

CITY OF CARSON

Parks, Recreation & Human Services

2007

G U I D E

A P R I L • M A Y • J U N E



TABLE OF CONTENTS

Special Interest Classes 3-7

Class Registration 8

Fine Arts 9

Aquatics 10-15

Early Childhood 16-17

Kids/Teens 18-23

Adults/Seniors 24-32

Services/Facilities 33-40

Special Information 41-43

Elected Officials

Jim Dear, Mayor
Elito M. Santarina, Mayor Pro Tem
Harold C. Williams, Councilmember
Mike A. Gipson, Councilmember
Lula Davis-Holmes, Councilmember

Helen S. Kawagoe, City Clerk
Karen Avilla, City Treasurer

Jerome G. Groomes, City Manager

The **Parks, Recreation and Human 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 Parks and Recreation Programs, call (310) 847-3570. For general information about Human Services Programs, Transportation Services and the Community Center, call (310) 835-0212.

CITY OF CARSON POSITION STATEMENT

Carson is a vibrant city with a small town atmosphere where relationships are important. This is clearly visible throughout the community, from the stable single family neighborhoods, which make up nearly eighty percent of the city's residences, to the partnership between businesses and volunteer driven agencies which strengthen the city's remarkable social fabric.

The social composition of Carson is California in miniature. It is a city with a balanced ethnic and cultural mix living together in harmony and prosperity.

The community takes pride in the large percentage of Carson students who attend college, many to California State University, Dominguez Hills, a valuable asset to the city.

Carson's strategic position in the heart of the powerful economic engine that is Southern California attracts international corporations which recognize the city's bright future. The city's proximity to the West Coast's two major ports, as well as its intersection by four Southland freeways, makes it a major gateway to the Pacific Rim.

We, the people who live and work in Carson, take pride in our city and will continue to build relationships which ensure that future.

A MESSAGE FROM THE CITY TREASURER

The City Treasurer's Office has completed the expansion of the credit/debit card program in October 2004. This project involved the purchase and installation of credit card machines at all City facilities. Over 60 city employees have been trained on equipment operating procedures.

Currently, we are accepting Visa, MasterCard and debit card payments for Parks and Recreation programs and all other City services. Cardholders are required to present the credit card in person (payments cannot be made over the phone).

In addition to expansion of our credit/debit card program, we are working toward the installation of a new cash receipting program at all City facilities. The new software will streamline the receipting process by eliminating handwritten receipts. Look for the installation and implementation of this new equipment in 2006.

For more information on these programs, contact the City Treasurer's Office at (310) 952-1723.

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.

**For information on dates and times, call
(310) 952-1782 or (310) 835-0212, ext. 1461.**

WHAT REQUIREMENTS DO YOU NEED TO TAKE A SPECIAL INTEREST CLASS?

An interest and desire to learn is the requirement for taking a Special Interest Class.

CREATIVE CRAFTS

Candle Making for Fun and Profit - 466 (One day workshop)

Adults \$45/Resident \$50/Non-resident

This class will cover all you need to know about making candles at home. We will discuss basic safety, equipment, and materials. You will learn about different types of wicks, and how to color and scent your candles. You will make several types of candles, including votive, taper, and container candles. Each workshop is designed for first-time candle makers and for those who are looking to develop their technique and creativity. Workshops will have seasonal themes as various holidays approach.

Material fee: \$15

Instructor: Kimberly Watson

Mon. 6:00-9:00 p.m. Call for dates Comm Ctr

The Spa Experience at Home - 466 (One day workshop)

Adults \$45/Resident \$50/Non-resident

Create your own aromatherapy bath products at home. Learn to create tub teas, bath salts, and fizzies in just minutes. We will discuss basic safety, materials, scent layering, and packaging. Take home thorough handouts and make several of your own custom-scented products. We will cover the essentials of aromatherapy for home use. Material fee: \$15

Instructor: Kimberly Watson

Thur. 6:00-8:00 p.m. Call for dates Comm Ctr

Chocolate Candy Demo - 519 (1 day workshop)

Adults \$5/Resident \$10/Non-resident

This class will show you how to make chocolate suckers, filled pieces, 3D molds, roses, Mother's Day candy, and much more. Materials fee: \$5.

Instructor: Rita White

Fri. 7:30-9:15 p.m. Call for dates offsite



Cake Decorating - 519 (7 weeks)

Adults \$45/Resident \$50/Non-resident

This is a cake decorating class for beginners. First night will be an orientation. Please bring notebook and pencil. The materials for this class are extra and will be explained at orientation.

Instructor: Rita White

TBD 7:00-9:30 p.m. Call for dates offsite

Quiltmaking - 412 (6 classes)

All ages \$30/Residents \$35/Non-resident

Learn the basics of quiltmaking in this fun, self-paced class. Choose from lots of different kinds of projects, from gifts to home deco to wearables to big and small quilts. Learn a variety of techniques. No experience required. Material fee: \$25 per kit.

Instructor: Gaye Sunada

Wed. 6:30-8:30 p.m.

Comm Ctr

Session 1: 3/7 4/11

Session 2: 5/2-6/6



Fresh Flower Class/Basic - 469 (6 weeks)

Adults \$50/Resident \$55/Non-resident

Join this exciting class of fresh flower design, and each Saturday you will take home a lovely centerpiece that you have created. Earn extra dollars by selling your own designs to friends and family. \$10 fee each week for your fresh flowers.

Instructor: Ethel Nelson

Sat. 9:00-11:00 a.m.

Continuous

Comm Ctr

Balloon Decoration - 466 (2 weeks)

Adults \$50/Resident \$60/Non-resident

Learn Today.....Earn Tomorrow!

THIS CLASS IS TAUGHT IN ENGLISH AND SPANISH.

Have you ever stopped to wonder how many parties you go to in a year? The average person will attend over 500 parties in their lifetime. If you want to make money in your spare time or start your own balloon party planning business, this exciting and fun course will show you how to get started (Material fee - \$25).

You will learn all the secrets of balloon design, including:

- How to do arches
- How to find your vendor
- How to do balloon framing
- How to generate business
- How to do letters and numbers
- How to cash in on the booming wedding market
- How to do the bride and groom figures
- How to do holiday designs
- How to start up with little or no money
- How to make up to \$7,000 on Valentine's Day
- How to earn \$200 to \$1,000 a week part-time

Instructor: Oskar Guillen

Tues./Thurs. 6:00-8:00 p.m. 4/24 Comm Ctr

DANCE

Tahiti and Samoa Polynesian Dance - 570 (4 weeks, continuous)

Ages vary \$40/Resident \$45/Non-resident

Learn to move your hips to the exciting drum beats of Tahiti, and experience the fun and happy SIVAS (dances) of Samoa. Enrollment is continuous, and registration will be taken at the beginning of each month.

Instructor: Vai Manai

Thurs. 5:00-5:45 p.m.

Ages 11-13

Comm Ctr

Thurs. 6:00-6:45 p.m.

Ages 14 and up

Comm Ctr

Hawaiian Dance - 573 (4 weeks, continuous enrollment)

5 yrs-Adults \$37/Resident \$42/Non-resident

Learn to sway the Hawaiian way! Hawaiian and other Polynesian dances will be taught. Registration will be taken at the beginning of each month at the Carson Community Center only.

Instructor: Okima Kapaku

Sat. (Adult Hula) 11:00-11:45 p.m. Carson Park

Sat. (Kids) 11:45-12:30 p.m. Carson Park

Sat. (Intermed) 12:30-1:15 p.m. Carson Park

Mexican Folk Dance – 485 (Monthly)**Grupo Folklorico Sabor de Mexico**

7 yrs-Adults \$20/Resident \$25/Non-resident

Sabor de Mexico is a non-profit organization that emphasizes the historical stories through dance. The participants of this group have performed at major theme parks, CBS, Mexico, Las Vegas, and Spain. This program began in 1999 with three dancers, and now has over 60. Sabor de Mexico has won first place in a variety of competitions, and filming credits include a commercial.

Instructor: Irene Hernandez

Mon./Wed. 5:00-9:00 p.m. Continuous Comm Ctr

**Mexican Folk Dance – (Ongoing)****Grupo Folklorico Faisan**

10 yrs-Adults Class is free of charge

Grupo Folklorico Faisan is a non-profit organization that specializes in the art of Mexican folklorico dancing. Students (age 10-adult) are taught the steps, history, and skills of stage performing.

Instructor: Carmen Rodriguez

Mon. 6:00-8:45 p.m. Continuous Veterans Park

Wed. 6:00-8:45 p.m. Continuous Dominguez Park

Belly Dance - 575 (10 weeks)

Adults \$45/Resident \$55/Non-resident / \$70/Resident \$75/Non-resident (Both Classes)

Belly dancing is a feminine and sensuous dance of ancient Eastern Mediterranean origin, and includes the fundamentals of rib, hip, and stomach exercises.

Instructor: Lidia Lopez

Tues. 6:30-7:30 p.m. 4/24 Dolphin Park

Wed. 6:30-7:30 p.m. 4/25 Carriage Crest Park

Salsa - 484 (6 weeks)

Adults \$30/Resident \$35/Non-resident

Salsa is here to stay. Learn the basics of Cha Cha, Mambo, Merengue, and Salsa. Make new friends and have a great time. Singles and couples welcome. Wear comfortable shoes.

Instructor: William Maxwell

Tues. 6:00-7:00 p.m. 4/24 Comm Ctr

EDUCATIONAL CLASSES**Practical Street Self-Defense Training – 410 (8 weeks)**

Adults 18 and up \$55/Resident \$60/Non-resident

This course is designed to sharpen adults' mental and physical basic street self-defense skills. Adults will learn how to Relax, React, and Respond in an ever-growing dangerous society. Previous martial arts training is NOT a prerequisite. Explore self-defense possibilities when weapons are involved. Learn elbow strikes, joint and pressure point techniques, effective blocks against attacks, and escape techniques. This is a perfect class for spouses or couples to take together. This is a co-ed class with no belt ranks and no uniforms. *Instructor: Master Al Johnson has 31 years of martial arts experience in Tang Soo Do and Aikido.*

Thurs. 7:00-8:00 p.m. 4/26 Comm Ctr

Property Grants and Loans – 419 (One day workshop)

Adults \$10/Resident \$15/Non-resident

This informative workshop will explain what property grants are, how you can get them, and will provide some examples of alternative financing.

Instructor: Donnette Heard

Mon. 7:00-8:00 p.m. 5/7 Comm Ctr

**1st Time Home Buyers - 419 (1 day workshop)**

Adults \$15/Resident \$20/Non-resident

Class includes qualifications, programs available, and how to find a house that is right for you. This class has a \$5 material fee.

Instructors: Chris Neal & Rondal Rollin

Thurs. 6:30 - 8:30 p.m. Date TBD once 10 students enroll. Comm Ctr

Qualifying for a Home Loan - 419 (1 day workshop)

Adults \$15/Resident \$20/Non-resident

Class includes loan application, credit reporting, and finding a lender. This class has a \$5 material fee.

Instructors: Chris Neal & Rondal Rollin

Thurs. 6:30 - 8:30 p.m. Date TBD once 10 students enroll. Comm Ctr

Finding a Foreclosure Property - 419 (1 day workshop)

Adult \$15/Resident \$20/Non-resident

Class includes how to find the listings and how you can tell it's a foreclosure, and using Internet access to find a foreclosure.

This class has a \$5 material fee.

Instructors: Chris Neal & Rondal Rollin

Thurs. 6:30-8:30 p.m. Date TBD once 10 students enroll. Comm Ctr

Sign Language - 413 (6 weeks)

All Ages \$35/Resident \$40/Non-resident

You'll learn the basic signs of American Sign Language and basic signing, including the alphabet and numbers. You'll learn to make phrases, sentences, and many other words used everyday. It's really a fun language.

Instructor: Diana Hagen

Wed. 6:00-7:30 p.m. 4/25 Comm Ctr



Learning Trails Tutoring - 514

3 yrs-Adults \$20/hr-Resident \$22/hr-Non-resident

Group classes: 3 times a week for six weeks - \$165

Develop new skills or improve old ones.

- Computer Assisted Program • Reading • SAT • Writing • Algebra • Language
- Geometry • Science • Social Science • Homework Assistance • Basic Math • Pre Algebra
- GED Prep • Cat 6 • Develop new skills or improve old ones

Instructor: Phyllis Garror

Hours and days to be arranged Ongoing Offsite

Community CPR (1 day workshop) - 419

Adult \$35/Resident \$40/Non-resident

This course will train individuals to act in emergency situations, to recognize and care for life-threatening emergencies. Learn CPR for adult, child, and infant victims. A \$13 materials fee is due to the instructor on the first day of class. Certificates: Adult, Child, Infant CPR (valid for 1 year)

Instructor: Julia Releford

6:00-10:00 p.m.

Please call for class dates.



First Aid Basics (1 day workshop) - 419

Adults \$35/Resident \$40/Non-resident

This first aid basics course is designed for those who want first aid training without the CPR component. The course covers: bleeding, muscle and bone injuries, sudden illness, checking unconscious victims, shock, poisoning, heat & cold emergencies, and more!

A \$13 materials fee is due to the instructor on the first day of class.

Certificate: Basic First Aid (Valid for 3 years)

Instructor: Julia Releford

Please call for class dates and times.

Community First Aid and Safety (2 day workshop) - 419

Adult \$40/Resident \$45/Non-resident

This course will train individuals to act in emergency situations, to recognize and care for life-threatening emergencies such as respiratory or cardiac problems, sudden illness or injuries. First Aid and CPR skills for adults, children, and infants will be practiced. A \$13 materials fee is due to the instructor on the first day of class. Certificates: Adult, Child, Infant CPR (valid for 1 yr.), Basic First Aid (valid for 3 years)

Instructor: Julia Releford

Please call for class dates and times.

Parent/Family/Child Care Education - 419 (Continuous enrollment)

\$50/Resident \$55/Non-resident (Pre-registration is required.)

This class includes court-ordered parent education, general parent education, and child care education. The STEP Parent Education Program meets the requirements for court ordered parent education. Parent education classes are for parents, families, and relatives who seek to enhance and build positive relationship skills, and explore discipline and behavior skill alternatives. A Certificate of Completion may be issued on completion of 10-12 weeks of attendance. Material Fee: \$20 (due to instructor first day of class)

Instructor: Priscilla Charles-Carter

Call for dates and times.

Comm Ctr

Child Care Education - 419 (4 weeks)

Adults \$50/Resident \$55/Non-resident

Classes introduce a new topic each week. The topics meet the requirements for day care, foster care (B, F, & D), and continuing educational hours for training. Participants will receive an 8-hour Certificate of Participation after 4 weeks of attendance.

Instructor: Priscilla Charles-Carter

Call for dates and times.

Comm Ctr

Muddy Paws Dog Training - 517 (7 weeks)

Adults \$90/Resident \$95/Non-resident

Learn to solve problems such as chewing, digging, barking, biting, house soiling, etc. All dogs are welcome from the age of a few months and up. For your dog's safety, we do require they have all the necessary vaccinations.

Instructor: Margie Goldwine

Sat. 4:00-5:00 p.m. Call for dates. Offsite

Chamorro Language - 413 (6 weeks)

5 yrs-Adults Free/Resident \$5/Non-resident

Learn about Chamorro culture and heritage. Explore the rich culture, music, and language of the island of Guam.

Instructor: Juana Sanchez

Sat. 8:30-10:30 a.m.

4/28

Comm Ctr

Computer Training Workshops - 456 (5 classes)

Adults \$75/Resident \$80/Non-resident

If you are like most people, you function best in an environment that is set up specifically to fit the way you work, and you probably want your computer to be set up the same way. If so, come join us and discover something new, including information about Word, Excel, Access, and PowerPoint.

Instructor: Beverly Anthony

Wed/Thurs. 6:30-9:30 p.m.

4/25

Comm Ctr



Small Business Success: Steps to Start - Up-456 (3 classes each)

Adults \$85/Resident \$90/Non-resident

Learn the steps to small business success in this three-part series of classes. Course 1 involves legal structures of business ventures. Course 2 teaches the power of a business plan and how to develop one for your entrepreneurial venture. Course 3 teaches basic bookkeeping, accounting, and financial management designed for running a business. This series helps you take a critical, objective, unemotional look at your business idea.

Instructor: Beverly Anthony

Fri. 6:00-8:00 p.m.

4/27

Comm Ctr

MUSIC/THEATER

Spring Break Theatre Camp - 488 (One week)

Ages 6-15 \$125/Resident \$130/Non-resident

Kids take the stage! This camp is a performance-based program exploring all aspects of live theatre, including choreography, vocal training, make-up, costumes, and stage crew who will work directly with lighting and stage equipment. This workshop is geared for the young actor who wants to begin building skills for high school theatre and beyond. There will be an emphasis on audition skills, speaking skills, script reading, and stage terminologies. These skills and more will be put to use in a short performance for families and friends on the last day of camp.

Director: Vivian McClure

Mon-Fri April 2-6 1:00-5:00 p.m. Comm Ctr

**Reader's Theatre - 488 (6 weeks)**

Ages 9-16 \$25/Resident \$30/Non-resident

Join a creative reading course with an emphasis on acting and role-playing. Learn script reading techniques and stage blocking, projecting the voice, memorization skills, interpretation skills, and reading aloud with a group. There will be a reading performance at the last class.

Instructor: Vivian McClure

Thurs. 6:00-7:00 p.m. 4/26 Comm Ctr

Piano - 461 (4 weeks)

All Ages \$65/Resident \$70/Non-resident

A basic piano course designed to acquaint you with keyboard, music symbols, and note reading. Children must have begun to read upon entering the class. Half-hour private lessons. The instructor will call you to arrange your lesson time.

Instructor: William Cavuti

Classes to be scheduled with instructor Continuous Comm Ctr

**Guitar - 461 (4 weeks)**

12 yrs-Adults \$45/Resident \$50/Non-resident

Learn guitar basics, chords, how to play a melody, and accompanying songs. Students must bring guitar, notebook and pencil to class.

Students only allowed in classroom.

Instructor: Enrique Ruiz

Fri. 6:00-7:00 p.m. 4/27 Comm Ctr (Beginning)

**Voice - 406 (4 weeks)**

12 yrs-Adults \$36/Resident \$40/Non-resident

This class will teach you proper breath control, pitch, and actual performance of a song in a group or solo.

Instructor: Enrique Ruiz

Fri. 5:00-6:00 p.m. 4/27 Comm Ctr

WOOD WORKING

Wood Art - 468 (6 weeks)

Adults \$30/Resident \$36/Non-resident

Discover where to find your own patterns and the techniques of transferring them to wood. Learn how to use a scroll saw safely, the art of wood burning, painting, and other methods of decorating. This is a great class to use your cutouts for tole painting.

Instructor: Stew Sanford

Tues. 7:00-9:00 p.m. Continuous Comm Ctr

Wood Carving - 468 (6 weeks)

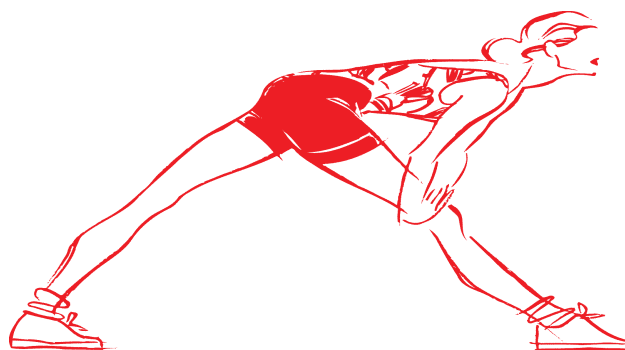
Adults \$30/Resident \$36/Non-resident

Learn basic wood carving techniques by completing four projects. This hands-on class is self-paced and advanced students will be assigned more difficult projects to suit their interests.

Instructor: Stew Sanford

Tues. 7:00-9:00 p.m. Continuous Comm Ctr

EXERCISE

**Aerobics and Body Conditioning (10 consecutive classes) - 438**

Adults \$30/Resident \$35/Non-resident

This beginning/intermediate class incorporates aerobic exercise and free weights for the ultimate work-out. It offers 30 minutes of aerobic exercise and 30 minutes of weight training.

Instructor: La Shona Jenkins and Latario Rachal

Tues./Thurs. 7:15-8:15 p.m. Ongoing Comm Ctr

Materials Needed: One set of dumbbells. (Two sets optional.)



Yoga - 453 (8 weeks, ongoing)

Adults \$56/Residents \$61/Non-residents

Learn and practice basic Hatha Yoga postures with breath exercises and relaxation techniques. Please bring a sticky yoga mat to class.

Instructor: Christina Abeyta

Thurs. 6:00-7:00 p.m. 4/26 Comm Ctr

Karate for Kids- 410 (Monthly)

5-17 \$55/Resident \$60/Non-resident

Students will learn basic blocks, kicks, punches, take downs, and katas. This class will instill discipline, self-confidence, self-control, and patience in the students. Registration is taken at the beginning of each month.

Instructor: Master Ron Lyde

Tues./ Thurs. 5:00-6:00 p.m. Beginners Ongoing Comm Ctr

Tues./ Thurs. 6:00-7:00 p.m. Advanced Ongoing Comm Ctr



Ice Skating - 558 (5 weeks)

2 yrs-Adults \$45/Resident \$50/Non-resident

Students should dress warmly in layers and be sure to bring gloves or mittens. Check in at least 30 minutes prior to class start time. Class instruction lasts 30 minutes and is taught by a qualified staff instructor. Location: Glacial Gardens in Lakewood

Pre-registration is required through the city.

SPRING 2007 SCHEDULE OF CLASSES GLACIAL GARDEN SKATING ARENA

Class	Ages	Day	Time	Start Date	End Date
Parent/Tot Participation	2-5	Tues.	11:15-11:45 a.m.	3-20-07	4-24-07**
		Sat.	12:15-12:45 p.m.	3-24-07	4-28-07**
		Tues.	11:15-11:45 a.m.	5-8-07	6-5-07
		Sat.	12:15-12:45 p.m.	5-5-07	6-9-07*
		Tues.	11:15-11:45 a.m.	6-12-07	7-17-07***
Tots	4-6	Sat.	12:15-12:45 p.m.	6-16-07	7-14-07
		Thurs.	4:00-4:30 p.m.	3-22-07	4-26-07**
		Sat.	10:15-10:45 a.m.	3-24-07	4-28-07**
		Thurs.	4:00-4:30 p.m.	5-10-07	6-7-07
		Sat.	10:15-10:45 a.m.	5-5-07	6-9-07*
Jr. Youth	7-9	Thurs.	4:00-4:30 p.m.	6-14-07	7-12-07
		Sat.	10:15-10:45 a.m.	6-16-07	7-14-07
		Wed.	6:30-7:00 p.m.	3-21-07	4-25-07**
		Thurs.	4:00-4:30 p.m.	3-22-07	4-26-07**
		Sat.	10:15-10:45 a.m.	3-24-07	4-28-07**
Youth	10-14	Wed.	6:30-7:00 p.m.	5-9-07	6-6-07
		Thurs.	4:00-4:30 p.m.	5-10-07	6-7-07
		Sat.	10:15-10:45 a.m.	5-5-07	6-9-07*
		Wed.	6:30-7:00 p.m.	6-13-07	7-18-07***
		Thurs.	4:00-4:30 p.m.	6-14-07	7-12-07
Adult	15-99	Sat.	10:15-10:45 a.m.	6-16-07	7-14-07
		Thurs.	7:10-7:40 p.m.	3-22-07	4-26-07**
		Sat.	10:15-10:45 a.m.	3-24-07	4-28-07**
		Thurs.	7:10-7:40 p.m.	5-10-07	6-7-07
		Sat.	10:15-10:45 a.m.	5-5-07	6-9-07*
Tot Hockey	4-6	Thurs.	7:10-7:40 p.m.	6-14-07	7-12-07
		Sat.	10:15-10:45 a.m.	6-16-07	7-14-07
		Thurs.	4:00-4:30 p.m.	3-22-07	4-26-07**
		Sat.	10:15-10:45 a.m.	3-24-07	4-28-07**
		Thurs.	4:00-4:30 p.m.	5-10-07	6-7-07
Youth Hockey	7-12	Sat.	10:15-10:45 a.m.	5-5-07	6-9-07*
		Thurs.	4:00-4:30 p.m.	6-14-07	7-12-07
		Sat.	10:15-10:45 a.m.	6-16-07	7-14-07
		Thurs.	4:30-5:00 p.m.	3-22-07	4-26-07**
		Sat.	11:15-11:45 a.m.	3-24-07	4-28-07**
		Thurs.	4:30-5:00 p.m.	5-10-07	6-7-07
		Sat.	11:15-11:45 a.m.	5-5-07	6-9-07*
		Thurs.	4:30-5:00 p.m.	6-14-07	7-12-07
		Sat.	11:15-11:45 a.m.	6-16-07	7-14-07

**** No Classes the week of 4/9-4/14 for Spring Break**

***No Class on Saturday, May 26, 2007**

*****No Classes on Wednesday, July 4, 2007**

PRACTICE TIMES:

Day	Class Time	Practice Time
Tuesday	11:15 a.m.	11:00 a.m.-1:00 p.m.
Wednesday	6:30 p.m.	7:10-8:40 p.m.
Thursday	4:00/4:30 p.m.	2:45-4:45 p.m.
Thursday	7:10 p.m.	7:10-8:40 p.m.
Saturday	10:15/11:15 a.m.	10:45-11:15 a.m.
Saturday	12:15 p.m.	12:00-2:00 p.m.

SPECIAL INTEREST CLASS REGISTRATION

REGISTRATION GUIDELINES

- All activities, times, dates, and instructors are subject to change by the Human Services Division.
- 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

1. Complete the registration.
2. 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.
3. 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

Community Center, Special Interest Office
Monday through Friday 8 a.m.-6 p.m.

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

EVENING REGISTRATION AT:

Community Center, 3 Civic Plaza Drive
Monday through Thursday 5-8 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 and Last Name	Age if Under 18	Name of Class	Date	Time	Location	Program Fee

HAVE YOU ENCLOSED A SELF-ADDRESSED, STAMPED ENVELOPE?

REFUND POLICY

1. Refunds will only be given when a class is canceled by the City of Carson, Human Services Division.
2. Refunds will only be given upon presentation of the original white receipt.
3. Request for refunds must be made within two (2) weeks of class cancellation.
4. Allow 4-5 weeks for refunds.
5. When paid by check, proof of bank clearance must be presented for refunds.
6. 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, Community Center, 3 Civic Plaza Dr., Carson CA 90745.

F I N E A R T S

Carson Art Association

The Association meets in the Carson Center the first Tuesday of each month at 7 p.m. Guest artists highlight the meetings. For information, contact the Fine Arts Office at (310) 952-1705.

The Carson-Dominguez Hills Symphony Association

This Association, for the past 20 years, has been the backbone of the symphony. Over 200 members strong, the Association handles many of the non-musical aspects of the symphony, such as fund-raising, audience development, and social gatherings. Membership is \$20 with special corporate categories for Carson-based businesses.

To join, write the Symphony Association, P.O. Box 5425, Carson, CA, 90749.

The Carson-Dominguez Hills Symphony Orchestra

Under the direction of Dr. Frances Steiner, the Symphony has been honored nationally for its artistic excellence. One of the few women commanding recognition in the world of conduction, Dr. Steiner, as Musical Director and Conductor of the Carson-Dominguez Hills Symphony, has instituted innovative programming that combines popular classics and contemporary music. This nationally acclaimed conductor became the first woman to conduct a professional orchestra at the Los Angeles Music Center's Dorothy Chandler Pavilion. Dr. Steiner invites all musicians to audition for membership in the orchestra. For audition information, call the University Music Department at (310) 243-3543. All concerts are free and seating is on a first come, first served basis.



Vivian McClure's Theatre Productions

e-mail: MrsVHere@aol.com

This Fine Arts program will rotate to three elementary schools this year. The schools host this six week program that becomes a part of the schools' spirit through participating and working together to create a full-scale 40 minute one-act play. These plays are complete with sets, costumes, and lighting equipment that is provided in a touring package.

More than 40 children are selected through reading auditions to play the parts and work the stage equipment as the stage crewmembers. Students rehearse the play and learn the technical jobs to put it all together in performances for student body assemblies and a one evening performance. A large number of children participate in this six-week program that reaches an audience of 3,600 students and Carson residents each year.

Apollo West Carson Players

The Carson Players, Inc. was established in 1974, and is headed by Marvin Clayton, Executive Director. The Carson Players produce stage productions, cultural arts events, and provide training in the fields of dancing, singing, acting, technical stage producing, and auditioning skills. The goal of the Carson Players is to provide an environment where both the professional and nonprofessional can work hand-in-hand in the field of Fine Arts. For additional information, please call Marvin Clayton at (310) 741-1942.

The Filipinas Chorale, U.S.A. & The Cherubs

The Filipinas Chorale, U.S.A., under the direction of Sr. Marie Vincent Llamzon, is a 36 member choir whose musical versatility is demonstrated in its repertoire ranging from traditional sacred songs to popular classics and Broadway musical numbers and folk songs. The choir's dynamic character is matched by its simple yet elegant costumes and tasteful choreography. "The Cherubs" is a children's choir composed of boys and girls ranging in ages of 5-15 years, who, together with the Filipinas Chorale, have performed in successful choral concerts. These amazing children bring joy to the heart with their vibrant songs and dance numbers. For more information, call (310) 635-0509.

Mariachi Academy of Carson

The Asociacion Cultural de South Bay of Greater Los Angeles proudly begins its next season for the Carson Mariachi Academy. Its youth Mariachi program ended its last year with over nine performances during a ten-month session. The students continue to receive ranchera style music instruction in trumpet, violin, guitar and guitarron from Mariachi Society professionals. This year, voice classes have been added to the curriculum. The classes are offered as an after-school program on Wednesday afternoons from 3:30-6:00 p.m. at the Carson Community Center. The age range for most students is 7-17 years. For further information, please call (310) 717-2957 (messages).

International Printing Museum

The Printing Museum is a living, working experience of the evolution of mankind's single greatest invention – the printed word. Visitors will experience personal, working tours by knowledgeable guides who will make history come to life for visitors of all ages. The Printing Museum will be hosting educational programs for young children who attend a number of Carson elementary and middle schools. For more information, call (310) 515-7166.

Francisco Martinez Dancetheatre

Francisco Martinez will be taking his company to perform for your children at numerous Carson schools. For more information, call (818) 988-2192.

U P C O M I N G E V E N T S

Please call (310) 952-1705 for all
Fine Arts programs and events.

MAY

MAY 4, 2007

"It's SNOWING CATS & DOGS"

Presented by Vivian McClure Theatre Productions
Towne Ave. Elementary School
6:30 p.m.
FREE

JUNE

JUNE 6, 2007

"CANCIONERO"

Presented by Francisco Martinez Dancetheatre
Carson Community Center
10:00 a.m.
FREE

JUNE 10, 2007

JUNETEENTH CELEBRATION

Presented by the Fine Arts & Historical Commission
Carson Community Center
1:00 p.m.
FREE

JUNE 16, 2007

SPRING CONCERT

Presented by the Filipinas Chorale USA and the Cherubs
CSUDH, University Theater
8:00 p.m.
FREE

JUNE 25-AUGUST 3, 2007

FINE ARTS SUMMER ACADEMY

Carson Community Center
For more information, please call for details, (310) 952-1705

RECREATION EVENTS

upcoming special events • mark your calendar now!

YOUTH CONFERENCE



Carson Community Center • Saturday, April 21, 2007

10 a.m. – 10 p.m. **FREE ADMISSION WITH REGISTRATION**

9 a.m. Registration Live Entertainment • Food

Contact Parks & Recreation Department at (310) 847-3566

E mail: programs@carson.ca.us

31st ANNUAL CINCO de MAYO CELEBRATION



Carson Park • Saturday, May 5, 2007

Noon – 6 p.m. **FREE ADMISSION**

Free Entertainment • Mariachi Music • Folklorico Dancers •

Boxing Exhibition • Arts & Crafts • Game Area • Food & Display Booths

Contact Carson Park at (310) 830-4925

108th PHILIPPINE INDEPENDENCE DAY CELEBRATION



Veterans Park • Saturday, June 9, 2007

Noon – 9 p.m. **FREE ADMISSION**

Live Entertainment • Cultural & Musical Presentations • Guest Speakers •

Santa Cruzan • Food & Display Booths • Children's Game Area

(This event is sponsored The Filipino Independence Day Foundation and co-sponsored by the City of Carson)

Contact Parks and Recreation at (310) 830-9997

29th ANNUAL JAZZ FESTIVAL



Anderson Park • Sunday, June 24, 2007

Noon – 7 p.m. **FREE ADMISSION**

Free Admission • Live Entertainment • Food and Display Booths •

Raffle • Giveaways • Prizes • Kiddy Area with Carnival Games

Contact Anderson Park at (310) 603-9850

FACILITY & EQUIPMENT RENTALS

Let us plan your next party



PARKS



20X40 CANOPY



EASY UP CANOPY



WHITE FOLDING CHAIRS



BANQUET TABLE

Do you need help with your next party? No problem. We can help you plan your next family reunion or company picnic.

We can help you with your flyers, invitations, banners, room decorations and equipment set-ups.

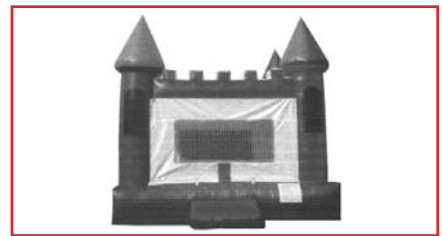
Call us about this special service at a nominal price.

- PARKS
- SWIMMING POOLS
- CANOPIES: 10X10, 20X40 & EASY UPS
- WHITE FOLDING CHAIRS
- PODIUM WITH MICROPHONE
- PICNIC SHELTER
- TABLE CLOTHS & TABLE SKIRTING
- LARGE & SMALL HELIUM TANKS
- BARBECUE GRILLS

Call (310) 847-3574 for more information.



PICNIC SHELTER



MOON BOUNCE



POOLS



PODIUM WITH MICROPHONE



Looking for the coolest summer job?

The City of Carson is recruiting **Lifeguards, Swim Instructors, Aquatic Coaches, and Senior Lifeguards.**

\$9.71 - \$15.26 per hour

"NEW" MINI GUARDS

Ages 9 - 11 June 26 - August 30 Tues/Thur 3:00 - 5:00 p.m.
Fee: \$65 for the entire summer
Learn Lifeguard skills and improve your swimming skills.
Class offered at Scott Pool.

"NEW" Private Swim lessons

All ages

Fees: \$125 one participant
\$200 two participants

Fee includes 5 private swim lessons lasting for 45 minutes each.
Call the Aquatic office for further information and scheduling,
(310) 847-3578.

Limited to instructor availability



Aqua Camp

August 6 - August 17, 2007

Time: 7 a.m. - 6 p.m.

Fee: \$200 or \$110 a week

Where: Dominguez Aquatic Center

For individuals who love the water.
Enjoy daily swim lessons, water safety, crafts,
recreation swim, and educational water activities.

Field Trips include sailing, kayaking, canoeing,
aquarium, and beach.

Space is limited, so sign up early.

Leeway Sailing Trip

Thursday, August 9, 2007

Time: 10 a.m. - 4 p.m.

Fee: \$20 (Fee includes bus and
equipment rentals.)

Pick up: Dominguez Aquatic Center

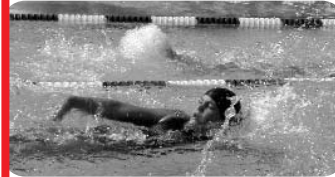
Enjoy the day in the sun by sailing, kayaking, and
canoeing at Los Alamitos Bay in Long Beach.



Join an Aquatic Team!



• Dive



• Junior Lifeguards



• Swim Team

• Mini Guards

**For program details, call
Aquatics at (310) 847-3578**

SENIOR AQUATIC PROGRAM DOMINGUEZ AQUATIC CENTER



Starting June 26, 2007 • Tuesday and Thursday
Call Aquatics, (310) 847-3578 • 8:00 - 9:30 a.m.

• Aqua Aerobics • Lap Swim
• Health and Fitness

FREE!!!

SUMMER AQUATIC PROGRAMS



SWIM LESSON SESSION DATES

Monday - Friday lessons:

I June 26 - July 7

Carson Pool and Scott Pool

Pre I June 11 - June 22 (evening only) "NEW"

All Pools Open

I June 25 - July 6

II July 9 - July 20

III July 23 - August 3

IV August 6 - August 17

V August 20 - August 31

VI September 3 - September 14 (evening only)

Saturday lessons:

Carson Pool and Dominguez Aquatic Center

S I June 30 - July 28

S II August 11 - September 8

60-minute lessons

REGISTRATION

Mail-in registration forms will be mailed in late April for patrons who participated in swim lessons or specialty classes this previous summer 2006. If you did not participate in any aquatic activities last year and would like to be added to the mailing list, call the Aquatics office at (310) 847-3578 to be placed on the list.

Mail-in Registration:

May 14 - May 31

Walk-in Registration:

June 4 - June 8	Monday - Friday	1:00-7:00 p.m.
June 11 - June 15	Monday - Friday	3:00-7:00 p.m.
June 9 - August 25	Saturday	1:00-4:00 p.m.
June 25 - August 31	Monday - Friday	8:30 a.m.-noon
June 25 - August 31	Monday - Friday	3:30-6:30 p.m.

1. Please register early, as classes fill up quickly.
2. Please note that classes are subject to change or cancellation, and 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.

SWIM LESSON FEES

\$32/ 1st Child \$29/ 2nd Child \$26 / 3rd child (siblings only)

Private Swim Lessons: "NEW"

One participant \$125

Two participants \$200

45-minute lessons - 5 lessons



SERVING YOUTH THROUGH SPORT

SCHOLARSHIPS

Accepting scholarship applications - May 7

Scholarship forms available throughout the summer until funds no longer available.

The AAF (Amateur Athletic Foundation), Family Support Program & ConocoPhillips provide partial and full scholarships (for students ages 6 months - 17 years) based on financial need. Applications may be picked up at the Corporate Yard, 2400 E. Dominguez St., Carson, beginning Monday, May 7 or at the pools during registration hours. For more information, call the Aquatics office at (310) 847-3578, or call the pools directly after June 4, 2007.

POOL SCHEDULES

SCHEDULES AND CLASSES ARE SUBJECT TO CHANGE

CARSON POOL

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

CARSONPL@CARSON.CA.US

Monday - Friday

8:00 - 8:30 a.m. Swim Lessons

8:40 - 9:10 a.m. Swim Lessons

9:20 - 9:50 a.m. Swim Lessons

10:00 - 10:30 a.m. Swim Lessons

10:00 - 11:00 a.m. Dive Team

10:40 - 11:10 a.m. Swim Lessons

11:20 - 11:50 a.m. Swim Lessons

12:00 - 12:30 p.m. Swim Lessons

1:00 - 2:45 p.m. Recreation Swim

3:20 - 3:50 p.m. Swim Lessons

4:00 - 4:30 p.m. Swim Lessons

4:40 - 5:10 p.m. Swim Lessons

5:20 - 5:50 p.m. Swim Lessons

6:00 - 6:30 p.m. Swim Lessons

6:40 - 7:10 p.m. Swim Lessons

Monday / Wednesday

7:30 - 8:30 p.m. Aqua Aerobics

7:30 - 8:30 p.m. Lap Swim

Tuesday / Thursday

7:30 - 9:00 p.m. Recreation Swim

Saturday

9:00 - 10:00 a.m. Swim Lessons

10:10 - 11:10 a.m. Swim Lessons

11:20 a.m. - 12:20 p.m. Swim Lessons

12:30 - 1:30 p.m. Swim Lessons

2:15 - 4:00 p.m. Recreation Swim

DOMINGUEZ AQUATIC CENTER

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

DAC@CARSON.CA.US

Monday / Wednesday / Friday

8:00 - 8:50 a.m. Swim Lessons

9:00 - 9:50 a.m. Swim Lessons

8:00 - 9:30 a.m. Aqua Aerobics / Lap Swim

Tuesday / Thursday

8:00 - 9:30 a.m. Senior Program

Monday - Friday

10:00 - 10:30 a.m. Swim Lessons

10:40 - 11:10 a.m. Swim Lessons

11:20 - 11:50 a.m. Swim Lessons

12:00 - 12:30 p.m. Swim Lessons

1:00 - 2:45 p.m. Recreation Swim

3:20 - 3:50 p.m. Swim Lessons

4:00 - 4:30 p.m.	Swim Lessons
4:40 - 5:10 p.m.	Swim Lessons
5:20 - 5:50 p.m.	Swim Lessons
6:00 - 6:30 p.m.	Swim Lessons
6:40 - 7:10 p.m.	Swim Lessons
7:30 - 9:00 p.m.	Recreation Swim
Saturday	
8:00 - 9:00 a.m.	Swim Lessons
9:10 - 10:10 a.m.	Swim Lessons
10:20 a.m. - 11:20 p.m.	Swim Lessons
12:00 - 1:45 p.m.	Recreation Swim
2:15 - 4:00 p.m.	Recreation Swim

SCOTT POOL

23410 Catskill Ave., Carson, CA 90745 • (310) 549-9051
SCOTTPL@CARSON.CA.US

Monday - Friday

8:00 - 8:30 a.m.	Swim Lessons
8:40 - 9:10 a.m.	Swim Lessons
9:20 - 9:50 a.m.	Swim Lessons
10:00 - 10:30 a.m.	Swim Lessons
10:40 - 11:10 a.m.	Swim Lessons
11:20 - 11:50 a.m.	Swim Lessons
12:00 - 12:30 p.m.	Swim Lessons
11:00 a.m. - 12:30 p.m.	Lap Swim
1:00 - 2:45 p.m.	Recreation Swim
3:20 - 3:50 p.m.	Swim Lessons
4:00 - 4:30 p.m.	Swim Lessons
4:40 - 5:10 p.m.	Swim Lessons
5:20 - 5:50 p.m.	Swim Lessons
6:00 - 6:30 p.m.	Swim Lessons
6:40 - 7:10 p.m.	Swim Lessons
5:15 - 7:15 p.m.	Swim Team

Monday / Wednesday

7:30 - 9:00 p.m.	Recreation Swim
------------------	-----------------

Tuesday / Thursday

7:30 - 8:30 p.m.	Aqua Aerobics
7:30 - 8:30 p.m.	Lap Swim

Saturday

12:00 - 1:45 p.m.	Recreation Swim
-------------------	-----------------

CLASS DESCRIPTIONS

Lessons for ages 6 months to adults. From the beginner to advanced swimmers. Participants are tested on the first day of class. If they are enrolled in an inappropriate level, they will be transferred to the correct class, if an opening is available. If you are unsure of which class level to enroll your child for, you should take our Aquatic Level Quiz.

INFANT CLASS (6 months to 3 years)

Tiny Tots: Introduction to the water. Under the guidance of an instructor, parents will help their children work on water adjustment, breath control, and swimming readiness skills. An adult must accompany the child into the water daily.

TODDLER CLASSES (3 to 4 years)

Water adjustment, floating, kicking, arm strokes, and water safety. Classes may be combined.

Tadpole: An introduction to the water for the first-time or reluctant swimmer.

Starfish: For young participants comfortable and willing to put their face in the water and demonstrate an assisted float.

Squid: For students able to swim 15 feet on front and back unsupported.

AMERICAN RED CROSS LEARN-TO-SWIM PROGRAM
(5 years and up)

Polliwog - Level 1: Ages 5 years and up. An introduction to the water. Class time is spent on water adjustment, floating, kicking, arm stroke, and water safety. Prerequisite: none

Advanced Polliwog - Level 2: Ages 5 years and up. Students learn the fundamentals of front and back crawl, turning over while floating, and water safety. Prerequisite: Level 1 card or equivalent skills

Minnow - Level 3: Refinement of the front and back crawl and swimming endurance. Butterfly kick, front dives, treading water, and safety skills. Prerequisite: Level 2 card or equivalent skills.

Fish - Level 4: Refinement of skills, learning breaststroke, butterfly, elementary backstroke, and increasing endurance. Students need to be comfortable in deep water and have the ability to swim multiple lengths of the pool. Prerequisite: Level 3 card or equivalent skills.

Flying Fish - Level 5: Continue on front and back crawl, work on elementary backstroke, breaststroke, sidestroke, and butterfly workout, flip turns, and safety skills. Students may swim up to 20 lengths of the pool in deep water during one class period. Prerequisite: Level 4 card or equivalent skills.

Shark - Level 6: Four different courses: water safety, lifeguard readiness, fitness, or diving. Class focus determined by consensus. Prerequisite: Level 5 card or equivalent skills.

ADULT SWIM LESSONS

Ages 15 and up. Adults learn the fundamentals of swimming or perfecting stroke techniques. Instructors tailor swim instruction to fit each individual's need. Prerequisite: none

Which Class Should I Register My Child For?**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:
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:
Swim front crawl for 10 yards • Swim back crawl for 10 yards.
Comfortable swimming in deep end • Can float on back / front unsupported

Fish

Prerequisites:
Swim front crawl for 15 yards with rotary breathing • Swim back crawl for 15 yards
Swim in deep water • Tread water for 30 seconds • Sitting/kneeling dive

Flying Fish

Prerequisites:
Standing dive • Elementary backstroke / breaststroke / butterfly for 15 yards.
Front / back crawl for 25 yards • Swim underwater for 3 body lengths
Tread water for 1 minute

Shark

Prerequisites:
Elementary backstroke / breaststroke / butterfly / sidestroke - 25 yds.
Front / back crawl for 50 yards • Tread water for 2 minutes • Flip turns



SPECIALTY CLASSES AND PROGRAMS

Partial Scholarships may be available

Dive Team Carson Pool

June 25 - August 31 Mon. - Fri., 10 - 11 a.m. Fee: \$20
This AAF-assisted team trains daily. Learn springboard diving skills on 1-meter board. No experience necessary. Prerequisite Level-3 card or equivalent skills.

Junior Lifeguard (ages 12 - 17) Scott Pool/Dominguez

June 25 - August 31 Mon/Wed/Fri 3-5 p.m. Fee: \$100/summer
Mon/Wed/Fri 4-6 p.m. Dominguez Aquatic Center
The concepts of lifeguarding, including basic rescues, scanning techniques, first aid and CPR, and health and fitness.

Required uniform: Navy blue one-piece swim suit or trunks.

Prerequisite: Level-3 card or equivalent skills

Mini Guards (ages 9 - 11) Scott Pool "New"

June 26 - August 30 Tues/Thurs 3-5 p.m. Fee: \$65/summer
Not old enough to be a Junior Lifeguard? Then Mini Guards is for you. Learn how to be a lifeguard. Lots of fun and activities.

Tigershark Swim Team (ages 5 - 17) Scott Pool

June 4 - August 31, Mon. - Fri. 5:15 - 7:15 p.m. Fee: \$130/summer
Swimmers must be able to swim one 25-yard length each of frontcrawl and backcrawl. Tryouts and parent information meeting will be held at the first training, 5:15 - 7:15 p.m. at Scott Pool. Fee includes workouts, team swim cap, T-shirt. Swim meets may have additional charges. Enrollments will be accepted until July 13, 2007.

Aqua Camp (ages 8 - 12) Dominguez Aquatic Center

August 6 - 17 Mon. - Fri., 7 a.m.-6 p.m. Fee: \$200 or \$110/week
Daily activities include swimming lessons, recreation swim, water safety, crafts, fun, and educational water activities. Field trips include aquarium, beach, kayaking, canoeing, and sailing.
Note: Spaces are limited.

Aqua Aerobics

All exercises are done in our heated pool
(82-84° F). Ages 16 years and up.

Fees: \$3 per class/ paid at pool
\$2 for Veterans SportsComplex members

Carson Pool	June 25-September 12 Mon & Wed 7:30-8:30 p.m.
Scott Pool	June 26 - August 30 Tues & Thur 7:30-8:30 p.m.
Dominguez Aquatic Center	June 25 - August 31 Mon, Wed & Fri 8:15-9:15a.m.

Leeway Sailing Trip (ages 9 - 17)

Thursday, August 9, 2007 10:00 a.m. - 4:00 p.m. Fee: \$20
Enjoy a day of kayaking, sailing, and canoeing at Los Alamitos Bay in Long Beach. Fee includes bus and equipment rentals. Participants will be picked up and returned to Dominguez Aquatic Center.

Adult Lap Swim (ages 16 years and up)

Fees: \$2 (Free to Veterans SportsComplex members)

Carson Pool	June 25 - September 12 Mon. & Wed. 7:30 - 8:30 p.m.
Dominguez Aquatic Center	June 25 - August 31 Mon. - Fri. 8:00 - 9:30 a.m.
Scott Pool	June 25 - August 31 Mon. - Fri. 11 a.m. - 12:45 p.m. June 26 - August 30 Tues. & Thurs. 7:30 - 8:30 p.m.

RECREATION SWIM

Fees: \$1 All ages
Youth (17 yrs. & under) / Adults / Seniors (55 yrs. & up)

Carson Pool

June 25 - August 31	Mon. - Fri.	1:00 - 2:45 p.m.
June 26 - August 30	Tue. & Thur.	7:30 - 9:00 p.m.
June 30 - September 9	Sat.	2:15 - 4:00 p.m.

Dominguez Aquatic Center

June 25 - August 31	Mon. - Fri.	1:00 - 2:45 p.m.
	Mon. - Fri.	7:30 - 9:00 p.m.
June 30 - September 9	Sat.	12:00 - 1:45 p.m.
	Sat.	2:15 - 4:00 p.m.

Scott Pool

June 25 - August 31	Mon. - Fri.	1:00 - 2:45 p.m.
June 25 - August 29	Mon. & Wed.	7:30 - 9:00 p.m.
June 30 - September 1	Sat.	12:00 - 1:45 p.m.

1. Children under seven years of age must be accompanied by an adult at all times.
2. All infants must wear swim diapers. No regular diapers, please. Swim diapers available for purchase at the pools.
3. No cut-offs, denim shorts, sweat pants, basketball shorts, undergarments, etc. Swimmers must wear appropriate swimming attire. Plain white T-shirts only will be allowed over swim suit.
4. No food, alcohol, or smoking in pool area.



Treasure Island Day

10th Annual Treasure Island Day
Saturday, August 4, 2007
11 a.m. - 2 p.m. & 3 p.m. - 6 p.m.
(2 sessions), \$2 per session at
Dominguez Aquatic Center

For more information on aquatic programs,
call Aquatics at (310) 847-3578

Pool Rentals

Pools available for private rentals on
weekends. Contact Parks and Recreation
at (310) 847 3570



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.



OPTION I: Community Center Preschool

State license: #191606870

Ages: 3-5 yrs. (toilet trained)

The 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

Monday – Friday	
7 a.m. – 6 p.m.	\$115.50 a week
8 a.m. – 5 p.m.	\$94.50 a week

HALF DAY PROGRAM

8 a.m. – 12 p.m.	FEES	
1 p.m. – 5 p.m.	T TH	\$18 a week
	MWF	\$27 a week
	M-F	\$45 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 Parks and Recreation Department 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
• Dolphin	Preschool	8 a.m. – 12 a.m.	M/W/F
• Dolphin	Preschool	8 a.m. – 12 a.m.	T/Th
• Carson	Preschool	8 a.m. – 12 a.m.	M/W/F
• Carson	Preschool	8 a.m. – 12 a.m.	T/Th

Fees:	2 days/wk	\$12 a week
	3 days/wk	\$18 a week
	5 days/wk	\$30 a week
Fees are paid every 4 weeks		

ABC...123...



One time, non-refundable, registration fee of \$25 for half day students and \$50 for all day students due at the time of registration. Discount for second child of the same family. (Applies to ALL programs.) Priority registration given to students currently enrolled. Sessions may include holidays with no class scheduled. If so, fee does not change.

State licensing pending for the parks listed.

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 III: Park Preschool

Park Facility	Time	Days
• Anderson	8 a.m.-12 p.m.	M/W/F
	8 a.m.-12 p.m.	T/Th
• Calas	8 a.m.-12 p.m.	M/W/F
	8 a.m.-12 p.m.	T/Th
• Del Amo	8 a.m.-12 p.m.	M/W/F
	8 a.m.-12 p.m.	T/Th
• Hemingway	8 a.m.-12 p.m.	M/W/F
	8 a.m.-12 p.m.	T/Th
• Stevenson	8 a.m.-12 p.m.	M/W/F
	8 a.m.-12 p.m.	T/Th
• Scott	8 a.m.-12 p.m.	M/W/F
	8 a.m.-12 p.m.	T/Th



SPRING PARK CLASS SCHEDULE

All city parks are open and supervised. All parks offer a wide variety of winter 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	Mon-Fri	3-9 p.m.
	Sat	10 a.m.-5 p.m.
	Sun	Noon-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, Stevenson, and Veterans* Parks. Contact the parks for specific day and time.

*U.S.T.A. Site



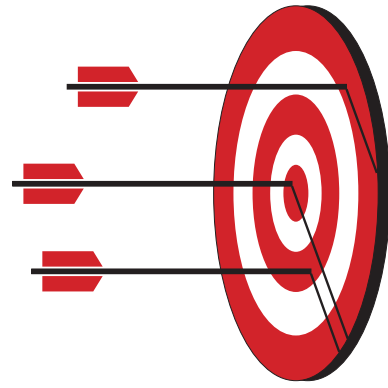
Cheerleading

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	6:30-8 p.m.
• Carriage Crest	Tues/Thurs	6:30-7:30 p.m.
• Carson	Tues/Thurs	6-8 p.m.
• Del Amo	Mon/Wed	6-7:30 p.m.
• Dolphin	Mon/Wed	5-7 p.m.
• Hemingway	Tues/Thurs	6:30-7:30 p.m.
• Mills	Mon/Wed	6-7 p.m.
• Scott	Tues/Thurs	4:30-6 p.m.
• Stevenson	Wed	5:30-7 p.m.
• Veterans	Mon/Wed/Thurs	5:30-7 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 the following park: Del Amo, and Scott.



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: Anderson, Carriage Crest, Carson, Dolphin, Hemingway, Mills, Scott, Stevenson, Veterans Park, and Dominguez Park.

Archery

Children 5-12 years 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

Dolphin, Mills, Hemingway, Dominguez, Scott, and Carson Park 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 years.

Boys & Girls Club

For boys and girls 9-12 years 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.

Kenpo Karate - Stevenson Park

For boys and girls, 7-17 years of age. Learn basic to advanced skills in Karate, Grappling, and Self Defense. Monday, Tuesday, and Thursday, 7:30 p.m.



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	Tues/Wed	4-5 p.m.
• Calas	Tues/Thurs	5-6 p.m.
• Carriage Crest	Mon	4:30-5:30 p.m.
• Carson	Thurs	4:30-5:30 p.m.
• Del Amo	Wed/Fri	5-7 p.m.
• Dolphin	Wed	3:30-4:30 p.m.
• Dominguez	Thurs	5-6 p.m.
• Mills	Thurs	4:30-5:30 p.m.
• Stevenson	Fri	5:30-6:30 p.m.
• Veterans	Tues	4:30-5:30 p.m.

Computer Class

Anderson	Tues/Thurs	4-5 p.m.
Dolphin	Tues/Thurs	4:30-5:30 p.m.
Stevenson	Tues/Thurs	4:30-5:30 p.m.

Dance Classes

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. Beginning and Intermediate Jazz and Tap will be offered at the following parks:

• Del Amo	Tues/Thurs	6-7 p.m.
• Mills	Wed	7-8 p.m.
• Dominguez	Tues/Thurs	4-5 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	

Roller Hockey

This program will be offered at Mills Park. Children, 9 - 12 years of age, will learn the basic techniques of this exciting new sport. Participants must provide the required safety equipment. Don't miss out on the fun.

Star Program

After school day care offered at Carson, Scott, Stevenson, Mills, and Dominguez Park, Monday through Friday from 2:30-6 p.m.

Cost: \$30 per week.



Beginning Chess

Come learn the moves at Anderson Park, Tuesdays from 5-6 p.m., Del Amo Park, Tuesdays from 3:30-4:30 p.m.; Carson Park, Wednesdays from 3-4 p.m., Dominguez Park, Wednesdays from 3:30-4:30 p.m.

TEEN PARK ACTIVITIES

Sports Activities

Volleyball clinics, leagues, and 3-on-3 Basketball Tournaments have been scheduled for Anderson, Carriage Crest, Carson, Dolphin, Dominguez, Hemingway, Mills, Scott, Stevenson, Carriage Crest, and Veterans Parks. Please contact these parks for exact dates, times, and costs.

Beginning Boxing

Learn the fundamentals and techniques of boxing. Contact staff for specific day and time.

Teens in the Kitchen

Learn the basics! Mills Park, Thursday, 5-6 p.m.; Anderson Park, Tuesday, 6:30-7:30 p.m.; Stevenson Park, Friday, 5:30-6:30 p.m.; Carson Park, Thursdays, 6:30-7:30 p.m., Stevenson Park, Fridays, 6-8:30 p.m., Dominguez Park.



B O X I N G

FABELA CHAVEZ BOXING/WEIGHTLIFTING CENTER 23410 Catskill Ave • (310) 830-6439

HOURS

Mon-Thurs 3-9 p.m. Fri 3-7 p.m. Sat 10 a.m.-2 p.m., Closed Sun

Fees:

Adults	\$20/month
Youth (10-17 yrs)	\$20/month
Children (8-9 yrs)	\$20/month
Daily Rate (All Ages)	\$4 adult / \$2 youth

Beginning Boxing

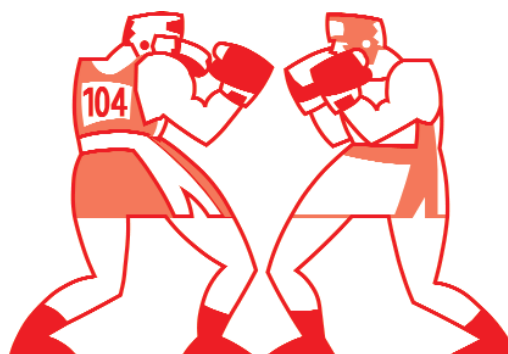
This is a continuous class stressing fundamentals and techniques of boxing.

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.

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.

UPCOMING EVENTS

Friday Night at the Fights

Date: 7/28/07

Community Center

6-11 p.m.

YOUTH SPORTS

SPRING 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.



SPRING YOUTH SPORTS

T-Ball, Baseball, Softball (Ages 5 - 17 yrs)

Registration: Now through March 30, 2007. Sign-ups will be taken after this date but your child may be put on a waiting list.

Try-outs: Date: March 31, 2007

Season Begins: April 28, 2007

Registration Fees:	\$30-1st child	\$24-2nd child
	\$18-3rd child	\$12-4th child

Girls Youth Volleyball (Ages 8-12 yrs.)

Ongoing at all City Parks. For more information contact your local park.

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.



Sports Officials

The City of Carson Youth Sports is looking for interested individuals ages 18 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.

VOLUNTEERS

The Youth Sports Program needs volunteers to assist as coaches and assistant coaches. If you have always wanted to coach, now is your opportunity to do so. In addition to the positive experience gained from coaching, volunteers also receive discounted rates on memberships at Veterans SportsComplex. For information on becoming a youth sports volunteer, contact your local park Center Supervisor.

Thanks

All Youth Sports Programs are coached by adult volunteers who give their time and talent to the youth of our community. The Recreation Division takes this opportunity to thank these dedicated individuals. Without your help, our program would not be possible.

CARSON JUNIOR TENNIS

P R O G R A M

Free admission

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

Kids Club **After-School Child Care** Solution For Latchkey Children



After School Kids Club Fees

Monday-Friday

11 a.m.-6 p.m.
2:30-6 p.m.

Resident

\$74 wkly
\$50 wkly



(\$12 dollars additional fee for Pupil Free Days.) Availability is based on the needs of each site. Call (310) 847-3570 for information about fees and locations. If a child attends any portion of the week, the total weekly fees are charged (includes holidays and sick days). The city reserves the right to cancel individual park programs if the minimum enrollment level is not achieved.

The daily program consists of:

Definition

Carson Kids Club is a state licensed year-round, after-school recreation and enrichment program, administered by The City of Carson Parks and Recreation Department. The program is designed for school-age children in grades Kindergarten through eighth.

Snacks:

Nutritional snacks provided daily.

Recreational Activities include:

- Indoor & outdoor games
- Crafts
- Special events
- Golf
- Excursions
- Seasonal parties
- Dance
- Cooking classes

\$10 Earthquake Kit \$10 T-Shirt

Across the United States, child care is being recognized as a major issue. Changing economic and social conditions have drastically altered the after school environment for elementary school children. It was estimated that by the year 2000, six out of nine families will require child care service. Where do the children go after school?



Carson's solution to the growing problem is Kids Club, a safe environment for latchkey children. The Kids Club was designed to provide a much needed alternative for single and dual working parents by offering supervision for children from 2:30 - 6:00 p.m., Monday through Friday. The City of Carson's Parks and Recreation Department administers this program through the Recreation Division.



TEEN ACTIVITIES

upcoming special events • mark your calendar now!

Numerous activities are scheduled throughout the winter.

All activities are planned and supervised by Recreation Staff.



15th Annual YOUTH CONFERENCE

April 21, 2007 • 10 a.m. to 10 p.m.
Carson Community Center

- Conference Workshops
- Career Stations
- Guest Speakers
- Fashion & Talent Show

For more information, call
Recreation Services
(310) 847-3566

YOUTH CONFERENCE PLANNING COMMITTEE



Assist in organizing and presenting the
15th Annual Youth Conference 2007

Assist with preparations

Ages 12 - 17 invited to participate
For further information, call (310) 847-3566



Teen Dances & Sports Nights

Rotating teen dances will be presented
at all 12 city park facilities
(see below).

Admission: \$5,
Ages 12-18 yrs

(Middle/High School ID may be required and dress code).

Parent chaperons are welcomed.

1st Friday	Mills Park April 7 • Youth Conference Pre-Showcase and Dance 6 pm - Midnite
1st Friday	Del Amo Park
3rd Friday	Veterans Park

Teen Fishing Workshop & Excursion Date: TBD



Location: Del Amo Park
10 a.m. - 1 p.m., Workshop
1-5 p.m., Fishing Excursion
Ages 12-16 years

For more information call, (310) 847-3570

YOUTH SERVICES PROGRAMS sponsored by Public Safety

The City of Carson Public Safety Department/Youth Services Section provides courses for parents and adolescents ages 11 to 17 years of age. The following courses are accepted by local Juvenile Traffic and Probation Courts.

• Youth & the Law Program

Youth (Ages 13 – 15 years)

Residents: \$30.00 Non-residents \$35.00

This 8 hour after school program consists of two 2-hour classroom lectures and one field trip. Its aim is to educate youth about the importance of obeying rules at home, school, and laws in the community. The field trip varies locations, and could take place at a juvenile hall, a federal prison, or a superior court.

Registration: Call (310) 952-1700, ext. 1789, 1673, 1671, 1672

Instructor: Youth Services Officers

Hours: 4-6 p.m. classroom hours, 3:30-7:30 p.m. field trip hours

Tracks: Refer to class schedule.

Community Center

• Parent Project Program

(10 Days / 20 Hours)

Adults: Residents: \$42.00 Non-residents \$47.00

(Open Enrollment)

A 20 hour course conducted on Tuesday evenings, 5 to 7 p.m., for a 10 -week period. Classes are presented by trained facilitators of the Parent Project Curriculum. This course is designed for parents of strong-willed adolescents. *Tenemos clases en Español.

Open Registration: Call Dennis Rodriguez at (310) 952-1700, ext. 1789.

*Instructors: *Dennis Rodriguez, YSO / Arthur Williams / *Maria Robles*

**Gloria Ruiz / *Gloria Estrada / *Elizabeth Muñoz*

Tuesday: 5 – 7 p.m. Tracks: Refer to class schedule.

Community Center

• Anger Management For Teens

(8 Days / 12 Hours)

Youth (Ages 12 to 17 years old)

Residents: \$20.00 Non-residents \$25.00

A 12 hour course conducted on Tuesday afternoons, 4:30 to 6 p.m., for a 8-week period. Classes are designed to assist adolescents ages 12 to 17 years old. Sessions are facilitated by a Public Safety Department/ Youth Services Officer. This course accommodates adolescents who may be referred by the court, school, parents, or probation officers to complete an anger management program.

Registration: Call Deborah Schmidt at (310) 952-1700, ext. 1671

Instructor: Deborah Schmidt, YSO

Tuesday: 4:30 – 6 p.m. Tracks: Refer to class schedule.

Community Center

• Drug/Alcohol Program (Positive Choices)

(8 Days / 16 Hours) Youth (Ages 12 to 17 Years)

Residents: \$20.00 Non-residents \$25.00

A 16 hour course conducted on Wednesday afternoons from 4 p.m. - 6 p.m., for an 8-week period. Classes are designed to assist adolescents from ages 12 to 17 years old. This course is instructed by trained personnel using the Positive Choices curriculum. This course accommodates those adolescents referred by the courts, schools, or the Probation Dept. to complete a Drug Awareness and Prevention course. *Drug Testing is also available for an additional fee paid to clinic conducting the test. **Drug Testing is \$25.00 Per Test.**

Registration: Call Lilia Galvadores at (310) 952-1700, ext. 1673

Instructor: POSITIVE CHOICES STAFF

Wednesday: 4 to 6 p.m. Tracks: Refer to class schedule.

Community Center

• Community Service For Youth

Youth only (Ages 12-17 years) Cost: \$40 (50 hours or less)

Must meet Youth Services Program Criterion

The City of Carson Youth Services Section provides a Community Service Program for youth under court-order to complete a minimum of 8 hours to a maximum of 50 hours of community service. This is a comprehensive program providing necessary security and protection for youth conducting community service at local city parks and city sponsored community events. This Community Service program is recognized by Courts, LA County Probation Department, and local schools.

Contact Person(s): ANY YOUTH SERVICES OFFICER

Registration: Call (310) 952-1700, 1789, 1673, 1671, 1672

Case Management Services

Juveniles meeting any one of the following criterion will be assigned to a Youth Services Officer to establish goals and objectives, and monitor progress toward successful completion of their Youth Services Section courses/classes.

Criterion (any one of the following)

1. City of Carson resident.
2. Juvenile attends a school in the City of Carson.
3. Juvenile committed offense in the City of Carson.

• If you need to contact us, please call the following Youth Services Officers at **(310) 952-1700.**

Youth Services Officer	Program	Extension
• Dennis Rodriguez	Parenting Program	x1789
• Debbie Schmidt	Anger Management For Teens	x1671
• Lilia Galvadores	Positive Choices	x1673
• Eric Carter	Community Service Program	x1672

YOUTH SERVICES 2007 CLASS SCHEDULE

Parent Project Classes Day: Tuesday/Times: 5-7 p.m. Total Hours: 20 Hrs	Anger Management For Teens Day: Tuesday/Times: 4:30-6 p.m. Total Hours: 12 Hrs	Drug/Alcohol Awareness & Prevention Classes Day: Wednesday/Times: 4-6 p.m. Total Hours: 16 Hrs	Youth & The Law Program Day: Mon/Wed/Thurs. Times: M&Th: 4-6 p.m. Wed: 3:30-7:30 p.m.
REGISTRATION: (At Carson Community Center) 1. Class days, 4:30-5 p.m.	REGISTRATION: Call to make appt. with Youth Services Officer	REGISTRATION: Call to make appt. with Youth Services Officer	REGISTRATION: Call to make appt. with Youth Services Officer
Track 2: April: 10, 17, 24 May: 1, 8, 15, 22, 19 June: 5, 12	Track 2: 04/17 - 06/05 Track 3: 07/10 - 08/28 Track 4: 10/02 - 11/27	Track 2: 04/04 - 05/23 Track 3: 06/27 - 08/22 Track 4: 09/26 - 11/14	Track 3: April 16, 18, 19 Track 4: May 21, 23, 24 Track 5: June 18, 20, 21 Track 6: July 16, 18, 19

ADULT SPORTS

SPRING PROGRAM

The Adult Sports Section will be offering a variety of leagues and tournaments during the spring 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, or call extension 3576.



SPRING FLAG FOOTBALL LEAGUES

4 on 4

Registration: April 13-May 15
Fees: \$200 per team

Play begins: May 17

SPRING ADULT SOFTBALL LEAGUE



Men's & Women's & Coed

Registration: Call for Dates
Fees: \$375 per team

Play begins: April 5, 2007

GOLF

Carson Adult Golf Club

Registration is now being taken for Carson's Adult Golf Club with tournaments being offered throughout the year. Contact Adult Sports at 847-3570, ext. 3576.

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

Attn: Eric W. Forsberg, Director 701 E. Carson St., Carson, CA 90745 or call (310) 847-3551

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 Parks, and every 2nd Friday at Carson Park.



Coed Softball

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

• Calas	Fri	6-9 p.m.
• Dolphin	Fri	6-10 p.m.
• Dominguez	Fri	6-10 p.m.



8 Man Soccer

Adult Sports presents an 8-man soccer league. Teams field 8 players and the special rules allow for wide-open action and non-stop offense. This program is offered on Friday & Sunday evenings.

Adult Walking Classes

This class is a fun-filled walking work out. Come join us. Walk your way to thin every Monday and Wednesday from 7-8 p.m. at Hemingway Park, and Tuesdays and Thursdays from 6:30 - 7:30 p.m. at Dominguez Park.

CARSON JUNIOR TENNIS PROGRAM

**Free admission
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) 847-3564**

HUMAN SERVICES

SENIOR SOCIAL SERVICES

City of Carson Social Services Section strives to provide a wide variety of programs to Carson residents adults 50 and older. These activities are located at the Carson Community Center, Scott, and Dominguez Parks. The Social Services Office is located in the atrium area of the Carson Community Center.

SENIOR ASSISTED LIVING

Case Management & Home Services

To help seniors and disabled remain independent and 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) 952-1780.

Geriatric Aide Program

This program is designed to provide limited domestic assistance to frail and homebound seniors. Typical services include light housekeeping, dish washing, vacuuming, kitchen and bathroom cleaning, laundry, grocery shopping and meal preparation. For more information, call (310) 952-1780.

Health Insurance Counseling and Advocacy

The Health Insurance Counseling and Advocacy Program (HICAP) of the Center for Health Care Rights provides assistance to Los Angeles County Medicare beneficiaries who need help getting through the Medicare maze. Call (310) 952-1775.

Legal Referral & Advocacy

There are two types of legal service available. Bet Tzedek Legal Services, a federally funded program specializing in government benefit law and counseling by Community Service Advisors (CSA's). Legal counseling is provided in the area of estate planning and real estate law. No charge and donations are encouraged. For more information call (310) 835-0212 ext. 1471 and (310) 952-1775.

Equipment Loan Program

The Social Services office has walker's, crutches, wheelchairs, and canes available for loan. Contact the social services desk for more information. Please keep us in mind if you have a wheelchair you are no longer using and/or if you know of someone who would like to donate one. For more information, call (310) 952-1775.

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 this 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 call (310) 952-1780.

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. Short-term placement is also available. For more information call (310) 952-1780.



Senior Financial Counseling/Planning Services

The Senior Financial Counseling Program is staffed by Certified Senior Advisors (CSA), who provide experienced guidance at seven senior centers in Los Angeles and Orange County. CSA's are a single source in assisting seniors with issues from the aging process itself to common illnesses affecting the elderly and strategies to help seniors plan their retirement years. Tuesday and Thursday mornings Rick Skelton offers counseling in the areas of financial and retirement planning, long-term care planning, living trust questions and how to improve on low interest rate CD's. For more information call (310) 835-0212 ext 1471.

HUMAN SERVICES

INFORMATION & REFERRAL

For many families, a phone call to social services is their first introduction to the sometimes-bewildering network of programs and services for seniors. Our information and referral specialist can answer questions about elder care, suggest solutions, mail information, and make referrals when appropriate. We have the most current information on services for seniors. Our information and referral specialist will follow up to find out if further assistance is needed. For more information, call (310) 952-1775 or (310) 835-0212 ext. 1467.

Friendly Visitor

Friendly Visitor Volunteers 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 or (310) 952-1775.



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." For more information call, (310) 835-0212 ext. 1471.

Homemaker/Handyman

This program provides homemaker and/or handyman referrals to seniors who are in need of assistance in their homes. Seniors providing services as well as those seeking to hire homemaker or repairman are registered in the social services office. For more information, call (310) 952-1775.



Free Tax Assistance

February through April 15 trained AARP volunteers will help low and middle-income persons, with special attention given to persons age 60 and older in preparing their income tax returns. Tax preparers will do the following: wages, interest, dividends, stock sales, sale of house, pensions, IRA's, annuities, social security calculations and low income self employment. They do not do rentals, business/high income self-employment, mutual funds, foreign investments, or partnerships. This service is only offered on a first come first serve basis. For more information, call (310) 835-0212, ext. 1467 or (310) 952-1725.



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 Carson Community Center. Guests enjoy a tasty meal as well as warm conversation and fellowship. A donation is \$2.25 and \$3.25 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, extension 1487.



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 12-week sessions throughout the year on Wednesday or Thursday, 10 a.m.-12 p.m., at the Carson Community Center. For more information, call (310) 835-0212 ext. 1471.

HUMAN SERVICES

SENIOR RECREATION

The senior recreation program provides recreational programs for senior's citizens ages 50 and above. Our goal is to provide a sense of belonging and knowing that there is "LIFE AFTER RETIREMENT." We provide numerous activities and special events, 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 Carson Community Center. For more information call (310) 835-0212 Extensions 1475 or 1479. Classes and programs do not run on City holidays.

CLASSES AND PROGRAMS

A variety of classes and programs are developed when special interests are identified. Classes require a minimum of 10 persons and are free, unless otherwise noted. Classes meet at the Carson 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.

Ceramics Class - Learn to make beautiful vases and ceramic sculptures. Paint your own creations. Supplies must be purchased from the Instructor. Classes meet on Thursdays from 9:00 – 11:00 a.m.; Room 116; Instructor: Cathy



Art Class - Meets on Tuesday from 9:30 – 11 a.m., please bring your own supplies.

SPECIAL EVENTS

Special Events and Activities - are scheduled for senior residents and guests. A small fee is charged. Come join us for the following senior special events.



APRIL 2007

TBA

MAY 2007

Cinco de Mayo Luncheon
May 4, 2007 • 12 - 4 p.m.
Carson Community Center

JUNE 2007

TBA
12 - 4 p.m.
Carson Community Center

HUMAN SERVICES

EXERCISE

Exercise Classes – Class meets on Tuesday and Thursday from 10:15 a.m. – 12:30 p.m. in the Dance Room. Seniors get into shape with this free low-impact exercise class conducted by a certified instructor. Instructors: Beverly and Randy

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 a 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 Friday 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 am. Come have fun and get a great cardio workout.

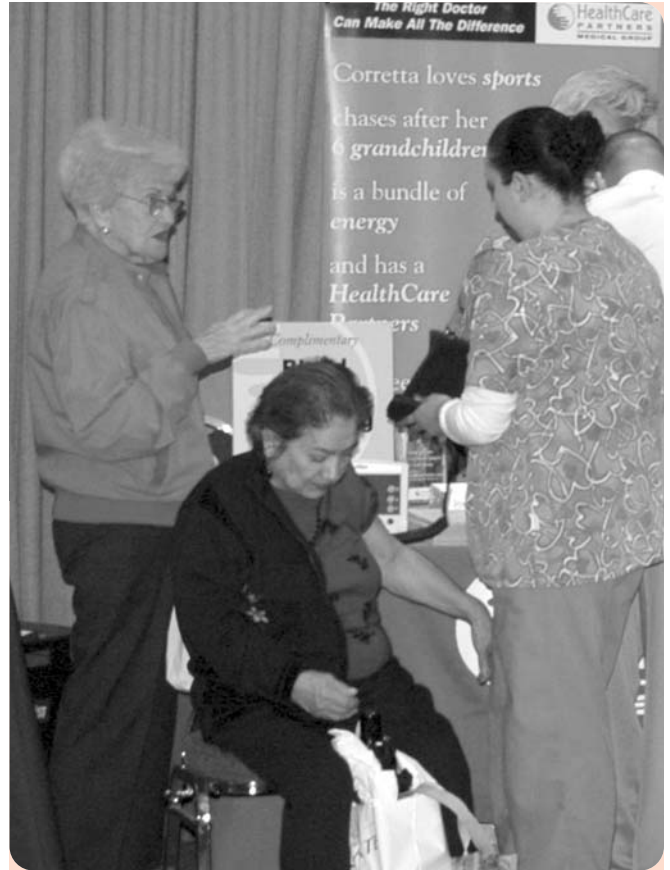


Chair Exercise – Class meets every Tuesday from 10:15 – 11:00 a.m. / Thursday from 11:00 - 11:40 a.m. Low impact class using dyna bands.

Aerobics – Come and exercise to the funky tunes for a great workout! Every Friday from 10:30 – 11:15 a.m. Also join Randy on Wednesday from 12:30 – 1:15 p.m. for a super workout at the Community Center. Cost of this class is \$2.00

Weightlifting and Conditioning Class – This class meets Monday through Friday from 8:30 – 10:30 a.m. at Scott Park. Boxing and Weightlifting facility. Seniors keep physically fit by using the exercise equipment available: treadmills, rowing machines, exercise bikes, etc.

HEALTH



Health Programs, Seminars & Lectures – Health lectures are provided based on the interests of seniors. Submit your suggestions on what you'd like learn or hear about.

Blood Pressure Screenings – Volunteers provide free blood pressure screening every Tuesday from 10 – 11 a.m.

PERSONAL ENRICHMENT

Carson Bridge Club – This is a fun loving group of coed's enjoying a friendly game of bridge. This club meets on Tuesday from 12:30 – 4 p.m.

Carson Clowners – You can see the Carson clowers performing around the City at a variety of citywide special events. Join the group and learn to become a clown and learn the basics on how to apply make-up and perform.

Joy of Music – Class for all you music lovers. Music enthusiasts will enjoy a lecture on Monday from 2 - 4 p.m. and performances at El Camino College. Transportation provided to concerts. For performance dates, please call (310) 835-0212, ext. 1478.

HUMAN SERVICES

Driver Safety Program – Get a break on your car insurance by attending 55 Alive classes. This is an eight hour classroom course can sharpen driving skills, prevent accidents, keep older drivers on the road longer and safer.

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. Instructor: Stu Sanford

DANCE

Square Dance - YEE HAA... PUT ON YOUR COWBOY BOOTS AND GRAB A PARTNER AND

Do-Se-Do-Down to the Community Center to learn all the new square dances. Beginning class from 4-6 p.m. on Thursdays. Dance room. \$2 per class.

Ballroom Dancing - Learn the art of Ballroom Dancing on Tuesdays from 12:30 - p.m.; beginners 1-2 p.m. advanced. Dance room. \$2 per class.



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. \$2 per class. Instructor: Yuriko Rogers

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.



Line Dancing - Learn and perform the newest Country Western dances. Advanced classes are Wednesdays from 10-11 a.m. and beginner classes are on Wednesdays from 9-10 a.m. Dance room. \$2 per class. Instructor: Doris Thomas.

Soft Toe Tap Dancing - All for fun! Class meets every Monday from 10-11 a.m., at the Carson Community Center. Instructor: Georgia

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, blood pressure testing, etc. Membership is required.

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

Dominguez Swinging Fifties - Meets on Wednesday from Noon – 4 p.m. at Dominguez Park, 21330 Santa Fe Avenue, Carson.

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.

Golden Age Club – Meets on Wednesday, 11 a.m. – 4 p.m. Come join us for bingo and fellowship.

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.

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.

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

HUMAN SERVICES

SENIOR CITIZENS TECHNOLOGY CENTER

The Senior Citizens Technology Center (SCTC) in operation, Monday - Thursday from 9:00 a.m. - 5:00 p.m. Classes are certified and you must sign up. For further information, call (310) 835-0212, extension 1475.

*All classes require typing - Must have knowledge of typing!

Instructor: Ron Bombarda



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.

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.

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 internet explorer browser program, temporary internet files and "cookies," viruses and virus protection, playing radio stations over the internet and creating shortcuts to favorite web sites. Instant messaging and "chatting", how to personalize a free e-mail program by setting up filters to control incoming mail and creating person folders, spam filters available through internet service providers, advanced search techniques and more.



We need your help! Please let us know what activities or programs you'd like us to provide.

HUMAN SERVICES

Joseph B. O'Neal, Jr. Stroke Center

The mission of the Joseph B. O'Neal, Jr. Stroke Center is to serve the needs of Carson residents living with the effects of stroke and provide support for their families. This new facility features state of the art equipment and offers a variety of activities including group exercise, arts and crafts, and psychological, physical, occupational speech, and recreation therapy.

J.B.O. Jr. Fitness Center

Open Monday through Friday 8:30 a.m. - 5:00 p.m. Stroke survivors can work at your own pace in the state of the art fitness center, with assistance from staff. For information, call (310) 952-1763.



Exercise Program

This class meets on Tuesdays and Thursdays from 12:30 – 1:30 p.m. Group exercise activities provide the stroke survivor with light recreational activities to help in the ongoing rehabilitative process.

Occupational Therapy

This class is open to all stroke survivors who need to work on hand and arm strengthening. This program is held on one-on-one basis with a licensed Occupational Therapist.

Speech Therapy

This class is open to all stroke survivors who wish to participate. This program is held on a one-on-one basis with a licensed Speech Therapist.

Fun Fridays

Noon – 3 p.m. Activities include arts and crafts, music appreciation, movie days, senior luncheons and field trips.

April: Dominguez Adobe Museum
10 a.m. - 4 p.m.

May: TBD
11 a.m. - 3 p.m.

June: San Miguel Indian Casino
8 a.m. - 6 p.m.



Water Exercise

This class meets every Wednesday from 9 a.m. to noon. A therapeutic heated pool provides 100% access to a disabled person. The near weightless environment relieves stress from joints to allow otherwise useless muscles to operate freely. The water provides the body with the opportunity to change positions and improve circulation.

Speakers Bureau

The presentations will provide resources to the stroke survivors and the caregivers. The topics presented will also provide information on medical, psychological, and legal issues, as well as day-to-day living concerns.

Caregiver Support Group Sessions

These sessions are offered, Thursday, 1:30-2:30 p.m. A stroke can be financially and emotionally devastating for the family, spouse and/or significant other, as well as for the stroke survivor. The sessions for care givers will provide the opportunity to discuss living with and caring for a stroke survivor, the impact of the stroke experience on their lives and other pertinent issues.

SPECIAL NEEDS PROGRAM

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

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:

- **April 13th - Spring Dance**
- **May 11th - Prom/Dinner Dance**
- **June 8th - 50's Dance**



Special Olympians

It is mandatory that a current Special Olympics medical form be on file in the Special Needs Office before participation in any Special Olympics event. Please contact the office if you have any concerns. October 14 - Regional Fall Games, Orange County Bowling/Volleyball; November 11 - Volleyball Championship's American Sports Center, Anaheim.



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 are on Mondays at Carson Park from 7-9 p.m.

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. We'll sweat away those extra pounds on Wednesday at Carson Park from 7-9 p.m.

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 will meet every Tuesday at Carson Park from 7-9 p.m.

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. This program will meet on Thursday at Carson Park from 7-9 p.m.

Special Olympic Track and Field

Join us on the track. We will be training in running, 50, 100 and relay races, standing long jump, and softball throw. After this hard work, our Special Olympic teams will be ready to compete in upcoming Southern California Special Olympic meets.

Please refer to the monthly calendar for practice, locations and times to be held on Saturdays from 9-10:30 a.m.

VETERANS SPORTSCOMPLEX

3 1 0 . 8 3 0 . 9 9 9 1



Annual Membership Rates

	Registration	New member	Renewal
Individual	\$30	\$200	\$150
Senior Citizen	\$20	\$120	\$100
Family	\$50	\$310	\$250

30-day Membership Rates

	Registration	New member	Renewal
Individual	\$10	\$30	\$25
Senior Citizen	\$5	\$20	\$20
Family	\$15	\$50	\$45

Daily Guest Rates

	6 a.m.- 3 p.m.	3 p.m. - close	Set-up fees
Individual	\$5	\$10	\$10
Family	\$10	\$10	\$10

Call for our corporate rates

April Special

Spring into fitness with us at the SportsComplex

1st 20 New Annual Memberships
Get 4 FREE Personal Training Sessions

May Special

Happy Mother's Day

1st 20 New Annual Memberships
Get 30 days FREE

June Special

What time is it?
It's Summer time

All cancelled members who sign up get \$20 off the registration fees

10%

discount for Veterans



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
9 a.m. - 1 p.m.

SERVICES / FACILITIES



Facility Rental Information

The 25,000 sq.ft. Veterans SportsComplex is host to various community events for local recreation programs, school functions and annual celebrations.

Our 12,000 sq.ft. NBA regulation gym has six basketball hoops making it possible for two full-court basketball games to run simultaneously and bleacher seating for approximately 900 cheering spectators.

Gym (per hour)	Full court	Half court	Bleachers (per day)
6 a.m. - 3 p.m.	\$100	\$65	\$75
3 p.m.- close	\$200	\$125	\$100

Small court (per hour)	Parking Lot (per day)	Raquetball Court (per hour/court)
6 a.m. - 3 p.m. \$50	6 a.m. - 3 p.m. \$75	6 a.m. - 3 p.m. \$10
3 p.m.- close \$100	3 p.m.- close \$150	3 p.m.- close \$20

Large Activity Room	Staff fees for all permits (per hour)
6 a.m. - 3 p.m. \$20	M-F, 6 a.m. - 5 p.m. \$15
3 p.m.- close \$50	M-F, 5 p.m.- close \$15
	Sat/Sun \$15

**Locker Room/Fitness Center
Prices vary**

Proof of Non-profit status must be shown before contract is processed. Security deposits, proof of insurance and park staff required for all permits issued. Number of participating staff is assigned by management. Call Veterans SportsComplex, (310) 830.9991.

**We
Just Got
Better!**

***Come See The New Equipment
At The Veterans SportsComplex!***

APRIL

- Kids Easter Party
- Easter (facility closed)
- Final check-ups for "Get Fit" Challenge participants

MAY

- Members' Mother's Day Spa Mixer
- Mother's Day
- Memorial Day (facility open regular hours)

JUNE

- Father's Day Members' Morning Workout Challenge and Breakfast Mixer
- Father's Day
- Summer Aerobics Master Blast 3-Hour Challenge
- Summer "Get Fit" Challenge



**The complex has more than 40 different classes!
Come on, see us for your NEW YOU! And...Bring a friend!**

Call Veterans SportsComplex for more information at (310) 830.9991

Adult

classes



SERVICES / FACILITIES

Youth

classes



COMING SOON!
Kids Boot Camp and
Dance Class

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:05 - 6:50 a.m. 45-Minute Cycle I, II, III (Luz)	9:00 - 10:00 a.m. Corepole Training I, II, III (Jaime)	6:05 - 6:50 a.m. 45-Minute Cycle II, III (Luz)	8:30 - 9:30 a.m. Hatha Yoga I, II (Charlene)	6:05 - 6:50 a.m. 45-Minute Cycle II, III (Luz)	7:00 - 9:00 a.m. Marathon Training II, III (Veronica)	8:45 - 9:40 a.m. Step Aerobics II, III (Luz)
8:30 - 9:30 a.m. Cardio Step II, III (Charlene)	12:00 - 1:00 p.m. Circuit Training I, II, III (Beverly)	8:30 - 10:00 a.m. Muscle Conditioning I, II, III (Beverly)	9:30 - 10:30 a.m. Lower Body Conditioning I, II (Beverly)	8:30 - 9:30 a.m. Body Works II, III (Beverly)	8:30 - 9:30 a.m. Cardio Walk I, II (Luz)	9:45 - 10:45 a.m. Corepole Training I, II, III (Luz)
		12:00 - 1:00 p.m. Traedmill Training I, II (Beverly)	12:00 - 1:00 p.m. Circuit Training I, II, III (Beverly)	9:30 - 10:30 a.m. Functional Fitness I, II (Jaime)	8:30 - 9:30 a.m. Schwinn Cycling & Abs II, III (Cynthia)	
	5:30 - 6:30 p.m. Schwinn Cycling II, III (Cynthia)	5:15 - 6:00 p.m. Abs/Core Training I, II, III (Albert/Mike)	5:30 - 6:30 p.m. Schwinn Cycling II, III (Veronica)		9:30 - 11:00 a.m. Step & Resist-a-Ball I, II, III (Luz)	
5:15 - 6:00 p.m. Abs/Core Training (Albert/Mike)		6:00 - 7:00 p.m. Schwinn Cycling I, II, III (Cynthia)	6:00 - 7:00 p.m. HathaYoga I, II (Charlene)	6:00 - 7:00 p.m. Adult Kempo Karate I, II, III (Master Tigi)	Classes are held in the Group Exercise Room unless otherwise noted (Women's Fitness classes are held in the Fitness Center and Adult Self Defense Classes are held in the Activity Room). Schedule and instructors are subject to change or substitution without notice. Note: Please go at your own pace, regardless of class.	
6:00 - 7:00 p.m. Adult Kempo Karate I, II, III (Master Tigi)	6:30 - 7:30 p.m. Muscle Conditioning II, III (Luz)	6:00 - 7:00 p.m. Advanced Kempo Karate I, II, III (Master Tigi)	7:00 - 8:00 p.m. Step/Muscle Conditioning I, II (Marie)	6:00 - 7:00 p.m. Schwinn Cycling I, II (Cynthia)		
6:30 - 7:30 p.m. Step/Pilates I, II (Luz)	7:30 - 8:30 p.m. Pilates (Luz)	6:00 - 7:00 p.m. Pilates I, III (Luz)		6:45 - 8:00 p.m. Step Aerobic I, II (Marie)		
7:30 - 8:30 p.m. Yoga Fit I, II, III (Deanna)		7:00 - 8:00 p.m. Cardio Kickboxing I, II, III (Jamie)				

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:30 - 6 p.m. Youth Kempo Karate I, II, III (Master Tigi)		4:30 - 6 p.m. Youth Kempo Karate I, II, III (Master Tigi)		4:30 - 6 p.m. Youth Kempo Karate I, II, III (Master Tigi)	8:30 - 9:30 a.m. Fun Fitness for Kids I, II *Cancelled	
5:00 - 6:00 p.m. Power Kids I, II, III (Frank)		4:30 - 6 p.m. Youth Volleyball I, II (Staff) Main Gym		4:30 - 6 p.m. Youth Volleyball I, II (Wallace) Main Gym		
5:15 - 6:00 p.m. Abs/Core Training I, II, III (Albert/Mike)	5:00 - 6:00 p.m. Fun Fitness for Kids I, II (Frank)	5:00 - 6:00 p.m. Power Kids I, II, III (Frank)	5:00 - 6:00 p.m. Fun Fitness for Kids I, II (Frank)			
		5:15 - 6:00 p.m. Abs/Core Training I, II, III (Albert/Mike)				

Fitness Levels:

I Beginner
II Intermediate
III Advanced

Rates:

• Free to members
• Non-members are welcome
at \$10 for all classes

City of Carson

Veterans SportsComplex

22400 Moneta Avenue, Carson, CA 90745
(310) 830-9991 • Fax (310) 830-3364

VETERANS SPORTS COMPLEX

310.830.9991

"Commit to be Fit."

The Veterans SportsComplex works with the total person to get the results you seek.

The Veterans SportsComplex works with the total person to get the results you seek.

**Come check
us out!**

Always
remember
when exercising
to hydrate
yourself, bring
a towel, and
have fun!

For strength training

- Life Fitness Signature Series Weight Training Machines
- Hammer Strength Smith Machine
- Hammer Strength Incline Press
- Hammer Strength Iso-Lateral Front Lat Pulldown
- Olympic Shoulder, Incline, Military & Abdominal Benches
- Life Fitness Cable Crossover
- Ivanko Free Weights & Dumbbells

For cardiovascular training

- (8) Life Fitness Treadmills
- (3) Star Trac Climbers
- (3) Precor Ellipticals
- (3) Life Fitness Elliptical Cross-Trainers
- (3) Life Fitness Recumbent Bikes
- (5) Precor Upright Cycles
- (10) Schwinn Evolution Cycles for cycling classes



Coming Soon!

Looking for something different? Join one of our high energy Hip Hop & Salsa Aerobics classes!

In these high energy classes, learn various combinations of aerobic dance moves that incorporate lots of the uniqueness of the hip hop culture and latin rhythmic beats.

These routines feature aerobics fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. These classes are designed to maximize the calorie output, tone, and sculpt while having **LOADS OF FUN!**

With these moves you can burn up to 1000 calories per class!

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 Community Center) at (310) 835-0212, Monday through Thursday, between 7 a.m. and 6 p.m., or write to the above address.

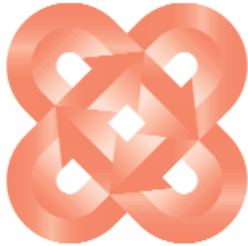


Transit Information on Carson Web Site: http://ci.carson.ca.us/content/department/dev_service/transportation_services.asp

Public Transportation

ALL SCHEDULE AND ROUTE INFORMATION CONTAINED HEREIN IS CURRENT AT THE TIME OF PUBLICATION; ALL ARE SUBJECT TO CHANGE.

Carson Circuit



A fixed-route bus system providing service within the city and connections to the Metro Blue Line Station and regional bus services from Long Beach Transit, Torrance Transit, MTA, and Gardena Municipal bus lines. Buses operate every 40 minutes on eight routes from 5:20 a.m. to 6:40 p.m., Monday through Friday, and 10:40 a.m. to 5:20 p.m. on Saturday. Fares are \$0.50 with free transfers to other Circuit routes. Transfers to regional services are \$0.25, seniors and disabled ride free with city-issued photo identification card available for a one-time fee of \$1.00. Monthly passes (unlimited rides) may be purchased for \$20.00 each from the City Treasurer's Office or from Southbay Pavilion's Customer Service Counter. For route schedules and more information, call (310) 835-0212.

North/South Shuttle



The North/South Shuttle runs in one direction and departs every 50 minutes from the Artesia Transit Center (ATC) on Albertoni Street where commuters may connect with several MTA, Torrance, and Gardena Municipal bus lines. Carson Circuit connections run every 40 minutes in one direction and regional bus lines run in both directions. The North/South shuttle bus runs every 50 minutes departing ATC from 5:20 a.m. to 6:40 p.m., Monday through Friday and 10:40 a.m. to 4:54 p.m. on Saturday. Fares are \$0.50 with free transfers to the Carson Circuit. Transfers to regional services are \$0.25, seniors and disabled ride free with city-issued photo identification card available for a one-time fee of \$1.00. Monthly passes (unlimited rides) may be purchased for \$20.00 from the City Treasurer's Office or from Southbay Pavilion's Customer Service Counter. The shuttle bus is equipped to transport wheelchair occupants. For route schedule and more information, call (310) 835-0212.

Countywide Services to the Disabled (Non-City Administered)



Access Services, a specialized transportation service, is offered to disabled individuals throughout Los Angeles County. Access Services manages a fleet of specially equipped vans and taxis offering curb-to-curb services. The service operates 7 days a week, 24 hours a day in most areas and eligible riders must schedule their trips 24-hours in advance. A trip on the Access Services costs \$1.80 one way for trips that are 19 miles or less; \$2.70 one way for trips that are 20 miles or more. Riders must pay in exact cash, or with script, which can be purchased by mail through Access Services Customer Service Center. For more information about Access Services, or the many dial-a-ride services in Los Angeles County, or to inquire about eligibility, please call Access Services Customer Service Center at (800) 827-0829 or text telephone at (800) 827-1359 for persons with hearing and communication disabilities.

Dial-A-Ride Service



Economical taxi service is available to Carson seniors at least 60 years of age and/or individuals with permanent disabilities. Persons with disabilities under 18 years of age must be accompanied by a registered personal attendant. Accessible minivans are available for wheelchair users. The Dial-A-Ride Program operates 24 hours, seven days a week. Service is provided anywhere within city-designated boundaries and to specific medical and social service appointments at satellite locations outside the city. Satellite areas include Torrance, San Pedro, Gardena, Harbor City, Long Beach, Wilmington and Lomita. The cost is \$1 per one-way trip, \$2 round-trip. **NOTE:** A city-issued photo identification card is required before using the Dial-A-Ride service. Eligible applicants must present a current picture identification card and proof of residency (e.g. current utility bill, SSI statement) to register. Registration and taxi fare coupon sales hours are Monday - Thursday, 8:00 a.m. to 5:00 p.m. New ID cards cost \$1.00; replacement cards cost \$5.00. Payment must be made in exact amount. **For TAXI PICK-UP, please call toll free (877) 435-6111.**

City of Carson

Transportation Services Division

Bus Excursions: April - November 2007

Bus departures originate from the Community Center Parking Lot. For information, call the excursion desk at Transportation Services Division at (310) 835-0212, ext. 1489.

LOS ANGELES TIMES FESTIVAL OF BOOKS OUTDOOR ACTIVITIES - Saturday, April 28, 2007

Do you love to read? Come join us as we visit the vendors, activities, and outdoor stage programs at the 12th Annual Los Angeles Times Festival of Books. The Festival that brings together the people who create books with the people who love to read them. Cost of \$11.00 per person includes free admission to outdoor activities* and round-trip transportation. Bus departs at 9:00 a.m. and returns at 6:00 p.m.

*Free tickets to participate in the in-door panel and speaker session activities will become available on Sunday, April 22, 2007 at 12 noon, at all Southern California Ticketmaster locations.

"MAMA'S GOT A BRAND NEW JAG" AT THE STELLA ADLER THEATRE - Saturday, May 5, 2007

Don't miss the play of all plays, the most unbelievable story (some fiction). This new play by actor/author Jerry Jones gives you a hilarious peak into the life of California's notorious Welfare Queen. Cost of \$26.00 per person includes no host dinner stop at Kodak Theater Mall, show ticket, and round-trip transportation. Bus departs at 4:30 p.m. and returns at 11:00 p.m.

STRAWBERRY FESTIVAL - Saturday, May 19, 2007

The 24th Annual California Strawberry Festival in Oxnard provides food, arts and crafts, music, and fun for the entire family. See original works of more than 300 professional artists and craftsmen. The entire family will find a smorgasbord of entertainment in Strawberry Land while eclectic sounds of musical entertainment will suit every taste. Cost of \$28.00 per person includes entrance fees and round-trip transportation. Bus departs at 8:00 a.m. and returns at 6:00 p.m.

FILLMORE & WESTERN RAILWAY TRAIN RIDE & LUNCH - Saturday, June 2, 2007

Spend a fun filled day with us as we climb aboard an antique train and travel the rails to the neighboring city of Santa Paula. Lunch will be served as you relax and enjoy the beautiful mountain ranges and citrus groves. Upon arrival in Santa Paula, you will be on your own to tour this quaint town and discover its many secrets. When we re-board the train to return to Fillmore, coffee and dessert will be served. Cost of \$58.00 per person includes train ride, full lunch, and round-trip transportation. Bus departs at 8:30 a.m. and returns at 6:30 p.m.

SAN DIEGO BY TRAIN - Saturday, June 16, 2007

Join us as we embark on a nostalgic train ride on Amtrak's Pacific Surfliner departing from Amtrak's Fullerton Station heading down to San Diego. Upon your arrival, you may leisurely stroll the area on your own to explore the sights, sounds, and panoramic vistas of this magnificent city, or you may purchase a ticket from Old Town Trolley Tours and join them on a city tour with stops at the Old Town State Park, Cruise Ship Terminal, Seaport Village, Marina/Convention Center, Horton Plaza/Gaslamp Quarter, Coronado, San Diego Zoo and Balboa Park. Delicious aroma from various restaurants along the stops will entice you-feel free to alight the trolley and satisfy your hunger from among the many eateries offering great food at affordable prices. Your adventures would take you back to the era of missionary days to the modern and bustling city of San Diego. Cost of \$46.00 per person includes round-trip train fare on the Pacific Surfliner and round-trip bus transportation to and from Amtrak's Fullerton Station. Bus departs at 6:00 a.m. and returns at 8:30 p.m.

LAGUNA BEACH SAWDUST ART FESTIVAL - July 14, 2006

The 41st Annual Sawdust Art Festival in Laguna Beach promises to be an interactive art experience for all ages. Included with your Sawdust admission are daily artists' demonstrations including glass blowing, complimentary art projects for adults and children, three outdoor cafés and continuous entertainment. Outside the festival gates guests can catch a ride on the Laguna Beach trolley for a short ride down to the beach for lunch or bargain hunting. Cost of \$22.00 per person includes admission to art festival, all-day trolley pass and round-trip bus transportation. Bus departs at 9:00 a.m. and returns at 6:00 p.m.

WARNER BROS. STUDIO VIP TOUR - Friday, July 20, 2007

Your guided tour begins with a special introductory film to the world of Warner Bros. Studio, one of the world's busiest motion picture and television studio. You continue your guided tour riding on a cart that would take you "behind-the-scenes"--through the back lot streets, sound stages, sets and craft shops. After the tour, we'll stop at the Universal City Walk where you may choose from various eateries to satisfy your hunger. Cost of \$43.00 per person includes studio tour and round-trip transportation. Lunch cost is not included. No one eight-years of age or under permitted in the tour for safety reasons. Valid government-issued picture identification card required to enter the studio. Bus departs at 7:30 a.m. and returns at 4:00 p.m.

(continued on next page)

City of Carson Transportation Services Division Bus Excursions: April - November 2007

Bus departures originate from the Community Center Parking Lot. For information, call the excursion desk at Transportation Services Division at (310) 835-0212, ext. 1489.

SANTA BARBARA BY TRAIN - Saturday, August 11, 2007

Sit back, relax, and experience train travel up the coast on Amtrak's Pacific Surfliner departing from historic Los Angeles Union Station to the enchanting seaside Spanish paradise known as Santa Barbara. Upon your arrival, you will be on your own to explore the sights and sounds of the "American Riviera." You may wish to take a stroll of State Street to discover quaint shops, historical buildings and museums, or join an open-air nostalgic trolley car tour. Choose from a plethora of restaurants to experience gastronomic cuisines, enjoy a cup of java from various cafés and bistros, or a glass of wine from Santa Barbara's many wineries. Enjoy the crisp ocean breeze from Stearns Wharf, California's oldest working wharf, where you may visit the aquarium or take a harbor cruise. Cost of \$47.00 per person includes round-trip train fare on the Pacific Surfliner and round-trip bus transportation to and from the Union Station. Bus departs at 6:00 a.m. and returns at 8:30 p.m.

HOLLYWOOD BOWL 2007 JVC JAZZ CONCERT - Sunday, August 19, 2007

Featured jazz artists to be announced at a later date. Pre-concert picnicking has always been one of the fun traditions at the Hollywood Bowl. Bring your own food and beverage or enjoy the various culinary delights from onsite vendors. Cost of \$40.00 per person includes ticket to JVC Jazz Concert and round-trip transportation. Bus departs at 2:30 p.m. and returns at approximately 11:00 p.m.

PAGEANT OF THE MASTERS - Friday, August 31, 2007

This year's pageant, "Young at Heart," is a must see for all. Witness amazing re-creations of famous artwork recreated on stage with live models. Narrators and a full orchestra make these living pictures an extraordinary dramatic experience. Cost of \$49.00 per person includes entrance fee to pageant and round-trip transportation. Bus departs at 5:00 p.m. and returns at 12 midnight.

SPIRIT CRUISES - Saturday, September 8, 2007

Welcome aboard Pacific Spirit! Enjoy a delicious brunch buffet as we cruise the waters of Long Beach Harbor taking in the fresh air, its beautiful shore and skyline, and a rare opportunity to see the Queen Mary from the starboard side. Cost of \$51.00 per person includes harbor cruise on private yacht, brunch buffet and round-trip bus transportation. Bus departs at 10:30 a.m. and returns at 2:00 p.m.

TASTE OF NEWPORT - Saturday, September 15, 2007

Celebrating its 19th spectacular year in 2007, the delicious mix of over 35 of Newport Beach's finest restaurants, 15 premium wineries from throughout California, the finest live musical acts, and fun has become the place to be. Excursion planning in progress.

PIRATE'S LIFE DINNER ADVENTURE - Saturday, October 13, 2007

The Pirate's Life Dinner Adventure is acclaimed as "the world's most interactive dinner show." Guests are entertained with an astonishing display of special effects wizardry, aerial artistry, swashbuckling swordplay and dynamic duels; a classic story of good vs. evil. Cost of \$55.00 per person includes pre-show and hors d'oeuvres, dinner, show, and round-trip transportation. Bus departs at 11:00 a.m. and returns at 4:30 p.m.

"WICKED" AT THE PANTAGES - Saturday, November 3, 2007

A "prequel" to The Wizard of Oz, this widely popular Broadway stage musical Wicked returns to Los Angeles. In a place called Emerald City in the Land of Oz, two girls meet and become friends. One is smart, fiery, and misunderstood and born with emerald green skin. The other is popular and ambitious. Come and join us as we experience the lives of the Wicked Witch of the West and Glinda the Good Witch as they unfold before our eyes. Guests must be able to climb stairs to the seating section; there are no elevators at the Pantages Theatre. Cost of \$45.00 per person includes ticket and round-trip transportation. Bus departs at 12:30 p.m. and returns at 6:30 p.m.

BEVERLY HILLS GARDEN & DESIGN SHOWCASE - Saturday, November 17, 2007

Excursion planning in progress.

Check our website for excursion updates or excursions not listed in this issue.
http://ci.carson.ca.us/content/departments/dev_service/cityexcursion.asp

CARSON CENTER

**WHEN IT COMES
TO EVENTS,
WE MEAN BUSINESS...**



(310) 835-0212

801 East Carson Street,

Carson, California 90745

www.carsoncenter.com

"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: Carson Community Center
Date: The 2nd Monday of each month
Time: 4 p.m.

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

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.

City of Carson
presents
Health Fair 2007



Saturday, April 28, 2007

10:00 a.m. to 2:00 p.m.

Carson Community Center

701 E. Carson Street
Carson, CA 90745

FREE

- Mammograms
- Blood Pressure Checks
- Public Health Information
- Vision & Hearing Exams

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



Carson Veterans Monument

On November 11, 1998, the City of Carson dedicated a Veterans Monument to honor those 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 in the process of 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 that will be dedicated on November 11, 2003. 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.

RECREATIONAL FACILITIES

your guide to Carson's parks and recreational facilities

City Facilities	Acres	Ballfields	Basketball Courts	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	*	*	*								
Carson 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	13	1L 1U	1L 1U		*	*	*		*	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. 631-2252 / 631-0963 (310) 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	25,000 sq. ft.		6L					2		1							*		*	*	*
Perry Street Mini Park 215th and Perry	2				*						*										

LIGHTED = L UNLIGHTED = U

Come Visit



CARSON COMMUNITY CENTER
(East Parking Lot)

THURSDAYS • 9 A.M. TO 1 P.M.

RAIN OR SHINE

**FREE produce raffle every
Thursday at 12:30 p.m.!**

California fruits and vegetables!

peaches, plums, apricots, nectarines, cherries, melons, and more...

tomatoes, corn, green beans, peppers, squash, and more...

nuts, eggs, baked goods, cut flowers, and nursery stock

Stop by the Market Manager's Booth for your frequent buyer's card too!

For more information about the Farmers Market, call (310) 847-3584

PUBLIC INFORMATION OFFICE-CARSON
701 East Carson Street
Carson, CA 90745

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

POSTMASTER : DATED MATERIAL. PLEASE DO NOT DELAY