

**CITY OF CARSON**

Parks, Recreation & Human Services

**2009**

JULY • AUGUST • SEPTEMBER

**G U I D E**

*Fun In  
The Sun*



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

## Elected Officials

Jim Dear, Mayor

Lula Davis-Holmes, Mayor Pro Tem

Elito M. Santarina, Councilmember

Mike A. Gipson, Councilmember

Julie Ruiz-Raber, Councilmember

Helen S. Kawagoe, City Clerk

Karen Avilla, City Treasurer

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Jerome G. Grooms, 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 Congresswoman Juanita Millender-McDonald 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.

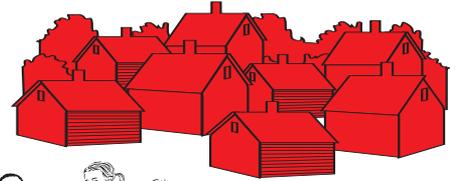
## A MESSAGE FROM THE CITY TREASURER

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 NOTICE



The **Special Interest Class Program** has been temporarily suspended pending analysis and possible restructure.

*Thank you for your cooperation and patience.*

For comments or questions, call the Special Interest Office at (310) 952-1782.

## FINE ARTS

# Cultural Activities & Programs

The City of Carson Fine Arts Section values the services of our community based arts and cultural organizations and the artists whose work enriches our community. The City of Carson has allocated funding for these skills to be taught to or performed by Carson residents. Our goal is to provide fine arts programs based on diverse interests and needs and to serve a wide range of citizens who are not already served. The following 11 organizations were funded for fiscal year 2008-2009.



## Carson Dominguez Hills Symphony Orchestra

The symphony is currently under the direction of Hector Salazar, and has been honored nationally for its artistic excellence. The Symphony will present its annual Children's Concert, where nearly 3,000 local schoolchildren are introduced to a variety of music and the instruments in the orchestra. All musicians are invited to audition for membership in the orchestra. For audition information, please call the University Music Department at (310) 243-3543.

## Apollo West Carson Players

The Apollo West Carson Players Theatre and Drama Workshop is a series of educational training workshops that will include two performance productions. Training workshops include acting, singing, dancing, technical, production training, professional computerized lighting board, and stage management. Program goals include providing a cultural arts outlet and theatre arts skills training for "at risk" youth and adult Carson residents, teaching self-expression and self-esteem. For more information, please call (310) 212-7955.



**Art in Motion Youth Dance Co** is presenting a production and outreach program. The program was funded in an effort to offer participation to local youth at minimal costs. The funding includes production costs, choreographer, theater rental, set design, and promotional materials. For more information, call Elaine Glover at (310) 808-0098.

# Cultural Activities & Programs

**PASS** stands for Pacific American Student Services. This program will allow community residents and students from Carson schools to participate in the Asian/Pacific Islander Heritage Month Celebration at Cal-State Dominguez Hills. The program includes Polynesian dances, cultural activities, student tours of the college, a school dance exhibition, speakers, cultural workshops, and vendors.



**Vivian McClure's Theatre Productions** 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 are 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. This six-week program reaches an audience of 3,600 students and Carson residents each year.

**The Filipinas Chorale, U.S.A. & the Cherubs** 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, popular classics, 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.



**Asociacion Cultural - La Academia de Mariachi**, the Asociacion's first program, teaches youth the history and the art of traditional Mariachi music. Classes are also offered as an after school program on Wednesdays from 3:30 -6:00 p.m. at the Community Center. The Academy's second program, El Coro Alegria de Carson, is an out growth of the Mariachi Academy. The Asociacion has modified the basic one-on-one format into a Coro, or Choir. Here the emphasis for progress is on building the student's self-esteem. Coro classes are offered on Fridays at the Congresswoman Juanita Millender-McDonald Community Center. For more information, please call (310) 628-7851.

## FINE ARTS

## Cultural Activities &amp; Programs

**Positive Images of Self Expression (PISE)** is an 11-day summer intensive program of performing art workshops that focus on the areas of drama, modern/jazz, ballet, and tap to children ages 10-17. With this experience youth will have an avenue in which to discover hidden talents and express themselves through a positive vehicle called art. Upon completion of the workshops, participating children will share their talents of self esteem, commitment, and teamwork through a mini-musical entitled "High School Drama."



**CSUDH Community Wind Ensemble** serves as a performance outlet for many Carson Residents who play instruments found in the wind ensemble, but no longer have an appropriate outlet for their talent. The wind ensemble serves Carson residents both as a performance outlet and as a town band that performs at civic functions. The group rehearses on Wednesday evenings from 7:00 p.m. to 9:45 p.m. on the CSUDH campus. For more information, contact Dr. Richard Kravchak at (310) 243-3947.

**Office of Samoan Affairs Performing Arts** is an outreach program targeting Samoan/Pacific Islander youth with interests in cultural performances of traditional and modern dances, music, instruments, such as the ukulele, short skit performances, script development, and theatrical production and performance. The goal often project is to build confident youth leaders to celebrate and uplift their cultural identity and to take pride in their cultural values, morals, and ethics. These skills will also be showcased at various City sponsored events.



### Francisco Martinez Dancetheatre

conducts one long term and two short term dance residencies at local elementary schools, culminating in student-generated choreography. At the end of the season, students are invited from local elementary schools to attend a performance of the FMDT's Cancionero at the Community Center and/or CSUDH Theatre.

# FINE ARTS

The following are excellent programs which have been funded in the past, but did not receive Fine Arts funding this year:

**The Carson Art Association** is a non-profit fine arts organization that recognizes traditional mediums. The Association was formed for the development of art and to promote art awareness in our community. Monthly meetings are held the first Tuesday of each month at 7:00 p.m. After a short business meeting, a guest demonstrating artist or speaker is featured. Admission is free. For more information, call the Fine Arts Department at (310) 952-1705.



**CSUDH University Art Gallery** opened in 1978, and has over 2,000 square feet of exhibition space and 18' high ceilings. It can accommodate large-scale paintings and sculptures by artists of local and national reputation. There are five exhibitions a year, the last being a multimedia show of works by graduating seniors in the Art Department. The gallery is also used as a forum for student art critique classes, discussions with artists, university and community guest lecture series and events, provides tours to university classes, community groups and school groups, and gives an opportunity for students and interns to participate in gallery installations and management.

**International Printing Museum** program brings the Printing Museum's traveling educational program, "A Museum on Wheels: Ben Franklin's Colonial Assembly" to the schools in the City of Carson. This program is a two-hour presentation that brings to life the world of books, inventions, history, science, American History and the life of Dr. Benjamin Franklin. The Printing Museum is a living, working experience of the evolution of mankind's single greatest invention - the printed word. Visitors to the museum will experience personal working tours by knowledgeable guides who will make history come to life for visitors of all ages.



City of Carson

# 10th Anniversary/Unity Day Celebration



## Saturday, September 26, 2009

### A citywide celebration showcasing its cultural diversity

# FREE Admission & Parking



at the East Parking Lot of the  
Congresswoman Juanita Millender-McDonald Community Center

For more information, call (310) 847-3570  
Parks and Recreation Department



**SOLD OUT LAST YEAR!** No tickets sold at the door!

★ **CITY OF CARSON** ★

# FRIDAY NIGHT AT THE FIGHTS

**SOCIAL HOUR**

**6 P.M. - 7 P.M.**

**DINNER SERVED**

**7 P.M.**

**FIRST BOUT**

**8 P.M.**

All guests must have dinner tickets to enter venue (regardless of age).

**PRE-SALE ONLY!**

No tickets sold at the door!



**ADMISSION:**  
**\$25**

**\$250**  
PER TABLE

**RINGSIDE TABLES:**

**\$350**  
PER TABLE

**FRIDAY, JULY 31, 2009**

**6 P.M. - MIDNIGHT**

★ **CONGRESSWOMAN JUANITA MILLENDER-MCDONALD** ★  
**COMMUNITY CENTER**  
**3 CIVIC PLAZA DRIVE**

★ **LIVE ENTERTAINMENT** ★ **RAFFLE** ★  
★ **CELEBRITY GUESTS** ★

FOR MORE INFORMATION, CONTACT THE FABELA CHAVEZ BOXING AND FITNESS CENTER  
(310) 830-6439 ★ MONDAY THROUGH FRIDAY ★ FROM 1 P.M. - 9 P.M.

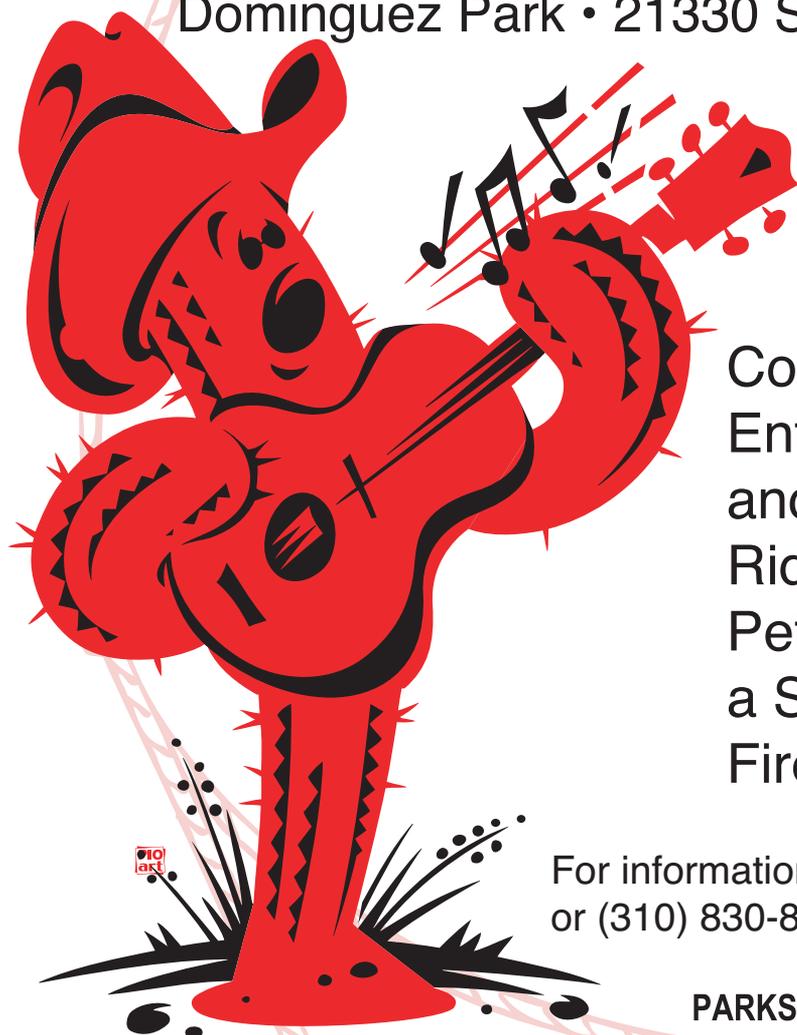
**PARKS AND RECREATION DEPARTMENT**

CITY OF CARSON

# COUNTRY WESTERN FAIR

Saturday, October 10, 2009 • 3 - 8 p.m.

Dominguez Park • 21330 Santa Fe Ave.



**FREE**

Country Western Entertainment, Food and Craft Vendors, Rides and Games, Petting Zoo, and a Spectacular Fireworks Finale!

For information, call (310) 549-3962  
or (310) 830-8994

PARKS AND RECREATION DEPARTMENT

# FACILITY & EQUIPMENT RENTALS

Let us plan your next party



**PARKS**



**20X40 CANOPY**



**EASY UP CANOPY**



**WHITE FOLDING CHAIRS**



**BANQUET TABLE**

**Do you need assistance with your next event?**

**No Problem!**

We can help you with your next family reunion, party, barbecue, and or company picnic by providing you with a park and equipment rentals.

The City of Carson, Parks and Recreation Department is dedicated to making your special event a total success. We do everything possible to accommodate your standards.

Call us about our services; we have the following facilities and equipment for rentals:

- Parks
- Swimming Pools
- Canopy: Ezie-Ups, 10x10, 20x40
- White Folding Chairs
- Tables: Round and Banquet
- Table Cloths and Table Skirting
- Large and Small Helium Tanks
- Barbecue Grills
- Snow Cone Machine
- Popcorn Machine

Feel free to call the Permits Section at (310) 847-3570; our hours of operation are 7:15 a.m. to 5:00 p.m. Monday through Thursday Only. We are located at 2400 East Dominguez Street in the City of Carson



**PICNIC SHELTER**



**MOON BOUNCE**



**POOLS**

## FEE SCHEDULE

<b>Picnic Shelters</b>	<b>Large Shelters</b>
Daily Rate: \$35	\$60/\$70

Security Deposit: \$25      \$50

### Grass Areas

Group Size:

1-100	\$60 w/ \$50 deposit
101-200	\$110 w/\$100 deposit
201-300	\$160 w/\$150 deposit
301-500	\$220 w/200 deposit
501-1000	\$320 w/\$300 deposit
1001-2000	\$420 w/\$400 deposit

### Gyms (Scott & Stevenson Parks Only)

Prime Time (3 - p.m. Closing): \$100 per hour  
 Non-Prime Time (8 a.m. - 2:59 p.m.): \$50 per hour

Security Deposit: \$150

### Activity Room

Before 5 p.m.= \$20 per hour + \$15 staff fee= \$35  
 After 5 p.m. = \$20 per hour + \$30 staff fee= \$50  
 After 9 p.m. = \$50 per hour + \$80 staff fee= \$80  
 Security Deposit: \$125

Kitchen Rental = \$30 flat rate + Staff fee

### Recreation Room

Regular Rate: \$15 per hour + Staff Fee

Two Sheriff's Deputies may be requested after 7 p.m. at the Center Supervisor's discretion - \$580.



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**

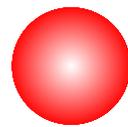
State license: #191606870  
Ages: 3-5 yrs. (toilet trained)

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

**CLASS SCHEDULE**

**ALL DAY PROGRAM**

Monday – Friday  
7 a.m. – 6 p.m. \$125.00 a week  
8 a.m. – 5 p.m. \$100.00 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 \$18 a week  
3 days/wk \$27 a week  
5 days/wk \$45 a week



Fees are paid every 4 weeks

# ABC...123...



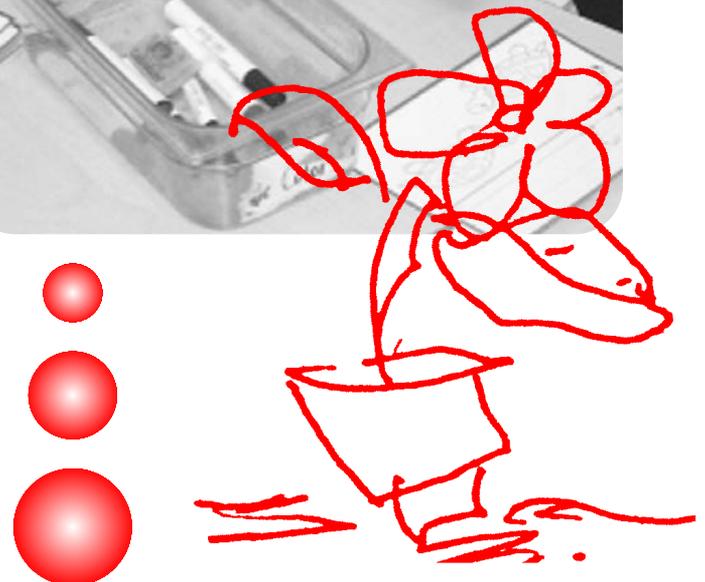
One time, non-refundable, registration fee of \$50 for half day students and \$50 for all day students due at the time of registration. Discount for second child of the same family. (Applies to ALL programs.) Priority registration given to students currently enrolled. Sessions may include holidays with 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



**City of Carson  
Aquatic information.  
Check us out online at**

[http://ci.carson.ca.us/content/department/pub\\_service/aquatics.as](http://ci.carson.ca.us/content/department/pub_service/aquatics.as)



Download flyers, registration forms, and pool schedules.

**Water Polo**

Ages 8 and up

Fee: \$100 for the entire summer



Learn water polo skills and improve your swimming skills. Team practices at Hemingway Aquatic Center

\* Prerequisite - Level 3 card or equivalent skills

**Hemingway Aquatic Center  
“Is Now Open!”**



**For more information call  
(310) 847-3578**

**“NEW”  
Synchronized Swimming**



Ages 8 and up

Fee: \$60 for the entire summer

Learn to perform synchronized routine of moves in the water accompanied by music. Build strength, flexibility, and aerobic endurance by joining the Carson Synchro team. Scholarships are available and provided by the LA84 Foundation.



## SWIM LESSON SESSION DATES

### Monday - Friday lessons:

#### Hemingway Aquatic Center & Carson Pool open

July 6 - July 17  
 July 20 - July 31  
 August 3 - August 14  
 August 17 - August 28

#### Carson Pool and Dominguez Aquatic Center

August 31 - September 11 (evening only)

### Saturday lessons:

#### Carson Pool and Dominguez Aquatic Center

S I June 27 - July 25  
 S II August 8 - September 5  
 60-minute lessons

## REGISTRATION

In an effort to go green and reduce costs, the Aquatics section will not be mailing out mail-in registration forms for participants that participated in 2008 aquatic programming.

Registration forms will be available for download online starting Monday, April 13, 2009, on the Aquatic webpage. You can access the **Aquatic webpage** by going to the City of Carson webpage (<http://ci.carson.ca.us/>) and clicking on the Quick Links tab on the top left corner and selecting Aquatics.

Mail-in registration forms will also be available at the parks and at the Corporate Yard starting Monday, April 20, 2009.

Aquatics will be accepting Mail-in registration forms starting Monday, May 4, 2009.

If you have any questions on how to fill out the mail-in registration form, please call the Aquatics office at (310) 847-3578.

### ALL FEES SUBJECT TO CHANGE

### Walk-in Registration:

#### Carson Pool, Scott Pool & Dominguez Aquatic Center

June 25 - August 31 Monday - Friday 8:30 a.m.-noon  
 June 25 - August 31 Monday - Friday 3:30-6:30 p.m.

1. Please register early, as classes fill up quickly.
2. Please note that classes are subject to change or cancellation, and all classes must meet the minimum enrollment requirement. If your class is canceled, we will make every effort to find a class near your requested time.

## SWIM LESSON FEES

\$32/ 1st Child \$29/ 2nd Child \$26 / 3rd child (siblings only)  
 Fees subject to change.



### Private Swim Lessons:

One participant \$125  
 Two participants \$200  
 40 minute lesson - 5 lessons

## SCHOLARSHIPS

Accepting scholarship applications - May 4



Scholarship forms available throughout the summer until funds are no longer available.

The LA84 Foundation & Family Support Program provide partial and full scholarships (for students ages 6 months - 17 years) based on financial need. Applications may be picked up at the Corporate Yard, 2400 E. Dominguez St., Carson, beginning Monday, May 4, at the pools during registration hours, or by downloaded the application from the Aquatics webpage. For more information, call the Aquatics office at (310) 847-3578, or call the pools directly after June 15, 2009.

## POOL SCHEDULES

### Schedules and Classes are Subject to Change

**CARSON POOL**, 21436 S. Main Street, Carson, CA 90745 (310) 830-1053

#### Monday - Friday

8:00 - 8:30 a.m.	Swim Lessons
8:40 - 9:10 a.m.	Swim Lessons
9:20 - 9:50 a.m.	Swim Lessons
10:00 - 10:30 a.m.	Swim Lessons
10:00 - 11:00 a.m.	Dive Team
10:40 - 11:10 a.m.	Swim Lessons
11:20 - 11:50 a.m.	Swim Lessons
12:00 - 12:30 p.m.	Swim Lessons
1:00 - 2:45 p.m.	Recreation Swim
3:20 - 3:50 p.m.	Swim Lessons
4:00 - 4:30 p.m.	Swim Lessons
4:40 - 5:10 p.m.	Swim Lessons

5:20 - 5:50 p.m. Swim Lessons  
 6:00 - 6:30 p.m. Swim Lessons  
 6:40 - 7:10 p.m. Swim Lessons  
**Monday / Wednesday / Friday**  
 7:30 - 8:30 p.m. Aqua Aerobics  
 7:30 - 8:30 p.m. Lap Swim  
**Tuesday / Thursday**  
 7:30 - 9:00 p.m. Recreation Swim  
**Saturday**  
 9:00 - 10:00 a.m. Swim Lessons  
 10:10 - 11:10 a.m. Swim Lessons  
 11:20 a.m. - 12:20 p.m. Swim Lessons  
 12:30 - 1:30 p.m. Swim Lessons  
 2:15 - 4:00 p.m. Recreation Swim

**DOMINGUEZ AQUATIC CENTER**

21330 Sante Fe Avenue, Carson, CA 90810 (310) 830-2391

**Monday / Wednesday / Friday**  
 8:00 - 8:50 a.m. Swim Lessons  
 9:00 - 9:50 a.m. Swim Lessons  
 8:00 - 9:30 a.m. Aqua Aerobics / Lap Swim  
**Tuesday / Thursday**  
 8:00 - 9:30 a.m. Senior Program  
**Monday - Friday**  
 10:00 - 10:30 a.m. Swim Lessons  
 10:40 - 11:10 a.m. Swim Lessons  
 11:20 - 11:50 a.m. Swim Lessons  
 12:00 - 12:30 p.m. Swim Lessons  
 1:00 - 2:45 p.m. Recreation Swim  
 3:20 - 3:50 p.m. Swim Lessons  
 4:00 - 4:30 p.m. Swim Lessons  
 4:40 - 5:10 p.m. Swim Lessons  
 5:20 - 5:50 p.m. Swim Lessons  
 6:00 - 6:30 p.m. Swim Lessons  
 6:40 - 7:10 p.m. Swim Lessons  
 7:30 - 9:00 p.m. Recreation Swim  
**Saturday**  
 8:00 - 9:00 a.m. Swim Lessons  
 9:10 - 10:10 a.m. Swim Lessons  
 10:20 a.m. - 11:20 p.m. Swim Lessons  
 12:00 - 1:45 p.m. Recreation Swim  
 2:15 - 4:00 p.m. Recreation Swim

**HEMINGWAY AQUATIC CENTER**

16605 S. San Pedro Street, Carson, CA 90746

**Monday / Wednesday / Friday**  
 8:00 - 9:30 a.m. Senior Program / Water Polo  
 9:00 - 9:50 a.m. Swim Lessons  
**Tuesday / Thursday**  
 8:00 - 10:00 a.m. Fitness Swim / Synchro  
 8:15 - 9:15 a.m. Aqua Aerobics / Lap Swim  
**Monday - Friday**  
 10:00 - 10:30 a.m. Swim Lessons  
 10:40 - 11:10 a.m. Swim Lessons  
 11:20 - 11:50 a.m. Swim Lessons  
 12:00 - 12:30 p.m. Swim Lessons  
 1:00 - 2:45 p.m. Recreation Swim  
 3:20 - 3:50 p.m. Swim Lessons  
 4:00 - 4:30 p.m. Swim Lessons  
 4:40 - 5:10 p.m. Swim Lessons

5:20 - 5:50 p.m. Swim Lessons  
 6:00 - 6:30 p.m. Swim Lessons  
 6:15 - 7:15 p.m. Aqua Aerobics / Lap Swim  
 6:40 - 7:10 p.m. Swim Lessons  
 7:30 - 9:00 p.m. Recreation Swim  
**Saturday**  
 12:00 - 1:45 p.m. Recreation Swim  
 2:15 - 4:00 p.m. Recreation Swim

**SCOTT POOL**, 23410 Catskill Ave., Carson, CA 90745 (310) 549-9051

**Monday - Friday**  
 9:20 - 9:50 a.m. Swim Lessons  
 10:00 - 10:30 a.m. Swim Lessons  
 10:40 - 11:10 a.m. Swim Lessons  
 11:20 - 11:50 a.m. Swim Lessons  
 12:00 - 12:30 p.m. Swim Lessons  
 11:00 a.m. - 12:30 p.m. Lap Swim  
 1:00 - 2:45 p.m. Recreation Swim  
 3:20 - 3:50 p.m. Swim Lessons  
 4:00 - 4:30 p.m. Swim Lessons  
 4:40 - 5:10 p.m. Swim Lessons  
 5:20 - 5:50 p.m. Swim Lessons  
 6:00 - 6:30 p.m. Swim Lessons  
 6:40 - 7:10 p.m. Swim Lessons  
 5:15 - 7:15 p.m. Swim Team  
**Monday / Wednesday**  
 7:30 - 9:00 p.m. Recreation Swim  
**Tuesday / Thursday**  
 7:30 - 8:30 p.m. Aqua Aerobics  
 7:30 - 8:30 p.m. Lap Swim  
**Saturday**  
 12:00 - 1:45 p.m. Recreation Swim

**SPECIALTY CLASSES AND PROGRAMS**

Partial scholarships may be available  
 ALL FEES SUBJECT TO CHANGE

**Dive Team** **Carson Pool**  
 June 22 - August 28 Mon. - Fri., 10 - 11 a.m. **Fee: \$20**  
 This LA84-assisted team trains daily. Learn springboard diving skills on 1-meter board. No experience necessary. Prerequisite Level-3 card or equivalent skills.

**Fitness Swimmer** (Level 4 and up) **Hemingway Aquatic Center**  
 June 23 - August 27 Tues/Thurs 8-10 a.m. **Fee: \$50/summer**

Improve your strokes and endurance by joining this class. Fitness Swimmer will help make you a stronger and more efficient swimmer. This class will help prepare you for swim team and other swimming programs.

**Junior Lifeguard** (ages 12 - 17)  
 June 22 - August 28 Mon/Wed/Fri 4-6 p.m. **Scott Pool, Dominguez Aquatic Center, & Hemingway Aquatic Center**  
**Fee: \$100/summer**

The concepts of lifeguarding, including basic rescues, scanning techniques, first aid and CPR, and health and fitness.

**Required uniform:** Navy blue one-piece swim suit or trunks.

**Prerequisite:** Level-3 card or equivalent skills

**Mini Guards** (Ages 9 - 11)  
June 23 - August 27 Tues/Thurs 4-6 p.m. **Scott Pool &**

**Dominguez Aquatic Center** **Fee: \$65/summer**  
Not old enough to be a Junior Lifeguard? Then Mini Guards is for you. Learn how to be a lifeguard. Lots of fun and activities.

**Tigershark Swim Team** (ages 5 - 17) **Scott Pool**  
June 1 - August 28, Mon. - Fri. 5:15 -7:15 p.m.

**Fee: \$130/summer**  
Swimmers must be able to swim one 25-yard length each of frontcrawl and backcrawl. Tryouts and parent information meeting will be held at the first training, 5:15 - 7:15 p.m. at Scott Pool. Swim meets may have additional charges. Enrollments will be accepted until July 10, 2009.

**Water Polo** (ages 8 - 17) **Hemingway Aquatic Center**  
June 22 - August 28 Mon/Wed/Fri 8-10 a.m. **Fee: \$100/summer**

**Prerequisite:** Level-3 card or equivalent skills

**Aqua Camp** (ages 8 -12) **Fee: \$200 or \$110/week**

**Hemingway Aquatic Center**  
July 20 - July 31 Mon. - Fri., 8 a.m.-6 p.m.

**Dominguez Aquatic Center**  
August 4 - 15 Mon. - Fri., 8 a.m.-6 p.m.

Daily activities include swimming lessons, recreation swim, water safety, crafts, fun, and educational water activities.  
Note: Spaces are limited.

**Aqua Aerobics**

All exercises are done in our heated pool (82-84° F). Ages 16 years and up.

**Fees: \$3** per class/ paid at pool  
**\$2** for Veterans SportsComplex members

**Carson Pool** July 6 - September 11  
Mon., Wed. & Fri. 7:30-8:30 p.m.

**Scott Pool** June 23 - August 27  
Tues. & Thur. 7:30-8:30 p.m.

**Dominguez Aquatic Center** June 22 - August 28  
Mon., Wed. & Fri. 8:15-9:15 a.m.

**Hemingway Aquatic Center** July 6 - August 28  
Tues. & Thur. 8:15-9:15 a.m.  
Mon. - Fri. 6:15 - 7:15 p.m.

**Adult Lap Swim** (ages 16 years and up)

**Fees: \$2** (Free to Veterans SportsComplex members)

**Carson Pool** July 6 - September 11  
Mon, Wed & Fri 7:30 - 8:30 p.m.

**Dominguez Aquatic Center** June 22 - August 28  
Mon. - Fri. 8:00 - 9:30 a.m.

**Hemingway Aquatic Center** July 7 - August 27  
Tues. & Thurs. 8:15 - 9:15 p.m.  
July 6 - August 28  
Mon. - Fri. 6:15 - 7:15 p.m.

**Scott Pool** June 22 - August 28  
Mon. - Fri. 11:00 - 12:45 p.m.  
June 23 - August 27  
Tues. & Thurs. 7:30 - 8:30 p.m.

**RECREATION SWIM**

**Fees: \$1** All ages  
Youth (17 yrs. & under) / Adults / Seniors ( 55 yrs. & up)

**Carson Pool**  
July 6 - August 29 Mon. - Fri. 1:00 - 2:45 p.m.  
July 7 - August 28 Tue. & Thur. 7:30 - 9:00 p.m.  
June 28 - September 6 Sat. 2:15 - 4:00 p.m.

**Dominguez Aquatic Center**  
June 23 - August 29 Mon. - Fri. 1:00 - 2:45 p.m.  
Mon. - Fri. 7:30 - 9:00 p.m.  
June 28 - September 6 Sat. 12:00 - 1:45 p.m.  
Sat. 2:15 - 4:00 p.m.

**Hemingway Aquatic Center**  
July 6 - August 29 Mon. - Fri. 1:00 - 2:45 p.m.  
Mon. - Fri. 7:30 - 9:00 p.m.  
July 4 - September 6 Sat. 12:00 - 1:45 p.m.  
Sat. 2:15 - 4:00 p.m.

**Scott Pool**  
June 23 - August 29 Mon. - Fri. 1:00 - 2:45 p.m.  
June 23 - August 27 Mon. & Wed. 7:30 - 9:00 p.m.  
June 28 - August 30 Sat. 12:00 - 1:45 p.m.

1. Children under seven years of age must be accompanied by an adult at all times.
2. All infants must wear swim diapers. No regular diapers, please. Swim diapers available for purchase at the pools.

**Treasure Island Day**

12th Annual Treasure Island Day on Saturday, August 1, 2009, 11 a.m.-1 p.m. & 2 p.m.-4 p.m. (2 sessions), \$3 per session at Hemingway Aquatic Center.

For more information on aquatic programs, call Aquatics at (310) 847-3578.



# SUMMER PARK CLASS SCHEDULE

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

## Hours of Operation

Mon-Fri	Noon-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 ENRICHMENT

### 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	6:30-8:00 p.m.
• Calas	Tues/Thurs	6:30-7:30 p.m.
• Carriage Crest	Tues/Thurs	5:30-6:30 p.m.
• Carson	Tues/Wed/Thurs	6-8 p.m.
• Dolphin	Wed/Fri	6-8 p.m.
• Hemingway	Tues/Thurs	6:30-7:30 p.m.
• Stevenson	Thurs	4:30-6 p.m.
• Veterans	Tues/Thurs	6:30-7:30 p.m.

### Drill Team

Learn the basic principles of drilling in this fun program. Several different types of drilling will be incorporated including military, precision, and fancy dance. Teams will compete and participate in a variety of different activities and parades this year. This program is available to all youngsters 8 yrs and older and is currently offered at the following parks: Anderson, Del Amo, Dolphin, Dominguez, Scott, and Veterans.



### 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, Dominguez, Hemingway, Mills, Scott, Stevenson, 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

Dolphin, Mills, Hemingway, Anderson, Dominguez, Calas, Del Amo, and Carriage Crest provides the basic instructions for golf. Children learn basic rules and become prepared to play on a golf course. Call the parks for more information. Ages 7-17 yrs.

### Kids 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 winter. Contact your local park for more information.

### Kenpo Karate

For boys and girls, 5-17 yrs. of age. Learn basic to advanced skills in Karate, Grappling, and Self Defense. Monday, Tuesday, and Thursday, 6:30-9 p.m. - Stevenson Park.

### 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	Wed	4-5 p.m.
• Calas	Tues/Thurs	4-5 p.m.
• Carriage Crest	Wed	4:30-5:30 p.m.
• Carson	Wed	6:30-7:30 p.m.
• Stevenson	Wed	5-6:30 p.m.
• Veterans	Wed	4:30-5:30 p.m.

### Dance Classes

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

• Anderson	Tue/ Thurs	6:30-7:30 / 7:30-8:30 p.m.
• Dominguez	Wed	4-5 p.m.
• Stevenson	Wed	3:30 p.m.

### Excursions

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

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

### Beginning Chess

Come learn the moves at Anderson Park, Tuesdays from 5-6 p.m., Del Amo Park, Tuesdays from 3:30-4:30 p.m.; Carson Park, Wednesdays from 3-4 p.m., and Dominguez Park, Thursdays from 3:30-4:30 p.m.

## TEEN PARK ACTIVITIES

### Sports Activities

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

### Teens in the Kitchen

Learn the basics! Mills Park, Wednesdays, 6-7 p.m.; Anderson Park, Fridays, 4:30-5:30 p.m.; Stevenson Park, Tuesdays/Thursdays, from 5:30-6:30 p.m.; Carson Park, Thursdays from 6:30-7:30 p.m.; Hemingway Park, Fridays 5-6 p.m., and Dominguez Park, Wednesdays from 5:30-6:30 p.m.; Dolphin Park, Wednesdays, 6:30-8 p.m.

# B O X I N G Y O U T H S P O R T S



## FABELA CHAVEZ BOXING/WEIGHTLIFTING CENTER 23410 Catskill Ave • (310) 830-6439

### HOURS

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

### MONTHLY FEES:

Adults (18 yrs & over)    \$20/month  
 Youth (10-17 yrs)    \$15/month  
 Children (8-9 yrs)    \$15/month (Boxing only)  
 Daily Rate  
     Adult (18 yrs & over) \$4 per day  
     Youth (14-17 yrs with parent present) \$2 per day



### Beginning Boxing

Learn the fundamentals and techniques of boxing. Contact staff for specific day and time. Veterans Park - Wednesday, 3:30-4:30.

### 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.

### Intermediate Boxing

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

### Intermediate Weightlifting Training

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

### Advanced Boxing

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

### Advanced Weightlifting

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

## CARSON JUNIOR TENNIS PROGRAM

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

## SUMMER PROGRAM 2009

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.

### Boys & Girls Basketball Camp

<b>Ages:</b> 6-15 yrs.	<b>Dates:</b> Aug. 11-15	<b>Location:</b> Stevenson Park
		<b>Time:</b> 9 a.m. – 3 p.m.
<b>Ages:</b> 6-15 yrs.	<b>Dates:</b> Aug. 18-22	<b>Location:</b> Scott Park
		<b>Time:</b> 9 a.m. – 3 p.m.

For more information on registration fees and scholarship opportunities, call (310) 847-3577.

### Girls Basketball Camp at CSUDH

<b>Ages:</b> 6-15 yrs.	<b>Dates:</b> Aug. 4-8	<b>Location:</b> CSUDH
<b>Time:</b> 9 a.m. - 3 p.m.		

Special rates for Carson Residents, call for more information at (310) 847-3577.

### CSUDH Softball Camp

<b>Ages:</b> 6-15 yrs.	<b>Dates:</b> Jul. 29-31	<b>Time:</b> 6 – 8 p.m.
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### Cheer/Dance Camp (two sessions)

<b>Ages:</b> 5-17 yrs.	<b>Registration:</b> \$75.00	
<b>Dance Program</b>	<b>Mills Park</b>	<b>Mon &amp; Wed</b>
		<b>6:30-7:30 p.m.</b>
		<b>7:30-8:30 p.m.</b>
		<b>Tues &amp; Thurs</b>
		<b>6:30-8 p.m.</b>

For information call (310) 847-3570 or (310) 538-0018.

### Carson Invitational Youth Baseball/Softball Tournament

<b>Ages:</b> 9-17 yrs.	<b>Dates:</b> August 7-9
<b>Registration Fee:</b> \$125 per team	<b>Registration Deadline:</b> August 4

For information, call (310) 847-3577

### Flag Football/Boys & Girls Soccer

<b>Ages:</b> 5-17 yrs.	<b>Try-Outs:</b> September 12	<b>Season Begins:</b> October 3
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**Registration:** Now through September 11. Sign-ups will be taken after this date, but your child may be put on a waiting list.

**Registration Fees:** \$20-1st child / \$14-2nd child / \$8-3rd child / \$2-4th child

### Girls Fall Softball

<b>Ages:</b> 9-17 yrs.	<b>Try-Outs:</b> September 12	<b>Season Begins:</b> October 3
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**Registration:** Now through September 11. Sign-ups will be taken after this date, but your child may be put on a waiting list.

**Registration Fees:** \$20-1st child / \$14-2nd child / \$8-3rd child / \$2-4th child

### Youth Tennis

<b>Anderson Park</b>	<b>Thurs</b>	<b>5:30-6:30 p.m.</b>
<b>Hemingway Park</b>	<b>Mon/Wed</b>	<b>5:30-6:30 p.m.</b>
<b>Dominguez Park</b>	<b>Tues/Thurs</b>	<b>5:30-6:30 p.m.</b>

**Registration Fees:** TBD

### Summer Crafts

<b>Dance Program</b>	<b>Anderson Park</b>	<b>Fri</b>	<b>6:30-8 p.m.</b>
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### 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 September 1, 2009, to officiate flag football and soccer.

# Kids Club After-School Child Care

## Solution For Latchkey Children

About 14 percent of children age 12 and younger are latchkey kids, but they spend only about an hour home alone after school. Studies from the Census Bureau estimate that as many as ten million youth are left home alone, every afternoon - every day of the week. Due to several socioeconomic factors, the number of latchkey kids is substantial, and the already alarming numbers are rising.

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

**FREE lunch program summer 2009.**

### Before & After School Kids Club Fees

Monday-Friday

10:30 a.m.-6 p.m. \$55 wkly  
2:30-6 p.m. \$40 wkly



(\$12 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.

## CITY OF CARSON SUMMER DAY CAMP



June 22 - September 4, 2009  
FOR BOYS AND GIRLS AGES 5-12

**Fun! Fun! Fun! Games!  
Crafts! Snacks! Sports!**

**SUMMER DAY CAMP WILL BE OFFERED MONDAY - FRIDAY  
7 A.M. - 6 P.M.\* AT THE FOLLOWING FACILITIES ONLY:**

<b>ANDERSON PARK</b> 9101 WILMINGTON AVENUE (310) 603-9850	<b>CALAS PARK</b> 1000 E. 220TH STREET (310) 518-3565	<b>CARRIAGE CREST PARK</b> 23800 S. FIGUEROA STREET (310) 830-5601	<b>CARSON PARK</b> 21411 S. ORICK AVENUE (310) 830-4925	<b>DOLPHIN PARK</b> 21205 WATER STREET (310) 549-4560
<b>DOMINGUEZ PARK</b> 21330 SANTA FE AVENUE (310) 549-3962	<b>HEMINGWAY PARK</b> 700 E. GARDENA BOULEVARD (310) 538-0019	<b>MILLS PARK</b> 1340 E. DIMONDIALE DRIVE (310) 631-3130	<b>SCOTT PARK</b> 23410 CATSKILL AVENUE (310) 830-8310	<b>STEVENSON PARK</b> 17400 LYSANDER DRIVE (310) 952-1745
<b>VETERANS PARK</b> 22400 MONETA AVENUE (310) 864-				

TIME	FEES
7 A.M. - 3 P.M.	\$50
7 A.M. - 4 P.M.	\$60
7 A.M. - 5 P.M.	\$65
7 A.M. - 6 P.M.	\$70
8 A.M. - 3 P.M.	\$49
8 A.M. - 4 P.M.	\$55
8 A.M. - 5 P.M.	\$60
8 A.M. - 6 P.M.	\$65
9 A.M. - 3 P.M.	\$44
9 A.M. - 4 P.M.	\$50
9 A.M. - 5 P.M.	\$55
9 A.M. - 6 P.M.	\$60
10 A.M. - 3 P.M.	\$34
10 A.M. - 4 P.M.	\$40
10 A.M. - 5 P.M.	\$45
10 A.M. - 6 P.M.	\$50

#### FAMILY DISCOUNTS

2ND CHILD	\$5 OFF
3RD CHILD	\$7 OFF
4TH CHILD	\$9 OFF

**LUNCH INCLUDED - DAILY EXCURSION FEES NOT INCLUDED.**

For additional information, call Parks and Recreation at (310) 847-3552

# TEEN ENRICHMENT PROGRAM ACTIVITIES

## Upcoming Special Events • Mark Your Calendar Now!

Numerous activities are scheduled throughout the year.

All activities are planned and supervised by Recreation Staff.



## Summer Teen Sports Summit

Thursday, July 16, 2009

Friday, July 17, 2009

12 noon - 6 p.m.

Veterans Park • Ages 12-17

## Teen Summer Camping\*

Tuesday, August 19 through

Thursday, August 20, 2009

Castaic Lake • Ages 12-17 • \$60 per teen



## Teen Fun Nite\*

Fri - July 31; Veterans Park

Fri - September 4; Calas Park

minimum fee required \$3 per person

## Teen & Parent Communication Summit

“Communication Cliches”

Saturday, September 19, 2009

10 a.m. - 3 p.m.

Scott Park • Ages 12-17



## Teen Pool Parties

Sat - July 11, Dominguez Pool

Sat - August 8, Dominguez Pool

5-9 p.m. • Ages 12-17

minimum fee required



(All events with \* will require a  
Parents Release Form, Fee or Student I.D.)

For more information about the events listed above or about Teen Enrichment Programs,  
call Parks and Recreation Department at (310) 847-3570 ext. 3565

## 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, required one 2-hour Parent Enrichment classes, 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

**Community Center**

### • Parent Project Program

**(5 Days / 10 Hours)**

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

**(Open Enrollment)**

A 10 hour course conducted on Tuesday evenings, for a 5 week period.

Classes are presented by an experienced facilitator. This course is designed for parents of strong-willed adolescents.

**Registration: Call Dennis Rodriguez at (310) 952-1700, ext. 1672**

*Instructor: Dennis Rodriguez, YSO/Arthur Williams*

Tuesday: 5 - 7 p.m.

**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, required one 2-hour Parent Enrichment classes. 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.

**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, required one 2-hour Parent Enrichment classes. Classes are designed to assist adolescents from ages 12 to 17 years old. This course is instructed by trained personnel using 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 \$15.00 Per Test.**

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

*Instructor: POSITIVE CHOICES STAFF*

Wednesday: 4 to 6 p.m.

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

## YOUTH SERVICES 2009 CLASS SCHEDULE

<b>Parent Project Classes</b> Day: Tuesday/Times: 5-7 p.m. Total Hours: 10 Hrs	<b>Anger Management For Teens</b> Day: Tuesday/Times: 4:30-6 p.m. Total Hours: 12 Hrs	<b>Drug/Alcohol Awareness &amp; Prevention Classes</b> Day: Wednesday/Times: 4-6 p.m. Total Hours: 16 Hrs	<b>Youth &amp; The Law Program</b> Day: Mon/Wed/Thurs. Times: M&Th: 4-6 p.m. Wed: 3:30-7:30 p.m.
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# CALL FOR CLASS REGISTRATION AND DATES.

# ADULT PARK ACTIVITIES

# ADULT SPORTS

## 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 and each Friday at Anderson Park and each 2nd Friday at Hemingway Park.



## Coed Softball

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

- Calas                      Thur                      6-9 p.m.
- Carrige Crest          Fri                        6-9 p.m.
- Dolphin                 Fri                        6-10 p.m.



## 8 Man Soccer

Stevenson & Carson Park presents an 8-man soccer league ongoing throughout the year. Teams field 8 players and the special rules allow for wide-open action and non-stop offense. This program is offered on Tuesday & Thursday evenings.

## Adult Fitness

**Hemingway Park** offers an Adult Fitness class. This class is a fun-filled dance plus cardiovascular work out. Come join us. Dance your way to thin every Tuesday and Thursday from 7-8 p.m. also: **Anderson Park**, Wed., Tue. & Thur. at 6:30 p.m. Call Stevenson Park for schedule. **Stevenson Park**, Sat. 11 a.m.-12:30 p.m.

## SUMMER PROGRAM

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

### Summer Open Basketball

Registration: July 6 - August 3

Cost: \$275 per team

Play begins: August 11

### Fall Men's Softball

Registration: August 1 - September 15

Cost: \$399 per team

Play begins: September 17

### Fall Coed Softball

Registration: August 1 - September 15

Cost: \$399 per team

Play begins: September 18



### Fall Men's Flag Football

Registration: August 3 - September 17

Cost: \$299 per team

Play begins: September 20

## Volunteers

The Youth Sports Program needs volunteers to assist as coaches and assistant coaches. If you have always wanted to coach, now is your opportunity to do so. In addition to the positive experience gained from coaching, volunteers also receive discounted rates on memberships at Veterans SportsComplex. For more information on becoming a youth sports volunteer, contact your local park Center Supervisor.

## Thanks

All Youth Sports Programs are coached by adult volunteers who give their time and talent to the youth of our community. The Recreation Division takes this opportunity to thank these dedicated coaches. Without your help, our program would not be possible.



## 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**

Attn: Cedric L. Hicks, Sr., Recreation Superintendent, 2400 E. Dominguez St., Carson, CA 90810 or call (310) 847-3570.

**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.**

## 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 Congresswoman Juanita Millender-McDonald Community Center, Scott, and Dominguez Parks. The Social Services Office is located in the atrium area of the Congresswoman Juanita Millender-McDonald Community Center.

## SENIORS ASSISTED LIVING



### Free Nutrition Classes

We are now offering nutrition classes, for 11-week sessions. Classes are available once a week for those who are interested in learning how to cook and eat the right portions of food for you and your family and also how to read labels from food packages that will show you how to live a healthier and longer life. Classes are (sponsored by Harbor UCLA Medical Department of Family Medicine). Classes are available in English and Spanish. No charge however donations are encouraged. For more information please, call (310) 952-1775.

### 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.

### 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.

### 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.

### 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.

### 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.

### 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 Congresswoman Juanita Millender-McDonald Community Center. For more information, call (310) 952-1775.

## 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.



### 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.

### 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.

### 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.

### 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.



### 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 by appointment only. For more information, call (310) 952-1775.



### Nutrition Program

Monday through Friday at 11:30 a.m. in the Carson/Torrance YMCA, serves a variety of delicious healthy, hot and nutritious lunches in the Congresswoman Juanita Millender-McDonald Community Center. Guests enjoy a tasty meal as well as warm conversation and fellowship. A donation is \$2.25 and \$3.25 for non-seniors per meal and is suggested for people 60 years or older. There is a cost for home delivered meals. For more information, call (310) 835-0212, ext. 1487.

# 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 Congresswoman Juanita Millender-McDonald Community Center, office hours are 9 a.m.-5 p.m. For more information call (310) 835-0212 Extensions 1475 or 1479. Classes and programs do not run on City holidays.

### CLASSES AND PROGRAMS

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 Congresswoman Juanita Millender-McDonald Community Center. For more information, call (310) 835-0212, ext. 1478 or 1479.

### ART



**Needlecraft Class** - An uninstructed class meets every Tuesday and Friday from 9 – 11 a.m.



**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. Class is unstructured, with no instructor, and offers great socializing with others.

### 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.

## JULY

### Happy 4th of July



# 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. Caregivers are not allowed to take the exercise classes due to class size. Caregivers may assist their clients but class is specifically for seniors.

**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 Congresswoman Juanita Millender-McDonald Community Center. Cost of this class is \$3.00

**Weightlifting and Conditioning** – This class meets Monday through Friday from 8:30 – 10:30 a.m. at Scott Park. Boxing and Weightlifting facility. Seniors are able to use exercise equipment available: treadmills, rowing machines, exercise bikes, etc. Staff available if you have questions. Scott Park is located at 23410 Catskill Avenue in Carson.

## 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.

**Joy of Music** – Class for all you music lovers. Music enthusiasts will enjoy lectures on and performances at El Camino College. Transportation provided to concerts. For performance dates, please call (310) 835-0212, ext. 1478.

**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. For more information, call (310) 835-0212, ext. 1478.

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

# HUMAN SERVICES

**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

**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. and Thursday from 4-6 p.m. in the 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, 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 monthly on Wednesdays, 11 a.m. - 4 p.m. Come join us for bingo and fellowship.

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

**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**

**The City of Carson Senior Recreation Programs**

**What is your interest? What kinds of programs would you like to see for ages 50 and above?**

**We need your input! Help us by letting us know, is it sporting events, home and garden activities, outdoor activities, utilizing city park facilities for activities?**

**We want to know!! Your interest is our interest! Please call the Senior Recreation Programs Office at (310) 835-0212 ext. 1479 or 1478.**

## SENIOR CITIZENS TECHNOLOGY CENTER

The Senior Citizens Technology Center (SCTC) in operation, Monday - Friday from 9:00 a.m. - 5:00 p.m.

Classes fill quickly and you must sign up. For further information, call (310) 835-0212, extension 1475.

\*All classes require typing - Must have knowledge of typing! SIGN UP NOW!

Mon-Thurs classes, Instructor TBD,  
Friday Instructor- Henri Blits

### Introduction to PC's



Meet the instructor. Come and visit our computer lab.

We're open Monday - Friday, 9 a.m.-5 p.m.  
The instructor is Henri Blits.

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.

### Advanced Computer Class

This class covers aspects of a more sophisticated areas of computer. Students should have a comfortable familiarity with Windows, using a keyboard and mouse. Subject matters includes an in-depth look at:

- 1-Microsoft Office applications such as Word, Excel, and Powerpoint.
- 2-Internet Safety and Research
- 3-E-mails Do's and Don'ts
- 4-Digital Photography
- 5-Blogging or mini-website design

Each course is 6 (six) sessions.

Attendance is mandatory.

If two or more classes are missed, you will be dropped from the class.

## 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.

### Chair Beachball Volleyball

Every Tuesday & Thursday, 11:30 a.m.-12:30 p.m. before Exercise Class, join us for this new fun way of playing volleyball from a chair, it's very energetic.

### Stretching and Strengthening Exercises

This class is offered every Monday from 1:30 - 2:30 p.m. for stroke survivors that want to get more out of exercise. For more information call (310) 952-1763.

### 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. For upcoming activities, call the center.



### 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, 5:30-6:30 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.

# HUMAN SERVICES

## 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:



- **August 14th - Aloha Dance**
- **September 11th - Western Dance**

### Special Olympians

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.

### Bowling Program

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

### Arts and Crafts

Learn to make fun and creative crafts. Some materials to be used include sea shells, sand, wood, paints and much more. Class is 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.



### 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 Olympics

**September 5th - Bowling Tournament  
Bowl-O-Drome**

# VETERANS SPORTS COMPLEX

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## Annual Membership Rates

	Registration	New member	Renewal
Individual	\$30	\$210	\$150
Senior Citizen	\$20	\$120	\$100
Family	\$50	\$320	\$250

## 30-day Membership Rates

	Registration	New member	Renewal
Individual	\$10	\$35	\$25
Senior Citizen	\$5	\$20	\$20
Family	\$15	\$55	\$45

## Daily Guest Rates

	6 a.m.- 3 p.m.	3 p.m. - close	Administrative fees*
Individual	\$5	\$10	\$10
Family	\$10	\$10	\$10

\*due upon first visit

## Call for our corporate rates

### July

- 18, & 31 - Annual Member Free Guest Days, 18 years or older (All Day)
- 25 - Special Class (Pilates/Resistance), 8:30 - 10:15 a.m.
- 18, 25 - Tahitian Dance Class, 8:30 - 10:15 a.m.

### August

- 2, 15, & 28 - Annual Member Free Guest Days, 18 years or older (All Day)
- 15 - Special Class (Pilates/Resistance), 8:30 - 10:15 a.m.
- 14, 21, 28 - Members Basketball League Playoffs, 6-9 p.m.
- 19, 26 - Corporate Basketball League Playoffs, 6-9 p.m.

### September

- 5, 20, 25 - Annual Member Free Guest Days, 18 years or older (All Day)
- 5 - Special Class (Pilates/Resistance), 8:30 - 10:15 a.m.
- 7 - Labor Day - 6 - 3 p.m.

# 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.

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

### **Small court** (per hour)

6 a.m. - 3 p.m.	\$50
3 p.m.- close	\$100

### **Parking Lot** (per day)

6 a.m. - 3 p.m.	\$75
3 p.m.- close	\$150

### **Raquetball Court** (per hour/court)

6 a.m. - 3 p.m.	\$10
3 p.m.- close	\$20

### **Large Activity Room**

6 a.m. - 3 p.m.	\$20
3 p.m.- close	\$50

### **Staff fees for all permits** (per hour)

M-F, 6 a.m. - 5 p.m.	\$15
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.

***We  
Just Got  
Better!***

***Come Play In Our New Classes  
At The Veterans SportsComplex!***



***Get Fit Challenge***

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

**Call Veterans SportsComplex for more information at (310) 830.9991**

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# Veterans SportsComplex

## ADULT CLASSES Group Exercise Schedule Spring 2009

Call (310) 830-9991, ext 231 for updates or to schedule an appointment with a Personal Trainer

### MONDAY

6:00 a.m.	50 minute Cycle	Luz
9:30 a.m.	Salsa	Michael
4:00 p.m.	Adult Kempo Karate	Tigi
5:30 p.m.	Adult Kempo Karate	Tigi
6:00 p.m.	Step & Pilates	Luz

### TUESDAY

9:00 a.m.	Corepole Training	Jaime
4:00 p.m.	Youth Volleyball	Wallace
5:15 p.m.	Youth Fitness	!!!coming soon!!!
5:30 p.m.	Hatha Yoga	Charlene
5:30 p.m.	Indoor Cycling/Abs	Cynthia
6:30 p.m.	Muscle Conditioning	Luz

### WEDNESDAY

6:00 a.m.	50 Minute Cycle	Luz
8:30 a.m.	Lower Body Conditioning	Melody
12:00 p.m.	Salsa	Michael
4:00 p.m.	Youth Kempo Karate	Tigi
5:30 p.m.	Adult Kempo Karate	Tigi
6:00 p.m.	Indoor Cycling/Abs	Cynthia
6:00 p.m.	Pilates	Luz
7:00 p.m.	Corepole Training	Jaime

### THURSDAY

8:00 a.m.	Muscle Conditioning	Melody
4:00 p.m.	Youth Volleyball	Wallace
5:30 p.m.	Youth Fitness	!!!coming soon!!!
5:30 p.m.	Indoor Cycling/Abs	Cynthia
6:00 p.m.	Hatha Yoga	Charlene
7:00 p.m.	Low Impact Aerobics	Marie

### FRIDAY

6:00 a.m.	50 Minute Cycle	Luz
6:30 a.m.	Walking Class	Dennis
8:30 a.m.	Cardio Blast/Total Body Conditioning	Marie
12:00 p.m.	Salsa	Michael
5:30 p.m.	Advanced Kempo Karate	Tigi
6:30 p.m.	Teen Club	Ronald

### SATURDAY

7:30 a.m.	Walking Class	Dennis
8:30 a.m.	Indoor Cycling	Cynthia
9:00 a.m.	Pilates	Luz

### SUNDAY

8:30 a.m.	Walking Class	Dennis
8:45 a.m.	Step Aerobics	Luz

SERVICES / FACILITIES

## 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

### Fitness Levels:

- I Beginner
- II Intermediate
- III Advanced

### Rates:

- Free to members
- Non-members are welcome at \$5 for all classes

## Class Descriptions

**Fundamental Basketball:** This class is a great class to sharpen and learn the sport of basketball. Learn the basics such as passing, dribbling, and defensive skills. Sport specific training by an experienced basketball coach. This class is for all coed ages 8 - 15 years.

**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.

**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 Kempo Karate:** Join Master Tigi Mataalii in learning basic self defense routines; promote self confidence, fitness and motor skills.

**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.**

## YOUTH CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:00-5:30 p.m. Youth Kempo Karate I, II, III (Master Tigi)	5:00-6:30 p.m. Youth Volleyball I, II (Wallace) Main Gym	4:00-5:30 p.m. Youth Kempo Karate I, II, III (Master Tigi)	5:00-6:30 p.m. Youth Volleyball I, II (Wallace) Main Gym	4:00-5:30 p.m. Youth Kempo Karate I, II, III (Master Tigi)		

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

# VETERANS SPORTS COMPLEX

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) Life Fitness Stepmills
- (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!

***Coming Soon!***

## **NEW EQUIPMENT**



Everyone has things their body they feel need to be changed. Hey, let's face it, we all enjoy looking good! At the Veterans SportsComplex our fitness staff and personal trainers are available to help you reach the new you.

Whether it's using the strength training equipment for building stamina or cardiovascular equipment for power! During the next few months, as you make changes to your lifestyle you'll notice the Veterans SportsComplex will be exchanging our older cardio equipment for newer models with great new features and capabilities. So....come on, be captivated by Veterans SportsComplex's new equipment and you'll be glad you did!

# 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.

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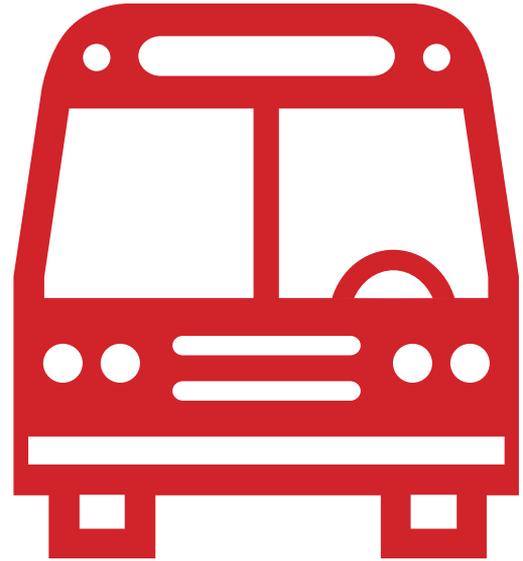


To learn more about any of these services, please call the Transportation Services Division (located in the Congresswoman Juanita Millender-McDonald Community Center) at (310) 835-0212 extension 1489, Monday through Thursday, between 8 a.m. and 5 p.m., office closed Fridays and holidays, or write to the above address.

- Shopping and Employment Area Shuttles
- Transit Connections to Rail & Regional Lines
- Curb-to-Curb Service for Seniors and Disabled
- City Bus Pass Vendor Revenue Sharing
- Special City-sponsored Bus Excursions



[jn\\_services.asp](#)



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/Alberston. Carson Circuit connections also run in a loop. Regional bus lines run in both directions.

**FARES** (exact change required)

- Regular ..... 50c
  - 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 ..... 25c
- (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**

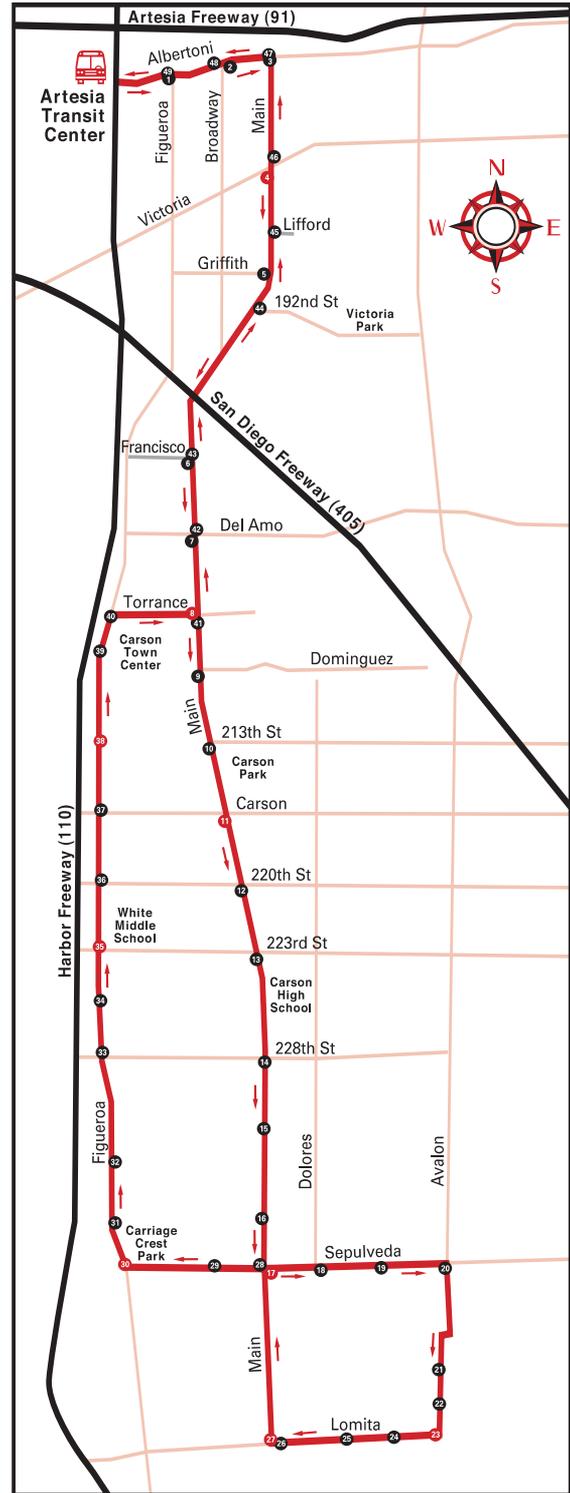
*Effective June 19, 2006*

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

SERVICES / FACILITIES

STOP	LOCATION	CORNER	CONNECTIONS
0	<b>Artesia Transit Center</b>	<b>NE</b>	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	<b>Main/Victoria</b>	<b>SW</b>	
5	Main/Griffith	SW	
6	Main/Francisco	SW	
7	Main/Del Amo	SW	
8	<b>Main/Torrance</b>	<b>SW</b>	
9	Main/Dominguez	SW	CARSON CIRCUIT: F
10	Main/213th St.	SW	
11	<b>Main/218th St.</b>	<b>SW</b>	
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	<b>Sepulveda/Main</b>	<b>SE</b>	
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	<b>Lomita/Avalon</b>	<b>NW</b>	
24	Lomita/Island	NW	
25	Lomita/Neptune	NW	
26	Lomita @ Bestway Market	NW	
27	<b>Main/Lomita</b>	<b>NE</b>	TORRANCE TRANSIT: 3
28	Sepulveda/Main	NW	
29	321 W. Sepulveda	NW	
30	<b>Figueroa/Sepulveda</b>	<b>NE</b>	
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	<b>Figueroa/223rd St.</b>	<b>NE</b>	CARSON CIRCUIT: F
36	Figueroa/220th	NE	CARSON CIRCUIT: F
37	Figueroa/Carson	NE	CARSON CIRCUIT: F TORRANCE TRANSIT: 3
38	<b>Figueroa/213th</b>	<b>NE</b>	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	<b>Artesia Transit Center</b>	<b>NE</b>	MTA: 52, 130, 205, 214, 352, 444, 445, 446, 447, 450X TORRANCE TRANSIT: 1 & 6



**CITY OF CARSON  
TRANSPORTATION SERVICES DIVISION**

**UPCOMING BUS EXCURSIONS 2009**

**Mark your calendar to attend bus excursions scheduled for 2009.**

**They include:**

- Renaissance Pleasure Faire
- Santa Barbara By Train
- San Diego By Train
- Universal Studios
- Wheel of Fortune

**For more information or to sign up early, contact the  
City of Carson, Transportation Services Division  
at (310) 835-0212, extension 1473.**



## 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. 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.

# 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**

## “SENIOR CITIZENS, YOU HAVE A VOICE”

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



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

**Where:** Congresswoman Juanita Millender-McDonald  
Community Center

**Date:** The 2nd Monday of each month

**Time:** 4 p.m.

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

## Volunteers: “Carson Wants You”

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

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

# CARSON CENTER

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



**(310) 835-0212**

**801 East Carson Street,**

**Carson, California 90745**

**[www.carsoncenter.com](http://www.carsoncenter.com)**

# SIGN UP NOW AND GET THE LATEST ON CARSON IN YOUR COMPUTER!!!

Carson's E-Newsletter is an electronic supplement to the Carson Report and is e-mailed to you so you get up-to-date information on: Items on the City Council agenda, actions taken by the City Council, upcoming events and valuable tips to all residents.

*Yes Add me to the E-Newsletter e-mail list.*

My e-mail address: \_\_\_\_\_

Alternate e-mail: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Tel. No. \_\_\_\_\_

Please return this form to the City of Carson Public Information Office at Carson City Hall, 701 E. Carson, CA 90745 or fax to (310) 549-1466.

You may also sign up via the City of Carson's website

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

Info: **(310) 952-174**



**PUBLIC INFORMATION OFFICE-CARSON**  
701 East Carson Street  
Carson, CA 90745

TO: Postal Patron

PRSR.T. STD  
U.S. POSTAGE  
**PAID**  
Permit No. 905  
Long Beach, CA

**POSTMASTER**: DATED MATERIAL. PLEASE DO NOT DELAY

# City of Carson



## We got something for Every-Body!



**Veterans SportsComplex**

Monthly, Annual, and Corporate  
Membership Packages Available

22400 Moneta Avenue, Carson, Ca 90745  
(310) 830-9991 Office • (310) 830-3346 Fax