

CITY OF LOS ANGELES
DEPARTMENT OF RECREATION AND PARKS

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

VAN NUYS -
SHERMAN OAKS
AQUATIC CENTER

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

Winter/Spring 2012

POOL HOURS
January 10 – June 22

Pool Closed Mondays

Recreational Swim

Tuesday – Friday 12:00 p.m. – 2:00 p.m.
..... 4:30 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*

Tuesday – Friday 6:00 a.m. – 10:00 a.m.
50 meter lap swimming - Wed. & Fri. morning ONLY,
50 meter lap swim will halt in February due to high school
swim team practices, pool will be set up in
25 yard lap swim configuration.

..... 12:00 p.m. – 8:30 p.m.
Pool will be closed starting in February
from 2:00 p.m. to 4:30 p.m.

Saturday 9:00 a.m. – 5:00 p.m.
Sunday 12:00 p.m. – 5:00 p.m.

Diving Board Hours – *Hours subject to change*

Tuesday - Friday 12:00 p.m. – 2:00 p.m.
Saturday 1:00 p.m. – 2:00 p.m.
..... 3:30 p.m. – 5:00 p.m.
Sunday 12:00 p.m. – 5:00 p.m.

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.

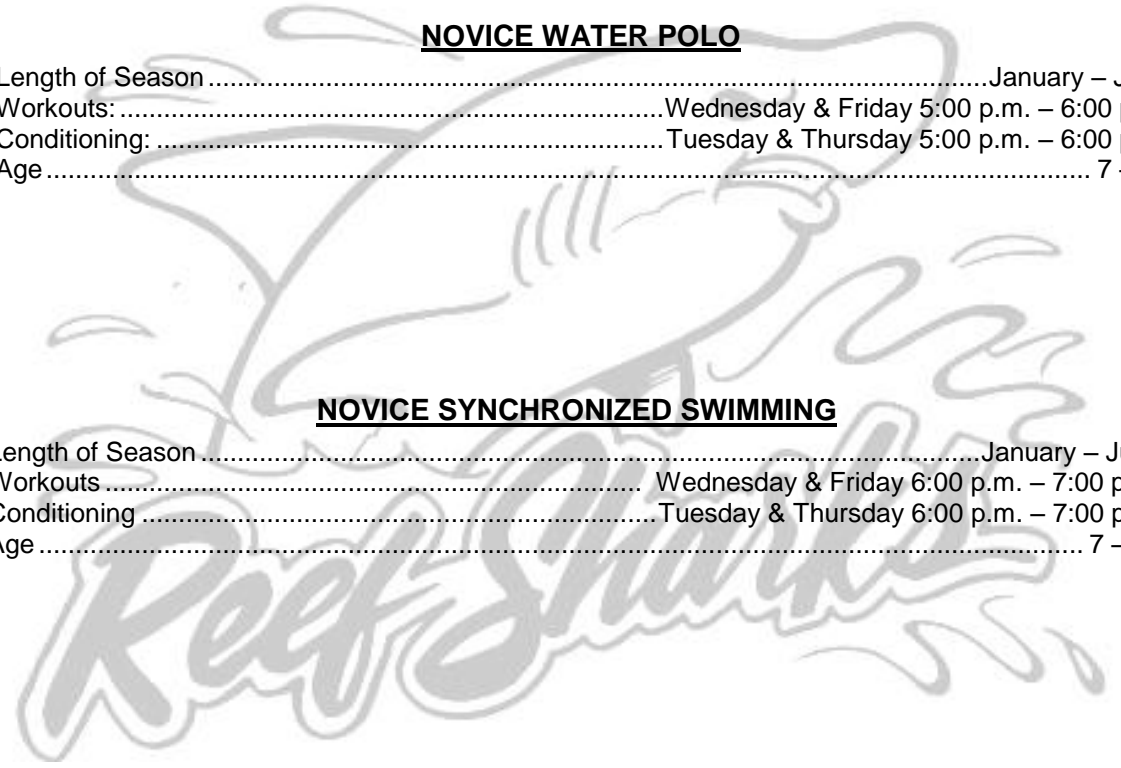
Registration: \$40.00 for one team, \$35.00 for additional team.

NOVICE WATER POLO

Length of Season January – June
Workouts Wednesday & Friday 5:00 p.m. – 6:00 p.m.
Conditioning: Tuesday & Thursday 5:00 p.m. – 6:00 p.m.
Age 7 – 17

NOVICE SYNCHRONIZED SWIMMING

Length of Season January – June
Workouts Wednesday & Friday 6:00 p.m. – 7:00 p.m.
Conditioning Tuesday & Thursday 6:00 p.m. – 7:00 p.m.
Age 7 – 17



YOUNG ADULT FITNESS SWIMMING

Ages 13 - 17

February – June Cost: \$20.00 / month	Wednesday & Friday 4:00 p.m. – 5:00 p.m.
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- Improve conditioning & stroke mechanics
- Learn flip-turns and improve diving into the pool
- Get certified in American Red Cross level 6 fitness swimmer
- Prepare for Los Angeles City Lifeguard Pre-Academy Training

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

ADMISSION FEES

CHILDREN*(17 & Under) FREE
 ADULTS.....(18 - 64) \$2.50
 ADULTS w/ LA City 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 (18+ years old) on a one-to-one ratio. 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 PASS – Adults may purchase discount lap swimming passes at \$55 for 30 admissions.

Youth lap swim – One lane provided as follows:
 Tuesday – Friday.....7:30 p.m. – 8:30 p.m.
 Saturday & Sunday..... 12:00 p.m. – 5:00 p.m.

Adult Swim Stroke Evaluation Program focuses on improving swim strokes. Restricted times – see manager.

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.

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

#1: 1/10/12 – 3/1/12 Tuesday & Thursday 5:00 p.m. – 8:00 p.m.	#2: 3/7/12 – 4/27/12 Wednesday & Friday 5:00 p.m. – 8:00 p.m.
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Lifeguard test @

John C. Argue Swim Stadium
 (213) 763-0129
 3980 Bill Robertson Lane
 Los Angeles, CA 90037
 Sunday, March 4, 2011 @ 9 a.m.

Water Safety Instructor Course \$100.00
 Sundays 1/15/12 – 2/19/12 (6 weeks)

Lifeguard Instructor Course \$75.00
 Sundays 2/26/12 – 3/25/12 (5 weeks)
 9:00 a.m. – 4:00 p.m.

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

TUESDAY & THURSDAY

8 Lessons/4 weeks YOUTH \$40.00, ADULT \$50.00
 Session # 1.....Jan. 24 - Feb. 16
 Session # 2.....Feb. 21 - March 15
 Session # 3.....March 20 - April 12
 Session # 4.....April 17 - May 10
 Session # 5.....May 15 - June 7

WEDNESDAY & FRIDAY

8 Lessons/4 weeks YOUTH \$40.00
 Session # 1.....Jan. 25 - Feb. 17
 Session # 2.....Feb. 22 - March 16
 Session # 3.....March 21 - April 13
 Session # 4.....April 18 - May 11
 Session # 5.....May 16 - June 8

LESSON SCHEDULE

Parent/Child	Wed. & Fri.....	4:30 p.m. - 4:55 p.m.
Beginner.....	Tues. & Thurs.....	4:30 p.m. - 4:55 p.m.
Beginner.....	Wed. & Fri.....	5:00 p.m. - 5:25 p.m.
Adv. Beginner.....	Tues. & Thurs.....	5:00 p.m. - 5:25 p.m.
Adv. Beginner.....	Wed. & Fri.....	5:30 p.m. - 5:55 p.m.
Intermediate	Wed. & Fri.....	6:00 p.m. - 6:25 p.m.
Swimmer	Tues. & Thurs.....	5:30 p.m. - 5:55 p.m.
Adaptive	Tues. & Thurs.....	6:00 p.m. - 6:25 p.m.
Adult Non-swimmer	Tues. & Thurs.....	6:00 p.m. - 6:25 p.m.
Adult Swimmer	Tues. & Thurs.....	6:30 p.m. - 6:55 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. See manager for schedule.

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 as well as entering and exiting pool on own.

Beginner – Continue to learn basic skills including combined arm and leg action on front and back. Front and back floats and glides. Introduction to swimming in the deep end.

Advance Beginner – Front Crawl & Elementary Backstroke. Dolphin and Scissor kicks. Treading water and introduction to diving into pool.

Intermediate –Front Crawl & Elementary Backstroke are refined. Introduction to Backstroke, Breaststroke, Sidestroke and Butterfly. Turns and surface dives introduced.

Swimmer – Refine strokes and improve conditioning. Learn additional surface dives, flip turns and improve diving into pool.

Advanced Swimmer- Increase fitness level and ability to swim longer distances. Offered with either Fitness Swimmer or Fundamentals of Springboard Diving modules to prepare for novice competitive programs.

Adaptive – Swim lessons for participants with special needs/disabilities.

Adult Non-swimmer – For adults with little or no swim lesson experience. This class teaches basic swimming skills.

Adult Swimmer – For adults with some swim experience who want to refine their crawl stroke or learn new strokes.

****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

1. ADULT WATER EXERCISE CLASS: Adults: \$5.00 per class, Seniors \$4.00 per class

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

Workouts..... Tuesday – Friday 5:00 p.m. - 5:45 p.m.

2. ADULT WATER POLO: (Scrimmage) \$3.00 per entry

Workouts.....Wednesday..... 7:00 p.m. - 8:30 p.m.
 Saturday..... 2:00 p.m. - 3:30 p.m.