THE CITIES OF ARROYO GRANDE,
GROVER BEACH,
AND PISMO BEACH

ACTIVITY GUIDE

FALL 2025



Harvest Festival Movie Night
in Arroyo Grande



Dune Run 5K
in Grover Beach



Senior Dances
in Pismo Beach



Dance Classes
in Grover Beach



Pumpkins in the Park
in Pismo Beach



Adult Softball
in Arroyo Grande

CITY OF PISMO BEACH

VOLUNTEERS WANTED FOR COMMUNITY SPECIAL EVENTS



If interested, please call the City of Pismo Beach Recreation Division at (805) 773-7063.

CALLING ALL INSTRUCTORS!

Do you have a special skill or hobby you would like to teach? Become an instructor for the Recreation Division to earn some extra money and support your community.

Please call the Recreation Division at (805) 773-7063 for more information.



CITY HALL INFORMATION

City Hall Hours: Monday-Friday, 8:00 AM - 5:00 PM
760 Mattie Road, Pismo Beach, California 93449
Tel: (805) 773-4657 Web: www.pismobeach.org

CITY COUNCIL

Ed Waage, Mayor
Mary Ann Reiss, Mayor Pro Tempore
Marcia Guthrie, Council Member
Stacy Inman, Council Member
Scott Newton, Council Member

City Council meetings are held the 1st and 3rd Tuesday of each month in City Hall Council Chambers at 5:30 PM

CITY MANAGER

Jorge Garcia

CITY DEPARTMENTS

Management Services	805-773-4657
Administrative Services	805-773-4655
Community Development	805-773-4658
Tourism and Events	805-773-7034
Fire (non-emergency)	805-773-7031
Police (non-emergency)	805-773-2208
Public Works	805-773-4656

PARKS, RECREATION AND BEAUTIFICATION COMMISSION

Ron Rodriguez, Chair
Sandra Gore-Nielsen, Vice-Chair
Michael Devine, Commissioner
Lindsey Winter, Commissioner
Ryan Wardle, Commissioner

RECREATION DIVISION

Tourism and Events Executive Director - Gordon Jackson
Tel: 805-773-7034 Email: gjackson@pismobeach.org
Recreation Manager - Colleen Ghiglia
Tel: 805-773-7049 Email: ccghiglia@pismobeach.org
Facility Coordinator - Bailey Brown
Tel: 805-773-7039 Email: bbrown@pismobeach.org
Recreation Coordinators -
Lindsey Overstreet & Bonnie Pack
Tel: 805-773-7063 recreation@pismobeach.org
Volleyball Coordinator - Ernie Santa Cruz
Tel: 805-710-7104 Email: emlesc@aol.com
Graphic Designer: Jessica Marsalek

PARKS DIVISION

Public Works
Tel: 805-773-4656 Email: eolsen@pismobeach.org

SPECIAL EVENTS

CITY OF PISMO BEACH

MOVIE in the PARK



FRIDAY, SEPTEMBER 12, 2025

7:15 PM Movie Start at Dinosaur Caves Park

Bring your blankets or lawn chairs to enjoy the movie & ocean view!

FREE

Food available for purchase & bounce houses open at 6 PM!

RECREATION DIVISION | WWW.PISMOBEACH.ORG/RECREATION | (805) 773-7063

SPECIAL EVENTS



SPECIAL EVENTS



SPECIAL EVENTS



SPECIAL EVENTS

SAVE THE DATE

Black & White Ball



Tuesday, January 13, 2025

12:30PM - 3:00PM

Pismo Beach Veterans Hall

Ages 50+

$10 Admission includes lunch & live music



SAVE THE DATE

Saturday, February 7, 2026 ~ 6:00PM-8:30PM

Pismo Beach Veterans Hall

Giddy Up Gala

FATHER DAUGHTER DANCE

Tickets available beginning December 1st through the Recreation Division

YOUTH PROGRAMS

THE RESOLUTIONERS CAMP
AT AVILA BAY ATHLETIC CLUB & SPA

Avila Bay ATHLETIC CLUB & SPA

JANUARY 5 - 9
9AM - 3PM

Keep your kids active this holiday break with Five Full Days of fun games, tennis, swimming, Pickleball, nature walks, and more!

Lunch and a snack are included each day and the camp is organized by the same counselors of our Summer Blast.

$310 FOR MEMBERS AND $350 FOR NON-MEMBERS



Register by emailing elizabeth@avilabayclub.com
or calling 805.595.7600 ex 113

Your Happy & Healthy Place™
6699 Bay Laurel Pl, Avila Beach, CA 93424
(805) 595-7600 | www.avilabayclub.com

ENTREPRENEURIAL
KIDS AFTERSCHOOL PROGRAM

LOCATION:
PISMO BEACH VETS HALL
FEE: $200
AGES: 8-12 YRS

The Entrepreneurial Kids Course is a weekly after-school enrichment program for children ages 8–12 that empowers them to develop, design, and operate their own business. Kids will learn to turn ideas into real businesses, create and market their own products, set fair prices, manage sales, build confidence, and develop customer service skills — all in a fun, supportive setting.

The program culminates in a Kids-Only Vendor Fair, where participants showcase and sell their products or services to the public and keep all the money they earn. This experience cultivates entrepreneurial thinking, boosts creativity, and builds a strong foundation of real-world business knowledge.



WEEKLY CLASSES: EVERY THURSDAY
AUGUST 21 - SEPTEMBER 11 FROM 4:00-6:00 PM

KIDS VENDOR FAIR:
FRIDAY, SEPTEMBER 12TH @ DINOSAUR CAVES PARK
(HELD DURING THE CITY OF PISMO BEACH'S "MOVIE IN THE PARK" EVENT)

YOUTH PROGRAMS



Fridays at Shell Beach Vets Hall

AGES 4-6 2:45 TO 3:45

AGES 6-11 4:00 TO 5:00



Arts & Crafts KIDS CLUB





SESSION 1: 8/22 TO 10/10

SESSION 2: 10/24 TO 12/19

NO CLASS 11/28

CELEBRATE THE MAGIC OF FALL AND THE FESTIVE SPIRIT OF THE HOLIDAYS THROUGH ART! IN THIS BEGINNER-FRIENDLY CLASS, CHILDREN WILL EXPLORE PERSONAL CREATIVITY WHILE WORKING WITH WATERCOLOR, ACRYLIC PAINT, CLAY, YARN, AND NATURAL MATERIALS LIKE LEAVES & PINECONES. EACH WEEK, STUDENTS WILL CREATE UNIQUE PROJECTS INSPIRED BY AUTUMN COLORS, COZY TEXTURES, AND HOLIDAY CRAFTS. FROM YARN PUMPKINS TO PINECONE DECORATED TREES AND HANDMADE ORNAMENTS, THIS CLASS ENCOURAGES KIDS TO EXPRESS THEIR OWN IDEAS AND STORIES WHILE CONNECTING TO THE BEAUTY OF THE SEASON. A JOYFUL AND WELCOMING SPACE FOR EVERY YOUNG ARTIST TO CREATE, EXPLORE, AND SHINE!

$160/8 WEEK SESSION | ALL MATERIALS INCLUDED

About the Instructor

OUR ARTS AND CRAFTS CLASS IS LED BY A SEASONED CHILDREN'S ART AND MONTESSORI TEACHER WHO LOVES HELPING KIDS EXPLORE THEIR CREATIVITY. KENDRA BRINGS A CALM, SUPPORTIVE APPROACH THAT ENCOURAGES KIDS TO BE THEMSELVES AND ENJOY THE PROCESS OF MAKING ART. SHE VALUES HANDS-ON LEARNING, INDEPENDENCE, AND FOLLOWING EACH CHILD'S UNIQUE INTERESTS. WHETHER IT'S PAINTING, SCULPTING, OR WORKING WITH NATURAL MATERIALS, SHE CREATES A WARM AND WELCOMING SPACE WHERE KIDS FEEL CONFIDENT TO EXPERIMENT, EXPRESS THEMSELVES, AND HAVE FUN WITH ART.

YOUTH PROGRAMS

Babysitting Class



This course is designed to instruct babysitters on infant and child safety. Participants will learn healthy food selections, basic first aid, CPR, relief of airway obstruction (choking), and other necessities for a responsible babysitter. In regard to CPR and choking, the class covers the content of the American Heart Association's Pediatric Basic Life Support course. Students should bring a lunch and a snack.
*Class requires 10 students minimum.

Back by popular demand!

Ages 11+
Saturday, September 20, 2025
9 AM – 3 PM
$90 – includes book & certificates
Shell Beach Veterans Hall
Safety First Seminars



SAFETY 1ST SEMINARS

BEACH VOLLEYBALL





• Winter Camp

MON - THURS
JAN 5TH - 8TH
9AM - 11AM



This four-day camp will cover the procedure, point earning, rules, techniques, and strategy needed to succeed in the sport. Whether you are a beginner, intermediate, or advanced, this camp will give you a step up on your competition, and you'll have fun doing it! Coach Daniel has a AAA rating and when he isn't coaching, he's playing!

AGES 10-14 | $100 PER CAMP | WADSWORTH COURTS | INSTRUCTOR DANIEL WRAGE

YOUTH PROGRAMS

Creative Kids
PERFORMING ARTS

CREATIVE KIDS COMPANY FALL PRODUCTION *Ages 8-15*

Join us this fall and elevate your performance technique. In this weekly two hour class, we will focus on acting, singing, dancing, reading scripts, memorizing lines, learning choreography, practicing improvisation, and crafting performance techniques. All students must make the commitment to attend weekly, unless ill, as each week we are rehearsing for our November evening production. Prior experience with Creative Kids is encouraged. Minimum of 10 students required. 16 students maximum

Dates: 9/2, 9/9, 9/16, 9/23, 9/30, 10/7, 10/14, 10/21, 10/28, 11/4
Class Time: Tuesdays from 4-6 p.m. | Evening Performance: Thursday 11/6/2025 at 5:45pm
Cost: $195 for 10 weeks and an evening performance ($156 for Creative Kids Club Members)

CREATIVE KIDS SONG AND DANCE *Ages 7-13*

This class is for all students at all levels. Students in this class will practice vocal technique, learn songs, learn basic dance choreography, practice theater technique, play theater and improvisation games. Songs and dances will be performed during our fall production performance in November.Minimum of 8 students required. 16 students maximum

Class Dates: 9/25, 10/2, 10/9, 10/16, 10/23, 10/30
Class Time: Thursday from 4-5:15 p.m. | Evening Performance: Thursday 11/6 at 5:45 p.m.
Cost: $90 for 6 weeks ($72 for Creative Kids Club Members)

*There is a rehearsal Tuesday, November 4th from 4 to 6 pm at the Pismo Veterans Hall. Our Creative Kids song and dance students will join the Creative Kids production theater students to rehearse for the November 6th performance of "The Red Lipstick Caper."

CREATIVE KIDS WINTER THEATER CAMP *Ages 8-15* JANUARY 2026

Students will spend the week acting, singing, dancing, reading scripts, memorizing lines, learning songs, practicing choreography, doing improvisation, and performing! They will perform a play at 12:30pm on Friday at the end of a fun and intensive week. Immediate Family and friends are welcome to attend.
10 students minimum. 16 students maximum

Dates: 1/5/26-1/9/26 | Time: 9 a.m. to 1 p.m.
Cost: $170 for the camp ($136 for Creative Kids Club members)

Teachers:
Whitney Almaguer and Diana Lynn Carter
Pre-registration is required for all programs
Call Pismo Beach Recreation to register at (805) 773-7063.
All programs are held at Pismo Beach Veterans Hall.
Visit www.creativekidsmusicandplays.com
for more information on our programs.



YOUTH & ALL AGES PROGRAMS



SURF CAMP

SESSION 1: SEPT 6, 13 & 20
SESSION 2: NOV 24-26
SESSION 3: JAN 6-8

9AM-11AM EACH DAY



COME LEARN HOW TO SURF THIS SUMMER WITH OUR SHELL BEACH SURF CREW. WITH A STRONG FOCUS ON TEACHING OCEAN SAFETY, OUR EXPERIENCED INSTRUCTORS PROVIDE A SAFE AND ENGAGING OPPORTUNITY TO LEARN SURFING FUNDAMENTALS, ETIQUETTE AND WAVE SELECTION, ALL WHILE HAVING THE TIME OF YOUR LIFE!!!



AGES 7 - 17
$185/3 DAY SESSION
ALL EQUIPMENT PROVIDED

BEGINNER GUITAR CLASS

8 WEEK SESSIONS
TUESDAYS
SEPT 23 - NOV 25
(NO CLASS OCT 14 & NOV 11)

PART 1: 4:30PM-5:30PM
PART 2: 5:35PM-6:35PM

$100 PER SESSION | AGES 11+



PART 1

This beginning guitar class teaches the basic skills needed to play rhythm guitar. Learn chords, strums, and songs that you can play in a fun, interactive group setting. No experience necessary, but if you have some experience, that is fine too!

PART 2

Continue to play rhythm guitar using more chords, strums and songs. This class also introduces how to play melody on the guitar. This fun, interactive class is for those who have already taken the beginning guitar class.

Requirements for both: Bring an acoustic guitar (nylon string guitar is recommended) and a portable music stand.

SHELL BEACH VETS HALL

Instructor Nina Reinacher is recently retired from her 20-year-career as a music teacher for SLCUSD. Nina has taught guitar full-time at SLOHS for 18 years. She has teaching experience in music and theatre from preschool through adult and performs professionally as Nina Ryne. She is excited to offer this program to our community!

ALL AGES PROGRAMS

CENTRAL COAST JUDO

centralcoastjudo.com



Central Coast Judo would like to welcome both kids and adults from the community to come join us at the Pismo Beach Vets Hall. In our classes you will learn the martial art known as The Gentle Way, with an emphasis on the physical education and sport aspects of Judo. Judo techniques involve throwing your opponents, as well as grappling, joint locks, control holds and immobilizing techniques. A variety of drills are used to reinforce the basic fundamentals of Judo and prepare judokas for competition. Judo is practiced on cushioned mats and emphasizes safety and full-body physical activity.

AGES | KIDS: 5-14 ADULTS: 15+
DAYS | MONDAYS & WEDNESDAYS, ONGOING
TIMES | KIDS: 6:30-7:30PM & ADULTS: 7:30-9PM
FEE | $50 PER MONTH, $40 FOR EACH ADDITIONAL FAMILY MEMBER
LOCATION | PISMO BEACH VETERANS' HALL
INSTRUCTOR | KEN GUGE

TAE KWON DO

Additional Class in Nov & Dec!
SATURDAYS FROM 4PM-5PM
AT SHELL BEACH VETERANS HALL

Join Tae Kwon Do in the park! Tae Kwon Do is a form of traditional Korean Karate. This style is based on strong fundamentals with graceful yet explosive movements without direct contact. Besides the benefits of physical activity, martial arts train both the mind and body. It builds self-character, self-control, improves concentration and focus. This class works well with all ages and will be a mixed class of grade school children, adults, and families of all levels. The instructor has been training in Chung Do Kwan Tae Kwon Do since 2006. Family discounts will apply and walk-ins are welcome.

WELCOMING SCHOOL AGE STUDENTS THRU SENIORS
ONGOING WEDNESDAYS 9AM - 10AM AND 4PM - 5PM

$10 DROP-IN FEE - FIRST CLASS FREE!
SPYGLASS PARK IN SHELL BEACH
INSTRUCTOR PAMELA FADA



ALL AGES & ADULT PROGRAMS

TENNIS WITH COACH DENNIS

Contact Coach Dennis
to schedule or with questions!
213-999-7885 or
tenniswithdennis40love@gmail.com

TennisCize

AGES: 12 YEARS TO ADULT
FEE: $25.00 PER PERSON
PER CLASS

TennisCize is the result of a series of innovative drills and dynamic games all done to music that creates a fun atmosphere, improves conditioning, and keeps players motivated and moving. It is a combination of a solid warm up, tennis conditioning, and stroke execution drills. All skill levels are welcome from Intermediate to Advanced.

SATURDAYS | 9AM - 10:30AM | AUGUST 2 - NOVEMBER 29

Dennis R. Richardson, O.D
RSPA Certified
TennisCize Certified

ALSO AVAILABLE
Tennis Lessons
Private Lesson (1 person): $85
Semi Private Lesson (2 people): $50/person

Palisades Courts
3990 Shell Beach Road
Pismo Beach, CA 93449

Adult Dance Socials

The City of Pismo Beach Recreation Division invites all you dancing guys and gals to join us at our monthly themed dance event! No partners necessary! Enjoy an afternoon music, dancing, friends, and light refreshments. Live music from the Basin Street to Broadway is provided. Call the Recreation office to find out the theme of each month's dance event, (805) 773-7063!









AGES 50+
2ND TUESDAY OF EVERY MONTH
12:30PM - 3:00PM
$10 PER PERSON
PISMO BEACH VETERANS HALL

Come have some fun!

ADULT PROGRAMS



ASTROLOGY 101



WITH PROFESSIONAL ASTROLOGER LORI WATERS, KPDA

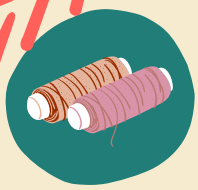
Have you always been curious about astrology and your horoscope but don't know where to start? Local professional astrologer Lori Waters, KPDA, will be teaching a 5-week Astrology 101 course that will lead you through the basics of astrology by covering western astrology's history, the meanings of the planets, the zodiac signs, the birth chart/horoscope and its 12 sections/houses, and how to put it all together with interpretation of the birth chart.

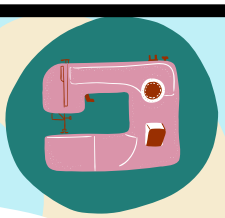
DAY: THURSDAYS
TIME: 6 TO 7:30 P.M.
DATES: OCT 2 - NOV 6
(NO CLASS OCT 23)
FEE: $175/5 CLASSES ($150 FOR SENIORS)
LOCATION: SHELL BEACH VETS COMMUNITY BLDG
OPEN TO ALL ADULTS 18+



Instructor Lori Waters
Phone: 805-270-3192
Email: mamaloveshine@runbox.com
Newsletter -- mamaloveshine.substack.com
Social Media: Instagram, Facebook, X -- @MamaLoveshine

Back to Sewing!





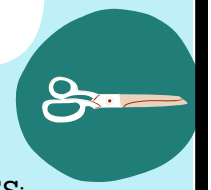
Are you interested in learning to sew? Do you have a sewing machine tucked away that you would like to dust off and start working with again? We will start by concentrating on the basics of sewing, using a simple pattern of a small lined bag with a zipper. A discussion on buying a pattern will be addressed, with an optional field trip to a fabric store. For all skill levels, taught by Anne Grannis, an accomplished custom tailor.
Minimum students: 3/Maximum students: 8

Thursdays
SESSION 1:
Sept. 11 - Oct. 16

SESSION 2:
Oct. 30 - Dec. 11
(No class Nov. 27)

$112 for
6 week session

2:00PM - 4:30PM
Shell Beach
Vets Hall



LIST OF SUPPLIES TO BRING:

- Portable sewing machine w/manual
- Machine needles to fit your machine
- 2 scissors (one for fabric, one for paper)
- Straight pins
- Tailors chalk
- Tape measure



- Seam ripper
- Thread
- SMALL BAG SUPPLIES:
  - 2 'fat quarters' or large scraps of 2 pieces of coordinating fabric
  - 9" zipper
  - Thread to match your fabric

ADULT PROGRAMS



DANCE WITH LILIANA

18+
MONDAYS
7PM: BALLROOM
8:15PM: LATIN
$15 DROP-IN FEE
OR $100 FOR 10 CLASSES PUNCH CARD
PISMO BEACH VETS HALL
INSTRUCTOR LILIANA GRAHAM



The students will learn progressive dance from basic steps to advance routines. From following and leading techniques to style and musicality! The style of dance will change every six weeks. For all skill levels! No partner necessary.

Join us!

DANCE SCHEDULE



AUG 11 - SEPT 15
7PM: Foxtrot
8:15PM: Latin Bachata

SEPT 22 - OCT 27
7PM: Swing
8:15PM: Latin Salsa

NOV 3 - DEC 8
7PM: Chacha
8:15PM: Latin Bachata

DEC 15 - JAN 19
7PM: Tango
8:15PM: Latin Salsa

HEAD COACH JIM SODERBORG



PADDLE READY PICKLEBALL ADVANCED BEGINNER PICKLEBALL CLINIC

3RD SATURDAY OF THE MONTH, AUG - NOV

1:30PM - 3:30PM

PALISADES/SB COURTS





IF YOU WANT THE SKILLS - YOU DO THE DRILLS
FUNDAMENTALS - Stance, Grip, Paddle Ready Footwork
SKILLS - Punch Volleys, Ground Strokes
(Drives, Drops, Lobs, and Serves)

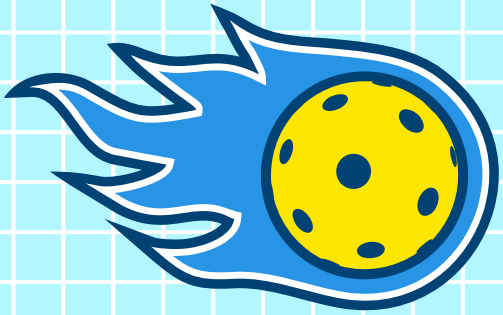
- **4 to 1 player/coach ratio**
  Limited to 16 participants
- **Incorporating Lobster Ball Machine**

Register through Pismo Recreation
Questions? Call Jim at (415) 321-9658

$55 PER PERSON

ADULT PROGRAMS

PICKLEBALL CLINICS!



AUG 9, SEPT 13, OCT 11, AND NOV 8

Come join Pismo Beach Recreation for Pickleball clinics throughout the summer months. Beginners (18+) are welcome! The clinics will combine physical activity and social interaction. Clinics are FREE, but donations are appreciated. Loaner equipment is available. Wear proper athletic clothing and bring water. Pre-registration is required one week prior. Call Pismo Beach Recreation at 805–773–7063 to register.

FREE!

AGES 18+
PALISADES COURTS
2ND SATURDAY OF THE MONTH • 1:30 PM - 3:00 PM



QI GONG

LESS STRESS & MORE ENERGY

WITH HOLLY PADOVE AT MARGO DODD PARK

Unlock your body's natural energy with Qi Gong - a graceful movement practice that melts away stress, improves flexibility, and boosts vitality. Backed by research, Qi Gong can ease chronic conditions like joint pain and depression, while helping you cultivate inner calm and resistance.

Gentle Movement **Build Strength** **Ease**

MONDAY CLASS
MONDAYS | ONGOING
9:30 - 10:30AM
SHELL BEACH VETS HALL

For more info:
www.balancedlivingayurveda.com
Register on site

WEDNESDAY CLASS
WEDNESDAYS | ONGOING
4:00 - 5:00PM
MARGO DODD PARK

*INCLEMENT WEATHER: SBVH

NO CLASSES SEPTEMBER 8 – OCTOBER 1

Drop-in $14 | 5-Class Card: $55 (No expiration) | First class free!

ADULT PROGRAMS

WATERCOLOR CHALLENGES

"Crumpled Tissue Challenge" - Painting On A Textured Surface



Create a textured surface by scrunching up a piece of tissue paper, gluing it to watercolor paper, then creating a watercolor design on the wrinkled surface. This will produce a "loose" painting with lots of texture!

2 Classes: Wednesday, September 17 & 24 - $40

Sketchbook Journal - 3 Week Class

Creating a sketchbook journal and using it daily or frequently is a wonderful, creative practice for every artist and results in improved design, composition, and watercolor paintings. The first week we will explore techniques, materials, and the different types of journals. Then for the next two weeks, we will be outside at different locations to practice sketchbook journaling.



3 Classes: Wednesday, October 15, 22*, & 29*

$60 - *Location TBD

"All That Glitters"

Add a touch of Gold Leaf to your watercolor painting



Gold Leaf (or silver or copper) can add a sparkle and bring a painting to life whether it is an abstract or realistic composition.

2 Classes: November 12 & 19 - $40

Dry Over Wet Negative Painting (Alla Linda Kemp)

A technique used by the "guru" of Negative Painting in Nature

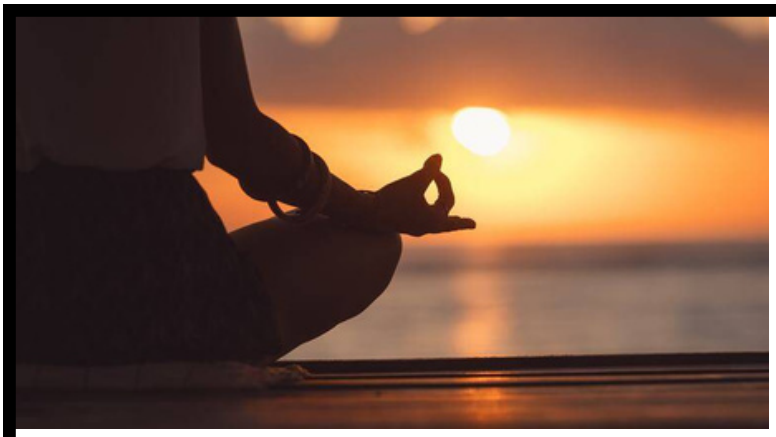


Linda Kemp is well known for her stunning negative paintings of natural formations. Try out one of her more challenging techniques which abstracts nature. **2 Classes: December 10 & 17 - $40**

INSTRUCTOR Shirley Horacek **(805) 458-9338 | BNSHORACEK@GMAIL.COM**

ALL CLASSES 9:00AM - 12:00PM at SHELL BEACH VETS HALL

ADULT PROGRAMS



Dates:	**Fall Session: Sept 22 - Dec 10**
Days:	Mon. and Wed.
Time:	6:00 pm – 7:00 pm
NO Class:	Week of 11/24
Fee:	$10 drop in fee
Ages:	18+ or with parent/guardian
Location:	Shell Beach Veterans Hall
Teacher:	Dan

YOGA continues with Dan

Beginners and advanced students are welcome. This class teaches a combination of postures (asanas) that connect breath with movement (vinyasa), creating strength, balance, and flexibility in body and mind. Over time we will explore the differences of yang and yin yoga, and how together they balance our practice. Students will also learn about energy flow, proper alignment, breath work (pranayama) and meditation. You will leave this class refreshed and relaxed, finding a greater level of peace physically and emotionally. Prior yoga experience is suggested, but not required. Please bring a mat and any needed props. Please arrive 5 minutes early to get settled.



$15 drop in
Pre-pay:
$60 for 5 classes
$110 for 10 classes

OUTDOOR CLASSES AT DINOSAUR CAVES PARK

MOVE WELL WITH LINDSAY

Yoga, functional movement, mobility and more

Lindsay teaches yoga and movement rooted in the principles of physical therapy. She was trained by physical therapists with specialties in neuroscience, orthopedics and the pelvic floor. Her classes use familiar movements through a new lens to focus on functional movement, core strength, posture, balance and mobility. Her goal is to help you MOVE WELL FOR LIFE so you can continue the hobbies you love. She consistently hears that students experience less pain hiking, biking, running, etc. from what they've learned in class. These classes are also great if you are coming out of physical therapy, post surgery/injury, pregnant or postpartum. Bring a yoga mat and any props that enhance your practice (like a yoga block). We are outside so bring your choice of sun protection.

MOVE WELL
MON & WED 9:30-10:30AM

HIGH ENERGY FLOW
FRIDAYS 9:30-10:30AM

Beginning Sept.
More info on these classes here:

@movewellwithlindsay | www.movewellwithlindsay.com

FACILITY RENTALS

PISMO BEACH VETERANS HALL

780 Bello Street
Occupancy: 280 Dining, 300 Auditorium Seating





This facility is a perfect location for special occasions, meetings, or any event requiring a large venue. Site amenities include: tables, chairs, stage, and kitchen.

SHELL BEACH VETERANS COMMUNITY BUILDING

230 Leeward Street (next to the library)
Occupancy: 40 Dining, 60 Auditorium Seating





This facility is a perfect location for meetings. It's a quaint location in the heart of Shell Beach, right next to the library. The building is equipped with a kitchen, tables, chairs, and a stage.

PARK RESERVATIONS

The Recreation Division is responsible for the scheduling and reserving of the City Parks. A complete list of City Parks and sport venues can be found on our website: www.pismobeach.org/parks.

Reservations are available for the following parks:

Email recreation@pismobeach.org or call (805) 773-7063



BOOSINGER PARK

A lovely neighborhood park with play equipment, drinking fountain, picnic areas, bbq's and benches. Spectacular city and ocean views.



CHUMASH PARK

This 38-acre natural park includes wetlands, willows, oaks and is popular with walkers and dog lovers. The park also has two play areas, picnic tables, a basketball court and restrooms.



DINOSAUR CAVES

This 11-acre, ocean-front, bluff-top park is popular with walkers, photographers, dog lovers, joggers, and fishing enthusiasts. Park amenities include a wedding location overlooking the ocean, as well as a grassy reception area, and an amphitheater for entertainment events. New playground installed 2019.



IRA LEASE PARK

TA 1 acre park located on Pismo Creek (on the east side of Dolliver Street), offers a trail along the creek, grassy recreation area, picnic tables and benches, barbecue facilities, drinking fountain, bicycle and auto parking.



MARGO DODD PARK

This ocean-bluff park includes a breathtaking ocean view, covered gazebo (ideal for weddings), a grassy recreation area, bicycle parking and on-street parking.



MARY HERRINGTON

A 1 acre park located on Pismo Creek (west side of Dolliver Street), the park offers a restroom, grassy recreation area, picnic tables and benches, individual and public barbecue facilities, a drinking fountain, bicycle and auto parking..



PALISADES PARK

A 6 acre neighborhood park including BBQ, grassy area, basketball court, playground, picnic tables & benches, and off-street & handicapped parking. Tennis courts located across Shell Beach Road.



SPYGLASS PARK

A 4.5 acre neighborhood park including BBQ, grassy area, basketball court, playground, picnic tables & benches, and bicycle & auto parking. New playground installed 2019.

www.pismobeach.org/parks