

El Segundo
**REC, PARKS,
& LIBRARY**

We Engage... We Inspire... We Play...

RECREATION ACTIVITY GUIDE



WINTER
JANUARY-MARCH
2023

TABLE OF CONTENTS

Registration Information.....	4
Special Events.....	5
El Segundo Public Library Programs.....	7
Adults & Older Adults.....	8
Farmers' Market.....	15
Teens.....	16
Youth & Tots.....	18
Aquatics.....	29
Facilities Map.....	35

REC, PARKS, & LIBRARY DEPARTMENT DIRECTORY

Aly Mancini, Director.....	310-524-2730
Brandee Thornton, Senior Admin. Specialist.....	310-524-2774
Christopher Hentzen, Park Superintendent.....	310-524-2716
Mark Herbert, Library Manager.....	310-524-2732
Arecia Hester, Recreation Superintendent.....	310-524-2702
Rachel Cummings, Recreation Supervisor.....	310-524-2363
Ryan Delgado, Recreation Supervisor.....	310-524-2741
Shawn Green, Recreation Supervisor.....	310-524-2707
Linnea Palmer, Recreation Supervisor.....	310-524-2397
Joseph Lormans, Recreation Coordinator.....	310-524-2895
Devon Zamora, Recreation Coordinator.....	310-524-2701
Kristina Kora-Beckman, Senior Librarian.....	310-524-2729
Julie Todd, Senior Librarian.....	310-524-2772

NOTE FROM THE RECREATION, PARKS, AND LIBRARY DIRECTOR

Greetings El Segundo Residents,

Winter is upon us! With the coming of the Winter season, we will find ourselves busy with holiday engagements and activities, visits with families and friends and possibly travel. This time of year is magical, and also stressful. It is important for everyone to remember to practice great self care during these months. Self-care can be as simple as a daily walk in one of our beautiful parks, taking a class that inspires creativity and connects you to your neighbors, setting aside time for leisure reading, and carving out time to do nothing at all. It is also a perfect time to give back to your community through volunteering or participating in food, clothing or toy drives for those less fortunate.

In this brochure you will find a variety of activities and events for you and your families to enjoy. It is our hope that your holiday season is filled with health and happiness. It is our honor to serve each of you.

Best,

Aly Mancini

Recreation, Parks and Library Director

amancini@elsegundo.org

310-524-2730



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: December 5, 2022 at 9:00am

Non-Resident: December 12, 2022 at 9:00am

Classes Begin: January 9, 2023

Swim Registration:

Refer to Aquatics' Section for Registration Dates (Page 31)

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.

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

SPECIAL EVENTS



ARTS & CULTURE ADVISORY COMMITTEE
and RECREATION, PARKS, & LIBRARY

present

JOY

AROUND THE
WORLD

Contact
slee3@elsegundo.org
for more information

HOLIDAY FESTIVAL
& CHRISTMAS TREE LIGHTING

DEC 3
3PM - 7PM

EL SEGUNDO'S REC, PARKS & LIBRARY



Christmas -Eve- DINNER

SATURDAY, DECEMBER

24th

12 pm

ALL ARE WELCOME

JOSLYN CENTER,
339 SHELDON ST., EL SEGUNDO, CA 90245

please RSVP by December 20th
-visit or call 310-524-2705-

DINNER CAN BE DELIVERED TO YOUR HOME, IF YOU
ARE UNABLE TO JOIN US

TRANSPORTATION TO JOSLYN IS AVAILABLE

CONTACT US IF YOU ARE INTERESTED
IN VOLUNTEERING



SPECIAL EVENTS

EL SEGUNDO RECREATION, PARKS AND LIBRARY
DEPARTMENT PRESENTS

STAR PARTY

FRIDAY
MARCH
17TH
8 -10 PM

HILLTOP
PARK

CORNER OF
GRAND AVE.
AND MARYLAND
ST.

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

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

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

**SIB
AIS**
SOUTH BAY ASTRONOMICAL SOCIETY

UNDERWATER EGGSTRAVAGANZA

Saturday, April 8th | 1:30-3:30pm
Aquatics Center

EGG HUNT

EGGSTRAVAGANZA

Saturday, April 8th | 9:30-11:00am
Recreation Park

& Camp Expo

Kids and Teens

BEGINNING JANUARY 17 - MARCH 8

Please call 310-524-2726 for additional information.

Preschool Storytime

Enjoy special stories, songs & age-appropriate crafts.

Tuesdays
11:00AM - 11:30AM
Ages 3-5 yrs

Baby/Toddler Storytime

Enjoy special stories, songs & fun!

Wednesdays
10:00AM - 10:20AM
Ages 0-2 yrs

Kids' Club

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

Wednesdays
3:30PM - 4:30PM
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



Drop-in programs.
No registration required.

ADULTS & OLDER ADULTS

ARTS & ENRICHMENT

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, Social Hall

Instructor: Natalie Strong

Cost: \$212.50/\$170 with a valid Rec ID

F 1/13-2/17 11:30am-12:30pm

F 2/24-3/31 11:30am-12:30pm

Brain Health Program (18+ Years)

As we age, we sometimes think there is nothing we can do to keep our brain healthy. Attend this 4-week program and find out the latest research that will increase your knowledge of tools that have been shown to help your brain be more fit. Topics covered will include: the importance of physical activity, meditation that helps combat brain degeneration, the best eating strategy, and many more tools. Bring your questions and concerns for instructor Carol Hahn, RN. In addition to being a Registered Nurse, she is also a Certified Brain Longevity Specialist and a Certified Brain Health Trainer.

Location: Joslyn, Social Hall

Instructor: Carol Hahn

Cost: \$25

W 1/11-2/01 1:00pm-2:00pm

Ceramics 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: \$137.50/\$110 with a valid Rec ID

T/Th 1/17-1/19 6:00-8:45pm

T/Th 2/21-2/23 6:00-8:45pm

T/Th 3/21-3/23 6:00-8:45pm

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. No class January 16 & February 20.

Location: Joslyn Center, Crafts Room

Instructor: Dawn Whitney-Hall

Cost: \$180/\$144 with a valid Rec ID

M 1/09-3/13 3:30-5:00pm

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.

No class January 16 & February 20.

Location: Joslyn Center, Crafts Room

Instructor: Dawn Whitney-Hall

Cost: \$180/\$144 with a valid Rec ID

M 1/09-3/13 2:00-3:00pm

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 1/11-3/31 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.

No class 1/16, 2/20, 3/6 - 3/10.

Location: Joslyn Center, Social Hall

Instructor: Victoria Samia

Cost: \$81.25/\$65 with a valid Rec ID

M 1/09-4/03 9:00-9:35am

W 1/11-3/22 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. No class 1/16, 2/20, 3/6 - 3/10.

Location: Joslyn Center, Social Hall

Instructor: Victoria Samia

Cost: \$112.50/\$90 with a valid Rec ID

M 1/09-4/03 6:30-7:30pm

F 1/13-3/24 9:00-9:50am

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. No class 2/6 & 2/20.

Location: Athletic Grace Dance Studio

Instructor: Grace Maxwell

Cost: \$87.50/\$70 with a valid Rec ID

M 1/30-3/27 9:30-10:00am



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 participate in the course. No class 1/16, 2/20, 3/6-3/10.

Location: Joslyn Center, Social Hall

Instructor: Victoria Samia

Cost: \$81.25/\$65 with a valid Rec ID

T 1/10-3/21 10:00-10:50am

Th 1/12-3/23 10:00-10:50am

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. No class January 16 & February 20.

Location: Clubhouse, Drop-In Room

Instructor: Sandra Delgado

Cost: \$39/\$31.20 with a valid Rec ID

Cost: \$47/\$37.60 with a valid Rec ID *

M 1/09-2/13 7:00-8:00pm

M 2/27-3/27 7:00-8:00pm

W 1/11-2/15 7:00-8:00pm*

W 2/22-3/29 7:00-8:00pm*



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 single time step. In the intermediate class, you will expand and build on basic tap skills and add techniques like buffalos and the double and triple time steps.

Location: Clubhouse, Auditorium

Instructor: Carol Well

Cost: \$93.75/\$75 with a valid Rec ID

T 1/10-3/14 6:00-7:00pm

Tap: Intermediate (18+ Years)

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

Location: Clubhouse, Auditorium

Instructor: Carol Well

Cost: \$93.75/\$75 with a valid Rec ID

Th 1/12-3/16 6:00-7:00pm

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 a study found the joy and social connections formed in a weekly dance class improves energy and mental outlook. Ballet slippers or dance sneakers recommended. No class 2/6 & 2/20.

Location: Athletic Grace Dance Studio

Instructor: Grace Maxwell

Cost: \$98.44/\$78.75 with a valid Rec ID

M 1/30-3/27 10:30-11:30am



ADULTS & OLDER ADULTS

PICKLEBALL

Drop-in Pickleball 3.0

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: \$5/\$3 with a valid Rec ID

Sa 9:00am-12:00pm

Drop-in Pickleball Play 4.0

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 9:00am-12:00pm

Women's Round Robin with Instruction

This program provides the opportunity to play with other like players in a fun, round robin environment and also include lite instruction during the session which will assist with skill development of the fundamental shots in pickleball as well as instruction during game play. 2.5* & 3.0 available.

Location: Recreation Park, Pickleball Courts

Instructor: Scott Crandall

Cost: \$100

T 1/10-2/28 9:00am-10:30am 2.5*

T 1/10-2/28 10:30am-12:00pm 3.0

Women's 3.0 Round Robin (18+ Years)

This program provides the opportunity to play with other like players in a fun, round robin environment, with instruction. This 8 week session will include instruction which will assist with skill development of the key shots, court positioning and partner movement on the court. Instruction will be provided during game play as well. This class provides a great opportunity to expand your network and improve your skills. All players must submit a waiver and ID unless otherwise on file.

Location: Recreation Park, Pickleball Courts

Instructor: Scott Crandall

Cost: \$130

T 1/10-2/28 10:30am-12:00pm

Women's 2.5 Round Robin (18+ Years)

This program is for the 2.5 skill level player who has played with others, knows the basic rules, scoring and can sustain a short rally. This program provides the opportunity to play with other like players in a fun, round robin environment, with instruction. This 8 week session will also include light instruction during the session which will assist with skill development of the fundamental shots in pickleball as well as instruction during game play.

This class provides a great opportunity to expand your network and improve your skills.

Location: Recreation Park, Pickleball Courts

Instructor: Scott Crandall

Cost: \$100

T 1/10-2/28 9:00am-10:30am

ADULT PICKLEBALL LEAGUE

WINTER 2023

JANUARY 10 TO MARCH 2

Men's

DBL 4.0	TUESDAY EVENINGS	6:00PM-8:00PM	\$200
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Mixed

DBL 3.0	THURSDAY EVENINGS	6:00PM-8:00PM	\$350
DBL 3.5	WEDNESDAY EVENINGS	7:30PM-9:00PM	\$325
DBL 4.0	WEDNESDAY EVENINGS	6:00PM-7:30PM	\$325

Women's

DBL 3.5	WEDNESDAY MORNINGS	9:00AM-10:45AM	\$350
DBL 3.0	WEDNESDAY MORNINGS	11:00AM-12:45PM	\$350
DBL 3.5+	THURSDAY MORNINGS	11:00AM-12:45PM	\$350
DBL 4.0	THURSDAY MORNINGS	9:00AM-10:45AM	\$350

REGISTRATION:
NOVEMBER 7, 8AM WITH A VALID REC ID
NOVEMBER 14, 8AM FOR NON-RESIDENT

SIGN UP YOUR TEAM ON
ESREC.ORG
FOR MORE INFORMATION CALL
310-524-2700

ADULTS & OLDER ADULTS

PICKLEBALL

Pickleball 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 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, Pickleball Courts

Instructor: Cade Erickson

Cost: \$35/\$28 with a valid Rec ID, per class

***Every Other Week**

M 12/05-3/20 6:00pm-7:30pm

***Th 12/1-3/16 6:00pm-7:30pm**

Pickleball 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, Pickleball Courts

Instructor: Cade Erickson

Cost: \$35/\$28 with a valid Rec ID, per class

***Every Other Week**

***Th 12/8-3/23 6:00pm-7:30pm**

Pickleball 4 Shots to Become a 4.0 Player

This class is for those in the 3.5+ range and are looking to take their skills to the 4.0 level. We will be learning and mastering the four most important skills necessary to become a well rounded 4.0 player. Check esrec.org for dates.

Location: Recreation Park, Pickleball Courts

Instructor: Cade Erickson

Cost: \$90/\$72 with a valid Rec ID, per class

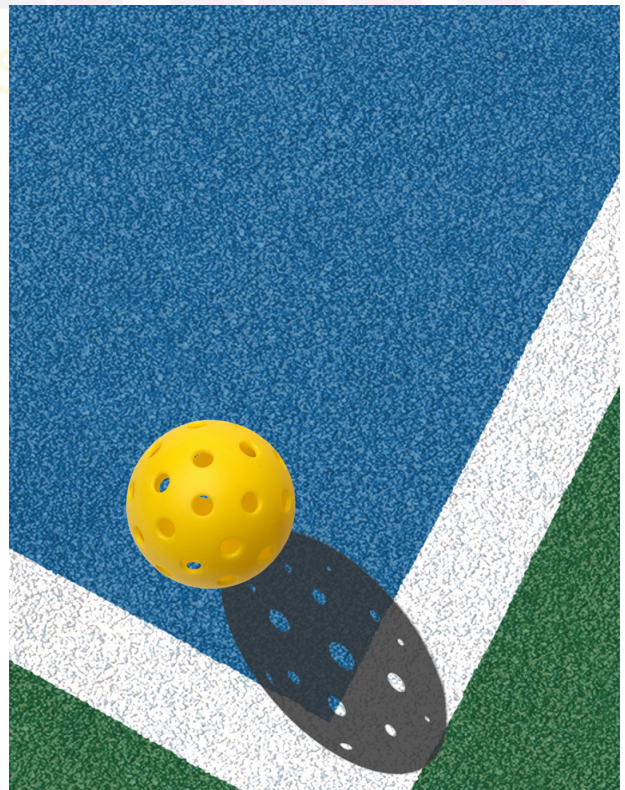
Pickleball Drills for Skills

This class is structured for the 3.0-3.5 skill range and will consist of various drills that are necessary to quickly evolve your game. This is not a beginner level class as we will be learning and practicing intermediate techniques and learning game strategy for better shot production and selection. Check esrec.org for dates.

Location: Recreation Park, Pickleball Courts

Instructor: Cade Erickson

Cost: \$80/\$64 with a valid Rec ID, per class





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.

TEENS

Basketball with Combine Academy (5-12 Grade)

Combine Academy training sessions are meticulously planned by our trainer and are designed in a manner geared towards the maximization of efficiency. Your time is valuable, so our goal is to best prepare you while taking up the least amount of your time possible. Your training session will be conducted by one or more of our trainers over a total of 4 sessions that will last 50 minutes long. Training sessions will be comprised of both activities and lectures that will touch upon, but are not limited to, the following subjects: Ball Handling, Shooting/Form Shooting, Passing/ Court Vision, Court Spacing and off Ball Movement, Post Moves, Defensive Positioning and much more! Training days will be determined on the first day of class, dependent on the package purchased.

Location: Recreation Park Basketball Courts

Instructor: Combine Academy- David Howard

Cost: \$250/\$200 with a valid Rec ID for 4 classes

Cost: \$500/\$400 with a valid Rec ID for 8 classes

T/Th 2/21-3/30 4:00-4:50pm 5th-6th Grade

T/Th 2/21-3/30 5:00-5:50pm 7th-8th Grade

T/Th 2/21-3/30 6:00-6:50pm 9th-12th Grade

Dungeons and Dragons (7-12 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: Teen Center

Instructor: Julian Raymond

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

Cost: \$143.75/\$115 with a valid Rec ID

T 1/10-2/28 4:00-6:00pm

Pickleball 101 Clinic for Teens (7-12 Grade)

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

Location: Teen Center, Basketball Court

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

Cost: \$35/\$28 with a valid Rec ID

F 1/13-3/17 3:30-5:00pm

Youth Volunteer (7-12 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

T/Th 2/21-3/30 11:00-11:50am

Winter Camp: December 19-30

Spring Camp: April 3-7



Spring Break GABIT



Join the El Segundo Teen Center in the biannual 4 on 4 basketball tournament

April 3rd-7th
3:00pm-8:00pm



\$15 for Residents, \$20 for Non-Residents
8th-12th Grade



El Segundo Teen Center



Snowboard & Ski Trip!

Friday, March 3rd

5:30am-9:00pm



Join the El Segundo Teen Center on our annual Snow Trip to Snow Summit for 6-12 grade students.

Residents w/ Rec ID: \$66

Non-Residents: \$100

Bus only: \$30

Registration begins: Tuesday, January 3 at 9am

Registration Deadline: Monday, February 13 at 9am

To register, visit www.esrec.org

With any questions

Call (310) 524-2718

or email,

twilson@elsegundo.org

El Segundo

**REC, PARKS,
& LIBRARY**

We Engage... We Inspire... We Play...



YOUTH & TOTS

ARTS & ENRICHMENT

Art Lab for All (5-14 Years)

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

Location: Clubhouse, Tri-Room

Instructor: Natalie Strong

Cost: \$168.75/\$135 with a valid Rec ID

Cost: \$200/\$160 with a valid Rec ID *

M 1/09-2/13 2:15-3:05pm
M 2/27-3/27 2:15-3:05pm
Th 1/12-2/16 3:15-4:05pm*
Th 2/23-3/30 3:15-4:05pm*
F 1/13-2/17 3:15-4:05pm*
F 2/24-3/31 3:15-4:05pm*

Maker's Club (11-18 Years)

Between school and homework, take some time to make stuff at Maker's Club. Open art studio time for Middle and High schoolers. Enjoy a variety of art supplies. Play your music. Hang out with friends. Arrive when you can, leave when you need to.

Location: Clubhouse, Tri-Room

Instructor: Natalie Strong

Cost: \$95/\$76 with a valid Rec ID

T 1/10-3/28 3:00-5:00pm

Filmmaking (8-13 Years)

Write! Direct! Act! Shoot! Edit! Join us for an exciting 10 week session and create a MOVIE: Thriller, Spy, Comedy.. the list is endless... You will learn how to outline the STORY, create CHARACTERS, cast your ACTORS, prepare SHOTS and start ROLLING. Choose your "Best Takes," for this masterpiece then add MUSIC and SOUND EFFECTS. Sound like fun? All you need is a camera, iPad, or iPhone and your IMAGINATION. iMovie software will be provided for EDITING on a MacBook Pro. Ready? And... ACTION!!!

Location: Clubhouse, Tri-Room

Instructor: Anna Giannotis

Cost: \$362/\$290 with a valid Rec ID

W 1/11-3/22 4:00-5:30pm

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: \$188/\$150.40 with a valid Rec ID

Cost: \$156/\$124.80 with a valid Rec ID *

T 1/10-2/14 11:00-11:45am
T 2/21-3/28 11:00-11:45am
Sa 1/14-2/11 9:15-10:00am*
Sa 2/25-3/25 9:15-10:00am*



YOUTH & TOTS

DANCE

Pre-Ballet (6-12 Years)

This beginning level class is designed to develop awareness of alignment and basic ballet vocabulary and technique. Class will include basic barre exercises, as well as center work. Dance Attire: Ballet slippers are required. No class 2/7 and 3/14.

Location: Clubhouse, Auditorium

Instructor: Athletic Dance Studio-Grace Maxwell

Cost: \$160/\$128 with a valid Rec ID

T 1/24-3/28 5:00-6:00pm

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. No class 3/16.

Location: Clubhouse, Auditorium

Instructor: Athletic Dance Studio-Grace Maxwell

Cost: \$120/\$96 with a valid Rec ID

Th 2/2-3/30 4:15-4:55pm

Tutus and Taps: 1 Beginner (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 school. No class 2/7 and 3/14.

Location: Clubhouse, Auditorium

Instructor: Athletic Dance Studio-Grace Maxwell

Cost: \$120/\$96 with a valid Rec ID

T 1/24-3/28 3:30-4:15pm

Tutus and Taps: 2 Intermediate (3-5 Years)

This session continues the development of dance fundamentals and vocabulary by incorporating more complex movements. Students will be introduced to spatial awareness, movement patterns, basic ballet positions, all while having fun. Dance Attire: Ballet slippers and tap shoes are required. No class 2/7 and 3/14.

Location: Clubhouse, Auditorium

Instructor: Athletic Dance Studio-Grace Maxwell

Cost: \$120/\$96 with a valid Rec ID

T 1/24-3/28 4:15-5:00pm



YOUTH & TOTS

MUSIC

El Segundo Youth Drama Program: Winter Variety Shows (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: \$200/\$165 with a valid Rec ID - Juniors

Cost: \$250/\$200 with a valid Rec ID - Seniors*

M/W/F 1/9-3/19 3:30-5:30pm

M/W/F 1/9-3/26 6:00-8:30pm*

Performance Dates:

F 3/17 & 3/24

Sa 3/18 & 3/25

Su 3/19 & 3/26

Music 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: Ms. Wanda

Cost: \$187.50/\$150 with a valid Rec ID

Cost: \$277.50/\$222 with a valid Rec ID *

T 1/10-2/28 10:00-10:45am

W 1/11-3/01 10:00-10:45am

F 1/13-2/17 10:00-10:45am

T/F 1/10-3/03 10:00-10:45am*

Jr. & Sr. Variety Shows
Auditions Begin: January 9, 2023
Callbacks: January 11th & 13th
Tech: March 13th - 16th
Shows: March 17th, 18th, 19th & 24th, 25th, 26th

Frozen Jr. (ages 5-11)
Auditions Begin: April 10, 2023
Callbacks: April 12th & 14th
Tech: June 6th - 8th
Shows: June 9th, 10th, 11th

The Wizard of Oz (ages 5-18)
Auditions Begin: June 19, 2023
Callbacks: TBD
Tech: August 14th - 17th
Shows: August 18th, 19th, & 20th

YOUTH & TOTS

SPORTS

Basketball with Combine Academy (5-12 Grade)

Combine Academy training sessions are meticulously planned by our trainer and are designed in a manner geared towards the maximization of efficiency. Your time is valuable, so our goal is to best prepare you while taking up the least amount of your time possible. Your training session will be conducted by one or more of our trainers over a total of 4 sessions that will last 50 minutes long. Training sessions will be comprised of both activities and lectures that will touch upon, but are not limited to, the following subjects: Ball Handling, Shooting/Form Shooting, Passing/ Court Vision, Court Spacing and off Ball Movement, Post Moves, Defensive Positioning and much more! Training days will be determined on the first day of class, dependent on the package purchased.

Location: Recreation Park Basketball Courts

Instructor: Combine Academy- David Howard

Cost: \$250/\$200 with a valid Rec ID for 4 classes

Cost: \$500/\$400 with a valid Rec ID for 8 classes

T/Th 2/21-3/30 4:00-4:50pm 5th-6th Grade

T/Th 2/21-3/30 5:00-5:50pm 7th-8th Grade

T/Th 2/21-3/30 6:00-6:50pm 9th-12th Grade

BEST: 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: \$126/\$100.80 with a valid Rec ID

Sa 1/14-2/18 9:00-9:45am

Sa 2/25-4/01 9:00-9:45am

BEST: 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: \$126/\$100.80 with a valid Rec ID

Sa 1/14-2/18 9:50-10:35am

Sa 2/25-4/01 9:50-10:35am





VALENTINE'S DAY TINY TOT TEA PARTY

Refreshments,
snacks, crafts,
games, and more!
Fancy Dress &
Costumes
Encouraged

02
14
23

\$10 Per Person. This
event is pre-sale only.
Wristband Sales Begin:
January 11 at the
Clubhouse
Ages 18 Month- 5 years
with accompanying adult

February 14, 2023
10:00am-11:30am
George E. Gordon Clubhouse
300 E. Pine Ave

For information call 310-524-2362



YOUTH & TOTS

SPORTS

BEST: 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, 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: \$126/\$100.80 with a valid Rec ID

Sa 1/14-2/18 10:40-11:25am

Sa 2/25-4/01 10:40-11:25am

BEST: Multi-Sport (5-6 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: \$126/\$100.80 with a valid Rec ID

Sa 1/14-2/18 10:40-11:25am

Sa 2/25-4/01 10:40-11:25am

BEST: Multi-Sport (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: \$126/\$100.80 with a valid Rec ID

Sa 1/14-2/18 11:30am-12:15pm

Sa 2/25-4/01 11:30am-12:15pm



YOUTH & TOTS

SPORTS

BEST: 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.

Location: Recreation Park, Checkout Grass

Instructor: Best Sports

Cost: \$126/\$100.80 with a valid Rec ID

Sa 1/14-2/18 9:00-9:45am

Sa 2/25-4/01 9:00-9:45am

BEST: 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. This is an extremely active, endurance-based class.

Location: Recreation Park, Checkout Grass

Instructor: Best Sports

Cost: \$126/\$100.80 with a valid Rec ID

Sa 1/14-2/18 9:50-10:35am

Sa 2/25-4/01 9:50-10:35am

BEST: 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. This is an extremely active, endurance-based class.

Location: Recreation Park, Checkout Grass

Instructor: Best Sports

Cost: \$126/\$100.80 with a valid Rec ID

Sa 1/14-2/18 11:30am-12:15pm

Sa 2/25-4/01 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: \$180/ \$144 with a valid Rec ID

Th 1-19-3/09 3:30-4:15pm

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: \$180/ \$144 with a valid Rec ID

Sa 1/18-3/09 4:30-5:15pm



YOUTH & TOTS

SPORTS

Sportball: Basketball (4-5 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 your young athletes.

Location: Recreation Park, Checkout Grass

Instructor: Sportball Staff

Cost: \$180/ \$144 with a valid Rec ID

Sa 1/21-3/11 11:00-11:45am

Sportball: Basketball (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 your young athletes.

Location: Recreation Park, Checkout Grass

Instructor: Sportball Staff

Cost: \$180/ \$144 with a valid Rec ID

M 1/23-3/09 5:50-6:35pm

Sa 1/21-3/11 12:00-12:45pm





REC PARK WINTER CAMP

Arts & Crafts * Science Experiments * Games
Registration: Monday, November 7 for Residents
Monday, November 14 for Non-Residents.

To register, please visit www.esrec.org.



Week 1: Dec. 19-23 & Week 2: Dec. 27-30

AGES
6-11

George E. Gordon Clubhouse
10AM-3PM

Price
\$100, REC ID
\$125, NON-RESIDENT

AGES
3-5

**George E. Gordon Clubhouse-
Drop In Room**
9:30AM-11:30AM

Price
\$53, REC ID
\$68, NON-RESIDENT

FOR MORE INFORMATION

310-524-2362
dzamora@elsegundo.org
www.esrec.org

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: \$180/ \$144 with a valid Rec ID

Su 1/22-3/12 11:00-11:45am

F 1/20-3/10 11:00-11:45am

Sportball: Multi-Sport (5-7 Years)

Sportball Multi-Sport is a dynamic sports program that focuses on skill development in 1 of 8 different sports each class (Soccer, Basketball, Football, Volleyball, Golf, Hockey, Tennis, and Baseball). Classes apply developmentally appropriate methodology to introduce practice and refine motor skills, progress sports skills, reinforce the benefits of team work, and prepare your athlete for a future of confident sport participation.

Location: Recreation Park, Checkout Grass

Instructor: Sportball Staff

Cost: \$180/ \$144 with a valid Rec ID

Su 1/22-3/12 12:00-12:45pm

Sportball: Parent and Child Multi-Sport (16 Mo.-2 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: \$180/ \$144 with a valid Rec ID

Su 1/22-3/12 9:00-9:45am

F 1/20-3/10 9:00-9:45am

Sportball: Parent and Child Multi-Sport (2-3 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: \$180/ \$144 with a valid Rec ID

Su 1/22-3/12 10:00-10:45am

F 1/20-3/10 10:00-10:45am

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: \$180/ \$144 with a valid Rec ID

Sa 1/21-3/11 9:00-9:45am

T-ball with Sportball (3-5 Years)

This class introduces fundamental concepts of game play and teaches the basic skills needed for your athlete to progress into league play and further their skills. Coaches focus on skills like throwing, catching, batting form, base running, fielding, and terminology in fun, exciting skill focused play. No class February 20.

Location: Recreation Park, Checkout Grass

Instructor: Sportball Staff

Cost: \$180/ \$144 with a valid Rec ID

M 1/23-3/20 4:00-4:45pm

Sa 1/21-3/11 10:00am-10:45am

YOUTH & TOTS

SKATEBOARDING

Champ Camp Winter Break Skate Camp (5-12 Years)

Champ Camp's fun-forward "Skate Pods" program is designed to help kids explore the wonderful world of skateboarding and the skills needed to safely shred! Through our "High Fives & Good Vibes" approach, we strive to stroke our skaters out, both on the board and way beyond. Kiddos should bring their own skateboard and helmet (elbow pads, knee pads and wrist guards are strongly recommended). For more details, please visit ChampCampKids.com or follow us at @ChampCampKids. Let's roll

Location: El Segundo Skate Park

Instructor: Champ Camp

Cost: \$325/\$260 with a valid Rec ID

M-F 12/19-12/23 9:00am-12:00pm

Champ Camp Skate Pods (5-12 Years)

Champ Camp's fun-forward "Skate Pods" program is designed to help kids explore the wonderful world of skateboarding and the skills needed to safely shred! Through our "High Fives & Good Vibes" approach, we strive to stroke our skaters out, both on the board and way beyond. Kiddos should bring their own skateboard and helmet (elbow pads, knee pads and wrist guards are strongly recommended). For more details, please visit ChampCampKids.com or follow us at @ChampCampKids. Let's roll

Location: El Segundo Skate Park

Instructor: Champ Camp

Cost: \$195/\$156 with a valid Rec ID

Cost: \$240/\$192 with a valid Rec ID

M 1/23-2/12 3:00-5:00pm

W 2/27-3/27 3:00-5:00pm



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



**Facility Closures: Thanksgiving (11/24 & 11/25), Christmas Eve (12/24), Christmas Day (12/25),
 New Year's Eve (12/31), and New Year's Day (1/1)**

Lap Swim: Reservation

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Competition Pool (25Y)	6:00-8:00am 9:00am-3:00pm	6:00am-3:00pm	6:00am-8:00am 9:00am-3:00pm	6:00am-3:00pm	6:00-8:00am 9:00am-3:00pm	6:00-8:00am 11:00am-3:00pm	10:00-11:00am 1:00-3:00pm
Instructional Pool (25Y)	6:00-7:00am 10:00am-3:00pm 6:00-9:00pm	6:00-7:00am 8:00-9:00am 10:00am-3:00pm 7:00-9:00pm	6:00-7:00am 10:00am-3:00pm 7:00-9:00pm	6:00-7:00am 8:00-9:00am 10:00am-3:00pm 7:00-9:00pm	6:00-7:00am 10:00am-3:00pm	6:00-8:00am	6:00am-12:00pm
Competition Pool Stair Area- Water Walking (55ft)	6:00-8:00am 9:00am-3:00pm	6:00am-3:00pm	6:00am-8:00am 9:00am-3:00pm	6:00am-3:00pm	6:00-8:00am 9:00am-3:00pm	6:00-8:00am 11:00am-3:00pm	10:00-11:00am 1:00-3:00pm

Drop In Lanes

Competition Pool (25Y) North 2 & 3	6:00-8:00am 9:00am-3:00pm	6:00am-3:00pm	6:00am-8:00am 9:00am-3:00pm	6:00am-3:00pm	6:00-8:00am 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 11:00am-3:00pm	10:00-11:00am 1:00-3:00pm

Recreation Swim

Instructional Pool					6:00-9:00pm	12:00-3:00pm	12:00-3:00pm
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Extended Rec Swim Dates: 12-3pm

Instructional Pool	November 21 December 19 December 26 January 16 February 13 February 20	November 22 December 20 December 27	November 23 December 21 December 28	December 22 December 29	December 23 December 30		
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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: comfort 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

Level 8- Junior Guard Prep Class

This program is designed to prepare participants for Junior Lifeguards. The goal of this class is to swim 100 yards in under two minutes. This is the standard for entrance into the JG summer program. Safety is our top priority, as we want our participants to feel strong and comfortable in the water.

Pre-requisite: 8 years and older, freestyle competency

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.

Attention: A 2023 EI Segundo or Wiseburn Rec ID is required to receive resident registration/discount
 All 2022 Rec IDs expire 12/31/2022

Group Weekday Lessons			Weekend Lessons		No class: January 16 or February 20
Session 1			Session 1		
Monday & Wednesday January 18- February 8 Aquatics Center	4:00PM 4:30PM 5:00PM 5:30PM	L1,L3,L4,L6 L1,L2,L4,L5 L1,L2,L3,L5 JG Prep	Saturday January 21- February 11 Aquatics Center	9:00AM 9:30AM 10:00AM 10:30AM 11:00AM 11:30AM	Privates & Semi-Privates (Ages 3 & up)
Tuesday & Thursday January 17- February 9 Aquatics Center	4:00PM 4:30PM 5:00PM 5:30PM	L1,L3,L4,L6 L1,L2,L4,L5 L1,L2,L3,L5 JG Prep	Saturday January 21- February 11 Aquatics Center	11:00AM 11:30AM	Baby & Me
Session 2			Session 2		
Monday & Wednesday February 22- March 15 Aquatics Center	4:00PM 4:30PM 5:00PM 5:30PM	L1,L3,L4,L6 L1,L2,L4,L5 L1,L2,L3,L5 JG Prep	Saturday February 25- March 18 Aquatics Center	9:00AM 9:30AM 10:00AM 10:30AM 11:00AM 11:30AM	Privates & Semi-Privates (Ages 3 & up)
Tuesday & Thursday February 21- March 16 Aquatics Center	4:00PM 4:30PM 5:00PM 5:30PM	L1,L3,L4,L6 L1,L2,L4,L5 L1,L2,L3,L5 JG Prep	Saturday February 25- March 18 Aquatics Center	11:00AM 11:30AM	Baby & Me

Registration:

Session 1:

9 AM Friday January 6: Resident

9 AM Monday January 9: Non-Resident

Session 2:

9 AM Friday February 10 Resident

9 AM Monday February 13: Non-Resident

Pricing:

Privates:

\$80 Resident/\$125 Non-Resident

Baby & Me:

\$24 Resident/ \$32.50 Non-Resident

Groups:

8- 25min classes:\$48 Resident /\$65 Non-Resident

7- 25 min classes:*\$42 Resident/\$56.91 Non-Resident

AQUATICS

SPECIALTY CLASSES

Carol's Aqua Fitness (18+ Years)

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

Location: Aquatics Center, Instructional Pool

Instructor: Carol Hahn

Cost: \$10/\$8 with valid Rec ID, per class

Sa	12/10	8:00-8:50am
Sa	1/7	8:00-8:50am
Sa	2/4	8:00-8:50am
Sa	3/4	8:00-8:50am

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!

Location: Aquatics Center

Instructor: Aquatics Staff

Cost: \$200 for Course and Certification

Sa/Su	1/07-1/08	8:00am-6:00pm
Sa/Su	3/25-3/26	8:00am-6:00pm

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: \$10/\$8 with valid Rec ID, per class

M-F	7:00-7:50am
M-F	9:00-9:50am
T-Th	6:00-6:50pm

Junior Lifeguard Timing Practice

This is an opportunity to time your child who is trying out for the Junior Lifeguard Program. You can drop in at any point during this time. Due to the limited number of lanes, children will have to share lanes as needed. You can stay as long or as little as you like to time your child's 100-yard swim.

Location: Aquatics Center

Youth Drop-In: \$4/\$2 with valid Rec ID

M-Th 2/13-2/16 2/3:30-4:00pm



AQUATICS

AQUATICS EVENTS & CAMPS

Aquatics Camp (8-14 Years)

Play before you feast this Thanksgiving break! Swim, compete, and splash Monday through Wednesday 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: Aquatics Center

Cost: \$75/\$39 with valid Rec ID

M-W 11/21-11/23 3:30-6:00pm

Swim Lesson Evaluations

Not sure what swim level to sign your child up for? Come to Rec Swim during our winter hours to have our staff evaluate your child's water awareness. We will let you know what level to enroll them in for our winter session in January.

Location: Aquatics Center, Instructional Pool

Cost: Youth Drop-In \$4/\$2 with valid Rec ID

M-W 12/19-12/21 12-3:00pm

Holiday Hustle

This is an aquatic competition for all swimmers and water walkers alike. Let's warm up the winter season with a friendly distance competition. Every time you come to the El Segundo Aquatic Center, report how many laps you completed that day to the front office staff after your swim. The winner will receive a prize and will be posted at the facility. Sign up online or at the front desk to commit to your fitness and join the race!

FREE, Register to Participate

12/01/22 - 1/01/23



WE ARE HIRING!

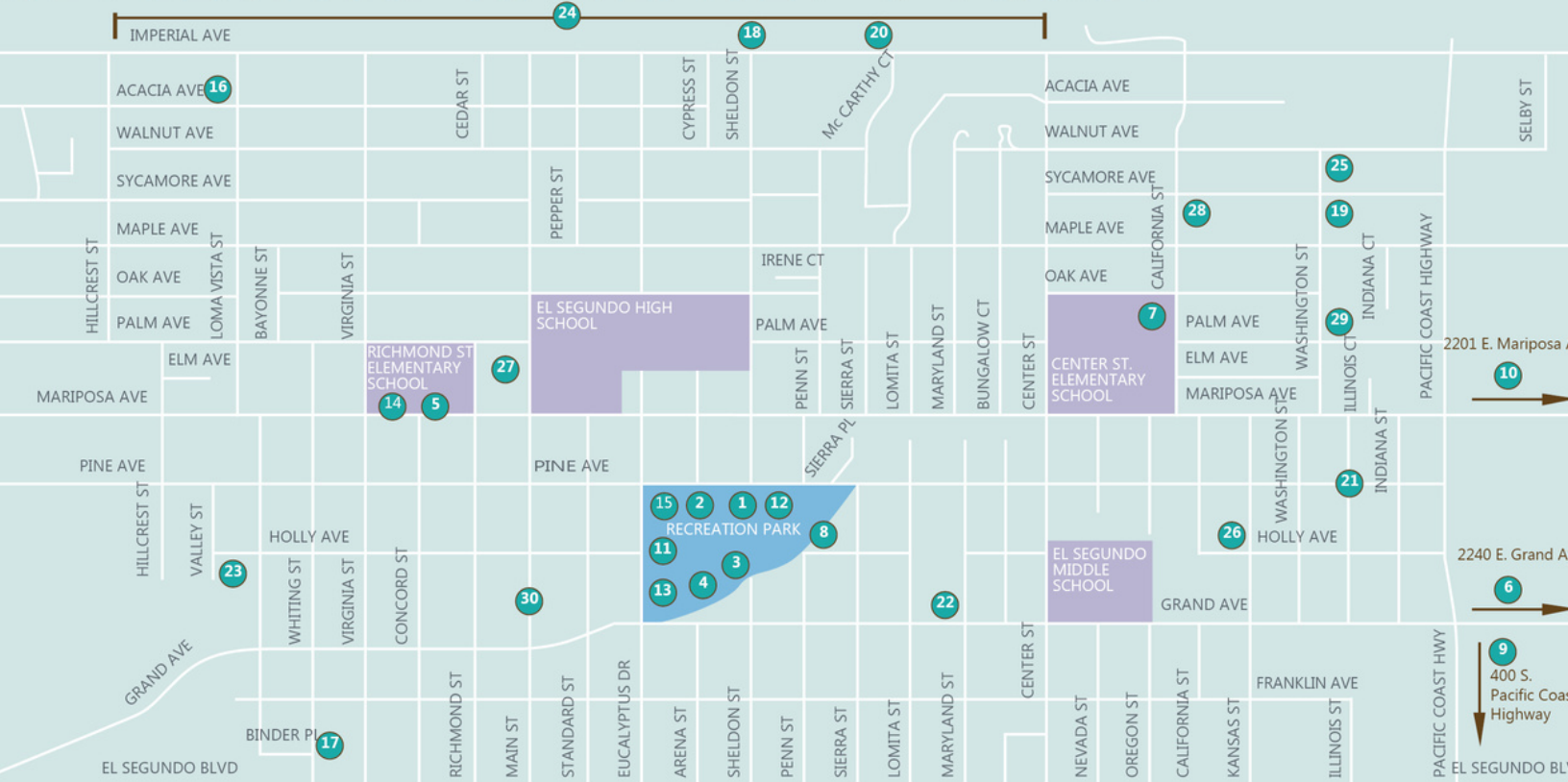
SCAN ME



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

FACILITY MAP

RECREATION FACILITIES & PARKS



FACILITIES

- 1 CHECKOUT BUILDING**
401 Sheldon St.
Phone: 310-524-2700
Temporarily closed. Only available via phone
- 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
- 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

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El Segundo Recreation Park
Sports & Recreation Venue
#esrecandparks
www.esrec.org/
401 Sheldon Street, El Segundo, California 90245
Followed by mbparksandrec, el.segundo.public.library and 3 others

Following Message Contact

Instagram grid showing various park activities and events.