



**RBAC**  
Rose Bowl Aquatics Center

*Learning  
how to swim  
saves lives.*



# SWIM

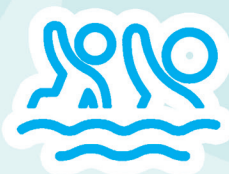
LESSONS 2026

[rosebowlaquatics.org](http://rosebowlaquatics.org)



# SWIM

## LESSONS 2026



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 lessons.



**Facility:** The Aquatics Center is located in the heart of Pasadena but we welcome patrons from all over L.A. County. No matter the time of day, our pool deck is booming. We have two full-sized Olympic pools, a Therapy pool, and two Hydro-jet whirlpools. Our swim lessons pool is heated to a welcoming 86 degrees year-round. Our other pools are kept at a temperature tuned to that pool's activities.

**Staff:** 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. Our staff understands that learning to swim can be a fearful process. Our knowledgeable instructors offer clear, precise instruction, and positive reinforcement to ensure a positive experience. What's more, all instructors are CPR and First Aid certified---a majority are also Water Safety Instructor certified.

*Dedicated to water safety and community engagement*



## GROUP LESSONS

**"Let us be your gateway program to the world that is AQUATICS"**

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 for all levels, check in with our front desk or visit our website at [www.rosebowlaquatics.org](http://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. Super Glides with kicks.

**Objective:** To increase confidence and water independence.

**Skills Learned:** Come up for 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. Pancake Float and back glide. Retrieve object from 3 feet depth with assistance.

**Objective:** Develop endurance necessary for Preschool 4.

**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. Back flutter kicks. Roll over from Turtle Float to Pancake Float. Treading water for 10 seconds.

**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 Rainbow Arms and Backstroke with proper form. Swim Elementary Backstroke unassisted. Retrieval of object from a 4 foot depth. Treading water for 30 seconds.

**Objective:** Technique and stroke refinement.

**Skills Learned:** Endurance will increase significantly, as swimmers practice strokes in 50-yard increments. Breaststroke, dolphin kick, and treading water with an eggbeater kick.

### PRESCHOOL 6

#### Hammerhead Shark

**Current Ability:** Swim 50 yards of Freestyle and Backstroke with proper form. Swim 25 yards of Breaststroke. Dolphin kick with proper form. Treading water for 60 seconds.

**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 – 13 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. Learn to 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. Super Glide and back glide. Roll over from Turtle Float to Pancake Float. Retrieval of object from a 4 foot depth with assistance.

**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:** Swim 25 yards of Rainbow Arms with ½ noodle. Swim 30 feet of Rainbow Tag Arms with proper form. Swim 25 yards unassisted Back Flutter Kick. Tread water for 30 seconds.

**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 Rainbow Arms and Backstroke with proper form. Swim 25 yards of Elementary Backstroke with proper form. Retrieval of object from a 5 foot depth.

**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 with proper form. Swim 50 yards of Breaststroke with proper form. Treading water for 60 seconds.

**Objective:** Increase endurance and stamina.

**Skills Learned:** Learn Sidestroke, Butterfly, and treading water with an eggbeater kick.

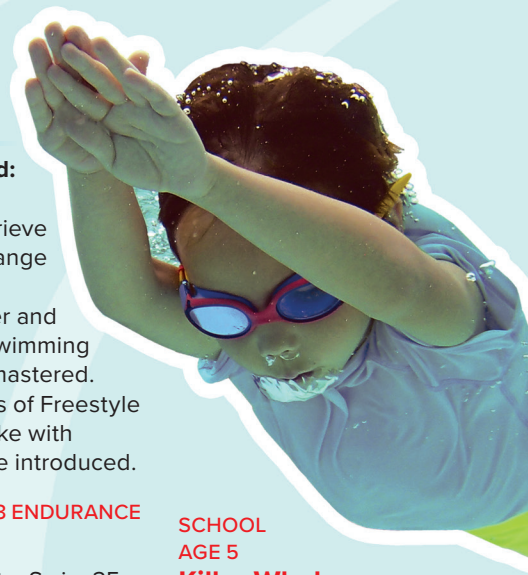
### SCHOOL AGE 6

#### Great White Shark

**Current Ability:** Swim 200 yards of Freestyle and Backstroke. Swim 100 yards of Breaststroke and Sidestroke. Swim 50 yards of Butterfly. Tread water with eggbeater kick for 30 seconds.

**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, to 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

## Private Lessons (2.5 years old and up)

One on one instruction tailored to student's needs.

**Cost of private lessons:** \$52/half hour lesson

## Semi-Private Lessons (3 years old and up)

Semi-private lessons tailored to students' needs.

Students need to be similar in age and current skill set.

**Cost of semi-private lessons:** \$66/half hour lesson or \$33/individual

*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 LESSON INSTRUCTORS



**Jean-Paul Papouloute**  
18 years teaching experience



**Gary Iskandari**  
15 years teaching experience



**Peter Alvarado**  
13 years teaching experience



**Mildred Donis**  
13 years teaching experience



**Ben Do**  
8 years teaching experience



**Nicole Hale**  
5 years teaching experience



**Alexander Walling**  
3 years teaching experience



**Ethan Nava**  
3 years teaching experience



**Amanda Tuttle**  
3 years teaching experience



**Madeline Taylor**  
3 years teaching experience



**Danielle Contreras**  
2 years teaching experience



**Kathleen Abbott**  
2 years teaching experience

# 2026 SWIM SESSIONS

## Winter

### Winter 1:

**January 5th - January 25th (3 weeks)**

Open Registration: Dec. 10, 2025

### Winter 2:

**January 26th - February 22nd (4 Weeks)**

Pre-Registration: Jan. 14, 2026

Registration: Jan. 16, 2026

## Spring

### Spring 1:

**February 23rd - March 22nd (4 Weeks)**

Pre-Registration: Feb. 11, 2026

Registration: Feb. 13, 2026

**NO LESSONS PAC Comp Champs: Fri. 2/27, Sat. 2/28 & Sun. 3/1**

### Learn to Swim Week #1:

**March 30th - April 3rd**

Pre-Registration: Mar. 18, 2026

Registration: Mar. 20, 2026

### Learn to Swim Week #2:

**April 6th - April 10th**

Pre-Registration: Mar. 18, 2026

Registration: Mar. 20, 2026

### Spring 2:

**March 23rd - April 26th (5 Weeks)**

Pre-Registration: Mar. 11, 2026

Registration: Mar. 13, 2026

**NO LESSONS Easter Weekend: Fri. 4/3, Sat. 4/4 & Sun. 4/5**

### Spring 3:

**April 27th - May 31st (5 Weeks)**

Pre-Registration: Apr. 15, 2026

Registration: Apr. 17, 2026

**NO LESSONS Memorial Day Weekend: Fri. 5/22, Sat. 5/23, Sun. 5/24 & Mon. 5/25**

## Summer

### Summer 1:

**June 1st - July 5th (5 Weeks)**

Pre-Registration: May 13, 2026

Registration: May 15, 2026

**NO LESSONS Independence Day Weekend:**

**Fri. 7/3, Sat. 7/4 & Sun. 7/5**

### Summer 2:

**July 6th - August 9th (5 Weeks)**

Pre-Registration: June 17, 2026

Registration: June 19, 2026

### Summer 3:

**August 10th - September 6th (4 Weeks)**

Pre-Registration: July 22, 2026

Registration: July 24, 2026

**NO LESSONS Labor Day Weekend: Fri. 9/4, Sat. 9/5 & Sun. 9/6**

## Fall

### Fall 1:

**September 7th - October 4th (4 Weeks)**

Pre-Registration: Aug. 26, 2026

Registration: Aug. 28, 2026

**NO LESSONS Labor Day: Mon. 9/7**

**NO LESSONS UCLA Game: TBD**

### Fall 2:

**October 5th - November 1st (4 Weeks)**

Pre-Registration: Sept. 23, 2026

Registration: Sept. 25, 2026

**NO LESSONS UCLA Game: TBD**

### Fall 3:

**November 2nd - November 29th (4 Weeks)**

Pre-Registration: Oct. 21, 2026

Registration: Oct. 23, 2026

**NO LESSONS Thanksgiving Weekend:**

**Thurs. 11/26, Fri. 11/27, Sat. 11/28 & Sun. 11/29**

**NO LESSONS UCLA Game: TBD**

### Holiday:

**November 30th - December 20th (3 Weeks)**

Pre-Registration: Nov. 18, 2026

Registration: Nov. 20, 2026

**NO LESSONS UCLA Game: TBD**

ALL DATES AND PRICES ARE SUBJECT TO CHANGE  
FOR ALL 2026 GROUP AND PRIVATE LESSONS



## VISION

TO BE A **WORLD CLASS AQUATICS  
NONPROFIT ORGANIZATION** THAT  
CREATES **LIFELONG OPPORTUNITIES  
FOR OUR COMMUNITY** TO THRIVE

## MISSION

PROMOTING **COMMUNITY AND  
WELL-BEING** THROUGH **WATER SAFETY,  
AQUATICS PROGRAMS, AND COMPETITION**

## VALUES

**IMPACT:** WE IMPROVE LIVES THROUGH  
DYNAMIC AND RESPONSIVE PROGRAMS

**COLLABORATION:** WE BELIEVE IN THE  
POWER OF WORKING TOGETHER

**DIVERSITY:** MORE THAN A POOL, WE ARE  
A WELCOMING PLACE FOR EVERYONE

