

SOUTH GATE

FALL 2022

CONNECT



City News / Parks & Recreation Guide

CENTENNIAL CELEBRATION • HOUSEHOLD WATER ASSISTANCE PROGRAM

SPECIAL EVENTS: Senior Health Fair • 2022 Art Walk



FALL
2022



City of
**South
Gate®**

**SOUTH GATE
CITY HALL**

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

8650 California Avenue
South Gate, CA 90280

Administration
(323) 563-9501

City Council Office
(323) 563-9543

cityofsouthgate.org

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**

Alan Flores
~Chair

Lizette Ruiz
~Vice Chair

Vacant
~Secretary

Jennifer Cypert
~Commissioner

Vacant
~Commissioner

Public Meeting Schedules

CITY COUNCIL MEETINGS

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

Council Meetings are being held in person at the Council Chambers and via teleconference. For the updated dial-in number, please visit www.cityofsouthgate.org/AgendaCenter 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

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

KNOW THE SIGNS OF MONKEYPOX



EARLY SIGNS MAY INCLUDE FEVER, MALAISE (A GENERAL FEELING OF DISCOMFORT), HEADACHE, SWOLLEN LYMPH NODES, AND SOMETIMES COUGH OR SORE THROAT. OTHER SYMPTOMS INCLUDE MUSCLE ACHES, BACKACHE, CHILLS, AND EXHAUSTION, FOLLOWED BY A RASH THAT TYPICALLY BEGINS ON THE FACE AND SPREADS TO OTHER PARTS OF THE BODY.



FEVER AND HEADACHE



RASHES, BUMPS OR BLISTERS



MUSCLE ACHES



SWOLLEN LYMPH NODES

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If you think you have Monkeypox, you should:

1.) Contact your healthcare provider, 2.) Call 211 for referrals if you don't have a provider or visit the website: ph.lacounty.gov/monkeypox.

Protect Yourself and Others from COVID-19

FREE COVID-19 TESTING LOCATIONS IN SOUTH GATE

myturn.ca.gov or call 1-888-634-1123



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 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.



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

The City of South Gate will turn 100 on January 20, 2023. Come celebrate with us on Saturday, January 21, 2023 as we kick off the year-long celebration!

SAVE THE DATE!

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



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

Some of the other events throughout the year will include:

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

Check future issues of the South Gate Connect and visit our website at cityofsouthgate.org to get more details as the year progresses.

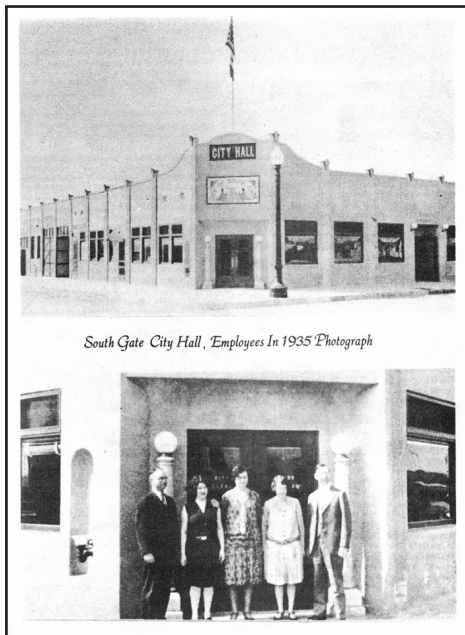
SPONSOR

Consider making a donation to strengthen community partnerships and support Centennial activities. Email: sg100@sogate.org.

GET INVOLVED

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

A look back in time..



City of South Gate Offers Low Income Household Water Assistance Program to it's Residents



Residents of South Gate who utilize the City's water system may qualify for one-time assistance through the Low Income Household Water Assistance (LIHWAP) Program reducing their water charges by up to \$2,000. The program is intended to help pay past due balances of the household's residential water bill. There is no date restriction for when the past due amount occurred, and the program will operate through August 31, 2023.

How Do I Apply?

Households can apply for LIHWAP assistance through your local LIHWAP service provider, Long Beach Community Action Partnership.

To learn more about how to apply, contact Long Beach Community Action Partnership by calling (888) 351-4061 or visiting their website at <https://www.lbcap.org>. **For additional questions, please contact the water billing department at (323) 563-9586.**

WASTE MANAGEMENT BULKY ITEM PICK UP SERVICES

Did you know that you can use the WM bulky item program to schedule the removal of electronic waste? Each item of electronic waste counts as one of the items residents are eligible for when scheduling a bulky item pick up.

WM allows residential customers one free bulky item pick up per month of up to 10 items per scheduled collection.

Bulky items can include televisions, chairs, sofas, appliances, bed frames, mattresses, lawn furniture, etc. WM will not collect any of the following items: tires, carpet, construction and demolition debris, dirt, hazardous waste, batteries, couch beds, and excessively heavy items.

How to Schedule a Bulky Item Pick Up

Visit home.wm.com/south-gate or call WM Customer Service at (800) 774-0222 to schedule your bulky item pick up. All bulky item requests must be made at least 48 hours before your normally scheduled trash and recycling service.

Bulky Item Drop Off

South Gate residents can also drop off bulky items at the WM Transfer Station located at 4489 Ardine St, South Gate, CA 90280. Bulky items must be dropped off Monday – Friday between 8:00 a.m. and 5:00 p.m. Electronic waste, tires, and household hazardous waste are not accepted as part of the bulky item drop off program. For more information visit home.wm.com/south-gate or call WM Customer Service at (800) 774-0222.



It's As Easy As 1-2-3!



CALL-US



SET-OUT



PICK-UP



A LOOK AT SOUTH GATE'S POLICE BADGES THROUGHOUT THE YEARS

Since the medieval times, those who held a position of responsibility for the safety of others and enforcement of rules wore a coat of arms representing their allegiance and loyalty. Hundreds of years later, police officers wear a badge as a symbol of the legal authority granted by the government that they serve and identifies the employer law enforcement agency. Much like the coat of arms, a police badge is a symbol of authority, respect, integrity, and trust.

The South Gate Police Department has had different police badges since it was established in 1923. In its inception, South Gate Police Officers wore the "eagle top" badge which included the city seal in the center and the rank ribbon over the top. The badge has evolved into the iconic "shield" badge, which is what the SGPD officers wear today; both are shown below. The shield is much like the eagle top badge, but it also illustrates our Hall of Justice (the police department building).

In 2018, as a tribute to the fallen heroes of September 11, SGPD officers designed a special badge. The badge depicts the Twin Towers, the Pentagon, the U.S. Flag, and the number of first responder firefighters and police officers who paid the ultimate sacrifice the day of the attacks. This special badge is worn during the month of September in honor and remembrance of the 9/11 victims.

As part of the Pink Patch Project, SGPD created a pink shield badge. Officers wear the pink badge and uniforms with pink edition patches during the month of October for National Breast Cancer Awareness month. Many police agencies across the nation have joined the project to promote awareness. For more information on the Pink Patch Project, please visit pinkpatchproject.com.

To celebrate the City's 100th birthday, we will have a special centennial badge designed. Stay tuned and follow the South Gate Police Department's Instagram for its reveal!

Although a law enforcement badge may seem like only a simple portrayal of position and authority, it represents the willingness to sacrifice one's safety to assist others. It is a symbol and a promise to uphold the best interests of their community within their position, and it is proudly worn by every officer.



**Protect Your Home...
Protect Your Community...**

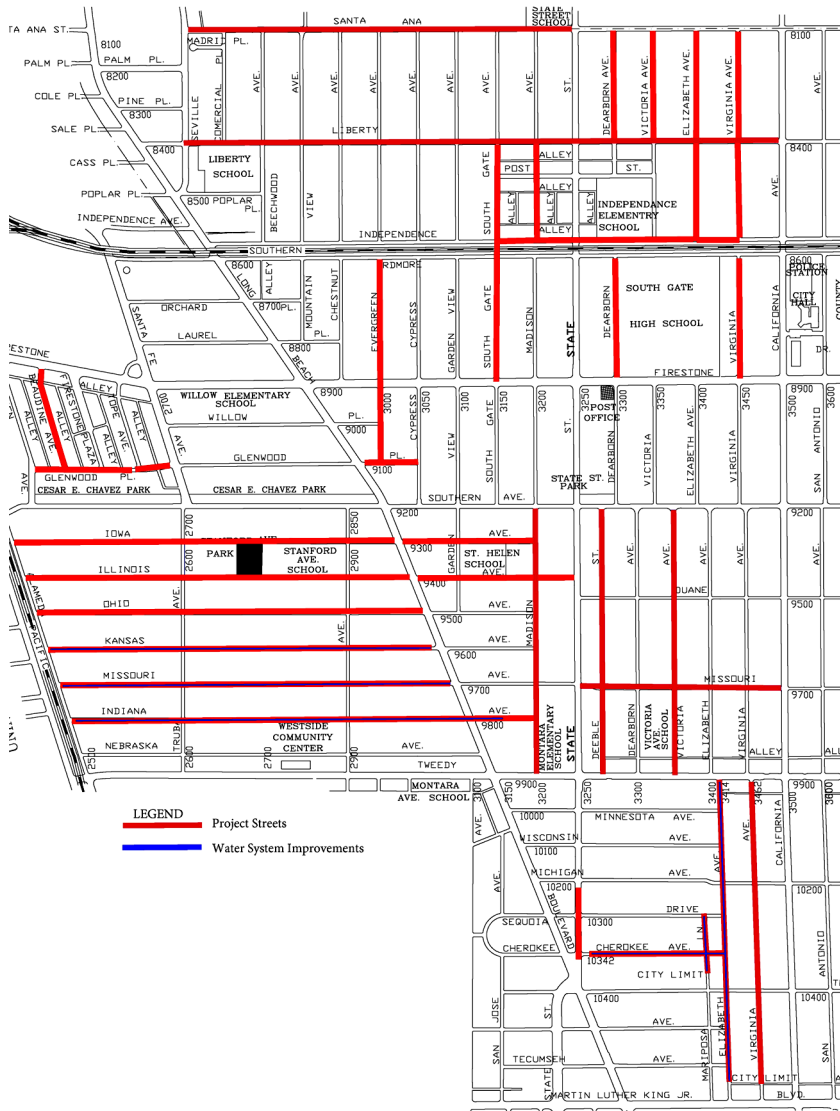
BECOME A BLOCK CAPTAIN

JOIN A TEAM OF THOUSANDS OF VOLUNTEERS AND HELP YOUR COMMUNITY STAY SAFE AND PROTECTED. THE BENEFITS OF BECOMING A BLOCK CAPTAIN INCLUDE:

- KNOW CURRENT CRIME TRENDS IN YOUR AREA
- BE AN ESSENTIAL LIAISON FOR YOUR COMMUNITY AND THE SGPD
- HAVE A VOICE IN CRIME PREVENTION AND IMPROVE YOUR NEIGHBORHOOD

**FOR MORE INFORMATION CONTACT SEAM PALOS, CRIME PREVENTION SPECIALIST AT:
spalos@sogate.org or (323) 563-5465**

Residential Resurfacing and Water System Improvement Projects



The City's Capital Improvement Program includes \$4.9 Million to rehabilitate streets and \$3.7 Million to rehabilitate water system pipelines in residential neighborhoods in Fiscal Year 2022/23.

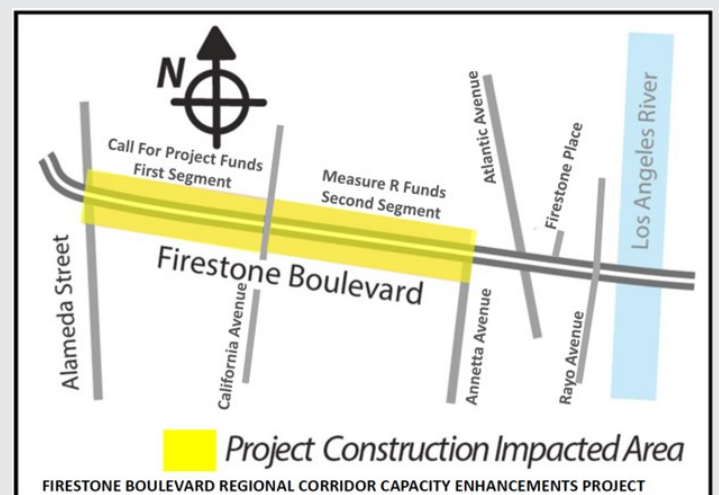
The projects will make improvements to residential streets on the west side of the City. The improvements include pavement rehabilitation, repairs of sidewalk, curb and gutter, ADA curb ramps, driveway approaches, waterline replacements, and signing and striping.

Construction of the project is expected to begin Fall of 2022. Residences and businesses immediately impacted by construction activities will be notified prior to and during construction. (Project area are highlighted in red.)

Firestone Corridor Improvements Project Phase 2

"The Boulevard" Project

In 2018, the City completed construction on Firestone Boulevard of a project that was under budget by \$2.8 Million. These funds are now available to perform additional improvements, under the Firestone Corridor Improvement Phase II Project. The project will make improvements on Firestone Boulevard from Alameda Street to Annetta Avenue. Improvement will include bus turn outs, pedestrian lighting, bus shelters, concrete bus pads, pavement rehabilitation, traffic signal and street light modifications, and ADA improvements. Construction of the project is expected to begin in Fall of 2022 and be completed in the Spring of 2023. The City will provide notice of construction activities to businesses and residents in advance of starting construction. See yellow section on the map.



Parks in the City of South Gate

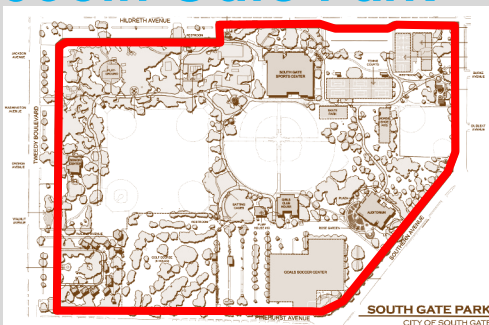


- 1 Cesar Chavez Park - 2541 Southern Ave.
- 2 Circle Park - 10129 Garfield Ave.
- 3 Gardendale Tot Lot - 5480 Gardendale St.
- 4 Hollydale Community Park - 12221 Industrial Ave.
- 5 Hollydale Regional Park - 5400 Monroe Ave.
- 6 South Gate Park - 4900 Southern Ave.
- 7 Stanford Park - 2715 Illinois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

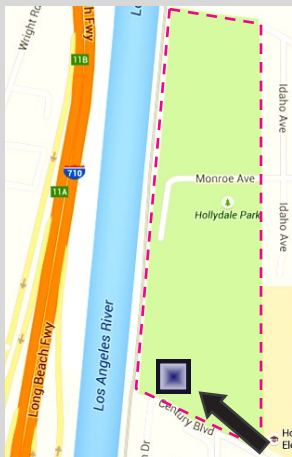
PET FRIENDLY SPACES AT OUR PARKS

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



Parks & Recreation GUIDE



Veterans Day Ceremony



Please join council in honoring our Veterans

Date: Friday, November 11, 2022

Time: 10 AM

Location: Veterans Fountain on Tweedy Blvd.

For more information please call:

(323) 563-5447

Save the Date

Native American Veteran's Association (N.A.V.A.)

20TH ANNUAL VETERANS APPRECIATION AND HERITAGE POW WOW

NOVEMBER 12 & 13TH, 2022

4855 Tweedy Blvd, South Gate, CA 90280

(Big Field Behind Senior Center)

Saturday 10am to 8pm • Sunday 10am to 6pm

All Dancers and Drums Welcome!

Public Welcome - Free Admission and Parking

- Head Staff -

MC - Michael Reifel

AD - Vic Chavez

Head Man - Richard Decrane US NAVY

Head Woman - Emerald Arnold US NAVY

Southern Drum - Hale & Co.

Northern Drum - Blue Star - U.S. Army & Navy

Gourd Dance - Open

Grand Entry: 1:00pm Veteran Resource Programs Veteran Roll Call

Raffles • Story telling • Indian Village with Childrens Crafts

Cake Walk • Food Vendors • Native Made Craft Vendors

For Vendor & Pow Wow Information Contact:

Jenni McCown, 888-412-5997 navavets@gmail.com

***Sale of Sage,
Sweet Grass,
Tobacco Prohibited.***



***There will be
Zero Tolerance for
drugs and Alcohol.***



Join us for dance performances and a sweet treat from Santa!



When: Thursday, December 1st, 2022

Time: 4PM

Where: South Gate City Hall

For more information call: (323) 563-5447



SANTA'S BREAKFAST

Come for crafts, raffles, and a present from Santa!
REGISTRATION BEGINS NOVEMBER 7TH!
EVENT BEGINS AT 9AM
BREAKFAST SERVED FROM 9-10AM

SATURDAY, DECEMBER 10
4900 SOUTHERN AVE.

LOCATION: AUDITORIUM

REGISTER AT THE
GIRLS CLUB HOUSE
4940 SOUTHERN AVE.

Tickets: \$7 for
2 years old and over

For more information: (323) 563-5447

Pictures with santa on your own!

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 (between 4p-8p) at (562) 319-5666 or visit www.southgateayso.org.**

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

Registrations:
For registration information or to register please visit:

JUNIOR ATHLETIC ASSOCIATION (J.A.A.)

For over 50 years the Junior Athletic Association has been dedicated to serving the youth of South Gate. It is an all volunteer organization that encourages parents to volunteer as coaches or as sports officials.

OFFICE HOURS:

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

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

HARBOR AREA FARMERS MARKET

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

To obtain more information please email us via contact form on the website. We do not have a phone number for inquiries. Our website is GoodVeg.org

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

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

City of South Gate

Search South Gate

Translate

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

Program Registration Begins: September 12, 2022 • Programs Begin Week of: October 3, 2022

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.

In person registration limited due to COVID-19 restrictions.

- 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

GENERAL REFUND POLICY

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

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

FEES

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

ONE CHECK MAY BE WRITTEN FOR MULTIPLE CLASS REGISTRATIONS.

Make checks payable to: City of South Gate. No post-dated checks will be accepted. **Please Note:** Cash, personal checks, and credit cards are excepted at all registration sites.

ELIGIBILITY

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

COMMUNITY EXCURSION INFORMATION

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

COMMUNITY EXCURSION REFUND POLICY

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

BASEBALL FUNDAMENTALS

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

In this nine-week class participants will be taught the fundamentals of the sport. Participants will catch, throw, swing the bat, run the bases, and participate in basic fielding exercises. Drills utilized in this class are intended to increase participant knowledge while preparing them for potential league play. **No class November 23.**

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: Sports Center Gym (Court 2)**

In this nine-week class participants will be taught the fundamentals of the sport. Participants will shoot, pass, dribble, and rebound while also learning the basics of defense. Drills utilized in this class are intended to increase participant agility and assist with establishing their confidence on the court. **No class October 31 & November 21.**

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

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 within 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.....6:00 - 7:00 pm
Saturday.....8:30 - 9:30 am

**FOOTBALL FUNDAMENTALS**

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

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. **No class November 25.**

Age 5 - 6 years.....Friday.....5:00 - 5:45 pm
Age 7 - 8 years.....Friday.....6:00 - 6:45 pm
Age 9 -12 years.....Friday.....7:00- 7:45 pm

**KARATE LESSONS**

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

Karate offers the ability to develop confidence, physical fitness, self defense, discipline, competition and tournament skills. **Registration information:** You must register on a monthly basis, on the first Monday or Wednesday of the month. Please contact the Sports Center at (323) 563-5445 for more information. **No class on October 31.**

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

MULTI-SPORT: PASS, SERVE & SCORE

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

In this nine-week class, participants will be taught the basic fundamentals of football, tennis, and soccer. Drills utilized in this class are intended to increase participant knowledge of the three sports and assist with increasing participant comfortability in all sports. **No class November 22.**

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

MULTI-SPORT: SHOOT, KICK & HIT

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

In this nine-week class, participants will be taught the basic fundamentals of basketball, soccer and baseball. Drills utilized in this class are intended to increase participant knowledge of the three sports and assist with increasing participant comfortability in all sports. **No class on November 24.**

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

SOCCER FUNDAMENTALS

Boys & Girls Ages 5-12 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. **No class on November 23 for Wednesday class, and November 24 for Thursday class.**

Age 5 - 6 years.....Wednesday.....5:00 - 5:45 pm
 Age 7 - 8 years.....Wednesday.....6:00 - 6:45 pm
 Age 9 - 12 years.....Wednesday.....7:00 - 7:45 pm


Age 5 - 6 years.....Thursday.....5:00 - 5:45 pm
 Age 7 - 8 years.....Thursday.....6:00 - 6:45 pm
 Age 9 - 12 years.....Thursday.....7:00 - 7:45 pm

**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. **No class on November 25.**

Beginners (11 & under).....Thursday.....3:30 - 4:30 pm
 Beginners (12 & older).....Thursday.....4:30 - 5:30 pm
 Intermediate (all ages).....Thursday.....5:30 - 6:30 pm

YOUTH VOLLEYBALL FUNDAMENTALS

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

In this nine-week class participants will be taught the basic fundamentals of the sport. Participants will serve, pass, set, hit, and learn the basic positions on the volleyball court. Drills utilized in this class are intended to increase knowledge and prepare participants for competitive play. **No class November 22.**

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

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

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

Monday/Friday6:00 - 6:45 pm**YOUTH PERFORMANCE TRAINING****Boys & Girls Ages 6 - 17 years****Fee: \$52****6 week session****Outdoor Fields & Gym**

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

Monday/Friday5:00 - 6:00 pm

**EACH NEW DAY
IS A NEW
OPPORTUNITY
TO IMPROVE
YOURSELF.
TAKE IT.
AND MAKE THE
MOST OF IT.**





MEN'S BASKETBALL LEAGUE

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

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

SOCCER OPEN PLAY

Fee: Free

Location: GOALS Soccer Center

Days: Monday, Wednesday, Friday

Time: 5:30 pm - 8:00 pm

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

ADULT BASEBALL LEAGUE

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

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

ART CLASS

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

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

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

BABY BOOGIE

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

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

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

BABY MEXICAN FOLK

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

Your little ones will enjoy learning a traditional dance from all the regions of Mexico. A dance costume will be required for the recital at the end of the nine week session. Instructor for this class will be Vanessa Diaz.

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

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

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

Class size very limited, please bring your own guitar.

Instructor for this class will be Raul Alcantara.

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

HIP HOP DANCE LESSONS

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

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

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

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

MEXICAN FOLK DANCE FOR YOUTHS

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

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

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

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

(8 yrs must have prior experience)

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

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

PIANO LESSONS

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

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

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

TINY TUMBLERS

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

Your little one will learn how to do many tumbling movements. Your child will become more flexible and stronger with each class. Instructor for this class will be Crystal Betancourt. **No class on October 31.**

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

TUMBLING CLASS

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

Your child will learn the basics of gymnastics. This class is designed to improve your child's coordination and introduce them to flexible movements. Instructor for this class is Crystal Betancourt. **No class on October 31.**

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

YOUNG CHAMPIONS of AMERICA

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

REGISTER ON SITE

SELF DEFENSE LESSONS

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

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

September 21, 2022 - January 11, 2023
9 week session
Wednesday
5:00 - 8:00 pm



PRESCHOOL PROGRAMS

Registration Information: Onsite registration only. Must have birth certificate if this is the first time registering for the program. Child must keep a face mask on at all times during class. 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 July 4.**

Monday / Wednesday.....9:00 am - 10:30 am
Monday/Wednesday.....11:00 am - 12:30 pm
Tuesday / Thursday.....9:00 am - 10:30 am
Tuesday/Thursday.....11:00 am - 12:30 am

TOT TIME CLASSES

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

Children will learn primary numbers, colors, shapes and the alphabet. Children will also learn to follow directions and socialize with other children through games, songs, puzzles and crafts. **NO DIAPERS/PULL UPS ALLOWED IN CLASS. CHILD MUST BE POTTY TRAINED.** SPACE IS LIMITED IN EACH CLASS. **No class July 4.**

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

Día de los Muertos

COMMUNITY ALTAR


STEP BY STEP SET UP

Learn how to set up a Día de los Muertos Altar while our Cultural Arts Division sets up the community altar!

Thursday, October 27 | 4PM - 6PM

South Gate Museum & Art Gallery
8680 California Avenue

For more info:
(323) 563-5478 or
email jmejia@sogate.org



COMMUNITY ALTAR

Would you like to honor a family member in our Día de los Muertos Community Altar?



Please email a picture to jmejia@sogate.org by Sunday, October 23 at 6pm

Indigenous Peoples Heritage

CELEBRATION MART

Saturday, December 3 • 3pm - 7pm

ARTISTS - ARTISANS - VENDORS - ACTIVITIES - HISTORY

Classes:

INTRODUCTION TO OIL PAINTING	FEE:\$60	AGES: 18+ YRS	4 WEEK CLASS	LOCATION: SG ART GALLERY
This class will teach art fundamentals for oil painting. The course will cover drawing, perspective, shadowing, color mixing, contour, and still life rendering. A list of supplies will be given at time of registration. Class instructor will be Alicia Salazar.				
Class Dates:October 20, October 27, November 3, November 10				
Class Day & Time:Thursdays / 11:00am-2:00pm				
TEEN ART CLUB	FEE:\$60	AGES: 13-18 YRS	4 WEEK CLASS	LOCATION: SG ART GALLERY
Learn with your peers how to create art! Weekly we will learn about different mediums and how to mix mediums to create masterpieces. Our goal is to make sure students leave inspired and motivated to create and share all they've learned.				
Class Dates:October 17, 19, 24, 26, 31 & November 2, 7, 9				
Class Day & Time:Mondays & Wednesdays / 4:30pm-6:00pm				
YOUTH ART CLUB	FEE:\$60	AGES: 7-12 YRS	4 WEEK CLASS	LOCATION: SG ART GALLERY
Let's learn about all types of art mediums! Weekly we will dive into different mediums and see what tools you enjoy working with. Our goal is to make sure students experiment and have fun creating art.				
Class Dates:October 18, 20, 25, 27 & November 1, 3, 8, 10				
Class Day & Time:Tuesdays & Thursdays / 4:30pm-6:00pm				



GROUP EXHIBIT

MY NEIGHBORHOOD

MI BARRIO

ART ACTIVITIES

MUSIC

Los Angeles
County
Arts &
Culture

5211
SOUTHERN AVENUE
LLC

Join us for the second annual

SOUTH GATE ART WALK

SATURDAY, OCTOBER 15

**South Gate Museum & Art Gallery
8680 California Avenue**

2 PM - 6 PM

SECTION OF THE MUSEUM OPEN!

ARTISTS, ARTISANS & VENDORS

PHOTO OPPORTUNITIES



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

FREE ADMISSION • ALL AGES • MASKS ENCOURAGED



SOUTH GATE PAR 3 GOLF COURSE



9615 PINEHURST AVE. • (323) 357-9658

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

HOURS OF OPERATION

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

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!

DISC GOLF

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

CLUBHOUSE AMENITIES

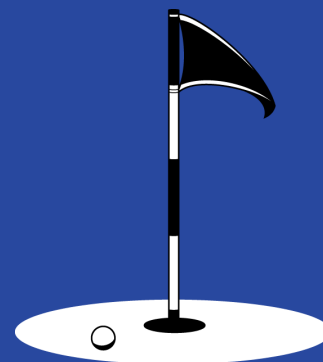
The Golf Course has a snack bar and a driving range. Come relax with a round or two!

SENIOR DISCOUNTS

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

SENIOR GOLF CARD

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





9520 HILDRETH AVE. • (323) 563-5446

POOL SCHEDULE

September 6 - December 4, 2022

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

Pool Closure Dates:

October 31 - Pool will close at 5:00 pm due to Halloween event at South Gate Park.
November 24 - Closed in observance of Thanksgiving Day.

FAMILY SWIM HOURS*

Monday - Friday.....3:00pm - 4:30pm
 Monday - Thursday.....7:30pm - 9:00pm
 Saturday - Sunday.....1:00pm - 2:30 pm
3:00pm - 4:30pm

ADULT SWIM HOURS*

Monday - Thursday.....8:00am - 11:00am
 Monday - Friday.....11:30am - 1:00pm
 Monday - Friday.....2:00pm - 3:00pm
 Monday - Thursday.....(ends 10/27/22) 9:00pm - 9:45pm
 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 - Friday.....5:00pm - 7:00pm
 Saturday - Sunday.....9:00 am - 12:00 pm

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 CARD ALSO AVAILABLE

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

LEARN-TO-SWIM PROGRAMS

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

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

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 **October 1, October 29**
Classes Begin..... **October 3, November 1**
Parent & Child.....\$55
Tiny Tots (3-5 yrs. old)\$55
Youth (6-17 yrs. old).....\$55

PRIVATE SWIM LESSONS

Ages 3-100 years **4 week session**
Friday **5:00 pm - 7:30 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.....**September 9, October 7, November 4**
Tiny Tots (3-5 yrs. old).....\$108
Youth (6-17 yrs. old).....\$108
Adults (18+ yrs old).....\$108

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.

SEMI-PRIVATE SWIM LESSONS

Ages 3-100 years **4 week session**
Friday **5:00 pm - 7:30 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 DatesPlease call for waitlist
Classes Begin.....September 9, October 7, November 4
Tiny Tots (3-5 yrs. old).....\$70
Youth (6-17 yrs. old).....\$70
Adults (18+ yrs. old).....\$70

PRE-COMPETITIVE SWIM CLASS


Boys & Girls Ages 6-17 years **Fee \$66**
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.

Registration Dates.....October 1, October 29
Classes Begin.....October 3, November 2
Class time.....7:00 pm - 7:55 pm

9th ANNUAL YOUTH SWIM CLINIC

Coming Fall 2022 - Looking to join your high school's swim or water polo team? Are you a current swimmer and want to learn how to improve your technique, endurance, and speed? Then join our 9th annual swim clinic for youth ages 6-17! All four competitive strokes will be covered, plus starts and turns! Taught by instructors with 20+ years of combined competitive swimming, coaching and teaching experience. For more information, please call the Patricia G. Mitchell Swim Stadium at (323) 563-5446.



JUNIOR WATER POLO

Boys & Girls Ages 6-17 years **4 week session**
Fridays **Fee \$30**

This introductory class is designed to give kids ages 6-17 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, Junior 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.....October 1, October 29
Classes Begin.....October 7, November 4
Class Schedules
Ages 6-12.....5:40 pm - 6:25 pm
Ages 13-17.....6:40 pm - 7:25 pm

SWIM STADIUM MEMBERSHIPS

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

SPLASH

Public Swim/Lap Swim/Adult Swim/Showers

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

SPORTS & SPLASH

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

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

PREMIER

Everything included with Fitness, Sports & Splash

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

ADULT GROUP SWIM LESSONS PROGRAM

Ages 18 years & over **Fee: \$66**

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.....October 1, October 29

Classes BeginOctober 3, November 1

Class Days.....Mon/Wed or Tues/Thurs

Class Schedules

.....September/October 9:00 pm - 9:45 pm

.....November 8:00 pm - 8:45 pm

AQUA AEROBICS

Ages 18+ yrs.

Fee: \$6 per class

Ladies, gently shed a few dress sizes without having to feel the sweat run down your shirt. Gentleman, lose a few pounds, tone and lean out your muscles at the same time without the injury causing impact that you would normally experience during a land workout.

Class Days.....Tuesdays & Thursdays

Class Schedule

.....September / October 9:00 pm - 9:45 pm

.....November 8:00 pm - 8:45 pm

WATER POLO OPEN PLAY

Ages 18+ yrs.

Fee \$6 per session

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.

This program ends October 26.

MASTER SWIM

Ages: 18+ yrs.

Fee: \$6 per class

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

Class Days.....Monday/Wednesday

Class Schedule

.....September / October 9:00 pm - 9:45 pm

.....November 8:00 pm - 8:45 pm

SENIORCISE

Ages: 55+ yrs.

Fee: \$4 per class

Our Senior Water Exercise program offers a stress-free time to swim, improve health and fitness, and socialize with others while enjoying the benefits of our heated indoor pool. This shallow water, low-impact class is paced for seniors and designed to promote joint flexibility, range of motion, and agility while building cardiovascular Fitness and muscle strength.

Class day.....Monday/Wednesday

Class time.....11:30 am - 12:15 pm

WATER SAFETY FOR ADULTS

Ages 18+ yrs.

2 week session

Fee \$40

Tuesday & Thursday

9:00 pm - 9:45 pm

This is an introductory level class designed to help you achieve the basic skills of water competency: ability to enter the water, get a breath, stay afloat, change position, swim a distance then get out of water safely.

Registration Dates.....August 27

Classes DatesSept. 13, Sept. 15, Sept. 20, Sept. 22



POOL RENTAL INFORMATION

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

SPORTS/FITNESS CENTER

SPORTS/FITNESS CENTER



9520 HILDRETH AVE. • (323) 563-5445

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

HOURS OF OPERATION

Monday - Friday8:00 am - 8:45 pm
Saturday9:00 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 :

(August 21 - November 6, 2022)

Monday - Friday11:00 am - 6:00 pm
Saturday11:00 am - 4:00 pm
SundayClosed



DAILY RATES

***ALL DAILY PASSES ARE CASH ONLY**

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

MONTHLY MEMBERSHIP PLANS

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

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

Membership Payment Policy:

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

****SPLASH ADD-ON OPTION - \$5 extra per month.****

Can only be added to individual monthly memberships. Pool Access To: Public Swim, Adult Swim and Lap Swim.

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

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

PRIVATE SESSIONS:

(1 on 1)

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

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



SEMI-PRIVATE SESSIONS

(2-3 people)

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

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

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

(Must have a Fitness or Premier Membership to participate)

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
6pm-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
6pm-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 - Adults

\$6 - Teen, Senior, Military, Disabled

Group exercise classes close 10 minutes after
scheduled start time.

Mask Recommended.

First come, first serve. Space is limited.

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

BOOT CAMP

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

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 focusing on activities of daily living. It's a great class for seniors of ALL fitness levels.

TEEN GAINZ

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

TONE IT UP

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.



5x5

BALLIN AFTER DARK

SAVE
THE
DATE

\$20.00/ TEAM

SEPTEMBER 21ST

NOVEMBER 23RD

18 YEARS OR OLDER

TEAM ROSTER DUE AT TIME OF REGISTRATION

7:00 - 10:00PM

PRIZES AWARDED TO WINNERS

TOURNAMENT STYLE

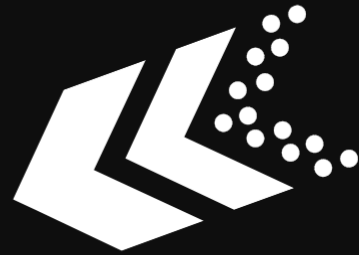
FOR MORE INFORMATION CALL SPORTS CENTER 323-563-5445



2022 WINTER YOUTH SPORTS CAMP



DECEMBER 19 - 23
9:00AM - 12:00PM
SPORTS CENTER
\$50.00



ALL REGISTRANTS WILL RECEIVE CAMP SHIRT, SACK PACK & MEDAL



REGISTRATION OPENS DECEMBER 5

Sign Up



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



OFFICE HOURS:

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

SENIOR HEALTH FAIR

Friday, October 7, 2022

10:00 am - 1:00 pm

There will be Vendors, Health Screening & Raffles.
 For more information call us at (323) 357-9662.

SENIOR CENTER MEAL PROGRAMS

H.S.A. SENIOR LUNCH PROGRAM

In-person Meal Schedule

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

Donation per day.....\$2.25
 Days.....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

MEALS ON WHEELS - FOOD SERVICE

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

SENIOR CENTER ACTIVITIES

BINGO

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

BLUE JAYS

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

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

CRAFTS

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

THAI CHI

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

COMMUNITY EXCURSIONS

On-site & Online Trip Registration Begin: September 19, 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.

HARRAH'S CASINO - VALLEY CENTER

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

BOWER MUSEUM - SANTA ANA

LUNCH IS ON YOUR OWN.
Wednesday, October 19Fee: TBD
Departure: TBD.....Return: TBD

VIEJAS CASINO - ALPINE

MUST BE 21 YEARS OF AGE OR OLDER. LUNCH IS ON YOUR OWN.
Thursday, November 10.....Fee: \$20.00
Departure: 7:00 am.....Return: 7:00 pm



THE TANAKA PUMPKIN PATCH - IRVINE

LUNCH ON YOUR OWN.
Saturday, October 15Fee: \$20.00
Departure: 9:30 am.....Return: 6:00 pm

SKIRBALL CULTURAL CENTER - LOS ANGELES

LUNCH ON YOUR OWN.
Thursday, November 17.....Fee: TBD
Departure: TBD.....Return: TBD

MISSION INN - RIVERSIDE

LUNCH ON YOUR OWN.
Wednesday, November 30.....Fee: \$10.00
Departure: 1:00 pm.....Return: 7:00 pm

HOLIDAY LIGHT BOATS - NEWPORT BEACH

LUNCH / DINNER WILL BE ON YOUR OWN IN THE LOCAL AREA.
Friday, December 9.....Fee: \$20.00
Departure: 3:30 pm.....Return: 10:00 pm

MORONGO CASINO - CABAZON

MUST BE 21 YEARS OF AGE OR OLDER. LUNCH IS ON YOUR OWN.
Thursday, December 15.....Fee: \$20.00
Departure: 7:00 pm.....Return: 7:00 pm

DOWNTOWN DISNEY - ANAHEIM

LUNCH ON YOUR OWN.
Tuesday, December 20.....Fee: \$10.00
Departure: 11:00 amReturn: 6:00 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 two facilities available for special occasions or business trainings. 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.

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

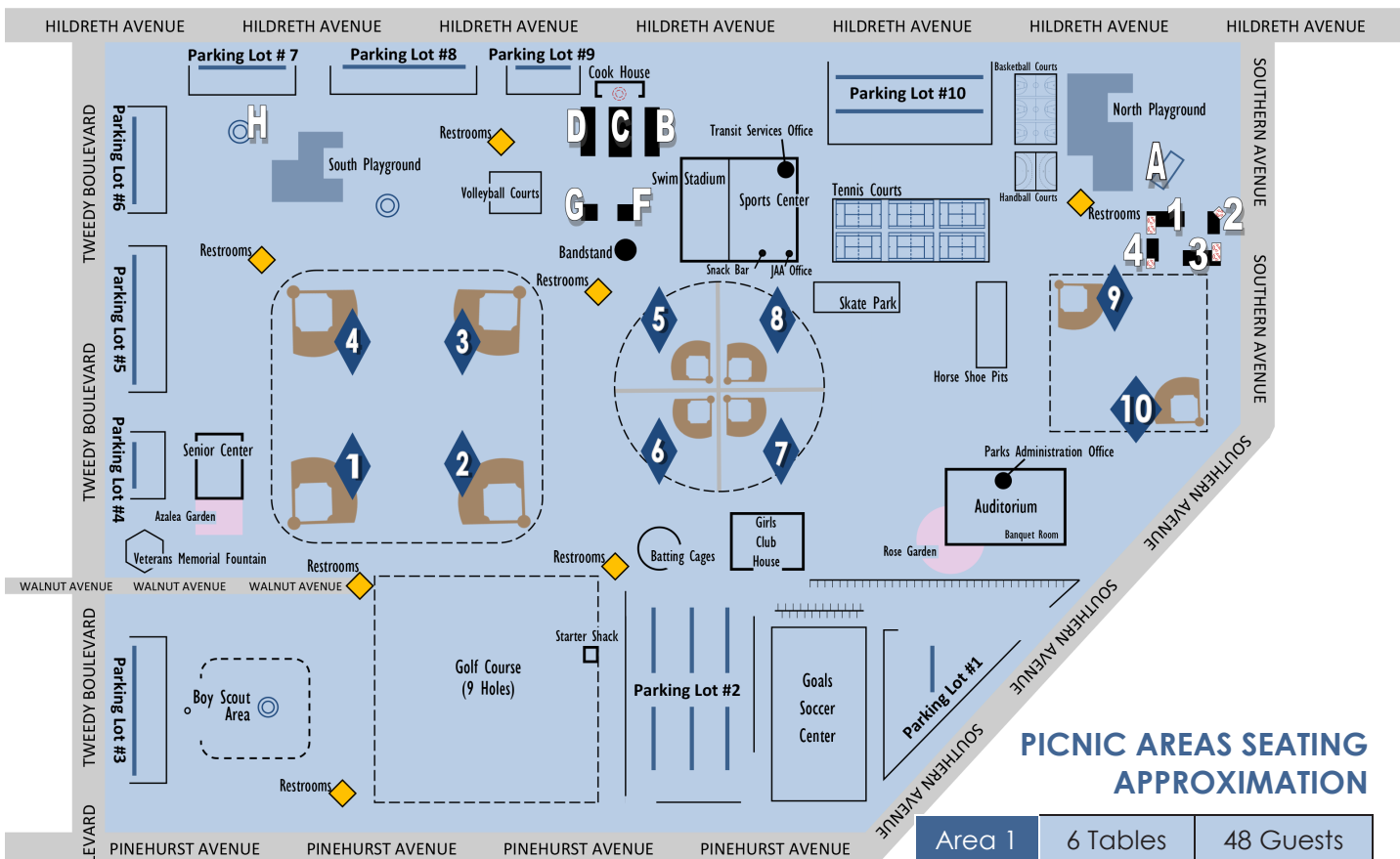
*Call for Commercial Rates



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.**



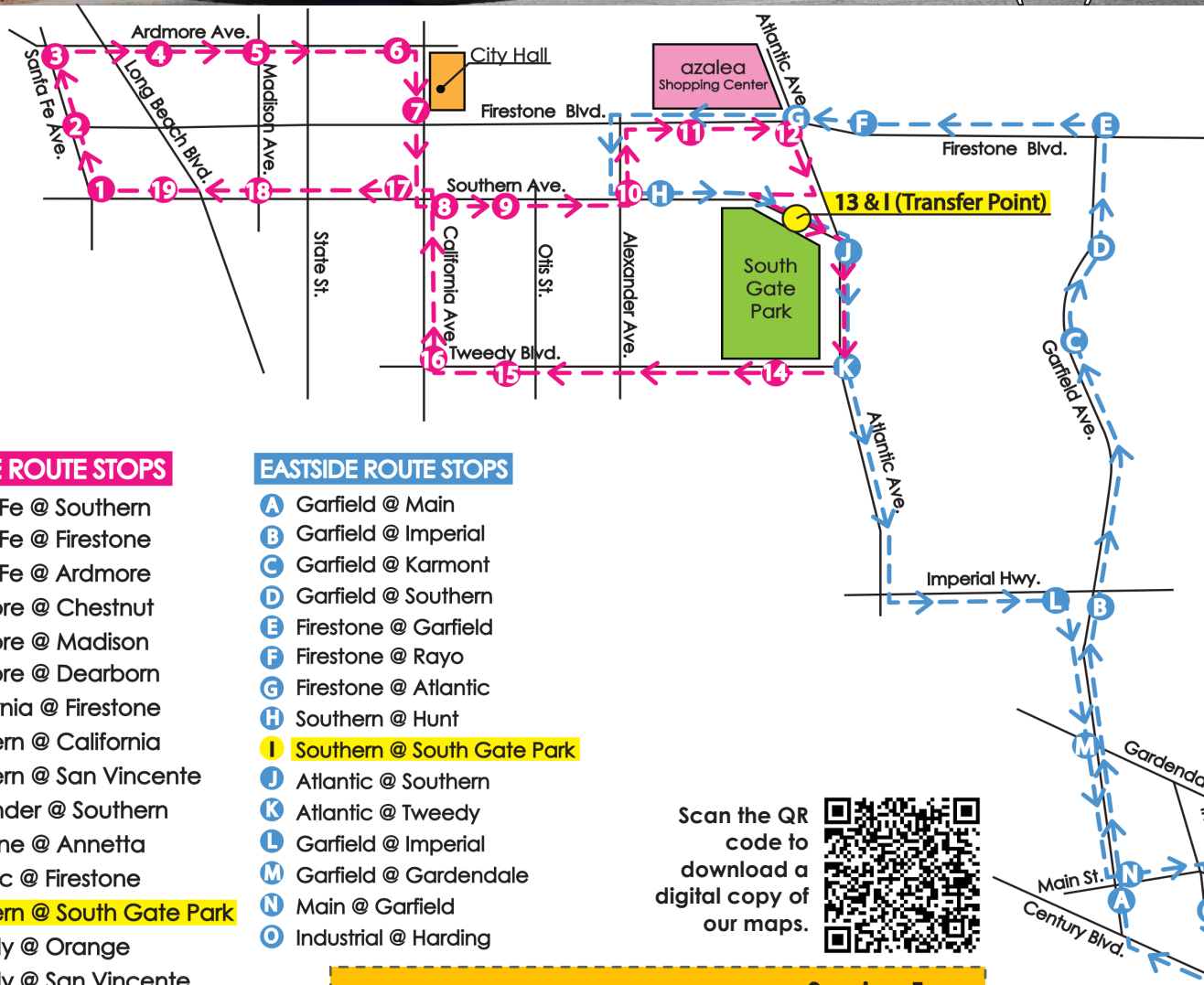
For Park Facility & Picnic Area Rentals contact the Park Administration Office at (323) 563-5479

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



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

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



Service Fees:

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

Service Provider is Global Paratransit, Inc.
 For route information, contact us at (323) 563-5754 or call them at (310) 715-7582.

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

TRANSPORTATION SERVICES

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

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

Sales Hours

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

Senior/
 Disabled Tap
\$16

K-12
 Tap
\$17

College/
 Vocational Tap
\$32

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

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



Phone A Ride Service / Servicio de Phone A Ride

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

Registration Information:

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

Monday - Friday, 12 pm - 6:00 pm

*No hand written documents accepted

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

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

Lunes a Viernes de 12 pm a 6:00 pm

*No aceptamos documentos escritos a mano.

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 FUTBOL

Edades: 5-12 años

\$52

9 semanas

Sitio: Legacy High School

En esta clase de nueve semanas, a los participantes se les enseñarán los fundamentos del deporte. Los participantes lanzarán, atraparán, patearán, bloquearán y correrán mientras aprenden los conceptos básicos del fútbol. Los ejercicios utilizados en esta clase están destinados a aumentar el conocimiento de los participantes mientras los preparan para un posible juego en la liga. No hay clase el 25 de noviembre.

Edad 5 - 6 años.....Viernes.....5:00 - 5:45 pm

Edad 7 - 8 años.....Viernes.....6:00 - 6:45 pm

Edad 9 - 12 años.....Viernes.....7:00 - 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 sí 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 sí 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+ 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 futbol, tenis y futbol americano. 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 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 sí para poner en practica lo aprendido.

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

7-8 años.....Miércoles.....6:00 pm - 6:45 pm

9-12 años.....Miércoles.....7:00 pm - 7:45 pm

5-6 años.....Jueves.....5:00 pm - 5:45 pm

7-8 años.....Jueves.....6:00 pm - 6:45 pm

9-12 años.....Jueves.....7:00 pm - 7:45 pm

CLASES DE TENIS

\$52

5-17 años de edad

9 semanas

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

Principiante (menos de 11 años)..... Jueves.....3:30 - 4:30 pm

Principiante (12 + años)..... Jueves.....4:30 - 5:30 pm

Avanzado (para todas edades).....Jueves.....5:30 - 6:30 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.

Miércoles.....6:00 pm - 7:00 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

Baby Mexican Folk (3-5 años)

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

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

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

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

CLASES DE INSTRUMENTOS MUSICALES

\$60

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

CLASES DE ENTRENAMIENTO PARA PERROS

\$70

9 semanas

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

Sábado.....9:30 am - 10:30 am

FASHION SKETCHING

\$75+\$10 artículos de arte

Niños y Niñas

9 semanas

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

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

H.O.W. COMEDORES COMPULSIVOS

GRATIS

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

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

TINY TWO'S

\$90

9 semanas

Lugar: Girls Club House Rm. B

Esta clase de nueve semanas ayudaran a su bebe de 2 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

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



Presents

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HALLOWEEN HAUNTING

Monday | 6PM - 9PM
Oct 31

Location: South Gate Park, Baseball Diamonds

Free Entry
Games, Music, Candy, & Costume Contest
For more information call the Girls Club House:
(323) 563-5447

*Hollydale Park will be closed for Halloween
due to construction.*



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