

# MANHAPPENINGS

Play • Nature • Exercise • Positive Space • Gathering Place



## MB NEWS



**Parks  
Make  
Life  
Better!**<sup>SM</sup>

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Fall 2013



# MANHATTAN BEACH

## Parks & Recreation



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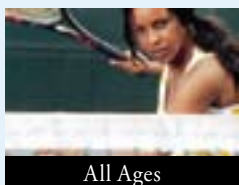
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## CITY STREET SWEEPING FEE DISCONTINUED

**(Eligible customers may receive reimbursement for past payments)**

The City of Manhattan Beach has discontinued the street sweeping fee that appeared on City utility bills. Street sweeping charges were previously based on a percentage of a customer's refuse bill. Based on changes in state law, the City has discontinued the fee for customers. City street sweeping services will continue uninterrupted; the street sweeping fee will no longer appear on your bi-monthly utility bill. You may be eligible for a refund. The City will consider requests for a refund of past payments made by customers within 4 years of the date a claim is submitted in accordance with the following procedure.

### **HOW TO REQUEST A REFUND:**

1. Complete a City Street Sweeping Reimbursement Claim Form available at the City Hall, at the Police and Fire Department Lobby and online: <http://www.citymb.info/Index.aspx?page=1091>
2. File your completed Street Sweeping Reimbursement Claim Form with the City Risk Management Division.
3. Allow up to six weeks for claim to be reviewed, verified and processed.
4. Upon approval, a refund check will be issued from the Finance Department. Alternatively, current customers may elect to receive a credit on their City utility account.
5. The check or account credit will be exchanged for a release signed by the customer. The customer must sign a release in order to obtain the reimbursement.

For further information and frequently asked questions please visit the City's website [www.citymb.info](http://www.citymb.info) or contact the City of Manhattan Beach Revenue Services Division at (310) 802-5000 extension 5570.

### ***The City of Manhattan Beach Presents the Second Reflect on the Past, Give Meaning to the Future: A Community Discussion about Manhattan Beach***



**Saturday, December 7, 2013 • 9:00 AM to 3:45 PM • Free Admission**  
**Joslyn Community Center, 1601 Valley Drive, Manhattan Beach**

Please join us! The event responds to resident requests to build upon the well-received discussion last year. Morning sessions will explore the City's past while afternoon sessions will allow residents to envision the future with Mayor's Youth Council high school students. During the lunch break, residents will have an opportunity to learn about our local community organizations through a "Community Information Exchange."

Residents of all ages are invited to attend and may come and go throughout the day as their schedules permit. No advance reservations or tickets are necessary. Lunch will be provided.

For more information, including a schedule of events and list of speakers, please visit the City's website at [www.citymb.info](http://www.citymb.info) or contact the Manhattan Beach Parks and Recreation Department at (310) 802-5448.





## Manhattan Beach is Going Blue!



Manhattan Beach residents and employers are out to prove that the Beach Cities are an ideal place to live, work and play. When Mayor Powell won the Blue Zones Project™ Mayors' Challenge Cook-Off in January at Abigaile Restaurant, it set the tone for a year focused on well-being improvements. More recently, employees from the City of Manhattan Beach banded together to compete for (and win!) Most Active Organization during April's Walk Together Week. Already a designated Blue Zones Worksite™, they pulled ahead of both Hermosa Beach and Redondo Beach

employees by incorporating healthy activities into their daily routine such as walking meetings, stretch breaks and increasing their activity during lunch with badminton breaks and walks to the local farmers market. It's not only City employees who are dedicated to creating a healthy work environment. Most recently, Skechers® achieved designation as a Blue Zones Worksite. By making simple but powerful changes to their businesses, employees at both the City of Manhattan Beach and Skechers® are becoming healthier, happier and more productive.

### 3 Easy Changes to Improve your Workplace!

- 1. Take a Stand** – **Sitting for too long can wreak havoc on your physical and mental well-being.** Schedule a quick stretch break in your calendar every 60-90 minutes. Get up and stretch or take a quick stroll around the office. Another great option is a workstation that provides you the flexibility to sit or stand while working.
- 2. Walk and Talk** – **When meeting with a colleague or small group try a walking meeting.** You can bring a small pad of paper or use your smart phone to capture ideas if necessary. Walking meetings help you think creatively and provide you a great way to incorporate some activity in to your day.
- 3. Plant Slant** – **Encourage your colleagues to bring in fresh fruits and vegetables.** Place them in an attractive bowl where they are easily accessible. If you have a candy jar and aren't quite ready to get rid of it, move it at least six feet away from where people spend the most time. This simple action can decrease candy consumption by 50%!

1107 Vincent Street Redondo Beach CA 90277 310.683.6801  
Email: bzpbeachcities@healthways.com

Support your community. Take the pledge at  
**bluezonesproject.com**

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Many fine eateries in Manhattan Beach have also gone blue! Designated Blue Zones Restaurants™ make healthy choices easier by improving their dining environment and adding more healthy food options. The next time you head out for a bite to eat, be sure to consider one of the restaurants below and support a healthier community! For more information, visit [bluezonesproject.com](http://bluezonesproject.com).

#### Manhattan Beach

AdventurePlex Courtside Café  
China Grill  
Four Daughters Kitchen  
Lido di Manhattan  
Manhattan Country Club Dining Room  
Manhattan Country Club Poolside Bar and Grill

Open Sesame  
O-Sho Japanese Restaurant  
Old Venice  
The Original Rinaldi's Italian Deli  
Sloopy's Beach Café  
Zinc @ Shade

## APPRECIATING OUR HISTORIC ARCHITECTURE

Ownership and preservation of landmark architecture in Los Angeles County has become quite the fashion. Historical preservation is an important element in the retention of the basic character and soul of a community. However, Manhattan Beach is losing its historic landmarks at a frightening pace. Gone are many prime examples of the City's early architecture; however, there are still a few iconic structures located in town.

Ever wonder about the history of some of the older architecture along the Strand or in other parts of Manhattan Beach? What can we do to help preserve the best and finest of our architectural heritage?

In 2006, the City Council approved an ordinance that would recognize historic landmarks with the presentation of a bronze plaque.

In an effort to continue research, educate the community, and protect the significant landmarks in town, the Manhattan Beach Cultural Heritage Conservancy, a committee of 12, was created. The Manhattan Beach Cultural Heritage Conservancy stimulates public awareness and appreciates the significant cultural historic sites and structures that characterize the City's evolution and uniqueness. To date, 14 properties have received plaques, with two homes being placed on the California State Registry.

In addition, residents and visitors alike may pick up copies of free self-guided Walking Tour brochures. There are four different brochures with each brochure containing a well defined map showing the location of 18 properties, a photo, and a short architectural description of each structure. As you enjoy your stroll, realize you too have an opportunity to participate in the Manhattan Beach Cultural Heritage Conservancy by becoming a member. Those who made history yesterday and those who keep history alive today, help bring to future generations a link to Manhattan Beach's heritage.

**For more information about the organization, please call (310) 372-8520.**

*Jan Dennis, Chair*



## CALENDAR ITEMS

DATE	TIME	LOCATION	EVENT	NOTE
Sat, October 12, 2013	10:00 AM	MB Botanical Garden	Composting Class	FREE
Fri, October 18, 2013	10:00 AM	321 Francisco St. Carson, CA 90745	Tour of WM's Carson Transfer Station	FREE. Email askgreen@wm.com to RSVP.
Mon, November 11, 2013	10:00 AM	2050 N. Glassell Orange, CA 92865	Tour of WM's OC Recycling Center	FREE. Email askgreen@wm.com to RSVP.

## Resources for "FALL CLEANING"

### Thinking of clearing out the clutter before the holidays?

Here are some resources to help you with your project:

- Donate gently used items to the MB Goodwill, hold a "swap" party with friends, or use sites like freecycle.org.
- Bulky items (i.e.: mattresses and furniture) and Electronic Waste (i.e.: TV's & computers) can be picked up at the curb from Waste Management at no additional cost – call (310) 830-7100 to schedule a pick-up.
- Household Hazardous Waste (HHW) collecting dust? You have options:
  - Doorstep pick-up through "At Your Door" Special Collection. Call (800) 449-7587 or visit [www.wmatyourdoor.com](http://www.wmatyourdoor.com) to schedule a pick-up. Unlimited pick-ups! Easy-to-use service is part of your basic refuse service fee, no additional charge.
  - Drop-off HHW at the SAFE Collection Center at the Hyperion Treatment Plant 7660 W. Imperial Hwy, Gate B, Playa Del Rey; Saturdays & Sundays from 9am – 3pm.
  - Pharmaceuticals only drop-off box in the Police Station lobby – NO sharps accepted at this box.
  - Sharps by Mail Program – each resident may receive 3 free postage-paid mail-back kits per year. Call WM at (310) 830-7100 to order.
- For big projects like cleaning out the garage, storage shed or do-it-yourself home improvement projects, you'll need to order a temporary bin from Waste Management.
- Documents to shred? Visit the Document Destruction page at [www.citymb.info](http://www.citymb.info) for information.
- One or two extra bags of trash on collection day? Call WM to let them know – each household gets two weeks per year to set out extra trash at no additional charge.
- Extra recycling or green waste on collection day? Call WM to let them know – there's no charge.

### WASTE MANAGEMENT CUSTOMER SERVICE:

(310) 830-7100

### AT YOUR DOOR SPECIAL COLLECTION

(Hazardous Waste pick-up): (800) 449-7587



# [www.citymb.info](http://www.citymb.info)

# Green Corner

## EXPLORE SUSTAINABLE GARDENING



The Manhattan Beach Botanical Garden continues to host a series of FREE Saturday morning classes. Topics will cover:

- Native Plants, Trees, Succulents & Cycads
- Sustainable Landscaping
- Mulching
- Beneficial Insects
- Irrigation
- All About Bees

The Botanical Garden is an all-volunteer, non-profit public education organization dedicated to promoting Earth-friendly gardening techniques, encouraging the use of drought-tolerant plants including CA natives, and conserving our natural resources. The Garden is located in Polliwog Park at 1236 N. Peck Ave. For more information, please visit [manhattanbeachbotanicalgarden.org](http://manhattanbeachbotanicalgarden.org).

## SHOP, DINE AND PARK FOR FREE WITH YOUR EV!

Four Clipper Creek electric vehicle charging stations are available for no charge in the lower Civic Center parking garage (13th and Morningside). They are located on the west side of the parking garage and can be used for 2 hours at a time, while the vehicle is charging. Visit Plug-in America at [www.pluginamerica.org](http://www.pluginamerica.org) for details on the latest vehicles to hit the market and their rebate information.



In Southern California, it costs more to produce electricity in the summer, when energy demand is at its peak, and less to produce electricity in the winter, during periods of lower demand. When you use energy wisely, you'll be saving money and the environment.

That's why the City of Manhattan Beach and Southern California Edison (SCE) are partnering to encourage energy efficiency and conservation.



**SOUTHERN CALIFORNIA  
EDISON®**

An *EDISON INTERNATIONAL*® Company

Using energy wisely in our everyday lives is a smart way to ensure our planet and its natural resources are protected. Simple changes to your daily routine on how and when you use electricity can make a difference.

For example, switch off unnecessary lights and turn off office equipment. Use your washing machine, dryer or dishwasher before noon or after 6pm to help conserve energy when demand is at its highest.

Energy management is the first and best way to manage your energy use not only at home, but at work too. By becoming more energy conscious, you'll help California conserve valuable energy resources now and well into the future.

## GREEN ADDITION TO THE CITY FLEET

The Mobile Source Air Pollution Reduction Review Committee (MSRC) has provided the City with \$10,000 in funds to help offset the cost of a compressed natural gas (CNG) van for the Parks and Recreation Department. The van is heavily used to transport materials and supplies between all the City's facilities on a daily basis. Since the van is an alternative fuel vehicle, its use in the community results in reduced greenhouse gas emissions, and contributes to the City's commitment to "green" its fleet when feasible.



### CITY OFFICIALS

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

### ADMINISTRATIVE OFFICIALS

David N. Carmany ..... City Manager  
Liza Tamura ..... City Clerk

City Council meets the 1st & 3rd Tue  
at City Hall, 6:30 p.m.

**[www.citymb.info](http://www.citymb.info)**

# AQUATICS

## All Ages



### LAP SWIM

\$4/person/visit

Sep 9 - Dec 19  
Monday & Thursday  
8:00 PM - 9:00 PM

Sep 14 - Nov 16  
Saturday  
9:15 AM - 12:45 PM

\*No class on Thursday, 11/28/13

### RECREATIONAL SWIM

\$3/person/visit

Sep 9 - Oct 12  
Saturdays  
1:00 PM - 2:00 PM

### 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.

### BEGG POOL MASTERS

6:15 AM - 7:15 AM

Start Date	Days	Cost	A#
Sep 3-Nov 27	M-F	\$160	18810
Dec 2-Dec 20	M-F	\$30	19599

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 \$46. We invite you to come and swim with us! Coach: Steve Hyde

### 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)
- Hair longer than shoulder length must be pulled back or a swim cap must be worn
- Water toys and U.S Coast Guard approved lifejackets may be used at the Pool Manager's discretion. Each individual wearing a U.S. Coast Guard lifejacket must be accompanied by an adult in the pool, within arms reach.

### NOT ALLOWED IN POOL OR POOL AREA

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

### NO EXCEPTIONS

- Maximum pool capacity: 150 persons
- 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 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 serve basis. For reservation information, call (310) 802-5429.

### WATER AEROBICS

\$4/person/session

Sep 9 - Dec 19  
Tue & Thu  
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.

### REGISTRATION

Registration begins 8/12/13 for residents & 8/27/13 for nonresidents.

- Online—Registration opens at 6am at [www.citymb.info](http://www.citymb.info)
- Mail in—Manhattan Beach Parks and Recreation Dept. 1400 Highland Ave. Manhattan Beach, CA 90266
- Fax in—(310) 802-5401
- Walk in—8am to 5pm, Monday-Friday at 1400 Highland Ave. Manhattan Beach, CA 90266

### BEGG POOL INFORMATION

1402 North Peck Avenue  
Manhattan Beach, CA 90266  
(310) 802-5428 • (310) 802-5448





### 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 35 minutes. 2 make-up classes allowed per session.

#### Session 1

Res: \$350 Nonres: \$385

19607		3:30pm to 4:05pm
9/9-10/9	M W	Staff, Begg Pool
19608		3:30pm to 4:05pm
9/10-10/10	Tu Th	Staff, Begg Pool
19609		4:10pm to 4:45pm
9/9-10/9	M W	Staff, Begg Pool
19610		4:10pm to 4:45pm
9/10-10/10	Tu Th	Staff, Begg Pool

#### Session 2

Res: \$350 Nonres: \$385

19611		4:10pm to 4:45pm
10/14-11/13	M W	Staff, Begg Pool
19612		4:10pm to 4:45pm
10/15-11/14	Tu Th	Staff, Begg Pool
19613		3:30pm to 4:05pm
10/14-11/13	M W	Staff, Begg Pool
19614		3:30pm to 4:05pm
10/15-11/14	Tu Th	Staff, Begg Pool

#### Session 3

Res: \$350 Nonres: \$385

19615		3:30pm to 4:05pm
11/18-12/18	M W	Staff, Begg Pool
19616		3:30pm to 4:05pm
11/19-12/19	Tu Th	Staff, Begg Pool
19617		4:10pm to 4:45pm
11/18-12/18	M W	Staff, Begg Pool
19618		4:10pm to 4:45pm
11/19-12/19	Tu Th	Staff, Begg Pool



### PRIVATE SWIM LESSONS-SATURDAYS

3 and up

Classes meet for 35 minutes. You 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. There is one make up allowed per session.

#### Session 1

Res: \$175 Nonres: \$192

19620		9am to 9:35am
9/14-10/12	Sa	Staff, Begg Pool
19621		9:40am to 10:15am
9/14-10/12	Sa	Staff, Begg Pool
19622		10:20am to 10:55am
9/14-10/12	Sa	Staff, Begg Pool
19623		11am to 11:35am
9/14-10/12	Sa	Staff, Begg Pool

19624

9/14-10/12 Sa

11:40am to 12:15pm

Staff, Begg Pool

19625

9/14-10/12 Sa

12:20pm to 12:55pm

Staff, Begg Pool

#### Session 2

Res: \$175 Nonres: \$192

19626		9am to 9:35am
10/19-11/16	Sa	Staff, Begg Pool
19627		9:40am to 10:15am
10/19-11/16	Sa	Staff, Begg Pool
19628		10:20am to 10:55am
10/19-11/16	Sa	Staff, Begg Pool
19629		11am to 11:35am
10/19-11/16	Sa	Staff, Begg Pool
19630		11:40am to 12:15pm
10/19-11/16	Sa	Staff, Begg Pool
19631		12:20pm to 12:55pm
10/19-11/16	Sa	Staff, Begg Pool

### SMALL GROUP SWIM LESSONS

3 but less than 13

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 2 make up classes allowed per session.

#### Session 1

Res: \$125 Nonres: \$137

19602		3:30pm to 4:05pm
9/9-10/9	M W	Staff, Begg Pool

#### Session 2

Res: \$125 Nonres: \$137

19603		3:30pm to 4:05pm
10/14-11/13	M W	Staff, Begg Pool

#### Session 3

Res: \$125 Nonres: \$137

19604		3:30pm to 4:05pm
11/18-12/18	M W	Staff, Begg Pool





## TOT-ART & CERAMICS

### *Art To Grow On* *Art Birthday Parties!*

*We provide the entire Art Party for you! Painting Wall \* Collage Station \* Drawing \* Play Dough Station \* Glitter Paint Frames \* Balloons \* Children take home all the artwork!*

*Visit our website for all Party Package Information.*  
**[www.art2growon.com](http://www.art2growon.com)**

*(310) 625-6028*

*Location: Marine Ave Park-Rocket Ship Hall, Manhattan Beach*

### PEE WEE PICASSO!

Res: \$119 Nonres: \$130.90

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 participation is required. A \$15 supply fee due to the instructor on the first day. For more information, visit [www.art2growon.com](http://www.art2growon.com).

19775	MHP-MBR	9:30am to 10:15am
9/24-11/12	Tu	Staff, Art To Grow On Inc,

### PLAY DOUGH AND PICASSO!

Res: \$119 Nonres: \$130.90

3 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. A \$15 supply fee is due to the instructor on the first day of class. For more information log on to [www.art2growon.com](http://www.art2growon.com)

19776	MHP-MBR	10:45am to 11:35am
9/24-11/12	Tu	Staff, Art To Grow On Inc,

## TOT

## Art & Ceramics | Dance, Music & Theater

### DANCE, MUSIC & THEATER

#### BALLET AND TAP FOR TOTS

3 but less than 5 1/2

Join us for this fun-filled approach to beginning dance techniques for every little dancer at every level. We will go over basic techniques including: basic barre, stretching, and center floor.

Res: \$64 Nonres: \$70.40

19676	Legacy Dance Academy	10am to 11am
9/9-11/4	M	Staff, Legacy Dance Academy
19678	CAC-PAR	11am to 12pm
9/10-10/29	Tu	Staff, Legacy Dance Academy

Res: \$50 Nonres: \$55

19677	Legacy Dance Academy	11am to 11:30am
9/9-11/4	M	Staff, Legacy Dance Academy
19679	Legacy Dance Academy	10am to 10:30am
11/11-10/30	W	Staff, Legacy Dance Academy

#### FAIRYTALE THEATER AND CREATIVE MOVEMENT

Res: \$100 Nonres: \$110

3 but less than 6

While acting out classic fairy tales, children will explore creative movement with music, theater games, vocal projection and more! This process encourages children to come out of their shells and lead them to the next level of self-expression. Our non-competitive program is excellent for parents transitioning their child to school. No class 10/14 and 11/11.

19688	CAC-PAR	4pm to 4:50pm
9/16-11/18	M	Staff, Performing Arts Workshops

#### MUSIC RHAPSODY BABIES MAKE MUSIC

Res: \$160 Nonres: \$176

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! A \$45 materials fee is due the first day of class. For more information visit [www.musicrhapsody.com](http://www.musicrhapsody.com) or call (310)376-8646. No class 12/23.

19693	JCC-SSR	11:15am to 12pm
9/9-10/28	M	Staff, Music Rhapsody
19694	JCC-SSR	11:15am to 12pm
11/18-1/13	M	Staff, Music Rhapsody

#### MUSIC RHAPSODY KIDS MAKE MUSIC

Res: \$160 Nonres: \$176

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. A materials fee due of \$45 is due on the first day of class. For more information on the class, visit [www.musicrhapsody.com](http://www.musicrhapsody.com) or call (310) 376-8646. No class 12/23.

19696	JCC-SSR	10:15am to 11am
9/9-10/28	M	Staff, Music Rhapsody
19697	JCC-SSR	10:15am to 11am
11/18-1/13	M	Staff, Music Rhapsody

#### MUSIC RHAPSODY TODDLERS MAKE MUSIC

Res: \$160 Nonres: \$176

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! A one-time materials fee of \$50.50 is due the first day of class. For more information on the Toddlers Make Music class, visit [www.musicrhapsody.com](http://www.musicrhapsody.com) or call (310)376-8646. No class 10/14 and 12/23.

19699	JCC-SSR	9:15am to 10am
9/9-11/4	M	Staff, Music Rhapsody
19700	JCC-SSR	12:15pm to 1pm
9/9-11/4	M	Staff, Music Rhapsody
19701	JCC-SSR	9:15am to 10am
11/18-1/13	M	Staff, Music Rhapsody
19702	JCC-SSR	12:15pm to 1pm
11/18-1/13	M	Staff, Music Rhapsody

#### MUSICAL FUN FOR TOTS

Res: \$104 Nonres: \$114.40

Discount for 2 or more participants: 20%

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!

19704	CAC-PAR	9:15am to 10am
9/26-11/14	Th	Borgerding, Wanda
19705	CAC-PAR	10am to 10:45am
9/26-11/14	Th	Borgerding, Wanda



## FITNESS

### YOGA FOR TOTS

3 but less than 7

Yoga For Tots provides a fun and encouraging environment to learn yoga. Participants will improve flexibility and fitness, learn to be calm and curious, increase their physical and mental powers, and just have fun! Instructor Nancy Ventrudo is an experienced yoga practitioner who is trained in Groovykids Yoga, Yoga for the Special Child, and a Yoga Alliance 200 Hour Training. Please feel free to contact her with any questions at (970) 846-8817. No class 10/15, 10/22, 12/24 and 12/31.

#### Session 1

Res: \$40 Nonres: \$44

19670	MHP-MBR	1pm to 1:45pm
9/10-11/12	Tu	Ventrudo, Nancy

#### Session 2

Res: \$30 Nonres: \$33

19671	MHP-MBR	10am to 10:45am
12/3-1/21	Tu	Ventrudo, Nancy

## SPORTS



### Gymnastics Birthday Parties

A SuperKids Party is designed with two to seven year olds in mind. Gymnastics-style action is provided on colorful and challenging equipment such as bars, swinging rings, incline mats, rollers, foam "pit," mini-trampoline and more. Instructors alternate game time, free play, and structured time. Also included is a bubble machine on the patio, use of kitchen, and separate room for eating.

SuperKids provides the entertainment and the fun! \$355-2 instructors and 24 helium balloons. Up to 20 children. \$385-3 instructors and 36 helium balloons. Up to 30 children. You provide the food, paper goods, and the kids!

**Location: Manhattan Heights Community Center**

Saturdays,	Option 1	10:30 am-12:30 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.

**FOR MORE INFORMATION:**

Register at Manhattan Beach City Hall (310) 802-5410  
City Hall, 1400 Highland Avenue SuperKids (310) 370-9190

### GOLF 1 PARENT & TOT FUNDAMENTAL PUTTINGPLAY™

Res: \$90 Nonres: \$100

4 but less than 7

Putting made easy for tots, ages 4-6, to learning to investigate elements of golf's grip, stance, posture, motion and mechanics of golf's putting game principles through mediums of storytelling, art, simple science, physics and motion game play. A \$10 Instruction Book Fee is due to instructor. No class 10/30.

20126	Marriott Golf Course	4pm to 5pm
9/9-9/23	M	Staff, Parks And Rec
20127	Marriott Golf Course	10am to 11am
9/14-10/5	Sa	Staff, Parks And Rec
20128	Marriott Golf Course	4pm to 5pm
10/9-11/6	W	Staff, Parks And Rec

### GOLF 2 PARENT & TOT CHIPPINGPLAY™

Res: \$90 Nonres: \$100

4 but less than 7

Tots play interactive games to help them quickly discover and understand the chip 'n' run golf shot fundamental elements of grip, stance, parallel, one-piece motion, rotation, length and speed of arc for distance control. No Class 10/26, 10/28, and 11/9.

20130	Marriott Golf Course	4pm to 5pm
9/4-9/25	W	Staff, Parks And Rec
20131	Marriott Golf Course	10am to 11am
10/12-11/16	Sa	Staff, Parks And Rec
20132	Marriott Golf Course	4pm to 5pm
10/7-11/4	M	Staff, Parks And Rec

### GOLF 3 PARENT & TOT ADVANCED SHORT GAME SWINGPLAY®

Res: \$90 Nonres: \$100

4 but less than 7

Prerequisite Golf 1 and 2. Parent and tots continue to learn and explore golf's short games. Putting, chipping and pitching mechanic's and distance calibration are made fun to practice and play through games and interactive targets. No Class 10/26 and 11/9.

20134	Marriott Golf Course	4pm to 5pm
9/14-10/5	Sa	Staff, Parks And Rec
20135	Marriott Golf Course	4pm to 5pm
10/12-11/16	Sa	Staff, Parks And Rec

### GYMNASTICS-SUPERKIDS DEVELOPMENTAL

Res: \$115 Nonres: \$126.50

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, 12/22, 12/24, 12/29 and 12/31.

19814	MHP-MWBH	3:30pm to 4:20pm
9/10-10/29	Tu	Staff, Superkids
19816	MHP-MWBH	4:30pm to 5:20pm
9/10-10/29	Tu	Staff, Superkids
19817	MHP-MWBH	10:30am to 11:20am
9/15-11/3	Su	Staff, Superkids
19818	MHP-MWBH	4:30pm to 5:20pm
11/5-1/7	Tu	Staff, Superkids
19819	MHP-MWBH	10:30am to 11:20am
11/10-1/19	Su	Staff, Superkids
20079	MHP-MWBH	3:30pm to 4:20pm
11/5-1/7	Tu	Staff, Superkids

### GYMNASTICS-SUPERKIDS FAMILY GYM

Res: \$115 Nonres: \$126.50

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, soft foam "pit mat", stunt bar, springboard, and mini trampoline. Learn partner stunts too. No class 11/24, 12/22, 12/25, 12/29 and 1/1.

19821	MHP-MWBH	9:30am to 10:20am
9/11-10/30	W	Staff, Superkids
19822	MHP-MWBH	9:30am to 10:20am
9/15-11/3	Su	Staff, Superkids
19823	MHP-MWBH	9:30am to 10:20am
11/6-1/8	W	Staff, Superkids
19824	MHP-MWBH	9:30am to 10:20am
11/10-1/19	Su	Staff, Superkids

### ICE HOCKEY FOR TOTS

Res: \$68 Nonres: \$74.80

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. Added value includes four public session passes, two guest passes and skate rental for both the parent and child (a \$42 value).

19834	Toyota Sports Center	10:45am to 11:15am
9/7-9/28	Sa	Staff, Toyota Sports Center
19835	Toyota Sports Center	11:45am to 12:15pm
9/8-9/29	Su	Staff, Toyota Sports Center





## Sports - Tiny Pros

### Sports - Tiny Pros

Res: \$139 Nonres: \$152.90

Get in the game! A beginner sports class designed for energetic kids that want to learn the basics of soccer, baseball, and basketball. 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 11/25, 11/26, 11/28, 11/29 and 11/30.

#### Ages: At least 2 but less than 3 1/2

19858 LOP - LOF	10am to 10:45am
9/9 - 10/28	M
19859 LOP - LOF	2:15pm to 3pm
9/9 - 10/28	M
19860 LOP - NGA	4pm to 4:45pm
9/9 - 10/28	M
19861 LOP - NGA	10am to 10:45am
9/10 - 10/29	Tu
19862 LOP - LOF	10am to 10:45am
9/12 - 10/31	Th
19863 LOP - LOF	10am to 10:45am
9/13 - 11/1	F
19864 LOP - LOF	9am to 9:45am
9/14 - 11/2	Sa

#### Ages: At least 3 1/2 but less than 5

19866 LOP - LOF	11am to 11:45am
9/9 - 10/28	M
19867 LOP - LOF	3:15pm to 4pm
9/9 - 10/28	M
19868 LOP - NGA	11am to 11:45am
9/10 - 10/29	Tu
19869 LOP-LOF	11am to 11:45am
9/12 - 10/31	Th
19870 LOP-LOF	11am to 11:45am
9/13 - 11/1	F
19871 LOP - LOF	3:15pm to 4pm
9/13 - 11/1	F
19872 LOP - NGA	10am to 10:45am
9/14 - 11/2	Sa

#### Ages: At least 5 but less than 7

19874 LOP - NGA	Noon to 12:45pm
9/13 - 11/1	F
19875 LOP - NGA	4pm to 4:45pm
9/13 - 11/1	F
19876 LOP - NGA	11am to 11:45am
9/14 - 11/2	Sa



Coaches: Tiny Pros Coaches

For more information and a daily schedule, visit [www.tinypros.com](http://www.tinypros.com)

### Sports Camp - Tiny Pros

4 but less than 9

Get in the game with Coach Fernando and staff! This one of a kind sports camp is designed for energetic kids that want to learn the basics of soccer, baseball, basketball, golf and more. This fast paced camp for boys and girls is full of skills, 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 campers with a sense of confidence, coordination, friendship, and a love of sports.

### Thanksgiving

Res: \$95 Nonres: \$104.50

19897 MV-AF	9am to 12pm
11/25 - 11/27	M Tu W

### Winter

Res: \$129 Nonres: \$142

19898 LOP-LOF	9am to 12pm
12/30 - 1/3*	M Tu Th F

\*No class 1/1

## Soccer - Tiny Pros

### Soccer - Tiny Pros

Res: \$119 Nonres: \$130.90

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. If any of our Tiny Pros made it to be the next 'Beckham' 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 the game.

19900 MV-AF	10am to 10:45am
9/12 - 10/31	Th
19901 MV-NF	11am to 11:45am
9/13 - 11/1	F
19902 PES-PF	9am to 9:45am
9/15 - 11/3	Su

### Soccer - Tiny Pros

Res: \$119 Nonres: \$130.90

3 1/2 but less than 5

"GOOOOAAAL!" We continue to develop technique including dribbling, passing, turning and shooting through fun games. Not only is every child physically active, but they will have a ball exploring how to put these newly acquired techniques into a real game. Teams are kept small to maximize touches on the ball and ensure all players are involved. We also introduce basic soccer rules and terms. Our age appropriate curriculum provides a sound base for progression to the next level.

19904 MV-AF	11am to 11:45am
9/12 - 10/31	Th
19905 MV-AF	2:15pm to 3pm
9/12 - 10/31	Th
19906 MV-CF	10am to 10:45am
9/13 - 11/1	F
19907 PES-PF	10am to 10:45am
9/15 - 11/3	Su

### Soccer - Tiny Pros

Res: \$119 Nonres: \$130.90

5 but less than 7

Yes, we realize our Tiny Pros Soccer players are not so tiny anymore, but it's a great name so we are keeping it! Our motto for this age group is SOCCER FOR EVER. We combine movement and soccer skills with health and social interaction. It's really not as complicated as it sounds. 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. Our structured curriculum makes learning the game just as easy. See you on the field.

19909 MV-NF	3:15pm to 4pm
9/12 - 10/31	Th
19910 PES-PF	11am to 11:45am
9/15 - 11/3	Su

Coaches: Brit-West Soccer Coaches

For more information and a daily schedule, visit [britwestsoccer.com](http://britwestsoccer.com)

### Soccer Camp - Brit-West

5 but less than 13

Camps are designed to develop each child's ball skills and techniques. We include in our program many different aspects of the game - ball familiarity, passing, control, dribbling, turning, shooting and small sided games. To ensure each camper receives the appropriate "level" of coaching, players are grouped according to age and experience. Bring a ball, wear soccer shoes and shin guards.

### Thanksgiving

Res: \$95 Nonres: \$104.50

19925 MV-AF	9am to 12pm
11/25 - 11/27	M Tu W

### Winter

Res: \$119 Nonres: \$130.90

19926 MV-WUA	9am to 12pm
12/30 - 1/3	M Tu Th F

No class 1/1

# TOT & YOUTH

## Sports | Unique Activities | Art & Ceramics



### SPORTS

#### ICE SKATING FOR BEACH BABIES

Res: \$66 Nonres: \$72

3 but less than 5

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. Added value includes four public session passes, two guest passes and skate rental for both the parent and child (a \$88 value). Student will need to check in with class confirmation at the first class.

19837	Toyota Sports Center	12:15pm to 12:45pm
9/7-9/28	Sa Staff, Toyota Sports Center	
19838	Toyota Sports Center	12:15pm to 12:45pm
9/8-9/29	Su Staff, Toyota Sports Center	

#### ICE SKATING FOR TOTS

Res: \$66 Nonres: \$72.60

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. Added value includes four public session passes, two guest passes and skate rental for the child (an \$88 value). Student will need to check in with class confirmation at the first class.

19845	Toyota Sports Center	4pm to 4:30pm
9/5-9/26	Th Staff, Toyota Sports Center	
19846	Toyota Sports Center	12:15pm to 12:45pm
9/7-9/28	Sa Staff, Toyota Sports Center	
19847	Toyota Sports Center	12:15am to 12:45am
9/8-9/29	Su Staff, Toyota Sports Center	

#### SOCCER-TINY PROS MINI SESSION

Res: \$60 Nonres: \$66

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. If any of our Tiny Pros made it to be the next 'Beckham' 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 the game. No class 11/28 and 11/29.

19913	MV-AF	10am to 10:45am
11/14-12/12	Th Coaches, Brit West Soccer	
19914	MV-AF	11am to 11:45am
11/15-12/13	F Coaches, Brit West Soccer	
19915	PES-PF	9am to 9:45am
11/17-12/8	Su Coaches, Brit West Soccer	

#### SOCCER-TINY PROS MINI SESSION

Res: \$60 Nonres: \$66

3 1/2 but less than 5

"GOOOOAAAAL!" We continue to develop technique including dribbling, passing, turning and shooting through fun games. Not only is every child physically active but they will have a ball exploring how to put these newly acquired techniques into a real game. Teams are kept small to maximize touches on the ball and ensure all the young players are involved. 'GOAL KICK!' We also introduce basic soccer rules. "This is fun, what's next?" Our age appropriate curriculum provides a sound base for progression to the next level. No class 11/28 and 11/29.

19917	MV-AF	11am to 11:45am
11/14-12/12	Th Coaches, Brit West Soccer	
19918	MV-AF	2:15pm to 3pm
11/14-12/12	Th Coaches, Brit West Soccer	
19919	MV-AF	10am to 10:45am
11/15-12/13	F Coaches, Brit West Soccer	
19920	MV-AF	10am to 10:45am
11/17-12/8	Su Coaches, Brit West Soccer	

#### SPORTS-TINY PROS MINI SESSION

Res: \$70 Nonres: \$77

2 but less than 3 1/2

Get in the game! A beginner sports class designed for energetic kids that want to learn the basics of soccer, baseball, and basketball. 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 11/25, 11/26, 11/28, 11/29 and 11/30.

19878	LOP-LOF	10am to 10:45am
11/11-12/9	M Coaches, Tiny Pros	
19879	LOP-NGA	2:15pm to 3pm
11/11-12/9	M Coaches, Tiny Pros	
19880	LOP-NGA	4pm to 4:45pm
11/11-12/9	M Coaches, Tiny Pros	
19881	LOP-LOF	10am to 10:45am
11/12-12/10	Tu Coaches, Tiny Pros	
19882	LOP-LOF	10am to 10:45am
11/14-12/12	Th Coaches, Tiny Pros	
19883	LOP-LOF	10am to 10:45am
11/15-12/13	F Coaches, Tiny Pros	
19884	LOP-LOF	9am to 9:45am
11/16-12/14	Sa Coaches, Tiny Pros	

#### SPORTS-TINY PROS MINI SESSION

Res: \$70 Nonres: \$77

3 1/2 but less than 5

Get in the game! A beginner sports class designed for energetic kids that want to learn the basics of soccer, baseball, basketball and golf. 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 11/25, 11/26, 11/28, 11/29 and 11/30.

19886	LOP-LOF	11am to 11:45am
11/11-12/9	M Coaches, Tiny Pros	
19887	LOP-NGA	3:15pm to 4pm
11/11-12/9	M Coaches, Tiny Pros	
19888	LOP-LOF	11am to 11:45am
11/12-12/10	Tu Coaches, Tiny Pros	
19889	LOP-LOF	11am to 11:45am
11/14-12/12	Th Coaches, Tiny Pros	
19890	LOP-LOF	11am to 11:45am
11/15-12/13	F Coaches, Tiny Pros	
19891	LOP-NGA	3:15pm to 4pm
11/15-12/13	F Coaches, Tiny Pros	
19892	LOP-LOF	10am to 10:45am
11/16-12/14	Sa Coaches, Tiny Pros	

### UNIQUE ACTIVITIES

#### KITCHEN KID BOOKS FOR COOKS

Res: \$230 Nonres: \$253

3 but less than 7

Reading has never tasted so good! Quench your tot chef's thirst for culinary adventure and develop his/her appetite for nutritious nibbles with Books for Cooks! In this fun class, kids use all their senses to explore and experience new flavors and ingredients. Kitchen safety and culinary basics are integrated in each lesson. Healthy recipes may include I Will Never Not Ever Eat a Tomato Salsa, Strega Nona's Pesto Pasta, and Blueberries for Sal Blueberry Cheesecake. No class 11/27.

20045	JCC-K & JCC-SDS	9:30-10:15am
10/2-12/11	W Kitchen Kids	

### YOUTH-ART & CERAMICS

#### ADVENTURES IN CLAY

Res: \$99 Nonres: \$108

6 but less than 13

Learn the basics of working with clay while making fun projects. Build your imagination to make and decorate projects and other useful items allowing you to come out and play. Projects may include mask, fanciful creatures, decorative cups, plates and planters and items of the artist's own design. Fee includes one bag of clay, glazes and firing. No class 10/14 and 11/11.

19718	LOP-CS	4pm to 5:30pm
9/16-11/18	M Trulove, Thomas	



# YOUTH

## Art & Ceramics | Dance, Music & Theater

### Art Adventure (Ages 5½ but less than 13)

#### Contact

Diana Payne, Art Camp Coordinator  
(310) 802-5444 or dpayne@citymb.info



#### Art Adventure - Days Off/Art's In

Res: \$70 Nonres: \$77

Looking for something fun to do on your scheduled days off of school this fall? Join us at Art Adventure Camp for fun filled one-day art and recreation workshops! Each day will be something new and participants will get to work with guest professional art instructors, their favorite camp instructors, fun and exciting art mediums, music, dance and more! In October we will have our annual "Monster Bash" Halloween art party, in November you won't want to miss our harvest themed projects. Lunch is included daily in the cost of camp.

A#: 20069

Location: CAC-PAR

Time: 8am to 6pm

Dates: 9/5, 10/7, and 11/25 - 11/27

#### Art Adventure - Myths & Legends

Res: \$75 Nonres: \$82.50

Passed on from generation to generation, myths and legends help shape our cultures throughout the centuries. This week our campers will be exploring mythology through literature and artwork to discover how to make these tales come to life! Activities include Storytelling, writing their own folklore and creating their own Mythical creature. For convenience, each day of our holiday break camp is packaged individually and includes lunch in the cost of camp.

A#: 20072

Location: CAC-PAR

Time: 8am to 6pm

Dates: 12/23 - 12/27

Days: M Th F

#### Art Adventure and the New Year

As we celebrate the beginning of 2014 we put the past behind us and prepare for a fresh start. Campers will discover how different cultures around the world ring in the New Year through Music, Art, Festivals and Traditions. Throughout the week campers will create a New Year's resolution, bake traditional New Year's pastries and participate in cultural song and dance. Campers will also work together to create a lunar New Year wish tree. No class 1/1.

#### Full Day

Res: \$225 Nonres: \$247.50

19673...CAC-PAR...9am to 7pm

12/30- 1/3...M Tu Th F

#### Half Day

Res: \$196 Nonres: \$215.60

19674...CAC-PAR...9am to 2pm

12/30- 1/3...M Tu Th F

## ART & CERAMICS

### ART FUN WITH FABRIC

Res: \$99 Nonres: \$108.90

7 but less than 13

Explore creative possibilities with fabric. Customize and paint a t-shirt, create a collage "painting", make a fabric covered, hand-bound book and much more! Children are encouraged to bring their own t-shirt to customize.

19767	CAC-VAR	4pm to 5:30pm
10/2-11/20	W	Spring, Heidi

### CARTOONING FOR KIDS

Res: \$99 Nonres: \$108.90

7 but less than 14

Nurture your budding artist with George's easy-to-learn method. Students will gain a good understanding of drawing comic book/cartoon figures in the style of Pixar, Nickelodeon, and Marvel. One-on-one instruction emphasizing traditional drawing skills will give your child a solid foundation in art. No class 10/31.

19723	CAC-VAR	3:30pm to 5pm
9/19-11/14	Th	Huante, George



## CERAMICS FOR CHILDREN

Res: \$99 Nonres: \$108

6 but less than 12

Have fun with clay and explore your creativity. Learn basic techniques in hand building and glazing. Create imaginary characters with funny faces and animal figures. Bring home beautiful gifts for your friends and family. Price includes supplies and firing. No class 10/31.

19758	LOP-CS	4:30pm to 6pm
9/26-11/21	Th	Anacker, Rita

### PAINTING AND DRAWING FOR KIDS

Res: \$99 Nonres: \$108.90

5 but less than 10

Does your child like to play with colors? Expand your child's colorful artistic world. Children will paint and draw with acrylic paints, watercolors, pastels, pencils, and colored pencil. New projects every session! No class 10/14, 11/11, and 11/25.

19774	CAC-VAR	3:30pm to 5pm
9/30-12/9	M	Anacker, Rita

## DANCE, MUSIC & THEATER

### ACTING IS BELIEVING

Res: \$110 Nonres: \$121

7 but less than 13

This class is structured to free the young actor to express themselves through theater games, creating characters, and play readings. During the 8 week workshop, students will absorb technique, explore acting through history and expand their imaginations. Class will culminate with a group staged reading performance. \$20 materials fee is due on the first day of class.

20071	CAC-PAR	4pm to 5pm
9/17-11/5	Tu	Giannotis, Anna

### BEGINNING DRUMMING

Res: \$94 Nonres: \$103.40

5 but less than 13

Introduction to basic drum concepts such as technique, coordination, independence of hands, and drum rhythms. Music theory is also taught in this fun and hands on class. Electric drum sets are provided at each class for each student, although they should have drum pads or kit to practice on at home. Manual fee is \$25. No class 11/27.

20046	CAC-PAR	12:45pm to 1:30pm
10/5-11/9	Sa	Carver-Gunderson, Annette



### DANCE, MUSIC & THEATER

#### BEGINNING UKULELE

Res: \$94 Nonres: \$103.40  
7 but less than 13

Learn basic strumming and chords along with reading of music and learning the treble clef scale. Classes are taught in a group setting in which each student must provide their own Ukulele, which may be purchased directly from KMMN or from an outside source. We will explore musical concepts that go along with the Ukulele instruction manuals. Manual fee \$25. No class 11/27.

20051	CAC-PAR	5:15pm to 6pm
11/11-10/16	W	Carver-Gunderson, Annette
20052	CAC-PAR	5:15pm to 6pm
10/23-12/4	W	Carver-Gunderson, Annette

#### ROBERT GILLIAM'S DO U-DANCE: BREAKIN' WITH ICEMAN

7 but less than 15

Part of Robert Gilliam's DO U-DANCE series: Breakin' with Iceman features classes with Mike "iceman" Rivera, an original B-Boy and innovator of the breakdance movement. No experience necessary. No class 11/27, 12/25, and 1/1.

Session 1		
Res: \$135 Nonres: \$148.50		
19649	MHP-MWBH	4pm to 5pm
9/11-11/6	W	Gilliam, Robert

Session 2		
Res: \$90 Nonres: \$99		
19650	MHP-MWBH	4pm to 5pm
11/13-1/8	W	Gilliam, Robert

#### ROBERT GILLIAM'S DO U-DANCE: SHOFU'S STREET DANCE

7 but less than 15

Amida Shofu is Robert Gilliam's teaching partner and a professional street dancer. Come and learn new forms of street dance with a fun and energetic teacher. No experience necessary. No class 10/14, 12/23 and 12/30.

Session 1		
Res: \$120 Nonres: \$132		
19658	JCC-OBH	5pm to 6pm
9/9-11/11	M	Gilliam, Robert

Session 2		
Res: \$105 Nonres: \$115		
19659	JCC-OBH	5pm to 6pm
11/18-1/13	M	Gilliam, Robert

#### ROBERT GILLIAM'S DO U-DRUM: STREET DRUMMING

Res: \$200 Nonres: \$220  
7 but less than 15

Robert Gilliam's talents extend beyond dance, he has a love for music and creativity. This class will create a street drumming crew using buckets, water bottles, and other everyday items as instruments. Performance opportunities. No experience necessary. No class 10/14, class 12/23 and 12/30.

19661	JCC-OBH	4pm to 5pm
9/9-11/4	M	Gilliam, Robert
19662	JCC-OBH	4pm to 5pm
11/18-1/13	M	Gilliam, Robe

#### ROBERT GILLIAM'S DO U DANCE: THE EVENT

Res: \$30 Nonres: \$33  
7 but less than 15

One Friday night per month join Robert Gilliam, Amida Shofu, Kenyon Williams, and Antoine Walker for a high-energy dance jam. Learn different dance styles from the streets of Los Angeles, watch live dance battles and dance to current music with your friends.

19641	MHP-MWBH	6pm to 9pm
10/4	F	Gilliam, Robert
19642	MHP-MWBH	6pm to 9pm
11/1	F	Gilliam, Robert
19643	MHP-MWBH	6pm to 9pm
12/6	F	Gilliam, Robert
19644	MHP-MWBH	6pm to 9pm
1/3	F	Gilliam, Robert

#### ROBERT GILLIAM'S DO U-DANCE: DANCIN' WITH KENYON AND ANTOINE

7 but less than 15

Robert Gilliam's guest artists at the DO U-DANCE events, Kenyon and Antoine, have been step team leaders since the age of 14. Both are fun and friendly teachers who will help students learn a variety of dance styles. No experience necessary. No class 10/14, 12/23 and 12/30.

Session 1		
Res: \$120 Nonres: \$132		
19655	MHP-MWBH	6pm to 7pm
9/9-11/4	M	Gilliam, Robert

Session 2		
Res: \$105 Nonres: \$115		
19656	MHP-MWBH	6pm to 7pm
11/18-1/13	M	Gilliam, Robert

#### ROBERT GILLIAM'S DO U: THE CREW/YOUTH ENSEMBLE

7 but less than 15

Part of Robert Gilliam's DO U-DANCE series: The Crew for boys and Youth Dance Ensemble for girls provides weekly classes and performance opportunities led by Robert Gilliam with a variety of guest teachers from a variety of dance forms. No experience necessary. No class 11/27, 12/25, and 1/1.

Session 1		
Res: \$225 Nonres: \$247.50		
19652	MHP-MWBH	5pm to 7pm
9/11-11/6	W	Gilliam, Robert

Session 2		
Res: \$150 Nonres: \$165		
19653	MHP-MWBH	5pm to 7pm
11/13-1/8	W	Gilliam, Robert

#### SHAKESPEARE FOR KIDS

Res: \$110 Nonres: \$121  
7 but less than 13

A fun, easy, and informative approach for young actors to explore the characters in Shakespeare's plays. Witches, Kings, Queens, Ghosts, and Fairies are just a few of the many colorful characters the Bard presents in his epic tragedies and comedies. Great stories that will last a lifetime. "Such stuff as dreams are made on." No class 12/25.

19712	CAC-PAR	4pm to 5pm
11/20-1/22	W	Giannotis, Anna

#### THE PLAY'S THE THING!

Res: \$110 Nonres: \$121  
8 but less than 14

Ever wanted to learn how to write a play? Do you love to write and would love to learn more? This class will focus on story telling through character dialogue and action. Improvisational techniques will be used to experience spontaneous and "moment to moment" situation. Character, theme, and basic structure will be explored. Each participant will focus on writing their own complete play. The class will culminate with readings of each completed work. An additional \$10 activity fee is due the first day of class.

20073	CAC-PAR	5:15pm to 6:15pm
9/17-11/5	Tu	Giannotis, Anna

# AFTER SCHOOL REC



## 2013 - 2014 School Year • Ages: 5½ but less than 13

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.

### After School REC

The After School REC program is a user pay program that is open to children ages 5½ to 12. Includes all after school days and school district half days\*, local holidays\*, in service days\*, Veteran's Day\*, parent conferences\* and Martin Luther King Jr. Day\*. Does not include vacation days or summer camps. Closed on Labor Day and Memorial Day.

Res: \$223 Nonres: \$245 Additional Child Discount: 10%  
20053 ..... Session I ..... 2:15pm to 6pm  
8/28/13 - 12/20/13 ..... M Tu W Th F

Res: \$204 Nonres: \$224 Additional Child Discount: 10%  
20054 ..... Session II ..... 2:15pm to 6pm  
1/6/14 - 6/13/14 ..... M Tu W Th F

\*Children must be dropped off at 2:15 PM or later unless they're enrolled in the After School REC Half Day.

### After School REC 2013-2014 with Extended Care

REC staff chaperones will meet your children at their elementary school and walk them to the After School REC Program, where the fun begins! This program is for Kindergarten p.m., and grades 1-5. Does not include REC half days, vacation days or summer camps. Closed on Labor Day and Memorial Day. **Children will NOT be walked to their park on school district half days\*, local holidays\*, in service days\*, Veteran's Day\*, parent conferences\* and Martin Luther King Jr. Day\*.**

**Live Oak Park (LOP), 1901 Valley Drive, Manhattan Beach**  
20055 ..... Grand View ..... 2:15pm to 6pm ..... M Tu W Th F  
20064 ..... Pacific ..... 2:15pm to 6pm ..... M Tu W Th F

**Manhattan Heights Park (MHP), 1600 Manhattan Beach Blvd., MB**  
20063 ..... Meadows ..... 2:15pm to 6pm ..... M Tu W Th F  
20065 ..... Pennekamp ..... 2:15pm to 6pm ..... M Tu W Th F

\*Child needs to be enrolled in REC Half Days to be walked to the park on district half days, local holidays, in service days, Veteran's Day, parent conferences, and Martin Luther King Jr. Day because those days are NOT included in the After School REC Extended Care price. If they are NOT enrolled in the REC Half Days, they will NOT be walked to the park on those days nor can they be dropped off the park earlier than 2:15 PM.

### EXTENDED CARE FEE CHART

Month	Days	Resident	Nonresident
August	3	\$29.97	\$34.11
September	19	\$189.81	\$216.03
October	22	\$219.78	\$250.14
November	15	\$149.85	\$170.55
December	10	\$99.90	\$113.70
January	19	\$189.81	\$216.03
February	15	\$149.85	\$170.55
March	21	\$209.79	\$238.77
April	16	\$159.84	\$181.92
May	21	\$209.79	\$238.77
June	10	\$99.90	\$113.70

(\*New Auto Payment Plan Available)

### After School REC Half Days

This REC Half Day program is only available for **grades 1-5**. This program provides After School REC care on school district **half days, local holidays (9/5/13, 4/18/14), in service days (10/7), Veteran's Day (11/11)\*, parent conferences (12/2, 12/3, 12/4, 12/5, 12/6), and Martin Luther King Jr. Day (1/20/14)\***. This is an **additional fee** if you are enrolled in either the After School REC or After School REC with Extended Care. You do not have to be registered in either program to register for any of the After School REC Half Days. The After School REC staff will pick up your child from their school (on shortened days) and walk them to the After School REC site or you can drop off your child at which ever site you registered for starting at 12:30 PM.

Res: \$25/day Nonres: \$27.50/day Additional Child Discount: 10%  
**Live Oak Park (LOP), 1901 Valley Drive**  
20057 ..... Grand View ..... 12:30pm to 6pm ..... M Tu W Th F  
20058 ..... Pacific ..... 12:30pm to 6pm ..... M Tu W Th F

**Manhattan Heights Park (MHP), 1600 Manhattan Beach Boulevard**  
20059 ..... Meadows ..... 12:30pm to 6pm ..... M Tu W Th F  
20056 ..... Pennekamp ..... 12:30pm to 6pm ..... M Tu W Th F  
\*Children will need to be dropped off at their registered park site at 12:30 PM or later because the schools will be closed and staff will not be walking from the schools.



### Marine Avenue Park, 1625 Marine Avenue, Manhattan Beach A# 20060

REC Vacation days is a user pay program that is open to children ages 5 1/2 to 12. This does not include the After School program, REC half days, extended care, or summer camps.

Res: \$117 Nonres: \$129 Additional Child Discount: 10%  
Thanksgiving Break ..7:15am to 6pm ..... 11/25 - 11/27 ..... M Tu W

Res: \$78 Nonres: \$86 Additional Child Discount: 10%  
Winter Break ..... 7:15am to 6pm ..... 12/23-24/13 & 12/30-31/13 .. M Tu

Res: \$195 Nonres: \$215 Additional Child Discount: 10%  
Ski Week Break ..... 7:15am to 6pm ..... 2/17/14 - 2/21/14 ..... M Tu W Th F

Res: \$195 Nonres: \$215 Additional Child Discount: 10%  
Spring Break ..... 7:15am to 6pm ..... 4/7/14 - 4/11/14 ..... M Tu W Th F

### Contact

David Ibarra, REC Supervisor, (310) 802-5419, dibarra@citymb.info  
Tim Duerr, Recreation Supervisor, (310) 802-5435, tduerr@citymb.info  
Idris Al-Oboudi, Recreation Services Manager, (310) 802-5404  
Registration Help, (310) 802-5448, registrationhelp@citymb.info



### DANCE, MUSIC & THEATER

#### WRITING A THRILLER

Res: \$110 Nonres: \$121  
8 but less than 14

Do you ever dream of adventure? Do you watch exciting movies? Did you know that a scary story is easy and fun to write? Do you imagine yourself in unbelievable situations? If you answer "Yes" to one or more of these questions, then join like-minded students and learn how to write your very own Thriller! No class 11/26 and 12/31.

20074 CAC-PAR 5:15pm to 6:15pm  
11/19-1/21 Tu Giannotis, Anna

#### ZUMBATOMIC

Res: \$80 Nonres: \$88  
5 but less than 11

Designed exclusively for kids (ages 5-8), Zumbatomic classes are rockin, high-energy-parties packed with specially choreographed, kid-friendly routines and all the music kids love, like hip-hop, reggaeton, cumbia and more. Parents love Zumbatomic because of the effects it has on kids, increasing their focus and self-confidence.

19713 Athletic Grace Dance Studio 4pm to 4:45pm  
10/1-11/19 Tu Staff, Athletic Grace Dance Studios

### FITNESS

#### YOGA FOR KIDS

7 but less than 13

Yoga For Kids provides a fun and encouraging environment to learn yoga. Participants will improve flexibility and fitness, learn to be calm and curious, increase their physical and mental powers, and just have fun! Instructor Nancy Ventrudo is an experienced yoga practitioner who is trained in Groovykids Yoga, Yoga for the Special Child, and a Yoga Alliance 200 Hour Training. Please feel free to contact her with any questions at (970)846-8817. No class 10/15, 10/22, 12/24, and 12/31.

Session 1  
Res: \$40 Nonres: \$44  
19667 MHP-MBR 3pm to 3:45pm  
9/10-11/12 Tu Ventrudo, Nancy

Session 2  
Res: \$30 Nonres: \$33  
19668 MHP-MBR 3pm to 3:45pm  
12/3-1/21 Tu Ventrudo, Nancy

### 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. No class 11/12.

19793	MB-PSS	3:30pm to 5pm
9/9-10/9	M W	Johnson, Marlon
19794	MB-PSS	3:30pm to 5pm
9/10-10/10	Tu Th	Johnson, Marlon
19795	MB-PSS	9:30am to 11am
9/14-11/16	Sa	Johnson, Marlon
19796	MB-PSS	3:30pm to 5pm
10/14-11/13	M W	Johnson, Marlon
19797	MB-PSS	3:30pm to 5pm
10/15-11/14	Tu Th	Johnson, Marlon

#### GIRLS ON THE RUN

Fee: \$200

8 but less than 14

Girls on the Run is a learning program for girls entering 3rd or 5th grade that combines training for 5k running event 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 11/25 through 11/29.

19805	PP-RG	3:30pm to 4:45pm
9/9-12/12	M Th	Girls On The Run, Coaches

#### GIRLS ON THE RUN/TRACK

Fee: \$200

12 but less than 16

Girls on Track is a learning program for girls in 6th-8th grade with the goal of the program is to unleash confidence through accomplishment, while establishing a lifetime appreciation of health and fitness. We teach life skills through dynamic, conversation-based FUN lessons and running games. The program culminates with the girls being prepared to complete a celebratory 5k running event. Participants receive lessons by trained coaches, a GOTR water bottle, GOTR T-shirt and free entry to 5K! No class 11/25 through 11/29.

19806	PP-CG	3:30pm to 4:45pm
9/9-12/12	M Th	Girls On The Run, Coaches

#### GOLF FORE KIDS 1 FUNDAMENTAL PUTTINGPLAY™

Res: \$100 Nonres: \$110  
7 but less than 15

One-of-a-kind teaching models provide an innovative curriculum for kids, ages 7-14, to investigate elements of golf's grip, stance, posture, motion and mechanics of golf's putting game principles through mediums of storytelling, art, simple science, physics and motion game play. No Class 10/30 and 11/9.

20137	Marriott Golf Course	5pm to 6pm
9/9-9/23	M	Staff, Parks And Rec
20138	Marriott Golf Course	11am to 12pm
9/14-10/5	Sa	Staff, Parks And Rec
20139	Marriott Golf Course	5pm to 6pm
10/9-11/6	W	Staff, Parks And Rec

#### GOLF FORE KIDS 2 CHIPPINGPLAY™

Res: \$100 Nonres: \$110  
7 but less than 15

Kids ages 7-14, play interactive games to help them discover and understand the chip 'n' run golf shots fundamental elements of grip, stance, parallel, one-piece motion, rotation, length and speed of arc for distance control. No Class 10/26, 10/28 and 11/9.

20141	Marriott Golf Course	5pm to 6pm
9/4-9/25	W	Staff, Parks And Rec
20142	Marriott Golf Course	11am to 12pm
10/12-11/16	Sa	Staff, Parks And Rec
20143	Marriott Golf Course	5pm to 6pm
10/7-11/4	M	Staff, Parks And Rec

#### GOLF FORE KIDS 3 ADVANCED SHORT GAME SWINGPLAY® ACADEMY

Res: \$100 Nonres: \$110  
7 but less than 15

Perquisite Golf FORE Kids 1 and 2. Kids continue to learn and explore the importance of golf's short game. Putting, chipping and pitching mechanic's and distance calibration are made easy-to-learn and fun to practice through interactive targets and games. No Class 10/26, 11/9 and 11/30.

20145	Marriott Golf Course	3pm to 4pm
9/14-10/5	Sa	Staff, Parks And Rec
20146	Marriott Golf Course	3pm to 4pm
10/12-11/16	Sa	Staff, Parks And Rec
20147	Marriott Golf Course	4pm to 5pm
11/1-11/22	F	Staff, Parks And Rec



# Jack Nicklaus Learning Leagues

Powered by SNAG

## Jack Nicklaus Learning Leagues - G-Ball Leagues

Res: \$125 Nonres: \$137.50 • 5 but less than 7

This league will focus on the introduction to golf with attention to basic knowledge of the game, movement activities to develop golf motor skills and the social aspects of the game. The program will run for 6 weeks, meeting twice weekly. There will be an introductory play component in the last few sessions. A second level will be offered where introduction activities and non-competitive play are divided equally. All activities will focus on fun. Fee includes League hat and t-shirt. Instructor: Parks and Rec Staff

20110 PP-PP 9&10 9am to 10am 9/5 - 10/13 Su Th

## Jack Nicklaus Learning Leagues - Blue Bear Level

Res: \$150 Nonres: \$165 • 7 but less than 9

This league will focus on skills acquisition and play component. The program will run for eight weeks, meeting twice weekly. The children will learn the basic strokes and swings as well as where they will be played on the course. The play will be non-competitive with an emphasis on fun. Fee includes League hat and t-shirt. Instructor: Parks and Rec Staff

20111 PP-PP 9&10 10am to 11am 9/5 10/27 Su Th



## SPORTS

### Golf Discounts For Juniors And Seniors

Manhattan Beach residents only, 15 years and under and seniors, age 65 and older may purchase a golf discount card from the Live Oak Tennis Office and City Hall (residents must show proof of age at time of purchase). The cost of the card is \$1 annually and may be used from January 1 through December 31. The card entitles seniors and juniors a discounted price of \$10 between 7:00 AM and 4:00 pm, Monday-Friday at the Marriott Municipal Golf Course, located at 1400 Parkview Avenue, behind the Marriott Hotel.



## GYMNASTICS-SUPERKIDS FUN AND FITNESS

Res: \$115 Nonres: \$126.50  
5 but less than 9

Swing on the rings, bounce in the foam "pit," 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 12/23 and 12/30.

19826	MHP-MWBH	3:30pm to 4:20pm
9/9-10/28	M	Staff, Superkids
19827	MHP-MWBH	4:30pm to 5:20pm
9/9-10/28	M	Staff, Superkids
19828	MHP-MWBH	3:30pm to 4:20pm
11/4-1/6	M	Staff, Superkids
19829	MHP-MWBH	4:30pm to 5:20pm
11/4-1/6	M	Staff, Superkids



## ICE HOCKEY FOR YOUTH

Res: \$68 Nonres: \$74.80  
7 but less than 15

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 for both parent and child.

19831	Toyota Sports Center	11:15am to 11:45am
9/7-9/28	Sa	Staff, Toyota Sports Center
19832	Toyota Sports Center	11:15am to 11:45am
9/8-9/29	Su	Staff, Toyota Sports Center



## ICE SKATING FOR YOUTH

Res: \$66 Nonres: \$72.60  
6 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. Added value includes four public session passes, two guest passes and skate rental for child (an \$88 value). Student will need to check in with class confirmation at the first class.

19840	Toyota Sports Center	4:30pm to 5pm
9/5-9/26	Th	Staff, Toyota Sports Center
19841	Toyota Sports Center	12:15pm to 12:45pm
9/7-9/28	Sa	Staff, Toyota Sports Center
19842	Toyota Sports Center	11:15am to 11:45am
9/8-9/29	Su	Staff, Toyota Sports Center

# TEEN CENTER SCHOOL YEAR / VACATION PROGRAMS



## MANHATTAN BEACH TEEN CENTER

### School Year Program



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 Kinect and Nintendo Wii, movies and much more! **Resident fee includes fall, winter and spring vacation program.**

Closed on school holidays. Occasional Teen Center special activities may require additional fee from participant.

Day	Date	Time	Cost
Monday through Thursday	8/28/13 - 6/13/14	3:00 PM - 6:00 PM	\$22 residents & nonresidents
Friday		3:00 PM - 7:00 PM	

### Vacation Programs

The Teen Center Vacation Programs are drop in, noncustodial programs, open to all 6th, 7th and 8th graders. The Teen Center Vacation Programs are concurrent with the Manhattan Beach Unified School District break schedule.

**Residents: Free if enrolled in the School Year Program**

**Nonresidents: See cost column below**

Season	Cost	Day	Date	Time
Fall Break 2013	\$45	Monday - Wednesday	11/25/13 - 11/27/13*	10:00 AM - 6:00 PM
Winter Break 2014	\$150	Monday, Thursday, Friday Monday, Thursday, Friday	12/23/13, 12/26/13-12/27/13** 12/30/13, 1/2/14-1/3/14***	
Ski Week 2014	\$75	Monday - Friday	2/17/14 - 2/21-14	
Spring Break 2014	\$75	Monday - Friday	4/7/14 - 4/11/14	

\*Closed 11/28/13 - 11/29/13

\*\*Closed 12/24/13 - 12/25/13

\*\*\*Closed 12/31/13 - 1/1/14

### Bus Trips for Teens • Ages 11 but less than 15

#### Mickey's Halloween Party at Disneyland

Friday, October 18, 2013 • 4pm to 12am

Res: \$70 Nonres: \$80 • A# 20067

Put on a costume and join the Teen Center for Mickey's Halloween Party at Disneyland! Enjoy trick-or-treating around the park, Halloween themed rides and attractions, Buzz LightYear's Intergalactic Space Jam Dance Party, and the Halloween Screams Fireworks Spectacular! Fee Includes park admission, transportation, and supervision.

**Parks  
Make  
Life  
Better!®**

#### Contact

James Kirlin, Teen Center Coordinators (310) 802-5426

Timothy Duerr, Recreation Supervisor (310) 802-5435

Idris Al-Oboudi, Recreation Services Manager, (310) 802-5404

Registration Help Desk, (310) 802-5448 • [registrationhelp@cityymb.info](mailto:registrationhelp@cityymb.info)

#### Teen Center at Manhattan Heights Park

1600 Manhattan Beach Boulevard

Manhattan Beach, CA 90266

(310) 802-5426



# YOUTH, TEEN & ADULT

## Sports | Unique Activities | Art & Ceramics



### YOUTH-SPORTS

#### MANHATTAN BEACH YOUTH BASKETBALL ("MBYB")

is a recreational basketball program for boys and girls from kindergarten through 12th grade.

The 2014 season begins January 4th.



For more information and to register, visit [www.mbyb.net](http://www.mbyb.net) in September

#### SOCCER-CLUB PROS

Res: \$119 Nonres: \$130.90  
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.

19911 MV-SF 4pm to 4:45pm  
9/12-10/31 Th Coaches, Brit West Soccer

#### SOCCER-CLUB PROS MINI SESSION

Res: \$60 Nonres: \$66  
7 but less than 13

Our goal at this age structure is to encourage all player to be comfortable and competent with the ball. This is achieved by encouraging multiple touches on the ball through individual and group practices. At the end of each session small sided games are organized to put skills acquired into the game situation. Our approach gives young players the green light to experiment and be creative-qualities that, unfortunately at younger ages, are often discouraged on game day in the name of being safe and winning. No class 11/28.

19924 MV-AF 4pm to 4:45pm  
11/14-12/12 Th Coaches, Brit West Soccer

#### SOCCER-TINY PROS MINI SESSION

Res: \$60 Nonres: \$66  
5 but less than 7

Yes, we realize our Tiny Pros Soccer players are not so tiny anymore, but it's a great name so we are keeping it! Our motto for this age group is SOCCER FOREVER. We combine movement and soccer skills with health and social interaction. It's really not as complicated as it sounds. 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. Our structured curriculum makes learning the game just as easy. See you on the field. No class 11/28.

19922	MV-NF	3:15pm to 4pm
11/14-12/12	Th	Coaches, Brit West Soccer
19923	PES-PF	11am to 11:45am
11/17-12/8	Su	Coaches, Brit West Soccer

#### SPORTS-TINY PROS MINI SESSION

Res: \$70 Nonres: \$77  
5 but less than 7

Get in the game! A beginner sports class designed for energetic kids that want to learn the basics of soccer, baseball, basketball and golf. 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 11/29 and 11/30.

19894	LOP-NGA	12pm to 12:45pm
11/15-12/13	F	Coaches, Tiny Pros
19895	LOP-NGA	4pm to 4:45pm
11/15-12/13	F	Coaches, Tiny Pros
19896	LOP-NGA	11am to 11:45am
11/16-12/14	Sa	Coaches, Tiny Pros

### UNIQUE ACTIVITIES

#### KITCHEN KID SECRET GARDEN

Res: \$250 Nonres: \$275  
7 but less than 14

Discover a delicious and fresh "secret ingredient" in each exciting hands-on cooking class! Each lesson includes a unique activity and mouthwatering recipe: kids paint with blueberries and bake mini blueberry pies, go to a "cucumber spa" and make Mediterranean cucumber wraps, plant herb seedlings and cook fresh pesto pasta, and taste different types of ginger before flipping gingerbread pancakes. Kitchen Kids create a cook-booklet with all class recipes and learn basic culinary skills. No class 11/27.

20043 JCC-K 2pm to 3pm  
10/2-11/11 W Kitchen Kids

### TEEN-ART & CERAMICS

#### CERAMIC POTTERY ON THE WHEEL FUN FOR TEENS

Res: \$123 Nonres: \$135.30  
12 but less than 18

This class is all about the potter's wheel. Projects can include plates, bowls, vases, bottles, abstracts and (intentionally) deformed works. Surface decoration will be explored. More advanced artists can work on their own designs with the assistance of the instructor. Fee includes one (1) bag of clay, glazes, and firing. No class 11/27, 12/25, and 1/1.

19751	LOP-CS	4pm to 6pm
9/11-10/30	W	Trulove, Thomas
19752	LOP-CS	4pm to 6pm
11/6-1/15	W	Trulove, Thomas

#### CERAMICS FOR TEENS

Res: \$123 Nonres: \$135.30  
12 but less than 19

Create functional and sculptural art objects, by using your imagination. Students will learn the techniques of hand-building and introduction to wheel throwing. Combine the two and create your own masterpiece. Price includes supplies. Projects made using hi-fire stoneware clay and glazes.

19761	LOP-CS	4pm to 6pm
9/24-11/12	Tu	Anacker, Rita

### ADULT-ART & CERAMICS

#### ACRYLIC, WATERCOLOR AND INKS!

Res: \$150 Nonres: \$165  
16 and up

In this five week class students will explore the creation of acrylic, watercolor, and ink paintings on paper, canvas, and other substrates. Starting with observational study and ending with free-form assignments, students will hone their image making skills, while learning to control and combine water-based media. We will learn the properties of different substrates such as paper, and what is necessary to prepare them for painting. Throughout this class, studio demos and work periods will be infused with information on how water based media has been used in art history, and how it is being used today by working artists. For a list of supplies call (310) 802-5448.

19717	CAC-VAR	6pm to 8:30pm
9/26-11/14	Th	Kathryn Drury



# ADULT Art & Ceramics



## ART & CERAMICS



### ART OF OIL

Res: \$118 Nonres: \$129.80

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. Call to request the class supply list (310) 802-5448. No class 10/14.

19721	CAC-VAR	9:30am to 12pm
9/9-11/4	M	Kari, Morgan

### CERAMICS BASIC AND INTERMEDIATE

Res: \$158 Nonres: \$173.80

16 and up

Basic and intermediate students will share learning and studio experience. Beginners will learn hand building techniques plus introduction to wheel throwing. Intermediate students will advance their techniques of pottery and sculpture making, including elaborate surface decoration. Fee includes one bag of clay, glazes, and firing. No class 11/25, 11/27, 12/23, 12/25, 12/30 and 1/1.

Session 1		
19732	LOP-CS	6:30pm to 9:30pm
9/9-10/28	M	Trulove, Thomas
19733	LOP-CS	6:30pm to 9:30pm
9/11-10/30	W	Trulove, Thomas

Session 2		
19734	LOP-CS	6:30pm to 9:30pm
11/4-1/13	M	Trulove, Thomas
19735	LOP-CS	6:30pm to 9:30pm
11/6-1/15	W	Trulove, Thomas

### CERAMICS EXPERIMENTAL AFTERNOON

Res: \$158 Nonres: \$173.80

18 and up

This class is for self-directed students with prior hand building and wheel experience. The class will help you develop your ideas and expand on your knowledge, while experimenting with various materials, tools, methods and techniques. Fee includes one bag of clay. No class 11/28, 12/26, and 1/2.

19738	LOP-CS	1pm to 4pm
11/7-1/16	Th	Mallman, Mary
19737	LOP-CS	1pm to 4pm
9/12-10/31	Th	Mallman, Mary

### CERAMICS EXPERIMENTAL EVENING

Res: \$158 Nonres: \$173.80

18 and up

This class is for self-directed students with prior hand building and wheel experience. The class will help you develop your ideas and expand on your knowledge, while experimenting with various materials, tools, methods and techniques. Fee includes one bag of clay. No class 11/28, 12/26, and 1/2.

19740	LOP-CS	6:30pm to 9:30pm
9/12-10/31	Th	Mallman, Mary
19741	LOP-CS	6:30pm to 9:30pm
11/7-1/16	Th	Mallman, Mary

### CERAMICS FOR ALL LEVELS

Res: \$158 Nonres: \$173.80

16 and up

Class is structured to assist students of all levels to explore their own artistic paths. Students will utilize the techniques including sculpture, throwing, hand building, surface decoration, slab forms and others as needed. Fee includes cost of one bag of clay, glazes, and firing. No class 10/4, 10/5, 11/29, 11/30, 12/27, 12/28, 1/3 and 1/4.

Session 1		
19727	LOP-CS	10am to 1pm
9/13-11/8	F	Wollman, Nan
19728	LOP-CS	1:30pm to 4:30pm
9/14-11/9	Sa	Wollman, Nan

Session 2		
19729	LOP-CS	10am to 1pm
11/15-1/24	F	Wollman, Nan
19730	LOP-CS	1:30pm to 4:30pm
11/16-1/25	Sa	Wollman, Nan

### CERAMICS INTERMEDIATE TO ADVANCED

Res: \$158 Nonres: \$173.80

18 and up

This class is geared toward students who have a basic knowledge of ceramics and are ready to develop more complex forms and independent projects. Fee includes cost of one (1) bag of clay, glazes, and firing. No class 11/25, 12/23, and 12/30.

19743	LOP-CS	10am to 1pm
9/9-10/28	M	Mallman, Mary
19744	LOP-CS	10am to 1pm
11/4-1/13	M	Mallman, Mary

## CERAMICS OPEN STUDIO

### (PREREQUISITE NEEDED)

Res: \$70 Nonres: \$77

18 and up

Open studio time for students who are simultaneously enrolled in at least one Manhattan Beach Parks and Recreation ceramics class. No class 10/5, 11/27, 11/30, 12/25, 12/28, 1/1 and 1/4.

#### Session 1

19754	LOP-CS	10am to 1:30pm
9/11-10/30	W	Robert Simcik
19755	LOP-CS	10am to 1:30pm
9/14-11/9	Sa	Robert Simcik

#### Session 2

19756	LOP-CS	10am to 1:30pm
11/16-1/25	Sa	Robert Simcik
19757	LOP-CS	10am to 1:30pm
11/6-1/15	W	Robert Simcik



### CERAMICS POTTERY ON THE WHEEL

Res: \$158 Nonres: \$173.80

18 and up

This class will focus on the forms using the potter's wheel. Beginners will learn about the properties of clay and basic wheel-thrown forms. Advanced students will expand on their knowledge and develop complex forms. Fee includes cost of one bag of clay, glazes, and firing. No class 11/26, 12/24, and 12/31.

Session 1		
19746	LOP-CS	10am to 1pm
9/10-10/29	Tu	Mallman, Mary
19747	LOP-CS	6:30pm to 9:30pm
9/10-10/29	Tu	Simcik, Robert

Session 2		
19748	LOP-CS	10am to 1pm
11/5-1/14	Tu	Mallman, Mary
19749	LOP-CS	6:30pm to 9:30pm
11/5-1/14	Tu	Simcik, Robert

# ADULT

## Art & Ceramics

### ART & CERAMICS

#### Collage and Painting

Res: \$165 Nonres: \$181.50

18 and up

Collage is a medium that could quickly attempt to depict the fragmented world that we live in. By creating formal relationships between found images, personal photos, colored paper, and/or drawings, rich subject matter will be re-contextualized. This class is aimed at introducing collage as a foundation for one's oil painting practice. Learn how to compose collages, explore color theory, color mixing, and a variety of painting techniques all of which will result in gaining confidence to produce dynamic paintings. Please note, the class is oil painting based. For a list of supplies call (310) 802-5448. No class 10/19.

19764

CAC-VAR 9:30am to 12:15pm  
9/21-11/16 Sa Ghuloum, Rema

#### INTERIOR AND EXTERIOR DRAWING

Res: \$145 Nonres: \$159.50

18 and up

This class will focus on teaching you to draw your surroundings. Weather dependent we will alternate between drawing indoors and outside, focusing on architecture, nature, simple and complex, large and small forms. All levels welcome! For a list of supplies call (310) 802-5448.

19778 CAC-VAR 11:30am to 2:30pm  
10/1-11/19 Tu Alice Case



#### INTRODUCTION TO OIL PAINTING

Res: \$165 Nonres: \$181.50

16 and up

Oil painting is a precarious but oh-so rewarding medium to work with. In this course you will learn the basics of oil painting: coloring, brushes, additives, timing, styles, surfaces, history, etc. All levels of experience are welcome. For a list of materials please call (310)802-5448. No class 10/14 and 11/11.

19765 CAC-VAR 6:30pm to 9pm  
10/7-12/9 M Pines, Ian

#### IPAD: A NEW WAY TO DRAW

Res: \$77 Nonres: \$84.70

18 and up

Explore the truly unique capability of the iPad through the use of drawing and painting applications. Basic drawing skills will be developed while maximizing the potential of the iPad. Learn about layers, opacity, best practices, tips and tricks. Must have your own iPad loaded with iPad app. "ArtStudio."

19766 CAC-PAR 12:30pm to 2pm  
9/11-10/30 W Huante, George

#### LANDSCAPE PASTEL PAINTING

16 and up

Enjoy the creative process of painting with soft pastels. Students will learn the necessary tools to create beautiful landscapes inspired from their own photographs. Through instructor demonstrations and personal guidance students will develop understanding of how to see, interpret, and paint the landscape with pastels. No class 11/27 and 11/28.

Session 1

Res: \$116 Nonres: \$127.60

19769 CAC-VAR 9am to 12pm  
9/11-10/9 W Mancuso, Joseph  
19770 CAC-VAR 9am to 12pm  
9/12-10/10 Th Mancuso, Joseph

Session 2

Res: \$93 Nonres: \$102.30

19771 CAC-VAR 9am to 12pm  
11/6-12/4 W Mancuso, Joseph  
19772 CAC-VAR 9am to 12pm  
11/7-12/5 Th Mancuso, Joseph

#### ORIENTAL WATERCOLOR

Res: \$118 Nonres: \$129.80

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. Please call (310) 802-5448 for a supply list prior to first class meeting.

19777 CAC-VAR 9am to 11am  
9/10-10/29 Tu Asano-Gould, Hisako

#### PAINTING FROM ART HISTORICAL STILL LIFES

Res: \$160 Nonres: \$176

16 and up

Come and learn still life painting while also learning a bit of art history. You will learn how great painters of our past used color, form, mark, value and more and then apply this information in your own still life paintings. Some artists include Van Gogh, Cezanne, Morandi, and many more! Oils encouraged, acrylics permitted. All levels welcome. For a list of supplies call (310) 802-5448.

19779 CAC-VAR 3pm to 6pm  
10/1-11/19 Tu Alice Case

#### THE ART OF WHIMSICAL DRAWING

Res: \$77 Nonres: \$84.70

18 and up

Whimsical art is a vibrant and playful style of art that is childlike and carefree. Often seen in children's book illustration and fairy tale art. Drawing whimsically is a great way to let your imagination run free. You will learn to draw whimsical characters in mixed media.

19722 CAC-VAR 12:30pm to 2pm  
9/12-10/31 Th Huante, George

#### The Wondrous World of Abstract Oil Painting

Res: \$165 Nonres: \$181.50

16 and up

Oil paint has qualities unparalleled by any other medium; its colors, textures, and malleability are assets in the creation of something completely unique. It renders the world well, but it also can bring about amazing otherworldly pictures. Students in this class will focus on the techniques, materials, styles, and painters associated with a broad range of abstraction that includes new ways of achieving figures and landscapes. A number of different types of oil paintings will be produced, all levels welcome. For a list of materials please call (310) 802-5448.

19781 CAC-VAR 6:30pm to 9pm  
10/1-11/19 Tu Pines, Ian



### ART & CERAMICS

#### WATERCOLOR

Res: \$160 Nonres: \$176

18 and up

Whether you have been painting for years or just starting to explore watercolors, you will have a great time learning new techniques, mixed media possibilities and discovering your artistic style! For a list of supplies call (310) 802-5448.

19780	CAC-VAR	1pm to 3:30pm
10/2-11/20	W	Spring, Heidi

### DANCE, MUSIC & THEATER

#### ACTING IS BELIEVING

Res: \$110 Nonres: \$121

18 and up

This class is structured to free the actor to express themselves through theater games, creating characters, and play readings. During the 8 week workshop, students will absorb technique, explore acting through history and expand their imaginations. Class will culminate with a group staged reading performance. Class is designed for all levels of experience. \$20 materials fee is due on the first day of class.

20070	CAC-PAR	6:30pm to 8pm
9/17-11/5	Tu	Giannotis, Anna

#### BEGINNING UKULELE

Res: \$94 Nonres: \$103.40

16 and up

Learn basic strumming and chords along with reading of music and learning the treble clef scale. Classes are taught in a group setting in which each student must provide their own Ukulele, which may be purchased directly from KMNM or from an outside source. We will explore musical concepts that go along with the Ukulele instruction manuals. Manual fee \$25. No class 11/27.

20048	CAC-PAR	5:15pm to 6pm
11/11-10/16	W	Carver-Gunderson, Annette
20049	CAC-PAR	5:15pm to 6pm
10/23-12/4	W	Carver-Gunderson, Annette



#### CARDIO BELLY DANCE

Res: \$85 Nonres: \$93.50

18 and up

Learn the Basics of Belly Dancing. Have fun while you tone and define your muscles with graceful, sensual and rhythmic movements. It is a low-impact cardio class that slims and tones your hips, buns, thighs and abdominal through cardiovascular strength dance moves. Experience the Amazing Benefits of Belly Dance!

19680	JCC-SDS	9am to 10am
9/10-10/15	Tu	Darowish-Fine, Marina

#### CARDIO TAP

Res: \$80 Nonres: \$88

18 and up

Tap dancing strengthens and tones muscles and provides a healthy workout for the heart. This fun and de-stressing workout is set to an eclectic range of music from swing to disco.

19681	Athletic Grace Dance Studio	5pm to 6pm
10/2-11/20	W	Staff, Athletic Grace Dance Studios

#### COMEDY IMPROV FOR ADULTS

18 and up

Learn Comedy Improv in a safe, supportive and fun environment. All levels welcome, no experience necessary.

4 Sessions		
Res: \$60 Nonres: \$66		
19683	JCC-SDS	7pm to 9pm
9/24-11/12	Tu	Usui, Doris

8 Sessions		
Res: \$100 Nonres: \$110		
19684	JCC-SDS	7pm to 9pm
9/24-11/12	Tu	Usui, Doris

#### INTRO TO BALLET

Res: \$80 Nonres: \$88

18 and up

This is a class designed for the adult with absolutely no ballet experience. This 60 minute class covers proper stance for alignment, positions of the arms and feet, as well as the coordination of these principles. Students will learn the ballet vocabulary necessary for other forms of dance disciplines. Ballet slippers required.

19689	Athletic Grace Dance Studio	6pm to 7pm
10/2-11/20	W	Staff, Athletic Grace Dance Studios

#### INTRO TO POLYNESIAN DANCE

Res: \$105 Nonres: \$115.50

16 and up

This is an introductory dance class to introduce the dance culture of Polynesia focusing on Tahitian dancing. Students will learn the basics of Tahitian dancing and learn to dance with Tahitian drumming. Students will learn a simple Otea dance whereby the student can apply the different moves that they learned.

19690	CAC-PAR	7pm to 8pm
9/25-11/13	W	Krenz, Judith

#### INTRO TO TAP

Res: \$70 Nonres: \$77

18 and up

Learn one of the truly American art forms-tap dance. Basic tap steps and rhythms are taught with an emphasis on correct technique and individual expressions. Steps will be combined into dance routines. Tap shoes required. Please wear comfortable exercise clothing.

19691	Athletic Grace Dance Studio	5pm to 5:55pm
10/3-11/7	Th	Staff, Athletic Grace Dance Studios

#### ORGANIC BELLY DANCE

Res: \$80 Nonres: \$88

18 and up

Learn belly dance the way people in the Middle East learned, in a no-stress setting without rigid instruction or complicated choreography. This approach allows you to learn a lot of the dance and to get exercise in a fun and sustainable way. This class focuses less on cultivating a performance type skill and more on using the dance as a way for improving body and mind.

19711	CAC-PAR	7pm to 8pm
10/3-11/21	Th	Lazar, Rita

#### ROBERT GILLIAM'S ADULT CLASS

18 and up

Robert Gilliam is a master at helping people learn to love dance. By community request, Robert is offering an adult dance class. A fun, energetic, and caring teacher, Robert will create a safe environment to learn dance of all styles. Great music and great energy! No experience necessary. No class 11/27, 12/25, and 1/1.

Session 1		
Res: \$180 Nonres: \$198		
19646	MHP-MWBH	8pm to 9:30pm
9/11-11/6	W	Gilliam, Robert

Session 2		
Res: \$120 Nonres: \$132		
19647	MHP-MWBH	8pm to 9:30pm
11/13-1/8	W	Gilliam, Robert

#### ZUMBA® TONING

Res: \$80 Nonres: \$88

18 and up

It's an exciting, latin inspired dance 'n tone program taken to the next level. This is the original Latin dance-fitness class taken to the next level. It's an innovative muscle training program with the addition of light weight toning sticks (and or light weights). This program is designed to offer the participant a safe, yet effective total body workout!

19716	Athletic Grace Dance Studio	7pm to 7:55pm
10/2-11/6	W	Staff, Athletic Grace Dance Studios

## FITNESS

### BEACH BOOT CAMP WITH GI JOE

18 and up

GI Joe's group workout is designed to help you lose weight, tone your body, build endurance and network with others. Our instructor Joe Charles will place each student into one of three fitness levels: A's for athletes and overachievers, B's for moderate fitness abilities and C's for beginners. No class 11/25 through 11/29, and 12/23 through 1/3.

Res: \$222 Nonres: \$244.20

19784	MB-PSS	6am to 6:55am
9/9-11/8	M W F	Charles, Joe
19785	MB-PSS	8am to 8:55am
9/9-11/8	M W F	Charles, Joe
19786	MB-PSS	9am to 9:55am
9/9-11/8	M W F	Charles, Joe

Res: \$150 Nonres: \$165

19787	MB-PSS	6pm to 6:55pm
9/9-11/6	M W	Charles, Joe

Res: \$130 Nonres: \$140

19788	MB-PSS	6am to 6:55am
11/11-1/17	M W F	Charles, Joe
19789	MB-PSS	8am to 8:55am
11/11-1/17	M W F	Charles, Joe

19790	MB-PSS	9am to 9:55am
11/11-1/17	M W F	Charles, Joe

Res: \$90 Nonres: \$100

19791	MB-PSS	6pm to 6:55pm
11/11-1/15	M W	Charles, Joe

### BEACH YOGA-ALL LEVELS

Res: \$90 Nonres: \$99

15 and up

This yoga class will be held on the beach. It will increase strength, flexibility, respiration, circulation, balance and awareness. Appropriate modifications will be given to each student. Each class includes yoga poses, meditation and music.

19798	MB-11ST	4:30pm to 5:30pm
9/10-10/29	Tu	Durham-Archer, Heather

### FIRM & FIT

16 and up

Burn calories while getting Firm & Fit! Full body workout while using light weight training & exercise tubes. Focuses on arms and shoulders, abs and glutes by performing core activating moves, ending with mild stretching. Bring a mat and a set of 3-5lbs dumbbells.

Res: \$115 Nonres: \$126.50

19801	MHP-MWBH	6pm to 7:15pm
9/10-10/29	Tu	Staff, Body Blueprint

Res: \$101 Nonres: \$111.10

19802	MHP-MWBH	6pm to 7:15pm
11/5-12/17	Tu	Staff, Body Blueprint

### FITNESS AT LEVEL 10

Res: \$500 Nonres: \$550

18 and up

The goal of this class is to 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 three classes per week from the following class schedule: Monday or Wednesday at 6am, 7am, 9am or 6pm. Friday at 6am, 7am or 9am.

19799	Level 10 Fitness	6am to 7am
9/9-11/1	M W F	LLC, NOTORIOUS F.I.T.,

### GENTLE YOGA AND INTUITION

Res: \$108 Nonres: \$118.80

18 and up

Julie and Jill will take you on a journey to discover your individual intuition and how to hear more clearly. We will discuss the meaning on intuition and how to use it in everyday life. Meditation and tools to open intuition will be covered. Gentle yoga poses will be incorporated.

19803	JCC-OBH	6pm to 7:15pm
9/12-10/31	Th	Rader, Julie

# THE EDGE Fitness Challenge

18 and up

This complete program is designed to burn fat, increase lean muscle, improve mobility, decrease stress and have a blast! Highlights of the class include: Strength & Metabolic Conditioning, corrective movement, nutritional guidance, a take-home workout, prizes, awards and a ton of support to help you reach your goals. No class 11/29, 12/25/13 through 1/1/14.

**Res: \$167 Nonres: \$184**

20113	PP - South Eastern Corner	6am to 7am	9/9- 10/4
M W F	Murphy, Alicia		
20114	PP - South Eastern Corner	9am to 10am	9/9- 10/4
M W F	Murphy, Alicia		
20115	PP - South Eastern Corner	6pm to 7pm	9/9- 10/4
M W F	Murphy, Alicia		
20116	PP - South Eastern Corner	6am to 7am	10/7- 11/1
M W F	Murphy, Alicia		
20117	PP - South Eastern Corner	9am to 10am	10/7- 11/1
M W F	Murphy, Alicia		
20118	PP - South Eastern Corner	6pm to 7pm	10/7- 11/1
M W F	Murphy, Alicia		

**Res: \$208 Nonres: \$229**

20119	PP - South Eastern Corner	6am to 7am	11/4- 12/6
M W F	Murphy, Alicia		
20120	PP - South Eastern Corner	9am to 10am	11/4- 12/6
M W F	Murphy, Alicia		
20121	PP - South Eastern Corner	6pm to 7pm	11/4- 12/6
M W F	Murphy, Alicia		
20122	PP - South Eastern Corner	6am to 7am	12/9- 1/17
M W F	Murphy, Alicia		
20123	PP - South Eastern Corner	9am to 10am	12/9- 1/17
M W F	Murphy, Alicia		
20124	PP - South Eastern Corner	6pm to 7pm	12/9- 1/17
M W F	Murphy, Alicia		





### FITNESS

#### PILATES REFORMER-FIT

Res: \$100 Nonres: \$110

18 and up

These Reformer Pilates classes are 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.

19850	Body & Mind Coe-Dynamics, Inc.	7pm to 7:55pm
9/12-10/10	Th Staff, Body & Mind Coe Dynamics Inc	
19851	Body & Mind Coe-Dynamics, Inc.	7pm to 7:55pm
11/7-12/5	Th Staff, Body & Mind Coe Dynamics Inc	

#### PILATES REFORMER-FIT SEMI-PRIVATE

Res: \$100 Nonres: \$110

18 and up

These Semi-Private Pilates sessions are designed for 2 people and will give the student(s) access to all equipment of the Pilates studio with one-on-one direct training with a comprehensively certified Pilates teacher, accomplishing specific goals of the individual for a healthy body, mind, and soul.

19853	Body & Mind Coe-Dynamics, Inc.	8:15am to 9:10am
9/11-10/2	W Staff, Body & Mind Coe Dynamics Inc	
19854	Body & Mind Coe-Dynamics, Inc.	5pm to 5:55pm
9/11-10/2	W Staff, Body & Mind Coe Dynamics Inc	
19855	Body & Mind Coe-Dynamics, Inc.	8:15am to 9:10am
11/6-11/27	W Staff, Body & Mind Coe Dynamics Inc	
19856	Body & Mind Coe-Dynamics, Inc.	5pm to 5:55pm
11/6-11/27	W Staff, Body & Mind Coe Dynamics Inc	

#### YOGA

Res: \$99 Nonres: \$108.90

18 and up

The ancient practice of Hatha yoga will enable you to reduce stress, slim and tone the body while learning proper breathing. You will slow the aging process, gain more flexibility and enjoy a surge of renewed energy, balancing the body and mind in a relaxed setting.

19930	JCC-SSR	5pm to 6:15pm
9/10-10/29	Tu	Coles, Dorene
19931	JCC-SSR	6:30pm to 7:45pm
9/10-10/29	Tu	Coles, Dorene
19932	JCC-SSR	5pm to 6:15pm
11/5-12/17	Tu	Coles, Dorene
19933	JCC-SSR	6:30pm to 7:45pm
11/5-12/17	Tu	Coles, Dorene

### SPORTS

#### GOLF-BEGINNER SERIES

Res: \$125 Nonres: \$137.50

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.

19808	Lakes at El Segundo	10am to 11am
9/24-10/22	Tu	Robert, Scott
19809	Lakes at El Segundo	6pm to 7pm
9/25-10/23	W	Robert, Scott
19810	Lakes at El Segundo	10am to 11am
9/26-10/24	Th	Robert, Scott
19811	Lakes at El Segundo	10am to 11am
9/28-10/26	Sa	Robert, Scott
19812	Lakes at El Segundo	11am to 12pm
9/28-10/26	Sa	Robert, Scott

#### GOLF FORE WOMEN SHORT GAME SWINGPLAY® ACADEMY 1

Res: \$120 Nonres: \$130

15 and up

This class is for women of any level who already play golf or who want to pick up the game for the first time. Golf's short game is where the scoring happens. This class is to make golf's up and down shots easier to do. FUNDamental mechanics and motions for putting and chipping are easier to learn to create through one-of-a-kind teaching models and techniques. No Class 10/26 and 11/9.

20149	Marriott Golf Course	2pm to 3pm
9/14-10/5	Sa	Staff, Parks And Rec
20150	Marriott Golf Course	2pm to 3pm
10/12-11/16	Sa	Staff, Parks And Rec

#### GOLF FORE WOMEN SWINGPLAY® SHORT GAME ACADEMY

Res: \$120 Nonres: \$130

15 and up

This class is for women of any level from beginning to advanced to sharpen up their short game skills of putting, chipping and pitching through fun, easy-to-learn models and techniques.

20151	Marriott Golf Course	5:15pm to 6:15pm
11/1-11/22	F	Staff, Parks And Rec

#### TABLE TENNIS

Res: \$30 Nonres: \$33

15 and up

Round robin play for intermediate and advanced players. Some coaching available for beginners. No class 10/19.

19664	MHP-MWBH	2pm to 3:30pm
9/14-11/9	Sa	Lockenour, Jerry
19665	MHP-MWBH	3:30pm to 5pm
9/14-11/9	Sa	Lockenour, Jerry



No mom should miss this class! It's a great workout for all fitness levels! Stroller Strides® is a total-body fitness program that moms can do with their children. It includes cardio bursts and intervals of strength/body toning exercises. Certified Stroller Strides instructors weave songs and activities into the routine designed to entertain and engage the children.

#### Schedule

Mondays	9:30 AM - 10:45 AM
Wednesdays	9:30 AM - 10:45 AM
Fridays	9:30 AM - 10:45 AM

#### Location

Bruces Beach Park  
Highland Avenue & 27<sup>th</sup> Street  
Manhattan Beach, CA 90266

#### Contact

Delaura Baldwin  
(310) 990-7021

[dbaldwin@fit4mom.com](mailto:dbaldwin@fit4mom.com)

### UNIQUE ACTIVITIES

#### BEGINNING BRIDGE

Res: \$105 Nonres: \$115

16 and up

Everyone welcome! Join the elite! You will actually play bridge the first time you sit down. Bring a partner or come alone. You won't be alone for long. Meet new and interesting people. Improve your mind! Comic book included.

19634	JCC-SSR	7pm to 9pm
9/11-10/16	W	Grotenhuis, Jeff
19635	JCC-SSR	1pm to 3pm
9/16-10/21	M	Grotenhuis, Jeff

#### EASYBRIDGE! PART II

Res: \$105 Nonres: \$115

16 and up

Knowledge of bridge basics is necessary. Learn responses to and defense versus No Trump, bidding big offensive hands, pre-empts & Rockcrusher opening hands. Bring a partner or come alone. You won't be alone long. No class 11/20.

19637	JCC-SSR	7pm to 9pm
10/30-12/11	W	Grotenhuis, Jeff
19638	JCC-SSR	1pm to 3pm
11/4-12/9	M	Grotenhuis, Jeff

# TENNIS

## All Ages



### TENNIS FACILITIES

#### LIVE OAK PARK

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

#### Court Fee:

\$7 (Monday-Friday, 7:00am-5:00pm)  
\$9 (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  
8:00am-9:00pm Monday-Sunday  
No reservations required

#### MIRA COSTA HIGH SCHOOL

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

**Court Fee: \$8**

### ANNUAL PASS

#### \$10 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

### MBO TENNIS TOURNAMENT

**46th Annual Manhattan Open  
Tennis Tournament  
July 18-22, 2013**

**Live Oak & Mira Costa Tennis Courts  
Womens & Mens, Singles & Doubles,  
All Levels**

### 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.

### PRIVATE INSTRUCTOR CONTACT INFORMATION

Bennet Slusarz-bennets@tennismatrix.net  
Jeff Tarango-jeffreytarango@gmail.com  
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@bradytennis.com  
Kerry Giardino-kerryg3@hotmail.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 oppor-  
tunity to sharpen their tennis skills, build  
match play awareness, and meet new  
people along the way! Go to [www.tennismatrix.net](http://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 lad-  
der rules. Please contact Bennet Slusarz  
for all ladder questions at (310) 372-8648  
or bennets@tennismatrix.net.

### LEAGUES

Marine League hosts round robin tourna-  
ments 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 regarding Tennis in Manhattan Beach:

Nick Meick, Tennis Operations  
Supervisor, at (310) 545-0888

Jessica Vincent, Recreation Supervisor,  
at (310) 802-5420 or  
[jvincent@citymb.info](mailto:jvincent@citymb.info)

Idris Al-Oboudi, Recreation Services  
Manager, at (310) 802-5404 or  
[ialoboudi@citymb.info](mailto:ialoboudi@citymb.info)

**Parks  
Make  
Life  
Better!®**



### 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.

### TOTS

#### HOT SHOTS

Res: \$110 Nonres: \$121  
3 but less than 7

Parents have fun with your children in this interactive tennis program for those with twinkling toes. Through games and activities, children will develop hand-eye coordination, strokes including the forehand, backhand, volley and overhead. Parent participation required.

19941	MCHS-TC5	10am to 10:45am
9/14-10/19	Sa	Lewis, Annie
19942	MCHS-TC5	10am to 10:45am
11/2-12/7	Sa	Lewis, Annie

#### TENNIS WITH ANNIE-HOT SHOTS

Res: \$110 Nonres: \$121  
3 but less than 7

Children prepare to release some energy, learn new skills, and have fun while learning the basics of tennis. Through games and activities, players will develop hand-eye coordination, strokes including the forehand, backhand, volley, and overhead. No class 11/26.

19944	LOP-TC3	1pm to 1:45pm
9/10-10/15	Tu	Lewis, Annie
19945	LOP-TC3	1pm to 1:45pm
10/29-12/10	Tu	Lewis, Annie

### YOUTH

#### TENNIS WITH ANNIE-FUTURE STARS

Res: \$110 Nonres: \$121  
4 but less than 9

This class is designed for ages 4-9 years old. Class will focus on tennis fundamentals through fun games and drills, movement, and rally play. No class 11/26 and 11/28.

19953	LOP-TC5	3:15pm to 4pm
9/10-10/15	Tu	Lewis, Annie
19954	LOP-TC3	3:15pm to 4pm
9/12-10/17	Th	Lewis, Annie
19955	LOP-TC5	3:15pm to 4pm
10/24-12/5	Th	Lewis, Annie
19956	LOP-TC5	3:15pm to 4pm
10/29-12/10	Tu	Lewis, Annie

#### YOUTH TENNIS WITH ANNIE-GRAND SLAM

Res: \$110 Nonres: \$121  
7 but less than 11

This class is designed for players who have developed the basic fundamental strokes in tennis and can rally from the baseline. Players will enhance their skills through drills, point play, introduction to strategy, placement, ball control and serving. No class 11/26 and 11/28.

19958	LOP-TC3	5pm to 6pm
9/10-10/15	Tu	Lewis, Annie

19959	LOP-TC3	5pm to 6pm
9/12-10/17	Th	Lewis, Annie
19960	LOP-TC3	5pm to 6pm
10/24-12/5	Th	Lewis, Annie
19961	LOP-TC3	5pm to 6pm
10/29-12/10	Tu	Lewis, Annie

#### YOUTH TENNIS WITH ANNIE-MAIN DRAW

Res: \$110 Nonres: \$121  
7 but less than 11

This class will cover tennis fundamentals and stroke production through fun drills and games, movement, and rally play. No class 11/26 and 11/28.

19963	LOP-TC3	4pm to 5pm
9/10-10/15	Tu	Lewis, Annie
19964	LOP-TC3	4pm to 5pm
9/12-10/17	Th	Lewis, Annie
19965	LOP-TC3	4pm to 5pm
10/24-12/5	Th	Lewis, Annie
19966	LOP-TC3	4pm to 5pm
10/29-12/10	Tu	Lewis, Annie

#### YOUTH TENNIS WITH LILA-GOLD SLAM

Res: \$110 Nonres: \$121  
8 but less than 14

This class is designed for intermediate players who have developed the basic fundamental strokes in tennis. Players will enhance their skills through drills, point play, introduction to strategy, placement, ball control and scoring. No class 11/26.

19968	LOP-TC5	4pm to 5pm
9/10-10/15	Tu	Brady, Lila
19969	LOP-TC5	4pm to 5pm
10/29-12/10	Tu	Brady, Lila

#### YOUTH TENNIS WITH LILA-FUTURE STARS

Res: \$110 Nonres: \$121  
4 but less than 10

This class is designed for ages 4-9 years old. Class will focus on tennis fundamentals through fun games and drills, movement, and rally play. Class will be divided by ability. No class 11/25.

19971	LOP-TC6	3:15pm to 4pm
9/9-10/14	M	Brady, Lila
19972	LOP-TC5	3:15pm to 4pm
10/28-12/9	M	Brady, Lila

# TENNIS

## All Ages

### YOUTH TENNIS WITH LILA-MAIN DRAW

Res: \$110 Nonres: \$121

6 but less than 11

This class will cover tennis fundamentals and stroke production through fun drills and games, movement, and rally play. No class 11/25 and 11/27.

19974	LOP-TC6	4pm to 5pm
9/9-10/14	M	Brady, Lila
19975	LOP-TC5	4pm to 5pm
9/11-10/16	W	Brady, Lila
19976	LOP-TC6	4pm to 5pm
10/28-12/9	M	Brady, Lila
19977	LOP-TC5	4pm to 5pm
10/30-12/11	W	Brady, Lila

### YOUTH TWEEN TENNIS

Res: \$110 Nonres: \$121

8 but less than 14

This class is designed for beginners and advanced beginners ages 8-13 who have a strong understanding of the basic fundamental strokes in tennis and can rally from the baseline. Players will enhance their skills through drills, game strategy, placement, ball control and serve for point play. No class 11/28.

19979	LOP-TC6	4pm to 5pm
9/12-10/17	Th	Brady, Lila
19980	LOP-TC5	4pm to 5pm
10/24-12/5	Th	Brady, Lila

## ADULTS

### ADULT ADVANCED BEGINNING/LOWER 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 11/28.

19935	LOP-TC3	6pm to 7pm
9/12-10/17	Th	Lewis, Annie
19936	LOP-TC3	6pm to 7pm
10/24-12/5	Th	Lewis, Annie

### 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 11/28.

19938	LOP-TC5	7pm to 8pm
9/12-10/17	Th	Lewis, Annie
19939	LOP-TC5	7pm to 8pm
10/24-12/5	Th	Lewis, Annie

### TENNIS ADULTS CO-ED DOUBLES LEAGUE

Res: \$92 Nonres: \$101.20

18 and up

Each week you 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 who would like to continue past 8:00 pm must pay for added court time.

19997	MCHS-TC3	6:30pm to 8pm
9/9-10/28	M	Meyers, Walt

### TENNIS STRATEGIES-INTERMEDIATE

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. This is a 6 week program. Each student must bring one unopened can of Wilson or Penn balls once, balls to remain with instructor. No class 10/31, 11/25 through 12/2, and 12/23 through 1/5.

Res: \$92 Nonres: \$101.20		
19999	MCHS-TC3	8pm to 9pm
9/10-10/29	Tu	Meyers, Walt
20000	MCHS-TC3	8pm to 9pm
9/12-11/7	Th	Meyers, Walt
20001	MHP-TC2	10am to 11am
9/13-11/1	F	Meyers, Walt
20002	MCHS-TC1	9am to 10am
9/14-11/2	Sa	Meyers, Walt

Res: \$82 Nonres: \$91		
20003	MCHS-TC3	8pm to 9pm
11/12-1/7	Tu	Meyers, Walt
20004	MCHS-TC1	9am to 10am
11/16-1/11	Sa	Meyers, Walt
20005	MCHS-TC2	8pm to 9pm
11/14-1/9	Th	Meyers, Walt
20006	MHP-TC2	10am to 11am
11/15-1/10	F	Meyers, Walt

### 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. No class 10/22, 10/23 and 12/25. Class for 12/25 will be held on 12/23 or 12/26, date TBD by instructor.

19982	LOP-TC6	11am to 12pm
9/3-10/29	Tu	Larsson, Vilar
19983	LOP-TC6	8pm to 9pm
9/3-10/29	Tu	Larsson, Vilar
19984	LOP-TC6	8pm to 9pm
9/4-10/30	W	Larsson, Vilar
19985	LOP-TC6	11am to 12pm
11/5-12/24	Tu	Larsson, Vilar
19986	LOP-TC6	8pm to 9pm
11/5-12/24	Tu	Larsson, Vilar
19987	LOP-TC6	8pm to 9pm
11/6-12/18	W	Larsson, Vilar

### 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. No class 10/22, 10/23, 10/26 and 12/25. Class for 12/25 will be held on 12/23 or 12/26, date TBD by instructor.

19992	LOP-TC6	7pm to 8pm
9/4-10/30	W	Larsson, Vilar
19994	LOP-TC6	7pm to 8pm
11/5-12/24	Tu	Larsson, Vilar
19995	LOP-TC6	7pm to 8pm
11/6-12/18	W	Larsson, Vilar
19988	LOP-TC6	7pm to 8pm
9/3-10/29	Tu	Larsson, Vilar



### TENNIS WITH WALT LEVEL 1.0

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 11/25 through 12/2 and 12/23 through 1/5.

Res: \$92 Nonres: \$101.20

20008	MCHS-TC3	6pm to 7pm
9/10-10/29	Tu	Meyers, Walt
20009	MHP-TC2	9am to 10am
9/12-10/31	Th	Meyers, Walt
20010	MCHS-TC1	11am to 12pm
9/14-11/2	Sa	Meyers, Walt

Res: \$82 Nonres: \$91

20011	MCHS-TC2	6pm to 7pm
11/12-1/7	Tu	Meyers, Walt
20012	MHP-TC2	9am to 10am
11/14-1/9	Th	Meyers, Walt
20013	MCHS-TC1	11am to 12pm
11/16-1/11	Sa	Meyers, Walt

### TENNIS WITH WALT LEVEL 2.0

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 10/31, 11/25 through 12/2, and 12/23 through 1/5.

Res: \$92 Nonres: \$101.20

20015	MHP-TC2	9am to 10am
9/10-10/29	Tu	Meyers, Walt
20016	MCHS-TC3	6pm to 7pm
9/12-11/7	Th	Meyers, Walt
20017	MCHS-TC1	11am to 12pm
9/15-11/3	Su	Meyers, Walt

Res: \$82 Nonres: \$91

20018	MHP-TC2	9am to 10am
11/12-1/7	Tu	Meyers, Walt
20019	MCHS-TC3	6pm to 7pm
11/14-1/9	Th	Meyers, Walt
20020	MCHS-TC1	11am to 12pm
11/17-1/12	Su	Meyers, Walt

### TENNIS WITH WALT LEVEL 3.0

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 10/31, 11/25 through 12/2, and 12/23 through 1/5.

Res: \$92 Nonres: \$101.20

20022	MCHS-TC3	7pm to 8pm
9/10-10/29	Tu	Meyers, Walt
20023	MHP-TC2	10am to 11am
9/12-10/31	Th	Meyers, Walt
20024	MCHS-TC3	7pm to 8pm
9/12-11/7	Th	Meyers, Walt
20025	MCHS-TC1	10am to 11am
9/14-11/2	Sa	Meyers, Walt

Res: \$82 Nonres: \$91

20026	MCHS-TC3	7pm to 8pm
11/12-1/7	Tu	Meyers, Walt
20027	MHP-TC2	10am to 11am
11/14-1/9	Th	Meyers, Walt
20028	MCHS-TC3	7pm to 8pm
11/14-1/9	Th	Meyers, Walt
20029	MCHS-TC1	10am to 11am
11/16-1/11	Sa	Meyers, Walt

### TENNIS WITH WALT LEVEL 3.5

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 11/25 through 12/2, and 12/23 through 1/5.

Res: \$92 Nonres: \$101.20

20031	MHP-TC2	10am to 11am
9/9-10/28	M	Meyers, Walt
20032	MHP-TC2	10am to 11am
9/10-10/29	Tu	Meyers, Walt
20033	MCHS-TC1	10am to 11am
9/15-11/3	Su	Meyers, Walt

Res: \$82 Nonres: \$91

20034	MHP-TC2	10am to 11am
11/11-1/6	M	Meyers, Walt
20035	MHP-TC2	10am to 11am
11/12-1/7	Tu	Meyers, Walt
20036	MCHS-TC1	10am to 11am
11/17-1/12	Su	Meyers, Walt

### TENNIS WITH WALT LEVEL 4.0

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 11/25 through 12/2, and 12/23 through 1/5.

Res: \$92 Nonres: \$101.20

20038	MCHS-TC2	9am to 10am
9/15-11/3	Su	Meyers, Walt

Res: \$82 Nonres: \$91

20039	MCHS-TC1	9am to 10am
11/17-1/12	Su	Meyers, Walt





# OLDER ADULT

## Dance, Music & Theater | Fitness

### 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.

4 Sessions  
Res: \$40 Nonres: \$44  
19686  
JCC-SDS  
9/23-11/11  
Usui, Doris

4pm to 6pm  
M

8 Sessions  
Res: \$60 Nonres: \$66  
19687  
JCC-SDS  
9/23-11/11  
Usui, Doris

4pm to 6pm  
M

#### ZUMBA GOLD

Res: \$50 Nonres: \$55  
55 and up  
Zumba Gold targets the largest growing segment of the population: baby boomers. It takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy active lifestyle. It's a dance-fitness class that feels friendly, and most of all, fun.

19714  
JCC-SDS  
10/7-11/25  
Staff, Athletic Grace Dance Studios

12pm to 12:55pm  
M

#### ZUMBA GOLD TONING

Res: \$60 Nonres: \$66  
55 and up  
The Zumba Gold-Toning program offers the best of both worlds: the exhilarating experience of a Zumba Fitness Party with the benefits of a safe and effective strength training. It's an easy to follow, health-boosting dance-fitness program for baby boomers as well as beginners. Through dynamic lightweight resistance training and exciting international rhythms, Zumba Gold-Toning classes help participants build muscle strength, increase bone density, improve mobility, posture, and coordination.

19715  
Athletic Grace Dance Studio  
11am to 11:55am  
10/2-11/20  
Staff, Athletic Grace Dance Studios

W

### FITNESS

#### ARTHRITIS FOUNDATION EXERCISE PROGRAM

Fee: \$40  
55 and up  
The Arthritis Foundation Exercise program was designed to help people with arthritis to maintain joint flexibility, muscle strength and reduce the pain and stiffness associated with arthritis. This may mean less reliance on medication. Taught by an Arthritis Foundation certified instructor who receives detailed and ongoing training to work with people who live with arthritis. No class 11/28.

19589  
JCC-OBH  
10am  
9/10-11/14  
Johnson, Victoria

9am to  
Tu Th

19590  
JCC-OBH  
10am  
11/19-1/16  
Johnson, Victoria

9am to  
Tu Th

#### SENIOR YOGA

Res: \$80 Nonres: \$88  
55 and up  
Hatha yoga helps improve balance, flexibility, strength and breathing. Individual differences and abilities accommodated. Bring a yoga mat and a towel. No class 12/25 and 1/1.

19054  
MHP-MWBH  
10/9-11/27  
Thompson, Teri

11am to 12:15pm  
W

19595  
MHP-MWBH  
12/4-2/5  
Thompson, Teri

11am to 12:15pm  
W



**SOUTH BAY ADULT SCHOOL**



**BASIC TECHNIQUES IN PAINTING**

When: Thursday 9/12/13

Duration: 8 Weeks

Place: JCC–Sunrise Room 1&2

Cost: \$59.00

Time: 10am – 12:00pm

Contact: 310-937-3340

Instructor: Eva Goldshied

Explore the process of painting with acrylics. Learn different techniques to improve your artistic abilities. Review simple drawing skills to develop and enhance your painting images and compositions. Print making without a press will be introduced. Advanced artists welcome. Supplies extra. No class July 4.

**BASIC TECHNIQUES IN DRAWING**

When: Tuesday, 9/10/13



Duration: 8 weeks

Place: JCC - Sunrise Room 1&2

Cost: \$59.00

Time: 10am – 12:00pm

Contact: 310-937-3340

Instructor: Cynthia Svezia

Learn basic drawing techniques using drawing and colored pencils, charcoal, pen and ink and blending tools. All levels welcome. Bring a 9X12 drawing pad, #2 pencil and pink or white eraser to first class.

**INTERMEDIATE DRAWING**



When: Thursday, 9/19/13

Duration: 4 weeks

Place: JCC – Sunrise Room 1&2

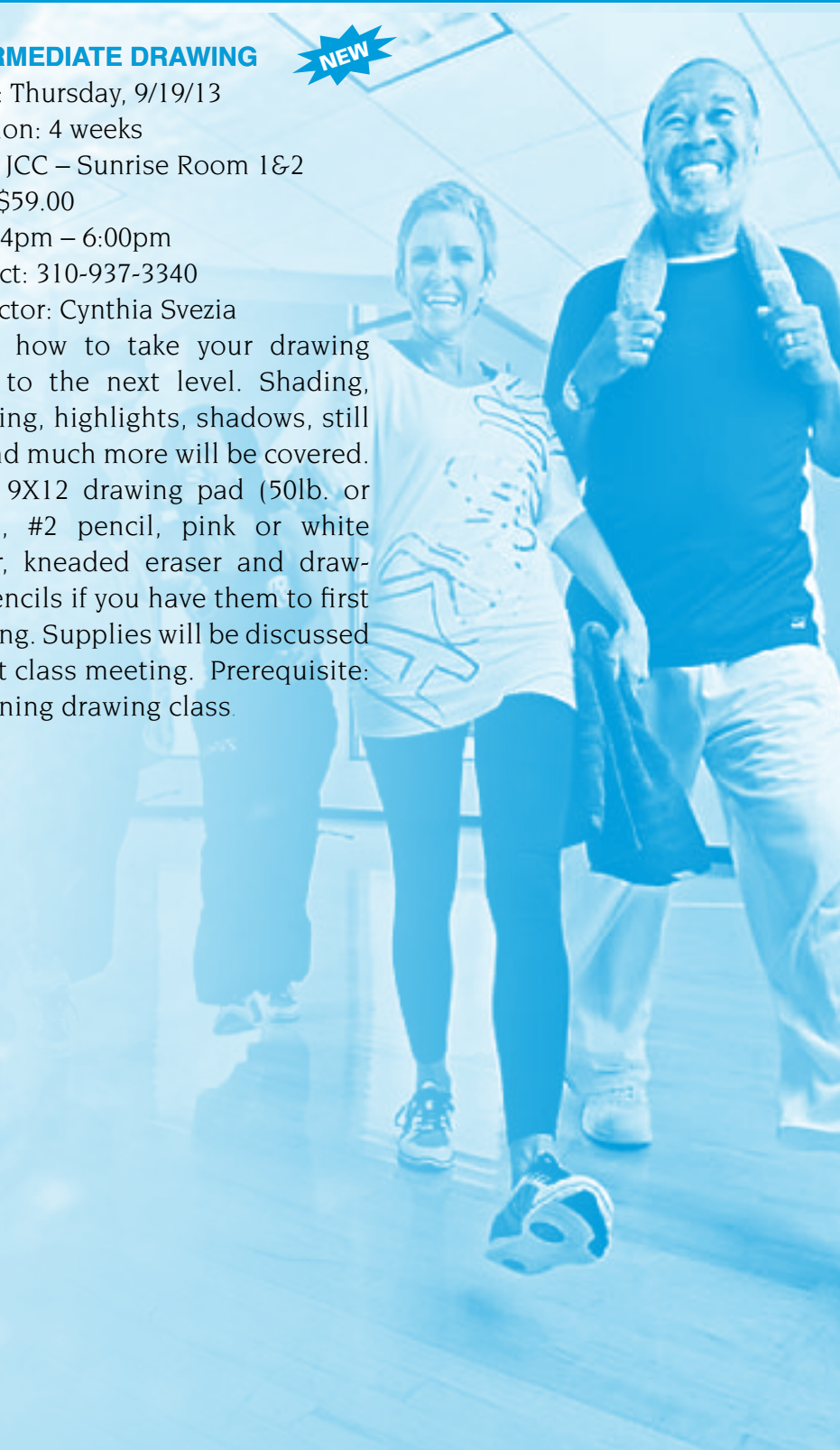
Cost: \$59.00

Time: 4pm – 6:00pm

Contact: 310-937-3340

Instructor: Cynthia Svezia

Learn how to take your drawing skills to the next level. Shading, blending, highlights, shadows, still life and much more will be covered. Bring 9X12 drawing pad (50lb. 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



## COME JOIN US!



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

Trips 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 Trips:

**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 M.B. 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

#### PLEASE NOTE:

Pickup will be at both JCC and MHP for all of the following bus excursions.

#### CARLSBAD VILLAGE STREET FAIRE

Res: \$30 Nonres: \$33

55 and up

Carlsbad hosts the largest one-day street faire in the nation. Almost 900 vendors selling everything. There's international food, a beer and wine garden, and live bands. After time at the street faire we will head over to the Carlsbad Premium Outlets where you'll find pre-holiday savings at more than 90 outlet stores. A perfect time to do that holiday shopping or treat yourself.

19591 8:30am to 5:30pm  
11/03/2013 Su  
Staff, Parks And Recreation

#### HAVE TRUNK, WILL TRAVEL

Res: \$44 Nonres: \$48.40

55 and up

The day begins at America's Teaching Zoo" on the Moorpark College campus where you will enjoy a live animal show and a guided tour of the five acres filled with exotic and endangered animals. At the Elephant Bar Restaurant you will have a choice of 6 entrees. End the day at the beautiful 4.5 acre Gardens of the World in Thousand Oaks.

19592 8:30am to 5pm  
10/10/13 Th  
Staff, Parks And Recreation

#### HUNTINGTON HARBOUR "CRUISE OF LIGHTS"

Res: \$58 Nonres: \$63.80

55 and up

Cruise through Huntington Harbour enjoying homes, docks, decks and boats adorned with twinkling lights, mechanical displays and holiday scenes for the 51st

Annual "Cruise of Lights". It's a 50 minute narrated cruise with inside and outside viewing. Prior to the cruise we'll enjoy dinner at Claim Jumper with a choice of entrée.

19593 3pm to 9pm  
12/15/13 Su  
Staff, Parks And Recreation

#### ROSE PARADE 2014

Res: \$90 Nonres: \$99

5 and up

Each New Year's Day the world focuses its attention on the city of Pasadena. The 125th Annual Tournament of Roses Parade has it all, giant floral floats, marching bands, beautiful horses and more. We will have grandstand seats in the 1500 block of Colorado Boulevard for up-close viewing. And, we should be back in time to see the Rose Bowl game on television.

19594 5:30am to 1pm  
1/01/2014 W  
Staff, Parks And Recreation

### Bus Trip Registration Form

**Bus Trips** 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 Trips**, I waive any and all claims for myself and my heirs against officials or sponsors of **Bus Trips**, 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 Trips** 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 Trip 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:	

## OLDER ADULTS

Lunch Bunch | Line Dancing | Oasis Movie Club

### JOIN THE MANHATTAN BEACH LUNCH BUNCH AT THE JOSLYN COMMUNITY CENTER

**Tuesday at 11:30AM**

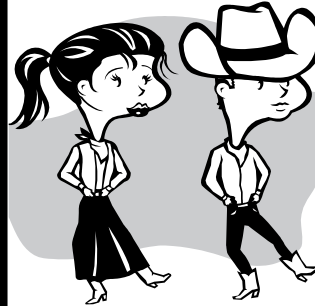
**Cost: \$3.00 Residents**

**\$5.00 Nonresidents**

The Manhattan Beach Older Adults Program is pleased to introduce "The LUNCH BUNCH", a weekly nutrition program be held every Tuesday. The program is designed especially for Manhattan Beach residents aged 55+. It affords an opportunity to make new friends while you enjoy a delicious lunch.

**For lunch reservations, please call (310) 802-5447 at least 24 hours in advance.**

### LINE DANCING COMES TO MANHATTAN BEACH!!



**EVERY THURSDAY**  
**3:00 PM – 4:30 PM**  
**JOSLYN COMMUNITY CENTER**  
**1601 VALLEY DRIVE**  
**\$3.00 PER PERSON**

**OlderAdults Program**  
CITY OF MANHATTAN BEACH

For more information call (310) 802-5447. To see more events, classes or trips, go to [www.citymb.info](http://www.citymb.info) and in the search box, type in, Older Adults Program.

## Weekly Fun for Older Adults!

There is always something going on for Older Adults so stop by and find out what you've been missing! Get together with your friends or make new ones while enjoying a variety of weekly activities. Every skill level is welcome!

#### **Mondays**

- Discussion Group
- Ping Pong
- Walking Group

#### **Tuesdays**

- Horseshoes
- Lunch Bunch

#### **Wednesdays**

- Ping Pong
- Mah Jong
- Shuffleboard
- Chess Club
- Walking Group

#### **Thursdays**

- Pétanque
- Scrabble
- Line Dancing
- Walking Group

#### **Fridays**

- Pinochle
- Ping Pong
- Bridge
- Bingo & Card Games



For more information call the Older Adults Program at  
**(310) 802-5447** or log on to  
**[www.citymb.info](http://www.citymb.info)**



# OLDER ADULTS

## Activities For Older Adults

SUN	MON	TUES	WED	THU	FRI
<b>WEEK 1</b>	8am–11 am Joslyn Seniors Drop-In Hours–JCC 9am–12pm Discussion Group–JCC-O (every Monday) 10am Ping Pong at LOP-SH 10am–11:30am Joslyn Senior Club Business Meeting–JCC 1:15pm Walking Group at MV-T	10am Horseshoes at JCC 10am-Ping Pong at SH 11:30am–1pm Lunch Bunch at JCC 1:30pm–3:30pm Play Reading at JCC	10:00 Joslyn Senior Club Business Meeting & Luncheon 10am Ping Pong at LOP-SH 10am Chess at JCC on every Wednesday 10am Walking Group at MV-T 10am–11:30 Let's Talk Woman to Woman Discussion at JCC 12pm–2pm Craft Club at JCC 1pm Mah Jong at JCC 1:30pm Shuffleboard at JCC	1–3pm Petanque 1:30pm–4pm Scrabble at JCC-O 1:15pm Walking Group at MV-T 3–4:30pm Line Dancing at JCC	10am–11:30am Senior Resources Committee (SRC) Monthly Meeting–MHP-CC 10am Ping Pong at LOP-PH 10am–3pm Bridge at JCC 10am–3pm Pinochle at JCC 11:30am–2pm Bingo at MHP-CC 1:30pm–3:30pm The OASIS Movie Club: JCC 2pm–4pm Card Games at MHP-CC
<b>WEEK 2</b>	8am–11am Joslyn Seniors “Drop In” Hours–JCC 9am–12noon Discussion Group–JCC-O 10am Ping Pong at Scout House 10am–11:30am Writing Group–Manhattan Sr. Villas 11:30am–2pm Club meeting and social events are open to all seniors. Heights Senior Club Business Meeting, Potluck,–MHP-CC 1:15 pm Walking Group at MV-T 1:30 pm “Acting out Again” at JCC 2pm–4pm Cards & Games–at MHP-CC 2:30 pm–3:30pm SNAG Golf at FVD	10am Horseshoes at JCC 10am Ping Pong at SH 11:30am–1pm Lunch Bunch at JCC 1:30pm–3:30pm Poetry Reading Circle at JCC	10am Ping Pong at Scout House 10am Walking Group–Soccer Fields 10am–11:30 am Let's Talk Woman to Woman Discussion Group at JCC 12pm–2pm Craft Club at JCC 1pm Mah Jong at JCC 1:30pm Shuffleboard at JCC	1pm–3pm Petanque at LOF 1:30–4pm Scrabble at JCC-O 1:15pm Walking Group MV-T 3–4:30pm Line Dancing at JCC Dial-A-Ride open until 9pm	10am Ping Pong at LOP-SH 10am–3pm Bridge at JCC 10am–3pm Pinochle at JCC 11:30am–2pm Bingo at MHP-CC 1:30pm–3:30pm The OASIS Movie Club: JCC 2pm–4pm Card Games at MHP-CC 8pm–11pm Swing 'n Sway Dance at JCC
<b>WEEK 3</b>	8am–11am Joslyn Seniors “Drop In” Hours–JCC 9am–12noon Discussion Group JCC-O 10am Ping Pong at LOP-SH 10:30am Short Story Discussion Group at JCC 1:15pm Walking Group at MV-T	10am Horseshoes at JCC 10 am Ping Pong at SH 11:30am–1pm Lunch Bunch at JCC 1:30pm–3pm Senior Advisory Committee at JCC	10am Ping Pong at LOP-SH 10am Walking Group at MV-T 10am–11:30 am Let's Talk Woman to Woman Discussion Group at JCC 12pm–2pm Craft Club at JCC 1:30pm–3:30pm Movie to Enlighten at JCC 1pm Mah Jong at JCC 1:30pm Shuffleboard at JCC	1–3pm Petanque at LOF 1:30pm–4pm Scrabble at JCC-O 1:15pm Walking Group at MV-T 3–4:30pm Line Dancing at JCC	10am Ping Pong at LOP-SH 10am–3pm Bridge at JCC 10am–3pm Pinochle at JCC 11:30am–2pm Bingo at MHP-CC 1:30pm–3:30pm The OASIS Movie Club: JCC 2pm–4pm Card Games at MHP-CC
<b>WEEK 4</b>	8am–11am Joslyn Seniors Drop-In Hours–JCC 9am–12 noon Discussion Group JCC 10am Ping Pong at LOP-SH 10am–11:30am Writing Group Manhattan Sr. Villas 11:30am Sandwich Luncheon with the Joslyn Senior Club at JCC 1:15 Walking Group at MV-T	10am Horseshoes at JCC 10am Ping Pong at SH 11:30–1pm Lunch Bunch at JCC 1:30pm–3:30pm Poetry Reading Circle at JCC	10am Ping Pong at LOP-SH 10am–11:30 am Let's Talk Woman to Woman Discussion Group at JCC 10am Walking Group at MV-T 12pm–2pm Craft Club at JCC 1:30pm Mah Jong at JCC 1:30pm Shuffleboard at JCC	1pm–3pm Petanque at LOF 1:30–4pm Scrabble at JCC-O 1:15pm Walking Group at MV-T 3–4:30pm Line Dancing at JCC Dial-A-Ride open until 9pm 5:30pm–7:30pm Your Book Club at JCC	10am Ping Pong at LOP-SH 10am–3pm Bridge at JCC 10am–3pm Pinochle at JCC 11:30am–2pm Bingo at MHP-CC 1:30pm–3:30pm The OASIS Movie Club: JCC 2pm–4pm Card Games at MHP-CC
All events are subject to change. Joslyn (JCC), OASIS and Manhattan Heights (MHCC) Locations may be subject to change. For weekend activities or more information please call the Older Adults Program (310) 802-5447.					

# OLDER ADULTS

## Dial-A-Ride | Golf | Slo-Pitch League

### DIAL-A-RIDE

CALL OUR OFFICE FOR  
INFORMATION AND TO  
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 one way.

Dial-A-Ride may be used for any activity within the City of Manhattan Beach, but is provided on a first come, first serve basis. Service is also available to most area medical facilities. Service is available M-F from 7:30am-5pm and until 9pm, two Thursdays a month. 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 or 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** seven days a week; Monday through Friday from 6:30 a.m. to 5:30 p.m. and weekends from 8 a.m. to 5 p.m. for a reservation. Our office is closed for lunch from 12-1 p.m. The Dial-A-Ride dispatcher will assist you in scheduling your ride.

### GOLF DISCOUNTS FOR JUNIORS AND SENIORS

Manhattan Beach residents only, 15 years and under and seniors, age 65 and older may purchase a golf discount card from the Live Oak Tennis Office and City Hall (residents must show proof of age at time of purchase). The cost of the card is \$1 annually and may be used from January 1 through December 31. The card entitles seniors and juniors a discounted price of \$10 between 7:00am and 4:00pm, Monday-Friday at the Marriott Municipal Golf Course, located at 1400 Parkview Avenue, behind the Marriott Hotel.

### MEN'S SENIOR (60+) SLO-PITCH LEAGUE

**On-Going Sign-ups**  
**Dorsey Field-March through 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.



# 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

## 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.....	310.802.5313
4:30 p.m.-8:00 a.m. & weekends....	310.802.5140
Street Maintenance .....	310.802.5310

## All Refuse/Recycling Collection

Questions.....	310.830.7100
Refuse Billing Problems .....	310.802.5540
Street Use Permit Processing.....	310.802.5540
Public Works Construction Projects.....	310.802.5353
Traffic and Engineering .....	310.802.5540
Utility Locations .....	310.802.5540
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
Gina Allen.....	310.802.5448
Cultural Arts Manager:	
Vacant.....	310.802.5406
Recreation Program Activities .....	310.802.5400
Cultural Arts Program.....	310.802.5406
Park Maintenance .....	310.802.5326
Dial-A-Ride .....	310.545.3500
Field Conditions Hotline.....	310.802.5454
Older Adult Programs .....	310.802.5447
Playground Program .....	310.802.5419
Sports Program .....	310.802.5413
Class Registration .....	310.802.5448
Pool .....	310.802.5428
Visual Arts Activities .....	310.802.5444
Performing Arts Activities .....	310.802.5417

### Facilities:

Creative Arts Center .....	310.802.5440
Facilities Reservations.....	310.802.5410
Joslyn Community Center .....	310.802.5420
OASIS Room .....	310.802.5446
Manhattan Hgts 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**

# FACILITY LEGEND

## HOW TO READ YOUR CLASS LOCATION

### POTTERY ON THE WHEEL TEEN

Res \$122.40. Nonres \$136

10 but less than 18

This class is all about the potter's wheel. Projects can include plates, bowls, vases, bottles, abstracts, and (intentionally) deformed works. Surface decoration will be explored. More advanced artists can work on their own designs with the assistance of the instructor. Fee includes one bag of clay, glazes, and firing.

19999

Apr 13–Jun 1

29999

Apr 13–Jun 1

4 to 6pm

Trulove, Thomas

6:30 to 8:30pm

Trulove, Thomas

LOP	LIVE OAK PARK	
+	BKC	Basketball Courts
+	CS	Ceramic Studio
+	LOF	Live Oak Field

All class locations have been abbreviated. Use the Facility Location Key below to reveal the abbreviated locations.

- 1) Find the location code of the class you've selected.
- 2) Match the location code with the code shown in the gray box of the chart to find the class location.
- 3) If there is a code before a hyphen/dash, then find this code in the green boxes.

In our example to the left, this class is located at:

Live Oak Park at the Ceramic Studio

BP	BEGG POOL	
CAC	CREATIVE ARTS CENTER	
+	PAR	Performing Arts Room
+	VAR	Visual Arts Room
GVES	GRAND VIEW ELEMENTARY SCHOOL	
+	F	Field
JCC	JOSLYN COMMUNITY CENTER	
+	SRR1	Sunrise Room 1
+	SRR2	Sunrise Room 2
+	SSR	Sunset Room
+	OBH	Ocean Banquet Hall
+	SDS	Surf Dance Studio
+	K	Kitchen
+	O	Oasis Room
+	SH	Scout House
LOP	LIVE OAK PARK	
+	BKC	Basketball Courts
+	CS	Ceramic Studio
+	LOF	Live Oak Field
+	NDF	North Dorsey Field
+	NGA	North Grass Area
+	LOH	Live Oak Hall
+	SH	Scout House
+	RR	REC Room

+	TC	Tennis Courts (TC1–TC6)
MB	MANHATTAN BEACH	
+	8ST	8th Street
+	11ST	11th Street
+	BB	Bruce's Beach
+	MST	Marine Street
+	P	Pier
+	PNS	Pier North Side
+	PSS	Pier South Side
+	PPR	Playground Program Room
+	TC	Tennis Courts (TC1–TC6)
+	RAVE	Rosecrans Avenue
MBMS	MANHATTAN BEACH MIDDLE SCHOOL	
+	BKC	Basketball Courts
+	F	Field
+	G	Gym
MHP	MANHATTAN HEIGHTS PARK	
+	MWBH	Mt. Whitney Banquet Hall
+	BKCA	Basketball Court Adult
+	BKCY	Basketball Court Youth
+	CC	Community Center
+	K	Kitchen
+	P	Patio



# FACILITY LEGEND

+	LF	Left Field
+	RR	REC Room
+	RF	Right Field
+	MBR	Mt. Baldy Room
+	T	Teen Center
+	TC	Tennis Courts
<b>MV MANHATTAN VILLAGE</b>		
+	AF	All Fields
+	CF	Center Field
+	NF	North Field
+	SF	South Field
+	T	Track
+	WUA	Warm Up Area
<b>MAP MARINE AVENUE PARK</b>		
+	RSH	Rocket Ship Hall
+	BD	Ball Diamond
+	DR	Dog Run
+	PPR	Playground Program Room
+	SF	Sports Field
<b>MSC MARINE SPORTS COMPLEX</b>		
+	CF	Center Field
+	EF	East Field
+	WUA	Warm Up Area
+	WSF	West Softball Field
<b>MES MEADOWS ELEMENTARY SCHOOL</b>		
+	MPR	Multi Purpose Room
<b>MCHS MIRA COSTA HIGH SCHOOL</b>		
+	BF	Baseball Field
+	LG	Large Gym
+	NCF	North C Field
+	NDF	North D Field
+	SG	Small Gym
+	SF	Soccer Field
+	SAF	South A Field
+	SBF	South B Field
+	TC	Tennis Courts (TC1–TC10)
<b>PES PACIFIC ELEMENTARY SCHOOL</b>		
+	PF	Pacific Field
<b>PP POLLIWOG PARK</b>		
+	BG	Botanical Garden
+	NBF	North Begg Field
+	PP2	Picnic Pad 2

+	PP4	Picnic Pad 4
+	PP6	Picnic Pad 6
+	PP7	Picnic Pad 7
+	PP9	Picnic Pad 9
+	PP10	Picnic Pad 10
+	CG	Central Gazebo
+	P	Pavilion
<b>SDP SAND DUNE PARK</b>		
+	D	Dune
+	PP	Playground Program
+	S	Shelter

## OFF SITE LOCATIONS

**Art Zone Children Inc. Studio**  
1102 Aviation Blvd.  
Hermosa Beach, CA 90254  
(310) 318–6011

**Masonic Lodge**  
1535 Artesia Blvd  
Manhattan Beach, CA 90260

**Athletic Grace Dance Studio**  
113 W. Grand Ave.  
El Segundo, CA 90245  
(310) 414–9630

**Music Rhapsody**  
1603 Aviation Blvd.  
Redondo Beach, CA 90278  
(310) 376–8646

**Body & Mind Coe–Dynamics, Inc**  
500 S. Sepulveda Blvd. #302  
Manhattan Beach, CA 90266  
(310) 798–7600

**The Lakes at El Segundo**  
Golf Course  
400 S. Sepulveda Blvd.  
El Segundo, CA 90245  
(310) 322–0202

**Legacy Dance Academy**  
730 Allies Way. Suite G  
El Segundo, CA 90245

**Trinity Lutheran Church**  
1340 11th Street  
Manhattan Beach, CA 90266  
(310) 374–4380

**Level 10 Fitness**  
3219 Highland Ave.  
Manhattan Beach, CA 90266  
(310) 802–8888

**Toyota Sports Center**  
555 North Nash St.  
El Segundo, CA 90245  
(310) 535–4400

**Manhattan Beach Marriott**  
Golf Course  
1400 Parkview Ave.  
Manhattan Beach, CA 90266  
(310) 546–7511

**Wondernation Discovery Studio**  
3625 N. Sepulveda Blvd.  
Manhattan Beach, CA 90266  
(310) 545–4550

City of Manhattan Beach Parks and Recreation Department Presents the  
16<sup>th</sup> Annual

# VETERANS DAY

Multi-Generation Event

**Monday, November 11, 2013**

**11:00 AM**

**Veterans' Monument**

**(rain location Joslyn Community Center, 1601 Valley Dr.)**

**For more information, log on to [www.citymb.info](http://www.citymb.info) or contact  
the Parks and Recreation Department (310) 802-5448.**

*Parks and Recreation Strengthens Community Image and Sense of Place*

## The 27<sup>th</sup> Annual **Family Holiday Crafts Night**

*Join us for some old fashioned family fun!*

**Saturday, December 7, 2013 ✨ 5 PM - 8 PM**

**Joslyn Community Center Ocean Banquet Hall, 1601 Valley Drive, Manhattan Beach**

The REC program would like to invite you to attend the 27<sup>th</sup> Annual Family Holiday Crafts Night and Open House. This event will be a showcase of the REC Program. Play, Nature, Exercise, Positive Spaces, Gathering Places, and Forever are the themes of the night. Come and celebrate family fun times, feed off of the positive energy and exercise your mind as you paint or glue. This is a gathering space for you and your family to play and have some good old fashion fun. There will also be a simple supper, holiday goodies and hot cocoa!

**For more information contact:**

- ✨ **Parks and Recreation Department** (310) 802-5448
- ✨ **David Ibarra**, REC Program Supervisor (310) 802-5419
- ✨ **Tim Duerr**, Recreation Supervisor (310) 802-5435
- ✨ **Idris Al-Oboudi**, Recreation Services Manager (310) 802-5404







**Saturday, October 19, 2013**  
**12:00 PM - 4:00 PM**  
**Manhattan Heights Park**  
**1600 Manhattan Beach Blvd.**  
**Manhattan Beach, CA 90266**

**FEATURING**

- **Costume Parade and Contest**
- **Carnival Booths**
- **Push Up Challenge • All Day**
- **Teen Center Haunted House**
- **Food Stand**

**Information**

- Visit the City's website at [www.citymb.info](http://www.citymb.info)
- **David Ibarra, Afterschool REC (310) 802-5419**
- **Teen Center (310) 802-5426**
- **To volunteer contact Eve Kelso Volunteer Coordinator (310) 802-5407**

**19th Annual**  
**Holiday Open House**  
**and**  
**24th Annual**  
**Pier Lighting**

**Wednesday, November 20, 2013**  
**6:30 PM - 9:30 PM**

**Downtown Manhattan Beach & Pier**



**Parks**  
**Make**  
**Life**  
**Better!®**

The Holiday Open House is your downtown local restaurants', retail stores' and businesses' way of saying thank you to our customers and community for their support and patronage throughout the year. Come celebrate our annual Holiday Open House together with the City of Manhattan Beach Pier Lighting Ceremony. Downtown merchants will be open until 9:30 PM and are sure to offer some distinctive gifts and intriguing offers this holiday season. Our restaurants will be serving their original menus and some sampling is sure to get your palette started for an evening of wonderful food.

Enjoy an evening of holiday music, shopping and dining all at one great location, Downtown Manhattan Beach.

For more information, log on to [www.citymb.info](http://www.citymb.info) or contact the Parks and Recreation Department (310) 802-5448.

# REGISTRATION FORM

**PLEASE PRINT ALL INFORMATION**

**MAIN CONTACT FULL NAME:**

<b>First Name</b>		<b>Last</b>	
-------------------	--	-------------	--

**RESIDENTIAL ADDRESS:**

<b>Street</b>			
<b>City</b>		<b>Zip</b>	

<b>E-mail Address</b>			
-----------------------	--	--	--

<b>Phone-Home</b>		<b>Extension</b>	
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<b>Phone-Work</b>		<b>Extension</b>	
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<b>Phone-Cell</b>		<input type="checkbox"/> Yes, I agree to receive text messages. Cell service provider is:
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☐ Check here if this is a new address / phone number

Participant Name	Child's 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:	<b>GRAND TOTAL =</b>
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**OFFICE USE ONLY:**

☐ Cash ☐ Check-Print Check Number:

☐ Credit Card Number:

<b>Expiration Date: Month/Year:</b>	<b>Security Code</b>
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**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, 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 of Manhattan Beach has no obligation to supervise my children at the close of the above activity, and I release the City of Manhattan Beach, its officers, employees and agents from any liability resulting from any lack of supervision of my children at the close of the above activity. Participants involved in Manhattan Beach Parks & Recreation programs/activities may be photographed and such photography may be used to publicize City programs/activities. City of Manhattan Beach staff are not responsible for storing and or providing medications of any kind for participants in Parks and Recreation classes and activities.

<b>Participant, Parent or Guardian Signature:</b>	<b>Date:</b>
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# REGISTRATION

## 4 EASY WAYS TO REGISTER

Registration Begins August 12!

(Non Resident August 27, 2013)

Online



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

Mail-in



Pay by credit card or check.  
Make checks payable to "City of Manhattan Beach"  
Mail to: Manhattan Beach Parks & Recreation Department  
ATTN: Class Registration  
1400 Highland Avenue • Manhattan Beach, CA 90266

Fax-in



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

Walk-in



City Hall, Parks & Recreation Department  
1400 Highland Avenue • Manhattan Beach, CA  
Hours: Monday-Friday • 8:00 am-5:00 pm  
Pay by credit card, check or exact cash.

### REFUND POLICY

1. No refunds will be given unless a refund request is received five (5) working days prior to first class meeting unless the class is canceled by the City of Manhattan Beach.
2. All approved refunds will incur a \$25 refund cost.
3. A "Refund Request Form" may be picked up at City Hall, Parks & Recreation Department, 8am-5pm Monday-Friday or you may have one mailed by calling (310) 802-5448.
4. Refunds are for the activity fee only, online convenience fee are not included in refund amount.

### POLICIES

- Nonresident's registration fee may include up to a 10% additional fee.
- Advanced registration is required for all classes. Fees will not be prorated for late registrations. Gymnastic 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 and activity fee refunds are issued.
- A resident is an individual residing in Manhattan Beach. Acceptable ID: photo ID, driver's license, utility bill with Manhattan Beach address is needed to verify residence.
- Must be the age specified for the activity during the class. Proof may be required for all classes for ages 2-16 (ie, birth certificate, passport).
- False information regarding name, age, city or address results in being dropped 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 automatically be placed on a waiting list when a class is full; you will be notified by the Recreation Department if there is an opening. Do not attend the first class if you have not been notified to do so.
- ActiveNet requires that all activity registration incur a convenience fee of \$2.25 plus a transaction fee of 2.9%.

If Undeliverable,  
Do Not Return

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

Residential Customer  
Manhattan Beach  
CA 90266

ECRWSS



# COMING SOON New Website Look

For more information go to [citymb.info](http://citymb.info).



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