

CARSON

recreation guide
FUTURE UNLIMITED

**Parks,
Recreation &
Human Services
GUIDE**

Winter 2012
January • February • March

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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.

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.



Welcome to the Winter issue of the Parks, Recreation and Human Services Guide and Carson Report flip-book!



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

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

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

You can also read us online at:

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

A MESSAGE FROM THE Public Services General Manager

Since it is a new year, it is time to commit and implement the New Years' resolutions that you made for 2012. The City of Carson's Parks and Recreation and Human Services Departments have services and programs that will help you keep those resolutions. Want to lose weight? Join the Veterans SportsComplex and take part in the city's 5,000 pound weight loss challenge. Are you a Senior Citizen and want to learn how to surf the world wide web? Take a class from the Senior Citizen Technology Center. Are you a teen who wants to conquer algebra? Sign up for the Algebra Workshop. The Carson Parks, Recreation and Human Services Guide provides you with all the programs and services that the Public Services Work Group provides to our community so you can reach your individual goals.

Although the city has been confronting difficult financial times, the Carson Mayor and City Council have made a commitment to the residents to provide quality community services for no or low cost. The Public Services Work Group staff are committed to provide excellent customer service and efficient service delivery. With that said, we are very blessed to all be part of the City of Carson family. I wish you and your family a productive and successful 2012.

Happy New Year Carson!

Raymond R. Cruz
Public Services General Manager

RECREATION EVENTS

upcoming special events • mark your calendar now!



Boxing Invitational

Date: TBD

Time: 1-3 p.m.

Location: Fabela Chavez Boxing & Fitness Center, Scott Park.

For more information, please call
Scott Park at (310) 830-8310
or (310) 830-6439.



Youth Sports

- **Baseball**
- **Softball**
- **T-ball**

Tryouts: March 24, 2012

The 2012 Youth baseball/softball/t-ball tryouts will be held at all city parks.

Pick up your registration cards today!

Register by March 17, 2012.

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 Recreation Services Division 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. Below are the only companies allowed on city parks. Only a 15'x15' is allowed.

ABC Party Rental: (310) 834-2892

Fiesta N Jump: (310) 263-1848

Jump 4 Fun: (800) 281-6792

Jumpers Etc./Game Time Parties: (888) 551-3823

Major Jumpers & Entertainment: (323) 399-2533

**Parks
Make
Life
Better!**

Party Pronto: (877) 727-8437

Party on Rentals: (323) 255-1993

Party Services: (323) 228-3904

Trackless Train/Modern Toys: (310) 324-1845

ALL FEES ARE SUBJECT TO CHANGE

For instant fun just add water!

AQUATICS POOL RENTALS

Scott Pool, Carson Pool, Hemingway Aquatic Center, and Dominguez Aquatic Center are available for private rentals on weekends during the summer. Reservations start April 23, 2012.



PERMIT PAYMENT ON-LINE IS FAST, EASY, AND CONVENIENT

Please note that all pool rules apply during pool parties. Proper swim attire must be worn in the pools, no jeans, cut-offs, basketball shorts, or underwear. Children under 7 years of age must be accompanied in the water by a responsible adult. No glass allowed in the aquatic facilities.

**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

AQUATICS

City of Carson
Recreation Services Division

Water Safety Instructor Class



Scott Pool

23410 Catskill Avenue
Carson, CA 90745

American Red Cross

Water Safety Instructor Certification Course*

Applicants must be at least 16 years of age by Saturday, March 24, 2012, in good health, able to swim the front crawl, back crawl, elementary backstroke, sidestroke, breaststroke, and butterfly in good form, and able to pass practical and written tests.

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 2012 season.

***Mandatory attendance to all classes.
No Exceptions!**

MARCH 12 TO 24, 2012

Monday	March 12	5 p.m. - 8 p.m.
Saturday	March 17	8 a.m. - 6 p.m.
Sunday	March 18	8 a.m. - 6 p.m.
Monday	March 19	5 p.m. - 8 p.m.
Saturday	March 24	8 a.m. - 6 p.m.

Cost: \$175

Water Safety Instructor (WSI)
Training Packet not included.
(Purchase WSI Packet at your local
American Red Cross for \$55)

Limited number of spaces available,
so register early.

**For more information or to register,
contact the Aquatics Office
at (310) 816-9381**



AQUATICS

CITY OF CARSON
RECREATION SERVICES DIVISION

+ LIFEGUARD + **TRAINING CLASS** **AMERICAN RED CROSS**

Certifications include: Lifeguard Training, Standard First Aid, CPR/AED for Lifeguard, Oxygen Administration, and Blood borne Pathogens*



APPLICANTS MUST BE:

- At least 15 years of age by Saturday, March 11, 2012
- In good health
- Able to complete the course pre-test of a 500-yard swim of combined breast stroke/freestyle/side stroke
- 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 Aquatics Program for the 2012 season.

Pay Rate: \$10.46 - \$16.44

SCOTT POOL

23410 Catskill Avenue, Carson, CA 90745

FEBRUARY 27 - MARCH 11, 2012

MONDAY	FEBRUARY 27, 2012	6:00 P.M. - 8:00 P.M.
SATURDAY	MARCH 3, 2012	8:00 A.M. - 6:30 P.M.
SUNDAY	MARCH 4, 2012	8:00 A.M. - 6:30 P.M.
SATURDAY	MARCH 10, 2012	8:00 A.M. - 6:30 P.M.
SUNDAY	MARCH 11, 2012	8:00 A.M. - 6:30 P.M.

***Participants must attend every class**

Cost: \$150 • Book \$35

(Purchase lifeguarding book at your local American Red Cross)

For more information or to register, please contact
AQUATICS PROGRAM (310) 816-9381

Kids Club After-School Child Care

Solution For Latchkey Children

About 14 percent of children age 12 and younger are latchkey kids, but they spend only about an hour home alone after school. Studies from the Census Bureau estimate that as many as ten million youth are left home alone, every afternoon - every day of the week. Due to several socioeconomic factors, the number of latchkey kids is substantial, and the already alarming numbers are rising.

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.



The daily program consists of:

Educational and Recreational Activities:

Homework assistance, arts & crafts, outdoor and indoor games, seasonal parties, excursions and supervision. Nutritional snacks provided.

SPRING BREAK DAY CAMP

*The camps are open
Monday-Friday
from 7 a.m.-6 p.m.
April 2-6, 2012*



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

Fees are as follows:

Hours	Resident	Non Resident
*7-10 a.m.	\$20 week	\$23 week
*8-10 a.m.	\$15 week	\$18 week
*9-10 a.m.	\$10 week	\$12 week
10 a.m. - 3 p.m.	\$38 week	\$45 week
10 a.m. - 4 p.m.	\$42 week	\$50 week
10 a.m. - 5 p.m.	\$47 week	\$55 week
10 a.m. - 6 p.m.	\$55 week	\$65 week

*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 ENRICHMENT PROGRAM ACTIVITIES

Upcoming Special Events • Mark Your Calendar Now!

Numerous activities are scheduled throughout the year.
All activities are planned and supervised by Recreation Staff.



YOUTH COMMISSION **GIVE BACK PROGRAM**

Are you a teen age 12-17 who would like to participate in a volunteer program which will coordinate a beautification program designed to make the City of Carson communities more beautiful? If your answer is yes, call (310) 847-3570, Monday through Thursday, 7 a.m. to 6 p.m.



HANDS WITHOUT GUNS **TEEN SUMMIT**

Recreation Services Division will be presenting a Teen Summit, on Saturday, February 26, 2011, at Calas Park. Ages 12-17. There will be special guest speakers, games and fun. For further information, call (310) 518-3565, Monday through Saturday, 4 p.m. to 7 p.m.



READ PROGRAM

This step-by-step reading program is designed to engage young children in developing good reading skills. For more information, please contact the Recreation Services Division, Monday through Thursday 7 a.m. to 6 p.m. at (310) 847-3570.



19TH ANNUAL **TEEN CONFERENCE**

If you would like to assist in planning the upcoming Teen Conference with your Youth Commissioners, call (310) 847-3570 for planning meeting dates, time, and location. Ages 12-17.
April 14, 2012 • Cal State Dominguez Hills

For further information concerning all teen activities in the City of Carson, please call (310) 847-3570, Monday through Thursday, 7 a.m. to 6 p.m.

WINTER PARK CLASS SCHEDULE

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

Hours of Operation

Mon	4-7 p.m.
Tue-Thur	4-9 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:

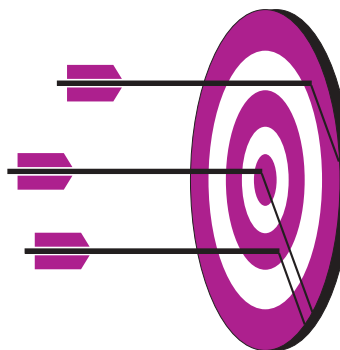
• Anderson	Tues/Thurs	6-7 p.m.
• Carriage Crest	Tues/Thurs	6:30-7:30 p.m.
• Dolphin	Tues/Thurs/Sat	6-7:30 p.m./10 a.m.-12 p.m.
• Dominguez	Mon/Wed	6-8 p.m.
• Hemingway	Tues/Thurs	6:30-8 p.m.

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 locations: Anderson/Hemingway parks.

Bingo Nite

• Calas Park	Thurs	6:30-8 p.m.
• Stevenson Park	Fri	5:30-7 p.m.



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, Hemingway, Scott, 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.

Clubs for Boys & Girls

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

Kids in the Kitchen

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

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

Homework Club

• Stevenson Park	Mon/Thurs	4-5:30 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 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	Tues/Thurs	7-8 p.m.
• Anderson/Adult Line Dancing	Wed	7-9 p.m.
	Sat	10 a.m.-12 p.m.
• Anderson/Tiny Tot Tap Class	Sat	10-11:30 a.m.
• Anderson/Adult Dancercise	Tues	7 p.m.
• Calas Park/Ballet Folklorico	Mon/Wed	6-8 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.
• Veterans Park	Thurs	6-7:30 p.m.

Boys Club

• Hemingway Park	Wed	5 p.m.
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Junior Theatre

• Del Amo Park	5-12 yrs old	Thurs	6-7 p.m.
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Friday Night Madness & Movies

• Anderson Park	7 yrs - up (FREE)	Fri	5:30-8 p.m.
• Hemingway Park	9 yrs - up (FREE)	Fri	5-6:30 p.m.
• Del Amo Park	7 yrs - up (FREE)	Fri	5:30-8 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.

Beginning Chess

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

TEEN PARK ACTIVITIES

Teen Fun Nite

Congresswoman Juanita Millender-McDonald Community Center at Carson
January 6, 2012 • 5 - 9 p.m. \$5.00 Arcade Nite!

Sports Activities

Volleyball clinics, leagues, and 3-on-3 Basketball Tournaments have been scheduled for Anderson, Calas, Carriage Crest, 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, Wednesdays, 4:30-5:30 p.m.; Carson Park, Friday from 6:30-7:30 p.m.; and Hemingway Park at 6 p.m.



FABELA CHAVEZ BOXING/FITNESS CENTER

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

HOURS

Mon-Thurs 4-9 p.m. Fri 4-9 p.m. Sat 10 a.m.-2 p.m., Closed Sun

Fees:

Adults	Monthly Membership
Youth (10-17 yrs)	\$20
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 "Youth Fitness" at (310) 631-2252.

Intermediate Boxing

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

Intermediate Weightlifting Training

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

Advanced Boxing

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

Advanced Weightlifting

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

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.

Spring Youth Sports

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

Registration: Now through March 17, 2012. Sign-ups will be taken after this date but your child may be put on a waiting list.

Try-Outs: March 24, 2012

Season Begins: April 28, 2012

Registration Fees:	Resident	Non Resident
	\$39 1st child	\$46 1st child
	\$31 2nd child	\$36 2nd child
	\$23 3rd child	\$27 3rd 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 April 2, 2012, to officiate youth baseball.

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 PROGRAM

For boys and girls ages 10-15 yrs.

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

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



START YOUR NEW YEAR'S RESOLUTION WITH VETERANS SPORTSCOMPLEX

3 1 0 • 8 3 0 • 9 9 9 1

MEMBERSHIP RATES

Annual Memberships

	Registration	New member		Renewal	
		Resident	Non-Resident	Resident	Non-Resident
Individual	\$30	\$213	\$250	\$160	\$188
Senior Citizen	\$20	\$128	\$150	\$96	\$113
Family	\$50	\$323	\$380	\$242	\$285

30-day Memberships

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

Daily Guest Rates

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

ALL FEES ARE SUBJECT TO CHANGE
10% Discount for Veterans



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

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

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

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



VETERANS SPORTS COMPLEX

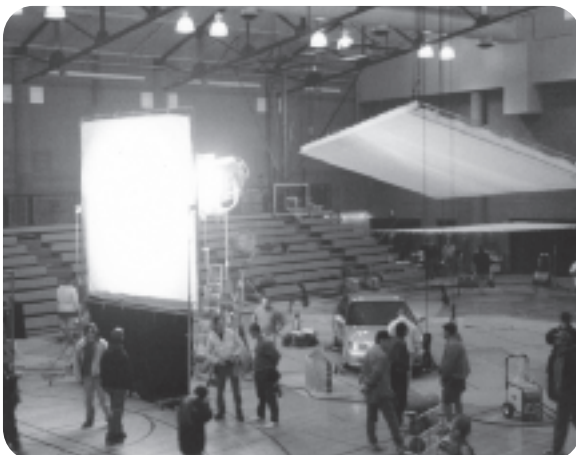
**RATES AS LOW AS
\$20 PER HOUR!**



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

For more information about facility rental rates, please call (310) 830-9991.

**HOLLYWOOD CHOSE US...
WHY NOT YOU?**



**FACILITIES AVAILABLE
FOR RENTAL**



**NBA Regulation
Basketball Court**



**Banquet Halls and
Recreation Rooms**



**Racquetball
Courts**

VETERANS SPORTS COMPLEX

YOUTH CLASSES



- Youth Fitness
- Youth Kempo Karate
- Youth Volleyball
- Youth Basketball
- Youth Tennis
- Teen Club
- Skate Park
- Youth Raquetball

ADULT CLASSES

- Muscle Conditioning
- Salsa
- Adult Kempo
- Step & Pilates
- Corepole Training
- Hatha Yoga
- Indoor Cycling
- It's Electric Low Impact Aerobic Dance
- Low Impact Aerobics
- Resist-A-Ball
- Body Pump
- Zumba



Call (310) 830-9991 ext. 231 to schedule an appointment with a personal trainer.

STATE OF THE ART FITNESS EQUIPMENT



- Life Fitness Signature Series Machines
- Life Fitness Cable Crossover
- Olympic Exercise Benches
- Ivanko Free Weights & Dumbbells
- Treadmills
- Elliptical Cross-Trainers
- Upright and Recumbent Bikes
- Spin Bikes
- and much more...



Staff Spotlight



Ryan Fe'esago

Ryan Fe'esago worked for the City of Carson as a summer youth worker from 1995 through 1998. He joined the Veterans SportsComplex team working at the Front Desk in 1998 until 2001 when he left to pursue his college career. Ryan played four years as a forward & defense for the Long Beach State Men's Hockey Team. In 2005, he earned (2) two bachelor's degrees in Finance and International Business. He is also a certified Strength and Conditioning Trainer. Just 2 weeks before graduating, Ryan was hired as the Assistant Recreation Center Supervisor for the Veterans SportsComplex to supervise the fitness section of operations. He still works with the Long Beach State Men's Hockey Team as an Assistance Coach and in 2010 became the head recruiter of the program.

Ryan's main duty is to directly supervise the fitness group exercise staff and the operations and programming for the members of the SportsComplex. In addition, he maintains the events calendar by managing permit reservations and special events booked at the facility. Ryan is known to always be on the move either by servicing the members, training with staff, or trouble shooting equipment or operations of the site. He loves working for the SportsComplex and servicing the members. He hopes to have a long term career with the City of Carson as he enjoys working with the fellow staff members and servicing the members and the community at large.

So stop by the Complex and say hi to Ryan and see what's new with health and fitness because he will have something to say.

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 Street, or call extension (310) 847-3576.



WINTER SOFTBALL LEAGUES

Men's C/D Level

Registration: December 1-January 9
Play Begins: January 12
Fees: \$399 per team

Coed C/D Level

Registration: December 1-January 9
Play Begins: January 13
Fees: \$399 per team

Winter Softball Tournament/Men's & Coed

Registration: January 3-February 15
Play Begins: February 19

Spring Softball League

Registration: March 1- April 9
Play Begins: April 12

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



DISABILITY AND ACCESSIBILITY ISSUES

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

City of Carson Parks and Recreation Department
For more information, call (310) 847-3570

WINTER FLAG FOOTBALL LEAGUES

Men's 4 on 4

Registration: January 2-February 9
Play Begins: February 12
Fees: \$175 per team

Men's 8 Man

Registration: January 3-February 9
Play Begins: February 12
Fees: \$315 per team

ADULT PARK ACTIVITIES

Parent's Night Out

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



Coed Softball

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

- Calas Thur 6-9 p.m.
- Carriage Crest Mon 6-9 p.m.
- Dolphin Fri 6-10 p.m.



8 Man Soccer

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

Adult Fitness/Women's Conditioning Class

This class is a fun-filled dance plus cardiovascular work out. Come join us. Dance your way to thin.

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

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 – 17 years)

Residents: \$40.00 Non-residents \$55.00

This 8 hour after school program consists of two 2-hour classroom lectures, and one required 2-hour Parent Enrichment class. Its aim is to educate youth about the importance of obeying rules at home, school, and laws in the community.

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

Instructor: Youth Services Officers

Hours: 4-6 p.m.

Community Center

• Parent Project

(10 Days / 20 Hours)

Adults: Residents: \$45.00 Non-residents \$50.00

(Open Enrollment)

A 20 hour course conducted on Tuesday evenings, for a 10 week period. Classes are presented by an experienced facilitator. This course is designed for parents of strong-willed adolescents.

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

Instructor: Dennis Rodriguez, YSO/Arthur Williams /

Soledad Querejazu (Spanish)

Tuesday: 5 - 7 p.m.

Community Center

• Anger Management For Teens

(8 Days / 12 Hours)

Youth (Ages 12 to 17 years old)

Residents: \$30.00 Non-residents \$40.00

A 12 hour course conducted on Tuesday afternoons, 4:30 to 6 p.m., for an 8-week period, and two required 2-hour, Parent Enrichment classes. 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.

Community Center

• Drug/Alcohol Program (Positive Choices)

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

Residents: \$30.00 Non-residents \$40.00

A 16 hour course conducted on Wednesday afternoons from 4 p.m. - 6 p.m., for an 8-week period, and two required 2-hour Parent Enrichment classes. 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 is to accommodate 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.

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

Instructor: POSITIVE CHOICES STAFF

Wednesday: 4 to 6 p.m.

Community Center

• Community Service For Youth

Youth only (Ages 12-17 years)

Residents: \$50 Non-residents \$75.00(50 hours or less)

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, ext. 1789, 1671, or 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 Officers	Program	Extension
• Dennis Rodriguez	Positive Choices & Parent Project	x1789
• Deborah Schmidt	Anger Management For Teens	x1671
• Eric Carter	Community Service Program	x1672
• Youth Services Officer	Youth & the Law	All

YOUTH SERVICES 2012 CLASS SCHEDULE

Parent Project Classes Day: Tuesday/Times: 5-7 p.m. Total Hours: 20 Hrs	Anger Management For Teens Day: Tuesday/Times: 4:30-6 p.m. Total Hours: 12 Hrs	Drug/Alcohol Awareness & Prevention Classes Day: Wednesday/Times: 4-6 p.m. Total Hours: 16 Hrs	Youth & The Law Program Day: Mon/Wed/Thurs. Times: 4-6 p.m.
Track I: Jan. 10 - Mar. 20 Track II: Apr. 3 - Jun. 12 Track III: Jul. 17 - Sep. 25	Track I: Jan. 10 - Feb. 28 Track II: Apr. 3 - May 22 Track III: Jul. 10 - Aug. 28	Track I: Jan. 25 - Mar. 14 Track II: Apr. 11 - May 30 Track III: Jul. 11 - Aug. 29	Track I: Jan. 9, 11, 12 Track II: Feb. 13, 15, 16 Track III: Mar. 19, 21, 22

CALL FOR CLASS REGISTRATION DATES



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. \$152.00 a week

8 a.m. – 5 p.m. \$121.00 a week

HALF DAY PROGRAM

8 a.m. – 12 p.m. FEES

1 p.m. – 5 p.m.

T TH \$22 a week

MWF \$33 a week

M-F \$55 a week

OPTION II:

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

Park Facility	Class	Time	Days
• 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 \$22 a week

3 days/wk \$33 a week

5 days/wk \$55 a week

Fees are paid every 4 weeks

All Fees Are Subject To Change

EARLY CHILDHOOD



One time, non-refundable, registration fee of \$85 for Carson residents enrolled in the half day and all day Early Childhood Program. All fees are due at the time of registration. A registration fee of \$95.00 will be charged for non-Carson residents. Priority registration is given to students currently enrolled. Sessions may include holidays with no class scheduled. If so, fee does not change.

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



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. For more information call (310) 952-1775.



SENIORS ASSISTED LIVING

Case Management & Home Services

To help seniors help themselves to 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. Waiting List.

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 or to be placed on a waiting list, 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.

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

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.

Bereavement Support Group

This unique group is offered to adults of all ages who are experiencing grief following the death of a loved one. Research shows that individuals who have experienced such a loss can benefit from sharing with others in a safe, caring environment. This group meets for 11-week sessions throughout the year on Wednesdays, 10 a.m.-12 p.m. and 12:00-1:00 p.m. drop-ins, at the Congresswoman Juanita Millender-McDonald Community Center. Please call ahead, for more information, at (310) 952-1775.

Housing Rights Clinic

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

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

Nutrition Program

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

Food Bank

The Los Angeles Regional Food Bank invites seniors 60 years of age or older to participate in the Commodity Supplemental Food Program. Qualifying seniors receive a free food kit once a month. For more information, call (310) 830-4561.

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) 835-0212 ext 1467.

Food Stamp/Medi-Cal Applications

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

Arthritis Exercise Class

This program is designed to improve lives through prevention and control of arthritis and related diseases. We offer information, innovative public health and educational programs. Classes will be held on Mondays and Thursdays from 6:00 - 7 p.m. at Congresswoman Juanita Millender-McDonald Community Center and is open to all ages. Fees are \$25.00 per person, for a six week session or \$5.00 per person per class. Class instructor, Craig Markel. For more information, call (310) 952-1763.



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."

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.

Legal Referral

There are many types of legal referral services available. For more information, call (310) 835-0212 ext 1467.

Equipment Loan Program

The Social Services office has walker's, crutches, wheelchairs, and canes available for loan. Contact the senior services for more information. Please keep us in mind if you have a wheelchair or any health equipment you are no longer using and/or if you know of someone who would like to donate one.

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.



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. Looking for volunteers once a week to help prepare taxes. If you think you can volunteer, call social services office for more information at (310) 835-0212 ext. 1467 or (310) 952-1775,

Financial Counselor

A Financial Counselor is here every Tuesday & Thursday from 9:30 a.m. to 12:30 p.m. to help you with any questions you may have regarding Financial and Retirement planning by appointment only.

We Are Looking For Volunteers

We are looking for volunteers once a week to help prepare taxes. If you think you can volunteer come in and be part of this volunteer program, call the Social Services office for more information at (310) 835-0212 ext. 1467 or (310) 952-1775.

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, 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.



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.

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.

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

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: \$3.00

SENIOR RECREATION

Muscle Strengthening – Class meets every Tuesday from 11:00 – 11:40 a.m./Thursday from 11:00 - 11:40 a.m. Muscle Strengthening using resistance bands. Caregivers are not allowed to take the exercise classes due to class size. Caregivers may assist their clients but class is specifically for seniors. Proper attire and foot wear are required, such as closed toe exercise shoes, cotton t-shirts, sweat pants and shorts. No skirts or dresses. You cannot participate if you don't have the proper attire or foot wear.

Exercise Stretch & Movement – Come and exercise every Tuesday from 11:45 a.m.-12:30 p.m. and Thursday from 11:45 a.m.-12:25 p.m. This class is designed for stretch, balance, muscle conditioning and breathing. Come and enjoy the company of other seniors as you move to the hippest tunes. All class participants are required to fill out exercise forms prior to taking the class. No exceptions! If you do not have a form filled out, you will not be able to participate. Form also requires Doctors approval for participant to exercise and business card to be attached.



Weightlifting and Conditioning – This class meets Monday through Friday from 8:30 – 10:30 a.m. at Scott Park. Boxing and Weightlifting facility. Seniors are able to use exercise equipment available: treadmills, rowing machines, exercise bikes, etc. Staff available if you have questions. There is no trainer on-site. Scott Park is located at 23410 Catskill Avenue in Carson. Call (310) 830-6439.

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. Please call, (310) 835-0212 ext. 1479, if you'd like to volunteer to provide blood pressure screening.

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.

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. Cost: \$12.00 members - \$14.00 non-members. Class time: 9 a.m. - 1 p.m. 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. Minimal fee required for class. Instructor: Kinue Williams

SENIOR RECREATION



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.

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



CLUBS

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

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

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 monthly on Wednesdays, 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.

EXCURSIONS

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

We are looking for volunteer instructors for: Yoga, Creative Writing, and taking blood pressure for seniors. If interested call, (310) 835-0212 ext. 1479 or 1478.

Farmers Market Shuttle on Wednesdays. Must sign up to go on Shuttle. Call (310) 835-0212 ext. 1479.



**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!
We want to know!!
Your interest
is our interest!**

**Please call the
Senior Recreation
Programs Office
at (310) 835-0212
ext. 1479 or 1478.**

Attention Seniors:

Please come and see our latest addition to our Technology Center.

Cyber Café

Our newly opened Cyber Café is equipped with the latest in technology software and Wi-Fi for seniors only.



Enjoy a cup of coffee with other seniors and join in on the latest news of technology and what's happening with computers.

Seniors are encouraged to bring their laptops.
Our Cyber Café is opened Monday - Friday from 8:30 a.m.-2 p.m.

Desktops in the Cyber Café are reserved for students who are currently enrolled in computer classes.

If you would like to know about computers and would like to sign up for classes please call (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. Class On-line registration is now available at <http://ci.carson.ca.us/ssi.asp>



Introduction to PC's

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

Beginning/Beginning Class

This class is geared towards seniors who have no knowledge of computers at all and who have no typing experience.

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.

Advanced Computer Class

This class covers aspects of a more sophisticated areas of computer. Students should have a comfortable familiarity with Windows, using a keyboard and mouse. Subject matters includes an in-depth look at:

- 1-Microsoft Office applications such as Word, Excel, and Powerpoint.
- 2-Internet Safety and Research
- 3-E-mails Do's and Don'ts
- 4-Digital Photography
- 5-Blogging or mini-website design

Each course is ten (10) sessions. Attendance is mandatory. You can be removed from class for missing more than 2 classes

Class Instructors:

Monday & Wednesday - Jared Ortega

Tuesday, Thursday & Friday - Paul Jones

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. We are not an Adult Day Care Center. Participants must be able to maintain their own personal hygiene without assistance. Care providers must be with client at all times. For more information, call (310) 952-1763.

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.

Bocce Ball

Join us, it's a great new game. It is mainly played outside but modified for indoors, like bowling. Come in and join us as we play every 4th Wednesday and 3rd Friday of the month, from 12 - 3 p.m.

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.



Chair Beachball Volleyball

Every Tuesday & Thursday, 11:30 a.m.-12:30 p.m. before Exercise Class, join us for this new fun way of playing volleyball from a chair, it's very energetic.

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. For upcoming activities, call the center.



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, 5:30-6:30 p.m. A stroke can be financially and emotionally devastating for the family, spouse and/or significant other, as well as for the stroke survivor. The sessions for care givers will provide the opportunity to discuss living with and caring for a stroke survivor, the impact of the stroke experience on their lives and other pertinent issues.

SPECIAL NEEDS PROGRAM

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

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

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

Monthly Dances 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 13, 2012 - New Years Dance**
- **February 10, 2012 - Valentine Day Dance**
- **March 9, 2012 - St. Patrick Day Dance**

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 held at Scott Park. Refer to monthly calendar for specifics.

Exercise Class

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



Basic Classroom Skills

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

Monthly Calendar

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

Carson Special Needs Parent Association

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

Variety Club

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

Events:

Loyola Marymount Special Games

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

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 2012. It is mandatory that all participants have a CURRENT Special Olympic medical form on file in our office be for he/she can participate. Please refer to the monthly calendar for practice times, dates and location.

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.

Transportation Services Division

3 Civic Plaza, Carson, CA 90745

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



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

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





Transportation Services Division Excursions

All excursions depart from the Congresswoman Juanita Millender-McDonald Community Center at Carson

801 E. Carson Street, Carson, CA 90745

Online payments are now available.

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

For more information: (310) 835-0212 ext. 1489 or

Email: excursions@carson.ca.us

Whale Watching, Newport Beach, CA - Saturday, January 14, 2012

Come aboard Newport Landing's whale watching vessel, The Nautilus, to observe migrating Grey Whales as they travel from Alaska to Baja, California. Other animals that are likely to make an appearance during a tour include dolphins, orca whales, and California sealions. Crew members provide full narration and are available for question during the exploration. The boat has indoor or outdoor seating and an observation deck for great photo opportunities. Afterwards, enjoy free time for shopping and dining at Fashion Island. **Cost of \$35.00 per person** includes round-trip bus transportation and boat tour fees. Bus departs 7:30 am and returns at 4:00 pm.

Richard Nixon Museum Tour - Saturday, January 28, 2012

Tour the museum of the Nixon Presidential Library, situated on nine acres in Yorba Linda. Visitors will be led by a tour guide and will have a chance to see historically significant items related to President Nixon. In addition to exhibits, the grounds include President Nixon's helicopter and birthplace. Visitors are also invited to see the permanent galleries and the special exhibit galleries pertaining to President Nixon's career, family life, and service as president. After the tour, the group will stop for a no-host lunch and enjoy a couple of hours at Downtown Disney. **Cost of \$30.00 per person** includes round trip bus transportation and museum entrance fee. Bus departs at 9:00 am and returns at 5:00 pm.

JPL (Jet Propulsion Laboratory) Tour - Friday, February 3, 2012

A world leader in science and technology, JPL constantly meets the challenges of robotic space exploration that has resulted new knowledge, insights and discoveries in studies of Earth, its atmosphere, climate, oceans, geology and the biosphere. This tour will include a multimedia presentation on JPL entitled "Journey to the Planets and Beyond," which provides an overview of the lab's activities and accomplishments. Guests can also visit the Von Karman Visitor Center, the Space Flight Operations Facility, and the Spacecraft Assembly Facility. All guests **MUST** bring a valid CA I.D. or U.S. Passport for entry. There will also be

extensive walking and stair climbing during this tour. A no-host lunch will be held at The Americana at Brand in Glendale after the tour. **Cost of \$20.00 per person** includes round-trip bus transportation and tour. Bus will depart at 11:00 am and return at 7:00 pm.

Big Bear Snow Day - Saturday February 11, 2012

Enjoy a day in the snow. We will travel to Big Bear Lake and have a fun filled snow day at the Magic Mountain Recreation Area. It is home of the world-famous Alpine Slide which offers many family fun filled activities such as inner tubing and snow play. **Cost of \$37.00 per person** includes round trip bus transportation and entrance fee for unlimited inner tube rides at Alpine Slide. Bus departs at 7:30 am and returns at 6:00 pm.

Air Force One Pavilion/Ronald Reagan Museum - Friday, February 17, 2012

A first-hand look at the history and career of Ronald Reagan. His legacy thrives at The Reagan Library where events and exhibits display many different aspects of his life. Walk onboard the actual Air Force One aircraft and view a full-size replica of the White House Oval Office. After the guided tour, enjoy a delicious "Presidential" boxed lunch in the Reagan Café. **Cost of \$45.00 per person** includes round trip bus transportation, entrance to the library and boxed lunch. Bus departs at 8:30 am and returns at 5:00 pm.

Getty Tour/3rd Street Promenade - Friday, March 9, 2012

Enjoy a guided Architecture tour at the beautiful museum. There are many different exhibits and collections to learn about. Visiting the Getty is an unforgettable experience featuring unparalleled art collections, architecture and gardens. Also, enjoy a visit to 3rd Street Promenade in Santa Monica. **Cost of \$20.00 per person** includes round trip bus transportation and entrance to the museum is free. Bus Departs at 9:00 am and returns at 2:00 pm.

Lyon Air Museum - Friday, April 6, 2012

The Lyon Air Museum exhibit is comprised of authentic aircraft, rare vehicles and related memorabilia, with emphasis on the defining event of the 20th century – World War II. Through captivating and thought provoking exhibits based in historical scholarship, visitors gain a better understanding of the important role the United States plays in shaping world history. We will stop for a no-host lunch at The Block at Orange after the museum tour. **Cost of \$30.00 per person** includes round-trip bus transportation and museum tour. Bus departs at 9:00 am and returns at 4:00 pm.

Hornblower Dinner Cruise - Friday, May 11, 2012

See the sights and lights of Newport Beach. Come aboard for an exciting dinner/dance cruise on the Hornblower. Take in the sight and unforgettable views of the harbor; enjoy the DJ entertainment and dancing under the stars, followed by a spectacular dinner. Have a night of fun and a unique celebration that you can make your own. **Cost of \$95.00 per person** includes round-trip bus transportation and the dinner cruise. Bus departs at 6:00 pm and returns at 11:00 pm.

San Francisco/Sacramento Tour - Wednesday-Sunday, May 30, 2012-June 3, 2012

Start your long weekend get-a-way with a five-day, four-night stay at the Parc 55 Wyndham of San Francisco. Experience San Francisco and Sacramento like never before with a variety of tours. Enjoy a beautiful morning in Napa Valley at the famous Robert Mondavi Winery followed by a tour of the State Capitol in Sacramento. Up next is an unforgettable experience at the serene John Muir Woods to enjoy the amazing Redwood forests. Of course, your San Francisco tour would not be complete without a tour of the world-famous Alcatraz Island and a driving tour of "Frisco" with a knowledgeable step-on guide so you will know why people "leave their hearts in San Francisco." **Cost of \$675.00 per person** (double occupancy) includes hotel accommodations, tours and round-trip transportation. Bus departs at 8:00 am on Wednesday, 05/30/12 and returns at 7:00 pm on Sunday, 06/03/12.



**** ATTENTION RIDERS ****

REVISED ROUTE E (DEL AMO) SCHEDULE Effective October 10, 2011 (Monday – Friday)

South Bay Pavilion	Avalon/189th	Wall/184th	Avalon/Victoria	University/Avalon	Brenner/Eddington	University/Central	Glenn Curtiss/Wilmington	Del Amo/Wilmington	Del Amo/Central	South Bay Pavilion
5:20	5:25	5:27	5:29	5:32	5:34	5:37	5:42	5:46	5:48	5:52
6:00	6:05	6:07	6:09	6:12	6:14	6:17	6:22	6:26	6:28	6:32
8:40	8:45	8:47	8:49	8:52	8:54	8:57	9:02	9:06	9:08	9:12
9:20	9:25	9:27	9:29	9:32	9:34	9:37	9:42	9:46	9:48	9:52
10:00	10:05	10:07	10:09	10:12	10:14	10:17	10:22	10:26	10:28	10:32
10:40	10:45	10:47	10:49	10:52	10:54	10:57	11:02	11:06	11:10	11:14
11:20	11:25	11:27	11:29	11:32	11:34	11:37	11:42	11:46	11:48	11:52
12:00	12:05	12:07	12:09	12:12	12:14	12:17	12:22	12:26	12:28	12:32
12:40	12:45	12:47	12:49	12:52	12:54	12:57	1:02	1:06	1:08	1:12
6:00	6:05	6:07	6:09	6:12	6:14	6:17	6:22	6:26	6:28	6:32

City of Carson
Transportation Services Division
801 E. Carson Street, Carson, CA 90745 • (310) 835-0212 ext. 1489



Carson Veterans Monument

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

Carson Veterans Wall

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

DID YOU KNOW THESE ORDINANCES EXIST?

ORDINANCE 95-1055:

NEW PARK CLOSURE HOURS

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

ORDINANCE 95-1056:

MANDATORY PICNIC SHELTER PERMIT

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

ORDINANCE 95-1057:

USE OF CITY PARKS BY LARGE GROUPS

Groups of 25 or more now need to obtain a permit to utilize any portion of a park in order as to not deprive others of the free and unimpeded use of park space. There may be a cost for such a permit depending on area used. Permits are available through the Parks & Recreation Department.

ORDINANCE 95-1058:

USE OF AMPLIFIED MUSIC IN PARKS

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

ORDINANCE 41107:

SMOKING PROHIBITED IN PARKS

Smoking prohibited in Parks, Playgrounds and Recreation Centers, and prohibiting disposal of tobacco related products in Parks, Playgrounds and Recreation Centers.

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

"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

Are you still using tennis balls to stabilize your walker?



*Call the City of Carson Human Services division to find out how you can replace those tennis balls with free Walker Skis.
(310) 952-1775*

Dial 2-1-1 DRUG FREE AND HUMAN-TRAFFICKING-FREE HOTLINE

The City of Carson is a drug-free and human-trafficking-free city. To report or receive more information on intervention and referral to other agencies, please dial 2-1-1.



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 21436 S. Main St. 830-1053														•		•					
Del Amo Park 703 E. Del Amo Blvd. 329-7717 / 329-6309	10	2L	1L		•	•				2	•	•	•								
Dolphin Park 21205 Water St. 549-4560 / 549-4857	12	2L	1L		•	•				2	•	•	•			2L	•	•			
Dominguez Park/ Aquatic Center 21330 Santa Fe Ave. 549-3962 / 830-8994	9	1L	1L		•	•	•			2	•	•	•	•		2L					
Friendship Mini Park 21930 S. Water St. NONE	0.3				•							•									
Hemingway Park 700 E. Gardena Blvd. 538-0018 / 538-0019	13	1L	1L		•	•	•		•	2	•	•	•	•		2L					
Hemingway Aquatic Center 16605 San Pedro St.		1U	1U																		
Mills Park 1340 E. Dimondale Dr. 631-3130	5				•	•	•			2	•							•			
Scott Park 23410 Catskill Ave. 830-8310 / 830-8311 (Location of Fabela Boxing Center)	13	2L	1L	•	•	•		•	•	4	•	•	•	•		2L	•		•		
Scott Pool 23410 Catskill Ave. 549-9051														•		•					
Stevenson Park/Gym 17400 Lysander Dr. 952-1745 952-1745 Gym	13	2L	1L		•	•		1		2	•	•	•			2L	•		•		•
Walnut Street Mini Park 440 E. Walnut St. NONE	1.5		2U		•							•									
Veterans Park/Skate Park 22400 Moneta Ave. 830-4185 / 830-1369	12	2L	8L		•	•			•	2	•	•	•			2L				•	•
Veterans SportsComplex 22400 Moneta Ave. 830-9991 sq. ft.	25,000 sq. ft.		6L					2		1						•		•	•		•
Perry Street Mini Park 215th and Perry	2				•							•									

LIGHTED = L UNLIGHTED = U