

AQUATICS

BEGG POOL MASTERS

6:00 AM-7:00 AM • Monday through Friday
\$45/month

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

WATER AEROBICS

\$4/person/session
April 11-June 9 • Monday-Thursday
3:15 PM-4:00 PM

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. Classes are drop-in, so no registration is necessary. Knowing how to swim is not a prerequisite for participation in this class.

RECREATIONAL SWIM

\$3/person/visit
April 16-May 21 • Saturday
1:00 PM-2:00 PM

BEGG POOL LAP SWIM

\$4/person/visit
April 11-June 9
Monday-Thursday
8:00 PM-9:00 PM

April 16-May 21
Saturday
9:15 AM-12:00 PM

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 attire 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
- Pets
- Diving
- Smoking
- Running
- 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.

POOL RENTAL

Begg Pool is available for rent most Saturdays. The cost is \$150/hour for residents and \$190/hour for nonresidents. The rental fee includes pool lifeguards for up to 50 guests. Parties larger than 50 guests will be charged additional fees to cover the cost of additional lifeguards. Bookings are on a first come, first served basis. For reservation information, call (310) 802-5410.

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.

MIRA COSTA LAP SWIM

\$4/person/visit
April 11-June 9 • Monday's & Wednesday's • 8:45 PM-9:45 PM • 16 and up



JR. LIFEGUARD 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 free style. No class 5/30.

Res: \$240 Nonres: \$264

25026	3:30pm to 4:05pm	4/11-5/5	M Tu W Th
25027	4:10pm to 4:45pm	4/11-5/5	M Tu W Th

Res: \$120 Nonres: \$132

25029	6pm to 6:35pm	4/11-5/4	M W
25032	3:30pm to 4:05pm	5/9-5/19	M Tu W Th
25033	4:10pm to 4:45pm	5/9-5/19	M Tu W Th

Res: \$60 Nonres: \$66

25035	6pm to 6:35pm	5/9-5/18	M W
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Res: \$165 Nonres: \$182

25036	4:10pm to 4:45pm	5/23-6/9	M Tu W Th
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PRIVATE SWIM LESSONS

3 and up

A one-on-one learning environment for children or adults. Classes meet for 35 minutes. Children must be at least 3 years old, potty trained and be able to be in the water without a parent. Private lessons are for all skill levels. For the safety of your child, parents must wait outside the fence during the lesson. No class 5/30.

Res: \$148 Nonres: \$163

25071	4:10pm to 4:45pm	5/9-5/18	M W
25070	4:10pm to 4:45pm	5/10-5/19	Tu Th

Res: \$185 Nonres: \$201

25074	3:30pm to 4:05pm	5/23-6/8	M W
25075	4:10pm to 4:45pm	5/23-6/8	M W
25069	6pm to 6:35pm	5/23-6/8	M W

Res: \$222 Nonres: \$244

25061	9am to 9:35am	4/16-5/21	Sa
25062	9:40am to 10:15am	4/16-5/21	Sa
25063	10:20am to 10:55am	4/16-5/21	Sa
25064	11am to 11:35am	4/16-5/21	Sa
25065	11:40am to 12:15pm	4/16-5/21	Sa
25066	12:20pm to 12:55pm	4/16-5/21	Sa
25072	3:30pm to 4:05pm	5/24-6/9	Tu Th
25073	4:10pm to 4:45pm	5/24-6/9	Tu Th



YOUTH

OCEAN SAFETY CLASSES *NEW*

Res: \$135 Nonres: \$149

9 but less than 15

This class is open to boys and girls ages 9 to 14 who are able to swim 100 yards in two minutes or less. Students will gain a wide variety of skills including proper entry and exit from surf, identifying hazardous conditions, swimming out of rip currents and gain overall confidence swimming in the ocean. Beginner classes are designed for students with little to no ocean experience. Advanced/conditioning class is designed for returning L.A. County Jr. Guards or students who are comfortable in the ocean and need to become more efficient in ocean skills. Classes will be limited to no more than 3 children per class. Private lessons are available. No class 5/30.

Beginner

Res: \$135 Nonres: \$149

25505	MB-PSS	3pm to 3:45pm	4/11-4/25	M
25506	MB-PSS	4pm to 4:45pm	4/11-4/25	M
25508	MB-PSS	3pm to 3:45pm	4/15-4/29	F
25509	MB-PSS	4pm to 4:45pm	4/15-4/29	F
25511	MB-PSS	3pm to 3:45pm	5/2-5/16	M
25512	MB-PSS	4pm to 4:45pm	5/2-5/16	M
25514	MB-PSS	3pm to 3:45pm	5/6-5/20	F
25515	MB-PSS	4pm to 4:45pm	5/6-5/20	F

Res: \$90 Nonres: \$99

25516	MB-PSS	4pm to 4:45pm	5/23-6/6	M
25517	MB-PSS	3pm to 3:45pm	5/23-6/6	M
25520	MB-PSS	3pm to 3:45pm	6/3-6/10	F
25521	MB-PSS	4pm to 4:45pm	6/3-6/10	F

Advanced

Res: \$135 Nonres: \$149

25507	MB-PSS	5pm to 5:45pm	4/11-4/25	M
25510	MB-PSS	5pm to 5:45pm	4/15-4/29	F
25513	MB-PSS	5pm to 5:45pm	5/2-5/16	M
25578	MB-PSS	5pm to 5:45pm	5/6-5/20	F

Res: \$90 Nonres: \$99

25519	MB-PSS	5pm to 5:45pm	5/23-6/6	M
25522	MB-PSS	5pm to 5:45pm	6/3-6/10	F

ADULT

THE SWIM MECHANIC *NEW*

Res: \$150 Nonres: \$165

18 and up

Training for a triathlon or open water swim? Improve your swimming technique in the ocean and learn valuable tips such as proper entry and exit from surf, swimming out of rip currents, refining stroke mechanics all while reducing your swim time. Participants will meet at Begg Pool either on Monday or Wednesday for a pool workout and on Saturday on the south side of the pier for ocean swims. Private lessons are available.

26015	6pm to 7pm	4/11-5/14	M Sa
26016	6pm to 7pm	4/13-5/14	W Sa
26017	6pm to 7pm	5/16-6/18	M Sa
26018	6pm to 7pm	5/18-6/18	W Sa