



Community Services Guide SEPTEMBER • OCTOBER • NOVEMBER 2019



DATED MATERIAL. Please deliver promptly.

POSTMASTER :

Public Information Office—Carson
701 E. Carson Street
Carson, CA 90745

To Residential Customer

PPSRT STD
U.S. POSTAGE
PAID
Long Beach, CA
Permit No. 905
ECRWSS

TABLE OF CONTENTS

Special Events _____	3
Carson Event Center _____	4-5
Reservations _____	6-7
Veterans SportsComplex _____	8-9
Aquatics _____	10-11
Enrichment _____	12-13
Early Childhood Education _____	14
Kids Club _____	15-16
Youth & Adult Sports,Boxing _____	17-18
Park Programs -Youth, Teen & Adult _____	19-21
Special Interest Classes _____	22
Senior Recreation _____	23-26
Information and Referral _____	27
Senior Independence Support _____	28
Therapeutic Recreation _____	29
Stroke Center _____	30
Youth Services _____	31
Transportation Services _____	32-34
Prevention and After Care _____	35
Map _____	36

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.

The Community Services Guide
is published by the
City of Carson, Public Information Office
...

Editor: Margie Revilla-Garcia
Graphic Designers: Victor Gastelum
Danielle Hasley



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 2019 fall edition of the City of Carson's Community Services Guide! In this season of thanksgiving, the Community Services Department would like to thank all the residents who participate in our programs and activities at all of our facilities and parks. We also would like to thank all of our volunteers who donate their time to make a difference in the community. We strive to build a strong community and it would not be possible without the active participation of our residents.

The Community Services Department is proud to serve the residents and visitors of all ages and abilities in the City of Carson. A new accessible playground is being built at Dolphin Park this fall. We continue implementing our brand promise to provide access to serenity and inspiration of nature, outdoor space to play and exercise facilities for self-directed and organized recreation, positive alternatives for youth which help lower crime and mischief, positive places, and activities that facilitate social connections, human development, the arts, and lifelong learning. We also continue to put our missions to promote our mission to strengthen community image and sense of place, support economic development, strengthen safety and security, promote health and wellness, foster human development, increase cultural unity, protect environmental resources, facilitate community problem solving, and provide recreational experiences into practice in all our services. This past summer, the wonderful classes offered through the Enrichment Program were relocated to bountiful Foisia Park. The new location continues to offer our youth classes in art, dance, drama, education, music, and more.

The Fall 2019 season has several fun activities in store for the community including special events. We invite the community to celebrate our 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. Flag-football, soccer, and softball also return to local parks for the season. During the week of Thanksgiving break, the city offers childcare programs for ages 5-12 at Day Camps held at Calas Park, Carson Park, Del Amo Park, Dolphin Park, and Veterans Park. For more information on these programs and activities, please contact your local park.

We welcome any comments or suggestions you may have to improve our parks and programs. May 30, 2019. Enjoy all that the fall season brings, and let's continue to collaborate to build a strong and healthy community. Remember, the future is unlimited in Carson and parks make life better!

Idris Jassim Al-Oboudi
Director of Community Services



Special Events

SEPTEMBER

Hispanic Heritage Day
Carson Event Center
Saturday, September 14, 2019
Noon - 5:00 p.m.

Fabela Chavez Boxing Showcase
Carson Event Center
Friday, September 27, 2019
6:00 p.m. - Midnight

OCTOBER

**Filipino American History Month
Kick-Off**
Carson Event Center
Saturday, October 5, 2019
9:00 a.m. - Noon

Jazz Festival
Anderson Park
Saturday, October 5, 2019
11:00 a.m. - 6:00 p.m.

Women's Health Conference
Carson Event Center
Friday, October 18, 2019
7:00 a.m. - 2:00 p.m.

**Think Pink Breast Cancer
3 Mile Walkathon**
Veterans Park
Sunday, October 20, 2019
8:00 a.m. - Noon

Larry Itliong Day
Veterans Park
Saturday, October 26, 2019
9:00 a.m. - Noon

**Halloween Carnival
& Dia de los Muertos**
Carson Event Center
Thursday, October 31, 2019
5:00 p.m. - 8:00 p.m.

NOVEMBER

Veterans Day Celebration
Veterans Park
Monday, November 11, 2019
10:00 a.m. - 1:00 p.m.

Carson EVENT CENTER

Space, value and location



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



The Carson Event Center is operated by the City of Carson and offers 40,000 sq ft of versatile meeting and event spaces. Interested in hosting a special event, wedding reception or holiday party? Let us assist you with all your logistical needs as our knowledgeable staff has detailed experience in event planning and pride ourselves on exceptional customer service before and throughout your entire event. We look forward to making your dream become a reality. Onsite catering is offered exclusively through Choura Venue Services.

FULL SERVICE CATERERS

Choura
VENUE SERVICES



[facebook.com/carsonctr/](https://www.facebook.com/carsonctr/)

[instagram.com/carson_center/](https://www.instagram.com/carson_center/)

[yelp.com/biz/carson-center-carson](https://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 RENOVATIONS



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 Multipurpose Room (*30), and 4 Picnic Grass Areas.

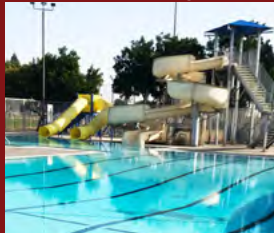
POOLS

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

FOISIA POOL



- 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, 3 Picnic Areas, 1 Baseball Field, and 1 Practice Field.



FOISIA PARK

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



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.



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 Shelters.



MILLS PARK

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



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 Room (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:

Monday - Thursday
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 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

IT'S NOT HOW FIT YOU ARE IT'S HOW FIT YOU WANT TO BE



22400 Moneta Avenue, Carson, CA 90745
(310) 830-9991

HOURS OF OPERATION

FACILITY

Mon-Thu • 6:00 a.m. - 9:00 p.m.
Fri • 6:00 a.m. - 9:00 p.m.
Sat • 7:00 a.m. - 5:00 p.m.
Sun • 8:00 a.m. - Noon

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

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 Membership	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



CARSON VETERANS MONUMENT

On November 11, 1998, the City of Carson dedicated a Veterans Monument to honor Carson Veterans who gave the ultimate sacrifice while serving this country. If you know the name of a Carson Veteran and would like to honor their service, 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.

VETERANS SPORTSCOMPLEX



CITY OF CARSON

CONQUER *THE BRIDGE*

5.3 MILE RUN/WALK CHALLENGE
Monday, September 2, 2019 • 7 a.m.
(Rain or Shine)

San Pedro-Vincent Thomas Bridge
\$40 per participant • Transportation not included
Ages 10 & Up

TURKEY BLAST

Bring a friend, have fun! ...and possibly win prizes.

Tuesday, November 26th • 6:00 p.m. - 8:00 p.m.

Join Us For A Great 2-Hour Workout.

Come experience Veterans SportsComplex's most popular group exercise classes taught by the instructors you love to hate, packed into 20-minute sessions for 2 hours.



BLACK FRIDAY WEEK SPECIAL

**Promotion:
November 23-30, 2019**



All Ages Welcome

Veterans SportsComplex

22400 Moneta Avenue, Carson, CA 90745 • (310) 830-9991

Fall 2019 Carson Pool Swim Lessons

(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

4:00 P.M. – 4:50 P.M.
5:00 P.M. – 5:50 P.M.
6:00 P.M. – 6:50 P.M.

CLASSES

TP/SF PO AP
PO AP M
M F/FF/SH AD

TUE/ THU

F1 September 3 – September 12, 2019
F2 September 17 – September 26, 2019
F3 October 1 – October 10, 2019
F4 October 15 – October 24, 2019

SAT (4 CLASSES)

TIME

10:00 a.m. – 10:50 a.m.
11:00 a.m. – 11:50 a.m.
12:00 p.m. – 12:50 p.m.
2:00 p.m. – 2:50 p.m.
3:00 p.m. – 3:50 p.m.
4:00 p.m. – 4:50 p.m.

CLASSES

TP AP M AD
SF PO AP M
TT^ PO AP M
TT^ PO AP M
SF PO AP M
TP PO AP F/FF/SH

SAT

SF1 September 7 – September 28, 2019
SF2 October 5 – October 26, 2019



FALL REGISTRATION AT CARSON POOL ONLY

RESIDENTS ONLY

(Must present proof of residency)
August 19 – August 23, 2019
Mon/Wed/Fri
5:00 P.M. – 7:00 P.M.

RESIDENTS AND NON-RESIDENTS

August 26 – August 30, 2019
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

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

	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

FALL 2019 AQUATIC TRAININGS

HEMINGWAY AQUATIC CENTER

16605 S. San Pedro Street, Carson, CA 90746

Become a Lifeguard... Save a Life!

New Blended Learning Training Course that is offered both online and with instructor-led skill sessions. 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 26, 2019 5:00 p.m. – 6:00 p.m.

Course #1

Sat September 7, 2019 8:00 a.m. – 6:00 p.m.

Sun September 8, 2019 8:00 a.m. – 6:00 p.m.

Course #2

Sat September 14, 2019 8:00 a.m. – 6:00 p.m.

Sun September 15, 2019 8:00 a.m. – 6:00 p.m.

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

New Blended Learning Training Course that is offered both online and with instructor-led skill sessions. 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 (Tryout and Course Introduction)

September 23, 2019 5:00 p.m. – 8:00 p.m.

Sat October 5, 2019 8:00 a.m. – 6:00 p.m.

Sun October 6, 2019 8:00 a.m. – 6:00 p.m.



ALL CLASSES ARE MANDATORY



Dates to Remember

January 13, 2020 – Registration for February Lifeguarding and Water Safety Instructor Trainings

February 11, 13, and 15, 2020 – Registration for Spring Swim Lessons for Residents only at Carson Pool.

February 18, 20, and 22, 2020 – Registration for Spring Swim Lessons for Residents and Non-Residents only at Carson Pool.

March 10, 2020 - Spring Lessons Begin at Carson Pool.

April 21, 2020 - Aquatic Mail-In Registration Begins.

May 26, 2020 - Aquatic Walk-In Registration Begins.



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

Location for all programs: Foisia Park (formerly Scott Park)

BALLET

\$38 RESIDENT / \$48 NON-RESIDENT

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	4:00 p.m. – 4:50 p.m.



TEEN INTRO TO DRAMA

\$25 RESIDENT / \$35 NON-RESIDENT

A class where teens interested in drama and theatre arts can enhance and master their skill and technique.

AGES	DAYS	TIMES
12-17	Mon/Wed	7:00 p.m. – 7:50 p.m.



GLEE CLUB

\$25 RESIDENT / \$35 NON-RESIDENT

A class where teens can enhance their vocal skills and techniques while singing and harmonizing to their favorite tunes

AGES	DAYS	TIMES
12-17	Tue/Thu	7:00 p.m. – 7:50 p.m.

FLUTE

\$48 RESIDENT / \$58 NON-RESIDENT

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

AGES	DAYS	TIMES
7-14	Tue/Thu	4:00 p.m. – 4:50 p.m.

GUITAR

\$48 RESIDENT / \$58 NON-RESIDENT

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)

COSTUME DESIGN

\$30 RESIDENT / \$40 NON-RESIDENT

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 RESIDENT / \$35 NON-RESIDENT

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.



HIP HOP DANCE

\$38 RESIDENT / \$48 NON-RESIDENT

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

AGES	DAYS	TIMES
6-8	Mon/Wed	4:00 p.m. – 4:50 p.m. (Beginners)
9-14	Mon/Wed	5:00 p.m. – 5:50 p.m. (Intermediate)

INTRO TO ART

\$60 RESIDENT / \$70 NON-RESIDENT

A class where students learn the basic fundamentals of art including but not limited to ; drawing painting, calligraphy, and much more.

AGES	DAYS	TIMES
6-14	Tue/Thu	4:00 p.m. – 5:00 p.m.

INTRO TO PIANO

\$60 RESIDENT / \$70 NON-RESIDENT

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 RESIDENT / \$40 NON-RESIDENT

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 RESIDENT / \$70 NON-RESIDENT

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.



SIGN LANGUAGE

\$45 RESIDENT / \$55 NON-RESIDENT

Come learn the basics of American Sign Language! Class, time, and location are subject to change.

AGES	DAYS	TIMES
5-14	Tue	4:00 p.m. – 5:00 p.m.

SPANISH 4 KIDS

\$60 RESIDENT / \$70 NON-RESIDENT

In this class children will learn how to speak and read in the Spanish language using worksheets, flash cards, and other fun techniques to keep children engaged in learning.

AGES	DAYS	TIMES
7-14	Fri	5:00 p.m. – 6:00 p.m.
7-14	Sat	9:00 a.m. – 10:00 a.m.

TAP DANCE

\$38 RESIDENT / \$48 NON-RESIDENT

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
5-9	Tue/Thu	5:00 p.m. – 5:50 p.m. (Beginners)
10-14	Tue/Thu	6:00 p.m. – 6:50 p.m. (Intermediate)

VOICE

\$25 RESIDENT / \$35 NON-RESIDENT

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

AGES	DAYS	TIMES
5-12	Tue/Thu	6:00 p.m. – 6:50 p.m.



EARLY CHILDHOOD EDUCATION



CURRICULUM

The City of Carson's Early Childhood Education 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

Fall is here! Time to go back to school the air is getting cool. Kids are looking for pumpkins all around and the leaves are slowly coloring the ground. To kick off this beautiful season the children will participate in a number of educational activities and events:

- Great Shake-out
- Halloween
- Friendship Feast
- Harvest
- Exploring Pumpkins
- L.A. Zoo Field Trip

TUITION RATES

		Resident	Non-Resident
ONE TIME REGISTRATION:		\$95	\$106
HALF DAY PROGRAMS: Monday thru Friday		4 WEEK RATE	
LOCATIONS: Community Center / Carson Park / Dolphin Park		Resident	Non-Resident
4 hrs. 8:00 a.m. - 12:00 p.m. or 1:00 p.m. - 5:00 p.m.		\$303	\$374
ALL DAY PROGRAMS: Monday thru Friday		4 WEEK RATE	
LOCATION: Community Center		Resident	Non-Resident
9 hrs.	8:00 a.m. - 5:00 p.m.	\$593	\$698
10 hrs. Early Drop-Off	7:00 a.m. - 5:00 p.m.	\$681	\$803
10 hrs. Late Pick-Up	8:00 a.m. - 6:00 p.m.	\$681	\$803
11 hrs. Early Drop-Off & Late Pick-Up	7:00 a.m. - 6:00 p.m.	\$735	\$866

Early Childhood Education
(310) 835-0212 Ext. 1482

... RATES ARE SUBJECT TO CHANGE ...

CITY OF CARSON

Thanksgiving Break* Mini Camp

November 25 - November 29, 2019

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



**Bring lunch daily
Afternoon snack provided daily**
ADDITIONAL FEES FOR EXCURSIONS


WE OFFER SIBLING DISCOUNTS

Second child will get a \$5.00 discount.

Third child will get a \$7.00 discount.

Fourth child will get a \$9.00 discount.

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

TIME:	RESIDENT	NON-RESIDENT
7 A.M. - 5 P.M.	\$80	\$110
7 A.M. - 6 P.M.	\$90	\$130
9 A.M. - 5 P.M.	\$60	\$80
9 A.M. - 6 P.M.	\$70	\$100

KIDS CLUB (AGES 5 - 12)



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

Registration: \$50 weekly

Mon-Fri • 2:30 p.m. - 6:00 p.m.

Availability is based on the needs of each site.

For more information, 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
- Foisia Park (Formerly Scott Park) - License #191606928
- Veterans Park - License #191606908

YOUTH & ADULT SPORTS

YOUTH SPORTS

Flag Football and Soccer

(Ages 5 - 17)

Last Day to Sign Up: August 17, 2019

Tryouts: August 24, 2019

Season Begins: September 21, 2019

Resident \$25 each child

Non Resident \$68 each child

Girls Fall Softball League

(Ages 9 - 17)

Last Day to Sign Up: August 17, 2019

Tryouts: August 24, 2019

Season Begins: September 21, 2019

Resident \$25 each child

Non Resident \$68 each child

Basketball

(Ages 5 - 17)

Last Day to Sign up: November 9, 2019

Tryouts: November 16, 2019

Season Begins: December 14, 2019

Resident \$25 each child

Non Resident \$68 each child

Should you have any questions regarding



ADULT SPORTS (AGES 18 AND UP)

SOFTBALL LEAGUES

Men C/D Level

Registration: August 5, 2019 - September 24, 2019

Season Begins: September 26, 2019

Registration:

Resident

\$420 per team

Non-Resident

\$479 per team

Women's C/D Level

Registration: August 5, 2019 - September 24, 2019

Season Begins: September 25, 2019

Registration:

Resident

\$355 per team

Non-Resident

\$405 per team

Coed C/D Level

Registration: August 5, 2019 - September 24, 2019

Season Begins: September 27, 2019

Registration:

Resident

\$420 per team

Non-Resident

\$479 per team



FALL SOCCER LEAGUES

4 on 4

Registration: August 12, 2019 - September 23, 2019

Season Begins: September 30, 2019

Registration:

Resident

\$270 per team

Non-Resident

\$305 per team

8 Man

Registration: August 12, 2019 - September 23, 2019

Season Begins: September 27, 2019

Registration:

Resident

\$370 per team

Non-Resident

\$420 per team

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

BOXING & VOLUNTEER INFO



FABELA CHAVEZ BOXING FITNESS CENTER AT FOISIA PARK

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: 4:00 p.m. - 9:00 p.m.

Sat: 10:00 a.m. - 2:00 p.m. Closed Sun

(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.

PARK PROGRAMS - YOUTH (AGES 5 - 12)

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
Mon	5:00 p.m. - 6:00 p.m.	Dolphin Park
Mon	5:00 p.m. - 6:00 p.m.	Veterans Park
Sat	11:00 a.m. - 12:00 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!

Tue-Thu	3:30 p.m. - 4:30 p.m.	Dominguez Park
Tue/Fri	4:00 p.m. - 5:00 p.m.	Foisia Park
Thu	4:00 p.m. - 5:00 p.m.	Calas Park
Thu	5:00 p.m. - 6:00 p.m.	Veterans Park



BOYS AND GIRLS CLUB

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

Wed	6:00 p.m. - 7:00 p.m.	Mills Park
Fri	5:00 p.m. - 6:00 p.m.	Calas Park

CALLIGRAPHY CLASS

This class will teach the basics of calligraphy. Kids must know how to write cursive prior to registering.

Fri	3:00 p.m. - 4:00 p.m.	Foisia Park
-----	-----------------------	-------------

CHEERLEADING

Learn all of the fundamentals of cheerleading such as cheers, motions, dance, jumps, kicks, voice projection, and beginning tumbling. Please contact park for registration information.

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

HOMEWORK CLUB

This club is a place for students to work on their homework, reading, and other projects in a quiet setting.

Mon-Thu	3:00 p.m. - 5:00 p.m.	Stevenson Park
Mon/Wed	3:00 p.m. - 5:00 p.m.	Del Amo Park
Mon-Thu	3:30 p.m. - 5:00 p.m.	Foisia 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	6:00 p.m. - 7:00 p.m.	Mills Park
Wed	5:30 p.m. - 7:00 p.m.	Dolphin Park
Thu	4:30 p.m. - 5:30 p.m.	Foisia Park
Thu	5:00 p.m. - 6:00 p.m.	Del Amo Park
Thu	5:00 p.m. - 6:30 p.m.	Dominguez Park
Fri	4:00 p.m. - 5:30 p.m.	Stevenson Park

PING PONG

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

Mon	3:00 p.m. - 4:00 p.m.	Dominguez Park
Tue	4:00 p.m. - 5:00 p.m.	Calas Park
Tue/Fri	5:00 p.m. - 6:00 p.m.	Foisia 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 registration information.

Tue	4:00 p.m. - 5:00 p.m.	Veterans Park
-----	-----------------------	---------------

SOCCER CLINIC

This clinic will teach kids the fundamentals of soccer while preparing them for the upcoming soccer season. Please contact park for registration information.

Tue	5:00 p.m. - 6:00 p.m.	Foisia Park
Tue/Thu	6:00 p.m. - 7:30 p.m.	Dominguez Park
Sat	11:00 a.m. - 12:00 p.m.	Dolphin Park



START SMART YOUTH SPORTS PROGRAM

This introductory class teaches young kids the fundamentals of sports in a non-competitive environment. No experience necessary. Parent participation is required. Please contact park for registration information.

Tue/Thu	6:00 p.m. - 7:00 p.m.	Mills Park
Wed	5:00 p.m. - 6:00 p.m.	Foisia Park

ULTIMATE FRISBEE

Learn basic skills such as catching and throwing a frisbee in this non-contact team sport that combines football, soccer, and basketball. This game is fast-paced and ultimate fun!

Fri	5:30 p.m. - 7:00 p.m.	Dominguez Park
-----	-----------------------	----------------

PARK PROGRAMS - TEEN (AGES 13 - 17)

BASKETBALL CLINIC

This clinic will teach the fundamentals of basketball from dribbling, passing, shooting, and defense.

Tue 6:00 p.m. - 7:00 p.m. Veterans Park
Wed/Fri 5:00 p.m. - 6:00 p.m. Foisia Park

ENGINEERING CLUB

Invent and be creative in the Engineering Club! Staff will teach kids and teens basic engineering principles.

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

FOOSBALL FANATICS

Join the Foosball Fanatics for practice sessions, challenge matches, and championship tournaments.

Thu 5:30 p.m. - 7:00 p.m. Dolphin Park



FOOTBALL CLINIC

Prepare for the upcoming season by learning the fundamentals of football and fitness drills.

Sat 12:00 p.m. - 1:00 p.m. Dolphin Park

BASEBALL CLINIC

Come out and learn the fundamentals of fielding, catching, throwing, hitting, and base-running in a fun, positive environment.

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

TEEN DANCE CLUB

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

Tue/Thu 6:00 p.m. - 7:30 p.m. Foisia Park

TENNIS CLINIC

In this program, participants will learn grips, footwork, forehands, backhands, lobs, volleys, and approaches for both singles and doubles play. For beginners and intermediate levels.

Mon/Wed 6:00 p.m. - 7:00 p.m. Foisia Park

VIDEO GAME CHALLENGE

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

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

GAMES GALORE

Kids and teens will play games like ping pong, foosball, air hockey, and more!

Thu 1:00 p.m. - 2:30 p.m. Foisia Park

PICKLEBALL

Pickleball is a paddle sport that combines elements of badminton, tennis, and table tennis with two to four players on a team. This game is fast pace and tons of fun!

Tue 4:30 p.m. - 5:30 p.m. Del Amo 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!

Wed	3:00 p.m. - 5:00 p.m.	Dominguez Park
Thu	7:00 p.m. - 8:30 p.m.	Calas Park
Fri	3:00 p.m. - 5:00 p.m.	Veterans Park
Fri	6:00 p.m. - 7:00 p.m.	Hemingway Park
Fri	6:00 p.m. - 7:30 p.m.	Foisia Park
Fri	6:00 p.m. - 8:00 p.m.	Stevenson Park
Fri	7:00 p.m. - 8:30 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	6:00 p.m. - 7:00 p.m.	Foisia 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
Thu	6:00 p.m. - 7:30 p.m.	Foisia Park

BUNCO

For a fun night out, come play Bunco! Win prizes, enjoy delicious snacks, and make new friends too!

Fri	6:00 p.m. - 9:00 p.m.	Stevenson Park
-----	-----------------------	----------------



DANCERCISE

Rhythmic exercise is for anyone needing a fun, effective, and low impact workout. Take a musical trip around the world with easy to follow choreography that focuses on balance, range of motion, flexibility, and coordination.

Mon	7:00 p.m. - 8:00 p.m.	Del Amo 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	6:30 p.m. - 7:30 p.m.	Del Amo Park
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

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	6:00 p.m. - 7:00 p.m.	Dominguez Park
Wed	6:30 p.m. - 7:30 p.m.	Mills Park
Wed/Fri	7:00 p.m. - 8:00 p.m.	Foisia 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.

Tue/Thu	7:00 p.m. - 8:00 p.m.	Stevenson 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
Wed	6:30 p.m. - 7:30 p.m.	Del Amo Park

ZUMBA

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

Mon	6:00 p.m. - 7:00 p.m.	Foisia Park
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.

FITNESS CARDS

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

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. Use your fitness card for this class.

Carson Community Center

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

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.

MAT CLASS - Instructor: Melody Carter

This class combines functional fitness and flexibility, strengthening the body through yoga-inspired core moves. Use your fitness card for this class.

Carson Community Center

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

SIGN LANGUAGE - Instructor: Diana Barch

Learn the alphabet and basics of American Sign Language. You'll be taught phrases, sentences, and many other common words used every day.

Carson Community Center

Ages	Day	Time	Start	Wks	Price
10 and up	Tues	5:30 p.m. - 6:30 p.m.	9/10	8	Res: \$40/ Non Res: \$50

EARLY START EDUCATION - Instructor: Heather Schafer-Padilla

Enroll in our Early Start Education course to give you and your toddler a fun and educational bonding experience. This 6-week program will meet twice weekly, and is an introduction for both the Adult (18 and up) and Toddler (18 months - 3 years) into early education. Enhance your bond through social interaction, sensory activities, music, creative art activities, emergent math, and science activities. Adult participation is required for the duration of the class.

Carson Park

Day	Time	Start	Wks	Price
M/W	1:15 p.m.-2:15 p.m.	9/9	6	Res- \$42/Non-Res- \$52
T/Th	5:15 p.m.- 6:15 p.m.	9/10	6	Res- \$42/Non-Res- \$52

START SMART SOCCER - Instructor: Tony Zuniga

This introductory class teaches children 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.	9/9	8	Res- \$44/Non Res-\$55
2-5	Wed	5:15 p.m.- 6:00 p.m.	9/11	8	Res- \$44/Non Res-\$55

KARATE - Instructor: Frank Acevedo

This class develops self-confidence and a positive attitude while teaching motor skills and self-defense.

Carson Park and Dominguez Park

Ages	Day	Time	Price (Monthly)
Ages 7 and up	Tue/Fri	6:15 p.m. - 8:15 p.m. (Carson Park)	(Price includes all three days.)
	Wed	6:15 p.m. - 8:15 p.m. (Dominguez Park)	Res- \$55/ Non Res- \$65

NEW MARIACHI CLASSES BEGIN SEPTEMBER 4TH

Asociacion Cultural Los Angeles:

Maestro Ernesto Molina (Estrella de Jalisco)

Mariachi Classes for adults and children/

Clases de Mariachi para adultos y juvenes

Mariachi Academy of Carson:

\$50/month

Group classes for beginner, intermediate and advanced students includes Wednesdays 4:30 p.m. - 7:00 p.m. (instrument instruction) and Saturdays (ensemble) 8:30 a.m. - 10:30 a.m.*

Includes coordination in performances.

Pre-registration with Asociacion required.

*Subject to availability and performances

Mariachi para adultos:

\$120 per session (4 classes per session)

Thursdays 5:00 p.m. (armonía), 6:00 p.m. (trompeta), 7:00 p.m. (violin)

Mariachi mass/Misa Panamérica:

\$90 per session (3 classes per session)

Tuesdays 3:30 p.m.

Information/información: Asociación (323) 419-2272, or mariachiacademycarson@gmail.com

Location: Carson Community Center.

All classes include materials/Materiales incluidos.

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. Care providers must be present with client at all times. All prices are subject to change.

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

CJMM COMMUNITY CENTER

801 E. Carson St., Carson, CA 90745

ART & DANCE

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.

Line Dancing - Learn and perform the latest line dances. All levels welcome.

Wed • Beg. • 9:00 a.m. - 10:00 a.m.

Wed • Int. • 10:00 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.

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.

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.

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

Tue • 10:00 a.m. - 11:00 a.m.

Flamenco and Tap Dance - Learn the basic steps of tap dance and flamenco. Class alternates every other Monday.

Mon • 11:30 a.m. - 12:45 p.m.

Table Games - Participate in a variety of open table games, while enjoying the company of others.

Thu • 1:00 p.m. - 4:00 p.m.

SENIOR RECREATION (50+) ALL CLASSES FREE

CJMM COMMUNITY CENTER

801 E. Carson St., Carson, CA 90745

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.

FITNESS CLASSES



Aerobics - 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. and 11:15 a.m. - 12:10 p.m.

Blood Pressure Screening - Volunteers provide blood pressure screening.

Mon/Wed • 10:00 a.m. – 12:00 p.m.

Functional Fitness - A low impact cardio class that strengthens and enables the body to perform every day movements and tasks more safely and effectively.

Thu • 1:00 p.m. – 2:00 p.m.

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.

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.

Yoga - This class combines yoga poses with breathing and meditation techniques. All levels welcome, regardless of fitness level or yoga experience.

Mon • 1:00 p.m. - 2:00 p.m.

Wed • 4:30 p.m. - 5:30 p.m.

Fri • 2:00 p.m. - 3:00 p.m.

OLDER ADULT SOCIAL CLUBS

Social Clubs and Groups are co-sponsored by the City, yet operate independently. All clubs meet at the CJMM Community Center, except for Swinging 50's Club, which meets at Dominguez Park. 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

COMPUTER CLASSES

The Elito M. Santarina Senior Technology Center

- Offers classes that are scheduled to meet twice a week for 90 minutes. The lab offers 19 computer stations, allowing adults 50 years and above to acquire skills that allow them to keep up with the advances of technology. Please call (310) 835-0212 ext. 1475 for more information or to be added to interest list for upcoming classes.

SENIOR RECREATION (50+) ALL CLASSES FREE



CARSON PARK/GYM

21411 S. Orrick Ave., Carson, CA 90745

DANCE & FITNESS CLASSES

Fitness Center - Open conditioning, fitness machines and weights. No trainer on site.

Mon - Fri • 8:30 a.m. – 12:00 p.m.

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.

Yoga - This class combines yoga poses with breathing and meditation techniques. All levels welcome, regardless of fitness level or yoga experience.

Wed. 4:30 p.m. - 5:30 p.m.

Fri. 2:00 p.m. - 3:00 p.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.

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.

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.

FITNESS CLASSES

STEVENSON PARK/GYM

17400 Lysander Drive, Carson, CA 90745

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.

*Friday class alternates with Zumba class

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.

SENIOR RECREATION (50+) ALL CLASSES FREE



FOISIA PARK (FORMERLY SCOTT PARK) /GYM
23410 Catskill Avenue, Carson, CA 90745

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

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.



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.

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

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

UPCOMING EVENTS

AARP Mature Driving Course

September 23 & 24, 2019 (Monday & Tuesday)
2 day course • 9:00 a.m. - 1:00 p.m.
AARP Members \$15 Non-Members \$20
RSVP (310) 835-0212 ext. 1479

Christmas Luncheon

Friday, December 6, 2019
11:00 a.m. - 3:00 p.m.
Ticket sales:
(310) 835-0212 ext. 1475



INFORMATION AND REFERRAL

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.



HOMELESS TASK FORCE

If you encounter, or someone you know is homeless, P.A.T.H. (People Assisting The Homeless) can help. Call our outreach hotline at (562) 457-0205. Homeless individuals or families can be connected with services that include housing assistance, veteran services, mental health care, medical clinic, employment services, and benefits enrollment.

Additional resources for homeless individuals and homebound seniors may be available, including possible case management and referrals. For more information, please contact Amanda Valorosi by calling (310) 952-1782 ext. 1471, or via e-mail at avaloros@carson.ca.us.

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.

CAREGIVER SUPPORT GROUP

This support group is offered to adults of all ages who are family caregivers of other adults in their life. Whether you are taking care of a parent, spouse, adult child or other loved one, many of the stresses and struggles are the same. At this group we gather to discuss and support common problems, needs, and interests. Feeling, thoughts and experiences are shared. The goal is to share not only support, but ideas, and experiences that will help caregivers better cope with and manage the shared problems in a safe and caring environment. The group meets throughout the year on Tuesdays from 11:30 a.m. – 12:30 p.m. at the JMMCC. Please call ahead for more information (310) 952-1782 ext. 1471

BEREAVEMENT SUPPORT GROUP

This support group is offered to adults of all ages who are experiences grief following the death of a loved one Whether the death was just recent, or years ago and you are still struggling, all are welcome. It has been proved that individuals who have experienced such great loss can benefit from sharing with one another in a safe, and caring environment. The group meets throughout the year on Wednesdays from 10:00 a.m. – 11:00 a.m. at the JMMCC. Please call ahead for more information (310) 952-1782 ext. 1471

HOUSING RIGHTS WALK IN CLINIC

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

ALS (LOU GEHRIG'S DISEASE) SUPPORT GROUP

This support group is offered to a person with ALS, their family members, caregivers, and loved ones. This support group is entirely based on what the specific attendees need. The group acts as a great resource for people to maintain control over their lives, to give and take wisdom and experience that comes from living with or around this devastating illness. The group meets on the 3rd Friday of each month from 12:00 p.m – 1:30 p.m. at the JMMCC, and is facilitated by a representative from the ALS Association of Greater Los Angeles.

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) 952-1782 ext. 1471



SENIOR INFORMATION AND RESOURCE FAIR

Thursday, September 19th, 2019 • 10:00 a.m. - 12:00 p.m. 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) 952-1782 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 \$3.00 for seniors age 60 and up, and \$4.00 for non-seniors is suggested. 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 food distribution on the second Monday of each month. It is for low-income seniors age 60 and older. For more information call (323) 234-3030.

FREE ALZHEIMER'S WORKSHOPS

Each month a different topic will be explored pertaining to Alzheimer's Disease in the form of an interactive seminar. The classes are lead by Alzheimer's Los Angeles. For more information on their organization you can call (844) HELP-ALZ. Please RSVP to assure we have capacity. Amanda Valorosi at (310)835-0212 ext. 1471

Carson Community Center

Ages Day Time 1x/month

ALL Mon 3:30 p.m.- 5:30 p.m.

FALL TOPICS

September: Making Your Home Safe

October: A three-week Caregiver Express workshop from 1:00 p.m. -3 p.m.

November: Alzheimer's Disease Policies



SENIOR CITIZEN ADVISORY COMMISSION

Commissioner Dr. Vergie Seymore is on the Stroke Center Ad Hoc Committee. To recognize her for all of her hard work she was selected as one of the Women of the Year at the Annual Women's Day celebration.

INTERGENERATIONAL PROGRAMMING

We are currently looking for adults 50 plus to participate in the SPRING 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) 952-1782 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 and will only be accepted from the legal guardian. 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.

Congresswoman Juanita Millender-McDonald Community Center

Registration: \$25

Fridays: 9/13/19 - 11/8/19 • 9:30 a.m. - 1:00 p.m.

Ages: 18 and up with developmental disabilities



ADVENTURES IN ART

Express yourself artistically and create various art projects while improving fine motor skills.

Congresswoman Juanita Millender-McDonald Community Center

Registration: \$25

Saturdays: 9/14/19 - 11/2/19 • 9:30 a.m. - 11:00 a.m.

Ages: 11 and up



SOFTBALL PROGRAM

Develop fundamental softball skills while also building confidence, friendships and increased physical activity.

Location: TBD

Registration: \$25

Mondays: 9/9/19 - 10/28/19 • 6:00 p.m. - 7:30 p.m.

Ages: 8 and up



HALLOWEEN DANCE

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

Congresswoman Juanita Millender-McDonald Community Center

Registration: \$5

October 18, 2019

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. to 4:30 p.m., and is located inside the CJMM Community Center. Membership is free, and all stroke survivors must be at least six months post-stroke. Caregivers are welcome to participate in group activities. For more information, please call our friendly staff members at (310) 952-1763.



Here's what our members are saying about us:

"The Stroke Center is an excellent place to come do therapy, physical and emotional, on the journey to recovery. Friendly members and staff make it easy and possible."

Ed Figlin
Stroke Survivor



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.

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.

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.

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.

Tue 1:00 p.m. - 2:00 p.m.

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.

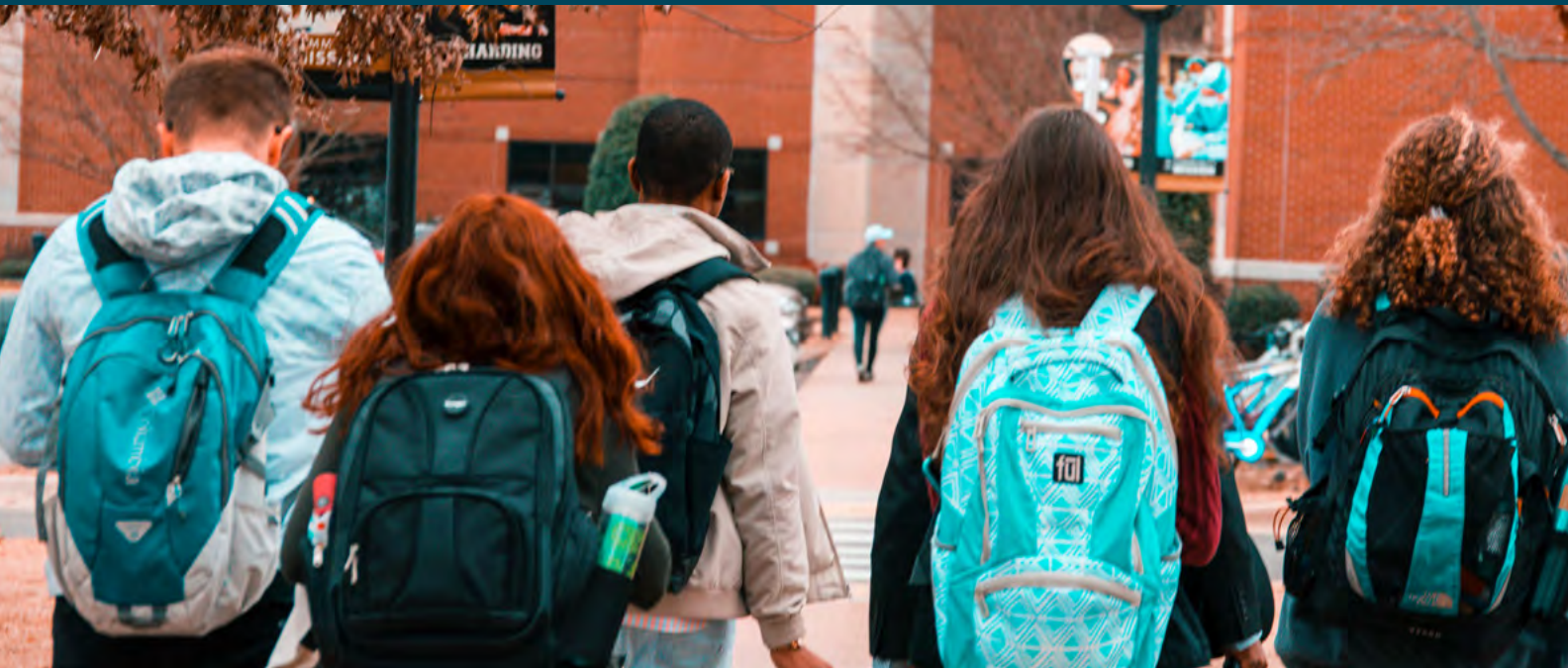
ZUMBA GOLD

Come enjoy a modified Zumba class for stroke survivors.

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



YOUTH SERVICES



CLASSROOM SERIES

ANGER MANAGEMENT FOR TEENS

Focus on learning appropriate management of anger and behavior in: school, the community, in relationships, and in the home; all from a life skills perspective.

SIX WEEK SERIES

\$30 RESIDENT / \$40 NON-RESIDENT

AGES	DAYS	TIMES
12-17	TUESDAY	4:30 p.m. – 6:00 p.m.

LOCATION: CJMM Community Center

STREET SMART GANG PREVENTION **IN MIDDLE SCHOOLS ONLY**

The goal of this prevention class series is to help prevent student gang involvement by educating them about the gang life such as how gangs affect the community, and how they impact the child themselves, and their families.

****CONTACT YOUR CHILD'S CARSON MIDDLE SCHOOL, OR HUMAN SERVICES, for where they are being held.**

SIX WEEK SERIES IN THE SCHOOL

FREE AGES	DAYS	TIMES
12-14	TBD	During school hours

LOCATION: CJMM Community Center

UPCOMING WORKSHOPS / EVENTS

BACKPACK GIVEAWAY – TBD

FREE AGES	DAYS	TIMES
Under 18	SATURDAY	11 a.m. – 2 p.m.

LOCATION: CJMM Community Center

FAFSA – October 16, 2019

Workshop to assist students to fill out the **FREE Application** for Federal Student Aid form. **FAFSA** is a form completed by current and prospective college students (undergraduate and graduate) in the United States to determine their eligibility for student financial aid.

FREE AGES	DAYS	TIMES
Any age	Wednesday	6:00 p.m.

LOCATION: CJMM Community Center

**City of Carson
Recreation & Human Services
801 E. Carson Street
Carson, CA 90745
(310) 952-1782 or (310) 952-1700, ext. 1671**

...

TRANSPORTATION SERVICES

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

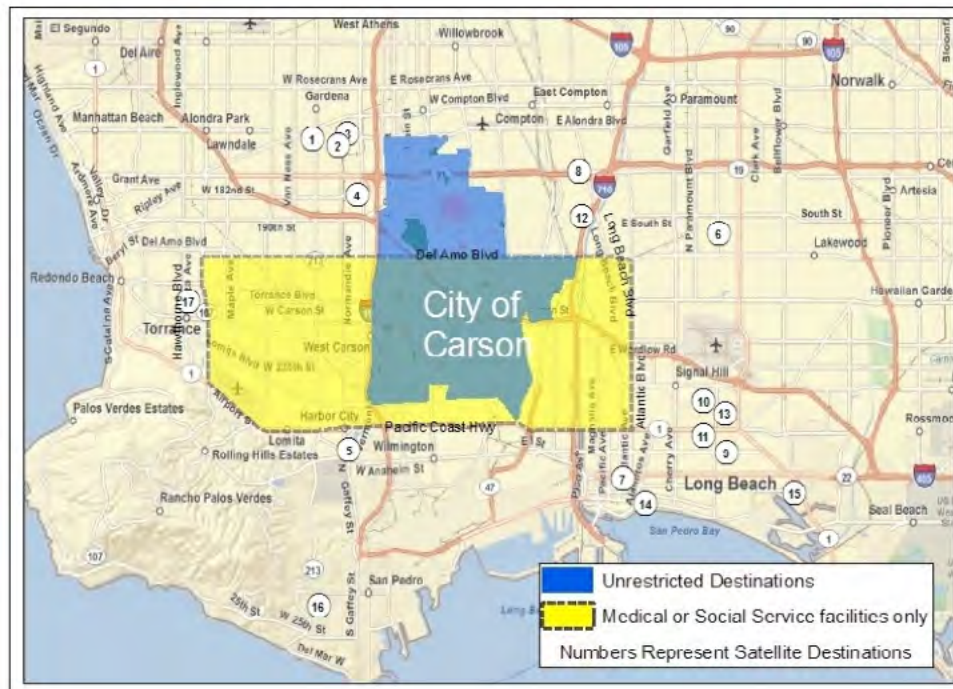
Participants may travel within Carson limits for any purpose, and to a limited number of medical facilities and social service agencies outside of the City.

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 processing charge 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 ci.carson.ca.us/CommunityServices/dialaride.aspx

Transportation Services
Congresswoman
Juanita Millender-
McDonald
Community Center
801 E Carson St.
Carson, CA 90745
(310) 952-1757

Office Hours:
Monday through Thursday,
8:00 a.m. – 5:00 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 (age 5 and over) \$1
- Seniors 60+ and disabled (must show valid ID) FREE
- Monthly Pass \$30
- Carson Circuit Transfers FREE

FOR MORE INFORMATION

- Service Information/Lost & Found (310) 225-2545
- Monthly Passes/Complaints (310) 952-1757



**ALL BUSES ARE EQUIPPED
TO TRANSPORT
WHEELCHAIR OCCUPANTS**

TRANSPORTATION SERVICES



PREVENTION AND AFTERCARE

ALL CLASSES **FREE**. FOR MORE INFORMATION, PLEASE CONTACT JENICE DEGUZMAN AT (310) 847-3584.

ARTS & CRAFTS FOR KIDS

AGES 5-12

THURSDAYS • 5:00 P.M. – 6:00 P.M.

Veterans Park | 2400 Moneta Ave. Carson, CA 90745 • 310-830-9997

CRAFTY CLUB

AGES 18 AND UP / MONDAYS • 6:30 P.M. - 8:30 P.M.

Keep Calm and Craft On / Crafts aren't just for kids!

Come explore your inner crafter. Share your crafting experience and learn something new from others.

Veterans Park | 2400 Moneta Ave, Carson, CA 90745 • 310-830-9997

COMMUNITY GARDEN CLEAN UP

MONTHLY DATES TO BE ANNOUNCED

No gardening skills required • Fun for the entire family

Service hours for students! Tree pruning, mowing, raking, planting
and harvesting! A fun way to spend your Saturday!

Carson High School | 22328 S. Main St., Carson

FAMILY COACHING

FAMILIES WITH CHILDREN UNDER THE AGE OF 18 / ON-GOING

Do you or someone in your family need a little guidance in setting goals and finding ways to reach those goals?

You can work together with a family coach to learn how to prioritize, plan and reach your goals,
and explore ways to strengthen your family bonds.

For more information, please contact Jenice Deguzman at 310-847-3584.

YOGA CLASS

ALL AGES

MEN & WOMEN / TUESDAYS, 6:30-7:30 P.M.

Carson Park | 21411 Orrick Ave., Carson, CA 90745 • 310-830-4925

ZUMBA CLASS

ALL AGES / MONDAYS • 6:30 P.M. - 7:30 P.M.

Sponsored by City of Carson & South Bay Center for Counseling

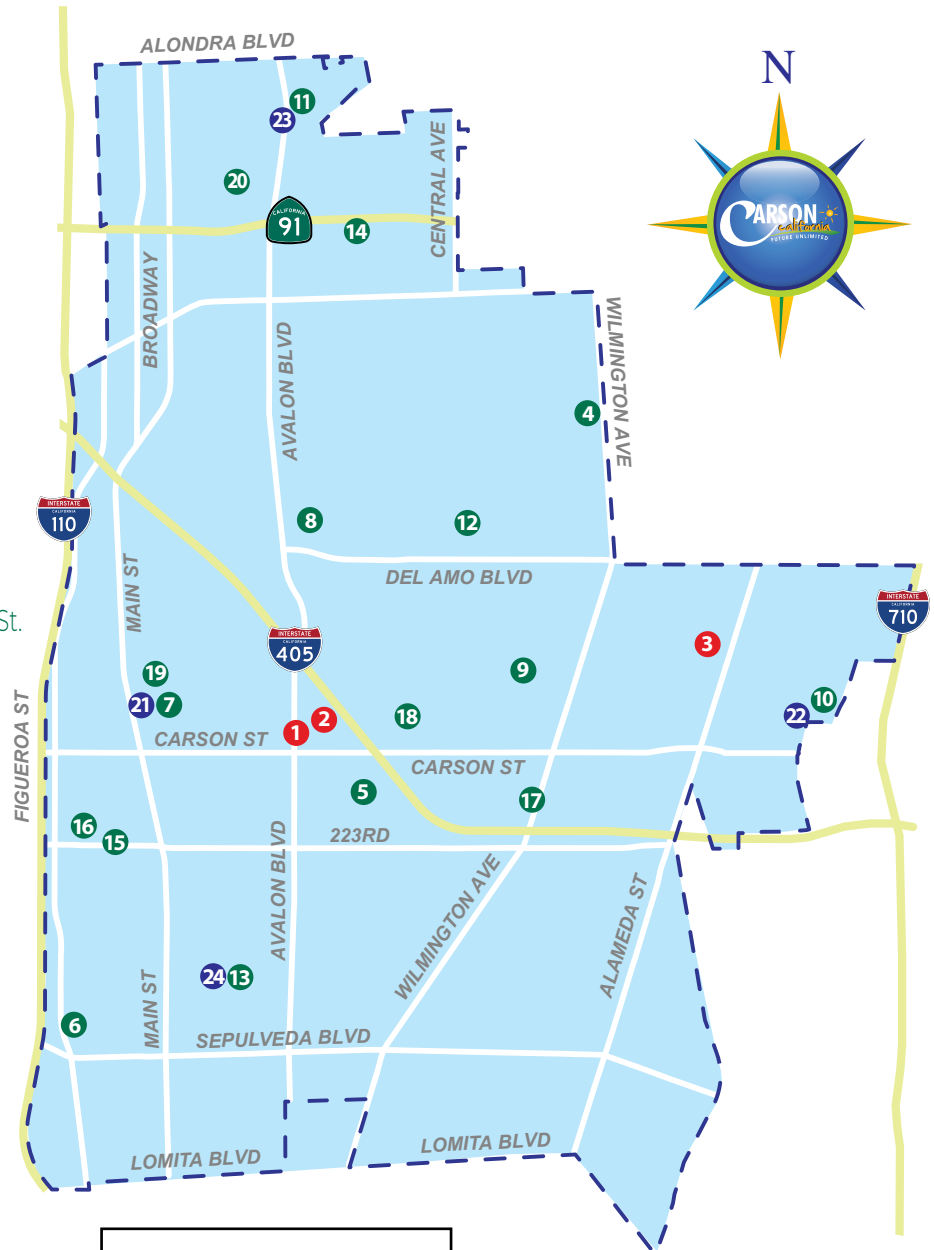
Veterans Park | 2400 Moneta Ave. Carson, CA 90745 • 310-830-9997

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 **Foisia 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 **Foisia Pool**, 23410 Catskill Ave.