

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

Barry A. Sanders - President  
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**Citywide Aquatics Division**

**Principal Recreation Supervisor I**  
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**Aquatic Directors**  
Jon Kopitzke  
Trish Delgado

**Aquatic Facility Manager I**  
Steve A Steward Jr.

**Pool Manager I**  
Cristina Taggart  
Kelly Caldwell

**CITY OF LOS ANGELES  
DEPARTMENT OF RECREATION & PARKS  
CITYWIDE AQUATICS DIVISION  
CLEVELAND  
HIGH SCHOOL**

Indoor Swimming Pool  
8120 Vanalden Ave.  
Reseda, CA 91325  
(818) 756-9798

**2010 Spring Program**

**POOL HOURS**

(January 5, 2010 – June 20, 2010)

**Recreational Swim**

Mon. - Fri ..... 7:30 p.m.- 9:00 p.m.  
Sat. & Sun..... 1:00 p.m. - 5:00 p.m.

**Adult Lap Swimming (3 Lanes)**

Mon. – Fri..... 4:30 p.m.- 6:00 p.m.  
Mon. - Fri..... 7:30 p.m.- 9:00 p.m.  
Sat. & Sun..... 1:00 p.m.- 5:00 p.m.

**Diving Board**

Sat. & Sun..... 2:00 p.m.- 5:00 p.m.

**Holiday Hours**

January 18, 2010..... Pool Closed  
February 15, 2010 ..... Pool Closed  
March 29, 2010..... Pool Closed  
May 31, 2010..... Pool Closed

**Visit us on the web**  
[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**

**TEAM SPORTS**

Programs are designed for entry-level competitors. Proof of age required. Participants compete in a department sponsored league. Participants must demonstrate an intermediate level swimming competency. Teams include COLA USA Swimming, Novice Swimming, Novice Synchronized Swimming, Novice Diving, and Novice Water polo. All meet times and locations will be announced.

**Registration:** \$30.00 for one team 20.00 for additional team or family member  
(Fee includes t-shirt and awards)

**Athletes who compete in two or more meets will receive participation awards.**

**NOVICE SYNCHRONIZED SWIMMING**

Jan 19 – June 20.....T, Th, F .....6:30 p.m. – 8:30 p.m .....Ages 7 - 17

Come join us for our spring synchronized swimming season. Learn the fundamentals of synchronized swimming as well as how to develop and perform a routine at the end of the season. Express your creative side with music, dance, and theatrics in the water.

**NOVICE WATER POLO**

Jan 19 – June 20.....Mon. – Fri. .... 4:30 p.m. – 5:30 p.m ..... Ages 7 – 17

Come join us for our spring water polo season. Learn the fundamentals of water polo passing, shooting, defensive and offensive game play as well as make some new friends and get in shape for the swim season and prepare you for game time.

**COLA AQUATICS/USA SWIMMING TEAM**

Workouts.....Mon. – Fri., 5:00 p.m. – 7:30 p.m.  
Try outs.....Tue- Thurs. 4:30 p.m. – 5:00 p.m.  
Cost.....\$20/month  
Age.....7 -17

Participants are required to register with United States Swimming. Each participant must be sponsored by a parent or guardian who is registered as a volunteer for the City of Los Angeles .

**AQUACISE Class**

Monday & Wednesday.....7:30 p.m. – 8:15 p.m.  
8 lessons/ 4 weeks.....\$36.00  
Walk-in (single class).....\$4.50

Come join us for Aquacise. Aquacise is done in shoulder depth water it offers low to high intensity workouts that promote cardiovascular fitness, conditioning, increased flexibility and range of motion.

If you have a concern or a complaint about the facility or programs, please feel free to speak to the manager or contact the Citywide

Aquatics Office at:  
3401 Riverside Drive L.A., CA 90027  
(323) 906-7953  
[citywide.aquatics@lacity.org](mailto:citywide.aquatics@lacity.org)

# LEARN TO SWIM

## ADMISSION FEES

CHILDREN*	(17 & Under)	FREE
ADULTS	(18 - 64)	\$2.50
ADULTS w/ 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. NO B-BALL SHORTS**

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

## 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 and Parks**
- No refunds unless a class is canceled.
- Lessons are 25 minutes in length.

## YOUTH LESSONS (NO MAKE-UPS)

Adv. Beginner .....	Mon & Wed .....	5:05 p.m. - 5:30 p.m.
Intermediate .....	Mon & Wed .....	5:35 p.m. - 6:00 p.m.
Beginner .....	Tues & Thurs .....	5:05 p.m. - 5:30 p.m.
Swimmer .....	Tues & Thurs .....	5:35 p.m. - 6:00 p.m.
Parent/Child .....	Sat - Sun .....	2:05 p.m. - 2:30 p.m.
Water Confidence .....	Sat - Sun .....	2:35 p.m. - 3:00 p.m.
Beginner .....	Sat - Sun .....	3:05 p.m. - 3:30 p.m.
Intermediate .....	Sat - Sun .....	3:35 p.m. - 4:00 p.m.

### ADAPTIVE LESSONS

Adaptive .....	Mon & Wed .....	6:05 p.m. - 6:30 p.m.
Adaptive .....	Tues & Thurs .....	6:05 p.m. - 6:30 p.m.
Parent/Child Adaptive .....	Sat-Sun .....	4:35 p.m. - 5:00 p.m.

### ADULT LESSONS

Adult Non-Swimmer .....	Tues & Thurs .....	8:05 p.m. - 8:30 p.m.
Adult Non-Swimmer .....	Sat - Sun .....	2:05 p.m. - 2:30 p.m.

## PRIVATE & SEMI-PRIVATE LESSONS

(Saturday & Sunday 1:00pm - 4:00pm)

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.

### PRIVATE LESSONS:

Adult, Child, Senior, Adaptive

1 private lesson = \$20.00, 4 private lessons = \$80.00

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

Adult, Child, Senior, Adaptive

\$16.50 per lesson per student x 2 students = \$33.00, 4 lessons = \$132.00

\*\*Make-up lessons will only be authorized with a 48 hour notice prior to the scheduled lesson! \*\*

## 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. This level teaches 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.

**Advance Beginner** – Learn elementary backstroke and continue to improve on front, back crawl and an introduction to breaststroke

**Intermediate** – Learn breaststroke, sidestroke and intro to butterfly.

**Swimmer** – Refine strokes and learn additional aquatic skills such as springboard diving, synchronized swimming skills and Jr. Lifeguarding philosophy.

## GROUP LESSON SESSION DATES

### GROUP LESSONS

#### MONDAY, WEDNESDAY

8 Lessons/4 weeks .....	YOUTH \$40.00, ADULT \$50.00
Session # 1 .....	Jan. 25 - Feb. 17
Session # 2 .....	March 1 - March 24
Session # 3 .....	March 29 - April 21
Session # 4 .....	April 26 - May 19

#### TUESDAY & THURSDAY

8 Lessons/4 weeks .....	YOUTH \$40.00, ADULT \$50.00
Session # 1 .....	Jan. 26 - Feb. 18
Session # 2 .....	March 2 - March 25
Session # 3 .....	March 30 - April 22
Session # 4 .....	April 27 - May 20

#### SATURDAY & SUNDAY

8 Lessons/4 weeks .....	YOUTH \$40.00, ADULT \$50.00
Session # 1 .....	Jan. 30 - Feb. 28
Session # 2 .....	March 6 - March 28
Session # 3 .....	April 3 - April 25
Session # 4 .....	May 1 - May 23

**“The classes and programs in this brochure may be subject to cancellation.”**