

July is Parks & Recreation Month

Join us and celebrate National Parks & Recreation Month this July!

Try something new and participate in a free class during the week of July 17 - 23, 2016!

Don't forget to have your instructor stamp your MB Parks & Rec Passport!

Don't have a MB Parks & Rec Passport? Pick one up at the Parks & Recreation Department located in City Hall.



REMEMBER...

Once you've completed all 4 activities listed on the MB Parks and Rec Passport, bring your Passport into City Hall at time of registration to receive 10% off your next Summer or Fall 2016 class or trip enrollment.

WWW.CITYMB.INFO/PARKSANDRECMONTH

Celebrate Parks & Recreation Month by trying something new! We are offering one free trial day to all participants (not all classes are eligible for trial). Classes are offered for all ages and everyone is allowed one free trial day **within the month of July during the week of July 17-23**. Please refer to the list of eligible classes. Simply fill out the form and submit it to the instructor when you attend the class.

For more information please contact the Parks and Recreation Department at (310) 802-5448 or by email at mbparksandrec@citymb.info.

ONE FREE CLASS REGISTRATION FORM					
Main Contact (First and Last Names)					
RESIDENTIAL ADDRESS					
Street					
City		Zip			
E-mail Address					
Phone - Primary		<input type="checkbox"/> Cell	<input type="checkbox"/> Other		
Phone - Secondary		<input type="checkbox"/> Cell	<input type="checkbox"/> Other		
<input type="checkbox"/> Yes, I agree to receive text messages. Cell service provider:			<input type="checkbox"/> Check here if this is a new address/phone number		
Participant Name	DOB	Gender	Activity Name	Day	Time
RELEASE OF LIABILITY WAIVER					
<p>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.</p>					
Participant, Parent or Guardian Signature:				Date:	

List of Eligible Free Trial Day Classes - July 17 - 23, 2016 only

	Name	Age	Day	Time	Location
Tot	Musical Fun for Tots	3m - 4y	Th Th	9:15 - 10:00 am 10:00 - 10:45am	MBAR - PAR
	Soccer – Tiny Pros “Learn 2 Kick” *RSVP Required* Email: fp77.iphone@gmail.com	1 ½ - 2	Su	8:15 - 9:00am	GVES Turf Field
	Soccer – Tiny Pros *RSVP Required* Email: fp77.iphone@gmail.com	2 - 3 ½	Su	9:00 - 9:45am	GVES Turf Field
		3 ½ - 5		10:00 - 10:45am	
	Sports – Tiny Pros *RSVP Required* Email: fp77.iphone@gmail.com	2 - 3 ½	Sa	9:00 - 9:45am	GVES Turf Field
3 ½ - 5		10:00 - 10:45am			
Youth	Beach Volleyball	5 - 13	M/W	3:30 - 5:00pm	MB - PSS
			Tu/Th	3:30 - 5:00pm	
			Sa	9:30 - 11:00am	
	Ceramics for Kids *RSVP Required* Email: mbparksandrec@citymb.info	6-12	Tu	4:30 - 6:00pm	LOP - CS
			Th	4:30 - 6:00pm	LOP - CS
Sa			9:45 - 11:15am	LOP - CS	
Soccer – Tiny Pros	5 - 6	Su	11:00 - 11:45am	GVES Turf Field	
Sports – Tiny Pros	5 - 6	Sa	11:00 - 11:45am	GVES Turf Field	
Teen & Adult	Beach Volleyball – Beginner	18+	M/W Tu/Th	6:00 - 7:30pm	MB - PSS
	Beach Volleyball – Advanced	18+	Tu/Th	6:00 - 7:30pm	MB - PSS
	Fitness at Level 10	18+	M/W/F	6:00 - 7:00am	Level 10 Fitness
				7:00 - 8:00am	
				9:00 - 10:00am 6:00 - 7:00pm	
	Pilates Mat & TRX *RSVP Required* Email: pilates@coe-dynamics.com	18+	Th	7:00 - 7:55pm	Body & Mind Coe-Dynamics
				Pilates Reformer Class *RSVP Required* Email: pilates@coe-dynamics.com	
Yoga by the Beach	18+	T	4:30 - 5:30pm	MB - BB	
Yoga Flow 1/2	18+	Th	6:00 - 7:15pm	JCC - SSR	
Older Adults	Comedy Improv for Older Adults	55+	M	4:00 - 6:00pm	JCC - SDS
	Senior Yoga Beginning	55+	Tu	10:00 - 11:15am	MHP-MWBH