



## POOL RULES

All patrons entering the facility during recreational/lap swim times are required to pay the facility admission fee, including spectators, except those seated in the bleacher area.

- Swim suit required
- Children not potty trained must wear a swim diaper
- Children under age 7 must be accompanied by an adult in the water at all times (4 children max per 1 adult)
- Water toys and U.S. Coast Guard Type III approved lifejackets may be used at the Pool Manager's discretion. Each individual wearing a U.S. Coast Guard Type III lifejacket must be accompanied by an adult in the pool, within arms reach.

### NOT ALLOWED IN POOL OR POOL AREA

- Flotation devices
- Running
- Smoking
- Diving
- Pets
- Breath-holding games

### NO EXCEPTIONS

- The City reserves the right to refuse access at any time
- All patrons are required to exit the pool from 1:55 PM-2:00 PM for a mandatory restroom break.

## FISH TICKETS

Fish Tickets can be used for any drop-in recreation activity. Tickets cost \$20 and are good for \$25 worth of activities. You can purchase your fish tickets from the pool staff at the Begg Pool office or in the Parks and Recreation Department, 1400 Highland Avenue.

## LAP SWIM

\$4/person/visit • January 9-April 6

### BEGG POOL

Mondays 1& Wednesdays:

7:00 PM - 8:00 PM

(ages 9-16 only)

8:00 PM - 9:00 PM

(ages 16+ only)

Tuesdays & Thursdays:

8:00 PM - 9:00 PM

(3 lanes for ages 9-16,  
3 lanes for 17+)

### MIRA COSTA POOL (16+)

Mondays & Wednesdays:

6:15 PM - 7:00 PM and

8:45 PM - 9:45 PM

## BEGG POOL MASTERS

6:00 AM-7:00 AM • Monday through Friday

\$45/month • A# 24860

\$5/person/visit

Begg Pool Masters is designed to help swimmers improve fitness and/or train for specific goals and offer active support for a healthy lifestyle through friendship and camaraderie. Workouts are structured for all swimming abilities ranging from beginning lap swimmers to college athletes. Swimmers are required to join Southern Pacific Masters Association (SPMA) within their first month of enrollment. Membership of SPMA is good for the entire year and the cost is approximately \$48. We invite you to come and swim with us! Coach: Steve Hyde

## JR. GUARD PREP CLASS

9 but less than 15

Prepare to meet the qualifications for the Los Angeles County Jr. Lifeguard Program, with this class focusing mainly on freestyle. No class 2/20.

Instructor: Begg Pool Staff

Location: Begg Pool

Res: \$288 Nonres: \$317

26845 3:30pm to 4:10pm 1/9-4/5 M W

26846 4:15pm to 4:55pm 1/9-4/5 M W

26849 7pm to 7:40pm 1/9-4/5 M W

Res: \$300 Nonres: \$330

26847 3:30pm to 4:10pm 1/10-4/6 Tu Th

26848 4:15pm to 4:55pm 1/10-4/6 Tu Th

## WATER AEROBICS

16 and up

\$4/person/session (drop-in) or \$52 for entire session

This class is designed for men and women who are looking to get in shape, for low impact cardiovascular exercise that will increase cardiovascular endurance and to meet new friends. Workout includes a warm-up, aerobic exercise, stretching exercises and relaxation exercises to increase flexibility. Knowing how to swim is not a prerequisite for participation in this class. No class 2/20.

Instructor: Begg Pool Staff

Location: Begg Pool

27000 3pm to 4pm 1/9-4/5 M W



## LIFEGUARD TRAINING CLASS

15 and up

Res: \$200 Nonres: \$220

Gain the certifications and training to become a pool pro!

Certificates include American Red Cross C.P.R. for the Professional Rescuer, AED and First Aid. Participants successfully completing this program will be qualified for lifeguard positions in Manhattan Beach and other public and private agencies. Be prepared to swim each class, bring a swim suit, towel, goggles, swim cap, pen/pencil and paper. LGT books will be available for loan but may be purchased for \$35.

Friday, March 17, 2017

the class will meet at Mira Costa High School Pool from 6:30 - 7:30pm for the prerequisite swim test.

Saturday, April 1, 2017 / Sunday, April 2, 2017

will meet at Manhattan Heights Community Center in the Mount Baldy Room.

26870