

**CITY OF LOS ANGELES**  
**DEPARTMENT OF RECREATION AND PARKS**

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 Lydia Ritzman

**Citywide Aquatics Division**

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 Jon Kopitzke

**Aquatic Facility Manager II**  
 Essam Tawdy

**Aquatic Facility Manager I**  
 Walter Tobar

**Pool Manager I**  
 Carissa Kahn  
 Sean Stephens  
 Alana Stonehocker  
 Charles Bell

**CITY OF LOS ANGELES**  
**DEPARTMENT OF RECREATION AND PARKS**  
**CITYWIDE AQUATICS DIVISION**

**VAN NUYS -  
 SHERMAN OAKS  
 SWIMMING POOL**

14201 Huston St.  
 Van Nuys, CA 91423  
 (818) 783-6721

**Fall 2009**

**POOL HOURS**  
**September 08 – December 31**

**Recreational Swim**

Monday-Friday ..... 12:00 p.m. – 8:30 p.m.  
 Saturday & Sunday ..... 12:00 p.m. - 5:00 p.m.

**Adult Lap Swim** – *number of lanes available vary daily*

Monday-Friday ..... 6:00 a.m. – 10:00 a.m.  
 (Mon., Wed., Fri. ONLY..... 50 meter lap swimming)  
 ..... 12:00 p.m. – 8:30 p.m.  
 \*Tues. & Thurs. .... 25 yard lap swimming  
 Saturday..... 9:00 a.m. – 5:00 p.m.  
 Sunday..... 12:00 p.m. – 5:00 p.m.

**Small Pool Hours** – *Hours subject to change*

Monday – Friday ..... To be posted  
 Saturday & Sunday ..... 12:00 p.m. – 5:00 p.m.

**Diving Board Hours** – *Hours subject to change*

Monday – Friday ..... To be posted  
 Saturday & Sunday ..... 12:00 p.m. – 5:00 p.m.

**Holiday Hours**

Nov. 27 Thanksgiving..... Pool closed  
 Dec. 24 Christmas Eve ..... 12:00 p.m. – 5:00 p.m.  
 Dec. 25 Christmas..... Pool closed  
 Dec. 31 New Years Eve ..... 12:00 p.m. – 5:00 p.m.  
 Jan. 1 New Years Day ..... Pool closed

Pool will be closed January 11 – February 19, 2010 to meet  
 compliance with the Virginia Graeme Baker  
 Pool and Spa Safety Act.

**[www.LAPARKS.org](http://www.LAPARKS.org)**

Persons with disabilities are welcome to participate in our  
 programs and classes. Reasonable accommodations will  
 be made with prior arrangements.

**\*\*Dates and times are subject to change without notice**

**TEAM SPORTS**

Designed for entry-level competitors. Proof of age required. Participants compete in a department sponsored league. Participants must demonstrate an intermediate level swimming competency. All meet times and locations will be announced.

Registration: \$30.00 for one team, \$20.00 for additional team or family member

**NOVICE SWIM TEAM**

Length of Season ..... September - December  
 Workouts: ..... Mon – Fri. 5:00 p.m. – 6:00 p.m.  
 Age ..... 7 - 17

**NOVICE SPRINGBOARD DIVING**

Length of Season ..... September - December  
 Workouts ..... Monday, Wednesday, Friday 6:00 p.m. - 7:00 p.m.  
 Age ..... 7 - 17

**U.S. SWIM TEAM**

Workouts ..... Monday - Friday, 5:00 p.m. - 7:00 p.m.  
 Cost ..... \$20/month  
 Age ..... 7- 17

**U.S. SYNCHRONIZED SWIMMING**

Workouts ..... Tuesday & Thursday, 5:30 p.m. - 8:30 p.m.  
 Saturday, 7:00 a.m. - 11:30 a.m.  
 Age ..... 7- 17  
 Advanced Synchro competes in United States Synchro competitions. See coach for fees.

If you have a concern or a complaint about the facility or programs, please feel free to speak to the manager or contact the aquatic office at:

3401 Riverside Drive  
 L.A., CA 90027  
 (323) 906-7953

[Citywide.Aquatics@lacity.org](mailto:Citywide.Aquatics@lacity.org)

## ADMISSION FEES

CHILDREN*	(17 & Under)	FREE
ADULTS	(18 - 64)	\$2.50
ADULTS WITH LIBRARY CARD (18 – 64)		\$2.00
SENIORS	(65 & Up)	FREE
Persons with Disabilities		FREE

**\*NOTE:** \* Each child under 7 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 SWIMMING** – Swim suits, swim trunks with liner (exception board shorts providing coverage), must be worn by persons in the pool area.

**LAP SWIMMING**-Adults may purchase discount lap swimming passes at \$55 for 30 admissions.

**Adult Swim Stroke Evaluation Program** focuses on improving swim strokes during lap swim time and may be scheduled at the convenience of the swimmer.

## LA CITY PRE-ACADEMY TRAINING

Course is designed for individuals 16 and older interested in becoming **L.A. City Lifeguards**. Swim conditioning and preparation for the LA City Lifeguard test are included. This course will prepare participants for the LA City Lifeguard Academy. Candidates must pass a swimming skill pre-test:

1. Swim 500 yards, continuous; 200 yards front crawl, 100 yards breaststroke, 200 yards crawl and/or breaststroke.
2. Swim 20 yards, perform a surface dive to a minimum depth of 7 feet, retrieve a 10 lb. object, return to the surface and swim 20 yards back to the starting point.

## CANDIDATE WORKOUT - FREE

Ongoing during regular hours of operation.

## Lifeguard Training (LAC-PAT): Cost \$30

#1: 9/29/09 – 12/1/09  
Tuesday & Thursday  
5:30 pm – 8:30 pm

#2: 1/5/10 – 3/3/10  
Monday & Wednesday  
5:30 pm – 8:30 pm

**Water Safety Instructor Course**..... \$100.00  
Saturdays 1/9/10 – 2/13/10 (6 weeks)  
9:00am – 4:00pm

**Lifeguard Instructor Course** ..... \$75.00  
Saturdays 2/20/10 – 3/20/10 (5 weeks)  
9:00am – 4:00pm

# LEARN TO SWIM

## LEARN-TO-SWIM LESSON REGISTRATION

- Pre-registration for the session begins one week prior to the session start date.
- No telephone registration.
- Fees must be paid at the time of registration. NO EXCEPTIONS.
- Make checks payable to:  
**L.A. City Department of Recreation & Parks**
- No refunds unless a class is cancelled.
- All lessons are 25 minutes in length.
- All refunds will be assessed an administrative fee.

## GROUP LESSONS

### MONDAY & WEDNESDAY

8 Lessons/4 weeks .....	YOUTH \$40.00
Session # 1.....	Sept. 21 - Oct. 14
Session # 2.....	Oct. 19 - Nov. 11
Session # 3.....	Nov. 16 - Dec. 9

### TUESDAY & THURSDAY

8 Lessons/4 weeks .....	YOUTH \$40.00, ADULT \$50.00
Session # 1.....	Sept. 22 - Oct. 15
Session # 2.....	Oct. 20 - Nov. 12
Session # 3.....	Nov. 17 - Dec. 10

## LESSON SCHEDULE

Intermediate .....	Mon., Wed.....	4:30 p.m. - 5:00 p.m.
Beginner.....	Mon., Wed.....	5:00 p.m. - 5:30 p.m.
Adv. Beginner.....	Mon., Wed.....	5:00 p.m. - 5:30 p.m.
Parent/Child .....	Mon., Wed.....	5:30 p.m. - 6:00 p.m.
Adaptive .....	Tues., Thurs.....	4:00 p.m. - 4:30 p.m.
Beginner.....	Tues., Thurs.....	4:30 p.m. - 5:00 p.m.
Adv. Beginner.....	Tues., Thurs.....	4:30 p.m. - 5:00 p.m.
Intermediate .....	Tues., Thurs.....	5:00 p.m. - 5:30 p.m.
Water Confidence.....	Tues., Thurs.....	5:00 p.m. - 5:30 p.m.
Parent/ Child.....	Tues., Thurs.....	5:30 p.m. - 6:00 p.m.
Swimmer .....	Tues., Thurs.....	5:30 p.m. - 6:00 p.m.
Adult Non-swimmer .....	Tues., Thurs.....	6:00 p.m. - 6:30 p.m.
Adult Swimmer .....	Tues., Thurs.....	6:30 p.m. - 7:00 p.m.

## PRIVATE & SEMI-PRIVATE LESSONS

(Inquire with Pool Clerk or Manager for Scheduling)

Private & Semi-Private lessons provide personalized instruction to adults and youth ages 4 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. Lessons offered for adult, child, senior, and adaptive. Minimum of 4 lessons required.

### PRIVATE LESSONS

1 private lesson: \$20.00; 4 private lessons: \$80.00

### SEMI-PRIVATE LESSONS ( 2 students only )

\$16.50 per lesson per student; \$16.50 per lesson per student x 2 students x 4 classes: \$132.00

## GROUP LESSONS CATEGORIES & REQUIREMENT

Parent/Child: 4 yrs. – 6 yrs. **Children:** 7 yrs. – 17 yrs. **Adult:** 18 & older

**Parent/Child** – Children must be accompanied by an adult. Parent and child are introduced to basic water safety in a comfortable environment.

**Water Confidence** – Introduction to water safety and water acclimation. Buoyancy in water and basic skills will be taught. Kicking, breathing, and alternate arm action techniques are introduced.

**Beginner** – Continue to learn skills including front and back crawl and swimming in deep water.

**Advanced Beginner** – Learn elementary backstroke and continue to improve on front and back crawl.

**Intermediate** – Learn breaststroke and sidestroke skills.

**Swimmer** – Refine strokes and learn additional aquatic skills such as butterfly stroke and springboard diving

**\*\*American Red Cross Card showing proof of correct level may be required for swim lessons after Beginner. An evaluation to determine the student's correct level may be required.**



## ADULT FITNESS PROGRAMS

**FEE: Adult \$5.00 per class**

**Seniors \$4.00 per class**

### 1. ADULT SWIM FITNESS: \$5.00 per class or \$75.00 per Session

Program offered for adults 18 & older who want to pursue an organized swim workout.

Session # 1 .....

Session # 2 .....

### 2. ADULT WATER EXERCISE CLASS: \$5.00 per class or \$75.00 per Session

Offers low to high intensity workouts that promote cardiovascular fitness, conditioning, increased flexibility, range and motion.

Session # A (Shallow).....

Session # B (Deep).....

### 3. ADULT WATER POLO: (Non-Coached) \$3.00 per entry

Workouts..... Monday, Wednesday ..... 7:00 p.m. - 8:30 p.m.