

CITY OF CARSON

Parks, Recreation & Human Services

2007

G U I D E

JANUARY • FEBRUARY • MARCH

Tribute to Dr. Martin Luther King, Jr

Boxing Invitational

Tribute to César E. Chávez

**Carson Symphony
Annual Teen Conference**

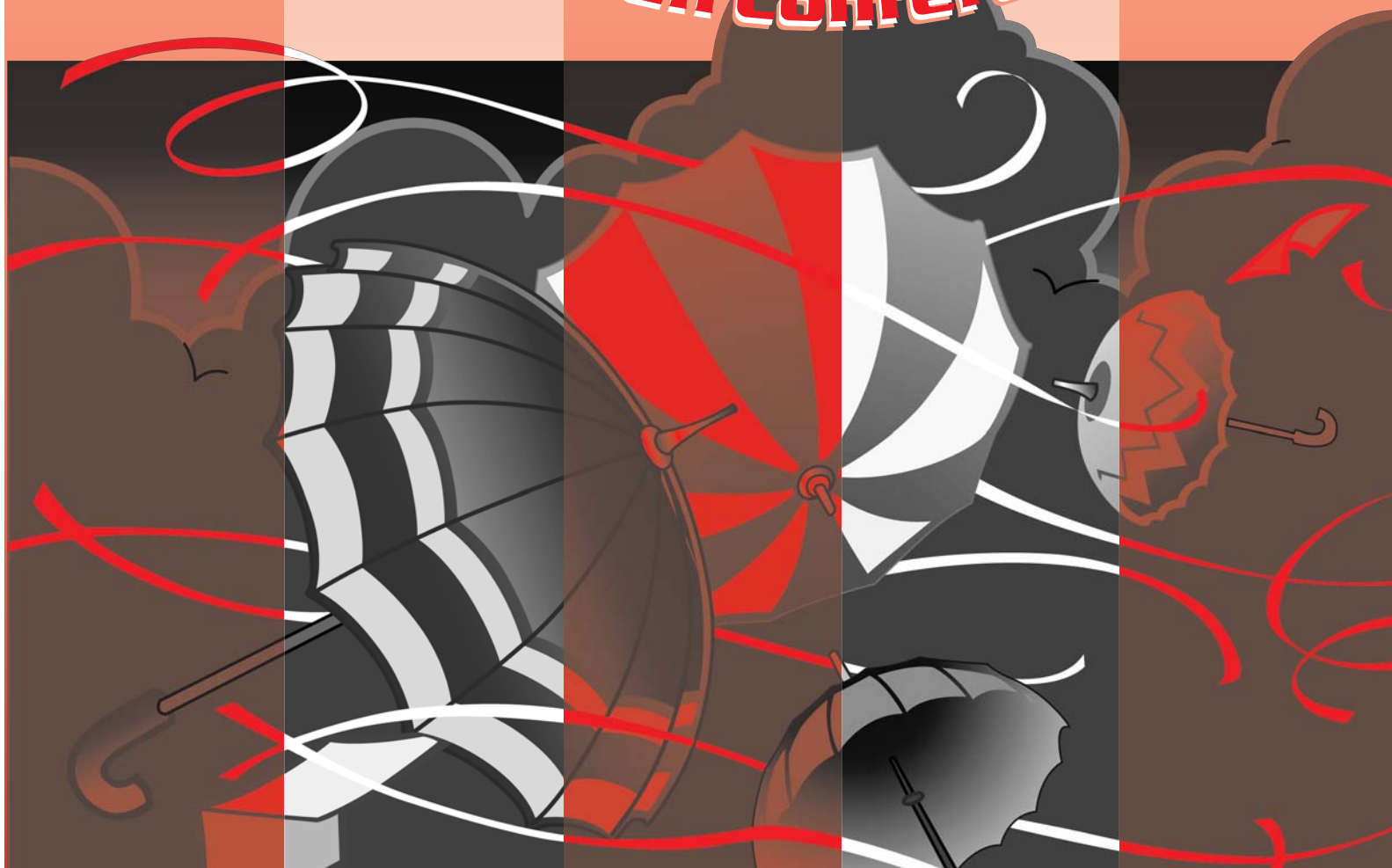


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Elected Officials

Jim Dear, Mayor
Julie Ruiz-Raber, Mayor Pro Tem
Elito M. Santarina, Councilmember
Harold C. Williams, Councilmember
Mike A. Gipson, 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 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, 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

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: 1/10-2/14 Session 2: 3/7-4/11



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

Instructor: Oskar Guillen

Tues./Thurs. 6:00-8:00 p.m. 1/23 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. 1/23 Dolphin Park

Thurs. 6:30-7:30 p.m. 1/25 Dolphin 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. 1/23 Comm Ctr

EDUCATIONAL CLASSES**Samoan Language Model School – (Ongoing)**

Ages 10 and up \$30/Resident \$35/Non-resident

Learn about Samoa, its language, history, and culture by using bilingual songs, poems, and hands-on activities. Improve your basic grammar, conversation, reading, and writing skills.

Instructor: Mona Porotesano

Sat. 10:00 a.m.-1:00 p.m. Scott Park

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. 1/25 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. 2/5 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. 1/24 Comm Ctr

How to Become a Notary Public and prepare to Pass the State Exam - 419 (2 day seminar)

Adult \$100/Resident \$105/Non-resident

Per California New State Law, effective July 2005, this is an approved required 6-hour course for Notaries. Effective July 2005, Certificates of Completion will be issued. The Notary Seminar is designed to equip you with the knowledge needed to pass the California State exam and become a proficient Notary. The seminar will cover Notary law and practice, tools of the trade, journal recording, legal protections, how to perform notarial acts, complete the notarial certificate, and how to notarize under special circumstances. A preparatory exam will be given to make you feel more confident about passing the State exam. A list with testing sites and dates where the State exam is conducted will be available at the conclusion of the seminar. For more information regarding exam registration, please call (916) 263-3520, or go online to www.cps@ca.us.gov.

Please bring a highlighter to class. This class requires an in-class materials fee of \$25 (CASH ONLY PLEASE) payable to the instructor on the first day of class.

Instructions from Notary Access Association, LLC, a State Approved Notary Education Vendor.

Mon./Wed. 5:30-8:30 p.m. Comm Ctr

Sessions: 1/8, 10; 2/5, 7; 3/5, 7

How To Become a Certified Notary**Loan Signing Agent - 419 (1 Day Workshop)**

Adults \$100/Resident \$105/Non-resident

Already a Notary? NOW WHAT? Learn how you can easily turn being a Notary into a "flexible" part-time or full-time career! A Certified Loan Document Signing Agent is a trained Notary skilled in executing a loan signing and notarizing the loan documents within the real estate/mortgage community. Because you are already a Notary, you are halfway there!

You can earn \$50-\$300 per signing within an hour or less. Enroll to learn how to maximize your Notary income. You will learn: duties/limitations of the Signing Agent, industry terms, pre/post signing procedures, special notary skills needed, marketing, securing clientele, and taxes for the notary. BONUSES! Live-Interactive Loan Document Review and Certification Exam. Why be certified? Many companies only recognize Notaries who are certified, signifying special training and skill. In-Class Material Fee: \$60 (CASH ONLY PLEASE) includes instruction manual, sample loan documents, and certification exam.

Instructions from Notary Access Association LLC, a State Approved Notary Education Vendor.

Fri. 5:00-9:00 p.m. Sessions: 1/12; 2/16; 3/16

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

Thurs. 6:00-10:00 p.m.

Please call for class dates, (310) 952-1782.



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

Sat. 9:00 a.m.-12:00 p.m.

Please call for class dates (310) 952-1782.

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

Thurs. 6:00-10:00 p.m.; Sat. 9:00 a.m.-12:00 p.m.

Please call for class dates, (310) 952-1782.

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

Offsite

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

Offsite

Conversational Tagalog - 413 (6 weeks)

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

Learn Tagalog (Philippines National Language) with emphasis on courtesy and fun. Join the fun then surprise your Filipino friends.

Instructor: Evelyn Hensley

Wed. 7-8:30 p.m.

1/24

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.

1/27

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. 1/24 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. 1/26 Comm Ctr

MUSIC/THEATER

Tiny Theatre – (6 weeks)

Ages 5-8 \$35/Resident \$40/Non-resident

This is a non-intimidating approach to teaching creativity that offers an introduction to stage for the little performers. The emphasis is on speaking and reading skills, and it encourages children to develop confidence. Students will gain knowledge in acting using storytelling, puppetry, and basic dance techniques. Start them while they're young!

Instructor: Vivian McClure

Mon. 3:30-5:00 p.m. 1/22 Comm Ctr

Reader's Theatre – (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. 1/25 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: Coco York or 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. 5:00-6:00 p.m. 1/26 Comm Ctr (Beginning)

Fri. 6:00-7:00 p.m. 1/26 Comm Ctr (Intermediate)



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

Tues. 5:00-6:00 p.m. 1/23 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

Golf Fundamentals – (4 weeks)

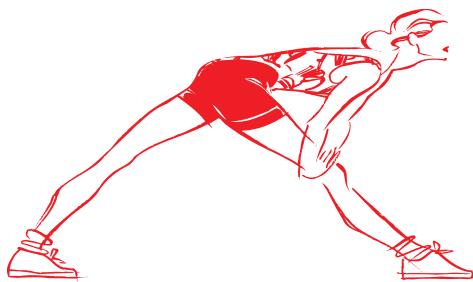
Juniors/Adults \$50/Resident \$55/Non-resident

Learn the fundamentals of golf in this fun indoor class! Students will learn the rules and history of golf, practice swing drills, grip, stance, chipping, and putting using indoor practice equipment. Instruction will be focused on all areas of the game, including golf etiquette, character development, and sportsmanship. All equipment will be provided.

Instructor: Jim Kearney

Fri. 1/26 6:30-8:30 p.m.

Comm Ctr



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

Tues./Thurs. 7:15-8:15 p.m.

Ongoing

Comm Ctr

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

Yoga - 453 (8 weeks)

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.

1/25

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.



Winter 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. | 1-3-07 | 2-7-07 |
| | | Sat. | 12:15-12:45 p.m. | 1-6-07 | 2-3-07 |
| | | Tues. | 11:15-11:45 a.m. | 2-6-07 | 3-6-07 |
| | | Sat. | 12:15-12:45 p.m. | 2-10-07 | 3-17-07* |
| Tots | 4-6 | Thurs. | 4:00-4:30 p.m. | 1-4-07 | 2-1-07 |
| | | Sat. | 10:15-10:45 a.m. | 1-6-07 | 2-3-07 |
| | | Thurs. | 4:00-4:30 p.m. | 2-8-07 | 3-8-07 |
| | | Sat. | 10:15-10:45 a.m. | 2-10-07 | 3-17-07* |
| Jr. Youth | 7-9 | Wed. | 6:30-7:00 p.m. | 1-3-07 | 1-31-07 |
| | | Thurs. | 4:00-4:30 p.m. | 1-4-07 | 2-1-07 |
| | | Sat. | 10:15-10:45 a.m. | 1-6-07 | 2-3-07 |
| | | Wed. | 6:30-7:00 p.m. | 2-7-07 | 3-7-07 |
| | | Thurs. | 4:00-4:30 p.m. | 2-8-07 | 3-8-07 |
| | | Sat. | 10:15-10:45 a.m. | 2-10-07 | 3-17-07* |
| Youth | 10-14 | Wed. | 6:30-7:00 p.m. | 1-3-07 | 1-31-07 |
| | | Thurs. | 4:00-4:30 p.m. | 1-4-07 | 2-1-07 |
| | | Sat. | 10:15-10:45 a.m. | 1-6-07 | 2-3-07 |
| | | Wed. | 6:30-7:00 p.m. | 2-7-07 | 3-7-07 |
| | | Thurs. | 4:00-4:30 p.m. | 2-8-07 | 3-8-07 |
| | | Sat. | 10:15-10:45 a.m. | 2-10-07 | 3-17-07* |
| Adult | 15-99 | Thurs. | 7:10-7:40 p.m. | 1-4-07 | 2-1-07 |
| | | Sat. | 10:15-10:45 a.m. | 1-6-07 | 2-3-07 |
| | | Thurs. | 7:10-7:40 p.m. | 2-8-07 | 3-8-07 |
| | | Sat. | 10:15-10:45 a.m. | 2-10-07 | 3-17-07* |
| Tot Hockey | 4-6 | Thurs. | 4:00-4:30 p.m. | 1-4-07 | 2-1-07 |
| | | Sat. | 10:15-10:45 a.m. | 1-6-07 | 2-3-07 |
| | | Thurs. | 4:00-4:30 p.m. | 2-8-07 | 3-8-07 |
| | | Sat. | 10:15-10:45 a.m. | 2-10-07 | 3-17-07* |
| Youth Hockey | 7-12 | Thurs. | 4:30-5:00 p.m. | 1-4-07 | 2-1-07 |
| | | Sat. | 11:15-11:45 a.m. | 1-6-07 | 2-3-07 |
| | | Thurs. | 4:30-5:00 p.m. | 2-8-07 | 3-8-07 |
| | | Sat. | 11:15-11:45 a.m. | 2-10-07 | 3-17-07* |

NO CLASS ON February 17
The 5th week of Saturday classes only will be held on February 24th.

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. | 7:00-8:40 p.m. |
| Thursday | 4:00-4:30 p.m. | 2:45-4:45 p.m. |
| Thursday | 7:10 p.m. | 7:00-9:00 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) 243-5433.

All concerts are free and seating is on a first come, first served basis.

Vivian McClure's Theatre Productions

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.

DECEMBER

ANNUAL TREE LIGHTING CEREMONY

December 12, 2006 • 5 p.m.

FREE

Carson Community Center

JANUARY



Annual Tribute to Dr. Martin Luther King, Jr.

Sunday, January 14, 2007, 4:00 p.m.

Carson Community Center

Tickets are \$15, and include a buffet supper and a variety of entertainment.

FEBRUARY

Carson Symphony presents "From Russia With Love"

Featuring Stephen Moore, piano

Rachmaninoff: Rhapsody on a Theme by Paganini & Tchaikovsky Symphony No. 5

Saturday, February 10, 8:00 p.m.

CSUDH, University Theater - Admission Free

Apollo West Carson Players present

Annual Black History Program

Sunday, February 25, 2007

Carson Community Center - Admission Free

MARCH

Carson Symphony presents "Family Pops Concert"

Saturday, March 17, 2007, 8p.m.

Featuring Joseph Jackson, tuba, winners of the Carson Young Soloist Competition, and the combined choirs of

CSU, Dominguez Hills and the

Filipinas Chorale, USA and the Cherubs.

CSUDH, University Theater - Admission Free

Asian Pacific Celebration

Sunday, March 25, 2007, 1:00 p.m.

Carson Community Center

Tickets are \$20 each, and include a buffet luncheon and a variety of entertainment.

RECREATION EVENTS

upcoming special events • mark your calendar now!

Holiday Snow Run



Snow is coming to Carson

Friday, January 5, 2007

Children ages 5 - 14 years, Del Amo Park 703 E. Del Amo Blvd.

For more information, please call (310) 847 - 3570

Boxing Invitational



Saturday, February 3, 2007 • 1-3 p.m.

At the Fabela Chavez Boxing & Fitness Center, Scott Park

For more information, please contact the Scott Park Center at (310) 830 - 8310 or (310) 830 - 6439

A Tribute to Cesar E. Chavez



Annual tribute to the life of the Latino Activist

Saturday, March 24, 2007 • 10 a.m. - 2 p.m.

All Ages, Dominguez Park, 21330 Santa Fe Ave.

• Food Booths • Folklorico Groups • Mariachi • Guest Speakers • Car Show

For more information, please call (310) 847 - 3570

Baseball • Softball • T-ball



Tryouts: March 31, 2007

The 2007 Youth baseball/softball/t-ball season tryouts will be held at all city parks. Pick up your registration cards today!

Register by March 30, 2007.

The cost is \$30.

Here Comes Peter Cottontail



Annual Easter Parties

April 1-7, 2007

• Easter Egg Hunt • Contests • Games • Arts and Crafts

• Special Guest: The Easter Bunny

For more information, please contact your local park for the exact day and time

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



PICNIC SHELTER



MOON BOUNCE



POOLS



PODIUM WITH MICROPHONE



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 |



WINTER PARK CLASS SCHEDULE

All city parks are open and supervised. All parks offer a wide variety of fall 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



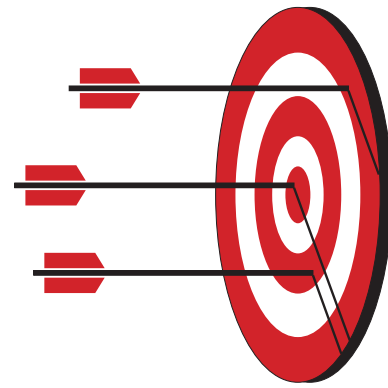
Cheerleading

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. |
| • Calas | Tues/Thurs | 6:30-7:30 p.m. |
| • Carriage Crest | Tues/Thurs | 5:30-6:30 p.m. |
| • Carson | Tues/Wed/Thurs/Sat | 9 a.m.-1 p.m. |
| • Del Amo | Thurs | 6-7:30 p.m. |
| • Dolphin | Tues/Thurs | 5:30-7:00 p.m. |
| • Mills | Tues/Thurs | 6:30-8:00 p.m. |
| • Scott | Tues/Thurs | 4:30-6 p.m. |
| • Stevenson | Mon/Wed | 5-6 p.m. |
| • Veterans | Mon/Wed | 5:30-7:00 p.m. |
| • Hemingway | Tues/Thurs | 6:30-7:30 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: Anderson/Stevenson/Mills parks.



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, Dominguez, Hemingway, Mills, Scott, Stevenson, and Veterans parks.

Arts & Crafts

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

Youth Golf Instruction

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

Boys & Girls Club

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

Kids in the Kitchen

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

| | | |
|-------------|----------|----------------|
| • Anderson | Tues/Wed | 4-5 p.m. |
| • Calas | Fri | 5-6 p.m. |
| • Carson | Thurs | 4-5 p.m. |
| • Del Amo | Fri | 4-5:30 p.m. |
| • Dolphin | Tues | 3-4 p.m. |
| • Mills | Wed | 5:30-6:30 p.m. |
| • Stevenson | Fri | 5:30-6:30 p.m. |
| • Veterans | 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 | Wed/Fri | 6-7 p.m. |
| • Hemingway | Mon/Tues/Wed/Thurs | 5:30-6:30 p.m. |
| • Mills/2 Age Division | Mon/Wed | 6:30-8:30 p.m. |
| • Stevenson/Adult Line Dancing | Tues/Thurs | 6-8 p.m. |
| • Anderson/2 Age Division | Mon/Wed | 6:30-8:30 p.m. |
| • Dominguez | Mon/Wed | 6-7 p.m. |
| • Scott Park | Tues/Thurs | 6-7 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 yrs. 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 Scott, Carriage Crest, and Dominguez Park, Monday through Friday from 2:30-6 p.m.

Cost: \$30 per week

Beginning Chess



Come learn the moves at Hemingway and Anderson Park, Tuesdays from 5-6 p.m., Del Amo Park, Tuesdays from 3:30-4:30 p.m.; Carson Park and Wednesdays from 3-4 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, Fridays, 4-5:30 p.m.; Anderson Park, Thursdays, 6:30-7:30 p.m.; and Carson Park, Friday from 6:30-7:30 p.m.



B O X I N G

FABELA CHAVEZ BOXING/FITNESS CENTER

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

HOURS

Mon-Thurs 1-9 p.m. Fri 1-7 p.m. Sat 10 a.m.-2 p.m., Closed Sun

Fees:

Adults
Youth (10-17 yrs)
Children (8-9 yrs)
Daily Rate

Monthly Membership

\$20
\$20
\$20
Youth/\$2 Adult/\$4

Beginning Boxing

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

Beginning Weightlifting

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

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

• Boxing Invitational

February 3, 2007, 1-3 p.m.,

- Fabela Chavez Boxing & Fitness Center, Scott Park
Admission: **FREE**

YOUTH SPORTS

WINTER 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.



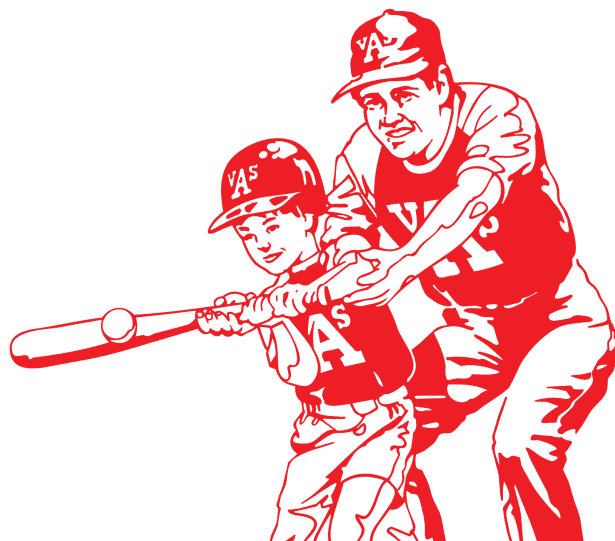
Basketball (Ages 5 - 17 yrs)

Registration: Now through December 8, 2006. Sign-ups will be taken after this date, but your child may be put on a waiting list.

Try-Outs: December 9, 2006

Season Begins: January 6, 2007

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



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: March 31, 2007

Season Begins: April 28, 2007

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

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 Section is looking for interested individuals ages 16 years and up, to become paid Sports Officials. Some experience is preferred, but not necessary. To receive written notification of training dates and locations by mail, call the Youth Sports Office at (310) 847-3577, before December 1, 2006 to officiate basketball, and April 1, 2007 to officiate baseball and softball.

Volunteers: "Carson Wants You"

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

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

If you would like to make a difference and are willing to give your time and effort to Carson's recreation programs, you are encouraged to contact your neighborhood park or City Hall Annex at (310) 847-3570.

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 coaches. 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

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.

Before & After School Kids Club Fees

September 7, 2004 - June 30, 2005

Monday-Friday

| | Resident |
|-------------------|-----------|
| 7-8:30 a.m. | \$15 wkly |
| 7-11 a.m. | \$25 wkly |
| 11:30 a.m.-6 p.m. | \$65 wkly |
| 2:30-6 p.m. | \$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:

Educational Activities:

Homework completion time; reading activities; tutoring in math, science, and social studies; group experiences in home safety; drug and alcohol awareness; and survival skills for staying home.

Recreational Activities:

Arts & crafts, sports activities, games, cooking, enrichment program available at some parks.

Snacks:

Nutritional snacks are provided each day.

1. Indoor games
2. Crafts
3. Seasonal parties
4. Excursions
5. Special events

First Time Registrations

\$10 Earthquake Kit
\$10 T-Shirt

SPRING BREAK DAY CAMP



April 2 - April 6, 2007
Monday-Friday

Our popular Day Camp is offered at all City Parks and is designed to provide supervised hours of fun-filled activities for children 5-12 yrs. of age. Each week's activities include crafts, games, movies, songs, and excursions (excursion fees are not included in the weekly day camp fee.)

The camps are open Monday-Friday
from 7 a.m.-6 p.m.

Fees are as follows:

| Hours | Fees |
|------------------|-------------|
| *7-10 a.m. | \$20 weekly |
| *8-10 a.m. | \$15 weekly |
| *9-10 a.m. | \$10 weekly |
| 10 a.m.- 3 p.m. | \$44 weekly |
| 10 a.m - 4 p.m. | \$53 weekly |
| 10 a.m. - 5 p.m. | \$65 weekly |
| 10 a.m. - 6 p.m. | \$75 weekly |

*Early drop-off programs may not be available at all parks.

Sibling discounts available

For more information, please contact your park or call the Parks and Recreation Department at (310) 847-3570.

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.



YOUTH COMMISSION GIVE BACK PROGRAM

Would you like to be part of the teen committee that will coordinate a Give Back Program?

TEENS ARE NEEDED FOR

- Senior Citizens Homes • Christmas toys for needy families
- Tutor School Age Children • Thanksgiving Baskets for needy families

For further information call, (310) 847-3570



TEEN WINTER CAMPING TRIP

January 2, 3, 4, 2007

Cedar Lake Big Bear

Ages 12-17 years • \$90 per teen (Camper-ships available)

For further information call, (310) 847-3570



CITY OF CARSON MUSIC WORKSHOP

Beginning January 20, 2007 through March 31, 2007

Song Writing • Singing • Music Production

For enrollment call, (310) 847-3570



YOUTH CONFERENCE PLANNING COMMITTEE

Meetings: January 25, February 22, March 22, 2007

Assist in organizing and presenting the 14th Annual Youth Conference 2007

Ages 12 - 17 years invited to participate

For further information, call (310) 847-3570



14TH ANNUAL TEEN CONFERENCE

April 21, 2007 • 8 a.m. to Midnight

Carson Community Center

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

For more information, call (310) 847-3570



TEEN DANCES & SPORTS NIGHTS

Teen dances will be presented at Mills Park every first Friday of the month.

Admission: \$5, Ages 12-18 years (Middle/High School ID may be required). Parent chaperons are welcomed.

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

(6 Days / 12 Hours)

Youth (Ages 13 to 17 years old)

Residents: \$20.00 Non-residents \$25.00

A 12 hour course conducted on Tuesday afternoons, 4 to 6 p.m., for a 6-week period. Classes are designed to assist adolescents ages **13 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 – 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: 4-6 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. (Open Enrollment) | REGISTRATION: Call to make appt. with Youth Services Officer (Closed Enrollment) | REGISTRATION: Call to make appt. with Youth Services Officer (Closed Enrollment) | REGISTRATION: Call to make appt. with Youth Services Officer (Closed Enrollment) |
| Track 1: January: 9, 16, 23, 30 February: 6, 13, 20, 27 March: 6, 13 | Track 1: 01/16 - 02/20 Track 2: 04/03 - 05/09 Track 3: 06/05 - 07/10 Track 4: 08/14 - 09/18 | Track 1: 01/10 - 02/28 Track 2: 04/04 - 05/23 Track 3: 06/27 - 08/22 Track 4: 09/26 - 11/14 | Track 1: Jan. 22, 24, 25 Track 2: Feb. 19, 21, 22 Track 3: Mar. 19, 21, 22 |

ADULT SPORTS

WINTER PROGRAM

The Adult Sports Section will be offering a variety of leagues and tournaments during the winter 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.



WINTER SOFTBALL LEAGUES

Men's C/D Level

Registration: December 3-January 4
Play Begins: January 11
Fees: \$400 per team

Coed C/D Level

Registration: December 3-January 4
Play Begins: January 11
Fees: \$400 per team

Spring Softball League

Registration: March 15-April 17
Play Begins: April 20

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



WINTER FLAG FOOTBALL LEAGUES

Men's 4 on 4

Registration: January 2-February 8
Play Begins: February 16
Fees: \$175 per team

Men's 8 Man

Registration: January 27-February 8
Play Begins: February 16
Fees: \$315 per team

ADULT PARK ACTIVITIES

Parent's Night Out

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

Coed Softball



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

- | | | |
|-----------------|------|-----------|
| • Calas | Thur | 6-9 p.m. |
| • Carrige Crest | Mon | 6-9 p.m. |
| • Dolphin | Fri | 6-10 p.m. |



8 Man Soccer

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

Adult Fitness/Women's Conditioning Class

This class is a fun-filled dance plus cardiovascular work out. Come join us. Dance your way to thin every Tuesday and Thursday, from 7-8 p.m. at Hemingway Park and from 6:30-9 p.m. at Stevenson Park.

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.

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.



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) 952-1780.

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. 1471.



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) 952-1780.

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

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.

Sewing Class - Meets on Tuesday from 9 a.m. – 11:00 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.



January 2007

TBA

February 2007

Valentine's Luncheon
February 9, 2007 • 12 - 4 p.m.
Carson Community Center

MARCH 2007

St. Patrick's Luncheon
March. 16, 2007 • 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 learn how to 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 clowners 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.



HUMAN SERVICES

Joy of Music – Music appreciation season runs from September through April. Music enthusiasts will enjoy a lecture on Monday from 2 - 4 p.m. and performances at El Camino College. Transportation provided to concerts.

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.

HUMAN SERVICES

SENIOR CITIZENS TECHNOLOGY CENTER

The Senior Citizens Technology Center (SCTC) expansion is now complete.

The newly renovated center has additional computers as well as more space to maneuver. SCTC is 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.

January: Trip to Long Beach Pike
11 a.m. - 4 p.m.

February: Casino Trip to Fantasy Springs - 8 a.m.

March: Trip to Seal Beach
11 a.m. - 4 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, 12:30-1:30 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:

- **Jan. 5th - New Year's Eve Dance**
- **Feb. 9th - Valentine's Day Dance**
- **Mar. 16th - St. Patrick's Day Dance**

Special Olympics

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.

Loyola Marymount Special Games

Special Games held at the University are non-competitive. Students from the University escort each athlete during the practices and at the main event. On the main event day, each athlete will receive a beautiful t-shirt designed by the students, lunch and will march in the parade. Athletes must be pre-registered in order to attend. A flyer with practice dates and times will be mailed to participants.

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.

Special Olympic Basketball

A desire to play a team sport is all it takes to join the Special Olympic Basketball team. Instructions on basic basketball fundamentals and team competition are provided. Teams are developed based on competitive skills. Practice will be held on Saturdays from 11 a.m. - 12:30 p.m. Please refer to the monthly calendar for dates and locations.

VETERANS SPORTS COMPLEX

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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

January Special

Time to take it to the
NEXT LEVEL!
4 Persons Training sessions
for **\$75**

February Special

Looking good for the SWEET
The first 20 NEW 30 DAY
memberships WAIVED
registration fee

March Special
CAN'T TOUCH ME!

**The first 20
NEW ANNUAL
MEMBERSHIPS
GET 30 DAYS FREE**

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!***

January

- Get Fit Challenge Registration

February

- Spring MembersBasketball League Begins
- Spring Corporate League Begins

March

- Open Basketball Tournament
- Singles RacquetballTournament



**The complex has more than 30 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 II, III (Luz) | 8:30-9:30 a.m. Corepole Training I, II, III (Beverly) | 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 CANCELLED | 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. Muscle Conditioning I, II, III (Luz) |
| | 5:30-6:30 p.m. Schwinn Cycling II, III (Cynthia) | 6:00-7:00 p.m. Schwinn Cycling II, III (Cynthia) | 12:00-1:00 p.m. Circuit Training I, II, III (Beverly) | 9:30-10:30 a.m. Functional Fitness II, III (Jaime) | 8:30-9:30 a.m. Schwinn Cycling & Abs II, III (Cynthia) | |
| | 6:15-7:00 p.m. Women's Fitness (Staff) Fitness Center | 6:15-7:00 p.m. Women's Fitness (Brian) Fitness Center | 5:30-6:30 p.m. Schwinn Cycling II, III (Cynthia) | | 9:30-11:00 a.m. Step & Resist-a-Ball I, II, III (Luz) | |
| 5:15-6:00 p.m. Women's Fitness Abs/Core Training (Albert/Mike) | 6:30-7:30 p.m. Muscle Conditioning II, III (Luz) | 6:00-7:00 p.m. Adult Kempo Karate I, II, III (Master Tigi) | 6:15-7:00 p.m. Women's Fitness (Staff) Fitness Center | 6:00-7:00 p.m. Adult Kempo Karate I, II, III (Master Tigi) | | |
| 6:00-7:00 p.m. Adult Kempo Karate I, II, III (Master Tigi) | 7:30-8:30 p.m. Pilates I, II (Luz) | 6:00-7:00 p.m. Speed & Sports Performance Training II, III (Ryan) | 6:00-7:00 p.m. Hatha Yoga I, II (Charlene) | 6:00-7:00 p.m. Schwinn Cycling/Muscle Conditioning/Abs II, III (Cynthia) | | |

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.

| 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 (Issac) | |
| 5:00 - 6:00 p.m. Power Kids I, II, III (Frank) | | 4:30 - 6 p.m. Youth Volleyball I, II (Wallace) Main Gym | | 4:30 - 6 p.m. Youth Volleyball I, II (Wallace) Main Gym | | |
| 6:00 - 7:00 p.m. Speed & Sports Performance Training II, III (Ryan) | 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) | | | |

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.

**Come check
us out!**

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

**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
- Star Trac Climbers
- Precor Ellipticals
- Life Fitness Elliptical Cross-Trainers
- Life Fitness Recumbent Bikes
- Precor Upright Cycles
- Schwinn Evolution Cycles for cycling classes



Why wait any longer?

Our Personal Trainers are experts at blending exercise, nutrition and support to help you reach your goals and maintain results. If you're tired of going it alone or need that extra accountability, look to your Personal Trainer to guide you every step of the way.

With more than 30 classes to choose from per week that vary in format from low-impact to Step Reebok, there are classes for all fitness levels.

**Redefine yourself...
Why not sign up for a
personal trainer today?**

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.



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. (Transportation Services will no longer be open on Fridays.)

- 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



Transit Information on Carson Web Site: <http://ci.carson.ca.us/MunicipalSvcs/transportation/transportationhome.htm>

CARSON CIRCUIT AND NORTH/SOUTH SHUTTLE TRANSIT



**BUY CARSON CIRCUIT
MONTHLY BUS PASS
AND SAVE!!!**



IT'S CONVENIENT AND OFFERS UNLIMITED RIDES ON THE CARSON CIRCUIT AND THE NORTH/SOUTH SHUTTLE BUSES.

**MONTHLY PASSES MAY BE PURCHASED FOR \$20 EACH
AND ARE AVAILABLE AT THE FOLLOWING LOCATIONS:**

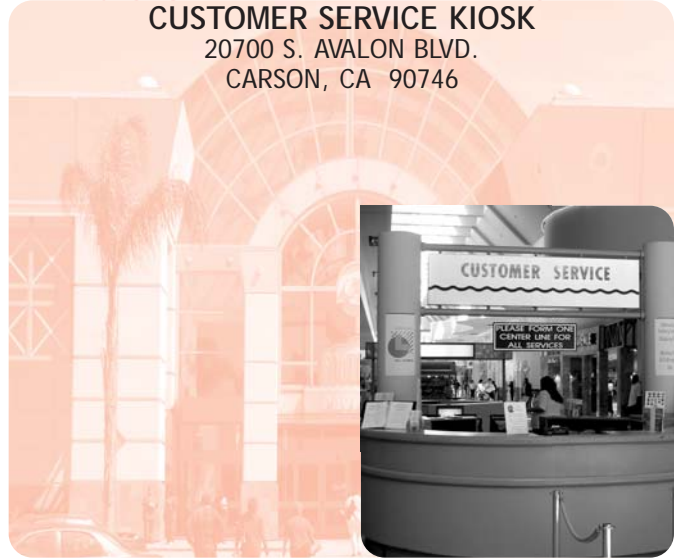
CITY HALL

CITY TREASURER'S OFFICE
701 E. CARSON STREET
CARSON, CA 90745



SOUTHBAY PAVILION

CUSTOMER SERVICE KIOSK
20700 S. AVALON BLVD.
CARSON, CA 90746



Students! Ride with Consideration! No unruly behavior. Help the driver drive safely.

Ride quietly and respectfully. Excessive noise is a distraction to safety.

No "bad" language. Profanity disrespects you and others.

Don't vandalize the buses.

Protect and take pride in your buses that family and friends depend on.

The city is enforcing a citation policy to keep the Carson Circuit a safe and pleasant riding experience for you, for children, and for our elders.

For more information, contact Transportation Services Division at (310) 835-0212

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 can schedule trips the same day they want to travel. A trip on the Access Service costs \$1.50 to \$4 each way and 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. Taxi fare coupons are required and are available for registered residents in booklets of Ten (10) coupons. A maximum of three (3) booklets may be purchased for taxi travel per 30-day period. Registration is on Tuesdays, 9:00 to 11:00 a.m., and taxi coupon booklets are available at the Dial-A-Ride desk from 7:00 a.m. to 6:00 p.m., Monday through Thursday. Contact Transportation Services Division for more information (310) 835-0212. For TAXI PICK-UP, please call toll free (877) 435-6111.



City of Carson

Transportation Services Division Bus Excursions: Jan/Feb/Mar 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. 1473.

Pasadena Tournament of Roses Parade - Monday, January 1, 2007

Coffee and Donuts included in the price.

Grab the best seat on the bench and enjoy the excitement and fun of seeing the Rose Parade "live". View the majestic floral floats, high-stepping equestrian units and spirited marching bands from across the country. Special discounted price of \$65.00 per person which includes reserved, mid-route grandstand seating, coffee, donuts and round-trip transportation. The bus departs at 5:00 a.m. and returns approximately 12 noon.

2007 Rose Parade Showcase of Floats and Old Town Pasadena - Tuesday, January 2, 2007

No meals are included in this trip.

Take time to smell the roses and see for yourselves the majestic beauty and splendor of the Rose Parade floats up close and personal. Join us for a guided tour through the 2007 floats that are parked at Victory Park as a docent details the "behind the scenes" drama of creating a float. View a slide show on what it takes to finish a float. As a special tour guest, receive a commemorative souvenir to remember your visit. Enjoy a no-host lunch in Old Town Pasadena. The cost is \$30.00 per person which includes a docent led tour of the floats, a slide show, souvenir and round-trip transportation. The bus departs at 5:30 a.m. and returns at 3:30 p.m. Dress casual and wear your good walking shoes.

Huntington Library Tea & Tour - Saturday, January 20, 2007

Tea Room Buffet included in the price of trip.

The Tea Room is the perfect setting for sitting back and reminiscing about your fond memories over a pot of brewed tea and a basket of freshly baked scones. Choose from an array of savory finger sandwiches, imported & domestic cheeses, fresh fruits, chilled seasonal salads, and specialty petite desserts. Best of all, you can return to the buffet as often as you like. Preview the "work in progress" of the Chinese Garden as a docent master guide leads us on a tour of the botanical gardens. You will have plenty of time to explore three art galleries and the library which holds the magnificent collections of paintings, sculptures, rare books, manuscripts and decorative arts. The cost is \$60.00 per person which includes a tea service and buffet meal in the Tea Room, admission to the Huntington Library, a docent led tour of the gardens, and round-trip transportation. The bus departs at 9:00 a.m. and returns at 5:30 p.m.

EXCITE YOUR TASTE BUDS WITH OUR NEW -

Ethnic DINE & TOUR Excursion to Papadakis Taverna & to the San Pedro Artwalk

Thursday, February 1, 2007

A Four Course Dinner is included in the price of the trip.

Experience the mouth watering ethnic dining experiences that the South Bay area has to offer. Our new "excite your taste buds" series is guaranteed to wake up your senses as we explore the cuisine at Papadakis Taverna. Papadakis offers a spirited atmosphere that will enrapture diners by transporting them to a Grecian culinary paradise. The evening begins with a four course meal of artistically prepared Greek dishes that will tantalize the very soul of your palate. During dinner, be entertained by dancing and singing Greek Waiters and Belly dancing maidens. After dinner, stroll the streets of San Pedro and visit the 1st Thursday Artwalk filled with galleries, studios, shops, music to suit every taste, dancing, antique car shows and much more. The cost is \$50.00 per person which includes a four course gourmet Greek meal at the award winning restaurant, Papadakis Tavern, a visit to San Pedro's 1st Thursday Artwalk, and round-trip transportation. The bus departs at 4:30 p.m. and returns at 9:30 p.m.

San Juan Capistrano 2007 Swallow Day Parade - Saturday, March 24th, 2007

No meals included in the price of the trip.

Spend a carefree day in beautiful downtown San Juan Capistrano at the Fiesta de Las Golondrinas. Celebrate the legendary return of the swallows to the San Juan Capistrano Mission. Wander through the city where you can attend the annual pancake breakfast, view the 2007 Swallow Day Parade, visit the San Juan Capistrano Mission, and stroll through the Mercado Street Fair where you can eat, drink and shop at over 100 booths. Then, relax while you listen and dance to the music of the Working Cowboy Band as you grab a bit to eat and enjoy the beer and wine garden. The cost is \$20.00 per person for round-trip transportation only. The bus departs at 7:00 a.m. and returns at 6:00 p.m.

City of Carson Welcomes

Santa to your Neighborhood



December 4 - 21 • 5 - 8 p.m.

FREE CANDY CANES

Private visits available

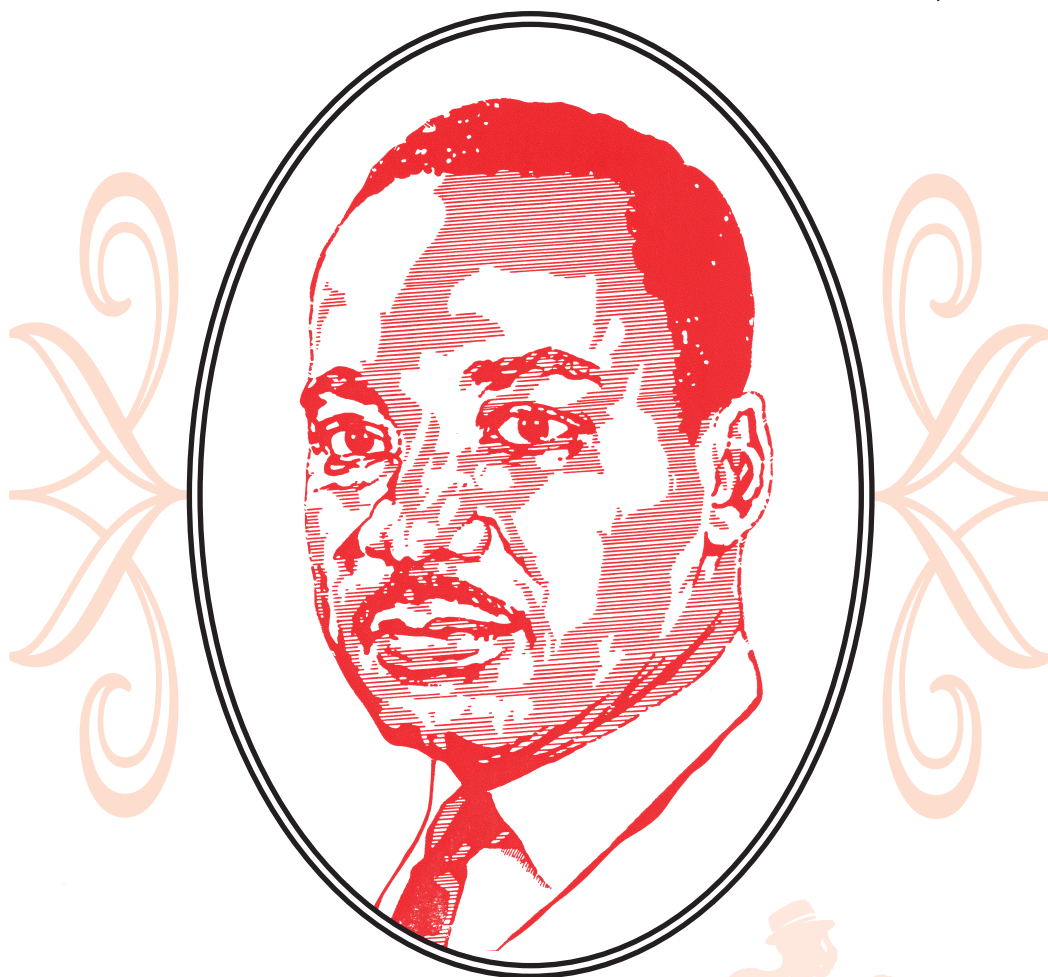
For information on on Santa's schedule, call (310) 847-3573

PARKS AND RECREATION DEPARTMENT

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Tribute to **DR. MARTIN LUTHER KING, JR.**



Sunday, January 14, 2007 • 4 pm

Carson Community Center

**Tickets are \$15, and include a buffet supper
and a variety of entertainment.**

For ticket or more information, call (310) 952-1705



“Si Se Puede”
A TRIBUTE TO
CÉSAR E. CHÁVEZ

Saturday, March 24, 2007
at
Dominguez Park • 10-2 p.m.
All ages

Food Booths,
Folklórico Groups, Mariachi,
Guest Speakers, Car Show

For more information, call
(310) 847-3570

Supported by the Unity Day Latino Subcommittee

PARKS AND RECREATION DEPARTMENT



American labor leader César E. Chávez was born near Yuma, Arizona, and grew up in migrant labor camps. From 1952 until 1962, he worked for the Community Service Organization, a self-help group. Then, he began working to create a farm workers' union. The union was chartered in 1966 by the American Federation of Labor and Congress on Industrial Organizations (AFL-CIO) as the United Farm Workers Organizing Committee, with Chávez as its president. In 1968, Chávez gained attention as leader of a nationwide boycott of California table grapes in a drive to achieve labor contracts.

SPECIAL INFORMATION

"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.

Looking for the coolest summer job?



Become a Lifeguard!

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

\$9.71 - \$15.26 per hour

Need training?

Low cost Lifeguard Training, CPR
and Water Safety Instructor classes
will begin in late March.

Want to register early for summer swim
lessons? Make sure you're on the mailing list.
Call the Aquatics office to be put on the list.
Early mail-in registration begins May 2007.
Note: If you took swim lessons in summer
2006 you're already on the list.

**Call Aquatics for job and class details
at (310) 847 3578**

CARSON CENTER

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



(310) 835-0212

801 East Carson Street,

Carson, California 90745

www.carsoncenter.com

DID YOU KNOW THESE ORDINANCES EXIST?

ORDINANCE 95-1055: NEW PARK CLOSURE HOURS

Old Closure Hours: Midnight-5 a.m. - **New Closure Hours:** 10 p.m.-5 a.m. No person shall enter or remain in park while closed unless under an approved permit for usage. Parking in lot is prohibited while park is closed. Vehicles shall be towed and stored at owners expense.

**ORDINANCE 95-1056:
MANDATORY PICNIC SHELTER PERMIT**
Permit for use of picnic shelters now necessary in order to facilitate maximum enjoyment and ensure public's health, safety, and welfare. *Anyone occupying a shelter without a permit will vacate when requested to do so by City staff. There is a \$35 fee for a full day use. Permits are available through the Parks & Recreation Department.

**ORDINANCE 95-1057:
USE OF CITY PARKS BY LARGE GROUPS**
Groups of 25 or more now need to obtain a permit to utilize any portion of a park in order as to not deprive others of the free and unimpeded use of park space. There may be a cost for such a permit depending on area used. Permits are available through the Parks & Recreation Department.

**ORDINANCE 95-1058:
USE OF AMPLIFIED MUSIC IN PARKS**
A permit is now necessary for any individual or group wishing to broadcast amplified music in parks as it was found that broadcasting amplified music frequently interferes with the ability of others to enjoy park facilities. Therefore, the City is desirous of minimizing and controlling this interference. Broadcasting standards limit volume of sound to not be audible for a distance in excess of 50 feet. The area where music can be played and direction of speakers shall be agreed upon by permittee and City staff. Amplified music shall only be broadcast between the hours of 10 a.m. and 7 p.m. during daylight savings time and 10 a.m. and 6 p.m. during standard time. There is no fee for this permit.

**ORDINANCE 41107:
SMOKING PROHIBITED IN PARKS**
Smoking prohibited in Parks, Playgrounds and Recreation Centers, and prohibiting disposal of tobacco related products in Parks, Playgrounds and Recreation Centers.

**FOR COPIES OF ORDINANCES
OR ADDITIONAL INFORMATION,
PLEASE CONTACT THE
PARK AND RECREATION
DEPARTMENT AT (310) 847-3570**

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City of Carson Annual Christmas Recital



**"A Season of
Peace on Earth
and
Good Will Towards Men"**

Admission \$2.⁰⁰

Wednesday
December 6, 2006
6:30-8:30 p.m.

•
Carson Community
Center
3 Civic Plaza Dr.

For further information, call the
Parks and Recreation Dept.,
at (310) 847-3570



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 cours | 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 | | | | • | | | | | | • | | | | | | | | | | |

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