



EL SEGUNDO

Recreation Activity Guide

SUMMER
JUNE-AUGUST
2022

TABLE OF CONTENTS

Registration Information.....	3
Special Events.....	4
Adults & Older Adults.....	5
Farmers' Market.....	11
Teens.....	13
Youth & Tots.....	14
Camps.....	20
Aquatics.....	25
Facilities Map.....	32

INFORMATION

REGISTRATION

Online registration is available at esrec.org

Walk-in 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: May 23rd at 9am.

Non-Resident: May 31st at 9am

Swim Registration:

**Refer to Aquatics Section for
Registration Dates (Page 25)**

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 ID's can be purchased at the Clubhouse, Checkout Building Joslyn Center, and Aquatics Center. Rec ID purchases require two (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. 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 (20) for camps refund policy and registration dates.**

UPCOMING EVENTS

AUGUST 13TH - 14TH
FAMILY CAMPOUT
 AT STEVENSON FIELD

\$16 PER PERSON
 Resident Sale Begins: July 5th | Non-Resident Sale Begins: July 15th
 Families are invited to bring their tents and camp out under the stars on Stevenson Field.

Includes:
 Dinner on Saturday and Breakfast on Sunday
 Games and Activities
 Movie at Dusk
 S'mores around the Campfire in the evening

Wristbands available at the George E. Gordon Clubhouse from July 5th through August 2nd

Due to preparation needs, this event is pre-sale only.
 Entry at 4pm on Saturday. No sales onsite & no refunds.
 Must have wristbands at the gate. No alcohol. No pets allowed.
 For more information please call 310-524-2362

COMMUNITY SERVICES
 Sponsored by: **BILL RUANE RE/MAX**

COMMUNITY SERVICES
GO Fly A KITE DAY

SUNDAY, AUGUST 7
 11am to 2pm

RECREATION PARK
 CHECKOUT GRASS & LAWN BOWLING

BRING YOUR OWN KITES & JOIN US FOR FESTIVITIES
FREE KITES WHILE SUPPLIES LASTS
ARTS & CRAFTS

CAN'T MAKE IT? THAT'S OK! WE ENCOURAGE YOU TO FLY YOUR KITE WHEREVER YOU CAN!

@ESRECAPARKS #GOFLYAKITEDAY2022 FOR MORE INFORMATION CALL 310-524-2700

City of El Segundo Community Services Department Presents

the 4th of July

DAYTIME EVENTS: 10AM - 3PM
EVENING EVENTS: 5PM - 9PM
FIREWORKS BEGIN AT 9PM

Wristbands available at the Clubhouse and Checkout Building in Recreation Park on June 1st through July 3rd. El Segundo Residents can receive a maximum of 4 free wristbands per adult with an updated 2022 Rec ID Card.

COMMUNITY SERVICES **BILL RUANE RE/MAX**



SUMMER CONCERTS



IN THE PARK

LIBRARY PARK

• ACTIVITIES AT 4PM

• MUSIC AT 4:30PM

June 19

Thee Champagne Band

Motown/R&B

June 26

Top Beate's Tribute Show

Psychedelic Rock/Blues

July 10

Selena Tribute

Tejano

July 24

Rod Stewart Tribute Show

Pop/Rock

Food Trucks

Arts & Crafts

August 7

Boogie Star 70's Show

Electric Dance/Blues

ADULTS & OLDER ADULTS

ARTS

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 6/14 & 6/16 6:00-9:00pm

T/Th 7/12 & 7/14 6:00-9:00pm

T/Th 8/16 & 8/18 6:00-9:00pm

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: \$136/\$170 for Non-Residents

M 6/20-8/15 12:00-2:00pm

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 – 6 projects will be completed.

Location: Joslyn Center, Crafts Room

Instructor: Dawn Whitney-Hall

Cost: \$144/\$180 for Non-Residents

M 6/20-8/15 10:30-11:30am

DANCE

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 singles 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 step.

Location: Clubhouse, Auditorium

Instructor: Carol Well

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

T 7/05-9/06 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 singles 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 step.

Location: Clubhouse, Auditorium

Instructor: Carol Well

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

Th 7/07-9/08 6:00-7:00pm

Zumba (18+ Years)

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

Location: Clubhouse, Auditorium

Instructor: Sandra Delgado

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

M 6/20-7/25 7:00-8:00pm

M 8/01-8/29 7:00-8:00pm

W 6/22-7/27 7:00-8:00pm

W 8/03-8/31 7:00-8:00pm

ADULTS & OLDER ADULTS

PICKLEBALL

Drop-In Pickleball

Players will participate in an open play format using the paddle saddles to rotate into 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: Recreation Park, Pickleball Courts

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

Sa 6/18-8/27 9:00am-12:00pm

Drop-In Pickleball Play

All participants must register in order to participate in this program. There is a maximum number of people allowed on the courts during this program in order to minimize wait time between games. When you arrive please check in at the Checkout building to receive your wristband anytime during the 3 hours of play. Paddle saddles are used for rotation and to guide the flow of play. This program is designed for the 4.0 player level and above and skill level participation monitored. There are 4 courts available which are using temporary nets and taped lines. Equipment is not provided.

Location: Recreation Park, Pickleball Courts

Cost: \$4

F 6/17-8/26 9:00am-12:00pm

Pickleball Clinic 101

A beginner's guide to Pickleball. In this class we will go over the three shots absolutely 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 can be taken as many times as you want and it is not required but heavily recommended that you take this class and learn the fundamentals before signing up for PB 102. 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

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

M 6/20-8/22 6:00-7:30pm

Pickleball Clinic 102

An intermediate'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 a real game. Just like the PB 101 class, it is a great way to meet players at your level to go outside of the class and play with! Paddles are provided but you are always welcome to bring your own paddle if you have one. If not, then we would be happy to advise you about what paddle will best fit your needs.

Location: Recreation Park, Volleyball Court

Instructor: Cade Erickson

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

Th 6/23-8/25 6:00-7:30pm



ADULTS & OLDER ADULTS

PICKLEBALL

Pickleball Bootcamp 2.5

Want to take your game to the next level? These boot camps are specially designed for the advanced beginner level player. It will focus on specific skill techniques ranging from solid fundamentals to progressive techniques. The boot camps will include a variety of offensive and defensive strategies to assist you with your game development. Min 6/Max 8.

Location: Recreation Park, Volleyball Court

Instructor: Scott Crandall

Cost: \$125 Per Class

W 7/06, 8/03 10:00am-12:00pm

Scott Crandall is one of the top senior touring pro's on the professional Pickleball circuit. Scott is a multiple winner on the PPA and APP pro tours, currently ranked as #4 in men's senior pro doubles and #6 in mixed senior pro doubles.



Scott joined El Segundo's program in 2021 as the Pro PPR certified Pickleball instructor and brings his 10 years of instructional experience to the program. When Scott isn't playing his own medal matches on tour, you can catch him on the sidelines providing strategic advice to Jessie and Catherine who are currently the #1 women's team in the world!

Scott is available for private, semi-private, group, and "3 & me" lessons.

Contact him directly at 818-307-4403 or scottc.777@gmail.com

Pickleball Bootcamp 3.0+

Intermediate/Advanced 3.0-3.5 Skill Levels

Want to take your game to the next level? These boot camps are specially designed for the advanced beginner level player. It will focus on specific skill techniques ranging from solid fundamentals to progressive techniques. The boot camps will include a variety of offensive and defensive strategies to assist you with your game development. Min 6/Max 8.

Location: Recreation Park, Volleyball Court

Instructor: Scott Crandall

Cost: \$125 Per Class

W 7/20, 8/17 10:00am-12:00pm

Women's Round Robin 2.5

Welcome to the City of El Segundo Community Services Department's Women's Pickleball program for skill level 2.5.

This program is for the 2.5 skill level player who will have the opportunity to play with other players in a fun, round robin environment. This 8 week session will also include a certified instructor to assist with skill development while on the court as well as drilling sessions for those interested.

All players must submit a waiver and ID unless otherwise on file.

USA Pickleball/IFP Official Rules will be followed for game play.

Location: Recreation Park, Pickleball Courts 1-4, Tennis Court #6

Instructor: Connie Thrasher

Cost: \$96

W 6/29-8/17 9:00-11:00am

ADULT PICKLEBALL LEAGUE SUMMER 2022



SEASON IS JUNE 28TH TO AUGUST 18TH

WOMEN'S DBL 3.0	WEDNESDAY AFTERNOONS	11:00AM-1:00PM
WOMEN'S DBL 3.5	THURSDAY AFTERNOONS	11:00AM-1:00PM
WOMEN'S DBL 3.5+	THURSDAY MORNINGS	9:00AM-11:00AM
MIXED DBL 3.0	TUESDAY EVENINGS	6:00PM-8:00PM
MIXED DBL 3.5	WEDNESDAY EVENINGS	6:00PM-8:00PM

COST: \$350 PER TEAM

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

WOMEN'S ROUND ROBIN 2.5	WEDNESDAY MORNINGS	9:00AM-11:00AM
------------------------------------	---------------------------	-----------------------

COST: \$90 PER PLAYER

INCLUDES INSTRUCTION

RESIDENT REGISTRATION: MAY 16TH @ 8:00AM
NON-RESIDENT REGISTRATION: MAY 23RD @ 8:00AM

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

ADULTS & OLDER ADULTS

FITNESS

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: \$32/\$41 for Non-Residents

W/F 6/22-7/15 11:00am-12:00pm

W/F 8/03-8/31 11:00am-12:00pm

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: \$58.50/\$73 for Non-Residents

M 6/20-8/22 9:00-9:35am

W 6/22-8/24 9:00-9:35am

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

M 6/20-8/22 6:30-7:30pm

F 6/24-8/26 9:00-9:50am

Tai Chi for Beginning and Intermediate Students (18+ Years)

Tai Chi is a centuries-old Chinese martial art based on the Taoist philosophy of Yin and Yang. In this class, we will explore the slow, continuous movements of Yang style Tai Chi, which is accessible to everyone regardless of age or physical ability.

Join us in exploring this ancient art, which is still practiced worldwide today, known to bring about strength and energy, optimum health and body awareness, improved balance and coordination, relaxation and stress reduction, and community and lasting friendships.

Please wear comfortable clothes and flat shoes.

Location: Joslyn Center, Social Hall

Instructor: Linda Kahn & Jerry Larson

Cost: \$56/\$70 for Non-Residents

F 6/24-8/12 1:30-2:30pm



ADULTS & OLDER ADULTS

FITNESS

Hatha Yoga (18+ Years)

Students are instructed in classic Hatha Yoga.

Classes emphasize 3 main skills:

1. Breathing exercise for improved mental clarity and stress relief.
2. Stretching yoga poses for increased flexibility and strength, toning muscles and internal organs and better circulation.
3. Relaxation techniques for releasing tension, overcoming anxiety and achieving peace of mind.

Location: Joslyn Center, Social Hall

Instructor: Victoria Elia

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

Th 6/22-8/10 6:30-7:45pm

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

T/Th 7/12-8/18 11:00am-12:00pm

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

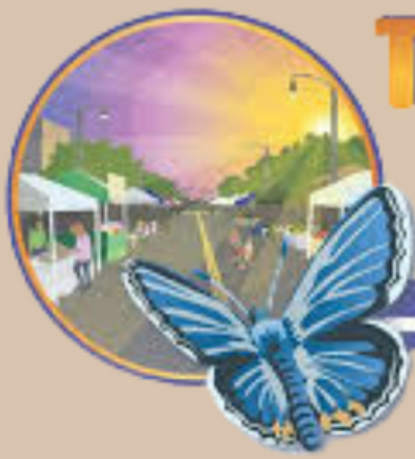
Cost: \$58.50/\$73 for Non-Residents

T 6/21-8/23 10:00-10:50am

Th 6/23-8/25 10:00-10:50am

Naomi's HIIT Water Aerobics! See page 28





THE FARMERS MARKET

El Segundo



Scan here to see weekly vendors

Thursdays - 3:00pm to 7:00pm

300 Block of Main St. Downtown El Segundo



Enjoy fruits and vegetables, local crafts, live music and prepared foods. Beat the traffic, shop the stalls, meet the growers and enjoy the friendly hometown atmosphere of downtown El Segundo, including great dining.





sgreen@elsegundo.org



310-524-2707



EL SEGUNDO FARMERS' MARKET SUMMER OF FUN!



Fun for the whole family during 10 special themed weeks. Free activities will include games, prizes, live entertainment, face painting, bouncers, craft projects, giveaway items, and more!



300 BLOCK OF MAIN STREET
EVERY THURSDAY | JUNE 16 - AUGUST 18
3:00 PM - 7:00 PM



Scan to see the Theme & Activities each week



TEENS

Youth Volunteer Program

Apply to be a Youth Volunteer for 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

Location: Recreation Park

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

Summer Camp Volunteering: Weekly, June 13-August 19

Teen Center Camp (12-14 Years)

Teens will enjoy their time with Teen Center Recreation Staff as they lead various activities, including games, crafts, various sports, and weekly field trips!

Location: El Segundo Teen Center

Instructor: Recreation Staff

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

M-F 6/20-6/24 10:00am-3:00pm

M-F 7/25-7/29 10:00am-3:00pm

M-F 8/08-8/12 10:00am-3:00pm



SUMMER GABIT
August 1st - 5th

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 poster features a photograph of two basketball players jumping for a shot in front of the El Segundo Teen Center. A logo for 'ESTABLISHED 1961 GABIT' is in the top right. The bottom section has a blue background with white wave patterns and silhouettes of basketball players.



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 Summer 2022 events!

YOUTH & TOTS

ARTS

Mommy and Me Arts and Crafts - Toddlers (20 Mo.-3 Years)

This class is for both mom and toddlers to socialize, be creative, and most importantly have fun! Each class will have an age appropriate craft, outdoor movement activity, and include some songs and music. Come meet new friends and craft away. All caregivers are welcomed.

Location: Clubhouse, Tri-Room

Instructor: Tiffany Spadola

Cost: \$92/\$115 for Non-Residents Per 4 Weeks

Sa 7/09-7/30 9:30-10:15am

Sa 8/06-8/27 9:30-10:15am

Mommy and Me Arts and Crafts - Preschooler (3-5 Years)

This class is for both mom and toddlers to socialize, be creative, and most importantly have fun! Each class will have an age appropriate craft, outdoor movement activity, and include some songs and music. Come meet new friends and craft away. All caregivers are welcomed.

Location: Clubhouse, Tri-Room

Instructor: Tiffany Spadola

Cost: \$92/\$115 for Non-Residents Per 4 Weeks

Sa 7/09-7/30 10:30-11:15am

Sa 8/06-8/27 10:30-11:15am

Violin Ensemble (8-12 Years)

Global Strings Students will develop confidence and creativity while learning proper violin techniques, bowing, and sound production. Students will perform classical and popular repertoire in concerts for families and friends.

Location: Clubhouse, Auditorium

Instructor: Ahmed Eltigani

Cost: \$200/\$250 for Non-Residents

Sa 7/09-8/27 1:30-2:30pm

ENRICHMENT

Musical Fun for Tots (1 Mo.-5 Years)

Dance, sing, and socialize to all types of music with wild and fun Miss Wanda. Parent or caregiver participation is all that is required for this exhilarating experience. We use rainbows, tambourines, and Chiquita Maracas to express ourselves. Your tot will blossom by listening to and joining in to celebrate music. Studies have proven that stimulating your little one will result in a smart and confident young adult. Beautifully illustrated books to music and flannel board stories will tickle their young imagination.

Location: Clubhouse, Auditorium

Instructor: Miss Wanda

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

Cost: \$154/\$192.50 for Non-Residents*

T 7/12-8/16 10:00-10:45am

W 7/13-8/17 10:00-10:45am

F 7/15-8/19 10:00-10:45am

T/F 7/12-8/19 10:00-10:45am*

Spanish Parent and Me (6 Years & Under)

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

6 Years & Under:

T 7/19-8/23 11:00-11:45am

7 Years & Under:

Sa 7/23-8/27 9:15-10:00am

YOUTH & TOTS

SPORTS

Basketball with Sportball (6-8 Years)

In our Basketball Skills class, the focus is on the fundamentals of gameplay. Children will learn aspects of the game such as dribbling, passing, shooting, defense, court positions, spacing, screen stance, block, and terminology explaining how the game is played. Each week our coaches' focus is to build teamwork, knowledge of the game, skills, and increase endurance of our young athletes.

Location: Recreation Park, Basketball Courts

Instructor: Sportball

Cost: \$70/\$87.50 for Non-Residents

M 8/08-8/29 4:45-5:30pm

Basketball with Sportball (9-12 Years)

In our Basketball Skills class, the focus is on the fundamentals of gameplay. Children will learn aspects of the game such as dribbling, passing, shooting, defense, court positions, spacing, screen stance, block, and terminology explaining how the game is played. Each week our coaches' focus is to build teamwork, knowledge of the game, skills, and increase endurance of our young athletes.

Location: Recreation Park, Basketball Courts

Instructor: Sportball

Cost: \$70/\$87.50 for Non-Residents

M 8/08-8/29 5:30-6:15pm

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: Recreation Park, Basketball Court

Instructor: BEST SPORTS

Cost: \$124/\$155 for Non-Residents

Sa 7/09-8/20 9:00-9:45am

BEST SPORTS: Basketball Skills & Drills (5-7 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: Recreation Park, Basketball Court

Instructor: BEST SPORTS

Cost: \$124/\$155 for Non-Residents

Sa 7/09-8/20 9:50-10:35am

BEST SPORTS: Basketball Skills & Drills (8-10 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: Recreation Park, Basketball Court

Instructor: BEST SPORTS

Cost: \$124/\$155 for Non-Residents

Sa 7/09-8/20 10:40-11:25am

YOUTH & TOTS

SPORTS

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: \$165/\$206.25 for Non-Residents

Sa 6/25-8/20 9:50-10:35am

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: \$165/\$206.25 for Non-Residents

Sa 6/25-8/20 9:00-9:45am

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: \$165/\$206.25 for Non-Residents

Sa 6/25-8/20 12:30-1:15pm

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

This program brings you 4 fantastic sports: Soccer, Baseball/Softball, Basketball & 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, running, jumping, and building strength and endurance in our Track & Field program. Our goal and focus is to maintain an energetic & 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 are needed later in the session.

Location: Checkout Grass Area

Instructor: BEST SPORTS

Cost: \$165/\$206.25 for Non-Residents

Sa 6/25-8/20 11:40am-12:25pm



YOUTH & TOTS

SPORTS

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

This program brings you 4 fantastic sports: Soccer, Baseball/Softball, Basketball & 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, running, jumping, and building strength and endurance in our Track & Field program. Our goal and focus is to maintain an energetic & 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 are needed later in the session.

Location: Checkout Grass Area

Instructor: BEST SPORTS

Cost: \$165/\$206.25 for Non-Residents

Sa 6/25-8/20 10:40-11:25am



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: Recreation Park, Skate Circle

Instructor: Sportball

Cost: \$70/\$87.50 for Non-Residents

Sa 6/25-7/23 10:40-11:25am

Sa 8/06-8/27 10:40-11:25am

Golf with Sportball (5-6 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: Recreation Park, Skate Circle

Instructor: Sportball

Cost: \$70/\$87.50 for Non-Residents

Sa 6/25-7/23 11:30am-12:15pm

Sa 8/06-8/27 11:30am-12:15pm

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: \$70/\$87.50 for Non-Residents

M	6/20-7/18	3:15-4:00pm
M	8/08-8/29	3:15-4:00pm
F	6/24-7/22	10:40-11:25am
F	8/05-8/26	10:40-11:25am
Su	6/26-7/24	10:40-11:25am
Su	8/07-8/28	10:40-11:25am

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: \$70/\$87.50 for Non-Residents

Su	6/26-7/24	11:30am-12:15pm
Su	8/07-8/28	11:30am-12:15pm

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: \$70/\$87.50 for Non-Residents

F	6/24-7/22	9:00-9:45am
F	8/05-8/26	9:00-9:45am
Su	6/26-7/24	9:00-9:45am
Su	8/07-8/28	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: \$70/\$87.50 for Non-Residents

F	6/24-7/22	9:50-10:35am
F	8/05-8/26	9:50-10:35am
Su	6/26-7/24	9:50-10:35am
Su	8/07-8/28	9:50-10:35am

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: Recreation Park, Skate Circle

Instructor: Sportball

Cost: \$70/\$87.50 for Non-Residents

Sa 6/25-7/23 9:00-9:45am

Sa 8/06-8/27 9:00-9:45am

T-Ball with Sportball (4-5 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: Recreation Park, Skate Circle

Instructor: Sportball

Cost: \$70/\$87.50 for Non-Residents

M 6/20-7/18 4:00-4:45pm

M 8/08-8/29 4:00-4:45pm

Sa 6/25-7/23 9:50-10:35am

Sa 8/06-8/27 9:50-10:35am



DANCE

Intro- 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. Dancers may wear dance apparel and ballet slippers.

Location: Clubhouse, Auditorium

Instructor: Grace Maxwell

Cost: \$144/\$180 for Non-Residents

T 6/28-8/23 4:35-5:35pm

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

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

Cost: \$108/\$135 for Non-Residents*

M 6/27-8/22 3:45-4:25pm

F 7/01-8/26 3:45-4:25pm*

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

Cost: \$108/\$135 for Non-Residents

T 6/28-8/23 3:45-4:25pm

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 & Info:
ESREC.ORG
310-524-2362



Limited Spaces Are Available
Please Add Yourself to the Waitlist if Program Is Full.



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.

SUMMER CAMPS

SPORTS

Basketball Camp (3rd-8th Grade)

Come join David Howard and the Combine Academy coaches for a week of basketball skills training and fun-filled activities. This camp includes but is not limited to:

Passing, shooting, dribbling, defensive drills, knockout, relays races, dodgeball, scrimmages, basic and advanced basketball concepts, and philosophy.

Location: El Segundo High School, Gym

Instructor: Combine Academy

Cost: \$220/\$275 for Non-Residents

M-F 6/13-6/17 9:00am-12:00pm

M-F 6/27-7/01 9:00am-12:00pm



BEST Sports Camps (4-11 Years)

Come learn, play and have a BLAST! We will play games like Baseball, Softball, Basketball, Soccer, Football, Volleyball, Dodgeball, Kickball, Track & Field, Lacrosse, Badminton and more... Also enjoy relay races, capture the flag, newcomb, frisbee, 4-square, 2-square, bump out, sprout ball, and many more playground games! Don't forget our endurance obstacle courses, and age permitting scrimmaging. All campers are age-split. Pack snacks, plenty of water and a lunch to be fueled for the day! Don't forget Pizza Party Friday's for Full Day Campers!

Location: Campus El Segundo, West Side

Instructor: BEST Sports

Cost: \$389/\$486.25 for Non-Residents (Full)

Cost: \$219/\$273.75 for Non-Residents (Half)*

M-F Weekly 6/20-8/12 9:00am-4:00pm

M-F Weekly 6/20-8/12 9:00am-12:30pm*

M-F Weekly 6/20-8/12 12:30-4:00pm*

Excludes 7/04-7/08

Champ Camp! Skate Camp (5-12 Years)

This camp teaches kids of all experience levels the skills needed to have fun and be safe on a skateboard! From basic to advanced tricks to park and board safety, the Champ Skate Camp is a full skateboard experience of high fives and smooth rides! Participants should bring their own skateboard and helmet. For more detailed program information please visit:

www.champcampkids.com

Location: El Segundo Skate Park

Instructor: Champ Camp

Cost: \$260/\$325 for Non-Residents

M-F Weekly 6/13-8/19 9:00am-12:00pm

Excludes 7/04-7/08

Ultimate Sport Camp (3-5 and 6-10 Years)

Clinics consists of a three-hour session and feature advanced skills training and scrimmages. To keep things interesting and challenging, both the sport and drill combinations are switched up periodically. Each camp day our children participate in a fun STEAM downtime activity. Participants will be broken into groups based on age.

Location: Recreation Park, Skate Circle

Instructor: Sportball

Cost: \$165/\$206.25 for Non-Residents

M-F Weekly 6/13-8/12 9:00am-12:00pm

M-F Weekly 6/13-8/12 1:00-4:00pm

Excludes 7/04-7/08

***Times vary, refer to registration site for details**



SUMMER CAMPS

ENRICHMENT

Acting Bootcamp (7-12 Years)

Do you want to learn how to act? Each day you will learn a different acting skill; Day 1: Improvisation, Day 2: Acting to Camera commercials, Day 3: Acting to Camera, Day 4: Stage; working on scripted scenes, Day 5: Rehearsal and performance. At the end of the class, parents and friends will be invited to watch a short performance on the final day and have an opportunity to ask questions!

Location: Clubhouse, Auditorium

Instructor: OTBT: Off the Beaten Track

Cost: \$389/\$486.25 for Non-Residents

M-F 6/13-6/17 9:00am-3:00pm

Acting to Camera (7-12 Years)

LIGHTS, CAMERA, ACTION! We will focus on commercials and tv/film scripts for all levels. Starting off with improvisation and commercials to camera and audition skills using scripts. We will then work in partners, rehearsing a scene that will be filmed and emailed to parents. Learn how to be confident and creative through storytelling.

Location: Clubhouse, Auditorium

Instructor: OTBT: Off the Beaten Track

Cost: \$220.60/\$275.75 for Non-Residents

M-F 6/27-7/01 12:30-3:30pm

Art Lab (7-14 Years)

Join local artist Natalie Strong for a week of experimentation with new art skills and a buffet of materials to create art limited only by your imagination. Students will be encouraged to express themselves, take risks, stretch beyond their comfort zones, and make whatever beautiful, humble, extravagant, weird, and wonderful creations they can dream up. There is no right or wrong when it comes to making art. Dress for a mess and bring a snack. Materials included.

Location: Clubhouse, Tri-Room

Instructor: Natalie Strong

Cost: \$300/\$375 for Non-Residents

M-F 6/13-6/17 9:00am-12:00pm

M-F 7/18-7/22 9:00am-12:00pm

M-F 8/08-8/12 9:00am-12:00pm

Brick 4 Kidz-Lego Camp-Galaxy Far Away (6-11 Years)

Join us in an adventurous journey through space. Travel back in time to build NASA's Gemini Capsule and other amazing models. We'll build motorized models that represent spacecraft from your favorite popular space movie. Come experience this stellar journey to a galaxy far away.

Location: Clubhouse, Auditorium

Instructor: BRICK 4 KIDZ

Cost: \$295/\$368.75 for Non-Residents

M-F 8/15-8/19 9:00am-12:00pm

Brick 4 Kidz-Lego Camp-Jurassic World Brickland (6-11 Years)

Are you ready for the adventure of a lifetime? Put on your hiking boots and camouflage...you are about to enter Jurassic Brick Land! Campers will build a world that comes to life with gentle Brontosaurus, ferocious Velociraptor, terrifying T-rex and more. See them come to life in our motorized models!

Location: Clubhouse, Auditorium

Instructor: BRICK 4 KIDZ

Cost: \$295/\$368.75 for Non-Residents

M-F 8/15-8/19 1:00-4:00pm

Brick 4 Kidz-Lego Camp-Mining and Crafting (6-11 Years)

Experience the world of Minecraft with Lego bricks in this fun summer camp! Kids will start by crafting their shelters and some of the mobs, critters, and tools using LEGO bricks. Students will face new challenges each day, building models and crafting key elements from the popular Minecraft games.

Location: Clubhouse, Auditorium

Instructor: BRICK 4 KIDZ

Cost: \$295/\$368.75 for Non-Residents

M-F 6/20-6/24 1:00-4:00pm

SUMMER CAMPS

ENRICHMENT

Brick 4 Sports-Fanatics Camp (6-11 Years)

Play Ball! LEGO Brick, ball, that is! In our Brick 4 Kidz Sports Fanatics Camp, our all-star Master Builder campers will be using LEGO Bricks to create robotic athletes such as soccer players that shoot, hockey skaters that skate, gymnastics that tumble, and much more! Go Team LEGO Bricks!

Location: Clubhouse, Auditorium

Instructor: BRICK 4 KIDZ

Cost: \$295/\$368.75 for Non-Residents

M-F 6/27-7/01 1:00-4:00pm

Champ Camp! @ The Beach (4-12 Years)

Champ Camp's play-based "Beach Camp" program gives your champs the chance to spend five days straight playing epic activities on the sand and coolin' off in the sea. Offering our campers everything from sand games and arts and crafts projects to water play and sandcastle creating, the Champ Camp Beach experience gives kiddos a summer they will never forget. For more detailed information, visit ChampCampKids.com or follow us at @ChampCampKids. See ya on the sand!

Location: El Segundo Beach

Instructor: Champ Camp

Cost: \$399.20/\$499 for Non-Residents (Full)

Cost: \$239.20/\$299 for Non-Residents (Half)*

M-F Weekly 6/13-8/12 9:00am-3:00pm

M-F Weekly 6/13-8/12 9:00am-12:30pm*

Excludes 7/04-7/08

Confidence Bootcamp (7-12 Years)

This class will focus on empowering young people to come out of their shells. Incorporating storytelling, improvisation, imagination, and working with others, students will learn techniques to help them feel calm and confident, so they can speak in front of a group of people and work with others. Young people will have more belief in themselves and learn to be free and open in their life.

Location: Clubhouse, Auditorium

Instructor: OTBT: Off the Beaten Track

Cost: \$220.60/\$275.75 for Non-Residents

M-F 6/20-6/24 12:30-3:30pm



Cooking Camp (4-6 Years)

School's out so let's get cooking! This class is designed to foster a life-long love of healthy cooking for each enrolled student. This interactive learning experience provides children an opportunity to develop their cooking and baking skills, learn how to work together as a team, make choices, try new foods, and learn basic kitchen safety. Menu changes each session.

Location: Clubhouse, Kitchen

Instructor: Kim Woods

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

M-Th 7/11-7/14 9:00-9:45am

M-Th 7/18-7/21 9:00-9:45am

Cooking Camp (7-9 Years)

School's out so let's get cooking! This class is designed to foster a life-long love of healthy cooking for each enrolled student. This interactive learning experience provides children an opportunity to develop their cooking and baking skills, learn how to work together as a team, make choices, try new foods, and learn basic kitchen safety. Menu changes each session.

Location: Clubhouse, Kitchen

Instructor: Kim Woods

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

M-Th 7/11-7/14 10:00-10:45am

M-Th 7/18-7/21 10:00-10:45am

M-Th 7/11-7/14 11:00-11:45am

M-Th 7/18-7/21 11:00-11:45am

SUMMER CAMPS

ENRICHMENT

Filmmaking Bootcamp (7-13 Years)

This class includes creating a story in script format designed for a trailer, short film, or music video, including preparing for pre-production, shooting, and editing. Students may use their cameras, iPads, or iPhones. Instructor will provide a camera and editing software. A screening of the finished work will be presented on the last day of class.

Location: Camp Eucalyptus

Instructor: Anna Giannotis

Cost: \$280/\$350 for Non-Residents

M-F 6/20-6/24 1:00-4:00pm

M-F 7/11-7/15 10:00am-1:00pm

M-F 7/25-7/29 10:00am-1:00pm

M-F 8/15-8/19 10:00am-1:00pm

Pocket Brick Monsters (6-11 Years)

Get ready for an adventure in the world of Pokémon! Capture wild creatures and train them for battle. Tap into your inner engineer as we build Drantini, Pikachu, Poke Balls, and more. Do you have what it takes to become a Pokémon Master?

Location: Clubhouse, Auditorium

Instructor: BRICK 4 KIDZ

Cost: \$295/\$368.75 for Non-Residents

M-F 7/11-7/15 1:00-4:00pm

Welcome Spanish! (5-12 Years)

The Welcome Spanish Program seeks to have students learn Spanish effortlessly and naturally by engaging in: signing songs, reading stories in story time, acting out real world scenarios, playing games, and hands-on activities.

Location: Clubhouse

Instructor: Sandra Delgado

Cost: \$204/\$255 for Non-Residents

M-F 6/20-6/24 9:00am-12:00pm

M-F 6/27-7/01 9:00am-12:00pm

M-F 7/11-7/15 9:00am-12:00pm



AQUATICS

Aquatics Center

2240 E. Grand Ave.

Aquatics Center Pricing

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

Military: \$2/\$4 for Non-Residents

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

Youth (3 to 17 Years): \$2/\$4 for Non-Residents

Infant (Under 3 Years): Free with paid adult

Multiple day and multiple use passes are also available.

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



Lap Swim by Reservation Hours - Summer Schedule runs 6/13-8/22

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Instruction Pool (25Y)	6:00am-8:00am 10:00am-1:00pm 7:00pm-9:00pm	6:00am- 1:00pm 7:00pm-9:00pm	6:00am-8:00am 10:00am-1:00pm 7:00pm-9:00pm	6:00am - 1:00pm 7:00pm-9:00pm	6:00am- 8:00am 10:00am-1:00pm	6:00am-8:00am	6:00am-12:00pm

REC Swim Hours

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Instruction Pool (25Y)	1:00pm - 3:00pm	1:00pm - 3:00pm	1:00pm - 3:00pm	1:00pm - 3:00pm	1:00pm - 3:00pm 6:00pm - 9:00pm	12:00pm - 3:00pm	12:00pm - 3:00pm

Lap Swim 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

Hilltop

Corner of Maryland St. and Grand Ave.

Recreation Swim - All Ages

Cost: Free with El Segundo Rec ID/ \$5.50 without
Pricing does not require pre-registration to participate.
Please note that late admission to drop-in programs is 15 minutes prior to the program closing time.



Hilltop Hours

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00pm - 5:00pm	12:00pm - 5:00pm	12:00pm - 5:00pm	12:00pm - 5:00pm	12:00pm - 5:00pm	12:00pm - 5:00pm	12:00pm - 5:00pm

Weekends Only: May 28th - June 12th & August 27th - September 5th

Everyday: June 13th - August 22nd

Open Memorial Day, 4th of July & Labor Day

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.

SWIM LESSON EVALUATIONS

NIGHT OF
TUESDAY MAY 31ST &
THURSDAY JUNE 2ND
4:30-5:30PM

Bring your child to be evaluated by our swim instructors. Our instructors will recommend the level fit for your child!

For more information about the swim lesson evaluations or general swim lesson info, visit our website at esrec.org or call us at 310-524-2738

Group Lessons					
Session 1			Session 3		
Monday-Thursday June 13- June 23 Hilltop	9:30AM 10:00AM 10:30AM 11:00AM 11:30AM	L1,L2,L3 L1,L2,L3 L1,L2,L3 L1,L2,L3 L1,L2,L3	Monday-Thursday July 25- August 4 Hilltop	9:30AM 10:00AM 10:30AM 11:00AM 11:30AM	L1,L2,L3 L1,L2,L3 L1,L2,L3 L1,L2,L3 L1,L2,L3
Monday-Thursday June 13- June 23 Aquatics Center	3:00PM 3:30PM 4:00PM 4:30PM 5:00PM 5:30PM	L1,L2,L6 L1,L3,L7 L1-L5 L1-L5 L1,L4,L5,L6 L1,L2,L4,L7	Monday-Thursday July 25- August 4 Aquatic Center	3:00PM 3:30PM 4:00PM 4:30PM 5:00PM 5:30PM	L1,L2,L6 L1,L3,L7 L1-L5 L1-L5 L1,L4,L5,L6 L1,L2,L4,L7
Session 2			Privates/Parent & Me		
Monday-Thursday July 5- July 14* Hilltop	9:30AM 10:00AM 10:30AM 11:00AM 11:30AM	L1,L2,L3 L1,L2,L3 L1,L2,L3 L1,L2,L3 L1,L2,L3	Session A		
Monday- Thursday July 5- July 14* Aquatic Center	3:00PM 3:30PM 4:00PM 4:30PM 5:00PM 5:30PM	L1,L2,L6 L1,L3,L7 L1-L5 L1-L5 L1,L4,L5,L6 L1,L2,L4,L7	Saturday June 18-July 9 Aquatics Center	9:00AM 9:30AM 10:00AM 10:30AM 11:00AM 11:30AM	Privates (Ages 3 & up)
			Saturday June 18- July 9 Aquatics Center	11:00AM 11:30AM	Parent & Me
Registration (9am)			Session B		
Session 1/A: June 3/ June 6 Non-Resident			Saturday July 23- August 13 Aquatics Center		
Session 2: June 24/ June 27 Non-Resident			9:00AM 9:30AM 10:00AM 10:30AM 11:00AM 11:30AM		
Session 3/B: July 15/ July 18 Non-Resident			Saturday July 23- August 13 Aquatics Center		
			11:00AM 11:30AM		
			Parent & Me		

Cost
Groups:
\$48/ \$60 Non-Resident
***\$42/ \$52.50 Non-Resident**
Privates:
\$80/ \$100 Non-Resident
Parent & Me:
\$24/ \$30 Non-Resident

AQUATICS

SPECIALTY CLASSES

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/W*/Th 6:00-6:50pm

Wednesday 6pm classes will begin 6/01*

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



Aquatics Camp

Play all week long at Aquatics Camp. Swim, compete, and splash Monday through Thursday at the Aquatic Center along with the city's lifeguards. There will be inflatables, pool games, rec swim, and relays. Book your spot for a week of fun in the sun.

Location: Aquatics Center

Instructor: Aquatics Staff

Cost: \$51/\$66 for Non-Residents

M-Th 6/27-6/30 3:30-6:00pm

Resident Registration: May 23rd at 9:00am

Non-Resident Registration: May 31st at 9:00am

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, Diana (Session 1)

Cost: 4-30 Minute Classes-\$252/\$315 for Non-Residents

4-45 Min Classes-\$376/\$470 for Non-Residents

3-30 minute classes - \$189/\$236.25 for Non-Residents

3-45 minute classes - \$282/\$352.50 for Non-Residents

Session 1: Saturday only

Sa 6/04-6/25 Times vary 8:00am-12:00pm

Sa 6/11-6/25 Times vary 8:00am-12:00pm

Session 2: Friday and Saturday

F 7/08-7/29 Times vary 10:00am-12:00pm

Sa 7/09-7/30 Times vary 8:00am-12:00pm

-Registration opens 10 days prior to start of class for Residents and 7 days for Non-Residents.

swm.
swim with me

AQUATICS

SPECIALTY CLASSES

GIT Program (9+ Years)

Too young to become a lifeguard but interested in learning lifesaving skills? Sign up for two days of our Guard in Training Program this summer if you are at least 9 years old. Learn about CPR, rescues, and water safety. Must be a strong swimmer to partake in the program.

Location: Aquatics Center

Instructor: Aquatics Staff

Cost: \$48/\$60 for Non-Residents

M/W 7/18-7/20 3:30-6:00pm

M/W 8/08-8/10 3:30-6:00pm

Resident Registration: May 23rd at 9:00am

Non-Resident Registration: May 31st at 9:00am

Lifeguard Certification Classes (15+ Years)

Interested in becoming a lifeguard and getting a job? The City of El Segundo offers an American Red Cross Lifeguard Certification Program for ages 15 and up. Upon successful completion of the course, participants will receive an American Red Cross certification in Lifeguarding, CPR, AED, and First Aid!

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.

Location: Aquatics Center

Instructor: Aquatics Staff

Cost: \$200 for Course and Certification

Infant and Adult Rescue Mask \$10

Sa, Su 6/25-6/26 8:30am-6:30pm

Sa, Su 7/16-7/17 8:30am-6:30pm

Sa, Su 8/20-8/21 8:30am-6:30pm

Resident Registration: May 23rd at 9:00am

Non-Resident Registration: May 31st at 9:00am

PARTY AT THE POOL

Reserve space for your party during Recreation Swim times!

Hilltop Park & Pool

Thursday through Sunday

12:00pm to 5:00pm

* 2 Hour Minimum

1-20 People \$108/\$36 Per Hour for
El Segundo Residents with a valid Rec ID

* 20 Swimmers Maximum

* Picnic bench rentals available through ESREC.ORG or (310)524-2700

* Reservations must be made 10 days in advance.



For all inquiries, please email aquatics@elsegundo.org.

AQUATICS

AQUATICS EVENTS

SWIM INTO SUMMER

BRING YOUR FRIENDS TO SWIM IN THE INSTRUCTIONAL POOL ALONG WITH POOL TOYS, SMALL INFLATABLES, AND MUSIC

RECREATION SWIM
JUNE 18 12PM-3PM

ADULTS: \$4/\$6 NON-RESIDENT
YOUTH: \$2/\$4 NON-RESIDENT

EL SEGUNDO AQUATICS PRESENTS

DIVE-IN MOVIES



SELECT FRIDAY NIGHTS DURING REC SWIM

Come splash around and enjoy a movie in the Instructional Pool!

FRI 6/24: LUCA

FRI 7/22: PETER PAN

6pm-9pm*

Movie start and end time will vary

Cost: Residents \$5/ Non-Residents \$7



Splash off

SUMMER

M-F 8/15-8/19

Rec Swim All Week
1pm-3pm

Cost:

\$4/\$6 for Non-Resident Adult
\$2/\$4 for Non-Resident Youth

Wrap up your summer vacay with a last dip at the Aquatics Center! There will be plenty of pool toys, inflatables, and music for everyone.

WE ARE HIRING!

SCAN ME



The City of El Segundo Community Services Department is hiring **Recreation Leaders, Senior Recreation Leaders, Lifeguards, and Swim Instructors!**

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

- 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.

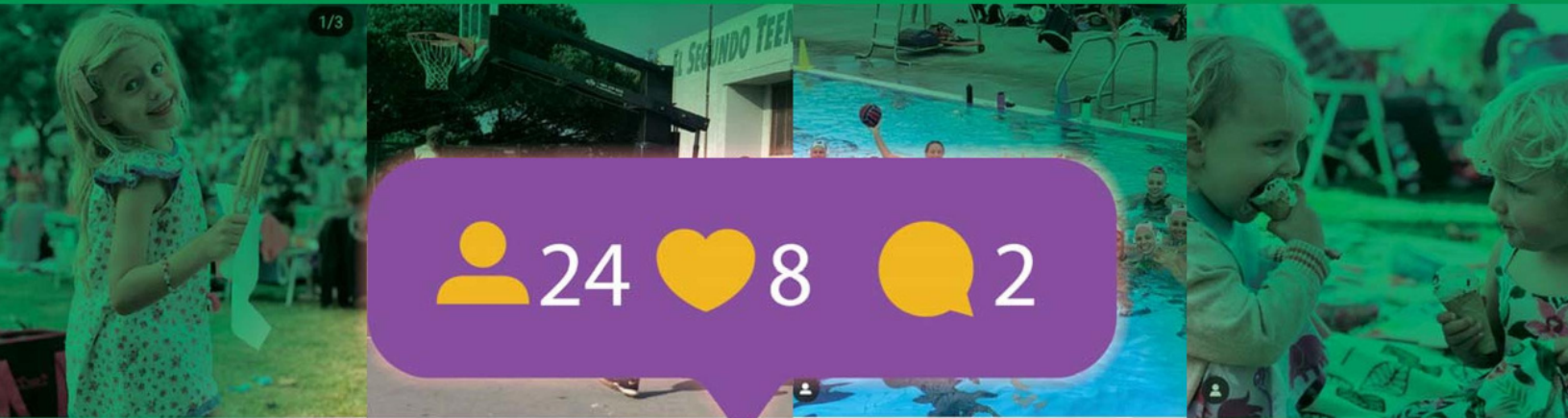
FARMERS MARKET

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

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

FOLLOW US, LIKE US, CONNECT WITH US @ESRECANDPARKS



Liked by **esrecandparks** and 70 others
egundogram Nothing says fall like basketball skills clinic...
bfirst_apparel5454 Join this insta bio shortly

46 likes
@coastalmasterswaterpolo @coastalmasterswaterpolo
time scrimmaging the Fil... more

28 likes
turnthepagebookcoaching Friends + picnic + ice cream
+ Beatles cover band = summertime perfection...
July 2

