

City of

# PARAMOUNT

Community Services & Recreation

[paramountcity.com/recreation](http://paramountcity.com/recreation)

15300 Downey Avenue | (562) 220-2121

Summer 2016 Newsletter

## SUMMER CONCERTS AND FOOD TRUCK THURSDAYS

### FREE concerts in the Park.

- Days - Every other THURSDAY during the summer
- Times - Food Trucks (5-9 p.m.) and Concerts (6:30-8:30 p.m.)
- Location - Paramount Park
- Seating - festival style in the park (bring a lawn chair or blanket)

### Concert Line-Up:

June 2	Hard Days Night-Tribute to the Beatles
June 16	Stone Soul-Classic Soul & Motown
June 30	Beta Maxx-80's
July 14	Mariachi Divas-Mariachi
July 28	Robert Sarzo- A Salute to Santana)
August 11	Los 454's-Latin Big Band

### NEW - Paramount's Got Talent

- o Every concert date from 6:00-6:30 p.m.
- o Must be a Paramount resident 25 years old or under
- o Only 4 participants allowed each concert
- o Solo Singers Only
- o Must contact and pre-register with the Recreation Department (walk-ups not accepted)
- o Winners will compete for chance to perform at the City's Holiday Tree Lighting event in December

## FARMERS MARKET

The revamped Paramount Farmers Market has returned! It runs every Friday from 9:30 a.m. to 1:30 p.m. at Progress Park, 15500 Downey Avenue.

## Want to register on-line?

Call the Recreation Office for a user name and password.

## Coming Soon to Paramount



**SATURDAY • MAY 21, 2016**  
**FROM 10:00 A.M. – 1:00 P.M.**

LOCATION: PARAMOUNT PARK  
 (14400 PARAMOUNT BLVD.)

## MILITARY BANNER RECOGNITION PROGRAM

Honor your Paramount family member currently serving in the military with a free banner along Paramount Blvd.!

### Eligibility:

1. Current member of the U.S. Armed Forces (Army, Navy, Marines, Air Force, Coast Guard, Reserve, and National Guard).
  2. The honoree must be a resident of Paramount or have resided in Paramount prior to enrollment in the military service and have an immediate family member that is a Paramount resident.
- Applications are available at City Hall, the Recreation Office and Community Center



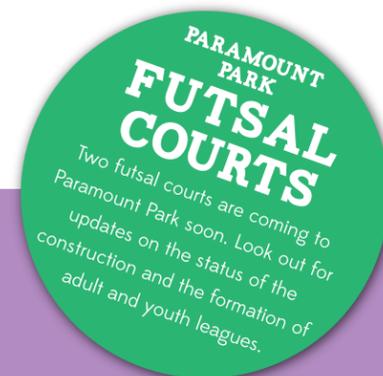
Safe and Sane fireworks can only be set off on July 3rd and 4th\*. Setting them off on any other date can result in a \$250 fine. All other fireworks, like bottle rockets, firecrackers and M-80s are illegal and can result in a fine up to \$1,000 and/or arrest. Fireworks of any sort cannot be set off at any city park.

## PICNIC SHELTER RESERVATIONS

Waiting for a picnic gazebo is no longer necessary if you are a resident. Call the Recreation Department to find out how to reserve a picnic shelter at Paramount Park, Garfield Park, or Meadows Park.

### Please note the following park rules:

- Barbecue pits are available for your use. Please dispose of hot coals in the appropriate bins.
- No alcoholic beverages or glass containers.
- No inflatable bouncers or generators are allowed without a city permit.
- No loud or amplified music.
- Dogs are prohibited.
- No motor vehicles are allowed on the park.
- Parks are closed at 8:00 p.m. (30-27.1 PMC)
- All fireworks of any type are prohibited on city parks.



## FREE Mommy & Me AND DADDY TOO!

Calling all Mommies and Daddies!! Join us in this 10-week program as we explore play Music, Art & Technology. Come and spend quality time with you baby, infant or toddler. Children will explore hands-on activities with the help of their parents. Parent participation required. One child per adult.

### Type of Classes: Play - Art - Music - Technology / Reading

### Session Schedule (10-Week Sessions):

- 1 January 11 - March 19
- 2 April 4 - June 11
- 3 July 5 - September 10
- 4 September 26 - December 3

### Age Groups for Classes (Months):

- Baby (6-12 months)
- Infant (13 -24 months)
- Toddler (25 -36 months)
- Progress Park, 15500 Downey Ave
- Spane Park, 14400 Gundry Ave

DATE	AGE	TIME	LOCATION
Monday	Toddler	9:00 a.m. - 10:00 a.m. 10:30 a.m. - 11:30 a.m.	Progress
Tuesday	Infant	9:00 a.m. - 10:00 a.m.	Progress
Thursday	Toddler	9:00 a.m. - 10:00 a.m.	Progress
Tuesday	Baby	10:30 a.m. - 11:30 a.m. 10:30 a.m. - 11:30 a.m.	Progress
Saturday	Toddler	10:30 a.m. - 11:30 a.m.	Progress

## Summer Swim Lesson and Day Camp Registration Info:

### SPECIAL ONE-DAY EARLY SWIM LESSON REGISTRATION FOR RESIDENTS

• May 16th from 9 a.m. to 11 a.m. at Progress Park East (15500 Downey Ave.)

#### RESIDENTS

- Online registration begins May 2nd - May 13th
- Walk-in registration - May 17th

#### NON-RESIDENTS

- Walk-in registration - May 24th

#### REGISTRATION LOCATIONS:

- Community Services and Recreation Department (15300 Downey Ave.) Monday-Friday, 8:00 a.m. to 5:00 p.m.
- Paramount Community Center (14400 Paramount Blvd.) Monday-Thursday, 5:00 p.m. to 8:00 p.m.

Please visit [www.paramountcity.com](http://www.paramountcity.com) and click on the "Recreation Classes" menu item to view FAQs for more information regarding online program registration.

## Summer Day Camp

- Participating Ages - 5 to 12
- Days/Hours - Monday through Friday, 7:00 a.m. to 6:00 p.m.
- Dates - June 13th - August 5th
- Location - Paramount Park Gym
- Cost:
  - Residents - \$75 per person per week with an additional \$5 fee per week for swim lessons.
  - Non-Residents - \$85 per person per week with an additional \$15 fee per week for swim lessons.
- Additional fees apply when using an alternate form of payment (e.g., Cal Works).
- Free daily meal program
- Positions for Jr. Volunteers available. Call the office at (562) 220-2121 for details.

## SNAP (Summer Nutrition and Activity Program)

- Free daily meal (breakfast at 9 a.m. and lunch at noon) and recreation program
- Participating Ages - all children under 18 years old
- Days/Hours - Monday through Friday, 9 a.m. to 1:00 p.m.
- Dates - June 13th - August 5th
- Locations: All PUSD elementary and middle school campuses (except Jackson School)
- SNAP is a walk-in/walk-out program and children are welcome to come and go at anytime during operating hours.

## Orange Ave. Splash Pad

- Opens for the season on June 11th from 12 p.m.-4p.m.
- Address: 14618 Orange Avenue

## Paramount Pirates Swim Club

Monday, Wednesday, and Friday from 6:00 to 9:00 p.m.  
Saturdays from 9:00 to 11:00 a.m.

Contact information  
Coach Tony 562-209-6698  
Email [Paramountpiratesswimclub@gmail.com](mailto:Paramountpiratesswimclub@gmail.com)



## Swim Lessons Schedule (Monday - Friday)

• Paramount Pool (14400 Paramount Blvd) (562) 220-2069

### Paramount Pool Schedule:

Time	Levels Offered	Session
10:00 a.m.-10:30 a.m.	Tiny Tots, 1, 2 & 3, Tiny Tots, 1	All Sessions
10:30 a.m.-11:00 a.m.	Tiny Tots, 1, 2, 4, 5	
11:00 a.m.-11:30 a.m.	Parent & Me, Tiny Tots, 1, 2, 3, 3	
11:30 a.m.-12:00 p.m.	Tiny Tots, 1, 1, 4, 5	
4:00 p.m.-4:30 p.m.	Tiny Tots, 1, 2, 3, & 4	
4:30 p.m.-5:00 p.m.	Parent & Me, Tiny Tots, 1, 4, 5	
5:00 p.m.-5:30 p.m.	Tiny Tots, 1, 2, 3 & 5	
5:30 p.m.-6:00 p.m.	Tiny Tots, 1, 4, & 5	
6:00 p.m.-6:30 p.m.	Parent & Me, Tiny Tots, 1, 2 & 3	
6:30 p.m.-7:30 p.m.	Adult Beginners, Adult Intermediate	

## Recreation Swim

Open for weekend swim beginning June 11th.  
Open for weekday swim beginning June 13th.  
Children 6 and under must be accompanied in the water by an adult.

- Resident Entrance fee:
  - \$1.00 for under 17 years old and 55+
  - \$2.00 for 17 years old and over
- Non-Resident Entrance fee:
  - \$3 for under 17 years old and 55+
  - \$4 for 17 years old and over
- Paramount Pool:
  - M-F, 1:00 - 3:30 p.m. (June 13th - August 12th)
  - T/Th, 6:45 - 8:45 p.m. (June 14th - August 11th)
  - Sat/Sun, 1 - 4 p.m. (June 11th - August 28th)

# Aquatics

## American Red Cross Learn-to-Swim Provider

### Youth Swimming Lessons

- Paramount Pool
- Session 1 (June 20th- July 1st) , Session 2 (July 4th- 15th), Session 3 (July 18th - July 29th) Session 4 (August 1st- August 12th)
- Cost: Resident, \$25/session; Non-Resident, \$35/session
- No Classes on July 4th

### Parent & Me

Parent and Me introduces you and your child to basic skills. As parents, you learn how to safely work with your child in the water, including how to appropriately support and hold your child, how to prepare, and encourage your child to participate in learning new swimming skills. In addition, you are introduced to several water safety topics and your child will also receive an introduction to basic skills that lay a foundation for learning to swim. Parent & Me: Ages 6 months to 3 years old (with parent).

### Tiny Tots (Ages 3-5)

In Tiny Tots your child is introduced to basic skills. These skills lay the foundation for developing water competency and the future skill development of swimming strokes. In addition, your child starts to develop positive attitudes and safe practices around the water. Parents and children participate in several guided practice sessions that help children learn elementary skills, including water entry, submerging mouth and bubble blowing, exiting the water safely, gliding, rolling back, and floating. One parent/caregiver per child is required.

### Swim Levels (Ages 6-15)

**Level 1-Introduction to Water Skills,**  
Your child is introduced to basic skills as the foundation for future skills and the development of water competency (the basic minimum skills needed for water safety). Certain milestones are necessary for successful completion of level 1.  
**Level 2-Fundamental Aquatic Skills**  
Your child builds on skills learned in Level 1. Your child begins to perform skills at a slightly more advanced level and begins gaining rudimentary propulsion skills on both the front and the back. This level marks the beginning of independent aquatic locomotion skills.

### Level 3-Stroke Development

Your child learns to swim the front crawl and elementary backstroke at rudimentary levels, is introduced to the scissor and dolphin kicks, learn the survival float and increase the time duration for treading water. Your child also learns the rules for head-first entries and begins to learn to enter the water headfirst from a seated position at poolside. Each class is loaded with fun, engaging and challenging activities that motivate children to want to perform, learn to swim and help your child develop water competency.

### Level 4-Stroke Improvements

Your child will build on previously learned skills, improving the swimming stroke proficiency and swimming for longer distances. They will learn elementary backstrokes 25 yards, breaststroke, butterfly, back crawl and sidestrokes.

### Level 5-Stroke Refinement

Your child will refine all six swimming strokes including swimming for longer distances, introduce new water safety skills while building on ones previously learned and perform flip turns on the front and back. The expectations are higher now in regards to distance and quality.

### Adult Lessons

- Ages 16 and up
- Beginner or Intermediate classes
- Mon & Wed: 6:30 - 7:30 p.m.
- Cost - Resident, \$30/session Non-Resident, \$40/session

### Throwback Thursday Recreation Swim

Calling all residents to throwback Thursday recreation swim for only 50 cents per person for the month of July!

### Adult Lap Swim

We can't think of a better way to get in shape and stay cool. We've reserved a place in the pool just for you. We've added additional hours for your convenience.

- Ages 18 & over only
- Mon - Fri: 12 - 12:45 p.m.
- Mon & Wed: 6:30 - 7:30 p.m.
- Paramount Pool
- Begins June 20

### Aqua Zumba

Come and join us to help you on your road to get physically fit. Aqua Zumba is a high impact water exercise class aimed at improving your flexibility, strength and endurance. Ages 12 and over are welcome to join. 4-week sessions begin June 20th and July 18th. Instructor: City Staff

- Mon & Wed: 6:30 - 7:30 p.m.
- Paramount Pool
- \$30/residents, \$32/non-residents

### Senior Water Aerobics

This Water Aerobics class is just for seniors and is aimed at improving your flexibility, strength and endurance. 4-week sessions for the Mon-Thurs class begin June 20th. Instructor: City Staff.

- Ages 50+
- Mon-Thurs: 11:00 - 12:00 p.m.
- Paramount Pool
- Free/residents and members of Paramount Elderly Nutrition Program, \$5/non residents

### Friday Night "Dive-in" Family Movies

Friday nights are just for families at Paramount Pool. Bring your family and play in the pool while watching your favorite family films. Chaperone policy: participants under the age of 13 must be accompanied by an adult 18 years of age or older. Any child under the age of 6 must be accompanied in the water by an adult.

- Families of all ages
- Fri, 6:45-8:45 p.m.
- Paramount Pool
- 6/24, 7/8, 7/22, 8/5, 8/19



**Paramount Iceland**

8041 Jackson Street, Paramount, CA 90723, offers a variety of classes for youth and adults. Call (562) 633-1171 or visit [www.paramounticeland.com](http://www.paramounticeland.com) for more information.

**Paramount Community Center**, 14400 Paramount Blvd.  
**Progress Park Plaza East**, 15500 Downey Ave.  
**Kimberly's Dance Studio**, 15950 Paramount Blvd.



Interested in after school care? The STAR program is a FREE after-school program operated by the City of Paramount at all PUSD elementary and middle school sites.

Registration applications will be available for the 2016-2017 school year starting May 23, 2016, at the Community Services and Recreation Department office.

The application can also be found online at [www.paramountcity.com](http://www.paramountcity.com).

**Youth Instructional Classes**

CLASS	INSTRUCTOR	AGE	DAY / TIME	FACILITY	PRICE
Beginning Guitar	Juan Carlos	7-15	Thurs 5:00 p.m. - 6:00 p.m.	Progress Park Plaza East	\$25/month
Folklorico	Danaly Perez	3-6	Thurs 4:30 p.m. - 5:00 p.m.	Paramount Community Center	\$25/month
Guitar II	Juan Carlos	7-15	Thurs 6:00 p.m. - 7:00 p.m.	Progress Park Plaza East	\$25/month
Karate/Ju Jitsu	Robert Mendoza	7-15	Mon & Wed 6:15 p.m. - 7:30 p.m.	Paramount Community Center	\$40/month,* \$20/addtnl
Little Ninjas/ Ju Jitsu	Robert Mendoza	4-6	Mon & Wed 5:15 p.m. - 6:15 p.m.	Paramount Community Center	\$40/month,* \$20/addtnl
Salsa	Danaly Perez	7-15	Thurs 7:15 p.m. - 8:15 p.m.	Paramount Community Center	\$33/month
Tap and Ballet	Kimberly Gonzalez	5-12	Tues 4:00 p.m. - 5:00 p.m.	Kimberly's Dance Studio	\$35/month
Cheerleading	Champion Youth	4-15	Fri 5:00 p.m. - 8:00 p.m.	Paramount Park Gym	\$7/8 **
Young Rembrandts Preschool Drawing	Young Rembrandts' Staff	3-18	Tues 4:00 p.m. - 5:00 p.m.	Progress Park Plaza East	\$40/month
Junior Golf Lessons	Luis Batson	6-12	Fri 3:30 p.m.- 5:30 p.m.	Compton Golf Course	Free. Registration Req.
Chess Class	Julio Campana	6-12	Tues 3:00 p.m. - 5:00 p.m.	Progress Park Plaza East	Free. Registration Req.

\*\$40/month, \$20/ additional immediate family member  
 \*\*\$49 for all 9 sessions or \$8 per session if you pay as you go

**Youth & ADULT Instructional Classes**

CLASS	INSTRUCTOR	AGE	DAY / TIME	FACILITY	PRICE
Folklorico (Beginners)	Danaly Perez	7+	Thurs 5:00 p.m. - 6:00 p.m.	Paramount Community Center	\$33/month
Folklorico (Intermediate)	Danaly Perez	7+	Thurs 6:00 p.m. - 7:00 p.m.	Paramount Community Center	\$33/month
Kenpo Karate/ Ju Jitsu	Robert Mendoza	16+	Mon & Wed 7:30 p.m. - 9:00 p.m.	Paramount Community Center	\$40/month,* \$20/addtnl
Professional Make-Up	Livier Vera-Lopez	16+	Tues 10:00 a.m. - 12:00 p.m. Wed 6:00 p.m. - 8:00 p.m.	H&MUA Studio	\$30/month
Chess Class	Julio Campana	12+	Tues 4:00 p.m. - 5:00 p.m.	Progress Park Plaza East	Free. Registration Req.

\*\$40/month, \$20/ additional immediate family member

**Paramount Recreation Parks and Facilities**

**GET FIT AT YOUR LOCAL PARK**

Available walking trails:

- All American Park:** 1/4 Mile
- Dills Park:** 1.2 Mile Nature Trail, exercise stations throughout the park, and .2 mile walking track at the park's south end
- Paramount Park:** 1/2 Mile
- Progress Park:** 1/2 Mile, exercise stations at east end of the park
- Salud Park:** 1/4 Mile rubberized walking track, walking trails and exercise stations throughout the park
- Spane Park:** 1/4 Mile

- All American Park: 13330 Orizaba Ave.
- Ralph C. Dills Park: 6500 San Juan St.
- Garfield Park: 14755 Garfield Ave.
- Meadows Park: 15753 Gundry Ave.
- Orange Ave. Splash Pad: 14618 Orange Ave.
- Paramount Park: 14400 Paramount Blvd
- Pequeño Park: 13931 Downey Ave.
- Progress Park: 15500 Downey Ave.
- Recreation Department: 15300 Downey Ave.
- Salud Park: 7167 Somerset Blvd.
- Spane Park: 14400 Gundry Ave
- Village Skate Park: 7718 Somerset Blvd.



Opens on July 11th  
Ends on August 28th

Mon-Thu  
6:30-8:30 p.m.

Sat & Sun 12-4:00 p.m.

**SPORTS**

**YOUTH SPORTS VOLUNTEER COACHES NEEDED!**

- Must be at least 18 years old
- Must be a Paramount resident
- Must pass a background check, including fingerprinting

**OUTDOOR SUMMER SOCCER**

- Parent & Me Program - 3 years old to 5 years old (Tuesday's & Thursday's 5 p.m. to 6 p.m.)
- Mini-Camp - Kindergarten and 1st Grade (Tuesday's & Thursday's 6 p.m. to 7 p.m.)
- Regular League Play - Grades 2nd thru 8th
- Registration begins May 2nd through June 9th
- Cost - \$25 per player
- All levels begin practices the week of June 20th
- Parent & Me & Mini-Camp begin July 5th
- Regular League Play begins July 11th

**INDEPENDENT YOUTH SPORTS GROUPS**

**Paramount Junior Athletic Association**

If baseball is your game, PJAA offers spring baseball from March - June for youth ages 3 to 16. In addition to baseball basics, PJAA also focuses on teamwork, sportsmanship, and self-discipline. Registration is in January for league information call (562) 220-2165.

**Paramount Jr. Pirates Football**

They are now taking registrations for the 2016 season for flag and tackle football and cheer. All boys and girls ages 5-13 are encouraged to sign up. For information visit [www.juniormaparamountpirates.org](http://www.juniormaparamountpirates.org). For football or cheer information, contact (562) 546-2702 or (562) 313-7762.

## Nutrition Program for Seniors

We offer appetizing and well-balanced meals to seniors Monday through Friday at the Paramount Community Center. We offer other services like resource referrals, health screenings, classes, and recreation activities. Transportation to and from the Center is available. For information call (562) 220-2090.

### COMMUNITY CENTER MEALS

Enjoy a delicious hot meal and the company of friends.

- Ages 60 & over
- Suggested donation of \$2.25
- Mon - Fri, 12:00 p.m.
- Paramount Community Center

### HOME DELIVERED MEALS

For homebound seniors, we can deliver meals right to their homes. An application is needed for this service. For more information call (562) 806-5400, ext. 272. There is a suggested donation of \$2.50 per meal; however, no one is refused because of an inability to pay.

### VOLUNTEERS

The Paramount Community Center is seeking Senior Volunteers to assist in our senior programs. By volunteering you can benefit the community, the organization, and yourself. Know that you are giving your time, talent, and experience to your community and neighbors who need you. Through service, you can add to the quality and health of your life. Volunteers enjoy better health, make new friendships, stay active and involved in the community, and learn new skills. If you are interested in volunteering please contact (562) 220-2090.

## Activities for Seniors

#### Exercise -

- Mon & Wed 11 a.m. - 12 p.m., free

#### Computer Class -

- Mon & Wed, 1 p.m. - 2 p.m., free
- Fri, 10 a.m. - 11 a.m., free

#### Bingo -

- Tues, 10 a.m. - 11:30 a.m., \$1 donation for 3 cards.

#### Karaoke -

- Tues, 1 p.m. - 2:00 p.m., free

#### Walking Club -

- Wed, 8 a.m. - 9 a.m., free
- Instructor: Jim Stevens

#### Art Class -

- Thur, 9 a.m., free

#### Dancing -

- Thur, 10 a.m. - 12 p.m., Live Music

#### Health Education -

- Seminars held monthly, 11 a.m. - 12 p.m., call for dates.

#### Crocheting Class -

- Wed, 9 a.m. - 2 p.m., Class is free, materials extra.

#### Zumba Gold -

- Tuesday, 10 a.m. - 11 a.m., Free
- Friday, 11 a.m. - 12 p.m., Free

### SPECIAL EVENTS & EXCURSIONS FOR SENIORS

#### MAY

- 5 Mother's Day Celebration
- 14 Battle of the Mariachis
- 18 Solvang Excursion

#### JUNE

- 10 Laguna Beach Day Trip
- 13-15 Laughlin Excursion
- 16 Father's Day Celebration
- 30 Independence Day Celebration

#### JULY

- 14 Summer Celebration
- 20 Camarillo Outlets Excursion
- 29 Orange County Fair

#### AUGUST

- TBD Pala Casino Excursion
- 19 Luau
- 26 Coronado Day Trip

#### SEPTEMBER

- 7 Los Angeles County Fair Excursion
- 16 Mexican Independence Day Celebration

Please contact the community center for schedules, subject to change.  
(562) 220-2090

## City of Paramount - Transportation Opportunities



Paramount's Easy Rider Shuttle is an easy and quick way to get around town. For only \$1.00, the shuttle will transport residents along a fixed route throughout town, hitting all of the prominent spots like Wal-Mart, Paramount High School and City parks.

**HOURS OF OPERATION: Monday-Friday:** 7:00 a.m. - 6:00 p.m. | **Saturday:** 10:15 a.m. - 3:30pm | **Cost:** \$1.00 per ride, children under 6 ride for FREE | Call (562) 633-2904 for more information.



For those that need assistance going to a specific location in town that is not along any particular bus route, Dial-A-Ride is the ticket. This service is for senior citizens and disabled residents that live ¼ of a mile or more from a designated bus stop. Call **First Transit** 48 hours in advance of an appointment for door-to-door pickup and drop-off service.

**HOURS OF OPERATION: Monday-Friday:** 7:00 a.m. - 6:00 p.m. | **Cost:** \$1.00 per ride, children under 6 ride for FREE | Call (562) 633-2904 for more information



Paramount's medical taxi program is designed to help seniors (persons 55 years or older) and disabled residents make their medical and dental appointments to out-of-town medical centers (within an approximate 5-mile radius). Each swipe of the medical card is good for a one-way trip.

**HOURS OF OPERATION: Monday-Friday:** 7:00 a.m. - 9:00 p.m. | **Cost:** \$2.00 per ride. (With a limit of 20 trips per month.) | Call (562) 220-2121 to obtain information to sign up for a medical taxi card | Call (877) 933-3396 to schedule a pick-up.



If you live in the City of Paramount and are interested in joining our Senior Center but are unable to drive yourself, we have the answer. Our ENP Shuttle is the ticket.

**HOURS OF OPERATION: Monday-Friday:** 9:00am - 1:00 p.m. & | **Cost:** FREE | Call Paramount Park Senior Center at (562) 220-2090 for door-to-door pickup and drop-off service.



**MTA - The Metropolitan Transportation Authority (MTA)** runs buses on Alondra Blvd., Rosecrans Ave., Paramount Blvd., and Lakewood Blvd. Visit [www.mta.net](http://www.mta.net) to view MTA bus schedules and stop locations in Paramount.