



City of
South Gate

CONNECT



FALL 2026



SGPARKSANDREC_



SOUTHGATEPARKS&RECREATION





Fall 2026

SOUTH GATE CITY HALL

Monday-Thursday
7:00 am - 5:30 pm
8650 California Avenue
South Gate, CA 90280

Administration
(323) 563-9501
City Council Office
(323) 563-9543
cityofsouthgate.org

CITY COUNCIL

Joshua Barron	Mayor
Al Rios	Vice Mayor
Maria del Pilar Avalos	Council Member
Maria Davila	Council Member
Gil Hurtado	Council Member

PARKS & RECREATION COMMISSION

Alan Flores	Chair
Lizette Ruiz	Vice Chair
Cynthia Esquivel	Secretary
Xochtil Pichardo	Commissioner
Eric Trujillo	Commissioner

Public Meeting Schedule

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 6:30 pm. **Council Meetings are held in person at the Council Chambers.**

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 6:00 pm located in 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 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 7:00 pm 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. Visit www.cityofsouthgate.org for meeting dates.



YouTube

We are now live streaming meetings on YouTube!
youtube.com/@SouthGateCA90280

City Services Directory

CITY CLERK'S OFFICE (323) 563-9510

COMMUNITY DEVELOPMENT

Building Inspection/Permits (323) 563-9549
Code Enforcement (323) 563-9558

FINANCE

Business License (323) 563-9527
Water Billing (323) 563-9586

HUMAN RESOURCES

(323) 357-5835

PARKS & RECREATION

(323) 563-5479

POLICE DEPARTMENT

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

FIRE DEPARTMENT

4867 Southern Place, Station 54
General Business (323) 567-8580
5720 Gardendale Street, Station 57
General Business (323) 531-9700

ADDITIONAL CONTACT NUMBERS

A.Y.S.O.	(323) 270-0608
Boy Scouts	(213) 413-4400
City Dump	(562) 928-4616
Chamber of Commerce	(323) 567-1203
Harbor Area Farmers Market	(562) 308-7364
Girl Scouts of America	(213) 213-0150
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
Sofive Soccer Center	(323) 923-4650
South Gate Aqua Coalition, Inc.	(323) 972-6664
South Gate Art Association	(323) 564-7541
South Gate Aztecs	(323) 327-2412
Southern California Edison	(800) 611-1911
Universal Waste Systems	(323) 334-3660
Leland R. Weaver Library	(323) 567-8853

NOTICE OF ELECTION



NOTICE IS HEREBY GIVEN that a General Municipal Election will be held in the City of South Gate on Tuesday, the 3rd day of November 2026 for the following offices:

For two (2) Members of the City Council
Full term of four (4) years

For one (1) City Treasurer
Full term of four (4) years

For one (1) City Clerk
Full term of four (4) years

The nomination period for these offices begins on Monday, July 13, 2026, and closes on Friday, August 7, 2026, at 5:30 p.m.

If no one or only one person is nominated for an elective office, appointment to the elective office may be made as prescribed in Section 10229 of the Elections Code of the State of California.

The vote centers for the election shall open on Saturday, October 24, 2026, and close at 8:00 p.m. on November 3, 2026, providing a 10th day voting opportunity, pursuant to Sections 4007 and 14401 of the California Elections Code.

For more information, please contact the City Clerks Office at (323) 563-9510 or visit cityofsouthgate.org

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FALL PROGRAM SESSION
SEPTEMBER 21 - NOVEMBER 21

FALL REGISTRATION OPENS
SEPTEMBER 8

FALL EXCURSIONS
REGISTRATION OPENS
SEPTEMBER 14



CITY NEWS

The City of South Gate will be launching an Invoice Cloud, a new, improved online payment system designed to make paying your utility bill faster, easier, and more convenient.

New Water Utility Payment Portal



The new portal includes:

- AutoPay with checking account, debit card, or credit card
- Apple Pay & Google Pay
- Paperless billing (e-billing)
- Secure payment information storage
- One-time payments
- Access from your computer, tablet, smartphone

Visit cityofsouthgate.org for more information.

October is National Domestic Violence Awareness Month



The Family Violence Prevention Program of the South Gate Police Department recognizes the victims and survivors of domestic violence. The program provides free and confidential services for people affected by violence.

If you or someone you know needs help, call us at (323) 357-9667.

IMPORTANT INFORMATION ABOUT THE CITY'S FISCAL CHALLENGE

The City Faces a \$9.4 Million Dollar Deficit

Due to the City's ongoing budget challenges, reductions to some City services and programs took effect beginning July 1, 2026. Without new locally controlled revenue, these reductions may continue or become permanent.



WHY IS THE CITY FACING A BUDGET CHALLENGE?

For several years, South Gate used one-time federal funding to help maintain services during and after the pandemic. Those funds have now largely been exhausted, while operating costs continue to rise. As a result, the City is facing a structural budget gap, where ongoing expenses exceed ongoing revenues.

WHAT IS DRIVING COSTS HIGHER?

Since FY 2019-20



PENSION COSTS
\$5 MILLION



EMPLOYEE HEALTH
BENEFITS
\$2 MILLION



WORKERS' COMPENSATION
& LIABILITY INSURANCE
\$2 MILLION



STREET LIGHTING &
LANDSCAPING SUBSIDY
\$1 MILLION



Together, these and other inflation-related costs have added approximately \$10 million in recurring annual cost pressures since FY 2019-20.

LEARN MORE ABOUT THE CITY'S FISCAL CHALLENGE AND AN UPCOMING UTILITY USERS TAX BALLOT MEASURE



Scan the QR Code or visit:
cityofsouthgate.org



Stay informed.



Attend City Council meetings.

WHAT RESIDENTS MAY NOTICE

Beginning July 1, 2026

PUBLIC SAFETY

- Fewer officers per shift causing slower response
- Reduced low-priority call responses
- Crossing guard program eliminated
- Reduced crime prevention programs

MAINTENANCE SERVICES

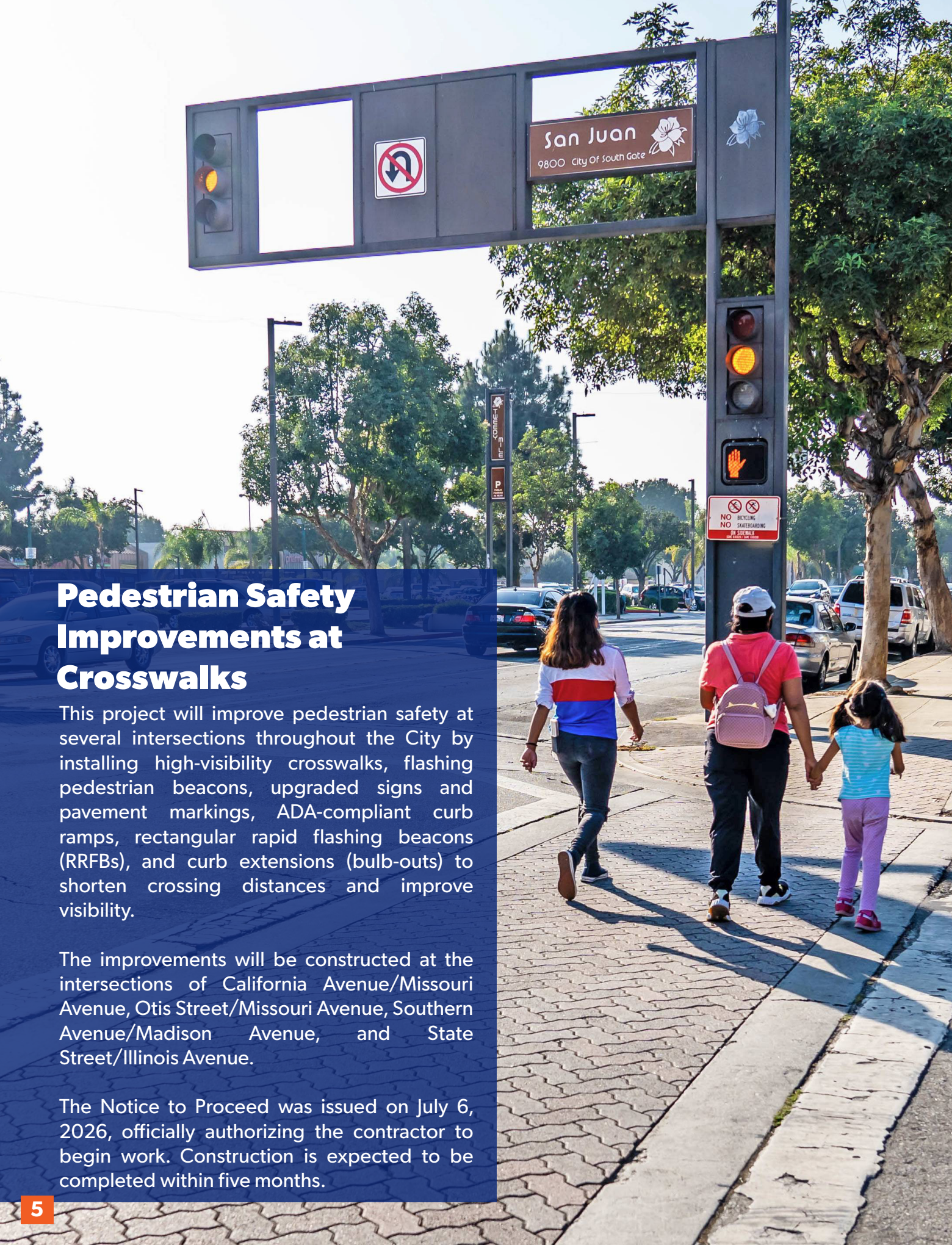
- Slower graffiti removal
- Longer streetlight repair times
- Less frequent tree trimming

PARKS & RECREATION

- Reduced recreation programs
- Fewer community events
- Reduced pool operations
- Pool and sports fields scheduled to be closed in November.

CUSTOMER SERVICE

- Residents may experience longer wait times for some City services due to reduced staffing levels.
- Slower permit processing
- Delayed inspections and code enforcement



Pedestrian Safety Improvements at Crosswalks

This project will improve pedestrian safety at several intersections throughout the City by installing high-visibility crosswalks, flashing pedestrian beacons, upgraded signs and pavement markings, ADA-compliant curb ramps, rectangular rapid flashing beacons (RRFBs), and curb extensions (bulb-outs) to shorten crossing distances and improve visibility.

The improvements will be constructed at the intersections of California Avenue/Missouri Avenue, Otis Street/Missouri Avenue, Southern Avenue/Madison Avenue, and State Street/Illinois Avenue.

The Notice to Proceed was issued on July 6, 2026, officially authorizing the contractor to begin work. Construction is expected to be completed within five months.

MOVIE IN THE PARK

Friday, August 28



8 PM ✦ Free Entry

Join us for a cozy and cinematic night with a free viewing of Zootopia 2!

Hollydale Community Park, 12221 Industrial Ave.

FOR MORE INFORMATION CALL THE GIRLS CLUB HOUSE AT (323) 563-5447



Senior Dance *That's Amore!*

Friday • September 11
10:30am-2:30pm

Age 55+
\$20

An Italian-inspired afternoon featuring
DJ & Dancing • Delicious lunch
Simple Raffle Prizes • Photobooth
Registration open and space is limited!

For More Information • (323) 513-7628



SATURDAY STEPPERS WALKING CLUB

ALL AGES | 8-9AM | FREE

One Mile Walks

Start your Saturday morning lacing up and explore South Gate one step at a time with Saturday Steppers! This traveling walking club moves to different parks each month, giving you the chance to stay active while discovering some of the city's favorite outdoor spaces. Walk at your own pace, enjoy fresh air, and open greens spaces. All experience levels are welcome, show up, step out, and keep moving with us.

For more info call the Sports Center at (323) 563-5445

October 17
Urban Orchard Park

November 14
Circle Park

December 12
Hollydale Community Park

January 16
Hollydale Regional Park

ECO GARDENING WORKSHOP

in partnership with



OCTOBER 3

URBAN ORCHARD

9475 W. FRONTAGE RD. **FREE • 15 YRS +**
TIPS FOR PROPER PRUNING



Habrá
interpretación
en español!

The process of pruning in the garden helps optimize the health and structure of our trees and shrubs. In this introductory class, attendees will learn the real reasons to prune, what to consider regarding timing, and the best tools and techniques to accomplish the objectives without harming the plants.

Registration Now Open

For more information call (323) 563-5445



Affordable Pet Vaccine Clinic



South Gate Park

4855 Tweedy Blvd. South Gate

Saturdays 9:00am-11:00am

2026 DATES

February 07	May 02 & 30	August 22	November 14
March 07	June 27	September 19	December 12
April 04	July 25	October 17	

Dog and cat vaccinations, fecal exams, de-worming, physical exams, micro chipping, prescription flea control, diagnostic testing and more!



1-800-988-8387



www.vetcarepetclinic.com



@vetcarepetclinic



Vet Care Pet Clinic



South Gate PARKS



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 and Rayo Ave.

10 STATE STREET PARK
State St. and Southern Ave.

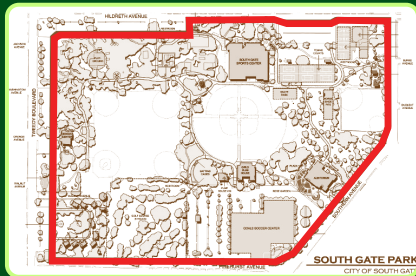
11 URBAN ORCHARD
9475 West Frontage Road



PET FRIENDLY SPACES IN SOUTH GATE PARKS

The City of South Gate understands that we all want to bring our entire family, including our dogs to the park. 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.

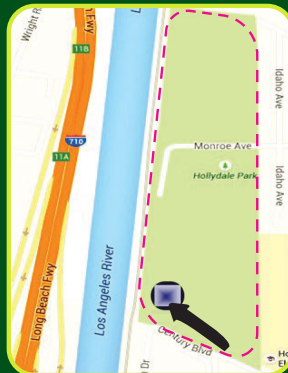
SOUTH GATE PARK



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 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



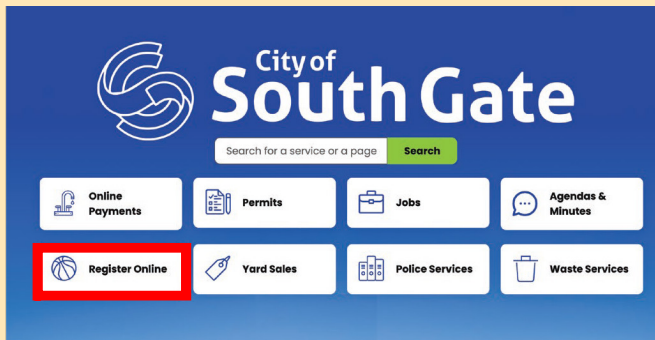
REGISTRATION

PROGRAM REGISTRATION BEGINS SEPTEMBER 8, 2026

Visit us on Civic Rec to enroll online for current programs and events

REGISTER ONLINE AT

<https://secure.rec1.com/CA/city-of-south-gate-parks-recreation-ca/catalog>



**SCAN THE QR CODE
TO REGISTER WITH
CIVIC REC**



PARKS & RECREATION DEPARTMENT DIRECTORY

PARKS ADMINISTRATION OFFICE

4900 Southern Avenue
South Gate, CA, 90280
(323) 563-5479

GIRLS CLUB HOUSE

4940 Southern Avenue
(323) 563-5447

GOLF COURSE

9615 Pinehurst Avenue
(323) 357-9658

MARGARET TRAVIS

SENIOR CENTER
4855 Tweedy Boulevard
(323) 357-9662

PATRICIA G. MITCHELL

SWIM STADIUM
9520 Hildreth Avenue
(323) 563-5446

SPORTS CENTER

9520 Hildreth Avenue
(323) 563-5445

TRANSIT SERVICES

9520 Hildreth Avenue
(323) 563-5754

FEES

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

Please Note: Cash, Credit Cards, Contactless Payments, and Personal Checks are accepted at registration sites.

ELIGIBILITY

Registration is open to all residents of the community and surrounding areas. South Gate residents are encouraged to enroll early as spaces are limited.

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.**

COMMUNITY EXCURSION INFORMATION

Registrations can be made online or in-person is held at the Senior Center (8:00 am - 5:00 pm), Girls Club House (8:00 am - 5:30 pm) and Sports Center (8:00 am - 8:00 pm). All fees are due at the time of registration. Please arrive 15 minutes before scheduled departure and check-in with the trip escort at the office as all trips depart on time. Buses will depart and return from the Girls Club House.

COMMUNITY EXCURSION REFUND POLICY

All cancellations must be made during our business hours and there will be a \$15 administration fee charged per person.

FALL PROGRAM REGISTRATION SEPTEMBER 8, 2026

FALL PROGRAM SESSION SEPTEMBER 21 - AUGUST 22, 2026

COMMUNITY EXCURSION REGISTRATION SEPTEMBER 14, 2026



COMMUNITY ORGANIZATIONS

ART SOUTH GATE ART ASSOCIATION

The South Gate Art Association is currently welcoming new members. The yearly membership fee is \$20. Art Association activities include art demonstrations by well-known local artists, weekly classes for adults and art exhibits.

For more information contact
Alicia Salazar (323) 271-2730 (Spanish)
Susan Janer (323) 717-4243 (English)

FARMERS MARKET 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. Our website is **GoodVeg.org** or call (562) 308-7364. You can also follow us on Instagram @southgatefarmersmarket.

YOUTH SPORTS ORGANIZATIONS AMERICAN YOUTH SOCCER ORGANIZATION FOR BOYS & GIRLS (A.Y.S.O.)

A.Y.S.O. provides South Gate youth with recreational soccer opportunities while competing in a fun and safe environment. Program consists of practices, games, and post-season play.

For registration information or to register please visit:
www.ayso.bluesombrero.com
or call (323) 270-0608 • (562) 331-2584

JUNIOR ATHLETIC ASSOCIATION (J.A.A.)

For over 75 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 sports officials. They offer recreational sports leagues for baseball, softball & basketball.

OFFICE HOURS	TIME
Monday - Thursday	5:30 PM - 7:30 PM
Saturday	9:00 AM - 12:00 PM

For more information, please call (323) 566-4700

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.

PLAYER GROUP	AGE
Cheer	5 - 13 years old

For cheer: (323) 338-1911
Registration information is available
www.southgateaztecs.com

SOUTH GATE AQUA COALITION, INC.

The South Gate Aqua Coalition, Inc. 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 & TRY-OUTS	TIME
Monday - Friday	5:00 PM - 7:00 PM

For more information, please call (323) 972-6664 or email
swimteam@southgateaquacoalition.com.



SOUTH GATE SPORTS CENTER

9520

SPORTS CENTER

9520 Hildreth Avenue • (323) 563-5445

HOURS OF OPERATION

Monday - Friday 8:00 am - 8:45 pm
 Saturday 8:30 am - 4:45 pm
 Sunday Closed

COMMIT TO A BETTER YOU!

DAILY ADMISSION

TEENS SENIORS MILITARY DISABLED	• BASKETBALL GYM • SHOWERS	\$4
ADULTS (18 & OVER)	• BASKETBALL GYM • SHOWERS	\$5
TEENS SENIORS MILITARY DISABLED	• FITNESS • CENTER • BASKETBALL • GYM • SHOWERS	\$6
ADULTS (18 & OVER)	• FITNESS • CENTER • BASKETBALL • GYM • SHOWERS	\$7

MONTHLY MEMBERSHIP PLANS

*CREDIT CARD REQUIRED FOR ALL MONTHLY MEMBERSHIPS,
UNLESS 3 MONTHS ARE PAID IN ADVANCE*

PREMIER	EVERYTHING INCLUDED WITH FITNESS, SPORTS, & SPLASH	Teens/Seniors/ Military/Disabled \$25 PER MONTH	Adults (18 & over) \$30 PER MONTH	Family (2 Adults/3 Kids) \$70 PER MONTH
FITNESS	• BASKETBALL • VOLLEYBALL • RACQUETBALL • GROUP EXERCISES	\$20 PER MONTH SPLASH ADD-ON OPTION	\$25 PER MONTH SPLASH ADD-ON OPTION	Family (2 Adults/3 Kids) \$50 PER MONTH
SPORTS	• BASKETBALL • VOLLEYBALL • SHOWERS	\$10 PER MONTH SPLASH ADD-ON OPTION	\$15 PER MONTH SPLASH ADD-ON OPTION	Family (2 Adults/3 Kids) \$30 PER MONTH
SPORTS & SPLASH	EVERYTHING INCLUDED WITH SPORTS & ACCESS TO PUBLIC/ADULT/LAP SWIM	\$15 PER MONTH	\$20 PER MONTH	Family (2 Adults/3 Kids) \$40 PER MONTH

**SPLASH
ADD-ON
OPTION**

SPLASH ADD-ON OPTION \$6 EXTRA PER MONTH

CAN ONLY BE ADDED TO INDIVIDUAL MONTHLY MEMBERSHIPS.

FITNESS CLASSES SCHEDULE

9520 Hildreth Avenue • (323) 563-5445



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!!

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.

HIIT

High-Intensity Interval Training is a form of exercise that involves alternating short bursts of intense exercise with periods of rest or low-intensity activity.

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.

OVER EASY EXERCISES

This class is a low-impact fitness session designed specifically for older adults. It focuses on gentle exercises that improve flexibility, balance, and overall mobility with an emphasis on safety and comfort.

STEP AEROBICS

Step up, down, and around to rhythmic Latin beats! This class will work the legs, core, and build your aerobic endurance.

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.

ZUMBA

A mix of low and high intensity moves set to Latin rhythms that are designed to help you dance the calories away!

COMBO BOXING

Dance-like sequences would incorporate boxing punches, in combination with footwork that mimics dance steps.

MUAY THAI CONDITIONING

Burn calories while learning a new skill set. Develop the proper technique to punch and kick in an aerobic setting.

MONDAY

CLASS	TIME
BEGINNER YOGA INDOOR	8:15 - 9:00 AM
BOOT CAMP	8:15 - 9:00 AM
YOGA OUTDOOR	9:15 - 10:00 AM
COMBO BOXING	11:15 - 12:00 PM
BOOT CAMP	5:00 - 5:50 PM
YOUNG & FIT *AGES 7-12	5:00 - 5:50 PM
ZUMBA	6:00 - 6:50 PM

TUESDAY

CLASS	TIME
HIIT	8:15 - 9:00 AM
SENIORCISE *AGES 55+	9:30 - 10:20 AM
ZUMBA	11:15 - 12:00 PM
HIIT	5:00 - 5:50 PM
YOUNG & FIT *AGES 7-12	5:00 - 5:50 PM
STEP AEROBICS	6:00 - 6:50 PM
TONE IT UP	7:00 - 7:50 PM

WEDNESDAY

CLASS	TIME
BEGINNER YOGA INDOOR	8:15 - 9:00 AM
BOOT CAMP	8:15 - 9:00 AM
YOGA OUTDOOR	9:15 - 10:00 AM
STEP AEROBICS	11:15 - 12:00 PM
BOOT CAMP	5:00 - 5:50 PM
YOUNG & FIT *AGES 7-12	5:00 - 5:50 PM
ZUMBA	6:00 - 6:50 PM

THURSDAY

CLASS	TIME
HIIT	8:15 - 9:00 AM
SENIORCISE *AGES 55+	9:30 - 10:20 AM
ZUMBA	11:15 - 12:00 PM
ADVANCED YOGA OUTDOOR	11:30 - 12:15 PM
HIIT	5:00 - 5:50 PM
YOUNG & FIT *AGES 7-12	5:00 - 5:50 PM
STEP AEROBICS	6:00 - 6:50 PM
TONE IT UP	7:00 - 7:50 PM
MUAY THAI CONDITIONING	8:10 - 8:55 PM

FRIDAY

CLASS	TIME
BOOT CAMP	8:15 - 9:00 AM
SENIORCISE *AGES 55+	9:30 - 10:20 AM
ZUMBA	11:15 - 12:00 PM
BOOT CAMP	5:00 - 5:50 PM
YOUNG & FIT *AGES 7-12	5:00 - 5:50 PM
MUAY THAI CONDITIONING	7:10 - 8:00 PM

SATURDAY

CLASS	TIME
HIIT	8:30 - 9:15 AM
BOOT CAMP	9:30 - 10:20 AM
ADVANCED YOGA INDOOR	10:30 - 11:20 PM

INCLUDED WITH FITNESS AND PREMIER MEMBERSHIPS

- FIRST COME, FIRST SERVE
- NO ENTRY AFTER 10 MINUTES OF CLASS START TIME
- MINIMUM AGE OF 14YRS FOR ALL CLASSES , UNLESS NOTED



**MUST HAVE A FITNESS OR PREMIER MEMBERSHIP TO ENROLL*

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	\$32
4 SESSIONS	\$124
8 SESSIONS	\$231
12 SESSIONS	\$302

SEMI-PRIVATE SESSIONS (2 to 3 people)

Don't ditch your gym partner! Choose your personal training sessions with friends.

PRICES LISTED BELOW ARE PER PERSON

4 SESSIONS	\$78
8 SESSIONS	\$146
12 SESSIONS	\$187
16 SESSIONS	\$206



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.

HOURS OF OPERATION MAY CHANGE DUE TO WEATHER CONDITIONS

SKATE PARK HOURS CLOSED SUNDAYS

AUGUST 24 - NOVEMBER 1, 2026

Monday - Friday 11:00 am - 6:00 pm

Saturday 11:00 am - 4:00 pm

NOVEMBER 2 - DECEMBER 31, 2026

Monday - Saturday 11:00 am - 4:00 pm





YOUTH SPORTS

YOUTH OLYMPIC WEIGHTLIFTING

Boys & Girls
9 week session

Location: Sports Center

This class focuses on learning the 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.

AGE	DAY	TIME	FEE
6 - 17 yrs	Monday	6:00 - 6:45 pm	\$59

KARATE

Boys & Girls
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.

AGE	DAY	TIME	FEE
Beginners 7 - 17 yrs	Mondays/ Wednesdays	5:15 - 6:15 pm	\$60
Youth Color 7 - 17 yrs	Mondays/ Wednesdays	6:30 - 7:30 pm	\$60
Juniors & Adults 13 - 99 yrs	Mondays/ Wednesdays	7:45 - 9:00 pm	\$60

BASEBALL FUNDAMENTALS

Boys & Girls
9 week session

Location: TBD

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.

(Parent participation required for the 3-4 year old class)

AGE	DAY	TIME	FEE
3 - 4 yrs	Wednesday	5:00 - 5:45 pm	\$59
5 - 6 yrs	Wednesday	6:00 - 6:45 pm	\$59
7 - 12 yrs	Wednesday	7:00 - 7:45 pm	\$59

VOLLEYBALL FUNDAMENTALS

Boys & Girls
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.

AGE	DAY	TIME	FEE
10 - 13 yrs	Tuesday	5:00 - 5:45 pm	\$59
14 - 17 yrs	Tuesday	6:00 - 6:45 pm	\$59

MULTI-SPORT: SHOOT, KICK & HIT

Boys & Girls
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 league play.

(Parent participation required for the 3-4 year old class)

AGE	DAY	TIME	FEE
3 - 4 yrs	Thursday	5:00 - 5:45 pm	\$59
5 - 6 yrs	Thursday	6:00 - 6:45 pm	\$59
7 - 12 yrs	Thursday	7:00 - 7:45 pm	\$59

BASKETBALL FUNDAMENTALS

Boys & Girls

9 week session

Location: Sports Center Gym (Court 2)

Join us for a dynamic nine-week class where you'll dive into the fundamentals of basketball! In this program, you'll learn essential skills like shooting, passing, dribbling, and rebounding, plus the basics of solid defense. Through engaging drills designed to boost agility and build confidence, you'll sharpen your abilities and feel at home on the court. Whether you're a beginner or looking to level up, this class is your fast track to mastering the game!

AGE	DAY	TIME	FEE
5 - 6 yrs	Monday	5:00 - 5:45 pm	\$59
7 - 8 yrs	Monday	6:00 - 6:45 pm	\$59
9 - 12yrs	Monday	7:00 - 7:45 pm	\$59

SOCCER FUNDAMENTALS

Boys & Girls

9 week session

Location: Sofive 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 basic of defense. Drills utilized in this class are intended to increase participant agility and assist with establishing their confidence on the field.

(Parent participation required for the 3-4 year old class)

AGE	DAY	TIME	FEE
3 - 4 yrs	Wednesday	5:00 - 5:45 pm	\$59
5 - 6 yrs	Wednesday	6:00 - 6:45 pm	\$59
7 - 12 yrs	Wednesday	7:00 - 7:45 pm	\$59
3 - 4 yrs	Thursday	5:00 - 5:45 pm	\$59
5 - 6 yrs	Thursday	6:00 - 6:45 pm	\$59
7 - 12 yrs	Thursday	7:00 - 7:45 pm	\$59

ATHLETIC EDGE

Boys & Girls Ages

6 week session

Location: Sports Center

This class is designed for young athletes in sports such as baseball, swimming, volleyball, water polo, and tennis to improve their overall performance. It focuses on injury prevention, mobility, rehabilitation, and enhancing athletic ability through sport specific training. Athletes will also learn movements that boost on-field performance, such as increasing throwing velocity or improving vertical jump. The class introduces cutting-edge training methods used by professional athletes to help participants stay ahead of the competition.

AGE	DAY	TIME	FEE
12 - 17 yrs	Tuesday/Friday	5:00 - 5:45 pm	\$59



GAME CHANGERS

Boys & Girls

9 week session

Location: Sports Center

This class is a comprehensive youth training program designed to enhance overall athleticism and performance. Our program focuses on developing essential athletic qualities such as strength, speed, agility, power, and coordination - "Be a Game Changer!"

Intermediate/Advanced Class ONLY

AGE	DAY	TIME	FEE
8 - 17 yrs	Monday	5:00 - 5:45 pm	\$59

FLAG FOOTBALL FUNDAMENTALS

Boys & Girls

9 week session

Location: TBD

In this nine-week class participants will be taught the fundamentals of the sport. Participants will throw, catch, kick, block, and run while learning the basics of football. Drills utilized in this class are intended to increase participants knowledge while preparing them for potential league play.

AGE	DAY	TIME	FEE
7 - 12 yrs	Tuesday	7:00 - 7:45 pm	\$59

REMOTE PROGRAMMING

MINDFUL MINDSET YOGA

9 week session **Location: Hollydale Community Park, Multi-Purpose Room**

Yoga Foundations introduces the essential principles of yoga in a welcoming and supportive environment. This class focuses on basic postures, gentle stretching, breathing techniques, and body awareness to help participants build confidence, strength, and flexibility at their own pace. No prior experience is needed, just bring a mat, comfortable clothing, and an open mind. Perfect for those new to yoga or looking to refresh their fundamentals while improving balance, mobility, and relaxation. All skill levels are welcome! Instructor is Violeta Rangel

AGE	DAY	TIME	FEE
18+ yrs	Thursday	10:00 - 11:00 AM	\$45

BASKETBALL FUNDAMENTALS

Boys & Girls **Location: Hollydale Community Park**
9 week session **Basketball Court**

Get in the game with Basketball Fundamentals! This once-a-week class introduces young athletes to the fundamentals of basketball, including dribbling, passing, shooting, and teamwork. Through drills, players will build confidence, coordination, and a love for the game. All skill levels are welcome!

AGE	DAY	TIME	FEE
5 - 6 yrs	Monday	5:00 - 5:45 PM	\$59
7 - 8 yrs	Monday	6:00 - 6:45 PM	\$59

FUTSAL FUNDAMENTALS

Boys & Girls **Location: Circle Park**
9 week session **Soccer Pitch Area**

Sharpen your soccer skills with Futsal Fundamentals! This once-a-week class introduces players to the fundamentals of futsal, including ball control, passing, movement, and teamwork. Through fun drills, participants will improve their footwork, quick thinking, and confidence on the court. All skill levels are welcome!

AGE	DAY	TIME	FEE
8-10 yrs	Wednesday	6:00 - 6:45 PM	\$59

PICKLEBALL FUNDAMENTALS

Boys & Girls **Location: Circle Park**
9 week session **Pickleball Court**

Serve up some fun with Pickleball Fundamental! This once-a-week class introduces young players to the fundamentals of pickleball, including serving, rallying, scoring, and court movement. Participants will learn through engaging drills and mini games that build confidence, coordination, and a love for the sport. All skill levels are welcome!

AGE	DAY	TIME	FEE
7 - 10 yrs	Wednesday	5:00 - 5:45 PM	\$59

SATURDAY STEPPERS WALKING CLUB

Start your Saturday morning lacing up and explore South Gate one step at a time with Saturday Steppers! This traveling walking club moves to different parks each month, giving you the chance to stay active while discovering some of the city's favorite outdoor spaces. Walk at your own pace, enjoy fresh air, and open greens spaces. All experience levels are welcome, show up, step out, and keep moving with us.

Distance - 1 Mile Walks - 4 Week Session

October 17 - Urban Orchard Park

November 14 - Circle Park

December 12 - Hollydale Community Park

January 16 - Hollydale Regional Park

AGE	DAY	TIME	FEE
All Ages	Saturdays	8:00 - 9:00 AM	FREE

ADULT SPORTS



DO YOU HAVE A TEAM AND WANT TO JOIN ONE OF OUR SPORTS LEAGUES FOR THE UPCOMING SEASON?

**CONTACT THE SPORTS CENTER FOR MORE DETAILS
(323) 563-5445**



ADULT BASEBALL

The City offers wood and aluminum bat leagues on Saturday & Sunday. Contact the Sports Center for more details

League Rate	\$600.00
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ADULT SOFTBALL

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 on Fridays.

Teams	\$569.00
Refundable forfeit fee	\$82.00
Umpire fee per game	\$20.00

ADULT BASKETBALL

Gather your starting 5 and join our Adult Basketball Leagues. We currently offer a Men's & Women's League, both offered on Friday evenings or Sunday mornings.

Teams	\$430.00
Refundable forfeit fee	\$82.00
Umpire fee per game	\$40.00

ADULT VOLLEYBALL

Join our co-ed Adult Volleyball League being held every Tuesday evening.

Teams	\$363.00
Refundable forfeit fee	\$42.00
Umpire fee per game	\$20.00

SOCCER OPEN PLAY • FREE

Location: Sofive Soccer Center

The Parks & Recreation Department will be offering FREE Open Play soccer for adults at Sofive Soccer Center. As part of the City's agreement with Sofive, 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 Sofive 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.

DAY	TIME	FEE
Monday	5:30 pm - 7:00 pm	Free
Wednesday	5:30 pm - 7:00 pm	Free
Friday	5:30 pm - 7:00 pm	Free



PATRICIA G. MITCHELL SWIM STADIUM

9520 Hildreth Avenue • (323) 563-5446

DAILY RATES

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

PUNCH CARD FEES

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

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

Water diapers for infants are **REQUIRED**

Children 6 years old or older **MAY NOT** walk through the opposite gender's locker room.
Please ask staff for assistance

Acceptable payment types: cash,
check, and credit or debit card
(Apple Pay/Google Pay)

POOL SCHEDULE

AUGUST 31 - SEPTEMBER 27, 2026

FAMILY SWIM HOURS

MONDAY - THURSDAY	3:00 - 4:30 PM	7:30 - 9:00 PM
FRIDAY	3:00 - 4:30 PM	
SATURDAY - SUNDAY	1:00 - 2:30 PM	3:00 - 4:30 PM

ADULT SWIM HOURS

MONDAY - THURSDAY	11:30 AM - 1:00 PM	2:00 - 3:00 PM 9:00 - 9:45 PM
SATURDAY - SUNDAY	12:00 - 1:00 PM	

LAP SWIM HOURS

MONDAY - FRIDAY	5:00 - 7:00 PM
SATURDAY - SUNDAY	9:00 AM - 12:00 PM

POOL SCHEDULE

CLOSED FRIDAYS & SUNDAYS

SEPTEMBER 28 - NOVEMBER 19, 2026

FAMILY SWIM HOURS

MONDAY - THURSDAY	3:00 - 4:30 PM	7:15 - 8:45 PM
SATURDAY	2:00 - 4:00 PM	

ADULT SWIM HOURS

MONDAY - THURSDAY	11:30 AM - 1:00 PM	2:00 - 3:00 PM
SATURDAY	12:00 - 2:00 PM	

LAP SWIM HOURS

MONDAY - THURSDAY	5:00 - 7:00 PM
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POOL CLOSURE DATES FOR THIS SEASON

SEPTEMBER 7	ALL DAY	LABOR DAY
SEPTEMBER 26	9:00 AM - 1:00 PM	SWIM MEET
OCTOBER 24	12:00 - 2:00 PM	SWIM MEET
NOVEMBER 21	12:00 - 2:00 PM	SWIM MEET



LEARN TO SWIM PROGRAMS



Save time and create your online account by scanning the QR code before registration begins!

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 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. Pretest is available upon request. Please bring child and swim suit with you before registration during open hours.

PLEASE NOTE: Registration is available online and in-person. It is first-come, first-served and begins in person at 9:00 am and 10:00 am online. Everyone registering in person must bring their child's birth certificate, and their Driver's License or ID. Swim lessons will continue through September. Please note that swim lessons will not be offered during October and November as we prepare for our seasonal closure. Additional information regarding the pool schedule and anticipated reopening in April will be shared as it becomes available. For more information, please call us at (323) 563-5446.

GROUP SWIM LESSONS 4 week sessions

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		August 22
CLASSES BEGIN		August 31
APPROX. 25 MINUTE CLASSES		
CLASS	AGE	FEES
Parent & Child	6 months - 2 yrs old	\$64.00
Tiny Tots	3 - 5 yrs old	\$64.00
Youth	6 - 17 yrs old	\$64.00
DAY	TIME	
Monday/Wednesday	5:00 - 7:30 PM	
Tuesday/Thursday	5:00 - 7:30 PM	

PRIVATE SWIM LESSONS 4 week sessions

Private swim lessons are taught one-on-one. All private swim lesson participants will be granted free entry into our Family Swim sessions that take place Monday-Friday from 3:00 – 4:30 pm, Saturday & Sunday 9:00am-1:00pm for additional practice time in the water.

REGISTRATION DATES		August 23
CLASSES BEGIN		September 5
APPROX. 25 MINUTE CLASSES		
CLASS	AGE	FEES
Tiny Tots	3 - 5 yrs old	\$121.00
Youth	6 - 17 yrs old	\$121.00
Adults	18+ yrs old	\$121.00
DAY	TIME	
Friday	5:00 PM - 7:00 PM	
Saturday/Sunday	9:00 AM - 1:00 PM	

SEMI-PRIVATE SWIM LESSONS 4 week sessions

Semi-private swim 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 Family Swim sessions that take place Monday-Friday from 3:00 – 4:30 pm for additional practice time in the water.

REGISTRATION DATES		August 23
CLASSES BEGIN		September 5
CLASS	AGE	FEES
Tiny Tots	3 - 5 yrs old	\$79.00
Youth	6 - 17 yrs old	\$79.00
Adults	18+ yrs old	\$79.00
DAY	TIME	
Friday	5:00 PM - 7:00 PM	
Saturday & Sunday	9:00 AM - 1:00 PM	

ADULT GROUP SWIM LESSONS PROGRAM

Class takes place twice a week for 4 weeks. Please bring your Driver's License or ID to enroll.

Adult swim lessons are divided into three basic categories:

1. Beginners-Introduction to water skills
2. Intermediates-Fundamental aquatic skills
3. Advanced-Stroke development, improvement and refinement.

REGISTRATION DATES		August 22
CLASSES BEGIN		August 31
AGE	FEES	
18 years & over	\$78	
DAY	TIME	
Tuesday/Thursday	12:15 - 1:00 PM 9:00 - 9:45 PM	

AQUATIC FITNESS CLASSES

AQUA AEROBICS

Ages 18+ years

Come lose a few pounds, tone, and lean out your muscles at the same time, all without the injury causing impact that you would normally experience during a land workout.

DAY	TIME	FEES	PERIOD
Monday/Wednesday	9:00 - 9:45 PM	\$6	September
Monday/Wednesday	8:00 - 8:45 PM	\$6	October/November

This class is included with the Splash Fitness Membership.

AQUA BLAST

Ages 18+ years

Join this high-intensity class to strengthen muscles with water resistance training. This class will be held in the shallow end of our pool. No experience necessary.

DAY	TIME	FEES
Monday/Wednesday	11:30 AM - 12:15 PM	\$6

This class is included with the Splash Fitness Membership.

MASTER SWIM

Ages 18+ years

Masters Swimming is designed for adults, 18 years and over. Ability to swim 100 yards of free and backstroke as well as knowledge of breast-stroke and butterfly is suggested.

DAY	TIME	FEES	PERIOD
Tuesday/Thursday	9:00 - 9:45 PM	\$6	September
Tuesday/Thursday	8:00 - 8:45 PM	\$6	October/November

This class is included with the Splash Fitness Membership.

SENIORCISE

Ages 55+ years

Seniorcise is paced for seniors and designed to promote joint flexibility, range of motion, and agility while building cardiovascular fitness and muscle strength.

DAY	TIME	FEES
Tuesday/Thursday	11:30 AM - 12:15 PM	\$4

This class is included with the Splash Fitness Membership.

SPLASH & STEP WALKING CLUB

Ages 18+ years

The Splash & Step Walking Club is a welcoming, low-impact program designed for seniors, individuals with disabilities, and/or anyone looking to stay active while building meaningful social connections. Participants can enjoy guided water walking in a supportive, inclusive environment that promotes fitness, mobility, and overall well-being.

DAY	TIME	FEES	PERIOD
Saturday	10:00 - 10:45 AM	\$4	September
Saturday	1:00 - 1:45 PM	\$4	October/November

This class is included with the Splash Fitness Membership.

SWIM STADIUM MEMBERSHIPS

All memberships must be paid with a credit or debit card.

For more information, please call the Patricia G. Mitchell Swim Stadium at (323) 563-5446

SPLASH

Family Swim/Lap Swim
Adult Swim/Showers

Family	\$30/Month
Adults	\$15/Month
Youth/Teens/Seniors	
Military/Disabled	\$10/Month

SPLASH FITNESS

Family Swim/ Lap Swim/
Adult Swim/Showers
Aquatic Fitness Classes

Adults	\$20/Month
Teens/Seniors	
Military/Disabled	\$15/Month

POOL RENTAL

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 cannot be made less than 14 days before the event.

Non-profit basic rate (private party):
\$180 an hour for 150 guests (Includes: Whole pool, use of the patio and 3 lifeguards.)

*Please call for pricing on commercial use.
There is a cancellation fee for all rentals.*

Adult and Pediatric CPR, First Aid, AED Training

The Adult and Pediatric CPR/First Aid/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. You will do the Skills Demonstration and Skills test in class AFTER doing the online portion.

For information call the Patricia G. Mitchell
Swim Stadium: (323) 563-5446

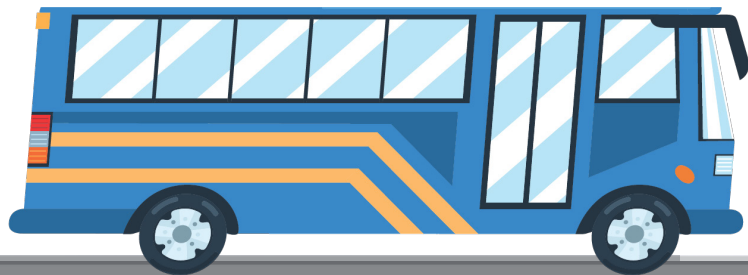
SALSA SPLASH

Ages 18+ years

Mix high-energy music, movement of Latin and international rhythms with water and get an explosive and exciting aqua program! This class aims at cardiovascular endurance plus strengthening and toning muscles.

DAY	TIME	FEES	PERIOD
Saturday	9:00 - 9:45 AM	\$6	September
Saturday	12:00 - 12:45 PM	\$6	October/November

This class is included with the Splash Fitness Membership.



TRANSPORTATION SERVICES

9520 Hildreth Avenue • (323) 563-5754 • transit@sogate.org

HOURS OF OPERATION

Monday - Friday 12:00 pm - 6:00 pm

Saturday & Sunday Closed



METRO RATES

SENIOR/DISABLED TAP

Base Fare .75¢/.35¢

1 Day Cap \$2.50

7 Day Cap \$5.00



K-12/COLLEGE/ VOCATIONAL TAP

Base Fare .75¢

1 Day Cap \$2.50

7 Day Cap \$6.00

FARE CAPPING

Fare capping means you never pay more than a certain amount for rides within a specific time. Once you pay that amount called a "cap" all rides on Metro buses and trains are free.

Metro has 1-Day and 7-Day Caps.

Fare capping works when you pay for rides with a TAP card or Apple Wallet.



PHONE A RIDE

REGISTRATION FEE \$10.00 PER YEAR
EACH TRIP \$1.00

COUTA DE INSCRIPCION \$10.00 PER AÑO
CADA VIAJE \$1.00

The City of South Gate offers residents 62 years of age 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 TRIP TO AND FROM THEIR PLACE OF EMPLOYMENT OR SCHOOL.

Registration Information: Registrant must present a valid I.D. and proof of residency (2 utility bills or mailed correspondence) Monday-Friday 12:00 - 6:00 pm

*No hand written documents accepted

La ciudad de South Gate ofrece a sus residentes de 62 años de edad o mas o que estan incapacitados, un servicio especial que los ayuda a obtener transportacion dentro de la ciudad a precio reducido.

ESTE SERVICIO NO ESTA DISENADO PARA LOS QUE PEDEN MOVILIZARSE POR SU MISMO, NI PARA VIAJAR A LUGAR DE EMPLEO O A LA ESCUELA.

Como inscribirse: Individuos registrandose deben presentar su I.D. vigente, y dos comprobantes de domicilio (recibo de gas, luz, o agua)

Lunes a Viernes de 12:00 - 6:00 pm

*No aceptamos documentos escrito a mano



The GATE

SCAN THE QR CODE TO DOWNLOAD
A DIGITAL COPY OF OUR MAPS

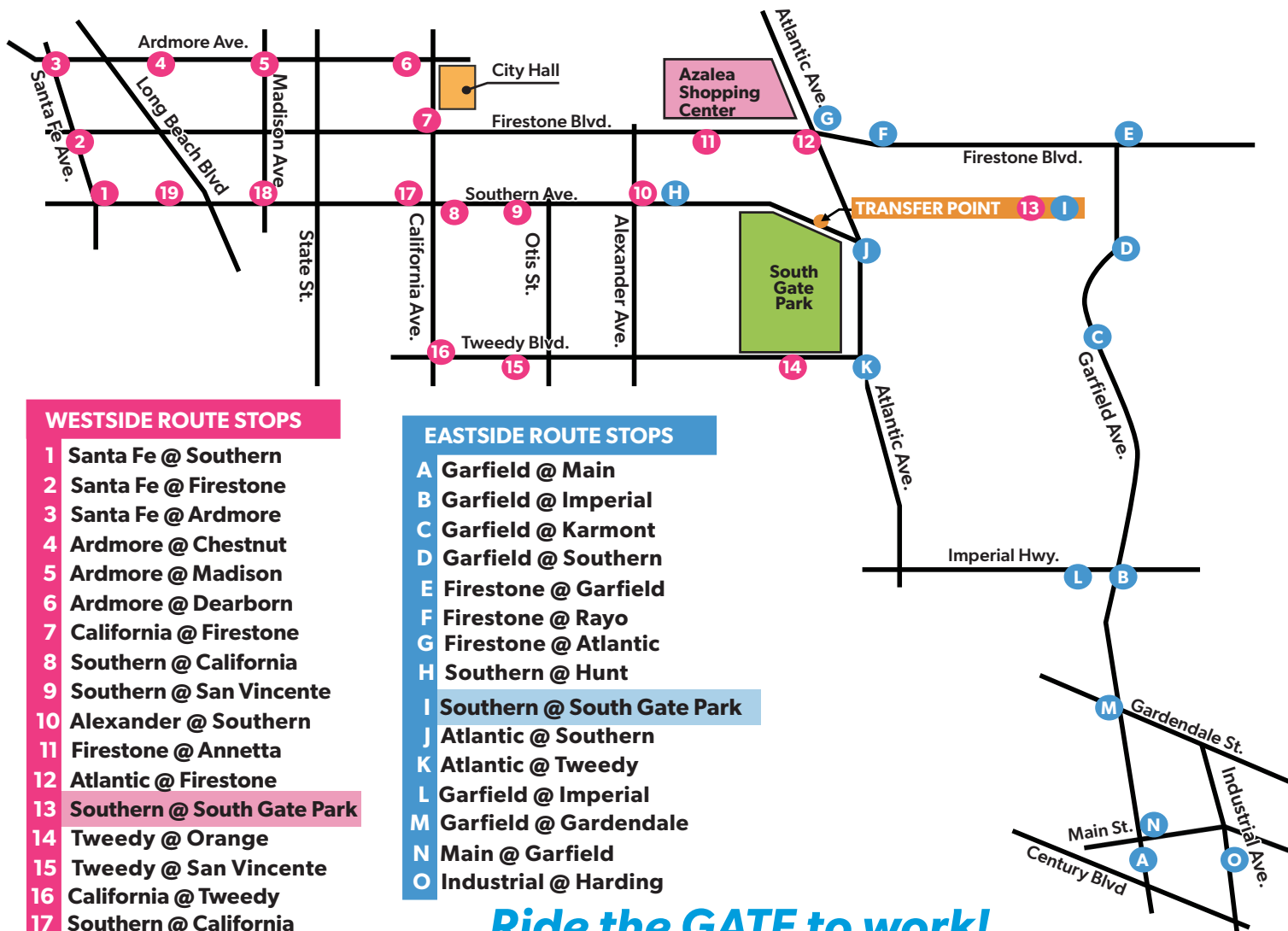


9520 Hildreth Avenue • (323) 563-5754

HOURS OF OPERATION

Monday - Friday 6:00 am - 7:00 pm
Saturday 8:00 am - 5:00 pm

Service Fee: 50¢ per ride, Children 5 and under ride free.
Transfers are available. PHONE A RIDE PARTICIPANTS RIDE FREE!
Service provider is Global Paratransit, Inc.
For route information, please contact (323) 563-5754.



Ride the GATE to work!

Show your employee ID and you ride for free!



Margaret Travis **SENIOR CENTER**

4855 Tweedy Boulevard • (323) 357-9662

HOURS OF OPERATION

Monday - Thursday 8:00 am - 3:00 pm
 Friday 8:00 am - 1:00 pm
 Saturday & Sunday Closed

HOLIDAY CLOSURES

November 26 & 27
 December 24 & 25
 January 1

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. 712**

SENIOR CENTER ACTIVITIES

BOARD GAMES

MONDAY • 12 - 2 PM
 CONFERENCE ROOM

LOTERIA

MONDAY • 1 - 3 PM
 MAIN HALL

CONNECT WITH TECH

SEPTEMBER 29- NOVEMBER 3
 TUESDAY & FRIDAY • 9 - 10 AM
 CONFERENCE ROOM

YOGA

TUESDAY & THURSDAY • 10 - 11 AM
 CONFERENCE ROOM

SIMPLE DANCE PRACTICE

TUESDAY & THURSDAY • 1 - 3 PM
 MAIN HALL

NIFTY CRAFTERS

WEDNESDAYS • 9 AM - 12:30 PM
 CONFERENCE ROOM

BINGO

WEDNESDAYS • 1 - 3 PM
 MAIN HALL

GOLDEN FITNESS

THURSDAYS • 8:45 AM - 9:45 AM
 CONFERENCE ROOM

KARAOKE & DANCE

THURSDAYS • 9 AM - 12 PM
 MAIN HALL

INTRO TO OIL PAINTING

\$175 (October 8 - December 3)
 FRIDAYS • 12 - 3 PM
 CONFERENCE ROOM



H.S.A. SENIOR LUNCH PROGRAM IN-PERSON MEAL SCHEDULE

SENIOR CENTER MEAL PROGRAMS

FOR RESERVATIONS PLEASE CALL **(323) 513-7628**
 FROM MONDAY - FRIDAY BETWEEN 9AM - 12 PM

Everyone must make a reservation in order to receive on-site meals.

Program Hours:	9am - 1pm
Donation per day:	\$7.00 (55+) \$3.00 (60+)
Meal check in with H.S.A. staff:	Monday - Friday, 9am - 11am Reservations cancelled at 11am for No Shows
Meals served:	Monday - Friday at 11:30am



Fall

COMMUNITY EXCURSIONS

Anyone attending excursion must be registered and placed on the roster.

FANTASY CASINO - INDIO

Thursday, October 1, 2026 7:00 AM - 6:00 PM
Cost: \$25 Age 21+

Try your luck on a fun-filled day at Fantasy Casino! Located in Indio, this destination offers a relaxed gaming experience with a variety of slot machines, table games, and dining options.



WRD & NORMS - PICO RIVERA

Thursday, October 29, 2026 8:00 AM - 2:00 PM
Cost: \$10 Ages 55+

Join us for a tour of the Albert Robles Center for Water Recycling and Environment Learning (ARC) to see how purified water reaches your taps. After we will make our way to Norms Restaurant. Lunch is on your own.



MEDIEVAL TIMES - BUENA PARK

Saturday, October 17, 2026 12:30 AM - 4:30 PM
Cost: \$65 All Ages

Travel back to the Middle Ages for an unforgettable late lunch and live tournament featuring brave knights, majestic horses, thrilling sword fights, and a delicious four-course feast.



PALA CASINO - PALA VALLEY

Thursday, November 5, 2026 7:00 AM - 6:00 PM
Cost: \$25 Ages 21+

Feeling lucky? Pala Casino features a lively gaming floor with slots and tables, a variety of dining options, and a vibrant atmosphere.



THE GROVE - LOS ANGELES

Thursday, November 19, 2026 9:00 AM - 4:00 PM
Cost: \$25 All Ages

Enjoy shopping, dining, the charming trolley, and a relaxing stroll through this lively outdoor marketplace.



**REGISTRATION OPENS:
SEPTEMBER 14**

REGISTER IN-PERSON

Senior Center 8:00 am - 3:00 pm
Girls Club House 8:00 am - 5:30 pm
Sports Center 8:00 am - 8:00 pm

**REGISTER
ONLINE AT**



All fees are due at the time of registration. Buses will depart and return from Girls Club House on time and as scheduled (traffic/weather permitting).
Lunch not provided unless indicated.

NOTE: Tickets are not for private resale or switching. Please call the Senior Center, Girl Club House, or the Sports Center during operational hours to make changes. All changes must be made 48 hours (business days) prior to the excursion.

REFUND POLICY: All cancellation requests must be made during South Gate Parks & Recreation standard operational hours at least 48 hours (business days) prior to the excursion. A \$15 administration fee charge per person. Refunds will be issued by check and will be mailed within 4-6 weeks. No cash refunds.

Excursion Walking Legend

Level 1

Little to No Walking



Level 4

Heavy Walking



ENCHANTED LIGHTS - ARCADIA

Friday, December 4, 2026 3:30 PM - 10:30 PM
Cost: \$40 All Ages

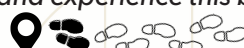
Celebrate the holiday season with a magical evening, walk through dazzling light displays, interactive exhibits, and festive music at Descanso Gardens.



PANTAGES THEATRE "ELF"- HOLLYWOOD

Saturday, December 12, 2026 10:00 AM - 5:00 PM
Cost: \$90 Ages 7+

Enjoy the magic of the holidays with a performance of Elf the Musical at the historic Pantages theatre. Laugh, sing along, and experience this beloved Broadway holiday classic.





PAR 3 GOLF COURSE

9615 Pinehurst Avenue (323) 357-9658

HOURS OF OPERATION

WEDNESDAY - SUNDAY 8:00 AM - 6:00 PM • LAST TEE TIME: 5:00 PM

WEDNESDAY - SUNDAY 8:00 AM - 5:00 PM (Starting November 1) • LAST TEE TIME: 4:00 PM

STARTER SHACK CLOSED DAILY 12:30 - 1:00 PM



SOUTH GATE
PAR 3 GOLF COURSE

GREEN FEES	WEEKDAY	WEEKEND
YOUTH	\$10	\$11
ADULT	\$11	\$13
SENIOR/DISABLED	\$10	\$11
MILITARY	\$10	\$11

CLUBHOUSE AMENITIES

Enjoy our fully stocked snack bar with treats and refreshments

SENIOR DISCOUNTS

Seniors play for \$4.50 every Thursday & Friday

GOLF CARDS

Golf card gives you access to 10 rounds of golf during the week
Youth/Military \$35 • Seniors \$35 • Adult \$75

DRIVING RANGE IS NOW OPEN

Pre-registration
required
Tee Time
9:00 AM

FALL GOLF TOURNAMENT

November 15

Enjoy a day on the course filled with
friendly competition, community
spirit, and fun for all skill levels!

Prizes Awarded!

Discover the joy of golf with a fun,
beginner-friendly lesson that teaches
you the basics & builds your confidence.

GOLF LESSONS

AGES 10 - 17

Fall Session:
Wednesdays

4:00 - 4:45 pm & 5:00 - 5:45 pm

\$33

Lessons begin:
September 23
5 Week Session



TEEN CENTER

4940 SOUTHERN AVENUE (323) 563-5447
HOURS OF OPERATION
Monday, Wednesday - Friday 4:00 - 7:00 PM
Tuesday 3:00 - 7:00 PM

★ Golden Hour FALL SOCIAL

★ **Friday, September 25** | **Grades 6th-12th (Ages 11-17)**
5-7 PM

Music **Games**

Karaoke & More! **Food**



Looking for something to do after school?

Come hang out in the Game Room! Enjoy free activities, homework help, gaming, arts and crafts, cooking, special events, and volunteer opportunities.





GIRLS CLUB HOUSE

4940 Southern Avenue (323) 563-5447

HOURS OF OPERATION

Monday - Thursday 8:00 am - 5:30 pm

Friday - Sunday Closed

BABY BOOGIE

Boys & Girls
9 weeks 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.

AGE	DAY	TIME	FEE
3 - 5 yrs	Tuesday	5:00 pm - 5:30 pm	\$74

BABY MEXICAN FOLK

Boys & Girls
9 weeks 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. Participation in the dance recital is optional. The instructor for this class is Vanessa Diaz.

AGE	DAY	TIME	FEE
3 - 4 yrs	Tuesday	4:30 pm - 5:00 pm	\$74
4 - 5 yrs	Tuesday	5:10 pm - 5:40 pm	\$74

BABY TAP DANCING

Boys & Girls
9 weeks session

Location: Girls Club House

Bring your child to this new and exciting dance class. They will learn fun dance movements while learning beginning tap steps. Tap shoes will be required by the second class. Instructor for this class will be Crystal Betancourt.

AGE	DAY	TIME	FEE
3 - 5 yrs	Monday	5:00 pm - 5:30 pm	\$74

MEXICAN FOLK DANCE FOR YOUTH

Boys & Girls
9 weeks session

Location: Girls Club House

Learn all types of traditional dances from all the different regions of Mexico. A dance costume will be required for the recital at the end of the nine-week session. Participation in the dance recital is optional. The instructor for this class is Mary Lastra.

AGE	DAY	TIME	FEE
6 - 8 yrs	Wednesday	5:00 pm - 5:45 pm	\$74
8 - 11 yrs	Wednesday	5:45 pm - 6:30 pm	\$74
8 - 11 yrs	Wednesday	6:30 pm - 7:15 pm	\$74
12 - 17 yrs	Wednesday	7:15 pm - 8:00 pm	\$74

CHEERLEADING

Boys & Girls
9 weeks session

Location: Banquet Room

This class will incorporate the basics of cheerleading, where they will learn how to work together as a group to learn a routine. A dance costume will be required for the recital at the end of the nine-week session. Participation in the dance recital is optional. The instructor for this class is Ashley Lopez.

AGE	DAY	TIME	FEE
5 - 7 yrs	Thursday	5:00 pm - 5:45 pm	\$74
8 - 12 yrs	Thursday	6:00 pm - 6:45 pm	\$74

DOG OBEDIENCE CLASSES

9 weeks session

Location: Hollydale Dog Park

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

AGE	DAY	TIME	FEE
18 + yrs	Saturday	9:00 am - 10:00 am	\$74
18 + yrs	Saturday	10:30 am - 11:30 am	\$74

HIP HOP DANCE

Boys & Girls
9 weeks 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.

AGE	DAY	TIME	FEE
6 - 8 yrs	Thursday	5:30 pm - 6:15 pm	\$74
9 - 12 yrs	Thursday	6:15 pm - 7:00 pm	\$74

BALLET

Boys & Girls
9 Weeks 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.

AGE	DAY	TIME	FEE
3 - 4 yrs	Tuesday	5:30 pm - 6:00 pm	\$74
4 - 5 yrs	Tuesday	6:00 pm - 6:30 pm	\$74
6 - 12 yrs	Tuesday	6:30 pm - 7:15 pm	\$74

YOUTH ACTING CLASS

Boys & Girls
9 weeks session

Location: Girls Club House

This fun and creative acting class introduces young performers to the fundamentals of acting. Through movement, voice, and imagination students will get the opportunity to explore characters through monologues. No experience needed, just a willingness to play and perform!

AGE	DAY	TIME	FEE
7 - 17 yrs	Tuesday	7:15 pm - 8:00 pm	\$74

PARENT AND ME: RHYTHM & MOVEMENT CLASS

Boys & Girls
9 weeks session

Location: Girls Club House

Enroll in this parent and me class for your toddler to be introduced to rhythm and movement, all while expanding their motor skills! Toddlers will have access to wooden instruments. Parent participation is required! The instructor for this class is Crystal Betancourt

AGE	DAY	TIME	FEE
18m - 3 yrs	Thursday	5:00 pm - 5:30 pm	\$74

TUMBLING CLASS

Boys & Girls Ages 6-12 yrs
9 week session

Location: Girls Club House
Fee: \$74

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.

AGE	DAY	TIME
Beginners Tumbling	Monday	6:00 pm - 6:30 pm
Advanced Tumbling*	Monday	6:30 pm - 7:15 pm

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

SINGING CLASSES

Boys & Girls
9 weeks session

Location: Girls Club House

Enroll in singing classes to find your voice! In this class, you will be able to learn the fundamentals of singing through vocal warm-ups, expanding your range, and establishing a good posture to have proper breathing while singing! On the last day of classes, students will have the opportunity to perform their chosen song in front of family and friends! The instructor for this class is Crystal Betancourt.

AGE	DAY	TIME	FEE
7 - 17 yrs	Monday	7:15 pm - 8:00 pm	\$74

TINY TUMBLERS

Boys & Girls
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.

AGE	DAY	TIME	FEE
3 - 5 yrs	Monday	5:30 pm - 6:00 pm	\$74

LIL CHEFS COOKING CLASS

Boys & Girls
5 weeks session

Location: Senior Center Conf. Rm

Class Dates

October 6, 13, 20, 27, November 3

Participants will make a different recipe each week. All items needed for the class will be supplied.

AGE	DAY	TIME	FEE
6 - 10 yrs	Tuesday	4:00 PM - 5:00 PM	\$65
6 - 10 yrs	Tuesday	5:15 PM - 6:15 PM	\$65

YOUNG CHAMPIONS OF AMERICA SELF DEFENSE LESSONS

Boys & Girls
14 week session

Location: Auditorium
Fee: \$10 per week

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

Class Dates: September 16 - January 13, 2026

Scheduled off Dates: 11/11, 11/25, 12/23, 12/30

AGE	DAY	TIME
New Students (4-5 yrs)	Wednesday	5:15 pm - 5:55 pm
Yellow & Orange Belts	Wednesday	6:00 pm - 6:40 pm
Purple Belts & Above	Wednesday	6:45 pm - 7:25 pm

REGISTER ON SITE

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



PRESCHOOL PROGRAMS

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
9 week session**

Location: Girls Club House Room B

It's never too early for your little one to experience the fun of a school-like setting! In this exciting nine-week session, 2-year-olds will make new friends while exploring storytelling, games, music, and crafts!

Parent involvement is required. One adult per child allowed in class.

AGE	DAY	TIME	FEE
2 yrs	Tuesday/Thursday	9:00 AM - 10:30 AM	\$101
2 yrs	Tuesday/Thursday	11:30 AM - 1:00 PM	\$101

TOT TIME CLASSES

**Boys & Girls
9 week session**

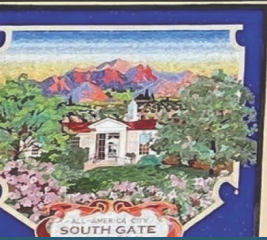
Location: Girls Club House Room C

Kids will dive into learning numbers, colors, shapes, and the alphabet while having a blast! They'll follow fun directions and make new friends through playful games, catchy songs, puzzles, and creative crafts.

NO diapers/pull ups allowed in class, child must be potty trained.

AGE	DAY	TIME	FEE
3-5 yrs	Tuesday/Thursday	9:00 AM - 11:00 AM	\$106
3-5 yrs	Tuesday/Thursday	12:00 PM - 2:00 PM	\$106

WINTER PROGRAM REGISTRATION: DECEMBER 14, 2026
WINTER PROGRAM SESSION: JANUARY 4 - MARCH 6, 2027



ADMINISTRATION OFFICE

4900 Southern Avenue • (323) 563-5479

HOURS OF OPERATION

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

Friday - Sunday Closed

RENT A FACILITY TODAY!

FACILITY RENTALS

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 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	\$57.00
Kitchen Fee	\$92.00
Refundable Damage Fee	\$189.00



GIRLS CLUB HOUSE RATES *

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

Hourly Rate	\$138.00
Kitchen Fee	\$73.00
Refundable Damage Fee	\$365.00



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	\$229.00
Kitchen Fee	\$92.00
Refundable Damage Fee	\$567.00



ROSE ARBOR RATES *

This area can seat up to 110 guests for ceremonies.

Flat Rate	\$205.00
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**All fees are subject to change without notice*



City of South Gate | Picnic Areas

PICNIC AREA RESERVATION RATES

There are a total of ten picnic areas located throughout South Gate Park, one at Hollydale Regional Park and two at Urban Orchard available to the public to reserve. All reservations are on a first come first serve basis. 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.

Please contact our Parks Administration Office at (323) 563-5479 to check availability and for Commercial Rate information.

Non-Profit Group Permit Fees*

Group of 1 - 50	\$100.00
Group of 51 - 100	\$198.00
Group of 101 - 200	\$317.00
Group of 201 - 500	\$476.00
Group of 501+	\$951.00

BANDSTAND RATES*

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

COOK HOUSE RATE*

Fee	\$94.00
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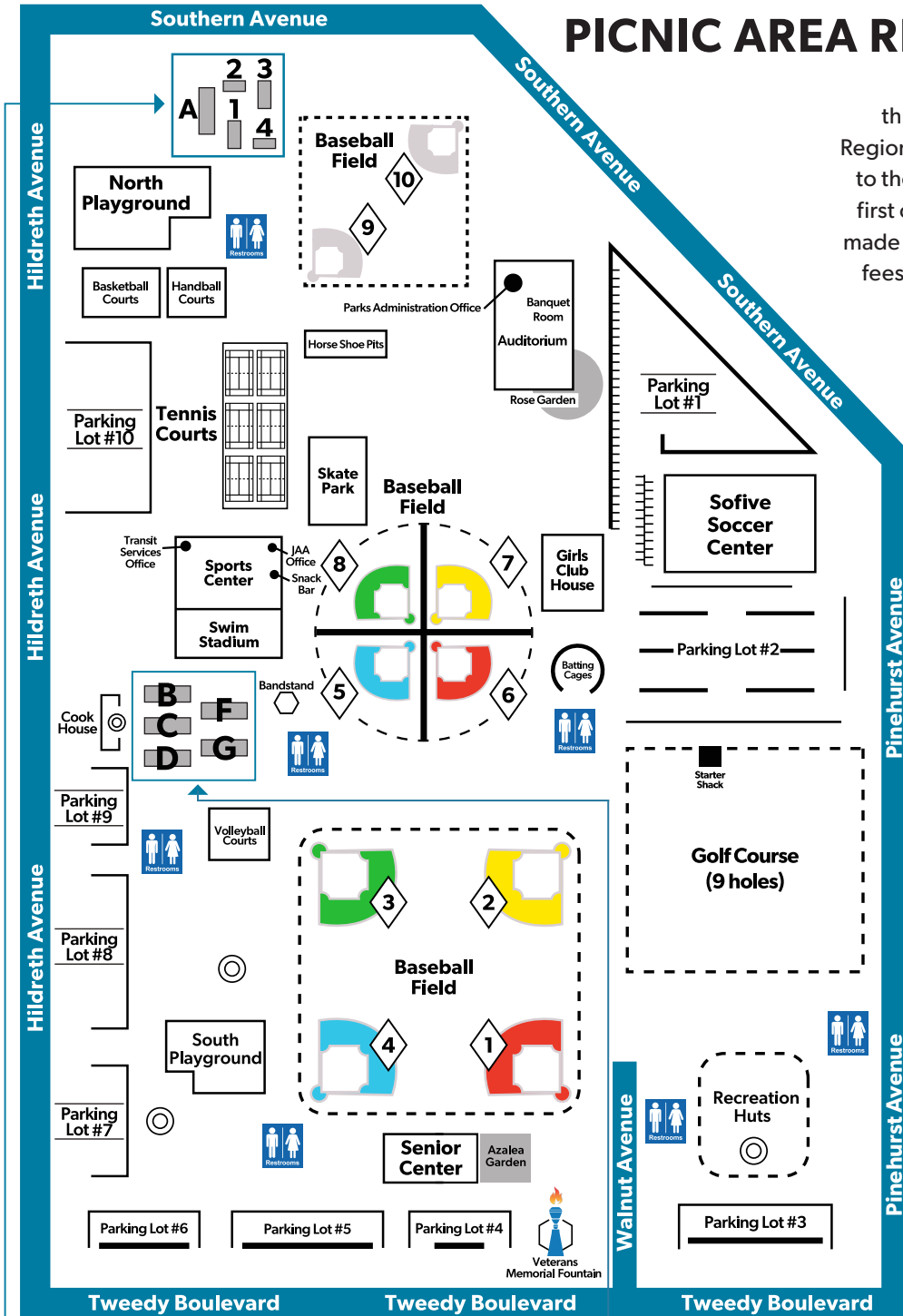
*All fees are subject to change without notice

PARK FACILITY & PICNIC AREA RENTALS
PARK ADMINISTRATION OFFICE
 (323) 563-5479

BASEBALL FIELD RENTALS
SPORTS CENTER
 (323) 563-5445

POOL RENTAL
PATRICIA G. MITCHELL SWIM STADIUM
 (323) 563-5446

BATTING CAGE RENTAL
SOFIVE SOCCER CENTER
 (323) 923-4650



URBAN ORCHARD

FIRST COME, FIRST SERVE

AREA J

6 TABLES
36 GUESTS

AREA K

6 TABLES
36 GUESTS

OFF SOUTHERN AVE

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

*AREAS A, 1 AND 3 ARE COVERED

OFF HILDRETH AVE

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

HOLLYDALE COMMUNITY PARK

AREA H

8 TABLES
64 GUESTS

AREA I

2 TABLES
16 GUESTS

HOLLYDALE REGIONAL PARK

**9 TABLES
72 GUESTS**



PROGRAMAS DEPORTIVOS

Sports Center • 9520 Hildreth Avenue • (323) 563-5445

CLASE FUNDAMENTAL DE BALONCESTO \$59

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

CLASE FUNDAMENTAL DE BÉISBOL \$59

3 - 12 años de edad 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. **La clase para niños de 3-4 años requiere la participación de los padre.**

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

CLASE FUNDAMENTAL DE KARATE \$60

7 - 17 años de edad 4 semanas

El karate ofrece la capacidad de desarrollar la confianza, la aptitud física, la defensa personal, la disciplina, la competenciay la habilidad de torneo.

Debe registrarse al principio de cada

mes / Miércoles

Clase para principiante	5:15 - 6:15 pm
Clase para intermedio	6:30 - 7:45 pm
Clase para Juniors y Adultos	7:45 - 9:45pm

CLASE FUNDAMENTAL DE SOCCER \$59

3 - 12 años de edad 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. **La clase para niños de 3-4 años requiere la participación de los padre.**

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

CLASE FUNDAMENTAL DE VOLEIBOL \$59

10+ años de edad 9 semanas

Esta clases les enseñara como jugar este deporte divertido. Traigan sus amigos y aprendan juntos!

10 - 13 años de edad	Martes	5:00 - 5:45 pm
14 - 17 años de edad	Martes	6:00 - 6:45 pm

CLASE FUNDAMENTAL DE MULTI-DEPORTES \$59

3 - 12 años de edad 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. **La clase para niños de 3-4 años requiere la participación de los padres**

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

CLASE FUNDAMENTAL DE FUTBOL AMERICANO \$59

5 - 12 años de edad 9 semanas

Esta clases les enseñara como jugar este deporte divertido. Traigan sus amigos y aprendan juntos!

7 - 12 años	Martes	7:00 - 7:45 pm
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CLASE FUNDAMENTAL CON PESAS \$59

6 - 17 años de edad 9 semanas

Esta clase se enfoca en aprender la técnica adecuada, la progresión y la ejecución del arranque, cargada de potencia, cargada y envío.

Lunes / Viernes	6:00 - 6:45 pm
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CLASE FUNDAMENTAL DE GAME CHANGERS! \$59

8 - 17 años de edad 9 semanas

Nuestros entrenadores personales inculcarán los fundamentos necesarios para entrenar como los profesionales. Esta clase se enfoca en el aspecto de fuerza y acondicionamiento del baloncesto, esta clase no es para principiantes.

Lunes	5:00 - 5:45 pm
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PROGRAMAS DE RECREACION

Girls Club House • 4940 Southern Avenue • (323) 563-5447

BAILE

\$74

Se ofrecen una variedad de clases de baile, para niños y niñas que desean aprender a bailar. Todas las clases serán de 9 semanas, con una presentación la novena semana.

BABY BOOGIE

3 - 5 años Martes 5:00 - 5:30 pm

BALLET

3 - 4 años Martes 5:30 - 6:00 pm

4 - 5 años Martes 6:00 - 6:30 pm

6 - 12 años Martes 6:30 - 7:15 pm

BABY MEXICAN FOLK

3 - 4 años Martes 4:30 - 5:00 pm

4 - 5 años Martes 5:10 - 5:40 pm

CHEERLEADING

5 - 7 años Jueves 5:00 - 5:45 pm

8 - 12 años Jueves 6:00 - 6:45 pm

FOLKLÓRICO

6 - 8 años Miércoles 5:00 - 5:45 pm

8 - 11 años Miércoles 5:45 - 6:30 pm

12 - 17 años Miércoles 6:30 - 7:15 pm

BABY TAP

3 - 5 años Lunes 5:00 - 5:30 pm

HIP HOP

6 - 8 años Jueves 5:30 - 6:15 pm

9 - 12 años Jueves 6:15 - 7:00 pm

CLASE DE ACTUACIÓN

12 - 17 años Martes 7:15 - 8:00 pm

GIMNASIA

\$74

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.

TINY TUMBLERS

3 - 5 años Lunes 5:30 - 6:00 pm

TUMBLING CLASS

6 - 8 años Lunes 6:00 - 6:30 pm

9 - 12 años Lunes 6:30 - 7:15 pm

H.O.W. COMEDORES COMPULSIVOS

GRATIS

18+ años Gratis

El programa de comedores compulsivos utiliza los principios del programa de doce pases utilizado por A.A.

Lunes 9:00 - 11:00 am

YOUNG CHAMPIONS OF AMERICA SELF DEFENSE LESSONS

14 Semanas

Lugar: Auditorio

\$10 por semana

Edad 4+

Esta clase ayudará a los estudiantes a desarrollar confianza, autodisciplina y les enseñará valiosos consejos de seguridad. Se debe pagar una tarifa de inscripción única al momento de la inscripción.

Fechas de clases: 16 de septiembre - 13 de enero

Días festivos: 11/11, 11/25, 12/23, 12/30

Nuevos alumnos (de 4 a 15 años) Miércoles, de 5:15 a 5:55pm
Cinturones amarillos y naranjas: miércoles, de 6:00 a 6:40pm
Cinturones morados y superiores: miércoles, de 6:45 a 7:25pm

Para mas informacion: (714) 478-3793 • (714) 425-4708

TINY TWO'S

\$101

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.

TOT TIME

\$106

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.

ENTRENAMIENTO PARA PERROS

\$74

9 semanas

Lugar: Hollydale Park

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

Sábado

9:00 - 10:00 am

Sábado

10:30 - 11:30 am

CLASES DE CANTO

\$74

7 - 17 años

9 week session

Lugar: Girls Club House

¡Inscríbete en clases de canto para encontrar tu voz! ¡En esta clase podrás aprender los fundamentos del canto a través de calentamientos vocales, ampliando tu rango y estableciendo una buena postura para tener una respiración adecuada mientras cantas! ¡El último día de clases, los estudiantes tendrán la oportunidad de interpretar la canción elegida frente a familiares y amigos! La instructora de esta clase es Crystal Betancourt.

Lunes

7:15 - 8:00 pm



City of South Gate
Parks and Recreation Department
4900 Southern Avenue
South Gate, CA 90280

****ECRWSEDDM****

RESIDENTIAL CUSTOMER

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Bell Gardens, CA
Permit No. 2280



SGPARKSANDREC_



SOUTHGATEPARKS&RECREATION



City of
South Gate



SOUTHGATEPARK

ART WALK

**SATURDAY,
OCTOBER 10
1-5 PM**

**ART ACTIVITIES &
VENDORS**

**HENRY C. GONZALEZ AUDITORIUM
4900 SOUTHERN AVENUE**

FOR MORE INFO CALL GIRLS CLUB HOUSE AT (323) 563-5447