

# City of South Gate

Celebrates 100 years!



(January 20, 1923 - January 20, 2023)

*Centennial Celebration*  
Saturday, January 21, 2022

***South Gate Connect***  
***WINTER 2022***



# WINTER 2022



City of  
**South  
Gate**

## SOUTH GATE CITY HALL

Monday - Thursday  
7:00am - 5:30pm

8650 California Avenue  
South Gate, CA 90280

Administration  
(323) 563-9501

City Council Office  
(323) 563-9543

[cityofsouthgate.org](http://cityofsouthgate.org)

## CITY COUNCIL

Al Rios  
~Mayor

María del Pilar Avalos  
~Vice Mayor

Denise Diaz  
~Council Member

Gil Hurtado  
~Council Member

María Davila  
~Council Member

## PARKS & RECREATION COMMISSION

Alan Flores  
~Chair

Lizette Ruiz  
~Vice Chair

Jennifer Cypert  
~Secretary

Vacant  
~Commissioner

Vacant  
~Commissioner

# 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 Comments from the Audience portion of the meetings. Here you can address any issue directly to the City Council and staff that is not listed on that meeting's Agenda. Meetings take place on the 2nd and 4th Tuesday of every month at 6:30pm.

**Council Meetings are being held in person at the Council Chambers and via teleconference. For the updated dial-in number, please visit [www.cityofsouthgate.org/AgendaCenter](http://www.cityofsouthgate.org/AgendaCenter) or call (323) 563-9573.**

## COMMISSION FOR SOUTH GATE YOUTH

The Commission for South Gate Youth seeks to empower the youth by promoting and supporting high quality programs and projects that address the needs of youth. Meetings take place on the 1st Tuesday of every month, at 6:00pm at the Civic Center Building.

## PARKS AND RECREATION COMMISSION

The Parks and Recreation 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 allowed to address the Commission on any parks and recreation related issue. Meetings take place on the 2nd Thursday of each month, at 7:00pm at City Hall's Council Chambers.

## PLANNING COMMISSION

The Planning Commission reviews matters related to land use, planning law, environmental, and developmental issues. The Commission holds regularly scheduled public hearings to consider such land use matters as the general plan, specific plans, site plans, rezoning, use permits and subdivisions. Meetings take place on the 1st and 3rd Tuesday of each month, at 7:00pm at City Hall's Council Chambers.

## City Services Directory

**CITY CLERK'S OFFICE**.....(323) 563-9510

### COMMUNITY DEVELOPMENT

Building Inspection/Permits.....(323) 563-9549

Code Enforcement.....(323) 563-9558

**FINANCE**.....(323) 563-9523

Business License.....(323) 563-9527

Water Billing.....(323) 563-9586

**HUMAN RESOURCES**.....(323) 357-5835

8680 California Ave

**PARKS & RECREATION**.....(323) 563-5479

4900 Southern Ave

Administration Office

### POLICE DEPARTMENT

8620 California Ave

Non-Emergency Phone Line.....(323) 563-5436

### PUBLIC WORKS

Administration.....(323) 357-9657

Engineering.....(323) 563-9567

Graffiti Hotline.....(323) 563-5793

Illegal Dumping Hotline.....(323) 563-9575

Street Lights & Traffic Signals.....(323) 563-5773

Tree/Street/Pothole Repairs.....(323) 563-5785

### SOUTH GATE MUSEUM & ART GALLERY

.....(323) 357-5838

8620 California Ave

## Additional Contact Numbers

SEAACA - ANIMAL CONTROL  
9777 SEAACA St. (562) 803-3301

FIRE DEPARTMENT  
4867 Southern Place, Station 54  
General Business (323) 567-8580

5720 Gardendale Street, Station 57  
General Business (562) 531-9700

A.Y.S.O. (323) 217-7077

BOY SCOUTS (213) 413-4400 Ext. 333

CITY DUMP (562) 928-4616

CHAMBER OF COMMERCE (323) 567-1203

FARMERS MARKET (866) 466-3834

GAS COMPANY (800) 427-2200

GIRL SCOUTS OF AMERICA (213) 213-0150

GOALS SOCCER CENTER (323) 923-4650

HOLLYDALE LIBRARY (562) 634-0156

H.S.A. PROGRAM (562) 806-5400

J.A.A. ORGANIZATION (323) 566-4700

PHONE-A-RIDE (866) 260-4600

S.G. AQUATICS CLUB (323) 236-6389

S.G. ART ASSOCIATION (323) 564-7541

S.G. YOUTH FOOTBALL (323) 327-2412

SO. CAL EDISON (800) 611-1911

TWEEDY MILE ASSOCIATION (323) 564-8233

WASTE MANAGEMENT (800) 225-0175

WEAVER LIBRARY (323) 567-8853

# Winter Calendar 2022/23

## Holiday Tree Lighting

December 1, 2022                      4:00 pm                      South Gate City Hall

## Pageant of the Trees

December 3, 2022                      5:00 pm                      Municipal Auditorium

## Santa's Breakfast

December 10, 2022                      9:00 am                      Municipal Auditorium

## Santa Cop

December 10 & 11, 2022                      By Invitation Only

## South Gate Christmas Parade

December 11, 2022                      12:00pm                      Tweedy Blvd.

## City Hall Closures

December 23, 2022 - January 2, 2023                      All Offices at City Hall

## Parks & Recreation Department Closures

December 23, 2022 - January 2, 2023                      Parks Admin Office

December 23, 2022 - January 2, 2023                      Girls Club House Office

December 23, 2022 - January 2, 2023                      Patricia G. Mitchell Swim Stadium

December 23, 2022 - January 2, 2023                      Margaret Travis Senior Center

December 24 & 31, 2022                      Sports Center

December 24, 25, 31, January 1, 2023                      South Gate Golf Course

December 23, 2022 - January 2, 2023                      Transportation Office

For more information please call the  
South Gate Parks Administration Office at (323) 563-5479

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# SOUTH GATE CHILDREN'S CHRISTMAS LANE PARADE AND FESTIVAL



December 11th, 2022



**PARADE:** starts at 12 p.m. along Tweedy Blvd from California Ave to Pinehurst Ave.

**SANTA'S VILLAGE FESTIVAL:** at South Gate Park by Boy Scout Area

**Join us for a day full of excitement:**

- FREE toys and giveaways
- Food
- Entertainment Stage
- Pictures with Santa
- Booths and vendors
- And much more...

Hosted by:



# Look to the Past, Celebrate the Present, Embrace the Future

The City of South Gate will celebrate its 100<sup>th</sup> birthday on January 20, 2023. The year-long centennial celebration will include activities and recognition of this special milestone for our community.

## The Centennial Kick-Off Celebration will take place on January 21, 2023.



We are planning a big party at City Hall with food, games, music, fireworks, and opening the time capsule that was buried 50 years ago.

### Some of the other events throughout the year will include:

- Art Scavenger Hunt – All year!
- Food Truck Events- All year!
- National Night Out Block Party – August 2023
- Glow Party- September 2023
- Centennial Ball- September 2023
- Centennial Christmas Parade- December 2023
- Closing Ceremony with new time capsule - January 2024

See the back cover of this brochure for a list of event taking place throughout the year!

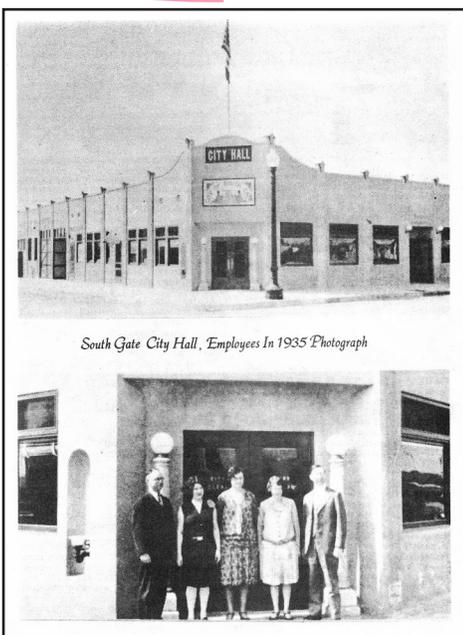
### SPONSOR

Consider making a donation to strengthen community partnerships and support Centennial activities. Email: [sg100@sogate.org](mailto:sg100@sogate.org).

### GET INVOLVED

Submit your photos or stories about our city for a chance to be featured on our website and social media throughout the year. Email: [sg100@sogate.org](mailto:sg100@sogate.org)

## A look back in time..





## South Gate Police Department Brings Holiday Cheer

The South Gate Police Officers' Association (SGPOA) prides in serving our community through various programs. Every year during the holiday season, our police officers donate and volunteer numerous hours to bring the Santa Cop program to our community. Santa Cop was created to help less fortunate families in our community by bringing gifts and a visit from Santa. Santa Cop will take place on December 9th, and 10th, 2022. Inquiries can be sent to Detective Padilla at [bpadilla@sogate.org](mailto:bpadilla@sogate.org).

In the month of December, the South Gate Police Management Association (SGPMA) will host its "Police Navidad" event and distribute toys to the youth in our community. This event is open to the public and toys are distributed on a "first come, first served" basis until supplies run out. Santa Claus will make a special appearance and there will be music and fun for everyone. This year's Police Navidad will take place on Thursday, December 15, 2022, starting at 6pm., at the Civic Center, 8640 California Avenue, South Gate. Inquires can be sent to Lt. Manny Arana at [mvarana@sogate.org](mailto:mvarana@sogate.org)

Follow us on our various social media sites (Instagram @south\_gate\_police\_department\_ and Facebook @SoGatePD) and download the South Gate Police Department phone application to stay up to date with all our events.

# SOUTH GATE COMMUNITY SERVICES



## Mobile Health Clinics

In May of 2022, the City of South Gate and AltaMed began a unique partnership to deliver health screening services to the community. Realizing access to preventative health care is a challenge for residents, the City Council approved a three (3) year contract with AltaMed to provide 24 mobile health clinics throughout the city each year.

AltaMed has stayed true in their mission to eliminate disparities in health care access and outcomes by providing superior health and human services for Latino, multi-ethnic and often-overlooked communities in Southern California for over 50 years.

For many Latino communities the ability to access health care is difficult due to insufficient or lack of health care insurance, transportation to clinics or hospitals, and economic disparity. Especially as witnessed during the COVID-19 pandemic, these same communities experience higher hospitalizations and mortality losses in large part due to the lack of fundamental healthcare services.

The mobile healthcare unit provides basic preventative health screenings for blood pressure, cholesterol, glucose, and body mass index. Each time the mobile health clinic visits the City of South Gate, it is stationed in different areas on the west, central and east side of South Gate to make access easier for all residents. In addition to the screening services, AltaMed will assist individuals with signing up for Covered California and access low or fee health insurance provided by the Affordable Care Act.

Come visit the mobile clinic at South Gate Park after the Christmas Parade on December 11, 2022. For future dates and locations stay tuned to the City's Instagram @CityofSouthGateCA and Facebook at City of South Gate. The program is being funded by the American Rescue Plan Act (ARPA) which the City received in 2021.

# New Trash, Recycling and Organics Recycling Hauler



The City contracts with Waste Management to provide solid waste and recycling collection services. The agreement will end on December 31, 2022. In order to ensure that residents and businesses continue to receive collection services for reasonable rates, the City received bids from regional trash collection providers. After extensive dialogs, the City selected and entered into an agreement with Universal Waste Systems, Inc. ("UWS"), to provide trash, recycling, and organics recycling services.

**Universal Waste Systems, Inc.**  
 **(800) 631-7016** 

Waste Management will continue to provide services through December 31, 2022, and UWS will begin providing services on January 1, 2023. Additional information will be provided over the next several months.

Customers should be aware that a new organics collection container from UWS will be provided in advance of January 1, 2023, however service will not begin until January 1, 2023. The container will be taped shut until January 1, 2023. Do not place materials in your organics container before January 1, 2023.



## Holiday Message

WM would like to wish all South Gate residents a happy holiday season. Our team has appreciated being your service provider for the past 17 years. Effective January 1, 2023, Universal Waste Systems (UWS) will be the franchised service provider for the South Gate community. WM will begin curbside tree collection on December 26, 2022 – December 30, 2022. UWS will resume tree collection when they begin services on January 1, 2023.

### Instructions for Tree Collection

- Remove all decorations, including tinsel, lights, ornaments, and tree stands
- Place your tree on the curb for recycling, do not place inside the trash or recycle container
- Trees that are taller than six feet must be cut in half
- Flocked trees cannot be recycled. They will be collected with your regular trash.

## Holiday Recycling Q&A

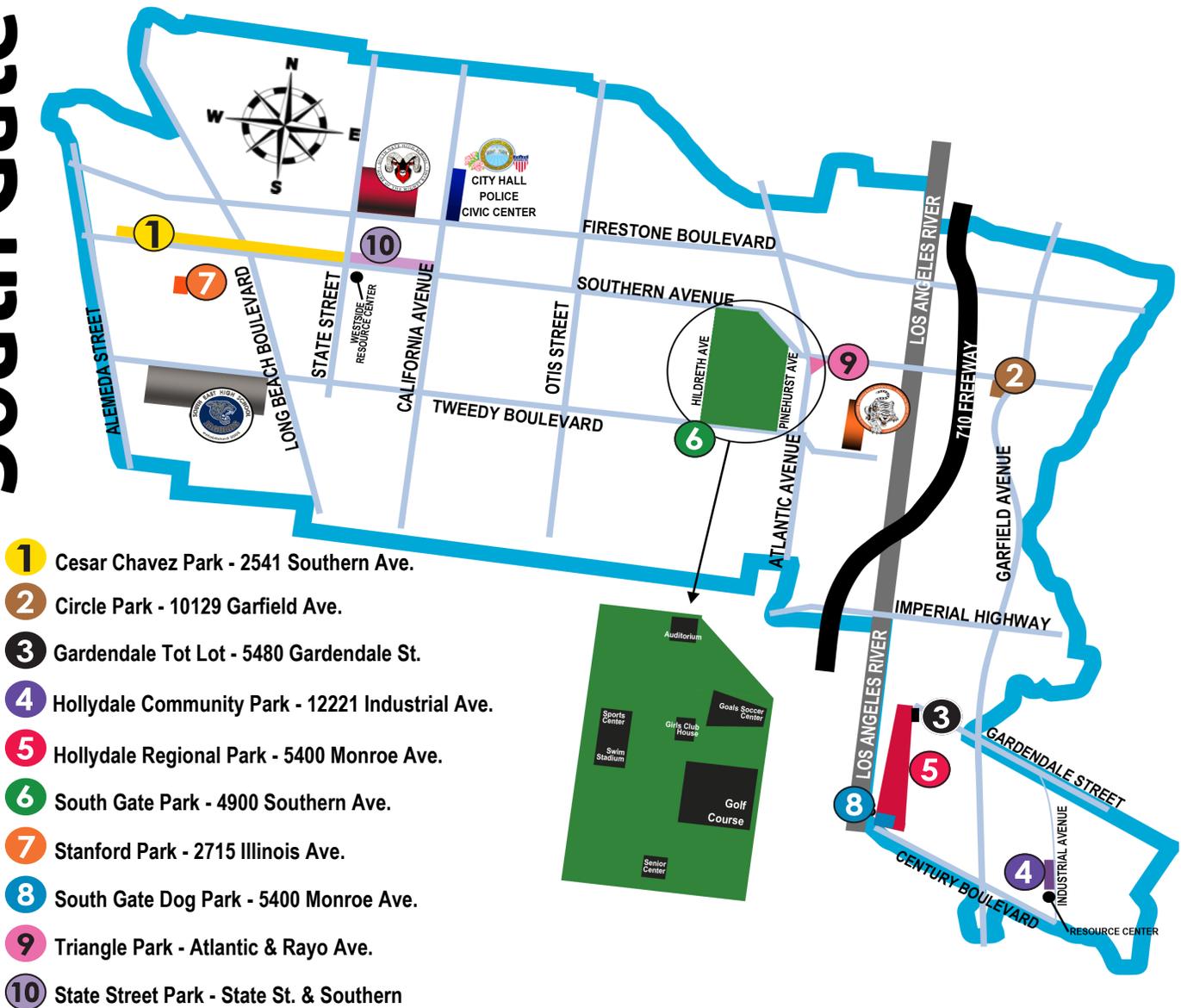
**Q: Can glass ornaments be placed in your recycling cart?**

**A:** No, these items do not belong in your recycling cart. Damaged ornaments can be thrown away in your trash cart but if they're still in good condition, consider donating them to a local charity.

**Q: Is wrapping paper recyclable?**

**A:** That depends on the type; paper-based wrapping paper is recyclable but if it's foil-based (shiny), it is not.

# Parks in the City of South Gate

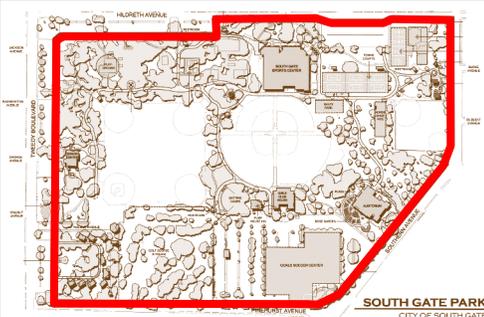


- 1 Cesar Chavez Park - 2541 Southern Ave.
- 2 Circle Park - 10129 Garfield Ave.
- 3 Gardendale Tot Lot - 5480 Gardendale St.
- 4 Hollydale Community Park - 12221 Industrial Ave.
- 5 Hollydale Regional Park - 5400 Monroe Ave.
- 6 South Gate Park - 4900 Southern Ave.
- 7 Stanford Park - 2715 Illinois Ave.
- 8 South Gate Dog Park - 5400 Monroe Ave.
- 9 Triangle Park - Atlantic & Rayo Ave.
- 10 State Street Park - State St. & Southern

## PET FRIENDLY SPACES AT OUR PARKS

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



1. Dogs are NOT ALLOWED inside South Gate Park except on the outside trail (sidewalks).
2. Dogs must be on leash and in the owners control at all times.
3. Please pick up after your dog.



**Hollydale Regional Park**  
**SOUTH GATE DOG PARK**  
 5400 Monroe Avenue  
 South Gate, CA 90280

### DOG PARK RULES

- 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 feces 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](http://www.cityofsouthgate.org)



# Parks & Recreation

# GUIDE





JOIN US *APRIL 1, 2023* AT 10AM  
AT THE *GOLF COURSE* FOR OUR ANNUAL

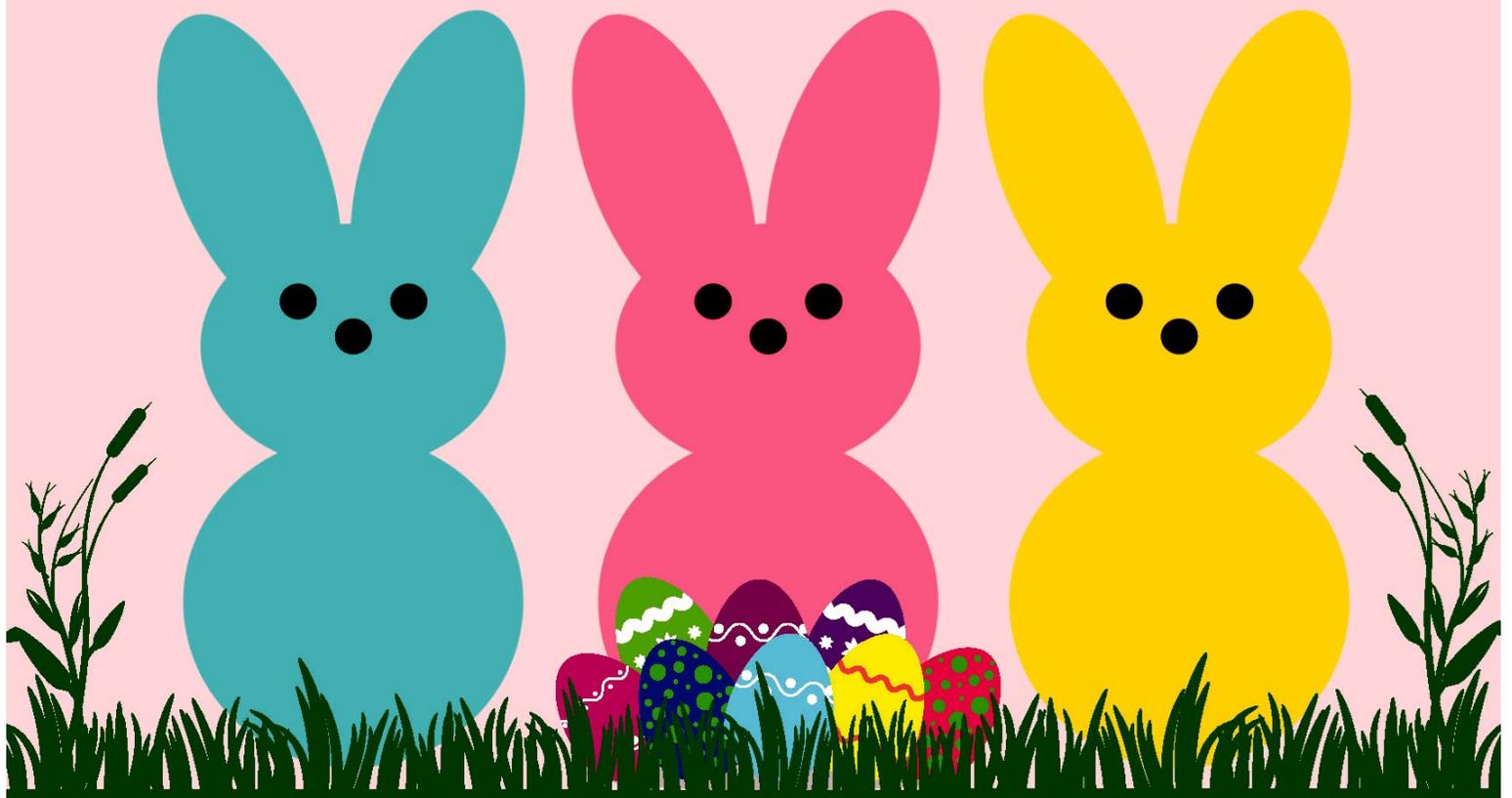
# EASTER FEST

REGISTRATION BEGINS  
*FEBRUARY 21* AT THE *GIRLS CLUB HOUSE*

*\$5 FOR KIDS 2 YEARS OLD AND OVER!*



For more information call (323) 563-5447



The City of South Gate proudly presents  
The 2023 *Miss South Gate* Pageant



**For More Information:**  
Email: [MissSouthGate@gmail.com](mailto:MissSouthGate@gmail.com)  
Call: 562.447.3762

Facebook: [facebook.com/MissSouthGate](https://facebook.com/MissSouthGate)  
Instagram: [MissSouthGate](https://MissSouthGate)

**Happening March 25, 2023  
Now Accepting Applications!**  
Application Deadline: February 23, 2023



# Azalea Festival 2023

## Upcoming Events

- Friday, March 10 - Art Night @ SG Auditorium 5:00pm
- Saturday, March 11 - Bingo @ SG Girls Clubhouse 10:00am
- Thursday, March 16 - Carnival @ SG Park 5:00 - 10:00pm
- Friday, March 17 - Carnival @ SG Park 5:00 - 10:00pm
- Saturday, March 18 - Carnival @ SG Park 12:00 - 10:00pm
- Saturday, March 18 - Miss Azaleita @ SG Auditorium 1:00pm
- Saturday, March 18 - Fireworks Show @ SG Park 8:00pm
- Sunday, March 19 - Car Show @ SG Golf Course 10:00am
- Sunday, March 19 - Karate Tournament @ SG Sports Center 10:00am
- Sunday, March 19 - Carnival @ SG Park 12:00 - 10:00pm
- Saturday, March 25 - Miss South Gate Pageant @ SG Auditorium 4:00pm

# Parks & Recreation Department Directory

Administration Office .....	(323) 563-5479
4900 Southern Ave	
Girls Club House Office .....	(323) 563-5447
4940 Southern Ave.	
Golf Course.....	(323) 357-9658
9615 Pinehurst Ave.	
Margaret Travis Senior Center.....	(323) 357-9662
4855 Tweedy. Blvd	
Sports Center.....	(323) 563-5445
Patricia G. Mitchell Swim Stadium.....	(323) 563-5446
Transit Services.....	(323) 563-5754
9520 Hildreth Ave.	
South Gate Museum and Art Gallery.....	(323) 357-5838
8680 California Ave.	



## Special Thanks

to our annual sponsors for their generous donations to  
Friends of South Gate Parks

South Gate Women's Club.....	Gold Sponsor
5211 Southern Avenue, LLC.....	Gold Sponsor

## South Gate 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 (between 4p-8p) at (562) 319-5666 or visit [www.southgateayso.org](http://www.southgateayso.org).**

**COST:**

Plus Fundraiser.....	\$120
No Fundraiser.....	\$150
VIP.....	\$75

**Registrations:**  
For registration information or to register please visit:  
[www.southgateayso.org](http://www.southgateayso.org)

### SOUTH GATE ART ASSOCIATION

The South Gate Art Association is currently welcoming new members. The yearly membership fee is \$20. Soon, the Art Gallery will be open to Art Association activities which include art demonstrations by well-known local artists, weekly classes for adults and art exhibits. Once a year they hold a Family Art Night where community members of all ages can enjoy an evening of creating art together.

**For more info call: Alicia Salazar (323) 271-2730 (Spanish),  
Susan Janer (323) 564-7541 (English)**

### JUNIOR ATHLETIC ASSOCIATION (J.A.A.)

For over 50 years the Junior 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. Sports offered through the JAA are baseball, softball, and basketball.

**OFFICE HOURS:**

Monday-Thursday .....	5:30 pm - 7:30 pm
Saturday .....	9:00 am - 12:00 pm

For more information please call our office at (323) 566-4700.

### SOUTH GATE AZTECS - FOOTBALL & CHEER

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: (323) 327-2412 | For cheer: (323) 338-1911**  
**Registration information is available [www.southgateaztecs.com](http://www.southgateaztecs.com)**

**PLAYER AGE GROUPS:**

Flag Football.....	5 - 6 years old
Tackle Football.....	7 - 14 years old
Cheer.....	5 - 13 years old

### HARBOR AREA FARMERS MARKET

Harbor Area Farmers Market currently hosts a market at South Gate Park every Monday, 8:30 am - 1:30 pm, rain or shine! We are located in the parking lot on the corner of Pinehurst Ave. and Tweedy Blvd.

To obtain more information please email us via contact form on the website. We do not have a phone number for inquiries. Our website is [GoodVeg.org](http://GoodVeg.org)

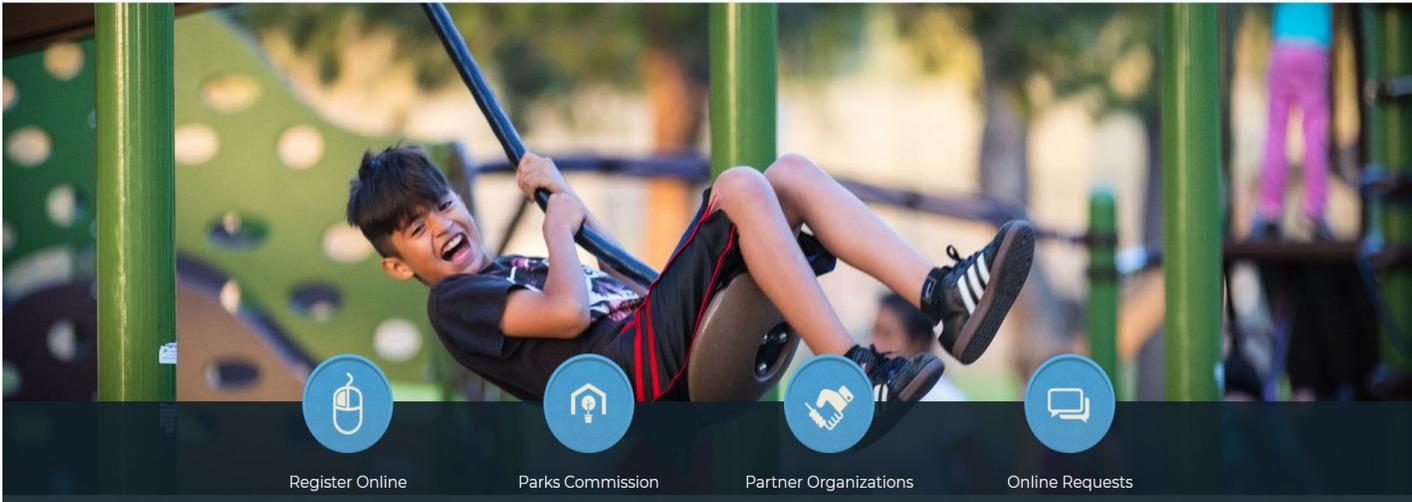
You can also follow us on [Instagram @southgatefarmersmarket](https://www.instagram.com/southgatefarmersmarket)

### SOUTH GATE AQUATICS CLUB

The South Gate Aquatics Club is the most advanced aquatics program at the Patricia G. Mitchell Swim Stadium for youth, where swim lesson participants can build upon what they have learned in previous programs. Members of SGAC also learn valuable life skills such as time management, good sportsmanship, goal setting and good nutrition, all while improving their abilities in the water.

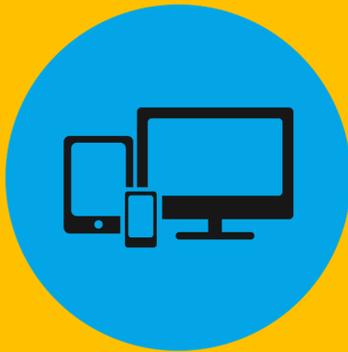
**PRACTICE HOURS**

Monday - Thursday.....	5:00 pm - 7:00 pm
<b>TRY - OUT'S</b>	
Every Thursday.....	7:00 pm - 7:30 pm



Program Registration Begins: December 5, 2022  
 Programs Begin Week of: January 9, 2023

# NEW Online Registration Website



Please note that we have a new registration website. This means that if you previously had an online account, you will have to create a new account on the CIVICREC website in order to log in and register for any of our programs.

Scan here to go to our new registration site.



### GENERAL REFUND POLICY

A program may be canceled in the event minimum registration is not met by the specified deadline or 48 hours prior to the program. A full refund will be issued only in the event that a program is canceled by the Parks and Recreation Department. Refunds requested prior to the first day of class will be subject to a \$15 processing fee.

**No refunds will be issued after the first day of class. Refunds will be issued by check and will be mailed within 4-6 weeks. No cash refunds.**

### FEES

Course fees vary and must be paid in full at the time of registration.

ONE CHECK MAY BE WRITTEN FOR MULTIPLE CLASS REGISTRATIONS. Make checks payable to: City of South Gate. No post-dated checks will be accepted. **Please Note:** Cash, personal checks, and credit cards are excepted at all registration sites.

### 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 Travis Senior Center, Monday - Thursday, from 8am-4pm or at the Girls Club House; Monday-Thursday from 8:30am to 5:30pm. Fees must be paid when you register. Registrations can also be done on-line, see page 37 for more information. All departures leave from the Girls Club House. Please arrive 15 minutes before scheduled departure and check-in with the trip escort at the office. There is no grace period. Buses will depart and return from Girls Club House on time and as scheduled (traffic / weather permitting).

### COMMUNITY EXCURSION REFUND POLICY

All cancellations must be made during our office business hours and there will be a \$15 administration fee charged per person. Refunds are only granted if spaces can be re-sold.

**BASEBALL FUNDAMENTALS**

**Boys & Girls Ages: 3-12 years**      **Fee: \$52**  
**9 week session**      **Location: Baseball Diamond #9**

In this nine-week class participants will be taught the fundamentals of the sport. Participants will catch, throw, swing the bat, run the bases, and participate in basic fielding exercises. Drills utilized in this class are intended to increase participant knowledge while preparing them for potential league play.

**Age 3 - 4 years.....Wednesday.....5:00 - 5:45 pm**  
**Age 5 - 6 years.....Wednesday.....6:00 - 6:45 pm**  
**Age 7 - 12 years.....Wednesday.....7:00- 7:45 pm**

**KARATE LESSONS**

**Boys & Girls Ages 7-17 years**      **Fee: \$60**  
**Monthly Session**      **Location: Senior Center**

Karate offers the ability to develop confidence, physical fitness, self defense, discipline, competition and tournament skills. **Registration information:** You must register on a monthly basis, on the first Monday or Wednesday of the month.

**Class Days.....Mondays/Wednesdays**  
**Beginners.....5:15 - 6:15 pm**  
**Youth Color.....6:30 - 7:30 pm**  
**Juniors & Adults.....7:45 - 9:00 pm**



**BASKETBALL FUNDAMENTALS**

**Boys & Girls Ages 5-12 years**      **Fee: \$52**  
**9 week session**      **Location: Outdoor Basketball Court 1**

In this nine-week class participants will be taught the fundamentals of the sport. Participants will shoot, pass, dribble, and rebound while also learning the basics of defense. Drills utilized in this class are intended to increase participant agility and assist with establishing their confidence on the court. No class on January 16 and February 20.

**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**



**YOUTH VOLLEYBALL FUNDAMENTALS**

**Boys & Girls Ages 10+ years** **Fee: \$52**  
**9 week session** **Location: Sports Center Gym (Court 2)**

In this nine-week class participants will be taught the basic fundamentals of the sport. Participants will serve, pass, set, hit, and learn the basic positions on the volleyball court. Drills utilized in this class are intended to increase knowledge and prepare participants for competitive play.

**Fundamentals Class.....Tuesday.....5:00 - 5:45 pm**

**MULTI-SPORT: PASS, SERVE & SCORE**

**Boys & Girls Ages 5-12 years** **Fee: \$52**  
**9 week session** **Location: TBD**

In this nine-week class, participants will be taught the basic fundamentals of football, tennis, and soccer. Drills utilized in this class are intended to increase participant knowledge of the three sports and assist with increasing participant comfortability in all sports.

**Age 5 - 6 years.....Tuesday.....6:00 - 6:45 pm**  
**Age 7 - 12 years.....Tuesday.....7:00 - 7:45 pm**

**MULTI-SPORT: SHOOT, KICK & HIT**

**Boys & Girls Ages 3-12 years** **Fee: \$52**  
**9 week session** **Location: TBD**

In this nine-week class, participants will be taught the basic fundamentals of basketball, soccer and baseball. Drills utilized in this class are intended to increase participant knowledge of the three sports and assist with increasing participant comfortability in all sports.

**Age 3 - 4 years.....Thursday.....5:00 - 5:45 pm**  
**Age 5 - 6 years.....Thursday.....6:00 - 6:45 pm**  
**Age 7 - 12 years.....Thursday.....7:00 - 7:45 pm**

**SOCCER FUNDAMENTALS**

**Boys & Girls Ages 3-12 years** **Fee: \$52**  
**9 week session** **Location: GOALS Soccer Center**

In this nine-week class participants will be taught the fundamentals of the sport. Participants will pass, dribble, and score while also learning the basics of defense. Drills utilized in this class are intended to increase participant agility and assist with establishing their confidence on the field.

**Age 3 - 4 years.....Wednesday.....5:00 - 5:45 pm**  
**Age 5 - 6 years.....Wednesday.....6:00 - 6:45 pm**  
**Age 7 - 12 years.....Wednesday.....7:00 - 7:45 pm**

**Age 3 - 4 years.....Thursday.....5:00 - 5:45 pm**  
**Age 5 - 6 years.....Thursday.....6:00 - 6:45 pm**  
**Age 7 - 12 year.....Thursday.....7:00 - 7:45 pm**

**OLYMPIC WEIGHT LIFTING**

**Boys & Girls Ages 6- 17 years      Fee: \$52**  
**6 week 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. **No class on January 16 and February 20.**

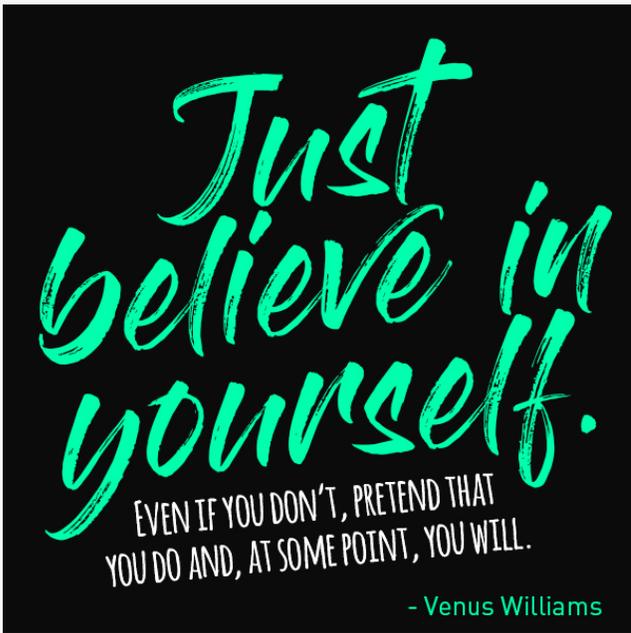
**Monday/Friday.....6:00 - 6:45 pm**

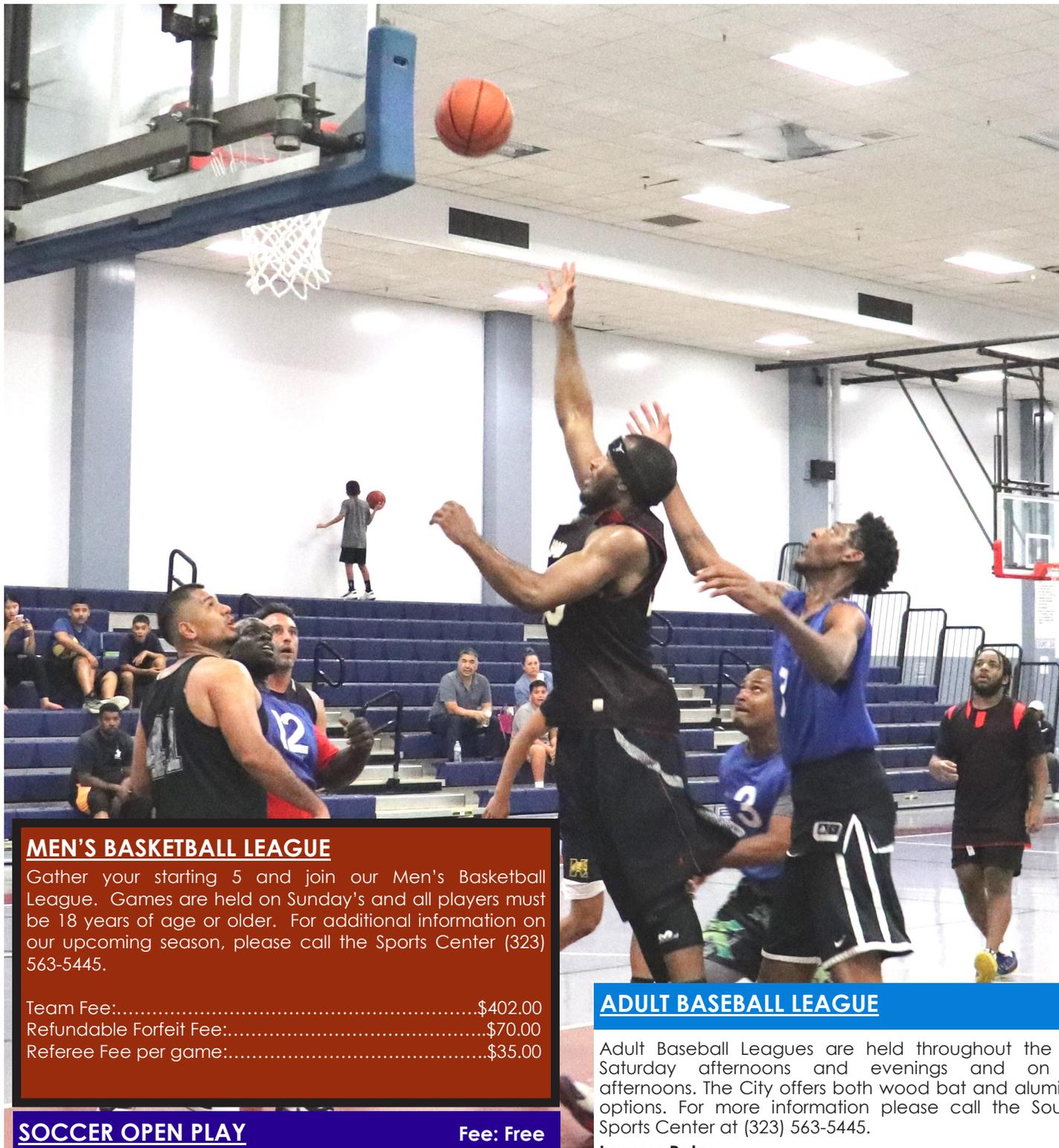
**YOUTH PERFORMANCE TRAINING**

**Boys & Girls Ages 6 - 17 years      Fee: \$52**  
**6 week session                              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 NSCA. Space is limited so don't miss out! **No class on January 16 and February 20.**

**Monday/Friday .....5:00 - 6:00 pm**





**MEN'S BASKETBALL LEAGUE**

Gather your starting 5 and join our Men's Basketball League. Games are held on Sunday's and all players must be 18 years of age or older. For additional information on our upcoming season, please call the Sports Center (323) 563-5445.

Team Fee:.....	\$402.00
Refundable Forfeit Fee:.....	\$70.00
Referee Fee per game:.....	\$35.00

**SOCCER OPEN PLAY**

**Fee: Free**

**Location: GOALS Soccer Center**  
**Days: Monday, Wednesday, Friday**  
**Time: 5:30 pm - 8:00 pm**

The Parks & Recreation Department will be offering FREE Open Playing soccer for adults at Goals Soccer Center. As part of the City's agreement with Goals, the Department is able to provide RESIDENTS ONLY with this great opportunity to play soccer in the premier 5 vs. 5 facility in the country. Residents will be required to check in at the Goals Soccer Center and show proof that they live in South Gate. Open play will be on two of the soccer complex's fields for an hour and a half each day. Residents will be able to register to play up to 30 minutes before the start of each play period. Daily registration will be limited to the first 30 adults.

**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.

<b>League Rate.....</b>	<b>\$600.00</b>
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**ADULT SOFTBALL LEAGUE**

Calling all softball teams both Men's and Co-ed, our current leagues are taking registration for the upcoming season. Men's league is held on Thursday evenings while Co-ed will be held on Fridays. For additional information on our upcoming season, please call the Sports Center (323)563-5445.

Teams.....	\$532.00
Refundable forfeit fee.....	\$70.00
Umpire fee per game.....	\$20.00

**ART CLASS**

**Boys & Girls Ages 7-17 years**      **Fee: \$75**  
**5 week session**      **Location: Girls Club House-RM. C**

This class teaches students drawing fundamentals, including contour drawing perspectives, shading, proportion and still rendering. The instructor for this class will be Claudia Hindu. **Please Note:** A payment of \$10 will be collected by the instructor at the first class meeting for the supplies that will be needed for this class.

**Tuesday.....4:00 - 5:00 pm**

**BABY BOOGIE**

**Boys & Girls Ages 3-5 years**      **Fee: \$60**  
**9 week session**      **Location: Girls Club House**

This class will incorporate hip hop dancing along with classical moves. The instructor will inform you on the first day of class as to what the attire will be for this class. Instructor for this class will be Crystal Betancourt.

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

**BABY MEXICAN FOLK**

**Boys & Girls Ages 3-5 years**      **Fee: \$60**  
**9 week session**      **Location: Banquet Room**

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 Vanessa Diaz.

**Ages 3-4 years.....Tuesday.....4:00 - 4:30 pm**  
**Ages 4-5 years.....Tuesday.....4:40 - 5:10 pm**

**BALLET LESSONS**

**Boys and Girls**      **Fee: \$60**  
**9 week session**      **Location: Girls Club House**

This class will teach them the steps and proper ballet techniques through a designed routine that will be performed at the end of the nine weeks. **Ballet shoes are required.** Instructor for this class will be Crystal Betancourt.

**Ages 3-4 years.....Tuesday.....5:30 - 6:00 pm**  
**Ages 4-5 years.....Tuesday.....6:00 - 6:30 pm**  
**Ages 6-8 years.....Tuesday.....6:30 - 7:15 pm**  
**Ages 9+ years.....Tuesday.....7:15 - 8:00 pm**

**CHEERLEADING**

**Ages 8-17 years**      **Fee: \$60**  
**9 week session**      **Location: Senior Center**

This class will incorporate the basics of cheerleading, where they will learn how to work together as a group to learn a cheerleading routine. Bring a friend, the instructor will inform you what attire will be needed on the first day of class. Class instructor will be Ashley Lopez.

**Ages 8-11 years.....Thursday.....5:00 - 5:45 pm**  
**Ages 12+ years.....Thursday.....6:00 - 6:45 pm**

**DOG OBEDIENCE CLASSES**

**Ages 18+ years**      **Fee: \$70**  
**9 week session**      **Location: Hollydale Dog Park**

Good manners at an early age makes a new puppy a more enjoyable family member. Instructor for this class will be Gunther A Ramos.

**Level I**

**Saturday.....9:00 - 10:00 am**

**Level II**

Dog must have been in Dog I and has learned commands: sit, come, down, stay. Will also learn some agility skills.

**Saturday.....10:30 - 11:30 am**

**FASHION SKETCHING**

**Boys & Girls Ages 8+ years**      **Fee: \$75 + \$10 supplies**  
**5 week 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 women, men and children's fashion models used as a basic for drawing idealized proportions. Instructor for this class will be Claudia Hindu.

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

**GUITAR LESSONS**

**Boys & Girls**      **Fee: \$60 (7-12 years)/\$70 (13+ years)**  
**9 week session**      **Location: Girls Club House Room C**

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.

**Ages 7-12 years.....Wednesday.....6:00 - 6:45 pm**  
**Age 13+ years.....Wednesday.....7:00 - 7:45 pm**

**HIP HOP DANCE LESSONS**

**Boys & Girls**      **Fee: \$60**  
**9 week session**      **Location: Girls Club House**

Learn fun and energetic routines to the hip 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.

**Ages 6-8 years.....Thursday.....5:00 - 5:45 pm**  
**Ages 9-12 years.....Thursday.....6:00 - 6:45 pm**

**HIP HOP DANCE TEAM Advanced**

**Ages 13-17 years.....Thursday.....7:00 - 7:45 pm**  
**(No class on Monday January 16 & February 20.)**

**H.O.W. COMPULSIVE EATERS – SPANISH**

**Ages 18+ years**      **Fee: FREE**  
**On-Going session**      **Location: Girls Club House-Rm. A**

This class is conducted in Spanish. The program uses the principles of the 12 step program used in AA. **No class on Monday January 16 & February 20.**

**Monday.....9:00 - 11:00 am**

**MEXICAN FOLK DANCE FOR YOUTHS**

**Boys & Girls** Fee: \$60  
**9 week session** Location: Girls Club House

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 8-11 years**.....Wednesday / 5:45 - 6:30 pm

(8 yrs must have prior experience)

**Ages 12 + years**.....Wednesday / 6:30 - 7:15 pm

**Ages 12+ years Advanced**.....Wednesday/ 7:15 - 8:00 pm

**PIANO LESSONS**

**Boys & Girls** Fee: \$60 (7-12 years)/\$70 (13+ years)  
**9 week session** Location: Girls Club House Room C

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.

**Ages 7-12 years**.....Thursday.....6:00 - 6:45 pm

**Ages 13+ years**.....Thursday.....7:00 - 7:45 pm

**TINY TUMBLERS**

**Boys & Girls Ages 3-5 years** Fee: \$60  
**9 week 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 January 16 & February 20.**

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

**TUMBLING CLASS**

**Boys & Girls Ages 6-12 years** Fee: \$60  
**9 week 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 Monday January 16 & February 20.**

**Beginners Tumbling**

**Monday**.....5:30 - 6:15 pm

**Advanced Tumbling II**

Child must have taken Tumbling I class in order to register for this class.

**Monday**.....6:15 - 7:00 pm



**Registration Information:** Onsite registration only. Must have birth certificate if this is the first time registering for the program. Child must be mature enough to remain in class by themselves.

**TINY TWO'S CLASSES**

**Boys & Girls 2 years old** Fee: \$90  
**9 weeks session** Location: Girls Club House Rm B

It's never too early to introduce your child to a school-like environment. This nine week session will encourage your 2 year old how to group socialization and participation in story telling, games, action songs, music, and crafts. **No class on Monday January 16 & February 20.**

Parent involvement is required during class time.

**One adult per child allowed in class.** Birth certificate for each child you register is required. On site registration only.

**Mon. / Wed. and Tues./Thurs**.....9:00 am - 10:30 am

**Mon. / Wed. and Tues./Thurs**.....11:30 am - 1:00 pm

**TOT TIME CLASSES**

**Boys & Girls Ages 3-5 years** Fee: \$100  
**9 week session** Location: Girls Club House

Children will learn primary numbers, colors, shapes and the alphabet. Children will also learn to follow directions and socialize with other children through games, songs, puzzles and crafts. **NO DIAPERS/PULL UPS ALLOWED IN CLASS. CHILD MUST BE POTTY TRAINED. SPACE IS LIMITED IN EACH CLASS. No class on Monday January 16 & February 20.**

**Monday / Wednesday**.....9:00 - 11:00 am

**Monday / Wednesday**.....12:00 - 2:00 pm

**Tuesday / Thursday**.....10:00 am - 12:00 pm

**YOUNG CHAMPIONS of AMERICA**

For more information call (714) 478-3793 Or (714) 425-4708.

**REGISTER ON SITE**

**SELF DEFENSE LESSONS**

Fee: \$10 per week

Age 5+ years

Location: Auditorium

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

**January 25 - April 5, 2023**

**9 week session**

**Wednesday**

**5:00 - 8:00 pm**



## Classes:

**PAINTING WITH WATERCOLOR (YOUTH)**    **FEE:\$75**    **AGES: 7-14 YRS**    **5 WEEK CLASS**    **LOCATION: SG ART GALLERY/MUSEUM**  
 Develop your natural artistic skills as you learn basic watercolor theory and techniques. This class covers color mixing, color application, and composition through fun and exciting exercises. Students will need to bring their own materials. Class instructor will be Art Made Lazy.  
**Class Begins:**.....January 9, 16, 23, 30, and February 6, 2023  
**Class Day & Time:**.....Mondays / 4:00pm-5:30pm

**PAINTING WITH WATERCOLOR (ADULTS)**    **FEE:\$90**    **AGES: 18+ YRS**    **5 WEEK CLASS**    **LOCATION: SG ART GALLERY/MUSEUM**  
 Develop your natural artistic skills as you learn basic watercolor theory and techniques. This class covers color mixing, color application, and composition through fun and exciting exercises. Students will need to bring their own materials. Class instructor will be Art Made Lazy.  
**Class Begins:**.....January 9, 16, 23, 30, and February 6, 2023  
**Class Day & Time:**.....Mondays / 6:00pm-8:00pm

**ART CLUB**    **FEE:\$60**    **AGES: 8-16 YRS**    **4 WEEK CLASS**    **LOCATION: SG ART GALLERY/MUSEUM**  
 Let's learn about all types of art mediums! Weekly we will dive into different mediums and see what tools you enjoy working with. Our goal is to make sure students experiment and have fun creating art.  
**Class Begins:**.....January 10, 12, 17, 19, 24, 26, 31 and February 2, 2023  
**Class Day & Time:**.....Tuesdays & Thursdays / 4:30pm-6:00pm

**INTRODUCTION TO OIL PAINTING**    **FEE:\$60**    **AGES: 18+ YRS**    **4 WEEK CLASS**    **LOCATION: SG ART GALLERY/MUSEUM**  
 This class will teach art fundamentals for oil painting. The course will cover drawing, perspective, shadowing, color mixing, contour, and still life rendering. A list of supplies will be given at time of registration. Class instructor will be Alicia Salazar.  
**Class Begins:**.....January 12, 19, 26, and February 2, 2023  
**Class Day & Time:**.....Thursdays / 11:00am-2:00pm

# NARRATIVE POETRY WORKSHOPS



**SATURDAY'S**

DECEMBER 3 & 10  
JANUARY 7 & 14  
FEBRUARY 4 & 11

**11AM-12PM**

FREE | AGES 13+

*The narrative poem is a form of poetry that is used to tell a story. The poet combines elements of storytelling like plot, setting, and characters with elements of poetry, such as form, meter, rhyme, and poetic devices.*

**SOUTH GATE ART GALLERY  
8680 CALIFORNIA AVE  
SOUTH GATE | 90280**

## WOMXN'S HISTORY CELEBRATION MART

MARCH 25 | 1PM-5PM

ARTISTS - ARTISANS - VENDORS  
ACTIVITIES - HISTORY

SOUTH GATE ART GALLERY | 8680 CALIFORNIA AVE | SOUTH GATE | 90280

FOR MORE INFO (ALL (323) 563-5478 OR EMAIL [JMEJIA@SOGATE.ORG](mailto:jmejia@sogate.org))

# SOUTH GATE PAR 3 GOLF COURSE



**9615 PINEHURST AVE. • (323) 357-9658**

The South Gate 9 - Hole Par 3 Golf Course is located 1 block west of Atlantic Boulevard, on Pinehurst Avenue, between Southern Avenue & Tweedy Boulevard.

## HOURS OF OPERATION

Monday - Sunday.....8:00 am - 5:00 pm  
Last Tee Time is 4:00pm

<b>GREEN FEES</b>	<b>WEEKDAY</b>	<b>WEEKEND</b>
YOUTH	\$8	\$9
ADULT	\$9	\$11
SENIOR/DISABLED	\$8	\$9
MILITARY	\$8	\$9

### Double Play Tuesdays

Buy one round of golf and get the second round for FREE!

### DISC GOLF

Come play Disc Golf with family & friends, Open play available seven days a week, excluding some holidays.

### CLUBHOUSE AMENITIES

The Golf Course has a snack bar and a driving range. Come relax with a round or two!

### SENIOR DISCOUNTS

All seniors can play for \$2.50 every Thursday and Friday.

### SENIOR GOLF CARD

Seniors can purchase this card for \$35 and have access to 10 rounds of golf during the week.





9520 HILDRETH AVE. • (323) 563-5446

## POOL SCHEDULE

**December 5, 2022 - February 26, 2023**

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

**Pool Closure Dates:**

December 24, 2022 - January 1, 2023.....Winter Break  
 January 16, 2023.....MLK Day Holiday  
 February 20, 2023.....President's Day Holiday

### FAMILY SWIM HOURS\*

Monday - Thursday.....3:00pm - 4:30pm  
 .....7:15pm - 8:30pm  
 Friday.....3:00pm - 4:30pm  
 Saturday - Sunday.....2:00pm - 4:00 pm

### ADULT SWIM HOURS\*

Monday - Thursday.....8:00am - 11:00am  
 Monday - Friday.....11:30am - 1:00pm  
 .....2:00pm - 3:00pm  
 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 - Friday.....5:00pm - 7:00pm  
 Saturday - Sunday.....12:00pm - 2:00pm

Acceptable payment types: cash or credit card (\$20 minimum when paying with credit card). We do not accept apple pay.

## 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.
- 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.

## SWIM STADIUM DAILY RATES

4 YRS & UNDER	FREE
5 - 17 YRS	\$4
18 YRS +	\$5
SENIORS (62 YRS+)	\$4
DISABLED	\$4
MILITARY	\$4

## PUNCH CARD ALSO AVAILABLE

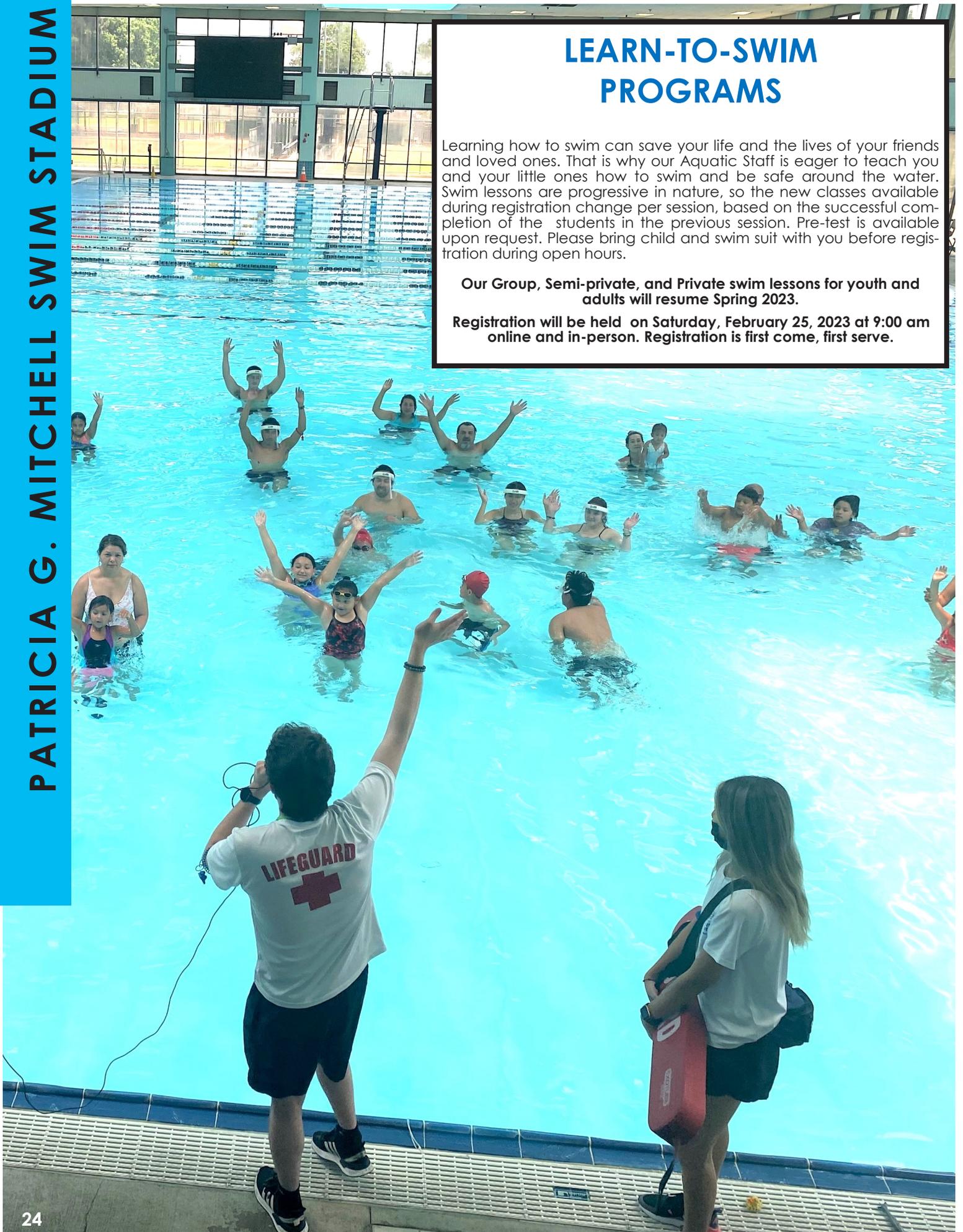
YOUTH/TEEN/SENIOR/DISABLED/ MILITARY	\$40	10 VISITS
ADULTS 18+	\$50	10 VISITS

## 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 per session, based on the successful completion 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.

**Our Group, Semi-private, and Private swim lessons for youth and adults will resume Spring 2023.**

**Registration will be held on Saturday, February 25, 2023 at 9:00 am online and in-person. Registration is first come, first serve.**





## 10th ANNUAL YOUTH SWIM CLINIC

Coming Winter 2023 - Looking to join your high school's swim or water polo team? Are you a current swimmer and want to learn how to improve your technique, endurance, and speed? Then join our 10th annual swim clinic for youth ages 6-17!

All four competitive strokes will be covered, plus starts and turns! Taught by instructors with 20+ years of combined competitive swimming, coaching and teaching experience. For more information, please call the Patricia G. Mitchell Swim Stadium at (323) 563-5446.

### PRE-COMPETITIVE SWIM CLASS

**Boys & Girls Ages 6-17 years  
Monday/Wednesday**

**Fee \$66**

This class is designed to preserve the work you've put in, and build upon what you've learned in the American Red Cross swim class. Levels 4-6 are invited to register. Pre-test also available. Expect to improve your stroke technique while building endurance to swim faster.

**Registration Dates.....November 28, February 1  
Classes Begin.....January 9, February 6**

**Class time.....7:00 pm - 7:55 pm**

## SWIM STADIUM MEMBERSHIPS

All memberships must be paid with a debit card unless 6 months or 1 year are paid in advanced. For more information, please call the Patricia G. Mitchell Swim Stadium at (323) 563-5446.

### SPLASH

Public Swim/Lap Swim/Adult Swim/Showers

Family - **\$30 per month**  
Adults - **\$15 per month**  
Youth/Teens/Seniors/Military/Disabled - **\$10 per month**

### SPORTS & SPLASH

Everything included with Sports membership and Access Pool for Public, Adult & Lap Swim

Family - **\$40 per month**  
Adults - **\$20 per month**  
Youth/Teens/Seniors/Military/Disabled - **\$15 per month**

### PREMIER

Everything included with Fitness, Sports & Splash

Family - **\$70 per month**  
Adults - **\$30 per month**  
Youth/Teens/Seniors/Military/Disabled - **\$25 per month**

**AQUA AEROBICS** Ages 18+ yrs.

Fee: \$6 per class

Ladies, gently shed a few dress sizes without having to feel the sweat run down your shirt. Gentleman, lose a few pounds, tone and lean out your muscles at the same time without the injury causing impact that you would normally experience during a land workout. **This class is not included with the Pool Membership, and are a separate fee.**

Class Schedule

Class Days.....Tuesdays & Thursdays  
 Class Time.....8:00 pm - 8:45 pm

**ADULT & PEDIATRIC CPR/FIRST AID AED**

The Adult and Pediatric CPR/AED course incorporates the latest science and teaches students how to respond to breathing and cardiac emergencies to help victims of any age - adults (about 12 years and older) and pediatric (infants and children up to 12 years of age). Students who successfully complete this course will receive a certificate for Adult and Pediatric CPR/AED valid for two years.

This is a blended learning class and requires proof of online content completion to attend the in-class portion. Please call the Patricia G. Mitchell Swim Stadium for more information at (323) 563-5446.

**MASTER SWIM** Ages: 18+ yrs.

Fee: \$6 per class

Whether you're a triathlete, open water swimmer or just want to maintain fitness or brush up on stroke technique, we got you covered! Masters Swimming is designed for adults, 18 years and over. Ability to swim 100 yards of free and backstroke as well as knowledge of breaststroke and butterfly is suggested. **This class is not included with the Pool Membership, and are a separate fee.**

Class Schedule

Class Days.....Monday/Wednesday  
 Class Time.....8:00 pm - 8:45 pm

**SENIORCISE** Ages: 55+ yrs.

Fee: \$4 per class

Our Senior Water Exercise program offers a stress-free time to swim, improve health and fitness, and socialize with others while enjoying the benefits of our heated indoor pool. This shallow water, low-impact class is paced for seniors and designed to promote joint flexibility, range of motion, and agility while building cardiovascular Fitness and muscle strength. **This class is not included with the Pool Membership, and are a separate fee.**

Class day.....Monday/Wednesday  
 Class time.....11:30 am - 12:15 pm



**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 Patricia G. Mitchell Swim Stadium is an indoor, Olympic-size heated swimming pool with an enclosed large patio for dining, music and extra seating. Rentals are taken on a first come, first paid basis and can't be made less than 14 days before the event. Non-profit basic rate (private party): \$157 an hour for 150 guests (Includes: whole pool, 3 lifeguards and use of the patio). Please call for pricing on commercial use. There is a cancellation fee for all rentals.

# SPORTS/FITNESS CENTER

SPORTS/FITNESS CENTER



9520 HILDRETH AVE. • (323) 563-5445

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

## HOURS OF OPERATION

Monday - Friday.....8:00 am - 8:45 pm  
 Saturday.....9:00 am - 4:45pm

## SKATE PARK

The South Gate Skate Park welcomes skateboards, and bikes. It features a gnarly street section with big rails, stairs and drops. At the back of the park is a fun bowl with hips and mounds. While using the skate park, participants are required by City ordinance to wear proper protective equipment.

### Skate Park Hours : (November 7 - December 30, 2022)

Monday - Friday .....11:00 am - 4:00 pm  
 Saturday..... 11:00 am - 4:00 pm  
 Sunday ..... Closed

## SPORTS CENTER DAILY RATES

\*ALL DAILY PASSES ARE CASH ONLY

ADULTS (18+)	\$5
TEENS (13 - 17)	\$4
SENIORS (62+)	\$4
MILITARY	\$4
DISABLED	\$4
YOUTH (5 - 12)	\$4
FITNESS - ADULT (18+)	\$7
FITNESS - TEENS (15 - 17), SENIORS, MILITARY, DISABLED	\$6

# MONTHLY MEMBERSHIP PLANS

<b>PREMIER</b> Everything included with Fitness, Sports & Splash	<b>FITNESS (SPLASH add-on option)</b> Basketball, Volleyball, Racquetball, Weight Rooms & Group Exercise	<b>SPORTS &amp; SPLASH</b> Everything included with Sports membership and Access Pool for Public, Adult & Lap Swim	<b>SPORTS (SPLASH add-on option)</b> Basketball, Volleyball & Showers
<b>Family:</b> 2 adults & 3 kids <b>\$70 per month</b>	<b>Family:</b> 2 adults & 3 kids <b>\$50 per month</b>	<b>Family:</b> 2 adults & 3 kids <b>\$40 per month</b>	<b>Family:</b> 2 adults & 3 kids <b>\$30 per month</b>
<b>Adults:</b> 18 years & over <b>\$30 per month</b>	<b>Adults:</b> 18 years & over <b>\$25 per month</b>	<b>Adults:</b> 18 years & over <b>\$20 per month</b>	<b>Adults:</b> 18 years & over <b>\$15 per month</b>
<b>Teens/Seniors/Military/Disabled:</b> <b>\$25 per month</b>	<b>Teens/Seniors/Military/Disabled:</b> <b>\$20 per month</b>	<b>Teens/Seniors/Military/Disabled:</b> <b>\$15 per month</b>	<b>Teens/Seniors/Military/Disabled:</b> <b>\$10 per month</b>

**Disclaimer:** Membership does not provide priority access to the Sports Center facilities. Facilities could be subject to closure due to Holidays, Special Events, and Health/Safety concerns. Non-compliance of facility rules and regulations could result in forfeiture of membership.

**Membership Payment Policy:**

In order to sign-up for a monthly membership a credit or debit card must be on file. Dues will automatically be deducted from your account on a month to month basis with no contract. All major credit/debit cards are accepted (Visa, MasterCard and Discover). If paying with cash, 6 months in advance is required. No month to month cash option.

**\*\*SPLASH ADD-ON OPTION - \$5 extra per month.\*\***  
Can only be added to individual monthly memberships. Pool Access To: Public Swim, Adult Swim and Lap Swim.

For more information please contact the Sports Center at (323) 563-5445.

It's time to get fit and in shape! Choose from our Semi-Private Training and train with a friend, or select Private Training for a more personal approach. Training sessions are 45 minutes in duration and will consist of any combination of functional movements, cardiovascular exercises, resistance training and aquatic exercises.

**PRIVATE SESSIONS:**

(1 on 1)

Receive undivided attention from one of our Certified Personal Trainers. Prices listed below are per person.

1 SESSION	\$30
4 SESSIONS	\$116
8 SESSIONS	\$216
12 SESSIONS	\$282



**SEMI-PRIVATE SESSIONS**

(2-3 people)

Don't ditch your gym partner! Choose personal training sessions with friends. Prices listed below are per person.

4 SESSION	\$73
8 SESSIONS	\$136
12 SESSIONS	\$175
16 SESSIONS	\$194

**YOU CAN HAVE RESULTS, OR YOU CAN HAVE EXCUSES.  
YOU CAN'T HAVE BOTH!**

(Must have a Fitness or Premier Membership to participate)

# GROUP EXERCISE CLASS SCHEDULE

For more info contact the South Gate Sports Center at (323) 563-5445

## Monday

- Boot Camp**  
Sports Center  
8:15am-9am
- Beginner Yoga**  
Indoor  
8:15am-9am
- Yoga**  
Outdoors  
9:15am-10am
- Over Easy (Seniors)**  
Sports Center  
10am-11am
- Boot Camp**  
Sports Center  
5pm-5:50pm
- Young & Fit**  
Sports Center  
5pm-5:50pm
- Step Aerobics**  
Sports Center  
6pm-6:50pm

## Tuesday

- Seniorcise**  
Sports Center  
10am-11am
- Teen Gainz**  
Sports Center  
4:15pm-5pm
- Tone It Up**  
Sports Center  
6pm-6:50pm

## Wednesday

- Boot Camp**  
Sports Center  
8:15am-9am
- Beginner Yoga**  
Indoor  
8:15am-9am
- Yoga**  
Outdoors  
9:15am-10am
- Over Easy (Seniors)**  
Sports Center  
10am-11am
- Boot Camp**  
Sports Center  
5pm-5:50pm
- Young & Fit**  
Sports Center  
5pm-5:50pm
- Step Aerobics**  
Sports Center  
6pm-6:50pm

## Thursday

- Seniorcise**  
Sports Center  
10am-11am
- Teen Gainz**  
Sports Center  
4:15pm-5pm
- Tone It Up**  
Sports Center  
6pm-6:50pm

## Friday

- Evening Boot Camp**  
Sports Center  
6pm-6:50pm
- Saturday**
- Morning Zumba**  
Sports Center  
9:30am-10:20am
- Boot Camp**  
Sports Center  
10:30-11:20am

**Daily Rate:**  
\$7 - Adults  
\$6 - Teen, Senior, Military, Disabled

Group exercise classes close 10 minutes after scheduled start time.

**Mask Recommended.**

First come, first serve. Space is limited.

All group exercise class times and locations are subject to change due to COVID-19 restrictions.

### BOOT CAMP

This group exercise class combines body weight and resistance training exercises for short periods of time with minimal to no rest. Burn calories, fat, and tone your body while performing a variety of exercises. The high intensity interval training will help maximize your effort at blasting all the calories away. Challenge yourself!!

### OVER EASY EXERCISES

This class has been especially designed for those who suffer from many ailments that attack the body. No registration needed. Instructor for this class is Beatriz Rodriguez.

### SENIORCISE

Our newest senior fitness class is designed to help those suffering from arthritis, osteoporosis, and other health ailments. We incorporate light resistance training while focusing on activities of daily living. It's a great class for seniors of ALL fitness levels.

### TEEN GAINZ

This class is designed specifically for teenagers who enjoy lifting weights. Follow one of our trainers and complete the workout of the day. Come learn new exercises, proper technique, and safety tips.

### TONE IT UP

This class mixes in resistance training and upbeat music. The class incorporates light weights with an up-tempo twist.

### YOGA

Do you want to develop a strong core, more flexibility, and improve your coordination and balance? Then yoga is just for you. Yoga is a conditioning routine that will strengthen your abdominals, hips, and lower back. It will also help you build muscular endurance in your legs. The blueprint for a stronger core and more flexibility is here in yoga.

### YOUNG & FIT

It's never too early to teach children about Fitness. Join our fun and active environment, as we introduce unique and fun ways to exercise. It is conveniently scheduled at the same time as our Boot Camp, so parents can workout at the same time.

# 2022 WINTER

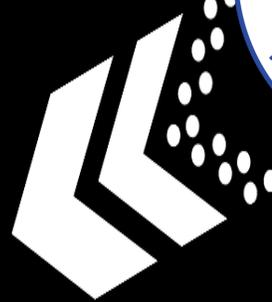
## YOUTH SPORTS CAMP

DECEMBER 19 - 23

9:00AM - 12:00PM

SPORTS CENTER

\$50.00



**\*\* ALL REGISTRANTS WILL RECEIVE CAMP SHIRT & MEDAL \*\***



**REGISTRATION OPENS DECEMBER 5**



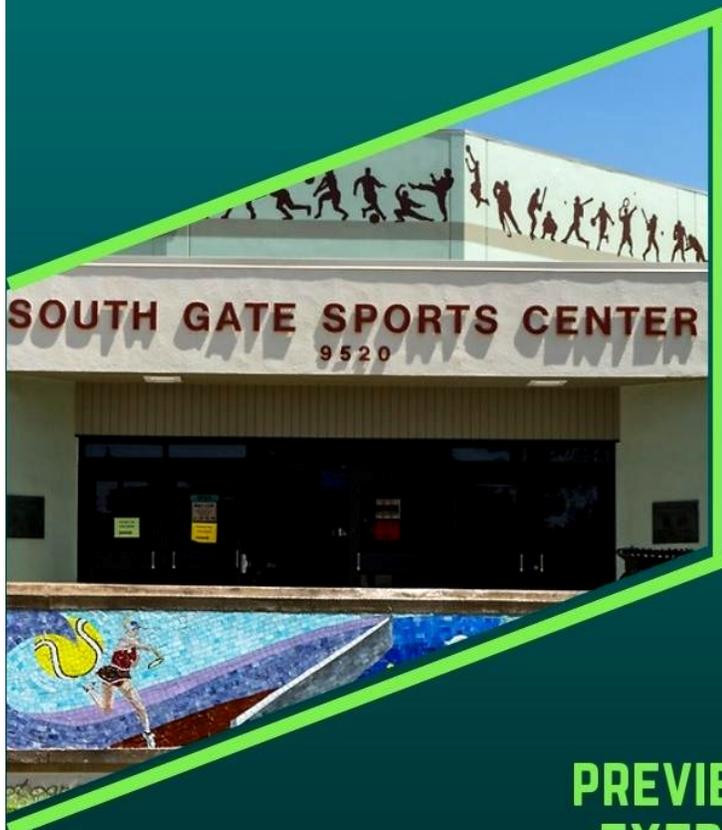
FOR MORE INFORMATION CONTACT THE SPORTS CENTER 323-563-5445

**FREE!  
FREE!  
FREE!**

# **SPORTS CENTER OPEN HOUSE**

**SATURDAY, JANUARY 14, 2023  
9:00AM-1:00PM**

**HEALTH AND WELLNESS  
FOR ALL AGES!**



**PREVIEW OUR GROUP  
EXERCISE CLASSES**

**BRING A FRIEND  
AND COME ENJOY**

**RECEIVE A PERSONAL  
TRAINING ASSESSMENT**

**YOGA  
ZUMBA  
STEP AEROBICS  
TONE IT UP**

**FOOD  
GAMES  
PRIZES  
RAFFLES**

**YOUR NEW YEAR'S RESOLUTION STARTS HERE!**



**FOR MORE INFO, CONTACT THE SOUTH GATE SPORTS CENTER (323) 563-5445**





**OFFICE HOURS:**

Monday - Thursday .....	8:00 am - 5:00 pm
Friday .....	8:00 am - 3:00 pm
Saturday - Sunday .....	Closed

## SENIOR CENTER MEAL PROGRAMS

### H.S.A. SENIOR LUNCH PROGRAM

#### In-person Meal Schedule

Come in and enjoy a hot meal with some of your friends or neighbors. Everyone must make a reservation in order to receive the onsite meals. For reservations please call (562) 806-5400 extension 217.

Donation per day.....\$2.25  
 Day.....Monday, Tuesday, Thursday, Friday  
 Stat time.....11:30 am

#### Grab and Go Schedule

5 frozen meals will be handed out to each registered customer.  
 Day.....Wednesday

### MEALS ON WHEELS - FOOD SERVICE

For information on how to receive meals delivered to your home, please contact the Meals on Wheels organization at (562) 806-5400 ext. 261.

## SENIOR CENTER ACTIVITIES

### BINGO

Day.....Wednesday  
 Time.....12:00 pm - 3:00 pm  
 Location.....Senior Center Main Hall

### BLUE JAYS

Join our senior dance group! You don't need experience, come and learn some dance routines, all are welcome!

Day.....Tuesday, Wednesday, Thursday  
 Time:.....1:00 pm - 3:00 pm

### CRAFTS

Day.....Wednesday  
 Time.....9:00 am - 11:00 am  
 Location.....Senior Center Conference Room

### THAI CHI

Day.....Tuesday & Thursday  
 1st class time.....10:00 am - 11:00 am  
 2nd class time.....11:00 am - 12:00 pm  
 Location.....Senior Center Conference Room

# COMMUNITY EXCURSIONS

**On-site & Online Trip Registration Begin: December 12, 2022**

COMMUNITY EXCURSIONS

Registration is held at the Girls Club House office, Monday - Thursday from 8:30 am to 5:00 pm  
**ALL FEES ARE DUE AT THE TIME OF REGISTRATION. NO REFUNDS FOR CANCELLATIONS OR "NO-SHOWS" THE DAY OF THE TRIP.**

Please Note: All cancellations must be during our office business hours and there will be a \$15 administration fee per person. Refunds are only granted if spaces can be re-sold. All trips go, rain or shine, unless otherwise notified. 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).  
 UPON RETURN FROM TRIP DESTINATIONS, CHECK IN WITH ESCORT AT DESIGNATED TIME OF DEPARTURE. BUS WILL DEPART AT DESIGNATED TIME ANNOUNCED BY ESCORT.**

**FOR MORE INFORMATION PLEASE CONTACT THE MARGARET TRAVIS SENIOR CENTER AT (323) 357-9662  
 OR THE GIRLS CLUB HOUSE AT (323) 563-5447.**

**VALLEY VIEW CASINO - VALLEY CENTER**

MUST BE 21 YEARS OF AGE OR OLDER. LUNCH IS ON YOUR OWN.  
 Thursday, January 12.....Fee: \$20.00  
 Departure: 7:00 am.....Return: 7:00 pm

**MONSTER JAM - ANAHEIM**

DINNER IS ON YOUR OWN.  
 Sunday, January 15 .....Fee: \$50.00  
 Departure: 1:00 pm.....Return: 8:00 pm

**PECHANGA CASINO - TEMECULA**

MUST BE 21 YEARS OF AGE OR OLDER. LUNCH IS ON YOUR OWN.  
 Thursday, February 2 .....Fee: \$20.00  
 Departure: 7:00 am.....Return: 6:00 pm



**TRAM WAY AERIAL - PALM SPRINGS**

COLD WEATHER, POSSIBLE SNOW - PLEASE COME PREPARED.  
 LUNCH IS INCLUDED.  
 Friday, January 27.....Fee: \$35.00  
 Departure: 9:00 am.....Return: 7:00 pm



**HUNTINGTON LIBRARY - SAN MARINO**

LUNCH ON YOUR OWN.  
 Wednesday, February 15.....Fee: \$15.00  
 Departure: 9:30 am.....Return: 4:00 pm

**RIVERSIDE COUNTY FAIR & DATE FESTIVAL - INDIO**

LUNCH ON YOUR OWN.  
 Friday, February 24.....Fee: \$20.00  
 Departure: 9:00 am.....Return: 7:00 pm

**FANTASY SPRING CASINO - INDIO**

MUST BE 21 YEARS OF AGE OR OLDER. LUNCH IS ON YOUR OWN.  
 Thursday, March 2.....Fee: \$20.00  
 Departure: 7:00 am.....Return: 7:00 pm

**WINERY SAN ANTONIO - LOS ANGELES**

LUNCH IS ON YOUR OWN.  
 Friday, March 17.....Fee: \$40.00  
 Departure: TBA .....Return: TBA

**THE LION KING - PANTAGES THEATRE (LOS ANGELES)**

SHOW ONLY!  
 Saturday, March 25.....Fee: \$60.00  
 Departure: 12:30 pm .....Return: 6:30 pm



**PARKS & RECREATION ADMINISTRATION  
OFFICE HOURS**

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

The City of South Gate Parks and Recreation Department has two facilities available for special occasions or business trainings. All reservations are on a first come, first serve basis.

**Alcohol is now permitted**, with certain restrictions, for reservations in the Auditorium or Girls Clubhouse. You must contract security guards and purchase liability insurance at least 30 business days before your event.

For information contact the Parks Administration office at (323) 563-5479 or visit our page at [www.cityofsouthgate.org](http://www.cityofsouthgate.org).

**BANQUET ROOM RATES**

**This room is used for meetings only.**

This facility has a maximum capacity of 120 people for conferences only.

Hourly Rate.....\$50.00  
Kitchen Fee.....\$80.00  
Refundable Damage Deposit...\$165.00

\*Call for Commercial Rates

**GIRLS CLUB HOUSE RATES**

This facility has a maximum capacity of 150 people for a dinner receptions, and 325 for conferences.

Hourly Rate.....\$120.00  
Kitchen Fee.....\$64.00  
Refundable Damage Deposit...\$319.00

\*Call for Commercial Rates

**MUNICIPAL AUDITORIUM RATES**

This facility has a maximum capacity of 500 people for dinner receptions, and up to 600 people for a conference event.

Hourly Rate.....\$200.00  
Kitchen Fee.....\$80.00  
Refundable Damage Deposit...\$495.00

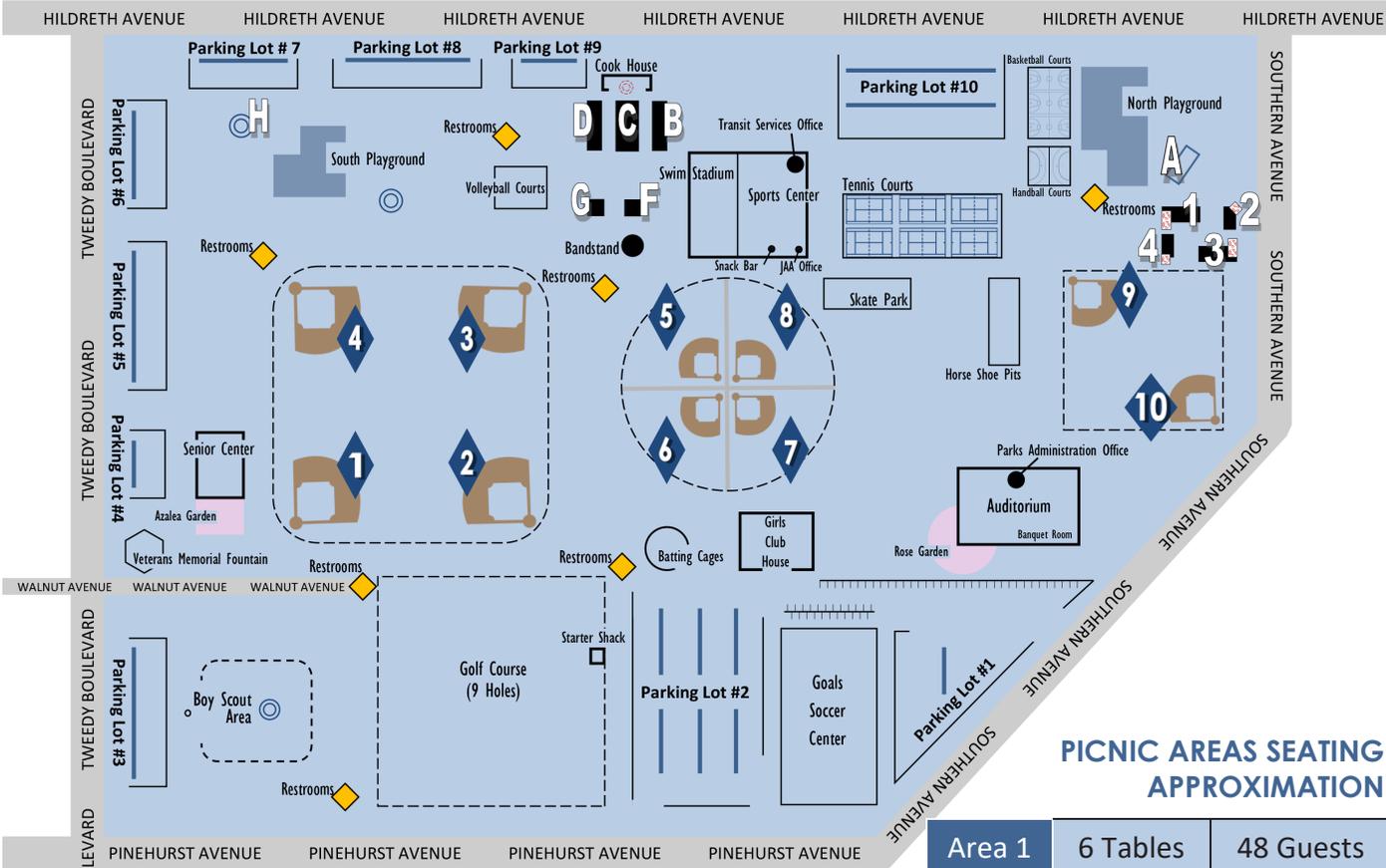
\*Call for Commercial Rates



**ROSE ARBOR RATES**

This area can seat up to 110 guests for ceremonies. Set up for rose arbor is Chairs Only.

Fee.....\$179.00



**PICNIC AREAS SEATING APPROXIMATION**

Area 1	6 Tables	48 Guests
Area 2	4 Tables	32 Guests
Area 3	6 Tables	48 Guests
Area 4	4 Tables	32 Guests
Area A	4 Tables	32 Guests
Area B	15 Tables	120 Guests
Area C	25 Tables	200 Guests
Area D	18 Tables	144 Guests
Area F	16 Tables	128 Guests
Area G	12 Tables	96 Guests
Area H	6 Tables	48 Guests

**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 advanced. 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.

**General Use Group Permit Fees**

(please contact our office for Commercial Rates):

Group of 1-50.....	\$87.00
Group of 51-100.....	\$173.00
Group of 101-200.....	\$277.00
Group of 201-500.....	\$416.00
Group of 501+.....	\$831.00

**BANDSTAND RATES**

This fee will be based on your group size, see fees listed above.

**COOK HOUSE RATE**

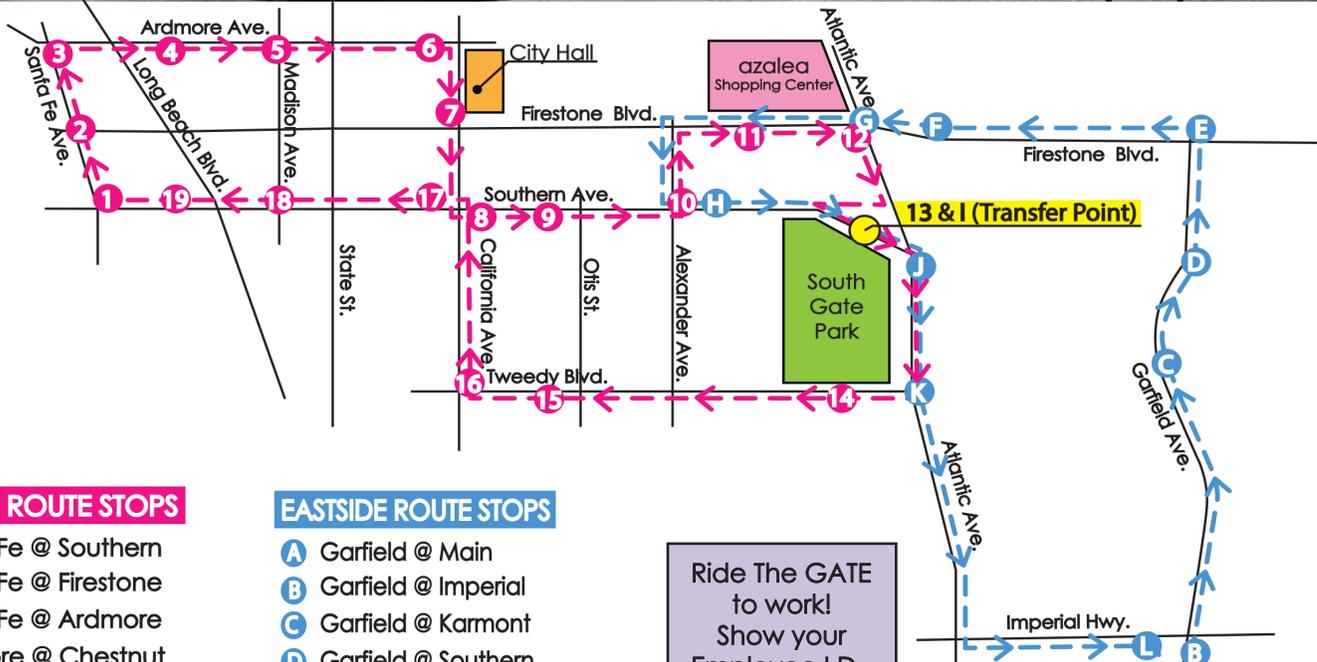
Fee.....	\$82.00
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All fees are subject to change without notice.  
\*Call for Commercial Rates.



For Park Facility & Picnic Area Rentals contact the Park Administration Office at (323) 563-5479

# THE GATE



### WESTSIDE ROUTE STOPS

- 1 Santa Fe @ Southern
- 2 Santa Fe @ Firestone
- 3 Santa Fe @ Ardmore
- 4 Ardmore @ Chestnut
- 5 Ardmore @ Madison
- 6 Ardmore @ Dearborn
- 7 California @ Firestone
- 8 Southern @ California
- 9 Southern @ San Vincente
- 10 Alexander @ Southern
- 11 Firestone @ Annetta
- 12 Atlantic @ Firestone
- 13 Southern @ South Gate Park
- 14 Tweedy @ Orange
- 15 Tweedy @ San Vincente
- 16 California @ Tweedy
- 17 Southern @ California
- 18 Southern @ Madison
- 19 Southern @ Stanford

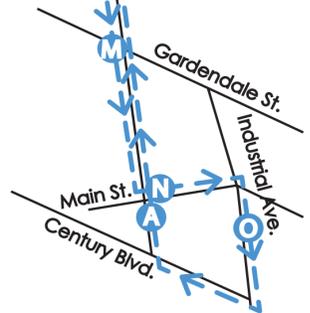
### EASTSIDE ROUTE STOPS

- A Garfield @ Main
- B Garfield @ Imperial
- C Garfield @ Karmont
- D Garfield @ Southern
- E Firestone @ Garfield
- F Firestone @ Rayo
- G Firestone @ Atlantic
- H Southern @ Hunt
- I Southern @ South Gate Park
- J Atlantic @ Southern
- K Atlantic @ Tweedy
- L Garfield @ Imperial
- M Garfield @ Gardendale
- N Main @ Garfield
- O Industrial @ Harding - Currently out of service.

Ride The GATE to work!  
Show your Employee I.D.  
and you ride for FREE!



Scan the QR code to download a digital copy of our maps.



**Service Fees:**  
50¢ per ride. Children 4 and under ride free. Transfers are available. Participants of our Phone-a-Ride program ride for free!

# 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  
 Saturday - Sunday.....Closed

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:

Registrant must present a valid I.D. and proof of residency (utility bill or mailed correspondence)

Monday - Friday, 12 pm - 6:00 pm

\*No hand written documents accepted

Registration Fee.....\$10 per year  
 Each trip.....\$1

La ciudad de South Gate ofrece a sus residentes de 62 años de edad o más o que están incapacitados, un servicio especial que los ayuda a obtener transportación dentro de la ciudad a un precio reducido. **ESTE SERVICIO NO ESTA DISEÑADO PARA LOS QUE PUEDEN MOVILIZARSE POR SI MISMO, 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 (recibo de gas, luz, o agua)

Lunes a Viernes de 12 pm a 6:00 pm

\*No aceptamos documentos escritos a mano.

Cuota de Inscripción.....\$10 por año  
 Cada viaje.....\$1

# PROGRAMAS DEPORTIVOS

9520 Hildreth Avenue • (323) 563-5445

## **CLASES DE BALONCESTO PARA PEQUEÑOS \$52**

**Niños y Niñas 9 semanas**  
 Estas clases les enseñara a sus pequeños los fundamentos básico del deporte. Los estudiantes tendrán la oportunidad de jugar entre si para poner en practica lo aprendido.

5-6 años.....Lunes.....5:00 pm - 5:45 pm  
 7-8 años.....Lunes.....6:00 pm - 6:45 pm  
 9-12 años.....Lunes.....7:00 pm - 7:45 pm

## **CLASES DE BEISBOL PARA PEQUEÑOS \$52**

**Niños y Niñas 9 semanas**  
 Estas clases les enseñara a sus pequeños los fundamentos básico del deporte. Los estudiantes tendrán la oportunidad de jugar entre si para poner en practica lo aprendido.

**MINI SLUGGERS Mommy/Daddy & Me (3 - 4 años)**  
 Miércoles.....5:00 pm - 5:45 pm

**LIL SLUGGERS (5 - 6 años)**  
 Miércoles.....6:00 pm - 6:45 pm

**SLUGGERS (7+ años)**  
 Miércoles.....7:00 pm - 7:45 pm

## **CLASES DE VOLEIBOL \$52**

**10-17 años de edad 9 semanas**  
 Esta clases les enseñara como jugar este deporte divertido. Traigan sus amigos y aprendan juntos!

Clase para Principiante.....Martes.....5:00 pm - 5:45 pm

## **CLASES DE MULTI-DEPORTES PARA PEQUEÑOS \$52**

**Niños y Niñas 9 semanas**  
 Este programa de nueve semanas les enseñara a sus pequeños un deporte diferente cada tres semanas. Los deportes que se enseñaran serán baloncesto, futbol, y beisbol. Esta clase es paca niñas/niños que tiene poco conocimiento de deportes.

3-4 años.....Jueves.....5:00 pm - 5:45 pm  
 5-6 años.....Jueves.....6:00 pm - 6:45 pm  
 7-12 años.....Jueves.....7:00 pm - 7:45 pm

## **CLASES DE MULTI-DEPORTES PARA PEQUEÑOS \$52**

**Niños y Niñas 9 semanas**  
 Este programa de nueve semanas les enseñara a sus pequeños un deporte diferente cada tres semanas. Los deportes que se enseñaran serán tenis, futbol americano, y soccer. Esta clase es paca niñas/niños que tiene poco conocimiento de deportes.

5-6 años.....Martes.....6:00 pm - 6:45 pm  
 7-12 años.....Martes.....7:00 pm - 7:45 pm

## **CLASES DE SOCCER PARA PEQUEÑOS \$52**

**Niños y Niñas 9 semanas**  
 Estas clases les enseñara a sus pequeños los fundamentos básico del deporte. Los estudiantes tendrán la oportunidad de jugar entre si para poner en practica lo aprendido.

5-6 años.....Miércoles.....5:00 pm - 5:45 pm  
 7-8 años.....Miércoles.....6:00 pm - 6:45 pm  
 9-12 años.....Miércoles.....7:00 pm - 7:45 pm

5-6 años.....Jueves.....5:00 pm - 5:45 pm  
 7-8 años.....Jueves.....6:00 pm - 6:45 pm  
 9-12 años.....Jueves.....7:00 pm - 7:45 pm



# PROGRAMAS RECREATIVOS

4940 Southern Avenue • (323) 563-5447

PROGRAMAS RECREATIVOS

## CLASES DE ARTE \$75

Niños y Niñas (7-17 años) 9 semanas

Esta clase enseñara los fundamentos de dibujar, el sombreado y proporcionado. Habrá un cobro de \$10 en la primera clase para los materiales que se necesitaran para esta clase.

Martes.....4:00 pm - 5:00 pm

## CLASES DE BAILE \$60

Niños y Niñas 9 semanas

Se ofrecen una variedad de clases de baile, para niños y niñas que desean aprender a bailar.

### Baby Boogie (3-5 años)

Martes.....5:00 pm - 5:30 pm

### Ballet (3-9 años)

3-4 años.....Martes.....5:30 pm - 6:00 pm

4-5 años.....Martes.....6:00 pm - 6:30 pm

6-8 años.....Martes.....6:30 pm - 7:15 pm

9+ años.....Martes.....7:15 pm - 8:00 pm

### Baby Mexican Folk (3-5 años)

3-4 años.....Martes.....4:00 pm - 4:30 pm

4-5 años.....Martes.....4:40 pm - 5:10 pm

### Cheerleading (8-17 años)

8-11 años.....Jueves.....5:00 pm - 5:45 pm

12+ años.....Jueves.....6:00 pm - 6:45 pm

### Hip Hop (6-8 años)

Jueves.....5:00 pm - 5:45 pm

### Hip Hop (9-12 años)

Jueves.....6:00 pm - 6:45 pm

### Hip Hop (13-17 años)

Jueves.....7:00 pm - 7:45 pm

### Hip Hop - Clase Avanzada (13-17 años)

Lunes.....6:30 pm - 7:15 pm

## CLASES DE FOLKCLORICO \$60

Niños y Niñas 9 semanas

Sus pequeños disfrutarán aprendiendo un baile tradicional de todas las regiones de México. Se aprenderá una rutina de baile durante la sesión de nueve semanas.

6-8 años.....Miércoles.....5:00 pm - 5:45 pm

8-11 años.....Miércoles.....5:45 pm - 6:30 pm

12+ años.....Miércoles.....6:30 pm - 7:15 pm

### 12+ años (clase avanzada)

Miércoles.....7:15 pm - 8:00 pm

## CLASES DE GIMNASIA \$60

Niños y Niñas 9 semanas

Su hijo aprenderá los conceptos básicos de gimnasia. Esta clase está diseñada para mejorar la coordinación de su hijo y enseñarle movimientos flexibles.

3-5 años.....Lunes.....5:00 pm - 5:30 pm

6-12 años.....Lunes.....5:30 pm - 6:15 pm

## CLASES DE INSTRUMENTOS MUSICALES \$60

Se ofrecen clases de guitarra o piano para niños o adultos. Estos cursos enseñaran técnicas básicas y avanzadas. Durante las nueve semanas aprenderán a leer y tocar una canción. Para mas información sobre estas clases por favor llame al Girls Club House al (323) 563-5447.

## CLASES DE ENTRENAMIENTO PARA PERROS \$70

9 semanas

Los buenos modales a una edad temprana hacen que un nuevo cachorro sea un miembro más agradable de la familia. La clase incluirá órdenes básicas de obediencia y socialización. El instructor de esta clase será Gunther A Ramos.

### Nivel I

.....Sábado.....9:30 am - 10:30 am

### Nivel II

Para poder registrar su perro para esta clase su mascota tuvo que haber tomado la primera clase y haber aprendido ordenes básicas, tal como quédese o siéntese.

.....Sabado.....10:30 - 11:30 am

## FASHION SKETCHING \$75+\$10 artículos de arte

Niños y Niñas 9 semanas

Esta clase enseñara como desarrollar y ilustrar su propio estilo de moda usando el lápiz y marcadores. Habrá un cobro de \$10 en la primera clase para los materiales que se necesitan para esta clase.

7-17 años.....Martes.....5:00 pm - 6:00 pm

## H.O.W. COMEDORES COMPULSIVOS GRATIS

El programa de comedores compulsivos utiliza los principios del programa de doce pases utilizado por A.A. Para mas información sobre este programa por favor llame al Girls Club House al (323) 563-5447.

18+ años.....Lunes.....9:00 am - 11:00 am

## TINY TWO'S \$90

9 semanas Lugar: Girls Club House Rm. B

Esta clase de nueve semanas ayudaran a su bebe de 2 anos a socializar en grupo y participar en la narración de cuentos, juegos, canciones de acción, música y manualidades. Para mas información llame al Girls Club House (323) 563-5447.

## TOT TIME \$100

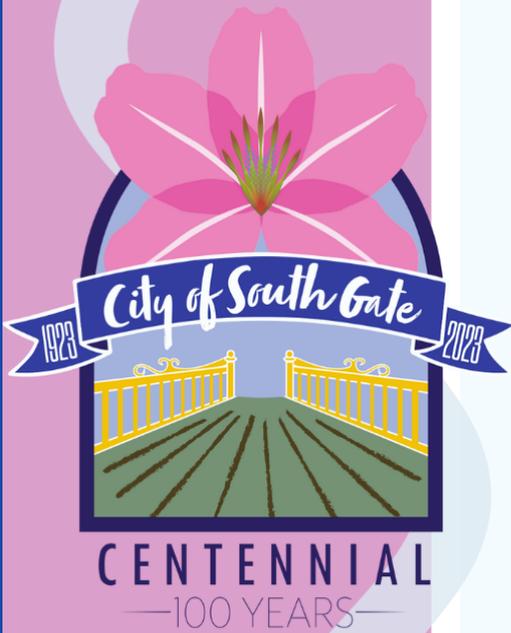
9 semanas Lugar: Girls Club House Rm. C

En esta clase niños aprenderán los números primarios, los colores, las formas y el alfabeto. Los niños también aprenderán a seguir instrucciones y socializar con otros niños a través de juegos, canciones, rompecabezas y manualidades. Para mas información llame al Girls Club House (323) 563-5447.

\*\*\*\*ECRWSEDDM\*\*\*\*  
Residential Customer

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PAID  
BELL GARDENS  
CA, 90201

# Upcoming Events



## January

Centennial Kick-Off Celebration  
Art Scavenger Hunt (All Year)

## February

Food Truck Event

## March

Azalea Festival  
Miss South Gate Pageant  
Car Show

## April

Earth Day  
Easter Fest

## May

Food Truck Event  
Spring Fit 5K  
JAA Opening Day  
Memorial Day Ceremony

## June

Tweedy Mile Street Fair

## July

4th of July Carnival & Fireworks Show  
Concerts in the Park (Food Trucks)  
Fun Run  
SELA Art Festival

## August

National Night Out Block Party  
Movies in the Park  
SG Night at Dodger Stadium  
Music Festival

## September

Glow Party (Food Trucks)  
Health Fair  
Centennial Ball

## October

Family Day in the Park  
Halloween Carnival  
SG Artwalk  
Trunk or Treat

## November

Veterans Day Pow Wow

## December

Breakfast with Santa  
Centennial Christmas Parade  
Pageant of the Trees  
City Hall Holiday Event  
Santa Cop

## January 2024

Closing Ceremony with  
new time capsule

For detailed information:

[WWW.CITYOFSOUTHGATE.ORG](http://WWW.CITYOFSOUTHGATE.ORG)



City of South Gate



@cityofsouthgateca