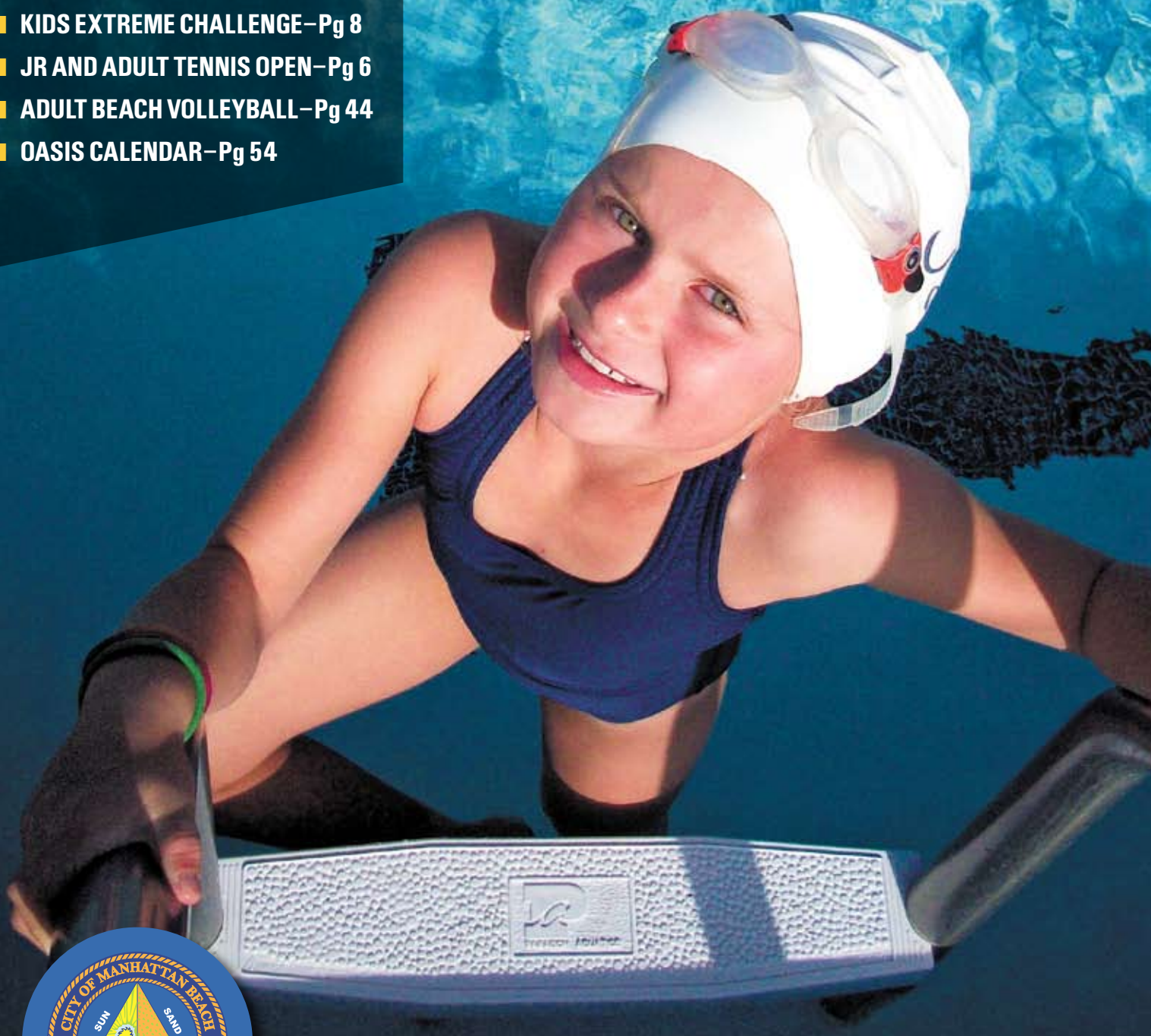


Summer 2009

# MANHAPPENINGS

*Experience the fun!*

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- ADULT BEACH VOLLEYBALL—Pg 44
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Visit us online at [www.citymb.info](http://www.citymb.info)  
City of Manhattan Beach, Parks & Recreation Department



# CITY OF MANHATTAN BEACH

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**PARKS AND RECREATION DEPARTMENT**  
**City Hall Registration Hours**  
 Monday-Friday  
 8AM-5PM  
 (310) 802-5448  
 registrationhelp@citymb.info  
 www.citymb.info

**PARKS & RECREATION COMMISSION**  
 Marianne Fitzpatrick.....Commissioner  
 Ned Gill.....Commissioner  
 Thomas Cajka.....Commissioner  
 Deirdre Murray.....Commissioner  
 Steven Nicholson.....Commissioner  
 Lynn Harris.....Commissioner  
 Max Rhodes.....Commissioner  
 Commission meets the 4th Monday of each month at City Hall, 6:30 p.m.

**CULTURAL ARTS COMMISSION**  
 Peter DeMaria.....Commissioner  
 Nancy Humbarger.....Commissioner  
 Susan Sweeney.....Commissioner  
 Candy Duncan.....Commissioner  
 Susannah Rosenthal.....Commissioner  
 Commission meets the 2nd Tuesday of each month at City Hall, 6:00 p.m.

**LIBRARY COMMISSION**  
 Susan Adams.....Commissioner  
 Lynne Hook.....Commissioner  
 Jan Rhees.....Commissioner  
 Lisa Popovich.....Commissioner  
 Virginia Gembica.....Commissioner  
 Commission meets the 2nd Monday of each month at City Hall, 6:30 p.m.

Newsletter Designed by Gina Allen  
 Effective April 22, 2009



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## WHAT'S MANHAPPENINGS!

### New Registration Website!

The Parks and Recreation Department has a new look for our activity registration website! Logon to [www.citymb.info](http://www.citymb.info) and click on the "Class Registration" button to create a new online registration account.

**You will now be able to:**

- Add family members
- View transaction history
- Reprint receipts
- View weekly schedules of your family's upcoming activities
- Reserve park facilities online
- Change account password

### How to create your new account

- 1 Click on the "Request Account" button.
- 2 Fill out the form for New Account Request completely, including birth date and click submit. Please submit your request only once. \*Note: If you are registering a child for a program, please use your own information when filling an online registration account request form, NOT the information of the child you wish to register. Once you have an online registration account, you will have the opportunity to add "family".
- 3 After creating your new account, you may search and enroll on any activities.

\*This new activity registration service allows you to register from the convenience of your own home or any location with internet access. The service requires that all activity registrations incur a convenience fee. The current convenience fee is a nonrefundable flat fee of \$2.25 plus a transaction fee of 2.9% of the total charges.



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

**CITY OFFICIALS**  
 City Council

Portia Cohen..... Mayor  
 Mitch Ward..... Mayor Pro-Tem  
 Richard Montgomery..... City Council  
 Nick Tell..... City Council  
 Wayne Powell..... City Council  
 City Council meets the 1st & 3rd Tuesday at City Hall, 6:30 p.m.

**ADMINISTRATIVE OFFICIALS**

Geoff Dolan..... City Manager  
 Liza Tamura..... City Clerk  
 Tim Lilligren..... City Treasurer

**PLANNING COMMISSION**

Sandra Seville-Jones..... Commissioner  
 Vacant..... Commissioner  
 Jim Fasola..... Commissioner  
 Kathleen Paralusz..... Commissioner  
 David Lesser..... Commissioner  
 Commission meets the 2nd and 4th Wednesday of each month at City Hall, 6:30 p.m.

**PARKING & PUBLIC IMPROVEMENTS COMMISSION**

Gary Stabile..... Commissioner  
 Cyrus Adami..... Commissioner  
 Paul Gross..... Commissioner  
 Lester Silverman..... Commissioner  
 Patrick Donahue..... Commissioner  
 Commission meets the 4th Thursday of each month at City Hall, 6:30 p.m.

City Hall hours  
 Monday-Friday 8AM to 5PM.

**For more information please call 310-802-5000**



31<sup>st</sup> Annual Manhattan Beach

# Older Adults Health Fair



May 15, 2009  
 8:30 AM - 12 NOON  
 Joslyn Community Center  
 1601 Valley Drive  
 Manhattan Beach, CA 90266

Over 10 health screenings, information booths and a complimentary lunch at 12 noon;  
 Bingo and Door Prizes 12:30 PM - 1:30 PM

**Sponsored by:**  
 City of Manhattan Beach, South Bay Family Health Care Center,  
 Manhattan Beach Kiwanis and Manhattan Beach Soroptimists.

**For more information**  
 (310) 802-5448  
[www.citymb.info](http://www.citymb.info)

City of Manhattan Beach Parks and Recreation Department

# 28<sup>th</sup> Annual Family Fishing Derby

**Sunday, May 17, 2009**  
 8:00 AM - 11:00 AM

**Polliwog Park Pond**  
 1601 Manhattan Beach Boulevard

**Cost**  
 FREE

**Age Groups**

- 5 & under
- 6-7
- 8-9
- 10-12

**Prizes**

- Most Fish Caught
- Longest Fish Caught
- Most Interesting Fish Caught

**For More Information**

David Ibarra, Event Coordinator, (310) 802-5419  
 Idris Al-Oboudi, Recreation Services Manager, (310) 802-5404  
[www.citymb.info](http://www.citymb.info)

Pass along something  
 to your kids.



June 21, 2009, at the Manhattan Beach Pier.  
 Fathers and daughters. Fathers and sons. All for charity.  
 All for fun. Register today at [www.citymb.info](http://www.citymb.info).

**The Father's Day  
 Volleyball Tournament**



Proceeds go to Project Fatherhood.  
 See [www.childrensinstitute.org](http://www.childrensinstitute.org) for details  
 on this worthy cause.



TARGET PRESENTS **FREE** SHAKESPEARE BY THE SEA

**AS YOU LIKE IT &**



**LOVE'S LABOUR'S LOST**

WWW.SHAKESPEAREBYTHESEA.ORG

**Polliwog Park**  
Fri, July 17 at 7pm

**Love's Labour's Lost**  
It's love versus reason and all bets are off in this bold and bawdy romp where four best friends swear off love.

Sat, July 19 at 7pm

**As You Like It**  
Welcome to the Forest of Arden where magic prevails. What starts out wrong, love will turn right in this wicked and wild tale of love conquering all.

Bring your picnics, blankets and beach chairs along with your friends and family to enjoy Shakespeare's classic comedies.

ADMISSION FREE



**14<sup>th</sup> Annual  
Manhattan Beach  
Arts Festival**

**Sunday, September 13, 2009**

**11:00 AM - 4:00 PM**

**Downtown Manhattan Beach  
Manhattan Beach Boulevard  
between  
Morningside Dr. and Highland Ave.**

**For more information:  
(310) 802-5448  
www.citymb.info**

**TENNIS TENNIS TENNIS**

Sign up today for this year's tennis tournaments! More information about each of these tournaments can be found in the Youth and Adult sections.

1<sup>st</sup> Annual  
**MANHATTAN BEACH  
JUNIOR TENNIS  
CHAMPIONSHIPS**

**NEW** July 11-12 & 18-19, 2009

**MANHATTAN OPEN  
TENNIS TOURNAMENT**

**Ages 16 & up**  
Saturday and Sunday  
July 11-12, 2009  
July 18-19, 2009  
Live Oak Tennis Courts



**VOLUNTEERS NEEDED!**

The 14<sup>th</sup> annual Arts Festival will be on Sunday, September 13, 2009.

Volunteers are needed to assist artists in conducting workshops, provide stage assistance for performers, staff the information booth and greet participants. Both individuals and community groups are encouraged to participate. An orientation information meeting will be held prior to the event.

No artistic ability required!  
RECEIVE A FREE COMMEMORATIVE EVENT T-SHIRT!!

*Contact*  
Eve Kelso, Volunteer Coordinator  
(310) 802-5407  
ekelso@citymb.info

FIRST ANNUAL  
**Kids EXTREME**  
 SWIM • RUN • Muddy and Fun Obstacle Course

**Saturday, August 29, 2009**

**9:00 AM**

**Begg Pool, 1401 North Peck Avenue**



Be ready to swim, run and go over, under, through and between various obstacles!

Mud, tires, hay, water, walls and much more will be provided for you to challenge your physical ability. This event promotes fun and a healthy way for kids to have a feeling of accomplishment and encourage self esteem. Everyone who participates in this event will be a winner!

<b>Cost</b>	<b>Course</b>	<b>Age Groups</b>
\$25/child	100 yard swim 1K run 200 yard obstacle course	5-6; 7-8; 9-10 11-12; 13-15



**Awards**

Every athlete will receive a participant medal. The first 25 children registered will receive a FREE T-Shirt. Trophies will be given for 1<sup>st</sup> - 3<sup>rd</sup> place per age group for boys and girls.

For more information, please contact Jesus Sandoval Aquatics Supervisor (310) 802-5429

**Special Events**

**2009 Pool "Kick-Off Party"**

Saturday, June 20  
10 AM - 2 PM

**FREE**

The community is invited to join us for water games, face painting, water balloon tossing, swimming and free food (while supplies last). Come out and meet your 2009 Aquatics Staff and have a great day in the sun!

**4th of July Barbecue**

Saturday, July 4  
10 AM - 2 PM

**\$5/person**

Come out and celebrate our Nation's Independence with us! We'll play games, swim, and eat (food provided).

**Teen Discopooluza**

July 10 • August 14

**\$5/person**

It's a big aquatic dance party! Come out for an evening of recreational swim and a live DJ and bring your friends.

**Water Aerobics**

**\$3/person/session**

Tuesday & Thursday 6:45 AM - 7:30 AM

Monday - Friday 3:00 PM - 3:45 PM

June 22 - August 28

**Recreational Swim**

**\$2/person**

Monday - Sunday 1:00 PM - 2:50 PM

June 22 - August 30

*Pool not available on Mondays, June 29, July 13 and July 27.*

**Lap Swim**

**\$3/person/session**

Monday - Friday 7:15 AM - 8:20 AM

Monday - Thursday 8:45 PM - 9:45 PM

Saturday 8:00 AM - 9:00 AM

June 22 - August 29

**Begg Pool Information**

**1402 North Peck Avenue, Manhattan Beach, CA 90266**

**(310) 802-5428**

**www.citymb.info**

**Pool Rules**

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

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

**NOT ALLOWED IN POOL OR POOL AREA**

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

**NO EXCEPTIONS**

- Maximum pool capacity: 150 persons
- The City reserves the right to refuse access at any time
- All patrons are required to exit the pool from 1:55 PM - 2:00 PM for a mandatory restroom break.

**Pool Rental**

Begg Pool is available for rent Friday, Saturday and Sunday afternoons throughout the summer and Saturdays during spring and fall. The cost is \$132/hour (\$173/hour for non-residents) and a two-hour minimum is required. The rental fee includes pool lifeguards.

**Bookings are on a first come, first serve basis.**

For reservation information call (310) 802-5410.



**2009 Fish Tickets Now Available!**

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



# Jr. Guard Program



Monday - Friday  
8:15am - 12:15pm

Ages: 9Y - 14Y \$325 / 4 Weeks  
Session 1 June 29 - July 24 AC: 494  
Session 2 July 27 - August 21 AC: 495

Open to boys and girls ages 9 to 14 who can swim 50 yards in one (1) minute or less; who want to learn and experience the fundamentals of being a lifeguard while having fun. Students will gain a wide variety of skills:

- First Aid
- CPR
- Rescue Techniques
- Physical Fitness
- Ocean Safety
- Sailing and Kayaking
- Water Polo
- Swimming
- Assistance with Career Development

**The fee includes:**

- Uniform (t-shirt, shorts and a sweatshirt)
- Beach Trips
- Long Beach (sailing and kayaking)
- Raging Waters Water Park field trip

## MASTERS

\$40/Month or \$5/Visit  
February 2-November 27

**Ages: 16 and up**

Begg Pool Masters is designed to help swimmers improve fitness and/or train for specific goals, and offer active support for a healthy lifestyle through friendship and camaraderie. Workouts are structured for all swimming abilities ranging from beginning lap swimmers to college athletes. Swimmers are required to join Southern Pacific Masters Association (SPMA) within their first month of enrollment. Membership of SPMA is good for the entire year and the cost is approximately \$40. We invite you to come and swim with us! For the months of July & August, we will meet on Monday, Wednesday and Friday only.

**Please note:** Ocean workouts are available to all Begg Pool Masters members on Saturdays during the Summer months. Ocean workouts meet at the north side of the Manhattan Beach pier at 9:00

123	May 1-May 29	M-F	6:15 to 7:15am
124	June 1-June 30	M-F	6:15 to 7:15am
694	July 3-July 31	M,W,F	6:15 to 7:15am
695	August 3-August 31	M,W,F	6:15 to 7:15am
975	Sept. 1-Sept. 30	M-F	6:15 to 7:15am
976	Oct. 1-Oct. 30	M-F	6:15 to 7:15am
977	Nov. 2-Nov. 30	M-F	6:15 to 7:15am



## Dolphins Swim Team

June 22, 2009 - August 28, 2009

**Age:** 6 - 17  
**Monday - Thursday AC: 978**  
**Location:** Begg Pool  
**Price:** \$215, each additional child gets a \$15 discount  
**Time:** Ages 6 - 10: 6:10 PM - 7:00 PM  
Ages 11 - 12: 6:50 PM - 7:50 PM  
Ages 13 - 17: 7:40 PM - 8:45 PM

The Parks and Recreation Department sponsors the competitive Manhattan Beach Dolphins Swim Team for youth ages 6-17 during our Spring, Summer and Fall aquatics programs. Swimmers are coached with a style appropriate to their age and ability level. Swimmers will have the opportunity to make new friends, improve swimming skills, increase endurance and strength and develop friendships and team spirit. Swimmers may attend as many or as few swim practices as they wish. Swim meets are held with neighboring cities throughout each season and a schedule of the meets is given to each swimmer or you may view the Swim Team Calendar for upcoming events.

For more information regarding the Manhattan Beach Dolphins Swim Team, please call (310) 802-5429 or email, [mbdolphins@citymb.info](mailto:mbdolphins@citymb.info)

**Swim Team Try-Out for Fall Season**  
Saturday, August 22, 2009  
9:00 AM - 10:30 AM at BEGG POOL

## PARENT AND ME

Res: \$54 Nonres: \$60

4 Week Session

**Ages: At least 1 but less than 3**

Introduce your child to the pool and swim lessons. Both parent and child will interact with the instructor, each other and fellow participants during the 35 minute lesson. Instructors will teach basic swimming skills such as floating, blowing bubbles, kicking, etc. There must be 1 parent/adult per child during the lessons.

214	June 27-July 25	Sa	10 to 10:35am
215	June 27-July 25	Sa	10:45 to 11:20am
216	August 1-August 22	Sa	10 to 10:35am
217	August 1-August 22	Sa	10:45 to 11:20am
218	June 28-July 26	Su	10 to 10:35am
219	June 28-July 26	Su	10:45 to 11:20am
220	August 2-August 23	Su	10 to 10:35am
221	August 2-August 23	Su	10:45 to 11:20am



## PRIVATE SWIM LESSONS WEEKENDS

Res: \$140 Nonres: \$146

4 Week Session

**Ages: 3 and up**

A one-on-one learning environment for children or adults. Classes meets for 35 minutes. Children must be at least 3 years old, potty trained and be able to be in the water without a parent. Private lessons are for all skill levels. For the safety of your child, parents must wait outside the fence during the lesson.

479	June 27-July 25	Sa	9:15 to 9:50am
367	June 27-July 25	Sa	9:15 to 9:50am
372	June 27-July 25	Sa	10 to 10:35am
374	June 27-July 25	Sa	10:45 to 11:20am
376	June 27-July 25	Sa	11:30am to 12:05pm
378	June 27-July 25	Sa	12:15 to 12:50pm
379	August 1-August 22	Sa	9:15 to 9:50am
380	August 1-August 22	Sa	10 to 10:35am
381	August 1-August 22	Sa	10:45 to 11:20am
383	August 1-August 22	Sa	11:30am to 12:05pm
385	August 1-August 22	Sa	12:15 to 12:50pm
391	June 28-July 26	Su	9:15 to 9:50am
392	June 28-July 26	Su	10 to 10:35am
393	June 28-July 26	Su	10:45 to 11:20am
394	June 28-July 26	Su	11:30am to 12:05pm
396	June 28-July 26	Su	12:15 to 12:50pm
488	August 2-August 23	Su	9:15 to 9:50am
489	August 2-August 23	Su	10 to 10:35am
490	August 2-August 23	Su	10:45 to 11:20am
491	August 2-August 23	Su	11:30am to 12:05pm
492	August 2-August 23	Su	12:15 to 12:50pm

Staff, Parks And Recreation

## PRIVATE SWIM LESSONS WEEKDAYS

Res: \$140 Nonres: \$146

1 Week Session

**Ages: 3 and up**

A one-on-one learning environment for children or adults. Classes meets for 35 minutes. Children must be at least 3 years old, potty trained and be able to be in the water without a parent. Private lessons are for all skill levels. For the safety of your child, parents must wait outside the fence during the lesson.

236	June 22-June 26	M Tu W Th F	9:15 to 9:50am
237	June 22-June 26	M Tu W Th F	10 to 10:35am
238	June 22-June 26	M Tu W Th F	10:45 to 11:20am
239	June 22-June 26	M Tu W Th F	11:30am to 12:05pm
240	June 22-June 26	M Tu W Th F	12:15 to 12:50pm
242	June 22-June 26	M Tu W Th F	3 to 3:35pm
243	June 22-June 26	M Tu W Th F	3:40 to 4:15pm
244	June 22-June 26	M Tu W Th F	4:20 to 4:55pm
245	June 22-June 26	M Tu W Th F	5 to 5:35pm
401	June 22-June 26	M Tu W Th F	5:40 to 6:15pm
350	August 24-August 28	M Tu W Th F	9:15 to 9:50am
353	August 24-August 28	M Tu W Th F	10 to 10:35am
354	August 24-August 28	M Tu W Th F	10:45 to 11:20am
355	August 24-August 28	M Tu W Th F	11:30am to 12:05pm
356	August 24-August 28	M Tu W Th F	12:15 to 12:50pm
357	August 24-August 28	M Tu W Th F	3:30 to 4:05pm
358	August 24-August 28	M Tu W Th F	3:40 to 4:15pm
360	August 24-August 28	M Tu W Th F	4:20 to 4:55pm
361	August 24-August 28	M Tu W Th F	5 to 5:35pm
362	August 24-August 28	M Tu W Th F	5:40 to 6:15pm
249	June 29-July 3	M Tu W Th F	9:15 to 9:50am
250	June 29-July 3	M Tu W Th F	10 to 10:35am
251	June 29-July 3	M Tu W Th F	10:45 to 11:20am
253	June 29-July 3	M Tu W Th F	11:30am to 12:05pm
255	June 29-July 3	M Tu W Th F	12:15 to 12:50pm
256	June 29-July 3	M Tu W Th F	3 to 3:35pm
257	June 29-July 3	M Tu W Th F	3:40 to 4:15pm
258	June 29-July 3	M Tu W Th F	4:20 to 4:55pm
259	June 29-July 3	M Tu W Th F	5 to 5:35pm
260	June 29-July 3	M Tu W Th F	5:40 to 6:15pm
265	July 6-July 10	M Tu W Th F	9:15 to 9:50am
267	July 6-July 10	M Tu W Th F	10 to 10:35am
269	July 6-July 10	M Tu W Th F	10:45 to 11:20am
270	July 6-July 10	M Tu W Th F	11:30am to 12:05pm
271	July 6-July 10	M Tu W Th F	12:15 to 12:50pm
272	July 6-July 10	M Tu W Th F	3 to 3:35pm
274	July 6-July 10	M Tu W Th F	3:40 to 4:15pm
276	July 6-July 10	M Tu W Th F	4:20 to 4:55pm
277	July 6-July 10	M Tu W Th F	5 to 5:35pm
278	July 6-July 10	M Tu W Th F	5:40 to 6:15pm
279	July 13-July 17	M Tu W Th F	9:15 to 9:50am
280	July 13-July 17	M Tu W Th F	10 to 10:35am
281	July 13-July 17	M Tu W Th F	10:45 to 11:20am
282	July 13-July 17	M Tu W Th F	11:30am to 12:05pm
284	July 13-July 17	M Tu W Th F	12:15 to 12:50pm
285	July 13-July 17	M Tu W Th F	3 to 3:35pm
286	July 13-July 17	M Tu W Th F	3:40 to 4:15pm
287	July 13-July 17	M Tu W Th F	4:20 to 4:55pm
288	July 13-July 17	M Tu W Th F	5 to 5:35pm
289	July 13-July 17	M Tu W Th F	5:40 to 6:15pm
290	July 13-July 17	M Tu W Th F	9:15 to 9:50am
292	July 20-July 24	M Tu W Th F	10 to 10:35am
293	July 20-July 24	M Tu W Th F	10:45 to 11:20am
294	July 20-July 24	M Tu W Th F	11:30am to 12:05pm
295	July 20-July 24	M Tu W Th F	12:15 to 12:50pm
297	July 20-July 24	M Tu W Th F	3 to 3:35pm
298	July 20-July 24	M Tu W Th F	3:40 to 4:15pm

(cont'd next page)

**PRIVATE SWIM LESSONS WEEKDAYS (cont'd)**

299	July 20-July 24	M Tu W Th F	4:20 to 4:55pm
300	July 20-July 24	M Tu W Th F	5 to 5:35pm
301	July 20-July 24	M Tu W Th F	5:40 to 6:15pm
303	July 27-July 31	M Tu W Th F	9:15 to 9:50am
304	July 27-July 31	M Tu W Th F	10 to 10:35am
305	July 27-July 31	M Tu W Th F	10:45 to 11:20am
306	July 27-July 31	M Tu W Th F	11:30am to 12:05pm
307	July 27-July 31	M Tu W Th F	12:15 to 12:50pm
308	July 27-July 31	M Tu W Th F	3 to 3:35pm
309	July 27-July 31	M Tu W Th F	3:40 to 4:15pm
310	July 27-July 31	M Tu W Th F	4:20 to 4:55pm
311	July 27-July 31	M Tu W Th F	5 to 5:35pm
312	July 27-July 31	M Tu W Th F	5:40 to 6:15pm
313	August 3-August 7	M Tu W Th F	9:15 to 9:50am
314	August 3-August 7	M Tu W Th F	10 to 10:35am
316	August 3-August 7	M Tu W Th F	10:45 to 11:20am
317	August 3-August 7	M Tu W Th F	11:30am to 12:05pm
319	August 3-August 7	M Tu W Th F	12:15 to 12:50pm
320	August 3-August 7	M Tu W Th F	3 to 3:35pm
321	August 3-August 7	M Tu W Th F	3:40 to 4:15pm
323	August 3-August 7	M Tu W Th F	4:20 to 4:55pm
324	August 3-August 7	M Tu W Th F	5 to 5:35pm
325	August 3-August 7	M Tu W Th F	5:40 to 6:15pm
328	August 10-August 14	M Tu W Th F	9:15 to 9:50am
329	August 10-August 14	M Tu W Th F	10 to 10:35am
330	August 10-August 14	M Tu W Th F	10:45 to 11:20am
331	August 10-August 14	M Tu W Th F	11:30am to 12:05pm
332	August 10-August 14	M Tu W Th F	12:15 to 12:50pm
334	August 10-August 14	M Tu W Th F	3 to 3:35pm
335	August 10-August 14	M Tu W Th F	3:40 to 4:15pm
336	August 10-August 14	M Tu W Th F	4:20 to 4:55pm
337	August 10-August 14	M Tu W Th F	5 to 5:35pm
338	August 10-August 14	M Tu W Th F	5:40 to 6:15pm
339	August 17-August 21	M Tu W Th F	9:15 to 9:50am
340	August 17-August 21	M Tu W Th F	10 to 10:35am
341	August 17-August 21	M Tu W Th F	10:45 to 11:20am
342	August 17-August 21	M Tu W Th F	11:30am to 12:05pm
343	August 17-August 21	M Tu W Th F	12:15 to 12:50pm
344	August 17-August 21	M Tu W Th F	3 to 3:35pm
346	August 17-August 21	M Tu W Th F	3:40 to 4:15pm
347	August 17-August 21	M Tu W Th F	4:20 to 4:55pm
348	August 17-August 21	M Tu W Th F	5 to 5:35pm
349	August 17-August 21	M Tu W Th F	5:40 to 6:15pm



**SEMI-PRIVATE SWIM LESSONS WEEKDAYS**

Res: \$112 Nonres: \$118 1 Week Session  
Ages: At least 4 but less than 13

Each class will be limited to two children per instructor. Classes will meet for 35 minutes. Children must be 4 years old, potty-trained and able to be in the water without a parent as a level 1 swimmer. For the safety of your child, parents must wait outside the fence during the lesson.

518	June 22-June 26	M Tu W Th F	10:45 to 11:20am
519	June 22-June 26	M Tu W Th F	11:30am to 12:05pm
520	June 22-June 26	M Tu W Th F	3 to 3:35pm
521	June 22-June 26	M Tu W Th F	3:40 to 4:15pm
526	August 24-August 28	M Tu W Th F	10:45 to 11:20am
527	August 24-August 28	M Tu W Th F	11:30am to 12:05pm
528	August 24-August 28	M Tu W Th F	3 to 3:35pm
529	August 24-August 28	M Tu W Th F	3:40 to 4:15pm
522	June 29-July 3	M Tu W Th F	10:45 to 11:20am
523	June 29-July 3	M Tu W Th F	11:30am to 12:05pm
524	June 29-July 3	M Tu W Th F	3 to 3:35pm
525	June 29-July 3	M Tu W Th F	3:40 to 4:15pm
530	July 6-July 10	M Tu W Th F	10:45 to 11:20am
531	July 6-July 10	M Tu W Th F	11:30am to 12:05pm
532	July 6-July 10	M Tu W Th F	3 to 3:35pm
533	July 6-July 10	M Tu W Th F	3:40 to 4:15pm
534	July 13-July 17	M Tu W Th F	10:45 to 11:20am
535	July 13-July 17	M Tu W Th F	11:30am to 12:05pm
536	July 13-July 17	M Tu W Th F	3 to 3:35pm
537	July 13-July 17	M Tu W Th F	3:40 to 4:15pm
538	July 20-July 24	M Tu W Th F	10:45 to 11:20am
539	July 20-July 24	M Tu W Th F	11:30am to 12:05pm
540	July 20-July 24	M Tu W Th F	3 to 3:35pm
541	July 20-July 24	M Tu W Th F	3:40 to 4:15pm
542	July 27-July 31	M Tu W Th F	10:45 to 11:20am
543	July 27-July 31	M Tu W Th F	11:30am to 12:05pm
544	July 27-July 31	M Tu W Th F	3 to 3:35pm
545	July 27-July 31	M Tu W Th F	3:40 to 4:15pm
546	August 3-August 7	M Tu W Th F	10:45 to 11:20am
547	August 3-August 7	M Tu W Th F	11:30am to 12:05pm
548	August 3-August 7	M Tu W Th F	3 to 3:35pm
549	August 3-August 7	M Tu W Th F	3:40 to 4:15pm
550	August 10-August 14	M Tu W Th F	10:45 to 11:20am
551	August 10-August 14	M Tu W Th F	11:30am to 12:05pm
552	August 10-August 14	M Tu W Th F	3 to 3:35pm
553	August 10-August 14	M Tu W Th F	3:40 to 4:15pm
554	August 17-August 21	M Tu W Th F	10:45 to 11:20am
555	August 17-August 21	M Tu W Th F	11:30am to 12:05pm
556	August 17-August 21	M Tu W Th F	3 to 3:35pm
557	August 17-August 21	M Tu W Th F	3:40 to 4:15pm

Staff, Parks And Recreation

**SMALL GROUP SWIM LESSONS**

Res: \$56 Nonres: \$62 1 Week Session  
Ages: At least 3 but less than 16

Each level will have 4 students to 1 instructor. No parents are allowed in the water or at the side of the pool during the lesson. Students must be at least 40 inches tall, potty-trained and be able to be in the water without a parent. At the start of each session, the student's swimming skills will be evaluated and placed in the appropriate level. It is not uncommon for the student to repeat a level if they have not taken continuous swim lessons throughout the year or need to improve on certain skills before advancing to the next level. If the student has long hair please use a swimming cap (recommended) or tie it back.

137	June 22-June 26	M Tu W Th F	9:15 to 9:50am
138	June 22-June 26	M Tu W Th F	10 to 10:35am
139	June 22-June 26	M Tu W Th F	12:15 to 12:50pm
140	June 22-June 26	M Tu W Th F	4:20 to 4:55pm
141	June 22-June 26	M Tu W Th F	5 to 5:35pm
142	June 22-June 26	M Tu W Th F	5:40 to 6:15pm
202	August 24-August 28	M Tu W Th F	9:15 to 9:50am
203	August 24-August 28	M Tu W Th F	10 to 10:35am
204	August 24-August 28	M Tu W Th F	12:15 to 12:50pm
205	August 24-August 28	M Tu W Th F	4:20 to 4:55pm
206	August 24-August 28	M Tu W Th F	5 to 5:35pm
207	August 24-August 28	M Tu W Th F	5:40 to 6:15pm
143	June 29-July 3	M Tu W Th F	9:15 to 9:50am
144	June 29-July 3	M Tu W Th F	10 to 10:35am
145	June 29-July 3	M Tu W Th F	12:15 to 12:50pm
146	June 29-July 3	M Tu W Th F	4:20 to 4:55pm
148	June 29-July 3	M Tu W Th F	5 to 5:35pm
150	June 29-July 3	M Tu W Th F	5:40 to 6:15pm
152	July 6-July 10	M Tu W Th F	9:15 to 9:50am
153	July 6-July 10	M Tu W Th F	10 to 10:35am
154	July 6-July 10	M Tu W Th F	12:15 to 12:50pm
155	July 6-July 10	M Tu W Th F	4:20 to 4:55pm
156	July 6-July 10	M Tu W Th F	5 to 5:35pm
157	July 6-July 10	M Tu W Th F	5:40 to 6:15pm
159	July 13-July 17	M Tu W Th F	9:15 to 9:50am
160	July 13-July 17	M Tu W Th F	10 to 10:35am
161	July 13-July 17	M Tu W Th F	12:15 to 12:50pm
163	July 13-July 17	M Tu W Th F	4:20 to 4:55pm
164	July 13-July 17	M Tu W Th F	5 to 5:35pm
165	July 13-July 17	M Tu W Th F	5:40 to 6:15pm



166	July 20-July 24	M Tu W Th F	9:15 to 9:50am
167	July 20-July 24	M Tu W Th F	10 to 10:35am
168	July 20-July 24	M Tu W Th F	12:15 to 12:50pm
169	July 20-July 24	M Tu W Th F	4:20 to 4:55pm
170	July 20-July 24	M Tu W Th F	5 to 5:35pm
171	July 20-July 24	M Tu W Th F	5:40 to 6:15pm
172	July 27-July 31	M Tu W Th F	9:15 to 9:50am
173	July 27-July 31	M Tu W Th F	10 to 10:35am
174	July 27-July 31	M Tu W Th F	12:15 to 12:50pm
175	July 27-July 31	M Tu W Th F	4:20 to 4:55pm
177	July 27-July 31	M Tu W Th F	5 to 5:35pm
179	July 27-July 31	M Tu W Th F	5:40 to 6:15pm
180	August 3-August 7	M Tu W Th F	9:15 to 9:50am
182	August 3-August 7	M Tu W Th F	10 to 10:35am
183	August 3-August 7	M Tu W Th F	12:15 to 12:50pm
184	August 3-August 7	M Tu W Th F	4:20 to 4:55pm
186	August 3-August 7	M Tu W Th F	5 to 5:35pm
187	August 3-August 7	M Tu W Th F	5:40 to 6:15pm
188	August 10-August 14	M Tu W Th F	9:15 to 9:50am
189	August 10-August 14	M Tu W Th F	10 to 10:35am
191	August 10-August 14	M Tu W Th F	12:15 to 12:50pm
192	August 10-August 14	M Tu W Th F	4:20 to 4:55pm
193	August 10-August 14	M Tu W Th F	5 to 5:35pm
194	August 10-August 14	M Tu W Th F	5:40 to 6:15pm
195	August 17-August 21	M Tu W Th F	9:15 to 9:50am
196	August 17-August 21	M Tu W Th F	10 to 10:35am
197	August 17-August 21	M Tu W Th F	12:15 to 12:50pm
199	August 17-August 21	M Tu W Th F	4:20 to 4:55pm
200	August 17-August 21	M Tu W Th F	5 to 5:35pm
201	August 17-August 21	M Tu W Th F	5:40 to 6:15pm

**WATER POLO**

Res: \$30 Nonres: \$36 5 Week Session  
Ages: At least 7 but less than 12

This class is designed for ages 7-12 years old. No prior experience is required, although swim level 3 is highly recommended. Participants will learn ball handling, passing, shooting, team work skills, rules and regulations. Skills will be taught in a friendly and nurturing environment.

226	June 26-July 24	F	6:20 to 7pm
228	July 31-August 28	F	6:20 to 7pm

# Art To Grow On

## Art Birthday Parties!

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

Visit our website for all Party Package Information.

[www.art2growon.com](http://www.art2growon.com)

(310) 625-6028

Location: Marine Ave. Hall, Manhattan Beach

### ART & CERAMICS

#### PEE WEE PICASSO

Res: \$120 Nonres: \$126 **10 Week Session**  
Ages: At least 2 but less than 3

Attention all two year olds! This class is just for you. Students will be exposed to a variety of age-appropriate activities that develop and improve fine-motor skills. Curiosity, discovery, and self-expression are the focus of this fantastic class-using glitter paint, play dough, collage, water colors and more. Projects rotate quarterly. Frames, treasure boxes, masks, tile collage, and paper cutting are just the beginning! Parents, come join the fun and learn that, through art, a child can increase his or her self-esteem and self confidence. For more information log on to [www.art2growon.com](http://www.art2growon.com). Extended session!

1959 AH-MP 10:45 to 11:35am  
June 23-August 25 Tu Staff, Art To Grown On Inc.

#### PICASSO, MOMMY AND ME

Res: \$120 Nonres: \$126 **10 Week Session**  
Ages: At least 1yr 3mo but less than 2

Through this excellent introductory art class experience, students can participate at our painting wall, collage, drawing station and playdough station. This is a very safe and age appropriate class that focuses on fine motor development. It also introduces tempera paints, glitter paints, pom poms, feathers, playdough and more. Parent participation required. Projects and lessons rotate quarterly. For more information log on to: [www.art2growon.com](http://www.art2growon.com). Extended Session!

1927 AH-MP 9:30 to 10:15am  
June 23-August 25 Tu Staff, Art To Grown On Inc.

### The Parks & Recreation Department

We strengthen safety and security

### PLAY DOUGH AND PICASSO

Res: \$120 Nonres: \$126 **10 Week Session**  
Ages: At least 3 but less than 6

Monet, Van Gogh, and Picasso. Students will be exposed to a variety of age appropriate lessons featuring several Master Artists in addition to projects that include: tile collage, frames, play dough, glitter paint, treasure boxes and more. Curiosity, discovery and self-expression are the focus of this fantastic class, as students develop and improve fine motor skills. Parents come join the fun or drop your child off and learn that, through art, a child can increase his or her self esteem and self-confidence. Projects and lessons rotate quarterly. For more information log on to [www.art2growon.com](http://www.art2growon.com) Extended Session!

1907 AH-MP Noon to 1pm  
June 23-August 25 Tu Staff, Art To Grown On Inc.

## Wonder Camp!

Ages: 3Y - 6Y				\$225/1 week
Day	Start	Time	Location	AC
M-F	6/29	9AM-1PM	LOP-AUD	2459
M-F	7/6	9AM-1PM	LOP-AUD	2460
M-F	7/13	9AM-1PM	LOP-AUD	2461
M-F	7/20	9AM-1PM	LOP-AUD	2462
M-F	7/27	9AM-1PM	LOP-AUD	2463

Ages: 3Y - 6Y				\$1000/5 weeks
Day	Start	Time	Location	AC
M-F	6/29	9AM-1PM	LOP-AUD	2642

We'll explore the exciting world of creativity through a variety of hands on activities. Each day includes specialized workshops, as well as imagination games, and outdoor play; all to make for a stimulating and active week! Activities include painting, drawing, dancing, music, and much more! Students will be grouped by ages for workshops. Note: Material fee is \$35 per child per week payable to Wondernation. Please pack a healthy lunch each day. Snacks will be provided. Visit [www.wondernation.com](http://www.wondernation.com)

Instructor: Wondernation Staff

### DANCE, MUSIC & THEATER

#### BEACH CITIES MUSIC TOGETHER

Res: \$92 Nonres: \$98 **6 Week Session**  
Ages: At least 6mo but less than 5

Here's your chance to experience this nationwide research based Music Together® program packed with songs, chants, dance and instrumental jam sessions! Music Together is an internationally recognized childhood music program for infants, toddlers, preschoolers, kindergartners and the adults who love them. Developed at Princeton's Center for Music and Young Children, this program was first offered to the public in 1987 and is the pioneer of research-based, developmentally appropriate early childhood music curriculums emphasizing adult involvement. Our teachers here at Beach Cities Music Together are registered and trained with Music Together LLC and have early childhood and music skills. Let us guide you and your children in a wonderful music making experience? the prelude to a lifetime of musical enjoyment! Children must be accompanied by a parent or guardian who will participate in the class. An additional mandatory program fee of \$37 is to be paid on the first day of class directly to the instructor.

2450	PAR-CAC	9 to 9:45am
July 20-August 24	M	Johnson, Kym
2451	PAR-CAC	10:15 to 11am
July 20-August 24	M	Johnson, Kym
2452	PAR-CAC	11:30am to 12:15pm
July 20-August 24	M	Johnson, Kym
2453	PAR-CAC	9 to 9:45am
July 25-August 29	Sa	Johnson, Kym
2454	PAR-CAC	10:15 to 11am
July 25-August 29	Sa	Johnson, Kym
2455	PAR-CAC	11:30am to 12:15pm
July 25-August 29	Sa	Johnson, Kym
2456	PAR-CAC	9 to 9:45am
July 21-August 25	Tu	Johnson, Kym
2457	PAR-CAC	10:15 to 11am
July 21-August 25	Tu	Johnson, Kym
2458	PAR-CAC	11:30am to 12:15pm
July 21-August 25	Tu	Johnson, Kym

#### HIPPITY HOP

Res: \$100 Nonres: \$106 **10 Week Session**  
Ages: At least 2yr 9mo but less than 6

Hippity Hop is a fun dance class for high-energy kids. Set to kid-friendly music, students will gain self-confidence while improving balance, agility and coordination. This is a structured class geared for children who are preparing for or are attending preschool. It is a teacher/child class, giving the dancer a good foundation for following instructions from a teacher. Parents observe the class from the lobby area allowing the child to learn in a relaxed and secure environment. Comfortable clothing or dance apparel and clean athletic shoes are recommended. For more information, please visit [athleticgrace.com](http://athleticgrace.com) or call 310-414-9630.

2298	Athletic Grace Dance Studio	4 to 4:45pm
June 23-August 25	Tu	Ages: At least 2yr 9mo but less than 4
2299	Athletic Grace Dance Studio	4 to 4:45pm
June 24-August 26	W	Ages: At least 5yr but less than 6

### DANCE-TUTUS AND TAPS

Res: \$100 Nonres: \$106 **10 Week Session**  
Ages: At least 3 but less than 6

This is a movement class that explores rhythm, song, body awareness, locomotor, and creative expression. Exercises are geared to the developmental needs of preschoolers. This is a structured class geared for children who are preparing for or are attending preschool. It is a teacher/child class, giving the dancer a good foundation for following instructions from a teacher. Parents observe the class from the lobby area allowing the child to learn in a relaxed and secure environment. Please visit [athleticgrace.com](http://athleticgrace.com) or call 310-414-9630 for information on dress code and policies. Student must be able to take directions from the instructor.

1951 Athletic Grace Dance Studio 4 to 4:45pm  
June 22-August 24 M Staff, Athletic Grace Dance Studios

### DANCE-TUTUS AND TAPS-2

Res: \$100 Nonres: \$106 **10 Week Session**  
Ages: At least 3 but less than 6

After completing Tutus and Taps, we continue to explore the elements of movement, and also introduce the-child to the first steps and elementary terminology of ballet and tap. Basic ballet barré and center exercises are introduced as well as more advanced tap steps and routines. Student must be able to take directions from the instructor.

2300 Athletic Grace Dance Studio 5 to 5:45pm  
June 22-August 24 M Staff, Athletic Grace Dance Studios

### MUSIC & SIGN

Res: \$145 Nonres: \$151 **8 Week Session**  
Ages: At least 4mo but less than 2

Music & Signing teaches parents the basics of American Sign Language and encourages young babies and tots to start signing. This class demonstrates developmentally appropriate activities that incorporate sign language, music and instrument play. Research suggests that babies that signed had a significantly higher IQ by age eight. We will explore and discuss when to get started, what signs to begin with and how to be successful! Enrich you and your child's life by learning to communicate and play through music and signing. Age-appropriate Music Instruments are required for this class. The music pack can be purchased at the studio. For more information about the Wondernation program, class offerings, and timings, please visit [www.wondernation.com/mb](http://www.wondernation.com/mb) or call (310)545.4550.

1167 Wondernation Discovery Studio 6 to 6:45pm  
July 22-September 9 Tu Staff, Wondernation

### MUSIC-BEACH CITIES MUSIC TOGETHER

Res: \$92 Nonres: \$98 **6 Week Session**  
Ages: At least 6mo but less than 5

Here's your chance to experience this nationwide research based Music Together® program packed with songs, chants, dance and instrumental jam sessions! Music Together is an internationally recognized childhood music program for infants, toddlers, preschoolers, kindergartners and the adults who love them. Developed at Princeton's Center for Music and Young Children, this program was first offered to the public in 1987 and is the pioneer of research-based, developmentally appropriate early childhood music curriculums emphasizing adult involvement. Our teachers here at Beach Cities Music Together are registered and trained with Music Together LLC and have early childhood and music skills. Let us guide you and your children in a wonderful music making experience? the prelude to a lifetime of musical enjoyment! Children must be accompanied by a parent or guardian who will participate in the class. An additional mandatory program fee of \$37 is to be paid on the first day of class directly to the instructor.

1645 PAR-CAC 9 to 9:45am  
July 21-August 29 Tu Th Sa Johnson, Kym



## DANCE, MUSIC &amp; THEATER

## GROUP PIANO

Res: \$175 Nonres: \$181

8 Week Session  
Ages: At least 4 but less than 7

Playing the piano is a skill that can be enjoyed through every phase of life, but it takes practice! Small group piano classes provide excellent instruction with the added fun and motivation that comes from making music with friends. It has been shown that children will practice harder to please their friends in group piano class than they will work for a teacher at a private lesson. Children who learn in group classes have been shown to continue with piano far longer than when taught one-on-one. They become better ensemble players, are relaxed performers and have excellent sight reading skills. Student will learn to read music easily and to count rhythms accurately. Fun theory games will be included each week. Students should have access to a piano or keyboard for outside class practice. Piano Tote with class materials available for sale at studio for \$30. For more information about the Wondernation program, class offerings, and timings, please visit [www.wondernation.com/mb](http://www.wondernation.com/mb)

1285	Wondernation Discovery Studio	3 to 3:45pm
July 24-September 11	F	Staff, Wondernation
1287	Wondernation Discovery Studio	4 to 4:45pm
July 24-September 11	F	Staff, Wondernation
2444	Wondernation Discovery Studio	5 to 5:45pm
July 24-September 11	F	Staff, Wondernation

## MUSIC &amp; FUN FOR SIBLINGS

Res: \$135 Nonres: \$141

8 Week Session  
Ages: At least 4mo but less than 4

This is class is offered to families who are unable to schedule a class for each child's specific age. Our music content is reinvented for the entire family. Bring more than one child and experience the advantages of everyone interacting, bonding, enjoying and learning together. This class combines elements from our other classes to create a class with a fun and loving atmosphere that helps siblings improve their appreciation of one another. Price is per child. What to bring: Age-appropriate music instruments are required for this class. The music pack can be purchased at the studio. For more information about the Wondernation program, class offerings and timings, please visit [www.wondernation.com/mb](http://www.wondernation.com/mb) or call (310) 545-4550.

1269	Wondernation Discovery Studio	5 to 6pm
July 20-September 14th	M	Staff, Wondernation
No Class 9/7		

## MUSICAL FUN FOR TOTS

Res: \$96 Nonres: \$102

10 Week Session  
Ages: At least 6mo but less than 5

This musical program has been developed by the popular and well-established teacher Miss. Wanda Borgerding to enable all working parents to enjoy and nurture their child's organic love and appreciation of music. Using such musical props as dancing rainbows, maracas and tambourines along with favorite nursery music and contemporary music the parent and child will enjoy a variety of activities. Share this experience and watch your child blossom from bud to flower through the fun of flannel boards songs and beautifully illustrated books to music. This class is designed for all working parents. The pay-off is priceless.

1667	Activity Room 2 at Joslyn Community Center	6 to 6:45pm
June 24-August 26	W	Borgerding, Wanda

## MUSIC RHAPSODY-BABIES MAKE MUSIC

Res: \$155 Nonres: \$161

8 Week Session  
Ages: At least 3mo but less than 1

The South Bay early childhood music education program has been a proven success since 1983! Babies instinctively react to music! In these interactive classes, parents & babies learn delightful rhymes, lullabies, floor and lap games, action songs and dances that stimulate your baby's natural response to music. Parents gather information each week on infant musical development and learn activities to share in class and use at home. More benefits: Increases bonding with your baby and develops listening and motor skills. Also enhances language development and sense of balance and timing. A \$40 materials fee is due the first day of class. For more information on the Babies Make Music class, visit [musicrhapsody.com](http://musicrhapsody.com) or call 310-376-8646.

1433	AR2-JCC	11:15 to 12pm
June 29-August 17	M	Staff, Music Rhapsody

## MUSIC RHAPSODY-KIDS MAKE MUSIC

Res: \$155 Nonres: \$161

8 Week Session  
Ages: At least 2 but less than 4

The South Bay early childhood music education program has been a proven success since 1983! The young child and parent will sing, dance, and play instruments. Solo singing is encouraged to develop listening, pitch-matching, and language skills. Concepts such as high and low, soft and loud, up and down are taught in a game-like atmosphere. Puppets, felts and props add to the special music making experience. More benefits: Improves coordination. Through movement and playing, a sense of timing, phrase, and form develops. Helps young children express their feelings productively, develops their imagination and ability to focus, and increases self-confidence. A \$40 materials fee is due the first day of class. For more information on the Kids Make Music Class, visit [musicrhapsody.com](http://musicrhapsody.com) or call 310-376-8646.

1405	AR2-JCC	10:15 to 11am
June 2-August 17	M	Staff, Music Rhapsody

## MUSIC RHAPSODY-SUMMER CAMP

2 Week Session

Ages: At least 5yrs but less than 14

Music Rhapsody's Summer Music Camps are jam-packed with fun. All camps include Orff classes, instrument making (sure to be a keepsake), singing, musical theatre, movement, arts and crafts and guest performers. Full Day Camp includes a choice of lessons: Flute, sax, clarinet, harmonica, piano, guitar, and more, with recorder lessons to build note reading and improvisation skills. A performance for family and friends on the last day of camp. For more information, visit [musicrhapsody.com](http://musicrhapsody.com) or call 310-376-8646. Instructor: Music Rhapsody Staff.

Res: \$599 Nonres: \$605		
2449	Trinity Lutheran Church	9am to 3pm
July 13-July 24	M Tu W Th F	Staff, Music Rhapsody
Res: \$399 Nonres: \$405		
2448	Trinity Lutheran Church	9am to Noon
July 13-July 24	M Tu W Th F	Staff, Music Rhapsody



## DANCE, MUSIC &amp; THEATER

## MUSIC RHAPSODY-TODDLERS MAKE MUSIC

Res: \$155 Nonres: \$161

8 Week Session  
Ages: At least 1 but less than 3

This South Bay early childhood music education program has been a proven success since 1983! Delightful songs, dances, and musical activities using percussion instruments develop the timing, coordination, pitch matching, and language skills of the toddler. In addition to the high quality instruments, puppets, stories, and colorful props make this an engaging time of learning! A \$40 materials fee is due the first day of class. For more information on the Toddlers Make Music class, visit [www.musicrhapsody.com](http://www.musicrhapsody.com) or call 310-376-8646. Classes run continuously from September- June, please see website for details.

1431	AR2-JCC	9:15am to 10am
June 29-August 17	M	Staff, Music Rhapsody
1435	AR2-JCC	12:15 to 1pm
June 29-August 17	M	Staff, Music Rhapsody

## TUNES &amp; TALES FOR KINDERS

Res: \$120 Nonres: \$126

8 Week Session  
Ages: At least 2 but less than 4

Social skills, art projects, songs, free-play, movement, games, story-time, music, beginning reading, responsiveness, interaction and personalized how to's, of the best-of-the-best parenting information coveted by all, rolled up in this all-in one class for children who are walking through three years old. Giggles, listening and following directions skills accompany tips for tools to make your household run smoother with more hugs and less tears. Sometimes messy

2203	PH-LOP	9 to 10:30am
June 23-August 11	Tu	Blender, Tracy
2204	PH-LOP	10:15am to 11:45am
June 26-August 14	F	Blender, Tracy

## TUNES &amp; TALES FOR TOTS

Res: \$98 Nonres: \$104

8 Week Sessions  
Ages: At least 11mo but less than 2

Social skills, art projects, songs, free-play, movement, games, story-time, music, beginning reading, responsiveness, interaction and personalized how to's? of the best-of-the-best parenting information coveted by all, rolled up in this all-in one class for children who are walking through two years old. Giggles, listening and following directions skills accompany tips for tools to make your household run smoother with more hugs and less tears. Sometimes messy, always fun, come join us! (Siblings with instructor consent).

2205	PH-LOP	10:45 to 11:45am
June 23-August 11	T	Blender, Tracy
2206	PH-LOP	9 to 10am
June 26-August 14	F	Blender, Tracy

## SPORTS

## BALLS &amp; BUBBLES FOR BABIES

Res: \$96 Nonres: \$102

1 Week Session

Ages: At least 1 1/2 but less than 2yr 1mo

This fun class will give parents and tots a chance to get out and play with a variety of balls! Children will enjoy quality time playing one on one with a parent, as well as learning to interact with their peers. class includes warm-ups, games, rhymes, circle time and ends with hand stamps. Goodies for all at the end of the session!

1021	PH-LOP	11:45am to 12:15pm
June 25-August 13	Th	Sarah Miller

## BASEBALL-PARENT &amp; CHILD

Res: \$96 Nonres: \$102

8 Week Session  
Ages: At least 3 but less than 6

Children will learn a variety of baseball skills including batting, throwing, catching and agility. Each participant is to bring his/her own baseball equipment. Parents will also benefit by learning how to become a model sports league parent. Parent participation required. A Smart Start Baseball Kit can be purchased for an additional \$35

1961	Center Field at Marine Sports Complex	Noon to 12:45pm
June 28-August 16	Su	Braunecker, Don

## BASKETBALL-PARENT &amp; CHILD

Res: \$96 Nonres: \$102

8 Week Session  
Ages: At least 3 but less than 6

Children will learn a variety of basketball skills including dribbling, shooting, passing and catching along with agility. Each participant is to bring his/her own basketball equipment. Parents will also benefit by learning how to become a model sports league parent. Parent participation required. Smart Start Basketball Kit can be purchased for an additional \$35

1931	BKCY-MHP	10:45 to 11:30am
June 28-August 16	Su	Braunecker, Don



## Gymnastics Birthday Parties

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

\$280-2 instructors and 24 helium balloons. Up to 20 children.  
\$310-3 instructors and 36 helium balloons. Up to 30 children.  
You provide the food, paper goods, and the kids!

Location: Manhattan Heights Community Center  
Saturdays, Option 1 10:30 AM – 12:30 pm  
Sundays, Option 2 12:30 pm – 2:30 pm  
Sundays, Option 3 3:30 pm – 5:30 pm

Reservations on a first come, first served basis.  
Register at Manhattan Beach City Hall. 1400 Highland Avenue.

FOR MORE INFORMATION:  
City Hall (310) 802-5408  
SuperKids (310) 370-9190

## GYMNASTICS-DEVELOPMENTAL

Res: \$80 Nonres: \$86

8 Week Session  
Ages: At least 3 but less than 6

Child attends independently of parent and learns basic tumbling, beam, and bar skills. Instructors use lively music to warm up and stretch. At the end of class, coordination games are played with various hand held equipment such as balls, hoops, parachutes, balloons, and more. It's fun in motion!

2189	Aud-MHP	3:30 to 4:20pm
June 23-August 11	Tu	Staff, Superkids
2190	Aud-MHP	4:30 to 5:20pm
June 23-August 11	Tu	Staff, Superkids

**SPORTS**

**GYMNASTICS-FAMILY GYM**

**Res: \$85 Nonres: \$91** **8 Week Session**  
**June 22-August 14** **Ages: At least 2 but less than 7**  
 Mom, Dad, kids-join our fun class designed for the family with young children. Children will learn basic tumbling, balance, and coordination skills with our lively music and colorful equipment. Learn fun activities and stunts to do at home, too. We recommend that each child be accompanied by one adult or teenager to receive maximum benefit from the class. Note: Registration fee of \$85 is for one child/adult combination. Each additional child is \$20!

2694	Aud-MHP	9:30 to 10:20am
<b>June 24-August 12</b>	<b>W</b>	<b>Staff, Superkids</b>
2695	Aud-MHP	9:30 to 10:20am
<b>June 28-August 16</b>	<b>Su</b>	<b>Staff, Superkids</b>
2696	Aud-MHP	10:30 to 11:20am
<b>June 28-August 16</b>	<b>Su</b>	<b>Staff, Superkids</b>

**ICE HOCKEY FOR TOTS**

**Res: \$60 Nonres: \$66** **4 Week Session**  
**Ages: At least 4 but less than 6**  
 This class introduces the skater to ice hockey and teaches basic safety and skating skills. forward and backward skating balance and edges are covered. Protective equipment is recommended, but not provided. Includes skate rental, five practice sessions and two guest passes for both parent and child.

2198	Toyota Sports Center	4:30 to 5pm
<b>June 24-July 15</b>	<b>W</b>	<b>Staff, Toyota Sport Center</b>
2199	Toyota Sports Center	Noon to 12:30pm
<b>June 27-July 25</b>	<b>Sa</b>	<b>Staff, Toyota Sport Center</b>

**ICE SKATING FOR BEACH BABIES**

**Res: \$60 Nonres: \$66** **4 Week Session**  
**Ages: At least 2 but less than 4**  
 Introduce your child to the fun sport of ice skating in the right way. Instructors emphasize the proper way to fall and get up while teaching marching while standing and moving along with balance & control. Children should wear glove sand warm clothing. Parent may participate with child. Includes skate rental, four public sessions and two guest passes for both parent and child. Please bring confirmation/waiver to your first class for admission.

2220	Toyota Sports Center	5:30 to 6pm
<b>June 23-July 14</b>	<b>Tu</b>	<b>Staff, Toyota Sport Center</b>
2221	Toyota Sports Center	4 to 4:30pm
<b>June 25-July 16</b>	<b>Th</b>	<b>Staff, Toyota Sport Center</b>
2222	Toyota Sports Center	Noon to 12:30pm
<b>June 27-July 25</b>	<b>Sa</b>	<b>Staff, Toyota Sport Center</b>

**ICE SKATING FOR TOTS**

**Res: \$60 Nonres: \$66** **4 Week Session**  
**Ages: At least 4 but less than 6**  
 This class is for skaters who have never been on ice skates before or for those who have not had formal lessons. Children will be taught how to get up, marching, dips and forward skating. Includes skate rental, four public sessions and two guest passes for both parent and child. Please bring confirmation/waiver to your first class for admission.

2226	Toyota Sports Center	4 to 4:30pm
<b>June 23-July 14</b>	<b>Tu</b>	<b>Staff, Toyota Sport Center</b>
2227	Toyota Sports Center	4 to 4:30pm
<b>June 25-July 16</b>	<b>Th</b>	<b>Staff, Toyota Sport Center</b>
2228	Toyota Sports Center	Noon to 12:30pm
<b>June 27-July 25</b>	<b>Sa</b>	<b>Staff, Toyota Sport Center</b>

**KARATE-TRADITIONAL CHINESE KENPO-TOTS**

**Res: \$99 Nonres: \$105** **8 Week Session**  
**Ages: At least 3 but less than 7**  
 This fun course teaches usable escape and self-defense techniques to kids from the first day! Fun, fitness, safety awareness and respect are just part of what is rolled into each lesson. Tumbling, kicking, punching with a loud, Kee-Ay and much, much more will raise the level of power and self-confidence within each student. Students learn Chinese Kenpo Karate basics and get pointed toward colored belts and goal achievements. Karate for Tots is taught by www.streetbox.us instructor and www.cyk.org Board Member Sensei Kevan Hill.

1745	Aud-MHP	3:30 to 4:15pm
<b>June 25-August 13</b>	<b>Th</b>	<b>Hill, Kevan</b>

**LA TENNIS ACADEMY**

**Res: \$98 Nonres: \$104** **8 Week Session**  
**Ages: At least 3 but less than 5**  
 LA TENNIS ACADEMY brings fun, fitness, fundamentals and friends all together on the tennis court. LA TENNIS develops and improves children's general physical fitness skills (gross motor skills, hand eye coordination, strength and endurance) and also builds sportsmanship, self esteem and personal character. Our students have fun while learning the great game of tennis. 6-8 students per court. NYSCA Certified

1835	TC-MCHS	9 to 9:30am
<b>June 27-August 22</b>	<b>Sa</b>	<b>Staff, LA Tennis Academy</b>
1851	TC-MCHS	9 to 9:30am
<b>June 27-August 22</b>	<b>Sa</b>	<b>Staff, LA Tennis Academy</b>
1849	Location unspecified	4 to 4:30pm
<b>June 24-August 12</b>	<b>W</b>	<b>Staff, LA Tennis Academy</b>



### Ice Skating Birthday Parties

Location: Toyota Sports Center, El Segundo

**Saturdays, Option 1** = 11:30-12:30 pizza and cake; ice skating 12:45-3:15 pm  
**Saturdays, Option 2** = 1:00-3:00 ice skating; 3:15-4:15 pizza and cake  
**Sundays, Option 1** = 1:00-2:00 pizza and cake; ice skating 2:30-4:30 pm  
**Sundays, Option 2** = 2:30-4:30 ice skating, 4:30 pizza and cake

The ice skating package includes:

- Public skating admission and skate rental for 10 children (birthday child + 9 friends)
- 2 adult ice skating passes
- 2 pizzas and 2 pitchers of drinks
- Balloons and paper goods
- Return ice skating pass for each child
- Special gift for the birthday child

**Package price = \$215.00**



**ROCK CLIMBING FOR TOTS**

**Res: \$165 Nonres: \$171** **8 Week Session**  
**Ages: At least 4 but less than 6**  
 This is perfect for pre K and Kindergarten kids. You would be surprised how fearless your kids can be. We will teach all of the basics of climbing, but most importantly they will have fun before or after they finish school. Don't worry we will slowly get them to the top of the walls, we have lots of activities close to the ground. Your kids will learn to focus, follow rules and physically become stronger. The class is located at Beach City Rocks Gym.

1883	Beach Cities Rock Gym	3:30 to 4:30pm
<b>June 26-August 14</b>	<b>F</b>	<b>Staff, Beach Cities Rock Gym</b>
1885	Beach Cities Rock Gym	3:30 to 4:30pm
<b>June 27-August 8</b>	<b>Sa</b>	<b>Staff, Beach Cities Rock Gym</b>

**Multisport Classes**

Coach Derek Inc. Multisport classes offer a great introduction to sports for boys and girls ages 2-3, 3-4 or 4-5. Your child will learn basic T-ball, basketball and soccer skills in a positive and fun environment. Like all of our classes, these emphasize teamwork and self-respect while helping kids develop coordination and strength. Lay the groundwork for your children's enjoyment of sports with Coach Derek's team!

Age	Day	Time	Starts On
2-3	Monday	10 a.m.	6/22
2-3	Tuesday	9 a.m.	6/23
2-3	Wednesday	9 a.m.	6/24
2-3	Thursday	10 a.m.	6/25
2-3	Friday	10 a.m.	6/26
2-3	Saturday	9 a.m.	6/27
3-4	Monday	11 a.m.	6/22
3-4	Tuesday	10 a.m.	6/23
3-4	Wednesday	10 a.m.	6/24
3-4	Thursday	11 a.m.	6/25
3-4	Friday	11 a.m.	6/26
3-4	Saturday	10 a.m.	6/27
3-4	Saturday	12 p.m.	6/27
4-5	Tuesday	11 a.m.	6/23
4-5	Wednesday	11 a.m.	6/24

**Multisport Clinics**

These Coach Derek Inc. Multisport Clinics are a great way to prep for league play or just improve skills for boys and girls ages 4-5 and 6-8. The summer Multisport Clinics will include basketball, soccer and T-ball/baseball, with an emphasis on basketball and soccer. We will assess the skills your kids already have and build on them in a way that's always fun and positive. Like all Coach Derek Inc. classes, these Multisport Clinics teach teamwork and self-respect while helping kids develop coordination and strength.

Age	Day	Time	Starts On
4-5	Monday	3 p.m.	6/22
4-5	Tuesday	3 p.m.	6/23
4-5	Saturday	11 a.m.	6/27
6-8	Monday	4 p.m.	6/22
6-8	Tuesday	4 p.m.	6/23

**Lacrosse Clinics**

Coach Derek Inc. Multisport classes offer a great introduction Coach Chris (from Rhode Island, of course) wants to teach your sons and daughters the fundamentals of the fastest growing sport in America: lacrosse. Through fun drills, repetition and practice games, your child will develop the skills and confidence necessary to prepare them for the next level, whether it's mini, middle or high school lacrosse. Like all Coach Derek Inc coaches, Coach Chris emphasizes team-building and good sportsmanship while sharing his love of the game.

Age	Day	Time	Starts On
6-8	Wednesday	3 p.m.	6/24
6-8	Saturday	1 p.m.	6/27
9-11	Wednesday	4 p.m.	6/24
9-11	Saturday	2 p.m.	6/27
11-14	Wednesday	5 p.m.	6/24
11-14	Saturday	3 p.m.	6/27

All Coach Derek Inc. classes are at Live Oak Park for the 8-week Summer Session.

Weekday classes are \$145 for residents, \$151 for non-residents.

Weekend classes are \$155 for residents, \$161 for non-residents.

There will be no class **Saturday, July 4th**. Saturday classes will extend one week beyond the session end date.

Please visit [www.coachderek.com](http://www.coachderek.com) for more information on our classes!



## TOT-SPORTS

## TENNIS-MOMMY, DADDY &amp; ME

Res: \$130 Nonres: \$136

7 Week Session  
Ages: At least 3 but less than 7

This exciting new program provides an opportunity for youngster's ages 3 to 6 to play & learn on the court with Mom & Dad practicing partners (adult participation is required). This is done in a comforting, nurturing environment focusing on tennis skills, fitness, making friends and fun!

1899 TC-MCHS 9 to 10am  
June 27-August 15 Sa Nardi, Susan

## UNIQUE ACTIVITIES

## LITTLE CLICK CLUB SUMMER CAMP

Res: \$195 Nonres: \$201

1 Week Session  
Ages: At least 3 but less than 8

Classes combine an entertaining learning adventure with sophisticated technology in order to introduce children to the basics of computer use in a fun and creative way. Children work on provided laptops with a 5:1 student to teacher ratio. Parents receive a password to access online activities for reinforcement at home.

2440 R2-MHP 9:30am to Noon  
July 13-July 16 M Tu W Th Machale, Eve  
2441 R2-MHP 9:30am to Noon  
July 20-July 23 M Tu W Th Machale, Eve

## YOUTH-ART &amp; CERAMICS

## 2-DIMENSIONAL ART 101 YOUTH

Res: \$89 Nonres: \$95

8 Week Session  
Ages: At least 6 but less than 11

The goal of this course is to give students basic skills of drawing and painting. The class will discuss about essential elements of art such as value (shading), shape/form, color, space, and perspective. Students will use various art media such as acrylic painting, watercolor, charcoal, pastel, and pencil. By drawing from still life or copying works by old masters, students will establish a solid foundation for further exploration in two-dimensional visual art.

2132 VAR-CAC 2 to 3:30pm  
June 25-August 13 Th Ragimov, LaLa

## 3-DIMENSIONAL ART 101-YOUTH

Res: \$89 Nonres: \$95

8 Week Session  
Ages: At least 6 but less than 11

Explore natural and recycled materials using traditional and modern techniques. Learn to imagine, design a thumbnail sketch, weaving, and create projects in 3-D including ice sculpture, papier-mâché, wire sculpture, natural basketry, recycled clay into painted ponies and more.

2110 VAR-CAC 12:30 to 2pm  
June 24-August 12 W Buckley, Georgette

## ADVENTURES IN CLAY

Res: \$99 Nonres: \$105

8 Week Session  
Ages: At least 6 but less than 11

Learn the basics of working with clay while making fun projects. Build on a child's imagination to make and decorate projects and other "useful" items allowing the artist to come out and play. Projects may include mask, fanciful creatures, decorative cups, plates, planters, and items of the artists own design. Fee includes one bag of clay, glazes and firing.

1887 CS-LOP 4 to 5:30pm  
June 22-August 10 M Trulove, Thomas

ANIMALS IN THE WORLD I-EAST AFRICA/  
KENYA/TANZANIA

Res: \$95 Nonres: \$101

8 Week Session  
Ages: At least 7 but less than 12

Trip to Africa through art making! Using video and photographs, students will learn unique animals and culture in Africa and transfer the newly acquired knowledge onto artwork. Among projects are painting/drawing of animals from Masai Mara Serengeti (the land of endless space) and collage work inspired by images of Ngorongorao conservatory in Tanzania. Using 3-dimensional techniques, students will create their own national park settings with cardboard, etc.

2135 VAR-CAC 4:30 to 6pm  
June 24-August 12 W Lind, Mona Lisa

## ART FROM AROUND THE WORLD

Res: \$98 Nonres: \$104

8 Week Session  
Ages: At least 6 but less than 10

There has never been an era, a culture or country that has not produced art. We will tour the seven seas through art. Students will create different projects based on cultures from different continents. We will journey to China to learn about kites, to the high slopes of the Andes for weaving crafts from Peru, to the desolate deserts of Australia with Aboriginal art. This class will expose the students to a different way of looking at art.

2100 VAR-CAC 3:30 to 5pm  
June 23-August 11 Tu Diane Reeves

## ART IN AMERICA

Res: \$98 Nonres: \$104

8 Week Session  
Ages: At least 6 but less than 9

From the Native Americans to Georgia O'Keefe, from John James Audubon to Andy Warhol, art in America has a rich history that will be explored here in examples of individual artists and projects reflecting their vision. This class allows students to explore art history through hands-on art projects using a variety of media and materials. Students will apply the techniques of the masters to their own artwork.

2096 VAR-CAC 1 to 2:30pm  
June 23-August 11 Tu Diane Reeves

ART WITH ANGELICA: LANDSCAPE  
MANHATTAN-YOUTH

Res: \$123 Nonres: \$129

7 Week Session  
Ages: At least 8 but less than 12

Have fun with master arts educator Angelica who has taught for over 25 years at the Los Angeles County Museum of Art, the Getty, MOCA, the Music Center Education Division, LAUSD and other institutions. In this class, students will use a variety of dry and wet mediums: pencil, ink, oil pastels, photography, watercolor, tempera and acrylic to produce landscapes from Manhattan Beach Views. Plein-aire compositions will be rendered using the properties of optical perspective and the view finder as a compositional tool. At the end of session, students' work from the class will be displayed in the gallery.

2109 VAR-CAC 1:30 to 3:30pm  
July 6-August 17 M Angelica Sotiriou

## ART &amp; CERAMICS

## ART ADVENTURE KID'S DAY CAMP

1 Week Session

Ages: At least 6 but less than 13

This 5-day long camp is a newly designed program to stimulate children's imagination and creativity. The camp introduces a variety of art activities including painting, drawing, sculpture, crafts, collage and assemblage. Each day, students will work on theme-based projects that take them on a magical adventure. Get ready to let your imagination set sail! Extended care is available. Visit our website [www.citymb.info](http://www.citymb.info) for information.

Res: \$190 Nonres: \$196  
2164 VAR-CAC 9am to 2pm  
August 17-August 21 M Tu W Th F Staff, Parks And Recreation

Res \$ Nonres \$  
2165 VAR-CAC 8am to 4pm  
August 17-August 21 M Tu W Th F Staff, Parks And Recreation

## CARTOONING FOR CHILDREN-I

Res: \$98 Nonres: \$104

8 Week Session  
Ages: At least 7 but less than 12

With George's easy to learn method, students will gain a solid understanding of drawing comic-book/cartoon figures such as ones by Pixar, Nick, and marvel. Eventually, students will learn to develop their original cartoon characters and figures. There will be lots of one-on-one instructions with an emphasis on traditional drawing skills. Offered summer and winter only. (Intermediate course will be offered in fall and spring.)

2151 VAR-CAC 3 to 4:30pm  
June 26-August 14 F Huante, George

## CERAMICS FOR CHILDREN

Res: \$99 Nonres: \$105

8 Week Session  
Ages: At least 6 but less than 11

Have fun with clay and explore your creativity. Learn basic techniques in hand building and glazing. Create imaginary characters with funny faces and animal figures. Make your own work and bring home beautiful gifts for your friends and family. Price includes supplies and firing.

1805 CS-LOP 4:30 to 6pm  
June 25-August 13 Th Anacker, Rita

DRAWING ANIME AND MANGA CARTOON  
CHARACTERS

Res: \$84 Nonres: \$90

8 Week Session  
Ages: At least 7 but less than 13

Draw into action your hero or heroine! This class will teach you how to create anime and manga style characters, such as Sailor Moon, Love Hina and InuYasha. Draw your own anime and manga inspired by famous artists such as Ken Akamatsu and Rumiko Takahashi. Manga and anime comics include a wide range of topics including action, adventure, video game character, humor, fantasy and even romance.

1787 VAR-CAC 10:30 to 11:30am  
June 24-August 12 W Huante, George

## GOURD ART

Res: \$65 Nonres: \$71

Ages: At least 7 but less than 13

Are you out of your gourd? Why not try a new class which allows you to paint on a natural object? Acrylic paints and sharpie markers will be used to design and create a beautiful unique work of art. Materials including small-medium sized gourds will be provided. Bring your own lunch.

2236 VAR-CAC 1 to 5pm  
June 27, 2009 Sa Hom, Deborah  
2279 VAR-CAC 9am to 1pm  
August 15, 2009 Sa Hom, Deborah

## DANCE, MUSIC &amp; THEATER

## DANCE-POP STAR DANCE

Res: \$100 Nonres: \$106

10 Week Session

This class will bring out the dance and pop star your child dreams of being. They may be just another ordinary kid during the day, but one night a week she will turn into her alter ego (just like Hannah Montana!). Students will work on jazz and hip hop dance, singing and karaoke to build confidence and learning the "true you".

2301 Athletic Grace Dance Studio 5 to 5:45pm  
June 24-August 26 W Ages: At least 7 but less than 9  
2302 Athletic Grace Dance Studio 5 to 5:45pm  
June 25-August 27 Th Ages: At least 10 but less than 12

## FILM-FRESHI BABY SPIELBERG

Res: \$195 Nonres: \$201

Ages: At least 8 but less than 13

An animation class designed for little ones. Using action figures and lego, kids will learn how to make a character come to life and move. Together they will create and shoot a short film with lots of action and plenty of giggles.

2470 PAR-CAC 9am to Noon  
July 15, 2009 W Staff, Freshi Flix

## FILM-FRESHI BASE SUMMER CAMP

Res: \$335 Nonres: \$341

1 Week Session  
Ages: At least 8 but less than 15

Base Camp is a hands-on, immersive introduction to digital filmmaking. Students work in small groups to make a film and each student will experience all aspects of production. Under the guidance of professional filmmakers, students will pitch, plan, shoot, edit, screen, score and even copyright their movies. Special mentors are brought in to discuss professional opportunities. Base camps include our signature workshops: special effects, music, stunts, make-up, directing and stop-motion animation are used to tell their stories. Students become part of FreshiFlix and can safely post and share their work with kids around the world. They also receive a subscription to Intercut, our film magazine and are eligible to submit to as well as attend the Freshi Film Festival for kids. DVD copy of students work available for additional \$15. \$15 payable at time of registration.

1195 PAR-CAC 9am to Noon  
June 29-July 3 M Tu W Th F Staff, Freshi Flix

**FRESHI MIXIN' TO THE BEAT**

Res: \$195 Nonres: \$201  
**1 Week Session**  
**Ages: At least 8 but less than 13**  
 Kids use professional music mixers and software to create their own music. They learn different styles and techniques for creating beats, adding vocals and creative editing. Students will work on lyric and song structure as they create their own sound and even copyright their own work.

2469 PAR-CAC 1 to 4pm  
 July 13-July 17 M Tu W Th F Staff, Freshi Flix

**FRESHI BEGINNING GAME DESIGN**

Res: \$150 Nonres: \$156  
**9 Week Session**  
**Ages: At least 8 but less than 13**  
 Freshi Games is a program that allows kids to develop, design, debug and distribute their own 2D games. Using logic based source coding instead of long algorithms; the students can create basic logic statements to program the actions of their games without having to take the time to learn the intricacies of actual programming. They can also put their own music, video, animations and photos into their games with a simple click. In the early stage of the program, students work together with their instructor to develop a game as a group, the further they progress, they will be able to work independently on their own games utilizing the knowledge they have learned in earlier sessions. In the end, all kids get a copy of the game as well as the ability to post their games online on their own websites or with Freshi! It is an exciting new program that incorporates all the forms of new media as well as tapping into classic learning skills to create a unique, fully interactive experience!

1173 PAR-CAC 3 to 4pm  
 June 25-August 27 Th Staff, Freshi Flix

**FRESHI BEGINNING GAME SUMMER CAMP**

Res: \$335 Nonres: \$341  
**1 Week Session**  
**Ages: At least 8 but less than 15**  
 Freshi Games is a program that allows kids to develop, design, debug and distribute their own 2D games. Using specially designed software students create their games without having to learn actual programming. They can add their own music, video, animations and photos with a simple click. In this workshop style class, kids will work as a group to create a video game. They will create characters, design storyline, add sound effects and learn the fundamentals of programming and design. All while having a blast!

2443 PAR-CAC 1 to 4pm  
 June 29-July 3 M Tu W Th F Staff, Freshi Flix

**MUSIC-BEGINNING GUITAR**

Res: \$175 Nonres: \$181  
**8 Week Session**  
**Ages: At least 7 but less than 11**  
 Learn the fundamentals of music while gaining proficiency on the guitar. Students will explore musical concepts, including note-reading, rhythm, music symbols and theory. Students will participate in a short performance at the end of the session. Students will learn to play the guitar in a fun and non-competitive environment. Students are required to furnish their own guitar. For more information about the Wondernation program, class offerings, and timings, please visit [www.wondernation.com/mb](http://www.wondernation.com/mb) or call (310) 545-4550.

1479 Wondernation Discovery Studio 4 to 5pm  
 July 23rd-September 10 F Staff, Wondernation

**BE A REAL GUITAR HERO!**

- LEARN:**
- Pop
  - Rock
  - Blues
  - Classical
  - Song Writing
  - Music Theory
  - Rhythm Guitar
  - Guitar Technique
  - Chord Progressions
  - Performance Technique

5 Camp Sessions

**PERFORMING ARTS WORKSHOPS**

**GUITAR CAMP for ages 7-14 & Teen Week 12-16**

Here's your chance to learn how to play a real acoustic guitar! Whether you've ever picked up a guitar or if you already have mad skills, our guitar camp is the ideal setting for beginning to advanced students. In each Guitar Camp session, young musicians will make their mark on the music scene by learning and performing rock, pop and even classical guitar pieces. They will also enjoy the creative process of writing and performing an original song. As if that weren't enough, our guitar heroes will rise to new heights in music by working in concert with Performing Arts Workshop's Theatre Camp, showcasing their original compositions and providing musical underscoring for theatre productions before a live audience.

**Students must provide their own acoustic guitar.**

Guitar Camp: ages 7-14 8:00am to 3:30pm \$450

Session 1:	June 22 - July 3	At: Meadows School
Session 2:	July 6 - July 17	At: Meadows School
Session 3:	July 20 - July 31	At: Meadows School
Session 4:	Aug 3 - Aug 14	At: Joslyn Center

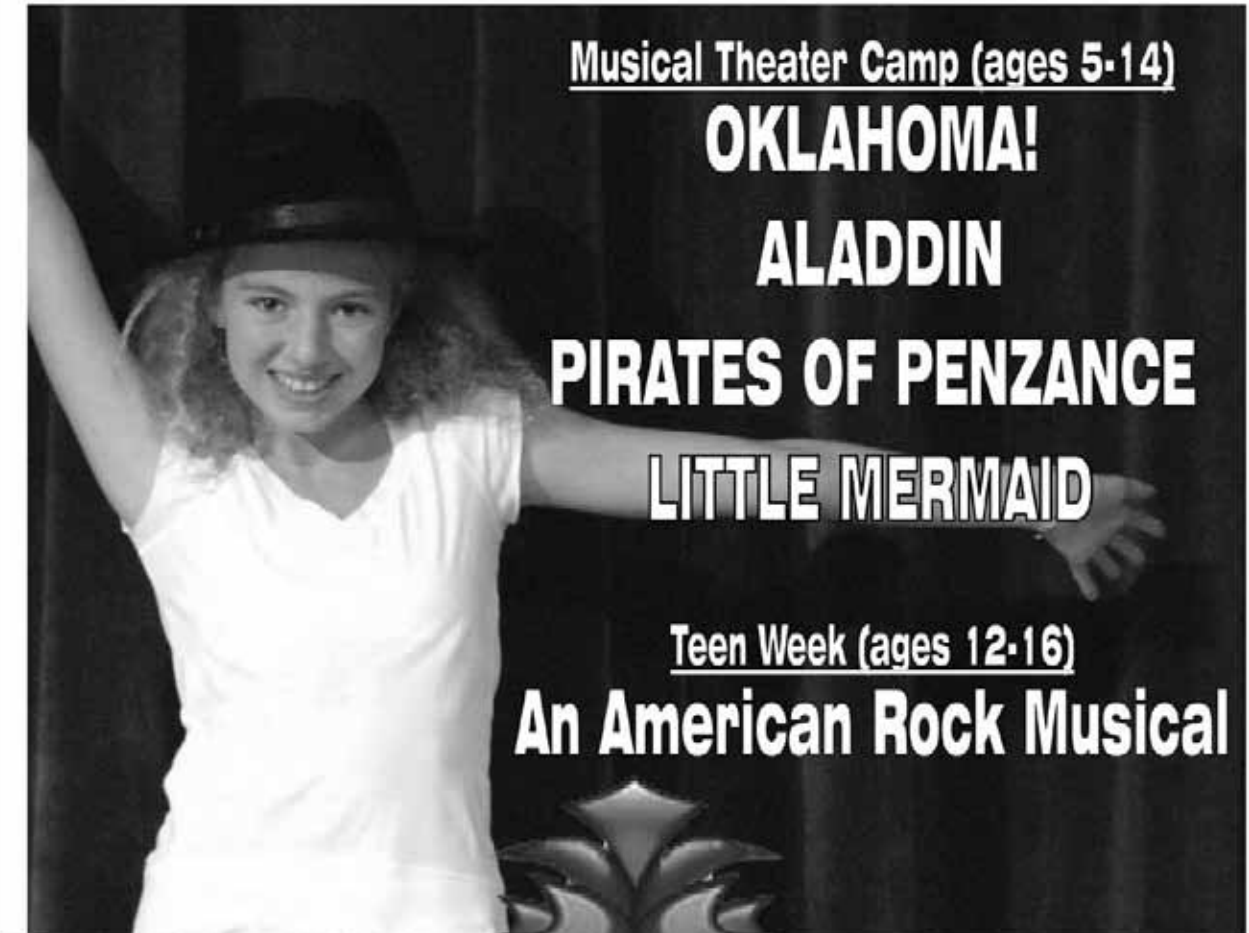
Teen Guitar Camp: ages 12-16 8:00am to 3:30pm \$280

Session 5: Aug 17 - Aug 21 At: Joslyn Center

For camp info call (310) 827-8827 or visit [www.performingartsworkshops.com](http://www.performingartsworkshops.com)

City of Manhattan Beach Cultural Arts Division  
 In Association With Performing Arts Workshops Proudly Presents our 11TH YEAR of:  
**PERFORMING ARTS WORKSHOPS - SUMMER CAMP**

947 Oklahoma! Session 1: June 22 - July 3 8:00am to 3:30pm Mon-Fri \$450	950 Aladdin Session 2: July 6 - July 17 8:00am to 3:30pm Mon-Fri \$450	951 Pirates of Penzance Session 3: July 20 - July 31 8:00am to 3:30pm Mon-Fri \$450
948 Little Mermaid Session 4: Aug 3 - Aug 14 8:00am to 3:30pm Mon-Fri \$450	949 An American Rock Musical Teen Week Session 5: Aug 17 - Aug 21 8:00am to 3:30pm Mon-Fri \$280	



**Musical Theater Camp (ages 5-14)**

**OKLAHOMA!**

**ALADDIN**

**PIRATES OF PENZANCE**

**LITTLE MERMAID**

**Teen Week (ages 12-16)**

**An American Rock Musical**

SESSIONS 1-3: Meadows Elementary School 1200 Meadows Avenue, MB Auditorium  
 SESSIONS 4-5: Joslyn Community Center 1601 Valley Drive, MB Auditorium

Children must bring a non-perishable sack lunch & snack for a mid-morning break.

**QUESTIONS? CALL P.A.W. (310) 827-8827**

[www.performingartsworkshops.com](http://www.performingartsworkshops.com)

**DANCE, MUSIC & THEATER**

**TUTORING FOR TOTS READING IS MAGICAL**

Res: \$100 Nonres: \$116 **6 Week Session**  
**Ages: At least 6 but less than 9**

Reading is Magical classes are designed for students entering first grade. The sessions focus on word attack skills such as CVC words (ex. cat, hop), Two Syllable Words (ex. mit\*ten), Long vs. Short Vowels (ex. bit vs. bite) and other word attack skills that promote reading fluency and comprehension. Students will be provided with Take Home Reading Games and Website Game that can be played at home.

1197 ARI-JCC 9:30am to 10:30am  
 June 15-August 16 W Sather, Sheri

heights in music by working in conjunction with Performing Arts Workshop's Theatre Camp, showcasing their original compositions and providing musical underscoring for theatre productions before a live audience. Students must provide their own acoustic guitar. Doors open at 7:30am, program begins at 8:30am and ends at 3:00pm with supervised extended play until 3:30pm. The guitar camp recitals are performed in concert with the Performing Arts Theater Camp which family and friends are invited to attend on the last day of each session. For more information on camp curriculum check out PAW on the web at [www.performingartsworkshops.com](http://www.performingartsworkshops.com) or call (310) 827-8827.

<b>Session 1</b>			
2464	Meadows Elementary Aud	8am to 3pm	
June 22-July 3	M Tu W Th F	Staff, Performing Art Workshop	
<b>Session 2</b>			
2465	Meadows Elementary Aud	8am to 3pm	
July 6-July 17	M Tu W Th F	Staff, Performing Art Workshop	
<b>Session 3</b>			
2466	Meadows Elementary Aud	8am to 3pm	
July 20-July 31	M Tu W Th F	Staff, Performing Art Workshop	
<b>Session 4</b>			
2467	JCC-AUD	8am to 3pm	
August 3-August 14	M Tu W Th F	Staff, Performing Art Workshop	

**FITNESS**

**BEACH CITY ROCKS INDOOR CAMP**

Res: \$165 Nonres: \$171 **1 Week Session**  
**Ages: At least 5 but less than 18**

Safety is our #1 concern. This camp covers the essentials for rock climbing. We begin with an introduction of the equipment, the care and use of the helmet, harness, carabiners, and the rope. Throughout the week we will teach different concepts of climbing including Toprope climbing and Bouldering. We will teach training concepts such as strength, endurance, and flexibility. Rock climbing will not only improve the child's physical fitness but also their self esteem and mental awareness. All equipment included! What to bring: lots of water, camera and lunch. What to wear: Clothes you can move in.

2073	Beach Cities Rock Gym	10am to 1pm	
June 22-June 26	M Tu W Th F	Staff, Beach Cities Rock Gym	
2074	Beach Cities Rock Gym	10am to 1pm	
July 6-July 10	M Tu W Th F	Staff, Beach Cities Rock Gym	
2075	Beach Cities Rock Gym	10am to 1pm	
July 13-July 17	M Tu W Th F	Staff, Beach Cities Rock Gym	
2076	Beach Cities Rock Gym	10am to 1pm	
July 20-July 24	M Tu W Th F	Staff, Beach Cities Rock Gym	
2077	Beach Cities Rock Gym	10am to 1pm	
July 27-July 31	M Tu W Th F	Staff, Beach Cities Rock Gym	
2078	Beach Cities Rock Gym	10am to 1pm	
August 3-August 7	M Tu W Th F	Staff, Beach Cities Rock Gym	
2079	Beach Cities Rock Gym	10am to 1pm	
August 10-August 14	M Tu W Th F	Staff, Beach Cities Rock Gym	

**PILATES FOR YOUTH**

Res: \$190 Nonres: \$196 **10 Week Session**  
**Ages: At least 10 but less than 12**

This class offers a fun and safe experience to wellness/health and healthy movements habits. Student will be able to stimulate awareness, energy, concentration, self-confidence and a feeling of success.

2249	Body & Mind Coe-Dynmaics, Inc	4 to 5pm	
June 24-August 26	W Coe Dynamics, Inc., Body & Mind		
2250	Body & Mind Coe-Dynmaics, Inc	5 to 6pm	
June 26-August 28	F Coe Dynamics, Inc., Body & Mind		
2251	Body & Mind Coe-Dynmaics, Inc	4 to 5pm	
June 24-August 28	W F Coe Dynamics, Inc., Body & Mind		

**SPORTS**

**BASKETBALL CAMP**

Res: \$120 Nonres: \$126 **1 Week Session**  
**Ages: At least 6 but less than 14**

Learn basic basketball skills from experienced coaches. The program includes shooting drills, dribbling, passing, scrimmaging, and play development. Advanced shooting, ball handling instruction and techniques will be provided.

2063 BKC-MHP 1 to 4pm  
 June 22-June 26 M Tu W Th F Braunecker, Don

**BASKETBALL CAMP FOR GIRLS**

Res: \$100 Nonres: \$106 **1 Week Session**  
**Ages: At least 7 but less than 14**

Girl participants will learn basic basketball fundamental skills from experienced coaches. The program includes shooting drills, dribbling, passing, scrimmaging, and play development. Advanced shooting, ball handling instruction and techniques will be provided. Camp will be held at Manhattan Heights Youth Courts.

2062 BKC-MHP 4 to 6pm  
 August 17-August 21 M Tu W Th F Braunecker, Don

**BEACH AQUALETICS**

**8 Week Session**  
**Ages: At least 6 but less than 14**

This organized recreation class at the beach features body surfing, water safety, beach baseball and other special beach activities. Drop off location: Manhattan Beach Pier.

Res: \$360 Nonres: \$366			
2305	8th St-MB	9am to Noon	
June 22-August 14	M W F	Staff, Parks And Recreation	
Res: \$240 Nonres: \$246			
2306	8th St-MB	9am to Noon	
June 23-August 13	Tu Th	Staff, Parks And Recreation	

**BEACH VOLLEYBALL CBVA NEXT CAMP**

Res: \$150 Nonres: \$156 **1 Week Session**  
**Ages: At least 8 but less than 19**

This end of the summer camp offers beginning instruction for the young player who wants to play in future competitive volleyball tournaments. Each player will have the opportunity to learn the game of beach volleyball and enhance their existing skills. One skilled player/coach for every 8 players.

2064 PSS 9am to Noon  
 August 17-August 21 M Tu W Th F Peters, Kurt

**Film - Freshi Base Camp - Summer Break Camp**  
 Age: 8Y-14Y \$195.00/1 week  

Day	Start	Time	Location	AC
M-F	8/17	1PM-4PM	CAC-PAR	1195

 Base Camp is a hands-on, immersive introduction to digital filmmaking. Students work in small groups to make a film and each student will experience all aspects of production. Under the guidance of professional filmmakers, students will pitch, plan, shoot, edit, screen, score and even copyright their movies. DVD copy of students work available for additional \$15 (payable at time of registration).

**Film - Freshi Baby Spielberg Summer Camp**  
 Age: 8Y-12Y \$195.00/1 week  

Day	Start	Time	Location	AC
M-F	7/13	9AM-12PM	CAC-PAR	2470

 An animation class designed for little ones. Using action figures and lego, kids will learn how to make a character come to life and move. Together they will create and shoot a short film with lots of action and plenty of giggles.

**Freshi Mixin' to the Beat Summer Camp**  
 Age: 8Y-12Y \$195.00/1 week  

Day	Start	Time	Location	AC
M-F	7/13	1PM-4PM	CAC-PAR	2469

 Kids use professional music mixers and software to create their own music. They learn different styles and techniques for creating beats, adding vocals and creative editing. Students will work on lyric and song structure as they create their own sound and even copyright their own work.

**GUITAR CAMP**

Res: \$450 Nonres: \$456 **2 Week Session**  
**Ages: At least 7 but less than 15**

BE A REAL GUITAR HERO! Do you have rock and roll dreams? Here's your chance to learn how to play a real acoustic guitar! Whether you've ever picked up a guitar or if you already have mad skills, our guitar camp is the ideal setting for beginning to advanced level students. Learn the basics of chords, tabs, picking, strumming, music theory and song writing, the first steps into the musical journey of a lifetime. In each session, young musicians will make their mark on the music scene by learning and performing rock, pop and even classical guitar pieces. They will also enjoy the creative process of writing and performing an original song. As if that weren't enough, our guitar heroes will rise to new

MANHATTAN BEACH PARKS & RECREATION DEPARTMENT

# SUMMER SUNSET BASKETBALL LEAGUE

June 20 – July 26, 2009

**\$130 FOR RESIDENTS/\$136 FOR NON-RESIDENTS**

Each Division is limited to 60 players.

<p><b>MINI</b></p> <p>Ages 5 &amp; 6 – Coed</p> <p>Tryouts: Tues, June 9, 5:30 p.m. Heights Kiddie Courts</p> <p>Games: Tues. 5:30-8:30 p.m./Sat. 1:00-4:00 p.m. at Manhattan Heights Kiddie Courts</p>	<p><b>MIGHTY</b></p> <p>Ages 7 &amp; 8 – Coed</p> <p>Tryouts: Tues, June 9, 7:00 p.m. Heights Kiddie Courts</p> <p>Games: Thurs. 5:30-8:30 p.m./Sat. 9 a.m. – 12 noon at Manhattan Heights Kiddie Courts</p>
<p><b>MINORS</b></p> <p>Ages 9 &amp; 10 – Coed</p> <p>Tryouts: Thurs, June 11, 6:00 p.m. Mira Costa HS Gym</p> <p>Games: Tues. 7:00-10:00 p.m./Sun. 9 a.m. – 12 noon at Mira Costa High School Gym</p>	<p><b>MAJORS</b></p> <p>Ages 11 &amp; 12 – Coed</p> <p>Tryouts: Thurs, June 11, 7:30 p.m. at Mira Costa HS Gym</p> <p>Games: Thurs. 7:00-10:00 p.m./Sun. 1 p.m. – 4:00 p.m. at Mira Costa High School Gym</p>

**COST INCLUDES: Jersey, shorts, referee and fees**  
**FOR LEAGUE INFORMATION: (310) 802-5448**

**Online Registration Begins April 18, 2009 [www.cityymb.info](http://www.cityymb.info)**  
**Volunteer coaches needed! If interested, please call (310) 802-5407**

# beach camp

Each camp will offer a variety of beach sports, aquatics, volleyball, creative seashore crafts and beach games. Beach camp will emphasize participation, teamwork, fair play and fun! A great substitute for the common day camp. Each camper will receive a Beach Camp T-shirt, sun shelter, water and snacks.

Location: MB-P 8<sup>th</sup> St

Max: 48 Students

Instructor: Parks and Recreation Staff

## beach camp MORNINGS

Ages: 5Y-11Y

\$150.00/1 week

Days	Starts	Time	AC
M-F	6/22	8:30 AM - 12:15 PM	2350
M-F	6/29	8:30 AM - 12:15 PM	2351
M-F	7/6	8:30 AM - 12:15 PM	2352
M-F	7/13	8:30 AM - 12:15 PM	2353
M-F	7/20	8:30 AM - 12:15 PM	2354
M-F	7/27	8:30 AM - 12:15 PM	2355
M-F	8/3	8:30 AM - 12:15 PM	2356
M-F	8/10	8:30 AM - 12:15 PM	2357

## beach camp AFTERNOONS

Ages: 5Y-11Y

\$150.00/1 week

Days	Starts	Time	AC
M-F	6/22	12:30 PM - 4:15 PM	2362
M-F	6/29	12:30 PM - 4:15 PM	2363
M-F	7/6	12:30 PM - 4:15 PM	2364
M-F	7/13	12:30 PM - 4:15 PM	2365
M-F	7/20	12:30 PM - 4:15 PM	2366
M-F	7/27	12:30 PM - 4:15 PM	2367
M-F	8/3	12:30 PM - 4:15 PM	2368
M-F	8/10	12:30 PM - 4:15 PM	2369

## beach camp ALL DAY

Ages: 5Y-11Y

\$300.00/1 week

All campers must bring a lunch

Days	Starts	Time	AC
M-F	6/22	8:30 PM - 4:15 PM	2341
M-F	6/29	8:30 PM - 4:15 PM	2342
M-F	7/6	8:30 PM - 4:15 PM	2343
M-F	7/13	8:30 PM - 4:15 PM	2344
M-F	7/20	8:30 PM - 4:15 PM	2345
M-F	7/27	8:30 PM - 4:15 PM	2346
M-F	8/3	8:30 PM - 4:15 PM	2347
M-F	8/10	8:30 PM - 4:15 PM	2348



## SPORTS

### BEACH VOLLEYBALL FOR FUN

Res: \$336 Nonres: \$342

1 Week Session

Ages: At least 8 but less than 19

Get together with youth from all over the South Bay. HAVE FUN playing in this non-competitive environment, where the pros began their careers... Manhattan Beach-The Home of Beach Volleyball.

2308	PSS-MB	9:30 to 11:30am
June 22-August 14	Staff, Parks And Recreation	

### BEACH VOLLEYBALL SATURDAYS

Standard charge: \$80

4 Week Session

Ages: At least 7 but less than 19

The Sinjin Smith & Randy Stoklos Beach Volleyball Camps are dedicated to providing boys and girls, ages 7-18, with high quality instruction while maintaining a fun and safe atmosphere. All coaches have trained with Sinjin & Randy to learn the techniques and philosophies that made them the winningest team in beach volleyball history.

2128	PSS	9am to Noon
June 27-July 25	Sa	Staff, Coaches, Smith And Stoklos
2129	PSS	9am to Noon
August 8-August 29	Sa	Staff, Coaches, Smith And Stoklos

### BOOGIE BOARDING

Res: \$360 Nonres: \$366

8 Week Session

Ages: Any

This boogie boarding class provides basic instruction and beach supervision. This class is ideal for youth who are not ready to be at the beach alone.

2310	8th St-MB	1 to 4pm
June 22-August 14	M W F	Staff, Parks And Recreation
2311	8th St-MB	1 to 4pm
June 23-August 13	Tu Th	Staff, Parks And Recreation

### GOLF-PARENT & CHILD

Res: \$100 Nonres: \$106

4 Week Session

Ages: At least 4 but less than 7

Children will learn a variety of golf skills including proper grip, putting, chipping and swing fundamentals. Parents will also benefit by learning how to become a model sports league parent (Parent /Guardian participation required). This is an active class. Equipment will be provided.

2180	The Lakes at El Segundo	10 to 10:45am
June 27-July 25	Sa	Robert, Scott
No class: July 4		
2181	The Lakes at El Segundo	10 to 10:45am
August 1-August 29	Sa	Robert, Scott

### GYMNASTICS-FUN & FITNESS

Res: \$96 Nonres: \$102

8 Week Session

Swing on the rings, bounce in the foam "pit" and learn basic and intermediate gymnastics skills on the mats, bars, balance beam and vaulting table. Develop fitness, flexibility, coordination, and skills, while having fun! Our enthusiastic coaches will make sure your child wants to come to class each week!

2193	Aud-MHP	3:30 to 4:20pm
June 22-August 10	M	Staff, Superkids
2194	Aud-MHP	4:30 to 5:20pm
June 22-August 10	M	Staff, Superkids
2195	Aud-MHP	5:30 to 6:20pm
June 22-August 10	M	Staff, Superkids

### ICE HOCKEY FOR YOUTH

Free

4 Week Session

Ages: At least 6 but less than 14

This class introduces the skater to ice hockey and teaches basic safety and skating skills. Forward and backward skating, balance, and edges are covered. Protective equipment is recommended, but not provided. Includes skate rental, four public sessions and two guest passes for both parent and child.

2200	Toyota Sports Center	5:30 to 6pm
June 23-July 14	Tu	Staff, Toyota Sport Center
2201	Toyota Sports Center	Noon to 12:30pm
June 27-July 25	Sa	Staff, Toyota Sport Center

The City of Manhattan Beach Parks and Recreation Department Presents

# The 2009 Marine Camp Program

June 22<sup>nd</sup> - August 14<sup>th</sup>

Monday - Friday • 7:15AM - 6:00PM • Marine Avenue Park 1625 Marine Avenue • (310) 802-5427



Marine Camp is a paid full-custody enrichment program for children between the ages of 6-12. Marine Camp activities are in conjunction with the Playground Program on field trip days unless otherwise specified.

**Limited to 80 campers per week.**  
**Special 8 week price for the first 30 campers registered!**  
 The remaining 50 campers must sign up week by week.

**Registration:** (There are no refunds after registration)

- Residents: March 2, 2009
- Nonresidents: March 23, 2009
- Activity Code: 397

**There are 4 EZ Ways to Register:**

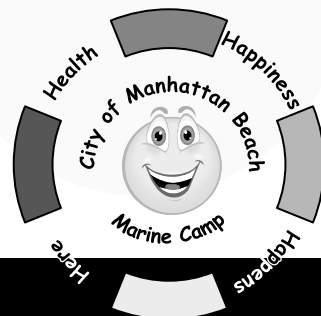
- Online [www.citymb.info](http://www.citymb.info)
- Fax (310) 802-5401
- Mail in  
 City of Manhattan Beach  
 Parks & Recreation Dept.  
 1400 Highland Avenue  
 Manhattan Beach, CA 90266
- Walk in (Monday – Friday 8:00 AM - 5:00 PM)

**Prices:**

- \$93/week for residents or 8 weeks for \$651 (\$93 Savings)
- \$99/week for nonresidents or 8 weeks for \$693 (\$99 Savings)
- Special 8 week price limited to the first 30 campers

**Contact:**

- Registration Help Desk (310) 802-5448
- David Ibarra, Program Supervisor (310) 802-5419
- Idris J. Al-Oboudi, Recreation Services Manager (310) 802-5404



**Marine Camp Strengthens Safety and Security**

# Playground Program Summer Vacation



Ages: 6Y - 12Y

\$63/week (Res) \$83/week (NonRes)

Days	Start	Time	Location	AC
M-F	6/22	10AM-6PM	LOP, MHP, SDP	637
M-F	6/22	10AM-6PM	LOP, MHP, SDP	612
M-F	6/29	10AM-6PM	LOP, MHP, SDP	614
M-F	7/6	10AM-6PM	LOP, MHP, SDP	629
M-F	7/13	10AM-6PM	LOP, MHP, SDP	630
M-F	7/20	10AM-6PM	LOP, MHP, SDP	631
M-F	7/27	10AM-6PM	LOP, MHP, SDP	632
M-F	8/3	10AM-6PM	LOP, MHP, SDP	633
M-F	8/10	10AM-6PM	LOP, MHP, SDP	634

**8 week Special \$441 Residents/\$581 NonResidents**

The Playground Program is a paid noncustodial enrichment program open to all children 6-12 years old. Registration can be done online (residents) or at the Parks and Recreation Department at City Hall (1400 Highland Ave.). Proof of eligibility is required to receive Manhattan Beach Resident rate (driver's license, ID, utility bill, pay stub, child's school ID, students proof of enrollment in a Manhattan Beach School).

Max 100 Students

Instructor: Parks and Recreation Staff

**Playground Program Trips**

Day	Start	Time	Trip	Cost	AC
Th	7/2	8AM-6PM	Disneyland	\$70	640
Th	7/9	8AM-6PM	Knott's Berry Farm	\$40	641
Th	7/16	8AM-6PM	Soak City*	\$40	642
Th	7/23	8AM-6PM	Universal Studios	\$60	643
Th	7/30	8AM-6PM	Mulligans*	\$40	644
Th	8/6	8AM-6PM	Science Center/IMAX*	\$40	645

Bus departs and returns to Manhattan Heights Community Center, 1600 Manhattan Beach Blvd. \*Includes lunch.

Max 80 Students

Instructor: Parks and Recreation Staff

**CONTACT INFORMATION**

**David Ibarra, Program Supervisor**  
 (310) 802-5419

**Registration Help Desk**  
 (310) 802-5448

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

### ICE SKATING FOR YOUTH

Res: \$60 Nonres: \$66 **4 Week Session**  
**Ages: At least 6 but less than 15**

These classes are for skaters who have never been on ice skates before or for those who have not yet had formal lessons. Students will learn basic forward and backward skating, swizzles, backward wiggles and snowplow stops. Includes skate rental, four public sessions and two guest passes for both parent and child. Please bring confirmation/waiver to your first class for admission.

2231	Toyota Sports Center	4:30 to 5pm
June 23-July 14	Tu Staff, Toyota Sport Center	
2232	Toyota Sports Center	4:30 to 5pm
June 25-July 16	Th Staff, Toyota Sport Center	
2233	Toyota Sports Center	Noon to 12:30pm
June 27-July 25	Sa Staff, Toyota Sport Center	

### JAMIE'S AWESOME SUMMER TENNIS CAMP

Res: \$240 Nonres: \$246 **1 Week Session**  
**Ages: At least 7 but less than 11**

Jamie Suard, PhD (c), a Tier 1, USPTA P-1 tennis professional, continues bringing her popular camps to the Manhattan Beach Parks and Recreation Dept-NOW IN SMALL GROUPS! Take advantage of her enthusiastic, caring, self-esteem building environment while your child learns and practices with lots of individualized instruction and through fun games and personal challenges (no standing around). Each student will leave empowered and knowing how AWESOME he or she is.

2036	Tennis Courts at Live Oak Park	9am to Noon
June 22-June 26	M Tu W Th F Suard, Jamie	
2037	Tennis Courts at Live Oak Park	1 to 4pm
June 22-June 26	M Tu W Th F Suard, Jamie	
2038	Tennis Courts at Live Oak Park	9am to Noon
July 6-July 10	M Tu W Th F Suard, Jamie	
2039	Tennis Courts at Live Oak Park	1 to 4pm
July 6-July 10	M Tu W Th F Suard, Jamie	
2040	Tennis Courts at Live Oak Park	9am to Noon
July 27-July 31	M Tu W Th F Suard, Jamie	
2041	Tennis Courts at Live Oak Park	9am to Noon
August 3-August 7	M Tu W Th F Suard, Jamie	
2042	Tennis Courts at Live Oak Park	9am to Noon
August 10-August 14	M Tu W Th F Suard, Jamie	
2044	Tennis Courts at Live Oak Park	9am to Noon
August 17-August 21	M Tu W Th F Suard, Jamie	
2081	Tennis Courts at Live Oak Park	9am to Noon
June 29-July 3	M Tu W Th F Suard, Jamie	
2082	Tennis Courts at Live Oak Park	9am to Noon
July 13-July 17	M Tu W Th F Suard, Jamie	
2083	Tennis Courts at Live Oak Park	9am to Noon
July 20-July 24	M Tu W Th F Suard, Jamie	
2084	Tennis Courts at Live Oak Park	1 to 4pm
July 20-July 24	M Tu W Th F Suard, Jamie	
2085	Tennis Courts at Live Oak Park	1 to 4pm
August 3-August 7	M Tu W Th F Suard, Jamie	
2086	Tennis Courts at Live Oak Park	9am to Noon
August 24-August 28	M Tu W Th F Suard, Jamie	

### KARATE-TRADITIONAL CHINESE KENPO-YOUTH

Res: \$99 Nonres: \$105 **8 Week Session**  
**Ages: At least 5 but less than 13**

Youths! Here is an exciting and fun way to stay in shape. Students will learn how to strengthen their stance, posture and increase mental focus, while acquiring usable self-defense skills.

1463	DR-JCC	5:30 to 6:15pm
June 22-August 10	M Hill, Kevan	

### LA TENNIS ACADEMY-YOUTH

**8 Week Session**  
**Ages: At least 10 but less than 13**

LA Tennis Academy bring fun, fitness, fundamentals and friends all together on the tennis court. LA Tennis Academy develops and improves children's general physical fitness skills (gross motor skill, hand eye coordination, strength and endurance) and also builds sportsmanship, self esteem and personal character. Our students have fun while learning the great game of tennis. 6-8 students per court. NYSICA Certified.

Res: \$122 Nonres: \$128		
1749	TC-MHP	5 to 5:45pm
June 22-August 10	M Staff, LA Tennis Academy	
1751	TC-MHP	4 to 4:45pm
June 23-August 11	Tu Staff, LA Tennis Academy	
Res: \$130 Nonres: \$136		
1753	TC-MHP	4:30 to 5:30pm
June 24-August 12	W Staff, LA Tennis Academy	
1757	TC-MCHS	10 to 11am
June 27-August 22	Sa Staff, LA Tennis Academy	
1759	Tennis Courts at Live Oak Park	10 to 11am
June 27-August 22	Sa Staff, LA Tennis Academy	
1763	TC-MHP	4 to 5pm
June 22-August 10	M Staff, LA Tennis Academy	
Res: \$98 Nonres: \$104		
1755	TC-MCHS	9:30 to 10am
June 27-August 22	Sa Staff, LA Tennis Academy	
1761	Tennis Courts at Live Oak Park	9:30 to 10am
June 27-August 22	Sa Staff, LA Tennis Academy	

### QUICKSTART TENNIS LESSON/LEAGUE

Res: \$150 Nonres: \$156 **8 Week Session**  
**Ages: At least 5 but less than 11**

This is the exciting new USTA lesson/league starter program. The size of the court and the ball use is modified so that children can progress quicker from learning skills to actually experience playing the game of tennis in a safe, competitive environment.

1641	TC-MHP	4 to 5:30pm
June 23-August 11	Tu Nardi, Susan	

### ROCK CLIMBING FOR YOUTH

Res: \$165 Nonres: \$171 **6 Week Session**  
**Ages: At least 6 but less than 16**

Where else can a kid have a great time exercising, building self confidence, and develop teamwork. Your child will learn all of the basics of rock climbing, from putting on gear, tying knots, and of course climbing. No matter what level your child we will continue to teach new techniques and build strength with each class. Classes will meet for 60 minutes each session for 10 weeks. All equipment will be included (Harness, Shoes, & Helmets) Instructor: BCR Gym Staff & Deanna Quesada, AMGA Trained and owner of BCR GYM. Located directly behind the Michael's shopping center. www.bcr gym.com

1827	Beach Cities Rock Gym	3:30 to 5pm
June 27-August 8	Sa Staff, Beach Cities Rock Gym	
1825	Beach Cities Rock Gym	3:30 to 4:30pm
June 25-August 6	Th Staff, Beach Cities Rock Gym	
1823	Beach Cities Rock Gym	3:30 to 4:30pm
June 23-August 11	Tu Staff, Beach Cities Rock Gym	

### ROCK CLIMBING PARENT & ME

Res: \$90 Nonres: \$96 **5 Week Session**  
**Ages: At least 4 but less than 16**

Learn how to climb with your kids. The course includes all equipment, the parents will be taught to belay, while the kids climb. If your kids can do it, so can you. Get a great workout while spending quality time with your family. Located directly behind the Michael's shopping center. www.bcr gym.com.

1049	Beach Cities Rock Gym	1:30 to 2:30pm
June 27-August 1	Sa Staff, Beach Cities Rock Gym	
1047	Beach Cities Rock Gym	1:30 to 7:30pm
June 23-July 28	Tu Staff, Beach Cities Rock Gym	

### RUNNING FOR GIRLS

Res: \$80 Nonres: \$86 **1 Week Session**  
**Ages: At least 8 but less than 13**

This running club will provide an opportunity for girls to participate in a physical activity while experiencing higher levels of self esteem and confidence. Girls just gotta have fun!

2338	PSS	9 to 9:45am
June 27-August 15	Sa Staff, Parks And Recreation	

### SOUTH BAY'S YOUTH ROCK CLIMBING LEAGUE

Res: \$165 Nonres: \$171 **8 Week Session**  
**Ages: At least 5 but less than 17**

Beach City Rocks provides kids with beginning to advanced skills in rock climbing in a no-stress competitive setting. There will be two 1 hour practices per week and Saturday morning competitions. All activities will be held at Beach City Rocks Gym. All equipment is included. T-shirts provided. Class will be taught by BCR staff and volunteers. No experience needed. Boys and Girls wanted.

1773	Beach Cities Rock Gym	3:30 to 4:30pm
June 22-August 12	M W Staff, Beach Cities Rock Gym	

### SURFING WITH CAMPSURF

Res: \$140 Nonres: \$146 **1 Week Session**  
**Ages: At least 7 but less than 13**

Campers will spend a week in small peer groups that are age and skill appropriate. Essential skills include: balance training, paddling, the "pop-up", oceanography and catching waves. Dedicated counselors and a low staff/student ratio ensure safety and allows for individual instruction.

2385	8th St-MB	9 to 10:30am
June 22-June 26	M W F Experience, Pure Surfing	
2386	8th St-MB	11am to 1pm
June 22-June 26	M F Experience, Pure Surfing	
2387	8th St-MB	9 to 10:30am
June 29-July 3	M W F Experience, Pure Surfing	
2388	8th St-MB	11am to 1pm
June 29-July 3	M F Experience, Pure Surfing	
2389	8th St-MB	9 to 10:30am
July 6-July 10	M W F Experience, Pure Surfing	
2390	8th St-MB	11am to 1pm
July 6-July 10	M F Experience, Pure Surfing	
2391	8th St-MB	9 to 10:30am
July 13-July 17	M W F Experience, Pure Surfing	
2392	8th St-MB	11am to 1pm
July 13-July 17	M F Experience, Pure Surfing	
2393	8th St-MB	9 to 10:30am
July 20-July 24	M W F Experience, Pure Surfing	
2394	8th St-MB	11am to 1pm
July 20-July 24	M F Experience, Pure Surfing	

2395	8th St-MB	9 to 10:30am
July 27-July 31	M W F Experience, Pure Surfing	
2396	8th St-MB	11am to 1pm
July 27-July 31	M F Experience, Pure Surfing	
2397	8th St-MB	9 to 10:30am
August 3-August 7	M W F Experience, Pure Surfing	
2398	8th St-MB	11am to 1pm
August 3-August 7	M F Experience, Pure Surfing	
2399	8th St-MB	9 to 10:30am
August 10-August 14	M W F Experience, Pure Surfing	
2400	8th St-MB	11am to 1pm
August 10-August 14	M F Experience, Pure Surfing	

### TENNIS CAMP WITH SUSAN NARDI

Res: \$299 Nonres: \$305 **1 Week Session**  
**Ages: At least 8 but less than 14**

Enjoy summer and have fun working on your tennis game. Kids will learn the basics of modern tennis. Kids need to bring a waters, lunch and snack. Field trips will be announced at camp.

2028	TC-MCHS	8:30am to 5pm
June 22-June 26	M Tu W Th F Nardi, Susan	
2029	TC-MCHS	8:30am to 5pm
June 29-July 3	M Tu W Th F Nardi, Susan	
2030	TC-MCHS	8:30am to 5pm
July 6-July 10	M Tu W Th F Nardi, Susan	
2031	TC-MCHS	8:30am to 5pm
July 13-July 17	M Tu W Th F Nardi, Susan	
2032	TC-MCHS	8:30am to 5pm
July 20-July 24	M Tu W Th F Nardi, Susan	
2033	TC-MCHS	8:30am to 5pm
July 27-July 31	M Tu W Th F Nardi, Susan	
2034	TC-MCHS	8:30am to 5pm
August 3-August 7	M Tu W Th F Nardi, Susan	

### TENNIS FOR YOUTH

Res: \$82 Nonres: \$88 **8 Week Session**  
**Ages: At least 8 but less than 14**

Teacher's written approval for advancement into higher level class may be substituted for age. Advanced beginner class for students with 6 months to 1 year experience.

Level 2.0	TC-MHP	4:45 to 5:25pm
2207	Th Meyers, Walt	
Level 2.0	TC-MCHS	9 to 9:40am
2208	Sa Meyers, Walt	
Level 2.5	TC-MHP	4 to 4:40pm
2209	Su Meyers, Walt	

### TENNIS YOUTH CLUB-ADVANCED BEGINNER

Res: \$82 Nonres: \$88 **8 Week Session**  
**Ages: At least 5 but less than 10**

An informal program which includes tennis instruction. Helps youth meet other young players. A great place to either get an introduction to tennis or sharpen skills.

1719	TC-MHP	4 to 4:40pm
June 25-August 13	Th Meyers, Walt	



**YOUTH-UNIQUE ACTIVITIES**

**BASIC HORSEMANSHIP FOR YOUTH**

Res: \$375 Nonres: \$381 **9 Week Session**  
Ages: At least 7 but less than 13

This course introduces students to horses and horsemanship, including basic horse care and riding.

1913 Palos Verde Estates Recreational Facilities **5 to 6:30pm**  
June 25-August 20 Th Bell, Callie

**SOCIALLY CONFIDENT KIDS**

Res: \$78 Nonres: \$84 **1 Week Session**  
Ages: At least 5 but less than 13

Children have fun as they learn social etiquette and will know the reasons behind practicing good manners! This special course includes: Why manners are important Introductions, meeting and greeting Speaking and listening skills Table-setting Table manners at a restaurant Body language and poise Telephone manners Thank you cards. "Manners to the Point" book by Maggie O'Farrill will be for sale A breakfast-type meal is included. www.sociallyconfidentkids.com

2333 PH-LOP **10am to 1pm**  
July 18-July 25 Sa  
2337 PH-LOP **10am to 1pm**  
August 15-August 22 Sa

**YOUNG, ALERT, AND AWARE**

Res: \$78 Nonres: \$84 **7 Week Session**  
Ages: At least 5 but less than 15

Safety, awareness, self-confidence, and realistic self-defense for children, ages 6-8 as one group and 9-11 as another group. Since 1986, thousands of children in California have been taught through this program, which includes; safety, body language, keen awareness skills, the 3Rs and how they apply to the child's safety, street awareness, lifetime skills, SIC (its meaning and application for the child's safety), emergency running skills, mental and physical self-defense (for escape purposes only), how to successfully handle a bully, and much more!! Taught by Al Johnson

1941 AH-MP **12:30 to 2pm**  
June 27-August 15 Sa Johnson, Al

**TEEN-ART & CERAMICS**

**2-DIMENSIONAL ART 101 TEEN**

Res: \$89 Nonres: \$95 **7 Week Session**  
Ages: At least 11 but less than 17

The goal of this course is to give students basic skills of drawing and painting. The class will discuss about essential elements of art such as value (shading), shape/form, color, space, and perspective. Students will use various art media such as acrylic painting, watercolor, charcoal, pastel, and pencil. By drawing from still life or copying works by old masters, students will establish a solid foundation for further exploration in two-dimensional visual art.

2133 VAR-CAC **4 to 5:30pm**  
June 25-August 13 Th Ragimov, LaLa

**ART & CERAMICS**

**3-DIMENSIONAL ART 101-TEEN**

Res: \$89 Nonres: \$95 **8 Week Session**  
Ages: At least 11 but less than 17

Explore natural and recycled materials using traditional and modern techniques. Learn to imagine, design a thumbnail sketch, weaving, and create projects in 3-D including ice sculpture, papier-mâché, wire sculpture, natural basketry, recycled clay into painted ponies and more.

2111 VAR-CAC **2:30 to 4pm**  
June 24-August 12 W Buckley, Georgette

**ART WITH ANGELICA: LANDSCAPE MANHATTAN-TEENS**

Res: \$123 Nonres: \$129 **7 Week Session**  
Ages: At least 11 but less than 17

Have fun with master arts educator Angelica who has taught for over 25 years at the Los Angeles County Museum of Art, the Getty, MOCA, the Music Center Education Division, LAUSD and other institutions. In this class, students will use a variety of dry and wet mediums: pencil, ink, oil pastels, photography, watercolor, tempera and acrylic to produce landscapes from Manhattan Beach Views. Plein-aire compositions will be rendered using the properties of optical perspective and the view finder as a compositional tool. At the end of session, students' work from the class will be displayed in the gallery.

2112 VAR-CAC **4 to 5:30pm**  
July 6-August 17 M Angelica Sotiriou

**CARTOONING FOR TEENS-I**

Res: \$98 Nonres: \$104 **8 Week Session**  
Ages: At least 11 but less than 17

George's easy-to learn drawing method will be used to gain a solid understanding the basics of manga, comic book, and video game characters. Topics include action, adventure, humor, fantasy, and even romance. There will be lots of one-on-one instructions with an emphasis on traditional drawing skills. Offered summer and winter only. (Intermediate course will be offered in fall and spring.)

2088 VAR-CAC **4:45 to 6:15pm**  
June 26-August 14 F Huante, George

**CERAMICS-POTTERY ON THE WHEEL TEENS**

Res: \$124 Nonres: \$130 **8 Week Session**  
Ages: At least 10 but less than 18

This class is all about making pottery on the potters wheel. Some hand building processes will be explored as they apply to pottery. Projects can include plates, bowls, vases, bottles, abstracts and (intentionally) deformed works. Surface decoration will be explored. More advanced artists can work on their own designs with the assistance of the instructor. Fee includes one bag of clay, glazes, and firing.

1715 CS-LOP **4 to 6pm**  
June 24-August 12 W Trulove, Thomas

**CERAMICS FOR TEENS**

Res: \$99 Nonres: \$105 **8 Week Session**  
Ages: At least 11 but less than 17

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

1669 CS-LOP **4:30 to 6pm**  
June 23-August 11 Tu Anacker, Rita

**DIGITAL PHOTOGRAPHY FOR TEENS**

Res: \$98 Nonres: \$104 **8 Week Session**  
Ages: At least 11 but less than 18

Learn how to really use your digital camera. This class will teach you how to be the master of your camera and get the shots you envision. Learn to shoot action shots, portraits and capture the things that are important to you. This class will teach photography basics, camera controls, depth of field, panning, shooting action and getting the images into your computer or on the web. We will look at what makes a good photo and learn about composition and aesthetics. This class will change you from a snapshot taker to a photographer. Learn lots of professional techniques.

2104 PAR-CAC **3:30 to 5:30pm**  
June 23-August 11 Tu Rich Ostrowski  
No Class - 7/14 & 8/18

**JEWELRY ASSEMBLAGE-TEENS**

Res: \$55 Nonres: \$61 **7 Week Session**  
Ages: At least 12 but less than 18

This is a fun workshop which students of all skill levels are welcome! This class will allow students to learn a variety of texturing techniques to be made onto metal, that may be used to create personal charms, pendants, or earrings. Students will use Steel Letter Tool Stamps on anvils to apply text as well as learn hammered designs with Forging and Chasing hammers onto metal components. If time permits and additional bookmark project can be made also.

2159 VAR-CAC **1:30 to 4:30pm**  
July 25, 2009 Sa Kristina Christian-Kelly  
2160 VAR-CAC **1:30 to 4:30pm**  
August 8, 2009 Sa Kristina Christian-Kelly

**DANCE, MUSIC & THEATER**

**FILM-FRESHI BASE CAMP CLASS**

Res: \$260 Nonres: \$266 **9 Week Session**  
Ages: At least 12 but less than 18

Base Camp is a hands-on, immersive introduction to digital filmmaking. Students work in small groups to make a film and each student will experience all aspects of production. Under the guidance of professional filmmakers, students will pitch, plan, shoot, edit, screen, score and even copyright their movies. Special mentors are brought in to discuss professional opportunities. Base camps include some of our signature workshops: special effects, music, stunts, make-up, directing and stop-motion animation are used to tell their stories. Students become part of FreshiFlix and can safely post and share their work with kids around the world. They also receive a subscription to Intercut, our film magazine and are eligible to submit to as well as attend the Freshi Film Festival for Kids. DVD available for addition \$15 fee payable at registration.

1171 PAR-CAC **4:15 to 6:15pm**  
June 25-August 27 Th Staff, Freshi Flix

**HIP HOP ARTS**

Res: \$78 Nonres: \$84 **6 Week Session**  
Ages: 12 and up

This class is for individuals who love to dance, think they can dance or just want to learn cool, hip and unique moves while having fun. In this class you'll also discover the skills needed to become a great performer as well as build confidence and self esteem.

2442 DR-JCC **6 to 7:30pm**  
June 22-July 29 M W Dawson, Latoya



Brit-West is dedicated to providing quality soccer instruction, while promoting sportsmanship and fun. Camps have been designed to develop each player's ball skills technique. Campers are divided into small groups based on age and experience. Each camper should wear appropriate soccer attire (shorts and t-shirt), shin guards and soccer shoes. Everyone should bring a soccer ball, snack and water each day.

Max 75 Students

Instructor: Brit West Soccer Coaches  
Location: Manhattan Village Soccer Field

Ages: 5Y - 14Y \$155 /1 week		
Day	Start	Time
M-F	6/22	9AM-12PM
M-F	6/29	9AM-12PM
M-F	7/6	9AM-12PM
M-F	7/13	9AM-12PM
M-F	7/20	9AM-12PM
M-F	7/27	9AM-12PM
M-F	8/3	9AM-12PM
M-F	8/10	9AM-12PM
M-F	8/17	9AM-12PM
M-F	8/24	9AM-12PM
M-F	8/24	1PM-4PM

Ages: 3Y - 5Y \$80 /1 week		
Day	Start	Time
M-F	6/22	9AM-12PM

**DANCE, MUSIC & THEATER**

**BEGINNING TEEN GUITAR**

**Res: \$175 Nonres: \$181**  
**1493 Wondernation Discovery Studio** **5 to 6pm**  
**July 23-September 10** **Th** **Staff, Wondernation**

**Ages: At least 11 but less than 16**  
 Learn the fundamentals of music while gaining proficiency on the guitar. Students will explore musical concepts, including note-reading, rhythm, music symbols and theory. Students will participate in a short performance at the end of the session. Students will learn to play the guitar in a fun and non-competitive environment. Students are required to furnish their own guitar.

**GUITAR CAMP-"TEEN WEEK"**

**Res: \$280 Nonres: \$286** **1 Week Session**  
**Ages: At least 12 but less than 17**  
 Students must provide their own acoustic guitar. Doors open at 7:30am, program begins at 8:30am and ends at 3:00pm with supervised extended play until 3:30pm. The guitar camp recitals are performed in concert with the Performing Arts Theater Camp which family and friends are invited to attend on the last day of each session. For more information on camp curriculum check out PAW on the web at [www.performingartsworkshops.com](http://www.performingartsworkshops.com) or call (310) 827-8827.

**2468 A-JCC** **8am to 3pm**  
**August 17-August 21** **M Tu W Th F** **Staff, Performing Art Workshop**

**PERFORMING ARTS CAMP-"TEEN WEEK"**

**Res: \$280 Nonres: \$286** **1 Week Session**  
**Ages: At least 12 but less than 17**  
 All the world's a stage! For ages 12 - 16, Teen Week is a week-long intensive course of study for the serious young actor in a fun and energetic camp atmosphere. Students will delve into a whirlwind creative process as they help stage a musical revue composed of original comedic and dramatic pieces as well as musical numbers from shows such as Wicked, Rent, Tommy & more! Students will be immersed in the fundamentals of actor training: scene study, voice and speech, audition technique, improve, Alexander Technique and more! The program is geared towards a final performance but the ultimate goal is to help our students harness their talents to their fullest potential. Doors open at 8:00am, program begins at 9:00am and ends at 3:00pm with supervised extended pick up period until 3:30pm. Check out PAW on the web at [www.performingartsworkshops.com](http://www.performingartsworkshops.com) or call (310) 827-8827.

**949 A-JCC** **8am to 3pm**  
**August 17-August 21** **M Tu W Th F** **Staff, Performing Art Workshop**

**FITNESS**

**PILATES FOR TEENS**

**Res: \$190 Nonres: \$196**  
**2246 Body & Mind Coe-Dynmaics, Inc** **6 to 7pm**  
**June 22-August 24** **M** **Coe Dynamics, Inc., Body & Mind**  
**2247 Body & Mind Coe-Dynmaics, Inc** **5 to 6pm**  
**June 24-August 26** **W** **Coe Dynamics, Inc., Body & Mind**  
**Res: \$360 Nonres: \$366**  
**2248 Body & Mind Coe-Dynmaics, Inc** **6 to 7pm**  
**June 22-August 26** **M W** **Coe Dynamics, Inc., Body & Mind**

**Ages: At least 13 but less than 18**  
 This class offers a fun and safe experience to health/wellness and healthy movement habits. The student will stimulate awareness, energy, concentration, self-confidence and a feeling of success.

**SPORTS**

**LA TENNIS ACADEMY-TEENS**

**Res: \$130 Nonres: \$136** **8 Week Session**  
**Ages: At least 13 but less than 18**  
 The LA Tennis Academy brings fun, fitness, fundamentals and friends all together on the tennis court. The LA Tennis Academy develops and improves children's general physical fitness skill (gross motor skills, hand eye coordination, strength and endurance) and also builds sportsmanship, self esteem and personal character. Our students have fun while learning the great game of tennis. NYSCA Certified.

**1781 Tennis Courts at Live Oak Park** **11am to Noon**  
**June 20-August 15** **Sa** **Staff, LA Tennis Academy**

**LA TENNIS ACADEMY'S SUMMER TENNIS CAMPS**

**Res: \$135 Nonres: \$141** **1 Week Session**  
**Ages: At least 4 but less than 13**  
 LA Tennis Academy bring fun, fitness, fundamentals and friends all together on the tennis court! Our students learn new skills, drills, play games, all while having fun and learning.

<b>2046</b>	<b>Tennis Courts at Live Oak Park</b>	<b>9am to Noon</b>
<b>June 29-July 2</b>	<b>M Tu W Th</b>	<b>Staff, LA Tennis Academy</b>
<b>2047</b>	<b>TC-MCHS</b>	<b>9am to Noon</b>
<b>June 29-July 2</b>	<b>M Tu W Th</b>	<b>Staff, LA Tennis Academy</b>
<b>2048</b>	<b>Tennis Courts at Live Oak Park</b>	<b>9am to Noon</b>
<b>July 6-July 9</b>	<b>M Tu W Th</b>	<b>Staff, LA Tennis Academy</b>
<b>2049</b>	<b>TC-MCHS</b>	<b>9am to Noon</b>
<b>July 6-July 9</b>	<b>M Tu W Th</b>	<b>Staff, LA Tennis Academy</b>
<b>2050</b>	<b>Tennis Courts at Live Oak Park</b>	<b>9am to Noon</b>
<b>July 13-July 16</b>	<b>M Tu W Th</b>	<b>Staff, LA Tennis Academy</b>
<b>2051</b>	<b>TC-MCHS</b>	<b>9am to Noon</b>
<b>July 13-July 16</b>	<b>M Tu W Th</b>	<b>Staff, LA Tennis Academy</b>
<b>2052</b>	<b>Tennis Courts at Live Oak Park</b>	<b>9am to Noon</b>
<b>July 20-July 23</b>	<b>M Tu W Th</b>	<b>Staff, LA Tennis Academy</b>
<b>2053</b>	<b>TC-MCHS</b>	<b>9am to Noon</b>
<b>July 20-July 23</b>	<b>M Tu W Th</b>	<b>Staff, LA Tennis Academy</b>
<b>2054</b>	<b>Tennis Courts at Live Oak Park</b>	<b>9am to Noon</b>
<b>July 27-July 30</b>	<b>M Tu W Th</b>	<b>Staff, LA Tennis Academy</b>
<b>2055</b>	<b>TC-MCHS</b>	<b>9am to Noon</b>
<b>July 27-July 30</b>	<b>M Tu W Th</b>	<b>Staff, LA Tennis Academy</b>
<b>2056</b>	<b>Tennis Courts at Live Oak Park</b>	<b>9am to Noon</b>
<b>August 3-August 6</b>	<b>M Tu W Th</b>	<b>Staff, LA Tennis Academy</b>
<b>2057</b>	<b>TC-MCHS</b>	<b>9am to Noon</b>
<b>August 3-August 6</b>	<b>M Tu W Th</b>	<b>Staff, LA Tennis Academy</b>
<b>2058</b>	<b>Tennis Courts at Live Oak Park</b>	<b>9am to Noon</b>
<b>August 10-August 13</b>	<b>M Tu W Th</b>	<b>Staff, LA Tennis Academy</b>
<b>2059</b>	<b>TC-MCHS</b>	<b>9am to Noon</b>
<b>August 10-August 13</b>	<b>M Tu W Th</b>	<b>Staff, LA Tennis Academy</b>
<b>2060</b>	<b>Tennis Courts at Live Oak Park</b>	<b>9am to Noon</b>
<b>August 17-August 20</b>	<b>M Tu W Th</b>	<b>Staff, LA Tennis Academy</b>
<b>2061</b>	<b>Tennis Courts at Live Oak Park</b>	<b>9am to Noon</b>
<b>August 24-August 27</b>	<b>M Tu W Th</b>	<b>Staff, LA Tennis Academy</b>

City of Manhattan Beach Parks and Recreation Department

1<sup>st</sup> Annual  
**MANHATTAN BEACH**  
**JUNIOR TENNIS**  
**CHAMPIONSHIPS**

July 11-12 & 18-19, 2009

**Site**

- Mira Costa High School Tennis Courts

**Registration**

- April 15 - July 2, 2009
- Online: [www.citymb.info](http://www.citymb.info) or at MB City Hall
- "Open" and "Novice" Divisions
- Boys & Girls Singles - Ages 10, 12, 14 & 16
- Entry Fee: \$25
- Tee Shirt Included
- All USTA/SCTA rules apply
- **Player responsible to check after July 7<sup>th</sup> for first match time: [www.citymb.info](http://www.citymb.info)**

**IMPORTANT:** Tournament will commence on July 11 and we will attempt to play all matches first weekend - but players must be available for second if necessary. Novice tournament will be a timed round robin event. **Novice Eligibility:** One can not have played and won a round in an open division tournament, played and won two rounds in a satellite tournament or won any two novice events in which there were at least 6 players in the draws.

**Contact**

Rhonda Whitehead, Tournament Director  
 (310) 532-6858  
[helpmerhonda@socal.rr.com](mailto:helpmerhonda@socal.rr.com)



"THE TOTAL GAME"  
 by Steve C. Whitehead

**SPORTS**

**SURFING WITH CAMPSURF**

**Res: \$140 Nonres: \$146** **1 Week Session**  
**Ages: At least 12 but less than 19**  
 Surfers will spend a week in small peer groups that are age and skill appropriate. Essential skills include: balance training, paddling, the "pop-up", oceanography and catching waves. Dedicated counselors and a low staff/student ratio ensure safety and allows for individual instruction.

<b>2404</b>	<b>8th St-MB</b>	<b>9 to 10:30am</b>
<b>June 22-June 26</b>	<b>M W F</b>	<b>Experience, Pure Surfing</b>
<b>2405</b>	<b>8th St-MB</b>	<b>11am to 1pm</b>
<b>June 22-June 26</b>	<b>M F</b>	<b>Experience, Pure Surfing</b>
<b>2406</b>	<b>8th St-MB</b>	<b>9 to 10:30am</b>
<b>June 29-July 3</b>	<b>M W F</b>	<b>Experience, Pure Surfing</b>
<b>2407</b>	<b>8th St-MB</b>	<b>11am to 1pm</b>
<b>June 29-July 3</b>	<b>M F</b>	<b>Experience, Pure Surfing</b>
<b>2408</b>	<b>8th St-MB</b>	<b>9 to 10:30am</b>
<b>July 6-July 10</b>	<b>M W F</b>	<b>Experience, Pure Surfing</b>
<b>2409</b>	<b>8th St-MB</b>	<b>11am to 1pm</b>
<b>July 6-July 10</b>	<b>M F</b>	<b>Experience, Pure Surfing</b>
<b>2410</b>	<b>8th St-MB</b>	<b>9 to 10:30am</b>
<b>July 13-July 17</b>	<b>M W F</b>	<b>Experience, Pure Surfing</b>
<b>2411</b>	<b>8th St-MB</b>	<b>11am to 1pm</b>
<b>July 13-July 17</b>	<b>M F</b>	<b>Experience, Pure Surfing</b>
<b>2412</b>	<b>8th St-MB</b>	<b>9 to 10:30am</b>
<b>July 20-July 24</b>	<b>M W F</b>	<b>Experience, Pure Surfing</b>
<b>2413</b>	<b>8th St-MB</b>	<b>11am to 1pm</b>
<b>July 20-July 24</b>	<b>M F</b>	<b>Experience, Pure Surfing</b>
<b>2414</b>	<b>8th St-MB</b>	<b>9 to 10:30am</b>
<b>July 27-July 31</b>	<b>M W F</b>	<b>Experience, Pure Surfing</b>
<b>2415</b>	<b>8th St-MB</b>	<b>11am to 1pm</b>
<b>July 27-July 31</b>	<b>M F</b>	<b>Experience, Pure Surfing</b>
<b>2416</b>	<b>8th St-MB</b>	<b>9 to 10:30am</b>
<b>August 3-August 7</b>	<b>M W F</b>	<b>Experience, Pure Surfing</b>
<b>2417</b>	<b>8th St-MB</b>	<b>11am to 1pm</b>
<b>August 3-August 7</b>	<b>M F</b>	<b>Experience, Pure Surfing</b>
<b>2418</b>	<b>8th St-MB</b>	<b>9 to 10:30am</b>
<b>August 10-August 14</b>	<b>M W F</b>	<b>Experience, Pure Surfing</b>
<b>2419</b>	<b>8th St-MB</b>	<b>11am to 1pm</b>
<b>August 10-August 14</b>	<b>M F</b>	<b>Experience, Pure Surfing</b>

**UNIQUE ACTIVITIES**

**BASIC HORSEMANSHIP FOR TEENS**

**Res: \$375 Nonres: \$381** **9 Week Session**  
**Ages: At least 13 but less than 19**  
 This course introduces students to horses and horsemanship, including basic horse care and riding.

**1923 Palos Verdes Stables** **4 to 5:30pm**  
**June 26-August 21** **F** **Bell, Callie**

**SELF DEFENSE FOR TEENS**

**Res: \$78 Nonres: \$84** **7 Week Session**  
**Ages: At least 12 but less than 17**  
 This class will teach students possible self-defense techniques against blunt instruments, grabs, holds and punches. Some self-defense techniques against weapons will be presented in the intermediate stages of instruction. Effective body pressure points, in close combative techniques and how to generate maximum power from the body will be taught. There are no uniforms or belt ranks. Wear loose clothing and bring a towel and drinking water.

**1853 AH-MP** **2 to 3:30pm**  
**June 27-August 15** **Sa** **Johnson, Al**

# Teen Center Summer Program

Days	Start	Time	Location	Cost
M-F	6/22	10AM-6PM	MH-T	\$18
M-F	6/22	10AM-6PM	MH-T	\$850
M-F	6/22	10AM-6PM	MH-T	\$75
M-F	6/29	10AM-6PM	MH-T	\$75
M-F	7/6	10AM-6PM	MH-T	\$75
M-F	7/13	10AM-6PM	MH-T	\$75
M-F	7/20	10AM-6PM	MH-T	\$75
M-F	7/27	10AM-6PM	MH-T	\$75
M-Tu	8/3	10AM-6PM	MH-T	\$30
M-F	8/01	10AM-6PM	MH-T	\$75

  Resident, for the entire summer  
  Nonresident, entire summer + trips  
  Nonresident, single week

The Teen Center Vacation Program is open to all Manhattan Beach 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> graders. This is a drop-in program and is open Monday - Friday 10AM - 6PM. The cost to attend the Teen Center is \$18 for residents (teens who live in Manhattan Beach, attend school in Manhattan Beach or whose parents work in the City of Manhattan Beach) and \$75 per week for nonresidents. The special events and trips cost extra and are listed below. For \$850, nonresidents may register for the "All inclusive" package which includes all 8 week and all trips. A packed lunch is required everyday except for Fridays when the teens are allowed to purchase lunch from Tomboy's or McDonalds.

Max 100 Students

Brianne Sternad, Sr. Rec. Leader  
(310) 802-5426

Michael Brooke, Program Supervisor  
(310) 802-5435



TEEN  
CENTER  
RULE  
SQUAD

Ages: 12Y - 18Y

Day	Start	Time	Cost	Trip
Tu	6/30	9AM-7PM	\$30	Mulligan's
Th	7/2	9AM-7PM	\$5	Bike Riding
Th	7/9	8AM-7PM	\$40	Magic Mountain
Th	7/16	9AM-7PM	\$40	Aquarium of the Pacific
Th	7/23	7AM-9:30PM	\$50	Catalina Island
Th	7/30	9AM-7PM	\$40	Knott's Berry Farm
W-F	8/5-8/7	9AM-12PM	\$50	Doheny Camping Trip
Th	8/13	9AM-10PM	\$60	Disneyland

Max 100 Students  
Instructor: Parks and Recreation Staff

## ART & CERAMICS

### BINDING THINGS UP

Res: \$75 Nonres: \$81

Ages: 15 and up

Have you ever wanted to somehow use some of the beautiful commemorative stamps that are being issued by the US Postal Service? Is it beginning to look a lot like Christmas? Would you like to make a couple of ornaments that you could give as gifts this Christmas, using some holiday-themed stamps or other favorites? Then you won't miss this class. Learn simple and useful book-binding techniques as you create a handmade Tassel Stamp Ornament Book. It looks complicated but it's amazingly simple. See what we can do in a couple of hours to turn them into joyous give-aways for the holidays.

2092 Sat, June 27, 2009	VAR-CAC	10am to 12:30pm Charlotte Marshall
2093 July 9, 2009	VAR-CAC Th	6:30 to 9pm Charlotte Marshall

### CERAMICS-INTERMEDIATE/ ADVANCED

Res: \$148 Nonres: \$154

9 Week Session  
Ages: 16 and up

This class is geared toward students who have a basic knowledge of wheel throwing and are ready to develop more complex forms such as covered jars, casseroles and teapots. We will also explore surface decoration and raku firing. Fee includes cost of (1) bag of clay, glazes, and firing.

1553 June 25-August 20	CS-LOP Th	9:30am to 12:30pm Mallman, Mary
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### CERAMICS-POTTERY ON THE WHEEL

Res: \$148 Nonres: \$154

9 Week Session  
Ages: 16 and up

This class will focus on the forms created using the potter's wheel and will cover the basics of the ceramic process. The class welcomes all skill levels and will teach beginners about the properties of clay and basic wheel thrown forms like cups, bowls, and vases. More advanced students will expand on their knowledge and develop more complex forms such as teapots, covered casseroles and altered forms. Fee includes cost of (1) bag of clay, glazes, and firing.

1631 June 23-August 18	CS-LOP Tu	6:30 to 9:30pm Mallman, Mary
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### CERAMICS-POTTERY ON THE WHEEL-BEGINNING

Res: \$148 Nonres: \$154

9 Week Session  
Ages: 16 and up

This class's focus is to create forms using the potter's wheel. Students will learn the basics of the ceramic process, including the properties of clay and basic wheel-thrown techniques for forms like cups, bowls, and vases. The class welcomes all skill levels. Fee includes cost of one (1) bag of clay, glazes, and firing.

1063 June 23-August 18	CS-LOP Tu	10am to 1pm Mallman, Mary
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### CERAMICS ALL LEVELS, ALL FORMS

Res: \$148 Nonres: \$154

9 Week Session  
Ages: 16 and up

Class is structured to assist all experience levels from the beginner through the advanced ceramicist explore their own artistic path. The student will be assisted in developing the techniques necessary to create the ceramic arts of their own design and taste. Some of the techniques which can be examined are: Pottery, Sculpture, Hand building, combination pieces, Surface Decoration, Slip and Glaze Decoration, Hard and Soft slab forms, and others as the students arts aesthetics dictate. The fee include: one bag of clay, glazes, and firing.

2146 June 24-August 19	CS-LOP W Trulove, Thomas	6:30 to 9:30pm
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### CERAMICS BASIC & INTERMEDIATE

Res: \$148 Nonres: \$154

9 Week Session  
Ages: 16 and up

Basic and intermediate students will share learning and studio working experience in this class. According to students' skill level, instruction will be differentiated to accommodate various needs. Beginners will learn hand-building techniques (pinch, coil, and slab) plus introduction to wheel throwing. Based on the knowledge, intermediate students will advance their techniques of pottery and sculpture making, including elaborate surface decoration. Fee includes one bag of clay, glazes, and firing.

1611 June 22-August 17	CS-LOP M	6:30 to 9:30pm Trulove, Thomas
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### CERAMICS EXPERIMENTAL

Res: \$148 Nonres: \$154

9 Week Session  
Ages: 16 and up

This class is designed for people with prior hand-building or wheel experiences who are self directed. Instructor will help you develop your ideas by expanding on your knowledge of methods, tools, and techniques. We will explore and experiment with various materials and methods to help enhance your personal projects. This class will also explore the raku firing process. Class adapts to student's skills. Fee includes one bag of clay, glazes, and firing.

2285 June 25-August 20	CS-LOP Th	1 to 4pm Mallman, Mary
2286 June 25-August 20	CS-LOP Th	6:30 to 9:30pm Mallman, Mary

### CERAMICS OPEN STUDIO

Res: \$69 Nonres: \$75

9 Week Session  
Ages: 16 and up

Prerequisite: Enrolled in at least one Manhattan Beach Parks & Recreation Ceramics class.

June 27-August 29	CS-LOP Sa	10am to 1:30pm Mallman, Mary
June 24-August 19	CS-LOP W	10am to 1:30pm Mallman, Mary

### COLLAGE AND ASSEMBLAGE

Res: \$125 Nonres: \$131

4 Week Session  
Ages: 17 and up

This class will offer a wide range of design and creative expression. Various art media such as acrylics, charcoal pencils, colored pencils, magazines, and found objects will be used to explore the student's inner being.

2235 July 23-August 13	VAR-CAC Th	7 to 8:30pm Hom, Deborah
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# Ceramics is Fun!

## Classes Available for ALL Levels! From Beginner to Advanced!

Create your own functional or sculptural ceramic forms.

We have 8 electric potters wheels, a kick wheel, a slab roller, 2 gas kilns, 3 electric kilns, a raku kiln, an extruder, 24 glazes and ample table space. Explore your creativity!

Meet your neighbors in a relaxed, fun and creative environment. Sign up NOW!



### JEWELRY ASSEMBLAGE-ADULTS

Res: \$55 Nonres: \$61  
Ages: 17 and up  
This is a fun workshop which students of all skill levels are welcome! This class will allow students to learn a variety of texturing techniques to be made onto metal, that may be used to create personal charms, pendants, or earrings. Students will use Steel Letter Tool Stamps on anvils to apply text as well as learn hammered designs with Forging and Chasing hammers onto metal components. If time permits and additional bookmark project can be made also.

2162	VAR-CAC	10am to 1pm
July 25, 2009	Sa	Kristina Christian-Kelly
2163	VAR-CAC	10am to 1pm
August 8, 2009	Sa	Kristina Christian-Kelly

### LANDSCAPE PASTEL PAINTING

Res: \$150 Nonres: \$156  
8 Week Session  
Ages: 17 and up  
Enjoy the creative process of painting landscapes using soft pastels. Students will learn the necessary tools to create beautiful landscapes inspired from their own photographs. Through instructor demonstrations and personal guidance students will learn and develop a greater understanding of how to see, interpret and paint the landscape with pastels. Previous drawing or sketching experience a plus but not mandatory. Please call 310.802.5409 for supply list prior to first class meeting.

1545	VAR-CAC	9am to Noon
June 25-August 13	Th	Mancuso, Joseph

### MANHATTAN POETS WORKSHOP

Res: \$105 Nonres: \$111  
8 Week Session  
Ages: 18 and up  
Find your own voice in pomes and in prose. Through daily journaling and in-class exercises, students will be encouraged to discover what they have to say in a safe social environment. The 2005 Naomi Long Madgett Poetry Award winner Anthony Lee, Ph.D, will lead you to find where the voice and feelings come from and teach how to transform the inner voice in writing.

1541	PAR-CAC	7:30 to 9:30pm
June 23-August 11	Tu	Lee, Anthony

### NATURE'S WARRIORS (JEWELRY DOLLS)

Res: \$75 Nonres: \$81  
Ages: 15 and up  
June 25, 2009  
If you liked playing with paper dolls as a child, this will bring back those memories of creative delight while adding a contemporary and grown-up twist! If you're an environmentalist, gardener or someone looking for artistic ways to recycle and reuse, this class also meets those criteria. The dolls are made out of twigs, paper and coat hangers and can be embellished with a variety of old and new jewelry pieces. They seem to take on different personalities depending on the artist's mood or intended doll recipient. The paper dolls make wonderful, heartfelt gifts for special friends and fun ways to display your personal jewelry.

2091	VAR-CAC	6:30 to 9pm
June 25, 2009	Th	Charlotte Marshall
2094	VAR-CAC	1:30 to 4pm
July 18, 2009	Sa	Charlotte Marshall

### ART & CERAMICS

#### OIL PAINTING THE EASY WAY

Res: \$98 Nonres: \$104  
8 Week Session  
Ages: 17 and up  
Techniques for beginners through advanced. Explore composition, color selection and color mixing. Learn methods for painting landscapes, seascapes, still life and more as you develop your own style. Instructor will demonstrate each painting and provide individual instruction. Request a material list when registering. Bring supplies to first class.

1539	VAR-CAC	6:30 to 9pm
June 22-August 10	M	Beuoy, Jean Pratt

#### ORIENTAL WATERCOLOR

Res: \$120 Nonres: \$126  
8 Week Session  
Ages: 17 and up  
Noted artist and instructor Hisako Asano will share her approach to a world of delicate ancient watercolor painting. Special attention will be focused on technique and styles which allow for a creative and individual approach to painting. Please call 310.802.5409 for a supply list prior to first class meeting.

1537	VAR-CAC	9 to 11:30am
June 23-August 11	Tu	Asano-Gould, Hisako

#### PHOTO TRANSFER

Res: \$68 Nonres: \$74  
2 Week Session  
Ages: 16 and up  
Have fun experimenting photo transfer. Using different acrylic medium, you will learn how to transfer images on paper, canvas, etc., create texture, and apply glazes. You can make unique artwork combining the photo transfer technique with paint, pastel, and gel mediums. Class fee includes materials.

2106	VAR-CAC	10am to 1pm
July 11-July 18	Sa	Margaret Yuko-Tan

#### SQUARE DEALS PAPER ART

Res: \$75 Nonres: \$81  
Ages: 15 and up  
Learn simple and useful paper-folding techniques as you create handmade square envelopes which have such potential and are child's play to make. Use them to mail handmade cards, to package special CDs or DVDs, to contain small books, or to paste onto the end page of your book to contain your colophon. Use a couple to embellish a greeting card, stitch into a flag book for loose surprises or better still, to enclose a tiny book, safely tethered with a length of ribbon so the book can be read but never lost.

2101	VAR-CAC	1:30 to 4pm
July 11, 2009	Sa	Charlotte Marshall
2102	VAR-CAC	6:30 to 9pm
July 16, 2009	Th	Charlotte Marshall

#### THE ART OF OIL

Res: \$118 Nonres: \$124  
8 Week Session  
Ages: 17 and up  
Students will learn the basics of oil painting including use of mediums, color, value, shape and line through specific exercises and then apply this to the canvas. All skill levels welcome. Call to request the class supply list (310) 802-5409.

1477	VAR-CAC	9:30am to Noon
June 22-August 10	M	Momii, Hiroko

### THE ART OF PET DRAWING-BASIC

Res: \$118 Nonres: \$124  
8 Week Session  
Ages: 17 and up  
If you want to make artwork of your loving pet, try this class. You will learn the basics of how to draw an animal shape starting from circles, ovals, and lines. Value scale and shading will be introduced to create volume and enrich your drawing. Various media such as pencil, color pencil, charcoal, and pastel will be used. Material list will be provided by calling (310) 802-5409.

1417	VAR-CAC	6:30 to 8:30pm
June 23-August 11	Tu	Lind, Mona Lisa

### USING YOUR DIGITAL CAMERA EFFECTIVELY

Res: \$98 Nonres: \$104  
8 Week Session  
Ages: 17 and up  
Now that you have a digital camera, how do you use it? You will learn how to take better photos of your kids, vacations, family and friends. The instructor will take you through the process of learning to use all the controls on your camera and when to use them. Even if you are not computer savvy, you will learn to use the software programs to save your images to your computer and to get them ready for printing or e-mailing to friends and family. Money saving tips and techniques will be emphasized.

2105	PAR-CAC	1 to 3pm
June 23-August 11	Tu	Rich Ostrowski
No class 7/14 & 8/18		

### WATERCOLOR PAINTING

Res: \$89 Nonres: \$95  
8 Week Session  
Ages: 17 and up  
Whether you have been painting for years or want to get started in watercolor, you will have a great time trying new techniques and discovering your own style. Instructor provides the subject and leads the class through the entire painting process. Supplies extra, supply list provided by calling (310) 802-5409. Jean Pratt Beuoy, B.A. is a local artist who has been instructing for forty years.

1475	VAR-CAC	6:30 to 9pm
June 24-August 12	W	Beuoy, Jean Pratt

### DANCE, MUSIC & THEATER

#### AFRICAN DANCE-BEGINNING

Res: \$88 Nonres: \$94  
8 Week Session  
Ages: 18 and up  
This class introduces the student to the basic fundamentals of the high energy African Dance style. A great way to get (or stay) in shape, and learn a new style of dance. Students can invite family and friends to watch a small performance at the end of the class session.

1059	DR-JCC	8 to 9am
June 24-August 12	W	Campbell, Curtis
1061	DR-JCC	6:30 to 7:30pm
June 24-August 12	W	Campbell, Curtis
2113	DR-JCC	8 to 9am
June 24-August 12	W	Campbell, Curtis

#### BALLROOM DANCE

Res: \$53 Nonres: \$59  
5 Week Session  
Ages: 17 and up  
Come in and learn four of the most popular ballroom dances, Foxtrot, Rumba, Waltz and Cha cha cha. Partner suggested.

1717	A-JCC	7 to 7:50pm
June 24-July 22	W	Llorens, Kathleen

**DANCE, MUSIC & THEATER**

**CARDIO BELLY DANCE**

**Res: \$70 Nonres: \$76** **6 Week Session**  
**Ages: 18 and up**  
Learn the basics of belly dancing in this low impact cardio class. Have fun while you tone and define your muscles with graceful, sensual and rhythmic movements. The ancient art of belly dancing will improve your flexibility and stamina. Belly dance is also one of the safest, simplest and most efficient way to achieve lasting fitness. It is a full body workout that slims and tones your body through cardiovascular and strength dance moves. Muscle isolation exercises tones your hips, buns, thighs, and abdominal. Experience the amazing benefits of belly dance!

**1163** **A-JCC** **9:30 to 10:30am**  
**June 25-July 30** **Th** **Darowish, Marina**

**INTRO TO SALSA**

**Res: \$60 Nonres: \$66** **6 Week Session**  
**Ages: 17 and up**  
Learn to dance the basics of the hottest Latin dance. Course content includes basic footwork, turn patterns and the essentials of leading and following.

**1877** **Athletic Grace Dance Studio** **8 to 9pm**  
**June 25-July 30** **Th** **Staff, Athletic Grace Dance Studios**

**WEST COAST SWING**

**Res: \$53 Nonres: \$59** **5 Week Session**  
**Ages: 17 and up**  
West Coast Swing is a fun and versatile dance using Big Band, fifties, country/western and current music. This class is designed for people who have never danced West Coast Swing or need to review the basics. You will learn the five basic steps, plus a few variations.

**2303** **A-JCC** **8 to 8:50pm**  
**June 24-July 22** **W** **Llorens, Kathleen**

**GETTING PAID TO TALK**

**Res: \$50 Nonres: \$56** **Ages: 18 and up**  
Getting Paid to Talk, Making Money with Your Voice An Introduction to professional voice overs. Have you ever been told that you have a great voice? This exciting class will explore numerous aspects of voice over work for television, film, radio, audio books, documentaries and the internet in your area. We will cover all the basics, including how to prepare the all-important demo, how to be successful and earn great income in this exciting field. Students will have the opportunity to ask questions and to hear examples of demos recorded by professional voice actors. Class participants will even have a chance to record a commercial script under the direction of our voicecoaches.com producer! This class is informative, lots of fun, and a great first step for anyone interested in voice acting professionally. Space is limited, and registration closes one week prior to class, so register early.

**1503** **AH-MP** **6:30 to 9pm**  
**June 18, 2009** **Th** **Staff, Voice Coaches**

**INTRO TO ADULT BALLET**

**Res: \$100 Nonres: \$106** **10 Week Session**  
**Ages: 15 and up**  
A class designed for the adult with absolutely no ballet experience. This 60 minute class covers proper stance for alignment, positions of the arms and feet, as well as the coordination of these principles. Students will learn the ballet vocabulary necessary for other forms of dance disciplines. Ballet slippers required. Please visit athleticgrace.com or call 310-414-9630 for more information.

**1901** **Athletic Grace Dance Studio** **6 to 7pm**  
**June 22-August 24** **M** **Staff, Athletic Grace Dance Studios**  
**1057** **Athletic Grace Dance Studio** **Noon to 1pm**  
**June 25-August 27** **Th** **Staff, Athletic Grace Dance Studios**

**COMEDY IMPROV**

**Res: \$120 Nonres: \$126** **8 Week Session**  
**Ages: 18 and up**  
Laugh and learn Improv Comedy. This class is for those that wish to be comfortable in personal/social settings, business settings or professional acting/performance. Learn comedy improv and stage technique in a safe, supportive, and fun environment. Self-expression without any pressure. All levels welcome and no experience necessary.

**1191** **PAR-CAC** **7 to 9pm**  
**June 24-August 12** **W** **Staff, Improv Teachers**

**ZUMBA DANCE**

**Res: \$72 Nonres: \$78** **6 Week Session**  
**Ages: 18 and up**  
ZUMBA is a fusion of Latin and International music-dance themes that create a dynamic, exciting, effective fitness system! Combines high energy and motivating music with unique moves and combinations. It is a mixture of body sculpting movements with easy to follow dance steps.

**1499** **PAR-CAC** **8:30 to 9:30am**  
**June 24-August 5** **W** **Korenevsky, Nelly**  
**No class 7/1**

**1501** **DR JCC** **6:45 to 7:30pm**  
**June 22-August 3** **M** **Nelly Korenevsky**  
**No class 6/29**

**FITNESS**

**BABYSIZE**

**Res: \$68 Nonres: \$74** **1 Week Session**  
**Ages: 18 and up**  
This class combines elements of pilates, yoga and baby massage to provide gentle exercises for new moms and is also a wonderful way for parents to bond with their new baby. Moms and babies will benefit from this playful and unique workout which will include a discussion at the end of each class. Babies 6 weeks to 1 year welcome.

**2339** **PH-LOP** **2 to 3pm**  
**June 24-August 12** **W** **Staff, Parks And Recreation**

**BEACH BOOT CAMP**

**Res: \$215 Nonres: \$221** **8 Week Session**  
**Ages: 18 and up**  
This group workout, on the beach, is designed to help the student lose weight, tone their body, build endurance and network with others. Our instructor, Joe Charles, will place each student into one of three fitness levels: A's for athletes and overachievers, B's for moderate fitness abilities and C's for beginners. Sand socks are available for \$21.

**2024** **PSS** **6 to 7am**  
**June 22-August 14** **M W F** **Charles, Joe**

**2025** **PSS** **8 to 9am**  
**June 22-August 14** **M W F** **Charles, Joe**

**2026** **PSS** **6 to 7pm**  
**June 22-August 14** **M W F** **Charles, Joe**

**2027** **PSS** **9 to 10am**  
**June 22-August 14** **M W F** **Charles, Joe**

**BODY SCULPT**

**Res: \$225 Nonres: \$256** **10 Week Session**  
**Ages: 18 and up**  
Body Sculpt is a class designed for all levels seeking core strength, flexibility, endurance and muscle toning from head to toe. The small group will give individuals a chance to get personal attention in a fun and supportive environment. Each class will be a variation of weights, mat pilates and some high and low impact exercises. The combination of all the exercises will allow you to get a great workout and will motivate you to achieve more.

**2328** **Manhattan Fitness** **9 to 9:55am**  
**June 25-August 27** **Th** **Winterson, Kim**

**2329** **Manhattan Fitness** **9 to 9:55am**  
**June 22-August 24** **M** **Winterson, Kim**

**EXERCISE FOR HAPPY HOUR**

**Res: \$48 Nonres: \$54** **4 Week Session**  
**Ages: 18 and up**  
Dance exercise is a way to one's soul. This fun workout will sculpt and tone every muscle group. The movement combinations are a healthy, happy way to stay in shape. NEW ENERGY WELCOME!

**1389** **A-JCC** **5 to 6pm**  
**June 22-July 15** **M W** **Stubbs-Zukmann, Jenna**

**FIRM & FIT**

**Res: \$80 Nonres: \$86** **1 Week Session**  
**Ages: 16 and up**  
Burn calories while getting Firm & Fit! Using light weight-training this class is a full body workout. Focusing on arms & shoulders as well as targeting your abs and glutes by performing core activating moves, ending with mild stretching. At the end of 4 weeks, you will have gained knowledge on proper form & techniques working all parts of the body so that you can apply these exercises in the gym or at home. Each class will be taught by a Certified Personal Trainer with a 15:1 ratio. Each student is to bring a mat and a set of 3-5lbs dumbbells.

**2134** **PAR-CAC** **6 to 7:15pm**  
**June 23-July 14** **Tu** **Staff, Body Blueprints**

**2166** **PAR-CAC** **6 to 7:15pm**  
**July 21-August 25** **Tu** **Staff, Body Blueprints**

**FIT FOR GOLF**

**Res: \$240 Nonres: \$246** **4 Week Session**  
**Ages: 18 and up**  
This class is designed to improve your athletic performance with golf and help prevent injuries from repetitive actions. Each class will combine strength, flexibility, endurance and stability exercises to promote a more powerful golf swing.

**2321** **Manhattan Fitness** **5:15 to 6pm**  
**June 29-July 22** **M W** **Winterson, Kim**

**2322** **Manhattan Fitness** **10:15 to 11am**  
**June 29-July 22** **M W** **Winterson, Kim**

**KAYAK TOURING LEVEL 1**

**Res: \$105 Nonres: \$111** **Ages: 18 and up**  
Lessons cover proper gear/clothing selection and fit, boat control, basic safety skills and correct paddling techniques, with the intent of progressing toward kayaking on your own. Then we'll head out on the water to practice these new skills. Kayak, paddle and PFD (personal flotation device) are provided. Recommended for ages 14 and older; under 18 must be accompanied by a parent or responsible adult.

**2315** **REI** **9am to 3pm**  
**June 25, 2009** **Th** **Staff, REI**

**2316** **REI** **9am to 3pm**  
**July 12, 2009** **Su** **Staff, REI**

**Res: \$355 Nonres: \$361** **8 Week Session**  
**2317** **REI** **9am to 3pm**  
**August 6, 2009** **Th** **Staff, REI**  
**2318** **REI** **9am to 3pm**  
**August 29, 2009** **Sa** **Staff, REI**

**PILATES-CLASSICAL MAT WORK**

**Res: \$90 Nonres: \$96** **6 Week Session**  
**Ages: 18 and up**  
Before the Pilates equipment was designed, Joseph Pilates originally taught his regime of Pilates exercises with the nature of the floor. Come to this 55 minute Traditional Mat Pilates program and reap the benefits of strengthening your CORE, as well as a full body workout and enhancing flexibility. Class size will be small allowing personal attention to address your body and goals.

**2331** **Body & Mind Coe-Dynmaics, Inc** **6 to 6:55pm**  
**June 24-July 29** **W** **Staff, Body & Mind Coe-Dynamics, Inc.**

**2335** **Body & Mind Coe-Dynmaics, Inc** **8 to 8:55am**  
**June 27-August 8** **Sa** **Staff, Body & Mind Coe-Dynamics, Inc.**

**PILATES-CORE STRENGTHENING**

**Res: \$250 Nonres: \$256** **10 Week Session**  
**Ages: 18 and up**  
In just 55 minutes, you will be strengthening your CORE, gaining a full body work-out and working on flexibility. Class size will be small allowing personal attention to address your body and goals. All instructors at Body & Mind Coe-Dynamics, Inc. Pilates Instructors are comprehensively certified.

**2237** **Body & Mind Coe-Dynmaics, Inc** **7 to 7:55pm**  
**June 22-August 24** **M** **Staff, Body & Mind Coe-Dynamics, Inc.**

**2238** **Body & Mind Coe-Dynmaics, Inc** **8 to 8:55am**  
**June 23-August 25** **Tu** **Staff, Body & Mind Coe-Dynamics, Inc.**

**2239** **Body & Mind Coe-Dynmaics, Inc** **7 to 7:55pm**  
**June 24-August 26** **W** **Staff, Body & Mind Coe-Dynamics, Inc.**

**2240** **Body & Mind Coe-Dynmaics, Inc** **7 to 7:55pm**  
**June 25-August 27** **Th** **Staff, Body & Mind Coe-Dynamics, Inc.**

**2664** **Body & Mind Coe-Dynamics, Inc** **10 to 10:55am**  
**June 26-August 28** **F** **Staff, Body & Mind Coe-Dynamics, Inc.**



**PILATES-SEMI-PRIVATE REFORMER**

Res: \$355 Nonres: \$361 **8 Week Session**  
**Ages: 18 and up**  
 Workout in a private setting on the very popular reformer machine. The reformer class is fun, challenging and will allow you to achieve faster results and obtain your personal goals. Each semi-private will be a full body workout that will focus on core conditioning, stretching, balance and muscle toning exercises. Semi-private reformer classes are a cost effective way to receive the same benefits of private training.

2241	Manhattan Fitness	6:30 to 7:30pm
June 22-August 10	M	Winterson, Kim
2242	Manhattan Fitness	11am to Noon
June 23-July 28	Tu	Winterson, Kim

Res: \$250 Nonres: \$256 **6 Week Session**

2243	Manhattan Fitness	6 to 7pm
June 24-August 29	W	Winterson, Kim
2244	Manhattan Fitness	10 to 11am
June 27-August 1	Sa	Winterson, Kim

**ROCK CLIMBING FOR ADULTS**

Res: \$120 Nonres: \$126 **8 Week Session**  
**Ages: 16 and up**  
 Sick of the gym? Want to get pumped? Ok, here's a program that will boost you into the shape you want at your own pace. Develop a tight, toned physique. Meet new people learn a new skill. Learn all of the basics of climbing from putting on your equipment, belaying, and how to move. Vertical Limits II will continue your learning curve, improve your strength and coordination, and introduce you to the art of sport climbing. Casual or workout clothes are suggested. Located directly behind the Michaels Shopping center. Website: www.bcrgym.com

2168	Beach Cities Rock Gym	6:30 to 7:30pm
June 22-August 10	M	Staff, Beach Cities Rock Gym
2169	Beach Cities Rock Gym	11:30am to 12:30pm
June 27-August 22	Sa	Staff, Beach Cities Rock Gym
2170	Beach Cities Rock Gym	6:30 to 7:30pm
June 24-August 12	W	Staff, Beach Cities Rock Gym
2171	Beach Cities Rock Gym	6:30 to 7:30pm
June 25-August 13	Th	Staff, Beach Cities Rock Gym

**SAND DUNE WORKOUT**

Res: \$80 Nonres: \$86 **4 Week Session**  
**June 23-July 16** **Ages: 18 and up**  
 This class provides a GREAT WORKOUT on a 100 yards of a SAND DUNE! Our instructor, Joe Charles, will place each student into one of three fitness levels: A's for athletes and overachievers, B's for moderate fitness abilities and C's for beginners. Build endurance, lose weight, and tone your body. Sand socks are available for \$21.

2252	D-SDP	6 to 7am
June 23-July 16	Tu Th	Charles, Joe
2253	D-SDP	6 to 7am
July 21-August 13	Tu Th	Charles, Joe
2254	D-SDP	6 to 7am
August 18-Sept 10	Tu Th	Charles, Joe
2255	D-SDP	8 to 9am
June 23-July 16	Tu Th	Charles, Joe
2256	D-SDP	8 to 9am
July 21-August 13	Tu Th	Charles, Joe
2257	D-SDP	8 to 9am
August 18-Sept 10	Tu Th	Charles, Joe
2258	D-SDP	9 to 10am
June 23-July 16	Tu Th	Charles, Joe
2259	D-SDP	9 to 10am
July 21-August 13	Tu Th	Charles, Joe

2260	D-SDP	9 to 10am
August 18-Sept 10	Tu Th	Charles, Joe
2261	D-SDP	6 to 7pm
June 23-July 16	Tu Th	Charles, Joe
2262	D-SDP	6 to 7pm
July 21-August 13	Tu Th	Charles, Joe
2263	D-SDP	6 to 7pm
August 18-Sept 10	Tu Th	Charles, Joe

**STROLLER FITNESS**

Res: \$200 Nonres: \$206 **10 Week Session**  
**Ages: 18 and up**  
 This FUN, efficient outdoor exercise class is ideal for moms or moms-to-be who want to get into great shape with the company of other moms and their babies or toddlers. This class combines a cardiovascular workout with resistance bands for total body strengthening. This class is taught by Danielle Spangler, Certified NASM Personal Trainer, Pre/Postnatal Fitness Specialist and mother! Children welcome between the ages of 6 weeks and 4 years of age. Please bring a blanket or towel to lie on. A \$30 material fee is due to the instructor at the first class.

1101	PPA 7 (1 table)- PP	9:30 to 10:30am
June 23-August 29	Tu Th Sa	Spangler, Danielle

**STROLLER STRIDES**

Res: \$240 Nonres: \$246 **10 Week Session**  
**Ages: 18 and up**  
 This total fitness program for moms and their babies, provides power walking and body toning by using resistance tubing, the environment and the stroller. Each hour long class includes a warm-up, 40 minutes of power walking/body toning and 10 minutes of abs and cool down. Moms work out with their babies by incorporating songs and counting games while creating visual stimulation. Children welcomed between the ages of 6 weeks and 4 years.

2277	BB	9:30 to 10:30am
June 22-August 28	M W F	Savaghe, Diane
2278	BB	9:30 to 10:30am
June 23-August 27	Tu Th	Savaghe, Diane

**TAI CHI CHUAN**

Res: \$115 Nonres: \$121 **5 Week Session**  
**Ages: 10 and up**  
 Tai Chi Chuan is the ancient form of Pugilistic Art. The relaxing movement will improve the nervous system and blood circulation. For beginners, the gentle twisting of the waist will provide exercise to the internal organs, thus improving their functioning. Habitual practice will make the body agile and graceful, the mind alert and serene and will promote good health.

2287	A-JCC	7 to 8am
June 23-July 21	Tu Th	Tung, Chen-Wei
2288	A-JCC	7 to 8am
July 28-August 25	Tu Th	Tung, Chen-Wei
2289	A-JCC	8:30 to 9:30am
June 23-July 21	Tu Th	Tung, Chen-Wei
2290	A-JCC	8:30 to 9:30am
July 28-August 25	Tu Th	Tung, Chen-Wei

Res: \$115 Nonres: \$121 **10 Week Session**

2291	Aud-MHP	5:30 to 7:00pm
June 25-August 27	Th	Tung, Chen-Wei

**FITNESS**

**TOTAL CONDITIONING**

Res: \$120 Nonres: \$126 **10 Week Session**  
**Ages: 18 and up**  
 A total workout. Students will focus on definition, contouring and toning with no hard-core aerobics. The students heart rate will be slightly elevated to burn calories. Please wear tennis shoes and have a fun attitude. You'll be pleased with your progress.

2662	DR-JCC	9 to 9:50am
June 22-August 28	M W F	Duran-Reese, Kathy
2663	DR-JCC	10 to 10:50am
June 22-August 28	MWF	Duran-Reese, Kathy

**YOGA-ALL LEVELS**

Res: \$90 Nonres: \$96 **8 Week Session**  
**Ages: 18 and Up**  
 This yoga class will increase strength, flexibility, respiration, circulation, balance and awareness. Appropriate modifications will be given to each student. Each class includes yoga poses, meditation and music.

2382	DR-JCC	6 to 7:15pm
June 25-August 13	Th	Rader, Julie
2383	DR-JCC	10 to 11:30pm
June 27-August 15	Sa	Rader, Julie

**YOGA-ALL LEVELS MINI SESSION**

Res: \$55 Nonres: \$61 **1 Week Session**  
**Ages: 18 and up**

1311	DR-JCC	6 to 7:15pm
June 22-August 14	Every day	Rader, Julie
2370	DR-JCC	6 to 7:15pm
June 25-July 16	Th	Rader, Julie
2371	DR-JCC	6 to 7:15pm
July 23-August 13	Th	Rader, Julie
2372	DR-JCC	10 to 11:30am
July 25-August 15	Sa	Rader, Julie
2373	DR-JCC	10 to 11:30am
July 25-August 15	Sa	Rader, Julie

**YOGA-AWAKENING THE CHAKRAS**

Res: \$90 Nonres: \$96 **1 Week Session**  
**Ages: 18 and up**  
 This class is designed to energize the entire body through yoga and meditation. Each week we will focus on a different energy center (chakra) in the spine to release stagnation and old emotional patterns.

2422	Location unspecified	6 to 7:30am
June 24-August 12	W	Rader, Julie

**YOGA-BEGINNING**

Res: \$90 Nonres: \$96 **1 Week Session**  
**Ages: 18 and up**  
 The ancient practice of Hatha yoga will enable you to reduce stress, slim and tone the body while learning proper breathing. You will slow the aging process, gain more flexibility and enjoy a surge of renewed energy, balancing the body and mind in a relaxed setting.

1293	DR-JCC	5 to 6:15pm
June 23-August 11	Tu	Coles, Dorene

**YOGA-CONTINUING**

Res: \$90 Nonres: \$96 **8 Week Session**  
**Ages: 18 and up**  
 Any student having two or more sessions of beginning yoga should enroll in this class. Bring your own mat.

1291	DR-JCC	6:30 to 7:45pm
June 23-August 11	Tu	Coles, Dorene

**SPORTS**

**7 on 7**

**Coed Spring Soccer League**

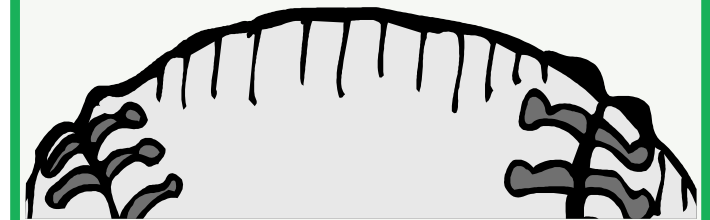
Location: MV-MV **\$595**  
**10 Week Session**  
**Mon, Tue, Wed, Thu or Fri July 6-September 4**  
**Game times: 8PM or 9PM** **Ages: 18 and up**

7 on 7 coed soccer is played on small size fields. Two 25 minute halves with a 5 minute halftime. For further information, email asherman@citymb.info or call 310-802-5412.

**12" COED SLO-PITCH SOFTBALL**

Location: MSC-West Softball Field at Marine Sports Complex  
**\$485**  
**10 Week Session**  
**Mon, Tue, Wed, or Thu, June 1-August 6**  
**Ages: 18 and up**

Team sign ups only. For more information contact asherman@citymb.info or call (310) 802-5412



**ADULT TENNIS**

**Res: \$82 Nonres: \$88** **8 Week Session**  
**Ages: 17 and up**

Adult Tennis 4.0 for players who have completed level 3.5 and wish to continue their learning process. This class discusses spin as a function of ball attitude, and ball targeting.

**1765 TC-MCHS 9 to 10am**  
**June 28-August 16 Su Meyers, Walt**

**BEACH TENNIS INSTRUCTION**

**Res: \$100 Nonres: \$106** **8 Week Session**  
**Ages: 18 and up**

Beach Tennis professionals will teach the elements of the game including racquet handling, ball control, proper footwork, fitness, competitive game plan and strategy.

**1305 PSS 11am to 1pm**  
**June 22-August 10 M Staff, Beach Tennis Professionals**

**BEACH VOLLEYBALL INSTRUCTION-ADVANCED**

**Res: \$98 Nonres: \$104** **8 Week Session**  
**Ages: 18 and up**

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

**2070 PSS 5:30 to 7pm**  
**June 15-August 5 M W Staff, Parks And Recreation**

**2071 PSS 5:30 to 7pm**  
**June 16-August 6 Tu Th Staff, Parks And Recreation**

**BEACH VOLLEYBALL INSTRUCTION-BEGINNER**

**Res: \$98 Nonres: \$104** **8 Week Session**  
**Ages: 18 and up**

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

**2065 PSS 5:30 to 7pm**  
**June 15-August 5 M W Staff, Parks And Recreation**

**2066 PSS 5:30 to 7pm**  
**June 16-August 6 Tu Th Staff, Parks And Recreation**

**BEACH VOLLEYBALL INSTRUCTION-INTERMEDIATE**

**Res: \$98 Nonres: \$104** **8 Week Session**  
**Ages: 18 and up**

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

**2067 PSS 5:30 to 7pm**  
**June 15-August 5 M W Staff, Parks And Recreation**

**2068 PSS 5:30 to 7pm**  
**June 16-August 6 Tu Th Staff, Parks And Recreation**

**2069 PSS 5:30 to 7pm**  
**June 19-August 7 F Staff, Parks And Recreation**

**BEACH VOLLEYBALL MEN'S COMPETITION**

**Res: \$120 Nonres: \$126** **8 Week Session**  
**Ages: 18 and up**

This is a fast paced class designed for students preparing to get their beach ratings ( B, A, AA, AAA). You must be able to perform all skills at a high level of execution. This class will include instruction in refining skills already attained as well as further developing your game by utilizing real game drills and further enhancing techniques in passing, digging, serving, setting, hitting, blocking, movement, communication, offensive and defensive strategies.

**1129 PSS 5:30 to 7pm**  
**June 16-August 4 Tu Staff, Parks And Recreation**



**CARDIO TENNIS**

**Res: \$140 Nonres: \$146** **6 Week Session**  
**Ages: 18 and up**

What is it? EXER-TENNIS is a form of exercising while improving many of your tennis drills. Classes will consist of a series of drills designed to help improve your court coverage, quickness and speed, body balance and footwork, endurance, anticipation and hitting skills. If you're looking for a way to keep in shape and improve your tennis at the same time, this is for you!!! Players of all ability levels are encouraged to give it a try!

**1735 TC-MHP 7 to 8pm**  
**June 22-July 27 M Nardi, Susan**

**CIRCUIT TRAINING WORKOUT-SEMI-PRIVATE**

**Res: \$280 Nonres: \$286** **4 Week Session**  
**Ages: 18 and up**

This class will concentrate on burning calories, toning up, strengthening, flexibility and balance. Different workout stations will be set up in our private facility. The students will alternate cardiovascular exercises with strength training exercises. The students will use free weights, exercise machines, resistance bands, stability balls and medicine balls. By allowing a maximum of 5 students in this class, individual attention will be given to maximize results.

**2401 Ocean Fitness 7 to 8am**  
**June 22-July 15 M W Bronsky, Caitlin**

**2402 Ocean Fitness 7 to 8am**  
**July 20-August 12 M W Bronsky, Caitlin**

**GOLF-BEGINNING FOR ADULTS**

**Res: \$125 Nonres: \$131** **5 Week Session**  
**Ages: 18 and up**

Students 18 Years and older will receive five, one hour lessons. Each lesson will include: set-up, full swing, putting, chipping and pitching. Make-ups will be scheduled for rain only. A golf club and balls will be loaned to each student for instructional use during class.

**2167 The Lakes at El Segundo 6 to 7pm**  
**June 22-July 20 M Robert, Scott**

**2182 The Lakes at El Segundo 10 to 11am**  
**June 23-July 21 Tu Robert, Scott**

**2183 The Lakes at El Segundo 6 to 7pm**  
**June 24-July 22 W Robert, Scott**

**2184 The Lakes at El Segundo 10 to 11am**  
**June 25-July 23 Th Robert, Scott**

**2185 The Lakes at El Segundo 6 to 7pm**  
**July 27-August 24 M Robert, Scott**

**2186 The Lakes at El Segundo 10 to 11am**  
**July 28-August 25 Tu Robert, Scott**

**2187 The Lakes at El Segundo 6 to 7pm**  
**July 29-August 26 W Robert, Scott**

**2188 The Lakes at El Segundo 10 to 11am**  
**July 30-August 27 Th Robert, Scott**

**GPS NAVIGATION**

**Res: \$45 Nonres: \$51** **Ages: 18 and up**

Head out into the field for a day of hands-on navigation training. Students will gain a basic understanding of GPS-unit functionality such as GPS data entry and the various screens on individual devices. Learn to mark your present position as well as entering distant waypoints. Then we will explore how to navigate to these points while observing the track-log on your GPS.

**1193 REI 8am to 2pm**  
**July 25, 2009 Sa Staff, REI**

**ICE HOCKEY FOR ADULTS**

**Res: \$60 Nonres: \$66** **4 Week Session**  
**Ages: 18 and up**

This class introduces the skater to ice hockey and teaches basic safety and skating skills. Forward and backward skating, balance and edges are covered. Protective equipment is recommended but not provided. Includes skate rental, four public sessions and one guest pass.

**2196 Toyota Sports Center 6:30 to 7pm**  
**June 23-July 14 Tu Staff, Toyota Sport Center**

**ICE SKATING FOR ADULTS**

**Res: \$60 Nonres: \$66** **4 Week Session**  
**Ages: 18 and up**

This class is designed for skaters who have never skated or who have no formal ice skating instruction. Students will learn basic forward and backward skating, snowplow stops, swizzles, backward wiggles and forward crossovers. Includes skate rental, four practice sessions and one guest pass.

**2210 Toyota Sports Center 6:30 to 7pm**  
**June 23-July 14 Tu Staff, Toyota Sport Center**

**2211 Toyota Sports Center Noon to 12:30pm**  
**June 27-July 25 Sa Staff, Toyota Sport Center**

**MOUNTAIN BIKING**

**Res: \$65 Nonres: \$71** **Ages: 18 and up**

Gain the ability to mountain bike independently at Malibu Creek State Park. Our instructors will teach you the proper techniques for shifting, braking, hill climbing and decent, body and pedal position. Learn the hazards of mountain biking and how to manage the risks involved. You will also gain an increased knowledge of bicycle equipment and accessories.

**1175 REI 8am to 2pm**  
**July 18, 2009 Sa Staff, REI**

**OVERNIGHT BACKPACKING**

**Standard charge: \$250** **2 Week Session**  
**Ages: 18 and up**

Make the leap from car camping to backpacking. Join our instructors on an overnight trip to beautiful San Jacinto State Park. We'll begin with a breathtaking tram ride from the desert floor up to 8000ft and then hike a short distance to our camp site in the woods. You'll learn camp skills such as proper campsite selection, camp cooking, and Leave No Trace camp etiquette. The instructors will also help you understand the best backpacking equipment for your needs to maximize your comfort and fun. All food and gear rental including sleeping bag, pad, backpack and tent are included.

**1189 REI 7 to 7am**  
**August 15-August 16 Su Sa Staff, REI**

**ROCK CLIMBING-INTRODUCTION**

**Res: \$80 Nonres: \$86** **1 Week Session**  
**Ages: 18 and up**

Learn the basics of vertical climbing at Stoney Point State Park. We'll focus on building solid fundamental skills such as belaying and climbing techniques. If you've only climbed inside or you're looking to explore climbing for the first time, this is your opportunity to practice with professional rock climbing instructors. We provide harnesses, helmets and all the necessary gear for you to try out this fun and challenging sport. Recommended for ages 14 and older. Participants under 18 must have their parent or responsible adult register for class. Minor must then be accompanied by parent or responsible adult.

**2312 REI 7am to 1pm**  
**June 23-June 23 Tu Staff, REI**

**2313 REI 7am to 1pm**  
**September 5-September 5 Sa Staff, REI**

**SURFING FOR MOMS**

**Res: \$295 Nonres: \$301** **8 Week Session**  
**Ages: 18 and Up**

How many summers have you dropped off your kids at the beach and thought, "I want to go to Beach Camp!" Here's your chance. Mom, drop your kids at their activity and join other moms for a surf lesson! Stay and play in the sun!!

**2307 8th St-MB 9:30 to 10:30am**  
**June 23-August 11 T**

**SURFING WITH CAMPSURF**

Res: \$140 Nonres: \$146 **1 Week Session**  
**Ages: 18 and up**  
 Surfers will spend a week in small peer groups that are age and skill appropriate. Essential skills include: balance training, paddling, the "pop-up", oceanography and catching waves. Dedicated counselors and a low staff/student ratio ensure safety and allows for individual instruction.

2423	8th St-MB	9 to 10:30am
June 22-June 26	M W F	Experience, Pure Surfing
2424	8th St-MB	11am to 1pm
June 22-June 26	M F	Experience, Pure Surfing
2425	8th St-MB	9 to 10:30am
June 29-July 3	M W F	Experience, Pure Surfing
2426	8th St-MB	11am to 1pm
June 29-July 3	M F	Experience, Pure Surfing
2427	8th St-MB	9 to 10:30am
July 6-July 10	M W F	Experience, Pure Surfing
2428	8th St-MB	11am to 1pm
July 6-July 10	M F	Experience, Pure Surfing
2429	8th St-MB	9 to 10:30am
July 13-July 17	M W F	Experience, Pure Surfing
2430	8th St-MB	11am to 1pm
July 13-July 17	M F	Experience, Pure Surfing
2431	8th St-MB	9 to 10:30am
July 20-July 24	M W F	Experience, Pure Surfing
2432	8th St-MB	11am to 1pm
July 20-July 24	M F	Experience, Pure Surfing
2433	8th St-MB	9 to 10:30am
July 27-July 31	M W F	Experience, Pure Surfing
2434	8th St-MB	11am to 1pm
July 27-July 31	M F	Experience, Pure Surfing
2435	8th St-MB	9 to 10:30am
August 3-August 7	M W F	Experience, Pure Surfing
2436	8th St-MB	11am to 1pm
August 3-August 7	M F	Experience, Pure Surfing
2437	8th St-MB	9 to 10:30am
August 10-August 14	M W F	Experience, Pure Surfing
2438	8th St-MB	11am to 1pm
August 10-August 14	M F	Experience, Pure Surfing

**TENNIS-ADULT DRILLS WORKOUT**

Res: \$190 Nonres: \$196 **6 Week Session**  
**Ages: 18 and up**  
 This class is designed to get you hitting lots of balls. No stroke instruction here, just singles and double situation training to better prepare you for match play. 3.0-4.5 NTRP

1671	TC-MHP	7 to 8:30pm
June 23-July 28	Tu	Nardi, Susan

**TENNIS-COED DOUBLES**

Res: \$82 Nonres: \$88 **8 Week Session**  
**Ages: 18 and up**  
 Tennis doubles only. All levels welcome.

1713	TC-MCHS	6:30 to 8pm
June 22-August 10	M	Meyers, Walt

**TENNIS STRATEGIES-INTERMEDIATE**

Res: \$82 Nonres: \$88 **8 Week Session**  
**Ages: 18 and up**  
 Tennis Strategies for the Intermediate Tennis Player; for both singles and doubles, men and women. Baseline and net play for the intermediate level player.

2172	TC-MCHS	8 to 9pm
June 23-August 11	Tu	Meyers, Walt
2173	TC-MCHS	8 to 9pm
June 25-August 13	Th	Meyers, Walt
2174	TC-MHP	10 to 11am
June 26-August 14	F	Meyers, Walt

**TENNIS WITH VILAR LARSON**

**8 Week Session**  
**Ages: 18 and up**  
 Learn tennis the right way in a positive, supportive environment. Have fun and reduce stress from your job by joining one of Dr V's tennis classes. With the skills learned in class, you will enjoy playing tennis with your new friends. You will learn to play your best tennis in record time by participating in an accelerated learning approach to tennis. Spring is your time to spring into action. So invite your friends and let's meet on Court 1 for an enjoyable, uplifting tennis experience.

1629	ADV	\$123	TCI-LOP	8 to 9:30pm
June 24-August 12			W	Larsson, Vilar
1623	BEG	\$82	TCI-LOP	7 to 8pm
June 23-August 11			Tu	Larsson, Vilar
1627	BEG	\$82	TCI-LOP	7 to 8pm
June 24-August 12			W	Larsson, Vilar
1625	INT	\$123	TCI-LOP	8 to 9:30pm
June 23-August 11			Tu	Larsson, Vilar

**TENNIS WITH WALT**

Res: \$82 Nonres: \$88 **8 Week Session**  
**Ages: 18 and up**

<b>Tennis With Walt-Level 1</b>				
1687	TC-MCHS	6 to 7pm		
June 23-August 11		Tu		Meyers, Walt
<b>Tennis With Walt-Level 1</b>				
1691	TC-MHP	9 to 10am		
June 25-August 13		Th		Meyers, Walt
<b>Tennis With Walt-Level 1</b>				
1703	TC-MCHS	11am to Noon		
June 27-August 22		Sa		Meyers, Walt
<b>Tennis With Walt-Level 2</b>				
1697	TC-MHP	9 to 10am		
June 23-August 11		Tu		Meyers, Walt
<b>Tennis With Walt-Level 2</b>				
1699	TC-MCHS	6 to 7pm		
June 25-August 13		Th		Meyers, Walt
<b>Tennis With Walt-Level 2</b>				
1707	TC-MCHS	11am to Noon		
June 28-August 16		Su		Meyers, Walt
<b>Tennis With Walt-Level 3</b>				
1689	TC-MCHS	7 to 8pm		
June 23-August 11		Tu		Meyers, Walt
<b>Tennis With Walt-Level 3</b>				
1705	TC-MHP	10 to 11am		
June 25-August 13		Th		Meyers, Walt
<b>Tennis With Walt-Level 3</b>				
1709	TC-MCHS	7 to 8pm		
June 25-August 13		Th		Meyers, Walt

**SPORTS**

<b>Tennis With Walt-Level 3</b>		
1711	TC-MCHS	10 to 11am
June 27-August 22		Sa
<b>Tennis With Walt-Level 3.5</b>		
1693	TC-MHP	10 to 11am
June 22-August 10		M
<b>Tennis With Walt-Level 3.5</b>		
1695	TC-MHP	10 to 11am
June 23-August 11		Tu
<b>Tennis With Walt-Level 3.5</b>		
1701	TC-MCHS	10 to 11am
June 28-August 16		Su

**UNIQUE ACTIVITIES**

**BABY SCOOP**  
 Res: \$70 Nonres: \$763 **Week Session**

**Ages: 18 and up**  
 Baby basics and beyond such as feeding, bathing, scheduling and sleep training which don't seem so basic when you attempt to tackle the task. If you have then have you thought, "When the baby's here, will I know what's normal and what's not? Will we ever get a full night's sleep? Read a book? Have a life??. Then this is the class for you!

1505	PH-LOP	7 to 8:30pm
June 25-July 9		Th
		Blender, Tracy

**BEYOND HOME SPA WITH RITA**  
 Res: \$46 Nonres: \$52 **2 Week Session**

**Ages: 16 and up**  
 This class introduces a holistic approach to your physical and emotional health. Topics include effective use of supplemental goods, skin care using food, and stress release. The first class focuses on nutrition of foods and natural skin care with demonstration of facial techniques using fruit. The second class will be dedicated to stress reduction techniques that you can do at home, including aroma therapy, homeopathy, mindful breathing, and massage.

2087	PAR-CAC	6 to 7:30pm
July 29-August 5		W
		Anacker, Rita

**COOKING WITH RITA ON THE HEALTHY SIDE**  
 Res: \$64 Nonres: \$70 **4 Week Session**

**Ages: 16 and up**  
 This is a cooking-show style class designed for novice cooks to build their confidence in creating delicious, nutritious meals. Rita from the Manhattan Beach Trader Joe's will demonstrate a new recipe each class using wholesome ingredients and seasonally available fruits and vegetables. She will also share cooking tips, and nutritional tid-bits that help inspire your creativity. Take home these exciting new recipes to cook delicious and healthy meals for family and friends. Menu for this season includes egg white garden scramble, exotic fruit salad, Island style poached salmon with coconut rice, and strawberry spinach salad. Fee includes recipes and food.

2095	K-JCC	6 to 7:30pm
June 24-July 15		W
		Anacker, Rita

**HOW TO SELL ON EBAY**  
 Res: \$85 Nonres: \$91 **11 Week Session**

**Ages: 18 and up**  
 This class will show you how to sell on eBay. We will discuss organization, categorization, and how to write posts for your items.

1971	ARI-JCC	6:30PM-8:30PM
June 26-September 4		F
		Greenspan, Frances

The City of Manhattan Beach Parks and Recreation Department

# MANHATTAN OPEN

# TENNIS TOURNAMENT

**Ages 16 & up**  
**Saturday and Sunday**  
**July 11-12, 2009**  
**July 18-19, 2009**  
**Live Oak Tennis Courts**

**Registration**

- May 18 - June 26, 2009
  - Men's & Women's A, B and C (Levels 3.5-5.5)
  - Online [www.cityymb.info](http://www.cityymb.info) or The Parks & Recreation Dept. 1400 Highland Avenue Monday - Friday 8:00 Am - 5:00 PM
  - USTA Sanctioned Men's & Women's Open Tournaments online using ID# 651750809
- <http://tennislink.usta.com/tournaments>



**Contact**

- Cameron Harding, Tournament Director (310) 802-5420
- Parks and Recreation Dept. Registration Help Desk (310) 802-5448
- Idris J. Al-Oboudi, Recreation Services Manager (310) 802-5404

**Super Sports** [www.cityymb.info](http://www.cityymb.info)



**K9 KLUSS**

Res: \$115 Nonres: \$121

**4 Week Session**  
**Ages: 14 and up**

Correct and prevent unwanted behavior while learning to communicate better with your four legged companion. This class is an excellent opportunity for your dog to build on his social etiquette. You will learn the importance for voice tone, body language and pack mentality. By using verbal and hand commands, your dog will learn the basics for good manners (down, sit, stay, come, off, leave it, boundaries, leash control, heel, easy and more). We also give you an introduction to trick training and clicker training. There are no bad dogs, just bad habits. Packages include: treat bag, clicker, and information packet. For more information call 310-322-3649

1521 June 25-July 16 DR-MAP Th 6 to 7pm Pirelli, Kathy

**CALIFORNIA ROASTING AND GRILLING**

Res: \$135 Nonres: \$141

**4 Week Session**  
**Ages: 18 and up**

Summer is the time to fire up the Bar-B-Que and cook dinner outdoors. For 4 weeks we cook almost everything on the grill, be it steak fajitas, garlic bread or grilled vegetables. Come join us in a celebration of tasty, spicy outdoor cooking sure to please everyone. All supplies are included in course fee.

1949 June 23-August 18 K-MHP Tu 7 to 9pm Hogan, Tim

**PAWS PALS**

Res: \$30 Nonres: \$36

**8 Week Session**  
**Ages: 18 and up**

45 minutes of free play with your dog on Marine Baseball Field. 2 dogs maximum per owner

2476 June 16-August 4 MPBF-MAP Tu 6 to 6:45am Staff, Parks And Recreation  
2477 June 16-August 4 MPBF-MAP Tu 7 to 7:45am Staff, Parks And Recreation

**PRACTICAL STREET SELF-DEFENSE**

Res: \$79 Nonres: \$85

**10 Week Session**  
**Ages: 18 and up**

This class will address the possibilities of self defense against weapons, blunt instruments, grabs, holds and punches. The class will also teach body pressure points in close combative techniques, how to generate maximum power from the body and more practical street self-defense. There are no uniforms or belt ranks. Participants should wear loose workout clothing and bring a towel and drinking water. Class instructed by Master Al Johnson (32 years of martial art experience)

1903 June 22-August 24 AH-MP M 7 to 9pm Johnson, Al

**PUPPY ETIQUETTE**

Res: \$99 Nonres: \$105

**4 Week Session**  
**Ages: 14 and up**

Puppies 4m-8m and their families. Basic manners and beginning instruction for young adolescents. Problem solving through reinforcement and behavior shaping. Have fun with your dog while you both learn! For more information call (310) 322-3649.

1517 June 27-July 25 DR-MAP Sa Noon to 1pm Pirelli, Kathy

**TABLE TENNIS**

Res: \$50 Nonres: \$56

**7 Week Session**  
**Ages: 18 and up**

1897 June 27-August 15 Aud-MHP Sa 3:30 to 5pm Hubbard, Nathaniel

**COED KICKBALL LEAGUE**



**Location: LOP-Live Oak Field**  
**Mon, Tue, Wed or Thu, June 1-August 6**

**\$395 / 10 Week Session**  
**Ages: 18 and up**

Team sign-ups only. For more information, email [asherman@citymb.info](mailto:asherman@citymb.info) or call 310-802-5412.



**Driver Safety Program**

**AARP-8 hours of driving safety training consisting of 4 hours each day.**

Take this class and receive a discount on your liability insurance if you are 55 and above with a good driving record.

When: Tuesday, July 21, 2009  
Wednesday, July 22, 2009

Place: Joslyn Community Center  
1601 Valley Dr.  
Manhattan Beach, CA 90266

Cost: \$12.00 with current AARP membership.  
Valid AARP card must be presented at first class.  
\$14.00 for non-member rate.

Time: 9AM-1PM

Registration is limited to those who can attend both days ONLY.  
Please bring the following items to each class:

- Driver's License
- Ball Point Pen
- Pencil with Eraser

To register, please call (310) 802-5447



## DANCE, MUSIC &amp; THEATER

## DANCE-SILVER TAPS

**When:** Thu, June 25-August 27

**Duration:** 10 Week Session

**Place:** Athletic Grace Dance Studio

**Cost:** Res \$73 Nonres \$79

**Age:** 35 and Up

**Time:** 11AM-11:55AM

1843

Learn basic tap moves and a routine to perform for your family or the entire community. This class is all about fun and making music with your feet. Tap shoes needed. Please wear comfortable clothing. Please visit athleticgrace.com or call 310-414-9630 for more information.

**Instructor:** Athletic Grace Dance Studio Staff

## FITNESS

## ARTHRITIS FOUNDATION EXERCISE PROGRAM

**When:** Tu, Th-June 30-September 3

**Duration:** 10 Week Session

**Place:** DR-JCC

**Cost:** \$40

**Age:** 55Y and up

**Time:** 9AM-10AM

The Arthritis Foundation Exercise Program was designed to help people with arthritis to maintain joint flexibility, muscle strength and to help reduce the pain and stiffness associated with arthritis. With less pain, people with arthritis may be able to reduce their reliance on pain medication. Classes are taught by an Arthritis Foundation certified instructor who has received detailed training specifically to work with people with arthritis and receives ongoing training to remain current on the latest recommended exercises and arthritis information.

**Instructor:** Victoria Johnson

## FALL PREVENTION CLASS

**When:** Mon, June 22-August 10

**Duration:** 8 Week Session

**Place:** DR-JCC

**Cost:** \$16

**Age:** Ages: 55 and up

**Time:** 2:00PM-3:00PM

1911

Are you at risk for falling? You're not alone. If you're over the age of 55, you should be aware of simple ways to reduce your risk for falling. This class, a joint effort between the City of Manhattan Beach and Beach Cities Health District will help you learn how to assess your risk for falling, improve your balance, and build strength. Instructors are Health and Fitness Specialists and the class will include lectures and exercises.

**Instructor:** Beach Cities Health District Staff

## HOW TO MANAGE SLEEP DISORDERS

**When:** Thursday, May 21, 2009

**Duration:** 1 Day

**Place:** JCC- Activity RM 1

**Cost:** Free

**Age:** 55Y and up

**Time:** 10:00AM-11:00AM

Tatyana Gurvich, Pharm.D, working with Rancho Los Amigos National Rehabilitation Center in Downey will discuss how to survive sleep disorders, with a stepwise approach including sleep hygiene, over-the-counter medications, herbs and prescription options.

## HOW IS YOUR HEARING?

**When:** Thursday, August 20, 2009

**Duration:** 1 Day

**Place:** Joslyn Center NW Room

**Cost:** Free

**Age:** 55 and Up

**Time:** 10:00AM-11:30 AM

Hearing loss has a detrimental effect on the physical, mental and social well-being of the older adult. Understanding the nature of a hearing loss can help to minimize the feelings of separation and depression. Join the Medicine Education Program in discussing the types of hearing loss and respective causes, symptoms, hearing specialists, diagnosis, treatment and prevention of hearing loss.

## BRAILLE INSTITUTE MOBILE SOLUTIONS

Is your vision fading? Mobile Solutions, a specialized van that brings Braille Institute's programs and services to those unable to travel to the center in Los Angeles is now coming to Manhattan Beach on a monthly basis. Free low-vision rehabilitation consultations are available by appointment. You can also sign up for the Braille Institute's Library Services and those qualified can sign up to receive talking books. The Mobile Solutions van is equipped with high-powered magnifiers, closed-circuit televisions and other adaptive equipment to help maximize remaining vision. The van also features display areas where you can purchase unique adaptive equipment.

## WHEN:

May 15, 2009 (Older Adults Health Fair)

June 10, 2009

July 8, 2009

## PLACE:

Joslyn Community Center

1601 Valley Drive

Manhattan Beach, CA 90266

## TIME:

10:00 am – 3:00 pm

Appointment necessary

## COST:

Free low-vision consultations

## APPOINTMENTS:

(323) 663-1111 Ext 1242

## NUTRITION II: DIET SURVEY AND PLANNING

**When:** Tuesday, May 12, 2009

**Duration:** 1 day

**Place:** JCC-NWR

**Cost:** Free

**Age:** 55Y and up

**Time:** 10:00 AM – 11:30 AM

In this second nutrition session presented by the Medicine Education Program, participants will learn how to analyze their own diets based upon the nutrition concepts discussed in the first session. Special nutritional problems of older adults and possible solutions will be discussed.

## WORKSHOPS

## MANHATTAN BEACH SENIOR CITIZENS CLUB

Meet at the Joslyn Center

Business Meeting 1st Monday

10:00AM-12 Noon

Potluck and Bingo 1st Wednesday 11:30AM-2PM

Florence Billington (310) 546-1911

## MANHATTAN HEIGHTS SENIOR CITIZENS CLUB

Meet at the Manhattan Heights Community Center

Business meeting, potluck luncheon

and bingo. 2nd Monday of each month.

11:30AM-1:00PM

Cards and Games 1:00PM-4PM

On Fridays, there is

Bingo from 11:30AM-2PM

Cards and Games 2 PM-4PM

Susan Jones (310) 546-6262

*The*  
Parks & Recreation Department

We increase cultural unity

**MANHATTAN OLDER ADULTS CRAFTS****When:** Wednesday**Place:** JCC-NWR**Cost:** Free**Time:** 12 Noon-2PM

This is a drop-in crafts club for all older adults interested in sharing craft ideas and making fun and useful gifts. Bring your supplies and lunch.

**OASIS (OLDER ADULTS AND SENIORS INTERACTIVE SPACE)**

Join us for socialization, poetry reading, games, movies, classes and more. Stop by the Joslyn Center to visit OASIS and pick up a monthly calendar.

**JOIN THE MANHATTAN BEACH LUNCH BUNCH****Tuesday at 11:30AM**

**Cost: \$3.00 Manhattan Beach Residents**  
**\$5.00 Non-Residents**

The Manhattan Beach Older Adults Program is pleased to introduce "The LUNCH BUNCH", a weekly nutrition program to be held every Tuesday at the Joslyn Community Center. The program is designed especially for Manhattan Beach residents aged 55+. It affords an opportunity to make new friends while you enjoy a delicious lunch. The lunch is catered by a local South Bay business.

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

**SOUTH BAY ADULT SCHOOL**

**Manhattan Beach Parks and Recreation Department** will conduct classes in conjunction with the **South Bay Adult School** for older adults 55+. Class fee is payable at the first day of class. Call 310-937-3340 for more information.

**BASIC TECHNIQUES IN PAINTING****When:** Th-6/25/09**Duration:** 6 weeks**Place:** JCC-NER**Cost:** \$39**Time:** 10AM-12PM**Contact:** (310) 937-3340

Explore the process of painting with acrylics. You will learn to use many different techniques to enhance your artistic abilities using this medium. Review simple drawing skills to develop and improve your painting images and compositions. More advanced artists welcome to join in a friendly, relaxing atmosphere. Supplies extra.

**Instructor:** Eva Goldsheid**SHAPE UP FOR OLDER ADULTS:****When:** T, Th-6/23/09**Duration:** 6 weeks**Place:** MH-AUD**Cost:** \$39**Time:** 9:15AM-10:45AM**Contact:** (310) 937-3340

Stretch, breathe, and strengthen your heart, lungs and body. Improve your posture and coordination. Flexibility, toning and conditioning emphasized.

**Instructor:** Anita Amin**SWING 'N' SWAY DANCE NIGHT**

**Joslyn Center, 1601 Valley Drive  
Manhattan Beach  
8-11 PM \$7.00  
May 8, June 12, July 10, August 14,  
September 11, 2009**

Swing 'n' Sway to tunes spun by professional disc jockeys. East and west coast swing, fox trot, waltz, tango, Texas two-step, rhumba, samba, cha-cha, polka and disco dancing. Come alone or bring a friend for a special night. Watch for separate flyers!

For more information call (310) 802-5447

**GOLF DISCOUNTS FOR JUNIORS AND SENIORS**

Manhattan Beach residents, 15 years and under and seniors, age 60 and older may purchase a golf discount card from the Live Oak Tennis Office located at 1901 Valley Dr. (residents must show proof of age at time of purchase). The cost of the card is \$1 annually and may be used from January 1 through December 31. The card entitles seniors and juniors to receive special half price fees between 7:00 AM and 4:00 pm, Monday-Friday at the Marriott Municipal Golf Course, located at 1400 Parkview Avenue, behind the Marriott Hotel.

**MEN'S SENIOR (55+) MORNING SLO-PITCH LEAGUE**

"ON-GOING" Dorsey Field  
Thursday 9:00 AM-1:30 pm  
Additional practice time on  
Tuesday 9:00 AM-12:00 pm



SUN	MON	TUES	WED	THU	FRI	SAT
<b>WEEK 1</b>	9:00 am-4:00 pm Pinochle at Joslyn CC	9:00 am-10:00 am Arthritis Foundation Exercise Program (AFEP) at JCC	8:00 am-3:00 pm Social, Table Games at OASIS	8:45 am-9:45 am AFEP at Joslyn CC	10:00 am-11:30 am Senior Resources Committee (SRC) Monthly Meeting- Manhattan Heights CC	For weekend activities or more informa- tion please call the Older Adults Pro- gram (310) 802-5447.
	9:45 am Blood Pressure Screening at Joslyn CC	11:30am -1:00pm Lunch Bunch at JCC	9:00 am-4:00 pm Pinochle at Joslyn CC	10:15 am-11:00 am Walk with Bob	10:00 am-3:00 pm Bridge at Joslyn CC	
	10:00 am-11:30 am Joslyn Senior Club Busi- ness Meeting	1:30pm-3:30pm Play Reading at JCC	11:30 a.m.-2:00 p.m. Craft Club at Joslyn CC	10:30 am-2:30 pm Games at Heights	10:00 am-4:00 pm Pinochle at Joslyn CC	
	9:00 am-12:00 pm Discus- sion Group JCC (every Monday)		11:30 am Joslyn Senior Club Potluck	1:30 pm-4:00 pm Scrabble at OASIS	11:30 am- 2:00 pm Bingo at Manhattan Heights CC	
<b>WEEK 2</b>	8:00am-11:00am Joslyn Seniors "Drop In" Hours 9:00 am-4:00 pm Pinochle at Joslyn CC 10:00am-11:30am Writing Group- Manhattan Heights	9:00 am-10:00 am AFEP-Joslyn CC	8:00 am-3:00 pm Social, Table Games at OASIS	8:45 am-9:45 am AFEP-Joslyn CC	10:00 am-3:00 pm Bridge at Joslyn CC	
	11:30 am-2:00 pm CLUB MEETING AND SOCIAL EVENTS ARE OPEN TO ALL SENIORS Heights Senior Club Busi- ness Meeting., Potluck, and Blood Pressure Screening 2:00 pm-4:00 pm Cards & Games-Manhattan Heights	11:30am -1:00pm Lunch Bunch at JCC	9:00 am-4:00 pm Pinochle at Joslyn CC	10:30am-2:30pm Games at Heights	10:00 am-4:00 pm Pinochle at Joslyn CC	
	9am-12noon Discussion Group	1:30 pm-3:30 pm Poetry Reading Circle at OASIS	10:00 am-2:00 pm Game Day at Heights	1pm-3pm Petanque at Live Oak Field	11:30 am- 2:00 pm Bingo at Manhattan Heights CC	
			11:30 a.m.-2:00 p.m. Craft Club at Joslyn CC		1:30 pm-3:30 pm The OASIS Movie Club:	
<b>WEEK 3</b>	8:00 am-11:00 am Joslyn Seniors "Drop In" Hours	9:00 am-10:00 am AFEP-Joslyn CC	8:00 am-3:00 pm Social, Table Games at OASIS	8:45 am-9:45 am AFEP-Joslyn CC	10:00 am-3:00 pm Bridge at Joslyn CC	
	9:00 am-4:00 pm Pinochle at Joslyn CC	11:30am-1:00pm Lunch Bunch at JCC	9:00 am-4:00 pm Pinochle at Joslyn CC	1:30 pm-4:00 pm Scrabble at OASIS	10:00 am-4:00 pm Pinochle at Joslyn CC	
	10:30 am-noon Short Story Discussion Group at Joslyn CC	2:00 pm-3:30 pm Senior Advisory Committee-Joslyn CC	11:30 a.m.-2:00 p.m. Craft Club at Joslyn CC	10:15-11:00 am Walk with Bob	11:30 am-2:00 pm Bingo at Manhattan Heights CC	
	9am-12noon Discussion Group JCC		1:30 pm-3:30 pm Movie to Enlighten at OASIS	10:30am-2:30pm Games at Heights	1:30 pm-3:30 pm The OASIS Movie Club:	
<b>WEEK 4</b>	9:00 am-4:00 pm Pinochle at Joslyn CC	9:00 am -10:00 am AFEP-Joslyn CC	8:00 am-3:00 pm Social, Table Games at OASIS	8:45 am-9:45 am AFEP -Joslyn CC	10:00 am-3:00 pm Bridge at Joslyn CC	
	10:00 am-11:30 am Writing Group at Heights	11:30-1:00pm Lunch Bunch at JCC	9:00 am-4:00 pm Pinochle at Joslyn CC	10:30am-2:30pm Games at Heights	10:00 am-4:00 pm Pinochle at Joslyn CC	
	11:30 am Sandwich Luncheon with the Joslyn Senior Club at Joslyn CC	1:30 pm-3:30 pm Poetry Reading Circle at OASIS	10:00 am-2:00 pm Game Day at Heights	1:00pm-3:00pm Petanque at Live Oak Field	11:30 am-2:00 pm Bingo at Manhattan Heights CC	
	9am-12noon Discussion Group JCC		11:30 a.m.-2:00 p.m. Craft Club at Joslyn CC		1:30 pm-3:30 pm The OASIS Movie Club:	

All events are subject to change.

## OASIS MOVIE CLUB

Come watch recently released movies in the OASIS every Friday beginning at 1:30PM.

Popcorn Provided!!!



## BUS EXCURSIONS RULES AND REGULATIONS

### RULES AND REGULATIONS

Trips are in comfortable motor coaches with restroom facilities, accompanied by Parks and recreation tour escorts.

**There are no assigned seats; there are two pick up locations of your choice, beginning at the Joslyn Center, then Manhattan Heights.** If you want to sit with someone, please board the bus together. Smoking is not permitted on board.

### Types of Trips:

**Adult:** Adults 18 years and up. (Unless specified) **General Trip:** For all ages with Parent/Guardian. **Older Adult:** Older adults ages 55 +.

**Luncheons on the Road:** Older adults ages 55 +

### Refund Policy:

All refunds are subject to an \$20.00 administration fee. **Refunds after the trip deadline will be made only when your reservation can be filled from the waiting list or a person designated by you.** Replacement's name and waiver

form must be in our office 24 hours prior to tour departure or, in case of a Sunday/Monday departure, no later than Noon on Wednesday. Due to insurance reasons, there can be no passenger substitutions the day of the tour.

### Departure/Return Locations:

**Creative Art trips**—only depart & return to the Creative Art Center, 1560 Manhattan Beach Blvd. (310) 802-5440. Please arrive 30 minutes before departure.

**All other Bus Excursions/Luncheons on the Road** have 2 pick up/drop off locations Joslyn Center, 1601 Valley Drive and Manhattan Heights Community Center, 1600 M.B. Blvd.

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

**All Participants Must Bring Photo Identification on All Bus Excursions. Please notify us if you require special accommodations.**

## BUS EXCURSIONS

See Rules And Regulations On Previous Page

### DEL MAR THOROUGHBRED HORSE RACES

Res: \$31 Nonres: \$37

**Ages: 55 and up**

Come to where the "surf meets the turf" at exciting Del Mar Race Track. Dating back to 1937, Del Mar created a relaxed environment where "nobody's in a hurry but the horses". Recent renovations allow the past to linger among modern-day amenities. We will travel to Del Mar by deluxe motorcoach and enjoy the races from the comfort of our reserved Clubhouse seats. Lunch on your own at the Clubhouse or anyone of the many other dining establishments. Join us for a fun, relaxed afternoon at Del Mar this summer! Registration deadline is July 2, 2009. Maximum of 45 participants.

2483

10am to 8pm

August 19

### HOLLYWOOD BOWL 4TH OF JULY FIREWORKS SPECTACULAR

Res: \$50 Nonres: \$56

**Ages: 55 and up**

Spend a star-spangled Fourth of July at the Hollywood Bowl. Travel in ease with deluxe motorcoach transportation and reserved seats at the fabulous Hollywood Bowl (section F3). Pack yourself a picnic to enjoy as we are entertained by a 4th of July Fireworks Spectacular starring John Fogerty. Trip includes transportation, admission, seat cushions and a printed registry for all passengers. Registration deadline is May 20, 2009. Maximum number of participants is 45.

2474

5 to 11:30pm

July 4

### LUNCHEON ON THE ROAD: THE WHITE HOUSE IN ANAHEIM

Res: \$25 Nonres: \$31

**Ages: 55 and up**

Join us as we travel to Anaheim for a very special lunch at the award winning Anaheim White House. The first thing you will notice when we arrive is the lush rolling lawn and pristine white facade that's reminiscent of the White House in Washington, D.C. You will be served an outstanding three-course luncheon with your choice of (Chicken, Salor Vegetarian Pasta) entree upon arrival. Dining at the White House promises to be a very special and memorable experience. Your transportation, tax and tip are included. Registration deadline is June 12, 2009. Maximum number of participants is 43.

1957

10:15am to 2:30pm

June 19, 2009

### WINDMILLS AND WINERIES

Res: \$78 Nonres: \$84

**Ages: 55 and up**

Enjoy a scenic ride to the Santa Ynez Valley, an idyllic domain of oak-covered hills, to our first stop at the Gainey Winery. We'll take time for a tour and wine tasting at this lovely vintner's estate before boarding the bus again to head to the Danish village of Solvang. Here we will dine at the Red Viking Restaurant for an authentic Danish Smorgasbord featuring salads, hot and cold entrees, dessert, and beverage. Before heading home, we'll stop for a tour and wine tasting at the Firestone Vineyard. Registration deadline is May 8, 2009. Maximum number of participants is 43.

1929

8am to 7pm

June 3, 2009

## DIAL-A-RIDE

CALL OUR OFFICE FOR  
INFORMATION AND TO  
SCHEDULE YOUR RIDE TODAY  
(310) 545-3500



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

### WHO QUALIFIES FOR A RIDE

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

### HOW TO GET A RIDE

Dial (310) 545-3500 seven days a week; Monday through Friday from 6:30 a.m. to 5:30 p.m. and weekends from 8 a.m. to 5 p.m. for a reservation. Our office is closed for lunch from 12-1 p.m. We recommend that you call as early as possible, up to seven days in advance, to secure your ride. The Dial-A-Ride dispatcher will assist you in scheduling your ride.

### DESTINATIONS

Eligible citizens may use this service for medical appointments, grocery shopping, personal business, social and recreational activities. Service is available to any destination within the City of Manhattan Beach, but is provided on a first come, first serve basis.

Service is also available to most medical facilities within Manhattan Beach, Hermosa Beach, Redondo Beach and Torrance.

### SERVICE HOUR INFORMATION:

Monday-Friday 7:30 a.m.-5 p.m. for medical rides; Dial-A-Ride can now accommodate medical appointments scheduled as early as 8:30 a.m. Also, if your medical appointment will run past 4:15 p.m., our Dial-A-Ride dispatcher can arrange a taxi ride home for you.

For additional information about Dial-A-Ride, please contact Eve Kelso, Recreation Services Manager at (310) 802-5407.



OFF SITE LOCATIONS

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

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

**Beach City Rock Gym**  
4926 West Rosecrans Ave.  
Hawthorne, CA 90250  
(310) 973-3388

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

**Manhattan Fitness**  
3800 Highland Ave.  
Manhattan Beach, CA 90266  
(310) 545-6949

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

**Ocean Fitness**  
3413 Highland Ave  
Manhattan Beach, CA 90266  
(310) 545-9952

**REI**  
1800 Rosecrans Ave Ste E  
Manhattan Beach, CA 90266  
(310) 727-0728

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

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

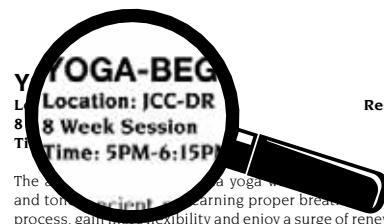
**Toyota Sports Center**  
555 North Nash St.  
El Segundo, CA 90245  
(310) 535-4400

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

HOW TO READ YOUR CLASS LOCATION

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

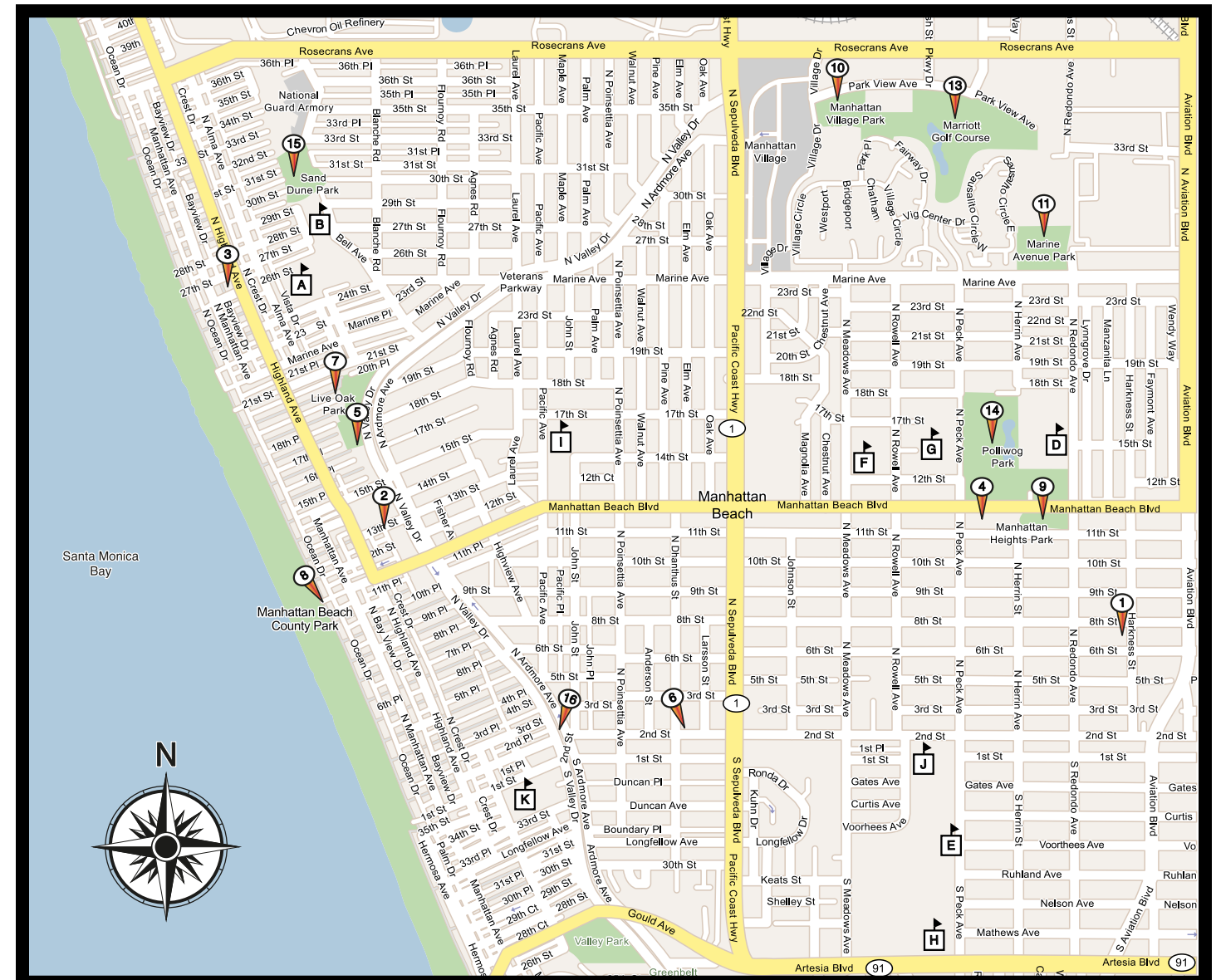
Find the location code and match it with the code in the first column of the chart to find the class location.



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

BP	BEGG POOL
CAC	CREATIVE ARTS CENTER
PAR	Performing Arts Room
VAR	Visual Arts Room
JCC	JOSLYN COMMUNITY CENTER
AR1	Activity Room 1
AR2	Activity Room 2
A	Auditorium
DR	Dance Room
K	Kitchen
O	Oasis Room
SH	Scout House
LOP	LIVE OAK PARK
BKC	Basketball Courts
CS	Ceramic Studio
LOF	Live Oak Field
NDF	North Dorsey Field
NGA	North Grass Area
PH	Park Hall
PPR	Playground Program Room
TC	Tennis Courts
TC1	Tennis Courts 1
MB	MANHATTAN BEACH
8ST	8th Street
BB	Bruce's Beach
MST	Marine Street
P	Pier
PNS	Pier North Side
PSS	Pier South Side
RAVE	Rosecrans Avenue
MBMS	MANHATTAN BEACH MIDDLE SCHOOL
BKC	Basketball Courts
F	Field
G	Gym
MHP	MANHATTAN HEIGHTS PARK
AUD	Auditorium
BKCA	Basketball Court Adult
BKCY	Basketball Court Youth
CC	Community Center
K	Kitchen
LF	Left Field
PPR	Playground Program Room

RF	Right Field
R2	Room #2
T	Teen Center
TC	Tennis Courts
MV	MANHATTAN VILLAGE
CF	Center Field
NF	North Field
SF	South Field
WUA	Warm Up Area
MAP	MARINE AVENUE PARK
AH	Activity Hall
BD	Ball Diamond
DR	Dog Run
PPR	Playground Program Room
SF	Sports Field
MSC	MARINE SPORTS COMPLEX
CF	Center Field
EF	East Field
WUA	Warm Up Area
WSF	West Softball Field
MS	MEADOW SCHOOL
MPR	Multi Purpose Room
MCHS	MIRA COSTA HIGH SCHOOL
BF	Baseball Field
LG	Large Gym
NCF	North C Field
NDF	North D Field
SG	Small Gym
SF	Soccer Field
SAF	South A Field
SBF	South B Field
TC	Tennis Courts
PES	PACIFIC ELEMENTARY SCHOOL
PF	Pacific Field
PP	POLLIWOG PARK
PP6	Picnic Pad 6
PP9	Picnic Pad 9
SDP	SAND DUNE PARK
D	Dune
PP	Playground Program
S	Shelter



No.	Parks & Community Centers	Address/Location	No.	Schools	Address/Location
1	8th Street Parquette	1700 block of 8th Street	A	Grandview Elementary School	455 25th Street
2	13th Street Square	Corner of 13th Street & Morningside	B	Ladera Elementary	Bell & 28th Street
3	Bruce's Beach	Highland Avenue & 27th Street	C	Manhattan Beach Intermediate School	
4	Creative Arts Center	1560 Manhattan Beach Blvd.	D	Manhattan Beach Middle School	1501 N. Redondo Avenue
5	Joslyn Community Center	1601 Valley Drive	E	MBUSD Offices	325 S. Peck Avenue
6	Larsson Street Parquette	200 Block of Larsson Street	F	Meadows Elementary School	1200 N. Meadows Avenue
7	Live Oak Park	1901 Valley Drive	G	Meadows Transition School	1431 15th Street
8	Manhattan Beach Pier	Manhattan Beach Blvd. & Ocean Drive	H	Mira Costa High School	701 S. Peck Avenue
9	Manhattan Heights Park	1600 Manhattan Beach Blvd.	I	Pacific Elementary School	1214 Pacific Avenue
10	Manhattan Village Field	1300 Parkview Avenue	J	Pennekamp Elementary School	110 S. Rowell Avenue
11	Marine Avenue Park	1635 Marine Avenue	K	Robinson Elementary School	Morningside Drive & Francisco Street
12	Marine Sports Park	1600 Marine Avenue			
13	Marriott Municipal Golf Course	1400 Parkview Avenue			
14	Polliwog Park	1601 Manhattan Beach Blvd.			
15	Sand Dune Park	33rd Street & Bell Avenue			
16	Veterans Parkway	Between Valley Drive & Ardmore Avenue			

**BUILDING, PLANNING AND COMMUNITY DEVELOPMENT Planning Commission**

Meets the 2nd & 4th Wednesday, City Hall at 6:30 p.m.

**Parking & Public Improvements Commission**  
Meets the 4th Thursday at City Hall at 6:30 p.m.

**Board of Building Appeals**

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

**CITY OFFICIALS AND ADMINISTRATION**

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

**COMMUNITY RECREATIONAL FACILITIES AND ORGANIZATIONS**

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

- (MBYB) (K-8) ..... 310.779.4641
- Manhattan Beach Little League..... 310.546.1449
- Marriott Municipal Golf Course..... 310.939.1465
- Mira Costa Pony League-HOTLINE..... 310.379.3479
- MTA-(Metro Bus Information..... 1.800.266.6883
- Neighborhood Watch ..... 310.802.5183
- Hometown Fair ..... 310.546.5219
- Roundhouse Marine Studies ..... 310.379.8117
- Sister City Committee Meeting ..... 310.374.4532
- South Bay Adult School ..... 310.937.3340
- South Bay Soccer Club..... 310.546.9440
- Unified School District..... 310.318.7345
- VOICE ..... 310.226.2927

**POLICE**

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

**FINANCE**

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

**FIRE**

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

**HUMAN RESOURCES**

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

**PUBLIC WORKS**

- Sewer & Water Main Emergencies:
- 8:00 a.m.-4:30 p.m. M-F..... 310.802.5313
- 4:30 p.m.-8:00 a.m & weekends..... 310.802.5140
- Street Maintenance ..... 310.802.5310
- All Refuse/Recycling Collection
- Questions..... 310.830.7100
- Refuse Billing Problems ..... 310.802.5540
- Street Use Permit Processing..... 310.802.5540

- Public Works Construction
- Projects..... 310.802.5353
- Traffic and Engineering ..... 310.802.5540
- Utility Locations ..... 310.802.5540
- Sewer and Wastewater Info Water Quality/Ocean
- Safe Questions ..... 310.802.5320
- or ..... 310.802.5363
- Street Sweeping ..... 310.802.5313
- Fax ..... 310.802.5301
- Engineering Fax ..... 310.802.5351

**PARKS AND RECREATION**

- Director:
- Richard Gill..... 310.802.5403
- Recreation Services Managers:
- Idris J. Al-Oboudi ..... 310.802.5404
- Mark Leyman..... 310.802.5405
- Eve Kelso..... 310.802.5407
- Gina Allen ..... 310.802.5448
- Cultural Arts Manager:
- Juanita Purner ..... 310.802.5406
- Recreation Program Activities ..... 310.802.5400
- Cultural Arts Program..... 310.802.5406
- Park Maintenance ..... 310.802.5326
- Dial-A-Ride..... 310.545.3500
- Field Conditions Hotline..... 310.802.5454
- Older Adult Programs ..... 310.802.5447
- Playground Program ..... 310.802.5419
- Sports Program ..... 310.802.5413
- Class Registration ..... 310.802.5448
- Pool ..... 310.802.5428
- Visual Arts Activities ..... 310.802.5444
- Performing Arts Activities ..... 310.802.5417
- Facilities:**
- Creative Arts Center ..... 310.802.5440
- Facilities Reservations.....310.802.5410
- Joslyn Community Center ..... 310.802.5420
- OASIS Room ..... 310.802.5446
- Manhattan Hgths Comm. Center ..... 310.802.5425
- Marine Ave Park.....310.802.5427
- Teen Center ..... 310.802.5426
- Tennis Reservations:
- Live Oak ..... 310.545.0888
- Heights ..... 310.318.6919
- Mira Costa..... 310.374.8315

**TDD 310.546.3501**  
**FAX 310.802.5001**  
**FIRE/POLICE EMERGENCY DIAL 911**

**The fields below are all the information we require to create an account.**

To request a new account, please provide the following information.

**\*Required Field**

<b>MAIN CONTACT NAME:</b>			
<b>First*</b>		<b>Last*</b>	
<b>RESIDENTIAL ADDRESS:</b>			
<b>Street*</b>			
<b>Line 2</b>			
<b>Country*</b>			
<b>City*</b>			
<b>State*</b>			
<b>Zip Code*</b>			
<b>CONTACT INFORMATION:</b>			
<b>Phone*-Home</b>	(      )		<b>Extension</b>
<b>Phone*-Work</b>	(      )		<b>Extension</b>
<b>Cell Phone</b>	(      )		<b>Extension</b>
<b>Fax</b>	(      )		<b>Extension</b>
<b>E-mail Address*</b>			
This email address will be used to activate your account.			
<b>Please email me periodic updates. (Circle One)</b>			<b>Yes      No</b>
<b>IN CASE OF EMERGENCY, CONTACT:</b>			
<b>The emergency contact should NOT be the parent or guardian.</b>			
<b>1st Contact First Name*</b>		<b>Last Name*</b>	
<b>Relation*</b>			
<b>Phone*-Home</b>	(      )		<b>Extension</b>
<b>Phone*-Other</b>	(      )		<b>Extension</b>
<b>PERSONAL INFORMATION:</b>			
<b>Gender*</b>			
<b>Date of Birth*</b>	<b>Day</b>		<b>Year</b>
<b>Medical Alert</b>			
<b>QUESTIONS:</b>			
<b>How did you hear about us? (Circle One)</b>	<p style="text-align: center;"> <b>Family/Friend</b>  <b>Internet</b>  <b>Email</b>  <b>Activity Guide</b>  <b>Flyer</b> </p>		<p style="text-align: center;"> <b>Newspaper</b>  <b>Banner</b>  <b>TV</b>  <b>Previous Customer</b>  <b>Other</b> </p>

PLEASE PRINT ALL INFORMATION

MAIN CONTACT FULL NAME:

First		Last	
-------	--	------	--

RESIDENTIAL ADDRESS:

Street			
Line 2			
City		Zip	
E-mail Address			
Phone-Home	( )	Extension	
Phone-Work	( )	Extension	

Check here if this is a new address / phone number

Participant Name	Child's DOB	Sex M/F	Activity	Barcode	Class Description	Class Fee (Nonres add \$6)	For office use
			1st CHOICE				
			ALTERNATE CHOICE				
			1st CHOICE				
			ALTERNATE CHOICE				
			1st CHOICE				
			ALTERNATE CHOICE				
			1st CHOICE				
			ALTERNATE CHOICE				

Please identify any special accommodations that are needed to improve the student's experience here:	<b>GRAND TOTAL =</b>
------------------------------------------------------------------------------------------------------	----------------------

OFFICE USE ONLY: RECEIPT NUMBER

Cash  Check  Check Number

Credit Card:  MC  VISA Authorization Amount

Credit Card Number Expiration Date: Month/Year

Cardholders Signature

RELEASE OF LIABILITY I hereby certify that I am a participant in the above listed course conducted by the City of Manhattan Beach Parks & Recreation Department. I further certify that I am of good health, have no physical or other impairment which would endanger me when participating in such a program. I absolve and hold harmless the City of Manhattan Beach, its employees, officers or agents from any liability which may result from my participation or that of any minor in my legal custody, in the above activity. If the participant is a minor, I also give my permission for his/her participation in the above activity, and for any necessary medical treatment. I understand the City of Manhattan Beach has no obligation to supervise my children at the close of the above activity, and I release the City of Manhattan Beach, its officers, employees and agents from any liability resulting from any lack of supervision of my children at the close of the above activity. Participants involved in Manhattan Beach Parks & Recreation programs/activities may be photographed and such photography may be used to publicize City programs/activities. City of Manhattan Beach staff are not responsible for storing and or providing medications of any kind for participants in Parks and Recreation classes and activities.

Participants, Parent or Guardian Signature Date

# 4 EASY WAYS TO REGISTER

## Online



**Online Registration Begins May 11, 2009**

(Non Resident June 1, 2009)

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



## Mail-in



**Mail-in Registration Begins June 1, 2009**

Make checks payable to "City of Manhattan Beach"  
Mail to: Manhattan Beach Parks & Recreation Department  
ATTN: Class Registration  
1400 Highland Avenue • Manhattan Beach, CA 90266

## Fax-in



**Fax-in Registration Begins June 1, 2009**

Visa or Mastercard payment only. Sign registration form where it says cardholders signature and provide credit card number and expiration date. Please authorize total amount of the transaction. Fax complete form to (310) 802-5401

## Walk-in



**Walk-in Registration Begins June 1, 2009**

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

## REFUND POLICY

- No refunds will be given unless a refund request form, along with your class registration confirmation, is received five (5) working days prior to first class meeting unless the class is canceled by The City of Manhattan Beach.
- All approved refunds will incur a \$25 refund cost.
- A "Refund Request Form" may be picked up at City Hall, Parks & Recreation Department, 8am-5pm Monday-Friday or you may have one mailed by calling (310) 802-5448.

## POLICIES

- NON-RESIDENTS: There is a \$6.00 non-resident fee for each participant per class.
- Advanced registration is required for all classes. Fees will not be pro-rated for late registrations. Gymnastic classes will not accept registrations after two weeks from start date.
- All activities, dates and fees are subject to change.
- Classes not reaching required enrollment may be canceled and full refunds are issued.
- A resident is an individual residing in Manhattan Beach. Acceptable ID: photo ID, driver's license, utility bill with Manhattan Beach address is needed to verify residence.
- Must be the age specified for the activity by the start of the class. Proof may be required for all classes for ages 2-16 (ie, birth certificate, passport).
- False information regarding name, age, city, address, etc. results in being dropped without refund. You may be asked for ID at the first class.
- No registration will be taken over the phone.
- When registering by mail, your name will automatically be placed on a waiting list when a class is full; you will be notified by the Recreation Department if there is an opening. Do not attend the first class if you have not been notified to do so.
- ActiveNet requires that all activity registration incur a convenience fee of \$2.25 flat fee plus a transaction fee of 2.9%.





**City of Manhattan Beach**  
**Department of Parks and Recreation**  
 1400 Highland Avenue  
 Manhattan Beach, CA 90266

**Residential Customer**  
**Manhattan Beach**  
**CA 90266**

**PRESORTED  
 STANDARD  
 US POSTAGE  
 PAID  
 PERMIT NO. 15  
 MANHATTAN BEACH  
 CALIFORNIA**

ECRWSS

# 31<sup>st</sup> Annual Concerts in the Park

Concerts run from 5pm - 7pm  
 For more information, call (310) 802-5417



June 28	Hyperion Outfall Serenaders	Dixie Land
July 5	Sound of the Supremes	Supremes Tribute
July 12	Kate Russell	Country Rock
July 19	The Long Run	Eagles Tribute
July 26	Scott Whyte and the Bromantics	Classic Rock/Top 40s
August 2	La Palabra	Salsa
August 9	Fantastic Diamond	Neil Diamond Tribute
August 16	Backbeat	Beatles Tribute
August 23	Flat Top Tom	Swing
August 30	Brian Lynn Jones and the Misfit Cowboys	Country
September 6	Stone Soul	Soul



STAGED BY THE CITIES AND CHAMBERS OF COMMERCE  
 HERMOSA BEACH - MANHATTAN BEACH  
 REDONDO BEACH - TORRANCE  
 AND THE COUNTY OF LOS ANGELES

## 2009 INTERNATIONAL SURF FESTIVAL

Sponsored by Ford, the Chambers of Commerce and Cities of Hermosa Beach, Manhattan Beach, Redondo Beach, Torrance and Los Angeles County Department of Beaches and Harbors.

For more information, including price of admission, please visit the International Surf Festival website at [www.surffestival.org](http://www.surffestival.org)

### Friday, July 31

7:00 p.m. LA County Lifeguard Championships - Manhattan Beach Pier

### Saturday, August 1

- 6:45 a.m. International Bodsurfing Championship - Manhattan Beach Pier
- 7:00 a.m. Surfing Championships - Hermosa Beach Pier (South Side)
- 8:00 a.m. 4<sup>th</sup> Annual Sand Soccer Challenge. August 1-2 - Torrance Beach
- 8:00 a.m. Dick Fitzgerald Two-Mile Beach Run - Hermosa Beach Pier
- 9:00 a.m. Charlie Saikley 6-Man / 6-Woman Volleyball Tournament - MB Pier  
*\*Applications will be accepted beginning June 1st.*
- 7:00 p.m. So Calif. Lifeguard Championships Events - Manhattan Beach Pier

### Sunday, August 2

- 7:30 a.m. Velzy-Stevens Pier-to-Pier Paddleboard Championship - MB Pier
- 8:00 a.m. Sand Castle Design Contest - Manhattan Beach Pier, South Side
- 8:00 a.m. Sand Soccer Continues - Torrance Beach
- 9:00 a.m. Charlie Saikley 6-Man / 6-Woman Volleyball Tournament - MB Pier
- 9:00 a.m. Dwight Crum Pier-To-Pier Swim - Hermosa Pier to Manhattan Pier  
*\*No Race Day entries, Contestants must pre-qualify.*
- 10:00 a.m. Lifeguard Dory Race - Hermosa Pier (9:00am check-in)
- 1:00 p.m. South Bay Youth Swims and Paddles - Hermosa Beach Pier