

Spring



City of Norwalk Recreation & Park Services Department

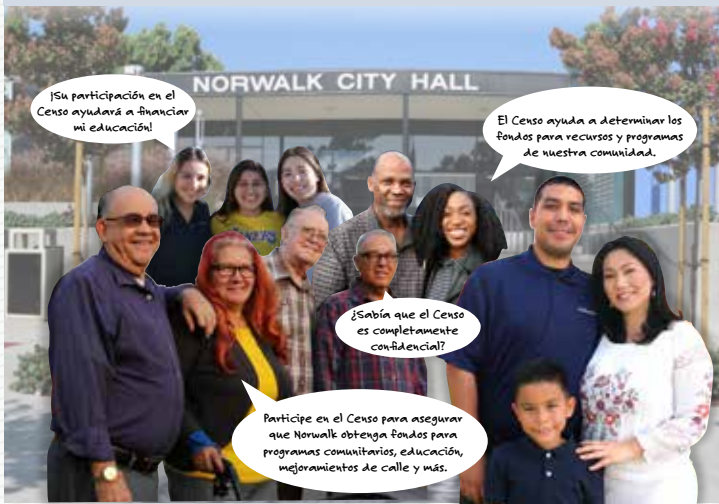
Parks
Make
Life
Better!

SCHEDULE OF ACTIVITIES
APRIL — JUNE

Norwalk CITY COUNCIL ACTIONS

November

1. Approved the 2020 Census Strategic Implementation Plan and agreement with the County of Los Angeles for the Census funding allocation.



2. Approved an update to the Economic Development Opportunities Plan, which included the addition of an Economic Node for the area of Imperial Highway between the 5 FWY and Studebaker Road.

3. Approved the City's application for grant funds for the 2019 Environmental Enhancement and Mitigation (EEM) program, which would include the removal of dead turf/grass, installation of drip irrigation systems and drought tolerant plant material in seven medians City-wide.



4. Amended the FY 2019/20 Adopted Budget to accept the National Recreation and Park Association's 10-Minute Walk Planning Grant and Technical Assistance Award to be used to develop a Master Plan for Hermosillo Park and Norwalk Park, which will identify pathways in the City and barriers along those paths that hinder safe and easy access to parks and green spaces in Norwalk.

5. Authorized application for and receipt of Senate Bill 2 Planning Grants Program funds promoting housing development with funds to be utilized for the purchase of an online permitting system to allow for expedited processing for approvals and permit processing and a more efficient way to communicate with applicants.

6. Approved an amendment to extend the Metrolink Shuttle Program through June 30, 2020, providing service between the Norwalk/Santa Fe Springs Metrolink Station and the Civic Center Parking Structure to accommodate commuters on the waiting list to park at the Metrolink Station.

7. Hosted a Community Forum at Waite Middle School.

8. Celebrated the Grand Opening of Grocery Outlet (14027 Pioneer Blvd).



December

9. Awarded a contract for the replacement of the skylight at the Norwalk Arts & Sports Complex.



10. Approved a budget amendment and awarded a contract for Project No. 7521 – Sewer System Rehabilitation Phase 3 – to include the replacement of 58 specific locations and lining of approximately 13,000 linear feet, which were identified in the 2015 Sewer System Management Plan (SSMP).

15. Approved a budget amendment appropriating Measure M funds and awarded a contract for design services for Local Street Rehabilitation Program – Project No. 7924 - Phase I Zone 24 (area bounded by 5 FWY to the west, Rosecrans Avenue to the north and east City limits).

11. Approved a budget amendment for Project Management Services for Phase II Construction of the Transportation/Public Services Municipal Auxiliary Lot at 12800 Imperial Highway to include 122 additional commuter parking spaces.

16. Approved a budget amendment appropriating Measure R funds and awarded a contract for design services for Local Street Rehabilitation Program - Project No. 7925 - Phase I Zone 27 (area bounded by Gridley Road on the west, Excelsior Drive to the north, Pioneer Boulevard to the east and Alondra Boulevard to the south).

12. Received and filed the FY 2020/22 Triennial Short Range Transit Plan, the Norwalk Transit System's primary planning document describing the organizational structure and descriptions of the financial and capital improvements associated with major projects/programs, and authorized the Executive Director of Regional Transportation to submit the updated Short Range Transit Plan to the Los Angeles County Metropolitan Transportation Authority.

17. Approved a budget amendment appropriating Measure R funds and awarded a contract for design services for Local Street Rehabilitation Program - Project No. 7926 - Phase I Zone 32 (area bounded by Pioneer Boulevard on the west, Alondra Boulevard to the north, Norwalk Boulevard to the east and 166th Street to the south).



18. Approved the Mercy Housing project, a 60 unit residential property, located on the southwest corner of San Antonio and Foster, for income qualified veterans, veterans and their families, and veterans who have experienced homelessness.



January

13. Approved an agreement with the Los Angeles County Probation Department to provide a Deputy Probation Officer from February 1, 2020 to January 31, 2021 to enhance the Public Safety Department's youth prevention and intervention services.

19. Celebrated the Grand Opening of BurgerIM (14133 Pioneer Blvd).

14. Awarded a construction contract for the Gerdes Park Parking Lot Rehabilitation to include pavement repairs, slurry seal coating, restriping, and sidewalk improvements to accommodate the installation of ADA compliant parking stalls and ramps.





Summer Employment

We invite you to apply for one of the following positions:

The Recreation and Park Services Department is searching for high energy, customer service-oriented individuals to join The City's Team! If you enjoy activities, being outdoors and working with the public then we may have the job for you!

Recreation Leader I Recreation Leader II

Recreation Leader I and II Recruitment:

Recruitment	Available now
Recreation Leader Assessments	Apr. 15 & 16

Mandatory Department Training Dates:

Wed. May 27	4-9p	All Rec. Leaders
Thu. May 28	4-9p	All Rec. Leaders
Sun. May 31	8a-5:30p	All Rec. Leaders

Don't miss out on an opportunity to join a great team!



← Open camera app & scan me to apply.

*Lifeguard

*Instructor Guard

*Senior Guard

Aquatics Recruitment:

Recruitment	Available now	For all positions
Swim Test	Mar. 14	For all guards
Assessments	March 24	Instructor and Senior Guards Only

Mandatory Training Dates:

Wed. May 13	5-8p	Instructor/Senior Guards
Fri. May 22	5-8p	All Guards
Fri. May 29	5-8p	All Guards
Sat. May 30	9a-1p	All Guards
Sat. May 30	1-5p	Rec. Leaders & Senior Guards
Wed. Jun 3	5-8p	All Guards
Thu. Jun 4	5-8p	All Staff

*Certificates required prior to hire

To apply visit <https://www.governmentjobs.com/careers/norwalkca>

For more information, please call 562-929-5702.



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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 Hotline.....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

Public Services.....929-5511
12650 E Imperial Highway

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

Elizabeth Rock, Superintendent.....929-5701

Erin Burke, Supervisor.....929-5706

Pati Escano, Supervisor.....929-5519

Blanche Grove, Supervisor.....929-5734

Rosie Lozoya, Supervisor.....929-5518

Allison Franco, Coordinator.....929-5763

Santino Lopez, Coordinator.....929-5924

Teneale McCullough, Coordinator.....929-5956

Monica Trevino-Rivas, Coordinator.....929-5922

Norwalk Arts & Sports Complex
Facility & Park Reservations.....929-5566

NORWALK CITY COUNCIL

- Mayor MARGARITA L. RIOS**
Vice Mayor LUIGI VERNOLA
Councilmember TONY AYALA
Councilmember JENNIFER PEREZ
Councilmember LEONARD SHRYOCK



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



RECREATION AND PARK SERVICES DEPARTMENT

2020 SUMMER YOUTH LEADERSHIP PROGRAM



RECREATION AND PARK SERVICES DEPARTMENT

JOB TRAINING WORKSHOPS



*First time applying for a job and need some assistance?
We offer workshops to make sure you are fully prepared.
Workshops will take place at the Teen Center, 12305 Sproul Street.
Let us assist you!*

WORKSHOPS

- **APPLICATION ASSISTANCE** **SAT, FEB 15** **9 A.M.-12 P.M.**
- **RESUME BUILDING** **SAT, FEB 22** **9 A.M.-12 P.M.**
- **MOCK INTERVIEWS** **SAT, FEB 29** **9 A.M.-12P.M.**

For more information, please call 562/929-4260 or 562/929-5763.

Interested in joining us?

The Summer Youth Leadership Program is a summer employment opportunity for Norwalk residents. Applications will be available online at governmentjobs.com March 16 - 28.

APPLICANTS:

- Must be a Norwalk resident
- Must obtain a work permit from their respective high school.
- Must be 15 years of age as of June 8, 2020 and may not turn 19 years of age prior to August 7, 2020.
- May not be immediate family members of City of Norwalk full-time employees or elected officials.



Share Your Talents with Others!

Do you have a special skill or hobby? Here's an opportunity to teach others while earning extra income! The City of Norwalk Recreation and Park Services Department is looking for instructors to teach new innovative classes to the Norwalk community (budgeting, fitness, cooking, crafts, voice, etc.). If you are up to the challenge, please call 929-5734 to request an Instructor Proposal Form, or pick one up at the Norwalk Arts & Sports Complex, 13000 Clarkdale Ave.

SPECIAL EVENTS



FREE Egg-Stravagant Egg Hunt

Saturday, April 11, 12:30-3:30p

Norwalk Civic Center Lawn, 12700 Norwalk Bl

Bring the whole family and enjoy an afternoon of fun, egg hunts, games, crafts, and entertainment. Don't forget to take a memorable photo with the Easter Bunny for only \$3. Arrive early so your child does not miss their designated egg hunt time. For more information, please call 929-5702.

Egg Hunt Schedule

AGE

1½-3 yrs - Tiny Tots

4-5 yrs - Funny Bunnies

6-7 yrs - Egg Heads

8-10 yrs Wacky Wabbits

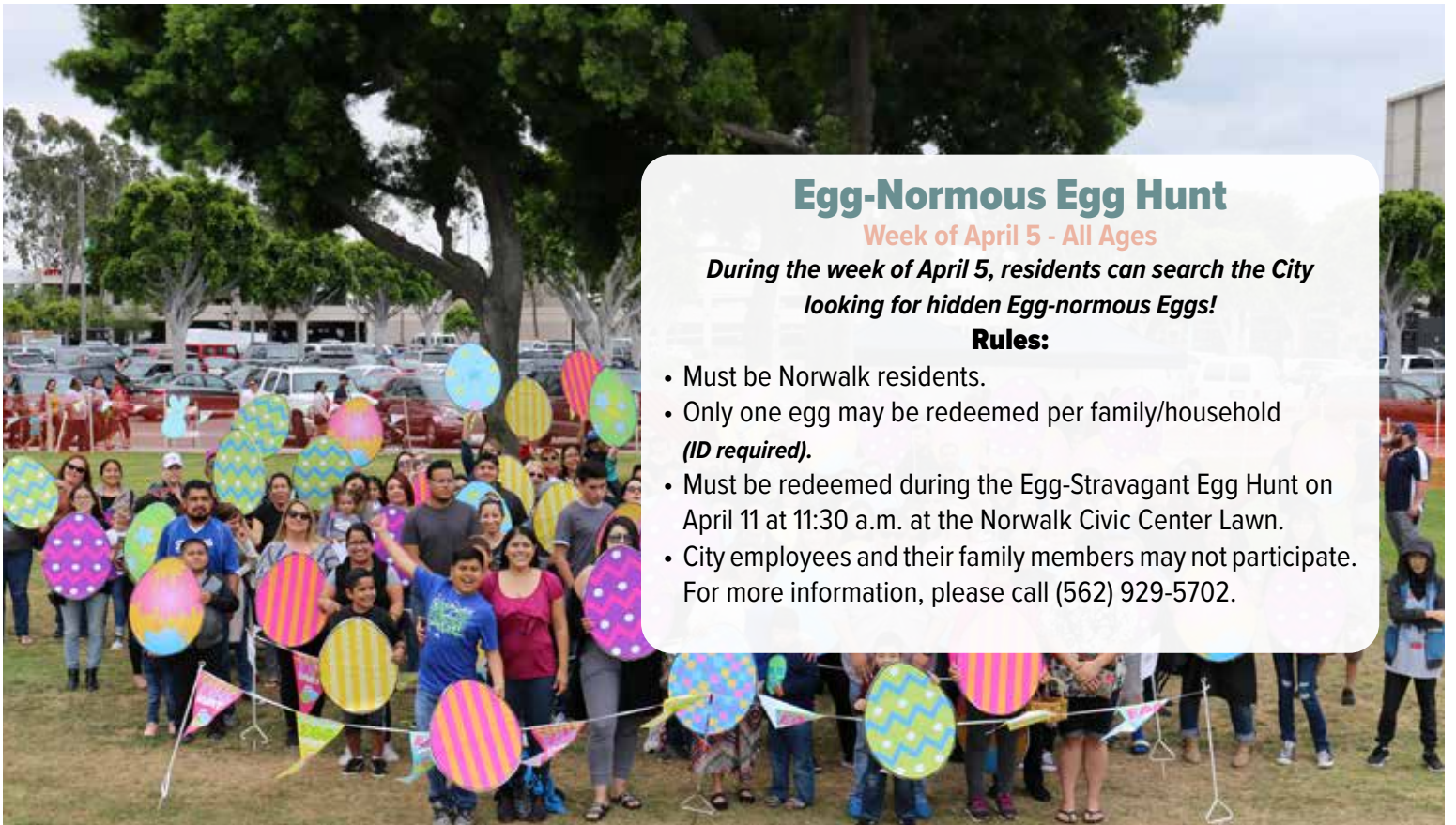
TIME

12:30p

1p

1:30p

2p



Egg-Normous Egg Hunt

Week of April 5 - All Ages

During the week of April 5, residents can search the City looking for hidden Egg-normous Eggs!

Rules:

- Must be Norwalk residents.
 - Only one egg may be redeemed per family/household (*ID required*).
 - Must be redeemed during the Egg-Stravagant Egg Hunt on April 11 at 11:30 a.m. at the Norwalk Civic Center Lawn.
 - City employees and their family members may not participate.
- For more information, please call (562) 929-5702.

ACTIVITIES AROUND TOWN

“Artastic” Community Art Competition & Scholarship Program

Cultural Arts Center, 13200 Clarkdale Avenue

Art Submittal Dates: T-F, Feb 25-28
Art Exhibit Dates: T-F, Mar 10-20
Artist Reception/Awards Day: F, Mar 20 • 6-9p

Calling all local artists from Middle School and High School to join this art competition!!! This marks our 11th Annual Community Art Competition and Scholarship Program. All high school and middle school students who reside in Norwalk or attend school in Norwalk or Norwalk/La Mirada Unified School District are invited to submit your best artwork! Accepted media includes: photography, drawing, painting, sculpture, fashion, mixed media, computer generated art, and prints. All artwork must be mounted, matted, or framed. Applications will be available at norwalk.org and at City facilities. A total of \$500 in scholarships will be awarded to top artists! A special Artist Reception will be held for all participating artists, their families and friends.

Community Book Fair

Cultural Arts Center, 13200 Clarkdale Ave

Come check out our Community Book Fair featuring books, trinkets, and school supplies for sale at great prices! Scholastics will provide books for all ages.

DAY	DATES	TIME
T-Th	Mar 17-27	3-7p
F	Mar 20 ("ARTASTIC" Event)	6-9p
Sat	Mar 21	11a-3p



FREE "ARTASTIC"

F, Mar 20 • 6-9p

Cultural Arts Center, 13200 Clarkdale Ave

"ARTASTIC" is a free special event that celebrates the arts and highlights the Cultural Arts Center's programs and classes. This community event will feature free art activities and projects, multiple art exhibits, entertainment, a fundraising dinner, and much more! Stop by to see how you can get involved in the creative process and art appreciation. For more information, please call 929-5521.



Registration begins:
**SATURDAY,
APRIL 4**



**AGES
6-12**



Kids **ADVENTURE** Camp

Summer Camp Hours

**Monday-Friday
8:00 a.m.-5:00 p.m.**

Each exciting week includes:
Two swimming days, games,
crafts, music, sports, an
excursion and more.

Registration is accepted at the
Norwalk Arts & Sports Complex
13000 Clarkdale Avenue

Weekly fees:

\$155 residents
\$205 non-residents

Extended hour fees:

7-8 a.m. & 5-6 p.m.
\$20 residents
\$30 non-residents



Recreation and Park Services Department | For more information, please call 562-929-5761.

Kids ADVENTURE Camp

Week 1
June 8-12

Create

California Science Center
Los Angeles

Week 2
June 15-19

Dream Big

El Capitan Theater
Hollywood

Week 3
June 22-26

Explore

Santa Fe Dam Recreation Area
Irwindale

Week 4
June 29-July 3

Play

LA Sparks Game
Staples Center

Week 5
July 6-10

Let's Sea

Aquarium of the Pacific
Long Beach

Week 6
July 13-17

Go Wild

Orange County Zoo

Week 7
July 20-24

Splash

La Mirada Splash

Week 8
July 27-31

Let's Ride

Knott's Berry Farm
Buena Park

Week 9
August 3-7

Glow

Glow Zone
Huntington Beach

Registration & Deposit Procedures

Norwalk Residents:

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.

What to bring: Proof of residency
Proof of age
Payment

Non-Residents:

To hold your spot for multiple weeks, non-residents must make two full week payments with a minimum deposit of \$75 per week/per child for each additional week.

What to bring: Proof of age
Payment

ACTIVITIES

Around Town

Father Daughter Circus Extravaganza (Ages 3-12)

Sat, Apr 18 • 5:30-8:30p

Cost: \$20/couple, \$7 each additional child

Registration Deadline: Sat, Apr 11

Norwalk Arts & Sports Complex, 13000 Clarkdale Ave

The Big Top is in town! Dads, dress in your fun and bright attire and daughters come in your favorite fun outfit. The evening will consist of a light dinner, crafts and dancing. Tickets must be purchased in advance and will be sold until supplies last. For more information, please call 929-5516.

Seaside Lagoon Redondo Beach Trip

Enjoy a fun day at the beach, playing games, building sand castles and soaking up the sun! For more information, please call 929-5924.

AGE	DAY	DATES	TIME	FEE
8-17	Th	July 9	9a-4p	\$5
8-17	Th	July 30	9a-4p	\$5

Cost includes transportation & lunch

*Dates & locations subject to change

Bus Pickup Locations:

- 1) Norwalk Arts & Sports Complex, 13000 Clarkdale Ave
- 2) Social Services Center, 11929 Alondra Blvd



Breakfast with Mom

(Ages 3-12)

Sat, May 2 • 9:30a-12:30p

Cost: \$20/couple, \$7 additional child

Registration Deadline: Sat, Apr 25

Norwalk Arts & Sports Complex,
13000 Clarkdale Ave

Spend a fun morning with your mom, grandma or aunt. Come enjoy a pancake breakfast, make crafts, and play games. Adult participation is required. For more information please call 929-5516.

Summer Concert Series at the Lawn

Civic Center Lawn, 12700 Norwalk Boulevard

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	DATES	TIME	FEE
All	W	Jun 17-Aug 5	7p	FREE

Concerts are tentative, based on approval of the budget.



Kids & Cops Golf Tournament (Ages 8-17)

Don Knabe Golf Center and
Junior Academy

13717 Shoemaker Ave

Sat, Jun 6 • 10a

Cost: \$10 per player (includes golf, BBQ, awards & raffle)

Registration Deadline: M, May 18

Sign up to play with approximately 20 Los Angeles County Sheriff's Deputies in the City of Norwalk's Annual Kids & Cops Golf Tournament. 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.

FREE Summer Jamz at the Park

Glazier Park, 10810 Excelsior Rd

Hermosillo Park, 11959 162nd St

What better way to spend a Saturday afternoon than listening to live music in the park! Summer Jamz brings the community together to enjoy dancing, games, attractions, food vendors and more. Great music will be provided by the hottest bands around. Don't forget to bring lawn chairs and blankets. For more information, please call 929-5702.

LOCATION	DAY	DATES	TIME
Glazier Park	Sat	July 18	4-8p
Hermosillo Park	Sat	August 8	4-8p

MAKE A DIFFERENCE

In Your Community



Public Safety Cadet Program

The objective of the Public Safety Cadet program is to give cadets a sense of responsibility, increase their self-esteem through positive social interaction, leadership development and team building skills, provide hands-on experience and sharpen problem solving skills, and allow them to explore future careers.

Volunteer Coaches Needed For Youth Sports Programs!

The City of Norwalk Recreation and Park Services Department sponsors a year-round youth sports program, and a successful program depends on you! These programs are conducted solely with the support of volunteer coaches. Volunteer coaches are needed for the upcoming soccer, baseball, and volleyball programs. If you would like to volunteer, please visit the Norwalk Arts & Sports Complex (NASC), 13000 Clarkdale Ave, and complete a Volunteer Coach form. This will be one of the most rewarding experiences of your life! Be sure to attend the coaches meeting to select your team name and shirt color, as well as, review the rules and philosophy of our program. For more information, please call 929-5924.

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

Coaches Meetings:

Soccer	T, Apr 14, 7p, NASC
Baseball	W, Jun 10, 7p, NASC
Volleyball	Th, Jun 11, 7p, NASC



Volunteers Needed

Join the spirit of Special Olympics! The Adaptive Recreation Program participates in Spring Special Olympics Regional Meets and area competitions. We are looking for dedicated volunteers to lend a hand with coaching, fundraising, and general support. If you are interested in volunteering, please call 929-5922.





CADETS WANTED

SEEKING VOLUNTEERS:

Must be Norwalk residents
(or attend Norwalk schools);
between 13-18 years old



Benefits:

- Field training Ride-a-Long with Public Safety Officers
- Physical fitness
- Community Service hours through service projects
- Potential scholarship opportunities
- Participate in an Explorer Law Enforcement Academy
- Career exploration/ Educational workshops & field trips
- Gain hands on experience; assisting with community events, office operations

When:

Every Wednesday
5:30—7:30 PM

Location:

Norwalk Arts & Sports Complex
13000 Clarkdale Ave., Norwalk, CA 90650
For more information, please call the
Department of Public Safety at (562) 929-5732



CALL: (562) 929-5732

Applications Available at:

norwalk.org/public-safety-cadet

HISTORIC NORWALK

D.D. Johnston-Hargitt House Museum

12426 Mapledale St



FREE TOURS!

DAY	DATES	TIME
Sat	Mar 7 & 21	1-4p
Sat	Apr 4 & 18	1-4p
Sat	May 2 & 16	1-4p

The Museum is currently registered on the National Registry of Historical Places, and at one time, held up to 200 acres of grape, prune, avocado, and citrus trees. Built in 1891, the D.D. Johnston-Hargitt House Museum is a two-story Eastlake Victorian farmhouse that was owned by Darius David Johnston. He was one of Norwalk's leading pioneers as well as the organizer of the Norwalk School District. He served on the school board from the late 1880's until his death in 1917. The Museum contains family heirlooms and other memorabilia as well as glimpses into Norwalk's past. The Museum is brought to life through docent-led tours given by the Friends of Hargitt House. Admission is free; however, donations are always welcome. The Museum may be closed in inclement weather. For more information or to schedule a tour for groups of ten or more, please call 929-5521.

Tea Time at the D.D. Johnston-Hargitt House Museum

12426 Mapledale St

Please join us for a special Tea Party! An assortment of teas, good old fashion lemonade and pastries will be served. Come dressed in your favorite "Tea Party" attire. For more information or to schedule a group tour of ten or more, please call 929-5521.



AGE	DAY	DATES	TIME	FEE
All	Sat	Apr 4	1-3p	FREE

Rose Garden Celebration at the D.D. Johnston-Hargitt House Museum

12426 Mapledale St

The Rose Garden Celebration is an annual event showcasing the garden of the Museum. Hands-on activities for children of all ages are planned and refreshments will be served. For more information, please call 929-5521.

AGE	DAY	DATES	TIME	FEE
All	Sat	May 16	1-3p	FREE

Save the Date! Ice Cream Social at the 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 and add all your favorite toppings. For more information, please call 929-5521.

AGE	DAY	DATES	TIME	FEE
All	Sat	July 18	1-3p	FREE

Be a Museum Docent! (Ages 18+)

Docents are guides and storytellers. If you enjoy sharing stories, information, and talking to people, become a docent! The D.D. Johnston-Hargitt House Museum is seeking interested people to train as Museum docents. Training and supplies are provided at no cost. A three-month commitment is required. For more information, please call 929-5521.



FAMILY INTERVENTION

Academy



Norwalk Arts & Sports Complex,
13000 Clarkdale Ave

AGE	DAY	DATE	TIME
13-18	M	June 1 - Aug 17	6-8:30p

Please Note: These programs are open to Norwalk residents only. Registration will start on May 1 for the next session.

WINGS Program

Youth Empowerment Group

Instructor: David Plaza

Cost: \$10 (Free to youth with parents registered in *The Parent Project*).

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

This program discusses various topics including:

Decision Making Skills

Resisting Negative Peer Pressure

Understanding Consequences of Negative Behavior &

Making Poor Choices

Drug & Alcohol Education

Importance of School Attendance & Academic Success

Anger Management

Conflict Resolution

Self Esteem Image

Social Media Addiction

For more information, please call **929-5927**.

The Parent Project

Parenting for Parents with Teens

Instructor: Anthony Garcia

Cost: \$30 (per family) for book materials

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. The Parent Project parenting program is for parents that have difficult or out-of-control adolescent children. It is the largest court mandated diversion program in the country and is taught here in Norwalk to help you and your families overcome life's challenges. All parents in need of assistance are welcomed.

This program discusses various topics including:

Learning How to Never Argue with Your Child Again

Prevent or Intervene in Alcohol or Drug Use

Improve School Attendance and Performance

Finding Resources to Help Your Family

For more information, please call **929-5765**.

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. For more information or to be added to the mailing list, please call 929-5922 or email us at AR@norwalkca.gov.

CLASS

This after school program is specifically designed for children with disabilities. Homework help, crafts, games, hands-on activities, and much more will take place in an environment tailored to fit the need. Your child will keep active and entertained as they socialize and make new friends. A daily snack will be provided.

AGE	DAY	DATES	TIME	FEE
6-22	M-F	Mar 2-27	3:30-5:30p	\$30
6-22	M-F	Mar 30-Apr 24	3:30-5:30p	\$30
6-22	M-F	Apr 27-May 29	3:30-5:30p	\$30

(No class May 25, 27, and 28)

HEART

Recreation Adapted for Teens & Adults with Disabilities

Thursday Night Fun

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

13+ Th Mar 5-May 21

See monthly calendar on website for details.

TGIF!

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

13+ F

See monthly calendar on website for details.

Awesome Saturdays

Make the most of your Saturdays with us! You will enjoy visiting far away and local attractions.

13+ Sat

See monthly calendar on website for details.

The Disco Dance (Ages 13+ yrs)

Th, May 14 • 6-8:30p

Cost: \$12 per person in attendance
(including parents & caretakers)

Registration Deadline: Th, May 7

Norwalk Arts & Sports Complex, 13000 Clarkdale Ave

Let's get the disco ball out and dance the night away! We will play all your favorite 70's dance music, have a dance off, and eat a delicious dinner.

Save The Dates!

"Funtastic" Summer Camp

Gerdes Park, 14700 Gridley Rd

(excursions & daily snack included)

Join us at Summer Day Camp to play games, create works of art, and make friends and lifelong memories. This structured environment will provide a safe, fun, and productive time for participants. Please send a sack lunch, sun block and water. Closed toed shoes are required.

AGE	DAY	DATES	TIME	FEE
6-26	M-F	Jul 13-17	9a-5p	\$130
6-26	M-F	Jul 20-24	9a-5p	\$130
6-26	M-F	Jul 27-31	9a-5p	\$130

Registration Begins: Sat, May 9, 9a

NASC, 13000 Clarkdale Ave

Please Note: A payment plan will be offered. To hold your spot you must make a minimum deposit of \$50. The remaining balance for deposits will be due two weeks prior to the start of the Summer Camp week.

*The first week is tentative, based on budget approval.



Register for Adaptive Recreation Programs at the Norwalk Arts & Sports Complex, 13000 Clarkdale Avenue.

ADAPTIVE RECREATION

Gerdes Park • 14700 Gridley Rd • 868-5817

Track & Field

Become part of our most popular Special Olympics sports: Track and Field! The season culminates in a fantastic finish at the annual Special Olympics Summer Games in June at California State University, Long Beach. If you are interested in becoming a part of the team sports, please contact the Program Coordinator at 929-5922. Times and locations may vary.

AGE	DAY	DATE	TIME
8+	W	Feb 19-May 13	5:30-6:30p
Gerdes Park, 14700 Gridley Rd			
8+	Sat	Feb 22-May 16	9-10:30a
Excelsior High Track, 15711 Pioneer Bl			



Volunteers Needed

Join the spirit of Special Olympics! The Adaptive Recreation Program participates in Spring Special Olympics Regional Meets and area competitions. We are looking for dedicated volunteers to lend a hand with coaching, fundraising, and general support. If you are interested in volunteering, please call 929-5922.



Register for Adaptive Recreation Programs at the Norwalk Arts & Sports Complex, 13000 Clarkdale Avenue.

AQUATIC PAVILION

12301 Sproul St • 929-5622

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



Water Activities

Pre-registration for water activities is not required

Adult Shallow & Deep Water Aerobics

Get in shape with a water aerobics workout. Our staff make workouts fun and exciting, and the water is kept warm. This is a great opportunity for an invigorating, toning, and cardio-conditioning workout. The deep water aerobics class will provide a work out that is no-stress impact on your joints.

Deep

AGE	DAY	DATES	TIME	FEE
18-54	M-F	Mar-Jun	6-7p	\$4 Daily or \$32 (10-Visit Pass)
18-54	T/TH	Mar-Jun	12-1p	\$4 Daily or \$32 (10-Visit Pass)
55+	M-F	Mar-Jun	6-7p	\$3 Daily or \$24 (10-Visit Pass)
55+	T/TH	Mar-Jun	12-1p	\$3 Daily or \$24 (10-Visit Pass)

Shallow

AGE	DAY	DATES	TIME	FEE
18-54	M-F	Mar-Jun	7-8p	\$4 Daily or \$32 (10-Visit Pass)
18-54	T/TH	Mar-Jun	12-1p	\$4 Daily or \$32 (10-Visit Pass)
55+	M-F	Mar-Jun	7-8p	\$3 Daily or \$24 (10-Visit Pass)
55+	T/TH	Mar-Jun	12-1p	\$3 Daily or \$24 (10-Visit Pass)

Adult Lap Swim

Swimming is one of the most effective and full body exercises, so come and get a complete work out by swimming with us. Lap swimmers have dedicated lanes, comfortable water temperature, and the chance for a great workout!

AGE	DAY	DATES	TIME	FEE
18-54	M-F	Mar-Jun	7-8p	\$4 daily or \$32 (10-visit Pass)
18-54	M-F	Mar-Jun	12-1p	\$4 daily or \$32 (10-visit Pass)
55+	M-F	Mar-Jun	7-8p	\$3 Daily or \$24 (10-Visit Pass)
55+	M-F	Mar-Jun	12-1p	\$3 Daily or \$24 (10-Visit Pass)

Norwalk Stingrays Youth Learn to Swim Program

Level One & Level Two

The Learn to Swim Program is designed to develop water safety and swimming skills that will prepare swimmers to join the Norwalk Stingrays Swim Team in the future. Lessons are designed to teach basic water skills, breathing control, floating, kicking, and essential techniques for competitive swimming strokes.

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

AGE	DAY	DATES	TIME	REGISTRATION
6-18	M-F	Apr 6-May 1	6-6:30p	April 3, 6-730p
6-18	M-F	May 4-May 29	6-6:30p	May 1, 6-730p

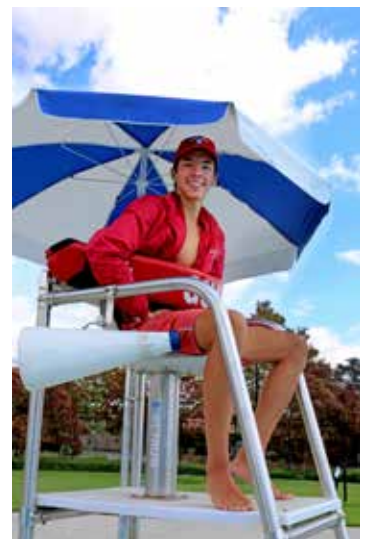
(No class May 25)

FEE

\$70/month first swimmer

\$60/month second swimmer (immediate family only)

\$50/month third swimmer (immediate family only)



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. Try out for the team with a swim coach: M-F, 6-6:30p.

AGE	DAY	DATES	TIME
6-18	M-F	Apr 1-Apr 30	6-8p
6-18	M-F	May 1-May 31	6-8p

FEE

The fee is due at the beginning of each month.

\$70/month first swimmer

\$60/month second swimmer (immediate family only)

\$50/month third swimmer (immediate family only)

Summer swim class registration, Session 1, will take place:

Friday, June 5 • 5-8:30p
MW, TTH and Weekend Lessons only

Saturday, June • 6 8a-2p
M-F Lessons Only

Sunday, June 7 • 8a-2p
All Lessons registration

Summer programs will begin:
Mon, Jun 8



CULTURAL ARTS CENTER

13200 Clarkdale Ave • 929-5521

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

Spring Schedule

Sun-M	Closed
T-F	3-7p
Sat	11a-3p

Please Note: The Cultural Arts Center will be closed on Saturday, April 11, May 27 & 28.

Mary Paxon Art Gallery

13200 Clarkdale Ave

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

Calling All Artists!

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

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:

Mar 10-28
"CAC Art Box"
Artist: Various Local Artists
Reception: F, Mar 20, 6-9p



Apr 7-25
"Concerto of Colors"
Artist: Jennifer Kim
Reception: S, Apr 18, 7-9p



May 5-23
"Title: Brushes and Palette"
Artist: Various Artists
Reception: S, May 23, 5-7p



CULTURAL ARTS CENTER

13200 Clarkdale Ave • 929-5521

Cultural Arts Center Special Programs

Register at the Norwalk Arts & Sports Complex,
13000 Clarkdale Ave

Open Mic Night

F, Mar 20 • 7-9p

Singers, dancers, poets, comedians, and musicians join us for an evening of entertainment! Participants will perform up to two selections or a total time of seven minutes. All types of music is welcome. Lyrics need to be appropriate for all ages. Profane words or messages of hate will not be permitted. Performers are encouraged to arrive early to sign up for a spot. A microphone, microphone stand, speakers, and an iPod connector will be available. Participants should bring all other equipment needed for their performance. Invite your family and friends to enjoy a fun night of free entertainment!



Como La Flor Giant Paper Flower Workshop (Ages 18+)

F, Mar 27 • 7-9:30p • Cultural Arts Center

Cost: \$25

These giant paper flowers are perfect for bringing spring indoors any time of the year. Mix and match colors and sizes to make a stunning feature wall for your next special event. This workshop featured flower will be the rose. This class will provide hands-on experience, easy step-by-step instructions and templates to take home.



Boards, Brushes and Beverages

(Ages 21+)

F, Apr 17 • 7-9:30p • Rich Rehearsal Hall

Cost: \$25 (includes all supplies)

Join us for this social crafting experience. Transform unfinished wood into beautiful, personalized works of art. We will offer a variety of designs to choose from. You will leave with a décor item ready to decorate your home or office, or to be given as a gift for Mother's Day, Father's Day, Graduation, Wedding and more. All materials, appetizers and soft drinks included.



Paint Class & A Glass (Ages 21+)

F, May 1 • 7-9:30p • Rich Rehearsal Hall

Cost: \$25

Artists of all experience levels are invited to an evening of socializing and step-by-step painting instruction. Come with friends and family, enjoy the complimentary drinks and snacks, and leave with a personal masterpiece. The night will feature a predetermined painting, simple enough for first-time painters or with suggestions and instructions for those with a higher experience level.



CULTURAL ARTS CENTER

13200 Clarkdale Ave • 929-5521

Art Club (Ages 6-12)

Sat, Mar 28, Apr 4, 18 & 25 • 12-1:45p

Sat, May 2, 9, 16, & 23 • 12-1:45p

Cost: \$10

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



Creative Li'l Hands (Ages 3-5)

Toddlers will get a head start for Pre-school and Kindergarten in this learning program. They will practice listening skills, sharing, and taking turns. Students will participate in many activities including art, crafts, music, and storytelling. Activities are selected to enhance the learning of shapes, colors, and the ABC's. Please Note: Participants must be fully potty-trained and must have turned 3 years of age by the first day of the session.

DAY	DATES	TIME	FEE
T/Th	Mar 17-Apr 16	9a-12p	\$60/\$70 Non-Resident
T/Th	Apr 21-May 21	9a-12p	\$60/\$70 Non-Resident

Registration Dates:

Norwalk Residents - Sat, Mar 7, 9a

Non-Residents - M, Mar 9, 9a

Norwalk Arts & Sports Complex

13000 Clarkdale Ave

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

Norwalk All-City Youth **MARCHING BAND**



Rehearsals

Monday 6-8pm
Thursday 4-6pm

Ages: 14-21

Cultural Arts Center
13200 Clarkdale Ave.

- 🎵 Performance Opportunities
- 🎵 Showcase Your Musical Talent
- 🎵 Scholarship Opportunities
- 🎵 Build Lasting Memories

DRILL TEAM



BAND



COLOR GUARD



Recreation and Park Services Department
For more information, please call (562) 929-5521.

Recreation and Park Services Department



MINIACHIS de Norwalk

YOUTH MARIACHI CLASSES (AGES 7-18)

Cost

Residents \$25 per month/*\$60 per three months

Non-residents \$30 per month/*\$75 per three months

Registration is now being accepted at the Norwalk Arts & Sports Complex
Monday-Thursday, 8:00 a.m.-9:00 p.m., Friday, 8:00 a.m.-8:00 p.m., and Saturday, 9:00 a.m.-6:00 p.m.

New series of classes
begin every three months.

Session 1 - MARCH 3-24

*Group Performance: "Artastic" - March 20

Session 2 - MARCH 31-APRIL 28

(Class will not meet on April 14)

Session 3 - May 5-26

*Group Performance: End of the Year Performance - May 26

Please call (562) 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 (562) 929-5521.

VIOLIN

Beginning Violin	4:00-4:45 p.m.
Advanced Beginning Violin	4:45-5:30 p.m.
Intermediate/Advanced Violin	5:30-6:00 p.m.

VOICE LESSONS

Group Voice	6:00-7:00 p.m.
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TRUMPET

Beginning Trumpet	4:00-4:45 p.m.
Advanced Beginning Trumpet	4:45-5:30 p.m.
Intermediate/Advanced Trumpet	5:30-6:00 p.m.

GUITAR

Beginning Guitar	4:00-4:45 p.m.
Advanced Beginning Guitar	4:45-5:30 p.m.
Intermediate/Advanced Guitar	5:30-6:00 p.m.

CULTURAL ARTS CENTER

13200 Clarkdale Ave • 929-5521

Classes are 45 minutes in length unless otherwise noted. Registration is currently being accepted on a first come, first served basis at the Norwalk Arts & Sports Complex, 13000 Clarkdale Ave. or online at norwalk.org. 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. The center will be closed on April 11, May 27 and 28.

CLASSES ARE OFFERED FOR THE FOLLOWING AGE GROUPS:

LI'L MUNCHKINS (Ages 1-2)

A parent or caregiver must actively participate during the duration of class.

TOTS (Ages 3-5)

An adult or sibling 12 years of age or over must remain on the premises while tot is in class.

YOUTH (Ages 6-12)

TEEN (Ages 12-17)

ADULT (Ages 18+)



Wednesday Classes

Hopping Bunnies - LI'L MUNCHKINS

Each of your little ones will be making fluffy and furry bunny crafts.

AGE	DAY	DATES	TIME	FEE
1-2	W	Apr 1-22	3-3:30p	\$8

Sweet Treats - TOTS

Spring treats are fun to eat! Make cute candy to put in your spring basket.

AGE	DAY	DATES	TIME	FEE
3-5	W	Apr 1-22	4-4:45p	\$10

Baskets and Bunnies - TOTS

Hop on in to make adorable bunnies and basket crafts designed with tots in mind.

AGE	DAY	DATES	TIME	FEE
3-5	W	Apr 1-22	5-5:45p	\$8

Painter's Pallet - TOTS

Step by step instructions will help your little one develop their painting skills as you make a framed work of art.

Each week you will add a little more to your giant sized work of art. On the last day of class, your masterpiece will be ready to display at home or give as a gift.

AGE	DAY	DATES	TIME	FEE
3-5	W	Apr 1-22	6-6:45p	\$8

Sugar Rush - YOUTH

Yummy desserts! Come join us each week as we make sweet and delicious treats that any sweet tooth will love.

AGE	DAY	DATES	TIME	FEE
6-12	W	Apr 1-22	6-6:45p	\$10

Paint Time! - LI'L MUNCHKINS

Learn to paint with different types of painting tools besides paint brushes. Your little one will get to play with different textured brushes such as feathers, sponges and so much more.

AGE	DAY	DATES	TIME	FEE
1-2	W	Apr 29-May 20	3-3:30p	\$6

Wind Chimes - TOTS

Ready for those sunny days and spring winds? So are we! Your little one will make a variety of wind chimes that shimmer and chime.

AGE	DAY	DATES	TIME	FEE
3-5	W	Apr 29-May 20	4-4:45p	\$8

Watercolor Expedition - TOTS

Let's take a journey through a safari where we will learn all about animals in the jungle and create watercolor projects.

AGE	DAY	DATES	TIME	FEE
3-5	W	Apr 29-May 20	5-5:45p	\$8

Class Disney - TOTS

Does your little one love Pixar and Disney movies? Join in to make crafts based off your most popular movies and favorite characters.

AGE	DAY	DATES	TIME	FEE
3-5	W	Apr 29-May 20	6-6:45p	\$8

CULTURAL ARTS CENTER

13200 Clarkdale Ave • 929-5521

In the Kitchen - YOUTH

Sweet, spice, and everything nice. Join us as we learn healthy after school snacks that you can share with all your friends.

AGE	DAY	DATES	TIME	FEE
6-12	W	Apr 29-May 20	6-6:45p	\$15

Thursday Classes

Play Dough Time - TOTS

Come and join us each week to create homemade play dough that your child would love. Fun to feel and make to smelling amazing.

AGE	DAY	DATES	TIME	FEE
3-5	Th	Apr 2-23	3-3:45p	\$10

Clay Critters - YOUTH

Join us as we design, create, and mold clay figurines.

AGE	DAY	DATES	TIME	FEE
6-12	Th	Apr 2-23	4-4:45p	\$7

Room Decor - YOUTH

Decorate your room with designs created by you!

AGE	DAY	DATES	TIME	FEE
6-12	Th	Apr 2-23	5-5:45p	\$10

Drawing - YOUTH

Beginners will learn early concepts of drawing and shading, while more advanced students will be challenged to take their drawing skills to the next level.

AGE	DAY	DATES	TIME	FEE
6-12	Th	Apr 2-23	6-6:45p	\$7

Dr. Seuss Adventures - LI'L MUNCHKINS

Join us as we read funny books from one of the most favorite children's author Dr. Seuss then create fun crafts to go along with the book of the week.

AGE	DAY	DATES	TIME	FEE
1-2	Th	Apr 2-23	6-6:30p	\$6

Fingerprint Counting - TOTS

Join us as we learn to identify numbers and develop our number sense through art. We will encourage students to think flexibly and promote confidence with numbers.

AGE	DAY	DATES	TIME	FEE
3-5	Th	Apr 30-May 21	3-3:45p	\$6

Pottery - YOUTH

Each week you will complete a bit more on your clay project. From shaping and sculpting, to painting and sealing, you'll learn the steps to making pottery.

AGE	DAY	DATES	TIME	FEE
6-12	Th	Apr 30-May 21	4-4:45p	\$8

Painting on Canvas - YOUTH

Paint with step by step instruction and display your work of art in our student art gallery at the Cultural Arts Center.

AGE	DAY	DATES	TIME	FEE
6-12	Th	Apr 30-May 21	5-5:45p	\$10

Mini Gardens - YOUTH

Come and create your own garden with succulents, rocks, sand, and more!

AGE	DAY	DATES	TIME	FEE
6-12	Th	Apr 30-May 21	6-6:45p	\$10

Butterflies & Caterpillars - LI'L MUNCHKINS

Come join us with your little caterpillar to make crafts based off spring bugs and insects.

AGE	DAY	DATES	TIME	FEE
1-2	Th	Apr 30-May 21	6-6:30p	\$7

Friday Classes

Fluffy and Furry - LI'L MUNCHKINS

Help you little one make baby animal crafts! Bunnies, chicks and lambs, oh my!

AGE	DAY	DATES	TIME	FEE
1-2	F	Apr 3-24	3-3:30p	\$8



CULTURAL ARTS CENTER

13200 Clarkdale Ave • 929-5521

Twisted Balloons - YOUTH

Inflate, Tie and twists a variety of sculptured balloons into your favorite animal, flower or pirate sword.

AGE	DAY	DATES	TIME	FEE
6-12	F	Apr 3-24	4-4:45p	\$7

Patches and Pins - YOUTH

Create your very own customized patches and pins using materials out of canvas and metal.

AGE	DAY	DATES	TIME	FEE
6-12	F	Apr 3-24	5-5:45p	\$8

Teen Painting - TEEN

Open paint studio for those seeking a place to get artsy and spend time with other teens.

AGE	DAY	DATES	TIME	FEE
12-17	F	Apr 3-24	5-5:45p	\$10

Pastries and Painting - YOUTH

Join us as we learn basic painting techniques such as shading, mixing, and blending while treating yourself to a delicious and new pastry each week.

AGE	DAY	DATES	TIME	FEE
6-12	F	Apr 3-24	6-6:45p	\$12

Teen Cooking Session 1 - TEEN

Join us as we learn different cooking techniques each week.

AGE	DAY	DATES	TIME	FEE
12-17	F	Apr 3-24	6-6:45p	\$15

Food Art - LI'L MUNCHKINS

Come join us as we make little sculptures and paintings out of safe and edible food items. This will help your young developer how to use different textures and practice their motor skills.

AGE	DAY	DATES	TIME	FEE
1-2	F	May 1-22	3-3:30p	\$8

Soaps and Suds - YOUTH

Make scented soaps for your enjoyment or to give away as a gift. Students will learn to use different molds and scented oils.

AGE	DAY	DATES	TIME	FEE
6-12	F	May 1-22	4-4:45p	\$12

Wacky Food Combos - YOUTH

Create a variety of unique food pairings to make for delicious meals.

AGE	DAY	DATES	TIME	FEE
6-12	F	May 1-22	5-5:45p	\$15

DIY - TEENS

Each week come and join us as we recreate trendy arts and crafts.

AGE	DAY	DATES	TIME	FEE
12-17	F	May 1-22	5-5:45p	\$12

Wonderful World of Buttons! - YOUTH

Have you ever lost a button? There are plenty of buttons in this class to use as you create a variety of art projects out of a variety of colored buttons.

AGE	DAY	DATES	TIME	FEE
6-12	F	May 1-22	6-6:45p	\$8

Teen Cooking Session 2 - TEEN

Join us as we learn different cooking techniques each week.

AGE	DAY	DATES	TIME	FEE
12-17	F	May 1-22	6-6:45p	\$15

Saturday Classes

Classes will not take place on Saturday, April 11.

Getting Crafty - LI'L MUNCHKINS

You and your little one will spend an evening explore the world of crafts. Each week will be creating one of kind crafts that you'll treasure forever.

AGE	DAY	DATES	TIME	FEE
1-2	Sat	Apr 4-25 (No Class Apr 11)	11-11:45a	\$6
1-2	Sat	May 2-23	11-11:45a	\$8

Garden Friends - TOTS

Each week your child will create ladybugs, butterflies and other garden creatures found in the glass.

AGE	DAY	DATES	TIME	FEE
3-5	Sat	Apr 4-25 (No Class Apr 11)	1-1:45p	\$8

CULTURAL ARTS CENTER

13200 Clarkdale Ave • 929-5521

Fondant Fun - YOUTH

Calling all cake makers! Learn to master the art of fondant. We will learn how to make homemade fondant and personalized cakes.

AGE	DAY	DATES	TIME	FEE
6-12	Sat	Apr 4-25	2-2:45p	\$12
(No Class Apr 11)				

Wood Signs - TOTS

Create a personalized wood sign, perfect for home decor, utilizing proper staining techniques.

AGE	DAY	DATES	TIME	FEE
12-17	Sat	Apr 4-25	2-2:45p	\$12
(No Class Apr 11)				

My Little Bank - TOTS

Children will personalize their very own little bank.

AGE	DAY	DATES	TIME	FEE
3-5	Sat	May 2-23	1-1:45p	\$7

Cooking 101 - YOUTH

Learn basic recipes to satisfy your appetite.

AGE	DAY	DATES	TIME	FEE
6-12	Sat	May 2-23	2-2:45p	\$15

Cake Off! - TEEN

Enjoy your weekends with us while learning how to bake your favorite cakes. You will also learn a variety of decorating techniques to give your cake a finished look.

AGE	DAY	DATES	TIME	FEE
12-17	Sat	May 2-23	2-2:45p	\$12



Cultural Arts Center Contract Classes

Beginning/Intermediate Piano/Keyboarding

Instructor: Jim Warino · jpwarino@yahoo.com
CAC, 13200 Clarkdale Ave

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 of how to play piano/electric keyboard through hands-on techniques, exercises, practice regimens, note reading, melodies and songs! Students must have an electronic keyboard to bring to class.

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

AGE	DAY	DATES	TIME	FEE
5+	T	Mar 24-Apr 21	6:05-6:55p	\$65
5+	T	May 5-Jun 2	6:05-6:55p	\$65



Guitar for Beginners

Instructor: Jim Warino · jpwarino@yahoo.com
CAC, 13200 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. Students must provide their own acoustic guitar.

AGE	DAY	DATES	TIME	FEE
5-12	T	Mar 24-Apr 21	7-7:55p	\$55
13+	T	May 5-Jun 2	8-8:55p	\$55

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 advance are welcome. Please contact instructor for various lesson times available Monday-Saturday.

AGE	DAY	TIME	FEE
5+	M-Sat	30 min lesson	\$90/4 lessons

FACILITY RENTALS

Community Meeting Center

To check date availability, reserve a room or obtain a rental application, please visit the Norwalk Arts & Sports Complex located at 13000 Clarkdale Ave. Rental information is also available online at norwalk.org.

PLANNING A SPECIAL EVENT?



The City of Norwalk has various facility rentals that are ideal for meetings, conferences, retreats, weddings, family reunions, baby and bridal showers, birthday parties, and more. Our staff is committed to providing the best customer service to meet your rental needs.

Payment of Fees: The security deposit is due when an application is approved. Room reservations must be made at least 30 days in advance and rental fees must be paid in full 30 days prior to the reservation date.

Set-up Fees: Applicant may decorate/set up one to three hours in advance on the day of the reservation at a rate of \$53.50 per hour.

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

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

Security Deposit Refund: Please allow four weeks following your reservation for refund to arrive by mail. Check will only be issued to applicant.

Sproul Room

Capacity: 150 Maximum

\$ 772 (4 hours plus 1 hour of cleanup)

\$150 Each Additional Hour

\$1,000 Security Deposit (Serving alcohol)

\$500 Security Deposit (No alcohol)



Hargitt Room

Capacity: 50 Maximum

\$390 (4 hours plus 1 hour of cleanup)

\$40 Each Additional Hour

\$500 Security Deposit (with/without alcohol)



Rich Rehearsal Hall (MPR)

Capacity: 150 Maximum

\$579 (4 hours plus one hour of cleanup)

\$100 Each Additional Hour

\$1,000 Security Deposit (Serving alcohol)

\$500 Security Deposit (No alcohol)



Hospitality Courtyard

Capacity: 200 Maximum (outdoor setting)

\$405 (2 hours plus 1 hour of cleanup)

\$100 Each Additional Hour

\$500 Security Deposit (with/without alcohol)



Sproul Reception Center (Barn)

Capacity: 72 Indoor-100 Indoor and Outdoor

\$746 (4 hours plus 1 hour of cleanup)

\$125 Each Additional Hour

\$1,000 Security Deposit (Serving alcohol)

\$500 Security Deposit (No alcohol)



Complex Terrace (Jun-Sept Only)

Capacity: 125 (outdoor setting)

\$500 (4 hours plus 1 hour of cleanup)

\$100 Each Additional Hour

\$500 Security Deposit (with/without alcohol)



PARK FACILITIES

Please call 929-5566 for more information or to check date availability.

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



Gerdes Park Recreation Center 14700 Gridley Rd

Capacity: 70 Banquet Style

\$230 Five Hour Block of Time (includes setup, event time & cleanup)

\$40 Each Additional Hour

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

\$1,000 Security Deposit with alcohol plus \$35 per hour for Public Safety Officer

\$500 Security Deposit without alcohol

Available Hours: Sat • 12-11p & Sun • 9a-11p



Gerdes Park Patio 14700 Gridley Rd

Capacity: 45 Banquet Style

\$30 per Hour (minimum 2 hours)

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

\$1,000 Security Deposit with alcohol plus \$35 per hour for Public Safety Officer

\$500 Security Deposit without alcohol

Available Hours: Sat • 12-11p & Sun • 9a-11p



Hermosillo Park Recreation Center 11959 162nd St

Capacity: 80 Banquet Style

\$250 Five Hour Block of Time (includes setup, event time & cleanup)

\$40 Each Additional Hour

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

\$1,000 Security Deposit with alcohol plus \$35 per hour for Public Safety Officer

\$500 Security Deposit without alcohol

Available Hours: Sat • 12-11p & Sun • 9a-11p



Sara Mendez Park Recreation Center 11660 Dune St

Capacity: 44 (Indoor), 80 (Indoor/Outdoor) Banquet Style

\$364 Five Hour Block of Time (includes setup, event time & cleanup)

\$40 Each Additional Hour

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

\$1,000 Security Deposit with alcohol plus \$35 per hour for Public Safety Officer

\$500 Security Deposit without alcohol

Available Hours: Sat • 12-11p & Sun • 9a-11p



Shoshonean Campsite (Robert White Park) 12120 Hoxie Ave

Capacity: 250

\$232 Five Hour Block of Time (includes setup, event time & cleanup)

\$40 Each Additional Hour

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

\$500 Security Deposit

Portable restroom fee (varies per need)

NORWALK SKATE PARK

13000 Clarkdale Ave

The Skate Park is located at Norwalk Park adjacent to the Aquatic Pavilion. It is open to skaters and bikers of all ages. Hours of operation are subject to change without notice. Rules are posted at the Skate Park and must be followed at all times. For more information, please call 929-5566.

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

Skateboard & In-line Skate Hours

AGE	DAY	TIME
All	M/T/Th/F/Sun	8a-5p
All	W/Sat	8a-2p

Exclusive Bike Hours

AGE	DAY	TIME
All	W/Sat	2-5p

Please Note: Beginning April 1 the Skate Park will remain open until 8p

PARK LOCATIONS

Gerdes Park



14700 Gridley Rd
868-5817

Glazier Park



10810 Excelsior Dr
929-5566

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

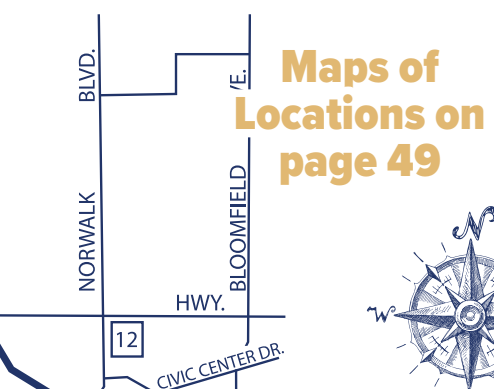


11459 Ratliffe St
929-5618

Zimmerman Park



13031 Shoemaker Ave
929-5620



PARKS

Visit your local park for afterschool fun including arts & crafts, outdoor activities, homework help, and much more!

Spring Park Schedule: Mar 9-May 30

Parks will not be staffed on April 11 and May 25.

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

AGE	DAY	DATE	TIME
5-17	M/T/Th/F	Mar 9-May 29	2:30-7p
5-17	W	Mar 11-May 27	1-7p
5-17	Sat	Mar 14-May 30	12-7p

Sara Mendez Park, 11660 Dune St

AGE	DAY	DATE	TIME
5-17	M/T/Th/F	Mar 9-May 29	2:30-7p
5-17	W	Mar 11-May 27	1:30-7p
5-17	Sat	Mar 14-May 30	12-7p

Ramona Park, 13244 Mapledale St
Vista Verde Park, 11459 Ratliffe St

AGE	DAY	DATE	TIME
5-17	M/T/Th/F	Mar 9-May 29	3-7p
5-17	W	Mar 11-May 27	1-7p
5-17	Sat	Mar 14-May 30	12-7p

Spring Break Supervised Schedule

Gerdes Park, Glazier Park, Hermosillo Park, Holifield Park, New River Park, Ramona Park, Vista Verde Park & Sara Mendez Park

AGE	DAY	DATE	TIME
5-17	M-Sat	Apr 13-18	12-7p



FREE Park Programs

March Madness

Come create, play and test your luck with sports madness, leprechaun games and more!

AGE	DAY	DATE
5-17	W	Mar 11-25

St. Patrick's Day

Make your friends GREEN with envy and stop by the parks for an afternoon of St. Paddy's Day fun! Make leprechaun crafts, enjoy themed treats and more.

AGE	DAY	DATE
5-17	T	Mar 17

Blooming Spring

Spring is in full bloom! Our favorite flowers and ladybugs will fill the park this spring as we have you assist in decorating our park facilities.

AGE	DAY	DATE
5-17	F	Apr 3-24

Easter Frenzy

"Hop" on over to your favorite park and create amazing Easter crafts and play games. Parks will have their own fun party filled with eggs and bunny activities.

AGE	DAY	DATE
5-17	Th	April 9

You Are My Sunshine

The sun is out and the flowers are growing in all shapes and colors. Enjoy making fun spring crafts to brighten up your day.

AGE	DAY	DATE
5-17	T	May 5-26

Memories for Mom

Let's create memorable keepsakes to give to the Moms and Grandmothers in our lives on their special day.

AGE	DAY	DATE
5-17	F	May 8

PARK & TOT PROGRAMS



FREE Park Fitness

Join us and compete in the Park Fitness Challenge every Saturday at 10:00 a.m. Enjoy free workouts that will motivate you to meet your fitness goals. Discipline yourself to be a better you, physically and mentally! Must be 15 years+.

Sara Mendez Park

March 14, 28
April 11, 25
May 9, 23
June 6, 20

Gerdes Park

March 21
April 4, 18
May 2, 16, 30
June 13, 27

Totally Tots

Gerdes Park • 14700 Gridley Rd • 868-5817

Prepare your child for Kindergarten and help them learn necessary skills in a fun and interactive environment. Participants must be fully potty-trained and turned three (3) years of age by the first day of the session.

AGE	DAY	DATE	TIME	FEE
3-5	M/W/F	Apr 13-May 29	9a-12p	\$81/\$91 Non-Residents (No class May 25)
3-5	T/Th	Apr 14-May 28	9a-12p	\$71/\$81 Non-Residents

Registration Dates & Location:

Norwalk Residents - Sat, Mar 21, 10a

Non-Residents - M, Mar 23, 8a

Norwalk Arts & Sports Complex, 13000 Clarkdale Ave

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



Save The Date!

Camp Little Feet • 3-5 yrs

Sara Mendez Park, 11660 Dune St

Children will learn necessary skills for school in an enjoyable and interactive environment. Participants must be fully potty-trained and turned three (3) years of age by the first day of the session. For more information, please call 929-5516. Payment plan available for this program.

AGE	DAY	DATE	TIME	FEE
3-5	M-F	Jun 8-July 31	9a-12p	\$150/\$160 Non-Residents

Registration Dates & Location:

Norwalk Residents - Sat, May 16, 10am

Non-Residents - M, May 18, 8am

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



YOUTH SPORTS

Norwalk Arts & Sports Complex • 13000 Clarkdale Ave • 929-5566

Registration for Soccer is currently being accepted at the Norwalk Arts & Sports Complex (NASC), 13000 Clarkdale Ave. The fee includes a T-shirt and a participation award. The early sign up period will end on Wednesday, April 15. Please Note: Any registration accepted after the deadline will include a \$10 late fee.

Small Fry Soccer - Co-ed

Norwalk Park, 13000 Clarkdale Ave

The Small Fry Soccer Program is designed to teach children the basics of soccer. Games will be played outside at Norwalk Park.

AGE	DATES	FEE	PARENT MEETING
5-7	Apr-Jun	\$39	T, Apr 14 - 6p, NASC

Youth Indoor Soccer - Co-ed

Norwalk Arts & Sports Complex, 13000 Clarkdale Ave

The Youth Indoor Soccer League provides fundamental instruction and friendly competition in a safe and structured environment.

AGE	DATES	FEE	PARENT MEETING
8-13	Apr-Jun	\$39	T, Apr 14 - 6:30p, NASC

Volunteer Coaches Needed!

The City of Norwalk Recreation and Park Services Department sponsors a year-round youth sports program, and a successful program depends on you! These programs are conducted solely with the support of volunteer coaches. Volunteer coaches are needed for the upcoming soccer, baseball and volleyball programs. If you would like to volunteer, please visit the Norwalk Arts & Sports Complex (NASC), 13000 Clarkdale Avenue, and complete a Volunteer Coach form. This will be one of the most rewarding experiences of your life! Be sure to attend the coaches meeting to select your team name and shirt color, as well as to review the rules and philosophy of our program.

Coaches Meetings:

Soccer	T, Apr 14, 7p, NASC
Baseball	W, Jun 10, 7p, NASC
Volleyball	Th, Jun 11, 7p, NASC

Please Note: In accordance with State regulations, the City of Norwalk fingerprints all volunteer coaches and their assistants at no cost during the coaches meeting. Please bring a valid photo I.D. Please call 929-5567 for Adult Sports information or visit us at norwalk.org. *All schedules are subject to change.

Registration for Baseball and Outdoor Volleyball is currently being accepted at the Norwalk Arts & Sports Complex, 13000 Clarkdale Ave. The fee includes a T-shirt and participation award. The early sign up period will end Wednesday, June 10. Please Note: Any registration accepted after the deadline will include a \$10 late fee.

Small Fry T-Ball - Co-ed

Holifield Park, 12500 Excelsior Dr

The Small Fry T-Ball program is designed to teach children the basics of baseball.

AGE	DATES	FEE	PARENT MEETING
5-7	Jul-Aug	\$39	W, Jun 10, 6p, NASC

Youth Summer Baseball - Co-ed

Zimmerman Park, 13031 Shoemaker Ave

The Youth Baseball League provides fundamental instruction and friendly competition in a safe and structured environment.

AGE	DATES	FEE	PARENT MEETING
8-13	Jul-Aug	\$39	W, Jun 10, 6:30p, NASC

Pee Wee Baseball - Co-ed

Norwalk Park, 13000 Clarkdale Ave

This five-week program is designed to introduce children to the basic fundamentals of baseball in a non-competitive environment. Fees include all class equipment, a T-shirt, and a certificate of participation. Classes must have a minimum of 10 registered participants to avoid cancellation of the program.

AGE	DAY	DATES	TIME	FEE
3	Sat	Apr 4-May 2	9-9:50a	\$25
4-5	Sat	Apr 4-May 2	10:10-11a	\$25

Child must be of age by April 4, 2020

Youth Outdoor Volleyball - Co-ed

Norwalk Park, 13000 Clarkdale Ave

The Youth Volleyball program provides fundamental instruction and friendly competition in a safe and structured environment.

AGE	DATES	FEE	PARENT MEETING
8-13	Jul-Aug	\$39	Th, Jun 11, 6:30p, NASC
14-16	Jul-Aug	\$39	Th, Jun 11, 6:30p, NASC

ADULT SPORTS

Norwalk Arts & Sports Complex • 13000 Clarkdale Ave • 929-5566

Adult Basketball Leagues

Norwalk Arts & Sports Complex, 13000 Clarkdale Ave

Registration for the 2020 Spring Basketball season has begun so register early to guarantee your team a spot in the league of your choice.



Men's D Division

18+ Sun Apr-Jun Afternoons \$360 plus \$50 forfeit deposit

18+ Th Apr-Jun Evenings \$360 plus \$50 forfeit deposit

Please Note: Each team is also required to pay the referee fee of \$25 prior to the start of each game.



Adult Co-ed Volleyball League Recreation Division

Norwalk Arts & Sports Complex, 13000 Clarkdale Ave

Volleyball leagues are scheduled to begin in April. 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.

AGE	DAY	DATES	TIME	FEE
18+	Sun	May-Jul	Evenings	\$175 plus \$25 forfeit deposit

Please Note: Each team is also required to pay the referee fee of \$12 prior to start of each game.

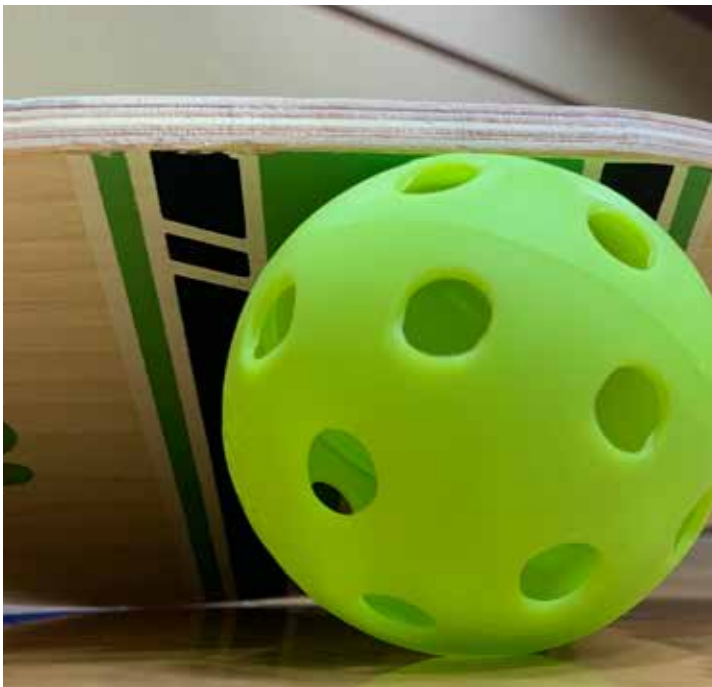


Adult Co-ed Pickleball League Recreation Division

Norwalk Arts & Sports Complex, 13000 Clarkdale Ave

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

AGE	DAY	DATES	TIME	FEE
18-54	F	Apr-Jun	Evenings	\$20 per 2-player team
55+	F	Apr-Jun	Evenings	\$20 per 2-player team



TEEN CENTER

12305 Sproul St • 929-4260



Calling all teens ages 13 to 18! Text, call, or snap your friends and join us at the Norwalk Teen Center for some fun! The Center is equipped with computers, gaming equipment, a big screen television, pool table, and much more. Staff will keep you entertained with cooking, crafts, outdoor activities, and more.

General Schedule

AGE	DAY	TIME	FEE
13-18	M-F	3:30-8p	FREE

Spring Break Schedule

AGE	DAY	DATE	TIME
13-18	M-F	Apr 13-17	3-7p

Please Note: The Teen Center will be closed March 20, May 22, 25, 27 & 28.

Teen Alliance Program “TAP”

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

AGE	DAY	MEETING DATES	TIME	LOCATION
13-18	W	Mar 4, Apr 1, May 6	5:30p	NASC

Registration for teen events, excursions, and classes is now being accepted at the Norwalk Arts & Sports Complex, 13000 Clarkdale Avenue or online. Please visit us at <https://apm.activecommunitites.com/norwalkrec>. Registration for events and activities is required for planning purposes. To speak with a staff member, please call 929-4260 during Teen Center operating hours or call 929-5763 from 8a-6p.



Teen Event “Flashback Friday” Middle School Dance

F, May 22 • 6:30-9:30p

Cost: \$5 per student

Norwalk Arts & Sports Complex, 13000 Clarkdale Ave

The dance is open only to Norwalk students in the 6th, 7th, and 8th grades. Students MUST have a school I.D. to verify current school and grade level for entry. Dress code will be enforced.

Teen Excursions (Ages 13-18)

Please Note:

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

March Madness: CSUF vs. CSULB

Watch the two rival men’s basketball teams battle it out on the court. The game will take place at the home of the Titans, Cal State Fullerton. Who do you think is going to take the win!?

DAY	DATES	TIME	FEE	REGISTRATION DEADLINE
Sat	Mar 7	5-10p	\$10	Sat, Feb 29 - NASC (w/transportation)

TEEN CENTER

12305 Sproul St • 929-4260

Girls Night Out at Universal City Walk

It's girls night out! Come out and enjoy a walk down Universal with your girlfriends and have a great time. Be sure to bring extra cash for any desserts you are craving.

DAY	DATES	TIME	FEE	REGISTRATION DEADLINE
Sat	Mar 28	6-10p	\$5	Sat, Mar 21 - NASC (w/transportation)

Boys Night Out at Block of Orange

It's boys night! Head out to the O.C. Block of Orange with your best pals. Have fun at the arcade and enjoy some good food. Bring extra cash for any arcade games and food.

DAY	DATES	TIME	FEE	REGISTRATION DEADLINE
Sat	April 25	6-10p	\$5	Sat, April 18 - NASC (w/transportation)

LA Urban Light

Take a trip to LA and enjoy the Urban Light exhibit by Chris Burden in front of the Los Angeles County Museum of Art. Bring spending money for some traditional tacos or hotdogs.

DAY	DATES	TIME	FEE	REGISTRATION DEADLINE
F	May 15	11a-4p	\$5	F, May 8 - NASC (w/transportation & snack)



Tempest Freerunning Training Facility

Ever been into parkour or free running tricks? This facility offers a real-world environment where you can safely practice your skill from the basics of parkour to the advanced maneuvers and tricks of freerunning.

DAY	DATES	TIME	FEE	REGISTRATION DEADLINE
Sat	May 30	1:30-5p	\$10	Sat, May 16 - NASC (w/transportation & snack)

Spring Break Fun (Ages 13-18)

Six Flags Magic Mountain

Attention thrill seekers! Join us for a day filled with excitement from riding blood pumping roller coasters to eating delicious funnel cakes. You do not want to miss out on this trip! Bring spending money.

DAY	DATES	TIME	FEE	REGISTRATION DEADLINE
M	Apr 13	9a-11p	\$35	M, March 30 - NASC (w/transportation)

Nickelodeon Studios Burbank

Don't miss this opportunity to see where the magic is made! We will have a behind the scenes tour of the iconic studio where many of your favorite shows are created and developed! Space is limited, don't miss out!

DAY	DATES	TIME	FEE	REGISTRATION DEADLINE
W	Apr 15	10:30a-5p	\$10	Wed, April 8 - NASC (w/transportation)

Robert White Park Camp Out

Camp out with us! Enjoy delicious s'mores, food, beverages, games, and talks with all your favorite friends and staff. Don't forget to bring a lawn chair, blankets or sleeping bags, jacket, and/or warm shoes.

DAY	DATES	TIME	FEE	REGISTRATION DEADLINE
F-Sat	Apr 17-18	1p-9a	\$10	F, Apr 10 - NASC

FREE Teen Center Workshops

(Ages 13-18) Please note that activities are subject to cancellation due to low enrollment.

Mystery Cook-off

Do you like shows like Chopped and Master Chef? Join in on the competition and fun at the Teen Center! We will supply the mystery ingredients and your team will come up with a tasty treat!

DAY	DATES	TIME	REGISTRATION DEADLINE
M/W	Mar 2-30	5:30-7p	M, Feb 24 - NASC

TEEN CENTER

12305 Sproul St • 929-4260

Friday Flicks Night

It's Movie Night at the Teen Center on Fridays! Snacks and beverages will be provided.

DAY	DATES	TIME	REGISTRATION DEADLINE
F	Mar 6-May 29	6-8:30p	F, Feb 28 - NASC (no class Mar 20, May 8 & 22)

Wood Works

Create one of a kind works of art. Work with wood, simple tools, wood burners, stains, paints and more. All materials provided.

DAY	DATES	TIME	REGISTRATION DEADLINE
T/TH	May 5-May 26	5:30-6:30p	W, Apr 29 – NASC

Essentially You

Treat yourself to some self-care! Work with staff and other teens to perfect your morning and evening routines. Learn how to make scrubs, moisturizers and more using natural ingredients.

DAY	DATES	TIME	REGISTRATION DEADLINE
T/TH	Mar 31-Apr 30	5-6p	T, Mar 24 – NASC

Color Me Badd

Be a part of bringing color to our city. Join our team to create large works of art that will be displayed throughout your hometown.

DAY	DATES	TIME	REGISTRATION DEADLINE
F	Mar 6-May 29	4:30-7:30p	F, Feb 28 – NASC (No class Mar 20, May 8 & 22)



NORWALK

Arts & Sports Complex • 13000 Clarkdale Ave • 929-5566



Nasc Operation/ Registration Hours

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

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

Please Note: The Norwalk Arts & Sports Complex will be closed on Monday, May 25th in observance of Memorial Day.

Membership Hours

General Membership Hours*

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

Senior Membership Hours*

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

Corporate Membership Hours*

M-F	11a-2:30p
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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

Basketball Schedule-Open Play*

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

Pickleball Play*

Seniors	M-Th	8-11a
Corporate	M-Th	11a-2:30p
General	T/Th	1-5p

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



NORWALK

Arts & Sports Complex • 13000 Clarkdale Ave • 929-5566

NASC Membership Fees

General Memberships

Adults - Ages 18-54

Quarterly **\$37.50 Resident / \$110.25 Non-resident**
 Annually **\$150 Resident / \$441 Non-resident**

Youth - Ages 8-17 (does not include access to Weight Room)

Annually **\$40 Resident / \$150 Non-resident**

Family*

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

**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 **\$56.25 / Annually \$225**

*Norwalk Business Employees - Proof of Employment Required

Senior Membership (Ages 55+)

Monthly **\$3.35 Resident / \$12.50 Non-resident**
 Annually **\$40 Resident / \$150 Non-resident**

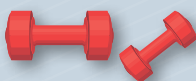
Daily Fee (non-members)

Resident **\$10**
 Non-resident **\$20**

Personal Training (Membership Required)

Personal training is available for all members. Register at the **NASC Front Desk**.

TIME	FEE
30-Minute Session	\$25
1-Hour Session	\$50



FREE Fitness Classes & Activities For Senior Members

Senior Open Basketball (During Pickleball)

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	MEMBERSHIP
55+	W/F	9:30-10:30a	Senior Membership Required

Senior Exercise Class

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

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



Senior Yoga-Tai Chi Class

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

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

Senior Pickleball

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

AGE	DAY	TIME	MEMBERSHIP
55+	M-Th	8-11a	Senior Membership Required

NORWALK

Arts & Sports Complex • 13000 Clarkdale Ave • 929-5566

Family Fitness Class

This class strives to increase the overall health and fitness level of children in a fun, safe, positive and motivating environment by utilizing obstacle courses, fitness games, partner activities, body weight exercises, resistance bands, circuits and more.

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

NASC Fitness Class

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

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



Norwalk Boxing Program

FEE: Quarterly - \$45 Resident / \$69 Non-Resident

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

Youth Schedule (Ages 8-17)

DAY **TIME**
M-Th **4-6:30p**
F **4-6p**
Sat **9a-12p**

Adult Boxing Program (Ages 18+)

DAY **TIME**
M-Th **6:30-8p**
F **6-8p**
Sat **9a-12p**



NASC CONTRACT CLASSES

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. Registration is accepted on a first come, first served basis and is taken on a continuous basis up to two class sessions. Proof of residency is required at the time of registration. A \$5 non-resident fee will be applied per class.

Important Reminder:

Please register early! Failure to register in advance may result in a cancelled class. Typically instructors need at least 5 students pre-registered to host a class. If you have not registered in advance, we are unable to inform you of class changes. Furthermore, instructors may not know you are interested in the class which may result in a cancellation.



Dance

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	Mar 21-Apr 18	9-9:45a	\$30
3-5	Sat	May 2-May 30	9-9:45a	\$30
3-5	Sat	Jun 13-Jul 18	9-9:45a	\$30

NASC CONTRACT CLASSES

Ballet for Tots

Instructor: Stepping Out Studio Staff
NASC, 13000 Clarkdale Ave

This class will introduce future prima ballerinas to the fundamentals of dance positions and terminology. Dancers will skip, hop, turn, and perform other ballet-oriented skills. Students must wear hair pulled back in bun or ponytail and wear proper dance attire (leotard, tights, and ballet shoes). Please do not wear ballet shoes outdoors.

AGE	DAY	DATES	TIME	FEE
3-5	Sat	Apr 18-May 16	9:30-10:30a	\$35
3-5	Sat	May 30-Jun 27	9:30-10:30a	\$35

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
6-13	Sat	Apr 18-May 16	9-10a	\$35
6-13	Sat	May 30-Jun 27	9-10a	\$35

Intermediate

AGE	DAY	DATES	TIME	FEE
13-34	T	Apr 21-May 19	7:30-9p	\$35
13-34	T	Jun 2-Jun 30	7:30-9p	\$35
7-12	Th	Apr 23-May 21	7:30-9p	\$35
7-12	Th	Jun 4-Jul 2	7:30-9p	\$35

Performance

AGE	DAY	DATES	TIME	FEE
13-30	W	Apr 22-May 20	7-8:30p	\$35
13-30	W	Jun 3-Jul 1	7-8:30p	\$35

Adult

AGE	DAY	DATES	TIME	FEE
35+	T	Apr 21-May 19	6-7:30p	\$25
35+	T	Jun 2-Jun 30	6-7:30p	\$25
35+	Th	Apr 23-May 21	6-7:30p	\$25
35+	Th	Jun 4-Jul 2	6-7:30p	\$25

KTA Ballet/Jazz

Instructor: Kidz Talent Academy Staff
NASC, 13000 Clarkdale Ave

We develop an enjoyment of music and movement, while dancers will learn the basic steps of jazz dance with turns, kicks, and leap steps along with popular simple rhythm techniques and fun expression. This class focuses on the basic rhythm and tap choreography and the foundations of ballet. Basic ballet/jazz terms and steps are taught.

AGE	DAY	DATES	TIME	FEE
7-12	S	Apr 18-May 9	11-11:45a	\$35
7-12	S	May 23-Jun 13	11-11:45a	\$35

KTA Hip Hop/Jazz

Instructor: Kidz Talent Academy Staff
NASC, 13000 Clarkdale Ave

Get funky with your friends and gain confidence in your dance style. This is a high-energy class that requires a positive attitude and lots of enthusiasm. No experience needed. Bring a water bottle and wear comfortable clothes.

AGE	DAY	DATES	TIME	FEE
5-12	S	Apr 18-May 9	12-12:45p	\$35
5-12	S	May 23-Jun 13	12-12:45p	\$35
5-12	W	Apr 22-May 13	6-6:45p	\$35
5-12	W	May 27-Jun 17	6-6:45p	\$35

KTA Acting/Dance

Instructor: Kidz Talent Academy Staff
NASC, 13000 Clarkdale Ave

This class is for the little performer that loves acting. Students will learn concentrations, teamwork, improvisation, movement, voice, theater terminology, and much more. We will also teach participants routines and spark the entertainer within. Students will have an opportunity to perform in an in-class showcase at the end of each session.

AGE	DAY	DATES	TIME	FEE
5-12	S	Apr 18-May 9	1-1:45p	\$35
5-12	S	May 23-Jun 13	1-1:45p	\$35

NASC CONTRACT CLASSES

Health & Fitness

Plyo-Core Fitness

Instructor: Philip Temidara
NASC, 13000 Clarkdale Ave

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

AGE	DAY	DATES	TIME	FEE
15+	M	Apr 20-June 1	7-8p	\$35
15+	M	Jun 8-Jul 6	7-8p	\$35

Stretch Studio 101

Instructor: Philip Temidara
NASC, 13000 Clarkdale Ave

This stretching and flexibility class will combine elements of static stretches to promote injury prevention, improve physical performance, and relax muscles.

AGE	DAY	DATES	TIME	FEE
18+	W	Apr 22-May 27	7-8p	\$35
18+	W	Jun 3-Jul 8	7-8p	\$35

Yoga for Life

Instructor: Anita Der Kervorkian
NASC, 13000 Clarkdale Ave

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

AGE	DAY	DATES	TIME	FEE
14+	T	Apr 21-May 19	6:30-7:30p	\$35
14+	T	Jun 2-30	6:30-7:30p	\$35



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, Reggeaton, 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	Apr 21-May 21	6-7p	\$40
18+	T/Th	Jun 2-Jul 2	6-7p	\$40

B.U.F. Fitness Camp Better You Fit Camp

Instructor: Claudia Godinez
NASC, 13000 Clarkdale Ave

Ready to get involved in a camp where YOU are your biggest competitor? If you answered "yes" B.U.F. camp is the camp for you. This boot camp is filled with various exercises that will push you physically and challenge you mentally.

AGE	DAY	DATES	TIME	FEE
18+	S	Mar 14-Apr 4	9-9:45a	\$40
18+	S	Apr 18-May 9	9-9:45a	\$40
18+	S	May 23-Jun 13	9-9:45a	\$40



Good Vibe Fitness / Adult Dance Fitness

Instructor: Kidz Talent Academy Staff
NASC, 13000 Clarkdale Ave

Exercise will be effective and fun with a special emphasis on agility, balance and strength. Adults will burn calories without even noticing and by doing exciting activities such as a circuit training to the latest music.

AGE	DAY	DATES	TIME	FEE
18+	M	Apr 20-May 11	6-6:45p	\$35
18+	M	Jun 1-22	6-6:45p	\$35

NASC CONTRACT CLASSES

Good Vibe Fitness / Heels Dance Class

Instructor: Kidz Talent Academy Staff
NASC, 13000 Clarkdale Ave

This action packed dance class is sure to spice up your life. This class can be done with or without heels. Any heel size is acceptable. Both men and women are welcome. The heels class will incorporate genres of pop, hip hop and R&B.

AGE	DAY	DATES	TIME	FEE
18+	S	Apr 18-May 9	2-2:45p	\$35
18+	S	May 23-Jun 13	2-2:45p	\$35

Martial Arts

Hawaiian Kenpo & Polynesian Martial Art of Lima Lama

Instructor: Mike Gazmen Jr.
NASC, 13000 Clarkdale Ave

An art that teaches the basics of self-defense including kicking, punching, blocks and techniques. Advanced students will learn basic weapon defense all within a fun environment with an opportunity to compete with others.

AGE	DAY	DATES	TIME	FEE
8+	Th	Apr 23-May 21	6:30-7:30p	\$38 One Student *\$50 Two Family Members
8+	Th	Jun 4-Jul 2	6:30-7:30p	\$38 One Student *\$50 Two Family Members

**To qualify for the 2 family member option, participants must be from the same family and live in the same household. Proof of residency and relationship will be required (I.D. and birth certificate).*

Adult Cardio Kickboxing

Instructor: Mike Gazmen Jr.
NASC, 13000 Clarkdale Ave

Cardio kickboxing is a group fitness class that combines martial arts techniques with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories, while enjoying a complete body workout. Cardio kickboxing is great with helping with stress, anxiety, weight loss and self-defense. Bring water and a towel.

AGE	DAY	DATES	TIME	FEE
18+	Th	Apr 23-May 21	8-8:45p	\$40
18+	Th	Jun 4-July 2	8-8:45p	\$40

Tae Kwon Do

Instructor: Master Im, Moonstar Tae Kwon Do Academy
Hermosillo Park, 11959 162nd St

A well-balanced program designed to teach girls, boys, and adults, confidence, self-discipline, coordination, safety, blocking, spectacular kicking and punching skills, including Korean terminology, and respect associated with Tae Kwon Do. Student must purchase a uniform prior to first class.

AGE	DAY	DATES	TIME	FEE
6+	M/W/F	Apr 1-29	6-7p	\$50
6+	M/W/F	May 1-29	6-7p	\$50
(Class will not meet May 25)				
6+	M/W/F	Jun 1-29	6-7p	\$50

Mixed Martial Arts

Instructor: Lighthouse Sports Center LLC
NASC, 13000 Clarkdale Ave

The Mixed Martial Arts class will include the basics of Kickboxing, Wrestling, and Jiu Jitsu. In Kickboxing, athletes will learn combinations of punches and kicks. Wrestling will include takedowns, takedown defense, throws and ground control. Jiu Jitsu will incorporate a strong submission game and focus on control in dominant and defensive positions. Class will also include conditioning and light sparring. Mouth piece, water bottle, and fitted workout clothing is recommended.

AGE	DAY	DATES	TIME	FEE
6-18	Th	Apr 23-May 21	5-5:55p	\$49
6-18	Th	Jun 4-Jul 2	5-5:55p	\$49

Self-Defense & Safety Awareness - Young Champions

Gerdas Park, 14700 Gridley Rd

Instructor: Young Champions, (714) 259-1400

This program combines safety awareness education with self-defense instruction in a fun, structured environment! **Please Note: There is an \$8 registration fee per student per session. Register for this class with the self-defense instructor at Gerdas Park on the first day of class.**

New /4-15	T	Apr 7-Jun 2	5:45-6:25p	\$128
Yellow	T	Apr 7-Jun 2	6:30-7:10p	\$128
Orange	T	Apr 7-Jun 2	7:15-7:55p	\$128
Purple	T	Apr 7-Jun 2	8:00-8:40p	\$128

NASC CONTRACT CLASSES

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	Apr 20-May 20	6-8p	\$52
7+	M/W	Jun 1-Jul 1	6-8p	\$52

Advanced (Requires instructor's permission)

AGE	DAY	DATES	TIME	FEE
7+	F	Apr 24-May 22	6:30-8:30p	\$52
7+	F	Jun 5-Jul 3	6:30-8:30p	\$52

Sports

Cheerleading

Instructor: Lighthouse Sports Center LLC

Cheerleading offers the ability to improve your child's individual skills as well as learning how to work as a team. This class focuses on stunting, tumbling, jumps and arm motions. All while learning how to encourage each other and become positive, cheerful athletes. A \$12 supply fee for new athletes is required at the first class meeting for the practice shirt.

AGE	DAY	DATES	TIME	FEE
6-12	Sat	April 18-May 23	12:45-1:40p	\$69
6-12	Sat	Jun 6-Jul 18	12:45-1:40p	\$69

(No class July 4)

Toddler Gymnastics

Instructor: Lighthouse Sports Center LLC
NASC, 13000 Clarkdale Ave

This class introduces students to the exciting and bouncy world of gymnastics! Introduction on bars, balance beam, vault, and mini-trampoline will be given, as well as movement and tumbling. Parent participation is required.

AGE	DAY	DATES	TIME	FEE
1-3	Sat	Apr 18-May 23	10:25-10:55a	\$59
1-3	Sat	Jun 6-Jul 18	10:25-10:55a	\$59

(No class July 4)

Preschool Gymnastics

Instructor: Lighthouse Sports Center LLC
NASC, 13000 Clarkdale Ave

Introduce your child to the exciting world of gymnastics learning on the bars, balance beam, and floor. This class teaches your child to interact with others and follow along with the class as well as improve on basic motor skills and coordination. Parent participation is required!

AGE	DAY	DATES	TIME	FEE
3-5	Sat	Apr 18-May 23	11-11:40a	\$69
3-5	Sat	Jun 6-Jul 18	11-11:40a	\$69

(No class July 4)

Kiddie Gymnastics

Instructor: Lighthouse Sports Center LLC
NASC, 13000 Clarkdale Ave

Your child will explore their physical abilities and improve their coordination, flexibility, and agility in the fun world of gymnastics! They will learn the basic of gymnastics on the beam, bars, and floor while focusing on their physical development. Leotard is recommended but not required.

AGE	DAY	DATES	TIME	FEE
6-12	Sat	Apr 18-May 23	11:45-12:40p	\$69
6-12	Sat	Jun 6-Jul 18	11:45-12:40p	\$69

(No class July 4)

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. Please Note: There is an \$8 registration fee per student per session. Register for this class with the soccer coach at Gerdes Park on the dates below.

AGE	DAY	DATES	TIME	FEE
4-8	M	Apr 6-Jun 1	3:30-4:10pm	\$112
9-15	M	Apr 6-Jun 1	4:15-4:55pm	\$112



DON KNABE GOLF CENTER

& Junior Academy • 13717 Shoemaker Ave • 562-921-7047



This newly renovated facility hosts a year-round junior golf academy and instruction program for juniors of all ages and ability levels. The program focuses on the core competencies in the game of golf, the swing, rules, etiquette, and also succeeding in life including social skills, education, and an introduction to the various career opportunities available through golf.

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

Junior Golf Classes

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

Nike uniform

Free playing opportunities

One-on-one lessons

Golf & fitness assessments

SCGA membership

Educational outings

College Scholarships

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

REFUND POLICY

CLASSES/PROGRAMS

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

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

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

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

MEMBERSHIPS

Refunds are not allowed for any memberships.

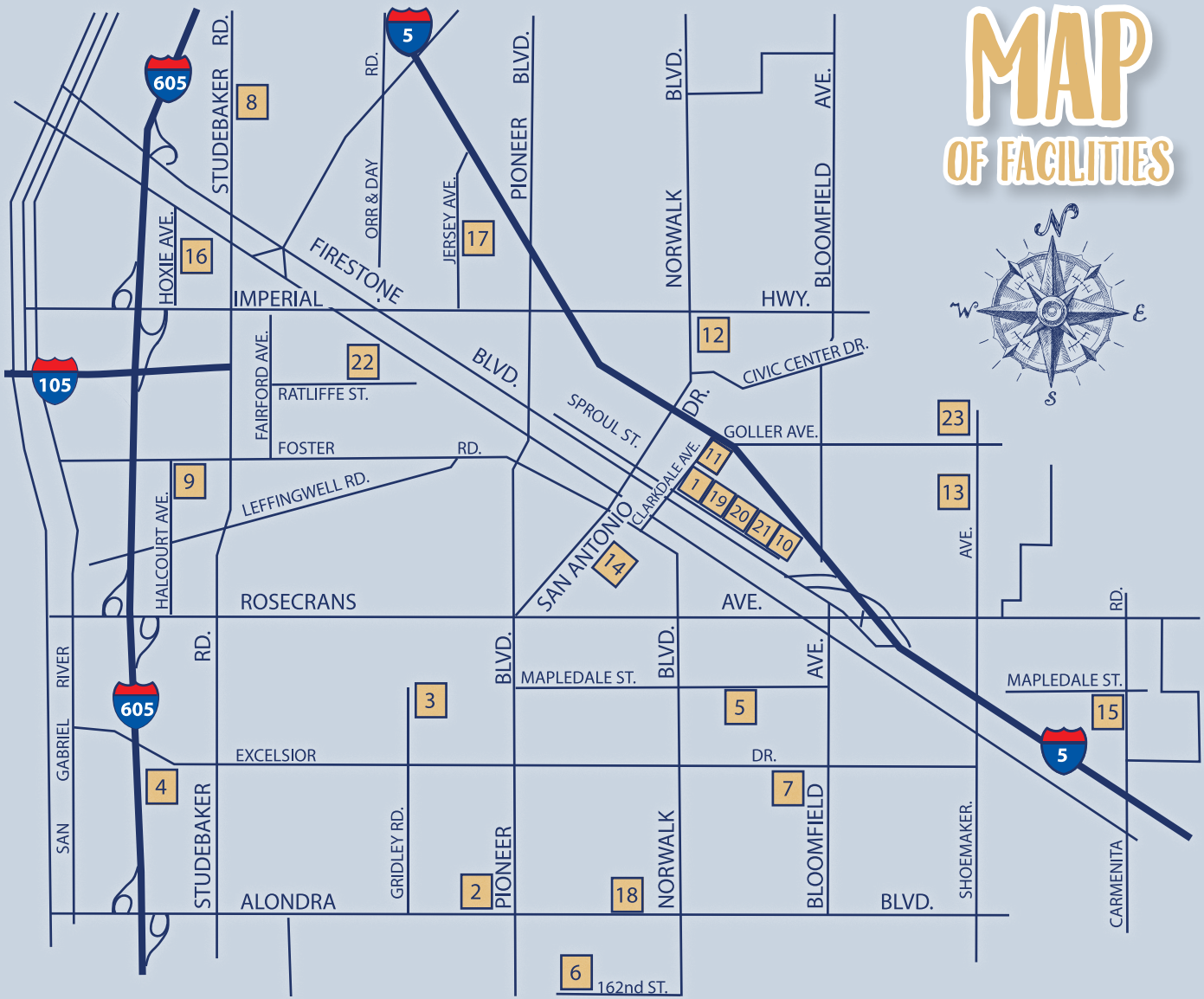
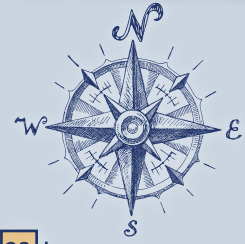
All Memberships are non-transferrable.

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

SPORTS

Refunds are not allowed for Small Fry and Youth Sports once games begin.

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. Holfield 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.
929-5521

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.



How the 2020 Census will invite everyone to respond



What to Expect in the Mail

When it's time to respond, most households will receive an invitation in the mail.

Every household will have the option of responding online, by mail, or by phone.

Depending on how likely your area is to respond online, you'll receive either an invitation encouraging you to respond online or an invitation along with a paper questionnaire.

Letter Invitation

- Most areas of the country are likely to respond online, so most households will receive a letter asking you to go online to complete the census questionnaire (or to respond by phone).
- We plan on working with the U.S. Postal Service to stagger the delivery of these invitations over several days. This way we can spread out the number of users responding online, and we'll be able to serve you better if you need help over the phone.

Letter Invitation and Paper Questionnaire

- Areas that are less likely to respond online will receive a paper questionnaire along with their invitation. The invitation will also include information about how to respond online or by phone.

WHAT WE WILL SEND IN THE MAIL	
On or between	You'll receive:
March 12-20	An invitation to respond online to the 2020 Census. (Some households will also receive paper questionnaires.)
March 16-24	A reminder letter.
	If you haven't responded yet:
March 26-April 3	A reminder postcard.
April 8-16	A reminder letter and paper questionnaire.
April 20-27	A final reminder postcard before we follow up in person.

We understand you might miss our initial letter in the mail.

- Every household that hasn't already responded will receive reminders and will eventually receive a paper questionnaire.
- It doesn't matter which initial invitation you get or how you get it—we will follow up in person with all households that don't respond.