



Community Services Guide

SEP • OCT • NOV • 2018



CARSON MAKES HISTORY with a **GUINNESS WORLD RECORDS®** title-holder for **Most people making slime simultaneously**

See story on page 6 of the Carson Report



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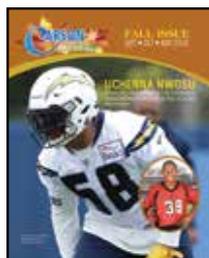
All Prices Are Subject To Change

The Congresswoman Juanita Millender-McDonald Community Center may be referred to as the Carson Community Center or Carson Event Center on listings for events, programs and activities being held there.

The Community Services Guide is published quarterly by the City of Carson's Public Information Office to inform residents about leisure time activities provided by the city. For general information about Recreation & Human Services Programs, call (310) 847-3570. For general information about Transportation Services and the Congresswoman Juanita Millender-McDonald Community Center, call (310) 835-0212.



Welcome to the Fall issue of the Community Services Guide and Carson Report flip-book!



On this side of the publication, you will find information on various leisure time activities, classes, excursions and upcoming events for every member of the family.

On its flip side, you will find the latest news about Carson and up-to-date information on current events in our community as we put the spotlight on City projects and a variety of important local issues.

You can also read us online at:

ci.carson.ca.us/CityManager/csguide.aspx

A MESSAGE FROM THE Director of Community Services

Welcome to the Fall edition of the City of Carson's Community Services Guide!

The City of Carson Community Services Department strives to strengthen our community's fabric, health, and well-being. Our goal is to improve the lives of our citizens and the community as a whole by providing positive programming alternatives for both youth and adults to help with social connection and life-long learning.

As the season changes and shifts to fall, we would like to encourage all residents and community members to take advantage of our programs and activities. We offer a state accredited after-school program at seven of our community parks for parents who need assistance with child care. Fall is also flag-football, soccer, and softball season. For more information, contact your local park.

The City of Carson and our department pride themselves on offering various special community events through the year. The fall season is one of our busiest seasons when it comes to special community events. We are presenting the Hispanic Heritage Celebration, Jazz Festival, Filipino American History Kickoff Month, Women's Health Conference, Think Pink Breast Cancer Walk, Halloween Carnival & Dia de los Muertos, and Veterans Day.

Happy 40th Birthday to the Fabela Chavez Boxing Center! Located at Scott Park, the Boxing Center has hosted many professional, amateurs, coaches, and fighters throughout the years. To help celebrate this momentous occasion, we are pleased to present the always popular, "Friday Night at the Fights" on October 12, 2018. For more information on this program or the Boxing Center, please call (310) 830-6439.

As we continue to work toward serving the Carson community better, we welcome any comments or suggestions you may have. Please feel free contact us at **(310) 847-3570** or email cyfront@carson.ca.us. Have a great Fall, and remember that parks make life better!

Idris Jassim Al-Oboudi
Director of Community Services

Special Events

SEPTEMBER

Hispanic Heritage Month

Carson Event Center
Saturday, September 15
12:00 p.m. - 5:00 p.m.

OCTOBER

Jazz Festival

Anderson Park
Saturday, October 6
11:00 a.m. - 6:00 p.m.

Filipino American History Kickoff Month

Carson Event Center
Saturday, October 6
9:00 a.m. - Noon

Fabela Chavez

Boxing Center Presents: Friday Night at the Fights

Carson Event Center
Friday, October 12
6:00 p.m. - 12:00 a.m.

Women's Health Conference

Carson Event Center
Friday, October 19
7:00 a.m. - 2:00 p.m.

Think Pink Breast Cancer 3 Mile Walkathon

Veterans Park
Sunday, October 21
8:00 a.m. - Noon

Larry Itliong Day

Veterans Park
Saturday, October 27
9:00 a.m. - Noon

Halloween Carnival/ Dia de los Muertos

Carson Event Center
Saturday, October 27
3:00 p.m. - 8:00 p.m.

NOVEMBER

Veterans Day Celebration

Veterans Park
Sunday, November 11
10:00 a.m. - 2:00 p.m.

Carson EVENT CENTER *Space, value and location*



801 E. Carson Street Carson, CA 90745 | www.carsoncenter.com | (310) 835-0212



Welcome on behalf of the Carson Event Services Team. Thinking of hosting a baby shower, wedding reception or holiday party? It's that time of the year to start planning. Let us assist you with all your logistical needs for your event. We have planning experience to exceed your expectations. The team knows all the ins and outs to make your event a complete success and we pride ourselves on exceptional customer service from the start to end of your event. We truly love what we do so share your dream with us so we can help make it a memorable reality for all that attend. Onsite catering is offered exclusively through Choura Venue Services.

We look forward to seeing you and know that your event will be a great experience to remember.

FULL SERVICE CATERERS

Choura
VENUE SERVICES



www.facebook.com/carsonctr/ www.instagram.com/carson_center/ www.yelp.com/biz/carson-center-carson

RESERVATIONS

The Reservations Office business hours are Monday - Thursday, 7:30 a.m. - 5:00 p.m.

Call us at (310) 847-3570 or fax at (310) 830-7683. We are located at the Recreation and Human Services Office at the Corporate Yard, 2400 E. Dominguez St., Carson, CA 90810. * Max Capacity



ANDERSON PARK

Amenities: Activity Room (*75), 2 Basketball Courts, 4 Tennis Courts, 3 Picnic Shelter Areas, Recreation Room (*30), and Amphitheatre



CALAS PARK

Amenities: Activity Room (*60), 2 Tennis Courts, 1 Basketball Court, 1 Baseball Field, Recreation Room (*30), and 3 Picnic Shelter Areas



CARRIAGE CREST PARK

CLOSED UNTIL 2020 FOR RENNOVATIONS



CARSON PARK

Amenities: Activity Room (*120), 2 Baseball Fields, Swimming Pool, Gymnasium, Fitness Center, Dance Room, 2 Basketball Courts, Multi-Purpose Room (*30), 3 Picnic Shelter Areas, and Splash Pad



DEL AMO PARK

Amenities: Activity Room (*75), 2 Basketball Courts, 2 Multi-Purpose Rooms (*30), 2 Baseball Fields, and 1 Picnic Area



DOLPHIN PARK

Amenities: Activity Room (*75), 2 Baseball Fields, 1 Basketball Court, 1 Multi-Purpose Room (*30), and 4 Picnic Grass Areas

POOLS

CARSON POOL



- 6 lanes - 25 yard pool with a half meter diving board
- Shallow part of the pool begins at 2.5 feet and the deepest part of the pool is 10 feet deep
- Max Capacity: 200 people

DOMINGUEZ AQUATIC CENTER



- 2 pools
- Main activity pool has 5 lanes with two shallow ends at 3.5 feet with a middle section at 9 feet deep. East end has 3 feet deep Catch Pool for the 3 Waterslides
- Second pool is the Kiddie Pool with a zero-depth entry to 2.5 feet depth along with spray feature.
- Max Capacity: 200 people

HEMINGWAY AQUATIC CENTER



- 3 pools
- Main Activity Pool has 6 lanes - 25 yard pool with a ¾ meter diving board. Shallow end of pool is 3.5 feet with the deepest part at 10 feet deep.
- Second pool is the Catch Pool - Exit pool for the two high curving water slides.
- Third pool has a zero-depth entry to a 2.5 depth with spray features.
- Max Capacity: 200 people

SCOTT POOL



- Single 7 lanes - 25 meter pool with a ¾ meter diving board.
- Shallow end begins at 3 feet with the deepest part of pool at 10 feet deep.
- Max Capacity: 200 people



DOMINGUEZ PARK

Amenities: Activity Room (*75), 2 Tennis Courts, Aquatic Center, 1 Basketball Court, Picnic Areas, 1 Baseball Field, and 1 Practice Field



HEMINGWAY PARK

Amenities: Activity Room (*75), Aquatic Center, 2 Tennis Courts, 3 Picnic Areas, 1 Basketball Court, 1 Baseball Field, Recreation Room (*30), and 1 Practice Field



MILLS PARK

Amenities: Activity Room (*75), 2 Play Areas, 1 Basketball Court, Recreation Room (*25) and 3 Picnic Areas



SCOTT PARK

Amenities: Activity Room (*75), 2 Basketball Courts, Gymnasium, Boxing Center, 2 Baseball Fields, 2 Tennis Courts, Recreation Room (*30), Picnic Areas, and Swimming Pool



STEVENSON PARK

Amenities: Activity Room (*60), 2 Baseball Fields, 2 Tennis Courts, 2 Play Areas, Recreation Room (*25), 2 Basketball Courts, Gymnasium, Fitness Center, and 3 Picnic Shelter



VETERANS PARK

Amenities: Activity Room (*75), 2 Baseball Fields, Recreation Room (*30), Picnic Area, Skate Park, 2 Tennis Courts, Basketball Courts, and Amphitheatre



VETERANS SPORTSCOMPLEX

Amenities: Meeting Rooms (*75), 1 NBA Regulation-Size Basketball Court, 1 Basketball Court/ Multi-Purpose Court, Fitness Center, and Racquetball Courts. Please note reservations for this facility can only be made in person at the Veterans SportsComplex

MAKE A RESERVATION

Stop by in person:

Location:

Corporate Yard
2400 E. Dominguez St.
Carson, CA 90810

Hours:

Mon - Thu
7:30 a.m. - 5:00 p.m.



IMPORTANT INFORMATION

- Reservations can only be made in-person at the Reservations Office. Please note that reservations or holds cannot be made over the phone. Outdoor Reservations require full payment on the day of booking.
- You can either make payments in person at the Reservations Office or online at <https://payment.carson.ca.us/recreationonline/index.asp>
- Acceptable Payments: Money Orders/Cashier's Checks (Make Payable to City of Carson), Credit/Debit Card (Visa and Mastercard accepted)
- Reservations are taken three (3) months in advance. To cancel a reservation date, please contact us fourteen (14) working days prior to the date of the reservation in order to receive a refund. Cancellations in the final 48 hours may be subject to a cancellation charge of 50%. No refunds will be given for cancellations the day of the event. Cancellation is subject to a \$50 processing charge.

VETERANS SPORTSCOMPLEX

FALL INTO A NEW YOU!



22400 Moneta Avenue, Carson, CA 90745
(310) 830-9992

MEMBERSHIP RATES

Annual Membership	Registration		New Member		Renewal	
	Resident	Non-Resident	Resident	Non-Resident	Resident	Non-Resident
Individual	\$36	\$48	\$281	\$330	\$211	\$248
Youth/Senior Citizen	\$24	\$36	\$169	\$198	\$127	\$149
Family	\$60	\$72	\$426	\$502	\$319	\$377

30-day Memberships	Registration		New Member		Renewal	
	Resident	Non-Resident	Resident	Non-Resident	Resident	Non-Resident
Individual	\$12	\$24	\$41	\$53	\$30	\$42
Youth/Senior Citizen	\$6	\$18	\$30	\$42	\$24	\$36
Family	\$18	\$30	\$72	\$84	\$54	\$66

DAILY GUEST RATES

	6:00 a.m. - 3:00 p.m.		3:00 p.m. - Close	
	Resident	Non-Resident	Resident	Non-Resident
Individual	\$6	\$7	\$12	\$24

10% Discount for Veterans
All Fees Are Subject To Change

HOURS OF OPERATION

Facility

Mon-Thu
6:00 a.m. - 9:00 p.m.

Fri
6:00 a.m. - 5:00 p.m.

Sat
7:00 a.m. - 5:00 p.m.

Sunday - Closed

Business

Mon-Thu
8:00 a.m. - 8:00 p.m.

Fri
8:00 a.m. - 5:00 p.m.

Sat
8:00 a.m. - 1:00 p.m.

Sun - Closed



VETERANS SPORTSCOMPLEX

BLACK FRIDAY WEEK SPECIAL

Promotion: November 19-24, 2018

GET ONE SAVE MORE
Get an Annual MEMBERSHIP & we'll waive the registration fee
SAVE UP TO \$72

4 FOR \$60
Get a Student/Athlete membership and we'll add an extra month to your membership
SAVE UP TO \$25

BUY ONE ADD 30 DAYS
Get A 30-DAY MEMBERSHIP and get an extra month free
SAVE UP TO \$53

All Ages Welcome

NEW

LABOR DAY WEEK MEMBERSHIP SPECIAL

Promotion: September 3 - 8, 2018

We'll waive the registration fee for ALL MEMBERSHIPS when you sign up this week

Take advantage of this great special

Limited time offer, sign up now!

WEAR YOUR COSTUME

Halloween Zumba
"Scare The Sweat Right Out Of You!"

CITY OF CARSON

Halloween ZUMBOOTHON

Tuesday, October 30, 2018 • 6 P.M. - 8 P.M.

Costume Contest for the best Boogying Monsters
Raffles, prizes, giveaways, and refreshments
FREE • AGES 12 & UP WELCOME

FALL INTO FITNESS

Get an extra week free!

Promotion: October 1 - 31, 2018

YOUR TIME FOR CHANGE IS HERE!

For 30-Day Memberships Only

ALL AGES WELCOME

\$50 PER PERSON



Parks Make Life Better!

Veterans SportsComplex

22400 Moneta Avenue, Carson, CA 90745 • (310) 830-9991
Recreation and Human Services



<http://recreation.carson.ca.us> • Like us on facebook! CITY OF CARSON PARKS AND RECREATION

AQUATICS

FALL Carson Pool Swim Lessons Schedule 2018

(Classes and Fees are subject to change)

Carson Pool – 21436 South Main Street, Carson, CA 90745 • (310) 830-1053 – Carsonpl@carson.ca.us

TUE/THU (4 CLASSES)

TIME	CLASSES
4:00 P.M. – 4:50 P.M.	TP/SF PO AP
5:00 P.M. – 5:50 P.M.	PO AP M
6:00 P.M. – 6:50 P.M.	M F/FF/SH AD

TUE/ THU

- F1 September 4 – September 13, 2018
- F2 September 18 – September 27, 2018
- F3 October 2 – October 11, 2018
- F4 October 16 – October 25, 2018

SAT (4 CLASSES)

TIME	CLASSES
10:00 A.M. – 10:50 A.M.	TP AP M AD
11:00 A.M. – 11:50 A.M.	SF PO AP M
12:00 P.M. – 12:50 P.M.	TT^ PO AP M
2:00 P.M. – 2:50 P.M.	TT^ PO AP M
3:00 P.M. – 3:50 P.M.	SF PO AP M
4:00 P.M. – 4:50 P.M.	TP PO AP F/FF/SH

SAT

- F1 September 8 – September 29, 2018
- F2 October 6 – October 27, 2018



FALL REGISTRATION AT CARSON POOL ONLY

RESIDENTS ONLY

(Must present proof of residency)
 August 20 – August 24, 2018
 Mon/Wed/Fri
 5:00 P.M. – 7:00 P.M.

RESIDENTS AND NON-RESIDENTS

August 27 – August 31, 2018
 Mon/Wed/Fri
 5:00 P.M. – 7:00 P.M.

GROUP SWIM LESSON SESSION FEES

CHILDREN

Tue/Thu (4 classes) / Sat (4 classes)

	1 st Child	2 nd Child	3 rd Child
Resident	\$42	\$40	\$38
Non-Resident	\$63	\$60	\$57

ADULT

	Resident	Non-Resident
Tue/Thu	\$47	\$71
Sat	\$47	\$71

CLASSES	NAME	LEVEL
6mos. – 3 yrs.	TT^ Tiny Tot	Parent & Child
3 – 4 yrs.	TP Tadpole	1 – Beginner
	SF Starfish	2
	SQ Squid	3
5 – 15 yrs.	PO Polliwog	1
	AP Adv. Polliwog	2
	M Minnow	3
	F Fish	4
	FF Flying Fish	5
	SH Shark	6
15 yrs. & Up	AD Adult	1-3

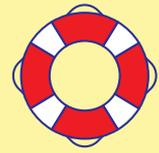
TT^ - 40 minutes each class

AQUATICS OFFICE • (310) 816-9381 • Aquatics@carson.ca.us • Website: recreation.carson.ca.us/aquatics



Aquatic Trainings

HEMINGWAY AQUATIC CENTER



16605 S. San Pedro Street, Carson, CA 90746

Become a Lifeguard... Save a Life!

Want to learn a skill that you can put to work after school and/or this summer? Train to be an American Red Cross Lifeguard and you may save a life!

You will earn the following lifesaving certifications: Lifeguard Training, Standard First Aid, CPR/AED for Lifeguards, Oxygen Administration, Blood-borne Pathogens, and Title 22.

Class Price: \$150

Mon (tryouts)	August 27, 2018	5:00 p.m. – 7:00 p.m.
Sat	September 8, 2018	8:00 a.m. – 6:00 p.m.
Sun	September 9, 2018	8:00 a.m. – 6:00 p.m.
Sat	September 15, 2018	8:00 a.m. – 6:00 p.m.
Sun	September 16, 2018	8:00 a.m. – 6:00 p.m.

Make a difference in someone's life... join the Water Safety Instructor Class!

Drowning is one of the leading causes of unintentional injury death in the U.S. and by getting certified, you can make a difference by simply teaching someone a very valuable life skill... how to swim!

Class Price: \$175

Mon (tryouts)	September 24, 2018	5:00 p.m. – 7:00 p.m.
Sat	October 6, 2018	8:00 a.m. – 6:00 p.m.
Sun	October 7, 2018	8:00 a.m. – 6:00 p.m.
Sat	October 13, 2018	8:00 a.m. – 6:00 p.m.



ALL CLASSES ARE MANDATORY



Dates to Remember

- January 14, 2019** – Register for February Lifeguarding and Water Safety Instructor Trainings
- February 12, 14, & 16, 2019** – Registration for Spring Swim Lessons for Residents only at Carson Pool
- February 19, 21, & 23, 2019** – Registration for Spring Swim Lessons for Residents and Non-Residents at Carson Pool
- March 11, 2019** – Spring Lessons Begin at Carson Pool
- April 22, 2019** – Aquatic Mail-In Registration Begin
- May 28, 2019** – Aquatic Walk-In Registration Begin
- June 10, 2019** – Summer Season Begin



AQUATICS OFFICE • (310) 816-9381 • Aquatics@carson.ca.us • Website: recreation.carson.ca.us/aquatics

ENRICHMENT

SPACE IS LIMITED. MOST CLASSES ARE HELD AT THE CARSON COMMUNITY CENTER.
FOR MORE INFORMATION, PLEASE CONTACT ENRICHMENT ARTS AT 310-835-0212 EXT. 1410.

BALLET

\$38 RESIDENTS / \$48 NON-RESIDENTS

They will learn basic positions, postures, and techniques that will carry them through the rest of their dance career.

AGES	DAYS	TIMES
5-14	Tue/Thu	5:00 p.m. – 5:50 p.m.

COSTUME DESIGN

\$30 RESIDENTS / \$40 NON-RESIDENTS

This is a class where students design costumes from fabric and material. This class requires no experience, just a love for creativity.

AGES	DAYS	TIMES
7-14	Mon/Wed	5:00 p.m. – 5:50 p.m.



DRAMA

\$25 RESIDENTS / \$35 NON-RESIDENTS

This class teaches students the basics of drama, including stage presence, projection, and memorizing lines.

AGES	DAYS	TIMES
5-17	Mon/Wed	6:00 p.m. – 6:50 p.m.

GUITAR

\$48 RESIDENTS / \$58 NON-RESIDENTS

Come learn the basics of Guitar! Playing an instrument develops many skills including multitasking, memory development, and motor skills.

AGES	DAYS	TIMES
7-17	Mon/Wed	5:00 p.m. – 5:50 p.m. (Beginners)
7-17	Mon/Wed	6:00 p.m. – 6:50 p.m. (Intermediate)

HARMONY HEROES (Voice)

\$25 RESIDENTS / \$35 NON-RESIDENTS

Join us as we learn the vocal fundamentals of singing, breathing, correct posture, and vowel shaping.

AGES	DAYS	TIMES
5-17	Tue/Thu	6:00 p.m. – 6:50 p.m.

HIP HOP DANCE

\$38 RESIDENTS / \$48 NON-RESIDENTS

This course offers a great opportunity for them to work out as well as learn modern day dance moves from instructors.

AGES	DAYS	TIMES
5-12	Mon/Wed	5:00 p.m. – 5:50 p.m.
5-12	Mon/Wed	6:00 p.m. – 6:50 p.m.



INTRO TO PIANO

\$65 RESIDENTS / \$75 NON-RESIDENTS

Come learn the basics of piano! Playing an instrument develops many skills including multitasking, memory development, and motor skills

AGES	DAYS	TIMES
7-12	Tue/Thu	5:00 p.m. – 5:50 p.m.

MATH MADE EASY

\$30 RESIDENTS / \$40 NON-RESIDENTS

Join us as we learn the fundamentals of addition, subtraction, division, fractions, decimals, etc., while building your child's academic confidence.

GRADE	DAYS	TIMES
Kindergarten	Tue/Thu	4:00 p.m. – 4:50 p.m.
1st-2nd	Tue/Thu	5:00 p.m. – 5:50 p.m.
3rd-5th	Tue/Thu	6:00 p.m. – 6:50 p.m.

READY, SET, READ

\$60 RESIDENTS / \$70 NON-RESIDENTS

Our program offers trained instructors who will provide structure for reading comprehension, vocabulary, and fluency in a fun and easy way.

GRADE	DAYS	TIMES
Kindergarten	Mon/Wed	4:00 p.m. – 4:50 p.m.
1st-2nd	Mon/Wed	5:00 p.m. – 5:50 p.m.
3rd-5th	Mon/Wed	6:00 p.m. – 6:50 p.m.

TAP DANCE

\$38 RESIDENTS / \$48 NON-RESIDENTS

Come learn the basics of tap dance! This is a fun way to develop coordination and keep your kids active. No dance experience necessary.

AGES	DAYS	TIMES
5-17	Tue/Thu	6:00 p.m. – 6:50 p.m.

TENNIS

(6 week session) \$29 RESIDENTS / \$39 NON-RESIDENTS

This class emphasizes the basics: grips, ground strokes, volleys, and serving. Children will also learn footwork and the scoring of a tennis match.

AGES	DAYS	TIMES	LOCATION
7-14	Mon/Wed	5:30 p.m. – 7:00 p.m.	Calas Park

WOOD SHOP / SET DESIGN

\$30 RESIDENTS / \$40 NON-RESIDENTS

Do you have a builder on your hands? This class gives kids the opportunity to create sets and paint backdrops for upcoming 3-in-1 productions. It gives students a way to be a part of the production for those who would rather be behind the scenes.

AGES	DAYS	TIMES
9-17	Thu	5:00 p.m. – 6:00 p.m.



EARLY CHILDHOOD EDUCATION

CURRICULUM

The City of Carson's Early Childhood Program follows the comprehensive curriculum of the McGraw-Hill Education's "World of Wonders." This curriculum is an engaging early childhood literacy program that builds strong pre-reading and social emotional skills while incorporating content areas like math, science, social studies, music, and movement. This program will prepare children with the knowledge they need to enter kindergarten with confidence.



SPECIAL EVENTS

Every June, the students of the Early Childhood Preschool participate in a culmination ceremony. All children are recognized for their significant accomplishments throughout the school year. Wearing a cap and gown and with diplomas in hand, the children put on a graduation performance for their friends and family.



AUGUST 2018 - JUNE 2019 • TUITION RATES

Early Childhood Program

(310) 835-0212 Ext. 1482

REGISTRATION FEE:
(First Time Registration Fee)

Resident	Non-Resident
\$95	\$106

HALF DAY PROGRAMS:

Part Time 8:00 a.m. - 12:00 p.m. or 1:00 p.m. - 5:00 p.m.

Monday - Friday

4 WEEK RATE

Resident	Non-Resident
\$303	\$374

ALL DAY PROGRAMS:

Full Time - Mondays thru Fridays / 9hrs. / 10hrs. / 11hrs.

9 hrs. (8:00 a.m. - 5:00 p.m.)

10 hrs. Early Drop-Off (7:00 a.m. - 5:00 p.m.)

10 hrs. Late Pick-Up (8:00 a.m. - 6:00 p.m.)

11 hrs. Early Drop-Off & Late Pick-Up (7:00 a.m. - 6:00 p.m.)

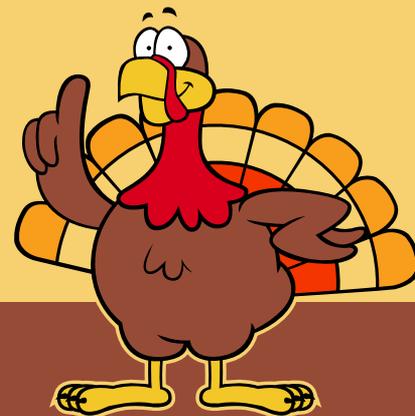
4 WEEK RATE

Resident	Non-Resident
\$593	\$698
\$681	\$803
\$681	\$803
\$735	\$866

••• RATES ARE SUBJECT TO CHANGE •••

CITY OF CARSON

Thanksgiving Break* Mini Camp



November 19 - November 23, 2018

FOR BOYS AND GIRLS AGES 5-12

**Thanksgiving Break Mini Camp* will be offered Monday-Wednesday and Friday
7 a.m. - 6 p.m. at the following facilities only:**

CALAS PARK

1000 E. 220th STREET, CARSON, CA 90745 • **(310) 518-3565**

CARSON PARK

21411 S. ORRICK AVENUE, CARSON, CA 90745 • **(310) 830-4925**

DEL AMO PARK

703 E. DEL AMO BOULEVARD, CARSON, CA 90746 • **(310) 329-7717**

DOLPHIN PARK

21205 WATER STREET, CARSON, CA 90745 • **(310) 549-4560**

VETERANS PARK

22400 MONETA AVENUE, CARSON, CA 90745 • **(310) 864-9255**

*** ALL PARKS WILL BE CLOSED ON THANKSGIVING**

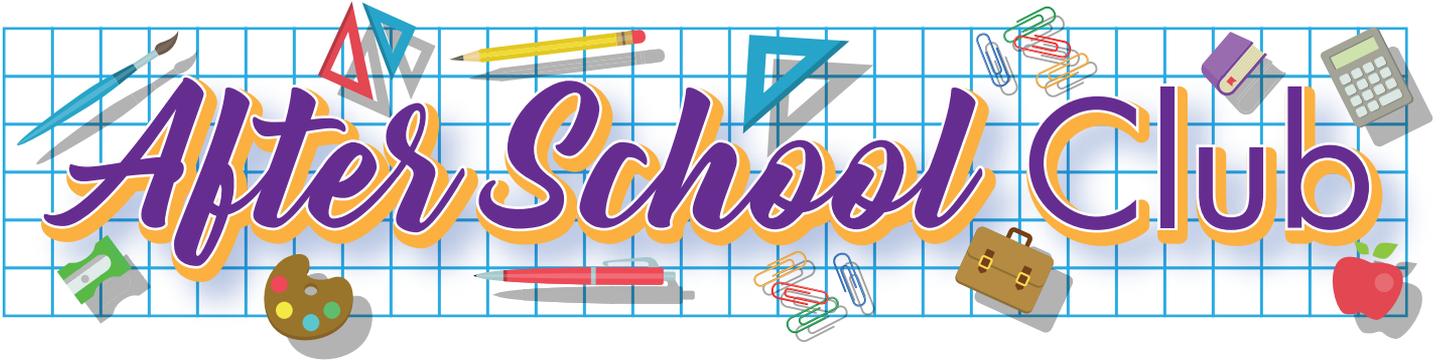
NON-RESIDENT FEE:	TIME:	RESIDENT FEE:
\$30	7 a.m. - 9 a.m.	\$20
\$80	9 a.m. - 5 p.m.	\$60
\$20	5 p.m. - 6 p.m.	\$10

WE OFFER SIBLING DISCOUNTS

FOR MORE INFORMATION, CONTACT RECREATION AND HUMAN SERVICES AT (310) 847-3570

Afternoon snack provided daily
ADDITIONAL FEES FOR EXCURSIONS

After School Club



The Kids Club program is a state licensed, quality program that is safe, fun, and affordable. Our program offers activities for children ages 5 to 12 years old under the supervision of trustworthy, caring, and qualified staff that understands the needs of all children. Kids Club activities include: homework completion time, educational/physical activities, snack time, arts & crafts, fun games, and more!



AFTER SCHOOL KIDS CLUB

PRICE: \$50 weekly

Mon-Fri • 2:30 p.m. - 6:00 p.m.

Availability is based on the needs of each site. For information about fees and locations, please call (310) 847-3570. The City reserves the right to cancel individual park programs if the minimum enrollment level is not achieved.

Kids Club is located at the following parks:



- **Calas Park** - License #198002954
- **Carson Park** - License #191606872
- **Del Amo Park** - License #191606914
- **Dolphin Park** - License #1918005652
- **Dominguez Park** - License #191606908
- **Scott Park** - License #191606928
- **Veterans Park** - License #191606908

YOUTH & ADULT SPORTS

YOUTH SPORTS

Flag Football & Soccer (Ages 5 - 17)

Last day to sign up: August 18, 2018
Tryouts: August 25, 2018
Season begins: September 22, 2018



Registration:

Resident	Non-Resident
\$25 each child	\$58 each child

Girl's Fall Softball League (Ages 9 - 17)

Last day to sign up: August 18, 2018
Tryouts: August 25, 2018
Season begins: September 22, 2018

Registration:

Resident	Non-Resident
\$25 each child	\$68 each child

Basketball (Ages 5 - 17)

Last Day to Sign Up: November 10, 2018
Tryouts: November 17, 2018
Season Begins: December 15, 2018

Registration:

Resident	Non-Resident
\$25 each child	\$68 each child

Should you have any questions regarding Youth Sports, please call (310) 847-3570 ext. 3577.

ADULT SPORTS (AGES 18 AND UP)



Coed C/D Level

Registration: August 27 - September 25
Play Begins: September 28

Registration:

Resident	Non-Resident
\$420 per team	\$479 per team



Fall Softball Tournament

Registration: August 6 - September 9
Play Begins: September 11

FALL FLAG FOOTBALL LEAGUES

4 on 4

Registration: August 6 - September 9
Play Begins: September 11

Registration:

Resident	Non-Resident
\$270 per team	\$305 per team

8 Man

Registration: August 6 - September 9
Play Begins: September 10

Registration:

Resident	Non-Resident
\$370 per team	\$420 per team

Should you have any questions regarding Adult Sports, please call (310) 847-3570 ext. 3576.

SOFTBALL LEAGUES

Men C/D Level

Registration: August 27 - September 25
Play Begins: September 27

Registration:

Resident	Non-Resident
\$420 per team	\$479 per team

Women's C/D Level

Registration: August 27 - September 25
Play Begins: September 27

Registration:

Resident	Non-Resident
\$355 per team	\$405 per team

BOXING & VOLUNTEER INFO



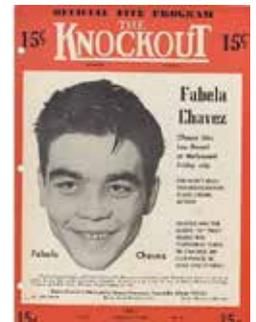
FABELA CHAVEZ BOXING FITNESS CENTER AT SCOTT PARK

Fabela Chavez Boxing/Fitness Center is celebrating its **40th Anniversary** this year. The gym was named in honor of Fabela Chavez who was inducted into the Boxing Hall of Fame in 1993 and for his contributions to Carson's youth boxing program. Throughout the years, other clubs have opened and closed their doors, but Fabela Chavez Boxing Center has remained open. Fabela Chavez has been home to many great coaches and fighters. We offer the following classes: Beginning/Intermediate Boxing and Beginning/Advanced Weightlifting. Please call the Boxing Center for more details at (310) 830-6439.

FABELA CHAVEZ BOXING/FITNESS CENTER

HOURS: Mon-Fri: 4 - 9 p.m. Sat: 10 a.m. - 2 p.m. Closed Sun

Fees (Monthly Membership)	Resident	Non-Resident
Adults	\$30	\$40
Youth	\$20	\$35
Daily Rate (Adult)	\$8	\$9
Daily Rate (Youth)	\$4	\$9



BECOME A VOLUNTEER



VOLUNTEER COACH

Volunteer coaches must complete the National Alliance for Youth Sports (NAYS) Coaches Certification Program. Coaches gain access to a members-only section of the NAYS website with coaching resources including a resource library, coach rating system, skills and drills section, and a coaching forum. Coaches have the ability to complete several additional trainings at no cost including concussion awareness, bullying prevention, protecting against abuse, and coaching children with mental health challenges. Coaches are also required to sign a Code of Ethics Pledge.

SPORTS OFFICIALS

The City of Carson Youth Sports Section is looking for interested individuals, ages 16 and up, to become paid Sports Officials. Some experience is preferred, but not necessary. For more information, call the Youth Sports Office at (310) 847-3570.

PARK PROGRAMS - YOUTH (AGES 5 - 12) ALL CLASSES FREE UNLESS NOTED OTHERWISE

ARCHERY

Come out and try archery! Kids will learn the fundamentals, range safety, and how to aim.

Mon 4:00 p.m. - 5:00 p.m. **Del Amo Park**
Sat 11:00 a.m. - 12:00 p.m. **Dominguez Park**
Mon 4:00 p.m. - 5:00 p.m. **Stevenson Park**
Mon 5:00 p.m. - 6:00 p.m. **Veterans Park**

BASKETBALL RUN

Kids are randomly selected and placed on teams to play 3-on-3 or 5-on-5 basketball games.

Tue 6:30 p.m. - 7:30 p.m. **Stevenson Park**



BEGINNING TENNIS

This program will teach kids the fundamentals of tennis such as swings, forehands, backhands, serves, and footwork.

Thu 6:30 p.m. - 7:00 p.m. **Dominguez Park**

ARTS AND CRAFTS

Arts and Crafts classes are a great and fun way to promote creativity in kids. Young artists can explore their endless abilities through a variety of different mediums such as drawing, painting, clay creations, craft building and more! *Funded by City of Carson and South Bay Center for Counseling

Thu 4:00 p.m. - 5:00 p.m. **Calas Park**
Tue/Thu 4:00 p.m. - 5:00 p.m. **Scott Park**
Tue 4:00 p.m. - 5:30 p.m. ***Veterans Park**

BOYS CLUB

Boys will experience personal development and learn leadership skills in this club. Activities include fun games, playing sports, crafts, and more!

Fri 5:00 p.m. - 6:00 p.m. **Calas Park**

CHEERLEADING

Learn all of the fundamentals of cheerleading such as cheers, motions, dance, jumps, kicks, voice projection, and beginning tumbling.

Participants will perform at football games, basketball games, and citywide events.

Please contact park for price.

Mon/Wed 6:00 p.m. - 8:00 p.m. **Carson Park**
Tue/Thu 6:00 p.m. - 7:30 p.m. **Stevenson Park**

DANCEOLOGY

Danceology is a place to learn the fundamentals and background of dance. Routines will be taught and performed at the end of the year showcase.

(Ages 5 - 7)

Mon/Wed 6:00 p.m. - 7:00 p.m. **Del Amo Park**

(Ages 8 - 12)

Tue/Thu 6:00 p.m. - 7:00 p.m. **Del Amo Park**

FOOTBALL SKILLS CLINIC

Learn the basic fundamentals of football with drills and conditioning.

Sat 11:00 a.m. - 1:00 p.m. **Dolphin Park**

GAME MANIA

Some of these games will encourage critical thinking and discussion, others provide opportunities for spontaneous interaction and fun challenges. Games vary from board games, team building, and outdoor play.

Tue 5:00 p.m. - 6:00 p.m. **Carson Park**

Fri 5:00 p.m. - 6:00 p.m. **Stevenson Park**



GIRLS CLUB

Girls will experience personal development and learn leadership skills in this club. Activities include crafts, playing sports, fun games, and more!

Fri 5:00 p.m. - 6:00 p.m. **Calas Park**

Wed 6:00 p.m. - 7:00 p.m. **Mills Park**

HOMEWORK CLUB

This club is a place for students to work on their homework, reading, and other projects in a quiet setting. Staff provides 1-on-1 tutoring with English, Math, and History.

Mon/Wed 3:00 p.m. - 5:00 p.m. **Del Amo Park**

KIDS IN THE KITCHEN

Participants will experience increased self-esteem, independence, and success while learning an edible education. Discover the important role of nutrition and how to incorporate healthier eating habits into our everyday lives. No experience required!

Wed 4:00 p.m. - 5:00 p.m. **Del Amo Park**
Thu 4:30 p.m. - 5:30 p.m. **Scott Park**
Wed 5:30 p.m. - 7:00 p.m. **Dolphin Park**
Wed 5:00 p.m. - 6:00 p.m. **Dominguez Park**
Fri 5:00 p.m. - 6:00 p.m. **Hemingway Park**
Fri 6:00 p.m. - 7:00 p.m. **Mills Park**
Fri 5:00 p.m. - 6:00 p.m. **Stevenson Park**

POLYNESIAN DANCE

Let your little ones shake their hips to the beat of the drum with this exciting dance workout. Inspired by the dances of the pacific islands, your child will learn the beauty and grace of the Polynesian dance forms; basic steps, hand motions and foot coordination. It's a fun workout any child would enjoy by exercising the art of dance and having fun all rolled into one.

Please contact park for price.

Tue/Thu 6:00 p.m. - 7:00 p.m. **Carson Park**

PING PONG

Learn the fundamentals of ping pong while having fun and making new friends.

Tue 4:00 p.m. - 5:00 p.m. **Calas Park**

SNAG Golf

SNAG stands for "Starting New at Golf." SNAG contains all the basic elements of golf, but in a modified form. Kids will learn the fundamentals such as the swing, putting, chipping, and etiquette. Please contact park for price.

Wed/Fri 6:00 p.m. - 7:00 p.m. **Stevenson Park**

Fri 4:00 p.m. - 5:00 p.m. **Veterans Park**

SOCCER CLINIC

For kids of all playing levels, this program will help kids enjoy and love soccer! Fun is at the heart of all classes with each age-appropriate curriculum covering basic fundamentals. Classes are taught by park staff alongside our experienced coaches.

Tue 5:00 p.m. - 6:00 p.m. **Calas Park**

Sat 11:00 a.m. - 1:00 p.m. **Dolphin Park**

START SMART FOOTBALL AND SOCCER

This introductory class teaches young kids the fundamentals of football and soccer in a non-competitive environment. No experience necessary. Parent participation is required. Please contact park for price.

Tue/Thu 6:00 p.m. - 7:00 p.m. **Mills Park**

PARK PROGRAMS - TEEN (AGES 13 - 17)



BASKETBALL CLINICS

This clinic will teach the fundamentals of basketball from dribbling, passing, shooting, and defense. This clinic is a gradual skill technique class that progresses each week. Recommended for ages 10 - 16.

Tue 6:00 p.m. - 7:00 p.m. Dominguez Park
Tue/Thu 6:00 p.m. - 7:00 p.m. Mills Park
Wed 6:00 p.m. - 7:30 p.m. Scott Park

ENGINEERING CLUB

Invent and be creative in this Engineering club. Staff will teach kids basic engineering principles.

Thu 6:00 p.m. - 7:30 p.m. Scott Park

FLOETRY

Explore the art of poetry, teaching participants how to write poems with special intensity and to help with expression of feelings and ideas.

Fri 6:00 p.m. - 8:00 p.m. Del Amo Park

SCRAPBOOKING

Do you have photos and family memories that need to be preserved? Learn the basics of scrapbooking including tools, paper, photo matting, and layout styles.

Wed 5:00 p.m. - 6:30 p.m. Stevenson Park

TEEN 3-on-3 BASKETBALL

Participants will be split into teams of three and weekly tournaments will be held.

Wed 7:00 p.m. - 8:00 p.m. Calas Park

TEEN CLUB

This club is a safe and fun place for teens to go after school to hang out with friends and connect with caring mentors. Teens also get to participate in fun activities like amusement parks, movies, sports, and more!

Thu 7:00 p.m. - 8:30 p.m. Calas Park
Fri 7:00 p.m. - 8:30 p.m. Dolphin Park
Fri 6:30 p.m. - 7:30 p.m. Hemingway Park
Fri 7:00 p.m. - 8:00 p.m. Mills Park
Fri 6:00 p.m. - 7:00 p.m. Stevenson Park
Fri 6:00 p.m. - 7:00 p.m. Veterans Park

TEEN DANCE PROGRAM

This organized program will teach teens dance routines to perform live at schools, charity events, city events, and more. Class is required to attend or may result in dismissal of program. Call park for more information. Space is limited.

Tue/Thu 7:00 p.m. - 8:00 p.m. Scott Park

THRIVE INLINE

Thrive Inline is a skate school headed by Professional Aggressive Inline Skater, Mike Obedoza. Step into inline skates and use the available rental pads to learn how to cruise and crash safely.

Thu 4:00 p.m. - 6:00 p.m. Veterans Park

ULTIMATE FRISBEE

Come out and learn to play Ultimate Frisbee! Teens will form teams and compete against each other while having a blast.

Fri 7:00 p.m. - 8:00 p.m. Stevenson Park

VIDEO GAME CHALLENGE

Join others in variety of pick-up challenges and mini-tournaments to test your gaming skills.

Mon 5:00 p.m. - 7:00 p.m. Dolphin Park

VOLLEYBALL

Come learn the fundamentals of volleyball. Learn to serve, pass, set, hit, proper footwork, and plays for both defense and offense.

Tue 5:00 p.m. - 6:30 p.m. Dolphin Park



PARK PROGRAMS - ADULT (AGES 18 AND UP)



ADULT FITNESS

Melt the calories away with energizing workouts that will challenge your entire body. Let our instructors help you achieve your fitness goals!

Mon 6:30 p.m. - 7:30 p.m. Dolphin Park
Tue/Thu 7:00 p.m. - 8:00 p.m. Scott Park

BINGO

Enjoy a night of fun and games! All you need is a focused mind, a fun spirit, and a loud voice to yell BINGO!

Thu 6:00 p.m. - 7:00 p.m. Stevenson Park



DANCE FITNESS

Get ready to shake and move it! Work muscles you never knew you had in this program. All fitness levels are welcome.

Tue/Thu 7:30 p.m. - 8:30 p.m. Calas Park

EXERCISE IN THE PARK

This class is open to the community and offers a combination of cardio, strength, and agility drills to challenge all fitness levels. Classes may be held indoors or outdoors.

Thu 6:30 p.m. - 7:30 p.m. Anderson Park

LINE DANCING

This popular class will keep you moving with fun dance steps performed to a variety of music. All levels welcome.

Wed 7:00 p.m. - 8:00 p.m. Anderson Park
Sat 9:00 a.m. - 11:00 a.m. Anderson Park

STRENGTH & CONDITIONING

This beginner-friendly class incorporates a variety of cardio and strength training exercises to get your heart pumping and your body moving.

Tue 7:00 p.m. - 8:00 p.m. Anderson Park

URBAN BALLROOM DANCING

Urban Ballroom Dancing is a partner dance that combines the refinement of ballroom dance steps with the soulful music of old-school Motown and contemporary R&B. All levels welcome.

Mon 5:30 p.m. - 7:00 p.m. Anderson Park
Sat 12:30 p.m. - 3:00 p.m. Anderson Park

YOGA

Learn to balance and restore your mind and body. In this class, you will learn basic yoga postures, breathing techniques, proper posture, and stretching. This program is funded by the City of Carson and the South Bay Center for Counseling.

Tue 6:30 p.m. - 7:30 p.m. Carson Park

WALKING CLUB

Walking is one of the easiest and least expensive ways to stay healthy. Walking with a group is motivating, fun, and a great way to make new friends.

Mon 6:00 p.m. - 7:00 p.m. Hemingway Park
Wed 6:30 p.m. - 7:30 p.m. Mills Park
Wed/Fri 7:00 p.m. - 8:00 p.m. Scott Park
Mon/Wed 6:00 p.m. - 7:00 p.m. Stevenson Park
Wed 6:00 p.m. - 7:00 p.m. Veterans Park

WEST AFRICAN AND CARIBBEAN DANCE

Infused with the cultures of the Caribbean and Africa, this invigorating class will keep you moving! Learn Dance Hall, Reggae, Hip-Hop, Rumba, and West African dance moves. The unique choreography will build endurance and tone for a complete cardio and strength training workout.

Wed 7:00 p.m. - 8:00 p.m. Stevenson Park

ZUMBA

Take the "work" out of workout with high-intensity moves for an interval-style, calorie burning dance party.

Mon 6:30 p.m. - 7:30 p.m. Mills Park

SPECIAL INTEREST CLASSES

The Special Interest Program offers a wide variety of classes for people of all ages. For more information, please call (310) 952 - 1782.



INTRODUCING THE FITNESS CARD!

This one card gives you access to three different fitness classes. Simply purchase a punch card for 6, 12, or 20 classes and use it for any of the following:

- Fit Happens (strength and conditioning mashup)
- Zumba (dance and movement to music)
- Gentle Yoga Flow (Vinyasa Yoga)

6 classes: \$36 / 12 classes: \$60 / 20 classes: \$90

That's as little as \$4.50 per class! Fitness cards are available for purchase at the Carson Community Center Monday - Friday from 8:00 a.m. - 5:00 p.m. Call us today for more information at (310) 952-1782.

ALL FITNESS CLASSES REQUIRE A FITNESS CARD

FITNESS CLASSES

FIT HAPPENS - Instructor: Melody Carter

This group exercise class is designed for people of all fitness levels to tone & tighten, build core strength, and improve cardiovascular conditioning. Go at your own pace, but challenge yourself a little more each time. Join us this season for an outdoor workout with friends!

Carson Community Center

Ages 18+ Tues/Thu 6:15 p.m. - 7:15 p.m.



NEW! GENTLE FLOW YOGA - Instructor: Reika Shucart

Vinyasa Yoga is called flow because of the smooth way the poses run together. Each movement is synchronized to a breath. Inhaling and exhaling in a rhythmic manner creates an overall sensation of relaxation. Use your fitness card for this class!

Carson Community Center

Ages 18+ Wed 6:15 p.m. - 7:15 p.m.

ZUMBA - Instructor: Yvonne Flores

Zumba is a total workout that combines all elements of fitness: cardio, muscle conditioning, balance, and flexibility.

Carson Park

Ages 18+ Mon 6:15 p.m. - 7:15 p.m.

MUSIC CLASS

GUITAR - Instructor: Nicholas Miller

Learn to play guitar from a friendly, patient instructor. We will cover basic chords, strumming, and the skills you need to play the songs you love. Acoustic guitar required.

Carson Community Center

Ages	Day	Time	Start	Wks	Price
18+	Mon/Wed	7:15 p.m. - 8:15 p.m.	9/10	6	Res- \$45 Non Res- \$50

SPORT CLASSES



START SMART SOCCER - Instructor: Tony Zuniga

This introductory class teaches young kids the fundamentals of soccer in a non-competitive environment. No experience necessary. Parent participation is required.

Calas Park

Ages	Day	Time	Start	Wks	Price
2-5	Mon	5:15 p.m.- 6:00 p.m.	9/10	8	Res- \$44/Non Res-\$55
2-5	Wed	5:15 p.m.- 6:00 p.m.	9/12	8	Res- \$44/Non Res-\$55

SPECIAL INTEREST CLASSES



KARATE - Instructor: Frank Acevedo

Learn and demonstrate self-defense moves such as basic kicks, blocks and punches in this karate class. If you have no experience or even if you have some experience, this class is for you.

Carson Park and Scott Park

Ages	Day	Time	Price (4 Weeks)
All Ages	Tue/Fri	6:15 p.m. - 8:15 p.m. (Carson Park)	Res \$55 Non Res \$65
	Sun	2:30 p.m. - 5:00 p.m. (Scott Park)	

EDUCATIONAL CLASSES



DIABETES WORKSHOP - Instructor: Deborah Christian

Join our workshop that encourages lifestyle changes while learning about your diabetes and the way it affects your health. Enjoy the benefits of a healthier, more energetic lifestyle by signing up today!

Carson Community Center

Ages	Day	Time	Start	Wks	Price
18+	Mon	9:30 a.m. - 11:30 a.m.	9/10	6	Free



SIGN LANGUAGE CLASS

Learn the fundamentals of sign language

Learn the alphabet and the basics of American Sign Language. You'll be taught phrases, sentences, and many other common words used every day. Sign Language has many uses. Not only is it integral to the deaf community, but it is good for people with Autism, Down's Syndrome, and caregivers as well.

Tuesdays

Ages 5 - 9 • 4 P.M. - 5 P.M.

Ages 10 and up • 5 P.M. - 6 P.M.

Fee: \$40 Residents / \$50 Non-Residents

Community Center at Carson

801 E. Carson Street, Carson, CA 90745

For more information, please call (310)835-0212, ext. 1410 or 1475

SENIOR RECREATION 50+ ALL CLASSES FREE



City of Carson Senior Recreation Program offers a wide variety of recreational activities for adults 50 years and above. Senior Recreation Office is located in the East wing of the Congresswoman Juanita Millender-McDonald Community Center. For further information, call 310-835-0212, ext. 1475 or 1478. Care providers must be present with client at all times. All fees are subject to change.

Congresswoman Juanita Millender-McDonald Community Center • 801 E. Carson St., Carson, CA 90745

Must be 50 years and above to attend. No children allowed in any senior activities or programs.

ART & DANCE

Needle Craft Class - Older adults come together to crochet, knit, sew articles by hand and work on various crafting patterns. Students provide their own supplies. *uninstructed class

Tue/Fri • 9:00 a.m. - 11:00 a.m.

Art Class - If you love drawing, coloring, painting and working at your own pace, then this is the class for you! Students provide their own supplies. *uninstructed class

Tue • 9:30 a.m. - 11:00 a.m.

Music Makers - Open to all musicians. Come enjoy each other's knowledge of music while playing instruments together. Band members must read music and provide own instrument. *uninstructed class

Mon • 9:30 a.m. - 11:30 a.m.

Ukulele Class - Learn the fundamentals of playing the Ukulele while socializing with others. Beginning and advanced artists welcome.

Mon • 10:00 a.m. - 12:00 p.m.

Polynesian Dancers – Students learn how to perform in a class group using traditional Polynesian/South Pacific dances.

Thu • 10:00 a.m. - 11:00 a.m.

Line Dancing - Learn and perform the latest country western steps.

Wed • Beg. • 9:00 a.m. - 10:00 a.m.

Wed • Int. • 10:00 a.m. - 11:00 a.m.

Thu • 4:00 p.m. - 6:00 p.m.

Salsa Dance - Enjoy the Latin rhythms while learning basic footwork, steps, turns, music timing and other dance techniques.

Mon • 10:00 a.m. - 11:00 a.m.

SENIOR RECREATION 50+ ALL CLASSES FREE



Sweethearts of Tap - Learn basic rhythmic tap skills that are characterized by tapping shoes against the floor as a type of percussion.
Mon • 11:30 a.m. - 12:45 p.m.

Table Games - Participate in a variety of table games, while enjoying the company of others.
Thu • 1:00 p.m. - 4:00 p.m.

FITNESS CLASSES

Muscle Strengthening - Learn safe techniques for strengthening the upper and lower body using flexible exercise bands. Form with doctors release required to participate.
Tue/Thu • 11:45 a.m. - 12:30 p.m.

Aerobics w/ Randy - Improve your health! Boost your mood, burn fat, strengthen bones and improve your stamina with this class.
Wed /Fri • 10:15 a.m. - 11:10 a.m.
11:15 a.m. - 12:10 p.m.

Tai Chi & Health - Learn the Chinese form of physical exercise characterized by a series of very slow and balletic body movements.
Fri • 9:00 a.m. - 10:00 a.m.

Functional Fitness - a low impact cardio to help prepare the body perform daily activities walking, bending, lifting, climbing stairs without pain, injury or discomfort.
Thu • 1:00 p.m. - 2:00 p.m.

Yoga - This class combines yoga with breathing and meditation techniques. All levels welcome, regardless of fitness level or yoga experience.
Mon • 1:00 p.m. - 2:00 p.m.

Blood Pressure Screening - Volunteers provide blood pressure screening.
Mon/Wed • 10:00 a.m. - 12:00 p.m.

SENIOR RECREATION 50+ ALL CLASSES FREE



OLDER ADULT SOCIAL CLUBS

Social Clubs and Groups are co-sponsored by the City, yet operate independently. Membership required if you would like to join a club. For further information, call (310) 835-0212 ext. 1479.

Carson VIP Club - Meets every **Tue from 11:00 a.m. – 3:45 p.m.** President: Tiny Cook

TLC Club - Meets every **Wed from 11:00 a.m. – 3:45 p.m.** President: Helen Alaniz

Swinging 50's Club - Meets every **Wed from 11:00 a.m. – 3:00 p.m.** President: Sandra Conn

Jolly Club - Meets every **Thu from 11:00 a.m. – 3:45 p.m.** President: Sandy Grawet

Friendship Club - Meets every **Fri from 11:00 a.m. – 3:45 p.m.** President: Nolando Sermonia

The Elito M. Santarina Senior Technology Center

Congresswoman Juanita Millender-McDonald Community Center, 801 E. Carson St., Carson, CA 90745

The Elito M. Santarina Senior Technology Center was dedicated on February 11, 2004

through the generous support of Computers4School. The lab offers 19 computer stations.

Adults 50 years and above will acquire skills that allow them to keep up with the advances of technology.

Beginning / Intermediate classes are scheduled to meet twice a week for an hour and half. For further information, please call (310) 835- 0212 ext. 1475/1478.

CARSON PARK | 21411 Orrick Avenue, Carson, CA 90745

DANCE & FITNESS CLASSES

Zumba - Combines Latin music that involves dance, aerobic elements and choreographed steps.

Mon/Wed/Fri • 8:30 a.m. – 9:30 a.m.

Mon/Wed • 10:00 a.m. – 11:00 a.m.

Low Impact Aerobics - Always keeping one foot to the floor, this workout promises an amazing workout every time.

Tue/Thu • 8:30 a.m. – 9:30 a.m.

SENIOR RECREATION 50+ ALL CLASSES FREE

Hula Hoop Fitness - Discover a whole new way of working out while having fun and burning calories with a hula hoop.
Tue/Fri • 10:00 a.m. - 11:00 a.m.

Open Basketball - Be introduced to the game of basketball or sharpen your skills. Open to beginners and advanced players.
Mon/Wed/Fri • 11:15 a.m. - 12:00 p.m.
Tue • 10:00 a.m. - 12:00 p.m.

Fitness Center - Open conditioning, fitness machines and weights. No trainer on site.
Mon - Fri • 8:30 a.m. - 12:00 p.m.

STEVENS ON PARK/GYM | 17400 Lysander Drive, Carson, CA 90745

FITNESS CLASSES

Exercise Class - This class combines low impact calisthenics and stretching to enrich your workout to better fitness.
Mon/Wed/Fri • 8:30 a.m. - 9:30 a.m.

Fitness Center - Open conditioning, fitness machines and weights. No trainer on site.
Mon/Wed • 8:30 a.m. - 11:30 a.m.
Fri • 8:30 a.m. - 12:00 p.m.
*Friday class alternates with Zumba class

Zumba - Combines Latin music that involves dance, aerobic elements and choreographed steps.
Fri • 10:30 a.m. - 11:30 a.m.
*alternates with fitness class

Yoga - A combination of yoga, breathing and meditation techniques. All levels welcome, regardless of fitness level or Yoga experience.
Wed • 10:00 a.m. - 11:00 a.m.

Line Dancing - Learn and perform the latest country western steps, while you enjoy the company of fellow line dancers.
Fri • 10:30 a.m. - 11:30 a.m.

SCOTT PARK/GYM | 23410 Catskill Avenue, Carson, CA 90745

Open Basketball - Be introduced to the game of basketball or sharpen your skills. Open to beginners and advanced players.
Mon - Fri • 8:30 a.m. - 10:30 a.m.

Fitness Center - Open conditioning, fitness machines and weights. No trainer on site.
Mon - Fri • 8:30 a.m. - 10:30 a.m.

UPCOMING EVENTS

AARP Mature Driving Course
September 24 & 25, 2018 (Monday & Tuesday)
2 day course • 9:00 a.m. - 1:00 p.m.
AARP Members \$15 Non-Members \$20
RSVP 310-835-0212 ext. 1478

Senior Christmas Luncheon
Friday, December 7, 2018
11:00 a.m. - 3:00 p.m.
Ticket sales: (310) 835-0212 ext. 1475 or 1478

INFORMATION AND REFERRAL



Xavier from the Braille Institute completing an evaluation with a visually impaired senior

Braille Institute

The Braille Institute continues to come to the Community Center on the 3rd Thursday of the month to provide low vision screenings FREE of cost to individuals in need (by appointment only). For appointments and schedule, please call the Braille Institute directly at (323) 663-1111.

Food Stamp/Medi-Cal Applications

A representative from Los Angeles County Public Social Services is here the first Tuesday and third Thursday of each month from 9:30 a.m.-12:00 p.m. to help fill out applications for Medi-Cal and Food Stamps. No appointment needed, walk-ins welcome, first come first served.



HOUSING RIGHTS CENTER

WORKING FOR JUSTICE AND EQUALITY IN HOUSING

Homeless Task Force

If you are homeless, P.A.T.H. (People Assisting The Homeless) can help. Call our outreach hotline at (562) 457-0205. Our team can connect you with services that include housing assistance, veteran services, mental health care, medical clinic, employment services, and benefits enrollment.

Additional resources for homebound seniors may be available, including possible case management and referrals. For more information, please contact Amanda Valorosi by calling (310) 835-0212 x1471, or via e-mail at avaloros@carson.ca.us.

SOCIAL SERVICES DIRECTORY GENERAL INFORMATION

- Health and Human Services General Information: 2-1-1
- AARP: (213) 380-1800
- Area Agency on Aging: (213) 738-4004
- Elder Abuse Hotline: (800) 992-1660

FOOD AND MEALS

- Meals on Wheels/YMCA: (310) 835-0212 ext. 1487
- Food Bank Info Line: (800) 839-6993
- Food Stamps DPSS Compton: (310) 603-8411
- FOOD STAMPS/Medi-Cal Applications
1st Tue & 3rd Thu • 9:30 a.m. - 12:00 p.m.
- LA Regional Food Bank
2nd Mon • 8:00 a.m. - 1:00 p.m.

HOUSING

HUD: (800) 955-2232

Westside Center for Independent Living: (310) 390-3611

HOUSING RIGHTS WALK IN CLINIC

1st Thu & 3rd Wed • 9:00 a.m. - 11:00 a.m.

LA COUNTY IN HOME SERVICES

In Home Support Services Intake Hotline: (888) 944-4477

INSURANCE BENEFITS AND RESOURCES

HICAP: (800) 824-0780 • Medi-Cal: (800) 952-5294

Social Security Administration SSI/SSDI: (800) 772-1213

LEGAL ASSISTANCE

Bet Tzedek Legal Services: (323) 939-0506

H.E.L.P.

<http://www.help4srs.org/> • (310) 533-1996

Caregiver Support Group:

Tue • 11:30 a.m.- 12:30 p.m.

Bereavement Support Group:

Wed • 10:00 a.m. - 11:00 a.m.

SENIOR INDEPENDENCE SUPPORT

Dedicated to helping residents of Carson, age 60 and older, age in place safely and with dignity.
For more information, call (310) 835-0212 ext. 1471



Senior Information and Resource Fair

The Senior Information and Resource Fair is a quarterly event organized by the Human Services Department. At each fair we invite community partners to come and share information on resources available to seniors and their families. The two hour event takes place in the Carson Event Center Atrium and is open to all. For more information on this event, please contact Amanda Valorosi at (310) 835-0212 ext. 1471.

Food and Meal Assistance

Monday through Friday at 11:30 a.m. The Carson/Torrance YMCA serves a variety of delicious healthy, hot and nutritious lunches in the Congresswoman Juanita Millender-McDonald Community Center. Guests enjoy a meal as well as warm conversation and fellowship. A donation of \$2.75 and \$3.50 for non-seniors per meal is suggested for people 60 years or older. There is a cost for home-delivered meals. For more information, call (310) 835-0212 ext. 1487.

Food Bank

The LA Regional Food Bank is not a City program, but we do host the handout on the 2nd Monday of each month. It is for low-income seniors age 60 and older. For more information call (323) 234-3030.



SENIOR CITIZEN ADVISORY COMMISSION

This Commission meets on the 2nd Monday of each month at 4:00 p.m. at the Congresswoman Juanita Millender-McDonald Community Center at Carson. All are invited to attend and contribute at this meeting.



SENIOR WELCOMING SUBCOMMITTEE

The Senior Welcoming committee has a mission of welcoming Seniors into the City of Carson. If you have newly met a milestone age of 50 or older, if you are a Senior Citizen that has recently relocated to Carson, or if you are a Senior Citizen who would just like to learn more about what the city has to offer you. We invite you to attend our monthly meeting and let us know how we can help you learn how to age in the best way possible here in Carson.

INTERGENERATIONAL PROGRAMMING

We are currently looking for Senior citizens to participate in the Fall Semester of our intergenerational program. The intergenerational program is a collaboration between the older adults in our community and the high school students from Rancho Dominguez Preparatory Academy. Since 2016 we have been conducting an 8 week program each semester where individuals are paired up on a weekly basis to learn from one another in an attempt to build bonds and bridge the gap between generations. We ask for the commitment of one hour, one afternoon a week, for 8 weeks. For more information, or to be placed on an interest list of participants for the Fall Semester, please call Amanda Valorosi in Human Services at (310) 835-0212 ext 1471.



THERAPEUTIC RECREATION

Therapeutic Recreation is designed to meet the recreational, social, and physical needs of individuals with disabilities. Our focus is to improve the quality of life for all participants through structured programming carried out by trained staff. Registration is required for all programs. For more information, please call (310) 835-0212 ext. 1465 or ext. 1470.



ADULT DAY CLUB

This program focuses on social interaction and skill building while enjoying various experiences.

Registration: \$25

Fridays: 9/19/18 - 11/9/18

10:00 a.m. - 1:00 p.m.

Ages: 18 and up with developmental disabilities



TEEN SOCIAL GROUP

This program is designed for teens, ages 13 - 17 with developmental disabilities who enjoy participating in leisure activities.

Registration: \$15

Wednesdays: 9/19/18 - 11/14/18

6:00 p.m. - 7:30 p.m.



THERAPEUTIC DANCE FOR ALL

Improve motor skills, body awareness, and memory through dance.

Registration: \$25

Saturdays: 9/15/18 - 11/3/18 (8 classes)

Ages 3 - 6: 9:15 a.m. - 10:00 a.m.

Ages 7 - 12: 10:15 a.m. - 11:00 a.m.



HALLOWEEN DANCE

Come join us as we dance, play games, and socialize with friends!

Registration: \$5

October 19, 2018

6:00 p.m. - 8:30 p.m.

Ages: 13 and up

JOSEPH B. JR. AND MARY ANNE O'NEAL STROKE CENTER

STROKE CENTER INFORMATION

The award-winning Stroke Center is open Monday-Friday from 8:30 a.m. - 4:30 p.m., and is located inside the Carson Community Center. There are monthly fees for non-residents and all classes are included in the monthly fees. For membership information, please call our friendly staff members at (310) 952-1763.



NEW! YOGA

Survivors and caregivers alike can benefit from this modified yoga class. Students coordinate movement with breath to flow from one pose to the next.

Fri 12:45 p.m. - 1:45 p.m.

OCCUPATIONAL THERAPY

Our licensed OT will provide one-on-one treatment aimed at improving your activities of daily living and increasing your independence.

By appointment only.



Virginia Ortega, Survivor
Ana Ortega, Caregiver

Here's what our members are saying about us.

"Thanks to the center my mom's recovery is much better and easier. She enjoys coming and reminds me to bring her everyday."



SINGING WITH NICK

Survivors who find themselves unable to speak might be surprised to find they can sing. Come share your beautiful voices through song in this group class.

2nd and 4th Tue 12:30 p.m. - 1:30 p.m.

CHAIR EXERCISE

This is a group exercise class that focuses on mobility, flexibility, and strengthening muscles.

Thu 12:30 p.m. - 1:30 p.m.

SPEECH THERAPY

This class is open to all stroke survivors whose speech may have been affected by stroke. This is a group activity with a licensed Speech Pathologist.

1st and 3rd Tue 1:00 p.m. - 2:00 p.m.

CHAIR VOLLEYBALL

This is seated indoor volleyball with a beach ball, which leads to improved motor skills and verbal communication.

Tue/Thu 11:30 a.m. - 12:30 p.m.

ZUMBA GOLD

Come enjoy a modified Zumba class for stroke survivors.

Mon / Wed 12:00 p.m. - 1:00 p.m.



TRANSPORTATION SERVICES

Carson Circuit Schedule

Buses run every 40 minutes on all eight routes:

- Monday – Friday 5:20 a.m. – 6:40 p.m.
(Last bus leaves the Pavilion at 6:00 p.m.)
- Saturday 10:40 a.m. – 5:20 p.m.
(Last bus leaves the Pavilion at 4:40 p.m.)

ALL Carson Circuit routes run in one direction ONLY.

Bus Fares

- Regular Fare \$1.00
Includes all riders over 5 years old
 - Seniors 60 & over and disabled (Must show valid I.D.) FREE
 - Monthly Pass \$30.00
 - Carson Circuit Transfers FREE
 - Interagency Transfers \$0.50
- All buses are equipped to transport wheelchair occupants

North/South Shuttle Schedule

Buses run every 50 minutes:

- Monday – Friday
6:10 a.m. – 7:44 a.m.
3:20 p.m. – 4:04 p.m.

NO MID-DAY SERVICE

North/South Shuttle no longer runs weekends and holidays

Bus Fares

*North/South Shuttle fares are the same as Carson Circuit.



LOCATION

Congresswoman Juanita Millender-McDonald
Community Center
801 E. Carson Street, Carson, CA 90745
(310) 835-0212 ext. 1495

OFFICE HOURS

Monday - Thursday
8:00 a.m. – 5:00 p.m.
We are closed Fridays,
Weekends and Holidays

ONLINE PAYMENTS

<https://payment.carson.ca.us/transportationonline/index.asp>
*Select
Dial-A-Ride or City
Sponsored Excursions

DIAL-A-RIDE PROGRAM

The Carson Dial-A-Ride (DAR) Program is designed to allow seniors and adults with disabilities to maintain their independence by providing convenient and affordable transportation.

PROGRAM HIGHLIGHTS

- Eligibility: Carson residents, age 60 and over, and adults with disabilities. Individuals with disabilities who are under the age of 60 must have a valid **ACCESS*** card to apply for Dial-A-Ride.
- Curb-to-curb service provided by taxicabs and lift-equipped vehicles.
- Service is available 24-hours a day, seven-days a week, including holidays.
- Participants are allowed up to 20 one-way rides per month.
- Cost is \$2.00 per one-way ride (maximum value on the taxi meter is \$20.00 per ride).
- Participants who receive recurring life-preserving treatment, such as dialysis or chemotherapy may be granted a waiver to use up to 30 rides per month. Medical certification is required.

SERVICE AREA

Participants may travel within Carson limits for any purpose, and to a limited number of medical facilities and social service agencies outside of the City.

REGISTRATION REQUIREMENTS (Must apply in person)

- Valid California Driver's License or Identification Card from the DMV with a Carson address.
- A recent utility bill OR bank statement with same name and address as ID.
- A \$10.00 processing fee applies. Up to 20 rides may be purchased at time of application.
- Service may be used upon receipt of DAR card in the mail, within 2-3 weeks of applying.

*ACCESS PARATRANSIT

ACCESS is a shared-ride service for individuals with disabilities, provided by the County of Los Angeles. The service extends to Los Angeles County and beyond. For more information about this program and to apply, please call (800) 827-0829 or visit their website at <http://accessla.org/home/>.

For complete Dial-A-Ride Program rules or for additional information, please visit us online at <http://ci.carson.ca.us/CommunityServices/dialaride.aspx>

Transportation Services
Congresswoman
Juanita Millender-McDonald
Community Center
801 E Carson St.
Carson, CA 90745
(310) 835-0212, Ext.1495

Office Hours:
Monday through Thursday,
8:00 a.m. – 5:00 p.m.



TRANSPORTATION SERVICES

All excursions depart and return from the
**Congresswoman Juanita Millender-McDonald
COMMUNITY CENTER AT CARSON**
801 E. Carson Street, Carson, CA 90745
Online payments: <http://ci.carson.ca.us>
For more information: (310) 835-0212 ext. 1495
Email: excursions@carson.ca.us
ALL FEES & DEPARTURE/RETURN TIMES ARE SUBJECT TO CHANGE



PAGEANT OF THE MASTERS SUNDAY, AUGUST 26, 2018

Get ready to be amazed and enchanted by 90 minutes of tableaux vivant (living pictures) that recreate works of art using real people posing exactly like their counterparts in the original pieces. Your ticket also allows you to enjoy the Festival of the Arts Show for some fabulous music and art! Cost per person includes round-trip bus transportation and show admission.

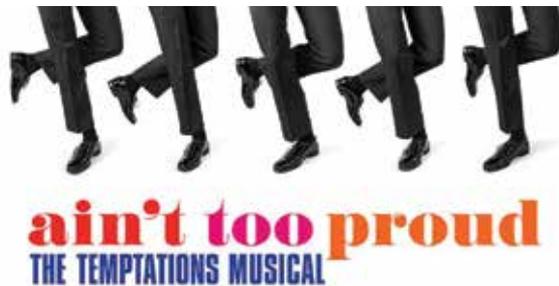
Bus departs at 5:00 p.m. and returns at 10:30 p.m.
Resident: \$65 per person
Non-Resident: \$80 per person



L.A. COUNTY FAIR SATURDAY, SEPTEMBER 8, 2018

Let's take a road trip to the Fair and Get your Kicks on Route 66!! Join the fun on Route 66 stage for hula-hoop or bubble gum blowing contests, water balloon toss and more. But mostly, don't forget to indulge in anything deep-fried or chocolate dipped goodies only found at the fair. Cost includes round-trip bus transportation and fair admission.

Bus departs at 9:00 a.m. and returns at 6:00 p.m.
Resident: \$30 per person
Non-Resident: \$45 per person



AIN'T TOO PROUD MUSICAL SATURDAY, SEPTEMBER 29, 2018

There is nothing like the irresistible beat of The Temptations! **Ain't Too Proud** is an electrifying new musical about the life and times of five young guys from the streets of Detroit that were discovered by Berry Gordy. Signature dance moves, and unmistakable harmonies shot them to the top of charts. Cost includes round-trip bus transportation and show admission.

Bus departure and return: TBD
Resident: TBD
Non-Resident: TBD

TRANSPORTATION SERVICES



LIBERTY STATION, SAN DIEGO SATURDAY, OCTOBER 27, 2018

Once a Naval Training Station, Liberty Station has now been converted to San Diego's Town Square. Come ready to eat, shop and visit museums, or just wander the grounds and learn about its military past. Cost includes round-trip bus transportation.

Bus departs at 8:00 a.m. and returns at 6:30 p.m.

Resident: \$35 per person

Non-Resident: \$50 per person



CHRISTMAS SHOPPING SATURDAY, NOVEMBER 24, 2018

Put on your shopping gear and find the perfect present for your family at the Cabazon/Desert Hills Premium Outlets. From designer clothing to housewares, you will find savings at more than 180 stores such as Armani, Coach, Gap, Le Creuset, Nike, Prada, Zumiez & many more. Ready, set, and shop!! Cost per person includes round-trip bus transportation.

Bus departs at 7:00 a.m. and returns at 6:00 p.m.

Resident: \$35 per person

Non-Resident: \$45 per person



SOLVANG SATURDAY, DECEMBER 8, 2018

VELKOMMEN! Head to Solvang, CA to celebrate the 2018 Christmas Celebration this year, and you might feel like you've stumbled half-way across the world. It will be holiday cheer with a decidedly Danish twist. There will be splendid shopping opportunities from clogs to iron art to unique toys for stocking stuffers. Cost includes round-trip bus transportation.

Bus departs at 7:30 a.m. and returns at 6:00 p.m.

Resident: \$35 per person

Non-Resident: \$50 per person



LA ZOO CHRISTMAS LIGHTS DATE: TBD

A holiday "must" destination under the stars will shimmer with LED lights, disco ball forest, a stunning 3-D animated projection, real-life reindeers and more which will be ideal for the whole family. This is a self-guided 60-90 minute walking tour of a portion of the zoo. Cost per person includes round-trip bus transportation, coffee and donuts, and reserved, premium, mid route grandstand seating.

Departures and Cost: TBD

TRANSPORTATION SERVICES



2019 TOURNAMENT OF ROSES PARADE TUESDAY, JANUARY 1, 2019

The 2019 theme for the Tournament of Roses Parade “The Melody of Life” will celebrate the universal language of music. The parade will feature majestic floral floats, high stepping equestrian units and spirited marching bands from throughout the world. Cost per person includes round-trip bus transportation, coffee and donuts, and reserved, premium, mid-route grandstand seating.

Bus departs at 5:00 a.m. and returns at 12:00 p.m.

Resident: \$115 per person

Non-Resident: \$130 per person

OVERNIGHT EXCURSIONS - **payment arrangements available upon requests**



HEARST CASTLE CHRISTMAS TOUR THURSDAY - SUNDAY, DECEMBER 13 - 16, 2018

==> Accommodations at Cambria Pines Lodge

==> Hearst Castle Tour, Cambria Christmas Market, Monterey Bay Aquarium/Cannery Row, and Solvang

==> Meals included: hot breakfast & boxed lunch for Hearst Castle tour

Cost - Includes round-trip bus transportation, hotel accommodations and tours.

Residents: \$575 per person

Non-Resident: \$600 per person



LAS VEGAS/GRAND CANYON TOUR FRIDAY - SUNDAY, MARCH 8 - 10, 2019

==> Accommodations at Golden Nugget

==> Grand Canyon West Rim Experience

==> Meals included: TBD

Cost - Includes round-trip bus transportation, hotel accommodations and tours.

Residents: \$425 per person

Non-Resident: \$450 per person

UPCOMING OVERNIGHT EXCURSIONS - 2019



YOSEMITE TOUR FRIDAY - SUNDAY, DATES TBD

==> Accommodations at Black Oak Resort Casino for Friday & Saturday night in Tuolumne, CA

==> Valley Floor guided tour of Yosemite and lunch at the Majestic Yosemite Hotel

==> \$10 breakfast vouchers for 2 days

Cost - includes round-trip bus transportation, hotel accommodations and tour.

Resident: TBD

Non-Resident: TBD

Be sure you are on our mailing list to get information on upcoming excursions.

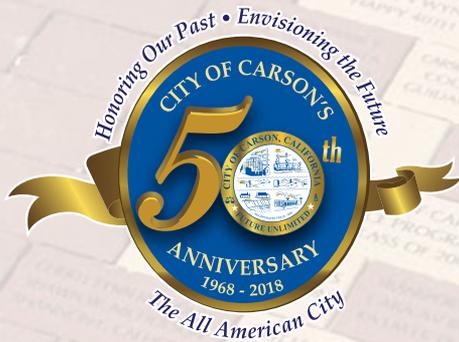
Contact Transportation Services

Telephone: (310) 835-0212 extension 1495

Email: excursions@carson.ca.us

Website: <http://ci.carson.ca.us/CommunityServices/CityExcursion.aspx>





**Celebrate Carson's
50th Anniversary
and leave your legacy with
an engraved brick!**



- Dedicate a message to your family
 - Memorialize a loved one
 - Solidify your business as a part of Carson history

**The deadline to place your order
is September 20, 2018.**

The bricks will be laid out on the Xeriscape Garden
(between City Hall and Community Center) in random order.

For more information, please contact Dani Cook at (310) 835-0212 ext. 1480.

CARSON VETERANS MONUMENT & WALL

Carson Veterans Monument

On November 11, 1998, the City of Carson dedicated a Veterans Monument to honor Carson Veterans who died while serving this country. If you know the name of a Carson Veterans who died while serving, please call (310) 830-9991.



Carson Veterans Wall

The City of Carson is gathering the names of Carson Veterans who served in the United States armed forces for the purpose of adding their name to the Veterans Wall. If you are a Carson Veteran or if you know a Carson Veteran and would like to be added to the Veterans Wall, please call (310) 830-9991.



VOLUNTEERING

Carson is rich with opportunities for civic engagement. Every year, hundreds of volunteers donate their time at our parks and in our programs to give back to the community with their incredibly talented abilities. Volunteers from all different ages, abilities, and backgrounds come together to support a variety



of excellent programs and special events.

Volunteer opportunities are also available for students in high school and colleges seeking to fulfill a community service requirement.

For more information, please contact the following:

- Any City of Carson Park
- Recreation Division -(310) 847-3570
- Human Services Division - (310) 835-0212 ext. 1467

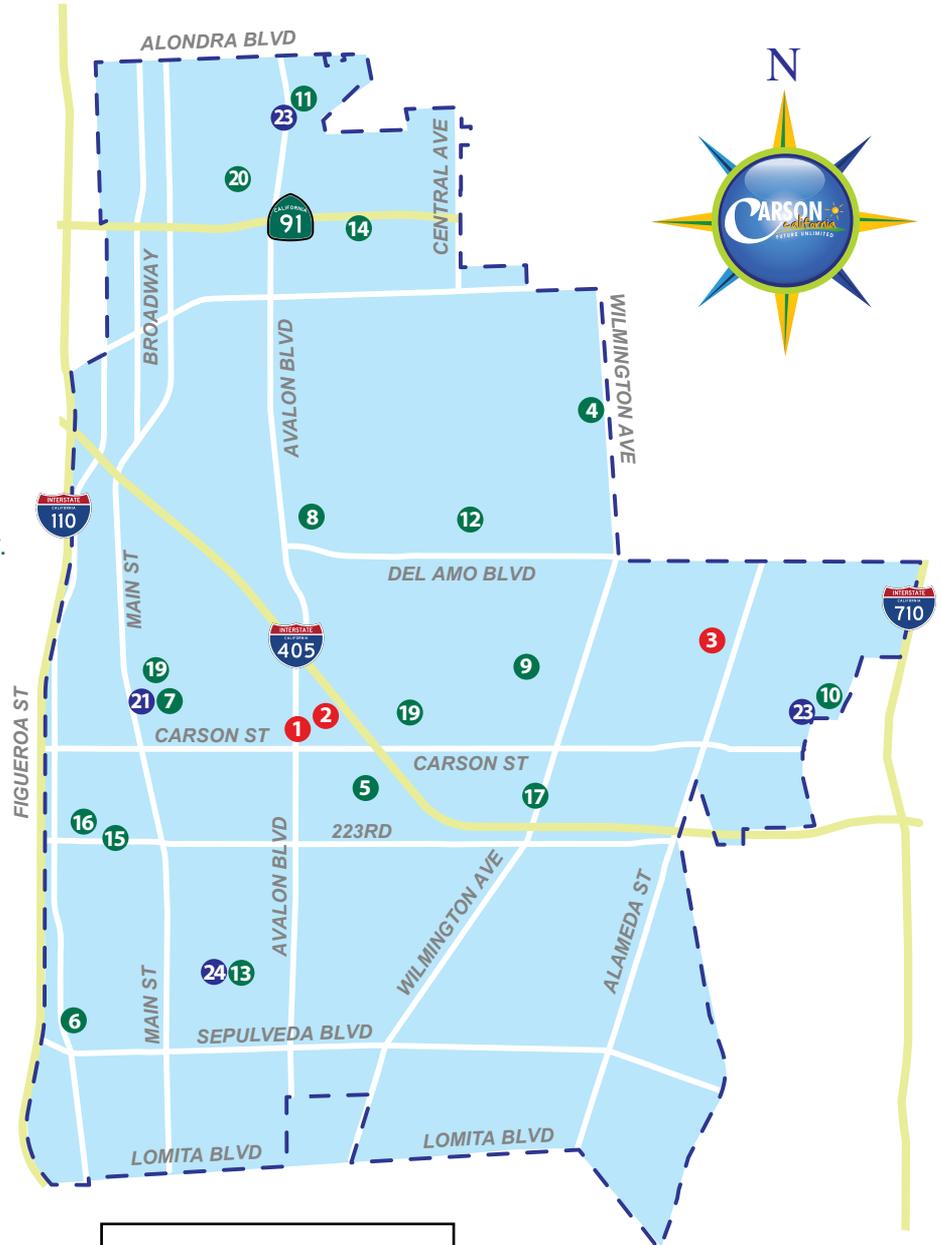
CITY OF CARSON

CITY FACILITIES

- 1 Carson City Hall**, 701 E. Carson St.
(310) 830-7600
- 2 Carson Event Center**, 801 E. Carson St.
(310) 835-0212
- 3 Corporate Yard**, 2400 E. Dominguez St.
(310) 847-3570

PARKS

- 4 Anderson Park**, 19101 Wilmington Ave.
(310) 603-9850
- 5 Calas Park**, 1000 E. 220th St.
(310) 518-3565
- 6 Carriage Crest Park**, 23800 S. Figueroa St.
(310) 830-5601 (CLOSED UNTIL 2020)
- 7 Carson Park**, 21411 S. Orrick Ave.
(310) 830-4925
- 8 Del Amo Park**, 703 E. Del Amo Blvd.
(310) 329-7717
- 9 Dolphin Park**, 21705 S. Water St.
(310) 549-4560
- 10 Dominguez Park**, 21330 Santa Fe Ave.
(310) 549-3962
- 11 Hemingway Park**, 700 E. Gardena Blvd.
(310) 538-0018
- 12 Mills Park**, 1340 E. Dimondale Dr.
(310) 631-3130
- 13 Scott Park / Fabela Chavez Boxing & Fitness Center**, 23410 Catskill Ave.
(310) 830-8310
- 14 Stevenson Park**, 17400 Lysander Dr.
(310) 631-2252
- 15 Veterans Park**, 22400 Moneta Ave.
(310) 830-9997
- 16 Veterans SportsComplex**, 22400 Moneta Ave.
(310) 830-9991
- 17 Friendship Mini-Park**, 21930 S. Water St.
- 18 Perry Street Mini-Park**, 215th and Perry St.
- 19 Reflections Mini-Park**, 21208 Shearer Ave.
- 20 Walnut Mini-Park**, 440 E. Walnut St.



●	CITY FACILITIES
●	PARKS
●	POOLS

POOLS

- 21 Carson Pool**, 21436 S. Main St.
- 22 Dominguez Aquatic Center**, 21330 Santa Fe Ave.
- 23 Hemingway Aquatic Center**, 16605 S. San Pedro St.
- 24 Scott Pool**, 23410 Catskill Ave.