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

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



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



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

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

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

You can also read us online at: http://www.ci.carson.ca.us/content/department/publicinformation

# A MESSAGE FROM THE Public Services General Manager

Spring is here and the Parks and Recreation and Human Services Departments are ready to spring into action in their busiest season to offer programs and services to the community. To get started, the City's most popular sports leagues, Youth Baseball and Softball, are starting soon. We have approximately 3,000 children from the community participating! Opening day is on Saturday, April 28, 2012. Get ready to play ball!

Furthermore, spring is the time to get your children signed up for swimming lessons. The City offers various skill levels of instruction and other special aquatic activities such as Treasure Island Day, Aqua Aerobics, Tigersharks Swim Team, Water Polo, Synchronized Swimming, and Junior Lifeguards. Registration forms will be available to download online beginning Monday, April 9, 2012, at http://recreation.carson.ca.us/aquatics. Look on the Aquatics page for more sign-up details. Carson residents get priority, but make sure you sign up quickly after the start date because the slots go fast!

Summer Day Camp is another summer activity that fills up quickly! Register your child, as early as, April to secure a spot at your local park. Our Summer Day Camp runs Monday through Friday from 7 a.m. to 6 p.m. offering fun, games, excursions, and a daily healthy lunch and snacks.

Did you know that you can rent community rooms and picnic areas at each park for a birthday party, baby shower, or community meeting? Spring is a popular time to utilize these facilities and you can make reservations for your event by contacting the Permits Section Monday through Thursday from 7:30 a.m. to 5:00 p.m. at (310) 847-3570.

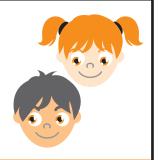
Let us help you enjoy the longer days of spring!

Good health and well wishes to you, your family, and friends!

Raymond R. Cruz Public Services General Manager



# CITY OF CARSON DAY CAMP



AMUSEMENT PARKS • EDUCATIONAL SITES • MUSEUMS MOVIE NIGHT UNDER THE STARS • LOCAL ATTRACTIONS LUNCH AND AFTERNOON SNACK PROVIDED DAILY

# **JUNE 25 - AUGUST 10, 2012**

FOR BOYS AND GIRLS AGES 5-12

RESIDENT FEES	TIMES	NON RESIDENT FEES
\$58	7 A.M 3 P.M.	\$68
\$63	7 A.M 4 P.M.	\$73
\$67	7 A.M 5 P.M.	\$78
\$75	7 A.M 6 P.M.	\$88
\$53	8 A.M 3 P.M.	\$63
\$57	8 A.M 4 P.M.	\$68
\$62	8 A.M 5 P.M.	\$73
\$70	8 A.M 6 P.M.	\$83
\$48	9 A.M 3 P.M.	\$57
\$52	9 A.M 4 P.M.	\$62
\$57	9 A.M 5 P.M.	\$67
\$70	9 A.M 6 P.M.	\$77
\$38	10 A.M 3 P.M.	\$45
\$42	10 A.M 4 P.M.	\$50
\$47	10 A.M 5 P.M.	\$55
\$55	10 A.M 6 P.M.	\$65

AN	DE		N
	PA	RK	

19101 WILMINGTON AVENUE CARSON, CA 90746 (310) 603-9850

#### CALAS PARK

1000 E. 220TH STREET CARSON, CA 90745 (310) 518-3565

# CARRIAGE CREST

23800 S. FIGUEROA STREET CARSON, CA 90745 (310) 830-5601

#### CARSON PARK

21411 S. ORRICK AVENUE CARSON, CA 90745 (310) 830-4925

#### DEL AMO PARK

703 E. DEL AMO BOULEVARD CARSON, CA 90746 (310) 329-7717

#### DOLPHIN PARK

21205 S. WATER STREET CARSON, CA 90745 (310) 549-4560

#### DOMINGUEZ PARK

21330 SANTA FE AVENUE CARSON, CA 90810 (310) 549-3962

#### HEMINGWAY PARK

700 E. GARDENA BOULEVARD CARSON, CA 90746 (310) 538-0019

#### MILLS PARK

1340 E. DIMONDALE DRIVE CARSON, CA 90746 (310) 631-3130

#### SCOTT PARK

23410 CATSKILL AVENUE CARSON, CA 90745 (310) 830-8310

# STEVENSON PARK

17400 LYSANDER AVENUE CARSON, CA 90746 (310) 952-1745

#### VETERANS PARK

22400 MONETA AVENUE CARSON, CA 90745 (310) 864-9255

**ADDITIONAL FEES FOR EXCURSIONS** 

FOR MORE INFORMATION, CONTACT PARKS AND RECREATION SERVICES AT (310) 847-3570 http://recreation.carson.ca.us • Like us on facebook! CITY OF CARSON PARKS AND RECREATION

PARKS AND RECREATION SERVICES

# Welcome to Permits!

The Reservation Office business hours are Monday - Thursday, 7:30 a.m. - 5:00 p.m. Call us at (310) 847-3570 or fax us at (310) 830-8567.

We are located at the Parks and Recreation Services Division at the Corporate Yard. 2400 E. Dominguez Street, Carson, CA 90810.

#### Celebrate at our facilities!

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

#### Reservation/Cancellation Policu

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

#### Loss Or Damage Information

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

#### **Equipment Rentals**

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

#### Jumpers

Jumper companies on file with the City of Carson have a \$1,000,000 liability insurance and business license with the city. Below are the only companies allowed on city parks. Only a 15'x15' jumpers are allowed.

**ABC Party Rental: (310) 834-2892** 

Fiesta N Jump: (310) 263-1848

Jump 4 Fun: (800) 281-6792

For instant fun just add water! **ADUATICS POOL RENTALS** 

Scott Pool, Carson Pool, Hemingway **Aquatic Center, and Dominguez Aquatic** 

**Center** are available for private rentals on weekends during the summer. Reservations start April 23, 2012.



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

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

Major Jumpers & Entertainment: (323) 399-2533

Party Pronto: (877) 727-8437

Party on Rentals: (323) 255-1993

**ALL FEES ARE SUBJECT TO CHANGE** 

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

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

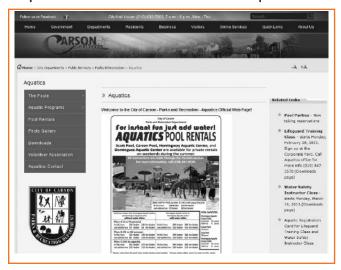
For information on reserving Victoria Park, call (310) 217-8370

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# **AQUATICS**

# Need City of Carson Aquatic information? Check us out online at

http://recreation.carson.ca.us/aquatics



Download flyers, registration forms, and pool schedules. Updated/new information will be posted on Monday, April 9, 2012.

### **Water Polo Team**

Ages 8 and up



Fee: \$80 Resident / \$100 Non-Resident Learn water polo skills and improve your swimming skills. Practices are held at Hemingway Aquatic Center. Partial scholarships are available.

\* Prerequisite - Level 3 card or equivalent skills

#### CITY OF CARSON

## ROURTIC WORKSTOP

From developing aquatic skills in the pool to learning safety techniques on land

Join the fun during our aquatic workshop and gain knowledge in health and safety!



# Choose a Summer program that best fits you! SPACE IS LIMITED! R.S.V.P. TODAY!

Date: Saturday, May 19, 2012

Time: **9:00 a.m. – 12:30 p.m.** 

Place: Scott Pool, 23410 Catskill Avenue

Fee: \$5 per participant
Age: 5 years and up

To R.S.V.P. or for more information, call Aquatics Office at (310) 816-9381 Website: http://recreation.carson.ca.us/aquatics

Parks and Recreation Services

# **Synchronized Swimming Team**

Ages 8 and up



Fee: \$65 Resident / \$80 Non-Resident Learn to perform synchronized routine of moves in the water accompanied by music. Build strength, flexibility, and aerobic endurance by joining the Carson Synchro team. Scholarships are available.

# **AQUATICS**

#### **SWIM LESSON SESSION DATES**

#### **Monday - Friday lessons:**

#### All Pools Open (Carson Pool Closed)

I June 25 – July 6
 II July 9 – July 20
 III July 23 – August 3

IV August 6 – August 17 (evening only)

#### **Saturday lessons:**

#### **Dominguez Aquatic Center**

S I June 30 - July 28 50-minute lessons

#### REGISTRATION

Registration forms will be available for download online starting Monday, April 9, 2012, on the Aquatics webpage. You can access the Aquatics webpage by typing in the following url in your browser (http://recreation.carson.ca.us/aquatics).

#### **Mail-in Registration:**

Mail-in registration forms will also be available at the parks and at the Corporate Yard starting Monday, April 16, 2012.

Aquatics will be accepting Mail-in registration forms starting: Monday, April 9, 2012 - Residents Monday, April 30, 2012 - Non-Residents

Mail-in registration deadline is Friday, June 15, 2012.

If you have any questions on how to fill out the mail-in registration form, please call the Aquatics office at (310) 816-9381.

#### **Walk-in Registration:**

# Scott Pool, Dominguez Aquatic Center, and Hemingway Aquatic Center

June 19 – June 20	Tues. – Wed.	3:00-7:00 p.m.
June 23	Saturday	1:00–4:00 p.m.
June 25 – August 3	Mon. – Fri.	9:00 a.mnoon*
June 25 – August 3	Mon. – Fri.	3:30-6:30 p.m.*

- \* Hours vary by pool location. Check online for more information.
- 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**

Mon/Wed/Fri	Resident	Non-Resident
Adult / 1st Child	\$36	\$41
2nd Child	\$33	\$38
3rd Child	\$30	\$35
Tues/Thur		
Adult / 1st Child	\$24	\$28
2nd Child	\$22	\$25
3rd Child	\$20	\$23
Saturday		
Adult / 1st Child	\$30	\$35
2nd Child	\$28	\$32
3rd Child	\$26	\$30

#### **Private Swim Lessons:**

One participant \$125 Two participants \$200 50 minute lesson - 4 lessons



#### SCHOLARSHIPS

Accepting scholarship applications - Monday, May 7, 2012

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

The LA84 Foundation provides partial and full scholarships (for students ages 5 - 17 years) based on financial need. Applications may be picked up at the Corporate Yard, 2400 E. Dominguez Street, Carson, beginning **Monday, May 7**, at the pools during registration hours, or by downloading the application from the **Aquatics webpage**. For more information, call the Aquatics office at (310) 816-9381, or call the pools directly after **Monday, June 25, 2012**.

# **AQUATICS**

#### **POOL SCHEDULES**

Schedules and Classes are Subject to Change

#### **CARSON POOL**

21436 S. Main Street, Carson, CA 90745 • (310) 830-1053 CLOSED FOR SUMMER DUE TO ADA UPGRADES TO FACILITY

#### **DOMINGUEZ AQUATIC CENTER**

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

Monday / Wednesday / Friday

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

#### **HEMINGWAY AQUATIC CENTER**

16605 San Pedro Street, Carson, CA 90746 • (310) 324-2515

Monday / Wednesday / Friday

Monday / Wednesday / I may			
9:00 – 10:00 a.m.	Aqua Aerobics / Lap Swim		
9:00 – 11:00 a.m.	Water Polo Team		
Tuesday / Thursday			
9:00 – 10:00 a.m.	Senior Program		
9:00 – 11:00 a.m.	Synchro Team		
Monday - Friday			
9:00 – 9:50 a.m.	Swim Lessons		
10:00 – 10:50 a.m.	Swim Lessons		
11:00 - 11:50 a.m.	Swim Lessons		
12:00 – 12:50 p.m.	Swim Lessons		
1:15 – 2:45 p.m.	Recreation Swim		
3:00 – 3:50 p.m.	Swim Lessons		
4:00 – 4:50 p.m.	Swim Lessons		
5:00 – 5:50 p.m.	Swim Lessons		
6:15 – 7:45 p.m.	Recreation Swim		
Monday / Wednesday	/ Friday		
8:00 – 8:50 p.m.	Adult Swim Lessons		
8:00 – 9:00 p.m.	Aqua Aerobics / Lap Swim		
Saturday			
12·00 – 1·30 p m	Recreation Swim		

#### SCOTT POOL

23410 Catskill Avenue, Carson, CA 90745 • (310) 549-9051

Monday / Wednesday / Friday

worlday / wednesday	/ i iiuay
10:00 – 10:50 a.m.	Swim Lessons
11:00 - 11:50 a.m.	Swim Lessons
12:00 – 12:50 p.m.	Swim Lessons
12:00 p.m. – 1:00 p.m.	Lap Swim
1:15 – 2:45 p.m.	Recreation Swim
3:00 – 3:50 p.m.	Swim Lessons
Monday - Friday	
4:00 – 4:50 p.m.	Swim Lessons
5:00 – 5:50 p.m.	Swim Lessons
6:00 – 6:50 p.m.	Swim Lessons
4:45 – 6:45 p.m.	Swim Team
Tuesday / Thursday	
7:00 – 8:00 p.m.	Aqua Aerobics
7:00 – 8:00 p.m.	Lap Swim
Sunday	
12:00 – 1:30 p.m.	Recreation Swim

#### **SPECIALTY CLASSES AND PROGRAMS**

Partial scholarships may be available ALL FEES SUBJECT TO CHANGE

Junior Lifeguard (ages 12 - 17)

June 25 - August 17 • Mon/Wed/Fri 4-6 p.m. • Scott Pool,
Dominguez Aquatic Center & Hemingway Aquatic Center
Fee: Resident \$80 / Non-Resident \$100

Learn 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)

June 26 - August 16 • Tues/Thurs 4-6 p.m. • Scott Pool,
Dominguez Aquatic Center & Hemingway Aquatic Center
Fee: Resident \$65 / Non-Resident \$80

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 Poo** June 4 - August 17 • Mon. - Fri. 4:45 -6:45 p.m.

Fee: Resident \$165 / Non-Resident \$210

Swimmers must be able to swim one 25-yard length each of front crawl and back crawl. Tryouts and parent information meeting will be held at the first training, 4:45 - 6:45 p.m. at Scott Pool. Swim meets may have additional charges. Enrollments will be accepted until July 6, 2012.

Water Polo (ages 8 - 17) Hemingway Aquatic Center June 25 - August 3 Mon/Wed/Fri 9-11 a.m. August 6 - August 17 Mon/Wed/Fri 3-5 p.m.

Fee: Resident \$80 / Non-Resident \$100

For participants seeking a sport full of challenges.

This will surely work on endurance. Be part of a team and have fun at the same time.

Note: Last 2 weeks, 8/6-8/17, practices will be held in the evening **Prerequisite:** Level-3 card or equivalent skills

# **AQUATICS**

**Synchro** (ages 8 - 17) **Hemingway Aquatic Center** June 26 - August 2 Tues/Thurs 9-11 a.m. August 7 - August 16 Tues/Thurs 3-5 p.m.

Fee: Resident \$65 / Non-Resident \$80

Learn to perform synchronized routine of moves in the water accompanied by music. Build strength, flexibility, and aerobic endurance by joining the Carson Synchro team.

Note: Last 2 weeks, 8/7-8/16, practices will be held in the evening **Prerequisite:** Level-3 card or equivalent skills



#### **Aqua Aerobics**

All exercises are done in our heated pool. Ages 15 years and up. Fees: Resident \$3 / Non-Resident \$4 per class / paid at pool \$2 for Veterans SportsComplex members

Scott Pool	June 26 - August 16	
	Tues. & Thur. 7:00-8:00 p.m.	
<b>Dominguez Aquatic Center</b>	June 25 - August 3	
	Mon., Wed. & Fri. 9:00-10:00 a.m.	
<b>Hemingway Aquatic Center</b>	r June 25 - August 3	
	Mon, Wed & Fri 9:00 - 10:00 a.m.	
	June 25 - August 17	
	Mon - Fri. 4:50 - 5:50 p.m.	
	June 25 - August 17	
	Mon, Wed & Fri 8:00 - 9:00 p.m.	

Adult Lap Swim (ages 16 years and up)

Fees: Resident \$2 / Non-Resident \$3 (Free to Veterans SportsComplex members)

<b>Dominguez Aquatic Center</b>	June 25 - August 3	
	Mon, Wed & Fri 9:00 - 10:00 a.m.	
<b>Hemingway Aquatic Center</b>	June 25 - August 3	
	Mon, Wed & Fri 9:00 - 10:00 a.m.	
	June 25 - August 17	
	Mon - Fri. 4:50 - 5:50 p.m.	
	June 25 - August 17	
	Mon, Wed & Fri 8:00 - 9:00 p.m.	
Scott Pool		
Luna OF Assessed O	Man Wad 9 Fri 10:00 1:00 n m	

June 25 - August 3 Mon, Wed & Fri 12:00 - 1:00 p.m. June 25 - August 17 Tues. & Thurs. 7:00 - 8:00 p.m.

#### **RECREATION SWIM**

All ages

Fees:

Dominguez / Hemingway Resident \$1.50 / Non-Resident \$3.00 Scott Pool Resident \$1.00 / Non-Resident \$2.00

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

Dominguez Aquatic Center			
June 25 - August 10	Mon Fri.	1:15 - 2:45 p.m.	
June 25 - August 17	Mon/Wed/Fri	7:00 - 8:30 p.m.	
June 30 - September 1	Sat.	1:00 - 2:30 p.m.	
Hemingway Aquatic Center			
June 25 - August 10	Mon Fri.	1:15 - 2:45 p.m.	
June 25 - August 17	Mon Fri.	6:15 - 7:45 p.m.	
June 30 - September 1	Sat.	12:00 - 1:30 p.m.	
Scott Pool			
June 25 - August 10	Mon/Wed/Fri	1:15 - 2:45 p.m.	
June 25 - August 15	Mon. & Wed.	7:00 - 8:30 p.m.	
July 1 - August 5	Sun.	12:00 - 1:30 p.m.	

- 1. Children under seven years of age must be accompanied by an adult at all times.
- 2. All infants are required wear swim diapers. No regular diapers, please. Swim diapers available for purchase at the pools.



# **Treasure Island Day**

15th Annual Treasure Island Day **Dominguez Aquatic Center** 

Saturday, August 4, 2012, 11 a.m. - 1 p.m. & 2 p.m. - 4 p.m. (2 sessions), \$3 per session

For more information on Aquatics programs, call Aquatics at (310) 816-9381 or go online http://recreation/carson.ca.us/aquatics

# Kids Club After-School Child Care Solution For Latchkey Children



**After School Kids Club Fees** 

**Monday-Friday** 2:30-6 p.m.

Regular \$47 wkly



Availability is based on the needs of each site. For information about fees and locations, call (310) 847-3552. 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 awarness; and survival skills for staying home.

#### **Recreational Activities**

Arts & crafts, sports activities, games, cooking, and Enrichment Program available at some parks.

#### **Snacks**

Nutritional snacks are provided each day.

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

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. Since 2008, it has been estimated that 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 Parks and administers this program through the Parks and Recreation Services.



# TEEN ENRICHMENT PROGRAM ACTIVITIES

# Upcoming Special Events • Mark Your Calendar Now!

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









#### SPRING PARK CLASS SCHED

All city parks are open and supervised. All parks offer a wide variety of Spring 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 4-9 p.m. Sat

10 a.m.-5 p.m. Sun Noon-5 p.m.

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

#### YOUTH ACTIVITIES/ENRICHMENT

#### 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 beginners 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, 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 Mon-Wed 5:30-6:30 p.m.

 Dolphin Tues/Wed/Thurs/Fri/Sat 6-7:30 p.m./10 a.m.-12 p.m. Hemingway Tues/Thurs/Sat 6:30-8 p.m./10 a.m.-1 p.m.

 Veterans Tues/Thurs 5:30-7:00 p.m.

#### **Drill Team**

Learn the basic principles of drilling in this fun program. Teams will compete and participate in a variety of different activities and parades this year. Program is available to all youngsters 8 yrs and older and is currently offered at the following park: Hemingway - Sat, 12-2 p.m.

#### **Homework Club**

<ul> <li>Carriage Crest</li> </ul>	Mon/Wed	4:30-5:30 p.m.
• Del Amo	Mon-Fri	4-6 p.m.
<ul> <li>Dominguez</li> </ul>	Wed/Tue	4-5 p.m.
• Dolphin	Mon/Wed	3-4 p.m.
• Mills	Mon-Fri	4-6 p.m.
<ul> <li>Stevenson</li> </ul>	Mon/Thurs	4-5:30 p.m.

#### **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, Dolphin, Dominguez, Stevenson, 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 Spring. Contact your local park for more information.

#### Bingo Night (Ages 10-17)

 Calas Every 2nd & 4th Thurs 6:30-8 p.m.

#### 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:

<ul> <li>Anderson</li> </ul>	Wed	4-5 p.m.
• Calas	1st & 3rd Thurs	6:30-8 p.m.
<ul> <li>Carriage Crest</li> </ul>	Thurs	5-6 p.m.
<ul> <li>Dominguez</li> </ul>	Wed	5-6 p.m.
<ul> <li>Hemingway</li> </ul>	Fri	5-6 p.m.
<ul> <li>Veterans</li> </ul>	Wed	4:30-5:30 p.m
<ul> <li>Stevenson</li> </ul>	Thurs	5-6 p.m.
<ul> <li>Veterans</li> </ul>	Thurs	6-8 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. Calas Park features Folklorico & Salsa. Beginning and Intermediate Jazz and Tap will be offered at the following parks: Tues/Thurs

6:30-8:30 n m

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<ul> <li>Calas</li> </ul>	Mon/Wed	6-8 p.m. Registration begins 4/18
• Calas - Hip Hop	Tues/Thurs	6-7 p.m. Registration begins 4/18
• Del Amo	Mon/Wed	6-7 p.m.
<ul> <li>Hemingway/2 Age Division</li> </ul>	Mon/Wed	6:30-8:30 p.m.
• Hemingway/Beginning Tap - Ages 3-5	Sat	9-10 a.m.
<ul> <li>Scott</li> </ul>	Tues/Thurs	6-7 p.m.
<ul> <li>Veterans</li> </ul>	Thurs	6-8 p.m.

#### **Excursions**

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

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

Anderson/2 Age Groups

#### **Beginning Chess**

Come learn the moves at Hemingway and Anderson parks, Tuesdays from 2-5 p.m., Del Amo Park, Tuesdays from 3:30-4:30 p.m.; Hemingway Park, Saturday from 9 a.m.

#### **Adult Fitness**

Monday	8:30-10 a.m.	Anderson Park
Tuesday	6-7:30 p.m.	Stevenson Park
Tues/Thurs	7-8 p.m.	Dominguez Park

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#### **Women's Fitness Program**

Circuit Training, Weight Training, Cardio Workout

Tuesday/Thursday 6-8 p.m. Stevenson Park Gymnasium

Seniors 55 and older FREE (310) 952-1745

#### **Senior Fitness Program**

Stretch Class, Walking Class, Circuit Training, Weight Training

Monday/Wednesday/Friday 8-10 a.m. Stevenson Park

Gvmnasium

Seniors 55 and older FREE (310) 952-1745

#### **Adult Walking Class**

Tuesday6:30-7:30 p.m.Mills ParkTuesday6-7 p.m.Dolphin ParkTuesday / Thursday6-7 p.m.Dominguez Park

#### **Adult and Youth Karate & Kempo**

Tuesday / Thursday 5:30-7 p.m. Stevenson Park Youth Karate/Kempo Tuesday / Thursday 7-9 p.m. Stevenson Park Adult Karate/Kempo

#### **Adult and Youth Bocci Ball**

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

#### **Movie Night**

Friday 6-8 p.m. Del Amo Park
Friday 6-8:30 p.m. Anderson Park
Friday 6-8:30 p.m. Hemingway Park
Friday 6-8:30 p.m. Veterans Park

#### **Adult Line Dancing**

Saturday 10 p.m. Anderson Park Wednesday 7-9 p.m. Anderson Park

#### **Adult Karate**

Monday 7-8:30 p.m. Stevenson Park

#### **Sports Activities**

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

#### Teens-in-the-Kitchen

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

#### Table Tennis League

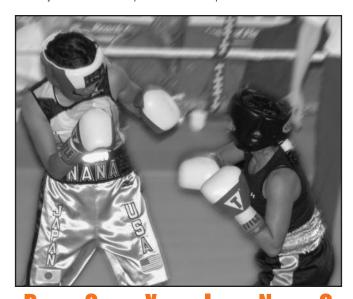
Lower and upper divisions are scheduled at Calas and Dominguez Parks. Please contact those parks for exact dates and times. Calas Park, from 5:30-7 p.m., Dominguez, from 6-8 p.m. Teen & Adults

#### Fast Dance Exercise Class 15 years to Adult

Thursday 6:30-7:30 p.m. Mills Park

#### Dance for Fitness Class

Saturday 9-10 a.m. Dolphin Park
Thursday 7-8 p.m. Dolphin Park



#### FABELA CHAVEZ BOXING/FITNESS CENTER

Scott Park, 23410 Catskill Avenue, (310) 830-6439

#### **HOURS**

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

Fees: Monthly Membership

Adults Resident \$30 Non-Resident \$35 Youth (8-17 yrs) Resident \$20 Non-Resident \$23

Children (8-9 yrs) \$15

Daily Rate Adult Resident \$8 Non-Resident \$9
Daily Rate Youth Resident \$4 Non-Resident \$5

#### **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

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

Try-Outs: March 24, 2012 Season Begins: April 28, 2012

Registration Fees: Resident Non-Resident \$39 1st child \$46 1st child

\$39 1st child \$46 1st child \$31 2nd child \$36 2nd child \$23 3rd child \$27 3rd child

#### Carson Invitational Youth Baseball/Softball Tournament

Registration: May 1 through August 1, 2012
Date of Tournament: August 3 - August 5, 2012

Registration Fees: \$135 per team

Call the Youth Sports Section at (310) 847-3577 to request a

registration packet.



#### Flag Football, Soccer, Girls' Fall Softball

Registration: July 1 through September 1, 2012. Sign-ups will be taken after this date but your child may be put on a waiting list.

Try-Outs: September 8, 2012 Season Begins: September 29, 2012

Registration Fees: Resident Non-Resident

\$26 1st child \$30 1st child \$19 2nd child \$22 2nd child \$11 3rd child \$13 3rd child

#### Youth Sports Coaches Certification Program

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

#### **Sports Officials**

The City of Carson Youth Sports Section is looking for interested individuals ages 16 years and up, to become paid Sports Officials. Some experience is preferred, but not necessary. Call the Youth Sports Office at (310) 847-3577, to find out when the next training session begins.

#### Volunteers: "Carson Wants You"

The Youth Sports Program needs volunteers to assist as coaches and assistant coaches. If you would like to make a difference and are willing to give your time and effort to Carson's recreation programs, now is your opportunity to do so. For information on becoming a youth sports volunteer, contact the Center Supervisor at your neighborhood park or call Parks and Recreation Services at (310) 847-3570.

#### **Thanks**

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

# CARSON JUNIOR TENNIS PROGRAM

#### 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 Parks and Recreation Services at (310) 847-3570



# "COMMIT TO BE FIT" VETERANS

# PORTSCOMPLEX

**MEMBERSHIP RATES** 

Resident

\$213

\$128

\$323

\$34

\$25

\$60

Registration

Registration Resident

\$30

\$20

\$50

\$10

\$5

**New member** 

Non-Resident

\$250

\$150

\$380

\$40

\$30

\$70

Non-Resident

New member

Renewal

Resident

\$160

\$96

\$242

Resident

\$25

\$20

\$45

Renewal

Non-Resident

\$188

\$113

\$285

Non-Resident

\$30

\$23

\$53

#### **Facility**

Monday-Friday

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

8 a.m. - 5 p.m.

6 a.m. - 10 p.m.

Sunday

#### Family \$15 Daily Guest Rates

**Annual Memberships** 

**30-day Memberships** 

Individual

Individual

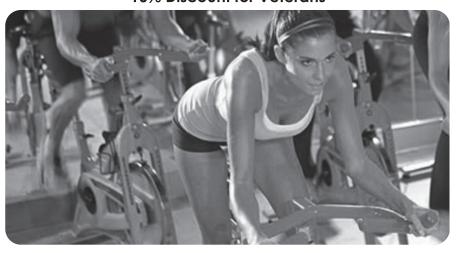
**Senior Citizen** 

**Family** 

Senior Citizen

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

#### **ALL FEES ARE SUBJECT TO CHANGE** 10% Discount for Veterans



#### **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 8 a.m. - 1 p.m.



# **VETERANS SPORTSCOMPLEX**

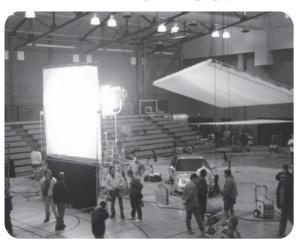
#### RATES AS LOW AS \$20 PER HOUR!



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

# HOLLYWOOD CHOSE US... WHY NOT YOU?

please call (310) 830-9991.



# FACILITIES AVAILABLE FOR RENTAL







# VETERANS SPORTSCOMPLEX

#### **YOUTH CLASSES**





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





### **ADULT CLASSES**



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









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

# **VETERANS SPORTSCOMPLEX**

# STATE OF THE ART FITNESS EQUIPMENT



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



# Staff Spotlight



# **Melody Carter**

Melody joined the Veterans SportsComplex in 2008. She can be seen on the fitness floor, in a personal training session or teaching a group exercise class. Her 18 years of experience as a Personal Trainer and six certifications make her an amazing asset to the Veterans SportsComplex Fitness Department. You can see her love for health and fitness in her innovative way of blending Yoga positions into her Muscle Conditioning Classes. She also believes that it is very important for her to continue learning innovative work-out techniques to stay up-to-date with a fast moving industry standard.

Melody has three beautiful children who also have the love of fitness running through their blood.

Join Melody this week in one of her five classes.

Come experience a new way to work-out!

#### **ADULT SPORTS**

#### **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

#### Spring Softball Leagues/Men's & Coed

Registration: March 12 - April 9

Play Begins: April 12 **Fees: \$399 per team** 



#### **Summer Softball League**

Registration: June 1 - July 9

Play Begins: July 12 Fees: \$399 per team

#### **SPRING FLAG FOOTBALL LEAGUES**

#### Men's & Women's 4 on 4

Registration: April 30 - May 29

Play Begins: May 30 Fees: \$175 per team

#### **ADULT PARK ACTIVITIES**

#### Parent's Night Out

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



#### Coed Softball

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

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

#### 8 Man Soccer

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.

Want to be added to the Adult Sports mailing list? Just call the Parks and Recreation Services 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.

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#### **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 Services

For more information, call (310) 847-3570

#### YOUTH SERVICES PROGRAMS sponsored by Public Safety

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

#### Youth & the Law Program

Youth (Ages 12 – 17 years)

Residents: \$40.00 Non-residents \$55.00

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

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

Instructor: Youth Services Officers

Hours: 4-6 p.m. **Community Center** 

#### Parent/Teen Project

(10 Days / 20 Hours)

Adults: Residents: \$45.00 Non-residents \$50.00 (Open Enrollment)

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

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

Instructor: Dennis Rodriguez, YSO/Arthur Williams /

Soledad Querejazu (Spanish)

Tuesday: 5 - 7 p.m. **Community Center** 

#### Anger Management For Teens

(8 Days / 12 Hours)

Youth (Ages 12 to 17 years old)

Residents: \$30.00 Non-residents \$40.00

A 12 hour course conducted on Tuesday afternoons, 4:30 to 6 p.m., for an 8-week period, and two required 2-hour. Parent Enrichment classes. Classes are designed to assist adolescents ages 12 to 17 years old. Sessions are facilitated by a Public Safety Department/ Youth Services Officer. This course accommodates adolescents who may be referred by the court, school, parents, or probation officers to complete an anger management program.

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

Instructor: Deborah Schmidt, YSO

Tuesday: 4:30 - 6 p.m. **Community Center** 

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

#### (8 Days / 16 Hours) Youth (Ages 12 to 17 Years) Residents: \$30.00 Non-residents \$40.00

A 16 hour course conducted on Wednesday afternoons from 4 p.m. - 6 p.m., for an 8-week period, and two required 2-hour Parent Enrichment classes. Classes are designed to assist adolescents from ages 12 to 17 years old. This course is instructed by trained personnel using the Positive Choices curriculum. This course is to accommodates adolescents referred by the courts, schools, or the Probation Dept. to complete a Drug Awareness and Prevention course. \*Drug Testing is also available for an additional fee paid to clinic conducting the test.

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

Instructor: POSITIVE CHOICES STAFF

Wednesday: 4 to 6 p.m. **Community Center** 

#### Community Service For Youth

Youth only (Ages 12-17 years)

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

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

Contact Person(s): ANY YOUTH SERVICES OFFICER Registration: Call (310) 952-1700, ext. 1789, 1671, or 1672

#### **Case Management Services**

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

#### Criterion (any one of the following)

- 1. City of Carson resident.
- 2. Juvenile attends a school in the City of Carson.
- 3. Juvenile committed offense in the City of Carson.
- If you need to contact us, please call the following Youth Services Officers at (310) 952-1700.

Youth Services Officers	s Program	Extension
Dennis Rodriguez	Positive Choices & Parent Project	x1789
Deborah Schmidt	Anger Management For Teens	x1671
Eric Carter	Community Service Program	x1672
Youth Services Officer	Youth & the Law	All

#### YOUTH SERVICES 2012 CLASS SCHEDULE

Parent Project Classes Day: Tuesday/Times: 5-7 p.m. Total Hours: 20 Hrs	Anger Management For Teens Day: Tuesday/Times: 4:30-6 p.m. Total Hours: 12 Hrs	Drug/Alcohol Awareness & Prevention Classes Day: Wednesday/Times: 4-6 p.m. Total Hours: 16 Hrs	Youth & The Law Program Day: Mon/Wed/Thurs. Times: 4-6 p.m.			
Track III: Apr. 3 - Jun. 12 Track III: Jul. 17 - Sep. 25 Track IV: Oct. 2 - Dec. 11	Track II: Apr. 3 - May 22 Track III: Jul. 10 - Aug. 28 Track IV: Sep. 25 - Nov. 13	Track II: Apr. 11 - May 30 Track III: Jul. 11 - Aug. 29 Track IV: Sep. 26 - Nov. 14	Track IV: Apr. 16, 18, 19 Track V: May 14, 16, 17 Track VI: Jun. 18, 20, 21			

#### **CALL FOR CLASS REGISTRATION DATES**



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

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





#### **OPTION I: Community Center Preschool**

State license: #191606870 Ages: 3-5 yrs. (toilet trained)

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

#### **CLASS SCHEDULE**

#### **ALL DAY PROGRAM**

Monday – Friday

7 a.m. – 6 p.m. \$152.00 a week

8 a.m. - 5 p.m. \$121.00 a week

#### HALF DAY PROGRAM

8 a.m. - 12 p.m. FEES

1 p.m. – 5 p.m. TTH \$22 a week

MWF \$33 a week M-F \$55 a week

#### **OPTION II:**

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

Park Facility	Class	Time	Days
• Dolphin	Preschool	8 a.m. – 12 p.m.	M/W/F
<ul> <li>Dolphin</li> </ul>	Preschool	8 a.m. – 12 p.m.	T/Th
<ul> <li>Carson</li> </ul>	Preschool	8 a.m. – 12 p.m.	M/W/F
<ul> <li>Carson</li> </ul>	Preschool	8 a.m. – 12 p.m.	T/Th

Fees: 2 days/wk \$22 a week

3 days/wk \$33 a week

5 days/wk \$55 a week

Fees are paid every 4 weeks





# EARLY CHILDHOOD



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

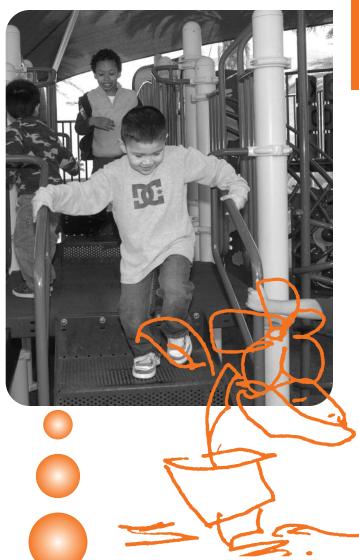
State licensing pending for the parks listed.

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

OPTION III: Park Preschool

Park Facility	Time	Days
Anderson	8 a.m12 p.m. 8 a.m12 p.m.	M/W/F T/Th
• Calas	8 a.m12 p.m. 8 a.m12 p.m.	M/W/F T/Th
Del Amo	8 a.m12 p.m. 8 a.m12 p.m.	M/W/F T/Th
<ul><li>Hemingway</li></ul>	8 a.m12 p.m. 8 a.m12 p.m.	M/W/F T/Th
• Scott	8 a.m12 p.m.	M/W/F





# **SENIOR SOCIAL SERVICES**

City of Carson Social Services Section strives to provide a wide variety of programs to Carson residents adults 50 and older. These activities are located at the Congresswoman Juanita Millender-McDonald Community Center, Scott, and Dominguez Parks. The Social Services Office is located in the atrium area of the Congresswoman Juanita Millender-McDonald Community Center. For more information call (310) 952-1775.



#### SENIORS ASSISTED LIVING

#### **Case Management & Home Services**

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

#### **Geriatric Aide Program**

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

#### **EARS (Emergency Alert Response System)**

All of us want to be able to live independently in our own homes as long as possible. Seniors with a disability can maintain this independence with a little help from Lifeline. Lifeline is a personal response unit connected to a home telephone system.

If an emergency occurs, the subscriber simply presses a button worn on the wrist or around the neck, and an alarm sounds at Long Beach Memorial Medical Center 24–hour monitoring station and within seconds, a friendly voice is heard in the home asking the nature of the problem and dispatching appropriate help. For more information or to be placed on a waiting list, call (310) 952-1775.

#### **Respite Care**

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

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

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

#### **Bereavement Support Group**

This unique group is offered to adults of all ages who are experiencing grief following the death of a loved one. Research shows that individuals who have experienced such a loss can benefit from sharing with others in a safe, caring environment. This group meets for 11-week sessions throughout the year on Wednesdays, 10 a.m.-12 p.m. and 12:00-1:00 p.m. drop-ins, at the Congresswoman Juanita Millender-McDonald Community Center. Please call ahead, for more information, at (310) 952-1775. Begins Wednesday, March 28, 2012.

#### **Housing Rights Clinic**

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

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

#### **Nutrition Program**

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

For more information, call (310) 835-0212 ext 1487 or (310) 952-1775.

#### **Food Bank**

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

# **INFORMATION & REFERRAL**

For many families, a phone call to social services is their first introduction to the sometimes-bewildering network of programs and services for seniors. Our information and referral specialist can answer questions about elder care, suggest solutions, mail information, and make referrals when appropriate. We have the most current information on services for seniors. Our information and referral specialist will follow up to find out if further assistance is needed. For more information, call (310) 835-0212 ext 1467.

#### Food Stamp/Medi-Cal Applications

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

#### **Arthritis Exercise Class**

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



#### **Telephone Reassurance**

The telephone reassurance program is a calling service to seniors who are homebound. Telephone reassurance is an ideal program for those convalescing and/or wishing to remain in contact with a "friendly voice."

# Health Insurance Counseling and Advocacy

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

#### **Legal Referral**

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

#### **Equipment Loan Program**

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

#### Homemaker/Handyman

This program provides homemaker and/or handyman referrals to seniors who are in need of assistance in their homes. Seniors providing services as well as those seeking to hire homemaker or repairman are registered in the social services office.



#### **Free Tax Assistance**

February through April 15 trained AARP volunteers will help low and middle-income persons, with special attention given to persons age 60 and older in preparing their income tax returns. Tax preparers will do the following: wages, interest, dividends, stock sales, sale of house, pensions, IRA's, annuities, social security calculations and low income self employment. They do not do rentals, business/high income self-employment, mutual funds, foreign investments, or partnerships. This service is by appointment only. Looking for volunteers once a week to help prepare taxes. If you think you can volunteer, call social services office for more information at (310) 835-0212 ext. 1467 or (310) 952-1775,

#### **Financial Counselor**

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

#### We Are Looking For Volunteers

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

# **SENIOR RECREATION**

recreational programs for senior's citizens ages 50 and above. Our goal is to provide a sense of belonging and knowing that there is "LIFE AFTER RETIREMENT." We provide numerous activities, lectures, health information and much more. In addition we are concerned with what the community would like to see happen in the program and encourage your input! We are not an Adult Day Care Center. Participants must be able to maintain their own personal hygiene without assistance. No drop offs allowed. Care providers must be with client at all times. Senior Recreation Services is located in the East Wing of the Congresswoman Juanita Millender-McDonald Community Center, office hours are 9 a.m.-5 p.m. For more information call (310) 835-0212 Extensions 1475 or 1479. Classes and programs do not run on City holidays.

The senior recreation program provides

#### **CLASSES AND PROGRAMS**

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



ART

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

**Art Class** - Meets on Tuesday from 9:30 – 11 a.m., please bring your own supplies. Class is unstructured, with no instructor, and offers great socializing with others.

#### **EXERCISE**

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

**Basketball** – Join this group, Monday through Friday at Scott Park from 8:30 –10:30 am. Come have fun and get a great cardio workout. For more information, call (310) 830-6439.

**Aerobics** – Come and exercise to the funky tunes for a great workout! Every Friday from 10:30 – 11:15 a.m. Also join Randy Okuda on Wednesday from 12:30 – 1:15 p.m. for a super workout at the Congresswoman Juanita Millender-McDonald Community Center. Cost: \$3.00

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

Exercise Stretch & Movement – Come and exercise every Tuesday from 11:45 a.m.-12:30 p.m. and Thursday from 11:45 a.m.-12:25 p.m. This class is designed for stretch, balance, muscle conditioning and breathing. Come and enjoy the company of other seniors as you move to the hippest tunes. All class participants are required to fill out exercise

# **SENIOR RECREATION**

forms prior to taking the class. No exceptions! If you do not have a form filled out, you will not be able to participate. Form also requires Doctors approval for participant to exercise and business card to be attached.



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

#### **HEALTH**

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

**Blood Pressure Screenings** – Volunteers provide free blood pressure screening every Tuesday from 10 – 11 a.m.Please call, (310) 835-0212 ext. 1479, if you'd like to volunteer to provide blood preassure screening.

#### PERSONAL ENRICHMENT

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

**Driver Safety Program** – Get a break on your car insurance by attending 55 Alive classes, This is an eight hour classroom course can sharpen driving skills, prevent accidents, keep older drivers on the road longer and safer. Cost: \$12.00 members - \$14.00 non-members. Class time: 9 a.m. - 1 p.m. For more information, call (310) 835-0212, ext. 1478.

**Senior Band "Music Makers"** – Open to beginners and advanced artists. Band members must read music and provide own instrument. Opportunities to perform at special city events and senior functions. Practices are scheduled on Mondays from 9 - 11 a.m.



**Ukulele Class** - Meets every Monday at 11 a.m., come out and learn the fundamentals of playing the ukulele and playing tunes. You will enjoy the social time with other seniors, as well as, playing tunes on the ukulele. Instructor: Stu Sanford

#### DANCE



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

**Ballroom Dancing** - Learn the art of Ballroom Dancing on Tuesdays from 12:30 - p.m.; beginners 1-2 p.m. advanced. Dance room. Minimal fee required for class.

Instructor: Kinue Williams

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 RECREATION



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

Line Dancing - Learn and perform the newest Country Western dances. Advanced classes are Wednesdays from 10-11 a.m. and beginner classes are on Wednesdays from 9-10 a.m. and Thursday from 4-6 p.m. in the Dance room. \$2 per class. Instructor: Doris Thomas.

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

#### **CLUBS**

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



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

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

**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. President: Francis Baldenado

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

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

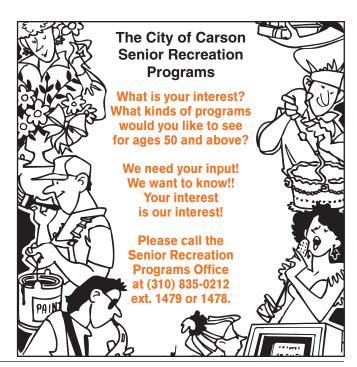
**T.L.C. Club (Tender Loving Care)** – The club meets every Wednesday from 11 a.m. – 4 p.m. Bingo is played after business meeting. President- Helen Alaniz

#### **EXCURSIONS**

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

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

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



### **SENIOR CITIZENS TECHNOLOGY CENTER**

**Attention Seniors:** 

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

# Cyber Café

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



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

Seniors are encouraged to bring their laptops.

Our Cyber Café is opened Monday - Friday from 8:30 a.m.-2 p.m.

Desktops in the Cyber Café are reserved for students

who are currently enrolled in computer classes.

If you would like to know about computers and would like to sign up for classes please call (310) 835-0212 ext. 1475.

### SENIOR CITIZENS TECHNOLOGY CENTER

The Senior Citizens Technology Center (SCTC) in operation, Monday - Friday from 9:00 a.m. - 5:00 p.m. Classes fill quickly and you must sign up. For further information, call (310) 835-0212, extension 1475. Class On-line registration is now available at http://ci.carson.ca.us/ssi.asp



#### Introduction to PC's

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

#### **Beginning/Beginning Class**

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

#### **Basics of Word Processing**

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

#### **Excel**

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

#### **Beginning Internet**

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

#### **Intermediate Internet**

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

#### **Advanced Computer Class**

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

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

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

#### **Class Instructors:**

Monday & Wednesday - Jared Ortega Tuesday, Thursday & Friday - Paul Jones

# **JOSEPH B. O'NEAL, JR. STROKE CENTER**

The mission of the Joseph B. O'Neal, Jr. Stroke Center is to serve the needs of Carson residents living with the effects of stroke and provide support for their families. This new facility features state of the art equipment and offers a variety of activities including group exercise, arts and crafts, and psychological, physical, occupational speech, and recreation therapy. We are not an Adult Day Care Center. Participants must be able to maintain their own personal hygiene without assistance. Care providers must be with client at all times. For more information, call (310) 952-1763.

#### J.B.O. Jr. Fitness Center

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

#### **Bocce Ball**

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

#### **Exercise Program**

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



#### Chair Beachball Volleyball

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

#### **Stretching and Strengthening Exercises**

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

#### **Occupational Therapy**

This class is open to all stroke survivors who need to work on hand and arm strengthening. This program is held on one-on-one basis with a licensed Occupational Therapist.

#### **Speech Therapy**

This class is open to all stroke survivors who wish to participate. This program is held on a one-on-one basis with a licensed Speech Therapist.

#### **Fun Fridays**

Noon -3 p.m. Activities include arts and crafts, music appreciation, movie days, senior luncheons and field trips. For upcoming activities, call the center.



#### **Water Exercise**

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

#### **Speakers Bureau**

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

#### **Caregiver Support Group Sessions**

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

# **SPECIAL NEEDS PROGRAM**

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

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

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

#### **Monthly Dances and Themes**

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

- April 13, 2012 Spring Dance
- May 11, 2012 Prom Dinner & Dance
- June 8, 2012 Back to the 50's Dance



**Bowling Program** 

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

#### **Arts and Crafts**

Learn to make fun and creative crafts. Some materials to be used include sea shells, sand, wood, paints and much more. Class held at Scott Park. Refer to monthly calendar for specifics.

#### **Exercise Class**

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

#### **Basic Classroom Skills**

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

#### **Monthly Calendar**

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

#### **Carson Special Needs Parent Association**

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

#### **Variety Club**

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

#### **Events:**

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

#### **Special Olympics:**

Saturday, April 21, 2012 • 9 a.m. - 3 p.m.
South Bay Special Olympics Area Games - Verterans Park, 22400
Moneta Avenue, Carson, CA 90745

**June 8th, 9th, 10th, Friday, Saturday, & Sunday** Special Olympics Summer Games - Cal State Long Beach, 1250 Bellflower Boulevard, Long Beach, CA 90840-0004

# **Development Services Group**

# Transportation Services Division

3 Civic Plaza, Carson, CA 90745

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



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

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



Transit Information on Carson Web Site: http://ci.carson.ca.us/content/department/dev\_service/transportation\_services.asp



# **Transportation Services Division Excursions**

All excursions depart from the Congresswoman Juanita Millender-McDonald Community Center at Carson 801 E. Carson Street, Carson, CA 90745

Online payments are now available. Visit the City of Carson website: http://ci.carson.ca.us

For more information: (310) 835-0212 ext. 1489 or Email: excursions@carson.ca.us

#### Strawberry Festival-Saturday- May 19, 2012

The 2012 California Strawberry Festival is proud to be celebrating 29 wonderful years. The festival offers a variety of food booths; bountiful berries served every imaginable way, arts and crafts, and a carnival atmosphere for the entire family. There are two Festival stages that come alive with concert performances throughout the weekend offering a variety of musical tastes. **Cost of \$30.00 per person** includes round-trip bus transportation and fair admission. Lunch is not included. Bus departs at 9:00 am and returns at 6:00 pm.

San Francisco/Sacramento Tour-Wednesday-Sunday, May 30, 2012-June 3, 2012
Start your long weekend get-away with a five-day four-pight stay at the Parc 55 Wyndham of San Francisco. Experience San Francisco and

Start your long weekend get-away with a five-day, four-night stay at the Parc 55 Wyndham of San Francisco. Experience San Francisco and Sacramento like never before with a variety of tours. Enjoy a beautiful morning in Napa Valley at the famous Robert Mondavi Winery followed by a tour of the State Capitol in Sacramento. Up next is an unforgettable experience at the serene John Muir Woods to enjoy the amazing Redwood forests. Of course, your San Francisco tour would not be complete without a tour of the world-famous Alcatraz Island and a driving tour of "Frisco" with a knowledgeable step-on guide so you will know why people "leave their hearts in San Francisco." **Cost of \$599.00 per person (double occupancy)** includes hotel accommodations, tours and round-trip transportation. Bus departs at 8:00 am on Wednesday, 05/30/12 and returns at 7:00 pm on Sunday, 06/03/12.

#### San Diego County Fair - Saturday, June 9, 2012

The 2012 San Diego County Fair will truly be OUT OF THIS WORLD! Explore outer space – the wonder of the universe and the imaginative world of science fiction and 'visitors' from other planets! Coast through Del Mar Fairground's plethora of exhibits, rides, animals, shopping for that 'thing' you just have to have. Most of all, include in all the outrageous foods only found in county fairs...like Deep Fried Kool-Aid or Spaghetti & Meatballs on a stick. Cost of \$30.00 per person includes round-trip bus transportation and UNLIMITED fair admission through July 4, 2012 (Fair is closed on Mondays.) Bus departs at 8:00 am and returns at 6:00 pm.

#### Titanic-The Artifact Exhibition-Friday-June 15, 2012

On April 15, 1912, the world's largest ship of its time, the *Titanic*, sank after colliding with an iceberg, claiming more than 1,500 lives. One hundred years later, *The Titanic: The Artifact Exhibition*, which showcases 200 artifacts retrieved from the wreck site of the *Titanic*, arrives at the San Diego Natural History Museum for its 100th anniversary. During this guided tour, imagine yourself on this famed ship as the docent unfolds the wonder and tragedy of this ill-fated "ship of dreams" through a journey of the Titanic history. **Cost of \$40.00 per person** includes round-trip bus transportation, guided tour and admission to the museum. Lunch is not included. Bus departs at 7:30 am and returns at 5:00 pm.

#### Big Bear Off-Road Adventure Day Tour-Friday-June 22, 2012

Enjoy a tour of Big Bear like never before. Travel by high clearance 4WD vehicles to transport you to remote places of awesome beauty and solitude seldom seen by the occasional visitor. Delight in panoramic vistas of desert and mountains from cloud-scraper peaks. The guides/drivers are extremely knowledgeable about the geology and history of Big Bear and the surrounding back country. Visit this historic community and gold rush sites. We will stop for a no-host lunch in Big Bear Village. **Cost of \$55.00 per person** includes round-trip bus transportation and the Big Bear Off-Road Tour. Lunch is not included. Bus departs at 7:30 am and returns at 6:00 pm.

#### Ivan Amodei's Intimate Illussions - Saturday, June 30, 2012

Intimate Illusions is multi award-winning magician Ivan Amodei's 90 minute presentation of mystery, comedy and magic held in the intimacy of his private, luxury European salon at the famed Beverly Wilshire in Beverly Hills. Skillfully accompanied by a concert cellist, you'll hear the

music of Vivaldi, Bach, Mozart, Henry Mancini, Mission Impossible and other composers played live. This presentation is bound to leave you mesmerized! There is no meal included for this show. **Cost of \$57.00 per person** includes round-trip bus transportation and magic show tickets. Bus departs at 5:00 pm and returns at 11:00 pm.

#### Lake Arrowhead Boat Tour - Friday, July 20, 2012

A visit to Lake Arrowhead isn't complete without seeing the view from the water. Ride in style aboard the enclosed Lake Arrowhead Queen paddlewheel boat. Experience the splendor and serenity of lush forest, sparkling water as you sit back and enjoy close-up views of exquisite lakefront homes. Learn about the fascinating history of the lake through a narrated tour. Afterwards, enjoy a stroll and no-host lunch in the beautiful downtown area restaurants and boutiques. **Cost of \$35.00 per person** includes round-trip bus transportation and boat tour admission. Bus departs at 8:00 am and returns at 5:00 pm.

#### Hollywood Forever Cemetery Tour, Saturday - August 11, 2012

Come join Historical Tour Guide, Karie Bible, as she evokes the storied past and navigates the labyrinth of the present on this WALKING tour highlighting the history, scandals and mysteries found in the **Hollywood Forever Cemetery**. See the final resting place of Hollywood's legendary stars like Rudolph Valentino, Jayne Mansfield, "Alfalfa", Tyrone Powers and many more. This is an approximately two hour walking tour on landscaped cemetery so comfortable shoes is a must. To complete your Hollywood experience, there will be a no-host lunch stop, shopping and last call sight-seeing at the Hollywood & Highland Center. **Cost of \$29.00 per person** includes round-trip bus transportation and walking tour. Bus departs at 8:30 am and returns at 5:00 pm.

#### Pechanga-Friday-August 17, 2012

Roam around in the casino's well-planned lay-out to move easily and enjoy over 2,000 slot & video machines and over 160 table games of Blackjack, Poker, Pai Gow, and Pechanga Craps. A vast 200,000+ square foot gaming floor makes Pechanga California's biggest casino. Lunch cost is not included. Cost of \$20.00 per person includes round-trip bus transportation. Bus departs at 9:00 am and returns at 5:00 pm.

#### L.A. County Fair, Saturday - September 15, 2012

The L.A. County Fair in Pomona is the largest county fair in North America. Come and enjoy the vast variety of attractions, exhibits, rides, games and who can forget the food. Don't forget to take a break during your fun filled day to enjoy the different food booths, anything and everything deep-fried, on-a-stick, battered, breaded, dipped in chocolate and the list goes on and on. Eating at the L.A. County Fair is always a unique experience. Cost of \$30.00 per person includes round-trip bus transportation and fair admission. Bus departs at 9:00 am and returns at 6:00 pm.

#### Coronado Bay/San Diego Tour, Thur. - Sun - October 11 - 14, 2012

Are you looking for an action-packed weekend? Picture this. Start this 4-day weekend get-away by enjoying the sights of Coronado Bay with its sleepy coastal beach and boutiques. Then prepare yourself for the highlight of the weekend; gazing towards the sky and waiting for the "Blue Angels" to grace the airspace with their daring acrobatic jet moves during the *Miramar Air Show*. As if that's not enough, not only will you be taken around the special areas of San Diego by a step-on guide, you will also take pleasure in viewing the city skyline through a two-hour *Flagship Harbor Cruise*. You will also get a chance to practice your investigative skills during a *Dinner Detective Murder Mystery Show*. Of course, this tour would not be complete without a day trip to Julian for its famous Julian Apple Pies and to Viejas for some marvelous Casino and Shopping Outlets enjoyment. Cost of \$499.00 per person (double occupancy) includes round-trip bus transportation, hotel accommodations at the Marriott Resort at Coronado Bay, tickets and tour fees. Bus departs Thursday, 10/11/12, at 9:00 am and returns Sunday, 11/14/12, at 6:00 pm.

#### Las Vegas/Thunderbird Tour-Friday-Sunday; November 9-11, 2012

Escape the weekend for a 3-day, 2-night stay at the Red Rock Casino-Resort-Spa of Las Vegas. Enjoy the Red Rock's serene surroundings and beautiful view of mountain vistas. While in Las Vegas, the group will take in the *Thunderbirds 2012 Air Show* at the *Nellis Air Force Base* during Veteran's Day weekend. This season will mark the 30th season the squadron has performed. The Thunderbirds aerial demonstration is a mix of formation flying and solo routines. **Cost of \$246.00 per person (double occupancy)** includes hotel accommodations and round-trip bus transportation. Bus departs on Friday, 11/9/12, at 9:00 am and returns Sunday, 11/11/12, at 6:00 pm.

#### 2012 Tournament of Roses Parade, Tuesday - January 1, 2013

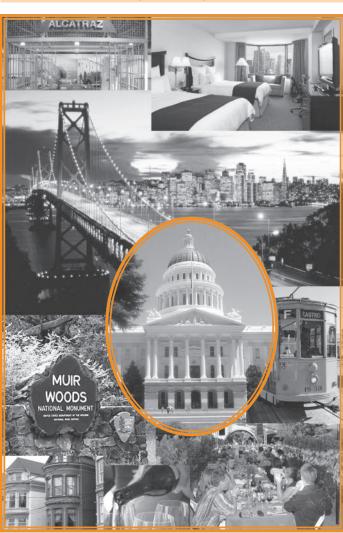
The 124th Tournament of Roses Parade theme is "Oh, The Places You'll Go!" This theme is about seizing the moment, throwing off the realistic cares of daily life and charging forth confidently! It is meant to encourage ALL to reach higher than the highest stars, and create or explore a world full of possibilities, rich with imaginations and bursting with discovery!! See majestic floral floats, high-stepping equestrian units and spirited marching bands from throughout the nation. Cost of \$85.00 per person includes round-trip transportation, coffee & donuts, and reserved, premium, mid-route grandstand seating. Bus departs at 5:00 a.m. and returns at approximately twelve noon.

City of Carson
Transportation Services Division Excursions

# San Francisco/Sacramento



Wednesday, May 30, 2012 – Sunday, June 3, 2012



Start your long weekend get-a-way with a "five-day, four-night stay" at the Parc 55 Wyndham of San Francisco. Experience San Francisco and Sacramento like never before with a variety of tours. Enjoy a beautiful morning in Napa Valley at the famous Robert Mondavi Winery followed by a tour of the **State Capitol in Sacramento**. Up next is an unforgettable experience at the serene John Muir **Woods** to enjoy the amazing Redwood forests. Of course, your San Francisco tour would not be complete without a tour of the world-famous **Alcatraz Island** and a driving tour of "Frisco" with a knowledgeable step-on guide so you will know why people "leave their hearts in San Francisco."

# NEW LOWER PRICE \$599.00 PER PERSON

Cost of \$675.00 per person

(double occupancy) includes hotel accommodations, tours and round-trip transportation.

Bus departs at 8:00 am on Wednesday, 05/30/12 and returns at 7:00 pm on Sunday, 06/03/12.

All excursions depart from the Congresswoman Juanita Millender-McDonald Community Center at Carson • 801 E. Carson Street, Carson, CA 90745

Online payments are now available. Visit the City of Carson website: http://ci.carson.ca.us For more information: (310) 835-0212 ext. 1489 or Email: excursions@carson.ca.us

# "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

# **CARSON CENTER**

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



(310) 835-0212

801 East Carson Street, Carson, California 90745 www.carsoncenter.com

### **Volunteers: "Carson Wants You"**

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

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



#### **Carson Veterans Monument**

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

#### **Carson Veterans Wall**

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

# RECREATIONAL FACILITIES

your guide to Carson's parks and recreational facilities

City Facilities	Ballitie	Basketball Co	Boxing Equits	Children's Play	Football	Frishee Goll	Gymnic Gymnic	Horse	Meeting   Craft N	Picnic, Pooms	Snav	Socce, Bat	Swimmins	Tennis Tennis	Volleyball	Wading	Filmess	Racquetball	skale skale	Multi-Pur	,,,pose
Anderson Park 19101 Wilmington Ave. 603-9850 / 603-9878	8		2L		•		•			2	•				4L		•				
Calas Park 1000 E. 220th St. 518-3565 / 518-3566	9	1L	1L							2	•	•			2L		•				
Carriage Crest Park 23800 S. Figueroa St. 830-5601 / 830-5608	4	1L	1L		•	•				1	•	•	•								
Congresswoman Juanita Millender-McDonald 31,4 Community Center sq. 3 Civic Plaza Dr. 835-0212										26											•
Carson Park 21411 S. Orrick Ave. 1 830-4925 / 830-4998	11	2L	2L		•	•			•	2	•	•	•	•		•					
Carson Pool 21436 S. Main St. 830-1053														•		•					
Del Amo Park 703 E. Del Amo Blvd. 1 329-7717 / 329-6309	10	2L	1L		•	•				2	•	•	•								
Dolphin Park 21205 Water St. 1 549-4560 / 549-4857	12	2L	1L		•	•				2	•	•	•		2L	•	•				
Dominguez Park/ Aquatic Center 21330 Santa Fe Ave. 549-3962 / 830-8994	9	1L	1L		•	•	•			2	•	٠	•	•	2L						
Friendship Mini Park 21930 S. Water St. 0. NONE	).3				•						•										
Hemingway Park 700 E. Gardena Blvd. 1 538-0019 / 538-0019 Hemingway Aquatic Center 16605 San Pedro St.	13	1L 1U	1L 1U		•	٠	•		•	2	•	•	•	•	2L						
Mills Park 1340 E. Dimondale Dr. 631-3130	5									2	•										
Scott Park 23410 Catskill Ave. 1 830-8310 / 830-8311 (Location of Fabela Boxing Center)	13	2L	1L		•	•		•		4	•	٠		•	2L	•					
Scott Pool 23410 Catskill Ave. 549-9051														•							
Stevenson Park/Gym 17400 Lysander Dr. 1 952-1745 952-1745 Gym	13	2L	1L		•	•		1		2	•	٠			2L	•					•
Walnut Street Mini Park 440 E. Walnut St. 1. NONE	.5		2U								•										
Veterans Park/Skate Park 22400 Moneta Ave. 1 830-4185 / 830-1369	12	2L	8L		•	•			•	2	•	•	•		2L					•	•
Veterans SportsComplex 22400 Moneta Ave. 25, 830-9991 sq.			6L					2		1						•			•		·
	2				•						•										
Reflections Mini Park 21208 Shearer Ave	.5																		LIN		-D !!