



Our Community

A Quarterly Newsletter from the City of National City





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Who Are We?

Welcome to the Community Services Department

We pride ourselves in providing superior services and cost effective programs which enhance the quality of life and encourage healthy living for community residents. Our mission is to provide excellent customer service and celebrate the community's diversity through social, cultural, and civic activities for youth, adults, and senior citizens.

Community Services Staff

Martin Luther King Jr. Community Center Office Staff

Audrey Denham - Recreation Superintendent

Elyana Delgado – Recreation Center Supervisor

Juanita Castaneda – Recreation Center Supervisor

Maria Elena Wright - Recreation Center Supervisor

How to Sign Up

Signing up for our programs is quick and easy.

For City Run Programs: Come down to the center where your program of interest is being held to sign a registration form. All participants must sign a registration form.

*For Contracted Programs: Sign up with the program instructor.

Class fees will be paid to the program instructor.

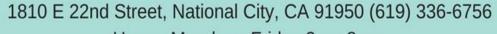
Coming Soon...
Online registration will be available for the fall edition.







Camacho Recreation Center Summer Activities



Hours: Monday - Friday 3pm-8pm Saturday - Sunday 11am-4pm

Summer Activities from June 7 - July 22



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------------------|-------------------------------|------------------------------|-------------------------------|------------------------------|---------------------------|---|
| Relay Races (12pm-1pm) | Flag Football (3:30pm-5pm) | Field Soccer (3:30pm-5pm) | Flag Football (3:30pm-5pm) | Field Soccer (3:30pm-5pm) | Kickball (3:30pm-5pm) | Capture the Flag (12pm-1pm) |
| Frisbee (1:30pm- 2:30pm) | Tennis (5:30pm-7pm) | T-Ball (5:30pm-7pm) | Tennis (5:30pm-7pm) | T-Ball (5:30pm-7pm) | Dodgeball (5:30pm-7pm) | Outdoor Water Activities |
| Indoor Board Games (1pm-3pm) | HIII | (3) | | 20 | | (1:30pm- 2:30pm) Indoor Board Games (1pm-3pm) |



Camacho Recreation Center

Las Palmas Park 1810 E 22nd Street National City, CA 91950

Join the fun! Camacho Recreation Center is now offering FREE open play basketball, volleyball, indoor soccer, youth soccer training, hip hop dance classes, arts and crafts, music classes, karate, youth tennis, and fitness instruction in our new fitness room! For questions, please call our center

(619) 336-6756 or visit our website at www.nationalcityca.gov/government/communityservices

Recreation Center Hours:

Monday - Friday 3:00pm - 8:00pm

Saturday - Sunday 11:00am - 4:00pm



Programs Available!



Arts & Crafts

For all ages! On Monday's, 6:00pm to 6:50pm in the Arts and Crafts room. The class is FREE! Led by Miss Alex. Be sure to sign in at the front desk first.



Hip Hop Dance

For ages 8 to 13 years old on Monday's, 5:00pm to 5:50pm.

The class is FREE! Led by Miss Alex in the Dance Room. Be sure to sign in at the front desk first.



Basic Music Skills

For ages 6 to 13 years old. On Tuesday's and Thursday's,
5:15pm to 6:00pm in the Arts and Crafts room. The class is
FREE! Led by Mrs. Cassandra. Be sure to sign in at the front desk.

For ages 14 and older. On Tuesday's and Thursday's, 6:00pm to 6:45pm in the Arts and Crafts room. The class is FREE! Led by Mrs. Cassandra. Be sure to sign in at the front desk.



Youth Soccer Training

For ages 6 to 13 years old. On Wednesday's and Friday's,
3:30pm to 5:30pm. The class is FREE! Practice is led by
Coaches Alejandro and Carlos. Be sure to sign in at the front desk
first.





Karate

*Contracted Programs

For ages 5 to 17 years old. On Monday's and Wednesday's,
6:00pm to 7:50pm in the Dance Room. The fee is \$40 a month!

Your first class is FREE! Led by Sensei Rudy Lopez. Be sure to sign in at the front desk first.



Youth Tennis

*Contracted Programs

For 3rd to 6th grade students on Thursday's, 2:30pm to 4:00pm.

The fee is \$6 per six week session! Session 1 is May 24th - June

28th. Session 2 is July 5th - August 9th. Session 3 is August 16th
September 20th. Practice is led by Mr. Santiago Jaquez.



Fitness Instruction

For ages 14 and older on Monday's, 5:00pm to 7:30pm and Sunday's, 12:00pm to 3:00pm in the Fitness Room. This class is FREE! Led by Coach Frank Martinez. Be sure to sign in at the front desk first.



Camacho Summer Activities

This summer, Camacho Recreation Center will be offering FREE youth summer activities. We will have beginner level sports such as, flag football, field soccer, tennis, t-ball, kickball, dodgeball, and frisbee. We will also be hosting other activities like relay races, capture the flag, water activities, and board games. Please see our calendar attached on page 2 for the days and times of each activity.





Open Gym Basketball

For ages 8 years old and above. FREE to the public!

Monday, Tuesday, and Thursday:

3:00pm to 8:00pm

Wednesday:

5:00pm to 8:00pm

Saturday and Sunday:

11:00am to 4:00pm



Open Gym Soccer

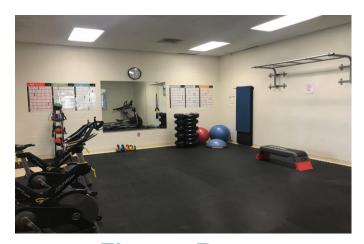
For ages 8 years old and older. FREE to the public!
Friday's from 5:00pm to 8:00pm.



Open Gym Volleyball

For ages 8 and older. FREE to the public!

Saturday's and Sunday's from 11am to 12:30pm.



Fitness Room

For ages 14 and older. FREE to the public!

Monday through Friday:

3:00pm to 8:00pm

Saturday and Sunday:

11:00am to 4:00pm



1408 E. Harding Ave National City, CA 91950

In May 2006, National City renamed Casa de Salud Recreation Center in honor of Manuel Portillo, a National City resident, was a dedicated man who served in the Army and gave back to the community by volunteering at the center, teaching youth boxing, basketball, football, softball, and encouraging girls to participate in sports. Currently, the Manuel Portillo Casa de Salud Recreation Center is a youth center for ages 8 to 17 years old. The center offers a safe space for youth to interact with each other and participate in many fun activities. The youth can receive homework tutoring, play video games, basketball, indoor soccer, and earn a spot in the fieldtrips planned throughout the year. For questions, please call our center at (619) 336-6757 or visit our website at www.nationalcityca.gov/government/community-

Recreation Center Hours:

services

Monday - Friday 3:00pm - 8:00pm

Saturday: 10:00am – 4:00pm

> Sunday CLOSED



Programs Available!



FREE Summer Lunch Program

Beginning June 6th and ending July 21st. For ages 8 to 17 years old. Monday through Friday **from 12:00pm to 1:00pm**. Free healthy lunch provided to all registered participants.



Tutoring

For ages 8 to 17 years old. On **Tuesday's and Thursday's from 3:00pm to 4:00pm**. The class is **FREE!** Led by Mr. James.



Daily Activities Available

Indoor Basketball

Indoor Soccer

Billiards

Air Hockey

Foosball

Ping Pong

Wii

PlayStation

Computers

Board Games

Healthy Snacks provided daily





El Toyon Recreation Center

El Toyon Park 2005 E 4th Street National City, CA 91950

Join the fun! El Toyon Recreation Center is now offering Capoeria Angola, Ceramics and Sewing, Verlocity Urban Soul Line Dancing, Youth Tennis, and Tiny Tots. For questions, please call our center at (619) 472-6486 or visit our website at

www.nationalcityca.gov/government/communityservices

Recreation Center Hours:

Monday - Friday 3:00pm - 8:00pm

Saturday - Sunday CLOSED



Programs Available!



Capoeira Angola

For ages 12 years old and above! On Wednesday's and

Thursday's from 5:30pm to 7:30pm. The fee is \$10 per class!

Led by Mr. James Diokno.



Ceramics and Sewing

For adults 18 and older. On Tuesday's, 9:00am to 8:00pm and Friday's, 8:30am to 12:00pm. The fee is \$5 per class! Led by Ms. Morales.



Verlosity Urban Soul and Line Dancing

For ages 8 to 80 years old. Beginner class is held on Monday's from 6:00pm to 7:30pm. Intermediate/Advanced class is held on Tuesday's from 6:00pm to 8:00pm. The fee is \$10 for walk-ins or \$30 a month! Led by Mr. Ed Griffith.



Youth Tennis

For 3rd to 6th grade students on Thursday's, 1:30pm to 2:30pm.

The fee is \$5 per five week session! Practice is led by Ms.

Lindsey Vosburgh.





Tiny Tots

Tiny Tots is a fun recreation class with activities such as storytime, games, simple crafts, singing, music, snacks, drama, and special events.

For ages 4 years old (born in 2014). Tiny Tots is a 10 week program held on Monday's and Wednesday's. The AM class meets from 8:15am to 11:15am. The PM class meets from 12:00pm to 3:00pm. The fee is \$40 for National City Residents and \$60 for Non-Residents.

Register in person for the fall season!

Date: Monday, August 20, 2018

Time: 8:00 am- 9:00am National City Residents-Low Income only
9:00am- 10:00am National City Residents
10:00am-11:00am Non Resident Low Income
11:00am-12:00pm Non Resident

First day of Fall Session Classes: Monday, September 17, 2018





Summer Movies in the Park

Friday, June 8 at Las Palmas. Pre-Show entertainment 7pm. Movie begins at 8:15pm – Despicable Me 3 Saturday, July 7 at Las Palmas Pool. Pre-Show entertainment 7pm. Movie begins at 8:15pm – The Lion King Tuesday, August 7 at Kimball Park. Pre-Show entertainment 6:30pm. Movie beings at 7:45pm – Zootopia Friday, August 17 at Kimball Park. Pre-Show entertainment 6:30pm. Movie beings at 7:45pm – A Wrinkle in Time Saturday, September 8 at El Toyon. Pre-Show entertainment 6pm. Movie beings at 7:15pm – Coco



Miss National City Pageant

On **Saturday, June 30 at 7pm at Kimball Park** come out to support and watch Miss National City be crowned on. Miss National City Pageant is more than a typical "beauty" pageant, our Miss National City Pageant is an empowering opportunity for young women to gain confidence & earn an educational scholarship.

National Night Out

On Tuesday, August 7 at Kimball Park from 5:30pm-10pm come out and enjoy a night of community fellowship. The National City Police Department will have displays for residents to interact with including SWAT equipment, Department motorcycles, NCPD Explorers, and a special K9 demonstration. National City Firefighters Association Local 2744 will be grilling an All-American fare of hamburgers and hotdogs for the first 300 participants. We will end the night with a movie in the park.

A Kimball Holiday

On Friday, December 7, and Saturday, December 8 from 4pm-9pm at Kimball Park. This annual event held in December of every year is located in Kimball Park, which is the center of the city. This two day event is in its 11th year and has an anticipated attendance of over 3,500. The activities provide two days of family fun that consist of a tree lighting ceremony, free ice skating, photo booths, snow hill, arts and crafts, youth activities, reindeer dash (one mile fun run/walk), canned food drive, community performances, music, and food.



Kimball Senior Center

1221 D Ave National City, CA 91950

Join the fun! The Kimball Senior Center offers a safe environment for senior citizens to gather for activities such as dances, bingo, game days, potlucks, day trips, lunch outings, billiards, singing groups, health talks, flu shot clinics, senior exercise classes, senior clubs, and local transportation for National City residents to Kimball Senior Center activities.

Refreshments are available throughout the day.

For questions, please call our center at (619) 336-6760 or visit our website at www.nationalcityca.gov/government/community-services

Recreation Center Hours:

Monday, Wednesday, Thursday: 9:30am – 4:30pm

Tuesday & Friday: 9:30am – 2:30pm

Saturday - Sunday CLOSED



Programs Available!



Activities:

- Senior Basic English Class Monday & Wednesday 9:30am-11:30am
- Bingo & Spanish Bingo (Loteria) Games Monday & Wednesday 2pm
 (except 2nd Mon and 3rd Wed)
 - Social & Open Play Hours Fridays 9:30-2:30pm
 - Monthly Dances 2nd Monday & 3rd Wednesday of every month
 - Game Days Thursdays and 4th Monday 10:30am-4:30pm
 - Bunko Games Thursdays and 4th Monday 10:30am-4:30pm
- Feeling Fit Exercise Class Tuesdays & Thursdays 9:00am-10:00am
 - Rondalla Singing Group Tuesdays 12:00pm-2:00pm
 - T.O.P.S Support Group Meeting Tuesdays 10:30am- 12:00pm
- Elder Law & Advocacy Site 2nd Thursday of the month/Appointment
 required
- SD Food Bank Distribution Site 4th Thursday of every month except holidays



Kimball Seniors Club

Meeting & Event Days: Mondays and Thursdays

Membership Meeting Day: 1st Monday of every month

Monthly Dances: 2nd Monday of every month. Dance fees are \$2 for members

and \$4 for non-members.

Membership Dues: \$15 a year



Casa de Salud Seniors Club

Meeting & Event Days: Wednesdays at 11:00am

Informative Meeting Day: 1st Wednesday of every month

Monthly Dances: 3rd Wednesday of every month. Dance fees are \$2 for

members and \$4 for non-members.

Membership Dues: \$15 a year



Las Palmas Pool

1800 E 22nd Street National City, CA 91950

Join the fun! Las Palmas Pool is now offering recreational swimming, swim lessons, lap swimming, GEX Aqua Classes, and masters swim.

For questions, please call our center at (619) 336-6758 or visit our website at

<u>www.nationalcityca.gov/government/community-</u> <u>services</u>

Recreation Center Hours:

Monday - Friday 3:00pm - 8:00pm

Saturday - Sunday 11:00am - 4:00pm



Programs Available!



Swim Lessons

Increase you or your child's confidence in the water and sign up for swim lessons taught by our very own experienced staff!

Ages 6 months through adults.

4 class sessions (Saturdays) in July. The fee is \$12.50 for residents and \$20 for non-residents.

5 class sessions (Saturdays) in June. The fee is \$16 for residents and \$25 for non-residents.

6 class sessions (Mon/Wed & Tues/Thurs) in June. The fee is \$18.50 for residents and \$30 for non-residents.

7 class sessions (Mon/Wed) in July. The fee is \$20 for residents and \$35 for non-residents.

8 class sessions (Tues/Thurs) in July. The fee is \$25 for residents and \$40 for non-residents.

Private Lessons are also available.



GEX Aqua Class

For all ages as long as you can proficiently swim. The fee is \$3 for 13 and older and \$1 for 12 and under. The GEX Aqua Class is a water aerobics exercise class.

See Page 21 for Pool Schedule



Recreational Swimming

Recreational swimming is available for every one of all ages. The fees are:

Youth (0-12) - \$1 for residents and \$2 for non-residents

Adults (13 and older) - \$3 for both residents and non-residents

Seniors (65+) - \$1.50 for residents and \$2 for non-residents

See Page 21 for Pool Schedule



Masters Swim

Las Palmas Masters is a USMS Masters Swim Team with swimmers ranging from 18 to 99 years old. Our swimmers are all different ages and ability levels. No competitive swim experience is required and our practices provide structured workouts, motivation, and camaraderie, as well as help you reach your personal goals. Classes are held

Monday-Friday from 6:00am to 7:15 am. The fee is \$30 per month.

The class is led my Ms. Ruthy Vesler.



Martin Luther King Jr. Community Center

140 E. 12th Street National City, CA 91950

Join the fun! The Martin Luther King Jr. Community Center is offering Zumba, Karate/Self Defense, and Martial Arts classes. For questions, please call our center at (619) 336-4290 or visit our website at www.nationalcityca.gov/government/community-

<u>services</u>

Recreation Center Hours:

Monday - Friday 3:00pm - 8:00pm

Saturday - Sunday 11:00am - 4:00pm



Programs Available!



Zumba

*Contracted Programs

For ages 11 and older! On Monday's and Wednesday's,
6:50pm to 8:00pm and Friday's, 6:50pm to 7:30pm. The fee is
\$2 per class or \$15 per month (10 classes)! Led by Ms. Edith
Torres.



Karate/Self Defense

*Contracted Programs

For Youth, Teens, and Adults. On Monday's and
Wednesday's. Youth class is 6:30pm to 7:20pm. Teen and
Adult class is 7:30pm to 9:00pm. The fee is \$50 per month!
Your first class is FREE! Led by Sensei Torres and Sensei Lopez.



Martial Arts

*Contracted Programs

For ages 5 to 9 years old. On Tuesday's and Thursday's,
6:15pm to 7:00pm. The fee is \$50 per month! Your first 2
classes are FREE! Led by Sensei Cortez.

For ages 10 years old and older. On Tuesday's and
Thursday's, 7:10pm to 8:10pm. The fee is \$50 per month! Your
first 2 classes are FREE! Led by Sensei Cortez.





2018 Summer Pool Schedule

June 3rd - July 29th

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|---|---|---|---|--|
| GEX (Ages 14+) | - | 11:30a-12:30p (Deep Water) | 12:00p-1:00p | 11:30a-12:30p | 12:00p-1:00p | 11:30a-12:30p | 11:45a-12:45p |
| LAP (Ages 14+) | 1:00p-3:00p ^{1,2} 3:30p-5:30p ^{1,2} | 5:30a-7:15 ² 9:15a-3:00p ^{1,2} 3:30p-5:30p ^{1,2} 6:00p-8:00p ^{1,2} | 1:00p-3:00p ^{1,2} 3:30p-5:30p ^{1,2} |
| RECREATIONAL (All ages) | 1:00p-3:00p ² 3:30p-5:30p ² | 1:00p-3:00p ² 3:30p-5:30p ^{2,3} | 1:00p-3:00p ² 3:30p-5:30p ^{2,3} | 1:00p-3:00p ² 3:30p-5:30p ^{2,3} | 1:00p-3:00p ² 3:30p-5:30p ^{2,3} | 1:00p-3:00p ² 3:30p-5:30p ² 6:00p-8:00p ^{2,4} | 1:00p-3:00p ² 3:30p-5:30p ² |
| SWUHSD/ Pool Rental^ (Pool closed to public) | - | 7:15a-9:15a 5:30p-10:00p | 7:15a-9:15a 5:30p-10:00p | 7:15a-9:15a 5:30p-10:00p | 7:15a-9:15a 5:30p-10:00p | 7:15a-9:15a | 7:00a-9:00a |
| Swim Lessons | | 3:30p-6:10p (M/W) | 3:30p-6:10p (T/TH) | 3:30p-6:10p (M/W) | 3:30p-6:10p (T/TH) | - 6 | 9:00a-1:00p |
| Masters Swim | - | 6:00a-7:15a | 6:00a-7:15a | 6:00a-7:15a | 6:00a-7:15a | 6:00a-7:15a | |

- 1. There will be 3-5 lap lanes available based on pool space needed.
- 2. Swim session fees only apply to one session.
- 3. Recreational Swim will only be held in the Activity Pool
- 4. Recreational Swim will only be held in the Lap Pool

Las Palmas Pool • 1800 E 22nd St. • National City • CA • 91950 • 619-336-6758

For more information visit www.nationalcityca.gov

[^] National City relies on rental revenue to support pool operations to open the pool to the public. As such, at times, space is reserved for the Sweetwater Union High School District (SWUHSD) and local youth club teams.



Listening Sessions for National City Ambulance Service

You are invited to attend one of the listening sessions to provide input on ambulance services in National City. The County of San Diego is using The Abaris Group, an Emergency Medical Services (EMS) consulting firm, to conduct the listening sessions. All the sessions will cover similar material, so you are encouraged to attend the session that best fits your schedule. If you cannot attend and would like to provide input, please call 888-EMS-0911 or email mwilliams@abarisgroup.com

Thursday, June 14th

Fire Station #34 6:00PM – 8:00PM 343 East 16th Street Corner of 16th & D Avenue National City, CA 91950

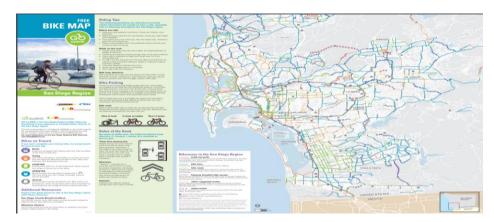
Thursday, June 21st

Fire Station #34 6:30PM – 8:30PM 343 East 16th Street Corner of 16th & D Avenue National City, CA 91950





The regional bike map makes it easy to plan a bike trip, and contains useful tips on riding, taking bikes on transit, bike sharrows, loop detectors, and more. The San Diego Association of Governments (SANDAG) iCommute program maintains the Interactive San Diego Regional Bike Map as a resource to help people choose to GO by BIKE.



National City Firefighters help students get FFIT

National City Firefighters, see firsthand everyday responding to medical emergencies in our community how a healthy lifestyle or lack of a healthy lifestyle contributes to frequent medical calls for service. The National City Firefighters created the program Firefighter Friends In Training (FFIT) as a way to encourage our city's youth to change unhealthy lifestyles and lack of fitness while showing them the rewards of being fit.

The program will consist of off duty firefighters sharing their knowledge, enthusiasm, and experience to motivate National City's youth to lead a more active lifestyle. In April National City Firefighters attended EL Toyon and Ira Harbison 5th and 6th grade classes and lead the students in fun fitness drills while discussing the differences between healthy and unhealthy snack choices.

Students described the event as "fun and refreshing", "loved the presentation and running with Firefighters". The National City Firefighter hope to roll the program out to all elementary school students next school year.



Electrical Fire Safety

Toasting a bagel in the morning, using a hair dryer and charging your phone; Electricity is part of our everyday lives, but don't forget to use caution when dealing with it!

Only use one heat-producing appliance plugged into an outlet at a time (coffeepot, toaster-oven, heater, etc.)

Major appliances should be plugged directly into a wall outlet, never an extension cord or power strip (washer, dryer, stove, microwave, etc.)

Always use a light bulb with the correct number of watts. Look for the sticker on your lamp to find out this number

Check electrical cords to make sure they are not running across doorways or under carpets. These cords are intended for temporary use.

You should always have a qualified electrician do all electrical work on your home.

To learn more, visit burninstitute.org



Veteran's Wall of Honor

The community can now purchase commemorative tiles in honor of military veterans. The *Veteran's Wall of Honor* is located at the corner of 12th Street and D Avenue incorporated with National City's War Memorial.



August 2018 Legislative Recess

City Council regularly meets the 1st & 3rd Tuesday of every month in City Council Chambers at City Hall (1243 National City Boulevard). There will not be any National City- City Council Meetings in August due to a legislative





Join the National City Public Library Summer Reading Program and read to earn prizes!

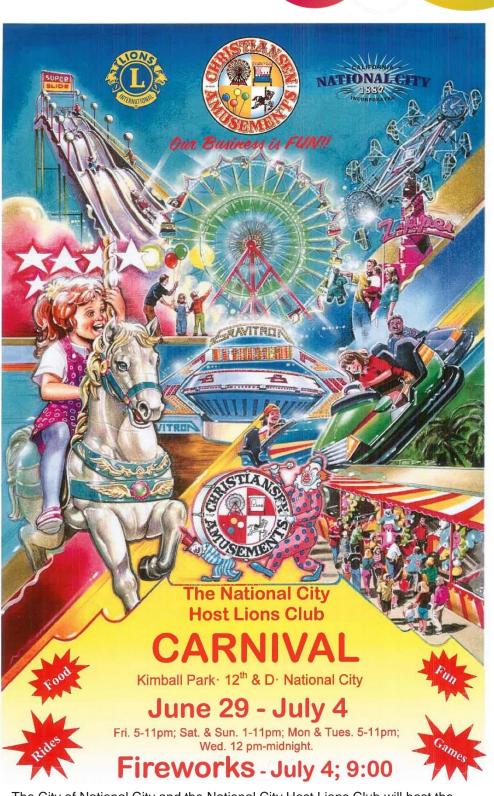
June 11 - July 26

You can sign up in the Library's Children's Room starting June 11. We'll give you a log to track your reading. You'll earn prizes for every 250 pages you read, up to 1000 pages! And you'll be invited to our big reading program party on July 26, with pizza, a live band, and lots of door prizes!

National City Public Library

1401 National City Boulevard, National City, CA 91950

Call (619) 470-5810 for more information.



The City of National City and the National City Host Lions Club will host the annual 4th of July Carnival at Kimball Park from June 29 – July 4th. The carnival features games, rides, food and drink items for sale by area non-profit organizations, and various entertainment throughout the week including musical acts and contests on the City stage. Events throughout the week include the Miss National City Educational Pageant and the South Bay's ONLY inland fireworks display.





Services, Facilities, & Programs

Enhancing the quality of life through people, parks, and programs

| Camacho Recreation Center | (619) 336-6756 |
|--|----------------|
| Casa de Salud Youth Center | (619) 336-6757 |
| El Toyon Recreation Center | (619) 472-6486 |
| Kimball Senior Center | (619) 336-6760 |
| Las Palmas Pool | (619) 336-6758 |
| Martin Luther King, Jr. Community Center | (619) 336-4290 |



Connect with the City

You can call us or visit us in person or online via website, Facebook, Twitter, National City Connect, and Nixle. All links will be provided below.

Community Service Department

Office (619) 336-4290 Mon-Thurs 7am-6pm Closed on Fridays

Martin Luther King, Jr. Community Center 140 East 12th Street, Suite B National City, CA 91950-4301



Visit us on our website!

www.nationalcityca.gov



Find us on Facebook! Search City of National City –

Official or type in the link to your address bar

www.facebook.com/CityofNationalCity



Find us on Twitter! @CityofNatlCity



You can now use National City Connect to submit requests for non-emergency issues via mobile application and web. Click Here



Nixle keeps you up-to-date with relevant information from your local public safety departments & schools

https://nixle.com/national-city-police-department/



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