

MB

CLASS PASS



JOIN THE SCENE IN 2017!

The City of Manhattan Beach Parks and Recreation Department is celebrating the New Year by offering one free trial class to all participants (not all classes are eligible for trial). Get active, try new classes, and start the New Year by becoming a new you. Classes are offered for all ages and include gymnastics, music, sports and fitness, yoga, and comedy improv! Everyone is allowed one free trial day of one class during the week of January 15th through the 21st.

www.citymb.info/mbclasspass

ONE FREE CLASS REGISTRATION FORM

| | |
|-------------------------------------|--|
| Main Contact (First and Last Names) | |
|-------------------------------------|--|

RESIDENTIAL ADDRESS

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

| | |
|--|---|
| <input type="checkbox"/> Yes, I agree to receive text messages. Cell service provider: | <input type="checkbox"/> 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: |
|--|-------|

| | Name | Age | Day | Time | Location |
|---|---|----------|-------------------|-------------------------------------|------------------------------|
| Tot | Gymnastics – Family Gym *RSVP Required* (310) 378-4800 or email SuperKidsGym@gmail.com | 1½ – 4 | W | 9:30am – 10:20am | Manhattan Heights Park |
| | Su | | 9:30am – 10:20am | | |
| | Gymnastics – Developmental *RSVP Required* (310) 378-4800 or email SuperKidsGym@gmail.com | 3 – 6 | Th | 4:30pm – 5:20pm | Manhattan Heights Park |
| | Su | | 10:30am – 11:20am | | |
| | Musical Fun for Tots | 3m – 4y | Th | 9:15am – 10:00am | Manhattan Beach Art Center |
| | 10:00am – 10:45am | | | | |
| | Music Rhapsody Babies Make Music *RSVP Required* (310) 376-8646 | 3m – 11m | M | 11:15am – 12:00pm | Joslyn Community Center |
| | Music Rhapsody Toddlers Make Music *RSVP Required* (310) 376-8646 | 1 – 3 | M | 9:15am – 10:00am | Joslyn Community Center |
| | 12:15pm – 1:00pm | | | | |
| | Music Rhapsody Kids Make Music *RSVP Required* (310) 376-8646 | 2 – 4 | M | 10:15am – 11:00am | Joslyn Community Center |
| Soccer – Tiny Pros “Learn 2 Kick” *RSVP required* Email: info@britwestsoccer.com | 1 ½ – 2 | Su | 11:00am – 11:45am | Grand View Elementary School | |
| Soccer – Tiny Pros *RSVP required* Email: info@britwestsoccer.com | 2 – 3 ½ | Su | 9:00am – 9:45am | Grand View Elementary School | |
| 3 ½ – 5 | 10:00am – 10:45am | | | | |
| Sports – Tiny Pros *RSVP required* Email: info@tinypros.com | 2 – 3 ½ | Sa | 9:00am – 9:45am | Grand View Elementary School | |
| 3 ½ – 5 | 10:00am – 10:45am | | | | |
| Youth | Gymnastics – Fun and Fit *RSVP Required* (310) 378-4800 or email SuperKidsGym@gmail.com | 5 – 9 | Th | 3:30pm – 5:20pm | Manhattan Heights Park |
| | Healthy Hands Cooking – Core Cooking Class *RSVP required 1 week before the class date* Email: ayummyfuture@gmail.com | 6 – 13 | W | 4:00pm – 6:00pm | Manhattan Heights Park |
| | Soccer – Tiny Pros *RSVP required* Email: info@britwestsoccer.com | 5 – 6 | Su | 11:00am – 11:45am | Grand View Elementary School |
| | Sports – Tiny Pros *RSVP required* Email: info@tinypros.com | 5 – 6 | Sa | 11:00am – 11:45am | Grand View Elementary School |
| | Reading Builds Character *RSVP required* Email: 300@tcdkids.org | 5 – 12 | M | 4:00pm – 5:30pm | Marine Avenue Park |
| | Young Writers *RSVP required* Email: 300@tcdkids.org | 5 – 12 | Tu | 4:00pm – 5:30pm | Marine Avenue Park |
| Teens and Adults | Cardio Strength Fitness | 18+ | W | 8:30am – 9:30am | Bruce’s Beach |
| | Fitness at Level 10 | 18+ | M/W/F | 6:00am – 7:00am | Level 10 Fitness (offsite) |
| | | | | 7:00am – 8:00am | |
| | | | | 9:00am – 10:00am 6:00pm – 7:00pm | |
| Yoga Flow 1/2 | 18+ | Th | 5:45pm – 7:00pm | Joslyn Community Center | |
| Older Adults | Arthritis Foundation Exercise Program | 55+ | Tu/Th | 9:00am – 10:00am | Joslyn Community Center |
| | Comedy Improv for Older Adults | 55+ | M | 4:00pm – 6:00pm | Joslyn Community Center |
| | Senior Yoga Beginning | 55+ | Tu | 10:00am – 11:15am | Manhattan Heights Park |
| | Senior Yoga *RSVP Required* (310) 283-2917 | 55+ | W | 11:00am – 12:15pm | Manhattan Heights Park |

All classes available only during the week of January 15 through January 21, 2017.