

Community Services Guide

MARCH • APRIL • MAY 2020



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A MESSAGE FROM THE Director of Community Services

Welcome to the Spring edition of the City of Carson's Community Services Guide! As we blossom into a new season, the Community Services Department would like to share the up and coming activities that are in store for all of the residents to enjoy. First, we are excited to announce the opening of the new Dolphin Park inclusive accessible playground! This is one of the few playgrounds in Southern California that provides accessibility to all children of all abilities.

Winter brought holiday joy to the community with events such as the annual Winter Recital and Winter Fest. Celebrations were also held in tribute to Dr. Martin Luther King Jr. and Black History month during the winter season. Spring continues to honor American leaders and heroes with a tribute to Cesar Chavez in March and a Memorial Day ceremony in May. The 28th Annual Youth Conference will be taking place to inspire the youth in the community to reach their goals and make their dreams a reality. Other community and family friendly events in the Spring include Cinco de Mayo and Earth Day. The Community Services Department is proud to host these special events that provide opportunities to bring families and the community together. These events would not be made possible without the support of our City of Carson Council and the hard work of our Community Services Department staff.

Spring time means baseball and softball season is back! If you have the passion for the sport and want to make a difference, consider becoming a volunteer coach. With spring break taking place at the schools, Day Camps are also back! The city offers childcare programs for ages 5-12 at Calas Park, Carson Park, Del Amo Park, Dolphin Park, Dominguez Park, and Veterans Park during the week of spring break. For more information on these programs and activities, please contact your local park. Wedding season is also here and the Carson Event Center is a wonderful venue for any special occasion. The center has a variety of meeting rooms and event spaces. For more information and assistance in planning your special event, contact the Carson Center at (310) 835-0212. With summer around the corner, the pools will be opening soon for swim classes and pool event reservations. Contact the Aquatics Office for more information at (310) 816-9381.

As we celebrate Earth Day this season, we want to remind you all to please help keep our parks clean! Remember, parks make life better! Let's keep them clean and safe for everyone to enjoy. We welcome any comments or suggestions you may have to improve our parks and programs. Please feel free to contact us at (310) 847-3570.

Idris Jassim Al-Oboudi
Director of Community Services



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.



FRAUD HOTLINE

The City of Carson has established a Fraud Hotline to fight fraud and protect taxpayer's dollars. The Hotline is an option for anyone wishing to anonymously report illegal or unethical activity on the part of the City, its officials, employees, contractors or vendors. The Hotline is open 24 hours a day, 7 days a week and interpreters are available in 20 different languages.

Calls placed to the Hotline are confidential and handled by a third party vendor. You do not have to give your name and your call is not recorded through the use of recording devices, caller identification equipment or any other means.

The City of Carson has taken a pro-active step against fraud by establishing the Hotline. In the event that you become aware of unethical, illegal or irresponsible activity, don't ignore it. Call the Fraud Hotline toll-free telephone number at **1-877-7 HOT TIP or **1-877-746-8847**.**



CITY OF CARSON

Spring Break

DAY CAMP

MONDAY, APRIL 6 - FRIDAY, APRIL 10, 2020

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



Carson
EVENT CENTER

Space, value and location

LOVE

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





The Carson Event Center offers 40,000 square feet of event space including a 12,000 square foot ballroom! Located only a short drive from the Los Angeles and Long Beach airports and neighboring partner hotel, the Doubletree by Hilton.

Exclusive caterer, Choura's Venue Services, offers a diverse food menu, full bar service, specialty linens, lounge furniture and SO MUCH MORE! When it's time to plan and book your next family holiday party or business meeting come see US! Our experienced and professional event coordinators are dedicated to insuring your event is a wonderful success!

Choura
VENUE SERVICES



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

www.instagram.com/carsoneventcenter/

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

RESERVATIONS

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

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



ANDERSON PARK

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



CALAS PARK

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



CARRIAGE CREST PARK

Scheduled to reopen later in 2020.



CARSON PARK

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



DEL AMO PARK

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



DOLPHIN PARK

Amenities: Activity Room (75*), 2 Baseball Fields, 1 Basketball Court, 1 Multipurpose Room (*30), 2 Picnic Shelter Areas and 1 picnic grass area.

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 and 1 waterslide.
- Second pool is the Kiddie Pool with a zero-depth entry to 2.5 feet depth along with spray feature.
- Max Capacity: 200 people

HEMINGWAY AQUATIC CENTER



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

FOISIA POOL



- Shallow end begins at 3 feet with the deepest part of pool at 10 feet deep.
- Max Capacity: 200 people



DOMINGUEZ PARK

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



FOISIA PARK

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



HEMINGWAY PARK

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



STEVENSON PARK

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



MILLS PARK

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



VETERANS PARK

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

VETERANS SPORTSCOMPLEX

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

MAKE A RESERVATION

Stop by in person:



Location:

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

Hours:

Monday - Thursday
7:30 a.m. - 5:00 p.m.

IMPORTANT INFORMATION

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

VETERANS SPORTSCOMPLEX

Spring Into Vets!
The first step is
the hardest



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



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

HOURS OF OPERATION

FACILITY

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

BUSINESS

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

Hours subject to change



CARSON VETERANS MONUMENT

On November 11, 1998, the City of Carson dedicated a Veterans Monument to honor Carson Veterans who gave the ultimate sacrifice while serving this country. If you know the name of a Carson Veteran and would like to honor their service, please call (310) 830-9991.

CARSON VETERANS WALL

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

2020 Be Green & Lean

Saturday, March 14, 2020
12:00 P.M. - 3:00 P.M.

Green & Lean Smoothie
BE LEAN & GREEN
FOR THE DAY!
Free to members



All ages
Welcome

Wear green or get pinched!

Free For All Ages!



Saturday, April 11, 2020
12:00 p.m. - 3:00 p.m.
Join us for an egg-cellent day
at the Complex!
Find our eggs hidden around the
Complex and receive a small prize!
*1 egg per member



Mother's Day



BRUNCH

Members: \$8
Guests: \$10 at the door

Brunch includes a
cooked-to-order omelet

Saturday, May 9, 2020 • 11:00 A.M. - 2:00 P.M.

Please RSVP by Saturday, May 2, 2020

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



Veterans SportsComplex

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

AQUATICS

Spring 2020 Carson Pool Swim Lessons

(Classes and Fees are subject to change)

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

TUE/THU (4 CLASSES)

TIME	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 AD

TUE/ THU

- S1 March 3 – March 12, 2020
- S2 March 17 – March 26, 2020
- S3 March 31 – April 9, 2020
- S4 April 14 – April 23, 2020
- S5 April 28 – May 7, 2020

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 7 – March 28, 2020
- F2 April 4 – April 25, 2020



Registration Hours for Residents and Non-Residents:

March 3, 2020 - May 7, 2020
Tuesdays and Thursdays
4:00 p.m. - 6:00 p.m.

March 7, 2020 - April 25, 2020
Saturdays
10:00 a.m. - 12:00 p.m. &
2:00 p.m. - 4:00 p.m.



GROUP SWIM LESSON SESSION FEES

CHILDREN

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

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

ADULT

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

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

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

TT^ - 40 minutes each class

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

SPRING 2020 AQUATIC TRAININGS

SPRING SWIM CONDITIONING AT FOISIA POOL

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

Prerequisite - Swim Level 3 and above

Resident: \$160

Non-Resident: \$185

March 2 - May 13, 2020

Monday and Wednesday / 6:00 p.m. - 7:00 p.m.

Registration Schedule at Foisia Pool:

Wednesday - Friday, February 26-28, 2020 from 5:00 p.m. - 6:30 p.m.

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

For more information or to register, contact the Aquatics Office at (310) 816-9381

Dates to Remember

March 2, 2020 – Spring Lessons Begin at Carson Pool (Registration hours during swimming lessons)

March 3, 2020 – Spring Swim Conditioning Begin at Foisia Pool

April 1, 2020 – Summer Program Registration Information Available on the Aquatic Website at recreation.carson.ca.us/aquatics

June 15, 2020 – Summer Season Begins

August 14, 2020 – Summer Season Ends



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

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

Events:

- Pancake Breakfast - March 21, 2020
- Spelling Bee - April 11, 2020
- Jr. Oscars - April 16, 2020



Summer Registration Begins: April 27, 2020
Spaces are limited. Register early to save your spot!

3-IN-1 SUMMER CAMP

\$60 RESIDENT / \$70 NON-RESIDENT

This camp helps students build confidence and stage presence while learning three aspects of theatre: dance, voice, and drama!

AGES	DAYS	TIMES
5-14	Mon/Fri	7:00 a.m. – 6:00 p.m.

Location: Foisia Park

12 - 17	Mon - Fri	7:00 a.m. - 6:00 p.m.
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Location: Stevenson Park



BALLET

\$38 RESIDENT / \$48 NON-RESIDENT

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

AGES	DAYS	TIMES
6-14	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	5:00 p.m. – 5:50 p.m.

DRAMA

\$25 RESIDENT / \$35 NON-RESIDENT

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

AGES	DAYS	TIMES
5 - 12	Mon/Wed	6:00 p.m. - 6:50 p.m.
12 - 17	Mon/Wed	7:00 p.m. - 7:50 p.m.

GLEE CLUB (VOICE)

\$25 RESIDENT / \$35 NON-RESIDENT

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

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

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)

HIP HOP DANCE

\$38 RESIDENT / \$48 NON-RESIDENT

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

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



INTRO TO ART

\$30 RESIDENT / \$40 NON-RESIDENT

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

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

INTRO TO PIANO

\$65 RESIDENT / \$75 NON-RESIDENT

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

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

MATH MADE EASY

\$30 RESIDENT / \$40 NON-RESIDENT

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

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

READY, SET, READ

\$60 RESIDENT / \$70 NON-RESIDENT

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

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

SIGN LANGUAGE

\$45 RESIDENT / \$55 NON-RESIDENT

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

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

SPANISH 4 KIDS

\$60 RESIDENT / \$70 NON-RESIDENT

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

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

TAP DANCE

\$38 RESIDENT / \$48 NON-RESIDENT

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

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

VOICE

\$25 RESIDENT / \$35 NON-RESIDENT

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

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

EARLY CHILDHOOD EDUCATION



CURRICULUM

Program is for children ages 3-5. It follows the comprehensive curriculum of the McGraw-Hill Education's "World of Wonders." This curriculum is an engaging early childhood literacy program that builds strong pre-reading and social emotional skills while incorporating content areas like math, science, social studies, music, and movement. This program will prepare children with the knowledge they need to enter kindergarten with confidence.

SPECIAL EVENTS

Rain clouds, birds' nests, butterflies too, everything is growing, the wind is gently blowing. Spring is here! To welcome this beautiful season the children will participate in a number of educational activities and events:

- Picnics
- Planting
- Earth Day
- Easter
- Egg Hunt
- Bug Hunts
- Field Trip
- Nature Walks
- Rainy Day Fun

TUITION RATES

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

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

... RATES ARE SUBJECT TO CHANGE ...

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 (Formerly Scott Park) - License #191606928
- Veterans Park - License #191606908

Rates subject to change

YOUTH & ADULT SPORTS

YOUTH SPORTS



T-Ball/Baseball/Softball

(Ages 5 - 17)

Last Day to Sign Up: February 22, 2020

Season Begins: April 11, 2020

Resident \$25 each child

Non Resident \$68 each child

Carson Invitational Youth Baseball Tournament

Registration Dates: May 1 - July 28, 2020

Dates of Tournament: July 31 - August 2, 2020

Registration: \$150 per team

Call Youth Sports to request a registration packet.

SCMAF Basketball Championships

Tournament Dates: March 2020

The City of Carson will host the Southern California Municipal Athletic Federation (SCMAF) Basketball Tournament Championships. Games will be played at various City parks.



The City of Carson is a proud partner of the National Alliance for Youth Sports (NAYS). Our volunteer coaches and parents are required to attend mandatory

NAYS orientation to instill safe and positive valuable life skills in children participating in our sports programs. The orientation trainings are required once upon registration, otherwise the child will not be able to participate in the program until the requirement is met.

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



ADULT SPORTS (AGES 18 AND UP)



SOFTBALL LEAGUES

Coed C/D Level

Registration: February 10 - March 12, 2020

Season Begins: March 20, 2020

Registration:

Resident

\$420 per team

Non-Resident

\$479 per team

Men C/D Level

Registration: February 10 - March 12, 2020

Season Begins: March 19, 2020

Registration:

Resident

\$420 per team

Non-Resident

\$479 per team

Women's C/D Level

Registration: February 10 - March 12, 2020

Season Begins: March 17, 2020

Registration:

Resident

\$355 per team

Non-Resident

\$405 per team

Spring Softball Tournament

Registration: February 3 - March 11, 2020

Play Begins: March 14, 2020



SOCCER LEAGUES

4 on 4

Registration: February 10 - March 18, 2020

Season Begins: March 25, 2020

Registration:

Resident

\$270 per team

Non-Resident

\$305 per team

8 Man

Registration: February 10 - March 18, 2020

Season Begins: March 24, 2020

Registration:

Resident

\$370 per team

Non-Resident

\$420 per team

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

Rates subject to change

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.

HOURS: Mon-Fri: 4:00 p.m. - 9:00 p.m. / Sat: 10:00 a.m. - 2:00 p.m. Closed: Sun

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

BECOME A VOLUNTEER



VOLUNTEER COACH

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

Rates subject to change

PARK PROGRAMS - YOUTH (AGES 5 - 12)

ARCHERY

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

Wed 3:30 p.m. - 4:30 p.m. Dominguez Park

ARTS AND CRAFTS

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 5:00 p.m. - 6:00 p.m. Veterans Park
 Tue/Fri 4:00 p.m. - 5:00 p.m. Del Amo Park
 Wed 3:00 p.m. - 4:00 p.m. Dominguez Park
 Thu 4:00 p.m. - 5:00 p.m. Calas Park
 Thu 5:00 p.m. - 6:00 p.m. Dolphin Park

BASEBALL AND SOFTBALL 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. - Noon (baseball only) Dolphin Park
 Sat 10:00 a.m. - Noon Dominguez 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!

Fri 5:30 p.m. - 6:30 p.m. Foisia Park
 Fri 5:00 p.m. - 6:00 p.m. Calas Park

CALLIGRAPHY

This class will teach improve your penmanship with basic lettering techniques.

Fri 4:00 p.m. - 5:00 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

FUN-TASTIC GAMES

Come out to play fun new and old games like croquet, badminton, bocce ball, pickle ball, spike ball, and corn hole.

Wed 4:30 p.m. - 5:30 p.m. Del Amo Park

HOMEWORK CLUB

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

Mon 3:00 p.m. - 4:00 p.m. Foisia Park
 Tue/Thu 3:30 p.m. - 5:30 p.m. Dominguez Park

KIDS IN THE KITCHEN

Participants will experience increased self-esteem, independence, and success while learning an edible education.

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

Fri 5:30 p.m. - 6:30 p.m. Veterans Park

TABLE TENNIS

Learn the fundamentals of table tennis while having fun and making new friends.

Mon 3:00 p.m. - 4:00 p.m. Dominguez Park
 Tue 4:00 p.m. - 5:00 p.m. Calas Park



PARK PROGRAMS - TEEN (AGES 13 - 17)



TENNIS CLINIC

Learn grips, footwork, forehands, backhands, lobs, volleys, and approaches for both singles and doubles play.

Mon/Fri 4:00 p.m. - 5:00 p.m. Foisia Park

VOLLEYBALL

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

Fri 4:00 p.m. - 5:00 p.m. Hemingway Park

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



3-ON-3 BASKETBALL

Participants will be split into teams of three to compete in weekly tournaments.

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

BOARD GAME MANIA

Board games will be all the craze as participants will be challenging each other to win prizes.

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

CROCHET FOR BEGINNERS

Come and learn how to crochet!

Tue/Thu 4:00 p.m. - 5:00 p.m. Foisia Park

TEEN CLUB

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

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

TEEN DANCE

Teens will learn to dance and perform at schools, city events, and more!

Tue/Thu 6:00 p.m. - 7:30 p.m. Del Amo 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 a variety of pick-up challenges and mini-tournaments to test your video gaming skills.

Fri 4:00 p.m. - 5:00 p.m. Hemingway Park

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



PARK PROGRAMS - ADULT (AGES 18 AND UP)



URBAN BALLROOM DANCING

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

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

WALKING CLUB

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

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

WEST AFRICAN AND CARIBBEAN DANCE

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

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

Tue	6:30 p.m. - 7:30 p.m.	Carson Park
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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.	Del Amo Park
Mon	6:00 p.m. - 7:00 p.m.	Foisia Park
Mon	6:30 p.m. - 7:30 p.m.	Mills Park
Sat	10:00 a.m. - 11:00 a.m.	Carson Park



ADULT FITNESS

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

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

BINGO

Enjoy a night of bingo! 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.	Del Amo Park
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DANCE FITNESS

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

Mon	6:30 p.m. - 8:00 p.m.	Del Amo Park
Tue/Thu	7:30 p.m. - 8:30 p.m.	Calas 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
Thu	6:00 p.m. - 7:30 p.m.	Del Amo 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
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SPECIAL INTEREST CLASSES

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

FITNESS CARDS

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

FIT HAPPENS - Instructor: Melody Carter

This 30-minute circuit training class is designed for people of all fitness levels to tone & tighten, build core strength, and improve cardiovascular conditioning. Go at your own pace, but challenge yourself a little more each time. Use your fitness card for this class.

Carson Community Center

Ages 18+ Tue/Thu 6:30 p.m. - 7:00 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.

SIGN LANGUAGE - Instructor: Diana Barch

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

Carson Community Center

Ages	Day	Time	Start	Wks	Price
10 and up	Tue	5:30 p.m. - 6:30 p.m.	4/21	6	Res: \$40/ Non Res: \$50



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.	4/20	8	Res- \$44/Non Res-\$55
2-5	Wed	5:15 p.m.- 6:00 p.m.	4/22	8	Res- \$44/Non Res-\$55

KARATE - Instructor: Frank Acevedo

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

Carson Park and Dominguez Park

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

MARIACHI CLASSES FOR YOUTH AND ADULTS

The Mariachi Academy provides classes for kids and adults. Youth classes are for students ages 5-17. Adult classes are for students age 18 and up.

Youth Classes

	Day	Time	Price
Beginning Violin	Wed	4:30 p.m. - 5:30 p.m.	\$50 per month
Beginning Trumpet	Wed	4:30 p.m. - 5:30 p.m.	\$50 per month
Beginning Harmony	Wed	4:30 p.m. - 5:30 p.m.	\$50 per month
Intermediate Violin	Wed	5:30 p.m. - 6:30 p.m.	\$50 per month
Intermediate Trumpet	Wed	5:30 p.m. - 6:30 p.m.	\$50 per month
Intermediate Harmony	Wed	5:30 p.m. - 6:30 p.m.	\$50 per month
Advanced Violin	Wed	6:30 p.m. - 7:30 p.m.	\$50 per month
Advanced Trumpet	Wed	6:30 p.m. - 7:30 p.m.	\$50 per month
Advanced Harmony	Wed	6:30 p.m. - 7:30 p.m.	\$50 per month

Adult Classes

	Day	Time	Price (Res)	Price (Non-Res)
Harmony	Thu	5:00 p.m. - 6:00 p.m.	\$120/4 classes	\$130/4 classes
Trumpet	Thu	6:00 p.m. - 7:00 p.m.	\$120/4 classes	\$130/4 classes
Violin	Thu	7:00 p.m. - 8:00 p.m.	\$120/4 classes	\$130/4 classes
Mariachi Mass	Tue	3:30 p.m. - 4:30 p.m.	\$90/3 classes	\$100/3 classes



EARLY START EDUCATION - Instructor: Heather Schafer-Padilla

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

Carson Park

Day	Time	Start	Wks	Price
Mon/Wed	1:15 p.m.-2:15 p.m.	4/20	6	Res- \$42/Non-Res- \$52
Tue/Thu	1:15 p.m.-2:15 p.m.	4/21	6	Res- \$42/Non-Res- \$52

SENIOR RECREATION (50+) ALL CLASSES FREE



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

No children allowed in any senior activities or programs.

CJMM COMMUNITY CENTER

801 E. Carson St., Carson, CA 90745

ART & DANCE

ART CLASS - If you love drawing, coloring, painting and working at your own pace, then this is the class for you! Students provide their own supplies. (uninstructed class)

Tue • 9:30 a.m. - 11:00 a.m.

LINE DANCING - Learn and perform the latest line dances. All levels welcome.

Wed • Beg. • 9:00 a.m. - 10:00 a.m.

Wed • Int. • 10:00 a.m. - 11:00 a.m.

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

Mon • 9:30 a.m. - 11:30 a.m.

NEEDLE CRAFT CLASS - Older adults come together to crochet, knit, sew articles by hand and work on various crafting patterns. Students provide their own supplies. (uninstructed class)

Tue/Fri • 9:00 a.m. - 11:00 a.m.

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

Thu • 10:00 a.m. - 11:00 a.m.

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

Tue • 10:00 a.m. - 11:00 a.m.

FLAMENCO AND TAP DANCE - Learn the basic steps of tap dance and flamenco. Class alternates every other Monday.

Mon • 11:30 a.m. - 12:45 p.m.

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

Thu • 1:00 p.m. - 4:00 p.m.

SENIOR RECREATION (50+) ALL CLASSES FREE

CJMM COMMUNITY CENTER

801 E. Carson St., Carson, CA 90745

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

FITNESS CLASSES



AEROBICS - Improve your health! Boost your mood, burn fat, strengthen bones and improve your stamina with this class.

Wed • 11:15 a.m. - 12:00 p.m.
Fri • 10:15 a.m. - 11:00 a.m.

BLOOD PRESSURE SCREENING - Volunteers provide blood pressure screening.
Mon/Wed • 10:00 a.m. – 12:00 p.m.

FUNCTIONAL FITNESS - A low impact cardio class that strengthens and enables the body to perform every day movements and tasks more safely and effectively.
Thu • 1:00 p.m. – 2:00 p.m.

MUSCLE STRENGTHENING - Learn safe techniques for strengthening the upper and lower body using flexible exercise bands. Form with doctors release required to participate.
Tue/Thu • 11:15 a.m. - 11:55 a.m.

TAI CHI & HEALTH - Learn the Chinese form of physical exercise characterized by a series of very slow and balletic body movements.

Fri • Beg - 8:00 a.m. - 9:00 a.m.
Fri • Int - 9:00 a.m. - 10:00 a.m..

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

Mon • 1:00 p.m. - 2:00 p.m.
Wed • 4:30 p.m. - 5:30 p.m.
Fri • 2:00 p.m. - 3:00 p.m.

OLDER ADULT SOCIAL CLUBS

Social Clubs and Groups are co-sponsored by the City, yet operate independently. All clubs meet at the CJMM Community Center, except for Swinging 50's Club, which meets at Dominguez Park. Membership required if you would like to join a club. For further information, call (310) 835-0212 ext. 1479.

Carson VIP Club

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

TLC Club

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

Swinging 50's Club

Meets every Wed from 11:00 a.m. – 3:00 p.m.
President: Sandra Conn

Jolly Club

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

Friendship Club

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

COMPUTER CLASSES

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

SENIOR RECREATION (50+) ALL CLASSES FREE

CARSON PARK/GYM

21411 S. Orrick Ave., Carson, CA 90745

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

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

YOGA - This class combines yoga poses with breathing and meditation techniques. All levels welcome, regardless of fitness level or yoga experience.
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 all level of 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. (Carson Residents Only)
Mon/Wed • 10:00 a.m. – 11:00 a.m.

STEVENSON PARK/GYM

17400 Lysander Dr., 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 poses, breathing and meditation techniques. All levels welcome, regardless of fitness level or Yoga experience.
Mon/Wed • 9:45 a.m. - 10:45 a.m.

ZUMBA - Combines Latin music that involves dance, aerobic elements and choreographed steps.
Fri • 8:30 a.m. - 9:30 a.m.
*alternates with exercise class

FOISIA PARK (FORMERLY SCOTT PARK) /GYM

23410 Catskill Ave., 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 30 and 31, 2020
(Monday & Tuesday)
2 day course • 9:00 a.m. - 1:00 p.m.
AARP Members \$15 Non-Members \$20
RSVP (310) 835-0212 ext. 1479

Senior Spring Fling Luncheon

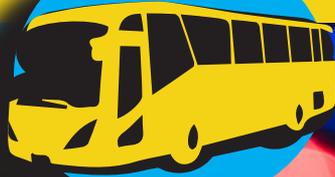
Friday, April 17, 2020
11:00 a.m. - 3:00 p.m.
For more information,
call (310) 835-0212 ext. 1475



Senior Las Vegas Day Luncheon

Friday, July 24, 2020
11:00 a.m. - 3:00 p.m.
For more information,
call (310) 835-0212 ext. 1475





EXCURSIONS



VIEJAS CASINO & OUTLET SATURDAY, MARCH 14, 2020

Departs from the Community Center, 801 East Carson Street
Bus departs: 8:00 a.m. / Returns: 6:00 p.m.

RESIDENTS \$25 PER PERSON / NON-RESIDENTS \$40 PER PERSON



CARLSBAD FLOWER FIELDS SATURDAY, APRIL 18, 2020

Departs from the Community Center, 801 East Carson Street
Bus departs: 9:00 a.m. / Returns: 6:00 p.m.

RESIDENTS \$45 PER PERSON / NON-RESIDENTS \$58 PER PERSON

The Flower Fields is a flower garden found on the Carlsbad Ranch in Carlsbad, California. The area has a number of attractions, including its "Tecolote Giant Ranunculus", a greenhouse filled with cymbidium orchids, a 300-by-170-foot American flag made out of red, white, and blue petunias, and musical events.



STRAWBERRY FESTIVAL IN OXNARD SATURDAY, MAY 16, 2020

Departs from the Community Center, 801 East Carson Street
Bus departs: 9:00 a.m. / Returns: 6:00 p.m.

RESIDENTS \$45 PER PERSON / NON-RESIDENTS \$58 PER PERSON

The California Strawberry Festival is among the top festivals in the nation with over 50 food booths, contests, rides and attractions, over 200 Arts & Crafts vendors, concerts, celebrity chef demonstrations, and family fun!



ALL PRICES & DEPARTURE/RETURN TIMES ARE SUBJECT TO CHANGE
For further information, please call (310) 835-0212 ext. 1475

INFORMATION AND REFERRAL

BRILLE INSTITUTE

The Braille Institute is conveniently available at 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

The Los Angeles County Public Social Services does not currently provide on site Representatives as they previously did to complete Food Stamp and Medi-Cal applications. For questions, concerns, or assistance with applications please call the County Directly Guadalupe Mejia (HSA 1) (626)312-6107



HOMELESS TASK FORCE

If you encounter, or someone you know is homeless, P.A.T.H. (People Assisting The Homeless) can help. Call our outreach hotline at (562) 457-0205. Homeless individuals or families can be connected with services that include housing assistance, veteran services, mental health care, medical clinic, employment services, and benefits enrollment. You can also make an Online referral at <https://www.lahsa.org/portal/apps/la-hop/>

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



CAREGIVER SUPPORT GROUP

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

BEREAVEMENT SUPPORT GROUP

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

HOUSING RIGHTS WALK IN CLINIC

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

ALS (LOU GEHRIG'S DISEASE) SUPPORT GROUP

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

SENIOR INDEPENDENCE SUPPORT

Dedicated to helping residents of Carson, age 60 and older, age in place safely and with dignity. For more information, call (310) 952-1782 ext. 1471



SENIOR INFORMATION AND RESOURCE FAIR

The Senior Information and Resource Fair is a quarterly event organized by the Human Services Department. At each fair we invite community partners to come and share information on resources available to seniors and their families. The two hour event takes place in the Carson Event Center Atrium and is open to all. For more information on this event, please contact Amanda Valorosi at (310) 952-1782 ext. 1471.

FOOD AND MEAL ASSISTANCE

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

NEW CLASSES

For updates on additional new classes please inquire. We are always looking for more educational classes and workshops to help the older adults of our community improve their health and well-being. If there is a topic of interest to you, please call with your recommendations. Amanda Valorosi (310) 952-1782 x1471.

FREE ALZHEIMER'S WORKSHOPS

Each month a different topic will be explored pertaining to Alzheimer's Disease in the form of an interactive seminar. The classes are lead by Alzheimer's Los Angeles. For more information on their organization you can call (844) HELP-ALZ. Please RSVP to assure we have capacity. Amanda Valorosi at (310) 835-0212 ext. 1471
Carson Community Center
Ages Day Time 1x/month
ALL Mon 3:30 p.m.- 5:30 p.m.

SENIOR CITIZEN ADVISORY COMMISSION

The Senior Citizen Advisory Commission meets at the JMMCC on the second Monday of each month at 4:00 p.m. Interested community members are always welcome to be part of the audience.



INTERGENERATIONAL PROGRAMMING

We are currently looking for adults 50 plus to participate in the next semester of our intergenerational program. The intergenerational program is a collaboration between the older adults in our community and the high school students from Rancho Dominguez Preparatory Academy. Since 2016 we have been conducting an 8 week program each semester where individuals are paired up on a weekly basis to learn from one another in an attempt to build bonds and bridge the gap between generations. We ask for the commitment of one hour, one afternoon a week, for 8 weeks. For more information, or to be placed on an interest list of participants for the next semester, please call Amanda Valorosi in Human Services at (310) 952-1782 ext. 1471.

THERAPEUTIC RECREATION

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



ADULT DAY CLUB

This program focuses on social interaction and skill building while enjoying various experiences.
Congresswoman Juanita Millender-McDonald Community Center
Registration: \$25
Fridays: 3/13/20 - 5/8/20 • 9:30 a.m. - 1:00 p.m.
Ages: 18 and up with developmental disabilities



ADVENTURES IN ART

Express yourself artistically and create various art projects while improving fine motor skills.
Congresswoman Juanita Millender-McDonald Community Center
Registration: \$25
Saturdays: 3/14/20 - 5/9/20 • 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.
Location: TBD
Registration: \$25
March - June
Ages: 8 and up



TRACK AND FIELD

Only registered participants in this program will be eligible for our Special Olympics Track and Field team.
Location: TBD
Registration: \$25
March - June
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. to 4:30 p.m., and is located inside the CJMM Community Center. Membership is free, and all stroke survivors must be at least six months post-stroke. Caregivers are welcome to participate in group activities. Programs are subject to change without notice. For more information, please call our friendly staff members at (310) 952-1763.



Here's what our members are saying about us:

"I love what the Stroke Center is doing for the community. It is uplifting. I find it to be both physical and mental therapy. We can all relate to each other due to the traumatic experience we all encountered and went through. Thank you to all the staff for making it awesome."

Lisa Rosales
Stroke Survivor

CHAIR EXERCISE

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

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

CHAIR VOLLEYBALL

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

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



OCCUPATIONAL THERAPY

Our licensed OT will provide one-on-one treatment aimed at improving your activities of daily living and increasing your independence. All participants must be a member of the Stroke Center to make an appointment. To schedule an appointment please call (310) 952-1763.

SPANISH CLASS

This class focuses on the basic fundamentals of Spanish. In return, Spanish speaking survivors will learn the English translation of the words and phrases.

Tue 12:45 p.m. - 1:30 p.m.

SPEECH THERAPY

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

Mon 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.

SPECIALTY MUSIC AND DANCE CLASSES

The Mariachi Academy of Carson is a program of the Asociación Cultural Los Angeles (ACLA). The Academy has been providing services since 1998. Its mission has been to foster opportunities that allow children and youth to develop a strong personal identity through music. The Academy understands that self-esteem, a big part in how a child feels about his/herself, also affects how much they enjoy other things in their lives. The Academy works to increase the students' understanding of who they are as people by teaching them the rich history of one of the most cherished music forms in the world, mariachi. The program operates as an all-volunteer organization with a dedicated team of music instructors. Please see page 37 of this brochure for class times and registration information.



For more information, please call (310) 952-1782 ext. 1460, e-mail mariachiacademycarson@gmail.com, or visit <https://asociacion-cultural-la.org>.



Sophisticated Dance



For more information, please call (213) 240-0102, e-mail contactsdinc@gmail.com, or visit www.sophisticatdance.org.



Sophisticated Dance is a family-oriented business that started in 1999. Our mission is to foster the growth of new artists, invest in established artists, and expand access to the arts. We encourage children to release their creativity, we inspire them to learn, and we empower them with achievement. We are proudly promoting the art of dance in the community that we live in. Our program goals are to increase cultural awareness and help preserve an appreciation for the arts. Sophisticated Dance offers activities to keep the interests of our children positive and productive. If your child is interested in tap, jazz, ballet, hip hop, praise/mime, or pointe, please contact us for registration information.

DIAL-A-RIDE PROGRAM

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

PROGRAM HIGHLIGHTS

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

SERVICE AREA

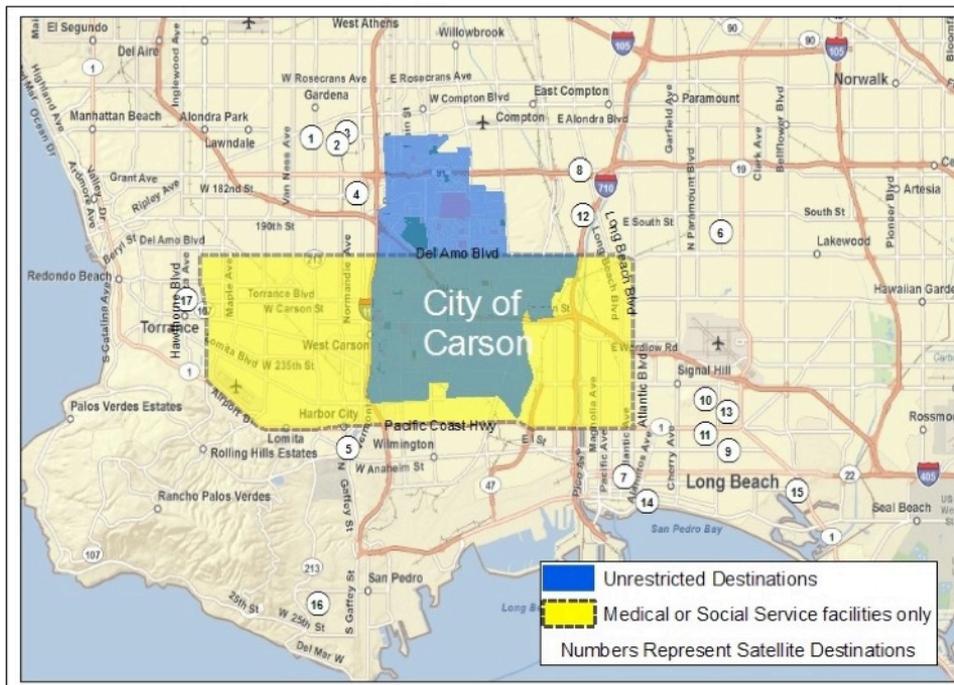
Participants may travel within Carson limits for any purpose, and to a limited number of medical facilities and social service agencies outside of the City.

REGISTRATION REQUIREMENTS (Must apply in person)

- Valid California Driver's License or Identification Card from the DMV with a Carson address.
- A recent utility bill OR bank statement with same name and address as ID.
- A \$10 processing charge applies. Up to 20 rides may be purchased at time of application.
- Service may be used upon receipt of DAR card in the mail, within 2-3 weeks of applying.

ACCESS PARATRANSIT

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



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

Transportation Services

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

Office Hours:

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

TRANSPORTATION SERVICES



CARSON CIRCUIT SCHEDULE

Buses run every 40 minutes on all eight routes:

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

ALL Carson Circuit routes run in one direction ONLY.

BUS FARES

- Regular Fare (age 5 and over) \$1
- Seniors 60 & over and disabled (must show valid ID) FREE
- Monthly Pass \$30
- Carson Circuit Transfers FREE

FOR MORE INFORMATION

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

Rates are subject to change.

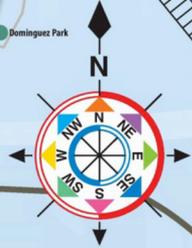


ALL BUSES ARE EQUIPPED TO TRANSPORT WHEELCHAIR OCCUPANTS

TRANSPORTATION SERVICES



LEGEND	
CARSON CIRCUIT ROUTES	REGIONAL TRANSIT LINES
<ul style="list-style-type: none"> A Cal State Dominguez Hills B Keystone C Scottsdale D Metro Blue Line 1 E Del Amo F Civic Center G Metro Blue Line 2 H Hemingway Park S North South Shuttle 	<ul style="list-style-type: none"> MTA TORRANCE TRANSIT GARDENA MUNICIPAL BUS LONG BEACH TRANSIT CARSON SHUTTLE METRO RAIL (BLUE LINE)
	<ul style="list-style-type: none"> Parks Regional Stops College City Hall/Community Center Schools Metro rail Station



PREVENTION AND AFTERCARE

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



CRAFTY CLUB

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

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

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

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

COMMUNITY GARDEN CLEAN UP

MONTHLY DATES TO BE ANNOUNCED

No gardening skills required • Fun for the entire family

Service hours for students! Tree pruning, mowing, raking, planting and harvesting!

A fun way to spend your Saturday!

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

FAMILY COACHING

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

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

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

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

YOGA CLASS

ALL AGES

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

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

ZUMBA CLASS

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

Sponsored by City of Carson & South Bay Center for Counseling

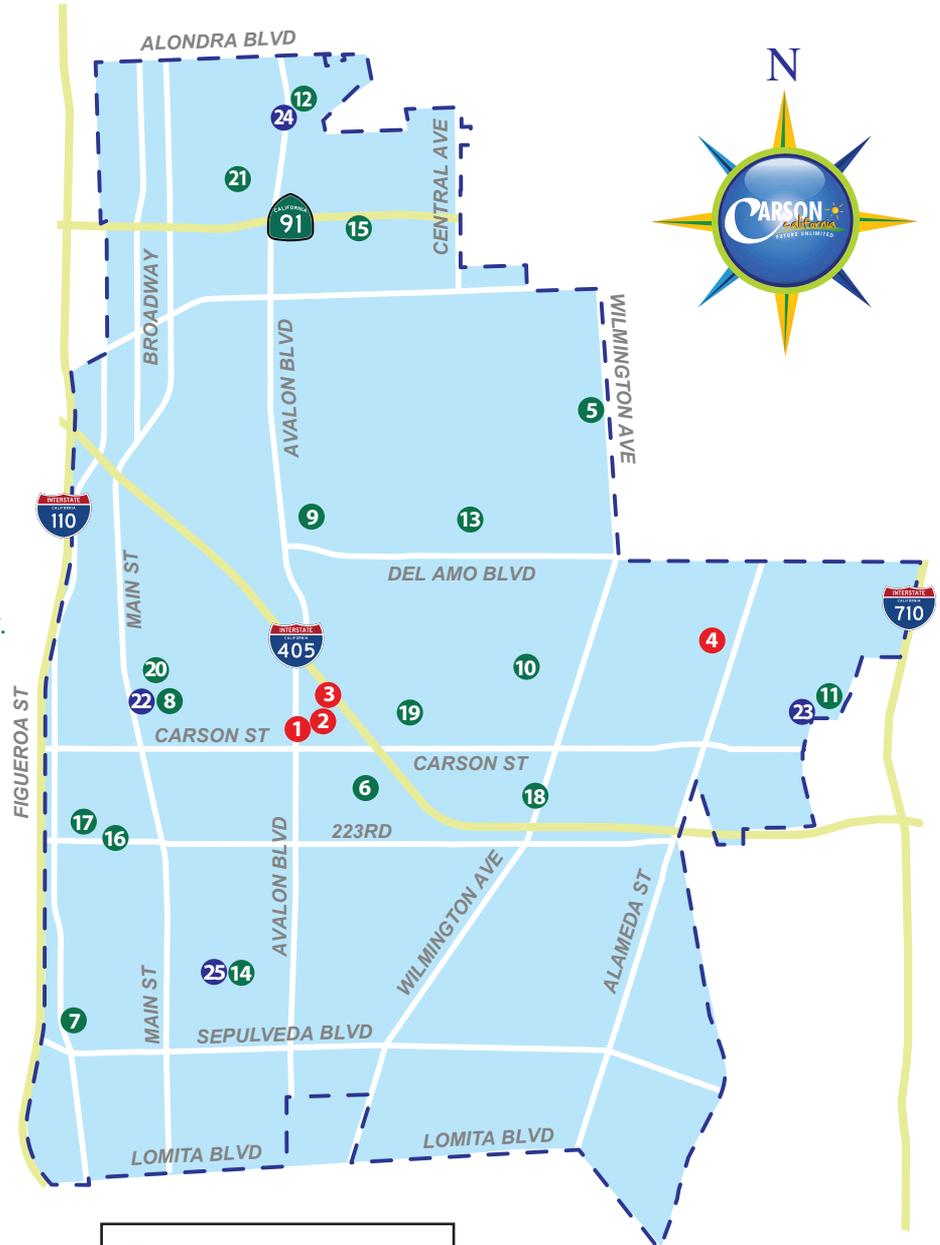
Veterans Park | 2400 Moneta Ave. Carson, CA 90745 • 310-830-9997

CITY FACILITIES

- 1 Carson City Hall**, 701 E. Carson St.
(310) 830-7600
- 2 Carson Event Center**, 801 E. Carson St.
(310) 835-0212
- 3 Carson Stroke Center**, 801 E. Carson St.
(310) 952-1763
- 4 Corporate Yard**, 2400 E. Dominguez St.
(310) 847-3570

PARKS

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



●	CITY FACILITIES
●	PARKS
●	POOLS

POOLS

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

Special Events

MAY

Cinco de Mayo

Carson Park
Saturday, May 2, 2020
Noon - 5:00 p.m.

Youth Conference

Friday, May 15, 2020
5:00 p.m. - 9:00 p.m.

5k Lupus Awareness Walk

Veterans SportsComplex
Saturday, May 16, 2020
4:00 p.m. - 9:00 p.m.

Memorial Day Tribute

Carson Event Center
Friday, May 22, 2020
5:00 p.m. - 8:00 p.m.

Mental Health Forum

Carson Event Center
Saturday, May 30, 2020
10:00 a.m. - 3:00 p.m.

MARCH

Tribute to Cesar Chavez

Carson Event Center
Thursday, April 2, 2020
6:00 p.m. - 9:00 p.m.

APRIL

Autism Awareness 5k Run

Cal State Dominguez Hills
Saturday, April 4, 2020
7:00 a.m. - 11:00 a.m.

Earth Day

Carson Event Center
Saturday, April 11, 2020
Noon - 4:00 p.m.

PRSR1 STD
U.S. POSTAGE
PAID
Long Beach, CA
Permit No. 905
ECRWSS

To Residential Customer

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

POSTMASTER

DATED MATERIAL. Please deliver promptly.