

AQUATICS

SUMMER 2025



AGES 6 MONTHS TO 3 YEARS

(PARENT OR GUARDIAN MUST ACCOMPANY CHILD IN THE WATER)

Tiny Tot	TT	Shallow End	Level 1 & 2: Learn to Demonstrate Skills with the Assistance of the Parent/Guardian: This includes water exploration and water safety in, out and around the water.
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AGES 3 YEARS TO 4 YEARS

Tadpole	TP	Shallow - Stairs	Level 1: Introduction to Water Skills: Students will learn how to feel comfortable in the water and safely enjoy it.
Starfish	SF	Shallow	Level 2: Fundamentals of Aquatic Skills: Children will learn basic swimming skills.
Squid	SQ	Shallow	Level 3: Stroke Development: Additional guided practice will help students improve their skills.

AGES 5 YEARS TO 14 YEARS

Polliwog	PO	Shallow	Level 1: Introduction to Water Skills: Students will learn how to feel comfortable in the water and safely enjoy it.
Advanced Polliwog	AP	Shallow	Level 2: Fundamentals of Aquatic Skills: Children will learn basic swimming skills.
Minnow	M	Deep End	Level 3: Stroke Development: Additional guided practice will help students improve their skills.
Fish	F	Deep End	Level 4: Stroke Improvement: Kids will gain confidence during swim lessons, improve their stroke and gain additional aquatic skills.
Flying Fish	FF	Deep End	Level 5: Stroke Refinement: Guidance allows kids to refine their strokes and become more efficient swimmers.
Shark	SH	Deep End	Level 6: Swimming and Skill Proficiency: Students will learn to swim with ease and efficiency, and gain the ability to swim smoothly over greater distances. Swimmers will also have the option to participate in more advanced courses.

AGES 15 YEARS AND ABOVE

Adult	AD	Shallow End	Level 1 & 2: Introduction to Water Skills with Fundamentals of Different Aquatic Skills: Adults will learn basic swimming skills. Adults will also learn how to feel comfortable in the water and safely enjoy it .
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AQUATICS

CARSON POOL 21436 S. Main Street (310) 830-1053

RECREATION SWIM

Ages 6 months and above

Dates	Days	Times
June 16 – August 7	M/W/Th	1:15 p.m. – 2:45 p.m.
June 9 – August 7	M-Th	6:30 p.m. – 8:00 p.m.

LAP SWIM (1 hour per session)

Ages 16 years old and above

Dates	Days	Times
June 9 – August 7	M-Th	During Lessons
June 21 - August 16	Sat	During Lessons

DOMINGUEZ AQUATIC CENTER

21330 S. Santa Fe Avenue (310) 830-2391

RECREATION SWIM

Ages 6 months and above

Dates	Days	Times
June 16 – August 7	M/W	1:15 p.m. – 2:45 p.m.
June 9 – August 7	M-Th	6:30 p.m. – 8:00 p.m.
June 21 – August 16	Sat	1:15 p.m. – 2:45 p.m.

LAP SWIM (1 hour per session)

Ages 16 years old and above

Dates	Days	Times
June 9 – August 7	M-Th	During Lessons

MINI GUARD

Prerequisite: Must be 9–11 years old and possess a Level 3 or equivalent swim skill.

Dates	Days	Times
June 10 – August 7	T/Th	3:00 p.m. – 4:30 p.m.

JUNIOR LIFEGUARD

Prerequisite: Must be 12–17 years old and possess a Level 3 or equivalent swim skill.

Dates	Days	Times
June 9 – August 6	M/W	3:00 p.m. – 4:30 p.m.

AQUATICS

FOISIA POOL

23410 Catskill Avenue

(310) 549-9051

RECREATION SWIM

Ages 6 months and above

Dates	Days	Times
June 16 – August 7	M/Tu/Th	1:15 p.m. – 2:45 p.m.
June 9 – August 7	M-Th	6:45 p.m. – 8:15 p.m.

TIGERSHARK SWIM TEAM*

Prerequisite: Must be 5 - 17 years of age and must successfully pass the swim test to join the team.

Dates	Days	Times
June 9 – August 7	M-Th	4:45 p.m. – 6:15 p.m.

JUNIOR LIFEGUARD

Prerequisite: Must be 12-17 years old and possess a Level 3 or equivalent swim skill.

Dates	Days	Times
June 9 - August 6	M/W	3:00 p.m. – 4:30 p.m.

LAP SWIM (1 hour per session)

Ages 16 years and above

Dates	Days	Times
June 16 – August 7	M-Th	During Lessons



MINI GUARD

Prerequisite: Must be 9 –11 years old and possess a Level 3 or equivalent swim skill.

Dates	Days	Times
June 10 - August 7	T/Th	3:00 p.m. – 4:30 p.m.

SUBJECT TO CHANGE

HEMINGWAY AQUATIC CENTER

16605 S. San Pedro Street

(310) 233-4861

RECREATION SWIM

Ages 6 months and above

Dates	Days	Times
June 16 – August 7	T/Th	1:15 p.m. – 2:45 p.m.
June 9 – August 7	M-Th	6:30 p.m. – 8:00 p.m.
June 21 – August 16	Sat	1:15 p.m. – 2:45 p.m.

MINI GUARD

Prerequisite: Must be 9–11 years old and possess a Level 3 or equivalent swim skill.

Dates	Days	Times
June 10 – August 7	T/Th	3:00 p.m. – 4:30 p.m.

AQUA AEROBICS

Ages 16 years old and above

Dates	Days	Times
June 9 - August 15	M/T/Th	7:30 a.m. - 8:30 a.m.
June 21 - August 21	Sat	7:30 a.m. - 8:30 a.m.

LAP SWIM (1 hour per session)

Ages 16 years old and above

Dates	Days	Times
June 9 – August 7	M-Th	7:30 a.m. – 8:30 a.m.
June 9 – August 7	M-Th	During Lessons
June 21 – August 16	Sat	During Lessons

JUNIOR LIFEGUARD

Prerequisite: Must be 12 –17 years old and possess a Level 3 or equivalent swim skill.

Dates	Days	Times
June 9 – August 6	M/W	3:00 p.m. – 4:30 p.m.

AQUA ZUMBA

Ages 16 years old and above

Dates	Days	Times
June 11 - August 6	W	7:30 a.m. - 8:30 a.m.

AQUATICS

ALL POOLS WEEKDAY SWIM LESSONS

(Monday - Thursday)

Class Time	Class Type		
8:00 a.m. – 8:50 a.m.	AD	---	---
9:00 a.m. – 9:50 a.m.	PO	AP	M
10:00 a.m. – 10:50 a.m.	PO	AP	F
11:00 a.m. – 11:50 a.m.	TP/SF	TT	SH
3:00 p.m. – 3:50 p.m. *	TP/SF	TT	---
4:00 p.m. – 4:50 p.m. *	PO	AP	M
5:00 p.m. – 5:50 p.m. *	PO	AP	F

PLEASE NOTE THE FOLLOWING:

- FOISIA POOL WILL NOT HAVE AFTERNOON LESSONS
- FOISIA POOL WILL NOT HAVE SATURDAY PROGRAMMING
- ALL POOLS WILL BE CLOSED ON JULY 19TH FOR TREASURE ISLAND
- SCHEDULES ARE SUBJECT TO CHANGE

WEEKDAY SESSION SCHEDULE

Session 1: June 9 - June 12 (PM ONLY)

Session 2: June 16 - June 19

Session 3: June 23 - June 26

Session 4: June 30 - July 3

Session 5: July 7 - July 10

Session 6: July 14 - July 17

Session 7: July 21 - July 24

Session 8: July 28 - July 31

Session 9: August 4 - August 7

SATURDAY SWIM LESSONS

(Hemingway Aquatic Center and Carson Pool)

Class Time	Class Type	Class Type
9:00 a.m. - 9:50 a.m.	AD	PO/AP
10:00 a.m. - 10:50 a.m.	TT	PO/AP
11:00 a.m. - 11:50 a.m.	TP/SF	PO/AP
12:00 p.m. - 12:50 p.m.	M	PO/AP

SATURDAY SESSION SCHEDULE

Session 1: June 21 - July 12

Session 2: July 26 - August 16