



**PARKS,
RECREATION &
HUMAN SERVICES
GUIDE**

NOVEMBER • DECEMBER 2011



Aerial view of coming renovations to Carson Park

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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.

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.



Welcome to the Fall 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/departments/publicinformation>

The City of Carson

Santa Visits Carson

December 9-20 • 5-8 p.m.
For Boys & Girls of all ages

Talk with Santa
and receive
candy from
the North Pole.

Private
visits only!
(Carson Area only)
\$35/15
minutes
(must pay in advance)

For information
on dates and areas,
call (310) 952-1775



RECREATION EVENTS

upcoming special events • mark your calendar now!



CITY OF CARSON TENNIS CLINIC presented by Safe Passage

Saturday, November 20, 2011 - Scott Park

9 a.m. - Noon • \$5.00 admission • T-shirt included

Boys & Girls • Ages 8-13 years

For more information call (310) 847-3570.



YOUTH BASKETBALL

Try-outs: Saturday, December 10, 2011

The 2010 Youth Basketball Season

tryouts will be held at all city parks.

Pick up your registration cards today

• Registration fee: Residents/\$39 Non-Residents/\$46

• Uniform fee and trophies additional • Sign-ups until 12/3/11



GIVE BACK Toy Drive!

ANNUAL CHRISTMAS GIVE BACK

Toy Drive: December 1 - 20, 2011

Parks and Recreation Youth Commission Presents their Annual Toy Drive. Please donate an unwrapped toy for a needy child at City Hall or your local park. Toys donated

to the children's Ward of Harbor General Hospital

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

Welcome to Permits!

The Reservation Office business hours are Monday - Thursday, 7:30 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 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. Largest Jumper 15X15. No waterslide, No 3 In One. These are the only companies allowed on city parks:

ABC Party Rental: (310) 834-2892

Major Jumpers & Entertainment: (323) 399-2533

Fiesta N Jump: (310) 263-1848

Party Pronto: (877) 727-8437

Jump 4 Fun: (800) 281-6792

Party on Rentals: (323) 255-1993

Jumpers Etc./Game Time Parties: (888) 551-3832

ALL FEES ARE SUBJECT TO CHANGE

<http://Recreation.Carson.Ca.Us>

JOIN CITY OF CARSON PARKS & RECREATION ON FACEBOOK

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

AQUATICS

CHILLIN' IN THE



DATE:

SATURDAY, JANUARY 7, 2012 **DOMINGUEZ AQUATIC CENTER**
 9 A.M.-10 A.M.

WHERE:

21330 SANTA FE AVENUE
 CARSON, CA 90810

FEE:

\$8 PER PARTICIPANT

PARTICIPANTS MUST BE 48" OR TALLER AND ABLE TO SWIM
 AT LEAST 50 YARDS OF THE POOL'S LENGTH

COURSE TO COMPLETE:

DOWN THE SLIDE, 2 LAPS (50 YARDS TOTAL),
 AND DOWN THE SLIDE AGAIN

FIRST 100 PARTICIPANTS TO COMPLETE THE COURSE
 RECEIVE A T-SHIRT. WARM SHOWERS WILL BE AVAILABLE.

FOR MORE INFORMATION, CONTACT THE AQUATICS OFFICE
 AT (310) 816-9381

PARKS AND RECREATION DEPARTMENT

AQUATICS

From all the Aquatic Staff,



Thank you for choosing us for your Aquatic needs.

**We hope to see you next summer. If you have suggestions or comments
 please call the Aquatics Office at (310) 816-9381**

LOOKING FOR THE COOLEST SUMMER JOB?

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

**\$10.46 - \$16.44
 PER HOUR**

**Now recruiting for Summer 2012
 Need Training? Affordable classes
 offered in March and April**

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



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.

City of Carson

AFTER-SCHOOL KIDS CLUB

The answer to your after-school child care needs...

Monday-Friday Weekly Fees • 2:30-6 p.m.

| Resident | Non-Resident |
|----------|--------------|
| \$47.00 | \$55.00 |

(\$12 dollars additional fee for Day Camp Days.)

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

Complete supervision at all times

- Homework Assistance
- Games & Crafts
- Mini-excursions
- Indoor & Outdoor Play
- Snacks

For more information, contact 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.

Having Problems with Algebra?

Coming Soon

"Algebra Workshop"

Please call (310) 847-3570

Parks and Recreation Department



City of Carson

ENRICHMENT PROGRAM

FALL SESSION (10) TEN WEEK

•DANCE •VOICE •DRAMA

•CHEER •CHESS

•READY, SET, READ

Ages 8 years and older

End of the session finale
Saturday, December 17, 2011.

For further information call (310) 847-3570
Monday through Thursday, 7 a.m.-6 p.m.

Parks and Recreation Department



City of Carson
YOUTH COMMISSION
Presents

2011 GIVE-BACK Food Drive For Thanksgiving

Come out and support our Youth Commission by donating food items to families needing our community's support. You can bring donated food items to your local City Park or any City of Carson Facility participating in our Food Drive.

(Non-perishables, please)

Food Drive begins
Monday, October 24, 2011 and runs
through **Monday, November 21, 2011**

For more information, call (310) 847-3570
Monday through Thursday
7 a.m. - 6 p.m.

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

CITY OF CARSON

SNAG G-BALL CITY WIDE



**A TEACHING
EXPERIENCE FOR
BOYS AND GIRLS
AGES 5&6**

FOR FURTHER
INFORMATION,
CALL YOUR LOCAL PARK
OR (310) 847-3570
MONDAY - THURSDAY
7 AM-6 PM

PARKS AND RECREATION
DEPARTMENT

FALL PARK CLASS SCHEDULE

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

| Hours of Operation | |
|---|----------------|
| Mon-Thurs | 4-9 p.m. |
| Fri | 4-7 p.m. |
| Sat | 10 a.m.-5 p.m. |
| Sun | 2-5 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 (Mon-Wed, 5:30 p.m.) , Stevenson, and Veterans* Parks. Contact the parks for specific day and time. *U.S.T.A. Site | |

| Cheerleading | |
|--|---------------------------|
| In this program, children will learn the basic routines and cheers while having fun showing spirit for their local park. This program is currently offered at the following parks: | |
| • Anderson | Tues/Thurs 6:30-8 p.m. |
| • Calas | Mon 5:30-6:30 p.m. |
| • Carriage Crest | Tues/Thurs 6-7:30 p.m. |
| • Del Amo | Mon/Wed/Fri 5:45-7 p.m. |
| • Dominguez | Mon/Wed 6-8 p.m. |
| • Hemingway | Tues/Thurs 6:30-8:00 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, Carson, Dolphin, Mills, Scott, Stevenson, Del Amo, and Veterans parks. | |

| Arts & Crafts | |
|---|--|
| Children 5-12 years of age can let their imaginations run wild in a variety of craft classes scheduled for the fall/winter season. Sessions are offered at Anderson Park, Mon., 5-6 p.m., Dolphin, and Hemingway Park, Mon-Wed, 5 p.m. and "Kids Art" at Stevenson Park, Wed, 4:30 p.m. For additional information contact the parks. | |

| Youth Golf Instruction | |
|--|--|
| Provides the basic instructions for golf for ages 5-14 yrs. Students learn basic rules and become prepared to play on a golf course. This program will be offered at Anderson, Hemingway, Scott, Calas, Del Amo, Veterans, Dolphin, and Dominguez parks. | |

| Homework Helper | |
|-----------------|-----------------------|
| • Scott | Mon-Thurs 4:30-6 p.m. |

| Boys & Girls Club | |
|---|--|
| For boys and girls, ages 9-12 years old, 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 season. Services offered at Stevenson Park: Girls Club, Tue-Fri, 4:30 p.m.; Boys Club, Thur., 5-6 p.m. For more information contact the park. | |

| 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 5:30-6:30 p.m. |
| • Calas | Thurs 6:30-7:30 p.m. |
| • Carriage Crest | Wed 4-5 p.m. |
| • Dominguez | Thurs 5-6 p.m. |
| • Hemingway | Fri 5:30-6:30 p.m. |
| • Stevenson | Fri 4:30-5:30 p.m. |
| • Veterans | Thurs 4:30-5:30 p.m. |

| Voice and Dance Workshops | |
|--|--|
| Learn basic voice and dance techniques for ages 11-16 on Thursdays, 6:30-9 p.m., Calas Park, 1000 E. 220th St. For further information, call (310) 847-3565. Guitar Workshops (ages 8-17), Monday-Wednesday, 6-7 p.m., Calas Park. | |

| Dance and Voice Classes | |
|--|--|
| Dance recitals and performance showcases will be the end result of youth participating in these free classes. Jazz, modern, and hip hop beginners and advanced techniques will be taught. Vocal techniques will also be taught at the following parks. | |

| Dance/Ages 5-10 | |
|-----------------|---|
| • Anderson | Tues-Thurs 5-7 p.m. (Dance) |
| • Calas | Mon-Wed 4-6 p.m. |
| • Del Amo | Mon-Wed 4-6 p.m. |
| | Mon-Wed 6:30-8 p.m. |
| • Hemingway | Mon-Wed 6:30-7:30 p.m. (Mascot Elem.) |
| | Mon-Wed 7:30-8:30 p.m. (Jr. & HighSchool) |
| | Sat 10 a.m. (Tiny Tot Tap ages 4-6) |
| • Scott | Mon-Wed 4-6 p.m. |
| | Mon-Wed 6:30-8 p.m. |
| • Stevenson | Tues 6-7 p.m. (Dance for fun ages 8-12) |
| • Veterans | Fri 5 p.m. |

| Voice/Ages 5-10 | |
|-----------------|---------------------|
| • Hemingway | Wed 6 p.m. |
| • Veterans | Tues-Thurs 4-5 p.m. |

| Excursions | |
|--|----------------------|
| Excursions have been planned on a weekly basis to the following locations: | |
| • Bowling | • Magic Mountain |
| • Children's Museum | • Camelot Golf |
| | • Family Fun Center |
| | • Disneyland |
| | • Knott's Berry Farm |
| | • Universal Studios |
| | • Skate Depot |
| | • Football Games |

| Movie Night | |
|-------------|---------------------------|
| Friday | 5:30-7 p.m. Anderson Park |
| Friday | 5:30-7 p.m. Hemingway |
| Friday | 5:30-7 p.m. Dominguez |

| Improv. Workshop | |
|------------------|----------------------|
| Thursday | 6:30 p.m. Calas Park |

TEEN PARK ACTIVITIES

| Teen Dance for Fitness | |
|--|--|
| Dolphin Park, Tuesday and Thursday, 5-6 p.m. | |

| Youth Fitness (Ages 10-15) | |
|---|--|
| Fitness Training 5 p.m. Personal training on speed, reaction time, and strength. Stevenson Park, Monday - Wednesday, 6-7:30 p.m.. | |

| Sports Activities | |
|---|--|
| Volleyball clinics, leagues, ping pong, and 3-on-3 Basketball Tournaments have been scheduled for Anderson, Carson, Dolphin, Dominguez, Hemingway, Mills, Scott, and Stevenson parks. Please contact these parks for exact dates, times, and costs. | |

| Beginning Boxing | |
|---|--|
| Learn the fundamentals and techniques of boxing at Veterans and Scott Parks. Contact staff for specific day and time. | |

| Teens in the Kitchen | |
|--|--|
| Learn the basics! Mills Park, Fridays, 4-5:30 p.m.; Stevenson Park, Thursday, 5-6 p.m.; and Dominguez Park, Friday, 5-6 p.m. | |

| Kenpo Karate | |
|--|--|
| Learn fundamentals and techniques of Kenpo Karate grappling at Stevenson Park, Monday, Tuesday and Thursday, 6-9 p.m. (Adults/Children ages 5-16 yrs.) | |

B
O
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N
G

FABELA CHAVEZ BOXING/FITNESS CENTER
Scott Park, 23410 Catskill Ave., (310) 830-6439

| HOURS | |
|-----------------------|--------------------------------|
| Mon-Fri 4-9 p.m. | Sat 10 a.m.-2 p.m., Closed Sun |
| Fees: | Resident |
| Adults | \$20/month |
| Youth (10-17 yrs) | \$15/month |
| Children (8-9 yrs) | \$15/month |
| Daily Rate (All Ages) | \$4 |

| Beginning Boxing | |
|---|--|
| This is a continuous class stressing fundamentals and techniques of boxing. | |

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

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

| Intermediate Weightlifting Training | |
|---|--|
| Follows the completion of beginning weightlifting. All routines are done on the circuit weight equipment. Stevenson Park and Scott Park | |

| 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. | |

YOUTH SPORTS

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.

| SCMAF Flag Football Finals | |
|---|--|
| Lomita will host the SCMAF Flag Football finals. Teams from throughout Southern California will be represented. Games to be played at various South Bay parks. Date to be in December 2011. | |

| Basketball | |
|--|--|
| Ages: 5-17 yrs. | |
| Try-Outs: December 11 | Season Begins: 1/7/12 |
| Registration: Now through December 3 | |
| Sign-ups will be taken after this date, but your child may be put on a waiting list. | |
| Registration Fees: | |
| Resident | \$39 – 1st child/\$31-2nd child/\$23-3rd child |
| Non-Resident | \$46 – 1st child/\$36-2nd 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. | |

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, 2011, to officiate youth basketball.

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.

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



VETERANS
"COMMIT TO BE FIT"

SPORTSCOMPLEX

3 1 0 • 8 3 0 • 9 9 9 1

MEMBERSHIP RATES

| | 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 |

| | 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 |

| | 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. - 1p.m.

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



VETERANS SPORTSCOMPLEX

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 SPORTSCOMPLEX

YOUTH CLASSES



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

ADULT CLASSES

- Muscle Conditioning
- Body Works
- Salsa
- Pilates
- Adult Kempo
- Step Aerobics
- Corepole Training
- 30 minute Spin (Lunch Class)
- Hatha Yoga
- Indoor Cycling
- Lifestyle Fitness
- Lower Body Conditioning
- Boot Camp
- Low-Impact Aerobics
- It's Electric-Hamo Style Line Dance
- Zumba



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

VETERANS SPORTSCOMPLEX

TOP OF THE LINE 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 and much more...



Staff Spotlight



Cynthia Marriott

Cynthia Marriott joined our team of instructors in August of 1990; the year the Veterans SportsComplex opened its doors. Her connection with the members keeps her coming back each week to teach. Cynthia is an AFAA certified instructor with training in both cycling and body works. She has taught Hi/Low Impact Aerobics, Strength Training, and Step. She currently teaches Indoor Cycling three days a week. We admired her motivation, passion, and commitment to the community. Whether you attend Cynthia's classes on Tuesday and Thursday evenings, or Saturday mornings, you will enjoy the workout at the Veterans SportsComplex!

ADULT SPORTS

FALL PROGRAM

The Adult Sports Section will be offering a variety of leagues and tournaments during the fall 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 2400 East Dominguez Street, or call (310) 847-3576.

FALL SOFTBALL LEAGUES
FALL FLAG FOOTBALL LEAGUES
FALL MEN'S BASEBALL LEAGUES

For league information contact
Adult Sports at (310) 847-3576.



2011 Slow Pitch Softball Toy Tiurnament

Registration: Nov. 7 - Dec. 5, 2010 Play Begins: Dec. 10, 2011
Fees: \$250 Per Team

Fall Coed and Men's Softball Leagues

Registration: Sept. 1 - Sep. 22, 2011 Play Begins: Sep. 23, 2011
Fees: \$340 Resident Team / \$399 Non-Resident Team



Fall Baseball League

Registration: Oct. 17 - Nov. 21, 2011 Play Begins: Dec. 4, 2011
Fees: \$361 Resident Team / \$425 Non-Resident Team

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.

ADULT PARK ACTIVITIES

Parent's Night Out

Parents, if you have children 5-12 yrs of age, we will entertain them with movies, games, dancing, and many other fun projects from 6-9 p.m. while you go out to a movie or dinner. This activity is offered each Friday at Mills Parks, and every 2nd Friday at Carson Park.



8 Man Soccer

Carson, Stevenson, and Veterans 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 & Wednesday evenings. Tuesday & Thursday at Stevenson Park.

Fees: \$190 Resident Team / \$225 Non-Resident Team

Adult Fitness

This class is a fun-filled dance plus cardiovascular work out. Come join us and dance your way to thin at the following parks:

- Dominguez Mon-Fri 7-8 p.m.
- Hemingway T/Th 7-8 p.m.
- Stevenson Mon-Fri 9 a.m.-2 p.m. 3-9 p.m. (Weight Room)

Dance For Fitness

- Dolphin Th/Sat 10-11 a.m. / 6-7 p.m.

Fast Dance Fitness Class

- Mills Wed 6:30-7:30 p.m.

Volunteers

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

Thanks

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



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

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

YOUTH SERVICES 2011 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 IV: Oct. 4 - Dec. 13 | Track IV: Sep. 27 - Nov. 15 | Track IV: Sep. 21 - Nov. 9 | Track X: Oct. 17, 19, 20 Track XI: Nov. 14, 16, 17 Track XII: Dec. 12, 14, 15 |

CALL FOR CLASS REGISTRATION DATES

• 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 |



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. | | \$138.00 a week | |
| 8 a.m. – 5 p.m. | | \$110.00 a week | |
| HALF DAY PROGRAM | | | |
| 8 a.m. – 12 p.m. FEES | | | |
| 1 p.m. – 5 p.m. | T TH | \$20 a week | |
| | MWF | \$30 a week | |
| | M-F | \$50 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 \$20 a week
3 days/wk \$30 a week
5 days/wk \$50 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. Waiting List.

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.

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

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



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.



SENIOR CITIZENS TECHNOLOGY CENTER

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. 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 twelve (12) sessions. Attendance is mandatory.

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. 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:



- **Friday, November 11, 2011**
Thanksgiving Dinner/ Dance
- **Friday, December 16, 2011**
Christmas Dinner/ 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 callendar 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.

Development Services Group

Transportation Services Division

3 Civic Plaza, Carson, CA 90745

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



To learn more about any of these services, please call the Transportation Services Division (located in the 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/departments/dev_service/transportation_services.asp



Transportation Services Division Excursions

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

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

Warner Bros VIP Studio Group Tour-Friday-November 4, 2011

See “behind-the-scenes” and “into-the-scenes” of your favorite shows and movies at the world’s busiest motion picture and television studio. The 2 hour 25 minute guided tour (via carts) takes you through back lot streets, sound stages, sets and craft shops. No two tours are alike and guides take you to where the action is. Always be on the lookout for a star as production is happening all around. We will stop for a no-host lunch at Universal City Walk. **Cost of \$60.00 per person** includes round-trip bus transportation and tour admission. Bus departs at 8:00 am and returns at 5:00 pm.

Big Bear Off-Road Adventure Day Tour-Friday-November 18, 2011

Enjoy a tour of Big Bear like never before. Travel by high clearance 4WD vehicles to transport you to remote places of awesome beauty and solitude seldom seen by the occasional visitor. Delight in panoramic vistas of desert and mountains from cloud-scraper peaks. The guides/drivers are extremely knowledgeable about the geology and history of Big Bear and the surrounding back country. Visit historic community and gold rush sites. We will stop for a no-host lunch in Big Bear Village. **Cost of \$55.00 per person** includes round-trip bus transportation and the off road tour. Bus departs at 7:30 am and returns at 6:00 pm.

“Gourmet Detective” Murder/Mystery Dinner Show-Saturday-November 19, 2011

Enjoy an interactive evening at Newport Beach’s “Gourmet Detective” Murder/Mystery dinner show. It all begins the moment you step into the restaurant inside The Balboa Inn, Newport Beach, CA. The characters run the joint and you, the audience, become part of the scene. The story itself is played out in scenes as you sit back and enjoy a visual feast of authentic costuming, sets and live period music. Between each scene of the mystery, the same cast of characters serves dinner, one course at a time. **Cost of \$78.00 per person** includes round-trip bus transportation and dinner and show. Bus departs at 6:30 pm and returns at 11:00 pm.

Cabazon Outlets-Friday-December 2, 2011

“Christmas Shopping”. Enjoy an upscale shopping experience and enjoy great bargains offered at Adidas, Ann Taylor, Coach, Puma, Reebok, Columbia, and many other shops. Enjoy the wide variety of outlet stores and the extra savings you will enjoy when shopping for yourself or for others. **Cost of \$20.00 per person** includes round-trip bus transportation. Bus departs at 8:00 am and returns at 5:00 pm.

Christmas Time in Solvang-Saturday-December 3, 2011

VELKOMMEN! Head to Solvang, CA to celebrate the 2011 Julefest Celebration this year, and you might feel like you’ve stumbled half-way across the world. It will be a holiday cheer with a decidedly Danish twist, all free events and a splendid shopping opportunity from clogs to iron art to unique toys for stocking stuffers. Don’t forget to visit the wine tasting rooms to provide additional seasonal cheer. This incredible variety makes this “Danish Capitol of America” a perfect destination to shop for unique holiday gifts and to “wrap it up” in a warm, friendly atmosphere. **Cost of \$25.00 per person** includes round-trip bus transportation. Bus departs at 9:00 am and returns at 7:00 pm.

Christmas Lights Tour (Belmont Shores & Sleepy Hollow)-Saturday-December 10, 2011

The holiday season would not be complete without a visit through what locals call “Sleepy Hollow” in the Hollywood Riviera section of Torrance. Drive through the South Bay’s “Winter Wonderland” and enjoy the thousands of lights and the beautifully decorated homes. Next up for the night will be a drive through Long Beach’s “Belmont Shores” where shops and homes that line up the shore light up the evening skies. **Cost of \$20.00 per person** includes a Jay’s Catering Box meal, drink and round-trip transportation. Bus departs at 6:00 pm and returns at 11:00 pm.

USS MIDWAY Aircraft Carrier Museum-Friday-December 16, 2011

The USS Midway Museum is a real naval aircraft carrier that served the US Navy for 47 years. Large and impressive, it has real jets and airplanes up on the flight deck that guests can actually walk into and even sit in the cockpits of some planes. A docent will lead a customized one hour tour which includes an extensive walking & stair climbing. Afterwards, you can continue enjoying the museum with an audio tour. There will be a no-host lunch stop at Seaport Village. **Cost of \$40 per person** includes a round-trip bus transportation, one hour docent lead tour and admission. Bus departs at 6:30 am and returns at 3:00 pm.

San Diego Parade of Lights-Sunday-December 18, 2011

Enjoy the scenic view of the San Diego Bay and the most elaborate light displays of any California boat parade. San Diego knows how to celebrate the season and year’s end with a SPLASH!! A fireworks show will kick off the night and launches the boats on their way through the San Diego Harbor. **Cost of \$30.00 per person** includes Jay’s Catering box lunch, drink and round-trip transportation. Bus departs at 2:30 p.m. and returns at 11:00 p.m.

Monterey/Carmel-By-the-Sea Excursion-Thurs. – Sun.-March 29 – April 1, 2012

Start off the spring season by enjoying a 4-day, 3-night stay at the beautiful Monterey Marriott Hotel. Activities for the weekend include a Whale Watching tour aboard the Princess Monterey, and shopping & dining trips to Cannery Row and Carmel. Enjoy the beauty of the coast during a scenic tour of the 17-Mile-Drive to Big Sur with a seasoned Step-On Guide. **Cost of \$399.00 per person** includes round-trip bus transportation, hotel accommodations (double occupancy), and tour fees. Bus departs Thursday, March 29th at 9:00 am and returns on Sunday, April 1st at 6:00 pm.



**** ATTENTION RIDERS ****

**REVISED
ROUTE E (DEL AMO) SCHEDULE**
Effective October 10, 201 (Monday – Friday)

| South Bay Pavilion | Avalon/189th | Wall/184th | Avalon/Victoria | University/Avalon | Brenner/Eddington | University/Central | Glenn Curtis/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

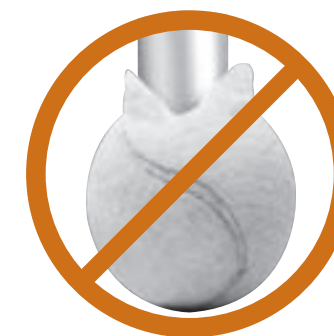
www.carsoncenter.com

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.



**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*

RECREATIONAL FACILITIES

your guide to Carson's parks and recreational facilities

| City Facilities | Acres | Ballfields | Basketball Courts | Boxing Equipment | Children's Play Area | Football Field | Frisbee Golf cours | Gymnasium | Horse-shoes | Meeting / Craft Rooms | Picnic Areas | Snack Bar | Soccer Field | Swimming Pool | Tennis Courts | Volleyball Courts | Wading Pools | Fitness Center | Racquetball Courts | Skate Park | Multi-Purpose |
|--|-------------------|------------|-------------------|------------------|----------------------|----------------|--------------------|-----------|-------------|-----------------------|--------------|-----------|--------------|---------------|---------------|-------------------|--------------|----------------|--------------------|------------|---------------|
| Anderson Park 19101 Wilmington Ave. 603-9850 / 603-9878 | 8 | | 2L | | • | | • | | | | 2 | • | | | | 4L | | • | | | |
| Calas Park 1000 E. 220th St. 518-3565 / 518-3566 | 9 | 1L | 1L | | • | • | | | • | | 2 | • | • | • | | 2L | | • | | | |
| Carriage Crest Park 23800 S. Figueroa St. 830-5601 / 830-5608 | 4 | 1L | 1L | | • | • | | | | | 1 | • | • | • | | | | | | | |
| 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 Hemingway Aquatic Center 16605 San Pedro St. | 13 | 1L | 1L | | • | • | • | | • | | 2 | • | • | • | • | 2L | | | | | |
| | | 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 | 25,000 sq. ft. | | 6L | | | | | 2 | | | 1 | | | | | | • | | • | • | • |
| Perry Street Mini Park 215th and Perry | 2 | | | | • | | | | | | | • | | | | | | | | | |

LIGHTED = L UNLIGHTED = U