1450 N. AVALON BLVD. WILMINGTON, CA 90744 310-548-7420

### **POOL HOURS**

March 3 - May 4 **CLOSED MONDAYS** 

### **Recreational Swim**

Tuesday - Friday......4:00 p.m. - 5:30 p.m. Saturday & Sunday......1:00 p.m. - 5:00 p.m.

### **Adult Lap Swim**

Saturday & Sunday....12:00 p.m. - 4:55 p.m.

### **REGISTRATION**

### **Learn To Swim**

Series # 3....Saturday, March 2....9:00 a.m. Series # 4.. Saturday, March 30...9:00 a.m.

### **Holiday Pool Closure**

Cesar Chavez......Monday, March 25, 2024......CLOSED Memorial Day......Monday, May 27, 2024......CLOSED

www.LAPARKS.org













### DEPARTMENT OF RECREATION AND PARKS **ADMISSION FEES**

CITY OF LOS ANGELES,

ADULTS	(18 – 49)	\$4.00
YOUTH*	(0 – 17)	\$1.00
OLDER ADULTS	(50 & Up)	\$1.00
<b>Persons with Dis</b>	sabilities	\$1.00

### **30 ADMISSIONS**

ADULT - Lap Pass..... \$88.00

### **ADMISSION PASS**

(Older Adult, Persons w Disab., Youth)...\$25

NOTE: An adult must accompany each child 6 and under. The adult must always be within one arm's length of the child, whether on the pool deck or in the water.

- Children under the age of 4 must wear a swim diaper
- PUBLIC SWIM ATTIRE Swimsuits and swim trunks with liner (except board shorts providing coverage), must be worn by persons in the pool area.
- All patrons must shower before entering the pool.
- Lap lane availability is subject to change without notice.
- NO FOOD OR DRINKS (unless it's plastic water containers) ARE PERMITTED ON THE POOL DECK.

Groups or individuals desiring to provide coaching or instruction at City of Los Angeles swimming pools must obtain a permit. Private instruction (one-on-one) is not permissible. Permit guidelines and applications can be obtained online at LAParks.org.



### **TEAM SPORTS**

Designed for entry-level competitors ages 7-17 yrs., proof of age is required at the time of registration. Participants will compete in a Department-sponsored league. Participants must have completed ARC Intermediate - Level 4. All meet times and locations will be announced at the facility prior to the event. Athletes must attend at least 2-3 practices a week to remain on the team.

A team sports awards banquet is scheduled at the end of the sports season. Athletes must compete in two or more meets and sports competitions to be eligible. Participants will receive a participation award and a Team T-shirt.

SATURDAY, JANUARY 27......9:00 A.M. - COST PER TEAM SPORT IS \$10.00

### **WATER POLO**

Includes instruction on drills, shooting, passing, swimming conditioning, and overall knowledge of the game.

Season.....January 31 - May 3

### **Workouts**

Wed., Fri....4:30 p.m. - 6:30 p.m., Saturday 11:00 a.m. - 12:00 p.m.

### ARTISTIC SWIMMING

Includes instruction on figures, routines, & choreography.

Season.....January 30 - May 2

### Workouts

Tue. & Thu. 4:30 p.m. - 6:30 p.m., Sunday 11:00 am. - 12:00 p.m.

PLAYLA is a USA-sanctioned Swim Team designed to provide Athletes, Parents and Coaches with enhanced training and educational resources. This program will offer high-performance training to qualified athletes ages 7-17 years old. Athletes will be instructed by USA Swimming certified coaches to develop their competitive skills in all strokes, with enhanced workout times and dryland training. All athletes must qualify for the program.

Length of Season.....January 9 - May 3

All Age Groups.....Tuesday - Friday.....7:00 p.m. - 8:45 p.m., Saturday....9:00 a.m. - 11:00 a.m.

(Dry Land workouts will begin 15 minutes prior to swim)

# BANNING ROUL

### LEARN TO SWIM REGISTRATION

- Registration dates: See front of brochure.
- Registration Cost: \$10.00 for Youth/ \$30.00 for Adults
- Register in-person and online (www.swimla.org)
- No telephone registration.
- Fees must be paid at the time of registration.
- Payable by: Cash, Visa & Mastercard, Check

• Make checks payable to:

### L.A. City Department of Recreation and Parks

- No refunds unless a series is canceled.
- All refunds will be assessed an administration fee of 10%
- Lessons are 25 minutes in length.
- A swim assessment will be required for any level above Beginner - Level 2



## FOR A DESCRIPTION OF ALL LEARN TO SWIM LEVELS. YOU CAN VISIT: <a href="https://www.laparks.org/aquatic/learn">https://www.laparks.org/aquatic/learn</a>



### **YOUTH LESSONS Ages 3 - 17**

### **SERIES DATES**

### **SERIES 3**

Tuesday & Thursday......March 5 - March 28 Wednesday & Friday......March 6 - March 29 Saturday & Sunday......March 2 - March 24

### **SERIES 4**

Tuesday & Thursday......April 2 - April 25 Wednesday & Friday.....April 3 - April 26 Saturday & Sunday.....March 30 - April 21

### **TUESDAY & THURSDAY**

Intermediate	4:05	p.m.	- 4:30	p.m.
Advanced Beginner	4:35	p.m.	- 5:00	p.m.
Water Confidence	5:05	p.m.	- 5:30	p.m.
Pre-School Aqua #3	5:35	p.m.	- 6:00	p.m.

### **WEDNESDAY & FRIDAY**

Advanced Beginner	4:05	p.m.	- 4:30	p.m.
Water Confidence	4:35	p.m.	- 5:00	p.m.
Beginner	5:05	p.m.	- 5:30	p.m.
Pre-School Agua #1	5:35	p.m.	- 6:00	p.m.

### **SATURDAY & SUNDAY**

Beginner	11:35 p.m 12:00 p.m.
Adaptive	12:35 p.m 1:00 p.m.
Swimmer	1:05 p.m 1:30 p.m.

### **ADULT LESSONS Ages 18 & Older**

• Adult Beginner

Help participants gain basic aquatic skills and swimming strokes.

• Adult Adv. Beginner

Introduce participants to stroke technique and improve aquatic skills.

Beginner.....Tuesday & Thursday...6:05 p.m. - 6:30 p.m. Intermediate......Wednesday & Friday...6:05 p.m. - 6:30 p.m.



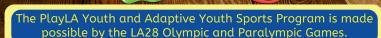
### PRIVATE & AND SEMI-PRIVATE LESSONS

(Inquire with Manager for Scheduling)

Private and semi-private lessons provide personalized instruction to adults and youth ages 4 and older. Lessons are 25 minutes in length. The lesson schedule is based on staff availability. Registration rules apply and participants must register for a minimum of four lessons.

PRIVATE, (1 on 1) 4 lessons = \$108.00

SEMI-PRIVATE (2 students only) 4 lessons = \$160.00







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.