



City of
PARAMOUNT
Community Services & Recreation

paramountcity.com/recreation

15300 Downey Avenue | (562) 220-2121

Fall 2016 Newsletter

REGISTRATION INFORMATION

The City of Paramount is excited to offer online recreation registration for Paramount/PUSD residents. Register online by contacting the Community Services and Recreation Office at (562) 220-2121 to obtain a username and password.

Residents still have the option of registering in person at the following locations:

- Community Services and Recreation Department (15300 Downey Ave.)
Monday-Friday from 8:00 am to 5:00 pm
- Paramount Community Center (14400 Paramount Blvd.)
Monday-Thursday from 5:00 pm to 9:00 pm

Please visit www.paramountcity.com and click on the "Rec. Classes" menu item at top of webpage to view FAQs for more information regarding online program registration.

CITY OF PARAMOUNT
2016 HALLOWEEN CARNIVAL
free entry

6 PM | OCTOBER 31 | PARAMOUNT PARK
14400 Paramount Blvd.

MUSIC **JUMPERS**
CANDY, CANDY, **FOOD BOOTHS**
AND CANDY **SPOOKY FUN GAMES**
COSTUME CONTEST **AND MUCH MORE**

COSTUME CONTEST TIMES:
Ages 4 and under: 6:30 p.m. | Ages 5-8: 7:15 p.m. | Ages 9-12: 7:45 p.m.
Ages 13-17: 8:15 p.m. | Ages 10 & Over: 8:45 p.m.

For more information, contact the recreation dept. at (562) 220- 2121

PARAMOUNT
COMING SOON
MON., OCT 31, 2016
PARAMOUNT PARK
14400 PARAMOUNT BLVD.
4:00-8:30 P.M.

Watch for zombies that will haunt each and every visitor. Groups of 10 people are escorted through mazes, and ultimately pass through the graveyard. Not recommended for children under 8 years of age.

Photos: \$1.00 | Glow necklaces: \$1.00

\$3 PRE-SALE All proceeds will support the PEP Scholarship Program
\$5 AT THE DOOR

CALL OUR RECREATION DEPARTMENT AT (562) 220-2090 FOR MORE INFORMATION.

GET FIT AT YOUR LOCAL PARK

Paramount Recreation Parks and Facilities

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

Rent a City Facility at Lower Rates for Your Special Events!

The City has lowered rates, added more facilities, and extended hours for facility rentals. Make your celebration special by renting one of the City's elegant facilities. See new rates below and contact the Community Center at (562) 220-2090 for specific conditions for rental.

Facility	Cost without alcohol	Cost with alcohol
Paramount Park Community Center Rental Period: 8am- 3pm	\$700	\$1,300
Rental Period: 5pm- 12am	\$1,100	\$1,820
Progress Plaza West (6 hour rental)	\$1,240	\$1,960
Clearwater (6 hour rental)	\$1,000	\$1,480
Progress Plaza East (per hour, plus fees)	\$40/hr	N/A

Fall Excursion

There will be fun for the whole family at the Calabasas Pumpkin Festival! The City will take registered residents to and from the festival on October 15th from 10:00 am to 5:00 pm. Register ASAP, as there are limited spaces available.

- \$10 fee for transportation and admission
- \$5 for kids under 2
- Live music, contests, costume parade, animal shows, and other fun activities
- Additional activities and food for purchase at the event



- **All American Park:**
13330 Orizaba Ave.
- **Carosmith Futsal Pad:**
Caro St. & Ansmith 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.

Presented by the City of Paramount:
FREE Mommy & Me AND DADDY TOO! CLASSES

Calling all Mommies and Daddies! Join us in this FREE 10-week program as we explore Play, Music, Art & Technology. Come and spend quality time with your baby, infant or toddler. Children will explore hands-on activities with the help of their parents. Parent participation required. One child per adult. Free to all Paramount residents and anyone living within the PUSD. For more information call (562) 220-2121.

10-Week Sessions:
 Age Groups for Classes: Baby (6-12 months) Session 3: July 7 - September 12
 Infant (13-24 months) Toddler (25-36 months) Session 4: September 28 - December 19
 • Progress Park, 15500 Downey Ave.

DAY	CLASS	TIME	LOCATION
Monday	Toddler	9:00 am - 10:00 am	Progress
Tuesday	Infant	9:00 am - 10:00 am	Progress
Thursday	Toddler	9:00 am - 10:00 am	Progress

DAY	CLASS	TIME	LOCATION
Monday	Toddler	10:30 am - 11:30 am	Progress
Tuesday	Baby / Infant	10:30 am - 11:30 am	Progress
Thursday	Toddler	10:30 am - 11:30 am	Progress
Saturday	Toddler	10:30 am - 11:30 am	Progress

Anyone interested in preschool programs this year should contact the Paramount Unified School District Child Development Department at (562) 602-6900 for any availability in their program.



STAR
 City of Paramount
AFTER SCHOOL PROGRAM

Join the over 1,600 PUSD students who attend this fantastic **FREE** state-funded program that supervises your child immediately after school until 6pm.
Hurry and apply because space is limited!

- Receive homework help
- Gain technological skills by using iPads and MacBooks
- Play games and various sports
- And so much more!
- All for **FREE** in the STAR after school program!

For more information please contact the Community Services and Recreation Department
(562) 220-2121

SPORTS SPORTS SPORTS SPORTS SPORTS

YOUTH FLAG FOOTBALL

Calling all boys and girls to join our 7 vs 7 youth flag football league! See below for more details and the various age groups.

* Cost (includes game shirt, instruction, and award): \$30 for resident player; \$40 for each non-resident player
 * Registration: August 15th through September 15th

Parent and Me

- Ages 3-5
- Meets Tues. & Thurs., 5:00 pm to 6:00 pm

Mini-camp

- For Kindergarteners and 1st Graders
- Meets Tues. & Thurs., 6:00 pm to 7:00 pm

League Play

- For Grades 2nd thru 8th
- 2 practices a week at a time chosen by the coach
- Games are on Saturdays

YOUTH VOLLEYBALL

Join us and learn the fundamentals of volleyball! Boys and girls are welcome.

* Cost (includes game shirt, instruction, and award): \$30 for resident player; \$40 for each non-resident player
 * Registration: August 15th through September 15th

Parent and Me

- Ages 3-5
- Meets Tues. & Thurs., 5:00 pm to 6:00 pm

Mini-camp

- For Kindergarteners and 1st Graders
- Meets Tues. & Thurs., 6:00 pm to 7:00 pm

League Play

- For Grades 2nd thru 8th
- 2 practices a week at a time chosen by the coach
- Games are on Saturdays

WINTER YOUTH BASKETBALL 2017

Learn to dribble, pass and shoot in this recreational basketball league where participation, fun, and skill-building are the main focus.

* Cost (includes game shirt, instruction, and award): \$30 for resident player; \$40 for each non-resident player
 * Registration: Begins November 7th
 * League play begins in January

Parent and Me

- Ages 3-5
- Meets Tues. & Thurs., 5:00 pm to 6:00 pm

Mini-camp

- For Kindergarteners and 1st Graders
- Meets Tues. & Thurs., 5:00 pm to 6:00 pm

League Play

- For Grades 2nd thru 8th
- 2 practices a week at a time chosen by the coach
- Games are on Saturdays

* A minimum level of registration is required. Low enrollment may require in cancellation of the league and refund of registration fees.

* Our youth sports programs are all about getting your kids to be physically active, learn the basics, improve skills, work together as a team and enjoy the game.

* To register you must provide proof of residency in the City of Paramount or that your child is a student at a PUSD school. You must also provide a valid birth certificate verifying their age. Fee includes game shirt, participation award and instruction.

Independent Youth Sports Groups

Paramount Junior Athletic Association

If baseball is your game, PJAA offers baseball for youth ages 4 to 16.

In addition to baseball basics, PJAA also focuses on teamwork, sportsmanship, and self-discipline.

Next registration begins in December/January.

Call (562) 220-2165 for league information.

Paramount Jr. Pirates Football

Interested in flag and tackle football or cheer?

All boys and girls ages 5-13 are encouraged to sign up.

For information please visit www.paramountpride.com for football and cheer information or contact (562) 546-2702.

YOUTH SPORTS VOLUNTEER COACHES NEEDED!

The City of Paramount would like to invite all parents and community members to come out and volunteer to coach a youth sports team. You can coach youth basketball, outdoor soccer, flag football or volleyball. If you have children participating in any of these leagues, discounted league fees are available to all parents that volunteer. In order to be a Paramount volunteer, the following requirements must be met:

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

For more information, please call the Community Services & Recreation Department at (562) 220-2121

YOUTH INSTRUCTIONAL CLASSES

	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/addtl
Little Ninjas/ Ju Jitsu	Robert Mendoza	4-6	Mon & Wed 5:15 p.m. - 6:15 p.m.	Paramount Community Center	\$40/month,* \$20/addtl
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	\$40/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	3-5	Tues 4:30 p.m. - 5:30 p.m.	Progress Park Plaza East	\$40/4 wks
Chess Class	Julio Campana	6-12	Tues 4:00 p.m. - 5:00 p.m.	Progress Park Plaza East	Free. Registration Req.
Junior Golf Lessons	Luis Batson	6-12	Fri 3:30 p.m. - 5:30 p.m.	Compton Golf Course	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

	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/addtl
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

LOCATIONS OF YOUTH & ADULT CLASSES:

Paramount Community Center,
14400 Paramount Blvd.
Paramount, CA 90723

Progress Park Plaza East
15500 Downey Ave.
Paramount, CA 90723

Kimberly's Dance Studio
15950 Paramount Boulevard
Paramount, CA 90723

Compton Golf Course
6400 East Compton Boulevard
Compton, CA 90221

H&MUA Studio
14063 Paramount Blvd Ste A
Paramount, CA 90723



ADULT PROGRAMMING



Adult Aerobics Class

Looking to improve your cardiovascular efficiency, muscular strength, endurance, flexibility, coordination and body fat? Then our fitness class is for you! Monday- Friday, 8:00 am to 9:00 am.

Parenting Class

These classes provide proven strategies for parents dealing with behavioral problems, truancy, failing grades, drug/alcohol use and gang involvement. Days and time vary.

Parent Workshops

The purpose of these workshops is to educate parents on issues such as self-esteem, eating habits, child obesity, drug and substance abuse, communication techniques, women's health, domestic violence and child abuse. Days and time vary.



Adult Basic Skills Learning (ESL)

This class is designed for adults whose second language is English. The use of educational software, workbooks and educational websites allows students hands-on instructional practice to improve their grammar, writing, speaking and reading. Monday-Thursday, 9:00 am to 12:00 pm.

Occupational Preparation and Basic Skills

This class is designed to build essential job competencies, evaluate potential vocational abilities and provide job readiness skills for students to obtain employment in today's competitive job market. Must register through Adult Education and Diversity Programs at Cerritos Community College. Saturday 9:00 am to 1:15 pm



The Paramount Education Partnership is a City-run program that operates at the Paramount Petroleum Community Learning Center. The center is located at Spane Park, 14400 Gundry Avenue. For more information regarding these classes or the Learning Center, call (562) 220-2145 or (562) 220-2250.

HOMWORK HELP

Homework Help is a drop-in program which helps students grades K-12 with their homework, Monday, Tuesday, Wednesday and Friday 3:00 pm to 6:00 pm and Thursday 2:00 pm to 5:00 pm. Seating is limited.

Computer stations also available for research, reports, and additional computer-based instruction.

WAYS YOU CAN HELP!

We are always searching for dedicated individuals to volunteer as tutors in providing assistance in math and reading to students who are performing below grade level. Interested candidates must have excellent communication skills, enthusiasm, and the ability to work with students K-12th grade. Volunteers may work as many hours per week as desired but reliability and consistency is a must.

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. 162. 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 Class-

- Mon, 11 a.m. - 12 p.m., free
- Instructor: Joann Green

Computer Class -

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

English as Second Language (ESL) -

- Mon & Wed, 10 a.m. - 11 a.m., free

Bingo -

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

Exercise Class-

- Wed, 11 a.m. - 11:45 a.m., free
- Instructor: Joann Green

Art Class -

- Thur, 10:00 a.m. - 12 p.m., free

Dancing -

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

Health Education -

- Seminars held monthly, Call for dates/time.

Crocheting Class -

- Wed, 9 a.m. - 2 p.m., Fees vary.

Zumba -

- Tuesday, 9 a.m. - 10 a.m., Free
- Friday, 11 a.m. - 12 p.m., Free

Zumba -

- Tuesday, 9 a.m. - 10 a.m., Free
- Friday, 11 a.m. - 12 p.m., Free

Line Dancing -

- Tuesday, 9 a.m. - 10 a.m., \$3/class

SPECIAL EVENTS & EXCURSIONS FOR SENIORS

SEPTEMBER

- 7 Los Angeles County Fair
- 16 Mexican Independence Day Celebration
- 27 Los Angeles Farmers Market

OCTOBER

- 5 Long Beach Aquarium
- 14 Silverado Days - Buena Park
- 27 Halloween Celebration

NOVEMBER

- 10 Senior Holiday Boutique
- 17 Citywide Senior Thanksgiving Dinner (Registration for residents is 10/17/16- FREE) (Registration for non-residents is 11/1/16- \$2.00)

DECEMBER

- TBA Mission Inn Festival of Lights- Riverside
- TBA Christmas Caroling
- 22 Holiday Party
- TBA Laughlin

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 am - 6:00 pm | **Saturday:** 10:15 am - 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 am - 6:00 pm | **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 am - 9:00 pm | **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.



Going to Cerritos College or Long Beach City College and lacking transportation? We've got you covered with dedicated buses taking you to both colleges Monday through Thursday during the regular school year. The buses can pick you up and drop you off at 4 locations throughout the city: Paramount Park, Progress Park, Orange/Somerset, and Cortland/Orange.

HOURS OF OPERATION: Monday-Thursday: 6:30am - 12:00 pm & 3:30 pm to 10:00 pm | **Cost:** \$1.00 per ride or \$25 per semester | Call the Recreation Office at (562) 220-2121 for more information about purchasing a semester pass card or operating hours.



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 pm & | **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 to view MTA bus schedules and stop locations in Paramount.