South Gate is counting on you! Every year, the federal government distributes more than $675 billion to state, local and tribal governments based on census data. A complete and accurate census count is essential for South Gate and the well-being of our community.

The census affects:
- Your voice in government. The census is used to reapportion the House of Representatives, determining how many seats each state gets
- The amount of funding California, LA County and the City of South Gate receive
- The way the City of South Gate plans for the future

Your participation helps provide a picture of who we are as a city and ensures that the hard to count groups (young children, seniors, local vendors, and those experiencing homelessness) are all counted.

Will my information be kept confidential?
- Yes. Under the law, Census data can only be used for statistical purposes. Title 13 of the U.S. Code requires respondent’s information to be kept confidential, and guarantees personal information will not be used against respondents in court or by a government agency.
- Census Bureau staff who have access to personal information are sworn for life to protect confidentiality, and are subject to a $250,000 fine and/or up to five years in federal prison for wrongful disclosure of information.

Key dates for Upcoming 2020 Census
- March 12-20, 2020: Self-Response to 2020 Census Begins (Some households will receive paper questionnaires).
- March 16-24, 2020: A reminder letter is sent out if you haven’t responded yet.
- April 1, 2020: Census Day is observed nationwide. By this date, every home will receive an invitation to participate in the 2020 Census.
- April 20-27, 2020: A final reminder postcard before we follow up in person.
- July 31 - Final day to respond to the 2020 Census.

For more information visit cityofsouthgate.org or call the Office of the City Clerk at (323) 563-9573.

Public Meeting Schedules

CITY COUNCIL MEETINGS

The City Council is the policy making body for the City of South Gate. Residents and community members are highly encouraged to participate in the Commissions from the Administrative Office and in person or through the City Council chambers. Meetings take place on the 1st Tuesday of every month, at 6:00 p.m. at Civic Center Building.

COMMISSION FOR SOUTH GATE YOUTH

The Commission for South Gate Youth serves to improve the youth by promoting and supporting high quality programs and projects that address the needs of youth. Meetings take place on the 1st Thursday of each month, at 7:00 p.m. at City Hall’s Council Chambers.

COMMISSION FOR SOUTHERN CALIFORNIA YOUTH

This Commission serves as an advisory panel to the City Council on matters related to the city’s parks and its recreation programs. Commission meetings are open to the public and members of the public are highly encouraged to attend the commission on any topic and solicited items. Meetings take place on the 2nd Thursday of every month at City Hall’s Council Chambers.

COMMISSION FOR THE CITY COUNCIL

The Commission for the City Council is an advisory panel to the City Council on matters related to land use, planning law, environmental, and other related matters. The planning commission holds regularly scheduled public hearings to consider land use matters on the general plan, specific plans, site plan reviewing, use permits and subdivisions. Meetings take place on the 1st and 3rd Tuesday of each month, at 7:00 p.m. at City Hall’s Council Chambers.

Additional Contact Numbers

STATE ANNEX
1201 W. Slauson AVE
(323) 563-9537
SOUTH GATE CITY HALL
450 E. PACIFIC ST
(323) 563-9500
ATTENVY
350 S. GATE AVE
(323) 563-9527
PUBLIC WORKS
350 S. GATE AVE
(323) 563-9573
RECREATION COMMISSION
350 S. GATE AVE
(323) 563-9500
PUBLICDEFENSE
350 S. GATE AVE
(323) 563-9581
South Gate Street Sweeping Program

The City of South Gate recently contracted Nationwide Environmental Services to provide street sweeping services citywide. City streets will continue to be swept Monday through Friday, on their regularly posted schedule, except on the observed holidays listed on the article. If your regular street sweeping day falls on one of the observed holidays, services will resume on the regularly scheduled day of the following week. To avoid parking citations on the observed holidays, vehicles must be parked in accordance with all other parking regulations.

As a reminder, one of the goals for enforcing the street sweeping parking restrictions is to motivate the public to move their vehicles, to allow for more efficient sweeping and thorough debris removal. If you received a parking citation due to street sweeping and would like an application form, please call (323) 563-5493.

For more information about the Street Sweeping Program or your neighborhood’s street sweeping schedule, please contact the Field Operations Division at (323) 563-0785.

Safety Tips for Fitness Facilities

Now that the holiday season has passed we will see the gyms and health clubs with more activity. With the increase in activity we will also see the opportunity for thefts to rise too.

Before You Go
• Take a friend to the gym with you. Gym partners can motivate and keep you active.
• Plan your workouts before you go to the gym. You should be focused on maximizing the time and the opportunities of being victimized.

At the Gym
• Only bring items that are necessary (membership card, ID, towel, water).
• If you must bring in electronics, bring only what you can afford to lose (old mp3).
• Invest in a sturdy lock for your wall locker. If something seems suspicious, report it to staff.
• Keep your pockets tight, but do frequent checks of your property. Don’t lose track of items because of a work out.
• Be alert of members who follow you from area to area. They might be targeting valuables.
• If another member is bothering you, report it to staff. If your immediate safety is threatened please call 911.

In the Parking Lot
• Install an alarm on your vehicle.
• Clean out your vehicle and don’t leave valuables in view.
• Roll up your car windows and make sure to lock your car doors. Don’t forget to set the car alarm.
• Park in a well lit and visible area.

For more information please contact: Sean Palos, Crime Prevention Specialist (323) 563-5465 or spales@sogate.org.
More than 50 families in South Gate said “Yes” and decided to go solar—like the Barragans on San Carlos Avenue. Angel and Nancy Barragan had ten panels installed on their roof by community trainees with GRID Alternatives.

GRID Alternatives is a resource for South Gate homeowners that uses state funds to help you save money and bring clean power to your neighborhood. Each year, nearly 100 local residents use GRID training in solar construction to start jobs, which helps strengthen cities like South Gate.

Please call (213) 725-5133 to learn more about the program.

Plans for Major Roadway Improvements

The City has completed the design phase and is working towards initiating the construction phase of improvements to enhance major roadway corridors. The Imperial Highway street improvements will take place on Imperial Highway between the Los Angeles River and Old River School Road. Improvements include roadway medians with drought tolerant landscaping, pavement rehabilitation and sidewalk enhancements. The Garfield Avenue street improvements will take place on Garfield Avenue between Howery Street and Jefferson Avenue. Improvements include new drought tolerant landscaping, pavement resurfacing and sidewalk enhancements. Street improvements will also take place at the intersection of Firestone Blvd and Otis Street to add a right-turn lane and a student pick-up/drop-off zone. These roadway projects prioritize safety, congestion relief, traffic circulation, maintenance and/or beautification. Federal funding approvals have been received to proceed with construction, which is anticipated to begin early summer of 2020.

For more information, please contact the Public Works Department at 323-563-9574 or visit cityofsouthgate.org

Home Recognition Program—Nominations Open!

The purpose of the Home Recognition Program is to recognize residents who have demonstrated a commitment to beautifying and maintaining their homes. The Program will highlight and recognize these homes, and motivate others to improve their homes, enhance residential neighborhoods and improve quality of life for South Gate residents. Please feel free to nominate anyone who might qualify for the program. Applications can be filled out in person or can be found on our city website. Staff will be accepting applications until February 28th.

CITY NEWS

SUNDAY, JULY 26
9AM - 4PM
LOCATION: TWEEDY & LONG BEACH BLVD, SOUTH GATE
WALK | BIKE | SKATE | STROLL

MUSIC, FOOD, GAMES & MUCH MORE!

For more information call (323) 563-5445 or visit www.cityofsouthgate.org

Made possible by Metro
YOUTH ART NIGHT
FRIDAY, MARCH 6 | TIME: 4PM - 8PM | AUDITORIUM

Hosted by the South Gate Art Association

Fun learning about fine art and work on creating your masterpiece in different mediums. There will be a variety of art stations that the whole family can enjoy! All children must be accompanied by an adult.

For more information contact Susan at rosyalladay@sbcglobal.net

Senior Follies
Hosted by the South Gate Women's Club

Saturday, March 7
1PM | $7

Municipal Auditorium | 4900 Southern Avenue
For more information call Naomi at (562) 659-7530

Bingo
Hosted by the South Gate Women's Club

Saturday, March 14
1 - 4PM

Join us for an afternoon of fun & prizes! Tickets: $10 includes 1 card and snack bag
Girls Club House, 4940 Southern Avenue
Proceeds to benefit philanthropic projects
For tickets or more information call Sylvia at (562) 347-5402

Miss Azaleita
Hosted by South Gate Multicultural Women's Club

Saturday, March 14 | 1pm | $3

South Gate Park Municipal Auditorium, 4900 Southern Avenue
For more information contact Sonia Miranda at (323) 365-5672

AZALEA FESTIVAL 2020

Large Quad (Diamonds 1-4) | Free Entrance & Parking | Vendors | Rides | Games | Food Live Entertainment (Bands from 3pm - 8pm, Headliners from 7pm - 8pm)

Thursday, March 19 | 5 pm - 10 pm
Friday, March 20 | 5 pm - 10 pm
Saturday, March 21 | 2 pm - 10 pm
Sunday, March 22 | 2 pm - 10 pm
Thursday $1 Ride Night | $1.25 per Ticket | $30 Tickets for $25 | $30 Wristband

SPECTACULAR FIREWORKS SHOW
SATURDAY, MARCH 21 | 8PM | DIAMONDS 5-8 (SMALL QUAD) | FREE

THE CITY OF SOUTH GATE PRESENTS
Miss South Gate PAGEANT
Saturday, March 21 at 4 pm
Municipal Auditorium | 4900 Southern Avenue | $5
(562) 447-3762 | misssouthgate@gmail.com | www.facebook.com/misssouthgate

AZALEA FESTIVAL 2020

South Gate Park Municipal Auditorium | 4900 Southern Avenue
For more info selaartistsguild@gmail.com

SELA Womxn’s Arts & Crafts Fair
Hosted by the SELA Artists Guild
Saturday, March 28
10 AM - 5 PM

Free Admission

Annual Azalea Karate Tournament
SUNDAY, MARCH 22 | 10AM-5PM | $5

Event 1 | Individual Kata | $40
Event 2 | Weapons Kata | $50
Event 3 | Individual Kumite | $55
Event 4 | Team Kata | $60

South Gate Sports Center, 9520 Hildreth Avenue, South Gate, CA 90280
Free admission to event for children under 5 years old
For more info contact Shihan Juan Larios at (323) 560-5988, shihanjl@aol.com or South Gate Sports Center (323) 563-5445

SEL A Womxn’s Arts & Crafts Fair
Hosted by the SELA Artists Guild
Saturday, March 28
10 AM - 5 PM

Free Admission

Sela Womxn’s Arts & Crafts Fair
Hosted by the SELA Artists Guild
Saturday, March 28
10 AM - 5 PM

Free Admission

SELA Womxn’s Arts & Crafts Fair
Hosted by the SELA Artists Guild
Saturday, March 28
10 AM - 5 PM

Free Admission

For more info selaartistsguild@gmail.com
PARTNER ORGANIZATIONS

AMERICAN YOUTH SOCCER ORGANIZATION FOR BOYS & GIRLS (A.Y.S.O.)
A.Y.S.O. is an organization in South Gate that offers recreational soccer to youth. All registrations take place at Hollydale Regional Park. For more information Contact Enrique Ortega at (562) 319-5666 or (323) 217-7077 at www.southgateayso.org.

COST:
- Plus Fundraiser: $120
- No Fundraiser: $150
- VIP: $75

Registrations:
For registration information or to register please visit: www.southgateayso.org

HUMAN SERVICES ASSOCIATION (H.S.A.)
The Human Services Association organization offers community and social services to the community through their programs. H.S.A. currently has two centers in the City of South Gate that offer programs such as “Pasitos” Head Start and State Education programs. B.E.E. specializes in home-based education services to parents and their children - as well as other adult classes. They also offer food services through their daily Senior Lunch Program at the Margaret Travis Senior Center located at South Gate Park. For more information please call (323) 513-0362 ext. 432. For more information go to www.hsala.org.

LOCATIONS:
- Westside Resource Center: 1920 S. Atlantic Ave., South Gate
- Hollydale Community Center: 12221 Industrial Ave., South Gate
- Margaret Travis Senior Center: 4855 Tweedy Blvd., South Gate

CITY OF SOUTH GATE MUSEUM
MUSEUM HOURS:
- Wednesday: 10:00 am - 4:00 pm
For more information please call (323) 563-5678

JUNIOR ATHLETIC ASSOCIATION (J.A.A.)
Juniors Athletic Association has been dedicated to serving the youth of South Gate, it is an all volunteer organization that encourages parents to volunteer as coaches or as sports officials. For additional information call (323) 566-4700.

OFFICE HOURS:
- Monday-Thursday: 6:00 pm - 8:00 pm
- Saturday: 6:00 pm - 12:00 pm
Registration Information:
Basketball sign-ups begin June 4, 2020 at 9:30 am.
Clinic begins week of June 22, 2020.

SOUTH GATE ART ASSOCIATION
The South Gate Art Association is a non-profit organization whose purpose is to advance the appreciation of art in the community. The association currently coordinates community events related to children, as well as workshops for adults. The next meeting of the South Gate Art Association is held at Hollydale Community Center located at 886 California Ave., South Gate.

ADULT DRAWING AND OIL PAINTING FOR BEGINNERS:
Every Tuesday from 7:00 am - 2:00 pm
Cost: $40 per session (Session 4 weeks each)
Session Dates: March 6 - April 2, April 3 - May 1 - May 29
For more information call Art Association Vice President, Alicia Salazar at (323) 585-2312.

SOUTH GATE AZTECS
The South Gate Aztecs is a youth sports organization that provides the fundamental nurturing experiences for future success in sports and in life. For football information please call (323) 563-5678 ext. 432. For Cheer information please call (323) 585-0392.

PLAYER AGE GROUPS:
- Flag Football: 5 - 4 years old
- Tackle Football: 7 - 14 years old
- Cheer: 5 - 12 years old

SOUTH GATE AQUATICS CLUB
The South Gate Aquatics Club continues to grow and prosper. Our swim lesson participants look forward to becoming a part of the Southern California & United States Swimming Organization. For more information contact the Head Coach at (323) 563-5446.

PRACTICE HOURS:
- Monday-Thursday: 5:00 pm - 7:00 pm
- Wednesday: 5:00 pm - 7:30 pm

SOUTH GATE ART FAIR
Saturday, May 30
10:00 am - 12:00 pm
4855 Tweedy Boulevard
(at the Margaret Travis Senior Center, inside the azalea garden)

TEEN JOB FAIR
Saturday, May 30
10:00 am - 12:00 pm
4855 Tweedy Boulevard
(at the Margaret Travis Senior Center, inside the azalea garden)

TEEN JOB FAIR
Saturday, May 30
10:00 am - 12:00 pm
4855 Tweedy Boulevard
(at the Margaret Travis Senior Center, inside the azalea garden)
to our annual sponsors for their generous donations to Friends of South Gate Parks

South Gate Women’s Club……………………….Gold Sponsor
Speaker of the Assembly Anthony Rendon…..Gold Sponsor
Marc & Joyce Brody………………………………Gold Sponsor
Walmart……………………………………………...Gold Sponsor

Cesar Chavez Park - 5480 Gardendale St.
Hollydale Community Park - 12221 Industrial Ave.
Hollydale Regional Park - 5400 Monroe Ave.
South Gate Park - 4900 Southern Ave.
Stanford Park - 2175 Illinois Ave.
South Gate Dog Park - 5400 Monroe Ave.
Triangle Park - Atlantic & Rayo Ave.
State Street Park - State St. & Southern Ave.

PET FRIENDLY SPACES

Rules to know about bringing your dog to the Park

The City of South Gate understands that we all want to bring our entire family, including our dogs, to the park; for exercise, to socialize or just to enjoy our beautiful parks. But a busy park is not always the best place for a dog. To ensure that our four footed friends can also enjoy our City Parks, please remember the following rules.

**South Gate Park**

Dogs are NOT ALLOWED at South Gate Park except on the outside trail (sidewalks).
Dogs must be on leash and in the owners control at all times.

If your Dog Poops
Please scoop!

**Hollydale Regional Park**

South Gate Dog Park
5400 Monroe Avenue
South Gate, CA 90280

Park Hours:
Open Daily from Dawn to Dusk

Dogs may play off leash.
Dogs must be on leash when
outside the Dog Park fence.

1) Park is open from dawn to dusk.
2) Dogs must be leashed when entering or leaving the safety of the Dog Park.
3) Owners are required to pick-up and dispose of their dog’s waste both in and out of the Dog Park.
4) Owners are solely responsible for their dog’s behavior and will be liable for injuries or damage caused by their dogs.
5) Owners use the park at their own risk. South Gate Parks & Recreation Department is not responsible for injury or illness to dogs or owners.
6) South Gate Parks & Recreation Department reserves the right to close the Dog Park for inclement weather, maintenance, repairs, special events or when deemed necessary.

For the full list of Dog Park Rules please visit
www.cityofsouthgate.org

For more information contact the Parks Administration office at (323) 563-5479 or visit www.cityofsouthgate.org
EasterFest 2020
Saturday, April 4*
Starts at 10am

REGISTRATION OPENS MONDAY, FEBRUARY 24
$5 FOR CHILDREN 2 YEARS & OLDER (ADULTS ARE FREE)

NEW LOCATION: SOUTH GATE GOLF COURSE

EGG HUNTS:

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<th>Times</th>
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<tr>
<td>10:20 am</td>
<td>2 &amp; 3 years old</td>
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<td>10:40 am</td>
<td>4 &amp; 5 years old</td>
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<td>11:00 am</td>
<td>6 - 8 years old</td>
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<tr>
<td>11:20 am</td>
<td>9+ years old</td>
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CARNIVAL GAMES
BOUNCERS
ARTS & CRAFTS

*Rain date: April 11

For more information call the Girls Club House at (323) 563-5447

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HEALTH FAIR
FRIDAY, MAY 8
4:00PM - 7:00PM
FREE EVENT

For more information call (323) 357-9662

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Friends of South Gate Parks with the City of South Gate Parks & Recreation Department

SPRING FIT 5K
Saturday, May 9

Party begins at 6am

Waves: Competitive 8am & Recreational 9am

Registration is available at the South Gate Sports Center and online at www.springfit5k.racewire.com

Each registered runner receives a performance race shirt, sack pack and finisher’s medal

* * * While supplies last

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<th>DATES</th>
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<td>Now - 2/24</td>
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<td>4/21 - 5/9</td>
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DJ · FUN ZONE · RAFFLE · GIVEAWAYS

SOUTH GATE PARK - BANDSTAND
9520 HILDERETH AVENUE
SOUTH GATE, CA 90280

For additional info call the South Gate Sports Center at (323) 563-5445
### How to Register

1. **In Person:** To register in person, you can either go to the Girls Club House office or the Sports Center.  
   - **Girls Club House Office:** 4940 Southern Ave.  
   - **Sports Center Office:** 9200 Hildreth Ave.  

   **Register in Person:**
   - Monday - Thursday: 8:30 am - 5:30 pm  
   - Friday: 8:00 am - 8:30 pm  
   - Saturday: 10:00 am - 4:30 pm

   **Important Information:**
   - All registrations must be made during our office business hours and must be paid when you register.  
   - Registrations can also be done on the Girls Club House or the Sports Center. You can either go to the Girls Club House office or the Sports Center.  
   - Girls Club House Office is located at 4940 Southern Ave.  
   - Sports Center Office is located at 9200 Hildreth Ave.  

2. **Online:** If you are interested in registering online, please follow the directions that have been provided for you.  

   **Register Online:**
   - Click on “Proceed to Site” and start browsing through all programs that are eligible for online registration.

### Fees

- **Cash, personal checks, and credit cards are accepted at all registration sites.** No postdated checks will be accepted.
- **No cash refunds.**
- **No refunds will be issued after the first day of class.** Refunds requested prior to the first day of class will be subject to a $10 processing fee.

### Eligibility

- **Registration is open to all residents of the community and surrounding areas.** South Gate residents are encouraged to enroll early since some programs have maximum quotas.

### Community Excursion Information

- **Trip registration can be done at the Margaret Tennis Center.**
- **Monday - Thursday:** 9:00 am - 4:00 pm at the Girls Club House.  

### Community Excursion Refund Policy

- **All cancellations must be made during our office business hours and there will be a $10 administration fee charged per person.**
- **Refunds are only granted if spaces can be re-sold.**
ARTISTIC YOUTH • SPORTS CLASSES

ADVANCED BASKETBALL SKILLS
Boys & Girls Ages 8-12 years Fee: $47
9 weeks session Location: Outdoor Courts
Take your game to the next level. Learn about defenses and offensive schemes, double teams, pick and rolls, screens, and so much more.
Monday…………………………………………………..8:00 - 8:45 pm

BASKETBALL FUNDAMENTALS
Boys & Girls Ages 5-12 years Fee: $47
9 weeks session Location: Outdoor Courts
Youth will learn techniques such as shooting, passing, dribbling, running and drills to become more aggressive and agile with the sport.
Age 5 - 6 years ………………………..Monday / 5:00 - 5:45 pm
Age 7 - 8 years ………………………..Monday / 6:00 - 6:45 pm
Age 9 - 12 years ………………………..Monday / 7:00 - 7:45 pm

KARATE LESSONS
Boys & Girls Ages 7-17 years Fee: $50
Monthly Sessions Location: Senior Center
Karate offers the ability to develop confidence, physical fitness, self defense and discipline, along with competition and tournament skills. Registration Information: You must register on a monthly basis, on the first Monday or Wednesday of the month.
Beginners Monday/Weekly……………………..5:15 - 6:15 pm
Youth Color Monday/Weekly…………………..6:30 - 7:30 pm
Junior & Adults Monday/Weekly………………7:45 - 9:00 pm

MULTI-SPORT MOMMY / DADDY & ME
Boys & Girls Ages 3-4 years Fee: $47
9 weeks session Location: Sports Center
This class will teach your child the basics of 3 sports: basketball, soccer, and baseball. Every 3 weeks they will rotate to a different sport. Classes may be held outdoors.
Wednesday……………………………………….5:00 - 5:45 pm
Thursday…………………………………………5:00 - 5:45 pm

MULTI-SPORT
Boys & Girls Ages 5 & over Fee: $47
9 weeks session Location: Sports Center
This class will teach your child to learn a different sport every three weeks. Sports that will be taught will be basketball, soccer, and baseball. This is intended for children with little or no experience in sports. Classes may be held outdoors.
Age 5 - 6 years ………………………..Wednesday / 6:00 - 6:45 pm
Age 7 years & over ……………………….Wednesday / 7:00 - 7:45 pm
Age 5 - 6 years ……………………….Thursday / 6:00 - 6:45 pm
Age 7 years & over ……………………….Thursday / 7:00 - 7:45 pm

MINI SLUGGERS MOMMY/DADDY & ME
Boys & Girls Ages: 3 - 4 years Fee: $47
9 weeks session Location: Diamond #9
As you and your child participate in our fun age appropriate activities, your child will be developing their large motor skills and socialization skills. The fun happens on the field!
MOMMY/DADDY & ME classes require parents to be a part of the action, no watching from the sidelines.
Tuesday………………………………………..5:00 - 5:45 pm

LIL SLUGGERS
Boys & Girls Ages: 5 - 6 years Fee: $47
9 weeks session Location: Diamond #9
Boys and girls will learn to run the bases, catch and throw, swing the bat and field ground balls. This class is intended to prepare children for league play.
Tuesday………………………………………..5:45 - 6:45 pm

SLUGGERS
Boys & Girls Ages 7+ years Fee: $47
9 weeks session Location: Diamond #9
Children will practice running bases, fielding ground balls, catching and throwing, swinging the bat and so much more. Coaches will focus on positive reinforcement and preparing kids for positions and league play.
Tuesday………………………………………..7:00 - 7:45 pm

SOCCER SKILLS MOMMY/DADDY & ME
Boys & Girls Ages 3 - 4 years Fee: $47
9 weeks session Location: GOALS Soccer Center
With assistance of the parent, this class will teach your young one to run, kick, and score! If you want your children to start young, this is the class for them.
Wednesday……………………………………5:00 - 5:45 pm
Thursday……………………………………..5:00 - 5:45 pm

SOCCER ROOKIE CLINIC
Boys & Girls Ages 5 - 6 years Fee: $47
9 weeks session Location: GOALS Soccer Center
Come out and learn how to develop the skills you need to play soccer. Once you learn the basics, you’re sure to enjoy the sport even more!
Wednesday……………………………………6:00 - 6:45 pm
Thursday……………………………………..6:00 - 6:45 pm

SOCCER FUNDAMENTALS
Boys & Girls Ages 7-12 years Fee: $47
9 weeks session Location: GOALS Soccer Center
Coaches will emphasize drills, positions, offense, defense, rules of the game and conditioning.
Wednesday……………………………………7:00 - 7:45 pm
Thursday……………………………………..7:00 - 7:45 pm

OLYMPIC WEIGHT LIFTING
Boys & Girls Ages 6- 17 years Fee: $47
6 weeks session Location: Sports Center
This class focuses on learning the proper technique, progression, and execution of the snatch, power clean, and clean and jerk. Benefits of enrolling in this class are increased strength, power, improved muscular development, body composition, injury prevention, and learning a new way to train.
Monday/Thursday………………………………4:30 - 5:15 pm

TENNIS LESSONS FOR YOUTH
Boys & Girls Ages 5-17 years Fee: $45
12 weeks session Location: Tennis Courts
At levels are welcomed. Please bring your tennis racquet, and a can of tennis balls to class. Instructor for this class is Lazaro Gutierrez. The price above reflects the fee for attending class once a week. Additional classes per week are available upon request for an additional fee. Classes require a minimum of 4 students per class, or class will be cancelled.
Level 1: Monday (Ages 6-12) …………………5:00 - 6:00 pm
(Ages 13-18)………………………………..7:00 - 8:00 pm
Tuesday (Ages 6-12) …………………5:00 - 6:00 pm
(Ages 19 & over)……………………….7:00 - 8:00 pm
Wednesday (Ages 13-18)……………4:00 - 5:00 pm
Level 2: Monday (Ages 6-12) …………………5:00 - 6:00 pm
Tuesday (Ages 6-18) …………………5:00 - 6:00 pm
Wednesday (Ages 18-17)……………5:00 - 6:00 pm

YOUTH PERFORMANCE TRAINING
Boys & Girls Ages 6- 17 years Fee: $47
6 weeks session Location: Outdoor Fields & Gym
By enrolling in this program you will learn like the pros and receive a head start on performance training. All sports are welcome and classes are conducted by a Certified Strength and Conditioning Specialist from the MCA. Space is limited so don’t miss out.
Monday/Thursday………………………………5:30 - 6:30 pm

YOUTH VOLLEYBALL
Boys & Girls Ages 10+ years Fee: $47
9 weeks sessions Location: Outdoor Courts
Youth and teens will learn the basics of playing volleyball. Bring a friend and enjoy a great time withSmart as you learn this great Olympic sport.
Fundamentals Class Tuesday……………………5:00 - 5:45 pm
Advanced Class Tuesday…………………………6:00 - 6:45 pm

Visit us online at www.cityofsouthgate.org
These programs take place at Hollydale Community Center at 12221 Industrial Ave. For more information on monthly rates please leave a brief voicemail message at (562) 531-8972.

BRAZILIAN JIU JITSU
Brazilian Jiu Jitsu is a martial art, combat sport and self-defense system that focuses on grappling and especially ground fighting. BJJ promotes the concept that a smaller, weaker person can successfully defend against a bigger, stronger assailant by using leverage and proper technique, taking fight to the ground most notably by applying joint locks and chokeholds to defeat the other person.

Kids Fundamentals Program Class Schedule:
Monday/Wednesday... Beginners..................6 - 7 pm
Monday/Wednesday... Intermediate.......7 - 8 pm

TAE KWON DO
Tae Kwon Do is great for both genders and all ages 5 years and up. You’ll develop strength, speed, balance, flexibility and stamina. You’ll also learn self-defense techniques and much more.

Fundamentals Program Class Schedule:
Tuesday/Thursday...............6 - 7 pm
Intermediate Program Class Schedule:
Tuesday/Thursday...............7 - 8 pm

BABY BALLET
Boys and Girls Ages 4-5 years Fee: $55
9 weeks session Location: Girls Club House
This class will teach them the basic steps and proper ballet techniques through a designed routine that will be performed at the end of the nine weeks. Ballet shoes are required. The instructor for this class will be Vanessa Diaz.
Tuesday...........4:30 - 5:00 pm
Tuesday...............5:00 - 5:30 pm

MINI SLUGGERS
(MOMMY/DADDY & ME)
Boys & Girls Ages 3-4 years Fee: $47
9 weeks session Location: Diamond #3
As you and your child participate in our fun age appropriate activities, your child will be developing their large motor skills and socialization skills. The fun happens on the field!
Mommy/Daddy & Me classes require parents to be a part of the action, no watching from the sidelines!
Saturday..........................10:00 - 10:45 am

MULTI-SPORT
Boys & Girls Ages: 7 years & over Fee: $47
9 weeks session Location: Sports Center
This nine week program will allow your child to learn a different sport every three weeks. Sports that will be taught will be basketball, soccer, and baseball. This class is intended for children with little or no experience in sports. Classes may be held outdoors.
Saturday..........................12:00 - 12:45 pm
LIL' CHEF & JR CHEF COOKING CLASSES
Boys & Girls Ages 5-12 years Fee: $55 5 weeks session Location: Senior Center Kitchen
Your Lil chef will learn to cook easy, fun and exciting recipes. The recipe will be distributed to all students in each class. This class begins April 9, 2020.
Ages 5-8 years---------------------------Tuesday / 4:00 - 5:00 pm
Ages 9-12 years--------------------------Tuesday / 5:15 - 6:15 pm

CHEERLEADING LESSONS
Boys & Girls Ages 5-12 years Fee: $55 9 weeks session Location: Banquet Room
Are you interested in learning how to dance like the cheerleaders at school? Come have a good time as you learn exciting cheer routines that will have you feeling like a professional cheerleader in no time. Instructor for the class will be Aiko A. Students will learn to draw idealized proportions. Instructor for this class will be Claudia Hindu.
Wednesday...........................................5:30 - 6:15 pm
Advance Class
Wednesday...........................................6:15 - 7:00 pm

CREATIVE DANCE TEAM
Boys & Girls Ages 12 & over Fee: $55 9 weeks session Location: Girls Club House
If you have background in Hip Hop or Contemporary Jazz this class is for you! Bring a friend and join the Creative Dance Team. This class will create new dance moves and enhance all those dance moves you learned many years ago! Costumes will be required for the recital at the end of the nine week session. Instructor for this class will be Vanessa Diaz.
Monday..................................................6:00 pm

FASHION SKETCHING
Boys & Girls Ages 11 & over Fee: $55 5 weeks session Location: Girls Club House-Rm. C
This class teaches students to develop their own style of fashion illustration with pencil and markers. Students will learn to draw men and children's fashion models used as a basic for drawing idealized proportions. Instructor for this class will be Claudia Hindu.
Please Note: A payment of $20.00 will be collected by the instructor at the first class meeting for the supplies that will be needed for this class.
Tuesday..................................................5:00 - 6:00 pm

GUITAR LESSONS
Boys & Girls Ages 7-12 years Fee: $55 9 weeks session Location: Girls Club House
These guitar lessons will teach your child the proper posture, finger technique, and musicianship that is required in order to play the guitar correctly. All levels are welcome.
Class size very limited, please bring your own guitar.
Instructor for this class will be Raul Alcantara.
Wednesday...........................................5:00 - 5:45 pm
Wednesday...........................................6:00 - 6:45 pm

HIP HOP DANCE LESSONS
Boys & Girls Ages 6-17 years Fee: $55 9 weeks session Location: Girls Club House
Learn fun and energetic routines to the hip hop music of today. You'll learn a new and technical dance routine during the nine week session. Instructor for this class will be Crystal Betancourt.
Age 6-8 years---------------------------Thursday / 5:00 - 5:45 pm
Age 9-12 years--------------------------Thursday / 6:00 - 6:45 pm
Age 13+ years--------------------------Thursday / 7:00 - 7:45 pm

MEXICAN FOLK DANCE FOR TODDLERS
Boys & Girls Ages 3-5 years Fee: $55 9 weeks session Location: Girls Club House
Your little ones will enjoy learning a traditional dance from all the regions of Mexico. A dance costume will be required for the recital at the end of the nine week session. Instructor for this class will be Crystal Betancourt.
Ages 3 - 4 years-----------------------Tuesday / 4:00 - 4:30 pm
Ages 4 - 5 years------------------------Tuesday / 6:30 - 7:00 pm

MEXICAN FOLK DANCE FOR YOUTHS
Boys & Girls Ages 6-16 years Fee: $55 9 weeks session Location: Auditorium
Learn all types of traditional dances from all the different regions of Mexico. A dance routine will be learned during the nine week session and costume attire will be required for the recital. Instructor for these classes will be Mary Lastra.
Ages 6-8 years---------------------Wednesday / 5:00 - 5:45 pm
Ages 9-16 years---------------------Wednesday / 6:00 - 6:45 pm

PIANO LESSONS
Boys & Girls Ages 7-12 years Fee: $55 9 weeks session Location: Girls Club House
This class will teach you the proper posture to have, finger techniques, musicianship, and how to read music notes. All levels are welcome. The Instructor for this class will be Raul Alcantara.
Thursday...........................................5:00 - 5:45 pm
Thursday...........................................6:00 - 6:45 pm

RHYTHM AND MOVEMENT
Boys & Girls Ages 18 mon. - 2 years Fee: $55 9 weeks session Location: Girls Club House
Your child will learn basic motor skills, as well as coordination, balance, crawling and exploring all through music. Instructor for this class will be Crystal Betancourt.
No class on March 30 in observance of Cesar Chavez Day.
Monday...........................................4:30 - 5:00 pm

Visit us online at www.cityofsouthgate.org or call (323) 563-5447

Class registrations begin Monday, February 24, 2020 - Classes begin week of March 23, 2020
**TAP - YOUTH CLASS**

Boys & Girls Ages 6-10 years  
Fee: $55  
9 weeks session  
Location: Auditorium

Learn how to focus on technique and fun tap dance moves. Your little ones will develop flexibility and timing. Please Note: Tap shoes are required by the second class. The instructor for this class will be Crystal Betancourt.

Tuesday ................................................. 6:00 - 6:45 pm

**TINY TAPPERS - YOUTH CLASS**

Boys & Girls Ages 3-5 years  
Fee: $55  
9 weeks session  
Location: Auditorium

Introduction to tap dance. Your Tiny Tapper will learn a fun dance routine while learning basic tap steps. Please Note: Tap shoes are required by the second class. The instructor for this class will be Crystal Betancourt.

Tuesday ................................................. 5:30 - 6:00 pm

**TINY TUMBLERS**

Boys & Girls Ages 3-5 years  
Fee: $55  
9 weeks session  
Location: Girls Club House

Your little one will learn how to do many tumbling movements. Your child will become more flexible and stronger with each class. Instructor for this class will be Crystal Betancourt. No class on March 30 in observance of Cesar Chavez Day.

Monday ................................................. 5:00 - 5:30 pm

**TUMBLING CLASS**

Boys & Girls Ages 6-10 years  
Fee: $55  
9 weeks session  
Location: Girls Club House

Your child will learn the basics of gymnastics. This class is designed to improve your child’s coordination and introduce them to flexible movements. Instructor for this class is Crystal Betancourt. No class on March 30 in observance of Cesar Chavez Day.

Monday ................................................. 11:00 am - 11:30 am

**YOUTH  CLASS**

Boys & Girls Ages 6-10 years  
Session Starts: April 1

The instructor for this class will be Crystal Betancourt. Please Note: Tap shoes are required by the second class.

**SELF DEFENSE LESSONS**

Fee: $5 per week  
Age 5+ years  
Location: Girls Club House

Builds confidence, self-discipline and teaches valuable safety tips. A one time registration fee is due at the time of registration.

Session Starts: April 1  
Wednesday ............................................. 4:45 - 8:30 pm

For more information call (714) 259-1400
**SOUTH GATE GOLF COURSE**

**PAR 3 GOLF COURSE & DISC GOLF**

(323) 357-9658 • 9615 PINEHURST AVE.

The South Gate Par 3 Golf Course is located 1 block west of Atlantic Blvd. on Pinehurst Ave, between Southern Ave. & Tweedy Blvd.

Want to host your next event at a golf course? Come and have your birthday, company picnics, or other functions here. For more information call (323) 357-9658.

**Fees**
- Youth $6/Adult $7
- Monday
- Military…………….Weekday $6______Weekend  $7
- Senior/Disabled…Weekday $6______Weekend  $7
- Adult……………….Weekday $7______Weekend  $9
- Youth………………Weekday $6______Weekend  $7

**GREEN FEES**
- Monday

**HOURS OF OPERATION**
- Tee off will be at 9:00 am shotgun style
- Fees: $15 per player
- Double Play Tuesdays
  - Buy one round of golf and get the second round for FREE!

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**Disc Golf**
- Monday - Saturday 12pm - Close
- Fees: $6/Adult $7

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**Spring Tournaments**
- March 14, 2020 - St. Patrick’s Day Tournament
- April 4, 2020 - Easter Tournament
- May 9, 2020 - Mother’s Day Tournament

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**CLUBHOUSE AMENITIES**
- The Golf Course has a pro shop and a driving range. We discount clubs and carts. Come relax with a round or two!

**GOLF TOURNAMENTS**
- Please check the South Gate Par 3 Golf Course's website for tournament information. For more information contact us at (323) 357-9658.

**WOMEN’S GOLF CLUB**
- The Women’s Golf Club plays every Wednesday at 8:00 am. Ladies come down and join today. New members are welcome!

**SENIOR DISCOUNTS**
- All seniors can play for $3.50 every Thursday and Friday.

**SENIOR GOLF CARD**
- Seniors can purchase this card for $35.00 and have access to 10 rounds of golf during the week.

**FREE JUNIOR GOLF LESSONS**
- The South Gate Parks & Recreation Dept. has teamed up with the non-profit organization “Help Youth Through Golf” to offer children 6-17 years of age free golf lessons. Equipment will be provided. For more information please call Luis Bahms at (562) 233-9429 or the South Gate Golf Course at (323) 357-9658.

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**POOL SCHEDULE**

March 2 - June 7, 2020

Organized programs have priority over the use of the deep end. We apologize for any inconvenience.

**PUBLIC SWIM HOURS**
- Monday - Thursday ........................................ 3:00 pm - 4:30 pm
- ........................................ 7:15 pm - 8:30 pm
- Friday ........................................ CLOSED
- Saturday-Sunday ........................................ 2:00 pm - 4:00 pm

**ADULT SWIM HOURS**
- Monday - Thursday ........................................ 8:00 am - 11:00 am
- ........................................ 11:30 am - 1:00 pm
- ........................................ 2:00 pm - 3:00 pm
- Friday ........................................ CLOSED
- Saturday-Sunday ........................................ 12:00 pm - 2:00 pm

**LAP SWIM HOURS**
- Lap swimming is available in a designated area during all open swim sessions for Adults Only unless given permission by supervising staff. Please make inquiries in pool office.
- Monday - Thursday ........................................ 6:00 am - 7:30 am
- ........................................ 8:00 pm - 7:00 pm

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**POOL ENTRANCE FEES**

<table>
<thead>
<tr>
<th>Age</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 years old &amp; under</td>
<td>free</td>
</tr>
<tr>
<td>5-17 years old</td>
<td>$4</td>
</tr>
<tr>
<td>18 years &amp; over</td>
<td>$5</td>
</tr>
<tr>
<td>Senior (62 years+)</td>
<td>$3</td>
</tr>
<tr>
<td>Disabled</td>
<td>$3</td>
</tr>
<tr>
<td>Military</td>
<td>$3</td>
</tr>
</tbody>
</table>

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**POOL REGULATIONS**
- The Supervising Lifeguard on duty has the final say in all Health & Safety matters.
- One child under 8 years of age and 48” tall per adult 18+ in the water at a time.
- All swimmers must wear a proper swim suit. NO BASKETBALL SHORTS or EXERCISE CLOTHES ALLOWED.
- All Non-Member patrons are subject to entry fee.
- The staff is not responsible for lost or stolen personal items, so if in doubt, PLEASE DO NOT BRING THEM.
- Water diapers for infants are REQUIRED.
- Children 5 years old or older MAY NOT walk through the opposite gender’s locker room. Please ask staff for assistance.

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**SOUTH GATE GOLF COURSE**

(323) 357-9658 • 9615 PINEHURST AVE.

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**PATRICIA G. MITCHELL SWIM STADIUM**

(323) 563-5446 • 9520 HILDRETH AVE.

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**PATRICIA G. MITCHELL SWIM STADIUM**
LEARN-TO-SWIM PROGRAMS

Learning how to swim can save your life and the lives of your friends and loved ones. That is why our Aquatic Staff is eager to teach you and your little ones how to swim and be safe around the water.

Swim lessons are progressive in nature, so the new classes available during registration change period to accommodate the age and skill level of the students in the previous session. Pre-test is available upon request. Please bring child and swim suit with you before registration during open hours.

Please Note: If this is the first time registering for a class with us, please bring your birth certificate, birth certificate or school I.D. and your Driver's License. Registration is on-loan and begins at 9:00am. For questions, please call us at (563) 564-5446.

YOUTH GROUP SWIM LESSONS

Boys & Girls Ages 6 months - 17 years 4 week sessions approx. 25 minutes per class Monday/Wednesday 5:00 pm - 7:00 pm Tuesday/Thursday 5:00 pm - 7:00 pm Group lessons have between 6-8 students in a class (depending on level). Each session of classes and times offered are based on the number of students who pass to the next level in the previous session and the amount of instructors available to teach.

Registration Dates: Febr. 29, Mar. 28, Apr. 25 Classes Begin: Mar. 30, May 5

Parent & Child $48 3-5 years old $50 6-17 years old $60

YOUTH PRIVATE SWIM LESSONS

Boys & Girls Ages 3-17 years 4 week sessions Saturday & Sunday 10:00 am - 1:00 pm Private lessons are taught one-on-one. All private swim lesson participants will be granted free entry into our Recreation Swim sessions that take place Monday - Thursday from 3:00 - 4:30 p.m. for additional practice time in the water.

Registration Dates: February 22, March 25, April 22 Classes Begin: March 29, April 26, May 3 Ages 3-5 ...... 20 minute session $76 Ages 6-17 .......... 30 minute session $96

YOUTH SEMI-PRIVATE SWIM LESSONS

Boys & Girls Ages 3-17 years 4 week sessions Saturday & Sunday 10:00 am - 1:00 pm Semi-private lessons are taught in a group of 2 - 3 students of like-skill. All semi-private swim lesson participants will be granted free entry into our Recreation Swim sessions that take place Monday - Thursday from 3 - 4:30 p.m. for additional practice time in the water.

Registration Dates: February 22, March 25, April 22 Classes Begin: March 29, April 26, May 3 Ages 3-5 ...... 20 minute session $58 Ages 6-17 .......... 30 minute session $58

SWIM LESSON SKILLS

Parent & Child - Baby Beluga

- Introduces basic skills to parents and children. Parents are taught how to safely assist their child in the water. The course includes: appropriate supporting/holding their child in the water, preparing and encouraging their child to participate fully in each skill. Children are introduced to basic skills that lay the foundation to help them learn to swim.

Tiny Tot - Starfish

- Progressions of independent aquatic locomotion skills, which participants continue to build on as they progress through the Preschool Aquatics and Learn-to-Swim levels. At this level, children are encouraged to develop good attitudes and safe practices around the water.

Tiny Tot - Jellyfish

- Most skills in this level are performed with assistance. This level marks the beginning of independent aquatic locomotion skills. Participants continue to explore using simultaneous and alternating arm and leg actions on the front and back as they gain proper buoyancy for future strokes.

Tiny Tot 2 - Sea Turtle

- Skills in this level are performed independently. Participants learn to improve coordination of combined simultaneous arm and leg actions; and alternating arm and leg actions.

Tiny Tot 4 - Seahorse

- This level builds on the skills taught in Tiny Tot 3 and introduces more advanced skills based on the child’s ability.

Level 1 - Cbasic Introduction to Water Skills

Participants are taught the basic personal water safety information and skills, to help participants feel comfortable in the water and to enter the water safely.

Level 2 - Octopus

- Fundamental Aquatic Skills

Participants are taught the basic personal water safety information and skills, to help participants feel comfortable in the water.

Level 3 - Sea Turtle

- Stroke Development

Participants are taught to swim the front crawl, elementary backstroke, sidestroke, doggie swim, and how to tread water.

Level 4 - Dolphin

- Stroke Improvement

Participants are taught how to improve their skills and swim skills that they already learned, and develop skills for greater distances.

Level 5 - Sting Ray

- Stroke Retraction

Participants are taught how to refine their performance of all the strokes (front, back, breast, butterfly, sidestroke). In this level, students are also taught the proper way to change strokes while swimming.

Level 6 - Shark

- Swimming & Skill Proficiency

Participants continue to improve their strokes as they are taught to swim with more ease, efficiency, power, smoothness, and greater over distances. They will be introduced to other aquatic skills like introduction to swimming, floating skills, swimming with the aid of life jackets, tube and pool noodles, introduction to Jr. Olympic & lap swimming. These skills should prepare them for more advanced water related programs like Flegdraging, swimming, water polo, diving and synchronized swimming.

The newly formed South Gate Water Polo Club provides a year-round program aimed at developing the all-around and athletic abilities. Members of SGPW can expect to learn about the strategic game play, to improve fundamental and advanced skill training, and gain competitive experience. Beyond water polo skills, the program instills discipline, teamwork, commitment, and gives athletes the confidence to strive to their best potential.

Practices and Tryouts are held on Tuesdays & Thursdays from 7pm - 8:30pm

Ages: 5 & 18

Fees: $75 per month for Elite Group or $280 per season (each season is 4 months)

$60 for Beginner Group

$50 for SGAC Members

MUST REGISTER TO AMERICAN WATER POLO

JUNIOR WATER POLO

Boys & Girls Ages 6-12 years 4 week session Monday & Wednesday 7:00pm - 7:55pm

This introductory class is designed to give kids ages 6-12 the opportunity to learn the fundamentals of water polo in a fun, supportive environment that emphasizes skill development, teamwork and physical fitness. Although the sport of water polo is known for its toughness and endurance, Junior Water Polo harnesses all the fun, dynamic aspects of the game in a safe, easy-to-learn aquatic environment that will motivate kids to swim and stay fit.

Registration Dates: March 3, March 31, April 26, May 4

Fee $60

LOS ANGELES 84 FOUNDATION (LA84) SCHOLARSHIP PROGRAM

Scholarship application forms will be available at the Swim Stadium starting May 1, 2020

The LA84 Summer Aquatics programs are about 8-9 weeks for youth ages 7-17. Space is limited for all sports and each LA84 team will be limited in the number of athletes who will be able to participate. A field trip is scheduled at the end of the summer for the Swim Team, Diving Team, and Synchronized Swimming Team pending individual and/or team qualification as set forth by the LA84 Foundation.

SUMMER AQUATIC SWIMS PROGRAM

Class is scheduled to begin in June. This program is for those who have never taken swim lessons before. One session allowed per participant, and a scholarship form must be filled out, turned in, and approved before participation.

MUST REGISTER TO AMERICAN WATER POLO

NORTHERN NOVICE SWIM TEAM

Class day Monday-Thursday 9:00am-10:00am

INTERMEDIATE NOVICE DIVING TEAM

Class day Monday-Thursday 9:00am-10:00am

SUMMER NOVICE SYNCHRONIZED SWIMMING TEAM

Class day Monday-Thursday 9:00am-10:00am

POOL RENTAL INFORMATION

Pool rentals are fun for any occasion. We rent out the pool for baptisms, business parties, swim meets, water polo tournaments and more. The size heated swimming pool is an ideal Olympic-size heated swimming pool with an enclosed large patio for dining, music and extra seating. Rentals are taken on a first come, first served basis and can be made less than 14 days before the event. Non-profit basic rate (private party): $150 an hour for 150 guests (inclusive of whole pool, 3 lifeguards and use of the polo). Please call for pricing on commercial use. There is a cancellation fee for all rentals.

For more information on these programs, call (323) 563-5446.
**SPORTS/FITNESS CENTER**

The premier destination for health and fitness in the City of South Gate

9520 HILDRETH AVE • (323) 563-5445

**Daily Rates**

| Adults (18-61) | $8   |
| Teens (13-17)  | $6   |
| Seniors (62 & over) | $5 |
| Military       | $5   |
| Disabled       | $5   |
| Basic          | $5   |
| Youth (5-12)   | $4   |

**Member Packages**

There are two types of memberships, so one is guaranteed to fit your budgetary and fitness needs.

- **Basic** membership package includes unlimited access to the fitness center, group exercise classes, basketball gymnasium, swimming pool, and locker rooms only.
- **Total Access** membership package includes unlimited access to the fitness center, group exercise classes, basketball gymnasium, racquetball courts, swimming pool, free weight room and locker rooms. The Total Access membership also includes a free personal assessment with the Fitness Coordinator or Fitness Specialist.

**Membership Packages**

**Basic** membership package includes unlimited access to the fitness center, group exercise classes, basketball gymnasium, racquetball courts, swimming pool, free weight room and locker rooms. The Total Access membership also includes a free personal assessment with the Fitness Coordinator or Fitness Specialist.

**Membership Packages**

**Basic** membership package includes unlimited access to the fitness center, group exercise classes, basketball gymnasium, racquetball courts, swimming pool, free weight room and locker rooms. The Total Access membership also includes a free personal assessment with the Fitness Coordinator or Fitness Specialist.

**Active & Veteran Military Memberships!**

- **Active Military** Free Adult Total Access
- **Veteran Military** Total Access Adult Membership at $19 per month Basic Membership at $9 per month

**Active Military** will need to show proper military identification. Veterans will need to show their DD214**

**BIGGEST LOSER CHALLENGE**

Join our 12 week program that is aimed to help you burn fat, tone muscle and reach your desired fitness goals! The program will include nutritional tips, resistance training sessions & exclusive access to Biggest Loser Group Workouts.

COMING SUMMER 2020
**AEROBIC ABS**

A fun and fast-paced workout for burning and toning muscle. This class combines fun aerobic exercises and muscle sculpting core workouts with fast-paced music.

**BOOT CAMP**

A new and exciting group exercise class combines body weight exercises, resistance training, and high intensity intervals to burn calories and tone your body. This high intensity training will help you build stamina and burn calories. Boot camp is for those who suffer from many ailments that attack the body. No registration needed. Fee: $8 per class.

**OVER EASY EXERCISES**

This class is designed for those who want to develop a strong core, more flexibility, and core strength. This class will work your muscles while stretching them out.

**STRETCHERCISE**

Not quite yoga, not quite resistance training. Our new innovative class will combine both aerobic exercises and yoga. This class will take you through a variety of stretching styles. You will learn yoga moves and working your muscles while stretching them out.

**YOGA**

For those who want to develop a strong core, more flexibility, and core strength. This class will combine both aerobic exercises and yoga. This class will take you through a variety of stretching styles. You will learn yoga moves and working your muscles while stretching them out.

**ZUMBA**

Do you want to have fun burning off the calories? Then this is the class for you! Dancing off the calories to the hottest Latin beats. This is a fun and fast-paced class. Fee: $5 per person.
ADULT BASEBALL LEAGUE
Adult Baseball Leagues are held throughout the year on Saturday afternoons and evenings, and on Sunday afternoons. The City offers both wood bat and aluminum bat options. For more information please call the South Gate Sports Center at (323) 563-5445.
League Rates:...
$400.00

ADULT SOFTBALL-BAT PROVIDED LEAGUE
Let us provide the bats for this new adult softball league. No need to worry about altered bats! Registration and fees follow normal registration information. There will be a league that plays on Thursday nights, and the other will be Friday night. For additional information please contact the Sports Center at (323) 563-5445. Please Note: Should there be availability, teams can register up to 1 week prior to the beginning of the season.
Registration Begins:...February 24
Season Begins:...March 26 & 27
Teams:...
$484.00
Refundable forfeit fee:...
$70.00
Umpire fee per game:...
$15.00

ADULT SOFTBALL LEAGUE
The City of South Gate is now forming recreation and competitive Coed, Women, and Men’s Leagues. Coed games will be played on Friday and Wednesday evenings and Sunday afternoons. Women’s leagues will be played on Thursday evenings. Men’s games will be played on Wednesday, Thursday, and Friday evenings. For more information please call the Sports Center at (323) 563-5445. Please Note: Should there be availability, teams can register up to 1 week prior to the beginning of the season.
Registration Begins:...February 24
Season Begins:...March 26 & 27
Teams:...
$484.00
Refundable forfeit fee:...
$70.00
Umpire fee per game:...
$15.00

Tiger Tae Kwon Do
MARTIAL ARTS TRAINING
The following classes are held at the Hollydale Community Center, located at 12221 Industrial Ave. in Hollydale. If you would like to cancel during the day please contact us at (562) 392-8972. If you would like to call during the day please contact our office after 5:30pm at (323) 563-5445 and leave a voicemail message.

BRAZILIAN JIU JITSU
Brazilian Jiu Jitsu is a martial art, combat sport and self-defense system, that evolved from various ground-based grappling techniques and judo. It focuses on leverage and proper technique taking fighters to the ground and into submission. BJJ promotes the concept that a smaller, weaker person can successfully defend against a bigger, stronger assailant by using leverage and proper technique, taking fight to the ground, and immobilizing or neutralizing the opponent's ability to respond. Tae Kwon Do is great for both genders and for ages 5 years and up. It helps improve strength, speed, balance, flexibility and stamina. You'll also learn self-defense techniques and much more.

GUITAR LESSONS
This class will teach you the proper posture, finger technique, and musicianship that is required to play the guitar correctly. Instructor for this class is Raul Alcantara.

DOG OBEDIENCE LEVEL I
Age: 18+ years
Location: Hollydale Dog Park
Fee: $60
9 weeks session
Good manners at an early age makes a new puppy a more enjoyable family member. Class will include basic obedience commands and socialization. Instructor for this class will be Gunther Alcerro Ramos.
On-site registration, cash/check only.
Saturday...10:00 - 11:00 am

CEA H.O.W. COMPULSIVE EATERS
Ages 18+ years
Fee: FREE
This class is conducted in Spanish. The program uses the principles of the 12 step program used in AA. Instructor for this class will be Trinidad Rodriguez.

MEN’S BASKETBALL LEAGUE
Online team forms and come online to play in our men’s basketball leagues. Various competition levels are offered. Games will be held on Friday and Sundays. Players must be 18 years or older to play. For additional information on the upcoming session call the Sports Center at (323) 563-5445.

OBSTACLE TRAINING/CIRCUIT TRAINING
We now offering Obstacle Training/Circuit Training. These classes will further enhance your Martial Arts/fitness level. This training builds strength and stamina using obstacles, fence ladders, monkey bars, wall climbs, and Spartan Roses. It tests mental and physical fortitude using Circuit training techniques under stress. Some exercises include jumps, push-ups, burpees and pull-ups. The class will be held Tuesday and Thursday, 8:00 - 7:00 pm.

GUITAR LESSONS
This class will teach you the proper posture, finger technique, and musicianship that is required to play the guitar correctly. Instructor for this class is Raul Alcantara.

Piano lessons
This class will teach your proper posture, finger techniques, musicianship, and how to read musical notes. All levels are welcome. The instructor for this class will be Raul Alcantara.
H.S.A. SENIOR LUNCH PROGRAM

Come enjoy a hot and hearty meal Monday - Friday, space is limited, please plan to arrive between 9:30 - 10:30 am. For more information call Site Manager (323) 357-5363.

Suggested donation 60 yrs. $2.25, under 60 yrs. $4.50

MEALS ON WHEELS - FOOD SERVICE

For information on how to receive meals delivered to your home, please contact the Meals on Wheels organization at (361) 806-5465.

Schedule of Activities

<table>
<thead>
<tr>
<th>PROGRAM NAME</th>
<th>DAY IN WEEK</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food Bank</td>
<td>3rd Monday of each month</td>
<td>1pm-3pm</td>
</tr>
<tr>
<td>Senior Art Circle</td>
<td>Monday</td>
<td>1pm-4pm</td>
</tr>
<tr>
<td>Senior Dancing for Exercise &amp; Fun</td>
<td>Wednesday, Thursday &amp; Friday</td>
<td>1:30pm-3:30pm</td>
</tr>
<tr>
<td>Senior Crafters</td>
<td>Friday</td>
<td>9am-12pm</td>
</tr>
<tr>
<td>Senior Bingo</td>
<td>Tuesday &amp; Saturday</td>
<td>1:30pm-3pm</td>
</tr>
<tr>
<td>Tai Chi</td>
<td>Tuesday &amp; Thursday</td>
<td>10:30am-12pm</td>
</tr>
<tr>
<td>Karaoke</td>
<td>Thursday</td>
<td>9am-1pm</td>
</tr>
</tbody>
</table>

HEALTH & WELLNESS WORKSHOPS

The Margaret Travis Senior Center offers free health screenings for seniors once or twice a month, and health & wellness workshops that give seniors great tips on how to stay healthy. Please contact our office for information and upcoming events at (323) 357-5642.

COMMUNITY EXCURSIONS

On-site & Online Trip Registration Begin: March 2, 2020

Registration is held at the Girls Club House office, Monday - Thursday from 8:30 am to 5:30 pm and at the Margaret Travis Senior Center, Monday - Friday 8:30 am - 5 pm.

All fees are due at the time of registration.

Please note: All cancellations must be during our office business hours and there will be a $10 administration fee per person. Refunds are only granted if spaces can be re-sold. All trips go, rain or shine, unless otherwise noted. Please arrive 10-15 minutes before scheduled departure and check-in at the office with trip escort. There is no grace period. All departures leave from the Girls Club House as scheduled (traffic/weather permitting).

No refunds for cancellations or “no-shows” the day of the trip. For more information please contact the Margaret Travis Senior Center at (323) 357-9662 or The Girls Club House at (323) 563-5447.

Huntington Beach Farmers Market - Huntington Beach

Lunch is on your own. Friday, June 26

Fee: $10.00 Departure: 10:30 am Return: 6:00 pm

South Coast Botanic Garden - Palos Verdes Peninsula

Lunch is on your own. Wednesday, June 17

Fee: $10.00 Departure: 8:00 am Return: 5:00 pm

Knott’s Berry Farm “Boysenberry Festival” - Buena Park

Lunch is on your own. Friday, April 24

Fee: $50.00 Departure: 9:00 am Return: 6:00 pm

Valley View Casino - Valley Center

Must be 21 years of age or older. Lunch is on your own.

Thursday, May 7

Fee: $20.00 Departure: 7:00 am Return: 7:00 pm

Battle of Mariachi - San Juan Capistrano

Lunch is on your own in the local area.

Saturday, May 9

Fee: $25.00 Departure: 8:00 am Return: 6:00 pm

Strawberry Festival - Oxnard

Lunch is on your own. Saturday, May 16

Fee: $20.00 Departure: 8:00 am Return: 6:00 pm

Balloon & Wine Festival - Temecula

Lunch is on your own. Friday, May 29

Fee: $35.00 Departure: 1:00 pm Return: 11:00 pm

Paluma Casino - Pauma Valley

Must be 21 years of age or older. Lunch is on your own.

Thursday, June 4

Fee: $20.00 Departure: 7:00 am Return: 6:00 pm

The Grove - Los Angeles

Lunch is on your own. Tuesday, June 9

Fee: $10.00 Departure: 9:00 am Return: 4:00 pm

Pala Casino - Temecula

Must be 21 years of age or older. Lunch is on your own.

Thursday, April 2

Fee: $20.00 Departure: 7:00 am Return: 6:00 pm

“Witness for the Prosecution” - Glendale Theatre

Lunch is on your own.

Saturday, April 11

Fee: $25.00 Departure: 11:00 am Return: 6:00 pm

“42nd Street” - CA Theatre of the Performing Arts - San Bernardino

Lunch is on your own.

Saturday, April 18

Fee: $40.00 Departure: 10:30 am Return: 6:00 pm

Knott’s Berry Farm “Boysenberry Festival” - Buena Park

Lunch is on your own. Friday, April 24

Fee: $50.00 Departure: 9:00 am Return: 6:00 pm

Valley View Casino - Valley Center

Must be 21 years of age or older. Lunch is on your own.

Thursday, May 7

Fee: $20.00 Departure: 7:00 am Return: 7:00 pm

Battle of Mariachi - San Juan Capistrano

Lunch is on your own in the local area.

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Fee: $25.00 Departure: 8:00 am Return: 6:00 pm

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- Pala Casino - Temecula
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  - Fee: $50.00
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  - Return: 6:00 pm

- Valley View Casino - Valley Center
  - Fee: $20.00
  - Departure: 7:00 am
  - Return: 7:00 pm

- Battle of Mariachi - San Juan Capistrano
  - Fee: $25.00
  - Departure: 8:00 am
  - Return: 6:00 pm
The City of South Gate Parks and Recreation Department has two facilities for rental for special occasions or business trainings. All reservations are on a first come, first serve basis. For commercial rates and other additional information contact the Parks Administration office at (323) 563-5479 or visit our page at www.cityofsouthgate.org.

ALCOHOLIC BEVERAGES ARE NOT ALLOWED in any of our facilities, and reservations must be made in person. All reception halls require a 4 hour minimum rental, payment of a refundable damage deposit, payment for an event monitor (if required), and payment of a set up fee (if required). All fees are subject to change without notice.

**PARKS & RECREATION ADMINISTRATION**

**RESERVATION HOURS**
Monday - Thursday........................................7:30 am - 5:00 pm
Friday - Sunday...........................................Closed

**GIRLS CLUB HOUSE RATES**
This facility has a maximum capacity of 150 people for a dinner reception, and 325 for conferences.
Non-Profit Hourly Rate..................................$104.50
Non-Profit Kitchen Fee...............................$55.00
Refundable Damage Deposit.............$277.00

**MUNICIPAL AUDITORIUM RATES**
This facility has a maximum capacity of 500 people for a dinner reception, and up to 600 people for a conference event.
Non-Profit Hourly Rate.............................$174.00
Non-Profit Kitchen Fee...............................$70.00
Refundable Damage Deposit.............$430.00

**BANQUET ROOM RATES**
Conference Room Only
This facility has a maximum capacity of 120 people for conferences only.
Non-Profit Hourly Rate...............................$43.50
Non-Profit Kitchen Fee...............................$70.00
Refundable Damage Deposit.............$143.00

**ROSE ARBOR RATES**
The area can seat up to 110 guests for ceremonies. Set up: Chairs only Fee............................................................$156.00

**PICNIC AREAS SEATING APPROXIMATION**

**PICNIC AREA RESERVATION RATES**
There are a total of ten picnic areas located throughout South Gate Park and one at Hollydale Regional Park available to the public to reserve. All reservations are on a first come first serve basis. Please contact our Parks Administration Office at (323) 563-5479 to check availability. All bookings must be made at least one week in advance. Reservation fees are based on the amount of guests you will have in attendance. See group rates below. Contact the Administration Office for Commercial Rate information.

**Non-Profit Group Permit Fees:**
- Group of 1-49 .............................................$76.00
- Group of 50-100 ......................................$151.00
- Group of 101-200 .....................................$241.00
- Group of 200-500 .....................................$361.00
- Group of 501+ ..........................................$723.00

**BANDSTAND RATES**
Group Permit fee ........................................See listed above

**COOK HOUSE RATES**
Group Permit Fee ........................................See listed above
Non-Profit Fee ..............................................$72.00

All fees are subject to change without notice.

For Park Facility & Picnic Area Rentals contact the Park Administration Office at (323) 563-5479. Basketball Field Rentals contact the Sports Center at (323) 563-5445. Pool Rental Information call the Patricia G. Mitchell Swim Stadium at (323) 563-5446. Batting Cage usage information contact Goals Soccer Center at (323) 929-4650.
TRANSPORTATION SERVICES
transit@sogate.org • 9520 Hildreth Avenue • (323) 563-5754

The City of South Gate offers an additional discount on TAP fares (Monthly Metro bus pass) to South Gate residents with Reduced Fare TAP cards.

Sales Hours
Monday - Friday........................................12 - 6 PM
First and Last Saturday of the month...........12 - 3 PM

Senior/ Disabled Tap $16
K - 12 Tap $17
College/ Vocational Tap $32

South Gate residents must provide proof of residency at time of purchase (Utility bill, correspondence, report card, etc).

For more information contact Transit office at transit@sogate.org or call (323) 563-5754

Phone A Ride Service / Servicio de Phone A Ride
The City of South Gate offers its residents 62 years of age and older or who are permanently disabled a service that allows them to obtain transportation around the city for a minimal fee (there are exceptions to certain medical facilities outside the city). This service is not provided for those capable of transporting themselves or for trips to and from their place of employment or school.

Registration Information:
Registrants must present a valid I.D. and proof of residency (Utility bill or mailed correspondence) Monday - Friday, 1 pm - 5:30 pm
*No hand written documents accepted

La ciudad de South Gate ofrece a sus residentes 62 años de edad o más o que están incapacitados un servicio que les ayuda a obtener transporte dentro de la ciudad a un precio reducido. Este servicio no está diseñado para los que pueden moverse por sí mismos, ni para viajar a lugar de empleo o a la escuela.

Como Inscribirse: Individuos registrándose deben presentar su I.D. vigente, y comprobante de domicilio (reúna de gas, luz o agua) Lunes a Viernes de 1 pm a 5:30 pm
*No aceptamos documentos escritos a mano.

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**THE GATE**

(323) 563-5754 • 9520 Hildreth Ave

**GET AROUND TOWN EXPRESS**

**Service Hours:**
Monday - Friday........6 am - 7 pm
Saturday..............8 am - 5 pm

**Service Provider** is Global Paratransit, Inc.

For route information, contact us at (323) 563-5754 or call them at (310) 715-7582.

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**GATE ROUTE INFORMATION**

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**TRANSPORTATION SERVICES**

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**Westside Route Stops**
1. Santa Fe @ Southern
2. Santa Fe @ Firestone
3. Santa Fe @ Armore
4. Armore @ Chestnut
5. Armore @ Alondra
6. Armore @ Downey
7. California @ Firestone
8. Southern @ California
9. Southern @ San Vicente
10. Alexander @ Southern
11. Firestone @ Annissa
12. Atlantic @ Firestone
13. Southern @ South Gate Park
14. Tweddy @ Orange
15. Tweddy @ San Vicente
16. California @ Tweddy
17. Southern @ California
18. Southern @ Alondra
19. Southern @ Stanford

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**Eastside Route Stops**
A. Southern @ South Gate Park
B. Atlantic @ Southern
C. Atlantic @ Tweddy
D. Garfield @ Imperial
E. Garfield @ Gardendale
F. Main @ Garfield
G. Industrial @ Harding
H. Garfield @ Main
I. Garfield @ Imperial
J. Garfield @ Karmont
K. Garfield @ Southern
L. Firestone @ Garfield
M. Firestone @ Rayo
N. Firestone @ Atlantic
O. Southern @ Hunt

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**Service Fees:**
$1.00 per ride.
Children 4 and under ride free.
Transfers are available.
Participants of our Phone-A-Ride program ride for free.

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**Phone A Ride Service / Servicio de Phone A Ride**

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**Registration Fee** $10 per year
Each trip $1

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**Sales Hours**
Monday - Friday........................................12 - 6 PM
First and Last Saturday of the month...........12 - 3 PM

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**South Gate residents must provide proof of residency at time of purchase (Utility bill, correspondence, report card, etc).**

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**For more information contact Transit office at transit@sogate.org or call (323) 563-5754**
PROGRAMAS DEPORTIVOS

Inscripciones comienzan el Lunes, 24 de Febrero

PROGRAMAS RECREATIVOS

Inscripciones comienzan el Lunes, 24 de Febrero
SCHEDULE OF Events

Youth Art Night
Friday, March 6 from 4pm - 8pm
at Municipal Auditorium - 4940 Southern Avenue

Senior Follies
Saturday, March 7 at 1pm
at Municipal Auditorium - 4940 Southern Avenue

Bingo
Saturday, March 14 at 1pm at Girls Club House - 4940 Southern Avenue

Miss Azaleita
Saturday, March 14 at 1pm at Municipal Auditorium - 4900 Southern Avenue

Carnival
Thursday, March 19 and Friday, March 20 from 5pm - 10pm
Saturday, March 21 and Sunday, March 22 from 2pm - 10pm
at Baseball Diamonds 1-4 (large quad)

Miss South Gate Pageant
Saturday, March 21 from 4pm - 8pm at Municipal Auditorium - 4900 Southern Avenue

Fireworks Show
Saturday, March 21 at 8pm at Baseball Diamonds 5-8 (small quad)

Karate Tournament
Sunday, March 22 from 10am - 5pm at Sports Center - 9520 Hildreth Avenue

Azalea Classic Car Show
Sunday, March 22 at 10am at the Golf Course - 9615 Pinehurst Avenue

SELA Womxn’s Arts & Crafts Fair
Saturday, March 28 from 10am - 5pm at Municipal Auditorium
4900 Southern Avenue

For more information call (323) 357-9637