



# AQUATICS



## SEE YOU AT BEGG!

A comprehensive swimming program is offered at Begg Pool year round. This includes youth and adult instruction, lap swimming, water aerobics fitness, a youth swim team, adult swim club, and many more including special events.

### CONTACT

Aquatics Coordinator: Jasper Nery | [jnery@manhattanbeach.gov](mailto:jnery@manhattanbeach.gov) | (310) 802-5428

### BEGG POOL

1402 North Peck Avenue  
Manhattan Beach, CA 90266  
(310) 802-5428 or (310) 802-5448

## REGISTRATION

09

**REGISTRATION BEGINS 12/09/2024**  
for MB Residents  
at 6am online

16

**REGISTRATION BEGINS 12/16/2024**  
for non-MB Residents  
at 6am online

06

**ACTIVITIES BEGIN 01/06/2025**  
be sure to register early before  
classes sell out



**FACT ABOUT BEGG POOL**

*Begg Pool is heated at 84 degrees all year long!*



**POPULAR ACTIVITY**

*These activities fill quickly, so register early and claim your spot!*

## FITNESS

### WATER AEROBICS

#### 16 and up

Improve muscular endurance, core strength, and flexibility in this class designed for men and women looking for a great low impact workout. Workout includes aerobic, stretching and relaxation exercises. Knowing how to swim is not a prerequisite for participation in this class. Register for the entire session or drop in and pay \$10 per class at the pool.

#### Standard charge: \$36 (9 weeks)

<b>44224</b>	2pm to 2:50pm	1/6 - 3/3	M
<b>44228</b>	2pm to 2:50pm	1/7 - 3/4	Tu
<b>44230</b>	2pm to 2:50pm	1/8 - 3/5	W
<b>44226</b>	2pm to 2:50pm	1/9 - 3/6	Th

#### Standard charge: \$20 (5 weeks)

<b>44225</b>	3:05pm to 3:55pm	3/10 - 4/7	M
<b>44229</b>	3:05pm to 3:55pm	3/11 - 4/8	Tu
<b>44231</b>	3:05pm to 3:55pm	3/12 - 4/9	W
<b>44227</b>	3:05pm to 3:55pm	3/13 - 4/10	Th

### BEGG POOL MASTERS

#### 16 and up • Res: \$75 Nonres: \$82

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. We invite you to come and swim with us! If you sign up for PM masters you may also attend the AM session. PM masters time changes between seasons (7pm to 8pm during Winter, Spring and Fall; 8pm to 9pm during Summer). You may also drop in for \$10 per day if there are open spaces.

#### MORNING

<b>44407</b>	6am to 7am	1/8-12/31	M Tu W Th F
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#### AFTERNOON

<b>44408</b>	7pm to 8pm	1/8-12/31	M Tu W Th F
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## ALL AGES

### PRIVATE SWIM LESSONS

#### 3 and up

A one-on-one learning environment for children or adults. Classes meet for 40 minutes. You 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. There is one makeup class allowed per session. No class 1/20 & 2/15 - 2/17.

#### Res: \$832 Nonres: \$915 (9 weeks)

<b>44184</b>	3:15pm to 3:55pm	1/6 - 3/5	M W
<b>44186</b>	4pm to 4:40pm	1/6 - 3/5	M W

#### Res: \$936 Nonres: \$1,030 (9 weeks)

<b>44185</b>	3:15pm to 3:55pm	1/7 - 3/6	Tu Th
<b>44187</b>	4pm to 4:40pm	1/7 - 3/6	Tu Th

#### Res: \$520 Nonres: \$572 (5 weeks)

<b>44192</b>	4pm to 4:40pm	1/10 - 4/9	M W
<b>44193</b>	4pm to 4:40pm	3/11 - 4/10	Tu Th

#### Res: \$312 Nonres: \$343 (6 weeks)

<b>44198</b>	9am to 9:40am	1/11 - 2/22	Sa
<b>44199</b>	9:45am to 10:25am	1/11 - 2/22	Sa
<b>44200</b>	10:30am to 11:10am	1/11 - 2/22	Sa
<b>44201</b>	11:15am to 11:55am	1/11 - 2/22	Sa
<b>44202</b>	Noon to 12:40pm	1/11 - 2/22	Sa
<b>44203</b>	9am to 9:40am	3/1 - 4/5	Sa
<b>44204</b>	9:45am to 10:25am	3/1 - 4/5	Sa
<b>44205</b>	10:30am to 11:10am	3/1 - 4/5	Sa
<b>44206</b>	11:15am to 11:55am	3/1 - 4/5	Sa
<b>44207</b>	Noon to 12:40pm	3/1 - 4/5	Sa
<b>44209</b>	9am to 9:40am	1/12 - 2/23	Su
<b>44210</b>	9:45am to 10:25am	1/12 - 2/23	Su
<b>44211</b>	10:30am to 11:10am	1/12 - 2/23	Su
<b>44212</b>	11:15am to 11:55am	1/12 - 2/23	Su
<b>44213</b>	Noon to 12:40pm	1/12 - 2/23	Su
<b>44214</b>	9am to 9:40am	3/2 - 4/6	Su
<b>44215</b>	9:45am to 10:25am	3/2 - 4/6	Su
<b>44216</b>	10:30am to 11:10am	3/2 - 4/6	Su
<b>44217</b>	11:15am to 11:55am	3/2 - 4/6	Su
<b>44218</b>	Noon to 12:40pm	3/2 - 4/6	Su

## YOUTH

### JR. GUARD CLINICS WITH COACH KOA

#### 9 but less than 14 • Res: \$45 Nonres: \$49

This swim clinic with Coach Koa specialize in preparing the students' fitness to pass the LA County Jr. Guard 100 yards swim test. Students will work on improving their swim technique, body and head position, breathing, turns, and endurance. Coach Koa has 10+ years of experience coaching children to pass the Jr. Guard Swim test and has been a LA County JG Instructor at multiple beach locations. Instructor: Coach Koa

<b>44349</b>	4:15pm to 5:05pm	1/10	F
<b>44350</b>	5:15pm to 6:05pm	1/10	F
<b>44351</b>	4:15pm to 5:05pm	1/17	F
<b>44352</b>	5:15pm to 6:05pm	1/17	F
<b>44353</b>	4:15pm to 5:05pm	1/24	F
<b>44354</b>	5:15pm to 6:05pm	1/24	F
<b>44355</b>	4:15pm to 5:05pm	1/31	F
<b>44356</b>	5:15pm to 6:05pm	1/31	F
<b>44357</b>	4:15pm to 5:05pm	2/7	F
<b>44358</b>	5:15pm to 6:05pm	2/7	F
<b>44359</b>	4:15pm to 5:05pm	2/14	F
<b>44360</b>	5:15pm to 6:05pm	2/14	F
<b>44361</b>	4:15pm to 5:05pm	2/21	F
<b>44362</b>	5:15pm to 6:05pm	2/21	F
<b>44363</b>	4:15pm to 5:05pm	2/28	F
<b>44364</b>	5:15pm to 6:05pm	2/28	F
<b>44365</b>	4:15pm to 5:05pm	3/7	F
<b>44366</b>	5:15pm to 6:05pm	3/7	F
<b>44367</b>	4:15pm to 5:05pm	3/14	F
<b>44368</b>	5:15pm to 6:05pm	3/14	F
<b>44369</b>	4:15pm to 5:05pm	3/21	F
<b>44370</b>	5:15pm to 6:05pm	3/21	F
<b>44371</b>	4:15pm to 5:05pm	3/28	F
<b>44372</b>	5:15pm to 6:05pm	3/28	F
<b>44373</b>	4:15pm to 5:05pm	4/4	F
<b>44374</b>	5:15pm to 6:05pm	4/4	F
<b>44375</b>	4:15pm to 5:05pm	4/11	F

44376	5:15pm to 6:05pm	4/11	F
44147	9am to 9:50am	1/11	Sa
44148	10am to 10:50am	1/11	Sa
44149	11am to 11:50am	1/11	Sa
44150	Noon to 12:50pm	1/11	Sa
44151	9am to 9:50am	1/18	Sa
44152	10am to 10:50am	1/18	Sa
44153	11am to 11:50am	1/18	Sa
44154	Noon to 12:50pm	1/18	Sa
44155	9am to 9:50am	1/25	Sa
44156	10am to 10:50am	1/25	Sa
44157	11am to 11:50am	1/25	Sa
44158	Noon to 12:50pm	1/25	Sa
44159	9am to 9:50am	2/1	Sa
44160	10am to 10:50am	2/1	Sa
44161	11am to 11:50am	2/1	Sa
44162	Noon to 12:50pm	2/1	Sa
44266	9am to 9:50am	2/8	Sa
44267	10am to 10:50am	2/8	Sa
44268	11am to 11:50am	2/8	Sa
44269	Noon to 12:50pm	2/8	Sa
44270	9am to 9:50am	2/15	Sa
44271	10am to 10:50am	2/15	Sa
44272	11am to 11:50am	2/15	Sa
44273	Noon to 12:50pm	2/15	Sa
44274	9am to 9:50am	2/22	Sa
44275	10am to 10:50am	2/22	Sa
44276	11am to 11:50am	2/22	Sa
44277	Noon to 12:50pm	2/22	Sa
44278	9am to 9:50am	3/1	Sa
44279	10am to 10:50am	3/1	Sa
44280	11am to 11:50am	3/1	Sa
44281	Noon to 12:50pm	3/1	Sa
44282	9am to 9:50am	3/8	Sa
44283	10am to 10:50am	3/8	Sa
44284	11am to 11:50am	3/8	Sa
44285	Noon to 12:50pm	3/8	Sa
44286	9am to 9:50am	3/15	Sa
44287	10am to 10:50am	3/15	Sa
44288	11am to 11:50am	3/15	Sa
44289	Noon to 12:50pm	3/15	Sa
44290	9am to 9:50am	3/22	Sa
44291	10am to 10:50am	3/22	Sa
44292	11am to 11:50am	3/22	Sa
44293	Noon to 12:50pm	3/22	Sa
44294	9am to 9:50am	3/29	Sa
44295	10am to 10:50am	3/29	Sa
44296	11am to 11:50am	3/29	Sa
44297	Noon to 12:50pm	3/29	Sa
44298	9am to 9:50am	4/5	Sa
44299	10am to 10:50am	4/5	Sa
44300	11am to 11:50am	4/5	Sa
44301	Noon to 12:50pm	4/5	Sa
44308	9am to 9:50am	2/2	Su
44309	10am to 10:50am	2/2	Su
44310	11am to 11:50am	2/2	Su
44311	Noon to 12:50pm	2/2	Su
44312	9am to 9:50am	2/9	Su
44313	10am to 10:50am	2/9	Su
44314	11am to 11:50am	2/9	Su
44315	Noon to 12:50pm	2/9	Su

44316	9am to 9:50am	2/16	Su
44317	10am to 10:50am	2/16	Su
44318	11am to 11:50am	2/16	Su
44319	Noon to 12:50pm	2/16	Su
44320	9am to 9:50am	2/23	Su
44321	10am to 10:50am	2/23	Su
44322	11am to 11:50am	2/23	Su
44323	Noon to 12:50pm	2/23	Su
44339	9am to 9:50am	3/2	Su
44325	10am to 10:50am	3/2	Su
44326	11am to 11:50am	3/2	Su
44327	Noon to 12:50pm	3/2	Su
44324	9am to 9:50am	3/9	Su
44328	10am to 10:50am	3/9	Su
44329	11am to 11:50am	3/9	Su
44330	Noon to 12:50pm	3/9	Su
44331	9am to 9:50am	3/16	Su
44332	10am to 10:50am	3/16	Su
44333	11am to 11:50am	3/16	Su
44334	Noon to 12:50pm	3/16	Su
44335	9am to 9:50am	3/23	Su
44336	10am to 10:50am	3/23	Su
44337	11am to 11:50am	3/23	Su
44338	Noon to 12:50pm	3/23	Su
44340	9am to 9:50am	3/30	Su
44341	10am to 10:50am	3/30	Su
44342	11am to 11:50am	3/30	Su
44343	Noon to 12:50pm	3/30	Su
44344	9am to 9:50am	4/6	Su
44345	10am to 10:50am	4/6	Su
44346	11am to 11:50am	4/6	Su
44347	Noon to 12:50pm	4/6	Su

**JR. GUARD PREP CLASS **

**9 but less than 15**

Prepare for the 100-yard freestyle swim qualification for the Los Angeles County Jr. Lifeguard Program. This class will focus mainly on free style technique. Prerequisite: Must be 9 years old before July 1, 2025. Must be able to swim 50 yards freestyle nonstop on the first day of class. No class 1/20 and 2/17

**Res: \$175 Nonres: \$193 (7 weeks)**

44164	3:15pm to 3:55pm	1/6 - 3/3	M
44165	4pm to 4:40pm	1/6 - 3/3	M

**Res: \$225 Nonres: \$248 (9 weeks)**

44169	3:15pm to 3:55pm	1/7 - 3/4	Tu
44170	4pm to 4:40pm	1/7 - 3/4	Tu
44171	3:15pm to 3:55pm	1/8 - 3/5	W
44172	4pm to 4:40pm	1/8 - 3/5	W
44167	3:15pm to 3:55pm	1/9 - 3/6	Th
44168	4pm to 4:40pm	1/9 - 3/6	Th

**Res: \$125 Nonres: \$138 (5 weeks)**

44174	4pm to 4:40pm	3/10 - 4/7	M
44177	4pm to 4:40pm	3/11 - 4/8	Tu
44178	4pm to 4:40pm	3/12 - 4/9	W
44176	4pm to 4:40pm	3/13 - 4/10	Th

## 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.

- Swimsuit 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 approved lifejackets may be used at the Pool Manager's discretion. Each individual wearing a U.S. Coast Guard 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
- No outside coaching allowed

## LAP SWIM

Online Reservation: Res: \$5 Nonres: \$7

Drop-in: Res and Nonres: \$7

Monday - Friday 7am - 8am	Friday 3pm - 4pm 4pm - 5pm 5pm - 6pm	Saturday & Sunday 9am - 10am 10am - 11am 11am - 12pm
Monday - Thursday 7pm - 8pm		

## REC SWIM

Online Reservation: Res: \$3 Nonres: \$5

Drop-in: Res Nonres: \$5

Saturday & Sunday 12pm - 1pm

See [www.manhattanbeach.gov/aquatics](http://www.manhattanbeach.gov/aquatics) to make an online reservation and for more information



**BEGG POOL** 1402 North Peck Ave.  
(310) 802-5428 • (310) 802-5448

**Begg Pool is available for rent  
SATURDAYS & SUNDAYS after 1pm  
Res: \$200/hour • Nonres: \$220/hour**

Bookings are on a first come, first served basis.  
For reservation information, call **(310) 802-5448**  
or email [reservations@manhattanbeach.gov](mailto:reservations@manhattanbeach.gov)

## ADULTS

### ADULT SWIM LESSONS

#### 18 and up

It's never too late to learn how to swim! Our adult swim lessons provide a place for adults to learn how to swim in a friendly small-group setting. These lessons are for those individuals who wish to learn to swim or those who want to improve their technique and feel safe and secure in the water. No Class 1/20 & 2/17.

**Res: \$175 Nonres: \$193 (7 weeks)**

**44054** 6:15pm to 6:55pm 1/6 - 3/3 M

**Res: \$225 Nonres: \$248 (9 weeks)**

**44264** 6:15pm to 6:55pm 1/8 - 3/5 W

**Res: \$125 Nonres: \$138 (5 weeks)**

**44055** 6:15pm to 6:55pm 3/10 - 4/7 M

**44265** 6:15pm to 6:55pm 3/12 - 4/9 W



## LIFEGUARD TRAINING CLASS (LGT)

**15 and up • Res: \$270 Nonres: \$297 (3 days)**

Gain the certifications and training to become a pool pro! Certificates include American Red Cross C.P.R. for the Professional Rescuer, AED, Oxygen Administration 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 at each class,
  - bring a swimsuit,
  - towel,
  - goggles,
  - swim cap,
- pen/pencil and paper.

LGT books will be available for loan but may be purchased for \$35.

**Monday, March 10, 2025, the class will meet at the Mira Costa High School Pool from 6:30 - 8:00 pm for the prerequisite swim test.**

Saturday, March 22, 2025, and Sunday, March 23, 2025 classes will meet at Manhattan Heights Community Center in the Mt. Baldy Room from 9 am to 6:30 pm.

**44180** 9am to 6:30pm 3/22 - 3/23 Sa Su