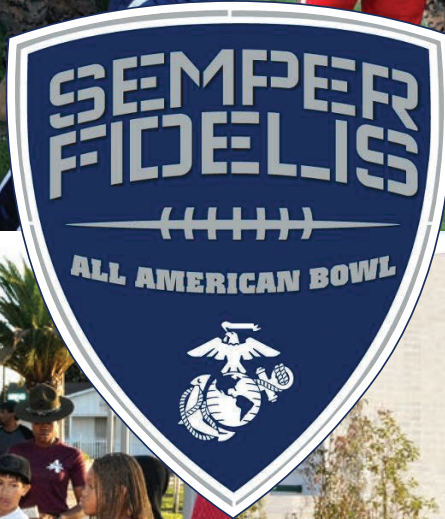




# Community Services Guide

March / April / May 2015



IN CARSON

DATED MATERIAL. Please deliver promptly.

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## All Fees Are Subject To Change

Events, programs and activities held at the Congresswoman Juanita Millender-McDonald Community Center may be referenced to as the Carson Community Center or community center.

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 Spring 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.

We hope that you will find this flip-book -- and all its future issues -- useful in planning activities for the entire family, as well as getting informed on what's going on in our community.

You can also read us online at:

<http://ci.carson.ca.us/content/department/publicinformation>

## A MESSAGE FROM THE Director of Community Services

### Welcome to the Community Services Guide!

I am pleased to present the 2015 Spring Recreation and Human Services Guide, your passport to various opportunities to help you stay active, feel great and have fun here in Carson. Start planning today for how you and your family this spring and summer can get the most fun out of the many planned activities. Take a walk in one of our 16-parks, sign up for a fitness class, join a softball team or enroll in one of the many senior activities offered at the Congresswoman Juanita Millender-McDonald Community Center at Carson.

Carson is committed to insuring that every resident has an opportunity to experience outstanding recreational activities and park facilities that enhance our quality of life by helping us stay active. We have plenty to offer, and new surprises on tap in our parks, senior programming and human services. 2015 marks a celebration for Special Olympics – Cal State University, Dominguez Hill (CSUDH) will host the athletes. Please join us as we celebrate the athletes from around the world as they visit our City.

This year several capital improvements have been completed to include renovation of Congresswoman Juanita Millender-McDonald Community Center, Lobby, Halls A,B, &C and restrooms. As well as new remote restroom at Dolphin Park, renovation at Anderson Park and new ball field lighting at Dominguez Park.

Your park maintenance crews have been working hard to improve our ball fields and facilities which provide the opportunity for recreational play. In today's hectic schedule, it is easy to forget to take time out and enjoy each day. It is important to our health and well-being to visit a park site and do something for you. The Recreation and Human Services Department is here to offer ways to help you do just that.

Don't forget Parks, Make life Better!

Sincerely,  
Cedric L. Hicks, Sr., Director  
Community Services Department

# AQUATICS

## 2015 SWIM LESSON (50-minute lesson) Weekday lessons

Session 1: June 8 - June 19  
Session 2: June 22 - July 3  
Session 3: July 6 - July 17  
Session 4: July 20 - July 31  
Session 5: August 3 - August 14

Evening Only (all pools except Scott Pool)  
Session 6: August 17 - August 28

Saturday Session 1: June 6 - July 4th  
Saturday Session 2: July 25 - July 29

### Group Swim Lesson Session Fees:

	Adult/1st Child	2nd Child	3rd Child
<b>Mon/Wed/Fri</b>			
Resident	\$40	\$37	\$34
Non-Resident	\$45	\$45	\$45
<b>Tues/Thurs</b>			
Resident	\$27	\$25	\$23
Non-Resident	\$30	\$30	\$30
<b>Saturday</b>			
Resident	\$33	\$31	\$29
Non-Resident	\$38	\$38	\$38

### Private Swim Lessons: (Four – 50-minute lessons)

Resident Rate: One Participant \$125 Two Participants \$200  
Non-Resident Rate: One Participant \$150 Two Participants \$240

Classes:	Name	Level
6 mos. – 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 – Beginner
	AP Adv. Polliwog	2
	M Minnow	3
	F Fish	4
	FF Flying Fish	5
	SH Shark	6
15 yrs & up	AD Adult	1-3

## Treasure Island Day

18th Annual Treasure Island Day on

Saturday, July 25, 2015, 12 p.m. - 2 p.m. and

3 p.m. - 5 p.m. (2 sessions), \$3 per session

at Dominguez Aquatic Center.

For more information on aquatic programs,  
call Aquatics at (310) 816-9381 or go online  
<http://recreation.carson.ca.us/aquatics>

## REGISTRATION

Registration forms will be available at the parks and at the Corporate Yard or online starting Monday, April 27, 2015. You can access the **Aquatic webpage** by going to <http://recreation.carson.ca.us/aquatics>.

City of Carson welcomes people of all abilities in our programs. To request a disability related accommodation or if you have a question about participating in any of the aquatic activities please call the Aquatics office at (310) 816-9381.

### Mail-in Registration (April 27 - May 22, 2015):

Resident registration begins: Monday, April 27, 2015

Non-Resident registration begins: Monday, May 11, 2015

### Walk-in Registration:

Dates	Day(s)	Time
May 26 - May 28	Tues – Thursday	3:00 – 8:00 p.m.
May 29	Friday	9:00 - 2:00 p.m.
May 30	Saturday	8:30 a.m. – 12:00 p.m.

1. Please register early, classes fill up quickly.
2. Classes are subject to cancellation or schedule change. All classes must meet the minimum enrollment requirement. If your class is canceled, we will make every effort to find a class near your requested time.

## SCHOLARSHIPS

Aquatic scholarship applications will be accepted starting Monday, April 27, 2015. Scholarship forms available throughout the summer until funds are no longer available.

## WHICH CLASS SHOULD I REGISTER MY CHILD?

- **Tadpole** (3-4 years old) & **Polliwog** (5 years and older)  
Beginning swimmer  
Little or no experience in water activity
- **Starfish** (3-4 years old) & **Adv. Polliwog** (5 years and older)  
Prerequisites: Level 1 - Stroke Performance Chart  
Walk in water independently / Fully submerge face under water  
Comfortable floating on front/back supported  
Move through water 5 yards
- **Squid** (3-4 years old) & **Minnow** (5 years and older)  
Prerequisites: Level 2 - Stroke Performance Chart  
Swim front crawl for 15 yards / Swim back crawl for 10 yards  
Comfortable swimming in deep end / Can float on back/front unsupported
- **Fish**  
Prerequisites: Level 3 - Stroke Performance Chart  
Swim front crawl for 15 yards with rotary breathing  
Swim back crawl for 15 yards / Swim in deep water  
Tread water for 10 seconds / Sitting/kneeling dive
- **Flying Fish**  
Prerequisites: Level 4 - Stroke Performance Chart  
Standing dive / Tread water for 1 minute  
Elementary backstroke / breaststroke / butterfly for 15 yards  
Front/back crawl for 25 yards  
Swim underwater for 3 body lengths
- **Shark**  
Prerequisites: Level 5 - Stroke Performance Chart  
Elementary backstroke/breaststroke/butterfly/sidestroke - 25 yards  
Front/back crawl for 50 yards / Tread water for 2 minutes / Flip turns

# AQUATICS

## CARSON POOL

21436 S. Main Street, Carson, CA 90745 • (310) 830-1053

### Monday/Wednesday/Friday

Time	Classes
9:00 a.m. – 9:50 a.m.	SF/SQ PO AP F
10:00 a.m. – 10:50 a.m.	TP PO AP M
11:00 a.m. – 11:50 a.m.	TP/SF PO AP F/FF
12:00 p.m. – 12:50 p.m.	TT^ PO AP M
1:15 p.m. – 2:45 p.m.	Recreation Swim
3:00 p.m. – 3:50 p.m.	TP/SF PO AP F
4:00 p.m. – 4:50 p.m.	TP PO AP M
5:00 p.m. – 5:50 p.m.	TP/SF PO AP F/FF
6:00 p.m. – 6:50 p.m.	TT^ PO AP M
7:00 p.m. – 7:50 p.m.	Adult Swim Lessons
7:00 p.m. – 8:00 p.m.	Aqua Aerobics/Lap Swim
7:00 p.m. – 8:00 p.m.	Self-Paced Deep Water Cardio

^ TT class only 40 minutes

### Saturday

Time	Classes
10:00 a.m. – 10:50 a.m.	TT^ PO AP M
11:00 a.m. – 11:50 a.m.	SF/SQ PO AP F/FF
12:00 p.m. – 12:50 p.m.	TP/SF PO AP M
1:15 p.m. – 2:45 p.m.	Recreation Swim

### Tuesday/Thursday

Time	Classes
9:00 a.m. – 9:50 a.m.	SF/SQ PO AP F
10:00 a.m. – 10:50 a.m.	TP PO AP M
11:00 a.m. – 11:50 a.m.	TP/SF PO AP FF/SH
12:00 p.m. – 12:50 p.m.	TT^ PO AP M
1:15 p.m. – 2:45 p.m.	Recreation Swim
3:00 p.m. – 3:50 p.m.	TP/SF PO AP F
4:00 p.m. – 4:50 p.m.	TP PO AP M
5:00 p.m. – 5:50 p.m.	TP/SF PO AP FF/SH
6:00 p.m. – 6:50 p.m.	TT^ PO AP M
7:00 p.m. – 8:30 p.m.	Recreation Swim

^ TT class only 40 minutes

### Recreation Swim\*

Dates	Day(s)	Time
May 30 - August 29	Saturday	1:15 - 2:45 p.m.
June 8 - August 14	Mon - Fri	1:15 - 2:45 p.m.
June 9 - August 27	Tues/Thurs	7:00 - 8:30 p.m.

**Fees (all ages): \$1 Resident, \$2 Non-Resident**

\*Children under 7 must be accompanied by an Adult and remain within an arms length away at all times



### Programs

#### Aqua Aerobics (15 years & over)

Dates	Day(s)	Time
June 8 - August 28	Mon/Wed/Fri	7:00 – 8:00 p.m.

**Fee (per class): \$3 Resident, \$4 Non-Resident, \$2 VSC member**

#### Adult Lap Swim (15 years & over)

Dates	Day(s)	Time
June 8 - August 28	Mon/Wed/Fri	7:00 – 8:00 p.m.

**Fees (per class): \$2 Resident, \$3 Non-Resident, Free VSC member**

**ALL FEES SUBJECT TO CHANGE**

## SCOTT POOL

23410 Catskill Avenue, Carson, CA 90745 • (310) 549-9051

### Monday/Wednesday/Friday

Time	Classes
9:00 a.m. – 9:50 a.m.	PO AP
9:00 a.m. – 10:50 a.m.	Water Polo
10:00 a.m. – 10:50 a.m.	TT^ PO/AP
11:00 a.m. – 11:50 a.m.	TP/SF PO/AP
11:00 a.m. – 11:50 a.m.	Basketball / Splash Ball
12:00 p.m. – 12:50 p.m.	Diving
12:00 p.m. – 12:50 p.m.	SF/SQ AP F/FF
12:00 p.m. – 1:00 p.m.	Lap Swim
1:15 p.m. – 2:45 p.m.	Recreation Swim
3:00 p.m. – 3:50 p.m.	TP/SF PO/AP M
3:00 p.m. – 4:50 p.m.	Junior Guards
4:00 p.m. – 4:50 p.m.	TP/SF PO AP
5:00 p.m. – 7:00 p.m.	Swim Team
7:15 p.m. – 8:45 p.m.	Recreation Swim (M/W)

### Tuesday/Thursday

Time	Classes
10:00 a.m. – 10:50 a.m.	TT^ TP/SF PO/AP
11:00 a.m. – 11:50 a.m.	TP/SF PO/AP M
12:00 p.m. – 12:50 p.m.	SF/SQ FF/SH
12:00 p.m. – 12:50 p.m.	Diving
1:15 p.m. – 2:45 p.m.	Recreation Swim
3:00 p.m. – 3:50 p.m.	TP/SF PO/AP M
3:00 p.m. – 4:50 p.m.	Mini Guards
4:00 p.m. – 4:50 p.m.	TP/SF PO AP
5:00 p.m. – 7:00 p.m.	Swim Team
7:10 p.m. – 8:10 p.m.	Aqua Aerobics/Lap Swim
7:10 p.m. – 8:10 p.m.	Self-Paced Deep Water Cardio

^ TT class only 40 minutes

### Recreation Swim\*

Dates	Day(s)	Time
June 8 - August 14	Mon - Fri	1:15 - 2:45 p.m.
June 8 - August 12	Mon/Wed	7:15 - 8:45 p.m.

**Fees (all ages): \$1 Resident, \$2 Non-Resident**

\*Children under 7 must be accompanied by an Adult and remain within an arms length away at all times

**ALL FEES SUBJECT TO CHANGE**

### Programs

#### Aqua Aerobics (15 years & over)

Dates	Day(s)	Time
June 9 - August 13	Tues/Thurs	7:10 - 8:10 p.m.

**Fee (per class): \$3 Resident, \$4 Non-Resident, \$2 VSC member**

#### Adult Lap Swim (15 years & over)

Dates	Day(s)	Time
June 8 - August 14	Mon/Wed/Fri	12:00 - 1:00 p.m.
June 9 - August 13	Tues/Thurs	7:10 - 8:10 p.m.

**Fees (per class): \$2 Resident, \$3 Non-Resident, Free VSC member**

### Programs (continued)

#### Dive Team

Dates	Day(s)	Time
June 8 - August 14	Mon - Fri	12:00 - 12:50 p.m.

**Fee: \$90 Resident, \$110 Non-Resident**  
**Prerequisite: Level-3 card or equivalent skills**

#### Junior Lifeguard (12 – 17 years)

Dates	Day(s)	Time
June 8 - August 14	Mon/Wed/Fri	3:00 - 4:50 p.m.

**Fee: \$100 Resident, \$125 Non-Resident**

#### Mini Guards (9 – 11 years)

Dates	Day(s)	Time
June 9 - August 13	Tues/Thurs	3:00 - 4:50 p.m.

**Fee: \$80 Resident, \$100 Non-Resident**

#### Tigershark Swim Team (5 – 17 years)

Dates	Day(s)	Time
May 26 - August 14	Mon - Fri	5:00 - 7:00 p.m.

**Fee: \$195 Resident, \$250 Non-Resident**  
**Tryouts and parent information meeting will be held at the first practice on Monday, Monday, May 26, 2015.**

#### Water Polo (8 - 17 years)

Dates	Day(s)	Time
June 8 - August 14	Mon/Wed/Fri	9:00 - 10:50 a.m.

**Fee: \$100 Resident, \$125 Non-Resident**

#### Basket/Splash Ball

Dates	Day(s)	Time
June 8 - August 14	Mon/Wed/Fri	11:00 - 11:50 a.m.

**Fee: \$60 Resident, \$75 Non-Resident**  
**Prerequisite: Interested in learning Water Polo basics in shallow water and building on physical endurance**  
**ALL FEES SUBJECT TO CHANGE**

# AQUATICS

## DOMINGUEZ AQUATIC CENTER

21330 Santa Fe Avenue, Carson, CA 90810 • (310) 830-2391

### Monday/Wednesday/Friday

Time	Classes
8:50 a.m. – 9:50 a.m.	Aqua Aerobics/Lap Swim
9:00 a.m. – 9:50 a.m.	TP/SF PO AP
10:00 a.m. – 10:50 a.m.	SF/SQ PO AP M
11:00 a.m. – 11:50 a.m.	TT^ TP/SF PO/AP F
12:00 p.m. – 12:50 p.m.	SF/SQ PO AP F/FF
1:15 p.m. – 2:45 p.m.	Recreation Swim
3:00 p.m. – 3:50 p.m.	TP PO AP M
3:00 p.m. – 4:50 p.m.	Junior Guards
4:00 p.m. – 4:50 p.m.	SF/SQ PO AP F/FF
5:00 p.m. – 5:50 p.m.	TP/SF PO AP M
6:00 p.m. – 6:50 p.m.	TT^ PO AP FF/SH
7:00 p.m. – 8:30 p.m.	Recreation Swim

^ TT class only 40 minutes

### Saturday

Time	Classes
9:00 a.m. – 9:50 a.m.	TP PO AP M
10:00 a.m. – 10:50 a.m.	SF PO AP F/FF
11:00 a.m. – 11:50 a.m.	TT^ PO AP M
12:00 p.m. – 12:50 p.m.	TP PO AP AD
1:15 p.m. – 2:45 p.m.	Recreation Swim

### Family Recreation Swim\* (Play Pool)

Dates	Day(s)	Time
June 9 - August 27	Tues/Thurs	7:00 - 8:00 p.m.

**Fees (all ages): \$1 Resident, \$2 Non-Resident**

Families with children under age 7. Slides and Activity Pool not open.

\*Children under 7 must be accompanied by an Adult

and remain within an arms length away at all times

**ALL FEES SUBJECT TO CHANGE**

### Tuesday/Thursday

Time	Classes
9:50 a.m. – 10:50 a.m.	Senior Program
10:00 a.m. – 10:50 a.m.	SF/SQ PO/AP M
11:00 a.m. – 11:50 a.m.	TT^ TP/SF PO/AP F
12:00 p.m. – 12:50 p.m.	SF/SQ PO AP F/FF
1:15 p.m. – 2:45 p.m.	Recreation Swim
3:00 p.m. – 3:50 p.m.	TP PO AP M
3:00 p.m. – 4:50 p.m.	Mini Guards
4:00 p.m. – 4:50 p.m.	SF/SQ PO AP F/FF
5:00 p.m. – 5:50 p.m.	TP/SF PO AP M
6:00 p.m. – 6:50 p.m.	TT^ PO AP FF/SH
7:00 p.m. – 7:50 p.m.	Adult Swim Lessons
7:00 p.m. – 8:00 p.m.	Family Rec Swim (7 y/o or less)
7:00 p.m. – 8:00 p.m.	Aqua Aerobics/Lap Swim

^ TT class only 40 minutes

### Recreation Swim\*

Dates	Day(s)	Time
May 30 - August 29	Saturday	1:15 - 2:45 p.m.
June 8 - August 14	Mon - Fri	1:15 - 2:45 p.m.
June 8 - August 28	Mon/Wed/Fri	7:00 - 8:30 p.m.

**Fees (all ages): \$2 Resident, \$3 Non-Resident**

\*Children under 7 must be accompanied by an Adult

and remain within an arms length reach at all times

**ALL FEES SUBJECT TO CHANGE**



### Programs

#### Aqua Aerobics (15 years & over)

Dates	Day(s)	Time
June 8 - August 14	Mon/Wed/Fri	8:50 - 9:50 a.m.
June 9 - August 27	Tues/Thurs	7:00 - 8:00 p.m.

Fee (per class): \$3 Resident, \$4 Non-Resident, \$2 VSC member

#### Adult Lap Swim (15 years & over)

Dates	Day(s)	Time
June 8 - August 14	Mon/Wed/Fri	8:50 - 9:50 a.m.
June 9 - August 27	Tues/Thurs	7:00 - 8:00 p.m.

Fees (per class): \$2 Resident, \$3 Non-Resident, Free VSC member

#### Junior Lifeguard (12 – 17 years)

Dates	Day(s)	Time
June 8 - August 14	Mon/Wed/Fri	3:00 - 4:50 p.m.

Fee: \$100 Resident, \$125 Non-Resident

#### Mini Guards (9 – 11 years)

Dates	Day(s)	Time
June 9 - August 13	Tues/Thurs	3:00 - 4:50 p.m.

Fee: \$80 Resident, \$100 Non-Resident

#### Senior Program (50 plus)

Dates	Day(s)	Time
June 9 - August 13	Tues/Thurs	9:50 - 10:50 a.m.

Fee (per class): \$2 Resident, \$3 Non-Resident

**ALL FEES SUBJECT TO CHANGE**

## HEMINGWAY AQUATIC CENTER

16605 San Pedro Street, Carson, CA 90746 • (310) 324-2515

### Monday/Wednesday/Friday

Time	Classes
8:50 a.m. - 9:50 a.m.	Aqua Aerobics/Lap Swim
9:00 a.m. – 9:50 a.m.	TP/SF PO AP
10:00 a.m. – 10:50 a.m.	SF/SQ PO/AP
10:00 a.m. - 11:50 a.m.	Synchro Team
11:00 a.m. – 11:50 a.m.	TP/SF PO/AP
12:00 p.m. – 12:50 p.m.	SF/SQ PO AP M
1:15 p.m. – 2:45 p.m.	Recreation Swim
3:00 p.m. – 3:50 p.m.	TP PO AP F/FF
3:00 p.m. – 4:50 p.m.	Junior Guards
4:00 p.m. – 4:50 p.m.	SF/SQ PO AP M
4:50 p.m. – 5:50 p.m.	Aqua Aerobics
5:00 p.m. – 5:50 p.m.	TP/SF PO F/FF
6:15 p.m. – 7:45 p.m.	Recreation Swim
8:00 p.m. – 8:50 p.m.	Adult Swim Lessons
8:00 p.m. – 9:00 p.m.	Aqua Aerobics/Lap Swim

^ TT class only 40 minutes

### Saturday

Time	Classes
9:00 a.m. – 9:50 a.m.	PO AP M
10:00 a.m. – 10:50 a.m.	TP/SF PO/AP F/FF
11:00 a.m. – 11:50 a.m.	TT^ PO AP
12:00 p.m. – 12:50 p.m.	TP PO/AP AD
1:15 p.m. – 2:45 p.m.	Recreation Swim

### Tuesday/Thursday

Time	Classes
8:50 a.m. - 9:50 a.m.	Senior Program
9:00 a.m. – 9:50 a.m.	TP/SF PO/AP M
10:00 a.m. – 10:50 a.m.	SF/SQ PO AP M
11:00 a.m. – 11:50 a.m.	TT^ TP/SF PO AP
12:00 p.m. – 12:50 p.m.	SF/SQ PO AP M
1:15 p.m. – 2:45 p.m.	Recreation Swim
3:00 p.m. – 3:50 p.m.	TP PO AP F/FF
3:00 p.m. – 4:50 p.m.	Mini Guards
4:00 p.m. – 4:50 p.m.	SF/SQ PO AP M
4:50 p.m. – 5:50 p.m.	Aqua Aerobics
5:00 p.m. – 5:50 p.m.	TP/SF PO M
6:15 p.m. – 7:45 p.m.	Recreation Swim

### Recreation Swim\*

Dates	Day(s)	Time
May 30 - October 3	Saturday	1:15 - 2:45 p.m.
June 8 - August 14	Mon - Fri	1:15 - 2:45 p.m.
June 8 - August 28	Mon - Fri	6:15 - 7:45 p.m.

**Fees (all ages): \$2 Resident, \$3 Non-Resident**

\*Children under 7 must be accompanied by an Adult

and remain within an arms length away at all times

**ALL FEES SUBJECT TO CHANGE**

### Programs

#### Aqua Aerobics (15 years & over)

Dates	Day(s)	Time
June 8 - August 14	Mon-Fri	8:50 – 9:50 a.m.
June 8 - August 28	Mon-Fri	4:50 – 5:50 p.m.
June 8 - August 28	Mon/Wed/Fri	8:00 – 9:00 p.m.

Fee (per class): \$3 Resident, \$4 Non-Resident, \$2 VSC member

#### Adult Lap Swim (15 years & over)

Dates	Day(s)	Time
June 8 - August 14	Mon/Wed/Fri	8:50 - 9:50 a.m.
June 8 - August 28	Mon/Wed/Fri	8:00 - 9:00 p.m.

Fees (per class): \$2 Resident, \$3 Non-Resident, Free VSC member

#### Junior Lifeguard (12 – 17 years)

Dates	Day(s)	Time
June 8 - August 14	Mon/Wed/Fri	3:00 - 4:50 p.m.

Fee: \$100 Resident, \$125 Non-Resident

#### Mini Guards (9 – 11 years)

Dates	Day(s)	Time
June 9 - August 13	Tues/Thurs	3:00 - 4:50 p.m.

Fee: \$80 Resident, \$100 Non-Resident

#### Senior Program (50 plus)

Dates	Day(s)	Time
June 9 - August 13	Tues/Thurs	8:50 - 9:50 a.m.

Fee (per class): \$2 Resident, \$3 Non-Resident

#### Synchro (9 – 17 years)

Dates	Day(s)	Time
June 8 - August 14	Mon/Wed/Fri	10:00 - 11:50 a.m.

Fee: \$80 Resident, \$100 Non-Resident

Prerequisite: Minnow Level

**ALL FEES SUBJECT TO CHANGE**



# AQUATICS

## Spring 2015

City of Carson

## Carson Pool Swim Lesson Schedule

(Classes subject to cancellation or schedule change)

### Monday/Wednesday (6 classes)

Time	Classes
4:00P.M.-4:50P.M.	P/AP M TT*
5:00P.M.-5:50P.M.	TP/SF P/AP F/FF/SH
6:00P.M.-6:50P.M.	P/AP M AD

\*TT Class only 40 minutes

#### Monday/Wednesday

S1 - February 2-18, 2015  
S2 - February 23 - March 11, 2015  
S3 - March 16 - April 1, 2015  
S4 - April 6 - 22, 2015  
S5 - April 27 - May 13, 2015  
S6 - May 18 - June 3, 2015

### Tuesday/Thursday (6 classes)

Time	Classes
4:00P.M.-4:50P.M.	P/AP M TT*
5:00P.M.-5:50P.M.	TP/SF P/AP F/FF/SH
6:00P.M.-6:50P.M.	P/AP M AD

\*TT Class only 40 minutes

#### Tuesday/Thursday

S1 - February 3-19, 2015  
S2 - February 24 - March 12, 2015  
S3 - March 17 - April 2, 2015  
S4 - April 7 - 23, 2015  
S5 - April 28 - May 14, 2015  
S6 - May 19 - June 4, 2015



### Saturday (6 classes)

Time	Classes
10:00A.M.-10:50A.M.	P/AP M TT*
11:00A.M.-11:50A.M.	TP/SF P/AP F/FF/SH
12:00P.M.-12:50P.M.	P/AP M AD

\*TT Class only 40 minutes

#### Saturday

S1 - February 7 - March 14, 2015  
S2 - April 4 - May 9, 2015

Classes		Name	Level
6MOS.-3YRS.	TT	Tiny Tots	Parent & Child
3-4YRS.	TP	Tadpole	1-Beginner
	SF	Starfish	2
	SQ	Squid	3
5-15YRS.	PO	Polliwog	1
	AP	Adv. Polliwog	2
	M	Minnow	3
	F	Fish	4
	FF	Flying Fish	5
	SH	Shark	6
15YRS. & UP	AD	Adult	1-3

### Swim Lesson Rates

#### Residents:

- Adult/1st Child \$40
- 2nd Child \$37
- 3rd Child \$34

#### Non-Residents:

- Adult/Child \$45  
(no sibling discounts)

### Early Spring Registration Begins

**Residents:** January 5, 2015

(Monday/Tuesday 6-8P.M.)

**Non-Residents:** January 19, 2015

(Monday/Tuesday 6-8P.M.)

### Regular Registration

Mondays-Thursdays, Feb. 2 - Jun. 4, 2015, 4p.m. - 7p.m.

Saturdays, Feb. 7 - Mar. 14, 2015

and Apr. 3 - May 9, 2015, 10a.m. - noon

Recreation and Human Services

Carson Pool • 21436 South Main Street, Carson, CA 90745 • (310) 830-1053

# Tax Preparation Assistance

Every Tuesday during tax season, trained AARP volunteers help low and middle-income persons prepare their income tax returns. Special attention is given to

persons age 60 and older. The program begins Tuesday, February 4, and will be held every Tuesday through April 15.

Tax preparers can assist with the following: wages, interest, dividends, stock sales, sale of house, pensions, IRA's, annuities, social security calculations and low income self-employment. This service is free and is by appointment only, and takes place at Carson Park, located at 21411 S. Orrick Avenue in Carson. To make an appointment, please call (310) 952-1775.



**CITY OF CARSON**

## *Carson* RELAYS

**SAVE THE DATE!**

**\$7**  
Per Runner  
(Max 3 events)  
**K-8 Grades**

**SATURDAY, APRIL 25, 2015**  
**CHECK IN BEGINS AT 8 A.M.**

**RANCHO DOMINGUEZ PREPARATORY SCHOOL**  
4110 Santa Fe Avenue, Long Beach, CA 90810

**FOR BOYS AND GIRLS AGES 6-14**  
**RECREATION AND HUMAN SERVICES**

For more information, please call Recreation and Human Services at (310) 847-3570 or (310) 518-3565

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

**PitchHit&Run**  
Presented by  
**Scotts**

**It's time to mark your calendar for Major League Baseball Pitch, Hit & Run (PHR) Presented by Scotts in 2015.**

Contact your local park or call the Recreation and Human Services Division at (310) 847-3570 to find out the date and time of a Pitch, Hit & Run skills event near you. Competitions will be held March - May. You can also check for event dates and times, register and get more information online at [MLB.com/PHR](http://MLB.com/PHR).

- FREE to local hosts and participants ages 7-14
- Event is easy to execute that can take as little as a few hours
- Separate Baseball and Softball Divisions
- Opportunity for participants to advance through 4 Levels of Competition culminating at the MLB All-Star Game

We look forward to your participation in the Official Skills Competition of Major League Baseball!

## ENRICHMENT

# 23RD ANNUAL TEEN CONFERENCE

Career Workshops, College Invasion,  
Guest Speakers, Breakfast and Lunch provided.

**March 28, 2015 • 10 a.m. - 5 p.m.**

Ages 12-17

Congresswoman Juanita Millender-McDonald Community Center  
at Carson, 3 Civic Plaza Dr., Carson, CA 90745



CITY OF CARSON • YOUTH COMMISSION

## Beautification Project

*A great program for students for who need community service credits,  
or just want to keep our community beautiful!*

<b>Saturday, April 4, 2015</b>	<b>Stroke Survivor Home Visit</b>	10 a.m. - 1 p.m.
<b>Saturday, April 11, 2015</b>	<b>Senior Home Visits</b>	10 a.m. - 1 p.m.
<b>Saturday, May 9, 2015</b>	<b>Stroke Survivor Home Visit</b>	10 a.m. - 1 p.m.
<b>Saturday, May 16, 2015</b>	<b>Stroke Survivor Home Visit</b>	9 a.m. - 2 p.m.

**Sign up now! • Volunteers Needed!!**

*To sign up or for more information, please call Recreation and  
Human Services at (310) 835-0212, ext. 1410 or 1475*

# Spelling Bee (City-Wide)

**Saturday, April 25, 2015**

**FREE • Boys & Girls**

**Kindergarten-2nd Grades**

**10:00 a.m. - 12:00 p.m.**

**3rd-5th Grades / 12:30 p.m. - 2:00 p.m.**



**Carson Park**

21411 S. Orrick Avenue  
Carson, CA 90745

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





## FABELA CHAVEZ BOXING/FITNESS CENTER

FABELA CHAVEZ BOXING/FITNESS CENTER has been in existence for 36 years. While throughout the years, other Clubs have opened and closed their doors, Fabela Chavez has remained opened. Fabela Chavez has been home to many great coaches and fighters. Look no further than the gyms namesake Fabela Chavez who was inducted to Boxing Hall of Fame in 1993. The City named its boxing gym after Fabela Chavez in recognition of his contribution to the young boxing enthusiasts and up-and-coming boxers in the community.

## B O X I N G

### FABELA CHAVEZ BOXING/FITNESS CENTER

Scott Park, 23410 Catskill Ave., (310) 830-6439

#### HOURS

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

#### Fees:

#### Monthly Membership

Adults	Resident \$30	Non-Resident \$35
Youth (8-17 yrs)	Resident \$20	Non-Resident \$20
Daily Rate Adult	Resident \$8	Non-Resident \$9
Daily Rate Youth	Resident \$4	Non-Resident \$4

#### Beginning Boxing

This is a continuous class stressing fundamentals and techniques of boxing.

#### Beginning Weightlifting

Learn about weightlifting from the experts. This is for the first-time lifter. Must be at least 13 years old. The instructor will provide each student with a personal workout sheet to track routine. Call Stevenson Park at (310) 952-1745

#### Intermediate Boxing

It's time to take your big step into the ring. Feel the blue canvas under your feet, smell the air, look out into the stands and get ready!

#### Intermediate Weightlifting Training

Follows the completion of beginning weightlifting. All routines are done on the circuit weight equipment.

#### Advanced Boxing

This course is restricted to the competitive boxer. All participants are subject to approval prior to the registration period.

#### Advanced Weightlifting

Follows completion of intermediate weightlifting. Participants are invited to compete in local tournaments and competitions. This class is for the avid lifter wishing to increase muscle size and strength.

## YOUTH SPORTS

### SPRING PROGRAM

The Youth Sports Section offers a variety of recreational activities for boys and girls 5 to 17 years of age. All registration is conducted at the parks. Early registration is encouraged. For more information regarding any program, contact your local park.

#### Spring Youth Sports

#### T-Ball, Baseball, Softball (Ages 5 - 17 yrs)

Registration: Now through February 28, 2015. Sign-ups will be taken after this date but your child may be put on a waiting list.

Try-Outs: March 7, 2015

Season Begins: April 11, 2015

Registration Fees:	Resident	Non Resident
	\$39 1st child	\$46 1st child
	\$31 2nd child	
	\$23 3rd child	

#### SCMAF Basketball

March 28 & 29, 2015

The City of Carson will host the Division A, Southern California Municipal Athletic Federation "Tournament of Champions" Basketball Tournament. Teams from throughout Southern California will be participating. Games will be played at various City Parks.

#### Carson Invitational Youth Baseball/Softball Tournament

Registration: May 1 through July 28, 2015

Date of Tournament: July 28, 2015

Registration Fee: \$130 per team

Call the Youth Sports Section at (310)847-3577 to request a registration packet.

#### Youth Sports Coaches Certification Program

Coaches completing this certification program, which covers the areas of the psychology of coaching youth sports, maximizing athletic performance, first aid and safety, how to organize a fun and interesting practice and tips on teaching sports techniques, are required to complete an exam, and sign a Code of Ethics Pledge. Contact your local park for more information.

## Sports Officials

The City of Carson Youth Sports Section is looking for interested individuals ages 16 years and up, to become paid Sports Officials. Some experience is preferred, but not necessary. To receive written notification of training dates and locations by mail, call the Youth Sports Office at (310) 847-3577, to officiate youth baseball/Softball.

### Volunteers: "Carson Wants You"

Volunteerism has always been the backbone of the American way of life, from the Red Cross worker who lends a helping hand to victims of natural disasters to the volunteer coaches who teach our children about sports and fair play. In Carson, volunteerism remains a vital force in keeping public services available to residents of the city.

Volunteers have made a difference. They have often unselfishly pitched in and given valuable time in delivering important services that otherwise could not be provided.

If you would like to make a difference and are willing to give your time and effort to Carson's recreation programs, you are encouraged to contact your neighborhood park or City Hall Annex at (310) 847-3570. Background Fingerprinting for all coaches.

# HEALTH & FITNESS

## ADULT SPORTS

### SPRING PROGRAM

The Adult Sports Section will be offering a variety of leagues and tournaments during the winter months. To insure your team's placement in a league and/or tournament, payment must be made at the time of registration. For more information, contact the Adult Sports Section at City Hall Annex at 2400 E. Dominguez Street, or call extension (310) 847-3576.



### SPRING SOFTBALL LEAGUES

#### Men's & Women's C/D Level

Registration: March 2 - April 7

Play Begins: April 9

Fees: \$399 per team

#### Coed C/D Level

Registration: March 2 - April 7

Play Begins: April 4

Fees: \$399 per team

#### Spring Softball Tournament/Men's & Coed

Registration: February 4 - March 7

Play Begins: March 9

**Want to be added to the Adult Sports mailing list? Just call the Recreation Division at (310) 847-3570 and ask the Adult Sports Coordinator to add your name to the mailing list for the sport you are interested in.**



### DISABILITY AND ACCESSIBILITY ISSUES

Help the City of Carson respond to the American Disabilities Act (ADA) by making park and recreational facilities and programs more accessible. If you experience any problems or difficulties in using facilities or programs, please submit your concerns or suggestions for improvements in writing to:

**City of Carson Parks and Recreation Department**

For more information, call (310) 847-3570

## SPRING FLAG FOOTBALL LEAGUES

### 4 on 4

Registration: March 2-26

Play Begins: March 29

Fees: \$175 per team

### 8 Man

Registration: February 2-26

Play Begins: March 1

Fees: \$315 per team

## ADULT PARK ACTIVITIES

### Parent's Night Out

Parents, if you have children 5-12 yrs of age, we will entertain them with movies, games, dancing, and many other fun projects from 6-9 p.m. while you go out to a movie or dinner. This activity is offered each Friday at Mills Park.



### Coed Softball

Registration is currently being taken for the upcoming park leagues at the following parks:

• Calas	Thur	6-9 p.m.
	Mon	6 - 7 p.m.
• Dolphin	Fri	6-10 p.m.



### 8 Man Soccer

Stevenson Park presents an 8-man soccer league ongoing throughout the year. Teams field 8 players and the special rules allow for wide-open action and non-stop offense. This program is offered on Tuesday & Thursday evenings.

### Adult Fitness/Women's Conditioning Class

This class is a fun-filled dance plus cardiovascular work out. Come join us. Dance your way to thin.

• Anderson	Fri	7 p.m.
• Carriage Crest	Sat	8:30-9:30 a.m.
	Mon/Wed	6:30-7 p.m.
• Dolphin	Mon-Thur	7-8 p.m.
• Mills	Wed	6:30-7:30 p.m.
• Stevenson	Tue/Thur	6-8 p.m.

# HEALTH & FITNESS

## Adult Walking Class

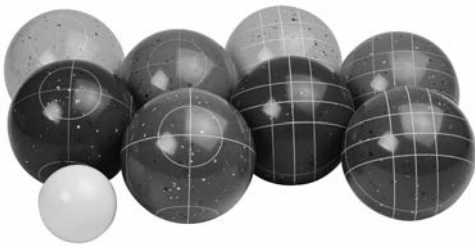
Thursday	6:30-8:30 p.m.	Anderson Park
Wednesday	7-8 p.m.	Carriage Crest Park
Wednesday	6-7:30 p.m.	Dolphin Park
Tuesday/Thursday	6-7 p.m.	Dominguez Park

## Walking Club

Monday	6:30-7:30 p.m.	Calas Park	Ages 16-up
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## Adult and Youth Karate & Kempo

Monday/Wednesday	6-7:30 p.m.	Stevenson Park	Beginner
Wednesday	7:30-9 p.m.	Stevenson Park	Adult Intermediate
	6-7 p.m.	Stevenson Park	Youth Intermediate
Tuesday/Thursday	7:30-9 p.m.	Stevenson Park	Adult/Youth Advanced



## Adult and Youth Bocci Ball

Friday	4-5 p.m.	Scott Park
Saturday	2-3 p.m.	Scott Park

## Adult Fitness Workout

Tuesday	6-7 p.m. / 7-8 p.m.	Dominguez Park
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## Teen Dance for Fitness

Semi-Annual Dance Recitals choreographed to specific themes will be performed by youths who participate in these free dance classes. For more information, contact one of the parks listed below. Calas Park features Folklorico & Salsa. Beginning and Intermediate Jazz and Tap will be offered at the following parks:

• Anderson/2 Age Division	Tues/Thurs	6-7 p.m.
• Calas	Thurs	6-8 p.m.
• Del Amo	Mon/Wed	6-7 p.m.
• Scott Park	Tues/Thurs	6-7 p.m.

## Adult Belly Dance

Tuesday	6:30-7:30 p.m.	CJMM Community Center
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## Fast Dance Fitness Class

Tuesday/Thursday	6:30-7:30 p.m.	Mills Park	15 yrs - Adults
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## Tap Class

Saturday	10 a.m. - 11 p.m.	Mills Park
Division: Elementary	Tues/Thurs	6 - 7 p.m.
Division: Middle School	Tues/Thurs	7 - 8 p.m.
Division: High School	Wed	6:30 - 7:30 p.m.

## Adult Line Dancing

Saturday	10 a.m. - Noon	Anderson Park
	12 p.m. (Couples Dance)	Anderson Park
Wednesday	7 - 9 p.m. (Advanced)	Anderson Park
Saturday	10 - 11:30 p.m.	Hemingway Park

## Adult Hip Hop Fitness

Friday	6:30 p.m.-7:30 p.m.	Hemingway Park
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## Dance it Off

Tuesday/Thursday	5:30 p.m.-6:30 p.m.	Calas Park
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## Adult Urban Ballroom Dance

Monday	6 - 8 p.m.	Anderson Park
Saturday	12 - 3 p.m.	Anderson Park

## Youth Fitness Club (ages 16 and up)

• Dolphin	Mon-Wed	6-7 p.m.
• Stevenson	Wed/Fri	6:30-7:30 p.m.

## Stevenson Park Fitness Center

### HOURS

Mon-Fri 3-9 p.m. Sat 10 a.m.-5 p.m., Closed Sun

<b>Fees:</b>	Initial Membership <b>\$15</b>	Monthly Membership <b>\$10</b>
	Daily Rate <b>\$3</b>	

## Boxercise

Thursday	6 p.m.-7 p.m.	Dominguez Park
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## Zumba Class

Monday/Friday	6 p.m.	Scott Park
Tue/Thurs	6:30-7:30 p.m.	Mills Park

## Stretching and Conditioning

Friday	7-8:30 p.m.	Anderson Park
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# EARLY CHILDHOOD



The City of Carson Early Childhood Program curriculum is based on Pre-Kindergarten Guidelines developed by the State of California Department of Education. Emphasis is on learning through "hands-on" experiences. Projects and activities address a wide variety of school readiness, social and motor skills. Children have opportunities for creative expression through art, music and movement activities.

For more information call the Program office at (310) 835-0212, ext. 1482 or 1485.



One time, non-refundable, registration fee of **\$95** for Carson residents enrolled in the half day and all day Early Childhood Program. All fees are due at the time of registration. A registration fee of **\$106.00** will be charged for non-Carson residents. Priority registration is given to students currently enrolled. Sessions may include holidays with no class scheduled. If so, fee does not change. Availability is based on the needs of each site. The City

reserves the right to cancel individual park programs if the minimum enrollment level is not achieved. Fees subject to change. For information, call (310) 835-0212, ext. 1482 or 1485.

## OPTION I: Community Center Preschool

State license: #191606870

Ages: 3-5 yrs. (toilet trained)

The Congresswoman Juanita Millender-McDonald Community Center is home to an all-day Early Childhood Education Program, Monday-Friday. This program features an early drop-off and late pick-up option. The Early Childhood Program Office is also located at the Community Center. Registration is open as long as vacancies exist. For prices, availability of spaces or additional information, please call (310) 835-0212, ext. 1482.

## CLASS SCHEDULE

### ALL DAY PROGRAM RESIDENT RATE

Monday – Friday

7 a.m. – 6 p.m. \$170.00 a week

8 a.m. – 5 p.m. \$136.00 a week

7 a.m. – 5 p.m. \$157.00 a week

8 a.m. – 6 p.m. \$157.00 a week

### HALF DAY PROGRAM

8 a.m. – 12 p.m. FEES

1 p.m. – 5 p.m. T TH \$25 a week

MWF \$37 a week

M-F \$62 a week

## OPTION II:

The City of Carson is still offering a notable Early Childhood Program at various parks within the city. The City of Carson considers this program to be of top quality for preschool children. For more information about a center near you, please call (310) 835-0212, ext. 1482 or 1485.

Park Facility	Class	Time	Days
• Carson	Preschool	8 a.m. – 12 p.m.	M/W/F
	Preschool	8 a.m. – 12 p.m.	T/Th
	Preschool	1 p.m. – 5 p.m.	M/W/F
	Preschool	1 p.m. – 5 p.m.	T/Th
• Dolphin	Preschool	8 a.m. – 12 p.m.	M/W/F
• Dolphin	Preschool	8 a.m. – 12 p.m.	T/Th

Fees:	2 days/wk	\$25 a week
	3 days/wk	\$37 a week
	5 days/wk	\$62 a week

Fees are paid every 4 weeks

**All Fees Are Subject To Change**

# Spring Break

## DAY CAMP



**Monday, March 30 - Friday, April 3, 2015**

*Spring Break Day Camp is offered at the following City of Carson parks:*

### 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 S. WATER STREET  
CARSON, CA 90745  
(310) 549-4560

### VETERANS PARK

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

NON-RESIDENT FEES	TIMES	RESIDENT FEES
<b>\$18</b>	<b>7 A.M. - 9 A.M.</b>	<b>\$15</b>
<b>\$65</b>	<b>9 A.M. - 5 P.M.</b>	<b>\$55</b>
<b>\$12</b>	<b>5 P.M. - 6 P.M.</b>	<b>\$10</b>

**FUN & GAMES • SPORTS • CRAFTS • SNACKS**  
**FOR BOYS AND GIRLS AGES 5-12 • BRING LUNCH DAILY!**

*For more information, contact Recreation and Human Services  
at (310) 847-3570, Ext. 3552*

## KIDS CLUB

# Kids Club After-School Child Care Solution For Latchkey Children



## After School Kids Club Fees

**Monday-Friday**

2:30-6 p.m.

**Regular**

\$47 wkly



Availability is based on the needs of each site. For information about fees and locations, call (310) 847-3552. If a child attends any portion of the week, the total weekly fees are charged (includes holidays and sick days). The city reserves the right to cancel individual park programs if the minimum enrollment level is not achieved.

## The daily program consists of:

### Educational Activities

Homework completion time; reading activities; tutoring in math, science, and social studies; group experiences in home safety; drug and alcohol awareness; and survival skills for staying home.

### Recreational Activities

Arts & crafts, sports activities, games, cooking, and Enrichment Program available at some parks.

### Snacks

Nutritional snacks are provided each day.

- |                     |                   |
|---------------------|-------------------|
| 1. Indoor games     | 4. Excursions*    |
| 2. Crafts           | 5. Special events |
| 3. Seasonal parties |                   |

\*Additional fee required for participation

## Homework Help-Safe-Fun

The Kids Club program was established to provide a 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 understand the needs of our children. We strive to meet the physical, intellectual, social, and recreational needs of children.



We believe that during the hours that the children are away from home they should be provided with a quality program of well supervised activities that stimulate new interests, encourages creativity, and builds self confidence, while providing parents with "peace of mind".



The Kids Club program provides much needed alternative child care for single and dual working parents by offering supervision for children from 2:30 – 6 p.m., Monday through Friday. The

City of Carson's Recreation and

Human Services Division administers this program.

## The daily program consists of:

Educational and Recreational Activities: Homework assistance, arts & crafts, outdoor and indoor games, seasonal parties, and supervision. Nutritional snacks provided.



## SPRING PARK CLASS SCHEDULE

All city parks are open and supervised. All parks offer a wide variety of winter activities. The fun includes cooking classes, arts and crafts, games, indoor and outdoor sports, tournaments, bingo, frisbee golf, tennis, and much more! No participation fee or registration fee is required for most park programs. All regular park facilities are available for both youngsters and families to use. Hours of Operation

Mon-Fri	3-9 p.m.
Sat	10 a.m.-5 p.m.
Sun	12-5 p.m.

Park hours vary based on school vacation and holiday schedules. Check each individual park to determine the daily schedule.

## YOUTH ACTIVITIES

### Tennis Instruction

We offer a wide variety of tennis classes for junior tennis players, which are taught and directed by qualified recreation leaders. Classes range from the very beginning player to intermediate level players. This class emphasizes the basics: grips, ground strokes, volleys, and serves. Children also learn footwork and the scoring of a tennis match. Tennis classes are offered at the following facilities: Anderson\*, Calas, Dolphin, Dominguez, Hemingway, Stevenson\*, and Veterans\* Parks. Contact the parks for specific day and time. \*U.S.T.A. Site

### Cheerleading

In this program, children will learn the basic routines and cheers while having fun showing spirit for their local park. This program is currently offered at the following parks:

• Anderson	Tues/Thurs	6:30-8 p.m.
• Carriage Crest	Wed 6-8 p.m. / Sat 10 a.m.-12 p.m.	
• Carson	Mon/Wed	6:30-8:30 p.m.
• Del Amo	Tues/Thurs	6-8 p.m.
• Dominguez	Mon/Wed	6-7 p.m.
• Veterans	Tues/Thurs	5-6 p.m.

### Drill Team

Learn the basic principles of drilling in this fun program. Several different types of drilling will be incorporated including military, precision, and fancy dance. Teams will compete and participate in a variety of different activities and parades this year. This program is available to all youngsters 8 yrs and older and is currently offered at Hemingway Park.

### Dance It Off

• Calas Park	Tues/Thurs	Call Park for times	All ages
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### Bingo Nite

• Calas Park	2nd & 4th Thurs	6:30-8 p.m.	
• Stevenson Park	Fri	5:30-7 p.m.	
• Dolphin Park	2nd Fri	6:30-8 p.m.	8-17 yrs

### Archery

In this program, the future Robin Hoods of Carson are taught the basic principles

for use of bows and arrows while always utilizing all safety practices. The Recreation Division provides all bows, arrows, and targets. Contact the following parks for more information: Carriage Crest, Del Amo, Dolphin, Hemingway, Scott, and Veterans parks.

### City of Carson's Track & Field Club

Boys & Girls Sign-up Now - Ages 7-14  
see page 9 for track and field info.

### Carson Relays

Saturday, April 25 Location: Rancho Dominguez Prep High School  
Fees: \$6 per runner (3 events) Time: 8 a.m. - 4 p.m.  
Ages: 6-14

### SCMAF/BASE Track & Field Meet Qualifier

Sunday, May 17 Location: Rancho Dominguez Prep High School  
Fee: \$20 Time: 8 a.m. - 4 p.m.

### SCMAF/T&F Finals

Sunday, May 31, 2015 Location: Warren High School, Downey, CA  
Fees: TBD Time: 7 a.m. - 5 p.m. Ages: 6-14



### Karate Class

• Scott Park	Mon	6-7:45 p.m.
	Tue	6-9 p.m.
	Sat	9:30-10:45 a.m.
	Sun	2-5 p.m.
• Stevenson Park	Wed/Fri	6-9 p.m.
	Tue/Thurs	6-9 p.m.

### Arts & Crafts

Children 5-12 yrs of age can let their imaginations run wild in a variety of craft classes scheduled for this spring. Contact your local park for specific day and time.

### Youth Golf Instruction

Anderson, Calas, Del Amo, Dominguez and Veterans parks provides the basic instructions for golf. Children learn basic rules and become prepared to play on a golf course. Call the parks for more information. Ages 10-17 yrs.

### Clubs for Boys & Girls

For boys and girls 9-12 yrs. of age, neighborhood parks offer a variety of activities such as sand golf, pillo polo, kids in the kitchen, clinic sports, frisbee fun, ping pong, monthly excursions, and much more throughout the winter. Contact your local park for more information.

# PARKS

## Kids in the Kitchen

Children will gain confidence in food preparation skills such as measuring, mixing, tasting, cutting, grating, and spreading. They will have fun preparing food themselves and begin on the road to sound eating habits. Classes offered at the following parks:

• Anderson Park	Wed	5:30 p.m.
• Calas Park	Thurs (1st and 3rd of each month)	6:30-8 p.m.
• Carriage Crest Park	Wed	4:30-5:30 p.m.
• Del Amo Park	Tues	6-7 p.m.
• Hemingway Park	Thurs	5:30-6:30 p.m.
• Mills Park	Fri	5:30 - 6:30 p.m.
• Stevenson Park	Thurs	5-6 p.m.
• Veterans Park	Wed	5-6 p.m.



## Homework Club

• Stevenson Park	Wed/Thur	3-4:30 p.m.
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## Dance Classes

Semi-Annual Dance Recitals choreographed to specific themes will be performed by youths who participate in these dance classes. For more information, contact one of the parks listed below. Beginning and Intermediate Jazz and Tap will be offered at the following parks:

• Anderson (Ballet)	Tues/Thurs	5:30-6:30 p.m.
• Anderson (Adult Line Dancing)	Wed	7-9 p.m.
	Sat	10 a.m.-12 p.m.
• Calas Park (Ballet Folklorico)	Mon/Wed	6-7 p.m.
• Calas Park/Age 8-16	Tues/Thurs	6:30-7:30 p.m.
• Carson (Ballet)	Mon	5-8 p.m.
• Carson (Hip-Hop Dance)	Wed	5-8 p.m.
• Comm. Cntr.	Sat	5:30-8 p.m.
• Mills Park/2 Age Division	Tues/Thurs	6:30 - 7:30 p.m. Elementary
	Tues/Thurs	7:30 - 8:30 p.m. Jr. High
	Wed	6:30 - 7:30 p.m. Advance
	Saturday	10 - 11 a.m. Tiny Tot (4-6yrs old)
• Scott Park	Tues/Thurs	6-7 p.m.
• Veterans Park	Thurs	6-7:30 p.m.

## Boys Club

• Calas Park/Age 8-12	Fri	6:30-8:30 p.m.
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## Junior Theatre

• Del Amo Park	5-12 yrs old	Thurs	6-7 p.m.
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## Friday Night Madness & Movies

• Anderson Park	7 yrs - up (FREE)	Fri	6:30-8 p.m.
• Hemingway Park	9 yrs - up (FREE)	4th Fri	5:30 p.m.
• Carriage Crest	Family (FREE)	2nd/4th Fri	6:30-9 p.m.
• Del Amo Park	7 yrs - up (FREE)	Fri	5:30-8 p.m.
• Dolphin Park	Family (FREE)	2nd/4th Fri	6:30-9 p.m.
• Mills Park	Family (FREE)		6:30 p.m.
• Stevenson Park		4th Fri	6:30-9 p.m.

## Excursions

Excursions have been planned on a weekly basis to the following locations:

• Bowling	• Magic Mountain	• Family Fun Center	• Laker Game
• Knott's Berry Farm	• Skate Depot	• Children's Museum	• Clipper Game
• Camelot Golf	• Disneyland	• Universal Studios	

## Roller Hockey

This program will be offered at Dominguez Park. Children, 9 - 12 yrs. of age, will learn the basic techniques of this exciting new sport. Participants must provide the required safety equipment. Don't miss out on the fun.

## Beginning Chess

Come learn the moves at Hemingway and Anderson parks, Tuesdays from 5-6 p.m., Del Amo Park, Tuesdays from 4:30-5:30 p.m.; Hemingway Park, Saturday at 9 a.m., Mills Park, Saturdays at 1p.m.

# TEEN PARK ACTIVITIES

## Teen Game Nation

Hemingway Park	6:30
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## Teens in the Kitchen

Learn the basics! Anderson Park, Wednesdays, 4:30-5:30 p.m.; Carson Park, Friday from 6:30-7:30 p.m.; and Hemingway Park at 6 p.m., Mills, Friday from 5:30 - 6:30 p.m.

## CARSON JUNIOR TENNIS PROGRAM

For boys and girls ages 10-15 yrs.

- BEGINNING TENNIS • JUNIOR CLUB
- JUNIOR CLUB LEAGUE • CITY CLUB TENNIS

For more information, contact the  
Recreation Division at (310) 847-3570



# VETERANS SPORTSCOMPLEX

City of Carson

Veterans SportsComplex

22400 Moneta Ave., Carson, CA 90745



## James Foisia Memorial **BASKETBALL TOURNAMENT**

Date:

**FRIDAY, MARCH 6, 2015 THROUGH SUNDAY, MARCH 8, 2015**

Locations:

**VETERANS SPORTSCOMPLEX GYM**  
22400 MONETA AVENUE, CARSON, CA 90745

**SCOTT PARK GYM**  
23410 CATSKILL AVENUE, CARSON, CA 90745

**CARSON PARK GYM**  
21411 S. ORRICK AVENUE, CARSON, CA 90745

**STEVENSON PARK GYM**  
17400 LYSANDER DRIVE, CARSON, CA 90746

Fee:

**\$125 PER TEAM**

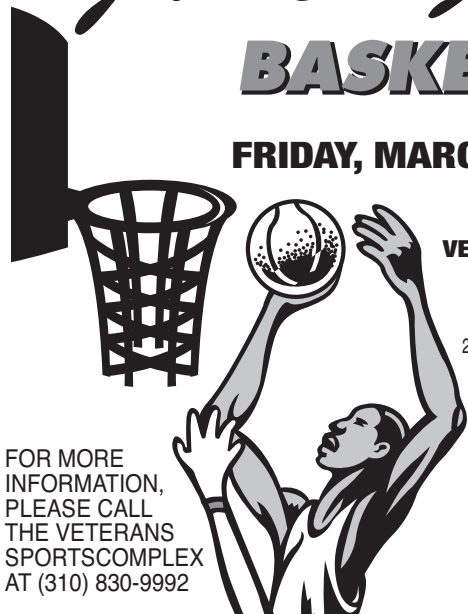
Each team is guaranteed 2 games • Awards for 1st and 2nd place

**FOR BOYS AND GIRLS AGES 8 AND UP**

Registration deadline:

**SATURDAY, FEBRUARY 21, 2015**

FOR MORE  
INFORMATION,  
PLEASE CALL  
THE VETERANS  
SPORTSCOMPLEX  
AT (310) 830-9992



## 5K Lupus Awareness Walk

Join us and walk to help find a cure for LUPUS

**Sunday, May 17, 2015 • 8:00 a.m.**

Veterans SportsComplex, 22400 Moneta Avenue, Carson, CA 90745

**\$10.00 Registration Fee** (Includes T-shirt)

Last day to Pre-Register is Sunday, May 10, 2015

- Check-in/Walk-up Registration 7:00 a.m.
- Walk begins 8:00 a.m.

Proceeds will go to LUPUS Awareness / Research

For more information, please call 310-830-9992 or visit us at  
[http://ci.carson.ca.us/content/departments/pub\\_service/sportscomplex.asp](http://ci.carson.ca.us/content/departments/pub_service/sportscomplex.asp)



## Spring Into A New Body



### MEMBERSHIP RATES

#### Annual Memberships

	Registration	New member		Renewal	
		Resident	Non-Resident	Resident	Non-Resident
Individual	\$30	\$234	\$275	\$176	\$207
Youth/Senior Citizen	\$20	\$141	\$165	\$106	\$124
Family	\$50	\$355	\$418	\$266	\$314

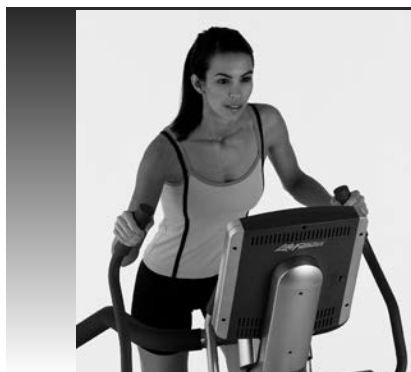
#### 30-day Memberships

	Registration	New member		Renewal	
		Resident	Non-Resident	Resident	Non-Resident
Individual	\$10	\$34	\$40	\$25	\$30
Youth/Senior Citizen	\$5	\$25	\$30	\$20	\$23

#### Daily Guest Rates

	6 a.m. - 3 p.m. (M-F)		3 p.m. - close (M-F and all day weekends)		Administration Fee
	Resident	Non-Resident	Resident	Non-Resident	First time guest visitor
Individual	\$5	\$6	\$10	\$12	\$10

**ALL FEES ARE SUBJECT TO CHANGE**  
10% Discount for Veterans



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

### HOURS OF OPERATION

#### Facility

Monday-Friday  
6 a.m. - 9 p.m.

Saturday  
7 a.m. - 6 p.m.

Sunday  
8 a.m. - 5 p.m.

#### Business Office

Monday-Thursday  
8 a.m. - 8 p.m.

Friday  
8 a.m. - 7 p.m.

Saturday  
8 a.m. - 1 p.m.

Sunday  
8 a.m. - 1 p.m.



# VETERANS SPORTSCOMPLEX

## FACILITIES AVAILABLE FOR RENTAL



NBA Regulation Basketball Court

The 25,000 sq. ft. Veterans SportsComplex is an ideal location for your next recreational program, athletic functions, weddings, birthdays, anniversaries, baby showers or company event. Competitive hourly and daily rental rates are available.

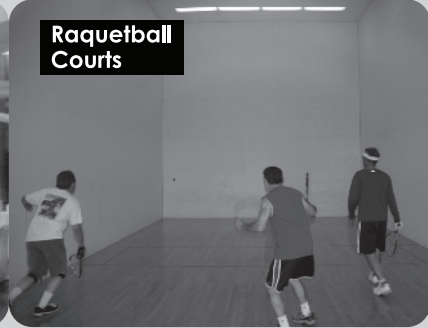
For more information about facility rental rates, please call (310) 830-9992.



Movie Sets



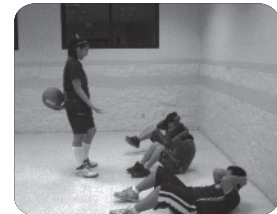
Banquet Halls and Recreation Rooms



Racquetball Courts

## YOUTH CLASSES

- Youth Fitness • Youth Kempo Karate • Youth Volleyball
- Youth Basketball • Youth Racquetball



## ADULT CLASSES

- Muscle Conditioning • Salsa • Adult Kempo Karate • Step & Pilates • Corepole Training
- Hatha Yoga • Indoor Cycling and Abs • Low Impact Aerobics • Mel's Boot Camp
- Walking Club • Zumba • T.B.A. (Thighs, Bottoms & Abs) • Adult Self-Defense • Belly Fusion Dance



Call (310) 830-9992 ext. 231 to schedule an appointment with a personal trainer.

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

# VETERANS SPORTSCOMPLEX



**Group, Teen, School, Companies, Parks,  
Neighborhood and various TEAM  
and Individual Competitions**

## Register Today!

Your mission should you choose to accept it:  
Eat right, and get healthy!

## Final Weigh In / Health Fair

Saturday, June 6, 2015 • 8 a.m. - Noon

**Veterans SportsComplex**

22400 Moneta Avenue, Carson, CA 90745

**Cash & various prizes for top challengers!**



## Participant Benefits:

- Earn points for various participation events
- The more points you earn, the more chances to win prizes
- 3-Day Guest pass to various local gyms participating in the challenge
- Participation Discount Card to local businesses and eateries
- Participation T-shirt
- Ask the Medical Professional during the free monthly Health Sessions
- Ask the Nutritionist during the free monthly Food and Nutrition Sessions
- Ask the Trainer during the free monthly Weight Training Sessions
- 2-hour Super Workout Challenges every month
- Weekly E-Blasts with updates on health and nutrition tips
- Mandatory Monthly WEIGH-IN's at certified stations located at your local parks and businesses

**Look for the Fit Factory for  
Kids Portable Recreation Unit  
coming through your neighborhood**



## Schedule a Super Workout Challenge (Saturdays)

### February Super Workout

Boot Camp  
Kids Fit Factory

### Saturday, Feb. 7, 2015

9-11a.m. Herbalife Carson Center  
9-11a.m. Herbalife Carson Center

### March Super Workout

Line Dancing  
Kids Fit Factory

### Saturday, Mar. 7, 2015

9-11a.m. Anderson Park  
9-11a.m. Anderson Park

### April Super Workout

Hot Hula/Hot Fusion  
Kids Fit Factory

### Saturday, Apr. 4, 2015

9-11 a.m. Stevenson Park  
9-11 a.m. Stevenson Park

### May Super Workout

Zumbathon  
Kids Fit Factory

### Saturday, May 2, 2015

9-11a.m. Carson Park  
9-11a.m. Carson Park

For more information, please call Veterans SportComplex at (310) 830-9992  
visit us at [www.carson5000lbchallenge.com](http://www.carson5000lbchallenge.com)



# SENIOR RECREATION

The senior recreation program provides recreational programs for senior citizens ages 50 and above. Our goal is to provide a sense of belonging and knowing that there is "LIFE AFTER RETIREMENT." We provide numerous activities, lectures, health information and much more. In addition, we are concerned with what the community would like to see happen in the program and encourage your input. We are not an Adult Day Care Center. Participants must be able to maintain their own personal hygiene without assistance. No drop offs allowed. Care providers must be with client at all times. Senior Recreation Services is located in the East Wing of the Congresswoman Juanita Millender-McDonald Community Center, office hours are 9 a.m.-5 p.m. For more information, call (310) 835-0212, Extensions 1475 or 1479. Classes and programs do not run on City holidays.

**All Fees Are Subject To Change**

**NO CHILDREN ALLOWED IN SENIOR PROGRAMS,  
ACTIVITIES, TRIPS OR SPECIAL EVENTS**

## CLASSES AND PROGRAMS

**All classes are closed on City holidays**

A variety of classes and programs are developed when special interests are identified. Classes require a minimum of 10 people and are free, unless otherwise noted. Classes meet at the Congresswoman Juanita Millender-McDonald Community Center. For more information, call (310) 835-0212, ext. 1478 or 1479.

### ART

**Needlecraft Class** - An uninstructed class meets every Tuesday and Friday from 9 – 11 a.m.

**Art Class** - Meets on Tuesday from 9:30 – 11 a.m., please bring your own supplies. Class is unstructured, with no instructor, and offers great socializing with others.



**Movie Day** - Come and enjoy a movie with free popcorn. Every last Monday of the month at 12 noon at the Congresswoman Juanita Millender-McDonald Community Center. Please call to ensure movie day is on schedule. For more information, call (310) 835-0212 ext. 1475.

## PERSONAL ENRICHMENT

**Mature Driving Program** – In conjunction with AARP-get a break on your insurance by attending this class. This eight hour classroom course is broken down into two days. This course can sharpen driving skills, prevent accidents and keep older drivers on the road longer and safer. Cost \$15 for members and \$20 for non-members. Class time is 9 a.m.-1 p.m. Class provided every other month. Next class November 17 & 16, 2014. Please call, (310) 835-0212 ext 1478

### FEATURED ACTIVITY

#### Computer Classes

Our computer lab and cafe has been a wonderful asset to our program since its conception in 2004. Seniors are shaping a new era, making lasting friendships, and has been life changer for many who now have access to the world through computers. Classes run year round and our cafe is open from 9am- 2pm on Tues/Thurs.

The cafe is a place where you can bring your laptop and enjoy a cup of coffee as well as being with other seniors who are eager to learn about the latest computer technology. If you are interested in taking computer classes please call us at (310) 835-0212 EXT. 1475. Instructors are Jared Ortega MWF and Paul Jones Tuesday/ Thursday

**Senior Band "Music Makers"** – Open to beginners and advanced artists. Band members must read music and provide own instrument. Opportunities to perform at special city events and senior functions. Practices are scheduled on Mondays from 9 - 11 a.m.

**Ukulele Class** - Meets every Monday at 11 a.m., come out and learn the fundamentals of playing the ukulele and playing tunes. You will enjoy the social time with other seniors, as well as, playing tunes on the ukulele. Must bring your own ukulele.

# SENIOR RECREATION

## DANCE

**Sweethearts of Tap** – Come learn to tap dance and have a lot of fun. Monday 11:30 a.m. - 1:00 p.m.  
Instructor: Joni Haward

**Ballroom Dancing** - Learn the art of ballroom dancing on Tuesdays, Advanced classes 2 – 3 p.m. and Beginners 1 – 2 p.m.  
Dance Room. Minimal fee required for class.  
Cost: \$3.00 Instructor: Kinue Williams

**Senior Dance Troupe of Carson** - Pacific Islanders bring their rich culture and customs to Carson in the form of singing and dancing. Classes on Mondays and Thursdays from 1 - 3 p.m. Dance Room.

**Polynesian Dancers** - Explore and learn the rich culture of our 50th state by enrolling in our Hawaiian dance class. Thursdays from 9:30 - 11 a.m. Dance room. \$3 per class.  
Instructor: Kumu Bernard

**Line Dancing** - Learn and perform the latest Country Western steps! Enjoy the company of other line dancers as they sway their steps to country music. Advanced classes are Wednesdays from 10 - 11 a.m. and beginners classes are on Wednesdays from 9 - 10 a.m. \$2 per class.  
Instructor: Doris Thomas  
Instructor: Jimmy Dixon, Thursday from 4-6 p.m.



**Salsa Class** - Join our salsa classes which meets every Monday from 10 - 11 a.m. Enjoy moving to the wonderful Latin beats and meeting new friends!  
Instructor: Roland Gutierrez Cost: \$3.00

## CLUBS

Senior Clubs and Groups are co-sponsored by the City, yet operate independently. Activities include bingo, games, cards, potluck dinners, holiday activities, excursions, birthday parties, etc. Membership is required.

**Carson V.I.P. Club** - Meets on Tuesday from 11 a.m. – 4 p.m. Bingo played after business meeting. President: Tiny Cook

**Dominguez Swinging Fifties** - Meets on Wednesday from Noon – 4 p.m. at Dominguez Park, 21330 Santa Fe Avenue, Carson, CA 90810.  
President: Sandy Conn

**Friendship Club** – Meets on Friday from 11 a.m. – 4 p.m. Club dance is scheduled the fourth Friday of each month, noon to 4 p.m.  
President: Nolando Sermonia

**Jolly Club** – This is the oldest senior club in Carson. They meet every Thursday, 11 a.m. – 4 p.m. Bingo is played after business meeting.  
President: Mary Lassiter

**T.L.C. Club (Tender Loving Care)** – The club meets every Wednesday from 11 a.m. – 4 p.m. Bingo is played after business meeting.  
President- Helen Alaniz

## EXCURSIONS

All Senior Clubs offer a variety of excursions. Call the Senior Recreation Office for more details, (310) 835-0212, ext. 1475

We are looking for volunteer instructors for: Yoga, Creative Writing, Book Club, and Ballet for seniors. If interested call, (310) 835-0212 ext. 1479 or 1478.

All Fees Are Subject To Change

## Cyber Café

The Cyber Café is equipped with the latest in technology software and Wi-Fi for seniors only. Enjoy a cup of coffee with other seniors and join in on the latest news of technology and what's happening with computers.

Seniors are encouraged to bring their laptops.

**Our Cyber Café is opened  
Tuesday - Thursday from 9 a.m.-2 p.m.**

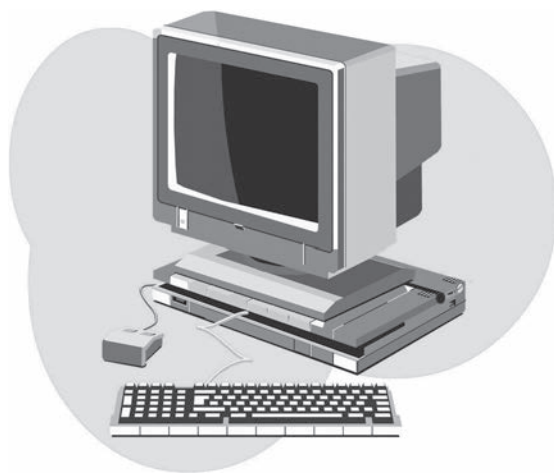
Desktops in the Cyber Café are reserved for students currently enrolled in computer classes. If you would like to learn more about computers and sign up for classes please call  
(310) 835-0212 ext. 1475.

## **The Elito M. Santarina Senior Technology Center**

in operation, Monday - Friday from 9:00 a.m. - 5:00 p.m. Classes fill quickly and you must sign up. For further information, call (310) 835-0212, extension 1475. Class On-line registration is now available at <http://ci.carson.ca.us/ssi.asp>

Instructors: Jared Ortega Mon., Wed. & Friday

Paul Jones Tuesdays & Thursdays



## **Introduction to PC's**

This class is designed for the complete beginner. This class explores a typical personal computer system, including hardware components, software programs, demonstrations of word processing, electronic mail features, and a brief introduction of computer file storage.

## **Beginning Class**

This class will cover what computers are, what are the different systems on the computer, defining the operating system; what are icons, features on a desktop, creating a documents, different fonts, INTERNET searches and email.

## **Basics of Word Processing**

The class introduces the basic concepts of word processing to the novice PC user. Create personal documents and learn the features and benefits of word processing.

## **Excel**

Seniors will learn to create electronic spreadsheets using formulas, functions, graphs, and charts. Create simple databases for inventory, sales group organizations and even address books. Excel is only offered in intermediate and advanced classes

## **Beginning Internet**

This course prepares seniors to use the internet. Emphasis in this class is on introducing the features of the World Wide Web and related utilities. Seniors will explore the vast resources of the internet and learn to access information using a variety of methods.

## **Intermediate Internet**

Internet experience recommended. Topics covered will include special features of the browser program, internet service providers, advanced search techniques and more.



## **Advanced Computer Class**

This class covers aspects of a more sophisticated areas of computer. Students should have a comfortable familiarity with Windows, using a keyboard and mouse. Subject matters includes an in-depth look at:  
1-Microsoft Office applications such as Word, Excel, and Powerpoint.  
2-Internet Safety and Research  
Attendance is mandatory. You may be removed from class for missing more than 2 classes  
Class Instructors: ext. 1415



# SENIOR RECREATION

## EXERCISE

**NO CHILDREN ALLOWED IN ANY SENIOR ACTIVITIES OR PROGRAMS**

**Tai Chi & Health** – The ancient Chinese exercise system is designed for meditation and for the development of self-discipline and a sense of harmonious well-being. The instructor will guide you through a warm-up, posture and breathing techniques, as well as walking and hand movements. After just a few lessons you will feel the benefits of this ancient practice. This is an effective way to aid in stress relief. Class meets on Fridays from 9 - 10 a.m. in the Dance Room. Instructor: Ron Ige

**Basketball** – Join this group, Monday through Friday at Scott Park from 8:30 – 10:30 a.m. and also Carson Park from 9:30 – 11:30 a.m. Come have fun and get a great cardio workout! For more information, call (310) 830-4925.

**Aerobics** – Come and exercise to the funky tunes for a great workout! Every Friday from 10:30 – 11:15 a.m. Also join Randy Okuda on Wednesdays from 11:30 a.m. – 12:25 p.m. for a super workout at the Congresswoman Juanita Millender-McDonald Community Center. Cost: \$3.00



**Muscle Strengthening** – Class meets every Tuesday and Thursday from 11:00 a.m. – 11:40 a.m. and 11:45 a.m. - 12:30 p.m. at the Congresswoman Juanita Millender-McDonald Community Center at Carson, 801 East Carson St., Carson, CA 90745. Muscle Strengthening using resistance bands. Caregivers are not allowed to take the exercise classes due to class size. Caregivers may assist their clients but class is specifically for seniors. Proper attire and footwear are required, such as closed toe exercise shoes, cotton t-shirts, sweat pants and shorts. No skirts or dresses. Each participant must fill out a form to participate that requires a doctors release to exercise. Forms are located in the Senior Recreation Office or from the instructor.

**MUST SIGN IN DUE TO LIMITED CLASS SIZE.**



**Weightlifting and Conditioning** – This class meets Monday through Friday from 8:30 – 10:30 a.m. Boxing and Weightlifting facility. Seniors are able to use exercise equipment such as: treadmills, ellipticals, exercise bikes, etc. Staff available if you have questions.

**THERE IS NO TRAINER ON-SITE AT THE FOLLOWING FACILITIES LISTED BELOW**

Scott Park, 23410 Catskill Ave.  
(310) 830-6439

Carson Park, 21411 Orrick Ave.  
(310) 830-4925

Stevenson Park Gymnasium, 17400 Lysander Dr.  
(310) 952-1745

### Senior Fitness Program

Stevenson Park Gymnasium • (310) 952-1745  
Monday thru Friday 8am-11am  
Fitness classes in the gym MWF 8:30-9:30

#### • Line Dancing

Every Friday from 10 a.m.- 11 a.m.

**Carson Park, 21411 Orrick Ave. • (310) 830-4925**  
**Seniors 50+ and older FREE**

Class size limited

#### • Zumba Class

Monday/Wednesday/Friday 8:30-9:30 a.m.  
Every 3rd Monday from 9 a.m.- 10 a.m.

#### • Low Impact Aerobics

Tuesday/Thursday 8:30-9:30 a.m.  
MWF 10-11 a.m.

## HEALTH

### Health Programs, Seminars & Lectures –

Health lectures are provided based on the interests of seniors. Submit your suggestions on what you would like learn or hear about.

**Blood Pressure Screenings** – Volunteers provide free blood pressure screening Mondays - Wednesday from 10:00 - 11:00 a.m. Please call, (310) 835-0212, ext. 1479, if you would like to volunteer to provide blood pressure screening at the Congresswoman Juanita Millender-McDonald Community Center at Carson, 801 East Carson St., Carson, CA 90745.



*City of Carson*

*Thursday*

*March 5th & 12th, 2015*

*1:00 p.m. - 3:00 p.m.*

# Travel 1

**with Bob & Carol**

BACK BY POPULAR DEMAND!



*Congresswoman*

*Juanita Millender-McDonald*

*Community Center at Carson*

*3 Civic Plaza, Carson, CA 90745*

*Free 2 part workshop for  
the mature traveler 50+ with  
local So Cal travel experts  
Bob Aronson and Carol Apt!*

*Session One:*

*Planning and preparing  
for your trip*

*Session Two:*

*While on your trip*

*To R.S.V.P., contact*

*Recreation and Human Services  
at (310) 835-0212 ext. 1471*



*Recreation and Human Services*

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

# INFORMATION AND REFERRAL

## Food Stamp/Medi-Cal Applications

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

## Telephone Reassurance

The telephone reassurance program is a calling service to seniors who are homebound. Telephone reassurance is an ideal program for those convalescing and/or wishing to remain in contact with a "friendly voice."

## Tax Preparation Assistance

During tax season, trained AARP volunteers will help low and middle-income persons, with special attention given to persons age 60 and older in preparing their income tax returns. Tax preparers will do the following: wages, interest, dividends, stock sales, sale of house, pensions, IRA's, annuities, social security calculations and low income self employment. They do not do rentals, business/high income self-employment, mutual funds, foreign investments, or partnerships. This service is by appointment only. Please call (310) 835-0212 x1475.. Please note that the tax program will now take place in the computer lab at Carson Park, which is located at 21411 S. Orrick Avenue in Carson.

## Financial Counselor

A volunteer financial counselor is here most Tuesdays and Thursdays from 9:30 a.m. to 12:30 p.m. to help you with any financial questions you may have, including retirement planning. By appointment only.

## Equipment Loan Program

The Social Services office has walkers, crutches, wheelchairs, and canes available for loan. Contact Senior Social Services at (310) 835-0212 ext. 1480 for more information. Please keep us in mind if you have a wheelchair or any health equipment you are no longer using and/or if you know someone who would like to donate one.

## AARP Tax Program

Seniors in need of tax preparation help can schedule one on one appointments with volunteer tax preparers. Please call (310) 835-0212 x1475. for more information.

## 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  
Mental Health Information: (800) 854-7771  
Nursing Home Information: (800) 427-8700

## EMERGENCY RESPONSE SYSTEMS

EARS Long Beach Memorial: (562) 933-0913

## FOOD AND MEALS

Meals on Wheels/YMCA: (310) 835-0212 x1487  
Food Bank Info Line: (800) 839-6993  
Food Stamps DPSS Compton: (310) 603-8411

## HEALTH AND MEDICAL

L.A. County Rancho Los Amigos Geriatrics: (562) 401-8130  
South Bay Mental Health Clinic: (323) 241-6730

## HOUSING

HUD: (800) 955-2232  
Westside Center for Independent Living: (310) 390-3611

## IN HOME SERVICES

In Home Support Services Intake Hotline: (888) 944-4477  
In Home Support Services Helpline: (877) 481-1044

## 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

## SUPPORT GROUPS

Alcoholics Anonymous: (310) 618-1180  
Alzheimer's Association: (323) 938-3370  
Clutter Support Group: (310) 212-0917  
VITAS Bereavement Support Group: (310) 324-2273  
Wellness Community Cancer Support: (310) 376-3550

## TRANSPORTATION

Access: (800) 827-0829  
Dial-A-Ride: (310) 835-0212 x1489

# SPECIAL INTEREST CLASSES

## WHAT IS A SPECIAL INTEREST CLASS PROGRAM?

The Special Interest Class Program offers quality classes of special interest to meet the needs and interests of the community. The program is administered by the City of Carson Human Services Division.

The Special Interest Classes are held at the Congresswoman Juanita Millender-McDonald Community Center (shown as CJMM Comm. Ctr.) unless otherwise indicated. For information on dates and times, call (310) 835-0212 ext. 1445.

### All Fees Are Subject To Change

WHAT REQUIREMENTS DO YOU NEED TO TAKE TO A SPECIAL INTEREST CLASS?  
An interest and desire to learn is the requirement for taking a Special Interest Class.

## What is your interest?

We need your input!  
Help us by letting us know.  
Is it dancing, singing, cooking,  
Zumba, golf, flower arranging,  
finance, speaking a different  
language, karate, etc.....

**We want to know**  
**Your interest is our interest**  
Please call our Special Interest Program  
office at 310-835-0212, ext. 1445

### Self Defense



Karate - 510 (4 week reg.)

All Ages \$38/Resident \$43/Non-Resident

Traditional Karate - Do training develops self-confidence and a positive attitude while learning Respect/Confidence, Motor Skills and Self Defense. Instructor: Frank Acevedo

Tuesday - 6:30 - 8 p.m. / Friday - 6:30 - 9 p.m. Carson Park

## REGISTRATION GUIDELINES

- All activities, times, dates, and instructors are subject to change by the Recreation and Human Services.
- All individuals registering for classes must reach the minimum age on or before the first class meeting.
- Bring your receipt to your first class meeting. Please check information on your receipt for accuracy.
- All classes must have a minimum of 10 participants.

### MAIL-IN REGISTRATION

- Complete the registration.
- Please make checks or money orders payable to City of Carson (DO NOT SEND CASH). Checks require driver's license number written on the front.
- A self-addressed, stamped envelope must be included with the registration form and fee. A class admission receipt will be returned in the envelope. There will be a separate slip for each class and participant. You will be informed if we are unable to complete your registration or if your class choices are filled. \*

### WALK-IN REGISTRATION

Congresswoman Juanita Millender-McDonald Community Center, Special Interest Office  
Monday through Thursday 8 a.m.-5 p.m.

\*ON SITE REGISTRATION WILL BE TAKEN THE FIRST TWO WEEKS OF CLASS.

EVENING REGISTRATION AT: Congresswoman Juanita Millender-McDonald Community Center, 3 Civic Plaza Drive Monday - Thursday 4-6:30 p.m.

Note: If you have not received verification of your registration, call (310) 952-1782. After completed mail-in registration has been returned to you and you find your schedule requires adjusting, make transfers and adjustments during walk-in days and times.



### MAIL-IN REGISTRATION FORM

Fill out all information—Please print

Last Name Only \_\_\_\_\_

Phone \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

Zip \_\_\_\_\_

Emergency Name \_\_\_\_\_

Emergency Phone \_\_\_\_\_

A SEPARATE CHECK FOR EACH CLASS IS A MUST

Participant's First & Last Name \_\_\_\_\_ Age if Under 18 \_\_\_\_\_

Name of Class \_\_\_\_\_

Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Time \_\_\_\_ Location \_\_\_\_

### REFUND POLICY

HAVE YOU ENCLOSED A SELF-ADDRESSED, STAMPED ENVELOPE?

- Refunds will only be given when a class is canceled by the City of Carson, Recreation and Human Services.
- Refunds will only be given upon presentation of the original white receipt.
- Request for refunds must be made within two (2) weeks of class cancellation.
- Allow 4-5 weeks for refunds.
- When paid by check, proof of bank clearance must be presented for refunds.
- For additional information, call (310) 952-1782.

I HAVE READ AND UNDERSTAND THE REFUND POLICY.

Participant's signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Parent/Guardian signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

\*Mail form, payment and a self-addressed, stamped envelope to:  
Human Services Division, Special Interest Class Program,  
Congresswoman Juanita Millender-McDonald Community Center, 3 Civic Plaza Dr., Carson CA 90745.

# ASSISTED LIVING

City of Carson Social Services Section strives to provide a wide variety of programs to Carson residents adults 60 and older. These activities are located at the Congresswoman Juanita Millender-McDonald Community Center, Scott, and Dominguez Parks. The Social Services Office is located in the atrium area of the Congresswoman Juanita Millender-McDonald Community Center. For more information, call (310) 835-0212, ext. 1471.

## Case Management & Home Services

To help seniors help themselves to remain independent in their own homes. Our coordinator meets with clients to assess their needs, determine eligibility for services, and develop a care plan. This is done during a home visit, which takes approximately an hour. The coordinator gathers information concerning an applicant's physical, psych-social, financial, and any other concerns that may arise during the visit. We encourage caregivers to participate in the assessment and planning of services. Coordinators authorize services based on the individual needs of each senior or refer them to other community agencies. For more information, call (310) 835-0212 ext. 1471.



## Geriatric Aide Program

This program is designed to provide limited domestic assistance to frail and homebound seniors. Typical services include light housekeeping, dishwashing, vacuuming, kitchen and bathroom cleaning, laundry, grocery shopping and meal preparation. No charge and donations are encouraged. For more information or to be placed on a waiting list, call (310) 835-0212 ext 1471.

## EARS (Emergency Alert Response System)

All of us want to be able to live independently in our own homes as long as possible. Seniors with a disability can maintain their independence with a little help from Lifeline. Lifeline is a personal response unit connected to a home telephone system. If an emergency occurs, the subscriber simply presses a button worn on the wrist or around the neck, and an alarm sounds at Long Beach Memorial Medical Center 24-hour monitoring station and within seconds, a friendly voice is heard in the home asking the nature of the problem and dispatching appropriate help. For more information or to be placed on a waiting list, call (310) 835-0212 ext. 1471.

## Respite Care

This program provides relief to caregivers who are meeting the daily needs of a senior family member or friend. These services include Respite Companions, Social Day Care, Homemaker, and Personal Care Assistance. To be placed on a waiting list, call (310) 835-0212 ext. 1471.

## Friendly Visitor (Also in need of volunteers at this time)

Seeking Friendly Visitor Volunteers to provide companionship, understanding, and empathy to elders who are lonely and/or isolated. Through regular

visits, these volunteers provide letter writing, reading and friendly visits to help the client remain as independent as possible while living in the community. For more information, call (310) 835-0212 ext. 1471.

## Bereavement Support Group

This unique group is offered to adults of all ages who are experiencing grief following the death of a loved one. Research shows that individuals who have experienced such a loss can benefit from sharing with others in a safe, caring environment. This group meets for 11-week sessions throughout the year on Wednesdays, 10 a.m.-12 p.m., at the Congresswoman Juanita Millender-McDonald Community Center. Please call ahead for more information, at (310) 835-0212 ext. 1471.

## Housing Rights Clinic

This program is designed to actively support and promote fair housing through education and advocacy to allow individuals the opportunity to secure housing they desire and can afford, without discrimination based on their race, color, religion, gender, sexual orientation, national origin, familial status, disability, ancestry, age, source of income, or other characteristics protected by law.

Clinics are held the 1st Thursday of every month from 9:00 - 11:00 a.m. at the Congresswoman Juanita Millender-McDonald Community Center and the 3rd Wednesday of every month from 9:00 - 11:00 a.m. at Carson City Hall. For more information on upcoming clinics, call (310) 952-1775.

## Nutrition Program

Monday through Friday at 11:30 a.m. in 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 tasty meal as well as warm conversation and fellowship. A donation is \$2.75 and \$3.50 for non-seniors per meal and 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 Los Angeles Regional Food Bank invites low income seniors 60 years of age or older to participate in the Commodity Supplemental Food Program. Qualifying seniors receive a free food kit once a month. For more information, call (323) 234-3030.

## Caregiver Support Group

Support Group offered to any caregivers looking for a place to feel like they are not alone in the stresses that come along with taking care of a loved one. Come and talk to others in a safe, caring environment about struggles you may be having. This group meets every Tuesday, from 11:30 a.m. - 12:30 p.m. at the Congresswoman Juanita Millender-McDonald Community Center at Carson. There is no fee to attend. Please call ahead for more information, at (310) 835 - 0212 ext. 1471.



# SPECIAL NEEDS

Special Needs, or Adaptive Programs, is designed to meet the basic recreational, social, and physical fitness needs of Carson's disabled population groups, including the physically and sensory disabled with the developmentally disabled. All instruction is free unless otherwise noted. The Special Needs Office is located in the Community Center. Office hours are Monday-Friday, 9 a.m.-6 p.m. For more information, call (310) 835-0212, ext.1465 and 1470.

The Special Needs Program is designed to address the basic social, physical fitness and recreational needs of Carson's disabled population. These program activities place emphasis on the following areas: socialization, creative activities, physical and educational development, and special recreational programs, including the Southern California Special Olympics.

In order to participate in any of the Special Needs Activities you must have a City of Carson Special Needs Registration form on file in the office.

## Monthly Dances and Themes

Monthly dances are a chance to relax and enjoy new friendships. Refreshments are served, and occasionally, a band or professional disc jockey is scheduled to make the evening more enjoyable. Cost is \$15-\$25 when a dinner is served. The dances are held at the Community Center from 7-10 p.m. Upcoming dances are as follows:

- **Mar. 14, 2015** - St. Patrick's Day Dance
- **Apr. 10, 2015** - Spring Dance
- **May 8, 2015** - Prom Dinner and Dance



## Bowling Program

This program will offer the basic fundamentals of bowling in a competitive, yet sportsmanlike environment. The group will meet on Saturdays from 9-11 a.m. Refer to our monthly calendar for specifics.

## Arts and Crafts

Learn to make fun and creative crafts. Some materials to be used include sea shells, sand, wood, paints and much more. Class held at Scott Park. Refer to monthly calendar for specifics.

## Exercise Class

Okay, it's time to join us in this low impact workout while listening to hip hop music, and get ready for our Summer outfits. Let's start working on losing those extra pounds that we gained during the Holidays. Class held at Scott Park. Refer to monthly calendar for specifics.

## Basic Classroom Skills

Curriculum is designed to encourage your child/consumer's development through experiences incorporating audio, visual and kinesthetic learning. This includes a wide variety of readiness skills, creative experiences, psychomotor skills and social interaction. Class held at Scott Park. Refer to monthly calendar for specifics.

## Monthly Calendar

A monthly calendar is sent to all clients who are registered in this program. This calendar notes weekly classes, special event information, Special Olympic tournaments, and all program changes. So, be sure you are registered with the Special Needs Office in order to receive your up-to-date exciting program.

## Carson Special Needs Parent Association

Parents, guardians, friends, and advocates interested in becoming involved in programs for the developmentally disabled are invited to attend these monthly meetings. Meetings are held on the same night as the monthly dances. Please refer to the monthly calendar for dates and times.

## Variety Club

Variety Club presents an opportunity for developmentally disabled individuals to socialize and learn new skills in a fun atmosphere. Appropriate social behavior is stressed as the group creates entertainment programs, studies nutrition, play games, dance, discuss safety and much more. Class held at Scott Park. Refer to monthly calendar for specifics.

## Special Olympics:

**Basketball:** We are once again gearing up for Special Olympic competition in the sport of basketball. We are recruiting for our City of Carson Special Needs Program Basketball team for 2015. It is mandatory that all participants have a CURRENT Special Olympic medical form on file in our office be for he/she can participate. Please refer to the monthly calendar for practice times, dates and location.

**Track & Field:** Join us on the track. We will be training in running, 50, 100 and relay races, standing long jump, and softball throw. After this hard work our Special Olympic teams will be ready to compete in upcoming Southern California Special Olympic meets. Please refer to the monthly calendar for practice, location and times.

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

The mission of the Joseph B. Jr. and Mary Anne O'Neal Stroke Center is to serve the needs of people living with the effects of stroke and provide support for their families. This facility features rehabilitative equipment and offers a variety of activities including group exercise, occupational therapy, speech therapy, social activities, and more. For more information, call (310) 952-1763.

### JBj-MAO Stroke Center

The Stroke Center is open Monday through Friday from 8:30 a.m. – 4:30 p.m. Once your application has been accepted, you can work out at your own pace in our fitness center, with supervision from friendly staff members.



### NEW! Occupational Therapy

Our OT providers will administer treatments that contribute to optimal occupational performance including self care, daily living skills essential for productivity; functional communication and mobility; enhancing play and leisure skills, and more. See calendar for days and times.

### NEW! Circuit Training

Circuit Training is a form of body conditioning that utilizes machines and body weight exercises to achieve a total body workout. Exercises are conducted in 1-2 minute intervals, then rotated through a circuit of 10 stations. Circuit Training improves strength, mobility and cardiovascular endurance while trimming and toning the whole body. Intensity stays high throughout the entire session so please consult with your physician before attending.



### 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. Please see the monthly calendar for days and times.

### Chair Exercise

This group class is led by a physical therapy aide, and it focuses on exercising the upper and lower limbs. Please see monthly calendar for days and times.

### Chair Volleyball

Join us every Tuesday and Thursday at 11:30 a.m. for some exercise with friends. This is seated volleyball with a beach ball, which leads to improved motor skills, coordination, and verbal communication. This is one of the most popular activities, so come join the fun!

### Fun Fridays

Stroke survivors and caregivers enjoy social activities including potlucks, movie days, games, excursions, and more. Please see the monthly calendar for specific activities and times.

### Zumba Gold

Check the calendar for Zumba Gold classes, which is modified Zumba for stroke survivors. Come enjoy the music and the energy of this group class!

### Caregiver Support Group

As a family caregiver, you may find yourself facing a lot of new responsibilities, many of which are unfamiliar. It helps to know you're not alone, and it's comforting to give and receive support from others who understand what you're going through. Join us Tuesdays in the Caregiver Support Group from 11:30 a.m.-12:30 p.m. at the Community Center.

## Welcome to Permits!



The Reservation Office business hours are  
**Monday - Thursday, 7:30 a.m. - 5:00 p.m.**  
 Call us at (310) 847-3570 or fax us at (310) 830-8567.  
 We are located at the Recreation and Human Services  
 Offices at the Corporate Yard,  
 2400 E. Dominguez St., Carson, CA. 90810.

### Celebrate at our facilities!

We can accommodate your party for birthday celebrations, family picnics, and other special events at one of our park facilities. New facility at Carson Park (indoors & outdoors)

### Reservation/Cancellation Policy

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.

### Equipment Rentals

Why go to a party supply store when you can rent equipment from us? We have everything you need to have a successful event. Check out our price list on items such as podiums, stages, stairs, extension cords, chairs, canopies, linens, tables, and much more! Prices subject to change without notice.

### Jumpers

Jumper companies on file with the City of Carson have a \$1,000,000 liability insurance and business license with the City. These are the only companies allowed on our parks:

**ABC Party Rental:** (310) 834-2892

**Fiesta N Jump:** (310) 263-1848

**Trackless Train:** (310) 324-1845

**BR Party:** (323) 907-0757

**Major Jumpers & Entertainment:** (323) 399-2533

**Party Pronto:** (877) 727-8437

**Party on Rentals:** (323) 255-1993

**ALL FEES ARE SUBJECT TO CHANGE**

**ALL FEES ARE SUBJECT TO CHANGE**

<http://Recreation.Carson.Ca.Us>

**JOIN CITY OF CARSON PARKS & RECREATION ON FACEBOOK**

For information on reserving Victoria Park, call (310) 217-8370





## YOUTH SERVICES PROGRAMS sponsored by Public Safety

The City of Carson Public Safety Department/Youth Services Section provides courses for parents and adolescents ages 12 to 17 years of age. The following courses are accepted by Probation Courts.

### • Youth & the Law Program

**Youth (Ages 12 – 17 years)**

**Residents: \$40.00 Non-residents \$55.00**

This 4 hour after school program consists of two 2-hour classroom lectures, and parent is also to attend. Its aim is to educate youth about the importance of obeying rules at home, school, and laws in the community.

**Registration: Call (310) 952-1700, ext. 1789, 1671, 1672**

Instructor: Youth Services Officers

Hours: 4-6 p.m.

**Community Center**

### • Parent/Teen Project

**(10 Days / 20 Hours)**

**Adults: Residents: \$45.00 Non-residents \$50.00**

**(Open Enrollment)**

A 20 hour course conducted on Tuesday or Wednesday evenings, for a 20 week period. Classes are presented by an experienced facilitator. This course is designed for parents of strong-willed adolescents. Teens are in a separate classroom.

**Registration: Call Dennis Rodriguez at (310) 952-1700, ext. 1789**

Instructor: Dennis Rodriguez, YSO/Arthur Williams /Eric Carter, YSO Alma Avilla (Spanish)

**Community Center**

### • Anger Management For Teens

**(6 Days / 12 Hours)**

**Youth (Ages 12 to 17 years old)**

**Residents: \$30.00 Non-residents \$40.00**

A 12 hour course conducted on Tuesday afternoons, 4:30 to 6 p.m., for a 6-week period. Classes are designed to assist adolescents ages 12 to 17 years old. Sessions are facilitated by a Public Safety Department/ Youth Services Officer. This course accommodates adolescents who may be referred by school, courts, parents, or probation officers to complete an anger management program.

**Registration: Call Deborah Schmidt at (310) 952-1700, ext. 1671**

Instructor: Deborah Schmidt, YSO

Tuesday: 4:30 – 6 p.m. **Community Center**

### • Drug/Alcohol Program (Positive Choices) (12 days / 12 hours) Youth (Ages 12 to 17 Years)

**Residents: \$30.00 Non-residents \$40.00**

A 12 hour course conducted on Monday afternoons from 4:30 p.m. - 6 p.m., for a 8-week period, and two required 2-hour Parent Enrichment classes. Classes are designed to assist adolescents from ages 12 to 17 years old. This course is instructed by trained personnel using drug diversion curriculum. This course is to accommodate adolescents referred by the schools, or the Probation Dept. to complete a Drug Awareness and Prevention course. \*Drug Testing is also available for an additional fee paid to clinic conducting the test.

**Registration: Eric Carter at (310) 952-1700, ext. 1672**

Instructor: Various

Monday: 4 to 5:30 p.m. **Community Center**

### • Community Service For Youth

**Youth only (Ages 12-17 years)**

**Residents: \$50 Non-residents \$75.00 (50 hours or less)**

The City of Carson Youth Services Section provides a Community Service Program for youth to complete a minimum of 8 hours to a maximum of 50 hours of community service. This is a comprehensive program providing necessary security and protection for youth conducting community service at local city parks and city sponsored community events. This Community Service program is recognized by LA County Probation Department, and local schools.

Contact Person(s): ANY YOUTH SERVICES OFFICER

**Registration: Call (310) 952-1700, ext. 1789, 1671, or 1672**

### Case Management Services

Juveniles meeting any one of the following criterion will be assigned to a Youth Services Officer to establish goals and objectives, and monitor progress toward successful completion of their Youth Services Section courses/classes.

Criterion (any one of the following)

1. City of Carson resident.
2. Juvenile attends a school in the City of Carson.
3. Juvenile committed offense in the City of Carson.

• If you need to contact us, please call the following Youth Services Officers at **(310) 952-1700**.

Youth Services Officers Program		Extension
• Dennis Rodriguez	Positive Choices & Parent Project	x1789
• Deborah Schmidt	Anger Management For Teens	x1671
• Eric Carter	Community Service Program	x1672
• Youth Services Officer	Youth & the Law	x1789, 1672

## YOUTH SERVICES 2015 CLASS SCHEDULE

Parent Project Classes Tuesday • 5-7 p.m. Total Hours: 20 Hrs	Anger Management For Teens Tuesday • 4:30-6 p.m. Total Hours: 12 Hrs	Drug/Alcohol Awareness & Prevention Classes Monday • 4-6 p.m. Total Hours: 16 Hrs	Youth & The Law Program Wednesday & Monday Times: 4-6 p.m.
<u>Track 2:</u> Apr. 14 - Jun. 23 <u>Track 3:</u> Jul. 14 - Sep. 15 <u>Track 4:</u> Oct. 6 - Dec. 15	<u>Track 2:</u> Apr. 7 - May 19 <u>Track 3:</u> Jul. 7 - Aug. 11 <u>Track 4:</u> Oct. 6 - Nov. 10	<u>Track 2:</u> Apr. 13 - Jun. 15 <u>Track 3:</u> Jul. 13 - Sep. 31 <u>Track 4:</u> Oct. 5 - Nov. 23	<u>Track 3:</u> Mar. 23 & 25 <u>Track 4:</u> Apr. 20 & 22 <u>Track 5:</u> May 18 & 20

**CALL FOR CLASS REGISTRATION DATES**



# Transportation Services Division

3 Civic Plaza, Carson, CA 90745

The city is proud to offer a wide variety of transportation services to the Carson community. Knowledgeable and friendly assistance is always available to help with mobility needs for work, school, healthcare, and social services.



- Shopping and Employment Area Shuttles
- Transit Connections to Rail & Regional Lines
- Curb-to-Curb Service for Seniors and Disabled
- City Bus Pass Vendor Revenue Sharing
- Special City-sponsored Bus Excursions

To learn more about any of these services, please call the Transportation Services Division (located in the Congresswoman Juanita Millender-McDonald Community Center) at (310) 835-0212 extension 1489, Monday through Thursday, between 8 a.m. and 5 p.m., office closed Fridays and holidays, or write to the above address.



# TRANSPORTATION SERVICES DIVISION EXCURSIONS



All excursions depart from the Congresswoman Juanita Millender-McDonald Community Center at Carson 801 E. Carson Street, Carson, CA 90745

Online payments are now available.

Visit the City of Carson website: <http://ci.carson.ca.us>

For more information: (310) 835-0212 ext. 1489 or Email: [excursions@carson.ca.us](mailto:excursions@carson.ca.us)

**All Fees Are Subject To Change**

## **Viejas Casino and Outlet – Saturday, February 21, 2015**

One of the finest California Indian Casinos, Resorts and Outlet Centers, Viejas is owned by the Viejas Band of Kumeyaay Indians. Viejas Casino houses 2,000 slot machines, up to 32 table games, five restaurants, bingo, an off-track betting facility and lounge. Viejas Outlets delivers the ultimate mix of shopping, dining and entertainment in one destination, making it the most attractive and engaging visitor experience in San Diego County and Southern California. **Cost of \$30.00 per person** includes round-trip transportation. **Bus departs at 8:00 am and returns at 5:00 pm.**

## **Hollywood Movie Locations Tour – Saturday, March 14, 2015**

Visit over 50 Movie Locations in Hollywood & Downtown L.A., while viewing some of the most memorable movies scenes of all time! Board a custom bus with stadium seating and panoramic windows and drive through select movie locations while viewing the related movie clips on a 65" HDTV. This experience is complimented by an expert tour guide who provides expert commentary and behind-the-scenes insights. **Cost of \$85.00 per person** includes guided tour and round-trip transportation. **Bus departs at 9:00 am and returns at 5:00 pm.**

## **Carlsbad Flower Fields/Carlsbad Outlets – Saturday, March, 28, 2015**

Spring is here and it's time to visit the beautiful Flower Fields of Carlsbad. Relax through a Group Guided Walking Tour w/Wagon that includes an audio commentary of the history of The Flower Fields and description of the varieties of flowers grown. Eat a relaxing lunch at the Carlsbad Outlets where you can also browse through numerous outlet shops. **Cost of \$45.00 per person** includes guided tour and round-trip transportation. **Bus departs at 8:30am and returns at 5pm.**

## **Santa Barbara Trolley Tour – Saturday, April 4, 2015**

Discover the enchanting seaside Spanish paradise known as Santa Barbara by trolley car. Enjoy a fully narrated tour offered by the Santa Barbara Trolley Company. Trolley tours are the best way to learn all about the city's hot spots and tourist phenomena. Then the group will stop for a no-host lunch. **Cost of \$45.00 per person** includes round-trip bus transportation and trolley tour fee. **Bus departs at 7:30 am and returns at 5:00 pm.**

## **Strawberry Festival – Saturday, May 16, 2015**

The 2015 California Strawberry Festival is proud to be celebrating 32 wonderful years. The festival offers a variety of food vendors with bountiful berries served every imaginable way, arts and crafts, and a carnival atmosphere for the entire family. There are two Festival stages that come alive with concert performances throughout your visit. **Cost of \$38.00 per person** includes round-trip bus transportation and admission to the fair. Lunch cost is not included. **Bus departs at 9:00 am and returns at 6 pm.**

### **Motown the Musical, Pantages Theater – Sunday, May 17, 2015**

It began as one man's story... became everyone's music... and is now Broadway's musical. MOTOWN THE MUSICAL is the true American dream story of Motown founder Berry Gordy's journey from featherweight boxer, to the heavyweight music mogul who launched the careers of Diana Ross, Michael Jackson, Smokey Robinson and many more. Motown shattered barriers, shaped our lives, and made us all move to the same beat. Now, experience it live on stage in the record-breaking smash hit MOTOWN THE MUSICAL! **Cost of \$95.00 per person** includes admission and round-trip transportation. **Bus departs at 4:00 pm and returns at 10:00 pm.**

### **Los Angeles Dodgers vs. San Deigo Padres – Friday – May 22, 2015**

Come out and cheer for our National League West Division Champs Los Angeles Dodgers as they take on the San Diego Padres! Enjoy the view from the 3rd Base Line while snacking on peanuts, cracker jacks and the world famous Dodger Dogs. Top off the evening with a show of fireworks. **Cost of \$56.00 per person** includes round-trip bus transportation and entrance fee. Meals are not included. **Bus departs at 5:00 pm and returns at 11:00 pm.**

### **Lake Arrowhead Boat Tour – Friday, June 26, 2015**

A visit to Lake Arrowhead isn't complete without seeing the view from the water. Ride in style aboard the enclosed Lake Arrowhead Queen paddlewheel boat. Experience the splendor and serenity of a lush forest and sparkling water as you sit back and enjoy close-up views of exquisite lakefront homes. Learn about the fascinating history of the lake through a narrated tour. Afterwards, enjoy a stroll and no-host lunch in the beautiful downtown area. **Cost of \$43.00 per person** includes round-trip bus transportation and boat tour admission. **Bus departs at 8:00 am and returns at 5:00 pm.**

### **The Phantom Of The Opera, Pantages Theater – Friday, June 19, 2015**

Cameron Mackintosh's spectacular new production of Andrew Lloyd Webber's phenomenal musical, THE PHANTOM OF THE OPERA, will come to Los Angeles as part of a brand new North American Tour. This PHANTOM features a brilliant new scenic design, Tony Award-winning original costume design, lighting design, new choreography, and a new staging. The beloved story and thrilling score - with songs like "Music of the Night," "All I Ask Of You," and "Masquerade" - will be performed by a cast and orchestra of 52, making this PHANTOM one of the largest productions now on tour! **Cost of \$95.00 per person** includes admission and round-trip transportation. **Bus departs at 5:00 pm and returns at 11:00 pm.**

**Come and join us for the all-new 2015 Mid-Week Afternoon Lunch and Show Series. Enjoy one or all of the three shows at the posh Santa Ana Elks Crystal Ballroom. This is a 3-Course Sit-Down Served Lunch and show produced by JRW Group Entertainment. Cost for each show is \$48.00 per person which includes lunch and show. Bus departs at 10:30 am and returns at 3:30 pm.**

#### **• Honky-Tonkin: A Musical Tribute to Hank Williams and Patsy Cline. Thursday, April 16, 2015.**

Longing for memories of the past when life was simpler? Re-live those times through the classic tunes by these two legendary artists. The "Grand Ole Opry" comes to life again with the songs that filled this landmark, and will fill your hearts.

#### **• Return to Paradise. Wednesday, July 15, 2015**

Hawaii and Tahiti equals paradise, but you don't have to spend "big bucks", or be in a cramped airline seat as "Return to Paradise" comes to you. Start the afternoon with a specially prepared island luncheon and then the stage will come alive with entertainers representing the music, dance, and traditions of the South Seas. ALOHA!

#### **• 3 Kings, The Elvis Experience. Wednesday, September 16, 2015**

The KING lives forever with his voice, showmanship, dramatic outfits, energy, and continuous stage performance without a break! For 3 decades, this once in a lifetime entertainer brought audiences around the world to their feet with screams, tears, and nonstop applause. Get ready to rock to classics like Hound Dog, Suspicious Mind and Love Me Tender. Relive and Rejoice.



## “SENIOR CITIZENS, YOU HAVE A VOICE”

The Carson Senior Citizens  
Advisory Commission  
invites you to attend its  
meetings to present your  
ideas for a better life.



Please join us and discuss ways  
to help better your community.

**Where:** Congresswoman Juanita Millender-McDonald  
Community Center

**Date:** The 2nd Monday of each month

**Time:** 4 p.m.

TALK TO US...WE ARE LISTENING  
BECAUSE WE CARE

## Volunteers: “Carson Wants You”

Volunteerism has always been the backbone of the American way of life, from the Red Cross worker who lends a helping hand to victims of natural disasters to the volunteer coaches who teach our children about sports and fair play. In Carson, volunteerism remains a vital force in keeping public services available to residents of the city.

Volunteers have made a difference. They have often unselfishly pitched in and given valuable time in delivering important services that otherwise could not be provided. If you would like to make a difference and are willing to give of your time and effort to Carson’s recreation programs, you are encouraged to contact your neighborhood park or City Hall Annex at (310) 847-3570.

## CARSON CENTER WHEN IT COMES TO EVENTS, WE MEAN BUSINESS...



**(310) 835-0212**

**801 East Carson Street,  
Carson, California 90745  
[www.carsoncenter.com](http://www.carsoncenter.com)**



### 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. We need your help. If you know the name of a Carson Veteran who died while serving this country, 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 of a Carson Veteran who served in the United States armed forces, please contact the Parks and Recreation Department at (310) 830-9991.

# Senior Citizen Discount for Trash Collection Services

**QUALIFICATIONS FOR A  
50% ANNUAL DISCOUNT  
ON TRASH COLLECTION SERVICES:**



**Birthday on  
or before  
July 1, 1952**



- ✓ Owner of Single Family Homes in Carson
- ✓ Must Live on Property
- ✓ 62 Years of Age or Older (by July 1, 2015)

**Sign up dates: APRIL 6, 2015  
(Monday) – APRIL 9, 2013 (Thursday)  
8:00 a.m. – 5:00 p.m.**

**Sign up: City of Carson  
Location: Congresswoman  
Juanita Millender-McDonald  
Community Center at Carson  
801 E. Carson Street, Carson CA 90745  
Room #132AB**

**You must bring:**

- ✓ Current Property Tax Bill
- ✓ Valid Picture Identification

**For your information:**

- Application valid only for **ONE YEAR**

You must apply every year

- Does **NOT** apply to Mobile Homes
- Does **NOT** apply to Apartment Buildings with 5 units and more

**For more information, please  
call Environmental Services  
at (310)847-3520**

## Upcoming Events for Months of **March / April / May 2015**

### **Youth Conference**

March 21, 2015  
Congresswoman Juanita Millender-  
McDonald Community Center

### **Tribute to Cesar E. Chavez**

March 21, 2015  
CSU, Dominguez Hills

### **Autism Awareness Day**

April 18, 2015  
Location TBD

### **City-Wide Spelling Bee**

Saturday, April 25, 2015  
Carson Park

### **Special Olympics Spring Tournament**

April 11, 2015  
Veterans Park

### **Carson Relay Races**

April 25, 2015  
Rancho Dominguez Preparatory

### **Cinco de Mayo Celebration**

May 3, 2015  
Carson Park

### **Tour de Carson**

May (Date TBD)  
Congresswoman Juanita Millender-  
McDonald Community Center

### **5K Lupus Awareness Walk**

May 17, 2015  
Veterans SportsComplex

### **Memorial Day Tribute**

May 22, 2015  
Congresswoman Juanita Millender-  
McDonald Community Center

# RECREATIONAL FACILITIES

## your guide to Carson's parks and recreational facilities

City Facilities	Acres	Baseball Fields	Boxing Equipment	Children's Play Area	Football Field	Frisbee Golf Course	Gymnasium	Horse-shoes	Meeting / Craft Rooms	Picnic Areas	Snack Bar	Soccer Field	Swimming Pool	Tennis Courts	Volleyball Courts	Wading Pools	Fitness Center	Racquetball Courts	Skate Park	Multi-Purpose
Anderson Park 19101 Wilmington Ave. 603-9850 / 603-9878	8		2L		*		*			2	*				4L		*			
Calas Park 1000 E. 220th St. 518-3565 / 518-3566	9	1L	1L		*	*			*	2	*	*	*		2L		*			
Carriage Crest Park 23800 S. Figueroa St. 830-5601 / 830-5608	4	1L	1L		*	*				1	*	*	*							
Congresswoman Juanita Millender-McDonald Community Center 3 Civic Plaza Dr. 835-0212	31,000 sq. ft.									26										*
Carson Park 21411 S. Orrick Ave. 830-4925 / 830-4998	11	2L	2L		*	*		*	*	2	*	*	*	*		*		*		*
Carson Pool 21436 S. Main St. 830-1053													*		*					
Del Amo Park 703 E. Del Amo Blvd. 329-7717 / 329-6309	10	2L	1L		*	*				2	*	*	*							
Dolphin Park 21205 Water St. 549-4560 / 549-4857	12	2L	1L		*	*				2	*	*	*		2L	*	*			
Dominguez Park/ Aquatic Center 21330 Santa Fe Ave. 549-3962 / 830-8994	9	1L	1L		*	*	*			2	*	*	*	*	2L					
Friendship Mini Park 21930 S. Water St. NONE	0.3				*						*									
Hemingway Park 700 E. Gardena Blvd. 538-0018 / 538-0019 Hemingway Aquatic Center 16605 San Pedro St.	13  1U	1L  1U	1L  1U		*	*	*		*	2	*	*	*	*	2L					
Mills Park 1340 E. Dimondale Dr. 631-3130	5				*	*	*			2	*						*			
Scott Park 23410 Catskill Ave. 830-8310 / 830-8311 (Location of Fabela Boxing Center)	13	2L	1L	*	*	*		*	*	4	*	*	*	*	2L	*		*		
Scott Pool 23410 Catskill Ave. 549-9051													*		*					
Stevenson Park/Gym 17400 Lysander Dr. 952-1745 952-1745 Gym	13	2L	1L		*	*		1		2	*	*	*	*	2L	*		*		*
Walnut Street Mini Park 440 E. Walnut St. NONE	1.5		2U		*						*									
Veterans Park/Skate Park 22400 Moneta Ave. 830-4185 / 830-1369	12	2L	8L		*	*			*	2	*	*	*		2L				*	*
Veterans SportsComplex 22400 Moneta Ave. 830-9991 sq. ft.	25,000 sq. ft.		6L					2		1						*		*	*	*
Perry Street Mini Park 215th and Perry	2				*						*									
Reflections Mini Park 21208 Shearer Ave.	.5				*															

LIGHTED = L UNLIGHTED = U