

CITY OF CARSON

Parks, Recreation & Human Services

2007

G U I D E

OCTOBER • NOVEMBER • DECEMBER



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Elected Officials

Jim Dear, Mayor

Elito M. Santarina, Mayor Pro Tem

Harold C. Williams, Councilmember

Mike A. Gipson, Councilmember

Lula Davis-Holmes, Councilmember

Helen S. Kawagoe, City Clerk

Karen Avilla, City Treasurer

Jerome G. Groomes, City Manager

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

CITY OF CARSON POSITION STATEMENT

Carson is a vibrant city with a small town atmosphere where relationships are important. This is clearly visible throughout the community, from the stable single family neighborhoods, which make up nearly eighty percent of the city's residences, to the partnership between businesses and volunteer driven agencies which strengthen the city's remarkable social fabric.

The social composition of Carson is California in miniature. It is a city with a balanced ethnic and cultural mix living together in harmony and prosperity.

The community takes pride in the large percentage of Carson students who attend college, many to California State University, Dominguez Hills, a valuable asset to the city.

Carson's strategic position in the heart of the powerful economic engine that is Southern California attracts international corporations which recognize the city's bright future. The city's proximity to the West Coast's two major ports, as well as its intersection by four Southland freeways, makes it a major gateway to the Pacific Rim.

We, the people who live and work in Carson, take pride in our city and will continue to build relationships which ensure that future.

A MESSAGE FROM THE CITY TREASURER

The City of Carson has established a Fraud Hotline to fight fraud and protect taxpayer's dollars. The Hotline is an option for anyone wishing to anonymously report illegal or unethical activity on the part of the City, its officials, employees, contractors or vendors. The Hotline is open 24 hours a day, 7 days a week and interpreters are available in 20 different languages.

Calls placed to the Hotline are confidential and handled by a third party vendor. You do not have to give your name and your call is not recorded through the use of recording devices, caller identification equipment or any other means.

The City of Carson has taken a pro-active step against fraud by establishing the Hotline. In the event that you become aware of unethical, illegal or irresponsible activity, don't ignore it. Call the Fraud Hotline toll-free telephone number at 1-877-7 HOT TIP or 1-877-746-8847.

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.

For information on dates and times, call (310) 952-1782.

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

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

CREATIVE CRAFTS



Candle Making for Fun and Profit - 466 (One day workshop)

Adults \$45/Resident \$50/Non-resident

This class will cover all you need to know about making candles at home. We will discuss basic safety, equipment, and materials. You will learn about different types of wicks, and how to color and scent your candles. You will make several types of candles, including votive, taper, and container candles. Each workshop is designed for first-time candle makers and for those who are looking to develop their technique and creativity. Workshops will have seasonal themes as various holidays approach.

Material fee: \$15

Instructor: Kimberly Watson

Mon. 6:00-9:00 p.m. Call for dates Comm Ctr

The Spa Experience at Home - 466 (One day workshop)

Adults \$45/Resident \$50/Non-resident

Create your own aromatherapy bath products at home. Learn to create tub teas, bath salts, and fizzies in just minutes. We will discuss basic safety, materials, scent layering, and packaging. Take home thorough handouts and make several of your own custom-scented products. We will cover the essentials of aromatherapy for home use. Material fee: \$15

Instructor: Kimberly Watson

Thurs. 6:00-8:00 p.m. Call for dates Comm Ctr

Quiltmaking - 412 (6 classes)

All ages \$30/Residents \$35/Non-resident

Learn the basics of quiltmaking in this fun, self-paced class. Choose from lots of different kinds of projects, from gifts to home deco to wearables to big and small quilts. Learn a variety of techniques. No experience required. Material fee: \$25 per kit.

Instructor: Gaye Sumada

Tues. 6:30-8:30 p.m. Comm Ctr

Session 1: 9/4 - 10/9 Session 2: 11/6 - 12/11



Fresh Flower Class/Basic - 469 (6 weeks)

Adults \$50/Resident \$55/Non-resident

Join this exciting class of fresh flower design, and each Saturday you will take home a lovely centerpiece that you have created. Earn extra dollars by selling your own designs to friends and family. \$10 fee each week for your fresh flowers.

Instructor: Ethel Nelson

Sat. 9:00-11:00 a.m. Continuous Comm Ctr

Balloon Decoration - 466 (2 weeks)

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

Learn Today.....Earn Tomorrow!

THIS CLASS IS TAUGHT IN ENGLISH AND SPANISH.

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

You will learn all the secrets of balloon design, including:

- How to do arches
- How to find your vendor
- How to do balloon framing
- How to generate business
- How to do letters and numbers
- How to cash in on the booming wedding market
- How to do the bride and groom figures
- How to do holiday designs
- How to start up with little or no money
- How to make up to \$7,000 on Valentine's Day
- How to earn \$200 to \$1,000 a week part-time

Instructor: Oskar Guillen

Tues./Thurs. 6:00-8:00 p.m. Call for dates Comm Ctr

DANCE

Tahiti and Samoa Polynesian Dance - 570 (4 weeks, continuous)

Ages vary \$40/Resident \$45/Non-resident

Learn to move your hips to the exciting drum beats of Tahiti, and experience the fun and happy SIVAS (dances) of Samoa. Enrollment is continuous, and registration will be taken at the beginning of each month.

Instructor: Vai Manai

Thurs. 5:00-5:45 p.m. Ages 11-13 Comm Ctr

Thurs. 6:00-6:45 p.m. Ages 14 and up Comm Ctr

Hawaiian Dance - 573 (4 weeks, continuous enrollment)

5 yrs-Adults \$37/Resident \$42/Non-resident

Learn to sway the Hawaiian way! Hawaiian and other Polynesian dances will be taught. Registration will be taken at the beginning of each month at the Carson Community Center only.

Instructor: Okima Kapaku

Sat. 12:30-1:15 p.m. Carson Park

Mexican Folk Dance – 485 (Monthly)**Grupo Folklorico Sabor de Mexico**

7 yrs-Adults \$20/Resident \$25/Non-resident

Sabor de Mexico is a non-profit organization that emphasizes the historical stories through dance. The participants of this group have performed at major theme parks, CBS, Mexico, Las Vegas, and Spain. This program began in 1999 with three dancers, and now has over 60. Sabor de Mexico has won first place in a variety of competitions, and filming credits include a commercial.

Instructor: Irene Hernandez

Mon./Wed. 5:00-9:00 p.m. Continuous Comm Ctr

**Mexican Folk Dance – (Ongoing)****Grupo Folklorico Faisan**

10 yrs-Adults Class is free of charge

Grupo Folklorico Faisan is a non-profit organization that specializes in the art of Mexican folklorico dancing. Students (age 10-adult) are taught the steps, history, and skills of stage performing.

Instructor: Carmen Rodriguez

Mon. 6:00-8:45 p.m. Continuous Veterans Park
Wed. 6:00-8:45 p.m. Continuous Dominguez Park

**Belly Dance - 575 (10 weeks)**

Adults \$45/Resident \$55/Non-resident / \$70/Resident \$75/Non-resident (Both Classes)

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

Instructor: Lidia Lopez

Tues. 6:30-7:30 p.m. 10/9 Dolphin Park
Wed. 6:30-7:30 p.m. 10/10 Carriage Crest Park

**Salsa - 484 (6 weeks)**

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

Salsa is here to stay. Learn the basics of Cha Cha, Mambo, Merengue, and Salsa. Make new friends and have a great time. Singles and couples welcome. Wear comfortable shoes.

Instructor: William Maxwell

Tues. 6:00-7:00 p.m. 10/9 Comm Ctr

EDUCATIONAL CLASSES**Cooking 101 – 466 (One day workshops)**

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

You can cook in 30 minutes! Bring the best dinners home to your family! Learn to prepare **chicken** meals your family will love. This is a hands-on class, and as an added bonus, you will learn quick grocery tips to help you save money. Please bring a notebook and a pen.

Material fee: \$10 per workshop

Instructor: Alisa Mayon

Thurs. 6:00-7:30 p.m. Call for dates and topics Comm Ctr

Property Grants and Loans – 419 (One day workshop)

Adults \$10/Resident \$15/Non-resident

This informative workshop will explain what property grants are, how you can get them, and will provide some examples of alternative financing.

Instructor: Donnette Heard

Tues. 7:00-8:00 p.m. Call for dates Comm Ctr

1st Time Home Buyers - 419 (1 day workshop)

Adults \$15/Resident \$20/Non-resident

Class includes qualifications, programs available, and how to find a house that is right for you. This class has a \$5 material fee.

Instructors: Chris Neal & Rondal Rollin

Thurs. 6:30 - 8:30 p.m. Date TBD once 10 students enroll. Comm Ctr

Qualifying for a Home Loan - 419 (1 day workshop)

Adults \$15/Resident \$20/Non-resident

Class includes loan application, credit reporting, and finding a lender. This class has a \$5 material fee.

Instructors: Chris Neal & Rondal Rollin

Thurs. 6:30 - 8:30 p.m. Date TBD once 10 students enroll. Comm Ctr

Finding a Foreclosure Property - 419 (1 day workshop)

Adult \$15/Resident \$20/Non-resident

Class includes how to find the listings and how you can tell it's a foreclosure, and using Internet access to find a foreclosure.

This class has a \$5 material fee.

Instructors: Chris Neal & Rondal Rollin

Thurs. 6:30-8:30 p.m. Date TBD once 10 students enroll. Comm Ctr

Sign Language - 413 (6 weeks)

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

You'll learn the basic signs of American Sign Language and basic signing, including the alphabet and numbers. You'll learn to make phrases, sentences, and many other words used everyday. It's really a fun language.

Instructor: *Diana Hagen*

Wed. 6:00-7:30 p.m.

10/10

Comm Ctr

Learning Trails Tutoring - 514

3 yrs-Adults \$20/hr-Resident \$22/hr-Non-resident

Group classes: 3 times a week for six weeks - \$165

Develop new skills or improve old ones.

- Computer Assisted Program • Reading • SAT • Writing • Algebra • Language
- Geometry • Science • Social Science • Homework Assistance • Basic Math • Pre Algebra
- GED Prep • Cat 6 • Develop new skills or improve old ones

Instructor: *Phyllis Garror*

Hours and days to be arranged

Ongoing

Offsite

Community CPR (1 day workshop) - 419

Adult \$35/Resident \$40/Non-resident

This course will train individuals to act in emergency situations, to recognize and care for life-threatening emergencies. Learn CPR for adult, child, and infant victims. A \$13 materials fee is due to the instructor on the first day of class.

Certificates: Adult, Child, Infant CPR (valid for 1 year)

Instructor: *Julia Releford*

6:00-10:00 p.m.

Please call for class dates.

**First Aid Basics (1 day workshop) - 419**

Adults \$35/Resident \$40/Non-resident

This first aid basics course is designed for those who want first aid training without the CPR component. The course covers: bleeding, muscle and bone injuries, sudden illness, checking unconscious victims, shock, poisoning, heat & cold emergencies, and more!

A \$13 materials fee is due to the instructor on the first day of class.

Certificate: Basic First Aid (Valid for 3 years)

Instructor: *Julia Releford*

Please call for class dates and times.

Community First Aid and Safety (2 day workshop) - 419

Adult \$40/Resident \$45/Non-resident

This course will train individuals to act in emergency situations, to recognize and care for life-threatening emergencies such as respiratory or cardiac problems, sudden illness or injuries. First Aid and CPR skills for adults, children, and infants will be practiced. A \$13 materials fee is due to the instructor on the first day of class. Certificates: Adult, Child, Infant CPR (valid for 1 yr.), Basic First Aid (valid for 3 years)

Instructor: *Julia Releford*

Please call for class dates and times.

Note: These CPR classes do not meet the requirements needed by professional medical personnel.

Parent/Family/Child Care Education - 419 (Continuous enrollment)

\$50/Resident \$55/Non-resident (Pre-registration is required.)

This class includes **court-ordered** parent education, general parent education, and child care education. The STEP Parent Education Program meets the requirements for court ordered parent education. Parent education classes are for parents, families, and relatives who seek to enhance and build positive relationship skills, and explore discipline and behavior skill alternatives. A Certificate of Completion may be issued on completion of 10-12 weeks of attendance.

Material Fee: \$20 (due to instructor first day of class)

Instructor: *Priscilla Charles-Carter*

Call for dates and times.

Comm Ctr

Child Care Education - 419 (4 weeks)

Adults \$50/Resident \$55/Non-resident

Classes introduce a new topic each week. The topics meet the requirements for day care, foster care (B, F, & D), and continuing educational hours for training. Participants will receive an 8-hour Certificate of Participation after 4 weeks of attendance. Pre-registration is required.

Instructor: *Priscilla Charles-Carter*

Mon., Tues., Wed., Thurs. 6:30-9:00 p.m. 6/4 Offsite

Muddy Paws Dog Training - 517 (7 weeks)

Adults \$90/Resident \$95/Non-resident

Learn to solve problems such as chewing, digging, barking, biting, house soiling, etc. All dogs are welcome from the age of a few months and up. For your dog's safety, we do require they have all the necessary vaccinations.

Instructor: *Margie Goldwine*

Sat. 4:00-5:00 p.m. Call for dates. Offsite

Chamorro Language - 413 (6 weeks)

5 yrs-Adults Free/Resident \$5/Non-resident

Learn about Chamorro culture and heritage. Explore the rich culture, music, and language of the island of Guam.

Instructor: *Juana Sanchez*

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

10/13

Comm Ctr

Computer Training Workshops - 456 (5 classes)

Adults \$75/Resident \$80/Non-resident

If you are like most people, you function best in an environment that is set up specifically to fit the way you work, and you probably want your computer to be set up the same way. If so, come join us and discover something new, including information about Word, Excel, Access, and PowerPoint.

Instructor: *Beverly Anthony*

Wed/Thurs. 6:30-9:30 p.m.

10/10

Comm Ctr

**Small Business Success: Steps to Start - Up-456 (3 classes each)**

Adults \$85/Resident \$90/Non-resident

Learn the steps to small business success in this three-part series of classes. Course 1 involves legal structures of business ventures. Course 2 teaches the power of a business plan and how to develop one for your entrepreneurial venture. Course 3 teaches basic bookkeeping, accounting, and financial management designed for running a business. This series helps you take a critical, objective, unemotional look at your business idea.

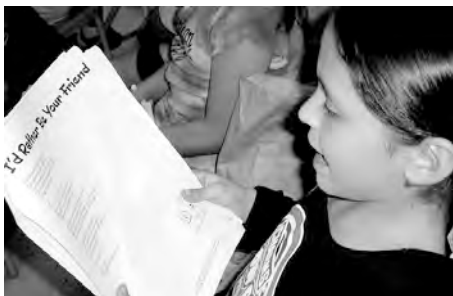
Instructor: *Beverly Anthony*

Fri. 6:00-8:00 p.m.

10/12

Comm Ctr

MUSIC/THEATER

**Reader's Theatre – 488 (6 weeks)**

Ages 9-16 \$25/Resident \$30/Non-resident

Join a creative reading course with an emphasis on acting and role-playing. Learn script reading techniques and stage blocking, projecting the voice, memorization skills, interpretation skills, and reading aloud with a group. There will be a reading performance at the last class.

Instructor: Vivian McClure

Thurs. 6:00-7:00 p.m. 10/11 Comm Ctr

Piano - 461 (4 weeks)

All Ages \$65/Resident \$70/Non-resident

A piano course designed for beginner to advanced students of all ages. Children must be able to read before entering class. All styles of music are taught, including classical, jazz, blues, and pop. These are 30 minute private lessons.

Instructor: William Cavuti

Classes to be scheduled with instructor Continuous Comm Ctr

**Guitar - 461 (4 weeks)**

12 yrs-Adults \$45/Resident \$50/Non-resident

Learn guitar basics, chords, how to play a melody, and accompanying songs. Students must bring guitar, notebook and pencil to class. Students only allowed in classroom.

Instructor: Enrique Ruiz

Fri. 6:00-7:00 p.m. 10/12 Comm Ctr

**Voice - 406 (4 weeks)**

12 yrs-Adults \$36/Resident \$40/Non-resident

This class will teach you proper breath control, pitch, and actual performance of a song in a group or solo.

Instructor: Enrique Ruiz

Fri. 5:00-6:00 p.m. 10/12 Comm Ctr

WOOD WORKING

**Wood Art - 468 (6 weeks)**

Adults \$30/Resident \$36/Non-resident

Discover where to find your own patterns and the techniques of transferring them to wood. Learn how to use a scroll saw safely, the art of wood burning, painting, and other methods of decorating. This is a great class to use your cutouts for tole painting.

Instructor: Stew Sanford

Tues. 7:00-9:00 p.m. Continuous Comm Ctr

Wood Carving - 468 (6 weeks)

Adults \$30/Resident \$36/Non-resident

Learn basic wood carving techniques by completing four projects. This hands-on class is self-paced and advanced students will be assigned more difficult projects to suit their interests.

Instructor: Stew Sanford

Tues. 7:00-9:00 p.m. Continuous Comm Ctr

EXERCISE

Aerobics (10 consecutive classes) - 438

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

This beginning/intermediate class incorporates aerobic exercise and free weights for the ultimate work-out. It offers 30 minutes of aerobic exercise and 30 minutes of weight training.

Instructor: La Shona Jenkins

Tues./Thurs. 7:15-8:15 p.m. Ongoing Comm Ctr

Materials Needed: One set of dumbbells. (Two sets optional.)



Yoga - 453 (8 weeks, ongoing)

Adults \$56/Residents \$61/Non-residents

Learn and practice basic Hatha Yoga postures with breath exercises and relaxation techniques. Please bring a sticky yoga mat to class.

Instructor: Christina Abeyta

Thurs. 6:00-7:00 p.m. Ongoing Comm Ctr



Karate for Kids- 410 (Monthly)

5-17 \$55/Resident \$60/Non-resident

Students will learn basic blocks, kicks, punches, take downs, and katas.

This class will instill discipline, self-confidence, self-control, and patience in the students. Registration is taken at the beginning of each month.

Instructor: Master Ron Lyde

Tues./ Thurs. 5:00-6:00 p.m. Beginners Ongoing Comm Ctr

Tues./ Thurs. 6:00-7:00 p.m. Advanced Ongoing Comm Ctr

Ice Skating - 558 (5 weeks)

2 yrs-Adults \$45/Resident \$50/Non-resident

Students should dress warmly in layers and be sure to bring gloves or mittens. Check in at least 30 minutes prior to class start time. Class instruction lasts 30 minutes and is taught by a qualified staff instructor. Location: Glacial Gardens in Lakewood

Pre-registration is required through the city.

FALL 2007 SCHEDULE OF CLASSES GLACIAL GARDEN SKATING ARENA

Class	Ages	Cost	Day	Time	Start Date	End Date
Parent/Tot Participation	2-5	\$41	Tues.	11:15-11:45 a.m.	10-9-07	10-30-07
		\$41	Sat.	12:15-12:45 p.m.	10-13-07	11-3-07
		\$51	Tues.	11:15-11:45 a.m.	11-6-07	12-11-07*
		\$51	Sat.	12:15-12:45 p.m.	11-10-07	12-15-07*
		\$51	Tues.	11:15-11:45 a.m.	1-8-08	2-05-08
		\$51	Sat.	12:15-12:45 p.m.	1-12-08	2-09-08
Tots	4-6	\$41	Thurs.	4:00-4:30 p.m.	10-11-07	11-1-07
		\$41	Sat.	10:15-10:45 a.m.	10-13-07	11-3-07
		\$51	Thurs.	4:00-4:30 p.m.	11-8-07	12-13-07*
		\$51	Sat.	10:15-10:45 a.m.	11-10-07	12-15-07*
		\$51	Thurs.	4:00-4:30 p.m.	1-10-08	2-07-08
		\$51	Sat.	10:15-10:45 a.m.	1-12-08	2-09-08
Jr. Youth	7-9	\$41	Wed.	6:30-7:00 p.m.	10-10-07	10-31-07
		\$41	Thurs.	4:00-4:30 p.m.	10-11-07	11-1-07
		\$41	Sat.	10:15-10:45 a.m.	10-13-07	11-3-07
		\$51	Wed.	6:30-7:00 p.m.	11-07-07	12-12-07*
		\$51	Thurs.	4:00-4:30 p.m.	11-8-07	12-13-07*
		\$51	Sat.	10:15-10:45 a.m.	11-10-07	12-15-07*
		\$51	Wed.	6:30-7:00 p.m.	1-09-08	2-06-08
		\$51	Thurs.	4:00-4:30 p.m.	1-10-08	2-07-08
		\$51	Sat.	10:15-10:45 a.m.	1-12-08	2-09-08
Youth	10-14	\$41	Wed.	6:30-7:00 p.m.	10-10-07	10-31-07
		\$41	Thurs.	4:00-4:30 p.m.	10-11-07	11-1-07
		\$41	Sat.	10:15-10:45 a.m.	10-13-07	11-3-07
		\$51	Wed.	6:30-7:00 p.m.	11-07-07	12-12-07*
		\$51	Thurs.	4:00-4:30 p.m.	11-8-07	12-13-07*
		\$51	Sat.	10:15-10:45 a.m.	11-10-07	12-15-07*
		\$51	Wed.	6:30-7:00 p.m.	1-09-08	2-06-08
		\$51	Thurs.	4:00-4:30 p.m.	1-10-08	2-07-08
		\$51	Sat.	10:15-10:45 a.m.	1-12-08	2-09-08
Adult	15-99	\$41	Wed.	7:10-7:40 p.m.	10-11-07	11-1-07
		\$41	Sat.	10:15-10:45 a.m.	10-13-07	11-3-07
		\$51	Wed.	7:10-7:40 p.m.	11-8-07	12-13-07*
		\$51	Sat.	10:15-10:45 a.m.	11-10-07	12-15-07*
		\$51	Wed.	7:10-7:40 p.m.	1-10-08	2-07-08
		\$51	Sat.	10:15-10:45 a.m.	1-12-08	2-09-08
Tot Hockey	4-6	\$41	Thurs.	4:00-4:30 p.m.	10-11-07	11-1-07
		\$41	Sat.	10:15-10:45 a.m.	10-13-07	11-3-07
		\$51	Thurs.	4:00-4:30 p.m.	11-8-07	12-13-07*
		\$51	Sat.	10:15-10:45 a.m.	11-10-07	12-15-07*
		\$51	Thurs.	4:00-4:30 p.m.	1-10-08	2-07-08
		\$51	Sat.	10:15-10:45 a.m.	1-12-08	2-09-08
Youth Hockey	7-12	\$41	Thurs.	4:30-5:00 p.m.	10-11-07	11-1-07
		\$41	Sat.	11:15-11:45 a.m.	10-13-07	11-3-07
		\$51	Thurs.	4:30-5:00 p.m.	11-8-07	12-13-07*
		\$51	Sat.	11:15-11:45 a.m.	11-10-07	12-15-07*
		\$51	Thurs.	4:00-4:30 p.m.	1-10-08	2-07-08
		\$51	Sat.	10:15-10:45 a.m.	1-12-08	2-09-08

***No classes Nov. 20, Nov. 21, Nov. 22, & Nov. 24, 2007 due to Thanksgiving Holiday**

PRACTICE TIMES:

Class Time	Practice Time
Tuesday 11:15 a.m.	Tuesday 11:00 a.m.- 1:00 p.m.
Wednesday 6:30 p.m.	Wednesday 7:10 p.m.- 8:40 p.m.
Thursday 4:00/4:30 p.m.	Thursday 2:45 p.m.- 4:45 p.m.
Saturday 10:15/11:15 a.m.	Saturday 10:45 a.m.-11:15 a.m.
Saturday 12:15 p.m.	Saturday 12:00 p.m.- 2:00 p.m.

SPECIAL INTEREST CLASS REGISTRATION

REGISTRATION GUIDELINES

- All activities, times, dates, and instructors are subject to change by the Human Services Division.
- 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

Community Center, Special Interest Office
Monday through Friday 8 a.m.-6 p.m.

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

EVENING REGISTRATION AT:

Community Center, 3 Civic Plaza Drive
Monday through Thursday 5-8 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 and Last Name	Age if Under 18	Name of Class	Date	Time	Location	Program Fee

HAVE YOU ENCLOSED A SELF-ADDRESSED, STAMPED ENVELOPE?

REFUND POLICY

1. Refunds will only be given when a class is canceled by the City of Carson, Human Services Division.
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, Community Center, 3 Civic Plaza Dr., Carson CA 90745.

Carson Art Association

The Association meets in the Carson Center the first Tuesday of each month at 7 p.m. Guest artists highlight the meetings. For information, contact the Fine Arts Office at (310) 952-1705.

The Carson-Dominguez Hills Symphony Association

This Association, for the past 20 years, has been the backbone of the symphony. Over 200 members strong, the Association handles many of the non-musical aspects of the symphony, such as fund-raising, audience development, and social gatherings. Membership is \$20 with special corporate categories for Carson-based businesses. To join, write the Symphony Association, P.O. Box 5425, Carson, CA, 90749.

The Carson-Dominguez Hills Symphony Orchestra

Under the direction of Dr. Frances Steiner, the Symphony has been honored nationally for its artistic excellence. One of the few women commanding recognition in the world of conduction, Dr. Steiner, as Musical Director and Conductor of the Carson-Dominguez Hills Symphony, has instituted innovative programming that combines popular classics and contemporary music. This nationally acclaimed conductor became the first woman to conduct a professional orchestra at the Los Angeles Music Center's Dorothy Chandler Pavilion. Dr. Steiner invites all musicians to audition for membership in the orchestra.

For audition information, call the University Music Department at (310) 243-3543.

All concerts are free and seating is on a first come, first served basis.

Vivian McClure's Theatre Productions

e-mail: MrsVHere@aol.com

This Fine Arts program will rotate to three elementary schools this year. The schools host this six week program that becomes a part of the schools' spirit through participating and working together to create a full-scale 40 minute one-act play. These plays are complete with sets, costumes, and lighting equipment that is provided in a touring package. More than 40 children are selected through reading auditions to play the parts and work the stage equipment as the stage crewmembers. Students rehearse the play and learn the technical jobs to put it all together in performances for student body assemblies and a one evening performance. A large number of children participate in this six-week program that reaches an audience of 3,600 students and Carson residents each year.



Apollo West Carson Players

The Carson Players, Inc. was established in 1974, and is headed by Marvin Clayton, Executive Director. The Carson Players produce stage productions, cultural arts events, and provide training in the fields of dancing, singing, acting, technical stage producing, and auditioning skills. The goal of the Carson Players is to provide an environment where both the professional and nonprofessional can work hand-in-hand in the field of Fine Arts. For additional information, please call Marvin Clayton at (310) 741-1942.

The Filipinas Chorale, U.S.A. & The Cherubs

The Filipinas Chorale, U.S.A., under the direction of Sr. Marie Vincent Llamzon, is a 36 member choir whose musical versatility is demonstrated in its repertoire ranging from traditional sacred songs to popular classics and Broadway musical numbers and folk songs. The choir's dynamic character is matched by its simple yet elegant costumes and tasteful choreography. "The Cherubs" is a children's choir composed of boys and girls ranging in ages of 5-15 years, who, together with the Filipinas Chorale, have performed in successful choral concerts. These amazing children bring joy to the heart with their vibrant songs and dance numbers. For more information, call (310) 635-0509.

Mariachi Academy of Carson

The Asociacion Cultural de South Bay of Greater Los Angeles proudly begins its next season for the Carson Mariachi Academy. Its youth Mariachi program ended its last year with over nine performances during a ten-month session. The students continue to receive ranchera style music instruction in trumpet, violin, guitar and guitarron from Mariachi Society professionals. This year, voice classes have been added to the curriculum. The classes are offered as an after-school program on Wednesday afternoons from 3:30-6:00 p.m. at the Carson Community Center. The age range for most students is 7-17 years. For further information, please call (310) 717-2957 (messages).

International Printing Museum

The Printing Museum is a living, working experience of the evolution of mankind's single greatest invention – the printed word. Visitors will experience personal, working tours by knowledgeable guides who will make history come to life for visitors of all ages. The Printing Museum will be hosting educational programs for young children who attend a number of Carson elementary and middle schools. For more information, call (310) 515-7166.



Francisco Martinez Dancetheatre

Francisco Martinez will be taking his company to perform for your children at numerous Carson schools. For more information, call (818) 988-2192.

U P C O M I N G E V E N T S

**For all Fine Arts programs and events,
please call (310) 952-1705.**

OCTOBER

Carson-Dominguez Hills Symphony - Free Concert!

Saturday, October 27, 8 p.m.,

University Theater, CSU Dominguez Hills

Beethoven's 9th Symphony

**Featuring the Filipinas Chorale and
the CSUDH combined choruses**

Calling All Singers!

If you've ever dreamed of singing in the chorus for a performance of Beethoven's 9th Symphony, now is your chance to realize that dream. Dr. Sally Etcheto, professor of music, is helping to prepare the chorus for a performance with the Carson-Dominguez Hills Symphony under the direction of Dr. Frances Steiner to be held on October 27th at the University Theater, California State University Dominguez Hills. The University Chorus welcomes volunteers from the community, and meets at 5:30 p.m. on Monday and Wednesday, with possible adjustments in the schedule to fit your needs. Contact Dr. Etcheto at 626-806-5195 for further information.

RECREATION EVENTS

upcoming special events • mark your calendar now!



VETERANS DAY CELEBRATION

Veterans Park

Sunday, November 11, 2007

10:00 a.m.-1:00 p.m.

Free Admission

For more information, contact Veterans Park,
22400 Moneta Ave., (310) 830-4185.



YOUTH BASKETBALL

Try-outs: Saturday, December 8, 2007

The 2007 Youth Basketball Season
tryouts will be held at all city parks.

Pick up your registration cards today

• Registration fee: \$30 • Uniform fee and trophies
additional • Sign-ups until 12/7/07



ANNUAL CHRISTMAS PARTIES

Here Comes Santa

December 16 - December 24, 2007

• Crafts • Games • Shows
• Special Guest: Santa Claus

For more information, contact your local park
for exact day & time.

FACILITY & EQUIPMENT RENTALS

Let us plan your next party



PARKS



20X40 CANOPY



EASY UP CANOPY



WHITE FOLDING CHAIRS



BANQUET TABLE

Do you need help with your next party? No problem. We can help you plan your next family reunion or company picnic.

We can help you with your flyers, invitations, banners, room decorations and equipment set-ups.

Call us about this special service at a nominal price.

- PARKS
- SWIMMING POOLS
- CANOPIES: 10X10, 20X40 & EASY UPS
- WHITE FOLDING CHAIRS
- PODIUM WITH MICROPHONE
- PICNIC SHELTER
- TABLE CLOTHS & TABLE SKIRTING
- LARGE & SMALL HELIUM TANKS
- BARBECUE GRILLS

Call (310) 847-3574 for more information.



PICNIC SHELTER



MOON BOUNCE



POOLS



PODIUM WITH MICROPHONE



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.



OPTION I: Community Center Preschool
State license: #191606870
Ages: 3-5 yrs. (toilet trained)

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

CLASS SCHEDULE

ALL DAY PROGRAM

Monday – Friday
7 a.m. – 6 p.m. \$115.50 a week
8 a.m. – 5 p.m. \$94.50 a week

HALF DAY PROGRAM

8 a.m. – 12 p.m. FEES
1 p.m. – 5 p.m. T TH \$18 a week
MWF \$27 a week
M-F \$45 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 Parks and Recreation Department considers this program to be of top quality for preschool children. For more information about a Center near you, please call (310) 835-0212, ext. 1482 or 1485.

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

Fees:
2 days/wk \$12 a week
3 days/wk \$18 a week
5 days/wk \$30 a week
Fees are paid every 4 weeks

ABC...123...



One time, non-refundable, registration fee of \$25 for half day students and \$50 for all day students due at the time of registration. Discount for second child of the same family. (Applies to ALL programs.) Priority registration given to students currently enrolled. Sessions may include holidays with no class scheduled. If so, fee does not change.

State licensing pending for the parks listed.

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 III: Park Preschool

Park Facility	Time	Days
• Anderson	8 a.m.-12 p.m.	M/W/F
	8 a.m.-12 p.m.	T/Th
• Calas	8 a.m.-12 p.m.	M/W/F
	8 a.m.-12 p.m.	T/Th
• Del Amo	8 a.m.-12 p.m.	M/W/F
	8 a.m.-12 p.m.	T/Th
• Hemingway	8 a.m.-12 p.m.	M/W/F
	8 a.m.-12 p.m.	T/Th
• Scott	8 a.m.-12 p.m.	M/W/F



Looking for the coolest summer job?

The City of Carson is recruiting Lifeguards, Swim Instructors, Aquatic Coaches and Senior Lifeguards.

\$9.71 - \$15.26 per hour

Now recruiting for Summer 2008
Need Training? Affordable classes
offered in October

Call Aquatics for job and class details
at (310) 847 3578

*From all the
Aquatic Staff,*



Thank you for choosing us for your Aquatic needs. We hope to see you next summer.

If you have suggestions or comments please call the Aquatic office at (310) 847-3578

CITY OF CARSON LIFEGUARD TRAINING PROGRAM AMERICAN RED CROSS

Lifeguard Training and Standard First Aid and CPR for the Professional Rescuer*

SEPTEMBER 28 - OCTOBER 10, 2007

Friday	September 28, 2007	6:00 p.m. - 8:00 p.m.
Saturday	September 29, 2007	8:00 a.m. - 6:00 p.m.
Monday	October 1, 2007	5:30 p.m. - 9:30 p.m.
Wednesday	October 3, 2007	5:30 p.m. - 9:30 p.m.
Saturday	October 6, 2007	8:00 a.m. - 6:00 p.m.
Monday	October 8, 2007	5:30 p.m. - 9:30 p.m.
Wednesday	October 10, 2007	5:30 p.m. - 9:30 p.m.

*Must attend every class

Cost: \$80 if registered prior to class and **\$100** on first day of class
Books: \$30

APPLICANTS MUST BE:

- At least 15 years of age by Wednesday, October 10, 2007
- In good health
- Able to complete the course pre-test of a 500-yard swim of combined breast-stroke/freestyle
- Able to retrieve a 10-lb. diving brick from the deep end and swim 25 yards with the brick

Upon successful completion of the course, students will be eligible to apply for positions with the City of Carson Aquatic Program for the 2008 season. Pay Rates - \$9.71 - \$15.26

For more information or to register, contact

AQUATICS
at (310) 847-3578

Parks and Recreation Department

City of Carson WATER SAFETY INSTRUCTOR COURSE

American Red Cross
Water Safety Instructor Certification Course*

OCTOBER 12 TO OCTOBER 24, 2007

Friday	October 12, 2007	6 p.m. - 9 p.m.
Saturday	October 13, 2007	8 a.m. - 6 p.m.
Monday	October 15, 2007	6 p.m. - 9 p.m.
Wednesday	October 17, 2007	6 p.m. - 9 p.m.
Saturday	October 20, 2007	8 a.m. - 6 p.m.
Monday	October 22, 2007	6 p.m. - 9 p.m.
Wednesday	October 24, 2007	6 p.m. - 9 p.m.

*must attend every class

Cost: \$85 if registered prior to class (excludes books)
Cost: \$100 on first day of class (excludes books) Limited
number of spaces available, so register early. **Books: \$55**

Applicants must be at least 16 years of age by Wednesday, October 24, 2007, in good health, able to swim front crawl, back crawl, elementary backstroke, sidestroke, breaststroke, and butterfly in good form, and able to pass practical and knowledge tests on general water safety.

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 2008 season.

For more information or to register, contact
Aquatics at (310) 847-3578

Parks and Recreation Department

FALL PARK CLASS SCHEDULE

All city parks are open and supervised. All parks offer a wide variety of fall 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	Noon-5 p.m.

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

YOUTH ACTIVITIES

Tennis Instruction

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

*U.S.T.A. Site

Cheerleading

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

• Anderson	Tues/Thurs	6:30-8 p.m.
• Calas	Tues/Thurs	6:30-7:30 p.m.
• Carriage Crest	Tues/Thurs	6-7:30 p.m.
• Carson	Mon/Tues/Wed/Thurs	5:30-8:30 p.m.
• Del Amo	Mon/Wed/Fri	5:45-7 p.m.
• Dolphin	Tues/Thurs	5-6:30 p.m.
• Mills	Tues/Thurs	6:30-8 p.m.
• Scott	Tues/Thurs	5-7 p.m.
• Stevenson	Tues/Thurs	5:30-6:30 p.m.
• Veterans	Mon/Wed	5:30-7:30 p.m.
• Hemingway	Tues/Thurs	6:30-7:30 p.m.

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: Anderson, Carriage Crest, Carson, Dolphin, Hemingway, Mills, Scott, Dominguez, Del Amo, and Veterans parks.

Arts & Crafts

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

Youth Golf Instruction

Provides the basic instructions for golf for ages 8-14 yrs. Students learn basic rules and become prepared to play on a golf course. This program will be offered at Anderson, Hemingway, Scott, Calas, Del Amo, Veterans, and Dominguez parks.

Boys & Girls Club

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 spring. Contact your local park for more information.



Kids in the Kitchen

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

• Anderson	Tues/Fri	4-5 p.m. Tues / 5-6 p.m. Fri
• Calas	Mon	4-5 p.m.
• Carson	Wed/Fri	4-5 p.m. Wed / 5-7 p.m. Fri
• Del Amo	Fri	4-6 p.m.
• Dolphin	Tues	3-4 p.m.
• Hemingway	Wed	6-7 p.m.
• Mills	Tues/Thurs	5-6 p.m.
• Stevenson	Fri	5:30-6:30 p.m.
• Veterans	Thurs	4:30-5:30 p.m.

Voice and Dance Workshops

Learn basic voice and dance techniques for ages 11-16 on Thursdays, 6:30-9 p.m., Calas Park, 1000 E. 220th St. For further information, call (310) 847-3565.

Dance and Voice Classes

Dance recitals and performance showcases will be the end result of youth participating in these free classes. Jazz, modern, and hip hop beginners and advanced techniques will be taught. Vocal techniques will also be taught at the following parks.

Dance/Ages 5-10

• Anderson	Mon-Wed	6:30-7:30 p.m.
• Anderson	Mon-Wed	7:30-8:30 p.m. Mon / 6-7:30 p.m. Wed
• Del Amo	Mon-Wed	4-6 p.m.
	Mon-Wed	6:30-8 p.m.
• Dominguez	Mon-Wed	4-6 p.m.
• Calas	Mon-Wed	4-6 p.m.
• Mills	Mon-Wed	6:30-8:30 p.m.
• Stevenson	Mon-Wed	5:30-6:30 p.m.
• Scott	Mon-Wed	4-6 p.m.
	Mon-Wed	6:30-8 p.m.
• Veterans	Fri	5 p.m.

Voice/Ages 5-10

• Mills	Tues-Thurs	6:30-8 p.m.
• Veterans	Tues-Thurs	4-5 p.m.

Excursions

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

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

Star Program

After school day care offered Monday through Friday from 3:30-5:30 p.m. Cost: \$30 per week. This is a non-custodian program. Child must walk to the park. (Stevenson, Carson, Dominguez, Calas, Scott, Hemingway)

Movie Night

Friday 6:30-8:30 p.m. Anderson Park

Acting Classes

Friday 5-6 p.m. Anderson Park

TEEN PARK ACTIVITIES

Teen Athlete Builders

Fitness Training, Wednesday and Friday, 5 p.m. Personal training on speed, reaction time, and strength. Stevenson Park.

Sports Activities

Volleyball clinics, leagues, ping pong, and 3-on-3 Basketball Tournaments have been scheduled for Anderson, Carson, Dolphin, Dominguez, Hemingway, Mills, Scott, and Stevenson parks. Please contact these parks for exact dates, times, and costs.

Beginning Boxing

Learn the fundamentals and techniques of boxing at Veterans and Scott Parks. Contact staff for specific day and time.

Teens in the Kitchen

Learn the basics! Mills Park, Fridays, 4-5:30 p.m.; Anderson Park, Wednesday, 6:30-7:30 p.m.; and Stevenson Park, Fridays, 5:30-6:30 p.m.; Dominguez Park, Friday, 5-6 p.m.

Kenpo Karate

Learn fundamentals and techniques of Kenpo Karate grappling at Stevenson Park, Monday, Tuesday and Thursday, 7 p.m. (Adults)

B O X I N G

FABELA CHAVEZ BOXING/FITNESS CENTER

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

HOURS

Mon-Thurs 1-9 p.m. Fri 1-7 p.m. Sat 10 a.m.-2 p.m., Closed Sun

Fees:

Resident

Adults

\$20/month

Youth (10-17 yrs)

\$15/month

Children (8-9 yrs)

\$15/month

Daily Rate (All Ages)

\$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. Stevenson Park and Scott Park

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. Stevenson Park and Scott Park

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

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.

SCMAF Flag Football Finals

Carson will host the SCMAF Flag Football finals. Teams from throughout Southern California will be represented. Games to be played at various City parks. Date to be in December 2007.

Basketball

Ages: 5-17 yrs.

Try-Outs: December 8

Season Begins: January 5, 2008

Registration: Now through December 7

Sign-ups will be taken after this date, but your child may be put on a waiting list.

Registration Fees: \$30 - 1st child/\$24-2nd child/\$18-3rd 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.

Sports Officials

The City of Carson Youth Sports Section is looking for interested individuals ages 16 years and up, to become paid Sports Officials. Some experience is preferred, but not necessary. To receive written notification of training dates and locations by mail, call the Youth Sports Office at (310) 847-3577, before December 1, 2007, to officiate youth basketball.

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.

CARSON JUNIOR TENNIS

P R O G R A M

Free admission
For boys and girls ages 10-15 yrs.

• BEGINNING TENNIS • JUNIOR CLUB

• JUNIOR CLUB LEAGUE • CITY CLUB TENNIS

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



Kids Club After-School Child Care

Solution For Latchkey Children

Across the United States, child care is being recognized as a major issue. Changing economic and social conditions have drastically altered the after school environment for elementary school children. It was estimated that as of year 2000, six out of nine families required child care service. Where do the children go after school?

Carson's solution to the growing problem is Kids Club, a safe environment for latchkey children. The Kids Club was designed to provide a much needed alternative for single and dual working parents by offering supervision for children from 2:30 - 6:00 p.m., Monday through Friday. The City of Carson's Parks and Recreation Department administers this program through the Recreation Division.



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, music, dance, creative dramatics, tumbling, games, and cooking.

Snacks:

Nutritional snacks are provided each day.

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

Before & After School Kids Club Fees

Monday-Friday

11:30 a.m.-6 p.m.	\$74 wkly
2:30-6 p.m.	\$50 wkly



(\$10 dollars additional fee for Pupil Free Days.) Availability is based on the needs of each site. Call (310) 847-3566 for information about fees and locations. 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.

HOLIDAY DAY CAMP "Don't Miss Out"



December 14 - January 7
Monday-Friday

Our popular Day Camp is offered at all City Parks and is designed to provide supervised hours of fun-filled activities for children 5-12 yrs. of age. Each week's activities include crafts, games, movies, songs, and excursions (excursion fees are not included in the weekly day camp fee.)

**The camps are open Monday-Friday
from 7 a.m.-6 p.m.**

Fees are as follows:

Hours	Fees
*7-10 a.m.	\$20 weekly
*8-10 a.m.	\$15 weekly
*9-10 a.m.	\$10 weekly
10 a.m. - 3 p.m.	\$44 weekly
10 a.m. - 4 p.m.	\$53 weekly
10 a.m. - 5 p.m.	\$65 weekly
10 a.m. - 6 p.m.	\$75 weekly

*Early drop-off programs may not be available at all parks.

For more information, please contact your park or call the Parks and Recreation Department at (310) 847-3566.

TEEN ACTIVITIES

upcoming special events • mark your calendar now!

Numerous activities are scheduled throughout the summer.

All activities are planned and supervised by Recreation Staff.

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GIVE BACK PROJECTS

PRESENTED BY

City of Carson Youth Commission

Teens are invited to join the Youth Commission as they attempt to give back to their communities through:

- ✓ VISITING THE SENIOR HOMES
- ✓ THANKSGIVING BASKETS
- ✓ CHRISTMAS BASKETS
- ✓ VISITING THE HOSPITALS
- ✓ TUTORING SCHOOL CHILDREN

For further information, call (310) 847-3570



Winter Teen Camping Trip

2 1/2 days, TBA

Winter Full of Fun!

Registration Fee \$90

Ages 12-16 yrs.

No Camperships available

For more details, call (310) 847-3570



Teen Dances & Sports Nights

Rotating teen dances will be presented at all 12 city park facilities (see below). Admission: \$5, Ages 12-18 yrs. (Junior High/High School ID may be required). Parent chaperons are welcomed.

September	24	Scott Park	7-10 p.m.
October	8	Del Amo Park	7-10 p.m.
	6	Mills Park	8-11 p.m.
	22	Scott Park	7-10 p.m.
November	12	Del Amo Park	7-10 p.m.
	3	Mills Park	8-11 p.m.
	24	Stevenson Park	7-10 p.m.
	26	Scott Park	7-10 p.m.
December	10	Del Amo Park	7-10 p.m.
	1	Mills Park	8-11 p.m.

YOUTH CONFERENCE PLANNING COMMITTEE



Assist in organizing and presenting the Annual Youth Conference 2008

First meeting: October 23, 2007 • 6 p.m.

**Location: Corporate Yard,
2400 E. Dominguez St.**

Ages 12 - 16 yrs. invited to participate
For further information, call (310) 847-3566

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 local Juvenile Traffic and Probation Courts.

• Youth & the Law Program

Youth (Ages 12 – 15 years)

Residents: \$30.00 Non-residents \$35.00

This 8 hour after school program consists of two 2-hour classroom lectures and one field trip. Its aim is to educate youth about the importance of obeying rules at home, school, and laws in the community. The field trip varies locations, and could take place at a juvenile hall, a federal prison, or a superior court.

Registration: Call (310) 952-1700, ext. 1789, 1673, 1671, 1672

Instructor: Youth Services Officers

Hours: 4-6 p.m. classroom hours, 3:30-7:30 p.m. field trip hours

Tracks: Refer to class schedule.

Community Center

• Parent Project Program

(10 Days / 20 Hours)

Adults: Residents: \$42.00 Non-residents \$47.00

(Open Enrollment)

A 20 hour course conducted on Tuesday evenings, 5 to 7 p.m., for a 10 -week period. Classes are presented by trained facilitators of the Parent Project Curriculum. This course is designed for parents of strong-willed adolescents. *Tenemos clases en Español.

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

*Instructors: *Dennis Rodriguez, YSO / Arthur Williams / *Maria Robles*

**Gloria Ruiz / *Gloria Estrada / *Elizabeth Muñoz*

Tuesday: 5 – 7 p.m. Tracks: Refer to class schedule.

Community Center

• Anger Management For Teens

(8 Days / 12 Hours)

Youth (Ages 12 to 17 years old)

Residents: \$20.00 Non-residents \$25.00

A 12 hour course conducted on Tuesday afternoons, 4:30 to 6 p.m., for an 8-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 the court, school, 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. Tracks: Refer to class schedule.

Community Center

• Drug/Alcohol Program (Positive Choices)

(8 Days / 16 Hours) Youth (Ages 12 to 17 Years)

Residents: \$20.00 Non-residents \$25.00

A 16 hour course conducted on Wednesday afternoons from 4 p.m. - 6 p.m., for an 8-week period. Classes are designed to assist adolescents from ages **12 to 17 years old**. This course is instructed by trained personnel using the Positive Choices curriculum. This course accommodates those adolescents referred by the courts, 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. **Drug Testing is \$25.00 Per Test.**

Registration: Call Lilia Galvadores at (310) 952-1700, ext. 1673

Instructor: POSITIVE CHOICES STAFF

Wednesday: 4 to 6 p.m. Tracks: Refer to class schedule.

Community Center

• Community Service For Youth

Youth only (Ages 12-17 years) Cost: \$40 (50 hours or less)

Must meet Youth Services Program Criterion

The City of Carson Youth Services Section provides a Community Service Program for youth under court-order 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 Courts, LA County Probation Department, and local schools.

Contact Person(s): ANY YOUTH SERVICES OFFICER

Registration: Call (310) 952-1700, 1789, 1673, 1671, 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 Officer	Program	Extension
• Dennis Rodriguez	Parenting Program	x1789
• Deborah Schmidt	Anger Management For Teens	x1671
• Lilia Galvadores	Positive Choices	x1673
• Eric Carter	Community Service Program	x1672

YOUTH SERVICES 2007 CLASS SCHEDULE

Parent Project Classes Day: Tuesday/Times: 5-7 p.m. Total Hours: 20 Hrs	Anger Management For Teens Day: Tuesday/Times: 4:30-6 p.m. Total Hours: 12 Hrs	Drug/Alcohol Awareness & Prevention Classes Day: Wednesday/Times: 4-6 p.m. Total Hours: 16 Hrs	Youth & The Law Program Day: Mon/Wed/Thurs. Times: M&Th: 4-6 p.m. Wed: 3:30-7:30 p.m.
REGISTRATION: (At Carson Community Center) 1. Class days, 4:30-5 p.m.	REGISTRATION: Call to make appt. with Youth Services Officer	REGISTRATION: Call to make appt. with Youth Services Officer	REGISTRATION: Call to make appt. with Youth Services Officer
Track 4: Oct. 9, 16, 23, 30 Nov. 6, 13, 20, 27 Dec. 4, 11	Track 4: 10/02 - 11/27 *No December classes	Track 4: 9/26 - 11/14 *No December classes	Track 10: Oct. 15, 17, 18 Track 11: Nov. 12, 14, 15 Track 12: Dec. 17, 19, 20

A D U L T S P O R T S

FALL PROGRAM

The Adult Sports Section will be offering a variety of leagues and tournaments during the fall 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 2400 East Dominguez Street, or call (310) 847-3576.



FALL SOFTBALL LEAGUES

Men's Slow Pitch C-Leagues

Registration: August 8 - September 18

Play Begins: Sept 20

Fees:

Mon-Fri evenings	\$375
Sat/Sun mornings	\$355

Coed Slow Pitch Leagues

Registration: August 8 - September 18

Play Begins: Sept 21

Fees:

Mon-Fri evenings	\$375
Sat/Sun mornings	\$355



FALL FLAG FOOTBALL LEAGUES

Men's 4 on 4

Registration: August 1 - September 25

Play Begins: September 27

Fees: \$200 per team

Men's 8 Man

Registration: August 6 - September 25

Play Begins September 30

Fees: \$275 per team

FALL MEN'S BASEBALL LEAGUES

Registration: August 1 - September 4

Play Begins: September 16

Fees: Sundays
\$400 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 Parks, and every 2nd Friday at Carson Park.

Coed Softball

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

• Calas	Mon	6-9 p.m.
• Dolphin	Fri	6-10 p.m.
• Hemingway	Sat	noon-4 p.m.
• Veterans	Fri	6-9 p.m.
• Del Amo	Fri	6-9 p.m.

8 Man Soccer



Carson, Stevenson, and Veterans Parks 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 & Wednesday evenings. Tuesday & Thursday at Stevenson Park.

Adult Fitness

This class is a fun-filled dance plus cardiovascular work out. Come join us and dance your way to thin at the following parks:

• Dominguez	Mon-Fri	7-8 p.m.
• Hemingway	T/Th	7-8 p.m.
• Stevenson	Mon-Fri	9 a.m.-2 p.m. 3-9 p.m. (Weight Room)

Want to be added to the Adult Sports mailing list? Just call the Recreation Division at (310) 847-3570 and ask the Adult Sports Coordinator to add your name to the mailing list for the sport you are interested in.



DISABILITY AND ACCESSIBILITY ISSUES

Help the City of Carson respond to the American Disabilities Act (ADA) by making park and recreational facilities and programs more accessible. If you experience any problems or difficulties in using facilities or programs, please submit your concerns or suggestions for improvements in writing to:

City of Carson Parks and Recreation Department

2400 Dominguez St., Carson, CA 90745

HUMAN SERVICES

SENIOR SOCIAL SERVICES

City of Carson Social Services Section strives to provide a wide variety of programs to Carson residents adults 50 and older. These activities are located at the Carson Community Center, Scott, and Dominguez Parks. The Social Services Office is located in the atrium area of the Carson Community Center.

SENIORS ASSISTED LIVING

Case Management & Home Services

To help seniors and disabled remain independent and in their own homes, our coordinator meets with clients to assess their needs, determine eligibility for services, and develop a care plan. This is done during a home visit, which takes approximately an hour. The coordinator gathers information concerning an applicant's physical, psych-social, financial, and any other concerns that may arise during the visit. We encourage caregivers to participate in the assessment and planning of services. Coordinators authorize services based on the individual needs of each senior or refer them to other community agencies. For more information, call (310) 952-1775, ext. 1471.

Geriatric Aide Program

This program is designed to provide limited domestic assistance to frail and homebound seniors. Typical services include light housekeeping, dish washing, vacuuming, kitchen and bathroom cleaning, laundry, grocery shopping and meal preparation. No charge and donations are encouraged. For more information, call (310) 952-1775, ext. 1471.

Health Insurance Counseling and Advocacy

The Health Insurance Counseling and Advocacy Program (HICAP) of the Center for Health Care Rights provides assistance to Los Angeles County Medicare beneficiaries who need help getting through the Medicare maze. Call (310) 952-1775.

Legal Referral & Advocacy

There are two types of legal service available. Bet Tzedek Legal Services, a federally funded program specializing in government benefit law and counseling by Community Service Advisors (CSA's). Legal counseling is provided in the area of estate planning and real estate law. No charge and donations are encouraged. For more information, call (310) 952-1775, ext. 1467.

Equipment Loan Program

The Social Services office has walker's, crutches, wheelchairs, and canes available for loan. Contact the social services desk for more information. Please keep us in mind if you have a wheelchair you are no longer using and/or if you know of someone who would like to donate one. For more information, call (310) 952-1775, ext.1467.

EARS (Emergency Alert Response System)

All of us want to be able to live independently in our own homes as long as possible. Seniors with a disability can maintain this independence with a little help from Lifeline. Lifeline is a personal response unit connected to a home telephone system. If an emergency occurs, the subscriber simply presses a button worn on the wrist or around the neck, and an alarm sounds at Long Beach Memorial Medical Center 24-hour monitoring station and within seconds, a friendly voice is heard in the home asking the nature of the problem and dispatching appropriate help. For more information, call (310) 952-1775, 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. Short-term placement is also available. For more information, call (310) 952-1775, ext. 1471.



Senior Financial Counseling/Planning Services

The Senior Financial Counseling Program is staffed by Certified Senior Advisors (CSA), who provide experienced guidance at seven senior centers in Los Angeles and Orange County. CSA's are a single source in assisting seniors with issues from the aging process itself to common illnesses affecting the elderly and strategies to help seniors' plan their retirement years. Tuesday and Thursday mornings Rick Skelton offers counseling in the areas of financial and retirement planning, long-term care planning, living trust questions and how to improve on low interest rate CD's. For more information, call (310) 952-1775.

HUMAN SERVICES

INFORMATION & REFERRAL

For many families, a phone call to social services is their first introduction to the sometimes-bewildering network of programs and services for seniors. Our information and referral specialist can answer questions about elder care, suggest solutions, mail information, and make referrals when appropriate. We have the most current information on services for seniors. Our information and referral specialist will follow up to find out if further assistance is needed. For more information, call (310) 952-1775, ext. 1467.

Friendly Visitor

Friendly Visitor Volunteers provide companionship, understanding, and empathy to elders who are lonely and/or isolated. Through regular visits, these volunteers provide letter writing, reading and friendly visits to help the client remain as independent as possible while living in the community. For more information, call (310) 952-1775, ext. 1471.



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." For more information call, (310) 952-1775.

Homemaker/Handyman

This program provides homemaker and/or handyman referrals to seniors who are in need of assistance in their homes. Seniors providing services as well as those seeking to hire homemaker or repairman are registered in the social services office. For more information, call (310) 952-1775, ext. 1467.

Free Tax Assistance

February through April 15 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 only offered on a first come first serve basis. For more information, call (310) 835-0212, ext. 1467 or (310) 952-1775.

Homeowner Renters Assistance Program

You may be eligible to file a 2007 Homeowners or Renters Assistance claim if you were one of the following on December 31, 2006:

- 62 years of age or older
- Blind or disabled and you meet all of the following requirements:
 - You paid \$50 or more rent per month in 2006, or you owned and lived in your own home on December 31, 2006
 - Your total household income for 2006 was \$39,699 or less, and You are a United States citizen, a designated alien, or qualified alien when you file your claim.

This program is offered July through October 15. Call (310) 952-1775 to schedule an appointment.

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 Carson Community Center. Guests enjoy a tasty meal as well as warm conversation and fellowship. A donation is \$2.25 and \$3.25 for non-seniors per meal and is suggested for people 60 years or older. There is a cost for home delivered meals. For more information, call (310) 835-0212, ext. 1487.

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 12-week sessions throughout the year on Wednesday or Thursday, 10 a.m.-12 p.m. and 12:15-1:15 p.m. drop-ins, at the Carson Community Center. For more information, call (310) 952-1775, ext. 1467.

HUMAN SERVICES

SENIOR RECREATION

The senior recreation program provides recreational programs for senior's citizens ages 50 and above. Our goal is to provide a sense of belonging and knowing that there is "LIFE AFTER RETIREMENT." We provide numerous activities and special events, 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 Carson Community Center. For more information call (310) 835-0212 Extensions 1475 or 1479. Classes and programs do not run on City holidays.

CLASSES AND PROGRAMS

A variety of classes and programs are developed when special interests are identified. Classes require a minimum of 10 persons and are free, unless otherwise noted. Classes meet at the Carson 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.

Ceramics Class - Learn to make beautiful vases and ceramic sculptures. Paint your own creations. Supplies must be purchased from the Instructor. Classes meet on Thursdays from 9:00 – 11:00 a.m.; Room 116; Instructor: Cathy



Art Class - Meets on Tuesday from 9:30 – 11 a.m., please bring your own supplies.

SPECIAL EVENTS

Special Events and Activities - are scheduled for senior residents and guests. A small fee is charged. Come join us for the following senior special events.



OCTOBER

Halloween/Harvest Luncheon
October 26, 2007 • 12 - 4 p.m.
Carson Community Center
cost: \$8.⁰⁰

NOVEMBER

TBA

DECEMBER

Christmas Brunch
December 14, 2007 • 11 a.m. - 1 p.m.
Carson Community Center
cost: \$5.⁰⁰

HUMAN SERVICES

EXERCISE

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

Basketball – Join this group, Monday through Friday at Scott Park from 8:30 –10:30 am. Come have fun and get a great cardio workout.



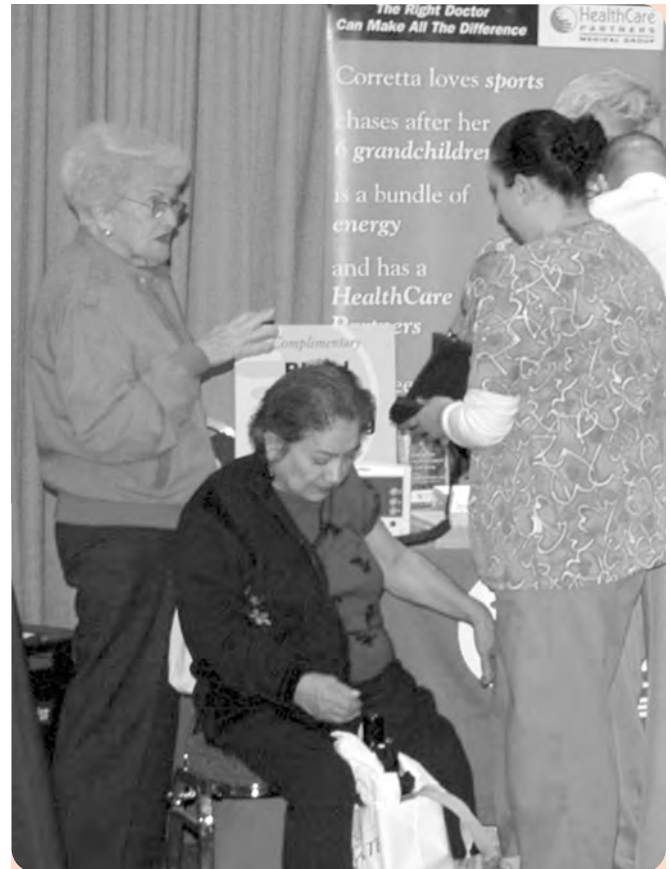
Chair Exercise – Class meets every Tuesday from 10:15 – 11:00 a.m. / Thursday from 11:00 - 11:40 a.m. Low impact class using dyna bands.

Exercise Class – Come and exercise every Tuesday from 11 a.m.-12 p.m. and Thursday from 11:45 a.m.-12:25 p.m. This class is designed to motivate your work out. Come and enjoy the company of other seniors as you move to the hippest tunes.

Aerobics – Come and exercise to the funky tunes for a great workout! Every Friday from 10:30 – 11:15 a.m. Also join Randy on Wednesday from 12:30 – 1:15 p.m. for a super workout at the Community Center. Cost of this class is \$2.00

Weightlifting and Conditioning Class – This class meets Monday through Friday from 8:30 – 10:30 a.m. at Scott Park. Boxing and Weightlifting facility. Seniors keep physically fit by using the exercise equipment available: treadmills, rowing machines, exercise bikes, etc.

HEALTH



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

Blood Pressure Screenings – Volunteers provide free blood pressure screening every Tuesday from 10 – 11 a.m.

PERSONAL ENRICHMENT

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

Carson Clowners – You can see the Carson clowers performing around the City at a variety of citywide special events. Join the group and learn to become a clown and learn the basics on how to apply make-up and perform.

Joy of Music – Class for all you music lovers. Music enthusiasts will enjoy a lecture on Monday from 2 - 4 p.m. and performances at El Camino College. Transportation provided to concerts. For performance dates, please call (310) 835-0212, ext. 1478.

HUMAN SERVICES

Driver Safety Program – Get a break on your car insurance by attending 55 Alive classes. This is an eight hour classroom course can sharpen driving skills, prevent accidents, keep older drivers on the road longer and safer.

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. Instructor: Stu Sanford

DANCE

Square Dance - YEE HAA... PUT ON YOUR COWBOY BOOTS AND GRAB A PARTNER AND Do-Se-Do-Down to the Community Center to learn all the new square dances. Beginning class from 4-6 p.m. on Thursdays. Dance room. \$2 per class.

Ballroom Dancing - Learn the art of Ballroom Dancing on Tuesdays from 12:30 - p.m.; beginners 1-2 p.m. advanced. Dance room. \$2 per class.



Polynesian Dancers - Explore and learn the rich culture of our 50th state by enrolling in our Hawaiian dance class. Thursdays from 9:30 - 11 a.m. Dance room. \$2 per class. Instructor: Yuriko Rogers

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.



Line Dancing - Learn and perform the newest Country Western dances. Advanced classes are Wednesdays from 10-11 a.m. and beginner classes are on Wednesdays from 9-10 a.m. Dance room. \$2 per class. Instructor: Doris Thomas.

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, blood pressure testing, etc. Membership is required.

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

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

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.

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

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

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.

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

HUMAN SERVICES

SENIOR CITIZENS TECHNOLOGY CENTER

The Senior Citizens Technology Center (SCTC) in operation, Monday - Thursday from 9:00 a.m. - 5:00 p.m. Classes are certified and you must sign up. For further information, call (310) 835-0212, extension 1475.

*All classes require typing - Must have knowledge of typing!



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.

Basics of Word Processing

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

Excel

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

Beginning Internet

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

Intermediate Internet

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



We need your help! Please let us know what activities or programs you'd like us to provide.

HUMAN SERVICES

Joseph B. O'Neal, Jr. Stroke Center

The mission of the Joseph B. O'Neal, Jr. Stroke Center is to serve the needs of Carson residents living with the effects of stroke and provide support for their families. This new facility features state of the art equipment and offers a variety of activities including group exercise, arts and crafts, and psychological, physical, occupational speech, and recreation therapy.

J.B.O. Jr. Fitness Center

Open Monday through Friday 8:30 a.m. - 5:00 p.m. Stroke survivors can work at your own pace in the state of the art fitness center, with assistance from staff. For information, call (310) 952-1763.



Exercise Program

This class meets on Tuesdays and Thursdays from 12:30 – 1:30 p.m. Group exercise activities provide the stroke survivor with light recreational activities to help in the ongoing rehabilitative process.

Occupational Therapy

This class is open to all stroke survivors who need to work on hand and arm strengthening. This program is held on one-on-one basis with a licensed Occupational Therapist.

Speech Therapy

This class is open to all stroke survivors who wish to participate. This program is held on a one-on-one basis with a licensed Speech Therapist.

Fun Fridays

Noon – 3 p.m. Activities include arts and crafts, music appreciation, movie days, senior luncheons and field trips.

October: Fantasy Springs

November: Dominguez Adobe Museum
11 a.m. - 3 p.m.

December: Harbor Lights



Water Exercise

This class meets every Wednesday from 1:15 p.m. to 4 p.m.. A therapeutic heated pool provides 100% access to a disabled person. The near weightless environment relieves stress from joints to allow otherwise useless muscles to operate freely. The water provides the body with the opportunity to change positions and improve circulation.

Speakers Bureau

The presentations will provide resources to the stroke survivors and the caregivers. The topics presented will also provide information on medical, psychological, and legal issues, as well as day-to-day living concerns.

Caregiver Support Group Sessions

These sessions are offered, Thursday, 12:30-1:30 p.m. A stroke can be financially and emotionally devastating for the family, spouse and/or significant other, as well as for the stroke survivor. The sessions for caregivers will provide the opportunity to discuss living with and caring for a stroke survivor, the impact of the stroke experience on their lives and other pertinent issues.

SPECIAL NEEDS PROGRAM

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:

- **October 19th** - Halloween Dance
- **November 16th** - Thanksgiving Dance (Fee)
- **December 14th** - Christmas Dance (Fee)

Special Olympics

It is mandatory that a current Special Olympics medical form be on file in the Special Needs Office before participation in any Special Olympics event. Please contact the office if you have any concerns. October 14 - Regional Fall Games, Orange County Bowling/Volleyball; November 11 - Volleyball Championship's American Sports Center, Anaheim.

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 are on Mondays at Carson Park from 7-9 p.m.

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. We'll sweat away those extra pounds on Wednesday at Carson Park from 7-9 p.m.

Pumpkin Painting Class

Bring your pumpkin to class. We will help you paint or decorate it scary, funny, cute or any way you wish. Class will meet on October 15 at Carson Park from 7-9 p.m.

Halloween Cookie Class

In this class we will bake and decorate Halloween cookies. This scrumptious class will be on October 29 from 7-9 p.m. at Carson Park.

Thanksgiving Centerpiece Class

Here we will be making beautiful Thanksgiving centerpieces. After your project is completed it will be beautiful enough to place on your dinner table. Our creative turkey class will take place on November 19 from 7-9 p.m. at Carson Park.

Christmas Ornament Making Class

Join us in making a keepsake Christmas ornament for your tree at home. Hope you can come to this creative class on December 10 from 7-9 p.m. at Carson Park.

Holiday Wreath Class

It's no holiday without a Christmas Wreath. Join us in making a beautiful wreath out of fabric, buttons, sequins, beads or what ever you want. Class will be held on December 3 from 7-9 p.m. at Carson Park.

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 will meet every Tuesday at Carson Park from 7-9 p.m.

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. This program will meet on Thursday at Carson Park from 7-9 p.m.

Special Olympic Track and 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, locations and times to be held on Saturdays from 9-10:30 a.m.

You are invited to the

City of Carson
8TH ANNUAL
SENIOR RECOGNITION
AWARDS BANQUET

“Aging Gracefully with Style and Dignity”

Wednesday, October 24, 2007 • 11 a.m. - 2 p.m.

Carson Community Center
3 Civic Plaza Drive, Carson, California

Sponsored by the

CARSON SENIOR CITIZENS
ADVISORY COMMISSION

Join us as we honor
outstanding senior citizens and
their contributions to the
Carson community



\$10 per person
Reservations are required.
For information and to obtain
tickets, please call
(310) 952-1775 • (310) 952-1780
Human Services Division

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VETERANS SPORTS COMPLEX

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Annual Membership Rates

	Registration	New member	Renewal
Individual	\$30	\$200	\$150
Senior Citizen	\$20	\$120	\$100
Family	\$50	\$310	\$250

30-day Membership Rates

	Registration	New member	Renewal
Individual	\$10	\$30	\$25
Senior Citizen	\$5	\$20	\$20
Family	\$15	\$50	\$45

Daily Guest Rates

	6 a.m. - 3 p.m.	3 p.m. - close	Set-up fees
Individual	\$5	\$10	\$10

Call for our corporate rates

Get into the fit of things with our Membership Specials!

October 2007

Scare away the sugar goblins
with a healthier you!

First 20 New Annual Memberships get one
free session of personal training

November 2007

Give Thanks!

First 20 New Annual Family memberships
receive a Free 10-day guest pass
(PIF Annuals only)

December 2007

Start the New Year
as a Healthy Hottie!

Free 30-day guest pass with
First 10 New Annual
Family memberships
(PIF Annuals only)

10%

discount for
Veterans



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
9 a.m. - 1 p.m.

SERVICES / FACILITIES



Facility Rental Information

The 25,000 sq.ft. Veterans SportsComplex is host to various community events for local recreation programs, school functions and annual celebrations.

Our 12,000 sq.ft. NBA regulation gym has six basketball hoops making it possible for two full-court basketball games to run simultaneously and bleacher seating for approximately 900 cheering spectators.

Gym (per hour)	Full court	Half court	Bleachers (per day)
6 a.m. - 3 p.m.	\$100	\$65	\$75
3 p.m.- close	\$200	\$125	\$100

Small court (per hour)	Parking Lot (per day)	Raquetball Court (per hour/court)
6 a.m. - 3 p.m. \$50	6 a.m. - 3 p.m. \$75	6 a.m. - 3 p.m. \$10
3 p.m.- close \$100	3 p.m.- close \$150	3 p.m.- close \$20

Large Activity Room	Staff fees for all permits (per hour)
6 a.m. - 3 p.m. \$20	M-F, 6 a.m. - 5 p.m. \$15
3 p.m.- close \$50	M-F, 5 p.m.- close \$15
	Sat/Sun \$15

Locker Room/Fitness Center
Prices vary

Proof of Non-profit status must be shown before contract is processed. Security deposits, proof of insurance and park staff required for all permits issued. Number of participating staff is assigned by management. Call Veterans SportsComplex, (310) 830.9991.

Come See What we've got going at the Vet!

October 2007

October 5, 14, & 27 - Member guest free days
October 20 - Health & Fitness Fair, 9 a.m. -1 p.m.
October 30 - Kids Halloween Party, 5 p.m. -7 p.m.
October 31 - Halloween (Facility Open Regular Hours)

November 2007

November 3, 11, & 23 - Member guest free days
November 20 - Turkey Blast, 6 p.m.-8 p.m.
November 25 - Thanksgiving Day (Facility Closed)

December 2007

December 15, 23, & 30 - Member guest free days
December 17 - Member's Holiday Mixer, 6 p.m. -9 p.m.
December 20 - Kids Christmas Party, 5 p.m. -7 p.m.
December 24 - Christmas Eve (Facility closes, 3 p.m.)
December 25 - Christmas Day (Facility Closed)



Kids Halloween Party




Member's Holiday Mixer

The complex has more than 30 different classes!
Come on, see us for your NEW YOU!
And...Bring a friend!


Call Veterans SportsComplex

more information at (310) 830.9991

ADULT CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:05 - 6:50 a.m. 45-Minute Cycle II, III (Luz) ★★★	8:00 - 9:00 a.m. Low Impact Aerobics I, II (Charles)	6:05 - 6:50 a.m. 45-Minute Cycle II, III (Luz) ★★★	8:00 - 9:30 a.m. Muscle Conditioning I, II, III, (Beverly)	6:05 - 6:50 a.m. 45-Minute Cycle II, III (Luz) ★★★	7:00 - 9:00 a.m. Marathon Training II, III (Veronica)	8:45 - 9:40 a.m. Step Aerobics II, III (Luz)
8:30 - 9:30 a.m. Cardio Step II, III (Charlene)	9:00 - 10:00 a.m. Corepole Training I, II, III (Jaimie)	8:30 - 9:30 a.m. Hatha Yoga I, II (Charlene)	9:30 - 10:30 a.m. Cardio Kickboxing I, II, III (Charles)	8:30 - 9:30 a.m. Body Works II, III (Beverly)	8:30 - 9:30 a.m. Cardio Walk & Pilates I, II (Luz)	9:45 - 10:45 a.m. Corepole/Muscle Conditioning I, II, III (Luz)
9:30 - 10:30 a.m. Salsa I, II (Michael)	12:00 - 1:00 p.m. Circuit Training I, II, III (Beverly)	9:30 - 10:30 a.m. Lower Body Conditioning I, II (Beverly)	12:00 - 1:00 p.m. Circuit Training I, II, III (Beverly)	9:30 - 10:30 a.m. Functional Fitness I, II (Jaimie)	8:30 - 9:30 a.m. Schwinn Cycling & Abs II, III (Cynthia) ★★★	
	5:30 - 6:30 p.m. Schwinn Cycling II, III (Cynthia) ★★★	12:00 - 1:00 p.m. Salsa I, II (Michael)	5:30 - 6:30 p.m. Schwinn Cycling II, III (Veronica) ★★★	12:00 - 1:00 p.m. Salsa I, II (Michael)	9:30 - 11:00 a.m. Step & Resist-a-Ball I, II, III (Luz)	
5:30 - 6:30 p.m. Adult Kempo Karate I, II, III (Master Tigi) ★	5:15 - 6:15 p.m. Yoga Fit I, II, III (Deanna)	5:30 - 6:30 p.m. Adult Kempo Karate I, II, III (Master Tigi) ★		5:30 - 6:30 p.m. Adult Kempo Karate I, II, III (Master Tigi)		
6:15 - 7:30 p.m. Step/Pilates I, II, III (Luz)	6:30 - 7:30 p.m. Muscle Conditioning II, III (Luz)	6:00 - 7:00 p.m. Schwinn Cycling II, III (Cynthia) ★★★	6:00 - 7:00 p.m. Hatha Yoga I, II (Charlene)	6:00 - 7:00 p.m. Schwinn Cycling Muscle/Conditioning & Abs II, III (Cynthia)		
7:00 - 9:00 p.m. Adult Volleyball I, II, III (Wallace)		6:00 - 7:00 p.m. Pilates I, II (Luz)	7:00 - 8:00 p.m. Step/Muscle Conditioning I, II (Marie)	6:30 - 7:30 p.m. Step Aerobics I, II (Marie)		
		7:00 - 8:00 p.m. Cardio Kickboxing & Corepole I, II, III (Jaimie)				

YOUTH CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4 - 5:30 p.m. Youth Kempo Karate I, II, III (Master Tigi)		4:00 - 5:30 p.m. Youth Kempo Karate I, II, III (Master Tigi)		4:00 - 5:30 p.m. Youth Kempo Karate I, II, III (Master Tigi)		
5:15 - 6:00 p.m. Abs/Core Training I, II, III (Albert)			4:00 - 5:00 p.m. Fun Fitness for Kids I, II (Frank)	5:00 - 7:00 p.m. Youth Volleyball I, II (Wallace) Main Gym		
5:00 - 6:00 p.m. Power Kids I, II, III (Frank)	5:00 - 6:00 p.m. Fun Fitness for Kids I, II (Frank)	5:00 - 6:00 p.m. Power Kids I, II, III (Frank)	5:00 - 6:00 p.m. Youth Hip Hop Aerobics I, II, III (Bradley)	6:00 - 8:45 p.m. Teen Club I, II, III (Ronald)		
5:00 - 7:00 p.m. Youth Volleyball I, II (Wallace) Main Gym						

Veterans SportsComplex

22400 Moneta Avenue, Carson, CA 90745 • (310) 830-9991 • Fax (310) 830-3364

Adult classes

Classes are held in the Group Exercise Room unless otherwise noted by the ★ symbols. This schedule and the instructors are subject to change or substitution without notice. Please have a towel, water bottle, and go at your own pace, regardless of class.

- ★ Activity Room
- ★★ Fitness Center
- ★★★ Cycle Room

Youth classes

Class Descriptions

Abs/Core Training: Members will learn what muscles make up the abdominal core and a variety of exercises to build up both the stomach and the back muscles creating a longer and leaner look.

Fun Fitness for Kids: A fun and functional class to help children's general health, fitness, and motor skills development. Coed for ages 5 to 11 years old.

Teen Club: This club is made up of teen ages 12 - 17 years of age. There will be a variety of sports activities, health education, break out sessions, and healthy eating tips. Teens will have a chance to share what they know about health and fitness and what we can teach them about living a healthy lifestyle. Healthy living needs to start when we are young. Come and join the club.

Power Kids: Give your child a head start on good health. Strength training helps with confidence, self-image, weight control, improves growth and bone mineral density. They will learn proper strength training techniques that can be used for a life time. This class is for coed ages 9 to 15 years.

Youth Hip Hop: This is a class to learn how to dance Hip Hop and have fun. We will combine aerobics and hip hop together for a great healthy work-out. We will also put together dance routines for special events. This class is coed.

Youth Volleyball: A great class for kids to learn and sharpen their volleyball skills. Learn the basics such as pass, serve, hit, and dig. Sport specific training by an experienced volleyball coach. This class is for coed ages 9-15 years.

Classes are held in the Group Exercise Room unless otherwise noted. This schedule and the instructors are subject to change or substitution without notice. Go at your own pace, regardless of class.

Fitness Levels:

- I Beginner
- II Intermediate
- III Advanced

Rates:

- Free to members
- Non-members are welcome at \$15 for all classes

VETERANS SPORTSCOMPLEX

310.830.9991

"Commit to be Fit."

The Veterans SportsComplex works with the total person to get the results you seek.

Come check
us out!

The Veterans SportsComplex works with the total person to get the results you seek.

For strength training

- Life Fitness Signature Series Weight Training Machines
- Hammer Strength Smith Machine
- Hammer Strength Incline Press
- Hammer Strength Iso-Lateral Front Lat Pulldown
- Olympic Shoulder, Incline, Military & Abdominal Benches
- Life Fitness Cable Crossover
- Ivanko Free Weights & Dumbbells

For cardiovascular training

- (8) Life Fitness Treadmills
- (3) Star Trac Climbers
- (3) Precor Ellipticals
- (3) Life Fitness Elliptical Cross-Trainers
- (3) Life Fitness Recumbent Bikes
- (5) Precor Upright Cycles
- (10) Schwinn Evolution Cycles for cycling classes



Always
remember
when exercising
to hydrate
yourself, bring
a towel, and
have fun!

Great progress comes from small steps; and it's time to take the steps that will change your life. Exercise takes commitment and needs motivation.

The Veterans SportsComplex is here to help you keep the commitment while keeping you motivated to succeed. Our classes are designed to maximize the calorie output, tone, and sculpt while having "Loads of Fun!" So what are you waiting for!

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.

SERVICES / FACILITIES



- 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

To learn more about any of these services, please call the Transportation Services Division (located in the 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.



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

Public Transportation

ALL SCHEDULE AND ROUTE INFORMATION CONTAINED HEREIN IS CURRENT AT THE TIME OF PUBLICATION; ALL ARE SUBJECT TO CHANGE.



Carson Circuit

A fixed-route bus system providing service within the city and connections to the Metro Blue Line Station and regional bus services from Long Beach Transit, Torrance Transit, MTA, and Gardena Municipal bus lines. Buses operate every 40 minutes on eight routes from 5:20 a.m. to 6:40 p.m., Monday through Friday, and 10:40 a.m. to 5:20 p.m. on Saturday. Fares are \$0.50 with free transfers to other Circuit routes. Transfers to regional services are \$0.25, seniors and disabled ride free with city-issued photo identification card available for a one-time fee of \$1.00. Monthly passes (unlimited rides) may be purchased for \$20.00 each from the City Treasurer's Office or from Southbay Pavilion's Customer Service Counter. For route schedules and more information, call (310) 835-0212.



North/South Shuttle

The North/South Shuttle runs in one direction and departs every 50 minutes from the Artesia Transit Center (ATC) on Albertoni Street where commuters may connect with several MTA, Torrance, and Gardena Municipal bus lines. Carson Circuit connections run every 40 minutes in one direction and regional bus lines run in both directions. The North/South shuttle bus runs every 50 minutes departing ATC from 5:20 a.m. to 6:40 p.m., Monday through Friday and 10:40 a.m. to 4:54 p.m. on Saturday. Fares are \$0.50 with free transfers to the Carson Circuit. Transfers to regional services are \$0.25, seniors and disabled ride free with city-issued photo identification card available for a one-time fee of \$1.00. Monthly passes (unlimited rides) may be purchased for \$20.00 from the City Treasurer's Office or from Southbay Pavilion's Customer Service Counter. The shuttle bus is equipped to transport wheelchair occupants. For route schedule and more information, call (310) 835-0212.



Countywide Services to the Disabled (Non-City Administered)

Access Services, a specialized transportation service, is offered to disabled individuals throughout Los Angeles County. Access Services manages a fleet of specially equipped vans and taxis offering curb-to-curb services. The service operates 7 days a week, 24 hours a day in most areas and eligible riders must schedule their trips 24-hours in advance. A trip on the Access Services costs \$1.80 one way for trips that are 19 miles or less; \$2.70 one way for trips that are 20 miles or more. Riders must pay in exact cash, or with script, which can be purchased by mail through Access Services Customer Service Center. For more information about Access Services, or the many dial-a-ride services in Los Angeles County, or to inquire about eligibility, please call Access Services Customer Service Center at (800) 827-0829 or text telephone at (800) 827-1359 for persons with hearing and communication disabilities.



Dial-A-Ride Service

Economical taxi service is available to Carson seniors at least 60 years of age and/or individuals with permanent disabilities. Persons with disabilities under 18 years of age must be accompanied by a registered personal attendant. Accessible minivans are available for wheelchair users. The Dial-A-Ride Program operates 24 hours, seven days a week. Service is provided anywhere within city-designated boundaries and to specific satellite locations outside the city for medical trips only. The cost is \$1 per one-way trip, and \$2 per round-trip. **NOTE:** A city-issued photo identification card is required before using the Dial-A-Ride service. Eligible applicants must present two valid forms of identification to show proof of age and Carson residency. We will accept a government issued picture identification card with a Carson address and a current utility bill. P.O. boxes are not accepted. If you need to register for the service or purchase taxi coupon booklets, the office is open Monday – Thursday from 8:00 a.m. to 5:00 p.m. The office is closed on Fridays, Saturdays, Sundays and holidays. New ID cards cost \$1.00. Replacement cards cost \$5.00. Payment must be made in the exact amount of the purchase. We do not give change. **To request a taxi pickup, please call toll free (877) 435-6111.**



The NORTH/SOUTH SHUTTLE is a community program sponsored by the City of Carson, providing bus service to neighborhoods along the western boundary of the City with connections to the Carson Circuit and regional bus service to Torrance Transit and the MTA bus lines.

SCHEDULE

The bus runs every 50 minutes:

Monday - Friday 5:20 am to 6:03 pm

(The last bus from Artesia Transit Center leaves at 5:50 pm)

Saturday 10:45 am to 4:54 pm

(The last bus from Artesia Transit Center leaves at 4:10 pm)

The schedule shows the times the bus reaches 10 major stops. To tell when the bus reaches a stop not listed, find the times on the schedule for the major stops immediately before and after it. The bus will arrive at the stop between these two times.

The North/South Shuttle does not operate on Sundays, Thanksgiving Day or Christmas Day.

ROUTE

The North/South Shuttle runs in a loop and departs every fifty minutes from Artesia Transit Center located on 182nd Street/Albertoni. Carson Circuit connections also run in a loop. Regional bus lines run in both directions.

FARES *(exact change required)*

Regular 50¢
 Elderly and Disabled *(with city-issued ID)* FREE
 Carson Monthly Pass \$20
 MTA EZ Transit Monthly Pass *(General)* \$58
 MTA EZ Transit Monthly Pass *(Senior/Disabled/Medicare)* \$29
 Transfers to Carson Circuit routes FREE
 Transfers to regional bus or rail lines 25¢
(The shuttle bus is equipped to transport wheelchair occupants.)

FOR MORE INFORMATION

Carson Monthly Passes (310) 952-1723
 MTA EZ Transit Monthly Passes (800) COMMUTE
 Elderly & Disabled, Lost & Found, Complaints (310) 835-0212
 TTY *(hearing impaired)* (800) 252-9040
 or write to: North/South Shuttle
 Transportation Services Division
 3 Civic Plaza, Carson, CA 90745

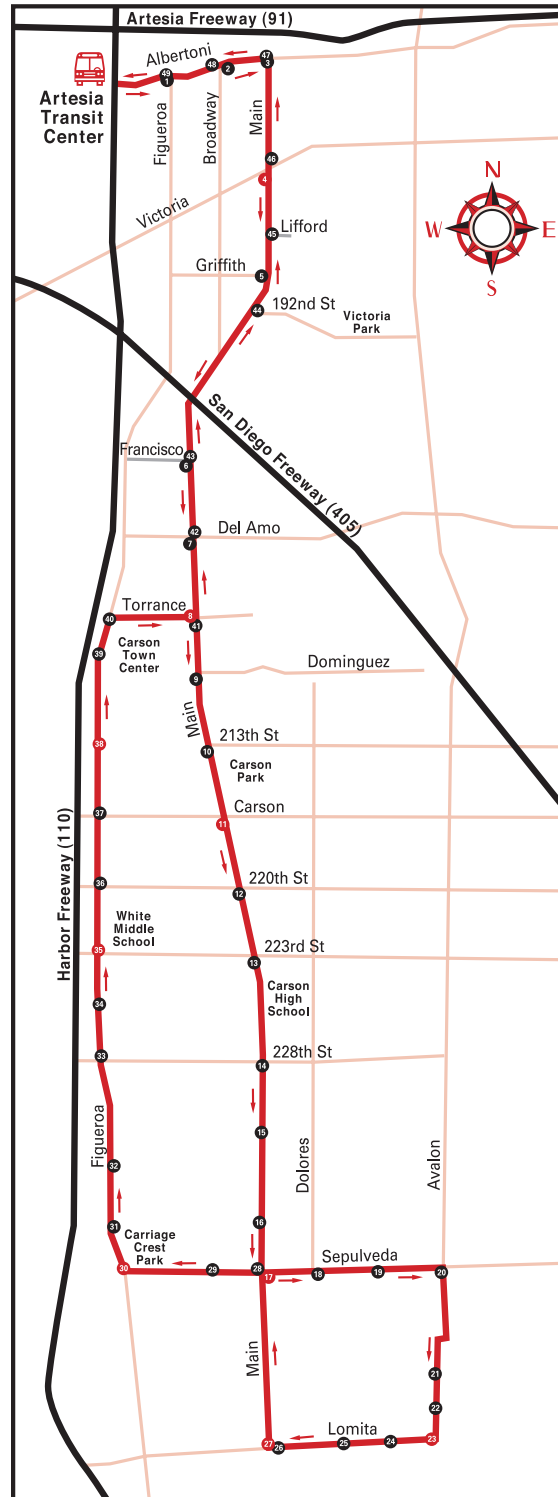
NORTH/SOUTH SHUTTLE SCHEDULE

Effective June 19, 2006

Artesia Transit Center	Main & Victoria	Main & Torrance	Main & 218th	Sepulveda & Main	Lomita & Avalon	Main & Lomita	Figueroa & Sepulveda	White Middle School	Carson Town Center-Figueroa	Artesia Transit Center
5:20	5:25	5:29	5:33	5:39	5:43	5:46	5:48	5:52	5:54	6:04
6:10	6:15	6:19	6:23	6:29	6:33	6:36	6:38	6:42	6:44	6:54
7:00	7:05	7:09	7:13	7:19	7:23	7:26	7:28	7:32	7:34	7:44
7:50	7:55	7:59	8:03	8:09	8:13	8:16	8:18	8:22	8:24	8:34
8:40	8:45	8:49	8:53	8:59	9:03	9:06	9:08	9:12	9:14	9:24
9:55	10:00	10:04	10:08	10:14	10:18	10:21	10:23	10:27	10:29	10:39
10:45	10:50	10:54	10:58	11:04	11:08	11:11	11:13	11:17	11:19	11:29
11:35	11:40	11:44	11:48	11:54	11:58	12:01	12:03	12:07	12:09	12:19
12:25	12:30	12:34	12:38	12:44	12:48	12:51	12:53	12:57	12:59	1:09
1:15	1:20	1:24	1:28	1:34	1:38	1:41	1:43	1:47	1:49	1:59
2:05	2:10	2:14	2:18	2:24	2:28	2:31	2:33	2:37	2:39	2:49
3:20	3:25	3:29	3:33	3:39	3:43	3:46	3:48	3:52	3:54	4:04
4:10	4:15	4:19	4:23	4:29	4:33	4:36	4:38	4:42	4:44	4:54
5:00	5:05	5:09	5:13	5:19	5:23	5:26	5:28	5:32	5:34	5:44
5:50	5:55	5:59	6:03							

SATURDAY SCHEDULE

STOP	LOCATION	CORNER	CONNECTIONS
0	Artesia Transit Center	NE	MTA: 52, 130, 205, 214, 352, 444, 445, 446, 447, 450X TORRANCE TRANSIT: 1 & 6
1	Albertoni/Figueroa	SE	TORRANCE TRANSIT: 1 & 6
2	Albertoni/Broadway	SE	MTA: 214, 446, 447
3	Albertoni/Main	SW	MTA: 446, 447
4	Main/Victoria	SW	
5	Main/Griffith	SW	
6	Main/Francisco	SW	
7	Main/Del Amo	SW	
8	Main/Torrance	SW	
9	Main/Dominguez	SW	CARSON CIRCUIT: F
10	Main/213th St.	SW	
11	Main/218th St.	SW	
12	Main/220th St.	SW	CARSON CIRCUIT: B
13	Main/223rd St.	SW	CARSON CIRCUIT: B & F
14	Main/228th St.	SW	CARSON CIRCUIT: B
15	Main/232nd St.	SW	CARSON CIRCUIT: B
16	Main/Gulf	SW	
17	Sepulveda/Main	SE	
18	Sepulveda/Dolores	SE	
19	Sepulveda/Panama	SE	
20	Avalon/Sepulveda	SW	CARSON CIRCUIT: C
21	Avalon/246th St.	SW	
22	Avalon/248th St.	SW	
23	Lomita/Avalon	NW	
24	Lomita/Island	NW	
25	Lomita/Neptune	NW	
26	Lomita @ Bestway Market	NW	
27	Main/Lomita	NE	TORRANCE TRANSIT: 3
28	Sepulveda/Main	NW	
29	321 W. Sepulveda	NW	
30	Figueroa/Sepulveda	NE	
31	Figueroa/Carriagedale	NE	
32	Figueroa/234th St.	NE	CARSON CIRCUIT: B
33	Figueroa/228th St.	NE	CARSON CIRCUIT: B
34	Figueroa/Shadwell	NE	
35	Figueroa/223rd St.	NE	CARSON CIRCUIT: F
36	Figueroa/220th	NE	CARSON CIRCUIT: F
37	Figueroa/Carson	NE	CARSON CIRCUIT: F TORRANCE TRANSIT: 3
38	Figueroa/213th	NE	CARSON CIRCUIT: F
39	Torrance/Carson Town Ctr. W.	NE	CARSON CIRCUIT: F
40	Torrance/Figueroa	SE	CARSON CIRCUIT: F
41	Main/Torrance	NE	CARSON CIRCUIT: F
42	Main/Del Amo	NE	
43	Main/Francisco	NE	
44	Main/192nd St.	NE	
45	Main/Lifford	NE	
46	Main/Victoria	NE	
47	Albertoni/Main	NW	
48	Albertoni/Broadway	NW	
49	Albertoni/184th St.	NW	MTA: 52, 205, 214, 352, 446, 447
50	Artesia Transit Center	NE	MTA: 52, 130, 205, 214, 352, 444, 445, 446, 447, 450X TORRANCE TRANSIT: 1 & 6





City of Carson Veterans SportsComplex

is presenting

A Community Health, Nutrition, Fitness Fair & Open House

SATURDAY, OCTOBER 20, 2007



9 A.M. TO 1 P.M.

FREE ADMISSION



Veterans SportsComplex

Main Gymnasium

22400 Moneta Avenue,

Carson, CA 90745

- Health Screenings – body fat, blood pressure, cholesterol, vision
- Educational Information – fitness wellness, nutrition, drug awareness
- Fitness – see our new state-of-the-art fitness equipment and check out each department's demos: aerobics, self-defense, youth fitness, salsa, and much more!

"Get Fit into the Fun"

***Help us help you make your commitment
to health and fitness for the whole family.***

For more information, please call

Janny Noa at (310) 830-9991

**PARKS AND RECREATION
DEPARTMENT**

"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: Carson Community Center

Date: The 2nd Monday of each month

Time: 4 p.m.

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

Volunteers: "Carson Wants You"

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

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

City of Carson

A festive Halloween-themed graphic. The background is a warm orange-red gradient. In the upper left, there are several pumpkins. In the upper right, a witch with a pointed hat is visible. The word "HALLOWEEN" is written in large, bold, black, hand-drawn capital letters with a white outline. Below it, the word "Carnival" is written in a smaller, elegant, black script font.

HALLOWEEN

Carnival

October 31, 2007 • 6 - 9 p.m.

Carson Community Center - East Parking Lot



Carnival Games
Costume Contests
Youth Fun Zone
Candy Giveaways
and much more!

For information, call (310) 847-3570
All Ages Welcome

SPECIAL INFORMATION

The City of Carson

Santa Visits the Streets of Carson

December 3 - 21 • 5 - 8 p.m.

FREE!

For Boys & Girls of all ages

Talk with Santa
and receive candy
from the North Pole
when he stops
in your area.

Private visit
available:

\$30/15

minutes

(must pay in advance)

**For information
on dates and
areas, call
(310) 847-3570**



CARSON CENTER

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



(310) 835-0212

801 East Carson Street,

Carson, California 90745

www.carsoncenter.com

DID YOU KNOW THESE ORDINANCES EXIST?

ORDINANCE 95-1055:

NEW PARK CLOSURE HOURS

Old Closure Hours: Midnight-5 a.m. - **New Closure Hours:** 10 p.m.-5 a.m. No person shall enter or remain in park while closed unless under an approved permit for usage. Parking in lot is prohibited while park is closed. Vehicles shall be towed and stored at owners expense.

ORDINANCE 95-1056:

MANDATORY PICNIC SHELTER PERMIT

Permit for use of picnic shelters now necessary in order to facilitate maximum enjoyment and ensure public's health, safety, and welfare. *Anyone occupying a shelter without a permit will vacate when requested to do so by City staff. There is a \$35 fee for a full day use. Permits are available through the Parks & Recreation Department.

ORDINANCE 95-1057:

USE OF CITY PARKS BY LARGE GROUPS

Groups of 25 or more now need to obtain a permit to utilize any portion of a park in order as to not deprive others of the free and unimpeded use of park space. There may be a cost for such a permit depending on area used. Permits are available through the Parks & Recreation Department.

ORDINANCE 95-1058:

USE OF AMPLIFIED MUSIC IN PARKS

A permit is now necessary for any individual or group wishing to broadcast amplified music in parks as it was found that broadcasting amplified music frequently interferes with the ability of others to enjoy park facilities. Therefore, the City is desirous of minimizing and controlling this interference. Broadcasting standards limit volume of sound to not be audible for a distance in excess of 50 feet. The area where music can be played and direction of speakers shall be agreed upon by permittee and City staff. Amplified music shall only be broadcast between the hours of 10 a.m. and 7 p.m. during daylight savings time and 10 a.m. and 6 p.m. during standard time. There is no fee for this permit.

ORDINANCE 41107:

SMOKING PROHIBITED IN PARKS

Smoking prohibited in Parks, Playgrounds and Recreation Centers, and prohibiting disposal of tobacco related products in Parks, Playgrounds and Recreation Centers.

**FOR COPIES OF ORDINANCES
OR ADDITIONAL INFORMATION,
PLEASE CONTACT THE
PARKS AND RECREATION
DEPARTMENT AT (310) 847-3570**

City of Carson Annual Christmas Recital



Admission \$3.⁰⁰

Wednesday
December 12, 2007
6:30-8:30 p.m.

•
Carson Community
Center
3 Civic Plaza Dr.

For further information, call the
Parks and Recreation Dept.,
at (310) 847-3566



Carson Veterans Monument

On November 11, 1998, the City of Carson dedicated a Veterans Monument to honor those 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 in the process of 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 that will be dedicated on November 11, 2003. If you are a Carson Veteran or if you know of a Carson Veteran who served in the United States armed forces, please contact the Parks and Recreation Department at (310) 830-9991.

RECREATIONAL FACILITIES

your guide to Carson's parks and recreational facilities

City Facilities	Acres	Ballfields	Basketball Courts	Boxing Equipment	Children's Play Area	Football Field	Frisbee Golf course	Gymnasium	Horse-shoes	Meeting / Craft Rooms	Picnic Areas	Snack Bar	Soccer Field	Swimming Pool	Tennis Courts	Volleyball Courts	Wading Pools	Fitness Center	Racquetball Courts	Skate Park	Multi-purpose
Anderson Park 19101 Wilmington Ave. 603-9850 / 603-9878	8		2L		•		•			2	•					4L	•				
Calas Park 1000 E. 220th St. 518-3565 / 518-3566	9	1L	1L		•	•			•	2	•	•	•			2L	•				
Carriage Crest Park 23800 S. Figueroa St. 830-5601 / 830-5608	4	1L	1L		•	•				1	•	•	•								
Carson Community Center 3 Civic Plaza Dr. 835-0212	31,000 sq. ft.									26											•
Carson Park 21411 S. Orrick Ave. 830-4925 / 830-4998	11	2L	2L		•	•			•	2	•	•	•				•				
Carson Pool 21436 S. Main St. 830-1053														•							
Del Amo Park 703 E. Del Amo Blvd. 329-7717 / 329-6309	10	2L	1L		•	•				2	•	•	•								
Dolphin Park 21205 Water St. 549-4560 / 549-4857	12	2L	1L		•	•				2	•	•	•			2L	•	•			
Dominguez Park/ Aquatic Center 21330 Santa Fe Ave. 549-3962 / 830-8994	9	1L	1L		•	•	•			2	•	•	•	•		2L					
Friendship Mini Park 21930 S. Water St. NONE	0.3				•						•										
Hemingway Park 700 E. Gardena Blvd. 538-0018 / 538-0019	13	1L 1U	1L 1U		•	•	•		•	2	•	•	•			2L					
Mills Park 1340 E. Dimondale Dr. 631-3130	5				•	•	•			2	•						•				
Scott Park 23410 Catskill Ave. 830-8310 / 830-8311 (Location of Fabela Boxing Center)	13	2L	1L	•	•	•		•	•	4	•	•	•			2L	•		•		
Scott Pool 23410 Catskill Ave. 549-9051														•							
Stevenson Park/Gym 17400 Lysander Dr. 631-2252 / 631-0963 (310) 952-1745 Gym	13	2L	1L		•	•		1		2	•	•	•			2L	•		•		•
Walnut Street Mini Park 440 E. Walnut St. NONE	1.5		2U		•						•										
Veterans Park/Skate Park 22400 Moneta Ave. 830-4185 / 830-1369	12	2L	8L		•	•			•	2	•	•	•			2L	•			•	•
Veterans SportsComplex 22400 Moneta Ave. 830-9991	25,000 sq. ft.		6L					2		1							•		•	•	•
Perry Street Mini Park 215th and Perry	2				•						•										

LIGHTED = L UNLIGHTED = U

Come Visit



CARSON COMMUNITY CENTER
(East Parking Lot)

THURSDAYS • 9 A.M. TO 1 P.M.

RAIN OR SHINE

**FREE produce raffle every
Thursday at 12:15 p.m.!**

California fruits and vegetables!

peaches, plums, apricots, nectarines, cherries, melons,
tomatoes, corn, green beans, peppers, squash, (when in season),
nuts, eggs, baked goods, cut flowers, and nursery stock

Stop by the Market Manager's Booth for your frequent buyer's card and raffle tickets!

For more information about the Farmers Market, call (310) 847-3584

PUBLIC INFORMATION OFFICE-CARSON

701 East Carson Street
Carson, CA 90745

PRSRT. STD
U.S. POSTAGE
PAID
Permit No. 905
Long Beach, CA

POSTMASTER : DATED MATERIAL. PLEASE DO NOT DELAY