

CITY OF MANHATTAN BEACH **PARKS & RECREATION**

# MANHAPPENINGS

PLAY | NATURE | EXERCISE | POSITIVE SPACE | GATHERING PLACE



SERVING THE  
MANHATTAN BEACH  
COMMUNITY  
#since41

EXCLUSIVE!

**75TH ANNIVERSARY  
MB NEWS**



FALL 2016

# #mbparksandrec

## PIER LIGHTING

November 16

Manhattan Beach Pier

#mbpierlighting



## PHOTO BY:

Scott McFarlane

[www.periscopecreative.co](http://www.periscopecreative.co)



## FALL REGISTRATION

**MB  
RESIDENTS** ..... 8/8

**NON-MB  
RESIDENTS** ..... 8/22

---

# MB NEWS >

---

## EXCLUSIVE! 75TH ANNIVERSARY



- 
- 06** SPECIAL EVENTS
  - 08** TOT
  - 10** YOUTH
  - 15** TEEN
  - 17** ADULT
  - 24** AQUATICS
  - 27** TENNIS
  - 32** OLDER ADULT

# MB NEWS

## BREATHE FREE MB UPDATES & SMOKE FREE HOUSING IN MANHATTAN BEACH

On Saturday, June 4th, U.S. Surgeon General Dr. Vivek Murthy visited the beach cities to learn about the healthy successes and measurable outcomes the Blue Zones Project has created throughout the community. Blue Zones Project founder Dan Buettner led a community roundtable featuring the Beach Cities Health District and key local representatives, including Sona Coffee, Manhattan Beach's Environmental Programs Manager. Sona was on-hand to give a brief presentation on the City's smoke-free policies and the Breathe Free MB initiative, and to answer questions on the challenges and successes of the program.

The City continues to work through implementation of the smoke-free public places policy, including installing additional signage in high-traffic areas, and reminds all residents and visitors that smoking is not allowed in any outdoor public place within the city. The City is also working with all retailers that sell tobacco and electronic cigarette products to ensure compliance with new State laws that prohibit the sale of these products to anyone under the age of 21. And in Manhattan Beach, only certain flavored products are allowed to be sold. More details available at: [www.citymb.info/breathefree](http://www.citymb.info/breathefree)

Lastly, the first deadline for the smoke-free multi-unit housing policy is coming up. As of May 5, 2017, all multi-unit housing in Manhattan Beach will be smoke-free, and non-smoking signage needs to be posted to notify tenants that the properties are non-smoking. But by November 5, 2016 landlords and HOAs need to do the following:

- HOAs will have until November 5, 2016 to provide written notice to their homeowners, and amend their rules and regulations to include the smoke-free policy.
- After November 5, 2016: Prior to the effective date of a new lease or of an amendment that extends the term; a Landlord shall provide a written notice clearly stating that as of May 5, 2017, smoking is prohibited in the rental complex. All rental properties will be required to include in their lease agreements language stating that all units are smoke-free as of May 5, 2017.

## SCE ENCOURAGES ENERGY CONSERVATION

Southern California Edison (SCE) hopes to help its customers conserve energy and better prepare for rotating outages. The recently restricted operations of Southern California Gas Company's storage facility in Aliso Canyon increases the possibility of these outages, and SCE wants to help its customers by notifying them whenever possible about these



events. Sign up here for outage alerts and notifications or to report an outage. SCE has also created a helpful infographic for its customers on how they can help conserve energy in the summer heat. SCE is also offering customers an opportunity to earn credits toward their monthly bill by participating in the SCE Summer Discount Plan and volunteering to reduce air conditioning use. Find out more on the SCE website.

## CITY'S STAGE 3 WATER RESTRICTIONS CONTINUE INTO FALL

Due to the Continuing drought, the State of California mandated a 25% reduction of water use in urban areas through February 28, 2017. Since June 2015, the City has drastically reduced its water usage to meet a 20% reduction target. Residents are not required to reduce water consumption by that amount across the board, but are asked to continue to follow the City's water shortage restrictions.

As the seasons change, it's important for residents to remember that the City's Stage 3 Water Shortage restrictions remain in effect. Monitoring of water waste will take place, and violations may result in escalating fines up to \$500 per day. The fall months are also planting season, and we want to clarify that fruit and vegetable gardens are exempt from watering restrictions, but permanent water conservation measures do still apply.

As a reminder, Stage 3 Restrictions include:

- Landscape watering 2 (two) days per week for 8 minutes.

- To operate the City's water system safely the watering period will be for 8 minutes between the hours of 6:00 PM – 9:00 AM on Wednesday evening through Thursday morning; and Saturday evening through Sunday morning, unless a drip irrigation system is used.
- Prohibition of washing vehicles except at commercial car washes.

Note: This is in addition to the Permanent Water Conservation Requirements, as well as the restrictions in Stages 1 and 2.

The City's Permanent Water Conservation Requirements include:

- No lawn or landscape irrigation between 9:00 AM– 6:00 PM.
- No washing sidewalks, streets, patios, driveways, etc. with a hose connected to a domestic water source, unless a water broom or pressure washer is used.
- No filling of water features (ponds, fountains, etc.) unless using a water recycling system.
- No filling water recreation facilities, such as hot tubs, wading pools and swimming pools unless equipped with a cover to reduce water loss due to evaporation.

The City has many resources to help you and your family support water conservation efforts. The Manhattan Beach Botanical Garden hosts free classes every Saturday for creating drought tolerant landscaping (<http://manhattanbeachbotanicalgarden.org>). SoCal WaterSmart ([www.socalwatersmart.com](http://www.socalwatersmart.com))



also offers residential and commercial rebates to help you save money and increase sustainable landscaping.

To stay up-to-date with the City's water conservation progress and receive additional tips, visit [www.citymb.info/drought](http://www.citymb.info/drought). Thank you for your efforts to assist our City in meeting its water conservation goals, and let's keep the efforts going strong as we move forward into Fall.

### **REDUCE LANDFILL WASTE - PARTICIPATE IN THE FOOD WASTE RECYCLING PROGRAM TODAY!**

The EPA estimates that 60% of the material in the landfill is food waste! The Manhattan Beach community can make an immediate impact to reduce its landfill waste by participating in the curbside food waste recycling program. It's so easy!

1. Put all food scraps into a bag
2. When liner is full, tie off the top of the bag securely
3. Place the bag of food waste into your green waste cart

What food scraps are accepted?

This is not a composting program, it's an Industrial Use program, so ALL food scraps are accepted and along with the bags being converted to renewable energy! Fruit, vegetables, bread, meat, dairy, fats, oils and grease – they're all accepted in the Industrial Use program!

Currently compost in your backyard? That's great! Any items which cannot or are difficult to compost can be included in the curbside program. Waste Management also teaches backyard composting classes. Discount bins are available to MB residents year-round for \$35.

Last 2016 class: October 15, 2016 (Saturday) at 10:00 AM, Manhattan Beach Botanical Garden in Polliwog Park.

To obtain an 18, 35, 64, or 96 gallon green waste cart to participate in the curbside food waste recycling program, call Waste Management Customer Service at (310) 830-7100. [www.citymb.info/sustainableMB](http://www.citymb.info/sustainableMB).



#### **CITY OFFICIALS**

Tony D'Errico . . . . . Mayor  
 David Lesser . . . . . Mayor Pro-Tem  
 Amy Howorth . . . . . Councilmember  
 Wayne Powell . . . . . Councilmember  
 Mark Burton . . . . . Councilmember  
 Tim Lilligren . . . . . City Treasurer

#### **ADMINISTRATIVE OFFICIALS**

Mark Danaj . . . . . City Manager  
 Nadine Nader . . . . . Assistant City Manager  
 Liza Tamura . . . . . City Clerk

City Council meets the 1<sup>st</sup> and 3<sup>rd</sup> Tuesday at City Hall, 6:00 PM

### **JOIN YOUR MANHATTAN BEACH CERT ASSOCIATION**

- Learn how to respond to emergencies and protect your family, friends and neighbors in the event of a major disaster; earthquake or terrorist attack.
- Learn basic first aid, fire suppression, search and rescue, and how to prepare your family, friends and neighbors on how to survive in case of a disaster.
- Become a MBCERTA member and join your fellow Manhattan Beach residents in making our City safe.
- Participate in Community Events as a MBCERTA member.

NEXT CLASS NOVEMBER 3<sup>rd</sup> – 6<sup>th</sup>, 2016  
(Thursday and Friday evenings and full day Saturday and Sunday)

Manhattan Beach Community Emergency Response Team Association (MBCERTA) is offering FREE classes to all Manhattan Beach residents. Due to limited class space a \$50 deposit will be requested at the time of registration to reserve your place in the class. The entire amount will be refunded to you upon completion of your training.

Check out [www.mbcerta.org](http://www.mbcerta.org) for information on:

- Upcoming Training and Refresher Courses
- Red Cross Certified CPR Classes (free to all)
- Volunteer Opportunities

#### **FIRST AID, CPR/AED TRAINING**

2 year certificate offered by MB CERT and Beach Cities Health District

Dates: Saturdays in 2016: 8/6, 10/8 and 12/3

Times: Class – 8:00 AM to 3:00 PM

Limited to 30 participants each class. Please arrive at least 20 minutes before to get settled in.

Class will start on time.

Location: Joslyn Center, 1601 N. Valley Drive, Manhattan Beach 90266. Just North of Fire Station #1.

Parking: Parking passes will be made available.

To RSVP: You must pre-enroll to be assured a seat in class. Please email Jeanne ([1certtraining@gmail.com](mailto:1certtraining@gmail.com)) with your full name, phone, email and home address. Your certificate will be emailed to you. Make sure we have the correct email address.

Cost: There is no charge to residents and employees of Manhattan Beach, Hermosa Beach and Redondo Beach. Beach Cities Health District has partnered with us so we may provide you with this lifesaving training. Outside of the beach cities is \$55 each.



# ART EXHIBITIONS

## MANHATTAN BEACH ART CENTER: 1560 MANHATTAN BEACH BLVD.

Manhattan Beach Art Center Gallery:  
Open Wednesday-Saturday: 10:00 AM to 9:00 PM  
Sunday: 10:00 AM to 5:00 PM

Free to the public and hosts some of the most important art exhibitions in the region.

\*The gallery is closed on major holidays and for installation.

## CONTEMPORARY POST FUTURE!

### THE DICHOTOMY OF DESIGN & ART

Exhibition of the past and current work of South Bay Graphic Artist John Van Hamersveld.

August 25 to October 16

Opening Reception August 25th, 6:00 PM to 9:00 PM



## A PEEK INTO CHICANO ART

Exhibition of Selected Artworks by Los Angeles based Chicano Artists from the Collection of Cheech Marin. Presented by Time 4 Art, curated by Homeira Goldstein.

October 27, 2016 to January 1, 2017

Opening Reception: October 27th, 6:00 PM to 9:00 PM



## 3. VETERANS DAY

WHEN: November 11

TIME: 11 AM

WHERE: Veterans Monument

Multi-Generational Event  
Veterans Day is the Official  
United States holiday honoring  
armed service veterans.

#mbveteransday



# FALL 2016



## 1. PUMPKIN RACE

**WHEN:** October 23  
**TIME:** 12:00 PM to 6:00 PM  
**WHERE:** Downtown Manhattan Beach

See back cover for more information

#mbpumpkinrace



## 2. HALLOWEEN CARNIVAL

**WHEN:** October 29  
**TIME:** 10:00 AM to 2:00 PM  
**WHERE:** Manhattan Heights Park

Costume contest & parade  
Carnival game booths  
Haunted house  
Inflatable jumpers  
Food stand  
Face painting  
3,000 push up contest

#mbhalloweencarnival



## 4. PIER LIGHTING

**WHEN:** November 16  
**TIME:** 6:00 PM to 9:00 PM  
**WHERE:** Manhattan Beach Pier

Santa, Reindeers, Carolers, Live Music, Holiday Treats & Cheer.  
The Holiday Hunt, Prizes & Entertainment galore.

#mbpierlighting



## 5. CRAFTS NIGHT

**WHEN:** December 10  
**TIME:** 5:00 PM to 8:00 PM  
**WHERE:** Joslyn Community Center

#mbcraftsnight

Parks  
Make  
Life  
Better!



# TOT

## ARTS AND CERAMICS

### PEE WEE PICASSO!

1y 3m but less than 3

Students will be exposed to a variety of age appropriate activities that develop and improve fine motor skills. Curiosity, discovery, and self-expression are the focus of this fantastic class using glitter paint, play dough, collage, watercolors and more. Projects rotate quarterly! Parent attendance is required. For more information, visit [www.art2growon.com](http://www.art2growon.com). No class 11/25.

Instructor: Art To Grow On Staff

Location: Manhattan Beach Art Center

Res: \$144 Nonres: \$158

26226 9:30am to 10:15am 9/9-10/28 F

Res: \$127 Nonres: \$140

26227 9:30am to 10:15am 11/4-12/23 F

### PLAY DOUGH AND PICASSO!

2 but less than 6

Monet, Van Gogh, Picasso, and more! Students will be exposed to a variety of Master Artist lessons along with different projects that will foster curiosity, discovery, and self-expression! Come learn that a child can increase his or her self-esteem and self-confidence through art. Projects and lessons rotate quarterly. Parent attendance is required. For more information log on to [www.art2growon.com](http://www.art2growon.com).

Instructor: Art To Grow On Staff

Location: Manhattan Beach Art Center

Res: \$144 Nonres: \$158

26237 10:45am to 11:35am 9/9-10/28 F

Res: \$127 Nonres: \$140

26238 10:45am to 11:35am 11/4-12/23 F

## DANCE, MUSIC AND THEATER

### MUSIC RHAPSODY BABIES MAKE MUSIC

Res: \$184 Nonres: \$202

3m but less than 1

Babies instinctively react to music! Parents and babies learn delightful rhymes, lullabies, floor and lap games, action songs, and dances that stimulate your baby's natural response to music. Gather fascinating information each week on infant musical development and learn activities to use at home with your little one. Our early childhood programs have been a proven success since 1983! For one time materials fee and more information, please call Music Rhapsody at (310) 376-8646 or visit [www.musicrhapsody.com](http://www.musicrhapsody.com). No class 12/26.

Instructor: Music Rhapsody Staff

Location: Joslyn Community Center

26206 11:15am to 12pm 9/12-10/31 M

26207 11:15am to 12pm 11/7-1/2 M

### MUSIC RHAPSODY TODDLERS MAKE MUSIC

Res: \$184 Nonres: \$202

1 but less than 3

This South Bay early childhood music education program has been a proven success since 1983! Delightful songs, dances, and musical activities using percussion instruments develop the timing, coordination, pitch matching, and language skills of the toddler. In addition to the high quality instruments, puppets, stories, and colorful props make this an engaging time of learning! For one time materials fee and more information, please call Music Rhapsody at (310) 376-8646 or visit [www.musicrhapsody.com](http://www.musicrhapsody.com). No class 12/26.

Instructor: Music Rhapsody Staff

Location: Joslyn Community Center

26212 9:15am to 10am 9/12-10/31 M

26213 12:15pm to 1pm 9/12-10/31 M

26214 12:15pm to 1pm 11/7-1/2 M

26215 9:15am to 10am 11/7-1/2 M



## MUSIC RHAPSODY KIDS MAKE MUSIC

Res: \$184 Nonres: \$202  
2 but less than 4

This South Bay early childhood music education program has been a proven success since 1983! The young child and parent will sing, dance, and play instruments. Solo singing is encouraged to develop listening, pitch-matching, and language skills. Concepts such as high & low, soft & loud, up & down are taught in a game-like atmosphere and increases self-confidence. For one time materials fee and more information, please call Music Rhapsody at (310) 376-8646 or visit [www.musicrhapsody.com](http://www.musicrhapsody.com). No class 12/26.

Instructor: Music Rhapsody Staff

Location: Joslyn Community Center

26209	10:15am to 11am	9/12-10/31	M
26210	10:15am to 11am	11/7-1/2	M

## MUSICAL FUN FOR TOTS

Res: \$140 Nonres: \$154  
3m but less than 5

This class is an exciting combination of contemporary and nursery music for tots and their caregivers. Using instruments and props, together we will dance, sing, and enjoy music! This class is designed to create an emphasis on creativity and movement in the development of toddlers. Adults, you'll want to sing along too!

Instructor: Wanda Borgerding

Location: Manhattan Beach Art Center

26220	9:15am to 10am	10/27-12/29	Th
26221	10am to 10:45am	10/27-12/29	Th

## SPORTS

### BEACH BABIES ON ICE

Res: \$68 Nonres: \$75  
3 but less than 3y 11m

Parent and me ice skating class will teach you and your child how to skate, be safe, and enjoy this past time. Wear warm, flexible clothing and bring your mittens. Includes skate rental, four public sessions and two guest passes.

Instructor: Toyota Sports Center Staff

Location: Toyota Sports Center

26183	10:45am to 11:15am	9/3-9/24	Sa
26184	12:20pm to 12:50pm	9/4-9/25	Su

### GYMNASTICS - DEVELOPMENTAL

Res: \$140 Nonres: \$154  
3 but less than 6

Cartwheels, handstands, beam, vault and bar skills are just a few things taught in this class. Swinging rings, soft mats, mini trampoline, vault and springboard are used in this class. Suitable for beginner and intermediate students. No class 11/24, 11/27

Instructor: Superkids Staff

Location: Manhattan Heights Park

26158	4:30pm to 5:20pm	9/22-12/1	Th
26159	10:30am to 11:20am	9/25-12/4	Su



## Gymnastics Birthday Parties

A SuperKids Party is designed with two to seven year olds in mind. Swinging rings, stunt bar, balance beams, mini-trampoline, spring board, vault, incline and roller mats, are some of the fun equipment featured. Instructors alternate game time, free play, and structured time. Also included is use of kitchen and a separate room with tables and chairs for eating time. Birthday parent provides food, paper goods and the kids—SuperKids provides the entertainment and the fun!

\$365—Up to 20 children and 2 instructors provided.

\$395—Up to 30 children and 3 instructors provided.

**LOCATION: Manhattan Heights Community Center**

Saturdays Option 1—11:00 am—1:00 pm

Sundays Option 2—12:30 pm—2:30 pm

Sundays Option 3—3:30 pm—5:30 pm

Reservations on a first come, first served basis.

Register at Manhattan Beach

City Hall. 1400 Highland Avenue

**FOR MORE INFORMATION:**

**City Hall (310) 802-5410**

**SuperKids (310) 378-4800**

## GYMNASTICS - PARENT AND ME

Res: \$140 Nonres: \$154

1 1/2 but less than 4

Mom, Dad, Kids! Join this fun class designed for the family with young children! Our new format features less sitting time and more action time. We teach basic gymnastics, balance and coordination skills on our swinging rings, stunt bar, springboard, and mini trampoline. Learn partner stunts too. No class 11/23 and 11/27.

Instructor: Superkids Staff

Location: Manhattan Heights Park

26164	9:30am to 10:20am	9/21-11/30	W
26165	9:30am to 10:20am	9/25-12/4	Su

## HOCKEY BASICS 6U

Res: \$68 Nonres: \$75

4 but less than 7

Ice-skating class will teach you how to skate with emphasis on hockey, be safe and enjoy this great pastime. Wear warm, flexible clothing and bring your mittens. Includes skate rental, four public sessions and two guest passes.

Instructor: Toyota Sports Center Staff

Location: Toyota Sports Center

26171	10:45am to 11:15am	9/3-9/24	Sa
26172	12:20pm to 12:50pm	9/4-9/25	Su

### ICE SKATING FOR TOTS

Res: \$68 Nonres: \$75

4 but less than 6

Ice skating class will teach your child how to skate, be safe, and enjoy this great pastime. Wear warm, flexible clothing and bring your mittens. Includes skate rental, four public sessions and two guest passes.

Instructor: Toyota Sports Center Staff

Location: Toyota Sports Center

26188	4pm to 4:30pm	8/30-9/20	Tu
26186	12:15pm to 12:45pm	9/3-9/24	Sa
26187	12:20pm to 12:50pm	9/4-9/25	Su



# YOUTH

## ARTS AND CERAMICS

### ART AS EXPERIENCE

Free  
2 and up  
The Manhattan Beach Art Center offers families FREE hands-on workshops on the first and third Saturday of the month. Everyone is encouraged to experiment and create art together. Join the fun and come and go as you'd like!  
Instructor: Parks & Rec Staff  
Location: Manhattan Beach Art Center

26599      2:30pm to 4:30pm      9/3-12/17      Sa

### CERAMICS ADVENTURES IN CLAY

Res: \$139 Nonres: \$153  
6 but less than 13  
Learn the basics of working with clay while making fun projects. Inspire your imagination while making and decorating your pieces. Projects may include masks, fanciful creatures, decorative cups, plates, planters and items of the artist's own design. Fee includes materials and firing. 8 weeks.  
Instructor: Thomas Trulove  
Location: Live Oak Park, Ceramics Studio

26475      4:30pm to 6pm      9/7-10/26      W

### CERAMICS FOR KIDS

Res: \$139 Nonres: \$153  
8 but less than 13  
Explore the dynamic world of Ceramics! In this class children will be introduced to handbuilding. Students will learn techniques such as slab and coil building, making pinch pots, decorating and glazing. Projects will include functional pottery as well as sculptural work. Fee includes materials and firing. All levels welcome! 8 weeks.  
Instructor: Parks & Rec Staff  
Location: Live Oak Park, Ceramics Studio

26484      4:30pm to 6pm      9/6-10/25      Tu  
26485      4:30pm to 6pm      9/8-10/27      Th  
26486      10:15am to 11:45am      9/10-10/29      Sa

### CERAMICS JUNGLE - KIDS PLAY WITH CLAY

Res: \$119 Nonres: \$131  
4 but less than 7  
Introduce your young artist to the amazing medium of clay! Kids will explore the tactile properties of clay, slip and glaze, and work on imaginative projects. Students will be introduced to making simple projects like bowls and animals while embracing their creativity and growing their fine motor skills. Fee includes materials and firing. All levels welcome! 8 weeks.  
Instructor: Parks & Rec Staff  
Location: Live Oak Park, Live Oak Hall

26643      9am to 10am      9/5-10/24      M  
26644      9am to 10am      9/7-10/26      W

## CAMPS

### SOCCER CAMP - BRIT WEST SOCCER

5 but less than 13  
Camps are designed to develop your ball skills and techniques. We include many different aspects of the game - ball familiarity, passing, control, dribbling, turning, shooting and small sided games. To ensure you receive the appropriate "level" of coaching, you are grouped according to age and experience.  
Instructor: Brit West Soccer Coaches  
Location: Manhattan Village

Full Day  
Res: \$209 Nonres: \$230  
26324      9am to 3pm      12/27-12/30      Tu W Th F  
26323      9am to 3pm      1/3-1/6      Tu W Th F

Half Day  
Res: \$129 Nonres: \$142  
26326      9am to 12pm      12/27-12/30      Tu W Th F  
26325      9am to 12pm      1/3-1/6      Tu W Th F

## SPORTS

### BEACH VOLLEYBALL

Res: \$150 Nonres: \$165  
5 but less than 13

Getting back to basics! The City of Manhattan Beach, the Home of Beach Volleyball, is proud to offer beginning volleyball classes for those who have never tried playing volleyball before and also for those who want to continue their knowledge of the sport. The class will be divided by skill level. This camp will teach terminology and skills to give a better understanding of the sport while having fun.  
Instructor: Marlon Johnson  
Location: Manhattan Beach Pier: South Side

26117	3:30pm to 5pm	9/14-10/12	M W
26118	3:30pm to 5pm	9/13-10/13	Tu Th
26119	9:30am to 11am	9/17-11/19	Sa
26120	3:30pm to 5pm	10/17-11/16	M W
26121	3:30pm to 5pm	10/18-11/17	Tu Th

### BOOST LACROSSE PROGRAM

Res: \$175 Nonres: \$193  
5 but less than 14

The BOOST Lacrosse Program by SBLC is an developmental series for all players of all levels. This class is designed to provide boys and girls with a fun and competitive environment to improve on their individual skills as well as various team concepts. Players will be divided by age and gender. All players are required to provide their own lacrosse sticks and protective equipment.  
Instructor: Ian Mills  
Location: Manhattan Village

26274	6:15pm to 7:45pm	10/6-10/27	Th
-------	------------------	------------	----

### SCOOP LACROSSE PROGRAM

Res: \$125 Nonres: \$138  
5 but less than 14

The SCOOP Program is an introductory series tailored to beginner boys and girls. Curriculum will have an emphasis on building a fundamental foundation necessary to succeed in the sport of lacrosse. Players will be put through a variety of drills and games focusing on passing, catching, shooting and dodging and will be divided by age and gender. This program will be non-contact (lacrosse sticks only with cleats). All players must have their own lacrosse sticks.  
Instructor: Ian Mills  
Location: Manhattan Village

26273	6pm to 7:15pm	9/1-9/22	Th
-------	---------------	----------	----

### GIRLS ON THE RUN

\$225  
8 but less than 15

Girls on the Run is a learning program for girls entering 3rd to 6th grade that combines training for 5k running events with life-changing, self-esteem enhancing, uplifting activities that encourages girls to celebrate who they are. Participants receive lessons by trained coaches, a GOTR water bottle, GOTR T-shirt and free entry to 5K! No class 11/21 through 11/24.  
Instructor: Girls On The Run Coaches  
Location: Polliwog Park

26139	3:30pm to 4:45pm	9/26-12/12	M Th
-------	------------------	------------	------

### GYMNASTICS - FUN AND FITNESS

Res: \$140 Nonres: \$154  
5 but less than 9

Swing on the rings, and learn basic and intermediate gymnastics skills on mats, bars, balance beams, and vault. Fitness, flexibility, confidence in an atmosphere of fun and encouragement. No class 11/24.  
Instructor: Superkids Staff  
Location: Manhattan Heights Park

26162	3:30pm to 4:20pm	9/22-12/1	Th
-------	------------------	-----------	----

### HOCKEY BASICS 14U

Res: \$68 Nonres: \$75  
7 but less than 15

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.  
Instructor: Toyota Sports Center Staff  
Location: Toyota Sports Center

26168	11:15am to 11:45am	9/3-9/24	Sa
26169	12:20pm to 12:50pm	9/4-9/25	Su

### ICE SKATING FOR YOUTH

Res: \$68 Nonres: \$75  
7 but less than 15

Ice-skating class will teach you how to skate, be safe and enjoy this great pastime. Wear warm, flexible clothing and bring your mittens. Includes skate rental, four public sessions and two guest passes.  
Instructor: Toyota Sports Center Staff  
Location: Toyota Sports Center

26190	4:30pm to 5pm	8/30-9/20	Tu
26191	12:15pm to 12:45pm	9/3-9/24	Sa
26192	12:20pm to 12:50pm	9/4-9/25	Su



## TINY PROS SOCCER

### Birthday Parties

Ages 2 - 9 years

Do you have a child's birthday coming up in your household? Well, let us take care of it. We have a soccer filled program filled with fun games with your favorite Tiny Pros coach.

Our schedule is completely flexible to meet your needs. We have both indoor and outdoor programs available and coaches arrive early and leave late at the venue of your choice.

The birthday boy or girl will also receive a Tiny Pros soccer ball and T-shirt.

The birthday package can accommodate up to 20 guests (depending on age) and is 90 minutes long. One or two Tiny Pros Coaches will be assigned to your party and all equipment such as soccer balls and goals will be provided.

#### LOCATION:

Polliwog Park-Picnic Pad #9  
\$250-Up to 10 kids and 1 coach provided  
\$350-Up to 20 kids and 2 coaches provided  
\$450-Up to 30 kids and 3 coaches provided

**For More Information: 310-802-5410**



## SOCCER - TINY PROS

### 2 but less than 3 1/2

Parents participate in their child's important first steps in their physical fitness. Kicking the ball in a given direction, running and moving the ball with your feet, stopping the ball without using your hands, shooting at the goal. These are the basic elements of soccer that we aim to teach children by leading them in various exercises and through fun games. No class 11/24, 11/25, 11/27.

Res: \$135 Nonres: \$149

Location: Manhattan Village

26298	10am to 10:45am	9/8-10/27	Th
26299	11am to 11:45am	9/9-10/28	F
Location: Grand View Turf Field			
26300	9am to 9:45am	9/11-10/30	Su

Res: \$70 Nonres: \$77

Location: Manhattan Village

26311	10am to 10:45am	11/10-12/8	Th
26312	11am to 11:45am	11/11-12/9	F
Location: Grand View Turf Field			
26313	9am to 9:45am	11/13-12/11	Su

### 3 1/2 but less than 5

We continue to develop soccer techniques while introducing basic soccer rules and terms. Teams are kept small to maximize touches on the ball and ensure all players are involved. Our age appropriate curriculum provides a sound base for progression to the next level.

Res: \$135 Nonres: \$149

Location: Manhattan Village

26302	11am to 11:45am	9/8-10/27	Th
26303	2:15pm to 3pm	9/8-10/27	Th
26304	10am to 10:45am	9/9-10/28	F
Location: Grand View Turf Field			
26305	10am to 10:45am	9/11-10/30	Su

Res: \$70 Nonres: \$77

Location: Manhattan Village

26315	11am to 11:45am	11/10-12/8	Th
26316	2:15pm to 3pm	11/10-12/8	Th
26317	10am to 10:45am	11/11-12/9	F
Location: Grand View Turf Field			
26318	10am to 10:45am	11/13-12/11	Su

### 5 but less than 7

SOCCER FOR EVER! We combine movement and soccer skills with health and social interaction. We continue to teach technique and agility. We show you how to put these skills into the game situation. You continue playing because it's fun and challenging, you make friends along the way. No class 11/24.

Res: \$135 Nonres: \$149

Location: Manhattan Village

26308	3:15pm to 4pm	9/8-10/27	Th
Location: Grand View Turf Field			
26309	11am to 11:45am	9/11-12/8	Su

Res: \$70 Nonres: \$77

Location: Manhattan Village

26320	3:15pm to 4pm	11/10-12/8	Th
Location: Grand View Turf Field			
26674	11am to 11:45am	11/3-12/11	Su

## INTRODUCTION TO BADMINTON

Res: \$100 Nonres: \$110

10 but less than 15

This introduction class, beginning players will learn the game of badminton. All equipment will be supplied, students must wear court shoes and athletic type clothing.

Instructor: David Levin

Location: Manhattan Beach Badminton Club

26509	5pm to 6pm	9/12-10/31	M
-------	------------	------------	---

## JACK NICKLAUS LEARNING LEAGUES

\$129

5 but less than 8

This 6 week program meets once per week and introduces golf in a way that is safe and fun using SNAG Equipment while developing fundamental skills necessary to play the game. This class is led by PGA Professional Josh Alpert - Founder of Good Swings Happen Junior Golf Academy. We aim to prepare your child for a lifetime relationship with golf.

Instructor: Josh Alpert

Location: Lakes at El Segundo

26196	5pm to 6:15pm	9/10-10/15	Sa
-------	---------------	------------	----

## KIDS KARATE

Res: \$96 Nonres: \$105

6 but less than 17

Students learn all the basic stances, punches, blocks and kicks that make up Japanese Shotokan Karate. Timing and coordination through Kihon (basics) exercises are also stressed. Self-defense techniques are perfected to help the students outside the dojo hall. Students in this age range are also instructed to one-step and 3 step non-contract sparring under the instructor's strict and watchful eye. Japanese Martial Art history, traditions, manners and culture are also taught.

Instructor: Daniel Gacad

Location: Manhattan Heights Park

26198	5pm to 5:50pm	9/14-11/2	W
-------	---------------	-----------	---

## SOCCER - CLUB PROS

7 but less than 13

Our goal at this age structure is to encourage all players to be comfortable and competent with the ball. This is achieved by encouraging multiple touches on the ball through individual and group practice. At the end session small sided games are organized to put skill acquired into the game situation. Our approach gives young players the green light to experiment and be creative-qualities that, unfortunately at the younger ages, are often discouraged on game day in the name of being safe and winning. No class 11/24.

Instructor: Brit West Soccer Coaches

Location: Manhattan Village

Res: \$135 Nonres: \$149

26295	4pm to 5pm	9/8-10/27	Th
-------	------------	-----------	----

Mini Session

Res: \$70 Nonres: \$77

26296	4pm to 5pm	11/10-12/8	Th
-------	------------	------------	----

## UNIQUE ACTIVITIES

### CORE COOKING CLASS

Res: \$120 Nonres: \$132

5 but less than 12

Great core program for any child looking to gain important kitchen skills or build confidence in the kitchen. Students will learn basic cooking and make a variety of snacks, breakfast, lunches, dinners, and desserts for him/herself. Material fees of \$50 + \$15 (Bentology Lunch Box for new students) due to instructor at the start of class.

Please note any food allergies. Come hungry! Bring a food storage container for leftovers. \*New recipes taught each session.\*

Instructor: A Yummy Future INC.

## CORE COOKING CLASS (CONT'D)

Location: Manhattan Heights Park

26572	4:15pm to 5:15pm	9/7-9/28	W
26573	4:15pm to 5:15pm	10/5-10/26	W
26574	4:15pm to 5:15pm	11/2-11/23	W

## FUN SPANISH! WITH SALLIE'S SPANISH CLASSES

Res: \$180 Nonres: \$198

5 but less than 13

In this fun course, students will learn practical vocabulary, useful phrases, and the ability to understand, read, write, and speak simple Spanish. This course offers a unique powerful visual symbol method to learn Spanish. Students will communicate after the first lesson.

Instructor: Parks & Rec Staff

Location: Marine Avenue Park

26569	4pm to 5pm	9/8-11/17	Th
26570	5pm to 6pm	9/8-11/17	Th

## GINGERBREAD HOUSE WORKSHOP

Res: \$85 Nonres: \$94

2 but less than 11

Frost, design, and decorate your very own Jumbo Holiday Gingerbread House and cookies! Fee includes all candies, lollipops, gum-drops, candy canes, Santa, sleighs, snow icing, and more! Holiday Art Project and Chef's Hat! Sponsored by Art to Grow On

Instructor: Art To Grow On Staff

Location: Manhattan Beach Art Center

26593	11am to 12:30pm	12/10	Sa
26594	3pm to 4:30pm	12/10	Sa
26595	11am to 12:30pm	12/16	Su
26596	3pm to 4:30pm	12/16	Su

## HOMEWORK HELP

Res: \$130 Nonres: \$143

5 but less than 18

Homework Help is designed for students, of all grade levels, to help master their reading, writing and basic math skills. Diverse strategies and personalized curriculum promote healthy study habits and develop their confidence so that they can become lifelong learners.

Instructor: Parks & Rec Staff

Location: Marine Avenue Park

26635	4pm to 6pm	8/29-10/24	M
26636	4pm to 6pm	10/31-12/19	M

## READING BUILDS CHARACTER

Res: \$130 Nonres: \$143

5 but less than 12

Reading Builds Character is an enrichment course for elementary students who love to read. Students will read aloud, discuss vocabulary, word origins and write 1 page summary each week.

Instructor: Parks & Rec Staff

Location: Marine Avenue Park

26633	4pm to 6pm	9/7-10/26	W
26676	4pm to 6pm	11/2-12/21	W

## SKATEBOARDING

Res: \$150 Nonres: \$165

6 but less than 13

Whether you are just starting out or ready to learn advanced tricks, this class is right for you. Make new friends, advance your skills, and most importantly, have fun in our private skate park. Requirements: A signed Skatedogs waiver form, a skateboard, knee pads, elbow pads, and a helmet.

Instructor: Adam Cohen

Location: Manhattan Heights Park

26289	9am to 10:30am	9/17-10/22	Sa
26290	9am to 10:30am	11/12-12/17	Sa



## SPORTS: TINY PROS

Res: \$225 Nonres: \$248

Location: Live Oak Park, Live Oak Field

Get in the game! This beginner sports class is designed for energetic kids that want to learn the basics of soccer, baseball, basketball and street hockey. This fast paced class for boys and girls is full of drills, games and fun. If any of our Tiny Pros made it to be the next 'sports superstar' we would be delighted, but our real goal is to instill our little team with a sense of confidence, coordination, friendship, and a love of sports. No class 11/21-11/26.

### 2 but less than 3 1/2

26330	10am to 10:45am	9/12-12/5	M
26331	2pm to 2:45pm	9/12-12/5	M
26332	10am to 10:45am	9/13-12/6	Tu
26336	2pm to 2:45pm	9/13-12/6	Tu
26340	10am to 10:45am	9/14-12/7	W
26337	2pm to 2:45pm	9/14-12/7	W
26333	10am to 10:45am	9/15-12/8	Th
26338	2pm to 2:45pm	9/15-12/8	Th
26334	10am to 10:45am	9/16-12/9	F
26339	2pm to 2:45pm	9/16-12/9	F
26335	9am to 9:45am	9/10-12/3	Sa

### 3 1/2 but less than 5

26343	11am to 11:45am	9/12-12/5	M
26342	3pm to 3:45pm	9/12-12/5	M
26344	11am to 11:45am	9/13-12/6	Tu
26349	3pm to 3:45pm	9/13-12/6	Tu
26352	11am to 11:45am	9/14-12/7	W
26350	3pm to 3:45pm	9/14-12/7	W
26345	11am to 11:45am	9/15-12/8	Th
26351	3pm to 3:45pm	9/15-12/8	Th
26346	11am to 11:45am	9/16-12/9	F
26347	3pm to 3:45pm	9/16-12/9	F
26348	10am to 10:45am	9/10-12/3	Sa

## SPORTS: TBALL PREP

Res: \$130 Nonres: \$143

Location: Live Oak Field

An introductory TBall class, preparing all participants for a future in TBall or Baseball career, by learning the bare basics. Dads/ moms are encouraged to participate throughout the duration of the session, which will include a specific skills day/game day schedule. The skills learned, will be applied in game situations. No class 11/26.

### 3y 5m but less than 6

26433	11am to 11:45am	9/10-10/15	Sa
26434	11am to 11:45am	10/29-12/10	Sa

### 5 but less than 7

26600	12pm to 12:45pm	9/10-10/15	Sa
26601	12pm to 12:45pm	10/29-12/10	Sa

FOR MORE INFORMATION AND DAILY SCHEDULE

VISIT: [www.britwestsoccer.com](http://www.britwestsoccer.com) / [www.tinypros.com](http://www.tinypros.com)



## AFTERSCHOOL REC '16-'17

September - June • M T T H F: 2:15 PM - 6:00 PM • W: 1:45 PM - 6:00 PM

The AfterSchool REC Program is a drop-in non-custodial program that is open to children 5 1/2 to 12. Children will have access to the serenity and inspiration of nature and outdoor space to play and exercise. The program provides self-directed and organized recreation activities that are designed to positively impact the lives of the children. The program offers activities that facilitate social connections, human development, the arts, and lifelong learning as well as homework help for 1 hour each day, staff will assist as needed.

**Afterschool REC Membership 2016 - 2017 School Year**  
Includes all after school days and school district half days\*, local holidays\*\*, and Martin Luther King Jr. Day\*\*. Does not include vacation days or summer camps.  
**Closed on 9/5, 12/24, 12/25, 12/26, 1/2, 5/29**

**Res: \$144 Nonres: \$158** (Additional child discount: 10%)  
M Tu Th F • 2:15pm to 6pm ..... (8/29/16 - 6/9/17)  
W • 1:45pm to 6pm ..... (8/31/16 - 6/7/17)  
\*Program open 12:30pm to 6:00pm  
\*\*Program open 7:15am to 6:00pm

**REC Camp:**  
REC Camp is active during the Manhattan Beach Unified School District vacations and when the AfterSchool REC program is not in session. There is a limit of 80 children maximum per week.

**Res: \$144 Nonres: \$158 per week: 26524**  
Winter Break week 1 ..... (12/27-12/30)  
Winter Break week 2 ..... (1/3-1/6)  
**Res: \$180 Nonres: \$198 per week: 26673**  
Spring Break ..... (4/10-4/14)

**Afterschool REC 2016 - 2017 with Extended Care**  
REC staff will meet your child at their elementary school and walk them to the Afterschool REC Program, where the fun begins! This program are for grades 1-5.  
Automatic payment plan is available. Does not include camps. Afterschool REC Membership must be purchased to add on Extended Care.

**Res: \$180 Nonres: \$198 per month**  
(Additional child discount: 10%)  
M Tu W Th F • End of school day to 6pm ..... (9/1-6/9)

**Live Oak Park, 1901 Valley Dr.**  
Grand View: 26520  
Pacific: 26522

**Manhattan Heights Park, 1600 Manhattan Bch Blvd.**  
Meadows: 26521  
Pennekamp: 26523

To withdraw from the Extended Care Program, a refund request form must be submitted 2 weeks prior to the first of the month. Child(ren) may continue in the program until the end of the current paid month.



# TEEN

## YOUNG WRITERS

Res: \$130 Nonres: \$143

5 but less than 12

Young Writers is an enrichment course designed for elementary students who have a love for writing. Students will learn the writing process in a fun and engaging way plus practice their prewriting, drafting, editing and publishing skills.

Instructor: Parks & Rec Staff

Location: Marine Avenue Park

26632 4pm to 6pm 9/6-10/25 Tu  
 26678 4pm to 6pm 11/1-12/20 Tu

## CERAMICS TEENS ON THE WHEEL

Res: \$159 Nonres: \$174

10 but less than 18

Students will learn how to throw, trim, decorate and glaze their work through the art of wheelthrowing. Simple projects like mugs and bowls will be made. Fee includes materials and firing. All levels welcome! 8 weeks.

Instructor: Thomas Trulove

Location: Live Oak Park, Ceramics Studio

26492 12:15pm to 2:15pm 9/10-10/29 Sa

## ARTS AND CERAMICS

### CERAMICS FOR TEENS

Res: \$159 Nonres: \$174

10 but less than 18

Discover and nurture the inner artist with this hands on class. Students will be introduced to the art of wheelthrowing and handbuilding. They will have an opportunity to make functional pottery as well as sculptural artwork. Techniques discussed will include slab and coil building, wheelthrowing and trimming as well as decorating and glazing. Fee includes materials and firing. All levels welcome! 8 weeks.

Instructor: Thomas Trulove

Location: Live Oak Park, Ceramics Studio

26487 4pm to 6pm 9/5-10/24 M

## FITNESS

### TEEN MAT PILATES

Res: \$80 Nonres: \$88

12 and up

Based upon the Pilates 4 Youth Initiative, teens will practice Pilates in a fun environment to build their core strength and mind-body awareness. This is a very beneficial age to begin the practice, build confidence, muscle and posture memory, and healthy habits for a lifetime.

Instructor: Body & Mind Coe Dynamics Staff

Location: Body & Mind Coe Dynamics

26232 4pm to 4:55pm 9/15-10/20 Th



## VACATION CAMPS



The Teen Center Camps are drop in, noncustodial programs, open to all 6th, 7th and 8th graders. Teen Center Camps are concurrent with the Manhattan Beach Unified School District break schedule. Check out the Teen Center Vacation Camps website: [www.citymb.info/tcvacations](http://www.citymb.info/tcvacations)

**Residents:** Free if enrolled in the School Year Program  
**Nonresidents:** See cost below

All camps open from  
10 AM - 6 PM

### > WINTER

Week 1: M-W • 12/27-12/30  
Week 2: M-W • 1/3-1/6  
\$150 (includes both weeks)

### > SPRING

M-F • 4/10-4/14 • \$75

For more information, contact the Parks and Rec Department at (310) 802-5448 or via email [mbparksandrec@citymb.info](mailto:mbparksandrec@citymb.info) or check out the Teen Center's website: [www.citymb.info/teencenter](http://www.citymb.info/teencenter)

1600 Manhattan Beach Boulevard  
Manhattan Beach (310) 802-5426

# MANHATTAN BEACH TEEN CENTER



## SCHOOL YEAR PROGRAM '16-'17

The Teen Center School Year Program is a drop in, noncustodial program, open to all 6th, 7th and 8th graders living in Manhattan Beach, attending a Manhattan Beach school or whose parents work in Manhattan Beach. The Teen Center provides plenty of indoor and outdoor space to play and exercise and has a variety of exciting and engaging activities available each day. Daily options may include basketball, volleyball, rock climbing wall, ping pong, pool, foosball, Xbox and Nintendo Wii, movies and much more! Closed on school holidays. Occasional Teen Center special activities may require additional fee from participant. Check out the Teen Center School Year Program website: [www.citymb.info/tcschoolyear](http://www.citymb.info/tcschoolyear)

Resident fee includes Winter and Spring Vacation Camps.

Monday through Thursday 3:00 PM - 6:00 PM • Friday 3:00 PM - 7:00 PM  
8/29/16 to 6/15/16 • \$25 residents







# ADULT

## ARTS AND CERAMICS

### ART OF OIL

Res: \$149 Nonres: \$164

18 and up

You will learn the basics of oil painting, including use of mediums, color, value, shape and line through specific exercises and then apply this to the canvas. All skill levels welcome. Please download the list of supplies before the first class meeting. 10 weeks.

Instructor: Morgan Kari

Location: Manhattan Beach Art Center

26111      9:30am to 12pm      9/5-11/7      M

### CERAMICS ADVANCED PROJECTS

Res: \$229 Nonres: \$252

18 and up

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. To participate in this class, students must be able to independently construct a handbuilt or wheelthrown form, instructor will focus on technically advanced aspects of ceramics. Fee includes glazes, firing, and \$10 Ceramics Bucks to use at the student's discretion. 10 weeks.

Instructor: Jennifer Windham

Location: Live Oak Park, Ceramics Studio

26609      1pm to 4pm      9/8-11/10      Th

### CERAMICS BEGINNING WHEELTHROWING

Res: \$229 Nonres: \$252

18 and up

If you have always wanted to try your hand at the Potter's Wheel, this class is for you! 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 student's discretion. 10 weeks.

Instructor: Jennifer Windham

Location: Live Oak Park, Ceramics Studio

26610      10am to 1pm      9/7-11/9      W

### CERAMICS HANDBUILDING

Res: \$229 Nonres: \$252

18 and up

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. All levels welcome! Fee includes glazes, firing, and \$10 Ceramics Bucks to use at the student's discretion. 10 weeks.

Instructor: Jennifer Windham

Location: Live Oak Park, Ceramics Studio

26490      1:15pm to 4:15pm      9/7-11/9      W

# ADULT

## CERAMICS INTERMEDIATE AND ADVANCED WHEELTHROWING

Res: \$229 Nonres: \$252

18 and up

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 student's discretion. 10 weeks.

Instructor: Jennifer Windham

Location: Live Oak Park, Ceramics Studio

26608 10am to 1pm 9/6-11/8 Tu

## CERAMICS SURFACE DECORATING

Res: \$229 Nonres: \$252

18 and up

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 student's discretion. 10 weeks.

Instructor: Jennifer Windham

Location: Live Oak Park, Ceramics Studio

26489 1:15pm to 4:15pm 9/6-11/8 Tu

## CERAMICS WHEELTHROWING

Res: \$229 Nonres: \$252

18 and up

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 student's discretion. 10 weeks.

Instructor: Parks & Rec Staff

Location: Live Oak Park, Ceramics Studio

26611 6:30pm to 9:30pm 9/8-11/10 Th

## CERAMICS INTENSIVE-HANDBUILT CASSEROLE

Res: \$129 Nonres: \$131

18 and up

Make a one-of-a-kind, handmade casserole dish, just in time for the holidays! This 3 day intensive workshop will start with two days of building the casserole using the extruder, slab roller and other handbuilding techniques. Instructor will address special needs and considerations for large, flat pieces, and assist students with designing the perfect dish for their favorite holiday recipe! Return a week later to glaze your piece and pick up the finished, fired casserole, on Wednesday, November 23rd just in time for Thanksgiving! All supplies and materials will be provided. All levels welcome, some ceramics experience is a plus.

Instructor: Jennifer Windham

Location: Live Oak Park, Ceramics Studio

26618 10am to 2pm 11/12-12/18 Su Sa

## CERAMICS INTENSIVE-NERIKOMI EXPLORE COLOR

Res: \$199 Nonres: \$219

18 and up

Nerikomi is the ancient Japanese art of combining different colored clays together to create intricate patterns. Students will learn how to use stains to create vibrant colors of clays. The different clays will then be combined into repeating patterns and designs and formed into final shapes like plates and bowls. All materials will be provided for this activity. All levels welcome!

Instructor: Jennifer Windham

Location: Live Oak Park, Ceramics Studio

26613 1:30pm to 4:30pm 11/29-12/15 Tu Th

## CERAMICS INTENSIVE-THE ART OF MOSAICS

Res: \$199 Nonres: \$219

18 and up

The art of mosaics has been practiced for centuries. Learn about this traditional technique and make your own artwork in this intensive workshop. Students will learn to make their own mosaic tiles from scratch, glaze them and assemble them together into a finished piece. Students will also learn to cut and shape finished mosaic tiles as well as glue and grout their work. All materials and tools will be provided, but be sure to bring your own safety equipment such as goggles. Instructor will go over necessary safety materials during the first meeting. No experience necessary, all levels welcome!

Instructor: Jennifer Windham

Location: Live Oak Park, Ceramics Studio

26617 10am to 1pm 11/29-12/15 Tu Th

## CERAMICS INTENSIVE-THROWING WITH PORCELAIN

Res: \$129 Nonres: \$131

18 and up

Have you always wanted to try your hand at throwing porcelain, but been told it is "too hard?" No fear, Jennifer is here! In this 3 Friday intensive workshop, students will work with instructor, Jennifer Windham, to get an introduction to or hone their skills of working with porcelain. Students will learn about properties of porcelain and how it differs from other clays. Discussion topics will include how to avoid cracks and warping, successful drying and trimming as well as a few tips for glazing. This is an intermediate/advanced workshop for students already comfortable throwing on the potter's wheel. Fee includes one bag of Coleman Porcelain.

Instructor: Jennifer Windham

Location: Live Oak Park, Ceramics Studio

26612 9am to 1pm 12/2-12/16 F

## HOLIDAY SUCCULENT WREATH

Res: \$89 Nonres: \$98

16 and up

Decorate your home with a unique, handmade wreath, filled with dramatic succulents. Because of their resistance to drought, succulents are the perfect living plant for your holiday wreath. Students will assemble a wreath with succulents, grape vines and other decorative elements while learning how to care for and propagate succulents. All materials and plants are included.

Instructor: Parks & Rec Staff

Location: Manhattan Beach Art Center

26616 10am to 1pm 12/3 Sa

## LANDSCAPE PASTEL PAINTING

Res: \$229 Nonres: \$252

16 and up

Enjoy the creative process of painting with soft pastels. Students will learn the necessary tools to create beautiful landscapes inspired by their own photographs. Through instructor demonstrations and personal guidance students will develop understanding of how to see, interpret, and paint the landscape with pastels. 10 weeks.

Instructor: Frances Nichols

Location: Manhattan Beach Art Center

26200 9am to 12pm 9/8-11/10 Th

## ORIENTAL WATERCOLOR

Res: \$149 Nonres: \$164

16 and up

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. 10 weeks.

Instructor: Hisako Asano-Gould

Location: Manhattan Beach Art Center

26222 9am to 11am 9/6-11/8 Tu

## PAINTING INTENSIVE WITH ALEX WEINSTEIN

Res: \$349 Nonres: \$384

18 and up

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 fall, 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. 4 Weeks.

Instructor: Parks & Rec Staff

Location: Alex Weinstein's Professional Studio

26623 10am to 1pm 9/7-9/28 W  
 26624 6:30pm to 9:30pm 9/7-9/28 W  
 26625 10am to 1pm 10/12-11/2 W  
 26626 6:30pm to 9:30pm 10/12-11/2 W

## PAPIER MACHE HOME DECORE

Res: \$229 Nonres: \$252

18 and up

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! 10 Weeks.

Instructor: Parks & Rec Staff

Location: Manhattan Beach Art Center

26614 6:30pm to 9:30pm 9/8-11/10 Th



## CERAMICS FOR ALL LEVELS

Res: \$229 Nonres: \$252

18 and up

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

Location: Live Oak Park, Ceramics Studio

26477 6:30pm to 9:30pm 9/5-11/7 M  
 Trulove, Thomas  
 26481 6:30pm to 9:30pm 9/6-11/8 Tu  
 Simcik, Robert  
 26478 6:30pm to 9:30pm 9/7-11/9 W  
 Trulove, Thomas  
 26479 10am to 1pm 9/9-11/11 F  
 Windham, Jennifer  
 26480 2:30pm to 5:30pm 9/10-11/12 Sa  
 Staff, Parks & Rec

## PETS AND PORTRAITS IN WATERCOLOR

Res: \$229 Nonres: \$252

18 and up

Learn to capture 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. 10 weeks.

Instructor: Parks & Rec Staff

Location: Manhattan Beach Art Center

26579 6:30pm to 9:30pm 9/8-11/10 Th



### HOLIDAY SUCCULENT PUMPKIN

Res: \$89 Nonres: \$98

16 and up

Create a one of a kind living centerpiece for your Thanksgiving table. Students will learn to arrange, care for and propagate a variety of succulents. All materials and supplies to make a stunning succulent arrangement will be provided.

Instructor: Parks & Rec Staff

Location: Manhattan Beach Art Center

26615 10am to 1pm 11/5 Sa

### HOLIDAY SUCCULENT WREATH

Res: \$89 Nonres: \$98

16 and up

Decorate your home with a unique, handmade wreath, filled with dramatic succulents. Because of their resistance to drought, succulents are the perfect living plant for your holiday wreath. Students will assemble a wreath with succulents, grape vines and other decorative elements while learning how to care for and propagate succulents. All materials and plants are included.

Instructor: Parks & Rec Staff

Location: Manhattan Beach Art Center

26616 10am to 1pm 12/3 Sa

### PRECIOUS METAL CLAY JEWELRY - EARRINGS WITH STONE

Res: \$119 Nonres: \$131

18 and up

Beginning and returning students will learn how to make a pair of earrings or a pendant with a stone, using Precious Metal Clay. Students will learn to design and make a piece with the stone in mind and make a secure setting using smaller elements. Topics addressed will be achieving visual and physical harmony between metal and stone, adding wire loops and bail, making a domed piece and more. This small class offers plenty of individual attention in an intimate setting. Fee includes all tools, materials and PMC. Bring your lunch, imagination and curiosity (and glasses for detailed work if you need them)!

Instructor: Chris Brooks

Location: Manhattan Beach Art Center

26629 9:30am to 3pm 9/10 Sa

### PRECIOUS METAL CLAY JEWELRY - ENCHANTED BIRD HOUSE

Res: \$119 Nonres: \$131

18 and up

Beginning and returning students will make a tiny round bird or fairy house using Precious Metal Clay. Students will learn to make hollow objects with several parts and intricate details while designing a hollow house pendant, perfect for any fairy or micro bird to live in. This small class offers plenty of individual attention in an intimate setting. Fee includes all tools, materials and PMC. Bring your lunch, imagination and curiosity (and glasses for detailed work if you need them)!

Instructor: Chris Brooks

Location: Manhattan Beach Art Center

26630 9:30am to 3pm 11/5 Sa

### REAL STORIES - THE ART OF DOCUMENTARIES

Res: \$149 Nonres: \$164

18 and up

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 we 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. 10 weeks.

Instructor: Parks & Rec Staff

Location: Manhattan Beach Art Center

26582 2pm to 4pm 9/4-11/6 Su

## DANCE, MUSIC AND THEATER

### INTRODUCTION TO BALLROOM DANCE

Res: \$85 Nonres: \$94

15 and up

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.

Instructor: Kathleen Llorens

Location: Joslyn Community Center

26115 7pm to 8pm 9/7-11/9 W

### RECORDERS PLUS

Res: \$110 Nonres: \$121

18 and up

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. No class 10/26 and 11/23.

Instructor: Brenda Bittner

Location: Manhattan Beach Art Center

26270 6:30pm to 9pm 9/7-11/30 W

### INTRODUCTION TO WEST COAST SWING

Res: \$85 Nonres: \$94

15 and up

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: Brenda Bittner

Location: Manhattan Beach Art Center

26435 8pm to 9pm 9/7-11/9 W

# ADULT

## ZUMBA

Res: \$96 Nonres: \$106

16 and up

Zumba is a fusion of Latin and International music - dance themes that create a dynamic, exciting and effective fitness system! Combines high energy and motivating music with unique moves and combinations. It is a mixture of body sculpting movements with easy to follow dance steps. No class 11/24 and 11/26.

Instructor: Nelly Korenevsky

Location: Manhattan Heights Park

26472	9am to 9:50am	10/8-12/3	Sa
26473	7pm to 7:50pm	10/6-12/1	Th

## FITNESS

### BEACH BOOT CAMP WITH GI JOE

Res: \$220 Nonres: \$242

18 and up

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: South Side

26506	6am to 7am	9/ 12-11/11	M W F
26507	8am to 9am	9/ 12-11/11	M W F

### CARDIO-STRENGTH FITNESS CLASS

Res: \$120 Nonres: \$132

18 but less than 65

If you love fresh air and being near the beach, this class is for you! Get stronger, leaner, and improve your cardio! This class incorporates body-weight exercises with dumbbells and TRX, along with fun fitness games on the grass. Focus on strengthening your core to help alleviate lower back pain and improve posture. Each class varies yet always ends with stretches and an ocean view!

Instructor: Lana Rizika

Location: Bruce's Beach

26499	8:30am to 9:30am	9/21-11/9	W
-------	------------------	-----------	---

### CROSSFIT

Res: \$375 Nonres: \$413

18 and up

Members of Karma CrossFit develop strength, flexibility, stamina, endurance, speed, power, accuracy, agility, balance and coordination. Participants will have fun while working hard and getting in the best shape of their lives. CrossFit Classes are offered Monday, Tuesday, Thursday, Friday at 6:00 am, 9:00 am, 12:00pm, 5:00 pm and 7:30pm. Wednesday CrossFit classes are 6:00 am, 9:00 am, 12:00pm, 5:00 pm and 6:00 pm. Saturday CrossFit classes are at 8:00 am and 12:00 pm.

Instructor: Will Jefferies

Location: Karma Crossfit

26133	See Description	9/12-11/5	M Tu W Th F Sa
-------	-----------------	-----------	----------------

## 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 6 am, 7 am or 9 am. No class on 11/24 and 12/25.

Instructor: Meredith Miller

Location: Fitness at Level 10

1x Week

Res: \$192 Nonres: \$211

26526	See Description	9/5-10/28	M Tu W Th F
-------	-----------------	-----------	-------------

Res: \$216 Nonres: \$238

26527	See Description	10/31-12/30	M Tu W Th F
-------	-----------------	-------------	-------------

2x Week

Res: \$352 Nonres: \$387

26528	See Description	9/5-10/28	M Tu W Th F
-------	-----------------	-----------	-------------

Res: \$396 Nonres: \$436

26529	See Description	10/31-12/30	M Tu W Th F
-------	-----------------	-------------	-------------

3x Week

Res: \$480 Nonres: \$528

26530	See Description	9/5-10/28	M Tu W Th F
-------	-----------------	-----------	-------------

Res: \$540 Nonres: \$594

26531	See Description	10/31-12/30	M Tu W Th F
-------	-----------------	-------------	-------------

## HATHA YOGA

Res: \$99 Nonres: \$109

18 and up

The ancient practice of Hatha Yoga reduces stress, slims and tones the body, and focuses 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

26438	5pm to 6:15pm	9/6-10/25	Tu
26439	6:30pm to 7:45pm	9/6-10/25	Tu
26440	5pm to 6:15pm	11/1-12/13	Tu
26441	6:30pm to 7:45pm	11/1-12/13	Tu

## PILATES & TRX CIRCUIT

Res: \$180 Nonres: \$198

18 and up

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

26233	6pm to 6:55pm	9/12-10/13	M Th
-------	---------------	------------	------

## PILATES PRIVATE

Res: \$180 Nonres: \$198

18 and up

These individual private Pilates session will give the student access to all equipment of the Pilates studio. This 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

26229	10am to 10:55am	9/13-10/4	Tu
-------	-----------------	-----------	----

# ADULT

## PILATES REFORMER CLASS

Res: \$100 Nonres: \$110

18 and up

Pilates Reformer class designed to strengthen and tone the whole body while improving posture which alleviates many forms of body aches from neck to ankles and everything in between.

Instructor: Body & Mind Coe Dynamics Staff

Location: Body & Mind Coe Dynamics

26230 7pm to 7:55pm 9/13-10/11 Tu

## YOGA BY THE BEACH

Res: \$50 Nonres: \$55

16 and up

Enjoy the view and sounds of nature while building strength, gaining flexibility and cultivating inner peace. This yoga class, held outside at Bruce's Beach, overlooks the ocean and is suitable for all levels. Please bring a mat.

Instructor: Eden Serina

Location: Bruce's Beach

26442 4:30pm to 5:30pm 9/13-10/11 Tu  
26443 3:30pm to 4:30pm 10/18-11/15 Tu

## YOGA FLOW LEVEL 1/2

Res: \$110 Nonres: \$121

18 and up

Yoga (Vinyasa) Flow connects movement with breath, allowing your mind to relax while your 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. No class 10/6, 11/24.

Instructor: Eden Serina

Location: Joslyn Community Center

26445 5:45pm to 7pm 9/22-12/15 Th

## SPORTS

### GOLF - BEGINNER SERIES

Res: \$125 Nonres: \$138

18 and up

Group classes are designed for the beginner golfer up to the intermediate level player. You'll begin with pitching and full swing fundamentals, make small swings with chipping and putting, learn some rules and golf etiquette, all while enjoying a fun introduction to the game of golf.

Instructor: Scott Robert

Location: Lakes at El Segundo

26144 10am to 11am 9/20-10/18 Tu  
26145 6pm to 7pm 9/20-10/18 Tu  
26146 10am to 11am 9/22-10/20 Th  
26147 6pm to 7pm 10/24-11/21 M  
26148 10am to 11am 10/25-11/22 Tu  
26149 6pm to 7pm 10/25-11/22 Tu

### ICE HOCKEY FOR ADULTS

Res: \$68 Nonres: \$75

15 and up

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.

Instructor: Toyota Sports Center Staff

Location: Toyota Sports Center

26176 7pm to 7:30pm 8/30-9/20 Tu  
26177 11:45am to 12:15pm 9/3-9/24 Sa  
26175 10:50am to 11:20am 9/4-9/25 Su

### ICE SKATING FOR ADULTS

Res: \$68 Nonres: \$75

15 and up

Learn to skate while having fun. Wear warm, flexible clothing and bring mittens. Includes skate rental, four public sessions and two guest passes.

Instructor: Toyota Sports Center Staff

Location: Toyota Sports Center

26179 7pm to 7:30pm 8/30-9/20 Tu  
26180 11:45am to 12:15pm 9/3-9/24 Sa  
26181 10:50am to 11:20am 9/4-9/25 Su

### INTRODUCTION TO BADMINTON

Res: \$100 Nonres: \$110

18 and up

This class introduces players to the game of badminton. All equipment will be supplied, students must wear court shoes and athletic type clothing.

Instructor: David Levin

Location: Manhattan Beach Badminton Club

26508 10am to 11am 9/12-10/31 M

### KARATE - JAPANESE SHOTOKAN

Res: \$96 Nonres: \$105

18 and up

Japanese Shotokan Karate is an excellent discipline of both physical and mental exercise and a great way of building character. It improves fitness and contributes to a more vital and rewarding lifestyle. Training consists of warm-ups, blocking, punching, kicking and forms. Arms and legs are trained to safely ward off attacks and reflexes are sharpened.

Instructor: Daniel Gacad

Location: Manhattan Heights Park

26197 6pm to 7:30pm 9/14-11/2 W

### PICKLEBALL (BEGINNING - ADVANCED BEGINNING)

Res: \$110 Nonres: \$121

18 and up

Pickleball, 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: Annie Lewis

Location: Live Oak Park Tennis Courts

26553 12pm to 1pm 9/12-10/17 M  
26554 12pm to 1pm 10/31-12/5 M

### PICKLEBALL (LOW INTERMEDIATE - INTERMEDIATE)

Res: \$110 Nonres: \$121

18 and up

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. No class 11/23.

Instructor: Annie Lewis

Location: Manhattan Heights Park Tennis Courts

26556 10am to 11am 9/7-10/12 W  
26557 10am to 11am 11/2-12/14 W



1960



## BEACH VOLLEYBALL

Beginner

Res: \$99 Nonres: \$108

18 and up

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. No class 11/26.

Instructor: Simi Storm

Location: Manhattan Beach Pier: South Side

26123 9am to 10:30am 10/15-12/10 Sa

Intermediate

Res: \$99 Nonres: \$108

18 and up

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. No class 11/26.

Instructor: Christine Starczak

Location: Manhattan Beach Pier: South Side

26124 9am to 10:30am 10/15-12/10 Sa

Advanced

Res: \$99 Nonres: \$108

18 and up

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 face-paced drills. No class 11/26.

Instructor: Cindy Greblinuas

Location: Manhattan Beach Pier: South Side

26122 9am to 10:30am 10/15-12/10 Sa

Men's Advanced Competition

Res: \$79 Nonres: \$87

18 and up

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. No class 11/26.

Instructor: Kamila Pavaskova

Location: Manhattan Beach Pier: South Side

26125 10:30am to 12pm 10/15-12/10 Sa

Women's Advanced Competition

Res: \$99 Nonres: \$108

18 and up

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. No class 11/26.

Instructor: Cindy Grebliunas

Location: Manhattan Beach Pier: South Side

26126 10:30am to 12pm 10/15-12/10 Sa



1987



1950



# AQUATICS

## BEGG POOL MASTERS

6:00 AM - 7:00 AM • Monday through Friday  
\$45/month • A# 24860

Begg Pool Masters is designed to help swimmers improve fitness and/or train for specific goals and offer active support for a healthy lifestyle through friendship and camaraderie. Workouts are structured for all swimming abilities ranging from beginning lap swimmers to college athletes. Swimmers are required to join Southern Pacific Masters Association (SPMA) within their first month of enrollment. Membership of SPMA is good for the entire year and the cost is approximately \$48. We invite you to come and swim with us! Coach: Steve Hyde

## WATER AEROBICS

\$4/person/session

September 6 - December 15  
Monday - Thursday  
3:15 PM - 4:00 PM

This class is designed for men and women who are looking to get in shape, for low impact cardiovascular exercise that will increase cardiovascular endurance and to meet new friends. Workout includes a warm-up, aerobic exercise, stretching exercises and relaxation exercises to increase flexibility. Classes are drop-in, so no registration is necessary. Knowing how to swim is not a prerequisite for participation in this class.

## RECREATIONAL SWIM

\$3/person/visit  
September 10 - November 12  
Saturday  
1:00 PM - 2:00 PM

## BEGG POOL LAP SWIM

\$4/person/visit

September 6 - December 15  
Monday - Thursday  
8:00 PM - 9:00 PM

September 10 - November 12  
Saturday  
9:30 AM - 12:50 PM

## POOL RULES

All patrons entering the facility during recreational/lap swim times are required to pay the facility admission fee, including spectators, except those seated in the bleacher area.

- Swim suit attire required
- Children not potty trained must wear a swim diaper
- Children under age 7 must be accompanied by an adult in the water at all times (4 children max per 1 adult)
- Water toys and U.S. Coast Guard Type III approved lifejackets may be used at the Pool Manager's discretion. Each individual wearing a U.S. Coast Guard Type III lifejacket must be accompanied by an adult in the pool, within arms reach.

### NOT ALLOWED IN POOL OR POOL AREA

- Flotation devices
- Diving
- Running
- Pets
- Smoking
- Breath-holding games

### NO EXCEPTIONS

- The City reserves the right to refuse access at any time
- All patrons are required to exit the pool from 1:55 PM-2:00 PM for a mandatory restroom break.

## POOL RENTAL

Begg Pool is available for rent most Saturday afternoons. The cost is \$150/hour for residents and \$190/hour for nonresidents. The rental fee includes pool lifeguards for up to 50 guests. Parties larger than 50 guests will be charged additional fees to cover the cost of additional lifeguards. Bookings are on a first come, first served basis. For reservation information, call (310) 802-5410.

## FISH TICKETS

Fish Tickets can be used for any drop-in recreation activity. Tickets cost \$20 and are good for \$25 worth of activities. You can purchase your fish tickets from the pool staff at the Begg Pool office or in the Parks and Recreation Department, 1400 Highland Avenue.



## PRIVATE SWIM LESSONS

3 and up

A one-on-one learning environment for children or adults. Children must be at least 3 years old, potty trained and be able to be in the water without a parent. Private lessons are for all skill levels. For the safety of your child, parents must wait outside the fence during the lesson. Classes meet for 40 minutes. 2 make-up classes allowed per session.

Instructor: Begg Pool Staff

Location: Begg Pool

Res: \$400 Nonres: \$440

26244	3:30pm to 4:10pm	9/6-10/6	Tu Th
26246	4:15pm to 4:55pm	9/6-10/6	Tu Th
26248	4:15pm to 4:55pm	10/10-11/9	M W
26249	4:15pm to 4:55pm	10/11-11/10	Tu Th
26250	3:30pm to 4:10pm	10/11-11/10	Tu Th
26252	3:30pm to 4:10pm	11/14-12/14	M W
26254	4:15pm to 4:55pm	11/14-12/14	M W

Res: \$360 Nonres: \$396

26245	4:15pm to 4:55pm	9/7-10/5	M W
26253	3:30pm to 4:10pm	11/15-12/15	Tu Th
26255	4:15pm to 4:55pm	11/15-12/15	Tu Th

Res: \$200 Nonres: \$220

26257	9:15am to 9:55am	9/10-10/8	Sa
26258	10am to 10:40am	9/10-10/8	Sa
26259	10:45am to 11:25am	9/10-10/8	Sa
26260	11:30am to 12:10pm	9/10-10/8	Sa
26261	12:15pm to 12:55pm	9/10-10/8	Sa
26263	9:15am to 9:55am	10/15-11/12	Sa
26264	10am to 10:40am	10/15-11/12	Sa
26265	10:45am to 11:25am	10/15-11/12	Sa
26266	11:30am to 12:10pm	10/15-11/12	Sa
26267	12:15pm to 12:55pm	10/15-11/12	Sa

## SMALL GROUP SWIM LESSONS

3 but less than 15

Small group swim lessons are offered during the summer and fall aquatics season. On the first day of lessons, your child will be tested and placed into a group that best fits their swim skill level. There will be 4 children maximum per instructor on levels 1 through 3 and 5 children maximum per instructor for levels 4 and 5. Students must be at least 40 inches tall, potty-trained and be able to be in the water without a parent. There will be one make up class allowed per session.

Instructor: Begg Pool Staff

Location: Begg Pool

Res: \$144 Nonres: \$158

26292	3:30pm to 4:10pm	9/7-10/5	M W
-------	------------------	----------	-----

Res: \$160 Nonres: \$176

26293	3:30pm to 4:10pm	10/10-11/9	M W
-------	------------------	------------	-----

## FITNESS

### WATER AEROBICS

\$60

16 and up

This class is designed for men and women looking for a great low impact workout. Workout includes aerobic, stretching and relaxation exercises. Knowing how to swim is not a prerequisite for participation in this class.

Instructor: Begg Pool Staff

Location: Begg Pool

26597	3:15pm to 4pm	9/6-12/15	M Tu W Th
-------	---------------	-----------	-----------



## AMERICAN RED CROSS CPR AND AED CERTIFICATION CLASS

Res: \$60 Nonres: \$66

16 and up

Learn the skills that save a person's life with American Red Cross training in CPR (cardiopulmonary resuscitation) and AED (automated external defibrillator). This training course will equip you with the expertise to respond calmly and effectively when emergencies strike. Participants will be certified in Community American Red Cross Infant, Child, Adult CPR and AED at the completion of the class if they successfully pass a writing and practical exam.

Instructor: Begg Pool Staff

Location: Joslyn Community Center

26110	9am to 1pm	9/17	Sa
-------	------------	------	----



**INTERNATIONAL PADDLEBOARD COMPETITION**

International Paddleboard Competition from Catalina to Manhattan Beach attracted large crowds and publicity for the city in the 1950's.  
Photo of 1956 Competition



**TENNIS IN MANHATTAN BEACH**

The tennis courts were built by the WPA (Work Progress Administration) behind City Hall at 1400 Highland Avenue, prior to WWII. The building in the foreground was the first Boy Scout House built in 1933. Before this building, the scouts met in City Hall. The city hall parking lot, fire department and police department buildings are currently on the site.

All photos courtesy of the Manhattan Beach Historical Society



# TENNIS

## SELF RATING GUIDE FOR TENNIS CLASSES

National Tennis Rating Program General  
Characteristics of Various Playing Levels

### **BEGINNING 1.0 TO 1.5**

1.0 This player is just starting to play tennis.

1.5 This player has limited experience and is still working primarily on getting the ball into play.

### **ADVANCED BEGINNING 2.0**

2.0 This player needs on-court experience; this player has obvious stroke weakness but is familiar with basic positions for singles and doubles play.

### **INTERMEDIATE 2.5 TO 3.0**

2.5 This player is learning to judge where the ball is going although court coverage is weak; this player can sustain a rally of slow pace with other players of the same ability.

3.0 This player is consistent with hitting medium placed shots, but is not comfortable with all strokes and lacks control when trying for directional intent, depth or power.

### **ADVANCED 3.5 TO 4.0**

3.5 This player has achieved improved stroke dependability and direction on moderate shots, but still lacks depth and variety. This player is starting to exhibit more aggressive net play, has improved court coverage, and is developing teamwork in doubles.

4.0 This player has dependable strokes, including directional intent and depth on both forehand and backhand sides on moderate shots, plus the ability to use lobs, overheads, approach shots and volleys with some success. This player occasionally forces errors when serving and teamwork in doubles is evident.

# TENNIS

## ANNUAL PASS

**\$14 per year**

The pass is good for one calendar year from date of purchase; unlimited use as available.

Available for Juniors (15 years and under); good for free play Monday through Friday, 3:00-5:00pm

Available for Older Adults (55 years+); good for free play Monday through Friday, 7:00-9:00am and 2:00-4:00pm

## PRIVATE LESSONS

Certified USPTA tennis pros will work one-on-one with individuals seeking to advance their game of tennis. Whether you're new to the sport or preparing for high ranked tournaments, Manhattan Beach Tennis Pros are here to guide you along the way. To schedule a private lesson, please contact a Tennis Pro.

## TENNIS FACILITIES

### Live Oak Park

1901 Valley Drive,  
6 lighted courts  
Monday-Friday  
7:00am-10:00pm,  
Saturday  
7:00am-8:00pm,  
Sunday  
7:00am-5:00pm,

### Court Fee:

**\$8** (Monday-Friday,  
7:00am-4:00pm)

**\$10** (Monday-Friday,  
5:00-10:00pm & Weekends)

For more information,  
please call (310) 545-0888

### Manhattan Heights Park

1600 Manhattan Beach Boulevard,  
2 lighted courts  
Monday-Friday  
8:00am-9:00pm,  
Saturday & Sunday  
8:00am-8:00pm  
No reservations required

### Mira Costa High School

Corner of Artesia Boulevard and  
Meadows Avenue,  
10 lighted courts  
Monday-Thursday, 5:00-9:00pm,  
Weekends, 8:00am-2:00pm  
**Court Fee: \$9**

## PRIVATE INSTRUCTOR CONTACT INFORMATION

Bennet Slusarz-bennets@tennismatrix.net  
Walt Meyers-walt@waltmeyerstennis.com  
Annie Lewis-anniegalewis@gmail.com  
Kevin Brady-wctennis@bradycamps.com  
Vilar Larsson (Dr V)-vilar@verizon.net  
Brian More-brianmore@cox.net  
Lila Brady-Lila@bradycamps.com  
Kerry Giardino-kerryg3@hotmail.com  
Dan McCormick-tennispro333@gmail.com

## TENNIS MATRIX

Seasonal tennis ladders & round robins held at Live Oak Park. The TennisMatrix.net Challenge Ladder was established to provide players of all abilities an opportunity to sharpen their tennis skills, build match play awareness, and meet new people along the way! Go to www.tennismatrix.net, click on Join a Ladder (top toolbar) & create your account. \*Attn. Click on Bennet Slusarz as your Director at bottom of page! Please review all ladder rules. Please contact Bennet Slusarz for all ladder questions at (310) 372-8648 or bennets@tennismatrix.net.

## LEAGUES

Marine League hosts round robin tournaments at Live Oak Park in spring and fall and USTA hosts round robin tournaments at Mira Costa High School throughout the year. For more information, please call (310) 545-0888

Parks & Recreation Co-Ed Doubles League meets Monday evenings at Mira Costa. For more information, please call Walt Meyers at (310) 701-4595.

## FOR MORE INFORMATION:

Contact the Parks and Recreation Department at (310) 802-5448 or via email at mbparksandrec@citymb.info or stop by the department (Monday-Thursday, 7:30am to 5:30pm; Alternating Fridays 8:00am-5:00pm; Closed every other Friday).

## LOCATED IN:

City Hall, 1400 Highland Avenue, Manhattan Beach, CA 90266.

## TOT

### TENNIS WITH ANNIE - HOT SHOTS

Res: \$110 Nonres: \$121

3 but less than 7

Kids will get active, learn new tennis strokes and have fun through skill-building games and engaging activities. Develop hand-eye coordination, learn to keep the ball in play, and begin mastering the basic strokes of tennis including the forehand, backhand, volley and overhead, while participating in a supportive and healthy athletic environment. No prior tennis experience is necessary. No class 11/22.

Instructor: Annie Lewis

Location: Live Oak Park Tennis Courts

26370 1pm to 1:45pm 9/13-10/18 Tu  
26371 1pm to 1:45pm 11/1-12/13 Tu

### TENNIS WITH ANNIE-HOT SHOTS PARENT AND ME

Res: \$110 Nonres: \$121

3 but less than 7

Parents and kids alike will enjoy this interactive beginner class! Through skill-building games and activities, children will develop hand-eye coordination and learn basic tennis strokes including backhand, forehand, volley and overhead. Join in the fun and learn the sport of tennis in a supportive and healthy athletic environment. No prior tennis experience is necessary. Parent participation is required. No class 11/26.

Instructor: Annie Lewis

Location: Mira Costa High School Tennis Courts

26373 10am to 10:45am 9/17-10/22 Sa  
26374 10am to 10:45am 11/5-12/17 Sa

# TENNIS

## YOUTH

### HOT SHOTS II: INTERMEDIATE 3.0-3.5

Res: \$160 Nonres: \$176

7 but less than 10

Players conquer the basic skills needed to play along with an introduction to strategy and court sense for singles and doubles. Players should know the basic knowledge of footwork, scoring and the ability to rally consistently. No class 10/23.

Instructor: Beach City Tennis Academy

Location: Mira Costa High School Tennis Courts

26546	1pm to 2pm	9/3-10/22	Sa
26547	12pm to 1pm	9/4-10/30	Su

### HOT SHOTS III: ADVANCED 3.5-4.0

Res: \$160 Nonres: \$176

10 but less than 13

This advanced class is designed for players to perfect strategy and progressions in a high impact and fun atmosphere through drills and games. Go from defense to offense, attack the net, put short balls away and learn to hit power strokes. This class is good for tournament conditioning. No class 10/23.

Instructor: Beach City Tennis Academy

Location: Mira Costa High School Tennis Courts

26549	12pm to 1pm	9/3-10/22	Sa
26550	1pm to 2pm	9/4-10/30	Su

## TEEN

### JUNIOR'S ROUND ROBIN TENNIS TOURNAMENT

Res: \$30 Nonres: \$33

13 but less than 18

This Round Robin event and it is a great way for Junior Players to test their skills against other well matched players in a singles competition with the opportunity to win prizes from our sponsors. The matches are arranged and are not based on the skill level of the player. This event is suitable for non-tournament players that do not have a current USTA ranking. Players should be able to hit with topspin, flat, under spin and slices. In addition, players should have good footwork, ball control, rally, strategy, mental toughness and experience attacking the net.

Instructor: Beach City Tennis Academy

Location: Live Oak Park Tennis Courts

26640	2pm to 5pm	9/18	Su
-------	------------	------	----

### TEAM TENNIS WITH KEVIN

Res: \$465 Nonres: \$512

8 but less than 17

Tennis class with Kevin Brady. Includes drills and match play for intermediate and advanced players.

Instructor: South Bay Tennis Academy Staff

Location: Mira Costa High School Tennis Courts

26455	9am to 11am	9/17-12/10	Sa
-------	-------------	------------	----

# YOUTH TENNIS with Annie and Lila

### TEAM TENNIS WITH ANNIE AND LILA

Res: \$230 Nonres: \$253

9 but less than 14

Includes drills & match play for intermediate and advanced players. Juniors must currently be in team tennis or must contact Kevin Brady for a try-out. Visit [wctennis@bradycamps.com](mailto:wctennis@bradycamps.com). No class 11/22.

Instructor: Annie Lewis & Lila Brady

Location: Live Oak Park Tennis Courts

26356	5pm to 6pm	9/13-12/6	Tu
-------	------------	-----------	----

### FUTURE STARS

Res: \$110 Nonres: \$121

This class is designed to accommodate the after-school kid's schedule. We will focus on building tennis fundamentals through fun games and drills, movement and rally play. Kids will continue to develop the basic tennis strokes including the forehand, backhand, volley and overhead, working towards consistency and keeping the ball in play. No class 11/22 and 11/24.

Location: Live Oak Park Tennis Courts

4 but less than 9

Instructor: Annie Lewis

26376	3:15pm to 4pm	9/13-10/18	Tu
26377	3:15pm to 4pm	9/15-10/20	Th
26378	3:15pm to 4pm	11/3-12/15	Th
26379	3:15pm to 4pm	11/1-12/13	Tu

4 but less than 10

Instructor: Lila Brady

26460	3:15pm to 4pm	9/12-10/17	M
26461	3:15pm to 4pm	11/7-12/12	M

### GRAND SLAM

Res: \$110 Nonres: \$121

9 but less than 14

Designed for players who have developed the basic fundamental strokes of tennis and can rally from the baseline, this class focuses on improving consistency and technique. Players will enhance their skills through drills, point play, introduction to strategy and shot selection. Emphasis will be placed on ball control, placement and serving.

Instructor: Annie Lewis

Location: Live Oak Park Tennis Courts

26448	5pm to 6pm	9/15-10/20	Th
26449	5pm to 6pm	11/3-12/15	Th

### MAIN DRAW

Res: \$110 Nonres: \$121

In this class, we will continue to fine-tune basic stroke technique and production through fun drills, games, movement and rally play. Players should have some experience with the 4 basic tennis strokes and be able to keep the ball in play and place shots with some consistency, but kids new to tennis are welcome. No class 11/22, 11/23, 11/24.

Location: Live Oak Park Tennis Courts

6 but less than 11

Instructor: Lila Brady

26463	4pm to 5pm	9/12-10/17	M
26464	4pm to 5pm	9/14-10/19	W
26465	4pm to 5pm	11/7-12/12	M
26466	4pm to 5pm	11/2-12/14	W

7 but less than 11

Instructor: Annie Lewis

26451	4pm to 5pm	9/13-10/18	Tu
-------	------------	------------	----

26452	4pm to 5pm	9/15-10/20	Th
26454	4pm to 5pm	11/1-12/13	Tu
26453	4pm to 5pm	11/3-12/15	Th

### GOLD SLAM

Res: \$110 Nonres: \$121

9 but less than 14

This class is designed for the intermediate player who is preparing for competitive play and wants to take their game to the next level. Players will have developed sound stroke technique, including the ability to control the ball and rally with consistency. Class instruction will focus on point play, tennis strategy, shot selection and placement, service variety and attacking at the net and increasing tennis IQ. No class 11/22.

Instructor: Lila Brady

Location: Live Oak Park Tennis Courts

26457	4pm to 5pm	9/13-10/18	Tu
26458	4pm to 5pm	11/1-12/13	Tu

### YOUTH TWEEN TENNIS

Res: \$110 Nonres: \$121

9 but less than 14

Designed for the advanced beginner who is older elementary to middle-school aged. Players should be able to rally from the baseline and demonstrate a strong understanding of the basic fundamental strokes of tennis. We will enhance technique and ball control through interactive drills, while emphasizing game strategy, placement and serve for the point play. No class 11/24.

Instructor: Lila Brady

Location: Live Oak Park Tennis Courts

26468	4pm to 5pm	9/15-10/20	Th
26469	4pm to 5pm	11/3-12/15	Th

# TENNIS

## ADULT

### ADULT INTERMEDIATE/ADVANCED TENNIS

Res: \$110 Nonres: \$121

14 and up

Improve your tennis strokes, consistency, and placement of the ball, as you create topspin, improve foot positioning, and solidify good form. This class is designed for the player who is ready to put their skills and training into action and play live ball. No class 11/24.

Instructor: Annie Lewis

Location: Live Oak Park Tennis Courts

26108	7pm to 8pm	9/15-10/20	Th
26109	7pm to 8pm	11/3-12/15	Th

### ADVANCED LIVE BALL CLINIC 3.5-4.0

Res: \$160 Nonres: \$176

18 but less than 55

This doubles "King of the Court" offers intensive drills that focus on the physical and mental aspects of the game. Players develop competitive and tactical use of lobs, overheads, approach shots and volleys with non-stop cardio exercise. No class 10/23.

Instructor: Beach City Tennis Academy

Location: Mira Costa High School Tennis Courts

26532	11am to 12pm	9/4-10/30	Su
-------	--------------	-----------	----

### BEGINNER LIVE BALL CLINIC 2.5-3.0

Res: \$160 Nonres: \$176

18 but less than 55

Build stamina, reaction time and confidence in a fun and fast-paced doubles class that focuses on movement, communication and skill development. We do our best to accommodate similar levels of play whenever possible.

Instructor: Beach City Tennis Academy

Location: Mira Costa High School Tennis Courts

26534	10am to 11am	9/3-10/22	Sa
26535	8pm to 9pm	9/12-10/31	M
26536	8pm to 9pm	9/7-10/26	W

### DOUBLES DRILLS AND PLAY CLINIC 3.0-3.5

Res: \$160 Nonres: \$176

18 but less than 55

Fun and fast-paced doubles drills that focuses on the main aspects of shot placement, tactical execution and footwork movement. Doubles play patterns are developed through a progressive use of live ball and competitive decision making. No class 10/23.

Instructor: Beach City Tennis Academy

Location: Mira Costa High School Tennis Courts

26538	11am to 12pm	9/3-10/22	Sa
26539	10am to 11am	9/4-10/30	Su
26540	7pm to 8pm	9/12-10/31	M
26541	7pm to 8pm	9/7-10/26	W

### FIT TENNIS!

Res: \$112 Nonres: \$122

18 and up

Looking to improve the speed, agility and power of your tennis game while increasing lean body tissue and lose body fat? Students will use a variety of equipment such as battle ropes, TRX, medicine balls and more! Intermediate to advanced players. No class 11/23 and 12/15.

Instructor: Anna Gorzkowski

Location: Live Oak Park Tennis Courts

26543	11am to 12pm	9/12-10/17	M
26589	11am to 12pm	10/31-12/5	M

Location: Manhattan Heights Park Tennis Courts

26544	11am to 12pm	9/14-10/19	W
26590	11am to 12pm	11/2-12/14	W

### INTERMEDIATE TENNIS

Res: \$110 Nonres: \$121

14 and up

Brush up on the core fundamentals of tennis including the forehand, backhand, volley, overhead and serve as you meet new friends and get into shape too! No class 11/24.

Instructor: Annie Lewis

Location: Live Oak Park Tennis Courts

26194	6pm to 7pm	9/15-10/20	Th
26195	6pm to 7pm	11/3-12/15	Th

### TENNIS ADULT COED DOUBLES LEAGUE

Res: \$92 Nonres: \$101

18 and up

Each week players are matched with a different partner in League play to determine League MVP at the end of eight weeks. New balls for league matches provided by Walt. All levels welcome in this doubles only event. This is a non-instructional league. Players wishing to continue past 8:00 pm must pay for the added court time. No class 12/19 and 12/26.

Instructor: Walt Meyers

Location: Mira Costa High School Tennis Courts

26358	6:30pm to 8pm	9/12-10/31	M
26359	6:30pm to 8pm	11/7-1/2	M

### TENNIS STRATEGIES - INTERMEDIATE

Res: \$92 Nonres: \$102

18 and up

Tennis strategies intermediate examines both singles and doubles for the intermediate player. Students will learn how to create points, attack the net, drop shot, and lob for game conditions. Moving both forward and back on the court for both offense and defense. Each student must bring one unopened can of Wilson or Penn balls once, balls to remain with instructor. No class 12/19/16 to 1/1/17.

Instructor: Walt Meyers

Location: Mira Costa High School Tennis Courts

26361	8pm to 9pm	9/13-11/1	Tu
26362	8pm to 9pm	9/15-11/3	Th
26364	9am to 10am	9/17-11/5	Sa
26365	8pm to 9pm	11/8-1/3	Tu
26367	8pm to 9pm	11/10-1/5	Th
26366	9am to 10am	11/12-1/7	Sa

Location: Manhattan Heights Park Tennis Courts

26363	10am to 11am	9/16-11/4	F
26368	10am to 11am	11/11-1/6	F

# TENNIS

## TENNIS WITH VILAR LARSSON - ADVANCED

Res: \$123 Nonres: \$135

18 and up

The advanced class is for serious students wanting to take their game to the next level. Emphasis is on aggressive yet consistent play. All five serves will be taught to add variety to their game. Students will improve their skill level in hitting with topspin, flat and slice. Strategy, proper footwork, and the mental game will be emphasized. All specialty shots will be taught. The goal of the class is to transform a 3.5 player into a 4.0 player. These goals will be met in a positive, supportive environment. Each student brings \$4 for balls. Note: New enrollees should check with instructor to see if their skill level meets the requirements for this class.

Instructor: Vilar Larsson

Location: Live Oak Park Tennis Courts

26386	7pm to 8pm	9/6-10/25	Tu
26381	8pm to 9pm	9/6-10/25	Tu
26382	8pm to 9pm	9/7-10/26	W

## TENNIS WITH VILAR LARSSON- INTERMEDIATE

Res: \$123 Nonres: \$135

18 and up

Learn tennis the right way in a positive, supportive environment. Have fun and reduce stress from your job by joining one of Dr. V's tennis classes. With the skills learned in class, you will enjoy playing tennis with your new friends. You will learn to play your best tennis in record time by participating in an accelerated learning approach to tennis. Now is your time to spring into action. So invite your friends and let's meet on the court for an enjoyable, uplifting tennis experience. Each student brings \$4 for balls.

Instructor: Vilar Larsson

Location: Live Oak Park Tennis Courts

26390	7pm to 8pm	9/7-10/26	W
-------	------------	-----------	---

## TENNIS WITH WALT LEVEL 1.0

Res: \$92 Nonres: \$102

18 and up

Students will learn hitting systems from both sides of the body as well as the serve, rules of the game, the scoring system, the court, and where they should stand, and why. Each student to bring one unopened can of Wilson or Penn tennis balls. Balls will stay with instructor. No class 12/19/16 to 1/1/17.

Instructor: Walt Meyers

Location: Mira Costa High School Tennis Courts

26393	6pm to 7pm	9/13-11/1	Tu
26395	11am to 12pm	9/17-11/5	Sa
26396	6pm to 7pm	11/8-1/3	Tu
26398	11am to 12pm	11/12-1/7	Sa

Location: Manhattan Heights Park Tennis Courts

26394	9am to 10am	9/15-11/3	Th
26397	9am to 10am	11/10-1/5	Th

## TENNIS WITH WALT LEVEL 2.0

Res: \$92 Nonres: \$102

18 and up

Students will learn positioning for doubles the volley (playing the net) as well as consistency for both ground strokes and the serve. Students will try the lob and the slam. Each students must bring one unopened can of Wilson or Penn tennis balls. Balls will stay with instructor. No class 12/19/16 to 1/1/17.

Instructor: Walt Meyers

Location: Mira Costa High School Tennis Courts

26401	6pm to 7pm	9/15-11/3	Th
26402	11am to 12pm	9/18-11/6	Su

## TENNIS WITH WALT LEVEL 2.0 (CONT'D)

26404	6pm to 7pm	11/10-1/5	Th
26405	11am to 12pm	11/13-1/8	Su

Location: Manhattan Heights Park Tennis Courts

26400	9am to 10am	9/13-11/1	Tu
26403	9am to 10am	11/8-1/3	Tu

## TENNIS WITH WALT LEVEL 3.0

Res: \$92 Nonres: \$102

18 and up

Students will learn hitting with purpose, directional hitting, as well as offensive and defense for transitioning through the court, grip control, and the second serve. Also positioning for doubles and the consequence of the same. Each students must bring one unopened can of Wilson or Penn tennis balls, balls to remain with instructor. No class 12/19/16-1/1/17.

Instructor: Walt Meyers

Location: Mira Costa High School Tennis Courts

26407	7pm to 8pm	9/13-11/1	Tu
26409	7pm to 8pm	9/15-11/3	Th
26410	10am to 11am	9/17-11/5	Sa
26411	7pm to 8pm	11/8-1/3	Tu
26413	7pm to 8pm	11/10-1/5	Th
26414	10am to 11am	11/12-1/7	Sa

Location: Manhattan Heights Park Tennis Courts

26408	10am to 11am	9/15-11/3	Th
26412	10am to 11am	11/10-1/5	Th

## TENNIS WITH WALT LEVEL 3.5

Res: \$92 Nonres: \$102

18 and up

Students will learn the half-volley, as well as directional control for return of serve, and consequence of same, point construction for both singles and doubles as well as offense and defense as a consequence of ball attitude. Also second serve spin. Each student to bring one unopened can of Wilson or Penn tennis balls. Balls will stay with instructor. No class 12/19/16-1/1/17.

Instructor: Walt Meyers

Location: Mira Costa High School Tennis Courts

26418	10am to 11am	9/18-11/6	Su
26421	10am to 11am	11/6-1/8	Su

Location: Manhattan Heights Park Tennis Courts

26416	10am to 11am	9/12-10/31	M
26417	10am to 11am	9/13-10/4	Tu
26419	10am to 11am	11/7-1/2	M
26420	10am to 11am	11/22-1/10	Tu

## TENNIS WITH WALT LEVEL 4.0

Res: \$92 Nonres: \$102

18 and up

Adult Tennis 4.0 Advanced: Students will learn spin as a function of ball altitude and how to stay on swing plan when the ball is outside the strike zone, with spin. Each student to bring one unopened can of Wilson or Penn tennis balls. Balls will stay with instructor. No class 12/19/16-1/1/17.

Instructor: Walt Meyers

Location: Mira Costa High School Tennis Courts

26423	9am to 10am	9/18-11/6	Su
26424	9am to 10am	11/13-1/8	Su



# OLDER ADULT

## DANCE, MUSIC & THEATER

### COMEDY IMPROV FOR OLDER ADULTS

55 and up

Learn comedy improv in a safe, supportive and fun environment. All levels welcome, no experience necessary. No class 10/10.

Instructor: Doris Usui

Location: Joslyn Community Center

4 Classes

Res: \$40 Nonres: \$44

**26131** 4pm to 6pm 9/12-11/7 M

8 Classes

Res: \$60 Nonres: \$66

**26132** 4pm to 6pm 9/12-11/7 M

## TENNIS

### INTERMEDIATE SENIOR TENNIS WITH ANNIE

Res: \$100 Nonres: \$110

55 and up

Are you 55 or over and want to play tennis but you either haven't played in a while, can't find a game, or think you are too rusty? Come on out with Coach Annie on Mondays at 2pm this fall and brush up on your skills.

Instructor: Annie Lewis

Location: Live Oak Park Tennis Courts

**26279** 2pm to 3pm 9/12-10/31 M

## FITNESS

### SENIOR YOGA

Res: \$90 Nonres: \$99

55 and up

Hatha yoga helps improve balance, flexibility, strength and breathing. Individual differences and abilities accommodated. Bring a yoga mat and towel.

Instructor: Teri Thompson

Location: Manhattan Heights Park

**26281** 11am to 12:15pm 8/31-10/26 W

**26282** 11am to 12:15pm 11/2-12/28 W

### SENIOR YOGA BEGINNING

Res: \$80 Nonres: \$88

55 and up

Stretch, strengthen and soothe. A great class for those who are new to yoga and need to take it easy. Individual modifications are given. Option to use a chair is available. Bring a mat and beach towel.

Instructor: Eden Serina

Location: Manhattan Heights Park

**26285** 10am to 11:15am 8/30-10/18 Tu

**26286** 10am to 11:15am 11/1-12/20 Tu



## SOUTH BAY ADULT SCHOOL

### BASIC TECHNIQUES IN DRAWING

Learn basic drawing techniques using drawing and colored pencils, charcoal, pen and ink and blending tools. Bring a 9x12 DRAWING pad, #2 pencil and pink or white eraser to first class. All levels welcome, especially beginners.

When: Tuesday's, 9/13-11/1

Cost: \$89

Time: 10:00am-12:00pm

Instructor: Cynthia Svezia

Location: Joslyn Community Center

To register, call (310) 937-3340.

### INTERMEDIATE DRAWING

Take your beginning drawing skills to the next level. Shading, blending, highlights, shadows, still life, landscape, atmospheric perspective, one point perspective, composition and more will be covered. Bring a 9x12 DRAWING pad (50 lb. or more), #2 pencil, pink or white eraser, kneaded eraser and drawing pencils if you have them to first meeting. Supplies will be discussed at first class meeting.

Prerequisite: Beginning drawing class.

When: Thursday's, 9/29-10/27

Cost: \$79

Time: 10:00am-12:00pm

Instructor: Cynthia Svezia

Location: Joslyn Community Center

To register, call (310) 937-3340.

## MEDICARE

Questions about Medicare? There is a HICAP Volunteer Counselor here in Manhattan Beach to help you with your questions. The state-registered Health Insurance Counseling and Advocacy Program (HICAP) volunteer Counselors provide unbiased information, counseling, and assistance on Medicare and related health care coverage, including Original Medicare (Parts A & B), Medicare prevention Services, Long-Term Care and more.

**WHEN:** 1st and 3rd Monday of the month

**TIME:** 10:00am-1:00pm by appointment only,  
(310) 802-5447 for appointments

**WHERE:** JCC

**COST:** Free

## BUS EXCURSIONS

There are many interesting trips planned. Enjoy Bus Excursions and mini-bus trips, exploring out of area and local points of interest. We may be gone 4 hours or 12 hours.

Learn about the trips and more by getting on the Older Adult Program Mailing List.

Call: (310) 802-5447 to add your name.

## BUS EXCURSIONS RULES AND REGULATIONS

### RULES AND REGULATIONS

Excursions are in comfortable motor coaches with restroom facilities, accompanied by parks and recreation tour escorts. There are no assigned seats; there are two pick up locations of your choice, beginning at the Joslyn Center, then Manhattan Heights. If you want to sit with someone, please board the bus together. Smoking is not permitted on board.

### Types of Excursions:

Adult: Adults 18 years and up. (unless specified)

General Trip: For all ages with Parent/Guardian.

Older Adult: ages 55 +.

### Refund Policy:

All refunds are subject to a \$25 administration fee. Refunds after the trip deadline will be made only when your reservation can be filled from the waiting list or a person designated by you. Replacement's name and waiver form must be in our office 24 hours prior to tour departure or, in case of a Sunday/Monday departure, no later than noon on Wednesday. Due to insurance reasons, there can be no passenger substitutions the day of the tour.

### Departure/Return Locations:

Bus Excursions have two pick up/drop off locations:

Joslyn Center, 1601 Valley Drive and  
Manhattan Heights Community Center,  
1600 Manhattan Beach Blvd.

If you cannot make it on the day of the trip, please call (310) 877-0517.

All participants must bring photo identification on all bus excursions. Please notify us if you require special accommodations.

# BUS EXCURSIONS



## PETERSEN AUTOMOTIVE MUSEUM & FARMER'S MARKET

Res: \$30 Nonres: \$33

55 and up

Discover the 25 new exhibitions in over 100,000 sq. feet featuring three themed floors; History, Industry and Artistry. A self-guided tour allows you to explore exhibits and 300 vehicles at your pace. After the time at the Museum there will be free time for shopping and lunch on your own at Farmer's Market. Pick up and drop off will be at both JCC and MHP.

26631                      9am to 5pm                      9/14                      W

## JET PROPULSION LABORATORY TOUR

Res: \$40 Nonres: \$44

55 and up

Trailblazing has been the business of the Jet Propulsion Laboratory since it opened. America's first satellite was created here as well as the first robotic craft to the moon. The 2 1/2 hour tour includes an overview of the Von Karman Visitor Center, the Space Flight Operations Facility and the Spacecraft Assembly Facility. Lunch will be at the Buca Di Beppo and served family style. For entry, it is required that all U.S. Citizens present an official government issued photo identification and all non-U.S. Citizens must present a passport or resident visa. Pick up will be at both JCC and MHP.

26565                      9:30am to 5:30pm                      10/27                      Th

## MISSION INN HOLIDAY LIGHT FESTIVAL

Res: \$59 Nonres: \$65

55 and up

Over three million lights and more than 350 animated figures adorn the exterior of this National Heritage Landmark. A guided tour of the decorated Mission Inn might also include carolers dressed in Victorian costumes. Dinner will be at the festive Old Spaghetti Factory and include a choice of entrée, salad and dessert. Pick up will be at both JCC and MHP.

26566                      12:15pm to 9:15pm                      12/19                      M

## ROSE PARADE 2017

Res: \$113 Nonres: \$124

5 and up

Each New Year's Day the world focuses its attention on the City of Pasadena, home of the Tournament of Roses Parade and Rose Bowl game. It's a celebration more than a century old, a festival of flowers, music and sports unequalled anywhere. We will have grandstand seats on Colorado Boulevard for up-close viewing. And, we should be back in time to see the Rose Bowl game on television. Pickup will be at both JCC and MHP.

26567                      5:30am to 12:30pm                      1/2                      M

# BUS EXCURSIONS



## Bus Excursion Registration Form

**Bus Excursions** involve physical activities including: walking, running, sitting, and eating. Other injuries to legs, joints, and back, as well as sprained muscles, bruises and more serious injury are possible. In applying to participate, I assume the risk of this activity including any and all injuries which may ensue. In consideration of acceptance of my entry to **Bus Excursions**, I waive any and all claims for myself and my heirs against officials or sponsors of **Bus Excursions**, the City of Manhattan Beach, its officers, agents and employees for any claims, demands, injuries, illness, damages, or actions to my person or property arising out of or in connection with or which may directly or indirectly result from my participation. I further state that we are in proper physical condition to participate in this event. I hereby hold the City of Manhattan Beach, its employees and agents and the sponsors and operators of **Bus Excursions** harmless from all claims which may be brought against them by myself, on my behalf, or by any third party for any such injuries or claims aforesaid.

Participant Name		Signature	
Bus Excursion Name or Activity Number			
1.			
2.			
3.			
4.			
5.			
Payment Information			
<input type="checkbox"/> Cash	<input type="checkbox"/> Check (Ck#	)	<input type="checkbox"/> Credit Card
Credit Card number:			
_____ - _____ - _____			
Exp Date:    /20		Security Code:	
Amount: \$			
Signature:			



## AGILITY, BALANCE AND COORDINATION

Have you ever felt slightly off balance with occasionally shaky ankles, or occasional unsure steps? If you've wondered if there was a way to improve your balance this class may be just for you. Agility is the ability to change the direction of the body in an efficient and effective manner, requiring a combination of balance and coordination. This class will be using common dumbbell weights, balance balls, ladders and cones to perform fun coordination exercises that combine eyehand cooperation working towards greater stationary and moving body balance.

**WHEN:** Mondays 8:30 AM - 9:30 AM &  
Wednesdays 9:00 AM - 10:00 AM &  
3:00 PM - 4:00 PM.

**WHERE:** Surf Dance Studio in JCC

**COST:** Free, registration required. Register at the Older Adult Program Office in JCC or call the OAP office for registration information (310) 802-5447.

**WHO:** 55+

## LUNCH BUNCH



**WHEN:** Tuesday & Thursday at 11:30 AM

**WHERE:** Ocean Banquet Hall in JCC

**COST:** \$3.00 Residents  
\$5.00 Nonresidents

**WHO:** 55+

**RSVP:** For lunch reservations, please call (310) 802-5430 at least 24 hours in advance.

## SONG JAM & SING-A-LONG!



Like to sing? Enjoy all types of music? Join Janet Cornwell, a longtime folk singer to sing all your favorites.

**WHEN:** First Sunday of each month

**TIME:** 12:30 PM - 3:30 PM

**WHERE:** OASIS in JCC

**COST:** Free

**WHO:** 55+



## ARTHRITIS FOUNDATION exercise program

**\$40 | 55 and up** The Arthritis Foundation Exercise Program was designed to help people with arthritis maintain joint flexibility, muscle strength and to help reduce pain and stiffness. People with less pain may be able to reduce their reliance on pain medication. Class is taught by an Arthritis Foundation certified instructor who has received detailed training specifically to work with people with arthritis and receives ongoing training to remain current on the latest recommended exercises and arthritis information. The Res discount does not apply to this class. Instructor: Victoria Johnson

<b>26113</b>	<b>9am to 10am</b>	<b>9/13-11/17</b>	<b>Tu Th</b>
<b>26114</b>	<b>9am to 10am</b>	<b>11/22-1/26</b>	<b>Tu Th</b>

## TAI CHI



CHI Tai Chi is a type of martial art known for its defense techniques and health benefits.

**WHEN:** Every Friday  
**TIME:** 9:00 AM - 10:00 AM  
**WHERE:** Ocean Banquet Hall in JCC  
**COST:** Free  
(Supported by the Beach Cities Health District)  
**WHO:** 55+

## COLOR YOUR WORLD



Coloring has therapeutic potential to reduce anxiety, create focus, and bring about more mindfulness.

**WHEN:** Every Tuesday  
**TIME:** 9:00 AM - 10:00 AM  
**WHERE:** Ocean Banquet Hall in JCC  
**WHO:** 55+

# OLDER ADULT

	WEEK 1	WEEK 2
MON	8:00am: Pickleball at MHP 8:30am: Walking Group at MV-T 9:30am-11:00am: Club Business Meeting & White Elephant Sale at JCC 9:30am-12:00pm: Discussion Group-JCC-O (every Monday) 10:00am-1:00pm: Assistance with Medicare 10:00am: Ping Pong at LOP-SH 10:30am-12:30pm: Bingo	8:00am: Pickleball at MHP 8:30am: Walking Group at MV-T 9:30am-12:00pm: Discussion Group-JCC-O 10:00am: Ping Pong at Scout House 11:30am-2:00pm: Heights Senior Club Meeting & Potluck at MHP-CC 1:30pm: "Acting out Again" at JCC 2:00pm-4:00pm: Cards & Games at MHP-CC
TUE	8:00am: Pickleball at MHP 9:00am-10:30am: Color Your World at JCC 10:00am: Horseshoes at JCC 10:00am: Ping Pong at SH 11:30am-1pm: Lunch Bunch at JCC 1:30pm-3:30pm: Play Reading at JCC	8:00am: Pickleball at MHP 9:00am-10:30am: Color Your World at JCC 10:00am: Horseshoes at JCC 10:00am: Ping Pong at SH 11:30am-1:00pm: Lunch Bunch at JCC 1:00pm-2:30pm: Senior Advisory Committee 1:00pm-3:00pm: Poetry Reading Circle at JCC
WED	8:30am: Walking Group at MV-T 10:00am: Chess at JCC 10:00am: Ping Pong at SH 10:15am-11:45am: Let's Talk Woman to Woman Discussion at JCC 12pm-2:00pm: Craft Club at JCC 1:00pm: Mah Jong at JCC 1:30pm: Shuffleboard at JCC 4:00pm: Night on the Town through Dial-a-Ride	8:30am: Walking Group at MV-T 10:00am: Chess at JCC 10:00am: Ping Pong at Scout House 10:15am-11:45am: Let's Talk Woman to Woman Discussion Group at JCC 12:00pm-2:00pm: Craft Club at JCC 1:00pm: Mah Jong at JCC 1:30pm: Shuffleboard at JCC 2:00pm-3:30pm: Stamp Group at JCC 4:00pm: Night on the Town through Dial-a-Ride
THU	8:00am: Pickleball at MHP 8:30am-10:30am: Walking Group at MV-T 10:30am-11:30am: Mindfulness at JCC 11:30am-1:00pm: Lunch Bunch 2.0 at JCC 1:00pm-2:00pm: By Heart-Singing at JCC 1:00pm-3:00pm: Petanque 1:30pm-4:00pm: Scrabble at JCC-O 3:00pm-4:30pm: Line Dancing at JCC	8:00am: Pickleball at MHP 8:30am-10:30am: Walking Group at MV-T 10:30am-11:30am: Mindfulness at JCC 11:30am-1:00pm: Lunch Bunch 2.0 at JCC 1:00pm-2:00pm: By Heart-Singing at JCC 1:00pm-3:00pm: Petanque at LOF 1:30pm-4:00pm: Scrabble at JCC-O 3:00pm-4:30pm: Line Dancing at JCC Dial-A-Ride open until 9pm
FRI	9:00am-10:00am: Tai Chi 10:00am-11:30am: Senior Resources Committee (SRC) Monthly Meeting-MHP-CC 10:00am: Ping Pong at SH 10:00am-3pm: Bridge at JCC 11:30am-2:00pm: Bingo at MHP-CC 1:30pm-3:30pm: The OASIS Movie Club at JCC 2:00pm-4:00pm: Card Games at MHP-CC 5:00-5:45pm: Tea and Tai Chi at JCC	9:00am-10:00am: Tai Chi 10:00am: Ping Pong at SH 10:00am-3:00pm: Bridge at JCC 11:30am-2:00pm: Bingo at MHP-CC 1:30pm-3:30pm: The OASIS Movie Club at JCC 2:00pm-4:00pm: Card Games at MHP-CC 5:00-5:45pm: Tea and Tai Chi at JCC 8:00pm-11:00pm: Swing 'n Sway Dance at JCC

All events are subject to change. Joslyn (JCC), OASIS and Manhattan Heights (MHCC) Locations may be subject to change.

# OLDER ADULT

WEEK 3		WEEK 4	
8:00am: Pickleball at MHP 8:30am: Walking Group at MV-T 9:30am-12:00pm: Discussion Group JCC-O 10:00am-1:00pm: Assistance with Medicare 10:00am: Ping Pong at LOP-SH 10:30am-12:30pm: Fun Bingo at JCC	8:00am-Pickleball at MHP 8:30am Walking Group at MV-T 9:30am-12:00pm Discussion Group JCC 10:00am Ping Pong at LOP-SH 1:30pm-3:30pm Acting Out Again at JCC	8:00am: Pickleball at MHP 9:00am-10:30am: Color Your World at JCC 10:00am: Horseshoes at JCC 10:00am: Ping Pong at SH 11:30am-1:00pm: Lunch Bunch at JCC 12:30pm-2pm: Tell Your Story at JCC	8:00am: Pickleball at MHP 9:00am-10:30am: Color Your World at JCC 10:00am: Horseshoes at JCC 10:00am: Ping Pong at SH 11:30am-1:00pm: Lunch Bunch at JCC 1:00pm-3:00pm: Poetry Reading Circle at JCC
8:30am: Walking Group at MV-T 10:00am: Chess at JCC 10:00am: Ping Pong at LOP-SH 10:15am-11:45am: Let's Talk Woman to Woman Discussion Group at JCC 12:00pm-2:00pm: Craft Club at JCC 1:30pm-3:30pm: Movie to Enlighten at JCC 1:00pm: Mah Jong at JCC 1:30pm: Shuffleboard at JCC 4:00pm: Night on the Town through Dial-a-Ride	8:30am: Walking Group at MV-T 10:00am: Chess at JCC 10:00am: Ping Pong at SH 10:15am-11:45am: Let's Talk Woman to Woman Discussion Group at JCC 12:00pm-2:00pm: Craft Club at JCC 1:30pm: Mah Jong at JCC 1:30pm: Shuffleboard at JCC 4:00pm: Night on the Town through Dial-a-Ride	8:00am: Pickleball at MHP 8:30am-10:30am: Walking Group at MV-T 10:30am-11:30am: Mindfulness at JCC 11:30am-1:00pm: Lunch Bunch 2.0 at JCC 1:00pm-2:00pm: By Heart-Singing at JCC 1:00pm-3:00pm: Petanque at LOF 1:30pm-4pm: Scrabble at JCC-O 3:00pm-4:30pm: Line Dancing at JCC	8:00am: Pickleball at MHP 8:30am-10:30am: Walking Group at MV-T 10:30am-11:30am: Mindfulness at JCC 11:30am-1:00pm: Lunch Bunch 2.0 at JCC 1:00pm-2:00pm: By Heart-Singing at JCC 1:00pm-3:00pm: Petanque at LOF 1:30pm-4:00pm: Scrabble at JCC-O 3:00pm-4:30pm: Line Dancing at JCC 5:30pm-7:30pm: Your Book Club at JCC Dial-A-Ride open until 9:00pm
9:00am-10:00am: Tai Chi 10:00am: Ping Pong at SH 10:00am-3:00pm: Bridge at JCC 11:30am-2:00pm: Bingo at MHP-CC 1:30pm-3:30pm: The OASIS Movie Club at JCC 2:00pm-4:00pm: Card Games at MHP-CC 5:00-5:45pm: Tea and Tai Chi at JCC	9:00am-10:00am: Tai Chi 10:00am: Ping Pong at SH 10:00am-3:00pm: Bridge at JCC 11:30am-2:00pm: Bingo at MHP-CC 1:30pm-3:30pm: The OASIS Movie Club at JCC 2:00pm-4:00pm: Card Games at MHP-CC 5:00-5:45pm: Tea and Tai Chi at JCC		

For weekend activities or more information please call the Older Adults Program (310) 802-5447.

# FREE FLU SHOT CLINIC



FREE Flu Shot Clinic provided by the Los Angeles County Department of Health and the Older Adults Program! Ages 3 and up are welcome to stop by the Joslyn Community Center located in the Ocean Banquet Hall. No appointment necessary.

**WHEN:** November 9

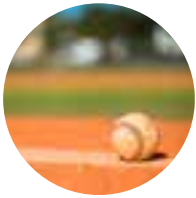
**TIME:** 10:00 AM to 12:00 PM

**WHERE:** Joslyn Community Center  
1601 N. Valley Drive  
Manhattan Beach, CA 90266

For more information, contact the Older Adults Program at (310) 802-5430.

.....

# SLOW PITCH LEAGUE



**MEN'S SENIOR (60+)**

**On-going sign ups:**

Dorsey Field | March- November

Pick up games played Tuesdays  
9:00 AM to 12:00 PM. Skill drills conducted  
Mondays and Fridays 9:00 AM to 12:00 PM. League  
games played Thursdays 9:00 AM to 1:00 PM.

**For more information go to the Manhattan Beach Senior Softball Association website [mbssa.webs.com](http://mbssa.webs.com) or call Steven Nicholson (Commissioner) at (310) 529-1248.**

# SCHEDULE YOUR RIDE TODAY!

**(310) 545-3500**

**DIAL-A-RIDE** is a shared ride, curb to curb bus service offered by the City of Manhattan Beach for its senior and disabled citizens. All buses are specially equipped for the elderly and are wheelchair accessible. In addition, drivers provide boarding and disembarking assistance at the vehicle as needed. Fares within city limits are 25 cents one way. Fares outside of city limits (for medical appointments or special destinations) are 50 cents.

Dial-A-Ride may be used for any activity within the City of Manhattan Beach, and is provided on a first come, first serve basis. Services are available to most area medical facilities. Hours of service are M-F from 7:30 AM to 5:00 PM, 2nd and 4th Thursdays until 9 PM. On Wednesday evenings, you may take Dial-A-Ride out to dinner with our Older Adults Night on the Town program.



## **WHO QUALIFIES FOR A RIDE:**

All Manhattan Beach residents ages 55 and over and residents of any age who have a disability are welcome to use Dial-A-Ride.

## **HOW TO GET A RIDE:**

Dial **(310) 545-3500**; Monday through Friday from 6:30 AM to 5:30 PM and weekends from 8 AM to 5 PM for a reservation. Our office is closed for lunch from 12:00 to 1:00 PM. The Dial-A-Ride dispatcher will assist you in scheduling your ride.



# DIRECTORY

## BUILDING, PLANNING AND COMMUNITY DEVELOPMENT

### Planning Commission

Meets the 2nd & 4th Wednesday, City Hall at 6:30 p.m. Parking & Public Improvements Commission Meets the 4th Thursday at City Hall at 6:30 p.m.

### BOARD OF BUILDING APPEALS:

Code Enforcement Info. ....	310.802.5538
Director. ....	310.802.5503
Fax. ....	310.802.5001
Inspection Requests. ....	310.802.5542
Inspection cancellations before 8:30 a.m. on day of scheduled inspection. ....	310.802.5503 310.802.5505
Meeting Information. ....	310.802.5505
Misc. Building Assistance. ....	310.802.5531 310.802.5503
Misc. Planning Assistance. ....	310.802.5504
Permit Processing Info. ....	310.802.5535 310.802.5536
Planning & Zoning. ....	310.802.5504
Technical Plan Check Info. ....	310.802.5526 310.802.5527
Traffic. ....	310.802.5522

## CITY OFFICIALS AND ADMINISTRATION

Mayor. ....	310.802.5053
City Council. ....	310.802.5053
City Manager. ....	310.802.5053
City Attorney. ....	310.802.5061
City Clerk. ....	310.802.5056
City Treasurer. ....	310.802.5553
City Cable Liaison. ....	310.802.5054
Comment/Suggestion. ....	310.802.5000 x7700

## COMMUNITY RECREATIONAL FACILITIES AND ORGANIZATIONS

AYSO Soccer (Ages 5-18). ....	310.546.4106
AYSO HOTLINE. ....	www.ayso18.org
Beach Cities Health District. ....	310.374.3426 X26
Boy Scouts-Leigh Noda. ....	310.545.2568
Chamber of Commerce. ....	310.545.5313
Department of Beaches. ....	310.305.9543
Dispute Resolution Services. ....	310.376.7007
Girl Scouts. ....	310.450.3720
Historical Society. ....	310.374.7575
Jr. Lifeguard. ....	310.939.7214
Lab/Aquarium. ....	310.379.8117
Manhattan Beach	
Botanical Garden. ....	310.379.4447
Manhattan Beach Country Club. ....	310.546.5656
Manhattan Beach Library. ....	310.545.8595
Manhattan Beach 10K Run. ....	310.374.2397

Manhattan Beach Youth Basketball (MBYB) (K-8). ....	www.mbyb.clubspaces.com
Manhattan Beach Little League. ....	310.546.1449
Marriott Municipal Golf Course. ....	310.939.1465
Mira Costa Pony League-HOTLINE. ....	310.379.3479
MTA-(Metro Bus Information). ....	1.800.266.6883
Neighborhood Watch. ....	310.802.5183
Hometown Fair. ....	310.546.5219
Roundhouse Marine Studies. ....	310.379.8117
Sister City Committee Meeting. ....	310.374.4532
South Bay Adult School. ....	310.937.3340
South Bay Soccer Club. ....	310.546.9440
Unified School District. ....	310.318.7345
VOICE. ....	310.226.2927

## POLICE

Court Liaison-Hit/Run Investigation. ....	310.802.5126
Crime Prevention. ....	310.802.5186
Detectives. ....	310.802.5120
Information. ....	310.802.5140
Fax. ....	310.802.5107
Police Records. ....	310.802.5152
Parking and Animal Control. ....	310.802.5160
Traffic Control. ....	310.802.5160
Victim's Assistance. ....	310.802.5185

## FINANCE

Accounts Payable. ....	310.802.5564
Ambulance Billing. ....	310.802.5560
Business and Animal Licensing. ....	310.802.5560
Parking Citation Information. ....	310.802.5561
Purchasing. ....	310.802.5568
Refuse Billing. ....	310.802.5559
Water Billing. ....	310.802.5559

## FIRE

Fire Marshal. ....	310.802.5203
Fire Station #1 & Fire Chief. ....	310.802.5203
Fire Station #2. ....	310.802.5220
Fax. ....	310.802.5201

## HUMAN RESOURCES

Job Listings. ....	310.802.5250
Employment Verification. ....	310.802.5256
General Personnel Information. ....	310.802.5258
Fax. ....	310.802.5251

## PUBLIC WORKS

SEWER & WATER MAIN EMERGENCIES:	
8:00 a.m.-4:30 p.m. M-F. ....	310.802.5304
4:30 p.m.-8:00 a.m & weekends. ....	310.802.5140
Street Maintenance. ....	310.802.5310
All Refuse/Recycling Collection Questions. ....	310.830.5363

Refuse Billing Problems. ....	310.802.5559
Street Use Permit Processing. ....	310.802.5535
Public Works Construction Projects. ....	310.802.5353
Engineering. ....	310.802.5353
Utility Locations. ....	310.802.5304
Sewer and Wastewater Info Water Quality/Ocean Safe Questions. ....	310.802.5320 310.802.5363
Street Sweeping. ....	310.802.5313
Fax. ....	310.802.5301
Engineering Fax. ....	310.802.5351

## PARKS AND RECREATION

### DIRECTOR:

Mark Leyman. ....	310.802.5403
-------------------	--------------

### Recreation Services Managers:

Idris J. Al-Oboudi. ....	310.802.5404
Eve Kelso. ....	310.802.5407
Martin Betz. ....	310.802.5406
Jessica Vincent. ....	310.802.5405
Cultural Arts Program. ....	310.802.5440
Park Maintenance. ....	310.802.5326
Dial-A-Ride. ....	310.545.3500
Field Conditions Hotline. ....	310.802.5454
Older Adult Programs. ....	310.802.5447
After School REC Program. ....	310.802.5419
Ceramics Program. ....	310.802.5450
Class Registration. ....	310.802.5448
Pool. ....	310.802.5428
Visual Arts Activities. ....	310.802.5444
Performing Arts Activities. ....	310.802.5417

### FACILITIES:

Manhattan Beach Arts Center. ....	310.802.5440
Facilities Reservations. ....	310.802.5410
Joslyn Community Center. ....	310.802.5420
OASIS Room. ....	310.802.5446
Manhattan Hghts Comm. Center. ....	310.802.5425
Marine Ave Park. ....	310.802.5427
Teen Center. ....	310.802.5426

### TENNIS RESERVATIONS:

Live Oak. ....	310.545.0888
Heights. ....	310.374.8315
Mira Costa. ....	310.374.8315

TDD 310.546.3501

FAX 310.802.5001

FIRE/POLICE EMERGENCY DIAL 911



# FACILITIES RESERVATION INFORMATION GUIDE

Within the City of Manhattan Beach there are a variety of public facilities available for public, private and commercial events. A fee is required to reserve City facilities. This brochure describes the types of facilities, the number of people and types of events they will accommodate, and the equipment available for use on site. The parks are open to the public from 8 a.m. to sunset, seven days a week. Special events and meeting facilities, a community pool, tennis courts, picnic areas and play fields may be reserved by private and commercial parties or groups for special fees; otherwise the parks are available on a first come, first serve basis.

## BEGG POOL

Size: 25 Yards X 6 lanes · Capacity: 150 people maximum · Length of use: Min. 1 hours; Max. 4 hours · Hours available: Varies according to season · Equipment: PA sound system for music · Appropriate for: birthday parties, social gathering, family parties

## JOSLYN COMMUNITY CENTER

### OCEAN BANQUET HALL

Size: 4,140 square feet · Capacity: Dining 170 · Length of use: Min. 2 hours · Hours available: M-F, 8AM to 10PM; Sat/Sun, 8AM to 8PM · Equipment: See rental equipment list · Appropriate for: meetings, parties, wedding receptions

### COMMERCIAL KITCHEN (BANQUET RENTAL IS REQUIRED)

Size: 312 square feet · Capacity: 10 · Length of use: Min. 2 hours · Hours available: M-F, 8AM to 10PM; Sat/Sun, 8AM to 8PM · Appropriate for: catering parties or events

### SUNRISE ROOM

Size: 648 square feet (room may be divided into two rooms) Capacity: 30 · Length of use: Min. 2 hours · Hours available: M-F, 8AM to 10PM; Sat/Sun, 8AM to 8PM · Equipment: See rental equipment list · Appropriate for: meetings, classes, small gatherings

### SUNSET ROOM

Size: 400 square feet · Capacity: 20 · Length of use: Min. 2 hours · Hours available: M-F, 8AM to 10PM; Sat/Sun, 8AM to 8PM · Equipment: See rental equipment list · Appropriate for: meetings, classes, small gatherings

### SURF DANCE STUDIO

Size: 1,140 square feet · Capacity: 30 · Length of use: Min. 2 hours · Hours available: M-F, 8AM to 10PM; Sat/Sun, 8AM to 8PM · Equipment: See rental equipment list · Appropriate for: dance and fitness classes

### EQUIPMENT RENTAL LIST

- 39 inch TV & Blu-ray or DVD
- Easels (black, wood)
- Electric hot water dispenser
- Podium
- Portable chalkboard
- Portable movie screen
- Portable P.A. system
- Wireless microphones
- Portable P.A. system
- Wireless microphones

## LIVE OAK PARK

### ACTIVITY HALL

Size: 2,112 square feet · Capacity: 50 people maximum · Length of use: Min. 2 hours · Hours available: M-F, 8AM to 10PM; Sat/Sun, 8AM to 8PM · Equipment: See rental equipment list · Appropriate for: meetings, parties, exercise and dance classes, performance rehearsals

### GAZEBO

Size: 2 tables · Capacity: 50 people maximum · Length of use: Min. 2 hours; Max. 3 hours · Hours available: 8AM to dusk daily · Appropriate for: small children's events such as birthday parties, playgroups and other outings

### NORTH END

Size: 4 tables; up to 2 may be reserved · Capacity: 50 people maximum · Length of use: Min. 2 hours; Max. 6 hours · Hours available: 8AM to dusk daily · Appropriate for: parties, small gatherings

- Portable P.A. system
- Portable stereos
- Wireless microphones

## MANHATTAN HEIGHTS PARK & COMMUNITY CENTER

### MT. WHITNEY BANQUET HALL

Size: 2,946 square feet · Capacity: 150 people maximum · Length of use: Min. 2 hours · Hours available: 8AM to 10PM daily · Equipment: See rental equipment list · Appropriate for: meetings, lectures, exercise classes, wedding receptions, parties, retirements and other large gatherings

### MT. BALDY ROOM

Size: 580 square feet · Capacity: 20 people maximum · Length of use: Min. 2 hours · Hours available: 8AM to 10PM · Equipment: See rental equipment list · Appropriate for: meetings, classes, small gatherings

### COMMERCIAL KITCHEN

#### (BANQUET RENTAL IS REQUIRED)

Size: 196 square feet · Capacity: 10 people maximum · Length of use: Min. 2 hours; Max. 6 hours · Hours available: 8AM to 10PM daily · Equipment: coffee machine with 2 pot warmers, refrigerator/freezer, microwave, oven / stove (2), stainless steel carts (2) · Appropriate for: catering

### PICNIC AREA

Size: 2 tables · Capacity: 50 people maximum · Length of use: Min. 2 hours · Hours available: 8AM to dusk daily · Equipment: Permanent play equipment includes: swing, slide and climbing wall · Appropriate for: small children's activities such as birthday parties, playgroups and other outings

### EQUIPMENT RENTAL LIST

- 39 inch TV & DVD
- Gymnastic mats (4'x8')
- Electric hot water dispenser
- Movie Screen (retractable from ceiling)
- Wireless Microphones
- Built-In P.A. system
- Podium
- Portable dry erase white board

## MARINE AVENUE PARK

### PICNIC AREA

Size: 8 tables; up to 4 may be reserved · Capacity: 25 per table · Length of use: Min. 2 hours; Max. 6 hours · Hours available: 8AM to dusk daily · Equipment: climbing wall · Appropriate for: birthday parties and other children's outings

### ACTIVITY HALL

Size: 925 square feet · Capacity: 50 people maximum · Length of use: Min. 2 hours · Hours available: 8AM to 10PM daily · Equipment: See rental equipment list · Appropriate for: meetings, classes, small gatherings

- Electric hot water dispenser
- Flat screen TV
- Refrigerator
- Microwave
- Electric hot water dispenser
- Mats (5)

## POLLIWOG PARK

### AMPHITHEATER

Capacity: 1,000 maximum · Length of use: Min. 2 hours; Max. 6 hours · Hours available: 8AM to dusk daily · Appropriate for: performances, weddings, meetings and other large group gatherings · No amplified sound permitted MC (12.48.050)

### GAZEBO

There are three gazebo locations: Central Gazebo, Rose Gazebo and Pond Gazebo. Each may be rented separately. Size: 2 tables. Capacity: 50 people maximum. Length of use: 2 Minimum and Maximum of 3 hours. Hours available: 8AM to dusk daily. Appropriate for: gatherings and social events.

### PICNIC AREA

There are ten picnic areas. Five of those areas have 1 table, two of those areas have two tables, and three of those areas have three tables. A maximum of 8 tables maybe reserved each day. Capacity: 25 people per table. Length of use: Min. 2 hours; Max. 6 hours. Hours available: 8AM to dusk daily. Appropriate for: parties, outdoor meetings and classes.

### PAVILION

Size: 6 tables · Capacity: 75 people maximum · Length of use: Min. 2 hours; Max. 6 hours · Hours available: 8AM to dusk daily · Appropriate for: parties, family reunions, gatherings and social events

## SAND DUNE PARK

### PICNIC SHELTER

Size: 2 tables under shelter · Capacity: 50 people maximum · Length of use: Min. 2 hours; Max. 4 hours · Hours available: 8AM to dusk daily · Appropriate for: parties, picnics and outdoor gatherings

## RESERVATION

### TO MAKE A RESERVATION

- Stop by in person Monday through Friday, 8AM to 5PM
- Fax reservation form (310) 802-5401
- Mail reservation form: Parks and Recreation Department ATTN: Facility Reservations 1400 Highland Avenue Manhattan Beach, CA 90266
- Bring your reservation permit with you to your event.

· In case of an emergency, please contact:  
**Joslyn Center & Live Oak Attendant**

(310) 877-0504

**Live Oak Tennis Monitor**  
(310) 877-0507

**Manhattan Heights Park Attendant**  
(310) 877-0512

**Polliwog Park Patrol**  
(310) 877-0513

**Marine Avenue Park & Village Field Attendant**  
(310) 877-0515

**Police Department**  
(310) 545-4566

**Facility Reservations**  
(M-F, 8AM-5PM)  
(310) 802-5410

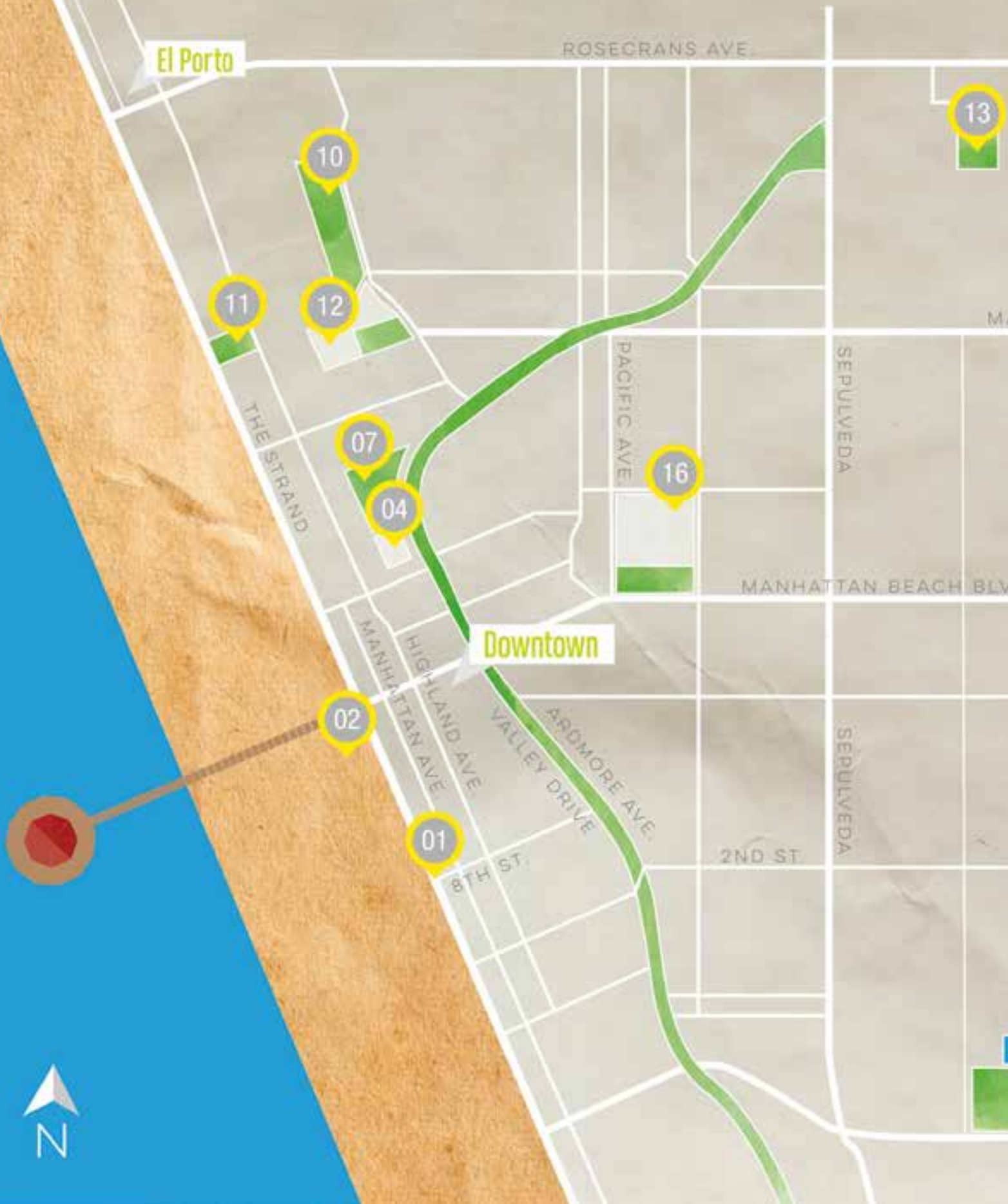
- All reservations must be made at least ten working days prior to the event date.

- Cancellations must be made five business days prior to reservation date in person or via email. Not all fees will be returned.

- All parties are expected to follow reservation rules and regulations. If rules and regulations are not followed, deposit will not be returned.



# CITY OF MANHATTAN B



# BEACH



**01 8th Street**  
8th street / The Strand

**02 Manhattan Beach Pier: South Side**

## COMMUNITY CENTERS

**03 Begg Pool**  
1402 Manhattan Beach Blvd.

**04 Joselyn Community Center**  
1601 Valley Dr.

**05 Manhattan Beach Art Center**  
1560 Manhattan Beach Blvd.

**06 Manhattan Heights Park & Community Center**  
1600 Manhattan Beach Blvd.

## PARKS

**07 Live Oak Park**  
1901 Valley Dr.

**08 Marine Avenue Park**  
1625 Marine Ave.

**09 Polliwog Park**  
1601 Manhattan Beach Blvd.

**10 Sand Dune Park**  
33rd St. & Bell Ave.

**11 Bruce's Beach**  
26th / 27th at Highland Ave.

## FIELDS

**12 Grand View Elementary School**  
455 24th St.

**13 Manhattan Village**  
1300 Park View Ave.

**14 Marine Sports Complex**  
1801 Marine Ave.

**15 Mira Costa High School**  
1401 Artesia Blvd.

**16 Pacific Elementary School**  
1200 Pacific Ave.

# REGISTRATION FORM

**PLEASE PRINT ALL INFORMATION**

**MAIN CONTACT FULL NAME:**

First Name

Last

**RESIDENTIAL ADDRESS:**

Street

City

Zip

E-mail Address

Phone-Primary (      )

Cell

Other

Phone-Secondary (      )

Cell

Other

Yes, I agree to receive text messages. Cell service provider is:

Check here if this is a new address / phone number

Participant Name	DOB	Sex M/F	Activity Number	Activity Title	Activity Fee

Please identify any special accommodations that are needed to improve the student's experience here:

**GRAND  
TOTAL =**

**OFFICE USE ONLY:**

Cash  Check-Print Check Number:

Credit Card Number:

Expiration Date: Month/Year:

Security Code

Cardholder's Signature:

RELEASE OF LIABILITY I hereby certify that I am a participant in the above listed course conducted by the City of Manhattan Beach Parks & Recreation Department. I further certify that I am of good health, and have no physical or other impairment which would endanger me when participating in such a program. I absolve and hold harmless the City of Manhattan Beach, its employees, officers or agents from any liability which may result from my participation or that of any minor in my legal custody, in the above activity. If the participant is a minor, I also give my permission for his/her participation in the above activity, and for any necessary medical treatment. I understand the City has no obligation to supervise my children at the close of the above activity, and I release the City, its officers, employees and agents from any liability resulting from any lack of supervision of my children at the close of the above activity. I understand that the City has adopted a Civility Policy, which among other things requires that all interactions with other participants, instructors and staff be conducted in a respectful manner, and provides that threats of violence and loud, insulting, demeaning or offensive communication will not be tolerated. A copy of the Civility Policy is available upon request. Participants involved in Parks & Recreation programs/activities may be photographed and such photography may be used to publicize City programs/activities. City staff is not responsible for storing and or providing medications of any kind for participants in Parks and Recreation classes and activities.

Participant, Parent or Guardian Signature:

Date:

# 4 EASY WAYS TO REGISTER

## ONLINE

Visit [www.citymb.info](http://www.citymb.info)  
Pay by credit card.  
All online transactions incur  
a convenience fee.

## FAX-IN

Pay by credit card.  
Fax completed form to  
(310) 802-5401

## MAIL-IN

Pay by credit card or check.  
Make checks payable to  
"City of Manhattan Beach"

**Mail to:**  
City of Manhattan Beach  
Parks & Recreation Department  
ATTN: Class Registration  
1400 Highland Avenue  
Manhattan Beach, CA 90266

## WALK-IN

City Hall  
Parks & Recreation Department  
1400 Highland Avenue  
Manhattan Beach, CA

**Monday - Thursday 7:30 AM - 5:30 PM**  
**Alternate Open Fridays 8:00 AM - 5:00 PM**  
**\*Closed every other Friday**  
Pay by credit card, check or cash.

## REFUND POLICY

A FULL REFUND (INCLUDING CONVENIENCE FEE) WILL BE ISSUED FOR ANY PROGRAM, ACTIVITY, OR EVENT THAT IS CANCELED FOR ANY REASON BY THE DEPARTMENT.

ANY PERSON REQUESTING A REFUND BEFORE THE SECOND CLASS MAY RECEIVE A REFUND MINUS THE CONVENIENCE FEE. A REFUND REQUEST FORM MUST BE SUBMITTED FOR ALL REFUND REQUESTS. CAMPS AND BUS EXCURSIONS ARE NOT INCLUDED. CONTACT (310) 802-5448 FOR REFUND DETAILS.

A "REFUND REQUEST FORM" MAY BE PICKED UP AT CITY HALL, PARKS & REC DEPARTMENT DURING BUSINESS HOURS, BY MAIL OR EMAILED BY CALLING (310) 802-5448.

## POLICIES

NONRESIDENT REGISTRATION FEES MAY INCLUDE UP TO A 10% ADDITIONAL FEE. ADVANCED REGISTRATION IS REQUIRED FOR ALL CLASSES. FEES WILL NOT BE PRORATED FOR LATE REGISTRATIONS. GYMNASTICS CLASSES WILL NOT ACCEPT REGISTRATIONS AFTER TWO WEEKS FROM START DATE. ALL ACTIVITIES, DATES AND FEES ARE SUBJECT TO CHANGE. CLASSES NOT REACHING REQUIRED ENROLLMENT MAY BE CANCELED BY THE DEPARTMENT. A RESIDENT IS DEFINED AS AN INDIVIDUAL RESIDING IN MANHATTAN BEACH. ACCEPTABLE PROOF OF RESIDENCY INCLUDES: GOVERNMENT ISSUED ID OR UTILITY BILL SHOWING CURRENT MANHATTAN BEACH ADDRESS. MUST BE THE AGE SPECIFIED FOR THE ACTIVITY. PROOF OF AGE MAY BE REQUIRED FOR ALL CLASSES WITH AN AGE REQUIREMENT. FALSE INFORMATION REGARDING NAME, AGE, OR ADDRESS WILL RESULT IN BEING DROPPED FROM THE CLASS WITHOUT REFUND. YOU MAY BE ASKED FOR ID AT THE FIRST CLASS. NO REGISTRATION WILL BE TAKEN OVER THE PHONE. WHEN REGISTERING BY MAIL, YOUR NAME WILL BE PLACED ON A WAITING LIST IF THE REQUESTED CLASS IS FULL. YOU WILL BE NOTIFIED BY THE PARKS AND REC DEPARTMENT IF THERE IS AN OPENING. IF ON A WAITING LIST, DO NOT ATTEND THE FIRST CLASS IF YOU HAVE NOT BEEN NOTIFIED TO DO SO. ACTIVENET REQUIRES THAT ALL ACTIVITY REGISTRATIONS INCUR A CONVENIENCE FEE OF 5.35% OF THE TOTAL CHARGE.

If Undeliverable,  
Do Not Return

PRSRT STD  
US POSTAGE  
PAID  
PERMIT NO. 15  
MANHATTAN BEACH  
CALIFORNIA

Residential Customer  
Manhattan Beach  
CA 90266

\*\*\*ECRWSSSEDDM\*\*\*  
Postal Customer

The City of Manhattan Beach Parks & Recreation Department presents the 26<sup>th</sup> annual

Sunday  
**OCTOBER 23rd**  
12 PM - 6 PM · MANHATTAN BEACH PIER



**SCHEDULE**

8 AM - 12 PM SKECHERS Friendship Walk  
12 PM - 6 PM Pumpkin Race  
*Enjoy Pumpkinrace Land  
See Goody the Pumpkin Racer  
Activities, food, & fun for the  
whole family!*

**PUMPKIN RACE KITS NOW AVAILABLE**

Cost \$25  
City Hall M - Th 7:30 AM - 5:30 PM  
Alt. F 8 AM - 5 PM  
LOP Tennis Office\* M - F 5 PM - 9 PM  
Sa-Su 9 AM - 7 PM

\*Live Oak Park (LOP) Staff available from the quarter till until the quarter after the hour (i.e. 7:45 AM - 8:15 AM, 8:45 AM - 9:15 AM). Visit our website for official rules and ideas.

For more information visit [www.citymb.info/pumpkinrace](http://www.citymb.info/pumpkinrace) or call (310) 802-5448.



**SUNDAY, OCTOBER 23, 2016**



**SKECHERS PIER TO PIER  
FRIENDSHIP WALK**

Manhattan Beach Pier  
8am Check-in, 9am Walk



LET'S WALK  
for Friendship

LET'S WALK  
for Education

LET'S WALK  
to Make a Difference

REGISTER OR DONATE AT [SKECHERSFRIENDSHIPWALK.COM](http://SKECHERSFRIENDSHIPWALK.COM)