



Community Services Guide

March • April • May **2014**

"We cannot seek achievement for ourselves and forget about progress and prosperity for our community... Our ambitions must be broad enough to include the aspirations and needs of others, for their sakes and for our own."



"Sí Se Puede" Tribute to César Chávez
A Free Community Event • Free Parking
MARCH 30, 2014 • 2 P.M. - 5 P.M.
CSU DOMINGUEZ HILLS THEATER

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

The **Community 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 Recreation & Human Services Programs, call (310) 847-3570. For general information about Transportation Services and the Congresswoman Juanita Millender-McDonald Community Center, call (310) 835-0212.



Welcome to the Spring issue of the Community 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://ci.carson.ca.us/content/department/publicinformation>

A MESSAGE FROM THE Director of Community Services

Welcome to the Community Services Guide!

As we launch a new quarter, I am privileged to serve you as the new Director of Community Services for the City of Carson. Our goal is to provide our customers with parks and facilities that are safe and clean. We strive to present quality recreation programs and activities to help our community improve or maintain a healthy quality of life! We encourage you and your family to enjoy a walk through one of our parks. There is no better time to invest in a healthier future than today.

Please visit our website for more information about our Senior Programs, Early Childhood Programs, Joseph B. and Mary Ann O'Neal, Jr. Stroke Center, Special Needs Programs as well as recreation activities designed for youth and adults.

Thank you for your interest in the City of Carson's outstanding recreation programs, beautiful parks, and magnificent special events. We value the many different cultures, ages and experiences in Recreation and Human Services. We believe that Parks Make Life Better!

If we can help or make improvements in your neighborhood, please let us know.

Best regards,

Cedric L. Hicks, Sr., Director
Community Services Department

AQUATICS

2014 SWIM LESSON (50-minute lesson) Weekday lessons

Session 1: June 9 - June 20
 Session 2: June 23 - July 4 (open on July 4th)
 Session 3: July 7 - July 18
 Session 4: July 21 - August 1
 Session 5a: August 4 - August 8 (M-F Morning only)

Evening Only
 Session 5b: August 4 - August 15
 Session 6: August 18 - August 29

Saturday Session 1: May 31 - June 28
 Saturday Session 2: July 19 - August 16

Group Swim Lesson Session Fees:

| | Adult/1st Child | 2nd Child | 3rd Child |
|--------------------|-----------------|-----------|-----------|
| Mon/Wed/Fri | | | |
| Resident | \$40 | \$37 | \$34 |
| Non-Resident | \$45 | \$45 | \$45 |
| Tues/Thurs | | | |
| Resident | \$27 | \$25 | \$23 |
| Non-Resident | \$30 | \$30 | \$30 |
| Saturday | | | |
| Resident | \$33 | \$31 | \$29 |
| Non-Resident | \$38 | \$38 | \$38 |

Private Swim Lessons: (Four – 50-minute lessons)

Resident Rate: One Participant \$125 Two Participants \$200
 Non-Resident Rate: One Participant \$150 Two Participants \$240

| Classes: | Name | Level |
|----------------|------------------|----------------|
| 6 mos. – 3 yrs | TT Tiny Tot | Parent & Child |
| 3 – 4 yrs | TP Tadpole | 1 – Beginner |
| | SF Starfish | 2 |
| | SQ Squid | 3 |
| | PO Polliwog | 1 – Beginner |
| 5 – 15 yrs | AP Adv. Polliwog | 2 |
| | M Minnow | 3 |
| | F Fish | 4 |
| | FF Flying Fish | 5 |
| | SH Shark | 6 |
| | AD Adult | 1-3 |

Treasure Island Day

17th Annual Treasure Island Day on
 Saturday, July 19, 2014, 12 p.m. - 2 p.m. and
 3 p.m. - 5 p.m. (2 sessions), \$3 per session
 at Dominguez Aquatic Center.

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

REGISTRATION

Registration forms will be available at the parks and at the Corporate Yard or online starting Monday, April 7, 2014. You can access the **Aquatic webpage** by going to <http://recreation.carson.ca.us/aquatics>.

City of Carson welcomes people of all abilities in our programs. To request a disability related accommodation or if you have a question about participating in any of the aquatic activities please call the Aquatics office at (310) 816-9381.

Mail-in Registration (April 7 - May 23, 2014):

Resident registration begins: Monday, April 7, 2014
 Non-Resident registration begins: Monday, April 21, 2014

Walk-in Registration:

| Dates | Day(s) | Time |
|-----------------|------------|------------------------|
| May 27 – May 30 | Tues – Fri | 3:00 – 8:00 p.m. |
| May 31 | Saturday | 8:30 a.m. – 12:00 p.m. |

1. Please register early, classes fill up quickly.
 2. Classes are subject to cancellation or schedule change.
 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.

SCHOLARSHIPS

Aquatic scholarship applications will be accepted starting Monday, May 5, 2014. Scholarship forms available throughout the summer until funds are no longer available.

WHICH CLASS SHOULD I REGISTER MY CHILD?

- **Tadpole** (3-4 years old) & **Polliwog** (5 years and older)
 Beginning swimmer
 Little or no experience in water activity
- **Starfish** (3-4 years old) & **Adv. Polliwog** (5 years and older)
 Prerequisites: Level 1 - Stroke Performance Chart
 Walk in water independently / Fully submerge face under water
 Comfortable floating on front/back supported
 Move through water 5 yards
- **Squid** (3-4 years old) & **Minnow** (5 years and older)
 Prerequisites: Level 2 - Stroke Performance Chart
 Swim front crawl for 15 yards / Swim back crawl for 10 yards
 Comfortable swimming in deep end / Can float on back/front unsupported
- **Fish**
 Prerequisites: Level 3 - Stroke Performance Chart
 Swim front crawl for 15 yards with rotary breathing
 Swim back crawl for 15 yards / Swim in deep water
 Tread water for 10 seconds / Sitting/kneeling dive
- **Flying Fish**
 Prerequisites: Level 4 - Stroke Performance Chart
 Standing dive / Tread water for 1 minute
 Elementary backstroke / breaststroke / butterfly for 15 yards
 Front/back crawl for 25 yards
 Swim underwater for 3 body lengths
- **Shark**
 Prerequisites: Level 5 - Stroke Performance Chart
 Elementary backstroke/breaststroke/butterfly/sidestroke - 25 yards
 Front/back crawl for 50 yards / Tread water for 2 minutes / Flip turns

AQUATICS

CARSON POOL

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

| Monday/Wednesday/Friday | |
|-------------------------|------------------------------|
| Time | Classes |
| 9:00 a.m. – 9:50 a.m. | SF/SQ PO AP F |
| 10:00 a.m. – 10:50 a.m. | TP PO AP M |
| 11:00 a.m. – 11:50 a.m. | TP/SF PO AP F/FF |
| 12:00 p.m. – 12:50 p.m. | TT^ PO AP M |
| 1:15 p.m. – 2:45 p.m. | Recreation Swim |
| 3:00 p.m. – 3:50 p.m. | TP/SF PO AP F |
| 4:00 p.m. – 4:50 p.m. | TP PO AP M |
| 5:00 p.m. – 5:50 p.m. | TP/SF PO AP F/FF |
| 6:00 p.m. – 6:50 p.m. | TT^ PO AP M |
| 7:00 p.m. – 7:50 p.m. | Adult Swim Lessons |
| 7:00 p.m. – 8:00 p.m. | Aqua Aerobics/Lap Swim |
| 7:00 p.m. – 8:00 p.m. | Self-Paced Deep Water Cardio |

^ TT class only 40 minutes

| Saturday | |
|-------------------------|------------------|
| Time | Classes |
| 10:00 a.m. – 10:50 a.m. | TT^ PO AP M |
| 11:00 a.m. – 11:50 a.m. | SF/SQ PO AP F/FF |
| 12:00 p.m. – 12:50 p.m. | TP/SF PO AP M |
| 1:15 p.m. – 2:45 p.m. | Recreation Swim |

| Tuesday/Thursday | |
|-------------------------|-------------------|
| Time | Classes |
| 9:00 a.m. – 9:50 a.m. | SF/SQ PO AP F |
| 10:00 a.m. – 10:50 a.m. | TP PO AP M |
| 11:00 a.m. – 11:50 a.m. | TP/SF PO AP FF/SH |
| 12:00 p.m. – 12:50 p.m. | TT^ PO AP M |
| 1:15 p.m. – 2:45 p.m. | Recreation Swim |
| 3:00 p.m. – 3:50 p.m. | TP/SF PO AP F |
| 4:00 p.m. – 4:50 p.m. | TP PO AP M |
| 5:00 p.m. – 5:50 p.m. | TP/SF PO AP FF/SH |
| 6:00 p.m. – 6:50 p.m. | TT^ PO AP M |
| 7:00 p.m. – 8:30 p.m. | Recreation Swim |

^ TT class only 40 minutes

| Recreation Swim* | | |
|---------------------|------------|------------------|
| Dates | Day(s) | Time |
| May 31 - August 30 | Saturday | 1:15 - 2:45 p.m. |
| June 9 - August 8 | Mon - Fri | 1:15 - 2:45 p.m. |
| June 10 - August 28 | Tues/Thurs | 7:00 - 8:30 p.m. |

Fees (all ages): \$1 Resident, \$2 Non-Resident
 *Children under 7 must be accompanied by an Adult and remain within an arms length away at all times



Programs

| Aqua Aerobics (15 years & over) | | |
|---------------------------------|-------------|------------------|
| Dates | Day(s) | Time |
| June 9 - August 29 | Mon/Wed/Fri | 7:00 – 8:00 p.m. |

Fee (per class): \$3 Resident, \$4 Non-Resident, \$2 VSC member

| Adult Lap Swim (15 years & over) | | |
|----------------------------------|-------------|------------------|
| Dates | Day(s) | Time |
| June 9 - August 29 | Mon/Wed/Fri | 7:00 – 8:00 p.m. |

Fees (per class): \$2 Resident, \$3 Non-Resident, Free VSC member
ALL FEES SUBJECT TO CHANGE

SCOTT POOL

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

| Monday/Wednesday/Friday | |
|-------------------------|--------------------------|
| Time | Classes |
| 9:00 a.m. – 9:50 a.m. | PO AP |
| 9:00 a.m. – 10:55 a.m. | Water Polo |
| 10:00 a.m. – 10:50 a.m. | TT^ PO/AP |
| 11:00 a.m. – 11:50 a.m. | TP/SF PO/AP |
| 11:00 a.m. – 11:55 a.m. | Basketball / Splash Ball |
| 12:00 p.m. – 12:55 p.m. | Diving |
| 12:00 p.m. – 12:50 p.m. | SF/SQ AP F/FF |
| 12:00 p.m. – 1:00 p.m. | Lap Swim |
| 1:15 p.m. – 2:45 p.m. | Recreation Swim |
| 3:00 p.m. – 3:50 p.m. | TP/SF PO/AP M |
| 3:00 p.m. – 5:00 p.m. | Junior Guards |
| 4:00 p.m. – 4:50 p.m. | TP/SF PO AP |
| 4:45 p.m. – 6:45 p.m. | Swim Team |
| 7:00 p.m. – 8:30 p.m. | Recreation Swim (M/W) |

| Tuesday/Thursday | |
|-------------------------|------------------------------|
| Time | Classes |
| 10:00 a.m. – 10:50 a.m. | TT^ TP/SF PO/AP |
| 11:00 a.m. – 11:50 a.m. | TP/SF PO/AP M |
| 12:00 p.m. – 12:50 p.m. | SF/SQ FF/SH |
| 12:00 p.m. – 12:55 p.m. | Diving |
| 1:15 p.m. – 2:45 p.m. | Recreation Swim |
| 3:00 p.m. – 3:50 p.m. | TP/SF PO/AP M |
| 3:00 p.m. – 5:00 p.m. | Mini Guards |
| 4:00 p.m. – 4:50 p.m. | TP/SF PO AP |
| 4:45 p.m. – 6:45 p.m. | Swim Team |
| 7:00 p.m. – 8:00 p.m. | Aqua Aerobics/Lap Swim |
| 7:00 p.m. – 8:00 p.m. | Self-Paced Deep Water Cardio |

^ TT class only 40 minutes

| Recreation Swim* | | |
|--------------------|-----------|------------------|
| Dates | Day(s) | Time |
| June 8 - August 24 | Sunday | 1:15 - 2:45 p.m. |
| June 9 - August 8 | Mon - Fri | 1:15 - 2:45 p.m. |
| June 9 - August 13 | Mon/Wed | 7:00 - 8:30 p.m. |

Fees (all ages): \$1 Resident, \$2 Non-Resident
 *Children under 7 must be accompanied by an Adult and remain within an arms length away at all times
ALL FEES SUBJECT TO CHANGE

| Programs | | |
|---------------------------------|------------|------------------|
| Aqua Aerobics (15 years & over) | | |
| Dates | Day(s) | Time |
| June 10 – August 14 | Tues/Thurs | 7:00 - 8:00 p.m. |

Fee (per class): \$3 Resident, \$4 Non-Resident, \$2 VSC member

| Adult Lap Swim (15 years & over) | | |
|----------------------------------|-------------|-------------------|
| Dates | Day(s) | Time |
| June 9 - August 8 | Mon/Wed/Fri | 12:00 - 1:00 p.m. |
| June 10 - August 14 | Tues/Thurs | 7:00 - 8:00 p.m. |

Fees (per class): \$2 Resident, \$3 Non-Resident, Free VSC member

Programs (continued)

| Dive Team | | |
|-------------------|-----------|--------------------|
| Dates | Day(s) | Time |
| June 9 - August 8 | Mon - Fri | 12:00 - 12:55 p.m. |

Fee: \$90 Resident, \$110 Non-Resident
Prerequisite: Level-3 card or equivalent skills

| Junior Lifeguard (12 – 17 years) | | |
|----------------------------------|-------------|------------------|
| Dates | Day(s) | Time |
| June 9 - August 15 | Mon/Wed/Fri | 3:00 - 5:00 p.m. |

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

| Mini Guards (9 – 11 years) | | |
|----------------------------|------------|------------------|
| Dates | Day(s) | Time |
| June 10 - August 14 | Tues/Thurs | 3:00 - 5:00 p.m. |

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

| Tigershark Swim Team (5 – 17 years) | | |
|-------------------------------------|-----------|------------------|
| Dates | Day(s) | Time |
| May 19 - August 15 | Mon - Fri | 4:45 - 6:45 p.m. |

Fee: \$195 Resident, \$250 Non-Resident
Tryouts and parent information meeting will be held at the first practice on Monday, Monday, May 19, 2014.

| Water Polo (8 - 17 years) | | |
|---------------------------|-------------|-------------------|
| Dates | Day(s) | Time |
| June 9 - August 8 | Mon/Wed/Fri | 9:00 - 10:55 a.m. |

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

| Basket/Splash Ball | | |
|--------------------|-------------|--------------------|
| Dates | Day(s) | Time |
| June 9 - August 8 | Mon/Wed/Fri | 11:00 - 11:55 a.m. |

Fee: \$60 Resident, \$75 Non-Resident
Prerequisite: Interested in learning Water Polo basics in shallow water and building on physical endurance
ALL FEES SUBJECT TO CHANGE

AQUATICS

DOMINGUEZ AQUATIC CENTER

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

Monday/Wednesday/Friday

| Time | Classes |
|-------------------------|------------------------|
| 9:00 a.m. – 9:50 a.m. | TP/SF PO AP |
| 9:00 a.m. – 9:55 a.m. | Aqua Aerobics/Lap Swim |
| 10:00 a.m. – 10:50 a.m. | SF/SQ PO AP M |
| 11:00 a.m. – 11:50 a.m. | TT^ TP/SF PO/AP F |
| 12:00 p.m. – 12:50 p.m. | SF/SQ PO AP F/FF |
| 1:15 p.m. – 2:45 p.m. | Recreation Swim |
| 3:00 p.m. – 3:50 p.m. | TP PO AP M |
| 3:00 p.m. – 5:00 p.m. | Junior Guards |
| 4:00 p.m. – 4:50 p.m. | SF/SQ PO AP F/FF |
| 5:00 p.m. – 5:50 p.m. | TP/SF PO AP M |
| 6:00 p.m. – 6:50 p.m. | TT^ PO AP FF/SH |
| 7:00 p.m. – 8:30 p.m. | Recreation Swim |

^ TT class only 40 minutes

Saturday

| Time | Classes |
|-------------------------|-----------------|
| 9:00 a.m. – 9:50 a.m. | TP PO AP M |
| 10:00 a.m. – 10:50 a.m. | SF PO AP F/FF |
| 11:00 a.m. – 11:50 a.m. | TT^ PO AP M |
| 12:00 p.m. – 12:50 p.m. | TP PO AP AD |
| 1:15 p.m. – 2:45 p.m. | Recreation Swim |

Family Recreation Swim* (Play Pool)

| Dates | Day(s) | Time |
|---------------------|------------|------------------|
| June 10 - August 28 | Tues/Thurs | 7:00 - 8:00 p.m. |

Fees (all ages): \$1 Resident, \$2 Non-Resident
 Families with children under age 7. Slides and Activity Pool not open.
 *Children under 7 must be accompanied by an Adult and remain within an arms length away at all times
ALL FEES SUBJECT TO CHANGE

Tuesday/Thursday

| Time | Classes |
|-------------------------|---------------------------------|
| 10:00 a.m. – 10:55 a.m. | Senior Program |
| 10:00 a.m. – 10:50 a.m. | SF/SQ PO/AP M |
| 11:00 a.m. – 11:50 a.m. | TT^ TP/SF PO/AP F |
| 12:00 p.m. – 12:50 p.m. | SF/SQ PO AP F/FF |
| 1:15 p.m. – 2:45 p.m. | Recreation Swim |
| 3:00 p.m. – 3:50 p.m. | TP PO AP M |
| 3:00 p.m. – 5:00 p.m. | Mini Guards |
| 4:00 p.m. – 4:50 p.m. | SF/SQ PO AP F/FF |
| 5:00 p.m. – 5:50 p.m. | TP/SF PO AP M |
| 6:00 p.m. – 6:50 p.m. | TT^ PO AP FF/SH |
| 7:00 p.m. – 7:50 p.m. | Adult Swim Lessons |
| 7:00 p.m. – 8:00 p.m. | Family Rec Swim (7 y/o or less) |
| 7:00 p.m. – 8:00 p.m. | Aqua Aerobics/Lap Swim |

^ TT class only 40 minutes

Recreation Swim*

| Dates | Day(s) | Time |
|--------------------|-------------|------------------|
| May 24 - Oct 4 | Saturday | 1:15 - 2:45 p.m. |
| June 9 - August 8 | Mon - Fri | 1:15 - 2:45 p.m. |
| June 9 - August 29 | Mon/Wed/Fri | 7:00 - 8:30 p.m. |

Fees (all ages): \$2 Resident, \$3 Non-Resident
 *Children under 7 must be accompanied by an Adult and remain within an arms length reach at all times
ALL FEES SUBJECT TO CHANGE



Programs

Aqua Aerobics (15 years & over)

| Dates | Day(s) | Time |
|---------------------|-------------|------------------|
| June 9 - August 8 | Mon/Wed/Fri | 9:00 - 9:55 a.m. |
| June 10 - August 28 | Tues/Thurs | 7:00 - 8:00 p.m. |

Fee (per class): \$3 Resident, \$4 Non-Resident, \$2 VSC member

Adult Lap Swim (15 years & over)

| Dates | Day(s) | Time |
|---------------------|-------------|-------------------|
| June 9 - August 8 | Mon/Wed/Fri | 9:00 - 10:00 a.m. |
| June 10 - August 28 | Tues/Thurs | 7:00 - 8:00 p.m. |

Fees (per class): \$2 Resident, \$3 Non-Resident, Free VSC member

Junior Lifeguard (12 – 17 years)

| Dates | Day(s) | Time |
|--------------------|-------------|------------------|
| June 9 - August 15 | Mon/Wed/Fri | 3:00 - 5:00 p.m. |

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

Mini Guards (9 – 11 years)

| Dates | Day(s) | Time |
|---------------------|------------|------------------|
| June 10 - August 14 | Tues/Thurs | 3:00 - 5:00 p.m. |

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

Senior Program (50 plus)

| Dates | Day(s) | Time |
|--------------------|------------|--------------------|
| June 10 - August 7 | Tues/Thurs | 10:00 - 10:55 a.m. |

Fee (per class): \$2 Resident, \$3 Non-Resident
ALL FEES SUBJECT TO CHANGE

HEMINGWAY AQUATIC CENTER

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

Monday/Wednesday/Friday

| Time | Classes |
|-------------------------|------------------------|
| 9:00 a.m. – 9:50 a.m. | TP/SF PO M |
| 9:00 a.m. – 9:55 a.m. | Aqua Aerobics/Lap Swim |
| 10:00 a.m. – 10:50 a.m. | SF/SQ PO AP M |
| 11:00 a.m. – 11:50 a.m. | TT^ TP/SF PO/AP F/FF |
| 12:00 p.m. – 12:50 p.m. | SF/SQ PO AP M |
| 1:15 p.m. – 2:45 p.m. | Recreation Swim |
| 3:00 p.m. – 3:50 p.m. | TP PO AP F/FF |
| 3:00 p.m. – 5:00 p.m. | Junior Guards |
| 4:00 p.m. – 4:50 p.m. | SF/SQ PO AP M |
| 4:50 p.m. – 5:50 p.m. | Aqua Aerobics |
| 5:00 p.m. – 5:50 p.m. | TP/SF PO F/FF |
| 6:15 p.m. – 7:45 p.m. | Recreation Swim |
| 8:00 p.m. – 8:50 p.m. | Adult Swim Lessons |
| 8:00 p.m. – 9:00 p.m. | Aqua Aerobics/Lap Swim |

^ TT class only 40 minutes

Saturday

| Time | Classes |
|-------------------------|------------------|
| 9:00 a.m. – 9:50 a.m. | PO AP M |
| 10:00 a.m. – 10:50 a.m. | TP/SF PO/AP F/FF |
| 11:00 a.m. – 11:50 a.m. | TT^ PO AP |
| 12:00 p.m. – 12:50 p.m. | TP PO/AP AD |
| 1:15 p.m. – 2:45 p.m. | Recreation Swim |

Tuesday/Thursday

| Time | Classes |
|-------------------------|------------------|
| 9:00 a.m. – 9:50 a.m. | TP/SF PO/AP M |
| 9:00 a.m. – 9:55 a.m. | Senior Program |
| 10:00 a.m. – 10:50 a.m. | SF/SQ PO AP |
| 10:00 a.m. – 11:55 a.m. | Synchro Team |
| 11:00 a.m. – 11:50 a.m. | TP/SF PO AP |
| 12:00 p.m. – 12:50 p.m. | SF/SQ PO AP F/FF |
| 1:15 p.m. – 2:45 p.m. | Recreation Swim |
| 3:00 p.m. – 3:50 p.m. | TP PO AP F/FF |
| 3:00 p.m. – 5:00 p.m. | Mini Guards |
| 4:00 p.m. – 4:50 p.m. | SF/SQ PO AP M |
| 4:50 p.m. – 5:50 p.m. | Aqua Aerobics |
| 5:00 p.m. – 5:50 p.m. | TP/SF PO M |
| 6:15 p.m. – 7:45 p.m. | Recreation Swim |

Recreation Swim*

| Dates | Day(s) | Time |
|--------------------|-----------|------------------|
| May 24 - Oct 4 | Saturday | 1:15 - 2:45 p.m. |
| June 9 - August 8 | Mon - Fri | 1:15 - 2:45 p.m. |
| June 9 - August 29 | Mon - Fri | 6:15 - 7:45 p.m. |

Fees (all ages): \$2 Resident, \$3 Non-Resident
 *Children under 7 must be accompanied by an Adult and remain within an arms length away at all times
ALL FEES SUBJECT TO CHANGE

Programs

Aqua Aerobics (15 years & over)

| Dates | Day(s) | Time |
|--------------------|-------------|------------------|
| June 9 - August 8 | Mon-Fri | 9:00 – 9:55 a.m. |
| June 9 - August 29 | Mon-Fri | 4:50 – 5:50 p.m. |
| June 9 - August 29 | Mon/Wed/Fri | 8:00 – 9:00 p.m. |

Fee (per class): \$3 Resident, \$4 Non-Resident, \$2 VSC member

Adult Lap Swim (15 years & over)

| Dates | Day(s) | Time |
|--------------------|-------------|-------------------|
| June 9 - August 8 | Mon/Wed/Fri | 9:00 - 10:00 a.m. |
| June 9 - August 29 | Mon/Wed/Fri | 8:00 - 9:00 p.m. |

Fees (per class): \$2 Resident, \$3 Non-Resident, Free VSC member

Junior Lifeguard (12 – 17 years)

| Dates | Day(s) | Time |
|--------------------|-------------|------------------|
| June 9 - August 15 | Mon/Wed/Fri | 3:00 - 5:00 p.m. |

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

Mini Guards (9 – 11 years)

| Dates | Day(s) | Time |
|---------------------|------------|------------------|
| June 10 - August 14 | Tues/Thurs | 3:00 - 5:00 p.m. |

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

Senior Program (50 plus)

| Dates | Day(s) | Time |
|--------------------|------------|------------------|
| June 10 - August 7 | Tues/Thurs | 9:00 - 9:55 a.m. |

Fee (per class): \$2 Resident, \$3 Non-Resident

Synchro (9 – 17 years)

| Dates | Day(s) | Time |
|--------------------|------------|--------------------|
| June 10 - August 7 | Tues/Thurs | 10:00 - 11:55 a.m. |
| Aug 12 & 14 | Tues/Thurs | TBD |

Fee: \$80 Resident, \$100 Non-Resident
 Prerequisite: Minnow Level
ALL FEES SUBJECT TO CHANGE

AQUATICS

Learn CPR

Save Lives



**CPR/AED
for the
Lay Responder
and
Standard First Aid**

Class must meet minimum enrollment of 6 participants.

Location: Hemingway Aquatic Center
16605 South San Pedro Street, Carson, CA 90746

Ages: 12 years old and up.

Must be registered a week before the class date.

Please contact the Aquatics office for more information **(310) 816-9381**.

Classes offered on the following Dates:

- Saturday, March 15, 2014 • Saturday, March 22, 2014
Saturday, April 12, 2014 • Saturday, April 19, 2014

| Class | Resident | Non-Resident |
|-------------------------------|----------|--------------|
| Community CPR/AED | \$52 | \$57 |
| Community First Aid | \$44 | \$49 |
| Community CPR/AED & First Aid | \$92 | \$101 |

Spring Programming 2014

Scott Pool

Swim Conditioning (5-17 years)

| Dates | Day(s) | Time |
|-------------------|--------|--------------|
| April 21 – May 16 | M – F | 5:30-7:00 pm |

Fee: \$60 Resident, \$75 Non-Resident
Prerequisite: Minnow Level

Special Needs Aqua Aerobics

| Dates | Day(s) | Time |
|-------------------|------------|--------------|
| April 22 – June 5 | Tues/Thurs | 6:00-7:00 pm |

Sign up at (310) 835-0212, ext. 1465 and 1470

Hemingway Aquatic Center

Aqua Aerobics (15 years & over)

| Dates | Day(s) | Time |
|-------------------|-------------|----------------|
| April 21 – June 6 | Mon/Wed/Fri | 10:00-11:00 am |

Fee: \$3 Resident, \$4 Non-Resident, \$2 VSC member

Private Swim Lessons – Four 50 minute Lessons

Available at Scott Pool, Dominguez & Hemingway Aquatic Center

| Dates | Day(s) | Time |
|-------------------|--------|------|
| April 21 – June 5 | TBD | TBD |

Fee: One Participant \$125 Resident, \$150 Non-Resident
Two Participants \$200 Resident, \$240 Non-Resident

Subject to Instructor and pool availability

All Programming Subject to Change

Tax Preparation Assistance

Every Tuesday during tax season, trained AARP volunteers help low and middle-income persons prepare their income tax returns. Special attention is given to

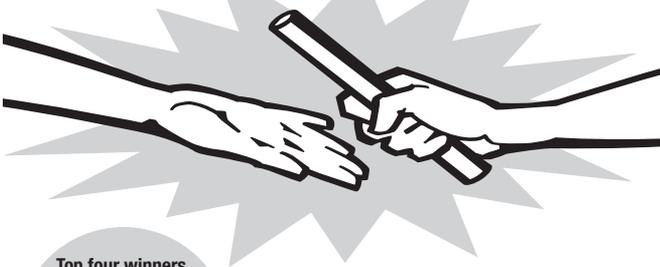
persons age 60 and older. The program begins Tuesday, February 4, and will be held every Tuesday through April 15.

Tax preparers can assist with the following: wages, interest, dividends, stock sales, sale of house, pensions, IRA's, annuities, social security calculations and low income self-employment. This service is free and is by appointment only, and takes place at Carson Park, located at 21411 S. Orrick Avenue in Carson. To make an appointment, please call (310) 952-1775.



3rd Annual CITY OF CARSON

Carson RELAYS



Top four winners in each event (ages 9-14) qualify for the Hershey's State Meet Sunday June 8, 2014

For more information, please call Recreation and Human Services at (310) 847-3570 or (310) 518-3565

SATURDAY, APRIL 26, 2014
CHECK IN BEGINS AT 8 A.M.

RANCHO DOMINGUEZ PREPARATORY SCHOOL

4110 Santa Fe Avenue, Long Beach, CA 90810

FOR BOYS AND GIRLS AGES 6-14

RECREATION AND HUMAN SERVICES

37th ANNUAL HERSHEY'S SOUTHERN CALIFORNIA STATE MEET
SUNDAY, JUNE 8, 2014



Rancho Dominguez Preparatory School
4110 Santa Fe Avenue, Long Beach, CA 90810

Participants must qualify at the Carson Relays on Saturday, April 26, 2014

For more information, please contact:

| | |
|---|----------------|
| Ann Kassel Wilkes, State Chair | (951) 314-0485 |
| Cedric L. Hicks, Sr., Assistant State Chair | (310) 847-3570 |
| Kenny Harris, Meet Director | (310) 518-3565 |

Thank you to the City of Carson Community Services Department, the NEW HOME of the Hershey Southern California Youth Track and Field State Games.

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

ENRICHMENT



Ready, Set READ!

"A simple way to teach reading"

K-2nd Grade Classes:
TUESDAYS & THURSDAYS
5:30 P.M. - 6:30 P.M.

3rd-5th Grade Classes:
TUESDAYS & THURSDAYS
6:30 P.M. - 7:30 P.M.

**CONGRESSWOMAN
JUANITA MILLENDER-MCDONALD
COMMUNITY CENTER
AT CARSON**
801 E. CARSON STREET, CARSON, CA 90745

Program period:
February 4, 2014 - April 10, 2014

For Boys and Girls ages 5-12 FOR MORE INFORMATION,
\$60 PER CHILD CONTACT ENRICHMENT
Cost includes reading material AT (310) 835-0212, EXT. 1410



City of Carson (City-Wide)

Spelling Bee

Saturday
April 26, 2014
10:00 a.m. - 2:00 p.m.

FREE
Boys & Girls / Kindergarten-5th Grade
CARSON PARK

21411 S. Orrick Avenue, Carson, CA 90745
For more information, call (310) 835-0212 ext. 1410

CITY OF CARSON YOUTH COMMISSION

Beautification Project

A great program for students who need community service credits, or just want to keep our community beautiful

| | |
|---|-----------------------------------|
| Saturday, April 5, 2014 10 a.m. - 1 p.m. | Stroke Survivor Home Visit |
| Saturday, April 19, 2014 10 a.m. - 1 p.m. | Senior Home Visit |
| Saturday, May 10, 2014 10 a.m. - 1 p.m. | Stroke Survivor Home Visit |
| Saturday, May 17, 2014 9 a.m. - 2 p.m. | Belmont Shore |

Departing from
Congresswoman Juanita Millender-McDonald
Community Center at Carson
3 Civic Plaza Drive, Carson CA 90745

Sign up now! • For boys and girls ages 12-17
To sign up for more information, please call
Recreation and Human Services at (310) 835-0212, ext. 1410

UPCOMING EVENTS



ANNUAL TEEN CONFERENCE

Career Workshops, College Invasion, Guest Speakers, Breakfast and Lunch provided.

Ages 12-17. March 22, 2014 at the Congresswoman Juanita Millender-McDonald Community Center at Carson, 3 Civic Plaza Dr., Carson, CA 90745.

TENNIS INSTRUCTION

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

CHEERLEADING

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

| | | |
|------------------|----------------|-------------------------------------|
| • Anderson | Tues/Thurs | 6 - 7 p.m. |
| • Carriage Crest | Tues/Thurs | 6-7:30 p.m. |
| • Calas | Tues/Thurs | 6:30 – 8:30 p.m. |
| • Dolphin | Tues/Thurs/Sat | 6 - 7:30 p.m./ 10 a.m. – 12 p.m. |
| • Del Amo | Tues/Thurs | 6 – 8 p.m. |
| • Dominguez | Mon/Wed | 6 – 7 p.m. |
| • Hemingway | Tues/Thurs/Sat | 6:30 – 8 p.m./ 10 a.m. – 1 p.m. |

FEE SCHEDULE

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



FABELA CHAVEZ BOXING/FITNESS CENTER

FABELA CHAVEZ BOXING/FITNESS CENTER has been in existence for 36 years. While throughout the years, other Clubs have opened and closed their doors, Fabela Chavez has remained opened. Fabela Chavez has been home to many great coaches and fighters. Look no further than the gyms namesake Fabela Chavez who was inducted to Boxing Hall of Fame in 1993. The City named its boxing gym after Fabela Chavez in recognition of his contribution to the young boxing enthusiasts and up-and-coming boxers in the community.

BOXING

FABELA CHAVEZ BOXING/FITNESS CENTER

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

HOURS

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

| | | |
|------------------|---------------------------|--------------------------|
| Fees: | Monthly Membership | |
| Adults | Resident \$30 | Non-Resident \$35 |
| Youth (8-17 yrs) | Resident \$20 | Non-Resident \$20 |
| Daily Rate Adult | Resident \$8 | Non-Resident \$9 |
| Daily Rate Youth | Resident \$4 | Non-Resident \$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) 952-1745

Intermediate Boxing

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

Intermediate Weightlifting Training

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

Advanced Boxing

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

Advanced Weightlifting

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

YOUTH SPORTS

SPRING PROGRAM

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

Spring Youth Sports

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

Registration: Now through February 22, 2014. Sign-ups will be taken after this date but your child may be put on a waiting list.

| | | |
|--------------------|----------------|----------------|
| Try-Outs: | March 1, 2014 | |
| Season Begins: | April 5, 2014 | |
| Registration Fees: | Resident | Non Resident |
| | \$39 1st child | \$46 1st child |
| | \$31 2nd child | |
| | \$23 3rd child | |

SCMAF Basketball

March 29 & 30, 2014

The City of Carson will host the Division A, Southern California Municipal Athletic Federation "Tournament of Champions" Basketball Tournament. Teams from throughout Southern California will be participating. Games will be played at various City Parks.

Carson Invitational Youth Baseball/Softball Tournament

Registration: May 1 through July 29, 2014

Date of Tournament: August 1 - August 3, 2014

Registration Fee: \$130 per team

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

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. Contact your local park for more information.

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 April 2, 2013, to officiate youth baseball/Softball.

Volunteers: "Carson Wants You"

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

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

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

HEALTH & FITNESS

ADULT SPORTS

SPRING PROGRAM

The Adult Sports Section will be offering a variety of leagues and tournaments during the winter months. To insure your team's placement in a league and/or tournament, payment must be made at the time of registration. For more information, contact the Adult Sports Section at City Hall Annex at 2400 E. Dominguez Street, or call extension (310) 847-3576.



SPRING SOFTBALL LEAGUES

Men's & Women's C/D Level

Registration: March 3 - March 31
 Play Begins: April 4
 Fees: \$399 per team

Coed C/D Level

Registration: March 3 - March 31
 Play Begins: April 4
 Fees: \$399 per team

Spring Softball Tournament/Men's & Coed

Registration: February 4 - March 7
 Play Begins: March 9

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

SPRING FLAG FOOTBALL LEAGUES

4 on 4

Registration: March 3-28
 Play Begins: March 30
 Fees: \$175 per team

8 Man

Registration: February 3-28
 Play Begins: February 30
 Fees: \$315 per team

ADULT PARK ACTIVITIES

Parent's Night Out

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



Coed Softball

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

- Calas Thur 6-9 p.m.
- Mon 6 - 7 p.m.
- Dolphin Fri 6-10 p.m.



8 Man Soccer

Stevenson 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/Women's Conditioning Class

This class is a fun-filled dance plus cardiovascular work out. Come join us. Dance your way to thin.

- Anderson Fri 7 p.m.
- Carriage Crest Sat 8:30-9:30 a.m.
- Mon/Wed 6:30-7 p.m.
- Hemingway Mon 6-7 p.m. / Tue-Thur 6:30-7:30 p.m. / Fri 6-7 p.m.
- Mills Wed 6:30-7:30 p.m.
- Stevenson Tue/Thur 6-8 p.m.

HEALTH & FITNESS

Adult Walking Class

| | | |
|------------------|-----------------|---------------------|
| Saturday | 9:30-10:30 p.m. | Anderson Park |
| Wednesday | 7-8 p.m. | Carriage Crest Park |
| Tuesday/Thursday | 6-7:30 p.m. | Dolphin Park |
| Tuesday/Thursday | 6-7 p.m. | Dominguez Park |
| Wednesday | 6:30-7:30 p.m. | Hemingway Park |

Walking Club

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

Adult and Youth Karate & Kempo

| | | | |
|-----------|-------------|----------------|----------------------|
| Wednesday | 6-7:30 p.m. | Stevenson Park | Beginner |
| Tuesday | 6-7:30 p.m. | Stevenson Park | Beginner |
| Wednesday | 7:30-9 p.m. | Stevenson Park | Adult Intermediate |
| | 6-7 p.m. | Stevenson Park | Youth Intermediate |
| Tuesday | 7:30-9 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 |

Adult Fitness Workout

| | | |
|----------|---------------------|----------------|
| Thursday | 6-7 p.m. / 7-8 p.m. | Dominguez 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 | Wed | 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. |

Adult Belly Dance Dance

| | | |
|---------|----------------|-----------------------|
| Tuesday | 6:30-7:30 p.m. | CJMM Community Center |
|---------|----------------|-----------------------|

Fast Dance Fitness Class

| | | | |
|------------------|----------------|------------|-----------------|
| Tuesday/Thursday | 6:30-7:30 p.m. | Mills Park | 15 yrs - Adults |
|------------------|----------------|------------|-----------------|

Adult Line Dancing

| | | |
|-----------|-------------------------|----------------|
| Saturday | 10 a.m. - Noon | Anderson Park |
| | 12 p.m. (Couples Dance) | Anderson Park |
| Wednesday | 7 - 9 p.m. (Advanced) | Anderson Park |
| Saturday | 9:30-11:00 p.m. | Hemingway Park |

Adult Hip Hop Fitness

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

Dance it Off

| | | |
|------------------|---------------------------------|----------------|
| Tuesday/Thursday | 5:30 p.m.-6:30 p.m. | Calas Park |
| Tuesday/Thursday | 5:30 p.m.-6:30 p.m. (16 and up) | Hemingway Park |

Adult Urban Ballroom Dance

| | | |
|----------|-------------|---------------|
| Monday | 6 - 8 p.m. | Anderson Park |
| Saturday | 12 - 3 p.m. | Anderson Park |

Youth Fitness Club (ages 16 and up)

| | | |
|-------------|----------|-------------|
| • Dolphin | Mon-Wed | 3-4 p.m. |
| • Stevenson | Tue-Thur | 6-7:30 p.m. |

Stevenson Park Fitness Center

HOURS

Mon-Fri 3-9 p.m. Sat 10 a.m.-5 p.m., Closed Sun

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

Boxercise

| | | |
|----------|---------------|----------------|
| Thursday | 6 p.m.-7 p.m. | Dominguez Park |
|----------|---------------|----------------|



Zumba Class

| | | |
|---------------|----------------|----------------|
| Monday | 6 p.m. | Hemingway Park |
| Monday/Friday | 6 p.m. | Scott Park |
| Tue/Thur | 6:30-7:30 p.m. | Mills Park |

Circuit Training

| | | |
|---------|----------------|----------------|
| Tuesday | 6:30-7:30 p.m. | Hemingway Park |
|---------|----------------|----------------|

Pilates Class

| | | |
|----------|----------------|----------------|
| Thursday | 6:30-7:30 p.m. | Hemingway Park |
|----------|----------------|----------------|

Stretching and Conditioning

| | | |
|--------|-------------|---------------|
| Friday | 7-8:30 p.m. | Anderson Park |
|--------|-------------|---------------|

Zumba Toning

| | | |
|--------|----------|-----------|
| Friday | 6-8 p.m. | Hemingway |
|--------|----------|-----------|

Adult Line Dancing

| | | |
|----------|-----------|-----------|
| Saturday | 9-12 p.m. | Hemingway |
|----------|-----------|-----------|

EARLY CHILDHOOD



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.



One time, non-refundable, registration fee of **\$95** 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 **\$106.00** 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. 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 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 RESIDENT RATE

| | |
|-----------------|-----------------|
| Monday – Friday | |
| 7 a.m. – 6 p.m. | \$170.00 a week |
| 8 a.m. – 5 p.m. | \$136.00 a week |
| 7 a.m. – 5 p.m. | \$157.00 a week |
| 8 a.m. – 6 p.m. | \$157.00 a week |

HALF DAY PROGRAM

| | | |
|------------------|------|-------------|
| 8 a.m. – 12 p.m. | FEES | |
| 1 p.m. – 5 p.m. | T TH | \$25 a week |
| | MWF | \$37 a week |
| | M-F | \$62 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 |
|---------------|-----------|------------------|-------|
| • Carson | Preschool | 8 a.m. – 12 p.m. | M/W/F |
| | Preschool | 8 a.m. – 12 p.m. | T/Th |
| | Preschool | 1 p.m. – 5 p.m. | M/W/F |
| | Preschool | 1 p.m. – 5 p.m. | T/Th |
| • Dolphin | Preschool | 8 a.m. – 12 p.m. | M/W/F |
| | Preschool | 8 a.m. – 12 p.m. | T/Th |

| | | |
|-------|-----------|-------------|
| Fees: | 2 days/wk | \$25 a week |
| | 3 days/wk | \$37 a week |
| | 5 days/wk | \$62 a week |

Fees are paid every 4 weeks
All Fees Are Subject To Change

Spring Break

D A Y C A M P



MONDAY, APRIL 14 - FRIDAY, APRIL 18, 2014

Spring Break Day Camp is offered at the following City of Carson parks:

CARSON PARK

21411 S. ORRICK AVENUE
CARSON, CA 90745

(310) 830-4925

DEL AMO PARK

703 E. DEL AMO BOULEVARD
CARSON, CA 90746

(310) 329-7717



DOLPHIN PARK

21205 S. WATER STREET
CARSON, CA 90745

(310) 549-4560

VETERANS PARK

22400 MONETA AVENUE
CARSON, CA 90745

(310) 864-9255

| NON-RESIDENT FEES | TIMES | RESIDENT FEES |
|-------------------|------------------------|---------------|
| \$18 | 7 A.M. - 9 A.M. | \$15 |
| \$65 | 9 A.M. - 5 P.M. | \$55 |
| \$12 | 5 P.M. - 6 P.M. | \$10 |

FUN & GAMES • SPORTS • CRAFTS • SNACKS

FOR BOYS AND GIRLS AGES 5-12 • BRING LUNCH DAILY!

*For more information, contact Recreation and Human Services
at (310) 847-3570, Ext. 3552*

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

KIDS CLUB

Kids Club After-School Child Care Solution For Latchkey Children



After School Kids Club Fees

Monday-Friday

2:30-6 p.m.

Regular

\$47 wkly



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

The daily program consists of:

Educational Activities

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

Recreational Activities

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

Snacks

Nutritional snacks are provided each day.

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

*Additional fee required for participation

Homework Help-Safe-Fun

The Kids Club program was established to provide a quality program that is safe, fun, and affordable. Our program offers activities for children ages 5 to 12 years old under the supervision of trustworthy, caring, and qualified staff that understand the needs of our children. We strive to meet the physical, intellectual, social, and recreational needs of children.



We believe that during the hours that the children are away from home they should be provided with a quality program of well supervised activities that stimulate new interests, encourages creativity, and builds self confidence, while providing parents with "peace of mind".



The Kids Club program provides much needed alternative child care for single and dual working parents by offering supervision for children from 2:30 - 6 p.m., Monday through Friday. The City of Carson's Recreation and

Human Services Division administers this program.

The daily program consists of:

Educational and Recreational Activities: Homework assistance, arts & crafts, outdoor and indoor games, seasonal parties, and supervision. Nutritional snacks provided.

PARKS

SPRING PARK CLASS SCHEDULE

All city parks are open and supervised. All parks offer a wide variety of winter 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 | 12-5 p.m. |

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

YOUTH ACTIVITIES

Tennis Instruction

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

Cheerleading

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

| | | |
|------------------|---------------|-----------------------------|
| • Anderson | Tues/Thurs | 6:30-7:30 p.m. |
| • Carriage Crest | Wed/Fri | 5:30-7:30 p.m. |
| • Carson | Mon/Wed | 6:30-8:30 p.m. |
| • Del Amo | Tues/Thurs | 6-8 p.m. |
| • Dolphin | Wed/Thurs/Sat | 6-7:30 p.m./10 a.m.-12 p.m. |
| • Dominguez | Wed/Thurs | 6-7 p.m. |
| • Hemingway | Tues/Thurs | 6:30-8 p.m. |

Drill Team

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

Dance It Off

| | | | |
|--------------|------------|----------------|----------|
| • Calas Park | Tues/Thurs | 5:30-6:30 p.m. | All ages |
|--------------|------------|----------------|----------|

Bingo Nite

| | | | |
|------------------|-----------------|-------------|----------|
| • Calas Park | 2nd & 4th Thurs | 6:30-8 p.m. | |
| • Stevenson Park | Fri | 5:30-7 p.m. | |
| • Dolphin Park | 2nd Fri | 6:30-8 p.m. | 8-17 yrs |

Archery

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

City of Carson's Track & Field Club

Boys & Girls
Sign-up Now - Ages 7-14



Karate Class

| | | |
|------------------|-----------|-----------------|
| • Scott Park | Mon | 6-7:45 p.m. |
| | Tue | 6-9 p.m. |
| | Sat | 9:30-10:45 a.m. |
| | Sun | 2-5 p.m. |
| • Stevenson Park | Wed/Fri | 6-9 p.m. |
| | Tue/Thurs | 6-9 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, 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.

Clubs for Boys & Girls

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

PARKS

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 Park | Wed | 4:30 p.m. |
| • Calas Park | Thurs (1st and 3rd of each month) | 6:30-8 p.m. |
| • Carriage Crest Park | Wed | 4:30-5:30 p.m. |
| • Del Amo Park | Tues | 6-7 p.m. |
| • Hemingway Park | Fri | 5:30-6:30 p.m. |
| • Stevenson Park | Thurs | 5-6 p.m. |
| • Veterans Park | Wed | 5-6 p.m. |



Homework Club

| | | |
|------------------|---------------|----------------|
| • Anderson Park | Tues/Thurs | 3:30-4:30 p.m. |
| • Dolphin Park | Mon/Wed/Thurs | 3-4 p.m. |
| • Dominguez Park | Thurs | 4-5 p.m. |
| • Hemingway Park | Tues/Thurs | 3-4:30 p.m. |
| • Mills Park | Mon/Wed/Thurs | 3-4:30 p.m. |
| • Stevenson Park | Mon/Thurs | 3-4:30 p.m. |

Dance Classes

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

| | | |
|----------------------------------|------------|--------------------------|
| • Anderson (Ballet) | Tues/Thurs | 5:30-6:30 p.m. |
| • Anderson (Adult Line Dancing) | Wed | 7-9 p.m. |
| | Sat | 10 a.m.-12 p.m. |
| • Calas Park (Ballet Folklorico) | Mon/Wed | 6-7 p.m. |
| • Calas Park/Age 8-16 | Tues/Thurs | 6:30-7:30 p.m. |
| • Carson (Ballet) | Mon | 5-8 p.m. |
| • Carson (Hip-Hop Dance) | Wed | 5-8 p.m. |
| • Comm. Cntr. | Sat | 5:30-8 p.m. |
| • Hemingway/2 Age Division | Tue/Thurs | 10-11 a.m. / 6:30-7 p.m. |
| • Scott Park | Tues/Thurs | 6-7 p.m. |
| • Veterans Park | Thurs | 6-7:30 p.m. |

Boys Club

| | | |
|---|-----|----------------|
| • Hemingway Park | Wed | 5 p.m. |
| • Calas Park/Age 8-12 | Fri | 6:30-8:30 p.m. |
| • Veterans Park Boys & Girls Club/Ages 9-12 | Fri | 6-8 p.m. |

Boys & Girls Club

| | | |
|---------------------------|-----|----------|
| • Veterans Park/Ages 9-12 | Fri | 6-8 p.m. |
|---------------------------|-----|----------|

Junior Theatre

| | | | |
|----------------|--------------|-------|----------|
| • Del Amo Park | 5-12 yrs old | Thurs | 6-7 p.m. |
|----------------|--------------|-------|----------|

Friday Night Madness & Movies

| | | | |
|------------------|-------------------|-------------|-------------|
| • Anderson Park | 7 yrs - up (FREE) | Fri | 6:30-8 p.m. |
| • Hemingway Park | 9 yrs - up (FREE) | Fri | 6:30 p.m. |
| • Carriage Crest | Family (FREE) | 2nd/4th Fri | 6:30-9 p.m. |
| • Del Amo Park | 7 yrs - up (FREE) | Fri | 5:30-8 p.m. |
| • Dolphin Park | Family (FREE) | 2nd/4th Fri | 6:30-9 p.m. |
| • Stevenson Park | | 4th Fri | 6:30-9 p.m. |
| • Veterans Park | 9 yrs - up (FREE) | 2nd/4th Fri | 6 p.m. |

Excursions

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

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

Roller Hockey

This program will be offered at Dominguez Park. Children, 9 - 12 yrs. of age, will learn the basic techniques of this exciting new sport. Participants must provide the required safety equipment. Don't miss out on the fun.

Beginning Chess

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

TEEN PARK ACTIVITIES

Teen Game Nation

| | |
|----------------|------|
| Hemingway Park | 6:30 |
|----------------|------|

Teens in the Kitchen

Learn the basics! Anderson Park, Wednesdays, 4:30-5:30 p.m.; Carson Park, Friday from 6:30-7:30 p.m.; and Hemingway Park at 6 p.m.

CARSON JUNIOR TENNIS PROGRAM

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 SPORTSCOMPLEX

City of Carson

Veterans SportsComplex
22400 Moneta Ave., Carson, CA 90745



James Foisia Memorial BASKETBALL TOURNAMENT

Date:

FRIDAY, MARCH 7, 2014 THROUGH SUNDAY, MARCH 9, 2014

Locations:

VETERANS SPORTSCOMPLEX GYM
22400 MONETA AVENUE, CARSON, CA 90745

SCOTT PARK GYM
23410 CATSKILL AVENUE, CARSON, CA 90745

CARSON PARK GYM
21411 S. ORRICK AVENUE, CARSON, CA 90745

STEVENSON PARK GYM
17400 LYSANDER DRIVE, CARSON, CA 90746

Fee:

\$125 PER TEAM

Each team is guaranteed 2 games • Awards for 1st and 2nd place

FOR BOYS AND GIRLS AGES 8 AND UP

Registration deadline:

FRIDAY, FEBRUARY 28, 2014

FOR MORE
INFORMATION,
PLEASE CALL
THE VETERANS
SPORTSCOMPLEX
AT (310) 830-9992



5000 lb Challenge Culmination ceremony

March 1, 2014 10:00 a.m. - 1 p.m.

It's time to live a healthy lifestyle!

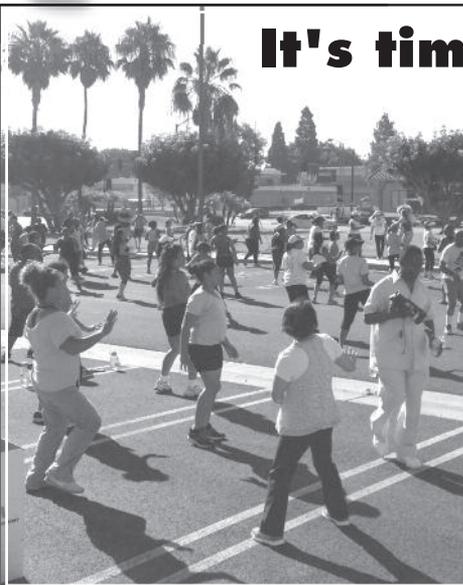
We are challenging our community by raising awareness about the damaging effects of unhealthy life styles. Our goal is to have the City of Carson collectively lose 5,000 pounds To see if we've surpassed our goal, our final weigh-in is March 1.

Activities

- Demo Classes (participation welcomed)
- Tour of facility
- Health & Fitness Vendors

Come join us!

- Entertainment
- Gourmet Food Trucks
- Buy 1 Annual Membership Get 2nd Half Off



For more information, call (310) 830-9992

Spring
Into
A
New
Body



MEMBERSHIP RATES

Annual Memberships

| | Registration | New member | | Renewal | |
|----------------------|--------------|------------|--------------|----------|--------------|
| | | Resident | Non-Resident | Resident | Non-Resident |
| Individual | \$30 | \$234 | \$275 | \$176 | \$207 |
| Youth/Senior Citizen | \$20 | \$141 | \$165 | \$106 | \$124 |
| Family | \$50 | \$355 | \$418 | \$266 | \$314 |

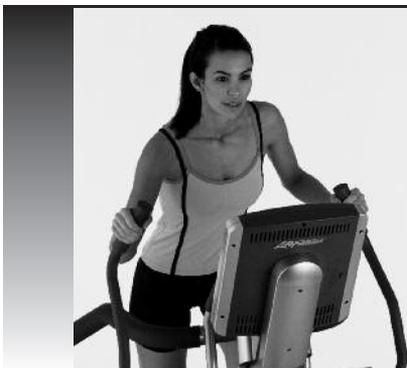
30-day Memberships

| | Registration | New member | | Renewal | |
|----------------------|--------------|------------|--------------|----------|--------------|
| | | Resident | Non-Resident | Resident | Non-Resident |
| Individual | \$10 | \$34 | \$40 | \$25 | \$30 |
| Youth/Senior Citizen | \$5 | \$25 | \$30 | \$20 | \$23 |

Daily Guest Rates

| | 6 a.m. - 3 p.m. (M-F) | | 3 p.m. - close (M-F and all day weekends) | | Administration Fee First time guest visitor |
|------------|--------------------------|--------------|--|--------------|--|
| | Resident | Non-Resident | Resident | Non-Resident | |
| Individual | \$5 | \$6 | \$10 | \$12 | \$10 |

ALL FEES ARE SUBJECT TO CHANGE
10% Discount for Veterans



22400 Moneta Ave Carson, CA 90745
(310) 830-9992

HOURS OF OPERATION

Facility

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

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

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

Business Office

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

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

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

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



VETERANS SPORTS COMPLEX

FACILITIES AVAILABLE FOR RENTAL



NBA Regulation Basketball Court

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

For more information about facility rental rates, please call (310) 830-9992.



Movie Sets



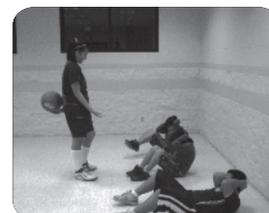
Banquet Halls and Recreation Rooms



Raquetball Courts

YOUTH CLASSES

- Youth Fitness • Youth Kempo Karate • Youth Volleyball
- Youth Basketball • Youth Raquetball



ADULT CLASSES

- Muscle Conditioning • Salsa • Adult Kempo Karate • Step & Pilates • Corepole Training
- Hatha Yoga • Indoor Cycling and Abs • Low Impact Aerobics • Mel's Boot Camp
- Walking Club • Zumba • T.B.A. (Thighs, Bottoms & Abs)



Call (310) 830-9992 ext. 231 to schedule an appointment with a personal trainer.
22400 Moneta Ave Carson, CA 90745 • (310) 830-9992

SENIOR RECREATION

The senior recreation program provides recreational programs for senior's citizens ages 50 and above. We provide numerous activities, lectures, health information and much more. 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

All classes are closed on City holidays
**NO CHILDREN ALLOWED IN ANY
 SENIOR ACTIVITIES OR PROGRAMS**

A variety of classes and programs are developed when special interests are identified. Classes require a minimum of 10 people 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 uninstruced 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.

PERSONAL ENRICHMENT

Driver Safety Program – Get a break on your car insurance by attending 55 Alive classes. This is an eight hour classroom course that can sharpen driving skills, prevent accidents, keep older drivers on the road longer and safer. Cost: \$15.00 members - \$20.00 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 a.m. - 11 a.m. in the adult activity room.

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.

DANCE



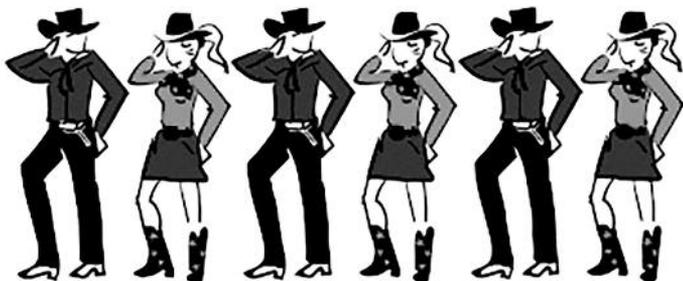
Sweethearts of Tap – Come Learn to Tap Dance and have a lot of fun. Monday 11:30 a.m. - 1:00 p.m. Instructor: Joni Haward

Ballroom Dancing - Learn the art of Ballroom Dancing on Tuesdays, Advanced classes 2 – 3 p.m. and Beginners- 1 – 2 p.m. Dance Room. Minimal fee required for class. Cost: \$3.00 Instructor: Kinue Williams

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

SENIOR RECREATION

Polynesian Dancers - Explore and learn the rich culture of our 50th state by enrolling in our Hawaiian dance class. Thursdays from 9:30 - 11 a.m. Dance room. \$3 per class. Instructor: Kumu



Line Dancing - Learn and perform the latest Country Western steps! Enjoy the company of other line dancers as they sway their steps to country music!! Advanced classes are Wednesdays from 10 a.m.-11 a.m. and beginners classes are on Wednesday from 9-10 a.m. Instructor: Doris Thomas and Thursday from 4-6 p.m. Jimmy Dixon \$2 per class.

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

CLUBS

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

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

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

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

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

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

EXCURSIONS

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

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

Cyber Café

The Cyber Café is equipped with the latest in technology software and Wi-Fi for seniors only. Enjoy a cup of coffee with other seniors and join in on the latest news of technology and what's happening with computers.



Seniors are encouraged to bring their laptops. Our Cyber Café is opened

Tuesday - Thursday from 9 a.m.-2 p.m.

Desktops in the Cyber Café are reserved for students currently enrolled in computer classes. If you would like to learn more about computers and sign up for classes please call (310) 835-0212 ext. 1414.

SENIOR RECREATION

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

(310) 835-0212, extension 1475. Class On-line registration is now available at <http://ci.carson.ca.us/ssi.asp>

Instructors: Jared Ortega Mon, Wed. & Friday
Paul Jones Tues & Thursdays



Introduction to PC's

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

Beginning/Beginning Class

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

Basics of Word Processing

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

Excel

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

Beginning Internet

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

Intermediate Internet

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

Advanced Computer Class

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

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

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

Class Instructors: ext. 1414 or ext. 1415

SENIOR RECREATION

EXERCISE

NO CHILDREN ALLOWED IN ANY
SENIOR ACTIVITIES OR PROGRAMS

Tai Chi & Health – The ancient Chinese exercise system is designed for meditation and for the development of self-discipline and a sense of harmonious well-being. The instructor will guide you through a warm-up, posture and breathing techniques, as well as 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 Fridays 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 a.m. Come have fun and get a great cardio workout! For more information, call (310) 830-6439.

Aerobics – Come and exercise to the funky tunes for a great workout! Every Friday from 10:30 – 11:15 a.m. Also join Randy Okuda on Wednesdays from 11:30 a.m. – 12:25 p.m for a super workout at the Congresswoman Juanita Millender-McDonald Community Center. Cost: \$3.00

Muscle Strengthening – Class meets every Tuesday and Thursday from 11:00 a.m. – 11:40 a.m. at the Congresswoman Juanita Millender-McDonald Community Center at Carson, 801 East Carson St., Carson, CA 90745. Muscle Strengthening using resistance bands.

Caregivers are not allowed to take the exercise classes due to class size. Caregivers may assist their clients but class is specifically for seniors. Proper attire and footwear 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 footwear for safety purposes.
MUST SIGN IN DUE TO LIMITED CLASS SIZE.

Exercise Stretch & Movement – Come exercise every Tuesday and Thursday from 11:45 a.m. - 12:15 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 at the Congresswoman Juanita Millender-McDonald Community Center at Carson, 801 East Carson St., Carson, CA 90745. All class participants are required to fill out exercise forms prior to taking the class. No exceptions!

Classes are monitored. Anyone without a form will not be allowed to participate. This form is also available online for your convenience on the City of Carson website. Forms require your doctors approval to participate. For more information, please call (310) 835-0212 ext. 1479. MUST REGISTER AND SIGN-IN DUE TO LIMITED CLASS SIZE.

Weightlifting and Conditioning – This class meets Monday through Friday from 8:30 – 10:30 a.m. Boxing and Weightlifting facility. Seniors are able to use exercise equipment such as: treadmills, ellipticals, exercise bikes, etc. Staff available if you have questions. There is no trainer on-site. AT THE FOLLOWING FACILITIES LISTED BELOW

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

Staff: Eddie Rodriguez
Carson Park, 21411 Orrick Ave.
(310) 830-4925

Stevenson Park Gymnasium, 17400 Lysander Dr.
(310) 952-1745

Senior Fitness Program

Stevenson Park Gymnasium • (310) 952-1745
Monday/Wednesday/Friday 8:30-10 a.m.
Seniors 50 and older FREE

Carson Park • (310) 830-4925
Seniors 50 and older FREE

Zumba Class

Monday/Wednesday/Friday 8:30-9:30 a.m.

Low Impact Cardio Class

Tuesday/Thursday 8:30-9:30 a.m.

Senior Muscle Conditioning

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

HEALTH

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

Blood Pressure Screenings – Volunteers provide free blood pressure screening every Tuesday from 10 - 11 a.m., Thursday from 10:00 - 11:00 a.m. Please call, (310) 835-0212, ext. 1479, if you would like to volunteer to provide blood pressure screening at the Congresswoman Juanita Millender-McDonald Community Center at Carson, 801 East Carson St., Carson, CA 90745.

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 come first served.

Medicare Counseling

A qualified HICAP counselor will be here twice a month to answer questions you may have about Medicare. There is no cost, but you must make an appointment in advance. For appointments please call (310) 952-1775.

Telephone Reassurance

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

Tax Preparation Assistance

During tax season, 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. Please call (310) 952-1775. Please note that the tax program will now take place in the computer lab at Carson Park, which is located at 21411 S. Orrick Avenue in Carson.

Financial Counselor

A volunteer financial counselor is here most Tuesdays and Thursdays from 9:30 a.m. to 12:30 p.m. to help you with any financial questions you may have, including retirement planning. By appointment only.

Equipment Loan Program

The Social Services office has walkers, crutches, wheelchairs, and canes available for loan. Contact Senior Social Services at (310) 835-0212 ext. 1480 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 someone who would like to donate one.



SOCIAL SERVICES DIRECTORY GENERAL INFORMATION

Health and Human Services General Information: 2-1-1
AARP: (213) 380-1800
Area Agency on Aging: (213) 738-4004
Elder Abuse Hotline: (800) 992-1660
Mental Health Information: (800) 854-7771
Nursing Home Information: (800) 427-8700

EMERGENCY RESPONSE SYSTEMS

EARS Long Beach Memorial: (562) 933-0913

FOOD AND MEALS

Meals on Wheels/YMCA: (310) 835-0212 x1487
Food Bank Info Line: (800) 839-6993
Food Stamps DPSS Compton: (310) 603-8411

HEALTH AND MEDICAL

L.A. County Rancho Los Amigos Geriatrics: (562) 401-8130
South Bay Mental Health Clinic: (323) 241-6730

HOUSING

HUD: (800) 955-2232
Westside Center for Independent Living: (310) 390-3611

IN HOME SERVICES

In Home Support Services Intake Hotline: (888) 944-4477
In Home Support Services Helpline: (877) 481-1044

INSURANCE BENEFITS AND RESOURCES

HICAP: (800) 824-0780
Medi-Cal: (800) 952-5294
Social Security Administration SSI/SSDI: (800) 772-1213

LEGAL ASSISTANCE

Bet Tzedek Legal Services: (323) 939-0506

SUPPORT GROUPS

Alcoholics Anonymous: (310) 618-1180
Alzheimer's Association: (323) 938-3370
Clutter Support Group: (310) 212-0917
VITAS Bereavement Support Group: (310) 324-2273
Wellness Community Cancer Support: (310) 376-3550

TRANSPORTATION

Access: (800) 827-0829
Dial-A-Ride: (310) 835-0212 x1489

ASSISTED LIVING

City of Carson Social Services Section strives to provide a wide variety of programs to Carson residents adults 60 and older. These activities are located at the Congresswoman Juanita Millender-McDonald Community Center, Scott, and Dominguez Parks. The Social Services Office is located in the atrium area of the Congresswoman Juanita Millender-McDonald Community Center. For more information, call (310) 835-0212, ext. 1471.

Case Management & Home Services

To help seniors help themselves to remain independent 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) 835-0212 ext. 1471.



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 or to be placed on a waiting list, call (310) 835-0212 ext 1471.

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 their 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) 835-0212 ext. 1471.

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. To be placed on a waiting list, call (310) 835-0212 ext. 1471.

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

Friendly Visitor Volunteers provide companionship, understanding, and empathy to elders who are lonely and/or isolated. Through regular visits,

these volunteers provide letter writing, reading and friendly visits to help the client remain as independent as possible while living in the community. For more information, call (310) 835-0212 ext. 1471.

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) 835-0212 ext. 1471.

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 the 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 \$2.75 and \$3.50 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.

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 (323) 234-3030.

Caregiver Support Group

New Support Group offered to any caregivers looking for a place to feel like they are not alone in the stresses that come along with taking care of a loved one. Come and talk to others in a safe, caring environment about struggles you may be having. This group meets every other Tuesday, beginning on January 14, 2014, from 11:30 a.m. - 12:30 p.m. at the Congresswoman Juanita Millender-McDonald Community Center at Carson. There is no fee to attend. Please call ahead for more information, at (310) 835 - 0212 ext. 1471.

FAMILY SUPPORT

CITY OF CARSON



SOCIAL CONNECTIONS
THROUGH THE ARTS

*Explore your inner artist!
Weekly workshops that allow for hands on arts & crafts*

THURSDAYS • 5 P.M. - 7 P.M.

VETERANS PARK
22400 MONETA AVENUE, CARSON, CA 90745

FOR BOYS AND GIRLS AGES 3-17
(ADULT MUST ACCOMPANY CHILDREN AGES 3-6)

FREE ADMISSION • SIGN UP NOW!

CRAFTS • DRAWING • PAINTING • ORIGAMI • PHOTOGRAPHY

FAMILY SUPPORT GRANT FUNDED • ENROLLMENT PROCESS REQUIRED

FOR MORE INFORMATION, CONTACT FAMILY SUPPORT COORDINATOR,
JENICE DEGUZMAN, AT (310) 847-3584

City of Carson



Strive For Excellence

**FREE WORKSHOPS FOR
Boys & Girls Ages 11-17**

10 - week session
April 2 - June 4, 2014
Wednesdays from 5:30 - 7:00 p.m.

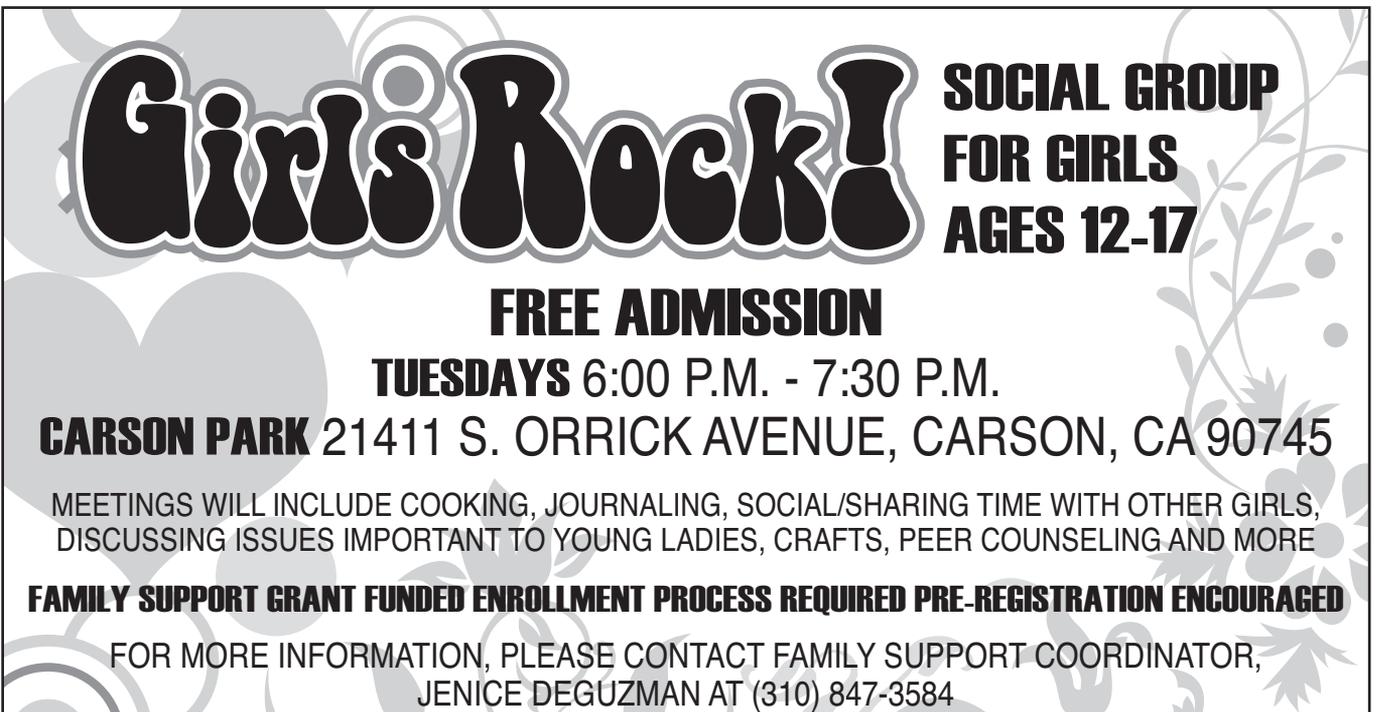
WORKSHOPS

- Dealing with Stress
- Bullying
- Gangs
- Healthy Relationships
- Dealing with Everyday Issues
- Positive Relationships with Parents
- Goal Setting
- Avoiding Drugs and Alcohol
- Peer Pressure

Family Support Grant Funded • Enrollment Process required
Pre-registration encouraged

Congresswoman Juanita Millender-McDonald
Community Center at Carson
801 E. Carson Street, Carson, CA 90745

For more information contact:
Family Support Coordinator, Jenice Deguzman at (310) 847-3584



Girls Rock! **SOCIAL GROUP FOR GIRLS AGES 12-17**

FREE ADMISSION

TUESDAYS 6:00 P.M. - 7:30 P.M.

CARSON PARK 21411 S. ORRICK AVENUE, CARSON, CA 90745

MEETINGS WILL INCLUDE COOKING, JOURNALING, SOCIAL/SHARING TIME WITH OTHER GIRLS, DISCUSSING ISSUES IMPORTANT TO YOUNG LADIES, CRAFTS, PEER COUNSELING AND MORE

FAMILY SUPPORT GRANT FUNDED ENROLLMENT PROCESS REQUIRED PRE-REGISTRATION ENCOURAGED

FOR MORE INFORMATION, PLEASE CONTACT FAMILY SUPPORT COORDINATOR,
JENICE DEGUZMAN AT (310) 847-3584

RECREATION AND HUMAN SERVICES

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

SPECIAL NEEDS

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:

- **Mar. 14, 2014 - St. Patrick's Day Dance**
- **Apr. 11, 2014 - Spring Dance**
- **May 9, 2014 - Prom Dinner/Dance**



Bowling Program

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

Arts and Crafts

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

Exercise Class

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

Basic Classroom Skills

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

Monthly Calendar

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

Carson Special Needs Parent Association

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

Variety Club

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

Events:

Loyola Marymount Special Games- March 15th, 22nd, 29th, 2014

Once again we will be participating in the Loyola Marymount Special Games. Program participants will be sent a application forms by mail.

Please refer to monthly calendar for dates, times of departure and return location

Special Olympics: April 19,2014

South Bay Special Olympics Spring Tournament at Veterans Park, 22400 Moneta Ave., Carson, CA. 90745 From 8:00 a.m.- 3:00 p.m. Competition will be in Bocce and Basketball

Special Olympic Sports: Basketball: We are once again gearing up for Special Olympic competition in the sport of basketball. We're recruiting for our City of Carson Special Needs Program Basketball team for 2014.

It mandatory that all participants have a CURRENT Special Olympic Medical form on file in our office. Please refer to our monthly calendar for times and location of practice.

Track & Field: Join us on the track. We will be training in running the 50, 100 and relay races, standing and running long jumps, and softball throw. After this hard work our Special Olympic Team will be ready to compete in upcoming Southern California Special Olympic Summer games. Please refer to monthly calendar for dates, times, and location of practice.

JOSEPH B. O'NEAL, JR. STROKE CENTER

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



JBOJ Fitness Center

The Stroke Center is open Monday through Friday from 8:30 a.m. – 4:30 p.m. Once your application has been accepted, you can work out at your own pace in our fitness center, with supervision from friendly staff members.



Chair Volleyball

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

Chair Exercise

This group class is led by a physical therapy aide, and it focuses on exercising the upper and lower limbs. Please see monthly calendar for days and times.

Occupational Therapy

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

Speech Therapy

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

Fun Fridays

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

Water Exercise

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

NEW! Zumba Gold

Check the calendar for Zumba Gold classes, which is modified Zumba for stroke survivors. Come enjoy the music and the energy of this group class!

Caregiver Support Group

As a family caregiver, you may find yourself facing a lot of new responsibilities, many of which are unfamiliar. It helps to know you're not alone, and it's comforting to give and receive support from others who understand what you're going through. Join us Tuesdays in the Caregiver Support Group from 11:30 a.m.-12:30 p.m. at the Community Center.

PERMITS

Welcome to Permits!



The Reservation Office business hours are
Monday - Thursday, 7:30 a.m. - 5:00 p.m.
Call us at (310) 847-3570 or fax us at (310) 830-8567.
We are located at the Recreation and Human Services
Offices 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. New facility at Carson Park (indoors & outdoors)

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.

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 our parks:

ABC Party Rental: (310) 834-2892

Fiesta N Jump: (310) 263-1848

Trackless Train: (310) 324-1845

BR Party: (323) 907-0757

Major Jumpers & Entertainment: (323) 399-2533

Party Pronto: (877) 727-8437

Party on Rentals: (323) 255-1993

ALL FEES ARE SUBJECT TO CHANGE

ALL FEES ARE SUBJECT TO CHANGE



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

JOIN CITY OF CARSON PARKS & RECREATION ON FACEBOOK

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

YOUTH SERVICES PROGRAMS sponsored by Public Safety

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

• Youth & the Law Program Youth (Ages 12 – 17 years)

Residents: \$40.00 Non-residents: \$55.00

This 4 hour after school program consists of two 2-hour classroom lectures, and one required 2-hour Parent Enrichment class. Its aim is to educate youth about the importance of obeying rules at home, school, and laws in the community.

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

Instructor: Youth Services Officers

Hours: 4-6 p.m.

Community Center

• Parent/Teen Project (10 Days / 20 Hours)

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

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

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

Instructor: Dennis Rodriguez, YSO/Arthur Williams /Eric Carter, YSO Alma Avilla (Spanish)

Tuesday: 5:30 - 7:00 p.m.

Community Center

• Anger Management For Teens (5 Days / 8 Hours)

Youth (Ages 12 to 17 years old)

Residents: \$30.00 Non-residents: \$40.00

An 8 hour course conducted on Tuesday afternoons, 4:30 - 6 p.m., for a 5-week period. Classes are designed to assist adolescents ages 12 to 17 years old. Sessions are facilitated by a Public Safety Department/ Youth Services Officer. This course accommodates adolescents who may be referred by school, courts, 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 / 12 hours) Youth (Ages 12 to 17 Years)

Residents: \$30.00 Non-residents \$40.00

A 12 hour course conducted on Monday afternoons from 4:30 - 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 drug diversion curriculum. This course is to accommodate adolescents referred by the schools, or the Probation Dept. to complete a Drug Awareness and Prevention course. *Drug Testing is also available for an additional fee paid to clinic conducting the test.

Registration: Eric Carter at (310) 952-1700, ext. 1672

Instructor: Various

Monday: 4 - 5:30 p.m.

Community Center

• Community Service For Youth Youth only (Ages 12-17 years)

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

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

Contact Person(s): ANY YOUTH SERVICES OFFICER

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

Case Management Services

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

Criterion (any one of the following)

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

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

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

YOUTH SERVICES 2014 CLASS SCHEDULE

| Parent/Teen Project Tuesday • 5:30-7 p.m. Total Hours: 20 Hrs OPEN ENROLLMENT | Anger Management For Teens Tuesday • 4:30-6 p.m. Total Hours: 8 Hrs | Drug/Alcohol Awareness & Prevention Classes Monday • 4-5:30 p.m. Total Hours: 12 Hrs | Youth & The Law Program Wednesday & Monday Times: 4-6 p.m. Total Hours: 4 |
|--|--|--|--|
| Track I: Jan. 14 - Mar. 25 Track II: Apr. 15 - June 24 Track III: Jul. 15 - Sep. 23 | Track I: Jan. 21 - Feb. 25 Track II: Apr. 8 - May 13 Track III: Jul. 1 - Aug. 5 | Track I: Jan. 6 - Mar. 10 Track II: Apr. 7 - Jun. 2 Track III: Jul. 14 - Sep. 8 | Track I: Jan. 27, 29 Track II: Feb. 24, 26 Track III: Mar. 17, 19 |

CALL FOR CLASS REGISTRATION DATES

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



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Transportation Services Division Excursions

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

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

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

The Book of Mormon – Pantages Theater • Saturday, March 1, 2014

The Book of Mormon is the first-ever Broadway musical comedy from South Park creators Trey Parker & Matt Stone that will keep audiences in shock and awe for years! This Broadway musical hit is based on two young men who get posted to Uganda as missionaries to fulfill their religious duties. Entertainment Weekly's rated the play as a funny, obscene and uncompromising in production standards. Please note that this show is for mature audiences only. **Cost of \$86.00 per person** includes round-trip bus transportation and theater admission. **Bus departs at 12:00 pm and returns at 7:00 pm.**

Bowers Museum – Saturday, March 8, 2014

Orange County's largest museum, Bowers Museum, promotes human understanding through art. This excursion features a 60-minute docent-led private tour of its current exhibit, and additional time for you to enjoy the rest of the museum on your own. A no-host late lunch stop/shopping will be at Downtown Disney. **Cost of \$35.00 per person** includes round-trip bus transportation and tour fee. Meals are not included. **Bus departs at 10:00 am and returns at 5:00 pm.**

Cirque du Soleil "Totem" – Sunday, March 16, 2014

Immerse yourself in Cirque du Soleil's Totem as it traces the fascinating journey of the human species from its original amphibian state to its ultimate desire to fly. Inspired by many founding myths, Totem illustrates, through visual and acrobatic language, the evolutionary progress of the species. No host dinner stop will be at the new Santa Monica Place/3rd Street Promenade. **Cost of \$90.00 per person** includes round-trip bus transportation and admission. **Bus departs at 11:00 am and returns at 6:00 pm.**

Warner Bros VIP Studio Group Tour – Saturday, March 22, 2014

See "behind-the-scenes" and "into-the-scenes" of your favorite shows and movies at the world's busiest motion picture and television studio. The 2 hour 25 minute tour via carts takes you through back lot streets, sound stages, sets and craft shops. No two tours are alike and guides take you to where the action is. Always be on the lookout for a star as production is happening all around. We will stop for a no-host lunch at Universal City Walk. **Cost of \$60.00 per person** includes round-trip bus transportation and tour admission. **Bus departs at 8:00 am and returns at 5:00 pm.**

Cherry Blossom Festival at Descanso Gardens – Sunday, March 23, 2014

Welcome springtime with this annual celebration of Japanese culture and the beautiful flowering trees. Explore the quiet, secluded and relaxing atmosphere of Descanso Gardens. Enjoy special music, origami, food, garden walks. Meals are not included. You may visit Café Descanso for lunch. **Cost of \$35.00 per person** includes round-trip bus transportation and garden admission. **Bus departs at 9:00 am and returns at 5:00 pm.**

Los Angeles Dodgers vs. San Francisco Giants – Saturday, April 5, 2014

Come out and cheer on our National League West Division Champs Los Angeles Dodgers take on the San Francisco Giants for an exciting night of baseball. Root for the Dodgers while enjoying the view from the 3rd baseline, and snacking on peanuts, cracker jacks or the famous Dodger Dogs. **Cost of \$56.00 per person** includes round-trip bus transportation and entrance fee. Meals are not included. **Bus departs at 5:30 pm and returns at 11:00 pm.**

Disney on Ice: The Ice Skating Spectacular – Saturday, April 19, 2014

It's one colossal party on ice with all your favorite Disney friends! Join Mickey Mouse, Minnie Mouse and friends as they celebrate "100 Years of Magic" through a magical medley of holiday celebrations and festivals from around the globe. Come join the party when this spectacular ice show visits the Citizens Business Bank Arena in Ontario. A no-host lunch stop will be made after the show at Ontario Mills. **Cost of \$55.00 per person** includes round-trip bus transportation and admission. **Bus departs at 9:00 am and returns at 5:00 pm.**

San Diego's 2014 ArtWalk: Original Fine Art Festival – Saturday, April 26, 2014

Mission Federal ArtWalk will fill San Diego's Little Italy with artists, musicians and art lovers from all over the USA. No meals are included. **Cost of \$30.00 per person** includes round-trip bus transportation. **Bus departs at 9:00 am and returns at 6:00 pm.**

Renaissance Fair – Saturday, May 3, 2014

The Renaissance Pleasure Faire celebrates the "spirit" of this period of history, where people have the willingness to try anything and everything. Enjoy cutting edge performances, artisans, flavors and culinary delights from the past and the future. No meals are included. **Cost of \$45.00 per person** includes round-trip bus transportation and admission. **Bus departs at 9:00 am and returns at 5:00 pm.**

Strawberry Festival – Saturday, May 17, 2014

The 2014 California Strawberry Festival is proud to be celebrating 31 wonderful years. The festival offers a variety of food booths, bountiful berries served every imaginable way, arts and crafts, and a carnival atmosphere for the entire family. There are two Festival stages that come alive with concert performances throughout your visit. **Cost of \$35.00 per person** includes round-trip bus transportation and admission to the fair. Lunch cost is not included. **Bus departs at 9:00 am and returns at 6 pm.**

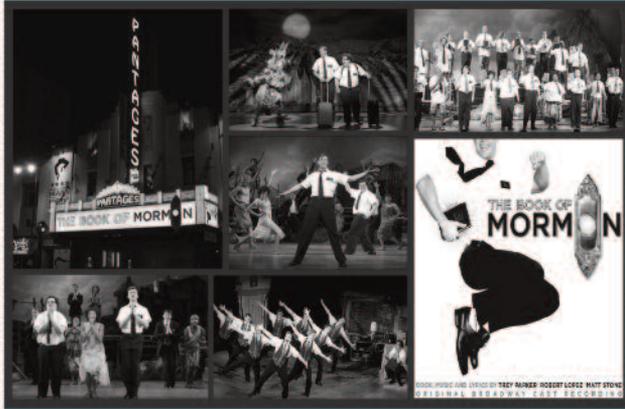
Lake Arrowhead Boat Tour – Friday, June 20, 2014

A visit to Lake Arrowhead isn't complete without seeing the view from the water. Ride in style aboard the enclosed Lake Arrowhead Queen paddlewheel boat. Experience the splendor and serenity of a lush forest and sparkling water as you sit back and enjoy close-up views of exquisite lakefront homes. Learn about the fascinating history of the lake through a narrated tour. Afterwards, enjoy a stroll and no-host lunch in the beautiful downtown area. **Cost of \$40.00 per person** includes round-trip bus transportation and boat tour admission. **Bus departs at 8:00 am and returns at 5:00 pm.**

CITY OF CARSON

TRANSPORTATION SERVICES DIVISION

THE BOOK OF MORMON



Saturday, March 1, 2014

Cost of \$86.00 per person

includes round-trip bus transportation and theater admission.

Bus departs at 12:00 pm and returns at 7:00 pm.

*** Please note that this show is for mature audiences only.***

CIRQUE DU SOLEIL



Sunday, March 16, 2014

Grand Chapiteau, Santa Monica Pier

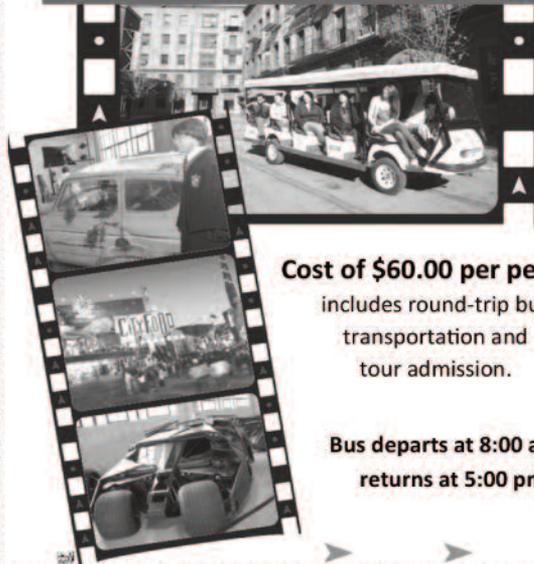
Cost of \$90.00 per person

includes round-trip bus transportation and admission.

Bus departs at 11:00 am and returns at 6:00 pm.

Warner Brothers VIP Studio Tour

Saturday, March 22, 2014



Cost of \$60.00 per person

includes round-trip bus transportation and tour admission.

Bus departs at 8:00 am & returns at 5:00 pm.

Ice Skating Spectacular



Citizens Business Bank Arena, Ontario

Saturday, April 19, 2014

Cost of \$55.00 per person

includes round-trip bus transportation and admission.

Bus departs at 9:00 am and returns at 5:00 pm.

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

“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

SPECIAL INFORMATION

| City Facilities | Acres | Facilities | | | | | | | | | | | | | | | | | | | |
|---|-------------------|------------|-------------------|------------------|----------------------|----------------|---------------------|-----------|-------------|-----------------------|--------------|-----------|--------------|---------------|---------------|-------------------|--------------|----------------|--------------------|------------|---------------|
| | | Ballfields | Basketball Courts | Boxing Equipment | Children's Play Area | Football Field | Frisbee Golf courts | Gymnasium | Horse-shoes | Meeting / Craft Rooms | Picnic Areas | Shack-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 | 25,000 sq. ft. | | 6L | | | | | 2 | | 1 | | | | | | • | | • | • | | • |
| Perry Street Mini Park 215th and Perry | 2 | | | | • | | | | | | • | | | | | | | | | | |
| Reflections Mini Park 21208 Shearer Ave. | .5 | | | | • | | | | | | | | | | | | | | | | |

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