Recreation and Park Services Department

Schedule of Activities
December 2018 - March 2019

WINTER

Register online at norwalk.org

Parks Make Life Better!
1. Awarded the contract for rehabilitation of 22 local streets, including ADA ramp installation, curb and gutter repair and repaving of neighborhood streets found to be in “Very Poor” condition.

2. Awarded a contract for the design of the FY 2017/2018 Sewer System Repair Project.

3. Extended neighborhood cooling center hours at the Norwalk Senior Center and Social Services Center to include weekend days through the end of September.

4. Hosted the grand opening festivities for Hermosillo Park’s new playground installation, which includes state of the art equipment, shade for children and parents, and safety padding.

5. Approved an amendment to the agreement for installation of landscaped medians and rehabilitation of Pioneer Boulevard from Alondra to Rosecrans to address traffic and pedestrian safety issues and beautify the corridor.

6. Approved a Memorandum of Understanding with Rio Hondo Community College District to extend the “Go Rio” transit pass program, providing free trips for students to and from the College campus, through summer 2019.
7. Accepted Active Transportation Program (ATP) grant funds in the amount of $963,000 from Caltrans allocated for a project on Alondra Boulevard which includes the installation of a concrete sidewalk with landscaping within the side panel from Dalwood Avenue to Graystone Avenue and the installation of bike lanes from Studebaker Road to Pioneer Boulevard.

8. Approved landscape design for traffic island area north of Shoemaker Bridge for rehabilitation project on Shoemaker Avenue between Rosecrans Avenue and Firestone Frontage Road.

10. Proclaimed October “Breast Cancer Awareness” Month in the City of Norwalk, kicking off the “Paint the Town Pink” campaign and encouraging the community to participate and learn about prevention and testing.

9. Recognized Lakeside Middle School student Gabriel Castillo for his heroism and decisive action in saving a fellow student from choking.

11. Adopted the Economic Development Opportunities Plan, evaluating existing demographic information and retail market conditions and identifying strategic areas within the city for economic development.

12. Awarded a contract for the annual citywide sidewalk concrete repair and replacement project, including the removal and replacement of sidewalk, curb and gutter and drive apron concrete and the installation of ADA corner access ramps.

13. Awarded contract for construction of an auxiliary lot to include storage of Norwalk Transit buses and Public Services maintenance equipment as well as commuter parking spaces for overflow parking at the Norwalk/Santa Fe Springs Metrolink Station.
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NORWALK CITY COUNCIL
Mayor JENNIFER PEREZ
Vice Mayor MARGARITA L. RIOS
Councilmember TONY SYKLA
Councilmember LEONARD SHRYOCK
Councilmember LUIGI VERNOLA

The Schedule of Activities is published quarterly by the Recreation and Park Services Department. The Winter edition includes the months of December through March. If you have any questions or comments, please call us at 929-5702.
Las Posadas Celebration

Sat, Jan 5 • 6-9p

Norwalk City Hall Lawn, 12700 Norwalk Blvd

Join us for a traditional cultural celebration! A candlelit procession at the City Hall lawn will bring the community together during the holiday season. This festive event will feature caroling of holiday songs, light refreshments, cultural activities for children such as piñatas, and special performances by Mariachis and ballet folklórico dancers. Everyone is welcome! For more information, please call 929-5518.

Schedule

12-5p Snow Slides & Play Areas, Game Booths, Holiday Attractions, Train Rides, Face Painting, Arts & Crafts & Food Booths Open

12-6p Stage Entertainment

6p Tree Lighting Ceremony & Santa’s Arrival

6:15-8p Santa Visits & Stage Entertainment

SANTA SLEIGH

Saturday, December 1
Tree Lighting Ceremony 6:00 p.m.

Monday, December 3
Cresson Elementary School 6:00 p.m.
12144 Harvest Ave.
Vista Verde Park 7:00 p.m.

Tuesday, December 4
Orr Elementary School 6:00 p.m.
Studebaker Elementary School 7:00 p.m.
Lakeside Middle School 8:00 p.m.

Wednesday, December 5
Glazier Elementary School 6:00 p.m.
12641 Kalnor Ave.
7:30 p.m.

Thursday, December 6
Edmondson Elementary School 6:00 p.m.

Friday, December 7
Spry St. & Curtis and King Rd. 6:00 p.m.
Gerdes Park 7:00 p.m.
Barnwall St. & Flatbush Ave. 8:00 p.m.

Saturday, December 8
New River Elementary School 6:00 p.m.
Morrison Elementary School 7:00 p.m.
12122 Kenney St. 8:00 p.m.

Monday, December 10
Cesar Chavez Elementary School 6:00 p.m.
Molette St. & Behard Ave.

Tuesday, December 11
Volunteer Ave. & Crewe St. 6:00 p.m.
Paddison Elementary School 7:00 p.m.
Lakeland Elementary School 8:00 p.m.

Wednesday, December 12
Sanchez Elementary School 6:00 p.m.
15502 Allingham St.

Thursday, December 13
14729 Clarkdale Ave. 6:00 p.m.
Silverbow Ave. & Sproul St. 7:00 p.m.
Moffitt Elementary School 8:00 p.m.

Friday, December 14
Cheshire St. & Belshire Ave. 6:00 p.m.
11243 Lakeland Rd. 7:00 p.m.

Saturday, December 15
14314 Crossdale Ave. 5:00 p.m.
Mother & Son Dance  
**Out of this Galaxy (Ages 3-10)**  
Sat, Feb 9 • 5:30-8:30p  
Norwalk Arts & Sports Complex-Rich Rehearsal Hall  
13200 Clarkdale Ave  
**Fee:** $15/Couple, $7 each additional child  
Calling all moms, aunts, and grandmas to bring that special boy and dance the night away dressed as your favorite Star Wars characters! The evening will consist of finger foods, dancing, games, and making a memorable craft. Child appropriate music will be played. Parent/guardian participation is required. Costumes are not required. Tickets must be purchased in advance and will be sold until supplies last or until January 26. For more information, please call 929-5516.

SAVE THE DATES!  
**Father & Daughter Candyland Dance**  
Sat, Apr 13 • Registration begins: M, Feb 25  
Norwalk Arts & Sports Complex-Rich Rehearsal Hall,  
13200 Clarkdale Ave

**Breakfast with Mom**  
Sat, Apr 27 • Registration begins: M, Feb 25  
Norwalk Arts & Sports Complex-Rich Rehearsal Hall  
13200 Clarkdale Ave

**FREE! Miniachis de Norwalk Upcoming Performances**  
The City of Norwalk has its very own Youth Mariachi Group. Our talented youth practice every Tuesday at the Cultural Arts Center. We would love to see you at one of our upcoming performances. Come check us out!

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<tr>
<td>All</td>
<td>Sat</td>
<td>Dec 1</td>
<td>12:15p</td>
<td>SnowFest Event, 12700 Norwalk Bl</td>
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<td>Dec 11</td>
<td>6p</td>
<td>Santa Sleigh Stop, Volunteer Ave &amp; Crewe St</td>
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**“Holiday Light Hunt”**  
(Ages 12 & under) Week of November 26  
Norwalk will be illuminated with large holiday light bulbs that will be placed throughout the city. During the week of November 26, residents can search the City for these decorative light bulbs! Find one and return it to the SnowFest event on Saturday, December 1 at 2:00 p.m., and see what gift Santa has for you!

**Rules:**

- **Must be Norwalk residents.**
- **Only one light bulb may be redeemed per family household (ID required).**
- **Must be redeemed during the SnowFest event on Saturday, December 1 at 2:00 p.m. at the Norwalk Civic Center Lawn (Check-in Booth near stage).**
- **City employees and their immediate family members are not eligible to participate.**

For more information, please call 929-5702.
SAVE THE DATE SPRING PROGRAMS!

**FREE** Community Art Competition & Scholarship Program

Art Submittal Dates: T-F, Feb 26-Mar 1
Art Exhibit Dates: T-F, Mar 12-15
Artist Reception/Awards Day: F, Mar 15 • 6-9p

Calling all local artists from Middle School and High School to join this competition!!! This marks our 9th annual Community Art Competition and Scholarship Program. All high school and middle school students who reside in Norwalk, attend school in Norwalk, or attend school in the Norwalk/La Mirada Unified School District are invited to compete. Artwork will be displayed on the exhibit dates listed above. Please submit your best piece of work! Accepted media includes: photography, drawing, painting, sculpture, fashion, mixed media, computer generated art, and prints. All artwork must be mounted, matted, or framed. Applications will be available at norwalk.org. A total of $500 in scholarships will be awarded to top artists! A special Artist Reception will be held for all participating artists and their families and friends.

“ARTASTIC”

Cultural Arts Center, 13200 Clarkdale Ave

“ARTASTIC” is a free special event that celebrates the arts and highlights the Cultural Arts Center’s programs and classes. This community event will feature free art activities and projects, multiple art exhibits, entertainment, a fundraising dinner, and much more! Don’t miss out!!! Stop by to see how you can get involved in the creative process and art appreciation. For more information, please call 929-5521.

**Save the Date Spring Programs!**

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**Letters to Santa**

M, Nov 19-Sat, Dec 8

Ho! Ho! Ho! Calling all children! You are invited to send a wish letter to Good Old Saint Nick at the North Pole. He has promised to answer all letters from every boy and girl who writes to him. Letters can be deposited in the holiday mailbox at the Norwalk Arts & Sports Complex, or mailed to the address listed below. Be sure to include a return address. For more information, please call 929-5763.

**Mailing Address:**
Santa Claus
c/o City of Norwalk
Recreation & Park Services Department
13000 Clarkdale Ave
Norwalk, CA 90650

**Drop off Location:**
Norwalk Arts & Sports Complex
13000 Clarkdale Ave,
Norwalk, CA 90650
ANGEL TREE PROJECT
You Can Help Brighten the Life of a Child!

The City of Norwalk Angel Tree Project: “A Gift of Clothing” is an annual event that benefits low income families, with children in Grades K-5, in our community. We invite you to make a difference in a child’s life by becoming an Angel Tree Sponsor this coming holiday season. You can donate in various ways. Gold Tag Sponsors get to select Gold Angel Tree Tags, purchase outfits for children, and return the wrapped gifts with adhered tag to the Norwalk Social Services Center, Norwalk Senior Center, Norwalk Arts & Sports Complex, or City Hall by Monday, December 3, 2018. Dollar Angel Tag Sponsors sell Red and Green Angel Tags for $1 and display the support at their business locations. Monetary Sponsors may contribute to directly benefit the Angel Tree Program. Your gifts, toys, and other goodies will be given to the children at a holiday celebration in December. If you would like to become a Sponsor or Volunteer, please call the Norwalk Social Services Center at 929-5544 for more information.

Two-Person Scramble Golf Tournament

Don Knabe Golf Center & Junior Academy, 13717 Shoemaker Ave, Norwalk • 921-7047

Compete in our two-person scramble golf tournament where each player tees off on each hole. Tournament play will consist of 18 holes for the Adult Divison and 9 holes for the Junior Divison. Awards will be presented to both divisions. Register at the Norwalk Arts & Sports Complex, 13000 Clarkdale Ave. For more information, please call 929-5924.

Rules: The best of the tee shots is selected and all players play their second shots from that spot. The better of the second shots is determined, then all play their third shots from that spot, and so on until the ball is holed.

AGE   DAY   DATE   FEE
Juniors (14 & under) Sun Jan 27 $10 (includes BBQ)
Adults (15+) Sun Jan 27 $20 (includes BBQ)

TIME
9a Check-in / 10a-1p Tournament

17th Annual Norwalk Transit Stuff-A-Bus

The City of Norwalk’s Transportation Department has hosted the Annual Stuff-A-Bus Toy drive since 2002. This year, 2018 will be the 17th Annual Stuff-A-Bus. One of the NTS 40 foot buses is decorated with a holiday-themed wrap around the entire bus. During the month of December, the Stuff-A-Bus will be traveling on NTS routes, as well as making special appearances at locations such as schools and organizations to collect new, unwrapped toys for children in need. All of the items collected are donated to the City of Norwalk’s Social Services Department – Angel Tree Project. Therefore, toy donations are very appreciated by the City of Norwalk and the families and children attending the Angel Tree event in December. Call 929-5880 for details.

Make a Difference!

Gift of Warmth

We invite you to participate in the Gift of Warmth project by donating sweatshirts, jackets, and blankets for the less fortunate. Items may be new or in good condition and all sizes of clothing are welcome. The donations are collected September-December by our Teen Alliance Program (T.A.P.), and will be taken to the Salvation Army for those unable to purchase items to keep warm in the winter.

Drop donation items off at the Teen Center, 13055 Sproul St., from 3:30-8:00 p.m., or at the Norwalk Arts & Sports Complex, 13000 Clarkdale Ave, from 8:00 a.m.-6:00 p.m.

For more information, please call 929-4260.
MAKE A DIFFERENCE
in Your Community

Community Food Drive
Nov 13-Dec 22
Norwalk Arts & Sports Complex, 13000 Clarkdale Ave
YOU can help eliminate hunger in the Norwalk community during the holidays by contributing to Norwalk’s Community Food Drive. Deposit your non-perishable and canned food donations in the collection container located at the Norwalk Arts & Sports Complex Nov 13 through Dec 22. Donations will be distributed to local families experiencing difficulties.

MOST NEEDED ITEMS:
CANNED MEAT, CANNED SOUP, CANNED TUNA, DRY CEREAL, GRANOLA/CEREAL BARS, JUICES, MAC N CHEESE, INSTANT POTATOES, INSTANT NOODLES, HAMBURGER HELPER, CANNED BEANS, TOMATO SAUCE, PASTA, PASTA SAUCE, PEANUT BUTTER, JAM/JELLY, COOKIES, CRACKERS, BABY FOOD, BABY DIAPERS, BABY FORMULA
For more information, please call 929-5566.

Public Safety Reserve Program
The City of Norwalk is currently seeking adults age 18 years and older to serve in the Public Safety Reserve Program. As a Reserve Officer committed to improving the safety and quality of life in Norwalk, program participants will assist the Public Safety Department in various capacities including special events, community outreach, field patrol, dispatch and administrative functions. If you would like to be a part of this growing effort to bring positive change to your community, applications are available online at norwalk.org/public-safety-volunteer or by calling 929-5732. Applicants must clear a thorough background process.

Volunteer Coaches Needed for Youth Sports Programs!
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 the upcoming basketball and soccer programs. If you would like to volunteer, please visit the Norwalk Arts & Sports Complex (NASC), 13000 Clarkdale Ave, and complete a Volunteer Coach form. This will be one of the most rewarding experiences of your life! Be sure to attend the coaches meeting to select your team name and shirt color, as well as, review the rules and philosophy of our program. For more information, please call 929-5924.

Please Note: In accordance with State regulations, the City of Norwalk fingerprints all volunteer coaches and their assistants at no cost during the coaches meeting. Please bring a valid photo I.D.

Coaches Meetings:
Basketball W, Dec 12, 7:15p, NASC
Soccer W, Mar 20, 7p, NASC

Donor Tree
Norwalk Arts & Sports Complex, 13000 Clarkdale Ave
Support Your Community and Receive Permanent Recognition on the Donor Tree!
The City of Norwalk is committed to enriching our community in its support of programs, activities, and services offered at the Norwalk Arts & Sports Complex. Everyone who contributes $100 or more will receive permanent recognition in the form of an engraved leaf on the Donor Tree located in the lobby of the Norwalk Arts & Sports Complex. Leaves can be inscribed with your name, company, organization, or in memory of a loved one. To make a donation, please visit the Norwalk Arts & Sports Complex or call 929-5566 for more information.

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 929-5734 to request an Instructor Proposal Form, or pick one up at the Norwalk Arts & Sports Complex, 13000 Clarkdale Ave.
HISTORIC
Norwalk

D.D. Johnston-Hargitt House Museum
12426 Mapledale St

Holidays at the D.D. Johnston-Hargitt House Museum
Sat, Dec 15 • 5-8p • FREE
Everyone is invited to the Museum for a jolly time filled with holiday entertainment and refreshments! Enjoy touring the Museum which will be decorated just for this special occasion. Santa will be making a special appearance all the way from the North Pole! Pictures will be available for only $2.

SAVE THE DATE!
FREE! Tea Time at the D.D. Johnston-Hargitt House Museum
Sat, Apr 6 • 1-3p
12426 Mapledale St
Please join us for a special Tea Party and tour! An assortment of teas, good old fashioned lemonade and yummy pastries will be served. For more information or to schedule a group tour of ten or more, please call 929-5521.

FREE TOURS!

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<tr>
<td>Sat</td>
<td>Dec 15</td>
<td>5-8p</td>
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<tr>
<td>Sat</td>
<td>Jan 5 &amp; 19</td>
<td>1-4p</td>
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<td>Sat</td>
<td>Feb 2 &amp; 16</td>
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The Museum is currently registered on the National Registry of Historical Places, and at one time, held up to 200 acres of grape, prune, avocado, and citrus trees. Built in 1891, the D.D. Johnston-Hargitt House Museum is a two-story Eastlake Victorian farmhouse that was owned by Darius David Johnston. He was one of Norwalk's leading pioneers as well as the organizer of the Norwalk School District. He served on the school board from the late 1880's until his death in 1917. The Museum contains family heirlooms and other memorabilia as well as glimpses into Norwalk's past. 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. The Museum may be closed in inclement weather. For more information or to schedule a tour for groups of ten or more, please call 929-5521.

Gilbert H. Sproul Museum
12203 Sproul St
The museum is currently closed for renovations.
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. For more information, please call 929-5521.

Be a Museum Docent! (Ages 18+)
Docents are guides and storytellers. If you enjoy sharing stories, information, and talking to people, become a docent! The D.D. Johnston-Hargitt House Museum is seeking interested people to train as Museum docents. Training and supplies are provided at no cost. A three-month commitment is required. For more information, please call 929-5519 or stop by the Museums for an informal visit during operating hours.
**WINGS Program**  
Youth Empowerment Group  
Instructor: David Plaza  
**Cost:** $10 *(Free to youth with parents registered in The Parent Project)*

This eleven week youth empowerment program will help your teen understand and prepare for the different social issues teens face. The program will emphasize on developing their relationships with their parents, peers, and most importantly themselves. They will also discuss how an education can better prepare them to face adulthood.

*This program discusses various topics including:*  
- Academic Pressure  
- Anger Management  
- Conflict Resolution  
- Depression/Teen Suicide  
- Drug & Alcohol Education  
- Self Esteem/Image  
- Setting & Accomplishing Goals  
- Social Media Addiction

For more information, please call 929-5927.

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**The Parent Project**  
Parenting for Parents with Teens  
Instructor: Anthony Garcia  
**Cost:** $30

Are you having a hard time reaching your teen? Do you miss the days when you and your teen were able to sit and talk? Are his/her grades slipping? Do you find yourself arguing more with your teen? You are not alone. Join The Parent Project and work with trained staff and other parents in developing a healthy relationship with your teen as well as building trust and establishing appropriate boundaries.

*This program discusses various topics including:*  
- Improving Communication  
- Identifying Alcohol or Drug Use  
- Identifying Depression  
- Improving School Attendance and Performance  
- Finding Resources to Help Your Family

For more information, please call 929-5765.
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. All participants must have a current medical/emergency form on file with the department in order to participate.

Please Note: Although group homes are encouraged to participate, an attendant or program aide must remain to assist as needed. Activities are held at Gerdes Park unless otherwise noted. For more information or to be added to the mailing list, please call 929-5922 or email us at AR@norwalkca.gov.

**CLASS** (Suggested Ages 6-22)

This after school program is specifically designed for children with disabilities. Homework help, crafts, games, and hands-on activities are done in an environment tailored to fit their needs.

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<td>M-F</td>
<td>Dec 3-Dec 28</td>
<td>3:30-5:30p</td>
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*(No class Dec 25, Jan 1, 21 & Feb 18)*

**HEART** (Suggested Ages 13+)

Recreation Adapted for Teens & Adults with Disabilities

Please see the monthly calendar for fees, times, and registration information or visit norwalk.org.

**Thursday Night Fun**

Th, Dec 6-Feb 28

Make Thursdays the highlight of the week with planned activities, excursions, and dances. The best part will be having fun and making new friends!

**TGIF!**

Fridays (two per month)

TGIF!!! Twice a month we will visit a new location to help kick-start a fun weekend! These Friday night activities are sure to keep you coming back for more!

**Awesome Saturdays**

Saturdays (once per month)

You will enjoy visiting attractions near and far.

**Special Olympics Team Norwalk**

Informational Meeting

T, Dec 4 & Jan 8 • 6:30p

Norwalk Arts & Sports Complex, 13000 Clarkdale Ave

Parents and care takers, please attend this informational meeting to find out about events and practices happening this season.

**Special Olympics Team Norwalk**

Kick-Off Dance

F, Feb 22 • 6:30-9:30p

Norwalk Arts & Sports Complex, 13000 Clarkdale Ave

Fee: $12 per person

Kick off the season with family, friends, dancing and good food! This fun evening will include introducing new athletes to existing team members, meeting the coaches and having a great time! Even if you’re not part of Special Olympics, come support Team Norwalk! In order to support Team Norwalk, we ask that all people in attendance purchase a ticket. Bring additional money for raffles.

Join a class or work out on your own at the Norwalk Aquatic Pavilion, a state-of-the-art facility!

Please Note: The Norwalk Aquatic Pavilion will be closed Nov 19-23 & Dec 24-Jan 4.
Learn to Swim Program
Level One & Level Two
The Learn to Swim Program is designed to develop water safety and swimming skills that will prepare swimmers to join the Norwalk Stingrays Swim Team in the future. Lessons are designed to teach the basic water skills, breathing control, floating, kicking, and essential techniques for competitive swimming strokes.

Registration will be accepted on a first come first serve basis the week before each swim session begins.

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<td>6-18</td>
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<td>Jan 4, 6-7:30p</td>
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<td>Feb 4-Mar 1</td>
<td>6-6:30p</td>
<td>Feb 1, 6-7:30p</td>
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<td>6-18</td>
<td>M-F</td>
<td>Mar 4-Mar 29</td>
<td>6-6:30p</td>
<td>Mar 1, 6-7:30p</td>
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FEE
$70/month first swimmer
$60/month second swimmer (immediate family only)
$50/month third swimmer (immediate family only)

Norwalk Stingrays Youth Swim Team
The Norwalk Stingrays is a novice swim team designed to teach and encourage youth to participate in water sports on a competitive yet fun basis. Team members will learn the basic competitive skills and train to compete in swim meets against other area swim teams during winter. The team is divided into different levels for practice. 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 success of the program. Children should be able to swim Front Crawl 50 yards continuously and have a basic knowledge of competitive strokes at time of registration. The monthly fee is due at the beginning of each month. To try out for the swim team, please contact the coaching staff at 929-5622 to schedule a time.

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FEE
$70/month first swimmer
$60/month second swimmer (immediate family only)
$50/month third swimmer (immediate family only)

Water Activities
Pre-registration for water activities is not required

Adult Shallow & Deep Water Aerobics
This is one of our most popular programs! Get in shape with a water aerobics workout in our heated pool. Our friendly staff make workouts fun and exciting. This is a great opportunity for an invigorating, toning, and cardio-conditioning workout. The deep water aerobics class will provide a no-stress impact workout on your joints.

Shallow

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<tbody>
<tr>
<td>18-54</td>
<td>M-F</td>
<td>Dec-Mar 7-8p</td>
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<td>$4 Daily OR $32 (10-Visit Pass)</td>
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<td>T/Th</td>
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<td>$4 Daily OR $32 (10-Visit Pass)</td>
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<tr>
<td>55+</td>
<td>M-F</td>
<td>Dec-Mar 7-8p</td>
<td>$3 Daily OR $24 (10-Visit Pass)</td>
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<tr>
<td>55+</td>
<td>T/Th</td>
<td>Dec-Mar 12-1p</td>
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Deep

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<td>M-F</td>
<td>Dec-Mar 6-7p</td>
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Adult Lap Swim
Use the facility to help you stay in shape this winter! Swimming is one of the most effective and complete exercises. Lap swimmers have dedicated lanes, comfortable water temperature, and the chance for a great workout!

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</table>
Get creative this Winter at the Cultural Arts Center (CAC)! There are a variety of classes, workshops, and special events for all ages in the following categories: Li’l Munchkins, Tots, Youth, Teens and Adults. The CAC also houses the Mary Paxon Art Gallery where local and regional artists have the opportunity to exhibit their art.

Calling All Artists!
The Mary Paxon Art Gallery is seeking artists for future exhibits. If you or anyone you know is interested in being included in our Artist Directory, please call 929-5521.

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

Winter Hours of Operation
T-F 3-7p
Sat 11a-3p
Sun-M Closed
Please Note: The Cultural Arts Center will be closed on Dec 1, Dec 25, and Jan 1.

Mary Paxon Art Gallery
The Gallery is located at the Cultural Arts Center, which is adjacent to the Norwalk Arts & Sports Complex. Local and regional artists display their art to promote visual arts in the community. The Gallery is free to the public and is wheelchair accessible. If you or anyone you know is interested in exhibiting artwork, please call the Cultural Arts Center at 929-5521.

Upcoming Exhibit Schedule

Dec 4-22: “Meditations on Liminality”
Artist: Maria Bjorkdahl
Reception: Sat, Dec 8, 6-8p

Jan 8-26: “Dream”
Artist: Kyung Ae Kim
Reception: Sat, Jan 12, 5-7p

Feb 5-23: “Color, Texture, and Psychological Dimension”
Artist: John Barney
Reception: Sat, Feb 9, 6-8p
Winter Workshop!!
Don’t miss out on all the holiday fun during winter break! Join us for three days of adventures and excitement. Holiday songs, stories, crafts, games, cooking, and much more is planned! Participants must bring a sack lunch each day.

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<td>Dec 26-28</td>
<td>10a-3p</td>
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<td>6-12</td>
<td>W, Th &amp; F</td>
<td>Jan 2-4</td>
<td>10a-3p</td>
<td>$30</td>
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</table>

Paint Class & A Glass (Ages 21+)
F, Feb 1 • 7-9:30p
Fee: $25
Artists of all experience levels are invited to an evening of socializing and step-by-step painting instruction. Come with friends and family, enjoy the complimentary drinks and snacks, and leave with a personal masterpiece. The night will feature a predetermined painting, simple enough for first-time painters or with suggestions and instructions for those with a higher experience level. Tackle your personal artistic angle with the assistance of an experienced instructor and watch your inner artist come to life on canvas!

Art Club
Art Club offers exciting opportunities for children to discover, explore, and create art while having fun! A variety of media is offered, including drawing, painting, collage, printmaking, mixed media, clay, as well as art history. Learn how to paint, draw, and express yourself with art! All ideas are welcome!

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<td>Sat</td>
<td>Feb 9-Mar 2</td>
<td>12-1:45p</td>
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FREE! Open Mic Night
F, Jan 18 • 7-9p
Singers, dancers, poets, comedians, and musicians join us for an evening of entertainment! Participants will perform up to two selections or a total time of seven minutes. All types of music is welcome. Lyrics need to be appropriate for all ages. Profane words or messages of hate will not be permitted. Performers are encouraged to arrive early to sign up for a spot. A microphone, microphone stand, speakers, and an auxiliary cord will be available. Participants should bring all other equipment needed for their performance. Invite your family and friends to enjoy a fun night of entertainment!

Como La Flor Rosette Flower/Paper Pinwheels Workshop (Ages 18+)
F, Jan 25 • 7-9p • Cultural Arts Center • Cost: $25
Create beautiful party decorations or home décor with paper rosettes or paper pinwheels in an assortment of sizes and patterns. This workshop will provide a hands-on experience, easy step-by-step instructions and templates to take home.

Creativo Li’l Hands
Toddlers will get a head start for Pre-school and Kindergarten in this learning program. They will practice listening skills, sharing, and taking turns. Students will participate in many activities including art, crafts, music, and storytelling. Activities are selected to enhance the learning of shapes, colors, and the ABC’s.

Please Note: Participants must be fully potty-trained and must have turned 3 years of age by the first day of the session.

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<td>Jan 8-Feb 7</td>
<td>9a-12p</td>
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<td>T/Th</td>
<td>Feb 12-Mar 14</td>
<td>9a-12p</td>
<td>$60/$70</td>
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Registration Dates: Norwalk Residents - Sat, Dec 8, 9a Non-Residents - M, Dec 10, 9a
Norwalk Arts & Sports Complex, 13000 Clarkdale Ave
Please Note: Proof of birth date is required at the time of registration.
Miniachis de Norwalk Classes (Ages 7-18)
Lessons are offered in Guitar, Violin, Trumpet, and Voice at a reasonable cost. Participants must provide their own instruments; however, the Program has limited instruments available for loan (deposit required). A new series of classes begins every three months. Please call 929-5521 for instrument availability or if you have additional questions. Si necesita información en Español, por favor llamar al número 929-5521.

Registration is accepted on a continuous basis at the Norwalk Arts & Sports Complex, 13000 Clarkdale Ave.

Fee: Residents $25 monthly/*$60 - three months*
Non-residents $30 monthly/*$75 - three months*

*Three month pre-pay option is available the month of December to include Dec, Jan & Feb. The pre-pay plan requires payment in advance, payment in full, and is only available at the beginning of the quarter.

DAY     DATES
T       Dec 4-18
Group Performances: Sat, Dec 1 - Snowfest
T, Dec 11 - Santa Sleigh Stop

Jan 8-29
Group Performance: Sat, Jan 5 - Las Posadas
T Feb 5-26
Group Performance: T, Feb 12 - Valentine’s Day Mini Concert

Violin
Beginning Violin 4-4:45p
Advanced Beginning Violin 4:45-5:30p
Intermediate/Advanced Violin 5:30-6p

Trumpet
Beginning Trumpet 4-4:45p
Advanced Beginning Trumpet 4:45-5:30p
Intermediate/Advanced Trumpet 5:30-6p

Guitar
Beginning Guitar 4-4:45p
Advanced Beginning Guitar 4:45-5:30p
Intermediate/Advanced Guitar 5:30-6p

Voice Lessons
Group Voice 6-7p

Please Note: Class times may vary depending on student enrollment. Instructors will notify the students on the first day of class of any time changes. Students are welcome to participate in additional practice time at no additional cost. If students want more practice time, they are encouraged to consult with the instructor and are welcome to participate in the class below their current level. Practice time is not a substitute for student scheduled class time. Students are required to check-in for each day of class in the Staff Office. Checking in provides the opportunity to inform you of any upcoming performances and program updates. Students must arrive on time on performance dates. If a student is late and they have a singing role, it may be offered to another student.
Norwalk All-City Youth
MARCHING BAND

Performance Opportunities
Showcase Your Musical Talent
Scholarship Opportunities
Build Lasting Memories

Drill Team
Band
Color Guard

Rehearsals
Monday 6-8 p.m.
Thursday 4-6 p.m.
Cultural Arts Center
13200 Clarkdale Ave.

Ages 14-21

Join Today

Recruitment and Park Services Department
For more information, please call (562) 929-5521.
ART CLASSES ARE 45 MINUTES IN LENGTH UNLESS OTHERWISE NOTED. CLASSES ARE OFFERED FOR THE FOLLOWING AGE GROUPS:

**LI’L MUNCHKINS** (Ages 1-2)
A parent or caregiver must actively participate during the duration of class.

**TOTS** (Ages 3-5)
An adult or sibling 12 years of age or over must remain on the premises while tot is in class.

**YOUTH** (Ages 6-12)

**TEEN** (Ages 12-17)

**ADULT** (Ages 18+)

---

**WEDNESDAY CLASSES**

Join us for Wonderful Wednesdays at the Cultural Arts Center for lots of giggles, grins and fun!

### Storybook Theater - Tots
Learn the basics of theater in this class designed to introduce your preschooler to performing classic stories.

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<tr>
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<td>Jan 9-30</td>
<td>3-3:45P</td>
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### Step Right Up! - Tots
Circus-themed crafts will fill your afternoon and circus tunes will fill the air. Who doesn’t love the greatest show on earth?

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### Wiggle & Giggle - Li’l Munchkins
Clap your hands and stomp your feet to a variety of children’s songs. Join us as we play games with musical themes and try out a few yoga poses.

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<td>Jan 9-30</td>
<td>6-6:30p</td>
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### Wonderful World of Cooking - Teens
Our teen cooking classes fill up quickly, so don’t miss out! In this session we will learn about foods from around the globe.

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### “Into the Night to Save the Day!” - Tots
Create crafts based on your favorite pajama-wearing, masked characters.

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<td>3-3:45p</td>
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### Pass the Plate - Tots
Help prepare and taste foods from different cultures, and learn some fun facts about the countries they come from.

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### Hearts! - Tots
Everything goes in this fun Valentine’s crafting class for preschoolers. Children will use mixed media to create heart projects.

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### Chalk It to Me! - Tots
Make a winter blizzard or a cute snowman using chalk and textured paper. Create an assortment of fun winter wonderland crafts.

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### Tiny Valentines - Li’l Munchkins
Create parent and me crafts to show the love you share.

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### Weeknight Art & Project Studio - Teens
Come brainstorm with other students and our instructors as you work on school or personal art projects.

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### Brushstrokes & Bagels - Youth
Join us as we learn basic painting techniques such as shading, mixing, and blending while munching on yummy snacks.

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<td>Feb 7-28</td>
<td>4-4:45p</td>
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### THURSDAY CLASSES
Join us for Throwback Thursdays where you will learn time-tested skills to make classic crafts and vintage artwork.

#### Catch Them All! - Tots
Make a papier-mâché ball to catch all your treasures. Learn to draw some of your favorite characters too!

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<td>Th</td>
<td>Jan 10-31</td>
<td>3-3:45p</td>
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#### Greeting Card Factory - Youth
Get ready for Valentine’s Day and other holidays with handmade greeting cards. You’ll make a different card each week.

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#### Art in a Jar - Youth
Create a tiny wintery scene inside of a jar. Add a bit each week until your project is completed.

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#### Splash of Color - Li’l Munchkins
You and your toddler will enjoy a special time exploring colors and textures as you paint your way through the evening.

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### FRIDAY CLASSES
Fine Art Fridays provides an opportunity for students to explore the fine arts.

#### Mighty Monets - Tots
Bring a bit of sunshine into your winter day in this painting class that will focus on Monet’s Sunflowers.

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<td>3-3:45p</td>
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#### Pastel Power - Youth
Whether you choose soft tones or vibrant hues, chalks and oil pastels are a great way to make your art come alive.

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#### Love Letters! - Tots
Make special cards for your classmates, family and friends. We will also make Valentine’s Day and St. Patrick’s Day cards!

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## Pinch Pots - Youth
Create and paint a pinch pot using clay and “jazz” paint. Keep one for yourself and give one as a gift.

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## Cozy Creations - Youth
Cuddle up with a warm scarf made by you! Warm your hands with pocket hand warmers decorated with your favorite winter woodland animals.

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## Freeze Out! - Tots
You’ll have “snow much fun” making winter wonderland crafts.

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<tr>
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<td>Feb 8-Mar 1</td>
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## Paint Like Frida Khalo - Youth
Still life fruit will be our focus as we learn to paint like Frida.

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<th>TIME</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>6-12</td>
<td>F</td>
<td>Feb 8-Mar 1</td>
<td>4-4:45p</td>
<td>$8</td>
</tr>
</tbody>
</table>

## Sculpted Hearts - Youth
Create stunning sculpted works of art! Learn to use your hands and sculpting tools to shape and define your creations.

<table>
<thead>
<tr>
<th>AGE</th>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>6-12</td>
<td>F</td>
<td>Feb 8-Mar 1</td>
<td>5-5:45p</td>
<td>$8</td>
</tr>
</tbody>
</table>

## SATURDAY CLASSES
Super Saturdays will include Art Clubs, Parent & Me Club, and more! Come spend your Saturdays with us.

### Parent & Me Craft Club - Li'l Munchkins & Tots
Start your Saturday off right with cuddles, crafts, songs, and dance. Parents and children will enjoy stories, songs and hands-on crafts. Fee includes one parent and one child.

<table>
<thead>
<tr>
<th>AGE</th>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-5</td>
<td>Sat</td>
<td>Jan 12-Feb 2</td>
<td>11-11:45a</td>
<td>$10-1 child &amp; 1 parent</td>
</tr>
<tr>
<td>1-5</td>
<td>Sat</td>
<td>Feb 9-Mar 2</td>
<td>11-11:45a</td>
<td>$10-1 child &amp; 1 parent</td>
</tr>
</tbody>
</table>

### Art Club - Youth
Do you love art? So do we! Learn from instructors who share your interest in art by being part of a creative environment.

<table>
<thead>
<tr>
<th>AGE</th>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>6-12</td>
<td>Sat</td>
<td>Jan 12-Feb 2</td>
<td>12-1:45p</td>
<td>$10</td>
</tr>
<tr>
<td>6-12</td>
<td>Sat</td>
<td>Feb 9-Mar 2</td>
<td>12-1:45p</td>
<td>$10</td>
</tr>
</tbody>
</table>

### Face Painting Workshop - Teen
Learn how to face paint from our instructors. Try out new designs on fellow classmates. Use your skills for birthday parties and other fun events.

<table>
<thead>
<tr>
<th>AGE</th>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>12-17</td>
<td>Sat</td>
<td>Jan 12-Feb 2</td>
<td>2-2:45p</td>
<td>$5</td>
</tr>
<tr>
<td>12-17</td>
<td>Sat</td>
<td>Feb 9-Mar 2</td>
<td>2-2:45p</td>
<td>$5</td>
</tr>
</tbody>
</table>

## Cultural Arts Center Contract Class
Beginning/Intermediate Piano/Keyboarding
Instructor: Jim Warino, www.jpwarino.com

Jim has been teaching for 30 years and is credited on 57 plus recordings (7 Platinum) by helping some of the world’s greatest musicians in a variety of ways. Learn the basics and more of how to play piano/electric keyboard through hands-on techniques, exercises, practice regimens, note reading, melodies and songs in a fun class setting. Students must have an electronic keyboard to bring to class.

**Please Note:** A $15 book fee is due the first day of class. Cash only.

<table>
<thead>
<tr>
<th>AGE</th>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>5+</td>
<td>T</td>
<td>Jan 8-Feb 5</td>
<td>6:05-7:00p</td>
<td>$65</td>
</tr>
<tr>
<td>5+</td>
<td>T</td>
<td>Feb 12-Mar 12</td>
<td>6:05-7:00p</td>
<td>$65</td>
</tr>
</tbody>
</table>
The City of Norwalk has various facility rentals that are ideal for meetings, conferences, retreats, weddings, family reunions, baby and bridal showers, birthday parties, and more. Our staff is committed to providing the best customer service to meet your rental needs. Please call 929-5566 for more information or to check date availability. Rental applications are available at the Norwalk Arts & Sports Complex, 13000 Clarkdale Ave or online at norwalk.org.

**Payment of Fees:** The security deposit is due when an application is approved. Room reservations must be made at least 30 days in advance and 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 $53.50 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 (from start of event to end of cleanup). 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 weeks following your reservation for refund to arrive by mail. Check will only be issued to applicant.

### Facilities

<table>
<thead>
<tr>
<th>Facility</th>
<th>Capacity</th>
<th>Description</th>
<th>Rate</th>
<th>Additional Rate</th>
<th>Security Deposit (Serving alcohol)</th>
<th>Security Deposit (No alcohol)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Sproul Room</strong></td>
<td>150</td>
<td></td>
<td>$772</td>
<td>$150</td>
<td>$1,000</td>
<td>$500</td>
</tr>
<tr>
<td><strong>Hargitt Room</strong></td>
<td>50</td>
<td></td>
<td>$390</td>
<td>$40</td>
<td>$500</td>
<td></td>
</tr>
<tr>
<td><strong>Rich Rehearsal Hall (MPR)</strong></td>
<td>150</td>
<td></td>
<td>$579</td>
<td>$100</td>
<td>$1,000</td>
<td>$500</td>
</tr>
<tr>
<td><strong>Hospitality Courtyard</strong></td>
<td>200</td>
<td>(outdoor setting)</td>
<td>$405</td>
<td>$100</td>
<td>$500</td>
<td></td>
</tr>
<tr>
<td><strong>Sproul Reception Center (Barn)</strong></td>
<td>72 Indoor-100 Indoor &amp; Outdoor</td>
<td>$746</td>
<td>$125</td>
<td>$1,000</td>
<td>$500</td>
<td></td>
</tr>
<tr>
<td><strong>Complex Terrace (Jun-Sept Only)</strong></td>
<td>125</td>
<td>(outdoor setting)</td>
<td>$500</td>
<td>$100</td>
<td>$500</td>
<td></td>
</tr>
</tbody>
</table>
**Gerdes Park Recreation Center** 14700 Gridley Rd
Capacity: 70 Banquet Style
$230 Five Hr Block of Time (*includes setup, event time & cleanup*)
$40 Each Additional Hr
Non-resident Fee: $158.50 (*in addition to the hourly fee*)
$1,000 Security Deposit with alcohol plus $35 per hour for Public Safety Officer
$500 Security Deposit without alcohol
Available Hours: Sat • 12-11p & Sun • 9a-11p

**Gerdes Park Patio** 14700 Gridley Rd
Capacity: 45 Banquet Style
$30 per Hr (*minimum 2 hours*)
Non-resident Fee: $158.50 (*in addition to the hourly fee*)
$1,000 Security Deposit with alcohol plus $35 per hour for Public Safety Officer
$500 Security Deposit without alcohol
Available Hours: Sat • 12-11p & Sun • 9a-11p

**Hermosillo Park Recreation Center** 11959 162nd St
Capacity: 80 Banquet Style
$250 Five Hr Block of Time (*includes setup, event time & cleanup*)
$40 Each Additional Hr
Non-resident Fee: $158.50 (*in addition to the hourly fee*)
$1,000 Security Deposit with alcohol plus $35 per hour for Public Safety Officer
$500 Security Deposit without alcohol
Available Hours: Sat • 12-11p & Sun • 9a-11p

**Sara Mendez Park Recreation Center** 11660 Dune St
Capacity: 44 (*Indoor*), 80 (*Indoor/Outdoor*) Banquet Style
$364 Five Hr Block of Time (*includes setup, event time & cleanup*)
$40 Each Additional Hr
Non-resident Fee: $158.50 (*in addition to the hourly fee*)
$1,000 Security Deposit with alcohol plus $35 per hour for Public Safety Officer
$500 Security Deposit without alcohol
Available Hours: Sat • 12-11p & Sun • 9a-11p

**Shoshonean Campsite** (Robert White Park) 12120 Hoxie Ave
Capacity: 250
$232 Five Hr Block of Time (*includes setup, event time & cleanup*)
$40 Each Additional Hr
Non-resident Fee: $158.50 (*in addition to the hourly fee*)
$500 Security Deposit
Portable restroom fee (*varies per need*)
The Skate Park is located at Norwalk Park adjacent to the Aquatic Pavilion. It is open to skaters and bikers of all ages. Hours of operation are subject to change without notice. Rules are posted at the Skate Park and must be followed at all times. For more information, please call 929-5566.

Please Note: Helmets, knee pads, and elbow pads are required at all times while using the Skate Park.

### Skateboard & In-line Skate Hours

<table>
<thead>
<tr>
<th>AGE</th>
<th>DAY</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>All</td>
<td>M/T/Th/F/Sun</td>
<td>8a-5p</td>
</tr>
<tr>
<td>All</td>
<td>W/Sat</td>
<td>8a-2p</td>
</tr>
</tbody>
</table>

### Exclusive Bike Hours

<table>
<thead>
<tr>
<th>AGE</th>
<th>DAY</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>All</td>
<td>W/Sat</td>
<td>2-5p</td>
</tr>
</tbody>
</table>
Gerdes Park
14700 Gridley Rd
868-5817

Glazier Park
10810 Excelsior Dr
929-5702

Hermosillo Park
11959 162nd St
929-5613

Holifield Park
12500 Excelsior Dr
929-5614

New River Park
13432 Halcourt Ave
929-5619

Norwalk Park
13000 Clarkdale Ave
929-5702

Ramona Park
13244 Mapledale St
929-5616

Sara Mendez Park
11660 Dune St
868-1093

Vista Verde Park
11459 Ratcliffe St
929-5618

Zimmerman Park
13031 Shoemaker Ave
929-5620

Map of Locations on page 37
FREE PARK PROGRAMS

YOUR BEST BET FOR AFTER SCHOOL AND WINTER FUN IS TO VISIT YOUR LOCAL PARK OR RECREATION FACILITY! There will be various FREE activities to enjoy, including indoor/outdoor games, hands-on activities, and much more! Please contact your local park for more information.

**Whimsical Winter**
Gerdes Park, Hermosillo Park & Sara Mendez Park
Winter has brought the wind! Create an original wind mobile with whimsical chimes that will bring music to your ears.

<table>
<thead>
<tr>
<th>AGE</th>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>6-12</td>
<td>M/T/Th</td>
<td>Dec 3-Mar 8*</td>
<td>2:30-5p</td>
</tr>
<tr>
<td>6-12</td>
<td>W</td>
<td>Dec 5-Mar 6*</td>
<td>1-5p</td>
</tr>
<tr>
<td>6-12</td>
<td>Sat</td>
<td>Dec 8-Mar 9*</td>
<td>12-5p</td>
</tr>
</tbody>
</table>

**Hungry Holidays**
Gerdes Park, Hermosillo Park & Sara Mendez Park
The holidays make everyone hungry. Join us for cookie decorating and making treats for that sweet tooth. Take them home to share or gift them to someone for the holidays.

<table>
<thead>
<tr>
<th>AGE</th>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>6-12</td>
<td>T</td>
<td>Dec 4-18</td>
<td>3-4p</td>
</tr>
</tbody>
</table>

**Marvelous Snowman Challenge**
Gerdes Park, Hermosillo Park & Sara Mendez Park
Supplies will be provided for you and your team to make an awesome snowman. The best looking snowman from each park will receive a tasty treat. Come get creative!

<table>
<thead>
<tr>
<th>AGE</th>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>6-12</td>
<td>M-F</td>
<td>Dec 17-21</td>
<td>4-5p</td>
</tr>
</tbody>
</table>

**Holiday Park Challenge**
All Park Sites - Gerdes Park, Glazier Park, Hermosillo Park, Holifield Park, New River Park, Ramona Park, Sara Mendez Park, Vista Verde Park
Parks will receive a box of craft and game supplies each day with instructions on how to create a special item. This Winter Break will be one to remember! The winning park will receive a festive treat!

<table>
<thead>
<tr>
<th>AGE</th>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>6-12</td>
<td>M-Sat</td>
<td>Dec 26-Jan 5</td>
<td>3-4p</td>
</tr>
</tbody>
</table>
**Nifty New Year**

All Park Sites – Gerdes Park, Glazier Park, Hermosillo Park, Holifield Park, New River Park, Ramona Park, Sara Mendez Park, Vista Verde Park

Get ready for 2019! Nitty ideas are the new thing for the New Year. Get creative and bring new ideas to life through crafting, games, and activities.

<table>
<thead>
<tr>
<th>AGE</th>
<th>DAYS</th>
<th>DATES</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>6-12</td>
<td>W-Sat</td>
<td>Dec 26-29</td>
<td>1-2p</td>
</tr>
</tbody>
</table>

**New Year Goodies**

All Park Sites - Gerdes Park, Glazier Park, Hermosillo Park, Holifield Park, New River Park, Ramona Park, Sara Mendez Park, Vista Verde Park

Visit your local park to make healthy, delicious, tasty treats to help you start off the New Year! Come create different goodies each day.

<table>
<thead>
<tr>
<th>AGE</th>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>6-12</td>
<td>W-Sat</td>
<td>Jan 2-5</td>
<td>3-4p</td>
</tr>
</tbody>
</table>

**Fabulous Friends February**

*Gerdes Park, Hermosillo Park & Sara Mendez Park*

You can never have too many friends! So come make new ones at the park. We will play games and make artistic crafts all month long.

<table>
<thead>
<tr>
<th>AGE</th>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>6-12</td>
<td>M/W</td>
<td>Feb 4-27</td>
<td>2-4p</td>
</tr>
</tbody>
</table>

(NO class Feb 18)

---

**TOT PARK PROGRAM**

**Totally Tots**

Gerdes Park • 14700 Gridley Rd • 868-5817

Prepare your child for Kindergarten and help them learn necessary skills in a fun and interactive environment. Tots will participate in art, music, and storytelling while interacting with peers to build social skills and gain independence. Participants must be fully potty-trained and turned three (3) years of age by the first day of the session. For more information, please call 929-5516.

**Registration Dates & Location:**

Norwalk Residents - Sat, Dec 15, 10a

Non-Residents - M, Dec 17, 8a

Norwalk Arts & Sports Complex, 13000 Clarkdale Ave

Please Note: Proof of birth date is required at time of registration.

<table>
<thead>
<tr>
<th>AGE</th>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>4-5</td>
<td>M/W/F</td>
<td>Jan 7-Feb 27</td>
<td>9a-12p</td>
<td>$81/$91 Non-Resident</td>
</tr>
</tbody>
</table>

(NO class 1/21 & 2/18)

<table>
<thead>
<tr>
<th>AGE</th>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>4-5</td>
<td>M/W/F</td>
<td>Mar 4-Apr 19</td>
<td>9a-12p</td>
<td>$81/$91 Non-Resident</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>AGE</th>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>T/Th</td>
<td>Jan 8-Feb 21</td>
<td>9a-12p</td>
<td>$71/$81 Non-Resident</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>AGE</th>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>T/Th</td>
<td>Mar 5-April 18</td>
<td>9a-12p</td>
<td>$71/$81 Non-Resident</td>
</tr>
</tbody>
</table>
Registration for basketball is currently being accepted at the Norwalk Arts & Sports Complex (NASC). The early sign up period will end on Wednesday, December 12. Please Note: Any registration accepted after the deadline will include a $10 late fee. Once teams are formed, coaches will contact participants to schedule practice dates, times, and locations. Participants will receive a T-shirt and participation award. Volunteer coaches are needed for a successful program! Please complete a Volunteer Coach Form at the NASC.

**Small Fry Basketball (Boys & Girls)**  
Norwalk Arts & Sports Complex, 13000 Clarkdale & Excelsior Gymnasium, 15711 Pioneer Bl  
Small Fry Basketball is designed for children ages 5 to 7, with an emphasis in skill development, sportsmanship, and teamwork. All children are encouraged to have fun while learning in a non-competitive structured environment.  
**AGE** | **DATES** | **FEE** | **PARENT MEETING**  
--- | --- | --- | ---  
5-7 | Jan-Mar | $39 | W, Dec 12 - 6:30p, NASC  

**Youth Basketball (Boys & Girls)**  
Norwalk Arts & Sports Complex, 13000 Clarkdale & Excelsior Gymnasium, 15711 Pioneer Bl  
Parents, are you looking for a way to keep your children active? Try our Youth Basketball League where your child will learn the fundamentals of basketball. Players will have a chance to put their skills to the test as they compete against other teams in a friendly, safe, and structured environment.  
**AGE** | **DATES** | **FEE** | **PARENT MEETING**  
--- | --- | --- | ---  
8-13 | Jan-Mar | $39 | W, Dec 12 - 7:45p, NASC  

**Teen Basketball (Boys & Girls)**  
Norwalk Arts & Sports Complex, 13000 Clarkdale Ave  
The Teen Basketball League provides fundamental instruction and friendly competition in a safe and structured environment. Teens wishing to participate in this league will be required to show a school picture ID and a birth certificate at the time of registration.  
**AGE** | **DAY** | **DATES** | **FEE** | **PARENT MEETING**  
--- | --- | --- | --- | ---  
14-15 | F | Feb-Apr | $39 | W, Dec 12 – 7:45p, NASC  

**Small Fry Soccer (Boys & Girls)**  
The Small Fry Soccer Program is designed to teach youth the basics of soccer. The program emphasizes skill development, sportsmanship, and teamwork in a non-competitive environment. Outdoor games will be played on Saturdays at Norwalk Park beginning in April.  
**AGE** | **DATES** | **FEE** | **PARENT MEETING**  
--- | --- | --- | ---  
5-7 | Apr-May | $39 | W, Mar 20, 6p, NASC  

**Youth Indoor Soccer (Boys & Girls)**  
The Youth Indoor Soccer League provides fundamental instruction and friendly competition in a safe and structured environment. Indoor games will be played on Monday, Tuesday, Wednesday, and Saturday at the Norwalk Arts & Sports Complex beginning in April.  
**AGE** | **DATES** | **FEE** | **PARENT MEETING**  
--- | --- | --- | ---  
8-13 | Apr-May | $39 | W, Mar 20, 6:30p, NASC  

**Teen Indoor Soccer* (Boys & Girls)**  
The Teen Indoor Soccer League provides advanced instruction and friendly competition in a safe and structured environment. Teens, ages 14-15, wishing to participate in this league will be required to show a school picture ID and a birth certificate at the time of registration. A minimum of 32 players are required to run the league. Indoor games will be played at the Norwalk Arts & Sports Complex on Friday evenings.  
*Please Note: If you are currently participating on a high school soccer team, CIF rules prohibit you from participating in any recreational or organized soccer league.  
**AGE** | **DATES** | **FEE** | **PARENT MEETING**  
--- | --- | --- | ---  
14-15 | Apr-May | $39 | W, Mar 20, 6:30p, NASC  

Registration for soccer is currently being accepted at the Norwalk Arts & Sports Complex (NASC). The early sign up period will end Wednesday, March 20, 2019. Please Note: Registration after the deadline will include a $10 late fee. Once teams are formed, coaches will contact participants to schedule practice dates, times, and location. Participants will receive a T-shirt and participation award. Volunteer coaches are needed for a successful program! Please complete a Volunteer Coach Form at the NASC.
 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 the upcoming basketball and soccer programs. If you would like to volunteer, please visit the Norwalk Arts & Sports Complex (NASC), 13000 Clarkdale Ave, and complete a Volunteer Coach form. This will be one of the most rewarding experiences of your life! Be sure to attend the coaches meeting to select your team name and shirt color, as well as, to review the rules and philosophy of our program.

Coaches Meetings:

Basketball W, Dec 12, 7:15p, NASC
Soccer W, Mar 20, 7p, NASC

Please Note: In accordance with State regulations, the City of Norwalk fingerprints all volunteer coaches and their assistants at no cost during the coaches meeting. Please bring a valid photo I.D.

TEACH YOUR CRAFT TO OTHERS!

Pick up an Instructor Proposal Form at the Norwalk Arts & Sports Complex, 13000 Clarkdale Ave.
**NEW! Racquetball Tournament**
Join us for a singles and doubles Adult Racquetball Tournament to decide the ultimate champions! Awards will be given to the top two participants in each division. Registration is currently being accepted.

<table>
<thead>
<tr>
<th>AGE</th>
<th>DAY</th>
<th>DATE</th>
<th>TIME</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>18+</td>
<td>W</td>
<td>Jan 9</td>
<td>5p Check-in</td>
<td>$20 per person</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>6p Tournament</td>
<td><em>(includes BBQ)</em></td>
</tr>
</tbody>
</table>

**NEW! Corn Hole Tournament**
Awards, prizes and glory go to the 1st place team in this 2-person team tournament. All skill levels are welcome in this double-elimination tournament. Registration is currently being accepted.

<table>
<thead>
<tr>
<th>AGE</th>
<th>DAY</th>
<th>DATE</th>
<th>TIME</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>18+</td>
<td>F</td>
<td>Feb 1</td>
<td>5p Check-in</td>
<td>$20 per person</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>6p Tournament &amp; Raffle</td>
<td><em>(includes BBQ)</em></td>
</tr>
</tbody>
</table>

**Men’s Basketball “D” Division**
Registration is currently being accepted. Register early to guarantee your team a spot in the league of your choice.

<table>
<thead>
<tr>
<th>AGE</th>
<th>DAY</th>
<th>DATE</th>
<th>TIME</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>18+</td>
<td>Sun</td>
<td>Feb-Mar</td>
<td>Afternoons</td>
<td>$360 plus $50 <em>forfeit deposit</em></td>
</tr>
<tr>
<td>18+</td>
<td>Th</td>
<td>Feb-Mar</td>
<td>Evenings</td>
<td>$360 plus $50 <em>forfeit deposit</em></td>
</tr>
</tbody>
</table>

Each team is also responsible for paying the referee fee of $25 prior to the start of each game.

**Big Dill Pickleball Tournament**
Come out and have some fun while playing pickleball indoors. Grab a partner and sign up for this 3 game guaranteed tournament which will include awards for the top 2 teams.

<table>
<thead>
<tr>
<th>AGE</th>
<th>DIVISION</th>
<th>DAY</th>
<th>DATE</th>
<th>TIME</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>18+</td>
<td>Beginner</td>
<td>Sun</td>
<td>Feb 24</td>
<td>8a Check-in</td>
<td>$20 per 2-player team</td>
</tr>
<tr>
<td>18+</td>
<td>Intermediate</td>
<td>Sun</td>
<td>Feb 24</td>
<td>5p Tournament</td>
<td>$20 per 2-player team</td>
</tr>
<tr>
<td>18+</td>
<td>Advanced</td>
<td>Sun</td>
<td>Feb 24</td>
<td>5p Tournament</td>
<td>$20 per 2-player team</td>
</tr>
</tbody>
</table>

**Co-ed Volleyball League**
**Recreation Division**
The Adult Co-ed Volleyball League will consist of teams of 6 members with a minimum of 3 women on the court. This league is designed to provide a structured, competitive volleyball environment for players of various skill levels. Registration is currently being accepted. Please Note: Each team is also required to pay the referee fee of $12.50 prior to start of each game.

<table>
<thead>
<tr>
<th>AGE</th>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>18+</td>
<td>Sun</td>
<td>Feb-Apr</td>
<td>Evenings</td>
<td>$175 plus $25 forfeit deposit</td>
</tr>
</tbody>
</table>

**Pickleball League**
**Recreation Division**
Pickleball is a paddle sport created for all skill levels. The rules are simple and the game is easy for beginners to learn, but it can develop into a quick, fast-paced, competitive game for experienced players! Skill levels include beginner, intermediate, advanced for adults and seniors (age 55+), and co-ed, men’s and women’s divisions.

<table>
<thead>
<tr>
<th>AGE</th>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>18+</td>
<td>Sun</td>
<td>Jan-Mar</td>
<td>Mornings</td>
<td>$50 per 2-player team</td>
</tr>
<tr>
<td>55+</td>
<td>Sun</td>
<td>Jan-Mar</td>
<td>Mornings</td>
<td>$50 per 2-player team</td>
</tr>
</tbody>
</table>

*Forfeit deposit is $50 per team for each round.
Visit the Norwalk Teen Center and spend your afternoons doing fun activities and making new friends. The Teen Center is equipped with computers, internet access, a big screen television, pool table, and much more. Staff is ready to help keep you busy and entertained. Activities will include cooking, crafts, outdoor sports, and more. The Teen Center is located behind the Norwalk Arts & Sports Complex, near the Norwalk Skate Park and Aquatic Pavilion.

**AGE** | **DAY** | **TIME** | **FEE**
--- | --- | --- | ---
13-18 | M-F | 3:30-6:30p | FREE

*Please Note: The Teen Center will be closed Dec 25, Jan 1, 21, & Feb 8, 18*

---

**Teen Alliance Program “TAP”**

Join TAP and learn valuable working skills, develop social skills, interpersonal skills, and gain a sense of accomplishment, all while giving back to your community. You will have opportunities to volunteer at Citywide special events and other activities in Norwalk. This is also a great way to serve volunteer hours for school or church. The Teen Alliance Program General Membership meetings are held on the first Wednesday of each month.

**AGE** | **DAY** | **MEETING DATES** | **TIME** | **LOCATION**
--- | --- | --- | --- | ---
13-18 | W | Dec 5, Jan 2, Feb 6 | 6p | NASC

---

**FREE! 2019 New Year’s TAP Party**

You’re invited to our very first TAP meeting of the year! No better way to bring in the new year with all the TAP family. Join us for dinner, games, and activities as we discuss upcoming events and volunteer opportunities.

**AGE** | **DAY** | **DATE** | **TIME** | **LOCATION**
--- | --- | --- | --- | ---
13-18 | W | Jan 2 | 5-8p | NASC

---

**Cupid’s Arrow Middle School Dance**

NASC, 13000 Clarkdale Ave

The event will consist of a photo booth and a DJ playing the best music to make you groove all night long! Bring a friend, and don’t miss out on all the fun.

*Please Note: The event is only open to Norwalk students in the 6th, 7th, and 8th grades. Students will need to show a school I.D. or photo identification to verify current school and grade level. Dress code will be enforced.*

**AGE** | **GRADE** | **DAY** | **DATE** | **TIME** | **FEE**
--- | --- | --- | --- | --- | ---
11-14 | 6-8 | F | Feb 8 | 6:30-9:30p | $5

*FREE! Canvas Paint Night*

Bring out your inner Vincent van Gogh and be part of an artistic night! Goodies and beverages will be provided while you work on your art magic.

**AGE** | **DAY** | **DATE** | **TIME** | **REGISTRATION DEADLINE**
--- | --- | --- | --- | ---
13-18 | F | Jan 11 | 6-10p | F, Jan 4 – NASC

---

*Please Note: The Teen Center will be closed during Winter Break, Mon-Fri, Dec 21-Jan 4, but be sure to sign up for our daily excursions.*
TEEN EXCURSIONS

Please Note:

• All excursions depart from and return to the Norwalk Arts & Sports Complex, 13000 Clarkdale Ave.
• Waiver forms must be signed by parent/guardian to attend all excursions.
• Excursions are subject to cancellation due to low enrollment.

TEEN CENTER
12305 Sproul St • 929-4260

WINTER BREAK EXCURSIONS

Dec 21-Jan 4
Register at the Norwalk Arts & Sports Complex, 13000 Clarkdale Ave

L.A. Zoo Lights
Join us on a light-filled night as we stroll through the Los Angeles Zoo. Be sure to bring extra cash for food or souvenirs.

<table>
<thead>
<tr>
<th>AGE</th>
<th>DAY</th>
<th>DATE</th>
<th>TIME</th>
<th>FEE</th>
<th>REGISTRATION DEADLINE</th>
</tr>
</thead>
<tbody>
<tr>
<td>13-18</td>
<td>F</td>
<td>Dec 21</td>
<td>4-10p</td>
<td>$12</td>
<td>F, Dec 14</td>
</tr>
</tbody>
</table>

Glendale Galleria
Join us for some Christmas fun at the Glendale Galleria. Take marvelous pictures next to the Dancing Fountain and get some last minute shopping done. The best of both worlds!

<table>
<thead>
<tr>
<th>AGE</th>
<th>DAY</th>
<th>DATE</th>
<th>TIME</th>
<th>FEE</th>
<th>REGISTRATION DEADLINE</th>
</tr>
</thead>
<tbody>
<tr>
<td>13-18</td>
<td>Sat</td>
<td>Dec 22</td>
<td>2-8p</td>
<td>FREE</td>
<td>F, Dec 14</td>
</tr>
</tbody>
</table>

L.A. Kings Holiday Ice (LA Live)
Join us for ice skating around a breathtaking Christmas Tree at the L.A. Kings Holiday Ice. Bring extra cash to purchase snacks.

<table>
<thead>
<tr>
<th>AGE</th>
<th>DAY</th>
<th>DATE</th>
<th>TIME</th>
<th>FEE</th>
<th>REGISTRATION DEADLINE</th>
</tr>
</thead>
<tbody>
<tr>
<td>13-18</td>
<td>W</td>
<td>Dec 26</td>
<td>4-10p</td>
<td>$16</td>
<td>W, Dec 19</td>
</tr>
</tbody>
</table>

L.A. Kings vs. Arizona Coyotes
Hockey Game (Staples Center)
Come watch the L.A. Kings play against the Arizona Coyotes! It’s a game you do not want to miss! Bring extra cash for food and souvenirs.

<table>
<thead>
<tr>
<th>AGE</th>
<th>DAY</th>
<th>DATE</th>
<th>TIME</th>
<th>FEE</th>
<th>REGISTRATION DEADLINE</th>
</tr>
</thead>
<tbody>
<tr>
<td>13-18</td>
<td>Th</td>
<td>Dec 27</td>
<td>4-11p</td>
<td>$35</td>
<td>Th, Dec 20</td>
</tr>
</tbody>
</table>

Warner Bros Studio Tour
Experience the well-known studio tour in Los Angeles that includes original picture cars, props, costumes, and sets of well-known television shows! Encounter the original Central Perk Friends set, the Batman Museum, the Gilmore Girls and Pretty Little Liars set, and much more!

<table>
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<tr>
<th>AGE</th>
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<th>DATE</th>
<th>TIME</th>
<th>FEE</th>
<th>REGISTRATION DEADLINE</th>
</tr>
</thead>
<tbody>
<tr>
<td>13-18</td>
<td>Th</td>
<td>Jan 3</td>
<td>TBD</td>
<td>$18</td>
<td>F, Dec 28</td>
</tr>
</tbody>
</table>

California State University (LB) Tour
Calling all students who wish to attend the California State University, Long Beach. Now is your chance to decide whether this prestigious university is for you! Join us as we explore the grounds and resources USC has to offer.

<table>
<thead>
<tr>
<th>AGE</th>
<th>DAY</th>
<th>DATE</th>
<th>TIME</th>
<th>FEE</th>
<th>REGISTRATION DEADLINE</th>
</tr>
</thead>
<tbody>
<tr>
<td>13-18</td>
<td>F</td>
<td>Jan 4</td>
<td>9a-4p</td>
<td>FREE</td>
<td>F, Dec 28</td>
</tr>
</tbody>
</table>

Smorgasburg - DTLA
Do you enjoy trying new food and shopping for vintage items? This is the perfect opportunity to experience cultivated and exciting food vendors and shopping booths that carry vintage, wellness, crafts, and more! Bring extra cash for food and for anything you may want to purchase.

<table>
<thead>
<tr>
<th>AGE</th>
<th>DAY</th>
<th>DATE</th>
<th>TIME</th>
<th>FEE</th>
<th>REGISTRATION DEADLINE</th>
</tr>
</thead>
<tbody>
<tr>
<td>13-18</td>
<td>Sun</td>
<td>Jan 27</td>
<td>9a-4p</td>
<td>$2</td>
<td>Sat, Jan 19</td>
</tr>
</tbody>
</table>

Charlie and the Chocolate Factory, The New Musical, Pantages Theatre
Willy Wonka is opening his marvelous and mysterious chocolate factory . . . to a lucky few. Now’s your chance to experience the wonders of Wonka like never before! Get ready for Oompa-Loompas, incredible inventions, and the great glass elevator at this everlasting showstopper!

<table>
<thead>
<tr>
<th>AGE</th>
<th>DAY</th>
<th>DATE</th>
<th>TIME</th>
<th>FEE</th>
<th>REGISTRATION DEADLINE</th>
</tr>
</thead>
<tbody>
<tr>
<td>13-18</td>
<td>Sun</td>
<td>Mar 31</td>
<td>11a-5p</td>
<td>$20</td>
<td>S, Mar 23</td>
</tr>
</tbody>
</table>
**On Wednesdays We Scrapbook!**

It’s time to bring out your creativity on paper. Build a scrapbook for your friend, family or for yourself. Supplies will be provided.

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
<th>REGISTRATION DEADLINE</th>
</tr>
</thead>
<tbody>
<tr>
<td>W</td>
<td>Jan 9-Feb 27</td>
<td>5-6p</td>
<td>W, Jan 2</td>
</tr>
<tr>
<td></td>
<td>(No class Feb 6)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Cupid Treats**

Bake and design delicious seasonal cookies, cupcakes, muffins, and more for your favorite person. Supplies will be provided.

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
<th>REGISTRATION DEADLINE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Th</td>
<td>Jan 10-Feb 28</td>
<td>5-6p</td>
<td>Th, Jan 3</td>
</tr>
</tbody>
</table>

**Rock Out Fridays**

Join us on Friday night as we host karaoke, movies, and game nights at the Teen Center! You do not want to miss out on all the fun. No better way to start your weekend!

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
<th>REGISTRATION DEADLINE</th>
</tr>
</thead>
<tbody>
<tr>
<td>F</td>
<td>Jan 18-Feb 22</td>
<td>5-6p</td>
<td>F, Jan 4</td>
</tr>
<tr>
<td></td>
<td>(No class Feb 8)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Ornament Decor**

The best time of the year is here! Create amazing ornaments for your Christmas Tree.

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
<th>REGISTRATION DEADLINE</th>
</tr>
</thead>
<tbody>
<tr>
<td>M/W</td>
<td>Dec 3-19</td>
<td>5-6p</td>
<td>M, Nov 26</td>
</tr>
</tbody>
</table>

**Holiday Cheer Letters**

Write and design your own holiday cheer letters to the people that mean the most to you. Show your Christmas spirit and your gratitude.

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
<th>REGISTRATION DEADLINE</th>
</tr>
</thead>
<tbody>
<tr>
<td>T/Th</td>
<td>Dec 4-20</td>
<td>5-6p</td>
<td>M, Nov 26</td>
</tr>
</tbody>
</table>

**New Year, Better Selfies**

Selfie class is in session! You do not want to miss out on some great tips including the best angles, contrast, lighting hour, and apps to make you look spectacular in a selfie.

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
<th>REGISTRATION DEADLINE</th>
</tr>
</thead>
<tbody>
<tr>
<td>M</td>
<td>Jan 7-Feb 25</td>
<td>5-6p</td>
<td>M, Dec 31</td>
</tr>
<tr>
<td></td>
<td>(No class Jan 21 &amp; Feb 18)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Pilates Tuesdays**

Dreaming of getting abs or a stronger core? You don’t have to dream anymore! Teen Center staff is here to help. Learn the history behind Pilates and the five most important principles that are performed in a workout. Bring a yoga mat, water bottle, and great motivation!

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
<th>REGISTRATION DEADLINE</th>
</tr>
</thead>
<tbody>
<tr>
<td>T</td>
<td>Jan 8-Feb 26</td>
<td>5-6p</td>
<td>W, Jan 2</td>
</tr>
</tbody>
</table>

*Registration is being accepted at the Norwalk Arts & Sports Complex, 13000 Clarkdale Ave. Please note that activities are subject to cancellation due to low enrollment.*

*FREE!* **TEEN CENTER ACTIVITIES**

(Ages 13-18)

Registration is being accepted at the Norwalk Arts & Sports Complex, 13000 Clarkdale Ave. Please note that activities are subject to cancellation due to low enrollment.
Have you been thinking about getting fit, starting an exercise program, and living a healthier lifestyle? Then join the Norwalk Arts & Sports Complex, which is one of the most comprehensive and affordable fitness centers in the region. Membership entitles patrons use of the weight room, basketball gymnasium, and four indoor racquetball/handball courts.

Please Note: The Norwalk Arts & Sports Complex will be closed on Dec 25, Jan 1, Jan 21 and Feb 18.
General Memberships

**Adults - Ages 18-54**
- Quarterly: $40 Resident/$110.25 Non-resident
- Annually: $150 Resident/$441 Non-resident

**Youth - Ages 8-17** (does not include access to Weight Room)
- Annually: $40 Resident / $150 Non-resident

**Family***
- Quarterly: $46.25 Resident / $137.50 Non-resident
- Annually: $185 Resident / $550 Non-resident

**Senior Membership** (Ages 55+)
- Monthly: $3.35 Resident / $12.50 Non-resident
- Annually: $40 Resident / $150 Non-resident

**Daily Fee** (non-members)
- Resident: $10
- Non-resident: $20

**Corporate Membership***
- Quarterly $56.25 / Annually $225
  *Norwalk Business Employees - Proof of Employment Required

**Personal Training** (Membership Required)
- Register at the NASC Front Desk.
- 30-Minute Session: $20
- 1-Hour Session: $40

**Personal Exercise Class**
M/W/F • 9:15-10:45a • Senior Membership Required
Get your heart rate up and your blood pumping. These classes are fun, interactive, and are sure to make you sweat. Exercises vary, some days we dance and other days it’s a cardio workout. Weights, stretching and more will also be included.

**Senior Yoga & Tai Chi Class**
T/Th • 9:30-10:45a • Senior Membership Required
Stretches your muscles, improve muscle tone, and overall strength. This class is relaxing and tons of fun with friends.

**Senior Pickleball**
M-Th • 8-11a • Senior Membership Required
Please come join in on the fastest growing sport around...the “Sweet Game with a Sour Name” Pickleball! This exciting sport combines many elements of tennis, badminton and ping pong. Play takes place indoors on a badminton sized court and a slightly modified tennis net (Basketball Gym). For more information on how to play and the official rules please visit USAPA.org or ask staff about instructional clinics.

---

*Immediate family living under the same household (proof required): Minimum one adult (parent/ legal guardian), maximum two adults; minimum one minor child, maximum two minor children ages 8-17 in the same family.
Family Fitness Class
This class strives to increase the overall health and fitness level of children in a fun, safe, positive and motivating environment by utilizing obstacle courses, fitness games, partner activities, body weight exercises, resistance bands, circuits and more.

<table>
<thead>
<tr>
<th>AGE</th>
<th>DAY</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>8+ Membership Required</td>
<td>T/Th</td>
<td>7-8p</td>
</tr>
</tbody>
</table>

NASC Fitness Class
Need your energy back and want to start working out but don’t know where to start? Our trainers can guide you through a fun and energetic workout.

<table>
<thead>
<tr>
<th>AGE</th>
<th>DAY</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>18+ Membership Required</td>
<td>M/W</td>
<td>6:15-7p</td>
</tr>
<tr>
<td>18+ Corporate Membership Required</td>
<td>T/Th</td>
<td>12:15-1p</td>
</tr>
</tbody>
</table>

Norwalk Boxing Program
FEE: Quarterly - $45 Resident / $69 Non-Resident
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.

**Youth Schedule**

| 8-17 | M-Th | 4-6:30p |
| 8-17 | F    | 4-6p    |
| 8-17 | Sat  | 9a-12p  |

**Adult Schedule**

| 18+ | M-Th | 6:30-8p |
| 18+ | F    | 6-8p    |
| 18+ | Sat  | 9a-12p  |

DANCE

**Ballet for Tots**
Instructor: Stepping Out Studio Staff
NASC, 13000 Clarkdale Ave
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. Students must wear hair pulled back in bun or ponytail and wear proper dance attire (leotard, tights, and ballet shoes). Please do not wear ballet shoes outdoors.

<table>
<thead>
<tr>
<th>AGE</th>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>3-5</td>
<td>Sat</td>
<td>Dec 15-Jan 12</td>
<td>9:30-10:30a</td>
<td>$30</td>
</tr>
<tr>
<td>3-5</td>
<td>Sat</td>
<td>Jan 26-Feb 23</td>
<td>9:30-10:30a</td>
<td>$30</td>
</tr>
</tbody>
</table>

**Ballet/Tap Combo**
Instructor: And Dance! Staff • 404-9339
And Dance! Studio, 13417 Pumice St
This is an introductory class to both ballet and tap. Children will learn basic positions and rhythms. There will be a strong emphasis on creative movement and self-expression including use of themes and props. Please wear dance attire: Leotards, tights, tap and ballet shoes.

<table>
<thead>
<tr>
<th>AGE</th>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>3-5</td>
<td>Sat</td>
<td>Dec 15-Jan 12</td>
<td>9-9:45a</td>
<td>$30</td>
</tr>
<tr>
<td>3-5</td>
<td>Sat</td>
<td>Jan 26-Feb 23</td>
<td>9-9:45a</td>
<td>$30</td>
</tr>
</tbody>
</table>
Country Line Dancing
Instructor: Lighthouse Sports Inc. LLC
NASC, 13000 Clarkdale Ave
Exercise your body and mind by dancing to lively, upbeat music. Line Dancing is a fun way to dance socially and no partner is necessary. Please dress comfortably and bring your own water.

<table>
<thead>
<tr>
<th>AGE</th>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>13+</td>
<td>M</td>
<td>Dec 10-Feb 4</td>
<td>7:30-8:30p</td>
<td>$42</td>
</tr>
</tbody>
</table>

(No class Dec 24, 31 & Jan 21)

Folklorico Dance
Instructor: Manuel Ramirez
NASC, 13000 Clarkdale Ave
This class will introduce dancers to the basic Folklorico steps of Mexico and Southern California. Instructor will provide information regarding dance attire on the first day of class.

Beginner

<table>
<thead>
<tr>
<th>AGE</th>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
<th>FEE</th>
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</thead>
<tbody>
<tr>
<td>6-14</td>
<td>Sat</td>
<td>Dec 15-Jan 12</td>
<td>9-10a</td>
<td>$30</td>
</tr>
<tr>
<td>6-14</td>
<td>Sat</td>
<td>Jan 26-Feb 23</td>
<td>9-10a</td>
<td>$30</td>
</tr>
<tr>
<td>15-54</td>
<td>Sat</td>
<td>Dec 15-Jan 12</td>
<td>10:30-11:30a</td>
<td>$30</td>
</tr>
<tr>
<td>15-54</td>
<td>Sat</td>
<td>Jan 26-Feb 23</td>
<td>10:30-11:30a</td>
<td>$30</td>
</tr>
<tr>
<td>55+</td>
<td>T</td>
<td>Dec 11-Jan 22</td>
<td>6-7:30p</td>
<td>$20</td>
</tr>
</tbody>
</table>

(No class Dec 25 & Jan 1)

Intermediate

<table>
<thead>
<tr>
<th>AGE</th>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>11-16</td>
<td>T</td>
<td>Dec 11-Jan 22</td>
<td>7:30-9p</td>
<td>$30</td>
</tr>
</tbody>
</table>

(No class Dec 25 & Jan 1)

Performance

<table>
<thead>
<tr>
<th>AGE</th>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
<th>FEE</th>
</tr>
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<tbody>
<tr>
<td>15-30</td>
<td>W</td>
<td>Dec 12-Jan 9</td>
<td>7-8:30p</td>
<td>$30</td>
</tr>
<tr>
<td>15-30</td>
<td>W</td>
<td>Jan 23-Feb 20</td>
<td>7-8:30p</td>
<td>$30</td>
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</table>

Advanced

<table>
<thead>
<tr>
<th>AGE</th>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>11-16</td>
<td>Th</td>
<td>Dec 20-Jan 17</td>
<td>7:30-9p</td>
<td>$30</td>
</tr>
<tr>
<td>11-16</td>
<td>Th</td>
<td>Jan 24-Feb 21</td>
<td>7:30-9p</td>
<td>$30</td>
</tr>
<tr>
<td>55+</td>
<td>Th</td>
<td>Dec 20-Jan 17</td>
<td>6-7:30p</td>
<td>$20</td>
</tr>
<tr>
<td>55+</td>
<td>Th</td>
<td>Jan 24-Feb 21</td>
<td>6-7:30p</td>
<td>$20</td>
</tr>
<tr>
<td>11-16</td>
<td>T/Th</td>
<td>Dec 11-Jan 17</td>
<td>7:30-9p</td>
<td>50</td>
</tr>
<tr>
<td>11-16</td>
<td>T/Th</td>
<td>Jan 29-Feb 21</td>
<td>7:30-9p</td>
<td>50</td>
</tr>
</tbody>
</table>

Good Vibe Fitness:
Adult Dance Fitness
Instructor: KTA Staff
NASC, 13000 Clarkdale Ave
Good Vibe Fitness class allows exercise to be effective and fun with a special emphasis on agility, balance and strength. You will burn calories without even noticing and by doing exciting activities such as a circuit training to the latest music.

<table>
<thead>
<tr>
<th>AGE</th>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>18+</td>
<td>F</td>
<td>Dec 14-Jan 4</td>
<td>6-6:45p</td>
<td>$45</td>
</tr>
<tr>
<td>18+</td>
<td>F</td>
<td>Jan 18-Feb 8</td>
<td>6-6:45p</td>
<td>$45</td>
</tr>
</tbody>
</table>

Good Vibe Fitness:
Heels Dance Class
Instructor: KTA Staff
NASC, 13000 Clarkdale Ave
This action packed dance class is sure to spice up your life. This class can be done with or without heels, both men and women are welcome. The heels class will incorporate genres of pop, hip hop, and R&B.

<table>
<thead>
<tr>
<th>AGE</th>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>18+</td>
<td>W</td>
<td>Dec 12-Jan 2</td>
<td>6-6:45p</td>
<td>$45</td>
</tr>
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<td>18+</td>
<td>W</td>
<td>Jan 16-Feb 6</td>
<td>6-6:45p</td>
<td>$45</td>
</tr>
</tbody>
</table>

Good Vibe Fitness:
Senior Dance Fitness
Instructor: KTA Staff
NASC, 13000 Clarkdale Ave
The Good Vibe Fitness class allows exercise to be effective and fun with a special emphasis on agility, balance and strength. Seniors will burn calories without even noticing and by doing exciting activities such as a circuit training to the latest music.

<table>
<thead>
<tr>
<th>AGE</th>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>55+</td>
<td>Th</td>
<td>Dec 8- Dec 29</td>
<td>3:15-4p</td>
<td>$45</td>
</tr>
<tr>
<td>55+</td>
<td>Th</td>
<td>Jan 12-Feb 2</td>
<td>3:15-4p</td>
<td>$45</td>
</tr>
<tr>
<td>55+</td>
<td>Sat</td>
<td>Feb 9-Mar 2</td>
<td>3:15-4p</td>
<td>$45</td>
</tr>
</tbody>
</table>

Good Vibe Fitness:
Heels Dance Class
Instructor: KTA Staff
NASC, 13000 Clarkdale Ave
This action packed dance class is sure to spice up your life. This class can be done with or without heels, both men and women are welcome. The heels class will incorporate genres of pop, hip hop, and R&B.

<table>
<thead>
<tr>
<th>AGE</th>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>18+</td>
<td>W</td>
<td>Dec 12-Jan 2</td>
<td>6-6:45p</td>
<td>$45</td>
</tr>
<tr>
<td>18+</td>
<td>W</td>
<td>Jan 16-Feb 6</td>
<td>6-6:45p</td>
<td>$45</td>
</tr>
</tbody>
</table>
KTA Hip Hop
Kidz Talent Academy
Instructor: KTA Staff
NASC, 13000 Clarkdale Ave
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 needed. Bring a water bottle and wear comfortable clothes.

AGE | DAY | DATES | TIME | FEE
---|---|---|---|---
5-12 | Sat | Dec 8-Dec 29 | 1:05-2:05p | $45
13-17 | Sat | Dec 8-Dec 29 | 2:10-3:10p | $45
5-12 | Sat | Jan 12-Feb 2 | 1:05-2:05p | $45
13-17 | Sat | Jan 12-Feb 2 | 2:10-3:10p | $45
5-12 | Sat | Feb 9-Mar 2 | 1:05p-2:05p | $45
13-17 | Sat | Feb 9-Mar 2 | 2:10p-3:10p | $45

KTA Acting 101
Kidz Talent Academy
Instructor: KTA Staff
NASC, 13000 Clarkdale Ave
This class is for the little performer that loves acting. Students will learn concentrations, teamwork, improvisation, movement, voice, theatre terminology, and much more. We will also teach routines and spark the entertainer within. Students will have an opportunity to perform in an in-class showcase at the end of each session.

AGE | DAY | DATES | TIME | FEE
---|---|---|---|---
5-14 | Sat | Dec 8-Dec 29 | 12-1p | $45
5-14 | Sat | Jan 12-Feb 2 | 12-1p | $45
5-14 | Sat | Feb 9-Mar 2 | 12-1p | $45

FINE ARTS

Guitar for Beginners
Instructor: Jim Warino • www.jpwarino.com
NASC, 13000 Clarkdale Ave
Learn the basic skills of playing the guitar, including chords, finger picking, hand techniques, rhythms, and songs in a variety of styles. Instructor/musician has been credited on over 60 recordings with 7 platinum, and has taught over 3,000 students. You must provide your own acoustic guitar.

AGE | DAY | DATES | TIME | FEE
---|---|---|---|---
5-12 | T | Jan 8-Feb 5 | 7:05-8p | $49
13+ | T | Jan 8-Feb 5 | 8:05-9p | $49

Private Guitar, Bass, Piano & Songwriting Lessons
Instructor: Jim Warino • 807-4286 • www.jpwarino.com
Jim’s Studios • 8337 Firestone Bl • Downey
Learn many aspects of scales, chords, techniques, rhythm, solos, hearing songs, and songwriting from a teacher/musician that has been credited on over 60 recordings with 7 platinum. All levels from beginning to advance are welcome.

AGE | DAY | TIME | FEE
---|---|---|---
All | M-Sat | 30 min lesson | $80/4 weeks
All | M-Sat | 1 hour lesson | $160/4 weeks

HEALTH & FITNESS

Plyo-Core Fitness
Instructor: Philip Temidara
NASC, 13000 Clarkdale Ave
Plyo-Core Fitness is a high intensity speed, agility, and core-strengthening fitness program. It will be geared towards enhancing athletic performance for athletes or individuals seeking to raise the intensity of your workout experiences.

AGE | DAY | DATES | TIME | FEE
---|---|---|---|---
16+ | M | Dec 3-Feb 11 | 7-8p | $35
(No class Dec 24, 31 & Jan 21)

Static Stretch
Instructor: Philip Temidara
NASC, 13000 Clarkdale Ave
This stretching and flexibility class will combine elements of static stretches to promote injury prevention, improve physical performance, and relax muscles.

AGE | DAY | DATES | TIME | FEE
---|---|---|---|---
18+ | W | Dec 5-Jan 23 | 7-8p | $35
Yoga for Life
Instructor: Anita Der Kervorkian
NASC, 13000 Clarkdale Ave
Focus on increased flexibility, controlled breathing, and relaxation through non-intimidating Yoga techniques. Please bring a non-slip mat and comfortable clothing.

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<th>AGE</th>
<th>DAY</th>
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<th>TIME</th>
<th>FEE</th>
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<tbody>
<tr>
<td>14+</td>
<td>T</td>
<td>Jan 8-22</td>
<td>6:30-7:30p</td>
<td>$21</td>
</tr>
<tr>
<td>14+</td>
<td>T</td>
<td>Feb 5-Mar 5</td>
<td>6:30-7:30p</td>
<td>$35</td>
</tr>
</tbody>
</table>

Zumba Fitness
Instructor: Patricia Sandoval
NASC, 13000 Clarkdale Ave
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!

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<th>AGE</th>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
<th>FEE</th>
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</thead>
<tbody>
<tr>
<td>18+</td>
<td>T/Th</td>
<td>Dec 11-Jan 17</td>
<td>6-7p</td>
<td>$40</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(No class Dec 25 &amp; Jan 1)</td>
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<tr>
<td>18+</td>
<td>T/Th</td>
<td>Jan 29-Feb 28</td>
<td>6-7p</td>
<td>$40</td>
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</table>

MARTIAL ARTS

Hawaiian Kenpo & Polynesian Martial Art of Lima Lama
Instructor: Mike Gazmen Jr.
NASC, 13000 Clarkdale Ave
An art that teaches the basics of self-defense including kicking, punching, blocks and techniques. Advanced students will learn basic weapon defense all within a fun environment, and with the opportunity to compete with others.

<table>
<thead>
<tr>
<th>AGE</th>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
<th>FEE</th>
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<tbody>
<tr>
<td>8+</td>
<td>Th</td>
<td>Nov 29-Dec 27</td>
<td>6:30-7:30p</td>
<td>$38</td>
</tr>
<tr>
<td>One Student</td>
<td>*$50 Two Family Members</td>
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<td></td>
<td></td>
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<tr>
<td>8+</td>
<td>Th</td>
<td>Jan 10-Feb 7</td>
<td>6:30-7:30p</td>
<td>$38</td>
</tr>
<tr>
<td>One Student</td>
<td>*$50 Two Family Members</td>
<td></td>
<td></td>
<td></td>
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</table>

Japanese Goju-Ryu Karate
Instructor: Brian A. Burdick
NASC, 13000 Clarkdale Ave
Learn the fundamentals of self-defense and Karate as well as self-discipline and self-confidence through traditional and modern Goju-Ryu Karate. Emphasis is on blocking, punching, kicking, counting, body conditioning, and formal martial arts training.

<table>
<thead>
<tr>
<th>AGE</th>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>7+</td>
<td>M/W</td>
<td>Jan 7-Feb 11</td>
<td>6-8p</td>
<td>$50</td>
</tr>
<tr>
<td>(No class Jan 21)</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7+</td>
<td>M/W</td>
<td>Feb 25-Mar 27</td>
<td>6-8p</td>
<td>$50</td>
</tr>
<tr>
<td>Advanced (Requires instructor’s permission)</td>
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Tae Kwon Do
Instructor: Master Im, Moonstar Tae Kwon Do Academy
Hermosillo Park, 11959 162nd St
A well-balanced program designed to teach girls, boys, and adults, confidence, self-discipline, coordination, safety, blocking, spectacular kicking and punching skills including Korean terminology and respect associated with Tae Kwon Do.

<table>
<thead>
<tr>
<th>AGE</th>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>6+</td>
<td>M/W/F</td>
<td>Jan 2-30 (No class Jan 21)</td>
<td>6-7p</td>
<td>$50</td>
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<tr>
<td>6+</td>
<td>M/W/F</td>
<td>Feb 1-27 (No class Feb 18)</td>
<td>6-7p</td>
<td>$50</td>
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<tr>
<td>6+</td>
<td>M/W/F</td>
<td>Mar 1-29</td>
<td>6-7p</td>
<td>$50</td>
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</table>

Self-Defense & Safety Awareness Young Champions
Gerdes Park, 14700 Gridley Rd
Instructor: Young Champions, (714) 259-1400
This program combines safety awareness education with self-defense instruction in a fun, structured environment!

Please Note: There is an $8 registration fee per student per session. Register for this class with the self-defense instructor at Gerdes Park on the first day of class.

<table>
<thead>
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<th>CLASS</th>
<th>AGE</th>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
<th>FEE</th>
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<tr>
<td>New</td>
<td>4-15</td>
<td>T</td>
<td>Jan 29-Apr 2</td>
<td>5:15-5:55p</td>
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<tr>
<td>Yellow</td>
<td>4-15</td>
<td>T</td>
<td>Jan 29-Apr 2</td>
<td>6-6:40p</td>
<td>$128</td>
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<td>T</td>
<td>Jan 29-Apr 2</td>
<td>6:45-7:25p</td>
<td>$128</td>
</tr>
<tr>
<td>Purple</td>
<td>4-15</td>
<td>T</td>
<td>Jan 29-Apr 2</td>
<td>7:30-8:10p</td>
<td>$128</td>
</tr>
</tbody>
</table>
**Beginner Tumbling**  
**Instructor:** Lighthouse Sports Center LLC  
**NASC, 13000 Clarkdale Ave**  
Our fun and exciting tumbling program starts with teaching your child basic floor skills. Other elements to improve on their flexibility, fitness, and other skills will be incorporated to continue expanding their knowledge!

<table>
<thead>
<tr>
<th>AGE</th>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>6-18</td>
<td>Sat</td>
<td>Jan 5-Feb 2</td>
<td>1:30-2:25p</td>
<td>$49</td>
</tr>
<tr>
<td>6-18</td>
<td>Sat</td>
<td>Feb 16-Mar 16</td>
<td>1:30-2:25p</td>
<td>$49</td>
</tr>
</tbody>
</table>

**Toddler Gymnastics**  
**Instructor:** Lighthouse Sports Center LLC  
**NASC, 13000 Clarkdale Ave**  
This class introduces students to the exciting and bouncy world of gymnastics! Introduction on bars, balance beam, vault, and mini-trampoline will be given, as well as movement and tumbling.  
*Parent participation is required.*

<table>
<thead>
<tr>
<th>AGE</th>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-3</td>
<td>Sat</td>
<td>Jan 5-Feb 2</td>
<td>10:30-11a</td>
<td>$49</td>
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<td>1-3</td>
<td>Sat</td>
<td>Feb 16-Mar 16</td>
<td>10:30-11a</td>
<td>$49</td>
</tr>
</tbody>
</table>

**Preschool Gymnastics**  
**Instructor:** Lighthouse Sports Center LLC  
**NASC, 13000 Clarkdale Ave**  
Introduces your child to the exciting world of gymnastics learning on the bars, balance beam, and floor. Your child will learn to interact with others and follow along with the class as well as improving on basic motor skills and coordination.  
*Parent participation is required.*

<table>
<thead>
<tr>
<th>AGE</th>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
<th>FEE</th>
</tr>
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<tbody>
<tr>
<td>3-5</td>
<td>Sat</td>
<td>Jan 5-Feb 2</td>
<td>11:05-11:45a</td>
<td>$49</td>
</tr>
<tr>
<td>3-5</td>
<td>Sat</td>
<td>Feb 16-Mar 16</td>
<td>11:05-11:45a</td>
<td>$49</td>
</tr>
</tbody>
</table>

**Kiddie Gymnastics**  
**Instructor:** Lighthouse Sports Center LLC  
**NASC, 13000 Clarkdale Ave**  
Your child will explore their physical abilities and improve their coordination, flexibility, and agility in the fun world of gymnastics! They will learn the basics of gymnastics on the beam, bars, and floor while focusing on their physical development. Leotard is recommended, but not required.

<table>
<thead>
<tr>
<th>AGE</th>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>6-12</td>
<td>Sat</td>
<td>Jan 5-Feb 2</td>
<td>12-12:55p</td>
<td>$49</td>
</tr>
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<td>6-12</td>
<td>Sat</td>
<td>Feb 16-Mar 16</td>
<td>12-12:55p</td>
<td>$49</td>
</tr>
</tbody>
</table>

**Wrestling**  
**Instructor:** Lighthouse Sports Center LLC  
**NASC, 13000 Clarkdale Ave**  
This class will involve the basic essentials for folk style wrestling. During the sessions, takedowns, escapes, reversals, setups, stance, and the basic rules of the sport will be covered. The training will also involve conditioning so be ready to put in some hard work. Please bring water, an extra shirt, and a mouth piece (if student has braces).

<table>
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<tr>
<th>AGE</th>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>6-18</td>
<td>Th</td>
<td>Jan 3-Jan 31</td>
<td>5-5:55p</td>
<td>$40</td>
</tr>
<tr>
<td>6-18</td>
<td>Th</td>
<td>Feb 7-Mar 14</td>
<td>(No class Feb 14)</td>
<td>$40</td>
</tr>
</tbody>
</table>

**Soccer - Young Champions**  
**Gerdes Park, 14700 Gridley Rd**  
**Instructor:** Young Champions, (714) 259-1400  
Students learn the essential skills and strategy to play “winning” soccer!  
*Please Note: There is an $8 registration fee per student per session. Register for this class with the soccer coach at Gerdes Park on the first day of class.*

<table>
<thead>
<tr>
<th>AGE</th>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
<th>FEE</th>
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<tbody>
<tr>
<td>4-6</td>
<td>M</td>
<td>Jan 28-Apr 1</td>
<td>3:30-4:10p</td>
<td>$112</td>
</tr>
<tr>
<td>7-15</td>
<td>M</td>
<td>Jan 28-Apr 1</td>
<td>4:15-4:55p</td>
<td>$112</td>
</tr>
</tbody>
</table>
This newly renovated facility hosts a year-round junior golf academy and instruction program for juniors of all ages and ability levels. The program focuses on the core competencies in the game of golf, the swing, rules, etiquette, and also succeeding in life including social skills, education, and an introduction to the various career opportunities available through golf.

The facility includes a 9-hole par 3 golf course, double deck driving range, practice pitching green with a bunker, practice putting green, a clubhouse, and community meeting room. The entire facility is lighted and available for evening use. For more information, please visit playknabegolf.com.

**Junior Golf Classes**

SCGA Junior offers affordable golf and educational opportunities for youth ages 5-17. Youth receive 8 weeks of golf and fitness lessons from certified golf instructors. Classes are organized by age and ability level, and youth are eligible for these benefits:

- **Nike uniform**
- **Free playing opportunities**
- **One-on-one lessons**
- **Golf & fitness assessments**
- **SCGA membership**
- **Educational outings**
- **College Scholarships**

Learn more and register at scgajunior.org/instruction, email us at instruction@scga.org, call (818) 980-3630 or stop by the Don Knabe Golf Center.
CLASSES/PROGRAMS

Refunds will be issued in full only if the class/program is cancelled by the City of Norwalk.

Refunds requested the first week of class will be eligible for a full refund.

Refunds requested the second week of class will be assessed a $4 administration charge.

After the second regularly scheduled class meeting, refund requests will not be accepted.

MEMBERSHIPS

Refunds are not allowed for any memberships.

All Memberships are non-transferrable.

The City reserves the right to revoke a membership if policies and procedures are not followed.

SPORTS

Refunds are not allowed for Small Fry and Youth Sports once games begin.
Class registration has begun at the Norwalk Arts & Sports Complex.

NASC Registration Hours
Monday-Thursday 8a-9p
Friday 8a-8p
Saturday 9a-6p

Registration also available online at www.norwalk.org

<table>
<thead>
<tr>
<th>Class #</th>
<th>Activity / Class</th>
<th>Name of Participant</th>
<th>M/F</th>
<th>DOB</th>
<th>Fee</th>
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<tbody>
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$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 __________________________________________  Apt.________ City___________________________  Zip_______________
Telephone (____)_________________  Emergency Number  (____)_________________
Family Medical Insurance Carrier _____________________________
Insurance Company Telephone (____)_________________    Policy Number ______________________________

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

Items that cannot fit in your trash containers are considered Bulky Items.

Common bulky items include:
- Couches/chairs
- Mattresses
- Appliances
- Tables
- E-waste
- Rugs

Residents of single family homes may pre-arrange collection of up to FIVE bulky items once a week at no additional charge.

To schedule a pickup, please call

Athens Services
1 (855) 557-1007

*Bulky items pickups are only scheduled on your regular trash service day.

For disposal of household hazardous waste (HHW), please call (888) CLEAN LA for information on upcoming events. For any recycling questions call the City of Norwalk at (562) 929-5964.

Servicio de Basura para artículos voluminosos

Los artículos que no pueden caber en sus contenedores de basura se consideran artículos voluminosos.

Artículos más comunes incluyen:
- Sofás/Sillas
- Colchones
- Aparatos
- Mesas
- Desechos Electronicos
- Alfombras

Los residentes de viviendas unifamiliares pueden solicitar la recolección de hasta CINCO artículos voluminosos una vez a la semana sin costo adicional.

Para programar una recolección, llame a

Athens Services
1 (855) 557-1007

*Las recolecciones de artículos voluminosos solo son programadas en su día de servicio de basura regular.

Para deshacerse de desperdicios tóxicos (HHW), por favor llame al (888) CLEAN LA para información sobre los próximos eventos. Para cualquier pregunta de reciclaje llame a la Ciudad de Norwalk al (562) 929-5964.
Electronic Waste Collection & SHRED-A-THON

Saturday, February 16
9:00 a.m. - 2:00 p.m.
Norwalk City Hall
12700 Norwalk Blvd.

Dispose of unwanted electronics (e-waste) and shred important documents for FREE!
(Shredding is limited to 5 boxes per vehicle)

Television Sets
Computer Sets
Cell Phones
Laptops
Fax Machines
Printers
VCR & DVD Players
Stereo Equipment
Gaming Systems
Cables & Cords
Radios

For more information, please call (562) 929-5964, or email recycling@norwalkca.gov

(This service is on a first come, first served basis.)