



Community Services Guide

June / July / August **2015**



Special Olympics **WORLD GAMES** LOS ANGELES 2015

Host Town
Carson
July 21-24, 2015

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Special Information

All Fees Are Subject To Change

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

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



Welcome to the Summer issue of the Community Services Guide and Carson Report flip-book!



On this side of the publication, you will find information on various leisure time activities, classes, excursions and upcoming events for every member of the family.

On its flip side, you will find the latest news about Carson and up-to-date information on current events in our community as we put the spotlight on City projects and a variety of important local issues.

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

You can also read us online at:

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

A MESSAGE FROM THE Director of Community Services

Welcome to the Summer Issue of the Community Services Guide!

I am pleased to present the 2015 Parks and Recreation Summer Recreation Guide. The City of Carson is a community committed to fun, safe and quality living. This commitment has created the City's extensive network of neighborhood parks that include open spaces, playgrounds, aquatic centers, gyms, fitness facilities, cultural activities and events and athletic fields.

With so many of us being so busy, it's easy to forget that taking time to enjoy each day is so important to our health and well-being. As you go through our Recreation Guide, you will find dozens of programs and events guaranteed to keep you busy all summer long.

Start planning today for how you and your family can get the most fun out of the many activities provided. The City of Carson Parks and Recreation has a little something for everyone to enjoy. Carson Parks and Recreation works to ensure that every resident has an opportunity to experience outstanding recreational activities and park facilities that enhance our quality of life, building relationships with family and friends.

Be good stewards to your parks. Help us keep them clean by picking up your trash so everyone can enjoy them. Report graffiti or suspicious activity, we all share in the responsibility of seeing to it that our community is a clean, safe and fun place to visit. Remember our Motto: Parks Make Life Better!

Best regards,
Cedric L. Hicks, Sr., Director
Community Services Department

AQUATICS

2015 SWIM LESSON (50-minute lesson) Weekday lessons

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

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

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

Group Swim Lesson Session Fees:

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

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

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

Classes:	Name	Level
6 mos. – 3 yrs	TT Tiny Tot	Parent & Child
3 – 4 yrs	TP Tadpole	1 – Beginner
	SF Starfish	2
	SQ Squid	3
5 – 15 yrs	PO Polliwog	1 – Beginner
	AP Adv. Polliwog	2
	M Minnow	3
	F Fish	4
	FF Flying Fish	5
	SH Shark	6
15 yrs & up	AD Adult	1-3

Treasure Island Day

18th Annual Treasure Island Day on

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

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

at Dominguez Aquatic Center.

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

REGISTRATION

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

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

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

Resident registration begins: Monday, April 27, 2015

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

Walk-in Registration:

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

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

SCHOLARSHIPS

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

WHICH CLASS SHOULD I REGISTER MY CHILD?

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

AQUATICS

CARSON POOL

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

Monday/Wednesday/Friday

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

^ TT class only 40 minutes

Saturday

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

Tuesday/Thursday

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

^ TT class only 40 minutes

Recreation Swim*

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

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

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



Programs

Aqua Aerobics (15 years & over)

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

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

Adult Lap Swim (15 years & over)

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

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

ALL FEES SUBJECT TO CHANGE

SCOTT POOL

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

Monday/Wednesday/Friday

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

Tuesday/Thursday

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

^ TT class only 40 minutes

Recreation Swim*

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

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

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

ALL FEES SUBJECT TO CHANGE

Programs

Aqua Aerobics (15 years & over)

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

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

Adult Lap Swim (15 years & over)

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

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

Programs (continued)

Dive Team

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

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

Junior Lifeguard (12 – 17 years)

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

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

Mini Guards (9 – 11 years)

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

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

Tigershark Swim Team (5 – 17 years)

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

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

Water Polo (8 - 17 years)

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

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

Basket/Splash Ball

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

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

AQUATICS

DOMINGUEZ AQUATIC CENTER

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

Monday/Wednesday/Friday

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

^ TT class only 40 minutes

Saturday

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

Family Recreation Swim* (Play Pool)

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

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

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

*Children under 7 must be accompanied by an Adult

and remain within an arms length away at all times

ALL FEES SUBJECT TO CHANGE

Tuesday/Thursday

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

^ TT class only 40 minutes

Recreation Swim*

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

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

*Children under 7 must be accompanied by an Adult

and remain within an arms length reach at all times

ALL FEES SUBJECT TO CHANGE



Programs

Aqua Aerobics (15 years & over)

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

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

Adult Lap Swim (15 years & over)

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

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

Junior Lifeguard (12 – 17 years)

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

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

Mini Guards (9 – 11 years)

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

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

Senior Program (50 plus)

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

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

ALL FEES SUBJECT TO CHANGE

HEMINGWAY AQUATIC CENTER

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

Monday/Wednesday/Friday

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

^ TT class only 40 minutes

Saturday

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

Tuesday/Thursday

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

Recreation Swim*

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

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

*Children under 7 must be accompanied by an Adult

and remain within an arms length away at all times

ALL FEES SUBJECT TO CHANGE

Programs

Aqua Aerobics (15 years & over)

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

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

Adult Lap Swim (15 years & over)

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

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

Junior Lifeguard (12 – 17 years)

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

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

Mini Guards (9 – 11 years)

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

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

Senior Program (50 plus)

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

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

Synchro (9 – 17 years)

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

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

Prerequisite: Minnow Level

ALL FEES SUBJECT TO CHANGE



Enrichment

SUMMER SESSION 2015 (JUNE / JULY / AUGUST)

Ready, Set, Read \$60 RESIDENTS / \$69 NON-RESIDENTS

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

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

Math Made Easy \$26 RESIDENTS / \$30 NON-RESIDENTS

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

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

Intro to Piano \$65

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

AGES	DAYS	TIMES
7 - 12	Tues/Thurs	4:00 p.m. - 4:50 p.m.
7 - 12	Tues/Thurs	5:00 p.m. - 5:50 p.m.

Harmony Heroes (Voice)

\$21 RESIDENTS / \$25 NON-RESIDENTS

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

AGES	DAYS	TIMES
5 - 17	Tues/Thurs	6:00 p.m. - 7:00 p.m.

Drama \$21 RESIDENTS / \$25 NON-RESIDENTS

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

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

Registration Begins May 1, 2015

Classes Begin June 14, 2015

Space is limited

Most classes are held at the Carson Community Center

For more information, please contact Enrichment Arts at

310-835-0212 ext. 1410 or 1475

Pinterest 4 Kids \$30 RESIDENTS / \$35 NON-RESIDENTS

Do you like crafting or DIY projects? Is art your passion or do you just love to be creative? If so, then Pinterest 4 kids is for you! This is a class where we do nothing but crafts from recycled materials. 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.

Intro to Dance \$38 RESIDENTS / \$45 NON-RESIDENTS

What a perfect class for children who like to move to the rhythm! Intro to dance provides them an opportunity to explore various styles of dance, such as hip hop, jazz, ballet, modern/contemporary, and creative movement. Join us on the journey through dance. There is no dance experience necessary.

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

Hip Hop Dance \$38 RESIDENTS / \$45 NON-RESIDENTS

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

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

3-in-1 Summer Camp Ages 5 - 14

3-in-1 Summer Camp provides fun classes that help build self-esteem, confidence, and friendships through performing arts. These classes focus on voice, dance, and drama.

DAYS	TIMES	RESIDENTS	NON-RESIDENTS
Mon-Fri	7:00 a.m. - 9:00 a.m.	\$15	\$18
Mon-Fri	9:00 a.m. - 5:00 p.m.	\$55	\$65
Mon-Fri	5:00 p.m. - 6:00 p.m.	\$10	\$12

Tennis \$29 RESIDENTS / \$36 NON-RESIDENTS

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

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

CITY OF CARSON

Make a difference, become a Coach!

LOOKING FOR ADULT COACHES/VOLUNTEERS



Be a part of our great youth recreational sports programs and give back to the community!

Must complete LIVE SCAN background check.

Support needed year round for Flag Football, Soccer, Basketball, T-Ball, Baseball and Softball.

Rewarding experience, give back to our youth.

NOW TAKING APPLICATIONS

Must be at least 18 years old

Locations vary, applications can be found at your local park.

For more information, call Parks and Recreation at (310) 847-3570

RECREATION AND HUMAN SERVICES

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

HEALTH & FITNESS

**Celebrating 37 Years of Service**

FABELA CHAVEZ BOXING/FITNESS CENTER has been in existence for 35 years. While throughout the years, other Clubs have opened and closed their doors, Fabela Chavez has remained opened. Fabela Chavez has been home to many great coaches and fighters. Look no further than the gyms namesake Fabela Chavez who was inducted to Boxing Hall of Fame in 1993. The City named its boxing gym after Fabela Chavez in recognition of his contribution to the young boxing enthusiasts and up-and-coming boxers in the community.

B O X I N G

FABELA CHAVEZ BOXING/FITNESS CENTER

Scott Park, 23410 Catskill Ave., Carson, CA 90745
(310) 830-6439

HOURS

Mon-Thurs 1-9 p.m. Fri 1-9 p.m. Sat 10 a.m.-2 p.m., Closed Sun

Fees: Monthly Membership

Adults Resident **\$30** Non-Resident **\$35**

Youth (8-17 yrs) Resident **\$20** Non-Resident **\$20**

Daily Rate Adult Resident **\$8** Non-Resident **\$9**

Daily Rate Youth Resident **\$4** Non-Resident **\$4**

Beginning Boxing

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

Beginning Weightlifting

Learn about weightlifting from the experts. This is for the first-time lifter. Must be at least 13 years old. The instructor will provide each student with a personal workout sheet to track routine. Call Stevenson Park at (310) 631-2252

Intermediate Boxing

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

Intermediate Weightlifting Training

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

Advanced Boxing

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

Advanced Weightlifting

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

YOUTH SPORTS

**SUMMER PROGRAM**

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

Flag Football, Soccer (Ages 5 - 17 yrs)

Last day to sign up - Saturday, August 15, 2015

Tryouts - Saturday, August 22, 2015

Season begins - September 12, 2015

Registration Fees:	Resident	Non-Resident
	\$26 1st child	\$30 1st child
	\$19 2nd child	
	\$11 3rd child	

Girl's Fall Softball League (Ages 9 - 17 yrs)

Last day to sign up - Saturday, August 15, 2015

Tryouts - Saturday, August 22, 2015

Season begins - September 12, 2015

Registration Fees:	Resident	Non-Resident
	\$26 1st child	\$30 1st child
	\$19 2nd child	
	\$11 3rd child	

Baseball/Softball Invitational Tournament (Ages 9 - 17 yrs)

July 31, 2015 - August 2, 2015 • Team Registration Fee: \$150

Registration Deadline: Tuesday, July 28, 2015

Youth Sports Coaches Certification Program

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

Sports Officials

The City of Carson Youth Sports Section is looking for interested individuals ages 16 years and up, to become paid Sports Officials. Some experience is preferred, but not necessary. To receive written notification of training dates and locations by mail, call the Youth Sports Office at (310) 847-3577, before August 1, 2015, to officiate youth baseball/softball.

Volunteers: "Carson Wants You"

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

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

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

SUMMER SPORTS

SUMMER PROGRAM

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



SUMMER SOFTBALL LEAGUES

Men's & Women's C/D Level

Registration: July 8 - July 14
Play Begins: July 16
Fees: \$399 per team

Coed C/D Level

Registration: July 8 - July 14
Play Begins: July 16
Fees: \$399 per team

Summer Softball Tournament

Registration: June 15 - July 21
Play Begins: July 25

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



DISABILITY AND ACCESSIBILITY ISSUES

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

City of Carson Parks and Recreation Department

For more information, call (310) 847-3570

SUMMER FLAG FOOTBALL LEAGUES

4 on 4

Registration: August 10 - September 14
Play Begins: September 19
Fees: \$175 per team

8 Man

Registration: August 10 - September 15
Play Begins: September 20
Fees: \$315 per team

ADULT PARK ACTIVITIES

Parent's Night Out

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



Coed Softball

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

• Calas	Thur	6-9 p.m.
	Mon	6-7 p.m.
• Carriage Crest	Mon	6-9 p.m.
• Del Amo	Tues/Thurs	6-9 p.m.
	Fri	6-10 p.m.
• Dolphin	Fri	6-10 p.m.

8 Man Soccer

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

Adult Fitness/Women's Conditioning Class

This class is a fun-filled dance plus cardiovascular work out. Come join us.

• Anderson	Tues/Thurs	7 p.m.
• Carriage Crest	Sat	8:30-9:30 a.m.
	Mon/Wed	7-8 p.m.
• Dolphin	Tue/Thur	6:30-7:30 p.m.
	Sat	9-10 a.m.
• Hemingway	Mon 6-7 p.m. / Tue-Thur	6:30-7:30 p.m. / Fri 6-7 p.m.
• Mills	Wed	6:30-7:30 p.m.
• Stevenson	Fri	6-7:30 p.m.

CITY OF CARSON

EARN YOUR STRIPES!

Now taking applications for
Flag Football and Soccer
Sports Officials.

Looking for energetic people,
no experience necessary,
training provided. Flexible
hours on evenings and
weekends.

Give back to our youth and
earn extra money.

Must apply at the
Human Resources Department
at Carson City Hall.

For boys and girls ages
16 and older.

FALL 2015

For more information, contact
Human Resources at
(310) 830-7600
RECREATION AND
HUMAN SERVICES



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

HEALTH & FITNESS



Adult Walking Class

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

Walking Club

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

Wednesday/Friday	5:30-7 p.m.	Stevenson Park	Beginner
Tuesday	6-8 p.m.	Stevenson Park	Youth Beginner
Wednesday	8-9 p.m.	Stevenson Park	Adult Intermediate
Wednesday	7-8 p.m.	Stevenson Park	Youth Intermediate
Sunday	2-4 p.m.	Scott Park	Youth/Adult Beginner and Intermediate

Adult and Youth Bocci Ball

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

Adult Fitness Workout

Tuesday/Thursday	7-8 p.m.	Dominguez Park
Tuesday	7:30 p.m.	Anderson Park

Teen Dance for Fitness

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

• Dolphin	Wed	5-6 p.m.
• Mills Park	Tues/Thurs	6-8 p.m.
• Scott Park	Tues/Thurs	6-7 p.m.

Fast Dance Fitness Class

Tuesday/Thursday	5:30-6:30 p.m.	Calas	All Ages
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Adult Line Dancing

Saturday	9 a.m. - Noon	Anderson Park
	12:30 p.m. (Urban Ballroom)	Anderson Park
Wednesday	7 - 9 p.m. (Advanced)	Anderson Park
Saturday	10 a.m.-12:00 p.m.	Hemingway Park

Dance it Off

Tuesday/Thursday	6-7 p.m.	Calas Park
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Adult Urban Ballroom Dance

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

Youth Fitness Club (ages 16 and up)

• Dolphin	Mon-Wed	3-4 p.m.
• Stevenson	Tue-Thur	6-7:30 p.m.

Stevenson Park Fitness Center

HOURS

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

Fees: Initial Membership \$15 Monthly Membership \$10
Daily Rate \$3



Boxercise

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

Monday	6-7 p.m.	Hemingway Park
Monday	6-7 p.m. (Ages 15+)	Mills Park
Monday/Friday	6 p.m.	Scott Park

Stretching and Conditioning

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



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

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



One time, non-refundable, registration fee of **\$95** for Carson residents enrolled in the half day and all day Early Childhood Program. All fees are due at the time of registration. A registration fee of **\$106** will be charged for non-Carson residents. Priority registration is given to students currently enrolled. Sessions may include holidays with no class scheduled. If so, fee does not change. Availability is based on the needs of each site. The City

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

OPTION I: Community Center Preschool

State license: #191606870

Ages: 3-5 yrs. (toilet trained)

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

CLASS SCHEDULE

ALL DAY PROGRAM RESIDENT RATE

Monday – Friday

7 a.m. – 6 p.m. \$170 a week

8 a.m. – 5 p.m. \$136 a week

7 a.m. – 5 p.m. \$157 a week

8 a.m. – 6 p.m. \$157 a week

HALF DAY PROGRAM

8 a.m. – 12 p.m. FEES

1 p.m. – 5 p.m. T TH \$25 a week

MWF \$37 a week

M-F \$62 a week

OPTION II:

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

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

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

Fees are paid every 4 weeks

All Fees Are Subject To Change

KIDS CLUB

CITY OF CARSON

SUMMER DAY CAMP

**SPACE IS LIMITED! PRE-REGISTER TO GUARANTEE A SPOT.
PRE-REGISTRATION DATES: MAY 21 - 28 3 P.M. - 7 P.M.
ARTS AND CRAFTS • WEEKLY THEMED ACTIVITIES
EXCURSIONS • FUN SUPERVISED OUTDOOR GAMES
LUNCH AND AFTERNOON SNACK PROVIDED DAILY**

JUNE 9 - AUGUST 8, 2014

FOR BOYS AND GIRLS AGES 5-12

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

ANDERSON PARK

19101 WILMINGTON AVENUE
CARSON, CA 90746
(310) 603-9850

CARSON PARK

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

DOMINGUEZ PARK

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

SCOTT PARK

23410 CATSKILL AVENUE
CARSON, CA 90745
(310) 830-8310

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

HEMINGWAY PARK

700 E. GARDENA BOULEVARD
CARSON, CA 90746
(310) 538-0019

STEVENSON PARK

17400 LYSANDER AVENUE
CARSON, CA 90746
(310) 952-1745

CARRIAGE CREST PARK

23800 S. FIGUEROA STREET
CARSON, CA 90745
(310) 830-5601

DOLPHIN PARK

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

MILLS PARK

1340 E. DIMONDALE DRIVE
CARSON, CA 90746
(310) 631-3130

VETERANS PARK

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

ADDITIONAL FEES FOR EXCURSIONS

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

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

RECREATION AND HUMAN SERVICES

CITY OF CARSON

**Come
join the
largest**

CHEER!

Program

**JULY 1 - JULY 31
2015**

- ★ **Yearly Program**
- ★ **Fundraising**
- ★ **Competitions**
- ★ **Cheer for City Events**

Carson Park

21411 S. ORRICK AVENUE
CARSON, CA 90745

FOR GIRLS AGES 3-12

FOR MORE INFORMATION, CONTACT
CARSON PARK AT (310) 830-4925

RECREATION AND HUMAN SERVICES



**Parks
Make
Life
Better!**

**Residents
\$30**

**Non-Residents
\$35**

**Mini Stars
ages 3-6**

**All-Stars
ages 7-12**

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

PARKS

SUMMER PARK CLASS SCHEDULE

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

Hours of Operation Beginning June 9, 2014

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

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

YOUTH ACTIVITIES



Tennis Instruction

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

Cheerleading

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

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

Drill Team

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

Dance It Off

• Calas Park	Tues/Thurs	6-7 p.m.	All ages
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Bingo Nite

• Dolphin Park	2nd Fri	6:30-8 p.m.	8-17 yrs
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Archery

In this program, the future Robin Hoods of Carson are taught the basic principles for use of bows and arrows while always utilizing all safety practices. The Recreation Division provides all bows, arrows, and targets. Contact the following parks for more information: Carriage Crest, Del Amo, Scott, and Veterans parks.

Arts & Crafts

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

Youth Golf Instruction

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

Clubs for Boys & Girls

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



Kids in the Kitchen

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

• Anderson Park	Wed	5:30 p.m.
• Calas Park	Thurs (1st and 3rd of each month)	7-8 p.m.
• Carriage Crest Park	Wed	5-6 p.m.
• Carson Park	Fri	6:30-7:30 p.m.
• Dolphin Park	Fri	4-5 p.m.
• Stevenson Park	Fri	5-6:30 p.m.
• Dominguez Park	Wed	5-6 p.m.
• Scott Park	Wed	5:30-6:30 p.m.
• Veterans Park	Wed	5-6 p.m.

PARKS



Homework Club

• Mills Park	Mon/Wed/Thurs	3:30-5 p.m.
• Del Amo Park	Mon/Wed/Fri	4-6 p.m.
• Stevenson Park	Mon/Thurs	4-6 p.m.



Dance Classes

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

• Anderson	Tues/Thurs	6-7:30 p.m.
• Anderson/Adult Line Dancing	Wed	7-9 p.m.
	Sat	10 a.m.-12 p.m.
• Anderson/Adult Stretch Conditioning	Tues	7 p.m.
• Calas Park/Ballet Folklorico	Mon/Wed	6-7 p.m.
• Comm. Cntr.	Sat	5:30-8 p.m.
• Scott Park	Tues/Thurs	6-7 p.m.
• Mills Park	Tues/Thurs	6-7 p.m. Phase 1 (elementary)
		7-8 p.m. Phase 2 (Jr. High/High School)
• Veterans Park	Thurs	6-7:30 p.m.

Boys Club

• Calas Park/ Age 8-12	Fri	6:30-8 p.m.
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Girls Club

• Dolphin Park/Age 8-12	Fri	6:30-8 p.m.
• Calas Park/Ages 8-12	Fri	5:30-7 p.m.

Friday Night Madness & Movies

• Hemingway Park	All Ages (FREE)	Last Friday	7 p.m.
• Carriage Crest Park	All ages (FREE)	Last Friday	7:30-9 p.m.
• Del Amo Park	7 yrs - up (FREE)	Fri	5:30-8 p.m.
• Dolphin Park	Family (4th Friday of every month)		6:30-9 p.m.
• Mills Park	All Ages	Call Park for Day	7 p.m.
• Stevenson Park		4th Fri	6:30-9 p.m.
• Veterans Park	9 yrs - up (FREE)	4th Fri	6 p.m.

Excursions

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

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

Beginning Chess

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

TEEN PARK ACTIVITIES



Teen Game Nation

• Dolphin Park	Mon	6:30 p.m.
• Del Amo Park	Mon/Wed	6-7:30 p.m.
• Hemingway Park		6:30 p.m.
• Mills Park	Fri	7 p.m.
• Scott Park	Fri	6-8 p.m.

Teens in the Kitchen

Learn the basics! Anderson Park, Wednesdays, 4:30-5:30 p.m.; Carson Park, Friday from 6:30-7:30 p.m.; and Hemingway Park at 6 p.m.; Mills Park 5:30-6:00 p.m.

CARSON JUNIOR TENNIS PROGRAM

For boys and girls ages 10-15 yrs.

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

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



SUMMER ALL SPORTS CAMP

Basketball, Volleyball and Track

June Dates

June 8-12
June 15-19
June 22-26
June 29-July 3

Times

8:00 a.m. - 1 p.m.

August Dates

August 3-7
August 10-14

Times

8 a.m.-1 p.m.

July Dates

July 6-10
July 13-17
July 20-24
July 27-31

Times

8:00 a.m. - 1:00 p.m.

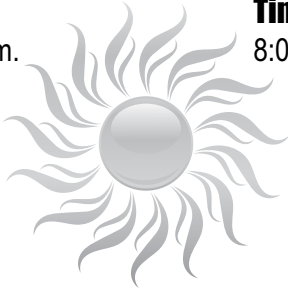


Ages 5 and up

Resident Fee: \$55/session

Non-Resident: \$60/session

Discounts for Veterans SportsComplex members
and multiple campers



Veterans SportsComplex

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



5,000lb

CHALLENGE

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

Culmination & Health Fair

- Results Revealed
- Come and see if the City of Carson met its goal of losing 5,000lbs
- Final Weigh-In for All Challengers
- Awards & Recognition for Top Challengers
- Health & Fitness Vendors

Veterans SportsComplex Main Gymnasium • 22400 Moneta Ave., Carson, CA 90745

VETERANS SPORTSCOMPLEX



Veterans SportsComplex Celebrates 25th Anniversary

Membership Specials Beginning
June 1, 2015 - August 31, 2015

Dads and Grads
Individual Quarterly Membership Special
\$55 residents/\$70 non-residents for 3 months

New Members Receive 25% Off Annual Fees
*does not include registration fee

Veterans SportsComplex

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

Daily Guest Fee
\$2.50 Mon-Fri til 5pm



SENIOR FITNESS MEMBERSHIP

Now taking sign-ups.
Enroll today and join our facility at no cost to you.



Call (310) 830-9991 for qualifications.
22400 Moneta Avenue, Carson, CA 90745

CELEBRATING 25 YEARS OF FITNESS

Commit To Be Fit!



MEMBERSHIP RATES

Annual Memberships

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

30-day Memberships

	Registration	New member		Renewal	
		Resident	Non-Resident	Resident	Non-Resident
Individual	\$10	\$34	\$40	\$25	\$30
Youth/Senior Citizen	\$5	\$25	\$30	\$20	\$23
Family	\$15	\$60	\$70	\$45	\$53

Daily Guest Rates

	6 a.m. - 3 p.m.		3 p.m. - close		Administration Fee First time guest visitor
	Resident	Non-Resident	Resident	Non-Resident	
Individual	\$5	\$6	\$10	\$12	\$10
Family	\$10	\$12	\$20	\$24	\$20

ALL FEES ARE SUBJECT TO CHANGE
10% Discount for Veterans

All Fees Are Subject To Change



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

HOURS OF OPERATION

Facility

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

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

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

Business Office

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

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

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

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



VETERANS SPORTS COMPLEX

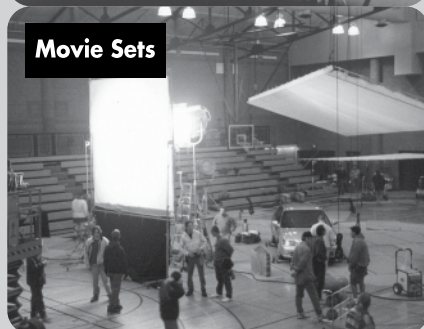
FACILITIES AVAILABLE FOR RENTAL



NBA Regulation
Basketball Court

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

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



Movie Sets

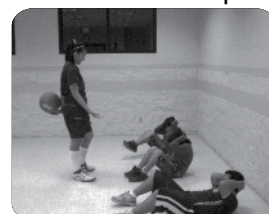
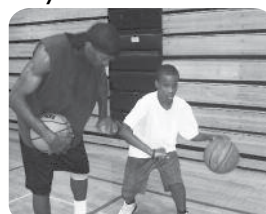
Banquet Halls and
Recreation Rooms

Raquetball
Courts

**In celebration of our 25th Anniversary,
during June, July, August, get 1 hour
of free prep time.
*minimum of 4 hour rental**

YOUTH CLASSES

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



Summer Blast - August 1, 2015

- Join all of our instructors for this great summer blast • Free for Everyone

ADULT CLASSES

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



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

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

SENIOR RECREATION

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

All Fees Are Subject To Change

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

CLASSES AND PROGRAMS

All classes are closed on City holidays

A variety of classes and programs are developed when special interests are identified. Classes require a minimum of 20 people and are free, unless otherwise noted. Classes meet at the Congresswoman Juanita Millender-McDonald Community Center. For more information, call (310) 835-0212, ext. 1478 or 1479.

ART

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

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



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

PERSONAL ENRICHMENT

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

FEATURED ACTIVITY

Fitness for Seniors

Have you heard of our low cardio class at Carson Park for seniors? FREE to seniors 50+. What is low cardio? It is an aerobic exercise, keeping one foot to the floor. Working always at your own pace! You haven't worked out until you've tried a low cardio class. Meaning you don't have to jump, skip or run. Come and join the us every Tuesday & Thursday from 8:30-9:30am. Get your heart rate going, moving to the latest tunes. But that's not all, we have Zumba,MWF Yoga(Thursdays) and ab, thighs and buns(Fridays) classes as well. Spring into Summer and get into shape!! For further information call (310) 835-0212 ext 1479. See you soon!!

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

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

SENIOR RECREATION



DANCE

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

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

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

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

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

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

CLUBS

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



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

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

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

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

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

EXCURSIONS

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

All Fees Are Subject To Change

SENIOR RECREATION



The Elito M. Santarina Senior Technology Center in operation, Monday - Friday from 9:00 a.m. - 5:00 p.m. Classes fill quickly and you must sign up. For further information, call (310) 835-0212, extension 1475. Class On-line registration is now available at <http://ci.carson.ca.us/ssi.asp>
Instructors: Jared Ortega Mon., Wed. & Friday
Paul Jones Tuesdays & Thursdays

Introduction to PC's

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

Beginning Class

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

Basics of Word Processing

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

Excel

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

Beginning Internet

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

Intermediate Internet

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

Advanced Computer Class

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

Are you looking for something to do in your spare time? Ever thought of volunteering to teach a class for seniors? We are looking for volunteers for book club, skincare, outside sports you name it, let's see what we can do!! If your interested please the Senior Recreation office at (310) 835-0212 ext 1479

Cyber Café

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

Seniors are encouraged to bring their laptops.

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

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

SENIOR RECREATION

EXERCISE

NO CHILDREN ALLOWED IN ANY SENIOR ACTIVITIES OR PROGRAMS

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

Basketball – Join this group, Monday through Friday at Scott Park from 8:30 – 10:30 a.m. Bounce your way into fitness with other players!! Come have fun and get a great cardio workout! For more information, call (310) 835-0212 ext 1475.

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

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

MUST SIGN IN DUE TO LIMITED CLASS SIZE.

Yoga Class – every Monday 1:15-2:15 p.m. at the JMMCC. Come and learn the different techniques of breathing and formation of Yoga. A cant miss class! Class is FREE to seniors 50+ Instructor- Charlene Craigen

Hot Hula Class - every Thursday at 1pm at the JMMCC. Come and join us as we move our hips into fitness with hula! Come on down and join us!! for further information call (310) 835-0212 ext. 1475 instructor is Charlene Craigen

Weightlifting and Conditioning – This class meets Monday through Friday from 8:30 – 10:30 a.m. Boxing and Weightlifting facility - 23410 Catskill Ave., phone number (310) 830-6439. Seniors are able to use exercise equipment such as: treadmills, ellipticals, exercise bikes, etc. Staff available if you have questions.

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

Please check days & times below exclusively for seniors 50+

Scott Park, 23410 Catskill Ave. • (310) 830-6439
Monday- Friday 8:30-10:30 a.m.

Carson Park, 21411 Orrick Ave. • (310) 830-4925
Monday -Friday 8:30 a.m.- 12 noon

Stevenson Park Gymnasium, 17400 Lysander Dr.
(310) 952-1745
MWF (Monday, Wednesday and Fridays only)
8 a.m.-11:30 a.m.

Senior Fitness Program

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

• Line Dancing

Every Friday from 10 a.m.- 11:30 a.m.

• Zumba

Every 2nd & 4th Friday from 8:30-10:30 a.m.

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

Class size limited for Zumba Class

• Zumba Class

Monday/Wednesday/Friday 8:30-9:30 a.m.
Monday/Wednesday 10-11 a.m.

• AB, THIGH and Buns class

Fridays from 10 a.m.-11 a.m.

• Low Impact Aerobics

Tuesday/Thursday 8:30-9:30 a.m.

• Yoga class

Tuesday 10:30-11:30 a.m.

HEALTH

Health Programs, Seminars & Lectures –

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

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

conversations about dementia

Tips to Help Family Conversations

This workshop will offer tips on how to have honest and caring conversations with family members about:



Going to
the doctor



Deciding when
to stop driving



Making legal and
financial plans

City of Carson – Human Services
3 Civic Plaza Drive
Carson, CA 90745

Monday, June 15th | 2:00 to 4:00 PM

R.S.V.P. Call Amanda Valorosi (310) 835-0212, Ext. 1471

alzheimer's  association®
California Southland Chapter

(800) 272-3900 Helpline
www.alz.org/socal

INFORMATION AND REFERRAL

Food Stamp/Medi-Cal Applications

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



Telephone Reassurance

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

Financial Counselor

A volunteer financial counselor is here most Tuesdays and Thursdays from 9:30 a.m. to 12:30 p.m. to help you with any financial questions you may have, including retirement planning. By appointment only. Please call (310) 952-1775.



Equipment Loan Program

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

SOCIAL SERVICES DIRECTORY GENERAL INFORMATION

Health and Human Services General Information: 2-1-1
AARP: (213) 380-1800
Area Agency on Aging: (213) 738-4004
Elder Abuse Hotline: (800) 992-1660
Mental Health Information: (800) 854-7771
Nursing Home Information: (800) 427-8700

EMERGENCY RESPONSE SYSTEMS

EARS Long Beach Memorial: (562) 933-0913

FOOD AND MEALS

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

HEALTH AND MEDICAL

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

HOUSING

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

IN HOME SERVICES

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

INSURANCE BENEFITS AND RESOURCES

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

LEGAL ASSISTANCE

Bet Tzedek Legal Services: (323) 939-0506

SUPPORT GROUPS

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

TRANSPORTATION

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

SPECIAL INTEREST CLASSES

WHAT IS A SPECIAL INTEREST CLASS PROGRAM?

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

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

All Fees Are Subject To Change

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

What is your interest?

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

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

Self Defense



Karate - 510 (4 week reg.)

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

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

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

REGISTRATION GUIDELINES

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

MAIL-IN REGISTRATION

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

WALK-IN REGISTRATION

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

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

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

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



MAIL-IN REGISTRATION FORM

Fill out all information—Please print

Last Name Only _____

Phone _____

Address _____

City _____

Zip _____

Emergency Name _____

Emergency Phone _____

A SEPARATE CHECK FOR EACH CLASS IS A MUST

Participant's First & Last Name _____ Age if Under 18 _____

Name of Class _____

Date ____/____/____ Time ____ Location ____

REFUND POLICY

HAVE YOU ENCLOSED A SELF-ADDRESSED, STAMPED ENVELOPE?

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

I HAVE READ AND UNDERSTAND THE REFUND POLICY.

Participant's signature _____ Date ____/____/____

Parent/Guardian signature _____ Date ____/____/____

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

ASSISTED LIVING

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

Case Management & Home Services

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



Geriatric Aide Program

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

EARS (Emergency Alert Response System)

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

Respite Care

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

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

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

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

Bereavement Support Group

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

Housing Rights Clinic

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

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

Nutrition Program

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

Food Bank

The Los Angeles Regional Food Bank invites low income seniors 60 years of age or older to participate in the Commodity Supplemental Food Program. Qualifying seniors receive a free food kit once a month. For more information, call (323) 234-3030.

Caregiver Support Group

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

SPECIAL NEEDS

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

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

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

Monthly Dances and Themes

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

- **June 12, 2015 - 50's Dance**
- **July 10, 2015 - Patriotic Dance**
- **Aug. 14, 2015 - Summer Fun Dance**

Arts and Crafts

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

Exercise Class

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

Basic Classroom Skills

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

Monthly Calendar

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

Carson Special Needs Parent Association

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

Variety Club

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



Special Olympics:

- **June 12-14, 2015
Summer Games at
Cal State University, Long Beach**
- **July 22-25, 2015
Special Olympic World Games**

The City of Carson will be hosting three (3) delegations from the following countries: Dominica, Palestine and Turkmenistan. There will be over 125 athletes and coaches visiting our City. If you see them visiting your area, please give them a courteous greeting.

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

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

JBj-MAO Stroke Center

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



NEW! Occupational Therapy

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

NEW! Circuit Training

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

Speech Therapy

This class is open to all stroke survivors whose speech may have been affected by stroke. This is a group activity with a licensed Speech Pathologist. Please see the monthly calendar for days and times.

Chair Exercise

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

Chair Volleyball

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



Water Exercise

This group class is held off-site in a heated, therapeutic pool. The pool has convenient access with a lift, ramps, and handrails. There are two lifeguards on duty. The water provides the body with an opportunity to move freely, change positions, and improve circulation. Meet at the Stroke Center at 1:00 p.m. for transportation to the pool.

Zumba Gold

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

Caregiver Support Group

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

PERMITS

Welcome to Permits!



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

Celebrate at our facilities!

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

Reservation/Cancellation Policy

Reservations are taken three (3) months in advance. To cancel a reservation date, please contact us fourteen (14) working days prior to the date of the reservation in order to receive a refund. Cancellations in the final 48 hours may be subject to a cancellation charge of 50%. No refunds will be given for cancellations the day of the event.

Equipment Rentals

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

Jumpers

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

ABC Party Rental: (310) 834-2892

Fiesta N Jump: (310) 263-1848

Trackless Train: (310) 324-1845

BR Party: (323) 907-0757

Major Jumpers & Entertainment: (323) 399-2533

Party Pronto: (877) 727-8437

Party on Rentals: (323) 255-1993

ALL FEES ARE SUBJECT TO CHANGE

ALL FEES ARE SUBJECT TO CHANGE

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

JOIN CITY OF CARSON PARKS & RECREATION ON FACEBOOK

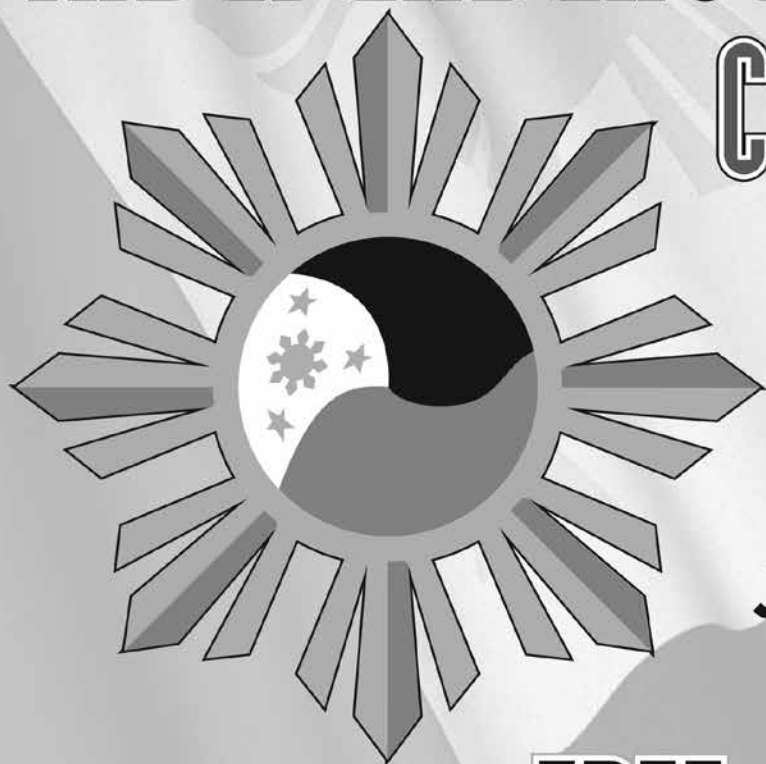
For information on reserving Victoria Park, call (310) 217-8370



City of Carson

117th PHILIPPINE INDEPENDENCE DAY

Celebration 2015



Saturday
June 6, 2015
7 a.m. – 7 p.m.

FREE

Veterans Park

22400 Moneta Avenue, Carson, CA 90745

For more information, call (310) 830-9997

PLO
0415

Recreation and Human Services

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

Transportation Services Division

3 Civic Plaza, Carson, CA 90745

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



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

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



TRANSPORTATION SERVICES

DIVISION EXCURSIONS



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

Online payments are now available.

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

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

All Fees Are Subject To Change

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

Following an acclaimed sold-out tour of the United Kingdom, Cameron Mackintosh's spectacular new production of Andrew Lloyd Webber's phenomenal musical success, THE PHANTOM OF THE OPERA, will come to Los Angeles as part of a brand new North American Tour. Critics are raving that this breathtaking production is "bigger and better than ever before." This PHANTOM features a brilliant new scenic design, Tony Award-winning original costume design, lighting design, new choreography, and a new staging. The production boasts many exciting special effects including the show's legendary chandelier. The beloved story and thrilling score - with songs like "Music of the Night," "All I Ask Of You," and "Masquerade" - will be performed by a cast and orchestra of 52, making this PHANTOM one of the largest productions now on tour! **Cost of \$95.00 per person** includes admission and round-trip transportation. **Bus departs at 5:00 pm and returns at 11:00 pm.**

Fillmore Railway Tour – Saturday, June 27, 2015

The historic trains of Fillmore & Western are located in equally historic downtown Fillmore, California. The 1920's-era business district greets visitors as they turn off of rural Highway 126. Pristine century-old citrus and avocado orchards are the main attraction along the route of the train rides. The passenger coach cars and dining cars are from the 1930's and 1940's, truly a step back in time for all who venture onboard. The many locomotives used to power the train are all pre-1950 and gently restored to meet the demands of the 21st century. **Cost of \$75.00 per person** includes round-trip bus transportation, train tour fee & boxed lunch. **Bus departs at 9:00am and returns at 6:00 pm.**

Catalina Island Tour – Saturday, July 11, 2015

Board the Catalina Express to begin your fun filled and exciting day. Enjoy the 22-mile nautical voyage to Catalina Island. Next, tour the island interior with an Avalon Scenic tour. After a no-host lunch, enjoy a glass-bottom boat tour which reveals spectacular sea life along the majestic island coastline. **Cost of \$105.00 per person** includes round-trip sea transportation from the mainland to Catalina Island and tour fees. **Bus departs at 7:00 am and returns at 5:00 pm.**

Return to Paradise – Wednesday, July 15, 2015

Hawaii and Tahiti equals paradise, but you don't have to spend "big bucks", or be in a cramped airline seat as "Return to Paradise" comes to you. Start the afternoon with a specially prepared island luncheon and then the stage will come alive with entertainers representing the music, dance, and traditions of the South Seas. ALOHA! **Cost of \$ 48.00 per person** includes round-trip transportation, lunch and show. **Bus departs at 10:30 am and returns at 3:30 pm.**

Santa Barbara French Festival – Saturday, July 18, 2015

Each year the Santa Barbara French Festival returns to Oak Park to celebrate Bastille Day and all the things that make the French cultural history so rich. Great food, wine, mimosas, crepes, delicious pastries, music, dance and the infamous Poodles & Pals Parade! It's the 27th annual French Festival. It's a Dance Festival, a Music Festival, an Arts, Crafts and Travel Festival and of course, a Food Festival. **Cost of \$30.00 per person** includes round-trip transportation. **Bus departs at 9:00 am and returns at 6:00 pm.**

Las Vegas Tour – Friday-Sunday, July 24-26, 2015

Tropicana Las Vegas, Your Home on the Las Vegas Strip. After a \$200 million complete transformation of the property, prepare to be surprised because the resort is now one of the best casino hotel properties located directly on the Strip. Now opened are new restaurants, a modern spa and fitness center. Meals and entertainment are not included. Bus departs Friday, July 24th at 7:00 am and returns Sunday, July 26th at 6:00 pm.

****Please contact Transportation Services at (310) 835-0212 x1489 for total cost regarding hotel accommodations and round trip bus transportation.**

Cabazon/Desert Hills Premium Outlet “Back to School Shopping” – Saturday, August 8, 2015

Find impressive savings at more than 180 stores such as Alexander McQueen, Armani, Coach, Dolce & Gabbana, Gucci, Helmut Lang, Jimmu Choo, Neiman Marcus Last Call, Loro Piana, Michael Kors, Nike, Polo Ralph Lauren, Prada and many more. **Cost of \$30.00 per person** includes round-trip transportation. **Bus departs at 8:30 am and returns at 5:00 pm.**

3 Kings, The Elvis Experience – Wednesday, September 16, 2015

The KING lives forever with his voice, showmanship, dramatic outfits, energy, and continuous stage performance without a break! For 3 decades, this once in a lifetime entertainer brought audiences around the world to their feet with screams, tears, and nonstop applause. Get ready to rock to classics like Hound Dog, Suspicious Mind and Love Me Tender. Relive and Rejoice. **Cost of \$48.00 per person** includes round-trip transportation, lunch and show. **Bus departs at 10:30 am and returns at 3:30 pm.**

2016 Tournament of Roses Parade – Friday, January 1, 2016

Experience – in person – the 127th Rose Parade themed, “Find Your Adventure,” with the magic of New Year’s Day in an unrivaled celebration, exclusive to the streets of Pasadena! The parade will feature majestic floral floats, high stepping equestrian units and spirited marching bands from throughout the world. **Cost of \$95.00 per person** includes round-trip bus transportation, coffee and donuts, and reserved, premium, mid-route grandstand seating. **Bus departs at 5:00 am and returns at approximately 12:00 noon.**

HOLLYWOOD BOWL SERIES – ALL EVENTS LISTED BELOW WILL BE AT THE HOLLYWOOD BOWL

Fireworks Celebration Spectacular with Smokey Robinson – Friday, July 3, 2015

Patriotic music and the King of Motown, Smokey Robinson – plus our fabulous fireworks display – make this annual celebration a don’t-miss affair! **Cost of \$75.00 per person** includes round-trip bus transportation and admission. **Bus departs at 3:30 pm and returns at 11:30 pm.**

Cirque Musica – Sunday, July 19, 2015

Cirque Musica takes audiences on a journey of spellbinding grace and daredevil athleticism, featuring glorious orchestral music performed live in artistic partnership with the greatest circus performers from around the world. Don’t miss this edge-of-your-seat experience where you will be awed by beauty, thrills, and majesty. **Cost of \$65.00 per person** includes round-trip transportation and admission. **Bus departs at 5:00 pm and returns at 11:00 pm.**

Sinatra’s 100th Birthday Celebration, Jazz at the Bowl – Wednesday, July 22, 2015

One of the most important music figures of the 20th century, “Old Blue Eyes,” is honored on his hundredth birthday with a celebration of his classic recordings that featured The Count Basie Orchestra, Antonio Carlos Jobim, and others. The Count Basie Orchestra and outstanding guest stars gather for this musical tribute. **Cost of \$40.00 per person** includes round-trip transportation and admission. **Bus departs at 5:00 pm and returns at 11:00 pm.**

Warner Bros. presents Bus Bunny at the Symphony-25th Anniversary! – Friday, August 14, 2015

For 25 hilarity-filled years, Bugs Bunny and his Looney Tunes pals have teamed up with live orchestras playing those phenomenal Carl Stalling scores, bringing audiences to their feet in laughter, cheers, and applause. The official Bugs Bunny at the Symphony anniversary party takes place this summer at the Hollywood Bowl, where you’ll see and hear Warner Bros.’ greatest animated shorts, plus exciting surprises like...well, we can’t tell you, can we? But expect favorites like What’s Opera, Doc?, The Rabbit of Seville and Zoom and Bored, as well as the “live orchestra” world premiere of Long-Haired Hare, animated in the Hollywood Bowl itself! **Cost of \$42.00 per person** includes round-trip transportation and admission. **Bus departs at 4:30 pm and returns at 11:30 pm.**

Smooth Summer Jazz – Sunday, August 23, 2015

The Bowl proudly presents our summer mini-festival of the finest smooth jazz artists. Artists include Dave Koz and Friends; Rick Braun, special guest; Kenny Lattimore, special guest; Larry Graham and Graham Central Station; Macy Gray and Harvey Mason Chameleon. **Cost of \$55.00 per person** includes round-trip transportation and admission. **Bus departs at 4:00 pm and returns at 11:30 pm.**

“SENIOR CITIZENS, YOU HAVE A VOICE”

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



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

Where: Congresswoman Juanita Millender-McDonald
Community Center

Date: The 2nd Monday of each month

Time: 4 p.m.

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

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



(310) 835-0212

**801 East Carson Street,
Carson, California 90745
www.carsoncenter.com**

SPECIAL INFORMATION

Volunteers: “Carson Wants You”

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

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



Carson Veterans Monument

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

Carson Veterans Wall

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

*Presented by:
The City of Carson and The Carson Citizens Cultural Arts Foundation*

The City of Carson's 2015 Juneteenth Rhythm & Blues Celebration

*Celebrate Freedom!
Happy Juneteenth!*

**SATURDAY
JUNE 13, 2015
11 A.M. - 6 P.M.**

**MILLS PARK
1340 E. DIMONDALE DRIVE
CARSON, CA 90745**

**FREE ADMISSION
ALL AGES WELCOME**

*A Family Fun Event!
Beautiful Park Setting!
Food and Vendor Booths!
Children's Play Area!
Great Prizes!
Simeon B. Ginyard's
Roll Bounce Classic Car Show!*

FOR MORE INFORMATION, PLEASE CALL: MILLS PARK (310) 631-3130 OR DIANNE THOMAS (310) 632-0756

SPECIAL INFORMATION

RECREATIONAL FACILITIES

your guide to Carson's parks and recreational facilities

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

LIGHTED = L UNLIGHTED = U