

# DYMALLY SWIMMING POOL

8800 SAN PEDRO STREET, LOS ANGELES, CA 90003 - (213) 887-3988

## SPRING 2024

### Hours of Operation

January 2 - June 8

**CLOSED MONDAYS**

### Recreational & Lap Swim

Tuesday - Friday.....4:30 p.m. - 8:00 p.m.  
Saturday & Sunday.....1:00 p.m. - 5:00 p.m.

### Registration

#### Learn to Swim

- Session # 1.....Saturday, January 6.....9:00 a.m.
- Session # 2.....Saturday, February 3.....9:00 a.m.
- Session # 3.....Saturday, March 2.....9:00 a.m.
- Session # 4.....Saturday, March 30.....9:00 a.m.
- Session # 5.....Saturday, April 27.....9:00 a.m.

\*Listed programs in this brochure may be subject to change without prior notice\*

### ADMISSION FEES

YOUTH*..... (0 - 17).....	\$1.00
ADULTS..... (18 - 49).....	\$4.00
ADULTS..... (50 & Up).....	\$1.00
Persons with Disabilities.....	\$1.00

### 30 ADMISSIONS

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

ADMISSION PASS - (Adult (50 & up), Persons w Disab., Youth)..... \$25.00

\* NOTE: Each child 6 & under must be accompanied by an adult. The adult must be within one arm's length of the child at all times, whether on the pool deck or in the water.

- Children under the age of 4 must wear a swim diaper
- PUBLIC SWIM ATTIRE – Swim suits, Swim trunks with liner (exception board shorts providing coverage), must be worn by persons in the pool area.
- All patrons must shower before entering pool.
- Lap lane availability subject to change without notice.
- NO FOOD OR DRINKS (unless it's plastic water containers) IS 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](http://LAParks.org).

### TEAM SPORTS

Designed for the entry-level competitors' ages 7-17 yrs., proof of age required at 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 facility prior to event.

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

### PLAYLA SWIM TEAM

The PlayLA Youth and Adaptive Youth Sports Program is made possible by the LA28 Olympic and Paralympic Games.

Registration/Registración: January 27, 2024

Team Fee: \$ 10

Participants will work on building their competitive swimming skills, strengthen their physical condition, and perfect their stroke techniques

Season..... January 30 – April 19

Workout..... Tuesday - Friday 5:30 p.m. – 6:30 p.m.

Waivers are available for those who qualify. Please ask for details.



Dymally Online

Pool located across from Green Meadows Recreation Center



swimla.org



# CITY OF LOS ANGELES, DEPARTMENT OF RECREATION & PARKS

## SWIM LESSON 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](http://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 session 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

## YOUTH LESSONS Ages 3 - 17 yrs

### Level 1 - Water Confidence

Introduction to water safety and water acclimation. This level teaches buoyancy, locomotion skills, Kicking, breathing and alternative arm action techniques.

### Level 2 - Beginner

Participants learn locomotion skills including front and back crawl and swimming in semi-deep water.

### Level 3 - Advance Beginner

Participants learn elementary backstroke and continue to improve on front and back crawl.

### Level 4 - Intermediate

Participants learn breaststroke and sidestroke.

### Level 5 - Swimmer

Participants refine strokes and learn additional aquatic skills such as the butterfly stroke.

### Adaptive

Smaller class setting catered to individual needs of adaptive participants.

### Preschool Aquatics - Ages 3-6 yrs.

Participants will learn how to enter and exit the water independently, submerge mouth 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 arm and leg actions on front and back.

## CLASS TITLE, DAYS, & TIME

### Tuesday - Thursday

Intermediate.....	4:35 p.m. - 5:00 p.m.
Preschool Aquatics.....	5:05 p.m. - 5:30 p.m.
Adult Beginners.....	5:35 p.m. - 6:00 p.m.
Advance Beginners.....	6:05 p.m. - 6:25 p.m.

### Wednesday - Friday

Adaptive.....	4:35 p.m. - 5:00 p.m.
Tiny Tots.....	5:05 p.m. - 5:30 p.m.
Water Confidence.....	5:35 p.m. - 6:00 p.m.
Beginner.....	6:35 p.m. - 7:00 p.m.

### Saturday & Sunday

Water Confidence.....	12:05 p.m. - 12:30 p.m.
Beginner.....	12:35 p.m. - 1:00 p.m.
Preschool Aquatics.....	1:05 p.m. - 1:30 p.m.
Water Confidence.....	1:35 p.m. - 2:00 p.m.
Advance Beginner.....	2:35 p.m. - 3:00 p.m.

## PRIVATE & SEMI-PRIVATE LESSONS

(Inquire with Manager for Scheduling)

Private & Semi-Private lessons provide personalized instruction to adults and youth ages 3 and older. Lessons are 25 minutes in length. 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**

