

CITY OF LOS ANGELES
DEPARTMENT OF RECREATION & PARKS
CITYWIDE AQUATICS DIVISION



WINTER / SPRING 2024 PROGRAM

February 4th, 2024 - June 8th, 2024

**Re-opening date pending pool maintenance closure status.*

Phone: (818) 783 - 6721

E-mail: vnso.pool@lacity.org

Website: laparks.org/aquatics

14201 Huston Street Van Nuys, CA 91423

As a covered entity under Title II of the Americans with Disabilities Act, the City of Los Angeles does not discriminate on the basis of disability and, upon request, will provide reasonable accommodation to ensure equal access to its programs, services, and activities.



vnso.pool



FEES & HOURS OF OPERATION

ADMISSION

	PRICE
Youth (0 - 17 years of age)	\$1.00
Adult (18 - 49 years of age)	\$4.00
Adult (50+ years of age)	\$1.00
Persons with Disabilities	\$1.00

PASSES

	PRICE
Adult Lap Swim Pass (30 admissions)	\$88.00
Admission Pass for Adults 50+ & Persons with Disabilities (30 admissions)	\$25.00



ADULT LAP SWIM

TIMES

HOLIDAY CLOSURES

Monday	12pm-4:30pm
Tuesday - Friday	6am-10am 12pm-8:30pm
Saturday	9am-5pm
Sunday	12pm-5pm

Presidents Day - February 19th
Cesar Chavez Day - March 25th
Memorial Day - May 27th

50 METER LANES ARE NOT OFFERED THIS SEASON, AND WILL RETURN SUMMER 2024

RECREATIONAL SWIM

TIMES

DIVING BOARD*

TIMES

Tuesday - Friday	12pm-8:30pm	Tuesday - Friday	12pm-3pm
Saturday - Sunday	12pm-5pm	Saturday - Sunday	12pm-5pm

WADING POOL

CLOSED UNTIL SUMMER 2024

*HOURS OF OPERATION SUBJECT TO STAFFING AVAILABILITY

SWIM LESSON REGISTRATION

Registration Guidelines

If you have registered with us or the Recreation Center in the past, then you have an online account already!

- Walk - in Registration and Online Registration will begin at 9 a.m.
- Fees must be paid at the time of registration. **NO EXCEPTIONS.** No telephone registration. **Checks payable to: City of L.A. Dept. of Rec. & Parks.**
- No refunds or credits unless the class is cancelled.
- Spaces are limited.
- Age is determined as of January 1st, 2024.
- Classes must have a minimum of 5 participants, or 2 for Tiny Tots.
- A free swim assessment at the pool is required prior to registration if the participant is **7 years of age or older.**
- Lessons are 25 minutes in length.
- * PlayLA Youth and Adaptive Youth Sports Programs are made possible by the LA28 Olympics and Paralympic Games, waivers are available for those who qualify, ask for details.

Tiny Tots Class - \$80

Youth & Adult Group Lessons - \$67*



SESSION	DAYS	BEGINS	ENDS	REGISTRATION
#1 <i>*NOT OFFERED, POOL CLOSED FOR MAINTENANCE</i>	Tue & Thu	January 9th	February 1st	January 6th @ 9AM
	Wed & Fri	January 10th	February 2nd	
#2	Tue & Thu	February 6th	February 29th	February 3rd @ 9AM
	Wed & Fri	February 7th	March 1st	
#3	Tue & Thu	March 5th	March 28th	March 2nd @ 9AM
	Wed & Fri	March 6th	March 29th	
#4	Tue & Thu	April 2nd	April 25th	March 30th @ 9AM
	Wed & Fri	April 3rd	April 26th	
#5	Tue & Thu	April 30th	May 23rd	April 27th @ 9AM
	Wed & Fri	May 1st	May 24th	

GROUP SWIM LESSONS

Class Title	Level	Class Description
Tiny Tots	Ages 3-6	<i>*Tiny Tots: 4 students maximum enrolled. No parent in the water required.</i> Children will learn how to enter and exit the water independently, submerge face underwater and blow bubbles for 3 seconds, glide on front for 2 body lengths then roll to back and float for 3 seconds, and perform combined arm and leg actions on the front and back.
Preschool Aquatics	Ages 3-6	Children will learn how to enter and exit the water independently, submerge face underwater and blow bubbles for 3 seconds, glide on front for 2 body lengths then roll to back and float for 3 seconds, and perform combined arm and leg actions on front and back. Parent within arms distance of their child including in the water is required for Preschool Aquatics.
Water Confidence	Level 1	Introduction to water safety and water acclimation. This beginner level teaches buoyancy in water and basic locomotion skills. Kicking, breathing, and alternative arm action techniques are introduced.
Beginner	Level 2	Participants learn locomotion skills including combined arm and leg actions on front and back and swimming in chest-deep water.
Adv. Beginner	Level 3	Participants learn the Front Crawl, Breaststroke kick, Sidestroke kick, and the Elementary Backstroke
Intermediate	Level 4	Participants learn the Breaststroke, Butterfly, Back Crawl, and the Sidestroke.
Swimmer	Level 5	Participants learn to refine their performance of all six swimming strokes (i.e. Front Crawl, Back Crawl, Butterfly, Breaststroke, Elementary Backstroke, and Sidestroke).
Adv. Swimmer	Level 6	Refine strokes so participants swim them with greater efficiency and effectiveness over longer distances.
Adult Beginner	Level 1	Participants gain basic aquatic skills and swimming strokes.
Adult Intermediate	Level 2	Improve participants' proficiency in basic aquatic skills and the six basic swimming strokes.
Adaptive Aquatics	All levels	Adaptive Aquatics is a swim lesson program open for adult and youth participants with disabilities. This is a group lesson, where the instructor incorporates water safety and swimming fundamentals, while accommodating the needs of each individual. Aides are encouraged to get in the water with their participant at no extra cost, but are not mandated to unless specifically needed for medical or safety reasons.

Swim assessment required if the participant is 7 years of age or older.

Swim Lessons begin at age 3.

ALL CHILDREN UNDER THE AGE OF 7, MUST BE ACCOMPANIED BY AN ADULT PARENT/GUARDIAN IN THE WATER

GROUP LESSON SCHEDULE

YOUTH SWIM LESSONS

Tuesday & Thursday

Tiny Tots	4:30pm - 4:55pm
Water Confidence	5:30pm - 5:55pm
Beginner	6:00pm - 6:25pm
Intermediate	6:30pm - 6:55pm
Adaptive	5:00pm - 5:25pm

Wednesday & Friday

Tiny Tots	4:30pm - 4:55pm
Preschool Aquatics	5:00pm - 5:25pm
Beginner	5:30pm - 5:55pm
Adv. Beginner	6:00pm - 6:25pm
Swimmer	6:30pm - 6:55pm

ADULT LESSONS

Tuesday & Thursday

Beginner	8:00am - 8:25am
Beginner	6:30pm - 6:55pm
Intermediate	8:30am - 8:55am
Intermediate	7:00pm - 7:25pm

Looking for a more advanced swim workout?

Consider joining our **ADULT AQUATICS FITNESS** training class.

Other Adult Fitness Classes Include:

- *Aqua Fit*
- *Adult Water Polo*

Swim assessment required if the participant is 7 years of age or older.

Swim Lessons begin at age 3.

ALL CHILDREN UNDER THE AGE OF 7, MUST BE ACCOMPANIED BY AN ADULT PARENT/GUARDIAN IN THE WATER

PRIVATE & SEMI PRIVATE LESSONS

Private Lesson Registration

- **Walk - in Registration ONLY for Private Lessons begin at 9 a.m.**
- Provides personalized instruction to adults and youth ages 3 yrs. and older.
- **One** participant for private lessons, and **two** participants for semi-private lessons with one lifeguard. *Maximum of two participants per semi-private lesson.*
- Registration rules apply and **participants must register for a minimum of four** lessons at a time.
- Registrations are booked only for the same date and time per week within the session.
- Lessons are **25 minutes** in length and begin every half hour within the times listed below.
- **No telephone registration.**
- Fees must be paid at the time of registration. **NO EXCEPTIONS.**
- Checks payable to: **City of L.A. Dept. of Rec. & Parks**
- No refunds will be approved unless the class needs to be cancelled by the pool.
 - *Make-ups are not guaranteed, and are assessed on a case by case basis.*

PRIVATE LESSON PRICING

PRICE

Private Lessons (Minimum 4 Lessons) **1 Participant**

\$108.00

Semi Private Lessons (Minimum 4 Lessons) **2 Participants**

\$160.00

SESSION	DAYS	BEGINS	ENDS	REGISTRATION
#1 <i>*NOT OFFERED, POOL CLOSED</i>	Sunday	January 7th	January 28th	January 6th at 9AM
	Saturday	January 13th	February 3rd	
#2	Sunday	February 4th	February 25th	February 3rd at 9AM
	Saturday	February 10th	March 2nd	
#3	Sunday	March 3rd	March 24th	March 2nd at 9AM
	Saturday	March 9th	March 30th	
#4	Sunday	March 31st	April 21st	March 30th at 9AM
	Saturday	April 6th	April 27th	
#5	Sunday	April 28th	May 19th	April 27th at 9AM
	Saturday	May 4th	May 25th	

NOVICE TEAM SPORTS

Registration Guidelines

SEE TEAM PRICING BELOW, INCLUDES T-SHIRT AND AWARD.
\$45 FOR EACH ADDITIONAL TEAM (PER PARTICIPANT)

- Walk-in and Online Registration begins **9am** on **Saturday, January 27th**.
- No telephone registration.
- Spring Season Dates: **Tuesday, January 30, 2024 - Friday, April 19, 2024**.
- **Fees must be paid at the time of registration. NO EXCEPTIONS.**
- Checks payable to: City of L.A. Dept. of Rec. & Parks.
- Refunds will be assessed and have an administration fee of 10%
- A skills evaluation will be required and given by a Coach or Pool Manager.
- Participants must demonstrate an Intermediate (Level 4) swimming competency to be eligible to register.
- Team evaluations/tryouts: Come to the pool and ask for a "*Free Swim Assessment*" with a lifeguard.

SPRING 2024 TEAMS

Artistic Swimming Team

Limited to 30 participants, \$50 per person

Tuesday, January 30, 2024 - Friday, April 19, 2024

Tuesday - Friday

4:30pm - 5:30pm

Water Polo Team

Each Group Limited to 24 participants, \$50 per person

Tuesday, January 30, 2024 - Friday, April 19, 2024

Group A: Ages 7 - 9 | Group B: Ages 10 - 12 | Group C: Ages 13 - 15 | Group D: Ages 16-17

Group A & B: Tuesday - Friday

5:30pm - 6:30pm

Group C & D: Tuesday - Friday

6:30pm - 7:30pm

PLAYLA USA SWIM TEAM

PlayLA USA Swim Team is a USA Swimming sanctioned Swim Team offered by the City of Los Angeles Department of Recreation & Parks in Partnership with USA Swimming. TSLA is designed to provide athletes, parents and coaches with enhanced training and educational resources. Athletes will be instructed by USA Swimming certified coaches to develop their competitive skills in all strokes, with enhanced workout times and dryland training.

Registration Guidelines

SEE TEAM PRICING BELOW, INCLUDES T-SHIRT AND AWARD.

- **Walk-in Registration ONLY**
 - Begins **9am** on **Saturday, January 27th** at **9:00 AM**.
- **No telephone registration.**
- Spring Season Dates: **Tuesday, January 30, 2024 - Friday, April 19, 2024.**
- **Fees must be paid at the time of registration. NO EXCEPTIONS.**
- Checks payable to: City of L.A. Dept. of Rec. & Parks.
- Refunds will be assessed and have an administration fee of 10%
- A skills evaluation will be required and given by a Coach or Pool Manager.
- Participants must demonstrate an Intermediate (Level 4) swimming competency to be eligible to register.
- Team evaluations/tryouts: Come to the pool and ask for a "Free Swim Assessment" with a lifeguard.
 - **MUST PASS LEVEL 4 INTERMEDIATE TO QUALIFY**
 - *Athletes will be assessed the first week of practice to determine group*

Group Practice Times

Bronze Group : 5:30pm-6:30pm

Silver Group : 5:45pm-7:15pm

Gold Group: 5:45pm-7:30pm



WORKOUT PROGRAMS

Level 6 (Youth Aquatic Fitness)

\$55 series of 10 classes, or \$6 Per Class

- Participants must demonstrate an Intermediate (Level 4) swimming competency.
- Improve conditioning and stroke mechanics with exercises from all aquatic sports and activities.
- Inquire with Pool Clerk for details.

Tuesday / Thursday

4:30pm – 4:55pm

Wednesday / Friday

4:30pm – 4:55pm

Adult Aquatic Fitness

Ages 18 and Over, \$55 Series of 10 classes, or \$6 Per Class

- This calorie-burning fitness workout incorporates muscular, cardiovascular, and aerobic conditioning.
- Exercises include rhythmic activities, muscle strengthening and toning.
- 10 classes per series.
- All classes are 45 minutes in length.

Tuesday – Friday

7:00am – 7:45am

Adult Aqua Fit (Aquacise)

Adult, \$55 Series (Pre-Registration Required) or \$6 Per Class

Adults 50+, \$45 Series (Pre-Registration Required) or \$5 Per Class

- This calorie-burning workout incorporates muscular, cardiovascular and aerobic conditioning.
- Exercise includes rhythmic activities, muscle strengthening and toning.
- 10 classes per series.
- All classes are 45 minutes in length.

Tuesday – Saturday

12:30pm – 1:15pm

Adult Water Polo (Self-Directed)

Ages 18 and Over, Limited to 24 Participants, \$6 Per Entry

- This is a non-coached program where minimum skills level is Intermediate (Level 4) swimming competency.
- Self-guided scrimmage type workout where 2 or 3 teams will compete in round robin scrimmage(s).

Wednesday

7:30pm – 9:00pm

Adult BOGAFit

Ages 18 and over, \$55 Series of 10 classes, or \$6 Per Class

- A fitness class that utilizes a floating board with carefully selected sets of movements that intensify each workout. Builds strength, deepens flexibility, improves balance and coordination.
- This 45 minute class challenges all levels.

NOT OFFERED THIS SEASON. WILL RETURN SUMMER 2024

FACILITY RULES

POOL EMPLOYEE INTERPRETATION OF RULES SHALL BE FINAL

Entrance will be denied to:

- Children under the age of seven (7), unless accompanied by an adult on a one to one ratio. Must be within arms reach at all times, including in the lobby, locker rooms, pool deck, and in the water.
- Children under the age of four (4) without an approved "swim diaper" or plastic pants with elastic around the waist and legs.
- Persons under the influence of alcohol or narcotics.
- Persons with colds, coughs, nasal or eye discharges, skin eruptions, open wounds, open sores or bandages.
- Personal property not permitted in the swimming pool or deck area includes:
 - Street clothes, shoes, and carrying bags of all types.
 - Floating apparatus other than an a Coast Guard Approved life jacket.
 - Wheeled vehicles (roller blades, bicycles, skateboards, etc.)
- Smoking is prohibited.

For the safety of the public there is no:

- Running on the pool deck.
- Foul or disrespectful behavior will not be tolerated.
- Climbing, sitting on, and jumping from fences or guard structures.
- Diving into shallow water. Double bouncing or crowding dive structures.
- Swimming in the diving area.
- Horse playing on the deck or in the pool at any time.
- Snapping towels.
- Participating in other dangerous practices as determined by lifesaving staff.
- Hypoxic training or prolonged underwater swimming is not allowed.

Do not interfere with a lifeguard rescue, or call for help unless in distress.

General Information:

- Soap showers must be taken before entering the pool area.
- Locker rooms will close 15 minutes after end of session.
- Valuable items should be checked in with the Pool Clerk.
- Clothed patrons must be seated on the bleachers if they are not swimming.
- Water is the only beverage allowed on the pool deck (no glass containers).
- There is no eating or gum chewing allowed in the pool area.
- During recreational hours, all patrons will be asked to take a swim test before entering the deep end of the pool and/or using the diving board. This test will consist of two continuous lengths of the pool swimming freestyle (Front Crawl), with an effective supporting kick.
- Private Coaching / Instruction is prohibited, unless a valid permit is obtained and approved. Please see our pool clerk if you'd like a permit request.

CITY OF LOS ANGELES
DEPARTMENT OF RECREATION & PARKS
CITYWIDE AQUATICS DIVISION

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CARLOS ESPINOZA
MONIQUE SCHWANEMAN
PETER SCHWANEMAN

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