



SWIMMING LOS ANGELES SWIM SCHOOL

Adolescent/Adult Clinic & Lesson Information

Where To Go

Adolescent/Adult lessons and clinics are held at **Maggie Gilbert Aquatic Center (MGAC)** at **Palisades Charter High School (PCHS)**, which is a heated, outdoor facility used by the high school swimming and water polo teams as well as other outside swimming and SCUBA vendors.

**Maggie Gilbert Aquatic Center (MGAC) @
Palisades Charter High School (PCHS)
15777 Bowdoin Street
Pacific Palisades, CA 90272**

The facility measures about 25 meters by 25 yards, which is a standard high school competition pool. There is also a smaller kid-sized pool with shallow water in the 3-5 ft range heated between 84-90 degrees. The large pool has a shallow end and a deep end that ranges from about 3.5 ft to 14 feet in depth, respectively. The pool is heated year-round and typically ranges from 80-84 degrees Fahrenheit. The Maggie Gilbert Aquatic Center does have Men's and Women's locker rooms with showers, lockers, and changing facilities.

Please note that Swimming LA is not affiliated with MGAC or PCHS. We simply rent their water space. You can only access and enroll in our programs through SwimmingLA.com directly.

Parking at Palisades Charter High School

Although the pool is located on the Northwest corner of Temescal Canyon Road and Bowdoin Street, the high school parking lots are a little further west on Bowdoin Street on the right-hand side. Simply make a right into the entrance for the high school. If you pass the high school entrance on the right and find yourself veering left then you've gone too far. There is ample parking in the lots surrounding the high school. Please leave enough time to find the parking lot and walk to the pool before class begins. There is also parking along the school-side of Temescal Canyon Road, next to the fence around the pool area. There is an entrance into the pool area along the fence as you walk uphill on the sidewalk. **All lessons and clinics start and end on time.**



What To Bring

Please bring a positive attitude and willingness to share your swimming experiences! Sharing your beliefs and experiences will benefit the entire class as we can all learn from each other. All students attending a clinic should come to class prepared to take notes with a pen or pencil and notebook. We also suggest you complete the attached **SWIMMING BELIEFS CHECKLIST** before coming to class to save time. If you would like to borrow an adult learning DVD to watch at home, **we require a \$20.00 cash deposit**. The \$20.00 deposit protects Swimming Los Angeles from lost or misplaced DVDs and will be returned to you as soon as the DVD and case are returned to us. We will not lend out DVDs without a deposit.

All students must come to class prepared with the bare essentials: proper swim suit, towel, and 30+ SPF sunscreen. Remember that all of the facilities where we do business are outdoors. **Do not forget your sunscreen! Spending 3 hours in direct sunlight will cause sunburn without effective sunscreen!** Effective sunscreens contain both Zinc Oxide and Titanium Dioxide. If you have the type of skin that burns easily, you might even consider wearing a long sleeve surfing rash guard to shade your entire upper body, however, you'll still need to apply sunblock to your face and neck to avoid sunburn. We also suggest you arrive to class wearing your swim suit under your clothes to save time. You can then shed your clothes and put them in your bag to enter the pool. At the conclusion of the lesson, you will be able to access the locker rooms to shower and change if you desire.

We **highly** recommend wearing a swim cap and goggles to improve your learning experience. If you have long hair, a swim cap will absolutely improve your ability to see and breath. The last thing you need when you are trying to learn is your hair obstructing your vision and/or breathing. **We do sell logo latex swim caps for \$10.00 if necessary, but we do not sell goggles yet.** We highly suggest wearing goggles as they will allow you to see underwater, which is one of the joys of swimming. **If you wear contact lenses, you can safely wear them under your goggles so that you can see clearly.** A good pair of goggles should suction into your eye sockets without the head straps on when pressed with minimal force. Use this as a test when deciding which goggles to buy. **We highly recommend the tinted or mirrored Speedo Vanquisher as the best goggles to purchase.** In our experience, these fit the widest range of head sizes and eye sockets without leaking. Tinted or mirrored goggles will shield your eyes from sunlight during backfloats. Goggles can be purchased at Sport Chalet or Sports Authority. You might also find a nose clip helpful, but these are not as critical as a cap and goggles. Please feel free to call or email us with any questions regarding swimming equipment.



Wetsuits & Vests for Warmth Available For Cash Purchase

As an extra added service to our adult clinic students, Swimming LA now sells front-zip wet suits and vests for **cash purchase only**. **Although Swimming LA does not recommend learning to swim in a wetsuit because of the extra added buoyancy, we feel badly when our students get cold during the 2-3 hours of water instruction.** Because MGAC is primarily used for competition and fitness training, the pool temperature (~80 degrees F) reflects a proper training environment where swimmers are working hard and getting their heart rate up. Swimming LA clinics are meant to keep heart rates low so that students are learning efficient movements, gliding, and conserving energy. We are not trying to teach our students a proper freestyle or backstroke – our goal is to simply get our students comfortable and having fun in the deep end. **Swimming LA has no control over the water temperature at MGAC and as a result, many of our students do get cold during the water instruction, particularly in Level 1.** For this reason, we offer front-zip wetsuits/vests for warmth if you so choose to purchase and wear one. Wetsuits/Vests should fit very snugly so that water does not come between your body and the suit. We recommend trying them on to get the perfect snug fit before purchasing. We have various sizes and thicknesses of the following:

1. **NeoSport Front-Zip “Shorty” Step-in Wetsuit Jacket** (3mm, 5mm or 7mm thickness) – A “shorty” wet suit has full arm protection, but minimal leg protection as it cuts off on the legs like a pair of shorts (see photos and Men’s sizing chart below). Women’s sizes range from 4-14 and cost more than Mens for some reason, but, in many cases, women can easily fit a Men’s XS, S, or M. Costs may vary depending on the season and our vendor, but the 3mm are usually around \$60-80 cash and the 5mm are usually around \$80-100 cash.



*Height & chest measurements most important for this product

Men's	XS	S	M	L	XL	2XL	3XL
Chest	34-36	36-38	38-40	40-42	42-44	44-46	46-48
Waist	29-31	31-33	33-35	35-37	37-39	39-41	41-44
Weight	125-135	135-150	150-170	170-190	190-210	210-230	230-250
Height	5'5-5'7	5'7-5'9	5'9-5'11	5'10-6'0	5'11-6'1	6'0-6'2	6'2-6'4



2. **EVO Front-Zip Wetsuit Vest** (2mm thickness) – A wetsuit vest will keep just your core warm while adding minimal buoyancy to your body. Although your arms and legs are exposed, they are free to move and feel the water (see photo below). Vests come in sizes from XS-3XL. Costs may vary depending on the season and our vendor, but the vests are usually around \$40 cash.



***Wetsuits/Vests are particularly useful for clinics conducted in the winter/offseason months when the wind picks up and air temperatures are colder. In order for Swimming LA to charge your credit card on file for wetsuits/vests, we must charge local sales tax of 9%, plus a \$5.00 credit card processing fee. All sales are final once the wetsuits/vests have been worn in the water.**

SwimSpray All-Natural Chlorine Removal Spray Available For Cash Purchase

As an extra added service to our adult clinic students, Swimming LA now sells **SwimSpray** chlorine removal spray. Like most commercial facilities, MGAC is sanitized with a liquid chlorine system. Chlorine can cause dryness, itchiness, irritation and a bleach-like odor on your hair and skin. **SwimSpray** is the only all-natural, fragrance-free, sulfate-free, alcohol-free, preservative-free, and color additive-free product on the market that safely and chemically eliminates chlorine odor and irritation from your hair and skin. **SwimSpray** is simply a Vitamin C solution (Ascorbic Acid), which is completely safe to spray anywhere on your body, including in your mouth. Eliminate chlorine side-effects with a 4 oz bottle of **SwimSpray** for just \$15.00 cash. **In order for Swimming LA to charge your credit card for SwimSpray, we must charge local sales tax of 9%, plus a \$5.00 credit card processing fee.**

**SWIM
SPRAY**

*Eliminates chlorine
odor and irritation.*



What Will I Learn?

Our adult program is designed to help adults learn a proficient way of swimming through attaining comfort in and under the water. Many adults have a hidden fear of swimming that likely began when they were children. This program is designed to help adults overcome those fears in a non-threatening environment and at a pace that maintains their comfort.

Adults in **Level 1 (Shallow Water Basics)** will start with the absolute basics: keeping water out of their nose, put their face in the water, hold their breath, float on their stomach, and float on their back. Adults will also work on gliding and achieving comfort in and under the water. Adults will learn that the water is their "friend," which will support most people whether shallow or deep.

Adults in **Level 2 (Deep Water Basics)** will review the basics from Level 1 during the first hour and then move into the deep end for the final 2 hours to apply the same concepts to deep water. Adults who can comfortably apply the shallow water basics to deeper water will progress at a rapid rate. We are hopeful that most adults will gain the confidence and control required to begin enjoying deep water after completing both Levels 1 and 2.

How Will I Learn?

Adults may borrow a DVD to watch at home and return at their next lesson. Flotation devices are rarely used for practicing various beginner skills. Adults in this program learn best through repetition of basic skills at a comfortable pace. We do not work on any stroke mechanics until comfort in and under the water has been achieved. Go to our lessons page at SwimmingLA.com to read Matt's article to learn his definition of "comfortable" in the water. With increased frequency of the skills taught in class, adults will eventually begin to enjoy the water without fear. At that point, one can start learning basic strokes, snorkeling, and even SCUBA. It all revolves around remaining in control and doing only what sounds like fun.

When Will I Learn?

The learning process is different for everyone. It really comes down to staying in control and performing only the skills that sound like fun. **In our program, we will not push you to do anything that doesn't sound like fun. You are in control of your own progress.**

THAT'S IT! ENJOY THE WATER & HAVE FUN!