

THE CITY OF SOUTH GATE PARKS AND RECREATION DEPARTMENT

SOUTH GATE CONNECT



WINTER 2026



SGPARKSANDREC_



SOUTHGATEPARKS&RECREATION



WINTER 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

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

PARKS & RECREATION COMMISSION

Alan Flores	Chair
Lizette Ruiz	Vice Chair
Cynthia Esquivel	Secretary
Edgar Pelayo	Commissioner
Vacant	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	SOUTH GATE MUSEUM & ART GALLERY	(323) 357-5838
COMMUNITY DEVELOPMENT		ADDITIONAL CONTACT NUMBERS	
Building Inspection/Permits	(323) 563-9549	A.Y.S.O.	(323) 270-0608
Code Enforcement	(323) 563-9558	Boy Scouts	(213) 413-4400
FINANCE	(323) 563-9523	City Dump	(562) 928-4616
Business License	(323) 563-9527	Chamber of Commerce	(323) 567-1203
Water Billing	(323) 563-9586	Harbor Area Farmers Market	(562) 308-7364
HUMAN RESOURCES	(323) 357-5835	Girl Scouts of America	(213) 213-0150
PARKS & RECREATION	(323) 563-5479	Hollydale Library	(562) 634-0156
POLICE DEPARTMENT		H.S.A. Program	(562) 806-5400
Non-Emergency Phone Line	(323) 563-5436	J.A.A. Organization	(323) 566-4700
PUBLIC WORKS		Phone-A-Ride	(866) 260-4600
Administration	(323) 357-9657	Sofive Soccer Center	(323) 923-4650
Engineering	(323) 563-9567	South Gate Aqua Coalition, Inc.	(323) 972-6664
Graffiti Hotline	(323) 563-5793	South Gate Art Association	(323) 564-7541
Illegal Dumping Hotline	(323) 563-9575	South Gate Aztecs	(323) 327-2412
Street Lights & Traffic Signals	(323) 563-5773	Southern California Edison	(800) 611-1911
Tree/Street/Pothole Repairs	(323) 563-5785	Universal Waste Systems	(323) 334-3660
FIRE DEPARTMENT		Leland R. Weaver Library	(323) 567-8853
4867 Southern Place, Station 54			
General Business	(323) 567-8580		
5720 Gardendale Street, Station 57			
General Business	(323) 531-9700		

TABLE OF CONTENTS

- 4 CITY NEWS
- 7 PROGRAM
REGISTRATION/ PARKS
DEPARTMENT DIRECTORY
- 8 CITY PARKS LOCATIONS
- 9 COMMUNITY ORGANIZATIONS
- 10 SPORTS/FITNESS CENTER
INFORMATION
- 13 YOUTH SPORTS CLASSES
- 15 ADULT SPORTS CLASSES
- 17 PATRICIA G. MITCHELL
SWIM STADIUM
- 20 GATE ROUTE/
TRANSPORTATION SERVICES
- 21 MARGARET TRAVIS SENIOR
CENTER
- 22 COMMUNITY EXCURSIONS
- 23 SOUTH GATE GOLF COURSE
- 24 GIRLS CLUB HOUSE
- 28 SOUTH GATE MUSEUM
AND ART GALLERY
- 29 FACILITY RENTAL INFORMATION
- 30 PICNIC AREA RENTAL
INFORMATION
- 31 PROGRAMAS DEL PARQUE
- 32 COMMUNITY EVENTS

WINTER PROGRAM SESSION
JANUARY 5 - MARCH 5

WINTER REGISTRATION OPENS
DECEMBER 15

WINTER EXCURSIONS
REGISTRATION OPENS
DECEMBER 15

COMMISSION FOR SOUTH GATE YOUTH
PRESENTS

**PAGEANT OF THE
TREES**

TICKETS
\$65
ONLY

SATURDAY
06
DEC, 2025
5PM-9PM

DINNER*ENTERTAINMENT* AUCTION
HENRY C GONZALEZ AUDITORIUM
4900 SOUTHERN AVE., SOUTH GATE CA 90280

RSVP TO AUGUST AGENT, AAGENT@SOGATE.ORG



Smoother Streets Ahead: Residential Resurfacing Project Phase IV to South Gate!



The City of South Gate is improving neighborhood streets through the Residential Resurfacing Project Phase IV. This is a \$5.7 million grant funded investment to make our roads safer, smoother, and easier to travel.

- Crews are hard at work repairing sidewalks, upgrading water lines, adding ADA-accessible ramps, and repaving streets throughout the city. Recent improvements include Liberty Boulevard, Madison Avenue, Missouri Avenue, Hildreth Avenue, Pinehurst Avenue, and Industrial Avenue. Construction is now moving to East Frontage Road (Southern to Miller Way) and Imperial Highway (LA River to Garfield Place), with work scheduled on weekdays from 8 a.m. to 4:30 p.m.
- We appreciate your patience during construction as these upgrades will help extend the life of our streets and improve everyday travel for all who live, work, and visit South Gate.

For updates, visit cityofsouthgate.org or call (323) 563-9574.

Southeast Gateway Project

- The Southeast Gateway Project will improve bicycle and pedestrian infrastructure in the Hollydale neighborhood, focusing on Southern Avenue, Atlantic Avenue, and Main Street to enhance safety and connectivity. In collaboration with the City of Paramount, the project also includes repaving Century Boulevard, highlighting strong regional partnership. Environmental review and right-of-way efforts are underway, with design anticipated to begin in late Fall 2025, followed by phased construction in late 2026.

For updates, visit cityofsouthgate.org or call (323) 563-9574.

Circle Park Renovation Complete

Circle Park has officially reopened, welcoming the community back with exciting new features and a vibrant, updated design.

The renovations include a full-court basketball court, a dedicated pickleball court, and a futsal court, offering plenty of options for active recreation. Among the highlights is a new, innovative playground designed to spark creativity, exploration, and active play for children of all ages.

- ➔ Visitors can also enjoy new walking paths, expanded green spaces, and a small water feature that adds a peaceful element to the park experience. For families and groups, the park now features picnic areas and shade structures, providing comfortable spaces to gather, relax, and enjoy the outdoors.
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- ➔ The City received over 7 million dollars in grants from different Agencies to fund the design and construction of Circle Park.



Street Sweeping & Trash Collection during the Holidays

The City of South Gate will not have street sweeping service on the observed holidays below. No street sweeping parking violations will be issued on the days listed below only. To avoid parking citations on the observed holiday, vehicles must be parked in accordance with all other parking regulations (Ex: blocking driveways, fire hydrants, redzones, etc.).

- ➔ November 27 – Thanksgiving Day
- ➔ December 24 – Christmas Eve
- ➔ December 25 – Christmas Day
- ➔ January 1st – New Year's Day

Trash Collection:

Trash does not get picked up on Universal Waste Systems (UWS) observed holidays.

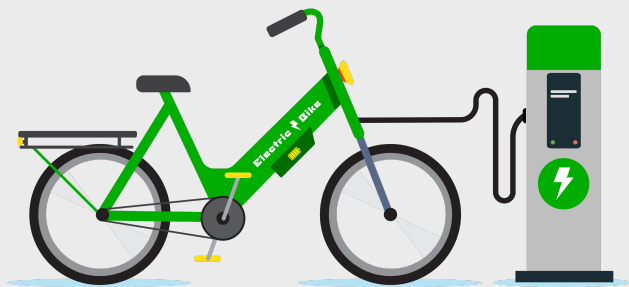
- ➔ November 27 – Thanksgiving Day
- ➔ December 24 – Christmas Eve
- ➔ December 25 – Christmas Day
- ➔ January 1 – New Year's Day

Holiday Tree Recycling

Holiday trees will be collected by UWS from December 26, 2025 through January 9, 2026.

Please remember to:

- ➔ Remove all lights, ornaments, tinsel and stands
- ➔ Place trees at the curb next to your green organics cart, and do not block streets, alleys or sidewalks.
- ➔ Plastic or artificial holiday trees or foliage are not recycled or accepted.



E-Bike Safety: A Quick Guide for Parents

E-bikes are becoming popular among teens for their speed and convenience, but they also come with safety risks. With speeds up to 28 mph, they are harder to control and stop than regular bikes, making rider experience essential.

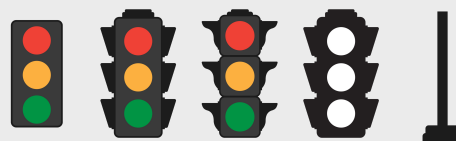
The South Gate Police Department encourages all riders to follow traffic laws, wear helmets, and stay alert.

Key Safety Tips:

- ➔ Ride with traffic and follow all road rules.
- ➔ Use hand signals and check surroundings before turning.
- ➔ Stay at least 3 feet away from parked cars.
- ➔ Obey speed limits and yield to pedestrians.
- ➔ Handling sudden stops and avoiding hazards without swerving into traffic.
- ➔ Wear a helmet (required by law for those under 18).

Parents should ride with their children first to ensure they're confident and safe. Proper training and awareness can help teens enjoy E-bikes responsibly and safely.

For additional safety tips and rules, visit cityofsouthgate.org.



Building Safer Streets Together: South Gate's New Traffic Safety Plan

The South Gate Police Department has launched a 2025–26 Traffic Safety Plan aiming to reduce collisions, protect vulnerable road users, and improve our city's overall safety. Based on crash data analysis and public input, this plan combines enforcement, engineering, and education to make real impacts.

Key elements include:

- ➔ **Enforcement Zones** – Officers will focus on areas with high incident rates and high-risk behaviors, such as speeding, distracted driving, and red-light running.
- ➔ **Community Education & Outreach** – Programs will engage schools, neighborhood groups, and residents to teach safe driving practices and pedestrian awareness.
- ➔ **Data-Driven Adjustments** – Crash and traffic data will be monitored continuously; strategies will be adjusted as patterns emerge.

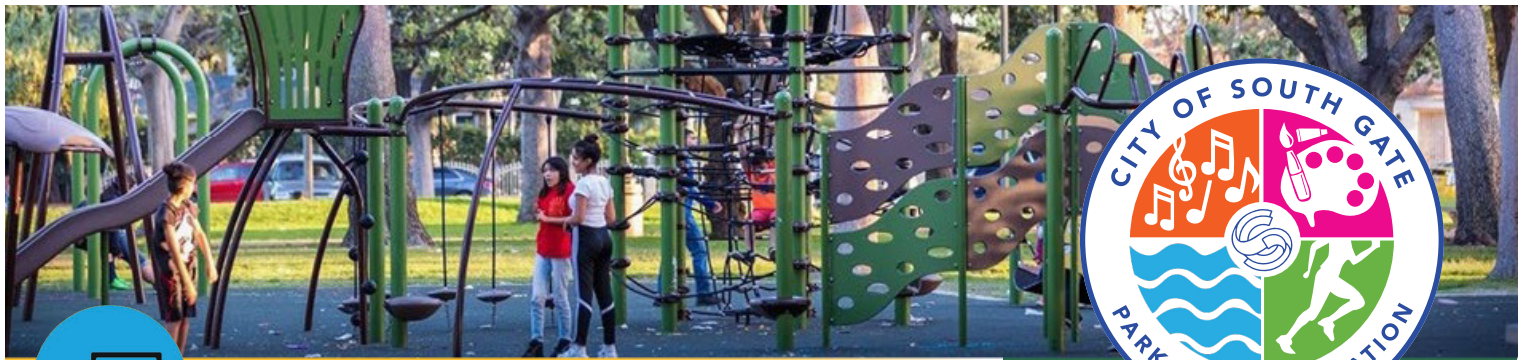
We invite the public to stay informed and involved. Together with awareness, compliance, and support we can all share responsibility for safer streets in South Gate.

For more details, visit the city's website.

**FOLLOW US ON
SOCIAL MEDIA**

@cityofsouthgate





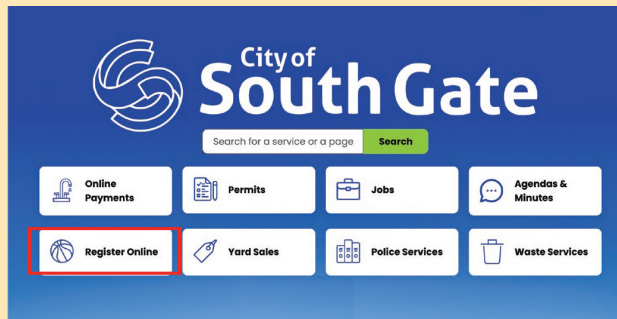
REGISTRATION

PROGRAM REGISTRATION BEGINS DECEMBER 15, 2025

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
CIVICREC**

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

SOUTH GATE MUSEUM AND ART GALLERY

8680 California Avenue
(323) 357-5838

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 cancelled 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.

SPRING PROGRAM REGISTRATION

MARCH 9, 2026

SPRING PROGRAM SESSION

MARCH 23 - MAY 23, 2026

COMMUNITY EXCURSION REGISTRATION

MARCH 16, 2026

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.

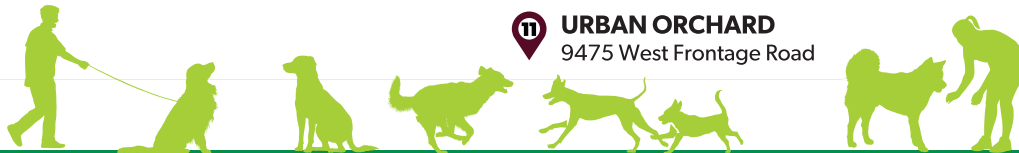
7 STANFORD PARK
2715 Illinois Ave.

8 SOUTH GATE DOG PARK
5400 Monroe Ave.

9 TRIANGLE PARK
Atlantic and Rayo Ave.

10 STATE STREET PARK
State St. and Southern Ave.

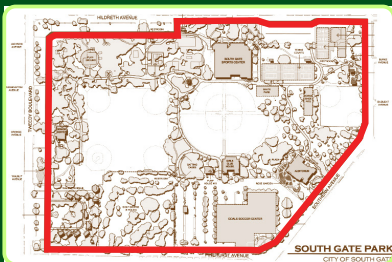
11 URBAN ORCHARD
9475 West Frontage Road



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.

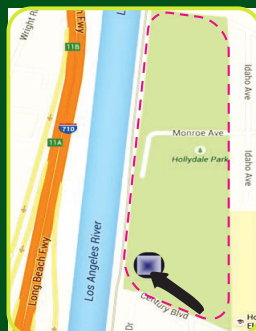
SOUTH GATE PARK



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



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

For football: (323) 327-2412 • 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.



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

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*

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

SPLASH ADD-ON OPTION **SPLASH ADD-ON OPTION \$5 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!

MUY THAI CONDITIONING

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 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.

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 up tempo twist.

YOGA

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

YOUNG & FIT

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

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.

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.

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
OVER EASY *AGES 55+	10:00 - 11:00 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
YOGA OUTDOOR	6:00 - 7:00 PM

TUESDAY

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

FRIDAY

CLASS	TIME
BOOT CAMP	8:15 - 9:00 AM
SENIORCISE *AGES 55+	10:00 - 11:00 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
ZUMBA	9:30 - 10:20 AM
BOOT CAMP	10:30 - 11:20 AM
ADVANCED YOGA INDOOR	11:30 - 12:15 PM

INCLUDED WITH FITNESS AND PREMIER MEMBERSHIPS

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



*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

NOVEMBER 3 - MARCH 8, 2026

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

Saturday 11:00 am - 4:00 pm

CLOSED SUNDAYS





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	Mondays/ Wednesdays	5:15 - 6:15 pm	\$60
Youth Color	Mondays/ Wednesdays	6:30 - 7:30 pm	\$60
Juniors & Adults	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
5 - 6 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

NEW PARKS, NEW PROGRAMS



BASKETBALL FUNDAMENTALS

Boys & Girls
9 week session

Location: Hollydale Community Park
Basketball Court

Get in the game with Future Ballers! This once-a-week class introduces young athletes ages 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
7- 9 yrs	Monday	5:00 - 5:45 PM	\$59
10- 12 yrs	Monday	6:00 - 6:45 PM	\$59

PICKLEBALL FUNDAMENTALS

Boys & Girls
9 week session

Location: Circle Park
Pickleball Court

Serve up some fun with Pickleball Rookies! 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	Saturday	10:00 - 10:45 AM	\$59

FUTSAL FUNDAMENTALS

Boys & Girls
9 week session

Location: Hollydale Community Park
Basketball Court

Sharpen your soccer skills with Futsal Basics! 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
7- 9 yrs	Wednesday	6:00 - 6:45 PM	\$59

TOT TIME CLASSES

Boys & Girls
9 week session

Location: Hollydale Community Park

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	Monday/Wednesday	12:00 PM - 2:00 PM	\$106

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

DECEMBER 1 TO FEBRUARY 28, 2026

POOL CLOSURE DATES FOR THIS SEASON

DECEMBER 6	ALL DAY	SWIM MEET
DECEMBER 7	ALL DAY	SWIM MEET
DECEMBER 12	5:00 PM - 7:00 PM	STAFF TRAINING
DECEMBER 13	1:00 PM - 5:00 PM	SPECIAL EVENT
DEC 24 - JAN 1	CLOSED	WINTER BREAK
JANUARY 19	ALL DAY	MLK JR DAY
JANUARY 23	5:00 PM - 7:00 PM	STAFF TRAINING
JANUARY 24	9:00 AM - 2:00 PM	SWIM MEET
FEBRUARY 16	ALL DAY	PRESIDENTS DAY
FEBRUARY 20	5:00 PM - 7:00 PM	STAFF TRAINING
FEBRUARY 21	9:00 AM - 2:00 PM	SWIM MEET
FEBRUARY 22	9:00 AM - 2:00 PM	SWIM MEET

FAMILY SWIM HOURS

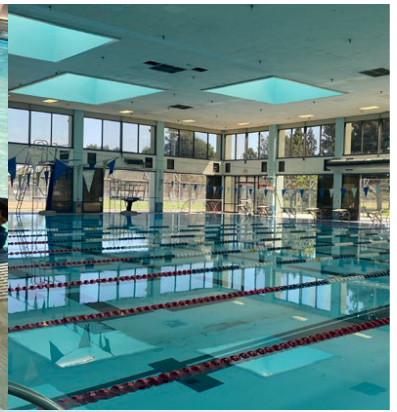
MONDAY - FRIDAY	3:00 PM - 4:30 PM MON-THURS ONLY 7:15 PM - 8:45 PM
SATURDAY - SUNDAY	2:00 PM - 4:00 PM

ADULT SWIM HOURS

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

LAP SWIM HOURS

MONDAY - FRIDAY	5:00 PM - 7:00 PM
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LEARN TO SWIM PROGRAMS

Our Group, Semi-Private, and Private Swim Lesson Program for Youth and Adult will resume Spring 2026. Registration for group lessons will be held on Saturday, February 14, 2026 and Semi-Private and Private on Sunday, February 15, 2026 at 9am in-person and 10am online. Registration is first-come, first served.



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

SWIM LESSON CLINIC

Not interested in learning the competitive swim strokes but still want to be safe around water? Then this is the class for you! This introductory level 1-day class is designed to help you overcome your fear of the water and achieve the basic skills of water competency so you're prepared in an emergency. Skills covered: ability to enter the water, get a breath, stay afloat, change position, swim a short distance, then get out of the water safely.

SATURDAY, FEBRUARY 7, 2026

\$10 PER PERSON

REGISTRATION OPENS

SATURDAY, DECEMBER 1, 2025

OPEN TO YOUTH AGES 6-17 & ADULTS 18+

Session A: 9:00 am-9:50 am

Session B: 10:00 am-10:50 am



Adult and Pediatric CPR First Aid AED Training

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.

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.

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

AQUATIC FITNESS CLASSES

AQUA AEROBICS

Ages 13+ 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
Monday/Wednesday	8:00 PM - 8:45 PM	\$6

This class is included with the Splash Fitness Membership.

AQUA BLAST

Ages 13+ 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
Tuesday/Thursday	8:00 AM - 8:45 AM	\$6

This class is included with the Splash Fitness Membership.

MASTER SWIM

Ages 13+ 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
Monday/Wednesday	8:00 PM - 8:45 PM	\$6

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.

POOL RENTALS

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):

\$168 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.

Pre-Competitive Swim Class

Boys & Girls

Monday/Wednesday

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

AGE	DAY	TIME	FEE
7-17 yrs	Monday/Wednesday	7:00 - 7:55 PM	\$74

Registration Date: 11/21/25

Classes Begin: 1/5/26 & 2/2/26

SWIM STADIUM MEMBERSHIPS

All memberships must be paid with a credit or debit card unless 6 months or 1 year are paid in advance.

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

SPLASH

Family Swim/Lap Swim
Adult Swim/Shower

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

SPLASH FITNESS

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

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

SPORTS & SPLASH

Everything included with the Sports Membership & access pool for Family, Adult & Lap swim

Family	\$40/Month
Adults	\$20/Month
Youth/Teens/Seniors	
Military/Disabled	\$15/Month

PREMIER

Everything included with Fitness, Sports & Splash

Family	\$70/Month
Adults	\$30/Month
Youth/Teens/Seniors	
Military/Disabled	\$25/Month





The GATE

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



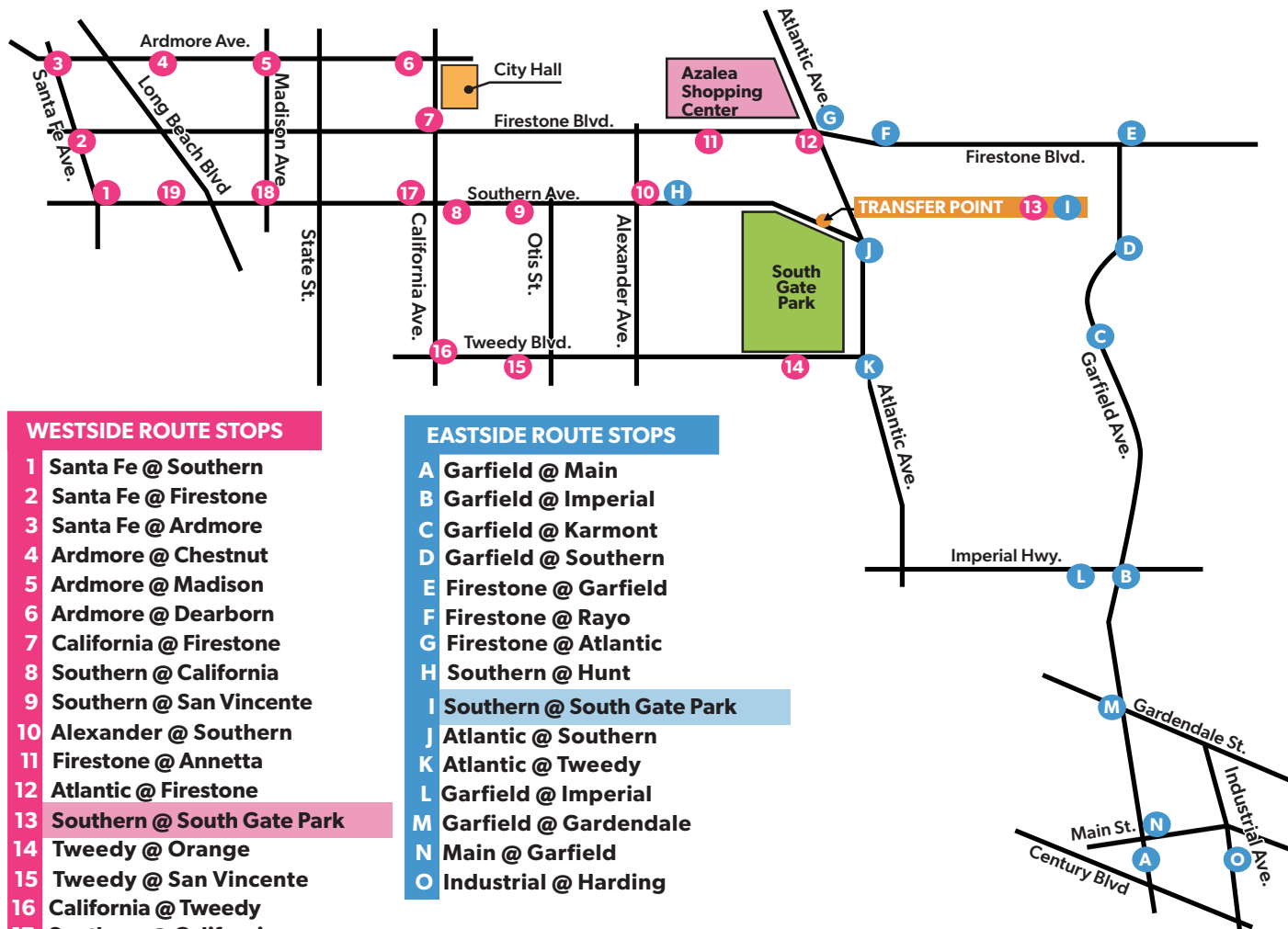
9520 Hildreth Avenue • (323) 563-5754

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.**



WESTSIDE ROUTE STOPS

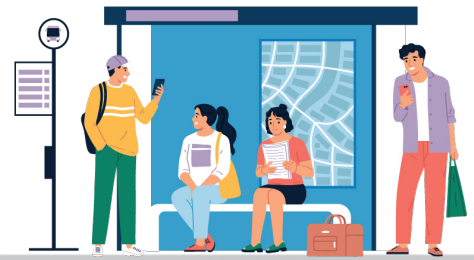
- 1 Santa Fe @ Southern
- 2 Santa Fe @ Firestone
- 3 Santa Fe @ Ardmore
- 4 Ardmore @ Chestnut
- 5 Ardmore @ Madison
- 6 Ardmore @ Dearborn
- 7 California @ Firestone
- 8 Southern @ California
- 9 Southern @ San Vincente
- 10 Alexander @ Southern
- 11 Firestone @ Annetta
- 12 Atlantic @ Firestone
- 13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

EASTSIDE ROUTE STOPS

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

Ride the GATE to work!

Show your employee ID and you ride for free!



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



Margaret Travis **SENIOR CENTER**

4855 Tweedy Boulevard • (323) 357-9662

HOURS OF OPERATION

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

SENIOR CENTER ACTIVITIES

LOTERIA

MONDAYS • 8:30 AM - 2:00 PM
 CONFERENCE ROOM

MOVIES

MONDAYS • 12:30 - 2:30 PM
 MAIN HALL

YOGA

TUESDAY & THURSDAY • 10:00 - 11:00 AM
 CONFERENCE ROOM

CRAFTS

WEDNESDAYS • 9:00 - 11:00 AM
 CONFERENCE ROOM

BINGO

WEDNESDAYS • 12:00 - 3:00 PM
 MAIN HALL

KARAOKE & DANCING

THURSDAYS • 9:00 AM - 12:00 PM
 MAIN HALL

YARD GAMES

THURSDAYS • 10:00 - 11:00 AM
 MAIN HALL PATIO

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

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

For reservations please call (562) 806-5400 ext. 261

MEALS ON WHEELS FOOD SERVICE

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





Winter

COMMUNITY EXCURSIONS

AGUA CALIENTE CASINO - RANCHO MIRAGE

Thursday, January 15, 2026

Cost: \$20

7:00 AM - 7:00 PM

Lunch on your own

LA PLAZA DE CULTURA Y ARTES - LOS ANGELES

Wednesday, January 21, 2026

Cost: \$10

11:30 AM - 6:30 PM

Lunch: La Palcita Olvera St

MONSTER JAM - ANAHEIM ANGEL STADIUM

Saturday, January 31, 2026

Cost: \$60

2:00 PM - 8:00 PM

Dinner on your own

PALA CASINO - PALA

Thursday, February 12, 2026

Cost: \$20

7:00 AM - 7:00 PM

Lunch on your own

RICHARD NIXON PRESIDENTIAL LIBRARY & MUSEUM - YORBA LINDA

Wednesday, February 18, 2026

Cost: \$20

9:00 AM - 6:00 PM

Lunch on your own

PALM SPRINGS TRAM - PALM SPRINGS

Friday, February 27, 2026

Cost: \$45

9:00 AM - 6:00 PM

Lunch is included

HARRAHS CASINO - VALLEY CENTER

Thursday, March 5, 2026

Cost: \$20

7:00 AM - 7:00 PM

Lunch on your own

CHERRY BLOOM FESTIVAL - SAN DIEGO

Friday, March 13, 2026

Cost: \$20

9:00 AM - 6:00 PM

Lunch on your own

"BEETLEJUICE" PANTAGES THEATRE - HOLLYWOOD

Saturday, March 21, 2026

Cost: \$80

11:00 AM - 6:00 PM

Lunch on your own

REGISTRATION OPENS

DECEMBER 15

REGISTER IN-PERSON

Senior Center 8:00 am - 5:00 pm

Girls Club House 8:00 am - 5:30 pm

Sports Center 8:00 am - 8:00 pm

REGISTER ONLINE AT



INFORMATION

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)

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





PAR 3 GOLF COURSE

9615 Pinehurst Avenue (323) 357-9658

HOURS OF OPERATION

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

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



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

DOUBLE PLAY THURSDAY

Buy one round of golf and get the second round for free

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

WINTER GOLF TOURNAMENT

February 22, 2026

Take a Swing

Sign up for the Winter Golf Tournament!

Great opportunity for competitive players or simply those who love the game, now is your time!

Tee Time: 9:00AM
Pre-registration required
Prizes Awarded!



Parks
Make
Life
Better!



For more information contact the Golf Course (323) 357-9658





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	5:00 pm - 6:15 pm	\$74
9 - 12 yrs	Thursday	6:15 pm - 7:00 pm	\$74

BALLET

Boys & Girls
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 Tumbling I 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

1/20, 1/27, 2/3, 2/10, 2/17

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

Class Dates

1/22, 1/29, 2/5, 2/12, 2/19

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

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

YOUNG CHAMPIONS OF AMERICA SELF DEFENSE LESSONS

Boys & Girls
15 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: January 28 - May 20, 2026

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

Scheduled off dates: 4/1

REGISTER ON SITE

For 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	Monday/Wednesday	11:30 AM - 1:00 PM	\$101
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	Monday/Wednesday	9:00 AM - 11:00 AM	\$106
3 -5 yrs	Tuesday/Thursday	9:00 AM - 11:00 AM	\$106
3 -5 yrs	Tuesday/Thursday	12:00 PM - 2:00 PM	\$106

SPRING PROGRAM REGISTRATION

MARCH 9, 2026

SPRING PROGRAM SESSION

MARCH 23 - MAY 23, 2026

COMMUNITY EXCURSION REGISTRATION

MARCH 16, 2026



MUSEUM & ART GALLERY

8680 California Avenue • (323) 357-5838 • jmejia@sogate.org

MUSEUM PUBLIC HOURS

Tuesday 10:00 am - 1:00 pm

Thursday 3:30 pm - 5:30 pm

Connect with us on Instagram!

@southgatemuseum

ART CLUB - ADULTS!

4 week session

Location: SG Museum & Art Gallery

Class Dates

January 10, 17, 24, & 31

Let's make art together! Meet other folks in your community while delving into a different art medium each week. Connect, create and have fun with art!

AGE	DAY	TIME	FEE
18+	Saturdays	11:30 am - 1:00 pm	\$50

INTRO TO OIL PAINTING

8 week session

Location: SG Museum & Art Gallery

Class Dates

Jan 8, 15, 22, 29 Feb 5, 12, 19, 26

This class will teach art fundamentals for oil painting. The course will cover drawing, perspective, shadowing, color mixing, contour and still life rendering. Class instructor: Alicia Salazar. **Students will need to bring their own materials: the list of supplies will be on receipt.**

AGE	DAY	TIME	FEE
18 +	Thursdays	11:00 am - 2:30 pm	\$150

ART CLUB

4 week session

Location: SG Museum & Art Gallery

Class For Tuesday

January 6, 13, 20 & 27

Class For Thursday

January 8, 15, 22, & 29

Get ready to unleash your inner artist! Each week, we'll dive into a new and exciting art medium, from paint and pastels to clay and more! Explore all the awesome tools and materials that will spark your creativity.

AGE	DAY	TIME	FEE
8 - 15 yrs	Tuesdays	4:30 pm - 6:00 pm	\$40
AGE	DAY	TIME	FEE
8 - 15 yrs	Thursdays	4:30 pm - 6:00 pm	\$40

TODDLER ART CLUB

5 week session

Location: SG Museum & Art Gallery

Class Dates

Jan 10, 17, 24, 31 & Feb 7

This course will provide children ages 3-4 with an introduction to various art supplies and experiences. The goal of this 5-week session is to familiarize students with "process art", where the focus of the activities is the experience over the final product. From markers on paper to finger painting and collaging, students will be encouraged to express themselves and have fun creating. All materials will be provided. The instructor is Mia Recio.

AGE	DAY	TIME	FEE
3 - 4 yrs	Saturdays	10:00 am - 11:00 am	\$65

CARTOON & COMIC BOOK CHARACTERS

6 week session

Location: SG Museum & Art Gallery

Class Dates

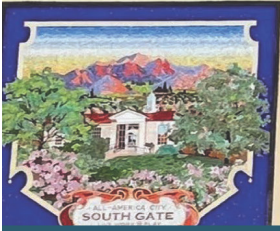
January 6, 13, 20, 27 February 3 & 10

Through step-by-step instruction each student will be provided with the knowledge and skills needed to learn how to draw the cartoon/comic book characters seen on TV, movies, and graphic novels. Students will put into practice various drawing techniques needed to draw efficiently while exploring their creativity. Class instructor is Art Made Izzy. **Students will need to bring their own materials; the list of supplies will be on receipt.**

AGE	DAY	TIME	FEE
7 - 11 yrs	Tuesdays	6:30 pm - 8:00 pm	\$95



HENRY C. GONZALEZ AUDITORIUM



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

All fees are subject to change without notice.

BANQUET ROOM RATES

This room is used for meetings only. This facility has a maximum capacity of 120 people for conferences only.

Hourly Rate	\$54.00
Kitchen Fee	\$86.00
Refundable Damage Fee	\$177.00

GIRLS CLUB HOUSE RATES

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

Hourly Rate	\$129.00
Kitchen Fee	\$68.00
Refundable Damage Fee	\$341.00

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	\$214.00
Kitchen Fee	\$86.00
Refundable Damage Fee	\$530.00

ROSE ARBOR RATES

This area can seat up to 110 guests for ceremonies.

Flat Rate	\$192.00
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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	\$93.00
Group of 51 - 100	\$185.00
Group of 101 - 200	\$296.00
Group of 201 - 500	\$445.00
Group of 501+	\$889.00

BANDSTAND RATES

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

COOK HOUSE RATE

Fee \$88.00

All fees are subject to change without notice

**Call for Commercial Rates*

PARK FACILITY & PICNIC AREA RENTALS

PARK ADMINISTRATION OFFICE

(323) 563-5479

BASEBALL FIELD RENTALS

SPORTS CENTER

(323) 563-5445

POOL RENTAL

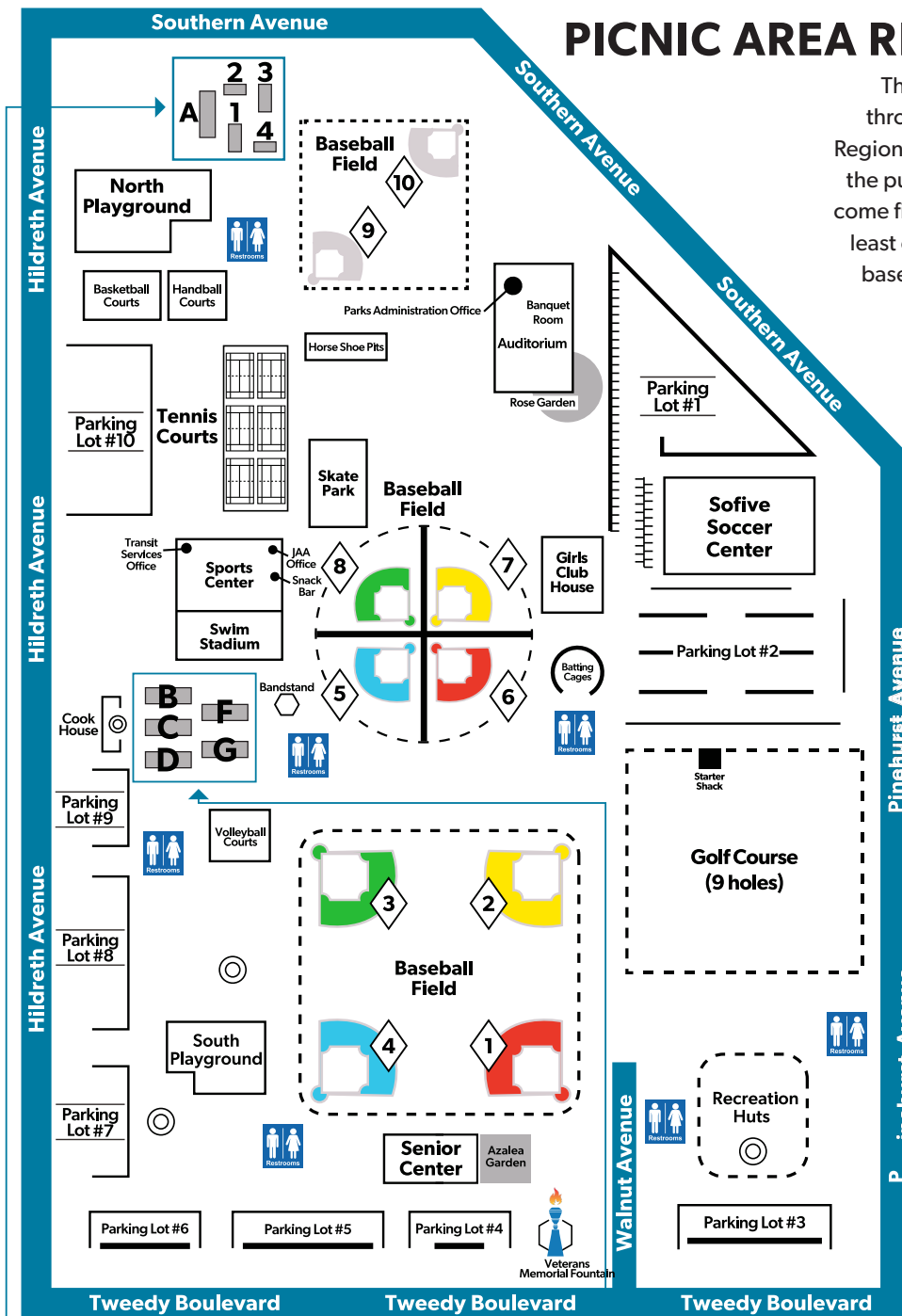
PATRICIA G. MITCHELL SWIM STADIUM

(323) 563-5446

BATTING CAGE RENTAL

SOFFIE SOCCER CENTER

(323) 923-4650



URBAN ORCHARD

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 enseñará 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 BEISBOL \$59

3 - 12 años de edad **9 semanas**

Estas clases les enseñará 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 competencia y la habilidad de torneo.

Debe registrarse al principio de cada mes

Lunes / Miércoles

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

CLASE FUNDAMENTAL DE SOCCER \$59

3 - 12 años de edad **9 semanas**

Estas clases les enseñará 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 enseñará 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 enseñará a sus pequeños un deporte diferente cada tres semanas. Los deportes que se enseñaran serán baloncesto, futbol, y beisbol. Esta clase es para 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 enseñará 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 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 - 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: 17 de Septiembre de 2025 - 4 de Enero 2025

New Students (Ages 4-15) Wednesday 5:15 - 5:55 pm

Yellow & Orange Belts Wednesday 6:00 - 6:40 pm

Purple Belts & Above Wednesday 6:45 - 7:25 pm

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

Días cerrados - 11/26, 12/24, 12/31

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 Ramos.

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

SOFIVE SOUTH GATE SOCCER YOUTH PROGRAMS

9599 PINEHURST AVE, SOUTH GATE, CA 90280
323-923-4650

Lil' Kickers | SOFIVE

FOR KIDS AGED 1.5 TO 5YO



SO FIVE

FOR KIDS AGED 6 TO 12YO

NEW SEASON

SIGN UP



Affordable Pet Vaccine Clinic



South Gate Park

4855 Tweedy Blvd. South Gate

Saturdays 9:00am-11:00am

2025 DATES

**May 31
June 28**

**July 26
August 23**

**September 20
October 18**

**November 15
December 13**

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

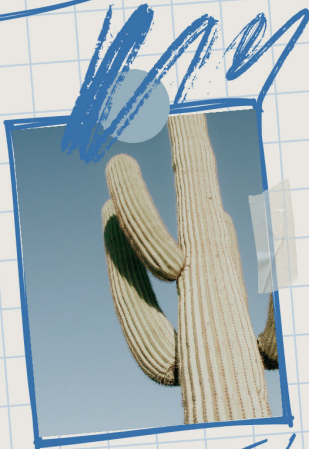


VISION BOARD 101

2026



Play



Explore

SATURDAY, JANUARY 10
2PM - 3:30PM | AGES 15+

Let's manifest and visualize all your 2026 goals & plans! Guided by our cultural arts staff, spend time creatively developing your personal collage that will inspire and motivate you throughout the year.



Plan



Fuel

SOUTH GATE MUSEUM & ART GALLERY
8680 CALIFORNIA AVE | (323) 357-5838

Deadline to
submit: Monday,
February 9, 2026,
at 11:59pm

OPEN CALL

Alma Querida, dear soul

Ask yourself the following question, what moves my soul? This open call is a love letter to your soul, inviting you to tap into any art medium and show us those exact things that get your soul moving. It can be the passions that ignite your creativity, callings that give you a sense of purpose, or strong feelings that move you to action. If this question reminds you of what your soul has been missing, then reconnect with those things and share that with us through your art! We want to peek into what, or who, shapes your soul.

Submission Form:
www.linktr.ee/southgatemuseum
Or scan QR code

All ages encouraged to submit

For more info call
(323) 357-5838 or
email jmejia@sogate.org

Connect with us on IG!
@southgatemuseum



TEEN CENTER



NEW HOURS
STARTING
JANUARY 12

HOURS OF OPERATION:



Monday, Wednesday-Friday

4:00-7:00 PM

Tuesdays

3:00-7:00 PM

Located at 4940 Southern Avenue

For more information (323) 563-5447



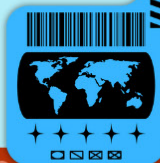
OPEN TO GRADES 6TH-12TH

COME CHECK OUT OUR
GAME ROOM!

Enjoy some fun free activities.

Snacks and Programs.

Homework help daily.



WOMEN'S BASKETBALL

\$15/PERSON
AGES 5 & UP



VS



SUNDAY, JANUARY 18 | 2:30 PM
GALEN CENTER - SECTION 108 SEATS

BUS DEPARTS AT 1 PM
FROM THE GIRLS CLUBHOUSE



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

OPEN HOUSE

01-10-26

EST. **50**TH 1976

9AM - 1PM

SOUTH GATE SPORTS CENTER



**Parks
Make
Life
Better!**



We invite everyone to join us for a day filled with fitness and fun. Experience our group exercise classes, explore our weight rooms, participate in exciting games, and enter for a chance to win prizes!

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



THE **BIGGEST LOSER**



**STARTING THE WEEK OF
JANUARY 12, 2026**



**FEE \$55
AGES 7+**



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

**Parks
Make
Life
Better!**

SPRING FIT 5K



**Save the Date
May 9, 2026**

Ages 3+

**Winter Special:
Only \$10 until 1/31
Register Now!**



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

**Parks
Make
Life
Better!**

3RD ANNUAL SURFING WITH SANTA



**SATURDAY
DECEMBER 13**

**\$10 PER PERSON
2:00-4:00 PM**



**Catch a wave of festivity at
our 3rd annual Surfing with
Santa!**

**ARTS & CRAFTS
GAMES & PRIZES
FUN FOR THE
WHOLE FAMILY!**

**Parks
Make
Life
Better!**



**Patricia G Mitchell Swim Stadium, 9520 Hildreth Ave.
For more information (323) 563-5446**



LIFEGUARD & CPR/FIRST AID/AED TRAINING + BLOODBORNE PATHOGENS/ ADMINISTERING EMERGENCY OXYGEN



Cost \$200

MUST COMPLETE ONLINE PORTION
BEFORE IN-PERSON SESSIONS.

MUST ATTEND ALL THREE IN-
PERSON CLASS DATES BELOW-

SAT 2/7 @ 9AM-6PM

SUN 2/8 @ 9AM-6PM

SAT 2/15 @ 9AM-6PM



This is a blended learning class which provides entry-level 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 illnesses until EMS personnel take over.

TWO WAYS TO JOIN THIS COURSE:

1) APPLY AS A LIFEGUARD TRAINEE:

GET PAID TO TRAIN AND WORK AS A LIFEGUARD FOR THE CITY OF SOUTH GATE. MUST BE AT LEAST 16 YEARS OLD.

[HTTPS://WWW.GOVERNMENTJOBS.COM/CAREERS/SOGATE](https://www.governmentjobs.com/careers/sogate)

2) PAY FOR THE LIFEGUARD COURSE:

REGISTER AND PAY TO GET CERTIFIED. THIS CERT IS ACCEPTED AT MOST AMERICAN RED CROSS AQUATIC FACILITIES. SCAN THE QR CODE TO SIGN UP AND PAY FOR THE CLASS.



PREREQUISITES/PRETEST:

- ➡ MINIMUM AGE: 15 YEARS +
- ➡ SWIM - TREAD - SWIM SEQUENCE: JUMP INTO WATER AND TOTALLY SUBMERGE, RESURFACE THEN SWIM 150 YARDS USING FRONT CRAWL, BREASTSTROKE OR COMBO OF BOTH. MAINTAIN POSITION AT THE SURFACE OF WATER FOR 2 MINUTES BY TREADING WATER USING ONLY THE LEGS. SWIM 50 YARDS USING FRONT CRAWL, BREASTSTROKE OR COMBO OF BOTH.
- ➡ RETRIEVE A 10-POUND BRICK FROM THE BOTTOM OF THE DEEP END AND RETURN IT TO THE WALL IN UNDER 1 MINUTE AND 40 SECONDS.

PLEASE CALL (323) 563-5446 FOR MORE INFORMATION

Patricia G. Mitchell Swim Stadium 9520 Hildreth Avenue, South Gate CA 90280



Habrá
interpretación en
español!



City of
**South
Gate**

ECO GARDENER WORKSHOP

In partnership with the City of South Gate Parks and
Recreation Department

WHEN: Sat. Feb. 7, 2026
9am - 11am

WHERE: Urban Orchard Park
9475 W Frontage Rd,
South Gate, CA 90280



EDIBLE GARDENING

Join us to learn how to grow
vegetables and herbs at home by
optimizing soil health, efficiently
irrigating edibles, and planning
for a year-round harvest!

With rising food costs and
declining vegetable nutrition,
growing your own edible garden
is more valuable than ever.

REGISTER HERE

**Contact Lisa Muñoz at
(323) 563-5447 or lmunoz@sogate.org**

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www.WRD.org



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

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SOUTHGATEPARKS&RECREATION

EASTER FEST



Games, Crafts, Jumpers & an Egg-Cellent Adventure!

**Parks
Make
Life
Better!**

March 28

Cost: \$7

Ages: 2-17

Time: 10AM

Registration available at Girls Club House

Contact the Girls Club House for more info (323)563-5447

