

Annenberg Community Beach House

AT SANTA MONICA STATE BEACH

Affordable **classes** to keep you moving all summer...
beginning July 6!

Family Beach Workout

Get fit as a family right on the beach. Workouts led by Angela Parker/Body Inspired Fitness, include games, obstacle courses, races, running, jumping, balance work, strength training, stretching and - most important - fun! All fitness levels welcome. Children must be accompanied by at least 1 parent or guardian. Bring towel & water - we suggest wearing sunscreen and a hat.

Ages 8+ Thursday & Saturday 11 am - noon

Beach Soccer

Popular on beaches around the world, beach soccer builds agility, stamina and finesse... and promises a great workout for the whole family. These classes by Beach Soccer Promotions are for players of all levels. Equipment is provided.

Ages 6 - 17 Saturday 2:30 - 3:30 pm | Ages 18+ Saturday 3:30 - 4:30 pm

Beach Tennis

Tennis on the sand? Yes! Beach tennis merges tennis and beach volleyball to create an exciting, fast-paced sport. The game is played with regular rackets and depressurized balls. Classes led by Richard Goldenson are for all levels of ability. Equipment is provided.

Ages 6 - 17 Sunday 2:30 - 3:30 pm | Ages 18+ Sunday 3:30 - 4:30 pm

Adult Yoga

Get centered at the beach with 3 different styles of yoga by Santa Monica Yoga. **Wednesday:** Vinyasa-style class led by Nathalie Canessa with emphasis on breath, alignment and connecting to spirit as a way of healing. **Friday:** Slow Deep Stretch led by Cindy Fraser with an emphasis on breathing and balance between strength and flexibility. **Sunday:** Vinyasa flow class led by Guin Lyster with an emphasis on deep stretch. ALL levels welcome. Mat provided - towel suggested.

Ages 12+ Wednesday/Friday/Sunday 11 am - noon

Youth Yoga

Yoga and storytelling come together in non-traditional classes by YogaBuddies that are both educational and inspirational. Along with strength poses and peaceful breathing techniques, students learn about physical, social and attitude development resulting in increased self-esteem, personal focus and respect. Mat provided - towel suggested.

Ages 5-11 Friday/Sunday 11 am - noon





Sign up: Classes are open on a drop-in basis. Stop by Guest Services at least 15 minutes before the class starts to sign up and pay. Parents/guardians need to sign a release of liability for participants under 18.

Fees: \$10 per class. Advance purchase is not available. Class fee is nonrefundable.

Parking and driving directions: The Annenberg Community Beach House is Located at 415 Pacific Coast Highway at Beach House Way, just north of the California Incline and south of Will Rogers State Beach. Parking is \$4/hr or \$8/day on weekdays and \$10/day on weekends. Disabled placards and Santa Monica senior beach parking passes accepted.

Information: The Annenberg Community Beach House is a new 5-acre public facility on Santa Monica State Beach. Open daily from 8:30 am to 8:30 pm, the Beach House features an historic pool, a new Pool House, a play area, a splash pad, the historic Marion Davies Guest House, beach volleyball and beach tennis courts, spaces for events, and a beach cafe. For general information about the Beach House, visit the Beach House online at <http://beachhouse.smgov.net>, email beachhouse@smgov.net or call 310-458-4904.

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