CITY OF NORWALK RECREATION & PARK SERVICES DEPARTMENT

AUTUMN

SCHEDULE OF EVENTS

CITY OF NORWALK RECREATION & PARK SERVICES
Parks Make Life Better!

SEPTEMBER 2016-JANUARY 2017

CITY OF NORWALK

ARTURO SANCHEZ SR. HALLOWEEN PARADE

SATURDAY OCTOBER 15

11:00 A.M.

CORNER OF PIONEER BLVD. AND MAPLEDALE ST.

SCARE CONT

The public is invited to the City of Norwalk's first Con
on Halloween night! Residents, businesses, and sc
homemade scarecrow within one of the following cat
Applications will be available beginning September 1

Rules: Scarecrows must not exceed 5 ft. and must
friendly contest. Scarecrows that are obscene, grue
not permitted.

CROW
TEST

mmunity Scarecrow Contest at the Halloween Festival
chools are welcome to participate by assembling a
egories: Most Original, Monster Bash, and Traditional.
19. Please call (562) 929-5521 for more information.

be free standing and/or supported. This is a family
some/violent, or those with political statements are

HALLOWEEN FESTIVAL MONSTER BASH

MONDAY
OCTOBER 31
6:00-9:00 P.M.

NORWALK CITY HALL LAWN
12700 NORWALK BOULEVARD

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Important Numbers

Norwalk City Hall....929-5700
12700 Norwalk Boulevard
Citizen Information Center....929-5735
City Hall, Room 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 Boulevard....868-7771
Norwalk Library 12350 Imperial Highway....868-0775
Norwalk Arts & Sports Complex....929-5566
13000 Clarkdale Avenue
Public Safety....929-5732
City Hall, Room 15
Recreation and Park Services....929-5702
Norwalk Arts & Sports Complex, 13000 Clarkdale Avenue
Senior Center....929-5580
14040 San Antonio Drive
Sheriff's Department....863-8711
12335 Civic Center Drive
Social Services Center....929-5544
11929 Alondra Boulevard
Transportation
Metro Green Line and 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
Pati Garcia, Recreation Coordinator....929-5521
Blanche Grove, Recreation Supervisor....929-5519
Rosie Lozoya, Recreation Supervisor....929-5518
Christopher Ponce, Recreation Supervisor....929-5706
Teneale McCullough, Recreation Coordinator....929-5956
Salvador Ortega, Recreation Coordinator....929-5924
Monica Trevino-Rivas, Recreation Coordinator....929-5922
Norwalk Arts & Sports Complex Reservations....929-5566
Park Reservations....929-5702

NORWALK CITY COUNCIL

Mayor **MIKE MENDEZ**
Vice Mayor **CHERI KELLEY**
Councilmember **LEONARD SHRYOCK**
Councilmember **LUIGI VERNOLA**

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

NORWALK FAMILY INTERVENTION ACADEMY

Please Note: These classes are open to Norwalk residents only.

WINGS Program

Youth Empowerment Group
(Ages 13-18)
Tuesdays • 6:00-8:30 p.m., September 6-November 15
Cost: $10
Norwalk Arts & Sports Complex, 13000 Clarkdale Avenue
Instructor: Ken Menchaca

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

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

For more information, please call **(562) 929-5761**.

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

The Parent Project

Parenting For Parents with Teens
(Parents with children ages 13-18)
Tuesdays • 6:00-8:30 p.m., September 6-November 15
Cost: $20
Norwalk Arts & Sports Complex, 13000 Clarkdale Avenue
Instructor: Anthony Garcia

Are you having a hard time reaching your teen? Do you miss the days when you and your teen were able to sit and talk? Are his/her grades slipping? Do you find yourself arguing more with your teen? You are not alone! Join The Parent Project and work with our trained staff and other parents in developing a healthy relationship with your teen as well as building trust and establishing appropriate boundaries.

This program discusses various topics including:

Improving Communication
Identifying Alcohol or Drug Use
Identifying Depression
Improving School Attendance & Performance
Finding Resources to Help Your Family

For more information, please call **(562) 929-5765**.

Registration is now being accepted at the Norwalk Arts & Sports Complex, 13000 Clarkdale Avenue.
For more information, please call (562) 929-5765, or (562) 929-5761.

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

SPECIAL EVENTS

33rd Arturo Sanchez Sr., Halloween Parade

Saturday, October 15 • 11:00 a.m.
Pioneer Boulevard & Mapledale Street

Marching bands from throughout the southland are expected to perform alongside ghosts and goblins of all kinds in this year's Halloween Parade. The parade begins at the intersection of Pioneer Boulevard and Mapledale Street and will conclude at Hermosillo Park. Residents are encouraged to participate in the parade by dressing up in their favorite Halloween costume and marching in the parade. A costume contest will be conducted at the corner of Pioneer Boulevard and Mapledale Street beginning at 9:15 a.m. Pre-registration is not required. Businesses, service organizations, and clubs are encouraged to participate in this free program. Please call **929-5702** to receive an entry form.

Halloween Festival Monster Bash

Monday, October 31 • 6:00-9:00 p.m.
Norwalk City Hall Lawn, 12700 Norwalk Boulevard
Cost: Free

Don't miss the annual Halloween Festival bringing the community together for a night of music, dancing and celebration in this costume-themed event. Ghosts, goblins, witches, zombies and fairies alike are all invited to attend our Monster Bash! All ages are welcome to participate. There will be food and game booths, a costume contest, raffles, music, crafts, lots of candy and much more. The festival provides a safe alternative to door-to-door trick-or-treating for children and promotes the safe celebration of Halloween.

6:00 p.m. - Festival Opens
7:00 p.m. - Costume Contest
(Participants must be 15 minutes early)
9:00 p.m. - Festival Closes

Volunteers Needed

This event would not be possible without community volunteers and the hundreds of individuals who give their time to make the game and craft booths a success. Volunteers will receive a goody bag and are eligible for a special raffle. If you, your community group, or school group are interested in volunteering, please contact the Recreation and Park Services Department at **929-5924**. Volunteer applications are available at the Norwalk Arts & Sports Complex.

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SPECIAL EVENTS

Ghosts & Goblins at Glazier Park Movie Night (All ages)

Friday, October 21 • 6:30 p.m.
10810 Excelsior Drive
Cost: Free

Bring your blanket and lawn chair and enjoy a fun filled spooky night! We will be watching an all-time Halloween favorite "The Nightmare Before Christmas." 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.

Daddy Daughter Dance

(Superheroes & Princesses)
Saturday, November 5
6:00-8:00 p.m.
Princess Ages 3-10 years of age
Norwalk Arts & Sports Complex
Cost: $12/couple

What a better way to spend your Saturday night than on a date with your favorite daughter? Dads, Uncles, or Grandpas put on your best superhero attire and bring your little princess. We will enjoy an evening of desserts and dancing.

Santa Sleigh Volunteer Meeting

Wednesday, October 26 • 7:00 p.m.

The City of Norwalk and the Santa Sleigh Foundation will be bringing joy and Santa Claus to Norwalk neighborhoods during the holiday season. To make this possible, volunteers are needed to assist as line monitors, elves, Mr. and Mrs. Claus, and general helpers. If you would like to volunteer for this worthwhile program, please attend the volunteer meeting, which will be held at the City of Norwalk Transportation/Public Services Building located at 12650 East Imperial Highway, in the Public Services Break Room. For more information, please call **929-5566**.

2016 SnowFest & Tree Lighting Ceremony

Saturday, December 3 • 12:00-8:00 p.m.
Norwalk City Hall Lawn
12700 Norwalk Boulevard
Cost: FREE

Bring the entire family as the City of Norwalk transforms the City Hall Lawn into a Winter Wonderland filled with snow slides, a snow play area, game booths, a holiday train ride, craft tents, face painting, and more! Local entertainers will also perform on stage throughout the day. Join the Norwalk City Council as they ring in the holiday season by lighting the Norwalk Christmas Tree. For more information, please call **929-5702**.

Event Schedule:

12:00-5:00 p.m.	Snow slides, snow play, games, holiday train rides, face painting, arts & crafts, and food
5:00-6:00 p.m.	Entertainment
6:00-6:15 p.m.	Santa arrives, Tree lighting
6:15-8:00 p.m.	Santa visits, entertainment

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HISTORIC NORWALK

D.D. Johnston-Hargitt House Museum (All Ages)

12426 Mapledale Street

(Currently closed for renovations.)

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

Please Note: 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.

Gilbert H. Sproul Museum (All Ages)

12203 Sproul Street

(Currently closed for renovations.)

The Sproul Museum was built in 1874 and was home to the founder of Norwalk, Gilbert H. Sproul. The Museum contains many artifacts depicting the development of the city as well as Sproul family heirlooms. Take a trip back in time and enjoy a visit to the historic Sproul Museum located in the heart of Norwalk Park. Admission is free; however, donations are always welcome.

Please Note: The Museum may be closed in inclement weather. For more information or to schedule a tour for groups of ten or more, please call 929-5566.

Be a Museum Docent! (Ages 18 & Over)

Docents are guides and storytellers. If you enjoy sharing stories, information, and talking to people, become a docent! The D.D. Johnston-Hargitt House and Sproul Museums are seeking interested people to train as Museum docents. A three-month commitment is required. Please call **929-5519** or stop by the Museums for an informal visit during operating hours. Training and supplies are provided at no cost.

Support Your Community and Receive Permanent Recognition on the Donor Tree!

The Norwalk Arts & Sports Foundation is committed to enriching our community in its support of programs, activities, and services offered at the Norwalk Arts & Sports Complex. Everyone who contributes $100 or more will receive permanent recognition in the form of an engraved leaf on the Donor Tree located in the lobby of the Norwalk Arts & Sports Complex. Leaves can be inscribed with your name, company, organization, or in memory of a loved one. To make a donation, please visit the Norwalk Arts & Sports Complex at 13000 Clarkdale Avenue, or call **929-5665** for more information.

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

AQUATICS

Norwalk Aquatic Pavilion • 12301 Sproul Street • 929-5622

Join a class, work out on your own, or just jump in and enjoy the Norwalk Aquatic Pavilion. Located at Norwalk Park, 12301 Sproul Street, the Aquatic Pavilion is a state-of-the-art facility providing the community with opportunities for fun and learning. This is a great place to bring the family to learn to swim or just to play. The Aquatic Pavilion is handicapped accessible, and the water is maintained at a very comfortable temperature. A variety of educational and family activities will be offered throughout the fall.

Holiday Closures

The Norwalk Aquatic Pavilion will be CLOSED:
October 3-October 31.
November 21-25
December 26-January 1

Labor Day Holiday
Monday, September 5
1:30-3:15 p.m., & 3:45-5:30 p.m.

Norwalk Stingrays Youth Swim Team (Ages 6-18)

September 6-30 • Monday-Friday
6:00-8:00 p.m.
Cost: $70 first child
$60 second child *(immediate family)*
$50 third child *(immediate family)*

The Norwalk Stingrays is a novice swim team designed to teach and encourage young people to participate in water sports on a competitive yet fun basis. Team members will learn the basic competitive skills and train to compete in swim meets against other area swim teams throughout the fall and winter. Children should be able to swim front crawl 50 yards continuously and have a basic knowledge of the competitive strokes at time of registration. The monthly fee is due at the beginning of each month. A late fee is applied to all registrations completed after the seventh day of each month.

Norwalk Stingrays Youth Learn to Swim Program

(Ages 6-18)
Lessons are 30 minutes long and four weeks
Level One, Level Two, and Level Three
November 1-November 18
Monday-Friday • 6:00-6:30 p.m.
Cost: $70 first child
$60 second child *(immediate family)*
$50 third child *(immediate family)*

Our Learn to Swim Program is designed to develop water safety and swimming skills that will prepare swimmers to join our Norwalk Stingrays Swim Team in the future. Level One, Two, and Three swim lessons are designed to teach the basic water skills, breathing control, floating, kicking, and essential techniques for all four competitive swimming strokes.

AQUATICS

Norwalk Aquatic Pavilion • 12301 Sproul Street • 929-5622

Adult Shallow Water Aerobics

September 14-September 30
Monday-Friday • 7:00-8:00 p.m.
November 1- December 23
Monday-Friday • 7:00-8:00 p.m.
Cost: Adults (Ages 18-54) - $4 Daily or
Save 20% with a $32 Swim Pass
good for 10 visits
Seniors (Ages 55 & Older) - $3 Daily or
Save 20% with $24 Swim Pass
good for 10 visits

This is one of our most popular programs. Make your workouts fun and get into great shape. Our staff is friendly and loves to make workouts fun and exciting. The pool is accessible to everyone and we keep the water warm for you. It is also an excellent workout for anyone with joint problems.

Adult Deep Water Aerobics

September 14-September 30
Monday-Friday • 6:00-8:00 p.m.
November 1- December 23
Monday-Friday • 6:00-8:00 p.m.
Cost: Adults (Ages 18-54) - $4 Daily or
Save 20% with a $32 Swim Pass
good for 10 visits
Seniors (Ages 55 & Older) - $3 Daily or
Save 20% with $24 Swim Pass
good for 10 visits

Try a different workout in the deep water. If you are looking for a different challenge, come join us. This workout is a great opportunity for an invigorating, toning, and cardio-conditioning workout with no impact on your joints. The pool is accessible to everyone and we keep the water warm.

Adult Lap Swim

September 14-September 30
Monday-Friday • 7:00-8:00 p.m.
November 1- December 23
Monday-Friday • 7:00-8:00 p.m.
Cost: Adults (Ages 18-54) - $4 Daily or
Save 20% with a $32 Swim Pass
good for 10 visits
Seniors (Ages 55 & Older) - $3 Daily or
Save 20% with $24 Swim Pass
good for 10 visits

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

YOUTH SPORTS

Pee Wee Sports (Ages 3-5 as of September 7)

Cost: $25/5 Weeks
Norwalk Arts & Sports Complex • 13000 Clarkdale Avenue (Basketball)
Norwalk Park • 13000 Clarkdale Avenue (Soccer)
Instructor: Recreation Sports Staff

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

Basketball

Wednesdays • September 7-October 5

(Age 3)	5:00-5:50 p.m.
(Ages 4-5)	6:10-7:00 p.m.

Soccer

Saturdays • September 10-October 8

(Age 3)	9:00-9:50 a.m.
(Ages 4-5)	10:10-11:00 a.m.

Registration for Small Fry and Youth Flag Football, Small Fry and Youth Cheer, has already begun and will end on Monday, September 12.
Please Note: Any registration accepted after the deadline will include a $10 late fee.

YOUTH SPORTS

Small Fry & Youth Flag Football

Small Fry (Ages 5-7)
Youth Flag Football (Ages 8-13)

The Small Fry and Youth Flag Football Program is designed to teach youth, ages 5-13, the basics of football. The program emphasizes skill development, sportsmanship, and teamwork in a non-competitive environment. Games will be played at Holifield Park, 12500 Excelsior Drive, beginning in October.

The fee of $37.50 includes a shirt and participation award. A parent meeting has been scheduled for Monday, September 12, at 7:00 p.m. at the Norwalk Arts & Sports Complex. Please call 929-5566 for more information or visit us at www.norwalk.org

Small Fry & Youth Cheer

Small Fry (Ages 5-9)
Youth (Ages 10-13)

This spirited program is open to all youth ages 5-13 years and is designed to teach the basics of cheer in a non-competitive environment. Participants will cheer on the sidelines at a pre-designated time, as well as perform on the field at halftime. Positive cheers, non-stacking routines, and lots of fun will be the emphasis of this program.

The fee of $37.50 includes a shirt, pom poms, and participation award. A parent meeting has been scheduled for Monday, September 12, 7:00 p.m. at the Norwalk Arts & Sports Complex. Please call 929-5566 for more information.

Youth & Teen Indoor Volleyball (Ages 8-15)

Registration for Indoor Volleyball has already begun at the Norwalk Arts & Sports Complex and will end on Wednesday, September 14. ***Please Note: Any registration accepted after the deadline will include a $10 late fee.***

The Youth Indoor Volleyball Program provides fundamental instruction and friendly competition in a safe and structured environment. Games will be played in the gym at the Norwalk Arts & Sports Complex, beginning in October.

The fee of $37.50 includes a shirt and participation award. A parent meeting has been scheduled for Wednesday, September 14, at 7:00 p.m. at the Norwalk Arts & Sports Complex. Please call 929-5566 for more information or visit us at www.norwalk.org

Volunteer Coaches Needed!

The City of Norwalk Recreation and Park Services Department sponsors a year-round youth sports program and we need you! These programs are conducted solely with the support of volunteer coaches. Volunteer coaches are needed for the upcoming Volleyball, Football, Cheer and Basketball programs. If you would like to assist, please visit the Norwalk Arts & Sports Complex, 13000 Clarkdale Avenue, and complete a Volunteer Coach's form. You'll be glad you did! Please Note: In accordance with State regulations, the City of Norwalk fingerprints all volunteer coaches, including assistant coaches. A coaches meeting has been scheduled for Small Fry and Youth Flag Football on Monday, September 12 at 7:30 p.m. and for Youth Indoor Volleyball on Wednesday, September 14, at 7:30 p.m. Coaches will be fingerprinted during the September 14 meeting at no charge. Please call 929-5566 for more information.

Registration for basketball has already begun at the Norwalk Arts & Sports Complex and the early sign up period will end on Wednesday, December 16. Please Note: Any registration accepted after the deadline will include a $10 late fee.

Small Fry Basketball (Ages 5-7)

Is your little one ready to start learning the basics of basketball? Look no further! Small Fry Basketball is designed for youth, ages 5 to 7, with an emphasis in skill development, sportsmanship, and teamwork. All children are encouraged to have fun while learning in a non-competitive structured environment. Games will begin in January. Once teams are formed, coaches will contact participants to schedule practice dates, times, and locations. Volunteer coaches are needed!

The fee of $37.50 includes a shirt and participation award. A parent meeting is scheduled for Wednesday, December 14, at 6:00 p.m. at the Norwalk Arts & Sports Complex. Please call 929-5566 for more information.

Youth Basketball (Ages 8-13)

Parents, are you looking for a way to keep your youth active? Try our Youth Basketball League where your child will learn the fundamentals of basketball. Players will have a chance to put their skills to the test as they compete against other teams in a friendly, safe, and structured environment. Games will begin in January. Once teams are formed, coaches will contact participants to schedule practice dates, times, and location. Volunteer coaches are needed!

The fee of $37.50 includes a team shirt, all league games, and a participation award. A parent meeting is scheduled for Wednesday, December 14, at 6:45 p.m. at the Norwalk Arts & Sports Complex. Please call 929-5566 for more information.

YOUTH SPORTS

Teen Basketball (Ages 14-15)

The Teen Basketball League provides fundamental instruction and friendly competition in a safe and structured environment. Teens wishing to participate in this league will be required to show a school picture ID and a birth certificate at the time of registration. Games will be played at the Norwalk Arts & Sports Complex, 13000 Clarkdale Avenue, on Friday evenings beginning in February. Once teams are formed, coaches will contact participants to schedule practice dates, times, and location. Volunteer coaches are needed!

The fee of $37.50 includes a team shirt, all league games, and a participation award. A parent meeting is scheduled for Wednesday, December 14, at 6:45 p.m. at the Norwalk Arts & Sports Complex. Please call 929-5566 for more information.

Please Note: If you are currently participating on a high school basketball team, CIF rules prohibit you from participating in any organized recreation basketball league.

ADULT SPORTS

The following leagues are for adults ages 18 and older.

Adult Slow-Pitch Softball Leagues

The 2017 Spring. Adult Softball Season is scheduled to begin play the first week of March.

Wednesday Night: Men's Recreation Division
Friday Night: Co-ed Recreation Division

Registration will be conducted through November at the Norwalk Arts & Sports Complex, 13000 Clarkdale Avenue. Entry fee is $425 for each team. A $50 forfeit deposit is due at the time of registration. Each team is also required to pay umpire fees of $12.50 prior to the start of each game. For more information, please call 929-5567 or 929-5566, or visit our website: www.norwalk.org

Adult Basketball Leagues

The 2016-2017 fall/winter Adult Basketball Season is scheduled to begin play in September.

Sunday Afternoon: Men's "D" Division
Thursday Night: Men's "D" Division

All games are played at the Norwalk Arts & Sports Complex, 13000 Clarkdale Avenue. Registration will be conducted through September at the Norwalk Arts & Sports Complex. Register early to guarantee your team a spot in the league of your choice. Entry fee is $360 for each team. A $50 forfeit deposit is due at the time of registration. Each team is also required to pay referee fees of $25 prior to the start of each game. For more information, please call 929-5567 or 929-5566, or visit our website: www.norwalk.org.

Adult Volleyball Leagues

Sunday Night: Co-ed "Recreation" Division
Friday Night: Womens "Recreation" Division

The Adult Co-ed Volleyball League will consist of 3 men and 3 women on the court. The Adult Womens Volleyball League will consist of 6 women on the court. Leagues are designed to provide a structured, competitive volleyball environment for players of various skill levels. The Adult Co-ed and Adult Womens Leagues are scheduled to begin in November.

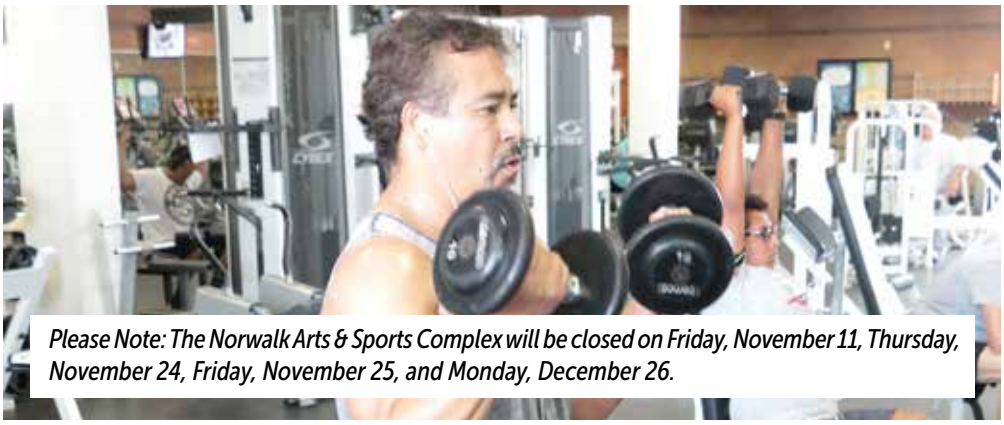
All games are played at the Norwalk Arts & Sports Complex, 13000 Clarkdale Ave. Register early to guarantee your team a spot in the league. Registration will be conducted through October. Entry fee is $175 for each team. A $25 forfeit deposit is due at the time of registration. Each team is also required to pay the referee fee of $12 prior to the start of each game.

ARTS & SPORTS COMPLEX

13000 Clarkdale Avenue • 929-5566

Have you been thinking about getting fit, starting an exercise program, and living a healthier lifestyle? Then join the Norwalk Arts & Sports Complex (NASC), which is one of the most comprehensive and affordable fitness centers in the region.

Membership entitles patrons use of the weight room, basketball gymnasium, and four indoor racquetball/handball courts. For further information, please call **929-5566**.



Please Note: The Norwalk Arts & Sports Complex will be closed on Friday, November 11, Thursday, November 24, Friday, November 25, and Monday, December 26.

NASC Operation/Registration Hours

Monday-Thursday	8:00 a.m.-9:00 p.m.
Friday	8:00 a.m.-8:00 p.m.
Saturday	9:00 a.m.-6:00 p.m.

Membership Hours

General Membership Hours

Monday-Thursday	1:00-9:00 p.m.
Friday	1:00-8:00 p.m.
Saturday	9:00 a.m.-6:00 p.m.
Sunday	Closed

Senior Membership Hours

Monday-Thursday	8:00 a.m.-9:00 p.m.
Friday	8:00 a.m.-8:00 p.m.
Saturday	9:00 a.m.-6:00 p.m.

Corporate Membership Hours

Monday-Friday	11:00 a.m.-2:30 p.m.

NASC Fee Schedule

Daily Fee (non-members)

Resident	$9
Non-resident	$18.20

General Memberships

Adults (Ages 18-54)

Quarterly

$36.50 Resident/$109.25 Non-resident

Annually

$146 Resident/$437 Non-resident

Youth (Ages 8-17)

Annually

$36 Resident/$146 Non-resident

Family*

Quarterly

$45.50 Resident/$136.50 Non-resident

Annually $182 Resident/$546 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 five children ages 8-17.*

Corporate Membership*

Quarterly $54.50/Annually $218

**Norwalk Business Employees - Proof of Employment Required*

Senior Membership (Ages 55 & Over)

Monthly $3 Resident/$12.20 Non-resident

Annually $36 Resident/$146 Non-resident

Basketball Schedule-Open Play*

Monday-Thursday	1:00-9:00 p.m.
Friday	1:00-8:00 p.m.
Saturday	9:00 a.m.-6:00 p.m.

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

Racquetball/Handball Court*

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

Racquetball

Monday/Wednesday	1:00-9:00 p.m.

Handball

Tuesday/Thursday	1:00-9:00 p.m.

Open Play

Friday	1:00-8:00 p.m.
Saturday	9:00 a.m.-6:00 p.m.

Weight Room (Ages 18 & Over)

Monday-Thursday	1:00-9:00 p.m.
Friday	1:00-8:00 p.m.
Saturday	9:00 a.m.-6:00 p.m.

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ARTS & SPORTS COMPLEX

NASC Senior Open Basketball*

(Ages 55 & Over)
Wednesdays & Fridays
9:30-10:30 a.m.
***Senior Membership is required**

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 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 8:00-11:00 a.m.

NASC Senior Exercise Class

(Ages 55 & over)
Mondays, Wednesdays & Fridays
9:15-10:45 a.m.
***Senior membership is required.**

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

NASC Senior Yoga Tai Chi Class

(Ages 55 & over)
Tuesdays & Thursdays
9:30-10:45 a.m.
***Senior membership is required.**

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

NEW Pickleball

(Ages 55 & Over)
Tuesday-Thursday
8:00-11:00 a.m.

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

Family Fitness Classes (Ages 8-17)

Tuesdays & Thursdays • 7:15- 8:00 p.m.
***Membership is required.**

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. 45-minute workout on

NASC Fitness Classes (Ages 18 & over)

Mondays & Wednesdays • 6:15-7:00 p.m.
***NASC membership is required.**
Tuesdays and Thursdays • 12:15-1:00 p.m.
***NASC Corporate membership is required.**

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.

Norwalk Boxing Program

Quarterly Cost: **$40 Resident / $61 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 Boxing Program **(Ages 8-17)**

Monday-Thursday	4:00-6:30 p.m.
Friday	4:00-6:00 p.m.
Saturday	9:00 a.m.-12:00 p.m.

Adult Boxing Program **(Ages 18 & Over)**

Monday-Thursday	6:30-8:00 p.m.
Friday	6:00-8:00 p.m.
Saturday	9:00 a.m.-12:00 p.m.

Register ONLINE at www.norwalk.org

FACILITY RESERVATIONS

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

Payment of Fees

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

Set-up Fees

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

Security Fee

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

Non-resident Fee

An additional flat fee of $500 applies to non-resident use.

Security Deposit Refund

Please allow four weeks following your reservation for refund to arrive by mail.

Norwalk Arts & Sports Complex Facilities

Sproul Room

Capacity: 150 Maximum
$ 772 *(5-Hours, includes 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 *(5-Hours, includes 1 hour of cleanup)*
$40 Each Additional Hour
$500 Security Deposit *(with/without alcohol)*

Rich Rehearsal Hall (Multi-Purpose Room)

Capacity: 150 Maximum
$579 *(5-Hours, includes 1 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 *(3-Hours, includes 1 hour of cleanup)*
$100 Each Additional Hour
$500 Security Deposit *(with/without alcohol)*

Sproul Reception Center (Barn)

Capacity: 72 Indoor-100 Indoor & Outdoor
$746 *(5-Hours, includes 1 hour of cleanup)*
$125 Each Additional Hour
$1,000 Security Deposit *(Serving alcohol)*
$500 Security Deposit *(No alcohol)*

Complex Terrace (June-September only)

Capacity: 125 *(outdoor setting)*
$500 *(5-Hours, includes 1 hour of cleanup)*
$100 Each Additional Hour
$500 Security Deposit *(with/without alcohol)*

PARK FACILITY RENTALS

Gerdes Park Recreation Center
14700 Gridley Road
Capacity: 70 Banquet Style
$230 *(5-Hour Block of Time)*
$40 Each Additional Hour
Non-resident Fee: $158.50 *(+ hourly fee)*
$1,000 Security Deposit with alcohol
$500 Security Deposit without alcohol
Available Hours: Saturday • 12:00-11:00 p.m.
Sunday • 9:00 a.m.-11:00 p.m.

Hermosillo Park Recreation Center
11959 162nd Street
Capacity: 80 Banquet Style
$250 *(5-Hour Block of Time)*
$40 Each Additional Hour
Non-resident Fee: $158.50 *(+hourly fee)*
$1,000 Security Deposit with alcohol
$500 Security Deposit without alcohol
Available Hours: Saturday • 12:00-11:00 p.m.
Sunday • 9:00 a.m.-11:00 p.m.

Sara Mendez Park Recreation Center
11660 Dune Street
Capacity: 44 Banquet Style
$364 *(5-Hour Block of Time)*
$40 Each Additional Hour
Non-resident Fee: $158.50 *(+ hourly fee)*
$1,000 Security Deposit with alcohol
$500 Security Deposit without alcohol
Available Hours: Saturday • 12:00-11:00 p.m.
Sunday • 9:00 a.m.-11:00 p.m.

Shoshonean Campsite
(Robert White Park)
12120 Hoxie Avenue
Capacity: 250
$232 *(5-Hour Block of Time)*
$40 Each Additional Hour
Non-resident Fee: $158.50 *(+ hourly fee)*
Available Hours: Daily • 9:00 a.m.-7:00 p.m.
Overnight reservations for resident Boy and Girl Scout troops only.

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

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

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

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

SKATE PARK

The Skate Park is located at Norwalk Park adjacent to the Aquatic Pavilion. It is open to skaters and bikers of all ages.

Skateboard & In-line Skate Hours

Mondays, Tuesdays, & Thursdays
8:00 a.m.-8:00 p.m.
Wednesdays
8:00 a.m.-2:00 p.m. & 5:00-8:00 p.m.
Fridays
8:00 a.m.-9:00 p.m.
Saturdays
8:00 a.m.-2:00 p.m. & 4:00-9:00 p.m.
Sundays
8:00 a.m.-8:00 p.m.

Bike Hours

Wednesdays
2:00-5:00 p.m.
Saturdays
2:00-4:00 p.m.

Please Note: Helmets, kneepads, and elbow pads are required at all times while inside the Skate Park. For more information, please call 929-5566.

PARK LOCATIONS

Gerdes Park

14700 Gridley Road
929-5611

Hermosillo Park

11959 162nd Street
929-5613

Holifield Park

12500 Excelsior Drive
929-5614

New River Park

13432 Halcourt Avenue
929-5619

Norwalk Park

13000 Clarkdale Avenue
929-5702

Ramona Park

13244 Mapledale Street
929-5616

Sara Mendez Park

11660 Dune Street
868-1093

Vista Verde Park

11459 Ratliffe Street
929-5618

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

PARK HOURS & PROGRAMS

Supervised Park Hours

Please Note: No staff will be at the parks on September 5, October 14 & 31, November 10 & 24.

Monday through Friday
August 15-October 28 • 2:30-7:00 p.m.
Gerdes Park, Hermosillo Park, Holifield Park, New River Park, & Sara Mendez Park

Monday through Friday
August 15-October 28 • 3:00-7:00 p.m.
Ramona Park & Vista Verde Park

Wednesdays
August 31- October 26 • 1:00-7:00 p.m.
Gerdes Park, Hermosillo Park, Holifield Park, New River Park, Ramona Park, & Vista Verde Park

Wednesdays
August 31-October 26 • 1:30-7:00 p.m.
Sara Mendez Park

Saturdays
August 20-October 29 • 12:00-7:00 p.m.
Gerdes Park, Hermosillo Park, Sara Mendez Park, Holifield Park, New River Park, Ramona Park, & Vista Verde Park

Monday through Friday
October 31-November 25 • 2:30-5:00 p.m.
Gerdes Park, Hermosillo Park, Holifield Park, New River Park, & Sara Mendez Park

Monday through Friday
October 31-November 25 • 3:00-5:00 p.m.
Ramona Park & Vista Verde Park

Wednesdays
November 2-30 • 1:00-5:00 p.m.
Gerdes Park, Hermosillo Park, Holifield Park, New River Park, Ramona Park, Vista Verde Park & Sara Mendez Park

Saturdays
November 5-26 • 12:00-5:00 p.m.
Gerdes Park, Hermosillo Park, Sara Mendez Park, Holifield Park, New River Park, Ramona Park, & Vista Verde Park

Park Programs

YOUR BEST BET FOR FALL FUN IS TO VISIT YOUR LOCAL PARK OR RECREATION FACILITY! There will be various activities for the entire family to enjoy, including indoor/outdoor games, hands on activities, and more! Please contact your local park for more information.

The following activities are offered at these locations, unless otherwise noted:
Gerdes Park • Hermosillo Park • Holifield Park • New River Park • Ramona Park Sara Mendez Park • Vista Verde Park

Daily Schedule
Gerdes Park, Hermosillo Park, Holifield Park, New River Park, & Sara Mendez Park

2:30-3:30 p.m.	Homework Help
3:30-4:30 p.m.	Arts & Crafts
4:30-5:30 p.m.	Outdoor Activities
5:30-6:30 p.m.	Arts & Crafts
6:30-7:00 p.m.	Outdoor Activities

Daily Schedule
Ramona Park & Vista Verde Park

3:00-4:00 p.m.	Homework Help
4:00-5:00 p.m.	Arts & Crafts
5:00-6:00 p.m.	Outdoor Activities
6:00-7:00 p.m.	Arts & Crafts

Going on a Leaf Hunt

Wednesdays
September 7-28 • 3:30-4:30 p.m.

Going back to school doesn't mean the fun has to end. Your local park will be creating fun and unique fall themed activities. We will be making leaf rubbings, woodland creatures masks, corn shakers, and more. Don't miss out on the fun!

Ghost Goblins & Goodies

(Ages 6-14)
Fridays, October 7-21 • 3:30-4:30 p.m.

Swing by your local parks to learn how to make some tasty treats! Staff will teach you how to make simple treats you can make at home using basic ingredients.

Halloween Bash (Ages 6-14)

Friday, October 28 • 3:30-4:30 p.m.
Cost: **Free**

Come join us for a huge Halloween Bash! Participants will be encouraged to come dressed in their Halloween costume. The bash will include games, candy, costume contest, and lots of fun! Sign up at your local park!

Gooble Gooble Gooble

Fridays, November 4-25 • 3:30-4:30 p.m.

Get ready to give thanks! Every Friday we will be creating Thanksgiving themed keepsakes and goodies to show your loved ones how much you appreciate them.

PARK PROGRAMS

Totally Tots (Ages 3-5)

Gerdes Park, 14700 Gridley Road

Prepare your child for the big world and help them learn necessary skills in a fun and interactive environment. Tots will participate in art, music, and storytelling while interacting with peers to build social skills and gaining independence. Participants must be fully potty trained and have turned 3 years of age by the first day of the session. For more information, please call **929-5922.**

Mondays, Wednesdays, & Fridays • 9:00 a.m.-12:00 p.m.
Cost: $81 Resident/$91 Non-Resident
Session 1 August 22-September 30 *(Class will not meet on September 5.)*
Session 2 October 3-November 11
Class Minimum (15 students)
Class Maximum (21 students)

Tuesdays & Thursdays • 9:00 a.m.-12:00 p.m.
Cost: $72 Resident/$82 Non-Resident
Session 1 August 23-September 29
Session 2 October 4-November 17 *(Class will not meet on November 10.)*
Class Minimum (15 students)
Class Maximum (21 students)

Important Information:
Proof of age required at the time of registration.
Registration for Session 2 & Winter Camp will be held at the Norwalk Arts & Sports Complex, 13000 Clarkdale Ave
Residents: Saturday, September 17, 10:00 a.m.
Non-residents: Monday, September 19, 8:00 a.m.
(Class will not meet on November 10.)

Winter Camp (Ages 3-5)

Monday through Friday
November 28-December 16
9:00 a.m.-12:00 p.m.
Gerdes Park, 14700 Gridley Road
Cost: $60 Resident
$70 Non-Resident

START 'EM YOUNG THEY'LL THANK YOU LATER

MUSIC & ART CLASSES FOR ALL

SEE PAGE 22 FOR DETAILS...

ADAPTIVE RECREATION

Gerdes Park • 14700 Gridley Road • 929-5611

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.

*Register at the Norwalk Arts & Sports Complex, 13000 Clarkdale Avenue.**

Please Note: Although group homes are encouraged to participate, an attendant or program aide must remain to assist as needed. Activities are held at Gerdes Park, 14700 Gridley Road, unless otherwise noted. To register for programs or to be added to the mailing list, please call 929-5922.

CLASS (Suggested ages 6-18)

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

Monday-Thursday • 3:30-5:30 p.m.
Gerdes Park, 14700 Gridley Road
Cost: $25 per session

Session 1	August 22-September 15
Session 2	September 19-October 13
Session 3	October 17-November 17

(Class will not meet November 10)

HEART (Suggested ages 13 & Over)

Recreation Adapted for Teens & Adults with Disabilities

Halloween Dance

(Suggested ages 13 & Over)
Norwalk Arts & Sports Complex
Thursday, October 27 • 6:00-9:00 p.m.
Cost: $12 per participant

Wear your appropriate Halloween costume and your dancing shoes. The night will be filled with delicious food and a professional DJ. All those in attendance will need to purchase a ticket (including parents and caretakers). Register by Friday, October 16 at the Norwalk Arts & Sports Complex.

Thursday Nights

(Suggested ages 13 & Over)
Thursdays, September 1-November 17
Gerdes Park, 14700 Gridley Road

Make Thursdays the highlight of the week! Each week we have a different activity planned for all participants. Thursdays are never boring with a variety of activities ranging from excursions to dances. The best part is, participants are sure to have fun and make new friends. Check out the monthly calendar for fees, times, and registration information.

TGIF (Suggested ages 13 & Over)

Fridays, once per month
Gerdes Park, 14700 Gridley Road

TGIF!!! Once a month we go to a new and fun location to help kick start a weekend of fun. These Friday night activities are sure to keep you coming back for more. Check out the monthly calendar for fees, times, and registration information.

Awesome Saturdays

(Suggested ages 13 & Over)
Saturdays, once per month
Gerdes Park, 14700 Gridley Road

Make the most of your fall with us! We will add fun to your weekend by visiting a far away or local attraction. Check out the monthly calendar for fees, times, and registration information.

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

TEEN CENTER

(Ages 13-18) • 12305 Sproul Street • 929-4260

August 22-October 28 • Monday-Friday 3:30-8:00 p.m.
November 1-December 2 •Monday-Friday 3:30-6:30 p.m.

Please Note: The Teen Center will be closed on September 5, 16, October 7, 31, November 11, 18, 24, and 25.

Just because summer is over doesn't mean the fun is over! Visit the Norwalk Teen Center and spend your afternoons doing fun activities with friends and make new ones. The Teen Center is equipped with computers, internet access, big screen television, pool table, and much, much more. Staff is ready to help you with a variety of things to keep you entertained. Activities include cooking, crafts, outdoor sports, and more. We are conveniently located near the Norwalk Arts & Sports Complex, Skate Park, and the Aquatic Pavilion. This program is free, and no registration is required. To speak with a staff member, please call **929-4260**.

Teen Alliance Program "TAP" (Ages 13-18)

Join TAP and learn valuable working skills, develop social skills, interpersonal skills, and gain a sense of accomplishment, all while giving back to your community. You will have an opportunity to volunteer at Citywide special events and a variety of activities in Norwalk. This is also a great way to serve volunteer hours for school or church. The Teen Alliance Program general membership meetings are held on the first Wednesday of each month (September 7, October 5 and November 2) at the Norwalk Arts & Sports Complex at 6:00 p.m. For more information on meetings or TAP events, please call **929-4260**.

Teen Events & Excursions

Please Note: All excursions depart from and return to the Norwalk Arts & Sports Complex, 13000 Clarkdale Avenue. All excursions and events are subject to cancellation due to low enrollment.

Marshall Canyon Trail Hike

Saturday
September 10 • 7:00 a.m.-2:00 p.m.
Cost: $2

You will not want to miss this breathtaking hike! Make sure to have your camera ready for the amazing photo opportunities. Oh, and be ready for a great workout too. Roundtrip hike is 5.2 miles. Wear sturdy walking shoes or hiking boots and bring water and a snack. Register at the Norwalk Arts & Sports Complex by Friday, September 2. Space is limited.

"Blast From The Past" 80s Middle School Dance

Friday, September 16 • 7:00-10:00 p.m.
Norwalk Arts & Sports Complex
Cost: $5 per student; $1 discount for dressing up in 80s attire.

Take a trip to the 1980s, the hair was long, the pants were bright, and the music was totally rad! Enjoy the DJ, photo booth, food for purchase and an area just to hang out with your friends.

Please Note: The event is open only to Norwalk students in the 6th, 7th, and 8th grades. Students will need to show a school I.D. card, yearbook photo, or other positive identification to verify current grade level. Dress code will be enforced.

Knott's Scary Farm

Saturday, October 1 • 5:00 p.m.-1:00 a.m.
Cost: $35

Join us as we visit the world's first, biggest, and most famous theme park as it is transformed from the old Berry Farm into Knott's Scary Farm. Get ready for a night of fun, thrills, and scares! Register at the Norwalk Arts & Sports Complex by Friday, September 23.

Please Note: Bring extra money or pack snacks.

TEEN CENTER

"Roctober" 2016 @ Boomers in Irvine

Friday, October 7 • 5:00-11:00 p.m.
Cost: $15 per student

Don't miss the teen event of the year!! Once again Boomers in Irvine will be closed to the public and made available only for teens! Teens from all over Southern California will gather to enjoy a night of attractions, games, food, music, and lots of fun. You don't want to miss this event!

Please Note: This event is only open to Norwalk students in the 8th-12th grades. Students must show a school ID card, yearbook photo, or other positive identification to verify current grade level. Register at the Norwalk Arts & Sports Complex by Friday, September 30. Space is limited.

Nature Hike @ Dawn Mine

Saturday, October 22 • 7:00 a.m.-2:00 p.m.
Cost: $2

Join us as we take an adventure to an abandoned goldmine. This hike will offer a great experience to those looking to "get lost" from the daily routine. Roundtrip hike is 5.0 miles. Wear sturdy walking shoes or hiking boots and bring water and a snack.

Register at the Norwalk Arts & Sports Complex by Friday, October 14. Space is limited.

Sunset Hike at Palos Verdes Peninsula

Saturday, November 12 • 1:00-8:00 p.m.
Cost: $2

Don't miss out on this great opportunity to get outside and enjoy a beautiful sunset. Make sure to bring your camera! Wear sturdy walking shoes or hiking boots and bring water and a snack.

Register at the Norwalk Arts & Sports Complex by Friday, November 4. Space is limited.

"Turn it UP" Middle School Dance

Friday, November 18 • 6:30-9:30 p.m.
Norwalk Arts & Sports Complex
Cost: $5 per student; $1 discount with the donation of a canned good!

Keep the music blasting and keep the memories going as you and your friends party it up! We will have a DJ, photo booth, food for purchase and an area just to hang out with your friends.

Please Note: The event is open only to Norwalk students in the 6th, 7th, and 8th grades. Students will need to show a school I.D. card, yearbook photo, or other positive identification to verify current grade level. Dress code will be enforced. For more information, please call 929-4260

Feed the Homeless on Thanksgiving Day

Thursday, November 24 • 6:00 a.m.-1:00 p.m.
Cost: $5 ***(deposit is required to hold your spot)***

Join other local teens to help make a difference! We will team up once again with organizations to assemble and distribute meals to local individuals and families in need of a good meal. Parent permission is required. A

Register at the Norwalk Arts & Sports Complex by Wednesday, November 18. Teens will receive a $5 gift card at conclusion of program.

Teen Center Activities

Please Note: All teen activities are at the Teen Center. All activities are subject to cancellation due to low enrollment.

Homework Hangout

Mondays • August 22-November 28
4:00-6:00 p.m.
Cost: Free

Homework can be fun if you do it in the right environment, so bring your homework to the Teen Center and make it "Funwork". Bring your study group or come alone; staff and student tutors will be available to assist you with homework or other school projects. For more information call **929-4260**.

Biggest Loser Teen Challenge

Tuesdays
August 30-November 8 • 6:00-7:30 p.m.
Cost: Free

This 12 week challenge will focus on developing healthy habits while encouraging teamwork and goal setting. This is a great way to get your friends together to work toward a healthier lifestyle. Tuesdays will be weigh in days and will also feature great healthy lifestyle tips from Teen Center staff. For more information call **929-4260**.

College Application Help

Wednesdays
August 24-November 30 • 4:00-6:00 p.m.
Cost: Free

When are Cal State applications due? What about UC applications? How do I apply for financial aid? What does FASFA stand for? You are not alone, come to the Teen Center on Wednesdays and get tips from those of us that have been through the process. No need to sign up, just show up. For more information call **929-4260**.

TEEN CENTER

Teen Center Activities

Please Note: All teen activities are at the Teen Center. All activities are subject to cancellation due to low enrollment.

Afterschool Munch Hour

Thursdays • August 25-November 10 • 5:00-6:30 p.m.
Cost: Free
Brush up on your cooking skills as we take you on a tasty adventure in the kitchen. Learn the fundamentals of cooking and enjoy the fruits of your labor. For more information call **929-4260**.

Friday = FUNDAYS

Fridays • August 26-December 2 • 6:30-8:00 p.m.
Cost: Free
Celebrate the first day of the weekend with style! We will have tournaments, watch movies, enjoy snacks and more! For more information call **929-4260**.

CULTURAL ARTS CENTER

Fall Hours
Effective Tuesday, August 23

Tuesday-Friday	3:00-7:00 p.m.
Saturday	11:00 a.m.-3:00 p.m.
Sunday	Closed

Please Note: We will be closed on Saturday, October 15; Friday, November 11; Thursday, November 24; and Friday, November 25.

Cultural Arts Center

13200 Clarkdale Avenue • 929-5521

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

Mary Paxon Art Gallery

The Gallery is located at the Cultural Arts Center adjacent to the Norwalk Arts & Sports Complex. Local and regional artists display their art to promote visual arts in the community. If you are interested in exhibiting artwork, please call the Cultural Arts Center at **929-5521**. The Gallery is free to the public and is wheelchair accessible. ***Please Note: (The Gallery will be closed October 15)***

Calling All Artists!

We are seeking artists for future exhibits. If you are 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**.

September 13-October 1 "Life in Print"
Artists: Hannah Matus & Alyssa Wynne
Reception: Saturday, September 24
5:00-8:00 p.m.

October 11-29 Art, The Passion and Pain of Alvarado and Gonzales
Artists: Annette Gonzales & Fred Alvarado
Reception: Friday, October 28
6:00-8:00 p.m. *(Closed October 15)*

November 1-19 Personal Story
Artist: Said Abdelsayed
Reception: Saturday, November 5
5:00-7:00 p.m. *(Closed November 11)*

CAC SPECIAL PROGRAMS

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

Cultural Arts Center Special Programs

Registration will be held on Saturday, September 3, from 9:00 a.m. to 6:00 p.m. at the Norwalk Arts & Sports Complex. Register early! If there are less than three participants enrolled in a class (prior to the first day of class), the class will be cancelled. Additional registration hours will take place during regular operating hours: 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. For registration or general information, please call **929-5521**.

Brush Strokes & Beverages

(Ages 21 & Over)
Saturdays • 6:00-8:30 p.m.
September 17 & November 12
Cost: $25

Artists of all experience levels are invited to an evening of instructor-led painting. Come with friends and family, enjoy the complimentary drinks and snacks, and leave with a personal masterpiece. The session will feature a predetermined painting, simple enough for first-time painters or with suggestions and instructions for those with a higher experience level. Tackle your personal artistic angle with the assistance of an experienced instructor and watch your inner artist come to life on canvas!

FREE Open Mic Night

Fridays • 8:00-9:30 p.m.
October 21 & December 9
Performers (All Ages)

Calling all artists!!! Singers, dancers, poets, comedians, and musicians join us for an evening of entertainment. A microphone, microphone stand, speakers, and iPod connector will be available. Participants should bring all other equipment needed for their 2-song or 7-minute performance. All types of music are welcome. Lyrics need to be appropriate for all ages. Profane words or messages of hate will not be tolerated. Invite your family and friends! Performers must arrive early for a spot.

Ceramic Art Studio (All Ages)

Fridays & Saturdays
Cost: $5 lab fee per visit (cash & checks only)

Visitors will be able to drop in and paint, glaze, and utilize supplies. Items will be fired by a staff member. The $5 lab fee will include supplies, paint, and staff assistance. In addition to the $5 lab fee, participants will have to purchase their ceramic piece at the Cultural Arts Center. Items will range from $2 to $20. If you wish to bring your own ceramic piece you may. However, we will only fire ceramic items purchased from the Cultural Arts Center. For more information, please call the Cultural Arts Center at **929-5521**. The Ceramic Art Studio will be open the following dates:

Fridays • September 2-30 • 3:30-5:30 p.m.
Saturdays • September 3-24 • 12:00-2:00 p.m.

Art Club (Ages 6-12)

Saturdays • 12:00-1:45 p.m.
Cost: Free

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. All ideas are welcome!

Session 1 — **October 1-29**
(Class will not meet October 15)
Session 2 — **November 5-26**

Beginning Violin (Ages 6-15)

Wednesdays • 4:00-4:50 p.m.
Cost: $40/4 weeks *(plus $10 book fee)*
Instructor: Denise Martinez

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

Session 1 — **September 7-28**
Session 2 — **October 5-26**
Session 3 — **November 2-30**
(Class will meet on November 23)

Local Vocals Choir (Ages 6-15)

Wednesdays • 5:00-5:50 p.m.
Cost: $30/4 weeks
Instructor: Denise Martinez

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

Session 1 — **September 7-28**
Session 2 — **October 5-26**
Session 3 — **November 2-30**
(Class will not meet November 23)

CAC SPECIAL PROGRAMS

Musical Fingers-Piano for Tots (Ages 3-5)

Saturdays • 11:00-11:45 a.m.
Cost: **$40/4 weeks**
Instructor: Denise Martinez
($10 cash only book fee is due the first day of class)

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

Session 1 **September 3-24**
Session 2 **October 1-29**
(Class will not meet October 15)
Session 3 **November 5-26**

Miniachis de Norwalk Performances (Free)

The City of Norwalk has its own Youth Mariachi Group. Our talented group practices every Tuesday at the Cultural Arts Center. Come check us out at one of our upcoming performances!

Saturday, October 15 • Halloween Parade
11:00 a.m. • Corner of Pioneer Boulevard and Mapledale Street
Saturday, December 3 • SnowFest Event
12:00 p.m. • City Hall Lawn, 12700 Norwalk Blvd.
Tuesday, December (TBD) • Santa Sleigh

Creative Li'l Hands (Ages 3-5)

Tuesdays & Thursdays • 9:00 a.m.-12:00 p.m.
Cost: **$50/5 weeks- Resident**
$60/ 5 weeks- Non-Resident

Toddlers will get a head start for Pre-school and Kindergarten. 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 ABCs. Please Note: Participants must be fully potty trained and must have turned 3 years of age by the first day of the session. For more information, please call **929-5521**.

Session 1 **August 30-September 29**
Session 2 **October 4-November 3**

Important Registration Information

Registration for Creative Li'l Hands is accepted at the Norwalk Arts & Sports Complex, 13000 Clarkdale Avenue.

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

Registration is currently being accepted.

Li'l Munchkins (Ages 1-2)

A parent or caregiver must actively participate during the duration of class. Classes are 45 minutes in length.

Boo-tiful Ghouls

Saturdays • October 1-29 • 11:00 a.m.
(Class will not meet October 15)
Cost: **$9**

Little monsters, it's time to get crafty! Get ready for Halloween fun by making not-so-scary ghosts, goblins, and ghouls with a variety of materials.

Perfect Pumpkin

Wednesdays • October 5-26 • 6:00 p.m.
Cost: **$9**

Just in time for Halloween and Thanksgiving! You and your little one are sure to fall in love with these pumpkins crafts. Pumpkin play dough and painted pumpkins will keep you and your little pumpkin busy this season.

Little Johnny Appleseed

Thursdays • October 6-27 • 3:00 p.m.
Cost: **$9**

Fall is here and apples abound. These apple themed crafts will include apple stamp prints, thumbprint apple trees, an apple door wreath and apple cinnamon play dough.

Hand in Hand

Wednesdays • November 2-23 • 6:00 p.m.
Cost: **$9**

Make memories that are twice as nice when you and your child create parent and me handprint crafts that you'll treasure for years to come. Your handprints will decorate a tea towel, a canvas print, and more.

Cute as a Button

Thursdays
November 3-December 1 • 6:00 p.m.
(Class will not meet on November 24)
Cost: **$9**

Working with buttons will strengthen your little munchkin's finger muscles and hand-eye coordination. We will make an adorable frame, jewelry and other button themed crafts.

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

CAC SPECIAL PROGRAMS

Tutti Fruity
Saturdays • November 5-26 • 12:00 p.m.
Cost: $9
Begin a lifetime of healthy eating. This parent and me class will focus on making fun fruit snacks that will be tempting enough to interest even the pickiest eaters. You and your little one will make fruit pops and yummy parfaits, along with other fruit surprises.

Tots (Ages 3-5)

An adult or sibling 12 years of age or over must accompany children under the age of six for the duration of class. Classes are 45 minutes in length.

Boo-tiful
Wednesdays • October 5-26 • 3:00 p.m.
Cost: $9
Halloween crafts for the littlest of monsters. Not so scary ghosts and gobblins will be what we make while getting ready for Halloween fun.

Handy with Candy
Wednesdays • October 5-26 • 4:00 p.m.
Cost: $8
Bring your sweet tooth. Make a speed racer car out of life savers, and a yummy necklace you can't resist. Creating these treats will only be half the fun! Once you're finished, these goodies will be sweet to eat!

Silly Songs with Nancy
Wednesdays • October 5-26 • 5:00 p.m.
Cost: $6
Let the sillies out as we sing and jump around to favorite childhood songs such as, "The Wheels on the Bus," and "A-Tooty-Ta!" We will create fun projects as props and also teach dance movements to engage your child in song in a place where we are not afraid to get loud and silly!

High Five
Fridays • October 7-28 • 3:00 p.m.
Cost: $7
Let's have some musical fun with finger puppets and rhymes. Tots will make puppets and perform many of their favorite classic "finger play" songs. "Five Little Ducks," "Five Little Monkeys" and more.

Phonics Fun
Fridays • October 7-28 • 4:00 p.m.
Cost: Free
Young learners will discover the sounds of the letters while making a variety of crafts to take the learning home. Letters will be introduced in an order that will allow the children to make many words with the letters that they are learning.

Cookie Monsters
Fridays • October 7-28 • 5:00 p.m.
Cost: $9

There's nothing to fear here! You'll make the most adorable monsters out of cookies. Surprise your friends and family with homemade Halloween goodies that resemble mummies, vampires, and more.

Popcorn Words
Wednesdays • November 2-23 • 3:00 p.m.
Cost: $5
Popcorn words are words that pop up everywhere. Your child will have a head start on reading as they learn the most common sight words through irresistible games, songs and crafts.

Use Your Noodle
Wednesdays • November 2-23 • 4:00 p.m.
Cost: $9
Have you ever wanted to play with your food but couldn't? Then this is the class for you! Come and make cool looking houses and trains out of noodles. Every week you will leave class with your little masterpiece made just the way you like.

Little Frankensteins
Wednesdays • November 2-23 • 5:00 p.m.
Cost: $9
Get your mad scientist apron ready—we're about to change hot dogs into creepy, edible creatures. Take a frank and turn it into an octopus, spider, and more.

Tu-tu Cute
Fridays • November 4-December 9 • 3:00 p.m.
(Class will not meet on November 11 & 25.)
Cost: $8
Learn the skills necessary for the construction of a custom made tutu as we create sew and no-sew tutu's for your "sugar plum fairy's" ballet class. We will create tutu's made of tulle, glitter, and even headbands!

Pint-Sized Painters
Fridays • November 4-December 9 • 4:00 p.m.
(Class will not meet on November 11 & 25.)
Cost: $6
Dive into the artistic world of paint! Your little ones will be guided in making fun creative art pieces using acrylic paint, watercolors, and even explore the fascinating wonders of BioColor paint.

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CAC SPECIAL PROGRAMS

Chalk it Up

Fridays • November 4-December 9 • 5:00 p.m.
(Class will not meet on November 11 & 25.)
Cost: Free

Like to draw with chalk and learn at the same time? We'll draw cool murals and even play hopscotch too. Come experience a great way to learn and have lots of fun.

Youth (Ages 6-12 mostly)

Classes are 45 minutes in length.

Paper Mache Monsters

Saturdays • October 1-29 • 11:00 a.m.
(Class will not meet on October 15)
Cost: $7

Want to learn how to spook up your home for the Halloween season? Well look no further, participants will create their very own spooky monsters while learning the fundamentals of working with paper mache.

Canvas & Cookies

Saturdays • October 1-29 • 2:00 p.m.
(Class will not meet on October 15)
Cost: $12

The CAC welcomes students of all experience levels to an eventful session of step-by-step canvas painting. Throughout the session we will paint a variety of four different paintings. While we are painting we will also munch on delicious cookies and sip on yummy lemonade. Can't wait to see you all there!

Pop Art Pumpkin Carving

Thursdays • October 6-27 • 4:00 p.m.
Cost: $10

Calling all pumpkin carvers! This session at the art center we will step up our creativity by using your pumpkin carving skills and applying them to new ideas. We will transform pumpkins into beautiful works of art that you'll be able to display on your porch just in time for the holidays. We will carve faces, designs, and so much more.

Manic Mason Jars

Thursdays • October 6-27 • 5:00 p.m.
Cost: $8

What better way to start off the holidays than with your very own decorated mason jars placed around the house? We'll make one that looks like a ghost and also another one that looks like a pumpkin and so many more. It's a great way to decorate your house or even a perfect gift.

"Mask"arade Party

Thursdays • October 6-27• 6:00 p.m.
Cost: $8

What will it be? Scary or sweet? This mask making class comes just in time for Halloween. Work on making a mask that you can use alone or with the costume of your choice.

Witches Brew

Fridays • October 7-28 • 6:00 p.m.
Cost: $9

Potatoes and carrots will take the place of newt eyes and puppy dog tails in this soup-making class. Conjure up creamy broccoli cheddar and hearty stew that will satisfy the most monstrous of appetites.

Claymation

Thursdays • November 3-December 1 • 3:00 p.m.
(Class will not meet on November 24)
Cost: $8

Clay can be used for more than sculpting houses and pots. Use it to make your own storyboard and put some motion into clay. Over the course of this class, we will create and design slabs that tell a story from your imagination.

Wings, Tails, & Scales

Thursdays • November 3-December 1 • 4:00 p.m.
(Class will not meet on November 24)
Cost: $8

Discover creatures that creep, wiggle, and fly as you hear stories about animals from around the world. Then create your own real or imaginary animals with clay, paint, and more.

Sweet Dreams

Thursdays • November 3-December 1 • 5:00 p.m.
(Class will not meet on November 24)
Cost: $9

Relax and decorate your pillowcase with zen tango images. You'll use fabric paint and markers to create your perfect pillowcase.

Pies in a Jar

Fridays • November 4-December 9 • 6:00 p.m.
(Class will not meet on November 11 & 25.)
Cost: $9

The return of fall means the return of the best pies. Learn how to stuff your favorite pumpkin and apple pies into a mason jar, perfect for an on-the-go treat or picnic with friends.

CAC SPECIAL PROGRAMS

Meet the Artists
Saturdays • November 5-26 • 11:00 a.m.
Cost: $7
See how artists like Monet and Magritte used materials in their art. Create your own art as you have fun learning the basics and expressing yourself in painting, drawing, printmaking and sculpture.

Ily Pastily
Saturdays • November 5-26 • 2:00 p.m.
Cost: $5
Ily is back! Join her while working with soft pastels and learning various techniques such as blending and mixing. Explore different painting mediums like cubism, pointillism and more.

Teens (Ages 13-17)

Canvas & Coffee
Wednesdays • October 5-26 • 5:00 p.m.
Cost: $15
If you're a coffee lover and love to paint look no further! We have the perfect class for you. We will create amazing step-by-step canvas paintings while sipping our favorite lattes and cappuccinos with whipped cream on top.

Anime Drawing
Thursdays • October 6-27 • 5:00 p.m.
Cost: $10
Are you into anime? It will be an honor to have you come by and draw cool anime characters and action figures such as Dragon Ball Z and Sailor Moon. Best believe we will have a lot of fun drawing and talking all about anime.

Pinterest Parasols
Wednesdays • November 2-23 • 5:00 p.m.
Cost: $15
Bonjour friends! The CAC welcomes you to join us on our journey through French culture as we accessorize and personalize classic Parisian parasols. We will be painting, staining, sewing and so much more. Can't wait to see you there!

Spray Paint 101
Fridays • November 4-December 9 • 5:00 p.m.
(Class will not meet on November 11 & 25.)
Cost: $15
If you like to personalize skateboards, backpacks or anything else that you own don't miss out on this class. We are offering a spray painting class to help you learn the basics so that you can decorate anything that sparks your creative mind!

Norwalk All-City Youth Band (Ages 12-21)
You are invited to join the Norwalk All-City Youth Band. This program is comprised of the band, a drill team, and a tall flag unit. Joining the Band is a great way to get involved. This group fundraises, goes on trips, conducts concerts, and performs in parades and City events. Practices are held twice a week at the Cultural Arts Center. For more information, please call **929-5521**.
Please note: The All-City Band program is held from September through June. Junior high and high school students are welcome to join.

Adults (Ages 18 & Over)

"Scent"sational Soaps
Thursdays • October 6-27 • 6:00 p.m.
Cost: $20
Dress up the decor in your bathrooms and get ready for your holiday guests. You'll make great smelling guest soaps for Halloween, Thanksgiving and Christmas.

Beginning Pottery
Fridays • October 7-28 • 6:00 p.m.
Cost: $20
Our beginning pottery class is designed to guide participants through the process of creating pots and mugs while learning the fundamentals of throwing on the pottery wheel.

Bows & Braids
Thursdays • November 3-December 1 • 6:00 p.m.
(Class will not meet on November 24)
Cost: $25
Learn to make beautiful bows and adorable braids for your child's hair all in the same class! We will create structured bows made of different colored ribbon and embellishments to add extra charm to styled braids!

Mocktail Party
Fridays
November 4-December 9 • 6:00 p.m.
(Class will not meet on November 11 & 25)
Cost: $25
Who needs spiked drinks when you can have equally tasty mocktails that everyone can enjoy? This "mixology" class will teach you recipes for mojitos and piña coladas that you can sip on before 5 o'clock hits.

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MINIACHIS DE NORWALK

Miniachis de Norwalk Classes

(Ages 7-18)

Cost: Residents $25 per month
*$60 per three months
Non-residents $30 per month
*$75 per three months

Classes are held on Tuesdays at the Cultural Arts Center. Lessons will be offered in Guitar, Violin, Trumpet, and Voice at a reasonable cost. Participants must provide their own instruments; however, the Miniachis de Norwalk program has some instruments available for loan. Parents loaning out instruments will be required to leave an instrument deposit. New series of classes begin every three months. Please call **929-5521** for instrument availability, additional questions, or to be added to the mailing list. Registration will begin on Thursday, August 27, 9:00 a.m.- 9:00 p.m. at the Norwalk Arts & Sports Complex. Si necesita informacion en español, por favor llamar al numero **929-5521**.

Session 1 October 4-25

**Three month pre-pay option is available for the month of October, November, & December.*
**Performance on Saturday, October 15 Arturo Sanchez Halloween Parade.*

Session 2 November 1-29

(Class will not meet November 22)

Session 3 December 6-20

(There will be 3 performances for this month in place of class on Dec. 27)
**Performance on Saturday, December 3 SnowFest Event.*
**Santa Sleigh Performance- TBD*

Violin Classes

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

Trumpet

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

Guitar

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

Voice Lessons

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

Please Note: Class times may vary depending on student enrollment. Instructors will notify the students on the first day of class of any changes in class time. Students are always welcome to participate in additional practice time at no additional cost. If students want more practice time, they are encouraged to consult with the instructor and are welcome to participate in the class below their current level. Keep in mind that practice time is not a substitute for student scheduled class time. Students are required to check in each day of class with CAC staff. Check-in will take place in the CAC staff office. Checking in provides us with the opportunity to inform the parents of any upcoming performances and provide you with program updates. Students must arrive on time on the day of performances. If a student is late and they have a singing role, it may be offered to another student. Performances will replace class time if the performance is on a Tuesday.

**The three-month pre-pay option is available quarterly for a total savings of $15. You can pre-pay at the start of each quarter for the following months: October, November, & December. The pre-pay plan requires payment in advance, is only available at the beginning of each quarter, and must be paid in full.*

Register ONLINE at www.norwalk.org

CAC CONTRACT CLASSES

Please Note: All classes will be held at the Cultural Arts Center, 13200 Clarkdale Avenue.

Beginning/Intermediate Piano/Keyboarding

(Ages 5 & Over)
Tuesdays • 6:05-6:50 p.m.
Cost: $65/6 weeks
Instructor: Jim Warino
($15 cash is due the first day of class)

Jim has been teaching for 30 years and is credited on 57 plus recordings (7 Platinum) by helping some of the world's greatest musicians in a variety of ways. Learn the basics and more of how to play piano/electric keyboard through hands on techniques, exercises, practice regimens, note reading, melodies and songs in a fun class setting. Students must have an electronic keyboard to bring to class. Students must have an electronic keyboard to bring to class.

Session 1 August 30-October 4
Session 2 October 11-November 15

Floral Design (Ages 18 & Over)

Tuesdays • 6:00-7:00 p.m.
Cost: $30/4 weeks
Instructor: Vickie Le
(A $15 materials fee is payable to the instructor for the first class only.)

Come join the fun and express your creativity. Learn the basic "how to" in floral design to create arrangements for all occasions. Students are required to purchase their own weekly flower supplies (a list will be provided.) You will go home with a beautiful arrangement you create in class each week.

Session 1 September 6-27
Session 2 October 4-25

Jessie's Balloon Workshop

(Ages 18 & Over)
Saturday • 10:00-12:00 p.m.
$25/per Workshop
Instructor: Jessica Bargas-Jimenez
(A $5 helium fee is due first day of class. Cash only please.)

Get prepared to decorate for birthdays, sweet sixteens, quinceñeras, or weddings with Jessie. Students will be working with mylar and latex balloons. So whether you are a beginner, or consider yourself a little more advanced, come freshen up your skills with this fun and exciting class.

Workshop 1 September 10
Workshop 2 October 8
Workshop 3 November 5

NASC CONTRACT CLASSES

Dance

NEW Cheer & Pom Competition Training

Fridays
(Ages 8-10) 5:30-6:30 p.m.
(Ages 11-13) 6:30-7:30 p.m.
Cost: $35.00/5 weeks
NASC, 13000 Clarkdale Avenue
Instructor: Javonda Jones

Designed to teach young girls the fundamentals of cheer to compete on a competition level. For beginners to learn proper posture, stretching, jumps, kicks, while memorizing cheers and chants.

Session 1 September 23 – October 21
Session 2 November 4 – December 9
(Class will not meet November 26)

NEW Dance Performance Fall Camp

Saturdays
(Ages 5-9) 10:00-11:00 a.m.
(Ages 10-13) 11:00 a.m.-12:00 p.m.
Cost: $40.00
NASC, 13000 Clarkdale Avenue
Instructor: Javonda Jones

Learn various styles of dance technique, perform in a recital show and City events. This team will represent the City while performing in parades and competitions.

**Jazz shoes required.*

Session 1 September 24 – October 22
Session 2 November 5 – December 10
(Class will not meet November26.)

NEW L.A. Fit Bootcamp (Ages 16+)

Mondays · 7:00-8:00 p.m. or
Saturdays · 9:30-10:30 a.m.
Cost: $35/5 weeks
NASC, 13000 Clarkdale Avenue
Instructor: Louie Angon

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

Session 1 September 19 – October 22
Session 2 October 31 – December 3

NASC CONTRACT CLASSES

Ballet for Tots (Ages 3-5)

Saturdays • 9:30-10:30 a.m.
Cost: $30/5 weeks
NASC, 13000 Clarkdale Avenue
Instructor: Stepping Out Studio Staff

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.

Session 1 September 24-October 22
Session 2 November 5-December 10
(Class will not meet November 26.)

Ballet/Tap Combo (Ages 3-5)

Saturdays • 9:00-9:45 a.m.
Cost: $30/5 weeks
And Dance! Studio
13417 Pumice Street, Norwalk
Instructor: And Dance! Staff
(562) 404-9339

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.

Session 1 September 24 – October 22
Session 2 November 5 – December 9
(Class will not meet November 26.)

Country Line Dancing (Ages 15+)

Mondays • 7:00-8:00 p.m.
Cost: $30/5 weeks
NASC, 13000 Clarkdale Avenue
Instructor: Vicky Kroes

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

Session 1 September 19 – October 17
Session 2 October 31 – November 28

Hip Hop (Ages 9-15)

Thursdays • 6:00-7:00 p.m.
Cost: $30/5 weeks
NASC, 13000 Clarkdale Avenue
Instructor: Chantel Banuelos

Get funky with your friends and gain confidence in your dance style. This is a high-energy class that requires a positive attitude and lots of enthusiasm. No experience is required for learning these moves. Class is age appropriate.

Session 1 September 23 – October 21
Session 2 November 4 – December 16
(Class will not meet November 26.)

Folklorico Dance

Cost: $30/5 weeks
Seniors: $20/5 weeks
NASC, 13000 Clarkdale Avenue
Instructor: Manuel Ramirez

This class will introduce dancers to the basic Folklorico steps of Mexico and Southern California. Instructor will provide further information regarding dance attire at the first class.

Beginner
Saturdays
Session 1 September 24 – October 22
Session 2 November 5 – December 10
(Ages 6-14) 9:00-10:00 a.m.
(Ages 15 & Over) 10:15-11:15 a.m.
(Class will not meet November26.)

Seniors (Ages 55 & Over)
Tuesdays • 6:00-7:30 p.m.
Session 1 September 20 – October 18
Session 2 November 1 – November 29

Intermediate (Ages 6-54)
Tuesdays • 7:30-9:00 p.m.
Session 1 September 20 – October 18
Session 2 November 1 – November 29

Performance (Ages 55 & Over)
Wednesday • 7:00-8:30 p.m.
Session 1 September 21 – October 19
Session 2 November 2 – November 23

Advanced Folklorico Dance (Ages 16 & Over)
Thursdays • 7:30-9:00 p.m.
Cost: $30/5 weeks
Session 1 September 22 – October 20
Session 2 November 3 – December 8
(Class will not meet on November 24.)

NASC CONTRACT CLASSES

Fine Arts

Guitar for Beginners
(Ages 5 & Over)
Tuesdays
Cost: $35/5 weeks
NASC, 13000 Clarkdale Avenue
Instructor: Jim Warino
Myspace.com/jpwarino
Learn the basic skills of playing the guitar, including chords, finger picking, rhythms, and songs in a variety of styles. You must provide your own acoustic guitar.

Session 1 September 20 – October 18
Session 2 October 25 – November 22
Kids (Ages 5-12) 6:55-7:55 p.m.
Adults (Ages 13+) 7:55-8:55 p.m.

NEW Private Guitar, Bass, Piano & Songwriting Lessons (All Ages)
Monday-Saturday
Cost: $80 for 4 weekly half hour lessons
Jim's Studios
8337 Firestone Boulevard, Downey
Instructor: Jim Warino • (562) 807-4286
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 of them platinum. All levels from beginning to advance.

Session 1 September 19 – October 15
Session 2 October 31 – November 26

Health & Fitness

NEW Booty Barre Workout
(Ages 18 & Over)
Wednesdays • 8:00 p.m.
Cost: $40/5 weeks
NASC 13000 Clarkdale Avenue
Instructor: Chantal Banuelos
There's no better way to wake your body up than with booty barre. Prepare to get a good workout that will infuse dance, Pilates and yoga.

Session 1 September 21 – October 19
Session 2 November 2 – November 30

NEW Tamborazo Aerobic Dance (18 & Over)
Thursdays • 5:00-6:00 p.m.
Cost: $40/ 5 weeks
NASC 13000 Clarkdale Avenue
Instructor: Chantal Banuelos
This class provides a cardiovascular workout while Tamborazo music pulses the body. Its a positive experience for the mind, body, and soul.

Session 1 September 22 – October 20
Session 2 November 10 – December 8

NEW Zumba At Sara Mendez
(Ages 18 & Over)
Mondays & Wednesdays • 7:00-8:00 p.m.
Cost: $40/5 weeks
NASC, 13000 Clarkdale Avenue
Instructor: Maria S Garcia
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!

Session 1 September 19 – October 19
Session 2 October 31 – November 30

Zumba Fitness (Ages 18 & Over)
Tuesdays & Thursdays • 6:00-7:00 p.m.
Cost: $40/5 weeks
NASC, 13000 Clarkdale Avenue
Instructor: Patricia Sandoval
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!

Session 1 September 20 – October 18
Session 2 November 1 – December 1

Yoga for Life (14 & Over)
Tuesdays • 6:30-7:30 p.m.
Cost: $35/5 weeks
NASC, 13000 Clarkdale Avenue
Instructor: Anita Der Kerviorian
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.

Session 1 September 20 – October 18
Session 2 November 1 – December 01

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

NASC CONTRACT CLASSES

Martial Arts

Japanese Goju-Ryu Karate
(Ages 7 & Over)
Cost: $45/5 weeks
NASC, 13000 Clarkdale Avenue
Instructor: Brian A. Burdick
Learn the fundamentals of self-defense and Karate. Learn 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.
Mondays & Wednesdays • 6:00-8:00 p.m.
Session 1 September 19 – October 19
Session 2 October 31 – November 30
Advanced (Requires instructor's permission)
Fridays • 6:30-8:30 p.m.
Session 1 September 23 – October 21
Session 2 November 4 – December 9
(Class will not meet after November 24)

Tae Kwon Do (All ages)
Cost: $60/5 weeks for one student
$80/5 weeks for two family members
$90/5 weeks for three family members
(No additional charge for 4th family member)
Moonstar Tae Kwon Do Academy
15923 Pioneer Boulevard • 402-8300
Instructor: Master Im
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 beginning class.
Tuesdays & Thursdays • 5:30-6:30 p.m.
Fridays • 6:00-7:00 p.m.
Session 1 September 20 – October 20
Session 2 November 11 – December 16

NEW Pa-Kua Martial Arts
(Ages 9+)
Tuesdays & Thursdays • 6:30-7:30 p.m.
Cost: $55/5 weeks
Sara Mendez Park, 11660 Dune Street
Instructor: Michael Jackson
(562) 868-1093
Learn how to defend yourself and exercise in a practical and exciting manner. Through the study of Pakua Martial Arts, a student will develop his physical strength, while learning unique techniques employing pressure points, levers, and more. Pa-Kua teaches the student a better understanding of himself and his surroundings. This is made possible by the non-competitive philosophy whereby the student challenges only himself and his own abilities. A strong emphasis is placed on physical and mental balance, expressed through movements that are both fluid and rigid, strong as well as slow, dictated by the needs of a particular situation. Students learn different aspects of the martial art at each belt level, leading them toward a full confidence in their personal skills and abilities.
Session 1 September 20 – October 20
Session 2 November 1 – December 1

Sports

Tumbling Toddlers
Saturdays
Cost: $40/5 weeks
NASC, 13000 Clarkdale Avenue
Instructor: Nathaniel Freund, Lighthouse Gymnastics Academy
This fun-filled program teaches coordination and basic motor skills while having a ton of fun. This environment not only introduces the exciting and bouncy world of gymnastics but also helps prepare children for the structure needed in Preschool and Kindergarten. Adult participation is required at all times for younger class.
Session 1 September 24 – October 22
Session 2 November 5 – December 10
(Ages 2-3) 3:00-3:45 p.m.
(Ages 4-5) 3:45-4:30 p.m.

Tumbling (Ages 6-12)
Saturdays • 4:30-5:30 p.m.
Cost: $40/5 weeks
NASC, 13000 Clarkdale Avenue
Instructor: Nathaniel Freund, Lighthouse Gymnastics Academy
The class is for kids who want to learn gymnastics whether it is for cheer, martial arts, or just for fun. The tumbling program starts with basic rolls, handstands, and cartwheels and moves on to more advanced skills such as round-off back handsprings as children progress and become more skilled.
Session 1 September 24- October 22
Session 2 November 5- December 10
This fun class is geared toward the ability of the individual. These Jammin' Gymnasts will experience the real world of gymnastics where all events will be taught.
Session 1 September 24–October 22
Session 2 November 5 –December 10

Register ONLINE at www.norwalk.org

NASC CONTRACT CLASSES

Bumper Bowling (Ages 3-7)

Thursdays • 3:30-4:30 p.m.
Cost: $36/5 weeks
Keystone Lanes, 11459 Imperial Highway
Instructor: Keystone Lanes Staff • (562) 868-3261

Children will enjoy this special bowling opportunity. Everyone succeeds because the gutters are guarded. This is a parent/child participation class to encourage the sport of bowling. Bowling shoes and lightweight balls are provided.

Session 1	September 22 – October 20
Session 2	November 3 – December 1

Bowling For Fun (Ages 8-17)

Tuesdays • 3:30-4:30 p.m.
Cost: $36/5 weeks
Keystone Lanes, 11459 Imperial Highway
Instructor: Keystone Lanes Staff • (562) 868-3261

Here's a great way to learn to bowl or to improve your skills in a non-competitive environment. Bowling shoes and bowling balls are included.

Session 1	September 20 – October 18
Session 2	November 1 – December 1

Hip Hop Dance - Young Champions (Ages 6-15)

Saturdays • September 24 – January 14
(Class will not meet November 26, December 24 & 31)
Cost: $71 per session/12 weeks
Gerdes Park, 14700 Gridley Road
Instructor: Young Champions • (714) 259-1400
**Plus $8 registration fee per student per session*

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

Self-Defense & Safety Awareness - Young Champions (Ages 4-15)

Tuesdays • September 20 – January 17
(Class will not meet November 22, December 27, and January 3)
Cost: $99 paid in full/13 weeks*
Gerdes Park, 14700 Gridley Road
Instructor: Young Champions • (714) 259-1400
**Plus $8 registration fee per student per session*

This program combines safety awareness education with self-defense instruction in a fun, structured environment!

New Students	5:15-5:55 p.m.
Yellow Belts	6:00-6:45 p.m.
Orange Belts	6:45-7:25 p.m.
Advanced Belts	7:30-8:10 p.m.

Soccer-Young Champions

(Ages 4-15)
Mondays • September 19 – January 9
(Class will not meet October 31, November 21, December 26, January 2)
Cost: $78 per session/10 weeks*
Gerdes Park, 14700 Gridley Road.
Instructor: Young Champions
(714) 259-1400
**Plus $8 registration fee per student per session*

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

All Students (Ages 4-6)	5:00-5:40 p.m.
All Students (Ages 7-9)	5:45-6:25 p.m.
All Students (Ages 10+)	6:30-7:10 p.m.

Share Your Talents!

Do you have a special skill or hobby? Here's an opportunity to teach others while earning some extra mony. 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, music, etc.) If you are up to the challenge, please call 929-5566 to request an instructor proposal form, or pick up the Norwalk Arts & Sports Complex located at 13000 Clarkdale Avenue.

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

ICE SKATING

Classes take place at The Rinks Lakewood Ice, 3975 Pixie Avenue, Lakewood, CA 90712 (Carson & Paramount) • Lakewoodlce.com

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

Parent & Me Ice Skating, Beginning (Ages 3-6)

Cost: $45/4 weeks

Pre-registration required.
Practice session times:
Thursdays 10:30 a.m.-12:30 p.m. or
Saturdays 10:45-11:15 a.m.
Dress warmly. Check in early.

Day	Time	Start Date	End Date
Thursdays	11:15-11:45 a.m.	September 22	October 13
Saturdays	11:15-11:45 a.m.	September 24	October 15
Thursdays	11:15-11:45 a.m.	October 20	November 10
Saturdays	11:15-11:45 a.m.	October 22	November 12
Thursdays	11:15-11:45 a.m.	November 17	December 15**
Saturdays	11:15-11:45 a.m.	November 19	December 17**

Tot Beginning Ice Skating, Beginning (Ages 3-6)

Cost: $45/4 weeks or $34/3 weeks

Pre-registration required. Practice session times: Thursdays 2:45-4:00 p.m. or Saturdays 10:45-11:15 a.m. Dress warmly. Check in early.

Day	Time	Start Date	End Date
Thursdays	4:00-4:30 p.m.	September 22	October 13
Saturdays	10:15-10:45 a.m.	September 24	October 15
Thursdays	4:00-4:30 p.m.	October 20	November 10
Saturdays	10:15-10:45 a.m.	October 22	November 12
Thursdays	4:00-4:30 p.m.	November 17	December 15**
Saturdays	10:15-10:45 p.m.	November 19	December 17**

Beginning Ice Skating, Beginning (Ages 7-14)

Cost: $45/4 weeks or $34/3 weeks

Pre-registration required. Practice session times: Wednesdays 7:00-7:30 p.m., Thursdays 2:45-4:00 p.m. or Saturdays 10:45-11:15 a.m. Dress warmly. Check in early.

Day	Time	Start Date	End Date
Wednesdays	6:30-7:00 p.m.	September 21	November 12
Thursdays	4:30-5:00 p.m.	September 22	November 13
Saturdays	11:15-11:45 a.m.	September 24	November 15
Wednesdays	6:30-7:00 p.m.	October 19	November 9
Thursdays	4:30-5:00 p.m.	October 20	November 10
Saturdays	11:15-11:45 a.m.	October 22	November 12
Wednesdays	6:30-7:00 p.m.	November 16	December 14**
Thursdays	4:30-5:00 p.m.	November 17	December 15**
Saturdays	11:15-11:45 a.m.	November 19	December 17**

Tot Ice Hockey, Beginning (Ages 3-6)

Cost: $45/4 weeks or $34/3 weeks

Prerequisite 4 weeks in Tot Beginning Ice Skating and upon instructor evaluation/approval. Pre-registration required. Learn basic skills necessary to play ice hockey.

No sticks or pucks yet. Practice session times: Thursdays 2:45-4:00 p.m. or Saturdays 10:45-11:15 a.m. Dress warmly. Check in early.

Day	Time	Start Date	End Date
Thursdays	4:00-4:30 p.m.	September 22	October 13
Saturdays	10:15-10:45 a.m.	September 24	October 15
Thursdays	4:00-4:30 p.m.	October 20	November 10
Saturdays	10:15-10:45 a.m.	October 22	November 12
Thursdays	4:00-4:30 p.m.	November 17	December 15**
Saturdays	10:15-10:45 a.m.	November 19	December 17**

Youth Ice Hockey, Beginning (Ages 7-18)

Cost: $45/4 weeks or $34/3 weeks

Prerequisite 4 weeks in Beginning Ice Skating and upon instructor evaluation/approval. Pre-registration required. Learn basic skills necessary to play ice hockey, one of the fastest growing So Cal high school varsity sports!

No sticks or pucks yet. Practice session times: Thursdays 2:45-4:00 p.m. or Saturdays 10:45-11:15 a.m. Dress warmly. Check in early.

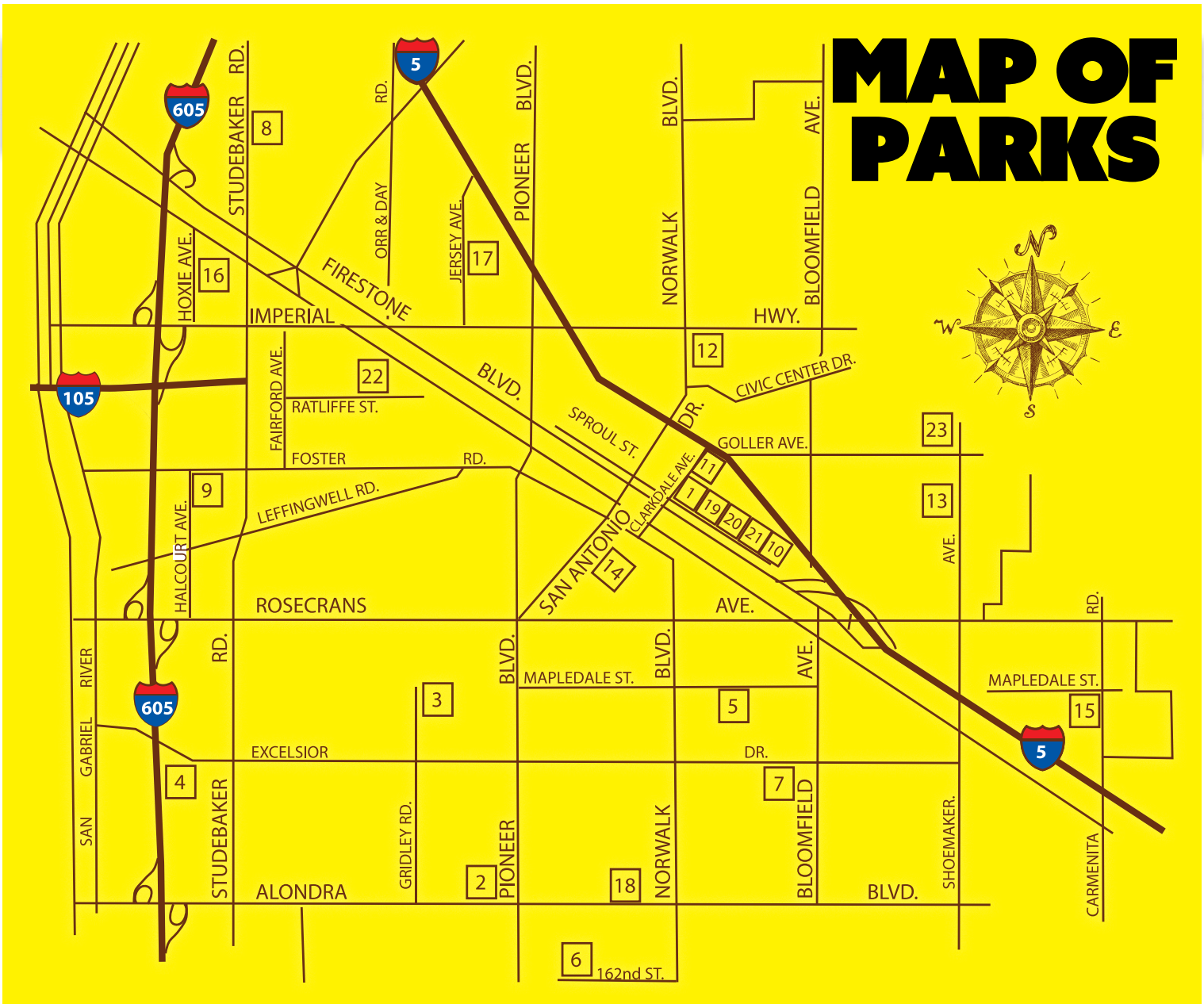
Day	Time	Start Date	End Date
Thursdays	4:30-5:00 p.m.	September 22	October 13
Saturdays	11:15-11:45 a.m.	September 24	October 15
Thursdays	4:30-5:00 p.m.	October 20	November 10
Saturdays	11:15-11:45 a.m.	October 22	November 12
Thursdays	4:30-5:00 p.m.	November 17	December 15**
Saturdays	11:15-11:45 a.m.	November 19	December 17**

Never Too Late to Skate Club, Beginning (Ages 15-99)

Cost: $45/4 weeks

Pre-registration required. Practice session times: Wednesdays 7:00-7:30 p.m. or Saturdays 10:45-11:15 a.m. Dress warmly. Check in early.

Day	Time	Start Date	End Date
Wednesdays	6:30-7:00 p.m.	September 21	October 12
Saturdays	10:15-10:45 a.m.	September 24	October 15
Wednesdays	6:30-7:00 p.m.	October 19	November 9
Saturdays	10:15-10:45 a.m.	October 22	November 12
Wednesdays	6:30-7:00 p.m.	November 16	December 14**
Saturdays	10:15-10:45 a.m.	November 19	December 17**



List of Parks in Norwalk

1. **Cultural Arts Center**
   13200 Clarkdale Avenue
   929-5521

2. **Excelsior Gym**
   15711 Pioneer Boulevard
   929-5610

3. **Gerdes Park**
   14700 Gridley Road
   929-5611

4. **Glazier Park**
   10810 Excelsior Drive

5. **Hargitt House Museum**
   12426 Mapledale Street
   929-5612

6. **Hermosillo Park**
   11959 162nd Street
   929-5613

7. **Holifield Park**
   12500 Excelsior Drive
   929-5614

8. **Lakeside Park**
   11620 Studebaker Road
   929-5615

9. **New River Park**
   13432 Halcourt Avenue
   929-5619

10. **Norwalk Aquatic Pavilion**
    12301 Sproul Street
    929-5622

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

12. **Norwalk City Hall**
    12700 Norwalk Boulevard
    929-5700

13. **Norwalk Golf Center**
    13717 Shoemaker Avenue
    921-7047

14. **Norwalk Senior Center**
    14040 San Antonio Drive
    929-5580

15. **Ramona Park**
    13244 Mapledale Street
    929-5616

16. **Robert White Park**
    12120 Hoxie Avenue
    929-5617

17. **Sara Mendez Park**
    11660 Dune Street
    868-1093

18. **Social Services Center**
    11929 Alondra Boulevard
    929-5544

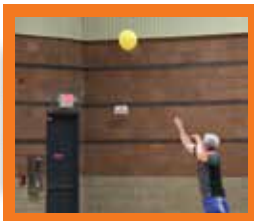
19. **Sproul Museum**
    12203 Sproul Street
    929-5702

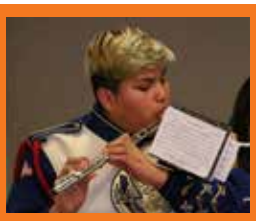
20. **Sproul Reception Center**
    12239 Sproul Street

21. **Teen Center**
    12305 Sproul Street
    929-4260

22. **Vista Verde Park**
    11459 Ratliffe Street
    929-5618

23. **Zimmerman Park**
    13031 Shoemaker Avenue
    929-5620





All class registration begins Monday, September 12, from 8:00 a.m. to 6:00 p.m. at the Norwalk Arts & Sports Complex.

NASC Registration Hours

Monday-Thursday	8:00 a.m.-9:00 p.m.
Friday	8:00 a.m.-8:00 p.m.
Saturday	9:00 a.m.-6:00 p.m.

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 Policy Number Insurance Company Telephone

If your child has any special medical conditions or needs, please check box and print a description on the back side of this page.

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.