts with various types of food. Some projects might be good enough to eat! It is recommended children wear old clothing. Parent participation is required.

Instructor: Staff

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
14558	2-4	Mar 8-29	F	11-11:45 am	POPC	\$19R/\$23NR
14559	2-4	Apr 5-26	F	11-11:45 am	POPC	\$19R/\$23NR

## Games to Grow On

Does your tot have energy to spare? Staff provide organized games and activities for toddlers in a fun and safe environment. Parent participation is required. Instructor: Staff

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
14546	2-3	Jan 9-30	W	9-9:45 am	POPC	\$14R/\$17NR
14542	2-3	Jan 9-30	W	10-10:45 am	POPC	\$14R/\$17NR
14538	3-5	Jan 9-30	W	11-11:45 am	POPC	\$14R/\$17NR
14547	2-3	Feb 6-27	W	9-9:45 am	POPC	\$14R/\$17NR
14543	2-3	Feb 6-27	W	10-10:45 am	POPC	\$14R/\$17NR
14539	3-5	Feb 6-27	W	11-11:45 am	POPC	\$14R/\$17NR
14548	2-3	Mar 6-27	W	9-9:45 am	POPC	\$14R/\$17NR
14544	2-3	Mar 6-27	W	10-10:45 am	POPC	\$14R/\$17NR
14540	3-5	Mar 6-27	W	11-11:45 am	POPC	\$14R/\$17NR
14549	2-3	Apr 3-24	W	9-9:45 am	POPC	\$14R/\$17NR
14545	2-3	Apr 3-24	W	10-10:45 am	POPC	\$14R/\$17NR
14541	3-5	Apr 3-24	W	11-11:45 am	POPC	\$14R/\$17NR

## Infant Massage

To provide parents/caregivers with techniques on how to interact with their infants through massage. Sessions will provide information on attachment/bonding and the benefits of infant massage. Parents must bring pillow and blanket for infant.

Instructor: Lourdes Rocha

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
14630	15+	Jan 5-26	Sa	11 am-12 pm	MKPRC	\$40
14631	15+	Feb 2-23	Sa	11 am-12 pm	MKPRC	\$40
14632	15+	Mar 2-23	Sa	11 am-12 pm	MKPRC	\$40
14633	15+	Apr 6-27	Sa	11 am-12 pm	MKPRC	\$40

## Kids Korner

A wonderful introduction to the social world for your toddler. Class offers crafts, music, circle time and socialization. Parents are encouraged to stay and play. A parent/guardian must stay if child is not potty-trained or accustomed to parental separation.

Instructor: Staff

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
14691	2-3	Jan 8-29	Tu	9:30-11 am	POPC	\$29R/\$35NR
14692	2-3	Feb 5-26	Tu	9:30-11 am	POPC	\$29R/\$35NR
14693	2-3	Mar 5-26	Tu	9:30-11 am	POPC	\$29R/\$35NR
14694	2-3	Apr 2-23	Tu	9:30-11 am	POPC	\$29R/\$35NR

## Kinder Korner

Preschoolers participate in circle time, music play, craft projects and free-play activities. Parents are encouraged to stay and play. A parent/guardian must stay if child is not potty-trained or accustomed to parental separation. Instructor: Staff

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
14695	3-5	Jan 10-31	Th	9:30-11 am	POPC	\$29R/\$35NR
14696	3-5	Feb 7-28	Th	9:30-11 am	POPC	\$29R/\$35NR
14697	3-5	Mar 7-28	Th	9:30-11 am	POPC	\$29R/\$35NR
14698	3-5	Apr 4-25	Th	9:30-11 am	POPC	\$29R/\$35NR

## Lil' Sprouts Sports

This is a non-competitive introduction to sports that promotes confidence, self-esteem and teamwork. Toddlers will be introduced to soccer, basketball, and T-ball. Parent participation is required. Instructor: Staff

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
14572	2-4	Jan 7-28	M	11-11:45 am	POPC	\$14R/\$17NR
14573	2-4	Feb 4-25	M	11-11:45 am	POPC	\$14R/\$17NR

## Mini Masterpieces

Spark your toddler's creativity with art projects designed for little fingers. Children should wear old clothing. Parent participation is required. Instructor: Staff

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
14554	2-4	Mar 8-29	F	9-9:45 am	POPC	\$14R/\$17NR
14550	2-4	Mar 8-29	F	10-10:45 am	POPC	\$14R/\$17NR
14555	2-4	Apr 5-26	F	9-9:45 am	POPC	\$14R/\$17NR
14551	2-4	Apr 5-26	F	10-10:45 am	POPC	\$14R/\$17NR

## Wiggle & Giggle Tots

Enjoy music and movement with your toddler. Staff provide organized activities that emphasize balance, coordination, motor skills and self-expression. Toddlers are encouraged to explore, create and play together! Parent participation required. Instructor: Staff

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
14580	2-4	Jan 7-28	M	9-9:45 am	POPC	\$14R/\$17NR
14576	2-4	Jan 7-28	M	10-10:45 am	POPC	\$14R/\$17NR
14581	2-4	Feb 4-25	M	9-9:45 am	POPC	\$14R/\$17NR
14577	2-4	Feb 4-25	M	10-10:45 am	POPC	\$14R/\$17NR

 Online registration available at  
[www.cityofpalmdale.org/playpalmdale](http://www.cityofpalmdale.org/playpalmdale)

Registration for most programs begins on January 2

# after-school fun centers



After School fun centers provide a structured environment with many opportunities to participate in group and individual activities. Recreation staff offer daily homework assistance and organized activities such as sports games and unique crafts. Fun Center participants must be registered with payment prior to participation. A weekly rate is charged; you can register in advance online or at the parks and recreation office. On-site registration is not available. NOTE: Westside School District sites dismiss 45 minutes early every Thursday

## Cottonwood/Anaverde Hills Fun Center

COURSE	GRADE	DATE	DAY	TIME	LOC	FEE
14417	K-6	Jan 14-18	M-F	2:15-6 pm	LS	\$27
14418	K-6	Jan 22-25	Tu-F	2:15-6 pm	LS	\$21
14420	K-6	Jan 28-Feb 1	M-F	2:15-6 pm	LS	\$27
14421	K-6	Feb 4-8	M-F	2:15-6 pm	LS	\$27
14422	K-6	Feb 11-15	M-F	1:15-6 pm	LS	\$28
14423	K-6	Feb 19-22	Tu-F	2:15-6 pm	LS	\$21
14424	K-6	Feb 25-Mar 1	M-F	2:15-6 pm	LS	\$27
14425	K-6	Mar 4-8	M-F	2:15-6 pm	LS	\$27
14426	K-6	Mar 11-15	M-F	1:15-6 pm	LS	\$28
14429	K-6	Apr 1-5	M-F	2:15-6 pm	LS	\$27
14430	K-6	Apr 8-12	M-F	2:15-6 pm	LS	\$27
14431	K-6	Apr 15-19	M-F	2:15-6 pm	LS	\$27
14432	K-6	Apr 22-26	M-F	2:15-6 pm	LS	\$27

## Esperanza Fun Center

COURSE	GRADE	DATE	DAY	TIME	LOC	FEE
14433	K-6	Jan 14-18	M-F	1:55-6 pm	LS	\$31
14434	K-6	Jan 22-25	Tu-F	1:55-6 pm	LS	\$25
14436	K-6	Jan 28-Feb 1	M-F	1:55-6 pm	LS	\$31
14437	K-6	Feb 4-8	M-F	1:55-6 pm	LS	\$31
14438	K-6	Feb 11-15	M-F	12:55-6 pm	LS	\$32
14439	K-6	Feb 19-22	Tu-F	1:55-6 pm	LS	\$25
14440	K-6	Feb 25-Mar 1	M-F	1:55-6 pm	LS	\$31
14441	K-6	Mar 4-8	M-F	1:55-6 pm	LS	\$31
14442	K-6	Mar 11-15	M-F	12:55-6 pm	LS	\$32
14445	K-6	Apr 1-5	M-F	1:55-6 pm	LS	\$31
14446	K-6	Apr 8-12	M-F	1:55-6 pm	LS	\$31
14447	K-6	Apr 15-19	M-F	1:55-6 pm	LS	\$31
14448	K-6	Apr 22-26	M-F	1:55-6 pm	LS	\$31

## Rancho Vista Fun Center

COURSE	GRADE	DATE	DAY	TIME	LOC	FEE
14455	K-6	Jan 14-18	M-F	2-6 pm	LS	\$29
14456	K-6	Jan 22-25	Tu-F	2-6 pm	LS	\$23
14458	K-6	Jan 28-Feb 1	M-F	2-6 pm	LS	\$29
14453	K-6	Feb 4-8	M-F	2-6 pm	LS	\$29
14452	K-6	Feb 11-15	M-F	1-6 pm	LS	\$30
14459	K-6	Feb 19-22	Tu-F	2-6 pm	LS	\$23
14460	K-6	Feb 25-Mar 1	M-F	2-6 pm	LS	\$29
14461	K-6	Mar 4-8	M-F	2-6 pm	LS	\$29
14454	K-6	Mar 11-15	M-F	1-6 pm	LS	\$30
14462	K-6	Apr 1-5	M-F	2-6 pm	LS	\$29
14451	K-6	Apr 8-12	M-F	2-6 pm	LS	\$29
14463	K-6	Apr 15-19	M-F	2-6 pm	LS	\$29
14464	K-6	Apr 22-26	M-F	2-6 pm	LS	\$29



**Looks better here**



**Not here.**

**Please don't litter.**

**RECYCLE. IT'S GOOD FOR THE BOTTLE.  
IT'S GOOD FOR THE CAN.<sup>SM</sup>**

**1-800-RECYCLE [www.bottlesandcans.com](http://www.bottlesandcans.com)**



# Legacy Commons for Active Seniors



930 East Avenue Q-9 • 661/267-5904

Legacy Commons, Palmdale's newest award-winning recreation facility, was designed especially for active adults aged 55+. Amenities include an auditorium with stage, three classrooms, billiards room, TV/social nook, Wi-Fi and outdoor patio in over 14,000 square feet. Lawn games include bocce, croquet, fling golf and horseshoes (drop-in and pick-up game equipment at the front desk). Visitors are invited to pick up a detailed schedule of activities. Legacy Commons is also available for event rentals.

- Open Monday-Friday, 8 am-12 pm
- Programs and activities are available to those age 55+.
- Most activities are free and require no membership.

## Monthly Birthday Parties

*Sponsored by High Desert Medical Group*

Celebrate your special day with friends at Legacy Commons. On the fourth Monday of each month, birthday celebrants are honored with cake, ice cream and lots of laughs. Note: When the fourth Monday falls on a holiday, the party is held on the third Monday.

AGE	DAY	TIME	LOC	FEE
55+	4th M	11-11:30 am	LC	Free

## Legacy Commons Advisory Board

The board meets to discuss programs and business. Participants are encouraged to attend.

AGE	DAY	TIME	LOC	FEE
55+	1st W	9:15-10 am	LC	Free



## Free Wi-Fi Access

*Sponsored by Lockheed Martin*

You will need a Wi-Fi enabled device. Most newer computers, tablets and smart phones have built-in Wi-Fi. Older versions may require a separate Wi-Fi card which can be purchased at most electronic retail stores.

# WASTE MANAGEMENT REMINDS YOU TO RECYCLE!

Before you toss an item into the trash bin, check to see if it can be recycled!

## Paper Products

- Newspaper
- Cardboard
- Junk mail
- Magazines
- Paper bags
- Cereal & food boxes

## Glass Products

- Clear, brown & green glass
- Food & beverage containers

\*List may not include all materials

## Metal Products

- Aluminum cans
- Steel cans
- Tin cans
- Food cans
- Empty aerosol cans

## Plastic Products

- Bottles & containers
- Plastic milk containers
- Plastic bags
- Plastic Packaging



## PROUD TO SERVE THE CITY OF PALMDALE!

Waste Management's local team takes great pride in consistently providing exceptional service, a proven safety record and a commitment to the many neighborhoods we serve that's unmatched in the industry. Thank you for allowing us to serve you.

Visit [www.KeepingAVClean.com](http://www.KeepingAVClean.com) for more details or contact WM Customer Service a 661-947-7197.

## Billiards

Anyone interested in picking up a game of eight or nine ball is invited to stop in at the billiards room.

AGE	DAY	TIME	LOC	FEE
55+	W-F, M-W	8 am-12 pm	LC	Free

## Bingo

Bring your friends for a chance to win groceries!

AGE	DAY	TIME	LOC	FEE
55+	W	9-10:45 am	LC	Free

## Bunco

Join us each month for a lively game of bunco. This dice game is easy to learn and lots of fun.

AGE	DAY	TIME	LOC	FEE
55+	1st & 3rd Fri	9-10:45 am	LC	Free

## Lawn Games

Bocce, croquet, ladder golf and horseshoes-drop in and pick up game equipment at the front desk.

AGE	DAY	TIME	LOC	FEE
55+	W-F, M-W	8 am-12 pm	LC	Free

## Songbirds

Come join the fun singing oldies and new standards. This group meets once a week for sing-a-longs and performs at various Legacy Commons functions as well as community events.

AGE	DAY	TIME	LOC	FEE
55+	M	9:15-9:45 am	LC	Free

## Golden Jammers

Do you play an instrument or sing? Join this weekly group for a fun, casual jam session.

AGE	DAY	TIME	LOC	FEE
55+	F	10-11 am	LC	Free

## Knitting & Crocheting

Create an heirloom; bring your own supplies.

AGE	DAY	TIME	LOC	FEE
55+	W	8 am-12 pm	LC	Free

## Table Tennis

Join us for an energetic game of table tennis. Paddles and ping-pong ball are provided.

AGE	DAY	TIME	LOC	FEE
55+	M	9:30-11 am	LC	Free

# Volunteer-led Programs

*The City is grateful to the volunteers who make these programs possible.*

## Fitness Flex & Stretch

A fun, energetic and lively workout that combines chair and standing exercises. Light cardio with swing, jazz, and '60s music will keep you motivated during this upbeat class. Wear comfortable clothing and workout shoes.

AGE	DAY	TIME	LOC	FEE
55+	M-F	8:15-9 am	LC	Free

## Hatha Yoga

Learn poses (asanas) to tone, build stamina, and invigorate the body. Smooth transitions and breathing techniques are stressed. Benefits can extend to emotional and mental aspects. Wear comfortable clothing, and bring a mat and small towel.

AGE	DAY	TIME	LOC	FEE
55+	Tu, Th	9-10 am	LC	Free

## Jazzercise LITE

Low impact cardio movement plus strength training using weights for abdominals, upper and lower torso and a stretch finale, all set to music! Wear comfortable clothing and workout shoes.

AGE	DAY	TIME	LOC	FEE
55+	Tu	9:30-10:30 am	LC	Free

## My Yoga

Ashtanga incorporates controlled breathing with poses for flexibility and strength. Some yoga experience recommended. Wear loose fitting clothing and bring a floor mat and towel.

AGE	DAY	TIME	LOC	FEE
55+	Tu, Th	8-9 am	LC	Free

## Yoga Made Easy

Stretch and tone, learn breathing techniques, and enjoy the benefits of restorative meditation. Wear loose clothing and bring a mat, towel and water.

AGE	DAY	TIME	LOC	FEE
55+	M, W	10-11 am	LC	Free

## Book Club

Looking for something new to read? Join us each month for a lively discussion on the current book. All are welcome, bring a friend! Our book list is available at the front desk.

AGE	DAY	TIME	LOC	FEE
55+	3rd Mon	10-11 am	LC	Free

## Volunteer-led Programs

The City is grateful to the volunteers who make these programs possible.

### Archaeology Club

Interested in archaeology and paleontology? Come hang out with other aficionados for learning and fun.

AGE	DAY	TIME	LOC	FEE
55+	1st & 3rd Tu	9:30-11:30 am	LC	Free

### Basic Computer Class

Challenge yourself and have fun learning the basics of computer operation in this eight week course. Call for class registration and dates.

AGE	DAY	TIME	LOC	FEE
55+	M	8:30-11:30 am	LC	Free

### Creative Crafters

If you love crafts, this is for you! This group meets twice each month to create simple, fun crafts. All supplies are provided.

AGE	DAY	TIME	LOC	FEE
55+	2nd & 4th Tu	9:30-11 am	LC	Free

### Digital Photography

Learn how to operate your digital camera and take great pictures. Call for class start dates.

AGE	DAY	TIME	LOC	FEE
55+	Th	9:30-10:30 am	LC	Free

### Legacy of Art

Try your hand at creating a masterpiece using a variety of paint mediums; bring in your own supplies.

AGE	DAY	TIME	LOC	FEE
55+	F	9-11 am	LC	Free

### Cardio Party with BB

Choreographed cardio for fitness and fun, Latin dance, muscle toning, stretch, balance, coordination and agility (beg. to adv.). AFAA certified instructor. Bring towel and water. Optional weights and tubes. Wear comfortable clothing and workout shoes.

AGE	DAY	TIME	LOC	FEE
55+	W	8-9 am	LC	Free

## Senior Services

The City appreciates the individuals and organizations who make these programs possible.

### AVCOA Meals for Seniors

Nutritious lunches are served by the Antelope Valley Committee on Aging; first-come, first-served.

AGE	DAY	TIME	LOC	FEE
60+	M-F	11 am-12 pm	LC	\$2

### Blood Pressure Testing

Testing is offered weekly.

AGE	DAY	TIME	LOC	FEE
55+	Th	9-11 am	LC	Free

### Diabetes Self-Management

Learn how to minimize the complications of diabetes through self-care management.

Instructor: Naomi Tanikawa, R.N., M.S.

AGE	DAY	TIME	LOC	FEE
55+	4th W	9:15-10:15 am	LC	Free

### Mature Driving Course

This two-day class may help you receive auto insurance discounts. Advanced registration required. AARP member fee \$12; non-member \$14. Please call Legacy Commons for monthly dates.

AGE	DAY	TIME	LOC	FEE
50+	Monthly	8 am-12 pm	LC	\$12/\$14

### Notary Service

Free notary service by James S. Bryant, licensed Notary Public.

AGE	DAY	TIME	LOC	FEE
55+	1st Tu	9:30-11:30 am	LC	Free

### Parkinson's Support Group

For those with Parkinson's Disease and/or their family.

AGE	DAY	TIME	LOC	FEE
18+	3rd Tu	10 am-12 pm	LC	Free

### Hearing Aid Service

Beltone provides free hearing aid cleaning and service. Please call the day you plan to come to verify service.

AGE	DAY	TIME	LOC	FEE
55+	2nd Tu	10-11:30 am	LC	Free

# Legacy Commons

## After-hours Programs

The City is grateful to the individuals and organizations who make these programs possible.

### Antelope Valley Square Dance

Come enjoy an evening of just dancing with Charlie Robertson, to Plus, A-1, A-2 and C-1.

AGE	DAY	TIME	LOC	FEE
55+	1st & 3rd W	6-9 pm	LC	\$5

### Aces & Deuces Square Dances

Swing your partner and do-si-do to the latest steps. Suggested donation payable to Aces & Deuces. Rounds 7-7:30 pm.

AGE	DAY	TIME	LOC	FEE
55+	2nd Sa	7-10:15 pm	LC	\$8

### Round Dance Lessons

Ballroom dance steps choreographed to oldies and modern music. Learn the two-step, waltz, foxtrot, rumba, cha-cha, and swing.

AGE	LEVEL	DAY	TIME	LOC	FEE
55+	Beg	Th	4-6 pm	LC	\$5

### Square Dance Lessons

Square dancing for beginners, as easy as 1-2-3.

AGE	LEVEL	DAY	TIME	LOC	FEE
55+	Plus, A	Th	6-7 pm	LC	\$5
55+	Beg	Th	7-9 pm	LC	\$5

### Fun After Forty Dance Club

Dance away the evening to ballroom music. Lessons available prior to the dance at 6:30 p.m.

AGE	DAY	TIME	LOC	FEE
40+	F	7:30-10 pm	LC	\$5

### Line Dancing

Discover the newest, oldest and everything in-between! Class size is limited. Instructor will determine student placement in the Thursday Intermediate class.

AGE	LEVEL	DAY	TIME	LOC	FEE
55+	Beg	Tu	1-3 pm	LC	\$4
55+	Int	Th	1-3 pm	LC	\$4

### Happy Hoofers Tap Dancers

Learn basic tap dance and performance skills.

AGE	LEVEL	DAY	TIME	LOC	FEE
55+	Beg	Tu	4-5 pm	LC	\$20
55+	Adv	Tu	5-6 pm	LC	\$20



## Looking for the perfect event facility?

### We have what you need!

We offer several attractive facilities perfect for weddings, quinceaneras, birthdays, banquets, events, receptions, anniversaries and family reunions. For more information and to find out which facility will best suit your needs, call 661/267-5611.

#### Available Facilities:

##### Chimbole Cultural Center

38350 Sierra Highway • 267-5656

##### Legacy Commons

930 East Avenue Q-9 • 267-5904

##### Marie Kerr Park Recreation Center

2723 Rancho Vista Blvd. • 267-5611

##### Palmdale Oasis Park Recreation Center

3850 East Avenue S • 267-5611

##### Desert Sands Park and Pavilion

39117 3rd St. East • 267-5611

##### Palmdale Playhouse

38334 10th St. East • 267-5684

# parks/facilities map



**Parks  
Make  
Life  
Better!**

**1. Parks & Recreation Office**

38260 10th Street East  
267-5611 • Fax 267-5636  
**Palmdale Playhouse**  
38334 10th Street East • 267-5684

**2. Melville J. Courson Park**  
38226 10th Street East • 267-5611  
Pool • 267-5688

**3. Legacy Commons**  
930 East Avenue Q-9 • 267-5904

**4. Chimbole Cultural Center**  
38350 Sierra Highway • 267-5656  
**Palmdale City Library**  
700 East Palmdale Blvd. • 267-5600

**5. Poncitlán Square**  
38315 9th Street East • 267-5656

**6. Barrel Springs Trail & Equestrian Arena**  
1300 Barrel Springs Road • 267-5611

**7. Pelona Vista Park**  
37800 Tierra Subida Avenue • 267-5611

**8. Manzanita Heights Park**  
431 Mesa Verde Street • 267-5655

**9. Joshua Ranch Trail - Closed**

**10. Marie Kerr Park**  
39700 30th Street West • 267-5611  
**Marie Kerr Park Pool**  
2723 Rancho Vista Blvd. • 267-6145  
**Marie Kerr Park Recreation Center**  
**Palmdale Amphitheater**  
**Best of the West Softball Complex**  
2723 Rancho Vista Blvd. • 267-5611

**11. Arnie Quinones Park**  
41003 50th Street West • 267-5611

**12. Desert Sands Park**  
39117 3rd Street East • 267-5611

**13. Hammack Activity Center/  
Roller Hockey Rinks**  
815 East Avenue Q-6 • 267-5611

**14. Joe Davies Heritage Airpark  
at Palmdale Plant 42**  
2001 East Avenue P • 267-5300

**15. William J. McAdam Park**  
38115 30th Street East • 267-5611  
Pool • 267-5654

**16. Domenic Massari Park**  
37716 55th Street East • 267-5611

**17. Palmdale Oasis Park  
and Recreation Center**  
3850 East Avenue S • 267-6150  
**Palmdale Oasis Pool** • 267-6157  
**DryTown Water Park**  
3850 East Avenue S • 267-6161

**18. Joshua Hills Park**  
Fairfield & Via del Rio • 267-5611

**19. Anaverde Park**  
2820 Greenbrier Street • 267-5611

**20. Foothill Park**  
2525 The Groves • 267-5611

**21. South Valley Work Source Center**  
38510 Sierra Highway • 265-7421

**22. South Antelope Valley  
Emergency Services (SAVES)**  
1002 East Avenue Q-12 • 267-5191

# useful information

## Services Directory

Administration .....	267-5115
Animal Care and Control.....	940-4190
Antelope Valley Hispanic Chamber of Commerce .....	538-0607
Antelope Valley Human Relations Task Force (94-PRIDE) .....	947-7433
Antelope Valley Transit Authority (AVTA) .....	945-9445
AV Environmental Collection Center (888/CLEAN LA).....	888/253-2652
Building & Safety .....	267-5353
Business License.....	267-5434
Business Watch.....	267-5170
City Clerk.....	267-5151
City Council .....	267-5115
City Hall.....	267-5100
Code Enforcement .....	267-5234
Communications .....	267-5115
Crime Prevention .....	267-5170
Crime Tip Hotline (94-PRIDE) ...	947-7433
Economic Development.....	267-5125
Engineering .....	267-5353
Finance .....	267-5440
Fire Prevention (Emergency 911) .....	949-6319
Graffiti Removal Hotline (94-PRIDE) .....	947-7433
Hearing Impaired Access-TDD...	267-5167
Housing.....	267-5126
Housing Rights Center .....	800/477-5977
Human Resources.....	267-5400
Jobs Hotline (24-hr. recorded information).....	267-JOBS
Maintenance (94-PRIDE) .....	947-7433
Metrolink (800/COMMUTE)..	800/266-6883
Neighborhood Watch .....	267-5170
Palmdale Chamber of Commerce .....	273-3232
Palmdale City Library.....	267-5600
Palmdale Film, Convention & Visitors Bureau.....	267-5125
Palmdale Geographic Information Systems (GIS) .....	267-5353
Palmdale Playhouse.....	267-5684
Palmdale Pride Line (94-PRIDE) ..	947-7433
Palmdale Sheriff's Station.....	272-2400
Palmdale Transportation Center.....	267-5977
Parking Enforcement.....	267-5436
Parks & Recreation.....	267-5611
Partners Against Crime (PAC) ....	267-5172
Planning.....	267-5200
Ponciltán Square.....	267-5656

Public Safety & Community Relations .....	267-5181
Public Works .....	267-5353
Purchasing.....	267-5444
Sewer Maintenance .....	267-5272
Sheriff (Emergency 911) .....	272-2400
Shopping Cart Retrieval (94-PRIDE) .....	947-7433
South Antelope Valley Emergency Services (SAVES).....	267-5191
South Valley WorkSource Center	265-7421
Street Cleaning.....	267-5338
Traffic Signals (94-PRIDE) .....	947-7433
Traffic/Transportation .....	267-5353
Trash Service.....	947-7197
Used Oil Recycling .....	800/449-7587

## Organizations

American Indian Little League..	972-2234
American Red Cross.....	267-0650
A.V. Athletic Club.....	951-8553
A.V. Track Club .....	209-6525
Aces & Deuces Square Dance Club .....	944-5518
Adorable Baby's Jump Start.....	272-9416
Antelope Adult Futbol League...	406-0869
Antelope Valley Sea Cadets.....	266-2165
Antelope Valley Special Olympics.....	945-6210
AYSO - Palmdale.....	626/568-4779
AYSO - Quartz Hill .....	943-7008
Boy Scouts of America.....	942-0582
Coach Leonard's Tennis Instruction .....	818/800-7802
Canyon Aquatics .....	362-3210
Frog Aquatics .....	406-3849
Girl Scouts.....	723-1230
Highland Youth Football .....	305-7472
International Moms Club ....	877/257-0956
Lions Club.....	947-7909
Palmdale Boys & Girls Club.....	274-2582
Palmdale Bullets Track Club .....	317-4575
Palmdale Little League .....	285-2166
Palmdale Pony Youth Baseball, Inc.....	947-7676
Palmdale Youth Soccer League..	533-2255
Palmdale Universal Futbol-Soccer & Lightning Soccer Club .....	998-3428
Palmdale Youth Football.....	450-8793
Pete Knight Hawks Youth Tackle Football & Cheerleading.....	250-4321
Youngblood Wrestling Club .....	547-3403
Youth Have Vision, Inc. ....	947-9705

**Palmdale youth and adult non-profit organizations may request to be listed by calling 267-5611.**



## Palmdale Amphitheater

The Palmdale Amphitheater at Marie Kerr Park is the Antelope Valley's premier outdoor entertainment venue, providing audiences with a blend of high energy concert performances and community-based programming.

Palmdale Amphitheater's convenient location, great sight lines, and comfortable grassy seating areas are complemented by the popular City of Palmdale Starlight Concert Series presented on Saturday evenings during summer months.

## Book Palmdale Amphitheater for your next special event!

Palmdale amphitheater is available to rent for graduations, ceremonies, performances, recitals, corporate events, private parties and concerts. Call 267-5611 for more information.





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3850 East Avenue S, Palmdale • 661/267-6161



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