



RBAC
Rose Bowl Aquatics Center



2025

SWIM LESSONS

Learning how to swim saves lives.

rosebowlaquatics.org

Swim Lessons 2025

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 comfortable 86 degrees year-round.



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.



*Dedicated to water safety
and community engagement*

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, visit our front desk or 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 Level Classes (3 years – 6 years old)

Ratio: 5 swimmers to 1 instructor

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: 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.

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: During doggies and kitties, come up with 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. Back float and back glide.

Objective: Endurance and rolling over from front to back.

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. Front to back rollovers and back flutter kick.

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 sets. 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. Front to back roll overs.

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 25 yards rainbow arms with ½ noodle, proper form. Swim 30 feet unassisted rainbow tag arms. Swim 25 yards unassisted back flutter kick.

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. 25 - 50 yards of Butterfly. Comfortable with 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

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 the packet is received.

Private Lessons (2.5 years old and up)

One on one instruction tailored to student's needs.

Cost of private lessons: \$50/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: \$64/half hour lesson or \$32/individual

Private Lesson Instructors



Cristina Alvarado
18 years teaching experience



Jean-Paul Papouloute
17 years teaching experience



Gary Iskandari
14 years teaching experience



Peter Alvarado
12 years teaching experience



Mildred Donis
12 years teaching experience



Ben Do
7 years teaching experience



William Peron
6 years teaching experience



Nicole Hale
4 years teaching experience



Aidan Dennis-Cavanagh
3 years teaching experience



Alexander Walling
2 years teaching experience



Ethan Nava
2 years teaching experience



San Obregon
2 years teaching experience



Amanda Tuttle
2 years teaching experience

2025 SWIM SESSIONS

Winter

Winter 1:

January 3rd - January 26th (4 weeks)

Open Registration: Dec. 11, 2024

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

NO LESSONS: Thurs. 1/2

Winter 2:

January 27th - February 23rd (4 Weeks)

Pre-Registration: Jan. 15, 2025

Registration: Jan. 17, 2025

NO LESSONS PAC Comp Champs: Fri. 2/21,

Sat. 2/22 & Sun. 2/23

Spring

Spring 1:

February 24th - March 23rd (4 Weeks)

*Pre-Registration: Feb. 11, 2025

*Registration: Feb. 13, 2025

Learn to Swim Week #1:

April 7th - April 11th

Pre-Registration: Mar. 19, 2025

Registration: Mar. 21, 2025

Learn to Swim Week #2:

April 14th - April 18th

Pre-Registration: Mar. 19, 2025

Registration: Mar. 21, 2025

Spring 2:

March 24th - April 27th (5 Weeks)

Pre-Registration: Mar. 12, 2025

Registration: Mar. 14, 2025

NO LESSONS Easter Weekend: Fri. 4/18,

Sat. 4/19 & Sun. 4/20

Spring 3:

April 28th - June 1st (5 Weeks)

*Pre-Registration: Apr. 15, 2025

*Registration: Apr. 17, 2025

NO LESSONS Memorial Day Weekend:

Fri. 5/23, Sat. 5/24, Sun. 5/25 & Mon. 5/26

Summer

Summer 1:

June 2nd - July 6th (5 Weeks)

Pre-Registration: May 14, 2025

Registration: May 16, 2025

NO LESSONS Independence Day Weekend:

Fri. 7/4, Sat. 7/5 & Sun. 7/6

Summer 2:

July 7th - August 10th (5 Weeks)

Pre-Registration: June 18, 2025

Registration: June 20, 2025

Summer 3:

August 11th - September 7th (4 Weeks)

Pre-Registration: July 23, 2025

Registration: July 25, 2025

NO LESSONS Labor Day Weekend: Fri. 8/29,

Sat. 8/30, Sun. 8/31 & Mon. 9/1

Fall

Fall 1:

September 8th - October 5th (4 Weeks)

*Pre-Registration: Aug. 26, 2025

*Registration: Aug. 28, 2025

NO LESSONS UCLA Game: TBD

Fall 2:

October 6th - November 2nd (4 Weeks)

Pre-Registration: Sept. 24, 2025

Registration: Sept. 26, 2025

NO LESSONS UCLA Game: TBD

Fall 3:

November 3rd - November 30th (4 Weeks)

Pre-Registration: Oct. 22, 2025

Registration: Oct. 24, 2025

NO LESSONS Thanksgiving Weekend:

Thurs. 11/27, Fri. 11/28, Sat. 11/29 & Sun. 11/30

NO LESSONS UCLA Game: TBD

Holiday:

December 1st - December 21st (3 Weeks)

Pre-Registration: Nov. 19, 2025

Registration: Nov. 21, 2025

NO LESSONS UCLA Game TBD