

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

Barry A. Sanders - President  
Luis A. Sánchez – Vice President  
Candy Spelling – Member  
Judith Valles - Member  
Johnathan Williams – Member

**General Manager**  
Jon Kirk Mukri

**Executive Officer**  
Regina Adams

**Operations West**

**Assistant General Manager**  
Kevin Regan

**Superintendent of the West Region**  
Sophia Pina-Cortez

**Principal Recreation Supervisor II**  
Lydia Ritzman

**Citywide Aquatics Division**

**Principal Recreation Supervisor I**  
Mary Bingham

**Aquatic Directors**  
Jon Kopitzke  
Trish Delgado

**Aquatic Facility Manager II**  
Edwin Realegeno

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

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

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

**CLEVELAND  
INDOOR SWIMMING POOL  
8120 Vanalden Ave.  
Reseda, CA 91335  
(818) 756 – 9798**

**FALL 2009**

**POOL HOURS**

**September 8, 2009 – November 30, 2009**

**Recreational Swim**

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

**Lap Swimming**

**Adult Lap Swim**

**(Minors W/Aquatic Staff Approval)**

Mon. – Fri..... 3 Lanes Lap Swim....4:30 p.m. - 6:00 p.m.  
Mon. – Fri..... 3 Lanes Lap Swim....7:30 p.m. - 9:00 p.m.  
Sat. & Sun.....3 Lanes Lap Swim.....1:00 p.m.- 5:00 p.m.

**Diving Board**

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

**Holiday Hours**

Oct.12 Columbus Day

**\*\*\*\*\*Pool Closure Dates\*\*\*\*\***

**November 30 - January 9<sup>th</sup>**

**All Team Sports will be held at VNSO Aquatic Center  
During Closure Dates**

**www.LAPARKS.org**

**PROGRAM SUBJECT TO CHANGE  
WITHOUT NOTICE**

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. (Fee includes t-shirt and awards)

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

**Pool Closure Dates: November 30 – January 9<sup>th</sup>**

To meet compliance with Virginia Graeme Baker Act

**All teams will continue practice at VNSO Aquatic Center**

**NOVICE SWIM TEAM**

Length of Season ..... Sept. 02 – Dec.12  
Workouts ..... Mon. – Fri., 4:30 p.m. – 5:30 p.m.\*  
Age.....7- 17

\*Swim team members must attend a minimum of 2 workouts per week to compete in swim meets

Awards: First through third place ribbons to be awarded at the first three meets. Medals awarded for 1-6 place at final meet.

**NOVICE SPRINGBOARD DIVING**

Length of Season .....Sept. 02 – Dec.12 Workouts .....Mon, Wed, Fri 7:30 p.m. – 8:30 p.m.  
Age.....7 – 17

**COLA AQUATICS USA Swimming Team**

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

**(Year-Around Program USA Certified Swim Coach )**

**ADULT FITNESS PROGRAM**

Tues., Thurs., .....Fitness Swimming Class .....7:30 p.m. – 8:30 p.m.  
12 lessons/ 4 weeks .....Masters Swimming.....\$54.00  
Monday., Wednesday.....Aquacise .....7:30 p.m. – 8:15 p.m.  
8 lessons/ 4 weeks .....Aquacise.....\$36.00  
Walk-in (single class).....\$4.50  
Lap Pass (30 admissions).....\$55.00\*

**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.

**LA City Pre Academy Training**

Cost \$30.00

The LAC PAT must be completed prior to attending the LA City Lifeguard Academy. Students are familiarized with Basic C.P.R., First Aid, and Lifeguarding Techniques; Conditioned for swimming and prepared for the Lifeguarding Interview. Minimum Age: 16. Candidates should be able to do the following:

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

Check with pool Clerk for registration Dates

<b>Module 1</b>	<b>T,Th</b>	<b>6-9pm</b>	<b>9/15/09- 9/24/09</b>
<b>Module 2</b>	<b>T, Th</b>	<b>6-9pm</b>	<b>9/29/09-10/9/09</b>
<b>Module 3</b>	<b>T, Th</b>	<b>6-9pm</b>	<b>10/13/09-10/22/09</b>
<b>Module 4</b>	<b>T, Th</b>	<b>6-9pm</b>	<b>11/27/09-11/5/09</b>

# LEARN TO SWIM

**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.

**YOUTH LESSONS**

Adv. Beginner .....	Mon., Wed. ....	5:00 p.m. - 5:30 p.m.
Intermediate .....	Mon., Wed. ....	5:30 p.m. - 6:00 p.m.
Beginner .....	Tues. & Thurs.....	5:00 p.m. - 5:30 p.m.
Swimmer.....	Tues. & Thurs.....	5:30 p.m. - 6:00 p.m.
Parent/Child.....	Sat. - Sun.....	1:00 p.m. - 1:30 p.m.
Water Confidence.....	Sat. - Sun.....	1:30 p.m. - 2:00 p.m.
Beginner .....	Sat. - Sun.....	2:30 p.m. - 3:00 p.m.
Intermediate .....	Sat. - Sun.....	3:30 p.m. - 4:00 p.m.

**ADAPTIVE LESSONS**

Parent/Child Adaptive.....	Sat-Sun.....	4:30 p.m. - 5:00 p.m.
----------------------------	--------------	-----------------------

**ADULT LESSONS**

Adult Non-Swimmer .....	Tues. & Thursday .....	8:00 p.m. - 8:30 p.m.
-------------------------	------------------------	-----------------------

**PRIVATE & SEMI-PRIVATE LESSONS**

(Saturday & Sunday 2:00pm -4:00pm)

Weekday privates inquire with management

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

**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.

*\*The classes and programs in this brochure may be subject to cancellation\**

**GROUP LESSONS**

**MONDAY, WEDNESDAY**

8 Lessons/4 weeks.....	YOUTH \$40.00 ADULT \$50.00
Session # 1.....	Sep. 14 - Oct. 7
Session # 2.....	Oct 12 - Nov. 4

**TUESDAY & THURSDAY**

8 Lessons/4 weeks.....	YOUTH \$40.00
Session # 1.....	Sep. 15 - Oct. 8
Session # 2.....	Oct 13 - Nov. 5

**SATURDAY & SUNDAY**

8 Lessons/4 weeks.....	YOUTH \$40.00, ADULT \$50.00
Session # 1.....	Sep. 19 - Oct. 11
Session # 2.....	Oct 17 - Nov. 8