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Important Numbers

Norwalk City Hall.....929-5700
 12700 Norwalk Boulevard
 Citizen Information Center.....929-5735
 City Hall, Room 1
 Fire Department (Emergency).....911
 Station 20.....863-0214
 Station 115.....868-5212
 Graffiti Removal Hotline.....929-5555
 Job Hotline.....929-5771
 Libraries
 Alondra: 11949 Alondra Boulevard.....868-7771
 Norwalk: 12350 Imperial Highway.....868-0775
 Norwalk Arts & Sports Complex.....929-5566
 13000 Clarkdale Avenue
 Public Safety.....929-5732
 City Hall, Room 15
 Recreation and Park Services.....929-5702
 City Hall, Room 10
 Senior Center.....929-5580
 14040 San Antonio Drive
 Sheriff's Department.....863-8711
 12335 Civic Center Drive
 Social Services Center.....929-5544
 11929 Alondra Boulevard
 Transportation
 Metro Green Line and MTA Bus.....(800)266-6883
 Metro Link.....(800)371-5465
 Norwalk Transit.....929-5550

Recreation and Park Services Department

Dave Verhaaf, Director of
 Recreation and Park Services.....929-5702
 Bill Kearns, Recreation and Parks Superintendent..929-5755
 Inez Alvarez, Recreation Supervisor.....929-5754
 Rosie Lozoya, Acting Recreation Supervisor.....929-5518
 George Buchanan, Recreation Coordinator.....929-5956
 Gina Cosylyon, Recreation Coordinator.....929-5922
 Blanche Grove, Recreation Coordinator.....929-5519
 Norwalk Arts & Sports Complex Reservations..929-5566
 Park and Excelsior Gym Reservations.....929-5702



NORWALK CITY COUNCIL

Mayor **CHERI KELLEY**
 Vice Mayor **GORDON STEFENHAGEN**
 Councilmember **JESSE M. LUERA**
 Councilmember **MICHAEL MENDEZ**
 Councilmember **RICK RAMIREZ**



The Schedule of Activities is published quarterly by the Recreation and Park Services Department.

If you have any questions or comments, please call us at **929-5702**.

Special Events

Citywide Easter Egg-citement (Ages 10 & Under)

Saturday, April 3, 2010, 12:30-3:30 p.m.

Norwalk Civic Center Lawn
12700 Norwalk Boulevard

The Easter Egg-citement is coming to Norwalk for a day of fun, entertainment, games, crafts, and of course, one of the largest egg hunts in the southland. Capture the spirit of Spring and have your picture taken with the Easter Bunny for \$2. For more information, please call **929-5702**.



Egg Hunt Schedules:

Tiny Tots (Ages 1½-3)	12:30 p.m.
Funny Bunnies (Ages 4-5)	1:00 p.m.
Egg Heads (Ages 6-7)	1:30 p.m.
Wacky Wabbits (Ages 8-10)	2:00 p.m.

D.D. Johnston-Hargitt House Museum (All Ages)

Saturday, March 6 & 20 • April 3 & 17 • May 1 & 15

1:00-4:00 p.m.

12426 Mapledale Street

The D.D. Johnson-Hargitt House Museum is a two-story Victorian Eastlake home built in 1891. It is Norwalk's own nationally-registered landmark. The Museum contains D.D. Johnston-Hargitt family heirlooms as well as glimpses from Norwalk's past and other memorabilia.

The Museum is brought to life through docent-led tours given by the Friends of Hargitt House. Admission is free; however, donations are always welcome. **Please Note:** The Museum may be closed in inclement weather; please call on the day of your visit to confirm opening. For more information, or to schedule a tour for groups of ten or more, please call **929-5566**.

Gilbert H. Sproul Museum (All Ages)

Sunday, March 7 • May 2

1:00-3:00 p.m.

Norwalk Park, 12203 Sproul Street

Take a trip back in time and enjoy a visit to the historic Sproul Museum located in the heart of Norwalk Park. The Sproul Museum was built in 1874 and was home to the founder of Norwalk, Gilbert H. Sproul. The Museum contains many artifacts depicting the development of the City as well as Sproul family heirlooms. Admission is free; however, donations are always welcome. For more information, or to schedule group tours for ten or more visitors, please call **929-5566**.



Model "T" Car Show

Saturday, April 17 • 1:00-4:00 p.m.

D.D. Johnston-Hargitt House Museum

Cost: Free

If you enjoy old cars you might be at the right spot. The Museum will display a variety of old fashioned vehicles. Stop by and enjoy some refreshments and entertainment. For more information, or to schedule group tours for ten or more visitors, please call **929-5566**.



Historic Norwalk

Rose Garden Celebration

Saturday, May 15 • 1:00-4:00 p.m.

D.D. Johnston-Hargitt House Museum

Cost: Free

The Rose Garden Celebration is an annual event showcasing the garden of the Museum. The day will also feature special one-day displays and exhibits. Hands-on activities for children of all ages are planned and refreshments will be served. This special day is free and open to the public. The D.D. Johnston-Hargitt House Museum is a nationally registered-landmark. Unique items include a five-legged dining room table, an old-fashioned butter churn, and a wood-burning stove. For more information, please call **929-5566**.



Ice Cream Social SAVE THE DATE!!

Saturday, June 19 • 1:00-4:00 p.m.

D.D. Johnston-Hargitt House Museum

Cost: Free

Please join us for our Ice Cream Social! Old-fashioned homemade ice cream will be served, along with your favorite toppings. Stop by the Museum for a tour and come have some yummy ice cream! For more information, or to schedule group tours for ten or more visitors, please call **929-5566**.



Be a Museum Docent! (Ages 18 & Over)

Docents are guides and storytellers. If you enjoy sharing stories, information, and talking to people, become a docent! The D.D. Johnston-Hargitt House and Sproul Museums are seeking interested people to train as Museum docents. A three-month commitment is required. Please call **929-5566** or stop by the Museums for an informal visit during operating hours. Training and supplies are provided at no cost.

Norwalk Golf Center



13717 Shoemaker Avenue • 921-7047

The Norwalk Golf Center is owned, operated, and maintained by the City of Norwalk. It offers a challenging 9-hole, par 3 golf course, warm-up driving range, putting green, and a new fully operational snack bar. The facility is ideal for golfers of all ages and skill levels. Book your tournament today by contacting the Golf Center staff at **921-7047**.

Green Fees:

Juniors (Ages 17 & Under)	\$4.50
Adults (Ages 18-54)	\$6.00
Seniors (Ages 55 & Over)	\$4.50
Replays	\$3.00
Range Buckets (Large)	\$4.00
(Small)	\$2.00

Hours of Operation:

7:00 a.m.-7:00 p.m.
7 days a week
(last tee time & bucket sale
6:00 p.m.)

Junior Golf Academy (Ages 5-17)

Saturdays & Sundays • 10:00 a.m.-12:00 p.m.

\$10 per day

The Junior Golf Academy is designed to teach skill development, rules of the game, and course etiquette. For more information, please call the Norwalk Golf Center at **921-7047** or stop by the facility.

Parent & Child Golf League

Saturdays, March 20-April 24 • 12:00-2:00 p.m.

\$30 per parent/child team

The Parent/Child Golf League is designed as a fun-filled and learning program for youth and their parents. What better way to bond with your child than to bring them to the Norwalk Golf Center and share the game of golf. The league will include fundamental instruction in our driving range and a round of golf each week. Register at the Golf Center prior to March 13. A limited amount of free golf clubs are available for those who need to borrow clubs. For more information, please call **921-7047**.

Book a Golf Tournament Today

If you are looking for a fun way to raise money, consider hosting a golf tournament at the Norwalk Golf Center. Special tournament rates and packages are now available. For more information, please call **929-5755**.

Free Golf?

No, this is not an April Fools' joke! We are offering free golf to select individuals who are serious about wanting to keep our Golf Course in good playing condition. We are looking for volunteers who are dedicated and willing to help repair ball marks on the greens, rake sand traps, pick up trash, and perform similar duties. In exchange for your service, you will earn the rights to play golf for free. For more information, please call **929-5755**.

Nature Center

Norwalk Park • 13000 Clarkdale Avenue

The Nature Center features a wonderful variety of domesticated animals, a beautiful topiary garden, fruit trees and a vegetable garden, a stream and pond, and handsomely-painted carousel horses. Stop by for a free visit!

Hours of Operation

Second & fourth Saturdays & Sundays of each month • 11:00 a.m.-3:00 p.m.

Rental Information

To reserve the Nature Center for a special occasion, please contact the Recreation and Park Services Department at **929-5521**.



Visit the New City of Norwalk Website at:
www.ci.norwalk.ca.us

Norwalk Skate Park

The Skate Park is located at Norwalk Park adjacent to the Aquatic Pavilion. It is open to skaters and bikers of all ages. The Skate Park is open in the Spring during the following hours:

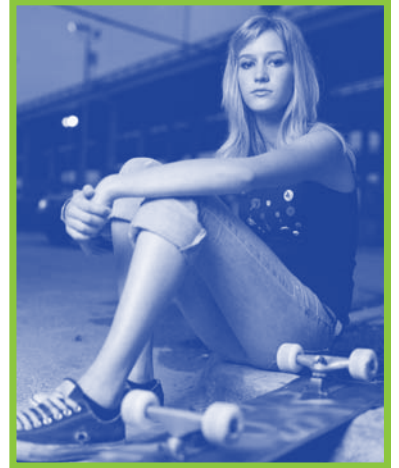
Skateboard and In-line Skate Hours

Mondays, Tuesdays, & Thursdays 8:00 a.m.-8:00 p.m.
Wednesdays 8:00 a.m.-2:00 p.m. & 5:00-8:00 p.m.
Fridays 8:00 a.m.-9:00 p.m.
Saturdays 8:00 a.m.-2:00 p.m. & 4:00-9:00 p.m.
Sundays 8:00 a.m.-8:00 p.m.

Bike Hours

Wednesdays 2:00-5:00 p.m.
Saturdays 2:00-4:00 p.m.

Please Note: Helmets, kneepads, and elbow pads are required at all times while inside the Skate Park. For more information, please call **929-5566**.



Park Locations



Gerdes Park
 14700 Gridley Road
 929-5611



New River Park
 13432 Halcourt Avenue
 929-5619



Sara Mendez Park
 11660 Dune Street
 868-1093



Hermosillo Park
 11959 162nd Street
 929-5613



Norwalk Park
 13000 Clarkdale Avenue
 929-5566



Vista Verde Park
 11459 Ratliffe Street
 929-5618



Holifield Park
 12500 Excelsior Drive
 929-5614



Ramona Park
 13244 Mapledale Street
 929-5616

Please Note
 The Parks will be closed
 on Saturday, April 3 and
 Monday, May 31.

Park Hours

**Gerdes Park • Hermosillo Park
 Holifield Park • New River Park
 Ramona Park • Sara Mendez Park
 Vista Verde Park**

Monday & Friday 2:30-5:00 p.m.
Wednesday 1:30-4:00 p.m.
Sunday Closed

**Gerdes Park • Hermosillo Park
 Sara Mendez Park**
Saturday 12:00-5:00 p.m.

**Holifield Park • New River Park
 Ramona Park • Vista Verde Park**
Saturday 1:00-5:00 p.m.

Spring Break Hours

Monday-Friday, April 5-9
 12:00-5:00 p.m.

**Gerdes Park • Hermosillo Park
 Sara Mendez Park**

Monday-Friday, April 5-9
 1:00-5:00 p.m.

**Holifield Park • New River Park
 Ramona Park • Vista Verde Park**

Park Programs

YOUR BEST BET FOR AFTER SCHOOL AND SPRING FUN IS TO VISIT YOUR LOCAL PARK OR RECREATION FACILITY! There will be various activities for the entire family to enjoy, including indoor/outdoor games, craft workshops such as Kids Kitchen and Going Green. One highlight of the Spring will be our Momma Mia Celebration. For detailed information on the many fun activities at your local park, pick up a monthly calendar of events at the park office.

The following activities are offered at these locations, unless otherwise noted:

Gerdes Park • Hermosillo Park • Holifield Park • New River Park • Ramona Park • Sara Mendez Park • Vista Verde Park

Register for Park Programs beginning Saturday, March 6, at 1:00 p.m. at your local park. Participants must attend the first of class. If there are less than three participants enrolled in a class, the class may be canceled. For more information, please call 929-5922.

Free Snack Program! (18 Years & Under)

March 1-May 28

Mondays, Wednesdays, and Fridays • 3:00-4:00 p.m.

The City of Norwalk Recreation and Park Services Department, in conjunction with the County of Los Angeles, will offer a free snack for children 18 years and younger. The Snack Program is sponsored through the U.S. Department of Agriculture. Adults will be allowed within the serving area only to supervise their children. For more information on the Snack Program, please call 929-5922.

Homework Help (All Ages)

March 1-May 28

Mondays and Wednesdays • 2:30-5:00 p.m.

Stuck on a math problem? Children will receive help from park staff with figuring out those difficult assignments.

NEW Momma Mia (All Ages)

Saturday, May 1 • 1:00-3:00 p.m.

Sara Mendez Park, 11660 Dune Street

Mother's Day is a great way to show your mom how much she means to you. Let us help you out! Stop by Sara Mendez Park for a day filled with games, crafts, raffle prizes, and snacks. For more information, please call 929-5922.

Kids Kitchen (Ages 3-5)

Monday, March 8-April 5

3:00-4:00 p.m.

**Gerdes Park, Hermosillo Park,
and Sara Mendez Park**

Cost: \$10

Back by popular demand! Join us, as we get messy in the kitchen. Kids will learn basic cooking skills, simple recipes, and will leave at the end of the session with their very own recipe book.



Krazy Karaoke Fun (Ages 8-12)

Gerdes Park • Saturdays, March 13-March 27 • 3:00-4:00 p.m.

Hermosillo Park • Saturdays, April 10-24 • 3:00-4:00 p.m.

Sara Mendez Park • Saturdays, May 8-22 • 3:00-4:00 p.m.

Ever wonder if you could be the next American Idol? Stop by and test your vocals. This class will be full of singing, dancing, and lots of fun.

NEW After School Movie Days (All Ages)

Fridays, March 12-April 9 • 3:00-4:30 p.m.

Hermosillo Park

Cost: Free

Come enjoy the latest movies on DVD every Friday with popcorn and refreshments. All movies will be rated G or PG.

NEW Going Green (Ages 6-12)

Saturday, May 29 • 1:00-3:00 p.m.

Cost: Free

This is a great class to teach children the importance of saving our environment. Children will be educated on the importance of "GOING GREEN". Children will learn how to recycle, to reuse items before throwing them away, and conserving resources.

NEW Party Favors (Ages 8 & Over)

Wednesdays, March 10-April 7 • 4:00-5:00 p.m.

Cost: Free

Learn how to make your own party favors.

Baby Art (Ages 3-5)

Gerdes Park, Hermosillo Park, and Sara Mendez Park

Cost: \$5 per session

Tots will be able to express their imagination and self-expression in this class. All activities are hands-on activities through painting, drawing, story time and more. Parent participation is required.

Session 1: Saturday, March 13-April 10 • 1:00-2:00 p.m.

Session 2: Saturday, April 17-May 8 • 1:00-2:00 p.m.



Park Programs

Totally Tots (Ages 3-5)

Mondays, Wednesdays, and Fridays • 9:00-11:30 a.m.

Gerdes Park, 14700 Gridley Road & Hermosillo Park, 11959 162nd Street

Tots will prepare for Kindergarten through fun and educational programs. Tots will participate in art, music, and storytelling while interacting with peers and gaining independence. All materials are included. Participants must be potty trained. For more information, please call **929-5922**.

Session 1: March 15-April 16

Session 2: April 19-May 21

Session 3: May 24-June 28

Cost: \$40 Resident/\$50 Non-resident



Important Information: Registration for Totally Tots begins Monday, March 8, 2010, at 3:00 p.m. at Gerdes Park, 14700 Gridley Road, and Hermosillo Park, 11957 162nd Street. Due to limited space, each child is limited to one class per session.

Therapeutics Recreation

Gerdes Park • 14700 Gridley Road • 929-5611

This program is designed for children, teens, and adults with developmental, physical, and/or learning disabilities. Participants are encouraged to maximize their abilities through recreation activities with a social emphasis. Recreation staff conducts the program at a 1:6 ratio. All participants must have a current medical/emergency form on file with the Recreation Department in order to participate.

Please Note: Although group homes are encouraged to participate, an attendant or program aide from the home must remain to assist as needed. Activities are held at Gerdes Park, 14700 Gridley Road, unless otherwise noted. To register for programs, or to be added to the mailing list, please call **929-5922**, or visit/call the Therapeutic Recreation staff at Gerdes Park at **929-5611**.

Register for Therapeutic Programs beginning Friday, February 26, at 3:30 p.m. at Gerdes Park. Space is limited, and registration will be accepted on a first come, first served basis.

Please Note: The Therapeutic Program will be closed on Saturday, April 3, and Monday, May 31.

RAFT (Ages 3-5)

**Recreation Adapted
for Toddlers**

REACH (Ages 6-16)

**Recreation Environment Adapted
for Children with Handicaps**

RAT (Ages 13-19)

**Recreation Adapted
for Teens**

RAAD (Ages 18 & over)

**Recreation Adapted
for Adults with Disabilities**

Spring Fun Faire (Ages 6-16)

Monday-Friday • 3:30-6:00 p.m.

Cost: \$25/session

Come join us for some fun! You will have the opportunity to meet new friends, create cool crafts, learn exciting games, and participate in excursions. Please register early due to limited space.

Session 1: March 1-March 26

Session 2: March 29-April 23

Session 3: April 26-May 21

RAT and RAAD Nights (Ages 13 & over)

Thursdays, March 4-May 21

Thursday nights don't get much better than this! Meet us for excursions, dances, movies, dinner, shopping, and more. Don't miss the Spring Fling Dance! Times and fees will vary.

RAT Friday Night Fun (Ages 13 & over)

Fridays, March 12 • April 9 • May 21

Our fun Friday night activities are sure to keep you coming back for more! Don't miss out on the fun! Times and fees will vary.

Awesome Saturdays (Ages 13 & over)

Saturdays, March 27 • April 24 • May 8 • 11:00 a.m.-4:00 p.m.

Enjoy your Saturdays visiting thrilling destinations to local and far-away attractions. It is sure to make your Saturdays fun and exciting! Fees will vary.



Therapeutics Recreation

Baby Art (Ages 3-5)

Gerdes Park, Hermosillo Park, and Sara Mendez Park

Cost: \$5 per session

Tots will be able to express their imagination and self-expression in this class. All activities are hands-on activities through painting, drawing, story time and more. Parent participation is required.

Session 1: Saturday, March 13-April 10 • 1:00-2:00 p.m.

Session 2: Saturday, April 17-May 8 • 1:00-2:00 p.m.

Prom SAVE THE DATE!

Thursday, July 15 • 6:00-9:30 p.m.

Norwalk Arts & Sports Complex

13000 Clarkdale Avenue

Cost: \$10.00

Additional information to follow.

Volunteers Needed

Join the spirit of Special Olympics! The Therapeutic Recreation Program participates in year-round Special Olympics Regional Meets and area competitions. We are looking for dedicated volunteers to lend a hand with coaching, fundraising, and general support. If you are interested in volunteering, please call [929-5611](tel:929-5611) or [929-5922](tel:929-5922).

Teen Center

(Ages 13-18) 12305 Sproul Street • Monday-Friday • 3:30-6:30 p.m.

The Norwalk Teen Center is the place to hang out and meet new people. The Center is equipped with computers, Guitar Hero, big screen television, pool table, and much more. Get to know our Recreation staff and learn new activities, crafts, and outdoor sports. We are conveniently located behind the Norwalk Arts & Sports Complex near the Skate Park and Aquatic Pavilion. This program is free, and registration is not necessary. To speak with a staff member, please call [929-4260](tel:929-4260).

Please Note: The Teen Center will be closed Monday, May 31.

Teen Alliance Program (TAP)

(Ages 13-18)

This is the time to give back to your community. Join the TAP program, which offers plenty of opportunities to volunteer at City-wide special events while earning volunteer hours for school.

General Membership meetings are held the first Wednesday of each month at the Norwalk Arts & Sports Complex, 13000 Clarkdale Avenue, from 5:00-6:00 p.m. For more information, please call [929-4260](tel:929-4260).



Track & Field (Ages 8 & Over)

Wednesdays, beginning March 3 • 6:00-7:00 p.m.

Saturdays, beginning March 6 • 9:30-11:00 a.m.

Cost: Free

Become part of our most popular Special Olympic sports:

Track and Field! Wednesday practices will take place at Gerdes Park, located at 14700 Gridley Road. Saturday practices take place at the Excelsior High School Track, located at 15711 Pioneer Boulevard. The season culminates in a fantastic finish at the annual "Special Olympics Summer Games" in June at California State University, Long Beach. If you are interested in becoming a part of this or other Team Norwalk sports, please contact the Program Coordinator at [929-5922](tel:929-5922) or the Therapeutic Recreation staff at [929-5611](tel:929-5611), Tuesday-Thursday from 3:30-5:00 p.m. Times and locations may vary.



Adaptive Golf (Ages 8 & Over)

Tuesdays • March 2-May 25

3:30-5:30 p.m.

Cost: Free

Ready for the green? This program will teach participants the fundamentals of the game of golf. This class will improve hand-eye coordination, develop motor skills, and improve balance and coordination. Experience putting, driving, and playing 9 holes of golf (depending on individual progress). Equipment rental is included. Participants will be involved in tournaments throughout the season to prepare them for the annual "Special Olympics Summer Games" in June at California State University, Long Beach. Class will meet at Norwalk Golf Center, 13717 Shoemaker Avenue.

Ultimate Dance Party-Middle School Dance 0501.201

Friday, April 16, 6:00-9:00 p.m.

Norwalk Arts & Sports Complex

Cost: \$5 per student

Come let off some steam and celebrate the beginning of Spring. Enjoy the music, dancing, and food at this event. So, if you are ready for some fun, the Sports Complex is the place to be. Please Note: The dance is only open to Norwalk students in the 6th, 7th, and 8th grades. Students must show a school ID card, yearbook photo, or other positive identification to verify current grade level.

Teen Center

Hollywood Tours 0500.202

Friday, April 9, 11:00 a.m.-5:00 p.m.
Norwalk Park Teen Center

Cost: \$25

Calling all teens! Join us for a fun and thrilling day of visits to movie star homes and the Hollywood Wax Museum. You will not want to miss out!

Indoor Rock Climbing

0500.201

Friday, May 7, 5:00-9:00 p.m.

Cost: \$15

Join us as we guarantee a fun and memorable experience. Belay instruction will be provided for all climbers 13 years and over. Learn to indoor rock climb with harness and supervision by RockCity staff. **Please Note:** Bring extra money or pack a lunch.

Earth Club

Thursdays, April 1-29, 5:00-6:00 p.m.
Norwalk Park Teen Center

Cost: Free

Teens will plant and learn the basics of the environment and how to keep it clean.

Taste of the World

Tuesdays April 6-27, 4:00-5:00 p.m.
Norwalk Park Teen Center

Cost: Free

Learn the essentials of basic cooking from different locations around the world. Every Tuesday you will learn to cook full healthy meals.

Wacky Game Nights

Fridays, April 23-May 21, 5:00-6:00 p.m.

Cost: Free

Come hang out and play wacky games. Every week we will play and compete in board games or video games in two different teams! So come join us on Fridays at the Teen Center. Refreshments will be served.

Cosmo 101

Wednesdays, April 7-28, 5:00-6:00 p.m.

Cost: Free

Learn all about what teens would like to know about the basics of beauty. Every week a different subject will be covered.

Sandy Creations

Tuesdays, April 6-May 4, 5:00-6:00 p.m.

Cost: Free

Let's get creative with art by using various textures and designs of sand.

Cultural Arts Center

Hours of Operation:

Tuesday-Friday 3:00-7:00 p.m.

Saturday 11:00 a.m.-3:00 p.m.

Sunday-Monday Closed

The Cultural Arts Center will be closed on Saturday, April 3.

Cultural Arts Center • 13200 Clarkdale Avenue • 929-5521

At the Cultural Arts Center (CAC), classes and workshops are offered free or at a nominal fee to Norwalk residents. Classes are 45 minutes in length unless otherwise noted. The Center is located adjacent to the Norwalk Arts & Sports Complex, 13200 Clarkdale Avenue. The CAC also houses the Mary Paxon Art Gallery.

Registration will be held on Monday, March 8, beginning at 9:00 a.m. at the Norwalk Arts & Sports Complex. Register early! If there are less than 3 participants enrolled in a class (prior to the first day of class) the class will be cancelled. For registration or general information, please call **929-5521**.

Please Note: Art is messy. Bring an apron or oversized shirt to protect clothing. An adult or sibling ten years of age or over must accompany children under the age of six for the duration of class.

Cultural Arts Center Special Programs

Community Book Fair

Tuesday-Saturday, May 11-May 22

Tuesday-Friday 3:00-7:00 p.m.

Saturday 11:00 a.m.-3:00 p.m.

The Book Fair will be open additional hours during the "Artastic" Evening event at the Cultural Arts Center on Friday, May 21 from 6:00-9:00 p.m.

Cost: Free

The more children read, the better they become at reading. The more enjoyable the things they read are, the more they will read. Visit our Book Fair to find enjoyable books for your children and teach them to fall in love with reading early in life!



Community Art Competition & Scholarship

Art Submittal Date: May 11-May 13 from 3:00-7:00 p.m.

Art Exhibit Date: May 21-June 11

Artist Reception Date/Awards Night: Friday, May 21 • 6:00-9:00 p.m.

Cost: Free

We are inviting high school and middle school students from the Norwalk/La Mirada School District to compete in the Norwalk Cultural Arts Center's first Art Competition! Please submit your best piece of work. Media that will be accepted include: photography, drawing, painting, sculpture, and computer art. All artwork must be mounted, matted, or framed. Please pick up an information/guidelines packet from the Cultural Arts Center. A total of \$400 in scholarships will be awarded to the top artists. For more information, please call the Cultural Arts Center at **929-5519**.

Cultural Arts Center

Free Cultural Arts Center Special Event "Artastic" Evening

Friday, May 21 • 6:00-9:00 p.m.

Visit your local Art Center for an artistic evening. This is an event for the entire family. The night will feature free art activities and projects for youth, a Community Book Fair, multiple art exhibits, and entertainment by the Norwalk All-City Youth Band and our Youth Mariachi Group. The evening will also feature art demonstrations by mouth and foot painting artists. Visit our facility and learn about the programs available to the community. Come see first hand the type of classes you can join and the type of artwork you can create. The following art exhibits will be featured: "Art of Rancho" featuring artist from Rancho Los Amigos National Rehabilitation Center, "Norwalk Community Is" featuring students in the Norwalk/La Mirada High School and Middle School Art Competition, and Norwalk Recreation Tots and Parks featuring participants in the community.

Mary Paxon Art Gallery

The Gallery is located in the Cultural Arts Center adjacent to the Norwalk Arts & Sports Complex. The Gallery exhibits the works of local and regional artists to promote visual arts in the community. If interested in exhibiting artwork, please submit a proposal to the Cultural Arts Center. The Gallery is free to the public and is wheelchair accessible.

Calling All Artists!

The Mary Paxon Gallery is seeking artists for future exhibits. If you are interested in being included in our Artist Directory, please call 929-5521.

Mailing List

To be added to our mailing list for future art exhibitions and art receptions, please call the Cultural Arts Center at 929-5521.

Upcoming Exhibit Schedule:

March 17-March 26

"PTA Reflections-Beauty Is"

Artists: Norwalk La Mirada School District Students

Artists' Reception: Saturday, March 20 • 7:00-9:00 p.m.

May 4-May 21

"Art of Rancho"

Artists: Artists from Rancho Los Amigos Rehabilitation Center

Artists' Reception: Friday, May 21 • 6:00-9:00 p.m.

May 21-June 11

"Norwalk Community Is"

Artist: Norwalk/La Mirada High School & Middle School Art Competition

Artist Reception: Friday, May 21 • 6:00-9:00 p.m.



Tots (Ages 3-5)

All Cultural Arts Center Classes are 45 minutes in duration unless otherwise noted.

Creative Lil' Hands 0532.201

Session 1: Tuesdays & Thursdays, March 16-April 15 • 9:00 a.m.-12:00 p.m.

0533.201

Session 2: Tuesdays & Thursdays, April 20-May 20 • 9:00 a.m.-12:00 p.m.

Cost: \$50/5 weeks

Toddlers will get a head start for pre-school and kindergarten. They will practice listening skills, sharing, and taking turns. Students will participate in many activities including art, crafts, music, and story reading. Activities are selected to enhance learning of shapes, colors, and ABC's.

Backyard Art 0534.201

Wednesdays, April 7-April 28 • 4:00 p.m.

Cost: \$3

Are you interested in nature? This class brings nature to you as we unite nature and art. Create some decorative pieces of art for your home, create your own bird feeder, and plant your own seeds.

Messy Pastels 0535.201

Wednesdays, April 7-April 28 • 5:00 p.m.

Cost: \$5

Get introduced to oil pastels and create art.

Cooking Tots 0536.201

Wednesdays, April 7-April 28 • 6:00 p.m.

Cost: \$5

Bring your tots over to learn to cook with us. We will make easy snacks that tots can help make at home.

Icky Squishy Squad 0537.201

Fridays, April 9-April 30 • 4:00 p.m.

Cost: \$2

Back by popular demand. Little hands will get messy as we explore a variety of art materials.

Red Light, Green Light, Go! 0538.201

Fridays, April 9-April 30 • 5:00 p.m.

Cost: \$2

Let's work on different art projects while learning about our most popular traffic signals and signs.

Sea Shells, Shapes, & Sand

0539.201

Wednesdays, May 5-May 26 • 4:00 p.m.

Cost: \$3

Let's mix various things from the sea to create different art projects.

Cultural Arts Center

Spring Bugs 0540.201

Wednesdays, May 5-May 26 • 5:00 p.m.

Cost: \$2

Spring bugs are here! Make cute critters with different art mediums.

Memorable Frames 0541.201

Wednesdays, May 5-May 26 • 6:00 p.m.

Cost: \$3

Make picture frames, magnets, snow globes, and even a collage. Bring your photos to create memories. If you do not have old photos, we can take your picture in class.

Science Guy 0542.201

Fridays, May 7-May 28 • 5:00 p.m.

Cost: \$3

It is never too early to uncover the mysteries of science. Enjoy various science projects.

Tissue Art 0543.201

Fridays, May 7-May 28 • 6:00 p.m.

Cost: Free

Make unique projects using tissue paper.

Youth (Ages 6-12)

Magical Secrets 0544.201

Thursdays, April 8-April 29 • 4:00 p.m.

Cost: Free

Students will learn different magic tricks to show to friends and family.

Kite Making 0545.201

Thursdays, April 8-April 29 • 5:00 p.m.

Cost: \$7

Make and fly your very own kite.

Working with Clay 0546.201

Thursdays, April 8-April 29 • 6:00 p.m.

Cost: \$7

Create different art projects using clay.

Beginning Drawing 0547.201

Saturdays, April 10-May 1 • 12:00 p.m.

Cost: \$3

This introduction to drawing class will teach you basic drawing techniques.

Pottery Wheel Spinning 0548.201

Saturdays, April 10-May 1 • 1:00 p.m.

Cost: \$10

Learn to work with clay using the pottery wheel.

Karaoke Explosion 0549.201

Thursdays, May 6-May 27 • 4:00 p.m.

Cost: \$2

Come check out our new Karaoke Machine! Watch yourself on video as you sing your favorite tunes from favorite artists.

Beginning Painting 0550.201

Thursdays, May 6-May 27 • 5:00 p.m.

Cost: \$5

Learn the basics of painting from brush strokes to color mixing.

Beginning Sewing 0551.201

Thursdays, May 6-May 27 • 6:00 p.m.

Cost: \$3

Come learn the basics of sewing. Learn to sew a button, a pillow, and more!!!

Multi-Cultural Kitchen 0552.201

Saturdays, May 8-May 29 • 12:00 p.m.

Cost: \$7

Recipes and cultural traditions will be explored from various regions around the world.

Wood Collections 0553.201

Saturdays, May 8-May 29 • 1:00 p.m.

Cost: \$5

Paint and make various projects from wood. Projects will include animals, boxes, and frames, to name a few.

Teens (Ages 13-17)

Nail Designs & Eye Shadow 0554.201

0554.201

Fridays, April 9-April 30 • 6:00 p.m.

Cost: \$7

Beauty secrets are fun to share! Learn to do your own French tips and nail designs. We will also teach you simple eye shadow secrets.

Decal Design 0555.201

Saturdays, April 10-May 1 • 2:00 p.m.

Cost: \$3

Personalize your own decals to decorate your own room, skateboard, car, etc.

Fun with Photos 0556.201

Fridays, May 7-May 28 • 4:00 p.m.

Cost: \$10

Bring your memory cards full of pictures and let's get working with our photos. Let us help you with all your fun pictures. Frame them, mount them, or put them in an album. This class includes a trip to CVS Pharmacy to print your pictures. Please bring your memory chip on the first day of class. We will print a limited number of pictures for you. Please bring extra money to print extra pictures.

Multi-Cultural Kitchen 0557.201

0557.201

Saturdays, May 8-May 29 • 2:00 p.m.

Cost: \$10

Cook delicious entrees with recipes from various regions of the world (Italy, China, and Mexico).



Youth Mariachi



Youth Mariachi Classes (Ages 7-18)

Classes are held on Tuesdays at the Cultural Arts Center. Lessons will be offered in Guitar, Violin, Trumpet, and Voice at a reasonable **Cost**. Participants must provide their own instruments; however, the Youth Mariachi Program has some instruments available for loan. New series of classes begin every three months. Please call **929-5521** for instrument availability, additional questions, or to be added to the mailing list. Si necesita informacion en Español, por favor llamar al numero **929-5521**.

Violin Classes

		March	April	May
Beginning Violin	4:00-4:45 p.m.	0558.201	0558.202	0558.203
Intermediate Violin	4:45-5:30 p.m.	0559.201	0559.202	0559.203
Advanced Violin	5:30-6:00 p.m.	0560.201	0560.202	0560.203

Voice Lessons

		March	April	May
Group Voice & Music	4:00-5:15 p.m.	0561.201	0561.202	0561.203

Trumpet

		March	April	May
Beginning Trumpet	4:00-4:45 p.m.	0562.201	0562.202	0562.203
Intermediate Trumpet	4:45-5:30 p.m.	0563.201	0563.202	0563.203
Advanced Trumpet	5:30-6:00 p.m.	0564.201	0564.202	0564.203

Guitar

		March	April	May
Beginning Guitar	4:00-4:45 p.m.	0565.201	0565.202	0565.203
Intermediate Guitar	4:45-5:30 p.m.	0566.201	0566.202	0566.203
Advanced Guitar	5:30-6:00 p.m.	0567.201	0567.202	0567.203

Registration will be held on Monday, March 8, beginning at 9:00 a.m. at the Norwalk Arts & Sports Complex.

Resident	Non-resident
\$25 per month	\$30 per month
*\$60/3 months (March)	*\$75/3 months (March)

*The three-month pre-pay option is available quarterly for a total savings of \$15. You can pre-pay at the start of each quarter for the following months: September, December, and March. The pre-pay plan requires payment in advance, and is only available at the beginning of the each quarter, and must be paid in full.

Norwalk All-City Youth Band

You are invited to join the Norwalk All-City Youth Band. This program is comprised of the band, a drill team, and a tall flag unit. Joining the Band is a great way to get involved. This group fundraises, goes on trips, conducts concerts, and performs in parades and City events. Practices are held twice a week at the Cultural Arts Center. For more information, please call **(562) 929-5521**.



Cultural Arts Center Contract Classes

NEW Piano/Keyboard (Ages 6-18)

Students will have fun learning the basics of playing the piano. Class size is small and focuses on learning to read music notes and rhythms, which lead to playing simple songs. At the end of the session each student will be evaluated. Students who are ready for advancement will be advised to register for intermediate piano. Please consult with your instructor prior to registration. As students advance, they will be invited to perform in recitals.

Session 1

February 24-March 10

0597.201 Beginning (Ages 6-9) **Wednesday, 4:00-4:30 p.m.**

0598.201 Beginning (Ages 10-18) **Wednesday, 4:30-5:00 p.m.**

0599.201 Intermediate (Ages 6-9) **Wednesday, 3:00-3:30 p.m.**

0600.201 Intermediate (Ages 10-18) **Wednesday, 3:30-4:00 p.m.**

Cost: \$30/3 weeks

Session 2

March 17-April 21

0597.202 Beginning (Ages 6-9) **Wednesday, 4:00-4:30 p.m.**

0598.202 Beginning (Ages 10-18) **Wednesday, 4:30-5:00 p.m.**

0599.202 Intermediate (Ages 6-9) **Wednesday, 3:00-3:30 p.m.**

0600.202 Intermediate (Ages 10-18) **Wednesday, 3:30-4:00 p.m.**

Cost: \$60/6 weeks

Session 3

April 28-June 2

0597.203 Beginning (Ages 6-9) **Wednesday, 4:00-4:30 p.m.**

0598.203 Beginning (Ages 10-18) **Wednesday, 4:30-5:00 p.m.**

0599.203 Intermediate (Ages 6-9) **Wednesday, 3:00-3:30 p.m.**

0600.203 Intermediate (Ages 10-18) **Wednesday, 3:30-4:00 p.m.**

Cost: \$60/6 weeks

(A \$10 book fee is due on the first day of class. Cash only please.)

Cultural Arts Center, 13200 Clarkdale Avenue

Instructor: Southern California Academy of Music

Floral Design (Ages 18 & Over)

Come and join the fun in basic floral arrangements and express your creativity. Learn the "how to" in floral design; create centerpieces, and designs for special events and holidays.

Session 1 - 0601.201

March 16-April 13 **Tuesday, 6:00-7:00 p.m.**

Session 1 - 0602.201

April 20-May 18 **Tuesday, 6:00-7:00 p.m.**

Cost: \$25/5 weeks

(A \$15 material fee is payable to the instructor each week.)

Cultural Arts Center, 13200 Clarkdale Avenue

Instructor: Vickie Le

NEW Beginning Cake Decorating (Ages 18 & Over)

Students will learn basic cake decorating techniques with a variety of icing and flowers. Students may be required to purchase additional supplies.

Session 1 - 0603.201

March 17-April 14 **Wednesday, 6:00-7:00 p.m.**

Session 2 - 0604.201

April 21-May 19 **Wednesday, 6:00-7:00 p.m.**

Cost: \$25/5 weeks

(A \$10 material fee is payable to the instructor each week.)

Cultural Arts Center, 13200 Clarkdale Avenue

Instructor: Vickie Le

NEW Indian Jewelry Workshop (Ages 10-15)

In this one-day workshop, you will learn to make bracelets and earrings. You will go home with the jewelry you create in class.

Session 1 - 0613.201

April 7 **Wednesday, 3:30-4:30 p.m.**

Session 2 - 0614.201

May 5 **Wednesday, 3:30-4:30 p.m.**

Cost: \$10/1 Day

(A \$2 materials fee is payable to the instructor.)

Instructor: Harjit Ahluwalia

NEW Indian Cooking Workshop (Ages 15 & Over)

You will learn to cook with spices, oils, and the main staples of Indian cooking (wheat, flour, rice, curry, chicken, and lentils. Come learn the secrets to authentic dishes.

Session 1 - 0615.201

April 7 **Wednesday, 5:00-7:00 p.m.**

Session 2 - 0616.201

May 5 **Wednesday, 5:00-7:00 p.m.**

Cost: \$15/1 Day

(A \$5 materials fee is payable to the instructor.)

Instructor: Harjit Ahluwalia



See the new
City of Norwalk
Website at:

www.ci.norwalk.ca.us

Cultural Arts Center Contract Classes



Young Rembrandts Pre-School Drawing Classes (Ages 3 ½-5)

Young students are eager to learn, and a joy to teach. Young Rembrandts instructors provide a nurturing and strong learning environment that expands pre-schoolers' image vocabulary as they draw familiar images and subject matter. We'll concentrate on the skills of drawing and coloring while developing fine motor skills, focusing, listening, staying on task, patience and spatial organization. We provide all materials and teach new lessons each week even for previous Young Rembrandts students!

Session 1 - 0588.201

March 18-April 8

Thursday, 3:30-4:15 p.m.

Session 2 - 0589.201

April 15-May 6

Thursday, 3:30-4:15 p.m.

Session 3 - 0590.201

May 13-June 3

Thursday, 3:30-4:15 p.m.

Cost: \$42/4 weeks

Cultural Arts Center, 13200 Clarkdale Avenue

Instructor: Young Rembrandts

Elementary Drawing Classes (Ages 6-12)

Our elementary-age curriculum is designed to teach basic to advanced drawing skills, art techniques and vocabulary. We believe that drawing is the bedrock skill required for future artistic success. We give them skills to express their creativity, and believe that all children can, and should, learn to draw. We provide all materials and teach new lessons each week even for previous Young Rembrandts students! You'll see increased art abilities, learning skills, self-confidence, and self-esteem.

Session 1 - 0591.201

March 18-April 8

Thursday, 4:30-5:30 p.m.

Session 2 - 0592.201

April 15-May 6

Thursday, 4:30-5:30 p.m.

Session 3 - 0593.201

May 13-June 3

Thursday, 4:30-5:30 p.m.

Cost: \$42/4 weeks

Cultural Arts Center, 13200 Clarkdale Avenue

Instructor: Young Rembrandts

Cartoon Drawing Classes (Ages 6-12)

Learning to draw can be fun, especially when we create silly characters, funny expressions, and drawing sequences that tell a joke! This delightful program combines Young Rembrandts' innovative, step-by-step drawing method with light-hearted subject matter that engages children, their sense of humor, and their vivid imaginations. We provide all materials and teach new lessons each week even for previous Young Rembrandts students!

Session 1 - 5094.201

March 18-April 8

Thursday, 5:30-6:30 p.m.

Session 2 - 0595.201

April 15-May 6

Thursday, 5:30-6:30 p.m.

Session 3 - 0596.201

May 13-June 3

Thursday, 5:30-6:30 p.m.

Cost: \$42/4 weeks

Cultural Arts Center, 13200 Clarkdale Avenue

Instructor: Young Rembrandts

13

NEW Beginning Airbrushing (Ages 13 & Over)

Explore the different types of airbrushes, learn to paint and prepare different surfaces, get introduced to airbrush media, maintenance, and safety rules. This class will enhance the skills of any new airbrush artist!!!!

Session 1

March 20-April 24

(Class will not meet on April 3)

0605.201 (Ages 13-17)

Saturday, 12:00-1:00 p.m.

0606.201 (Ages 18 & Over)

Saturday, 1:00-2:00 p.m.

Session 2

May 1-29

0607.201 (Ages 13-17)

Saturday, 12:00-1:00 p.m.

0608.201 (Ages 18 & Over)

Saturday, 1:00-2:00 p.m.

Cost: \$25/5 weeks

(A \$5 materials fee is payable to the instructor at the first class session.)

Instructor: Alex Reyes

NEW Pop Vocal Techniques (Ages 10-18)

Enhance your vocal techniques for styles like R&B, Blues, and Soul. Develop a musical ear for vocal techniques to isolate, learn, and develop your own personal style.

Session 1

April 10-May 1

0609.201 (Ages 10-13)

Saturday, 12:30-1:30 p.m.

0610.201 (Ages 14-18)

Saturday, 1:30-2:30 p.m.

Session 2

May 8-29

0611.201 (Ages 10-13)

Saturday, 12:30-1:30 p.m.

0612.201 (Ages 14-18)

Saturday, 1:30-2:30 p.m.

Cost: \$40/4 weeks

Instructor: George Aukuso



Norwalk Aquatic Pavilion • 12301 Sproul Street

Norwalk Stingrays Youth Swim Team

(Ages 6-18)

March 1-March 31 • Monday/Wednesday/Thursday • 6:00-8:00 p.m.

April 1- May 28 • Monday-Friday • 6:00-8:00 p.m.

Cost: \$70/month first swimmer

\$60/month second swimmer*

\$50/month third swimmer*

(*Must be in immediate family)

The Norwalk Stingrays is a novice swim team designed to teach and encourage young people to participate in water sports on a competitive, yet fun basis. Team members will learn basic competitive skills and train to compete in swim meets against other area swim teams throughout the year. Swimmers are divided into different levels for practice and competitions. Group assignment is based on the swimmer's maturity level, commitment to training, experience, and participation in swim meets. Parental support is essential to the program's success. Children should be able to swim the front-crawl for 50 yards continuously, and have a basic knowledge of the competitive strokes at the time of registration. To try out for the swim team please call ahead to make an appointment with the Aquatic Staff. For more information, please call the Norwalk Aquatic Pavilion at **929-5539**.



Adult Water Aerobics

March 1-March 28 • Monday/Wednesday/Thursday • 6:00-7:00 p.m.

April 1- May 31 • Monday-Friday • 6:00-7:00 p.m.

Cost: \$3.00/Adult (Daily Admission)

\$2.00/Senior (Daily Admission)

Save 20% if you purchase a Swim Pass

Senior Swim Pass \$16.00

Adult Swim Pass \$24.00

Looking for a way to stay or get in shape this Spring? Try the Adult Water Aerobics Program. Our friendly staff will lead you through a fun and exciting workout. This program offers an invigorating, toning, and cardio-conditioning workout. For more information, please call the Aquatic Pavilion at **929-5622**.

Adult Lap Swim



March 1-March 28 • Monday/Wednesday/Thursday • 7:00-8:00 p.m.

April 1- May 31 • Monday-Friday • 7:00-8:00 p.m.

Cost: \$3.00/Adult (Daily Admission)

\$2.00/Senior (Daily Admission)

Use our facility to stay in shape and look great too. Swimming is one of the most effective and complete exercises you can do. Lap swimmers have dedicated lanes, comfortable water temperature, and the chance to have a great workout. For more information, please call the Aquatic Pavilion at **929-5622**.



American Red Cross Lifeguard Training*

Want to become a Lifeguard for the Summer? The City of Norwalk is offering two Lifeguard Training classes that will help you take a step in the right direction. Come join our class and become a certified Lifeguard for a great summer job.

Class 1: Tuesday-Thursday

April 6-8

9:00 a.m.-3:00 p.m.

Class 2: Friday, Saturday & Sunday, April 9-11

April 9

5:00-9:00 p.m.

April 10 & 11

9:00 a.m.-5:00 p.m.

Cost: \$ 75.00 includes book and pocket mask

*Please note: Successful completion of this course does not guarantee a job offer from the City of Norwalk.

Please register at least one week in advance for the class.

For more information, please call the Aquatic Pavilion at **929-5539**.

Aquatics

Aquatic Pavilion Rentals

If you would like to reserve the Aquatic Pavilion for a special occasion, applications will be accepted on a first-come, first-serve basis beginning at 9:00 a.m. on Thursday, April 1, at the Norwalk Arts & Sports Complex, 13000 Clarkdale Avenue. Proof of Norwalk residency and a security deposit of \$250 is due at time of application. Office hours are Monday through Thursday, 9:00 a.m. to 9:00 p.m., and 9:00 a.m. to 6:00 p.m. on Friday and Saturday. For more information, please call **929-5566**.

Payment of Fees: Rental fees must be paid 30 days prior to the reservation. The facility rental fee applies to each hour from the beginning of the "Event" to the end of "Clean-Up" (excluding set up).

Set up Fees: Applicant may decorate/set up one hour in advance on the day of the reservation at a rate of \$25 per hour.

Security Deposit Refund: Please allow four to six weeks following reservation for refund to arrive by mail.

Barbeque Rental: For safety purposes, groups wishing to barbeque must use City of Norwalk owned and maintained equipment.

\$25 Per Rental Group*

*Fee includes one filled propane tank and staff time for set up and clean up.

Aquatic Pavilion Private Rental

Maximum Capacity: 350

Hours of Availability: 5:30-11:30 p.m.

Facility is open for exclusive use by applicant. Fee includes lifeguards on duty.

\$80 Per Hour for Groups of Less than 50

\$140 Per Hour for Groups of 50 to 100*

\$200 Per Hour for Groups of More than 100*

\$250 Security Deposit

\$25 Per Hour for Set up (Maximum One Hour)

***Minimum One Hour Clean up Time**

Aquatic Pavilion Picnic Area Rental

Capacity: 100 (Banquet Style)

Hours of Availability:

Session 1 - 1:30-3:15 p.m.

Session 2 - 3:45-5:30 p.m.

Facility is open to public concurrently; rental includes exclusive access to picnic area.

\$48 Per Recreation Swim Session

\$2 Per Youth or Senior (ages 55+) in Group

\$3 Per Adult (ages 18-54) in Group

\$250 Security Deposit

\$25 Per Hour for Set up (Maximum One Hour)

Sports Leagues

Small Fry Soccer (Ages 5-7 as of April 1, 2010) 0011.201



The Small Fry Soccer Program is designed to teach youth, ages 5 to 7, the basics of soccer. The program emphasizes skill development, sportsmanship, and teamwork in a non-competitive environment. Games will be played outside at Norwalk Park, 13000 Clarkdale Avenue, behind the Norwalk Arts & Sports Complex (NASC) beginning in April.

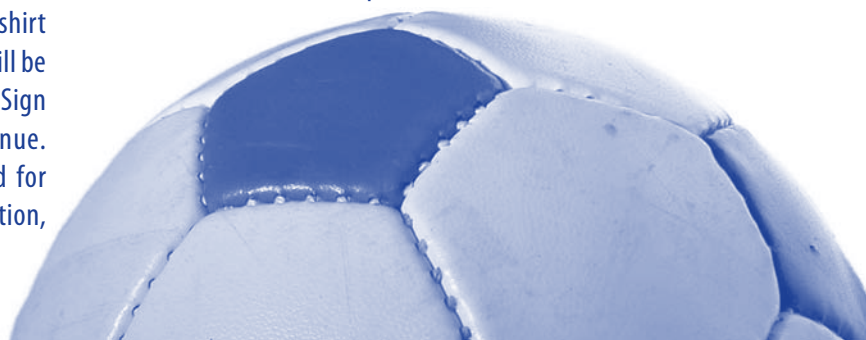
Entry fee is \$25 for each resident and \$45 for each non-resident. Fee includes a team shirt and participation trophy. Registration will be conducted from February 12-March 20. Sign up at the NASC, 13000 Clarkdale Avenue. A parent meeting has been scheduled for

Wednesday, March 24, at 6:00 p.m., at the NASC. For more information, please call **929-5566**.

Youth Indoor Soccer (Ages 8-13 as of April 1, 2010) 0012.201

The Youth Indoor Soccer League provides fundamental instruction and friendly competition in a safe and structured environment. Games will be played indoors at the Norwalk Arts & Sports Complex (NASC) beginning in April.

Entry fee is \$25 for each resident and \$45 for each non-resident. Fee includes a team shirt and participation trophy. Registration will be conducted from February 12-March 20. Sign up at the NASC, 13000 Clarkdale Avenue. A parent meeting has been scheduled for Wednesday, March 24, at 6:45 p.m., at the NASC. For more information, please call **929-5566**.



Sports Leagues



Volunteer Coaches Needed!

The City of Norwalk Recreation and Park Services Department sponsors a year-round youth sports program, and a successful program depends on you! These programs are conducted solely with the support of volunteer coaches. Volunteer coaches are needed for both upcoming Soccer and Summer Baseball programs. If you would like to volunteer, please stop by the Norwalk Arts & Sports Complex (NASC) and complete a volunteer coach's form. This will be one of the most rewarding experiences of your life! Show up to the coaches' meeting to select your team name and shirt color, as well as, review the rules and philosophy of our program. A coaches' meeting has been scheduled for Wednesday, March 24 at 7:30 p.m. at the NASC. Please Note: In accordance with State regulations, the City of Norwalk does fingerprint all volunteer coaches and their assistants at no cost during the coaches' meeting.

Adult Slow Pitch Softball Leagues (Ages 18 & Over)

The 2010 Spring/Summer Adult Softball League is scheduled to begin play in April. Leagues offered include:

Friday Night: Women's "Recreation" Division 0404.201

Friday Night: Co-ed "Recreation" Division 0403.201



Registration will be conducted through Friday, March 26, at the Norwalk Arts & Sports Complex, 13000 Clarkdale Avenue. Entry fee is \$425 for each resident team and \$525 for each non-resident team (a \$100 deposit is due at the time of registration). Each team is also required to pay umpire fees of \$12.50 prior to the start of each game. For more information, please call **929-5567**.

Adult Basketball Leagues (Ages 18 & Over)

The 2010 Spring/Summer Adult Basketball Leagues will begin play in April. Leagues offered include:

Sunday Afternoons: Men's "D" Division 0405.201

Sunday Afternoons: Women's "Open" Division 0402.201

Thursday Night: Men's "D" Division 0406.201

Registration will be conducted through Friday, March 26 and all games are played at the Norwalk Arts & Sports Complex, 13000 Clarkdale Avenue. Register early to guarantee your team a spot in the league of your choice. Entry fee is \$360 for each resident team and \$460 for each non-resident team (a \$100 deposit is due at the time of registration). Each team is also responsible for paying the referee fees of \$25 prior to the start of each game. For more information, please call **929-5567**.

Excelsior Gymnasium

Excelsior High School Gym and Weight Room

15711 Pioneer Boulevard

Tuesday-Friday • 3:00-6:00 p.m.

Saturday • 12:00-5:00 p.m.

Spring Break Hours

Monday-Friday, April 5-9 • 2:00-6:00 p.m.

The Boys Gymnasium at Excelsior High School is the place to be to stay active! This facility offers full-court basketball, volleyball, and a Weight Room. Come and shoot some hoops or tone and condition your muscles in our Weight Room. The Weight Room offers a variety of free weights and machines for adults, ages 18 and over. The Weight Room is free, but photo ID's are required. For more information, please call **929-5610**.

Please Note: The Gym will be closed Saturday, April 3.



Share Your Talents with Others!

Do you have a special skill or hobby? Here's an opportunity to teach others while earning extra income! The City of Norwalk Recreation and Park Services Department is looking for instructors to teach new innovative classes to the Norwalk community (budgeting, fitness, cooking, crafts, voice, etc.). If you are up to the challenge, please call **929-5566** to request an Instructor Proposal Form, or pick one up at the Norwalk Arts & Sports Complex located at 13000 Clarkdale Avenue.

Norwalk Arts & Sports Complex

13000 Clarkdale Avenue • 929-5566

Have you been thinking about getting fit, starting an exercise program, and living a healthier lifestyle? Then join the Norwalk Arts & Sports Complex (NASC), which is one of the most comprehensive and affordable fitness centers in the region. Membership entitles patrons use of the weight room, basketball gymnasium, four indoor racquetball/handball courts, and ping-pong table. Personal trainers are onsite to assist.

Listed below are the operating hours and membership fees. For further information, please call **929-5566**.

Please Note: The Norwalk Arts & Sports Complex will be closed Monday, May 31

NASC Office Hours

Monday-Thursday 9:00 a.m.-9:00 p.m. (closed 2:30-3:00 p.m.)
Friday 9:00 a.m.-6:00 p.m. (closed 2:30-3:00 p.m.)

General Membership Hours

Monday-Thursday 3:00-9:00 p.m. (closed 2:30-3:00 p.m.)
Friday 3:00-6:00 p.m. (closed 2:30-3:00 p.m.)
Saturday 9:00 a.m.-6:00 p.m.
Sunday Closed

Senior Membership Hours

Monday-Thursday 9:00 a.m.-9:00 p.m. (closed 2:30-3:00 p.m.)
Friday 9:00 a.m.-6:00 p.m. (closed 2:30-3:00 p.m.)
Saturday 9:00 a.m.-6:00 p.m.

Corporate Membership Hours

Monday-Friday 11:00 a.m.-2:30 p.m.

NASC Fee Schedule

Daily Fee (non-members)

Resident \$5
Non-resident \$15

Yearly Resident Membership ID

Youth (Ages 17 & Under) \$35 Resident/\$50 Non-resident annually
Adults (Ages 18-54) \$35 Resident/\$85 Non-resident quarterly
\$136.50 Resident/\$341.50 Non-resident annually
***Family Rate** \$43 Resident/\$85 Non-resident quarterly
\$170.75 Resident/\$341.50 Non-resident annually

*Immediate family living under the same household (proof required): Minimum one adult (parent/legal guardian), maximum two adults; minimum one minor child, maximum five minor children.

Seniors (Ages 55 & Over) \$3 Resident/\$4 Non-resident monthly
\$35 Resident/\$50 Non-resident annually

***Corporate** \$200 annually/\$50 quarterly

*Norwalk Business Employees and proof of employment required

NASC Spring Class Registration Hours beginning Monday, March 1

Monday-Thursday 9:00 a.m.-9:00 p.m. (closed 2:30-3:00 p.m.)
Friday 9:00 a.m.-6:00 p.m. (closed 2:30-3:00 p.m.)
Saturday 9:00 a.m.-6:00 p.m.

Basketball Schedule-Open Play*

Monday-Thursday 3:00-9:00 p.m.
Friday 3:00-6:00 p.m.
Saturday 9:00 a.m.-6:00 p.m.

*Schedule subject to change due to Basketball Leagues and Special Events.

Racquetball/Handball Court/Ping Pong Table*

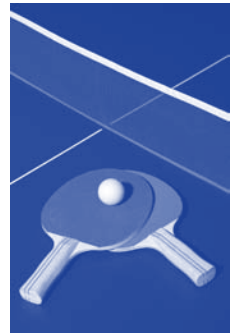
*Only Norwalk residents may make same-day reservations for courts - \$5 fee. There is a one-hour limit for reservations.

Monday-Thursday 3:00-9:00 p.m.
Friday 3:00-6:00 p.m.
Saturday 9:00 a.m.-6:00 p.m.

Weight Room*

Monday-Thursday 3:00-9:00 p.m.
Friday 3:00-6:00 p.m.
Saturday 9:00 a.m.-6:00 p.m.

*Minimum age requirement is 18 years of age.



NASC Senior Aerobic & Weight Room Workout* (Ages 55 & Over)

Monday, Wednesday, Friday • 9:00-11:00 a.m.

*Senior Membership is required.

Start your mornings off right, and join us for a fun and energetic 45-minute aerobic workout on Mondays, Wednesdays, and Fridays beginning at 9:15 a.m. Seniors also have exclusive use of our state-of-the-art weight room and personal trainer on weekdays from 9:00 to 11:00 a.m. For more information, please call **929-5566**.

Body Sculpting Workout*

Mondays & Wednesdays • 12:15-1:00 p.m.

*Corporate Membership is required.

Tired of the daily grind? Energize yourself and have fun with this class! Body sculpting is highly recommended to those enrolled in a weight loss program because it helps retain lean muscle tissue while boosting metabolism. This class will sculpt your body to maintain proportions and symmetry while increasing muscle and bone density. A Yoga/Pilates mat and 2½-5 pound hand weights are optional, but recommended. Our certified instructor will inspire you to reach new heights while providing expert one-on-one instruction.

Norwalk Arts & Sports Complex

Core & Strengthening Workout

Tuesdays & Thursdays • 12:15-1:00 p.m.

(Corporate Membership is required.)

Wednesdays • 6:00-7:00 p.m.

(Adult Membership is required.)

Tired of the daily grind? Energize yourself and have fun with this class! Body sculpting is highly recommended to those enrolled in a weight loss program because it helps retain lean muscle tissue while boosting metabolism. This class will sculpt your body to maintain proportions and symmetry while increasing muscle and bone density. A Yoga/Pilates mat and 2½-5 pound hand weights are optional, but recommended. Our certified instructor will inspire you to reach new heights while providing expert one-on-one instruction.

Norwalk Boxing Program

The City of Norwalk offers a Boxing Program at the Norwalk Arts & Sports Complex where participants can learn boxing techniques and conditioning skills. Training is also available for youth interested in participating in area tournaments. Quarterly fees are \$25 for each resident and \$45 for each non-resident. For more information, please call **929-5566**.

Youth (Ages 8-17)

Monday-Thursday, 4:00-6:30 p.m.

Friday, 4:00-6:00 p.m.

Saturday, 9:00 a.m.-12:00 p.m.

Adult (Ages 18 & Over)

Monday-Thursday, 6:30-8:00 p.m.

Friday, 6:00-8:00 p.m.

Saturday, 9:00 a.m.-12:00 p.m.

Facility Reservations

The City of Norwalk has facility rentals that are ideal for weddings, family reunions, baby and bridal showers, birthday parties, meetings, and more. To reserve a park facility, please call the Recreation and Park Services Department at **929-5702**. To reserve or view a room at the Norwalk Arts & Sports Complex, please call **929-5566**. Rental information is also available at www.ci.norwalk.ca.us **Please Note:** Fifteen and sixteen year old birthday celebrations are not permitted.

Park Facilities

Rental Applications

Available at City Hall, Room 10. All reservations must be made at least 30 days in advance.

Payment of Fees

Room rental fees must be paid in full 30 days prior to the reservation.

Security Deposit Refund

Please allow 4-6 weeks following your reservation for refund to arrive by mail.

Public Safety Officer Fee

If applicant is serving alcohol at an event, in addition to the reservation total, an hourly fee of \$35 will apply for each Public Safety Officer. One officer is required for events with an attendance of 50 or fewer. For attendance larger than 50, two officers are required.

Gerdes Park Recreation Center

14700 Gridley Road

Capacity: 70 Banquet Style

\$225.25 (5-Hour Block of Time)

\$23.50 Each Additional Hour

Non-resident Fee: \$150 (in addition to the hourly fee)

\$1,000 Security Deposit with alcohol

\$500 Security Deposit without alcohol

Available Hours: Saturday • 6:00-11:00 p.m.

Sunday • 9:00 a.m.-11:00 p.m.

Gerdes Park A-Frame

14700 Gridley Road

Capacity: 80

\$48 per day

Non-resident Fee: \$96

Available Hours: Daily • 9:00 a.m.-6:00 p.m.

Hermosillo Park Recreation Center

11959 162nd Street

Capacity: 80 Banquet Style

\$225.25 (5-Hour Block of Time)

\$23.50 Each Additional Hour

Non-resident Fee: \$150 (in addition to the hourly fee)

\$1,000 Security Deposit with alcohol

\$500 Security Deposit without alcohol

Available Hours: Saturday • 6:00-11:00 p.m.

Sunday • 9:00 a.m.-11:00 p.m.

Sara Mendez Park Recreation Center

11660 Dune Street

Capacity: 44 Banquet Style

\$350 (5-Hour Block of Time)

\$23.50 Each Additional Hour

Non-resident Fee: \$150 (in addition to the hourly fee)

\$1,000 Security Deposit with alcohol

\$500 Security Deposit without alcohol

Available Hours: Saturday • 6:00-11:00 p.m.

Sunday • 9:00 a.m.-11:00 p.m.

Shoshonean Campsite (Robert White Park)

12120 Hoxie Avenue

Capacity: 250

\$200 (5-Hour Block of Time)

\$23.50 Each Additional Hour

Non-resident Fee: \$150 (in addition to the hourly fee)

Available Hours: Daily • 9:00 a.m.-7:00 p.m.

Overnight reservations for resident Boy and Girl Scout troops only.

Norwalk Nature Center (Norwalk Park)

13000 Clarkdale Avenue

Capacity: 50

\$50 per hour

\$110 per hour for Non-residents

\$250 Security Deposit

Available Hours: Saturday/Sunday • 3:00-7:00 p.m.

Maximum 2-hour Reservation

Norwalk Arts & Sports Complex Facilities

Rental applications are available at the Norwalk Arts & Sports Complex located at 13000 Clarkdale Avenue or online at www.ci.norwalk.ca.us

Rental Information



Room reservations must be made at least 30 days in advance.

Payment of Fees: The security deposit is due in full when an application is approved. Rental fees must be paid in full 30 days prior to the reservation date.

Set-up Fees: Applicant may decorate/set up one to three hours in advance on the day of the reservation at a rate of \$46 per hour.

Security Fee: If applicant is serving alcohol at an event, in addition to the reservation total, an hourly fee of \$35 will apply for each Public Safety Officer in attendance. If it is determined that Sheriff Deputies are required, a fee of \$102 an hour per deputy will apply.

Non-resident Fee: An additional flat fee of \$500 applies to non-resident use.

Security Deposit Refund: Please allow four to six weeks following your reservation for refund to arrive by mail.

Sproul Room

Capacity: 150 Banquet Style
\$ 691.50 (5-Hour Block of Time)
\$150 Each Additional Hour
\$1,000 Security Deposit (Serving alcohol)
\$500 Security Deposit (No alcohol)



Hargitt Room

Capacity: 50
\$285.50 (5-Hour Block of Time)
\$35 Each Additional Hour
\$500 Security Deposit (with/without alcohol)



Multi-Purpose Room

Capacity: 150 Banquet Style
\$464 (5-Hour Block of Time)
\$100 Each Additional Hour
\$1,000 Security Deposit (Serving alcohol)
\$500 Security Deposit (No alcohol)



Hospitality Courtyard

Capacity: 200 Banquet Style (outdoor setting)
\$374 (3-Hour Block of Time)
\$100 Each Additional Hour
\$500 Security Deposit (with/without alcohol)



Sproul Reception Center

Capacity: 72 Indoor-100 Indoor/Outdoor
\$678 (5-Hour Block of Time)
\$125 Each Additional Hour
\$1,000 Security Deposit (Serving alcohol)
\$500 Security Deposit (No alcohol)
***Additional flat fee of \$500 applies to Non-resident use**



Pre-registration is required for all contract classes. Registration is taken at the Norwalk Arts & Sports Complex (unless otherwise noted), and will begin Monday, March 1, beginning at 9:00 a.m. Registration is accepted on a first come, first served basis due to limited space. Proof of residency is required at the time of registration and a \$5 fee will be applied per class in addition to the class fee for non-residents. Please refer to page 29 for registration information.

Please Note: The Norwalk Arts & Sports Complex will be closed Monday, May 31.

Dance

NEW Ballroom Dance

(Ages 18 & Over)

A fusion of street salsa, ballroom and body isolations creating a cross between L.A. one with the rhythm and moves of New York style on two. This class will teach the fundamentals of counting, rhythm, stylization, spins, shines, balance, and presence. More styles such as Bachata, Merengue, and Cha-cha will be incorporated in upcoming sessions. Upon completion of this class, students will select a date to hit the dance floor live at a local dance club!



Session 1 - 0133.201

March 18-April 8

Thursday, 7:00 p.m.-8:00 p.m.

Session 2 - 0133.202

April 29-May 20

Thursday, 7:00 p.m.-8:00 p.m.

Cost: \$48/4 weeks (Not including the Dance Club Outing)

Stepping Out Performing Arts Studio

11405 Firestone Boulevard, Suite E

Instructor: Stepping Out Studio Staff • 929-1050

Country Western Line Dancing (Ages 18 & Over)

Come and join the fun while learning several line dances. If you already have some moves then come on down and listen to some good music and get a great cardio workout. Meet people who enjoy dancing just like you. Bring a friend or come alone, partners are not required.

Session 1 - 0132.201

March 16-April 13

Tuesday, 8:00 p.m.-9:00 p.m.

Session 2 - 0132.202

April 27-May 25

Tuesday, 8:00 p.m.-9:00 p.m.

Cost: \$25/5 weeks

NASC, 13000 Clarkdale Avenue

Instructor: Ernie Lesaca

Latin Danza (Ages 6-15)

Exciting Latin dancing at its best! Learn basic pattern turns and combinations for Salsa, Merengue, and the Cha-Cha. This class is sure to be a hit!

Session 1 - 0156.201

March 17-April 14

Wednesday, 6:00-7:00 p.m.

Session 2 - 0156.202

April 28-May 26

Wednesday, 6:00-7:00 p.m.

Cost: \$40/5 weeks

NASC, 13000 Clarkdale Avenue

Instructor: Alicia Mendibles

Adult Latin Danza (Ages 16 & Over)

Young adults, Guys and Gals, Here is a great way to lose weight, get in shape, and learn the latest Latin moves! This class will teach you Merengue, Bachata and cha-cha dances. Please wear fitted dance clothes and a comfortable ankle strap shoe to dance in. No partner necessary.

Session 1 - 0157.201

March 17-April 14

Wednesday, 7:00-8:00 p.m.

Session 2 - 0157.202

April 28-May 26

Wednesday, 7:00-8:00 p.m.

Cost: \$40/5 weeks

NASC, 13000 Clarkdale Avenue

Instructor: Alicia Mendibles

Ballet for Tots (Ages 3-5)

This class will introduce future prima ballerinas to the fundamentals of dance positions and terminology. Dancers will skip, hop, turn, and perform other ballet-oriented skills.

Session 1 - 0100.201

March 20-April 17

Saturday, 9:30-10:30 a.m.

Session 2 - 0100.202

May 1-May 29

Saturday, 9:30-10:30 a.m.

Cost: \$25/5 weeks

NASC, 13000 Clarkdale Avenue

Instructor: Stepping Out Studio Staff

Classes

Pre-Ballet (Ages 6-10)

Join this fun-filled class that introduces students to ballet terminology, positions, and proper technique.

Session 1 - 0101.201

March 20-April 17

Saturday, 10:30-11:30 a.m.

Session 2 - 0101.202

May 1-May 29



Saturday, 10:30-11:30 a.m.

Cost: \$25/5 weeks

NASC, 13000 Clarkdale Avenue

Instructor: Stepping Out Studio Staff

Ballet/Tap Combo (Ages 3-8)

This is an introductory class to both ballet and tap. Children will learn all basic positions and rhythms. There will be a strong emphasis on creative movement and self-expression including use of themes and props.

Session 1

March 20-April 17

0116.201 (Ages 3-5)

0117.201 (Ages 6-8)

Saturday, 9:00-9:45 a.m.

Saturday, 10:00-10:45 a.m.

Session 2

May 1-May 29

0116.202 (Ages 3-5)

0117.202 (Ages 6-8)

Saturday, 9:00-9:45 a.m.

Saturday, 10:00-10:45 a.m.

Cost: \$30/5 weeks

And Dance! Studio, 13417 Pumice Street, Norwalk

Instructor: And Dance! Staff • 404-9339

Kids Belly Dancing (Ages 6 to 13)

Kids will learn the basics of belly dancing, which include: Arm and hip lifts, body movements and timing. Students will also learn how to use veils with their dancing movements. Optional fees may be incurred for props and costumes for students who wish to participate in shows.

Session 1 - 0126.201

March 15-April 12

Monday, 6:00-7:00 p.m.

Session 2 - 0126.202

April 26-May 24

Monday, 6:00-7:00 p.m.

Cost: \$30/5 weeks

NASC, 13000 Clarkdale Avenue

Instructor: Terry Poochigian

Belly Dancing (Ages 14 & Over)

Tone and firm the exotic way with sensuous, graceful body movements using finger cymbals and veils. All phases of the dance and culture are taught, including floor work. Class is age appropriate. Optional fees may be incurred for props and costumes for students who wish to participate in shows.

Session 1

March 15-April 12

0124.201 (Beginning)

0125.201 (Intermediate/Advanced)

Monday, 7:00-8:00 p.m.

Monday, 8:00-9:00 p.m.

Session 2

April 26-May 24

0124.202 (Beginning)

0125.202 (Intermediate/Advanced)

Monday, 7:00-8:00 p.m.

Monday, 8:00-9:00 p.m.

Cost: \$40/5 weeks

NASC, 13000 Clarkdale Avenue

Instructor: Terry Poochigian

Hip Hop Dance (Ages 9-15)

Get funky with your friends and gain confidence in your dance style. This is a high-energy class that requires a positive attitude and lots of enthusiasm. No experience is required for learning these moves. Class is age appropriate.

Session 1 - 0259.201

March 19-April 16

Friday, 7:00-8:00 p.m.

Session 2 - 0259.202

April 30-May 28

Friday, 7:00-8:00 p.m.

Cost: \$25/5 weeks

NASC, 13000 Clarkdale Avenue

Instructor: Norma Perez

Hip Hop for Boys (Ages 6-10)

Finally, a "Boys Only" club! Learn the coolest moves around and be ready to break them out at your next party or school dance. Make it even more fun, and join with one or two of your buddies. Wear appropriate and comfortable attire for a workout. Hey guys, this is your time to shine!

Session 1 - 0102.201

March 18-April 15

Thursday, 6:30-7:30 p.m.

Session 2 - 0102.202

April 29-May 27

Thursday, 6:30-7:30 p.m.

Cost: \$25/5 weeks

Stepping Out Performing Arts Studio

11405 Firestone Boulevard, Suite E

Instructor: Stepping Out Studio Staff • 929-1050

Beginning Salsa Dance (Ages 16 & Over)

Learn the basic steps of Salsa including turns, dips, and hand combinations. This is a great chance to meet people who love to dance, just like you. Wear your street shoes. (No tennis shoes.)

Session 1 - 0151.201
March 18-April 15

Thursday, 7:00-8:00 p.m.

Session 2 - 0151.202
April 29-May 27

Thursday, 7:00-8:00 p.m.

Cost: \$45/5 weeks
NASC, 13000 Clarkdale Avenue
Instructor: Socorro & Tony



Folklorico Dance (Ages 6 & Over)

This class will introduce dancers to the basic Folklorico steps of Mexico and Southern California. Instructor will provide further information regarding dance attire at the first class. For more information, please call **929-5566**. Register for this class at the NASC.

Session 1 - Beginning
March 20-April 17

0250.201 (Ages 6 & Over)
0251.201 (Ages 55 & Over)

Saturdays, 9:00-10:00 a.m.
Saturdays, 10:15-11:15 a.m.

Session 2 - Beginning
May 1-May 29

0250.202 (Ages 6 & Over)
0251.202 (Ages 55 & Over)

Saturdays, 9:00-10:00 a.m.
Saturdays, 10:15-11:15 a.m.

Session 1 - Advanced
March 15-April 12

0252.201 (Ages 55 & Over)
0253.201 (Ages 6 & Over)

Monday, 6:15-7:15 p.m.
Monday, 7:30-8:30 p.m.

Session 2 - Advanced
April 26-May 24

0252.202 (Ages 55 & Over)
0253.202 (Ages 6 & Over)

Monday, 6:15-7:15 p.m.
Monday, 7:30-8:30 p.m.

Cost: \$15/5 weeks
NASC, 13000 Clarkdale Avenue
Instructor: Manuel Ramirez

Tap for Tots (Ages 3-5)

A fun-filled class designed to introduce dancers to basic tap steps and creative movements. Emphasis is placed on rhythm, coordination, and fun.

Session 1 - 0103.201
March 16-April 13

Tuesday, 3:30-4:30 p.m.

Session 2 - 0103.202
April 27-May 25

Tuesday, 3:30-4:30 p.m.

Cost: \$25/5 weeks
Stepping Out Performing Arts Studio
11405 Firestone Boulevard, Suite E
Instructor: Stepping Out Studio Staff • 929-1050

Tap/Jazz (Ages 6-10)

Move to the beat as you learn how to stomp and keep time with your feet. Learn basic tap moves, and put them into a combination. Then get ready for some hip-hop and jazz moves you can use with your favorite radio tunes.

Session 1 - 0104.201
March 15-April 12

Monday, 4:30-5:30 p.m.

Session 2 - 0104.202
April 26-May 24

Monday, 4:30-5:30 p.m.

Cost: \$25/5 weeks
Stepping Out Performing Arts Studio
11405 Firestone Boulevard, Suite E
Instructor: Stepping Out Studio Staff • 929-1050

Fine Arts

Guitar for Beginners (Ages 5 & Over)

Learn the basic skills of playing the guitar, including chords, finger picking, rhythms, and songs in a variety of styles. You must provide your own acoustic guitar.

Session 1
March 15-April 12

0161.201 (Ages 5-12)
0162.201 (Ages 13 & Over)

Monday, 6:55-7:55 p.m.
Monday, 7:55-8:55 p.m.

Session 2
April 26-May 24

0161.202 (Ages 5-12)
0162.202 (Ages 13 & Over)

Monday, 6:55-7:55 p.m.
Monday, 7:55-8:55 p.m.

Cost: \$35/5 weeks
NASC, 13000 Clarkdale Avenue
Instructor: Jim Warino

Classes

Guitar II (Ages 10 & Over)

Learn about scales, soloing, song writing, and dexterity in styles ranging from Classical and Flamenco to Rock, Pop, and Blues from a teacher who has helped top musicians reach their Platinum dreams. Suitable completion of Beginning Guitar or instructor approval is required for this class. You must provide your own acoustic guitar.

Session 1 - 0163.201

March 15-April 12

Monday, 5:55-6:55 p.m.

Session 2 - 0163.202

April 26-May 24

Monday, 5:55-6:55 p.m.

Cost: \$35/5 weeks

NASC, 13000 Clarkdale Avenue

Instructor: Jim Warino

Health & Fitness

Body Shaping and Toning Class (Ages 18 & Over)

Tired of the daily grind? Energize yourself and have fun with this class! Body sculpting is highly recommended to those enrolled in a weight loss program because it helps retain lean muscle tissue while boosting metabolism. This class will sculpt your body to maintain proportions and symmetry while increasing muscle and bone density. A Yoga/Pilates mat and 2½-5 pound hand weights are optional, but recommended. For maximum results, register for both classes. Our certified instructor will inspire you to reach new heights while providing expert one-on-one instruction.

Session 1 - 0105.201

March 16-April 13

Tuesday, 6:00-7:00 p.m.

*Class focuses on buns and thighs

Session 2 - 0105.202

April 27-May 25

Tuesday, 6:00-7:00 p.m.

*Class focuses on abdominal section

Session 1 - 0106.201

March 18-April 15

Thursday, 6:00-7:00 p.m.

Session 2 - 0106.202

April 29-May 27

Thursday, 6:00-7:00 p.m.

Cost: \$25/5 weeks

NASC, 13000 Clarkdale Avenue

Instructor: Lola Dikaiou

Power Pilates (Ages 18 & Over)

Power Pilates is a mix of yoga moves and Pilates. This class will concentrate on building strength and flexibility, improving coordination, posture, balance, and stamina.

Session 1 - 0107.201

March 16-April 13

Tuesday, 7:00-8:00 p.m.

Session 2 - 0107.202

April 27-May 25

Tuesday, 7:00-8:00 p.m.

Cost: \$30/5 weeks

NASC, 13000 Clarkdale Avenue

Instructor: Lola Dikaiou



Cardio Kickboxing (Ages 18 & Over)

This class will emphasize training and conditioning (punches, kicks, combos, and cardio) to help overcome any obstacles that one may encounter in life.

Session 1 - 0131.201

March 16-April 13

Tuesday, 8:00-9:00 p.m.

Session 2 - 0131.202

April 27-May 25

Tuesday, 8:00-9:00 p.m.

Cost: \$25/5 weeks

NASC, 13000 Clarkdale Avenue

Instructor: Inez Garcia

Zumba Fitness (Ages 18 & Over)

Zumba is an aerobic workout that combines movements and rhythms such as Salsa, Cumbia, Merengue, Flamenco, Belly Dance, Reggaeton, and much more. This class is a fun way to get in shape, and is excellent for the body and mind!

Session 1 - 0273.201

March 17-April 14

Wednesday, 8:00-9:00 p.m.

Session 2 - 0273.202

April 28-May 26

Wednesday, 8:00-9:00 p.m.

Cost: \$25/5 weeks

NASC, 13000 Clarkdale Avenue

Instructor: Elie Welti



Aerobics-High/Low (Ages 16 & Over)

This high intensity, low impact aerobic class is combined with a brief, high impact section. Upper body exercise and an abdominal workout are also included in each session. Bring hand weights, a mat, and a towel to class.

Session 1 - 0165.201

March 23-May 4

(Class will not meet on April 6 and 8)

Tuesday/Thursday, 7:00-8:00 p.m.

Session 2 - 0165.202

May 11-June 14

(Class will not meet on May 18)

Tuesday/Thursday, 7:00-8:00 p.m.

Cost: \$25/5 weeks

NASC, 13000 Clarkdale Avenue

Instructor: Alex Vogel

Yoga (All Ages)

In this class you will focus on increased flexibility, controlled breathing, and relaxation through non-intimidating Yoga techniques. Please bring a non-slip mat and comfortable clothing.



Session 1 - 0175.201

March 19-April 16

Friday, 5:30-6:30 p.m.

Session 2 - 0175.202

April 30-May 28

Friday, 5:30-6:30 p.m.

Cost: \$35/5 weeks

NASC, 13000 Clarkdale Avenue

Instructor: United Heart Yoga Staff

Boot Camp (Ages 16 & Over)

This class includes cardiovascular, speed, and endurance strength training with dumbbells, resistance bands, body weight exercises, and calisthenic core exercises. This class will help you to build lean muscle, tone, and reshape your body to look and feel better.

Session 1 - 0290.201

March 15-April 14

Monday/Wednesday, 5:00-6:00 p.m.

Session 2 - 0290.202

April 26-May 26

Monday/Wednesday, 5:00-6:00 p.m.

Cost: \$45/5 weeks

NASC, 13000 Clarkdale Avenue

Instructor: Jose Reyna, Jr.

Martial Arts

Japanese Goju-Ryu Karate (Ages 7 & Over)

Learn the fundamentals of self-defense and Karate. Learn self-discipline and self-confidence through traditional and modern Goju-Ryu Karate. Emphasis is on blocking, punching, kicking, countering, body conditioning, and formal martial arts training.

Beginning/Intermediate

Cost: \$25/5 weeks for one student

\$40/5 weeks for two family members

\$55/5 weeks for three family members, and

fourth member of a family is free

Session 1

March 15-April 21

0177.201 (Beginning)

Monday/Wednesday, 5:00-6:00 p.m.

0178.201 (Intermediate/Advanced)

Monday/Wednesday, 6:00-8:00 p.m.

(Class will not meet on May 31)

Session 2

April 26-June 9

0177.202 (Beginning)

Monday/Wednesday, 5:00-6:00 p.m.

0178.202 (Intermediate/Advanced)

Monday/Wednesday, 6:00-8:00 p.m.

(Class will not meet on May 31)

Advanced*

Session 1 - 0179.201

March 19-April 23

Friday, 6:30-8:30 p.m.

*Instructor's permission required

Session 2 - 0179.202

April 30-June 4

Friday, 6:30-8:30 p.m.

*Instructor's permission required

Beginning

Cost: \$35/6 weeks for one student

\$60/6 weeks for two family members

\$85/6 weeks for three family members, and

fourth member of a family is free

Intermediate/Advanced

Cost: \$40/6 weeks for one student

\$70/6 weeks for two family members

\$100/6 weeks for three family members, and

fourth member of a family is free

NASC, 13000 Clarkdale Avenue

Instructor: Brian A. Burdick



Classes

Tae Kwon Do (All Ages)

Tae Kwon Do is an art of self-perfection. Become more patient and gain confidence in problem solving under the complicated and exhausting conditions of modern society through constant self-discipline. You may attend class every day at no additional **cost**.

Cost: \$60/5 weeks for one student

\$80/5 weeks for two family members

\$90/5 weeks for three family members, and fourth member of a family is free

Session 1 - 0183.201

(All Ages)

(All Ages)

(All Ages)

Session 2 - 0183.202

(All Ages)

(All Ages)

(All Ages)

Moonstar Tae Kwon Do Academy

15923 Pioneer Boulevard • 402-8300

Instructor: Master Im

March 15-April 15

Monday, 5:30-6:30 p.m.

Tuesday, 5:30-6:30 p.m.

Thursday, 5:30-6:30 p.m.

April 26-May 27

Monday, 5:30-6:30 p.m.

Tuesday, 5:30-6:30 p.m.

Thursday, 5:30-6:30 p.m.



Self-Defense & Safety Awareness-Young Champions (Ages 5-15)

This program combines safety awareness education with self-defense instruction in a fun, structured environment! Register for this class with the self-defense instructor at Gerdes Park on the dates below.

Session 1

Tuesday, April 13-June 22

New Students (Ages 5-15)

Yellow Belts

Orange Belts

Purple Belts & Above

Cost: \$72 per session/11 weeks*

***There is a \$6 registration fee per student per session.**

Gerdes Park, 14700 Gridley Road

Telephone: (714) 259-1400

Instructor: Young Champions

5:15-5:55 p.m.

5:55-6:35 p.m.

6:35-7:15 p.m.

7:15-7:55 p.m.

Miscellaneous

Dog Obedience Crash Course (Ages 10 & Over)

This course is geared for people who need to accomplish their dog training goals and get behavior problems under control. Each week several new obedience skills will be introduced (walking properly on a leash, sit-stay, down, come, etc.) and preventive and corrective measures for a variety of behavior problems (destructive chewing, jumping on people, etc.) Vaccinations must be current. Please bring proof of vaccination to the first class meeting. Must be pre-registered.

Session 1 - 0188.201

March 18-April 8

Thursday, 6:30 p.m.-7:30 p.m.

Session 2 - 0188.202

April 29-May 20

Thursday, 6:30 p.m.-7:30 p.m.

Cost: \$53/4 weeks

(A \$5 material fee is payable to the instructor.)

NASC, 13000 Clarkdale Avenue

(Meet on grass under trees behind Sports Complex)

Instructor: Rose Frank-Healey

Learn How to Buy Foreclosures for Pennies on the Dollar (Ages 18 & Over)

All foreclosures are a great deal right? Not so fast they are out there everywhere but be careful you don't get stuck with one of the many "dog" properties out there. We will learn what makes a house a good deal and what to watch out for when home shopping. Learn the 7 must ask questions that will save you thousands.

One-Day Workshop - 0240.201

March 23

Tuesday, 6:00-8:00 p.m.

Cost: \$15

NASC, 13000 Clarkdale Avenue

Instructor: Matt Malouf

Financial Self Defense for Uncertain Times (Ages 18 & Over)

Loan Mods, Short Sales, Foreclosures, Credit Repair, "We Buy Houses" signs everywhere.... who are all these guys, what do they do and how do you spot a scam? Look no further as we will explore the inner makings of each and whole lot more to equip you to thrive in these uncertain times.

One Day Workshop - 0241.201

April 14

Wednesday, 6:00-8:00 p.m.

Cost: \$15

NASC, 13000 Clarkdale Avenue

Instructor: Matt Malouf

Sports

Racquetball (Ages 16 & Over)

Beginners focus on stroke technique and eye/hand coordination. Intermediate players will learn advanced stroke techniques.

*You must provide your own racquet, one can of racquetballs, goggles, and a glove.

Session 1 - 0217.201

March 17-April 14

Wednesday, 7:00-9:00 p.m.

Session 2 - 0217.202

April 28-May 26

Wednesday, 7:00-9:00 p.m.

Cost: \$30/5 weeks

NASC, 13000 Clarkdale Avenue

Instructor: Albert Flores

Fundamentals of Tennis (Ages 5 & Over)

In this class, beginners will learn the fundamentals of tennis, and intermediate players will get a chance to improve their tennis skills.

*Please bring a tennis racquet and two cans of tennis balls.

Session 1

March 20-April 17

0208.201 Beginning (Ages 5-8)

Saturday, 9:00-10:00 a.m.

0209.201 Beginning (Ages 10 & Over)

Saturday, 10:15-11:15 a.m.

Session 2

May 1-May 29

0208.202 Beginning (Ages 5-8)

Saturday, 9:00-10:00 a.m.

0209.202 Beginning (Ages 10 & Over)

Saturday, 10:15-11:15 a.m.

Cost: \$30/5 weeks

Location: NASC, 13000 Clarkdale Avenue

Instructor: Vika Soshina

Tumbling Toddlers

This program teaches coordination and basic motor skills while having fun. This environment also helps prepare for the structure needed in preschool and kindergarten. Adult Participation required at all times for younger class.

Session 1

March 20-April 17

0224.201 (Ages 2-3)

Saturday, 3:00-3:45 p.m.

0225.201 (Ages 4-5)

Saturday, 3:45-4:30 p.m.

Session 2

May 1-May 29

0224.202 (Ages 2-3)

Saturday, 3:00-3:45 p.m.

0225.202 (Ages 4-5)

Saturday, 3:45-4:30 p.m.

Cost: \$30/5 weeks

NASC, 13000 Clarkdale Avenue

Instructor: Nathaniel Freund, Lighthouse Gymnastics Academy

Tumbling-Youth (Ages 6-12)

The class is designed for children who want to learn how to tumble whether it is for cheer, martial arts, or just for fun. The tumbling program starts with basic rolls, handstands, and cartwheels and moves on to more advanced skills such as round-off back handsprings as children progress and become more skilled.



Session 1 - 0226.201

March 20-April 17

Saturday, 4:30-5:30 p.m.

Session 2 - 0226.202

May 1-May 29

Saturday, 4:30-5:30 p.m.

Cost: \$30/5 weeks

NASC, 13000 Clarkdale Avenue

Instructor: Nathaniel Freund, Lighthouse Gymnastics Academy

Mommy, Daddy, & Me Gymnastics (Ages 1½-2)

This fun parent-child interactive class is designed to introduce the basic elements of gymnastics to your toddler. This program will introduce your child to the wonderful world of movement such as improving hand-eye coordination, motor development, and physical education. Parent participation is required.

Session 1 - 0134.201

March 20-April 17

Saturday, 9:00-9:45 a.m.

Session 2 - 0134.202

May 1-May 29

Saturday, 9:00-9:45 a.m.

Cost: \$40 5/weeks

Pacific Diving Academy, USA • 15064 Shoemaker Avenue, Santa Fe Springs

Instructor: PDA Staff • 229-1927

Little Gymnasts (Ages 3-4)

Little gymnasts will be introduced to the balance beam, vaulting, floor work, and bars at a level that is fun and safe for their skill level. Great exercise for any child!

Session 1 - 0135.201

March 20-April 17

Saturday, 10:00-10:45 a.m.

Session 2 - 0135.202

May 1-May 29

Saturday, 10:00-10:45 a.m.

Cost: \$40 5/weeks

Pacific Diving Academy, USA

15064 Shoemaker Avenue, Santa Fe Springs

Instructor: PDA Staff • 229-1927

Classes

Awesome Acrobats (Ages 4½-5)

Your little acrobat will be introduced to the real world of gymnastics, including all events. They will begin developing proper body position, hand-eye coordination, flexibility, concentration, motor development, and physical education. All this and fun, too!!!!

Session 1 - 0136.201

March 20-April 17

Saturday, 11:00-11:45 a.m.

Session 2 - 0136.202

May 1-May 29

Saturday, 11:00-11:45 a.m.

Cost: \$40 5/weeks

Pacific Diving Academy, USA

15064 Shoemaker Avenue, Santa Fe Springs

Instructor: PDA Staff • 229-1927

Jammin' Gymnasts (Ages 6-9)

This fun class is geared toward the ability of the individual. These Jammin' Gymnasts will experience the real world of gymnastics where all events will be taught.

Session 1 - 0137.101

March 20-April 17

Saturday, 12:00-1:00 p.m.

Session 2 - 0137.102

May 1-May 29

Saturday, 12:00-1:00 p.m.

Cost: \$40 5/weeks

Pacific Diving Academy, USA

15064 Shoemaker Avenue, Santa Fe Springs

Instructor: PDA Staff • 229-1927

Happy Hoppers (Ages 10 & Over)

Hop on over to our gymnastics classes that include beam, vault, and floor work. Classes are geared for individual skill level, and will increase strength, flexibility, and coordination. Have fun while you exercise!

Session 1 - 0138.201

March 20-April 17

Saturday, 1:30-2:30 p.m.

Session 2 - 0138.202

May 1-29

Saturday, 1:30-2:30 p.m.

Cost: \$40/5 weeks

Pacific Diving Academy, USA

15064 Shoemaker Avenue, Santa Fe Springs

Instructor: PDA Staff • 229-1927

Bumper Bowling (Ages 3-7)

Children will enjoy this special bowling opportunity. Everyone succeeds because the gutters are guarded. This is a parent/child participation class to encourage the sport of bowling. Bowling shoes and lightweight balls are provided.

Session 1 - 0201.201

March 16-April 13

Tuesday, 3:30-4:30 p.m.

Session 2 - 0201.202

April 27-May 25

Tuesday, 3:30-4:30 p.m.

Cost: \$36/5 weeks

Instructor: Keystone Lanes Staff

11459 Imperial Highway • 868-3261

Bowling For Fun (Ages 8-17)

Here's a great way to learn to bowl or to improve your skills in a non-competitive environment. Bowling shoes and bowling balls are included.

Session 1 - 0200.201

March 16-April 13

Tuesday, 3:30-4:30 p.m.

Session 2 - 0200.202

April 27-May 25

Tuesday, 3:30-4:30 p.m.

Cost: \$36/5 weeks

Instructor: Keystone Lanes Staff

11459 Imperial Highway • 868-3261

Soccer-Young Champions (Ages 5-15)

Students learn the essential skills and strategy to play "winning" soccer! Register for this class with the soccer coach at Gerdes Park on the dates below.

Session 1

Monday, April 12-June 21

All Students (Ages 5-7) 5:00-5:40 p.m.

All Students (Ages 8-9) 5:50-6:30 p.m.

All Students (Ages 10 & above) 6:40-7:20 p.m.

(Class will not meet Monday, May 31)

Cost: \$66 per session/10 weeks*

*There is a \$6 registration fee per student per session.

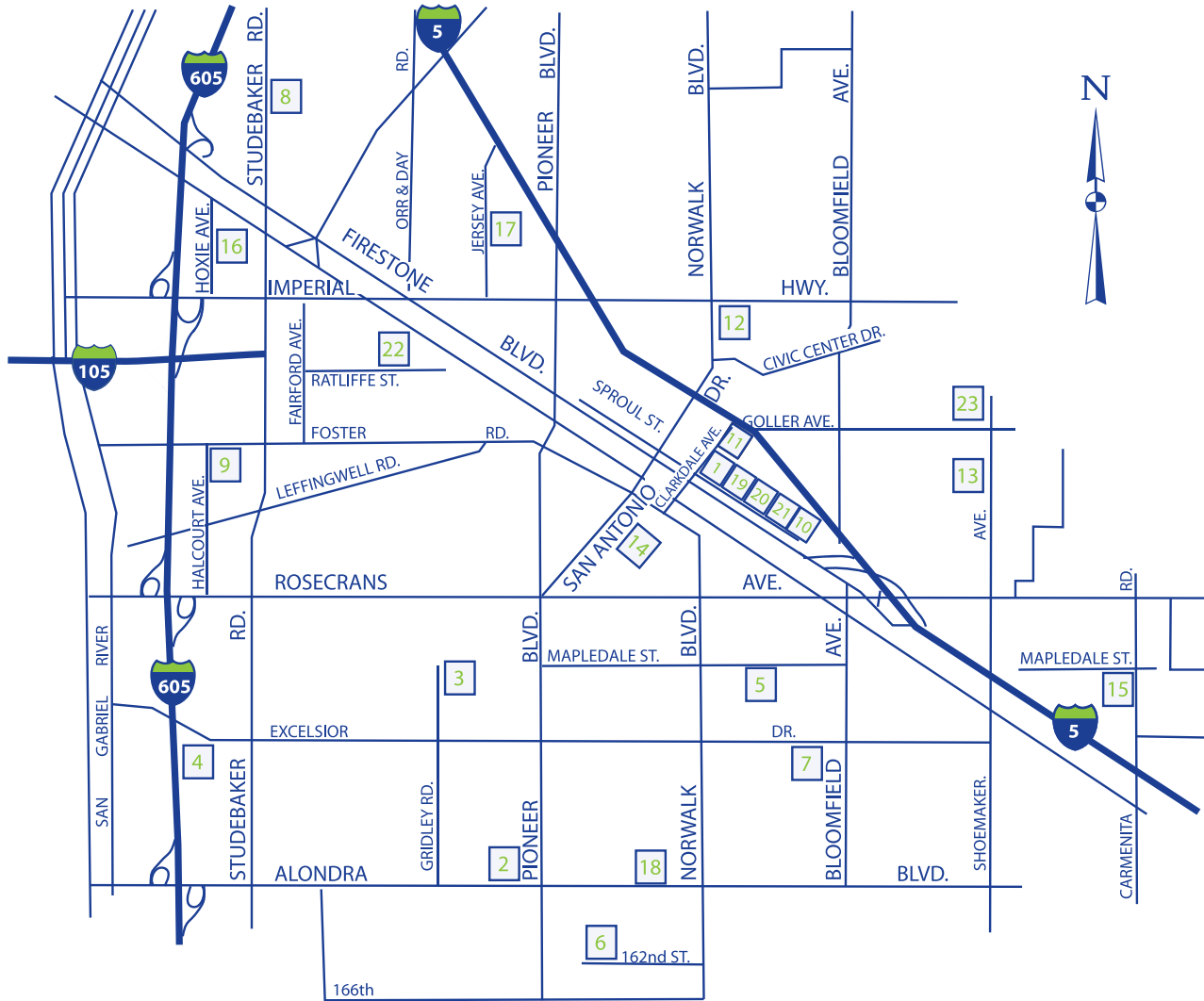
Gerdes Park, 14700 Gridley Road

Telephone: (714) 259-1400

Instructor: Young Champions



Map of Recreation Facilities



1. Cultural Arts Center

13200 Clarkdale Avenue
929-5521

2. Excelsior Gym

15711 Pioneer Boulevard
929-5610

3. Gerdes Park

14700 Gridley Road
929-5611

4. Glazier Park

10810 Excelsior Drive

5. Hargitt House Museum

12426 Mapledale Street
929-5612

6. Hermosillo Park

11959 162nd Street
929-5613

7. Holifield Park

12500 Excelsior Drive
929-5614

8. Lakeside Park

11620 Studebaker Road
929-5615

9. New River Park

13432 Halcourt Avenue
929-5619

10. Norwalk Aquatic Pavilion

12301 Sproul Street
929-5622

11. Norwalk Arts & Sports Complex/Norwalk Park/Skate Park/Nature Center

13000 Clarkdale Avenue
929-5566

12. Norwalk City Hall

12700 Norwalk Boulevard
929-5700

13. Norwalk Golf Center

13717 Shoemaker Avenue
921-7047

14. Norwalk Senior Center

14040 San Antonio Drive
929-5580

15. Ramona Park

13244 Mapledale Street
929-5616

16. Robert White Park

12120 Hoxie Avenue
929-5617

17. Sara Mendez Park

11660 Dune Street
868-1093

18. Social Services Center

11929 Alondra Boulevard
929-5544

19. Sproul Museum

12203 Sproul Street
929-5702

20. Sproul Reception Center

12239 Sproul Street

21. Teen Center

12305 Sproul Street
929-4260

22. Vista Verde Park

11459 Ratliff Street
929-5618

23. Zimmerman Park

13031 Shoemaker Avenue
929-5620

Registration Page

Contract Class registration begins Monday, March 1, at 9:00 a.m. at the Norwalk Arts & Sports Complex.

Cultural Arts Center Class registration begins Monday, March 8, at 9:00 a.m. at the Norwalk Arts & Sports Complex.

NASC Registration Hours

Monday-Thursday 9:00 a.m.-9:00 p.m. (closed 2:30-3:00 p.m.)
 Friday 9:00 a.m.-6:00 p.m. (closed 2:30-3:00 p.m.)
 Saturday 9:00 a.m.-6:00 p.m.

City of Norwalk Recreation and Park Services Department Activity/Class Registration

Payee's Name (please print) _____

Address _____ Apt. _____ City _____ Zip _____

Telephone (_____) _____ Cell Phone (_____) _____

Class #	Activity / Class	Name of Participant	M/F	DOB	Fee

\$5 Non-Resident Fee

Total Fees Paid

RELEASE OF LIABILITY, HOLD HARMLESS, AND AGREEMENT NOT TO SUE

I _____ (Participant's Name - If Participant is a minor, include name of parent or guardian here _____), and parent or guardian hereby expressly and irrevocably consent to minor's participation, and all uses of "I" or "me" herein are made on behalf of both the minor and the parent or guardian, fully understand that my participation in the _____ exposes me to the risk of personal injury, death, or property damage. I understand that there are risks inherent in such activity and hereby acknowledge that I am voluntarily participating in this activity and agree to assume any such risks.

In consideration of being permitted to participate in this activity, I hereby release, discharge, and agree for myself, my heirs, administrators, executors, and assigns not to sue the City of Norwalk and/or Contracted Instructor for any injury, death, or damage to or loss of personal property arising out of, or in connection with, my participation in the activity from whatever cause. I further agree to indemnify and hold harmless the City of Norwalk and/or Contracted Instructor from any and all claims, demands, actions, or suits arising out of, or in connection with, my participation in the activity.

In case of accident or other emergency, I hereby authorize personnel or volunteers of the City of Norwalk or agents of the City to secure medical care deemed necessary as a result of accident or injury to me. In the event of illness or injury, I hereby consent to whatever x-ray examination, anesthetic, medical, surgical, or dental diagnosis, or treatment and hospital care considered necessary in the best judgment of the attending physician, surgeon, or dentist, and performed by or under the supervision of a member of the medical staff or the hospital furnishing medical or dental services.

I also permit the use of activity/event photography and/or video of my child or myself for media promotion.

I HAVE CAREFULLY READ THIS RELEASE OF LIABILITY, HOLD HARMLESS, AND AGREEMENT NOT TO SUE, AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT IT IS A FULL RELEASE OF ALL LIABILITY, AND SIGN IT OF MY OWN FREE WILL.

Please print _____ Signature _____ Date _____

(Parent or Guardian must sign for those under 18 years of age)

Address _____ City _____ Zip _____

Telephone (_____) _____ Emergency Number (_____) _____

Family Medical Insurance Carrier _____ Policy Number _____ Insurance Company Telephone _____

If your child has any special medical conditions or needs, please check box and print a description on the back side of this page.