



SWIMMING LOS ANGELES SWIM SCHOOL

Adult (10 years+) Clinic 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 pool 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.

All students must come to class prepared with the bare essentials: proper swim suit and goggles, 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 **strongly** 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. **Our Level 1 Clinic now includes a free logo silicone swim cap. If you misplace your cap before Level 2, you may purchase another cap for \$10.00. We do not have goggles for sale.** 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. You can purchase this item via Amazon Prime.** 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. 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.



Wetsuit Vests for Warmth Available For Optional Online Purchase

Swimming LA no longer sells wet suits or vests. **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, you may opt to wear a front-zip wetsuit vest for warmth if you so choose to purchase one online. Vests should fit very snugly so that water does not come between your skin and the suit. Please note sizing can be tricky when purchasing online. If you choose to purchase a wetsuit vest, we recommend searching on Amazon for “Wetsuit Vest [Mens/Womens]” to find something similar to the following:

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). Costs may vary depending on the season, but should be available via Amazon Prime.



***Wetsuit vests are particularly useful for clinics conducted in the winter/offseason months when the wind picks up and air temperatures are colder.**



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 in this program learn best through academic knowledge and 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 exercises and 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!