

SUMMER EVENTS AT THE PLEX!

AdventurePlex Open House (All ages)
Sat., June 5, 10 a.m. – 2 p.m.

Summer AdventureCamp (Ages 5 – 12)
June 21 – August 31, 9 a.m. – 4 p.m.

Parents Night Out (Ages 3+)
Every Friday starting June 25 – August 27, 5:30 – 9 p.m.

Game Truck at the Plex! Celebrate the end of the school year!
Fri., June 25, 6 – 10 p.m. Dinner included. Ages 8+. \$55 per child

Independence Day - CLOSED
Sun., July 4

L.A. Clippers Summer Basketball Camp (Ages 5 – 14)
July 12 – 16, 9 a.m. – 4 p.m.

L.A. Sparks Summer Basketball Camp (Ages 5 – 14)
August 9 – 13, 9 a.m. – 4 p.m.

L.A. Sparks Basketball Training Camp for Kids (Ages 5 – 14)
August 27 – 29, 9 a.m. – Noon

FACILITY RENTALS

Area	Regular	Nonprofit*
Aerobics Room	\$75	\$55
Classroom	\$75	\$55
Sports Court	\$95 (FULL COURT) \$60 (HALF COURT)	\$65 \$50
Multipurpose Room	\$75	\$55
Party Rooms	\$65 (EACH)	\$50
Patio	\$50	\$40

All rates reflect hourly charge.
*Proof of 501(c)(3) status required.



A Beach Cities Health District Program

1701 Marine Avenue
Manhattan Beach, CA 90266
310-546-7708
www.AdventurePlex.org

TIME DATED MATERIAL

playwell

A BEACH CITIES HEALTH DISTRICT PUBLICATION

SUMMER 2010



Get ready for
AdventureCamp!

Sign up today!



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VISIT US ONLINE
bchd.org
AdventurePlex.org

CAMPS

AdventureTot Camp (ages 4 and 5)
Start date: Continuous
Cost: \$150/wk, \$90/3 days or \$60/2 days*
Time: 8:30 a.m. – 12:30 p.m.
Activities include AdventureRoom play, rock wall climbing, cooperative games on the sports court and crafts. Snack provided.
*Extended care and lunch option not available for Tot Camp.

Summer Adventure Camp 2010
Dates: June 21 – August 31, 9 a.m. – 4 p.m.
Extended care hours: 7 – 9 a.m. and 4 – 6 p.m.
Cost: \$185/per week
Extended care: \$40/per week
Lunch option: \$25/per week
Activities include rock climbing, ropes course (ages 8+), crafts, AdventureRoom play, fitness activities, trips to the park and cooperative games on the Sports Court.

L.A. Clippers Summer Basketball Camp (ages 5 to 14)
Dates: July 12 – 16
Cost: \$240
Hours: 9 a.m. – 2:30 p.m.
Join in the festivities as the LA Clippers come to AdventurePlex to host a spectacular basketball camp! Space is limited. All skill levels welcome! Register at www.thebasketballacademy.com.

Jr. Sparks Summer Basketball Camp (ages 5 to 14)
Dates: August 9 – 13
Cost: \$240
Hours: 9 a.m. – 2:30 p.m.
Come learn the game of basketball this summer in collaboration with our home town WNBA team! Space is limited, so enroll early - All skill levels welcome! Register at www.thebasketballacademy.com.

Jr. Sparks Basketball Mini Training Camp for Kids (ages 6 to 12)
August 27, 28 & 29
Cost: \$140
Hours: 9 a.m. – 12 p.m.
Emphasis on skill development, fitness, stability training and controlled games. All skill levels welcome! Register at www.thebasketballacademy.com.



Activities and prices subject to change.

PARTIES

ALL YOU HAVE TO DO IS SHOW UP!

- Packages include:
- Two-hour celebration
 - Play Structure
 - Private party room with party host
 - Invitations sent for you
 - Party food and beverages
 - Themed cake and decorations
 - Goodie bags
 - Thank you notes



NEW
Yoga for adults!

HOURS
MONDAY – FRIDAY 9 a.m. – 7 p.m.
SATURDAY 10 a.m. – 7 p.m.
SUNDAY 10 a.m. – 6 p.m.
Closed Sunday, July 4
Hours subject to change.
For more information, visit AdventurePlex.org

TODDLER CLASSES

One visit/week: \$110
No enrollment fees!

DISCOVERERS

6 weeks

Ages: 6 – 12 months
Instructor: Wondernation
Crawlers and early walkers expand natural curiosity while developing emerging skills of exploration and movement through music and sign language. Parent/caretaker involvement is required.

Start date: Fri., June 11, 11:30 a.m. – 12:15 p.m.

EXPLORERS

6 weeks

Ages: 12 – 18 months
Instructor: Bonnie Marder
Activities increase coordination, balance and motor skill development through music and movement.

Start date: Sat., June 12, 10:30 – 11:15 a.m.

TRAVELERS

6 weeks

Ages: 18 – 28 months
Instructor: Wondernation (Wed. & Fri.), Bonnie Marder (Sat.)

Children learn to communicate and follow directions through music, games and activities.

Start dates: Wed., June 9, 10 – 10:45 a.m.

Fri., June 11, 10:30 – 11:15 a.m.

Sat., June 12, 11:30 a.m. – 12:15 p.m.

MOUNTAINEERS

6 weeks

Ages: 2 – 3 years
Instructor: Wondernation
Class focuses on music and movement, listening skills, body awareness and imagination. Activities include instrument play and imagination games.

Start date: Wed., June 9, 9 – 9:45 a.m.

MOMMY AND ME TUMBLING

6 weeks

Cost: \$75
Ages: 18 months to 2 years
Children will learn forward rolls, jumps and how to improve body control and balance. This class will improve coordination, motor skills and physical development.

Start dates: Mon., June 7, 9 – 9:45 a.m.

Mon., July 19, 9 – 9:45 a.m.

YOUTH CLASSES

TUMBLING/GYMNASTICS

6 weeks

Cost: \$75
Ages: 6 – 8
Instructor: Brittani Schwartz
Learn basic tumbling and gymnastic routines. Class improves flexibility, strength, coordination and balance.

Start dates: Fri., June 11, 4 – 5 p.m.

Fri., July 23, 4 – 5 p.m.

JUNIOR AND FAMILY KARATE

5 weeks

Session I: \$62.50

6 weeks

Session II: \$75

Ages: 6 and up

Instructor: Sam Kuhr

Start dates: Tue., June 8, 4:15 – 5 p.m.

Tue., July 20, 4:15 – 5 p.m.

* No class June 29



PRE-SCHOOL CLASSES

KICKS FOR KIDS**

Ages: 3 – 5 years

Session I: \$62.50

Session II: \$75

Instructor: Sam Kuhr

Start dates: Tue., June 8, 9:15 – 10 a.m.

Tue., July 20, 9:15 – 10 a.m.

* No class June 29

TODDLER TUMBLING

Ages: 3 – 5 years

Cost: \$75

Instructor: Brittani Schwartz

Children will learn gymnastics through stretching, jumping, rolls and balancing. Class will incorporate dance and cheer and will increase coordination, balance and confidence.

Start dates: Mon., June 7, 10 – 10:45 a.m.

Mon., July 19, 10 – 10:45 a.m.

SOCCER SHOTS

Ages: 3 – 5 years

Cost: \$85

Instructor: Soccer Shots staff

Learn soccer fundamentals and techniques.

Open to all skill levels.

Start dates: Tue., June 8, 3 – 4 p.m.

Tue., July 20, 3 – 4 p.m.

DAVE MILLER MVP BASKETBALL CLINIC

Cost: \$160

Ages: 5 – 10

Instructor: Blake Giesler

Ages 5 to 7: Mon., July 5, 3:30 – 4:30 p.m.

Ages 8 to 10: Mon., July 5, 4:30 – 5:30 p.m.

JR. SPARKS SKILL DEVELOPMENT CLINIC

Cost: \$135

Ages: 6 – 10

Learn basketball fundamentals and techniques.

Open to all skill levels.

Start dates: Thu., June 17, 4 – 5 p.m.

Thu., July 29, 4 – 5 p.m.

Register at www.thebasketballacademy.com

PARENT & CHILD YOGA

Cost: \$75 per family

Ages: 6 and up

Instructor: Bonnie Marder

Learn poses that build strength and flexibility.

Start date: Wed., June 9, 4:30 – 5:30 p.m.

Wed., July 21, 4:30 – 5:30 p.m.

BEGINNING FAMILY ROCK CLIMBING

Cost: \$75

Ages: 5 and up

Instructor: Paul Belknap

Class covers equipment and basic movements on the rock.

Start dates: Sat., June 12, 10 – 11 a.m.

Sat., July 24, 10 – 11 a.m.

* No class June 29

* No class June 29

* No class June 29

* No class June 29



SPORTS FUNDAMENTALS SOCCER

Ages: 3 – 5 years

Cost: \$75

Instructor: Michael Vicari

Start dates: Fri., June 11, 4:30 – 5:15 p.m.

Fri., July 23, 4:30 – 5:15 p.m.

SPORTS FUNDAMENTALS BASKETBALL

Ages: 3 – 5 years

Cost: \$75

Instructor: Michael Vicari

Start dates: Fri., June 11, 5:15 – 6 p.m.

Fri., July 23, 5:15 – 6 p.m.

SPORTS FUNDAMENTALS GIRLS ONLY!

Ages: 3 – 5 years

Cost: \$75

Instructor: Michael Vicari

Start dates: Fri., June 11, 6 – 6:45 p.m.

Fri., July 23, 6 – 6:45 p.m.

CREATIVE BALLET AND DANCE

Ages: 3 – 5 years

Cost: \$75

Instructor: Angela LeBlanc

This class introduces children to movement, joy of dance, creativity and group interaction.

Start dates: Fri., June 11, 2:30 – 3:15 p.m.

Fri., July 23, 2:30 – 3:15 p.m.

BALLET – Level 1

Ages: 3 – 5 years

Cost: \$75

Instructor: Angela LeBlanc

Learn the beauty and grace of classical ballet. Barre exercises, ballet terms, stretches, turns, jumps, and dances are taught.

Start dates: Mon., June 7, 2:30 – 3:15 p.m.

Mon., July 19, 2:30 – 3:15 p.m.

HIP-HOP AND JAZZ DANCE

Cost: \$75

Ages: 6 – 10

Instructor: Angela LeBlanc

Learn energetic and exciting hip-hop, pop and lyrical dances, along with glides, pops, stretches, isolations, turns, kicks and jumps.

Start dates: Mon., June 7, 5:15 – 6:15 p.m.

Mon., July 19, 5:15 – 6:15 p.m.

Fri., June 11, 5:15 – 6:15 p.m.

Fri., July 23, 5:15 – 6:15 p.m.

BALLET – Levels 2, 3, 4

Cost: \$75

Ages: 5 – 7

Instructor: Angela LeBlanc

Learn the beauty and grace of classical ballet. Barre exercises, ballet terms, stretches, turns, jumps and dances are taught.

Level 2 (ages 5 – 7):

Mon., June 7, 3:15 – 4 p.m.

Mon., July 19, 3:15 – 4 p.m.

Fri., June 11, 3:15 – 4 p.m.

Fri., July 23, 3:15 – 4 p.m.

Level 3 (ages 6 – 9):

Fri., June 11, 4 – 5 p.m.

Fri., July 23, 4 – 5 p.m.

Level 4 (ages 8 – 12):

Mon., June 7, 4 – 5 p.m.

Mon., July 19, 4 – 5 p.m.

NEW! YOGAFLEX FOR ADULTS!

With PLAYCARE for the kids!

PRE-TEEN & ADULT CLASSES



L.A. CLIPPERS BOOT CAMP

Cost: \$125

Ages: 18 and up

An emphasis will be placed on cardio, flexibility, strength training and balance.

Register at thebasketballacademy.com

Start dates: Tue., June 8, 6:30 – 7:30 p.m.

Tue., July 20, 6:30 – 7:30 p.m.

YOGA NIGHT OUT FOR ADULTS

Cost: \$75

Ages: 18 and up — **Playcare available**

Relax & rejuvenate while your kids play!

Instructor: Bonnie Marder

Kids play while you relax your body and mind.

Start dates: Wed., June 9, 6 – 7 p.m.

Wed., July 21, 6 – 7 p.m.

ADULT YOGA – MIXED BASICS

Cost: \$75

Ages: 18 and up — **Playcare available**

Relax & rejuvenate while your kids play!

Instructor: Bonnie Marder

Start dates: Wed., June 9, 9:15 – 10:15 a.m.

Wed., July 21, 9:15 – 10:15 a.m.

Fri., June 11, 9:15 – 10:15 a.m.

Fri., July 23, 9:15 – 10:15 a.m.

Sat., June 12, 9:15 – 10:15 a.m.

Sat., July 24, 9:15 – 10:15 a.m.

YOGA INTRO

Cost: \$75

Ages: 13 and up — **Playcare available**

Relax & rejuvenate while your kids play!

Instructor: Bonnie Marder

Start dates: Sun., June 13, 11:15 a.m. – 2:15 p.m.

Sun., July 25, 11:15 a.m. – 12:15 p.m.

YOGA FOR ADULTS - BASICS

Cost: \$75

Ages: 13 and up — **Playcare available**

Relax & rejuvenate while your kids play!

Instructor: Bonnie Marder

Start dates: Thu., June 10, 3:45 – 4:45 p.m.

Thu., July 22, 3:45 – 4:45 p.m.

CPR AND FIRST AID

Cost: \$58

Ages: 13 and up

Instructor: Paul Belknap

Full CPR/First Aid and re-certifications available.

Contact Paul Belknap for more details.

Start dates: Sun., June 27, 9 a.m. – 4 p.m.

Sun., July 18, 9 a.m. – 4 p.m.

Sun., Aug. 22, 9 a.m. – 4 p.m.

SAFE SITTER

Cost: \$60

Ages: 11 – 16

Instructor: Mallory Dominguez

Learn babysitting skills including rescue, child safety and behavior management.

Start dates: Sat., June 26, 10 a.m. – 4 p.m.

Sat., July 31, 10 a.m. – 4 p.m.

PHYSICAL EDUCATION

SPORTS OF ALL SORTS

Cost: \$85

Ages: 5 – 12

Instructor: Cindy Jarvis

Learn a sport each week: soccer, baseball, basketball, hockey, volleyball and tennis.

Start date: Mon., June 7, 10 – 11 a.m.

Mon., July 19, 10 – 11 a.m.

PHYSICAL EDUCATION 101

Cost: \$85

Ages: 5 – 12

Instructor: Cindy Jarvis

Obtain general practice and theory of physical education through a structured PE curriculum.

Start date: Mon., June 7, 11 a.m. – Noon

Mon., July 19, 11 a.m. – Noon

MARTIAL ARTS

Session I: \$62.50

Session II: \$75

Instructor: Sam Kuhr

Learn how martial arts can help you achieve your goals! An introduction to martial arts through engaging skill development.

Start dates: Tue., June 8, 10 – 11 a.m.

Tue., July 20, 10 – 11 a.m.

* No class June 29

OUTDOOR EDUCATION

FAMILY ROCK CLIMBING

Cost: \$75

Ages: 5 – 12



HOME SCHOOL PROGRAM

- Programs are parent participation classes
- Classes occur on weekdays

SCIENCE EDUCATION

SLIME & GOO