

CARSON 
FUTURE UNLIMITED

JULY • AUGUST • SEPTEMBER 2010

PARKS, RECREATION & HUMAN SERVICES



GUIDE

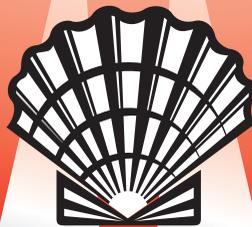


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Events, programs and activities held at the Congresswoman Juanita Millender-McDonald Community Center may be referenced to as the Carson Community Center or community center.

Elected Officials

Jim Dear, Mayor

Elito M. Santarina, Mayor Pro Tem

Mike A. Gipson, Councilmember

Lula Davis-Holmes, Councilmember

Julie Ruiz-Raber, Councilmember

Helen S. Kawagoe, City Clerk

Karen Avilla, City Treasurer

Jerome G. Grooms, City Manager

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

CITY OF CARSON POSITION STATEMENT

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

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

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

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

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

A MESSAGE FROM THE CITY TREASURER

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

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

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

SHAKESPEARE BY THE SEA

presents

Twelfth Night



For audiences seeking quality, family entertainment, Shakespeare by the Sea's free performances cannot be beat. The tales are timeless, the admission ticketless, and the experience priceless. Pack a picnic, gather loved ones, and settle in under the stars for a night of classic entertainment.



Shakespeare by the Sea has been presenting quality admission-free Shakespeare performances throughout Los Angeles and Orange counties since 1998. These free performances have become a tradition for thousands of Los Angeles families. Last year's attendance reached nearly 20,000 total audience members.

Wednesday, August 11, 2010

7:00 p.m.

Anderson Park

19101 Wilmington Ave.

(310) 603-9850 / (310) 603-9878

CITY OF CARSON
PRESENTS

13TH ANNUAL

Treasure Island Days

Date:

**SATURDAY
JULY 31, 2010**



2 Sessions
11 a.m. - 1 p.m.
and
2 p.m. - 4 p.m.



**DECK & WATER GAMES
FUN FOR ALL!**

Where:

Dominguez Aquatic Center
21330 Santa Fe Avenue

Cost Per Session:
\$3 for adults and children

For more information contact
Dominguez Aquatic Center
at (310) 830-2391



Welcome to Permits!

The Reservation Office business hours are Monday - Thursday, 7:15 a.m. - 5:30 p.m.
Call us at (310) 847-3570 or fax us at (310) 830-8567.

We are located at the 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:

Party Pronto: (877) 727-8437

Fiesta N Jump: (310) 263-1848

Jump 4 Fun: (800) 281-6792

Party on Rentals: (323) 255-1993

Major Jumpers & Entertainment:
(323) 399-2533

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)

\$180 for first 2 hours
\$70 each additional hour

\$345 for first 2 hours
\$125 each additional hour

Plan B (76 to 150 persons)

\$245 for first 2 hours
\$85 each additional hour

\$395 for first 2 hours
\$135 each additional hour

Plan C (151 to capacity)

\$315 for first 2 hours
\$100 each additional hour

\$495 for first 2 hours
\$160 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.

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

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

AQUATICS

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

Synchronized Swimming
Ages 8 - 17



Fee: \$60
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 and provided by the LA84 Foundation.

http://ci.carson.ca.us/content/department/pub_service/aquatics.asp
Download flyers, registration forms, and pool schedules.

From all the Aquatic Staff,



**Thank you for choosing us for your Aquatic needs.
We hope to see you next summer. If you have suggestions or comments
please call the Aquatics Office at (310) 847-3578**

ALL FEES ARE SUBJECT TO CHANGE

AQUATICS



SWIM LESSON SESSION DATES

Monday - Friday lessons:

All Pools Open

- I June 21 - July 2
 - II July 5 - July 16
 - III July 19 - July 30
 - IV August 2 - August 13
 - V August 16 - August 27
 - VI August 30 - September 10 (evening only)
- Carson Pool and Dominguez Aquatic Center**

Saturday lessons:

Carson Pool and Dominguez Aquatic Center

- S I June 26 - July 24
 - S II August 7 - September 4
- 60-minute lessons

REGISTRATION

In an effort to go green and reduce costs, the Aquatics section will not be mailing out mail-in registration forms for participants that participated in 2009 aquatic programming.

Registration forms now available on the Aquatic webpage. You can access the **Aquatic webpage** by going to the City of Carson webpage (<http://ci.carson.ca.us/>) and clicking on the Quick Links tab on the top left corner and selecting Aquatics.

If you have any questions, please call the Aquatics office at (310) 847-3578.

ALL FEES SUBJECT TO CHANGE

Walk-in Registration:

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

- | | | |
|---------------------|-----------|----------------|
| June 21 - August 28 | Mon - Fri | 9 a.m.-noon |
| June 21 - August 28 | Mon - Fri | 3:30-6:30 p.m. |

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

SWIM LESSON FEES

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

Private Swim Lessons:

- | | |
|------------------------------|-------|
| One participant | \$125 |
| Two participants | \$200 |
| 40 minute lesson - 5 lessons | |



SCHOLARSHIPS

Accepting scholarship applications - **Monday, May 3, 2010**

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

The LA84 Foundation & Family Support Program provide partial and full scholarships (for students ages 6 months - 17 years) based on financial need. Applications may be picked up at the Corporate Yard, 2400 E. Dominguez St., Carson, beginning **Monday, May 3**, at the pools during registration hours, or by downloaded the application from the Aquatics webpage. For more information, call the Aquatics office at (310) 847-3578, or call the pools directly after **June 21, 2010**.

POOL SCHEDULES

Schedules and Classes are Subject to Change

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

Monday - Friday

- | | |
|--------------------|-----------------|
| 8:00 - 8:30 a.m. | Swim Lessons |
| 8:40 - 9:10 a.m. | Swim Lessons |
| 9:20 - 9:50 a.m. | Swim Lessons |
| 10:00 - 10:30 a.m. | Swim Lessons |
| 10:00 - 11:00 a.m. | Dive Team |
| 10:40 - 11:10 a.m. | Swim Lessons |
| 11:20 - 11:50 a.m. | Swim Lessons |
| 12:00 - 12:30 p.m. | Swim Lessons |
| 1:00 - 2:45 p.m. | Recreation Swim |
| 3:20 - 3:50 p.m. | Swim Lessons |
| 4:00 - 4:30 p.m. | Swim Lessons |
| 4:40 - 5:10 p.m. | Swim Lessons |
| 5:20 - 5:50 p.m. | Swim Lessons |
| 6:00 - 6:30 p.m. | Swim Lessons |
| 6:40 - 7:10 p.m. | Swim Lessons |

Monday / Wednesday / Friday

- | | |
|------------------|---------------|
| 7:30 - 8:30 p.m. | Aqua Aerobics |
| 7:30 - 8:30 p.m. | Lap Swim |

Tuesday / Thursday

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

AQUATICS

Saturday

9:00 - 10:00 a.m. Swim Lessons
 10:10 - 11:10 a.m. Swim Lessons
 11:20 a.m. - 12:20 p.m. Swim Lessons
 12:30 - 1:30 p.m. Swim Lessons
 2:15 - 4:00 p.m. Recreation Swim

DOMINGUEZ AQUATIC CENTER

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

Monday / Wednesday / Friday

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

Tuesday / Thursday

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

Monday - Friday

10:00 - 10:30 a.m. Swim Lessons
 10:40 - 11:10 a.m. Swim Lessons
 11:20 - 11:50 a.m. Swim Lessons
 12:00 - 12:30 p.m. Swim Lessons
 1:00 - 2:45 p.m. Recreation Swim
 3:20 - 3:50 p.m. Swim Lessons
 4:00 - 4:30 p.m. Swim Lessons
 4:40 - 5:10 p.m. Swim Lessons
 5:20 - 5:50 p.m. Swim Lessons
 6:00 - 6:30 p.m. Swim Lessons
 6:40 - 7:10 p.m. Swim Lessons
 7:30 - 9:00 p.m. Recreation Swim

Saturday

8:00 - 9:00 a.m. Swim Lessons
 9:10 - 10:10 a.m. Swim Lessons
 10:20 a.m. - 11:20 p.m. Swim Lessons
 12:00 - 1:45 p.m. Recreation Swim

HEMINGWAY AQUATIC CENTER

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

Monday / Wednesday / Friday

8:00 - 9:30 a.m. Senior Program / Water Polo
 9:00 - 9:50 a.m. Swim Lessons
 8:00 - 9:30 a.m. Aqua Aerobics / Lap Swim

Tuesday / Thursday

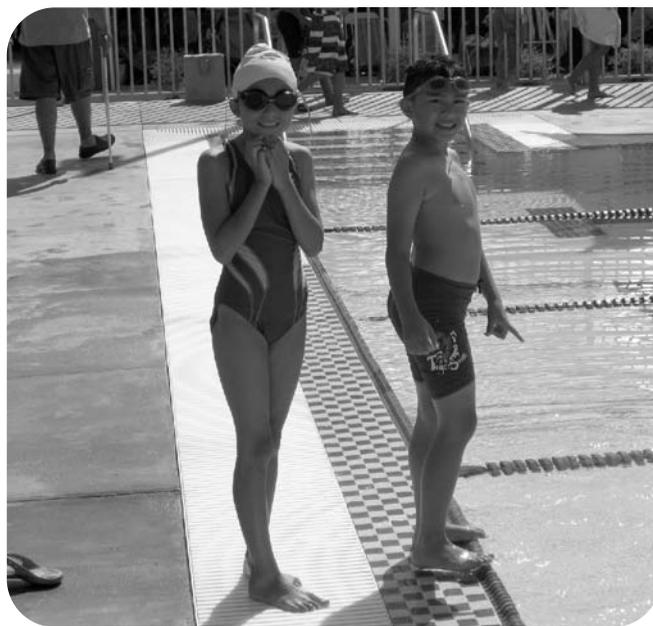
8:00 - 10:00 a.m. Fitness Swim / Synchro
 8:15 - 9:15 a.m. Aqua Aerobics / Lap Swim

Monday - Friday

10:00 - 10:30 a.m. Swim Lessons
 10:40 - 11:10 a.m. Swim Lessons
 11:20 - 11:50 a.m. Swim Lessons
 12:00 - 12:30 p.m. Swim Lessons
 1:00 - 2:45 p.m. Recreation Swim
 3:20 - 3:50 p.m. Swim Lessons
 4:00 - 4:30 p.m. Swim Lessons
 4:40 - 5:10 p.m. Swim Lessons
 5:20 - 5:50 p.m. Swim Lessons
 6:00 - 7:30 p.m. Recreation Swim
 7:40 - 8:10 p.m. Swim Lessons
 7:45 - 8:45 p.m. Aqua Aerobics / Lap Swim
 8:20 - 8:50 p.m. Swim Lessons

Saturday

12:00 - 1:45 p.m. Recreation Swim
 2:15 - 4:00 p.m. Recreation Swim



SCOTT POOL, 23410 Catskill Ave., Carson, CA 90745 (310) 549-9051

Monday - Friday

9:20 - 9:50 a.m. Swim Lessons
 10:00 - 10:30 a.m. Swim Lessons
 10:40 - 11:10 a.m. Swim Lessons
 11:20 - 11:50 a.m. Swim Lessons
 12:00 - 12:30 p.m. Swim Lessons
 11:00 a.m. - 12:30 p.m. Lap Swim
 1:00 - 2:45 p.m. Recreation Swim
 3:20 - 3:50 p.m. Swim Lessons
 4:00 - 4:30 p.m. Swim Lessons
 4:40 - 5:10 p.m. Swim Lessons
 5:20 - 5:50 p.m. Swim Lessons
 6:00 - 6:30 p.m. Swim Lessons
 6:40 - 7:10 p.m. Swim Lessons
 5:15 - 7:15 p.m. Swim Team

Monday / Wednesday

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

Tuesday / Thursday

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

Saturday

12:00 - 1:45 p.m. Recreation Swim



AQUATICS



SPECIALTY CLASSES AND PROGRAMS

Partial scholarships may be available
ALL FEES SUBJECT TO CHANGE

Dive Team

June 21 - August 27 Mon. - Fri., 10 - 11 a.m. **Carson Pool**
Fee: \$20
This LA84-assisted team trains daily. Learn springboard diving skills on 1-meter board. No experience necessary. Prerequisite Level-3 card or equivalent skills.

Junior Lifeguard (ages 12 - 17)

June 21 - August 27 Mon/Wed/Fri 4-6 p.m. **Scott Pool, Dominguez Aquatic Center, & Hemingway Aquatic Center**
Fee: \$100/summer

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 22 - August 26 Tues/Thurs 4-6 p.m. **Scott Pool & Dominguez Aquatic Center**
Fee: \$65/summer
Not old enough to be a Junior Lifeguard? Then Mini Guards is for you. Learn how to be a lifeguard. Lots of fun and activities.

Tigershark Swim Team (ages 5 - 17) **Scott Pool**

May 31 - August 27, Mon. - Fri. 5:15 - 7:15 p.m.
Fee: \$130/summer

Swimmers must be able to swim one 25-yard length each of frontcrawl and backcrawl. Tryouts and parent information meeting will be held at the first training, 5:15 - 7:15 p.m. at Scott Pool. Swim meets may have additional charges. Enrollments will be accepted until July 9, 2010.

Water Polo (ages 8 - 17)

June 21 - August 27 Mon/Wed/Fri 8-10 a.m. **Hemingway Aquatic Center**
Fee: \$100/summer

Prerequisite: Level-3 card or equivalent skills

Aqua Camp (ages 8 -12)

Fee: \$TBD/week
Hemingway Aquatic Center
July 19 - July 30 Mon. - Fri., 8 a.m.-6 p.m.
Dominguez Aquatic Center
August 2 - 13 Mon. - Fri., 8 a.m.-6 p.m.

Daily activities include swimming lessons, recreation swim, water safety, crafts, fun, and educational water activities.

Note: Spaces are limited.

Aqua Aerobics

All exercises are done in our heated pool (82-84° F). Ages 15 years and up.

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

Carson Pool	June 21-September 10 Mon., Wed. & Fri. 7:30-8:30 p.m.
Scott Pool	June 22 - August 26 Tues. & Thur. 7:30-8:30 p.m.
Dominguez Aquatic Center	June 21 - August 26 Tues. & Thur. 8:15-9:15 a.m.
Hemingway Aquatic Center	June 21 - August 27 Tues. & Thur. 8:15 - 9:15 a.m. Mon. - Fri. 7:45 - 8:45 p.m.

Adult Lap Swim (ages 16 years and up)

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

Carson Pool	June 21 - September 10 Mon, Wed & Fri 7:30 - 8:30 p.m.
Dominguez Aquatic Center	June 22 - August 26 Tues. & Thurs. 8:00 - 9:30 a.m.
Hemingway Aquatic Center	June 22 - August 26 Tues. & Thurs. 8:15 - 9:15 a.m. June 21 - August 27 Mon. - Fri. 7:45 - 8:45 p.m.
Scott Pool	June 21 - August 27 Mon. - Fri. 11:00 - 12:45 p.m. June 22 - August 26 Tues. & Thurs. 7:30 - 8:30 p.m.

RECREATION SWIM

Fees: \$1 All ages
Youth (17 yrs. & under) / Adults / Seniors (55 yrs. & up)

Carson Pool	June 21 - August 27 Mon. - Fri. 1:00 - 2:45 p.m.	June 22 - August 26 Tue. & Thur. 7:30 - 9:00 p.m.	June 26 - September 4 Sat. 2:15 - 4:00 p.m.
Dominguez Aquatic Center	June 21 - August 27 Mon. - Fri. 1:00 - 2:45 p.m.	Mon, Wed & Fri 7:30 - 9:00 p.m.	June 26 - September 4 Sat. 12:00 - 1:45 p.m. Sat. 2:15 - 4:00 p.m.
Hemingway Aquatic Center	June 22 - August 28 Mon. - Fri. 1:00 - 2:45 p.m.	Mon. - Fri. 6:00 - 7:30 p.m.	June 27 - September 5 Sat. 12:00 - 1:45 p.m. Sat. 2:15 - 4:00 p.m.
Scott Pool	June 21 - August 27 Mon. - Fri. 1:00 - 2:45 p.m.	June 21 - August 25 Mon. & Wed. 7:30 - 9:00 p.m.	June 26 - August 28 Sat. 12:00 - 1:45 p.m.

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

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.



After School Kids Club Fees

Monday-Friday Regular
2:30-6 p.m. \$40 wkly

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

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

**FEES SUBJECT TO
CHANGE**

CITY OF CARSON
**SUMMER
DAY CAMP**



June 22 - September 4, 2010
FOR BOYS AND GIRLS AGES 5-12

**Fun! Fun! Fun! Games!
Crafts! Snacks! Sports!**

**SUMMER DAY CAMP WILL BE OFFERED MONDAY - FRIDAY
7 A.M. - 6 P.M.* AT THE FOLLOWING FACILITIES ONLY:**

ANDERSON PARK 9101 WILMINGTON AVENUE (310) 603-9850	CALAS PARK 1000 E. 220TH STREET (310) 518-3565	CARRIAGE CREST PARK 23800 S. FIGUEROA STREET (310) 830-5601	CARSON PARK 21411 S. ORRICK AVENUE (310) 830-4925	DOLPHIN PARK 21205 WATER STREET (310) 549-4560
DOMINGUEZ PARK 21330 SANTA FE AVENUE (310) 549-3962	HEMINGWAY PARK 700 E. GARDENA BOULEVARD (310) 538-0019	MILLS PARK 1340 E. DIMONDALE DRIVE (310) 631-3130	SCOTT PARK 23410 CATSKILL AVENUE (310) 830-8310	STEVENSON PARK 17400 LYSANDER DRIVE (310) 952-1745
VETERANS PARK 22400 MONETA AVENUE (310) 864-9255				

7 a.m. - 6 p.m.

TIME	FEES
7 A.M. - 3 P.M.	\$50
7 A.M. - 4 P.M.	\$60
7 A.M. - 5 P.M.	\$65
7 A.M. - 6 P.M.	\$70
8 A.M. - 3 P.M.	\$49
8 A.M. - 4 P.M.	\$55
8 A.M. - 5 P.M.	\$60
8 A.M. - 6 P.M.	\$65
9 A.M. - 3 P.M.	\$44
9 A.M. - 4 P.M.	\$50
9 A.M. - 5 P.M.	\$55
9 A.M. - 6 P.M.	\$60
10 A.M. - 3 P.M.	\$34
10 A.M. - 4 P.M.	\$40
10 A.M. - 5 P.M.	\$45
10 A.M. - 6 P.M.	\$50

**FAMILY DISCOUNTS
AVAILABLE - 2ND CHILD**

LUNCH INCLUDED - DAILY EXCURSION FEES NOT INCLUDED.

For additional information, call Parks and Recreation at (310) 847-3552

FEES ARE SUBJECT TO CHANGE

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.

City of Carson

SUMMER SPORTS SUMMIT



July 22, 2010

Ages 12-17 yrs.

Veterans Park

Individual and Team Competition

For more information, call your local City of Carson park or the City of Carson Parks and Recreation Department at (310) 847-3570, Ext. 3565

CITY OF CARSON

YOUTH GOLF PROGRAM

Beginning Date July 5, 2010
9 a.m.-12 p.m. • Ages 9-13



Learn to Putt, Chip, Drive
(minimum fee required)

Golf Challenge
September 3, 2010

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

Parks and Recreation Department

Youth Anglers Program

Laying line • Casting • Setting offering
• Water safety

July 5 - September 4, 2010



Ages 10-13
(minimum fee required)

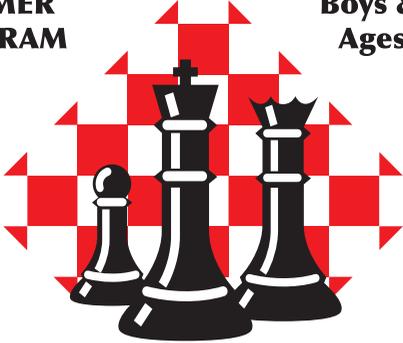
For further information call, (310) 847-3566
Monday through Thursday 10 a.m. - 5 p.m.

City of Carson

Youth Chess Program

Sign Up NOW!

SUMMER PROGRAM **Boys & Girls**
Ages 9-12



Ten Week Session • July 5 - September 4, 2010
Minimum fee required

Instructions include:
strategy, opening game, rules, and regulations, middle game, and end game

For further information call,
(310) 847-3566 (Monday through Thursday)
Parks and Recreation Department

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.

YOUTH ACTIVITIES

Tennis Instruction

We offer a wide variety of tennis classes for junior tennis players, which are taught and directed by qualified recreation leaders. Classes range from the very beginning player to intermediate level players. This class emphasizes the basics: grips, ground strokes, volleys, and serves. Children also learn footwork and the scoring of a tennis match. Tennis classes are offered at the following facilities: Anderson*, Calas, Dolphin, 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.
• Carriage Crest	Tues/Thurs	6-7:30 p.m.
• Carson	Tues/Thurs	6-7 p.m.
• Dolphin	Tues/Wed/Thurs/Fri/Sat	6-7:30 p.m./10 a.m.-12 p.m.
• Del Amo	Tues/Thurs	6-8 p.m.
• Dominguez	Mon/Fri	5:30-7 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 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.
• Dolphin	Mon/Wed	3-4 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 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.

Rangers

• Calas	Calas Rangers	Thurs	6-7 p.m.
• Dominguez	Dominguez Rangers	Wed	6-7 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	4-5 p.m.
• Carriage Crest	Wed	4-5 p.m.
• Carson	Wed	6:30-7:30 p.m.
• Del Amo	Fri	5-6 p.m.
• Dolphin	Thurs	3-4 p.m.
• Dominguez	Wed	6-7 p.m.
• Hemingway	Fri	5-6 p.m.
• Veterans	Wed	4:30-5:30 p.m.
• Stevenson	Thurs	4:30-5:30 p.m.



Dance Classes

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

• Anderson/2 Age Division	Mon	6:30-7:15 p.m.
• Calas	Mon/Wed	6-8 p.m.
• Del Amo	Mon/Wed	6-7 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.

Music Classes

Music Workshops		
• Calas	Thurs	6-7 p.m.
	Sat	10-11 a.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

Beginning Chess

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

Adult Fitness

Saturday	9-10 a.m.	Anderson Park
Saturday	9-10 a.m.	Hemingway Park

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 8:30-10:30 p.m. Stevenson Park Gymnasium
 Seniors 55 and older FREE (310) 952-1745

Adult Walking Class

Tuesday / Thursday 6:30-7:30 p.m. Anderson Park

Walking Club

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

Adult and Youth Karate & Kempo

Monday / Tuesday	7-8 p.m.	Stevenson Park	Adult Beginner
Monday / 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

Movie Night

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

Adult Line Dancing

Saturday 9:30 p.m. Anderson 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.

Beginning Boxing

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

Teens in the Kitchen

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

Table Tennis League

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



B O X I N G

FABELA CHAVEZ BOXING/FITNESS CENTER

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

HOURS

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

Fees:

Adults	Monthly Membership
Youth (10-17 yrs)	\$20
Children (8-9 yrs)	\$15
Daily Rate	\$15
	Youth/\$2 Adult/\$4

Beginning Boxing

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

Beginning Weightlifting

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

Intermediate Boxing

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

Intermediate Weightlifting Training

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

Advanced Boxing

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

Advanced Weightlifting

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

YOUTH SPORTS

SUMMER PROGRAM 2010

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.



Girls and Boys Volleyball Clinic

When: Saturday, August 14, 2010 Where: Veterans SportsComplex
 Time: 9 a.m. – 3 p.m. Ages: 7 – 16 Fee: \$25
 Pre-register by Saturday, July 10, 2010 (fee is \$20)
 Includes: T-shirt and lunch
 Instructors: Starlings Volleyball Coaches and College Athletes



Girls Softball Clinic

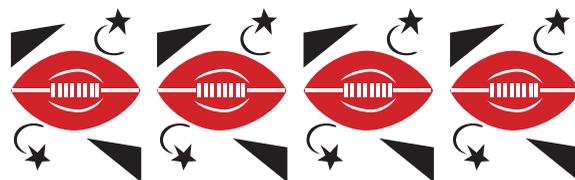
When: Saturday, July 24, 2010 Where: Stevenson Park
 Time: 9 a.m. – 3 p.m. Ages: 7 – 16 Fee: \$25
 Pre-register by Saturday, July 17, 2010 (fee is \$20)
 Includes: T-shirt and lunch
 Instructors: Professional and College Athletes



Girls and Boys Basketball Camp

Session I - When: Monday, August 2 – Friday, August 6, 2010
 Where: Stevenson Park Gym Time: 9 a.m. – 3 p.m. Ages: 7 – 16
 Fee: \$100
 Instructors: Max Ward, Larry Hauser, and College Athletes

Session II - When: Monday, August 9 – Friday, August 13, 2010
 Where: Scott Park Gym Time: 9 a.m. – 3 p.m. Ages: 7 – 16
 Fee: \$100
 Instructors: Max Ward, Larry Hauser, and College Athletes



Football Clinic

When: Saturday, August 7, 2010 Where: Veterans Park Time: 9 a.m. – 3 p.m.
 Ages: 7 – 16 Fee: \$15
 Pre-register by Thursday, July 29, 2010 (fee is \$10) • Includes: T-shirt and lunch
 Instructors: So. Cal. Polynesian Sports, Power Coaches Inc., Professional, and College Athletes

Baseball Clinic

TBD
 Ages: 7 – 16

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, 2009, 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, 2009, to officiate flag football and soccer.

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 Recreation Division at (310) 847-3570





VETERANS
SPORTS COMPLEX
3 1 0 • 8 3 0 • 9 9 9 1



MEMBERSHIP RATES

Annual Memberships

	Registration	New member	Renewal
Individual	\$30	\$210	\$150
Senior Citizen	\$20	\$120	\$100
Family	\$50	\$320	\$250

30-day Memberships

	Registration	New member	Renewal
Individual	\$10	\$35	\$25
Senior Citizen	\$5	\$20	\$20
Family	\$15	\$55	\$45

Daily Guest Rates

	6 a.m. -3 p.m.	3 p.m. - close	Set-up Fee
Individual	\$5	\$10	\$10

ALL FEES ARE SUBJECT TO CHANGE



10% Discount for Veterans

HOURS OF OPERATION

Facility

Monday-Friday 6 a.m. - 9 p.m.
Saturday 7 a.m. - 6 p.m.
Sunday 8 a.m. - 5 p.m.

Business Office

Monday-Friday 8 a.m. - 8 p.m.
Friday 8 a.m. - 7 p.m.
Saturday 8 a.m. - 1 p.m.
Sunday 9 a.m. - 1 p.m.



VETERANS SPORTS COMPLEX

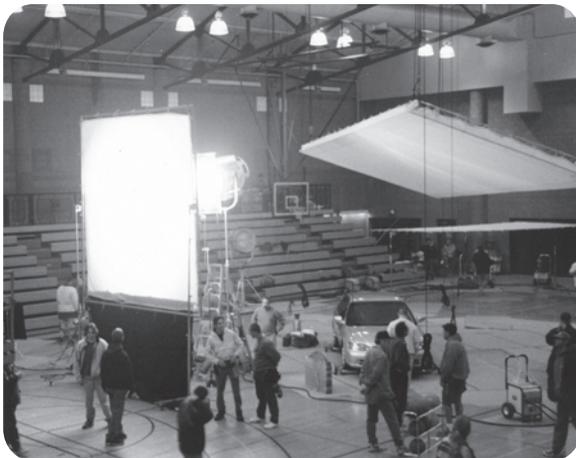
**RATES AS LOW AS
\$20 PER HOUR!**



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

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

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



FACILITIES AVAILABLE FOR RENTAL



**NBA Regulation
Basketball Court**



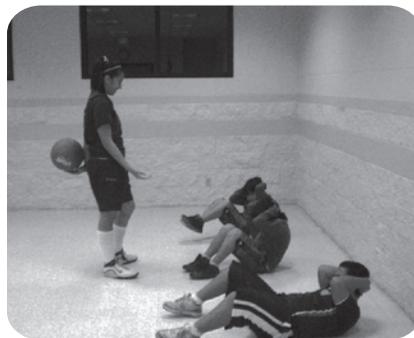
**Banquet Halls and
Recreation Rooms**



**Racquetball
Courts**

VETERANS SPORTS COMPLEX

YOUTH CLASSES



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

ADULT CLASSES

- Muscle Conditioning
- Salsa
- Adult Kempo
- Step & Pilates
- Corepole Training
- Hatha Yoga
- Indoor Cycling
- Lower Body Conditioning
- Low-Impact Aerobics
- Resist-A-Ball



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

VETERANS SPORTSCOMPLEX

COMING SOON! NEW LIFE FITNESS CARDIO EQUIPMENT



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



Instructor Spotlight



Charlene Pinzon Craigen

joined the Veterans SportsComplex team of Group Exercise Instructors in February 1999. She has been teaching aerobics for 14 years. She is a certified Personal Trainer and a Massage Therapist by day and a Group Exercise Instructor with the SportsComplex by night. Her specialty is Hatha Yoga which focuses on brathing and postures. The benefits of Hatha Yoga are: creates more circulation for better stamina, prevents/decreases muscle soreness, heats up blood supply to help flexibility, and brings more awareness. Charlene is currently certified as a group fitness instructor, personal training with American Council on Exercise (ACE), and certified as a Schwinn Indoor Cycling instructor. This summer she will be teaching her Ori Tahiti (Tahitian Dance) class as another form of exercise. This class is a six week class offered for the summer only. This class will be danced to live drumming to create a dance piece that will be a fun experience in a fun and supportive environment. Come and check us out.

ADULT PARK ACTIVITIES

A D U L T S P O R T S

Parent's Night Out

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



Coed Softball

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

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



8 Man Soccer

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

Adult Fitness

Hemingway Park offers an Adult Fitness 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. also: **Anderson Park**, Wed., Tue. & Thur. at 6:30 p.m. Call Stevenson Park for schedule. **Stevenson Park**, Sat. 11 a.m.-12:30 p.m.

SUMMER PROGRAM

The Adult Sports Section will be offering a variety of leagues and tournaments during the summer 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 .

Summer Open Basketball Cost: \$275 per team
Registration: July 6 - August 3 Play begins: August 11

Fall Men's Softball Cost: \$399 per team
Registration: August 1 - September 15 Play begins: September 17

Fall Coed Softball Cost: \$399 per team
Registration: August 1 - September 15 Play begins: September 18



Fall Men's Flag Football Cost: \$299 per team
Registration: August 3 - September 17 Play begins: September 20

Volunteers

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

Thanks

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



DISABILITY AND ACCESSIBILITY ISSUES

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

City of Carson Parks and Recreation Department

Attn: Cedric L. Hicks, Sr., Recreation Superintendent, 2400 E. Dominguez St., Carson, CA 90810 or call (310) 847-3570.

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.

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: \$30.00 Non-residents \$35.00

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

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

Instructor: Youth Services Officers

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

Community Center

• Parent Project Program

(10 Days / 20 Hours)

Adults: Residents: \$42.00 Non-residents \$47.00 (Open Enrollment)

A 20 hour course conducted on Tuesday evenings, for a 10 week period. Classes are presented by experienced facilitator. This course is designed for parents of strong-willed adolescents (middle or high school age youths).

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

Instructor: Dennis Rodriguez, YSO/Arthur Williams / Maria Robles (Español)

Tuesday: 5 - 7 p.m.

Community Center

• Anger Management For Teens

(8 Days / 12 Hours)

Youth (Ages 12 to 17 years old)

Residents: \$20.00 Non-residents \$25.00

A 12 hour course conducted on Tuesday afternoons, 4:30 to 6 p.m., for an 8-week period, and one required 2-hour Parent Enrichment class. 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: \$20.00 Non-residents \$25.00

A 16 hour course conducted on Wednesday afternoons from 4 p.m. - 6 p.m., for an 8-week period, required one 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 accommodates those adolescents referred by the courts, schools, or the Probation Dept. to complete a Drug Awareness and Prevention course. *Drug Testing is also available for an additional fee paid to clinic conducting the test. **Drug Testing is \$15.00 Per Test.**

Registration: Call Dennis Rodriguez, YSO 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) Cost: \$40 (50 hours or less) Must meet Youth Services Program Criterion

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

Contact Person(s): ANY YOUTH SERVICES OFFICER

Registration: Call (310) 952-1700, 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 Officer	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 2010 CLASS SCHEDULE

Parent Project Classes Day: Tuesday/Times: 5-7 p.m. Total Hours: 20 Hrs	Anger Management For Teens Day: Tuesday/Times: 4:30-6 p.m. Total Hours: 12 Hrs	Drug/Alcohol Awareness & Prevention Classes Day: Wednesday/Times: 4-6 p.m. Total Hours: 16 Hrs	Youth & The Law Program Day: Mon/Wed/Thurs. Times: M&Th: 4-6 p.m. Wed: 3:30-7:30 p.m.
Track 3: Jul. 13 - Sept. 21 Track 4: Oct. 5 - Dec. 14 **Open Enrollment	Track 3: Jul. 13 - Aug. 24 Track 4: Oct. 5 - Nov. 17 *No December Classes	Track 3: Jul. 7 - Aug. 25 Track 4: Sep. 22 - Nov. 10 *No December Classes	Track 7: Jul. 19, 21, 22 Track 8: Aug. 16, 18, 19 Track 9: Sep. 20, 22, 23 Track 10: Oct. 18, 20, 21 Track 11: Nov. 15, 17, 18 Track 12: Dec. 13, 15, 16

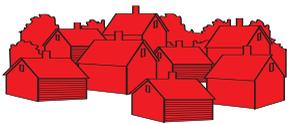
SPECIAL NOTICE



The Special Interest Class Program and all Fine Arts Programs & Activities are temporarily suspended.



Thank you for your cooperation and patience.



For comments or questions, call the **Special Interest Office** at (310) 952-1782 or the **Fine Arts Office** at (310) 952-1705.



EARLY CHILDHOOD PROGRAM



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.

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.



CLASS SCHEDULE

ALL DAY PROGRAM

Monday – Friday
7 a.m. – 6 p.m. \$125.00 a week
8 a.m. – 5 p.m. \$100.00 a week

HALF DAY PROGRAM

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

OPTION II:

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

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

Fees:
2 days/wk \$18 a week
3 days/wk \$27 a week
5 days/wk \$45 a week

Fees are paid every 4 weeks

All Fees Are Subject To Change

EARLY CHILDHOOD



OPTION III: Park Preschool

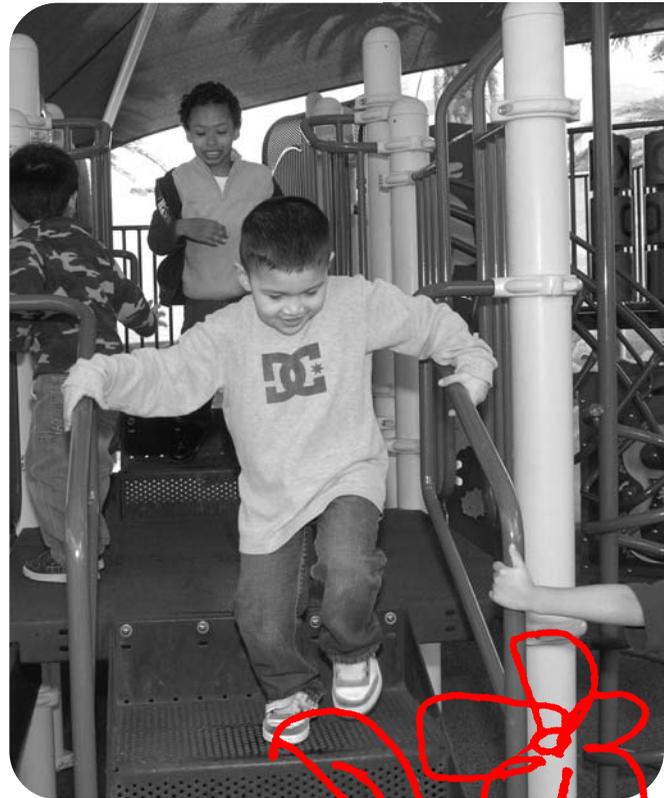
Park Facility	Time	Days
• Anderson	8 a.m.-12 p.m.	M/W/F
	8 a.m.-12 p.m.	T/Th
• Calas	8 a.m.-12 p.m.	M/W/F
	8 a.m.-12 p.m.	T/Th
• Del Amo	8 a.m.-12 p.m.	M/W/F
	8 a.m.-12 p.m.	T/Th
• Hemingway	8 a.m.-12 p.m.	M/W/F
	8 a.m.-12 p.m.	T/Th
• Scott	8 a.m.-12 p.m.	M/W/F



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

State licensing pending for the parks listed.

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



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



Free Nutrition Classes

We are now offering nutrition classes for 11-week sessions (must have enough enrolled to begin). Classes are available once a week for those who are interested in learning how to cook and eat the right portions of food for you and your family and also how to read labels from food packages that will show you how to live a healthier and longer life. Classes are (sponsored by Harbor UCLA Medical Department of Family Medicine). No charge however donations are encouraged. Classes held on Thursdays starting April 8, 2008; 2-3:30 p.m. For more Information please, call (310) 952-1775.

Case Management & Home Services

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

Geriatric Aide Program

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

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

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 12-week sessions throughout the year on Wednesday or Thursday, 10 a.m.-12 p.m. and 12:15-1:15 p.m. drop-ins, at the Congresswoman Juanita Millender-McDonald Community Center. For more information, call (310) 952-1775.

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.

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. A representative from the Los Angeles County Public Social Services is here the first Tuesday and third Thursday of each month from 9 a.m.-12 p.m. to help fill out applications with Medi-Cal and Food stamps. No appointment needed walk-ins welcome first served. For more information, call (310) 835-0212 ext 1467.

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. Classes begin February 22, 2010 and space is limited. 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. 1st & 3rd Wednesday of the month 10:00 a.m.-12:30 p.m.

Legal Referral

There are many types of legal referral services available.

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.

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.

Financial Counselor

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

SENIOR RECREATION

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



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

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 unstructured class meets every Tuesday and Friday from 9 – 11 a.m.

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.

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

PiYo Class – 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.

SENIOR RECREATION

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

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. 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. July 26 & 27, 2010. Cost: \$12.00 members - \$14.00 non-members. Class time: 9 a.m. - 1 p.m. For more information, call (310) 835-0212, ext. 1478.

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

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

DANCE

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



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

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

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

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

SENIOR RECREATION



CLUBS

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

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

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

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

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

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

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

EXCURSIONS

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

Santa Monica Farmers Market Promenade & Pier

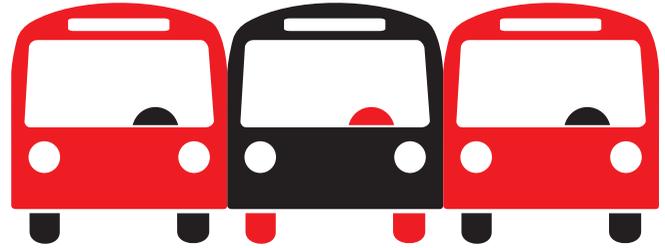
Wednesday, July 21st

Bus departs- 8am at Dominguez Park or Congresswoman Juanita Millender-McDonald Community Center at 8:30AM

Bus returns at 5pm

Cost:\$8.00 Per person includes parking and treats.

Lunch is on your own



Pechanga Casino VIP Senior Club

Monday, August 2, 2010

But leaves from Congresswoman Juanita Millender-McDonald Community Center at 8am returns at 4pm

Cost: \$10.00

For information call Tiny Cook (310) 347-7929

Refunds given if canceled 10 days before trip

Viejas Casino & Bingo TLC trip

Tuesday, August 10, 2010

Cost : \$12.00

Coupon book will be given

Leaves the Congresswoman Juanita Millender-McDonald Community Center at 7:30am returns at 6:30pm

Please call Jean Aiken(310) 329-5909

Or Betty Hennon (310) 608-7531

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.

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.

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.

Monday & Wednesday - Chester Craft (L)
Tuesday, Thursday, & Friday - Paul Jones (R)



Introduction to PC's

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

Basics of Word Processing

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

Excel

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

Beginning Internet

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

Intermediate Internet

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

Advanced Computer Class

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

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

Each course is twelve (12) sessions.

Attendance is mandatory.

Next classes start July 12 - Oct 1, 2010.

JOSEPH B. O'NEAL, JR. STROKE CENTER

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

J.B.O. Jr. Fitness Center

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

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:



- **July 9, 2010 - Patriotic Dance**
- **August 13, 2010 - Aloha Dance**
- **September 10, 2010 - Western Dance**

Special Olympians

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

September 4th
Bowling Tournament
Bowl-O-Drome

Bowling Program

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

Arts and Crafts

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

Exercise Class

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



Basic Classroom Skills

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

Monthly Calendar

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

Carson Special Needs Parent Association

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

Variety Club

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

Development Services Group

Transportation Services Division

3 Civic Plaza, Carson, CA 90745

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



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

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



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

Join us for the 2011 Tournament of

Roses Parade

Enjoy the excitement of New Year's morning in the tradition and pageantry of magnificent floral floats, high-stepping equestrian units and spirited marching bands at the 2011 Rose Parade in Pasadena, California. Avoid the crowds and the hassle, ride in style with us.

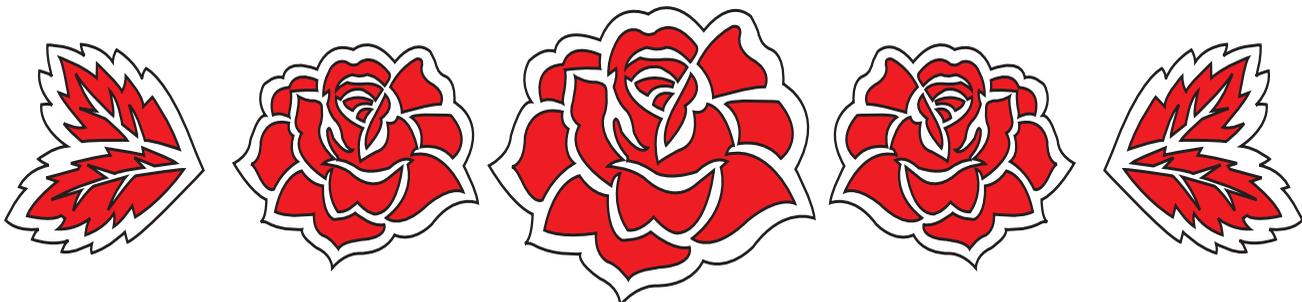
Saturday, January 1, 2011

5 A.M. to 12 noon (Board bus at 4:45 A.M.)

Only \$90 per person

(The price includes reserved mid-route grandstand seating and ground transportation)

Reserve your seat by sending or bringing a check paid payable to the City of Carson to the Juanita Millender-McDonald Community Center, 801 E. Carson Street, Carson, CA 90745
For more information, please call Transportation Services Division at (310) 835-0212





Are you up for an exciting fun filled adventure?

Join us as we travel to popular destinations on public buses throughout Los Angeles and Orange counties. Our new "Learn to Ride the Bus" series is designed to teach you how to use public transit to get around the South Bay and Los Angeles County.

The series includes fun filled day trips and short lectures on how to ride the MTA, Torrance Transit, Long Beach Transit, the Gardena Municipal Bus, and of course, the Carson Circuit and North South Shuttle. We will teach you how to read a bus schedule, how to visit popular destinations conveniently located on bus routes and how to travel safely and confidently by bus.

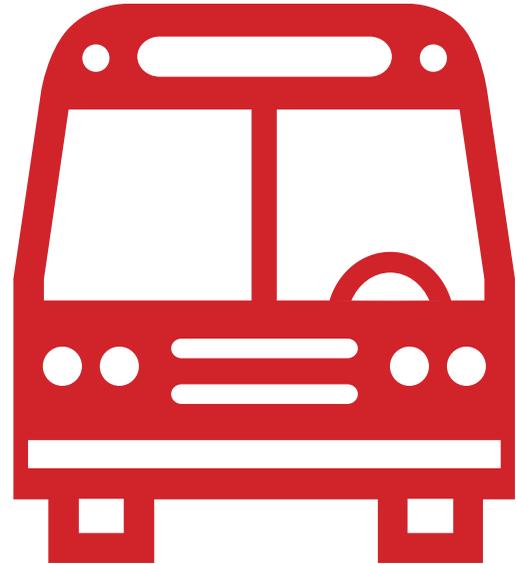
Make new friends as you explore GREAT local fun spots by bus. City staff will serve as your personal escort, until you feel comfortable enough to travel on your own. To reserve your spot, call us at (310) 835-0212, extension 1489 and we will add your name to the trip register.

Make new friends as you explore GREAT local fun spots by bus. City staff will serve as your personal escort, until you feel comfortable enough to travel on your own. To reserve your spot, call us at (310) 835-0212, extension 1489 and we will add your name to the trip register.

Date	Day	Trip	Bus Lines
Aug 13, 2010 9 AM to 3 PM	Fri	Del Amo 18 Movie Theater, Torrance, CA (You pick the movie. \$9 cost payable upon arrival)	Torrance Transit Line 3
Sept 17, 2010 8 AM to 7 PM	Fri	Downtown Los Angeles & Hollywood, CA (Eating at Olvera Street and sightseeing)	MTA Blue & Red Lines
October 22, 2010 9 AM to 5 PM	Fri	Getty Museum (Museum is FREE)	MTA Blue and Green Lines & Culver City
Jan 2, 2011 8 AM to 6 PM	Sat	Rose Parade Float Viewing in Pasadena, CA (Entrance fee of \$7 per person payable upon arrival)	MTA Blue, Red & Gold Lines

**The success of our series will depend upon your participation and involvement.
On behalf of staff, we look forward to hearing from you soon!**

For more information, call (310) 835-0212, Extension 1489.



TRANSPORTATION

The NORTH/SOUTH SHUTTLE is a community program sponsored by the City of Carson, providing bus service to neighborhoods along the western boundary of the City with connections to the Carson Circuit and regional bus service to Torrance Transit and the MTA bus lines.

SCHEDULE

The bus runs every 50 minutes:

Monday - Friday 5:20 am to 6:03 pm

(The last bus from Artesia Transit Center leaves at 5:50 pm)

Saturday 10:45 am to 4:54 pm

(The last bus from Artesia Transit Center leaves at 4:10 pm)

The schedule shows the times the bus reaches 10 major stops. To tell when the bus reaches a stop not listed, find the times on the schedule for the major stops immediately before and after it. The bus will arrive at the stop between these two times.

The North/South Shuttle does not operate on Sundays, Thanksgiving Day or Christmas Day.

ROUTE

The North/South Shuttle runs in a loop and departs every fifty minutes from Artesia Transit Center located on 182nd Street/Albertoni. Carson Circuit connections also run in a loop. Regional bus lines run in both directions.

FARES *(exact change required)*

- Regular 50¢
 - Elderly and Disabled *(with city-issued ID)* FREE
 - Carson Monthly Pass \$20
 - MTA EZ Transit Monthly Pass *(General)* \$58
 - MTA EZ Transit Monthly Pass *(Senior/Disabled/Medicare)* \$29
 - Transfers to Carson Circuit routes FREE
 - Transfers to regional bus or rail lines 25¢
- (The shuttle bus is equipped to transport wheelchair occupants.)*

FOR MORE INFORMATION

Carson Monthly Passes (310) 952-1723
 MTA EZ Transit Monthly Passes (800) COMMUTE
 Elderly & Disabled, Lost & Found, Complaints (310) 835-0212
 TTY *(hearing impaired)* (800) 252-9040
 or write to: North/South Shuttle
 Transportation Services Division
 3 Civic Plaza, Carson, CA 90745

NORTH/SOUTH SHUTTLE SCHEDULE

Effective June 19, 2006

Artesia Transit Center	Main & Victoria	Main & Torrance	Main & 218th	Sepulveda & Main	Lomita & Avalon	Main & Lomita	Figueroa & Sepulveda	White Middle School	Carson Town Center-Figueroa	Artesia Transit Center
5:20	5:25	5:29	5:33	5:39	5:43	5:46	5:48	5:52	5:54	6:04
6:10	6:15	6:19	6:23	6:29	6:33	6:36	6:38	6:42	6:44	6:54
7:00	7:05	7:09	7:13	7:19	7:23	7:26	7:28	7:32	7:34	7:44
7:50	7:55	7:59	8:03	8:09	8:13	8:16	8:18	8:22	8:24	8:34
8:40	8:45	8:49	8:53	8:59	9:03	9:06	9:08	9:12	9:14	9:24
9:55	10:00	10:04	10:08	10:14	10:18	10:21	10:23	10:27	10:29	10:39
10:45	10:50	10:54	10:58	11:04	11:08	11:11	11:13	11:17	11:19	11:29
11:35	11:40	11:44	11:48	11:54	11:58	12:01	12:03	12:07	12:09	12:19
12:25	12:30	12:34	12:38	12:44	12:48	12:51	12:53	12:57	12:59	1:09
1:15	1:20	1:24	1:28	1:34	1:38	1:41	1:43	1:47	1:49	1:59
2:05	2:10	2:14	2:18	2:24	2:28	2:31	2:33	2:37	2:39	2:49
3:20	3:25	3:29	3:33	3:39	3:43	3:46	3:48	3:52	3:54	4:04
4:10	4:15	4:19	4:23	4:29	4:33	4:36	4:38	4:42	4:44	4:54
5:00	5:05	5:09	5:13	5:19	5:23	5:26	5:28	5:32	5:34	5:44
5:50	5:55	5:59	6:03							

SATURDAY SCHEDULE



Carson Veterans Monument

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

Carson Veterans Wall

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

DID YOU KNOW THESE ORDINANCES EXIST?

ORDINANCE 95-1055: NEW PARK CLOSURE HOURS

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

ORDINANCE 95-1056:

MANDATORY PICNIC SHELTER PERMIT

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

ORDINANCE 95-1057:

USE OF CITY PARKS BY LARGE GROUPS

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

ORDINANCE 95-1058:

USE OF AMPLIFIED MUSIC IN PARKS

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

ORDINANCE 41107:

SMOKING PROHIBITED IN PARKS

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

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

SIGN UP NOW AND GET THE LATEST ON CARSON IN YOUR COMPUTER!!!

Carson's E-Newsletter is an electronic supplement to the Carson Report and is e-mailed to you so you get up-to-date information on: Items on the City Council agenda, actions taken by the City Council, upcoming events and valuable tips to all residents.



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Yes Add me to the E-Newsletter e-mail list.

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Name: _____

Address: _____

Tel. No. _____

Please return this form to the City of Carson Public Information Office at Carson City Hall, 701 E. Carson, CA 90745 or fax to (310) 549-1466.

You may also sign up via the City of Carson's website

at <http://ci.carson.ca.us>

Info: **(310) 952-1740**

SPECIAL INFORMATION

“SENIOR CITIZENS, YOU HAVE A VOICE”

The Carson Senior Citizens
Advisory Commission
invites you to attend its
meetings to present your
ideas for a better life.



*Please join us and discuss ways
to help better your community.*

Where: Congresswoman Juanita Millender-McDonald
Community Center

Date: The 2nd Monday of each month

Time: 4 p.m.

**TALK TO US...WE ARE LISTENING
BECAUSE WE CARE**

Volunteers: “Carson Wants You”

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

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

CARSON CENTER

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



(310) 835-0212

801 East Carson Street,

Carson, California 90745

www.carsoncenter.com

RECREATIONAL FACILITIES

your guide to Carson's parks and recreational facilities

City Facilities	Acres	Facilities																			
		Ballfields	Basketball Courts	Boxing Equipment	Children's Play Area	Football Field	Frisbee Golf cours	Gymnasium	Horse-shoes	Meeting / Craft Rooms	Picnic Areas	Snack Bar	Soccer Field	Swimming Pool	Tennis Courts	Volleyball Courts	Wading Pools	Fitness Center	Racquetball Courts	Skate Park	Multi-purpose
Anderson Park 19101 Wilmington Ave. 603-9850 / 603-9878	8		2L		•		•			2	•				4L		•				
Calas Park 1000 E. 220th St. 518-3565 / 518-3566	9	1L	1L		•	•			•	2	•	•	•		2L		•				
Carriage Crest Park 23800 S. Figueroa St. 830-5601 / 830-5608	4	1L	1L		•	•				1	•	•	•								
Congresswoman Juanita Millender-McDonald Community Center 3 Civic Plaza Dr. 835-0212	31,000 sq. ft.									26											•
Carson Park 21411 S. Orrick Ave. 830-4925 / 830-4998	11	2L	2L		•	•			•	2	•	•	•								
Carson Pool 21436 S. Main St. 830-1053													•								
Del Amo Park 703 E. Del Amo Blvd. 329-7717 / 329-6309	10	2L	1L		•	•				2	•	•	•								
Dolphin Park 21205 Water St. 549-4560 / 549-4857	12	2L	1L		•	•				2	•	•	•		2L	•	•				
Dominguez Park/ Aquatic Center 21330 Santa Fe Ave. 549-3962 / 830-8994	9	1L	1L		•	•	•			2	•	•	•	•	2L						
Friendship Mini Park 21930 S. Water St. NONE	0.3				•						•										
Hemingway Park 700 E. Gardena Blvd. 538-0018 / 538-0019 Hemingway Aquatic Center 16605 San Pedro St.	13	1L 1U	1L 1U		•	•	•		•	2	•	•	•	•	2L						
Mills Park 1340 E. Dimondale Dr. 631-3130	5				•	•	•			2	•						•				
Scott Park 23410 Catskill Ave. 830-8310 / 830-8311 (Location of Fabela Boxing Center)	13	2L	1L	•	•	•			•	4	•	•	•		2L	•		•			
Scott Pool 23410 Catskill Ave. 549-9051													•								
Stevenson Park/Gym 17400 Lysander Dr. 952-1745 952-1745 Gym	13	2L	1L		•	•		1		2	•	•	•		2L	•		•			•
Walnut Street Mini Park 440 E. Walnut St. NONE	1.5		2U		•						•										
Veterans Park/Skate Park 22400 Moneta Ave. 830-4185 / 830-1369	12	2L	8L		•	•			•	2	•	•	•		2L		•			•	•
Veterans SportsComplex 22400 Moneta Ave. 830-9991 sq. ft.	25,000 sq. ft.		6L					2		1						•		•	•		•
Perry Street Mini Park 215th and Perry	2				•						•										

SPECIAL INFORMATION

LIGHTED = L UNLIGHTED = U

PUBLIC INFORMATION OFFICE-CARSON
701 East Carson Street
Carson, CA 90745

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10•23•10

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3 mile run • 12 mile ride • 200 meter pool swim

Organized by



Race features

- Start and finish on the California State University Campus
- Short-sleeved technical race shirt
- Professional chip timing
- Finisher medal
- Ticket to the 10/23/10, 8:00 p.m. • Chivas game vs. Chicago
- Exceptional vendor area

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