

CARSON

recreation guide
FUTURE UNLIMITED

Parks, Recreation & Human Services GUIDE

July • August 2012

**The City of Carson
is recognized as
"Playful City USA"**

Carriage Crest Park



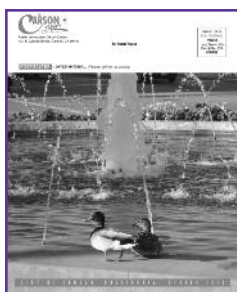
**A program honoring cities nation-wide that make play a priority
and use innovating programs to get children active, playing, and healthy**

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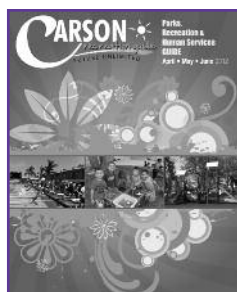
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Events, programs and activities held at the Congresswoman Juanita Millender-McDonald Community Center may be referenced to as the Carson Community Center or community center.

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 Summer 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

As you know, our nation has gone through its worst financial downturn since the Great Depression. Over the last five years, City staff has attempted to cushion Carson residents from cuts from programs and fee increases for its services. However, the abolishment of Redevelopment Agencies by the Governor and State legislature in February 2012 has had a devastating impact to revenues to the City's General Fund which finances many of the quality of life services to Carson residents. With that stated, the City Council will be making some difficult decisions regarding program cuts, staff layoffs, and increasing fees for services. So as I write this message, staff is in the final development of recommendations to the City Council in order to balance the City's structural deficit. Rest assured, the City Council and City staff will make all efforts to provide a diverse number of quality programs and services at low or no cost. With this challenge, I know our residents will step in and help with participating in the budget making process and volunteering their services to make this City the great community it is. Together, we will get through these difficult times because the Carson community lives its motto: Future Unlimited.

Raymond R. Cruz
Public Services General Manager



NJTL Tennis for Kids

Parks Make Life Better!

This summer, give your kids the gift of an activity they can enjoy for a lifetime!

Tennis is a wonderful sport for people of all ages, and the sooner you put a racquet in your child's hand, the sooner they will develop a love for the game.

The NJTL Program features instruction with an emphasis in learning basic tennis skills, having fun, and sportsmanship. Skilled tennis coaches offer group instruction at an unbelievable price. For just \$10.00, your child will receive 24 hours of instruction, a T-shirt, and a certificate of participation. They will also have opportunities to participate in special activities.

Each participant must register onsite, and space is limited. Please visit the park of your choice below to complete a registration form, and make check or money order payable to NJTL. Sorry, we cannot accept cash for this program. For additional information, please call (310) 603-9850.



Location	Days	Times	Ages	Cost
Anderson Park	M/W (week of July 9th)	11:00 AM-12:00 PM	8-17	\$10.00
Calas Park	T/TH (week of July 9th)	5:30-7:30 PM	8-17	\$10.00
Dolphin Park	M/W (week of July 9th)	9:00-11:00 AM	8-17	\$10.00
Dolphin Park	M/W (week of July 9th)	5:00-7:00 PM	8-17	\$10.00
Hemingway Park	T/TH (week of July 9th)	4:00-4:00 PM	8-17	\$10.00
Hemingway Park	S (week of July 9th)	9:00-11:00 AM	8-17	\$10.00
Stevenson Park	T/TH (week of July 9th)	2:00-4:00 PM	8-17	\$10.00
Veterans Park	T/TH (week of July 9th)	5:00-7:00 PM	8-17	\$10.00

Welcome to Permits!

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

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

Celebrate at our facilities!

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

Reservation/Cancellation Policy

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

Loss Or Damage Information

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

Equipment Rentals

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

Jumpers

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

ABC Party Rental: (310) 834-2892

Fiesta N Jump: (310) 263-1848

Jump 4 Fun: (800) 281-6792

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

Major Jumpers & Entertainment: (323) 399-2533

Party Pronto: (877) 727-8437

Party on Rentals: (323) 255-1993

ALL FEES ARE SUBJECT TO CHANGE

For instant fun just add water!

AQUATICS POOL RENTALS

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



Scott Pool, Carson Pool, Hemingway Aquatic Center, and Dominguez Aquatic Center
without water slides ▼

Dominguez Aquatic Center or Hemingway Aquatic Center
with water slides ▼

Plan A (1 to 75 persons)

Resident	Non-Resident	Resident	Non-Resident
\$180	\$210	\$345	\$400
\$70	\$85	\$125	\$150
for first 2 hours		for first 2 hours	
each additional hour		each additional hour	

Plan B (76 to 150 persons)

Resident	Non-Resident	Resident	Non-Resident
\$245	\$290	\$395	\$460
\$85	\$100	\$135	\$160
for first 2 hours		for first 2 hours	
each additional hour		each additional hour	

Plan C (151 to capacity)

Resident	Non-Resident	Resident	Non-Resident
\$315	\$375	\$495	\$580
\$100	\$120	\$160	\$190
for first 2 hours		for first 2 hours	
each additional hour		each additional hour	

POOL CAPACITIES:

Dominguez Aquatic Center	Activity Pool:	173	persons
	Kiddie Pool:	73	persons
Carson Pool	Pool:	190	persons
Scott Pool	Pool:	200	persons
Hemingway Aquatic Center	Activity Pool:	193	persons
	Kiddie Pool:	86	persons

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

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

JOIN CITY OF CARSON PARKS & RECREATION ON FACEBOOK

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

AQUATICS

+LIFEGUARD+ TRAINING CLASS AMERICAN RED CROSS



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

SCOTT POOL

23410 Catskill Avenue, Carson, CA 90745

(TRYOUTS) AUGUST 20 - SEPTEMBER 2, 2012

MONDAY	AUGUST 20, 2012	6:00 P.M. - 8:00 P.M.
SATURDAY	AUGUST 25, 2012	8:00 A.M. - 6:30 P.M.
SUNDAY	AUGUST 26, 2012	8:00 A.M. - 6:30 P.M.
SATURDAY	SEPTEMBER 1, 2012	8:00 A.M. - 6:30 P.M.
SUNDAY	SEPTEMBER 2, 2012	8:00 A.M. - 6:30 P.M.

***Participants must attend every class**

Cost: \$150 • Book \$35

(Purchase lifeguarding book at your local American Red Cross)

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

Water Safety Instructor Class

American Red Cross

Water Safety Instructor Certification Course*

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

Scott Pool

23410 Catskill Avenue, Carson, CA 90745



SEPTEMBER 5 TO 15, 2012

Wednesday	September 5	5 p.m. - 8 p.m.
Saturday	September 8	8 a.m. - 6 p.m.
Sunday	September 9	8 a.m. - 6 p.m.
Monday	September 10	5 p.m. - 8 p.m.
Saturday	September 15	8 a.m. - 6 p.m.

Cost: \$175

Water Safety Instructor (WSI) Training Packet not included.
Limited number of spaces available, so register early.

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

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.m.–noon*
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.

AQUATICS

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**.

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

9:00 – 9:50 a.m.	Swim Lessons
9:00 – 10:00 a.m.	Aqua Aerobics / Lap Swim

Tuesday / Thursday

10:00 – 11:00 a.m.	Senior Program
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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

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
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SCOTT POOL

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

Monday / Wednesday / 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
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
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AQUATICS

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 Pool**

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.

Prerequisite: Level-3 card or equivalent skills

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.

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.

Dominguez Aquatic Center June 25 - August 3
Mon., Wed. & Fri. 9:00-10:00 a.m.

Hemingway Aquatic Center 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)

Dominguez Aquatic Center June 25 - August 3
Mon, Wed & Fri 9:00 - 10:00 a.m.

Hemingway Aquatic Center 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

June 25 - August 3

June 25 - August 17

Mon, Wed & Fri 12:00 - 1:00 p.m.

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

RECREATION SWIM

All ages

Fees:

Carson Pool / Scott Pool

Resident \$1.00 / Non-Resident \$2.00

Dominguez / Hemingway

Resident \$1.50 / Non-Resident \$3.00

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.

15th Annual Treasure Island Day

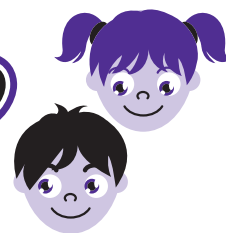
Dominguez Aquatic Center

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>



City of Carson Summer 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

ANDERSON PARK

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

CARRIAGE CREST PARK

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

DOLPHIN PARK

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

MILLS PARK

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

STEVENSON PARK

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

CALAS PARK

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

DEL AMO PARK

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

DOMINGUEZ PARK

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

SCOTT PARK

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

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

Kids Club After-School Child Care Solution For Latchkey Children



Across the United States, child care is being recognized as a major issue. Changing economic and social conditions have drastically altered the after school environment for elementary school children. 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's Parks and Recreation Department administers this program through the Recreation Division.

The daily program consists of:

Educational Activities:

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

Recreational Activities:

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

Snacks:

Nutritional snacks are provided each day.

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



**FEES SUBJECT TO
CHANGE**

After School Kids Club Fees

Monday-Friday Resident Non-Resident
2:30-6 p.m. \$47 wkly \$55 wkly

\$15 Day Camp Day. Availability is based on the needs of each site. Call (310) 847-3552 for information about fees and locations. If a child attends any portion of the week, the total weekly fees are charged (includes holidays and sick days). The city reserves the right to cancel individual park programs if the minimum enrollment level is not achieved.

SUMMER PARK CLASS SCHEDULE

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

Hours of Operation	Mon-Fri	3-9 p.m.
	Sat	10 a.m.-5 p.m.
	Sun	Noon-5 p.m.

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

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 parks:

Dolphin - Wed/Fri, 6-7:30 p.m. Hemingway - Sat, 10 a.m.-12 p.m.

Homework Club

• Stevenson Mon/Thurs 3:30-5 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.

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.

Girls Club

• Calas Friday 4-6 p.m.

Summer Fun Class (Ages 10-14)

• Calas Mon/Wed/Fri 3-5 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:

• Anderson	Wed	3-4:30 p.m.
• Calas	1st and 3rd Thurs	6:30-7:30 p.m.
• Carriage Crest	Wed	5-6 p.m.
• Del Amo	Fri	5-6 p.m.
• Dominguez	Wed	6-7 p.m.
• Hemingway	Fri	5-6 p.m.
• Veterans	Wed	4:30-5:30 p.m.
• Stevenson	Thurs	5-6 p.m.

Excursions

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

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

Movie Night

Last Friday of the month. Contact park for schedule.

Friday	6-7:30 p.m.	Mills Park
Friday	6-8 p.m.	Scott Park Gym
Friday	7-9 p.m.	Stevenson Park

Teens in the Kitchen

Learn the basics! Anderson Park, Friday, 6:30-7:30 p.m.; Mills Park, Friday, 5-6:30 p.m.; Carson Park, Friday, 6:30-7:30 p.m.; Dominguez Park, Friday, 5-6 p.m.; Hemingway Park Friday, 6 p.m.; and Stevenson Park, Thursday, 5-6 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. Dominguez Park, W/Th, 6-7 p.m.; Calas Park, from 6:30-8:30 p.m. Teen & Adults (ages 12 - up)

Bingo Nite

Thursday (Bi-weekly)	6:30-8:30 p.m.	Calas Park	Ages 16-up
Friday	2-3 p.m.	Dolphin Park	Ages 6-12

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 the Parks and Recreation Department at (310) 847-3570.

Thanks

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

CARSON JUNIOR TENNIS

P R O G R A M

For boys and girls ages 10-15 yrs.

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

6 WEEK PROGRAM

\$29 RESIDENT / \$36 NON-RESIDENT

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

Teen and Enrichment

UPCOMING EVENTS

July 11, 2012 at 6 p.m.

3-in-1 Enrichment Arts Showcase

Come and support the Parks and Recreation Enrichment program showcasing the talents from the area.

August 7 – 9, 2012

Teen Camping Trip

Castaic Lake

DANCE PROGRAMS

Tiny Tot Dance

Saturday at Hemingway Park

10 a.m. – 11 a.m.

Modern, Jazz, Tap, Hip-Hop, Lyrical

Monday, Wednesday at Hemingway Park

Ages 7 – 11 | 6:30 p.m. – 7:30 p.m.

Ages 12 – 18 | 7:30 p.m. – 8:30 p.m.

Ballet Folklorico

Monday, Wednesday at Calas Park

Ages 5 – 16 | 5:30 p.m. – 8:30 p.m.

Hip-Hop Dance

Tuesday, Thursday at Calas Park

Ages 5 – 17 | 6:30 p.m. – 7:30 p.m.

Beginning Dance – Modern, Jazz,

Hip-Hop, Contemporary

Anderson and Scott Parks

Ages 5 – 17

Call for day and time: 310-847-3570

Hip Hop

Carriage Crest Park

Ages 6 – 17

Call for day and time: 310-830-5601

READ PROGRAM

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

YOUTH GOLF INSTRUCTION

Anderson, Calas, Del Amo, Dolphin, and Veterans Parks provide the basic instructions for golf. Children learn basic rules and become prepared to play golf on a golf course.

Ages 10 – 17 yrs.

SNAG G-BALL GOLF PROGRAM

Ages 5 – 8

Finally, a real golf experience for beginners! It's easy to learn and fun to play.

TENNIS INSTRUCTION

We offer a wide variety of tennis classes for junior tennis players, which are taught and directed by qualified recreation leaders. Classes range from the very beginning level to the intermediate level. 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 - 7 p.m.
• Carriage Crest	Tues/Thurs	6-7:30 p.m.
• Calas	Sign-ups Begin	
• Dolphin	Tues/Thurs/Sat	6 - 7:30 p.m./ 10 a.m. – 12 p.m.
• Del Amo	Tues/Thurs	6 – 8 p.m.
• Dominguez	Mon/Wed	5:30 – 7 p.m.
• Hemingway	Tues/Thurs/Sat	6:30 – 8 p.m./ 10 a.m. – 1 p.m.

BEGINNING CHESS

Come learn the moves at Calas Park from 9 a.m.– 10 a.m.; Del Amo Park, Tuesdays from 2–3 p.m.; Dolphin Park, Tuesdays from 11 a.m.–12 p.m.; Hemingway Park, Tuesdays from 5–6 p.m. and Saturdays from 9 a.m.–10 a.m.

FEE SCHEDULE

	Resident	Non Resident
Math Program (10 week)	\$26	\$30
Golf Program (10 week)	\$51	\$60
Voice/Drama Class	\$21	\$25
Dance Program	\$38	\$45
Cheer Program	\$30	\$35
Tennis Program (6 week)	\$29	\$36
READ Program w/ book (10 week)	\$60	\$69
SNAG Program (10 week)	\$39	\$45
Day Camp Day	\$15	

YOUTH SPORTS

SUMMER PROGRAM 2012

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.



BOXING

FABELA CHAVEZ BOXING/FITNESS CENTER

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

HOURS

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

Fees:	Monthly Membership	
Adults	Resident \$30	Non-Resident \$35
Youth (8-17 yrs)	Resident \$20	Non-Resident \$23
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.



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	\$30 2nd child
	\$11 3rd child	\$13 3rd child

Girls and Boys Volleyball Clinic

When: Mondays & Fridays	Where: Veterans SportsComplex
Time: 5 p.m. – 7 p.m. Ages: 7 – 16	Fee: Members FREE
	Non-members \$5

Youth Fitness Program

When: Tuesday & Thursday	Where: Veterans SportsComplex
Time: 5 p.m. – 7 p.m. Ages: 5 – 15	Fee: Members FREE
	Non-members \$5

Youth Open Basketball League

Register by July 12, 2012. League begins July 21st
Registration Fee: \$350 per team Ages 12-17 • Boys & Girls 3A, 4A
For information call (310) 847-3570

Baseball Clinic

July - TBA

For information call (310) 847-3572

Youth Sports Coaches Certification Program

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

Sports Officials

The City of Carson Youth Sports Section is looking for interested individuals, ages 16 years and up, to become paid Sports Officials. Some experience is preferred, but not necessary. To receive written notification of training dates and locations by mail, call the Youth Sports Office at (310) 847-3577, before September 1, 2012, to officiate flag football and soccer. To receive written notification of training dates and locations by mail, call the Youth Sports Office at (310) 847-3577, before September 1, 2012, to officiate flag football and soccer.

ADULT SPORTS



SUMMER 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.

Men's Open Basketball

Registration: July 6 - August 13

Play Begins: August 20

Fees: \$275 per team



Men's Softball

Registration: August 1 - September 11

Play Begins: September 16

Thursdays

Fees: \$399 per team

Coed Softball

Registration: August 1 - September 11

Play Begins: September 16

Fridays

Fees: \$399 per team

Fall Men's Flag Football

Registration: August 3 - September 14

Play Begins: September 20

Fees: \$299 per team

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.

6 Man Soccer

Adult Sports presents 6-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 & Friday evenings.

ADULT FITNESS

Adult Fitness

Monday	7-8 a.m.	Anderson Park
Tuesday	10-11 a.m.	Dolphin Park
Tuesday/Thursday	7-8 p.m.	Dominguez Park
Saturday	9-10 a.m.	Hemingway Park
Monday/Wednesday	6-7:30 p.m.	Hemingway Park

Women's Fitness Program

Circuit Training, Weight Training, Cardio Workout

Tuesday/Thursday	6-8 p.m.	Stevenson Park Gymnasium
Adult	FREE	(310) 952-1745

Senior Fitness Program

Stretch Class, Walking Class, Circuit Training, Weight Training

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

Stevenson Park Gymnasium

Seniors 55 and older

FREE

(310) 952-1745



Adult Walking Class

Tuesday/Wednesday	6:30-7:30 p.m.	Anderson Park
Monday/Wednesday	7-8 p.m.	Carriage Crest Park
Tuesday/Thursday	6-7:30 p.m.	Dolphin Park

Walking Club

Monday	6:30-7:30 p.m.	Calas Park	Ages 16-up
Tuesday	6:30-7:30 p.m.	Mills Park	Ages 12-up

Adult and Youth Karate & Kempo

Monday / Tuesday	7-8 p.m.	Stevenson Park	Adult Beginner
Tuesday	6-8 p.m.	Stevenson Park	Youth Beginner
Thursday	7-8 p.m.	Stevenson Park	Adult Intermediate
Thursday	6-7 p.m.	Stevenson Park	Youth Intermediate
Thursday	8-9 p.m.	Stevenson Park	Adult/Youth Advanced

Adult and Youth Bocci Ball

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

Teen Dance for Fitness

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:

• Anderson/2 Age Division	Tues/Thurs	6-7 p.m.
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• Calas	Thurs	6-8 p.m.
• Del Amo	Tues/Thurs	6-7 p.m.
• Dolphin	Tues/Thurs	5-6 p.m.
• Hemingway/2 Age Division	Mon/Wed	6:30-8:30 p.m.
• Hemingway/Beginning Tap - Ages 3-5	Sat	10-11 a.m.
• Scott Park	Tues/Thurs	6-7 p.m.

Fast Dance Fitness Class

Thursday	6:30-7:30 p.m.	Mills Park	15 yrs - Adults
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Adult Line Dancing

Saturday	10 a.m.	Anderson Park
Monday/Saturday	7 p.m. & 1 p.m. (Couples Dance)	Anderson Park
Saturday	10 a.m.-11:30 a.m.	Hemingway Park

Adult Hip Hop Fitness

Friday	6:30 p.m.-7:30 p.m.	Hemingway Park
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Dance it Off

Tuesday/Thursday	5:30 p.m.-6:30 p.m.	Hemingway Park
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Youth Fitness Club (ages 16 and up)

• Calas	Mon-Wed	6:30-7:30 p.m.
• Carriage Crest	Wed-Fri	4-5 p.m.
• Dolphin	Mon-Wed	3-4 p.m.
• Stevenson	Tue-Thur	5-6:30 p.m.

Stevenson Park Fitness Center

HOURS

Mon-Fri 4-9 p.m. Sat 10 a.m.-5 p.m., Closed Sun

Fees: Initial Membership **\$15** Monthly Membership **\$10**
Daily Rate **\$3**

Insanity Workout

Monday	7 p.m.-8 p.m.	Dominguez Park
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Boxercise

Thursday	6 p.m.-7 p.m.	Dominguez Park
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Want to be added to the Adult Sports mailing list? Just call the Recreation Division at (310) 847-3570 and ask the Adult Sports Coordinator to add your name to the mailing list for the sport you are interested in.



DISABILITY AND ACCESSIBILITY ISSUES

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

City of Carson Parks and Recreation Department

For more information, call (310) 847-3570



Basketball Clinic

Saturday, June 30, 2012 • 9 am - 2 pm

Volleyball Clinic

Saturday, July 28, 2012 • 9 am - 2 pm

Summer Run

July 10 - August 9, 2012

Tuesday/Thursday • 1 -3 pm



Boys & Girls born between 1995-2001

Cost: \$35 / player

Location: Veterans SportsComplex
22400 Moneta Avenue
Carson, CA 90745



Summer Blast

Thursday, July 26, 2012 • 6 - 8 pm

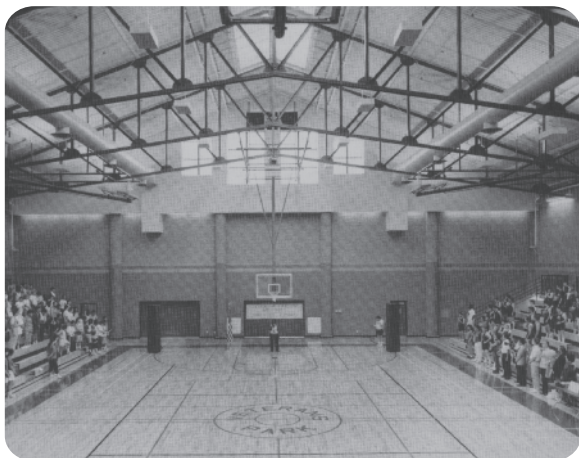
Exercise Instructors for a (2) hour Master Class this summer.

You'll get a flavor of what each Instructor teaches in their specific class.



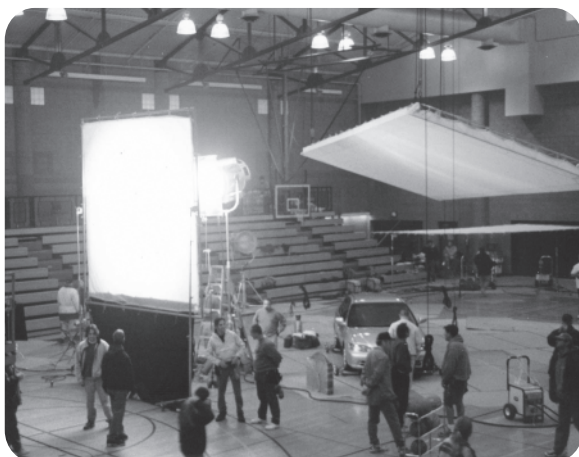
VETERANS SPORTSCOMPLEX

FACILITIES AVAILABLE FOR RENTAL



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

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



**NBA Regulation
Basketball Court**



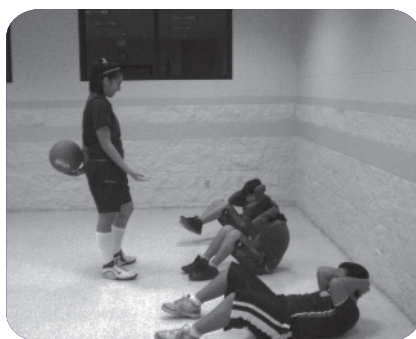
**Banquet Halls and
Recreation Rooms**



**Racquetball
Courts**

VETERANS SPORTS COMPLEX

YOUTH CLASSES



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

ADULT CLASSES

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



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



HOURS OF OPERATION

Facility

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

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

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

Business Office

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

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

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

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



MEMBERSHIP RATES

Annual Memberships

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

30-day Memberships

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

Daily Guest Rates

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

ALL FEES ARE SUBJECT TO CHANGE
10% Discount for Veterans



CITY OF CARSON

FABELA CHAVEZ BOXING SHOW

SATURDAY, AUGUST 11, 2012

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2



ALL AGES WELCOME

SCOTT PARK GYMNASIUM

23410 CATSKILL AVENUE, CARSON, CA 90745

WEIGH INS: 7 A.M. - 10 A.M. • FIRST BOUT: 1 P.M.

**Parks
Make
Life
Better!**

FOR MORE INFORMATION, CONTACT SCOTT PARK AT (310) 830-6439

PARKS AND RECREATION SERVICES

<http://recreation.carson.ca.us> • Like us on facebook! CITY OF CARSON PARKS AND RECREATION

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 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. 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 school, parents, or probation officers to complete an anger management program.

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

Instructor: Deborah Schmidt, YSO

Tuesday: 4:30 – 6 p.m.

Community Center

• Drug/Alcohol Program (Positive Choices)

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

Residents: \$30.00 Non-residents \$40.00

A 16 hour course conducted on Wednesday afternoons from 4 p.m. - 6 p.m., for an 8-week period, and two required 2-hour Parent Enrichment classes. Classes are designed to assist adolescents from ages 12 to 17 years old. This course is instructed by trained personnel using the Positive Choices curriculum. This course is to accommodate adolescents referred by the 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 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 LA County Probation Department, and local schools.

Contact Person(s): ANY YOUTH SERVICES OFFICER

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

Case Management Services

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

Criterion (any one of the following)

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

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

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

YOUTH SERVICES 2012 CLASS SCHEDULE

Parent Project Classes Day: Tuesday/Times: 5-7 p.m. Total Hours: 20 Hrs	Anger Management For Teens Day: Tuesday/Times: 4:30-6 p.m. Total Hours: 12 Hrs	Drug/Alcohol Awareness & Prevention Classes Day: Wednesday/Times: 4-6 p.m. Total Hours: 16 Hrs	Youth & The Law Program Day: Mon/Wed/Thurs. Times: 4-6 p.m.
Track III: Jul. 17 - Sep. 25 Track IV: Oct. 2 - Dec. 11	Track III: Jul. 10 - Aug. 28 Track IV: Sep. 25 - Nov. 13	Track III: Jul. 11 - Aug. 29 Track IV: Sep. 26 - Nov. 14	Track VII: Jul. 16, 18, 19 Track VIII: Aug. 13, 15, 16 Track XI: Sep. 17, 19, 20

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

7 a.m. – 5 p.m. \$140.00 a week

8 a.m. – 6 p.m. \$140.00 a week

HALF DAY PROGRAM

8 a.m. – 12 p.m. FEES

1 p.m. – 5 p.m. T TH \$22 a week

MWF \$33 a week

M-F \$55 a week

OPTION II:

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

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

Fees: 2 days/wk \$22 a week

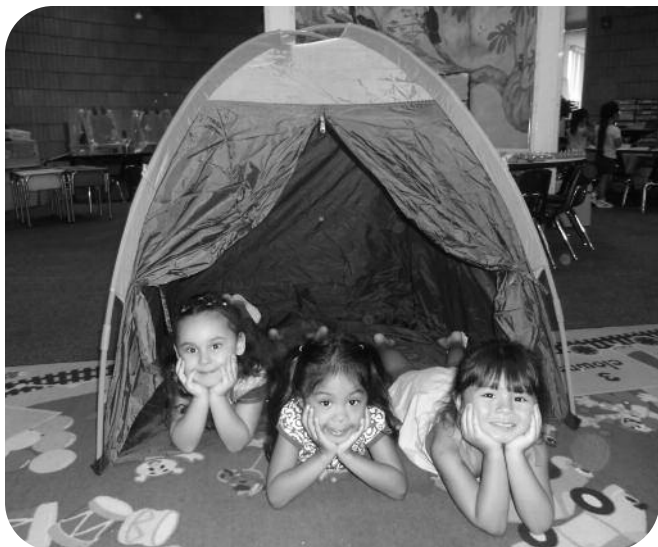
3 days/wk \$33 a week

5 days/wk \$55 a week

Fees are paid every 4 weeks

All Fees Are Subject To Change

EARLY CHILDHOOD



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

State licensing pending for the parks listed.

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

OPTION III: Park Preschool

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



SENIOR SOCIAL SERVICES

City of Carson Social Services Section strives to provide a wide variety of programs to Carson residents adults 60 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. To be placed on a waiting list, 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. Class is currently in session.

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) 952-1775.

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) 952-1775.



Free Tax Assistance

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

Financial Counselor

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

We Are Looking For Volunteers

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

SENIOR RECREATION

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

CLASSES AND PROGRAMS

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

ART



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

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

EXERCISE

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

Basketball – Join this group, Monday through Friday at Scott Park from 8:30 –10:30 am. Come have fun and get a great cardio workout. 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 11:30 a.m. – 12:25 p.m and Friday from 10:30 a.m. – 11:25 a.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 form prior to taking the class. No exceptions! Classes are monitored. Anyone without a form will not be allowed to participate. This form is also available on line for your convenience on the City

SENIOR RECREATION

of Carson website. Forms require your doctors approval to participate. Thank you in advance for participation. For more information, please call (310) 835-0212 ext. 1479.

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



HEALTH

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

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

PERSONAL ENRICHMENT

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

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

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



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

DANCE



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

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.

SENIOR RECREATION



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

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.



The City of Carson Senior Recreation Programs

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

We need your input!
We want to know!!
Your interest is our interest!

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

Attention Seniors:

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

Cyber Café

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 people living with the effects of stroke and provide support for their families. This new facility features state of the art rehabilitative equipment and offers a variety of activities including group exercise, occupational therapy, speech therapy, social activities, and more.



JBOJ Fitness Center

The Stroke Center is open Monday through Friday from 8:30 a.m. – 5:00 p.m. Once your application has been accepted, you can work out at your own pace in our fitness center, with supervision from friendly staff members.

Chair Volleyball

Join us every Tuesday and Thursday at 11:30 a.m. for some exercise with friends. This is seated volleyball with a beach ball, which leads to improved motor skills, coordination, and verbal communication. This is one of the most popular activities, so come join the fun!

Chair Exercise

Join us Tuesdays and Thursdays at 12:30 p.m. for Chair Exercise. Group exercise activities provide the stroke survivor with light recreational activities to supplement the ongoing rehabilitative process. These classes are led by certified physical therapists.

Occupational Therapy

This class is open to stroke survivors who wish to improve their ability to perform daily tasks and successfully execute meaningful and purposeful activities across the lifespan. Stroke survivors may make an appointment to meet one-on-one with a Licensed Occupational Therapist.

Speech Therapy

This class is open to all stroke survivors whose speech may have been affected by stroke. This is a group activity with a licensed Speech Pathologist. Please see the monthly calendar for days and times.



Fun Fridays

Stroke survivors and caregivers enjoy social activities including potlucks, movie days, games, excursions, and more. Please see the monthly calendar for specific activities and times.

Water Exercise

This group class is held offsite the first three Wednesdays of each month. The therapeutic heated pool provides safe access to stroke survivors with a ramp, handrails, and a lifeguard on duty in the water. The water provides the body with the opportunity to change positions and improve circulation. Classes are led by a lifeguard on deck. Meet at the Stroke Center at 1:15 p.m. for transportation to the pool. We will return by 3:45 p.m.

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

- **July 13, 2012 - Patriotic Dance**
- **August 10, 2012 - Hawaiian Dance**
- **September 14, 2012 - Western 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.

Autism Advocates in Action Support Group

The group serves the autism community and other disabilities in the special needs community by providing information, facilitating communication and coordinating services. We are here to empower, educate and advocate by supporting you while raising public awareness through us.

June 23	Executive Conference Rm. 212	10 a.m. – 12 p.m.
July 28	Executive Conference Rm. 212	10 a.m. – 12 p.m.
August 25	Executive Conference Rm. 212	10 a.m. – 12 p.m.
September 29	Executive Conference Rm. 212	10 a.m. – 12 p.m.

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.

Excursions:

Los Angeles County Fair: September 23, 2012. Bus will depart from Congresswoman Juanita Millender-McDonald Community Center at 9:00 a.m. and will return approximately at 7:00 pm. Seating is limited please RSVP by 26th, 2012. FEE: \$ 20.00 (Remember no cash checks only Make check payable to the City of Carson.)

Transportation Services Division

3 Civic Plaza, Carson, CA 90745

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



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

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





Transportation Services Division Excursions

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

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

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

L.A. Dodgers vs. Chicago Cubs - Friday - August 3, 2012

Watch the Dodgers take on the Cubs for an exciting night of Friday night baseball and fireworks after the game. Come out and root for the Dodgers while enjoying the view from the 3rd baseline while snacking on peanuts, cracker jacks or the famous Dodger Dogs. **Cost of \$35.00 per person** includes round-trip bus transportation and entrance fee. Meals are not included. Bus departs at 5:00 pm and returns at 11:00 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.

Santa Barbara Trolley Tour & Wine Tasting - Friday-August 24, 2012

Discover the enchanting seaside Spanish paradise known as Santa Barbara by trolley car. Enjoy a fully narrated tour offered by the Santa Barbara Trolley Company. Trolley tours are the best way to learn all about the city's hot spots and tourist phenomena. Then the group will stop for a no-host lunch. Enjoy an afternoon of wine tasting and guided tour of the Carr Winery in Santa Barbara. **Cost of \$48.00 per person** includes round-trip bus transportation, trolley tour and winery fees. Bus departs at 7:30 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.

San Diego Chargers Game - Sunday - September 16, 2012

Join us as we travel to sunny San Diego to watch the Chargers battle the **Tennessee Titans** at Qualcomm Stadium. **Cost of \$75.00 per person** includes round-trip bus transportation and entrance fee. Lunch cost is not included. Bus departs at 9:00 am and returns at 7:00 pm.

Riley's Apple Farms Tour - Oak Glen - CA - Saturday - September 8, 2012

This working apple orchard is also a living history farm that includes Colonial Chesterfield, a Civil War program, a packing shed operation and Riley's Frontier events. During this two hour tour, partake in fresh cider pressing, rope making, Tomahawk or knife throwing and of course a hay ride. It is a farm after all!! After the tour, if you choose to venture out into the orchard for some apple picking, Riley's Farms will provide bags for apples.

The cost for the apples picked will be \$2.50 - \$3.00 per pound. No meal is included with this tour but there are great restaurants within the farm's vicinity. **Cost of \$25.00 per person** includes round-trip bus transportation and tour fees. (Cost of apples picked is additional.) Bus departs at 8:00 am and returns at 5:00 pm.

Calico Ghost Town Adventure - Calico, CA - Saturday, October 6, 2012

Leave your world of smart phones, hybrid cars or 24-hour cable news and travel back in time to California's only true western ghost town to experience a taste of the Old West mining life during the town's annual **Calico Days**. While visiting Calico Ghost Town, you can take a tour of Maggie's Mine, ride a narrow-gauge train, pan for gold, be in awe at the Mystery Shack or watch live gunfights. No meal is included with this tour. **Cost of \$27.00 per person** includes round-trip transportation and park admission. Bus departs at 8:00 am and returns at 5:00 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.

Cirque du Soleil's IRIS at Kodak Theatre - Hollywood, CA - Friday - November 2, 2012

Take a Journey Through the World of Cinema – IRIS. Permanently housed at the Kodak Theatre in Hollywood, Cirque du Soleil blurs the boundaries between live performance and moving images by using different techniques of cinema. This two hour performance combines acrobatics, dance, projections and live music. No host dinner stop at the Hollywood & Highland before the show. **Cost of \$82.00 per person** includes round-trip bus transportation and Category 3 seating in the Parterre section. Bus departs at 5:00 pm and returns at 11:00 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.

2013 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

2013 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 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.

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**

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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	Acres	Ballfields	Basketball Courts	Boxing Equipment	Children's Play Area	Football Field	Frisbee Golf course	Gymnasium	Meeting / Craft Rooms	Horse-shoes	Picnic Areas	Snack Bar	Soccer Field	Swimming Pool	Tennis Courts	Volleyball Courts	Wading Pools	Fitness Center	Racquetball Courts	Skate Park	Multi-Purpose
Anderson Park 19101 Wilmington Ave. 603-9850 / 603-9878	8		2L		•		•				2	•				4L		•			
Calas Park 1000 E. 220th St. 518-3565 / 518-3566	9	1L	1L		•	•			•		2	•	•	•		2L		•			
Carriage Crest Park 23800 S. Figueroa St. 830-5601 / 830-5608	4	1L	1L		•	•					1	•	•	•							
Congresswoman Juanita Millender-McDonald Community Center 3 Civic Plaza Dr. 835-0212	31,000 sq. ft.										26										•
Carson Park									•		2	•	•	•	•		•				
CLOSED FOR SUMMER DUE TO ADA UPGRADES TO FACILITY																					
Carson Pool															•		•				
CLOSED FOR SUMMER DUE TO ADA UPGRADES TO FACILITY																					
Del Amo Park 703 E. Del Amo Blvd. 329-7717 / 329-6309	10	2L	1L		•	•					2	•	•	•							
Dolphin Park 21205 Water St. 549-4560 / 549-4857	12	2L	1L		•	•					2	•	•	•		2L	•	•			
Dominguez Park/ Aquatic Center 21330 Santa Fe Ave. 549-3962 / 830-8994	9	1L	1L		•	•	•				2	•	•	•	•	2L					
Friendship Mini Park 21930 S. Water St. NONE	0.3				•							•									
Hemingway Park 700 E. Gardena Blvd. 538-0018 / 538-0019 Hemingway Aquatic Center 16605 San Pedro St.	13	1L	1L		•	•	•		•		2	•	•	•	•	2L					
Mills Park 1340 E. Dimondale Dr. 631-3130	5				•	•	•				2	•						•			
Scott Park 23410 Catskill Ave. 830-8310 / 830-8311 (Location of Fabela Boxing Center)	13	2L	1L	•	•	•		•	•		4	•	•	•	•	2L	•		•		
Scott Pool 23410 Catskill Ave. 549-9051															•	•					
Stevenson Park/Gym 17400 Lysander Dr. 952-1745 952-1745 Gym	13	2L	1L		•	•		1			2	•	•	•		2L	•		•		•
Walnut Street Mini Park 440 E. Walnut St. NONE	1.5		2U		•							•									
Veterans Park/Skate Park 22400 Moneta Ave. 830-4185 / 830-1369	12	2L	8L		•	•			•		2	•	•	•		2L					•
Veterans SportsComplex 22400 Moneta Ave. 830-9991 sq. ft.	25,000		6L					2			1						•		•	•	•
Perry Street Mini Park 215th and Perry	2				•							•									
Reflections Mini Park 21208 Shearer Ave.	.5																				

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