

# MANHAPPENINGS

MANHATTAN BEACH PARKS & REC

FALL 2024



# 2024 FALL ACTIVITY REGISTRATION DATES

**MB RESIDENTS: 8/5**  
**NON-MB RESIDENTS: 8/19**

**SOMETHING TO  
REMEMBER**

*CITY HALL HOURS:*  
M-Th 8am to 5pm · F 8am to 4pm

## **PIER LIGHTING**

**NOVEMBER 20, 2024**

**5pm to 9pm**

Downtown Manhattan Beach  
and Manhattan Beach Pier

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

**#mbpierlighting**

- 4 TOT
- 8 YOUTH
- 12 TEEN
- 13 ADULT
- 21 AQUATICS
- 23 TENNIS
- 27 OLDER ADULT



# FALL '24 EVENTS

## BRINGING THE HEAT BEYOND THE BEACH

36<sup>th</sup> Annual

### HALLOWEEN CARNIVAL OCTOBER 26

1pm to 5pm

Manhattan Heights Park

Costume contest and parade, carnival game booths, snack bar and more!

#mbhalloweencarnival



### PUMPKIN RACE

OCTOBER 20 • FESTIVAL 12pm • RACES 2pm • Manhattan Beach Pier

**READY, SET, GO!** Gather your family and friends and get your Pumpkin Racers to the World Famous Pumpkin Race. Dress in costumes, enjoy fun activities, make your own pumpkin race car and feel the thrill of competing in the fun-spirited World Famous Pumpkin Race! *\*time subject to change*

#mbpumpkinrace

### PUMPKIN KITS AVAILABLE STARTING 10/5\*

Catch us at the **Manhattan Beach Hometown Fair** on Saturday, October 5<sup>th</sup> and Sunday, October 6<sup>th</sup> from 10am to 5pm

**City Hall:** M-Th 8am to 5pm, F 8am to 4pm beginning on October 7<sup>th</sup>

*\*While supplies last*



### VETERANS DAY CEREMONY

NOVEMBER 11

11am

Veterans Parkway

Join us for a multi-generational event as we honor our armed services veterans and their families. Light refreshments will be served.

#mbveteransday



### LIGHT GATE SUNSET

NOVEMBER 14 • 4:30pm • Between City Hall and the Library on Highland Ave.

Get your camera ready for another picture perfect sunset through the Light Gate keyhole! This unique artwork focuses the view through an opening down 14th Street to the ocean. Every year on this day, the sunset aligns perfectly through the keyhole.

#mblightgate



**ART**

**PEE WEE PICASSO!**

**1½ but less than 3**

**Res: \$285 Nonres: \$313 (10 Weeks)**

Your lil' Picasso will become a super creator! Lessons develop and strengthen fine motor skills, elevate problem solving, enhance ways to socialize and strengthen language development. Early math concepts and collaborative projects are integrated into lessons including tempera paints, clay, drawing tools, sensory collages and more. Essential Art Boxes, Building and Manipulative Stations and Art Story Time Too! New lessons rotate quarterly.

Location: Marine Avenue Park – Rocket Ship Hall

Instructors: The Art Box Academy

<b>43335</b>	10am to 10:45am	9/12 – 11/14	Th
<b>43336</b>	10am to 10:45am	9/13 – 11/15	F

**YOUNG EXPLORERS WORKSHOP**

**4½ but less than 7**

**Res: \$630 Nonres: \$693 (13 Weeks)**

Join our Young Explorers Workshop where curiosity meets creativity! Interactive stories, music, and movement introduce various themes. Hands-on play at 4-6 stations sparks imagination, encouraging child-led projects and developing problem-solving skills. A dynamic environment for young learners to grow and explore! All materials (simple circuits, plants, craft supplies, etc.) are included. Pack a lunch or a snack for your child. Please carefully note allergies and dietary restrictions in the case of food-related activities. Optional parent participation: drop off or stay and assist your own child with activities. No class 11/25 and 11/27.

Location: Marine Avenue Park – Rocket Ship Hall

Instructor: Elizabeth Hiatt and Jaquelyn Conrey

<b>43351</b>	10am to 1pm	9/9 – 12/2	M
<b>43352</b>	10am to 1pm	9/11 – 12/4	W

**SPORTS**

**BASKETBALL WITH SPORTBALL**

**4 but less than 6**

**Res: \$180 Nonres: \$198 (8 Week)**

Basketball at Sportball teaches the fundamentals of the game. In our fun, skill-based program, children will learn dribbling, passing, shooting, defense and court positions, while working on teamwork and sportsmanship. Throughout our season, we will cover a new skill each week so we can form an all-star team at the end of our season!

Location: Live Oak Park – South Half Basketball Court

<b>43143</b>	9am to 9:45am	9/22 – 11/17	Su
<b>43144</b>	10am to 10:45am	9/22 – 11/17	Su

**BIG & LITTLE GYMNASTICS**

**2 but less than 4**

Big and Little classes incorporate movement and fun to introduce gymnastics to our youngest participants. In our 40-minute class you and your "little" will work together to develop fine and gross motor skills, practice balancing, bouncing, and explore gymnastics through games, obstacle courses, and circle time. \*This class requires parent/guardians' participation.

Location: Manhattan Heights Park – Mt. Whitney Banquet Hall

Instructor: South Bay Sprouts

**Res: \$304 Nonres: \$334 (8 Weeks)**

<b>43230</b>	9am to 9:40am	9/4 – 10/23	W
<b>43320</b>	9am to 9:40am	9/4 – 10/23	W
<b>43321</b>	11:30am to 12:10pm	9/4 – 10/23	W

**Res: \$228 Nonres: \$251 (6 Weeks)**

<b>43439</b>	9am to 9:40am	11/13 – 12/18	W
<b>43440</b>	11:30am to 12:10pm	11/13 – 12/18	W

**BRIT WEST SOCCER - TINY PROS (2 - 3½)**  
**2 but less than 3½**

Age appropriate soccer curriculum, focusing on kicking and shooting the ball, is taught through fun and playful games. As technique improves, sessions will include a small-sided game to put learned skills into game situations. We aim to instill our little team with a sense of confidence, coordination, friendship, and a love of soccer!  
 Instructor: Brit West Soccer Coaches

**Res: \$180 Nonres: \$198 (8 Weeks)**

Location: Marine Avenue Park – Soccer Field  
**43175** 10am to 10:35am 9/13 – 11/1 F

Location: Grand View Elementry School - Field  
**43172** 9am to 9:35am 9/14 – 11/2 Sa  
**43173** 9am to 9:35am 9/15 – 11/3 Su

**Res: \$90 Nonres: \$99 (4 Weeks)**

Location: Marine Avenue Park – Soccer Field  
**43460** 10am to 10:35am 11/22 – 12/20 F

Location: Grand View Elementry School - Field  
**43458** 9am to 9:35am 11/23 – 12/21 Sa  
**43459** 9am to 9:35am 11/24 – 12/22 Su

**BRIT WEST SOCCER - TINY PROS (3½ - 5)**  
**3½ but less than 5**

Age appropriate soccer curriculum, focusing on kicking and shooting the ball, is taught through fun and playful games. As technique improves, sessions will include a small-sided game to put learned skills into game situations. We aim to instill our little team with a sense of confidence, coordination, friendship, and a love of soccer!  
 Instructor: Brit West Soccer Coaches

**Res: \$180 Nonres: \$198 (8 Weeks)**

Location: Marine Avenue Park – Soccer Field  
**43180** 10:40am to 11:25am 9/13 – 11/1 F

Location: Grand View Elementry School - Field  
**43177** 9:40am to 10:25am 9/14 – 11/2 Sa  
**43178** 9:40am to 10:25am 9/15 – 11/3 Su

**Res: \$90 Nonres: \$99 (4 Weeks)**

Location: Marine Avenue Park – Soccer Field  
**43463** 10:40am to 11:25am 11/22 – 12/20 F

Location: Grand View Elementry School - Field  
**43461** 9:40am to 10:25am 11/23 – 12/21 Sa  
**43462** 9:40am to 10:25am 11/24 – 12/22 Su



**GYMNASTICS WITHOUT LIMITS: ADAPTIVE FITNESS**

**3 but less than 5**

Our Gymnastics Without Limits class is designed to provide a nurturing and inclusive environment for individuals of all abilities to explore the artistry and athleticism of gymnastics. This class welcomes individuals of all ages and abilities, including those with physical disabilities, developmental delays, sensory processing differences, or other special needs. Participants may include children and adolescents who are seeking a supportive and inclusive environment to explore the joy of gymnastics. GWL offers a play-based approach to gymnastics training that fosters confidence, strength, flexibility, and social interaction.  
 Location: Manhattan Heights Park – Mt. Whitney Banquet Hall

Instructor: South Bay Sprouts

**Res: \$152 Nonres: \$167 (4 Weeks)**

**43331** 2:25pm to 2:55pm 9/4 – 9/25 W  
**43334** 2:25pm to 2:55pm 10/2 – 10/23 W

**Res: \$228 Nonres: \$251 (6 Weeks)**

**43449** 2:25pm to 2:55pm 11/13 – 12/18 W

**INTRO TO SAND CRUISERS GYMNASTICS**  
**3 but less than 5**

New to gymnastics? Try out our Intro to Sand Cruisers to get a feel for our program. Throughout our four-week session we will learn how to take class independently by focusing on following directions, taking turns, learning class structure, and practicing gymnastics basics of course! This is the perfect first class for kiddos hopping into movement-based activities.

Location: Manhattan Heights Park – Mt. Whitney Banquet Hall

Instructor: South Bay Sprouts

**Res: \$152 Nonres: \$167 (4 Weeks)**

**43324** 10:40am to 11:20am 9/4 – 9/25 W  
**43325** 10:40am to 11:20am 10/2 – 10/23 W

**Res: \$228 Nonres: \$251 (6 Weeks)**

**43443** 10:40am to 11:20am 11/13 – 12/18 W

**REGISTRATION DATES** *SAVE THE DATES FOR FALL REGISTRATION!*  
 Manhattan Beach Residents: August 5  
 Non-Manhattan Beach Residents: August 19

## MULTI-SPORT WITH SPORTBALL

**3 but less than 6**

**Res: \$145 Nonres: \$160 (6 Weeks)**

Sportball Multi-Sport is a dynamic sports program that focuses on skill development in a different sport each class (soccer, basketball, football, tennis, hockey, golf, and baseball) Classes apply developmentally appropriate methodology to introduce, practice, and refine motor skills, progress sport skills, reinforce the benefits of teamwork and prepare your athlete for a future of confident sports participation. No class 10/5 and 10/7.

Location: Live Oak Park – North Grass Area

Instructor: Sportball South Bay

<b>43191</b>	10:15am to 11am	9/23 – 11/4	M
<b>43190</b>	11am to 11:45am	9/21 – 11/2	Sa

## NINJA GYM - GYMNASTICS

**3 but less than 5**

Our Sand Cruisers will be running, jumping, rolling, and swinging, as they learn basic gymnastics skills using mats, equipment, and props. Within a 40-minute class, gymnasts will develop their strength, practice taking turns and cooperating with peers, while learning skills through engaging instructions.

Location: Manhattan Heights Park – Mt. Whitney Banquet Hall

Instructor: South Bay Sprouts

**Res: \$360 Nonres: \$396 (8 Weeks)**

<b>43447</b>	4:30pm to 5:10pm	9/4 – 10/23	W
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**Res: \$270 Nonres: \$297 (6 Weeks)**

<b>43448</b>	4:30pm to 5:10pm	11/13 – 12/18	W
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## PARENT & CHILD MULTI-SPORT WITH SPORTBALL

**1½ but less than 4**

**Res: \$145 Nonres: \$160 (6 Weeks)**

In our parent and child classes, children are introduced to the fundamental skills and concepts of gameplay associated with 7 different sports (basketball, football, volleyball, golf, tennis, hockey, and baseball). Structured around a play based & imaginative curriculum, these classes are a fantastic start for an active life.

Location: Live Oak Park – North Grass Area

Instructor: Sportball South Bay

<b>43194</b>	9:30am to 10:15am	9/23 – 11/4	M
<b>43193</b>	9am to 9:45am	9/21 – 11/2	Sa

## T-BALL & SOCCER WITH SPORTBALL

**Res: \$145 Nonres: \$160 (6 Weeks)**

In our Soccer & T-Ball class, we dive into two of the most loved sports, baseball and soccer. We will introduce your young athlete to the basics of both sports through imagination skill-based games, that will constantly be improving cognitive and social skills, and most importantly learning to work together as a team.

Location: Live Oak Park – North Grass Area

Instructor: Sportball South Bay

**2 but less than 4**

<b>43198</b>	9:30am to 10:15am	9/22 – 11/3	Su
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**3 but less than 6**

<b>43197</b>	10am to 10:45am	9/21 – 11/2	Sa
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## T-BALL WITH SPORTBALL

**3 but less than 6**

**Res: \$145 Nonres: \$160 (6 Weeks)**

In Sportball T-Ball, we introduce your children to the fundamentals of baseball, with the guidance of our coach. Children will learn hitting, throwing, fielding, catching, base running, terminology, and engage in activities by playing fun games and skill-based drills. Our coaches work with the children and parents throughout the class using positive reinforcement and imaginative coaching techniques. A fun experience for you and your child that prepares them for future league play!

Location: Live Oak Park – North Grass Area

Instructor: Sportball South Bay

<b>43199</b>	10:15am to 11am	9/22 – 11/3	Su
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## SAND CRUISERS GYMNASTICS

**3 but less than 5**

Our Sand Cruisers will be running, jumping, rolling, and swinging, as they learn basic gymnastics skills using mats, equipment, and props. Within a 40-minute class, gymnasts will develop their strength, practice taking turns and cooperating with peers, while learning skills through engaging instructions.

Location: Manhattan Heights Park – Mt. Whitney Banquet Hall

Instructors: South Bay Sprouts

**Res: \$304 Nonres: \$334 (8 Weeks)**

<b>43441</b>	9:50am to 10:30am	9/4 – 10/23	W
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**Res: \$228. Nonres: \$251(6 Weeks)**

<b>43442</b>	9:50am to 10:30am	11/13 – 12/18	W
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**CLASSES FILL UP FAST!**

Register early to secure your spot this fall!

**MUSIC RHAPSODY INSTRUMENT KITS**

Students use their individual instrument kit. A confirmation email from Music Rhapsody will be sent with a link to purchase instrument kit (\$59.13). For more information or questions, call (310) 376-8646.

**DANCE, MUSIC AND THEATER**

**MUSIC RHAPSODY BABIES & TODDLERS MAKE MUSIC**

**3m but less than 3**

**Res: \$175 Nonres: \$193 (7 Weeks)**

Delightful songs, dances, and musical activities using percussion instruments develop the timing, coordination, pitch matching, and language skills of the toddler. High-quality instruments, puppets, stories, and colorful props make this an engaging time of learning! Precautions followed; No class on 11/28.

Location: Manhattan Heights Park – Mt. Whitney Banquet Hall

Instructor: Music Rhapsody Staff

<b>43357</b>	10:45am to 11:30am	9/12 – 10/24	Th
<b>43358</b>	10:45am to 11:30am	10/31 – 12/19	Th

**MUSIC RHAPSODY BABIES MAKE MUSIC**

**3m but less than 1**

**Res: \$175 Nonres: \$193 (7 Weeks)**

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. Precautions followed; No class on 10/7, 11/11 and 11/25

Location: Joslyn Community Center – Sunrise Room

Instructor: Music Rhapsody Staff

<b>43339</b>	11:15am to Noon	9/9 – 10/28	M
<b>43340</b>	11:15am to Noon	11/4 – 12/16	M

**MUSIC RHAPSODY FAMILY SPANISH MUSIC**

**1 but less than 6**

**Res: \$175 Nonres: \$193 (7 Weeks)**

We are offering our amazing curriculum en Español! Whether you are fluent in Spanish or just beginning, our bilingual music teacher will help families grow in their abilities by providing a fun, creative approach to learning Spanish through the language of music! Music Rhapsody los invitan a cantar, bailar, y tocar música en Español! Precautions followed; No class 10/7, 11/11 and 11/25

Location: Joslyn Community Center – Sunrise Room

Instructor: Music Rhapsody Staff

<b>43341</b>	12:15pm to 1pm	9/9 – 10/28	M
<b>43342</b>	12:15pm to 1pm	11/4 – 12/16	M

**MUSIC RHAPSODY TODDLERS & KIDS MAKE MUSIC**

**1 but less than 4**

**Res: \$175 Nonres: \$193 (7 Weeks)**

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 and low, soft and loud, up and down are taught in a game-like atmosphere and increase self confidence. Precautions followed; No class 10/7 and 11/28.

Instructor: Music Rhapsody Staff

Location: Joslyn Community Center – Sunrise Room

<b>43239</b>	10:15am to 11am	9/9 – 10/28	M
<b>43343</b>	10:15am to 11am	11/4 – 12/16	M

Location: Manhattan Heights Park – Mt. Whitney Banquet Hall

<b>43359</b>	11:45am to 12:30pm	9/12 – 10/24	Th
<b>43360</b>	11:45am to 12:30pm	10/31 – 12/19	Th

**MUSIC RHAPSODY TODDLERS MAKE MUSIC**

**1 but less than 3**

Delightful songs, dances, and musical activities using percussion instruments develop the timing, coordination, pitch matching, and language skills of the toddler. High-quality instruments, puppets, stories, and colorful props make this an engaging time of learning! Precautions followed; No class on 11/11 and 11/25.

Location: Joslyn Community Center – Sunrise Room

Instructor: Music Rhapsody Staff

**Res: \$175 Nonres: \$193 (7 Weeks)**

<b>43344</b>	9:15am to 10am	9/9 – 10/28	M
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**Res: \$125 Nonres: \$138 (5 Weeks)**

<b>43345</b>	9:15am to 10am	11/4 – 12/16	M
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## GLAZE LAB at MBAC

Glaze Lab offers an array of premade ceramic pieces for participants to glaze. The fee includes all materials, firing, and labor. No reservations needed

**Saturday/Sunday 10 AM to 4 PM**

Closed on the following holidays: New Year's Day, Independence Day (July 4th), and Christmas Day.



## ARTS AND CERAMICS

### ADVENTURES IN CLAY

**6 but less than 14**

**Res: \$285 Nonres: \$314 (8 Weeks)**

Learn the Basics of working with clay while creating fun projects. Inspire imagination while making and decorating your pieces. Projects may include coil lanterns, crazy creatures, holiday ornaments, decorative cups, plates, planters and items of the artist's own design. Fee includes materials and firing. Release form required. No class 10/4. Location: Live Oak Park - Ceramic Studio  
Instructor: Kate Tatsumi

<b>43042</b>	4:30pm to 6pm	10/2 - 11/20	W
<b>43043</b>	4:30pm to 6pm	10/3 - 11/21	Th
<b>43509</b>	4:30pm to 6pm	9/27- 11/22	F

### ART LAB

**5½ but less than 11**

**Res: \$248 Nonres: \$273 (8 Weeks)**

Come explore the possibilities with a variety of materials and mediums. Projects inspired by current working artists are just the starting point for you to discover your own style and process. Artists of all abilities welcome. Location: Manhattan Beach Art Center  
Instructor: Natalie Strong

<b>43044</b>	2:30pm to 4pm	9/25-11/13	W
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## CERAMICS TEENS ON THE WHEEL

**13 but less than 18**

**Res: \$285 Non-resident: \$314 (8 Weeks)**

Students will learn how to throw, trim, decorate and glaze their work through the art of wheelthrowing. Simple projects like mugs and bowls will be made. Fee includes materials, glazes and firing. All levels welcomed!  
Location: Live Oak Park - Ceramic Studio  
Instructor: Lara Odell

<b>43058</b>	4:30pm to 6pm	9/30 - 11/18	M
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## SPORTS

### BASICALLY BETTER BASKETBALL

**Res: \$90 Nonres: \$99 (8 Weeks)**

Basketball basics for beginners. Learn fundamental skills like shooting, passing, dribbling, rebounding, defense, and team play to be a better player. Perfect for recreational league players (MBYB, HBYB, etc?) who want to gain confidence, score more points, and be valuable contributors to their teams. For more information, go to [basicallybetterbasketball.com](http://basicallybetterbasketball.com). No class 10/2 and 10/5. Location: Live Oak Park - South Basketball Court  
Instructor: Seth Keller

**8 but less than 11 - GIRLS**

<b>43454</b>	4:30pm to 5:45pm	9/18 - 11/13	W
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**11 but less than 14 - BOYS**

<b>43453</b>	6pm to 7:15pm	9/18 - 11/13	W
<b>43511</b>	9am to 10:15am	9/21 - 11/16	Sa



# REC SCHOOL YEAR

## 2024 - 2025



### REGISTRATION FOR THE REC AFTERSCHOOL PROGRAM IS NOW OPEN!

The REC Program is a user-pay program open to children ages 5½ to 12 or children in grades 1-5. Ratio is 1 leader to 8-10 children. Children will be participating in self-directed and organized recreational activities designed to positively impact social connections, human development and lifelong learning. All activities are supervised by trained CPR certified recreation leaders.

#### 2024-2025 AFTERSCHOOL CARE FEE STRUCTURE

(10% SIBLING DISCOUNT)

**RES:** \$389/MONTH PER CHILD  
**NONRES:** \$428/MONTH PER CHILD  
 JUNE: RES \$199 NONRES \$219

**Sept.-May**     **June**  
**43005**     **43007**

**LIVE OAK PARK**  
 Pacific Elementary  
 Grand View Elementary

**MANHATTAN HEIGHTS PARK**     **43006**     **43008**  
 Meadows Elementary  
 Pennekamp Elementary

#### HOURS OF OPERATION

**AUGUST 21, 2024 - JUNE 12, 2025**

M Tu Th F.....2:30pm to 6pm  
 W.....1:45pm to 6pm

#### LOCATION

**MANHATTAN HEIGHTS PARK (MHP)**  
 1600 Manhattan Beach Boulevard  
 Manhattan Beach, CA 90266

Meadows REC Staff: (310) 877-0516  
 Pennekamp REC Staff: (310) 877-0511

#### LIVE OAK PARK (LOP)

1901 North Valley Drive  
 Manhattan Beach, CA 90266  
 Pacific REC Staff: (310) 877-0503  
 Grand View REC Staff: (310) 877-0509

*If your child will not be walking with the REC staff for any reason, please call or text the Park Staff number by noon of each occurrence.*

#### MORE INFO

**DAVID IBARRA**  
 Recreation Supervisor  
 ☎ (310) 802-5419  
 ✉ dibarra@manhattanbeach.gov

**MB PARKS & REC**  
 ☎ (310) 802-5448  
 ✉ mbparksandrec@manhattanbeach.gov

WEBSITE  
 🌐 [www.manhattanbeach.gov/recprogram](http://www.manhattanbeach.gov/recprogram)

#### REC VACATION CAMP

Included in your registration for REC School Year Program! Not enrolled in REC School Year Program? No problem, you can register for individual Vacation Camps as space allows. Second Child Discount: 10%

<b>FALL CAMP</b>	11/25-11/27	\$120/\$132
<b>WINTER 1 CAMP</b>	12/23-12/27*	\$160/\$176
<b>WINTER 2 CAMP</b>	12/30-1/3*	\$160/\$176
<b>SKI CAMP</b>	2/17-2/21	\$199/\$220
<b>SPRING CAMP</b>	4/14-4/18	\$199/\$220

\*No camp 12/25, 1/1

CAMP	MHP	LOP	DAYS
<b>FALL</b>	43018	43017	M Tu W
<b>WINTER 1</b>	43010	43009	M Tu Th F
<b>WINTER 2</b>	43012	43011	M Tu Th F
<b>SKI</b>	43016	43015	M Tu W Th F
<b>SPRING</b>	43014	43013	M Tu W Th F

#### PROGRAM PERKS



After school pick up from four local elementary schools. REC Program staff will meet the children at each school and walk them to their home park.



Free access to the REC Vacation Camps (November, December, January, February and April).

Late Night REC on the first Friday of every month from 6pm to 8pm (dinner included).

All day REC on no school days 7:30am to 5:30pm.



SCAN FOR MORE INFO



# VOLLEYBALL

## BEACH & INDOOR

### YOUTH VOLLEYBALL - BEGINNER

**10 but less than 17**

This class is for the beginner who is new at beach volleyball or just looking to refine basic skills. It will focus on working on volleyball fundamentals such as serving passing, hitting and setting. The drills will be slower paced and explained in steps to make sure that they are understood and performed with feedback. No class 11/30

Location: Manhattan Beach Pier - Southside

**Res: \$165 Nonres: \$182 (8 Weeks)**

<b>43484</b>	4pm to 5:15pm	8/26 - 10/16	MW
<b>43187</b>	4pm to 5:15pm	10/21 - 12/11	MW

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

<b>43487</b>	9am to 10:30am	8/31 - 10/19	Sa
<b>43207</b>	9am to 10:30am	10/26 - 12/14	Sa

### YOUTH VOLLEYBALL- INTERMEDIATE

**10 but less than 17**

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

Continue to develop and refine the fundamental skills of the game! Players must demonstrate moderate ball control in passing, setting, hitting and serving with some consistency. Players will learn offensive and defensive strategies and sharpen their skills through moderately paced drills. No class 11/30

Location: Manhattan Beach Pier - Southside

<b>43488</b>	10:30am to Noon	8/31 - 10/19	Sa
<b>43208</b>	10:30am to Noon	10/26 - 12/14	Sa

### YOUTH BEGINNING INDOOR VOLLEYBALL

**7 but less than 12**

**Res: \$105 Nonres: \$116 (7 Weeks)**

For beginning volleyball players putting their knee pads on for the first time. Learn the fundamentals of indoor volleyball such as: serving, passing, hitting and setting. This session is designed for young players to develop a strong athletic foundation, grow their knowledge of indoor volleyball and learn how to work with a team while having fun. No class 11/29

Location: Mira Costa High School - Small Gym

<b>43485</b>	6pm to 7:30pm	8/30 - 10/18	F
<b>43205</b>	6pm to 7:30pm	10/25 - 12/13	F

### YOUTH INTERMEDIATE INDOOR VOLLEYBALL

**11 but less than 14**

**Res: \$105 Nonres: \$116 (8 Weeks)**

Designed for middle school aged/young athletes with a fundamental volleyball skillset who want to use those skills in a technical environment or want to get ready for club. This session is designed for players to develop strategies and techniques that strengthen their volleyball skills while having fun playing the game. No class 11/29

Location: Mira Costa High School - Small Gym

Instructor: Ryan Olson

<b>43486</b>	6m to 7:30pm	8/30-10/18	F
<b>43206</b>	6pm to 7:30pm	10/25-12/13	F



## BRIT WEST SOCCER - CLUB PROS

### 7 but less than 12

Coaching becomes more team oriented as the player's skills progress. Team formations and strategies in attacking and defensive situations are introduced. Technique is coached in more realistic situations where thinking and decision-making are encouraged. Players continue to improve fitness, speed, strength and coordination through soccer related exercises. No class 11/30 and 12/1.

Location: Grand View Elementary School - Field

Instructor: Brit West Soccer Coaches

### Res: \$180 Nonres: \$198 (8 Weeks)

<b>43168</b>	11:15am to Noon	9/14 - 11/2	Sa
<b>43464</b>	11:15am to Noon	11/23 - 12/21	Sa

### Res: \$90 Nonres: \$99 (4 Weeks)

<b>43169</b>	11:15am to Noon	9/15 - 11/3	Su
<b>43465</b>	11:15am to Noon	11/24 - 12/22	Su

## BRIT WEST SOCCER - TINY PROS

### 5 but less than 7

Athletes will develop dribbling, passing, turning and shooting through small group practices. We also introduce basic soccer rules and terms. Each session ends with a small-sided soccer game to put learned skills into the game situation and develop positional play. No class 11/30 and 12/1.

Location: Grand View Elementary School - Field

Instructor: Brit West Soccer Coaches

### Res: \$180 Nonres: \$198 (8 Weeks)

<b>43182</b>	10:30am to 11:15am	9/14 - 11/2	Sa
<b>43466</b>	10:30am to 11:15am	9/15 - 11/3	Su

### Res: \$90 Nonres: \$99 (4 Weeks)

<b>43183</b>	10:30am to 11:15am	11/23 - 12/21	Sa
<b>43467</b>	10:30am to 11:15am	11/24 - 12/22	Su

## GYMNASTICS ACADEMY

### 6 but less than 14

Welcome to our Gymnastics Academy, where we will be laying the foundation for our gymnasts to flourish! Our classes focus on mastering the basics of gymnastics while fostering a love for movement and physical activity. Each week we will be rotating through all four olympic events: Vault, Bar, Balance Beam, and Floor. Get ready for an afternoon of fun, movement, and lots of cartwheels!

Location: MHP Mt. Whitney Banquet Hall at Manhattan Heights Park - Mt. Whitney Banquet Hall

Instructor: South Bay Sprouts

### Res: \$360 Nonres: \$396 (8 Weeks)

<b>43327</b>	1:40pm to 2:20pm	9/4 - 10/23	W
<b>43328</b>	3pm to 3:40pm	9/4 - 10/23	W
<b>43329</b>	3:45pm to 4:25pm	9/4 - 10/23	W

### Res: \$270 Nonres: \$297 (6 Weeks)

<b>43444</b>	1:40pm to 2:20pm	11/13 - 12/18	W
<b>43445</b>	3pm to 3:40pm	11/13 - 12/18	W
<b>43446</b>	3:45pm to 4:25pm	11/13 - 12/18	W

## SKATEDOGS SKATEBOARDING

### 5 but less than 14

### Res: \$222 Nonres: \$244 (6 Weeks)

Whether you are just starting out or ready to learn advanced tricks, this class is right for you. Make new friends, advance your skills, and most importantly, have fun in our private skate park. Requirements: a signed Skatedogs waiver form, a skateboard, knee pads, elbow pads, and a helmet. No class 11/30.

Location: Marine Avenue Park - East Basketball Court

Instructor: Skatedogs Staff

<b>43455</b>	9am to 11am	9/14 - 10/19	Sa
<b>43456</b>	9am to 11am	11/2 - 12/14	Sa

## YOUTH PICKLEBALL

### 10 but less than 14

### Res: \$125 Nonres: \$137 (5 Weeks)

Students will learn to play pickleball through skills, drills, and games. Players will quickly develop confidence in basic strokes, scorekeeping, and rules to enjoy pickleball at any level. This is a coed class.

Location: Manhattan Beach Middle School - Pickleball Courts

Instructor: Teri Carter

<b>43435</b>	4pm to 5pm	9/12 - 10/10	Th
<b>43436</b>	4pm to 5pm	10/24 - 12/5	Th

## INTRODUCTION TO LACROSSE

### 5 but less than 11

### Res: \$165 Nonres: \$182 (4 Weeks)

Through a series of fun activities, players will learn the basic fundamentals of lacrosse, including cradling, passing, scooping, and shooting the ball and defense techniques.

Camp is designed for beginner players who have little or no experience in the sport of lacrosse. All equipment is provided. No class 11/28.

Location: Marine Avenue Park - Baseball Field

Instructor: SBLC Coaches

<b>43512</b>	5pm to 6:15pm	9/5 - 9/26	Th
<b>43451</b>	5pm to 6:15pm	10/3 - 10/24	Th
<b>43452</b>	5pm to 6:15pm	11/7 - 12/5	Th

## UNIQUE ACTIVITIES

### MONEY MANAGEMENT 4 KIDS

### 8 but less than 13

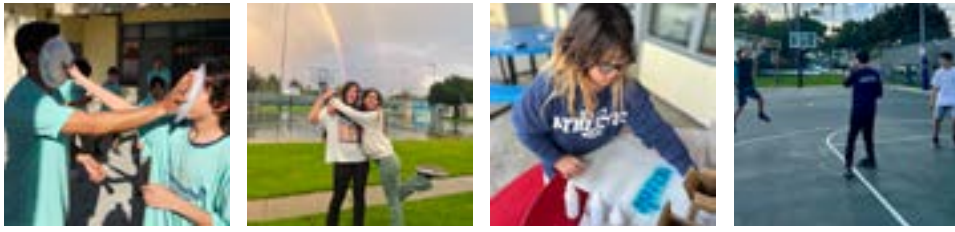
### Res: \$369 Nonres: \$406 (8 Weeks)

Created by experts in education and child psychology, MM4K is an innovative, fun-filled financial literacy program for kids! This revolutionary program blends learning and play, guiding kids on an incredible journey of financial discovery and empowerment. They'll learn the essential life skills of money management, the fundamentals of finance and wealth building, while cultivating a positive money mindset and long-term healthy money habits.

Location: Live Oak Park - REC Room

Instructor: Money Management 4 Kids

<b>43353</b>	4pm to 5pm	9/18 - 11/6	W
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# TEEN CENTER

## SCHOOL YEAR PROGRAM 2024-2025

**REGISTRATION FOR THE TEEN CENTER AFTER SCHOOL PROGRAM IS NOW OPEN!**

AUGUST 21, 2024 TO JUNE 12, 2025 • M, TU, TH, F: 3PM TO 6PM  
W: 2:15 PM TO 6PM

**RESIDENT:**

**Resident: 43019**

\$299 for the entire school year

TEEN CENTER RESIDENTS: Middle school students who reside in Manhattan Beach or attend a Manhattan Beach School.

**NONRESIDENT FEE:**

**Nonres: 43020**

\$299 monthly fee

**OPEN TO TEENS AGES 11-14 YEARS OLD**

**INCLUDES:** Late Night TC on the 1st Friday of the month, we are open until 8pm. The daily program includes homework time, free time, drop-in activities (basketball, ping pong, pool table, foosball, video games, etc.), arts and crafts, organized team and individual games, and special events (cooking days, movie days, barbecues, etc.) The TC is open on most middle school holidays and minimum days schedules.

## VACATION CAMPS 2024-2025

10:00 AM to 6:00 PM • TEEN CENTER at MHP

Res: \$60 Nonres: \$66 Additional Child Discount: 10%

**FALL BREAK** 43021 11/25-11/27 M Tu W

Res: \$80 Nonres: \$88 Additional Child Discount: 10%

**WINTER WEEK 1** 43022 12/23-12/27 M Tu Th F

**WINTER WEEK 2** 43023 12/30-1/3 M Tu Th F

Res: \$100 Nonres: \$110 Additional Child Discount: 10%

**SKI WEEK** 43024 2/17-2/21 M Tu W Th F

Res: \$100 Nonres: \$110 Additional Child Discount: 10%

**SPRING BREAK** 43025 4/14-4/18 M Tu W Th F



**LOCATION**

Manhattan Beach Teen Center at  
Manhattan Heights Park  
1600 Manhattan Beach Boulevard  
Manhattan Beach, CA 90266  
(310) 802-5426

**CONTACT US**

DAVID IBARRA, RECREATION SUPERVISOR  
(310) 802-5419 · dibarra@manhattanbeach.gov

MB PARKS & REC  
(310) 802-5448

mbparksandrec@manhattanbeach.gov



**HOW TO REGISTER**

1. Go to [www.manhattanbeach.gov/registration](http://www.manhattanbeach.gov/registration)
2. Sign in to your ActiveNet account
3. Use the corresponding activity numbers to register





**CHECK OUT  
THE ONE DAY  
WORKSHOPS  
THIS FALL -  
PAGE 15**

## CERAMICS

### CERAMIC HANDBUILDING

**18 and up**

**Res: \$329 Nonres: \$362 (10 Weeks)**

Students of all levels will share space and learning experiences from pinch pots and coil building, to slab construction and sculpture. Students will learn about shaping, as well as decorating and glazing. Fee includes glazes, firing, and \$15 in Ceramics Bucks to use at the student's discretion. Please download a list of supplies before the first meeting. No class 11/28

Location: Live Oak Park - Ceramic Studio

Instructor: Lowell Nickell

**43047** 1:15pm to 4:15pm 10/10 - 12/19 Th

### CERAMICS ADVANCED WHEEL THROWING

**18 and up**

**Res: \$329 Nonres: \$362 (10 Weeks)**

Go beyond the basics of throwing on the wheel! Students will explore new and more complicated forms such as plates, lidded containers, pouring vessels, and more. To participate in this class, students must be comfortable with throwing basic forms such as bowls or cylinders. Fee includes glazes, firing, and \$15 in Ceramics Bucks to use at the student's discretion. Please download a list of supplies before the first meeting. No class 11/28.

Location: Live Oak Park - Ceramic Studio

Instructor: Lowell Nickell

**43048** 10am to 1pm 10/10 - 12/19 Th

### CERAMICS FOR ALL LEVELS

**18 and up**

**Res: \$329 Nonres: \$362 (10 Weeks)**

Beginning students will learn basic hand building techniques and be introduced to wheel throwing. Intermediate/advanced students will continue to hone their techniques of wheel throwing, hand building, surface decorating, and glazing. Fee includes glazes, firing, and \$15 Ceramics Bucks. No class 11/26 - 1/30.

Location: Live Oak Park - Ceramic Studio

<b>43050</b>	6:30pm to 9:30pm	10/8 - 12/17	Tu	Wexler, Stacey
<b>43057</b>	10am to 1pm	10/9 - 12/18	W	Ikeno, Mitsuko
<b>43053</b>	1pm to 4pm	10/9 - 12/18	W	Hillier, Kathryn
<b>43052</b>	6:30pm to 9:30pm	10/9 - 12/18	W	Wexler, Stacey
<b>43051</b>	6:30pm to 9:30pm	10/10 - 12/19	Th	Mooers, Amber
<b>43054</b>	9am to Noon	10/11 - 12/20	F	Hillier, Kathryn
<b>43055</b>	12:30pm to 3:30pm	10/11 - 12/20	F	Hillier, Kathryn
<b>43056</b>	1pm to 4pm	10/12 - 12/21	Sa	Mooers, Amber

### INTRODUCTION TO CERAMICS

**18 and up**

**Res: \$329 Nonres: \$362 (10 Weeks)**

This class is designed for students with no prior experience in clay. Students will start with the basics and build skills while learning to make pinch pots, coil pots, cylinders off the wheel, and the basics of glazing. This is a class for beginners only; students seeking intermediate/advanced instruction should enroll in an all-levels class. No class on 11/25 and 11/30

Location: Live Oak Park - Ceramic Studio

<b>43064</b>	6:30pm to 9:30pm	10/7 - 12/16	M	Cutroneo, Christopher
<b>43065</b>	10am to 1pm	10/12-12/21	Sa	Mooers, Amber

## ART

### ADULT ART JOURNALING

18 and up

Res: \$225 Nonres: \$247 (10 Weeks)

Come experiment with the freedom and self-expression of art journaling. Working in a provided sketchbook (you may bring your own if you prefer), learn various approaches to capturing your thoughts, feelings and ideas using mixed media materials and drawing techniques. All skill levels are welcome. No class 11/27 and 11/28

Location: Manhattan Beach Art Center

Instructor: Natalie Strong

<b>43039</b>	11:30am to 1pm	10/2 - 12/11	W
<b>43040</b>	10am to 11:30am	10/3 - 12/12	Th

### BASIC TECHNIQUES IN DRAWING

18 and up

Res: \$130 Nonres: \$143 (8 Weeks)

Learn the basic drawing techniques using drawing and colored pencils, charcoal and blending tools. Bring a 9x12 inch drawing bag, #2 pencil and a pink eraser to the first class.

Location: Joslyn Community Center – Sunrise Room

Instructor: Cynthia Svezia

<b>43210</b>	10am to Noon	9/10 - 10/29	Tu
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### DIGITAL DRAWING

18 and up

Res: \$329 Nonres: \$362 (10 Weeks)

Unleash your inner artist with our new Digital Drawing Class! Whether you are new to drawing or wanting to grow digitally, our Instructor, Lucy Cui will teach you how to draw anything with just a tablet! From dynamic animals to vehicles to captivating characters, discover the joy of bringing your imagination to life on a digital canvas. Let's sketch, swipe, and soar together!\*\*\*Supplies are not included. Please visit

[www.manhattanbeach.gov/classes](http://www.manhattanbeach.gov/classes) for a list of required supplies. No class on 11/25.

Location: Manhattan Beach Art Center

Instructor: Lucy Cui

<b>43516</b>	6:30pm to 9:30pm	10/14 - 12/16	M
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### INTRO TO CHARCOAL

18 and up

Res: \$329 Nonres: \$362 (10 Weeks)

Dive into the expressive world of our Charcoal drawing class! Explore the interplay of light and shadow, get a feel for the materials, and refine your skills in creating expressive compositions. Whether you are a beginner or looking to enhance your artistic abilities, this class offers a productive space to hone your craft. Unearth the power of charcoal to create stunning visual drawings. All skill levels welcome! \*\*\*Supplies are not included. Please visit [www.manhattanbeach.gov/classes](http://www.manhattanbeach.gov/classes) for a list of required supplies.

No class on 11/28

Location: Manhattan Beach Art Center

Instructor: Lucy Cui

<b>43497</b>	6:30pm to 9:30pm	10/11 - 12/19	Th
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### INTRO TO OIL PAINTING

18 and up

Res: \$329 Nonres: \$362 (10 Weeks)

Join us for our Introduction to Oil Painting class and immerse yourself in the realm of oil painting. This course will walk you through how to set up your materials and brushes, teach the fundamentals of design, and help you produce your very own paintings under the guidance of a trained instructor. Let your imagination go wild as you bring white canvases to life and experience the delight of using the rich medium of oil paint to express yourself. All skill levels welcome! \*\*\*Supplies are not included. Please visit [www.manhattanbeach.gov/classes](http://www.manhattanbeach.gov/classes) for a list of required supplies. No class on 11/27.

Location: Manhattan Beach Art Center

Instructor: Lucy Cui

<b>43498</b>	6:30pm to 9:30pm	10/10 - 12/18	W
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### FOUNDATIONS DRAWING

18 and up

Res: \$329 Nonres: \$362 (10 Weeks)

Dive into the art of drawing with this captivating introduction led by the accomplished artist and professor, Edgar Silva. Students will advance their grasp of spatial illusion via atmospheric and linear perspective. Edgar's approach emphasizes practical exploration of visual elements like: line, shape, value, volume, texture, space, light, and composition. All skill levels are embraced in Edgar's inclusive academic drawing approach. No class 11/29 \*\*\*Supplies are not included. Please visit [www.manhattanbeach.gov/classes](http://www.manhattanbeach.gov/classes) for a list of required supplies. No class on 11/29.

Location: Manhattan Beach Art Center

Instructor: Edgar Silva

<b>43059</b>	9am to Noon	10/11-12/20	F
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**REGISTRATION DATES**

**SAVE THE DATES FOR FALL REGISTRATION!**  
Manhattan Beach Residents: August 5  
Non-Manhattan Beach Residents: August 19

**FOUNDATIONS PAINTING**

**18 and up**

**Res: \$329 Nonres: \$362 (10 Weeks)**

Immerse yourself in the art of painting through this introductory course guided by accomplished artist and professor, Edgar Silva. Students will explore the complexity of painting through direct observation of a still life. Focusing on value and color relationships, this class will walk you through a monochromatic palette, a limited palette, and finally a full palette. Through this process, you will learn how the function of light dictates the color relationships we see on the form. Finally, students will work from their own inspiration, providing photo references to paint as a final project. No class 11/24 \*\*\*Supplies are not included. Please visit [www.manhattanbeach.gov/classes](http://www.manhattanbeach.gov/classes) for a list of required supplies. No class on 11/29.

Location: Manhattan Beach Art Center  
Instructor: Edgar Silva

**43060** Noon to 3pm 10/11-12/20 F

**DANCE, MUSIC AND THEATER  
COMEDY IMPROV FOR ADULTS**

**18 and up**

**Res: \$150 Nonres: \$165 (8 Weeks)**

Learn comedy improv in a safe, supportive and fun environment. Improv is the art of acting without previous preparation involving imagination and creativity. This class enhances communication skills useful for business, performance, social and personal settings. No experience necessary. All levels welcome.

Location: Joslyn Community Center – Surf Dance Studio  
Instructors: Doris Usui and Rick Ramirez

**43231** 6:30pm to 8:30pm 9/9 - 10/28 M

**RECORDERS PLUS**

**18 and up**

**Res: \$121 Nonres: \$133 (10 Weeks)**

Now is the time to rediscover the joy of playing recorders together in person. Intermediate to advanced participants will enjoy music through the ages with an emphasis on Renaissance/Baroque music. Beginners who can read music can be accommodated. Join us to enjoy playing together in an ensemble.

Location: Manhattan Heights Park – Mt. Whitney Banquet Hall

Instructor: Brenda Bittner

**43254** 6:30pm to 9pm 9/11 - 11/13 W

**ONE DAY WORKSHOPS**

**HOLIDAY SUCCULENT PUMPKIN WORKSHOP**

**16 and up**

**Res: \$110 Nonres: \$121**

Create a one-of-a-kind living centerpiece for your Holiday table. Students will learn to arrange, care for and propagate a variety of succulents. This amazing succulent centerpiece can last up to 6 months! All materials and supplies to make a stunning succulent arrangement will be provided. Ages 16+

Location: Manhattan Beach Art Center – Exhibit Hall

**43061** 10am to 1pm 10/19 Sa

**HOLIDAY SUCCULENT WREATH WORKSHOP**

**16 and up**

**Res: \$120 Nonres: \$132**

Decorate your home with a unique, handmade wreath, filled with dramatic succulents. Because of their resistance to drought, succulents are the perfect living plant for your holiday wreath. Students will assemble a wreath with succulents, grape vines and other decorative elements while learning how to care for and propagate succulents. All materials and plants are included. Ages 16+

Location: Manhattan Beach Art Center – Exhibit Hall

**43063** 10am to 1pm 12/7 Sa  
**43510** 10am to 1pm 12/21 Sa

**SILVER METAL CLAY: HOLIDAY ORNAMENTS WORKSHOP**

**16 and up**

**Res: \$160 Nonres: \$176**

In this workshop beginning and returning students will learn how to make one of a kind Silver Holiday Ornaments to wear or hang. Bring your own designs or use the patterns/templates provided for the class. Participants will learn how to work with Silver Metal Clay including how to cut, texture, layer and shape. After the clay dries, refining and engraving will be taught. This small class offers plenty of individual attention. The workshop fee includes all materials. Tools will be available for use during the class. Firing will be done offsite. Bring your lunch and glasses for detailed work if you need them.

Location: Manhattan Beach Arts Center  
Instructor: Chris Books

**43067** 9:30am to 3:30pm 10/5 Sa

## FITNESS

### ALL LEVEL GENTLE HATHA YOGA

18 and up

Res: \$130 Nonres: \$143 (10 Weeks)

This class develops strength, flexibility, body relaxation and mental concentration. Focuses on alignment and flowing with breath.

Location: Joslyn Community Center – Ocean Banquet Hall

Instructor: Maureen Davis

43142	5pm to 6:10pm	9/10 - 11/12	Tu
43141	6:30pm to 7:40pm	9/10 - 11/12	Tu

### BEACH BOOT CAMP WITH GI JOE

18 and up

Res: \$200 Nonres: \$240 (8 Weeks)

As the creator of G.I. Joe Boot Camp, and stroke survivor, Joe Charles continues to inspire students with camaraderie and fitness challenges. Come out and meet others for social inspiration. G.I. Joe's group workout is designed to help students lose weight, tone bodies, build endurance and network with others. All levels welcome.

Location: Manhattan Beach Pier - Southside

Instructor: Joe Charles

43146	6am to 7am	9/9 - 11/1	M W F
43147	8am to 9am	9/9 - 11/1	M W F

### CARDIO SCULPT

18 and up

Res: \$120 Nonres: \$132 (8 Weeks)

In this 60-minute cardio sculpt class, we combine cardiovascular and muscle sculpting exercises all while moving to music! It starts with a warmup, progressing to cardio and kickboxing moves in a routine using light and heavy weights and exercise bands for sculpting the body. This total body workout helps in losing weight, toning, increasing bone density, energy and stamina. Bring your own equipment, light weights, exercise bands, ball, towel and mat.

Location: Joslyn Community Center – Surf Dance Studio

Instructor: Jayne Justice

43185	5:30pm to 6:30pm	9/11 - 10/30	W
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### PILATES EQUIPMENT CORE CHALLENGE

18 and up

CoeDynamics small groups Pilates Core Challenge session will offer personalized attention and use of diversified Pilates equipment leaving no muscle behind. Offered with one week for make-up classes. Pick one class per week! Schedule as follows: Mondays at 10am, Tuesdays at 8:45am, or Fridays at 10am. Offered with one week for make-up classes.

Location: Offsite

Instructor: CoeDynamics Staff

(1x Week)

Res: \$260 Nonres: \$286

43195 9/23 - 11/15

(2x Week)

Res: \$480 Nonres: \$528

43196 9/23 - 11/15

### VIRTUAL GROUP CLASSES-PILATES

18 and up

The original form of Pilates, started on the floor. The dynamics between you and gravity can develop a grounded, toned and more flexible body. Sessions are instructed live. Breath, core connection and form are emphasized in all sessions as it will transcend to a flow of movements that involve fuller body input with decreased base support. Pick 1 class per week.

Schedule as follows: Mondays or Fridays at 7:30am.

Location: Zoom

Instructor: CoeDynamics Staff

(1x Week)

Res: \$160 Nonres: \$176

43200 9/23 - 11/15

(2x Week)

Res: \$288 Nonres: \$317

43201 9/23 - 11/15

### YOGA HATHA FLOW

18 and up

Res: \$130 Nonres: \$143 (10 Weeks)

Develop strength, flexibility and mindfulness with the breath-based practice. Bring a mat.

Location: Manhattan Heights Park – Mt. Whitney Banquet Hall

Instructor: Karun Kumar

43203	9:30am to 10:40am	9/10 - 11/12	Tu
43204	9:30am to 10:40am	9/12 - 11/14	Th



## 7 ON 7 SOCCER LEAGUE

18 and up

Standard charge: \$620

Co-Ed Soccer played on small fields, small goals. no goalies; played with 7 players at a time with free subs. Action is fast and fun. Great way to break up the mundane of the workweek. Only one registration fee per team.

Location: Manhattan Village Fields

<b>43069</b>	8pm to 10pm	9/24 - 12/17	Tu
<b>43070</b>	8pm to 10pm	9/25 - 12/18	W
<b>43072</b>	8pm to 10pm	9/26 - 12/19	Th

## CO-ED KICKBALL LEAGUE

18 and up

Standard charge: \$415

<b>43077</b>	8pm to 10pm	9/3 - 11/12	Tu
<b>43076</b>	8pm to 10pm	9/5 - 11/14	Th

## FALL 2024 SOFTBALL LEAGUE

18 and up

Standard charge: \$505

A great weekday stress relief. Bring out your family and friends to make your team and compete for the championship. Games played once per week, 8 game minimum.

### UPPER DIVISION

More experience/competitive division.

<b>43103</b>	8pm to 10pm	9/4 - 11/13	W
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### LOWER DIVISION

Newcomer division

<b>43102</b>	8pm to 10pm	9/5 - 11/14	Th
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## MEN'S SLO-PITCH SOFTBALL LEAGUE

18 and up

Standard charge: \$515

Men's softball but played with a large 16" ball. Often referred to as Pumpkin Ball. Bring out the boys and try your luck at this fun and competitive alternative to your regular Softball League.

Location: Live Oak Park - Dorsey Field

<b>43365</b>	8pm to 10pm	9/5 - 11/14	Th
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## ZUMBA

18 and up

Res: \$98 Nonres: \$108 (8 Weeks)

Zumba is a fusion of Latin and International music. This high energy class is a combo of motivating music and body sculpting movements with easy to follow dance steps. No class 11/2

Location: Manhattan Heights Park - Mt. Whitney Banquet Hall

Instructor: Nelly Korenevsky

<b>43209</b>	9am to 9:50am	9/21 - 11/16	Sa
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## UNIQUE ACTIVITIES

### ELECTROMAGNETIC RADIATION (EMR)

All Ages

Fee: Free

Learn what is EMR/EMF, the science of how it affects our biological functions, and easy proven solutions to protect yourself while enjoying modern day technology. Tracy Coe is a certified Functional Health, Pilates & EMF Practitioner -NCPT, cFBCA, cQRA, ÜEMF. Tracy founded CoeDynamics to guide people in various stages of life to look and feel great by educating on how optimal health can be achieved through health prevention, chronic ailments, or enhancing athletics.

Location: Social Hall, 2300 Ralston Lane, Redondo Beach, 90278

Instructor: CoeDynamics Staff

<b>43468</b>	12:30pm to 1:30pm	10/5	Sa
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## GOLDEN HEART RANCH EVENING SOCIAL CLUB

18 but less than 40

Standard charge: \$55

Cook, create, and stay in shape with our Evening Social Club! Each session Ranchers will engage in various art or fitness activities combined with making a delicious snack or crafting a refreshing beverage, adding a bit of flavor to the shared experiences. In order to attend this class, first you must have completed the required participation paperwork. If you have not already done so, visit Golden Heart Ranch Social Living Club Registration to complete paperwork.

Location: Joslyn Community Center

Instructor: Golden Heart Ranch

<b>43513</b>	4:30pm to 6:30pm	9/12	Th
<b>43514</b>	4:30pm to 6:30pm	9/19	Th
<b>43515</b>	4:30pm to 6:30pm	9/26	Th
<b>43218</b>	4:30pm to 6:30pm	10/10	Th
<b>43219</b>	4:30pm to 6:30pm	10/17	Th
<b>43221</b>	4:30pm to 6:30pm	11/14	Th
<b>43222</b>	4:30pm to 6:30pm	11/21	Th
<b>43220</b>	4:30pm to 6:30pm	11/7	Th

## SPORTS

### ADULT BEGINNING INDOOR VOLLEYBALL

18 and up

Res: \$105 Nonres: \$116 (8 Weeks)

Ready to start your indoor volleyball journey? This class is thoughtfully designed for the player who has never played before or for someone who has a desire to brush up on the basics. The group session will focus on the fundamental volleyball drills; serving, passing, setting and hitting.

Location: Mira Costa High School - Small Gym

<b>43470</b>	8pm to 9:30pm	8/26 - 10/14	M
<b>43138</b>	8pm to 9:30pm	10/21 - 12/9	M

# BEACH VOLLEYBALL

18 and up • Location: Manhattan Beach Pier, Southside

## BEACH VOLLEYBALL - BEGINNER

Perfect for the player who has never played volleyball before, or is lacking in one of more of the basic skills of passing, hitting, serving, or digging. These slower paced drills are broken down so that the player understands all aspects of each skill and rules of the game.

Location: Manhattan Beach Pier - Southside

### Res: \$165 Nonres: \$182 (8 Weeks)

<b>43154</b>	6pm to 7:30pm	8/26 - 10/16	MW
<b>43155</b>	6pm to 7:30pm	8/27 - 10/17	Tu Th

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

<b>43476</b>	7am to 8:15am	8/26 - 10/14	M
<b>43153</b>	7am to 8:15am	10/21 - 12/9	M
<b>43478</b>	Noon to 1:15pm	8/31 - 10/19	Sa
<b>43479</b>	Noon to 1:15pm	10/26 - 12/14	Sa
<b>43477</b>	Noon to 1:15pm	9/1 - 10/20	Su
<b>43156</b>	Noon to 1:15pm	10/27 - 12/15	Su

## BEACH VOLLEYBALL - INTERMEDIATE

Continue to develop the fundamental skills of the game! Players must demonstrate moderate ball control in passing, setting, hitting and serving with some consistency. Players will learn offensive and defensive strategies and sharpen their skills through moderately paced drills. No class 11/28.

### Res: \$165 Nonres: \$182 (8 Weeks)

<b>43158</b>	5:30pm to 7pm	8/26 - 10/16	MW
<b>43159</b>	5:30pm to 7pm	8/27 - 10/17	Tu Th

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

<b>43483</b>	7am to 8:15am	8/29 - 10/17	Th
<b>43161</b>	7am to 8:15am	10/24 - 12/12	Th
<b>43481</b>	10:30am to 11:45am	8/31 - 10/19	Sa
<b>43482</b>	10:30am to 11:45am	10/26 - 12/14	Sa
<b>43480</b>	10:30am to 11:45am	9/1 - 10/20	Su
<b>43160</b>	10:30am to 11:45am	10/27 - 12/15	Su

## BEACH VOLLEYBALL - INTERMEDIATE/ADVANCED

### Res: \$165 Nonres: \$182 (8 Weeks)

Further your skills to get ready for the advanced classes! Intermediate instructors approval for placement in the class will be based on ability to consistently pass, pepper and hit.

<b>43163</b>	5:30pm to 7pm	8/26 - 10/16	MW
<b>43164</b>	5:30pm to 7pm	8/27 - 10/17	Tu Th

## BEACH VOLLEYBALL - ADVANCED

Reinforce and sharpen your skills in passing, setting, serving, hitting, digging, and blocking through fast-paced drills. This class is designed for players with considerable knowledge of the game. You must be able to execute fundamental skills and ball control with a high level of consistency. No class 11/28.

### Res: \$165 Nonres: \$182 (8 Weeks)

<b>43151</b>	5:30pm to 7pm	8/26 - 10/16	MW
<b>43150</b>	5:30pm to 7pm	8/27 - 10/17	Tu Th

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

<b>43475</b>	9am to 10:15am	8/31 - 10/19	Sa
<b>43474</b>	9am to 10:15am	10/26 - 12/14	Sa
<b>43473</b>	9am to 10:15am	9/1 - 10/20	Su
<b>43149</b>	9am to 10:15am	10/27 - 12/15	Su

## MEN'S ADVANCED BEACH VOLLEYBALL

### Res: \$105 Nonres: \$115 (8 Weeks)

Reinforce and sharpen your skills in passing, setting, serving, hitting, digging, and blocking through fast-paced drills. This class is designed for players with considerable knowledge of the game. You must be able to execute fundamental skills and ball control with a high level of consistency.

Location: Manhattan Beach Pier - Southside

<b>43492</b>	7am to 8:15am	8/28 - 10/16	W
<b>43489</b>	7am to 8:15am	10/23 - 12/11	W

## BEACH VOLLEYBALL: COED 4 MAN LEAGUE

### Standard charge: \$99 (8 Weeks)

We are excited to introduce our new 4-Man Coed League. All level's are welcome. You can sign up by yourself and be assigned to a team the first night or sign up with 3 of your friends to make your own team. You will be playing against teams at your same level. A tournament will happen the last week of class.

<b>43165</b>	5:30pm to 7pm	8/30 - 10/18	F
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## WOMEN'S ADVANCED BEACH VOLLEYBALL

### Res: \$105 Nonres: \$115 (8 Weeks)

Reinforce and sharpen your skills in passing, setting, serving, hitting, digging, and blocking through fast-paced drills. This class is designed for players with considerable knowledge of the game. You must be able to execute fundamental skills and ball control with a high level of consistency.

<b>43490</b>	7am to 8:15am	10/22 - 12/10	Tu
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## ADULT INTERMEDIATE INDOOR VOLLEYBALL

18 and up

Res: \$105 Nonres: \$116 (8 Weeks)

Further your skills to get ready for the advanced indoor classes! You must have basic knowledge of 6-person rotations, with the ability to consistently pass, pepper and hit. This session is designed for players to develop strategies and techniques that strengthen their indoor volleyball skills.

Location: Mira Costa High School - Small Gym

<b>43471</b>	8pm to 9:30pm	8/26 - 10/14	M
<b>43139</b>	8pm to 9:30pm	10/21 - 12/9	M

## ADULT INTERMEDIATE/ADVANCED INDOOR VOLLEYBALL

18 and up

Res: \$105 Nonres: \$116 (8 Weeks)

You've got the fundamental indoor volleyball skillset, including rotations and now it's time to use those skills in a technical environment. This session is designed for players to develop strategies and techniques that strengthen their indoor volleyball skills. No class 11/29.

Location: Mira Costa High School - Small Gym

<b>43472</b>	7:30pm to 9pm	8/30 - 10/18	F
<b>43140</b>	7:30pm to 9pm	10/25 - 12/13	F

## ADULT ADVANCED INDOOR VOLLEYBALL

18 and up

Res: \$105 Nonres: \$116 (8 Weeks)

Reinforce and sharpen your skills in passing, setting, serving, hitting, digging and blocking through fast-paced drills. This class is designed for players with considerable knowledge of the indoor game. You must be able to execute fundamental skills and ball control with a high level of consistency. No class 11/29.

Location: Mira Costa High School - Small Gym

<b>43469</b>	7:30pm to 9pm	8/30 - 10/25	F
<b>43137</b>	7:30pm to 9pm	10/25 - 12/13	F



## PICKLEBALL AND PADDLE TENNIS MONTHLY DROP-IN PASSES

RESIDENT SENIORS: \$10/month

RES: \$15/month • NONRES: \$20/month

- Passes must be purchased on the 1st of the month
- Good for free play at Manhattan Heights Courts:

### PICKLEBALL

Monday through Friday 8:00 AM to 12:00 PM

Monday, Tuesday, Thursday - 7 courts available

Wednesday, Friday - 3 courts available

### PADDLE TENNIS

Saturday through Sunday 8:00 AM to 12:00 PM

Court #3 ONLY

[www.manhattanbeach.gov/tennis](http://www.manhattanbeach.gov/tennis)

## PICKLEBALL BEGINNER (1.5-2.0)

18 and up

Res: \$125 . Nonres: \$137 (5 Weeks)

Want to learn how to play pickleball? You will be introduced to the basic elements of the game- serve, return of serve, drop shots, and dinks. Players will learn how to keep score and understand the essential rules and etiquette of pickleball. This class is designed for beginners who have played pickleball less than 10 times. No paddles are necessary as they are provided for student use. Proper court shoes are highly recommended!

Location: Manhattan Heights Park - Tennis Court 1

Instructor: Teri Carter

<b>43087</b>	9am to 10am	9/11 - 10/9	W
<b>43084</b>	9am to 10am	10/23 - 11/20	W
<b>43086</b>	Noon to 1pm	9/11 - 10/9	W
<b>43085</b>	Noon to 1pm	10/23 - 11/20	W

## PICKLEBALL IMPROVER (2.0-3.0)

18 and up

Res: \$125 Nonres: \$137 (5 Weeks)

After learning the basics, you probably want to continue the fun by participating in open play. This class is designed to help improve your fundamental forehand and backhand strokes. Learn how to reset hard drives and develop offensive shots when the opportunity arises. Minimize unforced errors and gain confidence in your skills playing through the transition area.

Location: Manhattan Heights Park - Tennis Court 1

Instructor: Teri Carter

<b>43094</b>	10am to 11am	9/11 - 10/9	W
<b>43095</b>	10am to 11am	10/23 - 11/20	W
<b>43092</b>	1pm to 2pm	9/11 - 10/9	W
<b>43093</b>	1pm to 2pm	10/23 - 11/20	W

# ADULT

## PICKLEBALL INTERMEDIATE (3.0-3.5)

18 and up

Res: \$125 Nonres: \$138 (5 Weeks)

Players will learn the importance of consistency in their skills. Learn when to speed up and how to slow down the pace of each rally. You will develop the ability to mix soft shots and power shots to create a winning advantage. Enhance your ability to control the ball and make strategic shots. Understand the importance of team strategy and court positioning to advance your game.

Location: Manhattan Heights Park - Tennis Court 1

Instructor: Teri Carter

<b>43097</b>	8am to 9am	9/11 - 10/9	W
<b>43098</b>	8am to 9am	10/23 - 11/20	W
<b>43100</b>	11am to Noon	9/11 - 10/9	W
<b>43099</b>	11am to Noon	10/23 - 11/20	W

## PICKLEBALL LIVE BALL (3.0+)

18 and up

Res: \$125 Nonres: \$137 (5 Weeks)

Live Ball is a drills workout for players with a skill level of 3.0 or higher. Players must be able to sustain multiple fast-paced rallies. Live Ball is a rapid king/queen of the court-style lesson that will improve your reflexes and skills. This is a fun, instructor-led workout that will whip you into pickleball shape.

Location: Manhattan Heights Park - Tennis Court 1

<b>43089</b>	5pm to 6pm	9/10 - 10/8	Tu
<b>43090</b>	5pm to 6pm	10/22 - 11/19	Tu



## 4TH ANNUAL PICKLEBALL TURKEY TOURNAMENT

FRIDAY, NOVEMBER 29 - SUNDAY, DECEMBER 1

18 and up  
Res: \$60 Nonres: \$66

Come work off the last of those Turkey legs at our 4th Annual MB Pickleball Turkey Round Robin! Never played in a tournament but always wanted to? All skill levels are welcome. Round Robins are fun, social, and competitive! Come check it out!

Only 1 registration required per team. Limit of 12 teams per skill level. Gold, Silver, and Bronze Medals for winners.

Location:

Manhattan Heights Park - Pickleball Courts

### FIXED MEN'S DOUBLES

<b>43119</b>	Fixed Men's Doubles 2.5
<b>43120</b>	Fixed Men's Doubles 3.0
<b>43121</b>	Fixed Men's Doubles 3.5
<b>43122</b>	Fixed Men's Doubles 4.0

### FIXED WOMEN'S DOUBLES

<b>43129</b>	Fixed Women's Doubles 2.5
<b>43130</b>	Fixed Women's Doubles 3.0
<b>43131</b>	Fixed Women's Doubles 3.5
<b>43132</b>	Fixed Women's Doubles 4.0

### FIXED MIXED DOUBLES

<b>43124</b>	Fixed Mixed Doubles 2.5
<b>43125</b>	Fixed Mixed Doubles 3.0
<b>43126</b>	Fixed Mixed Doubles 3.5
<b>43127</b>	Fixed Mixed Doubles 4.0

### YOUTH DIVISION (AGES 9-13)

<b>43505</b>	Any Combo Doubles
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## POOL RENTAL

Begg Pool is available for rent  
SATURDAYS & SUNDAYS after 1pm

Res: \$180/hour  
Nonres: \$200/hour

Bookings are on a first come, first served basis.

For reservation information, call (310) 802-5448 or email  
reservations@manhattanbeach.gov

## BEGG POOL

1402 North Peck Avenue  
Manhattan Beach, CA 90266  
(310) 802-5428  
aquatics@manhattanbeach.gov

## 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.

- Swimsuit required
- Children not potty trained must wear a swim diaper
- Children under age 7 must be accompanied by an adult in the water at all times (4 children max per 1 adult)
- Water toys and U.S. Coast Guard 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

- The City reserves the right to refuse access at any time
- No outside coaching allowed

## LAP SWIM

Online Reservation: Res: \$5 Nonres: \$7

Drop-in: Res and Nonres: \$7

Monday - Friday 7am - 8am	Friday 3pm - 4pm	Saturday 9am - 10am
Monday - Thursday 7pm - 8pm	4pm - 5pm	10am - 11am
	5pm - 6pm	11am - 12pm
		Sunday 9am - 10am

## REC SWIM

Online Reservation: Res: \$3 Nonres: \$5

Drop-in: Res Nonres: \$5

Saturday and Sunday  
12pm - 1pm

## TOTS

### PARENT AND ME SWIM LESSONS

1 but less than 3

Res \$128 Nonres: \$141 (8 Weeks)

For children 1 to 3 years old. Parent or guardian must participate in the water during each class with their child. Limit of one child per adult. Children must wear a swimming diaper. This class is not designed to teach your child to swim. Class is to help develop swimming readiness by leading parents and their children in water exploration activities with the objective of having fun and becoming comfortable in, on and around the water. One makeup class allowed per session.

Location: Begg Pool

Instructors: Begg Pool Staff

43275	10:30am to 11:10am	9/8 - 10/27	Su
43276	11:15am to 11:55am	9/8 - 10/27	Su

## YOUTH

### JR. GUARD PREP CLASS 🔥

9 but less than 15

Prepare to meet the qualifications for the Los Angeles County Jr. Lifeguard Program, with this class focusing mainly on freestyle. Prerequisite: Must be 9 years old before July 1, 2025. Must be able to swim 50 yards freestyle nonstop on the first day of class. No class 9/2 & 11/25-11/28

Location: Begg Pool

Instructors: Begg Pool Staff

Res \$175 Nonres: \$193 (7 Weeks)

43261	4pm to 4:45pm	8/26 - 10/14	M
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Res \$200 Nonres: \$220 (8 Weeks)

43262	4pm to 4:45pm	8/27 - 10/15	Tu
43263	4pm to 4:45pm	8/28 - 10/16	W
43264	4pm to 4:45pm	8/29 - 10/17	Th
43265	4pm to 4:50pm	10/21 - 12/16	M
43266	4pm to 4:50pm	10/22 - 12/17	Tu
43267	4pm to 4:50pm	10/23 - 12/18	W
43268	4pm to 4:50pm	10/24 - 12/19	Th

See [www.manhattanbeach.gov/aquatics](http://www.manhattanbeach.gov/aquatics) to make an online reservation and for more information



FACT ABOUT  
BEGG POOL

Begg Pool is heated at 84 degrees all year long!

## ALL AGES

### PRIVATE SWIM LESSONS

#### 3 and up

A one-on-one learning environment for children or adults. Classes meet for 40 minutes. You must be 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 makeup class allowed per session. No class 9/2. No class 11/25 - 12/1.

Location: Begg Pool

Instructors: Begg Pool Staff

#### Res \$780 Nonres: \$858 (8 Weeks)

**43279** 4pm to 4:40pm 8/26 - 10/16 MW

#### Res \$832 Nonres: \$915 (8 Weeks)

**43283** 6:15pm to 6:55pm 8/26 - 10/16 MW

**43281** 4pm to 4:40pm 10/21 - 12/18 MW

**43288** 6:15pm to 6:55pm 10/21 - 12/18 MW

**43280** 4pm to 4:40pm 8/27 - 10/17 Tu Th

**43282** 4pm to 4:40pm 10/22 - 12/19 Tu Th

#### Res \$364 Nonres: \$400 (8 Weeks)

**43290** 9am to 9:40am 9/7 - 10/19 Sa

**43291** 9:45am to 10:25am 9/7 - 10/19 Sa

**43292** 10:30am to 11:10am 9/7 - 10/19 Sa

**43293** 11:15am to 11:55am 9/7 - 10/19 Sa

**43294** Noon to 12:40pm 9/7 - 10/19 Sa

**43295** 9am to 9:40am 10/26 - 12/14 Sa

**43296** 9:45am to 10:25am 10/26 - 12/14 Sa

**43297** 10:30am to 11:10am 10/26 - 12/14 Sa

**43298** 11:15am to 11:55am 10/26 - 12/14 Sa

**43299** Noon to 12:40pm 10/26 - 12/14 Sa

**43300** 9am to 9:40am 9/8 - 10/20 Su

**43301** 9:45am to 10:25am 9/8 - 10/20 Su

**43302** 10:30am to 11:10am 9/8 - 10/20 Su

**43303** 11:15am to 11:55am 9/8 - 10/20 Su

**43304** Noon to 12:40pm 9/8 - 10/20 Su

**43305** 9am to 9:40am 10/27 - 12/15 Su

**43306** 9:45am to 10:25am 10/27 - 12/15 Su

**43307** 10:30am to 11:10am 10/27 - 12/15 Su

**43308** 11:15am to 11:55am 10/27 - 12/15 Su

**43309** Noon to 12:40pm 10/27 - 12/15 Su



*These activities fill quickly, so register early and claim your spot!*



## ADULTS

### ADULT SWIM LESSONS

#### 18 and up

It's never too late to learn how to swim! Our adult swim lessons provide a place for adults to learn how to swim in a friendly small-group setting. These lessons are for those individuals who wish to learn to swim or those who want to improve their technique. Feel safe and secure in the water. No Class 9/2, 11/25, & 11/27.

Location: Begg Pool

Instructors: Begg Pool Staff

#### Res \$375 Nonres: \$413 (8 Weeks)

**43256** 6:15pm to 6:55pm 8/26 - 10/16 MW

#### Res \$400 Nonres: \$440 (8 Weeks)

**43257** 6:15pm to 6:55pm 10/21 - 12/18 MW

## FITNESS

### WATER AEROBICS

#### 16 and up

#### Standard charge: \$68

Improve muscular endurance, core strength, and flexibility in this class designed for men and women looking for a great low impact workout. Workout includes aerobic, stretching and relaxation exercises. Knowing how to swim is not a prerequisite for participation in this class. Participants must pre-register and drop-ins are prohibited. No class 9/2, 11/25 - 11/28.

Location: Begg Pool

Instructors: Begg Pool Staff

**43313** 3pm to 3:50pm 8/26 - 12/16 M

**43315** 3pm to 3:50pm 8/27 - 12/17 Tu

**43316** 3pm to 3:50pm 8/28 - 12/18 W

**43314** 3pm to 3:50pm 8/29 - 12/19 Th

### BEGG POOL MASTERS

#### 16 and up

#### Res: \$75 Nonres: \$82

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. We invite you to come and swim with us! If you sign up for PM masters you may also attend the AM session. PM masters time changes between seasons (7pm to 8pm during Winter, Spring and Fall; 8pm to 9pm during Summer). You may also drop in for \$10 per day if there are open spaces.

#### MORNING

**41743** 6am to 7am 1/8-12/31 M Tu W Th F

#### AFTERNOON

**41744** 7pm to 8pm 1/8-12/31 M Tu W Th F



## YOUTH

### TENNIS WITH ANNIE & LILA - FUTURE STARS 🔥

**Res: \$150 Nonres: \$165 (6 Weeks)**

We will focus on building tennis fundamentals through fun games and drills, movement and rally play. Kids will continue to develop the basic tennis strokes including the forehand, backhand, volley and overhead, working towards consistency and keeping the ball in play. No class 10/31, 11/25 - 11/28.

Location: Live Oak Park - Tennis Court 1

Instructor: Annie Lewis and Lila Brady

#### 5 but less than 9

<b>43105</b>	3:15pm to 4pm	9/9 - 10/14	M
<b>43372</b>	3:15pm to 4pm	10/28 - 12/9	M
<b>43385</b>	3:15pm to 4pm	9/10 - 10/15	Tu
<b>43386</b>	3:15pm to 4pm	10/29 - 12/10	Tu
<b>43106</b>	3:15pm to 4pm	9/11 - 10/16	W
<b>43373</b>	3:15pm to 4pm	10/30 - 12/11	W

#### 4 but less than 9

<b>43371</b>	3:15pm to 4pm	9/12 - 10/17	Th
<b>43374</b>	3:15pm to 4pm	10/24 - 12/12	Th

### TENNIS WITH ANNIE & LILA - MAIN DRAW 🔥

**7 but less than 11**

**Res: \$150 Nonres: \$165 (6 Weeks)**

In this class, we will continue to fine-tune basic stroke technique and production through fun drills, games, movement and rally play. Players should have some experience with the 4 basic tennis strokes and be able to keep the ball in play and place shots with some consistency, but kids new to tennis are welcome. No class 10/31 and 11/25 - 11/28.

Location: Live Oak Park - Tennis Court 1

Instructor: Annie Lewis and Lila Brady

<b>43108</b>	4pm to 5pm	9/9 - 10/14	M
<b>43376</b>	4pm to 5pm	10/28 - 12/9	M
<b>43109</b>	4pm to 5pm	9/11 - 10/16	W
<b>43377</b>	4pm to 5pm	10/30 - 12/11	W
<b>43375</b>	4pm to 5pm	9/12 - 10/17	Th
<b>43378</b>	4pm to 5pm	10/24 - 12/12	Th

### YOUTH TWEEN TENNIS WITH ANNIE & LILA 🔥

**9 but less than 14**

**Res: \$150 Nonres: \$165 (6 Weeks)**

Players should be able to rally from the baseline and demonstrate a strong understanding of the basic fundamental strokes of tennis. We will enhance technique and ball control through interactive drills, while emphasizing game strategy, placement and serve for the point play. No class 10/31, 11/26 - 11/28.

Location: Live Oak Park - Tennis Court 1

Instructor: Annie Lewis and Lila Brady

<b>43379</b>	4pm to 5pm	9/10 - 10/15	Tu
<b>43382</b>	4pm to 5pm	10/29 - 12/10	Tu
<b>43380</b>	5pm to 6pm	9/11 - 10/16	W
<b>43383</b>	5pm to 6pm	10/30 - 12/11	W
<b>43381</b>	5pm to 6pm	9/12 - 10/17	Th
<b>43384</b>	5pm to 6pm	10/24 - 12/12	Th

## TEENS

### TEAM TENNIS

**8 but less than 18**

Team Tennis Class with Kevin Brady/West Coast Tennis staff includes drills and match play for intermediate and advanced players. Players will be grouped by age/ability. No class 10/31 and 11/30.

Location: Mira Costa Tennis Courts

Instructor: West Coast Tennis Academy Staff

**Res: \$650 Nonres: \$715**

<b>43134</b>	6pm to 8pm	9/10 - 12/10	Tu
<b>43136</b>	9am to 11am	9/14 - 12/14	Sa

**Res: \$600 Nonres: \$660**

<b>43135</b>	6pm to 8pm	9/12 - 12/12	Th
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**POPULAR  
ACTIVITY**

*These activities fill quickly, so register early and claim your spot!*

# TENNIS

## HIGH SCHOOL TENNIS TRAINING

**13 but less than 18**

**Res: \$600 Nonres: \$660**

For all High School players male or female or by invitation. Kevin Brady, MCHS Head Coach Allen Yap, and staff will train the players with drills and play similar to a High School practice. No class 11/25 and 11/27.

Location: Mira Costa Tennis Courts

Instructor: West Coast Tennis Academy Staff

<b>43112</b>	6pm to 8pm	9/16 - 12/9	M
<b>43113</b>	6pm to 8pm	9/18 - 12/11	W

## ADULT

### BEGINNER/ADVANCED BEGINNER I TENNIS WITH DAN

**18 and up**

For the advanced beginner player. Players will progress on what they learned in a beginning class. They will learn to swing with intention and learn additional intricacies of the game. Level 1 must be able to maintain a 3 ball rally. Class level determined by instructor, level 3.0 intended.

Location: Live Oak Park - Tennis Court 5

Instructor: Dan McCormick

**Res: \$120 Nonres: \$130 (4 Weeks)**

<b>43423</b>	Noon to 1pm	8/26 - 9/23	M
<b>43424</b>	Noon to 1pm	9/30 - 11/4	M

**Res: \$150 Nonres: \$165 (5 Weeks)**

<b>43425</b>	Noon to 1pm	11/11 - 12/16	M
<b>43426</b>	Noon to 1pm	8/27 - 9/24	Tu
<b>43427</b>	Noon to 1pm	10/1 - 11/5	Tu
<b>43428</b>	Noon to 1pm	11/12 - 12/17	Tu
<b>43429</b>	Noon to 1pm	8/28 - 9/25	W
<b>43430</b>	Noon to 1pm	10/2 - 11/6	W
<b>43431</b>	Noon to 1pm	11/13 - 12/18	W

### BEGINNER/ADVANCED BEGINNER II TENNIS WITH DAN

**18 and up**

**Res: \$150 Nonres: \$165 (5 Weeks)**

For the advanced beginner player. Players will progress on what they learned in a beginning class. They will learn to swing with intention and learn additional intricacies of the game. Level 2 must be able to maintain a 5-ball rally. Class level determined by instructor, level 3.0-3.5 intended.

Location: Live Oak Park - Tennis Court 5

Instructor: Dan McCormick

<b>43392</b>	11am to Noon	8/27 - 9/24	Tu
<b>43393</b>	11am to Noon	10/1 - 11/5	Tu
<b>43394</b>	11am to Noon	11/12 - 12/17	Tu
<b>43395</b>	11am to Noon	8/28 - 9/25	W
<b>43421</b>	11am to Noon	10/2 - 11/6	W
<b>43422</b>	11am to Noon	11/13 - 12/18	W

## ADVANCED TENNIS WITH ANNIE

**14 and up**

**Res: \$150 Nonres: \$165 (6 Weeks)**

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 10/31 and 11/28.

Location: Live Oak Park - Tennis Court 1

Instructor: Annie Lewis

<b>43081</b>	7pm to 8pm	9/12 - 10/17	Th
<b>43388</b>	7pm to 8pm	10/24 - 12/12	Th

## BEGINNER TENNIS WITH DAN

**18 and up**

**Res: \$120 Nonres: \$130 (6 Weeks)**

For those who have never played tennis! Beginner level players will learn hitting systems from both sides of the body, learn how to serve, rules of the game, the scoring system and where they should stand on the court. No class 9/2.

Location: Live Oak Park - Tennis Court 5

Instructor: Dan McCormick

<b>43418</b>	11am to Noon	8/26 - 9/23	M
<b>43419</b>	11am to Noon	9/30 - 11/4	M
<b>43420</b>	11am to Noon	11/11 - 12/16	M

## BEGINNING/ADVANCED BEGINNING TENNIS WITH ANNIE

**14 and up**

Get fit, learn new skills, and meet new friends, while enjoying the lifetime sport of tennis. This class covers the basic tennis fundamentals including ground strokes, net play, serve, court positioning and scoring. No class 11/30.

Instructor: Annie Lewis

**Res: \$200 Nonres: \$220 (8 Weeks)**

Location: Live Oak Park - Tennis Court 1

<b>43080</b>	6pm to 7pm	9/10 - 10/29	Tu
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**Res: \$150 Nonres: \$165 (6 Weeks)**

Location: Mira Costa High School - Tennis Court 8

<b>43073</b>	9am to 10am	9/7 - 10/12	Sa
<b>43074</b>	9am to 10am	10/26 - 12/7	Sa

## INTERMEDIATE SENIOR TENNIS

**55 and up**

**Res: \$135 Nonres: \$150 (8 Weeks)**

Join other advanced/intermediate senior players as we learn the finer points of the game. Players should be able to sustain a moderately paced rally and understand doubles positioning.

Location: Live Oak Park - Tennis Court 1

Instructor: Annie Lewis

<b>43387</b>	2pm to 3pm	9/9 - 10/28	M
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## INTERMEDIATE TENNIS

### 14 and up

Brush up on the core fundamentals of tennis including the forehand, backhand, volley, overhead and serve. Meet new friends and get into shape too! No class 10/31 and 11/28

Location: Live Oak Park – Tennis Court 1

**Res: \$200 Nonres: \$220 (8 Weeks)**

**43390** 6pm to 7pm 9/9 – 10/28 M

**Res: \$150 Nonres: \$165 (6 Weeks)**

**43082** 6pm to 7pm 9/12 – 10/17 Th

**43389** 6pm to 7pm 10/24 – 12/12 Th

## INTERMEDIATE TENNIS WITH DAN

### 18 and up

For the intermediate player. Players will learn to hit with a purpose, directional hitting, grip pressure control, the second serve and offensive for transitioning through the court. Class level determined by instructor. 3.5 level required. No class 9/2.

Location: Live Oak Park – Tennis Court 1

**Res: \$120 Nonres: \$130 (5 Weeks)**

**43417** 10am to 11am 8/26 – 9/23 M

**43405** 10am to 11am 8/28 – 9/25 W

**Res: \$150 Nonres: \$165 (6 Weeks)**

**43411** 10am to 11am 9/30 – 11/4 M

**43412** 10am to 11am 11/11 – 12/16 M

**43413** 10am to 11am 10/2 – 11/6 W

**43414** 10am to 11am 11/13 – 12/18 W

## INTERMEDIATE/ADVANCED TENNIS WITH ANNIE

### 14 and up

**Res: \$150 Nonres: \$165 (6 Weeks)**

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 11/30.

Location: Mira Costa High School – Tennis Court 8

**43432** 10am to 11am 9/7 – 10/12 Sa

**43433** 10am to 11am 10/26 – 12/7 Sa

## INTERMEDIATE/ADVANCED TENNIS WITH DAN

### 18 and up

**Res: \$150. Nonres: \$165 (6 Weeks)**

For the intermediate player. Players will learn to hit with a purpose, directional hitting, grip pressure control, the second serve and offensive for transitioning through the court. Class level determined by instructor. 3.5 level required.

Location: Live Oak Park – Tennis Court 5

Instructor: Dan McCormick

**43406** 10am to 11am 8/27 – 9/24 Tu

**43415** 10am to 11am 10/1 – 11/5 Tu

**43416** 10am to 11am 11/12 – 12/17 Tu

## CAMPS

### WEST COAST TENNIS ACADEMY

#### THANKSGIVING CAMP (ALL LEVELS)

##### 8 but less than 18

Thanksgiving break is a great chance to have fun and get better at tennis! The 3-day camp is at Mira Costa High School in Manhattan Beach. The camp, directed by Kevin Brady and staff will cover all aspects of the game including technique, strategy, court positioning, footwork, serve, and supervised match play.

Location: Mira Costa High School – Tennis Court 6

Instructor: West Coast Tennis Academy Staff

**Res: \$225 Nonres: \$248 (3 Days)**

**43366** 9am to Noon 11/25 – 11/27 M Tu W

**Res: \$75 Nonres: \$83 (1 Day)**

**43367** 9am to Noon 11/25 M

**43368** 9am to Noon 11/26 Tu

**43369** 9am to Noon 11/27 W

## HOLIDAY TENNIS CAMP

### 7 but less than 18

The holiday break is a great chance to have fun and get better at tennis! This camp is at Mira Costa High School in Manhattan Beach. The camp, directed by Kevin Brady and staff will cover all aspects of the game including technique, strategy, court positioning, footwork, serve, and supervised match play. All levels. No class 12/25.

Location: Mira Costa High School – Tennis Court 1

Instructor: West Coast Tennis Academy Staff

**Res: \$300 Nonres: \$330 (1 Week)**

**43115** 9am to Noon 12/23 – 12/27 M Tu Th F

**Res: \$150 Nonres: \$165 (2 Days)**

**43116** 9am to Noon 12/23 – 12/27 M F

**43117** 9am to Noon 12/24 – 12/26 Tu Th

**SELF RATING GUIDE FOR TENNIS CLASSES**  
NOW ONLINE!

# TENNIS

## 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

Kevin Brady	wctennis@bradycamps.com
Dave Mahoney	dave@redondotennis.com
Lila Brady	lila@bradycamps.com
Dan McCormick	tennispro333@gmail.com
Forester Dean	spinesync@gmail.com
David Petrie	dapetrie@yahoo.com
Alejandro Diaz	alerivi2017@gmail.com
Bennett Slusarz	bennets@tennismatrix.net
Kerry Giardino	kerryg3@hotmail.com
Erick Taach	etaach@hotmail.de
Paul Hing	paulhing@earthlink.net
Jeff Tarango	jeffreytarango@gmail.com
Annie Lewis	annieglewis@gmail.com
Allen Yap	allenyap2@gmail.com



### COURT FEE FOR ALL FACILITIES:

Reservations are required for ALL tennis facilities.

**\$10** Manhattan Beach Residents

**\$14** Non-Manhattan Beach Residents

### TENNIS FACILITIES

**LIVE OAK PARK**, 1901 Valley Dr.

(310) 802-5474

6 lighted courts

Monday-Friday 7am to 10pm

Saturday 7am to 8pm

Sunday 7am to 5pm

**MANHATTAN HEIGHTS PARK**, 1600 Manhattan Beach Blvd.

(310) 877-0512

2 lighted courts

Monday-Friday 8am to 9pm

Saturday & Sunday 8am to 8pm

**MIRA COSTA HIGH SCHOOL**, Corner of Artesia Blvd./  
Meadows Ave.

(310) 877-0510 (Call Live Oak Park outside of operating hours)

10 lighted courts

Monday-Thursday 6pm to 9pm (5pm to 9pm  
when MBUSD is on break)

Weekends 8am to 2pm

### TENNIS ANNUAL PASS

**\$25 per calendar year (Passes will not be prorated)**

#### OLDER ADULTS ANNUAL PASS (AGES 55+)

Manhattan Beach residents only. Good until the end of the calendar year from date of purchase; unlimited use as available. Free play at Live Oak Tennis Courts and Manhattan Heights, Monday through Friday 7am to 9am (LOP Only) and 12pm to 3pm

#### YOUTH ANNUAL PASS

Allows Manhattan Beach residents 17 and under to reserve Live Oak Park and Manhattan Heights courts for free during select hours (Monday through Friday from 2pm to 5pm during the school year and 12pm to 3pm during the Winter).

#### MIRA COSTA HIGH SCHOOL STUDENTS

1 free hour at MCHS Courts  
Must show current school ID

### LEAGUES

Marine League hosts round robin tournaments at Live Oak Park in Winter and Spring and USTA hosts round robin tournaments at Mira Costa High School throughout the year. For more information, please call (310) 802-5474.

### TENNIS MATRIX

Join TennisMatrix.net Challenge Ladder for seasonal tennis ladders & round robins at Live Oak Park. For more information, visit [www.tennismatrix.net](http://www.tennismatrix.net) or contact Bennet Slusarz at (310) 766-2466 or [bennets@tennismatrix.net](mailto:bennets@tennismatrix.net)

# DIAL-A-RIDE



Low cost, shared-ride, curb-to-curb service offered by the City of Manhattan Beach for its seniors (55+) and disabled citizens. All buses are equipped for the elderly and are wheelchair accessible. In addition, drivers will provide boarding and disembarking assistance as needed.

**TO MAKE A RESERVATION CALL  
(310) 545-3500**

Reservations can be made up to seven days in advance by calling the Dial-A-Ride office at (310) 545-3500.

## **DANCE, MUSIC AND THEATER** **BEGINNER LINE DANCE**

**55 and up**

**Res: \$120 Nonres \$132 (10 Weeks)**

The Beginner Line Dance provides all students the opportunity to move to music and express themselves in ways other activities do not. This course will introduce basic line dance steps and many different line dances will be taught to multiple music genres. Class will review dances learned from previous week and will move to more advanced level dances as the session progresses. Everyone is welcome and no partner is required.

Location: Joslyn Community Center – Surf Dance Studio

Instructor: Rhonda Diamond

**43211** 1pm to 2pm 10/12 – 12/14 Sa

## **DANCE, FLOW 'N FUN WITH NICKY**

**50 and up**

**Res: \$90 Nonres: \$99 (6 Weeks)**

Improve posture, balance, coordination, & grace through tailored warm up exercises followed by simple choreographed dance sequences in order to get the endorphins flowing, release stress and have fun! No previous dance experience necessary.

Location: Joslyn Community Center – Surf Dance Studio

Instructor: Nicola Bowie

**43216** 2pm to 3:30pm 10/2 – 11/6 W

## **COMEDY IMPROV**

**18 and up**

Learn comedy improv in a safe, supportive and fun environment. Improv is the art of acting without previous preparation involving imagination and creativity. This class enhances communication skills useful for business, performance, social and personal settings. No experience necessary, all levels welcome.

Location: Joslyn Community Center – Surf Dance Studio  
Instructor: Doris Usui and Rick Ramirez

**PICK 8**

**Res: \$150 Nonres: \$165**

**43214** 3:30pm to 5:30pm 9/9 – 10/28 M

**PICK 4**

**Res: \$100 Nonres: \$110**

**43215** 3:30pm to 5:30pm 9/9 – 10/28 M

## **FITNESS**

### **SENIOR FIT WITH CARMEN**

**55 and up**

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

Regular exercise is essential for good health. This class is tailored to improve mobility and alleviate aches and pains, focusing on the spine and flexibility. Carmen Osterling is a SilverSneakers trained instructor and has worked in the South Bay for several years. Senior Fit is a fun way to stay active, social, and supported. No class 11/28.

Location: Joslyn Community Center – Ocean Banquet Hall  
Instructor: Carmen Osterling

**43224** 9am to 10am 9/24 – 12/3 Tu Th

**43225** 10:15am to 11:15am 9/24 – 12/3 Tu Th

# OLDER ADULT

## SENIOR YOGA BEGINNING

55 and up

Res: \$121 Nonres: \$133 (11 Weeks)

Stretch, strengthen and soothe. A great class for those who are new to yoga, those looking for detailed guidance, and those looking to relax and take it easy. Individual modifications are provided with the option of using a chair. Please bring a yoga mat or beach towel. No class 11/28

Location: Joslyn Community Center – Surf Dance Studio

Instructor: Eden Serina

43226 10am to 11am 10/8 – 12/17 Tu

## SENIOR YOGA BEGINNING PLUS

55 and up

Res: \$121 Nonres: \$133 (10 Weeks)

Build strength, increase flexibility and improve balance with this beginning yoga flow-style practice. Poses are done on the mat, standing, and individual modifications are provided. This class is open to all levels; no prerequisite required. Please bring a yoga mat and/or towel. No class 11/28.

Location: Joslyn Community Center- Surf Dance Studio

43227 10am to 11am 10/10 – 12/19 Th

## YOGA FOR STRENGTH, BALANCE AND FLEXIBILITY

55 and up

Res: \$150 Nonres: \$165 (10 Weeks)

As we age, muscles become weak, posture starts curving forward and we are prone to falling. When muscles are strong and flexible, balance and posture improves! We move better and we feel more confident. Come as you are and leave class feeling strong and alive in your body. Chairs are used for part of the class. Bring a yoga mat. All other props are provided. First timers are welcome! No class 11/27

Location: Joslyn Community Center – Ocean Banquet Hall  
Instructor: Teri Thompson

43228 11am to 12:15pm 10/9 – 12/18 W

## ZUMBA FOR OLDER ADULTS

55 and up

Res: \$50 Nonres: \$55 (10 Weeks)

Easy to follow choreography for adults looking for a modified Zumba class with same great music and original loved moves at a lower intensity. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility, balance and mainly fun!

Location: Joslyn Community Center – Surf Dance Studio  
Instructor: Svetlana Averbukh

43229 11:30am to 12:15pm 9/9 – 11/11 M

## UNIQUE ACTIVITIES

### BE TALL DON'T FALL

55 and up

Res: \$30 Nonres: \$33

Reduce the risk of falling by learning Teri and Via's favorite targeted exercises for the feet, ankles, legs, glutes, and core. You'll leave this workshop with moves that you can do at home to build better balance, stability, and ease. A chair is provided for each participant. Instructors: Teri Thompson 500 hr, certified Yoga Wellness Educator, and Via (Page) Carpenter, 500 hr, certified Yoga Teacher. Please bring a yoga mat, small towel, water (we will provide the rest of the props)

Location: Manhattan Heights Park – Mt. Whitney Banquet Hall

Instructor: Teri Thompson

43437 10am to Noon 10/5 Sa



**SENIOR SLO-PITCH LEAGUE**  
**(MEN 60+ & WOMEN 45+)**

**Dorsey Field**  
**March through November**

[mbssa.webs.com](http://mbssa.webs.com)

**Steven Nicholson (Commissioner)**  
**(310) 529-1248**

## SUPPORT AND RESOURCES

The Older Adult Program offers a wide variety of free support and resources through our community partners for you and your loved ones.

### NEW! DEMENTIA CAREGIVER SUPPORT GROUP

**FREE**

Caring for a loved one with a dementia diagnosis can be overwhelming and stressful. This support group offers a safe space to address the challenges that come with caring for someone, find support amongst peers who share similar experiences, and openly express your feelings around being a caregiver. Charlotte Barnett, MSW will be facilitating.



**4th Tuesday of the month**  
**In-person at the JCC/Sunset Room**  
**1:30pm to 2:30pm**



### SOCIAL HOUR WITH CHARLOTTE

**FREE**

These meetings are for all, a place to connect and feel heard. Learn about community resources, Beach Cities Health District, ways to keep busy or share ways you're keeping busy.

**1st Tuesday and 3rd Tuesday of the month**

10:00am to 11:00am

**ZOOM LINK:**

<https://bchd-org.zoom.us/j/87651635014>

**2nd Monday of the month (JCC/Sunset Room)**

2:00pm to 3:00pm

### ALZHEIMER'S ASSOCIATION

#### DEMENTIA SUPPORT GROUPS

Being a care partner for someone with Dementia is a life altering challenge. Presented by the Alzheimer's Association, these support groups offer a safe time to develop a mutual support system, exchange information, and share feelings and concerns. To join, please email [kberkeypatterson@gmail.com](mailto:kberkeypatterson@gmail.com)

#### DEMENTIA CAREGIVER SUPPORT GROUP

1st Tuesday of each month, 6:30pm to 7:30pm

#### DEMENTIA SUPPORT GROUP FOR COUPLES

1st and 3rd Wednesday, 10:30am to 12:00pm



### QUESTIONS ABOUT MEDICARE?

Receive free, unbiased Medicare help from the Center for Health Care Rights by scheduling an in-person appointment with a State-registered Health Insurance Counseling and Advocacy Program (HICAP) counselor.

To schedule an appointment, please call Beach Cities Health District's Assistance, Information and Referral line at (310) 374-3426, Option 1. Appointments are currently available most Thursdays at the Center for Health and Fitness.

**The counselor can assist with questions and problems related to:**

- Medicare coverage rules
- Medicare Part A and B eligibility, benefits and claims
- Medicare coordination with private insurance
- Medicare Part D plan choices
- Insurance options for supplementing Medicare - Medigap insurance, Medicare Advantage, Medi-Cal
- Programs that help low-income beneficiaries with Medical expenses - Medi-Cal, Medicare Savings Program, Extra Help to assist those who qualify pay for prescription drugs



# OLDER ADULT

	WEEK 1	WEEK 2
MON	9am-4pm: OASIS Open 9am-1pm: Ping Pong (SH) 10am-12pm: Discussion Group (OASIS) 10am-1pm: MB Senior Club Bingo (OBH) 10:15am-11:15am: Mindful Stretching (SD) 11:15am-11:45am: MB Senior Club Meeting (OBH) 11:30am-12:15pm: Zumba for Adults (SD)* 1pm-3pm: Android Help (SS) 3:30pm-5:30pm: Older Adult Comedy Improv (JCC)* 6:30pm-8:30pm Adult Comedy Improv (JCC)*	9am-4pm: OASIS Open 9am-1pm: Ping Pong (SH) 10am-12pm: Discussion Group (OASIS) 10:15am-11:15am: Mindful Stretching (SD) 11:30am-12:15pm: Zumba for Adults (SD)* 1pm-3pm: Acting Out Again (OBH) 2pm-3pm: Social Hour with Charlotte (SS) 3:30pm-5:30pm: Older Adult Comedy Improv (JCC)* 6:30pm-8:30pm Adult Comedy Improv (JCC)*
TUE	9am-4pm: OASIS Open 9am-1pm: Ping Pong (SH) 9am-10am Senior Fit with Carmen (OBH)* 10am-11am: Senior Yoga Beginning (SD)* 10am-12pm Basic Techniques of Drawing (SR)* 10am-11am: Social Hour with Charlotte BCHD (Zoom) 10:15am-11:15am: Senior Fit with Carmen (OBH)* 6:30pm-7:30pm: Dementia Caregiver Support Group (Zoom)	9am-4pm: OASIS Open 9am-1pm: Ping Pong (SH) 9am-10am Senior Fit with Carmen (OBH)* 10am-11am: Senior Yoga Beginning (SD)* 10am-12pm Basic Techniques of Drawing (SR)* 10:15am-11:15am: Senior Fit with Carmen (OBH)* 1pm-2pm: Senior Advisory Committee (SR) 1:30pm-3pm: Poetry Circle (JCC/Garden)
WED	9am-4pm: OASIS Open 9am-1pm: Ping Pong (SH) 9:30am-10:30am Agility, Balance, and Coordination 10:30am-12pm: Dementia Support Group for Couples (Zoom) 10:30am-12pm: Let's Talk Woman to Woman (SR) 10:40am-11:40am: Mindfulness (SD) 11am-12:15pm: Yoga for Strength, Balance, and Flexibility (OBH)* 2pm-3pm Dance, Flow 'N Fun with Nicky (SD)	9am-4pm: OASIS Open 9am-1pm: Ping Pong (SH) 9:30am-10:30am Agility, Balance, and Coordination 10:30am-12pm: Let's Talk Woman to Woman (SR) 10:40am-11:40am: Mindfulness (SD) 11am-12:15pm: Yoga for Strength, Balance, and Flexibility (OBH)* 2pm-3pm Dance, Flow 'N Fun with Nicky (SD)
THU	9am-4pm: OASIS Open 9am-1pm: Ping Pong (SH) 9am-10am Senior Fit with Carmen (OBH)* 9:30am-12:30pm Renewal Through Art (SH) 10am-11am Senior Yoga Beg. Plus (SD)* 10am-12pm: iPhone Training (SR) 10:15am-11:15am: Senior Fit with Carmen (OBH)* 1pm-2pm: By Heart Music (SD) 1pm-2pm: Movie Discussion Group (Zoom) 2pm-4pm Scrabble (OASIS) 3pm-5pm: Blankets of Love (SR)	9am-4pm: OASIS Open 9am-1pm: Ping Pong (SH) 9am-10am Senior Fit with Carmen (OBH)* 9:30am-12:30pm Renewal Through Art (SH) 10am-11am Senior Yoga Beg. Plus (SD)* 10am-12pm: iPhone Training (SR) 10:15am-11:15am: Senior Fit with Carmen (OBH)* 1pm-2pm: By Heart Music (SD) 2pm-4pm Scrabble (OASIS) 3pm-5pm: Blankets of Love (SR)
FRI	9am-4pm: OASIS Open 9am-1pm: Ping Pong (SH) 9:30am-1:30pm: Bridge (SR) 10am-11am: Agility, Balance, and Coordination (JCC) 1:30pm-4pm: JCC Movies (OBH)	9am-4pm: OASIS Open 9am-1pm: Ping Pong (SH) 9:30am-1:30pm: Bridge (SR) 10am-11am: Agility, Balance, and Coordination (JCC) 1:30pm-4pm: JCC Movies (OBH)
SAT	1pm-2pm Beginning Line Dancing* (SD)	1pm-2pm Beginning Line Dancing* (SD)

**BCHD**

Beach Cities  
Health District

**JCC**

Joslyn Community Center  
1601 N. Valley Drive

**MH**

Manhattan Heights  
1600 Manhattan Beach Blvd

**MBL**

Manhattan Beach Library  
1320 Highland Avenue

**MBG**

MB Botanical Garden  
1236 N. Peck Avenue

FOR ZOOM CLASSES, PLEASE CALL THE OLDER ADULT PROGRAM (310) 545-5430

# OLDER ADULT

WEEK 3	WEEK 4
<p>9am-4pm: OASIS Open            9am-1pm: Ping Pong (SH)            10am-12pm Discussion Group (OASIS)            10am-1pm: MB Senior Club Bingo (OBH)            10:15am-11:15am: Mindful Stretching (SD)            11:30am-12:15pm: Zumba for Adults (SD)*            1pm-3pm: Android Help (SS)            3:30pm-5:30pm: Older Adult Comedy Improv (JCC)*            6:30pm-8:30pm Adult Comedy Improv (JCC)*</p>	<p>9am-4pm: OASIS Open            9am-1pm: Ping Pong (SH)            10am-12pm Discussion Group (OASIS)            10:15am-11:15am: Mindful Stretching (SD)            11:30am-12:15pm: Zumba for Adults (SD)*            1pm-3pm: Acting Out Again (OBH)            3:30pm-5:30pm: Older Adult Comedy Improv (JCC)*            6:30pm-8:30pm Adult Comedy Improv (JCC)*</p>
<p>9am-4pm: OASIS Open            9am-1pm: Ping Pong (SH)            9am-10am Senior Fit with Carmen            10am-11am: Senior Yoga Beginning (SD)*            10am-11am: Social Hour with Charlotte BCHD (Zoom)            10am-12pm Basic Techniques of Drawing (SR)*            10:15am-11:15am Senior Fit with Carmen</p>	<p>9am-4pm: OASIS Open            9am-1pm: Ping Pong (SH)            9am-10am Senior Fit with Carmen (OBH)*            10am-11am: Senior Yoga Beginning (SD)*            10am-12pm Basic Techniques of Drawing (SR)*            10:15am-11:15am Senior Fit with Carmen            11am-12pm Dine and Discover (Zoom)            12pm-2pm Dine and Discover (OBH)*            1:30pm-2:30pm Dementia Caregiver Support Group (SS)            1:30pm-3pm: Poetry Circle (JCC/Garden)</p>
<p>9am-4pm: OASIS Open            9am-1pm: Ping Pong (SH)            9:30am-10:30am Agility, Balance, and Coordination            10:30am-12pm: Dementia Support Group for Couples (Zoom)            10:30am-12pm: Let's Talk Woman to Woman (SR)            10:40am-11:40am: Mindfulness (SD)            11am-12:15pm: Yoga for Strength, Balance, and Flexibility (OBH)*            2pm-3pm Dance, Flow 'N Fun with Nicky (SD)</p>	<p>9am-4pm: OASIS Open            9am-1pm: Ping Pong (SH)            9:30am-10:30am Agility, Balance, and Coordination            10:30am-12pm: Let's Talk Woman to Woman (SR)            10:40am-11:40am: Mindfulness (SD)            11am-12:15pm: Yoga for Strength, Balance, and Flexibility (OBH)*            2pm-3pm Dance, Flow 'N Fun with Nicky (SD)</p>
<p>9am-4pm: OASIS Open            9am-1pm: Ping Pong (SH)            9:30am-12:30pm Renewal Through Art (SH)            10am-11am Senior Yoga Beg. Plus (SD)*            10am-12pm: iPhone Training (SR)            10:15am-11:15am: Senior Fit with Carmen (OBH)*            11am-12pm Book Club (JCC)            1pm-2pm: By Heart Music (SD)            2pm-4pm Scrabble (OASIS)            3pm-5pm: Blankets of Love (SR)</p>	<p>9am-4pm: OASIS Open            9am-1pm: Ping Pong (SH)            9am-10am Senior Fit with Carmen (OBH)*            9:30am-12:30pm Renewal Through Art (SH)            10am-11am Senior Yoga Beg. Plus (SD)*            10am-12pm: iPhone Training (SR)            10:15am-11:15am: Senior Fit with Carmen (OBH)*            1pm-2pm: By Heart Music (SD)            2pm-4pm Scrabble (OASIS)            3pm-5pm: Blankets of Love (SR)</p>
<p>9am-4pm: OASIS Open            9am-1pm: Ping Pong (SH)            9:30am-1:30pm: Bridge (SR)            10am-11am: Agility, Balance, and Coordination (JCC)            1:30pm-4pm: JCC Movies (OBH)</p>	<p>9am-4pm: OASIS Open            9am-1pm: Ping Pong (SH)            9:30am-1:30pm: Bridge (SR)            10am-11am: Agility, Balance, and Coordination (JCC)            1:30pm-4pm: JCC Movies (OBH)</p>
<p>1pm-2pm Beginning Line Dancing* (SD)</p>	<p>1pm-2pm Beginning Line Dancing* (SD)</p>

**OBH** Ocean Banquet Hall at JCC    
 **OA** OASIS Room at JCC    
 **SD** Surf Dance Room at JCC    
 **SH** Scout House    
 **SS** Sunset Room at JCC    
 **SR** Sunrise Room at JCC    
 **CF** Conference Room at JCC

\*REGISTRATION REQUIRED

LOCATIONS, TIMES, PROGRAMS SUBJECT TO CHANGE. CALL THE OLDER ADULT PROGRAM.

# THE GRAND TOUR

## RESERVATIONS INFORMATION GUIDE

**W**ithin the City of Manhattan Beach there are a variety of facilities, picnic areas, a community pool and fields available for public, private, and commercial events and meetings. A fee is required to reserve City facilities.

Parks are open to the public from 8am to dusk, seven days per week. Unless reserved, the picnic areas are available on a first-come, first-served basis.

For special events requiring additional City services, please call **(310) 802-5403**.

### SAND DUNE PARK



#### PICNIC SHELTER

Capacity: 50  
Length of use: 2 hours min.  
Appropriate for: Parties, picnics and outdoor gatherings

### LIVE OAK PARK



#### GAZEBO

Capacity: 50  
Length of use: 2 hours min.  
Availability: 8am to dusk daily  
Appropriate for: Small events for children such as birthday parties, playgroups and other outings

### BEGG POOL



Capacity: 150  
Length of use: 1 - 4 hours  
Availability: Varies according to season  
Appropriate for: Birthday parties, social gatherings  
Amenities: PA sound system for music

### JOSLYN COMMUNITY CENTER



Availability:  
Mon. - Fri. (8am to 10pm)  
Sat. - Sun. (8am to 8pm)  
Length of use: 2 hours min.



**SUNSET ROOM**  
Capacity: 20  
Appropriate for:  
Meetings, classes and small gatherings



**SUNRISE ROOM**  
Capacity: 30  
Appropriate for:  
Meetings, classes and small gatherings

### MANHATTAN HEIGHTS PARK AND COMMUNITY CENTER



**MT. WHITNEY BANQUET HALL**  
Capacity: 150, dining 100  
Length of use: 2 hours min.  
Availability: 8am to 10pm daily  
Appropriate for:  
Meetings, lectures, receptions, parties, retirements and other large gatherings

**COMMERCIAL KITCHEN**  
Capacity: 10  
Availability: 8am to 10pm daily  
Appropriate for: Catering



**MT. BALDY ROOM**  
Capacity: 20  
Availability:  
8am to 10pm daily  
Appropriate for:  
Meetings and small gatherings



**PICNIC AREA**  
Capacity: 50  
Availability:  
8am to dusk daily  
Appropriate for: Small children's activities such as birthday parties, playgroups and other outings  
Amenities: Rock Climbing Wall



## POLLIWOG PARK



### AMPHITHEATER

Capacity: 1,000  
Length of use: 2 hours min.  
Appropriate for: Performances, weddings, meetings and other large group gatherings  
No amplified sound permitted  
MC (12.48.050)



### GAZEBOS

Central Gazebo, Rose Gazebo and Pond Gazebo are available to rent separately  
Capacity: 50 per gazebo  
Length of use: 2 hours min.  
Appropriate for: Gatherings and social events



### PICNIC AREAS

Ten areas to choose from. Five of those areas have one table, two of those areas have two tables, and three of those areas have three tables  
Capacity: 25 people per table  
Length of use: 2 hours min.  
Appropriate for: Parties & meetings



### PAVILION

Capacity: 75  
Length of use: 2 hours min.  
Appropriate for: Parties, family reunions, gatherings and social events

## MARINE AVENUE PARK



### NORTH END

Capacity: 50  
Length of use: 2 hours min.  
Availability: 8am to dusk daily  
Appropriate for: Parties and small gatherings



### PICNIC AREA

Capacity: 25 per table  
Length of use: 2 hours min.  
Availability: 8am to dusk daily  
Appropriate for: Birthday parties and other children's outings



### ACTIVITY HALL

Capacity: 50  
Length of use: 2 hours min.  
Availability: 8am to 10pm daily  
Appropriate for: Meetings and small gatherings

#### Amenities:

- Electric hot water dispenser
- Flat screen TV
- Refrigerator
- Microwave



### SURF DANCE STUDIO

Capacity: 30  
Appropriate for:  
Dance and fitness classes



### OCEAN BANQUET HALL

Capacity:  
250, dining 170  
Appropriate for:  
Meetings, parties and  
receptions

### COMMERCIAL KITCHEN (Banquet rental required)

Capacity: 10  
Appropriate for:  
Catering parties or events

### JOSLYN COMMUNITY CENTER AMENITIES

- Blu-ray or DVD player
- Easels
- Electric hot water dispenser
- Podium
- Portable chalkboard
- Portable movie screen
- Built-in P.A. system
- Wireless microphone(s)

### MANHATTAN HEIGHTS PARK AND COMMUNITY CENTER AMENITIES

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

## MAKE A RESERVATION

Submit online:  
[www.manhattanbeach.gov/reservations](http://www.manhattanbeach.gov/reservations)

Stop by in person:  
Monday - Thursday:  
8am to 5pm  
Friday:  
8am to 4pm

Mail reservation form:  
Parks & Recreation Dept.  
Attn: Reservations  
1400 Highland Ave.  
Manhattan Beach, CA 90266

## IMPORTANT INFORMATION

Bring your reservation permit with you to your event.

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

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

All parties are expected to follow reservations rules and regulations.

If rules and regulations are not followed, deposit will not be returned.

For more reservation information, please call (310) 802-5448.

# CITY DIRECTORY

## COMMUNITY DEVELOPMENT

Main Line ..... 310.802.5500  
Fax ..... 310.802.5501  
Director ..... 310.802.5503  
Executive Assistant ..... 310.802.5503

### BUILDING DIVISION:

Building Official ..... 310.802.5525  
Secretary ..... 310.802.5505  
Code Enforcement ..... 310.802.5538  
Construction Officers ..... 310.802.5506  
310.802.5539

Inspection Requests ..... 310.802.5542  
Inspection cancellations before  
8:30am on day of scheduled inspection  
310.802.5533  
Permit Processing & Plan Check  
status Info ..... 310.802.5532  
310.802.5535  
310.802.5536

Technical Plan Check Info ..... 310.802.5527

### ENVIRONMENTAL PROGRAMS:

Environmental Programs ..... 310.802.5508

### PLANNING DIVISION:

Planning & Zoning ..... 310.802.5504  
Planner on Duty ..... 310.802.5520

### TRAFFIC DIVISION:

Traffic Engineer ..... 310.802.5522

## CITY OFFICIALS AND ADMINISTRATION

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

## COMMUNITY RECREATIONAL FACILITIES AND ORGANIZATIONS

AYSO Soccer (Ages 5-18) ..... 310.546.4106  
AYSO HOTLINE ..... www.aysol8.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 ..... 424.526.7777  
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 IOK 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 ..... 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 ..... 310.802.5128  
Community Affairs ..... 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 Inspector ..... 310.802.5206  
Fire Marshal ..... 310.802.5205  
Fire Station #1 ..... 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:  
8am to 4:30pm (Mon-Fri) ..... 310.802.5304  
4:30pm to 8am & Weekends ... 310.802.5140  
Engineering ..... 310.802.5350  
Public Works Construction Projects .....  
310.802.5353

## REFUSE/RECYCLING COLLECTION:

Waste Management ..... 310.830.7100  
City Contact ..... 310.802.5313

Refuse/Water Billing ..... 310.802.5559

Sewer and Wastewater Info ... 310.802.5320

Street Maintenance ..... 310.802.5311

Street Sweeping: Athens Services .....  
888.336.6100

City Contact ..... 310.802.5313

Street Use Permit Processing ... 310.802.5535

Water Quality ..... 310.802.5304

Fax ..... 310.802.5301

Engineering Fax ..... 310.802.5351

## PARKS AND RECREATION

MAIN LINE ..... 310.802.5448

DIRECTOR ..... 310.802.5414

### SERVICES/PROGRAMS

Cultural Arts Program ..... 310.802.5440

Park Maintenance ..... 310.802.5326

Dial-A-Ride ..... 310.545.3500

Field Conditions Hotline ..... 310.802.5454

Older Adult Programs ..... 310.802.5430

REC Program ..... 310.802.5419

Ceramics Program ..... 310.802.5404

Registration ..... 310.802.5448

### FACILITIES:

Reservations ..... 310.802.5410

Begg Pool ..... 310.802.5428

Joslyn Community Center ..... 310.802.5420

OASIS Room ..... 310.802.5446

Manhattan Beach Art Center. 310.802.5440

Manhattan Heights Community

Center ..... 310.802.5425

Marine Ave Park ..... 310.802.5427

Teen Center ..... 310.802.5426

### TENNIS RESERVATIONS:

Live Oak ..... 310.802.5474

Mira Costa ..... 310.802.5484

TDD 310.546.3501

FAX 310.802.5001

FIRE/POLICE EMERGENCY DIAL 911

# MANHATTAN BEACH



**01** **8TH STREET**  
8th St./The Strand

## COMMUNITY CENTERS

**04** **BEGG POOL**  
1402 North Peck Ave.

**05** **JOSLYN COMMUNITY CENTER**  
1601 North Valley Dr.

**06** **MANHATTAN BEACH ART CENTER**  
1560 Manhattan Beach Blvd.

**07** **MANHATTAN HEIGHTS PARK & COMMUNITY CENTER**  
1600 Manhattan Beach Blvd.

**02** **MANHATTAN BEACH CITY HALL**  
1400 Highland Ave.

## PARKS

**08** **LIVE OAK PARK**  
1901 North Valley Dr.

**09** **MARINE AVENUE PARK**  
1625 Marine Ave.

**10** **MARINE AVENUE SKATE SPOT**  
1625 Marine Ave.

**11** **POLLIWOG PARK**  
1601 Manhattan Beach Blvd.

**12** **SAND DUNE PARK**  
33rd St. & Bell Ave.

**13** **BRUCE'S BEACH**  
26th/27th St. at Highland Ave.

**03** **MANHATTAN BEACH PIER**  
100 Manhattan Beach Blvd.

## FIELDS

**14** **GRAND VIEW ELEMENTARY SCHOOL**  
455 24th St.

**15** **MANHATTAN VILLAGE**  
1300 Park View Ave.

**16** **MARINE SPORTS COMPLEX**  
1801 Marine Ave.

**17** **MIRA COSTA HIGH SCHOOL**  
1401 Artesia Blvd.

**18** **PACIFIC ELEMENTARY SCHOOL**  
1200 Pacific Ave.

# REGISTRATION FORM

**PLEASE PRINT ALL INFORMATION**

**MAIN CONTACT FULL Name:**

<b>First Name</b>		<b>Last</b>	
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**RESIDENTIAL ADDRESS:**

<b>Street</b>			
<b>City</b>		<b>Zip</b>	
<b>E-mail Address</b>			
<b>Phone-Primary</b>	(    )	<input type="checkbox"/> <b>Cell</b>	<input type="checkbox"/> <b>Other</b>
<b>Phone-Secondary</b>	(    )	<input type="checkbox"/> <b>Cell</b>	<input type="checkbox"/> <b>Other</b>

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

Check here if this is a new address / phone number

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

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

**GRAND  
TOTAL =**

**OFFICE USE ONLY:**

**Cash**    **Check-Print Check Number:**

**Credit Card Number:**

**Expiration Date: Month/Year:**

**CVV:**

**Cardholder Signature:**

**RELEASE OF LIABILITY.** I fully understand that participation in the above listed program/activity conducted by the City of Manhattan Beach exposes me or my child(ren) to the risk of personal injury, illness, death, and property damage. I hereby agree to absolve and hold harmless the City of Manhattan Beach, its employees, officers or agents from any liability, claims, damages, costs or expenses that may result from my participation or that of any minor in my legal custody in the above activity, including the active or passive negligence of the City. If the participant is a minor, I also give my permission for his/her participation in the above activity and for any necessary emergency medical treatment be provided. I understand City staff is not responsible for storing, administering and/or providing medications of any kind for participants in Parks and Recreation programs and activities. I understand the City has no obligation to supervise my children at the close of the above program/activity, and I release the City, its officers, employees and agents from any liability resulting from any lack of supervision of my children at the close of the above program/activity. I understand that the City has adopted a Civility Policy, which among other things requires that all interactions with other participants, instructors and staff be conducted in a respectful manner, and provides that threats of violence and loud, insulting, demeaning or offensive communication will not be tolerated. A copy of the Civility Policy is available upon request. I further understand that participants involved in Parks & Recreation programs/activities may be photographed and such photography may be used to publicize City programs/activities. Any person who is placed on notice of the park rules, whether by signage or by warning from a park monitor or other city official, who fails to abide by any such rule, may be expelled from the park and by order of the Director of Parks and Recreation may be prohibited from using all city park and recreation facilities for up to fourteen (14) days. Any person refusing to abide by an order of prohibition issued by the Director of Parks and Recreation shall be guilty of a misdemeanor. -m.c. 12.48.54. Failure to comply with City Parks and Recreation Department policies and procedures may result in your removal from the park and forfeiture of all fees collected.

**Participant, Parent or Guardian Signature:**

**Date:**

# WAYS TO REGISTER

## ONLINE

Visit [www.manhattanbeach.gov/registration](http://www.manhattanbeach.gov/registration)

Pay by credit card  
All online transactions incur  
a 6.45% convenience fee

Begins at 6am online  
8am in person at City Hall

**Res: August 5**  
**Nonres: August 19**

## FAX-IN

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

## MAIL-IN

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

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

## WALK-IN

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

**Monday-Thursday 8am to 5pm**  
**Friday 8am to 4pm**

Pay by credit card, check or cash

**(310) 802-5448 • [mbparksandrec@manhattanbeach.gov](mailto:mbparksandrec@manhattanbeach.gov)**

## REFUND POLICY

A full refund (including convenience fee) will be issued for any program, activity, or event that is canceled for any reason by the department.

For activities, any person requesting a refund before the start of the second class may receive a refund minus the convenience fee. For camps, any person requesting a refund 5 business days before the camp starts may receive a refund minus the convenience fee. Bus trips are not included. Contact (310) 802-5448 for refund details.

A "Refund Request Form" may be downloaded from the City's website, picked up at City Hall in the Parks & Recreation Department during business hours, by mail or email by calling (310) 802-5448 or emailing [mbparksandrec@manhattanbeach.gov](mailto:mbparksandrec@manhattanbeach.gov).

## POLICIES

Nonresident registration fees may include up to a 10% additional fee. Advanced registration is required for all activities. Fees will not be prorated for late registrations. Gymnastics activities will not accept registrations after two weeks from start date. All activities, dates and fees are subject to change. Activities not reaching required enrollment may be canceled by the department. A resident is defined as an individual residing in Manhattan Beach. Acceptable proof of residency includes: government issued ID or utility bill showing current Manhattan Beach address. Must be the age specified for the activity. Proof of age may be required for all activities with an age requirement. False information regarding name, age, or address will result in being dropped from the class without refund. You may be asked for ID at the first class. No registration will be taken over the phone. When registering by mail, your name will be placed on a waiting list if the requested activity is full. You will be notified by the Parks and Recreation Department if there is an opening. If on a waiting list, do not attend the first class if you have not been notified to do so. ActiveNet requires that all activity registrations incur a convenience fee of 6.45% of the total charge.

# Manhattan Beach PUMPKIN RACE™

PRESENTED BY:

LAcAR GUY™



# OCTOBER 20

MANHATTAN BEACH PIER  
12PM FESTIVAL • 2PM RACES

[www.manhattanbeach.gov/pumpkinrace](http://www.manhattanbeach.gov/pumpkinrace) • [#mbpumpkinrace](https://twitter.com/mbpumpkinrace)



**SKECHERS FRIENDSHIP WALK**

Sunday, October 20 • 8am (check-in) 9am (walk) • Manhattan Beach Pier • [www.skechersfriendshipwalk.com](http://www.skechersfriendshipwalk.com)