



## ARTS AND CERAMICS

### ACRYLIC PAINTING WITH ANN PITTS

18 and up

Res: \$229 Nonres: \$252 (10 Weeks)

Use acrylic paints to explore your creativity. Enjoy learning about light and shadow, color theory, composition, and techniques through discussions and exercises. Students can bring in photos for inspiration and develop their own style. Instructor, Ann Pitts, brings a unique perspective of an anthropologist, marine life naturalist, and graphic designer to this colorful world. Beginners and advanced students welcome. Supply list will be emailed to participants prior to class.

Instructor: Parks & Rec Staff

Location: Manhattan Beach Art Center

27094      9am to 12pm      1/11-3/15      W

### ART OF OIL

18 and up

Res: \$149 Nonres: \$164 (10 Weeks)

Through the use of mediums, color, value, shape and line on canvas, students will learn the skills of oil painting. Please download list of supplies before the first meeting.

Instructor: Morgan Kari

Location: Manhattan Beach Art Center

26685      9:30am to 12pm      1/9-3/13      M

### ASSEMBLAGE AND FOUND OBJECT ART

18 and up

Res: \$229 Nonres: \$252 (10 Weeks)

Explore the art of Assemblage and create narrative artwork using found, recycled and upcycled objects and imagery. This hands-on class will introduce students to the history of Assemblage ranging from the Dada and Surrealist movements to contemporary artists working with found objects. Students will learn the basics of collecting materials, the best tools, materials and techniques to use, as well as how to incorporate a narrative into their artwork. Some materials

included, additional supply list will be provided. All levels welcome!

Instructor: Pamela Smith-Hudson

Location: Manhattan Beach Art Center

27096      6:30pm to 9:30pm      1/9-3/13      M

### BEGINNING JEWELRY WIRE WRAPPING

18 and up

Res: \$229 Nonres: \$252 (10 Weeks)

Explore the art of jewelry wire wrapping. Students will be introduced to making jewelry while learning the basics about metals, beads and stones. Projects may include earrings, rings, necklaces, bracelets and brooches. Basic tools and materials included but students may choose to purchase additional materials and supplies. All levels welcome!

Instructor: Kristina Catanese

Location: Manhattan Beach Art Center

26704      6:30pm to 9:30pm      1/10-3/14      Tu

### CERAMICS ADVANCED PROJECTS

18 and up

Res: \$229 Nonres: \$252 (10 Weeks)

In this class advanced students will work on more ambitious pieces with the guidance of the instructor. Students will work on projects of their choosing, while exploring technical aspects of construction, decoration, glazing and firing. Students must be able to independently construct a handbuilt or wheelthrown form. Fee includes glazes, firing and \$10 Ceramics Bucks to use at students' discretion.

Instructor: Jennifer Windham

Location: Live Oak Park, Ceramics Studio

26725      1pm to 4pm      1/12-3/16      Th

## CERAMICS BEGINNING WHEELTHROWING

18 and up

Res: \$229 Nonres: \$252 (10 Weeks)

If you have always wanted to try your hand at the potter's wheel, this class is for you! This class is specifically formatted and conducted for those who have never been on the wheel or feel they still need to solidify the basics. This class will focus on foundation concepts such as centering, pulling up, opening, and shaping the pieces as well as trimming, glazing, and decorating. Simple forms like bowls and mugs will be explored. Fee includes glazes, firing, and \$10 Ceramics Bucks to use at the students' discretion.

Instructor: Jennifer Windham

Location: Live Oak Park, Ceramics Studio

26716 10am to 1pm 1/11-3/15 W

## CERAMICS INTERMEDIATE AND ADVANCED WHEELTHROWING

18 and up

Res: \$229 Nonres: \$252 (10 Weeks)

This class goes beyond the basics of throwing on the wheel. Students will explore new and more complicated forms such as plates, lidded containers, pouring vessels, and more. Students will also explore advanced concepts such as throwing off the hump, throwing large pieces, and combining multiple thrown pieces. To participate in this class, students must be comfortable with throwing basic forms such as bowls or cylinders. Fee includes glazes, firing, and \$10 Ceramics Bucks to use at the students' discretion.

Instructor: Jennifer Windham

Location: Live Oak Park, Ceramics Studio

26729 10am to 1pm 1/10-3/14 Tu

# OPEN LAB

18 and up

\$10 per 4 hour session

This is non-instructional time for students to work on their projects in the ceramics studio. Students must be currently enrolled or have been enrolled in the past 12 months in a ceramics class through Manhattan Beach Parks and Rec or received approval by the supervisor. Only purchased clay from the City of Manhattan Beach can be used.

### OPEN LAB HOURS:

**MONDAY:**

10:00 AM to 2:00 PM

**THURSDAY:**

8:00 AM to 12:00 PM

**FRIDAY AFTERNOONS:**

1:30 PM to 5:30 PM

**FRIDAY EVENINGS:**

5:30 PM to 9:30 PM

**SUNDAY MORNINGS:**

10:00 AM to 2:00 PM

**SUNDAY AFTERNOONS:**

2:00 PM to 6:00 PM



### CERAMICS BUCKS

CERAMICS BUCKS are just like cash! Use them to pay for clay or Open Lab. Please purchase your Ceramics Bucks at City Hall during regular business hours. Ceramics bucks are non-refundable and do not expire. Open Lab and clay can only be purchased using Ceramics Bucks.

## CERAMICS SURFACE DECORATING

18 and up

Res: \$229 Nonres: \$252 (10 Weeks)

This class targets intermediate to advanced students who are capable of making basic ceramic shapes on the potter's wheel or by hand and are interested in learning more about surface decorating techniques. Students will explore techniques such as painting, carving, stenciling and texturing the surface to give their work more interest and their creativity a boost. Fee includes glazes, firing, and \$10 Ceramics Bucks to use at the students' discretion.

Instructor: Jennifer Windham

Location: Live Oak Park, Ceramics Studio

26723 1:15pm to 4:15pm 1/10-3/14 Tu

## CERAMICS WHEELTHROWING-ALL LEVELS

18 and up

Res: \$229 Nonres: \$252 (10 Weeks)

Students of all levels will learn the art of throwing on the potter's wheel. Beginners will learn about properties of clay and make basic wheel thrown forms such as bowls and mugs. Intermediate and advanced students will develop their skills and work on more complex forms as well as decorating and glazing. Fee includes glazes, firing and \$10 Ceramics Bucks to use at the students' discretion.

Instructor: Parks & Rec Staff

Location: Live Oak Park, Ceramics Studio

26728 6:30pm to 9:30pm 1/12-3/16 Th

## CERAMICS HANDBUILDING - ALL LEVELS

18 and up

Res: \$229 Nonres: \$252 (10 Weeks)

Beginning to advanced students will share space and learning experiences from pinch pots and coil building, to slab construction and sculpture. Students will learn about shaping, forming and joining clay as well as decorating, glazing, carving and more. Fee includes glazes, firing and \$10 Ceramics Bucks to use at the students' discretion.

Instructor: Jennifer Windham

Location: Live Oak Park, Ceramics Studio

26724 1:15pm to 4:15pm 1/11-3/15 W

## LANDSCAPE PASTEL PAINTING

16 and up

Res: \$229 Nonres: \$252 (10 Weeks)

Enjoy the creative process of painting with soft pastels. Students will learn the necessary tools to create beautiful landscapes inspired from their own photographs. Through instructor demonstrations and personal guidance, students will develop an understanding of how to see, interpret and paint the landscape with pastels.

Instructor: Frances Nichols

Location: Manhattan Beach Art Center

26869 9am to 12pm 1/12-3/16 Th

## ORIENTAL WATERCOLOR

16 and up

Res: \$149 Nonres: \$164 (10 Weeks)

Noted artist and instructor Hisako Asano will share her approach to a world of delicate ancient watercolor painting. Special attention will be focused on technique and styles which allow for a creative and individual approach to painting.

Instructor: Hisako Asano-Gould

Location: Manhattan Beach Art Center

26884 9am to 11am 1/10-3/14 Tu

## PAINTING INTENSIVE WITH ALEX WEINSTEIN

18 and up

Res: \$349 Nonres: \$384 (4 Weeks)

Manhattan Beach artist Alex Weinstein is a renowned painter, exhibiting as well as selling his work throughout the U.S.A., Asia, South America, and Australia. This winter, Alex opens the doors to his sunlit Gardena studio and invites a few students to join him in this incredible, hands-on painting workshop. Over the span of 4 weeks, students will paint alongside Alex and explore fundamental concepts in modern art making such as figuration vs. abstraction, gesture, color relationships, and compositional strategies. While this will be a painting workshop, the focus will be on experimentation and exploration of personal work and ideas as well as critical thinking. All levels welcome! Activity will take place in artist's studio; address, directions and supply list will be provided upon sign up.

Instructor: Alex Weinstein

Location: Artist's Studio

27090 10am to 1pm 1/11-2/1 W  
27091 6:30pm to 9:30pm 1/11-2/1 W  
27092 10am to 1pm 2/15-3/8 W  
27093 6:30pm to 9:30pm 2/15-3/8 W

## PAPIER MACHE HOME DECOR

18 and up

Res: \$229 Nonres: \$252 (10 Weeks)

Explore the ancient art of Papier Mache and make unique home décor items. Students will be introduced to the history and techniques of this versatile medium through a variety of projects such as figurines, decorative boxes, faux animal wall mounts and even small furniture. A list of materials will be discussed at the first meeting. All levels welcome!

Instructor: Elizabeta Andaluza-Ealy

Location: Manhattan Beach Art Center

27098 6:30pm to 9:30pm 1/12-3/16 Th

## PETS AND PORTRAITS IN WATERCOLOR

18 and up

Res: \$229 Nonres: \$252 (10 Weeks)

Learn to capture the mood and expression of your favorite person, pet or even yourself, by using shadow, light, and proportion. We will explore a variety of painting techniques and find ways not only to create a likeness but to convey emotion and feeling. We will work from photographs of your favorite human or pet. No previous watercolor painting experience necessary. A materials list will be provided by instructor on the first day of class.

Instructor: Robin Wade

Location: Manhattan Beach Art Center

27095 6:30pm to 9:30pm 1/12-3/16 Th



## CERAMICS FOR ALL LEVELS

18 and up

Res: \$229 Nonres: \$252 (10 Weeks)

Beginning students will learn basic handbuilding techniques and be introduced to wheel throwing. Intermediate and advanced students will continue to hone their techniques of wheel throwing and handbuilding, sculpture, surface decoration and glazing. Fee includes glazes, firing and \$10 Ceramic Bucks to use at the students' discretion.

Location: Live Oak Park, Ceramics Studio

26711 6:30pm to 9:30pm 1/9-3/13 M  
Thomas Trulove

26712 6:30pm to 9:30pm 1/11-3/15 W  
Thomas Trulove

26715 6:30pm to 9:30pm 1/10-3/14 Tu  
Robert Simcik

27100 10am to 1pm 1/13-3/17 F  
Jennifer Windham

27101 2:30pm to 5:30pm 1/14-3/18 Sa  
Parks & Rec Staff

## PRECIOUS METAL CLAY JEWELRY

16 and up

Res: \$149 Nonres: \$164

In this workshop beginners and returning students will learn how to make one of a kind Silver Earrings using Precious Metal Clay (PMC). Participants will learn several ways to set cabochon stones. The techniques will include texturing, layering, making small wire like shapes, and balls. There will also be an opportunity to make leaves and flowers. The small class offers plenty of individual attention. The workshop fee includes all materials. All tools will be available for use during the class. Firing will be done offsite. Bring your lunch and glasses for detailed work if you need them.

Instructor: Chris Brooks

Location: Manhattan Beach Art Center

26895 9:30am to 3pm 2/4 Sa

# ADULT

## PRINTMAKING WITHOUT A PRESS

18 and up

Res: \$229 Nonres: \$252 (10 Weeks)

Learn the art of Printmaking without a printing press. Students will explore traditional and innovative techniques of printmaking to produce one-of-a-kind and small run artworks on paper. Students will create prints exploring texture, color, mark-making and variety of printing methods and techniques. Some materials included, additional supply list will be provided. All levels welcome!

Instructor: Pamela Smith-Hudson

Location: Manhattan Beach Art Center

27106 6:30pm to 9:30pm 1/11-3/15 W

## REEL STORIES-THE ART OF DOCUMENTARIES

18 and up

Res: \$149 Nonres: \$164 (10 Weeks)

Is what we see always real? Explore the world of non-scripted media from documentary films and news magazines to reality TV and video poetry. In this class students will gain a greater understanding and appreciation of the current techniques used in documenting our world. Students will view selected films, clips, and other visuals and participate in guided discussions to learn how to think critically about "Truth vs. Fiction" in today's media landscape.

Instructor: Parks & Rec Staff

Location: Manhattan Beach Art Center

27097 2pm to 4pm 1/8-3/12 Su

## DANCE, MUSIC AND THEATER

### INTRODUCTION TO BALLROOM DANCE

15 and up

Res: \$85 Nonres: \$94 (10 Weeks)

Learn the basic steps, style and technique to four popular ballroom dances as you meet people and have fun. Take your new steps to the dance floor at a very special wedding. Partner suggested.

Instructor: Kathleen Llorens

Location: Joslyn Community Center

26843 7pm to 8pm 1/11-3/15 W

### INTRODUCTION TO WEST COAST SWING

15 and up

Res: \$85 Nonres: \$94 (10 Weeks)

West Coast Swing is a fun and versatile dance using big band, fifties, country/western, and current music. Feel confident on a dance floor with five basic steps plus several variations. You will also learn some styling and technique. Partner suggested.

Instructor: Kathleen Llorens

Location: Joslyn Community Center

27110 8pm to 9pm 1/11-3/15 W

### RECORDERS PLUS

18 and up

Res: \$110 Nonres: \$121 (10 Weeks)

Intermediate to advanced participants will enjoy music through the ages with an emphasis on Renaissance/Baroque music while performing on recorders and other early music instruments. Beginners who can read music can be accommodated.

Instructor: Brenda Bittner

Location: Manhattan Beach Art Center

26897 6:30pm to 9pm 1/11-3/15 W

## FITNESS

### BEACH BOOT CAMP WITH G.I. JOE

18 and up

G. I. Joe is back... and then some! G.I Joe's group workout is designed to help students lose weight, tone bodies, build endurance and network with others. Joe Charles, assisted by Linda Meighan, will inspire you to get in the best shape of your life in a short amount of time. All levels welcome.

Instructor: Erlinda Meighan

Location: Manhattan Beach Pier, Southside

Res: \$200 Nonres: \$220 (24 Sessions)

27002	6am to 7am	1/2-2/24	M W F
27003	8am to 9am	1/2-2/24	M W F
27076	6am to 7am	3/6-4/28	M W F
27077	8am to 9am	3/6-4/28	M W F

Res: \$130 Nonres: \$143 (16 Sessions)

27072	5pm to 6pm	1/2-2/22	M W
27075	6pm to 7pm	1/2-2/22	M W
27078	5pm to 6pm	3/6-4/26	M W
27109	6pm to 7pm	3/6-4/26	M W



### CARDIO-STRENGTH FITNESS CLASS

18 but less than 65

Res: \$120 Nonres: \$132 (6 Weeks)

This fitness class will develop cardio endurance, conditioning and overall strength with special attention to core strengthening to help alleviate lower back pain and reduce any stiffness in the body. Each week will be different but will finish with stretching.

Instructor: Lana Rizika

Location: Bruce's Beach

26707	8:30am to 9:30am	1/4-2/8	W
26708	8:30am to 9:30am	2/15-3/22	W

## FITNESS AT LEVEL 10

18 and up

Improve strength, flexibility, aerobic capacity, reduce body fat, enhance a stronger mind and have fun! Training will include dynamic warm-up, full-body strengthening, metabolic conditioning and mobility. Small group trainings will be indoor and outdoor. Choose one, two or three classes per week from the following class schedule: Monday and Wednesday at 6am, 7am, 9am or 6pm, Tuesday and Thursday at 7am, 9am or 6pm or Friday at 6am, 7am or 9am.

Instructor: Meredith Miller

Location: Fitness at Level 10

### 1x Week

Res: \$156 Nonres: \$172 (6 Sessions)

26745	See Description	1/9-2/17	M Tu W Th F
27054	See Description	2/20-3/31	M Tu W Th F

### 2x Week

Res: \$288 Nonres: \$317 (12 Sessions)

26746	See Description	1/9-2/17	M Tu W Th F
27055	See Description	2/20-3/31	M Tu W Th F

### 3x Week

Res: \$396 Nonres: \$436 (18 Sessions)

26747	See Description	1/9-2/17	M Tu W Th F
27056	See Description	2/20-3/31	M Tu W Th F

## HATHA YOGA

18 and up

Res: \$99 Nonres: \$109 (8 Weeks)

The ancient practice of Hatha Yoga reduces stress, slims and tones the body, focusing on proper breathing techniques. Slow the aging process, gain more flexibility and enjoy a surge of renewed energy, balancing the body and mind in a relaxed setting. Please bring a mat.

Instructor: Dorene Coles

Location: Joslyn Community Center

26772	5pm to 6:15pm	1/10-2/28	Tu
26773	6:30pm to 7:45pm	1/10-2/28	Tu

## HEALTH & FITNESS 30 DAY PROGRAM

18 and up

Res: \$199 Nonres: \$218 (5 Weeks)

Restore & Recharge through this 30 day real food and Pilates program. Enhance your overall health, digestion and weight loss; stop food cravings; strengthen your immune system, build athletic stamina, and tone the body. Program kick-off seminar on 1/14/17 will be 2 hours and the 4 Pilates classes will be 55 minutes each.

Instructor: Body & Mind Coe-Dynamics Staff

Location: Body & Mind Coe-Dynamics

26774	1pm to 3pm	1/14-2/11	Sa
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## PILATES CIRCUIT SESSION

18 and up

Res: \$80 Nonres: \$88 (5 Weeks)

Burn calories, strengthen the core, build muscle strength, improve cardio and balance with the use of the Pilates Jumpboard and TRX.

Instructor: Body & Mind Coe-Dynamics Staff

Location: Body & Mind Coe-Dynamics

26887	6pm to 6:55pm	1/9-2/9	M
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## BEACH VOLLEYBALL

Beginner

18 and up

Res: \$99 Nonres: \$109 (8 Weeks)

This class is designed for the student that has little to no knowledge of the basic fundamental skills necessary to play volleyball. Students will learn the rules of the game, passing, serving, setting, digging and hitting. Court defense will be taught as well. Slow paced drills will be used to practice newly acquired skills.

26690	9am to 10:30am	1/28-3/18	Sa
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Intermediate

18 and up

Res: \$99 Nonres: \$109 (8 Weeks)

This class is designed for the student that has basic knowledge of the fundamental skills and rules necessary to play volleyball. Students must demonstrate moderate ball control in passing, setting, hitting and serving with some consistency. You will begin to learn offensive and defensive strategies. Instructors will use slow to moderately paced drills to practice technique and continue the development of fundamental skills.

26691	9am to 10:30am	1/28-3/18	Sa
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Intermediate/Advanced

18 and up

Res: \$99 Nonres: \$109 (8 Weeks)

This class is designed to get you ready for the advanced coed or competition classes. Demonstrate that you can consistently pass, pepper and hit in the first session or have the intermediate instructor's approval for placement in this class.

27121	10:30am to 12pm	1/28-3/18	Sa
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Advanced

18 and up

Res: \$99 Nonres: \$109 (8 Weeks)

This class is designed for students with considerable knowledge of the game. Students must be able to execute fundamental skills and ball control with a high level of consistency. Instructors will reinforce and develop skills in passing, setting, serving, hitting, digging and blocking using fast-paced drills.

26689	10:30am to 12pm	1/28-3/18	Sa
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Women's Advanced Competition

18 and up

Res: \$99 Nonres: \$109 (8 Weeks)

This class will include instruction in refining skills already attained as well as further developing your game by utilizing real game drills and further enhancing techniques. This class will include hitting, serving, setting and offensive clinics with guest instructors who are USA Beach Volleyball certified.

26693	9am to 10:30am	1/28-3/18	Sa
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Men's Advanced Competition

18 and up

Res: \$99 Nonres: \$109 (8 Weeks)

This class will include instruction in refining skills already attained as well as further developing your game by utilizing real game drills and further enhancing techniques. This class will include hitting, serving, setting and offensive clinics with guest instructors who are USA Beach Volleyball certified.

26692	10:30am to 12pm	1/28-3/18	Sa
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# ADULT

## PILATES REFORMER-FIT PRIVATE

18 and up  
 Res: \$180 Nonres: \$198 (4 Weeks)  
 Private Pilates sessions gives student access to all equipment of the Pilates studio. One-on-one direct training with a comprehensive certified Pilates teacher accomplishes specific goals of the individual for a healthy body, mind, and soul.  
 Instructor: Body & Mind Coe-Dynamics Staff  
 Location: Body & Mind Coe-Dynamics

26889 11am to 11:55am 1/14-2/4 Sa

## PILATES REFORMER FIT

18 and up  
 Res: \$100 Nonres: \$110 (4 Weeks)  
 Pilates Reformer Fit is designed to strengthen and tone the whole body while improving posture, alleviating many forms of body aches from neck to ankles. This workout promotes muscle strengthening, balance, range of motion and calorie burning.  
 Instructor: Body & Mind Coe-Dynamics Staff  
 Location: Body & Mind Coe-Dynamics

26891 7pm to 7:55pm 1/10-1/30 Tu

## YOGA FLOW LEVEL 1/2

18 and up  
 Res: \$110 Nonres: \$121 (11 Weeks)  
 Yoga (Vinyasa) Flow connects movement with breath, allowing the mind to relax while the body both stretches and strengthens. The class is both energizing and rejuvenating as it flows from one pose to the next. Open to beginners and seasoned practitioners. Please bring a mat.  
 Instructor: Eden Serina  
 Location: Joslyn Community Center

27004 5:45pm to 7pm 1/12-3/23 Th

## ZUMBA

16 and up  
 Res: \$96 Nonres: \$106 (8 Weeks)  
 Zumba is a fusion of Latin and International music. This high energy class is a combo of motivating music, body sculpting movements with easy to follow dance steps. No class 1/28.  
 Instructor: Nelly Korenevsky  
 Location: Manhattan Heights Park

27008 7pm to 7:50pm 1/12-3/2 Th  
 27009 9am to 9:50am 1/14-3/11 Sa

## SPORTS

### GOLF-BEGINNER SERIES

18 and up  
 Res: \$125 Nonres: \$137 (5 Weeks)  
 Beginner and intermediate golfers begin with pitching and full swing fundamentals, small swings with chipping and putting, learn rules and etiquette, while enjoying a fun introduction to the game of golf.  
 Instructor: Scott Robert  
 Location: Lakes at El Segundo

26753 6pm to 7pm 1/9-2/6 M  
 26754 10am to 11am 1/10-2/7 Tu  
 26755 6:30pm to 7:30pm 1/10-2/7 Tu  
 26756 10am to 11am 1/12-2/9 Th  
 26757 6pm to 7pm 2/20-3/20 M  
 26758 10am to 11am 2/21-3/21 Tu  
 26759 6:30pm to 7:30pm 2/21-3/21 Tu  
 26760 10am to 11am 2/23-3/23 Th

## ICE HOCKEY FOR ADULTS

15 and up  
 Res: \$68 Nonres: \$75 (4 Weeks)  
 This class introduces the skater to ice hockey and teaches basic safety and skating skills. Forward and backward skating, balance, and edges are covered. Protective equipment is recommended, but not provided. Includes skate rental, four public sessions and two guest passes. No class on 3/18 and 3/19.  
 Instructor: Toyota Sports Center Staff  
 Location: Toyota Sports Center

26804 7pm to 7:30pm 1/3-1/24 Tu  
 26802 11:45am to 12:15pm 1/7-1/28 Sa  
 26803 11:20am to 11:50am 1/8-1/29 Su  
 27112 7pm to 7:30pm 1/31-2/21 Tu  
 26805 11:45am to 12:15pm 2/4-2/25 Sa  
 26806 11:20am to 11:50am 2/5-2/26 Su  
 27113 7pm to 7:30pm 2/28-3/31 Tu  
 26807 11:45am to 12:15pm 3/4-4/1 Sa  
 26808 11:20am to 11:50am 3/5-4/2 Su



## ICE SKATING FOR ADULTS

15 and up  
 Res: \$68 Nonres: \$75 (4 Weeks)  
 Learn to skate while having fun. Wear warm, flexible clothing and bring mittens. Includes skate rental, four public sessions and two guest passes. No class on 3/18 and 3/19.  
 Instructor: Toyota Sports Center Staff  
 Location: Toyota Sports Center

27118 7pm to 7:30pm 1/3-1/24 Tu  
 26810 11:45am to 12:15pm 1/7-1/28 Sa  
 26811 11:20am to 11:50am 1/8-1/29 Su  
 27119 7pm to 7:30pm 1/31-2/21 Tu  
 26812 11:45am to 12:15pm 2/4-2/25 Sa  
 26814 11:20am to 11:50am 2/5-2/26 Su  
 26816 7pm to 7:30pm 2/28-3/31 Tu  
 26813 11:45am to 12:15pm 3/4-4/1 Sa  
 26815 11:20am to 11:50am 3/5-4/2 Su

## INTRODUCTION TO BADMINTON

18 and up  
 Res: \$100 Nonres: \$110 (8 Weeks)  
 Instructor, David Levin, will introduce players to the game of badminton. All equipment will be supplied, please come in athletic clothing and court shoes.  
 Instructor: Badminton Club Staff  
 Location: Manhattan Beach Badminton Club

26841 10am to 11am 1/23-3/13 M

## PICKLEBALL (BEGINNING-ADVANCED BEGINNING)

18 and up  
 Res: \$150 Nonres: \$165 (8 Weeks)  
 Pickleball is a game that combines elements of tennis, badminton and ping pong. This class covers pickleball basics and is for the beginning to advanced beginning player.  
 Instructor: Lila Brady  
 Location: Manhattan Heights Park Tennis Courts

27061 11am to 12pm 1/11-3/1 W

## PICKLEBALL (LOW INTERMEDIATE-INTERMEDIATE)

18 and up  
 Res: \$150 Nonres: \$165 (8 Weeks)  
 This class is for the pickleball player that has some experience. The class will cover pickleball techniques and strategies. Develop and improve your dink, drop shot, lob and court positioning.  
 Instructor: Annie Lewis  
 Location: Manhattan Heights Park Tennis Courts

27062 10am to 11am 1/11-3/1 W