

2024

SWIM LESSONS



RBAC
Rose Bowl Aquatics Center

A 501(c)(3) Nonprofit Organization



Swim Lessons 2024

The non-profit Rose Bowl Aquatics Center serves a diverse community of infants, toddlers, children, teenagers, adults, and seniors. We want everyone to enjoy the water safely. It's our mission to make every person water safe through high quality swim instruction.



The Aquatics Center is located in the heart of Pasadena. We have two full-sized Olympic pools, a Therapy pool, and two Hydro-jet whirlpools. Our swim lessons pool is heated to a welcoming 86 degrees year-round.



*Dedicated to
water safety
and community
engagement*

We employ instructors who are passionate about the water and about teaching these lifesaving skills. Our teaching methods allow students to learn at a pace that they feel comfortable with. Our goal is to help you or your loved ones learn to swim and enjoy recreational aquatic activities for life.

GROUP LESSONS

We offer group lessons for all ages and swimming abilities. Our classes are divided first by age then by current skill set. We provide classes that match each age group's cognitive development with enough challenge to produce growth and advancement.



For a list of our current swim times and prices, check in with our front desk or visit our website at www.rosebowlaquatics.org

Parent Infant Classes (6 months – 3 years old)

PARENT INFANT BEGINNER Rubber Ducky

Current Ability: Must be 6 months old or be able to hold their head up on their own.

Skills Learned: Priceless parent infant bonding allowing infants stimulation in a new environment and ability to be comfortable in the water. Parents learn to interact with their child safely in the water.

PARENT INFANT INTERMEDIATE Baby Beluga

Current Ability: Must be comfortable putting their face in the water on their own and be able to voluntarily blow bubbles.

Skills Learned: Continued infant bonding, in which the infant already feels comfortable in the water. Parents will be encouraged to allow their infants to voluntarily put their face in the water and blow bubbles. An instructor will facilitate group activities that promote safe water exploration for infants.

PARENT PRESCHOOL Sea Otter

Current Ability: 18 months – 3 years old. Child must show signs of wanting to swim out of their parents hands when in the water.

Skills Learned: Avid toddlers will explore the water more freely while by their parent's side. Introduction to important swimming and survival skills. May even begin to swim short distances on their own.



PRESCHOOL 1 BEGINNER
Pufferfish

Designed to introduce the inexperienced or fearful child to the water.

PRESCHOOL 1
Starfish

Designed to help students 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 2
Seahorse

Current Ability: Face submersion, float on their belly unassisted and do a front glide.

Objective: Locomotion

Skills Learned: Travel through the water on their own using arms and legs. Breath control is introduced. Taking a voluntary breath is practiced until mastered.

PRESCHOOL 3
Clownfish

Current Ability: Swim 5 - 10 feet unassisted, take one breath, then continue to swim.

Objective: To increase confidence and water independence.

Skills Learned: Come up for a breath independently and rhythmically. Comfort with distance and deep water swimming. Change direction and dive to the bottom of the shallow pool. Enter and exit from the side of the pool deck.

PRESCHOOL 3 ENDURANCE
Penguin

Current Ability: Swim 15 feet unassisted with multiple breaths.

Objective: Develop endurance necessary for Preschool 4.

Skills Learned: Swimming 20 – 25 feet with multiple breaths. Introduction to side breathing, rainbow arms, and kicking on their back with assistance.

PRESCHOOL 4
Spotted Seal

Current Ability: Swim 20 – 25 feet unassisted with multiple breaths.

Objective: Introduction to true strokes.

Skills Learned: Freestyle, Elementary Backstroke, Backstroke, treading water, recovery to a swimming position, and change of direction.

PRESCHOOL 5
Dolphin

Current Ability: Swim 25 yards of Freestyle and Backstroke unassisted. Swim Elementary Backstroke unassisted. Retrieval of object from a 5 foot depth.

Objective: Technique and stroke refinement.

Skills Learned: Endurance will increase significantly, as swimmers practice strokes in 50-yard increments. Breaststroke, dolphin kick, and treading water with an eggbeater kick.

PRESCHOOL 6
Hammerhead Shark

Current Ability: Swim 50 yards of Freestyle and Backstroke. Swim 25 yards of Breaststroke.

Objective: Competitive swim team preparation.

Skills Learned: Competitive strokes are mastered. Swim team skills: racing starts, racing dives, and flip turns.





School Age Level Classes (6 years – 12 years old) Ratio: 6 swimmers to 1 instructor

**SCHOOL AGE 1
Turtle**

Designed 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, float on their back, and do a front glide.

**SCHOOL AGE 2
Octopus**

Current Ability: Face submersion, float on their belly unassisted and do a front glide.

Objective: Locomotion

Skills Learned: Travel through the water on their own using arms and legs. How to flutter kick and swim with a basic paddle stroke. Master front float and back float. Master front glide and back glide. Treading water, breath control and taking a voluntary breath are practiced.

**SCHOOL AGE 3
Manta Ray**

Current Ability: Swim 20 feet unassisted with multiple breaths. Front glide and back glide.

Objective: To increase confidence and water independence.

Skills Learned: Diving to the bottom to retrieve an object, change of direction, treading water and recovery to swimming position are mastered. Fundamentals of Freestyle and Backstroke with assistance are introduced.

**SCHOOL AGE 3 ENDURANCE
Polar Bear**

Current Ability: Treading water. Swim 30 feet of rainbow arms using the ½ noodle. Flutter kick on back for 30 feet using kickboard or ½ noodle.

Objective: Develop endurance necessary for School Age 4.

Skills Learned: Freestyle, Backstroke and Elementary Backstroke unassisted. Circle swimming and swimming with fins.

**SCHOOL AGE 4
Crocodile**

Current Ability: Swim 50 yards of Freestyle and Backstroke. Swim 25 yards of Elementary Backstroke.

Objective: Develop natural rhythm when swimming Freestyle and Backstroke.

Skills Learned: Distance and deep-water swimming. Students will learn Breaststroke.

**SCHOOL AGE 5
Killer Whale**

Current Ability: Swim 100 yards of Freestyle and Backstroke. Swim 50 yards of Breaststroke.

Objective: Increase endurance and stamina.

Skills Learned: Learn Sidestroke, Butterfly, and treading water with an eggbeater kick.

**SCHOOL AGE 6
Great White Shark**

Current Ability: Swim all 4 competitive strokes with proper form. Comfortable treading water, deep water and distance swimming.

Objective: Competitive swim team preparation.

Skills Learned: Competitive strokes are mastered. Swim team skills: racing starts, racing dives, and flip turns.



Junior Adult Classes (13 years – 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. They will build their confidence, master breath control, learn to float, kick with proper form, and learn true strokes.

Adult Group Lessons (18 years old and up) Ratio: 10 swimmers to 1 instructor

ADULT Beginner

Designed to introduce the fearful or inexperienced adult to the water. Once a certain level of comfort is achieved adults will be taught breath control, front float and back float, glide, and transition to a basic paddle stroke. Freestyle will be taught and practiced until mastered. Adults will also learn to flutter kick on their back.

ADULT Intermediate/ Advanced

Current Ability: Swim 150 yards of Freestyle, flutter kick on their back unassisted. Comfortable with deep-water swimming.
Objective: Endurance and stroke refinement.
Skills Learned: Backstroke, Breaststroke, Butterfly, open turns, and flip turns.

Private Lessons (2.5 years old and up)

One on one instruction tailored to student's needs.

Cost of private lessons: \$48/half hour lesson

Semi-Private Lessons (3 years old and up)

Semi-private lessons tailored to student's needs. Students need to be similar in age and current skill set.

Cost of semi-private lessons: \$60/half hour lesson or \$30/individual

If you are interested in private/semi-private lessons, please fill out the private lessons packet on our website and return it via email, fax, or drop off. We will call to discuss scheduling once packet is received.

Private Lesson Instructors



2024 SWIM SESSIONS



Winter

Winter 1:

January 3rd - January 28th (4 weeks)

Open Registration: Dec. 13, 2023

NO LESSONS New Year's Day: Mon. 1/1

NO LESSONS: Tues. 1/2

Winter 2:

January 29th - February 25th (4 Weeks)

Pre-Registration: Jan. 17, 2024

Registration: Jan. 19, 2024

Spring

Spring 1:

February 26th - March 24th (4 Weeks)

Pre-Registration: Feb. 13, 2024

Registration: Feb. 15, 2024

Learn to Swim Week #1:

March 25th - March 29th

Pre-Registration: Mar. 6, 2024

Registration: Mar. 8, 2024

Learn to Swim Week #2:

April 1st - April 5th

Pre-Registration: Mar. 6, 2024

Registration: Mar. 8, 2024

Spring 2:

March 25th - April 28th (5 Weeks)

Pre-Registration: Mar. 13, 2024

Registration: Mar. 15, 2024

NO LESSONS Easter Weekend: Fri. 3/29,

Sat. 3/30 & Sun. 3/31

Spring 3:

April 29th - June 2nd (5 Weeks)

Pre-Registration: Apr. 17, 2024

Registration: Apr. 19, 2024

NO LESSONS Memorial Day Weekend:

Fri. 5/24, Sat. 5/25, Sun. 5/26 & Mon. 5/27

Summer

Summer 1:

June 3rd - July 7th (5 Weeks)

Pre-Registration: May 15, 2024

Registration: May 17, 2024

NO LESSONS Independence Day: Thurs. 7/4

NO AM LESSONS: Fri. 7/5

Summer 2:

July 8th - August 11th (5 Weeks)

Pre-Registration: June 19, 2024

Registration: June 21, 2024

Summer 3:

August 12th - September 8th (4 Weeks)

Pre-Registration: July 24, 2024

Registration: July 26, 2024

NO LESSONS Labor Day Weekend: Fri. 8/30,

Sat. 8/31, Sun. 9/1 & Mon. 9/2

Fall

Fall 1:

September 9th - October 6th (4 Weeks)

*Pre-Registration: Aug. 27, 2024

*Registration: Aug. 29, 2024

NO LESSONS UCLA Game: TBD

Fall 2:

October 7th - November 3rd (4 Weeks)

Pre-Registration: Sept. 25, 2024

Registration: Sept. 27, 2024

NO LESSONS UCLA Game: TBD

Fall 3:

November 4th - December 1st (4 Weeks)

Pre-Registration: Oct. 23, 2024

Registration: Oct. 25, 2024

NO LESSONS Thanksgiving Weekend:

Thurs. 11/28, Fri. 11/29, Sat. 11/30 & Sun. 12/1

NO LESSONS UCLA Game: TBD

Holiday:

December 2nd - December 15th (2 Weeks)

Pre-Registration: Nov. 20, 2024

Registration: Nov. 22, 2024

NO LESSONS UCLA Game TBD