



# Community Services Guide

June • July • August **2014**

*Celebrate Summer!*



**116th  
Philippine Independence Day  
Celebration 2014**

Saturday, June 7, 2014

8 a.m. - 6 p.m.

Veterans Park

22400 Moneta Avenue, Carson, CA 90745

**Carson's 2014  
Juneteenth  
Rhythm & Blues Celebration**

Saturday, June 14, 2014

11 a.m. - 6 p.m.

Mills Park

1340 E. Dimondale Drive, Carson, CA 90746



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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 Summer 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.asp>

## A MESSAGE FROM THE Director of Community Services

### Welcome to the Community Services Guide

On behalf of the City of Carson and all of the staff members within the Community Services Department, I welcome you to a healthier Carson that focuses on promoting better health and wellness for our community. The leaders of our City have a strong interest in providing an all-encompassing environment that is conducive to promoting wellness for all.

The Recreation and Human Services Division, and park staff are hard at work developing programs and activities for you and your family to live a healthier lifestyle. There are many benefits to healthy living, which include the prevention of disease, increased energy, and overall improvement of physical and mental health. All of these attributes encourage a better outlook on life.

We offer a network of neighborhood parks, open spaces, pathways, and recreational facilities. Our year-round activities promote health, help build relationships with family and friends, and develop a sense of pride in the Carson community. The options are endless through the many activities offered by our Department as we believe "Parks Make Life Better!"

Come out and enjoy this summer and have fun by taking a walk around our parks, sign up for a fitness class or sports league, take a dip in the pool, or attend one of our many special events.

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
<b>Mon/Wed/Fri</b>			
Resident	\$40	\$37	\$34
Non-Resident	\$45	\$45	\$45
<b>Tues/Thurs</b>			
Resident	\$27	\$25	\$23
Non-Resident	\$30	\$30	\$30
<b>Saturday</b>			
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
5 – 15 yrs	PO Polliwog	1 – Beginner
	AP Adv. Polliwog	2
	M Minnow	3
	F Fish	4
	FF Flying Fish	5
	SH Shark	6
15 yrs & up	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**

# ENRICHMENT



## Ready, Set, READ!

Help your child gain a joy for learning! Our program offers trained instructors who will provide structure for reading comprehension, vocabulary and fluency in a fun and easy way. **\$60 RES \$69 NON-RES**

Fees include training material and classes.

K-2nd Grade	T/TH	8-8:50 AM
Grades 3rd -5th	T/TH	9-9:50 AM
Grades 3rd -5th	T/TH	10-10:50 AM
K-2nd Grade	T/TH	6-6:50 PM
Grades 3rd -5th	M/W	6-6:50 PM

## Math Made Easy

Problem solving has never been easier and more fun. Join us as we learn the fundamentals of adding, subtracting, division, fractions, decimals and more while building your child's self-confidence in the classroom. **\$26 RES \$30 NON-RES**

K-2nd Grade	M/W	8-8:50 AM
Grades 3rd -5th	M/W	9-9:50 AM
Grades 3-5	M/W	10-10:50 AM
K-2nd Grade	M/W	5-5:50 PM
Grades 3-5	T/TH	5-5:50 PM

## Intro to Piano

Come learn the basics of piano! Playing an instrument develops many skills including how to multitask, memory development as well as motor skills. **\$65**

Ages 7-12	T/TH	5-5:50 PM
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## Harmony Heroes (Voice)

Does your child sing in the car, in the shower or whenever that popular song comes on the radio? This class is made especially for them. Join us as we learn the vocal fundamentals of singing, breathing, correct posture and vowel shaping.

**\$21 RES \$25 NON-RES**

Ages 5-17	T/TH	6-7 PM
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## Intro to Crochet

Crocheting can be a fun and relaxing hobby. Come learn the basics of needle crafting with our beginners class for kids. **\$50 \*Includes Materials & Supplies**

Ages 7-12	M	6:30-7:30 PM
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## Tennis (6 week course)

We offer a wide variety of tennis classes lead and directed by qualified recreation leaders. Classes range from beginning to intermediate levels. The class

emphasizes the basics: grips, ground strokes, volleys and serving. Children will also learn footwork and the scoring of a tennis match. **\$29 RES \$36 NON-RES**

CALL YOUR LOCAL PARK FOR DATES AND TIMES

## Intro to Dance

What a perfect class for children who like to move to the rhythm! Intro to Dance provides them an opportunity to explore various styles of dance such as Hip-Hop, Jazz, Ballet, Modern/Contemporary, and Creative Movement, while gaining a fun workout. Join us on the journey through dance. There is no dance experience necessary.

**\$38 RES \$45 NON RES**

Ages 8-12	T/TH	5-6 PM
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## Zumba 4 Kids

Packed with specially choreographed routines and the latest hip hop, reggaeton and cumbia music; Zumba for Kids classes increase focus and self-confidence, boost metabolism and improve coordination. Our classes are high-energy-fitness-fun that offers real results. **\$38 RES \$45 NON-RES**

Ages 5-8	T/TH	4-4:45 PM
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## Tap Dance

Come learn the basics of tap dancing. This is a fun way to keep your kids active and develop their coordination. **\$38 RES \$45 NON-RES**

Ages 5-12	M/W	6:10- 7 PM
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## Hip Hop Dance

Have your child dance to their favorite hip-hop tunes this course offers a great opportunity for them to work out as well as learn modern day dance moves from professional dancers. **\$38 RES \$45 NON-RES**

Ages 5-12	M/W	5-5:45 PM
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## Snag G-Ball Golf Program

Finally, a real golf experience for beginners. It's easy to learn and fun to play. **\$10**

Ages 5-8	Schedule TBA
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## 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 being offered at the following parks: Anderson, Carriage Crest, Calas, Dolphin, Del Amo, Dominguez and Hemingway Parks. **\$30 RES \$35 NON-RES**

CALL YOUR LOCAL PARK FOR DATES AND PRACTICE TIMES.

**Classes Begin June 9, 2014 • Space is Limited**  
**Registration Begin May 1, 2014**

All Classes are held at the Carson Community Center  
For more information please contact Enrichment Arts  
at 310-835-0212 ext. 1410

## UPCOMING EVENTS

**Teen Camping Trip - July**  
**Drama Under The Stars - August**  
**So You Think You Can Sing - October**



## Celebrating 36 Years of Service

FABELA CHAVEZ BOXING/FITNESS CENTER has been in existence for 35 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., Carson, CA 90745

(310) 830-6439

### HOURS

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

### Fees:

### Monthly Membership

Adults	Resident \$30	Non-Resident \$35
Youth (8-17 yrs)	Resident \$20	Non-Resident \$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) 631-2252

### Intermediate Boxing

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

### Intermediate Weightlifting Training

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

### Advanced Boxing

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

### Advanced Weightlifting

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

## YOUTH SPORTS



## SUMMER PROGRAM

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.

### Flag Football, Soccer (Ages 5 - 17 yrs)

Last day to sign up - Saturday, August 16, 2014

Tryouts - Saturday, August 23, 2014

Season begins - September 13, 2014

Registration Fees:	Resident	Non-Resident
	\$26 1st child	\$30 1st child
	\$19 2nd child	
	\$11 3rd child	

### Girl's Fall Softball League (Ages 9 - 17 yrs)

Last day to sign up - Saturday, August 16, 2014

Tryouts - Saturday, August 23, 2014

Season begins - September 13, 2014

Registration Fees:	Resident	Non-Resident
	\$26 1st child	\$30 1st child
	\$19 2nd child	
	\$11 3rd child	

### Baseball/Softball Invitational Tournament (Ages 9 - 17 yrs)

August 1-3, 2014 • Team Registration Fee: \$150

Registration Deadline: Tuesday, July 29, 2014

### 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 August 1, 2014, 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

## SUMMER SPORTS

### SUMMER PROGRAM

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



### SUMMER SOFTBALL LEAGUES

#### Men's & Women's C/D Level

Registration: June 1 - July 8

Play Begins: July 11

Fees: \$399 per team

#### Coed C/D Level

Registration: June 1 - July 8

Play Begins: July 10

Fees: \$399 per team

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

Registration: June 1 - July 22

Play Begins: July 26

**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

## SUMMER FLAG FOOTBALL LEAGUES

### 4 on 4

Registration: August 9 - September 18

Play Begins: September 21

Fees: \$175 per team

### 8 Man

Registration: August 9 - September 18

Play Begins: September 21

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.
• Carriage Crest	Mon	6-9 p.m.
• Del Amo	Thur	6-9 p.m.
	Fri	6-10 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.

• Anderson	Mon/Fri	7 p.m.
• Carriage Crest	Sat	8:30-9:30 a.m.
	Mon/Wed	7-8 p.m.
• Dolphin	Tue/Thur	6:30-7:30 p.m.
	Sat	9-10 a.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

Wednesday	6:30-7:30 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
Thursday	6-7 p.m.	Veterans Park

## Walking Club

Monday	6:30-7:30 p.m.	Calas Park	Ages 16-up
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## Adult and Youth Karate & Kempo

Wednesday/Friday	5:30-7 p.m.	Stevenson Park	Beginner
Tuesday	6-8 p.m.	Stevenson Park	Youth Beginner
Wednesday	8-9 p.m.	Stevenson Park	Adult Intermediate
Wednesday	7-8 p.m.	Stevenson Park	Youth Intermediate
Sunday	2-4 p.m.	Scott Park	Youth/Adult Beginner and Intermediate

## Adult and Youth Bocci Ball

Tuesday/Friday	6:30 - 8:30 p.m.	Carson Park
Friday	4-5 p.m.	Scott Park
Saturday	2-3 p.m.	Scott Park

## Adult Fitness Workout

Tuesday/Thursday	7-8 p.m.	Dominguez Park
Monday/Friday	7-8 p.m.	Anderson 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.

## Fast Dance Fitness Class

Tuesday/Thursday	5:30-6:30 p.m.	Calas	All Ages
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## Adult Line Dancing

Saturday	10 a.m. - Noon	Anderson Park
	12 p.m. (Urban Ballroom)	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
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## Dance it Off

Tuesday/Thursday	5:30 -6:30 p.m.	Calas Park
Tuesday/Thursday	5:30 -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 4-9 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
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## Zumba Class

Monday/Friday	6 p.m.	Hemingway Park
Tues/Thurs	6:30-7:30 p.m. (Ages 15+)	Mills Park
Monday/Friday	6 p.m.	Scott Park

## Circuit Training

Tuesday	6:30-7:30 p.m.	Hemingway Park
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## Pilates Class

Thursday	6:30-7:30 p.m.	Hemingway Park
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## Stretching and Conditioning

Monday/Friday	7 - 8:30 p.m.	Anderson Park
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# 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 RATES

8 a.m. – 12 p.m.

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
• Dolphin	Preschool	8 a.m. – 12 p.m.	M/W/F
• Dolphin	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**

# KIDS CLUB



**CITY OF CARSON**

# SUMMER

## DAY CAMP

**ARTS AND CRAFTS • WEEKLY THEMED ACTIVITIES  
EXCURSIONS • FUN SUPERVISED OUTDOOR GAMES  
LUNCH AND AFTERNOON SNACK PROVIDED DAILY**

## JUNE 9 - AUGUST 8, 2014

FOR BOYS AND GIRLS AGES 5-12

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

### ANDERSON PARK

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

### CARSON PARK

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

### DOMINGUEZ PARK

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

### SCOTT PARK

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

### CALAS PARK

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

### DEL AMO PARK

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

### HEMINGWAY PARK

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

### STEVENSON PARK

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

### CARRIAGE CREST PARK

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

### DOLPHIN PARK

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

### MILLS PARK

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

### VETERANS PARK

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

### ADDITIONAL FEES FOR EXCURSIONS

**FOR MORE INFORMATION, CONTACT RECREATION AND HUMAN SERVICES AT (310) 847-3570**

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

**RECREATION AND HUMAN SERVICES**



# PARKS

## SUMMER PARK CLASS SCHEDULE

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

### Hours of Operation Beginning June 9, 2014

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

### 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, pillo 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.



### 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	5-6 p.m.
• Carson Park	Fri	6:30-7:30 p.m.

# PARKS

• Del Amo Park	Tues	5:30-6:30 p.m.
• Dolphin Park	Fri	4-5 p.m.
• Dominguez Park	Wed	5-6 p.m.
• Hemingway Park	Fri	5:30-6:30 p.m.
• Scott Park	Wed	5:30-6:30 p.m.
• Stevenson Park	Thur	4:30-5:30 p.m.
• Veterans Park	Wed	5-6 p.m.



## Homework Club

• Anderson Park	Tues/Thurs	5-6 p.m.
• Dolphin Park	Mon/Wed/Thurs	3-4 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	4-5:30 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.
• Anderson/Adult Stretch Conditioning	Mon/Fri	7 p.m.
• Calas Park/Ballet Folklorico	Mon/Wed	6-7 p.m.
• Calas Park/ Age 8-16 - Hip Hop	Tues/Thurs	6:30-7:30 p.m.
• Comm. Cntr.	Sat	5:30-8 p.m.
• Hemingway/2 Age Division	Mon/Wed/Sat	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 p.m.

## Girls Club

• Dolphin Park/Age 8-12	Fri	6:30-8 p.m.
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## Junior Theatre

• Del Amo Park	5-12 yrs old	Thurs	6-7 p.m.
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## 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 Park	All ages (FREE)	Last Friday	7:30-9 p.m.
• Del Amo Park	7 yrs - up (FREE)	Fri	5:30-8 p.m.
• Dolphin Park	Family (4th Friday of every month)		6:30-9 p.m.
• Stevenson Park		4th Fri	6:30-9 p.m.
• Veterans Park	9 yrs - up (FREE)	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	

## 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

Dolphin Park	Mon	6:30 p.m.
Hemingway Park		6:30 p.m.

### 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**

# SUMMER

## Basketball Camps



**Ages 5 and up • \$60 / session**  
**Discounts for Veterans SportsComplex members**  
**and multiple campers**

### Session I

June 9 - 13, 2014  
 10:00 a.m. - 3:00 p.m.



### Session II

June 16 - 20, 2014  
 10:00 a.m. - 3:00 p.m.

**22400 Moneta Ave Carson, CA 90745**  
**(310) 830-9991**





# **SENIOR FITNESS MEMBERSHIP**

**Now taking sign-ups.**

**Enroll today and join our facility at no cost to you.**



**The Silver Sneakers®**  
Fitness Program



Call (310) 830-9991 for qualifications.  
22400 Moneta Avenue  
Carson, CA 90745

Believe in your health and fitness goals!  
Believe in your overall mission!  
Believe in you!  
Visit the Veterans SportsComplex  
"Fitness and Nutrition for the Determined"



## 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
Family	\$15	\$60	\$70	\$45	\$53

### Daily Guest Rates

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

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



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.

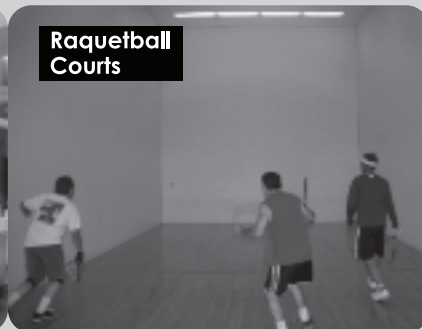
For more information about facility rental rates, please call (310) 830-9991.



**Movie Sets**



**Banquet Halls and Recreation Rooms**



**Racquetball Courts**

## YOUTH CLASSES

- Youth Fitness • Youth Karate • Youth Volleyball • Youth Basketball • Youth Tennis
- Teen Club • Skate Park • Youth Racquetball • Hip Hop Aerobics



## ADULT CLASSES

- Muscle Conditioning • Salsa • Adult Karate • Step & Pilates • Hatha Yoga
- Indoor Cycling • It's Electric Low Impact Aerobics • Low Impact Aerobics
- Walking Club • Resist-A-Ball • Body Pump • Zumba • T.B.A. (Thighs, Bottoms & Abs)



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

22400 Moneta Ave., Carson, CA 90745 • (310) 830-9991



# SENIOR RECREATION

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

## CLASSES AND PROGRAMS

**All classes are closed on City holidays**

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



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

**Movie Day** - Come and enjoy a movie with free popcorn. Every **last** Monday of the month at 12 noon at the Congresswoman Junita Millender-McDonald Community Center. For more information, call (310) 835-0212 ext. 1475.

## PERSONAL ENRICHMENT

**Carson Bridge Club** – This is a fun loving group of coed's enjoying a friendly game of bridge. This club meets on Tuesdays from 12:30 p.m. – 4:00 p.m.

**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 members - \$20 non-members. Class time: 9 a.m. - 1 p.m. For more information, call (310) 835-0212, ext. 1478.

## OUR FEATURED ACTIVITY

### STEVENSON PARK SENIOR FITNESS CLASSES

Do you want to know the best kept secret in Carson? It is Stevenson Park, located at 17400 Lysander Dr., Carson, CA 90746. This facility is 13 acres inclusive of lighted ball fields, basketball courts, tennis courts with two recreation rooms and an indoor gym. But the best feature of this park, is the Senior Citizens fitness program. Every Monday, Wednesday and Fridays senior citizens 50+ are allowed to use the fitness center from 8am-10am exclusively for FREE!! Why pay a gym fee when you can come for FREE. The fitness center has treadmills, stationery bikes and free weights. And in the gym we have stretch and cardio class from 8:30-9:30 a.m.

**Don't miss out on this opportunity. Come out and be a part of a great fitness program.**

For further information regarding this matter, please contact our Senior Recreation office located in the Community Center, 801 E. Carson street, 90745 (310) 835-0212 ext 1479

**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.

**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. Must bring your own instrument.

# SENIOR RECREATION

## 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.

**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 Wednesdays from 9-10 a.m. \$2 per class. Instructor: Doris Thomas  
Instructor: Jimmy Dixon, Thursday from 4-6 p.m.

**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, CA 90810. President: Sandy 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: Nolan 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, Book Club, and Ballet pressure 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. 1475.

# 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 Tuesdays & 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

**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.

# INFORMATION AND REFERRAL

## 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."

## 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

# SPECIAL INTEREST CLASSES

## WHAT IS A SPECIAL INTEREST CLASS PROGRAM?

The Special Interest Class Program offers quality classes of special interest to meet the needs and interests of the community. The program is administered by the City of Carson Human Services Division.

The Special Interest Classes are held at the Congresswoman Juanita Millender-McDonald Community Center (shown as CJMM Comm. Ctr.) unless otherwise indicated. For information on dates and times, call (310) 835-0212 ext. 1445.

## WHAT REQUIREMENTS DO YOU NEED TO TAKE TO A SPECIAL INTEREST CLASS?

An interest and desire to learn is the requirement for taking a Special Interest Class.

## What is your interest?

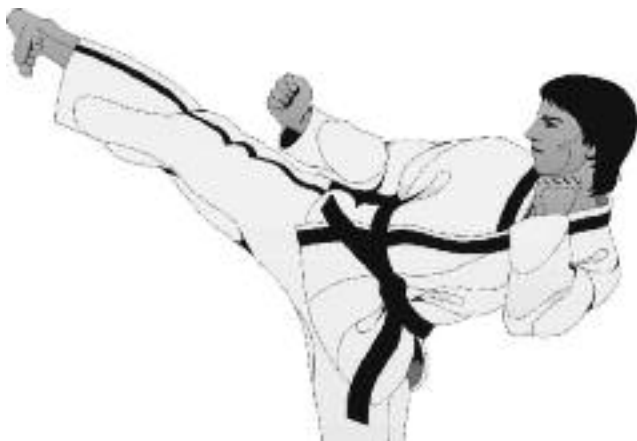
We need your input!  
Help us by letting us know.

*Is it dancing, singing, cooking,  
Zumba, golf, flower arranging,  
finance, speaking a different  
language, karate, etc....*

**We want to know  
Your interest is our interest**

Please call our Special Interest Program  
office at 310-835-0212, ext. 1445

## Self Defense



### Karate - 510 (4 week reg.)

All Ages \$38/Resident \$43/Non Resident

Traditional Karate - Do training develops self-confidence and a positive attitude while learning Respect/Confidence, Motor Skills and Self Defense. *Instructor: TBD*

Tuesday - 6:30 - 8 p.m. / Friday - 6:30 - 9 p.m. Carson Park

## REGISTRATION GUIDELINES

- All activities, times, dates, and instructors are subject to change by the Recreation and Human Services.
- All individuals registering for classes must reach the minimum age on or before the first class meeting.
- Bring your receipt to your first class meeting. Please check information on your receipt for accuracy.
- All classes must have a minimum of 10 participants.

## MAIL-IN REGISTRATION

1. Complete the registration.
2. Please make checks or money orders payable to City of Carson (DO NOT SEND CASH). Checks require driver's license number written on the front.
3. A self-addressed, stamped envelope must be included with the registration form and fee. A class admission receipt will be returned in the envelope. There will be a separate slip for each class and participant. You will be informed if we are unable to complete your registration or if your class choices are filled. \*

## WALK-IN REGISTRATION

Congresswoman Juanita Millender-McDonald Community Center, Special Interest Office  
Monday through Thursday 8 a.m.-5 p.m.

**\*ON SITE REGISTRATION WILL BE TAKEN THE FIRST TWO WEEKS OF CLASS.**

**EVENING REGISTRATION AT:** Congresswoman Juanita Millender-McDonald Community Center, 3 Civic Plaza Drive Monday - Thursday 4-6:30 p.m.

Note: If you have not received verification of your registration, call (310) 952-1782. After completed mail-in registration has been returned to you and you find your schedule requires adjusting, make transfers and adjustments during walk-in days and times.



## MAIL-IN REGISTRATION FORM

Fill out all information—Please print

Last Name Only \_\_\_\_\_

Phone \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

Zip \_\_\_\_\_

Emergency Name \_\_\_\_\_

Emergency Phone \_\_\_\_\_

**A SEPARATE CHECK FOR EACH CLASS IS A MUST**

Participant's First & Last Name \_\_\_\_\_

Age if Under 18 \_\_\_\_\_

Name of Class \_\_\_\_\_

Date \_\_\_\_\_

/

/

Time \_\_\_\_\_

Location \_\_\_\_\_

## REFUND POLICY

**HAVE YOU ENCLOSED A SELF-ADDRESSED, STAMPED ENVELOPE?**

1. Refunds will only be given when a class is canceled by the City of Carson, Recreation and Human Services.
2. Refunds will only be given upon presentation of the original white receipt.
3. Request for refunds must be made within two (2) weeks of class cancellation.
4. Allow 4-5 weeks for refunds.
5. When paid by check, proof of bank clearance must be presented for refunds.
6. For additional information, call (310) 952-1782.

**I HAVE READ AND UNDERSTAND THE REFUND POLICY.**

Participant's signature \_\_\_\_\_

Date \_\_\_\_\_

Parent/Guardian signature \_\_\_\_\_

Date \_\_\_\_\_

**\*Mail form, payment and a self-addressed, stamped envelope to:  
Human Services Division, Special Interest Class Program,  
Congresswoman Juanita Millender-McDonald Community Center, 3 Civic Plaza Dr., Carson CA 90745.**

# 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

# 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

### CITY OF CARSON

***Explore your  
inner artist!***

FOR BOYS  
AND GIRLS  
AGES 11-17

- DRAWING
- PAINTING
- ORIGAMI



## THROUGH THE ARTS

### VETERANS PARK

22400 MONETA AVENUE, CARSON, CA 90745

**FAMILY SUPPORT GRANT FUNDED • ENROLLMENT PROCESS REQUIRED**

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

***Weekly  
workshops  
that allow  
for hands  
on art***

- PHOTOGRAPHY
- THEATER
- IMPROV

# 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:

- **JUN. 20, 2014** - Back to the 50's Dance
- **JUL. 11, 2014** - Patriotic Dance
- **AUG. 8, 2014** - Hawaiian Dance



## Bowling Program

This program will offer the basic fundamentals of bowling in a competitive, yet sportsmanlike environment. The group meets 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:

**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. JR. AND MARY ANNE O'NEAL STROKE CENTER

The mission of the Joseph B. Jr. and Mary Anne O'Neal 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.

### JBJ-MAO Stroke 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.



### 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.

### 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.



### 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.

### 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.



### 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 parent is also to attend. 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 / 15 Hours)**

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

**(Open Enrollment)**

A 20 hour course conducted on Tuesday or Wednesday evenings, for a 20 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 (English) / Wednesday (Spanish): 5:30 - 7:30 p.m.

**Community Center**

### • Anger Management For Teens

**(6 Days / 12 Hours)**

**Youth (Ages 12 to 17 years old)**

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

A 12 hour course conducted on Tuesday afternoons, 4:30 to 6 p.m., for a 6-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: 5 – 7 p.m. **Community Center**

### • Drug/Alcohol Program (Positive Choices) (12 days / 16 hours) Youth (Ages 12 to 17 Years)

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

A 16 hour course conducted on Monday afternoons from 4:30 p.m. - 6 p.m., for a 12-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 to 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 Project Classes Tuesday & Wednesday* • 5-7 p.m. Total Hours: 20 Hrs	Anger Management For Teens Tuesday • 4:30-6 p.m. Total Hours: 12 Hrs	Drug/Alcohol Awareness & Prevention Classes Monday • 4-5:30 p.m. Total Hours: 16 Hrs	Youth & The Law Program Wednesday & Monday Times: 4-6 p.m.
<b>Track III:</b> Jul. 15 - Sep. 23 <b>Track IV:</b> Oct. 7 - Dec. 16 *Wed is Spanish Speaking	<b>Track III:</b> Jul. 1 - Aug. 5 <b>Track IV:</b> Sep. 23 - Oct. 28	<b>Track III:</b> Jul. 14 - Sep. 8 <b>Track IV:</b> Sep. 29 - Dec. 1	<b>Track IV:</b> Jul. 21 & 23 <b>Track V:</b> Aug. 18 & 20 <b>Track VI:</b> Sep. 15 & 17

## 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



Transit Information on Carson Web Site: [http://ci.carson.ca.us/content/department/dev\\_service/transportation\\_services.asp](http://ci.carson.ca.us/content/department/dev_service/transportation_services.asp)

CITY OF CARSON  
TRANSPORTATION SERVICES DIVISION

# HOLLYWOOD BOWL

WHERE SUMMER PLAYS



**SATURDAY, SEPTEMBER 20, 2014**

## SING-A-LONG-A SOUND OF MUSIC

*When you know the notes to sing, you can sing most anything*



**Cost of \$60.00 per person**

includes round-trip bus transportation and concert admission.

Bus departs at 4:00 pm and returns at 10:00 pm.

Channel your adventurous side and come dressed as your favorite Sound of Music character for this show. There will be a Pre-Show parade with host Melissa Peterman. Bring your own picnic basket or enjoy one of the Hollywood Bowl eateries before the film. Then warm-up your voices to belt out the words for Sound of Music, Favorite Things, Edelweiss, Climb Ev'ry Mountain and many more! Don't forget to use the trinkets you're given to use for the songs.

All excursions depart from the Congresswoman Juanita Millender-McDonald Community Center  
901 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](mailto:excursions@carson.ca.us)



## 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:

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

### San Diego SEAL Tour - Saturday, July 12, 2014

It's a bus! It's a boat! It's a bus-boat? No, it's a "Hydra Terra!" It's San Diego's amphibious SEa And Land (SEAL) adventure! Your journey starts from Seaport Village where you'll wind through the picturesque and historical streets of San Diego, then on to Shelter Island where you'll splash into San Diego Bay to learn its ecological wonders. Bring the entire family! Enjoy great food, shopping and outdoor entertainment at Seaport Village. **Cost of \$66.00 per person** includes round-trip bus transportation and SEAL Tour. Lunch cost is not included. **Bus departs at 8:00 a.m. and returns at 5:00 p.m.**

### Watermelon Festival - Saturday, July 19, 2014

The Watermelon Festival, now at Santa Anita Park, returns with free watermelon slices and a free spin on the Watermelon Wheel included with every admission. Highlights are watermelon carving demonstrations, and recipe and watermelon eating contests, carnival rides, arcade games, an array of festival food favorites and beverages. **Cost of \$30.00 per person** includes round-trip bus transportation and admission to the festival. Lunch is not included in the cost of the trip. **Bus departs at 9:00 a.m. and returns at 5:00 p.m.**

### Hollywood Bowl - Gladys Knight with Kool & the Gang - Friday, August 8, 2014

The Empress of Soul, Gladys Knight, has been R&B, soul, and jazz royalty for decades, garnering seven Grammys with hits such as "Midnight Train to Georgia." Plus, the famously funky Kool & the Gang "Get Down On It" with a "Celebration" in a double bill that can't be beat. **Cost of \$58.00 per person** includes round-trip bus transportation. **Bus departs at 5:00 p.m. and returns at 11:30 p.m.**

### Hollywood Bowl-SUMMER SMOOTH JAZZ- Sunday, August 17, 2014

The Bowl proudly presents the summer super-concert of the finest smooth jazz artists. Featured performers include Boney James, Eric Benet, special guest, Ohio Players, BWB - Rick Braun, Kirk Whalum and Norman Brown, and Keiko Matsui. **Cost of \$55.00 per person** includes round-trip bus transportation and admission. No meals are included. **Bus departs at 4:00 p.m. and returns at 11:00 p.m.**

### San Juan Capistrano Mission Dine and Tour - Saturday, August 23, 2014

Visit Mission San Juan Capistrano and enjoy a docent-led tour of the 10-acre grounds of gardens, fountains and adobe-preserved architecture. After the tour, enjoy a hosted lunch at The Vintage Steak House. **Cost of \$50.00 per person** includes round-trip bus transportation and admission. **Bus departs at 8:00 a.m. and returns at 6:00 p.m.**



### **L.A. County Fair - Saturday – September 13, 2014**

The L.A. County Fair in Pomona is the largest county fair in North America. Come and enjoy the wide variety of attractions, exhibits, rides and games. Most of all, remember to take a break during your fun-filled day to savor a plethora of food options, including anything and everything deep-fried, on-a-stick, battered, breaded, and dipped in chocolate. Eating at the L.A. County Fair is always a unique experience! **Cost of \$35.00 per person** includes round-trip bus transportation and fair admission. **Bus departs at 9:00 a.m. and returns at 6:00 p.m.**

### **Hollywood Bowl-SOUND OF MUSIC Sing-A-Long - Saturday, September 20, 2014**

The Hollywood Hills are alive with The Sound of Music! Everyone's favorite sing-along returns to the giant screen at the Bowl. Bring your costume (for the pre-show parade) and warm up your vocal cords for this beloved and always sold-out event. **Cost of \$65.00 per person** includes round-trip bus transportation and admission. **Bus departs at 4:00 p.m. and returns at 10:00 p.m.**

### **Avocado Festival - Saturday, October 4, 2014**

The California Avocado festival celebrates the famous green fruit. It has evolved into one of the largest festival in California with three days of fabulous food, terrific music, and great safe family fun. Santa Barbara County is the third largest avocado producer in North America, with Carpinteria being a major contributor. **Cost of \$30.00 per person** includes round-trip bus transportation. Lunch cost is not included. **Bus departs at 8:00 a.m. and returns at 6:00 p.m.**

### **Las Vegas Tour - Friday, October 10 - Sunday, October 12, 2014**

Enjoy a quick M-Life weekend get-away at the MGM Grand Hotel in Las Vegas. Located at one of the busiest intersections in Las Vegas, MGM provides a world of entertainment, dining and unwinding. Even if you are not a casino enthusiast, there are plenty of adventures that await you. Entertainment includes an in-house Cirque du Soleil show to Rock-N-Roll acts like Rolling Stones to U2. Don't forget to immerse yourself in the 1,000-foot-long lazy river and outdoor swimming pools. Meals and entertainment are not included. **Cost of \$320.00 per person (double occupancy)** includes round-trip bus transportation and hotel accommodations. **Bus departs Friday, Oct. 10 at 7:00 a.m. and returns Sunday, Oct. 12 at 6:00 p.m.**

### **Ghosts & Gravestones, San Diego - Saturday, November 1, 2014**

Join us for a spirited & entertaining tour highlighting the history, mystery and legends of San Diego's darker side! Journey through Old Town, then walk to the El Campo Santo Cemetery, and end outside the Whaley House. All sites have reported many paranormal occurrences. According to the Travel Channel's America's Most Haunted, the Whaley house is the number one most haunted house in the United States! **Cost of \$55.00 per person** includes round-trip bus transportation, boxed lunch and trolley tour fee. **Bus departs at 4:30 p.m. and returns at 10:00 p.m.**

### **WICKED at Pantages Theater - Friday, December 14, 2014**

Winner of over 50 major awards, including a Grammy and three Tony Awards, WICKED is Broadway's biggest blockbuster. Long before that girl from Kansas arrives in Munchkinland, two girls meet in the land of Oz. One, born with emerald green skin, is smart, fiery and misunderstood. The other is beautiful, ambitious and very popular. How these two grow to become the Wicked Witch of the West and Glinda the Good makes for one of the most completely satisfying musicals in a long time. **Cost per person will be announced soon** and includes round-trip bus transportation and tickets for orchestra seating. **Bus departs at 5:30 p.m. and returns at 11:00 p.m.**

### **2015 Tournament of Roses Parade - Thursday, January 1, 2015**

The 126th Rose Parade presented by Honda, themed "Inspiring Stories," will feature majestic floral floats, high stepping equestrian units and spirited marching bands from throughout the world. **Cost of \$95.00 per person** includes round-trip bus transportation, coffee and donuts, and reserved, premium, mid-route grandstand seating. **Bus departs at 5:00 a.m. and returns at approximately 12:00 noon.**

## "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](http://www.carsoncenter.com)**

## Volunteers: "Carson Wants You"

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

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



### Carson Veterans Monument

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

### Carson Veterans Wall

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

# Savvy Caregiver



## Do you help a family member living with Alzheimer's disease?

Attend a **FREE** course for Alzheimer's disease family caregivers sponsored by the Alzheimer's Association.

**May 20 – June 24, 2014**  
**Tuesdays, 3:00 to 5:00 p.m.**

**City of Carson - Human Services,  
Sr. Assisted Living Program  
801 E. Carson Street  
Carson, CA 90745**

**During 6 weeks, 2 hours each week - the following topics will be covered:**

- Learn about Alzheimer's Disease/Dementia
- Learn about the stages of this disease
- How to help your loved one and how to understand difficult behavior
- How to take care of yourself as a caregiver and how to share experiences

### **TO REGISTER, PLEASE CONTACT:**

**Amanda Valorosi**  
**(310) 835-0212, Ext. 1471**

*\*Participants must attend all 6 sessions (2 hrs each, 6 wks).*

*\*Respite assistance is available*

**800 272 3900 Helpline**  
**800 633 5767 Línea de ayuda**  
**[www.alz.org/californiasouthland](http://www.alz.org/californiasouthland)**

**alzheimer's  association**

*the compassion to care, the leadership to conquer*

# RECREATIONAL FACILITIES

## your guide to Carson's parks and recreational facilities

City Facilities	Acres	Baseball Fields	Basketball Courts	Boxing Equipment	Children's Play Area	Football Field	Frisbee Golf course	Gymnasium	Horse-shoes	Meeting / Craft Rooms	Picnic Areas	Snack Bar	Soccer Field	Swimming Pool	Tennis Courts	Volleyball Courts	Wading Pools	Fitness Center	Racquetball Courts	Skate Park	Multi-Purpose
Anderson Park 19101 Wilmington Ave. 603-9850 / 603-9878	8		2L		•		•			2	•					4L	•				
Calas Park 1000 E. 220th St. 518-3565 / 518-3566	9	1L	1L		•	•			•	2	•	•	•			2L	•				
Carriage Crest Park 23800 S. Figueroa St. 830-5601 / 830-5608	4	1L	1L		•	•				1	•	•	•								
Congresswoman Juanita Millender-McDonald Community Center 3 Civic Plaza Dr. 835-0212	31,000 sq. ft.									26											•
Carson Park 21411 S. Orrick Ave. 830-4925 / 830-4998	11	2L	2L		•	•		•	•	2	•	•	•	•		•		•			•
Carson Pool 21436 S. Main St. 830-1053														•		•					
Del Amo Park 703 E. Del Amo Blvd. 329-7717 / 329-6309	10	2L	1L		•	•				2	•	•	•								
Dolphin Park 21205 Water St. 549-4560 / 549-4857	12	2L	1L		•	•				2	•	•	•			2L	•	•			
Dominguez Park/ Aquatic Center 21330 Santa Fe Ave. 549-3962 / 830-8994	9	1L	1L		•	•	•			2	•	•	•	•		2L					
Friendship Mini Park 21930 S. Water St. NONE	0.3				•						•										
Hemingway Park 700 E. Gardena Blvd. 538-0018 / 538-0019 Hemingway Aquatic Center 16605 San Pedro St.	13	1L	1L		•	•	•		•	2	•	•	•	•		2L					
Mills Park 1340 E. Dimondale Dr. 631-3130	5				•	•	•			2	•						•				
Scott Park 23410 Catskill Ave. 830-8310 / 830-8311 (Location of Fabela Boxing Center)	13	2L	1L	•	•	•		•	•	4	•	•	•	•		2L	•		•		
Scott Pool 23410 Catskill Ave. 549-9051														•		•					
Stevenson Park/Gym 17400 Lysander Dr. 952-1745 952-1745 Gym	13	2L	1L		•	•		1		2	•	•	•			2L	•		•		•
Walnut Street Mini Park 440 E. Walnut St. NONE	1.5		2U		•						•										
Veterans Park/Skate Park 22400 Moneta Ave. 830-4185 / 830-1369	12	2L	8L		•	•			•	2	•	•	•			2L				•	•
Veterans SportsComplex 22400 Moneta Ave. 830-9991	25,000 sq. ft.		6L					2		1						•		•	•		•
Perry Street Mini Park 215th and Perry	2				•						•										
Reflections Mini Park 21208 Shearer Ave.	.5				•																

LIGHTED = L UNLIGHTED = U