

MANHAPPENINGS

Play • Nature • Exercise • Positive Space • Gathering Place



MB NEWS

**Parks
Make
Life
Better!**SM

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Fall 2012

Cover Photo: Chris Miller



**Parks
Make
Life
Better!**

MANHATTAN BEACH

Parks & Recreation



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MB NEWS

Fall 2012

Centennial Parade & Picnic Hit the Mark! Happy 100th Birthday Manhattan Beach!

Marching bands, antique cars, former and present City Council members, Boy Scouts, Girl Scouts, churches, students, community organizations, equestrians, entertainers, residents and City staff all joined together to celebrate the City's 100th Birthday on May 19, 2012 as they walked, rode, ran, biked and trotted down Manhattan Beach Boulevard!

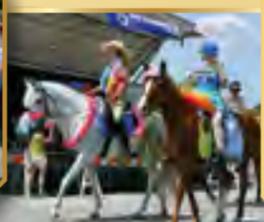
More than 7000 residents from Manhattan Beach and surrounding communities came out to watch and cheer the 100 parade entries that lined the Boulevard. It was an exciting and fun day. One our entire community can be proud of!



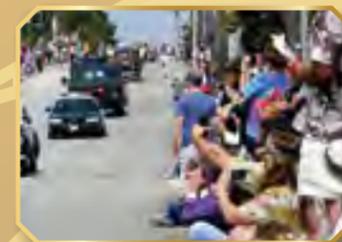
Councilmembers Richard Montgomery, David Lesser, Amy Howorth, Nick Tell, and Mayor Wayne Powell with City Treasurer Tim Lilligren cut the ceremonial Centennial cake.



Let the Parade begin!



City Float



Folks gather along the parade route.



Parks & Recreation Staff, City Council & Parade Chair Jan Dennis



Manhattan Beach Fire Department

After the parade the throng of well-wishers gathered in Polliwog Park for the Centennial Picnic. There was plenty for everyone to do; old fashioned family games, moon bounces, gourmet food trucks for picnickers, cake and live entertainment falling back to the City's roots of surfing.

These were the perfect events for the community to come out and show their support for the Centennial year; laugh, eat and enjoy the City's distinguished history.

Many thanks go to Parade Committee Chairperson Jan Dennis and her committee along with a fine group of volunteers and City staff!

The Centennial Parade and Picnic wrap up the Centennial events for the year but we will bid a fond and extravagant 100th Birthday farewell to Manhattan Beach at the Holiday Fireworks on December 9, 2012! ■





SUSTAINABLE GARDENS IN MANHATTAN BEACH AND HOW YOU CAN HAVE ONE TOO!

Landscaping with sustainability in mind is one way we can protect the local environment (being aware of energy and water use are some others!). This type of landscaping aims to **conserve water and promote wildlife through the use of plants adapted to our climate, mulch to prevent runoff, and efficient irrigation systems.**

You may start to notice several beautiful landscapes as you walk through the neighborhoods of Manhattan Beach that are proudly displaying a "Seal of Approval" from the **Manhattan Beach Botanical Garden**. Dedicated volunteers are walking throughout the community, identifying properties that follow sustainable landscape principles, and have already awarded over 100 homeowners with the Seal of Approval. Visit www.mbbgarden.org to find out more.

Inspired by a goal to conserve water and prevent runoff to the ocean, the City of Manhattan Beach has completed several sustainable landscape projects in partnership with local community groups. The West Basin Municipal Water District, Manhattan Beach Botanical Garden, Leadership Manhattan Beach Class of 2012, and Santa Monica Bay Restoration Foundation have been the key partners in these efforts, along with the enthusiastic support and donations from community and volunteer groups like the Environmental Task Force and Mira Costa Ecology Club. Below are examples of recently completed projects, each designed as a demonstration garden to help the community learn how easy it is to create a sustainable landscape.

To help you develop your own sustainable garden, please visit the City's Going Green website at www.citymb.info and take a look at the **Resource Guide for Sustainable Landscaping**. You can also visit the Manhattan Beach Botanical Garden, and review their many free resources. Be sure to take advantage of the **rebates and incentives available** to help you with your garden project, particularly the **rebate to help homeowners convert their existing turf landscapes into sustainable gardens. Cash rebates of up to \$1/square foot will be available soon!** For more information, please contact Sona Kalapura, the City's Environmental Programs Manager, at (310) 802-5341 or skalapura@citymb.info.



Aviation Water-Wise Garden



City Hall Sustainable Landscape



LMB Sustainable Garden

CHANGE THE WAY YOU GARDEN Save Money & Save Water

Summer is here, and even though you may be using more water, there are several **FREE** ways to conserve by changing the way you landscape. You can attend a workshop offered by the Manhattan Beach Botanical Garden (www.mbbgarden.org), or the South Bay Environmental Services Center (www.sbesc.com), to learn about things you can do to save water, and find out about available rebates through SoCal Water\$mart and the Metropolitan Water District.



FREE Landscape Advice & Irrigation Audits Is your yard Water-Wise and Ocean Friendly? Not sure?

Sign up for a FREE Sustainable Landscape Checkup today! Choose from a list of professional landscapers to find out how to eliminate toxic fertilizers and reduce your water bills.

As an added incentive the West Basin Municipal Water District is also offering **FREE irrigation audits and installation of high efficiency sprinkler nozzles** to residents that qualify.

Contact Sona Kalapura at (310) 802-5341 or visit the City's Going Green page at www.citymb.info for more information and to sign up for your free landscape check up today.

MBCERTA Annual Meeting & Inaugural Picnic

Let the good times roll! The first Manhattan Beach Community Response Team Association (MBCERTA) Picnic was a huge success. MBCERTA members old and new along with their families came out for a day of fun. The group was joined by Mayor Wayne Powell, City Manager David Carmany, Fire Chief Bob Espinosa, Battalion Chief Frank Chiella and CERT president George Butts.

Polliwog Park provided the perfect backdrop and Mother Nature the perfect weather for a great day of sun, fun, food and fellowship. The Manhattan Beach Firefighters also came out in support of MBCERTA; flipping burgers, grilling hot dogs and enthusiastically showing off their engines and equipment while answering questions from adults and children alike.



The next MBCERTA Training will take place the first weekend of November; Friday November 2nd from 6:00–10:00 p.m., Saturday November 3rd and Sunday November 4th from 8:00a.m.–5:00p.m. This hands on training will teach you first aid skills, where and how to turn off your gas and water how to extinguish a fire, work a fire hose, and how best to prepare and protect your family from a natural disaster or terrorist attack. Please visit www.MBCERTA.org for additional information and registration.



BLUE ZONES POWER 9 KNOW YOUR PURPOSE

FIND YOUR PURPOSE, AND LIVE A LONGER & HEALTHIER LIFE

What's your reason to get out of bed every morning? Studies show that people with a clear goal in life, or something to wake up for every morning, live longer and stay mentally sharper than those who don't. Your sense of purpose can come from something as simple as watching your children or grandchildren grow up, being engaged in a job or a hobby that gives you a sense of fulfillment, or learning something new. **Residents living in the original Blue Zones areas share common principles called Power 9®—these are healthy lifestyle habits that help them live longer, healthier, happier lives. Living with a clear sense of life purpose is one of them.**



WHY DO YOU GET OUT OF BED IN THE MORNING?

When we use our time—and our passions and talents—on things that are truly important to us, we have found purpose. **Ready to start fulfilling your life purpose? Here are a few tips to help you:**

- 1 Attend a Purpose Workshop!** Take advantage of the purpose workshops being held in your city. These workshops are designed to help you discover your unique talents and strengths. You won't want to miss this opportunity to find out more about yourself and what makes you truly happy! Visit www.bluezonesproject.com to find out when the next purpose workshop will be in your area.
- 2 G + P + E=C.** To understand what your purpose is, try this equation. "G" stands for gifts—what you love to do. "P" is for passion—what you care about. "E" is for environment—where you do what you do. And "C" stands for your calling or purpose. If you are using your gifts to do something that you feel passionate about in an environment that is healthy and a good fit for you, you are most likely living your calling (or purpose).
- 3 Create a personal mission statement.** If you're not sure what your purpose is, start by creating your own mission statement. Ask yourself, "Why do I get up in the morning?" Assess where you are and where you want to be. Figure out what in your life makes you truly happy. To help you, try keeping a journal to jot down your thoughts and feelings.
- 4 Focus on your strengths.** Using your talents and strengths will make you feel happy and help you feel valuable to yourself and others. Although professional athletes have to work to bring their weaknesses to a higher level, their greatest focus is on developing their strengths.
- 5 Listen to your heart.** If you hate something stop doing it. Get educated, get creative and start doing what you love. Life is too short to be miserable. What do you love to do?
- 6 Learn something new.** A new activity can give you purpose too. Try something that will "exercise" your brain—like learning a musical instrument or a new language. It's like strength training for the brain, and may even help improve your memory!

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www.citymb.info



Test Your Purpose Potential

What type of activities can help you to realize your purpose?

- Talking with a friend
- Writing In a Journal
- Doing something that doesn't require much thought or effort
- Learning something new

The correct answers are: **a, b, and d.** Talking with a friend is a good way to help you honestly assess your talents and figure out what you are passionate about. Writing in a journal is another great way to help you discover what is truly important to you. Learning something new will keep your mind sharp and give you a fresh sense of purpose.

Q & A: Ask the Expert

Q: With my hectic, constantly on-the-go lifestyle, I often feel like I don't have time to pursue the things that make me happy. What should I do?

A: Be in control of your time. One of the main characteristics of happy people is that they feel in control of their lives. Be aware of how you use your time each day. Make a list of the things you plan to do someday, and pick the ones that you would like to do most. Have a "to do list" every day, prioritizing what you must do. For a few days, keep a diary of ways you use your time to find out how you are using it and where you need to make changes. Do not allow interruptions when you are doing your 'must do' things.

TOP 5 WAYS TO MAXIMIZE YOUR HAPPINESS

According to Deepak Chopra, M.D., bestselling author and co-founder of the Chopra Center for Wellness, "Purpose gives you fulfillment and joy, and that can bring you the experience of happiness." Although there is no magic bullet to give you that "something more" in your life, there are promising paths you can take in your search.

- 1 Have a sense of purpose at work.** Find a job where you feel you are using your talents and skills and providing a good service. Even if you don't love every aspect of your job, a feeling of accomplishment and, most importantly, a paycheck—can give you an ongoing sense of purpose.
- 2 Make a bliss list.** Make a list of things you really enjoy doing and start to work your way through it. Increase the positive, deliberate choices you make every day. For example, if you like to read, set aside just half an hour a day, four times a week to do so.
- 3 Find your flow.** Identify and immerse yourself in rewarding activities that you enjoy doing. These types of activities give you a sense of freedom, excitement, fulfillment and skill.
- 4 Focus on the good stuff.** There are plenty of frustrations that affect each of us every day. Enjoy the things in your life that bring you true bliss, like playing with your kids or your pets, savoring a cup of coffee, taking a sunset walk, or talking to a good friend.
- 5 Nurture close, long-term friendships.** Having social connections is one of the most important factors to enjoying a long and happy life. The most beneficial relationships are those that you nurture with close, longterm friends. So, the next chance you get, call up your best friend, grab a beer or a glass of wine, and just talk.

Learn more about Power 9® Principles
at www.bluezonesproject.com

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www.citymb.info

Manhattan Beach Neighborhood Watch Invites you to "Map Your Neighborhood"

The reality of a major disaster is that emergency responders will not be available or accessible right away. Neighborhoods may need to respond to a range of situations from turning off gas meters and water, to dealing with minor fires and injuries.

Map Your Neighborhood (MYN) is a program created to help neighbors design a plan for responding to disaster situations on their block. You will learn the 9 Steps to Take Immediately Following a Disaster. It is hard to think clearly after a disaster and learning these steps will help you to respond in a timely manner.

A ninety minute training presented by Neighborhood Watch at the Manhattan Beach Police Department is available to all MB residents.

To enroll in a "Map Your Neighborhood" training class or for more information, please contact:

MB Neighborhood Watch at (310)802-5183

LOCK IT OR LOSE IT!

- **LOCK** your vehicle at all times.
- **KEEP** your valuables—laptop, camera, MP3 player, GPS system, cell phone, purse, wallet, briefcase and other items out of plain view.
- **LEAVE** no trace or sign of electronics, such as docking stations or connector cables.
- **REMOVE** your third row seats and store them in a locked garage.
- **DON'T** leave packages or shopping bags visible in your car.
- **UNLOAD** your car immediately when you get home. Do not leave items in your car overnight.
- **SET** your alarm or anti-theft device.
- **IF you don't get it, they will.**



To report a crime in progress or any suspicious activity or persons, call 9-1-1



Manhattan Beach Police Department
420 15th St. • Manhattan Beach, CA 90266
(310) 802-5140



CITY OFFICIALS

Wayne Powell..... Mayor
David Lesser..... Mayor Pro-Tem
Amy Howorth..... Councilmember
Richard Montgomery..... Councilmember
Nicholas W. Tell, Jr..... Councilmember
Tim Lilligren..... City Treasurer

ADMINISTRATIVE OFFICIALS

David N. Carmany..... City Manager
Liza Tamura..... City Clerk

City Council meets the 1st & 3rd Tue
at City Hall, 6:30 p.m.

Manhattan Beach Police Department Victim Assistance Team

The Victim Assistance Team (VAT) of the Manhattan Beach Police Department (Crime Prevention Office) was organized in 1985. As volunteers, our primary purpose is to assist victims of crimes or traumatic incidents in our community, 24 hours a day, 7 days a week.

VAT contacts victims in person, by phone, and by mail. When VAT members are dispatched by the MBPD on a call-out, they provide assistance to the police officers at the incident and to the victim(s) involved. Efforts are made to support and console victims and others at the scene and, if needed, after the occurrence. The victim(s) may be contacted later by phone or mail to provide further, follow-up assistance. Confidentiality is maintained in all interactions with victims.

VAT members also perform some administrative tasks in the MBPD Crime Prevention Office as well as assisting in a variety of police-related community activities -- i.e., child fingerprinting, M.B. Community Police Academy, DUI checkpoints, Open House, etc. Ongoing training for VAT members occurs during monthly meetings and through related county, state, and national programs.

VAT is currently looking for a few more committed volunteers to join the team. If you are interested or want more information, call (310) 802-5185.

The Manhattan Beach Victim Assistance Team has been recognized by the International Association of Chiefs of Police in Washington, D.C.

AQUATICS All Ages Section



LAP SWIM

\$4/person/visit

Sep 10–Nov 29 Sep 15–Nov 3
Mon & Thu Sat
8:00 PM–9:00 PM 9:15 AM–12:45 PM

WATER AEROBICS

\$4/person/visit

Sep 11–Nov 29
Tue & Thu
3:15 PM–4:00 PM

This class is designed 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 friends. Workout 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.

FISH TICKETS

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 MASTERS



6:15 AM - 7:15 AM

Start Date	Day	Cost	A#
Jun 1– Aug 31	M-F	\$120	16169
Sep 4– Dec 7	M-F	\$120	16170

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!
Coach: Steve Hyde

POOL RULES

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

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

POOL RENTAL

Begg Pool is available for rent Saturday afternoons between 1:30 PM - 4:00 PM. The cost is \$150/hour for residents and \$190/hour for nonresidents. The rental fee includes pool lifeguards for up to 50 guests. Parties larger than 50 guests will be charged additional fees to cover the cost of additional lifeguards. For reservation information, call (310) 802-5429 or (310) 802-5410.

REGISTRATION

The Swim Registration form and more information can be found online at citymb.info or in the Winter MANHAPPENINGS Activity Guide.

***NEW* Online Registration will begin at 6:00 AM**

Walk In Registration begins at 8:00 AM

Resident registration begins August 13, 2012
Nonresident registration begins August 27, 2012

- Online www.citymb.info
- Fax (310) 802-5401
- Mail/Walk in: Parks and Recreation Dept
1400 Highland Avenue
Manhattan Beach, CA 90266

BEGG POOL INFORMATION

1402 North Peck Avenue
Manhattan Beach, CA 90266
(310) 802-5428 • (310) 802-5448





PRIVATE SWIM LESSONS

3 and up
A one-on-one learning environment for children or adults. Children must be 3 years old, potty-trained, and be able to be in the water without a parent. Private lessons are for all skill levels. Begg Pool offers private swim lessons during the weekday and weekends. Sessions are 35 minutes.

Res: \$420 Nonres: \$462	
17526	3:30pm to 4:05pm
9/10-10/17	M W
17527	3:30pm to 4:05pm
9/11-10/18	Tu Th
17981	4:10pm to 4:45pm
9/10-10/17	M W
17983	4:10pm to 4:45pm
9/11-10/18	Tu Th
17528	4:10pm to 4:45pm
10/22-11/28	M W
17529	4:10pm to 4:45pm
10/23-11/29	Tu Th
17982	3:30pm to 4:05pm
10/22-11/28	M W
17984	3:30pm to 4:05pm
10/23-11/29	Tu Th

Res: \$140. Nonres: \$154

17533	9am to 9:35am
9/15-10/6	Sa
17985	9:40am to 10:15am
9/15-10/6	Sa
17986	10:20am to 10:55am
9/15-10/6	Sa
17987	11am to 11:35am
9/15-10/6	Sa
17988	11:40am to 12:15pm
9/15-10/6	Sa
17989	12:20pm to 12:55pm
9/15-10/6	Sa
Res: \$140. Nonres: \$154	
17535	9am to 9:35am
10/13-11/3	Sa
17990	9:40am to 10:15am
10/13-11/3	Sa
17991	10:20am to 10:55am
10/13-11/3	Sa
17992	11am to 11:35am
10/13-11/3	Sa
17993	11:40am to 12:15pm
10/13-11/3	Sa
17994	12:20pm to 12:55pm
10/13-11/3	Sa

SMALL GROUP SWIM LESSONS

3 but less than 13
Small group swim lessons are offered during the summer and fall aquatics season. On the first day of lessons, your child will be tested and placed into a group that best fits their swim skill level. There will be 4 children maximum per instructor on levels 1 through 3 and 5 children maximum per instructor for levels 4 and 5. Students must be 40 inches tall, potty-trained and be able to be in the water without a parent. There will be 2 make up classes allowed per session.

Res: \$156 Nonres: \$172

17522	3:30pm to 4:05pm
9/10-10/17	M W
17523	3:30pm to 4:05pm
10/22-11/28	M W

Art To Grow On
Art Birthday Parties!

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

Visit our website for all Party Package Information.
www.art2growon.com

(310) 625-6028

Location: Marine Ave Park-Rocket Ship Hall, Manhattan Beach

ART & CERAMICS

ART ZONE STUDIO TOGETHER FUN

1 1/2 but less than 9
Kids spend quality time with their favorite grown up in an art based play environment specially designed for fun. Finger paint, make a clay sculpture, splish and splash in our sand and water kitchen, dress up for an adventure, and squirt paint and squeeze windows all in one day! Dress for a fun and messy time. Siblings are welcome to enroll and join the fun! Adults are required to stay and enjoy the fun. No class 11/19 and 11/21.

Res: \$73.50 Nonres: \$80.85

17924	Art Zone Children Inc. Studio	2pm to 3:20pm
9/10-10/29	M	Krug, Laura
17930	Art Zone Children Inc. Studio	2pm to 3:20pm
11/5-12/17	M	Krug, Laura

Res: \$96 Nonres: \$105.60

17925	Art Zone Children Inc. Studio	2pm to 3:20pm
9/12-10/31	W	Krug, Laura
17931	Art Zone Children Inc. Studio	2pm to 3:20pm
11/7-12/19	W	Krug, Laura

PEE WEE PICASSO!

Res: \$119 Nonres: \$130.90
1y 3m 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, watercolors and more. Projects rotate quarterly! Parent participation is required. A \$10 supply fee is due to the instructor on the first day. For more information, visit www.art2growon.com.

17962	MAP-RSH	9:30am to 10:15am
9/11-11/13	Tu	Staff, Art To Grow On Inc,

PLAY DOUGH AND PICASSO!

Res: \$119 Nonres: \$130.90
3 but less than 6
Monet, Van Gogh, Picasso, and more! Students will be exposed to a variety of Master Artist lessons along with different projects that will foster curiosity, discovery, and self-expression! Come learn that a child can increase his or her self-esteem and self-confidence through art. Projects and lessons rotate quarterly. A \$10 supply fee is due to the instructor on the first day of class. For more information log on to www.art2growon.com

17973	MAP-RSH	10:45am to 11:35am
9/11-10/30	Tu	Staff, Art To Grow On Inc,

DANCE, MUSIC & THEATER

BALLET AND TAP FOR TOTS

Res: \$73.50 Nonres: \$80.85
4 but less than 6 1/2
Join us for this fun-filled approach to beginning dance techniques for every little dancer at every level. We will go over basic techniques including: basic barre, stretching, and center floor.

17933	CAC-PAR	11am to Noon
9/11-10/30	Tu	Staff, Legacy Dance Academy

Res: \$65. Nonres: \$71.50

17934	Legacy Dance Academy	10am to 11am
9/12-10/31	W	Staff, Legacy Dance Academy

FAIRY TALE THEATER AND CREATIVE MOVEMENT

Res: \$125 Nonres: \$137.50
3 but less than 6
While acting out classic fairy tales, children will explore creative movement with music, theater games, vocal projection and more! This process encourages children to come out of their shells and lead them to the next level of self-expression. Our non-competitive program is excellent for parents transitioning their child to school.

17948	CAC-PAR	3pm to 3:50pm
9/11-11/13	Tu	Staff, Performing Arts Workshops

MUSICAL FUN FOR TOTS

Res: \$104 Nonres: \$114
Second Child Discount: 20%
1m but less than 6
This class is an exciting combination of contemporary and nursery music for tots and their caregivers. Using instruments and props, together we will dance, sing, and enjoy music! This class is designed to create an emphasis on creativity and movement in the development of toddlers. Adults, you'll want to sing along too! No class 11/22.

18086	CAC-PAR	9:15am to 10am
9/13-11/1	Th	Borgerding, Wanda
18087	CAC-PAR	10:15am to 11am
9/13-11/1	Th	Borgerding, Wanda

MUSICAL FUN FOR TOTS (CONT'D)

Session 2
Res: \$78 Nonres: \$85.80

18088	CAC-PAR	9:15am to 10am
11/8-12/20	Th	Borgerding, Wanda
18089	CAC-PAR	10:15am to 11am
11/8-12/20	Th	Borgerding, Wanda

MUSIC RHAPSODY BABIES MAKE MUSIC

Res: \$160 Nonres: \$176
3m but less than 1
Babies instinctively react to music! Parents and babies learn delightful rhymes, lullabies, floor and lap games, action songs, and dances that stimulate your baby's natural response to music. Gather fascinating information each week on infant musical development and learn activities to use at home with your little one. Our early childhood programs have been a proven success since 1983! A \$45 materials fee is due the first day of class. For more information visit www.musicrhapsody.com or call (310)376-8646.

17969	JCC-SSR	11:15am to Noon
9/10-10/29	M	Staff, Music Rhapsody

MUSIC RHAPSODY INTO TO ORFF

Res: \$160 Nonres: \$176
3 but less than 5
The perfect class to lay the foundation for a budding musician! Sing, play, explore and move with fun, high quality Orff instruments! (Xylophones, metallophones, glockenspiels) drums and other percussions. Exciting musical games, rhymes, and stories are all part of your child's experience while they develop a sense of timing and coordination in a fun, creative environment. A materials fee due of \$45 is due on the first day of class. For more information visit www.musicrhapsody.com.

17965	Music Rhapsody Classroom	4pm to 4:45pm
9/13-11/1	Th	Staff, Music Rhapsody
17967	Music Rhapsody Classroom	11:15am to Noon
9/15-11/3	Sa	Staff, Music Rhapsody

SPORTS

MUSIC RHAPSODY KIDS MAKE MUSIC

Res: \$160 Nonres: \$176
2 but less than 4
This 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 & low, soft & loud, up & down are taught in a game-like atmosphere and increases self-confidence. A materials fee due of \$45 is due on the first day of class. For more information on the class, visit www.musicrhapsody.com or call (310) 376-8646

17970	JCC-SRR1	110:15am to 11am
9/10-10/29	M	Staff, Music Rhapsody

MUSIC RHAPSODY TODDLERS MAKE MUSIC

Res: \$160 Nonres: \$176
1 but less than 3
This South Bay early childhood music education program has been a proven success since 1983! Delightful songs, dances, and musical activities using percussion instruments develop the timing, coordination, pitch matching, and language skills of the toddler. In addition to the high quality instruments, puppets, stories, and colorful props make this an engaging time of learning! A one-time materials fee of \$50.50 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.

18056	JCC-SSR	9:15am to 10am
9/10-10/29	M	Staff, Music Rhapsody
18057	JCC-SSR	12:15pm to 1pm
9/10-10/29	M	Staff, Music Rhapsody

BASEBALL-PARENT & CHILD

Res: \$105 Nonres: \$115.50
3 but less than 7
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.

17370	MHP-RF	10:30am to 11:15pm
9/16-11/4	Su	Braunecker, Don

BASKETBALL-PARENT & CHILD

Res: \$105 Nonres: \$115.50
3 but less than 7
Children will learn a variety of basketball skills including shooting, passing, and agility. Each participant is to bring his/her own basketball equipment. Parents will also benefit by learning how to become a model sports league parent. Parent participation required.

17371	MHP-BKCY	11:30am to 12:15pm
9/16-11/4	Su	Braunecker, Don



TINY PROS SPORTS



Get in the game! A beginner sports class designed for energetic kids that want to learn the basics of soccer, baseball, and basketball. This fast paced class for boys and girls is full of drills, games and fun. If any of our Tiny Pros made it to be the next 'sports superstar' we would be delighted but our real goal is to instill our little team with a sense of confidence, coordination, friendship, and a love of the game. Instructor: Tiny Pros Sports Coaches. **No classes 10/6, 10/8, 10/9 due to the Hometown Fair. No classes offered during the week of November 19 - 25, 2012.** Please refer to our **TINY PROS SPORTS CAMPS** during this time.

Tiny Pros Sports
Res: \$139 Nonres: \$152.90
2 but less than 3 1/2
17863 9am to 9:45am 9/15- 11/10 Sa
17864 10am to 10:45am 9/10 - 11/5 M
17865 2:15pm to 3pm 9/10 - 11/5 M
17866 4pm to 4:45pm 9/10 - 11/5 M
17867 10am to 10:45am 9/11- 11/6 Tu
17868 10am to 10:45am 9/13- 11/1 Th
17869 10am to 10:45am 9/14- 11/2 F

3 1/2 but less than 5
17817 10am to 10:45am 9/15- 11/3 Sa
17818 11am to 11:45am 9/10 - 11/5 M
17819 3:15pm to 4pm 9/10 - 11/5 M
17820 11am to 11:45am 9/11- 11/6 Tu

17821 11am to 11:45am 9/13- 11/1 Th
17822 11am to 11:45am 9/14- 11/2 F
17823 3:15pm to 4pm 9/14- 11/2 F

5 but less than 7
17772 11am to 11:45am 9/15- 11/3 Sa
17773 Noon to 12:45pm 9/14- 11/2 F
17774 4pm to 4:45pm 9/14- 11/2 F

Tiny Pros Sports Mini Session
Res: \$69 Nonres: \$75.90
2 but less than 3 1/2
17871 10am to 10:45am 11/12 - 12/10 M
17872 2:15pm to 3pm 11/12 - 12/10 M
17873 4pm to 4:45pm 11/12 - 12/10 M
17874 10am to 10:45am 11/13 - 12/11 Tu

17875 10am to 10:45am 11/15 - 12/13 Th
17876 10am to 10:45am 11/16 - 12/14 F
17887 9am to 9:45am 11/17 - 12/15 Sa

3 1/2 but less than 5
17855 11am to 11:45am 11/12 - 12/10 M
17856 3:15pm to 4pm 11/12 - 12/10 M
17857 11am to 11:45am 11/13 - 12/11 Tu
17858 11am to 11:45am 11/15 - 12/13 Th
17859 11am to 11:45am 11/16 - 12/14 F
17860 3:15pm to 4pm 11/16 - 12/14 F
17861 10am to 10:45am 11/17 - 12/15 Sa

CHECK OUT THESE TINY PROS SPORTS CAMPS!
Tiny Pros Thanksgiving Sports Camp 11/19 - 11/21
Tiny Pros Winter Sports Camp 1/2- 1/4

Location: Live Oak Park Field (LOP-F) for classes BEFORE 1:00 PM • Live Oak Park - North Grass Area (LOP-NGA) for classes AFTER 1:00 PM

SPORTS



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, swinging rings, 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! \$355-2 instructors and 24 helium balloons. Up to 20 children. \$385-3 instructors and 36 helium balloons. Up to 30 children. You provide the food, paper goods, and the kids!
Location: Manhattan Heights Community Center
Saturdays, Option 1 10:30 am-12:30 pm
Sundays, Option 2 12:30 pm-2:30 pm
Sundays, Option 3 3:30 pm-5:30 pm

Reservations on a first come, first served basis.
Register at Manhattan Beach City Hall (310) 802-5410
City Hall, 1400 Highland Avenue SuperKids (310) 370-9190

GYMNASTICS-SUPERKIDS DEVELOPMENTAL

Res: \$115 Nonres: \$126.50
3 but less than 6
Cartwheels, handstands, beam, vault and bar skills are just a few things taught in this fun class. Swinging rings, giant incline mat, foam "pit mat," stunt bar, mini trampoline, vault and springboard are used in this class. Suitable for beginner and intermediate students.

17648	MHP-MWBH	3:30pm to 4:20pm
9/11-10/30	Tu	Staff, Superkids
17649	MHP-MWBH	4:30pm to 5:20pm
9/11-10/30	Tu	Staff, Superkids
17650	MHP-MWBH	10:30am to 11:20am
9/16-11/4	Su	Staff, Superkids
17651	MHP-MWBH	3:30pm to 4:20pm
11/6-1/8	Tu	Staff, Superkids
17652	MHP-MWBH	4:30pm to 5:20pm
11/6-1/8	Tu	Staff, Superkids
17653	MHP-MWBH	10:30am to 11:20am
11/11-1/13	Su	Staff, Superkids

GYMNASTICS-SUPERKIDS FAMILY GYM

Res: \$115 Nonres: \$126.50
1 1/2 but less than 4
Mom, Dad, kids-join our fun class designed for the family with young children! Our new format features less sitting and more action. We teach basic gymnastics, balance and coordination skills on our swinging rings, soft foam "pit mat", stunt bar, springboard, and mini trampoline. Learn activities and partner stunts to do, too. No class 12/26 and 1/2.

17659	MHP-MWBH	9:30am to 10:20am
9/12-10/31	W	Staff, Superkids
17660	MHP-MWBH	9:30am to 10:20am
9/16-11/4	Su	Staff, Superkids
17661	MHP-MWBH	9:30am to 10:20am
11/7-1/9	W	Staff, Superkids
17662	MHP-MWBH	9:30am to 10:20am
11/11-1/13	Su	Staff, Superkids



TOT & YOUTH SECTION

Sports | Art & Ceramics

YOUTH SECTION

Art & Ceramics | Camps

our real goal is to instill our little team with a sense of confidence, coordination, friendship, and a love of the game. No class 11/22, 11/23 and 11/25.

17700	MV-AF	10am to 10:45am
11/15-12/13	Th	Coaches, Brit West Soccer
17701	MV-AF	11 am to 11:45 am
11/16-12/14	F	Coaches, Brit West Soccer
17702	PES-PF	9am to 9:45am
11/18-12/16	Su	Coaches, Brit West Soccer

TINY PROS SOCCER MINI SESSION WITH BRIT-WEST

Res: \$60 Nonres: \$66
3 1/2 but less than 5

"GOOOOAAAL!" We continue to develop technique including dribbling, passing, turning and shooting through fun games. Not only is every child physically active but they will have a ball exploring how to put these newly acquired techniques into a real game. Teams are kept small to maximize touches on the ball and ensure all the young players are involved. 'GOAL KICK!' We also introduce basic soccer rules. "This is fun, what's next?" Our age appropriate curriculum provides a sound base for progression to the next level. No class 11/22, 11/23, and 11/25.

17719	MV-AF	11am to 11:45am
11/15-12/13	Th	Coaches, Brit West Soccer
17720	MV-AF	2:15pm to 3pm
11/15-12/13	Th	Coaches, Brit West Soccer
17721	MV-AF	10am to 10:45am
11/16-12/14	F	Coaches, Brit West Soccer
17722	PES-PF	10am to 10:45am
11/18-12/16	Su	Coaches, Brit West Soccer

TINY PROS SOCCER WITH BRIT-WEST

Res: \$119 Nonres: \$130.90
3 1/2 but less than 5

"GOOOOAAAL!" We continue to develop technique including dribbling, passing, turning and shooting through fun games. Not only is every child physically active but they will have a ball and explore how to put these newly acquired techniques into a real game. Teams are kept small to maximize touches on the ball and ensure all players are involved. 'GOAL KICK!' We introduce basic soccer rules and terms. "This is fun, what's next?" Our age appropriate curriculum provides a sound base for progression to the next level.

17753	MV-AF	11am to 11:45am
9/13-11/1	Th	Coaches, Brit West Soccer
17754	MV-AF	2:15pm to 3pm
9/13-11/1	Th	Coaches, Brit West Soccer
17755	MV-CF	10am to 10:45am
9/14-11/2	F	Coaches, Brit West Soccer
18060	PES-PF	10am to 10:45am
9/16-11/4	Su	Coaches, Brit West Soccer

TINY PROS SOCCER WITH BRIT-WEST

Res: \$119 Nonres: \$130.90
2 but less than 3 1/2

Parents participate in their child's important first steps in their physical fitness. 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. These are the basic elements of soccer that we aim to teach children by leading them in various exercises and through fun games. If any of our Tiny Pros made it to be the next 'Beckham' we would be delighted but our real goal is to instill our little team with a sense of confidence, coordination, friendship, and a love of the game.

17746	MV-AF	10am to 10:45am
9/13-11/1	Th	Coaches, Brit West Soccer
17747	MV-NF	11am to 11:45am
9/14-11/2	F	Coaches, Brit West Soccer
17748	PES-PF	9am to 9:45am
9/16-11/4	Su	Coaches, Brit West Soccer

YOUTH-ART & CERAMICS

ADVENTURES IN CLAY

Res: \$99 Nonres: \$108
7 but less than 13

Learn the basics of working with clay while making fun projects. Build your imagination to make and decorate projects and other useful items allowing you to come out and play. Projects may include mask, fanciful creatures, decorative cups, plates and planters and items of the artist's own designs. Fee includes one bag of clay, glazes and firing. No class 12/24 and 12/31.

17345	LOP-CS	4pm to 5:30pm
9/10-10/29	M	Trulove, Thomas
17346	LOP-CS	4pm to 5:30pm
11/12-1/14	M	Trulove, Thomas

ART ZONE DRAWING WORKSHOP

Res: \$128 Nonres: \$140.80
5 but less than 11

Art Zone Children's Studio facilitates creative drawing class to build art skills in a fun supportive environment. Instructor guides kids step by step, shape by shape to create the subject of your child's choice. Drawings are colored with water color, oil pastels, chalk pastels, tempera paint. Create a different drawing each week. Your child will love this class!

17922	Art Zone Children Inc. Studio	3:30pm to 5pm
9/10-10/29	W	Krug, Laura

ART & CERAMICS

ART AT YOUR PACE

Res: \$110 Nonres: \$121
6 but less than 12

Join us for a fun way to connect with other young people with special needs while expressing creativity! We will explore different ways to make art with painting, drawing, collaging, and other traditional and non-traditional mediums. Class is formatted to provide a pressure free environment for youth with special needs to explore creative forms of expression and socializing with peers. Miss Risa has over 15 years experience with youth with special needs and specializes in care for youth with Autism and Down Syndrome.

17921	CAC-VAR	10:30am to 12:30pm
9/15-11/3	Sa	Vargas, Risa

FAMILY WREATH MAKING WORKSHOP

Res: \$50 Nonres: \$55
2 and up

Join us for a day of family fun while making all natural beautiful wreaths to adorn your home during the holidays.

17950	CAC-VAR	11am to 2pm
12/8, 2012	Sa	Staff, Parks and Recreation

HOLIDAY SHOP'N DROP

Res: \$50 Nonres: \$55
4 but less than 13

Do you have any last minute holiday shopping to do? Then drop your kids off at the Creative Arts Center for a full day of arts and crafts, games, and fun! Your children will be supervised by trained staff and will be treated to a super fun pre-holiday bash while you get to make that last minute shopping trip! Lunch is included.

17952	CAC-VAR	8am to 6pm
12/15	Sa	Vargas, Risa

CAMPS

ART AFTER SCHOOL

Session 1: Res \$110 Nonres 1: \$122
Session 2: Res \$82.50 Nonres 2: \$90.75
Additional Child Discount: 5%
Ages: 6 but less than 13

Art Afterschool is structured to provide a positive, productive, and healthy afterschool environment that is rooted in the arts. Activities include homework help, group games, and structured and open arts activities with Artist Instructors, as well as opportunities to talk with the artists currently showing at the CAC! A great afterschool program for the art lover. A healthy snack included!

Session 1		
18000	CAC-VAR	2:30pm to 5:30pm
9/4-10/23	Tu	
Session 2		
18000	CAC-VAR	2:30pm to 6pm
10/30-12/18	Tu	

ART AFTER SCHOOL WALKING PROGRAM

Walking Program Session 1: Res \$130 Nonres 1: \$143
Walking Program Session 2: Res \$114 Nonres 2: \$125
Additional Child Discount: 5%
Ages: 6 but less than 13

The walking program provides a staff escort service for kids from school to the CAC.

Session 1		
18001	CAC-VAR	2pm to 5:30pm
9/4-10/23	Tu	
Session 2		
18001	CAC-VAR	2pm to 5:30pm
10/30-12/18	Tu	

SMARTeCH I CAMP

Res: \$117 Nonres: \$134.70
4 but less than 8

The SMART in SMARTech stands for Science, Math, Architecture and Robotics Technology. SMARTech summer camp provides an opportunity for students to explore, discover and learn the FUNdamental principles, concepts and terminology of SMART using LEGO®, fischertechnik and other construction kits. SMARTech I: Using age appropriate and safe Lego® Duplo® bricks we engage students in learning the basic concepts and vocabulary of engineering, architecture, technology and simple measurements.

17910	MHP-MBR	9am to Noon
12/26-12/28	W Th F	Staff, Fit N Fun
17911	MHP-MBR	9am to Noon
1/2-1/4	W Th F	Staff, Fit N Fun

PAINTING AND DRAWING FOR KIDS

Res: \$98 Nonres: \$107.80
5 but less than 13

Does your child like to play with colors? Expand your child's colorful artistic world. In this class, children will paint and draw with acrylic paints, watercolors, pastels, pencils, and colored pencil. They will gain the knowledge and techniques, while learning is paramount to ensure healthy creative process.

17960	CAC-VAR	3:30pm to 5pm
9/10-10/29	M	Anacker, Rita

PAINTING FOR THE YOUNG ARTIST

Res: \$132 Nonres: \$145.20
5 but less than 13

Join us for a fun-filled painting class designed to help the young artist learn new skills. Your child will paint and experiment with watercolor, tempera, and oil pastels to create beautiful pictures!

17961	CAC-VAR	3:30pm to 5:30pm
11/5-12/17	M	Lind, Mona Lisa

CARTOONING FOR KIDS

7 but less than 14

Nurture your budding artist with George's easy-to-learn method. Students will gain a good understanding of drawing comic book/cartoon figures in the style of Pixar, Nickelodeon, and Marvel. One-on-one instruction emphasizing traditional drawing skills will give your child a solid foundation in art. No class 11/22.

Res: \$98. Nonres: \$107.80		
17936	CAC-VAR	3:30pm to 5pm
9/13-11/1	Th	Huante, George

Res: \$73.50. Nonres: \$80.85		
17937	CAC-VAR	3:30pm to 5pm
11/8-12/20	Th	Huante, George

CERAMICS FOR CHILDREN

Res: \$99. Nonres: \$108
6 but less than 12

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. Bring home beautiful gifts for your friends and family. Price includes supplies and firing. No class 11/22, 12/27 and 1/3.

17315	LOP-CS	4:30pm to 6pm
9/13-11/1	Th	Anacker, Rita
17316	LOP-CS	4:30pm to 6pm
11/15-1/24	Th	Anacker, Rita

Art Adventure Camp

Art Adventure - Days Off/Art's In (Ages 6 - 12)
Looking for something fun to do on your scheduled days off of school this fall? Join us at the CAC for our many one day arts workshops. Print making, painting, collage, and drawing are some of the fun things we will be experimenting with. Students who come to more than one class can focus on their favorite art or try many different things! Join us in October for a Monster Bash art day and party, and in November students can use their talents to make and take special gifts for the holidays. Location: CAC-VAR. Instructor: Risa Vargas

Art Adventure Arctic Experience (Ages 6 - 12)
Come build a polar bear's den, take a trip to the Northern Lights with penguins, and dive into the water with seals. We will get to learn about the amazing arctic and create works of art inspired by our favorite friends and scenery. Activities will include fun-filled art projects, indoor, outdoor recreation activities, holiday themed cooking demo, and lots of fun and memories too! Location: CAC-VAR. Instructor: Risa Vargas

Art Adventure Winter Wonderland (Ages 6 - 12)
Searching for something fun to do while out of school this winter? Join us at the Creative Arts Center as we turn our room into a Winter Wonderland! Campers will get to use their imaginations to create all types of winter inspired art projects using many different mediums. Activities will include fun-filled art projects, indoor, outdoor recreation activities, holiday themed cooking demo, and lots of fun and memories too! Location: CAC-VAR. Instructor: Risa Vargas

Res: \$40	Nonres: \$44			
18046	8am to 5:30pm	9/3	M	
18047	8am to 5:30pm	9/17	M	
18048	8am to 5:30pm	9/26	W	
18049	8am to 5:30pm	10/22	M	
18050	8am to 5:30pm	11/12	M	
18051	8am to 5:30pm	11/19	M	
18052	8am to 5:30pm	11/20	Tu	



Soccer Camp with Brit-West

Love Soccer? We Do Too!



Soccer Thanksgiving Camp with Brit-West
Fee: \$95 resident \$104.50 nonresident • Ages: At least 5 but less than 13

Day	Date	Time	Location	A#
Monday, Tuesday, and Wednesday	Nov 19 - 21	9 AM to 12 PM	Manhattan Village All Fields (MV-AF)	17670

Soccer Winter Camp with Brit-West
Fee: \$95 resident \$104.50 nonresident • Ages: At least 5 but less than 13

Day	Date	Time	Location	A#
Wednesday, Thursday, and Friday	Dec 26 - 28	9 AM to 12 PM	Manhattan Village All Fields (MV-AF)	18061
	Jan 2 - 4			18062

Camps are designed to develop your ball skills and techniques. We include many different aspects of the game - ball familiarity, passing, control, dribbling, turning, heading, shooting and small sided games. To ensure you receive the appropriate "level" of coaching, you are grouped according to age and experience.

Instructor: Brit-West Soccer Coaches

CAMPS

SMARTeCH II CAMP
Res: \$117 Nonres: \$134.70
7 but less than 12
The SMART in SMARTeCh stands for Science, Math, Architecture and Robotics Technology. SMARTeCh summer camp provides an opportunity for students to explore, discover and learn the FUNDamental principles, concepts and terminology of SMART using LEGO®, fischertechnik and other construction kits. SMARTeCh II/Level II: By building dozens of models, students learn the underlining engineering principles of simple and motorized (battery powered) machines, various architectural structures, bridges, houses and robots.

17912 MHP-MBR 1pm to 4pm
12/26-12/28 W Th F Staff, Fit N Fun

SMARTeCH III CAMP
Res: \$117 Nonres: \$134.70
10 but less than 14
The SMART in SMARTeCh stands for Science, Math, Architecture and Robotics Technology. SMARTeCh summer camp provides an opportunity for students to explore, discover and learn the FUNDamental principles, concepts and terminology of SMART using LEGO®, fischertechnik and other construction kits. SMARTeCh III/Level III: Build real functional robots and then using icon based graphical software learn how to program them to perform useful tasks using input information obtained from various sensors-touch, light, sound, temperature and ultrasonic sensors.

17913 MHP-MBR 1pm to 4pm
1/2-1/4 W Th F Staff, Fit N Fun

TINY PROS THANKSGIVING SPORTS CAMP
Res: \$95 Nonres: \$104.50
4 but less than 9
Get in the game with Coach Fernando and staff! This one of a kind sports camp is designed for energetic kids that want to learn the basics of soccer, baseball, basketball and more. This fast paced camp for boys and girls is full of skills, games, and fun. If any of our Tiny Pros made it to be the next 'sports superstar' we would be delighted but our real goal is to instill our campers with a sense of confidence, coordination, friendship, and a love for sports.

17674 MV-AF 9am to Noon
11/19-11/21 M Tu W Coaches, Tiny Pros

17951 CAC-PAR 3:30pm to 5pm
9/12-11/7 W Staff, Freshi Flix

TINY PROS WINTER SPORTS CAMP
Res: \$95 Nonres: \$104.50
4 but less than 9
Get in the game with Coach Fernando and staff! This one of a kind sports camp is designed for energetic kids that want to learn the basics of soccer, baseball, basketball and more. This fast paced camp for boys and girls is full of skills, games and fun. If any of our Tiny Pros made it to be the next sports superstar we would be delighted but our real goal is to instill our campers with a sense of confidence, coordination, friendship, and a love for sports.

17698 LOP-NGA 9am to Noon
1/2-1/4 W Th F Coaches, Tiny Pros

DANCE, MUSIC & THEATER

AMAZING ANIME-TION!
Res: \$150 Nonres: \$165
7 but less than 13
Participants will learn the basics of Stop-Motion Animation and other forms of digital animation. Students work in production teams to complete a short animated film, which they will create themselves. Learning materials, software, and cameras are provided. Basic concepts such as camera angles, storyboards, scripting elements, and theme will be introduced. Final projects will be screened on the last day of class. No class 9/17.

17917 CAC-PAR 3:30pm to 5pm
9/10-11/5 M Staff, Freshi Flix

FAMILY THEATER
Res: \$180 Nonres: \$198
7 and up
Fine arts fun for the whole family! Children and their parents are invited to join us after school and perform together in "Bah Humbug... A Very Merry Musical!" All experience levels are welcome. Create lifelong memories while you discover the joys of acting, singing, dancing and performing as a family. No class 9/17 and 11/19.

17949 JCC-SRR1 6pm to 7:30pm
9/10-12/3 M Staff, Performing Arts Workshops

FILM FESTIVAL MOVIE CREATION!
Res: \$150 Nonres: \$165
7 but less than 13
You don't need to be a Hollywood director to have a film festival quality movie! We collaborate with the International Family Film Festival (IFF) in Hollywood, California. This film festival hosts an annual Youth Fest of films produced by young filmmakers ages 18 and younger. Films are adjudicated by a festival Film Jury and given awards in several categories. No class 9/26.

17951 CAC-PAR 3:30pm to 5pm
9/12-11/7 W Staff, Freshi Flix

GUITAR JAM
Res: \$125 Nonres: \$137.50
8 but less than 16
BE A REAL GUITAR HERO! Our guitar workshop is for beginning to intermediate students. Learn the basics of chords, tabs, picking, strumming, music theory and learn to play great songs! On the final day, perform in a jam session for family and friends. Students must provide their own acoustic guitar.

18090 CAC-PAR 3:30pm to 4:30pm
9/13-11/15 Th Staff, Performing Arts Workshops

MUSIC RHAPSODY BEGINNING ALTO RECORDER CLASS
Res: \$220 Nonres: \$242
9 but less than 15
An amazing history of over 500 years of music, the alto recorder has a beautiful mellow, lower tone than the soprano and uses a fingering that is perfect to transition to clarinet, saxophone and other band instruments or reinforce what is taught in beginning band. Off instruments and other percussion are also used in a fun, creative environment. A \$20 materials fee due first day of class. www.Musicrhapsody.com

17980 Manhattan Beach Preschool 5:40pm to 7pm
9/11-10/30 Tu Staff, Music Rhapsody

MUSIC RHAPSODY PIANO LEVEL 1 W/ ADULT COACH
Res: \$278 Nonres: \$305.80
6 but less than 14
This breakthrough program called Simply Music has students of all ages playing great-sounding pieces from their very first piano lesson. Composition, improvisation, arrangement, accompaniment, blues, jazz, reading music, writing music, transposing music, etc., are all done through the lens of Simply Music's unique 'playing-based' perspective. A \$45 materials fee is due the first day of class. Visit www.musicrhapsody.com for more information.

18055 CAC-PAR 4:30pm to 5:15pm
9/13-11/1 Th Staff, Music Rhapsody

MUSIC RHAPSODY RHYTHM READERS W/ INTRO TO PIANO
Res: \$240 Nonres: \$264
5 but less than 9
Is your child interested in playing piano or learning an instrument? This is the perfect class for laying a solid musical foundation following the highly successful Off approach with a playful introduction to piano. Songs and games reinforce musical concepts including beat, rhythm, melody, form, harmony, improvisation while experiencing music in a creative, fun environment. A \$20 materials fee due first day of class. www.Musicrhapsody.com

17972 Music Rhapsody Classroom 5pm to 6pm
9/13-11/1 Th Staff, Music Rhapsody

DANCE, MUSIC & THEATER

MUSICAL THEATER CLASS-MARY POPPINS

Res: \$125 Nonres: \$137.50
6 but less than 15
Bit by the acting bug? This fun class teaches you the fundamentals of theater and gives you the chance to bring to life your favorite characters from the musical MARY POPPINS. The curriculum includes instruction in acting, improv, singing, and theater games! Parents are invited to enjoy a final class performance.

17959 CAC-PAR 4pm to 5pm
9/11-11/13 Tu Staff, Performing Arts Workshops

SPORTS

BEACH VOLLEYBALL AFTERNOONS

Res: \$150 Nonres: \$165
5 but less than 13
Getting back to basics! The City of Manhattan Beach, the home of beach volleyball, is proud to offer beginning volleyball classes for those who have never tried playing volleyball before and also for those who want to continue their knowledge of the sport. The class will be divided by skill level. This camp will teach terminology and skills to give a better understanding of the sport while having fun. No class 11/12.

17383 MB-PSS 3:30pm to 5pm
9/10-10/10 M W Johnson, Marlon
17384 MB-PSS 3:30pm to 5pm
9/11-10/11 Tu Th Johnson, Marlon
17385 MB-PSS 3:30pm to 5pm
10/15-11/14 M W Johnson, Marlon
17386 MB-PSS 3:30pm to 5pm
10/16-11/15 Tu Th Johnson, Marlon

BEACH VOLLEYBALL SATURDAYS

Res: \$150 Nonres: \$165
5 but less than 13
Getting back to basics! The City of Manhattan Beach, the home of beach volleyball is proud to offer beginning volleyball classes for those who have never tried playing volleyball before and also, for those who want to continue their knowledge in the sport. The camp will be divided by skill level. This camp will teach terminology and skills to give a better understanding of the sport while having fun.

17387 MB-PSS 9:30am to 11am
9/15-11/17 Sa Johnson, Marlon

CLUB PROS SOCCER MINI SESSION WITH BRIT-WEST

Res: \$60 Nonres: \$66
7 but less than 13
Our goal at this age structure is to encourage all player to be comfortable and competent with the ball. This is achieved by encouraging multiple touches on the ball through individual and group practices. At the end of each session small sided games are organized to put skills acquired into the game situation. Our approach gives young players the green light to experiment and be creative-qualities that, unfortunately at younger ages, are often discouraged on game day, in the name of being safe and winning. No class 11/22.

17741 MV-AF 3:15pm to 4pm
11/15-12/13 Th Coaches, Brit West Soccer

CLUB PROS SOCCER WITH BRIT WEST

Res: \$119 Nonres: \$130.90
7 but less than 13
Our goal at this age structure is to encourage all players to be comfortable and competent with the ball. This is achieved by encouraging multiple touches on the ball through individual and group practice. At the end session small sided games are organized to put skill acquired into the game situation. Our approach gives young players the green light to experiment and be creative-qualities that, unfortunately at the younger ages, are often discouraged on game day in the name of being safe and winning.

17888 MV-SF 4pm to 5pm
9/13-11/1 Th Coaches, Brit West Soccer

GYMNASTICS-SUPERKIDS FUN AND FITNESS

Res: \$115 Nonres: \$126.50
5 but less than 9
Swing on the rings, bounce in the foam "pit," and learn basic and intermediate gymnastics skills on mats, bars, balance beams, and vault. Fitness, flexibility, confidence in an atmosphere of fun and encouragement. No class 12/24 and 12/31.

17666 MHP-MWBH 3:30pm to 4:20pm
9/10-10/29 M Staff, Superkids
17667 MHP-MWBH 4:30pm to 5:20pm
9/10-10/29 M Staff, Superkids
17668 MHP-MWBH 3:30pm to 4:20pm
11/5-1/7 M Staff, Superkids
17669 MHP-MWBH 4:30pm to 5:20pm
11/5-1/7 M Staff, Superkids

GIRLS ON THE RUN

Fee: \$175
8 but less than 14
Curriculum-based program uses the power of running to provide tools to: CELEBRATE your body, HONOR your voice, RECOGNIZE your gift, ACTIVATE your power, classes include running activities and discussions related to friendship, bullying, healthy eating habits and other issues facing young girls. You will gradually train for a 5K run! Girls must be in grades 3-5.

17402 PP-CG 3:30pm to 4:45pm
9/10-12/10 M Th Coaches, Girls On The Run

GOLF-PARENT AND CHILD

Res: \$125 Nonres: \$137.50
4 but less than 8
This class introduces your child to the game of golf in a fun environment. They will learn the grip and set up, pitching and full swing, putting and chipping, golf etiquette and rules around the game. No class 11/24.

17420 The Lakes at El Segundo 10am to 11am
9/15-10/13 Sa Robert, Scott
17421 The Lakes at El Segundo 10am to 11am
10/27-12/1 Sa Robert, Scott

Golf Discounts For Juniors And Seniors

Manhattan Beach residents only, 15 years and under and seniors, age 65 and older may purchase a golf discount card from the Live Oak Tennis Office and City Hall (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 a discounted price of \$10 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.



The Afterschool REC program is a user pay program that is open to children 5 1/2 to 12. Children will have access to the serenity and inspiration of nature and outdoor space to play and exercise. The program provides self-directed and organized recreation activities that are designed to positively impact the lives of the children. The program offers activities that facilitate social connections, human development, the arts, and lifelong learning.

Afterschool REC 2012-2013

Res: \$100 Nonres: \$110 Additional Child Discount: 10%
Ages: 5 1/2 but less than 13
Includes all afterschool school days except breaks and summer vacation.

17248 Session I 2:15pm to 6pm
8/29/12 - 1/31/13 M Tu W Th F
17248 Session II 2:15pm to 6pm
2/1/13 - 6/14/13 M Tu W Th F



Afterschool REC 2012-2013 with Extended Care

Ages: 5 1/2 but less than 13
Afterschool REC with Extended Care—REC staff chaperones will pick up your children from their elementary school and walk them to the Afterschool REC Program.

17249 Grandview 2:15pm to 6pm M Tu W Th F
17250 Meadows 2:15pm to 6pm M Tu W Th F
17251 Pacific 2:15pm to 6pm M Tu W Th F
17252 Pennekamp 2:15pm to 6pm M Tu W Th F

EXTENDED CARE FEE CHART

Month	Days	Resident	Nonresident
August	3	\$ 23.13	\$ 25.44
September	19	\$ 146.49	\$ 131.12
October	23	\$ 177.33	\$ 195.04
November	17	\$ 131.07	\$ 144.16
December	10	\$ 77.10	\$ 84.80
January	19	\$ 146.49	\$ 161.12
February	15	\$ 115.65	\$ 127.20
March	21	\$ 161.91	\$ 178.08
April	17	\$ 131.07	\$ 144.16
May	22	\$ 169.62	\$ 186.56
June	10	\$ 77.10	\$ 84.80

CONTACT

David Ibarra | REC Supervisor | (310) 802-5419 | dibarra@citymb.info
Brianna Sternad | Recreation Supervisor | (310) 802-5435
Idris Al-Oboudi | Recreation Services Manager | (310) 802-5404
Registration Help | (310) 802-5448 | registrationhelp@citymb.info



YOUTH Sports | Unique Activities

TEEN SECTION Teen Center

SPORTS

GYMNASTICS-SUPERKIDS FUN AND FITNESS

Res: \$115 Nonres: \$126.50

5 but less than 9

Swing on the rings, bounce in the foam "pit", and learn basic and intermediate gymnastics skills on mats, bars, balance beams, and vault table. Experience fitness, flexibility and confidence in a fun and encouraging atmosphere. No class 12/24 and 12/31.

17666	MHP-MWBH	3:30pm to 4:20pm
9/10-10/29	M	Staff, Superkids
17667	MHP-MWBH	4:30pm to 5:20pm
9/10-10/29	M	Staff, Superkids
17668	MHP-MWBH	3:30pm to 4:20pm
11/5, 2012-1/7	M	Staff, Superkids
17669	MHP-MWBH	4:30pm to 5:20pm
11/5, 2012-1/7	M	Staff, Superkids

ICE SKATING FOR YOUTH

Res: \$66 Nonres: \$72.60

6 but less than 15

Ice Skating class will teach you how to skate, be safe and enjoy this great pastime. Wear warm, flexible clothing and bring your mittens. Added value includes four public session passes, two guest passes and skate rental for child (an \$88 value). Student will need to check in with class confirmation at the first class. No class 11/22, 11/24, and 11/25.

17502	Toyota Sports Center	4:30pm to 5pm
10/4-10/25	Th	Staff, Toyota Sports Center
17503	Toyota Sports Center	12:15pm to 12:45pm
10/6-10/27	Sa	Staff, Toyota Sports Center
17505	Toyota Sports Center	4:30pm to 5pm
11/1-11/29	Th	Staff, Toyota Sports Center
17506	Toyota Sports Center	12:15pm to 12:45pm
11/3-12/1	Sa	Staff, Toyota Sports Center

TINY PROS SOCCER MINI SESSION WITH BRIT-WEST

Res: \$60 Nonres: \$66.00

5 but less than 7

Yes, we realize our Tiny Pros Soccer players are not so tiny anymore, but it's a great name so we are keeping it! Our motto for this age group is SOCCER FOREVER. We combine movement and soccer skills with health and social interaction. It's really not as complicated as it sounds. We continue to teach technique and agility. We show you how to put these skills into the game situation. You continue playing because it's fun and chal-

lenging, you make friends along the way. Our structured curriculum makes learning the game just as easy. See you on the field. No class 11/25.

18058	PES-PF	3:15pm to 4pm
11/15-12/13	Th	Coaches, Brit West Soccer
18059	PES-PF	11am to 11:45am
11/18-12/16	Su	Coaches, Brit West Soccer

TINY PROS SOCCER WITH BRIT-WEST

Res: \$119 Nonres: \$130.90

5 but less than 7

Yes, we realize our Tiny Pros Soccer players are not so tiny anymore but it's a great name so we are keeping it! Our motto for this age group is SOCCER FOR EVER. We combine movement and soccer skills with health and social interaction. It's really not as complicated as it sounds. We continue to teach technique and agility. We show you how to put these skills into the game situation. You continue playing because it's fun and challenging, you make friends along the way. Our structured curriculum makes learning the game just as easy. See you on the field.

17791	MV-NF	3:15pm to 4pm
9/13-11/1	Th	Coaches, Brit West Soccer
17792	PES-PF	11am to 11:45am
9/16-11/4	Su	Coaches, Brit West Soccer

UNIQUE ACTIVITIES

ANIMAL ACTING AND TRICK TRAINING

Res: \$250 Nonres: \$275

10 and up

You and your dog will have fun learning in this class! Any well-trained animal can be an actor. Professional studio trainers will teach your dog some of the behind the scenes tricks of the trade. Learn how to read story boards and script pages from some famous animal movies and commercial. Trick training also helps burn energy that could otherwise be used towards bad behaviors such as, destruction of household items, excessive barking, pacing, jumping, bolting or leash pulling. You will also be establishing a better means of communication through advanced training skills that you can use on a daily basis. For more information, call (310) 297-3649 www.k9klass.com Includes a trick training kit.

17544	K9 Klass Training Studio	2:30pm to 3:30pm
9/15-10/20	Sa	Pirelli, Kathy

K9 KCLASS OBEDIENCE

Res: \$115 Nonres: \$126.50

10 and up

Correct and prevent unwanted behaviors while learning to communicate better with your companion. You will learn the importance of voice tone, body language and pack mentality. By using verbal and hand commands, your dog will learn the basics of good manners (sit, stay, down, off, curb, and door boundaries, heeling with auto sit and stay). We also give an introduction to clicker training. Package includes information packet and clicker. AKC/CGC (Canine Good Citizen) Testing available after graduation. For more information, call (310) 322-3649 or visit www.k9klass.com

17546	MAP-DR	5:30pm to 6:30pm
9/12-10/10	W	Pirelli, Kathy

PUPPY ETIQUETTE

Res: \$115 Nonres: \$126.50

10 and up

Get started on the right foot. Teach your new puppy some basic good manners and learn the latest in doggie nutrition, house and yard hazards, training tips, and proper socialization skills. This class is fun for the entire family and will help you to prevent unwanted behaviors. For more information, call (310) 322-3649 or visit www.k9klass.com.

17549	MAP-DR	11am to Noon
9/15-10/13	Sa	Pirelli, Kathy
17550	MAP-DR	11am to Noon
10/20-11/17	Sa	Pirelli, Kathy

SKATEBOARDING AND SCOOTERING

Res: \$162 Nonres: \$178.20

5 but less than 13

Whether you are just learning or ready to learn advanced tricks, this class is right for you. Make new friends, advance your skills, and have fun in our private skatepark. All riders will receive a Skatedogs T-Shirt. Requirements: a signed Skatedogs waiver form, a skateboard or scooter, knee pads, elbow pads and a helmet. No class 11/24.

17903	MHP-P	9am to 10:30am
9/15-10/20	Sa	Cohen, Adam
17904	MHP-P	9am to 10:30am
11/3-12/15	Sa	Cohen, Adam

YOUTH TABLE TENNIS

Res: \$185 Nonres: \$203.50

5 but less than 13

Learn basic skills from the Los Angeles Table Tennis Association (LATTA) Proper table tennis skills and official rules will be taught in a fun and interactive setting.

17908	MHP-MWBH	4:30pm to 6pm
9/14-11/2	F	Staff, LATTA



Manhattan Beach Teen Center

SCHOOL YEAR PROGRAM

The Teen Center School Year Program is a drop in, noncustodial program, open to all 6th, 7th and 8th graders living in Manhattan Beach, attending a Manhattan Beach school or whose parents work in Manhattan Beach. The Teen Center provides plenty of indoor and outdoor space to play and exercise and has a variety of exciting and engaging activities available each day. Daily options may include basketball, volleyball, rock climbing wall, ping pong, pool, foosball, Xbox Kinect and Nintendo Wii, movies and much more! Resident fee includes fall, winter and spring vacation program. Nonresidents must register separately. Instructor: Teen Center Staff

\$22 resident and nonresident

Day	Date	Time
Monday - Thursday	August 29, 2012 - June 20, 2013	3 PM - 6 PM
Friday		3 PM - 7 PM

***Closed on school holidays. Open early on minimum days. Occasional Teen Center special activities may require additional fee from participant. A \$5 fee will be charged for membership card replacement.*

BUS TRIPS FOR TEENS!

Mickey's Halloween Party at Disneyland

Res: \$65 Nonres: \$71.50 • 11 but less than 15
Put on a costume and join the Teen Center for Mickey's Halloween Party at Disneyland! Enjoy trick-or-treating around the park, Halloween themed rides and attractions, Buzz LightYear's Intergalactic Space Jam Dance Party, and the Halloween Screams Fireworks Spectacular! Fee Includes park admission, transportation, and supervision.
A# 17274 4pm to Midnight Friday, 10/19

Holiday Double Decker Bus Tour

Res: \$30 Nonres: \$33 • Ages: 11 but less than 15
Join the Teen Center for an open top double decker bus ride through downtown Los Angeles and Hollywood with a stop at the Hollywood and Highland complex for dinner and shopping. Enjoy the sights, win prizes, and enjoy holiday snacks and hot chocolate during the ride. Wear your festive holiday outfits!
A# 17275 4:30pm to 10pm Friday, 12/14

VACATION PROGRAM

The Teen Center Vacation Program is a drop in, noncustodial program, open to all 6th, 7th and 8th graders. The Teen Center Vacation Program is concurrent with the Manhattan Beach Unified School District fall, winter, ski week, and spring break schedule. Instructor: Teen Center Staff

Residents: Free if enrolled in the School Year Program

Nonresidents: See cost column below

Season	Cost	Day	Date	Time
Fall 2012	\$45	Monday - Wednesday	11/19 - 11/21	10 AM - 6 PM
Winter 2013	\$150	Monday - Friday	12/24 - 1/4	10 AM - 6 PM
Ski Week 2013	\$75	Monday - Friday	2/18 - 2/22	10 AM - 6 PM
Spring 2013	\$75	Monday - Friday	4/1 - 4/5	10 AM - 6 PM

***Closed 11/22, 11/23, 12/24, 12/25, 12/31, 1/1. Occasional Teen Center special activities may require additional fee from participant. A \$5 fee will be charged for membership card replacement.*

Contact

Teen Center Coordinator, (310) 802-5426

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

Teen Center at
Manhattan Heights Park
1600 Manhattan Beach Blvd.
Manhattan Beach, CA 90266

**Parks
Make
Life
Better!**



TEEN & ADULT SECTION

Art & Ceramics

ADULT SECTION

Art & Ceramics | Dance, Music & Theater

TEEN-ART & CERAMICS

ART AT YOUR PACE

Res: \$110 Nonres: \$121
12 but less than 19
Join us for a fun way to connect with other young people with special needs while expressing creativity! We will explore different ways to make art with painting, drawing, collaging, and other traditional and non-traditional mediums. Class is formatted to provide a pressure free environment for youth with special needs to explore creative forms of expression and socializing with peers. Miss Risa has over 15 years experience with teens with special needs and specializes in care for youth with Autism and Down Syndrome.

18004	CAC-VAR	1pm to 3pm
9/15-11/3	Sa	Vargas, Risa

CERAMICS FOR TEENS

Res: \$123 Nonres: \$135.30
12 but less than 19
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. Bring home beautiful gifts for your friends and family. Fee includes clay, glazes, and firing. No class 11/20, 12/25, and 1/1.

17365	LOP-CS	4pm to 6pm
9/11-10/30	Tu	Anacker, Rita
17366	LOP-CS	4pm to 6pm
11/13-1/22	Tu	Anacker, Rita

DRAWING FOR ANIME AND MANGA

Res: \$98 Nonres: \$107.80
11 but less than 18
Like anime and manga? This is the class for you! Using a step-by-step method, you will quickly learn how to draw, ink, and color your own anime/manga style cartoons. Each week you will learn to draw a different character that makes Japanese cartoons so cool! No class 11/21.

17946	CAC-VAR	4pm to 5:30pm
9/12-10/31	W	Huante, George

Res: \$73.50 Nonres: \$80.85
17947 CAC-VAR 4pm to 5:30pm
11/7-12/19 W Huante, George

IPAD: A NEW WAY TO DRAW

Res: \$73.50 Nonres: \$80.80
12 but less than 18
Explore the truly unique capability of the iPad through the use of drawing and painting applications. Basic drawing skills will be developed while maximizing the potential of the iPad. Learn about layers, opacity, best practices, tips and tricks. Must have your own iPad loaded with iPad app. "ArtStudio."

17953	CAC-VAR	5:30pm to 7pm
11/8-12/20	Th	Huante, George

MONSTERS MASH

Res: \$110 Nonres: \$121
13 but less than 18
In this Gothic based workshop students will learn how to draw zombies and other cool monsters! Not only will you learn to draw but gain an understanding of anatomical structures. We will also discuss and trace the evolution of the Gothic imagination through art, cinema and literature. All levels welcome!

17958	CAC-VAR	5:30pm to 7:30pm
9/13-11/1	Th	Gallegos, Omar

POTTERY WHEEL FUN FOR TEENS

Res: \$123 Nonres: \$135.30
12 but less than 19
This class is all about the pottery wheel. Projects can include plates, bowls, vases, bottles, abstracts and (intentionally) deformed works. Surface decoration will be explored. More advanced artists can work on their own designs with the assistance of the instructor. Fee includes one bag of clay, glazes, and firing. No class 11/21, 12/26, and 1/2.

17348	LOP-CS	4pm to 6pm
9/12-10/31	W	Trulove, Thomas
17349	LOP-CS	4pm to 6pm
11/14-1/23	W	Trulove, Thomas

ADULT-ART & CERAMICS

ART OF OIL

Res: \$118 Nonres: \$129.80
18 and up
You will learn the basics of oil painting, including use of mediums, color, value, shape and line through specific exercises and then apply this to the canvas. All skill levels welcome. Call to request the class supply list (310) 802-5448.

17918	CAC-VAR	9:30am to Noon
9/10-10/29	M	Kari, Morgan

CERAMICS BASIC AND INTERMEDIATE

Res: \$154 Nonres: \$169.40
16 and up
Basic and intermediate students will share learning and studio experience. Beginners will learn hand-building techniques plus introduction to wheel throwing. Intermediate students will advance their techniques of pottery and sculpture making, including elaborate surface decoration. Fee includes one bag of clay, glazes, and firing. No class 12/24 and 12/31.

17353	LOP-CS	6:30pm to 9:30pm
9/10-10/29	M	Trulove, Thomas
17354	LOP-CS	6:30pm to 9:30pm
11/12-1/14	M	Trulove, Thomas

CERAMICS EXPERIMENTAL AFTERNOON

Res: \$154 Nonres: \$169.40
18 and up
This class is for self-directed students with prior hand building and wheel experience. The class will help you develop your ideas and expand on your knowledge, while experimenting with various materials, tools, methods and techniques. Class adapts to student's skills. Fee includes one bag of clay. No class 11/22, 12/27, and 1/3.

17324	LOP-CS	1pm to 4pm
9/13-11/1	Th	Mallman, Mary
17325	LOP-CS	1pm to 4pm
11/15-1/24	Th	Mallman, Mary

CERAMICS EXPERIMENTAL EVENING

Res: \$154 Nonres: \$169.40
18 and up
This class is for self-directed students with prior hand building and wheel experience. The class will help you develop your ideas and expand on your knowledge, while experimenting with various materials, tools, methods and techniques. Class adapts to student's skills. Fee includes one bag of clay. No class 11/22, 12/27, and 1/3.

17318	LOP-CS	6:30pm to 9:30pm
9/13-11/1	Th	Mallman, Mary
17322	LOP-CS	6:30pm to 9:30pm
11/15-1/24	Th	Mallman, Mary

ART & CERAMICS

CERAMICS FOR ALL

Res: \$154 Nonres: \$169.40
16 and up
Class is structured to assist students of all levels to explore their own artistic paths. Students will utilize the techniques such as: sculpture, throwing, hand building, combination pieces, surface decoration, slab forms and others as their needs dictate. Fee includes cost of one bag of clay, glazes and firing. This class is structured to assist students of all levels to explore their own artistic paths. Students will utilize the techniques such as: sculpture, throwing, hand building, combination pieces, surface decoration, slab forms and others as they needs. Fee includes cost of one bag of clay, glazes, and firing. No class 10/5, 11/23, 12/28, and 1/4.

17356	LOP-CS	10am to 1pm
9/14-11/9	F	Wollman, Nan
17357	LOP-CS	10am to 1pm
11/16-1/25	F	Wollman, Nan

CERAMICS FOR BEGINNERS

Res: \$154 Nonres: \$169.40
16 and up
Beginners will learn hand building and pottery will be covered as per individual student's needs. We will explore slips, glazing, and surface treatment. Fee includes one bag of clay, glazes, and firing. No class 10/5, 11/23, 12/28 and 1/4.

17359	LOP-CS	1:30pm to 4:30pm
9/14-11/9	F	Wollman, Nan
17360	LOP-CS	1:30pm to 4:30pm
11/16-1/25	F	Wollman, Nan

CERAMICS INTERMEDIATE TO ADVANCED

Res: \$154 Nonres: \$169.40
18 and up
This class is geared toward students who have a basic knowledge of ceramics and are ready to develop more complex forms and independent projects. Fee includes cost of one (1) bag of clay, glazes, and firing. No class 11/22, 12/27, and 1/3.

17337	LOP-CS	9:30am to 12:30pm
9/13-11/1	Th	Mallman, Mary
17338	LOP-CS	9:30am to 12:30pm
11/15-1/24	Th	Mallman, Mary

CERAMICS POTTERY ON THE WHEEL

Res: \$154 Nonres: \$169.40
18 and up
This class will focus on the forms using the potter's wheel. Beginners will learn about the properties of clay

and basic wheel-thrown forms like cups, bowls and vases. Advanced students will expand on their knowledge and develop complex forms. Fee includes cost of one bag of clay, glazes, and firing. No class 11/27, 12/25, and 1/1.

17368	LOP-CS	6:30pm to 9:30pm
9/11-10/30	Tu	Mallman, Mary
17369	LOP-CS	6:30pm to 9:30pm
11/13-1/22	Tu	Mallman, Mary

CERAMICS OPEN STUDIO (Prerequisite Needed)

Res: \$68 Nonres: \$74.80
18 and up
Open studio time for students who are simultaneously enrolled in one Manhattan Beach Parks and Recreation ceramics class. No class 10/6, 11/21, 11/24, 12/26, 12/29, 1/2, and 1/5.

17329	LOP-CS	10am to 1:30pm
9/15-11/10	Sa	Mallman, Mary
17330	LOP-CS	10am to 1:30pm
11/17-1/26	Sa	Mallman, Mary
17340	LOP-CS	10am to 1:30pm
9/12-10/31	W	Mallman, Mary
17341	LOP-CS	10am to 1:30pm
11/14-1/23	W	Mallman, Mary

CERAMICS RAKU FIRING-ALL LEVELS

Res: \$154 Nonres: \$169.40
16 and up
This class will focus on the raku firing technique. We will explore slips, glazing and surface treatment. Basics of handbuilding and pottery will be covered per individual students' needs. Fee includes cost of one bag of clay, glaze, and firing. No class 10/6, 11/24, 12/29, and 1/5.

17362	LOP-CS	1:45pm to 4:45pm
9/15-11/10	Sa	Wollman, Nan
17363	LOP-CS	1:45pm to 4:45pm
11/17-1/26	Sa	Wollman, Nan

LANDSCAPE PASTEL PAINTING

Res: \$170 Nonres: \$187
16 and up
Starting from your own photographs, enjoy the creative process of painting landscapes using soft pastels. Through instructor's demonstrations and personal guidance, students will develop a greater understanding of how to see, interpret, and paint the landscape with pastels. Please call (310)802-5448 for supply list prior to first class meeting.

17955	CAC-VAR	9am to Noon
9/13-11/1	W Th	Mancuso, Joseph

OBSERVATIONAL DRAWING

Res: \$150 Nonres: \$165
15 and up
This drawing class introduces students to beginning and intermediate concepts in observational drawing. Students learn a variety of techniques used to draw objects from still life and creative set up. Emphasis is on finished pieces either for recreation or portfolio submission to art school or university. Call (310) 802-5448 for supply list.

18005	CAC-VAR	6:30pm to 8:30pm
9/12-10/31	W	Pryor, Stephanie

PET PORTRAITS

Res: \$130 Nonres: \$143
18 and up
In this fun filled class students will learn how to paint animals or pets. This class will include anatomy and structure. Don't worry if you don't have pets! All levels are welcome We will cover different techniques and discuss how animals have been used in "Arff" history paintings!

17963	CAC-VAR	12:30pm to 2:30pm
9/13-11/1	Th	Gallegos, Omar

SHORTCUT TECHNIQUES TO DRAWING

Res: \$130 Nonres: \$143
16 and up
Everyone including the novice should be able to draw by the end of the class session using these Shortcut Techniques. Students will learn how to shade objects, learn perspective drawing techniques, creating depth in artwork and drawing portraits using face proportions. Instructor will be giving out handouts and giving several drawing lecture/demonstrations during the course. Don't miss this very popular class!

17974	CAC-VAR	9:30am to 12:30pm
9/11-10/30	Tu	Berger, Richard

DANCE, MUSIC & THEATER

BEGINNING HULA

Res: \$110 Nonres: \$120
13 and up
Students learn basic and traditional Hawaiian hula steps, coupled with storytelling hands, in addition to Hawaiian culture and chants. Some cardio involved. No prior hula experience required, all levels welcome. Males and females ages 13 and up welcome! Wear comfortable clothing. Students will be barefoot for class duration.

18091	CAC-PAR	6pm to 7pm
9/10-10/29	M	Ceballos, Kumu Keali'i

DANCE, MUSIC & THEATER

COMEDY IMPROV FOR ADULTS

8 sessions: \$100
4 sessions: \$60
18 and up
Learn Comedy Improv in a safe, supportive and fun environment. All levels welcome, no experience necessary. You may attend all eight sessions for \$100 or only attend four of the eight sessions for \$60.

17979	CAC-PAR	7pm to 9pm
9/27-11/15	Th	Teachers, Improv

INTERMEDIATE SOCIAL DANCE

Res: \$82 Nonres: \$90.20
15 and up
Based on class input at the first class, we'll pick two dances from the following: foxtrot, waltz, tango, quick-step, rumba, cha cha, samba, swing, salsa, hustle, and country two-step. Partner suggested.

18094	ICC-SDS	8pm to 9pm
9/12-11/14	W	Llorens, Kathleen

INTRODUCTION TO SOCIAL DANCE

Res: \$82 Nonres: \$90.20
15 and up
Learn how to dance from an instructor with over 20 years of competition, choreography and teaching experience in a comfortable and friendly environment. Based on class input at the first class we will pick two to three dances from the following: foxtrot, rumba, waltz, cha cha, samba, swing, salsa, hustle, and country two step. Partner suggested.

17954	CAC-PAR	7pm to 8pm
9/12-11/14	W	Llorens, Kathleen

MUSIC RHAPSODY PIANO LEVEL 1

Res: \$278 Nonres: \$305.80
18 but less than 56
How much did you hate piano lessons when you were a kid? We can fix that! You'll be playing great after the first few lessons! It's a whole new approach to piano teaching called Simply Music. Composition, improvisation, arrangement, accompaniment, blues, jazz, reading music, writing music, transposing music, etc., are taught in this unique "playing-based" program. Visit www.musicrhapsody.com.

17968	CAC-PAR	5:30pm to 6:15pm
9/13-11/1	Th	Staff, Music Rhapsody

ZUMBA

Res: \$96 Nonres: \$105.60
16 and up
Zumba is a fusion of Latin and International music-dance themes that create a dynamic, exciting and 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.

17976	CAC-PAR	7:30pm to 8:20pm
9/10-10/29	M	Korenevsky, Nelly
17977	CAC-PAR	8:30am to 9:20am
9/12-10/31	W	Korenevsky, Nelly
17978	CAC-PAR	9am to 9:50am
9/15-11/3	Sa	Korenevsky, Nelly

FITNESS

BEACH BOOT CAMP WITH GI JOE

Res: \$222 Nonres: \$244.20
18 and up
This group workout is designed to help you lose weight, tone your body, build endurance and network with others. Our instructor Joe Charles will place each student into one of three fitness levels: A's for athletes and overachievers, B's for moderate fitness abilities and C's for beginners.

17378	MB-PSS	6am to 7am
9/10-11/9	M W F	Charles, Joe
17379	MB-PSS	8am to 9am
9/10-11/9	M W F	Charles, Joe
17380	MB-PSS	9am to 10am
9/10-11/9	M W F	Charles, Joe

CROSSFIT

Res: \$375 Nonres: \$412.50
18 and up
These workouts will allow CrossFit Methodology of constantly varied, functional movement, performed at "high intensity." This method of training will provide broad, general and inclusive fitness allowing for greater functional strength and quality of life.

17390	Karma Crossfit Studio	6am to 7am
9/10-11/17	M Tu W Th F	Salefferies, Will

CROSSFIT FOUNDATIONS

Res: \$100 Nonres: \$110
18 and up
CrossFit Foundations covers the 9 fundamental movements of Crossfit (squat, front squat, overhead squat, deadlift, sumo-deadlift high-pull, medicine ball cleans, press, push-press, and push-jerk). You will learn movement biomechanics, range of motion, standards, and transitions. Concepts in stretching and movement will be shared to better facilitate movement.

17391	Karma Crossfit Studio	7pm to 8:30pm
9/4-9/8	M Tu W Th F	Salefferies, Will

DANCE EXERCISE FOR HAPPY HOUR

Res: \$88 Nonres: \$96.80
18 and up
Come join Happy Hour. It is a fun, vigorating way to get and stay in shape. Filled with lots of exciting moves that sculpt the total body to a happy, healthy you. New energy is welcomed. Come dance with us.

17484	JCC-SRR1	5pm to 6pm
9/10-10/31	M W	Stubbs-Zukmann, Jenna
17485	JCC-SRR1	5pm to 6pm
11/5-12/5	M W	Stubbs-Zukmann, Jenna

FIRM & FIT

Res: \$115 Nonres: \$126.50
16 and up
Burn calories while getting Firm & Fit! Full body workout while using light weight training, focuses on arms and shoulders, abs and glutes by performing core activating moves, ending with mild stretching. Taught by a certified personal trainer with a 15:1 ratio. Bring a mat and a set of 3-5lbs dumbbells. No class 10/9, 12/25 and 1/1.

17396	MHP-MWBH	6pm to 7:15pm
9/11-11/6	Tu	Staff, Body Blueprint

Res: \$100. Nonres: \$110		
17397	MHP-MWBH	6pm to 7:15pm
11/20-1/15	Tu	Staff, Body Blueprint

FITNESS AT LEVEL 10

Res: \$375 Nonres: \$412.50
18 and up
The goal of this class is to improve strength, flexibility, aerobic capacity, reduce body fat, enhance a stronger mind and have fun! Training will include dynamic warm-up, full-body strengthening, metabolic conditioning and mobility. Small group trainings will be indoor and outdoor. Three classes per week, for five weeks. Choose three classes per week from the following class schedule: Monday-Friday at 6 am, 7 am, or 9 am. Monday-Thursday at 6 pm.

17619	Level 10 Fitness	6am to 7am
9/10-10/12	M W F	LLC, NOTORIOUS F.I.T.,
17620	Level 10 Fitness	6am to 7am
10/15-11/16	M W F	LLC, NOTORIOUS F.I.T.,

PILATES EQUIPMENT

Res: \$125 Nonres: \$137.50
18 and up
This 55 minutes Pilates classes taught using variety of Pilates equipment and props (may include some floor work).

17623	Body & Mind Coe Dynamics, Inc	7:15am to 8:10am
9/10-10/8	M	Staff, Body & Mind Coe Dynamics Inc
17624	Body & Mind Coe Dynamics, Inc	7pm to 7:55pm
9/10-10/8	M	Staff, Body & Mind Coe Dynamics Inc
17625	Body & Mind Coe Dynamics, Inc	6am to 6:55am
9/13-10/11	Th	Staff, Body & Mind Coe Dynamics Inc
17626	Body & Mind Coe Dynamics, Inc	7pm to 7:55pm
9/13-10/11	Th	Staff, Body & Mind Coe Dynamics Inc
17627	Body & Mind Coe Dynamics, Inc	7:15am to 8:10am
9/14-10/12	F	Staff, Body & Mind Coe Dynamics Inc



FITNESS

PILATES MAT

Res: \$80 Nonres: \$88
18 and up
55 minute Pilates sessions, teaching Joseph Pilates originally developed movements as floor work exercises. These Pilates sessions will help create strength, flexibility and balance.

17633	Body & Mind Coe-Dynamics, Inc	9am to 9:55am
9/15-10/20	Sa	Staff, Body & Mind Coe Dynamics Inc

TOTAL CONDITIONING

Res: \$244 Nonres: \$268.40
18 and up
The students focus on definition, conditioning, and toning, with no hard-core aerobics. The student's heart rate will be slightly elevated to burn calories. Please wear exercise shoes and have a fun attitude. You'll be pleased with your progress. No class 10/5, 11/23, 12/24, and 12/26.

17509	JCC-SDS	9am to 9:50am
9/10-1/7	M W F	Duran-Reese, Kathy
17510	JCC-SDS	10am to 10:50am
9/10-1/7	M W F	Duran-Reese, Kathy



Stroller Strides® is a total fitness program that moms can do with their babies and children 6 weeks to 5 years. It includes power walking/cardio bursts and intervals of strength toning exercise using tubing, the stroller and environment. Taught by certified and specially trained fitness instructors, it is a great workout for any moms of all fitness levels. Stroller Strides® Instructors weave songs and activities into the routine designed to entertain and engage baby, while moms are led through a series of exercises specific to her role as mom. A one time \$20 material fee. Wear workout gear bring stroller, water, and a mat for cooldown/abs. For more information, email, dbaldwin@strollerstrides.net. No class 12/24.

A# 16127 | **A# 17916**
9/10 - 11/9 | **11/12 - 2/1**

9:30 AM - 10:45 AM
Monday, Wednesday, Friday

8 Classes Fee: \$75
12 Classes Fee: \$95
24 Classes Fee: \$170
36 Classes Fee: \$180

YOGA

Res: \$99 Nonres: \$108.90
18 and up
The ancient practice of Hatha yoga will enable you to reduce stress, slim and tone the body while learning proper breathing. You will slow the aging process, gain more flexibility and enjoy a surge of renewed energy, balancing the body and mind in a relaxed setting.

17512	JCC-SDS	5pm to 6:15pm
9/11-10/30	Tu	Coles, Dorene
17513	JCC-SDS	6:30pm to 7:45pm
9/11-10/30	Tu	Coles, Dorene

YOGA AT THE BEACH

Res: \$90 Nonres: \$99
18 and up
This yoga class will be held on the beach. It 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.

17516	MB-8ST	4:30pm to 5:45pm
9/11-11/27	Tu	Durham-Archer, Heather

ADULT SECTION

Sports | Unique Activities

ALL AGES SECTION

Tennis



SPORTS

GOLF-BEGINNER SERIES

Res: \$125 Nonres: \$137.50
18 and up

Group classes are designed for the beginner golfer up to the intermediate level player. You'll begin with pitching and full swing fundamentals, make small swings with chipping and putting, learn some rules and golf etiquette, all while enjoying a fun introduction to the game of golf.

17404	The Lakes at El Segundo	6pm to 7pm
9/10-10/8	M	Robert, Scott
17405	The Lakes at El Segundo	10am to 11am
9/11-10/9	Tu	Robert, Scott
17406	The Lakes at El Segundo	6pm to 7pm
10/22-11/19	M	Robert, Scott
17407	The Lakes at El Segundo	10am to 11am
10/23-11/20	Tu	Robert, Scott
17418	The Lakes at El Segundo	6pm to 7pm
10/24-11/21	W	Robert, Scott

GOLF-ON THE GOLF COURSE

Res: \$125 Nonres: \$137.50
18 and up

Group classes are designed for the beginner golfer up to the intermediate level player. We will spend 5 weeks on the course, allowing students to get comfortable on the course, learn some rules and etiquette, and course strategy all while being in a fun learning environment. Each student will pay a \$25 course fee the first day of class. No class 11/22.

17424	The Lakes at El Segundo	6pm to 7pm
9/12-10/10	W	Robert, Scott
17425	The Lakes at El Segundo	10am to 11am
9/13-10/11	Th	Robert, Scott
17426	The Lakes at El Segundo	10am to 11am
10/25-11/29	Th	Robert, Scott

ICE SKATING FOR ADULTS

Res: \$66 Nonres: \$72.60
14 but less than 56

Ice skating class will teach you how to skate, be safe and enjoy this great pastime. Wear warm, flexible clothing and bring your mittens. Added value includes four public session passes, two guest passes and skate rental for child (an \$88 value). Student will need to check in with class confirmation at the first class. No class 11/24.

17493	Toyota Sports Center	11:45am to 12:15pm
10/6-10/27	Sa	Staff, Toyota Sports Center
17494	Toyota Sports Center	11:45am to 12:15pm
11/3-12/1	Sa	Staff, Toyota Sports Center

TABLE TENNIS 1

Res: \$30 Nonres: \$33
12 and up

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

17906	MHP-MWBH	2pm to 3:30pm
9/15-11/17	Sa	Lockenour, Jerry

TABLE TENNIS 2

Res: \$30 Nonres: \$33
12 and up

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

17907	MHP-MWBH	3:30pm to 5pm
9/15-11/17	Sa	Lockenour, Jerry

UNIQUE ACTIVITIES

BEGINNING BRIDGE CLASS-EASYBRIDGE!

Res: \$90. Nonres: \$99
18 and up

Everyone welcome! Join the elite! No experience necessary! You will actually play bridge the first time you sit down. Bring a partner or come alone. You won't be alone for long. Meet new and interesting people. Improve your mind! Comic book included.

17891	El Segundo Woman's Club	1pm to 3pm
9/14-10/19	F	Grotenhuis, Jeff
17892	Hermosa Beach Kiwanis Club	9:30am to 11:30am
9/17-10/22	M	Grotenhuis, Jeff
17893	JCC-SRR1	7pm to 8:45pm
9/18-10/23	Tu	Grotenhuis, Jeff

K9 KLAS OBEDIENCE

Res: \$115 Nonres: \$126.50
10 and up

Correct and prevent unwanted behaviors while learning to communicate better with your companion. You will learn the importance of voice tone, body language and pack mentality. By using verbal and hand commands, your dog will learn the basics of good manners (sit, stay, down, off, curb, and door boundaries, heeling with auto sit and stay). We also give an introduction to clicker training. Package includes information packet and clicker. AKC/CGC (Canine Good Citizen) Testing available after graduation. For more information, call (310) 322-3649 or visit www.k9klass.com

17547	MAP-DR	5:30pm to 6:30pm
10/17-11/14	W	Pirelli, Kathy

MODERN ITALIAN COOKING

Res: \$162 Nonres: \$178.20
18 and up

This class is an up to date course on Italian ingredients and Italian cuisine. It shows you what to cook and how to cook it featuring a hands-on guidance in culinary arts, preparation and cooking techniques. From beginner to expert we will prepare a three course meal each class with the results as our dinner. Includes all the favorites, such as minestrone, tagliatelle à la Bolognese, pizza and desserts. Come cook with us, Ciao.

17901	MHP-K	6pm to 9pm
9/18-10/9	Tu	°Hogan, Tim



TENNIS FACILITIES

LIVE OAK PARK

1901 Valley Drive, 6 lighted courts
7:00am-10:00pm, Monday-Thursday
7:00am-8:00pm, Friday-Sunday

Court Fee:

\$7 (Monday-Friday, 7:00am-5:00pm)
\$9 (Monday-Friday, 5:00-10:00pm & Weekends)

For more information, please call
(310) 545-0888

MANHATTAN HEIGHTS PARK

1600 Manhattan Beach Boulevard,
2 lighted courts
8:00am-9:00pm Monday-Sunday
No reservations required

MIRA COSTA HIGH SCHOOL

Corner of Artesia Boulevard and Meadows
Avenue, 10 lighted courts
5:00-9:00pm, Monday-Thursday
8:00am-2:00pm, Weekends
Court Fee: \$8

ANNUAL PASS

\$10 per year

Good for one year from date of purchase;
unlimited use as available
Available for Juniors
(15 years and under); good for free play
Monday through Friday, 3:00-5:00pm

Available for Older Adults (55 years+);
good for free play Monday through Friday,
7:00-9:00am and 2:00-4:00pm

MBO TENNIS TOURNAMENT

45th Annual Manhattan Open
Tennis Tournament
July 19-22, 2012

Live Oak & Mira Costa Tennis Courts
Womens & Mens, Singles & Doubles,
All Levels

PRIVATE LESSONS

Certified USPTA tennis pros will work one-on-one with individuals seeking to advance their game of tennis. Whether you're new to the sport or preparing for high ranked tournaments, Manhattan Beach Tennis Pros are here to guide you along the way. To schedule a private lesson, please contact a Tennis Pro.

PRIVATE INSTRUCTOR CONTACT INFORMATION

Bennet Slusarz-bennets@tennismatrix.net
Jeff Tarango-jeffreytarango@gmail.com
Walt Meyers-walt@waltmeyerstennis.com
David Paradzik-pittennis@hotmail.com
Annie Lewis-anniegalewis@gmail.com
Kevin Brady-wctennis@bradycamps.com
Vilar Larsson (Dr V)-vilar@verizon.net
Brian More-brianmore@cox.net
Meaghan Colville-mcolvi@hotmail.com
Kerry Giardino-kerryg3@hotmail.com

TENNIS MATRIX

Seasonal tennis ladders & round robins held at Live Oak Park. The TennisMatrix.net Challenge Ladder was established to provide players of all abilities an opportunity to sharpen their tennis skills, build match play awareness, and meet new people along the way! Go to www.tennismatrix.net, click on Join a Ladder (top toolbar) & create your account. *Attn. Click on Bennet Slusarz as your Director at bottom of page! Please review all ladder rules. Please contact Bennet Slusarz for all ladder questions at (310) 372-8648 or bennets@tennismatrix.net.

LEAGUES

Marine League hosts round robin tournaments at Live Oak Park in spring and fall and USTA hosts round robin tournaments at Mira Costa High School throughout the year. For more information, please call (310) 545-0888

Parks & Recreation Co-Ed Doubles League meets Monday evenings at Mira Costa. For more information, please call Walt Meyers at (310)701-4595.

For more information regarding Tennis in Manhattan Beach:

Nick Meick, Tennis Operations Supervisor, at (310) 545-0888

Jessica Vincent, Recreation Supervisor, at (310) 802-5420 or jvincent@citymb.info

Idris Al-Oboudi, Recreation Services Manager, at (310) 802-5404 or ialoboudi@citymb.info

Parks Make Life Better!™

ADULT INTERMEDIATE TENNIS

Res: \$110 Nonres: \$121
18 and up
Improve your tennis strokes, consistency, and placement of the ball, as you create topspin, improve foot positioning, and solidify good form. This class is designed for the player who is ready to put their skills and training into action with live ball, point play, drills and game strategy. No class 11/22.

18043	LOP-TC4	7pm to 8pm
9/13-10/18	Th	Lewis, Annie
18044	LOP-TC4	7pm to 8pm
11/1-12/13	Th	Lewis, Annie

ADULT INTRO TO TENNIS

Res: \$110 Nonres: \$121
18 and up
Learn the core fundamentals of tennis, including the forehand, backhand, volley, overhead and serve, as you develop a love for the game of tennis, which you can play for a lifetime. No class 11/22.

18040	LOP-TC4	6pm to 7pm
9/13-10/18	Th	Lewis, Annie
18041	LOP-TC4	6pm to 7pm
11/1-12/13	Th	Lewis, Annie

PARENT AND ME TENNIS

3 but less than 6
Parents have fun with your children in this interactive tennis program for those with twinkling toes. Through games and activities, children will develop hand-eye coordination, strokes including the forehand, backhand, volley and overhead. Parent participation required. No class 11/24.

Res: \$95 Nonres: \$104.50		
18036	MHP-TC2	10am to 10:45am
9/15-10/13	Sa	Lewis, Annie

Res: \$110 Nonres: \$121		
18037	MHP-TC2	10am to 10:45am
10/27-12/8	Sa	Lewis, Annie

PEE WEE TENNIS

Res: \$110 Nonres: \$121
3 but less than 6
Children prepare to release some energy, learn new skills, and have fun while learning the basics of tennis. Through games and activities, players will develop hand-eye coordination, strokes including the forehand, backhand, volley, and overhead. No class 11/20.

18014	LOP-TC3	1pm to 1:45pm
9/11-10/16	Tu	Lewis, Annie
18015	LOP-TC3	1pm to 1:45pm
9/13-10/18	Th	Lewis, Annie
18016	LOP-TC3	3:15pm to 4pm
9/13-10/18	Th	Lewis, Annie

PEE WEE TENNIS (CONT'D)

18017	LOP-TC3	1pm to 1:45pm
10/30-12/11	Tu	Lewis, Annie
18018	LOP-TC3	3:15pm to 4pm
10/30-12/11	Tu	Lewis, Annie
18019	LOP-TC3	1pm to 1:45pm
11/1-12/13	Th	Lewis, Annie
18020	LOP-TC3	3:15pm to 4pm
11/1-12/13	Th	Lewis, Annie

SPECIAL ACES

Res: \$240 Nonres: \$264
6 but less than 11
A fun and easy introduction to tennis for novice youth players with developmental challenges. The class will focus on the 6 basic strokes and provide an interactive and social environment to work on hand-eye and gross motor skills. Parent participation is highly encouraged and all equipment will be provided!

17551	LOP-TC5	3:15pm to 4:45pm
9/22-10/27	Sa	More, Brian

TENNIS ADULTS CO-ED DOUBLES LEAGUE

Res: \$82 Nonres: \$90.20
18 and up
Each week you are matched with a different partner in league play to determine League MVP at the end of eight weeks. New balls for league matches will be provided by Walt. All levels welcome in this doubles only event. This is a non-instructional league. Players who would like to continue past 8:00 pm must pay for added court time.

17552	MCHS-TC2	6:30pm to 8pm
9/10-10/29	M	Meyers, Walt

TENNIS STRATEGIES-INTERMEDIATE

Res: \$82 Nonres: \$90.20
18 and up
Tennis Strategies Intermediate examines both singles and doubles for the intermediate player. Students will learn how to create points, attack the net, drop shot, and lob for game conditions. Moving both forward and back on the court for both offense and defense. Each student to bring one unopened can of Wilson or Penn tennis balls. Balls will stay with instructor. No class 12/24 thru 1/6.

17554	MCHS-TC2	8pm to 9pm
9/11-10/30	Tu	Meyers, Walt
17555	MCHS-TC2	8pm to 9pm
9/13-11/1	Th	Meyers, Walt
17556	MHP-TC1	10am to 11am
9/14-11/2	F	Meyers, Walt
17557	MCHS-TC2	9am to 9:40am
9/15-11/3	Sa	Meyers, Walt
17558	MCHS-TC2	8pm to 9pm
11/13-1/8	Tu	Meyers, Walt

TENNIS STRATEGIES-INTERMEDIATE (CONT'D)

17559	MCHS-TC2	8pm to 9pm
11/15-1/10	Th	Meyers, Walt
17560	MHP-TC1	10am to 11am
11/16-1/11	F	Meyers, Walt
17561	MCHS-TC2	9am to 9:40am
11/17-1/12	Sa	Meyers, Walt

TENNIS WITH VILAR LARSSON-INTERMEDIATE

Res: \$123 Nonres: \$135.30
18 and up
Learn tennis the right way in a positive and supportive environment. Have fun and reduce stress from your job by joining one of Dr. V's tennis classes. With the skills learned in this class, you will enjoy playing tennis with your new friends. You will learn to play your best tennis in record time by participating in an accelerated learning approach to tennis. So invite your friends and let's meet on court 1 for an enjoyable tennis experience.

17571	LOP-TC1	8pm to 9pm
9/11-10/30	Tu	Larsson, Vilar

TENNIS WITH VILAR LARSSON-ADVANCED

Res: \$92 Nonres: \$101.20
18 and up
Learn tennis the right way in a positive and supportive environment. Have fun and reduce stress from your job by joining one of Dr. V's tennis classes. With the skills learned in this class, you will enjoy playing tennis with your new friends. You will learn to play your best tennis in record time by participating in an accelerated learning approach to tennis. So invite your friends and let's meet on court 1 for an enjoyable tennis experience.

17563	LOP-TC1	8pm to 9pm
9/12-10/31	W	Larsson, Vilar

TENNIS WITH VILAR LARSSON-BEGINNER

Res: \$123 Nonres: \$135.30
18 and up
Learn tennis the right way in a positive and supportive environment. Have fun and reduce stress from your job by joining one of Dr. V's tennis classes. With the skills learned in this class, you will enjoy playing tennis with your new friends. You will learn to play your best tennis in record time by participating in an accelerated learning approach to tennis. So invite your friends and let's meet on court 1 for an enjoyable tennis experience.

17565	LOP-TC1	7pm to 8pm
9/11-10/30	Tu	Larsson, Vilar

TENNIS WITH VILAR LARSSON-INTERMEDIATE

Res: \$123 Nonres: \$135.30
18 and up
Learn tennis the right way in a positive and supportive environment. Have fun and reduce stress from your job by joining one of Dr. V's tennis classes. With the skills learned in this class, you will enjoy playing tennis with your new friends. You will learn to play your best tennis in record time by participating in an accelerated learning approach to tennis. So invite your friends and let's meet on court 1 for an enjoyable tennis experience.

17568	LOP-TC1	7pm to 8pm
9/12-10/31	W	Larsson, Vilar

TENNIS WITH WALT LEVEL 1.0

Res: \$82 Nonres: \$90.20
18 and up
Students will learn hitting systems from both sides of the body as well as the serve, rules of the game, the scoring system, the court, and where they should stand, and why. Each student to bring one unopened can of Wilson or Penn tennis balls. Balls will stay with instructor. No class 12/24 thru 1/6.

17581	MCHS-TC2	6pm to 7pm
9/11-10/30	Tu	Meyers, Walt
17582	MHP-TC2	9am to 10am
9/13-11/1	Th	Meyers, Walt
17583	MCHS-TC2	6pm to 7pm
11/13-1/8	Tu	Meyers, Walt
17584	MCHS-TC2	11am to Noon
9/15-11/3	Sa	Meyers, Walt
17586	MHP-TC2	9am to 10am
11/15-1/10	Th	Meyers, Walt

TENNIS WITH WALT LEVEL 3.0

Res: \$82 Nonres: \$90.20
18 and up
Students will learn hitting with purpose, directional hitting, as well as offense and defense for transitioning through the court, grip control, and the second serve. Also positioning for doubles and the consequence of the same. Each student to bring one unopened can of Wilson or Penn tennis balls. Balls will stay with instructor. No class 12/24 thru 1/6.

17600	MCHS-TC2	7pm to 8pm
9/11-10/30	Tu	Meyers, Walt
17601	MHP-TC2	10am to 11am
9/13-11/1	Th	Meyers, Walt
17602	MCHS-TC2	7pm to 8pm
9/13-11/1	Th	Meyers, Walt
17603	MCHS-TC2	10am to 11am
9/15-11/3	Sa	Meyers, Walt
17604	MCHS-TC2	7pm to 8pm
11/13-1/8	Tu	Meyers, Walt
17605	MHP-TC2	10am to 11am
11/15-1/10	Th	Meyers, Walt

TENNIS WITH WALT LEVEL 3.0 (CONT'D)

17606	MCHS-TC2	7pm to 8pm
11/15-1/10	Th	Meyers, Walt
17607	MCHS-TC2	10am to 11am
11/17-1/12	Sa	Meyers, Walt

TENNIS WITH WALT LEVEL 3.5

Res: \$82 Nonres: \$90.20
18 and up
Students will learn the half-volley, as well as directional control for return of serve, and consequence of same, point construction for both singles and doubles as well as offense and defense as a consequence of ball attitude. Also second serve spin. Each student to bring one unopened can of Wilson or Penn tennis balls. Balls will stay with instructor. No class 12/24 thru 1/6.

17609	MHP-TC2	10am to 11am
9/10-10/29	M	Meyers, Walt
17610	MHP-TC2	10am to 11am
9/11-10/30	Tu	Meyers, Walt
17611	MCHS-TC2	10am to 11am
9/16-11/4	Su	Meyers, Walt
17612	MHP-TC2	10am to 11am
11/12-1/7	M	Meyers, Walt
17613	MHP-TC2	10am to 11am
11/13-1/8	Tu	Meyers, Walt
17614	MCHS-TC2	10am to 11am
11/18-1/13	Su	Meyers, Walt

TENNIS WITH WALT LEVEL 4.0

Res: \$82 Nonres: \$90.20
18 and up
Adult Tennis 4.0 Advanced: Students will learn spin as a function of ball altitude and how to stay on swing plan when the ball is outside the strike zone, with spin. Each student to bring one unopened can of Wilson or Penn tennis balls. Balls will stay with instructor. No class 12/24 thru 1/6.

17616	MCHS-TC2	9am to 10am
9/16-10/28	Su	Meyers, Walt
17617	MCHS-TC2	9am to 10am
11/18-1/13	Su	Meyers, Walt

YOUTH TENNIS LEVEL 1

Res: \$110 Nonres: \$121
6 but less than 11
This class introduces players to the game of tennis in a fun environment. Players will learn fundamental basics through fun skill building drills, exercises, and games. No class 11/20 and 11/22.

18026	LOP-TC3	4pm to 5pm
9/11-10/16	Tu	Lewis, Annie
18027	LOP-TC3	4pm to 5pm
9/13-10/18	Th	Lewis, Annie
18028	LOP-TC3	4pm to 5pm
10/30-12/11	Tu	Lewis, Annie
18029	LOP-TC3	4pm to 5pm
11/1-12/13	Th	Lewis, Annie

YOUTH TENNIS LEVEL 2

Res: \$110 Nonres: \$121
6 but less than 11
This class is designed for players who have developed the basic fundamental strokes in tennis. Players will enhance their skills through drills, point play, introduction to strategy, placement, ball control and scoring. No class 11/20 and 11/22.

18031	LOP-TC3	5pm to 6pm
9/11-10/16	Tu	Lewis, Annie
18032	LOP-TC3	5pm to 6pm
9/13-10/18	Th	Lewis, Annie
18033	LOP-TC3	5pm to 6pm
10/30-12/11	Tu	Lewis, Annie
18034	LOP-TC3	5pm to 6pm
11/1-12/13	Th	Lewis, Annie





OLDER ADULT SECTION

Dance, Music & Theater | Fitness | Bus Excursions
South Bay Adult School

OLDER ADULT SECTION

Bus Excursions | Osher Lifelong Learning Institute

DANCE, MUSIC & THEATER

COMEDY IMPROV FOR OLDER ADULTS

8 sessions: \$60
4 sessions: \$40
Ages: 55 and up
Learn Comedy Improv in a safe, supportive and fun environment. All levels welcome, no experience necessary. You may attend all eight sessions for \$60 or only attend four of the eight sessions for \$40.

17940
JCC-SDS
9/24-11/12
Teachers, Improv

FITNESS

ARTHRITIS FOUNDATION EXERCISE PROGRAM

Fee: \$40
Ages: 55 and up
The Arthritis Foundation Exercise Program was designed to help people with arthritis 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. Class is 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 Res discount does not apply to this class. No class 11/22, 12/25, 1/1.

18012
JCC-SDS
9/11-11/15
Johnson, Victoria

ARTHRITIS FOUNDATION EXERCISE PROGRAM (CONT'D)

SESSION 2
18095
JCC-SDS
11/20-2/5
Johnson, Victoria

SENIOR YOGA
Res: \$80 Nonres: \$88
Ages: 55 and up
Hatha yoga helps improve balance, flexibility, strength and breathing. Individual differences and abilities accommodated. Bring a yoga mat and towel.

17276
MHP-MWBH
8/22-10/10
Thompson, Teri

SESSION 2
18096
MHP-MWBH
10/17-12/5
Thompson, Teri

SOUTH BAY ADULT SCHOOL

BASIC TECHNIQUES IN DRAWING

When: Tuesday, 9/11/2012
Duration: 8 Meetings
Place: Joslyn Center (in NE Room)
Cost: \$59.00
Time: 10am – 12:00pm
Contact: 310-937-3340
Instructor: Cynthia Svezia

Learn the basic drawing techniques using drawing and colored pencils, charcoal and blending tools. Advanced artists welcome to join. Bring 9X12 drawing pad, #2 pencil and a pink eraser to first class.

BASIC TECHNIQUES IN PAINTING

When: Thursday 9/13/12
Duration: 8 meetings
Place: Joslyn Center (in NE Room)
Cost: \$59.00
Time: 10am – 12:00pm
Contact: 310-937-3340
Instructor: Eva Goldshied

Explore the process of painting with acrylics. You 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. Supplies extra.

BUS EXCURSIONS

CLEOPATRA AND THE MYSTERIES OF EGYPT

Res: \$51 Nonres: \$56.10
55 and up
Cleopatra: The Search for the Last Queen of Egypt is the largest collection of its kind ever assembled in the U.S. We begin with lunch at Philippe The Original, then to Exposition Park to view the spectacular IMAX film title "Mysteries of Egypt." The day ends with an audio-led tour of the Cleopatra exhibition with more than 150 Egyptian artifacts at the California Science Center. Pick up will be at both JCC and MHP.

17284
9/19
Staff, Parks And Recreation

BUS EXCURSIONS

CORONADO CHRISTMAS

Res: \$74 Nonres: \$81.40
55 and up
This long, exhilarating day begins with crossing the Coronado Bay Bridge for lunch at Peohe's Restaurant. Then shopping at Ferry Landing, a drive past Hotel del Coronado, and shopping at the Gaslamp Quarter and Horton Plaza. End with the "Holiday of Lights" display at Del Mar racetrack and fairgrounds with more than 300 spectacular animated light displays. Pick up will be at both JCC and MHP

17286
12/18
Staff, Parks And Recreation

ROSE PARADE 2013

Res: \$90 Nonres: \$99
5 and up
The Tournament of Roses Parade is a sensory event you won't want to miss. We have some of the best seats reserved for your up-close viewing of the spectacular floats and marching bands. Sports fans should be back home in time to see the Rose Bowl game on television. Some walking required. Pickup will be at both JCC and MHP.

17914
1/1
Staff, Parks And Recreation



Lifelong learning for adults 50+
California State University
Dominguez Hills

9/14-Dinosaurs!


9/21-Art!


9/28-Waterways!


10/12-Politics!


10/19-Law!


Serving up a taste of OLLI in Manhattan Beach... join us!

Only \$30* entitles you to attend all five lectures plus other OLLI events
*annual membership fee

All lectures are held on Fridays, 10:00 to noon at the newly renovated Joslyn Community Center 1601 Valley Drive Manhattan Beach

September 14
Dinosaurs and the Origin of Birds
Cathy Jacobs, Ph.D., Lecturer, CSUDH Biology Department

September 21
Masterpieces of Art and How They Challenge Tradition
Patricia Gamon, Ph.D., Lecturer, CSUDH Art & Design Department

September 28
Great Rivers and Waterfalls of South America
John Keyantash, Ph.D., Chair, CSUDH Earth Sciences Department

October 12
Stalinist Political Violence as a System of Governance
Christopher Monty, Ph.D., CSUDH Professor, History Department

October 19
Terrorism and the Law
Clarence A. Martin, J.D., Ph.D., CSUDH Associate Vice President for Faculty Affairs

For more information call Jan Buike @ 310-802-5447





COME JOIN US!

SHOWTIME CABARET-TRICKS AND TREATS OF HOLLYWOOD

Res: \$66 Nonres: \$72.60

55 and up

Enjoy a gourmet three-course lunch at the Castaways in Burbank. Then sit back as the tables are cleared and the entertainment begins with "Hollywood Tricks and Treats." This "Spook-tacular revue" features professional entertainers performing song and dance scenes from television, radio and the stage, recreating the days of Vaudeville and Broadway. Pick up will be at both JCC and MHP

17283 10:30am to 4:45pm
10/17 W

Staff, Parks And Recreation

TAMALE FESTIVAL AND SHOPPING

Res: \$20 Nonres: \$22

55 and up

The Tamale Festival in Indio has been named "One of the Top 10 All American Festivals" by the Food Network. There are more than 80 different vendors selling tamales, cooking demonstrations, entertainers, and fine arts and crafts booths. In the afternoon we'll leave for a shopping stop at the Desert Hills Premium Outlets in Cabazon with its more than 130 stores. Pick up will be at both JCC and MHP

17285 8:15am to 7pm
12/1 Sa

Staff, Parks And Recreation



There are many interesting trips planned. Enjoy Bus Excursions and mini-bus trips, exploring out of area and local points of interest. We may be gone 4 hours or 12 hours.

Learn about the trips and more by getting on the Older Adult Program Mailing List.

**Call: (310) 802-5447
to add your name.**

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: ages 55 +.

Refund Policy:

All refunds are subject to a \$25 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:

Bus Excursions have two 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.



GOLF DISCOUNTS FOR JUNIORS AND SENIORS

Manhattan Beach residents only, 15 years and under and seniors, age 65 and older may purchase a golf discount card from the Live Oak Tennis Office and City Hall (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 a discounted price of \$10 between 7:00am and 4:00pm, Monday-Friday at the Marriott Municipal Golf Course, located at 1400 Parkview Avenue, behind the Marriott Hotel.

Weekly Fun for Older Adults!

There is always something going on for Older Adults so stop by and find out what you've been missing! Get together with your friends or make new ones while enjoying a variety of weekly activities. Every skill level is welcome!

Mondays

- Discussion-Group
- Ping Pong
- Walking Group

Tuesdays

- Horseshoes
- Lunch Bunch

Wednesdays

- Ping Pong
- Mah Jong
- Shuffleboard
- Chess Club
- Walking Group

Thursdays

- Pétanque
- Scrabble
- Line Dancing
- Walking Group

Fridays

- Pinochle
- Ping Pong
- Bridge
- Bingo & Card Games

For more information call the Older Adults Program at
(310) 802-5447 or log on to
www.citymb.info



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

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



OLDER ADULTS SECTION

Activities For Older Adults

OLDER ADULTS SECTION

Oasis Movie Club | Lunch Bunch

	SUN	MON	TUES	WED	THU	FRI
WEEK 1	9am-12pm Discussion Group-JCC-O (every Monday) 10am Ping Pong at LOP-SH 10am-11:30am Joslyn Senior Club Business Meeting-JCC 1:30pm Walking Group at MV-T	9am-10am Arthritis Foundation Exercise Program (AFEP) at JCC 10am Horseshoes at JCC 11:30am-1pm Lunch Bunch at JCC 1:30pm-3:30pm Play Reading at JCC	8am-11:30am Joslyn Senior Club Potluck-JCC 8am-3pm Social, Table Games at JCC-O 10am Ping Pong at LOP-SH 10am Chess at JCC on every Wednesday 10am Walking Group at MV-T 11am Senior Yoga-Heights 12pm-2pm Craft Club at JCC 1:30pm Mah Jong at JCC 2pm Shuffleboard at JCC	8:45am-9:45am AFEP at JCC 1-3pm Petanque at F-LOP 1:30pm-4pm Scrabble at JCC-O 1:30pm Walking Group at MV-T 3-4:30pm Line Dancing at JCC	1am-11:30am Senior Resources Committee (SRC) Monthly Meeting-MHP-CC 10am Ping Pong at LOP-PH 10am-3pm Bridge at JCC 10am-4pm Pinochle at JCC 11:30am-2pm Bingo at MHP-CC 1:30pm-3:30pm The OASIS Movie Club: JCC	
WEEK 2	8am-11am Joslyn Seniors "Drop In" Hours-JCC 9am-12noon Discussion Group-JCC-O 10am Ping Pong at Scout House 10am-11:30am Writing Group-Manhattan Sr. Villas 11:30am-2pm Club meeting and social events are open to all seniors. Heights Senior Club Business Meeting, Potluck, and Blood Pressure Screening-MHP-CC 1:30 pm Walking Group at MV-T 2pm-4pm Cards & Games-at MHP-CC	9am-10am AFEP-JCC 10am Horseshoes at JCC 11:30am-1pm Lunch Bunch at JCC 1:30pm-3:30pm Poetry Reading Circle at JCC-O	8am-3pm Social, Table Games at JCC 10am Ping Pong at Scout House 10am Walking Group-Soccer Fields 11am Senior Yoga-MHP-CC 12pm-2pm Craft Club at JCC 1:30pm Mah Jong at JCC 2pm Shuffleboard at JCC	8:45am-9:45am AFEP-JCC 1pm-3pm Petanque at LOF 1:30-4pm Scrabble at JCC-O 1:30pm Walking Group MV-T 3-4:30pm Line Dancing at JCC Dial-A-Ride open until 9pm	10am Ping Pong at LOP-SH 10am-3pm Bridge at JCC 10:00am-4:00pm Pinochle at JCC 11:30am-2pm Bingo at MHP-CC 1:30pm-3:30pm The OASIS Movie Club: JCC 2pm-4pm Card Games at MHP-CC	
WEEK 3	8am-11am Joslyn Seniors "Drop In" Hours-JCC 9am-12noon Discussion Group JCC-O 10am Ping Pong at LOP-SH 10:30am-noon Short Story Discussion Group at JCC 1:30pm Walking Group at MV-T	9am-10am AFEP- JCC 10am Horseshoes at JCC 11:30am-1pm Lunch Bunch at JCC 1:30pm-3pm Senior Advisory Committee at JCC	8am-3pm Social, Table Games at JCC 10am Ping Pong at LOP-SH 10am Walking Group at MV-T 12pm-2pm Craft Club at JCC 1:30pm-3:30pm Movie to Enlighten at JCC 1:30pm Mah Jong at JCC 2pm Shuffleboard at JCC	8:45am-9:45am AFEP-JCC 1-3pm Petanque at LOF 1:30pm-4pm Scrabble at JCC-O 1:30pm Walking Group at MV-T 3-4:30pm Line Dancing at JCC	10am Ping Pong at LOP-SH 10am-3pm Bridge at JCC 10am-4pm Pinochle at JCC 11:30am-2pm Bingo at MHP-CC 1:30pm-3:30pm The OASIS Movie Club: JCC	
WEEK 4	9am-12 noon Discussion Group JCC 10am Ping Pong at LOP-SH 10am-11:30am Writing Group Manhattan Sr. Villas 11:30am Sandwich Luncheon with the Joslyn Senior Club at JCC 1:30 Walking Group at MV-T	9am-10am AFEP-at JCC 10am Horseshoes at JCC 11:30-1pm Lunch Bunch at JCC 1:30pm-3:30pm Poetry Reading Circle at JCC-O	8am-3pm Social, Table Games at JCC 10am Ping Pong at LOP-SH 10am Walking Group at MV-T 12pm-2pm Craft Club at JCC 1:30pm Mah Jong at JCC 2:00pm Shuffleboard at JCC	8:45am-9:45am AFEP-at JCC 1pm-3pm Petanque at LOF 1:30-4pm Scrabble at JCC-O 1:30pm Walking Group at MV-T 3-4:30pm Line Dancing at JCC Dial-A-Ride open until 9pm	10am Ping Pong at LOP-SH 10am-3pm Bridge at JCC 10am-4pm Pinochle at JCC 11:30am-2pm Bingo at MHP-CC 1:30pm-3:30pm The OASIS Movie Club: JCC 2pm-4pm Card Games at MHP-CC	

All events are subject to change. Joslyn (JCC), OASIS and Manhattan Heights (MHCC) Locations may be subject to change based on facility renovations. For weekend activities or more information please call the Older Adults Program (310) 802-5447.



OASIS MOVIE CLUB

Come watch recently released movies every Friday beginning at 1:30PM at the Joslyn Community Center

Popcorn Provided!



JOIN THE MANHATTAN BEACH LUNCH BUNCH AT THE JOSLYN COMMUNITY CENTER

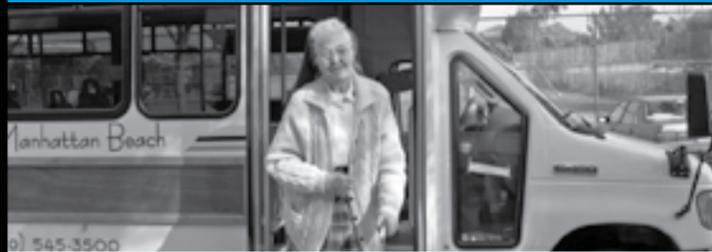
Tuesday at 11:30AM
Cost: \$3.00 Residents
\$5.00 Nonresidents

The Manhattan Beach Older Adults Program is pleased to introduce "The LUNCH BUNCH", a weekly nutrition program be held every Tuesday. 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.

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.

Dial-A-Ride may be used for any activity within the City of Manhattan Beach, but is provided on a first come, first serve basis. Service is also available to most area medical facilities. Service is available M-F from 7:30am-5pm and until 9pm, two Thursdays a month. On Wednesday evenings, you may take Dial-A-Ride out to dinner with our Older Adults Night on the Town program.

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. The Dial-A-Ride dispatcher will assist you in scheduling your ride.



**BUILDING, PLANNING AND
COMMUNITY DEVELOPMENT**

Planning Commission

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

Parking & Public Improvements Commission

Meets the 4th Thursday at City Hall at 6:30 p.m.

Board of Building Appeals

- Code Enforcement Info..... 310.802.5538
- Director 310.802.5503
- Fax 310.802.5001
- Inspection Requests..... 310.802.5542
- Inspection cancellations before 8:30 a.m. on day of scheduled inspection..... 310.802.5503
- Meeting Information 310.802.5505
- Misc. Building Assistance 310.802.5531
- Misc. Planning Assistance 310.802-5504
- Permit Processing Info..... 310.802.5535
- Planning & Zoning 310.802.5504
- Technical Plan Check Info 310.802.5526

**CITY OFFICIALS AND
ADMINISTRATION**

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

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

POLICE

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

FINANCE

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

FIRE

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

HUMAN RESOURCES

- Job Listings 310.802.5250
- Employment Verification 310.802.5256
- General Personnel Information 310.802.5258
- Fax 310.802.5251

PUBLIC WORKS

- Sewer & Water Main Emergencies:
8:00 a.m.-4:30 p.m. M-F 310.802.5313
4:30 p.m.-8:00 a.m. & weekends 310.802.5140
- Street Maintenance 310.802.5310

- All Refuse/Recycling Collection Questions..... 310.830.7100
- Refuse Billing Problems 310.802.5540
- Street Use Permit Processing..... 310.802.5540
- Public Works Construction Projects..... 310.802.5353
- Traffic and Engineering 310.802.5540
- Utility Locations 310.802.5540
- Sewer and Wastewater Info Water Quality/Ocean Safe Questions 310.802.5320
- Street Sweeping 310.802.5313
- 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 310.374.8315
Mira Costa..... 310.374.8315

**TDD 310.546.3501
FAX 310.802.5001
FIRE/POLICE EMERGENCY DIAL 911**

SPECIAL EVENTS

Veterans Day Multi-Generation Event | Holiday Open House and Pier Lighting

SPECIAL EVENTS

Family Halloween Carnival | Family Holiday Crafts Night

City of Manhattan Beach Parks and Recreation Department Presents the
15th Annual

VETERANS DAY

Multi-Generation Event

Sunday, November 11, 2012

11:00 AM

Veterans' Monument

(rain location Joslyn Center, 1601 Valley Dr.)

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

Parks and Recreation Strengthens Community Image and Sense of Place

18th Holiday Open House and 23rd Annual Pier Lighting

Wednesday, November 14, 2012

6:00 PM - 9:00 PM

Downtown Manhattan Beach and Manhattan Beach Pier, Manhattan Beach, California 90266

The Holiday Open House is your downtown local restaurants', retail stores' and businesses' way of saying thank you to our customers and community for their support and patronage throughout the year. Come celebrate our annual Holiday Open House together with the City of Manhattan Beach Pier Lighting Ceremony. Downtown merchants will be open until 9:00 PM and are sure to offer some distinctive gifts and intriguing offers this holiday season. Our restaurants will be serving their original menus and some sampling is sure to get your palette started for an evening of wonderful food.

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

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



Saturday, October 20, 2012

12:00 PM - 4:00 PM

Manhattan Heights Park

1600 Manhattan Beach Blvd.

Manhattan Beach, CA 90266

FEATURING

- Costume Parade and Contest
- Carnival Booths
- Push Up Challenge • All Day
- Teen Center Haunted House
- Food Stand

Information

- Visit the City's website at www.citymb.info
- David Ibarra, Afterschool REC (310) 802-5419
- Teen Center (310) 802-5426
- To volunteer contact
Eve Kelso
Volunteer Coordinator
(310) 802-5407



The 26th Annual Family Holiday Crafts Night

Come join us for some old fashion family fun!

Sunday, December 2, 2012

5 PM - 7 PM

Joslyn Community Center Auditorium

1601 Valley Drive, Manhattan Beach

The Afterschool REC program would like to invite you to attend the 26th Annual Family Holiday Crafts Night and Open House. This event will be a showcase of the Afterschool REC Program. *Play, Nature, Exercise, Positive Spaces, Gathering Places, and Forever* are the themes of the night. Come and celebrate family fun times, feed off of the positive energy and exercise your mind as you paint or glue. This is a gathering space for you and your family to play and have some good old fashion fun. There will also be some holiday goodies and hot cocoa!

For more information:

- Visit the City's website at www.citymb.info
- David Ibarra, Afterschool REC Supervisor (310) 802-5419
- Idris Al-Oboudi, Recreation Services Manager, (310) 802-5404

FACILITY LEGEND

HOW TO READ YOUR CLASS LOCATION

POTTERY ON THE WHEEL TEEN

Res \$122.40. Nonres \$136

10 but less than 18

This class is all about the potter's wheel. Projects can include plates, bowls, vases, bottles, abstracts, and (intentionally) deformed works. Surface decoration will be explored. More advanced artists can work on their own designs with the assistance of the instructor. Fee includes one bag of clay, glazes, and firing.

19999

Apr 13–Jun 1

29999

Apr 13–Jun 1

4 to 6pm

Trulove, Thomas

6:30 to 8:30pm

Trulove, Thomas

LOP	LIVE OAK PARK
+	BKC Basketball Courts
+	CS Ceramic Studio
+	LOF Live Oak Field

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

1) Find the location code of the class you've selected.

2) Match the location code with the code shown in the gray box of the chart to find the class location.

3) If there is a code before a hyphen/dash, then find this code in the green boxes.

In our example to the left, this class is located at:
Live Oak Park at the Ceramic Studio

FACILITY LEGEND

+	RR	REC Room
+	RF	Right Field
+	MBR	Mt. Baldy Room
+	T	Teen Center
+	TC	Tennis Courts
MV MANHATTAN VILLAGE		
+	AF	All Fields
+	CF	Center Field
+	NF	North Field
+	SF	South Field
+	T	Track
+	WUA	Warm Up Area
MAP MARINE AVENUE PARK		
+	RSH	Rocket Ship 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
MES MEADOWS ELEMENTARY 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 (TC1–TC10)
PES PACIFIC ELEMENTARY SCHOOL		
+	PF	Pacific Field
PP POLLIWOG PARK		
+	NBF	North Begg Field
+	PP2	Picnic Pad 2
+	PP4	Picnic Pad 4
+	PP6	Picnic Pad 6

+	PP7	Picnic Pad 7
+	PP9	Picnic Pad 9
+	PP10	Picnic Pad 10
+	CG	Central Gazebo
+	P	Pavilion
SDP SAND DUNE PARK		
+	D	Dune
+	PP	Playground Program
+	S	Shelter

OFF SITE LOCATIONS

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

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

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

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

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

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

Karma Crossfit Studio
1053 N. Aviation Blvd.
Manhattan Beach, CA 90266

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

Legacy Dance Academy
730 Allies Way, Suite G
El Segundo, CA 90245

Manhattan Beach Library
1320 Highland Ave.
Manhattan Beach, CA 90266

Masonic Lodge
1535 Artesia Blvd
Manhattan Beach, CA 90260

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

BP	BEGG POOL
CAC CREATIVE ARTS CENTER	
+	PAR Performing Arts Room
+	VAR Visual Arts Room
GVES GRAND VIEW ELEMENTARY SCHOOL	
+	F Field
JCC JOSLYN COMMUNITY CENTER	
+	SRR1 Sunrise Room 1
+	SRR2 Sunrise Room 2
+	SSR Sunset Room
+	OBH Ocean Banquet Hall
+	SDS Surf Dance Studio
+	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
+	LOH Live Oak Hall
+	SH Scout House
+	RR REC Room

+	TC	Tennis Courts (TC1–TC6)
MB MANHATTAN BEACH		
+	8ST	8th Street
+	BB	Bruce's Beach
+	MST	Marine Street
+	P	Pier
+	PNS	Pier North Side
+	PSS	Pier South Side
+	PPR	Playground Program Room
+	TC	Tennis Courts (TC1–TC6)
+	RAVE	Rosecrans Avenue
MBMS MANHATTAN BEACH MIDDLE SCHOOL		
+	BKC	Basketball Courts
+	F	Field
+	G	Gym
MHP MANHATTAN HEIGHTS PARK		
+	MWBH	Mt. Whitney Banquet Hall
+	BKCA	Basketball Court Adult
+	BKCY	Basketball Court Youth
+	CC	Community Center
+	K	Kitchen
+	P	Patio
+	LF	Left Field

REGISTRATION FORM

PLEASE PRINT ALL INFORMATION

MAIN CONTACT FULL NAME:

First Name		Last	
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RESIDENTIAL ADDRESS:

Street			
City		Zip	
E-mail Address			
Phone-Home		Extension	
Phone-Work		Extension	
Phone-Cell		<input type="checkbox"/> Yes, I agree to receive text messages. Cell service provider is:	

Check here if this is a new address / phone number

Participant Name	Child's DOB	Sex M/F	Activity Number	Activity Title	Activity Fee

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

GRAND TOTAL =

OFFICE USE ONLY:

Cash Check-Print Check Number:

Credit Card Number:

Expiration Date: Month/Year:

Cardholder's 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.

Participant, Parent or Guardian Signature: _____ Date: _____

REGISTRATION

4 EASY WAYS TO REGISTER

Registration Begins August 13th!
(Non Resident August 27)

Online



Visit www.citymb.info
Pay by credit card.
All online transactions incur convenience fees.

Mail-in



Pay by credit card or check.
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



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

Walk-in



City Hall, Parks & Recreation Department
1400 Highland Avenue • Manhattan Beach, CA
Hours: Monday-Friday • 8:00 am-5:00 pm
Pay by credit card, check or exact cash.

REFUND POLICY

- No refunds will be given unless a refund request 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, online convenience fee are not included in refund amount.

POLICIES

- Nonresident's registration fee may include up to a 10% additional fee.
- Advanced registration is required for all classes. Fees will not be prorated 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 activity fee 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 during the class. Proof may be required for all classes for ages 2-16 (ie, birth certificate, passport).
- False information regarding name, age, city or address 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 plus a transaction fee of 2.9%.

If Undeliverable,
Do Not Return

PRSRT STD
US POSTAGE
PAID
PERMIT NO. 15
MANHATTAN BEACH
CALIFORNIA

Residential Customer
Manhattan Beach
CA 90266

ECRWSS



MANHATTAN BEACH

Parks & Recreation

Fall 2012 Online Registration Begins at 6am!

No need to stay up late to get into your favorite Parks and Recreation activity. Online registration will no longer begin at midnight. So get some rest and set your alarm for 6am!

Manhattan Beach resident registration 8/13/12
Nonresident registration 8/27/12

4 EZ Ways to Register



Online

www.citymb.info



Mail In

City of Manhattan Beach Parks and Recreation
ATTN: REGISTRATION
1400 Highland Avenue, Manhattan Beach, CA 90266



Fax In

(310) 802-5401



Walk In

Manhattan Beach City Hall Parks and Recreation
1400 Highland Avenue, Manhattan Beach
Monday - Friday • 8 AM - 5 PM



www.citymb.info