

# Schedule of Activities

Recreation and Park Services Department

## City of Norwalk

# Spring 2011

**Parks  
Make  
Life  
Better!** SM



# Enjoy Citywide Easter Egg-citement!

**The Easter Bunny wants to take a photo with you!**



**See page 2 for more information!!!**

**Norwalk  
Civic Center  
Lawn**  
**Saturday, April 23  
12:30-3:30 p.m.**



## 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 Reservations.....	929-5702

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## NORWALK CITY COUNCIL

Mayor **GORDON STEFENHAGEN**  
 Vice Mayor **JESSE M. LUERA**  
 Councilmember **CHERI KELLEY**  
 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**.

## Citywide Easter Egg-citement (Ages 10 & under)

Saturday, April 23 • 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 \$3. 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)

12426 Mapledale Street

Saturday, March 5 & 19 • April 2 & 16 • May 7 & 21

1:00-4:00 p.m.

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)



Norwalk Park, 12203 Sproul Street

Sunday, March 6 • April 3 • May 1

1:00-3:00 p.m.

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**.

## Rose Garden Celebration

Saturday, April 16 • 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. 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!

Gilbert H. Sproul Museum • Sunday, June 5 • 1:00-3:00 p.m.

D.D. Johnston-Hargitt House Museum • Saturday, June 18 • 1:00-4:00 p.m.

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, and putting green. 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.

### Junior Golf Academy (Ages 5-17)

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

Cost: \$5 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.



### Operation Hours

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

### 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

### Book a Golf Tournament Today

If you are looking for a fun way to raise some 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.

## Norwalk Nature Center

Norwalk Park • 13000 Clarkdale Avenue

The Nature Center features a wonderful variety of domesticated animals, a beautiful topiary garden, fruit trees, a stream and pond, and handsomely-painted carousel horses. Stop by for a free visit! To reserve the Nature Center for a special occasion, please contact the Recreation and Park Services Department at 929-5521.



### Hours of Operation

Second and fourth Saturdays & Sundays of each month

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

## Norwalk Skate Park

Norwalk Park • 13000 Clarkdale Avenue

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 & 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.



## Norwalk Park Locations



**Gerdes Park**  
14700 Gridley Road  
929-5611



**Hermosillo Park**  
11959 162nd Street  
929-5613



**Holifield Park**  
12500 Excelsior Drive  
929-5614



**New River Park**  
13432 Halcourt Avenue  
929-5619

### Park Hours

February 28-May 27

Monday	2:30-4:30 p.m.
Wednesday	2:30-4:30 p.m.
Friday	2:30-4:30 p.m.
Saturday	Closed
Sunday	Closed



**Ramona Park**  
13244 Mapledale Street  
929-5616



**Sara Mendez Park**  
11660 Dune Street  
868-1093



**Vista Verde Park**  
11459 Ratliffe Street  
929-5618

### Spring Break Hours

Monday-Friday, April 25-29 • 1:00-5:00 p.m.

Gerdes Park • Hermosillo Park • Holifield Park • New River Park • Ramona Park • Sara Mendez 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 and more. One highlight of the Spring will be our Annual Momma Mia Celebration.

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 Monday, March 7 at 2:30 p.m. at your local park. Participants must attend the first 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)

Mondays, Wednesdays, & Fridays, February 28-May 27 • 3:00-4:00 p.m.

**Cost: Free**

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)

Mondays & Wednesdays, February 28 -May25 • 2:30-4:30 p.m.

**Cost: Free**

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



### NEW Going Green (Ages 6-12)

Friday, April 29 • 1:00-3:00 p.m.  
Gerdes Park, 14700 Gridley Road

**Cost: Free**



In celebration of Earth Day, this class will 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.

## Momma Mia (All Ages)

Saturday, May 7 • 12:00-2:00 p.m.

Sara Mendez Park, 11660 Dune Street

**Cost: Free**

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. **Register for this event at Sara Mendez Park by April 29.**

## Spring Break Fun

Monday-Friday, April 25-29 • 3:00-4:00 p.m.

**Cost: Free**

Stop by your local park during your spring break vacation. Parks will be filled with wacky games, unique crafts, park competitions, and more!

## Totally Tots (Ages 3-5)

Monday-Friday • 9:00-11:30 a.m.

Gerdes Park, 14700 Gridley Road

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**.

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

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

Session 1 1611.201 March 28-April 29

Session 2 1611.202 May 2-June 3

(No class on Monday, May 30.)

**Tuesdays & Thursdays • 9:00-11:30 a.m.**

**Cost: \$26 Resident/\$36 Non-resident**

Session 1 1612.201 March 29-April 28

Session 2 1612.202 May 3-June 2

(No class on Monday, May 30.)



### Important Information:

Registration for Totally Tots begins Friday, March 11, at the Norwalk Arts & Sports Complex, 13000 Clarkdale Avenue. Bring proof of age.

## Therapeutic Programs

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 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, March 11, at the Norwalk Arts & Sports Complex, 13000 Clarkdale Avenue. Space is limited. Only those registered seven days prior to the event will be allowed to participate. Programs may be cancelled due to low enrollment.**

**Please Note:** The Therapeutic Program will be closed on Saturday, April 23, and Monday, May 30.

### REACH (Ages 6-16)

Recreation Environment Adapted  
for Children with Handicaps

### RAT/RAAD (Ages 17 & Over)

Recreation Adapted for Teens/ Recreation Adapted  
for Adults with Disabilities

## Spring Fun Faire (Ages 6-16)

Monday-Thursday • 3:30-5:30 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 beginning Friday, March 11, at the Norwalk Arts & Sports Complex, 13000 Clarkdale Avenue.

Session 1 1650.201 March 14-April 14

Session 2 1651.201 April 18-May 19

## RAT/RAAD Nights (Ages 17 & Over)

Thursdays, March 3-May 26

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 11 • April 8 • May 13

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 26 • April 16 • May 21

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



**Please Note: Programs may be changed or cancelled without notice. Refunds will be issued in full for any program cancelled by the City of Norwalk. Please visit the official City of Norwalk website at [www.ci.norwalk.ca.us](http://www.ci.norwalk.ca.us) for updated information on upcoming events and programs.**

## Prom **SAVE THE DATE!**

1672.201

Thursday, July 14 • 6:00-9:00 p.m.

Norwalk Arts & Sports Complex, 13000 Clarkdale Avenue

**Cost: \$10 per person**

Register by Thursday, July 7, at the Norwalk Arts & Sports Complex, 13000 Clarkdale Avenue.

## Special Olympics Parent Meeting

Thursday, February 24 • 6:30-7:30 p.m.

Gerdes Park

Interested in joining Team Norwalk? Please come to our informational meeting to meet the coaches, discuss practices and competitions, fundraisers, and more. Light refreshments will be served.

## Track & Field (Ages 8 & Over)

Wednesdays, beginning February 2 • 6:00-7:00 p.m.

Saturdays, beginning February 5 • 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** or the Therapeutic Recreation staff at **929-5611**, Tuesday-Thursday from 3:30-5:30 p.m. Practice times and locations may vary.



## Golf (Ages 8 & Over)

Tuesdays beginning February 8 • 3:30-5:00 p.m.

**Cost: \$20**

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.

## 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** or **929-5922**.

## Special Olympics Rally



TBA

Team Norwalk is going to State Games! Help us cheer them on while they compete in Golf and Track and Field. This evening will be filled with a slideshow presentation, awards, team photos, and lots more. Don't miss out on this memorable event!

## 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**.

**Please Note: The Teen Center will be closed Monday, May 30.**

## 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**.

## Just Dance Party-Middle School Dance

Friday, April 15, 6:00-9:00 p.m.

Norwalk Arts & Sports Complex, 13000 Clarkdale Avenue

**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.

## Dodger Stadium

1500.201

Tuesday, April 19 • 5:00-11:00 p.m. • Norwalk Park, Teen Center

**Cost: \$15**

Calling all teens! Join us for a fun night at the ball game. Think Blue as we cheer our Dodgers! You will not want to miss out!

## Norwalk Golf N' Stuff

Friday, May 20 • 5:00-11:00 p.m.

Cost: \$15

We are looking to have a great night of fun at a great discount! Enjoy bumper bowling, arcade and miniature golf. Bring some extra cash.

## Senior Days

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

Cost: Free

Seniors will learn the basics of college applications, scholarship and placement testing, purchasing of books, and the "101 of college needs."

## Crockpot 101

Tuesdays, April 5-26 • 4:00-5:00 p.m.

Cost: Free

Learn the essentials of basic cooking in a crockpot it's as easy as 123. Every Tuesday you will learn to cook full healthy meals.



1500.202

## Just Dance 2 Tournament

Fridays, April 22-May 13 • 5:00-6:00 p.m.

Cost: Free

Come hang out and dance. Every week we will have a competition and end up with a final tournament winner. Prizes will be so worth it. Play solo or find a partner. So come join us on Fridays at the Teen Center. Refreshments will be served.

## Cosmo 101

Wednesdays, April 6-27 • 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.



## Spring Sketches

Mondays, April 5-May 2 • 5:00-6:00 p.m.

Cost: Free

A class for teens to express their feelings and let their inner artist emerge. A sketching class for teens to learn or master drawing.

## Cultural Arts Center

13200 Clarkdale Avenue • 929-5521

**Please Note:** The Cultural Arts Center will be closed on Saturday, April 23, and Monday, May 30. 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 beginning on Tuesday, March 1, from 9:00 a.m. to 9:00 p.m. at the Norwalk Arts & Sports Complex. Register early! If there are less than three participants enrolled in a class (prior to the first day of class) the class will be cancelled. Additional registration hours will take place during regular operating hours: Monday through Thursday 9:00 a.m.-9:00 p.m. and Friday/Saturday 9:00 a.m.-6:00 p.m. For registration or general information, please call 929-5521.

## Hours of Operation:

Sunday & Monday

Closed

Tuesday-Friday

3:00-7:00 p.m.

Saturday

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

**Please Note:** Art is messy. Bring an apron or oversized shirt to protect clothing.

## Mary Paxon Art Gallery

The Gallery is located at 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 you are interested in exhibiting artwork, please call the Cultural Arts Center at 929-5521. 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 or added to our mailing list for future art exhibitions and art receptions, please call the Cultural Arts Center at 929-5521.

## Upcoming Exhibit Schedule:

February 22-March 8

Showing: "Paper & Stone"

Artists: John Fisher & Sandy Oppenheimer

Artists' Reception: Thursday, February 24

5:00 p.m.-8:00 p.m.

March 15-April 15

Showing: "Art of Rancho"

Artists: Various Rancho Los Amigos Hospital Artists

Artists' Reception: Friday, April 15 • 6:00-9:00 p.m.

April 15-April 29

Showing: "2011 Norwalk Community Art Competition & Scholarship Program"

Artist: Norwalk/La Mirada Middle & High School Students

Artist's Reception: Friday, April 15 • 6:00-9:00 p.m.

May 10-May 31

Showing: "2011 Arirang Fine Art Show"

Artist: Arirang Artists

Artist's Reception: Saturday, May 14 • 5:00-7:00 p.m.



**Please Note: Programs may be changed or cancelled without notice. Refunds will be issued in full for any program cancelled by the City of Norwalk. Please visit the official City of Norwalk website at [www.ci.norwalk.ca.us](http://www.ci.norwalk.ca.us) for updated information on upcoming events and programs.**

## Cultural Arts Center Special Programs

### **NEW** Day Workshops (3-17)

Wednesdays & Thursdays • 4:00-6:00 p.m.

**Cost:** \$6 per workshop

Visit us for our new one-day workshops. Each week we will have fun doing different activities. Pre-registration is required. Please register early. Classes without three participants will be cancelled.

**March 9 - 1600.201 Bringing in Spring (Ages 3-6)**

**March 10 - 1601.201 Bringing in Spring (Ages 7-17)**

**March 16 - 1600.202 St. Patrick's Day Celebration (Ages 3-6)**

**March 17 - 1601.202 St. Patrick's Day Celebration (Ages 7-17)**

### **Ceramic Art Studio** (All Ages)

Fridays & Saturdays

**Cost:** \$ 5 lab fee per visit (cash & checks only)

Visitors will be able to drop in and paint, glaze, and utilize supplies. Items will be fired by a staff member. The \$5 lab fee will include supplies, paint, and staff assistance. In addition to the \$5 lab fee, participants will have to purchase their ceramic piece at the CAC. Items will range from \$2 to \$20. If you wish to bring your own ceramic piece you may. However, we will only fire ceramic items purchased from the Cultural Arts Center. Please call the Cultural Arts Center for more information at **929-5521**. The Ceramic Art Studio will be open the following dates:

**Friday, March 4 3:30-6:00 p.m.**

**Saturday, March 5 11:30 a.m.-2:00 p.m.**

**Friday, March 11 3:30-6:00 p.m.**

**Saturday, March 12 11:30 a.m.-2:00 p.m.**

**Friday, March 18 3:30-6:00 p.m.**

**Saturday, March 19 11:30 a.m.-2:00 p.m.**



### **Community Book Fair**

Tuesday-Saturday, April 5-16

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" Special Event at the Cultural Arts Center on Friday, April 15 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!

### **ARTASTIC**

Friday, April 15 • 6:00-9:00 p.m.

**Cost:** Free

Artastic is a free special event, highlighting the Cultural Arts Center and the programs available to the community. We offer dozens of different classes in varying art mediums; stop by and see what we have to offer. This is a free event for the entire family and will feature free art activities and projects for youth, multiple art exhibits, entertainment including the Norwalk All-City Youth Band and the Norwalk Youth Mariachi Program, a fundraising dinner hosted by the band, a book fair, a scholarship ceremony, painting demonstrations, and much more. Please see the upcoming exhibit schedule for gallery showings that will be on display the night of the event. For more information, please call **929-5521**.

### **Youth Mariachi Summer Concert**

Tuesday, June 14 • 6:30 p.m.

Cultural Arts Center, 13200 Clarkdale Avenue

**Cost:** Free

The City of Norwalk has its own Youth Mariachi Program. Join us for the final performance of the season. Please come enjoy this free concert and light refreshments will be provided. This group practices every Tuesday at the Cultural Arts Center. For more information, please call **929-5521**.

### **Creative Lil' Hands** (Ages 3-5)

Tuesdays & Thursdays • 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 telling. Activities are selected to enhance the learning of shapes, colors, and the alphabet.

**Session 1 - 1532.101 March 15-April 21**

(Class will not meet on April 12 & 14)

**Session 2 - 1532.102 April 26-May 26**

### **Community Art Competition & Scholarship Program**

**Art Submittal Dates:** April 1, 4, & 5 • 3:00-7:00 p.m. & April 2, 11:00 a.m.-3:00 p.m.

**Art Exhibit Dates:** April 15-29

**Artist Reception/Awards Night:** Friday, April 15 • 6:00-9:00 p.m.

**Cost:** Free

Due to the overwhelming success of last year's art competition, we are pleased to announce our 2nd annual Community Art Competition and Scholarship Program. All middle & high school students from the Norwalk/La Mirada Unified School District are invited to compete. Please submit your best piece of work. Accepted media include: photography, drawing, painting, sculpture, and computer art. All artwork must be mounted, matted, or framed. Applications will be available online and at City facilities. A total of \$400 in scholarships will be awarded to top artists. For more information, please call the Cultural Arts Center at **929-5519**.



**Tots (Ages 3-5)**

Classes are 45 minutes in length unless otherwise noted. An adult or sibling twelve years of age or over must accompany children under the age of six for the duration of class.

**Groovin' Tots** 1534.201

Wednesdays • March 30-April 27 • 4:00 p.m.  
(Class will not meet on April 13)

**Cost: \$5**

Shake your groove thing! Let's get the wiggles out and have a blast with kid favorite groovy tunes!

**Wild Safari** 1535.201

Wednesdays • March 30-April 27 • 5:00 p.m.  
(Class will not meet on April 13)

**Cost: \$5**

Let's create a piece of art using beautiful animal prints.

**My Little Bank** 1536.201

Wednesdays • March 30-April 27 • 6:00 p.m.  
(Class will not meet on April 13)

**Cost: \$7**

Children will personalize their very own little bank!

**Piece it Together** 1537.201

Fridays • April 1-29 • 3:00 p.m.  
(Class will not meet on April 15)

**Cost: \$5**

Piece together colorful puzzles using a variety of art mediums.

**Nature's Art** 1538.201

Fridays • April 1-29 • 4:00 p.m.  
(Class will not meet on April 15)

**Cost: Free**

Use nature's natural wonders to create art projects. One project will include a decorative piece for your yard.

**Hands on Paint** 1539.201

Wednesdays • May 4-25 • 4:00 p.m.

**Cost: \$5**

Who said painting had to be done with brushes? Come paint in the purest form.

**Starry Nights** 1540.201

Wednesdays • May 4-25 • 5:00 p.m.

**Cost: \$5**

"Twinkle, Twinkle, little star, how I wonder what you are!" Let your little one's imagination fly through the stars in this art class.

**Spring Bugs** 1541.201

Wednesdays • May 4-25 • 6:00 p.m.

**Cost: \$5**

Welcome the spring with cute crafts. Use them to decorate your home!

**Jiggly Jello** 1542.201

Fridays • May 6-27 • 3:00 p.m.

**Cost: \$5**

J-E-L-L-O!!! Make Jello art and eat it too!

**T-Shirt by Design** 1543.201

Fridays • May 6-27 • 4:00 p.m.

**Cost: \$10**

Help design your own little shirt. Wear your creations home. Material will be provided.

**Youth (Ages 6-12)**

Youth classes are for Ages 6-12, unless noted otherwise.

**Paper Mache Art** 1544.201

Thursdays • March 31-April 28 • 4:00 p.m.  
(Class will not meet on April 14)

**Cost: \$5**

Make creative projects using paper mache.

**Wind Chimes** 1545.201

Thursdays • March 31-April 28 • 5:00 p.m.  
(Class will not meet on April 14)

**Cost: \$7**

Make your own wind chimes. Enjoy the sounds as they make music with the wind.

**Bejeweled (Ages 9-12)** 1546.201

Thursdays • March 31-April 28 • 6:00 p.m.  
(Class will not meet on April 14)

**Cost: \$5**

Design your very own jewelry. You'll even get to make your very own pendant.



**Wood Burning (Ages 9-12)**

1547.201

Saturdays • April 2-30 • 12:00 p.m.  
(Class will not meet on April 23)

**Cost: \$5**

Learn what it takes to be a master craftsman from branding name plates to staining wood.

**Adventures in Art** 1548.201

Saturdays • April 2-30 • 1:00 p.m.  
(Class will not meet on April 23)

**Cost: \$5**

Join us on our artistic adventure visiting a new style of artwork every week.

**Candle Making (Ages 9-12)**

1549.201

Thursdays • May 5-26 • 4:00 p.m.

**Cost: \$10**

Give your room a good aroma by making your own scented candles.

**Multi-Cultural Kitchen**

1550.201

Thursdays • May 5-26 • 5:00 p.m.

**Cost: \$10**

Enjoy cooking at the CAC and learn to make ethnic dishes.

**Hip Handbags** 1551.201

Thursdays • May 5-26 • 6:00 p.m.

**Cost: \$10**

Accessorize yourself with hip handbags made to fit your personal style. Students in this class will make their own bags from scratch.

**Safari Adventures** 1552.201

Saturdays • May 7-28 • 12:00 p.m.

**Cost: \$5**

Use beautiful animal prints to create art.

**Paper Art** 1553.201

Saturdays • May 7-28 • 1:00 p.m.

**Cost: Free**

You'll never look at paper the same way again after this art class. This is not just a paper cutting class; students will build a 3D model of the Eiffel Tower, Chinese dragons, and more!



# Cultural Arts Center Contract Classes

Cultural Arts Center, 13200 Clarkdale Avenue

## Music For Little Mozarts (Ages 4-5)

Wednesdays • 3:00-3:30 p.m.

**Cost:** \$50/5 weeks

**Instructor:** Southern California Academy of Music  
(A \$10 materials fee is due on the first day of class. Cash only please.)

This is an excellent music program designed for the young child. While participating in the adventures of Beethoven Bear and Mozart Mouse, children will learn the beginning principles of playing piano. Parent participation is required. Siblings may participate if enrolled. Register early, each class is limited to only four children!

**Session 1 - 1576.201**      **March 16-April 6**

**Session 2 - 1576.202**      **April 20-May 18**

**Session 3 - 1576.203**      **May 25 - June 22**

## Intermediate Piano/Keyboarding (Ages 6-18)

Wednesdays • 4:30-5:15 p.m.

**Cost:** \$50/5 weeks

**Instructor:** Southern California Academy of Music  
(A \$5 workbook fee is due on the first day of class. Cash only please.)

This class is a continuation of Beginning Piano Keyboarding and can be repeated. Students will continue progressing at their own pace through their piano book. Students will be grouped by age and level, and will rotate through centers consisting of workbooks, music games, and time with the instructor. Keyboards will be provided during instruction time. However, students must have a piano or keyboard to practice at home. Before enrolling in Intermediate Piano, please meet with the instructor.

**Session 1 - 1580.201**      **March 16-April 6**

**Session 2 - 1580.202**      **April 20-May 18**

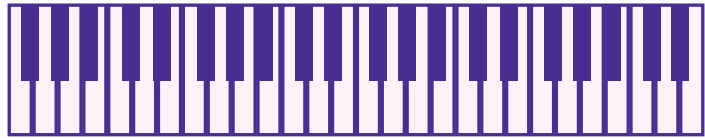
**Session 3 - 1580.203**      **May 25 - June 22**

## Beginning Piano/Keyboarding (Ages 6-18)

**Cost:** \$50/5 weeks

**Instructor:** Southern California Academy of Music  
(A \$10 book fee is due on the first day of class. Cash only please.)

Students will have fun learning the basics of playing the piano in a group setting. Students will spend time on music games, worksheets, and lesson time with the instructor. Keyboards will be provided during instruction time. However, students must have a piano or keyboard to practice at home. When you feel ready to enroll in Intermediate Piano, please consult with your instructor.



**Session 1 - March 16-April 6**  
1578.201 (Ages 6-8)  
Wednesdays, 3:30-4:00 p.m.  
1579.201 (Ages 9-18)  
Wednesdays, 4:00-4:30 p.m.

**Session 2 - April 20-May 18**  
1578.202 (Ages 6-8)  
Wednesdays, 3:30-4:00 p.m.  
1579.202 (Ages 9-18)  
Wednesdays, 4:00-4:30 p.m.

**Session 3 - May 25 - June 22**  
1578.203 (Ages 6-8)  
Wednesdays, 3:30-4:00 p.m.  
1579.203 (Ages 9-18)  
Wednesdays, 4:00-4:30 p.m.

## Norwalk Aquatic Pavilion

12301 Sproul Street • 929-5622

### Norwalk Stingrays Youth Swim Team (Ages 6-18)

March 1-31, Mondays, Wednesdays, & Thursdays • 6:00-8:00 p.m.

April 1- May 31, Monday-Friday • 6:00-8:00 p.m.

**Cost:** \$70/month first swimmer

\$60/month second swimmer

\$50/month third swimmer 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 Spring. 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 Lap Swim

March 1-March 31

Mondays, Wednesdays, & Thursday • 7:00-8:00 p.m.

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

**Cost:** Daily Admission - \$3.00/adult

\$2.00/Senior

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 **929-5623**.



## Adult Water Aerobics

March 1-March 31

Mondays, Wednesdays, & Thursdays · 6:00-7:00 p.m.

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

**Cost:** Daily Admission - \$3.00/Adult  
\$2.00/Senior

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 929-5623.

## Aquatic Pavilion Rentals (July, August, & September)

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 Friday, 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: Saturdays & Sundays, 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**

## American Red Cross Lifeguard Training Class

Want to become a Lifeguard for the Summer? This Lifeguard Training class will help you take a step in the right direction. Come join our class and become a certified Lifeguard for a great summer job in the future. Please register at least one week in advance for the class. For more information, please call the Aquatic Pavilion at 929-5539.

**April 8-10**

**April 8: 5:00-8:00p.m.**

**April 9-10: 9:00a.m.-5:00 p.m.**

**Cost: \$75.00 includes book and pocket mask**

**April 15-17**

**April 15: 5:00-8:00p.m.**

**April 16-17: 9:00a.m.-5:00 p.m.**

**Cost: \$ 75.00 includes book and pocket mask**



## 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)**



**Log on to the  
City of Norwalk's  
Official Website at:  
[www.ci.norwalk.ca.us](http://www.ci.norwalk.ca.us)  
for all things Norwalk!**



## Small Fry Soccer (Ages 5-7 as of April 1) 1011.201



The Small Fry Soccer Program is designed to teach youth, ages 5-7, 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 14-March 25. Sign up at the NASC, 13000 Clarkdale Avenue. A parent meeting has been scheduled for Tuesday, March 22, 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) 1012.201

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 14-March 25. Sign up at the NASC, 13000 Clarkdale Avenue. A parent meeting has been scheduled for Tuesday, March 22, at 6:45 p.m., at the NASC. For more information, please call **929-5566**.

## 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 Tuesday, March 22 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.

**Please Note: Programs may be changed or cancelled without notice. Refunds will be issued in full for any program cancelled by the City of Norwalk. Please visit the official City of Norwalk website at [www.ci.norwalk.ca.us](http://www.ci.norwalk.ca.us) for updated information on upcoming events and programs.**

## Adult Slow Pitch Softball Leagues

(Ages 18 & Over)

The 2011 Spring/Summer Adult Softball League is scheduled to begin play in April. Leagues offered include:

<b>Wednesday Night</b>	<b>Men's "Recreation" Division</b>	<b>1404.201</b>
<b>Friday Night</b>	<b>Co-ed "Recreation" Division</b>	<b>1403.201</b>

Registration will be conducted through Friday, March 25, 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 2011 Spring/Summer Adult Basketball Leagues will begin play in April. Leagues offered include:

<b>Sunday Afternoons</b>	<b>Men's "D" Division</b>	<b>1405.201</b>
<b>Thursday Night</b>	<b>Men's "D" Division</b>	<b>1406.201</b>

Registration will be conducted through Friday, March 25 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**.



## 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 at no extra cost. 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 on Monday, May 30.

### 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.)

### Membership Hours

#### General Membership Hours

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

#### Membership Fees

##### 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 - Proof of Employment Required

#### NASC Spring Class 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.

#### 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 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 (Ages 18 & Over)

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

## NASC Senior Aerobics & Weight Room Workout\* (Ages 55 & Over)



**Mondays, Wednesdays, & Fridays • 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**.

## 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 recommended. Our certified instructor will inspire you to reach new heights while providing expert one-on-one instruction. **Please Note:** Schedule is subject to change.



## 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 Boxing Program (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 Boxing Program (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](http://www.ci.norwalk.ca.us)

**Please Note:** Fifteen and sixteen year old birthday celebrations are not permitted. 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.

## 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](http://www.ci.norwalk.ca.us)



### Sproul Room

Capacity: 150 Maximum

\$ 691.50 (5-Hour Block of Time, includes one-hour of cleanup)

\$150 Each Additional Hour

\$1,000 Security Deposit with alcohol

\$500 Security Deposit without alcohol



### Hargitt Room

Capacity: 50 Maximum

\$285.50 (5-Hour Block of Time, includes one-hour of cleanup)

\$35 Each Additional Hour

\$500 Security Deposit (with/without alcohol)



### Multi-Purpose Room (MPR)

Capacity: 150 Maximum

\$464 (3-Hour Block of Time, includes one-hour of cleanup)

\$100 Each Additional Hour

\$1,000 Security Deposit with alcohol

\$500 Security Deposit without alcohol



### Hospitality Courtyard

Capacity: 200 Maximum (outdoor setting)

\$374 (5-Hour Block of Time, includes one-hour of cleanup)

\$100 Each Additional Hour

\$500 Security Deposit (with/without alcohol)



### Sproul Reception Center (Barn)

Capacity: 72 Indoor Maximum - 100 Indoor & Outdoor Maximum

\$678 (5-Hour Block of Time, includes one-hour of cleanup)

\$125 Each Additional Hour

\$1,000 Security Deposit with alcohol

\$500 Security Deposit without alcohol

## Park Facilities

Rental Applications are available at Norwalk City Hall, 12700 Norwalk Boulevard, Room 10 or online at [www.ci.norwalk.ca.us](http://www.ci.norwalk.ca.us)

# Facility Reservations

### 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 • 12:00-11:00 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.-7:00 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 • 12:00-11:00 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 • 12:00-11:00 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

# Classes

## Classes

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 14, 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 Note:** The Norwalk Arts & Sports Complex will be closed on Monday, May 30.

### Dance

#### Bolivian Folk Dancing (Ages 6 & Over)

Fridays • 8:00-9:00 p.m.

**Cost:** \$25/5 weeks

NASC, 13000 Clarkdale Avenue

**Instructor:** Cynthia Pary

This is an introduction to the basic rhythm and moves to Bolivian folk dance. Come and enjoy a great workout with people who love dancing as much as you. Wear comfortable shoes.

**Session 1 - 1122.201**

**April 1-April 29**

**Session 2 - 1122.202**

**May 13-June 10**

#### Mommy, Daddy & Me Dance (Ages 2-5)

Wednesdays • 10:30-11:30 a.m.

**Cost:** \$40/5 weeks

Stepping Out Performing Arts Studio

11405 Firestone Boulevard, Suite E

**Instructor:** Stepping Out Studio Staff • 929-1050



Experience the joy of dance with your little one! Children will discover the excitement of dance while sharing special time with Mom or Dad. This class will introduce dance movement, stretching and singing while improving motor skills and building self-confidence in a fun, secure environment.

**Session 1 - 1130.201**

**March 30-April 27**

**Session 2 - 1130.202**

**May 11-June 8**

**Please Note:** Programs may be changed or cancelled without notice. Refunds will be issued in full for any program cancelled by the City of Norwalk. Please visit the official City of Norwalk website at [www.ci.norwalk.ca.us](http://www.ci.norwalk.ca.us) for updated information on upcoming events and programs.

**Beginning Hawaiian Dancing** (Ages 6 & Over)

Mondays • 5:00-6:00 p.m.

**Cost:** \$30/5 weeks (One student)

\$45/5 weeks (Two immediate family members)

NASC, 13000 Clarkdale Avenue

**Instructor:** Terry Poochigian

Learn the graceful hand, arm, and body movements of the Hula and other island dances set to beautiful music. Students will learn the hand movements that tell a story as well as the beautiful hip and foot movements.

**Session 1** – 1125.201

March 28-April 25

**Session 2** – 1125.202      May 9-June 13 (Class will not meet on May 30)**Country Western Line Dancing** (Ages 18 & Over)

Tuesdays • 8:00-9:00 p.m.

**Cost:** \$25/5 weeks

NASC, 13000 Clarkdale Avenue

**Instructor:** Ernie Lesaca

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** - 1132.201

March 29-April 26

**Session 2** - 1132.202

May 10-June 7

**Ballet for Tots** (Ages 3-5)

Saturdays • 9:30-10:30 a.m.

**Cost:** \$30/5 weeks

NASC, 13000 Clarkdale Avenue

**Instructor:** Stepping Out Studio Staff

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** - 1100.201

April 2-April 30

**Session 2** - 1100.202

May 14-June 11

**Pre-Ballet** (Ages 6-10)

Saturdays • 10:30-11:30 a.m.

**Cost:** \$30/5 weeks

NASC, 13000 Clarkdale Avenue

**Instructor:** Stepping Out Studio Staff

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

**Session 1** - 1101.201

April 2-April 30

**Session 2** - 1101.202

May 14-June 11

**Ballet/Tap Combo** (Ages 3-8)**Cost:** \$30/5 weeks

And Dance! Studio, 13417 Pumice Street, Norwalk

**Instructor:** And Dance! Staff • 404-9339

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** – April 2-April 30

1116.201 (Ages 3-5)

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

1117.201 (Ages 6-8)

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

**Session 2** – May 14-June 11

1116.202 (Ages 3-5)

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

1117.202 (Ages 6-8)

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

**Kids Belly Dancing** (Ages 6 to 13)

Mondays • 6:00-7:00 p.m.

**Cost:** \$30/5 weeks

NASC, 13000 Clarkdale Avenue

**Instructor:** Terry Poochigian

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 apply for props and costumes for students who wish to participate in shows.

**Session 1** - 1126.201

March 28-April 25

**Session 2** - 1126.202

May 9-June 13 (Class will not meet on May 30)

**Fundamentals of Belly Dancing** (Ages 14 & Over)

Mondays • 7:00-8:00 p.m.

**Cost:** \$40/5 weeks

NASC, 13000 Clarkdale Avenue

**Instructor:** Terry Poochigian

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 apply for props and costumes for students who wish to participate in shows.

**Session 1** – 1124.201

March 28-April 25

**Session 2** – 1124.202

May 9-June 13 (Class will not meet on May 30)

**Hip Hop Dance** (Ages 9-15)

Fridays • 7:00-8:00 p.m.

**Cost:** \$25/5 weeks

NASC, 13000 Clarkdale Avenue

**Instructor:** Norma Perez

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** - 1259.201

April 1-April 29

**Session 2** - 1259.202

May 13-June 10



**Hip Hop for Boys** (Ages 6-10)

Thursdays • 6:30-7:30 p.m.

**Cost:** \$30/5 weeks

Stepping Out Performing Arts Studio

11405 Firestone Boulevard, Suite E

**Instructor:** Stepping Out Studio Staff • 929-1050

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** - 1102.201

March 31-April 28

**Session 2** - 1102.202

May 12-June 9

**Folklorico Dance** (Ages 6 & Over)**Cost:** \$15/5 weeks

NASC, 13000 Clarkdale Avenue

**Instructor:** Manuel Ramirez

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.

**Beginner****Session 1** - April 2-April 30

1250.201 (Ages 6 &amp; Over)

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

1251.201 (Ages 55 &amp; Over)

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

**Session 2** - May 14-June 11

1250.202 (Ages 6 &amp; Over)

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

1251.202 (Ages 55 &amp; Over)

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

**Advanced****Session 1** - March 28-April 25

1252.201 (Ages 55 &amp; Over)

Mondays, 6:15-7:15 p.m.

1253.201 (Ages 6-54)

Mondays, 7:30-8:30 p.m.

**Session 2** - May 9-June 13 (Class will not meet on May 30)

1252.202 (Ages 55 &amp; Over)

Mondays, 6:15-7:15 p.m.

1253.202 (Ages 6-54)

Mondays, 7:30-8:30 p.m.

**Beginning Salsa Dance** (Ages 16 & Over)

Thursdays • 7:00-8:00 p.m.

**Cost:** \$45/5 weeks

NASC, 13000 Clarkdale Avenue

**Instructor:** Socorro & Tony

Instructor: 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** - 1151.201

March 31-April 28

**Session 2** - 1151.202

May 12-June 9

**Tap for Tots** (Ages 3-5)

Tuesdays • 3:30-4:30 p.m.

**Cost:** \$30/5 weeks

Stepping Out Performing Arts Studio

11405 Firestone Boulevard, Suite E

**Instructor:** Stepping Out Studio Staff • 929-1050

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** - 1103.201

March 29-April 26

**Session 2** - 1103.202

May 10-June 7

**Tap/Jazz** (Ages 6-10)

Mondays • 5:30-6:30 p.m.

**Cost:** \$30/5 weeks

Stepping Out Performing Arts Studio

11405 Firestone Boulevard, Suite E

**Instructor:** Stepping Out Studio Staff • 929-1050

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** - 1104.201

March 28-April 25

**Session 2** - 1104.202

May 9-June 13 (Class will not meet on May 30)

**Fine Arts****Guitar for Beginners** (Ages 5 & Over)**Cost:** \$35/5 weeks

NASC, 13000 Clarkdale Avenue

**Instructor:** Jim Warino

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 28-April 25

1161.201 (Ages 5-12)

Mondays, 6:55-7:55 p.m.

1162.201 (Ages 13 &amp; Over)

Mondays, 7:55-8:55 p.m.

**Session 2** - May 9-June 13 (Class will not meet on May 30)

1161.202 (Ages 5-12)

Mondays, 6:55-7:55 p.m.

1162.202 (Ages 13 &amp; Over)

Mondays, 7:55-8:55 p.m.

**Guitar II** (Ages 10 & Over)

Mondays • 5:55-6:55 p.m.

**Cost:** \$35/5 weeks

NASC, 13000 Clarkdale Avenue

**Instructor:** Jim Warino

Continue the art of guitar playing by learning more songs, exercises, solos, and rhythms in a variety of styles 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** - 1163.201

March 28-April 25

**Session 2** - 1163.202

May 9-June 13 (Class will not meet on May 30)



## Health & Fitness

### Body Shaping & Toning Class (Ages 18 & Over)

**Cost:** \$25/5 weeks

**NASC, 13000 Clarkdale Avenue**

**Instructor:** Lola Dikaiou

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.



**Tuesdays · 6:00-7:00 p.m.** (Class focuses on buns and thighs)

**Session 1 - 1105.201**

**March 29-April 26**

**Session 2 - 1105.202**

**May 10-June 7**

**Thursdays · 6:00-7:00 p.m.** (Class focuses on abdominal section)

**Session 1 - 1106.201**

**March 31-April 28**

**Session 2 - 1106.202**

**May 12-June 9**

### Power Pilates (Ages 18 & Over)

**Tuesdays · 7:00-8:00 p.m.**

**Cost:** \$30/5 weeks

**NASC, 13000 Clarkdale Avenue**

**Instructor:** Lola Dikaiou

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 - 1107.201**

**March 29-April 26**

**Session 2 - 1107.202**

**May 10-June 7**

### Cardio Kickboxing (Ages 18 & Over)

**Tuesdays · 8:00-9:00 p.m.**

**Cost:** \$25/5 weeks

**NASC, 13000 Clarkdale Avenue**

**Instructor:** Liesl Steiner

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 - 1131.201**

**March 29-April 26**

**Session 2 - 1131.202**

**May 10-June 7**

### Zumba Fitness (Ages 18 & Over)

**Wednesdays · 8:00-9:00 p.m.**

**Cost:** \$28/5 weeks

**NASC, 13000 Clarkdale Avenue**

**Instructor:** Elie Welti

Zumba is a 50-minute 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 - 1273.201**

**March 30-April 27**

**Session 2 - 1273.202**

**May 11-June 8**

### Aerobics-High/Low (Ages 16 & Over)

**Tuesdays & Thursdays · 7:00-8:00 p.m.**

**Cost:** \$25/5 weeks

**NASC, 13000 Clarkdale Avenue**

**Instructor:** Alex Vogel

This high intensity, low impact aerobics class is combined with a brief, high impact session. 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 - 1165.201**

**March 29-May 5**

(Class will not meet on April 19 & 21)

**Session 2 - 1165.202**

**May 10-June 9**

### Yoga (All Ages)

**Fridays · 5:30-6:30 p.m.**

**Cost:** \$35/5 weeks

**NASC, 13000 Clarkdale Avenue**

**Instructor:** United Heart Yoga Staff

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 - 1175.201**

**April 1-April 29**

**Session 2 - 1175.202**

**May 13-June 10**



## Martial Arts

### Capoeira (Ages 10 & Over)

**Mondays · 8:00-9:00 p.m.**

**Cost:** \$30/5 weeks

**NASC, 13000 Clarkdale Avenue**

**Instructor:** Guilherme Barros

**Centrosul Capoeira Academy**

Capoeira is a martial art that involves movement, music, and practical philosophy. This Brazilian art helps tone your body through self-defense while learning about the culture of Brazil. Uniform is required.

**Session 1 - 1176.201**

**March 28-April 25**

**Session 2 - 1176.202**

**May 9-June 13**

(Class will not meet on May 30)



## Japanese Goju-Ryu Karate (Ages 7 & Over)

**Cost:** \$40/5 weeks

**NASC, 13000 Clarkdale Avenue**

**Instructor: Brian A. Burdick**

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.

**Session 1 - March 28-April 27**

**1177.201 (Beginner) Mondays/Wednesdays, 5:00-6:00p.m.**

**1178.201 (Intermediate/Advanced) Mondays/Wednesdays, 6:00-8:00p.m.**

**Session 2 - May 9-June 15 (Class will not meet on May 30)**

**1177.202 (Beginner) Mondays/Wednesdays, 5:00-6:00p.m.**

**1178.202 (Intermediate/Advanced) Mondays/Wednesdays, 6:00-8:00p.m.**

**Advanced - Requires instructor's permission**

**Fridays - 6:30-8:30 p.m.**

**Session 1 - 1179.201**

**April 1-April 29**

**Session 2 - 1179.202**

**May 13-June 10**

## Tae Kwon Do (All Ages)

**Mondays, Tuesdays, & Thursdays - 5:30-6:30 p.m.**

**Cost:** \$60/5 weeks for one student

\$80/5 weeks for two family members

\$90/5 weeks for three family members

& fourth member of a family is free

**Moonstar Tae Kwon Do Academy**

**15923 Pioneer Boulevard - 402-8300**

**Instructor: Master Im**

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.

**Session 1 - 1183.201**

**March 28-April 28**

**Session 2 - 1183.202**

**May 9-June 16 (Class will not meet on May 30)**



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

**Tuesdays, April 12-June 21**

**Cost:** \$72 per session/11 weeks\*

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

**Gerdes Park, 14700 Gridley Road**

**Instructor: Young Champions - (714) 259-1400**

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.

**New Students**

**5:15-5:55**

**Yellow Belts**

**6:00-6:40**

**Orange Belts**

**6:45-7:25**

**Purple Belts & Above**

**7:30-8:10**

## Sports

### Tumbling Toddlers

**Cost:** \$30/5 weeks

**NASC, 13000 Clarkdale Avenue**

**Instructor: Nathaniel Freund**

**Lighthouse Gymnastics Academy**

This fun-filled program teaches

coordination and basic motor skills

while having a ton of fun. This

environment not only introduces the

exciting and bouncy world of gymnastics but also helps prepare them for

the structure needed in Preschool and Kindergarten. Adult participation

is required at all times for younger class.

**Session 1 - April 2-April 30**

**1224.201 (Ages 2-3)**

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

**1225.201 (Ages 4-5)**

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

**Session 2 - May 14-June 11**

**1224.202 (Ages 2-3)**

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

**1225.202 (Ages 4-5)**

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



### Tumbling-Youth (Ages 6-12)



**Saturdays - 4:30-5:30 p.m.**

**Cost:** \$30/5 weeks

**NASC, 13000 Clarkdale Avenue**

**Instructor: Nathaniel Freund, Lighthouse Gymnastics Academy**

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 - 1226.201**

**April 2-April 30**

**Session 2 - 1226.202**

**May 14-June 11**



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

Saturdays • 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

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 - 1134.201

April 2-April 30

Session 2 - 1134.202

May 14-June 11

**Little Gymnasts** (Ages 3-4)

Saturdays • 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

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 - 1135.201

April 2-April 30

Session 2 - 1135.202

May 14-June 11

**Awesome Acrobats** (Ages 4½-5)

Saturdays • 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

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 - 1136.201

April 2-April 30

Session 2 - 1136.202

May 14-June 11

**Jammin' Gymnasts** (Ages 6-9)

Saturdays • 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

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 - 1137.201

April 2-April 30

Session 2 - 1137.202

May 14-June 11

**Bumper Bowling** (Ages 3-7)

Tuesdays • 3:30-4:30 p.m.

Cost: \$36/5 weeks

Keystone Lanes, 11459 Imperial Highway

Instructor: Keystone Lanes Staff • 868-3261

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 - 1201.201

March 29-April 26

Session 2 - 1201.202

May 10-June 7

**Bowling For Fun** (Ages 8-17)

Tuesdays • 3:30-4:30 p.m.

Cost: \$36/5 weeks

Keystone Lanes, 11459 Imperial Highway

Instructor: Keystone Lanes Staff • 868-3261

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 - 1200.201

March 29-April 26

Session 2 - 1200.202

May 10-June 7

**Soccer-Young Champions** (Ages 5-15)

Mondays, April 11-June 20

(Class will not meet Monday, May 30)

Cost: \$66 per session/10 weeks\*

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

Gerdes Park, 14700 Gridley Road

Instructor: Young Champions • (714) 259-1400

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.

All Students (Ages 5-6)

5:00-5:40 p.m.

All Students (Ages 7-8)

5:50-6:30 p.m.

All Students (Ages 9 &amp; above)

6:40-7:20 p.m.

**Contract Class registration begins Monday, March 14, at 9:00 a.m. at the Norwalk Arts & Sports Complex. Cultural Arts Center Class registration begins Tuesday, March 1, 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 & 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)

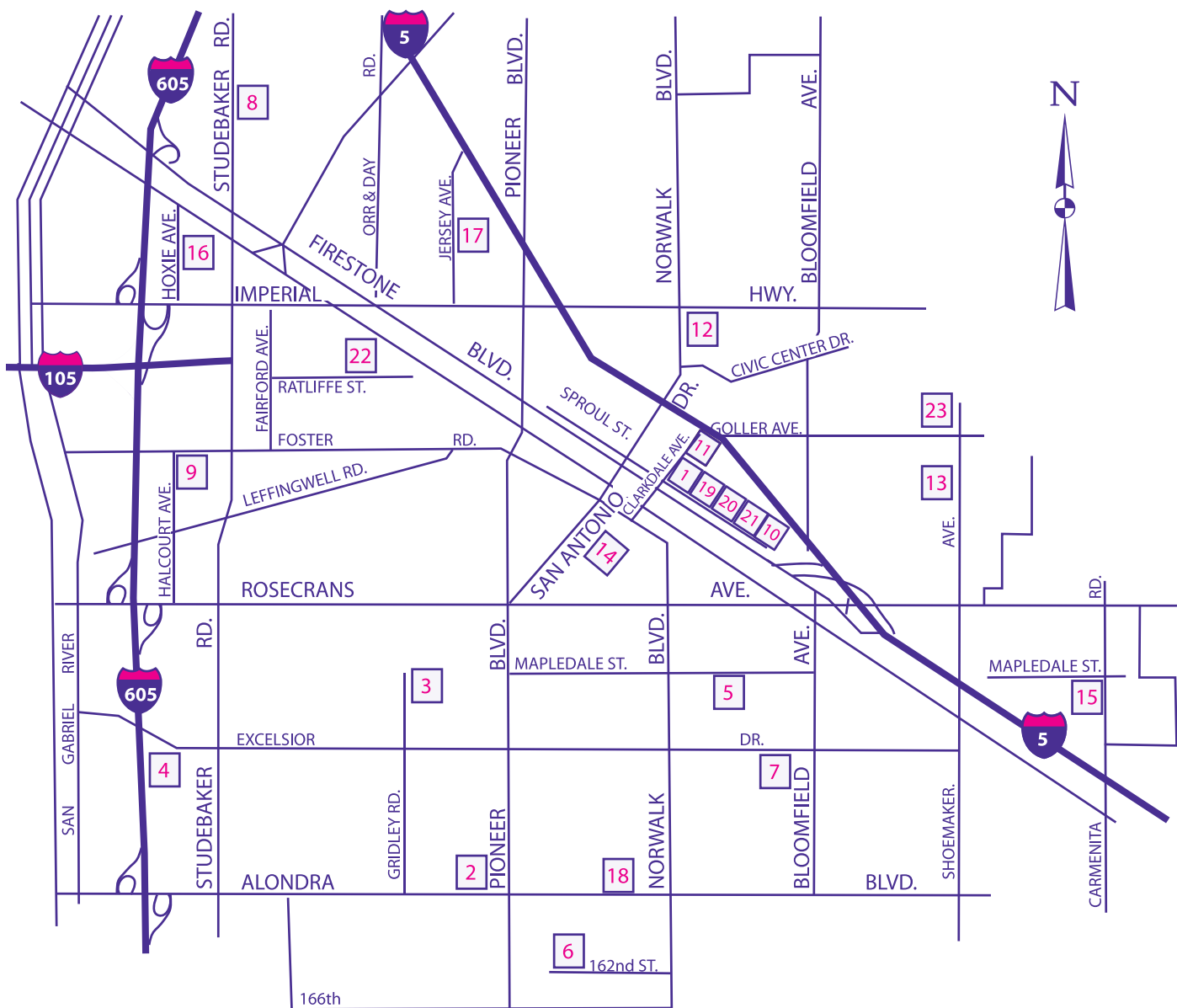
Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

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.



## List of Parks in Norwalk

- |                                                                               |                                                                                                                                   |                                                                                  |                                                                                   |
|-------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| <p><b>1. Cultural Arts Center</b><br/>13200 Clarkdale Avenue<br/>929-5521</p> | <p><b>7. Holifield Park</b><br/>12500 Excelsior Drive<br/>929-5614</p>                                                            | <p><b>12. Norwalk City Hall</b><br/>12700 Norwalk Boulevard<br/>929-5700</p>     | <p><b>18. Social Services Center</b><br/>11929 Alondra Boulevard<br/>929-5544</p> |
| <p><b>2. Excelsior Gym</b><br/>15711 Pioneer Boulevard<br/>929-5610</p>       | <p><b>8. Lakeside Park</b><br/>11620 Studebaker Road<br/>929-5615</p>                                                             | <p><b>13. Norwalk Golf Center</b><br/>13717 Shoemaker Avenue<br/>921-7047</p>    | <p><b>19. Sproul Museum</b><br/>12203 Sproul Street<br/>929-5702</p>              |
| <p><b>3. Gerdes Park</b><br/>14700 Gridley Road<br/>929-5611</p>              | <p><b>9. New River Park</b><br/>13432 Halcourt Avenue<br/>929-5619</p>                                                            | <p><b>14. Norwalk Senior Center</b><br/>14040 San Antonio Drive<br/>929-5580</p> | <p><b>20. Sproul Reception Center</b><br/>12239 Sproul Street</p>                 |
| <p><b>4. Glazier Park</b><br/>10810 Excelsior Drive</p>                       | <p><b>10. Norwalk Aquatic Pavilion</b><br/>12301 Sproul Street<br/>929-5622</p>                                                   | <p><b>15. Ramona Park</b><br/>13244 Mapledale Street<br/>929-5616</p>            | <p><b>21. Teen Center</b><br/>12305 Sproul Street<br/>929-4260</p>                |
| <p><b>5. Hargitt House Museum</b><br/>12426 Mapledale Street<br/>929-5612</p> | <p><b>11. Norwalk Arts &amp; Sports Complex/Norwalk Park/Skate Park/Nature Center</b><br/>13000 Clarkdale Avenue<br/>929-5566</p> | <p><b>16. Robert White Park</b><br/>12120 Hoxie Avenue<br/>929-5617</p>          | <p><b>22. Vista Verde Park</b><br/>11459 Ratliffe Street<br/>929-5618</p>         |
| <p><b>6. Hermosillo Park</b><br/>11959 162nd Street<br/>929-5613</p>          | <p><b>17. Sara Mendez Park</b><br/>11660 Dune Street<br/>868-1093</p>                                                             | <p><b>23. Zimmerman Park</b><br/>13031 Shoemaker Avenue<br/>929-5620</p>         |                                                                                   |