

TEEN & ADULT

Art & Ceramics



TEEN-ART & CERAMICS

CERAMIC POTTERY WHEEL FUN FOR TEENS

Res: \$130 Nonres: \$143
12 but less than 19

This class is all about the pottery 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 clay, glazes, and firing.

20669 CAC-VAR 4pm to 6pm
4/16-6/4 W Trulove, Thomas

DRAWING FOR ANIME MANGA

Res: \$99 Nonres: \$108.90
11 but less than 17

Like anime and manga? This is the class for you! Using a step-by-step method, you will quickly learn how to draw, ink, and color your own anime/manga style cartoons. Each week you will learn to draw a different character that makes Japanese cartoons so cool!

20670 CAC-VAR 5:30pm to 7pm
4/16-6/4 W Huante, George

ADULT-ART & CERAMICS

ACRYLIC, WATERCOLOR AND INKS!

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

In this 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.

20550 CAC-VAR 6:30pm to 9pm
4/17-6/5 Th Drury, Kathryn

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 these principles to canvas. All

skill levels welcome. Call to request the class supply list (310) 802-5448. No class 5/26.

20565 CAC-VAR 9:30am to 12pm
4/14-6/9 M Kari, Morgan

CERAMICS BASIC AND INTERMEDIATE

Res: \$159 Nonres: \$174
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 (1) bag of clay, glazes, and firing. No class 5/26.

20567 LOP-CS 6:30pm to 9:30pm
4/14-6/16 M Trulove, Thomas
20568 LOP-CS 6:30pm to 9:30pm
4/16-6/11 W Trulove, Thomas

CERAMICS EXPERIMENTAL

Res: \$169 Nonres: \$184
18 and up

This class is designed for self-directed students with prior handbuilding and wheel experience. The class will help develop your ideas by expanding on your knowledge, while experimenting with various materials, tools, methods and materials.

20575 LOP-CS 1pm to 4pm
4/17-6/12 Th Mallman, Mary
20576 LOP-CS 6:30pm to 9:30pm
4/17-6/12 Th Mallman, Mary

CERAMICS FOR ALL

Res: \$169 Nonres: \$184
16 and up

Class is structured to assist students of all levels to explore their own artistic paths. Students can learn skills including sculpture, wheel throwing, hand building, surface decoration, slab forms, and others as needed. Fee includes cost of one (1) bag of clay, glazes and firing.

20578 LOP-CS 10am to 1pm
4/18-6/13 F Wollman, Nan
20579 LOP-CS 1:45pm to 4:45pm
4/19-6/14 Sa Wollman, Nan

CERAMICS INTERMEDIATE TO ADVANCED

Res: \$169 Nonres: \$184
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 5/26.

20580 LOP-CS 10am to 1pm
4/14-6/16 M Mallman, Mary

CERAMICS OPEN STUDIO

Res: \$80 Nonres: \$88
18 and up

Open studio time for students who are simultaneously enrolled in one (1) Manhattan Beach Parks and Recreation ceramics class.

20583 LOP-CS 10am to 1:30pm
4/16-6/11 W Simcik, Robert
20584 LOP-CS 10am to 1:30pm
4/19-6/14 Sa Simcik, Robert

CERAMICS POTTERY ON THE WHEEL

Res: \$169 Nonres: \$184
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.

20556 LOP-CS 6:30pm to 9:30pm
4/15-6/10 Tu Simcik, Robert

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 5/26.

20653 CAC-VAR 6:30pm to 9pm
4/14-6/9 M Pines, Ian

IPAD: A NEW WAY TO DRAW

Res: \$99 Nonres: \$108.90
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."

20557 CAC-PAR 1pm to 2:30pm
4/16-6/4 W Huante, George

ART & CERAMICS

LANDSCAPE PASTEL PAINTING

Res: \$170 Nonres: \$187
16 and up

Enjoy the creative process of painting landscapes using 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 a greater understanding of how to see, interpret, and paint the landscape with pastels. No class 5/14 and 5/15.

20655	CAC-VAR	9am to 12pm
4/16-6/11	W	Mancuso, Joseph
20656	CAC-VAR	9am to 12pm
4/17-6/12	Th	Mancuso, Joseph

OPEN STUDIO-PAINTING AND DRAWING

Res: \$40 Nonres: \$44
18 and up

Open studio time for students who are simultaneously enrolled in one Manhattan Beach Parks and Recreation visual art class. Students can work in a non-instructional focused environment.

20559	CAC-VAR	1pm to 5pm
4/19-6/7	Sa	Staff, Parks And Rec

ORIENTAL WATERCOLOR

Res: \$118 Nonres: \$129.80
16 and up

Noted artist and instructor Hisako Asano will reveal the mystical world of delicate oriental 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.

20667	CAC-VAR	9am to 11am
4/15-6/3	Tu	Asano-Gould, Hisako

TRADITIONAL AND HISTORICAL STILL LIFE PAINTING

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. For a list of supplies call (310) 802-5448.

20560	CAC-VAR	3:30pm to 6pm
4/15-6/3	Tu	Case, Alice

PORTRAIT PAINTING

Res: \$160 Nonres: \$176
18 and up

Learn techniques to create beautiful portraits! This class will focus on teaching you to how to draw and paint portraits. Students can work from photographs.

20561	CAC-VAR	12pm to 2:30pm
4/15-6/3	Tu	Case, Alice

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.

20562	CAC-VAR	1pm to 3:15pm
4/16-6/4	W	Spring, Heidi

DANCE, MUSIC & THEATER

BEGINNING UKULELE

Res: \$125 Nonres: \$137.50
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 KMMN or from an outside source. We will explore musical concepts that go along with the Ukulele instruction manuals. Manual fee \$25.

20607	CAC-PAR	6pm to 6:45pm
4/16-5/21	W	Carver-Gunderson, Annette

BOOTY BARRE

18 and up

A sexy, energetic, fun workout that fuses fitness techniques from Dance, Pilates, and Yoga that will tone, define and chisel the whole body. And get this you don't even need any dance experience and you certainly don't need a partner! The Booty Barre® method is the perfect combination of strength and flexibility with added cardio to burn fat fast. Bring a bottle of water, towel, mat and socks. No class 5/26.

Res: \$90 Nonres: \$99		
20586	Athletic Grace Dance Studio	7pm to 8pm
4/14-6/9	M	Staff, Athletic Grace Dance Studios

Res: \$100 Nonres: \$110		
20587	CAC-PAR	11am to 11:55am
4/15-6/10	Tu	Staff, Athletic Grace Dance Studios

BOOTY BARRE FITNESS

Res: \$99 Nonres: \$108.90
16 and up

A sexy, energetic, fun workout that fuses fitness techniques from Dance, Pilates, and Yoga that will tone, define and chisel the whole body. And get this, you don't even need any dance experience and you certainly don't need a partner! The Booty Barre® method is the perfect combination of strength and flexibility with added cardio to burn fat fast. Bring a pair of 3-5 pound dumbbell weights, bottle of water, towel, mat and socks.

20591	CAC-PAR	10:15am to 11:10am
4/19-6/7	Sa	Staff, Dance 'N Association

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! No class 4/29.

20608	JCC-SDS	9am to 10am
4/15-5/27	Tu	Darowish-Fine, Marina

CARDIO TAP

Res: \$50 Nonres: \$55
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.

20609	Athletic Grace Dance Studio	5pm to 6pm
4/16-5/14	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. 8 and 4 sessions available.

4 Sessions		
Res: \$60 Nonres: \$66		
20611	JCC-SSR	7pm to 9pm
4/15-6/3	Tu	Usui, Doris

8 Sessions		
Res: \$100 Nonres: \$110		
20612	JCC-SSR	7pm to 9pm
4/15-6/3	Tu	Usui, Doris

ADULT

Dance, Music & Theater | Fitness

INTERMEDIATE BALLROOM DANCE

Res: \$68 Nonres: \$74.80

15 and up

Would you like to go to the next level with your dancing? In this class new steps will be added to 2 or 3 dances. Technique and styling will be stressed to add that extra special something! Partner suggested.

20613 JCC-SDS 8pm to 9pm
4/16-6/4 W Llorens, Kathleen

INTRO TO BALLET

Res: \$50 Nonres: \$55

18 and up

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.

20614 Athletic Grace Dance Studio 6pm to 7pm
4/16-5/14 W Staff, Athletic Grace Dance Studios

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.

20615 Athletic Grace Dance Studio 5pm to 6pm
4/17-5/15 Th Staff, Athletic Grace Dance Studios

INTRODUCTION TO BALLROOM DANCE

Res: \$68 Nonres: \$74.80

15 and up

Looking for a fun way to use your core muscles, meet people and have fun, or be able to dance at a very special wedding. Come on down and learn the basic steps to four popular dances. Three to four steps in each dance, plus styling and technique will be taught. Partner suggested.

20616 JCC-SDS 7pm to 8pm
4/16-6/4 W Llorens, Kathleen

ORGANIC BELLY DANCE

Res: \$80 Nonres: \$88

18 and up

Learn belly dance in a no-stress setting without rigid instruction or complicated choreography. This class will always be exciting and fun unlike the standard high-pressure belly dance classes. The focus in this class is less on cultivating a performance type skill and more on using the dance as a way of improving the mind and body, as the movements learned will help create a healthier physical environment for the participant without putting strain on the body. Belly Dance helps to promote and maintain the well-being of women's health.

20598 CAC-PAR 8pm to 9pm
4/15-6/3 Tu Lazar, Rita

ZUMBA

Res: \$96 Nonres: \$105.60

16 and up

Zumba is a fusion of Latin and International music with a dynamic, exciting, and effective fitness system! It combines high energy and motivating music with unique moves and combinations. It is a mixture of body sculpting movements with easy to follow dance steps. No class 5/24.

20618 CAC-PAR 9am to 9:50am
4/19-6/14 Sa Korenevsky, Nelly
20619 CAC-PAR 7:30pm to 8:20pm
4/17-6/5 Th Korenevsky, Nelly

ZUMBA® SPRING MORNING PASS

Res: \$90 Nonres: \$99

18 and up

Zumba® classes feature exotic dance rhythms set to high-energy Latin and international beats. It's easy to do, effective and totally exhilarating. This flexible pass is good for Zumba classes offered at Athletic Grace Dance Studio, Monday thru Thursday at 9am. No class 5/22.

20605 Athletic Grace Dance Studio 9am to 10am
4/14-5/22 M Tu W Th Staff, Athletic Grace Dance Studios

ZUMBA® TONING

Res: \$100 Nonres: \$110

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!

20620 Athletic Grace Dance Studio 6pm to 6:55pm
4/15-6/3 Tu Staff, Athletic Grace Dance Studios

FITNESS

BEACH BOOT CAMP WITH GI JOE

Res: \$222 Nonres: \$244.20

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 5/26.

20770 MB-PSS 6am to 6:50am
4/14-6/13 M W F Charles, Joe
20771 MB-PSS 8am to 8:50am
4/14-6/13 M W F Charles, Joe
20772 MB-PSS 9am to 9:50am
4/14-6/13 M W F Charles, Joe



FIRM & FIT

Res: \$115 Nonres: \$126.50

16 and up

Burn calories while getting Firm & Fit! Full body workout while using light weight training and exercise tubes. This class focuses on arms and shoulders, abs and glutes by performing core activating moves, ending with mild stretching. With a 15:1 ratio, bring a mat and a set of 3-5 lbs. dumbbells.

20780 MHP-MWBH 6pm to 7:15pm
4/15-6/3 Tu Staff, Body Blueprint

FITNESS AT LEVEL 10

Res: \$375 Nonres: \$412.50

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.

20782 Level 10 Fitness 6am to 7am
4/14-5/30 M W F LLC, NOTORIOUS F.I.T.,

PILATES MAT & TRX

Res: \$180 Nonres: \$198

18 and up

These Reformer Fit Pilates classes are designed to strengthen and tone the whole body while improving posture. This helps alleviate many forms of body aches from neck to ankles, and everything in between. The mat Pilates will warm up, strengthen core, and direct body alignment. This is then further challenged with dynamic movements with TRX. This work-out lends towards serious muscle strengthening, balance, building range of motion, and calorie burning while leaving some time for cool down and stretch.

20800 Body & Mind Coe-Dynamics, Inc. 7pm to 7:55pm
4/17-5/8 Th Staff, Body & Mind Coe Dynamics Inc

PILATES REFORMER-FIT

Res: \$180 Nonres: \$198

18 and up

This individual private Pilates sessions (1 or 2 people) will give the student access to all equipment of the Pilates studio. This one-on-one direct training with a comprehensive certified Pilates teacher accomplishes specific goals of the individual for a healthy body, mind, and soul. If you would like to bring a friend, semi-private sessions are available at a reduced rate. Please contact Body and Mind Coe Dynamics at (310) 798-7600.

20796 Body & Mind Coe-Dynamics, Inc. 5pm to 5:55pm
4/16-5/7 W Staff, Body & Mind Coe Dynamics Inc

FITNESS

PILATES REFORMER-FIT

Res: \$180 Nonres: \$198

18 and up

This individual private Pilates sessions (1 or 2 people) will give the student access to all equipment of the Pilates studio. This one-on-one direct training with a comprehensive certified Pilates teacher accomplishes specific goals of the individual for a healthy body, mind, and soul. If you would like to bring a friend, semi-private sessions are available at a reduced rate. Please contact Body and Mind Coe Dynamics at (310) 798-7600.

20797 Body & Mind Coe-Dynamics, Inc. 8am to 8:55am
4/17-5/8 Th Staff, Body & Mind Coe Dynamics Inc

THE EDGE FITNESS CHALLENGE

18 and up

GO GREEN-workout in the park! This program will burn fat, increase lean muscle, improve mobility, decrease stress and have a blast! Highlights: Pilates-inspired core work, Strength training, Metabolic training to increase metabolism, and a Mind-Body cool down that will leave you feeling relaxed and invigorated. No class 5/26.

Res: \$117 Nonres: \$129

20551	PP-SEC	6am to 6:45am
5/20-6/12	Tu Th	Murphy, Alicia
20552	PP-SEC	9am to 9:45am
5/20-6/12	Tu Th	Murphy, Alicia
20554	PP-SEC	6pm to 6:45pm
5/20-6/12	Tu Th	Murphy, Alicia

Res: \$147 Nonres: \$162

20547	PP-SEC	6am to 6:45am
4/15-5/15	Tu Th	Murphy, Alicia
20548	PP-SEC	9am to 9:45am
4/15-5/15	Tu Th	Murphy, Alicia
20549	PP-SEC	6pm to 6:45pm
4/15-5/15	Tu Th	Murphy, Alicia

Res: \$167 Nonres: \$184

20544	PP-SEC	6am to 6:45am
5/19-6/13	M W F	Murphy, Alicia
20545	PP-SEC	9am to 9:45am
5/19-6/13	M W F	Murphy, Alicia
20546	PP-SEC	6pm to 6:45pm
5/19-6/13	M W F	Murphy, Alicia

Res: \$208 Nonres: \$229

20541	PP-SEC	6am to 6:45am
4/14-5/16	M W F	Murphy, Alicia
20542	PP-SEC	9am to 9:45am
4/14-5/16	M W F	Murphy, Alicia
20543	PP-SEC	6pm to 6:45pm
4/14-5/16	M W F	Murphy, Alicia

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.

20811	JCC-SDS	5pm to 6:15pm
4/15-6/3	Tu	Coles, Dorene
20812	JCC-SDS	6:30pm to 7:45pm
4/15-6/3	Tu	Coles, Dorene

Wellness Workshop

Res: \$20 Nonres: \$22

16 and up

Delivering nutritional care for healthy bones, alleviate chronic, back, joint, muscle aches and pains. Presenter Tracy Coe, Whole Health and Quantum Nutrition Coach, emphasizes a nutritionally dense diet and clearing meridian pathways of the body and mind to have a Life of Vitality. Tracy presents a variety of health and food workshops to the community, to educate the community about their health options.

20969 Body & Mind Coe-Dynamics, Inc.
3pm to 4:30pm 4/26 Sa
Staff, Body & Mind Coe Dynamics Inc.

SPORTS



BEACH VOLLEYBALL-ADVANCED

Res: \$100 Nonres: \$110

18 and up

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

20533	MB-PSS	6pm to 7:30pm
4/14-6/4	M W	Grebluinas, Cindy
20534	MB-PSS	6pm to 7:30pm
4/15-6/5	Tu Th	Braunecker, Don



BEACH VOLLEYBALL-BEGINNER

Res: \$100 Nonres: \$110

18 and up

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

20535	MB-PSS	6pm to 7:30pm
4/14-6/4	M W	Pavaskova, Kamila



BEACH VOLLEYBALL-INTERMEDIATE

Res: \$100 Nonres: \$110

18 and up

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

20538	MB-PSS	6pm to 7:30pm
4/14-6/4	M W	Maloney, Mike
20539	MB-PSS	6pm to 7:30pm
4/15-6/4	Tu Th	Starczak, Christine

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 golf swing fundamentals, make small swings with chipping and putting, learn some rules and etiquette, all while enjoying a fun introduction to the game of golf. We meet on the top right corner of the driving range.

20802	Lakes at El Segundo	6pm to 7pm
4/28-5/19	M	Robert, Scott
20803	Lakes at El Segundo	10am to 11am
4/29-5/20	Tu	Robert, Scott
20804	Lakes at El Segundo	6pm to 7pm
4/30-5/28	W	Robert, Scott
20805	Lakes at El Segundo	10am to 11am
5/1-5/29	Th	Robert, Scott
20806	Lakes at El Segundo	6pm to 7pm
6/2-6/30	M	Robert, Scott
20807	Lakes at El Segundo	10am to 11am
6/3-7/1	Tu	Robert, Scott
20808	Lakes at El Segundo	6pm to 7pm
6/4-7/2	W	Robert, Scott
20809	Lakes at El Segundo	10am to 11am
6/5-7/10	Th	Robert, Scott

TABLE TENNIS

Res: \$30 Nonres: \$33

15 and up

Round robin play for intermediate and advanced players. Some coaching available for beginners.

20589	MHP-MWBH	2pm to 3:30pm
4/19-6/7	Sa	Lockenour, Jerry
20590	MHP-MWBH	3:30pm to 5pm
4/19-6/7	Sa	Lockenour, Jerry