

# COMMUNITY SERVICES GUIDE

**MARCH | APRIL | MAY | 2018**

*City of Carson Celebrating*



**S P R I N G 2 0 1 8**

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**To Residential Customer**

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

**POSTMASTER:**

DATED MATERIAL. Please deliver promptly.

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## All Fees Are Subject To Change

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

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



Welcome to the 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.

**You can also read us online at:**

**[ci.carson.ca.us/CityManager/csguide.aspx](http://ci.carson.ca.us/CityManager/csguide.aspx)**

## A MESSAGE FROM THE Director of Community Services

Greetings,

On behalf of the City of Carson Community Services Department, happy spring! We hope your 2018 is off to a wonderful and exciting start!

Since spring is the season of new beginnings, we are proud to showcase this very first edition of the Recreation Guide in full color! In addition, this guide is available online through the main City of Carson website, [ci.carson.ca.us](http://ci.carson.ca.us).

As we shift into the busiest time of the year, our Youth Sports Program gears up with its baseball, softball and tee-ball programming. I am especially pleased to announce we will be continuing our partnership with Major League Baseball to present the annual "Scott's Pitch, Hit and Run Competition." For more information on any of these programs, please contact your local park.

The City is always seeking volunteers to assist at a park or Human Services program. Please consider sharing your time, energy, and experience with your fellow residents. For more information and details on these opportunities, contact your local park or Human Services programs at (310) 835-0212.

Carson's commemoration of its milestone 50th Anniversary continues with its annual Youth Conference, Tribute to Cesar Chavez, Miss Carson Pageant, Memorial Day Celebration, and Cinco de Mayo. Jam-packed with amazing food, entertainment, and numerous activities, these programs are a great way to spend the day. We look forward to seeing you at these wonderful events!

I invite you to look over the extensive array of services and programs described in this Recreation Guide. Our offerings continue to grow and improve, providing the community with ample opportunities to get involved, learn a new skill or hobby, or meet new people.

We are always interested in how we can serve you better. Please feel free to provide us with ideas and feedback at (310) 847-3570 or email [cyfront@carson.ca.us](mailto:cyfront@carson.ca.us).

Have a great spring season and remember parks make life better!

Idris Jassim Al-Oboudi  
Community Services Director

# Special Events

## March

### **Tribute to Cesar Chavez**

CJMM Community Center, Hall B  
Thursday, March 22  
6 p.m. - 9 p.m.

## April

### **Autism Awareness 5k Run**

Veterans Park  
Saturday, April 7  
7 a.m. - 11 a.m.

### **Little Miss Carson Tea Party**

Carson Park  
Saturday, April 21  
12 p.m. - 2 p.m.

### **Miss Carson Pageant**

CJMM Community Center  
Friday, April 27  
5:30 p.m. - 9 p.m.

## May

### **Cinco de Mayo Celebration**

Carson Park  
Saturday, May 5  
12 p.m. - 5 p.m.

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

Veterans SportsComplex  
Saturday, May 20  
7 a.m. - 1 p.m.

### **Memorial Day Tribute**

CJMM Community Center, Hall ABC  
Friday, May 25  
5 p.m. - 9 p.m.

## June

### **Philippine Independence Day**

Veterans Park  
Saturday, June 9  
8 a.m. - 6 p.m.

### **Juneteenth Celebration**

Mills Park  
Saturday, June 16  
11 a.m. - 6 p.m.

# Carson EVENT CENTER

*Space, value and location*



801 E. Carson St, Carson, CA 90745 | [www.carsoncenter.com](http://www.carsoncenter.com) | (310) 835-0212



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

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

**FULL SERVICE CATERERS**

**Choura**  
VENUE SERVICES



# RESERVATIONS

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

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



## ANDERSON PARK

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



## CALAS PARK

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



## CARRIAGE CREST PARK

Amenities: Activity Room (\*60), 1 Basketball Court, 1 Baseball Field, 1 Practice Field, and 2 Picnic Shelter Areas



## CARSON PARK

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



## DEL AMO PARK

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



## DOLPHIN PARK

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

## POOLS



### CARSON POOL

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



### HEMINGWAY AQUATIC CENTER

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



### DOMINGUEZ AQUATIC CENTER

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



### SCOTT POOL

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



### DOMINGUEZ PARK

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



### HEMINGWAY PARK

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



### MILLS PARK

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



### SCOTT PARK

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



### STEVENSON PARK

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



### VETERANS PARK

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



### VETERANS SPORTSCOMPLEX

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

## MAKE A RESERVATION

**Stop by in person:**

**Location:**

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

**Hours:**

Monday-Thursday  
7:30 a.m. - 5 p.m.



## IMPORTANT INFORMATION

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

# VETERANS SPORTSCOMPLEX

Summer bodies  
are made in the  
*Spring*



## MEMBERSHIP RATES

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

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

## Daily Guest Rates

Individual	6 a.m. - 3 p.m.		3 p.m. - close	
	Resident	Non-Resident	Resident	Non-Resident
	\$6	\$7	\$12	\$24

**10% Discount for Veterans**  
**All Fees Are Subject To Change**



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

## HOURS OF OPERATION

### Facility

**Monday-Thursday**  
6 a.m. - 9 p.m.

**Friday**  
6 a.m. - 5 p.m.

**Saturday**  
7 a.m. - 5 p.m.

**Sunday - Closed**

### Business

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

**Friday**  
8 a.m. - 5 p.m.

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

**Sunday - Closed**



# VETERANS SPORTSCOMPLEX

Free Classes of the Month

MARCH	APRIL	MAY
HOT HULA	ZUMBA	SALSA
<p><b>Thursdays</b> 8 a.m. - 9 a.m.</p> 	<p><b>Tuesdays</b> 8 a.m. - 9 a.m.</p> <p><b>Wednesdays</b> 7 p.m. - 8 p.m.</p> <p><b>Thursdays</b> 6:30 p.m. - 7:30 p.m.</p>	<p><b>Mondays</b> Intermediate 9:30 a.m. - 10:30 a.m. Beginning 10:30 a.m. - 11:30 a.m.</p> <p><b>Wednesdays</b> Beginning 10:30 a.m. - 11:30 a.m. Intermediate 11:30 a.m. - 12:30 p.m.</p> <p><b>Fridays</b> Intermediate 12 p.m. - 1 p.m.</p>



## FOOD & HEALTH Sessions

with PAUL PASTER

**30-minute seminars**  
**Fitness, Wellness, Nutrition**  
**6:30 p.m. - 7:00 p.m.**

**FREE**

Veterans SportsComplex  
22400 Moneta Avenue  
Carson, CA 90745  
For more information,  
please call (310) 830-9991



**January 25, 2018**

- 2<sup>nd</sup> Diabetes Series Session
- Guest Speaker

**February 8, 2018**

- 3<sup>rd</sup> Diabetes Series Session
- Nutrition Prevention

**February 22, 2018**

- 4<sup>th</sup> Diabetes Series Session
- Eating With Diabetes

**March 8, 2018**

- Don't Fear Carbs

**March 22, 2018**

- Always Eat Breakfast

# AQUATICS

**Spring  
2018**

## 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.	TP/SF PO AP
5:00p.m.-5:50p.m.	PO AP M
6:00p.m.-6:50p.m.	M F/FF AD

#### Monday/Wednesday

S1 - March 5 - 21, 2018  
S2 - March 26 - April 11, 2018  
S3 - April 16 - May 2, 2018  
S4 - May 7 - May 23, 2018

### Early Spring Registration at Carson Pool Only Residents Only

(must present proof of residency)

Tuesday - Friday  
February 20 - 23, 2018 / 5 p.m. - 7 p.m.  
Saturday  
February 24, 2018 / 8 a.m. - 12 p.m.

### Residents and Non-Residents

Tuesday - Friday  
February 27 - March 1, 2018 / 5 p.m. - 7 p.m.  
Saturday  
March 3, 2018 / 8 a.m. - 12 p.m.

Regular Spring Registration at Carson Pool will be held  
March 5 - May 9, 2018 during scheduled Spring Swim Lesson times

### Tuesday/Thursday (6 classes)

Time	Classes
4:00p.m.-4:50p.m.	TP/SF PO AP
5:00p.m.-5:50p.m.	TP/SF PO AP
6:00p.m.-6:50p.m.	M F/FF AD

#### Tuesday/Thursday

S1 - March 6 - 22, 2018  
S2 - March 27 - April 12, 2018  
S3 - April 17 - May 3, 2018  
S4 - May 8 - 24, 2018

### Saturday (5 classes)

Time	Classes
10:00a.m.-10:50a.m.	TT* PO AP M
11:00a.m.-11:50a.m.	TP/SF PO AP M
12:00p.m.-12:50p.m.	TP/SF M F/FF AD

\*TT Class only 40 minutes

#### Saturday

S1 - March 10 - April 7, 2018  
S2 - April 14 - May 12, 2018

### Group Swim Lesson Session Fees:

Children	1st Child	2nd Child	3rd Child
<b>Mon/Wed (6 Classes)</b>			
Resident	\$55	\$52	\$49
Non-Resident	\$83	\$78	\$74
<b>Tues/Thurs (6 Classes)</b>			
Resident	\$55	\$52	\$49
Non-Resident	\$83	\$78	\$74
<b>Saturdays (5 Classes)</b>			
Resident	\$48	\$46	\$44
Non-Resident	\$83	\$78	\$74
<b>Adult</b>			
	Resident	Non-Resident	
<b>Mon/Wed</b>	\$60	\$90	
<b>Tues/Thurs</b>	\$60	\$90	
<b>Saturdays</b>	\$53	\$80	

Classes	Name	Level
6mos.-3yrs.	TT Tiny Tot	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

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



## Aqua Aerobics

March 5, 2018 - May 23, 2018

7:00 p.m. - 8:00 p.m.

Carson Pool

**Benefits:** Low-impact exercise, Burns Calories, Increase Muscle Strength, Build Endurance, Reduce Blood Pressure, Relieves Stress, and Decreases Anxiety.



## Spring Pre-Swim Team at Scott Pool

Prerequisite - Swim Level 3

March 6 - May 24, 2018/ Tuesday and Thursday / 5:30 p.m. - 7:00 p.m.

Fees: \$160 Resident and \$185 Non-Resident

Note: Pre-Swim Team participants are not guaranteed entry into the Summer Tigershark Swim Team



### Registration held at Scott Pool

**Resident Registration: Monday - Friday, February 12 - 28 from 5 p.m.-7 p.m.**

**Non-Resident Registration, Monday - Friday, February 19 - 28 from 5 p.m. -7 p.m.**



## 21<sup>st</sup> Annual Treasure Island Dominguez Aquatic Center

July 14, 2018

Session #1, 12 p.m.- 2 p.m.

Session #2, 3 p.m.- 5 p.m.

\$5 per person per session

### Dates to Remember

**April 2, 2018**

Aquatic Schedules available online, City Hall,  
Community Center, and the City of Carson Parks

**May 7, 2018**

Aquatic Scholarship forms available online

**May 7 – 31, 2018**

Aquatic Registration for City of Carson Residents

**May 9, 2018**

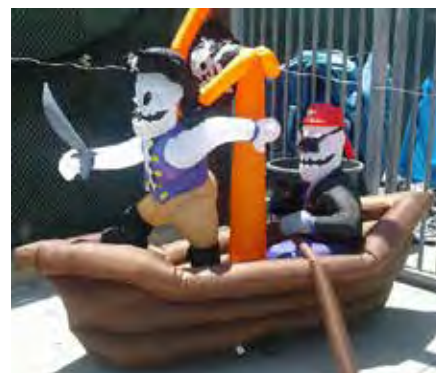
Pool Permit Reservations Begin

**May 21 – 31, 2018**

Aquatic Mail-In Registration for  
City of Carson Residents and Non-Residents

**June 11, 2018**

Summer 2018 Season Begins



# EARLY CHILDHOOD EDUCATION



## CURRICULUM

Welcome to the World of Wonders, McGraw-Hill Education's comprehensive Early Childhood Curriculum. The McGraw-Hill World of Wonders program is a developmentally appropriate, research based early learning curriculum. It is designed to prepare your children for the academic and social demands of Kindergarten

## SPECIAL EVENTS

**Mini Olympics** – The Mini Olympics is a day of fun for Carson preschoolers. The children participate in all Olympic style activities like running obstacle courses, bike racing, and hop till you drop, to name a few. Mini Olympics are held the 3<sup>rd</sup> week of October.

**Ecology Fair** – Ecology is celebrated the 3<sup>rd</sup> week of April. Children have the opportunity to celebrate Earth Day by planting their own plants, face painting, and learning about saving our planet. Parent involvement is encouraged.

**Holiday Programs** – Each December, the children will perform a holiday concert to celebrate the year-end. Santa Claus is always in attendance along with a pop-up sweet shop.

**Graduation** – Graduation is in the month of June. All preschoolers ages five years-old on or before September 1<sup>st</sup> will have the opportunity to participate in a graduation ceremony. Children will receive a preschool certificate of completion on this special day.

## FIELD TRIPS / EXCURSIONS

The Early Childhood Program provides opportunities for children to explore their interest, develop, and grow. We have fun age-appropriate field trips twice per school year, as well as neighborhood walking trips.

### OPTION 1:

#### COMMUNITY CENTER PRESCHOOL

State license: #191606870 • Ages: 3-5 years (toilet trained)

The Congresswoman Juanita Millender-McDonald Community Center in Carson is home to an all-day and half-day Early Childhood Education Program, Monday through Friday. This program features an early drop-off and late pick-up option. The Early Childhood Education Program Office is also located at the Carson 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.

#### ALL DAY PROGRAM

Monday-Friday	Resident Rate	Non-Resident
7 a.m. – 6 p.m.	\$175 a week	\$206
8 a.m. – 5 p.m.	\$141 a week	\$166
7 a.m. – 5 p.m.	\$162 a week	\$191
8 a.m. – 6 p.m.	\$162 a week	\$191

#### HALF DAY PROGRAM

Days	Time	Rate
MWF	8 a.m.–12 p.m.	\$42 a week
MWF	1 – 5 p.m.	\$42 a week
T TH	8 a.m.– 12 p.m.	\$30 a week
T TH	1 – 5 p.m.	\$30 a week



### OPTION 2:

#### CARSON PARK AND DOLPHIN PARK

#### HALF DAY PROGRAM

Days	Resident Rate	Non-Resident
2 days (T,TH)	\$30	\$34
3 days (M,W,F)	\$42	\$50
5 days (M,W,F)	\$67	\$84

# KIDS CLUB



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

## **AFTER SCHOOL KIDS CLUB FEES: \$50 weekly**

Mon-Fri  
2:30-6 p.m.

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

## **Kids Club is located at the following parks:**

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





## Ready, Set, Read \$60 RESIDENTS / \$70 NON-RESIDENTS

Help your child gain a joy for learning! Our program offers trained instructors who will provide structure for reading comprehension, vocabulary, and fluency in a fun and easy way.

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

## Math Made Easy \$30 RESIDENTS / \$40 NON-RESIDENTS

Problem solving has never been easier and more fun. Join us as we learn the fundamentals of addition, subtraction, division, fractions, decimals, etc., while building your child's academic confidence.

GRADE	DAYS	TIMES
Kindergarten	Tues/Thurs	4:00 p.m. - 4:50 p.m.
1 <sup>st</sup> - 2 <sup>nd</sup>	Tues/Thurs	5:00 p.m. - 5:50 p.m.
3 <sup>rd</sup> - 5 <sup>th</sup>	Tues/Thurs	6:00 p.m. - 6:50 p.m.

## Intro to Piano \$65 RESIDENTS / \$75 NON-RESIDENTS

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

AGES	DAYS	TIMES
7 - 12	Tues/Thurs	5:00 p.m. - 5:50 p.m.

## Harmony Heroes (Voice) \$25 RESIDENTS / \$35 NON-RESIDENTS

Does your child sing in the car, in the shower, or whenever that popular song comes on the radio? This class is made especially for them! Join us as we learn the vocal fundamentals of singing, breathing, correct posture, and vowel shaping.

AGES	DAYS	TIMES
5 - 17	Tues/Thurs	6:00 p.m. - 6:50 p.m.

## Drama \$25 RESIDENTS / \$35 NON-RESIDENTS

This class will unleash your child's creativity while building their acting skills and self-confidence! This class teaches students the basics of drama, including stage presence, projection, and memorizing lines. Students learn through kid oriented drama games, skits, reenacting shows, and Broadway musicals.

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

## Costume Design \$30 RESIDENTS / \$40 NON-RESIDENTS

Do you like crafting or DIY projects? Is art your passion or do you just love to be creative? If so, then Costume Design is for you! This is a class where we do nothing but design costumes from fabric and material. This class requires no experience, just a love for creativity.

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

## Ballet \$38 RESIDENTS / \$48 NON-RESIDENTS

This class is the student's first introduction to formal ballet class structure. They will learn basic positions, postures, and techniques that will carry them through the rest of their dance career. There is no dance experience necessary.

AGES	DAYS	TIMES	LOCATION
5 - 14	Tue/Thurs	5:00 p.m. - 5:50 p.m.	Carson Park

## Hip Hop Dance \$38 RESIDENTS / \$48 NON-RESIDENTS

Have your child dance to their favorite hip-hop tunes! This course offers a great opportunity for them to work out as well as learn modern day dance moves from professional dancers.

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

## Tap Dance \$38 RESIDENTS / \$48 NON-RESIDENTS

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

AGES	DAYS	TIMES
5 - 17	Tues/Thurs	6:00 p.m. - 6:50 p.m.

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

We offer a wide variety of tennis classes lead and directed by qualified recreation leaders. Classes range from beginner to intermediate levels. The class emphasizes the basics: grips, ground strokes, volleys, and serving. Children will also learn footwork and the scoring of a tennis match.

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

## Guitar \$48 RESIDENTS / \$58 NON-RESIDENTS

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

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

**Space is limited**  
Most classes are held at the  
Carson Community Center  
For more information,  
please contact Enrichment Arts at  
310-835-0212 ext. 1410 or 1475.



# YOUTH & ADULT SPORTS

## YOUTH SPORTS

### T-BALL, BASEBALL, SOFTBALL

Play Begins: April 7, 2018

Contact your local park for registration and additional information.



### CARSON ELITE TRACK TEAM

Registration: January 1 - February 28, 2018

Fees: \$150

Call Stevenson Park at

(310) 631-2252 for more information.



### CARSON RELAYS

April 22, 2018

Rancho Dominguez Preparatory School

Check-in Time: 8-9:30 a.m.

Fees: \$10

Call Stevenson Park at

(310) 631-2252 for more information.

### SCMAF/BASE QUALIFIER

May 20, 2018

Rancho Dominguez Preparatory School

Check-in Time: 8-9:30 a.m.

Fee: \$7 for BASE Meet/\$13 if you qualify for SCMAF Finals

SCMAF Finals: June 3, 2018

Call Stevenson Park at (310) 631-2252 for more information.



## ADULT SPORTS

### SOFTBALL LEAGUES

Men's and Women's C/D Level

Registration: March 1 - 30, 2018

Play Begins: April 5, 2018

Fees: Resident \$420 Non-Resident \$479

### SPRING FLAG FOOTBALL LEAGUES

4 ON 4

Registration: May 7 - June 4, 2018

Play Begins: April 5, 2018

Fees: Resident \$420 Non-Resident \$479

### COED C/D LEVEL

Registration: March 1 - 30, 2018

Play Begins: April 5, 2018

Fees: Resident \$420 Non-Resident \$479

8 MAN

Registration: May 7 - June 4, 2018

Play Begins: June 10, 2018

Fees: \$315 per team

### SPRING SOFTBALL TOURNAMENT MEN'S & COED

Registration: February 12 - March 15, 2018

Play Begins: March 17, 2018

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

# YOUTH BOXING & VOLUNTEER INFO



## FABELA CHAVEZ BOXING CENTER

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

### FABELA CHAVEZ BOXING/FITNESS CENTER

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

## BECOME A VOLUNTEER

### VOLUNTEER COACH

Volunteer Coaches must complete a certification program which covers the following: how to coach youth sports, maximize athletic performance, first aid/safety procedures, and organizing practices. Coaches 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 and up, to become paid Sports Officials. Some experience is preferred, but not necessary. For more information, call the Youth Sports Office at (310) 847-3570.

# PARK PROGRAMS - YOUTH

## ARTS AND CRAFTS

Arts and Crafts classes are a great and fun way to promote creativity in kids. Young artists can explore their endless abilities through a variety of different mediums such as drawing, painting, clay creations, craft building and more!

**Mon/Wed** 3:30-4:30 p.m. Carriage Crest Park  
**Tues** 4-5:30 p.m. Veterans Park



## BALLET

Ballet is the graceful foundation of all dance forms. In this class, dancers will learn proper posture, flexibility, fitness, balance, and self-confidence.

**Tues/Thurs** 5-5:50 p.m. Carson Park

## BASEBALL/SOFTBALL CLINIC

Baseball and softball players of all levels are welcome to come out and learn the basic fundamentals and skills of the game. Hitting, fielding, and base running will all be covered through field work and "chalk talk" sessions.

**Sat** Noon-2 p.m. Dolphin Park

## BINGO

Let's play Bingo! Gift cards and prizes for winners!

**Thurs** 6-7 p.m. Stevenson Park

## BOCCE

Bocce is considered one of the oldest lawn games in the world. In this program, participants will learn the proper rules and techniques while having good, competitive fun!

**Fri** 4-5 p.m. Scott Park

## CHEERLEADING

Learn basic routines and cheers while showing spirit for your local park.

**Mon/Wed** 6:30-8 p.m. Carriage Crest Park  
**Mon/Wed** 6:30-8:30 p.m. Carson Park  
**Tues/Thurs** 6-7 p.m. Del Amo Park  
**Tues/Thurs** 6-7 p.m. Dominguez Park  
**Tues-Thurs** 6-7:30 p.m. Stevenson Park  
**Tues/Thurs** 6:30-7:30 p.m. Veterans Park

## HIP-HOP CLASS

Hip Hop dance utilizes upbeat music from various genres resulting in a high, energetic dance form. Dancers will learn basic movements, choreography, and Hip Hop techniques.

**Mon/Wed (Ages 5-8)** 5-5:50 p.m. Carson Park

**Mon/Wed (Ages 9-12)** 6-6:50 p.m. Carson Park

## HOMEWORK CLUB

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

**Mon-Thurs** 3-5 p.m. Scott Park

**Mon-Wed** 3:30-5 p.m. Stevenson Park

## HULA CLASS

Are you interested in learning the beautiful dance of Hula? Dancers will learn basic hula steps, hand gestures, and Hawaiian phrases.

**Tues/Thurs** 6-6:50 p.m. Carson Park

## KENPO KARATE

Kenpo is a martial art characterized by the use of quick and powerful strikes delivered from all of the body's natural weapons. This class is taught by Master Greg Jordan, a 6<sup>th</sup> Degree Black Belt.

**Mon-Wed** 6-7:30 p.m. Stevenson Park

## KIDS IN THE KITCHEN

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

**Tues** 5-6:30 p.m. Dolphin Park  
**Tues** 5-6 p.m. Veterans Park  
**Wed** 6-7 p.m. Dominguez Park  
**Thurs** 5-6 p.m. Del Amo Park  
**Thurs** 4-5 p.m. Calas Park  
**Fri** 6-7:30 p.m. Carson Park  
**Fri** 5-6 p.m. Hemingway Park  
**Fri** 5:30-6:30 p.m. Mills Park

## SCRAPBOOKING

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

**Wed** 6-7 p.m. Stevenson Park

## SNAG GOLF

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

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

**Fri** 5-6 p.m. Veterans Park

## TAP CLASS

Students will learn a variety of tap styles from Broadway to Rhythm Tap. Exercises will focus on building flexibility of the knees and ankles, coordination, and speed of movement.

**Middle School Division**

**Tues/Thurs** 7-8 p.m. Mills Park

**High School Division**

**Wed** 6:30-7:30 p.m. Mills Park

## TENNIS INSTRUCTION

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

**Mon/Wed** 5-7 p.m. Veterans Park

## VIDEO GAME CHALLENGE

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

**Mon** 5-7 p.m. Dolphin Park



# PARK PROGRAMS - TEEN

## BASEBALL/SOFTBALL CLINIC

Baseball and softball players of all levels are welcome to come out and learn the basic fundamentals and skills of the game. Hitting, fielding, and base running will all be covered through field work and "chalk talk" sessions.

**Sat**                      **Noon-2 p.m.**                      **Dolphin Park**

## DANCE FOR FITNESS

Get ready to shake and move it! Work muscles you never knew you had in this program designed for teens. A dance recital is held at the end of this program.

**Thursday**                      **6-8 p.m.**                      **Calas Park**  
**Mon-Thurs**                      **4-5 p.m.**                      **Scott Park**

## HOMEWORK CLUB

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

**Mon-Thurs**                      **3-5 p.m.**                      **Scott Park**  
**Mon-Wed**                      **3:30-5 p.m.**                      **Stevenson Park**

## KENPO KARATE

Kenpo is a martial art characterized by the use of quick and powerful strikes delivered from all of the body's natural weapons. This class is taught by Master Greg Jordan, a 6th Degree Black Belt.

**Mon-Wed**                      **6-7:30 p.m.**                      **Stevenson Park**



## SCRAPBOOKING

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

**Wed**                      **6-7 p.m.**                      **Stevenson Park**

## TAP CLASS

Students will learn a variety of tap styles from Broadway to Rhythm Tap. Exercises will focus on building flexibility of the knees and ankles, coordination, and speed of movement.

### Middle School Division

**Tues/Thurs**                      **7-8 p.m.**                      **Mills Park**

### High School Division

**Wed**                      **6:30-7:30 p.m.**                      **Mills Park**



## TEEN CLUB

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

**Sun**                      **1-3 p.m.**                      **Carson Park**  
**Fri**                      **6-9 p.m.**                      **Del Amo Park**  
**Fri**                      **7-8:30 p.m.**                      **Dolphin Park**

## TEEN GAME NATION

Enjoy a fun night with friends and games! We have ping pong, video games, board games, and more!

**Fri**                      **6:30-7:30 p.m.**                      **Hemingway Park**  
**Fri**                      **6:30-8 p.m.**                      **Mills Park**  
**Fri**                      **5-8 p.m.**                      **Scott Park**  
**Fri**                      **6-8 p.m.**                      **Veterans Park**

## THRIVE INLINE

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

**Thurs**                      **4-7 p.m.**                      **Veterans Park**



## YOUTH FITNESS (MUD-RUN TRAINING)

Teens will have a blast participating in a variety of physical fitness drills and activities to train for the season ending Mud-Run Challenge. All fitness levels welcome.

**Tues**                      **5-6 p.m.**                      **Dolphin Park**

# PARK PROGRAMS - ADULT

## ADULT FITNESS PROGRAM

This program is a team-oriented fitness class for all levels of fitness. Use our on-site fitness machines to complete your workouts. A planned excursion to a local hiking trail will highlight the end of seasonal session.

**Thurs 6:30-7:30 p.m. Dolphin Park**

## BOCCE

Bocce is considered one of the oldest lawn games in the world. In this program, participants will learn the proper rules and techniques while having good, competitive fun!

**Fri 4-5 p.m. Scott Park**

## CRAFTY CLUB

Crafts aren't just for kids! In this program, learn to sew, scrapbook, make decorations, and more!

**Mon 6:30-8:30 p.m. Community Center**

## HULA HOOP FITNESS

This class uses a weighted Hula Hoop and combines HIIT, Barre, Pilates, and Yoga for a total body workout! You do not need to know how to hula hoop to take this class. We will show you how!

**Wed 6:30-7:30 p.m. Scott Park**

## KARATE

Karate trains the body, mind, and spirit. Participants will learn basic martial arts techniques and how to spar in a positive, friendly environment.

**Tues 6:15-7:15 p.m. Carson Park**

**Sun 2-5 p.m. Scott Park**

## KENPO KARATE

Kenpo is a martial art characterized by the use of quick and powerful strikes delivered from all of the body's natural weapons. This class is taught by Master Greg Jordan, a 6<sup>th</sup> Degree Black Belt.

**Mon-Wed 6-7:30 p.m. Stevenson Park**

## LINE DANCING

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

**Sat 10 a.m.-Noon Anderson Park**

**Noon-2 p.m. Anderson Park**

**Wed 7-9 p.m. Anderson Park**

## URBAN BALLROOM DANCE

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

**Mon 6-8 p.m. Anderson Park**

**Sat 12-3 p.m. Anderson Park**



## WALKING CLASS

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

**Mon 6 p.m. Dominguez Park**

**Wed 7 p.m. Mills Park**

## WOMEN SUPPORTING WOMEN

Take some time away from your busy schedule and connect with other women in your community. Get and give advice, share experiences, and create new friendships. This program is funded by the City of Carson and the South Bay Center for Counseling.

**Tues 7 p.m. Community Center**

## YOGA

Learn to balance and restore your mind and body. In this class, you will learn basic yoga postures, breathing techniques, proper posture, and stretching.

**Tues 6:30-7:30 p.m. Carson Park**

## ZUMBA

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

**Sat 10-11 a.m./11-12 p.m.**

**Carson Park**

**Mon 6:30-7:30 p.m.**

**Mills Park**

# SPECIAL INTEREST CLASSES

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

## ART CLASSES

### COOKIES & CANVAS | Instructor: Melva Thompson

Join us for this one day class to create a masterpiece while enjoying some sweet treats. The instructor will assist you step by step through the painting process. It could get messy, so wear old clothes.

Carson Community Center

Ages	Day	Time	Start	Wks	Fee
5-12	Thur	6:15-7:15 p.m.	3/15	1	Res- \$20
			4/19		Non Res-\$25
			5/17		



### WINE & DESIGN | Instructor: Melva Thompson

Discover a new way to unwind with your friends. Sip wine while a local artist guides you through painting your own masterpiece. No prior painting skills are required!

Carson Community Center

Ages	Day	Time	Start	Wks	Fee
21+	Thurs	6:15- 7:45 p.m.	3/8	1	Res- \$45
			4/12		Non Res- \$50
			5/10		



## FITNESS CLASSES

### BOOT CAMP | Instructor: Melody Carter

Work out under the trees in a beautiful setting! This boot camp is designed for individuals of all fitness levels to improve core fitness, lose weight and build up strength and conditioning, all in the wonderful outdoors.

Carson Community Center

Ages	Day	Time	Fee
18+	Tues/Th*	6:15 - 7:15 p.m.	\$36 for 6 classes
			\$60 for 12 classes
			\$90 for 20 classes

\*No classes on April 10, 12, May 29, 31

### PILOXING | Instructor: Yvonne Flores

A non-stop, cardio fusion of standing pilates, boxing, and dance that will push you past your limits for a sleek and powerful you!

Carson Community Center

Ages	Day	Time	Fee
18+	Mon/Wed*	6:15 - 7:15 p.m.	\$36 for 6 classes
			\$60 for 12 classes
			\$90 for 20 classes

\*No classes on Apr 9, 11, May 28, 30



## MUSIC CLASS

### GUITAR | Instructor: Nicholas Miller

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

Carson Community Center

Ages	Day	Time	Start	Wks	Fee
18+	Mon/Wed	7:15 - 8:15 p.m.	4/9	6	Res- \$45
					Non Res- \$50

# SPECIAL INTEREST CLASSES



## SPORT CLASSES

### START SMART I Instructor: Tony Zuniga

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

Calas Park

Ages	Day	Time	Start	Wks	Fee
2-5	Wed	5:15- 6 p.m.	4/11	8	Res- \$44 Non Res-\$55

### KARATE I Instructor: Frank Acevedo

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

Carson Park • 21411 Orrick Avenue, Carson, CA 90745

Scott Park • 23410 Catskill Avenue, Carson, CA 90745

Ages	Day	Time	Start	Wks	Fee
All ages	Tues/Th	6:15 - 8:15 p.m.	On going	4	Res- \$55
	Sun	2:30 - 5:00 p.m.	On going	4	Non Res- \$65

## WORKSHOPS

### DIABETES WORKSHOP I Instructor: Deborah Christian

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

Carson Community Center

Ages	Day	Time	Start	Wks	Fee
18+	Mon	9:30-11:30 a.m.	3/05	6	Free

## THERAPEUTIC RECREATION SPECIAL EVENTS

CITY OF CARSON  
THERAPEUTIC RECREATION  
PROUDLY HOSTS

**THE 2018 NATIONAL WOMEN'S WHEELCHAIR BASKETBALL TOURNAMENT**

VETERANS SPORTS COMPLEX  
22400 Moneta Avenue  
Carson, CA 90745

CARSON PARK  
21411 Orrick Avenue  
Carson, CA 90745

**MARCH 23 & 24**  
9 A.M. - 6 P.M.

**MARCH 25**  
9 A.M. - 2 P.M.

**MARCH 23 & 24**  
9 A.M. - 6 P.M.

Come support and watch these elite athletes competing from all over the country.

**SAVE THE DATE**

**Saturday, April 7, 2018**

Resource Fair • Entertainment • Activities

**5K CITY OF CARSON AUTISM AWARENESS**  
RUN/WALK 7 am - 11 am

**VETERANS PARK**  
22400 Moneta Avenue  
Carson, CA 90745

For more information, please call (310) 835-0212 ext. 1470 or ext. 1465

For more information please contact (310) 835-0212 ext. 1465

# SENIOR RECREATION



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

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

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

## ART & DANCE

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

**T/TH • 9 - 11 a.m. • FREE**

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

**Tuesday • 9:30 - 11 a.m. • FREE**

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

**Monday • 9:30 - 11:30 a.m. • FREE**

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

**Monday • 10 a.m. - 12 p.m. • FREE**

**Ballroom Dance** - Learn the art of ballroom dance with these beginner and advanced courses.

**Tuesday • Beg. • 1 - 2 p.m. • Fee: \$4.00**

**Tuesday • Adv. • 2 - 3 p.m. • Fee: \$4.00**



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

**Thursday • 10 - 10:45 a.m. • Fee: \$5.00**

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

**Wednesday • Beg. • 9 - 10 a.m. • Fee: \$3.00**

**Wednesday • Int. • 10 - 11 a.m. • Fee: \$3.00**

**Thursday • 4 - 6 p.m. • Fee: \$3.00**

# SENIOR RECREATION



**Salsa Dance** - Enjoy the Latin rhythms while learning basic footwork, steps, turns, music timing and other dance techniques.  
Monday • 10 - 11 a.m. • Fee: \$3.00

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

**Table Games** - Participate in a variety of table games, while enjoying the company of others.  
Thursday • 1 - 4 p.m. • FREE

## FITNESS CLASSES

**Muscle Strengthening** - Learn safe techniques for strengthening the upper and lower body using flexible exercise bands.  
\*form with doctors release required to participate.  
Tuesday • 11 - 11:40 a.m. • FREE  
Thursday • 11:45 a.m. - 12:30 p.m. • FREE

**Aerobics w/ Randy** - Improve your health! Boost your mood, burn fat, strengthen bones and improve your stamina with this class.  
Wednesday • 11:15 a.m. - 12:10 p.m. • Fee: \$3.00  
Friday • 10:30 - 11:25 a.m. • Fee: \$3.00

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

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

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

**Blood Pressure Screening** - Volunteers provide FREE blood pressure screening.  
Monday & Wednesday • 10 a.m. - 12 p.m.

# SENIOR RECREATION

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

\*please note day/time of classes may change with notice.

## OLDER ADULT SOCIAL CLUBS

Social Clubs and Groups are co-sponsored by the City, yet operate independently. Various activities and bingo. Membership required if you would like to join a club. For further information, call (310) 835-0212 ext. 1478

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

**Jolly Club** - Meets every **Thursday** from 11 a.m. – 3:45 p.m. President: Mary Lassiter

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

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

**Swinging 50's Club** - Meets every **Wednesday** from 11 a.m. – 3 p.m. at Dominguez Park,  
21330 Santa Fe Ave., Carson, CA 90810. President: Sandra Conn

### The Elito M. Santarina Senior Technology Center

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

The Elito M. Santarina Senior Technology Center was dedicated on February 11, 2004 through the generous support of Computers4School. The lab offers 20 computer stations. Adults 50 years and above will acquire skills that allow them to keep up with the advances of technology.

**Beginning / Intermediate** classes meets twice a week on **Monday and Wednesday** for an hour and a half.

RSVP required 310-835-0212 ext.1478/1475

**CARSON PARK | 21411 Orrick Avenue, Carson, CA 90745**

## DANCE & FITNESS CLASSES

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

Mon, Wed & Fri • 8:30 – 9:30 a.m. • FREE

M/W • 10 – 11 a.m. • FREE

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

T/TH • 8:30 – 9:30 a.m. • FREE

**Hula Hoop Fitness** - Discover a whole new way of working out while having fun and burning calories with a hula hoop.

T/F • 10 – 11 a.m. • FREE

**Open Basketball** - Come and enjoy playing basketball. Fun games, or just shooting around.

M/W/F • 11:15 a.m. – 12 p.m.

Tuesday • 10 a.m. – 12 p.m. • FREE

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

M/T/W/TH/F • 8:30 a.m. – 12 p.m. • FREE

**Yoga** – A combination of yoga, breathing and meditation techniques. All levels welcome, regardless of fitness level or Yoga experience.

Wednesday 10 a.m. – 11 a.m. • FREE

# SENIOR RECREATION

## STEVENSON PARK/GYM | 17400 Lysander Drive, Carson, CA 90745

### FITNESS CLASSES

**Exercise Class** - This class combines low impact calisthenics and stretching to enrich your workout to better fitness.

M/W/F • 8:30 – 9:30 a.m. • FREE

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

M/W/F • 8:30 a.m. – 12 p.m. • FREE

\*Friday class alternates with Zumba class

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

Friday • 10:30 – 11:30 a.m. • FREE

\*alternates with fitness class

**Line Dancing** - Learn and perform the latest country western steps, while you enjoy the company of fellow line dancers.

Friday • 10:30 – 11:30 a.m. • FREE

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

**Open Basketball** - Come and enjoy playing basketball with other older adults. Fun games or just shooting around.

M/T/W/TH/F • 8:30 – 10:30 a.m. • FREE

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

M/T/W/TH/F • 8:30 – 10:30 a.m. • FREE

### UPCOMING EVENTS

#### AARP Mature Driving Course

March 26 & 27, 2018 (Monday & Tuesday)

2 day course • 9 a.m. – 1 p.m.

AARP Members \$15 Non-Members \$20

RSVP 310-835-0212 ext. 1478

#### Spring Fling Luncheon

Friday, February 9, 2018

11 a.m. – 3 p.m.

\*Ticket sales 310-835-0212 ext. 1475/1478

### Are you interested in Volunteering/Teaching?

How about one of these classes: Gardening, Book Club, Smartphone, foreign language or ping pong

Interested in another class you do not see? Let us know!

Senior Recreation Program office at 310-835-0212 ext. 1478 or 1479

# INFORMATION AND REFERRAL



## Braille Institute

The Braille Institute continues to come on a monthly basis with their mobile unit to provide low vision screenings FREE of cost to individuals in need. Braille Institute takes appointments, but does walk-ins as well. The mobile unit is located in the parking lot of the East wing of the Community Center- and is marked clearly. For appointments and schedule, please call the Braille Institute directly at (323) 663-1111.



## Food Stamp/Medi-Cal Applications

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

## Homeless Task Force

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

Additional resources for homebound seniors may be available, including possible case management and referrals. For more information, please contact Amanda Valorosi by calling (310) 835-0212 x1467, or via e-mail at [avaloros@carson.ca.us](mailto:avaloros@carson.ca.us).

## SOCIAL SERVICES DIRECTORY GENERAL INFORMATION

Health and Human Services General Information: 2-1-1

AARP: (213) 380-1800

Area Agency on Aging: (213) 738-4004

Elder Abuse Hotline: (800) 992-1660

## EMERGENCY RESPONSE SYSTEMS

EARS Long Beach Memorial: (562) 933-0913

## FOOD AND MEALS

Meals on Wheels/YMCA: (310) 835-0212 ext. 1487

Food Bank Info Line: (800) 839-6993

Food Stamps DPSS Compton: (310) 603-8411

FOOD STAMPS/Medi-Cal Applications

1<sup>st</sup> Tuesday & 3<sup>rd</sup> Thursday 9:30 a.m. - 12 p.m.

LA Regional Food Bank

2<sup>nd</sup> Monday 8:00 a.m. - 1:00 p.m.

## HOUSING

HUD: (800) 955-2232

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

## HOUSING RIGHTS WALK IN CLINIC

1<sup>st</sup> Thursday & 3<sup>rd</sup> Wednesday 9:00 a.m. - 11:00 a.m.

## IN HOME SERVICES

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

## INSURANCE BENEFITS AND RESOURCES

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

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

## LEGAL ASSISTANCE

Bet Tzedek Legal Services: (323) 939-0506

## H.E.L.P.

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

## Caregiver Support Group:

Tuesdays 11:30 a.m.- 12:30 p.m.

## Bereavement Support Group:

Wednesdays 10:00 a.m.-11:00 a.m.

# SENIOR INDEPENDENCE SUPPORT

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



## Senior Information and Resource Fair

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

## Food and Meal Assistance

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



## Food Bank

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



# SENIOR INDEPENDENCE SUPPORT

## Caregiver Support Testimonials



“While attending Caregiver Support Group, I’ve learned that I am not alone in this. The Caregivers group is filled with people in similar situations, there I have learned that what I am going through with my mother is ok and somewhat normal at her age. I’ve learned to understand that I am not the only one with these feeling – negative or positive. The support group is a wonderful place to ask for advice, to find out about useful resources and just vent about frustrations. The Coordinator of the group is very knowledgeable, friendly, and positive. I realized that no one will judge me because everyone is going through the same struggles in one way or another”  
- **Jackie Smith**, caregiver to her 95 year old mother.



“My Dad has Alzheimer’s disease, finding this support group was the best thing I have done since moving in with him in 2014. After relocating to be his caregiver I felt isolated. When I read about this support group, I immediately called and left a message. Amanda returned my call and the rest is history. I began attending support group and looked forward to it each week. It is a safe place where I can share my life with my dad...good, not so pleasant experiences, or just listen to others knowing we are all there for the same reason. Support. We support each other. We learn from each other. We care about each other”  
- **Nancy Kavathan**, caregiver to her father with Alzheimer’s disease.

# THERAPEUTIC RECREATION

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



## Adult Day Club

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

Registration fee: \$25

Fridays: 3/16/18 - 5/18/18 (8 classes)

10 a.m. - 1 p.m.

Ages: 18 and up with developmental disabilities

CJMM Community Center



## Teen Social Group

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

Registration fee: \$15.

Wednesdays: 3/28/18 - 5/23/18 (8 classes)

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

CJMM Community Center



## Basketball Program:

Only registered participants in this program will be eligible for our Special Olympics Basketball team.

Registration fee: \$25

Mondays:

3/05/18 - 6/11/18

6 p.m. - 7 p.m.

Ages: 8 and up



## Track and Field Program:

Only registered participants in this program will be eligible for our Special Olympics Track and Field team.

Registration fee: \$25

Tuesdays

3/6/18 - 6/5/18

6 p.m. - 7 p.m.

Ages: 8 and up

## Events:

### National Women's Wheelchair Basketball Tournament:

March 23 - 25, 2018

Location: Veterans SportsComplex & Carson Park

### Autism Awareness Day 5K Run/Walk:

April 7, 2018

7 a.m. - 11 a.m.

Location: Veterans Park

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

## STROKE CENTER INFORMATION

The award-winning Stroke Center is open Monday-Friday from 8:30 a.m. - 4:30 p.m., and is located inside the Carson Community Center. For more information, please call our friendly staff members at (310) 952-1763.

Cost:

Residents                      \$30 voluntary donation  
Non-Residents                \$70/month

## OCCUPATIONAL THERAPY

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

By appointment only.



Here's what our members are saying about us.



"This place is beautiful. No one should have anything bad to say about it. If you want to get better this is the place to do it."

-Ronnie King  
Stroke Survivor



## SINGING WITH NICK

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

**DAY**

1<sup>st</sup> & 3<sup>rd</sup> Tues

**TIME**

12:30 - 1:30 p.m.

## CHAIR EXERCISE

This is a group exercise class that focuses on strengthening muscles and improving circulation.

**DAY**

Thurs

**TIME**

12:30 - 1:30 p.m.

## SPEECH THERAPY

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

**DAY**

2<sup>nd</sup> & 4<sup>th</sup> Tues

**TIME**

1 - 2 p.m.

## CHAIR VOLLEYBALL

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

**DAY**

Tues/Thurs

**TIME**

11:30 a.m. - 12:30 p.m.

## ZUMBA GOLD

Come enjoy a modified Zumba class for stroke survivors.

**DAY**

MW/F

**TIME**

12 - 1 p.m.



# TRANSPORTATION SERVICES

## Carson Circuit Schedule

Buses run every 40 minutes on all eight routes:

- Monday – Friday 5:20 a.m. – 6:40 p.m.  
(Last bus leaves the Pavilion at 6:00 p.m.)
  - Saturday 10:40 a.m. – 5:20 p.m.  
(Last bus leaves the Pavilion at 4:40 p.m.)
- ALL Carson Circuit routes run in one direction ONLY.

## Bus Fares

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

## North/South Shuttle Schedule

Buses run every 50 minutes:

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

NO MID-DAY SERVICE

North/South Shuttle no longer runs weekends and holidays

## Bus Fares

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



## LOCATION

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

## OFFICE HOURS

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

## ONLINE PAYMENTS

<https://payment.carson.ca.us/transportationonline/index.asp>

\*Select  
Dial-A-Ride or City  
Sponsored Excursions

## DIAL-A-RIDE PROGRAM

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

## PROGRAM HIGHLIGHTS

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

## SERVICE AREA

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

## REGISTRATION REQUIREMENTS (Must apply in person)

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

## \*ACCESS PARATRANSIT

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

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

## Transportation Services

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

## Office Hours:

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



# TRANSPORTATION SERVICES

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



## **Cirque du Soleil: Luzia – Friday, March 16, 2018**

Welcome to the imaginary world of a waking dream of Mexico. “Luz” which means “light” quenches the spirit and rain soothes the soul! Luzia will immerse you in a surrealistic series of grand visual surprises and breathtaking acrobatic performances. Cost includes round-trip bus transportation and show admission.

**Bus departs at 6:00 p.m. and returns at 11:00 p.m.**  
**Carson Resident: \$80.00 per person**  
**Non-Carson Resident: \$95.00 per person**



## **Catalina Island Tour – Saturday, April 14, 2018**

Board the Catalina Express for a 22-mile nautical voyage to begin your fun filled day. This exciting day trip includes both the Avalon Scenic Tour of the island interior and a glass-bottom boat tour along the majestic coastline. Cost includes round-trip bus and sea transportation and tour fees.

**Bus departs at 7:00 a.m. and returns at 6:00 p.m.**  
**Carson Resident: \$105.00 per person**  
**Non-Carson Resident: \$120.00 per person**

## **San Diego Original ArtWalk Festival - Saturday, April 28, 2018**

Mission Federal ArtWalk will fill 17 blocks in San Diego's Little Italy with artists, musicians and art lovers from all over the USA. Cost includes round-trip bus transportation.

**Bus departs at 9:00 a.m. and returns at 6:00 p.m.**  
**Carson Resident: \$25.00 per person**  
**Non-Carson Resident: \$40.00 per person**



## **Strawberry Festival, Oxnard, CA – Saturday, May 19, 2018**

California Strawberry Festival is proud to be celebrating 31 wonderful years in 2018 offering a variety of food booths, bountiful berries served every imaginable way, arts and crafts, and a carnival atmosphere for the entire family. Cost includes round-trip bus transportation and admission.

**Bus departs at 9:00 a.m. and returns at 6:00 p.m.**  
**Carson Resident: \$42.00 per person**  
**Non-Carson Resident: \$55.00 per person**

# TRANSPORTATION SERVICES

## **Viejas Casino and Outlet – Saturday, May 5, 2017**

Viejas is owned by the Viejas Band of Kumeyaay Indians and it houses 2,000 slot machines, up to 32 table games, fine restaurants, bingo, an off-track betting facility and lounge. Viejas Outlets delivers the ultimate mix of shopping, dining and entertainment in one destination. Cost includes round-trip bus transportation.

**Bus departs at 8:00 a.m. and returns at 5:00 p.m.**

**Carson Resident: \$25.00 per person**

**Non-Carson Resident: \$40.00 per person**



## **The Color Purple - Pantages Theater -Friday, June 1, 2018**

2016 Tony Award Best Musical Revival winner, The Color Purple, is a stunning re-imagining of an epic story about a young woman's journey to love and triumph in the American South. Soul-raising score gives this show a new spirit to the Pulitzer Prize winning story by Alice Walker. Cost includes round-trip bus transportation and show admission.

**Bus departs at 5:00 p.m. and returns at 10:30 p.m.**

**Carson Resident: \$78.00 per person**

**Non-Carson Resident: \$93.00 per person**



## **Temecula Balloon & Wine Festival – Saturday, June 2, 2018**

A tradition since 1974, the Temecula Balloon & Wine Festival features a perfect blend of breath-taking hot air balloons, food and entertainment. This year experience an amazing evening hot air “balloon glow.” Wine tasting, food and balloon rides are not included in the excursion. Cost includes round-trip bus transportation and festival admission only.

**Bus departs at 4:30 a.m. and returns at 3:00 p.m.**

**Carson Resident: \$45.00 per person**

**Non-Carson Resident: \$60.00 per person**



## **Viva Las Vegas Dinner Show – Saturday, June 9, 2018**

Tibbies Center Stage in Fontana, CA recreated the music and memories of “Sin City” live in this high energy song and dance revue. A new interactive experience also feature simulated casino games for all to play with nightly prizes! Cost includes round-trip bus transportation and dinner show.

**Bus departs at 9:00 a.m. and returns at 6:00 p.m.**

**Carson Resident: \$75.00 per person**

**Non-Carson Resident: \$90.00 per person**



# TRANSPORTATION SERVICES

## **San Diego County Fair – Saturday, June 16, 2018**

Visitors will discover, with kid-in-a-candy-store wonder, just “How Sweet” the San Diego County Fair truly is. Coast through Del Mar Fairground’s plethora of exhibits, rides, animals, shopping for that ‘thing’ you just have to have. Most of all, indulge in all the outrageous food only found in county fairs. Cost includes round-trip bus transportation and fair admission.

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

**Carson Resident: \$30.00 per person**

**Non-Carson Resident: \$45.00 per person**



## **Cinderella - Pantages Theater – Friday, June 22, 2018**

Pantages Theater hosts Tony Award winner, Rodger & Hammerstein’s Cinderella. The re-telling of this fairytale will transport you back to your childhood to rediscover all the moments you love in this classic story – the pumpkin, the glass slipper, the masked ball and more!! Cost includes round-trip bus transportation and show admission.

**Bus departs at 5:00 p.m. and returns at 10:30 p.m.**

**Carson Resident: \$78.00 per person**

**Non-Carson Resident: \$93.00 per person**

## **Lake Arrowhead Boat Tour – Friday, July 6, 2018**

Ride in style aboard the enclosed Lake Arrowhead Queen paddlewheel boat and enjoy a narrated tour through the splendor of a lush forest, sparkling water and views of exquisite lakefront homes while learning about the fascinating history of the lake. Afterwards, enjoy a stroll and lunch in the beautiful downtown. Cost includes round-trip bus transportation and boat tour.

**Bus departs at 8:00 a.m. and returns at 5:00 p.m.**

**Carson Resident: \$35.00 per person**

**Non-Carson Resident: \$48.00 per person**



# TRANSPORTATION SERVICES

## FUTURE EXCURSIONS



### YOSEMITE

4 days, 3 nights  
overnight excursion



### HEARST CASTLE

3 days 2 nights  
overnight excursion



### LAS VEGAS/ GRAND CANYON WEST RIM TOUR

3 days 2 nights  
overnight excursion

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

Contact Transportation Services

Telephone: (310) 835-0212 extension 1495

Email: [excursions@carson.ca.us](mailto:excursions@carson.ca.us)

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



# CARSON VETERANS MONUMENT & WALL

## Carson Veterans Monument

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



## Carson Veterans Wall

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



# VOLUNTEERING



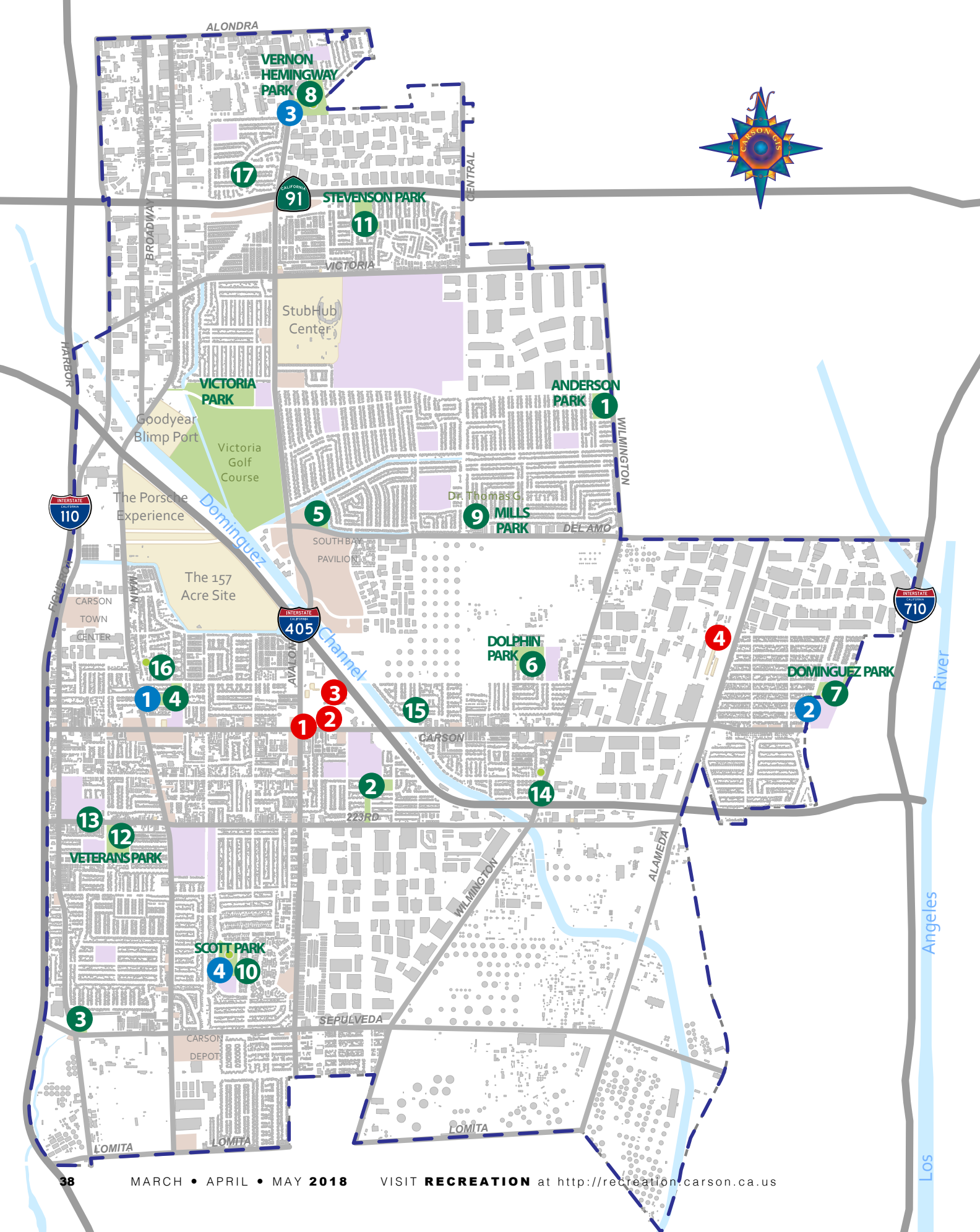
Carson is rich with opportunities for civic engagement. Every year, hundreds of volunteers donate their time at our parks and in our programs to give back to the community with their incredibly talented abilities. Volunteers from all different ages, abilities, and backgrounds come together to support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



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

For more information, please contact the following:

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



VERNON  
HEMINGWAY  
PARK 8

17

91

STEVENSON PARK

11

VICTORIA

StubHub  
Center

VICTORIA  
PARK

Goodyear  
Blimp Port

Victoria  
Golf Course

The Porsche  
Experience

The 157  
Acre Site

Dr. Thomas G.

9 MILLS  
PARK

ANDERSON  
PARK 1

5

SOUTH BAY  
PAVILION

DOLPHIN  
PARK 6

DOMINGUEZ PARK

16

1 4

3

1 2

15

CARSON

223RD

2

14

13

12

VETERANS PARK

SCOTT PARK

4 10

3

CARSON  
DEPOT

SEPUVEDA

LOMITA

Los Angeles River

## CITY FACILITIES

1. Carson City Hall, 701 E. Carson Street
2. Carson Event Center, 801 E. Carson Street
3. Carson Stroke Center, 801 E. Carson Street
4. Corporate Yard, 2400 E. Dominguez Street

## PARKS

1. Anderson Park, 19101 Wilmington Avenue
2. Calas Park, 1000 E. 220<sup>th</sup> Street
3. Carriage Crest Park, 23800 S. Figueroa Street
4. Carson Park, 21411 S. Orrick Avenue
5. Del Amo Park, 703 E. Del Amo Boulevard
6. Dolphin Park, 21705 S. Water Street
7. Domniguez Park, 21330 Santa Fe Avenue
8. Hemingway Park, 700 E. Gardena Boulevard
9. Mills Park, 1340 E. Dimondale Drive
10. Scott Park / Fabela Chavez Boxing and Fitness Center, 23410 Catskill Avenue
11. Stevenson Park, 17400 Lysander Drive
12. Veterans Park, 22400 Moneta Avenue
13. Veterans Sportscomplex, 22400 Moneta Avenue
14. Friendship Mini-Park, 21930 S. Water Street
15. Perry Street Mini-Park, 215<sup>th</sup> and Perry Street
16. Reflections Mini-Park, 21208 Shearer Avenue
17. Walnut Mini-Park, 440 E. Walnut Street

## POOLS

1. Carson Pool, 21436 S. Main Street
2. Dominguez Aquatic Center, 21330 Santa Fe Avenue
3. Hemingway Aquatic Center, 16605 S. San Pedro Street
4. Scott Pool, 23410 Catskill Avenue



# Thank You

The City of Carson would like to thank all who volunteered and assisted in making Carson's 2018 Rose Float a success. You were the true jewels to our treasure chest. Thank you for "honoring our past and envisioning our future."

