



PARKS & RECREATION MONTH

JULY 2014



Parks Make Life Better!

WWW.CITYMB.INFO/PARKSANDRECMONTH

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

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

ONE FREE CLASS REGISTRATION FORM

Main Contact (First and Last Names) _____

RESIDENTIAL ADDRESS

Street _____

City _____ Zip _____

E-mail Address _____

Phone - Primary Cell Other _____

Phone - Secondary Cell Other _____

Yes, I agree to receive text messages. Cell service provider: _____ Check here if this is a new address/phone number

Participant Name	DOB	Gender	Activity Name	Day	Time

RELEASE OF LIABILITY WAIVER

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: _____

List of Eligible Free Trial Day Classes

	Name	Age	Day	Time	Location
Tot	Fairytale Ballet	3 - 6	7/12 Only	10:00 - 10:45am	CAC - PAR
	Gymnastics – SuperKids Family Gym *RSVP Required* (310) 378-4800	1½ - 3	W Su	9:30 - 10:20am 9:30 - 10:20am	MHP - MWBH
	Gymnastics – SuperKids Developmental *RSVP Required* (310) 378-4800	3 - 6	Tu Su	3:30 - 4:20pm 10:30 - 11:20am	MHP - MWBH
	Intro to Ballet	3 - 6	7/15 Only	11:00 - 11:45am	MHP - MWBH
	Music Rhapsody Babies Make Music *RSVP Required* (310) 376-8646	3m - 11m	M Sa	11:15 - 12:00pm 12:15 - 1:00pm	JCC - SSR
	Music Rhapsody Toddlers Make Music *RSVP Required* (310) 376-8646	1 - 3	M Sa	9:15 - 10:00am 9:15 - 10:00am	JCC - SSR
	Music Rhapsody Kids Make Music *RSVP Required* (310) 376-8646	2 - 4	M Sa	10:15 - 11:00am 10:15 - 11:00am	JCC - SSR
	Music Rhapsody Big Kids Make Music *RSVP Required* (310) 376-8646	3 - 5	Sa	11:15 - 12:00pm	JCC - SSR
	Pee Wee Picasso!	1.3 - 2	7/18 Only	9:30 - 10:20am	CAC - VAR
	Play Dough and Picasso!	3 - 4	7/18 Only	10:45 - 11:35am	CAC - VAR
	Soccer – Tiny Pros “Learn 2 Kick”	1 ½ - 2	Su	8:15 - 9:00am	MAP South Field
	Soccer – Tiny Pros	2 - 3 ½	Su	9:00 - 9:45am	MAP South Field
		3 ½ - 5		10:00 - 10:45am	
	Sports – Tiny Pros	2 - 3 ½	Sa	9:00 - 9:45am	LOP Field
		3 ½ - 5		10:00 - 10:45am	
	Storytime Tot Golf	3 - 5	7/10 Only	3:00 - 4:00pm	Marriott Golf Course
Tot Golf Academy	4 - 6	7/10 Only	4:00 - 5:00pm	Marriott Golf Course	
Youth	Beach Volleyball	5 - 13	M/W Tu/Th Sa	3:30 - 5:00pm 3:30 - 5:00pm 9:30 - 11:00am	MB - PSS
	Kids Golf Club Academy	6 - 14	7/10 Only	5:00 - 6:00pm	Marriott Golf Course
	Gymnastics – SuperKids Fun and Fit *RSVP Required* (310) 378-4800	5 - 8	M Tu	3:30 - 4:20pm 4:30 - 5:20pm	MHP - MWBH
	Soccer – Tiny Pros	5 - 6	Su	11:00 - 11:45am	MAP - South Field
	Sports – Tiny Pros	5 - 6	Sa	11:00 - 11:45am	LOP - Field
Teen & Adult	Beginning Ukulele	16+	7/9 Only	6:30 - 7:00pm	JCC - SSR
	Yoga in the Park – All Levels	15+	7/15 Only	4:30 - 5:30pm	MB - BB
	Beach Volleyball – Beginner Series	18+	M/W Tu/Th	6:00 - 7:30pm 6:00 - 7:30pm	MB - PSS
	Fitness at Level 10	18+	M	6:00 - 7:00am	Level 10 Fitness
			M/Tu/Th	7:00 - 8:00am 9:00 - 10:00am 6:00 - 7:00pm	
	Table Tennis *RSVP REQUIRED* (310) 406-8068	15+	Sa	2:00 - 3:30pm	MHP - MWBH
	Tennis with Vilar - Beginning	18+	Sa	11:00 - 12:00pm	LOP - TC6
The Edge Fitness Challenge	18+	M/W/F	6:00 - 7:00am 9:00 - 10:00am	PP - SEC	
			6:00 - 7:00pm		
Yoga Flow 1/2	18+	Th	9:00 - 10:15am 6:00 - 7:15pm	JCC - SSR	
Older Adults	Senior Yoga *RSVP Required* (310) 283-2917	55+	W	11:00 - 12:15pm	MHP - MWBH
	Senior Yoga Basics *RSVP Required* (310) 283-2917	55+	M	11:00 - 12:15pm	MHP - MWBH

All classes available only in the month of July, except for the date specific classes.