

EL SEGUNDO

Recreation Activity Guide



SPRING
APRIL - JUNE
2022

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INFORMATION

REGISTRATION

Online registration is available at esrec.org

Walk-up and in-person registration is available at the Clubhouse, Checkout Building, Joslyn Center, and Aquatics Center. To obtain a space, please register early.

Class Registration Opens:

Resident: March 7th at 9am

Non-Resident: March 14th at 9am

Swim Registration:

**Refer to Aquatics Section for
Registration Dates (Page 20)**

RESIDENT RECREATION ID CARD

El Segundo Residents with a valid Rec ID receive a discount on all recreation activities and facility and outdoor rentals. Parents registering a minor must also have a current Rec ID for discounts. Rec IDs can be purchased at the Checkout Building, Clubhouse, Joslyn Center, and Aquatics Center. Rec ID purchases require (2) forms of proof of El Segundo residency. Business addresses in El Segundo are not eligible for a Rec ID.

ATTENTION RESIDENTS! PLEASE renew your Rec ID prior to payment in order to receive a resident discount. You will be charged the non-resident rate, if you register for programs without a current Rec ID. If you are a resident and you are charged a non-resident rate because you did not have a current REC ID, we will not give credit or reimbursement. All resident discounts are applied at the time of purchase.

CLASS REFUND POLICIES

All participants will have the first day of class to decide whether or not to continue. Requests for refunds or transfers must be made prior to the start of the second class and a \$10 administration fee will be applied.

All refund requests must be submitted via email to reghelp@elsegundo.org

No refunds or credits will be issued after the start of the second class meeting because enrollment numbers determine if classes will be canceled as well as payment to our contract instructors.

Participants will receive a full refund for classes canceled due to low enrollment. All refunds will be returned to the initial form of payment used. Checks will take 6-8 weeks to process. No credits will be issued.

Exceptions to these policies based on unforeseeable circumstances will be considered by a supervisor on a case-by-case basis.

***Refer to Camps Section on page (19) for camps refund policy and registration dates.**

UPCOMING EVENTS

EL SEGUNDO COMMUNITY SERVICES DEPARTMENT PRESENTS

STAR PARTY

FRIDAY MARCH 25
8:00PM-10:00PM

HILLTOP PARK
CORNER OF GRAND AVE. AND MARYLAND ST.

INFORMATION
COME JOIN US FOR A NIGHT UNDER THE STARS! TELESCOPES WILL BE PROVIDED BY THE SOUTH BAY ASTRONOMICAL SOCIETY OR YOU CAN BRING YOUR OWN! THERE WILL ALSO BE AN "OUT-OF-THIS-WORLD" COSTUME CONTEST AND SCAVENGER HUNT WITH PRIZES.

FOR MORE INFORMATION CONTACT 310-524-2700 OR VISIT ESREC.ORG

 **COMMUNITY SERVICES**
We Engage... We Inspire... We Play...

 **SIB AIS**
SOUTH BAY ASTRONOMICAL SOCIETY

A Fundraising Event for School and Community Groups

EL SEGUNDO ROTARY RUBBER DUCK ADOPTION DAY



el Segundo HOMETOWN FAIR & CARNIVAL

Game Booths, Bake-Off Contest, Carnival Rides, Arts & Crafts, Music & Fun, Community Expo

SATURDAY, MAY 7TH 10AM - 3PM MAIN STREET

WRISTBANDS ON SALE NOW \$8 AT REC PARK (\$10 on Event Day)

FOR MORE INFORMATION, CALL 310.524.2700

 **COMMUNITY SERVICES**
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THE EL SEGUNDO JOSLYN CENTER INVITES YOU TO...

ELDERFEST

OLDER AMERICANS MONTH
AGE MY WAY: MAY 2022

May 2022 Theme: AGE MY WAY
An Opportunity for all of us to explore the many ways older adults can remain active and be involved with their communities

Every year, the City of El Segundo Community Services Department solicits nominations for the El Segundo Older American of the Year.

Nomination forms available at Joslyn Center and due February 25th!!

Visit us at the Joslyn Center or call us at 310-524-2705 for more information



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BILL RUANE
RE/MAX
ESTATE PROPERTIES

EGG HUNT & Camp Expo

EGGSTRAVAGANZA

Saturday, April 16th | 9:30am-11:00am | Recreation Park

Join us at our annual Egg Hunt Eggstravaganza! The Bunny and his friends will be available for pictures throughout the event. For questions call 310-524-2700.



UNDERWATER EGGSTRAVAGANZA

Saturday, April 16th | 1:30pm-3:30pm | Aquatics Center

Join us as we dive-in to some fun and catch those floating eggs. Space is limited, so make sure to sign up early! Registration is available at esrec.org, over the phone by calling 310-524-2738 and in person at the Aquatics Center.



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ADULTS & OLDER ADULTS

ARTS

Fundamental of Art Workshop (18+ Years)

In this fun and easy class we will explore different medias such as acrylics, watercolor, and charcoal. We will discuss the various elements of art such as composition, color, and shape. With a little art history thrown in as well. All skill levels welcome.

Location: Joslyn Center, Crafts Room

Instructor: Dawn Whitney-Hall

Cost: \$100/\$125 for Non-Residents

M 4/11-5/16 12:00-2:00pm

Community Sing (18+ Years)

Go down memory lane and learn about the history, trivia, and class discussion of music while singing and being entertained. Showtunes, pop, film music, folk, and classical.

Location: Joslyn Center, Social Hall

Instructor: Ursula Matlock

Cost: \$30

T 4/12-5/03 10:30-11:20am

W 4/13-5/04 10:30-11:20am

F 4/15-5/16 10:30-11:20am

Hand Building Clay Workshop (18+ Years)

Come join us for clay hand building class. Throughout the class, you will learn the basics in hand-building techniques where you will create forms using hands, fingers, and tools. All levels welcome to do fun, easy projects using the basics of clay. 4 to 6 projects completed.

Location: Joslyn Center, Crafts Room

Instructor: Dawn Whitney-Hall

Cost: \$120/\$150 for Non-Residents

M 4/11-5/16 10:30-11:30am

Ceramic Painting Workshop (17+ Years)

In this class, we paint a beautiful ceramic piece of art. This class will cover composition, brush strokes, design, and color.

Location: Clubhouse, Tri-Room

Instructor: Dawn Whitney-Hall

Cost: \$110/\$137.50 for Non-Residents

T/Th 6:00-9:00pm 4/12-4/14

T/Th 6:00-9:00pm 5/10-5/12

DANCE

Zumba (18+ Years)

Zumba is a fusion of Latin and International music. This high energy class is a combo of motivating music and body sculpting movements with easy to follow dance steps.

Location: Clubhouse, Auditorium

Instructor: Sandra Delgado

Cost: \$20/\$25 for Non-Residents

***Cost:** \$25/\$31.25 for Non-Residents

M 4/04-5/02 7:00-8:00pm*

M 5/09-6/06 7:00-8:00pm

Tap (Beginner) (18+ Years)

Adult tap classes are presented for fun and exercise in a non-competitive atmosphere while learning and practicing tap routines. In the beginner class, you will learn basic tap steps to use in combination including: flaps, shuffles, ball changes, and the single item step. In the intermediate class, you will expand and build on basic tap skills and add techniques like buffalos and the double and triple steps.

Location: Clubhouse, Auditorium

Instructor: Carol Well

Cost: \$75/\$93.75 for Non-Residents

T 4/12-6/14 6:00-7:00pm

Tap (Intermediate) (18+ Years)

Adult tap classes are presented for fun and exercise in a non-competitive atmosphere while learning and practicing tap routines. In the beginner class, you will learn basic tap steps to use in combination including: flaps, shuffles, ball changes, and the single time step. In the intermediate class, you will expand and build on basic tap skills and add techniques like buffalos and the double and triple time steps.

Location: Clubhouse, Auditorium

Instructor: Carol Well

Cost: \$75/\$93.75 for Non-Residents

Th 4/14-6/16 6:00-7:00pm

ADULTS & OLDER ADULTS

PICKLEBALL

Pickleball Clinic 101

A beginner's guide to Pickleball. In this class we will go over the three shots necessary to play the game of Pickleball. If you have never played before or if you already know how to play a little, this is the class for you. This class is also a great way to meet players at your skill level to play with. Paddles will be provided so all you need to bring is yourself!

Location: Recreation Park, Volleyball Court

Instructor: Cade Erickson

***Instructor:** Connie Thrasher

Cost: \$28/\$35 for Non-Residents Per Class

M	4/11-6/06	6:00-7:30pm
Th	4/14, 4/28, 5/12, 5/26, 6/09	6:00-7:30pm
2nd & 4th Monday		9:00-10:30am*



Drop-In Pickleball

Players will participate in an open play format using the paddle saddles to rotate in to games. Participants must check in at the Checkout Building to receive a wrist band in order to enter the courts to play. There are two courts designated for the under 3.0 player and four courts for the 3.0+ players. Equipment will not be provided. Instruction will not be provided.

Location: El Segundo Pickleball Courts

Cost: \$3/\$5 for Non-Residents Per Day

Sa 4/16-6/11 9:00am-12:00pm

Pickleball Clinic 102

An intermediate beginner's guide to Pickleball. Students should already know dink, dropshot, and serve somewhat consistently. It is highly recommended that you have taken PB 101 before taking this class. PB 102 teaches three shots, two shots that build on the fundamentals of play acquired from PB 101 as well as a new shot. Students will also learn how to score in a real game.

Location: Recreation Park, Volleyball Court

Instructor: Cade Erickson

Cost: \$28/\$35 for Non-Residents Per Class

Th 4/21, 5/05, 5/19, 6/02 6:00-7:30pm

The City of El Segundo Community Services Presents...

SPRING FLING ROUND ROBIN TOURNAMENT

SUNDAY, MARCH 27TH, 2022

Women's Doubles ~ 9:00-11:30am

Mixed Doubles ~ 11:30am-2:00pm

Men's Doubles ~ 2:00-4:30pm

Location

El Segundo Pickleball and Tennis Courts - 401 Sheldon Street, El Segundo, CA

Format

Round Robin, first to 11, win by 1

Skill Levels

2.5, 3.0, 3.5, 4.0, 4.5

INFORMATION

The entry fee is \$60 per team, per event. Register online at esrec.org under the sports tab. The minimum age to participate is 18.

Using Franklin X-40 balls

No refund 5 days prior to the event

TOURNAMENT DIRECTORS: SCOTT CRANDALL AND CONNIE THRASHER





ADULT PICKLEBALL LEAGUE SPRING 2022



SEASON STARTS MARCH 30

MIXED DBL 3.0 & 3.5 - WEDNESDAY EVENINGS - 6:00-8:00PM

WOMEN'S DBL 3.5 - THURSDAY MORNINGS - 9:00-11:00AM

WOMEN'S DBL 3.0 - THURSDAY MORNINGS - 10:00AM- 12:00PM

COST: \$350 PER TEAM

TEAMS MAY HAVE A MAX OF 8 PEOPLE ON THEIR ROSTER.

ALL TEAM MEMBERS MUST SUBMIT A WAIVER AND ID UNLESS OTHERWISE ON FILE.

RESIDENT REGISTRATION: MARCH 1ST @ 8:00AM

NON-RESIDENT REGISTRATION: MARCH 8TH @ 8:00AM

**SIGN UP YOUR TEAM ON [ESREC.ORG](https://esrec.org)
FOR MORE INFORMATION CALL 310-524-2700**

ADULTS & OLDER ADULTS

FITNESS

Pilates (18+ Years)

From rock stars to Wimbledon champs and Lakers Players, Pilates is now mainstream. Mind and body work together as you strengthen and lengthen all the major muscles of the body with focus on the abdominals. This Pilates-mat class is appropriate for all fitness levels. Class benefits include improving posture, muscle tone and strength, while leaving you feeling renewed, regenerated, and energized.

Location: Joslyn Center, Social Hall

Instructor: Victoria Samia

Cost: \$72/\$90 for Non-Residents

***Cost:** \$81/\$101.25 for Non-Residents

M 4/11-6/06 6:30-7:20pm

F 4/15-6/10 9:00-9:50am*

CoreXpress (18+ Years)

Get in, get it done and get on with your day! This 35 minute intense workout delivers everything you need from your workout and it all starts with your core. 10 minutes of mat based abdominal work is followed by 25 minutes of core/cardio training. Weights and bands are utilized to give you maximum results in a shorter time span.

Location: Joslyn Center, Social Hall

Instructor: Victoria Samia

Cost: \$52/\$65 for Non-Residents

***Cost:** \$58.80/\$73 for Non-Residents

M 4/11-6/06 9:00-9:35am

W 4/13-6/08 9:00-9:35am*

50-Minute Fitness (18+ Years)

This high intensity low impact cardio class is open to intermediate fitness levels and those looking for a challenge. This class incorporates light weights (up to 5lbs), challenging core work, stabilization and back exercises to give you a well-rounded workout. Bring your own set of two hand weights. This class is not recommended for individuals needing mobility assistance, please see instructor if you have concerns regarding your ability to participate in the course

Location: Joslyn Center, Social Hall

Instructor: Victoria Samia

Cost: \$58.80/\$73 for Non-Residents

T 4/12-6/07 10:00-10:50am

Th 4/14-6/09 10:00-10:50am

Arthritis Foundation Fitness (18+ Years)

The Arthritis Foundation Fitness Program builds muscle strength and joint flexibility using therabands and weights. Balance, and coordination exercises are done, as well as low impact aerobics. While exercising, you are always encouraged to stay within your comfort zone.

Location: Joslyn Center, Social Hall

Instructor: Victoria Mendez

Cost: \$65/\$81.25 for Non-Residents

W/F 4/13-6/10 10:30-11:30am



ADULTS & OLDER ADULTS

FITNESS

Yoga: Sun Celebration (18+ Years)

Start your day in the most positive way by honoring the sun's radiant light with rhythmic and warming Surya Namaskars (light flow style) that build into strong standing sequences that prepare you powerfully for your day. Ending with a sweet Savasana and accessible for all levels.

Location: Joslyn Center, Social Hall

Instructor: Noreen Coory

Cost: \$169/\$211.25 for Non-Residents

T/Th 4/12-6/07 11:00am-12:00pm

Yoga: Soul Flow (18+ Years)

A Soulful expression of the Vinyasa flow style designed to bring about a sense of balance and well-being. Open to all levels with open mind and open heart.

Location: Joslyn Center, Social Hall

Instructor: Noreen Coory

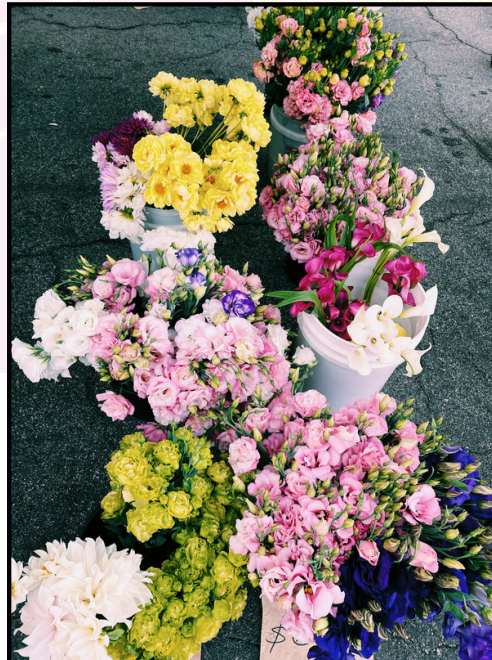
Cost: \$80/\$100 for Non-Residents

W 4/13-6/08 10:00-10:50am

FARMERS' MARKET

Enjoy fresh fruits and vegetables, local crafts, live music and prepared foods at the local Farmers' Market.

Every Thursday, 3:00-7:00pm
300 Block of Main Street



TEENS

Youth Volunteer Program

Apply to be a Youth Volunteer for Spring Break Camp or Summer Camp at Recreation Park. Youth Volunteers will be mentored by Recreation Staff and assist campers with games and crafts! For more information or to download the application, visit www.elsegundorecparks.org or email twilson@elsegundo.org.

Applications for Spring Break Camp due **March 1.***
Applications for Summer Camp due **May 8.***

Location: Recreation Park

Ages: 7th-12th Grade at ESUSD, or ES Resident

Spring Break Camp: April 4-8*

Summer Camp: June 13-August 19*



Spring Break GABIT

April 4th-8th
3:00pm-8:00pm

Free for Residents, \$15 for Non-Residents
8th-12th Grade

Teen Center, 405 E. Grand Ave.

For more information contact Terrence Wilson at 310-524-2718



The Teen Advisory Committee (TAC) is a group of teens who plan events for their peers in the El Segundo community. Stay tuned for their Spring 2022 events!

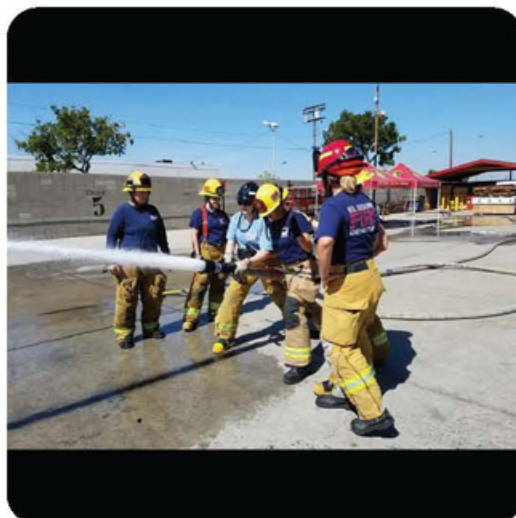


City of El Segundo

Fired Up!



Girls' Empowerment Camp



MARCH 26-27

7:30am-5:00pm

2-Day Camp

Ages 12-19

FREE

Location:

2261 E. Mariposa Ave.,
Fire Station 2

Learn what it's like to be a firefighter!

Girls are invited to see what it takes to be a firefighter and to empower each other to accomplish their goals. You'll get to use real firefighter gear along with learning safety protocols to protect others.

What to wear:

This is a hands-on rigorous camp. Please wear closed-toed athletic shoes, hair tied up, flexible long dark pants, and the camp T-shirt!

Registration Dates: March 1st for Residents

March 8th for Non-Residents

Registration Deadline: March 17

Register at esrec.org

For more information call 310-524-2362

All Gender and
Non-Binary
Welcome

YOUTH & TOTS

ARTS

Art Lab for All (5-12 Years)

Come explore the creative possibilities with a variety of materials and mediums. Projects inspired by current working artists are just the starting point for you to discover your own style and process. All artists are welcome.

Location: Clubhouse, Tri-Room

Instructor: Natalie Strong

Cost: \$120/\$150 for Non-Residents

F 4/15-5/20 3:15-4:05pm

Art Lab for All (3-5 Years)

Come explore the creative possibilities with a variety of materials and mediums. Projects inspired by current working artists are just the starting point for you to discover your own style and process. All artists are welcome.

Location: Clubhouse, Tri-Room

Instructor: Natalie Strong

Cost: \$120/\$150 for Non-Residents

F 4/15-5/20 9:15-10:05am

ENRICHMENT

Spanish Parent and Me

Hola! Join this playgroup in Spanish. Children in this 45-minute class don't sit still for long!

Accompanied by parents or caregivers, these young "students" start learning a new language through a variety of activities designed to engage their minds and bodies. Music and movement form the foundation for the classes, as the children sing simple, rhythmic songs and dance, run, spin, and jump around the room! Help your child expand their opportunities by learning or practicing Spanish.

Location: Clubhouse, Auditorium

Instructor: Sandra Delgado

Cost: \$135/\$168.75 for Non-Residents

Cost: \$60/\$75 for Non-Residents*

6 Years & Under:

T 4/12-6/07 11:00-11:45am

7 Years & Under:

Sa 4/16-5/07 9:15-10:00am*

Sa 5/14-6/11 9:15-10:00am*



YOUTH & TOTS

SPORTS

BEST SPORTS: 4 Multi-Sport (5-8 Years)

This program brings you 4 fantastic sports: soccer, baseball/softball, basketball, and track. We will teach your player how to kick and control a soccer ball, how to hit, catch, throw and run the bases, shoot and dribble a basketball and running, jumping and building strength and endurance in our track and field program. Our goal and focus is to maintain an energetic and highly active program that will teach, encourage, and advance your young players regardless of their skill level. Please bring an age-appropriate soccer ball for the first week. A hitting tee and a basketball is needed later in the session.

Location: Checkout Grass Area

Instructor: BEST SPORTS

Cost: \$145/\$181.25 for Non-Residents

Sa 4/23-6/11 10:40-11:25am

BEST SPORTS: 4 Multi-Sport (2-4 Years)

This program brings you 4 fantastic sports: soccer, baseball/softball, basketball, and track. We will teach your player how to kick and control a soccer ball, how to hit, catch, throw and run the bases, shoot and dribble a basketball and running, jumping and building strength and endurance in our track and field program. Our goal and focus is to maintain an energetic and highly active program that will teach, encourage, and advance your young players regardless of their skill level. Please bring an age-appropriate soccer ball for the first week. A hitting tee and a basketball is needed later in the session.

Location: Checkout Grass Area

Instructor: BEST SPORTS

Cost: \$145/\$181.25 for Non-Residents

Sa 4/23-6/11 11:40am-12:25pm

BEST SPORTS: Basketball Skills & Drills (3-6 Years)

Our industry-leading basketball skills and drills clinics introduce and advance your players ability for ball handling, dribbling, defense, jumping, passing, shooting, and the triple threat position. Our goal and focus is to maintain an energetic and highly active program that will teach, encourage and advance your young players regardless of their skill level. This is an extremely active, endurance-based class.

Location: Checkout Grass Area

Instructor: BEST SPORTS

Cost: \$145/\$181.25 for Non-Residents

Sa 4/23-6/11 9:00-9:45am

BEST SPORTS: Basketball Skills & Drills (7-10 Years)

Our industry-leading basketball skills and drills clinics introduce and advance your players ability for ball handling, dribbling, defense, jumping, passing, shooting, and the triple threat position. Our goal and focus is to maintain an energetic and highly active program that will teach, encourage and advance your young players regardless of their skill level. This is an extremely active, endurance-based class.

Location: Checkout Grass Area

Instructor: BEST SPORTS

Cost: \$145/\$181.25 for Non-Residents

Sa 4/23-6/11 9:50-10:35am



YOUTH & TOTS

SPORTS

BEST SPORTS: Soccer (3-5 Years)

Our industry-leading soccer skills and drills clinics introduce and advance your players ability. Our goal and focus is to maintain an energetic and highly active program that will teach, encourage, and advance your young players regardless of their skill level. This is an extremely active, endurance-based class.

Location: Checkout Grass Area

Instructor: BEST SPORTS

Cost: \$145/\$181.25 for Non-Residents

Sa 4/23-6/11 9:00-9:45am

BEST SPORTS: Soccer (16 Mo.-2 Years)

Our industry-leading soccer skills and drills clinics introduce and advance your players ability. Our goal and focus is to maintain an energetic and highly active program that will teach, encourage, and advance your young players regardless of their skill level. This is an extremely active, endurance-based class.

Location: Checkout Grass Area

Instructor: BEST SPORTS

Cost: \$145/\$181.25 for Non-Residents

Sa 4/23-6/11 9:50-10:35am

BEST SPORTS: Soccer (6-9 Years)

Our industry-leading soccer skills and drills clinics introduce and advance your players ability. Our goal and focus is to maintain an energetic and highly active program that will teach, encourage, and advance your young players regardless of their skill level. This is an extremely active, endurance-based class.

Location: Checkout Grass Area

Instructor: BEST SPORTS

Cost: \$145/\$181.25 for Non-Residents

Sa 4/23-6/11 12:30-1:15pm

Sportball: Parent & Child (16 Mo.-2 Years)

In our Parent and Child Multi-Sport classes, children are introduced to the fundamental skills associated with 8 different sports (soccer, basketball, football, volleyball, golf, hockey, tennis, and baseball). Structured around a play-based and imaginative curriculum, these classes are a fantastic kickstart for an active life.

Location: Checkout Grass Area

Instructor: Sportball

Cost: \$132/\$165 for Non-Residents

F 4/15-6/10 9:00-9:45am

Su 4/17-6/12 9:00-9:45am

Sportball: Parent & Child (2-3 Years)

In our Parent and Child Multi-Sport classes, children are introduced to the fundamental skills associated with 8 different sports (soccer, basketball, football, volleyball, golf, hockey, tennis, and baseball). Structured around a play-based and imaginative curriculum, these classes are a fantastic kickstart for an active life.

Location: Checkout Grass Area

Instructor: Sportball

Cost: \$132/\$165 for Non-Residents

M 4/11-6/06 2:00-2:45pm

F 4/15-6/10 10:00-10:45am

Su 4/17-6/12 10:00-10:45am



YOUTH & TOTS

SPORTS

Sportball: Multi-Sport (3-5 Years)

Sportball Multi-Sport is a dynamic sports program that focuses on skill development in 1 of 8 different sports each class (soccer, basketball, football, volleyball, golf, hockey, tennis, and baseball). Classes apply developmentally appropriate methodology to introduce practice and refine motor skills, progress sports skills, reinforce the benefits of team work and prepare your athlete for a future of confident sport participation.

Location: Checkout Grass Area

Instructor: Sportball

Cost: \$132/\$165 for Non-Residents

M 4/11-6/06 3:00-3:45pm

F 4/15-6/10 11:00-11:45am

Su 4/17-6/12 11:00-11:45am

Sportball: Multi-Sport (5-7 Years)

Sportball Multi-Sport is a dynamic sports program that focuses on skill development in 1 of 8 different sports each class (soccer, basketball, football, volleyball, golf, hockey, tennis, and baseball). Classes apply developmentally appropriate methodology to introduce practice and refine motor skills, progress sports skills, reinforce the benefits of team work and prepare your athlete for a future of confident sport participation.

Location: Checkout Grass Area

Instructor: Sportball

Cost: \$132/\$165 for Non-Residents

Su 4/17-6/12 12:00-12:45pm

Golf with Sportball (3-4 Years)

Sportball Golf introduces your athlete to the fundamentals of the sport. Coaches will lead children through station-based drills focusing on swing fundamentals, proper setup, ball position, parts of the golf club, rules and etiquette of the game, vocabulary, and the simple concepts of how the game is played.

Location: Skate Circle

Instructor: Sportball

Cost: \$132/\$165 for Non-Residents

Sa 4/16-6/11 11:00-11:45am

Golf with Sportball (5-7 Years)

Sportball Golf introduces your athlete to the fundamentals of the sport. Coaches will lead children through station-based drills focusing on swing fundamentals, proper setup, ball position, parts of the golf club, rules and etiquette of the game, vocabulary, and the simple concepts of how the game is played.

Location: Skate Circle

Instructor: Sportball

Cost: \$132/\$165 for Non-Residents

Sa 4/16-6/11 12:00-12:45pm



YOUTH & TOTS

SPORTS

T-Ball with Sportball (2-3 Years)

This class introduces fundamental concepts of game play and teaches the basic skills needed for your athlete to progress into league play and further their skills. Coaches focus on skills like throwing, catching, batting form, base running, fielding, and terminology in fun, exciting skill focused play.

Location: Skate Circle

Instructor: Sportball

Cost: \$132/\$165 for Non-Residents

Sa 4/16-6/11 9:00-9:45am

T-Ball with Sportball (3-5 Years)

This class introduces fundamental concepts of game play and teaches the basic skills needed for your athlete to progress into league play and further their skills. Coaches focus on skills like throwing, catching, batting form, base running, fielding, and terminology in fun, exciting skill focused play.

Location: Checkout Grass Area

Instructor: Sportball

Cost: \$132/\$165 for Non-Residents

M 4/11-6/06 4:00-4:45pm

Sa 4/16-6/11 10:00-10:45am



DANCE

Ballet (6-10 Years)

This beginning level class is designed to develop awareness of alignment and basic ballet vocabulary and technique. Class will include basic barre exercise, as well as center work. Your child will have a fun time learning the secrets behind becoming a great ballerina or danseur!

Location: Clubhouse, Auditorium

Instructor: Grace Maxwell, Athletic Grace Dance Studio

Cost: \$96/\$120 for Non-Residents

T 4/12-6/07 4:35-5:35pm

Tutus and Taps (3-5 years)

This is a movement class that explores rhythm, song, body awareness, locomotor, and a creative expression. Exercises are geared to the developmental needs of preschoolers. This is a structured class geared for children who are preparing for or are attending preschool.

Location: Clubhouse, Auditorium

Instructor: Grace Maxwell, Athletic Grace Dance Studio

Cost: \$96/\$120 for Non-Residents

T 4/12-6/07 3:45-4:30pm

Hippity Hop (3-5 Years)

Hippity Hop is a fun dance class for high-energy kids. Set to kid-friendly music, students will gain self confidence while improving balance, agility, and coordination. This is a structured class geared for children who are preparing for or are attending school.

Location: Clubhouse, Auditorium

Instructor: Grace Maxwell, Athletic Grace Dance Studio

Cost: \$80/\$100 for Non-Residents

M 4/11-6/06 3:45-4:30pm

YOUTH & TOTS

SKATEBOARDING

Champ Camp Skate Pods (4-6 Years)

The cool thing about skateboarding is that participants of different ages and interests can all skate together! Skaters will engage in structured curriculum each week, catered to their skating style and interest. All skaters must bring their own skateboard and helmet. Elbow pads, knee pads, and wrist guards are strongly recommended.

Location: El Segundo Skate Park

Instructor: Champ Camp

Cost: \$104/\$130 for Non-Residents

M	4/18-5/23	3:00-4:00pm
W	4/20-5/25	3:00-4:00pm
Su	4/24-5/29	9:00-10:00am

Champ Camp Skate Pods (7-12 Years)

The cool thing about skateboarding is that participants of different ages and interests can all skate together! Skaters will engage in structured curriculum each week, catered to their skating style and interest. All skaters must bring their own skateboard and helmet. Elbow pads, knee pads, and wrist guards are strongly recommended.

Location: El Segundo Skate Park

Instructor: Champ Camp

Cost: \$104/\$130 for Non-Residents

M	4/18-5/23	4:05-5:05pm
W	4/20-5/25	4:05-5:05pm
Su	4/24-5/29	10:05-11:05am



Come Join Us for

SPRING BREAK CAMP

April 4-8

Arts & Crafts * Science Experiments * Games



Ages 6-11

**10:00 AM- 3:00 PM
at the George E.
Gordon Clubhouse**

**Resident: \$100
Non-Resident: \$125**

Registration:

**Tuesday, March 1st for
Residents
Tuesday, March 8th for
Non-Residents.**

**To register, please visit
www.esrec.org.**

Ages 3-5

**9:30 AM- 11:30 AM
at the George E. Gordon
Clubhouse Drop In room**

**Resident: \$51
Non-Resident: \$66**

**For more information call (310)524-2362
or visit www.esrec.org**

Tiny Tot
3-5 Year Olds

Camp Cowabunga
6-11 Year Olds

Teen Camp
12-15 Year Olds

**&
More!**



Summer Camp 2022!



Camp Dates:

June 13-August 19

Excluding the week of July 4

Registration:

April 16, Residents*

April 25, Non-Residents



For more information call (310) 524-2362 or visit esrec.org
Additional registration information TBA*



CAMP REFUND POLICY

Seven (7) business days* before the program starts, payees may receive a full refund (minus a \$10 administrative fee). Refund requests must be made no later than 7 business days before the program start date. If a request for a refund is made after the 7 day period, but 3 business days before the program starts, a \$50 late request penalty will be processed along with the \$10 administrative fee.

Payees are not entitled to refunds requested less than 3 business days before the program begins.

*Our regular business day schedule is Monday - Friday, 7am to 5pm.

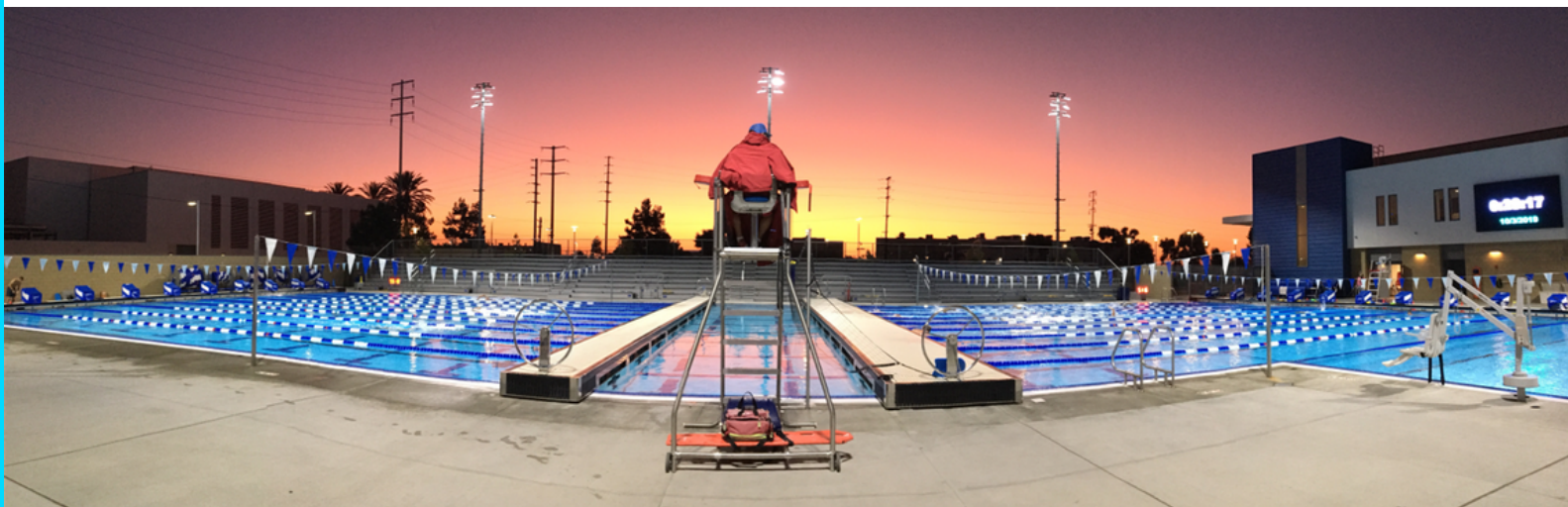
All refund requests should be submitted in writing by emailing reghelp@elsegundo.org. Time stamps from the email will be used to assess the above fees and charges. Exceptions to these policies based on unforeseeable circumstances will be considered by a supervisor on a case-by-case basis.

AQUATICS

City of El Segundo Wiseburn Unified School District Aquatics Center

2240 E. Grand Ave. El Segundo, CA

310-524-2738  aquatics@elsegundo.org



Aquatics Center Drop-Ins

Adult (18-61 Years): \$4/\$6 for Non-Residents  **Military**: \$2/\$4 for Non-Residents

Senior (62+ Years): \$2/\$4 for Non-Residents  **Youth** (3-17 Years): \$2/\$4 for Non-Residents

Infant (under 3 Years): Free with paid Adult

Resident rate at the Aquatics Center is an El Segundo Resident or Wiseburn Resident with a current Recreation ID Membership

Multiple day and multiple use passes are also available.

Lap Swim by Reservation

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
50 Meter Long Course	6:00-8:00am 9:00am-1:00pm						10:00-11:00am 1:00-3:00pm
Competition Pool (25Y)		6:00am-3:00pm	6:00-8:00am 9:00am-3:00pm	6:00am-3:00pm	6:00-8:00am 9:00am-3:00pm	6:00-8:00am 11:00am-3:00pm	
Instruction Pool (25Y)	6:00-7:00am 10:00am-1:00pm 7:00-9:00pm	6:00-7:00am 8:00-9:00am 10:00am-3:00pm 7:00-9:00pm	6:00-7:00am 10:00am-1:00pm 7:00-9:00pm	6:00-7:00am 8:00-9:00am 10:00am-3:00pm 7:00-9:00pm	6:00-7:00am 10:00am-3:00pm 5:00-6:00pm	6:00-8:00am	6:00am-12:00pm

Drop In Lap Swim (North 2 & 3)

Competition Pool (25Y)		6:00am-2:00pm	6:00-8:00am 9:00am-2:00pm	6:00am-2:00pm	6:00-8:00am 9:00am-2:00pm		
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Recreation Swim (All Ages)

Instruction Pool (25Y)					6:00-9:00pm	12:00-3:00pm	12:00-3:00pm
Additional Recreation Swim 12:00-3:00pm April 4th-15th and May 30th.							

Reservations made on esrec.org under Aquatic Lane Rentals Tab

Lap swim spots open 10 days out for Residents and 7 days out for Non-Residents.

AQUATICS

WATER FITNESS

Registration will open for the whole month 10 days before the first class.

Naomi's HIIT Water Aerobics (18+ Years)

This 50-minute moderate-intensity exercise class includes warm-up aerobic, core, and stretching exercises to give you a full workout. The buoyancy and resistance of the water allows you to move without the same stress on your weight-bearing joints, while making your muscles work harder. Students are welcome to bring their own aquatic weights and pool noodle, but equipment is not mandatory for this class.

Location: Aquatics Center, Instructional Pool

Instructor: Naomi Gol

Cost: \$8/\$10 for Non-Residents Per Class

M-F 7:00-7:50am

M-F 9:00-9:50am

T/Th 6:00-6:50pm

Carol's Aqua Tone & Stretch (18+ Years)

Fitness is a splash in this Aqua Tone & Stretch class. You'll start the workout with warm-up moves, then add cardiovascular and strength training exercises. Water Aerobics classes are easy on your joints, yet challenging enough to help you reach new levels of fitness. Because of their low-impact format, water aerobics classes are suitable for every age and fitness level, from beginning exercisers through elite athletes. Participants may bring and use their own water shoes and gloves. Pool noodles and water weights are available at the pool.

Location: Aquatics Center, Instructional Pool

Instructor: Carol Hahn

Cost: \$8/\$10 for Non-Residents Per Class

Sa 4/09 8:00-8:50am

Sa 5/07 8:00-8:50am

Sa 6/11 8:00-8:50am



Alyson's S'WET (16+ Years)

S'WET is a brand new aquatic fitness format which stands for Structured Water Exercise Training and consists of a combination of basic aquatic fitness movements, high intensity interval training (HIIT) strength training, cardio, plyometrics, and a splash of fun! S'WET combines interval and circuit training in the water for participants with the goal of challenging the cardiovascular system to increase circulation, endurance capacity, and help promote joint lubrication.

Location: Aquatics Center, Instructional Pool

Instructor: Alyson Campbell

Cost: \$8/\$10 for Non-Residents Per Class

T/F 10:00-10:50am



AQUATICS

SWIM LEVELS

Level 0- Parent & Me Seahorses (6 Mo.-3 Years)

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. Children must wear swim diapers

Level 1- Tadpoles (3+ Years)

Level 1 is for children to practice positive attitude and safe practices around water while also gaining basic knowledge of body positioning, arm technique, and kicking.

There is no pre-requisite.

Level 2- Frogs

Level 2 participants learn to perform skills learned in level 1 independently. With assistance, participants will begin to put together arm technique, kicking, and floating. They will also be introduced to deeper water.

Pre-requisite: Front glide for 2 body lengths, rollback float for 15 seconds.

Level 3- Clownfish

Level 3 participants spend all their time in deeper water. They begin swimming further distances on their front while also beginning to put together backstroke.

Pre-requisite: Tread water or float for 10 seconds, swim using arms and legs on front for 2 body lengths.

Level 4- Blowfish

Level 4 swimmers will learn side breathing, flutter kick, scissor kick, breaststroke kick, and dolphin kick. They will also begin swimming longer distances.

Pre-requisite: Push off wall and swim 5 body lengths on front and back, tread water for 15 seconds.

Level 5- Seals

Level 5 swimmers will begin working on diving, as well as swimming further distances in breaststroke, and butterfly. Participants will work on swimming the length of the pool in freestyle and backstroke. Lastly, they will begin flip turns and touching the bottom in the deep end.

Pre-requisite: Ability to swim 15 yards in both backstroke and freestyle, streamline 2 body lengths.

Level 6- Dolphins/Sharks

Level 6 swimmers will work on treading water using legs only as well as swimming breaststroke and butterfly without a kickboard. Swimmers will also practice swimming distance and building their treading water ability.

Pre-requisite: Ability to swim 25 yards of unassisted freestyle and backstroke, 15 yards of breaststroke kick and butterfly kick, enter water headfirst (basic dive).

Level 7- Fliers

Level 7 swimmers will begin preparation for joining a swim team. They will learn to read a swim set, as well as swimming long distances in all 4 strokes.

Pre-requisite: Perform a streamline dive, swim 50 yards of both freestyle and backstroke, swim 25 yards of breaststroke and butterfly.



AQUATIC CENTER LESSONS

Session Dates (2022)	Time	Levels	Cost	Registration: 9am
Group Lessons				
Monday & Wednesday March 28- April 20	3:30pm 4:00pm 4:30pm 5:00pm	L1, L2, L3 L4, L5, L7 L1, L6, L5 L2, L4	\$48 Residents \$60 Non-Residents	March 18 March 21
Tuesday & Thursday March 29- April 21	3:30pm 4:00pm 4:30pm 5:00pm	L1, L2, L3 L4, L5, L7 L1, L6, L5 L2, L4	\$48 Residents \$60 Non-Residents	March 18 March 21
Monday & Wednesday May 2- May 25	3:30pm 4:00pm 4:30pm 5:00pm 5:30pm	L1, L2, L3 L4, L5, L7 L1, L6, L3 L2, L4, L5 L7	\$48 Residents \$60 Non-Residents	April 22 April 25
Tuesday & Thursday May 3- May 26	3:30pm 4:00pm 4:30pm 5:00pm 5:30pm	L1, L2, L3 L4, L5, L7 L1, L6, L3 L2, L4, L5 L7	\$48 Residents \$60 Non-Residents	April 22 April 25
Privates/Parent & Me				
Saturday April 2- April 23	9:00am 9:30am 10:00am 10:30am 11:00am 11:30am	Privates (Ages 3 & up)	\$80 Residents \$100 Non-Residents	March 18 March 21
Saturday April 2- April 23	11:00am 11:30am	Parent & Me	\$24 Residents \$30 Non-Residents	March 18 March 21
Saturday May 7- May 28	9:00am 9:30am 10:00am 10:30am 11:00am 11:30am	Privates (Ages 3 & up)	\$80 Residents \$100 Non-Residents	April 22 April 25
Saturday May 7- May 28	11:00am 11:30am	Parent & Me	\$24 Residents \$30 Non-Residents	April 22 April 25

AQUATICS

SPECIALTY CLASSES

Lifeguard Certification Classes (15+ Years)

The City of El Segundo is excited to bring you the American Red Cross blended learning lifeguard training class. This class is for participants 15 years and older who would like to become certified Lifeguards. We will combine in depth online learning with detailed class instruction, demonstration and practice.

Upon successful completion of this course participants will receive American Red Cross certifications in Lifeguarding and CPR for the professional rescuer.

This is a blended learning course all participants must have access to the internet. Student must attend all classes to pass this course, complete all online segments and pass all skills test and score 80% or higher on all written exams.

Prerequisites: Must be 15 years old, able to swim 300 yards nonstop using front crawl and breaststroke, able to retrieve 10lb weight from deep water and then swim 20 yards with the weight using legs only

**Cost: \$200 for course and certification
Infant and Adult Rescue Mask \$10**

Sa, Su	3/19-3/20	9:00am-5:00pm
Sa, Su	4/23-4/24	9:00am-5:00pm
Sa, Su	5/21-5/22	9:00am-5:00pm

Junior Guard Training Program (9+ Years)

This program is designed to prepare youth ages 9+ for the Los Angeles County Junior Guard Swim test. Space is limited, register early! All swimmers must be 9 years of age by June 20.

Location: Aquatics Center

Instructor: Aquatics Staff

Cost: 8-30 Minute Classes-\$73.60/\$92 for Non-Residents

***Cost: 7-30 Minute Classes-\$64.40/\$80.50 for Non-Residents**

M/W	3/28-4/20	5:00-5:30pm
M/W	3/28-4/20	5:30-6:00pm
T/Th	3/29-4/21	5:00-5:30pm
T/Th	3/29-4/21	5:30-6:00pm

Swim With Me (all Ages Adaptive Swim Lessons)

This adaptive swim program is designed to focus on your children's abilities not disabilities. An individualized swim plan is created to help reach your child's swim goals using applied behavior analysis methods. All sessions will include sensory integration, which is naturally built into the lesson, and of course a lot of fun.

Location: Aquatics Center, Instructional Pool

Instructor: Saul Gonzalez

Cost: 4-30 Minute Classes-\$220/\$275 for Non-Residents

4-45 Min Classes-\$330/\$412.50 for Non-Residents

Session 1	3/26-4/16
Session 2	4/30-5/21

Sa	8:00-8:30am
Sa	8:30-9:00am
Sa	9:45-10:15am
Sa	10:15-11:00am
Sa	11:00-11:30am
Sa	11:30am-12:00pm

swm
swim with me

JOIN OUR TEAM

The City of El Segundo is looking for exceptional individuals to fill vacancies. Seasonal and yearly opportunities are available.

Currently Hiring:

Lifeguards

Swim Instructors

Recreation Leaders

Senior Recreation Leaders

Applications available on the city website under part-time opportunities.



FACILITY MAP

RECREATION FACILITIES & PARKS



FACILITIES

- 1 CHECKOUT BUILDING**
401 Sheldon St.
Phone: 310-524-2700
Mon - Sun: 8:00am - 9:00pm
- 2 GEORGE E. GORDON CLUBHOUSE**
300 E. Pine Ave.
Phone: 310-524-2362
Mon - Fri: 9:00am - 4:00pm
Sat: 9:00am - 1:00pm
- 3 JOSLYN CENTER**
339 Sheldon St.
Phone: 310-524-2705
Mon - Thurs: 9:00am - 8:00pm
Fri: 9:00am - 5:00pm
Sat: 9:00am - 1:00pm
Sun: 10:00am - 3:00pm
-Outreach
Phone: 310-524-2706
Mon - Fri: 9:00am - 1:00pm

- 5 URHO SAARI SWIM STADIUM "THE PLUNGE"**
219 W. Mariposa Ave.
Phone: 310-524-2738
Closed until renovation, please donate at WWW.ESREC.ORG
- 6 CITY OF EL SEGUNDO WISEBURN UNIFIED SCHOOL DISTRICT AQUATICS CENTER**
2240 E. Grand Ave.
Phone: 310-524-2738
Mon-Fri: 6:00am - 9:30pm
Sat - Sun: 6:00am - 3:00pm
- 7 CAMP EUCALYPTUS**
641 California St.
Phone: 310-524-2700
- 8 PARK VISTA**
615 E. Holly Ave.
- 9 THE LAKES GOLF COURSE**
400 S. PCH

FIELDS

- 4 TEEN CENTER & SKATE PARK**
405 Grand Ave.
Phone: 310-524-2717
Mon: 2:00pm - 8:00pm
Tues - Fri: 3:00pm - 8:00pm
Sat: 12:00pm - 8:00pm

- 10 CAMPUS EL SEGUNDO ATHLETIC FIELD**
2201 E. Mariposa Ave.
Phone: 310-524-2700
- 11 STEVENSON FIELD**
Located on the west side of Recreation Park
- 12 GEORGE BRETT FIELD**
Located in the northeast corner of Recreation Park

- 13 RECREATION PARK SOFTBALL FIELD**
Located in the northeast corner of Recreation Park, next to George Brett Field
- 14 RICHMOND STREET FIELD**
Located on the corner of Mariposa Ave. & Virginia St.

PARKS

- 15 RECREATION PARK**
401 Sheldon St.
- 16 ACACIA PARK**
600 Block of W. Acacia Ave.
- 17 CANDY CANE PARK**
100 Block of Whiting St.
- 18 CLUTTER'S PARK**
East Imperial Ave. at Sheldon St.
- 19 CONSTITUTION PARK**
Washington St. between Sycamore and Maple Ave.
- 20 EL SEGUNDO DOG PARK**
East Imperial Ave between McCarthy Court and Sheldon St.
- 21 FREEDOM PARK**
Illinois St. between Mariposa Ave. and Holly Ave.

- 22 HILLTOP PARK**
Corner of Maryland St. and Grand Ave.
- 23 HOLLY VALLEY PARK**
Corner of W. Holly Ave. and Valley St.
- 24 IMPERIAL STRIP & MEMORY TREE ROW**
Imperial Ave. between Hillcrest Ave. and Center St.
- 25 INDEPENDENCE PARK**
Washington St. between Walnut Ave. and Sycamore Ave.
- 26 KANSAS PARK**
Corner of Kansas St. and Holly Ave.
- 27 LIBRARY PARK**
600 Block of Main St.
- 28 SYCAMORE PARK**
Corner of Sycamore Ave. and California St.
- 29 WASHINGTON PARK**
Washington St. between Maple Ave. and Mariposa Ave.

FARMERS MARKET

- 30 Every Thursday 3:00-7:00pm**
300 Block on Main St.
Phone: 310-524-2700

FOLLOW US, LIKE US, CONNECT WITH US @ESRECANDPARKS

