Aquatics

******Please note, classes will be CLOSED on Friday, July 4th and Saturday, July 5th. ******

**All Non-residents are subject to a $10 administrative fee for all programs.*

For more information on the City of El Segundo's Aquatics programs, please call The Plunge at (310) 524-2738 or email us at plunge@elsegundo.org

Urho Saari Swim Stadium "The Plunge"

219 W. Mariposa Avenue

Weekdays - June 16th - August 24th

5:45 am – 7:00 am	**M-F**	**Masters Swim**
7:00 am – 8:55 am	**T-F**	**Closed Practice**
9:00 am – 9:55 am	**T-F**	**Lessons**
10:00 am – 10:30 am	**M,W,F**	**Swimnastics**
10:00 am – 10:30 am	**Tu,Th**	**Seahorses**
10:30 am – 1:00 pm	**M-F**	**Resident Lap Swim**
11:45 am – 1:00 pm	**M-F**	**Open Lap Swim**
1:15 pm – 2:45 pm	**M-Th**	**Recreation Swim**
1:15 pm – 4:45 pm	**F**	**Recreation Swim**
3:00 pm – 4:55 pm	**M-Th**	**Lessons**
5:00 pm-7:00 pm	**M-F**	**Closed Practice**
7:15 pm-8:30 pm	**F**	**Recreation Swim**
8:15 pm-9:30 pm	**M-Th**	**Open Lap Swim**

Saturdays - June 16th - August 24th

6:00 am-7:30 am	**Sa**	**Open Lap Swim**
7:30 am-9:30 am	**Sa**	**Closed Practice**
9:00 am-9:30 am	**Sa**	**Adaptive Swim Lessons**
9:30 am-10:55 am	**Sa**	**Private Swim Lessons**
10:00 am-10:55 am	**Sa**	**Adult Swim Lessons**
11:00 am-11:55 pm	**Sa**	**Seahorses Lessons**
11:00 am-1:00 pm	**Sa**	**Open Lap Swim**
1:15 pm-3:15 pm	**Sa**	**Recreation Swim**

Hilltop Pool

Corner of Maryland St. & Grand Ave.
Weekends only: May 24 - June 8 / August 24 - September 28
11:00 am – 3:00 pm
Opens everyday: June 13 - August 24

Acacia Pool

600 block of W. Acacia Ave.
11:00 am – 3:00 pm
Opens everyday: June 13 - August 24

Lottery Information

Priority registration for **ALL** swim lessons is done by lottery. Prior to each session, registration forms will be accepted and placed in the lottery. Forms will be registered in order of random selection until all forms have been processed or all spaces are filled. Priority registration is available only to El Segundo Residents with a valid Recreation I.D. Card. Please see below for important dates: **Cost is $28 per class unless otherwise noted.**

Parent & Me

Seahorses (6 to 36 Months)

This class is designed for the young child accompanied by one parent to develop a comfort level in the water through guided water exploration. Parents join their child in the shallow pool to assist them in getting used to a water environment. Tuesday & Thursday classes run for 2-weeks, Saturday classes run for 4-weeks. Children must wear swim diapers. Class Min 1/ Max 15.

Group Lessons

Group lessons are taught by El Segundo Aquatics staff. Classes are offered at both The Plunge and Hilltop Pool. Cost is $28 per session. Please see the grid for course dates, times, and course numbers.

Level I-Tadpoles (3 Years +)

This class is intended to adapt new swimmers to the water by increasing overall comfort level in the water. Fundamentals such as body position, kicking, and arm pulls are introduced in the shallow pool.
Prerequisites: This class is great for those who are ready to go into the shallow pool alone or those who have need to begin basic skills for swimming. Class Min 1/Max 5.

Level II-Frogs

This class is designed for swimmers who are comfortable in the water and have independent swimming experience. Swimmers who are ready to transition into the deep pool will spend time in both the shallow pool and deep pool to gain confidence in water where they are not able to touch the bottom.
Prerequisite: General comfort in water, ability to submerge head completely, general comfort with back and chest float, and ability to follow instructor's instructions. Class Min 1/Max 5.

Level III-Clownfish

This class is designed for participants who are ready to go into the deep pool independently. The entire lesson is spent in the deep pool where swimmers will practice previously learned skills such as proper body position and proper kicking technique. Swimmers will also be introduced to the fundamentals of freestyle.
Prerequisites: General comfort in the deep pool, ability to demonstrate back and chest floats, ability to retrieve a ring from the bottom of the small pool, and the ability to demonstrate a backside torpedo. Class Min 1/Max 5.

Level IV-Blowfish

This class builds on the skills learned in the Clownfish class by providing additional practice at longer distances. Swimmers will practice freestyle with side breathing and develop the backstroke.
Prerequisites: ability to demonstrate proper freestyle kick, ability to demonstrate torpedo/streamline from the wall, ability to complete arm pulls at the end of a torpedo. Class Min 1/Max 6.

Level V-Seals

In this class, swimmers will refine their skills in both freestyle and backstroke. Swimmers will practice familiar strokes as they begin to swim across the pool unassisted. This class will also teach swimmers new skills such as treading water and proper diving.
Prerequisites: Ability to swim 15yd freestyle and 10yd backstroke, ability to demonstrate proper freestyle position, ability to demonstrate side breathing. Class Min 3/Max 5.

Level VI-Dolphins

The objectives of this class are refinement of all strokes previously taught and to increase endurance. Proper underwater streamline form will be taught and beginning breaststroke will also be introduced.
Prerequisites: Ability to swim freestyle with side breathing unassisted across the pool, ability to swim backstroke across the pool unassisted, ability to tread water for two minutes. Class Min 1/Max 7.

Level VII-Sharks

This class has three areas of emphasis: fitness swimming, fundamentals of diving, and personal water safety. Swimmers will build endurance by practicing familiar strokes for longer distances in addition to learning the butterfly stroke and flip turns.
Prerequisites: Ability to tread water away from the wall for 1 minute, ability to demonstrate a proper streamline off the wall, ability to demonstrate proper breaststroke. Class Min 1/Max 7.

Youth

Adaptive Swim (4 Years +)

Adaptive Aquatics is a one-on-one swim program for children and adults with special needs. This program is designed to help teach participants how to become more comfortable in the water while learning essential swimming techniques in a fun environment. The class is individually adjusted according to swimmer needs and interests. Each session includes four Saturday classes.

Private Swim Lessons (3 Years +)

Private lessons are designed for those who are not comfortable swimming in a group setting or for those who prefer 1-on-1 instruction. The skills taught in private lessons will be adjusted according to swimmer needs and interests. Each session includes four Saturday classes. Private lessons are $75 per session.

Adult

Adult Swimmer Classes ***NEW TIME LISTED BELOW***

Adult Swim Lessons are designed for participants 14+ who are fearful or inexperienced swimmers. As participants grow more comfortable in the water, they will learn proper form and basic swim strokes to increase confidence and water endurance. It's never too late to start! Each session includes four Saturday classes. Class Min 1/Max 2.

Aqua Zumba! (18 Years +)

Welcome to the coolest dance party in the water! Aqua Zumba brings the popular fitness program to the pool with moves that will burn calories. No swimming or Zumba skills are needed. Please wear a bathing suit and bring a towel and water bottle. Water shoes are recommended. Come to have FUN! Cost is $35 per session. Class Min 5/Max 20.

14288	W	**6/18-7/23**	7:15-8 pm
14289	W	**8/6-8/27**	8:15-9 pm

Masters Swim Team Walk-In Registration (17 Years+)

This program promotes fitness and fun for adults of ALL swim levels. Beginners and non-competitors welcome! Build long lasting friendships in a healthy environment. Participation includes coached workouts consisting of stroke techniques and endurance swimming. Cost is $40 per month/per swimmer. Non-resident participants may register as space permits. A $10 surcharge will apply for non-resident participant registrations. Class Min 1/Max 100.
Location: Urho Saari Swim Stadium
Instructor: Marc Willick

14285	M-F	**7/1-7/31**	5:45-7 am
14286	M-F	**8/1-8/29**	5:45-7 am
14287	M-F	**9/1-9/30**	5:45-7 am

SUMMER LOTTERY DATES

LOTTERY DATES	SESSION 1 & SESSION A	SESSION 2	SESSION 3 & SESSION B	SESSION 4
Lottery Forms Accepted	5/22 - 6/9	6/16 - 6/23	7/7 - 7/14	7/28 - 8/4
Online Registration Open	6/13	6/27	7/18	8/8
Registration Closed	6/15	6/29	7/20	8/10

PARENT AND ME GROUP SWIM LESSONS - (No Classes July 4th)

TUESDAY & THURSDAY 10:00 - 10:25 AM - Plunge

LEVEL	SESSION 1 6/16 - 6/28	SESSION 2 7/7 - 7/19	SESSION 3 7/28 - 8/9	SESSION 4 8/11 - 8/23
Seahorses	14276	14278	14279	14275

SATURDAY 11:00 - 11:25 AM - Plunge

LEVEL	SESSION A 6/21 - 7/19		SESSION B 8/12 - 8/23	
Seahorses	14280		14281	

SATURDAY 11:30 - 11:55 AM - Plunge

LEVEL	SESSION A 6/21 - 7/19		SESSION B 8/12 - 8/23	
Seahorses	14274		14277	

SATURDAY ADAPTIVE, ADULT, & PRIVATE LESSONS - (No Classes July 4th)

SATURDAY 9:00 - 9:25 AM - Plunge

LEVEL	SESSION A 6/21 - 7/19		SESSION B 8/12 - 8/23	
Adaptive	14272		14273	

SATURDAY 9:30 - 9:55 AM - Plunge

LEVEL	SESSION A 6/21 - 7/19		SESSION B 8/12 - 8/23	
Private	14263		14262	

SATURDAY 10:00 - 10:25 AM - Plunge

LEVEL	SESSION A 6/21 - 7/19		SESSION B 8/12 - 8/23	
Private	14260		14266	

SATURDAY 10:30 - 10:55 AM - Plunge

LEVEL	SESSION A 6/21 - 7/19		SESSION B 8/12 - 8/23	
Private	14264		14267	

SATURDAY 10:00 - 10:25 AM - Plunge

LEVEL	SESSION A 6/21 - 7/19		SESSION B 8/12 - 8/23	
Adult	14256		14258	

SATURDAY 10:30 - 10:55 AM - Plunge

LEVEL	SESSION A 6/21 - 7/19		SESSION B 8/12 - 8/23	
Adult	14257		14259	

SATURDAY 10:00 - 10:25 AM - Hilltop

LEVEL	SESSION A 6/21 - 7/19		SESSION B 8/12 - 8/23	
Private	14261		14268	

SATURDAY 10:30 - 10:55 AM - Hilltop

LEVEL	SESSION A 6/21 - 7/19		SESSION B 8/12 - 8/23	
Private	14265		14269	

CLASS SCHEDULE & TIMES FOR YOUTH GROUP SWIM LESSONS - (No Classes July 4th)

MONDAY - THURSDAY 9:00 - 9:25 AM - Plunge

LEVEL	SESSION 1 6/16 - 6/28	SESSION 2 7/7 - 7/19	SESSION 3 7/28 - 8/9	SESSION 4 8/11 - 8/23
Tadpoles	14018	14010	14024	14033
Frogs	14080	14090	14100	14110
Clownfish	14150	14156	14168	14174
Blowfish	14120	14134	14140	14162
Seals	14220	14224	14228	14210
Dolphins	14180	14186	14192	14198
Sharks	14232	14238	14244	14250

MONDAY - THURSDAY 9:30 - 9:55 AM - Plunge

LEVEL	SESSION 1 6/16 - 6/28	SESSION 2 7/7 - 7/19	SESSION 3 7/28 - 8/9	SESSION 4 8/11 - 8/23
Tadpoles	14028	14011	14030	14039
Frogs	14081	14091	14101	14111
Clownfish	14151	14157	14169	14175
Blowfish	14121	14135	14141	14163
Seals	14221	14225	14229	14211
Dolphins	14181	14187	14193	14199
Sharks	14233	14239	14245	14251

MONDAY - THURSDAY 3:00 - 3:25 PM - Plunge

LEVEL	SESSION 1 6/16 - 6/28	SESSION 2 7/7 - 7/19	SESSION 3 7/28 - 8/9	SESSION 4 8/11 - 8/23
Tadpoles	14034	14022	14036	14040
Frogs	14082	14092	14102	14112
Clownfish	14152	14158	14170	14176
Blowfish	14122	14136	14142	14164
Seals	14222	14227	14230	14212
Dolphins	14182	14188	14194	14200
Sharks	14234	14240	14246	14252

MONDAY - THURSDAY 3:30 - 3:55 PM - Plunge

LEVEL	SESSION 1 6/16 - 6/28	SESSION 2 7/7 - 7/19	SESSION 3 7/28 - 8/9	SESSION 4 8/11 - 8/23
Tadpoles	14019	14012	14025	14041
Frogs	14083	14093	14103	14113
Clownfish	14153	14159	14171	14177
Blowfish	14123	14137	14143	14165
Seals	14223	14226	14231	14213
Dolphins	14183	14189	14195	14201
Sharks	14235	14241	14248	14254

MONDAY - THURSDAY 4:00 - 4:25 PM - Plunge

LEVEL	SESSION 1 6/16 - 6/28	SESSION 2 7/7 - 7/19	SESSION 3 7/28 - 8/9	SESSION 4 8/11 - 8/23
Tadpoles	14029	14013	14031	14042
Frogs	14084	14094	14104	14114
Clownfish	14154	14160	14172	14178
Blowfish	14124	14138	14144	14166
Seals	14216	14218	14208	14214
Dolphins	14184	14190	14196	14202
Sharks	14236	14242	14249	14255

MONDAY - THURSDAY 4:30 - 4:55 PM - Plunge

LEVEL	SESSION 1 6/16 - 6/28	SESSION 2 7/7 - 7/19	SESSION 3 7/28 - 8/9	SESSION 4 8/11 - 8/23
Tadpoles	14035	14023	14037	14043
Frogs	14085	14095	14105	14115
Clownfish	14155	14161	14173	14179
Blowfish	14125	14139	14145	14167
Seals	14217	14219	14209	14215
Dolphins	14185	14191	14197	14203
Sharks	14237	14243	14249	14255

MONDAY - THURSDAY 3:00 - 3:25 PM - Hilltop

LEVEL	SESSION 1 6/16 - 6/28	SESSION 2 7/7 - 7/19	SESSION 3 7/28 - 8/9	SESSION 4 8/11 - 8/23
Tadpoles	14020	14014	14026	14044
Frogs	14086	14096	14106	14116

MONDAY - THURSDAY 3:30 - 3:55 PM - Hilltop

LEVEL	SESSION 1 6/16 - 6/28	SESSION 2 7/7 - 7/19	SESSION 3 7/28 - 8/9	SESSION 4 8/11 - 8/23
Frogs	14087	14097	14107	14117
Tadpoles	14009	14016	14038	14046

MONDAY - THURSDAY 4:00 - 4:25 PM - Hilltop

LEVEL	SESSION 1 6/16 - 6/28	SESSION 2 7/7 - 7/19	SESSION 3 7/28 - 8/9	SESSION 4 8/11 - 8/23
Tadpoles	14009	14016	14038	14046
Frogs	14088	14098	14108	14118

MONDAY - THURSDAY 4:30 - 4:55 PM - Hilltop

LEVEL	SESSION 1 6/16 - 6/28	SESSION 2 7/7 - 7/19	SESSION 3 7/28 - 8/9	SESSION 4 8/11 - 8/23
Tadpoles	14021	14017	14027	14047
Frogs	14089	14099	14109	14119

CHECK OUT THESE FUN SUMMER EVENTS!

For detailed information about each event, please refer to the full page event flyers located at the Recreation & Parks Department facilities or online at www.esrec.org