



**PARKS,
RECREATION &
HUMAN SERVICES
GUIDE**

JULY • AUGUST • SEPTEMBER 2011

**City of Carson Receives Grant to
Pilot Youth Golf Program**

Story in Carson Report, page 4



TABLE OF CONTENTS

Parks and Recreation 3-18

Youth Services 19

Human Services 20-30

Transportation 31-34

Special Information 35-36

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

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

A MESSAGE FROM THE CITY TREASURER

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

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

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



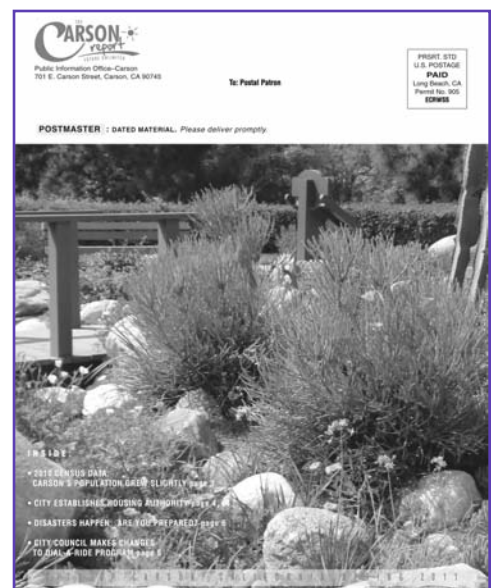
Welcome to the summer issue of the Parks, Recreation and Human Services Guide and Carson Report flip-book!

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/departments/publicinformation>



NJTL Tennis for Kids



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) 952-1705.



Location	Days	Times	Start Date	Ages	Cost
Anderson Park	M/W	9:00-11:00 AM	July 6, 2011	8-17	\$10.00
Calas Park	T/TH	5:00-7:00 PM	July 5, 2011	8-17	\$10.00
Dolphin Park	M/W	9:00-11:00 AM	July 6, 2011	8-17	\$10.00
Dolphin Park	M/W	5:00-7:00 PM	July 6, 2011	8-17	\$10.00
Veterans Park	M/W	3:00-5:00 PM	July 6, 2011	8-17	\$10.00
Veterans Park	T/TH	5:00-7:00 PM	July 5, 2011	8-17	\$10.00
Veterans Park	F	5:00-7:00 PM	July 8, 2011	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	for first 2 hours	\$345	\$400	for first 2 hours
\$70	\$85	each additional hour	\$125	\$150	each additional hour

Plan B (76 to 150 persons)

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

Plan C (151 to capacity)

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

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



<http://recreation.carson.ca.us/aquatics>
Download flyers, registration forms, and pool schedules. Updated/new information will be posted on Monday, April 11, 2011.

City of Carson Water Safety Instructor CLASS



Applicants must be at least 16 years of age by Saturday, October 29, 2011, in good health, able to swim the front crawl, back crawl, elementary backstroke, sidestroke, breaststroke, and butterfly in good form, and able to pass practical and written tests.

Upon successful completion of the course, students may apply for Swim Instructor II positions to teach swim lessons and aquatic activities within the City of Carson for the 2012 season.

OCTOBER 17 TO 29, 2011

Monday	October 17	5 p.m. - 8 p.m.
Saturday	October 22	8 a.m. - 6 p.m.
Sunday	October 23	8 a.m. - 6 p.m.
Monday	October 24	5 p.m. - 8 p.m.
Saturday	October 29	8 a.m. - 6 p.m.

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

Cost: \$150

Water Safety Instructor (WSI) Training Packet not included. (Purchase WSI Packet at your local American Red Cross for \$55) Limited number of spaces available, so register early.

For more information or to register, contact the Aquatics Office at (310) 847-3578

Scott Pool
23410 Catskill Avenue
Carson, CA 90745

Parks and Recreation Department

CITY OF CARSON 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

APPLICANTS MUST BE:

- At least 15 years of age by Saturday, October 9, 2011
- In good health
- Able to complete the course pre-test of a 500-yard swim of combined breast stroke/freestyle/side stroke
- Able to retrieve a 10 lb. diving brick from the deep end and swim 25 yards with the brick

Upon successful completion of the course, students will be eligible to apply for positions with the City of Carson Aquatics Program for the 2012 season.

Pay Rate: \$10.46 • \$16.44



SEPTEMBER 26 - OCTOBER 9, 2011

MONDAY	SEPTEMBER 26, 2011	6:00 P.M. - 8:00 P.M.
SATURDAY	OCTOBER 1, 2011	8:00 A.M. - 6:30 P.M.
SUNDAY	OCTOBER 2, 2011	8:00 A.M. - 6:30 P.M.
SATURDAY	OCTOBER 8, 2011	8:00 A.M. - 6:30 P.M.
SUNDAY	OCTOBER 9, 2011	8:00 A.M. - 6:30 P.M.

***Participants must attend every class**

Cost: \$135 • Book \$35

(Purchase lifeguarding book at your local American Red Cross)

**For more information or to register, please contact
AQUATICS PROGRAM (310) 847-3578**

Parks and Recreation Department

City of Carson presents
14th Annual

*Deck & Water Games
Fun For All*

Treasure Island Day Saturday July 30, 2011

For All Ages

Where:

Dominguez
Aquatic Center
21330
Santa Fe Avenue

\$3 per session

2 sessions
**11 a.m. - 1 p.m.
and
2 - 4 p.m.**



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

AQUATICS

SWIM LESSON SESSION DATES



Monday - Friday lessons:

All Pools Open

- I June 27 – July 8
- II July 11 – July 22
- III July 25 – August 5
- IV August 8 – August 19
- V August 22 – September 2
- VI September 5 – September 16 (evening only)

Saturday lessons:

Carson Pool and Dominguez Aquatic Center

- S I June 25 - July 23
 - S II August 6 - September 3
- 50-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 the 2010 aquatic programming.

Registration forms will be available for download online starting Monday, April 11, 2011, on the Aquatic webpage. You can access the Aquatic webpage by typing in the following url in your browser (<http://recreation.carson.ca.us/aquatics>).

Mail-in registration forms will also be available at the parks and at the Corporate Yard starting Monday, April 18, 2011.

Aquatics will be excepting Mail-in registration forms starting Monday, May 2, 2011.

If you have any questions on how to fill out the mail-in registration form, please call the Aquatics office at (310) 847-3578.

Walk-in Registration:

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

June 21 – June 22	Tues. – Wed.	3:00–7:00 p.m.
June 18	Saturday	1:00–4:00 p.m.
June 27 – Sept. 2	Mon. – Fri.	9:00 a.m.–noon*
June 21 – August 28	Mon. – Fri.	3:30–6:30 p.m.*

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

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

SWIM LESSON FEES



Mon/Wed/Fri	Resident	Non-Resident
Adult / 1st Child	\$32	\$37
2nd Child	\$29	\$34
3rd Child	\$26	\$30
Tues/Thur		
Adult / 1st Child	\$22	\$25
2nd Child	\$20	\$23
3rd Child	\$18	\$20
Saturday		
Adult / 1st Child	\$27	\$31
2nd Child	\$25	\$29
3rd Child	\$23	\$27

Private Swim Lessons:

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



SCHOLARSHIPS

Accepting scholarship applications - **Monday, May 2, 2011**

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 2**, at the pools during registration hours, or by downloading the application from the Aquatics webpage. For more information, call the Aquatics office at (310) 847-3578, or call the pools directly after **June 27, 2011**.

AQUATICS

POOL SCHEDULES

Schedules and Classes are Subject to Change

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

Monday - Friday

9:00 – 9:50 a.m.	Swim Lessons
10:00 – 10:50 a.m.	Swim Lessons
10:00 – 11:00 a.m.	Dive Team
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

Monday / Wednesday / Friday

7:00 – 8:00 p.m.	Aqua Aerobics / Lap Swim
7:00 – 8:00 p.m.	Adult Swim Lessons

Tuesday / Thursday

7:00 – 8:30 p.m.	Recreation Swim
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Saturday

9:00 – 9:50 a.m.	Swim Lessons
10:00 – 10:50 a.m.	Swim Lessons
11:00 a.m. – 11:50 a.m.	Swim Lessons
12:00 – 12:50 p.m.	Swim Lessons
1:00 – 2:30 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
9:00 – 10:00 a.m.	Aqua Aerobics / Lap Swim

Tuesday / Thursday

9:00 – 10:00 a.m.	Recreation Swim
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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

Tuesday / Thursday

9:00 – 10:00 a.m.	Senior Program
9:00 – 11:00 a.m.	Synchro

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 Ave., 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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SPECIALTY CLASSES AND PROGRAMS

Partial scholarships may be available
ALL FEES SUBJECT TO CHANGE

Dive Team

Carson Pool

June 27 - September 2 Mon. - Fri., 10 - 11 a.m.

Fee: Resident \$40 / Non-Resident \$60

This LA84-assisted team trains daily. Learn springboard diving skills on a 1-meter board. No experience necessary.

Prerequisite: Level-3 card or equivalent skills

Junior Lifeguard (ages 12 - 17)

June 27 - September 2 Mon/Wed/Fri 4-6 p.m. **Scott Pool,**

Dominguez Aquatic Center, & Hemingway Aquatic Center

Fee: Resident \$100 / Non-Resident \$125

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

AQUATICS

Mini Guards (Ages 9 - 11)

June 28 - September 1 Tues/Thurs 4-6 p.m. **Scott Pool & Dominguez Aquatic Center**

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

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 6 - September 2, Mon. - Fri. 4:45 -6:45 p.m.

Fee: Resident \$195 / Non-Resident \$250

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 8, 2011.

Water Polo (ages 8 - 17) **Hemingway Aquatic Center**

June 27 - September 2 Mon/Wed/Fri 9-11 a.m.

Fee: Resident \$100 / Non-Resident \$125

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 28 - September 1 Tues/Thurs 9-11 a.m.

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

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.

Aqua Aerobics

All exercises are done in our heated pool (82-84° F).

Ages 15 years and up.

Fees: Resident \$3 / Non-Resident \$4 per class/ paid at pool
\$2 for Veterans SportsComplex members

Carson Pool	June 27-September 9 Mon., Wed. & Fri. 7:00-8:00 p.m.
Scott Pool	June 28 - September 1 Tues. & Thur. 7:00-8:00 p.m.
Dominguez Aquatic Center	June 27 - September 2 Mon., Wed. & Fri. 9:00-10:00 a.m.
Hemingway Aquatic Center	June 27 - September 2 Mon., Wed. & Fri. 9:00-10:00 a.m. Mon. - Fri. 4:50 - 5:50 p.m. 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)

Carson Pool	June 27 - September 9 Mon, Wed & Fri 7:00 - 8:00 p.m.
Dominguez Aquatic Center	June 27 - September 2 Mon, Wed & Fri 9:00 - 10:00 a.m.
Hemingway Aquatic Center	June 27 - September 2 Mon, Wed & Fri 9:00 - 10:00 a.m. Mon. - Fri. 4:50 - 5:50 p.m. Mon, Wed & Fri 8:00 - 9:00 p.m.

Scott Pool

June 27 - September 2

June 23 - September 1

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 \$1.25 / Non-Resident \$3.00

Dominguez / Hemingway

Resident \$1.50 / Non-Resident \$6.00

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

Carson Pool

June 27 - September 2 Mon. - Fri. 1:15 - 2:45 p.m.

June 28 - September 1 Tue. & Thur. 7:00 - 8:30 p.m.

June 25 - September 3 Sat. 1:00 - 2:30 p.m.

Dominguez Aquatic Center

June 27 - September 2 Mon. - Fri. 1:15 - 2:45 p.m.

Mon/Wed/Fri 7:00 - 8:00 p.m.

June 25 - September 3 Sat. 1:00 - 2:30 p.m.

Hemingway Aquatic Center

June 27 - September 2 Mon. - Fri. 1:15 - 2:45 p.m.

Mon. - Fri. 6:15 - 7:45 p.m.

June 25 - September 3 Sat. 12:00 - 1:30 p.m.

Scott Pool

June 27 - September 2 Mon/Wed/Fri 1:15 - 2:45 p.m.

June 27 - August 31 Mon. & Wed. 7:00 - 8:30 p.m.

June 26 - August 28 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 must wear swim diapers. No regular diapers, please. Swim diapers available for purchase at the pools.



Treasure Island Day

14th Annual Treasure Island Day on Saturday,
July 30, 2011, 11 a.m. - 1 p.m. & 2 p.m. - 4 p.m.

(2 sessions), \$3 per session at

Dominguez Aquatic Center.

For more information on aquatic programs,
call Aquatics at (310) 847-3578 or go online
<http://recreation/carson.ca.us/aquatics>

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.

CITY OF CARSON SUMMER DAY CAMP



JUNE 13 - SEPTEMBER 9, 2011
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
19101 Wilmington Avenue
Carson, CA 90746
(310) 603-9850

Calas Park
1000 E. 220th Street
Carson, CA 90745
(310) 518-3565

Carriage Crest Park
23800 S. Figueroa Street
Carson, CA 90745
(310) 830-5601

Carson Park
21411 S. Orrick Avenue
Carson, CA 90745
(310) 830-4925

Del Amo Park
703 E. Del Amo Boulevard
Carson, CA 90746
(310) 329-7717

Dolphin Park
21205 Water Street
Carson, CA 90745
(310) 549-4560

Dominguez Park
21330 Santa Fe Avenue
Carson, CA 90810
(310) 549-3962

Hemingway Park
700 E. Gardena Boulevard
Carson, CA 90746
(310) 538-0019

Mills Park
1340 E. Dimondale Drive
Carson, CA 90746
(310) 631-3130

Scott Park
23410 Catskill Avenue
Carson, CA 90745
(310) 830-8310

Stevenson Park
17400 Lysander Drive
Carson, CA 90746
(310) 952-1745

Veterans Park
22400 Moneta Avenue
Carson, CA 90745
(310) 864-9255

LUNCH INCLUDED - DAILY EXCURSION FEES NOT INCLUDED.

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

FEES ARE PER WEEK AND SUBJECT TO CHANGE

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

**FAMILY DISCOUNTS
AVAILABLE - 2ND CHILD**

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

SNAG G-BALL

Is coming to Carson!



**"SNAG G-BALL IS A
GOLF VERSION OF T-BALL"**

FOR BOYS AND GIRLS AGES 5-8

FEE: \$10 PER PERSON

**Snag G-Ball can be played
anywhere there is open space!**

**FINALLY A REAL GOLF
EXPERIENCE FOR BEGINNERS!**

**IT'S EASY TO LEARN,
AND FUN TO PLAY!**

REGISTER AT ANY LOCAL PARK
FROM JUNE 17 - SEPTEMBER 4, 2011

FOR INFORMATION, CALL (310) 847-3570
MONDAY - THURSDAY 7 A.M. - 6 P.M.

PARKS AND RECREATION DEPARTMENT

CITY OF CARSON

Ready, Set, Read!

Parks
Make
Life
Better!

IS COMING TO CARSON!

"A simple way to teach reading"

REGISTER AT YOUR LOCAL PARK BEGINNING FRIDAY, JUNE 17, 2011

CLASSES BEGIN:

MONDAY, JULY 11, 2011 • 9 A.M. - NOON

FOR BOYS AND GIRLS AGES 5-12 • \$35 PER CHILD

FOR MORE INFORMATION CALL (310) 847-3570
MONDAY THROUGH THURSDAY, 7 A.M. TO 6 P.M.



PARKS AND RECREATION DEPARTMENT

City of Carson
Enrichment Program
presents

CITY-WIDE SPELLING-B

August 20, 2011
Ages 9-12

**Registration
begins
July 5, 2011**



For further information call,
(310) 847-3570 Monday through Thursday

PARKS AND RECREATION DEPARTMENT

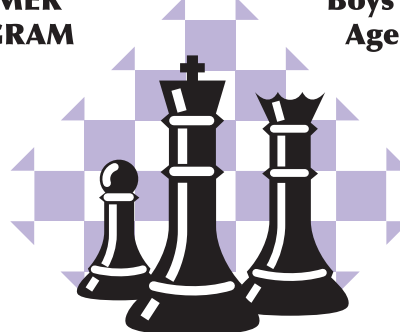
City of Carson

Youth Chess Program

Sign Up NOW!

**SUMMER
PROGRAM**

**Boys & Girls
Ages 9-12**



Ten Week Session • July 15 - September 4, 2011

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	6-7 p.m.
• Carriage Crest	Tues/Thurs	6-7:30 p.m.
• Carson	Tues/Wed	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/Wed	5:30-7 p.m.
• Hemingway	Tues/Thurs/Sat	6:30-8 p.m./10 a.m.-1 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.
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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, 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.
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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:

• 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	



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.

Movie Night

Friday	6-7:30 p.m.	Mills Park
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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.; 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. 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
Tuesday	6:30-7:30 p.m.	Mills Park	Adults

F I T N E S S

Adult Fitness

Monday	6:30-8 a.m.	Anderson Park
Tuesday	10-11 a.m.	Dolphin 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	8:30-10:30 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
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
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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

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.
• 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

Wednesday	6:30-7:30 p.m.	Mills Park	15 yrs - Adults
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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 Park Fitness Center**HOURS**

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

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

Adult Line Dancing

Saturday	10 a.m.	Anderson Park
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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, 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.



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:	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.

YOUTH SPORTS**SUMMER PROGRAM 2011**

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.

Carson Invitational Youth Baseball/Softball Tournament

Registration: May 1 through August 2, 2011
 Dates of Tournament: August 5 - 7, 2011
 Registration Fee: \$135 per team
 Call the Youth Sports Office at (310) 847-3577 to request a registration packet

Flag Football/Soccer/Girls Fall Softball

Registration: July 1 through September 3, 2011. Sign-ups will be taken after this date but your child may be put on a waiting list.
 Try-Outs: September 10, 2011
 Season Begins: October 1, 2011
 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: 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 and Boys Basketball Clinic

August - TBA
 For information call (310) 847-3572

Football Clinic

July - TBA
 For information call (310) 847-3572

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, 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, 2011, to officiate flag football and soccer.

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 PROGRAM

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



VETERANS

SPORTSCOMPLEX

3 1 0 • 8 3 0 • 9 9 9 1

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



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. - 12:00 p.m.

Sunday
9 a.m. - 12:00 p.m.



VETERANS SPORTS COMPLEX

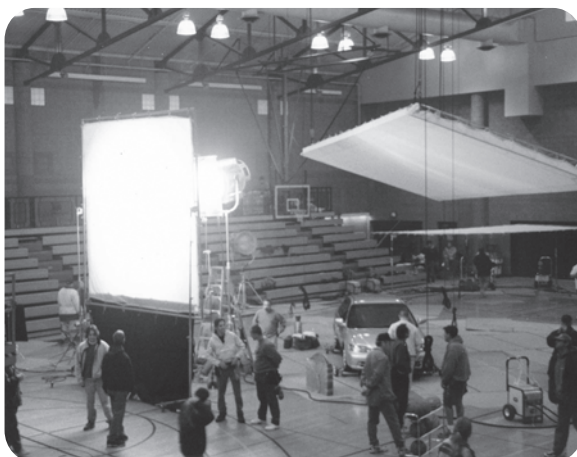
**RATES AS LOW AS
\$20 PER HOUR!**



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**



**Raquetball
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
- Body Worx
- Salsa
- Pilates
- Adult Kempo
- Step Aerobics
- Corepole Training
- 30 Minute Spin (Lunch Class)
- Hatha Yoga
- Indoor Cycling
- Lower Body Conditioning
- Boot Camp
- Latin Aerobics
- Zumba



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

TOP OF THE LINE FITNESS EQUIPMENT



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



Staff Spotlight



Rodney Hill

Rodney was born in the heart of Louisiana, but quickly became a Carson Kid when his family moved to our town. Rodney played football for Carson High School, and later attended San Jose State on a full ride football scholarship.

Carson's parks have always been near and dear to Rodney's heart-- as one of the first Center Supervisors of Scott Park --he has seen Carson expand 200 percent. As a long-time member of the community, he has enjoyed seeing Carson grow into a limitless city.

On a typical walk down the SportsComplex hallway, Rodney is greeted by anywhere from three to five people. His goal everyday is to assure the safety of every person on the park. It is evident that he is well loved by the members and the staff. He has organized the Member's and Corporate Basketball Leagues for the past few seasons and is the Permits Supervisor. Most members know this kind-hearted man for the joy he brings to the SportsComplex; we know him as a great co-worker, a good father, and an excellent basketball coach. Rodney often spends his weekends and evenings with his friends at the SportsComplex.

So if you ever happen to pass Rodney in the hallway, feel free to say: "Hi! Big Rod!"

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 3

Play Begins: August 11

Fees: \$275 per team



Fall Men's Softball

Registration: August 1 - September 15

Play Begins: September 17

Thursdays

Fees: \$399 per team



Fall Men's Flag Football

Registration: August 3 - September 17

Play Begins: September 20

Fees: \$299 per team

ADULT PARK ACTIVITIES

Parent's Night Out

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



Coed Softball

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

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



8 Man Soccer

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

Adult Fitness

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.

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

YOUTH SERVICES PROGRAMS

sponsored by Public Safety

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

• Youth & the Law Program

Youth (Ages 12 – 17 years)

Residents: \$40.00 Non-residents \$55.00

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

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

Instructor: Youth Services Officers

Hours: 4-6 p.m.

Community Center

• Parent Project

(10 Days / 20 Hours)

Adults: Residents: \$45.00 Non-residents \$50.00

(Open Enrollment)

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

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

Instructor: Dennis Rodriguez, YSO/Arthur Williams /

Soledad Querejazu (Spanish)

Tuesday: 5 - 7 p.m.

Community Center

• Anger Management For Teens

(8 Days / 12 Hours)

Youth (Ages 12 to 17 years old)

Residents: \$30.00 Non-residents \$40.00

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

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

Instructor: Deborah Schmidt, YSO

Tuesday: 4:30 – 6 p.m.

Community Center

• Drug/Alcohol Program (Positive Choices)

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

Residents: \$30.00 Non-residents \$40.00

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

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

Instructor: POSITIVE CHOICES STAFF

Wednesday: 4 to 6 p.m.

Community Center

• Community Service For Youth

Youth only (Ages 12-17 years)

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

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

Contact Person(s): ANY YOUTH SERVICES OFFICER

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

Case Management Services

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

Criterion (any one of the following)

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

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

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

YOUTH SERVICES 2011 CLASS SCHEDULE

Parent Project Classes Day: Tuesday/Times: 5-7 p.m. Total Hours: 20 Hrs	Anger Management For Teens Day: Tuesday/Times: 4:30-6 p.m. Total Hours: 12 Hrs	Drug/Alcohol Awareness & Prevention Classes Day: Wednesday/Times: 4-6 p.m. Total Hours: 16 Hrs	Youth & The Law Program Day: Mon/Wed/Thurs. Times: 4-6 p.m.
Track III: Jul. 12 - Sep. 20 Track IV: Oct. 4 - Dec. 13	Track III: Jul. 12 - Aug. 30 Track IV: Sep. 27 - Nov. 15	Track III: Jul. 13 - Aug. 31 Track IV: Sep. 21 - Nov. 9	Track VII: Jul. 18, 20, 21 Track VIII: Aug. 15, 17, 18 Track IX: Sep. 19, 21, 22

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. \$138.00 a week

8 a.m. – 5 p.m. \$110.00 a week

HALF DAY PROGRAM

8 a.m. – 12 p.m. FEES

1 p.m. – 5 p.m.

T TH \$20 a week

MWF \$30 a week

M-F \$50 a week

OPTION II:

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

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

Fees: 2 days/wk \$20 a week

3 days/wk \$30 a week

5 days/wk \$50 a week

Fees are paid every 4 weeks

All Fees Are Subject To Change

EARLY CHILDHOOD



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

State licensing pending for the parks listed.

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

OPTION III: Park Preschool

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



SENIOR SOCIAL SERVICES

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



SENIORS ASSISTED LIVING

Case Management & Home Services

To help seniors 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. Waiting List.

EARS (Emergency Alert Response System)

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

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

Respite Care

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

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 11-week sessions throughout the year on Wednesdays, 10 a.m.-12 p.m. and 12:00-1:00 p.m. drop-ins, at the Congresswoman Juanita Millender-McDonald Community Center. Please call ahead, for more information, at (310) 952-1775.

Housing Rights Clinic

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

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

Nutrition Program

Monday through Friday at 11:30 a.m. in the Carson/Torrance YMCA, serves a variety of delicious healthy, hot and nutritious lunches in the Congresswoman Juanita Millender-McDonald Community Center. Guests enjoy a tasty meal as well as warm conversation and fellowship. A donation is \$2.25 and \$3.25 for non-seniors per meal and is suggested for people 60 years or older. There is a cost for home delivered meals. For more information, call (310) 835-0212 ext 1487 or (310) 952-1775.

Food Bank

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

INFORMATION & REFERRAL

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

Food Stamp/Medi-Cal Applications

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

Arthritis Exercise Class

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



Telephone Reassurance

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

Health Insurance Counseling and Advocacy

The Health Insurance Counseling and Advocacy Program (HICAP) of the Center for Health Care Rights provides assistance to Los Angeles County Medicare beneficiaries who need help getting through the Medicare maze. 1st & 3rd Wednesday of the month 10:00 a.m.-12:30 p.m. By appointment only.

Legal Referral

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

Equipment Loan Program

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

Homemaker/Handyman

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



Free Tax Assistance

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

Financial Counselor

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

SENIOR RECREATION

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

CLASSES AND PROGRAMS

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



ART

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



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

EXERCISE

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

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

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

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

SENIOR RECREATION

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

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



Weightlifting and Conditioning – This class meets Monday through Friday from 8:30 – 10:30 a.m. at Scott Park. Boxing and Weightlifting facility. Seniors are able to use exercise equipment available: treadmills, rowing machines, exercise bikes, etc. Staff available if you have questions. Scott Park is located at 23410 Catskill Avenue in Carson. Call (310) 830-6439.

HEALTH

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

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

PERSONAL ENRICHMENT

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

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

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



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

DANCE

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

SENIOR RECREATION



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

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

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

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



CLUBS

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

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

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

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

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

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

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

EXCURSIONS

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

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



**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

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



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

Seniors are encouraged to bring their laptops.

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

Desktops in the Cyber Café are reserved for students who are currently enrolled in computer classes.

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

SENIOR CITIZENS TECHNOLOGY CENTER

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



Introduction to PC's

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

Beginning/Beginning Class

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

Basics of Word Processing

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

Excel

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

Beginning Internet

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

Intermediate Internet

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

Advanced Computer Class

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

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

**Each course is twelve (12) sessions.
Attendance is mandatory.**

JOSEPH B. O'NEAL, JR. STROKE CENTER

The mission of the Joseph B. O'Neal, Jr. Stroke Center is to serve the needs of Carson residents living with the effects of stroke and provide support for their families. This new facility features state of the art equipment and offers a variety of activities including group exercise, arts and crafts, and psychological, physical, occupational speech, and recreation therapy. For more information, call (310) 952-1763.

J.B.O. Jr. Fitness Center

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

Bocce Ball

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

Exercise Program

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



Chair Beachball Volleyball

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

Stretching and Strengthening Exercises

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

Occupational Therapy

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

Speech Therapy

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

Fun Fridays

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



Water Exercise

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

Speakers Bureau

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

Caregiver Support Group Sessions

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

SPECIAL NEEDS PROGRAM

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

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

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

Monthly Dances and Themes

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



- **August 12, 2011 - Beach Party Dance**
- **September 9, 2011 - 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 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.

Excursion:

L.A. County Fair
September 25, 2011. Bus will depart from Congresswoman Juanita Millender-McDonald Community Center at 9:00 a.m. and will return approximately at 7:00 p.m. - Please RSVP by September 19th. Fee: \$20.⁰⁰ (no cash). Seating is limited.

Special Olympics:

Basketball: We are once again gearing up for Special Olympic competition in the sport of basketball. We are recruiting for our City of Carson Special Needs Program Basketball team.

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

Track & Field: Join us on the track. We will be training in running, 50, 100 and relay races, standing long jump, and softball throw. After this hard work our Special Olympic teams will be ready to compete in upcoming Southern California Special Olympic meets. Please refer to the monthly calendar for practice, location and times to be held on Saturdays from 9-10:30 a.m.

Transportation Services Division

3 Civic Plaza, Carson, CA 90745

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



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

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



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



Transportation Services Division Excursions

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

801 E. Carson Street, Carson, CA 90745

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

Camarillo Premium Outlets - Saturday - August 20, 2011

"Back-to-School Shopping" The Camarillo Premium Outlet Center hosts a variety of on-site retailers to get your young ones ready for school. Enjoy the wide variety of 160 outlet stores and the extra savings you will enjoy when shopping for yourself or for others. Also, there are several dining options you can enjoy during your visit. **Cost of \$20.00 per person** includes round-trip bus transportation. Lunch cost is not included. Bus departs at 9:00 am and returns at 5:00 pm.

Balboa Park, San Diego, CA - Saturday - August 27, 2011

Home to 15 major museums, performing arts venues, gardens & the San Diego Zoo, Balboa Park is the nation's largest urban cultural park. Spend the day exploring museum exhibitions, dining at various eateries, relaxing in the gardens or hop aboard the Balboa Park tram that will take you to different attractions around the park. **Cost of \$45.00 per person** includes round-trip bus transportation and admission to venues. Bus departs at 8:00 am and returns at 6:00 pm.

L.A./Hollywood Tour - Saturday - September 10, 2011

Come aboard and enjoy this special guided tour of Los Angeles & Hollywood. From Hollywood Boulevard to the famous Muscle (Venice) Beach, this 5-hour tour will surely keep you intrigued by stories and historical facts delivered by a step-on guide. **Cost of \$25.00 per person** includes round-trip bus transportation and guided tour of Los Angeles & Hollywood. Bus departs at 9:00 am and returns at 6:00 pm.

L.A. County Fair - Saturday - September 17, 2011

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 \$28.00 per person** includes round-trip bus transportation and fair admission. Bus departs at 9:00 am and returns at 5:00 pm.

Santa Barbara Trolley Tour – Friday - September 23, 2011

Trolley tours are the best way to see Santa Barbara. Discover the enchanting seaside Spanish paradise known as Santa Barbara, through a unique and fully narrated tour offered by the Santa Barbara Trolley Company. Learn all about the city's hot spots as well as tourist phenomena such as the SB Courthouse, El Presidio, SB Zoo, SB Museum of Natural History, Old Town, Montecito and the Old Mission. **Cost of \$38.00 per person** includes round-trip bus transportation and trolley tour fee. Bus departs at 7:30 am and returns at 5:00 pm.

Huntington Library – Chinese Garden Tour – Saturday - September 24, 2011

Imagine yourself taking a 90 minute walk through a traditional Suzhou-style garden featuring a 1.5 acre lake, pavilions, canyon waterfall and hand-carved stone bridges! This newest addition to the Huntington gardens is one of the five existing traditional Chinese Garden in America. Celebrate the poetry, beauty, and rich heritage unique to China in Lui Fang Yuan, the Garden of Flowing Fragrance. After enjoying the gardens you can choose to eat at the plethora of eateries in Old-Town Pasadena. **Cost of \$45.00 per person** includes round-trip bus transportation and 90-minute guided walking tour & admission to the garden. Bus departs at 9:00 am and returns at 5:00 pm.

Catalina Island Tour – Friday - September 30, 2011

Board the vessel Catalina Express, and begin a 22-mile nautical voyage to an island preservation of natural flora, fauna and geographical features. Tour the island interior and see buffalos and wildlife amidst scenic canyons, and unspoiled country-side. After lunch, enjoy a glass-bottom boat tour which reveals spectacular sea life along the majestic island coastline. Enjoy lunch, shops, and other points of interest on the lively harbor front. **Cost of \$90.00 per person** includes round-trip sea transportation from the mainland to the island and tour fees. Bus departs at 8:00 am and returns at 5:00 pm.

Julian Apple Days Festival – Saturday - October 1, 2011

Located at Menghini Winery, the festival features apple displays, music & dancing, an antique tractor display, children's games & activities, gold panning demonstrations, merchandise vendors, contest, and, of course, apple pie. **Cost of \$25.00 per person** includes round-trip transportation and admission to the festival. A complimentary reusable bag will be provided to everyone. Bus departs at 7:30 am and returns at 5:30 pm.

Carlsbad-Sea Life Aquarium/Carlsbad Outlets – Friday - October 7, 2011

Discover SEA LIFE Carlsbad! Discover the amazing ocean world, experience close encounters with sharks and learn about the threats that all the ocean creatures face. Discover 4,000+ creatures including Sharks, Rays, Seahorses & Octopus. Lunch stop will be at the Carlsbad Shopping Outlets. **Cost of \$37.00 per person** includes round-trip bus transportation and admission to the aquarium. Lunch cost is not included. Bus departs at 8:00 am and returns at 5:00 pm.

California Avocado Festival – Saturday - October 8, 2011

The California Avocado Festival celebrates the famous green fruit. It has evolved into one of the largest in California with three days of fabulous food, terrific music, and great safe family fun. Santa Barbara County is the third largest avocado producer in North America, with Carpinteria being a major contributor. **Cost of \$20.00 per person** includes round-trip bus transportation. Admission to the festival is free. Lunch cost is not included. A complimentary reusable bag will be provided to everyone. Bus departs at 8:00 am and returns at 5:00 pm.

Pasadena Rose Parade – Monday - January 2, 2012

The 123rd Rose Parade theme is "Just Imagine". The parade is America's New Year's celebration, a greeting to the world on the second day of the year. 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 and reserved, premium, mid-route grandstand seating. Bus departs at 5:00 a.m. and returns at approximately twelve noon.



Transportation Services Division



Dial-A-Ride Service

The Dial-A-Ride (DAR) program provides reliable and affordable transportation to Carson residents, who are at least 60 years old, or who are disabled adults 18 years of age or older. The service is available 24 hours a day; seven days a week, including holidays. The service is provided by taxicabs and two lift-equipped minivans. All the parameters and boundaries will still remain the same. However, a few key components will change.

Effective May 1, 2011

The following changes will be implemented:

- The cost of a one-way trip will increase from \$1.00 to \$2.00 per one-way trip
- Each one-way trip will be limited to a maximum value of \$20.00 per one-way trip

We are now also accepting online payments through the city website.

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

Payments may also be mailed to:

City of Carson, Attn: Transportation Services Division
801 E. Carson Street, Carson, CA 90745.

**For additional information or questions:
Contact Transportation Services Division
(310) 835-0212 ext. 1489**

“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	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	13	1L	1L		•	•	•		•	2	•	•	•	•		2L					
Hemingway Aquatic Center 16605 San Pedro St.		1U	1U																		
Mills Park 1340 E. Dimondale Dr. 631-3130	5				•	•	•			2	•							•			
Scott Park 23410 Catskill Ave. 830-8310 / 830-8311 (Location of Fabela Boxing Center)	13	2L	1L	•	•	•		•	•	4	•	•	•	•		2L	•		•		
Scott Pool 23410 Catskill Ave. 549-9051														•		•					
Stevenson Park/Gym 17400 Lysander Dr. 952-1745 952-1745 Gym	13	2L	1L		•	•		1		2	•	•	•			2L	•		•		•
Walnut Street Mini Park 440 E. Walnut St. NONE	1.5		2U		•							•									
Veterans Park/Skate Park 22400 Moneta Ave. 830-4185 / 830-1369	12	2L	8L		•	•			•	2	•	•	•			2L		•		•	•
Veterans SportsComplex 22400 Moneta Ave. 830-9991 sq. ft.	25,000 sq. ft.		6L					2		1						•		•	•		•
Perry Street Mini Park 215th and Perry	2				•							•									

LIGHTED = L UNLIGHTED = U