

## Pick Up Stix Now Open at Norwalk Fitness Village

The anxiously awaited opening of Pick Up Stix "Fresh Asian Flavors" is finally here at Norwalk Fitness Village! Choose from an array of delicious high quality Chinese entrees from Thai Basil Cashew Chicken to Chopped Asian Vinaigrette Salad. Sides such as spring rolls and desserts, like chocolate covered fortune cookies, are also available.

Pick Up Stix offers catering, delivery, and dine in is located at 12539 Imperial Hwy.

#### **Hours of Operation:**

Sunday - Thursday 11 a.m. to 8 p.m. Friday & Saturday 11 a.m. to 9 p.m.



#### **October is "Power of Pink" Month**

In honor of Breast Cancer Awareness month, the City is once again partnering with the American Cancer Society and Norwalk Chamber of Commerce to raise awareness about preventative screenings, treatments and resources available. As in previous years, pink ribbon signage will be placed at the entrances to Norwalk and pink lighting will be used to illuminate City facilities and median trees.

The campaign, Power of Pink, aims to raise funds to combat the disease. Interested in supporting these efforts? Visit these Chamber restaurants, where a portion of their proceeds will benefit the campaign!

October 6: Don's Teriyaki Grill

October 8 and 28: Mr. Rosewood Family Restaurant

October 13: Kung Pao Bowl

October 21: SoCal Pizza

In addition, the Relay for Life TriCities event will be held in Norwalk on Saturday, October 23! The Relay For Life is the world's largest peer-to-peer fundraising event dedicated to saving lives from cancer. For over

35 years, communities across the world have come together to honor and remember loved ones and take action for lifesaving change. Join relay partners and community members from 9 a.m. to 10 p.m. on the City Hall Lawn to honor and remember loved ones and support those currently fighting the disease. Relay happenings

include: a celebration of cancer survivors, DJ and other entertainment, food booths, and games for kids.

For more info or to sign up, visit www.relayforlife.org/tricitiesca



### **Emergency Powers**

California continues to see a spike in COVID-19 related cases, but it has been mitigated due to an increase in statewide vaccination rates. Despite this, Governor Newsom continues to maintain his use of "emergency powers." Its effects into the City of Norwalk will continually be monitored.

The annex, formerly known as the California Youth Authority facility, was scheduled to come to an end by the end of September, but the Metropolitan State Hospital (MSH) is currently in talks with the City to extend the use of the annex. This state-initiated program allowed the MSH to use this facility for the temporary housing of transitioning patients to its facilities. Plans for its use through the extension period are unknown still. The City

is in communication with representatives at MSH and will provide residents with any information as it becomes available.

The Project Homekey (PHK) site in Norwalk, located at the former Motel 6 near Rosecrans Ave., continues its operation. The former 53-room motel is owned by the County and is being used as a temporary shelter until the program is fully operational. PHK is the State's plan to permanently house homeless residents. The City was able to negotiate with the County to transfer people from Norwalk's own homeless population off the streets and into this facility.

At this time, there are no further developments on state-initiated action.



## What is the HOPE Team?

Recently, there has been more news coverage of the HOPE team, which has led residents to ask the question, what is the HOPE team?

The City of Norwalk, under the direction of the City Council, has made it a priority to help its homeless population. The City is committed to providing and/or helping connect people with several outreach and supportive services to Norwalk residents experiencing homelessness.

In 2018, the City Council approved a Homelessness Plan with the aim of preventing and combating homelessness over a three-year period. This plan included the creation of the Homeless Task Force, comprised of a multi-agency partnership, and the Homeless Operation Prevention and Engagement (HOPE) team (part of the Norwalk Public Safety Department).

The HOPE team consists of a lieutenant, one Public Safety Officer (PSO), two maintenance workers, and a code compliance inspector. The team responds to resident and business concerns, addressing encampments, in accordance with the law, and performing outreach to individuals experiencing homelessness to connect them with necessary resources.

The HOPE team educates homeless individuals on services that are available through a multiagency partnership to assist homeless individuals get into housing and become self-sufficient. The HOPE team seeks to improve the communication and coordination between the City and service providers/partners in addressing homelessness. In almost all cases, the HOPE team contacts the same individual multiple times before assistance is accepted.

Currently, the HOPE team operates Monday through Friday from 5 a.m. to 2 p.m., however, the team has done such a great job that the City Council unanimously voted to add a second team in June 2021. This second team will operate from 12 p.m. to 10 p.m., Wednesday through Friday, and 10 a.m. to 8 p.m., Saturdays and Sundays. This will ensure that the City has a dedicated homeless engagement team 7-days a week.

The HOPE team has played an integral part in making sure that the homelessness related concerns are addressed and maintained since its creation in 2018 and have helped several local homeless people get the necessary help to get off the streets.

For information regarding the HOPE team, call 562-929-5732 or email publicsafety@norwalkca.gov



## **Norwalk City Council**

**Norwalk City Hall Hours of Operation** 

Monday - Thursday 8 a.m. - 6 p.m. Alternating Fridays 8 a.m. - 5 p.m. 562-929-5700 Mayor Jennifer Perez Vice Mayor Tony Ayala
Councilmember Rick Ramirez
Councilmember Margarita L. Rios

**Councilmember** Ana Valencia

City of Norwalk 12700 Norwalk Blvd. Norwalk, CA 90650 PRSRT STD US Postage PAID Permit No. 1139 Whittier, CA

## **Community Forum**

Share your Feedback

Our Community Forums are back in person! Join us at our next forum on Thursday, November 4 at the Norwalk Senior Center, 14040 San Antonio Drive, and express your concerns and provide feedback to City Council and staff.

The town-hall style meeting will take place in the Multipurpose Room at 6 p.m. and will include brief presentations on current and upcoming City programs and services, and will be followed by an open floor discussion. Translation services will be available for Spanish-speaking residents. The meeting will also be featured on Zoom, to allow for enhanced participation.

Questions can be submitted in advance at publiccomments@norwalkca.gov

For more information, please call the Public Affairs office at 562-929-5735.

**Dial In: 1-669-900-6833** 

**Meeting ID: 828 9884 0181** 

## **Beautiful Homes** Recognized

This past May, the Community Promotion Commission invited Norwalk property owners and residents to participate in the Home and Business Beautification Contest. The contest is held annually and serves to recognize individuals and businesses who go above and beyond to maintain or improve their property and inspire neighborhood pride. The winners were recognized at a City Council meeting and received commemorative lawn signage and gift cards to a local store.

Congratulations to all the winners! We appreciate their efforts in maintaining their properties and helping beautify our neighborhoods.

#### **Home Beautiful Category**



# **Backup Generator Installation Project Completed**

To continue to provide reliable water service, the City has focused its' efforts on enhancing operations flexibility and increasing the resiliency of its' water sources and delivery system. In July 2021, the City completed construction for Project No. 7448, which included the installation of a backup power generator for Well No. 10. In the event of utility power outage or urgent situation, the generator provides emergency backup power. This prevents interruptions to water deliveries from Well No. 10, which supplies drinking, irrigation, and process water to a significant portion of the City's residents, businesses, and public facilities. Well No. 10 also reduces reliance on imported water sources from other agencies, which is beneficial to the City and the region.

## **SB1 Funds Slated for Street Improvements**

road repairs and rehabilitation are separate from the

funds saw the resurfacing of approximately 3.8 miles

of residential streets and there are currently plans to

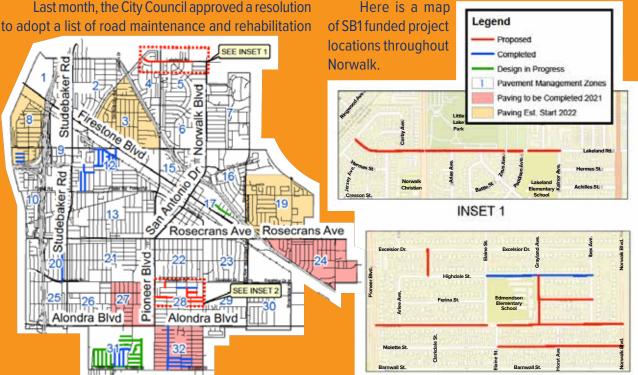
resurface approximately 4.2 miles of residential streets.

The first two projects completed using these

ongoing Local Street Rehabilitation Program.

The Road Repair & Accountability Act of 2017, projects that will be funded by the RMRA. These commonly known as Senate Bill 1 (SB1) are funds dedicated for the maintenance of roadway systems. SB1 created the Road Maintenance and Rehabilitation Account (RMRA), to be funded and apportioned to cities based on gas and diesel fuel excise tax, vehicle registration, and the California Consumer Price Index.

Last month, the City Council approved a resolution



## **Assistance for Home Repair Costs**

The City of Norwalk's Housing and Neighborhood Development Division provides financial incentives and assistance for the rehabilitation of single-family properties to include much needed home repairs.

Assistance is available to Norwalk property owners who have owned and lived in the property for a minimum of 2 years and whose household income is within certain limits. Homes must be owner-occupied, single family dwellings, including mobile homes and condominiums/townhomes, and tenant-occupied 1-4 unit rental properties\*.

<b>HOUSEHOLD SIZE</b>	<b>MAXIMUM INCOME</b>	<b>HOUSEHOLD SIZE</b>	<b>MAXIMUM INCOME</b>
1 Person	\$66,250	5 Persons	\$102,200
2 Persons	\$75,700	6 Persons	\$109,750
3 Persons	\$85,150	7 Persons	\$117,350
4 Persons	\$94,600	8 Persons	\$124,900

\*For rental properties, tenant income is used to establish eligibility for the program.

The following types of assistance are available depending upon income and other qualifications: 0% Interest Loans\*\* **Grants Deferred Loans\*\*** \*\* Only owner-occupied, single family dwellings are eligible for loans.

## **SB 1383 Creates New Organics Recycling Requirements**







California Senate Bill (SB) 1383, which was signed into law in 2016, establishes a goal of reducing the volume of organic waste disposed in California landfills by 75% by 2025. As defined by the law, organic waste includes lawn and landscaping debris, food, food-soiled paper, and other paper and cardboard products. Currently, two-thirds of this material is landfilled. As organics break down in landfills, they create methane, a powerful greenhouse gas which the state of California has identified as a factor in climate change.

In addition, SB 1383 also establishes that by 2025 edible food recovery must be increased by 20%.

For now, Norwalk single-family residents will see no waste collection and recycling program changes, but SB 1383 will eventually impact these programs as well. At present, residents can comply with the requirements of SB 1383 by:

- · Recycling all clean, dry paper in their curbside carts. This includes empty juice boxes, milk and similar cartons, cardboard and other boxes, envelopes, junk mail, magazines, newspaper, office paper, school papers, paperback books, paper grocery bags, shredded paper (bagged), and wrapping paper with no metal. (You can also recycle metal cans, small scrap metal, glass bottles and jars, and plastic containers in the same cart.)
- Reducing landscape debris by grasscycling, which allows clippings to drop back onto the lawn as you mow, and backyard composting. In addition to landscape trimmings and leaves, you can also compost fruit and vegetable scraps in your backyard. Compost bins are available at a discounted price from Athens Services. To purchase a backyard compost bin, call 888-336-6100.
- · Using your green waste cart, with the green lid, for limbs, branches, leaves, grass clippings, weeds, other plant material, and small scrap wood (no painted or treated wood). Branches and wood must be no more than 4 inches in diameter and no more than 4 feet long. No palm fronds, cacti or other succulents, rocks, soil, pet waste, or trash are accepted in the green waste cart.
- Donating non-perishable food that your family will not be using to the Norwalk Emergency Food Pantry or another local pantry.

For more info on SB 1383, visit athensservices.com



# **COMMUNITY**SAFETYZONE

#### **Great Shake Out 2021**

On Thursday, October 21, 2021, at 10:21 a.m., City staff will be participating in the Great ShakeOut, the world's largest earthquake drill, practicing "Drop, Cover, and Hold On," the recommended technique to protect oneself during an earthquake. We encourage all residents and businesses to participate in this nationwide drill at your homes and facilities.

During an earthquake, you may only have seconds to protect yourself before strong shaking knocks you down -- or drops something on you. Most earthquake-related injuries are caused by falling and flying objects, so once the shaking starts, it is extremely important that you move as little as possible, reach a safe place as quickly as possible, and take cover wherever and however you can.

Look around you now to identify safe places to take cover, such as under a sturdy piece of furniture in your home, office or school, so that when an earthquake happens, you can respond quickly. Also, keep an eye out for hazards like objects hanging

**Keeping Our Streets Safe** 

Our Norwalk Sheriff's Traffic Enforcement team consists of four Deputies with over 60 years of combined experience. This dedicated team enforces traffic violations throughout the City and works diligently to keep our streets safe for everyone. From January – July 2021, the team issued over 2,200 citations for various traffic violations. Their efforts have resulted in a significant decrease in injuries and collisions in Norwalk, along with an overall increase in road safety and compliance.

Please do your part to help keep Norwalk streets safe and drive carefully.



from walls or heavy, unsecured items like bookcases and file cabinets.

On the day of the drill or during an actual earthquake, if you are inside a building: DROP to the ground (before the earthquake drops you!), Take COVER by getting under a sturdy desk or table, and HOLD ON to it until the shaking stops.

Stay indoors until the shaking stops and you are sure it is safe to exit. In most buildings in California, you are safer if you stay where you are until the earthquake yer.

If you are outdoors when the shaking starts, you should find a clear spot away from buildings, trees, streetlights and power lines, then DROP to the ground and COVER your head and neck with your arms. Stay there until the shaking stops.

If you are driving, pull over to a clear location, stop, and stay there with your seatbelt fastened until the shaking stops. Once the shaking stops, proceed with caution and avoid bridges or ramps that might have been damaged.

For more information on the Great ShakeOut and additional earthquake safety tips, please visit www. shakeout.org/california/

## Norwalk Toyota Catalytic Converter Marking Event

On September 1, the City of Norwalk partnered with Norwalk Toyota for a catalytic converter marking program. There has been a rise in catalytic converter thefts throughout southern California and marking or etching your license plate number on your converter can assist in deterring thieves from attempting to take your converter. Norwalk Toyota is proud to provide this service to the public to help fight back against thieves.

The public is welcomed to schedule a marking appointment by calling Norwalk Toyota at 562-868-0035. The fee for the service is \$99 for Norwalk residents and \$149 for non-residents. Hours of operation are Monday – Saturday 7 a.m. – 4 p.m.



## **Safe Routes to Schools**



With schools back to inperson learning, we would like to remind drivers to be courteous and share the road. Bicyclists and motorcyclists have the same rights

as those driving vehicles. Look for cyclists where vehicles do not appear. For example, before making a left-hand turn at an intersection. Also, be aware that motorcyclists may have to downshift and weave to avoid bumps and road hazards. Pedestrians should also follow the rules of the road and obey signs and

signals — which are there to protect you. If there isn't a sidewalk, walk facing traffic and as far from vehicles as possible. Always cross streets at crosswalks when they are available; drivers know to look for you there. If there isn't a crosswalk, cross at a well-lit place where drivers can best see you. With everyone's help, we can keep everyone safe and prevent unnecessary traffic accidents and collisions.

To report traffic safety concerns please contact 562-929-5732 or the Norwalk Sheriff's Department at 562-863-8711.

#### When Trick-or-Treating

A parent or responsible adult should always accompany children on their neighborhood rounds.

#### Remind Trick-or-Treaters:

- $\bullet \textit{ Use a flashlight so that you can see and be seen by others.}\\$
- Remain on well-lit streets and always use the sidewalk.
- If no sidewalk is available, walk at the farthest edge of the roadway facing traffic.
- Obey all traffic and pedestrian regulations.
- Always walk. Never run across a street.
- Only cross the street at corners or at established crosswalks.
- Remove any mask or item that will limit eyesight before crossing a street.
- Don't assume the right of way. Motorists may have trouble-seeing you and just because one car stops, doesn't mean others will!
- Stay in a group and communicate where you will be going.

## Trick-or-Treat Safety



- Only go to homes with a porch light on.
- Never cut across yards or use alleys.
- Never enter a stranger's home or car for a treat.
- Never consume food items or drinks that may be offered.
- No treats should be eaten until they are thoroughly checked by an adult at home.
- The police should be notified immediately of any suspicious or unlawful activity.

#### **After Trick-or-Treating**

Wait until children are home to sort and check treats. Though tampering is rare, a responsible adult should closely examine all treats and throw away any spoiled, unwrapped, or suspicious items.

Make sure items that can cause choking (such as hard candies) are given only to those of an appropriate age.

Source: Los Angeles Police Department





On August 26, Norwalk Transit System (NTS) Coach Operator Griselda Madrid helped out two young children that were alone at a bus stop. She had passed by the bus stop several times while driving the route and noticed two

young children (ages 10 and 11 years old) by themselves. Operator Madrid stopped the bus and brought them on board to ensure their safety. The children stated they were waiting for their mom. Griselda then notified NTS Dispatch and Sheriff Deputies were called out for assistance. The children were left in safe custody with the Sheriff's Department.

As exemplified above, our NTS Operators serve as additional pair of eyes while out driving, being mindful of any potential safety issues in our community. They



are also of service in different ways, helping bring smiles to the faces of local children. Earlier this summer, NTS received sincere words of appreciation from a parent for Coach Operator Margie Rangel. The resident

shared that her son loves buses and trucks, and as part of their daily morning routine, they wait at a local intersection and wave at the passing buses and trucks. The mother shared that Margie regularly honked at them, helping brighten up their morning and providing her son with wonderful memories

The City of Norwalk commends the efforts of our team members to be of service to our community! Thank you Coach Operators Griselda Madrid and Margie Rangel.

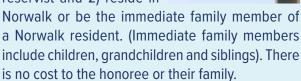
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# Recognizing our Heroes



The City of Norwalk is proud to be home to brave women and men serving our country. To recognize their service, the City sponsors the Hometown Heroes Banner program, installing personalized banners of current service members along Imperial Highway and Firestone Boulevard.

Honorees must be 1) on active duty or an active reservist and 2) reside in



Upon one year of installation, the banners are gifted to the service member and their family during a special presentation at a City Council meeting.

Applications are available on the City website at https://tinyurl.com/HometownHeroBanner.

For more information, please call Public Affairs at 562-929-5735.

**Scan for Application** ►



## **Senior Center**

14040 San Antonio Dr • 562-929-5580

## Fall Pumpkin Craft Thursday, October 14 • 2 – 4 p.m.

Oh my Gourd, fall is here! It is that time of year to decorate pumpkins for Halloween, and this is the place to be. Come make your very own personal pumpkin masterpiece. We will supply the pumpkin, and paint, you supply the creativity! It is going to be a smashing good time.

Space is limited to 20 participants and reservations are required. Cost: \$5.00/person. Register Friday, October 1.

#### Loteria

#### Wednesday, October 20 • 1 – 3:30 p.m.

Let us get together for another chance to win prizes playing Loteria! Similar to Bingo, Loteria will have you marking cards to match the images being called. Seniors, age 50 and older, can come and enjoy an afternoon of socially distanced Loteria. Call to reserve your spot! One session only. One card per person. Prizes for winner of games!

Space is limited to 40 participants and reservations are required. Reservations begin Friday, October 8.

## **Staying Social: How to do it Right** Thursday, October 21 • 2 – 3 p.m.

Staff from Humana will be presenting on the importance of staying social and how to do it right. Seniors will learn the best methods to maintain social connections even during a pandemic.

#### **Weekly Mental Health Support Group**

Every Monday • 2 – 2:45 p.m. Call-In Number: 1 (978) 990-5176 • ID: 695849#

This support group, led by a staff member from Telecare Corporation, will meet by phone on a weekly basis. Some of the topics discussed are depression, anxiety, stress management, self-care, grief & loss, mental well-being, and the aging process.

## October Movie Night: "Addams Family" Tuesday, October 26 • 6 – 8 p.m.

The Norwalk Senior Center invites you to join us for an evening full of laughter with the First Family of Halloween! Their creepy and their kooky, mysterious and spooky, their altogether ooky, The Addams family. You'll have a howling good time!

#### Dia de Los Muertos Ofrenda

Wednesday, October 27 – Tuesday, November 2

To honor those who are no longer with us, the Norwalk Senior Center invites all seniors to participate in the Senior Center Dia de Los Muertos Ofrenda. Please bring a picture of your dearly departed loved one to display, and we will supply the candles. Please, no pictures larger than 5" x 7".

Submit Entries: Friday, October 15 to Tuesday, October 26.

#### **Medications: What You Need to Know to Be Safe**

Thursday, October 28 • 2 – 3 p.m. Meeting ID: 981 6263 1363 Call in Number: 1-669-900 6833

Staff from Scan Independence at Home, will conduct a presentation on Medication safety. Medications are helpful in treating our conditions, but taking medicine the wrong way can be harmful. Join us to learn what you can do to help make your medication use safer.

## **Halloween Spooktacular Dance** Thursday, October 28 • 6 – 8 p.m.

What are you doing Thursday? I just have to ask. How about dancing and wearing a mask... Fly over on a broom or float like a ghost. Just don't be tardy for our Halloween Party!

Space is limited to the first 80 seniors who register, Costumes are highly encouraged! Cost: \$5/person. Register Friday, October 8.



## **Community Clean-Up**

The City of Norwalk's Public Safety Department is pleased to partner with CalTrans on a Community Clean Up event on Saturday, October 9. This is a great opportunity for youth, families, and organizations to get involved in our community. The event is from 9 to 11 a.m. with the meeting point for volunteers at the Green Line Station (12901 Hoxie Avenue). Volunteers will be transported to and from the Green Line Station and clean-up site. The clean-up activity will be focused on the removal of trash and debris from the 605 s/b offramp at Rosecrans Avenue, and by participating, residents will support efforts to alleviate blight in our City.

Caltrans will be supplying tools, gloves and eye protection. For more info or to sign up, please contact Norma Cruz at ncruz@norwalkca.gov or 562-929-5963.





#### **CALL for Norwalk Artists!**

The City of Norwalk's Art in Public Places Committee is looking to create an artist database. We are looking for local artists who specialize in murals, sculptures, paintings and any other types of visual arts. If you are interested in partnering with the City on future art projects, please email us at art@norwalkca.gov and provide the following information in your email.

#### SCHEDULE OF ACTIVITIES

The Norwalk Recreation and Park Services Department offers a variety of programming for youth, teens and adults.

#### Register now: tinyurl.com/registernorwalk

Keep up to date with us on social media for more programs, activities and events! We will also be sharing specific COVID-19 related protocols and procedures.

**Instagram: RecNorwalk Facebook: Norwalk Arts & Sports Complex** 

#### **Twitter: RecNorwalk**

#### **Paint Class and a Glass**

- CULTURAL ARTS CENTER -

**Cultural Arts Center** 13200 Clarkdale Ave.

Artists of all experience levels are invited to an evening of socializing and step-by-step painting instruction. 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. Come with friends and family; enjoy the complimentary drinks and snacks.

**AGE** DAY **DATES** TIME FEE 21+ F **Oct 15** 7-9 p \$25

#### - YOUTH SPORTS -

#### **Foot Golf**

**Don Knabe Golf Center** 13717 Shoemaker Ave

Footgolf is a sport in which players kick a soccer ball into a cup in as few shots as possible. The game is a combination of soccer and golf.

**AGE** DAY **DATES TIME** FEE 8-13 **TBA** Oct **TBA** \$39

#### - CONTRACT CLASSES -





#### Cheer & Dance:

**All Stylez Dance Party** NASC, 13000 Clarkdale Ave.

From ballet and jazz to tap and hip-hop, students will learn to become a well-rounded dancer!

<b>AGE</b>	DAY	DATES	TIME	FEE
5-12	T	Oct 19-Nov 9	5-5:45p	\$45

#### **Aztec Dance**

Hermosillo Park, 11959 162nd St.

This class will introduce dancers to the basics of Aztec dance while obtaining a great workout. Enjoy fun, highenergy footwork to the chatter of ankle rattles, and dramatic choreography full of symbolism.

AGE	DAY	DATES	TIME	FEE
5+	T/TH	<b>Sept 14-Nov 18</b>	7-9p	FREE
		No class Nov 11		

#### **Beginner Ballet/Jazz Combo**

NASC, 13000 Clarkdale Ave.

Dancers will learn simple rhythm techniques, musicality, and terms. Class focuses on the foundation and fundamental skills of dance! No experience needed.

<b>AGE</b>	DAY	DATES	TIME	FEE
5-12	W	Oct 20-Nov 10	5-5:45p	\$45

#### **Beginner Ballet/Tap Combo**

NASC, 13000 Clarkdale Ave.

Ballerina and tap dancers will develop an enjoyment of music & movement, while learning the basics of ballet and tap dancing with turns, kicks, leaps, & more! Dancers will learn simple rhythm techniques, musicality, ballet and tap terms, fine motor skills, and fun expression. Ballet and tap shoes required. No experience required.

AGE	DAY	DATES	TIME	FEE
5-12	SAT	Oct 23-Nov 13	10-10:45a	\$45

#### **Beginning Hip Hop Dance**

NASC, 13000 Clarkdale Ave.

Get funky in your dance style with this fun hip hop class. This is a high energy class that will teach you the basics of hip hop dancing. No experience needed!

AGE	DAY	DATES	TIME	FEE
5-12	W	Oct 20-Nov 10	6-6:45p	\$45
5-12	SAT	Oct 23-Nov 13	11-11:45a	\$45

#### **Beginning & Intermediate Teen Hip Hop**

NASC, 13000 Clarkdale Ave.

Students will learn choreography to various hip hop and pop songs! Students will strengthen their hip hop dance skills and build on the basics! No experience needed.

<b>AGE</b>	DAY	DATES	TIME	FEE
13-17	TH	Oct 21-Nov 18	5-5:45p	\$45
		No class Nov 11		

#### **Dance Fit Bootcamp**

NASC, 13000 Clarkdale Ave.

Exercise will be fun and effective with an emphasis on endurance and strength! Burn calories by dancing, circuit training (option to add weights) and yoga!

7	18+	M	Oct 18-Nov 8	6-6:45p	\$40
	<b>AGE</b>	DAY	DATES	TIME	FEE
	trairing	g (optioi	i to add weights, ar	ia yoga.	

#### **Folklorico**

#### Sara Mendez Park Patio, 11660 Dune St.

Come and learn about our cultural richness where we travel through dance to northern and southern states, while exploring customs and Mexican traditions. Ven y aprende mas de nuestra riqueza cultura donde viajamos altravez de la danza a cada estado del norte al sur, costumbres y tradicion mexicano.

#### **BEGINNER**

<b>AGE</b>	DAY	DATES	TIME	FEE
5-10	TH	Oct 21-Nov 18	6- <b>7</b> p	\$40
		No class Nov 11	-	
<b>ADVA</b>	NCED			
11-15	T	Oct 19-Nov 9	6- <b>7</b> p	\$40
ADUL'	TS			
30+	TH	Oct 21-Nov 18	7-8p	\$40
		No class Nov 11		

#### Li'l Cheerleaders

NASC, 13000 Clarkdale Ave.

Cheerleaders will learn the fundamentals and basics of cheerleading and performance dance! Learn team building, choreography, cheer movements, and more with this fun and upbeat class! No experience required!

AGE	DAY	DATES	TIME	FEE
4-6	M	Sept 13-Nov 8	4-4:45p	\$90
		No class Oct 11		

#### **Parent & Tot Dance Time**

NASC, 13000 Clarkdale Ave.

Class will focus on music and movement activities that can improve coordination, rhythm, and fine motor skills with upbeat music. Tots and parents will use props, play games, and more! Parent participation required.

AGE	DAY	DATES	TIME	FEE
11/2-3	T	Oct 19-Nov 9	9:30-10:15a	\$45

#### Pump It Up Cheer & Dance

NASC, 13000 Clarkdale Ave.

Cheerleaders will learn the fundamentals and basics of cheerleading and performance dance! Learn team building, choreography, cheer movements, and more with this fun and upbeat class! No experience required!

AGE	DAT	DATES	IIIVIE	FEE
7-12	M	Sept 13-Nov 8	5-5:45p	\$90
		No class Oct 11		

#### **Sassy Jazz Dance Fusion**

NASC, 13000 Clarkdale Ave.

Attendees will learn basic dance terms and movement through choreography with a special emphasis on your personal style! No experience required.

AGE	DAY	DATES	TIME	FEE
18+	F	Oct 22-Nov 19	5:30-6:15p	\$45
		No class Oct 2	9	

#### **Tot Hip Hop**

NASC, 13000 Clarkdale Ave.

This class will teach you the basics of hip hop dancing while learning simple dance terms. No experience needed!

<b>AGE</b>	DAY	DATES	TIME	FEE
2-5	TH	Oct 21-Nov 18	9:30-10:15a	\$45
		No class Nov 11		

#### Tu-Tu Cuties (Ballet/Tap Combo)

NASC, 13000 Clarkdale Ave.

Students will learn basic ballet and tap terms while building memorization skills, musicality with dance counts, and perfecting fine motor skills.

AGE	DAY	DATES	TIME	FEE
2-4	M	Oct 18-Nov 8	10-10:45a	\$45
2-4	SAT	Oct 23-Nov 13	9-9:45a	\$45

#### - Fine Arts -

## **Beginning/Intermediate Piano/Keyboarding**

NASC, 13000 Clarkdale Ave.

Learn the basics of how to play piano/electric keyboard through hands-on techniques, exercises, practice regimens, note reading, melodies, and songs! Students must provide their own electronic keyboard.

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

AGE DAY DATES TIME FEE

5+ T Oct 19-Nov 16 3:15-4:10p \$55

#### Commercial Acting for Kids

NASC, 13000 Clarkdale Ave.

This commercial and improvisation class will dive into the fundamentals of basic acting skills needed for commercial acting! Students will learn to retain skills in front and behind the camera with scene writing and script creation! While focusing on improvisation skills, students will bring their ideas and imagination to life! No experience needed!

AGE DAY DATES TIME FEE
6-13 SAT Sept 18-Nov 13 12-12:45p \$90
No class Oct 9

#### **Guitar for Beginners**

NASC, 13000 Clarkdale Ave.

Learn the basic skills of playing the guitar, including chords, finger picking, hand techniques, rhythms, and songs in a variety of styles! Students must provide their own acoustic guitar.

Please note: A \$10 book fee is due the first day of class. Cash only. **DATES** AGE DAY TIME FEE Sept 14-Oct 12 \$55 5+ Т 4:25-5:20p Oct 19-Nov 16 4:25-5:20p Т \$55 5+

#### - Health & Fitness -

#### **Yoga for Life**

NASC, 13000 Clarkdale Ave.

Class focuses on releasing tension, gaining strength and flexibility, balance, controlled breathing, and relaxation through non-intimidating yoga techniques. Class uses traditional Hatha standing and seated postures with slight variations to accommodate different skill levels.

AGE DAY DATES TIME FEE 14+ T Oct 19-Nov 16 6-7p \$35

#### **Zumba Fitness**

NASC, 13000 Clarkdale Ave.

Zumba incorporates several forms of dance, some of which include Salsa, Merengue, Cumbia, Belly Dancing, and Cha-Cha. Zumba benefits include burning calories, relieving stress, lowering cholesterol, improving mood, and easy to follow!

AGE DAY DATES TIME FEE

18+ T/TH Oct 19-Nov 16 6-7p \$32

No class Nov 11

#### - Martial Arts -

#### Tae Kwon Do

NASC, 13000 Clarkdale Ave.

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 the first class.

AGE DAY DATES TIME FEE
5+ M/W/F Oct 19-Nov 15 6-7p \$50
No class Oct 29

#### **Karate**

Gerdes Park, 14700 Gridley Rd.

This program combines safety awareness education with self-defense instruction in a fun, structured environment! Students learn verbal and physical skills for self-defense against "Bullies" and "Strangers". Escape maneuvers are taught to defend against being grabbed or abducted, and communication skills are taught to counteract threats. Safety tips are discussed each week! Students progress in rank and earn their belts!

AGE DAY DATES TIME FEE
4-15 T Sept 28-Nov 16 5:45-6:25p \$72

#### - NORWALK AQUATIC PAVILION -

Please Note: The Aquatic Pavilion will be closed Friday, Oct. 22 for special events.

#### **Pumpkin Float**

Join us for our first ever Pumpkin Float this fall! Carve a design into a pumpkin and watch it glow while it floats over the pool water. It's a perfect seasonal photo opportunity! Registration includes pumpkin and supplies. Event does not include recreational swim. Event is all ages, but children ages 13 and under require parent supervision. Pre-registration required before October 15 at tinyurl.com/norwalkaquatics DAY DATES TIME AGE FEE

F Oct 22 5-8p All \$10/pumpkin+entryfee\*
\*Entrance fees collected at door

#### **Water Aerobics**

This is one of our most popular programs! Make your workouts fun and get into great shape. No reservation required; first come, first served.

#### **Shallow**

DAY	DATES	TIME	AGE	FEE
M-F	<b>Sept 13-Nov 19</b>	1-2p & 7-8p	18+	\$4 Adults
			<b>55</b> +	\$3Seniors
Sat	<b>Sept 18-Nov 20</b>	<b>10-11</b> a	18+	\$4 Adults
			<b>55</b> +	\$3Seniors
		Deep		
DAY	DATES	TIME	<b>AGE</b>	FEE
M-F	<b>Sept 13-Nov 19</b>	12-1p & 6-7p	18+	\$4 Adults
			<b>55</b> +	\$3Seniors
Sat	<b>Sept 18- Nov 20</b>	9-10a	18+	\$4 Adults
			<b>55</b> +	\$3Seniors

#### **Lap Swim**

Use our facility to stay in shape and look great, too! Swimming is one of the most effective and complete exercises you can do. Lap swimmers have dedicated lanes, but may be shared with an additional party. One hour maximum per swimmer. First come, first served.

DAY DATES

TIME

AGE FEE

M-F Sept 13-Nov 19 12-2p & 6-8p18+ \$4 Adults 55+ \$3Seniors Sat Sept 18- Nov 20 9-11a 18+ \$4 Adults 55+ \$3Seniors

#### **Recreational Swim**

Recreational swimmers of all ages are invited to cool off and have fun at the Aquatic Pavilion. For your safety, children 10 years and younger or under 48 inches tall must be accompanied by an adult 16 years or over, in water (one adult per child is required).

DAY DATES TIME AGE FEE
Sat Sept 18-Nov 20 11:30a-1p 18+ \$4 Adults
17- \$3 Kids
55+ \$3Seniors

## Norwalk Stingrays Youth Swim Team



The Norwalk Stingrays is a novice swim team designed to teach and encourage young people to participate in

watersports on a competitive, yet fun, basis. Team members will learn basic competitive skills and train to compete in swim meets against other area swim teams. Competitions will resume in 2022. Swimmers are divided into different levels for practice and competitions. Children should be able to swim the front-crawl for 50 yards continuously, and have a basic knowledge of the competitive strokes at the time of registration. To try out for the Swim Team, please call ahead to make an appointment with the Aquatic Staff. For more information, please call (562) 929-5622.

DAY DATES

TIME AGE FEE

M-F\* Sept 13-Nov 19 6-8p 6-18 \$70mo/swimmer \$60mo/second swimmer (In immediate family) \$50mo/third swimmer (in immediate family)

#### **TEEN CENTER**

12305 Sproul St • 929-4260 • NorwalkTeenCenter@ norwalkca.gov

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.

Please Note: The Teen Center will be closed Oct 29, Nov 11, 25, & 26.

#### **General Schedule**

Sept 1-Oct 22 • M-F • 3:30-7p Oct 25-Nov 30 • M-F • 3:30-6:30p

#### **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 held on the first Wednesday of each month.

AGE DAY DATES TIME LOCATION
13-18 yrs Wed Oct 6, Nov 3, Dec 1 5:30p NASC

#### - TEEN EXCURSIONS -

	Kno	tt's Scar	y Farm	
AGE	DAY	DATES	TIME	FEE
13-18	Fri	Oct 8	<b>5</b> p-1a	\$35
	Ha	lloween	Party	
AGE	DAY	DATES	TIME	FEE
13-18	Fri	Oct 15	6-9p	\$5

## L.A. Haunted Hay Ride DAY DATES TIME

Oct 22

**7-10**p

FEE

\$15

**AGE** 

13-18

Fri

Sunse	et Hike -	Getty \	View	Park

AGE DAY DATES TIME FEE
13-18 Sat Nov 6 1-8p FREE

#### The Art of Brick Museum

AGE	DAY	DATES	TIME	FEE
13-18	Sat	Nov 13	10a-3p	\$5

## Thanksgiving Potluck

AGE	DAY	DATES	TIME	FEE
13-18	Fri	Nov 19	6-9p	FREE

#### **Park Programs**

## Ghosts and Goblins at Glazier Park Movie Night

**10810 Excelsior Drive** 

Bring your blankets and lawn chairs and enjoy a fun filled spooky night! We will be watching an all-time Halloween favorite "Hocus Pocus." The movie will be displayed on a 400 square foot screen. There will also be games and activities prior to the movie starting which will be at dusk. Food will also be available for purchase to help support the Teen Alliance Program scholarship fund. For more information, please call (562) 929-5922.

AGE DAY DATES TIME FEE
All F Oct 8 6:30p Free

## Pumpkin Festival at Hermosillo Park

11959 162nd Street

Carve or paint your very own pumpkin! There will also be an opportunity to take part in our Minute to Win it pumpkin games along with creating additional pumpkin themed crafts! Fee includes pumpkin, carving tools, paint, and refreshments. For more information, please call (562) 929-5922.

AGE DAY DATES TIME FEE
All F Oct 15 6-8 p.m. \$7 per person