

Aquatics

Urho Saari Swim Stadium "The Plunge"

219 W. Mariposa Avenue • (310) 524-2738 • Aquatics@elsegundo.org

Please note that last admission to drop-in programs is 15 minutes prior to the program closing time. All facilities are cleared 15 minutes after the end of the program.

Weekdays

6:00 am-7:00 am	M-F	Masters Swim
7:00 am-9:00 am	M-Th	Closed Practice
9:00 am-10:00 am	F	Closed Practice
10:00 am-10:30 am	M-Th	Swim Lessons
10:30 am-11:00 am	M,W,F	Swimnastics
11:00 am-11:55 pm	Tu,Th	Parent & Me Open Swim
12:00 am-1:00 pm	M,W,F	Lap Swim
1:00 am-1:00 pm	Tu,Th	Lap Swim
1:15 pm-3:15 pm	M-F	Recreation Swim
3:15 pm-3:55 pm	M,W	Water Polo Class
3:15 pm-3:55 pm	T,Th	Log Rolling Class
4:00 pm-5:55 pm	M-Th	Swim Lessons
5:00 pm-7:00 pm	F	Closed Practice
6:00 pm-8:00 pm	M-Th	Closed Practice
7:15 pm-8:30 pm	F	Recreation Swim
8:00 pm-9:30 pm	M-Th	Lap Swim

Weekends

6:00 am-7:30 am	Sa	Lap Swim
7:30 am-9:30 am	Sa	Closed Practice
9:00 am-9:30 am	Sa	Adaptive Swim Lessons
9:30 am-11:00 am	Sa	Private Swim Lessons
11:00 am-11:55 pm	Sa	Seahorses Lessons
11:00 am-1:00 pm	Sa	Lap Swim
1:15 pm-3:15 pm	Sa	Recreation Swim
8:30 am-10:00 am	Su	Drop-In Water Polo & Log Rolling

Swim Lessons

Swim Lesson Lottery Information

Priority registration for all swim lessons is done by lottery prior to each session, registration forms will be accepted and entered into 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. Parent & Me Seahorses and Adaptive Swim Lessons are no longer lottery classes.

Lottery will be discontinued this fall, be on the lookout for new online registration!

Parent & Me Seahorses (6 - 36 months)

This is a guided water exploration class designed for the young child accompanied by one parent. Parents participate in songs and games with their child while assisting them in getting used to the water environment. Classes run for 4 weeks. Children must wear swim diapers.

Sat	6/23-7/14	11:00-11:25 am
Sat	6/23-7/14	11:30-11:55 am
Sat	7/28-8/18	11:00-11:25 am
Sat	7/28-8/18	11:30-11:55 am



A huge part of swimming for me is I love it, and it is so much fun.
- Missy Franklin

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 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.

Sat	6/23-7/14	9:00-9:25 am
Sat	7/28-8/18	9:00-9:25 am

Log Rolling (6 to 12 Years) - NEW DAY

Log rolling is a sport with strong historical roots in the Midwest, but is new and unique to many. Get your heart pumping, improve balance, agility, footwork, core strength, and build mental toughness and concentration. Participants will take turns keeping their balance on the spinning log. There is no experience necessary, but participant must be comfortable in the water.

Cost is \$28/\$35 for Non-Residents for 4 classes.
T, Th 6/19-6/27 3:15-3:55 pm
T, Th 7/17-7/26 3:15-3:55 pm
T, Th 8/7-8/16 3:15-3:55 pm

Intro to Water Polo (9 to 13 Years) - NEW CLASS

Water Polo is an exciting, fast-paced game that incorporates athletic elements from soccer, basketball, football, rugby, wrestling, and of course, swimming. Participants will learn basic skills and strategies of Water Polo including ball control, game plays, passing, set-up, and shooting.

Cost is \$28/\$35 for Non-Residents for 4 classes.
M, W 6/18-6/27 3:15-3:55 pm
M, W 7/16-7/25 3:15-3:55 pm
M, W 8/6-8/15 3:15-3:55 pm

Private Swim Lessons (All Ages)

Private lessons are available for students of all ages, from children to adults. Private lessons are intended 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.

Cost is \$75/\$93.75 for Non-Residents for 4 classes.

SATURDAY PRIVATE LESSONS					
TIME	LEVEL	LOCATION	SATURDAY A 6/23/18 - 7/14/18	SATURDAY B 7/28/18 - 8/18/18	
9:30 - 9:55am	Private	PLUNGE	1085	1340	
10:00 - 10:25am	Private	PLUNGE	1086	1341	
10:30 - 10:55am	Private	PLUNGE	1087	1342	
10:00 - 10:25am	Private	HILLTOP	1343	1345	
10:30 - 10:55am	Private	HILLTOP	1344	1346	
MONDAY - THURSDAY PRIVATE LESSONS					
TIME	LEVEL	LOCATION	SESSION 1 6/18/18 - 6/28/18	SESSION 2 7/16/18 - 7/26/18	
9:00 - 9:25am	Private	PLUNGE	1347	1348	

LOTTERY DATES	SESSION 1 & SATURDAY A	SESSION 2 & SATURDAY B	SESSION 3
Lottery Forms Accepted	5/28/18 - 6/8/18	6/25/18 - 7/6/18	7/23/18 - 7/30/18
Online Registration Open	06/15/18	07/13/18	08/03/18

NO LOTTERY THIS FALL

GROUP LESSONS					
TIME	LEVEL	SESSION 1 6/18/18 - 6/28/18	SESSION 2 7/16/18 - 7/26/18	SESSION 3 8/6/18 - 8/16/18	
CLASSES @ THE PLUNGE					
9:00 - 9:25am M-Th Plunge	Tadpoles	1089	1237	1243	
	Frogs	1095	1254	1260	
	Clovesh	1101	1271	1277	
	Blowfish			1280	
	Seals			1304	
	Dolphins			1335	
Sharks			1128		
9:30 - 9:55am M-Th Plunge	Tadpoles	1232	1238	1244	
	Frogs	1249	1255	1261	
	Clovesh	1266	1272	1278	
	Blowfish	1350	1352	1292	
	Seals	1353	1354	1305	
	Dolphins	1333	1334	1336	
Sharks	1125	1223	1224		
4:00 - 4:25pm M-Th Plunge	Tadpoles	1233	1239	1245	
	Frogs	1250	1256	1262	
	Clovesh	1267	1273	1279	
	Blowfish	1107	1266	1293	
	Seals	1113	1300	1306	
	Dolphins	1119	1312	1314	
Sharks					
4:30-4:55pm M-Th Plunge	Tadpoles	1234	1240	1246	
	Frogs	1251	1257	1263	
	Clovesh	1268	1274	1280	
	Blowfish	1283	1287	1294	
	Seals	1297	1301	1307	
	Dolphins				
Sharks	1126	1225	1226		
5:00 - 5:25pm M-Th Plunge	Tadpoles	1235	1241	1247	
	Frogs	1252	1258	1264	
	Clovesh	1269	1275	1281	
	Blowfish	1284	1288	1295	
	Seals	1298	1302	1308	
	Dolphins	1310	1313	1315	
Sharks					
5:30 - 5:55pm M-Th Plunge	Tadpoles	1236	1242	1248	
	Frogs	1253	1259	1265	
	Clovesh	1270	1276	1282	
	Blowfish	1285	1289	1296	
	Seals	1299	1303	1309	
	Dolphins				
Sharks	1127	1227	1228		
CLASSES @ HILLTOP					
Hilltop 3:00 - 3:25pm	Tadpoles	1316	1318	1320	
	Frogs	1322	1324	1326	
Hilltop 3:30-3:55pm	Tadpoles	1317	1319	1321	
	Frogs	1323	1325	1327	



EL SEGUNDO BEACH SHUTTLE

Monday thru Saturday - 11:00am - 4:30pm
June 16th - August 25th

SHUTTLE STOPS

Eucalyptus & Holly
Center & Mariposa
Sheldon & Imperial
Main & Imperial
Richmond & Mariposa
Virginia & Grand

FREE with 2018 Rec I.D.
Card or \$1 each way

Drop off at Grand Beach and El Porto
Early Jr. Lifeguard Session Transportation
Stops: Eucalyptus & Holly at 8:00am

For more information call 310-524-2705



Aquatics

Group Lessons

Group lessons are designed for youth ages 3+. Each lesson is taught in a small group setting. Students have the opportunity to develop new skills that they will be able to build upon for years to follow. Instructors will provide a certificate with the next recommended class for each swimmer. For first-time lessons, please contact The Plunge for recommended class.

Location: Urho Saari Swim Stadium & Hilltop Pool

Instructor: City of El Segundo Swim Instructors

Cost is \$28/\$35 for Non-Residents for 8 classes.

Level I-Tadpoles (3 Years +)

This class is intended to adapt new swimmers to the water by increasing overall comfort. 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 and those who need an introduction to basic swim skills.

Level II-Frogs

This class is designed for swimmers who are comfortable in the water and have independent swimming experience. Swimmers will spend time in both the shallow pool and deep pool to gain confidence in water where they are unable to touch the bottom.

Prerequisites: General comfort in the water, ability to submerge head completely, ability to complete back and front floats with minimal assistance, and ability to follow instructor's instructions.

Level III-Clownfish

This class is for participants who are ready to go into the deep pool independently. The entire lesson is spent in the deep pool where swimmers practice skills such as proper body position and kicking. Swimmers will also be introduced to the fundamentals of freestyle.

Prerequisites: General comfort in the deep pool, ability to demonstrate back and front floats without assistance, and the ability to retrieve a ring from the bottom of the small pool.

Level IV-Blowfish

This class builds on the skills learned in the Clownfish class by providing 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 streamline from the wall, ability to complete arm pulls at the end of a glide, ability to complete a back glide.



*Seventy-five percent
of our planet is water
- can you swim?
- Author Unknown*

Level V-Seals

In this class, swimmers will refine their skills in both freestyle and backstroke. Swimmers will practice 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, and the ability to demonstrate side breathing.

Level VI-Dolphins

The objectives of this class are stroke refinement and to endurance building. Proper underwater streamline form will be taught and beginning breaststroke will be introduced.

Prerequisites: Ability to swim freestyle with side breathing across the pool unassisted, ability to swim backstroke across the pool unassisted, ability to tread water for one minute.

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 strokes for longer distances in addition to learning the butterfly stroke and flip turns.

Prerequisites: Ability to tread water away from the wall for two minute, ability to demonstrate a proper streamline off the wall, ability to demonstrate proper breaststroke.



*The more you dream the
more you achieve.
- Michael Phelps*

Drop-in Programs

Drop-in programs do not require pre-registration to participate. El Segundo residents with a valid Rec I.D. card can participate in these programs free of charge. Cost is \$5 for all other participants.

Please note that last admission is 15 minutes prior to the end of the program. The facility is cleared 15 minutes after the end of the program.

Drop-In Log Rolling

A new & fun way to exercise! Log rolling is a low impact activity with lots of rewards! Log Rolling improves balance, footwork, core strength, and cardio. Ages 16 & up.

Sun 8:30-10:00 am

Drop-In Water Polo

Grab some friends and head down to the Plunge for this fun and competitive Sunday morning program. Teams will be formed based on who and how many people show up each week. Participants must be 18+ or an ESHS Varsity Water Polo Player. All levels are welcome!

Sun 8:30-10:00 am

Lap Swim - EXTENDED HOURS

The Plunge is a 25yd pool offering 7 lanes for lap swimming and 1 lane for non-instructional water walking. Circle swimming is required when more than 2 people are sharing a lane. Midday lap swim Monday through Friday is designated for adults. Children 14 years and up who under supervision of an adult may attend evening lap swim.

M,W,F 10:30 am-1:00 pm

Tu,Thu 10:00 am-1:00 pm

Sa 6:00-7:30 am

Sa 11:00 am-1:00 pm

M-Th 8:00-9:30 pm

Parent & Me Open Swim - EXTENDED HOURS

This is a new drop-in program to allow parents to work on water comfort and water exploration with their young children! This is an unguided program to help children get comfort in a calm, quiet environment.

Tu,Th 10:00-11:00 am

Recreation Swim - ADDITIONAL HOURS

Recreation Swim is offered for families to spend time in the water together. Whether you have a swimmer that's practicing their strokes you just want to have fun in a safe and healthy environment, you're welcome to jump in.

F 7:15-8:30 pm

M-Sa 1:15-3:15 pm

Swimnastics

This water exercise class is a guided work out that helps to increase and maintain range of motion, flexibility, and strength while it tones and slims. Designed for older active adults and those recovering from injury, Swimnastics is a low-impact class that takes the ache out of your bones. Swimming skills are not required. Join us today!

M,W,F 10:00-10:30 am



FUN EVENTS AT THE PLUNGE

SLIDE INTO SUMMER

Let the summer begin!

Beat the heat by sliding into our pools!

Date: June 15, 2018 Time: 7:15pm - 8:30pm

DIVE IN MOVIE

Stay cool this summer and watch a flick on us.

We will be showing Moana.

Date: August 17, 2018 Time: 7:15pm

HILLTOP POOL

Weekends only beginning Memorial Day!

Opens everyday: June 18th - August 28th

Open on Labor Day Weekend

THE PLUNGE

Monday - Saturday: 1:15pm - 3:15pm

Friday: 7:15pm - 8:30pm

ACACIA PARK

Closed for Public Works Project

For more information call (310) 524-2738