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

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All Prices Are Subject To Change

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

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

Welcome to the 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.

You can also read us online at:
ci.carson.ca.us/CityManager/csguide.aspx

A MESSAGE FROM THE Director of Community Services

Welcome to the SUMMER Edition of the City of Carson's Community Services Guide!

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

As the season changes and shifts to summer, we would like to encourage all residents and community members to take advantage of our programs and activities. We offer a state accredited after-school program at seven of our community parks for parents who need assistance with child care.

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

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

Idris Jassim Al-Oboudi
Director of Community Services

Special Events

JUNE

Philippine Independence Day
Veterans Park
Saturday, June 8, 2019
7:30 a.m. - 6:00 p.m.

Juneteenth Celebration
Mills Park
Saturday, June 15, 2019
11:00 a.m. - 6:00 p.m.

4th of July Community Friendship Day
Carson Park
Saturday, June 29, 2019
11:00 a.m. - 3:00 p.m.

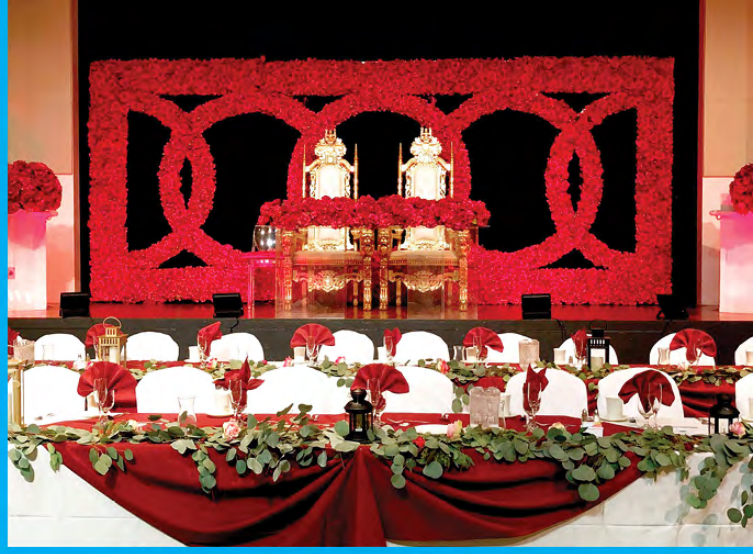
JULY

Treasure Island Day
Dominguez Aquatic Center
Saturday, July 13, 2019
Noon - 2:00 p.m. & 3:00 p.m. - 5:00 p.m.
$6 Resident $9 Non-Resident (Per Session)

A Day of Unity
Dignity Health Sports Park
Friday, August 16, 2019
5:30 p.m. – 10:00 p.m.

Carson
EVENT CENTER
Space, value and location

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



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

FULL SERVICE CATERERS

Choura
VENUE SERVICES

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

RESERVATIONS

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

ANDERSON PARK

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

CALAS PARK

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

CARRIAGE CREST PARK

CLOSED UNTIL 2020 FOR RENNOVATIONS

CARSON PARK

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

DEL AMO PARK

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

DOLPHIN PARK

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

POOLS

CARSON POOL

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

DOMINGUEZ AQUATIC CENTER

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

HEMINGWAY AQUATIC CENTER

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

FOISIA POOL

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

DOMINGUEZ PARK

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

HEMINGWAY PARK

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

MILLS PARK

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

FOISIA PARK

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

STEVENSON PARK

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

VETERANS PARK

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

VETERANS SPORTSCOMPLEX

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

MAKE A RESERVATION

Stop by in person:

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

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

IMPORTANT INFORMATION

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

VETERANS SPORTSCOMPLEX

NO MORE EXCUSES SUMMER WORKOUT

VETERANS SPORTSCOMPLEX

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

HOURS OF OPERATION

FACILITY

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

BUSINESS

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

MEMBERSHIP RATES

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

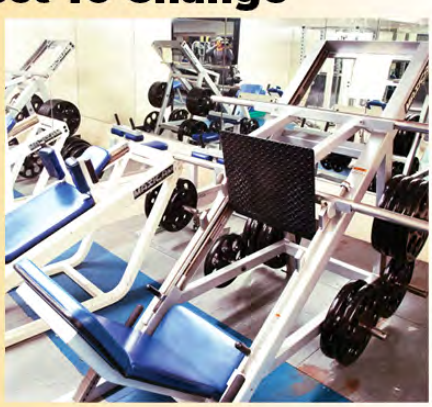
30 Day Membership	Registration		New Member		Renewal	
	Resident	Non-Resident	Resident	Non-Resident	Resident	Non-Resident
Individual	$12	$24	$41	$53	$30	$42
Youth/Senior Citizen	$6	$18	$30	$42	$24	$36
Family	$18	$30	$72	$84	$54	$66

DAILY GUEST RATES

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

10% Discount for Veterans

All Fees Are Subject To Change



CARSON VETERANS MONUMENT

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

CARSON VETERANS WALL

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

GET FIT FOR SUMMER

JUNE 1 - JUNE 30, 2019

3 months for only $60
Our special membership offer to get you ready for summer.

RED, WHITE & SAVE 2-for-1

JULY 1 - JULY 6, 2019

Our most popular special is back!
Celebrate the 4th of July for an entire week with this incredible special!
For all types of memberships
ALL AGES WELCOME

Island Summer Night Members Mixer

Free for all ages!

Friday, July 19, 2019 · 5 p.m. - 8 p.m.

Invite your family and friends for a fun night of games, music, raffle, prizes, and awesome island food! It's our way of saying "thank you" to all of our members.

AUGUST 1 - 30, 2019

4 MONTH MEMBERSHIP

$60 PER STUDENT ATHLETE

Ages: 12-17
Applicants must present current student ID.
Age restrictions apply for fitness center.
Alternative strength training workouts can be designed for those under 16.

Hurry!
Limited time offer

Veterans SportsComplex

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

SUMMER 2019 AQUATICS PROGRAM

Like us on Facebook! CITY OF CARSON PARKS AND RECREATION SERVICES
***NOTE: ALL AQUATIC FACILITIES WILL ONLY HAVE NOON RECREATION SWIM ON JULY 4, 2019.**
RECREATION.CARSON.CA.US/AQUATICS • AQUATICS OFFICE (310) 816-9381 • AQUATICS@CARSON.CA.US

AQUATIC LOCATIONS

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

Foisia Pool
(Formerly Scott Pool)
(310) 549-9051
23410 Catskill Avenue
Carson, CA 90745

Dominguez Aquatic Center
(310) 830-2391
21330 Santa Fe Avenue
Carson, CA 90810

Hemingway Aquatic Center
(310) 324-2515
16605 S. San Pedro Street
Carson, CA 90746

22nd Annual Treasure Island

Dominguez Aquatic Center
Saturday, July 13, 2019

Session 1: 12:00 p.m. – 2:00 p.m.
Session 2: 3:00 p.m. – 5:00 p.m.
Fee per person per session:
$6 Residents / $9 Non-Residents

Fourth of July Recreation Swim

All Pools
July 4, 2019
12:00 p.m. – 3:00 p.m.

Carson & Foisia Pool $1
Dominguez & Hemingway Aquatic Center $2

SWIM LESSON DATES

Mon/Wed/Fri
(6 classes)

Session 1: June 10 – June 21, 2019
*Session 2: June 24 – July 5, 2019
Session 3: July 8 – July 19, 2019
Session 4: July 22 – August 2, 2019
Session 5: August 5 – August 16, 2019

*July 4, 2019 – No Swim Lessons

Tue/Thu
(4 classes)

Session 1: June 11 – June 20, 2019
Session 2: June 26 – July 4, 2019
Session 3: July 9 – July 18, 2019
Session 4: July 23 – August 1, 2019
Session 5: August 5 – August 14, 2019

Saturday
(4 classes)

Session 1: June 15 – July 6, 2019
Session 2: July 20 – August 10, 2019

LESSON FEES PER SESSION (50 MINUTES EACH)

Mon/Wed/Fri
(6 classes)

	Adult	1st Child	2nd Child	3rd Child
Resident	$60	$55	$52	$49
Non-Resident	$90	$83	$78	$74

Tue/Thur or Sat
(4 classes)

	Adult	1st Child	2nd Child	3rd Child
Resident	$47	$42	$40	$38
Non-Resident	$71	$63	$60	$57

Note: Private Lessons are limited to instructor availability and pool space. All Private Lessons must be approved by the site specific supervisor.

Private Swim Lesson Fees:

(4 classes)	Private Lesson	Semi-Private
Resident	$150	$225
Non-Resident	$225	$338

SWIM LESSON LEVELS

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
All Ages	PL	Private Lesson	1 – 6

TT – Tiny Tot classes are only 40 minutes each class

NOTE: ALL FEES AND SCHEDULES ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE.

SUMMER 2019 AQUATICS PROGRAM

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***NOTE: ALL AQUATIC FACILITIES WILL ONLY HAVE NOON RECREATION SWIM ON JULY 4, 2019.**
RECREATION.CARSON.CA.US/AQUATICS • AQUATICS OFFICE (310) 816-9381 • AQUATICS@CARSON.CA.US

SWIMMING LESSON SCHEDULES

	Carson Pool Mon/Wed/Fri	Carson Pool Tues/Thurs	Carson Pool Saturday	Foisia Pool Mon/Wed/Fri	Foisia Pool Tues/Thurs
9:00 a.m.			PO, AP, M	TP/SF, PO	TP/SF, PO, M
10:00 a.m.	PO, AP, M	PO, AP, M	TP/SF, PO, AP	PO, AP	PO, AP, F/FF
11:00 a.m.	TP/SF, PO, AP	TP/SF, PO, AP	TT^, SF/SQ, M	SF/SQ, PO	SF/SQ, AP
12:00 p.m.	TT^, TP/SF, F	TT^, TP/SF, F	2:00 p.m.: TP/SF, PO, F	TT^, TP	TT^, TP/SF
3:00 p.m.	TT^, TP/SF, F	PO, AP, M	TT^, PO, AP	TP/SF, PO, AP	TP/SF, PO, AP
4:00 p.m.	TP/SF, PO, AP	TT^, TP/SF, AP	PO, AP, M		
5:00 p.m.	SF/SQ, PO, AP	PO, AP, M			
6:00 p.m.	TP/SF, M, AD	SF/SQ, PO, F			

	Dominguez Aquatic Center Mon/Wed/Fri	Dominguez Aquatic Center Tues/Thurs	Hemingway Aquatic Center Mon/Wed/Fri	Hemingway Aquatic Center Tues/Thurs	Hemingway Aquatic Center Saturday
9:00 a.m.	PO, AP, M	AD	AD	AD	PO, AP, M
10:00 a.m.	PO, AP, F	PO, AP, FF/SH	PO, AP	TP, PO, FF/SH	TT^, PO, AP
11:00 a.m.	TT^, TP, M	PO, AP, M	SF/SQ, PO, F/FF	PO, AP, M	TP/SF, PO, AP
12:00 p.m.	TP/SF, PO, AP	TP/SF, PO, AP	TT^, TP/SF, M	TT, TP/SF, M	PO, AP, SH
3:00 p.m.	TP/SF, PO, AP	SF/SQ, PO, AP	PO, AP	TT, TP/SF	
4:00 p.m.	PO, AP, M	PO, AP, M	TT^, TP/SF	PO, AP	
5:00 p.m.	TT^, TP, PO	TT^, TP	PO, AP, M	PO, AP, M	
6:00 p.m.	TP/SF, AD	TP/SF, AD	TP, FF/SH, AD	TP, M, AD	

Therapeutic Recreation held on Saturdays at Dominguez Aquatic Center
Please contact the Therapeutic Recreation Office at (310) 835-0212 to arrange swimming lessons.

SUMMER 2019 AQUATICS PROGRAM

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***NOTE: ALL AQUATIC FACILITIES WILL ONLY HAVE NOON RECREATION SWIM ON JULY 4, 2019.**
RECREATION.CARSON.CA.US/AQUATICS • AQUATICS OFFICE (310) 816-9381 • AQUATICS@CARSON.CA.US

JUNE 10 – AUGUST 16, 2019 & AQUA AEROBICS & LAP SWIM (AGES 15 AND ABOVE)

Carson Pool	Foisia Pool	Dominguez Aquatic Center	Hemingway Aquatic Center
MWF, 8:50 a.m. – 9:50 a.m. T/Th, 7:00 p.m. – 8:00 p.m.	M/W, 7:15 p.m. – 8:15 p.m.	T/Th, 8:50 a.m. – 9:50 a.m.	T/Th, 8:50 a.m. – 9:50 a.m. T/Th, 7:00 p.m. – 8:00 p.m.

RESIDENT FEE $6 / NON-RESIDENT FEE $6 / VETERANS SPORTS COMPLEX MEMBERS FREE

SENIOR AQUA AEROBICS & LAP SWIM (AGES 50 AND ABOVE)

JUNE 10 - AUGUST 16, 2019

Carson Pool	Hemingway Aquatic Center
T/Th, 8:50 a.m. – 9:50 a.m.	MWF, 8:50 a.m. – 9:50 a.m.

RESIDENT FEE $4 / NON-RESIDENT FEE $6 / VETERANS SPORTS COMPLEX MEMBERS FREE

FUTURE LIFEGUARDS • (PRE-REQUISITE: LEVEL 3 AND ABOVE)

MINI GUARDS (AGES 9-11)
JUNE 11 – AUGUST 15, 2019

Dominguez Aquatic Center	Hemingway Aquatic Center
T/Th, 5:00 p.m. – 6:50 p.m.	T/Th, 3:00 p.m. – 4:50 p.m.

RESIDENT FEE $160 / NON-RESIDENT FEE $240

JUNIOR LIFEGUARDS (AGES 12-17)
JUNE 10 - AUGUST 16, 2019

Dominguez Aquatic Center	Hemingway Aquatic Center
MWF, 5:00 p.m. – 6:50 p.m.	MWF, 3:00 p.m. – 4:50 p.m.

RESIDENT FEE $200 / NON-RESIDENT FEE $300

RECREATION SWIM

Carson Pool	Foisia Pool	Dominguez Aquatic Center	Hemingway Aquatic Center
W,Th,F, 1:15 p.m. – 2:45 p.m. MWF, 7:15 p.m. – 8:45 p.m. Sat, 12:15 p.m. – 1:45 p.m.	W,Th,F, 1:15 p.m. – 2:45 p.m T/Th, 7:15 p.m. – 8:45 p.m.	W,Th,F, 1:15 p.m. – 2:45 p.m T/Th, 7:15 p.m. – 8:45 p.m. Sat, 1:30 p.m. – 3:00 p.m.	W,Th,F, 1:15 p.m. – 2:45 p.m. M/W, 7:15 p.m. – 8:45 p.m. Sat, 1:15 p.m. – 2:45 p.m.
$1 PER SESSION		$2 PER SESSION	

Note: All Pools are closed on Monday and Tuesday for noon Recreation Swim and on July 13, 2019.

AQUATIC TEAMS

ARTISTIC SWIMMING TEAM
HEMINGWAY AQUATIC CENTER • JUNE 10, 2019 – AUGUST 16, 2019
MON/WED/FRI FROM 9:00 A.M. – 10:50 A.M.
PREREQUISITE: LEVEL 3 AND ABOVE.
MUST BE ABLE TO TREAD WATER IN THE DEEP END.
$160 RESIDENT & $240 NON-RESIDENT

TIGERSHARK SWIM TEAM
FOISIA POOL • JUNE 10, 2019 – AUGUST 16, 2019 • MON - FRI
GROUP #1: 4:00 P.M. – 5:30 P.M. • GROUP #2: 5:30 P.M. – 7:00 P.M.
PREREQUISITE: LEVEL 3 AND ABOVE. SWIMMERS MUST PASS THE SWIM TRYOUT ON THE FIRST DAY.
$250 RESIDENT & $375 NON-RESIDENT

WATER POLO TEAM
FOISIA POOL • JUNE 10, 2019 – AUGUST 16, 2019
MON – FRI FROM 11:00 A.M. – 12:30 P.M.
PREREQUISITE: LEVEL 3 AND ABOVE.
MUST BE ABLE TO TREAD WATER IN THE DEEP END.
$200 RESIDENT & $300 NON-RESIDENT

3-IN-1 SUMMER CAMP starts June 10th

$60 RESIDENT / $70 NON-RESIDENT

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

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

Location: Stevenson Park (top building)

BALLET

$38 RESIDENT / $48 NON-RESIDENT

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

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

Location: Carson Park (Dance room)

COSTUME DESIGN

$30 RESIDENT / $40 NON-RESIDENT

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

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

Location: Anderson Park

DRAMA

$25 RESIDENT / $35 NON-RESIDENT

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

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

Location: Mills Park

TEEN INTRO TO DRAMA

$25 RESIDENT / $35 NON-RESIDENT

A class where teens interested in drama and theatre arts can enhance and master their skill and technique.

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

Location: Mills Park

GLEE CLUB

$25 RESIDENT / $35 NON-RESIDENT

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

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

Location: CJMM Community Center

FLUTE

$48 RESIDENT / $58 NON-RESIDENT

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

AGES	DAYS	TIMES
7-14	Tue/Thu	4:00 p.m. – 4:50 p.m.

Location: CJMM Community Center

GUITAR

$48 RESIDENT / $58 NON-RESIDENT

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

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

Location: CJMM Community Center

HIP HOP DANCE

$38 RESIDENT / $48 NON-RESIDENT

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

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

Location: Carson Park (Dance room)

INTRO TO ART

$60 RESIDENT / $70 NON-RESIDENT

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

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

Location: Anderson Park

INTRO TO PIANO

$60 RESIDENT / $70 NON-RESIDENT

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

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

Location: CJMM Community Center

MATH MADE EASY

$30 RESIDENT / $40 NON-RESIDENT

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

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

Location: CJMM Community Center

READY, SET, READ

$60 RESIDENT / $70 NON-RESIDENT

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

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

Location: CJMM Community Center

SIGN LANGUAGE

$45 RESIDENT / $55 NON-RESIDENT

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

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

Location: Hemingway Park (small activity room)

SPANISH 4 KIDS

$60 RESIDENT / $70 NON-RESIDENT

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

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

Location: Hemingway Park (small activity room)

TAP DANCE

$38 RESIDENT / $48 NON-RESIDENT

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

AGES	DAYS	TIMES
5-9	Tue/Thu	5:00 p.m. – 5:50 p.m. (Beginners)
10-14	Tue/Thu	6:00 p.m. – 6:50 p.m. (Intermediate)

Location: Carson Park (Dance room)

TEEN ENRICHMENT CAMP starts June 17th

$60 RESIDENT / $70 NON-RESIDENT

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

AGES	DAYS	TIMES
12-17	Mon-Fri	7:00 a.m. – 6:00 p.m.

Location: Stevenson Park (bottom building)

VOICE

$25 RESIDENT / $35 NON-RESIDENT

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

AGES	DAYS	TIMES
5-12	Tue/Thu	6:00 p.m. – 6:50 p.m.

Location: CJMM Community Center

EARLY CHILDHOOD EDUCATION

CURRICULUM

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

SPECIAL EVENTS

Let's all cheer, summer is here! The Sun is out and shining and the children of the ECE are ready for 3 months of fun. To kick off this beautiful season the children will participate in a month long exploration of the great outdoors. Each week the children will discover different ways to play and learn outside through various sensory activities including:

- Water
- Sand
- Mud
- Bubbles
- Messy Art
- Clay

As our summer journey continues the students will be introduced to various themes that enhance their imagination which includes:

- Pirate Week
- Camping Week
- Super Hero Week
- Fairy Tales Week

To close out our summer the children will enjoy an outdoor carnival with games and lots of yummy treats.

TUITION RATES

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

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

••• RATES ARE SUBJECT TO CHANGE •••

CITY OF CARSON

SUMMER DAY CAMP

SPACE IS LIMITED! PRE-REGISTER TO GUARANTEE A SPOT

ARTS AND CRAFTS • WEEKLY THEMED ACTIVITIES
EXCURSIONS • FUN SUPERVISED OUTDOOR GAMES
LUNCH AND AFTERNOON SNACK PROVIDED DAILY

JUNE 10 - AUGUST 16, 2019

PRE-REGISTRATION: MAY 20 - JUNE 1, 2019

FOR BOYS AND GIRLS AGES 5-12

SIBLING DISCOUNTS:

$5 2nd Child / $7 3rd Child / $9 4th Child

TIMES	RESIDENT	NON-RESIDENT
7 A.M. - 5 P.M.	$80	$110
7 A.M. - 6 P.M.	$90	$130
9 A.M. - 5 P.M.	$60	$80
9 A.M. - 6 P.M.	$70	$100

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

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

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

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

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

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

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

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

FOISIA PARK
(FORMERLY SCOTT PARK)
23410 CATSKILL AVENUE
CARSON, CA 90745
(310) 830-8310

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

After School Club

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

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

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

Kids Club is located at the following parks:

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

YOUTH & ADULT SPORTS

YOUTH SPORTS

Flag Football and Soccer
(Ages 5 - 17)
Last Day to Sign Up: August 17, 2019
Tryouts: August 24, 2019
Season Begins: September 21, 2019

Girls Fall Softball League
(Ages 9 - 17)
Last Day to Sign Up: August 17, 2019
Tryouts: August 24, 2019
Season Begins: September 21, 2019
Registration:

Resident $25 each child
Non Resident $68 each child

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

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

ADULT SPORTS
(AGES 18 AND UP)

Men C/D Level
Registration: June 1, 2019 - July 11, 2019
Season Begins: July 11, 2019
Registration:

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

Women's C/D Level
Registration: June 1, 2019 - July 11, 2019
Season Begins: July 11, 2019
Registration:

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

Coed C/D Level
Registration: June 1, 2019 - July 12, 2019
Season Begins: July 12, 2019
Registration:

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

Summer Softball Tournament
Registration: June 15, 2019 - July 18, 2019
Play Begins: July 20, 2019

SUMMER SOCCER LEAGUES

4 on 4
Registration: July 1, 2019 - August 22, 2019
Season Begins: August 24, 2019
Registration:

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

8 Man
Registration: July 1, 2019 - August 22, 2019
Season Begins: August 25, 2019
Registration:

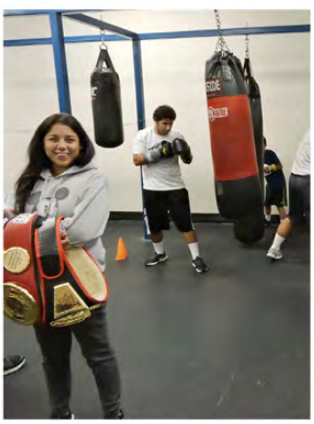
Resident	Non-Resident
$370 per team	$420 per team

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

BOXING & VOLUNTEER INFO

FABELA CHAVEZ BOXING FITNESS CENTER AT FOISIA PARK

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



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

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

BECOME A VOLUNTEER

NAYS National Alliance for Youth Sports

VOLUNTEER COACH

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

PARK PROGRAMS - YOUTH (AGES 5 - 12)

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

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

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

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

BOOK CLUB
Foisia Park's Book Club is all about encouraging kids to read, explore important topics, and have fun! Please contact the park for registration information.

Tue	2:00 p.m. - 3:00 p.m.	Foisia Park

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

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

CALLIGRAPHY CLASS
This class will teach the basics of calligraphy. Kids must know how to write cursive prior to registering.

Fri	3:00 p.m. - 4:00 p.m.	Foisia Park

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

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

DODGEBALL
Kids will be divided into teams and play a game of dodgeball.

Wed	1:00 p.m. - 2:30 p.m.	Foisia Park

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

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

INVENTOR'S WORKSHOP
In this class, youth ages 8 - 12 will have fun learning throughout the summer with hands on projects and activities that will encourage them to use their imagination and critical thinking skills.

Mon/Wed	1:00 p.m. - 2:00 p.m.	Anderson Park

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

Wed	6:00 p.m. - 7:30 p.m.	Dolphin Park
Wed	2:00 p.m. - 3:00 p.m.	Foisia Park
Thu	5:00 p.m. - 6:00 p.m.	Del Amo Park
Fri	4:00 p.m. - 5:00 p.m.	Dominguez Park
Fri	4:00 p.m. - 5:30 p.m.	Stevenson Park

MAD SCIENCE
Have a blast in this science program! Participants will build items like model rockets, an indoor storm, magic mud, and more!

Tue	1:00 p.m. - 2:00 p.m.	Del Amo Park

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

Mon	3:00 p.m. - 4:00 p.m.	Dominguez Park
Tue	4:00 p.m. - 5:00 p.m.	Calas Park
Fri	5:00 p.m. - 6:00 p.m.	Foisia Park

PINTEREST CRAFTING
In this class, kids will recreate fun and simple crafts found on Pinterest. Please contact park for registration information.

Mon	2:00 p.m. - 3:00 p.m.	Foisia Park

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

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

SOCCER CLINIC
This clinic will teach kids the fundamentals of soccer while preparing them for the upcoming soccer season. Please contact park for registration information.

Tue/Thu	6:00 p.m. - 7:30 p.m.	Dominguez Park
Thu	3:00 p.m. - 4:30 p.m.	Foisia Park

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

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

TRACK AND FIELD (AGES 5 - 17)
Designed to teach kids the basics and fundamentals on how to run and execute field events. Participants will learn proper form, ways to increase their speed, and have the opportunity to compete in multiple track and field meets.

Registration: $160

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

WATER GAMES
Kids will be split into teams and compete in games like water bucket relay, water balloon toss, and more! Winners will receive a prize at the end.

Wed	12:00 p.m. - 2:00 p.m.	Dolphin Park
Thu	2:00 p.m. - 3:00 p.m.	Foisia Park

YOUTH BASKETBALL
Kids will learn the basic fundamentals of basketball like shooting, dribbling, and passing. Participants will also split into teams of 3 and compete in a fun tournament. The team with the best record gets a prize!

Mon	5:00 p.m. - 7:00 p.m.	Foisia Park

YOUTH VOLLEYBALL
Kids will learn the basics of volleyball such as setting, passing, hitting, digging, and serving. This class is for ages 8 -12.

Wed	5:00 p.m. - 6:30 p.m.	Foisia Park

PARK PROGRAMS - TEEN (AGES 13 - 17)

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

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

CIRCUIT TRAINING
Perform high intensity interval training (HIIT) in a short period of time. This class offers groups for teens and adults.

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

GAMES GALORE
Kids and teens will play games like ping pong, foosball, air hockey, and more!

Thu	1:00 p.m. - 2:30 p.m.	Foisia Park

INTRO TO LIFTING
This is an intro class for kids and teens to learn the proper lifting form and eventually use real weights. Participants will use resistance bands, training belts, kettle bells, and more!

Mon/Wed/Fri	3:00 p.m. - 4:00 p.m.	Foisia Park

INTRO TO MECHANICS
Teens will learn the basics of maintaining a running car. Participants will learn to check oil, check tire pressure, how to jump start a car, how to change a tire, and more!

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

PICKLEBALL
Pickleball is a paddle sport that combines elements of badminton, tennis, and table tennis with two to four players on a team. This game is fast pace and tons of fun!

Mon/Wed	1:00 p.m. - 2:00 p.m.	Del Amo Park

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

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

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

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

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

PARK PROGRAMS - ADULT (AGES 18 AND UP)

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

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

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

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

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

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

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

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

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

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

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

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

STRETCHING CLASS
This class will teach the basics of stretching, increase flexibility, joint range of motion, and improved blood flow circulation to the muscles. This class is open to all age groups.

Tue	3:00 p.m. - 4:00 p.m.	Foisia Park

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

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

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

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

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

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

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

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

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

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

SPECIAL INTEREST CLASSES

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

ONE FITNESS CARD, THREE CLASSES!
This one card gives you access to three different fitness classes. Simply purchase a punch card for 6, 12, or 20 classes and use it for Fit Happens, Yoga, or Mat Class.
6 classes: $36 / 12 classes: $60 / 20 classes: $90

FITNESS CLASSES

FIT HAPPENS - Instructor: Melody Carter
This group exercise class is designed for people of all fitness levels to tone & tighten, build core strength, and improve cardiovascular conditioning. Go at your own pace, but challenge yourself a little more each time. Use your fitness card for this class.

Carson Community Center

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

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

Carson Community Center

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

MAT CLASS - Instructor: Melody Carter
This class combines functional fitness and flexibility, strengthening the body through yoga-inspired core moves. Use your fitness card for this class.

Carson Community Center

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

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

Carson Park

Day	Time	Start	Wks	Price
M/W	1:15-2:15 p.m.	7/8	6	Res- $42/Non-Res- $52
T/Th	1:15-2:15 p.m.	7/9	6	Res- $42/Non-Res- $52

START SMART SOCCER - Instructor: Tony Zuniga
This introductory class teaches children the fundamentals of soccer in a non-competitive environment. No experience necessary.
Parent participation is required.

Calas Park

Ages	Day	Time	Start	Wks	Price
2-5	Mon	5:15 p.m.- 6:00 p.m.	9/9	8	Res- $44/Non Res-$55
2-5	Wed	5:15 p.m.- 6:00 p.m.	9/11	8	Res- $44/Non Res-$55

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

Carson Park and Dominguez Park

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

SENIOR RECREATION (50+) ALL CLASSES FREE

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

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

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

ART & DANCE

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

Line Dancing - Learn and perform the latest line dances. All levels welcome.
Wed • Beg. • 9:00 a.m. – 10:00 a.m.
Wed • Int. • 10:00 a.m. – 11:00 a.m.

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

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

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

Salsa Dance - Enjoy the Latin rhythms while learning basic footwork, steps, turns, music timing and other dance techniques.
Tue • 10:00 a.m. - 11:00 a.m.

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

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

SENIOR RECREATION (50+) ALL CLASSES FREE

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

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

FITNESS CLASSES

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

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

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

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

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

Yoga - This class combines yoga poses with breathing and meditation techniques. All levels welcome, regardless of fitness level or yoga experience.
Mon • 1:00 p.m. - 2:00 p.m.
Wed • 4:30 p.m. - 5:30 p.m.
Fri • 2:00 p.m. - 3:00 p.m.

OLDER ADULT SOCIAL CLUBS

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

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

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

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

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

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

COMPUTER CLASSES

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

SENIOR RECREATION (50+) ALL CLASSES FREE

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

DANCE & FITNESS CLASSES

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

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

Yoga - This class combines yoga poses with breathing and meditation techniques. All levels welcome, regardless of fitness level or yoga experience.
Wed. 4:30 p.m. - 5:30 p.m.
Fri. 2:00 p.m. - 3:00 p.m.

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

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

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

FITNESS CLASSES

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

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

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

SENIOR RECREATION (50+) ALL CLASSES FREE

FOISIA PARK (FORMERLY SCOTT PARK) **/GYM**
23410 Catskill Avenue, Carson, CA 90745

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

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

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

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

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

UPCOMING EVENTS

AARP Mature Driving Course
July 22 & 23 (Monday & Tuesday)
2 day course • 9:00 a.m. - 1:00 p.m.
AARP Members $15 Non-Members $20
RSVP (310) 835-0212 ext. 1475

Las Vegas Day Luncheon
Friday, July 26, 2019
11:00 a.m. - 3:00 p.m.
Ticket sales:
(310) 835-0212 ext. 1475

INFORMATION AND REFERRAL

BRAILLE INSTITUTE

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

FOOD STAMP/MEDI-CAL APPLICATIONS

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

HOMELESS TASK FORCE

If you encounter, or someone you know is homeless, P.A.T.H. (People Assisting The Homeless) can help. Call our outreach hotline at (562) 457-0205. Homeless individuals or families can be connected with services that include housing assistance, veteran services, mental health care, medical clinic, employment services, and benefits enrollment.

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

FOOD AND MEALS

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

CAREGIVER SUPPORT GROUP

This support group is offered to adults of all ages who are family caregivers of other adults in their life. Whether you are taking care of a parent, spouse, adult child or other loved one, many of the stresses and struggles are the same. At this group we gather to discuss and support common problems, needs, and interests. Feeling, thoughts and experiences are shared. The goal is to share not only support, but ideas, and experiences that will help caregivers better cope with and manage the shared problems in a safe and caring environment. The group meets throughout the year on Tuesdays from 11:30 a.m. – 12:30 p.m. at the JMMCC. Please call ahead for more information (310) 835-0212 ext. 1471

BEREAVEMENT SUPPORT GROUP

This support group is offered to adults of all ages who are experiences grief following the death of a loved one Whether the death was just recent, or years ago and you are still struggling, all are welcome. It has been proved that individuals who have experienced such great loss can benefit from sharing with one another in a safe, and caring environment. The group meets throughout the year on Wednesdays from 10:00 a.m. – 11:00 a.m. at the JMMCC. Please call ahead for more information (310) 835-0212 ext. 1471

HOUSING RIGHTS WALK IN CLINIC

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

ALS (LOU GEHRIG'S DISEASE) SUPPORT GROUP

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

SENIOR INDEPENDENCE SUPPORT

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

SENIOR INFORMATION AND RESOURCE FAIR

Thursday, June 20 , 2019· 10:00 a.m. - 12:00 p.m.
The Senior Information and Resource Fair is a quarterly event organized by the Human Services Department. At each fair we invite community partners to come and share information on resources available to seniors and their families. The two hour event takes place in the Carson Event Center Atrium and is open to all. For more information on this event, please contact Amanda Valorosi at (310) 835-0212 ext. 1471.

FREE DIABETES WORKSHOP

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

Ages	Day	Time	Wks
18+	Mon	10:00 a.m. - 12:00 p.m.	6

FOOD AND MEAL ASSISTANCE

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

FOOD BANK

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

SENIOR INDEPENDENCE SUPPORT

SENIOR CITIZEN ADVISORY COMMISSION

This Commission meets on the 2nd Monday of each month at 4:00 p.m. at the Congresswoman Juanita Millender-McDonald Community Center at Carson. All are invited to attend and contribute at this meeting. Each year the Senior CItizen Advisory Commission nominates a senior from the community to be recognized at the Annual Older Americans Recognition Day (OARD) On Ma7 23rd, 2019, Mr. Brian A. Raber will be recognized at the awards program. The Commission submitted his recognition nomination and were asked to describe the honoree in 3 words. Compassionate, Dedicated, and Strong were the words used to describe Mr. Raber.

INTERGENERATIONAL PROGRAMMING

We are currently looking for adults 50 plus to participate in the FALL Semester of our intergenerational program. The intergenerational program is a collaboration between the older adults in our community and the high school students from Rancho Dominguez Preparatory Academy. Since 2016 we have been conducting an 8 week program each semester where individuals are paired up on a weekly basis to learn from one another in an attempt to build bonds and bridge the gap between generations. We ask for the commitment of one hour, one afternoon a week, for 8 weeks. For more information, or to be placed on an interest list of participants for the FALL semester, please call Amanda Valorosi in Human Services at (310) 835-0212 ext. 1471.

THERAPEUTIC RECREATION

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

ADULT DAY CLUB

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

Congresswoman Juanita Millender-McDonald Community Center
Registration: $25
Fridays: 6/21/19 - 8/9/19 • 10:00 a.m. - 1:00 p.m.
Ages: 18 and up with developmental disabilities

ADVENTURES IN ART

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

Congresswoman Juanita Millender-McDonald Community Center
Registration: $25
Tuesdays: 6/18/19 - 8/6/19 • 6:00 p.m. - 7:30 p.m.
Ages: 11 and up

BOWLING PROGRAM

Come play the fun game of bowling while learning the fundamentals and developing hand-eye coordination. Only registered participants in this program will be eligible for our Special Olympics Bowling Team.

Palos Verdes Bowl
Registration: $25 plus $9 each program date.
Saturdays: 6/22/19 - 8/17/19 • 9:00 a.m. - 11:30 a.m.
Ages: 8 and up

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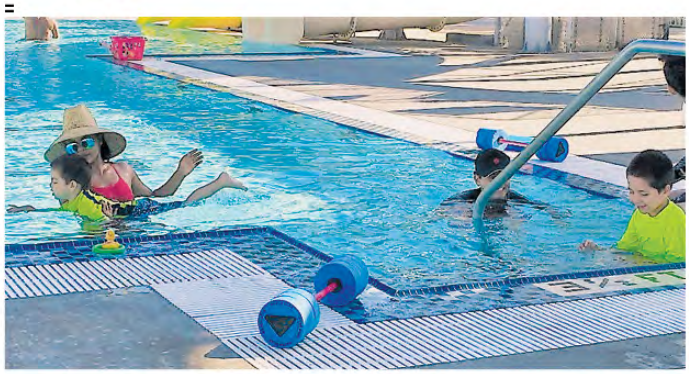


ADAPTED SWIMMING LESSONS

This program focuses on individualized water safety instruction and fundamental swimming skills.

Dominguez Aquatic Center
Registration: $50 per session
Saturdays:
Session 1 (6/15/19 - 7/06/19)
Session 2 (7/20/19 - 8/10/19)
9:00 a.m., 9:45 a.m., 10:30 a.m., 11:15 a.m. and 12:00 p.m.
Ages: 3 and up

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

STROKE CENTER INFORMATION

The award-winning Stroke Center is open Monday-Friday from 8:30 a.m. to 4:30 p.m., and is located inside the CJMM Community Center. Membership is free, and all stroke survivors must be at least six months post-stroke. Caregivers are welcome to participate in group activities. For more information, please call our friendly staff members at (310) 952-1763.

Here's what our members are saying about us:

"It's a great place that helps people. I love coming here. I met many people I like and everyone takes care of each other. I wish I had this kind of job."

James Lindsey
Stroke Survivor

CHAIR EXERCISE

This is a group exercise class that focuses on mobility, flexibility, and strengthening muscles.
Thu 12:30 p.m. - 1:30 p.m.

CHAIR VOLLEYBALL

This is seated indoor volleyball with a beach ball, which leads to improved motor skills and verbal communication.
Tue/Thu 11:30 a.m. - 12:30 p.m.

Shin takes his first steps with the help of our Occupational Therapist.

OCCUPATIONAL THERAPY

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

SPEECH THERAPY

This class is open to all stroke survivors whose speech may have been affected by stroke. This is a group activity with a licensed Speech Pathologist.
Tue 1:00 p.m. - 2:00 p.m.

YOGA

Survivors and caregivers alike can benefit from this modified yoga class. Students coordinate movement with breath to flow from one pose to the next.
Fri 12:45 p.m. - 1:45 p.m.

ZUMBA GOLD

Come enjoy a modified Zumba class for stroke survivors.
Mon / Wed 12:00 p.m. - 1:00 p.m.

Carson Circuit Schedule

Buses run every 40 minutes on all eight routes:

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

North/South Shuttle Schedule

Buses run every 50 minutes:

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

NO MID-DAY SERVICE
North/South Shuttle no longer runs weekends and holidays

Bus Fares

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

All buses are equipped to transport wheelchair occupants

TRANSPORTATION SERVICES

DIAL-A-RIDE PROGRAM

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

PROGRAM HIGHLIGHTS

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

SERVICE AREA

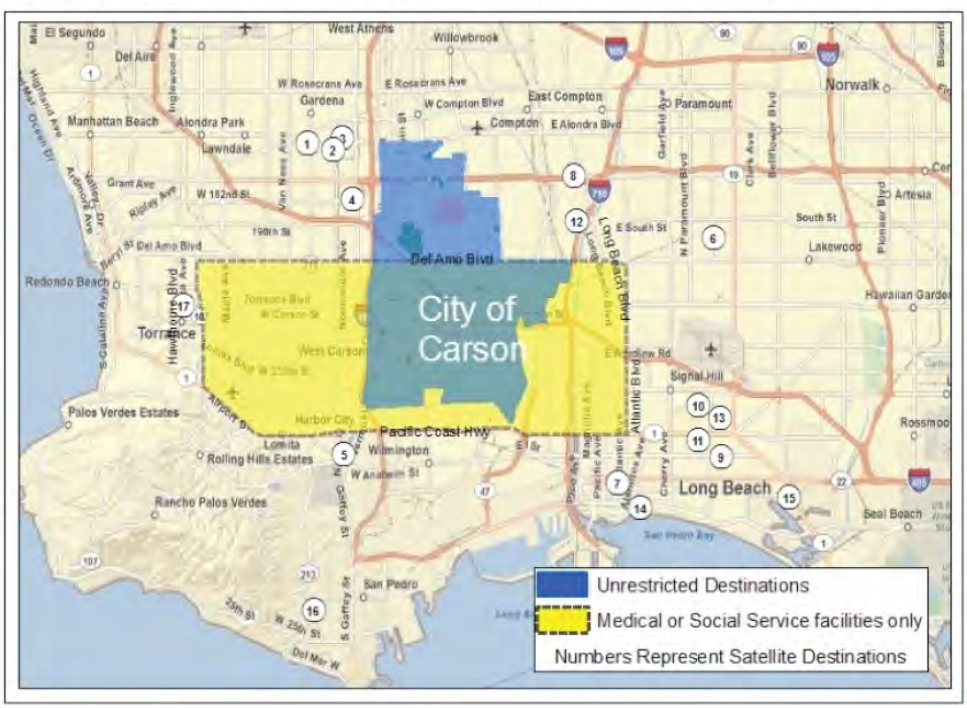
Participants may travel within Carson limits for any purpose, and to a limited number of medical facilities and social service agencies outside of the City.

REGISTRATION REQUIREMENTS (Must apply in person)

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

*ACCESS PARATRANSIT

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



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

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

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

TRANSPORTATION SERVICES

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

Online payments are now available.
Visit the City Website: http://ci.carson.ca.us
For more information: (310) 952-1757
Email: excursions@carson.ca.us

ALL PRICES & DEPARTURE/RETURN TIMES ARE SUBJECT TO CHANGE

MISS SAIGON, PANTAGES THEATRE
FRIDAY, AUGUST 9, 2019

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

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

CITY OF CARSON

CITY FACILITIES

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

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

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

PARKS

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

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

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

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

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

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

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

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

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

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

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

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

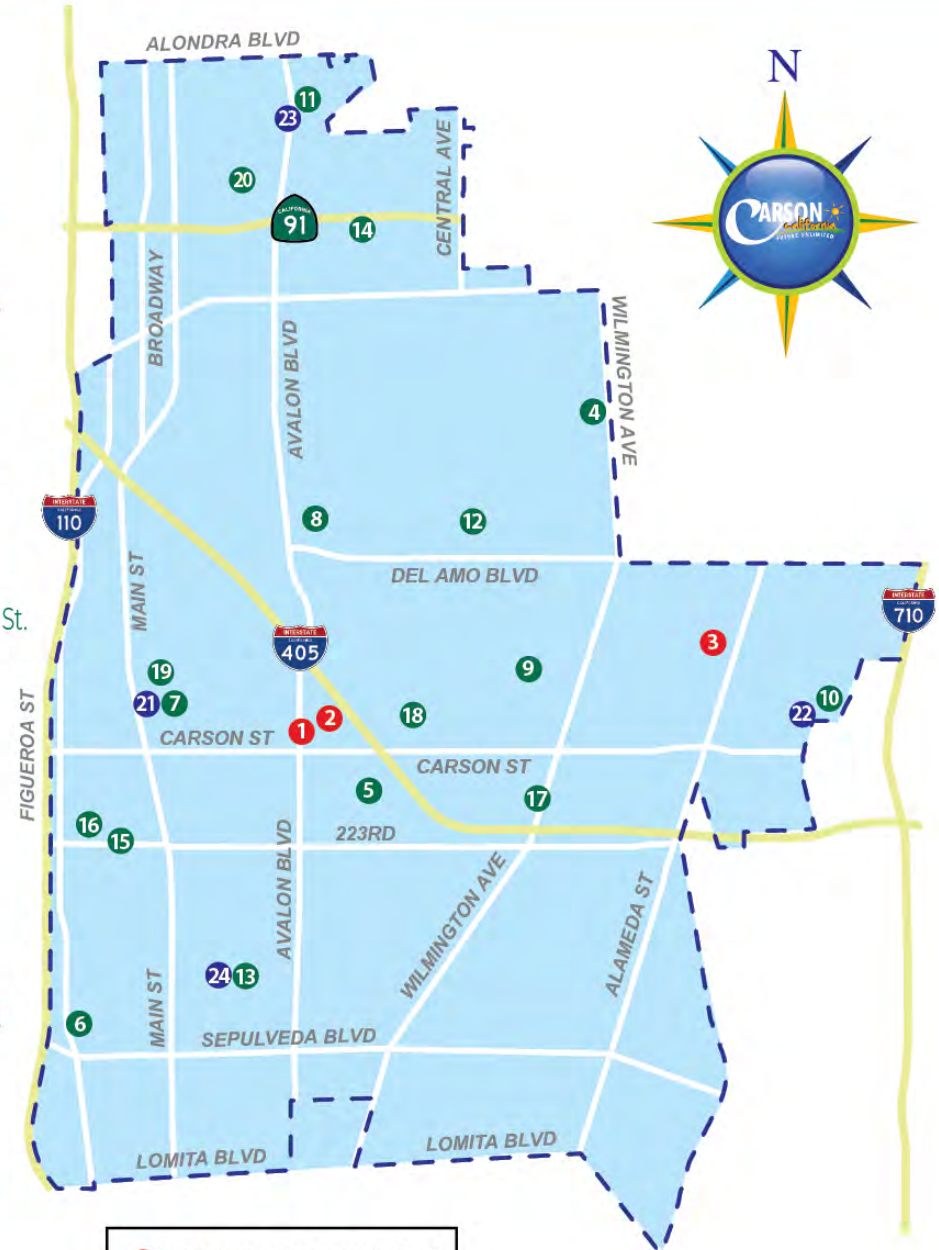
16 **Veterans SportsComplex**, 22400 Moneta Ave.
(310) 830-9991

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

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

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

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



POOLS

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

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

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

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