

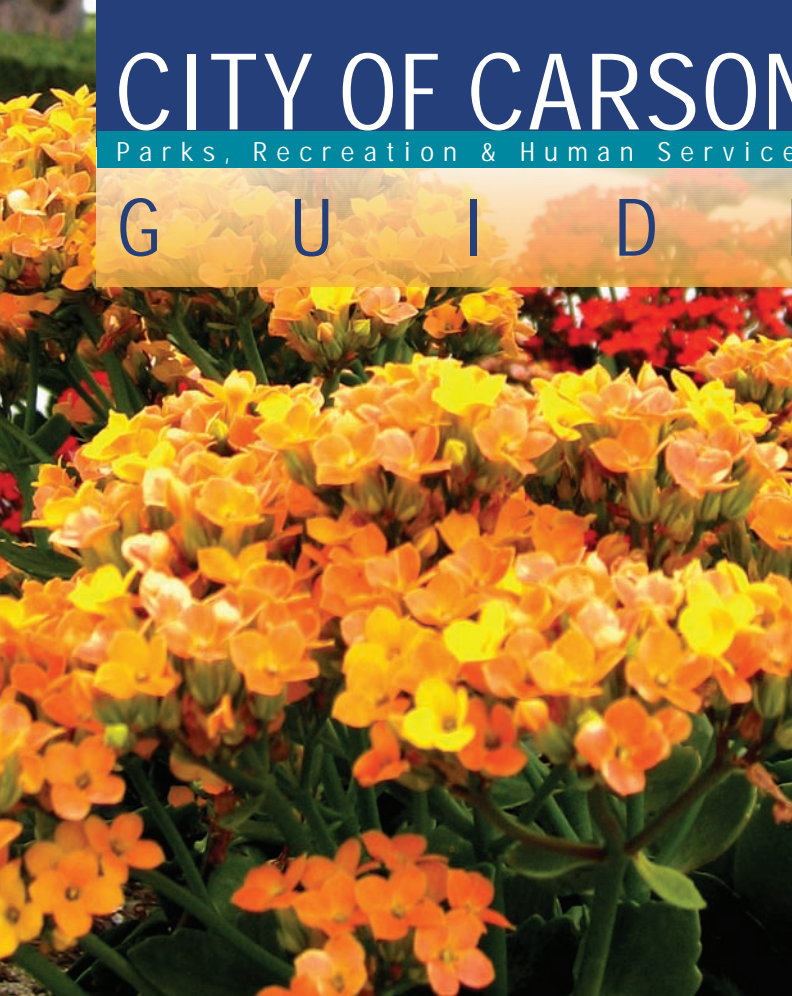
CITY OF CARSON

Parks, Recreation & Human Services

G U I D E

2008

APRIL • MAY • JUNE



- CINCO de MAYO CELEBRATION
- YOUTH CONFERENCE
- PHILIPPINE INDEPENDENCE DAY CELEBRATION
- JAZZ FESTIVAL
- FRIDAY NIGHT AT THE FIGHTS



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Elected Officials

Jim Dear, Mayor

Elito M. Santarina, Mayor Pro Tem

Harold C. Williams, Councilmember

Mike A. Gipson, Councilmember

Lula Davis-Holmes, Councilmember

Helen S. Kawagoe, City Clerk

Karen Avilla, City Treasurer

Jerome G. Groomes, City Manager

The **Parks, Recreation and Human Services Guide** is published quarterly by the City of Carson's Public Information Office to inform residents about leisure time activities provided by the city. For general information about Parks and Recreation Programs, call (310) 847-3570. For general information about Human Services Programs, Transportation Services and the Congresswoman Juanita Millender-McDonald Community Center, call (310) 835-0212.

CITY OF CARSON POSITION STATEMENT

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

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

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

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

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

A MESSAGE FROM THE CITY TREASURER

The City of Carson has established a Fraud Hotline to fight fraud and protect taxpayer's dollars. The Hotline is an option for anyone wishing to anonymously report illegal or unethical activity on the part of the City, its officials, employees, contractors or vendors. The Hotline is open 24 hours a day, 7 days a week and interpreters are available in 20 different languages.

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

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

SPECIAL INTEREST CLASSES

WHAT IS A SPECIAL INTEREST CLASS PROGRAM?

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

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

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

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

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

CREATIVE CRAFTS



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

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

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

Private groups and party classes available. Material fee: \$10

Instructor: Kimberly Watson

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

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

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

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

Instructor: Kimberly Watson

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

Quiltmaking - 412 (6 classes)

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

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

Instructor: Gaye Sunada

Tues. 6:30-8:30 p.m. Comm Ctr

Session 1: 3/11 - 4/15 Session 2: 4/29 - 6/3



Fresh Flower Class/Basic - 469 (6 weeks)

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

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

Instructor: Ethel Nelson

Sat. 9:00-11:00 a.m. Continuous Comm Ctr

Balloon Decoration - 466 (2 weeks)

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

Learn Today.....Earn Tomorrow!

THIS CLASS IS TAUGHT IN ENGLISH AND SPANISH.

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

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

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

Instructor: Oskar Guillen

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

DANCE

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

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

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

Instructor: Vai Manai

Call for dates and times Comm Ctr

Hawaiian Dance - 573 (4 weeks, continuous enrollment)

\$37/Resident \$42/Non-resident

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

Instructor: Okima Kapaku

Sat. 12:30-1:15 p.m. Ages 12 and up Carson Park

Sat. 1:15-2:00 p.m. Ages 5-11 Carson Park

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

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

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

Classes vary depending on age and ability.

Instructor: Irene Hernandez

Continuous

Comm Ctr

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

7 yrs-Adults Class is free of charge

Grupo Folklorico Faisan is a non-profit organization that specializes in the art of Mexican folklorico dancing. Students (age 7-adult) are taught the steps, history, and skills of stage performing.

Instructor: Carmen Rodriguez

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

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

**Belly Dance - 575 (10 weeks)**

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

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

Instructor: Lidia Lopez

Tues. 6:30-7:30 p.m. 4/22 Dolphin Park

Wed. 6:30-7:30 p.m. 4/23 Carriage Crest Park

**Salsa - 484 (6 weeks)**

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

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

Instructor: William Maxwell

Tues. 6:00-7:00 p.m. 4/22 Comm Ctr

EDUCATIONAL CLASSES**Sussie's International Cooking Class – 466 (4 weeks)**

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

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

Instructor: Susan Oshinuga

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

Anderson Park

Cooking 101 – 466 (One day workshops)

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

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

Instructor: Alisa Mayon

Thurs 7:00-8:30 p.m.

Call for dates and topics Comm Ctr

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

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

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

Instructor: Donnette Heard

Tues. 7:00-8:00 p.m.

Call for dates

Comm Ctr

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

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

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

Instructors: Chris Neal & Rondal Rollin

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

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

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

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

Instructors: Chris Neal & Rondal Rollin

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

Finding a Foreclosure Property - 419 (1 day workshop)

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

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

This class has a \$5 material fee.

Instructors: Chris Neal & Rondal Rollin

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

Sign Language - 413 (6 weeks)

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

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

Instructor: Diana Hagen

Wed. 6:00-7:30 p.m. 4/23 Comm Ctr

**Learning Trails Tutoring - 514**

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

Group classes: 2 times a week (90 minutes each) for six weeks - \$165

Develop new skills or improve old ones.

- Reading • SAT • Writing • Algebra • Language
- Geometry • Science • Social Science • Homework Assistance • Basic Math • Pre Algebra
- GED Prep • Cat 6

Instructor: Phyllis Garror

Ongoing Comm Ctr

Tuesdays and Thursdays, hours to be arranged

Community CPR (1 day workshop) - 419

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

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

Instructor: Julia Releford

6:00-10:00 p.m.

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

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

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

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

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

Certificate: Basic First Aid (Valid for 3 years)

Instructor: Julia Releford

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

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

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

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

Instructor: Julia Releford

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

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

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

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

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

Material Fee: \$20 (due to instructor first day of class)

Instructor: Priscilla Charles-Carter

Call for dates and times.

Comm Ctr

Child Care Education - 419 (4 weeks)

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

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

Instructor: Priscilla Charles-Carter

Mon., Tues., Wed., Thurs. 6:30-9:00 p.m. 6/4 Offsite

Chamorro Language - 413 (6 weeks)

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

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

Instructor: Juana Sanchez

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

4/26

Comm Ctr

Computer Training Workshops - 456 (5 classes)

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

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

Instructor: Beverly Anthony

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

4/23

Comm Ctr

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

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

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

Instructor: Beverly Anthony

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

4/25 Comm Ctr

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

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

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

Instructor: Vivian McClure

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

Comm Ctr

Creating Crazy Characters

4/9 - 5/14

Art of the Actor - 488 (6 weeks)

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

Providing training for the developing young actor in a safe, creative environment this class provides opportunities to grow and explore the



actor's tools. Art of the Actor gives the beginner confidence and the veteran performer opportunities to fine tune acting skills. This class uses improvisation, theatre games, script reading, characterization, focus, ensemble work, and much more.

Instructor: Vivian McClure

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

Comm Ctr

Actor's Tools: Voice Body & Imagination

4/7 - 5/12

Piano - 461 (4 weeks)

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

A piano course designed for beginner to advanced students of all ages. Children must be able to read before entering class. All styles of music are taught, including classical, jazz, blues, and pop. These are 30 minute private lessons.

Instructor: William Cavuti

Classes to be scheduled with instructor

Continuous

Comm Ctr

**Guitar - 461 (4 weeks)**

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

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

Students only allowed in classroom.

Instructor: Enrique Ruiz

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

4/25

Comm Ctr

**Voice - 406 (4 weeks)**

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

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

Instructor: Enrique Ruiz

Fri. 5:00-6:00 p.m. 4/25 Comm Ctr

WOOD WORKING**Wood Art - 468 (6 weeks)**

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

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

Instructor: Stew Sanford

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

Wood Carving - 468 (6 weeks)

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

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

Instructor: Stew Sanford

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

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

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

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

Instructor: Latario Rachal

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

Aerobics (10 consecutive classes) - 438

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

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

Instructor: La Shona Jenkins

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

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

Yoga - 453 (8 weeks, ongoing)

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

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

Instructor: Christina Abeyta

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

Karate for Kids– 410 (Monthly)

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

Students will learn basic blocks, kicks, punches, take downs, and katas.

This class will instill discipline, self-confidence, self-control, and patience in the students. Registration is taken at the beginning of each month.

Instructor: Master Ron Lyde

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

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

INSTRUCTOR SPOTLIGHT**Stew Sanford**

Stew Sanford is the Wood Carving instructor. He has been teaching in the City of Carson's Special Interest program since 1981. He became interested in Wood Carving as a young boy, when he and his brother began making their own toys out of wood.

In addition to his Tuesday night Wood class, Stew has contributed to the City of Carson in many other ways. One of his most prominent contributions was designing and building the sleigh that Santa uses to travel the streets of Carson each holiday season. He also built one for the City of Lomita.

Stew has contributed decorative items to City-wide special events such as the Mariachi Fiesta, and every year he makes ornaments for the Kids Outreach Program through the Carson Sheriff's Department. Two years ago he also started a ukulele class for Carson seniors on Monday mornings.

When asked what he enjoys most about teaching, he promptly replied, "I enjoy making people happy." His class is a social and very friendly one, and it's clear that he is as happy to be there as his students.

If you are interested in joining Stew's class, or for more information, please feel free to call the Special Interest office at (310) 952-1782.

SPECIAL INTEREST CLASS REGISTRATION

REGISTRATION GUIDELINES

- All activities, times, dates, and instructors are subject to change by the Human Services Division.
- All individuals registering for classes must reach the minimum age on or before the first class meeting.
- Bring your receipt to your first class meeting. Please check information on your receipt for accuracy.
- All classes must have a minimum of 10 participants.

MAIL-IN REGISTRATION

1. Complete the registration.
2. Please make checks or money orders payable to City of Carson (**DO NOT SEND CASH**). Checks require driver's license number written on the front.
3. A self-addressed, stamped envelope must be included with the registration form and fee. A class admission receipt will be returned in the envelope. There will be a separate slip for each class and participant. You will be informed if we are unable to complete your registration or if your class choices are filled.*

WALK-IN REGISTRATION

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

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

EVENING REGISTRATION AT:

Congresswoman Juanita Millender-McDonald Community Center, 3 Civic Plaza Drive
Monday through Thursday 5-8 p.m.

Note: If you have not received verification of your registration, call **(310) 952-1782**.
After completed mail-in registration has been returned to you and you find your schedule requires adjusting,
make transfers and adjustments during walk-in days and times.



MAIL-IN REGISTRATION FORM

Fill out all information—Please print

Last Name Only _____ Phone _____

Address _____ City _____ Zip _____

Emergency Name _____ Emergency Phone _____

A SEPARATE CHECK FOR EACH CLASS IS A MUST

| Participant's First and Last Name | Age if Under 18 | Name of Class | Date | Time | Location | Program Fee |
|-----------------------------------|-----------------|---------------|------|------|----------|-------------|
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

HAVE YOU ENCLOSED A SELF-ADDRESSED, STAMPED ENVELOPE?

REFUND POLICY

1. Refunds will only be given when a class is canceled by the City of Carson, Human Services Division.
2. Refunds will only be given upon presentation of the original white receipt.
3. Request for refunds must be made within two (2) weeks of class cancellation.
4. Allow 4-5 weeks for refunds.
5. When paid by check, proof of bank clearance must be presented for refunds.
6. For additional information, call (310) 952-1782.

I HAVE READ AND UNDERSTAND THE REFUND POLICY.

Participant's signature _____ Date _____

Parent/guardian signature _____ Date _____

***Mail form, payment and a self-addressed, stamped envelope to:**
Human Services Division, Special Interest Class Program,
Congresswoman Juanita Millender-McDonald Community Center,
3 Civic Plaza Dr., Carson CA 90745.



For Sale!



City of Carson

40th Anniversary Merchandise

City of Carson 40th Anniversary Commemorative Brick Pathway

ORDER YOUR BRICK NOW
AND BE A PART OF
CARSON'S HISTORY!

- **\$200 Premium**
(White) Brick
- **\$150 Terra Cotta**
(Regular) Brick

Each brick can be engraved with up to
three lines of information,
17 characters per line.

The bricks will be laid out on the
Xeriscape Garden (between City Hall
and Community Center)
in random order. You will be invited
to a special unveiling ceremony
later in the year when the
pathway has been completed.

To order your brick or for more information,
please visit City of Carson Human Services
Division at the Congresswoman
Juanita Millender-McDonald Community
Center or call (310) 952-1705.



T-Shirts ••••• \$ 10.00

Baseball Caps •• \$ 10.00

Mugs ••••• \$ 5.00

Polo Shirt ••••• \$ 50.00
(Special Order Only)

Items may be purchased at the
Public Information Office.
For more information call
(310) 952-1740.

Celebrating 40 years of Culture and Community

Cultural Activities & Programs

The City of Carson Fine Arts Section values the services of our community based arts and cultural organizations and the artists whose work enriches our community. The City of Carson has allocated funding for these skills to be taught to or performed by Carson residents. Our goal is to provide fine arts programs based on diverse interests and needs and to serve a wide range of citizens who are not already served. The following 14 organizations were funded for the fiscal year of 2007-2008.

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



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

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



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

Cultural Activities & Programs

CSUDH University Art Gallery presents the "9th International Shoebox Sculpture Exhibition" which will feature 82 sculptures small enough to fit into a shoebox by a roster of well-known international artists from Hawaii, Australia, Belgium, Canada, Finland, Germany, Great Britain, Japan, Taiwan, and Vietnam. To create their sculptures, artists have used almost every imaginable medium. Cast metal, carved wood, blown glass, woven fiber, paper mache, molded clay, and found objects have all been components of shoebox sculptures.



Francisco Martinez Dancetheatre conducts one long term and two short term dance residencies at local elementary schools, culminating in student generated choreography. Students are invited from local elementary schools to attend a performance of the FMDT's Cancionera at the Carson Community Center and/or CSUDH Theatre.

Apollo West Carson Players was established in 1974, and is headed by Marvin Clayton, Executive Director. The Carson Players produce stage productions, cultural arts events and provide theatrical skills workshop in the field of acting, singing, dancing, including technical stage producing and auditioning skills. The artistic goal is to provide a cultural art outlet for professional, nonprofessional, "at risk" youth and adult residents while teaching self-expression and self-esteem. This year the group will present the Broadway award winning musical "Don't Bother Me, I Can't Cope." For additional information, please call Marvin Clayton at (310) 741-1942.



Vivian McClure's Theatre Productions will rotate to three elementary schools this year. The schools host this six-week program that becomes a part of the schools' spirit through participating and working together to create a full-scale 40-minute one-act play. These plays are complete with sets, costumes, and lighting equipment that are provided in a touring package. More than 40 children are selected through reading auditions to play the parts and work the stage equipment as the stage crewmembers. Students rehearse the play and learn the technical jobs to put it all together in performances for student body assemblies and a one evening performance. This six-week program reaches an audience of 3,600 students and Carson residents each year. This year the children will present "Magic in Me".

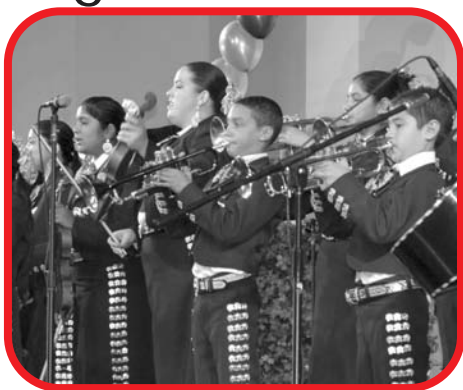
The Filipinas Chorale, U.S.A. & the Cherubs under the direction of Sr. Marie Vincent Llamzon, is a 36 member choir whose musical versatility is demonstrated in its repertoire ranging from traditional sacred songs, popular classics, Broadway musical numbers, and folk songs. The choir's dynamic character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



FINE ARTS

Cultural Activities & Programs

Asociacion Cultural - La Academia de Mariachi, the Asociacion's first program, teaches youth the history and the art of traditional Mariachi music. Classes are also offered as an after school program on Wednesdays from 3:30 - 6:00 p.m. at the Carson Community Center. **EL Coro Alegria de Carson** is an out growth of the Mariachi Academy. The Asociacion has modified the basic one-on-one format into a Coro or Choir. Here the emphasis for progress is on building the student's self-esteem. Coro classes are offered on Fridays at the Carson Community Center. For more information call (310) 973-2270.



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

Dominguez Bridge Theatre Company provides a community & university based theatre company that will perform at CSUDH and tour schools in the City of Carson. The development process was inspired by the overwhelming success of the university community collaboration, *"A House Called Eden"*. This year's production focuses on a community based original play drawn from stories taken from Dominguez graduates. The play focuses on the connections between education and the real world, as it follows the stories of students who prepare to play many roles in their families, relationships, and communities.



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

Positive Images of Self Expression (PISE) is a 5-day summer intensive program of performing art workshops that focus on the areas of West African dance, modern/jazz, ballet, and tap to children ages 10-17. With this experience youth will have an avenue in which to discover hidden talents and express themselves through a positive vehicle called art. Upon completion of the workshops, participating children will share their talents of self esteem, commitment, and teamwork through a final dance recital entitled *"An Evening of Expression"*.



FINE ARTS

Upcoming Events



JUNETEENTH CELEBRATION

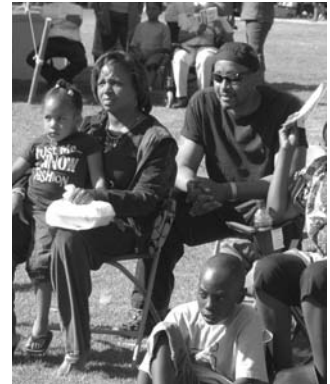
Presented by the Fine Arts & Historical Commission

Saturday, June 14, 2008

1:00 P.M.

Mills Park

FREE and open to the public!



Asian Pacific Celebration Sunday, March 30, 2008, 1:00 p.m.

The celebration begins with a social hour complete with appetizers in the atrium, followed with a lunch buffet of delicious asian cuisine, and a host of live entertainment.

In addition, the event will host an art display featuring the work of the Western Photographers Association.



Tickets are \$20 each, and must be purchased in advance. Tickets will go on sale beginning February 25, 2008 in the Fine Arts office.

Please call (310) 952-1705 for more information.

We hope to see you there!



Fine Arts Summer Academy

Join us for a fun and exciting summer as we venture into the teachings of music, dance, art, theatre, and other planned activities. We also have pool days and field trips with the most enthusiastic staff in the City of Carson. Our outstanding instructors provide children with programs that will improve their self esteem, teach teamwork, and showcase their newly learned talents by putting on a Fine Arts Summer Academy Showcase at the end of the six week camp. Our experienced staff is trained to make sure your child has a fun and productive time while making friendships and memories that will last a lifetime.

Registration begins in May.

For more information, please call
(310) 952-1705 and ask for Della Walter



RECREATION EVENTS

upcoming special events • mark your calendar now!

32nd ANNUAL CINCO de MAYO CELEBRATION



Carson Park • Sunday, May 4, 2008

Noon – 6 p.m. **FREE ADMISSION**

Free Entertainment • Mariachi Music • Folklorico Dancers •

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

Contact Carson Park at (310) 830-4925

2008 YOUTH CONFERENCE



Congresswoman Juanita Millender-McDonald

Community Center • Saturday, May 31, 2008

Conference runs from 10 a.m. – 5 p.m. • Night Carnival from 6 – 10 p.m.

FREE ADMISSION WITH REGISTRATION

9 a.m. Registration • Live Entertainment • Food • Workshops

• Speakers • Prizes

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

109th PHILIPPINE INDEPENDENCE DAY CELEBRATION



Veterans Park • Saturday, June 7, 2008

8 a.m. – 6 p.m. **FREE ADMISSION**

Live Entertainment • Cultural & Musical Presentations • Guest Speakers •

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

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

Contact Parks and Recreation at (310) 830-9997

30th ANNUAL JAZZ FESTIVAL



Anderson Park • Sunday, June 22, 2008

Noon – 7 p.m. **FREE ADMISSION**

Free Admission • Live Entertainment • Food and Display Booths •

Raffle • Prizes • Kiddy Area with Carnival Games

Contact Anderson Park at (310) 603-9850

FRIDAY NIGHT AT THE FIGHTS



Congresswoman Juanita Millender-McDonald

Community Center • Friday, July 25, 2008

6 - 10 p.m.

For more information, please contact the Scott Park/Fabela Chavez

Boxing Center at (310) 830-8310 or (310) 830-6439

FACILITY & EQUIPMENT RENTALS

Let us plan your next party



PARKS



20X40 CANOPY



EASY UP CANOPY



WHITE FOLDING CHAIRS



BANQUET TABLE

Do you need assistance with your next event?

No Problem!

We can help you with your next family reunion, party, barbecue, and or company picnic by providing you with a park and equipment rentals.

The City of Carson, Parks and Recreation Department is dedicated to making your special event a total success. We do everything possible to accommodate your standards.

Call us about our services; we have the following facilities and equipment for rentals:

- Parks
- Swimming Pools
- canopy: Ezie-Ups, 10x10, 20x40
- White Folding Chairs
- Podium with Microphone
- Tables: Round and Banquet
- Table Cloths and Table Skirting
- Large and Small Helium Tanks
- Barbecue Grills
- Cotton Candy Machine
- Popcorn Machine

Feel free to call the Permits Section at (310) 847-3570; our hours of operation are 7:15 a.m. to 5:30 p.m.

Monday through Thursday Only. We are located at 2400 East Dominguez Street in the City of Carson



PICNIC SHELTER



MOON BOUNCE



POOLS



PODIUM WITH MICROPHONE



The City of Carson Early Childhood Program curriculum is based on Pre-Kindergarten Guidelines developed by the State of California Department of Education. Emphasis is on learning through "hands-on" experiences. Projects and activities address a wide variety of school readiness, social and motor skills. Children have opportunities for creative expression through art, music and movement activities.

For more information call the Program office at (310) 835-0212, ext. 1482 or 1485.



OPTION I: Community Center Preschool
State license: #191606870
Ages: 3-5 yrs. (toilet trained)

The 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. \$115.50 a week
8 a.m. – 5 p.m. \$94.50 a week

HALF DAY PROGRAM

8 a.m. – 12 p.m. FEES
1 p.m. – 5 p.m. T TH \$18 a week
MWF \$27 a week
M-F \$45 a week

OPTION II:

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

| Park Facility | Class | Time | Days |
|---------------|-----------|------------------|-------|
| • Dolphin | Preschool | 8 a.m. – 12 a.m. | M/W/F |
| • Dolphin | Preschool | 8 a.m. – 12 a.m. | T/Th |
| • Carson | Preschool | 8 a.m. – 12 a.m. | M/W/F |
| • Carson | Preschool | 8 a.m. – 12 a.m. | T/Th |

Fees: 2 days/wk \$12 a week
3 days/wk \$18 a week
5 days/wk \$30 a week

Fees are paid every 4 weeks

ABC...123...



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

State licensing pending for the parks listed.

Availability is based on the needs of each site. The City reserves the right to cancel individual park programs if the minimum enrollment level is not achieved. Fees subject to change. For information, call (310) 835-0212, ext. 1482 or 1485.

OPTION III: Park Preschool

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





Looking
for the
coolest
summer
job?

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

\$10.10 - \$15.87 per hour

"NEW" Water Polo

Ages 8 and up Times and Dates TBD
Prerequisite: Level 3 card or equivalent skills
2 Water Polo Clinics

Sun 6/15/08 9 - 11 a.m.

Sun 6/22/08 9 - 11 a.m.

NEW!

"FREE" Recreation Swim

4th of July
at Dominguez Aquatic Center, Scott and Carson Pool
2 sessions

11 a.m. - 12:30 p.m.

1 p.m. - 2:30 p.m.



Aqua Camp

August 4 - August 15, 2008

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

Fee: \$200 or \$110 a week

Where: Dominguez Aquatic Center

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

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

Space is limited, so sign up early.

Leeway Sailing Trip

Thursday, August 14, 2008

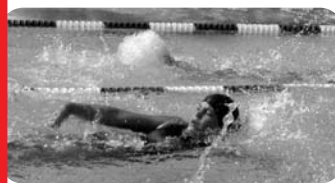
Time: 9 a.m. - 12 p.m.

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

Pick up: Dominguez Aquatic Center

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

Join an Aquatic Team!



• Dive

• Junior Lifeguards

• Swim Team

• Mini Guards



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

SENIOR AQUATIC PROGRAM DOMINGUEZ AQUATIC CENTER



Starting June 24, 2008 • Tuesday and Thursday
Call Aquatics, (310) 847-3578 • 8:00 - 9:30 a.m.

• Aqua Aerobics • Lap Swim
• Health and Fitness
FREE!!!

SUMMER AQUATIC PROGRAMS



SWIM LESSON SESSION DATES

Monday - Friday lessons:

I June 23 - June 27

Carson Pool

Pre I June 9 - June 20 (evening only) "NEW"

All Pools Open

I June 23 - July 4

II July 7 - July 18

III July 21 - August 1

IV August 4 - August 15

V August 18 - August 29

VI September 1 - September 12 (evening only)

July 4, 2008 • No swim lessons, only FREE recreational swim

Saturday lessons:

Carson Pool and Dominguez Aquatic Center

S I June 28 - July 26

S II August 9 - September 6
60-minute lessons

REGISTRATION

Mail-in registration forms will be mailed in late April for patrons who participated in swim lessons or specialty classes this previous summer 2007. If you did not participate in any aquatic activities last year and would like to be added to the mailing list, call the Aquatics office at (310) 847-3578 to be placed on the list.

Mail-in Registration:

May 12 - May 30

Walk-in Registration:

| | | |
|---------------------|-----------------|----------------|
| June 2 - June 6 | Monday - Friday | 1:00-7:00 p.m. |
| June 9 - June 13 | Monday - Friday | 3:00-7:00 p.m. |
| June 7 - August 23 | Saturday | 1:00-4:00 p.m. |
| June 23 - August 29 | Monday - Friday | 8:30 a.m.-noon |
| June 23 - August 29 | Monday - Friday | 3:30-6:30 p.m. |

1. Please register early, as classes fill up quickly.
2. Please note that classes are subject to change or cancellation, and all classes must meet the minimum enrollment requirement. If your class is canceled, we will make every effort to find a class near your requested time.

SWIM LESSON FEES

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

Private Swim Lessons:

One participant \$125

Two participants \$200

40-minute lessons - 5 lessons



SCHOLARSHIPS

Accepting scholarship applications - May 5

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

LA84, Family Support Program & ConocoPhillips provide partial and full scholarships (for students ages 6 months - 17 years) based on financial need. Applications may be picked up at the Corporate Yard, 2400 E. Dominguez St., Carson, beginning Monday, May 5 or at the pools during registration hours. For more information, call the Aquatics office at (310) 847-3578, or call the pools directly after June 2, 2008.

POOL SCHEDULES

SCHEDULES AND CLASSES ARE SUBJECT TO CHANGE

CARSON POOL

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

CARSONPL@CARSON.CA.US

Monday - Friday

| | |
|--------------------|-----------------|
| 8:00 - 8:30 a.m. | Swim Lessons |
| 8:40 - 9:10 a.m. | Swim Lessons |
| 9:20 - 9:50 a.m. | Swim Lessons |
| 10:00 - 10:30 a.m. | Swim Lessons |
| 10:00 - 11:00 a.m. | Dive Team |
| 10:40 - 11:10 a.m. | Swim Lessons |
| 11:20 - 11:50 a.m. | Swim Lessons |
| 12:00 - 12:30 p.m. | Swim Lessons |
| 1:00 - 2:45 p.m. | Recreation Swim |

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

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

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

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

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

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

Monday / Wednesday / Friday

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

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

Tuesday / Thursday

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

Saturday

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

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

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

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

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

DOMINGUEZ AQUATIC CENTER

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

DAC@CARSON.CA.US

Monday / Wednesday / Friday

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

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

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

Tuesday / Thursday

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

Monday - Friday

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

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

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

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

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

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

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

SCOTT POOL

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

| | |
|-------------------------|-----------------|
| Monday - Friday | |
| 8:00 - 8:30 a.m. | Swim Lessons |
| 8:40 - 9:10 a.m. | Swim Lessons |
| 9:20 - 9:50 a.m. | Swim Lessons |
| 10:00 - 10:30 a.m. | Swim Lessons |
| 10:40 - 11:10 a.m. | Swim Lessons |
| 11:20 - 11:50 a.m. | Swim Lessons |
| 12:00 - 12:30 p.m. | Swim Lessons |
| 11:00 a.m. - 12:30 p.m. | Lap Swim |
| 1:00 - 2:45 p.m. | Recreation Swim |
| 3:20 - 3:50 p.m. | Swim Lessons |
| 4:00 - 4:30 p.m. | Swim Lessons |
| 4:40 - 5:10 p.m. | Swim Lessons |
| 5:20 - 5:50 p.m. | Swim Lessons |
| 6:00 - 6:30 p.m. | Swim Lessons |
| 6:40 - 7:10 p.m. | Swim Lessons |
| 5:15 - 7:15 p.m. | Swim Team |
| Monday / Wednesday | |
| 7:30 - 9:00 p.m. | Recreation Swim |
| Tuesday / Thursday | |
| 7:30 - 8:30 p.m. | Aqua Aerobics |
| 7:30 - 8:30 p.m. | Lap Swim |
| Saturday | |
| 12:00 - 1:45 p.m. | Recreation Swim |

CLASS DESCRIPTIONS

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

INFANT CLASS (6 months to 3 years)

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

TODDLER CLASSES (3 to 4 years)

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

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

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

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

AMERICAN RED CROSS LEARN-TO-SWIM PROGRAM

(5 years and up)

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

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

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

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

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

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

ADULT SWIM LESSONS

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

Which Class Should I Register My Child For?

Tadpole (3-4 years old) & Polliwog (5 years and older)

Beginning swimmer
Little or no experience in water activity

Starfish (3-4 years old) & Adv. Polliwog (5 years and older)

Prerequisites:

Walk in water independently • Fully submerge face under water
Comfortable floating on front / back supported • Move through water 5 yards

Squid (3-4 years old) & Minnow (5 years and older)

Prerequisites:

Swim front crawl for 10 yards • Swim back crawl for 10 yards.
Comfortable swimming in deep end • Can float on back / front unsupported

Fish

Prerequisites:

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

Flying Fish

Prerequisites:

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

Shark

Prerequisites:

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



SPECIALTY CLASSES AND PROGRAMS

Partial Scholarships may be available

Dive Team Carson Pool

June 23 - August 29 Mon. - Fri., 10 - 11 a.m. Fee: \$20
This LA84-assisted team trains daily. Learn springboard diving skills on 1-meter board. No experience necessary. Prerequisite Level-3 card or equivalent skills.

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

June 23 - August 29 Fee: \$100/summer
Mon/Wed/Fri 4-6 p.m.

The concepts of lifeguarding, including basic rescues, scanning techniques, first aid and CPR, and health and fitness.

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

Prerequisite: Level-3 card or equivalent skills

Mini Guards (ages 9 - 11) Scott Pool

June 24 - August 28 Tues/Thurs 3-5 p.m. Fee: \$65/summer
Not old enough to be a Junior Lifeguard? Then Mini Guards is for you. Learn how to be a lifeguard. Lots of fun and activities.

Tigershark Swim Team (ages 5 - 17) Scott Pool

June 2 - August 29, Mon. - Fri. 5:15 - 7:15 p.m. Fee: \$130/summer
Swimmers must be able to swim one 25-yard length each of frontcrawl and backcrawl. Tryouts and parent information meeting will be held at the first training, 5:15 - 7:15 p.m. at Scott Pool. Fee includes workouts, team swim cap, T-shirt. Swim meets may have additional charges. Enrollments will be accepted until July 11, 2007.

Aqua Camp (ages 8 -12) Dominguez Aquatic Center

August 4 - 15 Mon. - Fri., 7 a.m.-6 p.m. Fee: \$200 or \$110/week
Daily activities include swimming lessons, recreation swim, water safety, crafts, fun, and educational water activities. Field trips include aquarium, beach, kayaking, canoeing, and sailing.
Note: Spaces are limited.

Aqua Aerobics

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

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

Carson Pool

June 23-September 12
Mon, Wed & Fri 7:30-8:30 p.m.

Scott Pool

June 24 - August 28
Tues & Thur 7:30-8:30 p.m.

Dominguez Aquatic Center

June 23 - August 29
Mon, Wed & Fri. 8:15-9:15a.m.

Leeway Sailing Trip (ages 9 - 17)

Thursday, August 14, 2008 9 a.m. - 12 p.m. Fee: \$20
Enjoy a day of kayaking, sailing, and canoeing at Los Alamitos Bay in Long Beach. Fee includes bus and equipment rentals. Participants will be picked up and returned to Dominguez Aquatic Center.

Adult Lap Swim (ages 16 years and up)

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

Carson Pool

June 23 - September 12
Mon, Wed & Fri. 7:30 - 8:30 p.m.

Dominguez Aquatic Center

June 23 - August 29
Mon. - Fri. 8:00 - 9:30 a.m.

Scott Pool

June 23 - August 29
Mon. - Fri. 11 a.m. - 12:45 p.m.
June 24 - August 28
Tues. & Thurs. 7:30 - 8:30 p.m.

Water Polo (ages 8 years and up)

"NEW"

Times and dates T.B.D. Prerequisite - Level 3 card or equivalent skills.
2 Water Polo Clinics, Sunday 6/15 & 6/22 9 - 11 a.m.

RECREATION SWIM

Fees: \$1 All ages

Youth (17 yrs. & under) / Adults / Seniors (55 yrs. & up)

Carson Pool

| | | |
|-----------------------|--------------|------------------|
| June 23 - August 29 | Mon. - Fri. | 1:00 - 2:45 p.m. |
| June 24 - August 28 | Tue. & Thur. | 7:30 - 9:00 p.m. |
| June 28 - September 6 | Sat. | 2:15 - 4:00 p.m. |

Dominguez Aquatic Center

| | | |
|-----------------------|-------------|-------------------|
| June 23 - August 29 | Mon. - Fri. | 1:00 - 2:45 p.m. |
| | Mon. - Fri. | 7:30 - 9:00 p.m. |
| June 28 - September 6 | Sat. | 12:00 - 1:45 p.m. |
| | Sat. | 2:15 - 4:00 p.m. |

Scott Pool

| | | |
|---------------------|-------------|-------------------|
| June 23 - August 29 | Mon. - Fri. | 1:00 - 2:45 p.m. |
| June 23 - August 27 | Mon. & Wed. | 7:30 - 9:00 p.m. |
| June 28 - August 30 | Sat. | 12:00 - 1:45 p.m. |

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



Treasure Island Day

10th Annual Treasure Island Day
Saturday, August 2, 2008
11 a.m. - 2 p.m. & 3 p.m. - 6 p.m.
(2 sessions), \$3 per session at
Dominguez Aquatic Center

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

Pool Rentals

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

WINTER PARK CLASS SCHEDULE

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

Hours of Operation

| | |
|---------|----------------|
| Mon-Fri | 3-9 p.m. |
| Sat | 10 a.m.-5 p.m. |
| Sun | Noon-5 p.m. |

Park hours vary based on school vacation and holiday schedules. Check each individual park to determine the daily schedule.

YOUTH ACTIVITIES

Tennis Instruction

We offer a wide variety of tennis classes for junior tennis players, which are taught and directed by qualified recreation leaders. Classes range from the very beginning player to intermediate level players. This class emphasizes the basics: grips, ground strokes, volleys, and serves. Children also learn footwork and the scoring of a tennis match. Tennis classes are offered at the following facilities: Anderson*, Calas, Dolphin, Dominguez, Hemingway, Stevenson*, and Veterans* Parks. Contact the parks for specific day and time.

*U.S.T.A. Site



Cheerleading

In this program, children will learn the basic routines and cheers while having fun showing spirit for their local park. This program is currently offered at the following parks:

| | | |
|------------------|------------|----------------|
| • Anderson | Tues/Thurs | 6:30-8 p.m. |
| • Calas | Tues/Thurs | 6:30-7:30 p.m. |
| • Carriage Crest | Tues/Thurs | 6-7:30 p.m. |
| • Carson | Tues/Thurs | 7-8 p.m. |
| • Del Amo | Tues/Thurs | 6-7:30 p.m. |
| • Dominguez | Fri | 5-6:30 p.m. |
| • Hemingway | Tues/Thurs | 6:30-8 p.m. |
| • Stevenson | Tues/Thurs | 6-8 p.m. |
| • Veterans | Tues/Thurs | 5:30-7:00 p.m. |

Drill Team

Learn the basic principles of drilling in this fun program. Several different types of drilling will be incorporated including military, precision, and fancy dance. Teams will compete and participate in a variety of different activities and parades this year. This program is available to all youngsters 8 yrs and older and is currently offered at the following park: Anderson/Hemingway parks.



Archery

In this program, the future Robin Hoods of Carson are taught the basic principles for use of bows and arrows while always utilizing all safety practices. The Recreation Division provides all bows, arrows, and targets. Contact the following parks for more information: Carriage Crest, Carson, Dolphin, Dominguez, Hemingway, Mills, Scott, Stevenson, Veterans, and Del Amo parks.

Arts & Crafts

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

Youth Golf Instruction

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

Boys & Girls Club

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

Kids in the Kitchen

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

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

Dance Classes

Semi-Annual Dance Recitals choreographed to specific themes will be performed by youths who participate in these free dance classes. For more information, contact one of the parks listed below. Beginning and Intermediate Jazz and Tap will be offered at the following parks:

| | | |
|----------------------------|------------|----------------|
| • Anderson/2 Age Division | Mon | 6:30-8:30 p.m. |
| • Del Amo | Mon/Wed | 6-7 p.m. |
| • Hemingway/2 Age Division | Mon/Wed | 6:30-8:30 p.m. |
| • Scott Park | Tues/Thurs | 6-7 p.m. |

Excursions

Excursions have been planned on a weekly basis to the following locations:

- Bowling
- Magic Mountain
- Family Fun Center
- Laker Game
- Knott's Berry Farm
- Skate Depot
- Children's Museum
- Clipper Game
- Camelot Golf
- Disneyland
- Universal Studios
- Angel Game
- Dodger Game

Star Program

After school day care offered at Scott, Calas, and Dominguez parks, Monday through Friday from 2:30-6 p.m.

Cost: \$30 per week.



Beginning Chess

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

Adult and Youth Karate

| | | | |
|----------------------|-------------|----------------|--------------|
| Monday | 7-8:30 p.m. | Stevenson Park | Adult Karate |
| Tuesdays & Thursdays | 7-8:30 p.m. | Stevenson Park | Youth Karate |

Adult and Youth Bocci Ball

| | | |
|----------|----------|------------|
| Friday | 4-5 p.m. | Scott Park |
| Saturday | 2-3 p.m. | Scott Park |

Movie Night

| | | |
|--------|-------------|----------------|
| Friday | 6-7:30 p.m. | Stevenson Park |
|--------|-------------|----------------|

Adult Line Dancing

| | | |
|----------|-----------|---------------|
| Saturday | 9:30 p.m. | Anderson Park |
|----------|-----------|---------------|

Adult/Youth Karate

| | | |
|------------------|-------------|----------------|
| Monday (Adult) | 7-8:30 p.m. | Stevenson Park |
| Saturday (Youth) | 7-8:30 p.m. | Scott Park |

TEEN PARK ACTIVITIES

Sports Activities

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

Beginning Boxing

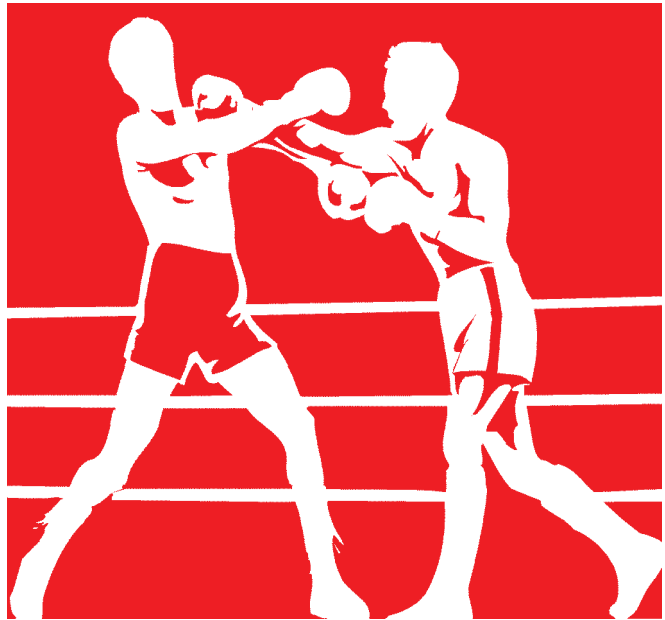
Learn the fundamentals and techniques of boxing. Contact staff for specific day and time.

Teens in the Kitchen

Learn the basics! Mills Park, Fridays, 5-6:30 p.m.; Anderson Park, Thursdays, 6:30-7:30 p.m.; Carson Park, Friday from 6:30-7:30 p.m.; and Hemingway Park at 6 p.m.

Table Tennis League

Lower and upper divisions are scheduled at Calas and Dominguez Parks. Please contact those parks for exact dates and times.



B O X I N G

FABELA CHAVEZ BOXING/FITNESS CENTER

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

HOURS

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

Fees:

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

Monthly Membership

\$20
\$15
\$15
Youth/\$2 Adult/\$4

Beginning Boxing

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

Beginning Weightlifting

Learn about weightlifting from the experts. This is for the first-time lifter. Must be at least 13 years old. The instructor will provide each student with a personal workout sheet to track routine. Call Stevenson Park at (310) 631-2252.

Intermediate Boxing

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

Intermediate Weightlifting Training

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

Advanced Boxing

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

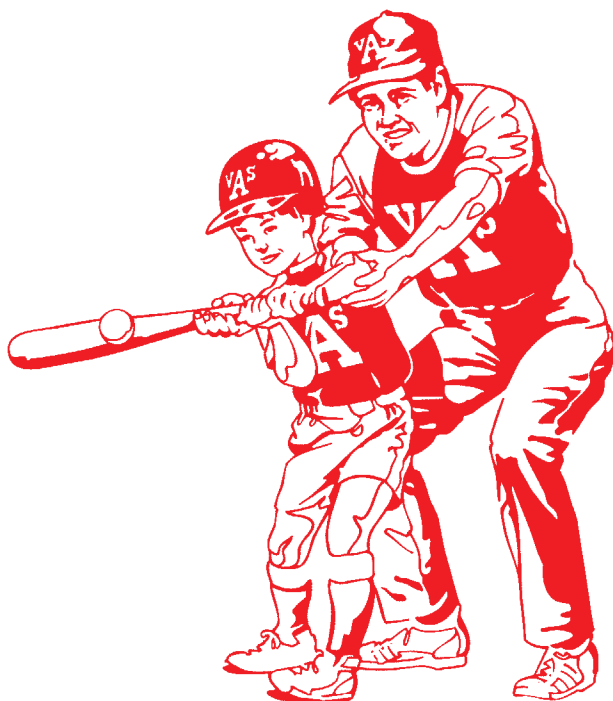
Advanced Weightlifting

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

YOUTH SPORTS

SPRING PROGRAM

The Youth Sports Section offers a variety of recreational activities for boys and girls 5 to 17 years of age. All registration is conducted at the parks. Early registration is encouraged. For more information regarding any program, contact your local park.



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

Registration: Now through March 28, 2008. Sign-ups will be taken after this date but your child may be put on a waiting list.

Try-Outs: March 29, 2008

Season Begins: April 26, 2008

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

Youth Sports Coaches Certification Program

Coaches completing this certification program, which covers the areas of the psychology of coaching youth sports, maximizing athletic performance, first aid and safety, how to organize a fun and interesting practice and tips on teaching sports techniques, are required to complete an exam, and sign a Code of Ethics Pledge.

Sports Officials

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

Volunteers: "Carson Wants You"

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

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

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

Thanks

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

CARSON JUNIOR TENNIS

P R O G R A M

Free admission

For boys and girls ages 10-15 yrs.

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

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

Kids Club After-School Child Care Solution For Latchkey Children



Before & After School Kids Club Fees

January 19, 2008 - June 20, 2008

Monday-Friday

7-11 a.m.

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

2:30-6 p.m.

Resident

\$25 wkly

\$65 wkly

\$50 wkly



(\$12 dollars additional fee for Pupil Free Days.)

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

The daily program consists of:

Educational Activities:

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

Recreational Activities:

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

Snacks:

Nutritional snacks are provided each day.

1. Indoor games
3. Seasonal parties
5. Special events

2. Crafts
4. Excursions

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



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



TEEN ACTIVITIES

upcoming special events • mark your calendar now!

Numerous activities are scheduled throughout the year.

All activities are planned and supervised by Recreation Staff.



YOUTH COMMISSION BEAUTIFICATION PROJECT

Inviting all teens throughout the Carson Community, Service Groups, and youth organizations to participate in this project to improve and take pride in their City Parks.

Will include:

- Graffiti abatement, park clean-up and will include minor landscaping projects at each park facility.
- Beach clean, cook-out, group activities and a bonfire at the end of this project,

For further information call, (310) 847-3552



Teen Fishing Workshop & Excursion

at Mills Park

Date: TBD • Ages 12-16 years

10 a.m. - 1 p.m. - Workshop

1 - 5 p.m. - Fishing Excursion

For further information call, (310) 847-3570



CITY OF CARSON MUSIC WORKSHOP

at Mills Park

Saturdays, 10 a.m.- 12 noon • Tuesdays, 6:30 - 8 p.m.

Song Writing • Singing • Music Production

For enrollment and schedule information, call (310) 847-3552



16TH ANNUAL YOUTH CONFERENCE

May 31, 2008 • 10 a.m. - 10 p.m.

Congresswoman Juanita Millender-McDonald Community Center

• Conference Workshops (on team building) • Guest Speakers

• Mini Carnival • Give Aways

For more information, call (310) 847-3552

YOUTH SERVICES PROGRAMS

sponsored by Public Safety

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

• Youth & the Law Program

Youth (Ages 12 – 15 years)

Residents: \$30.00 Non-residents \$35.00

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

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

Instructor: Youth Services Officers

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

Tracks: Refer to class schedule.

Community Center

• Parent Project Program

(10 Days / 20 Hours)

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

(Open Enrollment)

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

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

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

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

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

Community Center

• Anger Management For Teens

(8 Days / 12 Hours)

Youth (Ages 12 to 17 years old)

Residents: \$20.00 Non-residents \$25.00

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

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

Instructor: Deborah Schmidt, YSO

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

Community Center

• Drug/Alcohol Program (Positive Choices)

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

Residents: \$20.00 Non-residents \$25.00

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

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

Instructor: POSITIVE CHOICES STAFF

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

Community Center

• Community Service For Youth

Youth only (Ages 12-17 years) Cost: \$40 (50 hours or less)
Must meet Youth Services Program Criterion

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

Contact Person(s): ANY YOUTH SERVICES OFFICER

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

Case Management Services

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

Criterion (any one of the following)

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

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

| Youth Services Officer | Program | Extension |
|------------------------|----------------------------|-------------|
| • Dennis Rodriguez | Parenting Program | x1789 |
| • Deborah Schmidt | Anger Management For Teens | x1671 |
| • YSO | Positive Choices | x1671, 1789 |
| • Eric Carter | Community Service Program | x1672 |

YOUTH SERVICES 2008 CLASS SCHEDULE

| Parent Project Classes Day: Tuesday/Times: 5-7 p.m. Total Hours: 20 Hrs | Anger Management For Teens Day: Tuesday/Times: 4:30-6 p.m. Total Hours: 12 Hrs | Drug/Alcohol Awareness & Prevention Classes Day: Wednesday/Times: 4-6 p.m. Total Hours: 16 Hrs | Youth & The Law Program Day: Mon/Wed/Thurs. Times: M&Th: 4-6 p.m. Wed: 3:30-7:30 p.m. |
|--|--|--|---|
| REGISTRATION: (At Carson Community Center) 1. Class days, 4:30-5 p.m. | REGISTRATION: Call to make appt. with Youth Services Officer | REGISTRATION: Call to make appt. with Youth Services Officer | REGISTRATION: Call to make appt. with Youth Services Officer |
| Track II: Apr. 8, 15, 22, 29 May 6, 13, 20, 27 Jun. 3, 10 | Track II: 04/15 – 05/27 Track III: 07/08 – 08/20 Track IV: 09/30 – 11/18 *No December classes | Track II: 04/09 – 05/28 Track III: 07/02 – 08/20 Track IV: 09/24 – 11/12 *No December classes | Track IV: Apr. 14, 16, 17 Track V: May 12, 14, 15 Track VI: Jun. 23, 25, 26 Track VII: Jul. 14, 16, 17 |

A D U L T S P O R T S

SPRING PROGRAM

The Adult Sports Section will be offering a variety of leagues and tournaments during the winter months. To insure your team's placement in a league and/or tournament, payment must be made at the time of registration. For more information, contact the Adult Sports Section at City Hall Annex at 2400 E. Dominguez, or call extension 3576.



SPRING SOFTBALL LEAGUES

Men's C/D Level

Registration: March 3-April 7

Play Begins: April 10

Fees: \$375 per team

Coed C/D Level

Registration: March 3-April 7

Play Begins: April 11

Fees: \$375 per team

Spring Softball Tournament/Men's & Coed

Registration: April 1-May 19

Play Begins: May 24

Summer Softball League

Registration: June 2-July 7

Play Begins: July 10

40th Anniversary Basketball Tournament

Registration: March 3- April 11

Play Begins: April 18

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



DISABILITY AND ACCESSIBILITY ISSUES

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

City of Carson Parks and Recreation Department

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



SPRING FLAG FOOTBALL LEAGUES

Men's 4 on 4

Registration: March 3- April 17

Play Begins: April 18

Fees: \$175 per team

Men's 8 Man

Registration: March 3- April 17

Play Begins: April 20

Fees: \$315 per team

ADULT PARK ACTIVITIES

Parent's Night Out

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

Coed Softball

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

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



8 Man Soccer

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

Adult Fitness/Women's Conditioning Class

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

Adult Line Dance

Learn the latest: Slide, Line, Cha-Cha dances while getting a workout.
Saturdays, 9:30 p.m. at Anderson Park.

40th Anniversary Soccer Tournament

Registration: April 1- June 9

Play Begins: June 13

SENIOR SOCIAL SERVICES

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

SENIORS ASSISTED LIVING

Case Management & Home Services

To help seniors and disabled remain independent and in their own homes, our coordinator meets with clients to assess their needs, determine eligibility for services, and develop a care plan. This is done during a home visit, which takes approximately an hour. The coordinator gathers information concerning an applicant's physical, psych-social, financial, and any other concerns that may arise during the visit. We encourage caregivers to participate in the assessment and planning of services. Coordinators authorize services based on the individual needs of each senior or refer them to other community agencies. For more information, call (310) 952-1775.

Geriatric Aide Program

This program is designed to provide limited domestic assistance to frail and homebound seniors. Typical services include light housekeeping, dish washing, vacuuming, kitchen and bathroom cleaning, laundry, grocery shopping and meal preparation. No charge and donations are encouraged. For more information, call (310) 952-1775.

Health Insurance Counseling and Advocacy

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

Legal Referral & Advocacy

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

Equipment Loan Program

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

EARS (Emergency Alert Response System)

All of us want to be able to live independently in our own homes as long as possible. Seniors with a disability can maintain this independence with a little help from Lifeline. Lifeline is a personal response unit connected to a home telephone system. If an emergency occurs, the subscriber simply presses a button worn on the wrist or around the neck, and an alarm sounds at Long Beach Memorial Medical Center 24-hour monitoring station and within seconds, a friendly voice is heard in the home asking the nature of the problem and dispatching appropriate help. For more information, call (310) 952-1775.

Respite Care

This program provides relief to caregivers who are meeting the daily needs of a senior family member or friend. These services include Respite Companions, Social Day Care, Homemaker, and Personal Care Assistance. Short-term placement is also available. For more information, call (310) 952-1775.



Senior Financial Counseling/Planning Services

The Senior Financial Counseling Program is staffed by Certified Senior Advisors (CSA), who provide experienced guidance at seven senior centers in Los Angeles and Orange County. CSA's are a single source in assisting seniors with issues from the aging process itself to common illnesses affecting the elderly and strategies to help seniors' plan their retirement years. Tuesday and Thursday mornings Rick Skelton offers counseling in the areas of financial and retirement planning, long-term care planning, living trust questions and how to improve on low interest rate CD's. For more information, call (310) 952-1775.

INFORMATION & REFERRAL

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

Friendly Visitor

Friendly Visitor Volunteers provide companionship, understanding, and empathy to elders who are lonely and/or isolated. Through regular visits, these volunteers provide letter writing, reading and friendly visits to help the client remain as independent as possible while living in the community. For more information, call (310) 952-1775.



Telephone Reassurance

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

Homemaker/Handyman

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

Free Tax Assistance

February through April 15 trained AARP volunteers will help low and middle-income persons, with special attention given to persons age 60 and older in preparing their income tax returns. Tax preparers will do the following: wages, interest, dividends, stock sales, sale of house, pensions, IRA's, annuities, social security calculations and low income self employment. They do not do rentals, business/high income self-employment, mutual funds, foreign investments, or partnerships. This service is by appointment only. For more information, call (310) 952-1775.

Homeowner Renters Assistance Program

You may be eligible to file a 2007 Homeowners or Renters Assistance claim if you were one of the following on December 31, 2007:

- 62 years of age or older
- Blind or disabled and you meet all of the following requirements:
 - You paid \$50 or more rent per month in 2006, or you owned and lived in your own home on December 31, 2007
 - Your total household income for 2007 was \$39,699 or less, and You are a United States citizen, a designated alien, or qualified alien when you file your claim.

This program is offered July through October 15. Call (310) 952-1775 to schedule an appointment.

Nutrition Program

Monday through Friday at 11:30 a.m. in the Carson/Torrance YMCA, serves a variety of delicious healthy, hot and nutritious lunches in the Congresswoman Juanita Millender-McDonald Community Center. Guests enjoy a tasty meal as well as warm conversation and fellowship. A donation is \$2.25 and \$3.25 for non-seniors per meal and is suggested for people 60 years or older. There is a cost for home delivered meals. For more information, call (310) 835-0212, ext. 1487.

Bereavement Support Group

This unique group is offered to adults of all ages who are experiencing grief following the death of a loved one. Research shows that individuals who have experienced such a loss can benefit from sharing with others in a safe, caring environment. This group meets for 12-week sessions throughout the year on Wednesday or Thursday, 10 a.m.-12 p.m. and 12:15-1:15 p.m. drop-ins, at the Congresswoman Juanita Millender-McDonald Community Center. For more information, call (310) 952-1775.

HUMAN SERVICES

SENIOR RECREATION

The senior recreation program provides recreational programs for senior's citizens ages 50 and above. Our goal is to provide a sense of belonging and knowing that there is "LIFE AFTER RETIREMENT." We provide numerous activities and special events, lectures, health information and much more. In addition we are concerned with what the community would like to see happen in the program and encourage your input! We are not an Adult Day Care Center. Participants must be able to maintain their own personal hygiene without assistance. No drop offs allowed. Care providers must be with client at all times. Senior Recreation Services is located in the East Wing of the Congresswoman Juanita Millender-McDonald Community Center, office hours are 8 a.m.-5 p.m. For more information call (310) 835-0212 Extensions 1475 or 1479.

Classes and programs do not run on City holidays.

CLASSES AND PROGRAMS

A variety of classes and programs are developed when special interests are identified. Classes require a minimum of 10 persons and are free, unless otherwise noted. Classes meet at the Congresswoman Juanita Millender-McDonald Community Center. For more information, call (310) 835-0212, ext. 1478 or 1479.

ART



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

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



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

SPECIAL EVENTS

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



APRIL

Happy Springtime!

MAY

Cinco De Mayo Luncheon

Friday May 2, 2008 • 12:45 p.m.
Congresswoman Juanita Millender-McDonald
Community Center
cost: \$8.⁰⁰

JUNE

Happy Summer!

HUMAN SERVICES

EXERCISE

Tai Chi & Health – The ancient Chinese exercise system is designed for meditation and for the development of self-discipline and a sense of harmonious well-being. The instructor will guide you through a warm-up, posture and breathing techniques, as well as a walking and hand movements. After just a few lessons you will feel the benefits of this ancient practice. This is an effective way to aid in stress relief. Class meets on Friday from 9 - 10 a.m. in the Dance Room. Instructor: Ron Ige

Basketball – Join this group, Monday through Friday at Scott Park from 8:30 –10:30 am. Come have fun and get a great cardio workout.



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

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

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

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

HEALTH



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

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

PERSONAL ENRICHMENT

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

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

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

HUMAN SERVICES

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

Square Dance - YEE HAA... PUT ON YOUR COWBOY BOOTS AND GRAB A PARTNER AND Do-Se-Do-Down to the Congresswoman Juanita Millender-McDonald Community Center to learn all the new square dances. Beginning class from 4-6 p.m. on Thursdays. Dance room. \$2 per class.

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



Polynesian Dancers - Explore and learn the rich culture of our 50th state by enrolling in our Hawaiian dance class. Thursdays from 9:30 - 11 a.m. Dance room. \$2 per class. Instructor: Yuriko Rogers

Senior Dance Troupe of Carson - Pacific Islanders bring their rich culture and customs to Carson in the form of singing and dancing. Classes on Mondays and Thursdays from 1-3 p.m. Dance room.



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

CLUBS

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

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

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

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

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

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

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

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

SENIOR CITIZENS TECHNOLOGY CENTER

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

*All classes require typing - Must have knowledge of typing! SIGN UP NOW!

Instructor for Mon-Thurs classes - Jay Kleiner
Friday Instructor- Henri Blits



Introduction to PC's

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

Basics of Word Processing

The class introduces the basic concepts of word processing to the novice PC user. Create personal documents and learn the features and benefits of word processing.

Excel

Seniors will learn to create electronic spreadsheets using formulas, functions, graphs, and charts. Create simple databases for inventory, sales group organizations and even address books.

Beginning Internet

This course prepares seniors to use the internet. Emphasis in this class is on introducing the features of the World Wide Web and related utilities. Seniors will explore the vast resources of the internet and learn to access information using a variety of methods.

Intermediate Internet

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



The City of Carson
Senior Recreation
Programs

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

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

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

Joseph B. O'Neal, Jr. Stroke Center

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

J.B.O. Jr. Fitness Center

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



Exercise Program

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

Stretch and Strengthening Class

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.

| | |
|--------|--|
| April: | Trip to mall (public transportation) 11 a.m. - 5 p.m. |
| May: | Dominguez Adobe Museum 11 a.m. - 3 p.m. |
| June: | Trip to Wilson Park 11 a.m. - 5 p.m. |



Water Exercise

This class meets every Wednesday from 1:15 p.m. to 4 p.m.. A therapeutic heated pool provides 100% access to a disabled person. The near weightless environment relieves stress from joints to allow otherwise useless muscles to operate freely. The water provides the body with the opportunity to change positions and improve circulation.

Speakers Bureau

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

Caregiver Support Group Sessions

These sessions are offered, Thursday, 12:30-1:30 p.m. A stroke can be financially and emotionally devastating for the family, spouse and/or significant other, as well as for the stroke survivor. The sessions for 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:

- April 11th - Spring Dance
- May 9th - Prom Dinner/Dance
- June 13th - Back to the 50's Dance

Special Olympians

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

Special Olympic Track and Field

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

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

Layola Marymount Special Games

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

Special Olympic 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 2008. It is mandatory that all participants have a CURRENT Special Olympic medical form on file in our office before he/she can participate. Please refer to the monthly calendar for practice times, dates and location.

Special Olympic Competitive Events

April 19th City of Long Beach Special Olympic Track/Field Meet
May 4th Tri-Valley Special Olympic Basketball Tournament
May 10th City of Torrance Special Olympic Track/Field
June 13th-15th Special Olympic Summer Games
at Cal State Long Beach

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.

10th Annual City of Carson Health Fair

The City of Carson will be hosting the 10th Annual Health Fair. The event will be held on Saturday April 19, 2008, from 10:00 a.m. to 2:00 p.m. at the Congresswoman Juanita Millender-McDonald Community Center. The City of Carson's Health Fair is beneficial in educating and providing care for its community and neighboring communities. This year's free event will feature mammograms, vision and hearing checks, blood pressure checks, cholesterol screenings, osteoporosis screenings, respiratory screenings, glucose screenings, diabetes information, public health information, and more. For more information contact Sandy Barber at (310) 835-0212 ext. 1465.

Arts and Crafts

Learn to make fun and creative crafts. Some materials to be used include sea shells, sand, wood, paints and much more. Class are on Mondays at Carson Park from 7-9 p.m.

Exercise Class

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

Basic Classroom Skills

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

Monthly Calendar

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

Carson Special Needs Parent Association

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

Variety Club

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

VETERANS SPORTSCOMPLEX

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Annual Membership Rates

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

30-day Membership Rates

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

Daily Guest Rates

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

Call for our
corporate rates

Save the date!

**Veterans SportsComplex
2nd "Community and
Fitness Fair"**

Get ready for the
"Community Health and
Fitness Fair" before hand by
entering the 5K Walk/Run to
benefit the children's
programming at
Veterans SportsComplex

**Health Screenings,
Saturday,
October 18, 2008**

from 9 a.m.-1 p.m.

**at the
Veterans SportsComplex,
22400 Moneta Avenue
in Carson**

10%

discount for
Veterans



HOURS OF OPERATION

FACILITY

Monday-Friday
6 a.m. - 9 p.m.

Saturday
7 a.m. - 6 p.m.

Sunday
8 a.m. - 5 p.m.

BUSINESS OFFICE

Monday-Thursday
8 a.m. - 8 p.m.

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

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

Sunday
9 a.m. - 1 p.m.

SERVICES / FACILITIES



Facility Rental Information

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

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

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

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

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

Locker Room/Fitness Center
Prices vary

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

We Just Got Better!

Come See The New Equipment At The Veterans SportsComplex!

APRIL 2008

| | |
|-----------------|---|
| April 1 | Final Check-up Get Fit Challenge participants |
| April 3 | Get Fit Challenge Ceremony, 6:30 p.m. |
| April 5, 18, 26 | Annual member guest free days |
| April 21 | Member's Basketball League Playoffs begin |
| April 28 | Semi-final Members League Games |

MAY 2008

| | |
|---------------|--|
| May 1 | Sign-ups for 5K Walk/Run begins |
| May 4, 18, 30 | Annual member guest free days |
| May 5, 7, 12 | Member League Finals (best 2 out of 3) |
| May 10 | Mother's Day Mixer |
| May 11 | Mother's Day |


JUNE 2008

June Membership Special: All cancelled members can resign-up with a new Annual Membership and receive \$20 off the registration fee (All fees must be paid at time of purchase). Not applicable for EMP or CORP members.


| | |
|----------------|--|
| June 4 | First round Corp Basketball League Playoffs, 6:30 p.m. |
| June 6, 21, 29 | Annual member guest free days |
| June 11 | Semi-finals Corp League, 6:30 p.m. |
| June 18 | Corp League finals (best 2 out of 3) |
| June 21 | Father's Day Morning workout mixer, 7-10 a.m. |
| June 22 | Father's Day Facility open regular hours |
| June 23-20 | Summer Get Fit Challenge Registration |

Call Veterans SportsComplex for more information at (310) 830.9991

ADULT CLASSES

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|--|--|---|---|---|
| 6:05 - 6:50 a.m. 45-Minute Cycle II, III (Luz) *** | 8:00 - 9:00 a.m. Low Impact Aerobics I, II (Charles) | 6:05 - 6:50 a.m. 45-Minute Cycle II, III (Luz) *** | 8:00 - 9:30 a.m. Muscle Conditioning I, II, III, (Charles) | 6:05 - 6:50 a.m. 45-Minute Cycle II, III (Luz) *** | 8:30 - 9:30 a.m. Schwinn Cycling & Abs II & III (Cynthia) *** | 8:45 - 9:40 a.m. Step Aerobics II, III (Luz) |
| 8:30 - 9:30 a.m. Cardio Step II, III (Charlene) | 9:00 - 10:00 a.m. Corepole Training I, II, III (Jaimie) | 8:30 - 9:30 a.m. Hatha Yoga I, II (Charlene) | 9:30 - 10:30 a.m. Cardio KickBoxing I, II, III (Charles) | 8:30 - 9:30 a.m. Zumba & Muscle Conditioning I, II (Bradley) | 8:30 - 9:30 a.m. Cardio Walk & Pilates I, II (Luz) | 9:45 - 10:45 a.m. Corepole/Muscle Conditioning I, II, III (Luz) |
| 9:30 - 10:45 a.m. Salsa I, II (Michael) | | 9:30 - 10:30 a.m. Lower Body Conditioning I, II (Charles) | | | 9:30 - 11:00 a.m. Step & Resist-a-Ball I, II, III (Luz) | |
| | 5:30 - 6:30 p.m. Schwinn Cycling II, III (Cynthia) *** | 12:00 - 1:15 p.m. Salsa I, II (Michael) | 5:30 - 6:30 p.m. Schwinn Cycling II, III (Veronica) *** | 12:00 - 1:15 p.m. Salsa I, II (Michael) | | |
| 6:00 - 7:00 p.m. Adult Kempo Karate I, II, III (Master Tigi) • | 5:25 - 6:20 p.m. Yoga Fit I, II, III (Deanna) | 6:00 - 7:00 p.m. Adult Kempo Karate I, II, III (Master Tigi) • | 6:00 - 7:00 p.m. Hatha Yoga I, II (Charlene) | |  | |
| 6:15 - 7:30 p.m. Step/Pilates I, II, III (Luz) | 6:30 - 7:30 p.m. Muscle Conditioning II, III (Luz) | 6:00 - 7:00 p.m. Schwinn Cycling II, III (Cynthia) *** | 7:00 - 8:00 p.m. Step/Muscle Conditioning I, II (Marie) | 6:30 - 7:30 p.m. Step Aerobics I, II (Marie) | | |
| | | 6:00 - 7:00 p.m. Pilates I, II (Luz) | | | | |
| | | 7:00 - 8:00 p.m. Corepole I, II, III (Jaimie) | | 7:00 - 9:00 p.m. Adult Volleyball I, II, III (Wallace) *Now Taking Sign-Ups | | |

YOUTH CLASSES

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|--|---|--|--|--------|
| 4:00 - 5:30 p.m. Youth Kempo Karate I, II, III (Master Tigi) | New Time 4:00 - 5:30 p.m. Youth Volleyball I, II (Wallace) Main Gym | 4:00 - 5:30 p.m. Youth Kempo Karate I, II, III (Master Tigi) | New Time 4:00 - 5:30 p.m. Youth Volleyball I, II (Wallace) Main Gym | 4:00 - 5:30 p.m. Youth Kempo Karate I, II, III (Master Tigi) | | |
| 5:00 - 6:00 p.m. Power Kids I, II, III (Frank) | | | 4:00 - 5:00 p.m. Fun Fitness for Kids I, II (Frank) | |  | |
| | 5:00 - 6:00 p.m. Fun Fitness for Kids I, II (Frank) | 5:00 - 6:00 p.m. Power Kids I, II, III (Frank) | 5:00 - 6:00 p.m. Youth Hip Hop Aerobics I, II, III (Bradley) | 6:30 - 8:45 p.m. Teen Club I, II, III (Ronald) | | |
| | | | | | | |

Veterans SportsComplex

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

Adult classes

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

- Activity Room
- Fitness Center
- Cycle Room

Youth classes

Class Descriptions

Abs/Core Training: Members will learn what muscles make up the abdominal core and a variety of exercises to build up both the stomach and the back muscles creating a longer and leaner look.

Fun Fitness for Kids: A fun and functional class to help children's general health, fitness, and motor skills development. Coed for ages 5 to 11 years old.

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

Power Kids: Give your child a head start on good health. Strength training helps with confidence, self-image, weight control, improves growth and bone mineral density. They will learn proper strength training techniques that can be used for a life time. This class is for coed ages 9 to 15 years.

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

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

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

Fitness Levels:

- I Beginner
- II Intermediate
- III Advanced

Rates:

- Free to members
- Non-members are welcome at \$15 for all classes

VETERANS SPORTSCOMPLEX

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

"Commit to be Fit."

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

Come check
us out!

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

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

For strength training

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

For cardiovascular training

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



Coming Soon!

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

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

These routines feature aerobics fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. These classes are designed to maximize the calorie output, tone, and sculpt while having **LOADS OF FUN!** With these moves you can burn up to 1000 calories per class!

Transportation Services Division

3 Civic Plaza, Carson, CA 90745

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



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

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



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

CITY OF CARSON

Transportation Services Division (TSD)

T2008 TSD- sponsored Excursions

The bus departs and returns to and from the Community Center parking lot. For information call the Transportation Services Division excursion desk at (310) 835-0212, Extension 1489. The city reserves the right to alter the times of individual excursions due to unforeseen reasons.

Tickets can be purchased Monday through Thursday from 8 a.m. to 5 p.m. Our offices are closed on Fridays and holidays.

DESTINATION TEMECULA

Saturday - April 19, 2008 - Lunch included in price of excursion
Upon arrival in Old Town Temecula, roam around the farmer's market. Explore the Temecula Valley Museum, view the many historic town buildings, curio shops and visit over 450 antique dealers. The wine tasting tour begins aboard the bus under the knowledgeable leadership of our step-on leader who will guide us on a scenic route passing equestrian ranches, vineyards, citrus orchards, and stately mansions. Our first stop is Frangipani Winery where winemaker Don Frangipani will personally welcome each guest to sample his wines and lead a private tour. After lunch we head to Wilson Creek Winery, Temecula's most popular vineyard, for another presentation and wine tasting. Our tour will end in Old Town Temecula where you can explore this charming town. Cost of \$59.00 per person includes a visit to Old Town Temecula, wine tour/tasting at 2 wineries, lunch, logo glass, and round-trip bus transportation. Bus departs at 7:30 a.m. and returns at 6:30 p.m.

MY FAIR LADY AT THE AHMANSON THEATRE & 7th Street Market Place

Sunday - April 27, 2008 - 1:00 p.m. Curtain - No lunch included in price of excursion
My Fair Lady is an unforgettable theatre experience where Eliza Doolittle, a cockney flower girl, turned high society debutante. My Fair Lady seeks to examine class distinctions, society's prejudices, the gender divide, identity and transformation. Cost of \$98.00 per person includes stop at 7th Street Market Place, orchestra seating and round trip bus transportation. Bus departs at 10:15 a.m. and returns at 5:00 p.m.

THE CALIFORNIA SCIENCE CENTER, IMAX THEATER & THE AFRICAN AMERICAN MUSEUM

Saturday - May 17, 2008 - Jay's Catering box lunch included in price of excursion
Our science adventure begins with a special movie at the IMAX Theater. After the movie, enjoy a box lunch, and then explore all of the many exhibits presented in

interactive worlds for the whole family. If you like, visit the nearby California African American Museum. Cost of \$31.00 per person includes admission to the California Science Center, IMAX Theater, a box lunch, and round-trip bus transportation. Bus departs at 9:00 a.m. and returns at 6:00 p.m.

A CHORUS LINE AT THE AHMANSON THEATRE & 7th Street Market Place

Saturday - May 31, 2008 - 2:00 p.m. Curtain - No lunch included in price of excursion
For 17 dancers, this audition is the opportunity to do what they've always dreamed of, to have the chance to dance. Winner of nine Tony Awards, a Chorus Line is the longest running American musical ever. Cost of \$98.00 per person includes a stop at the 7th Street Market Place for lunch, orchestra seating and round trip bus transportation. Bus departs at 11:00 a.m. and returns at 6:00 p.m.

SANTA BARBARA BY TRAIN

Saturday - June 7, 2008 - No lunch included in price of excursion
Sit back, relax, and experience train travel on Amtrak's Pacific Surfliner. Departing from historic Los Angeles Union Station, enjoy the scenery to the enchanting seaside Spanish paradise Santa Barbara. Upon arrival, explore the sights and sounds of the "American Riviera." Stroll along State Street to discover quaint shops, historical buildings and museums, or join an open-air nostalgic trolley car tour. Choose from a variety of restaurants, enjoy a cup of java from various cafés and bistros, or a glass of wine from local wineries. Enjoy the crisp ocean breeze from Stearns Wharf, California's oldest working wharf, where you may visit the aquarium or take a harbor cruise. Cost of \$56.00 per person includes round-trip train fare on the Pacific Surfliner and round-trip bus transportation to and from Union Station. Bus departs at 5:30 a.m. and returns at 8:30 p.m.

THE J. PAUL GETTY MUSEUM

Saturday - June 21, 2008 - Jay's Catering box lunch included in price of excursion
The Getty Center experience begins with a tram ride to the summit where you can join a group tour or discover the wonderful Getty treasures at your leisure. Cost of \$24.00 per person includes admission to the library, box lunch and round trip bus transportation. Bus departs at 8:30 a.m. and returns at 4:30 p.m.

FILLMORE & WESTERN RAILWAY TOUR & LUNCH

Sunday - July 6, 2008 - Lunch included in price of excursion
Spend a fun filled day with us as we climb aboard an antique train and travel the rails to the neighboring city of Santa Paula. Lunch will be served as you relax and enjoy the beautiful mountain ranges and citrus groves. Upon arrival in Santa Paula, board the town shuttle and visit the historic Aviation Museum. Join a docent guided tour to view antique, classic and experimental aircraft, automobiles, race cars, motorcycles, juke boxes, paintings, photos, and a variety of aviation artifacts. Re-board the train to return to Fillmore, and enjoy coffee and dessert. Cost of \$61.00 per person includes train ride, full lunch, Santa Paula Aviation Museum admission, shuttle ride, and round-trip bus transportation. Bus departs at 8:00 a.m. and returns at 7:00 p.m.

NIXON LIBRARY TOUR, LUNCH & FULLERTON ARBORETUM TOUR

Saturday - July 19, 2008 - Box lunch included in price of excursion
The adventure begins with a docent-guided tour of the Richard Nixon Library. The nine acre Library is a three-dimensional walk-through memoir museum, with 22 high-tech galleries, movies, and the spectacular First Lady's Garden. The President's restored birthplace, and the flower-ringed memorial sites of the first family are highlights of the tour. Enjoy a box lunch and shop at the library gift store. Within minutes, arrive at the Fullerton Arboretum for a docent-guided tour of Heritage House. See how physicians practiced medicine in the 1890's. Leisurely

stroll through a section of the 26-acre site which provides a peaceful respite with its splashing waterfalls, collection of more than 4000 plants and visit the Potting Shed Plant and gift shop. Cost of \$46.00 per person includes admission, a docent-guided tour of the Richard Nixon Library & Birthplace, catered box lunch, a docent-guided tour of the Fullerton Arboretum grounds, Heritage House and round-trip bus transportation. Bus departs at 8:15 a.m. and returns at 6:00 p.m.

GLEN IVY HOT SPRINGS SPA & TOM'S MARKET

Saturday, August 2, 2008 - Transportation only - No admission, spa treatments, or lunch included in price of excursion

Join us for a day of relaxation. We supply the transportation and you book and pay for your admission and all spa treatments by calling Glen Ivy, Corona (1-888-453-6489) or making your reservations on line. Reservations for all treatments must be made at least five weeks in advance. Admission price includes use of all pools, sauna, steam rooms, Roman Baths, red clay mud bath, towels, and lockers. Bring your own swimsuit, beach towel, robe, and an old swimsuit for the red clay mud bath. A stop at Tom's Market to shop for fresh produce will complete your spa day. Cost of \$21.00 per person includes round-trip bus transportation to Glen Ivy Hot Springs Spa and Tom's Market. Bus departs at 8:00 a.m. and returns at 7:00 p.m.

SAN DIEGO BY TRAIN, SEA & LAND TOUR

Saturday - August 16, 2008 - No lunch included in price of excursion

Join us as we embark on a nostalgic train ride on Amtrak's Pacific Surfliner departing from Amtrak's Fullerton Station. Upon arrival, immediately board an Old Town Trolley Tour bus to visit popular San Diego landmarks including Seaport Village. Take an extraordinary adventure aboard the Hydra Terra bus that transforms into a boat and splashes down into the San Diego Bay. Enjoy breathtaking coastal views, chance encounters with various sea animals and a close up look at the area's military sights. After the splash, hop on the Old Town Trolley and take a tour before heading back home. Cost of \$96.00 per person includes round-trip train fare on the Pacific Surfliner, Old Town Trolley Tour ticket, Hydra Terra bus ticket, and round-trip bus transportation to and from Amtrak's Fullerton Station. Bus departs at 5:30 a.m. and returns at 8:30 p.m.

LOS ANGELES COUNTY FAIR

Saturday - September 13, 2008 - No lunch included in price of excursion

There's something for everyone at the LA County Fair in Pomona. Cost of \$20.00 per person includes admission to the LA Fair and round trip bus transportation. Bus departs at 9:00 a.m. and returns at 5:00 p.m.

SS LANE VICTORY SUMMER DAY CRUISE

Saturday - September 27, 2008 - Continental breakfast and buffet lunch included in price of excursion

The SS Lane Victory is a National Historic Landmark and a fully operational Coast Guard approved ship. Each cruise begins with a continental breakfast. Join the crew topside to steam down the main channel, through the Queens Gate and then out to the sea. At this point, a wreath is placed over the side of the ship for a moment of silence to observe the many lives lost during WWII at sea. The engine room tour and the Yellow Hound Dawg Blues Band begin after we leave the breakwater. Visit the wheel house, radio room, museums, and gift shop. As we cruise past Avalon, you will enjoy a narration of points of interest along the shore. Enjoy a buffet lunch from the famous Antes Restaurant of San Pedro. Watch for impersonators roaming about the decks. Enjoy the welcome home by a Los Angeles Fireboat with a beautiful water display. Cost of \$132.00 per person includes your cruise, continental breakfast, buffet lunch from Antes Restaurant, all onboard entertainment and round trip bus transportation. Bus departs at 6:45 a.m. and returns at 6:30 p.m.

2008 CALIFORNIA AVOCADO FESTIVAL BY TRAIN

Saturday - October 4, 2008 - No lunch included in price of excursion

Skip the traffic hassles; take the easy and scenic way to Carpinteria's 2008 Avocado Festival aboard the Amtrak-Pacific Surfliner. Participate in one of the many avocado contests, observe entertaining cooking demonstrations, visit the arts & crafts area, stroll through the large commercial marketplace, or bring a picnic lunch and relax at the local beach. Cost is \$46.00 per person includes your round trip train fare and round trip bus transportation to and from the train station.

BEVERLY HILLS GARDEN & DESIGN SHOWCASE

Saturday - November (TBD), 2008 - No lunch included in price of excursion

Tour the Greystone Estate which has been richly decorated by the Los Angeles Chapter of the American Society of Interior Designers. Explore the gardens which were created by world renowned and celebrity landscape designers. Shop for unique items for your home and garden. Cost (TBD) per person includes your admission to the Greystone Estate event and round trip bus transportation.

SAWDUST ART FESTIVAL 2008 WINTER FANTASY

Saturday - November 22, 2008 - No lunch included in price of excursion

Enter Santa's enchanted winter wonderland featuring over 175 artists and fine craftspeople from all regions of the country. This festival offers original, handcrafted gift items including hand blown glass, ceramics, clothing, ornaments, jewelry, painting, sculpture and so much more. Your admission includes complimentary art projects for all ages, a real snow play field, holiday entertainment, three outdoor cafés, artist demonstrations and daily visits with Santa. Cost of \$16.00 per person includes your admission into the festival and round trip bus transportation. Bus departs at 9:00 a.m. and returns at 4:00 p.m.

TIBBIES HOLIDAY FOLLIES 2008 SHOW, LUNCH & QUEEN MARY TOUR

Saturday - December 6, 2008 - Late lunch included in price of excursion

Board the Queen Mary and visit the Ghost & Legends Show where sightings have occurred for years in areas never before open to the public. Be prepared for some unexplained "ghostly" encounters. After the show, explore this great lady with your very own guide map. Enjoy a wonderful afternoon of dining and extravagant entertainment as we prepare for Tibbies Holiday Follies. After our late lunch, experience a fun-filled nostalgic journey as we "Deck the Halls" and "Frost the Snowman." Enjoy dazzling production numbers like "White Christmas" and the Rockettes' Holiday Spectacular. Cost of \$81.00 per person includes Ghosts & Legends Show, self-guided Ship Walking Tour, Holiday lunch and show, and round trip bus transportation. Bus departs at 9:30 a.m. and returns at 5:30 p.m.

GOOD NEWS. MORE TO COME

Visit our web site to get the details on fun filled excursions to be planned.

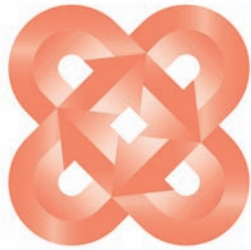
Here are a few of our future shows from the KSLG Playhouse Theatre Players to be highlighted in our next brochure: 1940's Improv Night with audience participation: When Divas Were Divas, Their Lives Their Way; and Dorothy & Otto, the Dorothy Dandridge Affair.

http://ci.carson.ca.us/content/departments/dev_service/cityexcursion.asp

Public Transportation

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

Carson Circuit



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

North/South Shuttle



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

Countywide Services to the Disabled (Non-City Administered)



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

Dial-A-Ride Service



Economical taxi service is available to Carson seniors at least 60 years of age and/or individuals with permanent disabilities. Persons with disabilities under 18 years of age must be accompanied by a registered personal attendant. Accessible minivans are available for wheelchair users. The Dial-A-Ride Program operates 24 hours, seven days a week. Service is provided anywhere within city-designated boundaries and to specific satellite locations outside the city for medical trips only. The cost is \$1 per one-way trip, and \$2 per round-trip. **NOTE:** A city-issued photo identification card is required before using the Dial-A-Ride service. Eligible applicants must present two valid forms of identification to show proof of age and Carson residency. We will accept a government issued picture identification card with a Carson address and a current utility bill. P.O. boxes are not accepted. If you need to register for the service or purchase taxi coupon booklets, the office is open Monday–Thursday from 8:00 a.m. to 5:00 p.m. The office is closed on Fridays, Saturdays, Sundays and holidays. New ID cards cost \$1.00. Replacement cards cost \$5.00. Payment must be made in the exact amount of the purchase. We do not give change. **To request a taxi pickup, please call toll free (877) 435-6111.**

CARSON CENTER

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



(310) 835-0212

801 East Carson Street,

Carson, California 90745

www.carsoncenter.com

DID YOU KNOW THESE ORDINANCES EXIST?

ORDINANCE 95-1055: **NEW PARK CLOSURE HOURS**

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

ORDINANCE 95-1056: **MANDATORY PICNIC SHELTER PERMIT**

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

ORDINANCE 95-1057: **USE OF CITY PARKS BY LARGE GROUPS**

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

ORDINANCE 95-1058: **USE OF AMPLIFIED MUSIC IN PARKS**

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

ORDINANCE 41107: **SMOKING PROHIBITED IN PARKS**

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

**FOR COPIES OF ORDINANCES
OR ADDITIONAL INFORMATION,
PLEASE CONTACT THE
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.

CITY OF CARSON HEALTH FAIR 2008



**SATURDAY,
APRIL 19, 2008
10 A.M. - 2 P.M.**

**Prescription
Drug
Information**

**Public
Health
Information**

**Marrow
Donor
Registry**

**Blood Pressure
Check**

Derma Scan

**Osteoporosis
Screening**

Dental Check

Much more

**CONGRESSWOMAN
JUANITA MILLENDER-MCDONALD
COMMUNITY CENTER**

3 CIVIC PLAZA DR., CARSON, CA 90745

FOR MORE INFORMATION, CALL (310) 835-0212,
EXT. 1465 OR 1470

RECREATIONAL FACILITIES

your guide to Carson's parks and recreational facilities

| City Facilities | Acres | Ballfields | Basketball Courts | Boxing Equipment | Children's Play Area | Football Field | Frisbee Golf Course | Gymnasium | Horse-Shoes | Meeting / Craft Rooms | Picnic Areas | Snack-Bar | Soccer Field | Swimming Pool | Tennis Courts | Volleyball Courts | Wading Pools | Fitness Center | Racquetball Courts | Skate Park | Multi-Purpose |
|--|-------------------|------------|-------------------|------------------|----------------------|----------------|---------------------|-----------|-------------|-----------------------|--------------|-----------|--------------|---------------|---------------|-------------------|--------------|----------------|--------------------|------------|---------------|
| Anderson Park 19101 Wilmington Ave. 603-9850 / 603-9878 | 8 | | 2L | | • | | | • | | 2 | • | | | | | 4L | • | | | | |
| Calas Park 1000 E. 220th St. 518-3565 / 518-3566 | 9 | 1L | 1L | | • | • | | | | • | 2 | • | • | • | | 2L | • | | | | |
| Carriage Crest Park 23800 S. Figueroa St. 830-5601 / 830-5608 | 4 | 1L | 1L | | • | • | | | | 1 | • | • | • | | | | | | | | |
| Carson Community Center 3 Civic Plaza Dr. 835-0212 | 31,000 sq. ft. | | | | | | | | | 26 | | | | | | | | | | | • |
| Carson Park 21411 S. Orrick Ave. 830-4925 / 830-4998 | 11 | 2L | 2L | | • | • | | | | • | 2 | • | • | • | | | • | | | | |
| Carson Pool 21436 S. Main St. 830-1053 | | | | | | | | | | | | | | • | | | | | | | |
| Del Amo Park 703 E. Del Amo Blvd. 329-7717 / 329-6309 | 10 | 2L | 1L | | • | • | | | | 2 | • | • | • | | | | | | | | |
| Dolphin Park 21205 Water St. 549-4560 / 549-4857 | 12 | 2L | 1L | | • | • | | | | 2 | • | • | • | | | 2L | • | • | | | |
| Dominguez Park/ Aquatic Center 21330 Santa Fe Ave. 549-3962 / 830-8994 | 9 | 1L | 1L | | • | • | • | | | 2 | • | • | • | • | | 2L | | | | | |
| Friendship Mini Park 21930 S. Water St. NONE | 0.3 | | | | • | | | | | | • | | | | | | | | | | |
| Hemingway Park 700 E. Gardena Blvd. 538-0018 / 538-0019 | 13 | 1L 1U | 1L 1U | | • | • | • | | | • | 2 | • | • | • | | 2L | | | | | |
| Mills Park 1340 E. Dimondale Dr. 631-3130 | 5 | | | | • | • | • | | | 2 | • | | | | | | • | | | | |
| Scott Park 23410 Catskill Ave. 830-8310 / 830-8311 (Location of Fabela Boxing Center) | 13 | 2L | 1L | • | • | • | | • | • | 4 | • | • | • | | | 2L | • | | • | | |
| Scott Pool 23410 Catskill Ave. 549-9051 | | | | | | | | | | | | | | • | | | | | | | |
| Stevenson Park/Gym 17400 Lysander Dr. (310) 952-1745 (310) 952-1745 Gym | 13 | 2L | 1L | | • | • | | 1 | | 2 | • | • | • | | | 2L | • | | • | | • |
| Walnut Street Mini Park 440 E. Walnut St. NONE | 1.5 | | 2U | | • | | | | | | • | | | | | | | | | | |
| Veterans Park/Skate Park 22400 Moneta Ave. 830-4185 / 830-1369 | 12 | 2L | 8L | | • | • | | | | • | 2 | • | • | • | | 2L | | • | | • | • |
| Veterans SportsComplex 22400 Moneta Ave. 830-9991 | 25,000 sq. ft. | | 6L | | | | | 2 | | 1 | | | | | | • | | • | • | | • |
| Perry Street Mini Park 215th and Perry | 2 | | | | • | | | | | | • | | | | | | | | | | |

LIGHTED = L UNLIGHTED = U

Come Visit



CONGRESSWOMAN
JUANITA MILLENDER-McDONALD
COMMUNITY CENTER
(East Parking Lot)

THURSDAYS • 9 A.M. TO 1 P.M. • RAIN OR SHINE

**FREE produce raffle every
Thursday at 12:15 p.m.!**

California fruits and vegetables!

peaches, plums, apricots, nectarines, cherries, melons,
tomatoes, corn, green beans, peppers, squash, (when in season),
nuts, eggs, baked goods, cut flowers, and nursery stock

Stop by the Market Manager's Booth for your frequent buyer's card and raffle tickets!

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

PUBLIC INFORMATION OFFICE-CARSON

701 East Carson Street
Carson, CA 90745

TO: Postal Patron

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

ECRWSS

POSTMASTER : DATED MATERIAL. PLEASE DO NOT DELAY