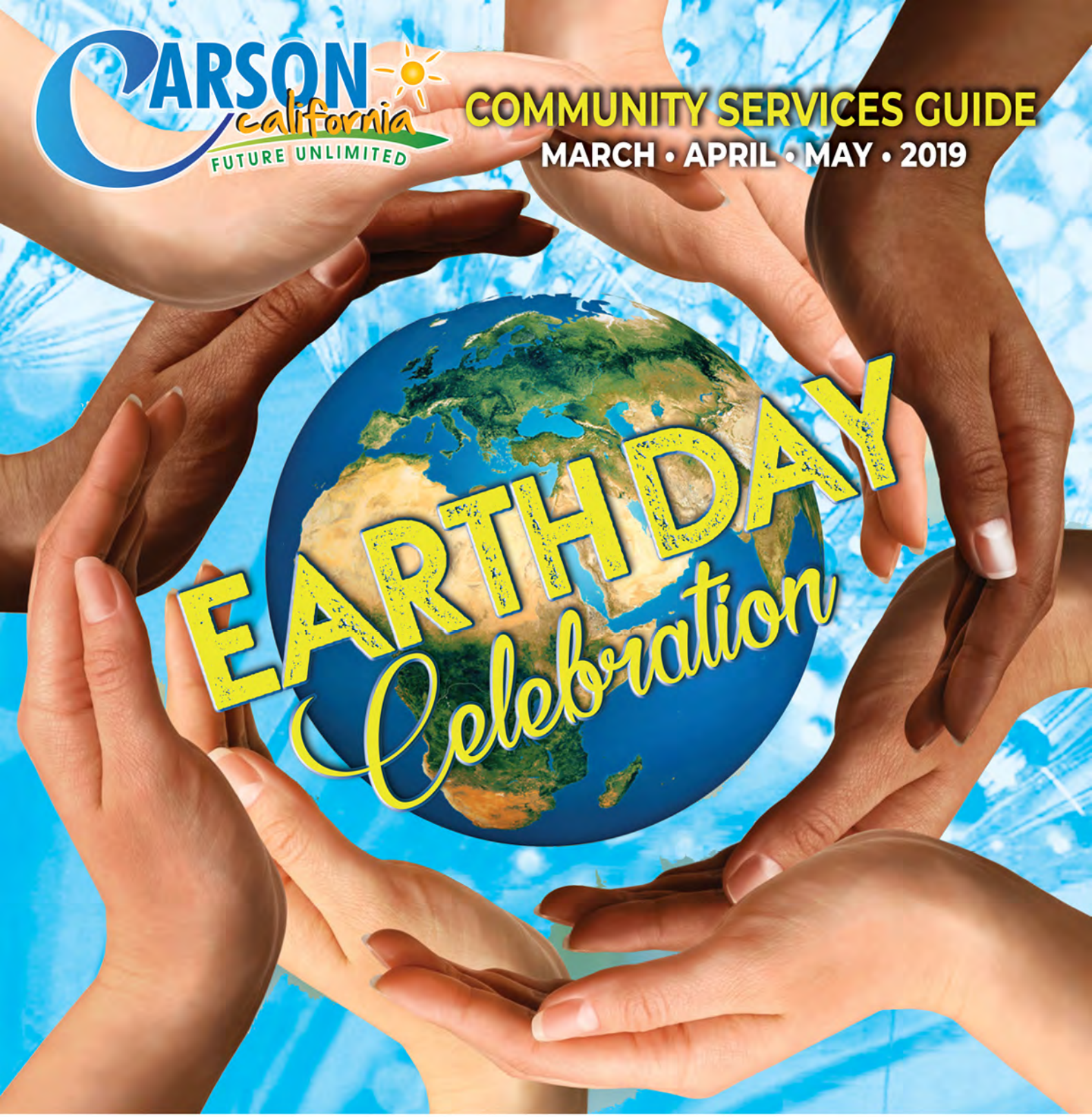
CARSON
california
FUTURE UNLIMITED

COMMUNITY SERVICES GUIDE

MARCH • APRIL • MAY • 2019



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

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TABLE OF CONTENTS

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

All Prices Are Subject To Change

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

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

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

A MESSAGE FROM THE Director of Community Services

Welcome to the Spring Edition of the City of Carson's Recreation Guide!

The City of Carson Community Services Department strives to strengthen our community's fabric, health, and well-being. Our goal is to improve the lives of our citizens and the community as a whole by providing services, events, and positive programming for all ages and abilities that provide access to the serenity and inspiration of nature; outdoor space to play and exercise; facilities for self-directed and organized recreation; positive alternatives for youth which help lower crime and mischief; and activities that facilitate social connections, human development, therapy, the arts, and lifelong learning.

As the season changes and shifts to spring, we would like to encourage all residents and community members to take advantage of our programs and activities. We offer a state accredited after-school program at seven of our community parks for parents who need assistance with child care. Spring is also when baseball, softball, and t-ball start up. Last day to signup is Saturday, February 23, 2019. For more information, contact your local park.

The City of Carson and our department pride themselves on offering various special community events through the year. We are presenting events such as the Tribute to Cesar E. Chavez, Earth Day, Cinco de Mayo Celebration, and the Memorial Day Tribute.

As we continue to work toward serving the Carson community better, we welcome any comments or suggestions you may have. Please feel free to contact us at 310-847-3570.

Have a great spring, and remember that Parks Make Life Better!

Idris Jassim Al-Oboudi
Director of Community Services

Special Events

MARCH

Tribute to César E. Chávez
Carson Event Center
Thursday, March 28, 2019
6:00 p.m. - 9:00 p.m.

APRIL

Autism Awareness Day and 5K Run/Walk
Dignity Health Sports Park
First weekend in April
7:00 a.m. - 11:00 a.m.
For registration info, please contact
(310) 835 – 0212 ext. 1470.

Earth Day
Carson Event Center
Saturday, April 13, 2019
Noon - 4:00 p.m.

MAY

Cinco de Mayo
Carson Park
Saturday, May 4, 2019
Noon - 5:00 p.m.

Youth Conference (Ages 12 - 17)
Carson Event Center
Friday, May 17, 2019
5:00 p.m. - 9:00 p.m.

5k Lupus Awareness Walk
Veterans SportsComplex
Saturday, May 18, 2019
4:00 p.m. - 9:00 p.m.
Registration: $15

Memorial Day Tribute
Carson Event Center
Friday, May 24, 2019
5:00 p.m. - 8:00 p.m.

Carson EVENT CENTER

Space, value and location

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

Catered event space for 5 to 1,200 guests

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

FULL SERVICE CATERERS

Choura
VENUE SERVICES

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

RESERVATIONS

The Reservations Office business hours are Monday - Thursday, 7:30 a.m. - 5:00 p.m.
Call us at (310) 847-3570 or fax at (310) 830-7683. We are located at the Recreation and Human Services Office at the Corporate Yard, 2400 E. Dominguez St., Carson, CA 90810. * **MAX CAPACITY**

ANDERSON PARK

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

CALAS PARK

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

CARRIAGE CREST PARK

CLOSED UNTIL 2020 FOR RENNOVATIONS

CARSON PARK

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

DEL AMO PARK

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

DOLPHIN PARK

Amenities: Activity Room (75*), 2 Baseball Fields, 1 Basketball Court 1 Multipurpose Rooms (*30), and 4 Picnic Grass Areas.

POOLS

CARSON POOL

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

DOMINGUEZ AQUATIC CENTER

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

HEMINGWAY AQUATIC CENTER

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

FOISIA POOL

- 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.

FOISIA PARK

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

VETERANS SPORTSCOMPLEX

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

MAKE A RESERVATION

Stop by in person:

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

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

IMPORTANT INFORMATION

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

VETERANS SPORTSCOMPLEX

LET SPRING BE YOUR NEW BEGINNING

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

HOURS OF OPERATION

FACILITY

Mon-Thu • 6:00 a.m. - 9:00 p.m.
Fri • 6:00 a.m. - 5:00 p.m.
Sat • 7:00 a.m. - 5:00 p.m.
Sunday - Closed

BUSINESS

Mon-Thu • 8:00 a.m. - 8:00 p.m.
Fri • 8:00 a.m. - 5:00 p.m.
Sat8:00 a.m. - 1:00 p.m.
Sun - Closed

MEMBERSHIP RATES

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

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

DAILY GUEST RATES

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

10% Discount for Veterans

All Fees Are Subject To Change

CARSON VETERANS MONUMENT & 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.

GUMBOTHON

Tuesday, March 5, 2019
6:00 p.m. – 8:00 p.m.

GUMBO FUNDRAISER

$8 presale

$10 day of event

SPRING INTO FITNESS

Your time for change is here!

- Your favorite special is back for 2 weeks only.
- 2 FOR 1 Membership Special for all MEMBERSHIPS

April 1 - 4, 2019

Fees: 2 for 1 Special • For All Ages

Mother's Day BRUNCH

Members: $8
Guests: $10 at the door

Brunch includes a cooked-to-order omelet

Saturday, May 11, 2019 • 11:00 A.M. - 2:00 P.M.

Please RSVP by Saturday, May 4, 2019

For more information, please call (310) 830-9991

vmva
VETERANS SPORTSCOMPLEX MEMBERS VOLUNTEER ASSOCIATION

Veterans SportsComplex

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

Parks Make Life Better!

SPRING Carson Pool Swim Lessons Schedule 2019

(Classes and Fees are subject to change)

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

TUE/THU (4 CLASSES)

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

TUE/ THU

F1 March 12 – March 21, 2019
F2 March 26 – April 4, 2019
F3 April 9 – April 18, 2019
F4 April 23 – May 2, 2019
F5 May 7 – May 16, 2019

SAT (4 CLASSES)

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

SAT

F1 March 9 – March 30, 2019
F2 April 6 – April 27, 2019

SPRING REGISTRATION AT CARSON POOL ONLY

RESIDENTS ONLY

(Must present proof of residency)
February 11, 13 & 15, 2019
Mon/Wed/Fri
5:00 p.m. – 7:00 p.m.

RESIDENTS AND NON-RESIDENTS

February 18, 20 & 22, 2019
Mon/Wed/Fri
5:00 p.m. – 7:00 p.m.

GROUP SWIM LESSON SESSION FEES

CHILDREN

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

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

ADULT

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

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

TT^ - 40 minutes each class

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

Aquatic Trainings

HEMINGWAY AQUATIC CENTER

16605 S. San Pedro Street, Carson, CA 90746

Become a Lifeguard... Save a Life!

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

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

Class Price: $150

Mon (tryouts)	February 4, 2019	5:00 p.m. – 6:00 p.m.
Sat	February 16, 2019	8:00 a.m. – 6:00 p.m.
Sun	February 17, 2019	8:00 a.m. – 6:00 p.m.
Sat	February 23, 2019	8:00 a.m. – 6:00 p.m.
Sun	February 24, 2019	8:00 a.m. – 6:00 p.m.

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

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

Class Price: $175

Mon (tryouts)	February 18, 2019	5:00 p.m. – 6:00 p.m.
Sat	March 2, 2019	8:00 a.m. – 6:00 p.m.
Sun	March 3, 2019	8:00 a.m. – 6:00 p.m.
Sat	March 9, 2019	8:00 a.m. – 6:00 p.m.

ALL CLASSES ARE MANDATORY

Dates to Remember

March 5, 2019
March 5, 2019 - Spring Swim Lessons Begin at Scott Pool

March 9, 2019 - Spring Lessons Begin at Carson Pool

April 22 – May 3, 2019
Aquatic Mail-In Registration for Residents only

May 1, 2019
Aquatic Reservations Begin

May 6 – May 17, 2019
Aquatic Mail-In Registration for Residents and Non-Residents

May 21 – May 25, 2019
Summer Aquatic Walk-In Registration for Residents only

May 28 – June 1, 2019
Summer Aquatic Walk-In Registration for Residents and Non-Residents

June 10, 2019
Summer Season Begins

July 13, 2019
22nd Annual Treasure Island at Dominguez Aquatic Center

August 16, 2019
Summer Season Ends

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

ENRICHMENT ARTS VOLUNTEER ASSOCIATION

PANCAKE BREAKFAST FUNDRAISER

$7 DONATION

SATURDAY, MARCH 9, 2019
8:00 a.m. - 11:00 a.m.
CALAS PARK

3-IN-1

$60 RESIDENT / $70 NON-RESIDENT

This class helps students build confidence and stage presence while learning the three theatre aspects: Dance, Voice, and Drama!

AGES	DAYS	TIMES
5-14	Sat	9:00 a.m. – 2:00 p.m.

BALLET

$38 RESIDENT / $48 NON-RESIDENT

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

AGES	DAYS	TIMES
5-14	Tue/Thu	4:00 p.m. – 4:50 p.m.

COSTUME DESIGN

$30 RESIDENT / $40 NON-RESIDENT

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

AGES	DAYS	TIMES
7-14	Mon/Wed	6:00 p.m. – 6:50 p.m.

DRAMA

$25 RESIDENT / $35 NON-RESIDENT

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

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

FLUTE

$48 RESIDENT / $58 NON-RESIDENT

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

AGES	DAYS	TIMES
7-14	Tue/Thu	4:00 p.m. – 5:00 p.m.

GUITAR

$48 RESIDENT / $58 NON-RESIDENT

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

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

HARMONY HEROES (Voice)

$25 RESIDENT / $35 NON-RESIDENT

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

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

HIP HOP DANCE

$38 RESIDENT / $48 NON-RESIDENT

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

AGES	DAYS	TIMES
5-8	Mon/Wed	4:00 p.m. – 4:50 p.m.
9-14	Mon/Wed	5:00 p.m. – 5:50 p.m.

INTRO TO PIANO

$60 RESIDENT / $70 NON-RESIDENT

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

AGES	DAYS	TIMES
7-12	Tue/Thu	4:00 p.m. – 5:50 p.m. (Beginners)
7-12	Tue/Thu	5:00 p.m. – 5:50 p.m. (Intermediate)

MATH MADE EASY

$30 RESIDENT / $40 NON-RESIDENT

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

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

READY, SET, READ

$60 RESIDENT / $70 NON-RESIDENT

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

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

SIGN LANGUAGE

$45 RESIDENT / $55 NON-RESIDENT

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

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

TAP DANCE

$38 RESIDENT / $48 NON-RESIDENT

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

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

TENNIS

$30 RESIDENT / $40 NON-RESIDENT

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

AGES	DAYS	TIMES
5-17	Tue/Thu	5:30 p.m. – 7:00 p.m.

EARLY CHILDHOOD EDUCATION

CURRICULUM

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

SPECIAL EVENTS

Spring has sprung in the Early Childhood Education preschool. The students kick off this colorful season by planting a flower and vegetable garden in the preschool playground. Each class chooses an item to plant and lend to throughout the school year, by watering, pruning and even singing to them. The children learn the parts of a plant and how they help our world. As we approach April the children begin to prepare for Earth Day. All Classes participate in a clean-up day to help keep our Earth healthy and happy. We discuss ways to keep our earth clean and how our hands can help. To end this unit the students participate in the City of Carson's Earth Day celebration, participating in games, crafts and a day full of fun. To end spring the students celebrate Easter with a huge Easter Egg hunt and a surprise visit from the Easter bunny.

TUITION RATES

Early Childhood Program (310) 835-0212 Ext. 1482	**REGISTRATION:** (First Time Registration)	**Resident**	**Non-Resident**
		$95	$106

HALF DAY PROGRAMS: **8:00 a.m. - 12:00 p.m. or 1:00 p.m. - 5:00 p.m.**	**4 WEEK RATE**	
	Resident	**Non-Resident**
Monday - Friday	$303	$374

ALL DAY PROGRAMS: **Mondays thru Fridays / 9hrs. / 10hrs. / 11hrs.**	**4 WEEK RATE**	
	Resident	**Non-Resident**
9 hrs. (8:00 a.m. - 5:00 p.m.)	$593	$698
10 hrs. Early Drop-Off (7:00 a.m. - 5:00 p.m.)	$681	$803
10 hrs. Late Pick-Up (8:00 a.m. - 6:00 p.m.)	$681	$803
11 hrs. Early Drop-Off & Late Pick-Up (7:00 a.m. - 6:00 p.m.)	$735	$866

••• RATES ARE SUBJECT TO CHANGE •••

CITY OF CARSON

Spring Break DAY CAMP

MONDAY, APRIL 15 - FRIDAY, APRIL 19, 2019

Spring Break Day Camp will be offered at the following parks:

CALAS PARK
1000 E. 220TH STREET
CARSON, CA 90745
(310) 518-3565

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

DOMINGUEZ PARK
21330 S SANTA FE AVENUE
CARSON, CA 90810
(310) 549-3962

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

DOLPHIN PARK
21205 S. WATER STREET
CARSON, CA 90745
(310) 549-4560

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

FUN • GAMES • SPORTS
CRAFTS • SNACKS

FOR BOYS AND GIRLS AGES 5-12 • BRING LUNCH DAILY!

TIMES	RESIDENT	NON-RESIDENT
7 A.M. - 9 A.M.	$20	$40
9 A.M. - 5 P.M.	$60	$80
5 P.M. - 6 P.M.	$10	$20

For more information, call (310) 847-3570, ext. 3552
Sibling Discounts Available

KIDS CLUB (AGES 5 - 12)

After School Club

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

AFTER SCHOOL KIDS CLUB Registration:
$50 weekly
Mon-Fri • 2:30 p.m. - 6:00 p.m.

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

Kids Club is located at the following parks:

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

YOUTH SPORTS

T-Ball/Baseball/Softball

(Ages 5 - 17)
Last day to sign up: February 23, 2019
Tryouts: March 2, 2019
Season Begins: April 6, 2019
Registration:

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

Carson Invitational Youth Baseball Tournament

Registration Dates: May 1, 2019 - July 30, 2019
Dates of Tournament: August 2 - August 4, 2019
$150 per team
Call Youth Sports at (310) 847 - 3577 to request a registration packet.

SCMAF Basketball Championships

Tournament Dates: March 29 - 31, 2019
The City of Carson will host the Division B Southern California Municipal Athletic Federation (SCMAF) Basketball Tournament Championships. Games will be played at various City parks.

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

ADULT SPORTS
(AGES 18 AND UP)

Men C/D Level

Registration: February 25, 2019 - March 2, 2019
Season Begins: March 28, 2019
Registration:

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

Women's C/D Level

Registration: February 25 - March 26, 2019
Season Begins: March 28, 2019
Registration:

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

Coed C/D Level

Registration: February 25 - March 26, 2019
Season Begins: March 29, 2019
Registration:

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

Spring Softball Tournament

Registration: March 4 - April 2, 2019
Play Begins: April 5, 2019

SPRING SOCCER LEAGUES

4 on 4

Registration: February 11 - March 19, 2019
Season Begins: March 25, 2019
Registration:

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

8 Man

Registration: February 11 - March 19, 2019
Season Begins: March 24, 2019
Registration:

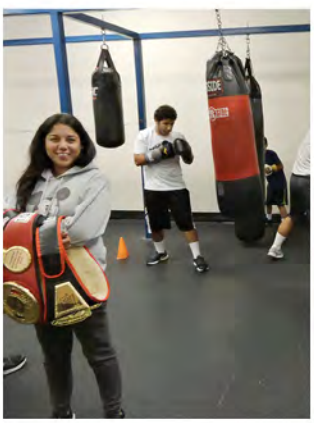
Resident	Non-Resident
$370 per team	$420 per team

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

BOXING & VOLUNTEER INFO

FABELA CHAVEZ BOXING FITNESS CENTER AT FOISIA PARK

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



FABELA CHAVEZ BOXING/FITNESS CENTER
HOURS: Mon-Fri: 4:00 p.m. - 9:00 p.m.
Sat: 10:00 a.m. - 2:00 p.m. Closed Sun

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

BECOME A VOLUNTEER

NAYS
National Alliance for Youth Sports

VOLUNTEER COACH

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

PARK PROGRAMS - YOUTH (AGES 5 - 12)

ARCHERY

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

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

ARTS AND CRAFTS

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

Tue	4:00 p.m. - 5:00 p.m.	Foisia Park
Tue	5:00 p.m. - 6:00 p.m.	Dolphin Park
Tue	5:00 p.m. - 6:00 p.m.	Dominguez Park
Thu	4:00 p.m. - 5:00 p.m.	Calas Park

BOYS AND GIRLS CLUB

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

Wed	6:00 p.m. - 7:00 p.m.	Mills Park
Fri	5:00 p.m. - 6:00 p.m.	Calas Park
Fri	6:00 p.m. - 8:00 p.m.	Foisia Park

CHEERLEADING

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

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

HOMEWORK CLUB

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

Mon-Thu	3:00 p.m. - 5:00 p.m.	Stevenson Park
Mon/Wed	3:00 p.m. - 5:00 p.m.	Del Amo Park
Mon	3:00 p.m. - 4:30 p.m.	Foisia Park

KIDS IN THE KITCHEN

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

Wed	6:30 p.m. - 7:30 p.m.	Dolphin Park
Thu	4:00 p.m. - 5:00 p.m.	Foisia Park
Fri	5:00 p.m. - 6:00 p.m.	Dominguez Park
Fri	5:30 p.m. - 6:30 p.m.	Stevenson Park

PING PONG

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

Tue	4:00 p.m. - 5:00 p.m.	Calas Park
Fri	5:00 p.m. - 6:00 p.m.	Foisia Park

SNAG GOLF

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

Fri	5:00 p.m. - 6:00 p.m.	Veterans Park

START SMART YOUTH SPORTS PROGRAM

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

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

TRACK AND FIELD (AGES 5 - 17)

Designed to teach kids the basics and fundamentals on how to run and execute field events. Participants will learn proper form, ways to increase their speed, and have the opportunity to compete in multiple track and field meets.

Registration: $160

Tue/Thu	6:00 p.m. - 8:00 p.m.	Stevenson Park

PARK PROGRAMS - TEEN (AGES 13 - 17)

BASEBALL CLINIC

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

Sat	10:00 a.m. - 12:00 p.m.	Dominguez Park

BEATS AND FLOWS (AGES 5 - 17)

Kids and teens will learn to develop musical beats, rhythms, lyrics, melodies, and compositions.

Wed	7:00 p.m. - 8:30 p.m.	Stevenson Park

MODEL MAKING

Construct, build, and paint your own replica models of cars, planes, and more!

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

ENGINEERING CLUB

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

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

PITCH, HIT, AND RUN

Compete against others in your own age group for a chance to go to the finals at Dodger Stadium. For more information, please call (310) 549-4560.

TEEN CLUB

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

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

TEEN DANCE PROGRAM

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

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

TEEN FITNESS

Teens will participate in a variety of physical fitness drills and activities to build toward a season ending excursion to compete in a Mud Run Challenge.

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

VIDEO GAME CHALLENGE

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

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

VOLLEYBALL

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

Tue	5:00 p.m. - 6:30 p.m.	Dolphin Park
Fri	6:00 p.m. - 7:00 p.m.	Foisia Park

PARK PROGRAMS - ADULT (AGES 18 AND UP)

ADULT FITNESS

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

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

BINGO

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

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

BUNCO

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

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

EXERCISE IN THE PARK

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

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

LINE DANCING

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

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

STRENGTH & CONDITIONING

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

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

URBAN BALLROOM DANCING

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

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

WALKING CLUB

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

Thu	6:00 p.m. - 7:00 p.m.	Del Amo Park
Tue	6:00 p.m. - 7:00 p.m.	Dominguez Park
Mon	6:00 p.m. - 7:00 p.m.	Hemingway Park
Wed	6:30 p.m. - 7:30 p.m.	Mills Park
Wed/Fri	7:00 p.m. - 8:00 p.m.	Foisia Park
Mon/Wed	6:00 p.m. - 7:00 p.m.	Stevenson Park
Wed	6:00 p.m. - 7:00 p.m.	Veterans Park

WEST AFRICAN AND CARIBBEAN DANCE

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

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

YOGA

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

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

ZUMBA

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

Mon	6:00 p.m. - 7:00 p.m.	Foisia Park
Mon	6:30 p.m. - 7:30 p.m.	Mills Park

SPECIAL INTEREST CLASSES

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

INTRODUCING THE FITNESS CARD!

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

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

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

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

ALL FITNESS CLASSES REQUIRE A FITNESS CARD

FITNESS CLASSES

FIT HAPPENS - Instructor: Melody Carter

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

Carson Community Center

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

GENTLE FLOW YOGA - Instructor: Reika Shucart

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

Carson Community Center

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

ZUMBA - Instructor: Yvonne Flores

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

Carson Park

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

SPORT CLASSES

START SMART T-BALL - Instructor: Tony Zuniga

This introductory class teaches children the fundamentals of T-Ball in a non-competitive environment. No experience necessary.

Parent participation is required.

Calas Park

Ages	Day	Time	Start	Wks	Price
2-5	Mon	5:15 p.m.- 6:00 p.m.	4/15	8	Res- $44/Non Res-$55
2-5	Wed	5:15 p.m.- 6:00 p.m.	4/17	8	Res- $44/Non Res-$55

KARATE - Instructor: Frank Acevedo

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

Carson Park and Dominguez Park

Ages	Day	Time	Price (4 Weeks)
All Ages	Tue/Fri	6:15 p.m. - 8:15 p.m. (Carson Park)	Res $55 Non Res $65
	Wed	6:15 p.m. - 8:15 p.m. (Dominguez Park)	

SENIOR RECREATION (50+) ALL CLASSES FREE

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

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

CJMM COMMUNITY CENTER
801 E. Carson St., Carson, CA 90745

ART & DANCE

Art Class - If you love drawing, coloring, painting and working at your own pace, then this is the class for you! Students provide their own supplies. *uninstructed class
Tue • 9:30 a.m. - 11:00 a.m.

Line Dancing - Learn and perform the latest country western steps.
Wed • Beg. • 9:00 a.m. – 10:00 a.m.
Wed • Int. • 10:00 a.m. – 11:00 a.m.

Music Makers - Open to all musicians. Come enjoy each other's knowledge of music while playing instruments together. Band members must read music and provide own instrument. *uninstructed class
Mon • 9:30 a.m. – 11:30 a.m.

Needle Craft Class - Older adults come together to crochet, knit, sew articles by hand and work on various crafting patterns. Students provide their own supplies. *uninstructed class
Tue/Fri • 9:00 a.m. – 11:00 a.m.

Polynesian Dancers – Students learn how to perform in a class group using traditional Polynesian/South Pacific dances.
Thu • 10:00 a.m. – 11:00 a.m.

Salsa Dance - Enjoy the Latin rhythms while learning basic footwork, steps, turns, music timing and other dance techniques.
Tue • 9:30 a.m. - 10:30 a.m.

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

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

Ukulele Class - Learn the fundamentals of playing the Ukulele while socializing with others. Beginning and advanced artists welcome.
Mon • 10:00 a.m. – 12:00 p.m.

FITNESS CLASSES

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

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

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

SENIOR RECREATION (50+) ALL CLASSES FREE

CJMM COMMUNITY CENTER
801 E. Carson St., Carson, CA 90745

FITNESS CLASSES continued from previous page

Gentle Flow Yoga - Vinyasa Yoga is called flow because of the smooth way the poses run together. Each movement is synchronized to a breath. Inhaling and exhaling in a rhythmic manner creates an overall sensation of relaxation.
Fri • 2:00 p.m. - 3:00 p.m.

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

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

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

OLDER ADULT SOCIAL CLUBS

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

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

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

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

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

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

SENIOR RECREATION (50+) ALL CLASSES FREE

CJMM COMMUNITY CENTER
801 E. Carson St., Carson, CA 90745

COMPUTER CLASSES

The Elito M. Santarina Senior Technology Center - Offers classes are scheduled to meet twice a week for an hour and half. For further information, please call (310) 835- 0212 ext. 1475/1478. The Elito M. Santarina Senior Technology Center was dedicated on February 11, 2004 through the generous support of Computers4School. The lab offers 19 computer stations. Adults 50 years and above will acquire skills that allow them to keep up with the advances of technology.
Mon - Fri • 8:30 a.m. – 12:00 p.m.

CARSON PARK/GYM
21411 S. Orrick Ave., Carson, CA 90745

DANCE & FITNESS CLASSES

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

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

Yoga - This class combines yoga with breathing and meditation techniques. All levels welcome, regardless of fitness level or yoga experience.
Thu • 10:30 a.m. - 11:30 a.m.

Low Impact Aerobics - Always keeping one foot to the floor, this workout promises an amazing workout every time.
Tue/Thu • 8:30 a.m. – 9:30 a.m.

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

Zumba - Combines Latin music that involves dance, aerobic elements and choreographed steps.
Mon/Wed/Fri • 8:30 a.m. – 9:30 a.m.
Mon/Wed • 10:00 a.m. – 11:00 a.m.

SENIOR RECREATION (50+) ALL CLASSES FREE

FITNESS CLASSES

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

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

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

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

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

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

FOISIA PARK/GYM
23410 Catskill Avenue, Carson, CA 90745

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

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

UPCOMING EVENTS

AARP Mature Driving Course
March 25 & 26 (Monday & Tuesday)
2 day course • 9:00 a.m. - 1:00 p.m.
AARP Members $15 Non-Members $20
RSVP 310-835-0212 ext. 1478

Spring Fling Luncheon
Friday, April 26, 2019
11:00 a.m. - 3:00 p.m.
Ticket sales:
(310) 835-0212 ext. 1475 or 1478

BRAILLE INSTITUTE

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

FOOD STAMP/MEDI-CAL APPLICATIONS

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

HOMELESS TASK FORCE

If you 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 homeless individuals and homebound seniors may be available, including possible case management and referrals. For more information, please contact Amanda Valorosi by calling (310) 835-0212 ext. 1471, or via e-mail at avaloros@carson.ca.us.

ALS SUPPORT GROUP

Every 3rd Friday - 12:00 a.m. - 1:30 p.m.

BEREAVEMENT SUPPORT GROUP:

Wed · 10:00 a.m. - 11:00 a.m.

CAREGIVER SUPPORT GROUP:

Tue · 11:30 a.m. - 12:30 p.m.

SOCIAL SERVICES DIRECTORY

GENERAL INFORMATION

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

FOOD AND MEALS

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

H.E.L.P.

http://www.help4srs.org/ · (310) 533-1996

HOUSING

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

HOUSING RIGHTS WALK IN CLINIC

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

INSURANCE BENEFITS AND RESOURCES

HICAP: (800) 824-0780 · Medi-Cal: (800) 952-5294
Social Security Administration SSI/SSDI: (800) 772-1213

LA COUNTY IN HOME SERVICES

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

LEGAL ASSISTANCE

Bet Tzedek Legal Services: (323) 939-0506

SENIOR INDEPENDENCE SUPPORT

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

SENIOR INFORMATION AND RESOURCE FAIR

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

FOOD AND MEAL ASSISTANCE

Monday through Friday at 11:30 a.m. The Carson/ Torrance YMCA serves a variety of delicious healthy, hot and nutritious lunches in the Congresswoman Juanita Millender-McDonald Community Center. Guests enjoy a meal as well as warm conversation and fellowship. A donation of $3.00 for seniors age 60 and up, and $4.00 for non-seniors is suggested. There is a cost for home-delivered meals. For more information, call (310) 835-0212 ext. 1487.

FOOD BANK

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

SENIOR CITIZEN ADVISORY COMMISSION

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

FREE TAX PREPARATION FOR SENIORS

The AARP offers free tax preparation help to anyone, and if you're 50 and older, and can't afford a tax preparation service, we were made especially for you! We understand that retirement or other life changes may mean your taxes are a little more complicated now. With the help of our team of IRS-certified volunteers, we make it easy for you. AARP Foundation Tax-Aide will be available at the Carson Community Center on Fridays between February-April, 2019. There's no fee and no sales pitch for other services, and AARP membership is not required. This service is provided by appointment only, so please call (310) 835-0212 ext. 1467 to make your appointment today.

INTERGENERATIONAL PROGRAMMING

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

THERAPEUTIC RECREATION

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

ADULT DAY CLUB

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

Registration: $25
Fridays: 3/22/19 - 5/17/19
10:00 a.m. - 1:00 p.m.
Ages: 18 and up with developmental disabilities

ADVENTURES IN ART

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

Registration: $25
Saturdays: 3/23/19 - 5/18/19
9:30 a.m. - 11:00 a.m.
Ages: 11 and up

BASKETBALL

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

Registration: $25
Mondays: 3/11/19 - 6/3/19
6:00 p.m. - 7:30 p.m.
Ages: 8 and up

TRACK AND FIELD

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

Registration: $25
TBD: March - June
6:00 p.m. - 7:30 p.m.
Ages: 8 and up

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

STROKE CENTER INFORMATION

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

Here's what our members are saying about us.

"The Carson Stroke Center offers a good variety of services to an underserved population in their chronic recovery phase after stroke, such as community-based rehabilitation programs and recreational activities. The Center promotes post-stroke community reintegration and facilitates rehabilitation of skills essential for daily functioning. For example, stroke survivors are provided with the opportunities to work in a group format to socialize with others, share their feelings, and discuss challenges in their daily life at the Carson Stroke Center."

Dr. Pei-Fang Hung
Speech-Language Pathologist

CHAIR EXERCISE

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

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

CHAIR VOLLEYBALL

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

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

OCCUPATIONAL THERAPY

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

By appointment only.

SPEECH THERAPY

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

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

YOGA

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

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

ZUMBA GOLD

Come enjoy a modified Zumba class for stroke survivors.

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

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.

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

- Regular Fare (5 and over) $1
- Seniors 60 & over and disabled (Must show valid I.D.) FREE
- Monthly Pass $30
- Carson Circuit Transfers FREE
- Interagency Transfers $0.50

All buses are equipped to transport wheelchair occupants

LOCATION	OFFICE HOURS	ONLINE PAYMENTS
Congresswoman Juanita Millender-McDonald Community Center 801 E. Carson Street, Carson, CA 90745 (310) 952-1757	Monday - Thursday 8:00 a.m. – 5:00 p.m. We are closed Fridays, Weekends and Holidays	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 processing charge applies. Up to 20 rides may be purchased at time of application.
- Service may be used upon receipt of DAR card in the mail, within 2-3 weeks of applying.

*ACCESS PARATRANSIT

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

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

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

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

TRANSPORTATION SERVICES

All excursions depart and return 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 Website: http://ci.carson.ca.us
For more information: (310) 952-1757
Email: excursions@carson.ca.us

ALL PRICES & DEPARTURE/RETURN TIMES ARE SUBJECT TO CHANGE

OLD TOWN TROLLEY TOUR SAN DIEGO
SATURDAY, MARCH 23, 2019

Discover why San Diego is called "America's Finest City" as you explore this city's scenic coastal landscape through Old Town Trolley tour's 'transportainment'! The conductor will narrate the tour with fascinating trivia and humorous stories about San Diego. Then the group will stop for a no-host lunch at Coronado Island. Cost includes round-trip bus transportation and tour.

Bus departs at 8:00 a.m. and returns at 6:00 p.m.
Carson Resident: $65 per person
Non-Carson Resident: $80 per person

CARLSBAD FLOWER FIELDS
SATURDAY, APRIL 20, 2019

Let the bursts of beautiful blooms come forth!! Come and be in awe as the 50 acres hillside is transformed by colorful bursts of the Tecolote Ranunculus flowers during a guided tour and wagon ride. A no-host lunch stop will be at the Carlsbad Premium Outlets. Cost includes round-trip bus transportation, guided tour and wagon ride.

Bus departs at 9:00 a.m. and returns at 6:00 p.m.
Carson Resident: $45 per person
Non-Carson Resident: $58 per person

STRAWBERRY FESTIVAL, OXNARD, CA
SATURDAY, MAY 18, 2019

California Strawberry Festival is proud to be celebrating 35 wonderful years in 2019 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: $45 per person
Non-Carson Resident: $58 per person

TRANSPORTATION SERVICES

MISS SAIGON, PANTAGES THEATRE FRIDAY, AUGUST 9, 2019

This acclaimed new production of this legendary musical is a theatrical event you will never forget! Experience the story of an epic encounter between a Vietnamese woman and an American G.I. that will change their lives forever. Cost includes round-trip bus transportation and show admission.

Bus departs at 4:30 p.m. and returns at 11:30 p.m.
Carson Resident: $88 per person
Non-Carson Resident: $105 per person

OVERNIGHT EXCURSIONS - **payment arrangement are available upon requests **

LAUGHLIN/GRAND CANYON TOUR
FRIDAY - SUNDAY, MARCH 8 – 10, 2019

==> Accommodations at Golden Nugget
==> Grand Canyon West Rim Experience
==> 3 Meal vouchers and Grand Canyon Tour lunch

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

Carson Residents: $360 per person
Non-Carson Resident: $385 per person

YOSEMITE TOUR
FRIDAY - SUNDAY, MAY 31 – JUNE 2, 2019

==> Accommodations at Black Oak Resort in Tuolumne, CA
==> Valley Floor guided tour of Yosemite & lunch at the Majestic Yosemite Hotel
==> $10 breakfast vouchers for 2 days

Cost includes round-trip bus transportation, hotel accommodations and tour.
Bus departs Friday at 8:00 a.m. & returns Sunday at 6:00 p.m.

Carson Resident: $610 per person
Non-Carson Resident: $635 per person

Join our mailing list to get information on upcoming excursions.
Contact Transportation Services
Telephone: (310) 952-1757
Email: excursions@carson.ca.us
Website: ci.carson.ca.us/CommunityServices/CityExcursion.aspx

PREVENTION AND AFTERCARE

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

Free Zumba Class For All Ages

Mondays • 6:00 p.m. - 7:00 p.m.

Sponsored by
City of Carson
&
South Bay Center for Counseling

Scott Park | 23410 Catskill Avenue, Carson, CA 90745

ARTS & CRAFTS FOR KIDS

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

AGES 5-12 **5:00 p.m. – 6:00 p.m.** FREE

Join Us For the Carson High School Community Garden Clean Up

SATURDAY, DECEMBER 1, 2018 • SATURDAY, JANUARY 12, 2019 • SATURDAY, FEBRUARY 9, 2019 • SATURDAY, MARCH 9, 2019
SATURDAY, APRIL 13, 2019
9 A.M. -1 P.M.

No gardening skills required • Fun for the entire family
Service hours for students!

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

Located at Carson High School | 22328 S. Main St., Carson (On the Corner of Dolores St. & 223rd St.)

Crafty Club

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

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

Every **Monday** from **6:30 p.m. - 8:30 p.m.** • Ages 18 and up • **FREE**

Veterans Park | 2400 Moneta Ave, Carson, CA

FAMILY COACHING

DO YOU OR SOMEONE IN YOUR FAMILY NEED A LITTLE GUIDANCE IN SETTING GOALS AND FINDING WAYS TO REACH THOSE GOALS? YOU CAN WORK TOGETHER WITH A FAMILY COACH TO LEARN HOW TO PRIORITIZE, PLAN AND REACH YOUR GOALS, AND EXPLORE WAYS TO STREGHTHEN YOUR FAMILY BONDS.

FOR MORE INFORMATION, CONTACT JENICE DEGUZMAN AT (310) 847-3584

Free Yoga Class

All ages welcome
Men & Women

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

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

CITY OF CARSON

CITY FACILITIES

1 **Carson City Hall**, 701 E. Carson St.
(310) 830-7600

2 **Carson Event Center**, 801 E. Carson St.
(310) 835-0212

3 **Corporate Yard,** 2400 E. Dominguez St.
(310) 847-3570

PARKS

4 **Anderson Park**, 19101 Wilmington Ave.
(310) 603-9850

5 **Calas Park**, 1000 E. 220th St.
(310) 518-3565

6 **Carriage Crest Park**, 23800 S. Figueroa St.
(310) 830-5601 (CLOSED UNTIL 2020)

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

8 **Del Amo Park**, 703 E. Del Amo Blvd.
(310) 329-7717

9 **Dolphin Park**, 21705 S. Water St.
(310) 549-4560

10 **Dominguez Park**, 21330 Santa Fe Ave.
(310) 549-3962

11 **Hemingway Park**, 700 E. Gardena Blvd.
(310) 538-0018

12 **Mills Park**, 1340 E. Dimondale Dr.
(310) 631-3130

13 **Foisia Park / Fabela Chavez Boxing & Fitness Center**, 23410 Catskill Ave.
(310) 830-8310

14 **Stevenson Park**, 17400 Lysander Dr.
(310) 631-2252

15 **Veterans Park**, 22400 Moneta Ave.
(310) 830-9997

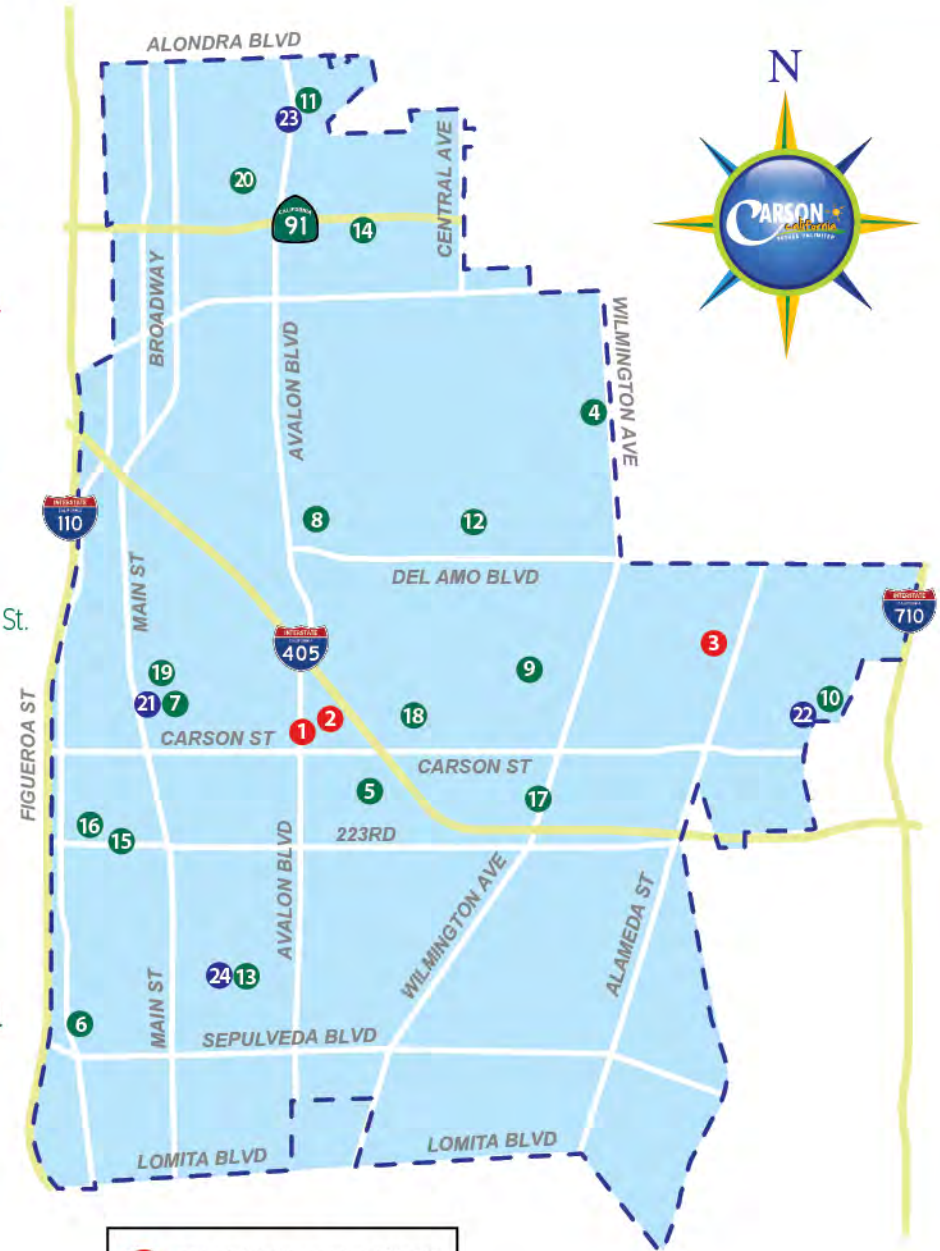
16 **Veterans SportsComplex**, 22400 Moneta Ave.
(310) 830-9991

17 **Friendship Mini-Park**, 21930 S. Water St.

18 **Perry Street Mini-Park**, 215th and Perry St.

19 **Reflections Mini-Park**, 21208 Shearer Ave.

20 **Walnut Mini-Park**, 440 E. Walnut St.



POOLS

21 **Carson Pool**, 21436 S. Main St.

22 **Dominguez Aquatic Center**, 21330 Santa Fe Ave.

23 **Hemingway Aquatic Center**, 16605 S. San Pedro St.

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