



Community Services Guide

June • July • August 2013



For the second
year in a row
The City of Carson
is recognized as
"Playful City USA"

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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>

A MESSAGE FROM THE Director of Community Services

As we move into the lazy days of summer, it is a time of endless sunlight, warm evenings, and, more importantly, lots of outdoor fun. Let the Community Services Department help you make the most of this season with activities designed to maximize your enjoyment for the next three months. The City's aquatic facilities will soon open, so now is the time to enroll your child for swimming lessons. You can even rent a pool for a special event, such as a graduation or a birthday party. Our very popular summer camp programs are going to be in session, so sign-up your children soon as they fill up quickly. Community Services staff has been trained to ensure that your children are not only in a safe environment, but that they will also have an incredible, fun-filled experience.

Interested in learning something new this summer? Several special interest classes are being offered for all age levels. Since its reinstatement a year ago, the number of educational and recreational classes to choose from has grown.

I also want to invite all residents to come to the Carson Park rededication ceremony as one of the events to celebrate the City's 45th Anniversary. This state-of-the-art facility will be the jewel to our parks system. Please join the Mayor, City Council, and City staff to celebrate the grand reopening of the new and improved Carson Park on June 22nd at 10:00 am.

I hope you and your family have a wonderful and safe summer. See you at the park!

Sincerely,

Raymond R. Cruz
Director of Community Services

AQUATICS

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. – 2:00 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 8 – August 31 | Saturday | 1:15 – 2:45 p.m. |
| June 10 – August 9 | Mon-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) |

^ TT class only 40 minutes

*Swim Team takes up majority of pool

Recreation Swim*

| Dates | Day(s) | Time |
|---------------------|---------|-------------------|
| June 9 – August 25 | Sunday | 12:00 – 1:30 p.m. |
| June 10 – August 9 | Mon-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

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 16 | 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 15 | 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

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 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 16 | 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 15 | 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 |

^ TT class only 40 minutes

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 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/Wed/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 16 | 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 15 | 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. |
| August 13 & 15 | Tues/Thurs | 3:00 – 4:55 p.m. |

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

Prerequisite: Minnow Level

ALL FEES SUBJECT TO CHANGE

ENRICHMENT

Ready, Set, READ!

Ages 5-12

Is an easy way to learn comprehensive, vocabulary, spelling and fluency when reading. Trained teachers test, structure and implement your child's program. Help your child gain a joy for learning. \$60 includes training material and classes. For more information, please call (310) 835-0212, Monday through Thursday, 7 a.m. to 6 p.m.

Zumba 4 Kids

Ages 5-12

Classes are high-energy fitness-fun that offer real results. Packed with specially choreographed routines and the latest music, like hip-hop, reggaeton and cumbia. Zumba 4 Kids classes increase focus and self-confidence, boost metabolism and improve coordination. For more information, please call (310) 835-0212, Monday through Thursday, 7 a.m. to 6 p.m.

Math Made Easy

Ages 5-12

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. Let's learn to love problem solving. For more information, please call (310) 835-0212, Monday through Thursday, 7 a.m. to 6 p.m.

"Glee Club" - Vocal fun for Kids

Ages 5-17

Does your child sing in the car, in the shower or whenever that popular song comes on the radio? Then this is the class for him/her. Join us as we learn the vocal fundamentals of singing, breathing, correct posture and vowel sounding. For more information, please call (310) 835-0212, Monday through Thursday, 7 a.m. to 6 p.m.

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. For more information, please call (310) 835-0212, Monday through Thursday, 7 a.m. to 6 p.m. *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. |

UPCOMING EVENTS

TEEN CAMPING TRIP

SAVE THE DATE

AUGUST 6, 7, 8 • Cedar Lake

Departs Congresswoman Juanita Millender-McDonald Community Center at Carson

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 | |
| Zumba 4 Kids | \$38 | \$45 |



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 \$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



FALL 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.

Fall Youth Sports

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

Last day to sign up - August 17, 2013

Tryouts - August 24, 2013

Season begins - September 14, 2013

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

*Transition league in June, ages 6 - 8 \$135 per team

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 July 1, 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

SUMMER SPORTS

SUMMER PROGRAM

The Adult Sports Section will be offering a variety of leagues and tournaments during the winter months. To insure your team's placement in a league and/or tournament, payment must be made at the time of registration. For more information, contact the Adult Sports Section at City Hall Annex at 2400 E. Dominguez 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 11
Fees: \$399 per team

Spring Softball Tournament/Men's & Coed

Registration: June 1 - July 23
Play Begins: July 27

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 1 - September 12
Play Begins: September 15
Fees: \$175 per team

8 Man

Registration: August 1 - September 12
Play Begins: September 15
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 |
|--------|----------------|------------|------------|

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 |

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 |
| 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 | 6:30-7:30 p.m. Mills Park | 15 yrs - Adults |
| | 5:30-6:30 p.m. Calas | All Ages |

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 |
|--------|---------------------|----------------|

Dance it Off

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

Adult Urban Ballroom Dance

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

Youth Fitness Club (ages 16 and up)

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

Stevenson Park Fitness Center

HOURS

Mon-Fri 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 |
|----------|---------------|----------------|



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 |
|---------|----------------|----------------|

Pilates Class

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

Stretching and Conditioning

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

EARLY CHILDHOOD



The City of Carson Early Childhood Program curriculum is based on Pre-Kindergarten Guidelines developed by the State of California Department of Education. Emphasis is on learning through "hands-on" experiences. Projects and activities address a wide variety of school readiness, social and motor skills. Children have opportunities for creative expression through art, music and movement activities.

For more information call the Program office at (310) 835-0212, ext. 1482 or 1485.



One time, non-refundable, registration fee of **\$95** for Carson residents enrolled in the half day and all day Early Childhood Program. All fees are due at the time of registration. A registration fee of **\$106.00** will be charged for non-Carson residents. Priority registration is given to students currently enrolled. Sessions may include holidays with no class scheduled. If so, fee does not change. Availability is based on the needs of each site. The City

reserves the right to cancel individual park programs if the minimum enrollment level is not achieved. Fees subject to change. For information, call (310) 835-0212, ext. 1482 or 1485.

OPTION I: Community Center Preschool

State license: #191606870

Ages: 3-5 yrs. (toilet trained)

The Congresswoman Juanita Millender-McDonald Community Center is home to an all-day Early Childhood Education Program, Monday-Friday. This program features an early drop-off and late pick-up option. The Early Childhood Program Office is also located at the Community Center. Registration is open as long as vacancies exist. For prices, availability of spaces or additional information, please call (310) 835-0212, ext. 1482.

CLASS SCHEDULE

ALL DAY PROGRAM RESIDENT RATE

Monday – Friday

7 a.m. – 6 p.m. \$170.00 a week

8 a.m. – 5 p.m. \$136.00 a week

7 a.m. – 5 p.m. \$157.00 a week

8 a.m. – 6 p.m. \$157.00 a week

HALF DAY PROGRAM

8 a.m. – 12 p.m. FEES

1 p.m. – 5 p.m.

T TH \$25 a week

MWF \$37 a week

M-F \$62 a week

OPTION II:

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

| Park Facility | Class | Time | Days |
|---------------|-----------|------------------|-------|
| • 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**

CITY OF CARSON 45th ANNIVERSARY 1968-2013

JUNE 10 - AUGUST 10, 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 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 10, 2013.

| | |
|-----------|----------------|
| Mon - Fri | 2-9 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 | Tues/Thurs | 5:30-7:30 p.m. |
| • Carson | Tues/Thurs | 6-8 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 | Mon/Wed | 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 |
|--------------|------------|----------------|----------|

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. |
| • Del Amo Park | Tues | 5:30-6:30 p.m. |

PARKS

| | | |
|------------------|------|----------------|
| • 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 | 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. |
| • 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 | 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

| | | |
|------------|-----|--|
| • Age 8-12 | Fri | |
|------------|-----|--|

Junior Theatre

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

Friday Night Madness & Movies

| | | | |
|-----------------------|------------------------------------|-------------|-------------|
| • Anderson Park | 7 yrs - up (FREE) | Fri | 6:30-8 p.m. |
| • Hemingway Park | 9 yrs - up (FREE) | Fri | 6:30 p.m. |
| • Carriage Crest 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 | |

Roller Hockey

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

Beginning Chess

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

TEEN PARK ACTIVITIES

Teen Game Nation

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

Teens in the Kitchen

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

CARSON JUNIOR TENNIS PROGRAM

For boys and girls ages 10-15 yrs.

- BEGINNING TENNIS • JUNIOR CLUB
- JUNIOR CLUB LEAGUE • CITY CLUB TENNIS

For more information, contact the
Recreation Division at (310) 847-3570



SUMMER

Basketball Camps



Ages 5 and up
\$60 / session

**Discounts for Veterans SportsComplex members
and multiple campers**

Session I

June 24 - 28, 2013
10:00 a.m. - 3:00 p.m.

Session II

July 22 - 26, 2013
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

**It Is Time
To Shed
Your
Winter Coat**



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 |

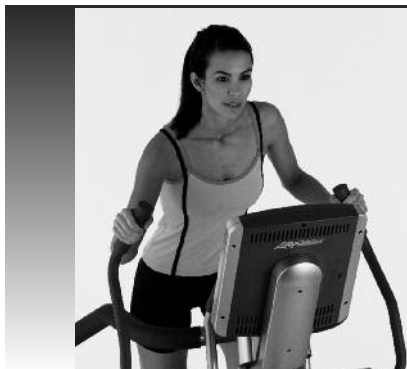
30-day Memberships

| | 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

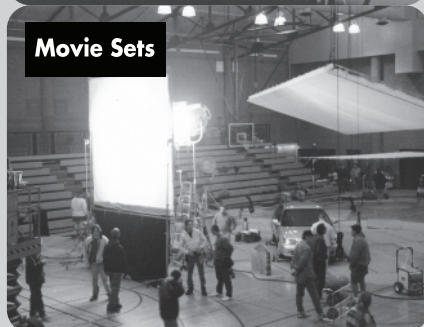
FACILITIES AVAILABLE FOR RENTAL



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



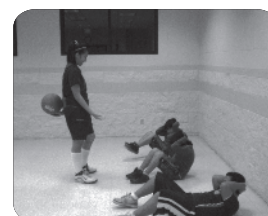
Banquet Halls and Recreation Rooms



Racquetball Courts

YOUTH CLASSES

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



ADULT CLASSES

- Muscle Conditioning • Salsa • Adult Kempo Karate • Step & Pilates • Corepole Training
- 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 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.



Our featured Senior activity this month is our Senior Band "Music Makers"

Studies have found that music engages the areas of the brain involved with paying attention, making predictions and updating the event in memory. Peak brain activity occurred during a short period of silence between musical movements—when seemingly nothing was happening. Music instructor Michelle Barnard is teaching senior citizens to play the organ. Many of her students wanted to learn but never could when they were young because of the Great Depression. What an irony! Now they're learning, despite another stint of bad economic times. "They're developing hand-eye coordination so that they look at the note and then they put their hands on the keyboard and they associated the note and the key. And what it does for their brain, it sparks some kind of left brain-right brain connection," Barnard explained. Playing increases levels of HGH, a feel-good hormone in our body. Playing also activates the cerebellum.

Music has found to be one of the most positive things to activate our minds! With that being said, we invite you to come out and listen to our band every Monday from 9 a.m. - 11 a.m. at the Congresswoman Juanita Millender-McDonald Community Center at Carson. Come and start your day with music.

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.

SENIOR RECREATION

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

DANCE

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

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

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

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 Maligmat

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, Book Club, and Ballet 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> Lab is located at the Congresswoman Millender-McDonald Community Center at Carson, 801 East Carson St., Carson, CA 90745.



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 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

SENIOR RECREATION

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. 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 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. 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 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

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

Seniors 50 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. 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.



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) 835-0212 ext. 1480.

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

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

Flower Decoration - 466 (2 weeks)

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

THIS CLASS IS TAUGHT IN ENGLISH AND SPANISH

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: TBD

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

Creative Crafts - 489 (2 day workshop)

16 and up \$25/Resident \$30/Non Resident

Learn to make unique and decorative Crafts like pillows and hand towel Angels etc. Call for Craft of the month. *Instructor: Maria Enriquez*

Wed. & Thurs. 6:30 - 8:30 p.m. CJMM Community Center

Dance

Belly Dance - 575 (8 weeks)

Adults \$45/Resident \$50/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: TBD*

Tues. 6:30-7:30 p.m. 8 weeks CJMM Community Center

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*

Monday 6 - 7:15 p.m. Saturday 9:30 - 10:45 a.m. Scott Park

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

Sign Language - 413 (6 weeks)

All Ages \$35/Resident \$40/Non Resident

You will learn the basic signs of American Sign Language and basic signing, including the alphabet and numbers. You will learn to make phrases, sentences and many other words used every day. It is really a fun language. *Instructor: TBD*

Thurs. 6:00-8:00 p.m. 6/13/13 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) 952-1782.

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 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) 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 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) 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. 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.

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



Strive For Excellence

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

10 - week session

May 8 - July 10, 2013

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

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



Strive For Excellence

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

10 - week session

May 8 - July 10, 2013

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

Congresswoman Juanita Millender-McDonald Community Center at Carson

801 E. Carson Street, Carson, CA 90745

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

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.

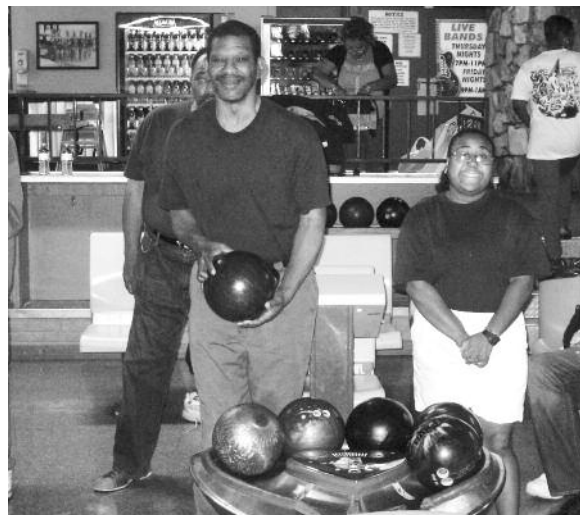
The Special Needs Program is designed to address the basic social, physical fitness and recreational needs of Carson's disabled population. These program activities place emphasis on the following areas: socialization, creative activities, physical and educational development, and special recreational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

- **June 14, 2013 - Back to the 50's Dance**
- **July 12, 2013 - Patriotic Dance**
- **August 9, 2013 - Aloha 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:

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.

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: 5 – 7 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 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 | All |

YOUTH SERVICES 2013 CLASS SCHEDULE

| Parent Project Classes Tuesday • 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. |
|---|--|---|--|
| Track III: Jul. 9 - Sep. 17 Track IV: Oct. 1 - Dec. 10 | 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 | TBA - Call for dates |

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

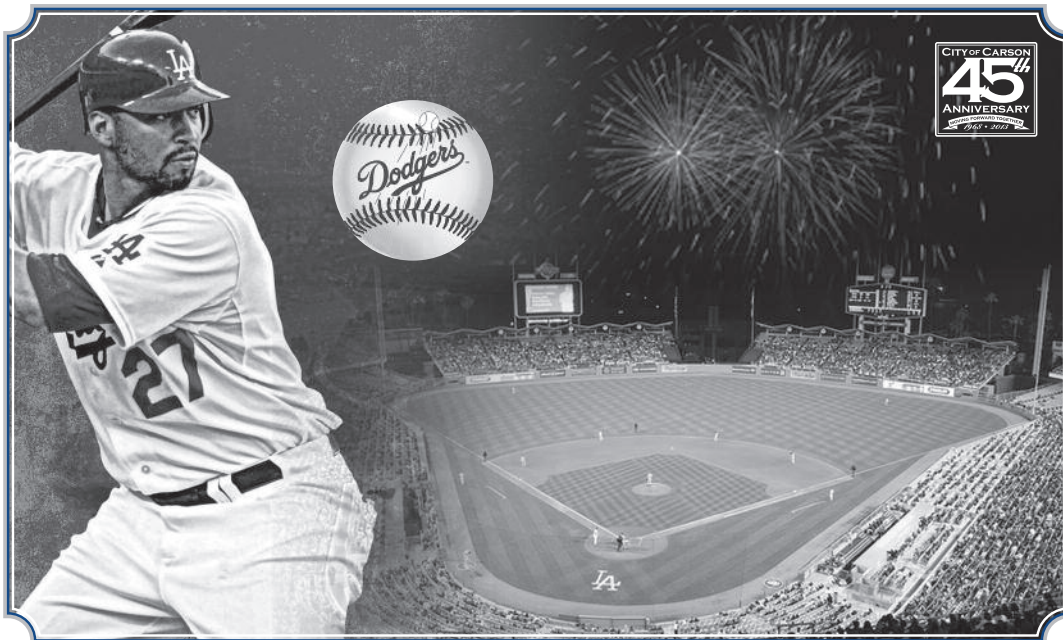


Transit Information on Carson Web Site: http://ci.carson.ca.us/content/department/dev_service/transportation_services.asp

City of Carson
Transportation Services Division Excursions

L.A. DODGERS
VS
CINCINNATI REDS

👉 **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.**

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

Online payments are now available.

Visit the City of Carson website: <http://ci.carson.ca.us>

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



Transportation Services Division Excursions

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

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

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

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, & 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.**

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.**

L.A. County Fair - Saturday, September 14, 2013

The L.A. County Fair in Pomona is the largest county fair in North America. Come and enjoy the vast variety of attractions, exhibits, rides, games, and who can forget the food! Remember to take a break during your fun-filled day to enjoy the different food booths, savor 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 \$40.00 per person** includes round-trip bus transportation and fair admission. **Bus departs at 9:00 am and returns at 6:00 pm.**

Los Angeles Angels vs. Seattle Mariners - Friday, September 20, 2013

Come out and watch the Los Angeles Angels of Anaheim take on the Seattle Mariners. Enjoy "BIG BANG FRIDAY", the excitement of Friday night baseball and a spectacular fireworks show right after the game. **Cost of \$60.00 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.**

Santa Barbara Harbor & Seafood Festival - Saturday, October 12, 2013

Come and experience a real "Working Harbor" featuring local fishing boats and crews. The 12th Annual Santa Barbara & Seafood Festival is a signature event that offers festival-goers an abundance of the freshest seafood from live lobster to prepared dishes. There will also be arts and craft vendors, Maritime Museum films & exhibits, free boat rides & dockside tours as well as live entertainment on the main stage. **Cost of \$30.00 per person** includes round-trip bus transportation and festival admission only. **Bus departs at 8:00 am and returns at 5:00 pm.**

Las Americas Premium Outlets - Saturday, November 30, 2013

"After Thanksgiving Weekend Sale" Find impressive savings at over 125 stores that include Adidas, Banana Republic, BCBG, Calvin Klein, Coach, Gap Outlet, Guess, J. Crew, Kenneth Cole, Nike, Polo, Ralph Lauren, Sony, Tommy Bahama, Tommy Hilfiger, Under Armour and many more. **Cost of \$30.00 per person** includes round-trip bus transportation. **Bus departs at 8:00 am and returns at 6:00 pm.**

Christmas in Solvang - Saturday, December 7, 2013

VELKOMMEN! Head to Solvang, CA to celebrate the 2013 Julefest Celebration this year, and you might feel like you've stumbled half-way across the world. It will be holiday cheer with a decidedly Danish twist. All events are free. Plus there will be a splendid shopping opportunities from clogs to iron art to unique toys for stocking stuffers. Don't forget to visit the wine tasting rooms to provide additional seasonal cheer. **Cost of \$30.00 per person** includes round-trip transportation. No meals are included. **Bus departs at 9:00 am and returns at 7:00 pm**

Indio International Tamale Festival - Sunday, December 8, 2013

Once known as the record holder for the Guinness World Record's Largest Tamale in 1999, the 23rd Annual Tamale Festival offers scrumptious tamales, shopping and variety of activities from carnival rides to tamale eating contests! The festival will also have diverse entertainment from Mexican folkloric dancing and live music. **Cost of \$30.00 per person** includes round-trip bus transportation. **Bus departs at 8:00 am and returns at 5:00 pm.**

Christmas Lights Tour - Saturday, December 14, 2013

The holiday season would not be complete without a visit to South Bay's "Winter Wonderland" called "Sleepy Hollow". Enjoy the thousands and thousands of lights and beautifully decorated homes. **Cost of \$30.00 per person** includes round-trip bus transportation and a boxed meal. **Bus departs at 5:00 pm and returns at 9:00 pm.**

2014 Tournament of Roses Parade - Wednesday, January 1, 2014

2014 marks the quasiquicentennial of the Tournament of Roses Parade! With this year's theme "Dreams Come True," see majestic floral floats, high-stepping equestrian units and spirited marching bands from throughout the nation. **Cost of \$90.00 per person** includes round-trip transportation, coffee & donuts, and reserved, premium, mid-route grandstand seating. **Bus departs at 5:00 am and returns at approximately twelve noon.**

Lion King - Friday, January 10, 2014

Disney presents a musical that brings THE LION KING'S wildly popular story, the Oscar winning Elton John/Tim Rice songs, and an entire African landscape to life. The winner of six 1998 Tony Awards, including Best New Musical, it is the story of a young lion cub named Simba who struggles to accept the responsibilities of adulthood and his destined role as king. **Cost of \$105.00 per person** includes round-trip bus transportation and tickets for orchestra seating. Meals are not included. **Bus departs at 5:30 pm and returns at 11:00 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

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



(310) 835-0212

**801 East Carson Street,
Carson, California 90745
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.

CITY OF CARSON
SPECIAL INTEREST CLASS PROGRAM

Traditional KARATE-DO



Scott Park

23410 CATSKILL AVENUE, CARSON, CA 90745

Tuesdays • 6:30 p.m. - 8 p.m.

Saturdays • 10 a.m. - 12 p.m.

PARTICIPANTS:

For ages 7-70

LEARN:

**Respect • Confidence
Motor Skills • Self Defence**

\$38 Monthly Fee

GI (UNIFORM) \$32 • RANK TESTING EVERY 2 MONTHS \$3

FOR MORE INFORMATION, CONTACT
SCOTT PARK AT (310) 830-8311

RECREATION AND HUMAN SERVICES

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

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 sq. ft. | 25,000 sq. ft. | | 6L | | | | | 2 | | 1 | | | | | | • | | • | • | | • |
| Perry Street Mini Park 215th and Perry | 2 | | | | • | | | | | | | • | | | | | | | | | |
| Reflections Mini Park 21208 Shearer Ave. | .5 | | | | • | | | | | | | | | | | | | | | | |

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