

## Summer 2011 Swim Prep Courses

The Los Angeles County Junior Lifeguard Program does not endorse or support any Swim Prep Program.

The following list is provided for information only. All details are subject to change; please contact the programs directly for info.

Program Name	Location	Contact Info	Additional Info
<b>Akai Swim School</b>	24444 Hawthorne Blvd Torrance, CA	Dolly (310) 378-2242 <a href="http://www.akaiswimschool.com">www.akaiswimschool.com</a>	Mon/Wed & Tue/Thurs 7 to 8 PM Program starts six weeks prior to first swim test
<b>Beverly Hills Parks and Recreation Department</b>	Beverly Hills High School 241 Moreno Drive Beverly Hills, 90212	Micah (310)285-6850 <a href="http://www.beverlyhills.org/swim">www.beverlyhills.org/swim</a>	Mon- Thurs 6:30 to 8:30 PM  Starts in January: Learn to Swim and conditioning programs
<b>Culver City Swim Club</b>	Culver City Plunge	Habib Sissoko (424) 543-4292 <a href="mailto:info@culvercityswimclub.com">info@culvercityswimclub.com</a> <a href="http://www.culvercityswimclub.com">www.culvercityswimclub.com</a>	Monday thru Friday 5 to 6 PM, all year. Please note that potential JGs should start practicing in early spring.
<b>Equinox Jr. Swim Team 2 Locations</b>	Equinox Fitness Club (1) 550 Deep Valley Drive Rolling Hills Estates, 90274 (310) 697-1016	Necia Staggs Coach <a href="mailto:necia.staggs@pt.equinox.com">necia.staggs@pt.equinox.com</a> <a href="http://www.equinox.com">www.equinox.com</a>	8-14 years old only. Team practices 2 or more days per week. Try-outs offered quarterly. Indoor pool. Spring, Summer, Fall and Winter
	Equinox Fitness Club (2) 5400 Rosecrans Avenue Hawthorne, 90250 (310) 727-9543		8-12 years old only. Team meets 1 afternoon per week. Try-outs offered quarterly. Outdoor pool. Spring, Summer and Fall.
<b>Freestyle Aquatics</b>	Rolling Hills Country Club 26444 Crenshaw Blvd. Rolling Hills Estates, 90274	Todd Gordon (310) 377-4848	Spring - Tuesday/Thursday/Friday 3:30-3-4:30pm
<b>Guard Start</b>	Torrance Plunge (Corner of Madrona and Torrance Blvd)	Barb Roth 310-325-4400 <a href="mailto:rothclan@sbcglobal.net">rothclan@sbcglobal.net</a>	February through May Fridays and Sundays
<b>Jr. Guard Prep Class</b>	Begg Pool City of Manhattan Beach	Jesus Sandoval (310) 802-5429 <a href="mailto:jsandovaljr@citymb.info">jsandovaljr@citymb.info</a>	Monday/Wednesday Tuesday/Thursday 3:30pm-4:05pm
<b>Mustang Aquatics Boosters</b>	Mira Costa High School Pool Manhattan Beach	Jon Reichardt <a href="http://www.mcaquatics.com">www.mcaquatics.com</a>	Classes to start in April
<b>Palos Verdes Aquatic Club</b>	Palos Verdes High School Epping Rd. and Via Pacheco Palos Verdes Estates, 90274	Patty Camp (310) 377-5590	Monday, Wednesday, Friday Early March, until the swims begin. 6-7 pm.
<b>Spectrum JG Prep Class</b>	South Bay Spectrum Club 2250 Park Place El Segundo, 90245	Jonae Williamson (310) 703-5424 <a href="mailto:jawilliamson@spectrumclubs.com">jawilliamson@spectrumclubs.com</a>	Classes run January 2 - April 26 Mon, Wed 6:00-6:45, 6:45-7:30PM 7:30PM-8:15PM Tues, Thurs 6:30-7:15, 7:15-8PM
<b>Swim with Mo</b>	Redondo Beach Spectrum Club 819 N. Harbor Drive Redondo Beach, 90277	Mo Herman (310) 540-3870 <a href="http://www.olympicswimmer.com">www.olympicswimmer.com</a>	February through June Monday - Saturday 4:00 to 6:30 pm
<b>Swim Kids</b> <a href="http://www.swimkids.net">www.swimkids.net</a>	Manhattan Beach	Bonnie and Taylor Spivey competitive lifeguards <a href="mailto:swimkids@roadrunner.com">swimkids@roadrunner.com</a>	Year-round swim technique and training, all ages and levels, private, semi and clinics
<b>Swim Time</b>	South Redondo Beach, in a heated pool.	Pam Jennings, WSI (310) 291-0689	March-October. 3:30 - 7:30 pm Both private and semi-private classes

		<a href="mailto:pamwsi@aol.com">pamwsi@aol.com</a>	with Red Cross-certified instructors
<b>Swim Torrance</b>	Victor E. Benstead Plunge 3331 W. Torrance Blvd. Torrance, 90503	Tyler (310) 961-8390 <a href="http://www.swimtorrance.org">www.swimtorrance.org</a>	Year-round Competitive Swim Training Ages 6-18 years old Tryouts Every Friday at 6pm
<b>Surfside Swim Team</b>	Redondo High School Pool Mira Costa High School Pool	Claire Shelden <a href="mailto:surfsidemembership@yahoo.com">surfsidemembership@yahoo.com</a>	Jan. 30 - June 29th 22 weeks Tues and Thurs 7-8 pm Redondo HS Fridays 7-8 pm Mira Costa HS
<b>Team Santa Monica Swimming</b>	Culver City Plunge Santa Monica Swim Center Lincoln Middle School	Tim Murphy (310) 670-4316 <a href="http://www.teamsantamonica.org">www.teamsantamonica.org</a>	5 - 7pm @ Culver City Plunge M - F 3:45 - 7 pm @ SMSC M - F 4 - 7 pm @ LMS M - F
<b>Torrance- South Bay YMCA</b>	<a href="http://www.ymcala.org/tsb">www.ymcala.org/tsb</a> 2900 W. Sepulveda Blvd. Torrance, 90505	Art De La Rosa (Aquatic Director) (310) 325-5885 <a href="mailto:artdelarosa@ymcala.org">artdelarosa@ymcala.org</a>	One-hour lessons on Saturdays Program starts February 26 and runs for 5 weeks
<b>Westside Aquatics</b>	S.M. Crossroads School Pacific Palisades Charter High Malibu High	Adam Blakis (310) 985-5308 <a href="http://www.westsideswim.com">www.westsideswim.com</a> <a href="mailto:adamblakis@gmail.com">adamblakis@gmail.com</a>	
<b>Zenith Aquatic Club (Z.A.P.)</b>	Multiple locations including Miraleste Intermediate School and South End Racquet & Health Club	Shari Twidwell (310)377-3241 <a href="mailto:shari@zapswimming.com">shari@zapswimming.com</a> <a href="http://www.zapswimming.com">www.zapswimming.com</a>	Please call for more info as spring approaches  Year-round conditioning is available; start swimming now!