



Community Services Guide

March • April • May **2013**



FABELA CHAVEZ BOXING / FITNESS CENTER

Celebrating 35 Years of Service

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

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



Welcome to the Spring issue of the Community Services Guide and Carson Report flip-book!



On this side of the publication, you will find information on various leisure time activities, classes, excursions and upcoming events for every member of the family.

On its flip side, you will find the latest news about Carson and up-to-date information on current events in our community as we put the spotlight on City projects and a variety of important local issues.

We hope that you will find this flip-book -- and all its future issues -- useful in planning activities for the entire family, as well as getting informed on what's going on in our community.

You can also read us online at:
<http://ci.carson.ca.us/content/department/publicinformation>

A MESSAGE FROM THE Director of Community Services

Happy Birthday, Carson! February 20th marks the 45th Anniversary of the City's incorporation in 1968. The City is starting its celebration in February with Saturday Night at the Fights at the Community Center. The City plans to continue the celebration with the grand re-opening of Carson Park that will include a community fair. Then, the City plans to have a Gala Ball in October at the Community Center, which will include an elegant dinner and an evening of dancing. The City plans to conclude its celebration with a 45th Anniversary theme float at the SouthBay Pavilion's Holiday Parade slated in the latter part of November.

Since the City incorporated 45 years ago, it has offered outstanding Recreation and Human Services programming. Take the time to look through the Spring Guide to see which classes will benefit you. The City continues to seek to improve and expand the number of programs it provides. So each year as Carson gets better, so does its programming to the public.

Warm Regards,

Raymond R. Cruz
 Director of Community Services

2013 SWIM LESSON (50-minute lesson) Weekday lessons

Session 1: June 10 – June 21
Session 2: June 24 – July 5 (open on July 4th)
Session 3: July 8 – July 19
Session 4: July 22 – August 2
Session 5a: August 5 - August 9 (M-F Morning only)

Evening Only

Session 5b: August 5 - August 16
Session 6: August 19 - August 30

Saturday Session 1: June 8 – July 6
Saturday Session 2: July 27 – August 31

Group Swim Lesson Session Fees:

	Adult/1st Child	2nd Child	3rd Child
Mon/Wed/Fri			
Resident	\$40	\$37	\$34
Non-Resident	\$45	\$42	\$39
Tues/Thurs			
Resident	\$27	\$25	\$23
Non-Resident	\$30	\$28	\$26
Saturday			
Resident	\$33	\$31	\$29
Non-Resident	\$38	\$35	\$33

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

One participant: \$125 Two participants: \$200

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

16th Annual Treasure Island Day on
Saturday, July 20, 2013, 11 a.m. - 1 p.m. and
2 p.m. - 4 p.m. (2 sessions), \$4 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 1, 2013. 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 1 – May 24, 2013):

Resident registration begins: Monday, April 1, 2013

Non-Resident registration begins: Monday, April 15, 2013

Walk-in Registration:

Dates	Day(s)	Time
May 28 – May 31	Tues – Fri	3:00 – 8:00 p.m.
June 1	Saturday	10:00 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 6, 2013. 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 M
12:00 p.m. – 12:50 p.m.	TT^ TP PO/AP FF/SH
1:15 p.m. – 2:45 p.m.	Recreation Swim
3:00 p.m. – 3:50 p.m.	TP SF PO AP M
4:00 p.m. – 4:50 p.m.	TP PO AP M F
5:00 p.m. – 5:50 p.m.	TP SF PO AP M
6:00 p.m. – 6:50 p.m.	TT^ TP/SF PO AP F/FF
7:00 p.m. – 7:50 p.m.	Adult Swim Lessons
7:00 p.m. – 8:00 p.m.	Aqua Aerobics/Lap Swim

^ 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 M
12:00 p.m. – 12:50 p.m.	TT^ TP PO/AP FF/SH
1:15 p.m. – 2:45 p.m.	Recreation Swim
3:00 p.m. – 3:50 p.m.	TP SF PO AP M
4:00 p.m. – 4:50 p.m.	TP PO AP M F
5:00 p.m. – 5:50 p.m.	TP SF PO AP M
6:00 p.m. – 6:50 p.m.	TT^ SF/SQ PO AP F/FF
7:00 p.m. – 8:30 p.m.	Recreation Swim

^ TT class only 40 minutes

Recreation Swim*

Dates	Day(s)	Time
June 1 – August 31	Saturday	1:15 – 2:45 p.m.
June 10 – August 9	Mon/Wed/Fri	1:15 – 2:45 p.m.
June 11 – August 29	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 10 – August 30	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 10 – August 30	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 M
9:00 a.m. – 10:55 a.m.	Water Polo
10:00 a.m. – 10:50 a.m.	TT^ TP/SF PO/AP
11:00 a.m. – 11:55 a.m.	Diving
11:00 a.m. – 11:50 a.m.	TP/SF PO/AP M
12:00 p.m. – 12:50 p.m.	SF/SQ AP FF/SH
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
*5:00 p.m. – 5:50 p.m.	TP/SF PO AP
*6:00 p.m. – 6:50 p.m.	TP/SF PO AP
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. – 11:55 a.m.	Diving
11:00 a.m. – 11:50 a.m.	TP/SF PO/AP M
12:00 p.m. – 12:50 p.m.	SF/SQ AP FF/SH
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
*5:00 p.m. – 5:50 p.m.	TP/SF PO AP
*6:00 p.m. – 6:50 p.m.	TP/SF PO AP
7:00 p.m. – 8:00 p.m.	Aqua Aerobics/Lap Swim

^ TT class only 40 minutes

*Swim Team takes up majority of pool

Programs

Aqua Aerobics (15 years & over)

Dates	Day(s)	Time
June 11 – August 15	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 10 – August 9	Mon/Wed/Fri	12:00 – 1:00 p.m.
June 11 – August 15	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 10 – August 9	Mon – Fri	11:00 – 11:55 a.m.

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

Junior Lifeguard (12 – 17 years)

Dates	Day(s)	Time
June 10 – August 9	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 11 – August 8	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 20 – August 16	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, May 20, 2013.

Water Polo (8 - 17 years)

Dates	Day(s)	Time
June 10 – August 9	Mon/Wed/Fri	9:00 – 10:55 a.m.

Fee: \$100 Resident, \$125 Non-Resident
ALL FEES SUBJECT TO CHANGE

Recreation Swim*

Dates	Day(s)	Time
June 9 – August 25	Sunday	12:00 – 1:30 p.m.
June 10 – August 9	Mon/Wed/Fri	1:15 – 2:45 p.m.
June 10 – August 14	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

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 Zumba/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 F/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 11 – August 29	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
9:00 a.m. – 9:50 a.m.	Splash Ball / Privates
10:00 a.m. – 10:55 a.m.	Senior Aqua Zumba
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 F/FF
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
June 1 – August 31	Saturday	1:15 – 2:45 p.m.
June 10 – August 9	Mon – Fri	1:15 – 2:45 p.m.
June 10 – August 30	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 away at all times

ALL FEES SUBJECT TO CHANGE

Programs

Aqua Zumba / Aqua Aerobics (15 years & over)

Dates	Day(s)	Time
June 10 – August 9	Mon/Wed/Fri	9:00 – 9:55 a.m.
June 11 – August 29	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 10 – August 9	Mon/Wed/Fri	9:00 – 10:00 a.m.
June 11 – August 29	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 10 – August 9	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 11 – August 8	Tues/Thurs	3:00 – 5:00 p.m.

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

Senior Aqua Zumba / Aqua Aerobics (50 plus)

Dates	Day(s)	Time
June 11 – August 8	Tues/Thurs	10:00 – 10:55 a.m.

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

Splash Ball

Dates	Day(s)	Time
June 11 – August 8	Tues/Thurs	9:00 – 10:00 a.m.

Fee: \$40 Resident, \$50 Non-Resident

Prerequisite: Interested in learning Water Polo basics in shallow water

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 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/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
9:00 a.m. – 9:55 a.m.	Senior Program
9:00 a.m. – 10:55 a.m.	Synchro Team
10:00 a.m. – 10:50 a.m.	SF/SQ PO/AP M
11:00 a.m. – 11:50 a.m.	TP/SF PO AP F/FF/SH
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
June 1 – August 31	Saturday	1:15 – 2:45 p.m.
June 10 – August 9	Mon – Fri	1:15 – 2:45 p.m.
June 10 – August 30	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 10 – August 9	Mon-Fri	9:00 – 9:55 a.m.
June 10 – August 30	Mon-Fri	4:50 – 5:50 p.m.
June 10 – August 30	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 10 – August 9	Mon/Wed/Fri	9:00 – 10:00 a.m.
June 10 – August 30	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 10 – August 9	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 11 – August 8	Tues/Thurs	3:00 – 5:00 p.m.

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

Senior Program (50 plus)

Dates	Day(s)	Time
June 11 – August 8	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 11 – August 8	Tues/Thurs	9:00 – 10:55 a.m.

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

Prerequisite: Minnow Level

ALL FEES SUBJECT TO CHANGE

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) 952-1775.

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.

Creative Crafts

Balloon Decoration - 466 (2 weeks)

Adults \$50/Resident \$60/Non-resident

Learn Today.....Earn Tomorrow!

THIS CLASS IS TAUGHT IN ENGLISH AND SPANISH

Have you ever stopped to wonder how many parties you go to in a year? The average person will attend over 500 parties in their lifetime. If you want to make money in your spare time or start your own balloon party planning business, this exciting and fun course will show you how to get started (Material Fee - \$25).

Pre-registration is required. You will learn all the secrets of balloon design.

Instructor: Oskar Guillen

Tues./Thurs. 6:00-8:00 p.m. Call for dates CJMM Community Center

Dance

Belly Dance - 575 (4 weeks)

Adults \$25/Resident \$30/Non-resident

Belly dancing is a feminine and sensuous dance of ancient Eastern Mediterranean origin and includes the fundamentals of rib, hip, and stomach exercises.

Instructor: Lidia Lopez

Tues. 6:30-7:30 p.m. 4 weeks CJMM Community Center

Exercise

Zumba - 438 (5 weeks)

Adults \$30/Resident \$35/Non-resident

This beginning/intermediate class incorporates exercise and dance.

Instructor: TBD

Mon./Wed. 6:30-7:30 p.m. Continuous CJMM Community Center

Self Improvement

Pretty Plus (5 weeks)

Ages 7-14 \$50/Resident \$55/Non-resident

Pretty Plus is a nutrition support program for girls 7-14 years. The program offers 5 week meeting of social enrichment to encourage health and well being of girls who are overweight, and may be at risk for obesity. The program offers children the opportunity for social development, improved self-esteem and nutritional education. This is not a diet program. It is a program that utilizes encouragement and empowerment tools to promote a healthy self-concept that may lead to and encourage behaviors that may support healthy eating and lifestyle changes that may impact the ability to manage weight. This is a self esteem, feel good program that targets overweight school girls.

1 x week 5 weeks (re-register each 5 weeks)

CJMM Community Center

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 ____

HAVE YOU ENCLOSED A SELF-ADDRESSED, STAMPED ENVELOPE?

REFUND POLICY


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) 952-1775.

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.



"A Simple Way to teach reading"

Program period:
Monday, March 4, 2013 - Wednesday, May 8, 2013

MONDAYS & WEDNESDAYS / 5-6 P.M.


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

THURSDAYS / 6:30-7:30 P.M.

CONGRESSWOMAN
JUANITA MILLENDER-MCDONALD
COMMUNITY CENTER AT CARSON
3 CIVIC PLAZA DR.

For Boys and Girls ages 5-12
\$60 PER CHILD
Cost includes reading material

FOR MORE INFORMATION,
CALL (310) 835-0212 EXT. 1410



City of Carson

Spelling Bee

(City-Wide)

Saturday, April 6, 2013
10:00 a.m. - 1:00 p.m.

FREE

Boys & Girls / Kindergarten-5th Grade

SCOTT PARK
23410 Catskill Avenue, Carson, CA 90745
For more information, call (310) 835-0212 ext. 1410

CITY OF CARSON YOUTH COMMISSION

Beautification Project

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

Saturday, March 30, 2013 10 a.m. - 1 p.m.	Stroke Survivor Home Visits Departing from Congresswoman Juanita Millender-McDonald Community Center at Carson 3 Civic Plaza Drive, Carson, CA 90745
Saturday, April 13, 2013 10 a.m. - 1 p.m.	
May 4 & May 18, 2013 10 a.m. - 1 p.m.	Senior Home Visits Departing from Congresswoman Juanita Millender-McDonald Community Center at Carson 3 Civic Plaza Drive, Carson, CA 90745
June 1, 2013 10 a.m. - 10 p.m.	Bolsa Chica Departing from Congresswoman Juanita Millender-McDonald Community Center at Carson 3 Civic Plaza Drive, Carson, CA 90745

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

UPCOMING EVENTS

ANNUAL TEEN CONFERENCE

Ages 12-17. May 11, 2013 at the Congresswoman Juanita Millender-McDonald Community Center at Carson, 3 Civic Plaza Dr., Carson, CA 90745.

TENNIS INSTRUCTION

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

SNAG G-BALL GOLF PROGRAM

Ages 5 - 8
Finally, a real golf experience for beginners! It's easy to learn and fun to play. For more information, please call (310) 835-0212, Monday through Thursday, 7 a.m. to 6 p.m.

CHEERLEADING

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

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

FEE SCHEDULE

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

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.

PERSONAL ENRICHMENT

Carson Bridge Club – This is a fun loving group of coed's enjoying a friendly game of bridge. This club meets on Tuesday from 12:30 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: \$12.00 members - \$14.00 non-members. Class time: 9 a.m. - 1 p.m. For more information, call (310) 835-0212, ext. 1478.

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

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 RECREATION

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. \$2 per class. Instructor: Yuriko Rogers

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

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

CLUBS

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

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

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

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

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

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

President: Mary Lassiter

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

President- Helen Alaniz

EXCURSIONS

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

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

Attention Seniors:

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

Cyber Café

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

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



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

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>



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

Monday & Wednesday - Jared Ortega

Tuesday, Thursday & Friday - Paul Jones

EXERCISE

Tai Chi & Health – The ancient Chinese exercise system is designed for meditation and for the development of self-discipline and a sense of harmonious well-being. The instructor will guide you through a warm-up, posture and breathing techniques, as well 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 Friday from 9 - 10 a.m. in the Dance Room. Instructor: Ron Ige

Basketball – Join this group, Monday through Friday at Scott Park from 8:30 –10:30 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 Wednesday from 11:30 a.m. – 12:25 p.m and Friday from 10:30 a.m. – 11:25 a.m. for a super workout at the Congresswoman Juanita Millender-McDonald Community Center. Cost: \$3.00

Muscle Strengthening – Class meets every Tuesday and Thursday from 11:30 a.m. – 12:15 p.m. Muscle Strengthening using resistance bands. Caregivers are not allowed to take the exercise classes due to class size. Caregivers may assist their clients but class is specifically for seniors. Proper attire and foot wear are required, such as closed toe exercise shoes, cotton t-shirts, sweat pants and shorts. No skirts or dresses. You cannot participate if you don't have the proper attire or foot wear for safety purposes.

Exercise Stretch & Movement – Come exercise every Tuesday and Thursday from 12:15 - 1 p.m. This class is designed for stretch, balance, muscle conditioning and breathing. Come and enjoy the company of other seniors as you move to the hippest tunes. All class participants are required to fill out exercise form prior to taking the class. No exceptions! Classes are monitored. Anyone without a form will not be allowed to participate. This form is also available on line for your convenience on the City

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

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

Senior Fitness Program

Stretch Class, Walking Class, Circuit Training, Weight Training

Stevenson Park Gymnasium
Monday/Wednesday/Friday 8-10 a.m.
(310) 952-1745

Boxing Center (Scott Park)
Monday/Wednesday/Friday 8-10 a.m.
(310) 830-6439

Seniors 55 and older FREE



HEALTH

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

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

HEALTH & FITNESS



Celebrating 35 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., (310) 830-6439

HOURS

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

Fees:	Monthly Membership	
Adults	Resident \$30	Non-Resident \$35
Youth (8-17 yrs)	Resident \$20	Non-Resident \$23
Daily Rate Adult	Resident \$8	Non-Resident \$9
Daily Rate Youth	Resident \$4	Non-Resident \$5

Beginning Boxing

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

Beginning Weightlifting

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

Intermediate Boxing

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

Intermediate Weightlifting Training

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

Advanced Boxing

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

Advanced Weightlifting

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

YOUTH SPORTS



SPRING PROGRAM

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

Spring Youth Sports

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

Registration: Now through March 16, 2013. Sign-ups will be taken after this date but your child may be put on a waiting list.

Try-Outs: March 23, 2013

Season Begins: April 27, 2013

Registration Fees:	Resident	Non Resident
\$39 1st child		\$46 1st child
\$31 2nd child		
\$23 3rd child		

Youth Sports Coaches Certification Program

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

Sports Officials

The City of Carson Youth Sports Section is looking for interested individuals ages 16 years and up, to become paid Sports Officials. Some experience is preferred, but not necessary. To receive written notification of training dates and locations by mail, call the Youth Sports Office at (310) 847-3577, before April 2, 2013, to officiate youth baseball/Softball.

Volunteers: "Carson Wants You"

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

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

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

HEALTH & FITNESS

**Adult 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
Wednesday	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
Thursday	7-8 p.m.	Stevenson Park	Adult Intermediate
Thursday	6-7 p.m.	Stevenson Park	Youth Intermediate
Thursday	8-9 p.m.	Stevenson Park	Adult/Youth Advanced
Wednesday	6-7 p.m.	Mills Park	Youth

Adult and Youth Bocci Ball

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

Adult Fitness Workout

Thursday	6-7 p.m. / 7-8 p.m.	Dominguez Park
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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	6:30-7:30 p.m.	Mills Park	15 yrs - Adults
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Adult Line Dancing

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

Adult Hip Hop Fitness

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

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

Adult Urban Ballroom Dance

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

Youth Fitness Club (ages 16 and up)

• Calas	Wed	6:30-7:30 p.m.
• 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	6 p.m.	Hemingway 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 \$85 for Carson residents enrolled in the half day and all day Early Childhood Program. All fees are due at the time of registration. A registration fee of \$95.00 will be charged for non-Carson residents. Priority registration is given to students currently enrolled. Sessions may include holidays with no class scheduled. If so, fee does not change. 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

Monday – Friday

7 a.m. – 6 p.m. \$170.00 a week

8 a.m. – 5 p.m. \$136.00 a week

7 a.m. – 5 p.m. \$157.00 a week

8 a.m. – 6 p.m. \$157.00 a week

HALF DAY PROGRAM

8 a.m. – 12 p.m. FEES

1 p.m. – 5 p.m.

T TH \$25 a week

MWF \$37 a week

M-F \$62 a week

OPTION II:

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

Park Facility	Class	Time	Days
• 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



**AMUSEMENT PARKS • EDUCATIONAL SITES • MUSEUMS
MOVIE NIGHT UNDER THE STARS • LOCAL ATTRACTIONS
LUNCH AND AFTERNOON SNACK PROVIDED DAILY**

JUNE 14 - AUGUST 30, 2013

FOR BOYS AND GIRLS AGES 5-12

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

ANDERSON PARK

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

CALAS PARK

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

CARRIAGE CREST PARK

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

CARSON PARK

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

DEL AMO PARK

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

DOLPHIN PARK

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

DOMINGUEZ PARK

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

HEMINGWAY PARK

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

MILLS PARK

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

SCOTT PARK

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

STEVENSON PARK

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

VETERANS PARK

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

ADDITIONAL FEES FOR EXCURSIONS

FOR MORE INFORMATION, CONTACT (310) 847-3570

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

RECREATION AND HUMAN SERVICES

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.



Telephone Reassurance

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

Tax Preparation Assistance

During Tax Season trained AARP volunteers will help low and middle-income persons, with special attention given to persons age 60 and older in preparing their income tax returns. Tax preparers will do the following: wages, interest, dividends, stock sales, sale of house, pensions, IRA's, annuities, social security calculations and low income self employment. They do not do rentals, business/high income self-employment, mutual funds, foreign investments, or partnerships. This service is by appointment only. Please call (310) 952-1775.

Financial Counselor

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

Equipment Loan Program

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

SOCIAL SERVICES DIRECTORY GENERAL INFORMATION

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

EMERGENCY RESPONSE SYSTEMS

EARS Long Beach Memorial: (562) 933-0913

FOOD AND MEALS

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

HEALTH AND MEDICAL

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

HOUSING

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

IN HOME SERVICES

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

INSURANCE BENEFITS AND RESOURCES

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

LEGAL ASSISTANCE

Bet Tzedek Legal Services: (323) 939-0506

SUPPORT GROUPS

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

TRANSPORTATION

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

ASSISTED LIVING

City of Carson Social Services Section strives to provide a wide variety of programs to Carson residents adults 60 and older. These activities are located at the Congresswoman Juanita Millender-McDonald Community Center, Scott, and Dominguez Parks. The Social Services Office is located in the atrium area of the Congresswoman Juanita Millender-McDonald Community Center. For more information call **(310) 952-1775**.



Case Management & Home Services

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

Geriatric Aide Program

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

EARS (Emergency Alert Response System)

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

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

Respite Care

This program provides relief to caregivers who are meeting the daily needs of a senior family member or friend. These services include Respite Companions, Social Day Care, Homemaker, and Personal Care Assistance. To be placed on a waiting list, call (310) 952-1775.

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

Friendly Visitor Volunteers provide companionship, understanding, and empathy to elders who are lonely and/or isolated. Through regular visits, these volunteers provide letter writing, reading and friendly visits to help the client remain as independent as possible while living in the community. For more information, call (310) 952-1775.

Bereavement Support Group

This unique group is offered to adults of all ages who are experiencing grief following the death of a loved one. Research shows that individuals who have experienced such a loss can benefit from sharing with others in a safe, caring environment. This group meets for 11-week sessions throughout the year on Wednesdays, 10 a.m.-12 p.m. and 12:00-1:00 p.m. drop-ins, at the Congresswoman Juanita Millender-McDonald Community Center. Please call ahead for more information, at (310) 952-1775. Class is currently in session.

Housing Rights Clinic

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

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

Nutrition Program

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

For more information, call (310) 835-0212 ext 1487 or (310) 952-1775.

Food Bank

The Los Angeles Regional Food Bank invites seniors 60 years of age or older to participate in the Commodity Supplemental Food Program. Qualifying seniors receive a free food kit once a month. For more information, call (323) 234-3030.

FAMILY SUPPORT

City of Carson



**POSITIVE
Directions**

**FREE WORKSHOPS FOR
Boys Ages 11-16**

10 - week session

Starting May 2013 (contact for exact date)

Wednesdays from 5:30 - 6:30 p.m.

WORKSHOPS

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



**POSITIVE
Directions**

**FREE WORKSHOPS FOR
Girls Ages 11-16**

10 - week session

Starting May 2013 (contact for exact date)

Wednesdays from 6:30 - 7:30 p.m.

WORKSHOPS

- Dealing with Stress
- Bullying
- Healthy Relationships
- Dealing with
- Positive Relationships with Parents
- Goal Setting
- Peer Pressure

- Family Support Grant Funded
- Enrollment Process required
- Pre-registration encouraged
- 10 participants maximum per session

Carson Park 1000 E. 220th Street, Carson, CA 90745

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

CITY OF CARSON

**Explore your
inner artist!**

**FOR BOYS
AND GIRLS
AGES 11-18**

- 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:

- **March 15, 2013 - St. Patrick's Dance**
- **April 12, 2013 - Spring Dance**
- **May 10, 2013 - Prom Dinner Dance**



Bowling Program

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

Arts and Crafts

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

Exercise Class

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

Basic Classroom Skills

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

Monthly Calendar

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

Carson Special Needs Parent Association

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

Variety Club

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

Special Olympics:

April 13, 2013

South Bay Special Olympic Spring Tournament
at Veterans Park
22400 Moneta Ave., Carson, CA 90745

June 7th, 8th, 9th, 2013

Special Olympic Summer Tournament
at Cal. State Long Beach
1250 Bellflower Blvd., Long Beach, CA 90840-0004

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



JBOJ Fitness Center

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

Chair Volleyball

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

Chair Exercise

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

Occupational Therapy

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



Speech Therapy

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

Fun Fridays

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

Water Exercise

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

PARKS

WINTER PARK CLASS SCHEDULE

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

Hours of Operation

Mon	4-7 p.m.
Tue-Thur	4-9 p.m.
Sat	10 a.m.-5 p.m.
Sun	2-5 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	7-8 p.m.
• Carriage Crest	Tues/Thurs	5:30-7:30 p.m.
• Calas	Tues/Thurs	6:30-8:30 p.m.
• Del Amo	Tues/Thurs	6:30-8 p.m.
• Dolphin	Wed/Thurs/Sat	6-7:30 p.m./10 a.m.-12 p.m.
• Dominguez	Mon/Wed	6-7 p.m.
• Hemingway	Tues/Thurs	6:30-8 p.m.

Drill Team

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

Dance It Off

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



Karate Class

• Mills Park	Wed	6-7 p.m.
• Stevenson Park	Wed/Fri	5:30-7 p.m.
• Stevenson Park	Tue/Thurs	6-9 p.m.

Arts & Crafts

Children 5-12 yrs of age can let their imaginations run wild in a variety of craft classes scheduled for this spring. Contact your local park for specific day and time.

Youth Golf Instruction

Anderson, Calas, Del Amo, Dominguez and Veterans parks provides the basic instructions for golf. Children learn basic rules and become prepared to play on a golf course. Call the parks for more information. Ages 10-17 yrs.

Clubs for Boys & Girls

For boys and girls 9-12 yrs. of age, neighborhood parks offer a variety of activities such as sand golf, 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.

PARKS

Kids in the Kitchen

Children will gain confidence in food preparation skills such as measuring, mixing, tasting, cutting, grating, and spreading. They will have fun preparing food themselves and begin on the road to sound eating habits. Classes offered at the following parks:

• Anderson Park	Wed	4:30 p.m.
• Calas Park	Thurs (1st and 3rd of each month)	6:30-8 p.m.
• Carriage Crest Park	Wed	5:30-6:30 p.m.
• Del Amo Park	Tues	5:30-6:30 p.m.
• Dolphin Park	Fri	4-5 p.m.
• Hemingway Park	Fri	5:30-6:30 p.m.
• Scott Park	Wed	5:30-6:30 p.m.
• Stevenson Park	Tues	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.
• Dominguez Park	Tues/Thurs	4-5 p.m.
• Hemingway Park	Tues/Thurs	3-4:30 p.m.
• Mills Park	Mon/Wed/Thurs	3-4:30 p.m.
• Stevenson Park	Mon/Thurs	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	Fri	7 p.m.
• Calas Park/Ballet Folklorico	Mon/Wed	6-7 p.m.
• Calas Park/ Age 8-16	Tues/Thurs	6:30-7:30 p.m.
• 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	6:30-8:30 p.m.

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.
• 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)	2nd/4th Fri	6 p.m.

Excursions

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

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

Roller Hockey

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

Beginning Chess

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

TEEN PARK ACTIVITIES

Teen Game Nation

Hemingway Park	6:30
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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



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.

Reservation/Cancellation Policy

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

Loss Or Damage Information

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

Equipment Rentals

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

Jumpers

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

ABC Party Rental: (310) 834-2892

Fiesta N Jump: (310) 263-1848

Jump 4 Fun: (800) 281-6792

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

Major Jumpers & Entertainment: (323) 399-2533

Party Pronto: (877) 727-8437

Party on Rentals: (323) 255-1993

ALL FEES ARE SUBJECT TO CHANGE

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

JOIN CITY OF CARSON PARKS & RECREATION ON FACEBOOK

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

YOUTH SERVICES PROGRAMS sponsored by Public Safety

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

• Youth & the Law Program

Youth (Ages 12 – 17 years)

Residents: \$40.00 Non-residents \$55.00

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

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

Instructor: Youth Services Officers

Hours: 4-6 p.m.

Community Center

• Parent/Teen Project

(10 Days / 20 Hours)

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

(Open Enrollment)

A 20 hour course conducted on Tuesday evenings, for a 10 week period.

Classes are presented by an experienced facilitator. This course is designed for parents of strong-willed adolescents. Teens are in a separate classroom.

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

Instructor: Dennis Rodriguez, YSO/Arthur Williams /Eric Carter, YSO

Alma Avilla (Spanish)

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

Community Center

• Anger Management For Teens

(5 Days / 8 Hours)

Youth (Ages 12 to 17 years old)

Residents: \$30.00 Non-residents \$40.00

A 8 hour course conducted on Tuesday afternoons, 4:30 to 6 p.m., for a 5-week period. Classes are designed to assist adolescents ages 12 to 17 years old.

Sessions are facilitated by a Public Safety Department/ Youth Services Officer. This course accommodates adolescents who may be referred by school, courts, parents, or probation officers to complete an anger management program.

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

Instructor: Deborah Schmidt, YSO

Tuesday: 4:30 – 6 p.m.

Community Center

• Drug/Alcohol Program (Positive Choices)

(8 days / 12 hours) Youth (Ages 12 to 17 Years)

Residents: \$30.00 Non-residents \$40.00

A 12 hour course conducted on Monday afternoons from 4:30 p.m. - 6 p.m., for an 8-week period, and two required 2-hour Parent Enrichment classes. Classes are designed to assist adolescents from ages 12 to 17 years old. This course is instructed by trained personnel using 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: 4:30 to 6 p.m.

Community Center

• Community Service For Youth

Youth only (Ages 12-17 years)

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

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

Contact Person(s): ANY YOUTH SERVICES OFFICER

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

Case Management Services

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

Criterion (any one of the following)

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

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

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

YOUTH SERVICES 2013 CLASS SCHEDULE

Parent Project Classes Tuesday • 5:30-7:30 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 • 4:30-6 p.m. Total Hours: 16 Hrs	Youth & The Law Program Wednesday & Monday Times: 4-6 p.m.
Track II: Apr. 9 - Jun. 18 Track III: Jul. 9 - Sep. 17 Track IV: Oct. 1 - Dec. 10	Track II: Apr. 2 - May 7 Track III: Jul. 9 - Aug. 13 Track IV: Oct. 1 - Nov. 5	Track II: Apr. 15 - Jun. 3 Track III: Jul. 15 - Sep. 9 Track IV: Sep. 30 - Nov. 25	Track II: May 1 - May 6 Track III: Jul. 31 - Aug. 5 Track IV: Oct. 30 - Nov. 4

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



OLD TOWN TEMECULA, "HOT-AIR" BALLOON LIFT

Sunday, June 2, 2013

A tradition since 1984, the **Temecula Balloon & Wine Festival** features morning balloon launches, evening balloon glows, wine tasting, concerts and outstanding food. It is a perfect blend of food and entertainment. Watch over 50 colorful balloons launch (weather permitting) from the grassy fields of Lake Skinner at sunrise and enjoy the rest of the day listening to live jazz music throughout the festival. Wine tasting, food and balloon rides are not included in this excursion. **Cost of \$45.00 per person** includes round-trip bus transportation and festival admission only. **Bus departs at 4:30 am and returns at 3:00 pm.**

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

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



Transportation Services Division Excursions

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Endeavor Exhibit Tour • Saturday, June 15, 2013

Come and view this Orbiter Vehicle up close at the Samuel Oschin Pavilion and discover some of the science behind this amazing vehicle. The pavilion will feature images and video to introduce guests to Endeavour's past missions and the crews who flew them. A no-host lunch stop will be at the famed Olvera Street in downtown Los Angeles. **Cost of \$26.50 per person** includes round-trip bus transportation and timed entry ticket. **Bus departs at 9:00 am and returns at 5:00 pm.**

Lake Arrowhead "Queen" Boat Tour • Friday, June 21, 2013

A visit to Lake Arrowhead isn't complete without seeing the view from the water. Ride in style aboard the enclosed Lake Arrowhead Queen paddleboat. Experience the splendor and serenity of lush forest, and sparkling water as you sit back and enjoy close-up views of exquisite lakefront homes. Learn about the fascinating history of the lake through a narrated tour. Afterwards, enjoy a stroll and no-host lunch in the beautiful downtown area. **Cost of \$35.00 per person** includes round-trip bus transportation and boat tour admission. **Bus departs at 8:00 am and returns at 5:00 pm.**

Queen Mary – Diana: Legacy of a Princess - Collection • Saturday, June 29, 2013

Remembered for her charm, compassion, timeless beauty and classic style, Princess Diana continues to be an icon of inspiration to millions of people worldwide. "Diana: Legacy of a Princess" showcases a priceless collection of evening gowns, dresses, personal accessories, photographs, heirlooms and other cherished memorabilia associated with Princess Diana and the Royal Family. A no-host lunch stop will be at the Pike at Rainbow Harbor. **Cost of \$38.00 per person** includes round-trip bus transportation and entrance fee. **Bus departs at 9:00 am and returns at 5:00 pm.**

TMZ Hollywood Tour • Saturday, July 13, 2013

Come and be a tourist for a day! TMZ has partnered with Starline Tours to give tourists a peek of where celebrities go to play and eat. Get on a double decker bus for three hours with a TMZ tour guide who is in the know of all things Hollywood. Although a star sighting cannot be guaranteed, you never know who you might come across in this tour!! After the tour, enjoy a no-host lunch stop and shopping at Hollywood and Highland Plaza Center. **Cost of \$44.00 per person** includes round-trip bus transportation. **Bus departs at 8:00 am and returns at 6:00 pm.**

San Diego Harbor Tour • Saturday, July 20, 2013

Enjoy the best sightseeing on the bay aboard one of the Flagship fleet. The deluxe 2 hour narrated tour covers Harbor and Shelter Islands, Point Loma, Cabrillo National Monument, North Island Naval Air Station and much more. A no-host lunch stop will be at Coronado Island's Hotel del Coronado. **Cost of \$48.00 per person** includes round-trip bus transportation and harbor tour fees. **Bus departs at 8:00 am and returns at 5:00 pm.**

L.A. Dodgers/Cincinnati Reds Game • Friday, July 26, 2013

Watch your Los Angeles Dodgers take on the Cincinnati Reds for an exciting night of Friday night baseball and fireworks after the game. Come out and root for the Dodgers while enjoying the view from the 3rd base line, while snacking on peanuts, cracker jacks and the world famous Dodger Dogs. **Cost of \$54.00 per person** includes round-trip bus transportation and entrance fee. Meals are not included. **Bus departs at 5:30 pm and returns at 11:00 pm.**

Ontario Mills Mall "Back to School Shopping" • Saturday, August 3, 2013

ONTARIO MILLS MEANS MORE! More stores, More brands, More savings. More fun! Ontario Mills, California's largest outlet and value retail shopping destination, is an indoor climate-controlled mall providing the ultimate shopping experience with more than 200 stores boasting some of the biggest names in men's, women's and children's apparel, jewelry, sporting goods, footwear and more. **Cost of \$26.00 per person** includes round-trip transportation. No meals are included. **Bus departs at 9:00 am and returns at 5:00 pm.**

Universal City Walk • Saturday, August 10, 2013

Enjoy an amazing night out at the famous Universal City Walk, an open-air street featuring retail stores, movies, bars and restaurants for every taste. No meals are included in this tour. **Cost of \$21.00 per person** includes round-trip transportation. **Bus departs at 5:00 pm and returns at 11:00 pm.**

Pageant of the Masters • Sunday, August 18, 2013

Known for its tableaux vivant or "living pictures", this year's Pageant of the Masters theme of "The Big Picture" will add a cinematic spin to its world-class presentation with classic masterpieces that inspired legendary filmmakers! See works from Michelangelo, Rodin, Norman Rockwell and the famed "The Last Supper". The pageant consists of 90 minutes of "living pictures" accompanied by a professional narrator, an orchestra, and period songs by professional vocalists. No meal is included with this show. **Cost of \$57.00 per person** includes round-trip bus transportation and pageant tickets. **Bus departs at 6:00 pm and returns at 11:00 pm.**

Laguna Beach Saw Dust Festival • Saturday, August 24, 2013

The Laguna Beach Sawdust Art Festival brings together artists from across the Laguna Beach community. The artists themselves build a unique village of individual booths from the ground up, wherein they showcase their work. No meal is included with this excursion. **Cost of \$32.00 per person** includes entrance to the festival and round-trip transportation. **Bus departs at 8:30 am and returns at 5:00 pm.**

Glen Ivy Hot Springs • Saturday, September 7, 2013

If your day to day routine is full of hustle & bustle, then this is the perfect opportunity for you to get away for a day of quiet and relaxation. Nestled beneath the Santa Ana Mountain Range in Corona, the historic Glen Ivy Hot Springs offer a place to enjoy beautiful botanical gardens, pools and spas, quiet places, and good food to reset your busy and stressed out self. This day would be only about Y – O – U! This special day will include not only the admission to the spa but also reserved lounge seating in the terrace specifically for City of Carson guests. Spa treatments and food are NOT included in this excursion. We recommend making an appointment in advance for treatments. **Cost of \$123.00 per person** includes round-trip bus transportation, reserved lounges and spa admission only. **Bus departs at 7:30 am and returns at 6:00 pm.**

"SENIOR CITIZENS, YOU HAVE A VOICE"

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



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

Where: Congresswoman Juanita Millender-McDonald
Community Center

Date: The 2nd Monday of each month

Time: 4 p.m.

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

Volunteers: "Carson Wants You"

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

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

CARSON CENTER WHEN IT COMES TO EVENTS, WE MEAN BUSINESS...



(310) 835-0212

**801 East Carson Street,
Carson, California 90745**
www.carsoncenter.com



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.

FREE USED OIL AND OIL FILTER COLLECTION EVENT

**BRING IN YOUR
USED OIL FILTER
AND
RECEIVE
A GIFT!**



Residents are welcome
to bring in used
motor oil and oil filters
and receive a gift.

LOCATION:

**Carson City Hall
Parking Lot
Carson, California**

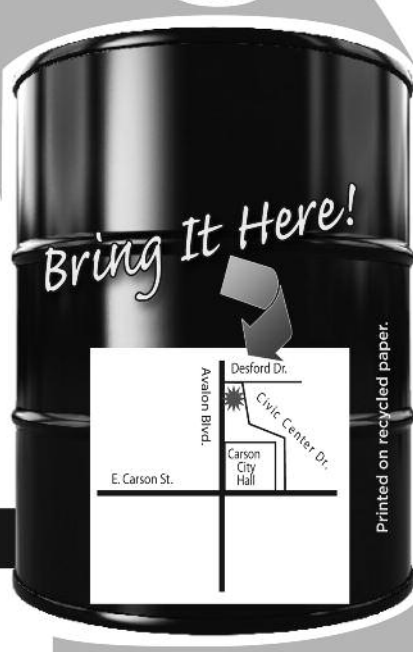
DATE:

**Saturday,
April 27, 2013
Time: 9am - 1pm**

Used oil must be stored properly in a clean, uncontaminated, sealed container.



FUNDED BY A GRANT FROM CAL RECYCLE.



Printed on recycled paper.

SPECIAL INFORMATION

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