

We Create Community

CITY OF LONG BEACH PARKS, RECREATION
& MARINE

JANUARY 24 | VOLUME 13
ISSUE 1

FREE PRM FUN DAYS WINTER BREAK RECREATION PROGRAMS



LEFT: YOUTH PLAY CHESS AT VETERANS PARK, ABOVE: WARDLOW PARK KIDS AND STAFF HAVE FUN CELEBRATING THE NEW YEAR, BELOW: FUN HOLIDAY CHALK ART AT RAMONA PARK.

Parks, Recreation & Marine (PRM) offered free extended supervised recreation programs for youth ages 5 through 12

over the winter school break on weekdays from December 26 - 29, 2023, and January 2 - 5, 2024. PRM staff led a variety of recreational activities each day from noon to 5 p.m. at 22 parks throughout Long Beach including free games, crafts, sports tournaments, field trips and holiday celebrations.



Director's Corner

BRENT DENNIS, DIRECTOR, LONG BEACH PARKS, RECREATION & MARINE



Happy New Year to you! January always provides an excellent opportunity to reflect over the past year while sharing the optimism of possibilities in the coming year. I hope you had a safe and enjoyable run of holidays as the month of December brought 2023 to a colorful close.

For our Parks, Recreation, Marine, and Animal Care Services team, the past 12 months saw some great moments of marked progress, outstanding park and marine improvements celebrated, incredible examples of community service by some of our stellar staff, and an important increase in the compassionate placement of our furry friends into loving homes.

Some of the proud highlights of 2023 include these TOP TEN:

1. The long-awaited reopening of the Admiral Kidd Park playground that replaced the former play area that was destroyed by fire the previous year.
2. The successful introduction of the new Park Ambassador program to provide additional cleaning, repairs, and nightly locking of the freestanding park restrooms across the city.
3. The opening of eight new, lighted, dedicated pickleball courts in DeForest Park to help meet the demands of the fast-growing recreational sport in Long Beach.
4. An impressive pair of renovated Futsal soccer pitch courts, funded by the LA Galaxy Foundation and Herbalife in DeForest Park beside the new pickleball courts.
5. Construction began on the next major and exciting phase of development of Davenport Park.
6. Grand Opening of the new Gaucho Beach & Café on Alamitos Beach offering a unique menu of Argentinian and Californian culinary choices amidst an equally unique and scenic setting with amazing views.
7. Community Recreation Services' brought greater numbers of residents and visitors into our parks and facilities through engaging events that included the Youth Fishing Derby, Native Plant Sale, Municipal & Community Band Concerts, Movies in the Parks, Summer Camps and Job Fairs.
8. Acquisition of a facility located at 125 Elm Street in Downtown Long Beach that will serve as a new senior center to replace the aging senior center on 4th Street.
9. Return of a monthly Pet Adoption Presentation at Long Beach City Council meetings that have resulted thus far in a 100% successful placement rate for the dogs presented.
10. Innovation sparked a pilot project to introduce a solar-powered, LED lighted tree within our 68-tree display of the 2023 Trees on the Bay.

As many across Long Beach make New Year's resolutions that may include healthier lifestyles, discovering a new recreational outlet, hobby, or volunteering in areas of need, many of these opportunities can be found in the offerings of Parks, Recreation, Marine, and Animal Care Services. We hope to see the new year in 2024, bring the community together in our parks and on our beautiful beaches! Parks Make Long Beach...Parks Make Life Better!



PARKS, RECREATION & MARINE JOB FAIR AT TOPSY ELVORD COMMUNITY CENTER



Parks, Recreation and Marine (PRM) will offer a job fair on Saturday, January 20 from 9 a.m. - 3 p.m. at the

Doris Topsy Elvord Community Center at Houghton Park, 6301 Myrtle Ave., in addition to an informational job fair,

participants can apply onsite as well. Recreation staff will be interviewing onsite from 10 a.m. – 3 p.m.

Staff will provide information on a wide range of programs that are currently hiring or will start hiring soon. These programs include Day Camps, Youth Sports, Older Adults, Teens, Mobile Recreation and Virtual Recreation. Participants are also encouraged to view more information about the current open positions and are welcome to apply at <https://www.longbeach.gov/park/about-us/job-opportunities/>. They can also meet Supervisors and current staff and learn what a day in the life of a Long Beach Recreation Leader is like. For additional information about the PRM Job Fair visit LBParks.org, or call (562) 570-3150.

FREE RECREATION PROGRAMS AND ACTIVITIES AT DOWNTOWN LINCOLN PARK

Parks, Recreation and Marine is offering free group recreation activities in the Downtown area at Lincoln Park

(101 Pacific Ave.). Activities range in interest and age and include the following:

Walking Group (all ages)

- Tuesdays, 5 to 6 p.m., check in at the PRM canopies.
- All walking is done on flat ground starting at Lincoln Park and walking around the Civic Center and Billie Jean King Main Library. Participants are encouraged to walk as long as they would like.

Intro to Fitness with Park Equipment (ages 13 and up)

- Wednesdays, 5 to 6 p.m., check in at the PRM canopies.
- Learn the many ways to a healthy lifestyle with simple use of park fitness equipment.
- This beginner exercise class is designed for people of all fitness levels to help improve cardiovascular conditioning and endurance while building strength and helping decrease tension and stress through physical movement. Go at your own pace in a group setting, challenging only yourself to reach your highest potential.

Come and Dance: Moving and Grooving (all ages)

- Fridays, 5 to 6 p.m., check in at the PRM canopies.
- Learn different types of freestyle dance with different genres of music.
- Beginner class that includes line dancing and other fun dances.



Play Dates in the Park (3 years and up)

- Friday, noon to 1 p.m., check in at the PRM canopies.
- Learn different ways to explore many fun activities for casual playdates with our PRM team. Geared towards children ages 3 to 12.

Activities are available on a first-come, first-served basis. People can call (562) 570-3551 with questions. Visit www.longbeach.gov/park/park-and-facilities/directory/lincoln-park/ for news about upcoming free family movies and game nights. Visit <https://www.lincolnparklb.com/schedule> for information about free classes and activities offered by the Friends of Lincoln Park.

EL DORADO REGIONAL PARK PARKING PASSES A GREAT BARGAIN



An annual parking pass to El Dorado Regional Park is a great bargain for fishers, dog lovers, archers, model boat or plane enthusiasts, and nature lovers.

The passes are sold for \$65 and \$40 for Seniors age 50+, veterans and those with disabilities at El Dorado Nature Center, 7550 E Spring Street, Tuesday - Sunday from 8:30 a.m. to 4 p.m. and at the Parks, Recreation and Marine Administration Office, 2760 N. Studebaker Road from Monday - Friday from 8 a.m. to 4 p.m.

Cash, credit cards, and checks are accepted. The day ticket fee is removed from annual pass price, redeemable on same day. Bring a valid driver's license to verify age, and proof of a DMV issued handicapped placard if purchasing a discounted pass.

Call (562) 570-1745 for more information.

Free Youth Indoor Soccer Leagues

Season Begins April 6, 2024

Online Registration February 12-March 11 • Uniform Fee: \$10, scholarships available

INDOOR SOCCER SEASON DATES: SATURDAYS, APRIL 6-MAY 11

PRACTICES BEGIN THE WEEK OF MARCH 20. PRACTICES HELD OUTDOORS, GAMES HELD INDOORS.

May 18 Youth Sports Invitational for teams that qualify

Coed Soccer

Ages 5-8 (Born 2016-2019)



Boys Soccer

Ages 9-14 (Born 2010-2015)



Girls Soccer

Ages 9-14 (Born 2010-2015)

Call your local park to sign up

Admiral Kidd (562) 570-1600	Houghton (562) 570-1640	Scherer (562) 570-1674
Bixby (562) 570-1601	King (562) 570-4405	Seaside (562) 570-1625
Chavez (562) 570-8890	Mac Arthur (562) 570-1655	Silverado (562) 570-1675
Cherry (562) 570-1615	Mc Bride (562) 570-1605	Somerset (562) 570-8915
College Estates (562) 570-1710	Orizaba (562) 570-1427	Stearns Champions (562) 570-2867
Coolidge (562) 570-1618	Pan American (562) 570-3287	Veterans (562) 570-1695
Drake (562) 570-1625	Ramona (562) 570-1665	Wardlow (562) 570-1705
El Dorado West (562) 570-3225		Whaley (562) 570-1710

Visit www.teamsideline.com/longbeach for registration information and links to your park site.

WRAP SITES:(562) 570-3530
Burbank Elementary
Edison Elementary

Garfield Elementary
Grant Elementary
Herrera Elementary

Hudson (K-8th grade)
King Elementary
Lafayette Elementary



**CITY OF
LONG
BEACH**

PARKS, RECREATION & MARINE AND MEASURE A NEW LIGHTED COURTS



Long Beach's fastest growing recreational sport of pickleball, welcomed eight new lighted courts located in the

central portion of DeForest Park, representing a major step forward for the Long Beach Pickleball Master Plan.

Until now, most pickleball courts were overlaid, dual-striped and shared use on existing tennis courts. The uptick of pickleball play along with the futsal action on the adjacent pair of recently renovated mini-pitch soccer courts, has made DeForest Park a desirable sports destination in North Long Beach. The pickleball courts represent another great benefit of Measure A funded investment in parks and recreation facilities. Early in 2024, a similar development of another eight dedicated pickleball courts will be underway in Veterans Park.

Long Beach Pickleball Courts:

- Bayshore Park, 5415 E. Ocean Blvd. - 3 striped courts
- Marina Vista Park, 5355 Elliot St. - 8 dual-striped courts
- Junipero Beach, 2100 E. Ocean Blvd. - 2 dedicated pickleball on the repurposed half basketball court
- Whaley, 5620 Atherton St. - Shared sports 2 pickleball courts on 1 volleyball court/sports court
- El Dorado Park W 2800 N. Studebaker Rd. - Shared sports 3 pickleball courts on sports court
- Somerset Park, 1500 E. Carson St - Dual striping 8 pickleball on 2 tennis courts
- Cherry Park, 1901 E. 45th St. - Dual striping 8 pickleball on 2 tennis courts
- Veterans Park, 101 E. 28th St. - Hybrid Location 4 pickleball on 1 tennis court and 4 dedicated pickleball courts
- DeForest Park, 6255 DeForest Ave. - 8 dedicated pickleball courts
- Houghton Park, 6301 Myrtle Ave. - Dual striping 8 pickleball on 2 tennis courts
- Ramona Park, 3301 E. 65th St. - Dual striping 8 pickleball on 2 tennis courts

PET OWNER ADVISORY

PROTECT DOGS AGAINST RESPIRATORY DISEASE



Long Beach Animal Care Services (LBACS) reports that Veterinarians in California

and several other states are reporting an increased number of dogs with acute respiratory infections ranging from mild and self-limiting to life-threatening pneumonia.

The disease is reportedly nonresponsive to commonly prescribed antibiotics, and diagnostic testing is often negative for known canine pathogens. It is not yet clear if this is caused by a novel emerging pathogen or one of the well-known causes of Canine Infectious Respiratory Disease Complex (CIRDC), also known as "kennel cough." It's also possible that localized clusters are occurring as a result of one or more known pathogens due to some predisposing factor, such as an asymptotically infected dog visiting a dog park, day care, dog show, boarding kennel, or other.

LBACS recommends the following steps to safeguard dog health:

- Segregate dogs with respiratory signs from other dogs.
- Visit your veterinarian when respiratory distress symptoms appear.
- Keep your dog's vaccinations for DHPP (Distemper, Hepatitis, Parvovirus and Parainfluenza) and CIRDC current.
- Minimize interaction with other dogs including boarding facilities, kennels, dog parks and dog shows.
- Consider an in-home pet care giver when traveling.

Questions can be relayed to LBACS via email at AnimalCare@longbeach.gov or by calling (562) 570-7387.

The public can also visit the California Veterinarian Medical Association at cvma.net for more information.

MAKE A SPLASH THIS YEAR AT PARKS RECREATION & MARINE POOLS

Lap swim, recreational swim and water exercise are great ways to get and stay fit.

Swimming builds endurance, muscle strength and cardiovascular fitness. You get an all-over body workout, as nearly all muscles are used during swimming. It is also a great activity to reduce stress, improve flexibility and is a low-impact therapy for some injuries and conditions. Visit a City pool soon and enjoy an invigorating swim soon.



BELMONT PLAZA POOL

4320 E. Olympic Plaza, 562.570.1806

LAP SWIM

Long Course: M-F 5:30- 9:30 a.m.
Short Course: M/W/F 10 a.m.-2 p.m.
T/Th 11 a.m.-2 p.m.
T/Th 7-9 p.m.
Sa 8 a.m.-Noon

ALL AGES RECREATIONAL SWIM

Sa 1-3 p.m.
M/W 7-9 p.m.

WATER EXERCISE

Shallow Water: M/W/F 11:10 a.m.-Noon
T/Th 7:10-8 p.m.
Deep Water: M/W/F 10:10-11 a.m.

MARTIN LUTHER KING JR. PARK POOL

1950 Lemon Ave., 562.570.1718

LAP SWIM

T/Th/F 6- 8 a.m.
T/Th/F Noon-2 p.m.
T/Th 9-11 a.m.
Sa/Su Noon-1 p.m.

ALL AGES RECREATIONAL SWIM

T/Th/F 2:30- 4 p.m. T/Th 6:30 – 8 p.m.
Sa/Su 1-3:15 p.m.

WATER EXERCISE

Deep Water: T/Th/F 6:30-7:20 a.m.
Shallow Water: T/Th/F 8-8:50 a.m.
M/F 6-6:50 p.m.



SILVERADO PARK POOL

1540 W. 32nd St., 562.570.1721

LAP SWIM

M/W/F 6:30-10 a.m.
M/W/F Noon-1 p.m.
M/W 7-8 p.m.

ALL AGES RECREATION SWIM

Sa 1-3:15 p.m.

WATER EXERCISE

Deep Water: M/W/F/Su 10-10:50 a.m.
Shallow Water: M/W/F/Su 11-11:50 a.m.



LEARNING COMMUNITY HUBS

LBParks.org



Free hubs provide a safe space with high-speed internet for students to participate in enriching after school activities, academic support, sports, fitness and more.

<p>HOUGHTON PARK (562) 570-1640</p> <p>MCBRIDE PARK (562) 570-1605</p>	<p>ORIZABA PARK (562) 570-1427</p> <p>VETERANS PARK (562) 570-1695</p>
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Learning Hubs are open Monday-Friday: 3-6 p.m.

NOVEMBER EMPLOYEE OF THE MONTH ANTONIO GUERRERO



Congratulations Antonio Guerrero, on being named Employee of the Month for November 2023.

Antonio has worked as a Maintenance Assistant III for over six years. He is one of two full-time MA III's providing services to our parks, community centers and free-standing restrooms. In addition to those duties, Antonio operates our computer numerical control (CNC)

machine to fabricate the wooden park flag signs. In the past, this job has often been contracted out and now his efforts free up funds for other maintenance needs. He has also assisted with major playground replacements, fence repairs, including manufacturing a missing gate to one of our dog parks, and has used his welding experience to make needed repairs citywide.

Antonio's dedication and commitment to his work has been nothing short of exceptional and has made a huge improvement since he joined our maintenance team. Maintenance Operations is glad to present him as our Employee of the month.

KEEP YOUR NEW YEAR RESOLUTIONS GOING STRONG LONG BEACH OUTDOOR FITNESS ZONES

Long Beach Parks, Recreation and Marine Fitness Zones are free, easy-to-use outdoor

gyms, as well as walking paths and exercise instruction stations that are helping to improve the health of residents. The Zones offer an alternative to expensive health club dues, and have activated parks by bringing people together to get a great workout in a secure atmosphere of camaraderie and fun.

Admiral Kidd Life Trail - 2125 Santa Fe Avenue
The Trail supports the idea that "play has no age." It is a circuit around the park with several stops where exercisers can do posted fitness activities or use stationary exercise equipment.

Bixby Fitness Loop - 130 Cherry Avenue
The fitness loop is located near Junipero Avenue and Ocean Boulevard. The area includes a walking path with distance markers that connect six stations with fitness equipment.

Chavez Fitness Loop - 401 Golden Avenue
The Loop is located near the park tot lot north of 5th Street and features self-use exercise equipment, including three ADA accessible pieces, designed for users to engage in free healthy physical activity.

Coolidge Park Fitness Zone - 352 E. Neece Street
A variety of equipment to exercise all body areas is located in proximity to the playground for child supervision.

Downtown Fitness Loop - Alamitos Ave., E. Shoreline Dr., Aquarium Rd., W. Shoreline Dr. and Ocean Blvd.
The loop's distance markers connect fitness stations over a 4.8-mile route, allowing exercisers to access pull-up/dip bars, and stations for balance stretch and squats will be positioned.

14th Street Park Fitness Zone - 14th Street between Locust and Palmer Court

Exercisers can access equipment to work arms and legs, lower body, abdominal area, upper body, back muscles and chest area. There is a paved path for circuit training and access for persons with disabilities.

Houghton Park Fitness Loop - 6301 Myrtle Avenue

The half-mile Loop has signs with exercise instructions in English and Spanish and a QR code that links to an exercise video provided by the California Department of Public Health.



Lincoln Park Fitness Equipment - 101 Pacific Avenue
A variety of ADA accessible outdoor fitness equipment is positioned throughout Lincoln Park that can work all body groups.

Orizaba Park Fitness Zone - Orizaba and Spaulding.
Zone equipment is positioned along a walking path. There are separate areas for balance, chest and back; cardio and plyometrics (jumping); lower body and ADA accessible pull ups; and upper body and abdomen.



Pike Park - 195 W. Seaside Way
Five pieces of fitness are available to work arms and legs, lower body, abdominal area, upper body, back muscles and chest area.

JANUARY 2024 CALENDAR

Mon.	15		Martin Luther King Jr. Birthday Holiday	
Fri.	19	Varies M-F	Free After School Recreation Program	Visit LBParks.org for hours and sites
Sat.	20	10 a.m. – noon	Volunteer Wetland Cleanup	Jack Dunster Reserve
		11 a.m. – 2 p.m.	Pet Supplies Plus Pet Adoption Event	2086 N. Bellflower Blvd.
Mon.	22	Varies M-F	Free After School Recreation Program	Visit LBParks.org for hours and sites
Tue.	23	Varies M-F	Free After School Recreation Program	Visit LBParks.org for hours and sites
Wed.	24	Varies M-F	Free After School Recreation Program	Visit LBParks.org for hours and sites
Th.	25	Varies M-F	Free After School Recreation Program	Visit LBParks.org for hours and sites
Fri.	26	Varies M-F	Free After School Recreation Program	Visit LBParks.org for hours and sites
Sat.	27	9-10 a.m.	El Dorado Regional Park Cleanup	Past El Dorado Frontier in Area III
Mon.	29	Varies M-F	Free After School Recreation Program	Visit LBParks.org for hours and sites
Tue.	20	Varies M-F	Free After School Recreation Program	Visit LBParks.org for hours and sites
Wed.	31	Varies M-F	Free After School Recreation Program	Visit LBParks.org for hours and sites

FEBRUARY 2024 CALENDAR

Th.	1	Varies M-F	Free After School Recreation Program	Visit LBParks.org for hours and sites
Fri.	2	Varies M-F	Free After School Recreation Program	Visit LBParks.org for hours and sites
Sat.	3	8 a.m.	Registration begins for Sat. swim lessons from 3/2-4/20	Belmont Plaza Pool
		10 a.m. - noon	1st Saturday Stewards Volunteer Cleanup	El Dorado Nature Center
Mon.	5	Varies M-F	Free After School Recreation Program	Visit LBParks.org for hours and sites
Tue.	6	10-10:30 a.m.	Free Storytime	Register at rancholoscerritos.org/upcoming-events
Wed.	7	Varies M-F	Free After School Recreation Program	Rancho Los Cerritos
Th.	8	8-9:30 a.m.	Free Bird Walk	Rancho Los Cerritos
Fri.	9	Varies M-F	Free After School Recreation Program	Visit LBParks.org for hours and sites
Mon.	12	8 a.m.	Registration begins for Mon./Wed. swim lessons from 2/26-3/20	Silverado Park Pool
Tue.	13	8 a.m.	Registration begins for Tue./Th. swim lessons from 2/27-3/21	Belmont Plaza Pool
Wed.	14	Varies M-F	Free After School Recreation Program	Visit LBParks.org for hours and sites
Th.	15	Varies M-F	Free After School Recreation Program	Visit LBParks.org for hours and sites
Fri.	16	Varies M-F	Free After School Recreation Program	Visit LBParks.org for hours and sites
Sat.	17	8 a.m.	Registration begins for Tue./Th swim lessons from 2/27-3/21	King Park Pool
		8 a.m.	Registration begins for Sat. swim lessons from 3/2-4/20	Silverado Park Pool
		10 a.m. – noon	Volunteer Wetland Cleanup	Jack Dunster Reserve
		10 – 10:45 a.m.	Spanish Language Storytime	Register at rancholoscerritos.org/upcoming-events
Mon.	19		President's Day Holiday	Rancho Los Cerritos
Tue.	20	Varies M-F	Free After School Recreation Program	Visit LBParks.org for hours and sites
Wed.	21	Varies M-F	Free After School Recreation Program	Visit LBParks.org for hours and sites
Th.	22	Varies M-F	Free After School Recreation Program	Visit LBParks.org for hours and sites
Fri.	23	Varies M-F	Free After School Recreation Program	Visit LBParks.org for hours and sites
Sat.	24	9-10 a.m.	El Dorado Regional Park Cleanup	Past El Dorado Frontier in Area III
Mon.	26	Varies M-F	Free After School Recreation Program	Visit LBParks.org for hours and sites
Tue.	27	Varies M-F	Free After School Recreation Program	Visit LBParks.org for hours and sites
Wed.	28	Varies M-F	Free After School Recreation Program	Visit LBParks.org for hours and sites
Th.	29	Varies M-F	Free After School Recreation Program	Visit LBParks.org for hours and sites

Free Mobile Recess Programs September 5-December 22

Register on Site

Monday and Thursday	2-4:30 p.m.
Tuesday and Friday	3-5:30 p.m.
Wednesday	3-5:30 p.m.

Grace Park, 361 E. Plymouth Street
Rose Park, corner of Orizaba Avenue and 8th Street
Hudson Park 2335 Webster Ave.

Visit www.longbeach.gov/park/recreation-programs/youth-programs/mobile-recess for more information

LBUSD Students Free Community Learning Hubs ages 5-14, through June 14, 2024 Register online

Monday-Friday 3-6 p.m. **Houghton, McBride, Orizaba and Veterans Parks**

To enroll, visit your desired location. Academic support with high-speed internet, sports, fitness and more. Registration is on a first come, first serve basis. Visit www.longbeach.gov/park/recreation-programs/youth-programs/community-learning-hubs for details.

LONG BEACH PARKS, RECREATION AND MARINE

WWW.LBPARKS.ORG



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