

Fall 2009

MANHAPPENINGS

Experience the fun!



AQUATICS

PROGRAM...PG 6

SOCCER CAMP

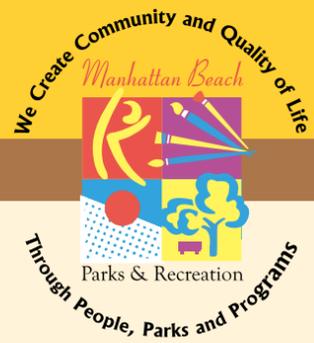
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Visit us online at www.citymb.info
City of Manhattan Beach, Parks & Recreation Department



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
 Cover image by Anita Manriquez
 Effective April 22, 2009



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WHAT'S MANHAPPENINGS!



M.B. News

New Addition to the MANHAPPENINGS Activity Guide!



Starting in winter, M.B. News will be found in the center fold of the MANHAPPENINGS Activity Guide.

This newsletter contains information about City events, major projects and other City-wide news.

The M.B. News is also available for download on the City's website. Log on to www.citymb.info click on the City Newsletter button on the

right side of the homepage. From there, you can download the most current M.B. News or catch up on past newsletters. All M.B. News file formats are Adobe PDF. If you do not have the Adobe Acrobat Reader program on your computer, it can be downloaded for free at the bottom of the City Newsletter webpage by clicking on the Adobe Acrobat Reader icon.

www.citymb.info



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





Concerts in the Park

Polliwog Park
5:00 PM - 7:00 PM

The Manhattan Beach Concerts in the Park series is an annual, summer-long event held each year at Polliwog Park. It runs from the last week in June through Labor Day weekend and has featured such artists as the Doo-Wah Riders and Lisa Haley and the Zydekats, as well as a host of other talented musicians. These performances are open seating and free to the public. There are no dogs, barbecues or wheeled vehicles allowed at any time in the concert area. Your cooperation to keep our parks clean is appreciated.

Concerts run from Sunday, June 28th - Sunday, September 6th

August 2	August 9	August 16	August 23	August 30	September 6
					
La Palabra Salsa	Fantastic Diamond Neil Diamond Tribute	Backbeat Beatles Tribute	Flat Top Tom Swing	Brian Lynn Jones & the Misfit Cowboys Country	Stone Soul Soul

Thank you to our Generous Sponsors







20th Annual Pier Lighting

This year, the 20th Annual Pier Lighting will be combined with the Manhattan Beach Downtown Business Association Holiday Open House! Visit Santa Claus and enjoy live musical entertainment!

Wednesday, November 18, 2009
Time TBA - Please log on to www.citymb.info closer to the event date for exact time
Manhattan Beach Pier
(Rain location - Joslyn Community Center 1601 Valley Drive)

For more information log on to www.citymb.info or contact Cameron Harding, Recreation Services Supervisor (310) 802-5420 or the Parks and Recreation Department (310) 802-5448.

12th Annual VETERAN'S DAY

Multi-Generation Event

Wednesday, November 11, 2009
11:00 AM
Veteran's Monument
(rain location Joslyn Center, 1601 Valley Drive)

For more information log on to www.citymb.info or contact the Parks and Recreation Department (310) 802-5448.

We're in a DROUGHT.

Are You Conserving Water?

EFFECTIVE JULY 2, 2009!

NEW WATER CONSERVATION ORDINANCE
includes:

- Permanent Water Conservation Requirements
- Stage 2 Drought Restrictions in Effect

Visit www.citymb.info or contact Public Works at (310) 802-5304 for more information.



COMPOSTING is not a DIRTY business



Join Us For a Free Composting Workshop

We'll show you the right way to set up a compost bin or a worm bin, and how simple it is to recycle yard and food waste right in your own back yard! Discounted compost and worm bins available for purchase to residents. Reservations are not necessary. For information call 310 802-5303.

October 10, 2009
10:00 a.m.
(class lasts about 1 hour)

MANHATTAN BEACH BOTANICAL GARDEN
Polliwog Park, Manhattan Beach
(on Peck Ave., just north of Manhattan Beach Blvd.)



AQUATICS

Dolphins Swim Team - Fall Season

August 31 - October 30, 2009

Age: 6 - 17

Monday, Wednesday, Friday AC: 6943
Tuesday, Thursday, Friday AC: 6944
Monday - Friday AC: 6942

Location: Begg Pool
Price: \$160 Nonresidents
\$144 Residents (Manhattan Beach residents receive a 10% discount)

Time: Ages 6 - 9: 4:50 PM - 5:50 PM
Ages 10 - 11: 5:40 PM - 6:40 PM
Ages 12 - 17: 6:30 PM - 7:45 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

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

PARENT AND ME SWIM

Fee: \$54

4 Week Session
Ages: 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 one parent/adult per child during the lessons.

5347		9:15 to 9:50am
Sept 12-Oct 3	Sa	
5349		9:15 to 9:50am
Oct 10-Oct 31	Sa	



Recreational Swim **Pool Rules**

Everyone is welcome! Come out and have lots of fun at the pool. This is a great opportunity for some family time or just spend some quality time alone.

\$2/person
Saturdays, September 12 - October 31
1:00 PM - 2:45 PM

Lap Swim

\$3/person/session	\$3/person/session
August 31 - October 29	September 12 - October 31
Mondays - Thursday	9:30 AM - 12:50 PM
7:45 - 8:45 PM	

Water Aerobics

\$3/person/session
August 31 - October 30
Mondays, Wednesdays & Fridays
3:30 PM - 4:05 PM

This class is design for men and women who are looking to get in shape, for low impact cardiovascular exercise that will increase cardiovascular endurance, and to meet new friend then come join us. Work-out includes a warm-up, aerobic exercise, stretching exercises and relaxation exercises to increase flexibility.

- Classes are drop-in, so no registration is necessary.
- Knowing how to swim is not a prerequisite for participation in this class.

Masters

All swim levels are welcome!
Monday - Friday 6:15 AM - 7:15 AM
Coach: Steve Hyde
February 2 - November 27
\$40/month

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!

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 on Saturday during fall. The cost is \$132/hour (\$173/hour for non-residents) and a two-hour minimum is required. The rental fee includes pool staff. Bookings are on a first come, first serve basis. For reservation information, call Ada Valdivia, Facility Reservations (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.

Begg Pool Information

1402 North Peck Avenue
Manhattan Beach, CA 90266
(310) 802-5428
www.citymb.info Keyword: Aquatics

PRIVATE SWIM LESSONS-SATURDAY

Fee: \$124 **4 Week Session**
Ages: 3 and up

A one-on-one learning environment for children or adults. Classes meet 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.

5247		9:15 to 9:50am
Sept 12-Oct 3	Sa	
5249		10 to 10:35am
Sept 12-Oct 3	Sa	
5251		10:45 to 11:20am
Sept 12-Oct 3	Sa	
5257		11:30am to 12:05pm
Sept 12-Oct 3	Sa	
5259		12:15 to 12:50am
Sept 12-Oct 3	Sa	
5253		9:15 to 9:50am
Oct 10-Oct 31	Sa	
5255		10 to 10:35am
Oct 10-Oct 31	Sa	
5261		10:45 to 11:20am
Oct 10-Oct 31	Sa	
5263		11:30am to 12:05pm
Oct 10-Oct 31	Sa	
5265		12:15 to 12:50am
Oct 10-Oct 31	Sa	

PRIVATE SWIM LESSONS-WEEKDAY

3 Week Session
Ages: 3 and up

A one-on-one learning environment for children or adults. Classes meet 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.

2829	Fee: \$279	3:30 to 4:05pm
Aug 31-Sept 18	M W F	
2831	Fee: \$315	4:10 to 4:45pm
Aug 31-Sept 18	M W F	
2815	Fee: \$315	3:30 to 4:05pm
Sept 21-Oct 9	M W F	
2841	Fee: \$315	4:10 to 4:45pm
Sept 21-Oct 9	M W F	
2833	Fee: \$315	3:30 to 4:05pm
Oct 12-Oct 30	M W F	
2835	Fee: \$315	4:10 to 4:45pm
Oct 12-Oct 30	M W F	

SMALL GROUP SWIM LESSONS

3 Week Session
Ages: 3 but less than 12

Each level will have 4 students to 1 instructor. Parents are not 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 able to be in the water without a parent. At the start of each session, the students' 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.

5371	Fee: \$93	4:10 to 4:45pm
Aug 31-Sept 18	M W F	
5383	Fee: \$103	4:10 to 4:45pm
Sept 21-Oct 9	M W F	
5395	Fee: \$103	4:10 to 4:45pm
Oct 12-Oct 30	M W F	

SWIM SMART

Fee: \$60 **4 Week Session**
Ages: 5 but less than 11

Reading is fun when you're swimming. Join us for Swim Smart, which incorporates reading skills, games and basic swimming skills to inspire your children to read on land as well as in the water. Reading challenges arise when there is a lack of movement. Children by nature move and can become various readers if not bound by desk. This class is especially designed for children who have been diagnosed on the autistic spectrum, ADHD, OCD, PDD or generally say those dreaded words "I hate reading" Give me you wound-up, weary reader and I will inspire your child to remember the joy of learning.

6981 **10:45 to 11:25am**
Sept 12-Oct 3 Sa

PARENT AND ME ASD SWIM THERAPY

Fee: \$60 **4 Week Session**
Ages: 3 but less than 10

This class is designed to meet the needs of parents and children who are on the autistic spectrum (Autism, Asper's Syndrome and Pervasive Developmental Disorder). Swimming is a great tool for pain management, behavior modification, perceptual-motor development and auditory processing. Communicative or Non-communicative, all welcome. Through the use of picture sequences, classical music and visual reminders, children accompanied by parents will enjoy a bonding experience while learning basic swimming techniques.

6980 **10 to 10:40am**
Sept 12-Oct 3 Sa

ART & CERAMICS

ART ZONE

Fee: \$109 **8 Week Session**
Ages: 2 but less than 6

Discover the arts in an inspiring studio environment designed by insightful child development specialist. Diverse stations offer dress up, play houses, crawling tunnels, books and musical instruments to enhance creativity. Also experiment with stamping, finger painting, easel painting and clay. Studio equipped with wall painting, mud kitchen, water wonders room! Dress for painting and bring extra clothes. Children must be accompanied by a parent or guardian who will participate in the class.

6923	Art Zone	2 to 3:30pm
Sept 15-Nov 3	Tu	Krug, Laura
6924	Art Zone	2 to 3:30pm
Sept 16-Nov 4	W	Krug, Laura
6926	Art Zone	2 to 3:30pm
Sept 17-Nov 5	Th	Krug, Laura
6976	Art Zone	2 to 3:30pm
Sept 14-Nov 2	M	Krug, Laura

PEE WEE PICASSO

Fee: \$132 **10 Week Session**
Ages: 2 but less than 3

Students will be exposed to a variety of age-appropriate activities that develop and improve fine-motor skills. Curiosity, discovery, and self-expression are the focus of this fantastic class-using glitter paint, play dough, collage, water colors and more. Projects rotate quarterly! 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. Extended session!

3789 **10:45 to 11:35am**
Sept 15-Nov 17 AH-MP Tu Staff, Art To Grow On Inc,

PICASSO, MOMMY AND ME

Fee: \$132 **10 Week Session**
Ages: 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. Extended Session!

3809 **9:30 to 10:15am**
Sept 15-Nov 17 AH-MP Tu Staff, Art To Grow On Inc,

PLAY DOUGH AND PICASSO

Fee: \$132 **10 Week Session**
Ages: 3 but less than 6

et, Van Gogh, and Picasso. Students will be exposed to a variety of age appropriate lessons featuring several Master Artists in addition to fun projects. 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. For more information log on to www.art2growon.com Extended Session!

3823 **Noon to 1pm**
Sept 15-Nov 17 AH-MP Tu Staff, Art To Grow On Inc,

DANCE, MUSIC & THEATER

BEACH CITIES MUSIC TOGETHER

Fee: \$153 **10 Week Session**
Ages: 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.

6984	PAR-CAC	4:15 to 5pm
Oct 2-Dec 11	F	Grace Collins
6819	PAR-CAC	9 to 9:45am
Sept 28-Nov 30	M	Buckley, Naomi
6820	PAR-CAC	10:15 to 11am
Sept 28-Nov 30	M	Buckley, Naomi
6821	PAR-CAC	11:30am to 12:15pm
Sept 28-Nov 30	M	Buckley, Naomi
6826	PAR-CAC	9 to 9:45am
Oct 3-Dec 5	Sa	Noelle Forrestal-Higgenbottom
6827	PAR-CAC	10:15 to 11am
Oct 3-Dec 5	Sa	Noelle Forrestal-Higgenbottom
6828	PAR-CAC	11:30am to 12:15pm
Oct 3-Dec 5	Sa	Noelle Forrestal-Higgenbottom
6823	PAR-CAC	9 to 9:45am
Sept 29-Dec 1	Tu	Grace Collins
6824	PAR-CAC	10:15 to 11am
Sept 29-Dec 1	Tu	Grace Collins
6825	PAR-CAC	11:30am to 12:15pm
Sept 29-Dec 1	Tu	Grace Collins

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 webiste for all Party Package Information.

www.art2growon.com

(310) 625-6028

Location: Marine Ave. Hall, Manhattan Beach

FAIRYTALE THEATER AND MOVEMENT

Fee: \$110

8 Week Session
Ages: 3 but less than 6

Ready to hit the big time? This workshop is a fun, exciting and energetic introduction to the art of acting. Children will learn to present individual characters while acting out their favorite fairy tales, explore creative movement with music, pantomime, theater games, vocal projection and more! This unique process will encourage shy children to come out of their shells and lead outgoing children to the next level of self-expression. This non-competitive, nurturing and innovative program is an excellent tool for parents to utilize while adjusting their child to social environments and other preschoolers.

6939 PAR-CAC 4 to 4:50pm
Sept 14-Nov 9 M Staff, Performing Art Workshop

HIPPITY HOP

Fee: \$175.50

13 Week Session
Ages: 2yr 9mo but less than 5

Hippity Hop is a fun dance class for high-energy kids. Set to kid-endly 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 or call 310-414-9630.

No class 11/24, 11/25.
3775 Athletic Grace Dance Studio 4 to 4:45pm
Sept 15-Dec 15 Tu Staff, Athletic Grace Dance Studios
3777 Athletic Grace Dance Studio 4 to 4:45pm
Sept 16-Dec 16 W Staff, Athletic Grace Dance Studios

MUSIC & FUN FOR SIBLINGS

Fee: \$145.00

12 Week Session
Ages: 4mo but less than 4

This 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 or call (310) 545-4550.

4533 Wondernation Discovery Studio 4 to 4:45pm
Sept 21-Dec 7 M Staff, Wondernation

MUSIC & SIGN

Fee: \$155

12 Week Session
Ages: 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 destrates 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 or call (310)545.4550.

4779 Wondernation Discovery Studio 6 to 6:45pm
Sept 23-Dec 2 Tu Staff, Wondernation

MUSIC-GROUP PIANO

Fee: \$200

12 Week Session
Ages: 4 but less than 6

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 ends. It has been shown that children will practice harder to please their ends 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

4501 Wondernation Discovery Studio 3 to 3:45pm
Sept 25-Dec 18 F Staff, Wondernation
4503 Wondernation Discovery Studio 4 to 4:45pm
Sept 25-Dec 18 F Staff, Wondernation
4505 Wondernation Discovery Studio 5 to 5:45pm
Sept 25-Dec 18 F Staff, Wondernation

MUSIC RHAPSODY-BABIES MAKE MUSIC

Fee: \$111

6 Week Session
Ages: 3mo but less than 1

Since 1983 thousands of parents and their babies have benefited from this music education program. Babies instinctively react to music! In these interactive classes, parents & babies learn delightful songs and dances that stimulate natural response to music. Parents gather information each week on infant musical development and learn activities to share in class and use at home. Notes on songs, rhymes and games are included in the Babies Make Music kit. A \$40.00 materials (kit) fee is due the first day of class. For more information visit musicrhapsody.com or call 310-376-8646. Classes run continuously from Sept-June, please see website for details.

6833 AR2-JCC 11:15am to Noon
Sept 14-Oct 19 M Staff, Music Rhapsody
6834 AR2-JCC 11:15am to Noon
Oct 26-Nov 30 M Staff, Music Rhapsody
6835 AR2-JCC 11:15am to Noon
Dec 7, 2009-Jan 25, 2010 M Staff, Music Rhapsody

MUSIC RHAPSODY-KIDS MAKE MUSIC

Fee: \$111

6 Week Session
Ages: 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 or call 310-376-8646.

6836 AR2-JCC 10:15 to 11am
Sept 14-Oct 19 M Staff, Music Rhapsody
6837 AR2-JCC 10:15 to 11am
Oct 26-Nov 30 M Staff, Music Rhapsody
6838 AR2-JCC 10:15 to 11am
Dec 7, 2009-Jan 25, 2010 M Staff, Music Rhapsody

DANCE, MUSIC & THEATER**MUSIC RHAPSODY-TODDLERS MAKE MUSIC**

Fee: \$111

6 Week Session
Ages: 1 but less than 2

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 or call 310-376-8646. Classes run continuously from Sept- June, please see website for details.

4139 AR2-JCC 9:15am to 11am
Sept 14-Oct 19 M Staff, Music Rhapsody
4141 AR2-JCC 9:15 to 10am
Oct 26-Nov 30 M Staff, Music Rhapsody
6935 AR2-JCC 9:15 to 10am
Dec 7, 2009-Jan 25, 2010 M Staff, Music Rhapsody
6936 AR2-JCC 12:15 to 1pm
Sept 14-Oct 19 M Staff, Music Rhapsody
6937 AR2-JCC 12:15 to 1pm
Oct 26-Nov 30 M Staff, Music Rhapsody
6938 AR2-JCC 12:15 to 1pm
Dec 7, 2009-Jan 25, 2010 M Staff, Music Rhapsody

TRACY'S TUNES & TALES FOR KINDERS

Fee: \$132

8 Week Session
Ages: 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. 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 allowed with instructor consent).

No class held on: 11/27, 12/19-1/3
3783 PH-LOP 9:15am-10:45am
Sept 15-Nov 3 Tu Blender, Tracy
3785 PH-LOP 10:30am-12pm
Sept 18-Nov 6 F Blender, Tracy
PH-LOP 9:15-10:45am
Nov. 17-Jan. 5 Tu Blender, Tracy
PH-LOP 10:30-12pm
Nov. 20-Jan. 15 F Blender, Tracy

TRACY'S TUNES & TALES FOR TOTS

Fee: \$108

8 Week Session
Ages: 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-inone 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 allowed with instructor consent).

No class held on: 11/27, 12/19-1/3
3801 PH-LOP 11am-12pm
Sept 15-Nov 3 Tu Blender, Tracy
3803 PH-LOP 9:15am-10:15am on the next day
Sept 18-Oct 30 F Blender, Tracy
PH-LOP 11 to 12pm
Nov. 17-Jan. 5 Tu Blender, Tracy
PH-LOP 9:15 to 10:15am
Nov. 20-Jan. 15 F Blender, Tracy

TUTUS AND TAPS

Fee: \$175.50

13 Week Session
Ages: 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 or call 310-414-9630 for information on dress code and policies. Student must be able to take directions from the instructor.

No class 11/23.
3793 Athletic Grace Dance Studio 4 to 4:45pm
Sept 14-Dec 14 M Staff, Athletic Grace Dance Studios

TUTUS AND TAPS-2

Fee: \$175.50

13 Week Session
Ages: 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.

No class 11/23.
3563 Athletic Grace Dance Studio 5 to 5:45pm
Sept 14-Dec 14 M Staff, Athletic Grace Dance Studios

SPORTS**BALLS & BUBBLES FOR BABIES**

Fee: \$107

8 Week Session
Ages: 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. This class includes warm-ups, games, rhymes, circle time and ends with hand stamps. Goodies for all at the end of the session!

5115 PH-LOP 11:45am to 12:15pm
Sept 17-Nov 5 Th Staff, Parks And Recreation

BASEBALL-PARENT & CHILD

Fee: \$107

8 Week Session
Ages: 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.

3787 CF-MSC Noon to 12:45pm
Sept 20-Nov 8 Su Braunecker, Don
3805 BKCY-MHP 10:45 to 11:30am
Sept 20-Nov 8 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

FOR MORE INFORMATION:

Reservations on a first come, first served basis.
Register at Manhattan Beach City Hall, 1400 Highland Avenue.
City Hall (310) 802-5408
SuperKids (310) 370-9190

GYMNASTICS-DEVELOPMENTAL

Fee: \$89 **8 Week Session**
Ages: 3 but less than 6

Your child will participate independently of a parent and learn 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!

3815	AUD-MHP	3:30 to 4:20pm
Sept 15-Nov 3	Tu	Staff, Superkids
3817	AUD-MHP	4:30 to 5:20pm
Sept 15-Nov 3	Tu	Staff, Superkids
6813	AUD-MHP	3:30 to 4:20pm
Nov 10-Dec 29	Tu	Staff, Superkids
6814	AUD-MHP	4:30 to 5:20pm
Nov 10-Dec 29	Tu	Staff, Superkids

GYMNASTICS-FAMILY GYM

Fee: \$95 2nd child discount fee: \$73 **8 Week Session**
Ages: 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.

3837	AUD-MHP	9:30 to 10:20am
Sept 16-Nov 4	W	Staff, Superkids
3839	AUD-MHP	9:30 to 10:20am
Sept 20-Nov 8	Su	Staff, Superkids
3841	AUD-MHP	10:30 to 11:20am
Sept 20-Nov 8	Su	Staff, Superkids
6805	AUD-MHP	9:30 to 10:20am
Nov 11-Dec 30	W	Staff, Superkids
6806	AUD-MHP	9:30 to 10:20am
Nov 15, 2009-Jan 3, 2010	Su	Staff, Superkids
6807	AUD-MHP	10:30 to 11:20am
Nov 15, 2009-Jan 3, 2010	Su	Staff, Superkids

ICE HOCKEY FOR TOTS

Fee: \$67 **4 Week Session**
Ages: 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.

4797	Toyota Sports Center	4:30 to 5pm
Oct 14-Nov 4	W	Staff, Toyota Sport Center
4799	Toyota Sports Center	Noon to 12:30pm
Oct 17-Nov 7	Sa	Staff, Toyota Sport Center

ICE SKATING FOR BEACH BABIES

Fee: \$67 **4 Week Session**
Ages: 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.

3881	Toyota Sports Center	5:30 to 6pm
Oct 13-Nov 3	Tu	Staff, Toyota Sport Center
3883	Toyota Sports Center	4 to 4:30pm
Oct 15-Nov 5	Th	Staff, Toyota Sport Center
3885	Toyota Sports Center	Noon to 12:30pm
Oct 17-Nov 7	Sa	Staff, Toyota Sport Center

ICE SKATING FOR TOTS

Fee: \$67 **4 Week Session**
Ages: 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.

3899	Toyota Sports Center	4 to 4:30pm
Oct 13-Nov 3	Tu	Staff, Toyota Sport Center
3901	Toyota Sports Center	4 to 4:30pm
Oct 15-Nov 5	Th	Staff, Toyota Sport Center
3903	Toyota Sports Center	Noon to 12:30pm
Oct 17-Nov 7	Sa	Staff, Toyota Sport Center

KARATE-TRADITIONAL CHINESE KENPO-TOTS

Fee: \$110 **8 Week Session**
Ages: 3 but less than 7

This fun course teaches useable 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 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.

6808	AUD-MHP	3:30 to 4:15pm
Sept 17-Nov 5	Th	Hill, Kevan
6809	AUD-MHP	4:30 to 5:15pm
Sept 17-Nov 5	Th	Hill, Kevan

LA TENNIS ACADEMY

Fee: \$108 **8 Week Session**
Ages: 3 but less than 5

LA TENNIS ACADEMY brings fun, fitness, fundamentals and ends 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

6753	TC-LOP	9 to 9:30am
Sept 19-Nov 7	Sa	Staff, LA Tennis Academy
6757	TC-MCHS	9 to 9:30am
Sept 19-Nov 7	Sa	Staff, LA Tennis Academy
6755	TC-MHP	4 to 4:30pm
Sept 23-Nov 11	W	Staff, LA Tennis Academy

MOMMY, DADDY & ME TENNIS

Fee: \$143 **8 Week Session**
Ages: 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 ends and fun!

6773	TC-MCHS	9 to 10am
Sept 19-Nov 7	Sa	Nardi, Susan



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



COACH DEREK INC. MULTISPORT CLASSES

Ages: 2 but less than 5

Coach Derek Inc.'s Multisport classes offer a great introduction to sports for boys and girls ages 2-3, 3-4 and 4-5. Your toddler or young preschooler will learn basic soccer, T-ball and basketball skills in a fun, non-competitive, positive environment. This class will emphasize teamwork and self-respect while developing coordination and overall strength. We will lay the groundwork for your child's enjoyment of sports.

No Classes from 11/23-29/09.

6848	LOF-LOP	10 to 10:45am
Sept 14-Dec 7	M	Staff, Coach Derek Inc
3153	LOF-LOP	11 to 11:45am
Sept 14-Dec 7	M	Staff, Coach Derek Inc
3167	LOF-LOP	3 to 3:45pm
Sept 14-Dec 7	M	Staff, Coach Derek Inc
3143	LOF-LOP	9 to 9:45am
Sept 15-Dec 8	Tu	Staff, Coach Derek Inc
3155	LOF-LOP	10 to 10:45am
Sept 15-Dec 8	Tu	Staff, Coach Derek Inc
3169	LOF-LOP	11 to 11:45am
Sept 15-Dec 8	Tu	Staff, Coach Derek Inc
6846	LOF-LOP	3 to 3:45pm
Sept 15-Dec 8	Tu	Staff, Coach Derek Inc
3145	LOF-LOP	9 to 9:45am
Sept 16-Dec 9	W	Staff, Coach Derek Inc
3157	LOF-LOP	10 to 10:45am
Sept 16-Dec 9	W	Staff, Coach Derek Inc
3171	LOF-LOP	11 to 11:45am
Sept 16-Dec 9	W	Staff, Coach Derek Inc
3147	LOF-LOP	10 to 10:45am
Sept 17-Dec 10	Th	Staff, Coach Derek Inc
3159	LOF-LOP	11 to 11:45am
Sept 17-Dec 10	Th	Staff, Coach Derek Inc
3149	LOF-LOP	10 to 10:45am
Sept 18-Dec 11	F	Staff, Coach Derek Inc
3161	LOF-LOP	11 to 11:45am
Sept 18-Dec 11	F	Staff, Coach Derek Inc

Fee: \$260 **12 Week Session**
Ages: 4-5

6847	LOF-LOP	11 to 11:45am
Sept 19-Dec 12	Sa	Staff, Coach Derek Inc
3165	LOF-LOP	Noon to 12:45pm
Sept 19-Dec 12	Sa	Staff, Coach Derek Inc

ROCK CLIMBING FOR TOTS

Fee: \$182 **8 Week Session**
Ages: 4 but less than 6

We will teach all of the basics of climbing, but most importantly they will have fun before or after they finish school. Your kids will learn to focus, follow rules and physically become stronger. The class is located at Hangar 18 South Bay LA.

3847	Beach City Rock Gym	3:30 to 4:30pm
Sept 18-Nov 6	F	Staff, Hangar 18 South Bay LA
3849	Beach City Rock Gym	3:30 to 4:30pm
Sept 19-Oct 31	Sa	Staff, Hangar 18 South Bay LA

The Parks & Recreation Department

We strengthen community image and sense of place



MANHATTAN BEACH 6V6 YOUTH FALL SOCCER LEAGUE

“The Official Youth Soccer League in the City of Manhattan Beach”

8 Week Program December 5th through February 6th
Kick-Off Week will include a free clinic from Chivas USA!



The Manhattan Beach 6 v 6 Youth Soccer League will provide young players with the opportunity to play and have fun with their friends. This small sided format will allow each player to have numerous touches on the ball while showcasing their skills and creativity. Games will be facilitated by Brit-West Soccer Coaches who will provide technical and tactical instruction. Brit West’s philosophy will provide quality coaching and a club environment at a reasonable cost. The game of soccer is the best teacher of all – Let the players play and have fun. Each team player will receive a BRIT-WEST TEAM SHIRT.

OPTION 1 – LEAGUE PLAY ON SATURDAYS AT MANHATTAN VILLAGE FIELD - \$95

League play on Saturdays will provide fun in an organized game.

THREE AGE GROUPS

- Ages 5 – 6 years 9am – 10am
- Ages 7 – 8 years 10am – 11am
- Ages 9 – 12 years 11am – 12 noon

Each team will have a maximum of 9 players.

OPTION 2 – LEAGUE PLAY PLUS A WEEKLY COACHING CLINIC EVERY THURSDAY \$165

League play on Saturdays and Coaching Clinics on Thursdays will be provided by Brit-West Soccer Coaches. Brit-West Soccer Coaches include former collegiate coaches and players, ex professional players from around the world, licensed California South and United States Soccer Federation Coaches and a former US National Team Player.

HOW TO REGISTER

Sign up as an individual or with friends. We will try to accommodate any requests to have friends on the same team. Register online at: www.citymb.info or call (310) 802-5448 for more information.



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: 3 but less than 15

Fee: \$106 1 Week Session					
6999	WUA-MV	9am to Noon	Nov 23-Nov 25	M Tu W	Staff, Coaches, Brit West Soccer
7000	WUA-MV	9am to Noon	Dec 21-Dec 23	M Tu W	Staff, Coaches, Brit West Soccer
Fee: \$139 1 Week Session					
7001	WUA-MV	9am to Noon	Dec 28-Dec 30	M Tu W	Staff, Coaches, Brit West Soccer

TOT-SPORTS

SOCCER 4 TOTS WITH BRIT-WEST-PHASE 1

Fee: \$116 8 Week Session
 Ages: 2 but less than 3

Parent participation will be fun and important while developing their child’s first steps in physical fitness. Basic skills of balancing, jumping, throwing, catching, and hopping will develop long-term skills for soccer.

6727 WUA-MV 9:45 to 10:30am
 Sept 17-Nov 5 Th Staff, Coaches, Brit West Soccer

SOCCER 4 TOTS WITH BRIT-WEST-PHASE 2

Fee: \$116 1 Week Session
 Ages: 3 but less than 5

Kicking the ball in a given direction, running and moving the ball with your feet, stopping the ball without using your hands, shooting at the goal and blocking shots: These are the basic elements of soccer that we aim to teach children by leading them in various exercises and through fun games.

6839 WUA-MV 10:30 to 11:15am
 Sept 17-Nov 5 Th Staff, Coaches, Brit West Soccer

6840 WUA-MV 2:15 to 3pm
 Sept 17-Nov 5 Th Staff, Coaches, Brit West Soccer

6841 WUA-MV 10 to 10:45am
 Sept 20-Nov 8 Su Staff, Coaches, Brit West Soccer

SOCCER 4 TOTS WITH BRIT-WEST-PHASE 3

Fee: \$116 8 Week Session
 Ages: 4 but less than 6

Phase 3 will develop soccer techniques such as dribbling, passing, turning and shooting through FUN games. Sessions will include a scrimmage (soccer game) involving two or more teams. Every child will be physically active while playing the game. We will introduce basic rules and soccer terms. (Shin guards required)

6707 WUA-MV 3 to 3:45am
 Sept 17-Nov 5 Th Staff, Coaches, Brit West Soccer

6709 WUA-MV 10:45 to 11:30am
 Sept 20-Nov 8 Su Staff, Coaches, Brit West Soccer

UNIQUE ACTIVITIES

YAK ACADEMY-FOREIGN LANGUAGE FOR KIDS

Fee: \$106 8 Week Session
 Ages: 1 but less than 3

The ages 12-36 months program is an immersion-based “Parent & Tot” foreign language class. Children attend one 45 minute class per week and parents are provided with materials to reinforce learning at home. Lesson plans are specifically tailored to this age group and create a fun, natural learning environment.

Parent & Tot Mandarin 3073 R7-MHP 9 to 9:45am
 Sept 16-Nov 4 W

Parent & Tot Spanish 3069 R7-MHP 9 to 9:45am
 Sept 15-Nov 3 Tu

YOUTH-ART & CERAMICS

ADVENTURES IN CLAY

Ages: 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.

Fee: \$109 8 Week Session
 6973 CS-LOP 4 to 5:30pm
 Sept 14-Nov 2 M Trulove, Thomas

Fee: \$77 5 Week Session
 6974 CS-LOP 4 to 5:30pm
 Nov 9-Dec 14 M Trulove, Thomas

ANIMALS IN THE WORLD-INDIA

Fee: \$108 8 Week Session
 Ages: 7 but less than 12

In this class, students travel to India and learn about the culture of sharing between animals and humans. For example, cows are holy and respected as an important part of their culture. People in India do not eat beef: they are basically vegetarians. Students will paint Bengal tiger, elephants, dromedary camel, and more! Students will also learn the richness of Indian culture by storytelling and discussion about arts and architecture of the country.

6862 VAR-CAC 3:30 to 5pm
 Sept 16-Nov 4 W Lind, Mona Lisa

ART 101

Fee: \$108 8 Week Session
 Ages: 6 but less than 11

In this class, students will gain basic understanding of 2-dimensional and 3-dimensional art creation. The class will cover essential elements and skills of painting and drawing, including value (shading), shape/form, color, space, and perspective. Students will use various art media such as acrylic painting, watercolor, charcoal, pastel, and pencil. Students will also be exposed to the 3-dimensional art construction projects such as papier-mâché, wire sculpture, natural basketry, and clay work.

6859 VAR-CAC 3:30 to 5pm
 Sept 15-Nov 3 Tu Michelle Wiener & Edith Abeyta

ART WITH ANGELICA-YOU & YOUR FRIENDS

Fee: \$135 8 Week Session
 Ages: 8 but less than 12

Students will learn the proportions of portraiture, how to create a portrait step by step using multiple mediums. Self-portraits and portraits of others will be rendered in pastels, watercolors, tempera paints, acrylic paints, and a numbered mono print edition. Students will investigate portraiture throughout art history and contemporary art, creating realistic and abstract portraiture. Ending with creating an abstract Picasso inspired mask. Students will display their works in the gallery, to share with parents and friends. No experience is necessary.

6864 VAR-CAC 3:30 to 5pm
 Sept 14-Nov 2 M Sotiropoulos, Angelica

CARTOONING FOR CHILDREN-II

Fee: \$108 **8 Week Session**
Ages: 7 but less than 12

The student will learn George's secrets to bringing life and believability to any cartoon character. In simple easy to understand lessons. The student will learn how to draw animals, people, creatures and backgrounds. They will also learn how to tell a story through their own comic strip. This class finishes with each student creating their own comic strip.

3581 **VAR-CAC** **3 to 4:30pm**
Sept 18-Nov 6 **F** **Huante, George**

CERAMICS FOR CHILDREN

8 Week Session
Ages: 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.

Fee: \$109 **4:30 to 6pm**
6882 **CS-LOP** **Th** **Anacker, Rita**
Sept 17-Nov 5

Fee: \$77 **4:30 to 6pm**
6883 **CS-LOP** **Th** **Anacker, Rita**
Nov 12-Dec 17

GOURD ART

Fee: \$72 **1 session**
Ages: 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.

6893 **VAR-CAC** **1:30 to 5pm**
Sept 19, 2009 **Sa** **Hom, Deborah**



HALLOWEEN WORKSHOP-COSTUME MAKING

Fee: \$76 **2 Week Session**
Ages: 7 but less than 18

The best costumes are those produced with creativity and imagination. You can make yours reusing great old materials and accessories in your closet at home. Come with your idea of who you want to be for Halloween and a bag of old materials: fabric, bed sheets, clothing, accessories, etc. to utilize in your costume or trade with other students in the class. This workshop help you plan, design, and create your original costume.

6911 **VAR-CAC** **1:30 to 4am**
Oct 3-Oct 10 **Sa** **Staff, Parks And Recreation**

HALLOWEEN WORKSHOP-MAKE UP

Fee: \$59 **Ages: 7 but less than 18**

Learn makeup techniques like the ones used in Hollywood! If you want to look bloody or beautiful this class will help you do it. We will go over basic stage makeup techniques learn how to do makeup for vampires, monsters, ghosts, beauty queens, fake wounds, and more!

6912 **VAR-CAC** **1:30 to 4pm**
Oct 24 **Sa** **Staff, Parks And Recreation**

HALLOWEEN WORKSHOP-MASK MAKING

Fee: \$46 **Ages: 7 but less than 18**

Make a unique mask to go with your Halloween costume or to stand alone as a wonderful decoration, in this class we will be using a variety of materials to make masks ranging from glamorous to ghoulish! Learn how to transform a plain mask into a masterpiece!

6913 **VAR-CAC** **1:30 to 4am**
Oct 17 **Sa** **Staff, Parks And Recreation**

MY FIRST ART CLASS

Fee: \$142 **8 Week Session**
Ages: 7 but less than 13

Welcome to Art Class! Our friendly art teachers are child development specialists highly skilled in offering a no-fail, fun and creative environment to help kids build a life-long love of art making. Enjoy many, many engaging lessons. Each week the lessons alternate between drawing and sculpting to maximize variety and build skills. After the lesson, free playtime is enjoyed in our fun-filled studio. Paint at the easel, play in the water kitchen, or engage imagination in the dress up room!

6930 **Art Zone** **9 to 10:20am**
Sept 15-Nov 3 **Tu** **Krug, Laura**

6931 **Art Zone** **9 to 10:20am**
Sept 17-Nov 5 **Th** **Krug, Laura**

WINTER WONDERLAND ART CAMP

1 Week Session
Ages: 6 but less than 13

Learn how to make wonderful unique gifts for your friends and family! In this Elf workshop we will learn about using a variety of different materials and techniques to make cards, ornaments, jewelry, and more! Give thoughtful handmade gifts to everyone on your list this holiday season.

6916 **VAR-CAC** **9am to 2pm**
Dec 21-Dec 23 **M Tu W** **Fee: \$136**

6917 **VAR-CAC** **8am to 4pm**
Dec 21-Dec 23 **M Tu W** **Fee: \$207**

DANCE, MUSIC & THEATER

BEGINNING GUITAR

Fee: \$200 **12 Week Session**
Ages: 7 but less than 10

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 or call (310)545.4550.

4097 **Wondernation Discovery Studio** **4 to 5pm**
Sept 24-Dec 17 **Th** **Staff, Wondernation**

PILATES FOR YOUTH

Fee: \$212 **10 Week Sessions**
Ages: 11 but less than 16

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

7082 **Body & Mind Coe-Dynamics** **4 to 4:55pm**
Sept 16-Nov 18 **W** **Staff, Body & Mind Coe Dynamics, Inc.**

7083 **Body & Mind Coe-Dynamics** **5 to 5:55pm**
Sept 16-Nov 18 **W** **Staff, Body & Mind Coe Dynamics, Inc.**

IDOL MAKERS WORKSHOP

Fee: \$110 **8 Week Session**
Ages: 7 but less than 15

Want to be the next American Idol? This fun and exciting vocal training workshop will start you on your way. Students will focus on vocal warm-ups, proper breathing technique, pitch, control and phrasing for singers. Emphasis will be placed on fun, showmanship, and contemporary music that everyone can enjoy while working on singing techniques to last a lifetime. Want to be on Broadway? You'll learn how here! This class is tailored for the beginner to intermediate student.

6941 **PAR-CAC** **3:15 to 4:15pm**
Sept 17-Nov 5 **Th** **Staff, Performing Art Workshop**

POP STAR DANCE

Fee: \$140.40 **13 Week Session**
Ages: 7 but less than 10

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".

No class 11/25, 11/26.

3867 **Athletic Grace Dance Studio** **5 to 5:45pm**
Sept 16-Dec 16 **W** **Staff, Athletic Grace Dance Studios**

3869 **Athletic Grace Dance Studio** **5 to 5:45pm**
Sept 17-Dec 17 **Th** **Staff, Athletic Grace Dance Studios**

FILM-FRESHI BASE WINTER CAMP

Ages: 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 is 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.

Fee: \$325 **1 Week Session**
6799 **PAR-CAC** **9am to 3pm**
Dec 21-Dec 24 **M Tu W** **Staff, Freshi Flix**

6800 **PAR-CAC** **9am to 3pm**
Dec 28-Dec 31 **M Tu W** **Staff, Freshi Flix**

THEATER-MUSICAL THEATER: ANNIE

Fee: \$110 **8 Week Session**
Ages: 6 but less than 13

Seen the movie? Been to the Broadway Show? Do you love to act? This totally fun production class will teach you the fundamentals of theater and give you the chance to shine while bringing to life your favorite characters from the musical... "Annie". Curriculum will include instruction on acting techniques, improv, vocal projection, theater games, stage blocking and more! An emphasis is placed on the development of team work and self-esteem. *During our last class of the session parents and friends are invited to a special workshop presentation where our students will perform select scenes and songs from the musical.

6940 **PAR-CAC** **4 to 5pm**
Sept 16-Nov 4 **W** **Staff, Performing Art Workshop**

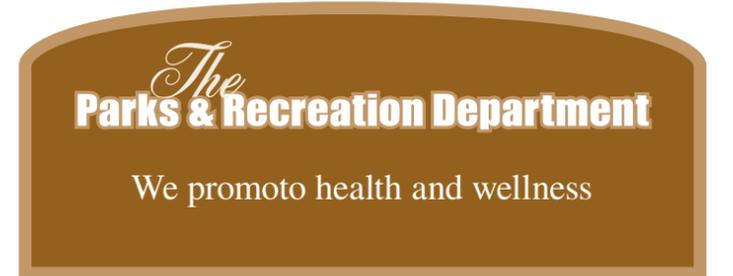
SPORTS

BASKETBALL FUNDAMENTALS

Fee: \$107 **8 Week Session**
Ages: 6 but less than 13

This class prepares children for organized sports league play and individual skills in a FUN and exciting environment. Children will learn a variety of Basketball skills including dribbling, shooting, passing, catching and agility. Class consists of a warm up, stretch, drills and a team game. Class will end with a team cheer! Children will also learn about sportsmanship and the rules of this great sport.

6703 **BC-MHP** **4:30 to 5:30pm**
Sept 17-Nov 5 **Th** **Braunecker, Don**



Playground Program After School Program



Ages 6 - 12 • Monday - Friday • 3:00 PM - 6:00 PM • Wednesdays 1:45 PM - 6:00 PM

\$100* Residents \$110* Nonresidents

Days	Dates	Time	Location	AC
M-F	9/2 - 6/11	3PM-6PM	LOP, MHP, SDP	979

The Afterschool Playground Program runs concurrent with the Manhattan Beach Unified School District academic year. A variety of recreation activities are provided each weekday at three of the City's Parks. Activities include: arts and crafts, sports, games, board games, nature study, music, drama and special events. Special workshops are conducted periodically in such subjects as karate, self-defense, cooking and ceramics. ***Prices do not include Vacation Programs (Thanksgiving Break, Winter Break, February Spring Break and April Spring Break).**

Contact

- David Ibarra, Playground Program Supervisor, (310) 802-5419
- Idris Al-Oboudi, Recreation Services Manager, (310) 802-5404

Marine Camp Vacation Program

Ages 6 - 12 • Monday - Friday • 10:00 AM - 6:00 PM • Marine Avenue Park • 1635 Marine Avenue

NOVEMBER PROGRAM

\$99* Residents \$109* Nonresidents

Days	Dates	Time	AC
M-W	11/23-11/25	7:15AM-6PM	7029

WINTER PROGRAM

\$99* Residents \$109* Nonresidents

Days	Dates	Time	AC
M-W	12/21-12/23	7:15AM-6PM	7030
M-W	12/28-12/30	7:15AM-6PM	7031

Marine Camp is a paid full-custody enrichment program. A variety of recreation activities are provided. Activities include: arts and crafts, sports, games, board games, nature study, music, drama and special events. Special workshops are conducted periodically in such subjects as karate, self-defense, cooking and ceramics. ***Prices do not include Playground Program After School Program.**

Contact

- David Ibarra, Playground Program Supervisor, (310) 802-5419
- Idris Al-Oboudi, Recreation Services Manager, (310) 802-5404



Basketball and Volleyball

Holiday Camps



Thanksgiving Camp



Age: 5Y-14Y	\$165/3 Days		
Day	Start	Time	AC
M-W	11/23	9 AM - 3 PM	7038



Winter Camp

Age: 5Y-14Y	\$165/3 Days		
Day	Start	Time	AC
M-W	12/21	9 AM - 3 PM	7039

Camp will feature a half-day of basketball and a half-day of volleyball. Both camps are designed to take young athletes to the next level. Basketball camp instruction will include half court and full court games. Volleyball camp will focus on basic and advanced skills and fundamentals that will enhance and improve their all around game, both offensively and defensively. Athletes are separated by age and/or ability. **All camps take place at Manhattan Beach Middle School Gym. Max 50 Students**

FRESH FILM WORK WINTER BREAK CAMPS (Ages 8Y - 14Y)

Film - Freshi Base Camp - Winter Break Camp - Week 1					
Day	Start	Time	Location	Cost	AC
M-F	12/21	9AM-3PM	CAC-PAR	\$325	6799
Film - Freshi Base Camp - Winter Break Camp - Week 2					
Day	Start	Time	Location	Cost	AC
M-F	12/28	9AM-3PM	CAC-PAR	\$325	6800

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.

Please pack a snack, lunch, and drink.

BEACH VOLLEYBALL AFTERNOONS WITH SMITH & STOKLOS C

Fee: \$167

5 Week Session
Ages: 7 but less than 19

The Sinjin Smith & Randy Stokolos 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 been trained by Sinjin and Randy.

6803	SSP-MB	3:30 to 5pm
Sept 15-Oct 15	Tu Th	Staff, Coaches, Smith And Stoklos
6804	SSP-MB	3:30 to 5pm
Oct 20-Nov 19	Tu Th	Staff, Coaches, Smith And Stoklos

BEACH VOLLEYBALL SATURDAYS

Fee: \$111

1 Week Session
Ages: 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 been trained by Sinjin & Randy.

4093	SSP-MB	9am to Noon
Sept 19-Oct 17	Sa	Staff, Coaches, Smith And Stoklos
4095	SSP-MB	9am to Noon
Oct 24-Nov 21	Sa	Staff, Coaches, Smith And Stoklos

GOLF-PARENT & CHILD

Fee: \$111 **5 Week Session**
Ages: 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.

4125	The Lakes at El Segundo	10 to 10:45am
Sept 19-Oct 17	Sa	Robert, Scott
4127	The Lakes at El Segundo	10 to 10:45am
Oct 24-Nov 21	Sa	Robert, Scott

GYMNASTICS-FUN & FITNESS

Fee: \$107 **8 Week Session**
Ages: 5 but less than 7

This class is for children who are ready to learn gymnastics on regulation size equipment. We will be teaching beginning and intermediate skills on uneven parallel bars, balance beams (low and medium height), the vault table and tumbling mats. Our gymnastics program is safe, fun and lots of hard work! We use lively music for an aerobic warm up. Our enthusiastic and encouraging coaches will make sure that your child will look forward to coming each week.

4117	Aud-MHP	3:30 to 4:20pm
Sept 14-Nov 2	M	Staff, Superkids
4119	Aud-MHP	4:30 to 5:20pm
Sept 14-Nov 2	M	Staff, Superkids
4121	Aud-MHP	5:30 to 6:20pm
Sept 14-Nov 2	M	Staff, Superkids
6810	Aud-MHP	3:30 to 4:20pm
Nov 9-Dec 28	M	Staff, Superkids
6811	Aud-MHP	4:30 to 5:20pm
Nov 9-Dec 28	M	Staff, Superkids
6812	Aud-MHP	5:30 to 6:20pm
Nov 9-Dec 28	M	Staff, Superkids

ICE HOCKEY FOR YOUTH

Fee: \$67 **4 Week Session**
Ages: 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.

4805	Toyota Sports Center	5:30 to 6pm
Oct 13-Nov 3	Tu	Staff, Toyota Sport Center
4807	Toyota Sports Center	Noon to 12:30pm
Oct 17-Nov 7	Sa	Staff, Toyota Sport Center

ICE SKATING FOR YOUTH

Fee: \$67 **4 Week Session**
Ages: 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.

4105	Toyota Sports Center	4:30 to 5pm
Oct 13-Nov 3	Tu	Staff, Toyota Sport Center
4107	Toyota Sports Center	4:30 to 5pm
Oct 15-Nov 5	Th	Staff, Toyota Sport Center
4109	Toyota Sports Center	12 to 12:30pm
Oct 17-Nov 7	Sa	Staff, Toyota Sport Center

LA TENNIS ACADEMY

8 Week Session
Ages: 10 but less than 13

LA Tennis Academy brings 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. NYSCA Certified.

Fee: \$150	TC-MHP	4 to 5pm
6733	M	Staff, LA Tennis Academy
Sept 14-Nov 2		
Fee: \$135	TC-MHP	4 to 4:45pm
6735	Tu	Staff, LA Tennis Academy
Sept 15-Nov 3		
Fee: \$150	TC-MHP	4:30 to 5:30pm
6737	W	Staff, LA Tennis Academy
Sept 16-Nov 4		
Fee: \$108	TC-MCHS	9:30 to 10am
6739	Sa	Staff, LA Tennis Academy
Sept 19-Nov 7		
Fee: \$150	TC-MCHS	10 to 11am
6741	Sa	Staff, LA Tennis Academy
Sept 19-Nov 7		
Fee: \$150	TC-LOP	10 to 11am
6743	Sa	Staff, LA Tennis Academy
Sept 19-Nov 7		
Fee: \$108	TC-LOP	9:30 to 10am
6745	Sa	Staff, LA Tennis Academy
Sept 19-Nov 7		
Fee: \$135	TC-MHP	5 to 5:45pm
6747	M	Staff, LA Tennis Academy
Sept 14-Nov 2		

COACH DEREK INC.'S MULTISPORT

Fee: \$260 **12 Week Session**
Ages: 6 but less than 9

Coach Derek Inc.'s Multisport HeadStart Program prepares boys and girls for league play and concentrates on game situations and individual sport fundamentals. The program includes T-ball/baseball, basketball, tennis and soccer. This class teaches teamwork and self respect while developing coordination and strength.

6997	LOF-LOP	4 to 4:45pm
Sept 14-Dec 7	M	Staff, Coach Derek Inc
6998	LOF-LOP	4 to 4:45pm
Sept 25-Dec 8	T	Staff, Coach Derek Inc

QUICKSTART TENNIS LESSON/LEAGUE

Fee: \$165 **8 Week Session**
Ages: 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.

4005	TC-MHP	4 to 5:30pm
Sept 15-Nov 3	Tu	Nardi, Susan

ROCK CLIMBING FOR YOUTH

Fee: \$181 **7 Week Session**
Ages: 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).

3873	Hangar 18 South Bay LA	3:30 to 4:30pm
Sept 15-Nov 3	Tu	Staff, Hangar 18 South Bay LA
3875	Hangar 18 South Bay LA	3:30 to 4:30pm
Sept 17-Oct 29	Th	Staff, Hangar 18 South Bay LA
3877	Hangar 18 South Bay LA	3:30 to 5pm
Sept 19-Oct 31	Sa	Staff, Hangar 18 South Bay LA

ROCK CLIMBING-PARENT & ME-SATURDAY

Fee: \$99 **6 Week Session**
Ages: 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.

5089	Hangar 18 South Bay LA	1:30 to 2:30pm
Sept 19-Oct 24	Sa	Staff, Hangar 18 South Bay LA
5087	Hangar 18 South Bay LA	1:30 to 7:30pm
Sept 15-Oct 20	Tu	Staff, Hangar 18 South Bay LA

RUNNING FOR GIRLS

Fee: \$89 **1 Week Session**
Ages: 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!

3509	SSP-MB	9 to 9:45am
Sept 19-Nov 7	Sa	Staff, Parks And Recreation

SOCCER 4 KICKS WITH BRIT-WEST-PHASE 4

Fee: \$116 **8 Week Session**
Ages: 5 but less than 7

Each player will have maximum opportunity to pass, dribble and kick the ball. This occurs in an environment which is non-competitive and enjoyable. Each child will improve soccer technique, body awareness and self-esteem through success and positive reinforcement (Shin guards are required).

6697	WUA-MV	3:45 to 4:30pm
Sept 17-Nov 5	Th	Staff, Coaches, Brit West Soccer
6699	WUA-MV	11:30am to 12:15pm
Sept 20-Nov 8	Su	Staff, Coaches, Brit West Soccer

SOCCER 4 KICKS WITH BRIT-WEST-PHASE 5

Fee: \$116 **8 Week Session**
Ages: 7 but less than 9

Phase 5 will be taught through progressive drills. Each exercise will include a wide range of physical activity, providing training for balance, strength and agility. Techniques will be taught in a fun, play-oriented manner. This phase sets a solid foundation for players advancing to the next level. (Shin guards required).

6691	WUA-MV	4:30 to 5:30pm
Sept 17-Nov 5	Th	Staff, Coaches, Brit West Soccer

SOCCER 4 KICKS WITH BRIT-WEST-PHASE 6

Fee: \$116 **8 Week Session**
Ages: 9 but less than 13

Phase 6 is more team oriented as the player's skills progress. Team formations and strategies in attacking and defensive situations are introduced. Technique is coached in more realistic situations where thinking and decision-making are encouraged. Players continue to improve fitness, speed and strength and coordination through soccer related exercises (Shin guards required).

6693	WUA-MV	4:30 to 5:30pm
Sept 17-Nov 5	Th	Staff, Coaches, Brit West Soccer

SOCCER CAMP-BRIT-WEST

Fee: \$139 **1 Week Session**
Ages: 3 but less than 15

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.

6311	WUA-MV	9am to Noon
Nov 23-Nov 25	M Tu W Th	Staff, Coaches, Brit West Soccer
6313	WUA-MV	9am to Noon
Dec 21-Dec 23	M Tu W Th	Staff, Coaches, Brit West Soccer
6315	WUA-MV	9am to Noon
Dec 28-Dec 30	M Tu W Th	Staff, Coaches, Brit West Soccer

SOUTH BAY'S YOUTH ROCK CLIMBING LEAGUE

Fee: \$182 **8 Week Session**
Ages: 5 but less than 17

Hangar 18 South Bay LA 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.

3921	Beach City Rock Gym	3:30 to 4:30pm
Sept 14-Nov 4	M W	Staff, Hangar 18 South Bay LA

TENNIS-JAMIE'S AWESOME BEGINNERS

Fee: \$341 **8 Week Session**
Ages: 5 but less than 11

This is for children who have never played or who are young and don't yet have the coordination or strength to master the basic skills. In this small group (limit 6), your child receive more individualized and hands on instruction and will absorb the basic tennis skills through hitting lots of balls, fun games and personal challenges (no standing around) in an enthusiastic, caring, self-esteem building environment. Each child will leave empowered and knowing how AWESOME he or she is.

3111	TC-LOP	4 to 5pm
Sept 15-Nov 3	Tu	Suard, Jamie
6927	TC-LOP	4 to 5pm
Nov 10-Dec 29	Tu	Suard, Jamie

SPORTS

TENNIS-JAMIE'S AWESOME INTERMEDIATES

Fee: \$341 **8 Week Session**
Ages: 7 but less than 13

This is for children who have had some experience/lessons or who are older and have the coordination or strength to master the basic skills very quickly. In this small group (limit 6), your child receive more individualized and hands on instruction and will gain mastery of the basic tennis skills through hitting lots of balls, fun games and personal challenges (no standing around) in an enthusiastic, caring, self-esteem building environment. Each child will leave empowered and knowing how AWESOME he or she is.

3109	TC-LOP	5 to 6pm
Sept 15-Nov 3	Tu	Suard, Jamie
6928	TC-LOP	5 to 6pm
Nov 10-Dec 29	Tu	Suard, Jamie

TENNIS-JAMIE'S AWESOME ADVANCED

Fee: \$193 **8 Week Session**
Ages: 8 but less than 15

This is for children who have had significant experience/lessons and have mastered or are close to mastering the basic skills. In this small group (limit 6), your child receive more individualized and hands on instruction and will gain mastery of the basic tennis skills through hitting lots of balls, fun games and personal challenges (no standing around) in an ensiastic, caring, self-esteem building environment. Each child will leave empowered and knowing how AWESOME he or she is.

3113	Tennis Courts at Live Oak Park	6 to 7pm
Sept 15-Nov 3	Tu	Suard, Jamie
6925	Tennis Courts at Live Oak Park	6 to 7pm
Nov 10-December 29	Tu	Suard, Jamie

TENNIS FOR YOUTH

Fee: \$91 **8 Week Session**
Ages: 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		
3947	TC-MHP	4:45pm to 5:25pm
Sept 24-Nov 12	Th	Meyers, Walt
3949	TC-MCHS	9 to 9:40am
Sept 19-Nov 14	Sa	Meyers, Walt

Level 2.5		
3951	TC-MHP	4pm to 4:40pm
Sept 20-Nov 8	Su	Meyers, Walt

TENNIS YOUTH CLUB-ADVANCED BEGINNER

Fee: \$91 **8 Week Session**
Ages: 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.

3955	TC-MHP	4 to 4:40pm
Sept 17-Nov 5	Th	Meyers, Walt

UNIQUE ACTIVITIES

BASIC HORSEMANSHIP FOR YOUTH

Fee: \$412.50 **8 Week Session**
Ages: 7 but less than 13

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

3819	Palos Verde Estates Recreational Facilities	5 to 6:30pm
Sept 17-Nov 5	Th	Bell, Callie

SOCIALLY CONFIDENT KIDS: ETIQUETTE CLASS

Fee: \$86 **2 Week Session**
Ages: 6 but less than 13

Etiquette is a life skill that increases self esteem and allows children to feel confident in any kind of social situation. 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. The "Manners to the Point" book by Maggie O'Farrill will be for sale. A breakfast-type meal is included. www.sociallyconfidentkids.com

3103	PH-LOP	10am to 1pm
Sept 19-Sept 26	Sa	O'Farrill, Diane

3105	PH-LOP	10am to 1pm
Oct 17-Oct 24	Sa	O'Farrill, Diane

6932	PH-LOP	10am to 1pm
Nov 14-Nov 21	Sa	O'Farrill, Diane

6933	PH-LOP	10am to 1pm
Dec 12-Dec 19	Sa	O'Farrill, Diane

YAK ACADEMY-FOREIGN LANGUAGE FOR KIDS

Fee: \$106 **8 Week Session**
Ages: 1 but less than 3

The 3-5 year old program is an immersion-based, child-only foreign language class. Children attend one 45-minute class per week and parents are provided with materials to reinforce learning at home. Lesson plans are specifically tailored to this age group, emphasizing practical themes that a child is likely to encounter in real life situations. Classes are designed to encourage creativity and self-expression by engaging the child with fun activities such as art, music, and games.

Mandarin for Kids		
3075	R7-MHP	9 to 10:45am
Sept 16-Nov 4	W	Yak Academy Staff

Spanish for Kids		
3071	R7-MHP	9 to 10:45am
Sept 15-Nov 3	Tu	Yak Academy Staff

YOUNG, ALERT, AND AWARE

Fee: \$86 **8 Week Session**
Ages: 5 but less than 15

Safety, awareness, self-confidence, and realistic self-defense for children, ages 6-11. 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!!

3797	AH-MAP	12:30 to 2pm
Sept 19-Nov 7	Sa	Johnson, Al



Continue the fun this fall with the
TEEN CENTER
School Year Program • Fall Vacation Program • Halloween Nights at Universal Studios

School Year Program

Days	Dates	Time	Location	Cost	AC
M-Th	9/8 - 6/11	3PM-6PM	MHP - T	\$19	2517
F		3PM-7PM			

Spend a afternoon filled with Guitar Hero I and II, DDR and movie days in the entertainment room, skate ramps, rock climbing, dodge ball, pool, ping pong, air hockey tables and lots of great arts and crafts projects to do. Don't worry, its not always fun and games; the Teen Center also offers homework help!

Fall Vacation Program

Fee: \$19.00 Resident / \$75.00 Non-Resident
Date: 11/23-11/25
Activity Code: 6845
Age: 11-17
Time: 10:00 AM - 6:00 PM

The Teen Center Fall Vacation Program is a one-week program held in November during Thanksgiving week. This program is concurrent with the Manhattan Beach Unified School District vacation schedule.

Teen Center at Manhattan Height Community Center
1600 Manhattan Beach Boulevard
Manhattan Beach, CA 90266
Brianna Sternad, Senior Recreation Leader
(310) 802-5426
Michael Brooke, Teen Center Supervisor
(310) 802-5435
Idris Al-Oboudi, Recreation Services Manager
(310) 802-5404

Fee: \$45 Date: October 9, 2009 Age: 11-17
Activity Code: 6844 Time: 5:30 PM - 1:00 AM

The TEEN CENTER UNIVERSAL STUDIOS HALLOWEEN NIGHTS TRIP is open to junior high or high school teens who live in Manhattan Beach, attend a Manhattan Beach School or who have parents that work in the City of Manhattan Beach. The TEEN CENTER UNIVERSAL STUDIOS HALLOWEEN NIGHTS TRIP is designed to offer a fun and exciting activity for teens and their friends. Through the transformed walkways of Universal Studios, Teens are able to experience this park in a new way. All programs are supervised by trained recreation leaders.

ART & CERAMICS



ART 101-TEENS

Fee: \$108 **8 Week Session**
Ages: 11 but less than 16

In this class, students will gain basic understanding of 2-dimensional and 3-dimensional art creation. The class will cover essential elements and skills of painting and drawing, including value (shading), shape/form, color, space, and perspective. Students will use various art media such as acrylic painting, watercolor, charcoal, pastel, and pencil. Students will also be exposed to the 3-dimensional art construction projects such as papier-mâché, wire sculpture, natural basketry, and clay work.

6860 VAR-CAC 3:30 to 5pm
Sept 17-Nov 5 Th Michelle Wiener & Edith Abeyta

ART WITH ANGELICA-YOU & YOUR FRIENDS-TEENS

Fee: \$135 **8 Week Session**
Ages: 11 but less than 17

Students will learn the proportions of portraiture, how to create a portrait step by step using multiple mediums. Self-portraits and portraits of others will be rendered in pastels, watercolors, tempera paints, acrylic paints, and a numbered mono print edition. Students will investigate portraiture throughout art history and contemporary art, creating realistic and abstract portraiture. Ending with creating an abstract Picasso inspired mask. Students will display their works in the gallery, to share with parents and friends. No experience is necessary.

6865 VAR-CAC 5:30 to 7pm
Sept 15-Nov 3 Tu Sotiriou, Angelica

CARTOONING FOR TEENS-II

Fee: \$108 **8 Week Session**
Ages: 11 but less than 17

This class targets each student's strengths and weaknesses and helps them to achieve their artistic goals. Cartoon illustration, comic book and graphic novel instruction using anime/manga and American cartoons. Computer coloring, scanning and other digital issues will be discussed. Beginning Cartooning for Teens recommended.

3647 VAR-CAC 4:45 to 6:15pm
Sept 18-Nov 6 F Huante, George

CERAMICS-POTTERY ON THE WHEEL TEENS

8 Week Session
Ages: 10 but less than 18

This class is all about making pottery on the potter's 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.

Fee: \$136
6875 Ceramic Studio at Live Oak Park 4 to 6pm
Sept 16-Nov 4 W Trulove, Thomas

Fee: \$94
6876 Ceramic Studio at Live Oak Park 4 to 6pm
Nov 11-December 16 W Trulove, Thomas

CERAMICS FOR TEENS

8 Week Session
Ages: 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.

Fee: \$109
6884 Ceramic Studio at Live Oak Park 4:30 to 6pm
Sept 15-Nov 3 Tu Anacker, Rita

Fee: \$77
6904 Ceramic Studio at Live Oak Park 4:30 to 6pm
Nov 10-December 15 Tu Anacker, Rita

DIGITAL PHOTOGRAPHY FOR TEENS

Fee: \$108 **8 Week Session**
Ages: 11 but less than 18

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

3615 Performing Arts at Creative Arts Center 3:30 to 5:30pm
Sept 15-Nov 3 Tu Ostrowski, Rich

JEWELRY ASSEMBLAGE-HOLIDAY GIFT

Fee: \$61 **Ages: 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.

3575 VAR-CAC 1:30 to 4:30pm
Nov 14, 2009 Sa Christian-Kelly, Kristina

TEEN-DANCE, MUSIC & THEATER

HIP HOP ARTS

Fee: \$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.

3335 Dance Room at Joslyn Community Center 6 to 7:30pm
Sept 14-Oct 21 M W Dawson, Latoya

MUSIC-BEGINNING TEEN GUITAR

Fee: \$200 **12 Week Session**
Ages: 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.

4087 Wondernation Discovery Studio 5 to 6pm
Sept 24-December 17 Th Staff, Wondernation

FITNESS

PILATES FOR TEENS

Fee: \$212 **10 Week Session**
Ages: 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.

4859 Body & Mind Coe-Dynamics, Inc at Offsite 4 to 4:55pm
Sept 16-Nov 18 W Staff, Body & Mind Coe Dynamics, Inc.
4861 Body & Mind Coe-Dynamics, Inc at Offsite 5 to 5:55pm
Sept 18-Nov 20 F Staff, Body & Mind Coe Dynamics, Inc.

SPORTS

LA TENNIS ACADEMY

Fee: \$143 **8 Week Session**
Ages: 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.

3917 Tennis Courts at Live Oak Park 11am to Noon
Sept 12-Nov 7 Sa Staff, LA Tennis Academy
3919 Tennis Courts at Mira Costa High School 11am to Noon
Sept 12-Nov 7 Sa Staff, LA Tennis Academy

UNIQUE ACTIVITIES

BASIC HORSEMANSHIP FOR TEENS

Fee: \$412.50 **8 Week Session**
Ages: 13 but less than 19

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

3811 Palos Verdes Stables at 4 to 5:30pm
Palos Verde Estates Recreational Facilities
Sept 18-Nov 6 F Bell, Callie

SELF DEFENSE FOR TEENS

Fee: \$86 **8 Week Session**
Ages: 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.

3853 Activity Hall at Marine Avenue Park 2 to 3:30pm
Sept 19-Nov 7 Sa Johnson, Al

ADULT-ART & CERAMICS

ARTIST'S TOOLS, MATERIALS AND TECHNIQUES

Fee: \$48 **1 Session**

Ages: 17 and up
This class focuses artist's tools, materials, and techniques. Students will learn basic scientific understanding of different materials (e.g., oil vs. water base paints) and techniques (e.g., surface preparation and the use of pallets, pallet knives, and brushes) and gain more knowledge to express your creativity more freely.

6955 VAR-CAC 1:30 to 3:30am
Sept 26 Sa Griffin, Michael

ARTWORK PREPARATION GESSO AND WOOD

Fee: \$48 **1 Session**
Ages: 16 and up

This class introduces surface preparation of painting using gesso and wood. Instruction includes distressing of preparing surfaces, black and white under painting, positive and negative space, and tints and washes.

6957 VAR-CAC 7:30 to 9:30pm
Oct 20 Tu Griffin, Michael

BINDING THINGS UP

Fee: \$83 **1 Session**
Ages: 15 and up

Have you ever wanted to get some use out of beautiful postal stamps? Is it beginning to look like Christmas? Would you like to make a couple of ornaments to give as gifts? Then you won't want to 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 making joyous give-a-ways for the holidays.

3643 VAR-CAC 10am to 12:30pm
Oct 10 Sa Staff, Parks And Recreation
3645 VAR-CAC 6:30 to 9pm
Sept 17 Th Staff, Parks And Recreation

CERAMICS-INTERMEDIATE/ ADVANCED

Fee: \$147 **8 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.

6869	CS-LOP	9:30am to 12:30pm
Sept 17-Nov 5	Th	Mallman, Mary
6971	CS-LOP	9:30am to 12:30pm
Nov 12-Jan 21	Th	Mallman, Mary

CERAMICS-POTTERY ON THE WHEEL

Fee: \$147 **8 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.

6870	CS-LOP	6:30 to 9:30pm
Sept 15-Nov 3	Tu	Mallman, Mary
6972	CS-LOP	6:30 to 9:30pm
Nov 10-Jan 19	Tu	Mallman, Mary

CERAMICS-POTTERY ON THE WHEEL BEGINNING

Fee: \$147 **8 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.

6873	CS-LOP	10am to 1pm
Sept 15-Nov 3	Tu	Mallman, Mary
6874	CS-LOP	10am to 1pm
Nov 10-Jan 19	Tu	Mallman, Mary

CERAMICS ALL LEVELS, ALL FORMS

Fee: \$147 **8 Week Session**
Ages: 16 and up
 Class is structured to assist all levels from the beginner through the advanced 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. Utilizing techniques such as: Pottery, Sculpture, Hand building, combination pieces, Surface Decoration, Slip and Glaze Decoration, Hard and Soft slab forms, and others as the student's arts aesthetics dictate. The fee includes: one bag of clay, glazes, and firing.

6877	CS-LOP	6:30 to 9:30pm
Sept 16-Nov 4	W	Trulove, Thomas
6878	CS-LOP	6:30 to 9:30pm
Nov 11-Jan 20	W	Trulove, Thomas

CERAMICS BASIC & INTERMEDIATE

Fee: \$147 **8 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.

6977	CS-LOP	6:30 to 9:30pm
Sept 14-Nov 2	M	Trulove, Thomas
6978	CS-LOP	6:30 to 9:30pm
Nov 9-Jan 18	M	Trulove, Thomas

CERAMICS EXPERIMENTAL

Fee: \$147 **8 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.

4031	CS-LOP	1 to 4pm
Sept 17-Nov 5	Th	Mallman, Mary
6987	CS-LOP	6:30 to 9:30pm
Sept 17-Nov 5	Th	Mallman, Mary
4033	CS-LOP	1 to 4pm
Nov 12-Jan 21	Th	Mallman, Mary
6988	CS-LOP	6:30 to 9:30pm
Nov 12-Jan 21	Th	Mallman, Mary

CERAMICS OPEN STUDIO

Fee: \$68 **8 Week Session**
Ages: 16 and up
 Prerequisite: Enrolled in at least one Manhattan Beach Parks & Recreation Ceramics class.

6886	CS-LOP	10am to 1:30pm
Sept 19-Nov 7	Sa	Mallman, Mary
6890	CS-LOP	10am to 1:30pm
Nov 14-Jan 23	Sa	Mallman, Mary
6891	CS-LOP	10am to 1:30pm
Sept 16-Nov 4	W	Mallman, Mary
6892	CS-LOP	10am to 1:30pm
Nov 11-Jan 20	W	Mallman, Mary

COLLAGE AND ASSEMBLAGE

Fee: \$138 **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.

3567	VAR-CAC	7:30 to 9pm
Sept 24-Oct 15	Th	Hom, Deborah

JEWELRY ASSEMBLAGE-HOLIDAY GIFT

Fee: \$61 **Nov 14**
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, which 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, additional bookmark project can be made also.

3571	VAR-CAC	10am to 1pm
Oct 24	Sa	Christian-Kelly, Kristina
3573	VAR-CAC	10am to 1pm
Nov 14	Sa	Christian-Kelly, Kristina

LANDSCAPE PASTEL PAINTING

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 is a plus but not mandatory. Please call 310.802.5409 for supply list prior to first class meeting.

Fee: \$165	8 Week Session
6894	VAR-CAC
Sept 17-Nov 5	Th
	9am to Noon
	Mancuso, Joseph

Fee: \$92	4 Week Session
6895	VAR-CAC
Nov 19-Dec 17	Th
	9am to Noon
	Mancuso, Joseph

MANHATTAN POETS WORKSHOP

Fee: \$116 **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, PhD, will lead you to find where the voice and feelings come from and teach how to transform the inner voice in writing.

4039	PAR-CAC	7:30 to 9:30pm
Sept 15-Nov 3	Tu	Lee, Dr. Anthony

NATURE'S WARRIORS-JEWELRY DOLLS

Fee: \$83 **Ages: 15 and up**
 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 looking for artistic ways to recycle and reuse, this class 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. These dolls make wonderful, heartfelt gifts for ends and fun ways to display your jewelry.

3637	VAR-CAC	6:30 to 9pm
Nov 5	Th	Staff, Parks And Recreation
3639	VAR-CAC	10am to 12:30pm
Oct 17	Sa	Staff, Parks And Recreation



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!

OIL PAINTING THE EASY WAY

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.

Fee: \$108
6896 VAR-CAC **8 Week Session**
Sept 14-Nov 2 M **6:30 to 9pm**
Beuoy, Jean Pratt

Fee: \$65
6897 VAR-CAC **4 Week Session**
Nov 16-Dec 14 M **6:30 to 9pm**
Beuoy, Jean Pratt

ORIENTAL WATERCOLOR

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.

Fee: \$132
6898 VAR-CAC **8 Week Session**
Sept 15-Nov 3 Tu **9 to 11:30am**
Asano-Gould, Hisako

Fee: \$76
6899 VAR-CAC **4 Week Session**
Nov 17-Dec 15 Tu **9 to 11:30am**
Asano-Gould, Hisako

PHOTO TRANSFER

Fee: \$75 **2 Week Session**
Ages: 16 and up

Have fun experimenting with photo transfers. Using different acrylic medium, you will learn how to transfer images on paper, canvas, etc., create texture, and apply colorful glazes. You can make unique artwork combining the photo transfer technique with paint, pastel, and gel mediums. Class fee includes materials.

3611 VAR-CAC **10am to 1pm**
Sept 19-Sept 26 Sa **Tan, Margaret**

THE ART OF OIL

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) 802-5448.

Fee: \$130
6900 VAR-CAC **8 Week Session**
Sept 14-Nov 2 M **9:30am to Noon**
Momii, Hiroko

Fee: \$102
6901 VAR-CAC **6 Week Session**
Nov 9-Dec 14 M **9:30am to Noon**
Momii, Hiroko

THE BUSINESS OF ART-GETTING YOUR ART IN A GALLERY

Fee: \$49 **Ages: Any**

Are you a visual artist who wants to take the next step in seeking gallery representation? Even if you are established already this course will help you navigate the business side of art. I will provide tools and information to help you develop the skills needed to manage your career. Topics covered include: Galleries, resumes, contracts, marketing, representation, business practices and negotiations. I will select portfolios to critique during the course so bring your submission packages if you have them.

6907 PAR-CAC **7 to 8:30pm**
Oct 15 Th **Gilbert, Marlo Ann**

UNIQUE HOLIDAY CARDS, ORNAMENTS, AND PACKAGES

Fee: \$83 **1 Session**
Ages: 16 and up

Learn simple and useful paper-folding and book binding techniques as you create handmade cards and envelopes which have such potential and are child's play to make. Use them for holiday messages, as ornaments on packages or as small gifts. Also learn some simple embellishments that can be used as holiday ornaments and to decorate packages.

6909 VAR-CAC **6:30 to 9pm**
Oct 22 Th **Marshall, Charlotte**
6910 VAR-CAC **10am to 12:30pm**
Nov 7 Sa **Marshall, Charlotte**

USING YOUR DIGITAL CAMERA EFFECTIVELY

Fee: \$108 **8 Week Session**
Ages: 17 and up

Now that you have a digital camera, how do you use it? 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 ends and family. eye saving tips and techniques will be emphasized. Now that you have a digital camera, how do you use it? 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 ends and family. eye saving tips and techniques will be emphasized.

3613 PAR-CAC **1 to 3pm**
Sept 15-Nov 3 Tu **Ostrowski, Rich**

WATERCOLOR PAINTING

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.

Fee: \$98
6902 VAR-CAC **6:30 to 9pm**
Sept 16-Nov 4 W **Beuoy, Jean Pratt**

Fee: \$59
6975 VAR-CAC **6:30 to 9pm**
Nov 18-Dec 16 W **Beuoy, Jean Pratt**

DANCE, MUSIC & THEATER

AEROBIC AFRICAN DANCE FOR BEGINNERS

Fee: \$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 ends to watch a small performance at the end of the class session.

3597 DR-JCC **8 to 9am**
Sept 16-Nov 4 W **Campbell, Curtis**

BALLROOM DANCE

Fee: \$76 **8 Week Session**
Come in and learn four of the most popular ballroom dances, Foxtrot, Rumba, Waltz and Cha Cha Cha. Partner suggested.

3957 Aud-JCC **7 to 7:50pm**
Sept 16-Nov 4 W **Llorens, Kathleen**

CARDIO BELLY DANCE

Fee: \$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 ways 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!

4791 DR-JCC **10 to 11am**
Sept 17-Oct 22 Th **Darowish, Marina**

DANCE-N-PARTY AEROBICS

Fee: \$51 **6 Week Session**
Ages: Any

This class is for those individuals who want to burn off those unwanted calories and shed some pounds while having a blast. You will party and dance the entire time in the class and you will not leave out so sore that you don't want to return.

3107 DR-JCC **Noon to 2pm**
Sept 19-Oct 24 Sa **Dawson, Latoya**

GETTING PAID TO TALK

Fee: \$56 **Ages: 18 and up**

Getting Paid to Talk, Making Money with Your Voice is 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.

4077 AH-MAP **6:30 to 9pm**
Nov 2 M **Staff, Voice Coaches**

INTRO TO ADULT BALLET

Fee: \$136 **13 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.

No class 11/23, 11/26.
3595 Athletic Grace Dance Studio **6 to 7pm**
Sept 14-Dec 14 M **Staff, Athletic Grace Dance Studios**
3593 Athletic Grace Dance Studio **12 to 1pm**
Sept 17-Nov 19 Th **Staff, Athletic Grace Dance Studios**

INTRO TO NIGHT CLUB DANCES

Fee: \$76 **8 Week Session**
Ages: 17 and up

Exercising has never been more fun. Be able to dance anywhere to any music. Learn a few basic steps to the Tango, Salsa, Single Time Swing and Night Club Two Step.

6863 Aud-JCC **8 to 8:50pm**
Sept 16-Nov 4 W **Llorens, Kathleen**

INTRO TO SALSA

Fee: \$54 **5 Week Session**
Ages: 17 and up

Learn to dance the basics of the hottest Latin dance. Course content includes basic foot work, turn patterns and the essentials of leading and following. No partner required, however it is highly suggested.

3851 Athletic Grace Dance Studio **8 to 9pm**
Sept 17-Oct 15 Th **Staff, Athletic Grace Dance Studios**

THEATER-COMEDY IMPROV

Fee: \$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.

4671 PAR-CAC **7 to 9pm**
Sept 16-Nov 4 W **Staff, Improv Teachers**

ZUMBA DANCE

Fee: \$94 **8 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.

No class Sept 28th.
4085 DR-JCC **6:45 to 7:35pm**
Sept 14-Nov 9 M **Korenevsky, Nelly**
4083 PAR-CAC **8:30 to 9:20am**
Sept 16-Nov 4 W **Korenevsky, Nelly**
6816 DR-JCC **9 to 9:50am**
Sept 19-Nov 7 Sa **Korenevsky, Nelly**

FITNESS

BABYSIZE

Fee: \$76 **8 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.

3507 PH-LOP 2 to 3pm
Sept 16-Nov 4 W Staff, Parks And Recreation

BEACH BOOT CAMP

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.

Fee: \$239 **10 Week Session**
4899 PS-MB 6 to 7am
Sept 14-Nov 20 M W F Charles, Joe
4901 PS-MB 8 to 9am
Sept 14-Nov 20 M W F Charles, Joe
4903 PS-MB 6 to 7pm
Sept 14-Nov 20 M W F Charles, Joe
4905 PS-MB 9 to 10am
Sept 14-Nov 20 M W F Charles, Joe

Fee: \$144 **6 Week Session**
6961 PS-MB 9 to 10am
Nov 30-Jan 22 M W F Charles, Joe
6962 PS-MB 6 to 7am
Nov 30-Jan 22 M W F Charles, Joe
6963 PS-MB 8 to 9am
Nov 30-Jan 22 M W F Charles, Joe
6964 PS-MB 6 to 7pm
Nov 30-Jan 22 M W F Charles, Joe



BODY SCULPT

Fee: \$250 **9 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.

3519 Manhattan Fitness 9 to 9:55am
Sept 14-Nov 9 M Winterson, Kim
3521 Manhattan Fitness 9 to 9:55am
Sept 17-Nov 12 Th Winterson, Kim

CIRCUIT TRAINING WORKOUT-SEMI-PRIVATE

Fee: \$312 **4 Week Session**
Ages: 18 and up
This class will concentrate on burning calories, toning up, strengthening, flexibility and balance. The students will alternate cardiovascular exercises with strength training exercises, while using 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.

4155 Ocean Fitness at Ocean Fitness 7 to 8am
Sept 14-Oct 7 M W
4157 Ocean Fitness at Ocean Fitness 7 to 8am
Oct 12-Nov 4 M W

EXERCISE FOR HAPPY HOUR

Fee: \$214 **16 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!

4159 Aud-JCC 5 to 6pm
Sept 14-Dec 30 M W Stubbs-Zukmann, Jenna

FIRM & FIT

Fee: \$89 **4 Week Session**
Ages: 16 and up
Boost your metabolism, banish stress and gain muscle while getting Firm & Fit by using light weight-training! This class is full a body workout. This class will focus on arms & shoulders as well as targeting your abs & 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 an AFPA Certified Personal Trainer with a 15:1 ratio. Each student is to bring a mat and a set of 3-5lbs dumbbells.

4163 PAR-CAC 6 to 7:15pm
Sept 15-Oct 6 Tu Staff, Body Blueprints
4165 PAR-CAC 6 to 7:15pm
Oct 13-Nov 3 Tu Staff, Body Blueprints
6843 PAR-CAC 6 to 7:15pm
Nov 10-Dec 8 Tu Staff, Body Blueprints

FIT FOR GOLF

Fee: \$267 **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, and endurance and stability exercises to promote a more powerful golf swing.

3527 Manhattan Fitness 10:15 to 11am
Sept 14-Nov 4 M W Winterson, Kim

JAMIE'S MEDITATION, MOVEMENT, AND MOTHER EARTH

Fee: \$121 **8 Week Session**
Ages: 18 and up
This meditation class is for those who find it difficult to sit still or quiet their minds. Create harmony in your life by utilizing movement, senses, heart, mind and body. Create a healthier relationship with your body. As you and the world around you gets busier, it becomes more important to find time to quiet and align your mind, body, and spirit so you may maintain peace, health, happiness, and prosperity.

6760 PH-LOP 9 to 10am
Sept 14-Nov 2 M Suard, Jamie
6761 PH-LOP 1 to 2pm
Sept 15-Nov 3 Tu Suard, Jamie
6762 PH-LOP Noon to 1pm
Sept 17-Nov 5 Th Suard, Jamie
6763 PH-LOP 1 to 2pm
Sept 17-Nov 5 Th Suard, Jamie

MOMMY & ME TENNIS- PARENTING SUPPORT GROUP

Fee: \$253 **8 Week Session**
Ages: At least 3 but less than 6
You and your child will learn tennis fundamentals and activities that will help build a healthy foundation for tennis and develop eye-hand coordination. No prior tennis experience needed. Principles of healthy attachment relationships will be talked about and demonstrated through interactions. Develop behaviors that will foster your child's emotional intelligence and build a deep connection with your child. This allows for greater cooperation, creativity, resiliency, and peace to emerge within you and your child. Jamie Suard, MA, PhD(c) has 17+ years of experience in tennis and specializes in prenatal and perinatal psychology.

Ages: 2 but less than 4
7018 TC-LOP 10 to 11am
Sept 15-Nov 3 Tu Suard, Jamie
Ages: 3 but less than 6
6766 TC-LOP 11am to Noon
Sept 15-Nov 3 Tu Suard, Jamie
Ages: 3 but less than 6
6767 TC-LOP 1 to 2pm
Sept 16-Nov 4 W Suard, Jamie

PILATES-CLASSICAL MAT WORK

Fee: \$100 **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.

3511 Body & Mind Coe-Dynamics, Inc AH-MAP 8 to 8:55am
Sept 19-Nov 21 Sa Staff, Body & Mind Coe Dynamics, Inc.

PILATES-CORE STRENGTHENING

Fee: \$278 **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.

5099 Body & Mind Coe-Dynamics, Inc AH-MAP 7 to 7:55pm
Sept 14-Nov 16 M Staff, Body & Mind Coe Dynamics, Inc.
5105 Body & Mind Coe-Dynamics, Inc AH-MAP 6 to 6:55pm
Sept 17-Nov 19 Th Staff, Body & Mind Coe Dynamics, Inc.
5107 Body & Mind Coe-Dynamics, Inc AH-MAP 7 to 7:55am
Sept 18-Nov 20 F Staff, Body & Mind Coe Dynamics, Inc.
6815 Body & Mind Coe-Dynamics, Inc AH-MAP 6 to 6:55pm
Sept 18-Nov 20 F Staff, Body & Mind Coe Dynamics, Inc.
5103 Body & Mind Coe-Dynamics, Inc AH-MAP 9 to 9:55am
Sept 20-Nov 22 Su Staff, Body & Mind Coe Dynamics, Inc.

PILATES-SEMI-PRIVATE REFORMER

8 Week Session
Ages: 18 and up
Workout in a private setting on the 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.

Fee: \$395
4169 Manhattan Fitness 6:30 to 7:30pm
Sept 14-Nov 2 M Winterson, Kim
Fee: \$395
4171 Manhattan Fitness 11am to Noon
Sept 15-Nov 3 Tu Winterson, Kim
Fee: \$278
4173 Manhattan Fitness 6 to 7pm
Sept 16-Oct 21 W Winterson, Kim

ROCK CLIMBING FOR ADULTS

Fee: \$132 **8 Week Session**
Ages: 16 and up
Develop a tight, toned physique. Meet new people learn a new skill. Learn 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. Casual or workout clothes are suggested. Located directly behind the Michaels Shopping center.

4067 Hangar 18 South Bay LA 6:30 to 7:30pm
Sept 14-Nov 2 M Staff, Hangar 18 South Bay LA
4071 Hangar 18 South Bay LA 6:30 to 7:30pm
Sept 16-Nov 4 W Staff, Hangar 18 South Bay LA
4073 Hangar 18 South Bay LA 6:30 to 7:30pm
Sept 17-Nov 5 Th Staff, Hangar 18 South Bay LA
4069 Hangar 18 South Bay LA 6:30 to 7:30pm
Sept 19-Nov 7 Sa Staff, Hangar 18 South Bay LA

SAND DUNE WORKOUT

Fee: \$89 **4 Week Session**
Ages: 18 and up

This class provides a GREAT WORKOUT on 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.

4179	Dune at Sand Dune Park	6 to 7am
Sept 15-Oct 8	Tu Th	Charles, Joe
4181	Dune at Sand Dune Park	8 to 9am
Sept 15-Oct 8	Tu Th	Charles, Joe
6829	Dune at Sand Dune Park	6 to 7pm
Sept 15-Oct 8	Tu Th	Charles, Joe
4185	Dune at Sand Dune Park	6 to 7am
Oct 13-Nov 5	Tu Th	Charles, Joe
4187	Dune at Sand Dune Park	8 to 9am
Oct 13-Nov 5	Tu Th	Charles, Joe
6830	Dune at Sand Dune Park	6 to 7pm
Oct 13-Nov 5	Tu Th	Charles, Joe
4191	Dune at Sand Dune Park	6 to 7am
Nov 10-Dec 3	Tu Th	Charles, Joe
4193	Dune at Sand Dune Park	8 to 9am
Nov 10-Dec 3	Tu Th	Charles, Joe
6831	Dune at Sand Dune Park	6 to 7pm
Nov 10-Dec 3	Tu Th	Charles, Joe
4197	Dune at Sand Dune Park	6 to 7am
Dec 8-Dec 29	Tu Th	Charles, Joe
4199	Dune at Sand Dune Park	8 to 9am
Dec 8-Dec 29	Tu Th	Charles, Joe
6832	Dune at Sand Dune Park	6 to 7pm
Dec 8-Dec 29	Tu Th	Charles, Joe

STROLLER FITNESS

Fee: \$223 **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.

4941	PA7-PP	9:30 to 10:30am
Sept 15-Nov 17	Tu Th Sa	Spangler, Danielle

STROLLER STRIDES

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.

Fee: \$267		
4405	BB-MB	9:30 to 10:30am
Sept 14-Nov 20	M W F	Savaghe, Diane
Fee: \$178		
4407	BB-MB	9:30 to 10:30am
Sept 15-Nov 19	Tu Th	Savaghe, Diane

TAI CHI CHUAN

Fee: \$130 **5 Week Session**
Ages: 10 and up

Tai Chi Chuan is the ancient form of Pugnistic 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, s improving their functioning. Habitual practice will make the body agile and graceful, the mind alert and serene and will promote good health.

4413	Aud-JCC	7 to 8am
Sept 15-Oct 15	Tu Th	Tung, Chen-Wei
4417	Aud-JCC	8:30 to 9:30am
Sept 15-Oct 15	Tu Th	Tung, Chen-Wei
4421	Aud-MHP	7am to 7pm
Sept 17-Nov 19	Th	Tung, Chen-Wei
4415	Aud-JCC	7 to 8am
Oct 20-Nov 19	Tu Th	Tung, Chen-Wei
4419	Aud-JCC	8:30 to 9:30am
Oct 20-Nov 19	Tu Th	Tung, Chen-Wei

TOTAL CONDITIONING

Fee: \$215 **17 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.

4427	DR-JCC	9 to 9:50am
Sept 14-Jan 8	M W F	Duran-Reese, Kathy
4429	DR-JCC	10 to 10:50am
Sept 14-Jan 8	M W F	Duran-Reese, Kathy

YOGA-ALL LEVELS

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.

Fee: \$99		
3449	DR-JCC	8 Week Session
Sept 17-Nov 5	Th	6 to 7:15pm
3451	DR-JCC	Rader, Julie
Sept 19-Nov 7	Sa	10 to 11:30am
		Rader, Julie

Fee: \$62		
4435	DR-JCC	4 Week Session
Sept 17-Oct 8	Th	6 to 7:15pm
4437	DR-JCC	Rader, Julie
Oct 15-Nov 5	Th	6 to 7:15pm
4439	DR-JCC	10 to 11:30am
Sept 19-Oct 10	Sa	Rader, Julie
4441	DR-JCC	10 to 11:30am
Oct 17-Nov 7	Sa	Rader, Julie

YOGA-AWAKENING THE CHAKRAS

Fee: \$99 **8 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.

3343	DR-JCC	6 to 7:30pm
Sept 16-Nov 4	W	Rader, Julie

FITNESS

YOGA-BEGINNING

Fee: \$99 **8 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 renew energy, balancing the body and mind in a relaxed setting.

4471	DR-JCC	5 to 6:15pm
Sept 15-Nov 3	Tu	Coles, Dorene

YOGA-CONTINUING

Fee: \$99 **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.

4491	DR-JCC	6:30 to 7:45pm
Sept 15-Nov 3	Tu	Coles, Dorene

SPORTS

7 on 7

Coed Soccer League

Fee: M-Th \$595 / F \$450
Begins Sept 21
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.

4557	WUA-MV	8 to 10pm
M Tu W Th F		

ADULT BEGINNER TENNIS: STAY AND PLAY

Fee: \$176 **8 Week Session**
Ages: 18 and up

The ideal adult beginner tennis class to get you playing the game fast. Students will learn quickly how to rally and play a match.

6758	TC-MHP	9:30 to 10:30am
Sept 16-Nov 4	W	Nardi, Susan

ADULT TENNIS

Fee: \$91 **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.

3923	TC-MCHS	9 to 10am
Sept 20-Nov 8	Su	Meyers, Walt

12" COED SLO-PITCH SOFTBALL

4537

Location: MSC-West Softball Field at Marine Sports Complex
Fee: \$485
Mon, Tue, Wed, or Thu, Starts Sept 14
8 to 10pm
Ages: 18 and up

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



BEACH VOLLEYBALL INSTRUCTION-ADVANCED

Fee: \$108 **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.

4813	PS-MB	5:30 to 7pm
Aug 17-Oct 7	M W	Staff, Parks And Recreation
4815	PS-MB	5:30 to 7pm
Aug 18-Oct 8	Tu Th	Staff, Parks And Recreation





BEACH VOLLEYBALL INSTRUCTION-BEGINNER

Fee: \$108 **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.

4831	PS-MB	5:30 to 7pm
Aug 17-Oct 7	M W	Staff, Parks And Recreation
4833	PS-MB	5:30 to 7pm
Aug 18-Oct 8	Tu Th	Staff, Parks And Recreation

BEACH VOLLEYBALL INSTRUCTION-INTERMEDIATE

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.

Fee: \$108 **8 Week Session**

4821	PS-MB	5:30 to 7pm
Aug 17-Oct 7	M W	Staff, Parks And Recreation
4823	PS-MB	5:30 to 7pm
Aug 18-Oct 8	Tu Th	Staff, Parks And Recreation

Fee: \$54 **8 Week Session**

4825	PS-MB	5:30 to 7pm
Aug 21-Oct 9	F	Staff, Parks And Recreation

BEACH VOLLEYBALL MEN'S COMPETITION

Fee: \$132 **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.

4837	PS-MB	5:30 to 7pm
Aug 18-Oct 6	Tu	Staff, Parks And Recreation

CARDIO TENNIS

Fee: \$146 **6 Week Session**
Ages: 18 and up

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, speed, body balance, footwork, endurance, anticipation and hitting skills. Players of all ability levels are encouraged to give it a try!

3953	TC-MHP	7 to 8pm
Sept 14-Oct 19	M	Nardi, Susan

GOLF-BEGINNING FOR ADULTS

Fee: \$139 **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.

4979	The Lakes at El Segundo	6 to 7pm
Sept 14-Oct 12	M	Robert, Scott
4981	The Lakes at El Segundo	10 to 11am
Sept 15-Oct 13	Tu	Robert, Scott
4983	The Lakes at El Segundo	6 to 7pm
Sept 16-Oct 14	W	Robert, Scott
4987	The Lakes at El Segundo	6 to 7pm
Oct 19-Nov 16	M	Robert, Scott
4989	The Lakes at El Segundo	10 to 11am
Oct 20-Nov 17	Tu	Robert, Scott

GPS NAVIGATION

Fee: \$51 **1 Session**
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.

4645	REI	9am to 3pm
October 4	Su	Staff, REI

KAYAK TOURING LEVEL 1

Fee: \$117 **1 Week Session**
Ages: 8 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; less than 18 must be accompanied by a parent or responsible adult.

4521	REI	9am to 3pm
Sept 26-Sept 26	Sa	Staff, REI

MEN'S 16" SLO PITCH

Fee: \$495 **Ages: 18 and up**

League takes place at Manhattan Heights and Dorsey field. For more information, email asherman@citymb.info or call 310-802-5412.

4541	7:45 to 10pm
Location: RF-MHP	
Starts Sept 1	
Tu W Th	

MOUNTAIN BIKING

Fee: \$73 **Ages: 8 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.

6850	REI	9am to 3pm
October 11	Su	Staff, REI
6851	REI	9am to 3pm
Nov 7	Sa	Staff, REI

ROCK CLIMBING-INTRODUCTION

Fee: \$100 **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.

4515	REI	8am to 2pm
Oct 24	Sa	Staff, REI
4517	REI	8am to 2pm
Nov 21	Sa	Staff, REI

SNOW SHOEING

Fee: \$56 **1 Session**
Ages: 8 and up

Snowshoeing is fun, for beginners and seasoned veterans alike. "If you can walk, you can snowshoe!" Several techniques do need to be practiced, such as widening your stance (to avoid stepping on the snowshoe frames), going up and down hills, traversing and switchbacking, and pole usage. Required gear includes the snowshoes, appropriate footwear and clothing, and (usually) a pair of poles. That's it! No lift ticket is required. Snowshoeing offers low-impact, aerobic exercise and is a great way to stay in shape during the winter.

6857	REI	7am to 4pm
Jan 30	Sa	Staff, REI

TENNIS-ADULT DRILLS WORKOUT

Fee: \$209 **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

3991	TC-MHP	7 to 8:30pm
Sept 15-Oct 20	Tu	Nardi, Susan

TENNIS-COED DOUBLES

Fee: \$91 **8 Week Session**
Ages: 18 and up

Tennis doubles only. All levels welcome.

3961	TC-MCHS	6:30 to 8pm
Sept 14-Nov 2	M	Meyers, Walt

TENNIS WITH JAMIE

Fee: \$259

8 Week Session
Ages: 18 and up

Level I is for beginners and those who want to relearn the basics. Level II is for advanced beginners and those who were solid in level I. Level III is for intermediate players and those who were solid in level II. Come meet new people and learn tennis in a positive and fun atmosphere using accelerated learning techniques. You will acquire simple, successful recipes for the basic skills and elements to the game that will be easy to practice on your own.

Level I			
6791	TC-LOP	10 to 11am	Suard, Jamie
Sept 16-Nov 4	W		
Level II			
6793	TC-LOP	11am to Noon	Suard, Jamie
Sept 16-Nov 4	W		
Level III			
6795	TC-LOP	Noon to 1pm	Suard, Jamie
Sept 16-Nov 4	W		



TENNIS-DOUBLES WORKOUT AND STRATEGY WITH JAMIE

Fee: \$259

8 Week Session
Ages: 18 and up

Players get ready for a cardio workout that emphasizes movement and knowledge of why, where, and when to hit the ball. Players can expect to learn movement and ways to use your mind that will result in winning points faster and to be more in control of your matches and experiences on the court. Open to experienced players or players who have solid fundamentals and are ready to move.

6777	TC-LOP	9 to 10am	Suard, Jamie
Sept 14-Nov 2	M		
6779	TC-LOP	10 to 11am	Suard, Jamie
Sept 14-Nov 2	M		
6781	TC-LOP	9 to 10am	Suard, Jamie
Sept 15-Nov 3	Tu		
6783	TC-LOP	12 to 1pm	Suard, Jamie
Sept 15-Nov 3	Tu		
6785	TC-LOP	9 to 10am	Suard, Jamie
Sept 16-Nov 4	W		
6787	TC-LOP	12 to 1pm	Suard, Jamie
Sept 16-Nov 4	Tu		

TENNIS STRATEGIES-INTERMEDIATE

Fee: \$91

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.

4009	TC-MCHS	8 to 9pm	Meyers, Walt
Sept 15-Nov 3	Tu		
4011	TC-MCHS	8 to 9pm	Meyers, Walt
Sept 17-Nov 5	Th		
4013	TC-MHP	8 to 9pm	Meyers, Walt
Sept 18-Nov 6	F		

TENNIS WITH VILAR LARSON-ADVANCED

Fee: \$136

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 ends. 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 ends and let's meet on Court 1 for an enjoyable, uplifting tennis experience.

4025	TCI-LOP	8 to 9:30pm	Larsson, Vilar
Sept 16-Nov 11	W		

TENNIS WITH VILAR LARSON

Fee:

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 ends. 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 ends and let's meet on Court 1 for an enjoyable, uplifting tennis experience.

Beginning			
Fee: \$91			
4019	TCI-LOP	7 to 8pm	Larsson, Vilar
Sept 15-Nov 10	Tu		
Fee: \$91			
4023	TCI-LOP	7 to 8pm	Larsson, Vilar
Sept 16-Nov 11	W		

Intermediate			
Fee: \$136			
4021	TCI-LOP	8 to 9:30pm	Larsson, Vilar
Sept 15-Nov 10	Tu		
Advanced			
Fee: \$136			
2025	TCI-LOP	8 to 9:30pm	

Beginning			
Fee: \$62			
Nov 17- Dec 22	Tu		

Intermediate			
Fee: \$62			
Nov 17- Dec 22	Tu		

Beginning			
Fee: \$62			
Nov 18- Dec 23	Wed		

Advanced			
Fee: \$62			
Nov 18- Dec 23	Wed		

TENNIS WITH WALT

Fee: \$91

8 Week Session
Ages: 18 and up

Level 1			
2743	TC-MCHS	6 to 7pm	Meyers, Walt
Sept 15-Nov 3	Tu		
2747	TC-MHP	9 to 10am	Meyers, Walt
Sept 17-Nov 5	Th		
2759	TC-MCHS	11am to 12pm	Meyers, Walt
Sept 19-Oct 31	Sa		

Level 2			
2753	TC-MHP	9 to 10am	Meyers, Walt
Sept 15-Nov 3	Tu		
2755	TC-MCHS	6 to 7pm	Meyers, Walt
Sept 17-Nov 5	Th		
2763	TC-MCHS	11am to 2pm	Meyers, Walt
Sept 20-Nov 1	Su		

Level 3			
2745	TC-MCHS	7 to 8pm	Meyers, Walt
Sept 15-Nov 3	Tu		
2761	TC-MHP	10am to 11am	Meyers, Walt
Sept 17-Nov 5	Th		
2765	TC-MCHS	7pm to 8pm	Meyers, Walt
Sept 17-Nov 5	Th		
2767	TC-MCHS	10am to 11am	Meyers, Walt
Sept 19-Oct 31	Sa		

Level 3.5			
2749	TC-MHP	10am to 11am	Meyers, Walt
Sept 14-Nov 2	M		
2751	TC-MHP	10am to 11am	Meyers, Walt
Sept 15-Nov 3	Tu		
2757	TC-MCHS	10am to 11am	Meyers, Walt
Sept 20-Nov 1	Su		

TENNIS WITH WALT-LATE FALL

Fee: \$69

6 Week Session
Ages: 18 and up

Level 1			
6677	TC-MCHS	12 to 1pm	Meyers, Walt
Nov 16-Jan 4	Tu		
6678	TC-MHP	9 to 10am	Meyers, Walt
Nov 19-Jan 7	Th		
6679	TC-MCHS	11am to Noon	Meyers, Walt
Nov 21-Jan 9	Sa		

Level 2			
6680	TC-MHP	9 to 10am	Meyers, Walt
Nov 17-Jan 5	Tu		
6681	TC-MCHS	6 to 7pm	Meyers, Walt
Nov 19-Jan 7	Th		
6682	TC-MCHS	11am to Noon	Meyers, Walt
Nov 22-January 10	Su		

Level 3			
6683	TC-MCHS	7 to 8pm	Meyers, Walt
Nov 17-Jan 5	Tu		
6684	TC-MCHS	7 to 8pm	Meyers, Walt
Nov 19-Jan 7	Th		
6685	TC-MCHS	10 to 11am	Meyers, Walt
Nov 21-Jan 9	Sa		

Level 3.5			
6686	TC-MHP	10 to 11am	Meyers, Walt
Nov 19-Jan 7	Th		
6687	TC-MHP	10 to 11am	Meyers, Walt
Nov 16-Jan 4	M		
6688	TC-MHP	10 to 11am	Meyers, Walt
Nov 17-Jan 5	Tu		
6689	TC-MCHS	10 to 11am	Meyers, Walt
Nov 22-January 10	Su		

COED KICKBALL LEAGUE



Location: LOP-Live Oak Field
Mon, Tue, Wed or Thu, Starts Aug 31st - 8 to 10pm

\$395 per team
Ages: 18 and up

Team sign-ups only. Games take place at Live Oak Field. For more information, email asherman@citymb.info or call 310-802-5412.

The
Parks & Recreation Department

We provide recreational experiences

UNIQUE ACTIVITIES

ANIMAL ACTING AND TRICK TRAINING

Fee: \$281 **Ages: 18 and up**
 You and your dog will have fun learning in this class! Ever wonder how they get the dogs in movies to act and perform? Learn some of the behind the scenes tricks of the trade! Whether they appear in movies, a television series, or commercials, every animal actor has been trained. Any well-trained animal can be an actor. By stimulating your dogs mind through trick training you will, help burn energy that could otherwise be used towards bad behaviors such as, destruction of household items, excessive barking, pacing, jumping, bolting and leash pulling. You will also be establishing a better means of communication through advanced training skills. Your dog will be looking to you for his next command, rather than his next bad behavior. Training is fun for your dog and the whole family! Animal acting and trick training is an enjoyable way of teaching exciting tricks that can be utilized on a daily basis in your home.

3049 **DR-MAP** **Noon to 1pm**
Sept 19-Nov 7 **Sa**

BABY SCOOP

Fee: \$77 **3 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!

4075 **PH-LOP** **7 to 8:30pm**
Sept 17-Oct 1 **Th** **Blender, Tracy**

BACKSTAGE PASS HISTORIC THEATER BUS TRIP

Fee: \$68 **Ages: 18 and up**
 This tour offers a chance to experience some of Los Angeles's historic theatres up close by giving you access inside. Your tour begins at Bradbury Building where you will meet your guide. You will then be led on a journey back in time exploring the Broadway Theatre District. We will peek inside two of the historic theatres, and then stop for lunch at Clifton's where you'll dine amongst soaring redwoods and a real waterfall. Enjoy this look behind the scenes!

6818 **F** **9am to 3:30pm**
Nov 6

CANINE GOOD CITIZEN PREP CLASS

Fee: \$138 **5 Week Session**
Ages: 16 and up
 Class prepares owners and their dogs for the AKC S.T.A.R. Puppy Evaluation and the AKC Canine Good Citizen test (test not included in cost). Class will include: walking on a loose leash, sit/stay and down/stay for greetings, recall, accepting body handling and walking near others with manners. All dogs must be healthy, up to date on vaccinations and social. Required equipment at first class: small soft training treats adn a 6 foot leash, no choke chains or prong collars (belt collars, limited slip collars, easy walk harnesses and head collars are allowed.

3095 **DR-MAP** **7:30 to 8:30pm**
Sept 9-Oct 7 **W** **Calkins, Betsy**

FABULOUS FALL APPETIZERS WITH RITA

Fee: \$65 **4 Week Session**
Ages: 16 and up
 Rita will teach vegetarian style appetizers with international approach. These recipes are designed to be easy to create, beautiful to behold and delicious to partake. Menu includes Savory wraps and rollers, fresh fruit on Kabobs, and stuffed mushrooms. Join the fun and learn.

6934 **Kitchen at Joslyn Community Center** **6 to 7:30pm**
Oct 7-Oct 21 **W** **Anacker, Rita**

HOW TO SELL ON EBAY

Fee: \$93.50 **10 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.

3779 **Activity Room 1 at Joslyn Community Center** **10am to Noon**
Sept 18-Nov 20 **F** **Greenspan, Frances**

K9 KLUSS

Fee: \$127 **4 Week Session**
Ages: 14 and up
 Correct and prevent unwanted behavior while learning to communicate better with your four legged companion. You will learn th 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.

4045 **DR-MAP** **6 to 7pm**
Sept 17-Oct 8 **Th** **Pirelli, Kathy**



MODERN CALIFORNIA CUISINE

Fee: \$159 **4 Week Session**
Ages: 18 and up
 Contemporary approach to preparing popular traditional meals. Emphasis on fresh, seasonal ingredients and latest cooking trends. Hands-on instruction with demonstrations of kitchen skills for all levels of experience. We will prepare three courses each class with with the results as our dinner. Please bring a chefs knife and dishtowel. All supplies are included in course fee. Good eats!

6990 **Kitchen at Manhattan Heights Park** **6 to 9pm**
Sept 15-Oct 6 **Tu** **Hogan, Tim**

PRACTICAL STREET SELF-DEFENSE

Fee: \$87 **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 AI Johnson (32 years of martial art experience)

3825 **AH-MAP** **7 to 9pm**
Sept 14-Nov 16 **M** **Johnson, AI**

PUPPY ETIQUETTE

Fee: \$109 **5 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.

4063 **DR-MAP** **Noon to 1pm**
Sept 19-Oct 17 **Sa** **Pirelli, Kathy**

S.T.A.R. PUPPY PREP CLASS

Fee: \$138 **5 Week Session**
Ages: 16 and up
 Class prepares owners and their dogs for the AKC S.T.A.R. Puppy Evaluation and the AKC Canine Good Citizen test (test not included in cost). The class is open to puppies 4 months to 9 months and will cover socialization, body handling, sharing, beginning sit, down, come and loose leash walking. STAR Puppy evaluation will be available after the class ends. All dogs must be healthy, up to date on vaccinations and social. Required equipment at first class: small soft training treats and a 6 foot leash, no choke chains or prong collars (belt collars, limited slip collars, easy walk harnesses and head collars are allowed.

3097 **DR-MAP** **6:30 to 7:30pm**
Sept 9-Oct 7 **W** **Calkins, Betsy**

TABLE TENNIS

Fee: \$33 **8 Week Session**
Ages: 18 and up
 Join intermediate and expert players for singles & doubles drills and round-robin play of. See how fast your skill level will grow with increased play. You must have your own paddle and bring some balls. THIS IS NOT A BEGINNER CLASS.

3831 **Aud-MHP** **2 to 3:30pm**
Sept 19-Nov 7 **Sa** **Hubbard, Nathaniel**
3833 **Aud-MHP** **3:30 to 5:00pm**
Sept 19-Nov 7 **Sa** **Hubbard, Nathaniel**





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, Oct 13, 2009
Wednesday, Oct 14, 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



ART, DANCE, MUSIC & THEATER

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.

SILVER TAPS

Fee: \$106

13 Week Session

Ages: 35 and up

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.

3863

Athletic Grace Dance Studio

11 to 11:55am

Th, Sep 17-Dec 17

Staff, Athletic Grace Dance Studios

FITNESS

ARTHRITIS FOUNDATION EXERCISE PROGRAM

Fee: Standard charge: \$40

10 Week Session

Ages: 55 and up

The Arthritis Foundation Exercise Program was designed to help people with arthritis to maintain joint flexibility, muscle strength and to help reduce pain and stiffness. People with less pain 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. The resident discount does not apply to this class.

6958

9 to 10am

Johnson, Victoria

DR-JCC

Tu Th, Sept 21 - Nov 26

GETTING A GOOD NIGHT'S SLEEP

Fee: Free

1 day Session

Age: 55 and up

Sleep patterns change as we age. The Medicine Education Program will discuss the stages of sleep, types of insomnia and serious sleep disorders that cause chronic insomnia. Learn how changing lifestyle habits can promote better sleep and how to avoid the use of sleeping aids.

JCC - Activity RM 2

10 to 11:30am

Th, Oct 15, 2009

FALL PREVENTION CLASS

Fee: \$16

8 Week Session

Ages: 55 and up

Are you at risk for falling? You're not alone. If you're over 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 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. The resident discount does not apply to this class.

3821

2 to 3pm

Staff, Beach Cities Health District

DR-JCC

M, Sep 14-Nov 2

WORKSHOPS

HEALTH FRAUD AWARENESS

Fee: Free

1 day Session

Age: 55 and up

Older adults are more likely to be victims of health fraud schemes than any other age group. Aches and pains and the trauma of a chronic disease can make a person more susceptible to "miracle" cures. This workshop by the Medicine Education Program helps you learn how to recognize and evaluate treatments and cures, possibly saving money, aggravation and the deterioration of health.

10 to 11:30am

JCC - Activity RM 2

Th, Sept 17, 2009

HOW TO BE A SMART SUPERMARKET SHOPPER

Fee: Free

1 day Session

Age: 55 and up

Join the Medicine Education Program to learn how to make educated healthy choices at the supermarket. Practice label reading and get tips on being a smart shopper.

JCC - Activity RM 2

Th, Oct 15, 2009

10am to 11:30am

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

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-9/17/09

Duration: 8 weeks

Place: JCC-A1

Cost: \$49

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-9/15/09

Duration: 10 weeks

Place: MH-AUD

Cost: \$49

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

BASIC TECHNIQUES IN DRAWING

When: 9/15

Duration: 8 weeks

Place: JCC - A1

Cost: \$49

Time: 10 AM - 12 PM

Contact: (310) 937-3340

Learn the basic drawing techniques using drawing and colored pencils, water color pencils, charcoal and blending tools. Advanced artists welcome to join. Bring a 9x12 drawing pad, #2 pencil and a pink eraser to first class.



SWING 'N' SWAY DANCE NIGHT



**Joslyn Center, 1601 Valley Drive
Manhattan Beach
8-11 PM \$7.00
September 11, October 9, November 13,
December 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
WEEK 1	9:00 am-4:00 pm Pinochle at Joslyn CC 9:45 am Blood Pressure Screening at Joslyn CC 10:00 am-11:30 am Joslyn Senior Club Business Meeting 9:00 am-12:00 pm Discussion Group JCC (every Monday)	9:00 am-10:00 am Arthritis Foundation Exercise Program (AFEP) at JCC 11:30am -1:00pm Lunch Bunch at JCC 1:30pm-3:30pm Play Reading at JCC	8:00 am-3:00 pm Social, Table Games at OASIS 9:00 am-4:00 pm Pinochle at Joslyn CC 12:00 p.m.-2:00 p.m. Craft Club at Joslyn CC 8:00am-11:30am Joslyn Senior Club Potluck 12:30 pm Bingo at Joslyn CC	8:45 am-9:45 am AFEP at Joslyn CC 10:15 am-11:00 am Walk with Bob 10:30 am-2:30 pm Games at Heights 1:30 pm-4:00 pm Scrabble at OASIS	10:00 am-11:30 am Senior Resources Committee (SRC) Monthly Meeting-Manhattan Heights CC 10:00 am-3:00 pm Bridge at Joslyn CC 10:00 am-4:00 pm Pinochle at Joslyn CC 11:30 am- 2:00 pm Bingo at Manhattan Heights CC 2:00 pm-4:00 pm Card Games at Manhattan Heights CC 1:30 pm-3:30 pm The OASIS Movie Club:	For weekend activities or more information please call the Older Adults Program (310) 802-5447.
	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 11:30 am-2:00 pm CLUB MEETING AND SOCIAL EVENTS ARE OPEN TO ALL SENIORS Heights Senior Club Business Meeting., Potluck, and Blood Pressure Screening 2:00 pm-4:00 pm Cards & Games-Manhattan Heights 9am-12noon Discussion Group	9:00 am-10:00 am AFEP-Joslyn CC 11:30am -1:00pm Lunch Bunch at JCC 1:30 pm-3:30 pm Poetry Reading Circle at OASIS	8:00 am-3:00 pm Social, Table Games at OASIS 9:00 am-4:00 pm Pinochle at Joslyn CC 10:00 am-2:00 pm Game Day at Heights 12:00 p.m.-2:00 p.m. Craft Club at Joslyn CC	8:45 am-9:45 am AFEP-Joslyn CC 10:30am-2:30pm Games at Heights 1pm-3pm Petanque at Live Oak Field	10:00 am-3:00 pm Bridge at Joslyn CC 10:00 am-4:00 pm Pinochle at Joslyn CC 11:30 am-2:00 pm Bingo at Manhattan Heights CC 1:30 pm-3:30 pm The OASIS Movie Club: 2:00 pm -4:00 pm Card Games at Manhattan Heights CC	
WEEK 3	8:00 am-11:00 am Joslyn Seniors "Drop In" Hours 9:00 am-4:00 pm Pinochle at Joslyn CC 10:30 am-noon Short Story Discussion Group at Joslyn CC 9am-12noon Discussion Group JCC	9:00 am-10:00 am AFEP-Joslyn CC 11:30am-1:00pm Lunch Bunch at JCC 2:00 pm-3:30 pm Senior Advisory Committee-Joslyn CC	8:00 am-3:00 pm Social, Table Games at OASIS 9:00 am-4:00 pm Pinochle at Joslyn CC 12:00 p.m.-2:00 p.m. Craft Club at Joslyn CC 1:30 pm-3:30 pm Movie to Enlighten at OASIS	8:45 am-9:45 am AFEP-Joslyn CC 1:30 pm-4:00 pm Scrabble at OASIS 10:15-11:00 am Walk with Bob 10:30am-2:30pm Games at Heights	10:00 am-3:00 pm Bridge at Joslyn CC 10:00 am-4:00 pm Pinochle at Joslyn CC 11:30 am-2:00 pm Bingo at Manhattan Heights CC 1:30 pm-3:30 pm The OASIS Movie Club: 2:00 pm-4:00 pm Card Games at Manhattan Heights CC	
	9:00 am-4:00 pm Pinochle at Joslyn CC 10:00 am-11:30 am Writing Group at Heights 11:30 am Sandwich Luncheon with the Joslyn Senior Club at Joslyn CC 9am-12noon Discussion Group JCC	9:00 am -10:00 am AFEP-Joslyn CC 11:30-1:00pm Lunch Bunch at JCC 1:30 pm-3:30 pm Poetry Reading Circle at OASIS	8:00 am-3:00 pm Social, Table Games at OASIS 9:00 am-4:00 pm Pinochle at Joslyn CC 10:00 am-2:00 pm Game Day at Heights 12:00 p.m.-2:00 p.m. Craft Club at Joslyn CC	8:45 am-9:45 am AFEP-Joslyn CC 10:30am-2:30pm Games at Heights 1:00pm-3:00pm Petanque at Live Oak Field	10:00 am-3:00 pm Bridge at Joslyn CC 10:00 am-4:00 pm Pinochle at Joslyn CC 11:30 am-2:00 pm Bingo at Manhattan Heights CC 1:30 pm-3:30 pm The OASIS Movie Club: 2:00 pm-4:00 pm Card Games at Manhattan Heights CC	

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

FOUNDRY TO FINISH & CAST IN BRONZE GETTY BUS TRIP

Fee: \$39

Ages: 18 and up

See how bronze sculpture is born in Foundry to Finish. Visitors will explore the process with professor of bronze casting Russell McMillin, who will share his unique personal experience and knowledge of direct lost-wax casting. Models illustrate the sculpting and casting process. And X-radiographs look inside and show how the bronze was cast. Along with Cast in Bronze: French Sculpture from Renaissance to Revolution, an international exhibition of spectacular bronzes that exemplify the art. Lunch not provided.

6817
Sept 26

Sa

10am to 5pm

FRANK LLOYD WRIGHT TOUR

Fee: \$46

Ages: 55 and up

You'll get a taste of the world renowned works of Frank Lloyd Wright as you join us on this exciting tour of the newly restored Hollyhock House in Los Angeles. Next, we'll visit the Judson Studios, creators of beautiful stained glass and tile masterpieces. Our lunch, at the Taix French Restaurant, will be a three-course French Country feast, with your choice of a Coq Au Vin or Beef Bourguignon entrée. Registration Deadline: October 19, 2009.

6956
Nov 10

Tu

8:45am to 4:15pm

GREEK FESTIVAL BUS TRIP

Fee: \$28.\$34

Ages: 18 and up

Join us at the 11th Annual L.A. Greek Fest at St. Sophia's Cathedral! Experience exquisite Greek cuisine at the various exotically themed booths, plus first-ever presentations of lesser-known regional tantalizers and the always popular dessert booth will serve up delectable pastry creations. It's a weekend of great food, music and dancing. You'll also want to take a few minutes to take a peek inside St. Sophia's a beautiful Byzantine style cathedral. Lunch not included.

2698
Sept 12

Sa

12:30 to 6pm

HISTORIC GASLAMP QUARTER TOUR WITH LUNCH

Fee: \$68

Ages: 55 and up

A local historian will guide us through the historic Gaslamp Quarter of San Diego. The tour highlights a large collection of restored Victorian style commercial buildings featuring various architectural styles. We will have lunch at the Napa Valley Grille, a quaint restaurant in the heart of the Gaslamp Quarter. Following a three-course luncheon there will be free time to explore San Diego on your own. Registration Deadline: September 23, 2009

6960
Oct 8

Th

7:45am to 6:30pm

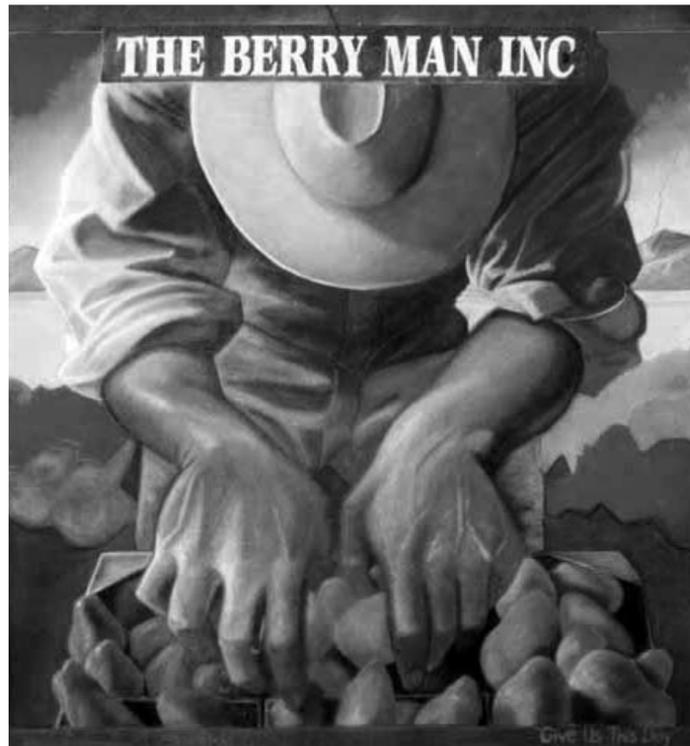
I MADONNARI ITALIAN STREET PAINTING FEST. BUS TRIP

Fee: \$40.\$46

Ages: 18 and up

On Memorial Day weekend, the plaza of the Old Mission Santa Barbara will be transformed with 200 colorful, large-scale street paintings created by 400 artists and young people. The artists begin working on Saturday morning and continue drawing throughout the three-day festival or until their street paintings are completed. For 25,000 annual visitors, the festival also features live music on the Mission lawn, authentic Italian cuisine, and a special street painting area for children. No lunch provided.

6983 **9am to 6pm**
May 31 **M**



POMPEII AND THE ROMAN VILLA AT L.A.C.M.A. BUS TRIP

Fee: \$66.\$72

Ages: 18 and up

Pompeii and the Roman Villa displays the richness of cultural and artistic life in this region. The exhibition includes works of art from Roman villas, and from the luxurious houses of the elite in Pompeii. The objects for this exhibition were carefully selected, approximately one hundred-twenty works of sculpture, painting, mosaic, and luxury arts, some of them long-familiar, others generally unknown, and recent discoveries from around the Bay of Naples, never before been exhibited in America. Gourmet box lunch included.

2697 **9:45am to 4pm**
Aug 29 **Sa**

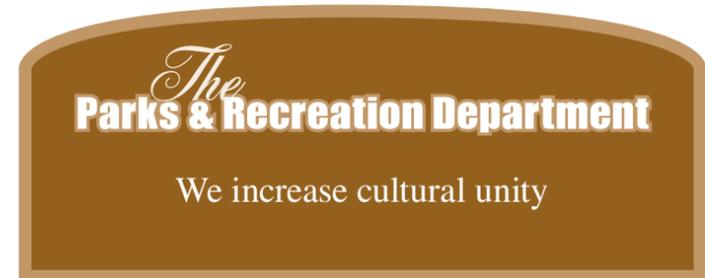
SONY PICTURES STUDIO TOUR WITH LUNCH

Fee: \$56

Ages: 55 and up

This walking tour of Sony Pictures Studios offers a glimpse of Tinseltown's glory days. Classic films, such as "The Wizard of Oz" and more recent hits like "Spiderman" and "Men in Black" were filmed here, as well as TV game shows, "Wheel of Fortune" and "Jeopardy". This is a 2-hour guided tour. After our tour, we'll have lunch at the new Bubba Gump Shrimp Company on the Santa Monica Pier. Registration deadline: August 24, 2009.

6959 **8:30am to 3pm**
Sep 14 **M**



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

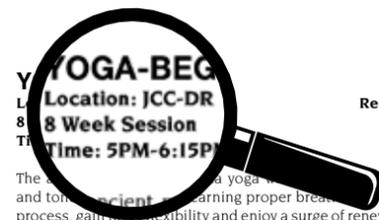
Toyota Sports Center
555 North Nash St.
El Segundo, CA 90245
(310) 535-4400

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.

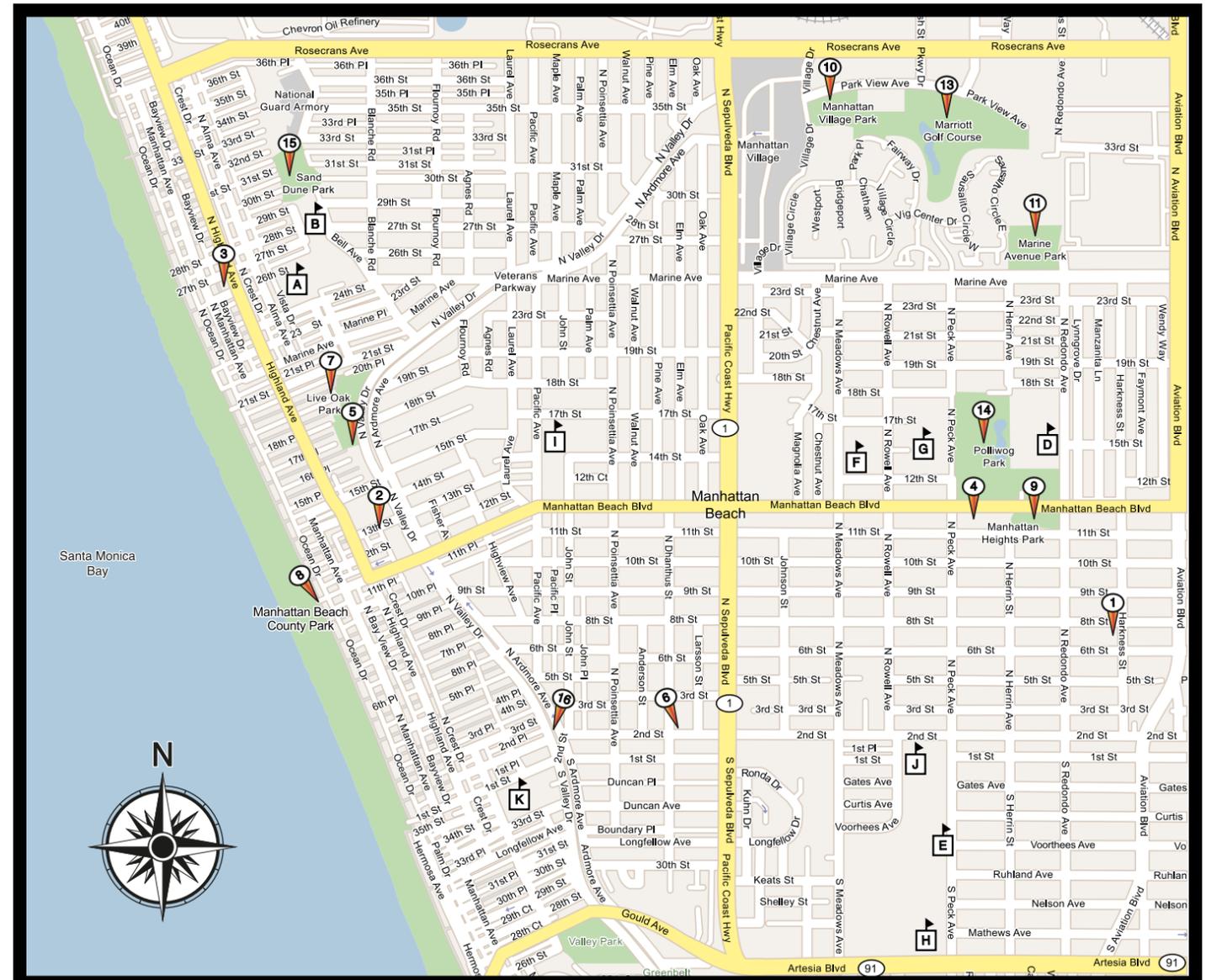
Find the location code and match it with the code in the first column of the chart to find the class location.



Res: \$90 Non-Res: \$96
Tue, April 14-June 2
Ages: 18 and up

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

Director310.802.5503

Fax 310.802.5001

Inspection Requests.....310.802.5542

Inspection cancellations before 8:30 a.m. on day

of scheduled inspection.....310.802.5503

or310.802.5505

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

or310.802.5536

Planning & Zoning 310.802.5504

Technical Plan Check Info..... 310.802.5526

or310.802.5527

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 Liaison310.802.5054

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 Prevention310.802.5186

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 Hghts 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**

MAIN CONTACT NAME:			
First*		Last*	
RESIDENTIAL ADDRESS:			
Street*			
Line 2			
Country*			
City*			
State*			
Zip Code*			
CONTACT INFORMATION:			
Phone*-Home	()	Extension	
Phone*-Work	()	Extension	
Cell Phone	()	Extension	
Fax	()	Extension	
E-mail Address*			
This email address will be used to activate your account.			
Please email me periodic updates. (Circle One)		Yes	No
IN CASE OF EMERGENCY, CONTACT:			
The emergency contact should NOT be the parent or guardian.			
1st Contact First Name*		Last Name*	
Relation*			
Phone*-Home	()	Extension	
Phone*-Other	()	Extension	
PERSONAL INFORMATION:			
Gender*			
Date of Birth*	Day		Year
Medical Alert			
QUESTIONS:			
How did you hear about us? (Circle One)	Family/Friend	Newspaper Banner	
	Internet	TV	
	Email	Previous Customer	
	Activity Guide	Other	
	Flyer		

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:	GRAND TOTAL =
------------------------------------------------------------------------------------------------------	---------------

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 July 27, 2009

(Non Resident August 17, 2009)

Visit www.citymb.info



Mail-in



Mail-in Registration Begins August 17, 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 August 17, 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 August 17, 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.
- Refunds are for the activity fee only, convenience fee or credit card fee are not included in refund amount.

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
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MANHATTAN BEACH
CALIFORNIA**

ECRWSS

10%

DISCOUNT

“more class for less cash”



New Resident Discount

Residents of Manhattan Beach will now receive a 10% discount for activities starting this Fall 2009. The discount is automatically applied at the time of registration.*

*Some activities excluded from discount. Residents are defined as an individual residing in Manhattan Beach. False information regarding name, age, city, address, etc. results in being dropped without refund. You may be asked for ID at the first class.

