



Community Services Guide

December 2014 / January • February 2015



CHECK OUT THE NEW
OUTDOOR FITNESS ZONES
COME OUT & GET FIT

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All Fees Are Subject To Change

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 Winter issue of the Community Services Guide and Carson Report flip-book!



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

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

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

You can also read us online at:

<http://ci.carson.ca.us/content/department/publicinformation>

A MESSAGE FROM THE Director of Community Services

Welcome to the Community Services Guide!

Now, it is time to Fall into the Winter season activities! The Basketball season is well under way with registrations and tryouts in November. Let's get out and support our players, coaches, and parents toward a winning season!

To help keep the whole family moving into the holidays, we have the newly installed Outdoor Fitness Zones at Anderson, Calas, Dolphin, Dominguez, and Hemingway parks! Each park has seven fitness workout stations developed with state-of-the-art information regarding gerontology and kinesiology. The three-sided stations with 21-activity panels, promotes functional fitness with exercises that enhance strength and flexibility.

You can also enjoy our newest playground at Scott Park. This much needed playground took one day to build from the ground up with the help of KaBOOM! (a national organization) and hundreds of volunteers and community leaders working together.

When it comes to activities, there is no age limit to what we offer. Let me remind you of our seniors first Talent and Fashion Show this past summer. The seniors gave outstanding performances. Little did we know our City had so much talent! Never underestimate seniors, they are a very vital part of this community and we are proud of their accomplishments.

If you are thinking of joining a Zumba class, club program, or even a self-defense class, the City of Carson Recreation and Human Services Division is here to provide that program for you. Please look through this guide to find that special class, program, or event for you or your family to attend this quarter. You don't want to miss the Tree Lighting Ceremony or the Winter Showcase Toy Drive!

From the Community Services family to your family, we hope you have a Happy Holiday Season!

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

AQUATICS

Spring 2015

City of Carson

Carson Pool Swim Lesson Schedule

(Classes subject to cancellation or schedule change)

Monday/Wednesday (6 classes)

Time	Classes
4:00P.M.-4:50P.M.	P/AP M TT*
5:00P.M.-5:50P.M.	TP/SF P/AP F/FF/SH
6:00P.M.-6:50P.M.	P/AP M AD

*TT Class only 40 minutes

Monday/Wednesday

- S1 - February 2-18, 2015
- S2 - February 23 - March 11, 2015
- S3 - March 16 - April 1, 2015
- S4 - April 6 - 22, 2015
- S5 - April 27 - May 13, 2015
- S6 - May 18 - June 3, 2015

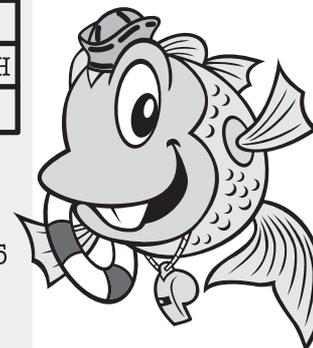
Tuesday/Thursday (6 classes)

Time	Classes
4:00P.M.-4:50P.M.	P/AP M TT*
5:00P.M.-5:50P.M.	TP/SF P/AP F/FF/SH
6:00P.M.-6:50P.M.	P/AP M AD

*TT Class only 40 minutes

Tuesday/Thursday

- S1 - February 3-19, 2015
- S2 - February 24 - March 12, 2015
- S3 - March 17 - April 2, 2015
- S4 - April 7 - 23, 2015
- S5 - April 28 - May 14, 2015
- S6 - May 19 - June 4, 2015



Saturday (6 classes)

Time	Classes
10:00A.M.-10:50A.M.	P/AP M TT*
11:00A.M.-11:50A.M.	TP/SF P/AP F/FF/SH
12:00P.M.-12:50P.M.	P/AP M AD

*TT Class only 40 minutes

Saturday

- S1 - February 7 - March 14, 2015
- S2 - April 4 - May 9, 2015

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

Swim Lesson Rates

Residents:

- Adult/1st Child \$40
- 2nd Child \$37
- 3rd Child \$34

Non-Residents:

- Adult/Child \$45
(no sibling discounts)

Early Fall Registration Begins

Residents: January 5, 2015
(Monday/Tuesday 6-8p.m.)

Non-Residents: January 19, 2015
(Monday/Tuesday 6-8p.m.)

Regular Registration

Mondays-Thursdays, Feb. 2 - Jun. 4, 2015, 4p.m. - 7p.m.
Saturdays, Feb. 7 - Mar. 14, 2015
and Apr. 4 - May 9, 2015, 10a.m. - noon

Recreation and Human Services

Carson Pool • 21436 South Main Street, Carson, CA 90745 • (310) 830-1053

All Fees Are Subject To Change

AQUATICS

CITY OF CARSON

LIFEGUARD TRAINING CLASS

AMERICAN RED CROSS

Certifications include:

Lifeguard Training, Standard First Aid, CPR/AED for Lifeguard, Oxygen Administration, and Bloodborne Pathogens*



*Participants must attend every class

January 26 - February 8, 2015

MONDAY (Tryouts)	JANUARY 26	6:00 P.M. - 8:00 P.M.
SATURDAY	JANUARY 31	8:00 A.M. - 6:30 P.M.
SUNDAY	FEBRUARY 1	8:00 A.M. - 6:30 P.M.
SATURDAY	FEBRUARY 7	8:00 A.M. - 6:30 P.M.
SUNDAY	FEBRUARY 8	8:00 A.M. - 6:30 P.M.

APPLICANTS MUST BE:

- At least 15 years of age by Sunday, February 8, 2015
- In good health
- Able to complete the course pre-test of a 500-yard swim of combined breast stroke/freestyle/side stroke
- Able to retrieve a 10 lb. diving brick from the deep end and swim 25 yards with the brick (must complete within 1 min. & 40 sec.)
- Tread water 2 minutes in deep end, only kicking with hands in armpits.

Upon successful completion of the course, students will be eligible to apply for positions with the City of Carson Aquatics Program for the 2015 season.

Pay Rate: \$10.77 - \$16.44

Cost: \$150 • BOOK \$35

Purchase a Lifeguarding book on Shopstaywell.com or download on the American Red Cross website for free. It is important that a hard copy or an electronic copy can be readily accessed during each class time.

Hemingway Aquatic Center

16605 S. San Pedro Street, Carson, CA 90746

City of Carson

Water Safety Instructor Class



American Red Cross

Water Safety Instructor Certification Course*

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

FEBRUARY 9 - 28, 2015

Monday	February	9	5 p.m. - 8 p.m.
Saturday	February	21	8 a.m. - 6 p.m.
Sunday	February	22	8 a.m. - 6 p.m.
Saturday	February	28	8 a.m. - 6 p.m.

Applicants must be at least 16 years of age by Saturday, February 28, 2015, in good health, able to swim the front crawl, back crawl, elementary backstroke, sidestroke, breaststroke, and butterfly in good form, and able to pass practical and written tests.

Upon successful completion of the course, students may apply for Swim Instructor II positions to teach swim lessons and aquatic activities within the City of Carson for the 2015 season.

Cost: \$175

Water Safety Instructor (WSI) Training Packet not included. Purchase a WSI Packet on Shopstaywell.com or download on the American Red Cross website for free. It is important that a hard copy or an electronic copy can be readily accessed during each class time.

Limited number of spaces available, so register early.

Hemingway Aquatic Center

16605 S. San Pedro Street, Carson, CA 90746

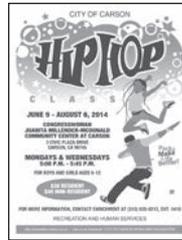
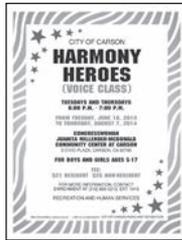
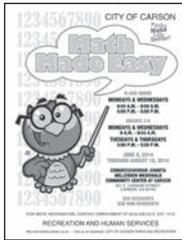
For more information, call the Aquatics office at (310) 816-9381

RECREATION AND HUMAN SERVICES

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

All Fees Are Subject To Change

ENRICHMENT



Ready, Set, READ!

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

*Fees include training material and classes.

K-2nd Grade Grades 3rd -5th

Math Made Easy

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

K-2nd Grade Grades 3-5

Piano

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

Ages 7-12 Beginner

Ages 7-12 Intermediate

Harmony Heroes (Voice)

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

\$21 RES \$25 NON-RES

Ages 5-17

Drama Class

This class will unleash your child's creativity while building their acting skills and self-confidence! Good oratory skills are only one of the many benefits that learning drama gives your child! This class teaches students the basics of Drama including, stage presence, voice and projection as well as memorizing lines. Students learn through kid oriented drama games, skits, even reenacting Shows and hit Broadway Musicals!

\$21 RES \$25 NON-RES

Pinterest for Kids

Ages 7-14 \$30 RES \$35 NON-RES

Tennis (6 week course)

We offer a wide variety of tennis classes lead and directed by qualified recreation leaders. Classes range from beginning to intermediate levels. The class emphasizes the basics: grips, ground strokes, volleys and serving. Children will also learn footwork and the scoring of a tennis match. \$29 RES \$36 NON-RES

Intro to Dance

What a perfect class for children who like to move to the rhythm! Intro to Dance provides them an opportunity to explore various styles of dance such as Hip-Hop, Jazz, Ballet, Modern/Contemporary, and Creative Movement, while gaining a fun workout. Join us on the journey through dance. There is no dance experience necessary. \$38 RES \$45 NON-RES

Ages 8-12

Zumba 4 Kids

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

Ages 5-8

Tap Dance

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

Ages 5-12

Hip Hop Dance

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

Ages 5-12

Hula

Let your little ones shake their hips to the beat of the drum, with this exciting dance workout (for your child). Inspired by the dances of the pacific islands, your child will learn the beauty and grace of the Polynesian dance forms; basic steps, hand motions and foot coordination. \$38 RES \$45 NON-RES

Ages 5-12 Beginners

Ages 5-12 Intermediate

3 in 1

3 in 1 provide fun classes that help build self-esteem, confidence and friendship through performing arts. These classes concentrate on voice, dance, and drama with an overall goal of incorporating the last theater component of performing in front of a live audience. \$59 RES \$69 NON-RES

Ages 5-8 Ages 9-16

Cheerleading

In this program, children will learn the basic routines and cheers while having fun showing spirit for their local park. This program is currently being offered at the following parks: Anderson, Carriage Crest, Calas, Dolphin, Del Amo, Dominguez and Hemingway Parks. CALL YOUR LOCAL PARK FOR DATES AND PRACTICE TIMES. \$30 RES \$35 NON-RES

Classes Begin February 2, 2015
Space is Limited
Registration Begin January 5, 2015
 All Classes are held at the Congresswoman Juanita Millender-McDonald Community Center at Carson
 For more information, please contact Enrichment Arts at 310-835-0212 ext 1410 or 1475
All Fees Are Subject To Change

CULTURAL ARTS

City of Carson

Santa Visits Carson

December 1 - December 22, 2014
 (Call to schedule a Santa visit)

For boys and girls of all ages

Talk with Santa and
 receive candy from the
 North Pole

Santa Private Visits
 (Carson area only)

\$35/15 minutes

All Fees Are Subject To Change

For more information
 on dates and areas, call
 310) 835-0212 Ext 1445





FABELA CHAVEZ BOXING/FITNESS CENTER

FABELA CHAVEZ BOXING/FITNESS CENTER has been in existence for 37 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.

B O X I N G

FABELA CHAVEZ BOXING/FITNESS CENTER

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

All Fees Are Subject To Change

HOURS

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

Fees:

Monthly Membership

Adults

Resident \$30 Non-Resident \$35

Youth (8-17 yrs)

Resident \$20 Non-Resident \$20

Daily Rate Adult

Resident \$8 Non-Resident \$9

Daily Rate Youth

Resident \$4 Non-Resident \$4

Beginning Boxing

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

Beginning Weightlifting

Learn about weightlifting from the experts. This is for the first-time lifter. Must be at least 13 years old. The instructor will provide each student with a personal workout sheet to track routine. Call Stevenson Park at (310) 952-1745

Intermediate Boxing

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

Intermediate Weightlifting Training

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

Advanced Boxing

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

Advanced Weightlifting

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

YOUTH SPORTS



WINTER 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.

All Fees Are Subject To Change

SCMAF Flag Football Championships

December 6-7, 2014

The City of Carson will host the Division B, Southern California Municipal Athletic Federation Flag Football Championships. Teams throughout Southern California will be participating. Games will be played at various City parks.

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

Registration: Now through February 28, 2015. Sign-ups will be taken after this date but your child may be put on a waiting list.

Try-Outs: March 7, 2015

Season Begins: April 11, 2015

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

Youth Sports Coaches Certification Program

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

Sports Officials

The City of Carson Youth Sports Section is looking for interested individuals ages 16 years and up, to become paid Sports Officials. Some experience is preferred, but not necessary. For more information call the Youth Sports Office at (310) 847-3577.

Volunteers: "Carson Wants You"

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

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

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

HEALTH & FITNESS

ADULT SPORTS

WINTER 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.

All Fees Are Subject To Change



WINTER SOFTBALL LEAGUES

Men's & Women's C/D Level

Registration: December 1, 2014 - January 6, 2015
 Play Begins: January 8, 2015
 Fees: \$399 per team

Coed C/D Level

Registration: December 1, 2014 - January 6, 2015
 Play Begins: January 9, 2015
 Fees: \$399 per team

Winter Softball Tournament/Men's & Coed

Registration: January 5 - February 16, 2015
 Play Begins: February 21, 2015

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 Recreation and Human Services
 For more information, call (310) 847-3570

WINTER FLAG FOOTBALL LEAGUES

4 on 4

Registration: January 5 - February 9, 2015
 Play Begins: February 15, 2015
 Fees: \$175 per team

8 Man

Registration: January 5 - February 9, 2015
 Play Begins: February 15, 2015
 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 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/Wed 7:30-8:30 p.m.
- Mills Wed 6:30-7:30 p.m.

HEALTH & FITNESS

Senior Fitness Program

Stretch Class, Walking Class, Circuit Training, Weight Training		
Stevenson Park Gymnasium	Mon/Wed/Fri	8-11 a.m.
(310) 952-1745	Seniors 55 and older	FREE
Boxing Center (Scott Park)	Mon/Wed/Fri	8-10 a.m.
(310) 830-6439	Seniors 55 and older	FREE
Zumba - M/W/F Low Cardio - T/TH Open conditioning with weights		
Carson Park	Mon-Fri	8-10:30 a.m.
(310) 835-0212 ext. 1479	Seniors 55 and older	FREE



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
Monday	5-6 p.m.	Veterans Park

Walking Club

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

Monday/Wednesday	6-7:30 p.m.	Stevenson Park	Youth Intermediate
	7:30-9 p.m.	Stevenson Park	Adult Advance
Tuesday/Thursday	6-7:30 p.m.	Stevenson Park	Adult Intermediate
	7:30-9 p.m.	Stevenson Park	Adult Beg/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
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Teen Dance for Fitness

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

• Anderson/2 Age Division	Tues/Thurs	6-7 p.m.
• Calas	Thurs	6-8 p.m.
• Del Amo	Tues/Thurs	6-7 p.m.

• Dolphin	Tues/Thurs	5-6 p.m.
• Hemingway/2 Age Division	Mon/Wed	6:30-8:30 p.m.
• Hemingway/Beginning Tap - Ages 3-5	Sat	10-11 a.m.
• Scott Park	Tues/Thurs	6-7 p.m.

Fast Dance Fitness Class

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

Saturday	10 a.m.	Anderson Park
	1 p.m.	(Couples Dance) Anderson Park
Wednesday	7 p.m.	Anderson Park
Saturday	10 a.m.-11:30 a.m.	Hemingway Park

Adult Hip Hop Fitness

Tuesday/Friday	7-8:30 p.m.	Veterans Park
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Dance it Off

Tuesday/Thursday	6:30 p.m.-7:30 p.m.	Calas Park
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Adult Urban Ballroom Dance

Saturday	12 noon	Anderson Park
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Youth Fitness Club (ages 16 and up)

• Calas	Wed	6:30-7:30 p.m.
• Carriage Crest	Wed-Fri	4-5 p.m.
• Dolphin	Mon-Wed	3-4 p.m.
• Stevenson	Thurs	6-7:30 p.m.

Stevenson Park Fitness Center

HOURS

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

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

Boxercise

Thursday	6 p.m.-7 p.m.	Dominguez Park
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Zumba Class

Monday/Friday	6 p.m.	Scott Park
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EARLY CHILDHOOD



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

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



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

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

OPTION I: Community Center Preschool

State license: #191606870
Ages: 3-5 yrs. (toilet trained)

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

CLASS SCHEDULE

ALL DAY PROGRAM RESIDENT RATE

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

HALF DAY PROGRAM

8 a.m. – 12 p.m. FEES
1 p.m. – 5 p.m. T TH \$25 a week
MWF \$37 a week
M-F \$62 a week

OPTION II:

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

Park Facility	Class	Time	Days
• Carson	Preschool	8 a.m. – 12 p.m.	M/W/F
	Preschool	8 a.m. – 12 p.m.	T/Th
	Preschool	1 p.m. – 5 p.m.	M/W/F
	Preschool	1 p.m. – 5 p.m.	T/Th
• Dolphin	Preschool	8 a.m. – 12 p.m.	M/W/F
	Preschool	8 a.m. – 12 p.m.	T/Th

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

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

KIDS CLUB

Kids Club After-School Child Care Solution For Latchkey Children



Homework Help-Safe-Fun

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



After School Kids Club Fees

Monday-Friday
2:30-6 p.m.

Regular
\$47 wkly



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

All Fees Are Subject To Change

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



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

Human Services Division administers this program.

The daily program consists of:

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

The daily program consists of:

Educational Activities

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

Recreational Activities

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

Snacks

Nutritional snacks are provided each day.

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

*Additional fee required for participation

PARKS

WINTER PARK CLASS SCHEDULE

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

Hours of Operation

Mon - Fri	3-9 p.m.
Sat	10 a.m.-5 p.m.
Sun	12-5 p.m.

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

YOUTH ACTIVITIES



Tennis Instruction

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

Cheerleading

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

• Anderson	Tues/Thurs	7-8 p.m.
• Carriage Crest	Tues/Thurs	6-7 p.m.
• Carson	Mon/Wed	6:30 - 8:30pm
• Del Amo	Tues/Thurs	6:30-8 p.m.
• Dolphin	Wed/Thurs/Sat	6-7:30 p.m./10 a.m.-12 p.m.
• Dominguez	Mon/Wed	6-8 p.m.
• Hemingway	Tues/Thurs	6:30-8 p.m.
• Veterans	Tues/Wed	5-6 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	6-7 p.m.	All ages
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Bingo Nite

• Stevenson Park	3rd Fri	5:30-7 p.m.	10-14 yrs
• Dolphin Park	2nd Fri	5:30-7 p.m.	9-12 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. Veterans Park, Wednesday • 6-7pm

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 informatio.



Kids in the Kitchen

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

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



Homework Club

• Anderson Park	Mon/Wed/Thurs	3-4:30 p.m.
• Mills Park	Tues/Wed	3-4:30 p.m.
• Scott Park	Wed	5:30-6:30 p.m.
	Fri	5-6 p.m.
• Stevenson Park	Mon/Wed/Thurs	3-4:30 p.m.
• Veterans	Tues	5-6 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/2 Age Division	Tues/Thurs	6-7 p.m.
• Anderson/Adult Line Dancing	Wed	7-9 p.m.
	Sat	10 a.m.-12 p.m.
• Anderson/Adult Dancercise	Tues	7 p.m.
• Calas Park/Ballet Folklorico	Mon/Wed	5:30-8:30 p.m.
• Comm. Cntr.	Sat	5:30-8 p.m.
• Hemingway/2 Age Division	Mon/Wed	6:30-7 p.m.
• Scott Park	Tues/Thurs	6-7 p.m.
• Veterans Park	Thurs	6-8 p.m.

Boys Club

• Calas Park	Age 6-8	Fri	6-8 p.m.
• Dolphin	Age 8-12	Fri	6-8 pm

Junior Theatre

• Del Amo Park	5-12 yrs old	Thurs	6-7 p.m.
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Friday Night Madness & Movies

• Anderson Park	7 yrs - up (FREE)	Fri	6:30-8 p.m.
• Hemingway Park	9 yrs - up (FREE)	Fri	6:30 p.m.
• Del Amo Park	7 yrs - up (FREE)	Fri	6-8 p.m.
• Dolphin Park	Family (4th Friday of every month)		6:30-9 p.m.
• Stevenson Park	Family (4th Friday of every month)		6:30-9 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

Sports Activities

Volleyball clinics, leagues, and 3-on-3 Basketball Tournaments have been scheduled for Anderson, Calas, Carriage Crest, Dolphin, Dominguez, Hemingway, Mills, Scott, Stevenson, Carriage Crest, and Veterans Parks. Please contact these parks for exact dates, times, and costs.

Teens in the Kitchen

Learn the basics! Mills Park, Fridays, 4-5:30 p.m.; 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) 835-0212**

Monthly Health, Wellness, & Nutrition WEDNESDAYS

December 11, 2014 • January 8 & 22, 2015 • February 12 & 26, 2015

Monthly Health, Wellness and Nutrition workshops.

Come hear our staff and special guests speak on the topics you are most interested in.

Drop by, ask questions, and get answers!

Then stay for a workout or class!

Open to everyone!

Check with one of our
Veterans SportsComplex
representatives for times...



Wild Wednesdays Special *Win an annual membership!*

December 3, 10, 17, 24, & 31, 2014

- Weekly weigh ins
- Challenge specific classes
- Learn how to eat right
- Take a nutrition class

Open to everyone!

Cost \$25.00

Membership required!

All Fees Are Subject To Change



**Veterans
SportsComplex**
22400 Moneta Avenue
Carson, CA 90745
(310) 830-9991

VETERANS SPORTS COMPLEX



City of Carson

Veterans Sports Complex
22400 Moneta Ave., Carson, CA 90745



Winter Youth

Boys and girls
ages 7-17

Basketball & Volleyball Clinic

Monday - Wednesday

December 22-24, 2014 / December 29-31, 2014 / January 5-9, 2015
8 a.m. - 1 p.m.



5,000 lb Challenge Kick Off Event December 6, 2014

First day of the Carson Challenge begins this day!
Join us starting at 8 a.m.

It's time to live a healthy lifestyle!

Super Charged Workout Challenge Schedule

Zumbathon Jan 10, 2015

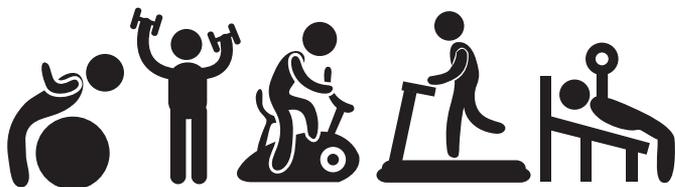
Boot Camp Feb 7, 2015

Line Dancing Mar 7, 2015

We are challenging our community by raising awareness about the damaging effects of unhealthy life styles. Our goal is to have the City of Carson collectively lose 5,000 pounds.

Activities

- On Site Registration - No Cost
- Challenge Participant Orientation
- Distribution of Challenge T-shirts
- Participant Discount cards
- Super Charged Workout Class
- Fitness Vendors



Food and Health Nutrition Sessions every 2nd/4th Thursday

Check out updates on our website www.carson5000lbchallenge.com

Remember to like us on Facebook!

For more information, call (310) 830-9992



The Silver Sneakers®
Fitness Program



Senior Membership
now taking sign-ups.
Enroll today and join our
facility at no cost to you!

Call (310) 830-9991 for qualifications.



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.

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

All Fees Are Subject To Change



VETERANS SPORTS COMPLEX

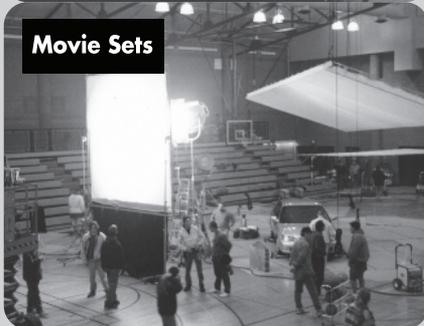
FACILITIES AVAILABLE FOR RENTAL



NBA Regulation Basketball Court

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

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



Movie Sets



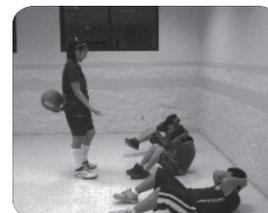
Banquet Halls and Recreation Rooms



Racquetball Courts

YOUTH CLASSES

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



ADULT CLASSES

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



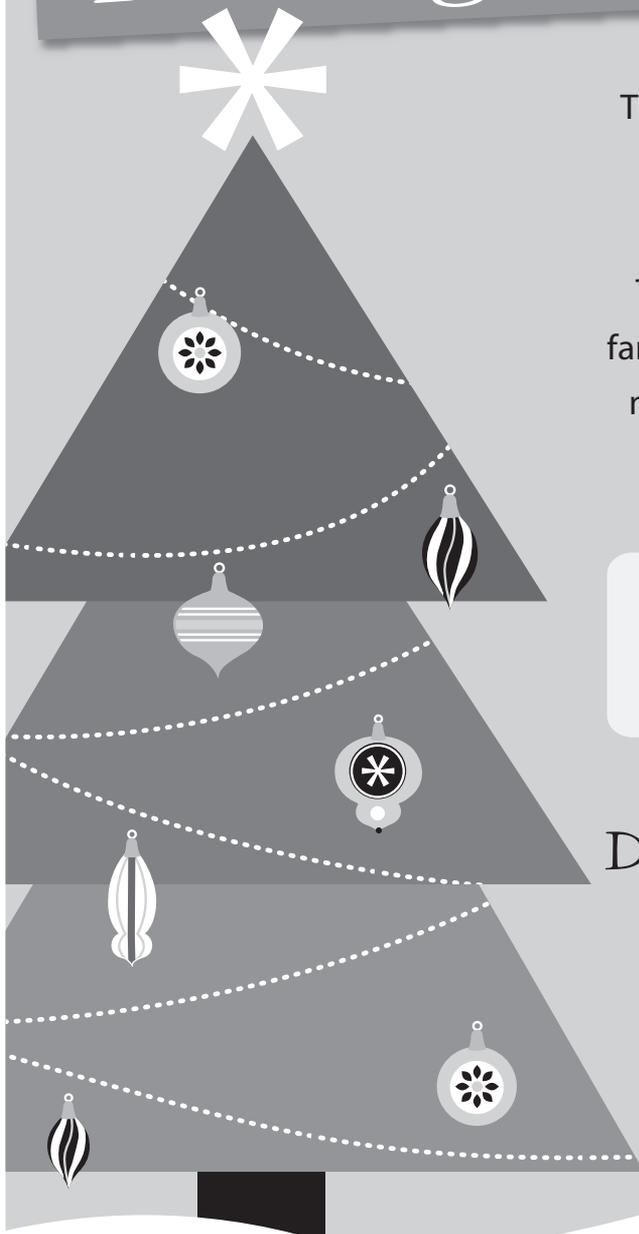
Call (310) 830-9991 ext. 231 to schedule an appointment with a personal trainer.

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

CITY OF CARSON

Please join us for some holiday cheer as we celebrate the annual

Tree Lighting Ceremony



This special event features carolers, light refreshments, and a visit from SANTA himself!

There is something for the whole family so bundle up and get ready to make some fun holiday memories that will last a lifetime!

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

WEDNESDAY
DECEMBER 10, 2014
5:00P.M.

FREE
ADMISSION

Parks
Make
Life
Better!

ALL AGES WELCOME!

Recreation and Human Services

For more information, please call
310.835.0212, ext. 1480

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



SENIOR RECREATION

The senior recreation program provides recreational programs for senior 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.

All Fees Are Subject To Change

NO CHILDREN ALLOWED IN SENIOR PROGRAMS, ACTIVITIES, TRIPS OR SPECIAL EVENTS

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 Juanita Millender-McDonald Community Center. Please call to ensure movie day is on schedule. For more information, call (310) 835-0212 ext. 1475.

PERSONAL ENRICHMENT

Mature Driving Program – In conjunction with AARP-get a break on your insurance by attending this class. This eight hour classroom course is broken down into two days. This course can sharpen driving skills, prevent accidents and keep older drivers on the road longer and safer. Cost \$15 for members and \$20 for non-members. Class time is 9 a.m.-1 p.m. Class provided every other month. Next class November 17 & 16, 2014. Please call, (310) 835-0212 ext 1478

FEATURED ACTIVITY



Table Games for Seniors

Looking for something to do every Thursday from 1p.m. - 4 p.m.? Come and join seniors having fun playing table games, dominoes, cards, bridge, you name it we'll play it. Come and enjoy the company of other seniors and play your favorite table game. Please call (310) 835-0212 ext. 1479

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

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

SENIOR RECREATION

DANCE

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

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

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

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

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 - 11 a.m. and beginners classes are on Wednesdays from 9 - 10 a.m. \$2 per class.
Instructor: Doris Thomas
Instructor: Jimmy Dixon, Thursday from 4-6 p.m.



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

CLUBS

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

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

Dominguez Swinging Fifties - Meets on Wednesday from Noon – 4 p.m. at Dominguez Park, 21330 Santa Fe Avenue, Carson, CA 90810.
President: Sandy Conn

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

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

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

EXCURSIONS

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

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

All Fees Are Subject To Change

Cyber Café

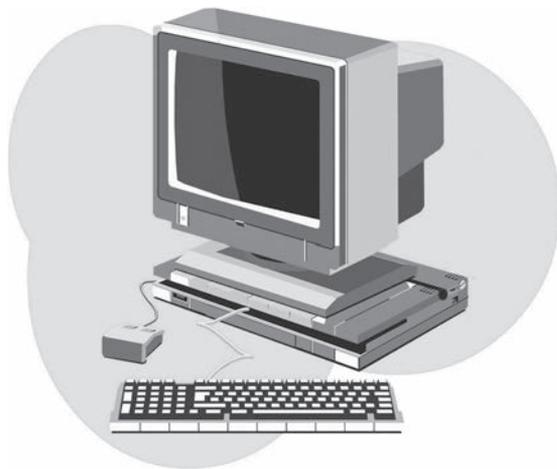
The Cyber Café is equipped with the latest in technology software and Wi-Fi for seniors only. Enjoy a cup of coffee with other seniors and join in on the latest news of technology and what's happening with computers.

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.

The Elito M. Santarina Senior Technology Center in operation, Monday - Friday from 9:00 a.m. - 5:00 p.m. Classes fill quickly and you must sign up. For further information, call (310) 835-0212, extension 1475. Class On-line registration is now available at <http://ci.carson.ca.us/ssi.asp>
Instructors: Jared Ortega Mon., Wed. & Friday
Paul Jones Tuesdays & Thursdays



Introduction to PC's

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

Beginning 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. Excel is only offered in intermediate and advanced classes

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 a ten week session. Attendance is mandatory. You may be removed from class for missing more than 2 classes

Class Instructors: ext. 1414 or ext. 1415

SENIOR RECREATION

EXERCISE

NO CHILDREN ALLOWED IN ANY SENIOR ACTIVITIES OR PROGRAMS

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

Basketball – Join this group, Monday through Friday at Scott Park from 8:30 –10:30 a.m. and also Carson Park from 9:30 –11:30 a.m. Come have fun and get a great cardio workout! For more information, call (310) 830-4925.

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



Muscle Strengthening – Class meets every Tuesday and Thursday from 11:00 a.m. – 11:40 a.m. and 11:45 a.m. - 12:30 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 footwear are required, such as closed toe exercise shoes, cotton t-shirts, sweat pants and shorts. No skirts or dresses. Each participant must fill out a form to participate that requires a doctors release to exercise. Forms are located in the Senior Recreation Office or from the instructor.

MUST SIGN IN DUE TO LIMITED CLASS SIZE.



Weightlifting and Conditioning – This class meets Monday through Friday from 8:30 – 10:30 a.m. Boxing and Weightlifting facility. Seniors are able to use exercise equipment such as: treadmills, ellipticals, exercise bikes, etc. Staff available if you have questions.

THERE IS NO TRAINER ON-SITE AT THE FOLLOWING FACILITIES LISTED BELOW

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

Carson Park, 21411 Orrick Ave.
(310) 830-4925

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

Senior Fitness Program

Stevenson Park Gymnasium • (310) 952-1745
Monday thru Friday 8am-11am
Fitness classes in the gym MWF 8:30-9:30

- **Line Dancing**

Every Friday from 10 a.m.- 11 a.m.

Carson Park, 21411 Orrick Ave. • (310) 830-4925
Seniors 50+ and older FREE

Class size limited

- **Zumba Class**

Monday/Wednesday/Friday 8:30-9:30 a.m.
Every 3rd Monday from 9 a.m.- 10 a.m.

- **Low Impact Aerobics**

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

HEALTH

Health Programs, Seminars & Lectures –

Health lectures are provided based on the interests of seniors. Submit your suggestions on what you would like learn or hear about.

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

Food Stamp/Medi-Cal Applications

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

Medicare Counseling

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

Telephone Reassurance

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

Tax Preparation Assistance

During tax season, trained AARP volunteers will help low and middle-income persons, with special attention given to persons age 60 and older in preparing their income tax returns. Tax preparers will do the following: wages, interest, dividends, stock sales, sale of house, pensions, IRA's, annuities, social security calculations and low income self employment. They do not do rentals, business/high income self-employment, mutual funds, foreign investments, or partnerships. This service is by appointment only. Please call (310) 952-1775. Please note that the tax program will now take place in the computer lab at Carson Park, which is located at 21411 S. Orrick Avenue in Carson.

Financial Counselor

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

Equipment Loan Program

The Social Services office has walkers, crutches, wheelchairs, and canes available for loan. Contact Senior Social Services at (310) 835-0212 ext. 1480 for more information. Please keep us in mind if you have a wheelchair or any health equipment you are no longer using and/or if you know someone who would like to donate one.

AARP Tax Program

Seniors in need of tax preparation help can schedule one on one appointments with volunteer tax preparers. Please call, (310) 952-1775 for more information.

SOCIAL SERVICES DIRECTORY GENERAL INFORMATION

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

EMERGENCY RESPONSE SYSTEMS

EARS Long Beach Memorial: (562) 933-0913

FOOD AND MEALS

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

HEALTH AND MEDICAL

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

HOUSING

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

IN HOME SERVICES

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

INSURANCE BENEFITS AND RESOURCES

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

LEGAL ASSISTANCE

Bet Tzedek Legal Services: (323) 939-0506

SUPPORT GROUPS

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

TRANSPORTATION

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

SPECIAL INTEREST CLASSES

WHAT IS A SPECIAL INTEREST CLASS PROGRAM?

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

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

All Fees Are Subject To Change

WHAT REQUIREMENTS DO YOU NEED TO TAKE TO A SPECIAL INTEREST CLASS?
An interest and desire to learn is the requirement for taking a Special Interest Class.

What is your interest?

We need your input!
Help us by letting us know.
Is it dancing, singing, cooking,
Zumba, golf, flower arranging,
finance, speaking a different
language, karate, etc.....

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

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

Self Defense



Karate - 510 (4 week reg.)
All Ages \$38/Resident \$43/Non-Resident

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

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

REGISTRATION GUIDELINES

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

MAIL-IN REGISTRATION

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

WALK-IN REGISTRATION

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

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

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

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



MAIL-IN REGISTRATION FORM

Fill out all information—Please print

Last Name Only _____

Phone _____

Address _____

City _____ Zip _____

Emergency Name _____

Emergency Phone _____

A SEPARATE CHECK FOR EACH CLASS IS A MUST

Participant's First & Last Name _____ Age if Under 18 _____

Name of Class _____

Date ____/____/____ Time _____ Location _____

REFUND POLICY

HAVE YOU ENCLOSED A SELF-ADDRESSED, STAMPED ENVELOPE?

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

I HAVE READ AND UNDERSTAND THE REFUND POLICY.

Participant's signature _____ Date ____/____/____

Parent/Guardian signature _____ Date ____/____/____

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

ASSISTED LIVING

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

Case Management & Home Services

To help seniors help themselves to remain independent in their own homes. Our coordinator meets with clients to assess their needs, determine eligibility for services, and develop a care plan. This is done during a home visit, which takes approximately an hour. The coordinator gathers information concerning an applicant's physical, psych-social, financial, and any other concerns that may arise during the visit. We encourage caregivers to participate in the assessment and planning of services. Coordinators authorize services based on the individual needs of each senior or refer them to other community agencies. For more information, call (310) 835-0212 ext. 1471.



Geriatric Aide Program

This program is designed to provide limited domestic assistance to frail and homebound seniors. Typical services include light housekeeping, dishwashing, vacuuming, kitchen and bathroom cleaning, laundry, grocery shopping and meal preparation. No charge and donations are encouraged. For more information or to be placed on a waiting list, call (310) 835-0212 ext 1471.

EARS (Emergency Alert Response System)

All of us want to be able to live independently in our own homes as long as possible. Seniors with a disability can maintain their independence with a little help from Lifeline. Lifeline is a personal response unit connected to a home telephone system. If an emergency occurs, the subscriber simply presses a button worn on the wrist or around the neck, and an alarm sounds at Long Beach Memorial Medical Center 24-hour monitoring station and within seconds, a friendly voice is heard in the home asking the nature of the problem and dispatching appropriate help. For more information or to be placed on a waiting list, call (310) 835-0212 ext. 1471.

Respite Care

This program provides relief to caregivers who are meeting the daily needs of a senior family member or friend. These services include Respite Companions, Social Day Care, Homemaker, and Personal Care Assistance. To be placed on a waiting list, call (310) 835-0212 ext. 1471.

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

Seeking Friendly Visitor Volunteers to 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., at the Congresswoman Juanita Millender-McDonald Community Center. Please call ahead for more information, at (310) 835-0212 ext. 1471.

Housing Rights Clinic

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

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

Nutrition Program

Monday through Friday at 11:30 a.m. in the Carson/Torrance YMCA, serves a variety of delicious healthy, hot and nutritious lunches in the Congresswoman Juanita Millender-McDonald Community Center. Guests enjoy a tasty meal as well as warm conversation and fellowship. A donation is \$2.75 and \$3.50 for non-seniors per meal and is suggested for people 60 years or older. There is a cost for home delivered meals. For more information, call (310) 835-0212 ext 1487.

Food Bank

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

Caregiver Support Group

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

FAMILY SUPPORT

Girls Rock!

**FREE SOCIAL GROUP
FOR GIRLS AGES 12-17**

TUESDAYS

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

CARSON PARK

21411 S. ORRICK AVENUE
CARSON, CA 90745

FREE ADMISSION

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

**FAMILY SUPPORT GRANT FUNDED ENROLLMENT PROCESS
REQUIRED PRE-REGISTRATION ENCOURAGED**

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

RECREATION AND HUMAN SERVICES



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

CITY OF CARSON



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

THURSDAYS • 5 P.M. - 7 P.M.

VETERANS PARK

22400 MONETA AVENUE, CARSON, CA 90745

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

FREE ADMISSION • SIGN UP NOW!

CRAFTS • DRAWING • PAINTING • ORIGAMI • PHOTOGRAPHY

FAMILY SUPPORT GRANT FUNDED • ENROLLMENT PROCESS REQUIRED

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

RECREATION AND HUMAN SERVICES



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

SPECIAL NEEDS

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

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

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

Monthly Dances and Themes

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

- **Dec. 19, 2014** - Christmas Dinner/Dance
- **Jan. 9, 2015** - New Years Dance
- **Feb. 13, 2015** - Valentine's 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:

Basketball: We are once again gearing up for Special Olympic competition in the sport of basketball. We are recruiting for our City of Carson Special Needs Program Basketball team for 2015. It is mandatory that all participants have a CURRENT Special Olympic medical form on file in our office be for he/she can participate. Please refer to the monthly calendar for practice times, dates and location.

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

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

JBJ-MAO Stroke Center

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



NEW! Occupational Therapy

Our OT providers will administer treatments that contribute to optimal occupational performance including self care, daily living skills essential for productivity; functional communication and mobility; enhancing play and leisure skills, and more. See calendar for days and times.

NEW! Circuit Training

Circuit Training is a form of body conditioning that utilizes machines and body weight exercises to achieve a total body workout. Exercises are conducted in 1-2 minute intervals, then rotated through a circuit of 10 stations. Circuit Training improves strength, mobility and cardiovascular endurance while trimming and toning the whole body. Intensity stays high throughout the entire session so please consult with your physician before attending.

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.

Choir Class

This delightful singing class is led by a recent music graduate from CSULB. All stroke survivors and caregivers are invited to sing together as a choir. Music is fun and therapeutic, and singing is a great activity for those who want to practice using their voice, whether it has been affected by stroke or not. See calendar for days and times.

Chair Exercise

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

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!

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.

Zumba Gold

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

Caregiver Support Group

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

PERMITS

Welcome to Permits!



The Reservation Office business hours are
Monday - Thursday, 7:30 a.m. - 5:00 p.m.
 Call us at (310) 847-3570 or fax us at (310) 830-8567.

We are located at the Recreation and Human Services
 Offices at the Corporate Yard,
 2400 E. Dominguez St., Carson, CA. 90810.

Celebrate at our facilities!

We can accommodate your party for birthday celebrations, family picnics, and other special events at one of our park facilities. New facility at Carson Park (indoors & outdoors)

Reservation/Cancellation Policy

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

Equipment Rentals

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

Jumpers

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

ABC Party Rental: (310) 834-2892

Fiesta N Jump: (310) 263-1848

Trackless Train: (310) 324-1845

BR Party: (323) 907-0757

Major Jumpers & Entertainment: (323) 399-2533

Party Pronto: (877) 727-8437

Party on Rentals: (323) 255-1993

ALL FEES ARE SUBJECT TO CHANGE

ALL FEES ARE SUBJECT TO CHANGE



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

JOIN CITY OF CARSON PARKS & RECREATION ON FACEBOOK

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

YOUTH SERVICES PROGRAMS

sponsored by Public Safety

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

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

Residents: \$40.00 Non-residents \$55.00

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

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

Instructor: Youth Services Officers

Hours: 4-6 p.m.

Community Center

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

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

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

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

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

Community Center

• Anger Management For Teens (6 Days / 12 Hours)

Youth (Ages 12 to 17 years old)

Residents: \$30.00 Non-residents \$40.00

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

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

Instructor: Deborah Schmidt, YSO

Tuesday: 4:30 – 6 p.m. **Community Center**

• Drug/Alcohol Program (Positive Choices) (12 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 a 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 x1789, 1672

YOUTH SERVICES 2014/15 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 • 4-6 p.m. Total Hours: 16 Hrs	Youth & The Law Program Wednesday & Monday Times: 4-6 p.m.
2014: Oct. 13 - Dec. 16 2015: <u>Track I</u> Jan. 20 - Mar. 31	2014: None / 2015: <u>Track I:</u> Jan. 20 - Feb. 24 <u>Track II:</u> Apr. 7 - May. 19	2014: None / 2015: <u>Track I:</u> Jan. 26 - Mar. 16 <u>Track II:</u> Apr. 13 - Jun. 13	2014: Dec. 15 & 17 2015: <u>Track I:</u> Jan. 26 & 28 <u>Track II:</u> Feb. 23 & 25

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

Christmas Overnight Solvang



Friday-Saturday, December 5-6, 2014

Cost of \$160.00 per person (double occupancy)

Includes round-trip transportation and hotel accommodations at **Hotel Corque**.

VELKOMMEN! Head to Solvang, CA for an overnight adventure to experience the 2014 Julefest Celebration. Upon arrival, enjoy many free events and splendid shopping opportunities, from clogs to iron art to unique toys for stocking stuffers. Share in the holiday spirit by joining your fellow revelers at Friday's **tree lighting ceremony**. The excitement continues on Saturday morning with the **Solvang Christmas Parade**. Don't forget to visit the wine tasting rooms to provide additional seasonal cheer. This incredible variety makes this "Danish Capitol of America" a perfect destination to shop for unique holiday gifts and to "wrap it up" in a warm, friendly atmosphere. No meals are included.

**Bus departs at 9:00 am on Friday, December 5, 2014 and
returns at 6:00 pm on Saturday, December 6, 2014.**

Online payments are now available. • Visit the City of Carson website:

<https://ci.carson.ca.us/transportationonline/excursion.asp>

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

Online payments are now available.

Visit the City of Carson website:

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

All Fees Are Subject To Change

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

Christmas Weekend in Solvang • Friday-Saturday, December 5-6, 2014

VELKOMMEN! Head to Solvang, CA for an overnight adventure to experience the 2014 Julefest Celebration. Upon arrival, enjoy many free events and splendid shopping opportunities, from clogs to iron art to unique toys for stocking stuffers. Share in the holiday spirit by joining your fellow revelers at that evening's tree lighting ceremony. The excitement continues on Saturday morning with the Solvang Christmas Parade. Don't forget to visit the wine tasting rooms to provide additional seasonal cheer. This incredible variety makes this "Danish Capitol of America" a perfect destination to shop for unique holiday gifts and to "wrap it up" in a warm, friendly atmosphere. **Cost of \$160.00 per person (double occupancy)** includes round-trip transportation and hotel accommodations at Hotel Corque. No meals are included. **Bus departs at 9:00 am on Friday, December 5, 2014 and returns at 6:00 pm on Saturday, December 6, 2014.**

2015 Tournament of Roses Parade • Thursday, January 1, 2015

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

Bodies...The Exhibition & Titanic • The Experience - Saturday, January 10, 2015

Take an up-close & informative view into the human body. Bodies...The Exhibition features over 200 actual human bodies and specimens meticulously dissected for a unique view into our anatomies. Afterwards, travel back in time to live through the wonder and tragedy of the world's most famous ocean-liner, Titanic. You will be guided through an interactive exhibition that features over 250 authentic artifacts that have been recovered from the wreck site, 2.5 miles beneath the ocean surface. There will be a no-host lunch stop. **Cost of \$50.00 per person** includes round-trip bus transportation and ticket for both exhibits. **Bus departs at 9:00 am and returns at 5:00 pm.**

WICKED at the Pantages Theater • Sunday, January 18, 2015

Winner of over 50 major awards, including a Grammy and three Tony Awards, WICKED is Broadway's biggest blockbuster. Long before that girl from Kansas arrives in Munchkinland, two girls meet in the land of Oz. One, born with emerald green skin, is smart, fiery and misunderstood. The other is beautiful, ambitious and very popular. How these two grow to become the Wicked Witch of the West and Glinda the Good makes for one of the most completely satisfying musicals in a long time. **Cost of \$120.00 per person** includes round-trip bus transportation and tickets for orchestra seating. **Bus departs at 5:30 pm and returns at 11:00 pm.**

Big Bear Snow Day • Saturday, January 24, 2015

Enjoy a day in the snow! We will travel to Big Bear Lake and have a fun-filled snow day at the Magic Mountain Recreation Area. It is home of the world-famous Alpine Slide which offers many family, fun-filled activities, such as inner tubing and snow play. **Cost of \$50.00 per person** includes round-trip bus transportation and entrance fee for unlimited inner tube rides at Alpine Slide. **Bus departs at 7:30 am and returns at 6:00 pm.**

Las Vegas Tour • Friday – Sunday, February 6 - 8, 2015

Enjoy a quick M-Life weekend get-away at the MGM Grand Hotel in Las Vegas. Located at one of the busiest intersections in Las Vegas, MGM provides a world of entertainment, dining and unwinding. Even if you are not a casino enthusiast, there are plenty of adventures that await you. Available entertainment includes an in-house Cirque du Soleil show to Rock-N-Roll acts like Rolling Stones to U2. Don't forget to immerse yourself in the 1,000-foot-long lazy river and outdoor swimming pools. Meals and entertainment are not included. **Cost of \$320.00 per person (double occupancy)** includes round-trip bus transportation and hotel accommodations. **Bus departs Friday, Feb. 6 at 7:00 am and returns Sunday, Feb. 8 at 6:00 pm.**

Viejas Casino and Outlet • Saturday, February 21, 2015

One of the finest California Indian Casinos, Resorts and Outlet Centers, Viejas is owned by the Viejas Band of Kumeyaay Indians. Viejas Casino houses 2,000 slot machines, up to 32 table games, five restaurants, bingo, an off-track betting facility and lounge. Viejas Outlets delivers the ultimate mix of shopping, dining and entertainment in one destination, making it the most attractive and engaging visitor experience in San Diego County and Southern California. **Cost of \$30.00 per person** includes round-trip transportation. **Bus departs at 8:00 am and returns at 5:00 pm.**

Hollywood Movie Locations Tour • Saturday, March 14, 2015

Visit over 50 Movie Locations in Hollywood & Downtown L.A., while viewing some of the most memorable movies scenes of all time! Board a custom bus with stadium seating and panoramic windows and drive through select movie locations while viewing the related movie clips on a 65" HDTV. This experience is complimented by an expert tour guide who provides expert commentary and behind-the-scenes insights. **Cost of \$85.00 per person** includes guided tour and round-trip transportation. **Bus departs at 9:00 am and returns at 5:00 pm.**

Carlsbad Flower Fields/Carlsbad Outlets • Saturday, March, 28, 2015

Spring is here and it's time to visit the beautiful Flower Fields of Carlsbad. Relax through a Group Guided Walking Tour w/Wagon that includes an audio commentary of the history of The Flower Fields and description of the varieties of flowers grown. Eat a relaxing lunch at the Carlsbad Outlets where you can also browse through numerous outlet shops. **Cost of \$45.00 per person** includes guided tour and round-trip transportation. **Bus departs at 8:30am and returns at 5:00 pm.**

Santa Barbara Trolley Tour • Saturday, April 4, 2015

Discover the enchanting seaside Spanish paradise known as Santa Barbara by trolley car. Enjoy a fully narrated tour offered by the Santa Barbara Trolley Company. Trolley tours are the best way to learn all about the city's hot spots and tourist phenomena. Then the group will stop for a no-host lunch. **Cost of \$45.00 per person** includes round-trip bus transportation and trolley tour fee. **Bus departs at 7:30 am and returns at 5:00 pm.**

Motown the Musical, Pantages Theater • Sunday, May 17, 2015

It began as one man's story... became everyone's music... and is now Broadway's musical. MOTOWN THE MUSICAL is the true American dream story of Motown founder Berry Gordy's journey from featherweight boxer, to the heavyweight music mogul who launched the careers of Diana Ross, Michael Jackson, Smokey Robinson and many more. Motown shattered barriers, shaped our lives, and made us all move to the same beat. Now, experience it live on stage in the record-breaking smash hit MOTOWN THE MUSICAL! **Cost of \$95.00 per person** includes admission and round-trip transportation. **Bus departs at 4:00 pm and returns at 10:00 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.

A Tribute to **Dr. Martin Luther King, Jr.**

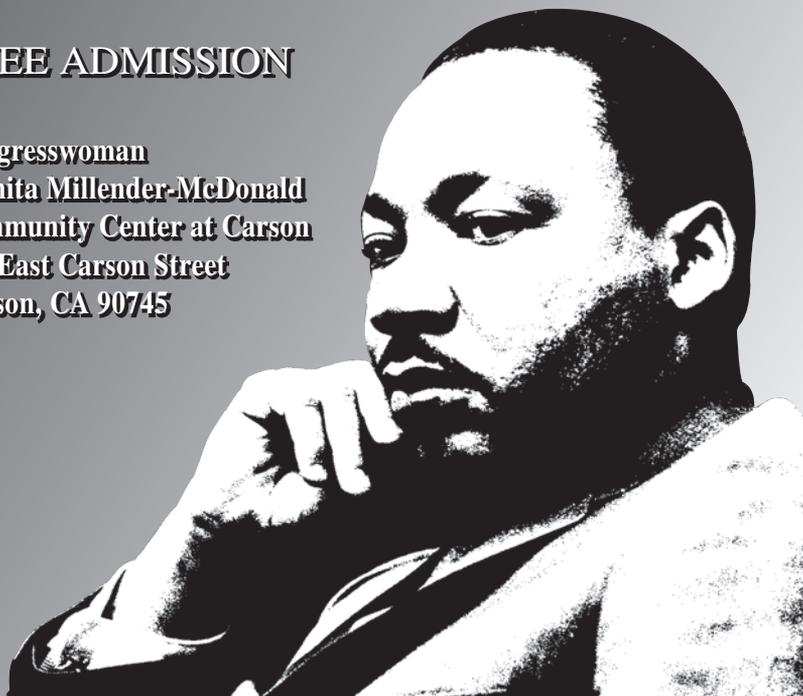
Friday, January 16, 2015
6:00 p.m.

**Join us as we pay tribute to
and celebrate the legacy of
Dr. Martin Luther King, Jr.**

**This event will feature musical entertainment,
speakers, dance, and more.**

FREE ADMISSION

**Congresswoman
Juanita Millender-McDonald
Community Center at Carson
801 East Carson Street
Carson, CA 90745**



Recreation and Human Services
<http://recreation.carson.ca.us>

Like us on facebook! CITY OF CARSON PARKS AND RECREATION

Upcoming Events for Months of **Dec 2014 / Jan, Feb 2015**

5,000 lb. Weight Loss Challenge Kick-off

Saturday, December 6, 2014
Veterans SportsComplex

Senior Holiday Luncheon

Monday, December 8, 2014
Congresswoman Juanita Millender-
McDonald Community Center

Christmas Tree Lighting Ceremony

Wednesday, December 10, 2014
Congresswoman Juanita Millender-
McDonald Community Center

Winter Showcase Recital

Wednesday, December 10, 2014
Congresswoman Juanita Millender-
McDonald Community Center

Semper Fidelis All American Bowl

Saturday, January 3 thru Monday,
January 5, 2015
Carson Park/StubHub! Center

A Tribute to Martin Luther King, Jr.

Friday, January 16, 2015
Congresswoman Juanita Millender-
McDonald Community Center

Black History Month Celebration

February TBD
Congresswoman Juanita Millender-
McDonald Community Center

Heart Chase Event

February TBD
StubHub! Center

