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- CITY OF NORWALK RECREATION & PARK SERVICES -

SUMMER

Parks
Make
Life
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Register
online today
norwalk.org



Schedule of Activities
June-September 2017



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Important Numbers

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

Recreation & Park Services Department

Bill Kearns, Director of	
Recreation and Park Services.....	929-5755
Inez Alvarez, Superintendent.....	929-5701
Blanche Grove, Supervisor.....	929-5519
Rosie Lozoya, Supervisor.....	929-5518
Christopher Ponce, Supervisor.....	929-5706
Pati Escano, Coordinator.....	929-5521
Allison Franco, Coordinator.....	929-5763
Teneale McCullough, Coordinator.....	929-5956
Salvador Ortega, Coordinator.....	929-5924
Monica Trevino-Rivas, Coordinator.....	929-5922
Norwalk Arts & Sports Complex	
Reservations.....	929-5566
Park Reservations.....	929-5702

NORWALK CITY COUNCIL

Mayor LUIGI VERNOLA
 Vice Mayor LEONARD SHRYOCK
 Councilmember TONY AYALA
 Councilmember JENNIFER PEREZ
 Councilmember MARGARITA RIOS



The Schedule of Activities is published quarterly by the Recreation and Park Services Department. The Summer edition includes the months of June through September. If you have any questions or comments, please call us at 929-5702.

SPECIAL *Events*

Hair Drive

Civic Center Lawn, 12700 Norwalk Blvd

Donate your hair to a great cause! All hair donated will be used to make hairpieces for individuals suffering from hair loss due to any medical diagnosis. Hairstylists will be on-site cutting and styling hair. Hair should be clean and dry. For more information, please call **929-5566**.

AGE	DAY	DATE	TIME	FEE
All	M	Jul 3	1-7p	Free

Guidelines For Acceptable Donations

- 10 inches measured tip to tip is the minimum length needed for a hairpiece.
- Hair that is colored or permed is acceptable.
- Hair cut years ago is usable if it has been stored in a ponytail or braid.
- Hair that has been bleached (usually this refers to highlighted hair) is not usable. If unsure, ask your stylist.
- We are not able to accept bleached hair due to a chemical reaction that occurs during the manufacturing process.
- Hair that is shaved off and not in a ponytail or braid is not usable. If shaving your head, first divide hair into multiple ponytails to cut off.
- We cannot accept dreadlocks.
- Layered hair is acceptable if the longest layer is 10 inches and may be divided into multiple ponytails.
- Curly hair may be pulled straight to measure the minimum 10 inches.



Independence Day Pageant

Civic Center Lawn, 12700 Norwalk Blvd

Celebrate the 4th of July a day early in Norwalk! Show off your patriotism and don't miss the pageantry and entertainment that leads up to our spectacular fireworks display. Music, games, and food booths open at 6p, followed by our fireworks display that begins promptly at 9p. For more information, please call **929-5702**.

AGE	DAY	DATE	TIME	FEE
All	M	Jul 3	6-9p	Free



Summer Concerts on the Lawn

Civic Center Lawn, 12700 Norwalk Blvd

Come enjoy Norwalk's free entertainment for the entire family! Bring your blankets, chairs, picnic baskets, and be serenaded under the stars. Arrive early to guarantee a great view. Refreshments will be available for purchase. For more information, please call **929-5702**.

AGE	DAY	TIME	FEE
All	W	7p	Free

DATE	ARTIST	GENRE
Jul 5	Uptown Funk	Bruno Mars Tribute
Jul 12	Soto	Latin R & B
Jul 19	DSB	Journey Tribute
Jul 26	The Smith Band	Country Rock

(Norwalk Chamber of Commerce Business Expo & Health Fair - featuring local businesses and their products as well as health and wellness services available to the community)

Aug 2 Mariachi Divas* Mariachi

(National Night Out see page 2 for details)

*Concert sponsored the LA County Arts Commission

Aug 9 Upstream Caribbean/Reggae

Concerts are tentative, based on budget approval.

ACTIVITIES

Around Town



National Night Out

Civic Center Lawn, 12700 Norwalk Blvd

National Night Out is an annual event intended to bring communities across America together to take a stand against crime, drugs and disorder in their neighborhoods.

Join the City of Norwalk, Department of Public Safety and Norwalk Sheriff's Station at this year's Summer Concert Series featuring Mariachi Divas, as we join members of the community in affirming our conviction against crime and disorder.

If you are unable to attend this event, you can still participate at home and in your neighborhood. During the designated time, just turn on your porch light and take a walk around your block; meet at least two neighbors that you have not met before – it's the perfect opportunity!

You can also make a commitment to get involved in the Neighborhood Watch Program. This year-round program brings you, your neighbors, the Department of Public Safety and the Norwalk Sheriff's Station together to help ensure safe neighborhoods and a safe community! Call **929-5732** for more information on how you can get involved in the Neighborhood Watch Program and "make a difference!"

AGE	DAY	DATE	TIME	FEE	ENTERTAINMENT
All	W	Aug 2	7-9p	Free	Mariachi Divas



Intermission Entertainment

If you have a special talent and you want to share it with your community, this is your chance! Singing acts, dance groups, entertainment acts, and other performances will be considered. Extraordinary acts will be picked to perform during intermission for each concert. If you or your group is interested in performing, please call **929-5521** for details.

AGE	DAY	DATE	TIME	FEE
All	W	Jul 5-Aug 9	7:45-8p	Free

Kids & Cops

Miniature Golf Tournament



Sign up to play with approximately 20 Los Angeles County Sheriff's Deputies in the City of Norwalk's Annual Kids & Cops Miniature Golf Tournament which will be held at Golf N' Stuff, 10555 E. Firestone Blvd., Norwalk, CA 90650. The tournament is a fun way to introduce Norwalk

youth to their local law enforcement team by joining the youth and deputies together in foursomes for a round of golf. The program's goal is to portray to our youth that their local law enforcement officers are here to support and to protect the Norwalk Community, not be someone to fear. For more information, please stop by or call the Norwalk Arts & Sports Complex at **929-5566**.

AGE	DAY	DATE	TIME	FEE
8-17	Sat	Jun 3	10a	\$10

(includes golf, BBQ, awards & raffle)

(Registration Deadline extended to May 20)

FREE Family Movie Nights

Norwalk Park, 13000 Clarkdale Ave

Enjoy a nice summer breeze, beautiful bright stars, and a great flick! Come on down to Norwalk Park and enjoy a "drive-in" movie atmosphere. Spend an evening with friends and family while enjoying a movie projected on a 400 square foot screen! Don't forget to bring a blanket or lawn chair! Refreshments will be sold for your convenience.

**For more information, please call 929-5922. Remember to tag us at #NorwalkFamilyFlicks. Movies begin at dusk.*

AGE	MOVIE	DAY	DATE	FEE
All	Sing (PG)	F	Jul 14	Free
All	Moana (PG)	F	Jul 21	Free
All	Secret Life of Pets (PG)	F	Jul 28	Free
All	Power Rangers (PG-13)	F	Aug 4	Free



ACTIVITIES

Around Town

FREE Friday Flicks at the Lawn

City Hall Lawn, 12700 Norwalk Blvd



Remember the good ol' days? Enjoy being outside in the fresh air, under a night sky, while watching a great flick. Bring the whole family along and don't forget your blankets and lawn chairs. A

variety of food trucks will have yummy food for sale!

For more information, please call 929-5922. Remember to tag us at #NorwalkFamilyFlicks. Movies begin at dusk.

AGE	MOVIE	DAY	DATE	FEE
All	Guardians of the Galaxy (PG-13)	F	Jun 30	Free
All	Beauty & the Beast (PG)	F	Aug 25	Free

FREE Family Fun Fest

Ramona Park, 13244 Mapledale St

Norwalk Park, 13000 Clarkdale Ave

Come experience an afternoon of fun with family and friends! There will be various art activities, games, food vendors, and much more! For more information, please call 929-5922.

AGE	LOCATION	DAY	DATE	TIME	FEE
All	Ramona Park	Sat	Jul 22	12-4p	Free
All	Norwalk Park	Sat	Aug 19	12-4p	Free

Summer Jamz at the Park

Gerdas Park, 14700 Gridley Ave

Hermosillo Park, 11959 162nd St

Norwalk loves Saturday afternoons in the park. Summer Jamz brings the community together to enjoy music, dance, and a time of celebration. The City will provide free hot dogs and dessert trucks will be onsite selling some gourmet tasty treats. Great music will be provided by the hottest bands around. Don't forget to bring lawn chairs and blankets. Be sure to invite your family, friends, and neighbors for a fun time! For more information, please call 929-5922.

AGE	LOCATION	DAY	DATE	TIME	FEE
All	Gerdas Park	Sat	Jul 8	4-8p	Free
All	Hermosillo Park	Sat	Aug 5	4-8p	Free

Save the Date!

Daddy Daughter Dinner & Masquerade Dance

Saturday, October 7
NASC, 13000 Clarkdale Ave
Registration begins Aug 1



Support Your Community Today



The Norwalk Arts & Sports Foundation 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 at 13000 Clarkdale Avenue, or call 929-5665 for more information.

FREE LUNCH for Children this Summer!

Gerdas Park, 14700 Gridley Rd, 929-5611

Hermosillo Park, 11959 162nd St, 929-5613

Norwalk Park, 13000 Clarkdale Ave, 929-5566

Join us for lunch in the park! The City of Norwalk Recreation and Park Services Department, in conjunction with the County of Los Angeles, will offer a nutritious meal for children 18 years and younger. The Summer Lunch Program is sponsored through the U.S. Department of Agriculture. The goal of the program is to ensure that children receive at least one nutritious and balanced meal per day when school is not in session. Adults will be allowed within the serving area only to supervise their children. For more information on the Summer Lunch Program, please call 929-5702.

AGE	DAY	DATES	TIME	Fee
1-18	M-F	Jun 12-Aug 4	12:30-1:30p	Free

Please Note: Programs may be changed or canceled without notice. Refunds will be issued in full for any program canceled by the City of Norwalk.

Please visit the official City of Norwalk website at www.norwalk.org for updated information on upcoming events and programs.

FAMILY

Intervention Academy Fall 2017



AGE	DAY	DATES	TIME
13-18 & Parents	M	Sept 11-Nov 20	6-8:30p

Please Note: These programs are open to Norwalk residents only. Registration will not be accepted after September 25.

WINGS Program - Youth Empowerment Group

Instructor: Ken Menchaca

Cost: \$10

(Free to youth who have parents registered in The Parent Project).

Norwalk Arts & Sports Complex, 13000 Clarkdale Avenue

This eleven week youth empowerment program will help your teen understand and prepare for the different social issues teens face today. The program will emphasize developing 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:

- Social Media Addiction
- Depression/Teen Suicide
- Self Esteem/Image
- Academic Pressure
- Anger Management
- Drug & Alcohol Education
- Conflict Resolution
- Setting and Accomplishing Goals

For more information, please call 929-5761.

The Parent Project - Parenting for Parents with Teens

Instructor: Anthony Garcia

Cost: \$20

Norwalk Arts & Sports Complex, 13000 Clarkdale Avenue

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 our 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.

Registration is now being accepted at the Norwalk Arts & Sports Complex, 13000 Clarkdale Avenue. For more information, please call 929-5765, or 929-5761.

Register online today at norwalk.org

ADVENTURE *Camp*

Kids Adventure Camp

Sproul Reception Center, 12239 Sproul St

AGE	DAY	DATES	TIME	FEE
6-12	M-F	Jun 12-Aug 11	8a-5p	\$145 per week Residents/\$195 per week Non-Residents

Extended hours:

TIME	FEE
7-8a & 5-6p	\$20 per week - Residents
7-8a & 5-6p	\$30 per week - Non-residents

Please Note: Extended hours (7-8a and 5-6p) are available for a nominal fee. Parents must enroll for extended hours at time of camp registration. For more information, please call 929-5521.

Registration has begun at the Norwalk Arts & Sports Complex, 13000 Clarkdale Ave during operating hours.

The Recreation Department offers a nine-week Summer Day Camp for children ages 6-12. The camp provides a wide variety of activities planned for youth including swimming, games, arts and crafts, and a weekly field trip. Excursions take place once a week.

Day Camp Deposit Procedures: To hold your spot for multiple weeks, Norwalk residents must make two full week payments with a minimum deposit of \$50 per week/ per child for each additional week. Non-residents must make two full weeks payment with a minimum deposit of \$75 per week/per child for each additional week.

The remaining balance for deposits is due two weeks prior to the start of the Day Camp week. No refunds will be given if you decide to cancel. No exceptions.

In order to be eligible for resident rates, at the time of registration, parents must provide proof of residency (i.e., driver's license, a recent bill, tax information). Parents must also verify their child's age (i.e., birth certificate, medical records, or school registration).



Week #	Dates	Theme	Excursion
Wk 1	Jun 12-16	Summertime Safari	Los Angeles Zoo
Wk 2	Jun 19-23	Race to the Finish!	Cars 3 at El Capitan Theater, Hollywood
Wk 3	Jun 26-30	The Great Outdoors	Seaside Lagoon
Wk 4	Jul 3-7	Glowtastic	Glowzone, Huntington Beach (No Camp Jul 4)
Wk 5	Jul 10-14	Pirate's Life for Me!	Buccaneer Bay- La Mirada Splash
Wk 6	Jul 17-21	Get into the Game	Los Angeles Sparks Game
Wk 7	Jul 24-28	Farm Fresh Fun	Orange County Fair
Wk 8	Jul 31-Aug 4	Fiesta Fun!	Knott's Berry Farm
Wk 9	Aug 7-11	Dream Big!	California Science Center

Please Note: Programs may be changed or canceled without notice. Refunds will be issued in full for any program canceled by the City of Norwalk. Please visit the official City of Norwalk website at www.norwalk.org for updated information on upcoming events and programs.

HISTORIC *Norwalk*

D.D. Johnston-Hargitt House Museum

12426 Mapledale St



The Museum is currently registered on the National Registry of Historical Places and, at one time, held up to 200 acres of grapes, 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 D.D. Johnston-Hargitt 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**.

AGE	DAY	DATE	TIME	FEE
All	Sat	Jun 3 & 17	1-4p	Free
All	Sat	Jul 1 & 15	1-4p	Free
All	Sat	Aug 5 & 19	1-4p	Free

Gilbert H. Sproul Museum

12203 Sproul St

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. Take a trip back in time and enjoy a visit to the historic Sproul Museum

located in the heart of Norwalk Park. 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**.

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 and Sproul Museums are seeking interested people to train as Museum docents. A three-month commitment is required. Training and supplies are provided at no cost. Please call **929-5519** for more information.

Ice Cream Social

D.D. Johnston-Hargitt House Museum

12426 Mapledale St

Visit the Museum for a trip down memory lane! After touring the Museum, join us for some ice cream with all your favorite toppings. For more information or to schedule group tours for ten or more visitors, please call **929-5519**.

AGE	DAY	DATES	TIME	FEE
All	Sat	Jun 17	1-4p	Free



Did you know Norwalk, California was once home to an Ostrich Farm?

AQUATICS

Norwalk Aquatic Pavilion

12301 Sproul St • 929-5622

Join us for swim lessons, aquatic workouts, or just a refreshing and fun time in the pool. There are programs, classes, and special events offered for all ages. The Aquatic Pavilion is a great place to bring the family to enjoy the safe surroundings of a wonderful aquatic experience!

Summer Hours of Operation

M-F	Jun 12-Sep 29	9a-9:30p
Sat-Sun	Jun 17-Oct 1	9a-5:30p

Special Events

Pre-registration for special events is not required.

Independence Day Recreation Swim

Looking for a family activity for the Holiday? Join us as the Aquatic Pavilion staff provides fun games and activities for all ages. Recreation Swim Rules and Facility Policies will apply.

AGE	DAY	DATE	TIME
All	Tu	Jul 4	1-4p

Fee: \$3 Children (Ages 6mo-17)

\$4 Adults (Ages 18-54), \$3 Seniors (Ages 55+)

Dive-In Movie Night



Finding Dory • Rated G

What's better than a good ol' drive-in movie? A Dive-In Movie at the Norwalk Aquatic Pavilion! Gather your family and friends and jump into the pool to watch your favorite movie. Admission fee will include access to the pool, watching the movie on a 400 square foot screen, and a snack. Don't miss out on this fun event!

AGE	DAY	DATE	TIME
All	Sat	Jul 22	7p

Fee: \$5 per person OR \$20 for a family of 5

Aqua Carnival – Moana theme

Come join our Moana swim family at the Norwalk Aquatic Pavilion where there will be in-water and out-of-water games for all ages. We will have water slides, a recreational swim area, crazy dive contest, food, and lots of fun.

AGE	DAY	DATE	TIME
All	Sat	Aug 12	1:30-5:30p

Children (Ages 6mo-17) \$4

Adults (Ages 18-54) \$5

Seniors (Ages 55+) \$4

Recreation Swim

Recreational swimmers of all ages are invited to cool off and have fun at the Aquatic Pavilion! Entry fee applies to every person entering the facility.

AGE	DAY	DATE	TIME
All	M-F	Jun 12-Sep 29	1:30-3:15p
All	M-F	Jun 12-Sep 29	7:45p-9:15p
All	Sat-Sun	Jun 17-Oct 1	1:30-3:15p
All	Sat-Sun	Jun 17-Oct 1	3:45p-5:30p

Fee per Session

Adults (Ages 18-54) \$4 or \$32 10-visit Swim Pass

Children (Ages 6 mo-17) \$3 or \$24 10-visit Swim Pass

Seniors (Ages 55+) \$3 or \$24 10-visit Swim Pass

For your safety, children eight years and younger or under 48 inches tall must be accompanied by an adult 18 years and over at all times (one adult per child is required).

Swim Attire

Bathing suits are required. No cutoffs or shorts below the knees are allowed. Exposed undergarments are prohibited.

Men: Proper swim attire consists of elastic or drawstring trunks, no pockets, zippers, or buttons.

Women: Proper swim attire consists of one or two-piece swimsuit as defined by the Aquatic Pavilion staff. Body suits are not allowed.

Toddlers: Swim diapers must be worn by all children three years and younger and are available for purchase at the Aquatic Pavilion ticket window.

Lockers: Are available however, patrons must provide their own locks (no overnight storage).

Food & Beverages: Are permitted on grass area only. Please do not bring glass containers or knives.

Registration Information

Class registration will be accepted as noted in each section and will be taken on a first come, first served basis.

Please Note: All class levels have limited space available. Cash, checks, and credit cards are accepted (Visa/MasterCard/American Express) at the time of registration. All class registration is conducted at the Aquatic Pavilion.

Registration Dates: Listed next to each session.

Time: 8a-2p on Initial Registration Weekend

Registration closes the Monday after initial registration date. Classes not meeting the minimum requirement will be offered at other times or full refunds will be issued. For all other classes not listed, please see lesson schedule at the Norwalk Aquatic Pavilion. Schedule subject to change.

AQUATICS

Norwalk Aquatic Pavilion

12301 Sproul St • 929-5622

Family Friday Fun Nights!

Bring the family to enjoy fun recreational swimming with themed nights! Families that come dressed in theme will have a surprise treat available for them.

DAY	DATE	THEME
F	Jun 30	Red, White, & Blue
F	Jul 28	Hawaiian Luau
F	Aug 4	Pokemon Go
F	Aug 18	Glow in the Dark

Fee per Session

Adults (Ages 18-54)	\$4
Children (Ages 6 mo-17)	\$3
Seniors (Ages 55+)	\$3

Please see Swim Attire section for information. All Recreational Swim Attire Rules and Regulations apply to enter the water.

Swim Lessons

Learn to Swim Program is designed to develop water safety and swimming skills for all ages, regardless of their ability. For class descriptions, please contact **929-5622**.



Swim Lessons - 5 Days a Week (M-F)

Cost: \$36 (per 2-week session), 10 lessons per session, lessons 30 minutes each Aqua Tot & Level 1-3 offered every half hour between the hours of 9a-12p or 3:30-6:30p

Parent & Me offered every half hour between the hours of 10:30a-12p or 4:30-6:30p

Registration Dates	Session / Dates
Jun 10-12	Session 1 / Jun 12-23
Jun 24-26	Session 2 / Jun 26-Jul 7 (No class Jul 4)
Jul 8-10	Session 3 / Jul 10-21
Jul 22-24	Session 4 / Jul 24-Aug 4
Aug 5-7	Session 5 / Aug 7-18 (pm classes only)

Swim Lessons - Twice a Week

(M/W, T/Th, or Sat/Sun)

Cost: \$36 per 3-week session, 6 lessons per session, lessons 45 minutes each Aqua Tot, Level 1 & Level 2 offered.

Please refer to lesson schedule for additional classes not listed. Registration Friday night from 6-8p except first initial registration. Following initial registration during business hours only. Please see lesson times and dates below.

M / W Swim Lessons

Morning Lessons

9-9:45a
10-10:45a
11-11:45a

Registration Dates

Jun 10-12
Jun 30-Jul 3
Jul 21-24
Aug 11-14

Afternoon Lessons

4-4:45p
5-5:45p
6-6:45p

Session / Dates

Session 1: Jun 12-28
Session 2: Jul 3-19
Session 3: Jul 24-Aug 9
Session 4: Aug 14-30 (Afternoons Only)

T / Th Swim Lessons

Morning Lessons

9-9:45a
10-10:45a
11-11:45a

Registration Dates

Jun 10-12
Jun 30-Jul 3
Jul 21-24
Aug 11-14

Afternoon Lessons

4-4:45p
5-5:45p
6-6:45p

Session / Dates

Session 1 / Jun 13-29
Session 2 / Jul 4-20 (No Class July 4)
Session 3 / Jul 25-Aug 10
Session 4 / Aug 15-31 (Afternoons Only)

Sat / Sun Swim Lessons

Morning Lessons

9-9:45a
10-10:45a
11-11:45a

Registration Dates

Jun 10-12
Jul 1-3
Jul 21-23

Session / Dates

Session 1 / Jun 17-Jul 2
Session 2 / Jul 8-23
Session 3 / Jul 29-Aug 13

Semi-Private Swim Lessons (Ages 3-10)

Cost: \$75 per session

Do you prefer a smaller class size for your child? Then sign up for our Semi-Private Swim Lessons. There is a maximum of three children per class. Registration and lesson schedule follow Monday-Friday or Saturday/Sunday lesson schedule. Space is limited and instructor request is on a first come, first served basis.

M-F Lessons

2 week sessions, ten 30-minute lessons, five days a week

Sat / Sun Lesson

3 week sessions, six 45-minute lessons, two times a week

AQUATICS

Norwalk Aquatic Pavilion

12301 Sproul St • 929-5622

Private Swim Lessons (All Ages)

Cost: \$100 per session

Private lessons are on a one-to-one basis. Registration and lesson schedule follow Monday-Friday or twice a week lesson schedule. Space is limited and instructor request is on a first come, first served basis.

M-F Lessons

2 week sessions, ten 30-minute lessons, five days a week

M / W, T /Th, or Sat /Sun Lesson

3 week sessions, six 45-minute lessons, two times a week

Diving Classes

Cost: \$36 (per 2-week session, Ten 30 min lessons per session.)

For beginner divers with Level 3 swimming skills. Come learn the basic skills of springboard diving including front and back dives, introduction to reverse dives, as well as somersaulting in all directions. This is a beginning-conditioning program for the sport of diving. Registration and lesson schedule follow Monday-Friday schedule.

M-F Classes

11-11:30a or 5-5:30p

Water Activities

Pre-registration for water activities is not required

Adult Shallow & Deep Water Aerobics

Our staff is friendly and love to make workouts fun and exciting. The pool is accessible to everyone and we keep the water warm for you. This is a great opportunity for an invigorating, toning, and cardio-conditioning workout. It is also an excellent workout for anyone with joint problems. For a different workout, we have deep water aerobics. This workout is a no-stress impact on your joints.

AGE	DAY	DATES	TIME	FEE
18+	M-F	Jun 12- Sep 29	12-1p	\$4/1 or \$32/10
18+	M-F	Jun 12- Sep 29	6:30-7:30p	\$4/1 or \$32/10
55+	M-F	Jun 12- Sep 29	12-1p	\$4/1 or \$32/10
55+	M-F	Jun 12- Sep 29	6:30-7:30p	\$4/1 or \$32/10
18+	S-Su	Jun 17-Oct 1	12-1p	\$4/1 or \$32/10
55+	S-Su	Jun 17-Oct 1	12-1p	\$4/1 or \$32/10

Adult Lap Swim

Use our facility to stay in shape and look great too! Swimming is one of the most effective and complete exercises you can do. Lap swimmers have dedicated lanes, comfortable water temperature, and the chance to have a great workout!

AGE	DAY	DATES	TIME	FEE
18+	M-F	Jun 12-Sep 29	6:30-8a	\$4/1 or \$32/10
18+	M-F	Jun 12-Sep 29	12-1p	\$4/1 or \$32/10
18+	M-F	Jun 12-Sep 29	6:30-7:30p	\$4/1 or \$32/10
55+	M-F	Jun 12-Sep 29	6:30-8a	\$4/1 or \$32/10
55+	M-F	Jun 12-Sep 29	12-1p	\$4/1 or \$32/10
55+	M-F	Jun 12-Sep 29	6:30-7:30p	\$4/1 or \$32/10
18+	S/Su	Jun 17-Oct 1	11a-1p	\$4/1 or \$32/10
55+	S/Su	Jun 17-Oct 1	11a-1p	\$4/1 or \$32/10

Special Water Programs

Junior Lifeguard Program

Looking for a great summer program that will prepare kids for the aquatic workforce? Join Norwalk's Junior Lifeguard Program and learn what it takes to be part of a fun outdoor and exciting workplace.

Requirements: All participants must have passed an American Red Cross Level 4 Class. Junior Lifeguards will be introduced to CPR, First Aid, and Life Saving skills to become a future lifeguard or swim instructor. The Junior Lifeguard Program will provide great learning experiences at the Norwalk Aquatic Pavilion, as well as enjoy multiple excursions to other aquatic atmospheres. Participants will be required to provide volunteer service during swim lessons and recreational swim. Proof of age must be presented at time of registration.

AGE	DAY	DATES	TIME	FEE
11-15	M-F	Jun 12-Aug 11	8-9a	\$100

(Includes t-shirt, participant manual, & excursions)



AQUATICS

Norwalk Aquatic Pavilion

12301 Sproul St • 929-5622

Norwalk Stingrays Youth Swim Team

The Norwalk Stingrays is a novice swim team designed to teach and encourage young people to participate in water sports on a competitive yet fun basis. Team members will learn the basic competitive skills and train to compete in swim meets against other area swim teams throughout the summer. 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 program's success. Children should be able to swim front crawl 50 yards continuously and have a basic knowledge of the 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.

FEE

\$70/month first swimmer

\$60/month second swimmer

\$50/month third swimmer

AGE	DAY	DATES	TIME
6-18	M-F	Jun 12- 30	6-8a
6-18	M-F	Jul 3-31	6-8a
6-18	M-F	Aug 1-18	6-8a



Aquatic Pavilion Weekend Rental (July, August, & September)

If you would like to reserve the Aquatic Pavilion for a special occasion, applications are being accepted on a first-come, first-serve basis at the Norwalk Arts & Sports Complex, 13000 Clarkdale Avenue. A security deposit of \$250 is due at time of application (cash/check only). Office hours are Monday through Thursday, 8a to 9p; Fridays, 8a to 8p; and Saturdays, 8a to 6p. For more information, please call **929-5566**.

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

Set up Fees: Applicant may decorate/set up one hour in advance on the day of the reservation at a rate of \$29.50 per hour.

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

Barbeque Rental Fee: For safety purposes, groups wishing to barbeque must use City of Norwalk owned and maintained equipment. The \$25 fee includes one filled propane tank and staff time for set up and clean up.

Aquatic Pavilion Private Rental

Maximum Capacity: 350

Hours of Availability: Saturdays & Sundays, 5:30-11p

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

\$180 Per Hour for Groups of Less than 50

\$245 Per Hour for Groups of 50 to 100*

\$265 Per Hour for Groups of More than 100*

\$250 Security Deposit

**Minimum One Hour Clean up Time*

Group attendance applies to all persons entering the facility, whether swimming or not.

Aquatic Pavilion Picnic Area Rental

Saturdays & Sundays, 1:30-5:30pm

Capacity: 100 (Banquet Style)

Facility is open to public concurrently; rental includes exclusive access to picnic area. Admission fee applies to all persons entering the facility, whether swimming or not.

\$112 Two Recreation Swim Sessions

\$3 Per Youth (Ages 6 mos.-17) or Senior (Ages 55+) in Group

\$4 Per Adult (Ages 18-54) in Group

\$250 Security Deposit

YOUTH Sports

Pee Wee Sports

Instructor: Recreation Sports Staff

Pee Wee Sports gives the little ones the opportunity to shine! This 5-week program is designed to introduce children to the basic fundamentals of baseball, soccer, or basketball in a non-competitive environment. Fees include the 5-week program and all class equipment, a program T-shirt, and a certificate of participation. Classes must have a minimum of 10 registered participants to avoid cancellation.

Li'l Sluggers (Baseball)

Norwalk Park, 13000 Clarkdale Ave

AGE	DAY	DATES	TIME	FEE
3	T	Jul 11-Aug 8	9-9:50a	\$25
4-5	T	Jul 11-Aug 8	10:10-11a	\$25

Li'l Kickers (Soccer)

Norwalk Park, 13000 Clarkdale Ave

AGE	DAY	DATES	TIME	FEE
3	W	Jul 12-Aug 9	9-9:50a	\$25
4-5	W	Jul 12-Aug 9	10:10-11a	\$25

Li'l Hot Shots (Basketball)

Norwalk Arts & Sports Complex, 13000 Clarkdale Ave

AGE	DAY	DATES	TIME	FEE
3	Th	Jul 13-Aug 10	9-9:50a	\$25
4-5	Th	Jul 13-Aug 10	10:10-11a	\$25

Small Fry T-Ball - Boys & Girls

Holifield Park, 12500 Excelsior Dr

The Small Fry T-Ball Program is designed to teach children the basics of baseball. The program emphasizes skill development, sportsmanship, and teamwork in a non-competitive environment. Please call **929-5566** for more information or visit us at www.norwalk.org.

Age	Dates	Fee	Parent Meeting
5-7	Jul-Aug	\$37.50	Jun 14 - 6p, NASC

Youth Summer Baseball - Boys & Girls

Zimmerman Park, 13031 Shoemaker Ave

The Youth Baseball League provides fundamental instruction and friendly competition in a safe and structured environment. Participants will receive a T-shirt and participation award. Please call **929-5566** for more information or visit us at www.norwalk.org.

Age	Dates	Fee	Parent Meeting
8-13	Jul-Aug	\$37.50	Jun 14 - 7:30p, NASC
Registration for baseball has already begun at the Norwalk Arts & Sports Complex. Please Note: Registration after Wednesday, June 14, will include a \$10 late fee.			

Youth Outdoor Volleyball (Boys & Girls)

Norwalk Park, 13000 Clarkdale Ave

The Youth Volleyball Program provides fundamental instruction and friendly competition in a safe and structured environment. Participants will receive a T-shirt and participation award. Please call **929-5566** for more information or visit us at www.norwalk.org.

Age	Dates	Fee	Parent Meeting
8-13	Jul-Aug	\$37.50	Jun 12 - 6:45p, NASC
Registration for volleyball has already begun at the Norwalk Arts & Sports Complex. Please Note: Registration after Wednesday, June 14, will include a \$10 late fee.			

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 baseball, flag football, and volleyball programs. If you would like to volunteer, please stop by the Norwalk Arts & Sports Complex (NASC) 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.

Coaches Meeting:

Volleyball Jun 12, 7:30p, NASC

Baseball Jun 14, 6:45p, 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 I.D.



YOUTH Sports

Small Fry & Youth Flag Football (Boys & Girls)

Holifield Park, 12500 Excelsior Dr

The Small Fry/Youth Flag Football Program is designed to teach youth the basics of football. The program emphasizes skill development, sportsmanship, and teamwork in a non-competitive environment. Participants will receive a T-shirt and participation award. Registration is being accepted at the Norwalk Arts & Sports Complex, 13000 Clarkdale Avenue. Please call **929-5566** for more information or visit us at www.norwalk.org.

Please Note: Registration after Wednesday, September 6, will include a \$10 late fee.

Age	Dates	Fee	Parent Meeting
5-13	Oct-Nov	\$37.50	Sep 6 - 6p, NASC

Youth/Teen Indoor Volleyball (Boys & Girls)

Norwalk Arts & Sports Complex, 13000 Clarkdale Ave

The Youth/Teen Indoor Volleyball Program provides fundamental instruction and friendly competition in a safe and structured environment. Games will be played at the Norwalk Arts & Sports Complex, beginning in October. Participants will receive a T-shirt and participation award. Registration is being accepted at the Norwalk Arts & Sports Complex, 13000 Clarkdale Avenue. Please call **929-5566** for more information or visit us at www.norwalk.org.

Registration after Wednesday, September 6, will include a \$10 late fee.

Age	Dates	Fee	Parent Meeting
8-15	Oct-Nov	\$37.50	Sep 6 - 7:30p, NASC

ADULT Sports

Men's Basketball "D" Division

Norwalk Arts & Sports Complex, 13000 Clarkdale Ave
Registration will be conducted through the month of July. Register early to guarantee your team a spot in the league of your choice. For more information, please call **929-5567** or visit us at www.norwalk.org.

AGE	DAY	DATES	TIME	FEE
18+	Th	Aug	TBA	\$360 (Plus \$50 forfeit deposit*)
18+	Sun	Aug	TBA	\$360 (Plus \$50 forfeit deposit*)

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

NEW Pickleball League

Recreation Division

Norwalk Arts & Sports Complex, 13000 Clarkdale Ave



What is Pickleball? Pickleball is a paddle sport created for all skill levels. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players! League is scheduled to begin in August. For

more information, please call 929-5567.

AGE	DAY	DATES	TIME	FEE
18+	F	Aug	TBA	\$40 per 2-player team

Adult Co-ed Volleyball League

Recreation Division

Norwalk Arts & Sports Complex, 13000 Clarkdale Ave

The Adult Co-ed volleyball league will consist of 3 men and 3 women on the court. This league is designed to provide a structured, competitive volleyball environment for players of various skill levels. Registration will be conducted through the month of July. Register early to guarantee your team a spot in the league. For more information, please call **929-5567** or visit us at www.norwalk.org.

AGE	DAY	DATES	TIME	FEE
18+	Sun	Aug	TBA	\$175 (plus \$25 forfeit deposit*)

**Each team is also responsible for paying the referee fee of \$12 prior to the start of each game.*

Adult Slow Pitch Softball Leagues

Recreation Division

Holifield Park, 12500 Excelsior Dr

Registration will be conducted through the month of June. Register early to guarantee your team a spot in the league of your choice. For more information, please call **929-5567** or visit us at www.norwalk.org.

AGE	DAY	DATES	TIME	FEE
Men 18+	W	Jul	TBA	\$425 (+\$50 forfeit deposit*)
Co-ed 18+	F	Jul	TBA	\$425 (+\$50 forfeit deposit*)

**Each team is also required to pay umpire fees of \$12.50 prior to the start of each game.*

DON KNABE

Golf Center & Junior Academy

13717 Shoemaker Ave • 921-7047

This newly renovated facility will host a year round junior golf academy and instruction program for juniors of all ages and ability levels. Their program will not only focus on the core competencies for the game of golf, the swing, rules, and etiquette, but also the core competencies to succeed in life including social skills, education, and an introduction to the various career opportunities available through the game of golf.



The scope of the project includes a new 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 will be lighted and available for evening use.

This new facility that is scheduled to open in early Summer of 2017 will truly embrace the City's Recreation Department motto of "Parks Make Life Better!"



For more information, please visit www.playknabegolf.com.

NASC FACILITY

Reservations

ATTENTION:

Special Event Planners

The Norwalk Community Meeting Center has 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

To reserve, view a room, or obtain a rental application, please call **929-5566** or visit the Norwalk Arts & Sports Complex located at 13000 Clarkdale Avenue. Rental information is also available at www.norwalk.org.

Payment of Fees: Half of 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. 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.

Norwalk Arts & Sports Complex Facilities



Sproul Room

Capacity: 150 Max

\$ 772 (5 Hrs, includes one hour of cleanup)

\$150 Each Additional Hour

\$1,000 Security Deposit (W/Alcohol)

\$500 Security Deposit (No alcohol)



Hargitt Room

Capacity: 50 Max

\$390 (5 Hrs, includes one hour of cleanup)

\$40 Each Additional Hour

\$500 Security Deposit (w/ or w/o alcohol)



Rich Rehearsal Hall

(Multi-Purpose Room)

Capacity: 150 Maximum

\$579 (5 Hrs, includes one hour of cleanup)

\$100 Each Additional Hour

\$1,000 Security Deposit (w/ alcohol)

\$500 Security Deposit (No alcohol)



Hospitality Courtyard

Capacity: 200 Max (outdoor setting)

\$405 (3 Hrs, includes one hour of cleanup)

\$100 Each Additional Hour

\$500 Security Deposit (w/ or w/o alcohol)



Sproul Reception Center (Barn)

Capacity: 72 In - 100 In & Out

\$746 (5 Hrs, includes one hour of cleanup)

\$125 Each Additional Hour

\$1,000 Security Deposit (w/ alcohol)

\$500 Security Deposit (w/o alcohol)



Complex Terrace (Jun-Sept Only)

Capacity: 125 (outdoor setting)

\$500 (5 Hrs, includes one hour of cleanup)

\$100 Each Additional Hour

\$500 Security Deposit (w/ or w/o alcohol)

PARK FACILITY

Reservations

Park Facilities

Rental applications are available at the Norwalk Arts & Sports Complex, 13000 Clarkdale Avenue or online at norwalk.org.

Gerdes Park Recreation Center 14700 Gridley Rd

Capacity: 70 Banquet Style

\$230 (5 Hrs)

\$40 Each Additional Hour

Non-resident Fee: \$158.50 (in addition to the hourly fee)

\$1,000 Security Deposit with alcohol

\$500 Security Deposit without alcohol

Available Hours: Saturday • 12-11p

Sunday • 9a-11p



Gerdes Park Patio 14700 Gridley Rd

Capacity: 45 Banquet Style

\$30 per Hour (minimum 2 hours)

Non-resident Fee: \$158.50 (in addition to the hourly fee)

\$1,000 Security Deposit with alcohol

\$500 Security Deposit without alcohol

Available Hours: Saturday • 12-11p

Sunday • 9a-11p



Hermosillo Park Recreation Center 11959 162nd St

Capacity: 80 Banquet Style

\$250 (5 Hrs)

\$40 Each Additional Hour

Non-resident Fee: \$158.50 (in addition to the hourly fee)

\$1,000 Security Deposit with alcohol

\$500 Security Deposit without alcohol

Available Hours: Saturday • 12-11p

Sunday • 9a-11p



Sara Mendez Park Recreation Center 11660 Dune St

Capacity: 44 Indoor – 80 Indoor/Outdoor Banquet Style

\$364 (5 Hrs)

\$40 Each Additional Hour

Non-resident Fee: \$158.50 (in addition to the hourly fee)

\$1,000 Security Deposit with alcohol

\$500 Security Deposit without alcohol

Available Hours: Saturday • 12-11p

Sunday • 9a-11p



Shoshonean Campsite (Bob White Park) 12120 Hoxie Ave

Capacity: 250

\$232 (5 Hrs)

\$40 Each Additional Hour

Non-resident Fee: \$158.50 (in addition to the hourly fee)

\$500 Security Deposit

Portable restroom fee (varies per need)

Available Hours: Daily • 9a-7p

Overnight reservations for resident Boy and Girl Scout troops only.



PARK *Locations*



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 • 929-5566



Ramona Park

13244 Mapledale St • 929-5616



Sara Mendez Park

11660 Dune St • 868-1093



Vista Verde Park

11459 Ratliffe St • 929-5618



Zimmerman Park

13031 Shoemaker Ave • 929-5620

Supervised Park Hours Summer

AGE	DAY	DATES	TIME	FEE
5-17	M-Sat	Jun 12-Aug12	12-8p	Free

Locations:

Gerdes Park, 14700 Gridley Rd
 Glazier Park, 10810 Excelsior Dr
 Hermosillo Park, 11959 162nd St
 Holifield Park, 12500 Excelsior Dr
 New River Park, 13432 Halcourt Ave
 Ramona Park, 13244 Mapledale St
 Sara Mendez Park, 11660 Dune St
 Vista Verde Park, 11459 Ratliffe St

Norwalk Skate Park



Please see link for updates: <http://www.norwalk.org/city-hall/departments/recreation-park-services/skate-park>

PARK Programs

Free Summer Madness Days!

Enjoy your summer vacation with friends by visiting your local park! All summer long, a variety of daily themed activities will be offered. Check your park for local activities.

*Parks will not be staffed July 3 and 4.

AGE	DAY	DATES	TIME	THEME
5-17	M	Jun 12-Aug 12*	12-8p	Magic Mania Mondays
5-17	T	Jun 12-Aug 12*	12-8p	Tasty Treat Tuesdays
5-17	W	Jun 12-Aug 12*	12-8p	Wild Wet Wednesdays
5-17	Th	Jun 12-Aug 12*	12-8p	Throwback Thursdays
5-17	F	Jun 12-Aug 12*	12-8p	Fun Filled Fridays
5-17	Sat	Jun 12-Aug 12*	12-8p	Sunshine Saturdays

Swim Time!

Enjoy swimming? Well look no further! Park participants will be transported to the Norwalk Aquatic Pavilion for some water fun! Participants must bring sunblock, a towel, and wear a proper bathing suit (cotton shorts, t-shirts, cut-offs, and leotards are not permitted). Pre-registration is required for each trip. Transportation and supervision will be provided. Don't be late, transportation will leave at the scheduled time. Excursion may be cancelled due to low enrollment.

Registration begins at listed parks: Fri, Jun 23 - 12p

AGE	DAY	DATES	TIME	LOCATION	FEE
8-17	F	Jun 30	1-3:45p	Gerdes Park	\$3
8-17	F	Jul 7	1-3:45p	Hermosillo Park	\$3
8-17	F	Jul 14	1-3:45p	Glazier Park	\$3
8-17	F	Jul 21	1-3:45p	Ramona Park	\$3
8-17	F	Jul 21	1-3:45p	Holifield Park	\$3
8-17	F	Jul 28	1-3:45p	New River Park	\$3
8-17	F	Aug 4	1-3:45p	Sara Mendez	\$3
8-17	F	Aug 11	1-3:45p	Vista Verde Park	\$3

Seaside Lagoon Excursion

Redondo Beach

Enjoy going to the beach? Participants will have fun playing football, building sand castles, and soaking in the sun. Participants will be required to bring towels, lunch, and sunblock. Pre-registration is required. Transportation and supervision will be provided. Transportation will leave on time, so don't be late. Excursion may be cancelled due to low enrollment. Space is limited. Pick up and drop off from the park where participants register will be provided if needed. Bus will depart from Gerdes Park, 14700 Gridley Rd. Registration begins at all local parks: F, Jun 16 - 12p

AGE	DAY	DATES	TIME	FEE
8-17	Th	Jul 20	9a-4p	\$7

End of Summer Blast

Gerdes Park, 14700 Gridley Rd

On this special evening, all park participants are invited to join us at Gerdes Park. There will be snacks, games, memorable crafts, and much more at this end of summer fun event!

AGE	DAY	DATES	TIME	FEE
5-17	F	Aug 11	5-8p	Free

Back to School Park Hours

Gerdes Park, 14700 Norwalk Bl

Hermosillo Park, 11959 162nd St

Holifield Park, 12500 Excelsior Dr

New River Park, 13432 Halcourt Ave

AGE	DAY	DATES	TIME	FEE
5-17	M/T/Th/F	Aug 14-31	2:30-7p	Free
5-17	W	Aug 14-31	1-7p	Free
5-17	Sat	Aug 14-31	12-7p	Free

Sara Mendez Park, 11660 Dune St

AGE	DAY	DATES	TIME	FEE
5-17	M/T/Th/F	Aug 14-31	2:30-7p	Free
5-17	W	Aug 14-31	1:30-7p	Free
5-17	Sat	Aug 14-31	12-7p	Free

Ramona Park, 13244 Mapledale St

Vista Verde Park, 11459 Ratliffe St

AGE	DAY	DATES	TIME	FEE
5-17	M/T/Th/F	Aug 14-31	3-7p	Free
5-17	W	Aug 14-31	1-7p	Free
5-17	Sat	Aug 14-31	12-7	Free



TOT PARK *Programs*

Camp Little Feet

Sara Mendez Park, 11660 Dune St



Prepare your child for school 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 gaining independence. All materials are included. Participants must be fully potty trained. Participants must have turned three (3) years of age by the first day of the session. Registration has begun at the

Norwalk Arts & Sports Complex, 13000 Clarkdale Ave. Proof of birth date is required at time of registration. For more information, please call 929-5734.

AGE	DAY	DATES	TIME	FEE
3-5	M-F	Jun 12-Jul 28	9a-12p	\$150 / \$160 NR
(No class 7/4)				

Totally Tots

Gerdes Park, 14700 Gridley Road

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 gaining 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 929-5922.

Registration Dates & Location:

Norwalk Residents - Sat, Jun 17 - 10a

Non-Residents - Mon, Jun 19 - 8a

**Norwalk Arts & Sports Complex
13000 Clarkdale Ave**



Proof of birth date is required at time of registration.

AGE	DAY	DATES	TIME	FEE
3-5	M/W/F	Aug 21- Sep 29	9a-12p	\$81 / \$91 NR
(No class 9/4)				
3-5	T/Th	Aug 22- Sep 28	9a-12p	\$71 / \$81 NR

TEEN *Center*

12305 Sproul St • 929-4260



Looking for ways to stay busy this summer? Visit the Norwalk Teen Center and leave the rest to us. Trained staff are there to lead fun activities. Looking for something more relaxing? No problem! Come and relax, play PS4, or enjoy a game of pool with friends. The point is simple, don't say you have nothing to do this summer!!! Activities will include cooking, crafts, outdoor sports, and much more. We are conveniently located behind the Norwalk Arts & Sports Complex, near the Skate Park and Aquatic Pavilion. To speak with a staff member, please call 929-4260.

AGE	DAY	DATE	TIME	FEE
13-18	M-Th	Jun 12-Aug 17	2-8p	Free
(Closed Jul 4)				
13-18	F	Jun 16-Jun 30	2-8p	Free
13-18	F	Aug 4-25	4-10p	Free

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 City-wide special events and at 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 (see dates below). For more information on meetings or TAP events, please call 929-4260.

AGE	DAY	DATES	TIME	FEE	LOCATION
13-18	W	Jun 7, Jul 5, Aug 2	6p	Free	NASC



TEEN Center

12305 Sproul St, 929-4260

Teen Events & Excursions

Please Note: All excursions depart from and return to the Norwalk Arts & Sports Complex, 13000 Clarkdale Ave.

Six Flags Magic Mountain

Attention thrill seekers! Join us to take on the NEW Justice League: Battle for Metropolis ride this summer. From the amazing roller coasters to delicious funnel cakes, you do not want to miss out on this trip! Bring spending money.

AGE	DAY	DATE	TIME	FEE
13-18	F	Jun 16	9a-10p	\$35 (includes transportation)

Registration Deadline: F, Jun 9 at Norwalk Arts & Sports Complex

Nature Hike – Azusa River Wilderness Trail

Let's hit the trail for a 2.5 mile hike near Azusa. This is great for all levels and you'll have a chance to dip your feet in the cool river! Bring a camera to capture the many picture opportunities that will be available. Wear hiking boots or sturdy shoes. Water and snacks will be provided.

AGE	DAY	DATE	TIME	FEE
13-18	Sat	Jul 1	7a-2p	\$2 (includes transportation)

Registration Deadline: F, Jun 30 at Norwalk Arts & Sports Complex

Alamitos Beach Bike Cruise – Long Beach

Join us as we visit Alamitos Bay in Long Beach to cruise the shoreline on rented bicycles. With all the sights to see, what better way to take it all in than on a bike? Bike rental, safety equipment, water, and snacks will be provided.

AGE	DAY	DATE	TIME	FEE
13-18	Th	Jul 13	3-9p	\$10 (includes transportation)

Registration Deadline: Th, Jul 6 at Norwalk Arts & Sports Complex

Glow Zone – Huntington Beach

Get ready for glow in the dark bowling, glow in the dark bumper cars, glow in the dark laser maze; you name it, they have it! Glow Zone in Huntington Beach will be a night to remember so don't miss out! Bring spending money.

AGE	DAY	DATE	TIME	FEE
13-18	Sat	Jul 22	7-11:30p	\$25 (includes transportation)

Registration Deadline: F, Jul 14 at Norwalk Arts & Sports Complex

End of Summer Bon Fire @ Bolsa Chica State Beach

End your summer right and take in the sunset at Bolsa Chica State Beach. Unwind and take in some sun, relax, and share stories next the fire. Enjoy playing games and making s'mores. Bring a bathing suit, towel, sunblock, and pack a lunch or bring money to purchase for food.

AGE	DAY	DATE	TIME	FEE
13-18	Sat	Aug 12	2-11p	\$7 (includes transportation)

Registration Deadline: F, Aug 4 at Norwalk Arts & Sports Complex

Teen Classes & Activities

Norwalk Teen Center, 12305 Sproul St

Come out this summer, make new friends and enjoy all the Teen Center has to offer. All activities are subject to cancellation due to low enrollment.

Monday Madness

Mondays get a bad rap, but not this summer! Look forward to outdoor games full of controlled madness!

AGE	DAY	DATE	TIME	FEE
13-18	M	Jun 12-Aug 14	5:30-7p	Free

Registration Deadline: M, Jun 5 at Norwalk Teen Center

Tuesday Treats

Tuesdays never tasted so good! Come explore your creative side and eat your creations too! Teen Center staff will be on hand to teach you how to make new, easy, tasty treats.

AGE	DAY	DATE	TIME	FEE
13-18	T	Jun 13-Aug 15	3-7p	Free

Registration Deadline: T, Jun 6 at Norwalk Teen Center

Wet-N-Wild Wednesdays

Beat the heat at the Norwalk Teen Center as we put a twist to traditional ways of water play. Activities will include water games and visits to the Norwalk Aquatic Pavilion.

AGE	DAY	DATE	TIME	FEE
13-18	W	Jun 14-Aug 16	4:30-7:30p	Free

Registration Deadline: W, Jun 7 at Norwalk Teen Center

Bucket List Thursdays

The teen bucket list for summer is set! From a frozen T-shirt challenge, to scavenger hunts, join us as we cross items off our summer bucket list one Thursday at a time!

AGE	DAY	DATE	TIME	FEE
13-18	Th	Jun 15-Aug 17	3:30-5:30p	Free

Registration Deadline: Th, Jun 8 at Norwalk Teen Center

Competition Fridays

After a busy week, come take a load off at the Teen Center that will be open for special hours on these Fridays. Enjoy various foods, snacks, and drinks, and wind down from a busy week. The fun doesn't stop there; different competitions will take place so be ready for a challenge!

AGE	DAY	DATE	TIME	FEE
13-18	F	Jun 30 & Aug 4-18	4-10p	Free

Registration Deadline: F, Jun 23 at Norwalk Teen Center

ADAPTIVE Recreation

Gerdes Park • 14700 Gridley Rd • 868-5817

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, 14700 Gridley Road, unless otherwise noted. To register for programs or to be added to the mailing list, please call 929-5922.

CLASS

This after school program is specifically designed for your child with disabilities. Homework help, crafts and games are all done in an environment tailored to fit their needs.

AGE	DAY	DATES	TIME	FEE
6-18	M-Th	Jun 12-29	3:30-5:30p	\$20
6-18	M-Th	Jul 3-27	3:30-5:30p	\$25

(Class will not meet July 4)

Summer Day Camp – Adaptive Recreation

Gerdes Park, 14700 Gridley Rd

(excursions & daily snack included)

Don't miss out on all the fun at summer day camp. Join us as we play games, create works of art, and make friends for lifelong memories. This safe and fun environment will be structured to maintain a productive environment. Please send your participant with a sack lunch, closed toed shoes, sun block, and water; we will provide a snack. Please register early; there is a 15 participant minimum per session if minimum is not met, program may be cancelled.

Session 1 - Registration Deadline: W, Jul 19

Session 2 - Registration Deadline: W, Jul 26

AGE	DAY	DATE	TIME	FEE
6-26	M-F	Jul 31-Aug 4	10a-5p	\$130
6-26	M-F	Aug 7-11	10a-5p	\$130



HEART (Suggested Ages 13+)

Recreation Adapted for Teens & Adults with Disabilities

HEART (Suggested Ages 13+)

Join in on the fun with this recreational group specifically designed for teens and adults with disabilities. Meet new friends and bring your friends to join others. We meet every Thursday, one Friday and one Saturday per month. Check out the monthly calendar for fees, times, and registration information.



CULTURAL Arts Center

13200 Clarkdale Ave • 929-5521

Hours of Operation

M-F	12-7p
Sat	10a-4p
Sun	Closed

Please Note: The Cultural Arts Center will be closed Tuesday, July 4, in observance of the Independence Day Holiday, and Monday, September 4 in observance of Labor Day.

Get creative at the Cultural Arts Center (CAC) this summer! 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. If you are looking for something a little more on the cultural side, we offer Mariachi classes for youth ages 7-18. The CAC also houses the Mary Paxon Art Gallery where local and regional artists have the opportunity to exhibit their art. The Center is located adjacent to the Norwalk Arts & Sports Complex, 13200 Clarkdale Avenue.



Mary Paxon Art Gallery 13200 Clarkdale Ave



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. If you are interested in exhibiting artwork, please call the Cultural Arts Center at **929-5521**. The Gallery is free to the

public and is wheelchair accessible.

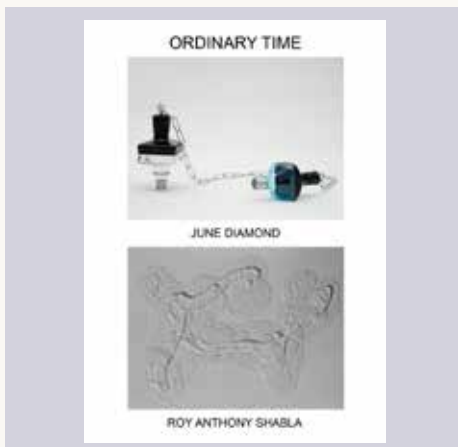
Calling All Artists!

The Mary Paxon Art Gallery is seeking artists for future exhibits. If you are 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**.

Upcoming Exhibit Schedule



Jun 6-24

"Ordinary Time"

**Artists: Roy Anthony Shabla
& June Diamond**

Artists' Reception: F, Jun 9 - 6-9p



Jul 10-29

**"Through the Eyes of a Bus Rider:
From Downtown LA to Norwalk"**

Artist: Edward Solis

Artist's Reception: Sat, Jul 15 - 5-7p



Aug 7-25

"Dancing with a Color Brush"

**Artists: Friends of Fine Art
Artists' Reception: F, Aug 11 - 6-8p**

CULTURAL

Arts Center

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

Registration begins on Saturday, May 20, 9a-9p at the Norwalk Arts & Sports Complex. Register early! If there are less than three participants enrolled in a class (prior to the first day of class), the class will be cancelled and a full refund will be issued. Additional registration hours will take place during regular operating hours: Monday-Thursday 8a-9p and Friday 8a-8p and Saturday 9a-6p. For registration or general information, please call 929-5521.

Cultural Arts Center Special Programs

NEW Painting with Coffee & Coffee Tasting

ATTENTION COFFEE LOVERS! Come enjoy the summer nights as we paint in our mini courtyard. Let the coffee and creative juices flow at this unique opportunity to learn about coffee while using it to create art! Coffee, paint, and the supplies needed to create a robust work of art will be provided. Take a sip of inspiration, gain a pinch of education, taste some coffee, have fun with friends, and leave with guaranteed energy for the whole weekend!

AGE	DAY	DATE	TIME	FEE
18+	F	Jun 30	7-8:30p	\$25

Brush Strokes & Beverages

Brush Strokes and Beverages welcomes artists of all experience levels 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. Each 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!

AGE	DAY	DATE	TIME	FEE
21+	F	Jul 28	7-9:30p	\$25
21+	F	Aug 25	7-9:30p	\$25

Open Mic Night

Calling all artists!!! Singers, dancers, poets, comedians, and musicians join us for an evening of entertainment. Participants will perform up to two selections or for 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 iPod connector will be available. Participants should bring all other equipment needed for their performance. Invite your family and friends!

AGE	DAY	DATE	TIME	FEE
All	F	Jul 14	7-9p	Free

Ceramic Art Studio

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

AGE	DAY	DATES	TIME	FEE
All	F	Jun 16-Aug 11	3:30-5:30p	\$5+
All	Sat	Jun 17-Aug 12	11:30a-1:30p	\$5+

Norwalk All-City Youth Band

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

Please Note: The All-City Band program is held from September through June.



CULTURAL Arts Center

13200 Clarkdale Ave • 929-5521

Miniachis de Norwalk Classes

AGE	DAY	DATES	TIME	FEE - Residents	FEE- Non-residents
7-18	T	Sep, Oct, Nov	varies	\$25 monthly/*\$60-3 months	\$30 monthly/*\$75-3 months

Registration Begins: T, Aug 1 – 9:00a

Miniachis de Norwalk will resume in September. Classes will be held Tuesdays at the Cultural Arts Center beginning in September. Lessons are offered in Guitar, Violin, Trumpet, and Voice at a reasonable cost. Participants must provide their own instruments; however, the Miniachis de Norwalk Program has some instruments available for loan. Parents borrowing instruments will be required to leave an instrument deposit. A new series of classes begins every three months. Please call 929-5521 for instrument availability, additional questions, or to be added to the mailing list. Si necesita informacion en español, por favor llamar al numero **929-5521**.

Musical Fingers – Piano for Tots

Instructor: Denise Martinez

Come and learn music alongside your young child. Students will learn to play their first melodies on piano as we cover basic techniques and concepts. Keyboards are provided for classroom use. Parent participation is required.

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

AGE	DAY	DATES	TIME	FEE
3-5	Sat	Jun 17-Jul 8	11-11:45a	\$40
3-5	Sat	Jul 15-Aug 5	11-11:45a	\$40

Beginning Violin

Instructor: Denise Martinez

Research has shown that children who study music are more likely to excel in their studies. Here is your chance to learn to play the violin! Students will learn basic techniques and even learn to read music notation. Students are required to have a violin in class. Rentals are available through the Cultural Arts Center (on a first come, first serve basis) with a \$50 deposit.

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

AGE	DAY	DATES	TIME	FEE
6-15	Sat	Jun 17-Jul 8	12-12:50p	\$40
6-15	Sat	Jul 15-Aug 5	12-12:50p	\$40

Local Vocals Choir

Instructor: Denise Martinez

Come and unleash your inner voice! Join a Biola University music graduate as we cover fundamental vocal techniques that will develop your voice. We will learn breathing techniques, hand signs, vocalization, and much more!

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

AGE	DAY	DATES	TIME	FEE
6-15	Sat	Jun 17-Jul 8	1-1:50p	\$30
6-15	Sat	Jul 15-Aug 5	1-1:50p	\$30

Art Club

Art Club offers 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!

AGE	DAY	DATES	TIME	FEE
6-12	Sat	Jun 17-Jul 8	12-1:45p	\$10
6-12	Sat	Jul 22-Aug 5	12-1:45p	\$10

ART STOP @ the CAC Art Studio

Get your creative juices flowing during nine weeks of activities including: drawing, painting, and sculpting. This is a drop-in program and does not require pre-registration.

Please Note: Parents must remain on-site for children under 12yrs.

AGE	DAY	DATES	TIME	FEE
All	T-F	Jun 13-Aug 11	12-1p	Free

(Class will not meet Jul 4)

Art in the Park

Spend nine weeks of “artrageous” summer fun at Norwalk Park! Explore and create a variety of arts and crafts with CAC staff. This program does not require pre-registration.

Please Note: Parents must remain on-site for children under 12yrs.

AGE	DAY	DATES	TIME	FEE
All	T-Th	Jun 13-Aug 10	1:30-3p	Free

(Class will not meet Jul 4)

WEEK

Jun 13-15
Jun 20-22
Jun 27-29
Jul 5-6
Jul 11-13
Jul 18-20
Jul 25-27
Aug 1-3
Aug 8-10

THEME

Recycled Art
Animation Celebration
Art in Nature
Red, White and Blue
Mixed Media
Beads Galore
Island Art
Summer Safari
School is Cool

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Creative 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 three (3) years of age by the first day of the session. For more information, please call **929-5521**.

AGE	DAY	DATES	TIME	FEE
3-5	T/Th	Jun 13-Jul 13	9a-12p	\$50/\$60NR
3-5	T/Th	Jul 18-Aug 17	9a-12p	\$50/\$60NR

Registration Date: Sat, May 20 - 9a for Residents

M, May 22 - 9a for Non-Residents

Norwalk Arts & Sports Complex

13000 Clarkdale Ave

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

Li'l Munchkins (Classes for Ages 1-2)

Please note: A parent or caregiver must actively participate during the duration of class. Due to space limitations, only one adult per child will be allowed in the classroom. We are unable to accommodate any unenrolled siblings or other children in the classroom.

Sponge It Up!

You and your little one will create one-of-a-kind works of art using sponges and paint. Be prepared to get messy and have fun in this class for the tiniest of artists.

AGE	DAY	DATES	TIME	FEE
1-2	M	Jun 12-Jul 10	1-1:30p	\$6

Squish!

Your child will be happy to explore at this squishy play time! We will be handling several types of dough and slime to ignite your child's senses!

AGE	DAY	DATES	TIME	FEE
1-2	M	Jun 12-Jul 10	6-6:30p	\$6

Teeny Tiny Chefs

It's never too young to learn about healthy eating and enjoy making yummy treats. Parent and child will work together to make nutritious snacks that both will enjoy!

AGE	DAY	DATES	TIME	FEE
1-2	T	Jun 13-Jul 11	1-1:30p	\$8

(No class Jul 4)

Wacky Wednesdays

Hey parents! Are you looking for a class where your tot can refine their motor skills? Venture into an active class where an assortment of materials are used to practice coordination skills while creating artistic masterpieces!

AGE	DAY	DATES	TIME	FEE
1-2	W	Jun 14-Jul 12	4-4:30p	\$8

Crafty Critters

Lions, tigers and bears, oh my! These cute and cuddly critters are hard to resist. Children will use an assortment of papers, felt and more to make the cutest critters around.

AGE	DAY	DATES	TIME	FEE
1-2	W	Jun 14-Jul 12	6-6:30p	\$8

Music Circle

We will be creating instruments and then using them to make music together in this introductory music class. Children will make drums, shakers and other noise makers to use in class and at home.

AGE	DAY	DATES	TIME	FEE
1-2	Th	Jun 15-Jul 13	4-4:30 p.m.	\$7

Pup-Pup-Puppet It Up!

Story time will come alive with the puppets that we will be creating! Puppets will be made using pom-poms and other household items.

AGE	DAY	DATES	TIME	FEE
1-2	Sat	Jun 17-Jul 15	10-10:30a	\$8

Ship Shape!

Learning shapes will be fun as we use them to make artistic designs and works of art using cardstock, canvas, and paint.

AGE	DAY	DATES	TIME	FEE
1-2	M	Jul 17-Aug 7	1-1:30p	\$8

Mini Groovers!

Does your toddler love to shake, rattle and roll? Children will learn and sing silly songs and make fun matching crafts!

AGE	DAY	DATES	TIME	FEE
1-2	M	Jul 17-Aug 7	6-6:30p	\$8

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More Teeny Tiny Chefs

So nice, we'll offer it twice! Join us for the first time, or come on back for even more foody fun! Parent and child will work together to make nutritious yummy snacks that both will enjoy!

AGE	DAY	DATES	TIME	FEE
1-2	T	Jul 18- Aug 8	1-1:30p	\$10

Fishy Fun

There will be ocean fun for everyone! A handprint fish and a fish made from a recycled CD are just some examples of the fish fun you and your toddler will be creating together.

AGE	DAY	DATES	TIME	FEE
1-2	W	Jul 19-Aug 9	4-4:30p	\$8

All Sorts of Stamps

Your little ones will use all sorts of stamps to create little masterpieces in this fun interactive class for the tiniest of artists.

AGE	DAY	DATES	TIME	FEE
1-2	W	Jul 19-Aug 9	6-6:30p	\$8

1 Little, 2 Little

Your little one will learn to count and begin to recognize numbers in this craft class. We will use cutouts of numbers to make all sorts of things including a butterfly made from the number three.

AGE	DAY	DATES	TIME	FEE
1-2	Th	Jul 20-Aug 10	4-4:30p	\$7

Head, Shoulders, Knees & Toes

Recognizing and naming the parts of their bodies is an important milestone for toddlers. Our songs and crafts will make learning fun and exciting.

AGE	DAY	DATES	TIME	FEE
1-2	Sat	Jul 22-Aug 12	10-10:30a	\$8

Tots

Please note: An adult or sibling 12 years of age or over must remain on-site for children ages 3-5.

Tippy Toes

Tippy Toes will begin with warm-ups and stretching exercises as well as activities that encourage boys and girls to use their imagination. We will incorporate Disney dance music to further their dance experience. During each class, the children will dance on their own with flags or music instruments to get them moving.

AGE	DAY	DATES	TIME	FEE
3-5	M	Jun 12-Jul 10	12-12:45p	\$7

Green Thumb

Go green! Get ready to plant and watch your plants grow in an outside garden or in a pot near the window. Each week, children will be planting different seeds. At the end of the session you will take them home to enjoy.

AGE	DAY	DATES	TIME	FEE
3-5	M	Jun 12-Jul 10	2-2:45p	\$9

Summer Sweets

Do you have a sweet tooth? Come join us as we make cold, delicious summer treats that are sure to please! We will make a variety of ice cream treats to cool down during the summer heat.

AGE	DAY	DATES	TIME	FEE
3-5	M	Jun 12-Jul 10	3-3:45p	\$8

Art Projects

Toddlers love getting creative and messy! Explore your toddler's scribbling abilities with these simple and colorful crafts that will hone your child's fine-motor skills. Plus, displaying the completed creations at your home will boost your little one's self-esteem. Let small hands take the lead with these activities and see a smile light up their face!

AGE	DAY	DATES	TIME	FEE
3-5	T	Jun 13-Jul 11	2-2:45p	\$6

(No class Jul 4)

Please Note: Programs may be changed or canceled without notice. Refunds will be issued in full for any program canceled by the City of Norwalk. Please visit the official City of Norwalk website at www.norwalk.org for updated information on upcoming events and programs.

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Free Music Spirits

In a fun and informal setting we will sing, play percussive instruments, dance, chant, do finger plays, listen, get very silly, sing lullabies, and so much more. Together let's explore sounds, words, pitch, tempo, melody, rhythm, movement, and dance. All is done in a non-performance environment where every child is able to experience their style of learning with no expectations, just play!

AGE	DAY	DATES	TIME	FEE
3-5	T	Jun 13-Jul 11	3-3:45p	\$6

(No class Jul 4)

Wacky Watercolors

Learn how to create weekly step-by-step masterpieces while learning the basic fundamentals of blending, mixing, and working with watercolors. You will be painting summer scenes such as beaches, sunsets, and flowers.

AGE	DAY	DATES	TIME	FEE
3-5	T	Jun 13-Jul 11	4-4:45p	\$7

(No class Jul 4)

Under the Sea

"Everything's better, down where it's wetter, under the sea!" Create sea creatures from a mixture of art and craft materials, and jump into summer time fun!

AGE	DAY	DATES	TIME	FEE
3-5	W	Jun 14-Jul 12	2-2:45p	Free

Tiny Chefs Kitchen

It is never too early to start cooking! So let's put those tiny hands to work in the kitchen. Learn a number of scrumptious recipes that are sure to make your little taste buds jump with joy.

AGE	DAY	DATES	TIME	FEE
3-5	W	Jun 14-Jul 12	3-3:45p	\$9

Cartooning the Easy Way

It's so easy your parents could do it! Learn how to draw your favorite cartoon characters from your favorite TV shows! Using basic shapes, you will create characters for your own coloring book and paint them with watercolors.

AGE	DAY	DATES	TIME	FEE
3-5	F	Jun 16-Jul 14	12-12:45p	\$7

Furry Friends

Cuddle up with a handmade furry friend. Boys and girls will learn beginning sewing skills in this class. At the end of the last session they will take home their very own masterpiece.

AGE	DAY	DATES	TIME	FEE
3-5	F	Jun 16-Jul 14	1-1:45p	\$6

Cool Creations

Use frozen watercolors, ice cubes and more to make the coolest artwork ever! We will work outdoors and use the warm weather to add to the fun.

AGE	DAY	DATES	TIME	FEE
3-5	F	Jun 16-Jul 14	2-2:45p	\$9

Trash & Treasures

One kid's trash is another's treasure! Turn trash into a treasure with crafting and some imagination. Soda bottle superheroes? Paper towel tube pencil cup? We will make those and more.

AGE	DAY	DATES	TIME	FEE
3-5	Sat	Jun 17-Jul 15	2-2:45p	\$6

Safari Adventures

It's a jungle in here. Don't be afraid, our jungle friends won't bite. Join us as we paint jungle animals with a whimsical twist.

AGE	DAY	DATES	TIME	FEE
3-5	Sat	Jun 17-Jul 15	3-3:45p	\$6

All About Me

Share all about you as you make an album from paper bags featuring all of your favorite things. The final product will be something mom and dad will want to keep with other precious memories of their tot.

AGE	DAY	DATES	TIME	FEE
3-5	M	Jul 17-Aug 7	12-12:45p	\$7

On the Move

We will head outdoors to create art that can't be made indoors! Kids will toss paint-filled balloons onto a mural, roll a ball through paint and onto a canvas, and other great active art activities.

AGE	DAY	DATES	TIME	FEE
3-5	M	Jul 17-Aug 7	2-2:45p	\$9

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Paper Plate Picassos

Put down your fork and pick up a paint brush. Paper plates become our canvas as we work on paintings inspired by Picasso in this beginning painting class.

AGE	DAY	DATES	TIME	FEE
3-5	M	Jul 17-Aug 7	3-3:45p	\$8

Dab!

Dot art is a fun way to develop concentration and fine motor skills. Using small items to dab paint onto a predefined picture will not only do this, but also give tots the satisfaction or creating a beautiful picture.

AGE	DAY	DATES	TIME	FEE
3-5	T	Jul 18-Aug 8	2-2:45p	\$6

Mystery Media

Similar to our Art Club for older artists, this class will use various mediums and materials to create a wide variety of arts and crafts. Each week is different and you never know what is in store for you. Painting? Sculpture? Crafting? One thing you'll know for sure is that you'll have a great time!

AGE	DAY	DATES	TIME	FEE
3-5	T	Jul 18-Aug 8	3-3:45p	\$6

Cut & Paste

Tots love to use scissors. Scissors are an important kindergarten skill and practicing makes perfect. This class will give your tot plenty of opportunities to cut and paste while making a different project each week.

AGE	DAY	DATES	TIME	FEE
3-5	T	Jul 18-Aug 8	4-4:45p	\$7

Fruit & Fun

You can play with your food and eat some too! Smashing strawberries and other colorful fruits will stimulate your child's senses and also give them a nontoxic tint to paint with. Tasting new fruits will give your little one a chance to expand their palette as well.

AGE	DAY	DATES	TIME	FEE
3-5	W	Jul 19-Aug 9	2-2:45p	Free

Make Mine Mini

Create tiny treats and treasures. Boys and girls love tiny toys. Shopkins, micro-machines, and all sorts of toys are perfect for little hands. We are going to make some tiny toys using sculpting clay.

AGE	DAY	DATES	TIME	FEE
3-5	W	Jul 19-Aug 9	3-3:45p	\$9

Do Your Ears Hang Low?

Meet us at the CAC and we will head outside for silly songs and games that will keep your tot entertained throughout the summer. Don't miss out on this fun class that will keep your tot active while making new friends.

AGE	DAY	DATES	TIME	FEE
3-5	F	Jul 21-Aug 11	12-12:45p	\$7

Lights Out

You don't need to be afraid of the dark! Design your own cuddly friend to keep you company. Make monster repellent to keep those unwanted monsters away. Paint a glow in the dark switch plate to light up your room.

AGE	DAY	DATES	TIME	FEE
3-5	F	Jul 21-Aug 11	1-1:45p	\$6

Bug-A-Boo

Do you love nature and the outdoors? Join us as we make a bug catcher, plant a mini butterfly garden, and paint a beautiful welcome sign for your yard.

AGE	DAY	DATES	TIME	FEE
3-5	F	Jul 21-Aug 11	2-2:45p	\$9

Super Heroes Party

Girls and boys unite! The crafts in this class will all be super fun! Whether you are a fan of DC or Marvel, you will enjoy making puppets, and other super hero themed items.

AGE	DAY	DATES	TIME	FEE
3-5	Sat	Jul 22-Aug 12	2-2:45p	\$6

Blast Off!

Rockets, spaceships, and more will fill our time and our art with plenty of high in the sky designs. We will use cut and paste and other techniques to mod podge a canvas for your bedroom wall that any astronaut would love!

AGE	DAY	DATES	TIME	FEE
3-5	Sat	Jul 22-Aug 12	3-3:45p	\$6

Youth (Classes for Ages 6-12)

Funny Friends

Do you need a good laugh? The magic tricks and prank projects that we will create in this class are sure to make you smile and get a giggle out of your friends.

AGE	DAY	DATES	TIME	FEE
6-12	M	Jun 12-Jul 10	4-4:45p	\$9

CULTURAL

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Cookies & Canvas

If eating sweet treats helps you be more creative, then sign up for this class! We will create amazing works of art while keeping our tummies happy and satisfied with delicious cookies, cupcakes, and other yummy treats.

AGE	DAY	DATES	TIME	FEE
6-12	M	Jun 12-Jul 10	5-5:45p	\$10

Mixed Media Madness

Mix it up! Clay sculptures, acrylic painting, and charcoal drawings are all great on their own, but combining them makes one great work of art!

AGE	DAY	DATES	TIME	FEE
6-12	T	Jun 13-Jul 11	5-5:45p	Free

(No class Jul 4)

Diorama Fun

Join us in the creation of your own diorama. This creative DIY project is easy for kids to make their own work of art! You just need a shoebox, paper, glue, string, and some imagination!

AGE	DAY	DATES	TIME	FEE
6-12	T	Jun 13-Jul 11	6-6:45p	\$7

(No class Jul 4)

Anime Drawing

Learn to draw anime style with our CAC staff. Do you dream of someday becoming a professional manga or anime artist? We are here to help you bring that dream to life!

AGE	DAY	DATES	TIME	FEE
6-12	W	Jun 14-Jul 12	5-5:45p	\$8

Inventors & Innovators

Learn about gears and gadgets in this Leonardo da Vinci inspired course! Students will design their own flying machines and paint their own masterpieces.

AGE	DAY	DATES	TIME	FEE
6-12	Th	Jun 15-Jul 13	2-2:45p	\$6

Geometric Creations

There's shapes, shapes, and more shapes! You can make anything using shapes. Draw and paint on Thursday afternoons, and take home a geometric creation you will treasure.

AGE	DAY	DATES	TIME	FEE
6-12	Th	Jun 15-Jul 13	3-3:45p	\$6

Icy Treats

Cool off this summer with refreshing mixtures of fruity, yummy, icy treats.

AGE	DAY	DATES	TIME	FEE
6-12	Th	Jun 15-Jul 13	5-5:45p	\$9

Healthy Bellies

Give your favorite junk food a marvelous makeover! You don't have to give up snacking, you just need to learn how to make snacks that taste great and are good for you.

AGE	DAY	DATES	TIME	FEE
6-12	F	Jun 16-Jul 14	3-3:45p	\$8

Oodles of Doodles

Start with a scribble and end with.... The sky is the limit in this fun drawing and painting class! Young artists will use their imagination from a simple scribble to a finished painting.

AGE	DAY	DATES	TIME	FEE
6-12	F	Jun 16-Jul 14	4-4:45p	\$8

Creative Cooking

Make and take meal starters to finish off at home. We will prepare cookie dough, panini, and more that you will bake at home for a fresh cooked treat. Directions for parent assisted cooking or baking at home will be included.

AGE	DAY	DATES	TIME	FEE
6-12	F	Jun 16-Jul 14	5-5:45p	\$6

Clay Play

Get your hands dirty while you coil and create pots, vases, and more using air dry clay. You can decorate your room or make a gift.

AGE	DAY	DATES	TIME	FEE
6-12	Sat	Jun 17-Jul 15	11-11:45a	\$6

Summer Supervillains

Harley Quinn and Killer Croc fans come learn to draw your favorite villain in this wickedly fun class for boys and girls who love to root for the villains.

AGE	DAY	DATES	TIME	FEE
6-12	Sat	Jun 17-Jul 15	1-1:45p	\$6

Please Note: Programs may be changed or canceled without notice. Refunds will be issued in full for any program canceled by the City of Norwalk. Please visit the official City of Norwalk website at www.norwalk.org for updated information on upcoming events and programs.

CULTURAL

Arts Center

13200 Clarkdale Ave • 929-5521

Impressionist Painting

If you're interested in a fun approach to creating art, you'll love learning how to paint impressionist style that mimics greats like Monet and Van Gogh. Beginners will leave with work they can be proud of.

AGE	DAY	DATES	TIME	FEE
6-12	M	Jul 17-Aug 7	4-4:45a	\$9

Fairy Houses & Gnome Homes

Do you have a fascination with the mystical worlds inhabited by fairies, gnomes, sprites, and other magical little folk? Let your imagination take flight as you design and draw fairy houses, enchanted gardens and gnome homes using markers, pencils, and more.

AGE	DAY	DATES	TIME	FEE
6-12	M	Jul 17-Aug 7	5-5:45p	\$10

Faux Stained Glass Mixed Media

Create wildly colored and patterned background pages using acrylic paint and a variety of markers. Then, use your imagination to create images on translucent vellum paper, and use colored pencils to create a stained-glass effect.

AGE	DAY	DATES	TIME	FEE
6-12	Tu	Jul 18-Aug 8	5-5:45p	Free

Sweet & Sunny Salads

Students will prepare colorful salads perfect for the summer heat using ice cream, fruit, granola and more. You won't want to miss out on this cool tasty class!

AGE	DAY	DATES	TIME	FEE
6-12	Tu	Jul 18-Aug 8	6-6:45p	\$7

Rise & Shine

Mornings don't have to get you down! Rise and shine, and head over to the CAC to make sun-themed crafts with a Native American flair.

AGE	DAY	DATES	TIME	FEE
6-12	W	Jul 19-Aug 9	5-5:45p	\$8

Storybook Art

Students create artworks and designs based on storybooks and their imaginations. Characters and settings come to life using paint, paper, collage, and other media.

AGE	DAY	DATES	TIME	FEE
6-12	Th	Jul 20-Aug 10	2-2:45p	\$6

Multicultural Art

Travel around the world without a plane ticket! Each week, we'll visit a different location and explore its people and culture through art. We'll make totem poles from the Pacific Northwest, Guatemalan worry dolls, and take other exciting artistic pit stops along the way.

AGE	DAY	DATES	TIME	FEE
6-12	Th	Jul 20-Aug 10	3-3:45p	\$6

The Art of Disguise

If you love to dress up, create costumes for plays, or just express yourself through fashion, this week of creativity is just for you! In this wearable art class, students give shape to characters and creatures through the magic of masks and disguise.

AGE	DAY	DATES	TIME	FEE
6-12	Th	Jul 20-Aug 10	5-5:45p	\$9

Doughlicious

Learn how to make delicious snacks and desserts using refrigerated dough. We will enjoy pizza pockets, mini-pot pies, cinnamon snack bites, and more!

AGE	DAY	DATES	TIME	FEE
6-12	F	Jul 21-Aug 11	3-3:45p	\$8

Summer Splash Art

Splash and splatter your way to an amazing piece of abstract art. Dress in clothes that you can make a mess in. Class will meet at the CAC and then head outside for this messy, fun class!

AGE	DAY	DATES	TIME	FEE
6-12	F	Jul 21-Aug 11	4-4:45p	\$8

World of Buttons

It's a world of buttons! Learn how buttons become keychains, magnets, and zippers. You can turn a button into almost anything! Create your very own cool design.

AGE	DAY	DATES	TIME	FEE
6-12	F	Jul 21-Aug 11	5-5:45p	\$6

Back to School Knick Knacks

Summer is fun, but getting ready to go back to school can be even more fun. Re-design plain school supplies into flashy items. Show your friends your personalized notebooks, pencil pouches, pens, pencils, and backpacks!

AGE	DAY	DATES	TIME	FEE
6-12	Sat	Jul 22-Aug 12	11-11:45a	\$9

CULTURAL

Arts Center

13200 Clarkdale Ave • 929-5521

Summer Wear

Three words describe this class; easy, breezy and beachy. Join us in creating fun summer wear with your own personal style. Projects will include hats, sandals, beach towels, and more!

AGE	DAY	DATES	TIME	FEE
6-12	Sat	Jul 22-Aug 12	1-1:45p	\$10

Teens

Fashion Illustration

Use pencil, watercolor, markers, and more to bring your fashion fantasies to life! Learn how professional fashion illustrators use art materials to capture the dazzling textures and fabrics of the fashion world.

AGE	DAY	DATES	TIME	FEE
13-17	Tu	Jun 13-Jul 11	6-6:45p	\$6

Cooking Up a Storm

Learn to cook easy, quick foods when your parents aren't there to do it for you. Show them that you can be an independent chef. Develop skills that you'll use for years to come when you're out on your own.

AGE	DAY	DATES	TIME	FEE
13-17	Th	Jun 15-Jul 13	6-6:45p	\$6

Tie-Dye

Those socks are on fleek! Tie dye socks, shirts, and more with Darlene this summer. We supply the materials, and you supply the design. When you head back to school you'll have a style that no one else can compete with.

AGE	DAY	DATES	TIME	FEE
13-17	Tu	Jul 18-Aug 8	6-6:45p	\$6

Impressionist Painting for Teens

If you're interested in a fun approach to creating art, you'll love learning how to paint impressionist style that mimics greats like Monet and Van Gogh. Beginners will be assisted in trying their hand at painting, and more experienced artists will be inspired to take their work to the next level.

AGE	DAY	DATES	TIME	FEE
13-17	Th	Jul 20-Aug 10	6-6:45p	\$6

Adults

Share Your Recipes

Tired of cooking the same old thing at home? Let's get together and share simple recipes and family favorites. Staff will teach a Cultural Arts Center favorite on Week One and you can discuss whose recipe will be taught the following week. Staff will shop for supplies weekly. Each person will take their very own recipe book home. All supplies are included.

AGE	DAY	DATES	TIME	FEE
18+	Th	Jun 15-Jul 13	6-6:45p	\$30

Daddy Daughter Hair Factory Workshop

Calling all dads! Fatherhood is evolving and dads like to comb their little girl's hair too. In this class you will learn everything from simple ponytails to elaborate braids. It's not about the braid, it's about the bond. Even a messy braid is time spent together. So dads, don't be afraid to come out and give it a try. Your daughters will love it!

AGE	DAY	DATES	TIME	FEE
21+	Sat	Jul 22	1-2p	\$15

CAC Contract Classes

Beginning/Intermediate Piano/Keyboarding

Instructor: Jim Warino

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.

(\$15 book fee is due the first day of class. Cash only.)

AGE	DAY	DATES	TIME	FEE
5+	T	Jul 11-Aug 15	6:05-6:50p	\$65

Chinese Brush Strokes Painting

Instructor: Mee Jung Lee

Mee Jung Lee has been a painting instructor for over 10 years. Come learn the techniques to create your own art piece.

AGE	DAY	DATES	TIME	FEE
16+	W	Jul 12-Aug 9	6-7p	\$50

NORWALK

Arts & Sports Complex

13000 Clarkdale Ave • 929-5566

Have you been thinking about getting fit, starting an exercise program, and living a healthier lifestyle? Then join the Norwalk Arts & Sports Complex, 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. For further information, please call **929-5566**.

Please Note: The Norwalk Arts & Sports Complex will be closed on Tuesday, July 4 and Monday, September 4.

NASC Operation/Registration Hours

M-Th	8a-9p
F	8a-8p
Sat	9a-6p

Memberships Hours

General Membership

M-Th	1-9p
F	1-8p
Sat	9a-6p
Sun	Closed

Senior Membership

M-Th	8a-9p
F	8a-8p
Sat	9a-6p

Corporate Membership

M-F	11a-2:30p
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NASC Fee Schedule

Daily Fee (non-members)

Resident	\$9
Non-resident	\$18.50

General Memberships

Adults - Ages 18-54

Quarterly	\$36.50 / \$109.25 NR
Annually	\$146 / \$437 NR

Youth - Ages 8-17

Annually	\$36 / \$146NR
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Family*

Quarterly	\$45.50 / \$136.50 NR
Annually	\$182 / \$546 NR

**Immediate family living under the same household (proof required); Minimum one adult (parent/legal guardian), maximum two adults; minimum one minor child, maximum three minor children ages 8-17 in the same family.*

Corporate Membership*

Quarterly	\$55 / Annually \$220
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**Norwalk Business Employees - Proof of Employment Required*

Senior Membership (Ages 55+)

Monthly	\$3 Res / \$12.20 NR
Annually	\$36 Res / \$146 NR



Basketball Schedule-Open Play*

M-Th	1-9p
F	1-8p
Sat	9a-6p

**Schedule subject to change.*

Racquetball/Handball Courts*

Membership is required.

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

Racquetball	M/W	1-9p
Handball	T/Th	1-9p
Open Play	F	1-8p
	Sat	9a-6p

Weight Room (Ages 18+)

M-Th	1-9p
F	1-8p
Sat	9a-6p



Share your talents with others!

Do you have a special skill or hobby? Here's an opportunity to teach others while earning extra income! The City of Norwalk Recreation and Park Services Department is looking for instructors to teach new innovative classes to the Norwalk community (budgeting, fitness, cooking, crafts, voice, etc.).

If you are up to the challenge, please call **929-5566** to request an Instructor Proposal Form, or pick one up at the Norwalk Arts & Sports Complex located at 13000 Clarkdale Avenue.



NORWALK

Arts & Sports Complex

13000 Clarkdale Ave • 929-5566

Free Fitness Classes & Activities for Senior Members

NASC Senior Open Basketball

Calling all seniors interested in staying fit and having fun. One court will be reserved for this activity to join other seniors for a pick-up game of basketball. This is a great opportunity to exercise and socialize. Also, seniors have exclusive use of our state-of-the-art weight room on weekdays from 8-11a.

AGE	DAY	TIME	FEE
55+	W/F	9:30-10:30a	Senior Membership

NASC Senior Exercise Class

*Senior membership is required. Get your heart rate up and your blood pumping. These classes are fun, interactive and sure to make you sweat. Exercises vary, some days we dance and other days it's a cardio workout. Weights, stretching and more will be included.

AGE	DAY	TIME	FEE
55+	M/W/F	9:15-10:45a	Senior Membership

NASC Senior Yoga-Tai Chi Class

**Senior membership is required.*

Stretch your muscles, improve muscle tone and overall strength. This class is relaxing and tons of fun with friends.

AGE	DAY	TIME	FEE
55+	T/Th	9:30-10:45a	Senior Membership

Senior Pickleball

Please come join in on the fastest growing sport around... the Sweet game with a Sour name Pickleball! This new and 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.

AGE	DAY	TIME	FEE
55+	T/Th	8-11a	Senior Membership

Family Fitness Classes

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.

AGE	DAY	TIME	FEE
8+	T/Th	7:15-8p	Membership

NASC Fitness Classes

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.

AGE	DAY	TIME	FEE
18+	M/W	6:15-7p	Membership
18+	T/Th	12:15-1p	Corporate Membership

Norwalk Boxing Program

The City of Norwalk offers a Boxing Program at the Norwalk Arts & Sports Complex where participants can learn boxing techniques and conditioning skills. Training is also available for youth interested in participating in area tournaments.

Youth Boxing Program

AGE	DAY	TIME	FEE
8-17	M-Th	4-6:30p	Quarterly \$42 / \$63 NR
8-17	F	4-6p	Quarterly \$42 / \$63 NR
8-17	Sat	9a-12p	Quarterly \$42 / \$63 NR

Adult Boxing Program

AGE	DAY	TIME	FEE
18+	M-Th	6:30-8p	Quarterly \$42 / \$63 NR
18+	F	6-8p	Quarterly \$42 / \$63 NR
18+	Sat	9a-12p	Quarterly \$42 / \$63 NR



NASC

Contract Classes

13000 Clarkdale Ave • 929-5521

Pre-registration is required for all contract classes. Registration is taken at the Norwalk Arts & Sports Complex (unless otherwise noted) and online at norwalk.org and is accepted on a first come, first served basis. Registration is taken on a continuous basis up to two class sessions. Proof of residency is required at the time of registration, and a \$5 fee will be applied per class in addition to the class fee for non-residents.

Dance

NEW Aztec Dance

Instructor: Ramon Renteria

NASC, 13000 Clarkdale Ave

This class will introduce dancers to the basics of Aztec Dance while obtaining a great workout. Enjoy fun, high-energy footwork to the chatter of ankle rattles, and dramatic choreography full of symbolism. Please wear comfortable attire to class.

AGE	DAY	DATES	TIME	FEE
13+	Th	Jun 15-Jul 13	7:30-9p	\$20
13+	Th	Jul 27-Aug 24	7:30-9p	\$20

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.

AGE	DAY	DATES	TIME	FEE
3-5	Sat	Jul 1-29	9:30-10:30a	\$30
3-5	Sat	Aug 12-Sep 9	9:30-10:30a	\$30

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 all 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.

AGE	DAY	DATES	TIME	FEE
3-5	Sat	Jun 24-Jul 22	9-9:45a	\$30
3-5	Sat	Aug 5-Sep 2	9-9:45a	\$30

Country Line Dancing

Instructor: Vicky Kroes

NASC, 13000 Clarkdale Ave

Exercise your body and mind by dancing to lively, upbeat music. Line Dancing is a fun way to dance socially without a dance partner. Dancing styles covered in this class include Country Western and Swing.

AGE	DAY	DATES	TIME	FEE
13+	M	Jul 3-31	6:30-7:30p	\$35
13+	M	Aug 14-Sep 18	6:30-7:30p	\$35

(Class will not meet Sep 4)

Hip Hop

Instructor: Chantel Banuelos

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 is required for learning these moves. Class is age appropriate.

AGE	DAY	DATES	TIME	FEE
6+	W	Jun 21-Jul 19	7-8p	\$30
6+	W	Aug 2-30	7-8p	\$30

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

AGE	DAY	DATES	TIME	FEE
6-14	Sat	Jun 24-Jul 22	9-10a	\$30
6-14	Sat	Aug 5-Sep 2	9-10a	\$30
15-54	Sat	Jun 24-Jul 22	10:15-11:15a	\$30
15-54	Sat	Aug 5-Sep 2	10:15-11:15a	\$30
55+	T	Jun 20-Jul 25	6-7:30p	\$20

(Class will not meet Jul 4)

55+	T	Aug 8-Sep 5	6-7:30p	\$20
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Intermediate

6-54	T	Jun 20-Jul 25	7:30-9p	\$30
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(Class will not meet Jul 4)

6-54	T	Aug 8-Sep 5	7:30-9p	\$30
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Performance

55+	W	Jun 21-Jul 19	7-8:30p	\$20
55+	W	Aug 2-30	7-8:30p	\$20

Advanced

16+	Th	Jun 22-Jul 20	7:30-9p	\$30
16+	Th	Aug 3-31	7:30-9p	\$30

Hip Hop Dance – Young Champions

Gerdes Park, 14700 Gridley Rd

Instructor: Young Champions • (714) 259-1400

This is a fun, high-energy class where students learn the fundamentals of hip-hop and modern dance. Popular with both girls and boys, this program promotes artistic expression, movement, and teamwork in a fun, musical environment. Register for this class with the dance instructor at Gerdes Park on the first day of class.

AGE	DAY	DATES	TIME	FEE
5-6	Sat	Jun 10-Aug 12	9:30-10:10a	\$79
7-9	Sat	Jun 10-Aug 12	10:15-10:55a	\$79
10-15	Sat	Jun 10-Aug 12	11-11:40a	\$79

NEW Salsa for Beginners

Instructor: Louie Angon

NASC, 13000 Clarkdale Ave

Get moving with salsa! These upbeat Latin dance moves will have you out on the dance floor in no time. No experience is needed to register. Bring your dance shoes and get ready to move!

AGE	DAY	DATES	TIME	FEE
16+	Sat	Jun 24-Jul 15	1-2p	\$40-Resident
16+	Sat	Jul 29-Aug 19	1-2p	\$40-Resident

NEW Aqua Zumba

Instructor: Maria Garcia

Aquatic Pavilion, 12301 Sproul St

Come join our pool party! Looking to make a splash by adding a low impact, high-energy aquatic exercise to your fitness routine? Aqua Zumba blends the Zumba philosophy with water resistance, for a great party you shouldn't miss!

AGE	DAY	DATES	TIME	FEE
18+	W	Jul 3-31	6:30-7:30p	\$38
18+	W	Aug 14-Sept 18	6:30-7:30p	\$38

(Class will not meet Sept 4)

NEW Zumba Fusion

Instructor: Maria Garcia

NASC, 13000 Clarkdale Ave

Zumba Fusion is a high energy workout that will include dancing to the favorites of Salsa, Cumbia, Merengue, Reggeaton, and will also include Hip Hop. Dance your way into shape with this fun cardiovascular exercise!

AGE	DAY	DATES	TIME	FEE
18+	M	Jun 21-Jul 19	7-8p	\$40
18+	M	Aug 2-30	7-8p	\$40

Fine Arts

Guitar for Beginners

Instructor: Jim Warino • Myspace.com/jpwarino

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	Jun 20-Jul 25	6:55-7:50p	\$45
<i>Class will not meet Jul 4)</i>				
5-12	T	Aug 8-Sep 5	6:55-7:50p	\$45
13+	T	Jun 20-Jul 25	7:55-8:55p	\$45
<i>(Class will not meet Jul 4)</i>				
13+	T	Aug 8-Sep 5	7:55-8:55p	\$45

Private Guitar, Bass, Piano & Songwriting Lessons

Instructor: Jim Warino • (562) 807-4286

Jim's Studios, 8337 Firestone Blvd, 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 advanced are welcome.

AGE	DAY	TIME	FEE
All	M-Sat	30 min lesson	\$80/4 weeks

Health & Fitness

NEW Lunchtime Yoga

Instructor: Trissia Baughman

NASC, 13000 Clarkdale Ave

Enjoy a relaxing lunch break at the Norwalk Arts & Sports Complex with Lunchtime Yoga. This particular yoga class offers something for everyone. Class will include traditional yoga as well as physical therapy exercises for knees, and stretches for arthritis and carpal tunnel. Yoga is not only relaxing for the mind, but amazing for the body and soul. Lunchtime won't get any better than this.

AGE	DAY	DATES	TIME	FEE
18+	W	Jun 14-Jul 5	11:30a-12:30p	\$35
18+	W	Jul 12-Aug 2	11:30a-12:30p	\$35

Booty Barre Workout

Instructor: Chantal Banuelos
NASC, 13000 Clarkdale Ave

There's no better way to wake your body than with a booty barre class. Prepare to get a good workout that will infuse dance, Pilates and Yoga.

AGE	DAY	DATES	TIME	FEE
18+	W	Jun 21-Jul 19	5:30-6:30p	\$40
18+	W	Aug 2-30	5:30-6:30p	\$40

L.A. Fit Bootcamp

Instructor: Louie Angon
NASC, 13000 Clarkdale Ave

Personal training is evolving, combining cardiovascular, strength, and flexibility. Various muscle groups are involved in complex interplay. Fitness cross training will take you to the next level. No complicated dance moves and crash diets. We will talk about the dos and don'ts of eating healthy. Bring 10 pound weights or kettle bells to class if possible.

AGE	DAY	DATES	TIME	FEE
18+	Sat	Jun 24-Jul 15	11a-12p	\$40
18+	Sat	Jul 29-Aug 19	11a-12p	\$40

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!

AGE	DAY	DATES	TIME	FEE
18+	T/Th	Jun 20-Jul 25	6-7p	\$40
<i>(Class will not meet Jul 4)</i>				
18+	T/Th	Aug 8-Sep 7	6-7p	\$40

Yoga for Life

Instructor: Anita Der Kervorian
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.

AGE	DAY	DATES	TIME	FEE
14+	T	Jun 20-Jul 25	6:30-7:30p	\$35
<i>(Class will not meet Jul 4)</i>				
14+	T	Aug 8-Sep 5	6:30-7:30p	\$35

Martial Arts

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, countering, body conditioning, and formal martial arts training.

AGE	DAY	DATES	TIME	FEE
7+	M/W	Jun 19-Jul 19	6-8p	\$50/1, \$80/2, \$90/3
7+	M/W	Jul 31-Aug 30	6-8p	\$50/1, \$80/2, \$90/3
Advanced <i>(Requires instructor's permission)</i>				
7+	F	Jun 23-Jul 21	6:30-8:30p	\$50/1, \$80/2, \$90/3
7+	F	Aug 4-Sep 1	6:30-8:30p	\$50/1, \$80/2, \$90/3

Tae Kwon Do

Instructor: Master Im, Moonstar Tae Kwon Do Academy
Hermosillo Park, 11959 162nd St
(562) 402-8300

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. Student must purchase a uniform prior to first class.

AGE	DAY	DATES	TIME	FEE
All	M/W/F	Jul 3-31	6-7p	\$60/1, \$80/2, \$90/3
<i>(No additional charge for 4th family member)</i>				
All	M/W/F	Aug 2-30	6-7p	\$60/1, \$80/2, \$90/3
<i>(No additional charge for 4th family member)</i>				

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! Register for this class with the self-defense instructor at Gerdes Park on the first day of class.

LEVEL/AGE	DAY	DATES	TIME	FEE
New/4-15	T	Jun 20-Sep 12	5:15-5:55p	\$79
Yellow/4-15	T	Jun 20-Sep 12	6-6:40p	\$79
Orange/4-15	T	Jun 20-Sep 12	6:45-7:25p	\$79
Advanced/4-15	T	Jun 20-Sep 12	7:30-8:10p	\$79

Sports

NEW Kiddie Gymnastics

Instructor: Lighthouse Sports Center LLC
NASC, 13000 Clarkdale Ave

The session features movement education, which improves a child's strength, flexibility, and coordination. Different pieces of apparatus such as bars, balance beam, vault, and tumbling mats will be used. Parent participation is required.

AGE	DAY	DATES	TIME	FEE
4-5	Sat	Jul 1-29	11:15-11:55a	\$40
4-5	Sat	Aug 12-Sep 9	11:15-11:55a	\$40

Tumbling Toddlers

Instructor: Lighthouse Sports Center LLC
NASC, 13000 Clarkdale Ave

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.

AGE	DAY	DATES	TIME	FEE
2-3	Sat	Jul 1-29	10:30-11:10a	\$40
2-3	Sat	Aug 12-Sep 9	10:30-11:10a	\$40

Beginner Tumbling

Instructor: Lighthouse Sports Center LLC
NASC, 13000 Clarkdale Ave

Our tumbling program starts with basic rolls, handstands, and cartwheels and moves on to more advanced skills as children progress and become more skilled. More advanced students will work on round-off back handsprings, aerials, tucks, layouts, and full's. All students will work on flexibility, fitness, and other skills.

AGE	DAY	DATES	TIME	FEE
6-12	Sat	Jul 1-29	12-1p	\$40
6-12	Sat	Aug 12-Sep 9	12-1p	\$40

Soccer – Young Champions

Gerdes Park, 14700 Gridley Road

Instructor: Young Champions, (714) 259-1400

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

AGE	DAY	DATES	TIME	FEE
4-6	M	Jun 19-Aug 28	5-5:40p	\$72
7-8	M	Jun 19-Aug 28	5:45-6:25p	\$72
9-15	M	Jun 19-Aug 28	6:30-7:10p	\$72

(Class will not meet Jul 4)

Planning a Special Event?

The City of Norwalk has various facility rentals to host your next event. To reserve a park facility, call the Recreation and Park Services Department at 929-5702. To reserve a room at the Norwalk Arts & Sports Complex, please call **929-5566** or visit us at norwalk.org



ICE Skating

At The Rinks Lakewood Ice, 3975 Pixie Ave, Lakewood, CA 90712 (Carson & Paramount) • lakewoodice.com



The Rinks Lakewood is now offering classes at their facility at a great price. All class fees include skate rental, half hour of instruction and free practice session on your registered class day. Pre-registration is required at the Norwalk Arts & Sports Complex, 13000 Clarkdale Ave.

Parent & Me Ice Skating, Beginning

Pre-registration required. Dress warmly. Check in early.

AGE	DAY	DATES	TIME	FEE
3-6	Th	Jun 22-Jul 13	11:15-11:45a	\$45
3-6	Sat	Jun 24-Jul 15	11:20-11:50a	\$45
3-6	Th	Jul 20-Aug 10	11:15-11:45a	\$45
3-6	Sat	Jul 22-Aug 12	11:20-11:50a	\$45
3-6	Th	Aug 17-Sep 14*	11:15-11:45a	\$45
3-6	Sat	Aug 19-Sep 16*	11:20-11:50a	\$45

Practice Sessions: Th, 10:30a-12:30p or Sat, 10:50-11:20a

Tot Beginning Ice Skating, Beginning

Pre-registration required. Dress warmly. Check in early.

AGE	DAY	DATES	TIME	FEE
3-6	W	Jun 21-Jul 12	6-6:30p	\$45
3-6	Th	Jun 22-Jul 13	4-4:30p	\$45
3-6	Sat	Jun 24-Jul 15	10:15-10:45a	\$45
3-6	W	Jul 19-Aug 9	6-6:30p	\$45
3-6	Th	July 20-Aug 10	4-4:30p	\$45
3-6	Sat	July 22-Aug 12	10:15-10:45a	\$45
3-6	W	Aug 16-Sep 13	6-6:30p	\$45
3-6	Th	Aug 17-Sep 14*	4-4:30p	\$45
3-6	Sat	Aug 19-Sep 16*	10:15-10:45a	\$45

Practices: Th, 2:45-4p or Sat, 10:50-11:20a

Beginning Ice Skating, Beginning

Pre-registration required. Dress warmly. Check in early.

AGE	DAY	DATES	TIME	FEE
7-14	W	Jun 21-Jul 12	6:30-7p	\$45
7-14	Th	Jun 22-Jul 13	4:30-5p	\$45
7-14	Sat	Jun 24-Jul 15	11:20-11:50a	\$45
7-14	W	Jul 19-Aug 9	6:30-7p	\$45
7-14	Th	Jul 20-Aug 10	4:30-5p	\$45
7-14	Sat	Jul 22-Aug 12	11:20-11:50a	\$45
7-14	W	Aug 16-Sep 13	6:30-7p	\$45
7-14	Th	Aug 17-Sep 14*	4:30-5p	\$45
7-14	Sat	Aug 19-Sep 16*	11:20-11:50a	\$45

Practices: W, 7-7:30p, Th, 2:45-4p, Sat, 10:50-11:20a

Tot Ice Hockey, Beginning

Prerequisite: 4 weeks in Tot Beginning Ice Skating and upon instructor evaluation/approval. Pre-registration required. Learn basic skills necessary to play ice hockey. No sticks or pucks yet. Dress warmly. Check in early.

AGE	DAY	DATES	TIME	FEE
3-6	Th	Jun 22-Jul 13	4-4:30p	\$45
3-6	Sat	Jun 24-July 15	10:15-10:45a	\$45
3-6	Th	Jul 20-Aug 10	4-4:30p	\$45
3-6	Sat	July 22-Aug 12	10:15-10:45a	\$45
3-6	Th	Aug 17-Sep 14*	4-4:30p	\$45
3-6	Sat	Aug 19-Sep 16*	10:15-10:45a	\$45

Practices: Th, 2:45-4p, Sat, 10:50-11:20a

Youth Ice Hockey, Beginning

Prerequisite: 4 weeks in Beginning Ice Skating and upon instructor evaluation/approval. Pre-registration required. Learn basic skills necessary to play ice hockey, one of the fastest growing So Cal high school varsity sports! No sticks or pucks yet. Dress warmly. Check in early.

AGE	DAY	DATES	TIME	FEE
7-18	Th	Jun 22-Jul 13	4:30-5p	\$45
7-18	Sat	Jun 24-Jul 15	11:20-11:50a	\$45
7-18	Th	Jul 20-Aug 10	4:30-5p	\$45
7-18	Sat	Jul 22-Aug 12	11:20-11:50a	\$45
7-18	Th	Aug 17-Sep 14*	4:30-5p	\$45
7-18	Sat	Aug 19-Sep 16*	11:20-11:50a	\$45

Practices: Th, 2:45-4p or Sat, 10:50-11:20a

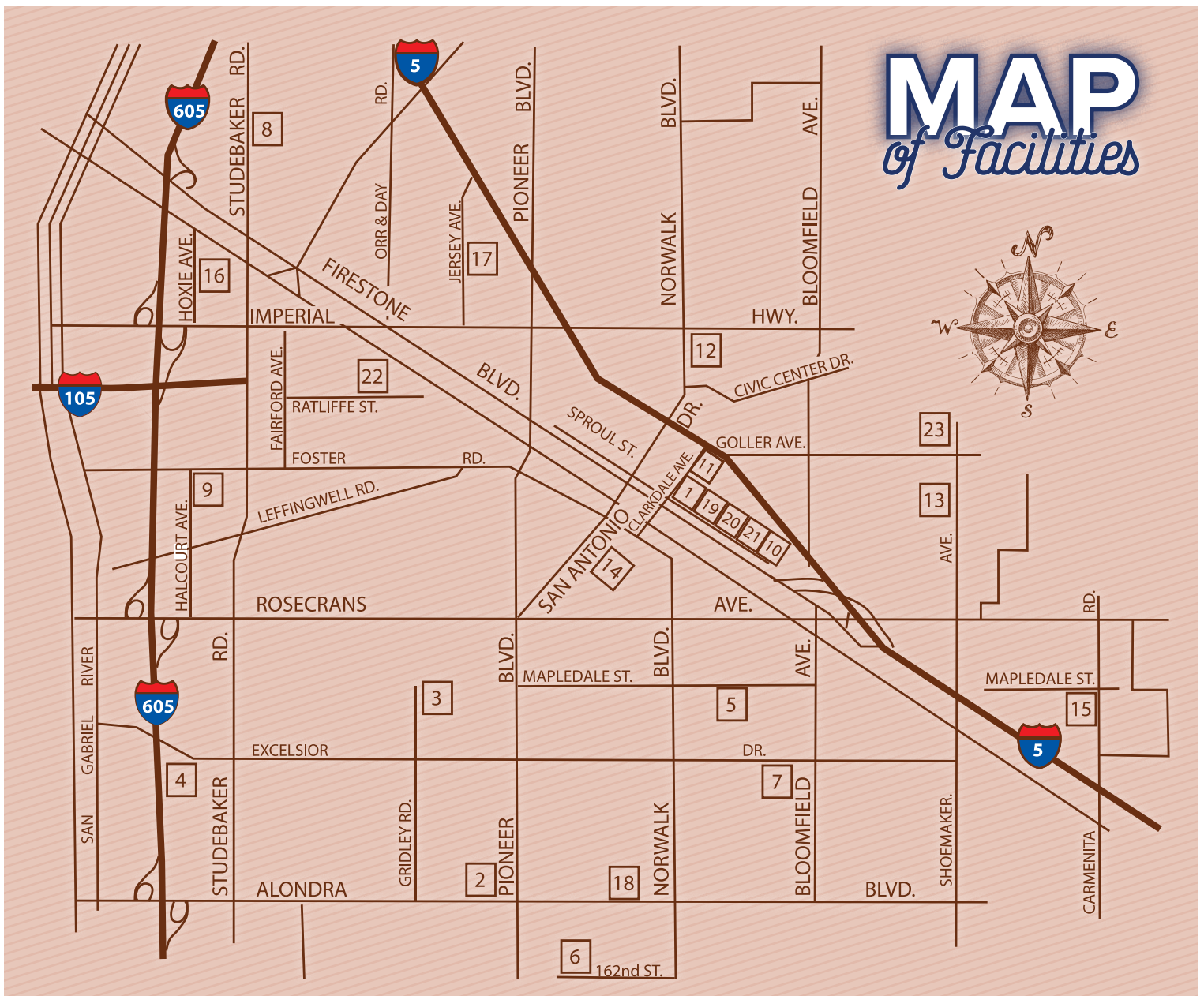
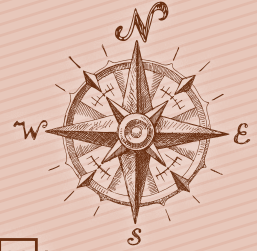
Never Too Late to Skate Club, Beginning

Pre-registration required. Dress warmly. Check in early.

AGE	DAY	DATES	TIME	FEE
15+	W	Jun 21-Jul 12	6:30-7p	\$45
15+	Sat	Jun 24-Jul 15	10:15-10:45a	\$45
15+	W	Jul 19-Aug 9	6:30-7p	\$45
15+	Sat	Jul 22-Aug 12	10:15-10:45a	\$45
15+	W	Aug 16-Sep 13*	6:30-7p	\$45
15+	Sat	Aug 19-Sep 16*	10:15-10:45a	\$45

Practices: W, 7-7:30p or Sat, 10:50-11:20a

MAP *of Facilities*



1. Cultural Arts Center
13200 Clarkdale Ave.
929-5521

2. Excelsior Gym
15711 Pioneer Blvd.
929-5610

3. Gerdes Park
14700 Gridley Rd.
868-5817

4. Glazier Park
10810 Excelsior Dr.

5. Hargitt House Museum
12426 Mapledale St.
929-5612

6. Hermosillo Park
11959 162nd St.
929-5613

7. Holifield Park
12500 Excelsior Dr.
929-5614

8. Lakeside Park
11620 Studebaker Rd.
929-5615

9. New River Park
13432 Halcourt Ave.
929-5619

10. Aquatic Pavilion
12301 Sproul St.
929-5622

**11. Norwalk Arts & Sports Complex/
Norwalk Park
Skate Park**
13000 Clarkdale Ave.
929-5566

12. Norwalk City Hall
12700 Norwalk Blvd.
929-5700

13. Don Knabe Golf Center
13717 Shoemaker Ave.
921-7047

14. Norwalk Senior Center
14040 San Antonio Dr.
929-5580

15. Ramona Park
13244 Mapledale St.
929-5616

16. Robert White Park
12120 Hoxie Ave.
929-5617

17. Sara Mendez Park
11660 Dune St.
868-1093

18. Social Services Center
11929 Alondra Blvd.
929-5544

19. Sproul Museum
12203 Sproul St.
929-5702

20. Sproul Reception Center
12239 Sproul St.

21. Teen Center
12305 Sproul St.
929-4260

22. Vista Verde Park
11459 Ratliffe St.
929-5618

23. Zimmerman Park
13031 Shoemaker Ave.
929-5620

**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**

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

Payee's Name (please print) _____
Address _____ Apt. _____ City _____ Zip _____
Telephone (____) _____ Cell Phone (____) _____ E-mail _____

Class #	Activity / Class	Name of Participant	M/F	DOB	Fee
\$5 Non-Resident Fee					
Total Fees Paid					

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

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

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

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

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

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

Please print _____ Signature _____ Date _____
(Parent or Guardian must sign for those under 18 years of age)

Address _____ City _____ Zip _____

Telephone (____) _____ Emergency Number (____) _____

Family Medical Insurance Carrier _____
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.