Section Three

EXISTING RECREATION PROGRAMS

Section Three describes the types of recreation programs available in the City of Pasadena, either through direct City sponsorship or as a result of strategic partnerships between the City and area service providers. Recreation programs in Pasadena are facilitated through the Human Services & Recreation Department, which strives to provide recreation activities for persons of all ages, abilities and income levels. In an effort to promote citywide access to such opportunities, City recreation programs are offered at virtually all 23 park sites, in 4 community and recreation centers, on 14 elementary and middle school playgrounds, and one private non-profit location. This ongoing collaboration is the hallmark of Pasadena's integrated network of recreation program and service offerings and must be maintained in order to ensure that the needs of the City's changing population are continually met.

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Section Three Highlights

City Recreation Programs & Services—

The City's Human Services & Recreation Department provides access to recreation activities for persons of all ages, abilities and income levels. Available activities are grouped into 9 target population categories, which are listed below. (Detailed descriptions of these categories can be found on ***page 5*** of this Section).

9 Target Population/Program Categories of City Recreation Programs & Services
Pre-School (18 months - 5 years)
Elementary School Age Youth (5 - 12 years)
Middle School Youth Programs (12 - 15 Years)
High School Aged Youth (16 - 18 years)
Adult Activities (18+ years)
Senior Services (Age 55 & above)
Adaptive Recreation
Special Events
Family/Household Activities

3.0 Introduction

Along with access to recreation facilities and open spaces, the availability of a wide range of recreation programs and leisure opportunities is key to the quality of life in any community. Recreation programs benefit individuals, families, businesses, neighborhoods and households of all ages, income levels, cultures and abilities, creating environments that engage people in positive activities. A comprehensive range of effective recreation programs:

- Provides a sense of place and of belonging;
- promotes health and wellness, including obesity prevention;
- offers safe places to play, grow and learn;
- facilitates neighborhood and community connections and problem solving;
- enhances cultural unity while honoring diversity;
- encourages human development;
- helps protect our natural environments, and
- supports economic development.

Recreation pursuits range from organized sports, tournaments, scheduled classes and special events to more individualized, casual leisure activities such as family picnics and walking. Effective recreation programs promote the constructive use of leisure time and a lifelong commitment to a healthy lifestyle.

3.1 Role of the City in Recreation Programming

While a primary function of City of Pasadena recreation is the delivery of quality, affordable, accessible recreation programs, the City is equally committed to being a catalyst, facilitator, and collaborator in developing and maintaining partnerships with other public and private organizations to expand and diversify local leisure opportunities. In Pasadena, recreation programs are offered by a wide range of organizations, both public and private. In general, the City directly provides or contracts to provide recreation programs and activities where there is an identified need or unmet customer demand. For example, if youth soccer is not available or accessible in a particular area or time frame, or is not affordable to a significant number of youth, then the City may sponsor or co-sponsor a youth soccer program that addresses that service gap. Prior to initiating a new recreation program or activity, the City seeks potential providers that may be available to address such a service gap, to prevent duplication or displacement of effective recreation programs. If such a provider is identified and available, the City may offer use of City facilities or provide limited funding or other resources to support the needed program or activity. City-provided sports efforts generally target developing skill levels (beginner through intermediate proficiency) and focus on developmentally appropriate activities. Persons seeking highly competitive and specialized sports training are linked to organizations offering advanced instruction or competition.

Non-profit organizations serve thousands of Pasadena children annually in sports leagues, including American Youth Soccer Organization, Little League baseball and softball, Pop Warner and Junior All-American youth football, as well as Boys and Girls Club, YMCA, YWCA, Brotherhood Crusade, and more. Various sports clubs offer competitive training and sports play for youth, particularly in baseball and soccer. Private fitness clubs offer high-end facilities and specialized classes at various times and locations, generally charging a membership or use fee and serving adults in commercial settings. Local schools (both public and private), businesses, churches and service groups field teams in various sports. From archery to yoga, boot camp fitness to wheelchair basketball, drill teams to skateboarding, equestrian trail riders to Frisbee golf, Pasadena has an extensive range of options for recreation and leisure programs at locations citywide. Further, City field permitting practices assure that not all field hours and facility hours are scheduled for organized sports or special events use, thus facilitating casual recreational use of local green space, picnic and barbecue facilities, courts, trails and other open spaces.

The City's commitment to multiple roles and responsibilities -- not only as provider but as catalyst, facilitator and collaborator -- extends beyond recreation and leisure programs to the broader range of community and human services. Organizationally, City of Pasadena recreation is part of a larger Department that encompasses human services, community and neighborhood services, and employment efforts. This comprehensive, integrated approach translates into a network of staff and services that identify and address a broad range of recreation, social services, education, employment and related needs of children and adults. While the focus of this document is on recreation and leisure programs and activities, it should be noted that customers using City recreation programs also have ready access to a broad array of human service programs, from assistance with immigration or landlord-tenant issues to computer training, GED or SAT classes, income tax assistance and more. Such programs are provided concurrently with recreation activities at many community center and park locations, offering a "one-stop" delivery system that addresses both recreation and human service needs for persons of all ages.

The types of recreation programs and activities offered by the City of Pasadena are primarily determined based on customer interests, with input from individual users, local residents and employees, neighborhoods, advisory bodies, Recreation and Parks Commission, partnering agencies and more. Such input is reviewed along with an inventory of what programs and activities are available, types of facilities available, identifying any service gaps or shortages or barriers, reviewing current trends and relevant demographic changes, and related considerations. Assuring the availability of a diverse array of recreation programs is City priority, reflective of the diversity of the Pasadena community. Youth are encouraged to participate in multiple recreation activities. Use of City recreation facilities is scheduled by season, in partnership with the local School District and their facility scheduling, taking into consideration local customer demand and establishing seasonal priorities for high-volume sports, along with prioritizing recreation programs that serve people who live or work in Pasadena.

3.2 City Recreation Programs and Services

This section summarizes existing recreation programs provided by the City of Pasadena (by City staff, volunteers and contracted providers) with the emphasis on those activities provided at Community or Neighborhood Parks and public school playgrounds. This listing does not include the many recreation activities delivered by the extensive network of other public and private providers throughout the local region, nor does it list the related human services (education, social services, health, etc.) offered by the City or partner organizations in City parks and community centers. School use for recreation programs is flexible as schools are renovated and temporarily unavailable for recreational use.

The City's Human Services and Recreation Department provides recreation activities for persons of all ages, abilities and income levels. In an effort to promote citywide access to such opportunities, City recreation programs are offered at virtually all 23 park sites, in 4 community and recreation centers, on 14 elementary and middle school playgrounds, with summer aquatics extended to 2 public high schools and one private non-profit location. The list of park sites can be found in Section 2.

The following is a list of locations where City recreation programs are offered. The majority of these resource locations are shown in ***Exhibit 3.2-1***.

Community/Recreation Centers:

- Jackie Robinson Center
- Villa Parke Community Center
- Victory Park Center
- Robinson Park Center

Pools

In addition to the pools at City locations (at Villa and Robinson Parks), each summer the City operates two PUSD pools (Blair High School and Pasadena High School) and one non-profit site (CORAL Center, located at 2750 E. New York Drive)

Playgrounds

As of the 2007-08 school year, the City offers after school recreation playground programs at the following PUSD schools: Altadena, Cleveland, Don Benito, Field, Hamilton, Jackson, Longfellow, Madison, Roosevelt, San Rafael, Washington, Webster and Willard.

A wide variety of experiences and opportunities are available to the community through the programs and services provided by the Human Services and Recreation Department. Currently the City recreation and community service programs include a total of 156 different activities.

The City publishes a booklet twice each year (in September listing upcoming Fall and Winter opportunities, and in March listing programs for Spring and Summer), which is widely distributed in local community settings, schools, libraries, and recreation centers, as well as posted on the City web page.

City of Pasadena recreation activities can be grouped into 9 categories, primarily by target population: pre-school aged children, elementary school aged youth, middle school aged youth, high school aged youth, adults, seniors, families, adaptive recreation, and events. A variety of types of recreation activities are offered for each target population, including special interest, the arts, sports, special or seasonal events, physical fitness, out of school care, and social activities. The following is a brief summary of recreation programs and activities provided by the City, listed by target population.

Pre-School

18 months – 5 years
Programs for this age group include Tiny Tot Tap, ballet, tennis, swim lessons, karate, sports and fitness, soccer, basketball, and gymnastics.

Elementary School Age Youth Programs

5 - 12 years
There are approximately 26 types of programs or classes as well as various youth sports programs available throughout the year. Classes and league activities include dance, cultural dance, art, self defense or martial arts, gymnastics, drill team, tennis, boxing, mentoring and homework assistance, model car classes, and additional activities during non-school hours are generally available year-round. After school playground programs at 14 schools include a range of organized and less structured recreation activities (from sports teams and exercise to table games). Summer additions include day camps, swim lessons, swim team, recreational swim and various drop-in activities at school playgrounds and neighborhood parks. Other seasonal programs include flag football, soccer, cheerleading, basketball, and track and field.

Middle School Youth Programs

12 - 15 years
Programs and activities for this age group include aquatics, youth sports, computer instruction, self-defense, a weight-training program, dance, boxing, model car club, and music lessons. Tutoring and SAT preparation classes are also available for this age group, along with linkage to various volunteer opportunities. Drop in teen center activities are also available during non-school hours, including both organized as well as more casual recreation opportunities.

High School Aged Youth

16 – 18 years
Activities for this age group include computer lab, a weight-training program, aquatics, open basketball, soccer, a Teen Club, and youth employment. Additional programs are available to support academic

achievement, included tutoring (particularly in math and science), GED and SAT preparation, and related activities.

Adult Activities

18 + years

Special interest classes for adults include computer instruction, yoga, tai chi and tai chi sword, ballet, aerobics, weight training, conversational Spanish, English as a second language, art, dog obedience training, and self defense. Sports programs include 3 on 3 basketball, basketball, soccer leagues, 5 on 5 flag football, softball, tennis, golf and aquatics. Additional community services are available, including consumer assistance, social service linkage and referrals, volunteer service, and immigration assistance.

Senior Services

Age 55 and above

The Pasadena Senior Center is the primary location providing senior services, located in Memorial Park and operated by a non-profit organization by contract with the City. Additional senior programs are provided at several City community and recreation centers on a year round basis. Special interest classes include dance, crafts, sewing, excursions, fitness, computer education, sports leagues, lawn bowling, special events, language arts, and citizenship classes. Social group activities such as bridge club and drop in table games (e.g. billiards) are also provided. Assistance programs include a lunch program (hosted by the YWCA), outreach, income tax assistance, health and wellness screening and education, housing assistance, counseling and advocacy, legal services, homebound senior services, food and transportation voucher distribution and volunteer opportunities.

Adaptive Recreation "Hollywood" Event

Adaptive Recreation

All ages

While all recreation programs are generally open to any interested participants, specific recreation opportunities for residents with disabilities include drama, arts and crafts, music, recreation excursions, event planning and special holiday events. The City co-sponsors a therapeutic horseback-riding program for youth, Friday night socials, and wheel chair basketball.

Special Events

All ages

A wide variety of special events are held throughout the year, ranging from neighborhood-based to community wide activities. These include seasonal and holiday events, primarily with youth, family or adult focus and are specifically listed in the program and services inventory.

Knit in the City Event

Family/Household Activities

All Ages

Family activities include Family Fun Days, summer family swim, family art class, parent and me programs, and special holiday events. Many center and park programs coordinate activity schedules so that family members of various ages and interests can participate in different activities in one location at one time (e.g. children's dance, youth sports and after school tutoring programs offered at the same time and location as adult aerobics, ESL classes and computer training).

A detailed inventory of information on programs provided by location is listed in Attachment C in the appendix of this Master Plan.

3.3 Other Programs and Service Providers

Pasadena enjoys an involved community of residents interested in the quality of life opportunities available to children, families, youth, and neighborhoods. A multitude of organizations provide a wide variety of recreation and community service programs and events. These organizations include private, non-profit, faith based and community or neighborhood groups interested in specific activities. Services available include: sports; youth development; youth leadership; out of school programs; infant and child care services; adaptive recreation; academic support; arts, culture and historical programs; physical fitness programs; environmental education; volunteer programs; science exhibits and programs; social services; and resource and referral agencies. Many recreation program opportunities are also available in the communities immediately adjacent to Pasadena, from nature activities available at Eaton Canyon Nature Center in Altadena to various equestrian and hiking programs in Altadena and La Cañada-Flintridge, to youth golf programs offered in Arcadia.

It is important to note that many agencies and organizations partner with the City in the delivery of social, educational as well as recreational and related community services. Partnership activities range from use of City space or facilities, to facilities made available by the Pasadena Unified School District, Pasadena City College, private schools or non-profit organizations, faith-based organizations, to collaborative delivery of services (various groups provide different activities), and many other variations. Further, to assist residents in finding recreation activities of interest, each Spring the City publishes a Summer Youth Resource Guide and, at the start of each school year (in cooperation with the local Partnership for Children, Youth and Families), a consolidated guide listing programs available to children and youth during out-of-school hours, with contact, location and registration information. These products are distributed in hard copy through local schools, community and recreation centers, PTA's, libraries, non-profit organizations and in other community settings as well as posted on the City's web page, to facilitate access and encourage participation in the diverse range of recreation and community services available in the extended Pasadena area.

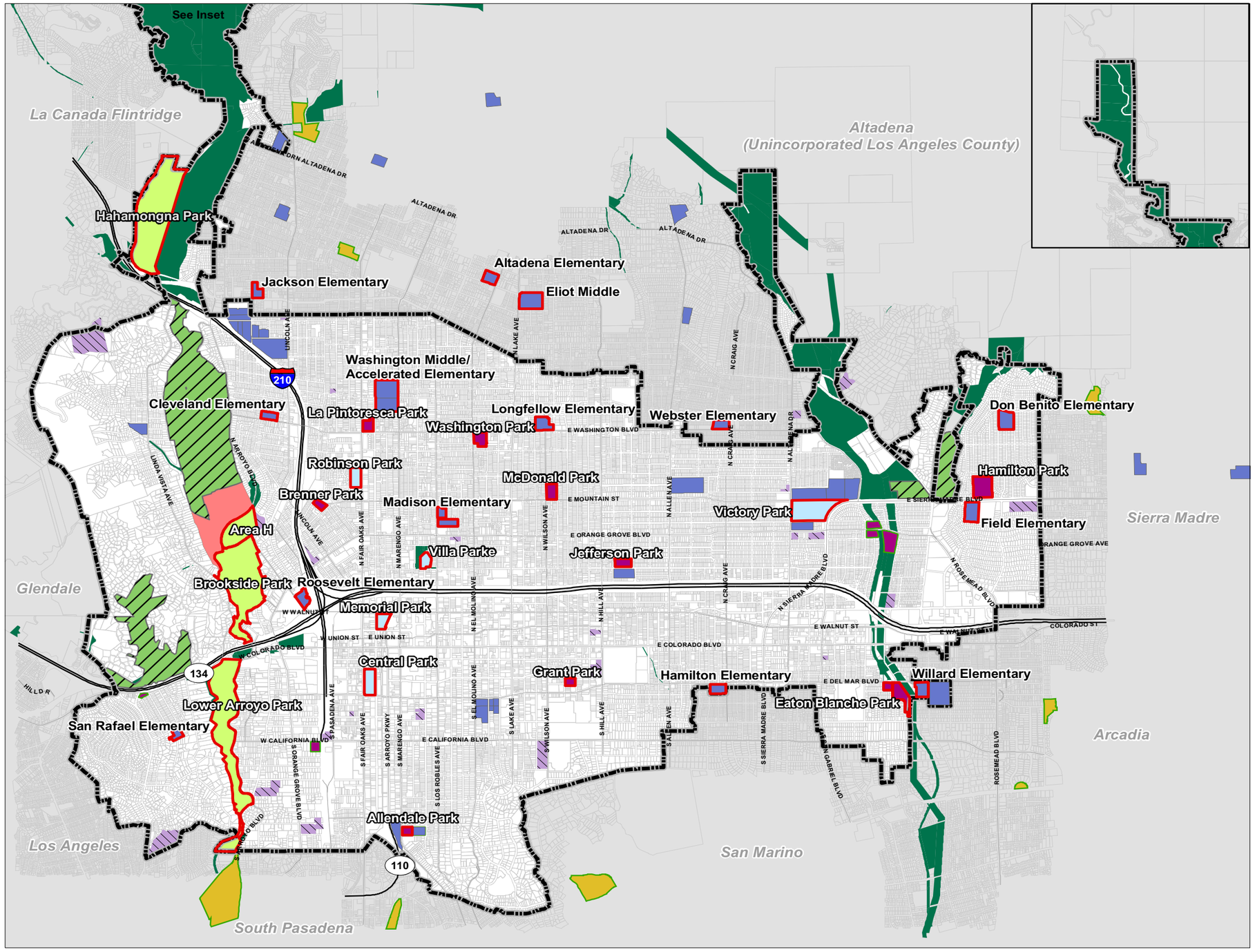

Exhibit 3.2-1: Recreation Program Locations

This map depicts those City Parks, Public Schools, and Special Facilities in which City recreation programs and activities are provided as of August 2006. (Only those parks and schools that serve as program locations are labeled and bordered in red.)

PUBLIC PARK SITES
Allendale Park
Area H
Brenner Park
Brookside Park
Central Park
Eaton Blanche Park
Grant Park
Hahamongna Watershed Park
Hamilton Park
Jefferson Park
La Pintoresca Park
McDonald Park
Memorial Park
Robinson Park
Victory Park
Villa Parke
Washington Park

PUBLIC SCHOOL SITES
Altadena Elementary
Cleveland Elementary
Don Benito Elementary
Eliot Middle
Field Elementary
Hamilton Elementary
Jackson Elementary
Longfellow Elementary
Madison Elementary
Roosevelt Elementary
San Rafael Elementary
Washington Middle
Webster Elementary
Willard Elementary

SPECIAL FACILITIES
Jackie Robinson Center (across from Robinson Park)
La Casita del Arroyo Clubhouse (Lower Arroyo Park)
Pasadena Senior Center (Memorial Park)
Victory Park Center
Villa Parke Center

Legend

- Program Locations
- Golf Course
- Citywide Park
- Community Park
- Neighborhood Park
- Rose Bowl
- Park Outside City
- OS
- Public Schools
- Private Schools
- City Boundary

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