

**CITY OF CARSON**

Parks, Recreation & Human Services

**G U I D E**

**2009**

**JANUARY • FEBRUARY • MARCH**

**Happy New Year!**

**2009**

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

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

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

Jerome G. Groomes, City Manager

The **Parks, Recreation and Human Services Guide** is published quarterly by the City of Carson's Public Information Office to inform residents about leisure time activities provided by the city. For general information about Parks and Recreation Programs, call (310) 847-3570. For general information about Human Services Programs, Transportation Services and the Congresswoman Juanita Millender-McDonald 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 of Carson has established a Fraud Hotline to fight fraud and protect taxpayer's dollars. The Hotline is an option for anyone wishing to anonymously report illegal or unethical activity on the part of the City, its officials, employees, contractors or vendors. The Hotline is open 24 hours a day, 7 days a week and interpreters are available in 20 different languages.

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

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

# SPECIAL INTEREST

## WHAT IS A SPECIAL INTEREST CLASS PROGRAM?

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

The Special Interest Classes are held at the Congresswoman Juanita Millender-McDonald Community Center (shown as Comm. Ctr.) unless otherwise indicated.

For information on dates and times, call (310) 952-1782.

## 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



### Art Program: Gallery by Anthony Frazier - 418 (3 days a week for 3 months)

Ages 7-21 \$150/Resident \$160/Non-resident

This class will teach students how to draw, paint, copyright, and market their own artwork. Learn how to become a professional artist. This program includes detailed art instruction by professional artist Anthony Frazier, and student work will be showcased in three art shows throughout the program. Don't miss this rare opportunity to learn from a professional! Art supplies will be provided.

*Instructor: Anthony Frazier*

Mon, Wed., & Thur. 2/2 5:00-9:00 p.m. Comm Ctr

### Quilting Adventures - 412 (One day workshop)

All ages \$50/Residents \$55/Non-residents

Materials fee (required for class): \$40/kit, to be paid in class. Learn new ways to be creative and to personalize your lifestyle with simple, cost-effective techniques drawn from the basics of quilting and design in this fun class. Each month will feature a new project created just for this class by the Instructor. Our two-hour session will begin with a demo of a new project, style, and/or technique, followed by the opportunity for each student to experience hands-on practice using the kit materials and to gain personalized assistance from the Instructor. You will enjoy easily adapting these cost-saving lessons to make your own unique gifts, and to repair, modify, alter, and/or maintain your own quilts, linens, and wardrobe. You are welcome to bring other projects for special help and to show and tell if you wish. No previous sewing or quilting experience required. If you have basic hand sewing supplies, please bring them. If you prefer to work by machine, please bring yours, but to participate in class machines are not required.

**Pre-registration is required no later than one week prior to class date.**

*Instructor: Gaye Sumada*

Wed.	10:00-12:00 p.m.	Jan 14 (Session 1)	Comm. Ctr.
		Feb 11 (Session 2)	
		Mar 11 (Session 3)	

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

Adults \$25/Resident \$30/Non-resident

This class will cover all you need to know about making candles at home. We will discuss basic safety, equipment, and materials. You will learn about different types of wicks, and how to color and scent your candles. You will make several types of candles, including votive, taper, and container candles. Each workshop is designed for first-time candle makers and for those who are looking to develop their technique and creativity. Workshops will have seasonal themes as various holidays approach. Private groups and party classes available. Material fee: \$10

*Instructor: Kimberly Watson*

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

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

Adults \$25/Resident \$30/Non-resident

Create your own aromatherapy bath products at home. Learn to create tub teas, bath salts, and fizzies in just minutes. We will discuss basic safety, materials, scent layering, and packaging. Take home thorough handouts and make several of your own custom-scented products. We will cover the essentials of aromatherapy for home use. Private groups and party classes available. Material fee: \$10

*Instructor: Kimberly Watson*

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



### 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).

Pre-registration is required.

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. Call for dates Comm Ctr



## DANCE

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

Ages vary \$60/Resident \$65/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 Tufele*

Mon. & Thurs.	5:30-6:30 p.m.	Ages 5-11	Comm Ctr
Mon. & Thurs.	7-8 p.m.	Ages 12 and up	Comm Ctr

**Hawaiian Dance - 573 (4 weeks, continuous enrollment)**

\$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.	12:30-1:15 p.m.	Ages 12 and up	Carson Park
Sat.	1:15-2:00 p.m.	Ages 5-11	Carson Park

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

7 yrs-Adults \$25/Resident \$30/Non-resident

Sabor de Mexico emphasizes 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.

Classes vary depending on age and ability. Call for information.

*Instructor: Irene Hernandez*

Continuous Comm Ctr

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

7 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 7-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.	1/27	Carson Park
Wed.	6:30-7:30 p.m.	1/28	Carriage Crest Park

**Salsa - 484 (6 weeks)**

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

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

*Instructor: William Maxwell*

Tues.	6:00-7:00 p.m.	1/27	Comm Ctr
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## EDUCATIONAL CLASSES

**Mother/Daughter Self-Esteem Camp - 419 (4 weeks)**

Moms of all ages/Daughters Ages 11-15 \$45/Resident 50/Non-resident

This self-esteem boot camp is designed to empower mothers and daughters to become stronger and more confident women. Learn to communicate effectively with one another, work as a team, and embrace your inner beauty.

*Instructor: Janelle Jackson*

Mon.	6:00-8:00 p.m.	2/2	Comm Ctr
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**Conversational Tagalog - 413 (6 weeks)**

Ages 15 and up \$40/Resident \$45/Non-resident

Learn to converse in Tagalog, the Filipino language. Greet your friends and relatives in Pilipino, and understand simple phrases used in conversational situations. Please bring a pen and notebook to class.

*Instructor: Fe P. Koons*

Thurs.	6:00-7:30 p.m.	1/29	Comm Ctr
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**Sussie's International Cooking Class – 426 (4 weeks)**

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

This is an international cooking class that will expose students to different kinds of cooking from a variety of countries. It is fun and interesting! Materials fee: \$10 due to instructor at the first class. **Pre-registration is required.**

*Instructor: Susan Oshinuga*

Wed.	6:00-8:00 p.m.	Anderson Park
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**Cooking 101 – 426 (One day workshops)**

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

You can cook in 30 minutes! Bring the best dinners home to your family! Learn to prepare meals your family will love. This is a hands-on class, and as an added bonus, you will learn quick grocery tips to help you save money. Please bring a notebook and a pen. Pre-registration is required.

*Instructor: Alisa Mayon*

Thurs 7:00-8:30 p.m. Call for dates and topics Comm Ctr

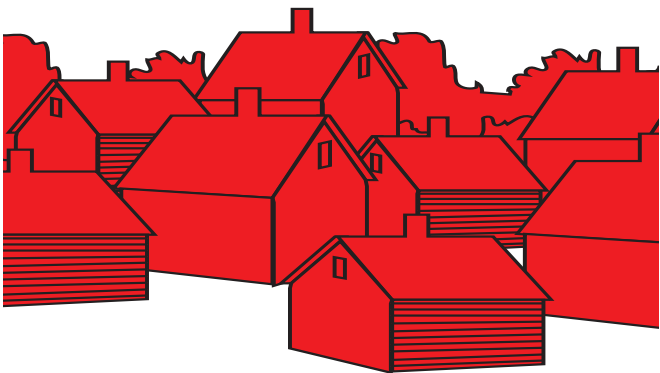
**Property Grants and Programs for the Disabled – 419 (One day workshop)**

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*

Tues. 7:00-8:00 p.m. Call for dates 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. 1/28 Comm Ctr

**Learning Trails Tutoring - 514 (ongoing) per 90 min. session**

3 yrs-Adults \$15/hr-Resident \$20/hr-Non-resident

Develop new skills or improve old ones.

• Reading • SAT • Writing • Algebra • Language

• Geometry • Science • Social Science • Homework Assistance • Basic Math • Pre Algebra

• GED Prep • Cat 6

*Instructor: Phyllis Garror*

Tuesdays and Thursdays, hours to be arranged Comm Ctr

**Community CPR (1 day workshop) - 419**

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

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

Certificates: Adult, Child, Infant CPR (valid for 1 year)

*Instructor: Julia Releford*

6:00-10:00 p.m.

Please call for class dates. **Pre-registration is required.**

**First Aid Basics (1 day workshop) - 419**

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

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

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

Certificate: Basic First Aid (Valid for 3 years)

*Instructor: Julia Releford*

Please call for class dates and times. **Pre-registration is required.**

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

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

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

*Instructor: Julia Releford*

Please call for class dates and times. **Pre-registration is required.**

**Note: These CPR classes do not meet the requirements needed by professional medical personnel.**

**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. Pre-registration is required.

*Instructor: Priscilla Charles-Carter*

Call for dates and times.

Offsite

**Computer Training Workshops - 456 (6 classes)**

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

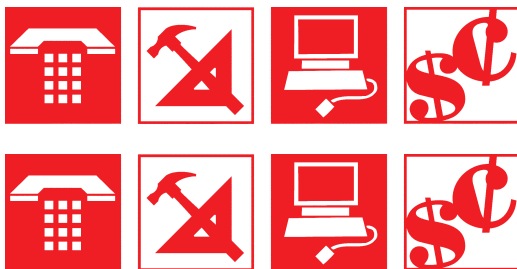
If you are like most people, you function best in an environment that is set up specifically to fit the way you work, and you probably want your computer to be set up the same way. If so, come join us and discover something new, including information about the Internet, Word, Excel, and PowerPoint.

*Instructor: Beverly Anthony*

Wed/Thurs. 6-9 p.m.

1/28

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.

1/30

Comm Ctr

**MUSIC/THEATER****Opening Act - 488 (6 weeks)**

Ages 7-10 \$50/Resident \$55/Non-resident

Focusing on fundamental acting skills, this class will lead young people through developing fundamental acting skills through script reading, theatre games, character development, improvisation, pantomime, ensemble work and more.

*Instructor: Vivian McClure*

Wed. 5:00-6:00 p.m.

Comm Ctr

Call for dates

**Art of the Actor - 488 (6 weeks)**

Ages 9- 12 \$50/Resident \$55/Non- Resident

Providing training for the developing young actor in a safe, creative environment this class provides opportunities to grow and explore the actor's tools. Art of the Actor gives the beginner confidence and the veteran performer opportunities to fine tune acting skills. This class uses improvisation, theatre games, script reading, characterization, focus, ensemble work, and much more.

*Instructor: Vivian McClure*

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

Comm Ctr

Call for dates

**Piano - 461 (4 weeks)**

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

A piano course designed for beginner to advanced students of all ages.

Children must be able to read before entering class. All styles of music are taught, including classical, jazz, blues, and pop. These are 30 minute private lessons.

*Instructor: William Cavuti*

Classes to be scheduled with instructor

Continuous

Comm Ctr

**Guitar - 461 (4 weeks)**

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

Learn guitar basics, chords, how to play a melody, and accompanying songs.

Students must bring guitar, notebook and pencil to class.

Students only allowed in classroom.

*Instructor: Enrique Ruiz*

Fri. 6:00-7:00 p.m.

1/30

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, 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.

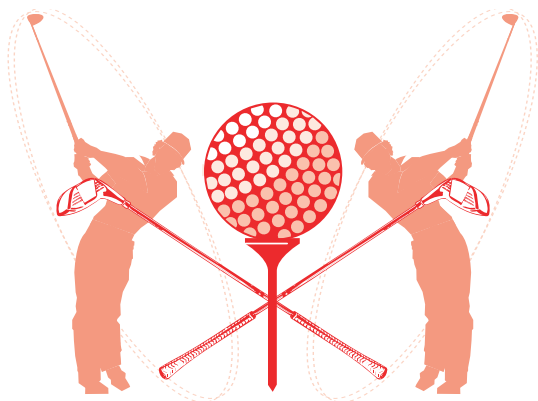
*Instructor: Stew Sanford*

Tues. 7:00-9:00 p.m.

Continuous

Comm Ctr

## EXERCISE

**Golf Fundamentals for Youth, Adults, and Seniors – (4 weeks)**

\$79/Resident \$84/Non-resident

Learn the fundamentals of golf in this fun indoor/outdoor class! This class is for beginners and advanced players alike. For two weeks, students will learn the rules and history of golf, practice swing drills, grip, stance, chipping, and putting using indoor practice equipment. For the final two weeks, students will head outdoors to an actual golf course for instruction and practice. Instruction will be focused on all areas of the game, including golf etiquette, character development, and sportsmanship.

Instructor: Jim Kearney

Fri. 6:00-7:00 p.m. 1/30 Comm Ctr

**Body Conditioning – 438 (10 consecutive classes)**

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

This beginning/intermediate class incorporates aerobic exercise, stretching, and elements of Pilates for the ultimate work-out. Taking care of your body is more important than ever, and this class will help you do it.

Instructor: Latario Rachal

Mon./Wed. 7:15-8:15 p.m. Ongoing Comm Ctr

**Aerobics – 438 (10 consecutive classes)**

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: Latario Rachal

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

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

**Hatha Yoga - 453 (8 weeks, ongoing)**

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

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

Instructor: Christina Abeyta

Thurs. 6:00-7:00 p.m. 1/29 Comm Ctr

**Kundalini Yoga - 456 (10 weeks, ongoing)**

Ages 15 and up \$50/Resident \$55/Non-resident

Learn basic yogic postures and breathing techniques for relaxation and stress reduction. Kundalini yoga aims at helping each individual uncover their true potential, relaxing the mind, and toning the body.

Instructor: Amelia Soto

Wed. 6:30-7:30 p.m. 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. 6:00-7:00 p.m. Ongoing Comm Ctr

**Environmental Self-Defense - 410 (Monthly)**

Adults \$55/Resident \$60/Non-resident

Learn survival techniques including control holds, reaction kicks, and disarming techniques. Wear athletic attire.

Instructor: Ron Lyde

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

## INSTRUCTOR SPOTLIGHT

**CHRISTINA ABEYTA**

Christina began her practice and study of yoga about 10 years ago. She has a profound gratitude for the journey of self-awareness and exploration it has led her on. She came to yoga when she felt a shortness of breath, and overall stress and fatigue. Yoga has led her on a path to self-discovery and awareness that has led to transformation and healing ever since. Her classes emphasize the importance of breath, and how to use the breath for better health. Her classes are heart-centered with a strong emphasis on the breath, and compassionate movement. Students of all backgrounds and levels can enjoy her classes.

She is certified in Hatha Yoga, Kundalini Yoga and Meditation. She has been teaching at various studios in the South Bay since 2003.



# SPECIAL INTEREST CLASS REGIS-

## TRATION 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:

Congresswoman Juanita Millender-McDonald 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,  
Congresswoman Juanita Millender-McDonald Community Center,  
3 Civic Plaza Dr., Carson CA 90745.



# Cultural Activities & Programs

The City of Carson Fine Arts Section values the services of our community based arts and cultural organizations and the artists whose work enriches our community. The City of Carson has allocated funding for these skills to be taught to or performed by Carson residents. Our goal is to provide fine arts programs based on diverse interests and needs and to serve a wide range of citizens who are not already served. The following 11 organizations were funded for fiscal year 2008-2009.



## 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, a Musical Director and Conductor of the Carson-Dominguez Symphony, has instituted innovative programming that combines popular classics and contemporary music. This nationally acclaimed conductor became the first woman to conduct a professional orchestra at the Los Angeles Music Center's Dorothy Chandler Pavilion. Dr. Steiner invites all musicians to audition for membership in the orchestra. For audition information, call the University Music Department at (310) 243-3543.

## Apollo West Carson Players

The Apollo West Carson Players are proud to present "A Christmas Happening 2008". A group of kids has been given an assignment during Christmas time to bring "current event" stories to class. Unfortunately, much of the TV, newspaper, and computer news they find is negative and violent. They decide to become a "Good News Team", and find more positive news to relate to well-known Christmas songs. In the process of looking for positives, the kids also have to deal with the real world they live in, which is composed of drive-by shootings, car jackings, Pokemon Mania, and more. The production is scheduled to take place on Sunday, December 21, 2008, at the Congresswoman Juanita Millender-McDonald Community Center. For tickets and further information, please call (310) 212-7955.



**Art in Motion Youth Dance Co** is presenting a production and outreach program. The program was funded in an effort to offer participation to local youth at minimal costs. The funding includes production costs, choreographer, theater rental, set design, and promotional materials. For more information, call Elaine Glover at (310) 808-0098.

# Cultural Activities & Programs

**PASS** stands for Pacific American Student Services. This program will allow community residents and students from Carson schools to participate in the Asian/Pacific Islander Heritage Month Celebration at Cal-State Dominguez Hills. The program includes Polynesian dances, cultural activities, student tours of the college, a school dance exhibition, speakers, cultural workshops, and vendors.



**Vivian McClure's Theatre Productions** 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 are 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. This six-week program reaches an audience of 3,600 students and Carson residents each year.

**The Filipinas Chorale, U.S.A. & the Cherubs** 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, popular classics, 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.



**Asociacion Cultural - La Academia de Mariachi**, the Asociacion's first program, teaches youth the history and the art of traditional Mariachi music. Classes are also offered as an after school program on Wednesdays from 3:30 -6:00 p.m. at the Community Center. The Academy's second program, El Coro Alegria de Carson, is an out growth of the Mariachi Academy. The Asociacion has modified the basic one-on-one format into a Coro, or Choir. Here the emphasis for progress is on building the student's self-esteem. Coro classes are offered on Fridays at the Congresswoman Juanita Millender-McDonald Community Center. For more information, please call (310) 628-7851.

# Cultural Activities & Programs

**Positive Images of Self Expression (PISE)** is an 11-day summer intensive program of performing art workshops that focus on the areas of drama, modern/jazz, ballet, and tap to children ages 10-17. With this experience youth will have an avenue in which to discover hidden talents and express themselves through a positive vehicle called art. Upon completion of the workshops, participating children will share their talents of self esteem, commitment, and teamwork through a mini-musical entitled "High School Drama."



**CSUDH Community Wind Ensemble** serves as a performance outlet for many Carson Residents who play instruments found in the wind ensemble, but no longer have an appropriate outlet for their talent. The wind ensemble serves Carson residents both as a performance outlet and as a town band that performs at civic functions. The group rehearses on Wednesday evenings from 7:00 p.m. to 9:45 p.m. on the CSUDH campus. For more information, contact Dr. Richard Kravchak at (310) 243-3947.

**Office of Samoan Affairs Performing Arts** is an outreach program targeting Samoan/Pacific Islander youth with interests in cultural performances of traditional and modern dances, music, instruments, such as the ukulele, short skit performances, script development, and theatrical production and performance. The goal often project is to build confident youth leaders to celebrate and uplift their cultural identity and to take pride in their cultural values, morals, and ethics. These skills will also be showcased at various City sponsored events.



## Francisco Martinez Dancetheatre

conducts one long term and two short term dance residencies at local elementary schools, culminating in student-generated choreography. At the end of the season, students are invited from local elementary schools to attend a performance of the FMDT's Cancionero at the Community Center and/or CSUDH Theatre.



The following are excellent programs which have been funded in the past, but did not receive Fine Arts funding this year:

**The Carson Art Association** is a non-profit fine arts organization that recognizes traditional mediums. The Association was formed for the development of art and to promote art awareness in our community. Monthly meetings are held the first Tuesday of each month at 7:00 p.m. After a short business meeting, a guest demonstrating artist or speaker is featured. Admission is free. For more information, call the Fine Arts Department at (310) 952-1705.



**CSUDH University Art Gallery** opened in 1978, and has over 2,000 square feet of exhibition space and 18' high ceilings. It can accommodate large-scale paintings and sculptures by artists of local and national reputation. There are five exhibitions a year, the last being a multimedia show of works by graduating seniors in the Art Department. The gallery is also used as a forum for student art critique classes, discussions with artists, university and community guest lecture series and events, provides tours to university classes, community groups and school groups, and gives an opportunity for students and interns to participate in gallery installations and management.

**International Printing Museum** program brings the Printing Museum's traveling educational program, "A Museum on Wheels: Ben Franklin's Colonial Assembly" to the schools in the City of Carson. This program is a two-hour presentation that brings to life the world of books, inventions, history, science, American History and the life of Dr. Benjamin Franklin. The Printing Museum is a living, working experience of the evolution of mankind's single greatest invention - the printed word. Visitors to the museum will experience personal working tours by knowledgeable guides who will make history come to life for visitors of all ages.





# CARSON DOMINGUEZ HILLS SYMPHONY ORCHESTRA

PRESENTS:

## Family Pops Concert



**Saturday, February 7, 2009,  
8:00 p.m. at the  
University Theatre at  
California State University  
Dominguez Hills**

**Free admission and fun  
for the whole family**

**For further information, call the  
University Music Department at  
(310) 243-3543**

# FINE ARTS SUMMER ACADEMY



Schedule:

**June 22 - July 31, 2009**

Monday-Friday

7:00 a.m. to 6:00 p.m.

**Now taking early registration  
and payment plans.**

Join us for six weeks of non-stop fun  
and education for kids ages 7-11.

Classes are taught by professional  
musicians, singers, dancers,  
actors, and artists!

**For prices and additional  
information, please call  
Della Walter at (310) 952-1705**

## RECREATION EVENTS

upcoming special events  
mark your calendar now!

### Boxing Invitational



**Date:** TBD

**Time:** 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

### Here Comes Peter Cottontail



**Annual  
Easter Parties**

- 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

### •Baseball •Softball •T-ball



**Tryouts:  
March 28, 2009**

The 2009 Youth baseball/softball/t-ball season tryouts will be held at all city parks.

Pick up your registration cards today!

**Register by March 27, 2009. The cost is \$30.**



### 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. 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.

# Welcome to Permits!

The Reservation Office business hours are  
Monday - Thursday, 7:15 a.m. - 5:30 p.m. Call us at  
(310) 847-3570 or fax us at (310) 830-8567.

We are located at the Parks & Recreation Department  
at the Corporate Yard, 2400 E. Dominguez St.  
Carson, CA. 90810.



## Celebrate at our facilities!

We can accommodate your party for birthday celebrations, family picnics, and other special events at one of our park facilities.

## Reservation/Cancellation Policy

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

## Loss Or Damage Information

Responsibility for equipment remains with customer from delivery until return. Please be sure equipment is secured when not in use and protected from the weather. There are replacement charges for missing or broken items.

## Equipment Rentals

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

## Jumpers

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

**Party Pronto:** (877) 727-8437

**Fiesta N Jump:** (310) 2363-1848

**Jump 4 Fun:** (800) 281-6792

**Party on Rentals:** (323) 255-1993

**Major Jumpers & Entertainment:**  
(323) 399-2533

**PLEASE NOTE THAT VICTORIA PARK IS A LOS ANGELES COUNTY PARK AND NOT ASSOCIATED WITH THE CITY OF CARSON PARKS & RECREATION DEPARTMENT**

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



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

#### CLASS SCHEDULE

##### ALL DAY PROGRAM

Monday – Friday

7 a.m. – 6 p.m. \$125.00 a week

8 a.m. – 5 p.m. \$100.00 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 \$18 a week

3 days/wk \$27 a week

5 days/wk \$45 a week

Fees are paid every 4 weeks



# ABC...123...



One time, non-refundable, registration fee of \$50 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
• Scott	8 a.m.-12 p.m.	M/W/F



## CITY OF CARSON

## LIFEGUARD

TRAINING  
PROGRAM  
AMERICAN  
RED CROSS

Lifeguard Training and  
Standard First Aid and CPR/AED  
for the Professional Rescuer\*

## SCOTT POOL

FEBRUARY 20 TO FEBRUARY 28, 2009

Friday	FEB. 20, 2009	6 p.m. - 8 p.m.
Saturday	FEB. 21, 2009	8 a.m. - 6:30 p.m.
Sunday	FEB. 22, 2009	8 a.m. - 6:30 p.m.
Saturday	FEB. 28, 2009	8 a.m. - 6:30 p.m.

\*Must attend every class

## Cost:

**\$80** if registered prior to class and  
**\$100** on first day of class.  
Book **\$35**

## APPLICANTS MUST BE:

- At least 15 years of age by FEBRUARY 28, 2009
- In good health
- Able to complete the course pre-test of a 500-yard swim of combined breast-stroke/freestyle
- Able to retrieve a 10-lb. diving brick from the deep end and swim 25 yards with the brick

Upon successful completion of the course, students will be eligible to apply for positions with the City of Carson Aquatic Program for the 2009 season. Pay Rates - \$10.46 - \$16.44

For more information or to register,  
contact **AQUATICS**  
at (310) 847-3578

## CITY OF CARSON

WATER SAFETY  
INSTRUCTOR  
COURSE

American  
Red Cross  
Water Safety  
Instructor

Certification Course\*  
**SCOTT POOL**

MARCH 4 TO MARCH 15, 2009

Wednesday	March 4, 2009	6 p.m. - 9 p.m.
Sunday	March 8, 2009	8 a.m. - 6 p.m.
Wednesday	March 11, 2009	6 p.m. - 9 p.m.
Saturday	March 14, 2009	8 a.m. - 6 p.m.
Sunday	March 15, 2009	8 a.m. - 6 p.m.

**Cost: \$90**

if registered prior to class (does not include books)

**Cost: \$110**

on first day of class (exclude books) number of  
spaces available, so register early.

**Books: \$55**

Applicants must be at least

**16 years of age by  
Sunday, March 15, 2009,**

in good health, able to swim front crawl, back crawl,  
elementary backstroke, sidestroke, breaststroke, and  
butterfly in good form, and able to pass practical  
and knowledge tests on general water safety.

Upon successful completion of the course, students  
may apply for Swim Instructor II positions to teach  
swim lessons and aquatic activities within the  
City of Carson for the 2009 season.

**For more information or to  
register, contact Aquatics at  
(310) 847-3578**

# WINTER PARK CLASS

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	6:30-7:30 p.m.
• Calas	Tues/Thurs	6:30-7:30 p.m.
• Carriage Crest	Tues	6-7 p.m.
• Carson	Tues/Thurs	6-7 p.m.
• Del Amo	Tues/Thurs	6-7:30 p.m.
• Dolphin	Tues/Wed/Thurs	6-7:30 p.m.
• Dominguez	Mon/Thurs	6-8 p.m.
• Stevenson	Tues/Thurs	6-8 p.m.
• Veterans	Mon/Wed	5:30-7:00 p.m.
• Hemingway	Tues/Thurs	6:30-8 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/Dolphin/Hemingway 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: Carriage Crest, Carson, Dolphin, Dominguez, Hemingway, Mills, Scott, Stevenson, Veterans, and Del Amo 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	Wed	5-6 p.m.
• Calas	Fri	5-6 p.m.
• Carriage Crest	Wed	4-5 p.m.
• Carson	Wed	4-5 p.m.
• Del Amo	Tues	5-6 p.m.
• Dolphin	Tues	3-4 p.m.
• Dominguez	Fri	4-5 p.m.
• Hemingway	Fri	5:30-6:30 p.m.
• Mills	Tues/Thurs	5:30-6:30 p.m.
• Veterans	Fri	4:30-5:30 p.m.

### Homework Club

• Stevenson Park	Mon/Thurs	3:30-5 p.m.
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### 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:

• Anderson/2 Age Division	Mon/Wed	6:30-7:30 p.m.
• Anderson/Adult Line Dancing	Wed	6:30-8:30 p.m.
	Sat	10 a.m.-12 p.m.
• Comm. Cntr.	Sat	5:30-8 p.m.
• Hemingway/2 Age Division	Mon/Wed	6:30-8:30 p.m.
• Scott Park	Tues/Thurs	6-7 p.m.

## Junior Theatre

• Del Amo 5-12 yrs old Thurs 6-7 p.m.

## Friday Night Madness & Movies

• Anderson 7 yrs - up (FREE) Fri 6-8:30 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 Dominguez 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, Calas, and Dominguez parks, Monday through Friday from 2:30-6 p.m.

Cost: \$30 per week.



## Beginning Chess

Come learn the moves at Hemingway and Anderson parks, Tuesdays from 5-6 p.m., Del Amo Park, Tuesdays from 3:30-4:30 p.m.; Hemingway Park, Saturday from 9 a.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.

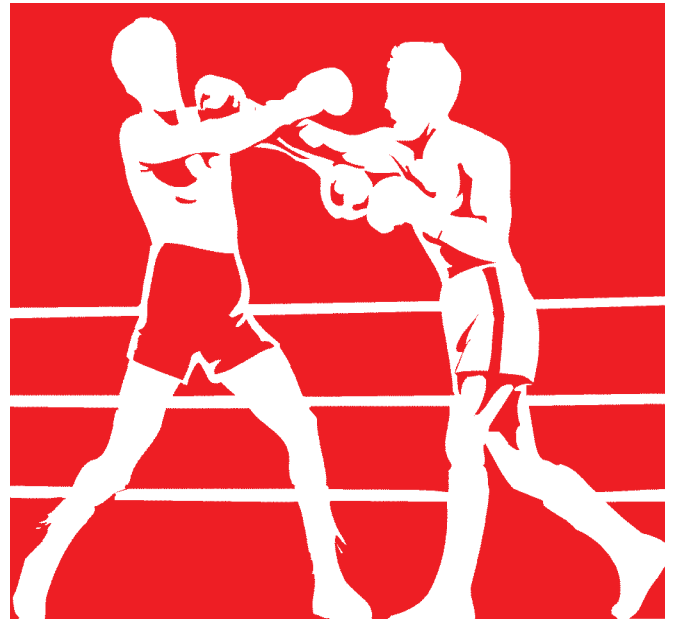
## Beginning Boxing

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.; Carson Park, Friday from 6:30-7:30 p.m.; and Hemingway Park at 6 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 1-9 p.m. Sat 10 a.m.-2 p.m., Closed Sun

Fees:	Monthly Membership
Adults	\$20
Youth (10-17 yrs)	\$15
Children (8-9 yrs)	\$15
Daily Rate	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. Call Stevenson Park at (310) 631-2252.

## Intermediate Boxing

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

## Intermediate Weightlifting Training

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

## Advanced Boxing

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

## Advanced Weightlifting

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



# UPCOMING EVENTS

## • Boxing Invitational

Date: TBD, 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 12, 2008. Sign-ups will be taken after this date, but your child may be put on a waiting list.

Try-Outs: December 13, 2008

Season Begins: January 10, 2009

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 27, 2009. Sign-ups will be taken after this date but your child may be put on a waiting list.

Try-Outs: March 28, 2009

Season Begins: April 25, 2009

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. Contact your local park for more information.



### Sports Officials

The City of Carson Youth Sports Section is looking for interested individuals ages 16 years and up, to become paid Sports Officials. Some experience is preferred, but not necessary. To receive written notification of training dates and locations by mail, call the Youth Sports Office at (310) 847-3577, before December 1, 2008 to officiate basketball, and April 1, 2009 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

Monday-Friday	Resident
11:30 a.m.-6 p.m.	\$55 wkly
2:30-6 p.m.	\$40 wkly



### (\$10 dollars additional fee for Pupil Free Days.)

Availability is based on the needs of each site. Call (310) 847-3566 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

## SPRING BREAK DAY CAMP



April 6 - 10, 2009  
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.	\$34 weekly
10 a.m - 4 p.m.	\$40 weekly
10 a.m. - 5 p.m.	\$45 weekly
10 a.m. - 6 p.m.	\$60 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 year.

All activities are planned and supervised by Recreation Staff.



## TEENFUNNITE

"Come out for a night of Music, Food, and Fun!"

*So save the date!*  
 **"See you there"** 



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*Dress code will be enforced!*



### Friday, January 16, 2009

Congresswoman Juanita Millender-McDonald Community Center  
Carson Dominguez Room • 6:00 p.m. - 10:30 p.m.  
Student ID is required at the door

### Friday, March 20, 2009

Veterans SportsComplex • 6:00 p.m. - 10:30 p.m.

### Friday, June 19, 2009

Location TBA • Time TBA

For more information, contact the following locations:

- Teen Programs office at (310) 847-3570, Ext. 3565
- Your local park (see listings below)
- The city website: <http://ci.carson.ca.us> (click on City Departments; Public Services; Parks & Recreation; Programs; Teens)

**"Building a stronger alliance with our youth and community through alternative programming"**



## YOUTH SERVICES PROGRAMS sponsored by Public Safety

The City of Carson Public Safety Department/Youth Services Section provides courses for parents and adolescents ages 12 to 17 years of age. The following courses are accepted by local Juvenile Traffic and Probation Courts.

### • Youth & the Law Program

**Youth (Ages 12 – 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

**(5 Days / 10 Hours)**

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

**(Open Enrollment)**

A 10 hour course conducted on Tuesday evenings, for a 5 week period.

Classes are presented by an experienced facilitator. This course is designed for parents of strong-willed adolescents.

**Registration:** Call Eric Carter at (310) 952-1700, ext. 1672

*Instructor: Eric Carter, YSO*

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

Community Center

### • Anger Management For Teens

**(8 Days / 12 Hours)**

**Youth (Ages 12 to 17 years old)**

**Residents: \$20.00 Non-residents \$25.00**

A 12 hour course conducted on Tuesday afternoons, 4:30 to 6 p.m., for an 8-week period. Classes are designed to assist adolescents ages **12 to 17 years old**.

Sessions are facilitated by a Public Safety Department/ Youth Services Officer.

This course accommodates adolescents who may be referred by the court, school, parents, or probation officers to complete an anger management program.

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

*Instructor: Deborah Schmidt, YSO*

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

Community Center

### • Drug/Alcohol Program (Positive Choices)

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

**Residents: \$20.00 Non-residents \$25.00**

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

**Registration:** Call YSO at (310) 952-1700, ext. 1671, 1789

*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	Positive Choices	x1789
• Deborah Schmidt	Anger Management For Teens	x1671
• Eric Carter	Community Service Program	x1672
• Youth Services Officer	Youth & the Law	All

## YOUTH SERVICES 2009 CLASS SCHEDULE

Parent Project Classes Day: Tuesday/Times: 5-7 p.m. Total Hours: 10 Hrs	Anger Management For Teens Day: Tuesday/Times: 4:30-6 p.m. Total Hours: 12 Hrs	Drug/Alcohol Awareness & Prevention Classes Day: Wednesday/Times: 4-6 p.m. Total Hours: 16 Hrs	Youth & The Law Program Day: Mon/Wed/Thurs. Times: M&Th: 4-6 p.m. Wed: 3:30-7:30 p.m.
<b>REGISTRATION:</b> <b>At Carson Community Center</b> Track I: Jan. 13, 20, 28 (Wed) Feb. 3, 10 Track II: Mar. 3, 10, 18 (Wed) 24, 31	<b>REGISTRATION:</b> <b>Call to make appointment</b> Track I: Jan. 13-Feb. 24 Track II: Apr. 07-May 19 Track III: Jul. 7-Aug. 19 Track IV: Sep. 22-Nov. 3 <b>*No December Classes</b>	<b>REGISTRATION:</b> <b>Call to make appointment</b> Track I: Jan. 07-Feb. 25 Track II: Apr. 01-May 20 Track III: Jun. 24-Aug. 12 Track IV: Sep. 16-Nov. 4 <b>*No December Classes</b>	<b>REGISTRATION:</b> <b>Call to make appointment</b> Track I: Jan. 12, 14, 15 Track II: Feb. 9, 11, 12 Track III: Mar. 16, 18, 19 Track IV: Apr. 13, 15, 16



# 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 1-January 6  
Play Begins: January 8  
Fees: \$400 per team

### Coed C/D Level

Registration: December 1-January 6  
Play Begins: January 8  
Fees: \$400 per team

### Winter Softball Tournament/Men's & Coed

Registration: January 5-February 18  
Play Begins: February 21

### Spring Softball League

Registration: March 2-April 17  
Play Begins: April 9

**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: Cedric Hicks, Recreation Superintendent, 2400 E. Dominguez St.,  
Carson, CA 90810 or call (310) 847-3570



## WINTER FLAG FOOTBALL LEAGUES

### Men's 4 on 4

Registration: January 5-February 12  
Play Begins: February 15  
Fees: \$175 per team

### Men's 8 Man

Registration: January 3-February 12  
Play Begins: February 15  
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.  |
| • Carriage 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.

## 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 Congresswoman Juanita Millender-McDonald Community Center, Scott, and Dominguez Parks. The Social Services Office is located in the atrium area of the Congresswoman Juanita Millender-McDonald Community Center.

## SENIORS ASSISTED LIVING

### Nutrition Free Classes

We are now offering nutrition classes, for 11-week sessions. Classes are available once a week for those who are interested in learning how to cook and eat the right portions of food for you and your family and also how to read labels from food packages that will show you how to live a healthier and longer life. Classes are (sponsored by Harbor UCLA Medical Department of Family Medicine). Classes are available in English and Spanish. No charge however donations are encouraged. For more information please, call (310) 952-1775.

### 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) 952-1775.

### 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. No charge and donations are encouraged. For more information, call (310) 952-1775.

### 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) 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) 952-1775.

## 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) 952-1775.

## 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) 952-1775.

# 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) 952-1775.



### Telephone Reassurance

The telephone reassurance program is a calling service to seniors who are homebound. Telephone reassurance is an ideal program for those convalescing and/or wishing to remain in contact with a "friendly voice." For more information call, (310) 952-1775.

### 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 by appointment only. For more information, call (310) 952-1775.



### Nutrition Program

Monday through Friday at 11:30 a.m. in the Carson/Torrance YMCA, serves a variety of delicious healthy, hot and nutritious lunches in the Congresswoman Juanita Millender-McDonald Community Center. Guests enjoy a tasty meal as well as warm conversation and fellowship. A donation is \$2.25 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, ext. 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. and 12:15-1:15 p.m. drop-ins, at the Congresswoman Juanita Millender-McDonald Community Center. For more information, call (310) 952-1775.



# 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 Congresswoman Juanita Millender-McDonald Community Center, office hours are 9 a.m.-5 p.m. For more information call (310) 835-0212 Extensions 1475 or 1479.

Classes and programs do not run on City holidays.

## 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 Congresswoman Juanita Millender-McDonald Community Center. For more information, call (310) 835-0212, ext. 1478 or 1479.

### ART



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

**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. Class is unstructured, with no instructor, and offers great socializing with others.

## 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

Happy New Year!

## FEBRUARY

Valentine's Luncheon

February 16, 2009 • 12 - 4 p.m.  
Congresswoman Juanita Millender-McDonald  
Community Center  
Cost: \$8.<sup>00</sup>

## MARCH

Happy St. Patrick's Day!  
To Be Announced



# HUMAN SERVICES

## EXERCISE

**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.

**Exercise Class** – Come and exercise every Tuesday from 11 a.m.-12 p.m. and Thursday from 11:45 a.m.-12:25 p.m. This class is designed to motivate your work out. Come and enjoy the company of other seniors as you move to the hippest tunes.

**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 Congresswoman Juanita Millender-McDonald Community Center. Cost of this class is \$2.00

**Weightlifting and Conditioning Class** – This class meets Monday through Friday from 8:30 – 10:30 a.m. at Scott Park. Boxing and Weightlifting facility. Seniors keep physically fit by using the exercise equipment available: treadmills, rowing machines, exercise bikes, etc. Scott Park is located at 23410 Catskill Avenue in Carson.

## 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.

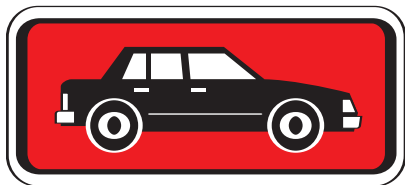
**Joy of Music** – Class for all you music lovers. Music enthusiasts will enjoy a lecture on Monday from 2 - 4 p.m. and performances at El Camino College. Transportation provided to concerts. For performance dates, please call (310) 835-0212, ext. 1478.

The City of Carson  
Senior Recreation  
Programs

**What is your interest?  
What kinds of programs  
would you like to see for  
ages 50 and above?**

**We need your input!  
Help us by letting us know,  
is it sporting events,  
home and garden activities,  
outdoor activities,  
utilizing city park  
facilities for activities?**

**We want to know!! Your interest is our interest!  
Please call the Senior Recreation Programs Office  
at (310) 835-0212 ext. 1479 or 1478.**



**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. For more information, call (310) 835-0212, ext. 1478.

**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

**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. and Thursday from 4-6 p.m. in the Dance room. \$2 per class. Instructor: Doris Thomas.

## CLUBS

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

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

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

**Friendship Club** - Meets on Friday from 11 a.m. - 4 p.m. Club dance is scheduled the fourth Friday of each month, noon to 4 p.m.

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

**Jolly Club** - This is the oldest senior club in Carson. They meet every Thursday, 11 a.m. - 4 p.m. Bingo is played after business meeting.

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

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

## SENIOR CITIZENS TECHNOLOGY CENTER

The Senior Citizens Technology Center (SCTC) in operation, Monday - Friday from 9:00 a.m. - 5:00 p.m.

Classes fill quickly and you must sign up. For further information, call (310) 835-0212, extension 1475.

\*All classes require typing - Must have knowledge of typing! SIGN UP NOW!  
Instructor for Mon-Thurs classes -Jay Kleiner, Friday Instructor- Henri Blits

Meet the instructors. Come and visit our computer lab. We're open Monday - Friday, 9 a.m.-5 p.m. Monday - Thursday instructor is Jay Kleiner, Friday instructor is Henri Blits.



### 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.



## 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.

### Stretching and Strengthening Exercises

This class is offered every Monday from 1:30 - 2:30 p.m. for stroke survivors that want to get more out of exercise. For more information call (310) 952-1763.

### 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 Farmers Market, Long Beach  
Date & time T.B.D. (public transportation)

February: Trip to The Movies  
Date & time T.B.D. (public transportation)

March: Trip to Ports O' Call, San Pedro  
Date & time T.B.D. (public transportation)

### Water Exercise



This class meets every Wednesday from 1:15 p.m. to 4 p.m.. 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 caregivers 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 and Themes

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



- **January 9th - New Year's Dance**
- **February 13th - St. Valentine's Dance**
- **March 14th - St. Patrick's Dance**

### Special Olympians

It is mandatory that a current Special Olympics medical form be on file in the Special Needs Office before participation in any Special Olympics event. Please contact the office if you have any concerns.

### Layola Marymount Special Games

Once again we will be participating in the Layola Marymount Special Games in the month of February. Program participants will be sent application forms by mail. Please refer to the monthly calendar for dates, departure times and return locations.

### Bowling Program

This program will offer the basic fundamentals of bowling in a competitive, yet sportsmanlike environment. The group will meet on Saturdays from 9-11 a.m. Refer to our monthly calendar for specifics.

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

### Exercise Class

Okay, it's time to join us in this low impact workout while listening to hip hop music, and get ready for our Summer outfits. Let's start working on losing those extra pounds that we gained during the Holidays. We'll sweat away those extra pounds on Wednesday at Carson Park from 7-9 p.m.

### Basic Classroom Skills

Curriculum is designed to encourage your child/consumer's development through experiences incorporating audio, visual and kinesthetic learning. This includes a wide variety of readiness skills, creative experiences, psychomotor skills and social interaction. Class will meet every Tuesday at Carson Park from 7-9 p.m.

### Monthly Calendar

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

### Carson Special Needs Parent Association

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

### Variety Club

Variety Club presents an opportunity for developmentally disabled individuals to socialize and learn new skills in a fun atmosphere. Appropriate social behavior is stressed as the group creates entertainment programs, studies nutrition, play games, dance, discuss safety and much more. This program will meet on Thursday at Carson Park from 7-9 p.m.

### Special Olympics

**Basketball:** We are once again gearing up for Special Olympic competition in the sport of basketball. We are recruiting for our City of Carson Special Needs Program Basketball team for 2009. It is mandatory that all participants have a CURRENT Special Olympic medical form on file in our office before he/she can participate. Please refer to the monthly calendar for practice times, dates and locations.

**Track & 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, location and times to be held on Saturdays from 9-10:30 a.m.

# VETERANS SPORTSCOMPLEX

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## Annual Membership Rates

	Registration	New member	Renewal
Individual	\$30	*\$210	\$150
Senior Citizen	\$20	*\$120	\$100
Family	\$50	*\$320	\$250

## 30-day Membership Rates

	Registration	New member	Renewal
Individual	\$10	*\$35	\$25
Senior Citizen	\$5	*\$20	\$20
Family	\$15	*\$55	\$45

**\* 10% discount for Veterans**

## Daily Guest Rates

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

**Locker Room & Showers, Raquetball Course, & Classes Additional Fee**

**Call for our corporate rates**

## 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.





# 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.

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

<b>Small court</b> (per hour)	<b>Parking Lot</b> (per day)	<b>Raquetball Court</b> (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

## Activity Room (Staff fees not included)

6 a.m. - 3 p.m.	\$20
3 p.m.- close	\$50

## 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.

**Come See What we've got going at the Vet!**



## January 2009

- January 1 • Closed for New Year's Holiday
- January 3-11 • Register for the 2009 **"Get Fit Challenge"**
- January 4, 17, & 30 • Member guest free days
- January 12 • Mandatory Meeting for all **"Get Fit..."** Challengers, 6 p.m., and the challenge begins
- January 28 • Members Basketball League Tryouts, 6 p.m.

## February 2009

- February 4 • Members Basketball League begins, 6 p.m.
- February 5 • Corporate Basketball League begins, 6 p.m.
- February 8, 20, & 28 • Member guest free days
- February 9 • 4-week **"Get Fit..."** check up

## March 2009

- March 8, 20, 28 • Member guest free days
- March 9 • 8-week **"Get Fit..."** check up
- March 13-15 • March Madness Open Basketball Tournament

**Call Veterans SportsComplex for more information at (310) 830.9991**

# ADULT CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:05-6:50 a.m. 45-Minute Cycle II & III (Luz) ★★★		6:05-6:50 a.m. 45-Minute Cycle II & III (Luz) ★★★		6:05-6:50 a.m. 45-Minute Cycle II & III (Luz) ★★★	7:00-9:00 a.m. Marathon Training Class (Dennis)	8:45-9:40 a.m. Step Aerobics II & III (Luz)
9:30-10:45 a.m. Salsa I & II (Michael)	8:00-9:00 a.m. Low Impact Aerobics I & II (Charles)	9:30-10:30 a.m. Lower Body Conditioning I & II (Charles)	8:00-9:00 a.m. Muscle Conditioning I, II, III (Charles)	8:30-9:30 a.m. Cardio Blast/Total Body Cond. I & II (Marie)	8:30-9:30 a.m. Schwinn Cycling II & III (Cynthia) ★★★	9:45-10:45 a.m. Corepole/Muscle Conditioning I, II, III (Luz)
	9:00-10:00 a.m. Corepole Training I, II, III (Jamie)	12:00-1:15 p.m. Salsa I & II (Michael)	9:00-10:00 a.m. Cardio Kickboxing I, II, III (Charles)	12:00-1:15 p.m. Salsa I & II (Michael)	8:30-9:30 a.m. Pilates I & II (Luz)	
5:30 -7:00 p.m. Adult Kempo Karate I,II, III (Master Tigi) ★	5:15-6:15 p.m. Hatha Yoga I & II (Charlene)	5:30 -7:00 p.m. Adult Kempo Karate I,II, III (Master Tigi) ★	5:30-6:30 p.m. Schwinn Cycling II & III (Veronica) ★★★	5:30 -7:00 p.m. Adult Kempo Karate I,II, III (Master Tigi) ★	9:30-10:45 a.m. Step & Resist-a-Ball 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) ★★★	6:00-7:00 p.m. Hatha Yoga I & II (Charlene)			
6:00-7:15 p.m. Step & Pilates I, II, III (Luz)	6:30-7:30 p.m. Muscle Conditioning II & III (Luz)	6:00 -7:00 p.m. Pilates I & II (Luz)	7:00-8:00 p.m. Low Impact Aerobics I & II (Marie)	6:00 -7:00 p.m. Step & Sculpt I & II (Marie)		
		7:00-8:00 p.m. Corepole Training I, II, III (Jamie)				

## Adult classes

Classes are held in the Group Exercise Room unless otherwise noted by the ★ symbols. This schedule and the instructors are subject to change or substitution without notice. Please have a towel, water bottle, and go at your own pace, regardless of class.

- ★ Activity Room
- ★★ Fitness Center
- ★★★ Cycle Room

## Youth classes

### Fitness Levels:

- I Beginner
- II Intermediate
- III Advanced

### Rates:

- Free to members
- Non-members are welcome at \$5 for all classes

### Class Descriptions

**Fundamental Basketball:** This class is a great class to sharpen and learn the sport of basketball. Learn the basics such as passing, dribbling, and defensive skills. Sport specific training by an experienced basketball coach. This class is for all coed ages 8 - 15 years.

**Teen Club:** This club is made up of teen ages 12 - 17 years of age. There will be a variety of sports activities, health education, break out sessions, and healthy eating tips. Teens will have a chance to share what they know about health and fitness and what we can teach them about living a healthy lifestyle. Healthy living needs to start when we are young. Come and join the club.

**Youth Hip Hop:** This is a class to learn how to dance Hip Hop and have fun. We will combine aerobics and hip hop together for a great healthy work-out. We will also put together dance routines for special events. This class is coed.

**Youth Kempo Karate:** Join Master Tigi Mataalii in learning basic self defense routines; promote self confidence, fitness and motor skills.

**Youth Volleyball:** A great class for kids to learn and sharpen their volleyball skills. Learn the basics such as pass, serve, hit, and dig. Sport specific training by an experienced volleyball coach. This class is for coed ages 9-15 years.

**Classes are held in the Group Exercise Room unless otherwise noted. This schedule and the instructors are subject to change or substitution without notice. Go at your own pace, regardless of class.**

# YOUTH CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:00-5:30 p.m. Youth Kempo Karate I, II, III (Master Tigi)	5:00-6:30 p.m. Youth Volleyball I,II (Wallace) Main Gym	4:00-5:30 p.m. Youth Kempo Karate I, II, III (Master Tigi)	5:00-6:30 p.m. Youth Volleyball I,II (Wallace) Main Gym	4:00-5:30 p.m. Youth Kempo Karate I, II, III (Master Tigi)		
4:00-5:00 p.m. Fundamental Basketball I, II, III (Jonathan)	4:00-5:00 p.m. Youth Hip Hop Aerobics I, II, III (Staff)	4:00-5:00 p.m. Fundamental Basketball I, II, III (Jonathan)	4:00-5:00 p.m. Youth Hip Hop Aerobics I, II, III (Staff)	6:30-8:45 p.m. Teen Club I, II, III (Ronald)		

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



# VETERANS SPORTSCOMPLEX

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## "Commit to be Fit."

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

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

Come check us out!



SERVICES / FACILITIES

### For strength training

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

### For cardiovascular training

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

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

Great progress comes from small steps; and it's time to take the steps that will change your life. Exercise takes commitment and needs motivation.

The Veterans

SportsComplex is here to help you keep the commitment while keeping you motivated to succeed. Our classes are designed to maximize the calorie output, tone, and sculpt while having "Loads of Fun!" So what are you waiting for!

# 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.

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

- 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/content/department/dev\\_service/transportation\\_services.asp](http://ci.carson.ca.us/content/department/dev_service/transportation_services.asp)



The NORTH/SOUTH SHUTTLE is a community program sponsored by the City of Carson, providing bus service to neighborhoods along the western boundary of the City with connections to the Carson Circuit and regional bus service to Torrance Transit and the MTA bus lines.

## SCHEDULE

The bus runs every 50 minutes:

**Monday - Friday 5:20 am to 6:03 pm**

*(The last bus from Artesia Transit Center leaves at 5:50 pm)*

**Saturday 10:45 am to 4:54 pm**

*(The last bus from Artesia Transit Center leaves at 4:10 pm)*

The schedule shows the times the bus reaches 10 major stops. To tell when the bus reaches a stop not listed, find the times on the schedule for the major stops immediately before and after it. The bus will arrive at the stop between these two times.

The North/South Shuttle does not operate on Sundays, Thanksgiving Day or Christmas Day.

## ROUTE

The North/South Shuttle runs in a loop and departs every fifty minutes from Artesia Transit Center located on 182nd Street/Albertoni. Carson Circuit connections also run in a loop. Regional bus lines run in both directions.

## FARES *(exact change required)*

Regular ..... 50c  
 Elderly and Disabled *(with city-issued ID)* ..... FREE  
 Carson Monthly Pass ..... \$20  
 MTA EZ Transit Monthly Pass *(General)* ..... \$58  
 MTA EZ Transit Monthly Pass *(Senior/Disabled/Medicare)* ..... \$29  
 Transfers to Carson Circuit routes ..... FREE  
 Transfers to regional bus or rail lines ..... 25c  
*(The shuttle bus is equipped to transport wheelchair occupants.)*

## FOR MORE INFORMATION

Carson Monthly Passes ..... (310) 952-1723  
 MTA EZ Transit Monthly Passes ..... (800) COMMUTE  
 Elderly & Disabled, Lost & Found, Complaints ..... (310) 835-0212  
 TTY *(hearing impaired)* ..... (800) 252-9040  
 or write to: North/South Shuttle  
 Transportation Services Division  
 3 Civic Plaza, Carson, CA 90745

## NORTH/SOUTH SHUTTLE SCHEDULE

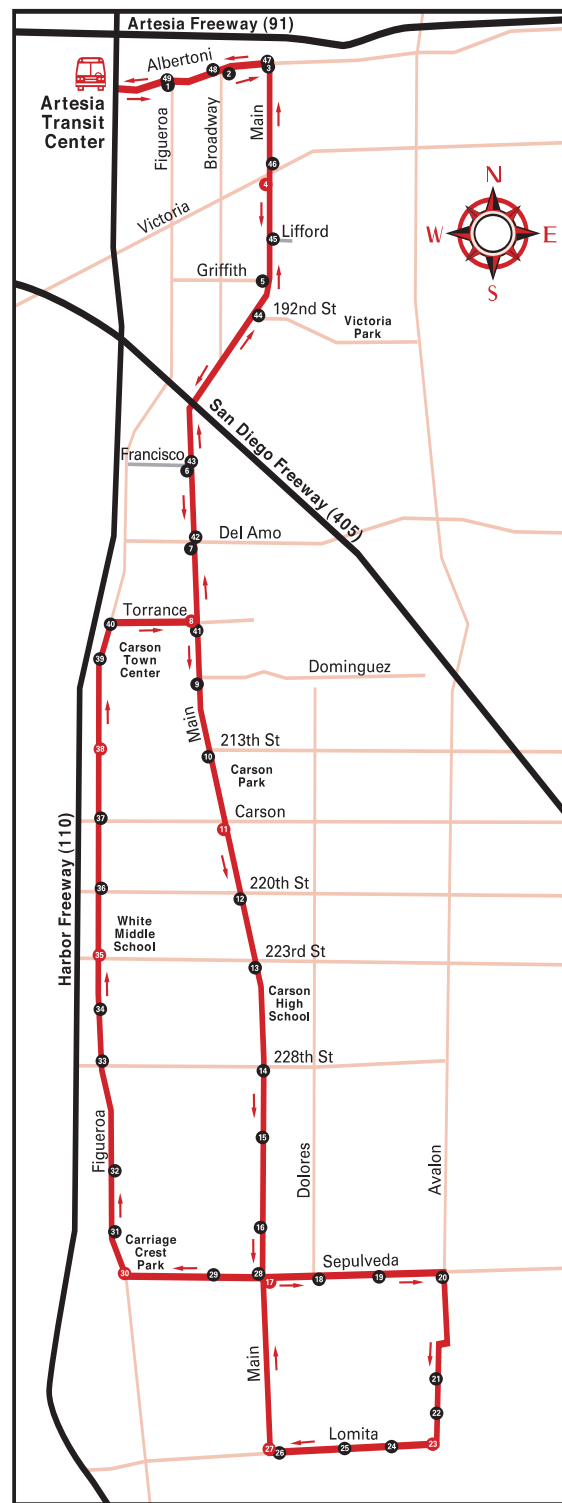
*Effective June 19, 2006*

Artesia Transit Center	Main & Victoria	Main & Torrance	Main & 218th	Sepulveda & Main	Lomita & Avalon	Main & Lomita	Figueroa & Sepulveda	White Middle School	Carson Town Center-Figueroa	Artesia Transit Center
5:20	5:25	5:29	5:33	5:39	5:43	5:46	5:48	5:52	5:54	6:04
6:10	6:15	6:19	6:23	6:29	6:33	6:36	6:38	6:42	6:44	6:54
7:00	7:05	7:09	7:13	7:19	7:23	7:26	7:28	7:32	7:34	7:44
7:50	7:55	7:59	8:03	8:09	8:13	8:16	8:18	8:22	8:24	8:34
8:40	8:45	8:49	8:53	8:59	9:03	9:06	9:08	9:12	9:14	9:24
9:55	10:00	10:04	10:08	10:14	10:18	10:21	10:23	10:27	10:29	10:39
10:45	10:50	10:54	10:58	11:04	11:08	11:11	11:13	11:17	11:19	11:29
11:35	11:40	11:44	11:48	11:54	11:58	12:01	12:03	12:07	12:09	12:19
12:25	12:30	12:34	12:38	12:44	12:48	12:51	12:53	12:57	12:59	1:09
1:15	1:20	1:24	1:28	1:34	1:38	1:41	1:43	1:47	1:49	1:59
2:05	2:10	2:14	2:18	2:24	2:28	2:31	2:33	2:37	2:39	2:49
3:20	3:25	3:29	3:33	3:39	3:43	3:46	3:48	3:52	3:54	4:04
4:10	4:15	4:19	4:23	4:29	4:33	4:36	4:38	4:42	4:44	4:54
5:00	5:05	5:09	5:13	5:19	5:23	5:26	5:28	5:32	5:34	5:44
5:50	5:55	5:59	6:03							

SATURDAY SCHEDULE

SERVICES / FACILITIES

STOP	LOCATION	CORNER	CONNECTIONS
0	Artesia Transit Center	NE	MTA: 52, 130, 205, 214, 352, 444, 445, 446, 447, 450X TORRANCE TRANSIT: 1 & 6
1	Albertoni/Figueroa	SE	TORRANCE TRANSIT: 1 & 6
2	Albertoni/Broadway	SE	MTA: 214, 446, 447
3	Albertoni/Main	SW	MTA: 446, 447
4	Main/Victoria	SW	
5	Main/Griffith	SW	
6	Main/Francisco	SW	
7	Main/Del Amo	SW	
8	Main/Torrance	SW	
9	Main/Dominguez	SW	CARSON CIRCUIT: F
10	Main/213th St.	SW	
11	Main/218th St.	SW	
12	Main/220th St.	SW	CARSON CIRCUIT: B
13	Main/223rd St.	SW	CARSON CIRCUIT: B & F
14	Main/228th St.	SW	CARSON CIRCUIT: B
15	Main/232nd St.	SW	CARSON CIRCUIT: B
16	Main/Gulf	SW	
17	Sepulveda/Main	SE	
18	Sepulveda/Dolores	SE	
19	Sepulveda/Panama	SE	
20	Avalon/Sepulveda	SW	CARSON CIRCUIT: C
21	Avalon/246th St.	SW	
22	Avalon/248th St.	SW	
23	Lomita/Avalon	NW	
24	Lomita/Island	NW	
25	Lomita/Neptune	NW	
26	Lomita @ Bestway Market	NW	
27	Main/Lomita	NE	TORRANCE TRANSIT: 3
28	Sepulveda/Main	NW	
29	321 W. Sepulveda	NW	
30	Figueroa/Sepulveda	NE	
31	Figueroa/Carriagedale	NE	
32	Figueroa/234th St.	NE	CARSON CIRCUIT: B
33	Figueroa/228th St.	NE	CARSON CIRCUIT: B
34	Figueroa/Shadwell	NE	
35	Figueroa/223rd St.	NE	CARSON CIRCUIT: F
36	Figueroa/220th	NE	CARSON CIRCUIT: F
37	Figueroa/Carson	NE	CARSON CIRCUIT: F TORRANCE TRANSIT: 3
38	Figueroa/213th	NE	CARSON CIRCUIT: F
39	Torrance/Carson Town Ctr. W.	NE	CARSON CIRCUIT: F
40	Torrance/Figueroa	SE	CARSON CIRCUIT: F
41	Main/Torrance	NE	CARSON CIRCUIT: F
42	Main/Del Amo	NE	
43	Main/Francisco	NE	
44	Main/192nd St.	NE	
45	Main/Lifford	NE	
46	Main/Victoria	NE	
47	Albertoni/Main	NW	
48	Albertoni/Broadway	NW	
49	Albertoni/184th St.	NW	MTA: 52, 205, 214, 352, 446, 447
50	Artesia Transit Center	NE	MTA: 52, 130, 205, 214, 352, 444, 445, 446, 447, 450X TORRANCE TRANSIT: 1 & 6





# CITY OF CARSON

## Transportation Services Division (TSD)

Where There's a WHEEL, There's a WAY! Bus routes serving your City

### TRAVEL BY BUS

CITY	MTA	MTA RAIL	MTA RAPID	TORRANCE TRANSIT	LONG BEACH TRANSIT	GARDENA	CARSON CIRCUIT & NS/SHUTTLE
Carson	52, 53, 130, 202, 205, 214, 352, 446, 447	Blue @ Del Amo	N/A	3, 6	5, 51, 61, 191, 192, 193	3	A, B, C, D, E, F, G, H North /South Shuttle
Gardena	124, 125, 126, 130, 210, 214, 444, 446, 447, 450X	Green Line	710	1, 2, 3, 5, 6	N/A	1, 2, 3, 4	H
Hawthorne	40, 124, 125, 126, 211, 210, 215, 622	Green Line	710, 740, 757	2, 8	N/A	1	N/A
Hermosa Beach	232, 130, 126, 40	N/A	740, 710	8	N/A	N/A	N/A
El Segundo	124,125, 625, 626, 232, 120, 215, 40	Green Line	740, 757, 710	8	N/A	N/A	N/A
Inglewood	42, 108, 110, 115, 117, 119	Green Line	711,740	N/A	N/A	N/A	N/A
LA Harbor City	205, 232, 445, 550	N/A	N/A	T7,T9	N/A	GA2	N/A
LA San Pedro	445, 446, 447, 205, 225, 550	N/A	N/A	N/A	N/A	N/A	N/A
LA Wilmington	202, 232, 445, 446	N/A	N/A	T3	N/A	N/A	N/S Shuttle
Lawndale	40, 125, 126, 211	Green Line	740	N/A	N/A	GA1	N/A
Lomita	205, 232, 444	N/A	N/A	T5, T7, T8, T9	N/A	GA2	N/A
Long Beach	60, 232, 258, 260, 265, 266, 360,361, 202, 106	Blue Line	N/A	3	1, 7, 21, 22, 23, 45, 46, 51, 52, 61, 62, 63, 81, 91, 92, 93, 94, 96, 101, 102, 103, 111,112, 131, 66ZAP, 96ZAP, 171, 172, 173, 174, 181, 182, 191, 192, 193, LBA, LBD	N/A	CCD, CCG
Manhattan Beach	40, 125, 126, 215, 232	Green Line	740	8	N/A	N/A	N/A
Palos Verdes Estates (PVE)	444	N/A	N/A	N/A	N/A	N/A	N/A
Rancho Palos Verdes	444,225	N/A	N/A	N/A	N/A	N/A	N/A
Redondo Beach	130, 232, 444	Green Line	740, 710	2,3,7,8,9	N/A	GA2	N/A
Rolling Hills	225, 205	N/A	N/A	T5	N/A	GA2	N/A
Rolling Hills Estate (RHE)	444, 232, 226, 225	N/A	N/A	T5	N/A	N/A	N/A
Westchester	111,115,117, 110,108, 439, 315, 625, 42, 358, 607, 215, 120, 622	N/A	R3	T8	N/A	N/A	N/A
Torrance	205, 444, 550	N/A	N/A	T-1, 2-9	N/A	G-2	N/A

SERVICES / FACILITIES

## "SENIOR CITIZENS, YOU HAVE A VOICE"

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



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

**Where:** Congresswoman Juanita Millender-McDonald  
Community Center

**Date:** The 2nd Monday of each month

**Time:** 4 p.m.

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

## Volunteers: "Carson Wants You"

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

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

# CARSON CENTER

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



**(310) 835-0212**

**801 East Carson Street,**

**Carson, California 90745**

**[www.carsoncenter.com](http://www.carsoncenter.com)**

# RECREATIONAL FACILITIES

## your guide to Carson's parks and recreational facilities

City Facilities	Acres	Ballfields	Basketball Courts	Boxing Equipment	Children's Play Area	Football Field	Frisbee Golf course	Gymnasium	Horse-shoes	Meeting / Craft Rooms	Picnic Areas	Snack Bar	Soccer Field	Swimming Pool	Tennis Courts	Volleyball Courts	Wading Pools	Fitness Center	Racquetball Courts	Skate Park	Multi-Purpose
Anderson Park 19101 Wilmington Ave. 603-9850 / 603-9878	8		2L			•		•			2	•				4L		•			
Calas Park 1000 E. 220th St. 518-3565 / 518-3566	9	1L	1L		•	•			•	2	•	•	•			2L		•			
Carriage Crest Park 23800 S. Figueroa St. 830-5601 / 830-5608	4	1L	1L		•	•				1	•	•	•								
Congresswoman Juanita Millender-McDonald Community Center 3 Civic Plaza Dr. 835-0212	31,000 sq. ft.									26											•
Carson Park 21411 S. Orrick Ave. 830-4925 / 830-4998	11	2L	2L		•	•			•	2	•	•	•				•				
Carson Pool 21438 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. 952-1745 952-1745 Gym	13	2L	1L		•	•		1		2	•	•	•			2L	•		•		•
Walnut Street Mini Park 440 E. Walnut St. NONE	1.5		2U		•						•										
Veterans Park/Skate Park 22400 Moneta Ave. 830-4185 / 830-1369	12	2L	8L		•	•			•	2	•	•	•			2L		•			•
Veterans SportsComplex 22400 Moneta Ave. 830-9991	25,000 sq. ft.		6L					2		1							•		•	•	•
Perry Street Mini Park 215th and Perry	2				•						•										

LIGHTED = L UNLIGHTED = U

# CITY OF CARSON

TRIBUTE TO  
DR. MARTIN LUTHER KING, JR.  
SUNDAY, JANUARY 11, 2009  
4 P.M.

CONGRESSWOMAN  
JUANITA MILLENDER-MCDONALD  
COMMUNITY CENTER  
3 CIVIC PLAZA DRIVE

TICKETS - \$15 PER PERSON

*Join us as we pay honor to  
a man whose ideas  
continue to unite us as a  
city and community.*

THE TRIBUTE FEATURES  
PROFESSIONAL ENTERTAINMENT,  
DELICIOUS DINNER BUFFET  
AND A SOCIAL HOUR.

FOR MORE INFORMATION, CALL THE FINE ARTS OFFICE  
(310) 952-1705

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