2020 SWIM LESSONS

THE ROSE BOWL AQUATICS CENTER IS A NON-PROFIT ORGANIZATION THAT PRIDES ITSELF IN SERVING OUR COMMUNITY. WE ARE THE HOME FOR PATRONS OF ALL AGES.

THE WATER IS A GREAT EQUALIZER AMONGST OUR DIVERSE COMMUNITY AND WE WANT EVERYONE TO BE ABLE TO ENJOY THE WATER SAFELY. IT IS OUR MISSION TO MAKE SURE EVERY PERSON IS WATER SAFE. OUR PROGRAM CONTINUES TO GROW EACH YEAR AS WE WELCOME NEWCOMERS OF ALL AGES. WE BELIEVE IN QUALITY TEACHING BECAUSE SWIM LESSONS SAVE LIVES!

FACILITY

The Aquatics Center is located in the heart of Pasadena but we service patrons from all over LA County. Our facility is truly unique. No matter the time of day, our pool deck is booming with activity. We have two full sized Olympic pools, a Therapy pool, and two Hydro-jet whirlpools. Each pool is kept at its own unique temperature perfect for many recreational activities. Our lessons are taught in a pool that is heated to 86 degrees year round, so jump in! The water is warm!

STAFF

We require all of our instructors to be CPR and First Aid certified, with the majority that are Water Safety Instructor certified as well. Our methods of teaching allow our patrons to learn at a pace that they feel comfortable with. Our instructors are knowledgeable, provide positive reinforcement, and give clear and precise instructions to create the perfect blend to learn how to swim. Our staff is aware that learning how to swim can be a fearful process, and we find it very rewarding to support our patrons every step of the way.

MISSION STATEMENT

To help everyone achieve their personal best by providing the finest aquatic educational, competitive, therapeutic, and recreational programs.

WE PRIDE OURSELVES ON EMPLOYING INSTRUCTORS THAT ARE PASSIONATE ABOUT THE WATER AND ABOUT THE IMPORTANCE OF LEARNING HOW TO SWIM. OUR STAFF IS MALLEABLE. WE WILL DO EVERYTHING IN OUR POWER TO HELP YOU OR YOUR LOVED ONES LEARN HOW TO SWIM AND ENJOY THE WATER.
GROUP LESSONS

We offer group lessons for all ages and swimming abilities. We break down our classes first by age then by current skill set. We provide classes that match the cognitive development for the age group while remaining challenging enough to produce growth and advancement to the next level.

Let us be your gateway program to the world that is AQUATICS.

PARENT INFANT CLASSES (6 MONTHS - 3 YEARS OLD)

BEGINNER: RUBBER DUCKY

Infant must be 6 months old and be able to hold their head up on their own. This level is a priceless parent infant bonding class that allows children to be stimulated in a new environment and eventually feel comfortable being in the water. Parents will learn to interact with their children safely in the water.

Child must be comfortable putting their face in the water on their own. Child must be able to blow bubbles voluntarily. This level is a priceless parent infant bonding class, in which the infant already feels comfortable in the water. Parents will be encouraged to allow their infants to voluntarily put their faces in the water and blow bubbles. An instructor will facilitate group activities that promote safe water exploration for infants.

INTERMEDIATE: BABY BELUGA

Child must be 18 months-3 years old. Child must be showing signs of wanting to swim out of their parents hands when in the water. This level is designed for avid toddlers that want to explore the water more freely while still having their parents by their side. They will be introduced to more important swimming and survival skills. Depending on how receptive the toddler is, they may even begin to swim short distances on their own.

PARENT PRESCHOOL: SEA OTTER

PRESCHOOL LEVEL CLASSES (3 - 6 YEARS OLD)

RATIO: 5 SWIMMERS TO 1 INSTRUCTOR

PRESCHOOL 1 BEGINNER: PUFFERFISH

This level is designed to help student’s feel comfortable in the water and to enjoy the water safely. Children will learn how to enter and exit the pool, hold their breath, blow bubbles, and put their face in the water. They will learn to float on their belly and their back. They will learn how to do a front glide.

PRESCHOOL 1: STARFISH

Child must be able to float on their belly unassisted and do a front glide for 5 feet. This level introduces true locomotion skills. Since the children already know how to front glide, they can learn to travel through the water on their own with the use of their arms and legs. Breath control is introduced and taking a voluntary breath is practiced until mastered.

PRESCHOOL 2: SEAHORSE

Child must be able to swim 5-10 feet unassisted and take one breath, then continue to swim. The objective of this level is to increase confidence and water independence. Children will learn to come up for a breath independently and rhythmically. They will become comfortable with distance and deep water swimming. Change of direction is mastered and diving to the bottom of the shallow pool to retrieve an object is introduced. Children will learn how to enter and exit from the side of the pool deck.

PRESCHOOL 3: CLOWNFISH
**Preschool 3: Endurance: Penguin**

Child must be able to swim 15 feet unassisted with multiple breaths. The objective of this level is to develop the endurance necessary for Preschool 4. Children will practice swimming 20 – 25 feet with multiple breaths. Children will be introduced to side breathing with assistance, rainbow arms with assistance, and kicking on their back with assistance. Water safety is achieved!

**Preschool 4: Spotted Seal**

Child must be able to swim 20 – 25 feet unassisted with multiple breaths without struggling. This level is designed to introduce students to true strokes. Freestyle, Elementary Backstroke, and Backstroke are introduced. Treading water, recovery to a swimming position, and change of direction is mastered. Independence in the water is achieved.

Child must be able to swim 25 yards of Freestyle and Backstroke correctly, comfortably, and without assistance. Child must be able to swim Elementary Backstroke comfortably. Child must be able to retrieve an object from a 5 foot depth without assistance. The objective of this level is to work on stroke refinement and technique (Freestyle and Backstroke). Endurance when swimming will increase significantly as swimmers practice strokes in 50 yard increments. Breaststroke is taught and a dolphin kick is introduced. Treading water with an egg beater kick is introduced.

**Preschool 5: Dolphin**

Child must be able to swim 50 yards of Freestyle and Backstroke. Child must be able to swim 25 yards of Breaststroke. Child is familiar with the dolphin kick. Child can tread water using an egg beater kick. The objective of this level is to prepare students to join a formal swim team. The four competitive strokes are mastered: Freestyle, Backstroke, Breaststroke, and Butterfly. Swim team prep such as racing starts, racing dives, and flip turns, will be covered.

**Preschool 6: Hammerhead Shark**

**School Age Level Classes (6-13 Years Old)**

**Ratio: 6 swimmers to 1 instructor**

The objective of this level is to help students feel comfortable in the water and to enjoy the water safely. Children will learn how to enter and exit the pool safely, hold their breath, blow bubbles, and put their face in the water. They will learn how to float on their belly and back. They will learn how to do a front glide.

**School Age 1: Turtle**

Child must feel comfortable submerging their face in the water. Child must be able to float on their belly unassisted and do a front glide for 5 feet. The objective of this level is to introduce true locomotion skills. Since children already know how to glide, they can now travel through the water with the use of their arms and legs. They will learn how to flutter kick, and swim with a basic paddle stroke. They will master floating on their belly and their back. They will continue to work on their front glide, and will be taught how to back glide. They will practice treading water. Breath control and taking a voluntary breath is practiced until mastered.

**School Age 2: Octopus**

Child must be able to swim 20 feet unassisted with multiple breaths without struggling. Child can do a front and back glide. The objective of this level is to increase confidence and water independence. Change of direction and diving to the bottom of the shallow pool to retrieve an object is mastered. Students are introduced to aspects of Freestyle, and Backstroke. Treading water, recovery to a swimming position, and change of direction are mastered. Water safety is achieved!

**School Age 3: Manta Ray**

Child must be able to tread water. Child must be able to swim 30 feet using the ½ noodle doing rainbow arms. Child must be able to kick on their back using a kickboard or noodle for 30 feet. The objective of this level is to develop the endurance necessary for School Age 4. Students will be taught to swim Freestyle and Backstroke without assistance. They will learn how to circle swim, and how to swim with fins. They will be taught a safety stroke (Elementary Backstroke) for in the event that they are too tired to finish the lap.

**School Age 3: Endurance: Polar Bear**
**School Age 4: Crocodile**

Child must be able to swim 50 yards of Freestyle and Backstroke. Child must also be able to swim 25 yards of Elementary Backstroke. The objective of this level is to allow students to develop their natural rhythm when swimming Freestyle and Backstroke. They will become comfortable with distance and deep water swimming. Students will be taught a new stroke: Breaststroke.

**School Age 5: Killer Whale**

Child must be able to swim 100 yards of Freestyle and Backstroke with proper form. Child must be able to swim 50 yards of Breaststroke. The objective of this level is to learn 2 new strokes: Side stroke and Breaststroke. Endurance and stamina will continue to increase as students practice swimming 100+ yards of each stroke. Treading water with an egg beater kick will be taught.

Child must be able to swim all 4 competitive strokes with proper form and efficient technique. Child must be proficient with deep water and distance swimming. Child must be able to tread water.

The objective of this level is to prepare students for a formal swim team. The four competitive strokes are mastered: Freestyle, Backstroke, Breaststroke, and Butterfly. Swim team prep such as racing starts, racing dives, and flip turns will be covered.

**School Age 6: Great White Shark**

Child must be able to swim all 4 competitive strokes with proper form and efficient technique. Child must be proficient with deep water and distance swimming. Child must be able to tread water.

The objective of this level is to prepare students for a formal swim team. The four competitive strokes are mastered: Freestyle, Backstroke, Breaststroke, and Butterfly. Swim team prep such as racing starts, racing dives, and flip turns will be covered.

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**Junior Adult Classes (13 - 17 years old)**

**Ratio: 10 swimmers to 1 instructor**

Whether a complete beginner or an experienced swimmer, this class allows teens to comfortably learn how to swim amongst their peers. As they build their confidence, they will master breath control, learn how to float, kick with proper form, and will eventually be taught true strokes.

**Adult Group Lessons (18 years of age and up)**

**Ratio: 10 swimmers to 1 instructor**

This class is designed to introduce the fearful or inexperienced adult to the water. Adults will learn how to relax and feel comfortable in the water. Once a certain level of comfort is achieved adults will be taught breath control, how to float on their belly and back, glide, and then progress to a basic paddle stroke. Freestyle will be taught and practiced until mastered. Adults will also learn to float on their back while kicking.

**Adult Beginner**

Adult must be able to swim 150 yards of Freestyle without struggling. Adult must also be able to float on their back while kicking. Adult must feel comfortable swimming in a depth where they are not able to stand on the pool floor. This course covers refining Freestyle and increasing one’s endurance from 150 yards to 400+ yards of Freestyle. Adults will be taught a progression of new strokes: Backstroke, Breaststroke, and Butterfly. Adults will begin to develop more strength and power as they swim. Once the class starts swimming sets, they will learn open turns and flip turns. Water safety is achieved!

**Adult Intermediate/Advanced**

When training for the swimming portion of a triathlon, it is important to first feel comfortable in the water. This class will not only teach you how to feel comfortable, but will provide you with a stroke proficient enough to complete any desired distance. Typically, adults are most efficient when swimming Freestyle so that stroke will be emphasized throughout the course of the class.

**Triathlon Training Beginner**

Must have previously completed a triathlon. This course is designed to provide Triathletes with an experienced coach while they train for their next Triathlon. Long distance swimming will be emphasized while the instructor breaks down everyone’s stroke so that they swim as efficient as possible.

**Triathlon Training Intermediate/Advanced**
WINTER 1:
Jan. 3 - Jan. 26 (4 weeks)
Open Registration: Dec. 11, 2020
(NO LESSONS Wed. 1/1 & Thurs. 1/2)

WINTER 2:
Jan. 27 - Feb. 23 (4 weeks)
Pre-Registration: Jan. 15, 2020
Registration: Jan. 18, 2020

SPRING 1:
Feb. 24 - Mar. 22 (4 weeks)
Pre-Registration: Feb. 12, 2020
Registration: Feb. 15, 2020

LEARN TO SWIM WEEK #1:
Mar. 30 - Apr. 3
Pre-Registration: Mar. 18, 2020
Registration: Mar. 21, 2020

LEARN TO SWIM WEEK #2:
Apr. 6 - Apr. 10
Pre-Registration: Mar. 18, 2020
Registration: Mar. 21, 2020

SPRING 2:
Mar. 23 - Apr. 26 (5 weeks)
Pre-Registration: Mar. 11, 2020
Registration: Mar. 14, 2020
(NO LESSONS Easter Weekend: Fri. 4/10, Sat. 4/11 & Sun. 4/12)

SPRING 3:
Apr. 27 - May 31 (5 weeks)
Pre-Registration: Apr. 15, 2020
Registration: Apr. 18, 2020
(NO LESSONS Memorial Day Weekend: Fri. 5/22, Sat. 5/23, Sun. 5/24 & Mon. 5/25)
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<tr>
<th>SUMMER TWO WEEK</th>
<th>SUMMER-FALL-HOLIDAY</th>
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<tr>
<td><strong>SUMMER 1:</strong></td>
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<td>June 1 - July 5 (5 weeks)</td>
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<td>Pre Registration: May 13, 2020</td>
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<td>June 29 - July 10</td>
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<td>Sept. 7 - Oct. 4 (4 weeks)</td>
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<td><strong>FALL 3:</strong></td>
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*Prices are subject to change for all 2020 group and private lessons*