



SOUTH GATE



CONNECT

SPRING EDITION 2024

CITY OF SOUTH GATE



CITYOFSOUTHGATECA



SOUTHGATECAGOV



CITYOFSOUTHGATE

SPRING 2024

SOUTH GATE CITY HALL

Monday-Thursday
7:00 am-5:30 pm
8650 California Ave.
South Gate, CA
90280
Administration
323-563-9501
City Council Office
323-563-9543
cityofsouthgate.org

CITY COUNCIL

Gil Hurtado

~Mayor

Maria Davila

~Vice Mayor

Al Rios

~Council Member

Joshua Barron

~Council Member

Maria del Pilar Avalos

~Council Member

PARKS & RECREATION COMMISSION

Alan Flores

~Chair

Lizette Ruiz

~Vice Chair

Jennifer Cypert

~Secretary

Edgar Pelayo

~Commissioner

Adolfo Varas

~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 6:30 pm.

Council Meetings are being held in person at the Council Chambers and via teleconference. For the dial-in number, please call 323-563-9573 or visit cityofsouthgate.org

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 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 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. Visit www.cityofsouthgate.org for meeting dates.

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
Administration Office • 4900 Southern Ave	
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
FIRE DEPARTMENT	
4867 Southern Place, Station 54	
General Business	323-567-8580
5720 Gardendale Street, Station 57	
General Business	562- 531-9700

Additional Contact Numbers

A.Y.S.O	657-443-3356
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 (UWS)	562- 334-3660
LELAND R. WEAVER LIBRARY	323-567-8853

STREET SWEEPING & TRASH COLLECTION HOLIDAY SCHEDULE 2024

Holiday	Trash Collection	Street Sweeping & Parking Enforcement
New Year's Day Monday, January 1	 NO	 NO
Martin Luther King Jr. Day Monday, January 15	 <u>YES</u>	 NO
President's Day Monday, February 19	 <u>YES</u>	 NO
Memorial Day Monday, May 27	 NO	 NO
Independence Day Thursday, July 4	 NO	 NO
Labor Day Monday, September 2	 NO	 NO
Indigenous Peoples' Day Monday, October 14	 <u>YES</u>	 NO
Veterans Day Monday, November 11	 <u>YES</u>	 NO
Thanksgiving Day Thursday, November 28	 NO	 NO
Christmas Eve Tuesday, December 24	 <u>YES</u>	 NO
Christmas Day Wednesday, December 25	 NO	 NO

Street sweeping related parking enforcement will always be enforced except for the observed holidays listed above.

TABLE OF CONTENTS

- 4 City News
- 6 City Parks Locations
- 8 Special Events
- 10 Parks Department Directory
- 11 Program Registration
- 12 Youth Sports Classes
- 15 Sports Leagues and Activities
- 18 Youth Recreation Classes
- 20 Cultural Arts Classes
- 22 South Gate Museum and Art Gallery
- 23 South Gate Golf Course
- 24 Patricia G. Mitchell Swim Stadium
- 29 Sports/Fitness Center Information
- 32 Margaret Travis Senior Center
- 33 Community Excursions
- 34 Facility Rental Information
- 36 GATE Route/ Transportation Services
- 38 Programas del Parque



New Year, Greener South Gate!

Start the new year off strong by properly sorting your organic waste.

For more information, visit SortWasteSG.org

January 2024 marks one year since the City of South Gate partnered with Universal Waste Systems to launch its three-cart collection system. This simple approach to separating organics, recyclables and landfilled trash has produced a significant increase in organic material recovery and a reduction greenhouse gas emissions — and we could not have done it without you. Our work in creating a greener South Gate is just getting started, and residents and businesses are a key part of this effort.

We encourage you to start the new year off strong by following these helpful sorting guidelines:

- Organic materials like food scraps, yard waste and food-soiled paper should be placed in your green cart.
- Landfilled waste including styrofoam, food packaging and pet waste belong in your black cart.
- Recyclables like plastic bottles, glass, aluminum cans, clean paper and cardboard go in your blue cart.



You are invited to purchase one of these Bricks and have it engraved and placed in the Centennial Memorial Walkway to commemorate your participation and leave your mark in South Gate for generations to come. The new Centennial Memorial Walkway will include Bricks from the People, Businesses, and Departments of the City of South Gate.

Prices

- 4" x 8" Brick for \$100
- 8" x 8" Brick for \$200

18 characters per line max (3 lines for 4"x 8" and 6 lines for 8"x 8")

You can add a replica, souvenir, or Donor Certificate to your order for you to keep for an additional cost (any keepsakes ordered will be shipped directly to you). You can make your selection at the time of your order.

Once your order is processed, your memorial brick will be shipped to the City to be placed on the Centennial Memorial Walkway in front of City Hall.



For more information, please contact **323-563-9508** or email egarcia@sogate.org or Visit www.bricksrus.com/donorsite/sg100 or **SCAN the QR code** to order.

TIS THE SEASON TO REMOVE YOUR HOLIDAY LIGHTS

Now that the holiday season is over and the New Year is settling in, it is time to put away all of the stockings, decorations, and, of course, remove all of your exterior holiday lights.

Every year, the exterior lighting of homes becomes more elaborate and beautiful.

However, exterior holiday lights were not made to be left out for extended periods of time and are considered temporary lighting.

The weather, especially the sun, deteriorates the outside plastic coating of the lights and damages the wiring. In addition, leaving exterior holiday lights on homes or apartments long past the traditional end of the season can give the impression of neglect or abandonment and creates a sense of blight.

Under the City's Municipal Code, "temporary electrical power and lighting installations shall be permitted for a period not to exceed 90 days for holiday decorative lighting and similar purposes."

All holiday lights need to be removed by February 29, 2024. While holiday lights brighten the night and help us enjoy the season, it is appreciated if the lights are returned to their boxes until next year.

For more information, please call 323-563-9558.



Mobile Preventative Health Screenings in South Gate

In 2022, the City of South Gate began its partnership with AltaMed Health Services to offer mobile health screenings for all South Gate residents.

These preventative screenings are available to all regardless of health insurance status to help our community members stay healthy and find early symptoms of health conditions like heart disease or diabetes before they become a larger health risk:

The mobile unit offers:

• Blood Pressure Screenings • Glucose Screenings • Flu Shots • BMI Screenings • Hemoglobin A1C • Healthcare Insurance Referrals
To find an upcoming location near you, please follow the City of South Gate social media pages or visit cityofsouthgate.org.

AltaMed Dental & Behavioral Health in South Gate Schools

Because oral and mental health are just as important as physical health, students at certain South Gate schools now have access to dental care and mental health care right on campus.

Dental Services are currently available at South East Middle School, South Gate High, and KIPP Corazón to keep students' smiles bright and healthy:

- Comprehensive Dental Exams and Preventative Fluoride Treatment • X-Rays and Teeth Cleaning
- Minor Restorative Care • Oral Health Education • Nutritional Health Counseling

Behavioral Health Services are currently available at South Gate Middle School, South East Middle School, South Gate High School and the International Studies Learning Center to help students better manage their mental health through:

- Individual Counseling Sessions • Stress Management Support • Grief and Loss Support
- Educational Parent Workshops • Referrals to Care

Enrollment forms are available at your school's main office. For questions and concerns about school-based health services, please contact: Dental, call / Para atención de salud dental, llama al 323-558-7610
Behavioral Health, call / Para atención de salud mental, llama al 855-425-1777

Parks in the City of South Gate

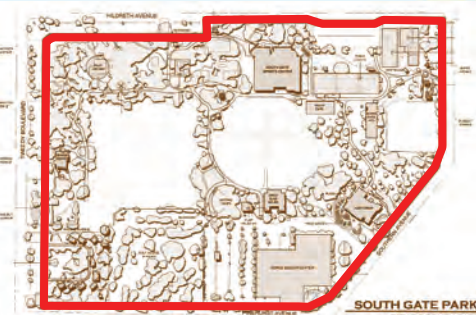


- 1 Cesar Chavez Park - 2541 Southern Ave.
- 2 Circle Park - 10129 Garfield Ave.
- 3 Gardendale Tot Lot - 5480 Gardendale St.
- 4 Hollydale Regional Park - 5400 Monroe Ave.
- 5 Hollydale Community Park - 12221 Industrial Ave.
- 6 South Gate Park - 4900 Southern Ave.
- 7 Stanford Park - 2715 Illinois 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



Parks & Recreation GUIDE



UPCOMING EVENTS

FRIDAY, MARCH 8
FAMILY ART NIGHT
SOUTH GATE AUDITORIUM
5:00PM

SUNDAY, MARCH 10
KARATE TOURNAMENT
SOUTH GATE SPORTS CENTER
10:00AM



THURSDAY, MARCH 14
FRIDAY, MARCH 15
5:00PM TO 10:00PM

SATURDAY, MARCH 16
SUNDAY, MARCH 17
12:00PM TO 10:00PM



SATURDAY, MARCH 16
MISS. AZALITA
SOUTH GATE AUDITORIUM
1:00PM

SATURDAY, MARCH 23
MISS SOUTH GATE PAGEANT
SOUTH GATE AUDITORIUM
4:00PM

FRIDAY, MARCH 29
GLOW IN THE DARK
PICKLE BALL
SOUTH GATE SPORTS CENTER
6:30PM



SATURDAY, MARCH 30
SOUTH GATE AUDITORIUM
6:00PM

SUNDAY, APRIL 7
CAR SHOW
SOUTH GATE GOLF COURSE
11:00AM



THE CITY OF SOUTH GATE PROUDLY PRESENTS
MISS SOUTH GATE
PAGEANT 2024

APPLICATIONS ACCEPTED UNTIL FEBRUARY 28, 2024

FOR MORE INFORMATION: 562-447-3762 • EMAIL: MissSouthGate@gmail.com



**\$7 FOR
AGES 2 &
OVER!**

EASTERFEST

Saturday, March 23

10AM

.....
**REGISTRATION BEGINS ON
MONDAY, FEBRUARY 12**
.....

**JOIN US AT THE SOUTH GATE
GOLF COURSE FOR EGG HUNTS,
GAMES, CRAFTS, & JUMPERS!**

FOR MORE INFORMATION CONTACT (323) 563-5447

| REGISTER AT THE GIRLS CLUB HOUSE

PARKS & RECREATION DEPARTMENT DIRECTORY

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

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.

COST:

Registration Fee **\$165.00**

For registration information or to register please visit:

www.ayso.bluesombrero.com

Phone number: 657-443-3356

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.

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

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** or call at **562-308-7364**.

You can also follow us on Instagram @southgatefarmersmarket

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 323-717-4243 (English)

SOUTH GATE AZTECS

The South Gate Aztecs is a youth sports organization that provides the fundamental nurturing experiences for future success in sports and in life.

For football: 323-327-2412 | For cheer: 323-338-1911

Registration information is available www.southgateaztecs.com

PLAYER AGE GROUPS:

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

SOUTH GATE AQUA COALITION, INC.

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 sportsman-ship, goal setting and good nutrition, all while improving their abilities in the water.

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

Practice Hours

Monday-Friday **5:00 pm-7:00 pm**

Try-out's Schedule

Weekdays (Monday – Friday) **5:00 pm-7:00 pm**

Special Thanks to our annual sponsors for their generous donations to the Friends of South Gate Park



L.A. County Supervisor Hilda L. Solis
South Gate Women's Club
Assemblymember Anthony Rendon

Gold Sponsor 5211 Southern Avenue, LLC
Gold Sponsor Walmart
Gold Sponsor Northgate Gonzalez Market

Gold Sponsor
Gold Sponsor
Silver Sponsor

HOW TO REGISTER



Search for a service or a page

Search



Online Payments



Permits



Jobs



Agendas & Minutes



Register Online



Yard Sales



Police Services



Waste Services

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

Program Registration Begins: March 4, 2024

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 accepted 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 8:00 am-4:00 pm or at the Girls Club House; Monday-Thursday from 8:30 am to 5:30 pm. Fees must be paid when you register. Registrations can also be done online. 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

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 the QR code to re register with CIVICREC



A young boy is captured in the middle of a baseball swing on a dirt field. He is wearing a bright orange t-shirt with the word 'GAMER' in white and black lettering, orange shorts, and a blue batting helmet. He is holding a green bat with 'FASTT' written on it. A baseball is visible in the air near the bat. In the background, there is a chain-link fence and some blurred figures of other people. The scene is set outdoors during the day.

BASEBALL FUNDAMENTALS

Boys & Girls Ages: 3-12 years
9 week session

Fee: \$56
Location: Diamond 2

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
(Parent participation required for the 3-4 year old class)		
Age 5-6 years	Wednesday	6:00-6:45 pm
Age 7-12 years	Wednesday	7:00-7:45 pm



BASKETBALL FUNDAMENTALS

Boys & Girls Ages 5-12 years **Fee: \$56**
9 week session **Location: Sports Center Gym (Court 2)**

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.

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

FOOTBALL FUNDAMENTALS

Boys & Girls Ages 5-12 years **Fee: \$56**
9 week session **Location: Diamond 9**

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 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: \$56**
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.

Age 3-4 years	Thursday 5:00-5:45pm
(Parent participation required for the 3-4 year old class)	
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: \$56**
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.

Age 3-4 years	Wednesday	5:00-5:45 pm
(Parent participation required for the 3-4 year old class)		
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
(Parent participation required for the 3-4 year old class)		
Age 5-6 years	Thursday	6:00-6:45 pm
Age 7-12 year	Thursday	7:00-7:45 pm

VOLLEYBALL FUNDAMENTALS

Boys & Girls Ages 10+ years **Fee: \$56**
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.

Tuesday	5:00-5:45 pm
----------------	---------------------



YOUTH OLYMPIC WEIGHTLIFTING

Boys & Girls Ages 6-17 years

Fee: \$56

6 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.

Monday/Friday

6:00-6:45 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:

Beginners

Youth Color

Juniors & Adults

Mondays/Wednesdays

5:15-6:15 pm

6:30-7:30 pm

7:45-9:00 pm

YOUTH BASKETBALL TRAINING



Boys & Girls Ages

10+ years

Fee: \$56

6 week session

Location: Sports Center

Lebron, Steph, and Giannis all know what it takes to be the best. Our Personal Trainers will instill the fundamentals needed to train like the pros. Become quicker, faster, and stronger than the competition! This class focuses on the strength and conditioning aspect of basketball and is not intended for beginners

Intermediate / Advanced Class ONLY

Monday/Friday

5:00-5:45 pm



ADULT BASEBALL LEAGUE

Adult Baseball Leagues are held throughout the year on Saturday afternoons, evenings and on Sunday afternoons. The City offers both wood and aluminum bat options. For more information please call the South Gate Sports Center at 323-563-5445.

League Rate **\$600.00**

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

ADULT BASKETBALL LEAGUE

Gather your starting 5 and join our Adult Basketball Leagues. We currently offer a Men's & Women's League, both offered on Friday evenings. For additional information on the upcoming season, please contact the Sports Center at 323-563-5445.

Teams **\$430.00**
Refundable forfeit fee **\$82.00**
Referee fee per game **\$40.00**

ADULT VOLLEYBALL LEAGUE

Join our NEW Adult Volleyball League being held every Tuesday evening. This is a Co-ed League with game times between 6:00-9:00pm. For additional information on the upcoming season, please contact the Sports Center at 323-563-5445.

Teams **\$353.00**
Refundable forfeit fee **\$70.00**
Umpire fee per game **\$35.00**

SOCCER OPEN PLAY

Free

Location: Sofive Soccer Center
Days: Monday, Wednesday, Friday
Time: 5:30-7:00 pm

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.



SCAN ME

APRIL 29, 2024 - 6:00PM

ALL STAR BASKETBALL SKILLS CHALLENGE

BALL HANDLING PASSING SHOOTING AGILITY

**REGISTRATION OPENS MARCH 4
FREE TO PARTICIPATE AGES 7 - 12**

FOR MORE INFORMATION CONTACT SPORTS CENTER 323-563-5445

KICKBALL TOURNAMENT

**MAY 25
10:00AM**

**REGISTRATION OPENS MARCH 4
\$20 PER TEAM**

**LOCATION
LARGE QUAD
DIAMONDS 1-4**



SCAN ME

REGISTRATION OPENS
MARCH 4
ALL PARTICIPANTS WILL
RECEIVE CAMP SHIRT,
SACK PACK AND
MEDAL

MARCH 25 - 29
9:00AM - 12:00PM
\$55.00



FOR MORE INFORMATION CONTACT SPORTS CENTER 323-563-5445



LEARN

TECHNIQUE
INTRODUCTION

TEAM AND
INDIVIDUAL DRILLS

5 VS 5
SCRIMMAGE

\$10 **9-13** **APRIL 13**
PER CHILD YOUTH AGE 10AM TO 12PM
• Recommended for Advanced Players •

REGISTRATION OPENS MARCH 4, 2023
FOR MORE INFORMATION CONTACT SPORTS CENTER 323-563-5445



ART CLASS

Boys & Girls Ages 7-17 years • Fee: \$75

5 week session Location: Girls Club House-RM. C

This class will take place on the following dates: April 2 ,9, 16, 23, 30.

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 TAP DANCING

Boys & Girls Ages 3-5 years

Fee: \$60

9 week 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.

No class on May 27.

Monday

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

4:30-5:00 pm

Ages 4-5 years

Tuesday

5:10-5:40 pm

BALLET

Boys & 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 8-12 years**
9 week session**Fee: \$60**
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 cheer-leading 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 5-7 years	Thursday	5:00-5:45 pm
Ages 8-12 years	Thursday	6:00-6:45 pm

HIP HOP DANCE**Boys & Girls**
9 week session**Fee: \$60**
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

H.O.W. COMPULSIVE EATERS – SPANISH**Ages 18+ years**
On-Going session
Location:**Fee: FREE****Girls Club House-Rm. A**

This class is conducted in Spanish. The program uses the principles of the 12 step program used in AA.

Monday	9:00-11:00 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 mixed media. 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
----------------	---------------------

This class will take place on the following dates: April 2, 9, 16, 23, 30.

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.

Saturday	9:00-10:00 am
Saturday	10:30-11:30 am



YOUNG CHAMPIONS OF AMERICA SELF DEFENSE LESSONS REGISTER ON SITE

Spring Session Begins March 4

16 week session

Fee: \$10 per week

Wednesday

5:00-8:00 pm

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.

No class on: May 27, 2024.

For more information call

714-478-3793 • 714-425-4708.

LIL CHEFS COOKING CLASS

Ages 6-10 years

Fee: \$60

5 week session Location: Senior Center Conf. Rm

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

* This class begins: April 23, 2024.

Class Dates

April 16, 23 & 30

May 7 & 14

Tuesday

4:00-5:00 pm

Tuesday

5:15-6:15 pm

MEXICAN FOLK DANCE FOR YOUTH

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

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 MAY 27

Monday

5:45-6:15 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 MAY 27

Beginners Tumbling

Monday

6:00-6:30 pm

Advanced Tumbling II

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

Monday

6:30-7:15 pm

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 2 years old Fee: \$90

9 week 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 MAY 27

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. or Tues./Thur

9:00-10:30 am

Mon. / Wed. or 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 CLASS MAY 27

NO DIAPERS/PULL UPS ALLOWED IN CLASS. CHILD MUST BE POTTY TRAINED.

SPACE IS LIMITED IN EACH CLASS.

Monday / Wednesday

9:00-11:00 am

Monday / Wednesday

12:00-2:00 pm

Tuesday / Thursday

10:00 am-12:00 pm



HOME TOWN HERO HÉROE LOCAL

A GROUP EXHIBIT SPOTLIGHTING OUR COMMUNITIES' HOMETOWN
HEROES, WHEREVER THEIR HOMETOWN IS OR MAY HAVE BEEN

OPENING RECEPTION EVENT:

SATURDAY, APRIL 6
1 PM - 5 PM



ARTISTS - ARTISANS - VENDORS - ACTIVITIES - EXHIBIT

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

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

ART CLUB (YOUTH & TEEN)

4 week session **Fee: \$40**
Location: 8680 CALIFORNIA AVE. SG, CA 90280

Let's learn about different types of art mediums! Weekly we will dive into a different medium and see what tools you enjoy working with. Our goal is to make sure students experiment and have fun creating art.

Class Dates **March 28, April 4, 11, & 18**
YOUTH AND TEEN CLASS-AGES 8-15
Class Day & Time **Thursdays / 4:30-6:00 pm**

DRAWING + COMICS (YOUTH & TEEN)

8 week session **Fee: \$100**
Location: 8680 CALIFORNIA AVE. SG, CA 90280

Storytelling and illustration class that will entail learning creative writing, color theory and watercolor painting while also creating personalized art in comic form culminating into students presenting their final creations to their class. Instructor for class: Dustin Garcia.

Supplies: \$25 bring to first day of class for instructor.

Class Dates **March 27, April 3, 10, 17 & 24**
May 1, 8, & 15

YOUTH CLASS-AGES 7-11

Class Day **Wednesdays**
Class Time **5:00-6:30 pm**

TEEN CLASS-AGES 12-17

Class Day **Wednesdays**
Class Time **6:30-8:00 pm**

JOURNALING CLUB

Ages 16+ years **Fee: \$65**
4 week session
Location: 8680 CALIFORNIA AVE. SG, CA 90280

This program will guide folks to journal, reflect, meditate, and allow participants to be able to flow in a creative way. Materials for their journals and a different prompt every time they meet will be provided. Class instructor: Xitlalic Guijosa-Osuna.

Supplies: \$25 bring to first day of class for instructor.

Class Dates **April 1, 18, 15 & 22**
Class Day & Time **Mondays / 6:00-8:00 pm**

INTRO TO OIL PAINTING

Ages 18+ years **Fee: \$120**
8 week session
Location: 8680 CALIFORNIA AVE. SG, CA 90280

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: Alicia Salazar

Class Dates **March 28, April 4, 11, 18 & 25**
May 1, 8, & 15
Class Day & Time **Thursdays / 11:00 am-2:00 pm**

**PAINTING WITH WATERCOLOR**

Ages 7-14 years **Fee: \$75**
6 week session
Location: 8680 CALIFORNIA AVE. SG, CA 90280

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: Art Made Izzy.

Class Dates **April 1, 18, 15, 22 & 29**
May 6
Class Day & Time **Mondays / 4:00-5:30 pm**

PAINTING WITH WATERCOLOR - ADULTS

Ages 18+ years **Fee: \$85**
6 week session
Location: 8680 CALIFORNIA AVE. SG, CA 90280

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: Art Made Izzy.

Class Dates **April 1, 18, 15, 22 & 29**
May 6
Class Day & Time **Mondays / 6:00-8:00 pm**

SOUTH GATE PAR 3 GOLF COURSE

9615 PINEHURST AVENUE • 323-357-9658

THE SOUTH GATE 9-HOLE PAR 3 GOLF COURSE IS LOCATED ONE BLOCK WEST OF ATLANTIC BOULEVARD, ON PINEHURST AVENUE, BETWEEN SOUTHERN AVENUE AND TWEEDY BOULEVARD

HOURS OF OPERATION

MONDAY-SUNDAY • 8:00 AM-5:00 PM

LAST TEE TIME IS 4:00 PM

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

GREEN FEES	WEEKDAY	WEEKEND
YOUTH	\$9	\$10
ADULT	\$10	\$12
SENIOR/DISABLED	\$9	\$10
MILITARY	\$9	\$10

Double Play Tuesdays

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

DISC GOLF

Come Play with family and friends! Open Play available seven days a week, excluding some holidays

CLUBHOUSE AMENITIES

The Golf Course has a fully stocked snack bar with treats and refreshments.

SENIOR DISCOUNTS

All seniors can play for \$4.50 every Thursday and Friday.

YOUTH / MILITARY, SENIOR, & ADULT DISC GOLF CARD

This card gives you access to 10 rounds of golf during the week.

Youth/Military-\$35, Seniors-\$35, Adult-\$75

PLEASE NOTE:

DRIVING RANGE TEMPORARILY CLOSED



9520 HILDRETH AVENUE • 323-563-5446

POOL SCHEDULE

FEBRUARY 26, 2024-JUNE 2, 2024

POOL CLOSURE DATES FOR THIS SEASON

MARCH 2	• 9:00 AM-12:00 PM	STAFF TRAINING
MARCH 9	• 9:00 AM-1:00 PM	SWIM MEET
MARCH 25	• ALL DAY	CESAR CHAVEZ DAY
MARCH 30	• 9:00 AM-1:00 PM	SWIM MEET
APRIL 27	• 9:00 AM-1:00 PM	SWIM MEET
MAY 3	• 5:00-7:00 PM	STAFF TRAINING
MAY 25	• 9:00 AM-1:00 PM	SWIM MEET
MAY 27	• ALL DAY	MEMORIAL DAY
MAY 31	• 5:00-7:00 PM	STAFF TRAINING
JUNE 1-2	• ALL DAY	STAFF TRAINING

FAMILY SWIM HOURS

MONDAY-FRIDAY	3:00-4:30 PM
MONDAY-THURSDAY	7:15-8:45 PM
SATURDAY-SUNDAY	1:00-2:30 PM
	3:00-4:30 PM

ADULT SWIM HOURS

MONDAY-THURSDAY	8:00-11:00 AM
MONDAY-FRIDAY	11:30 AM-1:00 PM
	2:00-3:00 PM
SATURDAY-SUNDAY	12:00-1:00 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	5:00-7:00 PM
SATURDAY-SUNDAY	9:00 AM-12:00 PM

**Acceptable payment types: cash, check,
and credit or debit card**
We do not accept Apple Pay/Google Pay

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



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



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 cannot 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 life-guards and use of the patio). Please call for pricing on commercial use.

There is a cancellation fee for all rentals.

SWIM STADIUM MEMBERSHIPS

All memberships must be paid with a credit or 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**

SPLASH FITNESS

Everything included with Splash Membership plus all aquatics fitness classes.

Adults - \$20 per month
**Teens/Seniors/
Military/Disabled
- \$15 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**
- \$10 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**

NATIONAL Water Safety MONTH

BUILD WATER AWARENESS THIS MAY! CELEBRATE NATIONAL WATER SAFETY MONTH!

Did you know that May is designated as Water Safety Month and that May 15 is International Water Safety Day?

Join the celebration by learning key tips for staying safe in and around the water using our Water Safety Tips calendar, following us @sgparksandrec and sign up for our Annual Water Safety Bash on May 11

EVENT IS FREE! REGISTRATION BEGINS MAY 1ST ONLINE OR BY CALLING 323-563-5446



LIFEGUARD CERTIFICATION

This class will be offered to all swimmers who wish to become professional lifeguards. Provides participants the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illness until EMS personnel take over.

Prerequisites: Minimum age 15 years. Swim 300 yards continuously. Tread Water for 2 minutes using only the legs. Complete a timed event within 1 minute 40 seconds by starting in the water, swimming 20 yards, surface dive to a depth of 7 to 10 feet to retrieve a 10 pound object, return to the surface and swim 20 yards on the back to return to the standing point and exit the water without using a ladder.

Also includes Administering Emergency Oxygen & Bloodborne Pathogens. Participants who successfully complete the Lifeguarding course receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED, Bloodborne Pathogens and Administering Emergency Oxygen both valid for 2 years.

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



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.

Please call the Patricia G. Mitchell Swim Stadium for more information: 323-563-5446.



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 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. Save some time and create your own account online by scanning the QR code on page 24. For more information, please call us at 323-563-5446.

SWIM LESSON SKILLS

Parent & Child-Baby Beluga

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

Tiny Tot 1-Starfish

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

Tiny Tot 2-Jellyfish

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

Tiny Tot 3-Sea Otter

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

Tiny Tot 4-Seahorse

This level builds on the skills taught in level 3 and introduces more advanced skills based on the child's ability.

Level 1-Crab Introduction to Water Skills

- Participants will be taught the basic personal water safety information and skills, to help participants feel comfortable in the water and to enjoy the water safely.

Level 2-Octopus Fundamental Aquatic Skills

- Participants are taught to float without support and to recover to a vertical position. This level marks the beginning of true locomotion skills. Participants further develop simultaneous arm and leg actions; and alternating arm and leg action on the front and back that lay the foundation for future strokes.

Level 3-Sea Turtle Stroke Development

- Participants are taught to swim the front crawl, elementary backstroke, scissor kick, dolphin kick, and how to tread water. Participants will also be taught the rules to entering the water head first in 9 feet deep of water.

Level 4-Dolphin Stroke Improvement

- Participants are taught how to improve their skills and increase their endurance by swimming already learned strokes for greater distances. Participants are also taught how to back crawl, breaststroke, butterfly and the basics of turning at a wall.

Level 5-Sting Ray Stroke Refinement

- Participants are taught how to refine their performance of all the strokes (Front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke) and increase their distance. Students are also taught the proper way to change directions while swimming.

Level 6-Shark Swimming & Skill Proficiency

- Participants continue to refine their strokes as they are taught to greater distances. They will be introduced to other aquatic activities in the areas of Personal Water Safety, Fundamentals of Diving, and Fitness Swimming. These activities should prepare them for more advanced water related programs like lifeguarding, competitive swimming, water polo, diving, and synchronized swimming.

GROUP SWIM LESSONS

Boys & Girls	Ages 6 months-17 years
4 week sessions	approx. 25 minute classes
Monday/Wednesday	5:00-7:30 pm
Tuesday/Thursday	5:00-7:30 pm

Group lessons have between 6-8 students in a class (depending on level). Each session of classes and times offered are based on the number of students who pass to the next level in the previous session and the amount of instructors available to teach.

Registration Dates	Feb. 24, Mar. 30, Apr. 27
Classes Begin	Mar. 4, Apr. 1, Apr. 29
Parent & Child(6 months-2 yrs old)	\$59.00
Tiny Tots (3-5 yrs. old)	\$59.00
Youth (6-17 yrs. old)	\$59.00

PRIVATE SWIM LESSONS

Ages 3-100 years	4 week sessions
Friday	5:00-7:30 pm
Saturday & Sunday	9:00-1:00 pm

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 for additional practice time in the water.

Registration Dates	Feb. 25, Mar. 31, Apr. 28
Classes Begin	Mar. 8, Apr. 5, May 3
Tiny Tots (3-5 yrs. old)	\$115.00
Youth (6-17 yrs. old)	\$115.00
Adults (18+ yrs. old)	\$115.00

SEMI-PRIVATE SWIM LESSONS

Ages 3-100 years	4 week sessions
Friday	5:00-7:30 pm
Saturday & Sunday	9:00-1:00 pm

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	Feb. 25, Mar. 31, Apr. 28
Classes Begin	Mar. 8, Apr. 5, May 3
Tiny Tots (3-5 yrs. old)	\$115.00
Youth (6-17 yrs. old)	\$115.00
Adults (18+ yrs. old)	\$115.00

ADULT GROUP SWIM LESSONS PROGRAM

Ages 18 years & over	Fee: \$70
---------------------------------	------------------

Class takes place twice a week for four 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	Feb. 24, Mar. 30, Apr. 27
Classes Begin	Mar. 4, Apr. 1, Apr. 29
Class day	Monday/ Wednesday & Tuesday/Thursday
Class Time	8:00-8:45 pm

AQUA AEROBICS Ages 13+ 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 included with the Splash Fitness Membership.

Days	Monday & Wednesday
Class Time	8:00-8:45 pm

MASTER SWIM Ages 13+ 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 breast-stroke and butterfly is suggested.

This class is included with the Splash Fitness Membership.

Days	Monday & Wednesday
Class Time	8:00-8:45 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 included with the Splash Fitness Membership.

Monday/Wednesday	12:15-1:00 pm
Tuesday/Thursday	11:30 am-12:15 pm

SPORTS/FITNESS CENTER

SPORTS/FITNESS CENTER



9520 HILDRETH AVENUE • 323-563-5445

DAILY RATES

*ALL DAILY PASSES ARE CASH ONLY

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

SPORTS CENTER HOURS OF OPERATION

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

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 :

MARCH 11-MAY 20, 2024

MONDAY-FRIDAY 11:00 AM-6:00 PM

SATURDAY 10:00 AM-4:00 PM

SUNDAY CLOSED

MONTHLY MEMBERSHIP PLANS

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

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)

FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BEGINNER YOGA INDOOR 8:15-9:00 am BOOT CAMP 8:15-9:00 am YOGA OUTDOOR 9:15-10:00 am OVER EASY *Ages 55+ 10:00-11:00 am BOOT CAMP 5:00-5:50 PM YOUNG & FIT *Ages 7-12 5:00-5:50 pm ZUMBA 6:00-6:50 pm YOGA OUTDOOR 6:00-7:00 pm	SENIORCISE *Ages 55+ 10:00-11:00 am ZUMBA 11:15 am-12:00 pm STEP AEROBICS 6:00-6:50 pm TONE IT UP 7:00-7:50 pm	BEGINNER YOGA INDOOR 8:15-9:00 am BOOT CAMP 8:15-9:00 am YOGA OUTDOOR 9:15-10:00 am OVER EASY *Ages 55+ 10:00-11:00 am BOOT CAMP 5:00-5:50 pm YOUNG & FIT *Ages 7-12 5:00-5:50 pm ZUMBA 6:00-6:50 pm YOGA OUTDOOR 6:00-7:00 pm	SENIORCISE *Ages 55+ 10:00-11:00 am ZUMBA 11:15 am-12:00 pm STEP AEROBICS 6:00-6:50 pm TONE IT UP 7:00-7:50 pm MUAY THAI CONDITIONING 8:00-8:45 pm	ZUMBA 11:15 am-12:00 pm BOOT CAMP 5:00-5:50 pm STEP AEROBICS 6:00-6:50 pm MUAY THAI CONDITIONING 8:00-8:45 pm	ZUMBA 9:30-10:20 am BOOT CAMP 10:30-11:20 am

LOCATION • 9520 HILDRETH AVENUE
INCLUDED WITH FITNESS AND PREMIER MEMBERSHIP

- FIRST COME, FIRST SERVED
- MINIMUM AGE OF 15 YEARS OLD FOR ALL CLASSES, UNLESS NOTED
- NO ENTRY AFTER 10 MINUTES OF CLASS START TIME

FOR INFORMATION • 323-563-5445
DAILY RATES • \$7 ADULTS
\$6 TEEN, SENIOR, MILITARY, DISABLED

CLASS DESCRIPTIONS

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!!

MUAY THAI

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

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.

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 uptempo 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.

ZUMBA

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

MARGARET TRAVIS SENIOR CENTER



**4855 TWEEDY BLVD.
323-357-9662**

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 on-site meals.

For reservations please call 562- 806-5400 Ext. 217

Donation per day	\$3.00
Day	Monday - Friday
Start time	11:30 am

MEALS ON WHEELS FOOD SERVICES



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	12:00-3:00 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	1:00-3:00 pm

CRAFTS

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

LOTERIA

Day	Tuesday
Time	8:30-11:30 am
Location	Senior Center Conference Room

YOGA

Day	Monday & Thursday
Time	10:00-11:00 am
Location	Senior Center Conference Room

**SPRING TRIP REGISTRATION BEGINS
MONDAY, MARCH 18, 2024**

COMMUNITY EXCURSIONS

COMMUNITY EXCURSIONS

PALA CASINO - PALA

MUST BE 21 YEARS OF AGE OR OLDER. LUNCH IS ON YOUR OWN.

Thursday, April 4

Departure: 7:00 am

Fee: \$20.00

Return: 7:00 pm

SOUTH COAST BOTANIC GARDEN – PALOS VERDES

LUNCH IS ON YOUR OWN.

Wednesday, April 10

Departure: 8:00 am

Fee: \$15.00

Return: 5:00 pm

DISNEY ON ICE SEARCH PARTY – ONTARIO

DINNER STOP AFTER MUSICAL, NOT INCLUDED IN PRICE.

Saturday, April 20

Departure: 9:30 am

Fee: TBD

Return: TBD

FLOWER FIELDS – CARLSBAD

LUNCH ON YOUR OWN. WAGON RIDE IS INCLUDED.

Friday, April 26

Departure: 9:00 am

Fee: \$30.00

Return: 6:00 pm

LA COUNTY FAIR – POMONA

LUNCH IS ON YOUR OWN.

Friday, May 3

Departure: 7:00 am

Fee: \$15.00

Return: 7:00 pm

PAUMA CASINO – PAUMA VALLEY

LUNCH ON YOUR OWN

Thursday, May 9,

Departure: 7:00 am

pm

Fee: \$20.00

Return: 7:00

BALLOON & WINE FESTIVAL – TEMECULA

LUNCH IS ON YOUR OWN.

Friday, May 17

Departure: 1:00 pm

Fee: \$60.00

Return: 11:00 pm

MARIACHI USA – HOLLYWOOD BOWL

DINNER IS ON YOUR OWN.

Saturday, June 8,

Departure: 4:00 pm

Fee: \$60.00

Return: 11:00 pm

HARRAHS CASINO – FUNNER

LUNCH IS ON YOUR OWN.

Thursday, June 13

Departure: 7:00 am

Fee: \$20.00

Return: 7:00 pm

OUTLETS AT SAN CLEMENTE - SAN CLEMENTE

LUNCH IS ON YOUR OWN.

Wednesday June 19

Departure: 9:00 am

Fee: \$10.00

Return: 7:00 pm

Registration is held at the Girls Club House office: hours are Monday - Thursday from 8:30 am to 5:30 pm and at the Senior Center, Monday - Friday 8 am - 5 pm. Registration is accepted in person and fees must be paid when you register or you can register on-line.

Please note: all cancellations must be during our office business hours and there will a \$15 administration fee charged 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.

Buses will depart and return from Girls Club House on time and as scheduled. (traffic/ weather permitting)

NO REFUNDS FOR CANCELLATIONS OR "NO SHOWS" THE DAY OF THE TRIP!



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 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

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	\$84.00
Refundable Damage Deposit	\$495.00

*Call for commercial rates

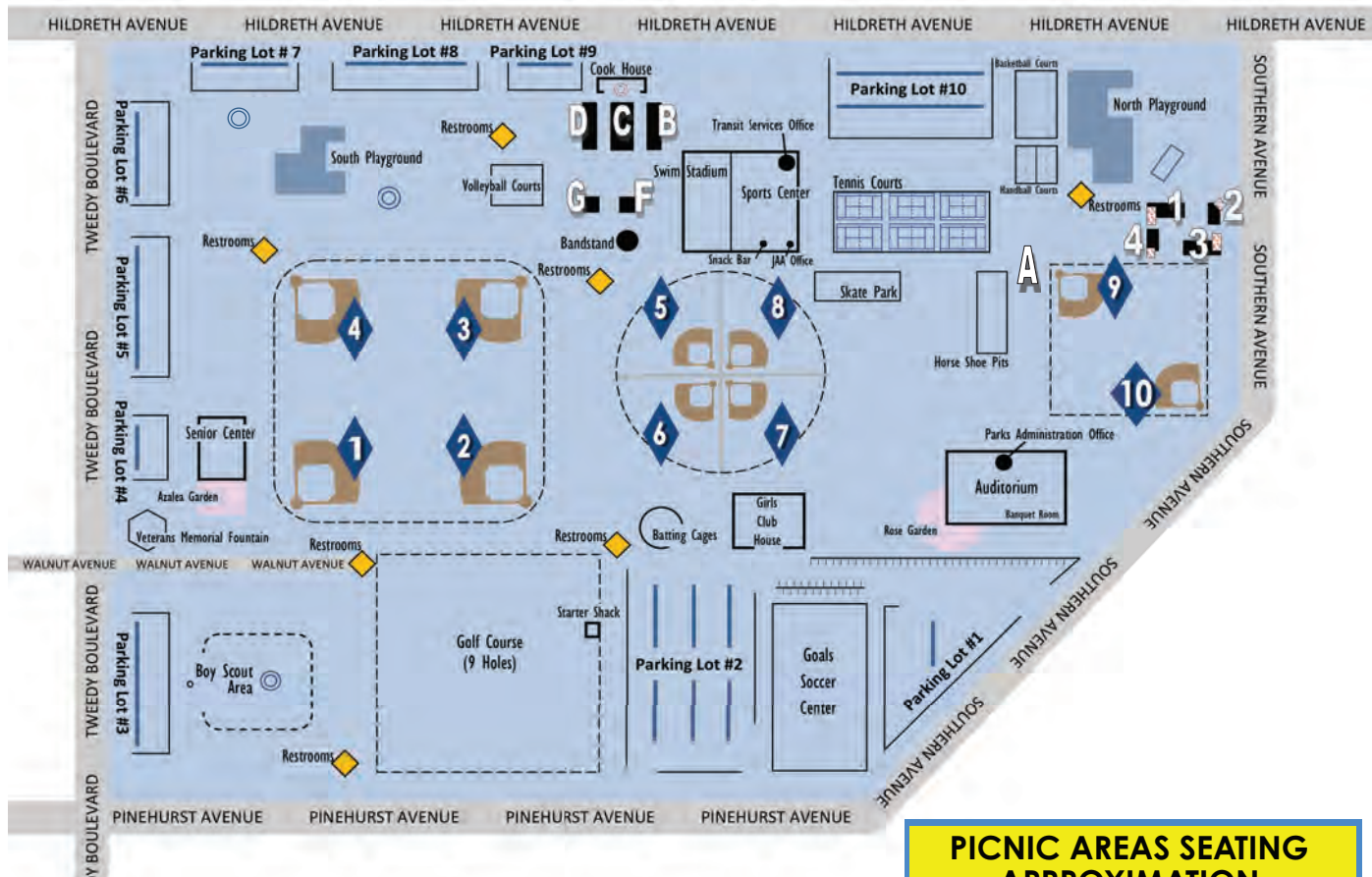


ROSE ARBOR RATES

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

Fee	\$179.00
-----	----------

All fees are subject to change without notice.



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.

Non-Profit 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.

Refundable damage deposit \$165.00

COOK HOUSE RATE

Fee \$82.00

All fees are subject to change without notice.

*Call for Commercial Rates.

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



Hollydale Regional Park Picnic Area
9 Table-72 guests

Park Facility & Picnic Area Rentals
Baseball Field Rentals
Pool Rental
Batting Cage Rental

Park Administration Office 323-563-5479
Sports Center 323-563-5445
Patricia G. Mitchell Swim Stadium 323-563-5446
Sofive Soccer Center 323-923-4650

THE GATE

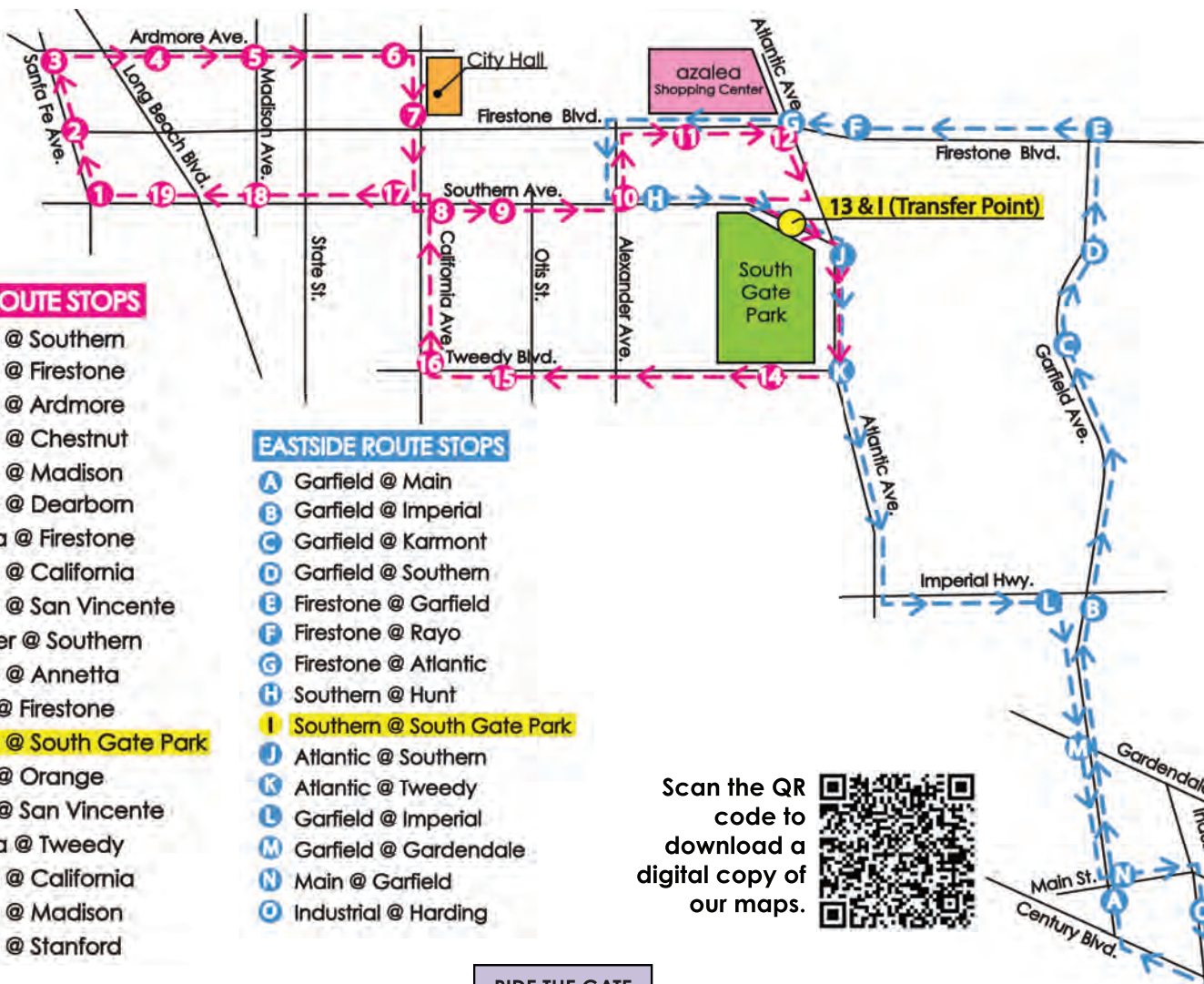
SERVICE HOURS:

Monday-Friday
Saturday

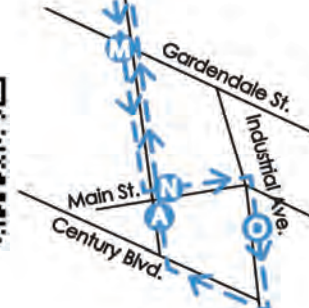
6:00 am-7:00 pm
8:00 am-5:00 pm



9520 HILDRETH AVENUE • 323-563-5754



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



Service Fee:

50¢ per ride, Children 5 and under ride free.
Transfers are available. Participants of our Phone-a-Ride program ride for FREE!

RIDE THE GATE TO WORK!
SHOW YOUR EMPLOYEE I.D AND YOU RIDE FOR FREE

Service provider is Global Paratransit, Inc.
for route information, please contact
323-563-5754 or 310-715-7582

TRANSPORTATION SERVICES

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

SALES HOURS

Monday-Friday
Saturday-Sunday

12:00-6:00 pm
Closed

NEW METRO RATES

Introducing Fare Capping effective July 1, 2023



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



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 (2 utility bills or mailed correspondence)

Monday - Friday, 12 pm - 6:00 pm

*No hand written documents accepted

Registration Fee	\$10 per year
Each trip	\$1.00

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 2 comprobantes 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	\$1.00

PROGRAMAS DEPORTIVOS

9520 Hildreth Avenue • 323-563-5445

CLASES DE BALONCESTO PARA PEQUEÑOS \$56

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

CLASES DE BEISBOL PARA PEQUEÑOS \$56

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. **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

CLASES DE FUTBOL AMERICANO \$56

5-12 años de edad

9 semanas

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

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

CLASES DE MULTI-DEPORTES PARA PEQUEÑOS \$56

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 padre.**

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



CLASES DE VOLEIBOL \$56

10+ años de edad 9 semanas

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

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



ENTRENAMIENTO CON PESAS \$56

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

CLASES 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

Lunes / Miércoles	
Clase para principintes	5:15-6:15 pm
Clase para intermedio	6:30-7:30 pm
Clase para Juniors y Adultos	7:45-9:00 pm

CLASES DE SOCCER PARA PEQUEÑOS \$56

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

ENTRENAMIENTO DE BALONCESTO \$56

10+ años de edad

6 semanas

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

Lunes / Viernes 5:00-5:45 pm

PROGRAMAS DEPORTIVOS

4940 Southern Avenue (323) 563-5447

CLASES DE ARTE

\$75

Niños y Niñas (7-17 años)

5 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

4:00-5:00 pm

CLASES DE BAILE

\$60

Niños y Niñas (7-17 años)

9 semanas

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 (3-9 años)

3-4 años Martes 5:30-6:00 pm

4-5 años Martes 6:00-6:30 pm

6-8 años Martes 6:30-7:15 pm

9+ años Martes 7:15-8:30 pm

Baby Mexican Folk (3-5 años)

3-4 años Martes 4:00-4:30 pm

4-5 años Martes 4:40-5:10 pm

Cheerleading (5-12 años)

5-7 años Jueves 5:00-5:45 pm

8-12 años Jueves 6:00-6:45 pm

Folklórico (6-17 años)

6-8 años Miércoles 5:00-5:45 pm

8-11 años Miércoles 5:45-6:30 pm

12+ años Miércoles 6:30-7:15 pm

Folklórico-Clase avanzada (12+ años)

Miércoles 7:15-8:00 pm

Hip Hop (6-8 años)

Jueves 5:00-5:45 pm

Hip Hop (9-12 años)

Jueves 6:00-6:45 pm

Hip Hop (13-17 años)

Jueves 7:00-7:45 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 5:00-5:30 pm

6-12 años Lunes 5:30-6:15 pm

Clase Avanzada

Lunes 6:15-7:00 pm

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.

Horario de Clases

Sábado

9:00-10:00 am

Sábado

10:30-11:30 am

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

Niños y Niñas (7-17 años)

5 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 necesitaran para esta clase.

Lunes

5:00-6:00 pm

H.O.W. COMEDORES COMPULSIVOS GRATIS

Niños y Niñas (7-17 años)

5 semanas

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

Lunes

9:00-11:00 am

TINY TWO'S

\$90

Niños y Niñas 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



City of South Gate
Parks and Recreation Dept.
4900 Southern Ave
South Gate, CA 90280

****ECRWSSDDM****

Residential Customer

PRSRT STD
U.S. POSTAGE

PAID

Bell Gardens, CA
PERMIT NO.2280

SOUTH GATE CONNECT



CITYOFSOUTHGATECA



SOUTHGATECAGOV



CITYOFSOUTHGATE

FRIENDS OF SOUTH GATE PARK • CITY OF SOUTH GATE PARKS AND RECREATION DEPT.
PRESENT

**SATURDAY
MAY 11 • 6AM**

**FUN ZONE
RAFFLES
GIVE AWAYS**



**SCAN
ME**

SPRING FIT 5K

Each registered runner will
receive a race shirt, sack
pack and finisher's medal

while supplies last

JAN. 8 to FEB. 25	\$15
FEB. 26 to MAR. 31	\$20
APR. 1 to MAY. 5	\$30

WAVES

COMPETITIVE 8:00 am
RECREATIONAL 9:00 am

WWW.SPRINGFIT5K.RACEWIRE.COM