

# SOUTH GATE CONNECT

Summer 2022



## City News / Parks & Recreation Guide

COVID-19 Testing Locations • Pink Patch Project • National Night Out  
Summer Concert & Movies in the Park • The World's Largest Swim Lesson



# SUMMER 2022



## SOUTH GATE CITY HALL

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

8650 California Avenue  
South Gate, CA 90280

Administration  
(323) 563-9501

City Council Office  
(323) 563-9543

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

## CITY COUNCIL

Al Rios  
~Mayor

Maria del Pilar Avalos  
~Vice Mayor

Denise Diaz  
~Council Member

Gil Hurtado  
~Council Member

Maria Davila  
~Council Member

## PARKS & RECREATION COMMISSION

Vacant  
~Chair

Alan Flores  
~Vice Chair

Joshua Barron  
~Secretary

Jennifer Cypert  
~Commissioner

Lizette Ruiz  
~Commissioner

Robert Montalvo  
~Commissioner

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## Public Meeting Schedules

### CITY COUNCIL MEETINGS

The City Council is the policy making body for the City of South Gate. Residents and community members are highly encouraged to participate in the Comments from the Audience portion of the meetings. Here you can address any issue directly to the City Council and staff that is not listed on that meeting's Agenda. Meetings take place on the 2nd and 4th Tuesday of every month at 6:30pm.

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

### COMMISSION FOR SOUTH GATE YOUTH

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

### PARKS AND RECREATION COMMISSION

The Parks and Recreation Commission serves as an advisory panel to the City Council on matters related to the City's parks and its recreation programs. Commission meetings are open to the public and members of the public are allowed to address the Commission on any parks and recreation related issue. Meetings take place on the 2nd Thursday of each month, at 7:00pm at City Hall's Council Chambers.

### PLANNING COMMISSION

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

## City Services Directory

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

### COMMUNITY DEVELOPMENT

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

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

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

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

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

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

8680 California Ave

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

4900 Southern Ave

Administration Office

### POLICE DEPARTMENT

8620 California Ave

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

### PUBLIC WORKS

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

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

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

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

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

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

### SOUTH GATE MUSEUM &

**ART GALLERY**.....(323) 357-5838

8620 California Ave

## Additional Contact Numbers

SEAACA - ANIMAL CONTROL  
9777 SEAACA ST.

(562) 803-3301

### FIRE DEPARTMENT

4867 Southern Place, Station 54  
General Business

(323) 567-8580

5720 Gardendale Street, Station 57  
General Business

(562) 531-9700

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

BOY SCOUTS (213) 413-4400 Ext. 333

CITY DUMP (562) 928-4616

CHAMBER OF COMMERCE (323) 567-1203

FARMERS MARKET (866) 466-3834

GAS COMPANY (800) 427-2200

GIRL SCOUTS OF AMERICA (213) 213-0150

GOALS SOCCER CENTER (323) 923-4650

HOLLYDALE LIBRARY (562) 634-0156

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

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

PHONE-A-RIDE (866) 260-4600

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

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

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

SO. CAL EDISON (800) 611-1911

TWEEDY MILE ASSOCIATION (323) 564-8233

WASTE MANAGEMENT (800) 225-0175

WEAVER LIBRARY (323) 567-8853



# SAVE THE DATE!



***“Look to the past, Celebrate the Present, Embrace the Future”***

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

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

*We look forward to celebrating this once-in-a-lifetime anniversary.*

## Protect Yourself and Others from COVID-19

### FREE COVID-19 TESTING LOCATIONS IN SOUTH GATE

#### South Gate Park

(9615 Pinehurst Avenue, South Gate, CA 90280)

**Open: Tuesday - Saturday**

**Time: 9:00 am - 6:00 pm**

**Appointment Required.**

For appointment information go to:  
[myturn.ca.gov](https://myturn.ca.gov) or call 1-888-634-1123

#### State Street Park

(Corner of Southern Ave, & State Street,  
South Gate, CA 90280)

**Open: Thursday - Saturday**

**Time: 10:00 am - 5:00 pm**

**No Appointment Required.**



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## PINK PATCH PROJECT FUNDRAISER LOS ANGELES DODGERS



The Pink Patch Project is an innovative public awareness campaign to bring attention to the fight against breast cancer and to support breast cancer research organizations in combating this devastating disease. The project is a collaborative effort between the Los Angeles County Police Chiefs' Association and public safety agencies in Los Angeles County and beyond. These agencies have partnered together to combat breast cancer by raising public awareness about the importance of early detection in the fight against the disease and to raise funds for breast cancer research, education, and treatment.

Join South Gate Police Department and many other police agencies on August 19, 2022, at Dodgers Stadium as the Los Angeles Dodgers take on the Miami Marlins. Tickets are only \$65. For more information, please contact Lt. Manuel Arana at [mvarana@sogate.org](mailto:mvarana@sogate.org).

**SAVE THE DATE - MORE INFORMATION TO COME!**

## SOUTH GATE POLICE DEPARTMENT CRACKS DOWN ON ILLEGAL FIREWORKS



With Fourth of July quickly approaching, the South Gate Police Department would like to remind all of our residents that the use of illegal fireworks within our city limits can be dangerous and result in significant fines and/or arrest. Every year, there are numerous incidents of injuries and residential fires resulting from the use of illegal fireworks. Administrative fines for violations of South Gate Municipal Code section 2.10.585 can range from \$1000 to \$2000, depending on the number of previous violations that the individual has been cited for. If residents are found to be in violation of California's Health and Safety Code in regards to fireworks laws, a conviction may result in possible fines and/or incarceration. As has been the case for many years, fireworks labeled as "Safe and Sane" by the state Fire Marshall are still legal for sale and use within the city. In an effort to keep the residents of our city safe, Officers from the South Gate Police Department will be conducting strict enforcement of all fireworks related laws.



## A Message From South Gate Police Chief Arakawa



On the morning of Monday April 25, 2022, Detective Alexis Gonzalez lost his life in a tragic car accident. He leaves behind a mother, father, and two brothers. But he also leaves behind a legacy of integrity, service, commitment and dedication. Alexis was a true role model to his family, coworkers, and community. Although his untimely passing has been surreal for us, it has also brought light to the unity we have, not just as a Police Department, but as a community. Through this tragedy we have witnessed what it means to be a community. The outpouring support and kindness the Gonzalez family and the SGPD family has received from all of you has been unwavering and has made the grief bearable. I am extremely grateful for each of you and your support. There is no doubt that South Gate is a special city and it makes me proud to be your Chief of Police.



*Date: August 2<sup>nd</sup>, 2022  
Time: Starts at 6 PM  
Location: Infront of the Police Station*

*For more information please contact:  
Crime Prevention at (323) 563-5465 or  
email [spalos@sogate.org](mailto:spalos@sogate.org)*

*National Night Out  
enhances the relationship  
between neighbors and law  
enforcement while  
bringing back a true sense  
of community.*

*Furthermore, it provides a  
great opportunity to bring  
police and neighbors  
together under positive  
circumstances.*

# Catalytic Converter Theft Prevention

SUV's and other vehicles with high clearance are especially vulnerable

## What a Catalytic Converter?

- It is a critical component of your car's exhaust system and can cost up to \$2,000 to replace.
- Thieves target it because it contains expensive metals, has a street value of up to \$200, and removal can



## Theft Prevention Tips

- Park in a garage or well-lit area.
- Engrave your VIN number into your catalytic converter.
- Install a catalytic converter protective device
- Install a car alarm to set off when it detects vibration.

For information or notices follow us on:

Instagram @south\_gate\_police\_department

Facebook City of South Gate Police Department

**South Gate Police Department App**  
Available now on the Apple App Store and Google Play

South Gate Police Department Non-emergency phone number: (323) 563-5436



## City of South Gate Implements Queing System to Eliminate Crowded Lines

The City of South Gate – Community Development Department has implemented a new queuing management system to eliminate lines and reduce wait times for visitors. The new system allows visitors to have the ability to schedule appointments or join a virtual queue from on-site kiosks in City Hall (information booth), the City's website, or from their mobile phones. Once in the queue, visitors can leave to tend to other business. The queuing system provides the visitors with text updates on where they are in line and predictive wait times, so they only need to return when summoned.

The new solution will improve customer satisfaction, reduce pressure on staff, reduce wait times, cut waiting room crowds, and optimize customer service. Below are the different ways a person can enter the queue.



Download the  
QLESS App



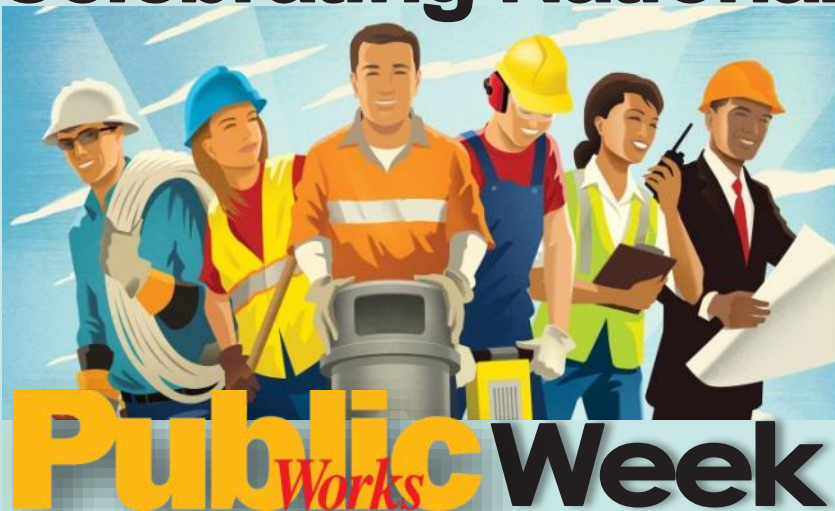
Text: "southgate"  
to 323-784-0989



<https://kiosk.na4.qless.com/kiosk/app/home/316>



## Celebrating National



The City's Public Works Department will join their counterparts across the county in recognizing National Public Works Week (NPWW) from May 15 to May 21 with the theme "Ready & Resilient". The theme showcases how each public works professional is always READY to serve their communities, and RESILIENT in their abilities to pick themselves up off the ground after encountering challenges. NPWW is a celebration of the men and women who provide and maintain the infrastructure and services collectively known as Public Works. The Week seeks to recognize the dedicated and often-unsung heroes of the community who serve the public every day. The City's Public Works Department provides a wide array of maintenance services such as fills potholes, trims trees, sweeps City streets, removes bulky items from the public right-of-way and abates graffiti.



# Summer Tips from WASTE MANAGEMENT



## Firing up the Grill this Summer?

Nothing says Summer like a backyard barbeque! When it's time to clean up, please remember to dispose of BBQ coals correctly.

- Hot Coals or ash should never be placed directly into trash carts.

Please follow these tips for safe disposal:

- Let the coals/ashes cool for at least 48 hours in the grill. 72 hours for extra precaution, before placing them in the trash.
- Never place coals/ashes in the recycling carts.

### Let's Get Back To The Basics Of Recycling

Remember these simple rules each time you recycle:



Recycle empty and dry bottles, cans, paper, and cardboard.



Keep food and liquid out!



No loose plastic bags or film.  
No bagged recyclables.

**RECYCLE  
RIGHT**

To learn more, visit [wm.com/recycletright](http://wm.com/recycletright)  
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## Why Recycle?

With children being on vacation and families firing up the grill at home, we can expect to encounter hundreds of recyclable items this summer. Recycling properly can help save tons of raw materials, reduce the amount of waste sent to landfills and save energy. Do your part this summer by making the promise to **Recycle Right**. Doing just these three things will make a huge difference.

For questions regarding your service, please contact Waste Management Customer Service at (800) 774-0222.

# Parks in the City of South Gate

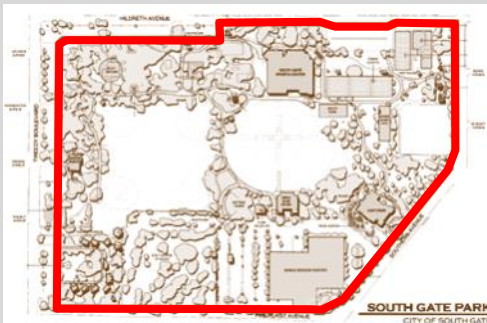


- 1 Cesar Chavez Park - 2541 Southern Ave.
- 2 Circle Park - 10129 Garfield Ave.
- 3 Gardendale Tot Lot - 5480 Gardendale St.
- 4 Hollydale Community Park - 12221 Industrial Ave.
- 5 Hollydale Regional Park - 5400 Monroe Ave.
- 6 South Gate Park - 4900 Southern Ave.
- 7 Stanford Park - 2715 Illinois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

## PET FRIENDLY SPACES AT OUR PARKS

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

### South Gate Park



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



### Hollydale Regional Park

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

### DOG PARK RULES

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

For the full list of Dog Park Rules please visit [www.cityofsouthgate.org](http://www.cityofsouthgate.org)





# Parks & Recreation GUIDE





# Parks & Recreation Department Directory

Administration Office .....(323) 563-5479  
4900 Southern Ave

Girls Club House Office .....(323) 563-5447  
4940 Southern Ave.

Golf Course.....(323) 357-9658  
9615 Pinehurst Ave.

Margaret Travis Senior Center.....(323) 357-9662  
4855 Tweedy. Blvd

Sports Center.....(323) 563-5445  
Patricia G. Mitchell Swim Stadium.....(323) 563-5446  
Transit Services.....(323) 563-5754  
9520 Hildreth Ave.

South Gate Museum and Art Gallery...(323) 357-5838  
8680 California Ave.



## Special Thanks

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

L.A. County Supervisor Hilda L. Solis .....Gold Sponsor  
South Gate Women's Club.....Gold Sponsor  
Assemblymember Anthony Rendon.....Gold Sponsor  
5211 Southern Avenue, LLC.....Gold Sponsor  
Walmart.....Gold Sponsor  
Northgate Gonzalez Market.....Silver Sponsor

## South Gate Partner Organizations

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

A.Y.S.O. is an organization in South Gate that offers recreational soccer to youth. **All registrations take place at Hollydale Regional Park.** For more information Contact Enrique Ortega at (562) 319-5666 or (323) 217-7077 or visit [www.southgateayso.org](http://www.southgateayso.org)

#### COST:

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

#### Registrations:

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

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

For over 70 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](http://GoodVeg.org)

You can also follow us on [@southgatefarmersmarket](https://www.instagram.com/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) 564-7541 (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](http://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 AQUATICS CLUB

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

#### PRACTICE HOURS

Monday - Thursday.....5:00 pm - 7:00 pm

#### TRY - OUT'S

Every Thursday.....7:00 pm - 7:30 pm





# CONCERTS *IN THE* PARK

**FREE TO THE PUBLIC!**

All concerts will be every Friday in July from 6-8pm

**Location: South Gate Park Bandstand**

**NO ALCOHOL ALLOWED!**

**NO DOGS ALLOWED!**

For more information call 323.563.5447

JULY 1  
MARIACHI DIVAS

JULY 8  
HERE 4 NOW

JULY 15  
MARIACHI ESPECTACULAR

JULY 22  
SUSIE HANSON LATIN BAND

JULY 29  
MARIACHI LOS ANGELES

This concert is sponsored by L.A. County Arts Commission  
and the office of L.A. County Supervisor Hilda Solis

# FREE OUTDOOR MOVIES

All movies will be every Friday in August at 8 pm

**Location: South Gate Golf Course**

**NO DOGS ALLOWED**

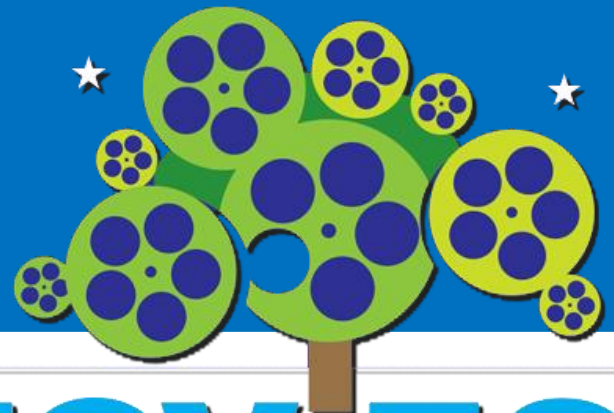
**NO ALCOHOL ALLOWED**

AUGUST 5  
ENCANTO

AUGUST 12  
CRUELLA

AUGUST 19  
LUCA

AUGUST 26  
GHOST BUSTERS



# MOVIES *in the* PARK

**BRING YOUR OWN DINNER BASKETS**

**City of South Gate**

About Parks Facilities Recreation Programs Transit Services How Do I...

# HOW TO REGISTER

Register Online Parks Commission Partner Organizations Online Requests

[www.cityofsouthgate.org/195/Parks-Recreation](http://www.cityofsouthgate.org/195/Parks-Recreation)

**Program Registration Begins: June 6, 2022 • Programs Begin Week of: July 11, 2022**

### GENERAL REFUND POLICY

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

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

### FEES

Course fees vary and must be paid in full at the time of registration. ONE CHECK MAY BE WRITTEN FOR MULTIPLE CLASS REGISTRATIONS.

Make checks payable to: City of South Gate.

No post-dated checks will be accepted.

**Please Note:** Cash, personal checks, and credit cards are excepted at all registration sites.

### ELIGIBILITY

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

### COMMUNITY EXCURSION INFORMATION

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

### COMMUNITY EXCURSION REFUND POLICY

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

### Online Registration:

For online registration, please follow the directions that have been provided for you below. If you have any difficulties trying to register please contact our Parks Administration office at (323) 563-5479, our staff will gladly assist you with any of your registration inquiries.

- Go to the Parks & Recreation section of our city website:  
<http://www.cityofsouthgate.org/195/Parks-Recreation>
- Click on "**Register Online**" Circle
- Click on "Proceed to Site" and start browsing through all our programs that are eligible for online registration.

- All patrons are required to show California I.D. or License.
- All course fees must be paid in full at the time of registration.
- Senior Citizen rates, when applicable, will apply to only those who are 62 years of age and older.
- Children are not permitted in adult classes as participants or spectators.
- In case of rain, outdoor classes or leagues will be postponed to a later date.
- Please notify our staff immediately if we need to make any special accommodations for you or your child to participate.
- Some class instructors may not allow spectators in the children's classes during instruction. Please check with the instructor of each class.
- Walk in registration for sports or recreational programs are accepted at both the Sports Center and the Girls Club House, EXCEPT for Swim Lessons & Preschool Programs
- All Swim Lesson registrations MUST be made in person at the Swim Stadium on the designated dates and times.



# COVID-19 PROGRAM GUIDELINES

*Let's continue to take care of each other & our community!*



## *Reminders:*

- If you or your child feel sick, please do not attend class.
- Face masks may become mandatory to everyone should Los Angeles County Public Health Department change the current Covid-19 regulations.
- Please practice social distancing of at least 6 feet at all times.
- All equipment sanitized by staff after every class.
- Only student /staff allowed in class area.
- Restrooms inside our facilities are for participants ONLY.

**\*Please Note:** All programs will follow current L.A. County COVID-19 Guidelines. Programs and locations are subject to change at any time based on guidelines.

**BASEBALL FUNDAMENTALS**

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

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

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

**BASKETBALL FUNDAMENTALS**

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

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

**NEW  
CLASS**

**Baseball Fundamentals**

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

**Fee: \$52**

**Location: Legacy High School**

In the 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.....Friday.....5:00 - 5:45 pm  
 Age 5 - 6 years.....Friday.....6:00 - 6:45 pm  
 Age 7 -12 years.....Friday.....7:00- 7:45 pm

**FIT CAMP FOR KIDS**

**Boys & Girls Ages: 6-13** **Fee: \$52**  
**6 week session** **Location: Sports Center**

Join our new and interactive P.E. class. Our class is designed to burn calories and educate families with in a fun and playful environment. Topics include: playing games, creating exercises, and reading nutrition labels. It is led by future P.E. teachers and is based on California State Standards for Physical Education.

Wednesday.....5:00 - 6:00 pm  
 Saturday.....8:30 - 9:30 am

**TENNIS LESSONS**

**Boys & Girls Ages 5-17 years** **Fee: \$65**  
**9 week session** **Location: SG Park Tennis Courts 1 & 2**

All levels are welcomed. Please bring your tennis racquet, and a can of tennis balls to class. Instructor for this class is Lazaro Gutierrez.

Level 1.....Wednesday.....4:00 - 5:00 pm  
 Level 2.....Wednesday.....5:00 - 6:00 pm



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

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

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

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

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

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

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

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

**SOCCER FUNDAMENTALS**

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

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

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

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

**VOLLEYBALL FUNDAMENTALS**

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

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

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

**OLYMPIC WEIGHT LIFTING****Boys & Girls Ages 6- 17 years**  
**6 week session****Fee: \$52****Location: Sports Center**

This class focuses on learning the proper technique, progression, and execution of the snatch, power clean, and clean, and jerk. Benefits of enrolling in this class are: increased strength, power, improved muscular development, body composition, injury prevention, and learning a new way to train.

**Monday/Friday.....6:00 - 6:45 pm****YOUTH PERFORMANCE TRAINING****Boys & Girls Ages 6 - 17 years**  
**6 week session****Fee: \$52****Outdoor Fields & Gym**

By enrolling in this program you will learn like the pros and receive a head start on performance training. All sports are welcome and classes are conducted by a Certified Personal Fitness Trainer. Space is limited so don't miss out!

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

# GETTING STRONGER EACH DAY







### MEN'S BASKETBALL LEAGUE

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

- Team Fee: \$402.00
- Refundable Forfeit Fee: \$70.00
- Referee Fee per game: \$30.00

### ADULT BASEBALL LEAGUE

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

### ADULT SOFTBALL LEAGUE

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

Teams.....	\$532.00
Refundable forfeit fee.....	\$70.00
Umpire fee per game.....	\$15.00

### SOCCER OPEN PLAY

**Days: Monday, Wednesday, Friday**

**Time: 5:30 pm - 8:00 pm**

**Location: GOALS Soccer Center**

**Fee: Free**

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

## ART CLASS

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

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

## 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**

## BALLET LESSONS

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

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

**Ages 3-4 years.....Tuesday.....5:30 - 6:00 pm**

**Ages 4-5 years.....Tuesday.....6:00 - 6:30 pm**

**Ages 6-8 years.....Tuesday.....6:30 - 7:15 pm**

**Ages 9+ years.....Tuesday.....7:15 - 8:00 pm**

## DANCE CAMP

**Boys & Girls Ages 8-17 years** **Fee: \$120**  
**5 days** **Location: Girls Club House Main Hall**

This will be an intensive Summer Dance Class; bring water and a small towel to every class! This exciting and energetic camp will focus on training in dance styles such as Jazz, Salsa, and Hip Hop. Class includes proper warm ups and conditioning for the dancer. Students will learn choreography and will be able to build their own choreography. Students will also work in small groups and will have a small presentation for family and friends. **Each student must bring their own water bottle, towel and energy!**

**Camp dates..... July 11 - 15**

**Camp hours .....9:00am - 12:00pm**

## DOG OBEDIENCE

**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. Class will include basic obedience commands and socialization. Instructor for this class will be Gunther A Ramos.

**Saturday.....9:30 - 10:30 am**

## FASHION SKETCHING

**Boys & Girls Ages 8+ years** **Fee: \$75 + \$10 supplies**  
**5 week session** **Location: Girls Club House-Rm. C**

This class teaches students to develop their own style of fashion illustration with pencil and markers. Students will learn to draw women, men and children's fashion models used as a basic for drawing idealized proportions. Instructor for this class will be Claudia Hindu.

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

## GUITAR LESSONS

**Boys & Girls** **Fee: \$60 (6-12 years)/\$70 (13+ years)**  
**9 week session** **Location: Girls Club House Room C**

These guitar lessons will teach your child the proper posture, finger technique, and musicianship that is required in order to play the guitar correctly. All levels are welcome.

**Class size very limited, please bring your own guitar.**

Instructor for this class will be Raul Alcantara.

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

## HIP HOP DANCE LESSONS

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

Learn fun and energetic routines to the hip music of today. You'll learn a new and technical dance routine during the nine week session. Instructor for this class will be Crystal Betancourt.

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

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

**Ages 13-17 years.....Thursday.....7:00 - 7:45 pm**

## HIP HOP DANCE TEAM Advanced

**Ages 13-17 years.....Monday.....6:30 - 7:15 pm**

## H.O.W. COMPULSIVE EATERS – SPANISH

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

This class is conducted in Spanish. The program uses the principles of the 12 step program used in AA. **No class on May 30.**

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

## MEXICAN FOLK DANCE FOR YOUTHS

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

Learn all types of traditional dances from all the different regions of Mexico. A dance routine will be learned during the nine week session and costume attire will be required for the recital. Instructor for these classes will be Mary Lastra.

**Ages 6-8 years.....Wednesday / 5:00 - 5:45 pm**

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

**(8 yrs must have prior experience)**

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

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



**PIANO LESSONS**

**Boys & Girls**      **Fee: \$60 (6-12 years)/\$70 (13+ years)**  
**9 week session**      **Location: Girls Club House Room C**

This class will teach you the proper posture to have, finger techniques, musicianship, and how to read music notes. All levels are welcome. The instructor for this class will be Raul Alcantara.

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

**TINY TUMBLERS**

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

Your little one will learn how to do many tumbling movements. Your child will become more flexible and stronger with each class. Instructor for this class will be Crystal Betancourt. **No class September 5.**

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

**TUMBLING CLASS**

**Boys & Girls Ages 6-12 years**      **Fee: \$60**  
**9 week session**      **Location: Girls Club House**

Your child will learn the basics of gymnastics. This class is designed to improve your child's coordination and introduce them to flexible movements. Instructor for this class is Crystal Betancourt. **No class September 5.**

**Monday.....5:30 - 6:15 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 weeks session**      **Location: Girls Club House Rm B**

It's never too early to introduce your child to a school-like environment. This nine week session will encourage your 2 year old how to group socialization and participation in story telling, games, action songs, music, and crafts.

**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. **\*No class September 5.**

**Monday/Wednesday.....10:00 am - 11:30 am**  
**Tuesday/Thursday.....10:00 am - 11:30 am**

**TOT TIME CLASSES**

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

Children will learn primary numbers, colors, shapes and the alphabet. Children will also learn to follow directions and socialize with other children through games, songs, puzzles and crafts. **NO DIAPERS/PULL UPS ALLOWED IN CLASS. CHILD MUST BE POTTY TRAINED.** SPACE IS LIMITED IN EACH CLASS. **No class on May 30.**

**Monday / Wednesday.....9:00 - 11:00 am**  
**Monday / Wednesday.....12:00 - 2:00 pm**  
**Tuesday / Thursday.....9:00 - 11:00 am**  
**Tuesday / Thursday.....12:00 - 2:00 pm**

## YOUNG CHAMPIONS of AMERICA

**For more information call (714) 697-9128**  
**Or (714) 914-1123**

**REGISTER ON SITE**

**SELF DEFENSE LESSONS**

**Fee: \$10 per week**      **Age 5+ years**  
**Location: Auditorium**

Builds confidence, self-discipline and teaches valuable safety tips. A one time registration fee is due at the time of registration. **No class on July 4.**

**9 week session.....July 13 - August 7**  
**Wednesday.....5:00 - 8:00 pm**

## Notice: Cultural Art Workshops

Classes in this section are all (1) one day workshops and meet at the South Gate Museum & Art Gallery  
8680 California Avenue, South Gate, CA 90280

Registration can be done at the Girls Club House or Sports Center at South Gate Park. Online registration is available as well.

### WIRE WRAPPING JEWELRY: EARRINGS

**Ages: 12+ years old - Adults** **Fee: \$30**  
**ONE DAY CLASS** **Location: South Gate Art Gallery**

Learn how to make beautiful and unique earrings using the wire wrapping technique. Learn about the tools and terminology used in wire wrapping and the right methods of using them. Class instructor: Araceli Macias.

**Class Day.....Saturday, July 16**  
**Class Time.....11:00 am - 12:00 pm**

### WIRE WRAPPING JEWELRY: RINGS

**Ages: 12+ years old - Adults** **Fee: \$30**  
**ONE DAY CLASS** **Location: South Gate Art Gallery**

Learn how to make beautiful and unique rings using the wire wrapping technique. Learn about the tools and terminology used in wire wrapping and the right methods of using them. Class instructor: Araceli Macias.

**Class Day.....Saturday, July 23**  
**Class Time.....11:00 am - 12:00 pm**

### CAFECITO Y ARTE

**Ages: 11+ years old - Adults** **Fee: \$20**  
**ONE DAY CLASS** **Location: South Gate Art Gallery**

Let's make art while we drink Cafecito from a local coffee gem.

**Class Day.....Friday, July 29**  
**Class Time.....7:00 pm - 8:00 pm**

### WIRE WRAPPING JEWELRY: BRACELET

**Ages: 12+ years old - Adults** **Fee: \$30**  
**ONE DAY CLASS** **Location: South Gate Art Gallery**

Learn how to make beautiful and unique bracelets using the wire wrapping technique. Learn about the tools and terminology used in wire wrapping and the right methods of using them. Class instructor: Araceli Macias.

**Class Day.....Saturday, July 30**  
**Class Time.....11:00 am - 12:00 pm**

### DIY: NECKLACE

**Ages: 6+ years old - Adults** **Fee: \$30**  
**ONE DAY CLASS** **Location: South Gate Art Gallery**

Love music and accessories? Let's create a daisy chain choker necklace with guitar picks! Class Instructor: Melina Aguilar.

**Class Day.....Saturday, August 6**  
**Class Time.....10:00 am - 11:30 pm**

### DIY: ZINE

**Ages: 13+ years old - Adults** **Fee: \$10**  
**ONE DAY CLASS** **Location: South Gate Art Gallery**  
Zines are a great way to express yourself and can be easily shared. Let's learn how to make one!

**Class Day.....Saturday, August 13**  
**Class Time.....10:00 am - 11:00 am**

### DIY: PATCHES

**Ages: 11+ years old - Adults** **Fee: \$10**  
**ONE DAY CLASS** **Location: South Gate Art Gallery**  
Want to customize a favorite jacket of yours? In this class we will learn how to stencil and print onto canvas fabric to create a one-of-a-kind patches.

**Class Day.....Saturday, August 13**  
**Class Time.....11:30 am - 12:30 pm**

### COLLAGE POSTER DESIGN

**Ages: 9+ years old - Adults** **Fee: \$10**  
**ONE DAY CLASS** **Location: South Gate Art Gallery**  
Be the designer of your dream poster. What would you include?

**Class Day.....Saturday, August 13**  
**Class Time.....1:30 pm - 2:30 pm**

### TEEN MIXER

**Ages: 13-17 years old** **Fee: Free**  
**ONE DAY CLASS** **Location: South Gate Art Gallery**

Hey teens! Are you into art or an artist? Come hang out and meet one another. Refreshments will be served.

**Class Day.....Friday, August 19**  
**Class Time.....5:00 pm - 6:00 pm**

### DIY: RESIN KEYCHAIN

**Ages: 6+ years old - Adults** **Fee: \$30**  
**ONE DAY CLASS** **Location: South Gate Art Gallery**

Carry your favorite tune with you all the time. In this class we will be creating a media player resin keychain. Class Instructor: Melina Aguilar.

**Class Day.....Saturday, August 20**  
**Class Time.....10:00 am - 11:30 am**

### PLAY WITH RECORDS

**Ages: 9+ years old - Adults** **Fee: \$10**  
**ONE DAY CLASS** **Location: South Gate Art Gallery**

Let's put a new spin on a classic record. Join us to paint on some vinyl records donated by Yuri's Records.

**Class Day.....Saturday, August 20**  
**Class Time.....11:30 am - 12:30 pm**

### ART CIRCLE

**Ages: 18+ years old** **Fee: Free**  
**ONE DAY CLASS** **Location: South Gate Art Gallery**

Working on a piece of artwork that you've been struggling with and need advice from your peers? Stop by with your project and get some insight.

**Class Day.....Saturday, August 20**  
**Class Time.....1:30 pm - 2:30 pm**



OPEN CALL TO ARTISTS

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# MY NEIGHBORHOOD MI BARRIO

My Neighborhood/Mi Barrio is an ode to the communities that continuously shape us. While we all inhabit different spaces that we may call our hometown, our neighborhood, our barrio, there is comfort in shared experiences, goals, and aspirations that create community connections. Think about how you would respond to the question "where are you from?" Show us the essence of your barrio. Stories of rekindled memories from those who walked those same neighborhoods long before you walked them too. The feeling you get when you pass by that certain block. Visions of the potential for the different, the new, and the innovate in your current spaces. Through your creative lens, shed light onto the people and places that make you who you are.

**SUBMISSIONS OPEN: MONDAY, JUNE 6, 2022 9AM**

**DEADLINE TO SUBMIT: MONDAY, SEPTEMBER 5, 2022 11:59PM**

For more information email [jmejia@sogate.org](mailto:jmejia@sogate.org) or call (323) 563-5478  
follow us on instagram [@southgatemuseum](https://www.instagram.com/southgatemuseum) to keep updated!

CONVOCATORIA DE ARTISTAS

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CITY OF SOUTH GATE

# ART WALK

**SATURDAY, OCTOBER 15**

**ARTIST & VENDOR APPLICATION  
OPENS AUGUST 22 - SEPTEMBER 19**



# PAR 3 GOLF COURSE DISC GOLF

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

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

## HOURS OF OPERATION

Monday - Sunday.....8:00 am - 5:00 pm  
Last Tee Time is 3pm

### GREEN FEES

	WEEKDAY	WEEKEND
YOUTH	\$8	\$9
ADULT	\$9	\$11
SENIOR/DISABLED	\$8	\$9
MILITARY	\$8	\$9

### Double Play Tuesdays

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

### CLUBHOUSE AMENITIES

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

### SENIOR DISCOUNTS

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

### SENIOR GOLF CARD

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



## **GOLF TOURNAMENTS:**

**Summer Fun Tournament:  
July 23, 2022**

**Start Time:**  
8:30 am

**Fee:**  
\$10 per player





## POOL SCHEDULE

**June 6 - September 4, 2022**

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

### FAMILY SWIM HOURS\*

Monday - Sunday.....1:00 pm - 2:30pm  
.....3:00 pm - 4:30 pm

Monday - Friday.....7:30 pm - 9:00 pm

\*Subject to pre-sale 30 minutes before the start of Family Swim hours. Please call for more information.

### ADULT SWIM HOURS

Monday - Thursday.....11:30 am - 1:00 pm  
.....9:00 pm - 9:45 pm

Saturday - Sunday.....12:00 pm - 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 - Thursday.....8:00 am - 11:00 am

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

Saturday - Sunday.....9:00 am - 12:00 pm

### SUNRISE SWIM HOURS

Sunrise swim is back! This session is lap swimming in a designated area for Adults Only unless given permission by supervising staff.

Monday - Thursday.....6:00 am - 7:30 am

Due to Covid-19 regulations pool hours are subject to change without notice.

## POOL REGULATIONS

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

## DAILY RATES

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

## PUNCH CARDS ALSO AVAILABLE

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

## LEARN-TO-SWIM PROGRAMS

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

Swim lessons are progressive in nature, so the new classes available during registration change per session, based on the successful completion of the students in the previous session. Pre-test is available upon request. Please bring child and swim suit with you before registration during open hours.

**Please Note: If this is the first time registering for a class with us, please bring your child's birth certificate or school I.D, and your Driver's License. Registration is available online and in-person. It is first-come, first served and begins at 9:00 am. For questions, please call us at (323) 563-5446.**



### GROUP SWIM LESSONS

**Boys & Girls**                      **Ages 6 months - 17 years**  
**4 week sessions**              **approx. 25 minute classes**

**Monday/Wednesday**              **5:00 pm - 7:30 pm**  
**Tuesday/Thursday**              **5:00 pm - 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..... May 28, July 2, July 30**

**Classes Begin..... June 6, July 5, August 1**

**Parent & Child ..... \$53**

**Tiny Tots (3-5 yrs. old) ..... \$55**

**Youth (6-17 yrs. old) ..... \$44**

## 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 headfirst 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 swim with more ease, efficiency, power, smoothness and over 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.





### PRIVATE SWIM LESSONS

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

Private swim lessons are taught one-on-one. All private swim lesson participants will be granted free entry into our Recreation Swim sessions that take place Monday - Thursday from 3:00 - 4:30 p.m. for additional practice time in the water.

**Registration Dates** .....Please call for waitlist  
**Classes Begin**.....June 10, July 8, August 1  
**Tiny Tots (3-5 yrs. old)**.....\$106  
**Youth (6-17 yrs. old)**.....\$106  
**Adults (18+ yrs. old)**.....\$110

### SEMI-PRIVATE SWIM LESSONS

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

Semi-private lessons are taught in a group of 2 - 3 students of like-skill. All semi-private swim lesson participants will be granted free entry into our Recreation Swim sessions that take place Monday - Thursday from 3 - 4:30 p.m. for additional practice time in the water.

**Registration Dates** Please call for waitlist  
**Classes Begin**.....June 10, July 8, August 5  
**Tiny Tots (3-5 yrs. old)**.....\$64  
**Youth (6-17 yrs. old)**.....\$64  
**Adults (18+ yrs. old)**.....\$64

## SWIM STADIUM MEMBERSHIPS

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

#### SPLASH

Public Swim/Lap Swim/Adult Swim/Showers

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

#### SPORTS & SPLASH

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

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

#### PREMIER

Everything included with Fitness, Sports & Splash

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

## FREE COMMUNITY SWIM DAYS

Join us for FREE Community Swim Days this summer! Come learn how to stay safe in and around the water, and tips on other ways to beat the summer heat. Featuring lawn games, music, and prizes, plus the first 250 people get free entry into the pool.

### Summer Kick-Off Splash!

**Saturday, June 25 from 5-7pm**

### 4th of July Splash!

**Saturday, July 2 from 5-7pm**

### Back-to-School Splash!

**Saturday, August 13 from 5-7pm**

## GATOR SWIM ACADEMY

**8 week sessions**

**Fee \$140**

**Boys & Girls**

**Ages 6-17 years**

**Monday - Thursday**

**6:40 pm - 7:25 pm**

The Gators Swim Academy is a summer novice program designed for kids with advanced swimming skills to further their training in a fun and supportive environment. This pre-competitive swim program aims to improve technique in all four strokes, starts and turns, plus build strength, endurance, and speed. Kids will get an opportunity to compete in a mock swim meet against local swim teams at the end of the summer. Participation in this program will help swimmers transition to a local community swim team, club swim team, high school team and more.

**Beginner Group.....9:00 am**

**Intermediate Group.....10:00 am**

## JUNIOR WATER POLO

**4 week sessions**

**Fee \$30**

**Boys & Girls**

**Ages 6 - 12 years**

**Friday s**

**6:40 pm - 7:25 pm**

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

**Registration Dates.....May 28, July 2, July 30**

**Classes Begin.....June 10, July 8, August 5**

## SURFING 101

**4 week sessions**

**Fee \$50**

**Boys & Girls**

**Ages 13+ years**

**Saturdays**

**8:00 am - 8:45 am**

There's nothing quite like the thrill of riding a wave! If you've always dreamed of learning how to surf but are not a very strong swimmer, our instructors will help get you closer to making that dream a reality. This beginner -level class is designed to help improve your swimming technique, endurance, and stamina, plus introduce basic surf skills such as the pop-up, paddling, turning your board, and standing up in a controlled environment before hitting the waves. Please note: this class takes place in the deep end, ability to swim two laps of freestyle required.

**Registration Dates.....May 28, July 2, July 30**

**Classes Begin.....June 11, July 9, August 6**



# Free Event!

**The** June 23, 2022  
**World's Largest**  
**Swimming Lesson™**

**All Ages Welcome!**

**Registration begins June 1, 2022.**

**Check-in begins at 11:00am. Event begins at 12:00pm sharp!**

Become a world record holder! Join thousands of people at aquatic facilities around the globe for the World's Largest Swimming Lesson on Thursday, June 23, 2022. We're making a huge splash to spread the word that *swimming lessons save lives*! Don't miss your chance to participate in the twelfth annual WLSL event to help prevent drowning- the second leading cause of injury-related death of children ages 1-14.



ADULT GROUP SWIM LESSONS PROGRAM

**Ages 18 years & over** **Fee: \$61**

Class is twice a week for four weeks. New enrollees, please bring your driver's license or I.D.

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.....May 28, July 2, July 30**  
**Classes Begin .....June 6, July 5, August 1**  
**Class day.....Mon/Wed or Tues/Thurs**  
**Class time.....9:00 pm - 9:45pm**

ADULT AND PEDIATRIC CPR/FIRST AID /AED TRAINING



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

This is a blended learning class and requires proof of online content completion to attend the in-class portion. 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 at (323) 563-5446.

AQUA AEROBICS **Ages 18+**

**Fee: \$5 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.

**Tuesday & Thursday.....9:00 pm - 9:45 pm**

MASTER SWIM **Ages: 18+**

**Fee: \$5 per class**

Whether you're a triathlete, open water swimmer or just want to maintain fitness or brush up on stroke technique, we got you covered! Masters Swimming is designed for adults, 18 years and over. Ability to swim 100 yards of free and backstroke as well as knowledge of breaststroke and butterfly is suggested.

**Class day.....Monday/Wednesday**  
**Class time range between.....9:00 pm - 9:45 pm**

SENIORCISE **Ages: 55+**

**Fee: \$3 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.

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

WATER POLO OPEN PLAY

**Per session** **Fee \$5**

**Ages 18+ years & over**

**Monday & Wednesday** **9:00 pm - 9:45 pm**

Water polo is so much fun! Whether you're a retired collegiate water polo player, or an amateur with heart, this open play time is an opportunity to hone your skills and enjoy a good clean pickup game of water polo.

**Program Begins.....June 6**

POOL RENTAL INFORMATION

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

# SPORTS/FITNESS CENTER



**(323) 563-5445 • 9520 HILDRETH AVE.**

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

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

## HOURS OF OPERATION

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

## SKATE PARK

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

### Skate Park Hours:

**(June 2 - August 20, 2022)**

Monday - Friday ..... 10:00 am - 7:00 pm  
Saturday ..... 10:00 am - 4:00 pm  
Sunday ..... Closed



# GROUP EXERCISE CLASS SCHEDULE

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

## Monday

**Boot Camp**  
Sports Center  
8:15am-9am

**Yoga (Virtual)**  
Via Zoom  
8:15am-9am

**Yoga**  
Sports Center  
9:15am-10am

**Over Easy (Seniors)**  
Sports Center  
10am-11am

**Boot Camp**  
Sports Center  
5pm-5:50pm

**Young & Fit**  
Sports Center  
5pm-5:50pm

**Step Aerobics**  
Sports Center  
6:00pm-6:50pm

## Tuesday

**Seniorcise**  
Sports Center  
10am-11am

**Teen Gainz**  
Sports Center  
4:15pm-5pm

**Fun & Fit**  
Sports Center  
5pm-5:50pm

**Tone It Up**  
Sports Center  
6pm-6:50pm

## Wednesday

**Boot Camp**  
Sports Center  
8:15am-9am

**Yoga (Virtual)**  
Via Zoom  
8:15am-9am

**Yoga**  
Sports Center  
9:15am-10am

**Over Easy (Seniors)**  
Sports Center  
10am-11am

**Boot Camp**  
Sports Center  
5pm-5:50pm

**Young & Fit**  
Sports Center  
5pm-5:50pm

**Step Aerobics**  
Sports Center  
6:00pm-6:50pm

## Thursday

**Seniorcise**  
Sports Center  
10am-11am

**Teen Gainz**  
Sports Center  
4:15pm-5pm

**Fun & Fit**  
Sports Center  
5pm-5:50pm

**Tone It Up**  
Sports Center  
6pm-6:50pm

## Friday

**Evening Boot Camp**  
Sports Center  
6pm-6:50pm

## Saturday

**Morning Zumba**  
Sports Center  
9:30am-10:20am

**Boot Camp**  
Sports Center  
10:30-11:20am

### Daily Rate:

\$7 - Adult

\$6 - Teen, Senior, Military, Disabled

No entry into class will be allowed, 10 minutes after class begins.

Mask Recommended.

First come, first serve. Space is limited.

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

### BOOT CAMP

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

### FUN & FIT

This class will incorporate fun ways to burn calories. From Caveman throws and agility competitions to relay races; let's make sweating fun!

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

### TEEN GAINZ

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

### TONE IT UP

Our newest Aerobic 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.

# MONTHLY MEMBERSHIP PLANS

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

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

**Membership Payment Policy:**

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

**\*\*SPLASH ADD-ON OPTION - \$6 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.

## PRIVATE

(1 on 1)  
Receive undivided attention from one of  
Our Certified Personal Trainers.

<b>1 SESSION</b>	<b>\$30</b>
<b>4 SESSIONS</b>	<b>\$116</b>
<b>8 SESSIONS</b>	<b>\$216</b>
<b>12 SESSIONS</b>	<b>\$282</b>



**EXCLUSIVELY FOR  
FITNESS & PREMIER MEMBERS**

## SEMI-PRIVATE

(2-3 people)  
Don't ditch your gym partner! Choose  
personal training sessions with friends.

<b>4 SESSIONS</b>	<b>\$73</b>
<b>8 SESSIONS</b>	<b>\$136</b>
<b>12 SESSIONS</b>	<b>\$175</b>
<b>16 SESSIONS</b>	<b>\$194</b>

Prices per person

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

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.





**EXCLUSIVELY FOR MEMBERS**

Fitness staff will track your weight and body fat weekly.  
All participants will have access to sample meal recommendations along with exclusive access to group workouts and resistance training sessions.

**Begins July 11, 2022**

**ONLY \$50 FOR 12 WEEKS!**

TONE UP      LOSE WEIGHT  
MAKE FRIENDS      WEEKLY PRIZES

 **REGISTER AT THE SPORTS CENTER**  
323.563.5445 



**NEW! YOUTH! BIGGEST LOSER NEW!**

OUR POPULAR 12-WEEK FITNESS PROGRAM IS NOW AVAILABLE FOR KIDS!  
Begins July 11, 2022

AGES | 7-13  
ONLY \$50

PLAY GAMES      MAKE FRIENDS  
LOSE WEIGHT      COME HAVE FUN

 **REGISTER AT THE SPORTS CENTER**  
323.563.5445 



**FUN 2022 RUN**

JOIN US FOR A FUN 1 MILE RUN  
SATURDAY, JULY 16, 2022  
12:00 PM

**ALL AGES**

**PRICE: \$10 DAY OF: \$20**

RUN WILL TAKE PLACE WITHIN SOUTH GATE PARK  
RUNNERS WILL RECEIVE SUNGLASSES AND COOLING TOWEL  
(WHILE SUPPLIES LAST)

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





**CITY OF SOUTH GATE**  
REGISTRATION OPENS JULY 25TH

**\$25.00/ TEAM**  
**RAFFLES**  
**PRIZES**  
**3 PLAYERS/ TEAM**

**AUGUST 27**

CALL SPORTS CENTER FOR MORE INFO  
323-563-5445

**OVER THE LINE TOURNAMENT**





**WELCOME  
BACK!**

### OFFICE HOURS:

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

### **MEALS ON WHEELS - FOOD SERVICE**

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

### SENIOR CENTER ACTIVITIES

#### **BINGO**

Begins.....July 1  
Day.....Monday  
Time.....1:00 pm - 3:00pm  
Location.....Senior Center Main Hall

#### **CRAFTS**

Begins.....June 29  
Day.....Wednesday  
Time.....9:00 am - 11:00am  
Location.....Senior Center Conference Room

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

##### In person meal schedule:

Come in and enjoy a hot meal with some of your friends or neighbors. Everyone must make a reservation in order to receive the onsite meals. For reservations please call (562) 806-5400 extension 217.  
Donation per day..... \$2.25  
Day:.....Monday, Tuesday, Thursday, Friday  
Start time:.....11:30 am

##### Grab and Go schedule:

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

#### **THAI CHI**

Begins.....June 28  
Day.....Tuesday & Thursday  
Time.....10:00 am - 11:00 am  
Location.....Senior Center Conference Room



# COMMUNITY EXCURSIONS

**On-site & Online Trip Registration Begin: June 13, 2022**

Registration is held at the Girls Club House office, Monday - Thursday from 8:30 am to 5:00 pm

**ALL FEES ARE DUE AT THE TIME OF REGISTRATION**

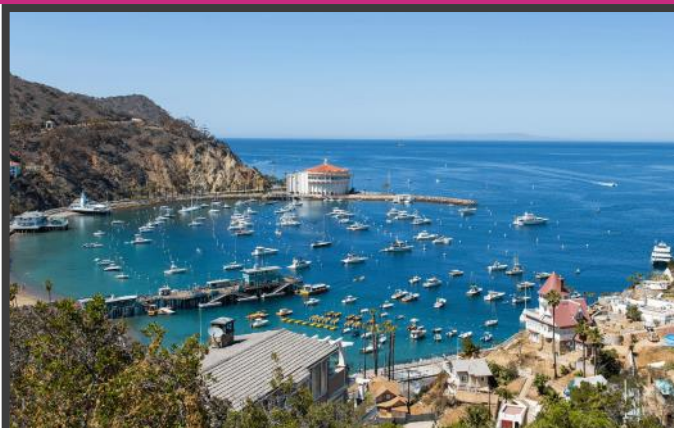
Please Note: All cancellations must be during our office business hours and there will be a \$10 administration fee per person. Refunds are only granted if spaces can be re-sold. All trips go, rain or shine, unless otherwise notified. Please arrive 10-15 minutes before scheduled departure and check-in at the office with trip escort. There is no grace period.

**ALL DEPARTURES LEAVE FROM THE GIRLS CLUB HOUSE AS SCHEDULED (TRAFFIC/WEATHER PERMITTING).  
UPON RETURN FROM TRIP DESTINATIONS, CHECK IN WITH ESCORT AT DESIGNATED TIME OF DEPARTURE. BUS WILL DEPART AT DESIGNATED TIME ANNOUNCED BY ESCORT.**

**NO REFUNDS FOR CANCELLATIONS OR "NO-SHOWS" THE DAY OF THE TRIP.**

**\*\*FACE MASKS MUST BE WORN REGARDLESS OF VACCINATION STATUS\*\***

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



## **CATALINA ISLAND - LONG BEACH PORT**

LUNCH ON YOUR OWN.

Friday, August 5 .....Fee: \$60.00  
Departure: 8:00 am.....Return: 8:00 pm

## **AUGUSTINE CASINO - COACHELLA**

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

Thursday, July 7 .....Fee: \$20.00  
Departure: 7:00 pm.....Return: 7:00 pm

## **ORANGE COUNTY FAIR - COSTA MESA**

LUNCH ON YOUR OWN.

Thursday, July 21 .....Fee: \$20.00  
Departure: 10:00 am .....Return: 7:00 pm

## **LAS BRISAS RESTAURANT - LAGUNA BEACH**

BREAKFAST IS INCLUDED.

Wednesday, July 27 .....Fee: \$50.00  
Departure: 8:00 am.....Return: 5:00 pm

## **VALLEY VIEW CASINO - VALLEY VIEW**

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

Thursday, August 11 .....Fee: \$20.00  
Departure: 7:00 am.....Return: 7:00 pm

## **3RD STREET PROMENADE - SANTA MONICA**

LUNCH ON YOUR OWN.

Wednesday, August 28.....Fee: \$10.00  
Departure: 9:00 am.....Return: 5:00 pm

## **SABOBA CASINO - SAN JACINTO**

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

Thursday, September 1 .....Fee: \$20.00  
Departure: 7:00 pm.....Return: 7:00 pm

## **HUNTINGTON BEACH FARMERS MARKET HUNTINGTON BEACH**

LUNCH ON YOUR OWN.

Friday, September 16.....Fee: \$10.00  
Departure: 10:00 am .....Return: 5:00 pm

## **OLD TOWN SAN DIEGO - SAN DIEGO**

LUNCH ON YOUR OWN.

Wednesday, September 21.....Fee: \$10.00  
Departure: 8:00 am.....Return: 7:00 pm





**PARKS & RECREATION ADMINISTRATION  
OFFICE HOURS**

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

The City of South Gate Parks and Recreation Department has facilities available for rent for special occasions or business trainings. Use of alcoholic beverages may be permitted with additional regulations. All reservations are on a first come, first serve basis.

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

**BANQUET ROOM RATES**

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

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

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

\*Call for Commercial Rates

**GIRLS CLUB HOUSE RATES**

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

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

\*Call for Commercial Rates

**MUNICIPAL AUDITORIUM RATES**

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

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

\*Call for Commercial Rates

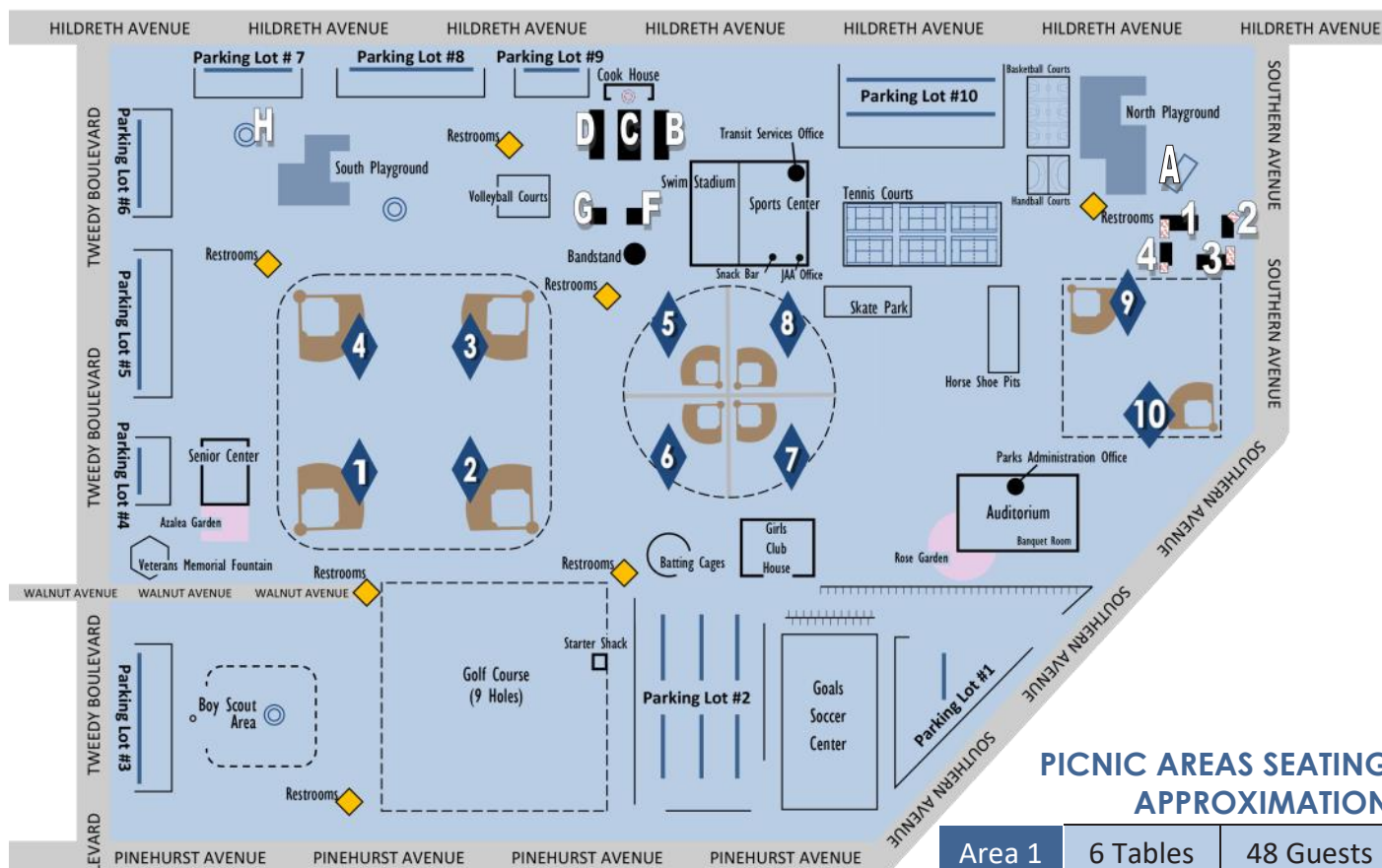


**ROSE ARBOR RATES**

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

**Fee.....\$179.00**





## PICNIC AREAS SEATING APPROXIMATION

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

## PICNIC AREA RESERVATION RATES

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

### 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.

Hollydale Regional Park Picnic Area  
9 Tables - 72 Guests



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

Baseball Field Rentals contact the Sports Center at (323) 563-5445

Pool Rental information call the Patricia G. Mitchell Swim Stadium at (323) 563-5446

Batting Cage usage information contact Goals Soccer Center at (323) 923-4650



# THE GATE



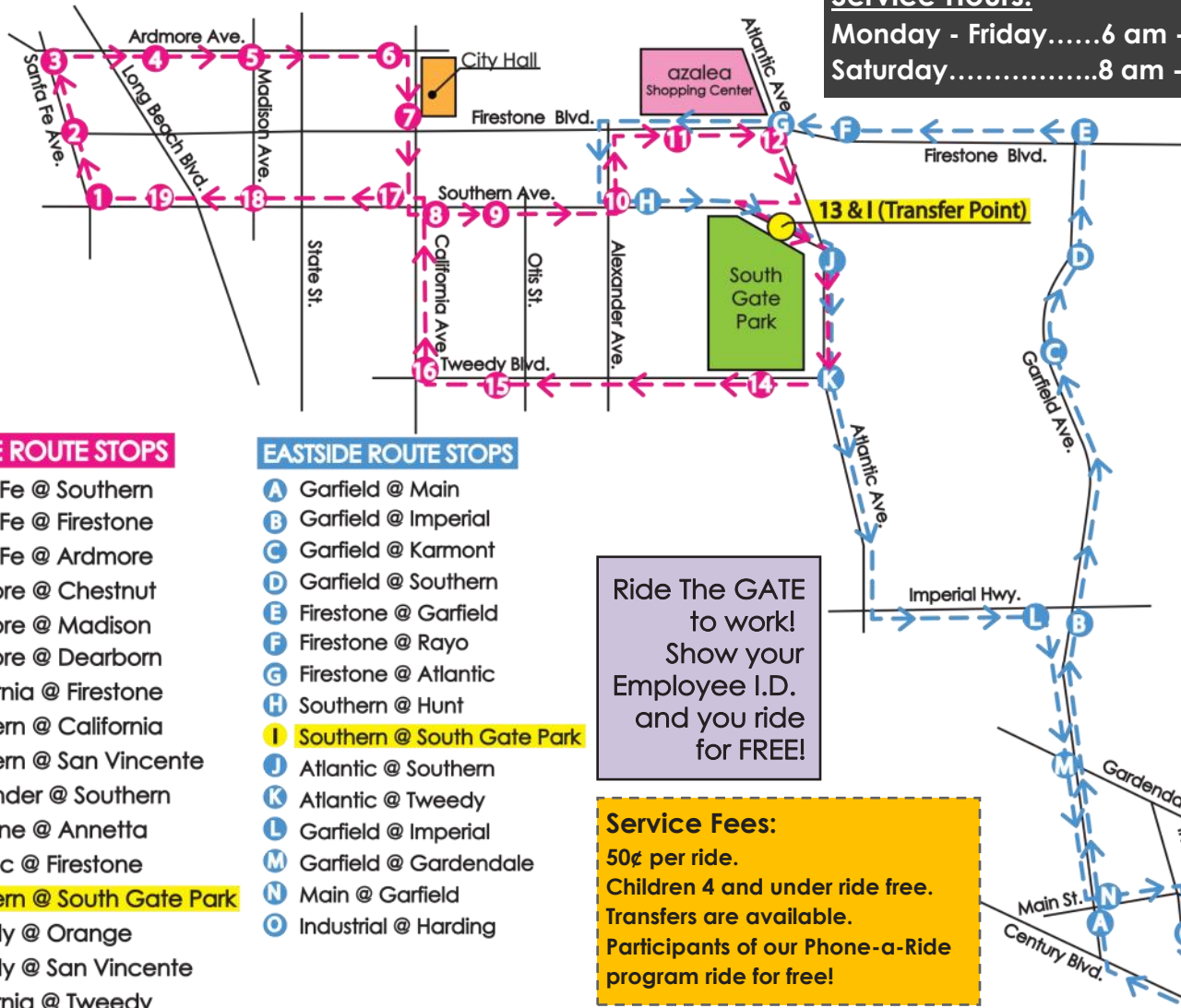
(323) 563-5754 • 9520 HILDRETH AVE

## GET AROUND TOWN EXPRESS

### Service Hours:

Monday - Friday.....6 am - 7 pm

Saturday.....8 am - 5 pm



### 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 I.D.  
and you ride  
for FREE!

### Service Fees:

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

Service Provider is Global Paratransit, Inc.

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



# TRANSPORTATION SERVICES

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

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

## Sales Hours

Monday - Friday.....12 - 6 PM  
Saturday - Sunday.....Closed

Senior/  
Disabled Tap

**\$16**

K-12  
Tap

**\$17**

College/  
Vocational Tap

**\$32**

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

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



## Phone A Ride Service / Servicio de Phone A Ride

The City of South Gate offers its residents 62 years of age and older or who are permanently disabled a service that allows them to obtain transportation around the city for a minimal fee (there are exceptions to certain medical facilities outside the city). **THIS SERVICE IS NOT PROVIDED FOR THOSE CAPABLE OF TRANSPORTING THEMSELVES OR FOR TRIPS TO AND FROM THEIR PLACE OF EMPLOYMENT OR SCHOOL.**

### Registration Information:

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

Monday - Friday, 12 pm - 5:30 pm

\*No hand written documents accepted

*La ciudad de South Gate ofrece a sus residentes de 62 años de edad o más o que están incapacitados, un servicio especial que los ayuda a obtener transportación dentro de la ciudad a un precio reducido. **ESTE SERVICIO NO ESTA DISEÑADO PARA LOS QUE PUEDEN MOVILIZARSE POR SI MISMO, NI PARA VIAJAR A LUGAR DE EMPLEO O A LA ESCUELA.***

**Como Inscribirse:** Individuos registrándose deben presentar su I.D. vigente, y comprobante de domicilio (recibo de gas, luz, o agua)

Lunes a Viernes de 12 pm a 5:30 pm

\*No aceptamos documentos escritos a mano.

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

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

# PROGRAMAS DEPORTIVOS

9520 Hildreth Avenue • (323) 563-5445

## CLASES DE BALONCESTO PARA PEQUEÑOS \$52

**Niños y Niñas** 9 semanas  
Estas clases les 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 pm - 5:45 pm  
7-8 años.....Lunes.....6:00 pm - 6:45 pm  
9-12 años.....Lunes.....7:00 pm - 7:45 pm

## CLASES DE BEISBOL PARA PEQUEÑOS \$52

**Niños y Niñas** 9 semanas  
Estas clases les enseñará a sus pequeños los fundamentos básico del deporte. Los estudiantes tendrán la oportunidad de jugar entre si para poner en practica lo aprendido. Estas clases tendrán lugar en el parque de South Gate y Legacy High School.

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

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

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

## CLASES DE VOLEIBOL \$52

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

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

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

**Niños y Niñas** 9 semanas  
Este programa de nueve semanas les 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.

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

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

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

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

## CLASES DE BALONCESTO PARA PEQUEÑOS \$52

**Niños y Niñas** 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 pm - 5:45 pm  
7-8 años.....Lunes.....6:00 pm - 6:45 pm  
9-12 años.....Lunes.....7:00 pm - 7:45 pm

## CLASES DE BALONCESTO PARA PEQUEÑOS \$52

**Niños y Niñas** 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 pm - 5:45 pm  
7-8 años.....Lunes.....6:00 pm - 6:45 pm  
9-12 años.....Lunes.....7:00 pm - 7:45 pm

## CLASES DE SOCCER PARA PEQUEÑOS \$52

**Niños y Niñas** 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.

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

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

## CLASES DE TENIS \$65

**5-17 años de edad** 9 semanas  
Esta clases les enseñará como jugar este deporte. Traigan sus amigos y aprendan juntos!

Clase para Principiante.....Miércoles.....4:00 pm - 5:00 pm  
Clases de Nivel Avanzado.....Miércoles.....5:00 pm - 6:00 pm

## FIT CAMP FOR KIDS \$52

**Niños y Niñas** 9 semanas  
Este clase esta diseñada para educar a la familia a como quemar calorías usando juegos para sus pequeños. También se les enseñará como leer los ingredientes nutritivos en los paquetes de comida para poder determinar opciones mas saludables para la familia.

Jueves.....5:00 pm - 6:00 pm  
Sábado.....8:30 am - 9:30 am





# PROGRAMAS RECREATIVOS

4940 Southern Avenue • (323) 563-5447

## CLASES DE ARTE

\$75

Niños y Niñas (7-17 años)

9 semanas

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

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

## CLASES DE BAILE

\$60

Niños y Niñas

9 semanas

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

### Baby Boogie (3-5 años)

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

### Ballet (3-9 años)

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

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

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

9+ años.....Martes.....7:15 pm - 8:30 pm

### Hip Hop (6-8 años)

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

### Hip Hop (9-12 años)

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

### Hip Hop (13-17 años)

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

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

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

## CLASES DE FOLKCLORICO

\$60

Niños y Niñas

9 semanas

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

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

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

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

### 12+ años (clase avanzada)

Miércoles.....7:15 pm - 8:00 pm

## CLASES DE GIMNASIA

\$60

Niños y Niñas

9 semanas

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

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

## CLASES DE INSTRUMENTOS MUSICALES

\$60

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

## CLASES DE ENTRENAMIENTO PARA PERROS

\$70

9 semanas

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.

7-17 años.....Martes.....4:00 pm - 5:00 pm

## FASHION SKETCHING

\$75+\$10 artículos de arte

Niños y Niñas

9 semanas

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

7-17 años.....Martes.....4:00 pm - 5:00 pm

## H.O.W. COMEDORES COMPULSIVOS

GRATIS

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

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

## TINY TWO'S

\$90

9 SEMANAS

Lugar: Girls Club House Rm. B

Esta sesión de nueve semanas alentará a su hijo de 2 años 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

Los 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.

## CAMP DE BAILE

Niños y Niñas Edades 8-17 years

Fee: \$120

5 días

Lugar: Girls Club House Main Hall

Esta será una clase intensiva de baile de verano; trae agua y una toalla pequeña a cada clase! Este emocionante y enérgico campamento se centrará en estilos de baile como Jazz, Salsa y Hip Hop. La clase incluye ejercicios de calentamiento y acondicionamiento adecuados para el bailarín. Los estudiantes aprenderán coreografías y podrán construir su propia coreografía. Los estudiantes también trabajarán en grupos pequeños y tendrán una pequeña presentación para familiares y amigos.

Fecha.....11 - 15 de Julio

Horario .....9:00am - 12:00pm

# SOUTH GATE CONNECT

\*\*\*\*ECRWSEDDM\*\*\*\*

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ECR WSS  
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BELL GARDENS  
CA, 90201

## *Fourth of July* **Independence Day Celebration!**

**Dazzling Fireworks Display at  
South Gate Park  
July 4th  
at 9:00 pm - Ball Diamond #1**

## **Come to the Carnival!**

(Off of Tweedy Boulevard & Walnut Avenue)

Enjoy the thrill rides!  
Try your luck on the midway games!  
There'll be candy apples, popcorn, cotton candy & other goodies!

**Friday, July 1 5:00 pm - 11:00 pm**  
**Saturday, July 2 2:00 pm - 11:00 pm**  
**Sunday, July 3 2:00 pm - 11:00 pm**  
**Monday, July 4 2:00 pm - 11:00 pm**

Times subject to change without notice

**For more information please call 323.563.5479**  
**JAA All-Star Baseball Games on Diamonds 5-10 at 9:00 am**



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