El Segundo
REC, PARKS, & LIBRARY
We Engage... We Inspire... We Play...

# RECREATION ACTIVITY GUIDE



# SUMMER 2023

## JUNE - AUGUST

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## REC, PARKS, & LIBRARY DEPARTMENT DIRECTORY

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# NOTE FROM
# THE RECREATION, PARKS, AND LIBRARY DIRECTOR

**Greetings El Segundo Residents,**

**We are looking forward to an exciting summer here in El Segundo! The Recreation, Parks and Library Department is launching into the new season with so many camps, activities, and events for everyone to enjoy.**

**The Plunge Renovation Project and Recreation Park Renovation Project are BOTH underway! Stay tuned as things progress.**

**Please look for updates about all of our happenings on the City website at www.elsegundorecparks.org and social media channels. Feel free to share your feedback and ideas with me via email at amancini@elsegundo.org.**

**Summer brings the return of the Summer Concert Series, the 4th of July, Family Campout and Go Fly a Kite Day. We are so excited to see you all in the park!**



**Happy Summer,**

**Aly Mancini**
**Recreation, Parks and Library Director**
**amancini@elsegundo.org**
**310-524-2730**

# PARK SAFETY

## RULES AND REGULATIONS

**Please familiarize yourself with and observe the following rules and regulations outlined in El Segundo Municipal Code 10-1-4.**

- **No riding e-bikes or bikes in the park. You must always walk your e-bike or bike at all times in Recreation Park. Riding is not allowed at any time.**

  **El Segundo Municipal Code 10-1-4 (B)**



- **Private camps, classes, and fitness instruction are not permitted in any City Park or Facility without written approval from the Recreation, Parks, and Library Department. If you are interested in teaching a class at one of our parks or facilities, please contact 310-524-2362.**

  **El Segundo Municipal Code 10-1-4 (R)**



**Thank you for your understanding and compliance. For more information, please contact Recreation, Parks, and Library Director, Aly Mancini at amancini@elsegundo.org.**

**@ESRECANDPARKS | ELSEGUNDORECPARKS.ORG**

# 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 in a program, please register early.

Recreation Class Registration Opens:
**Resident: May 22, 2023**
**Non-Resident: May 29, 2023**
**Classes Begin: June 12, 2023**

Swim Registration:
**Refer to Aquatics' Section for Registration Dates (Page 40)**

## RESIDENT RECREATION ID CARD

El Segundo Residents with a valid Rec ID Card receive a discount on 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. **Refer to Camps section for camp refund policy.**

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

# SPECIAL EVENTS

El Segundo Recreation, Parks & Library Department Presents

## SUMMER CONCERTS IN THE PARK

LIBRARY PARK • ACTIVITIES AT 4PM • MUSIC AT 4:30PM

**June 18** – Rad Moon Rising



CCR Tribute

**June 25** – The Emperors



Oldies Variety

**July 9** – Who's Zepplin



The Who & Led Zepplin Tribute

**July 23** – Upstream



Caribbean Music

Food Trucks

Arts & Crafts

BILL RUANE RE/MAX ESTATE PROPERTIES

Chevron

**August 6** – Journey USA




Journey Tribute

City of El Segundo Rec, Parks & Library Presents

## the 4th of July

DAYTIME EVENTS: 10 AM - 3 PM

EVENING EVENTS: 5 PM - 9 PM

FIREWORKS BEGIN AT 9 PM

Wristbands available at the Clubhouse and Checkout Building in Recreation Park - June 1st through July 3rd. El Segundo Residents can receive a maximum of 4 free wristbands per adult with an updated 2023 Rec ID Card

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## GO Fly A KITE DAY

SUNDAY, AUGUST 6

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!

@ESRECANDPARKS
#GOFLYAKITEDAY2023

FOR MORE INFORMATION CALL 310-524-2700

AUGUST 12TH - 13TH

## 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

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EL SEGUNDO PUBLIC LIBRARY

# Kids and Teens

## BEGINNING JUNE 9 - AUGUST 5

Please call 310-524-2726 for additional information.

### Preschool Storytime

Join us for songs, rhymes, stories & crafts.

**Tuesdays**
**11:00AM - 11:30AM**
**Ages 3-5 yrs + adult caregiver.**
***Tickets required.**

### Baby/Toddler Storytime

Enjoy fun songs, rhymes, and books!

**Wednesdays**
**10:00AM - 10:20AM**
**Ages 0-2 yrs + adult caregiver.**
***Tickets required.**

### Kids' Club

Lots of fun! Special crafts, movies & age-appropriate activities.

**Wednesdays**
**3:00PM - 3:45PM**
**Ages 5-12 yrs**

### Crafteen

Socialize with friends & other teens while creating!
Free snacks included.

**1st & 3rd Tuesdays**
**3:30PM - 4:30PM**
**Ages 12-17 yrs**

## Summer Reading Program 2023

## Find Your Voice

**Registration for all ages begins Friday, June 9th!**

ESPL

# ADULTS & OLDER ADULTS

## FITNESS

### Arthritis Foundation (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: $81.25/$65 with a valid Rec ID**
**W/F 6/14-8/18 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: $81.25/$65 with a valid Rec ID**
**M 6/19-8/21 9:00-9:35am**
**W 6/21-8/23 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: $112.50/$90 with a valid Rec ID**
**M 6/19-8/21 6:30-7:30pm**
**F 6/23-9/1 9:00-10:00am**
**No Class on 8/25**

### STRONG 30 (18+ Years)

STRONG 30 is a revolutionary 30-minute, high-intensity, full body workout where every single cardio and muscle-conditioning move is perfectly synced to original music. So instead of counting reps, you train to the beat, pushing past your limits and torching more calories. Please bring a mat and bottled water.

**Location: Athletic Grace Dance Studio**
**Instructor: Athletic Grace Dance Studio**
**Cost: $108/$86.40 with a valid Rec ID**
**M 6/12-8/21 9:30-10:00am**
**No class on 8/7**

### 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 steps.

**Location: Clubhouse, Drop-In Room**
**Instructor: Sandra Delgado**
**Cost: $31.20/$24.96 with a valid Rec ID**
**M 6/12-7/3 7:00-8:00pm**
**W 6/14-7/5 7:00-8:00pm**
**M 7/10-7/31 7:00-8:00pm**
**W 7/12-8/2 7:00-8:00pm**
**M 8/7-8/28 7:00-8:00pm**
**W 8/9-8/30 7:00-8:00pm**

# ADULTS & OLDER ADULTS

## FITNESS

### 50 Minute Fit (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 participation in the course.

**Location: Joslyn Center, Social Hall**
**Instructor: Victoria Samia**
**Cost: $81.25/$65 with a valid Rec ID**
**T 6/20-8/29 10:00-10:50am**
**Th 6/22-8/31 10:00-10:50am**
**No Class on 7/4, 8/24**

### Mental Health Fitness

Special Complex exercise for people who want to keep Mental Health in working condition, to control out emotions, increase cognitive skills, to relieve stress, reduce anxiety and depression signs. Our Brain can be trained like our body. This complex consists of three parts.

1. Exercise for improving body-brain signals
2. Mediations – breathing exercise, awareness, self-compassion
3. Nutrition

All the hormones and neurotransmitters that affect our cognition emotion, and behavior start from the gut, that's why our food is so important.

*Complimentary class 6/3, 9:30-10:20am. All are invited!

**Location: Joslyn Center, Social Hall**
**Instructor: Galina Medvedeva**
**Cost: $250/$200 with a valid Rec ID**
**Sa 6/17-8/19 9:30-10:20am**

## ARTS

### Art Journaling for Adults (18+ Years)

Come explore and experiment with the freedom and self-expression of art journaling. Working in a sketchbook provided for each student (you may bring your own if you prefer), learn different techniques and approaches to capturing your thoughts, feelings, and ideas using a variety of materials and mediums. All skill levels are welcome.

**Location: Joslyn Center, Social Hall**
**Instructor: Natalie Strong**
**Cost: $300/$240 with a valid Rec ID**
**M 6/12-8/14 6:00-7:00pm**
**No Class 7/3**



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# ADULTS & OLDER ADULTS

## 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.

**Location: Clubhouse, Auditorium**
**Instructor: Carol Well**
**Cost: $93.75/$75 with a valid Rec ID**
**T 6/27-9/5 6:00-7:00pm**
**No class on 7/4**

### Adult Tapping for Fun and Exercise - 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 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: $93.75/$75 with a valid Rec ID**
**Th 6/29-9/7 6:00-7:00pm**
**No class on 7/6**

### Gentle Ballet (18+ Years)

Come join us at the barré for Happy Hour. Whether you're an experienced dancer, have briefly dabbled or are a complete novice, we welcome all learners of any ability. The physical benefits of dance on aging bodies are well-established, but studies have found the joy and social connections formed in a weekly dance class improves energy and mental outlook. Ballet slippers or dance sneakers recommended.

**Location: Athletic Grace Dance Studio**
**Instructor: Athletic Grace Dance Studio**
**Cost: $153/$122.40 with a valid Rec ID**
**M 6/12-8/21 10:30-11:30am**
**No class on 8/7**

### Beginner Line Dance (18+ Years)

This class will introduce students to Country Line Dancing teaching them the basic steps to simple patterns such as the Electric Slide, Cowboy Hustle, Tush Push, Black Velvet, etc. This class level helps students at a slower level build on balance, motor skills, memory and wall changes. Each class 2 new dances are taught and we review dances taught in previous classes as time permits. I teach the classics and the some of the newest beginning level dances taught at the club venues around the Southland. This class is a recommended prerequisite for the Improver/Intermediate Line Dance class.

**Location: Social Hall, Joslyn Center**
**Instructor: Tom Hickey**
**Cost: $100/$80 with a valid Rec ID**
**T 6/13-8/8 6:00-7:00pm**

### Improver/Intermediate Line Dance (18+ Years)

This class builds of the patterns from the Beginning Level, but introduces more spins, turns and complex patterns/tags/restarts. IN this class the pace is a bit faster and the students are challenged more both mentally and physically. We go over the classic intermediate dances such as Dizzy, Walk The Line, Slappin' Leather, T.G.I.G, etc....as well as some of the newest ones being taught in the club venues as well. Same format as beginner: 2 new dances are taught per class and then a review of dances taught in the previous classes worked in as time allows.

**Location: Social Hall, Joslyn Center**
**Instructor: Tom Hickey**
**Cost: $100/$80 with a valid Rec ID**
**T 6/13-8/8 7:00-8:00pm**

# RAQUET SPORTS

## 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, four courts for the 3.0+ players, and four courts for 4.0 players.

Equipment and instruction will not be provided.

**Location: Recreation Park, Pickleball Courts**

**Cost: $5/$3 with a valid Rec ID**

| | | |
|---|---|---|
| **M** | **5:00pm-8:00pm** | **4.0** |
| **F** | **9:00am-12:00pm** | **4.0** |
| **F** | **5:00pm-8:00pm** | **3.0 / 3.5** |
| **Sa/Su** | **9:00am-12:00pm** | **3.0 / 3.5** |



### Pickleball Clinic 101

A beginners 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 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**

### 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**

# ADULT PICKLEBALL

## SUMMER 2023

### BEGINS JUNE 20

**Registration:**

MAY 15, RESIDENTS
MAY 18, RETURNERS
MAY 22, NEW TEAMS

### Men's

| | | |
|---|---|---|
| DBL 3.5 | TUE | 6:30-8:30PM |
| DBL 4.0 | TUE | 6:30-8:30PM |

$200

### Mixed

| | | |
|---|---|---|
| DBL 4.0 | WED | 6:30-8:30PM |
| DBL 3.5+ | WED | 6:30-8:30PM |
| DBL 3.5 | THUR | 6:30-8:30PM |
| DBL 3.0 | THUR | 6:30-8:30PM |

$350

### Women's

| | | |
|---|---|---|
| DBL 3.5 | WED | 8:30-10:15AM |
| DBL 3.0 | WED | 10:30AM-12:15PM |
| DBL 3.5+ | THUR | 10:30AM-12:15PM |
| DBL 4.0 | THUR | 8:30-10:15AM |

$350

**SIGN UP YOUR TEAM ON ESREC.ORG**

WITH QUESTIONS CALL
(310)524-2700

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# RAQUET SPORTS

## TENNIS

### Jaguar Tennis Academy - Group Lessons

Jaguar Tennis Academy will help you or your children learn tennis or raise their game to the next level. Coach Sergiu makes the lessons fun, exciting, while focusing on improving their skills.

**Location: Recreation Park, Tennis Courts**
**Instructor: Coach Sergiu Boerica**
**Packages are available for the days, times, and levels listed below.**

| Week of | Package | Price |
|---|---|---|
| 6/12-7/21<br>7/24-8/27 | 5 week package #1<br>5 week package #2 | $200 |
| 6/12-8/27 | 11 week package | $440 |

**Monday**

| | | |
|---|---|---|
| Starter gold | 5-7 Years | 2:00-2:55pm |
| Starter Gold | 5-7 Years | 3:00-3:55pm |
| Starter Silver | 8-10 Years | 4:00-4:55pm |
| Future Stars Gold | 11-12 Years | 6:00-6:55pm |
| Adult - Beg. Intermediate | 18+ Years | 7:00-7:55pm |
| Future Stars Silver | 11-12 Years | 7:00-7:55pm |

**Tuesday**

| | | |
|---|---|---|
| Pioneer Gold | 8-10 Years | 4:00-4:55pm |
| Pioneer Silver | 11-12 Years | 5:00-5:55pm |
| Future Team Gold | 11-13 Years | 6:00-6:55pm |
| Adult - Beg. Intermediate | 18+ Years | 7:00-7:55pm |

**Wednesday**

| | | |
|---|---|---|
| Future Team Gold | 11-13 Years | 6:00-7:30pm |

**Thursday**

| | | |
|---|---|---|
| Pioneer Gold | 8-10 Years | 4:00-4:55pm |
| Pioneer Silver | 11-12 Years | 5:00-5:55pm |
| Future Team Gold | 11-13 Years | 7:00-7:55pm |

**Friday**

| | | |
|---|---|---|
| Pioneer Bronze | 8-10 Years | 4:00-4:55pm |
| Future Team Silver | 11-13 Years | 6:00-6:55pm |

### Jaguar Tennis Academy - Private Lessons

Jaguar Tennis Academy will help you or your children learn tennis or raise their game to the next level. Coach Sergiu makes the lessons fun, exciting, while focusing on improving their skills.

**Location: Recreation Park, Tennis Courts**
**Instructor: Coach Sergiu Boerica**
**Cost: $400**
***Cost: $450 for 5-week/$800 for 11-week**
****Cost: $200 for 5-week/$440 for 11-week**
**Visit ESREC.org for level availability.**

| | | |
|---|---|---|
| **M** | **6/12-8/21** | **1:00-1:55pm** |
| **W** | **6/14-8/23** | **5:00-5:55pm*** |
| **Th** | **6/15-8/24** | **6:00-6:30pm**** |
| **Sa** | **6/17-8/26** | **10:00-10:55am*** |

### Jaguar Tennis Academy - Semi-Private Lessons

Jaguar Tennis Academy will help you or your children learn tennis or raise their game to the next level. Coach Sergiu makes the lessons fun, exciting, while focusing on improving their skills.

**Location: Recreation Park, Tennis Courts**
**Instructor: Coach Sergiu Boerica**
**Cost: $500 for 5-week /$900 for 11-week**
**Visit ESREC.org for Level availability.**

| | | |
|---|---|---|
| **M** | **6/12-8/21** | **5:00-5:55pm** |
| **W** | **6/14-8/23** | **4:00-4:55pm** |
| **F** | **6/16-8/25** | **5:00-5:55pm** |
| **Sa** | **6/17-8/26** | **9:00-9:55am** |
| **Sa** | **6/17-8/26** | **11:00-11:55am** |
| **Sa** | **6/17-8/26** | **12:00-12:55pm** |



# THE FARMERS MARKET El Segundo

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

| | | |
|---|---|---|
| ***THURSDAYS*** | ***300 BLOCK OF MAIN ST. DOWNTOWN EL SEGUNDO*** | ***3 PM - 7 PM*** |

Stay tuned on our Instagram @esrecandparks for updates on weekly kids crafts and activities.



***Contact Nruvalcaba@elsegundo.org for more information***

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# EL SEGUNDO TEEN CENTER










DROP IN HOURS:
MONDAY-FRIDAY: 3:00-8:00PM
SATURDAY: 12:00-8:00PM

## TEEN ADVISORY COMMITTEE

Join the TAC to help create events and programs for your peers. Applications are available to download at elsegundorecparks.org. Applications will be accepted throughout the month of May 2023.

## TEEN CENTER

- Game nights
- Dungeons & Dragons
- Movie nights
- Sports
- Pool, foosball, & ping pong
- And more!

El Segundo TAC Teen Advisory Committee

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CALL (310)524-2718 FOR MORE INFORMATION
405 E. GRAND AVENUE

# TEENS

## Teen Advisory Committee

Apply to be a part of our Teen Advisory Committee. The Teen Advisory Committee is a group of like-minded individuals who come together the first Monday of each month to plan programs and events for teens. For more information or to download the application, visit www.elsegundorecparks.org or email twilson@elsegundo.org. Applications will be due June 30th at 5pm.

**Location: El Segundo Teen Center**
**Ages: 7th-12th Grade at ESUSD or ES Resident**
**M 8/7/23-6/3/24 4:00-5:00pm***
***Meetings are on the first Monday of each month**

## Dungeons & Dragons (7th-12th Grade)

Immerse in tales of epic heroism, diverse gameplay, and extensive world building. Beginners and Intermediate players welcome! Dungeon master will assist newcomers in character creation and rules of the game. Character sheets and communal dice are provided.

**Location: El Segundo Teen Center**
**Instructor: Julian Raymond**
**Cost: $125/$100 with a valid Rec ID**
**T 6/13-7/25 2:00pm - 4:00pm**
**No Class on 7/4**

## Teen Camp (12-14 Years)

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

**Location: El Segundo Teen Center**
**Instructor: El Segundo Recreation Staff**
**Cost: $130/$104 with a valid Rec ID**

| | | |
|---|---|---|
| **M-F** | **6/26-6/30** | **10:00am-3:00pm** |
| **M-F** | **7/10-7/14** | **10:00am-3:00pm** |
| **M-F** | **8/7-8/11** | **10:00am-3:00pm** |

## Youth Volunteer Program (7th-12th Grade)

Apply to be a Youth Volunteer for 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: June 12-August 18**
**Excludes 4th of July week**



# El Segundo Teen center
# June 2023

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| | | | | 1 Bracelets, Pool | 2 Knockout, Checkers | 3 Movie, PS4 Game Night |
| 4 CLOSED | 5 Meditation, Dodgeball | 6 Pop Dart Tourney, Card games | 7 Coloring, Over the Line | 8 Chess, Drawing | 9 4 on4, Karaoke | 10 Uno, Ice Cream Sundae |
| 11 CLOSED | 12 3 pt contest, Foosball | 13 D&D, Soccer | 14 OPEN HOUSE | 15 Farmers Market | 16 Connect 4, TRIVIA | 17 HELLO VERTIGO |
| 18 CLOSED | 19 Ping Pong, 9 Ball | 20 Tie Dye, D&D | 21 Henna, XBOX | 22 Meditation, 4 on 4 | 23 Open Mic Night, Pop Dart Tourney | 24 3 on 3 Tournament, Movie and Snacks |
| 25 CLOSED | 26 Chess, Ping Pong | 27 D&D, Bracelets | 28 Karaoke, Dodgeball | 29 Jenga, Painting | 30 Pool, Pizza Party | |

Join the Teen Center or Daily activities at 3:30pm and 5:30pm.

OPEN HOUSE JUNE 14TH

Kick Off Summer w/ Hello VERTIGO JUNE 17

Dungeons & Dragons (D&D) please visit www.esrec.org.

Teen CAMP June 26- June 30

405 E. Grand Ave
(310)524-2718

Mon-Fri: 3:00-8:00pm
Saturday: 12:00pm-8:00pm

SUMMER

# El Segundo Teen center
# July 2023

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| | | | | | | 1 Connect 4, Ping Pong |
| 2 CLOSED | 3 Card games, Dodgeball | 4 CLOSED | 5 Uno, Bracelets | 6 Pool tournamnet, Coloring | 7 Karaoke, Soccer | 8 Water Balloons, Kickball |
| 9 CLOSED | 10 Meditation, Over the Line | 11 3 on 3, D&D | 12 Tie Dye, Checkers | 13 4 on 4, Paint & Munch | 14 Root beer Floats, PS4 Game Night | 15 Pop Dart Tourney, TRIVIA |
| 16 CLOSED | 17 Foosball, Connect 4 | 18 9 Ball, D&D | 19 Jenga, Arts & Craft | 20 Henna Tattoos, Dunk Contest | 21 Uno, Ice Cream | 22 Movie and Popcorn, XBOX Game Night |
| 23 CLOSED | 24 3 pt contest, Scrabble | 25 Soccer, D&D | 26 Ping Pong, TRIVIA | 27 Farmers Market | 28 Football, Chess | 29 Pool, Over the Line |

Daily activities at 3:30pm and 5:30pm.

Dungeons & Dragons (D&D) please visit www.esrec.org.

Teen Camp July 10- July 14

405 E. Grand Ave
(310)524-2718

Mon-Fri: 3:00-8:00pm
Saturday: 12:00pm-8:00pm

SUMMER

# TEENS

## El Segundo Teen center

## August 2023

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| | July 31 Meditation | 1 Connect 4 | 2 Checkers | 3 Chess | 4 | 5 Pizza Party, Dunk Contest |
| 6 CLOSED | 7 Over the Line, Bracelets | 8 Uno, Foosball | 9 Learnign to Draw, Pool | 10 4 on 4, Card games | 11 Open Mic Night, Movie Night | 12 tRICK OFF, Dodgeball |
| 13 CLOSED | 14 Checkers | 15 Tie Dye, Soccer | 16 Henna Tattoo, Water Balloons | 17 Paint & Munch, PS4 Game Night | 18 Ping Pong, Jenga | 19 Dodgers vs Marlins |
| 20 CLOSED | 21 Meditation, Over the Line | 22 Clean Up Day, Pool | 23 3 pt contest, Arts & Crafts | 24 Farmers Market | 25 TRICK OFF, Pop Dart Tourney | 26 Back to School |
| 27 CLOSED | 28 Chess, Ping Pong | 29 Coloring, Bracelets | 30 Connect 4, Scrabble | 31 XBOX Game Night | | |

Join the Teen Center or Daily activities at 3:30pm and 5:30pm.

G.A.B.I.T
Aug 1-Aug 5

Teen Camp
Aug 7- Aug 11

Aug 26
Back2School Bonfire

405 E. Grand Ave
(310)524-2718

Mon-Fri: 3:00-8:00pm
Saturday: 12:00pm-8:00pm




**Monthly Teen Center Activity Calendars are posted online at elsegundorecparks.org**




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El Segundo
REC, PARKS, & LIBRARY
We Engage... We Inspire... We Play...

# EL SEGUNDO TEEN CENTER

FREE!

# OPEN HOUSE

FOOD • GAMES • MUSIC

| | |
|---|---|
| June 14th at 3:00-5:00PM | **EL SEGUNDO TEEN CENTER**<br>405 E. Grand Ave.<br>El Segundo, CA 90245 |
| | Stop by and visit the newly revamped Teen Center. Over the last several weeks, the Teen Center has received new paint, furniture, games and more! |

For more information call (310)524-2718 or email Twilson@elsegundo.org

El Segundo TAC
Teen Advisory Committee

El Segundo Teen Center

El Segundo REC, PARKS, & LIBRARY
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EL SEGUNDO TEEN CENTER

El Segundo Teen Center

# GABIT

## TOURNAMENT




**AUGUST 7–11**

**EL SEGUNDO TEEN CENTER**
405 E. GRAND AVE.
EL SEGUNDO, CA 90245

**3–8 P.M.**

**$15 RESIDENT**
**NON-RESIDENT $20**

- FREE DRINK
- FUN GAMES
- FREE SNACKS

**SIGN UP BY VISITING ESREC.ORG**

**8TH-12TH GRADERS ARE INVITED TO JOIN THE EL SEGUNDO TEEN CENTER IN THEIR BI ANNUAL 4 ON 4 BASKETBALL TOURNAMENT.**

For more information call (310)524-2718 or email twilson@elsegundo.org

# YOUTH & TOTS

## ARTS & ENRICHMENT

**El Segundo Youth Drama Musical: Wizard of Oz (5-18 Years)**

Much, much more than a class--the El Segundo Recreation, Parks, and Library Department Drama Program provides the opportunity for local youth to get involved in the performing arts. Participants begin with auditions and then learn performing and technical theater skills during ongoing rehearsals which include acting, singing, dancing, costumes, stage make-up and more. All levels are welcome—including those with no prior performing experience. Each session always culminates with multiple live performances open to the public.

**Location: Clubhouse, Auditorium**
**Instructor: El Segundo Youth Drama Staff**
**Cost: $313/$250 with a valid Rec ID**
**M/W/F 6/19-8/20 3:00-6:00pm**

**Spanish Parent and Me (7 Years and 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: $156/$124.80 with a valid Rec ID**
**T 6/13-7/18 11:00-11:45am**
**T 7/25-8/22 11:00-11:45am**
**No Class 7/4**

**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 proved 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: Wanda Borgerding**
**Cost: $150/$120 with a valid Rec ID**
**Cost: $228/$182.40 with valid Rec ID***
**Cost: $306/$244.80 with a valid Rec ID****
**T 7/11-8/15 10:00-10:45am**
**W 7/12-8/16 10:00-10:45am**
**F 7/14-8/18 10:00-10:45am**
**T/F 7/11-8/18 10:00-10:45am***
**T/W/F 7/11-8/18 10:0-10:45am****



El Segundo
REC, PARKS, & LIBRARY
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# El Segundo Youth Drama Presents

# The Wizard of Oz

**In- Person Auditions (ages 5- 18):**
June 19. 2023
from 3pm- 6pm

**Rehearsals:**
Monday/Wednesday/Friday
3pm- 6pm

**Callbacks:**
June 21. 2023 and June 23. 2023
from 3pm- 6pm

**Location:**
George E. Gordon Clubhouse
300 E. Pine Ave.

**Performances:**
August 18. 2023 @ 7pm
August 19. 2023 @ 7pm
August 20. 2023 @ 2pm



# YOUTH & TOTS

## DANCE

### Pre-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 barré exercises, as well as center work. Dancers may wear dance apparel and ballet slippers.

**Location: Clubhouse, Auditorium**
**Instructor: Athletic Grace Dance Studio**
**Cost: $153/$122.40 with a valid Rec ID**
**T 6/13-8/22 5:00-6:00pm**
**No class 7/4 & 8/8**

### Tutus and Taps 1 (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. Dancers may wear dance apparel, ballet slippers and tap shoes.

**Location: Clubhouse, Auditorium**
**Instructor: Athletic Grace Dance Studio**
**Cost: $153/$122.40 with a valid Rec ID**
**T 6/13-8/22 3:30-4:10pm**
**No class on 7/4 & 8/8**

### 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. Comfortable clothing or dance apparel and clean athletic shoes are recommended.

**Location: Clubhouse, Auditorium**
**Instructor: Athletic Grace Dance Studio**
**Cost: $170/$136 with a valid Rec ID**
**Th 6/15-8/24 4:15-4:55pm**
**No class on 8/10**

### Tutus and Taps 2 (3-5 Years)

Permission from instructor required. 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. Dancers may wear dance apparel, ballet slippers and tap shoes.

**Location: Clubhouse, Auditorium**
**Instructor: Athletic Grace Dance Studio**
**Cost: $153/$122.40 with a valid Rec ID**
**T 6/13-8/22 4:15-4:55pm**
**No class 7/4 & 8/8**

# YOUTH & TOTS

## GYMNASTICS

### Big & Little Gymnastics (2-3 Years)

Big and Little classes incorporate movement and fun to introduce gymnastics to our youngest participants. In our 40-minute class you and your "little" will work together to develop fine and gross motor skills, practice balancing, bouncing, and explore gymnastics through games, obstacle courses, and circle time. *This class requires parent/guardian participation.

**Location: Clubhouse, Auditorium**
**Instructor: South Bay Sprouts**
**Cost: $195/$156 with a valid Rec ID**
**M 6/12-7/17 9:00-9:40am**
**No class on 7/3**

### Sand Cruisers Gymnastics (3-5 Years)

Our Sand Cruisers will be running, jumping, rolling, and swinging, as they learn basic gymnastics skills using mats, equipment, and props. Within a 40-minute class gymnasts will develop their strength, practice taking turns and cooperating with peers, while learning skills through engaging instructions.

**Location: Clubhouse, Auditorium**
**Instructor: South Bay Sprouts**
**Cost: $195/$156 with a valid Rec ID**
**M 6/12-7/17 9:50-10:30am**
**No class 7/3**

### Little Waves Gymnastics (4-6 Years)

We are going to be moving and grooving in our Little Waves class! Get ready for 40 minutes of fun, sun, and cartwheels as we learn basic gymnastics skills through games, stations, and exercise. Gymnasts will use a variety of mats, equipment, and props throughout our session to develop their strength, master their skills, and rise to new challenges.

**Location: Clubhouse, Auditorium**
**Instructor: South Bay Sprouts**
**Cost: $195/$156 with a valid Rec ID**
**M 6/12-7/17 10:40-11:20am**
**No class on 7/3**



# YOUTH & TOTS

## SPORTS

### B.E.S.T. Basketball Skills and 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 & 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 Courts**
**Instructor: Best Sports**
**Cost: $69/$55.20 with a valid Rec ID**

| | | |
|---|---|---|
| **Sa** | **6/24-7/15** | **9:00-9:45am** |
| **Sa** | **7/22-8/12** | **9:00-9:45am** |

### B.E.S.T. Basketball Skills and 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 & 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 Courts**
**Instructor: Best Sports**
**Cost: $69/$55.20 with a valid Rec ID**

| | | |
|---|---|---|
| **Sa** | **6/24-7/15** | **9:50-10:35am** |
| **Sa** | **7/22-8/12** | **9:50-10:35am** |

### B.E.S.T. 4-Sport Multi (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, and running, jumping and building strength + 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 will be needed later in the session.

**Location: Recreation Park, Checkout Grass**
**Instructor: BEST Sports**
**Cost: $69/$55.20 with a valid Rec ID**

| | | |
|---|---|---|
| **Sa** | **6/24-7/15** | **10:40-11:25am** |
| **Sa** | **7/22-8/12** | **10:40-11:25am** |

### B.E.S.T. 4-Sport Multi (3-6 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, and running, jumping and building strength + 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 will be needed later in the session.

**Location: Recreation Park, Checkout Grass**
**Instructor: BEST Sports**
**Cost: $69/$55.20 with a valid Rec ID**

| | | |
|---|---|---|
| **Sa** | **6/24-7/15** | **10:40-11:25am** |
| **Sa** | **7/22-8/12** | **10:40-11:25am** |

# YOUTH & TOTS

## SPORTS

### B.E.S.T. 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 & highly active program that will teach, encourage, and advance your young players regardless of their skill level. Please bring a soccer ball.

**Location: Recreation Park, Checkout Grass**
**Instructor: BEST Sports**
**Cost: $69/$55.20 with a valid Rec ID**

| | | |
|---|---|---|
| **Sa** | **6/24-7/15** | **9:00-9:45am** |
| **Sa** | **7/22-8/12** | **9:00-9:45am** |

### B.E.S.T. Soccer (3-6 Years)

Our industry-leading soccer skills and drills clinics introduce and advance your players' ability. 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 a soccer ball.

**Location: Recreation Park, Checkout Grass**
**Instructor: BEST Sports**
**Cost: $69/$55.20 with a valid Rec ID**

| | | |
|---|---|---|
| **Sa** | **6/24-7/15** | **9:50-10:35am** |
| **Sa** | **7/22-8/12** | **9:50-10:35am** |

### B.E.S.T. 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 & highly active program that will teach, encourage, and advance your young players regardless of their skill level. Please bring a soccer ball.

**Location: Recreation Park , Checkout Grass**
**Instructor: BEST Sports**
**Cost: $69/$55.20 with a valid Rec ID**

| | | |
|---|---|---|
| **Sa** | **6/24-7/15** | **11:30am-12:15pm** |
| **Sa** | **7/22-8/12** | **11:30am-12:15pm** |

### B.E.S.T. 4-Sport Multi (6-9 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, and running, jumping and building strength + 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 will be needed later in the session.

**Location: Recreation Park, Checkout Grass**
**Instructor: BEST Sports**
**Cost: $69/$55.20 with a valid Rec ID**

| | | |
|---|---|---|
| **Sa** | **6/24-7/15** | **11:30am-12:15pm** |
| **Sa** | **7/22-8/12** | **11:30am-12:15pm** |

### Soccer with Sportball (2-3 Years)

Soccer at Sportball places an emphasis on skill, fitness, and sportsmanship, allowing children to challenge themselves through fun games and interaction with friends. We keep things rolling with a continuous flow of high energy drills and games. Through this program, kids are encouraged to develop and improve skills such as passing, throwing, dribbling, scoring, shooting and goalie skills. As technique improves, sessions will include small-sided games to put skills into game situations.

**Location: Recreation Park, Checkout Grass**
**Instructor: Sportball Staff**
**Cost: $138/$110.40 with a valid Rec ID**

| | | |
|---|---|---|
| **Su** | **6/11-7/23** | **10:00-10:45am** |
| **Su** | **8/6-9/17** | **10:00-10:45am*** |

**No Class 7/2**
***No Class 9/3**

# YOUTH & TOTS

## SPORTS

### Soccer with Sportball (3-5 Years)

Soccer at Sportball places an emphasis on skill, fitness, and sportsmanship, allowing children to challenge themselves through fun games and interaction with friends. We keep things rolling with a continuous flow of high energy drills and games. Through this program, kids are encouraged to develop and improve skills such as passing, throwing, dribbling, scoring, shooting and goalie skills. As technique improves, sessions will include small-sided games to put skills into game situations.

**Location: Recreation Park, Checkout Grass**
**Instructor: Sportball Staff**
**Cost: $138/$110.40 with a valid Rec ID**
**Su 6/11-7/23 11:00-11:45am**
**Su 8/7-9/17 12:00-11:45am**
**No Class 7/2**
***No Class 9/3**

### 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, Checkout Grass**
**Instructor: Sportball Staff**
**Cost: $138/$110.40 with a valid Rec ID**
**Su 6/12-7/24 12:00-12:45pm**
**Su 8/6-9/17 12:00-12:45pm***
**No class 7/2**
***No class 9/3**

### 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: Recreation Park, Checkout Grass**
**Instructor: Sportball Staff**
**Cost: $138/$110.40 with a valid Rec ID**
**M 6/11-7/23 12:00-12:45pm**
**Sa 8/6-9/17 12:00-12:45pm***
**No class 7/2**
***No class 9/4**

### Sportball: Parent and Child Multi-Sport (16 Mo.-3 Years)

In our parent and child multi-sport classes, children are introduced to the fundamental skills associated with 8 different sports.

**Location: Recreation Park, Checkout Grass**
**Instructor: Sportball Staff**
**Cost: $38/$110.40 with a valid Rec ID**
**Su 6/11-7/23 9:00-9:45am**
**Su 8/6-9/17 9:00am-9:45am***
**No class 7/2**
***No class 9/3**

El Segundo REC, PARKS, & LIBRARY
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# 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: Recreation Park, Checkout Grass**
**Instructor: Sportball Staff**
**Cost: $138/$110.40 with a valid Rec ID**
**Sa 6/10-7/22 9:00-9:45am**
**Sa 8/5-9/16 9:00-9:45am***
**No class 7/1**
***No class 9/2**

### 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: Recreation Park, Checkout Grass**
**Instructor: Sportball Staff**
**Cost: $138/$110.40 with a valid Rec ID**
**Sa 6/10-7/22 12:00-12:45pm**
**Sa 8/5-9/16 12:00-12:45pm***
**No class 7/1**
***No class 9/2**



# YOUTH & TOTS

## SPORTS

### Sportball: T-Ball & Soccer (2-3 Years)

T-Ball with Sportball introduces fundamental concepts of game play and teaches the basic skills needed for your athlete to progress in to 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. Soccer with Sportball places an emphasis on skill, fitness, and sportsmanship, allowing children to challenge themselves through fun games and interaction with friends. We keep things rolling with a continuous flow of high energy drills and games. Through this program, kids are encouraged to develop and improve skills such as passing, throwing, dribbling, scoring, shooting and goalie skills. As technique improves, sessions will include small-sided games to put skills into game situations.

**Location: Recreation Park, Checkout Grass**
**Instructor: Sportball Staff**
**Cost: $138/$110.40 with a valid Rec ID**
**Sa 6/10-7/22 11:00-11:45am**
**Sa 8/5-9/16 11:00-11:45am***
**No class 7/1**
***No class 9/2**

### Sportball: T-Ball & Soccer (3-5 Years)

T-Ball with Sportball introduces fundamental concepts of game play and teaches the basic skills needed for your athlete to progress in to 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. Soccer with Sportball places an emphasis on skill, fitness, and sportsmanship, allowing children to challenge themselves through fun games and interaction with friends. We keep things rolling with a continuous flow of high energy drills and games. Through this program, kids are encouraged to develop and improve skills such as passing, throwing, dribbling, scoring, shooting and goalie skills. As technique improves, sessions will include small-sided games to put skills into game situations.

**Location: Recreation Park, Checkout Grass**
**Instructor: Sportball Staff**
**Cost: $138/$110.40 with a valid Rec ID**
**Sa 6/10-7/22 10:00-10:45am**
**Sa 8/5-9/16 10:00-10:45am***
**No class 7/1**
***No class 9/2**



# SUMMER CAMP 2023

**Weekly:**
**June 12 - August 18**
No camps week of July 4

**Registration:**
**April 10 at 9:00 am, Residents**
**April 17 at 9:00 am, Non-Residents**




## Camp Cowabunga (Ages 6-11)

Campers can expect a week full of fun. Every week will consist of 2 days of fun at the park, a field trip, a trip to the pool, and a walking field trip around town. Days will be filled with activities like dodgeball, crafts, sports, and so much more. campers should arrive with a lunch, snack, water, and sunscreen.
Monday - Friday, 8am-5pm at Recreation Park.
$250/$177 with a valid Rec ID

## Tiny Tot (Ages 3-5)

Tots will enjoy their time with seasoned Recreation Staff as they lead various activities including, crafts, active play, and story time! Campers should arrive prepared with a snack, water, and sun screened up!
Campers must be potty trained.
Monday - Friday, 9:00am-12:00pm
at George E. Gordon Clubhouse.
$68/$51 with a valid Rec ID





## Teen Camp (Ages 12-14)

Teens will enjoy their time with seasoned Recreation Staff as they lead various activities, including active games, crafts, various sports, field trips and more!
Monday-Friday, 10am-3pm at Teen Center.
$130/$104 with a valid Rec ID
6/26-6/30, 7/10-7/14 & 8/7-8/11

**For important registration information visit www.elsegundorecparks.org or call 310-524-2362**

El Segundo REC, PARKS, & LIBRARY

# SUMMER CAMPS

**Summer Camp Registration:**

**April 10 for Residents & April 17 for Non-Residents at 9am**

**Online regsitration at ESREC.org or in-person at the Clubhouse**

**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 entilted 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.**

## Camp Cowabunga (6-11 Years)

At Camp Cowabunga you can expect to have a fun filled, activity packed week. Each week will be a different theme and offer a variety of activities from sports, arts & crafts, field trips, swimming, and more!

**Location: George E. Gordon Clubhouse**
**Instructor: El Segundo Recreation Staff**
**Cost: $250/$177 with a valid Rec ID**
**M-F Weekly 6/12-8/18 9:00am-5:00pm**
**Excludes 7/03-7/07**

## Teen Camp (12-14 Years)

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

**Location: El Segundo Teen Center**
**Instructor: El Segundo Recreation Staff**
**Cost: $130/$104 with a valid Rec ID**
**M-F 6/26-6/30 10:00am-3:00pm**
**M-F 7/10-7/14 10:00am-3:00pm**
**M-F 8/7-8/11 10:00am-3:00pm**

## Tiny Tot Camp (3-5 Years)

Tiny Tot camp offers a safe and fun environment for your tot to learn and play. Campers will experience a variety of activities, interactive games, and arts & crafts. Children must be potty trained.

**Location: George E. Gordon Clubhouse, Drop-in Room**
**Instructor: El Segundo Recreation Staff**
**Cost: $68/$51 with a valid Rec ID**
**M-F Weekly 6/12-8/18 9:00am-12:00pm**
**Excludes 7/03-7/07**



# SUMMER CAMPS

## ART & ENRICHMENT

### Art Lab Camp (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: $387.50/$310 with a valid Rec ID**

| | | |
|---|---|---|
| **M-F** | **6/12-6/16** | **9:00am-12:00pm** |
| **M-F** | **6/26-6/30** | **9:00am-12:00pm** |
| **M-F** | **7/10-7/14** | **9:00am-12:00pm** |
| **M-F** | **7/17-7/21** | **9:00am-12:00pm** |
| **M-F** | **7/31-8/4** | **9:00am-12:00pm** |
| **M-F** | **8/7-8/11** | **9:00am-12:00pm** |

### 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: $362/$289.60 with a valid Rec ID**

| | | |
|---|---|---|
| **M-F** | **6/19-6/23** | **1:00pm-4:00pm** |
| **M-F** | **7/10-7/14** | **10:00am-1:00pm** |
| **M-F** | **7/24-8/4** | **10:00am-1:00pm** |

### Welcome to Spanish! Summer Camp

Students will learn about greetings. They will also learn about the alphabet, vowels, day of the week, months of the year and the four seasons. We will use our imagination to travel to Spain and learn basic important concepts about this country. Other fun activities include playing with bubbles, water balloons, jump rope, hopscotch, board games, bingo, parachute, Simon says and more! Please bring a snack.

**Location: George R. Gordon Clubhouse**
**Instructor: Sandra Delgado**
**Cost: $255/$204 with a valid Rec ID**

| | | |
|---|---|---|
| **M-F** | **6/19-6/23** | **9:00am-12:00pm** |
| **M-F** | **7/24-7/28** | **9:00am-12:00pm** |
| **M-F** | **7/31-8/4** | **9:00am-12:00pm** |



El Segundo PARKS & LIBRARY We Engage. We Inspire.

# SUMMER CAMPS

## ART & ENRICHMENT

### Brick 4 Kidz LEGO® Camp - CRUISING THE JUNGLE

Come explore the jungle using LEGO® Bricks in our BRAND NEW Cruising the Jungle camp!
During this week-long adventure down the Amazon River, campers will encounter all the wonders, dangers, and surprises the wild jungle has to offer! They will have to navigate around the chomping crocodiles of the river, sneak past the indigenous tribes protecting hidden treasures and make friends with the animals of the jungle like gorillas, elephants, and much more!!

**Location: Clubhouse, Room C**
**Instructor: Brick 4 Kidz**
**Cost: $365/$292 with a valid Rec ID**
**M-F 6/19-6/23 9:00am-12:00pm**

### Brick 4 Kidz LEGO® Camp - Jurassic World Brickland

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. Come see them come to life in our motorized models!

**Location: Clubhouse, Room C**
**Instructor: Brick 4 Kidz**
**Cost: $365/$292 with a valid Rec ID**
**M-F 6/19-6/23 1:00pm-4:00pm**

### Brick 4 Kidz LEGO® Camp- TRANSFORMATION CREATIONS

Get ready to build and discover how your models transform. Campers will love the mash-up of combination models that can be rebuilt into something different. These awesome 2-in-1 models will include exciting characters, robots, vehicles and. Ore!! Follow the step-by-step building plans and ignite your inner engineer by just using your imagination to transform your model into something unique. Join us for this fun-filled camp where you will use your creativity and engineering skills to build and transform.

**Location: Clubhouse, Room C**
**Instructor: Brick 4 Kidz**
**Cost: $365/$292 with a valid Rec ID**
**M-F 6/12-6/16 9:00am-12:00pm**

### Brick 4 Kidz LEGO® Camp- Classic Arcade

Jump into the world of classic arcade and video games. People today have games with graphic animations and three dimensional capabilities. Let's take it back to when it all started, the 1980's. That was the time of 8-bit and later 16-bit technology, which gave these old games their classic appearance. Campers will build the famous plumber brothers, a brick eater, a jumping hedgehog, alien invaders and. Ore! Can you guess which classic game each model represents?

**Location: Clubhouse, Room C**
**Instructor: Brick 4 Kidz**
**Cost: $365/$292 with a valid Rec ID**
**M-F 7/10-7/14 9:00am-12:00pm**

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# SUMMER CAMPS

## ART & ENRICHMENT

### Brick 4 Kidz LEGO® Camp- Game on

For kids today, it's all about the world of online video games and apps! In this interactive summer camp, campers will use LEGO® Bricks to create and build different characters from their favorite video games. Themes such as Super Mario Bros, Roblox, Beyblades, Pokémon, and Minecraft come to life using our robots, mosaics, and 3D art, all made out of LEGO® Bricks.

**Location: Clubhouse, Room C**
**Instructor: Brick 4 Kidz**
**Cost: $365/$292 with a valid Rec ID**
**M-F 6/26-6/30 9:00am-12:00pm**

### Brick 4 Kidz LEGO® Camp- BRICKS CITY ENGINEERS

There are many types of engineering jobs, and building is one of the most fun! What would a city be without the architects and engineers who come up with the ideas, plans and skills to make it all come together? Campers will put their engineering skills to work building models with motors The sky is literally the limit.

**Location: Clubhouse, Room C**
**Instructor: Brick 4 Kidz**
**Cost: $365/$292 with a valid Rec ID**
**M-F 6/26-6/30 1:00pm-4:00pm**

### Brick 4 Kidz LEGO® Camp - Bat League Heroes & Villains

Wearing a dark cape and a mask, our bat hero steps out of the shadows to save the day -- the Bricks 4 Kidz way! We're calling on LEGO-loving kids, especially Batman fans! for a week of building villains & heroes, cool gadgets and hideouts, and so much more -- all with LEGO Bricks and our motorized models!

**Location: Clubhouse, Room C**
**Instructor: Brick 4 Kidz**
**Cost: $365/$292 with a valid Rec ID**
**M-F 7/17-7/21 9:00am-12:00pm**

### Brick 4 Kidz LEGO® Camp - Galaxy Far Away

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, Room C**
**Instructor: Brick 4 Kidz**
**Cost: $365/$292 with a valid Rec ID**
**M-F 6/12-6/16 1:00pm-4:00pm**

### Brick 4 Kidz LEGO® Camp - A Pirate's Quest

Shiver me timbers as we explore the popular culture behind the life of a pirate. Build a motorized pirate ship, a capstan, a helm and an anchor, as we batten down the hatches and prepare for mutiny. Protect the hands on deck by building a launching trebuchet. Beware me mateys, if it's too late, you must abandon ship and build a rowboat to escape. Anchors aweigh!

**Location: Clubhouse, Room C**
**Instructor: Brick 4 Kidz**
**Cost: $365/$292 with a valid Rec ID**
**M-F 7/10-7/17 1:00pm-4:00pm**



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# SUMMER CAMPS

## SPORTS

### Brick 4 Sports Fanatics Camp

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! Got Team LEGO Bricks!

**Location: Clubhouse, Room C**
**Instructor: Brick 4 Kidz**
**Cost: $365/$292 with a valid Rec ID**
**M-F 7/17-7/21 1:00pm-4:00pm**

### 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, relay races, dodgeball, scrimmages, basic and advanced basketball concepts, and philosophy.

**Location: El Segundo High School Gym**
**Instructor: David Howard**
**Cost: $275/$220 with a valid Rec ID**
**M-F 7/10-7/14 9:00am-12:00pm**

### 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: $350/$280 with a valid Rec ID**
**M-F Weekly 6/12-8/18 9:00am-12:00pm**
**Excludes 7/03-7/07**

### 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 Beah experience gives kiddos a summer they will never forget For more detailed program information, please visit: www.champcampkids.com or follow us at @Champcampkids. See ya on the sand!

**Location: El Segundo Beach**
**Instructor: Champ Camp**
**Cost: $499/$399.20 with a valid Rec ID (Full)**
**Cost: $299/$239.20 with a valid Rec ID (Half)***
**M-F Weekly 6/12-8/18 9:00am-3:00pm**
**M-F Weekly 6/12-8/18 9:00am-12:30pm***
**Excludes 7/03-7/07**

### Epic Sports Week Camp (6-12 Years)

Sportballers will learn 8 different sports throughout the week with our fun skill-based games, drills and game play(soccer, basketball, football, volleyball, golf, hockey, tennis and baseball). Your Sportballer will be talking about the Epic Time (hosted daily) they had for the rest of the summer, with a different activity daily from water games, dodgeball tournaments, Lego building, Nerf blaster challenges, Dodgeball Tournaments, Battleship, Kickball, and so much more! Please send a nut free snack and lots of water daily with your child.

**Location: Recreation Park, Checkout Grass**
**Instructor: Sportball Staff**
**Cost: $175/$140 with a valid Rec ID**
**M-F 6/26-6/30 1:00pm-4:00pm**
**M-F 7/10-7/14 1:00pm-4:00pm**
**M-F 8/14-8/18 1:00pm-4:00pm**

# SUMMER CAMPS

## SPORTS

### Epic Sports Camp (3-5 Years)

Sportballers will learn 8 different sports throughout the week with our fun skill-based games, drills and game play(soccer, basketball, football, volleyball, golf, hockey, tennis and baseball). Your Sportballer will be talking about the Epic Time (hosted daily) they had for the rest of the summer, with a different activity daily from water games, dodgeball tournaments, Lego building, Nerf blaster challenges, Dodgeball Tournaments, Battleship, Kickball, and so much more! Please send a nut free snack and lots of water daily with your child.

**Location: Recreation Park, Checkout Grass**
**Instructor: Sportball Staff**
**Cost: $175/$140 with a valid Rec ID**

| | | |
|---|---|---|
| **M-F** | **7/10-7/14** | **9:00am-12:00pm** |
| **M-F** | **7/24-7/28** | **9:00am-12:00pm** |
| **M-F** | **8/7-8/11** | **9:00am-12:00pm** |
| **M-F** | **8/28-9/1** | **9:00am-12:00pm** |

### Super Hero Sports Camp (3-5 Years)

Wear capes, defeat villains and Save the Day! Learn to be a Super Hero at our Sportball Summer Camp! Participate in Super Hero themed Sports Games, challenges and adventures as we discover our super powers together! Please send a nut free snack and lots of water daily with your child. Child must be potty trained and able to use the restroom unassisted.

**Location: Recreation Park, Checkout Grass**
**Instructor: Sportball Staff**
**Cost: $175/$140 with a valid Rec ID**

| | | |
|---|---|---|
| **M-F** | **6/26-6/30** | **9:00am-12:00pm** |
| **M-F** | **8/21-8/25** | **9:00am-12:00pm** |

### Summer Aquatics Camp (8+ Years)

Play all week long at Aquatics Camp. Swim, compete, and splash Monday through Thursday at the Aquatics 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: ES Aquatics Center**
**Instructor: Aquatics Staff**
**Cost: $75/$39 with a valid Rec ID**

| | | |
|---|---|---|
| **M-Th** | **7/24-7/27** | **3:00-5:30pm** |

### Hilltop Summer Aquatics Camp (3-7 Years)

Join us for our first Hilltop Aquatics Camp. This camp is designed for younger swimmers to enjoy a camp atmosphere in the water. Participants will enjoy staff led games and activities before public rec swim begins.

**Location: Hilltop Park and Pool**
**Instructor: Aquatics Staff**
**Cost: $75/$39 with a valid Rec ID**

| | | |
|---|---|---|
| **M-Th** | **6/12-6/17** | **10:30am-12:00pm** |

### UK Soccer (4-14 Years)

Join UK Soccer at Campus El Segundo for drills, skills, and soccer play. 9am-12pm will focus on ages 4-14, 12pm-3:30pm will focus on ages 7-14, and full day campers will focus on ages 7-14.

**Location: Campus El Segundo**
**Instructor: UK Soccer**
**Cost: $186/$149 with a valid Rec ID (Half Day)**
**Cost: $286.25/$229 with a valid Rec ID (Full)***

| | | |
|---|---|---|
| **M-F** | **6/19-6/23** | **9:00am-12:00pm** |
| **M-F** | **6/19-6/23** | **12:00pm-3:30pm** |
| **M-F** | **6/19-6/23** | **9:00am-3:30pm*** |
| **M-F** | **7/17-7/21** | **9:00am-12:00pm** |
| **M-F** | **7/17-7/21** | **12:00pm-3:30pm** |
| **M-F** | **7/17-7/21** | **9:00am-3:30pm*** |
| **M-F** | **7/31-8/4** | **9:00am-12:00pm** |
| **M-F** | **7/31-8/4** | **12:00pm-3:30pm** |
| **M-F** | **7/31-8/4** | **9:00am-3:30pm*** |

# AQUATICS

## Aquatics Center

**310-524-2738** **aquatics@elsegundo.org**

### Aquatics Center Pricing

| | |
|---|---|
| *Adult* (18 to 61 Years) | $6/$4 with a valid Rec ID |
| *Military* | $4/$2 with a valid Rec ID |
| *Senior* (62+ Years | $4/$2 with a valid Rec ID |
| *Youth* (3 to 17 Years) | $4/$2 with a valid Rec ID |
| *Infant* (2 & under) | Free with paid adult |

*Resident rate at the Aquatics Center applies to El Segundo or Wiseburn Residents with a current Rec ID*
**Multiple day and multiple use passes are also available.

**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**

| Lap Swim: Reservation | | | | | | | |
|---|---|---|---|---|---|---|---|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Competition Pool (25Y) | 6:00-8:00am<br>9:00am-3:00pm | 6:00am-3:00pm | 6:00am-8:00am<br>9:00am-3:00pm | 6:00am-3:00pm | 6:00-8:00am<br>9:00am-3:00pm | 6:00-8:00am<br>11:00am-3:00pm | 10:00-11:00am<br>1:00-3:00pm |
| Instructional Pool (25Y) | 6:00-7:00am<br>10:00am-1:00pm<br>6:00-9:00pm | 6:00-7:00am<br>8:00-9:00am<br>10:00am-1:00pm<br>6:00-9:00pm | 6:00-7:00am<br>10:00am-1:00pm<br>7:00-9:00pm | 6:00-7:00am<br>8:00-9:00am<br>10:00am-1:00pm<br>7:00-9:00pm | 6:00-7:00am<br>10:00am-1:00pm | 6:00-8:00am | 6:00am-12:00pm |
| Competition Pool Stair Area- Water Walking (55ft) | 6:00-8:00am<br>9:00am-3:00pm | 6:00am-3:00pm | 6:00am-8:00am<br>9:00am-3:00pm | 6:00am-3:00pm | 6:00-8:00am<br>9:00am-3:00pm | 6:00-8:00am<br>11:00am-3:00pm | 10:00-11:00am<br>1:00-3:00pm |
| Drop In Lanes | | | | | | | |
| Competition Pool (25Y) North 2 & 3 | 6:00-8:00am<br>9:00am-3:00pm | 6:00am-3:00pm | 6:00am-8:00am<br>9:00am-3:00pm | 6:00am-3:00pm | 6:00-8:00am<br>9:00am-3:00pm | N/A | N/A |
| Competition Pool (25Y) South 8 & 9 | N/A | N/A | N/A | N/A | N/A | 6:00-8:00am<br>11:00am-3:00pm | 10:00-11:00am<br>1:00-3:00pm |
| Recreation Swim | | | | | | | |
| Instructional Pool | 1:00-3:00pm | 1:00-3:00pm | 1:00-3:00pm | 1:00-3:00pm | 1:00-3:00pm<br>6:00-9:00pm | 12:00-3:00pm | 12:00-3:00pm |

## Hilltop

**Corner of Maryland St. and Grand Ave.**

### Hilltop Pool Pricing

Free with a valid El Segundo Rec ID
$6 for Adults/$4 for Youth Non-Residents
Non-Resident Season Pass Available for $110 per swimmer

### Hilltop Pool Hours

| | |
|---|---|
| June 12 - August 22 | 12:00 - 5:00pm everyday |
| May 27 - June 11 | 12:00 - 5:00pm weekends only |
| August 26 - September 4 | 12:00 - 5:00pm weekends only |



# AQUATICS

## SWIM LEVELS

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

This is a guided water exploration for toddlers accompanied by one parent. Parents will be led through songs with their child while assisting them with basic motions and maneuvers in the pool. Children must wear a swim diaper.

### Level 1- Tadpoles (3+ Years)

Level 1 participants will learn safe practices around the water while gaining basic knowledge of arm technique, kicking, and body position. They foster a positive relationship with water while functioning in a group setting.

**No pre-requisite.**

### Level 2- Frogs

Level 2 participants will work to perform skills learned in Level 1 independently. They will learn to swim underwater independently, glide with minimal aid, and begin to develop a front crawl swim (alternating arms and legs). They will be introduced to deeper water.

**Pre-requisite:** comfortability in water, follows directions, front & back float, alternating arm & leg movement

### Level 3- Clownfish

Level 3 participants will develop elementary freestyle and perform aided backstroke. They will swim farther with more independence.

**Pre-requisite:** glide/streamline with minimal aid, swim with alternating legs & arms for 2 body lengths, straight leg kicks

### Level 4- Blowfish

Level 4 swimmers will learn side breathing and refine their freestyle. They will work to complete one lap of refined freestyle and half a lap of backstroke.

**Pre-requisite:** elementary freestyle, independent front & back glide/streamline, aided backstroke

### Level 5- Seals

Level 5 swimmers will be introduced to breaststroke and diving. They will further develop their endurance in freestyle and backstroke.

**Pre-requisite:** refined freestyle with side breathing, backstroke for ½ lap, transition from streamline into freestyle & backstroke

### Level 6- Dolphins/Sharks

Level 6 swimmers will refine their breaststroke technique, learn butterfly stroke, and further develop their endurance in freestyle, backstroke, and breaststroke.

**Pre-requisite:** freestyle for 2 laps, backstroke for 1 lap, elementary diving, elementary breaststroke

### Level 7- Fliers

Level 7 swimmers will prepare for swim team. They will learn to read a swim set, swim longer distances in all strokes, learn speed techniques, and flip turns.

**Pre-requisite:** 2 laps freestyle, 2 laps backstroke, 1 lap breaststroke, 1 lap elementary butterfly

### Semi-Private Lessons

This program is designed for more individualized instruction while also still being in a group setting. Class ratios are generally two participants to one instructor.

### Private Lessons

One-on-one learning for children and adults. Class meets for 25 minutes for 4 classes total. Private lessons are for all skill levels. Private lessons are ideal for individuals that need to work on specific portions of swimming.

## Group Lessons

### Session 1

| | | |
|---|---|---|
| Monday-Thursday<br>June 19- June 29<br>**Hilltop** | 9:30AM<br>10:00AM<br>10:30AM<br>11:00AM<br>11:30AM | L1,L2,L3<br>L1,L2,L3<br>L1,L2,L3<br>L1,L2,L3<br>L1,L2,L3 |
| Monday-Thursday<br>June 19- June 29<br>**Aquatics Center** | 3:30PM<br>4:00PM<br>4:30PM<br>5:00PM<br>5:30PM | L1,L3,L5,L7<br>L1-L4<br>L2-L5<br>L1,L4,L5,L6<br>L1,L2,L4,L7 |

### Session 2

| | | |
|---|---|---|
| Monday-Thursday<br>July 10- July 20<br>**Hilltop** | 9:30AM<br>10:00AM<br>10:30AM<br>11:00AM<br>11:30AM | L1,L2,L3<br>L1,L2,L3<br>L1,L2,L3<br>L1,L2,L3<br>L1,L2,L3 |
| Monday- Thursday<br>July 10- July 20<br>**Aquatic Center** | 3:30PM<br>4:00PM<br>4:30PM<br>5:00PM<br>5:30PM | L1,L3,L5,L7<br>L1-L4<br>L2-L5<br>L1,L4,L5,L6<br>L1,L2,L4,L7 |

**Registration**
**(9am)**
**Session 1/A:**
**June 9/ June 12**
**Non-Resident**
**Session 2:**
**June 30/ July 3**
**Non-Resident**
**Session 3/B:**
**July 21/ July 24**
**Non-Resident**

**Cost**
**Groups:**
**$48/ $65**
**Non-Resident**
**Privates:**
**$80/ $125**
**Non-Resident**
**Semi-Privates:**
**$70/ $87.50**
**Non-Resident**
**Baby & Me:**
**$24/ $32.50**
**Non-Resident**

### Session 3

| | | |
|---|---|---|
| Monday-Thursday<br>July 31- August 10<br>**Hilltop** | 9:30AM<br>10:00AM<br>10:30AM<br>11:00AM<br>11:30AM | L1,L2,L3<br>L1,L2,L3<br>L1,L2,L3<br>L1,L2,L3<br>L1,L2,L3 |
| Monday-Thursday<br>July 31- August 10<br>**Aquatic Center** | 3:30PM<br>4:00PM<br>4:30PM<br>5:00PM<br>5:30PM | L1,L3,L5,L7<br>L1-L4<br>L2-L5<br>L1,L4,L5,L6<br>L1,L2,L4,L7 |

## Privates/Parent & Me

### Session A

| | | |
|---|---|---|
| Saturday<br>June 17- July 8<br>**Aquatics Center** | 9:00AM<br>9:30AM<br>10:00AM<br>10:30AM<br>11:00AM<br>11:30AM | Privates &<br>Semi-Privates<br>(Ages 3 & up) |
| Saturday<br>June 17- July 8<br>**Aquatics Center** | 11:00AM<br>11:30AM | Baby & Me |

### Session B

| | | |
|---|---|---|
| Saturday<br>July 22- August 12<br>**Aquatics Center** | 9:00AM<br>9:30AM<br>10:00AM<br>10:30AM<br>11:00AM<br>11:30AM | Privates &<br>Semi-Privates<br>(Ages 3 & up) |
| Saturday<br>July 22- August 12<br>**Aquatics Center** | 11:00AM<br>11:30AM | Baby & Me |

# AQUATICS

## CLASSES & CAMPS

### 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.

No class 3/6 and 4/6

No classes 5/10-6/2

**Location: Aquatics Center, Instructional Pool**
**Instructor: Naomi Gol**
**Cost: $10/$8 with valid Rec ID, per class**
**M-F 7:00-7:50am**
**M-F 9:00-9:50am**




### Swim Lesson Evaluations

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

**Location: Aquatics Center**
**Instructor: Aquatics Staff**
**Cost: $4/$2 with valid Rec ID**
**M-Th 6/5-6/8 3:30-5:30pm**

### AC Aquatics Camp

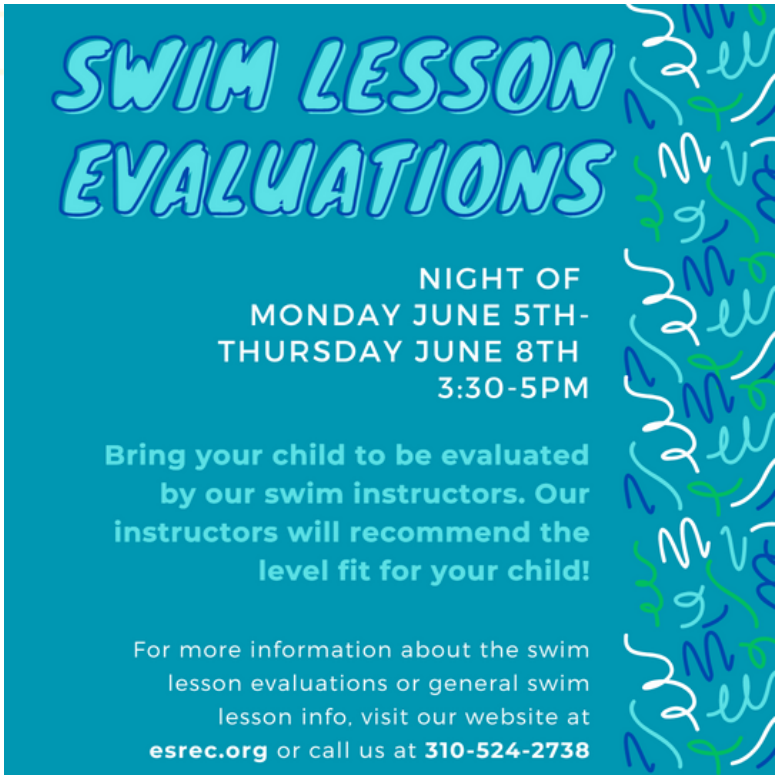
Play all week long at Aquatics Camp. Swim, compete, and splash Monday through Thursday at the Aquatics Center along with the city's lifeguards. There will be inflatables, pool games, rec swim, and relays. Book your spot for a week of fun in the sun.

**Location: ES Aquatics Center**
**Instructor: Aquatic Staff**
**Cost: $75/$39 with valid Rec ID**
**M-Th 7/24-7/27 3:00-5:30pm**

### Hilltop Aquatics Camp

Join us for our first Hilltop Aquatics Camp. This camp is designed for younger swimmers to enjoy a camp atmosphere in the water. Participants will enjoy staff led games and activities before public rec swim begins.

**Location: Hilltop Park and Pool**
**Instructor: Aquatic Staff**
**Cost: $75/$39 with valid Rec ID**
**M-Th 6/12-6/17 10:30am-12:00pm**



# AQUATICS

## AQUATICS EVENTS & CAMPS

EL SEGUNDO AQUATICS PRESENTS

### DIVE-IN MOVIES

**FRI 7/07: FROZEN**

**FRI 8/11: INSIDE OUT**

**6pm-9pm***

Movie start and end time will vary

Cost: Residents $5/ Non-Residents $7

**SELECT FRIDAY NIGHTS DURING REC SWIM**

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




### Splash off SUMMER

M-F 8/14-8/18

Rec Swim All Week

1pm-3pm

Cost (per day):

$4/$6 for Non-Resident Adult (18+)

$2/$4 for Non-Resident Youth (under 18)

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.

### SLIDE INTO SUMMER

RECREATION SWIM

JUNE 17 12PM-3PM

ADULTS: $4/$6 NON-RESIDENT

YOUTH: $2/$4 NON-RESIDENT

BRING YOUR FRIENDS TO SWIM IN THE INSTRUCTIONAL POOL AND PLAY ON THE INFLATABLE OBSTACLE COURSE IN THE COMPETITION POOL!

# WE ARE HIRING!

SCAN ME













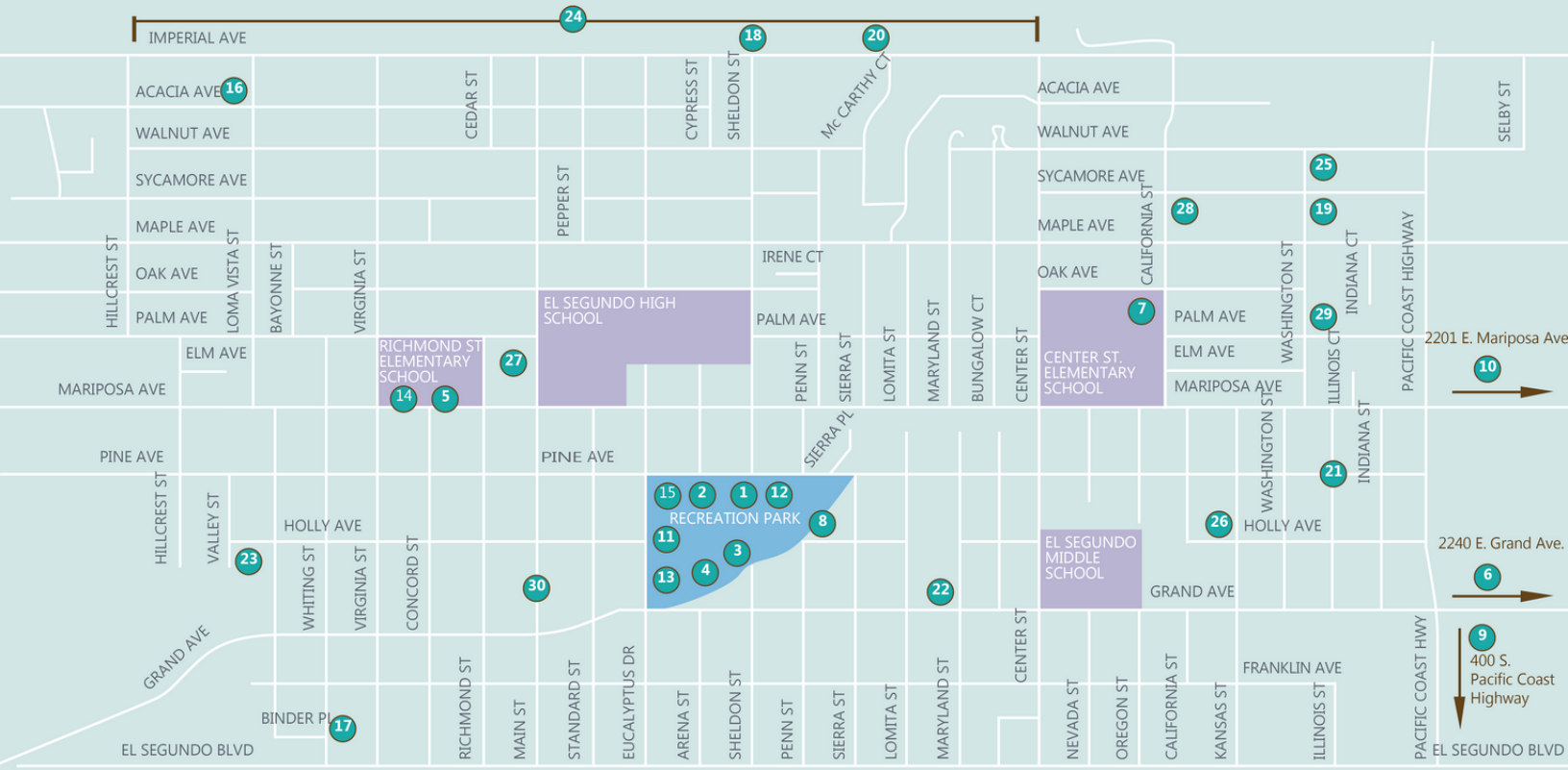

The City of El Segundo Recreation, Parks, and Library Department is hiring **Recreation Leaders, Senior Recreation Leaders, Lifeguards, and Swim Instructors!**

El Segundo
REC, PARKS, & LIBRARY
We Engage... We Inspire... We Play...

**WWW.ELSEGUNDO.ORG**
**310-524-2700**

# 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 - 2:00pm
Sun: 10:00am - 3:00pm
**-Outreach**
Phone: 310-524-2706
Mon - Fri: 9:00am - 1:00pm

**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

**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

**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




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