

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

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

# GLASSELL

## SWIMMING POOL

3704 Verdugo Road  
Los Angeles, CA 90065  
(323) 226-1670

# Spring 2012

### POOL HOURS

*\*Times subject to change without notice\**

#### *Pool closed Mondays*

#### Recreation Swim

Tuesday – Friday ..... 12:00 p.m. - 2:30 p.m.  
3:00 p.m. - 7:00 p.m.  
Saturday & Sunday ..... 1:00 p.m. - 5:00 p.m.

#### Lap Swim

Tuesday – Friday ..... 6:00 a.m. - 8:00 a.m.

\* Minimum 2 Lanes Available During Recreational Swim

**[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

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 Water Polo, and Synchronized Swimming. All meet times and locations will be announced.

Registration: \$40.00 for one team  
\$35.00 for additional team  
(Fee includes t-shirt and awards)

### NOVICE WATER POLO

Length of Season..... January 3 – May 25  
Workouts ..... Tues/Wed/Fri, 5:00 p.m. – 7:00 p.m.  
Age ..... 7- 17

### NOVICE SYNCHRONIZED SWIMMING

Length of Season..... January 3 – May 24  
Workouts ..... Tues/Thur, 5:00 p.m. – 7:00 p.m.  
Age ..... 7 – 17



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

## ADMISSION FEES

CHILDREN* ..... (17 & Under) .....	FREE
ADULTS ..... (18 -64) .....	\$2.50
ADULTS w/ LA City Library card .....	\$2.00
SENIORS ..... (65 & Up) .....	FREE
Persons with Disabilities .....	FREE

**\*NOTE:** Each child age 6 & Under 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 3 & under 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.



## L.A. CITY LIFEGUARD PRE-ACADEMY TRAINING

**COST: \$30.00**

This course is designed for individuals interested in becoming LA City Lifeguards. Students are taught Lifeguard, CPR, and first aid skills. Swim conditioning and preparing for the LA City Lifeguard test are also included. Candidates must pass a swimming skills pre-test.

Tuesdays & Thursdays ..... 6:00 p.m. – 9:00 p.m.  
 Session # 1 ..... Jan. 3 – Feb. 23  
 Session # 2 ..... TBA

## LIFEGUARD TEST

**Location: John C. Argue Swim Stadium**  
 3980 Bill Robertson Lane (formerly S Menlo Ave.)  
 Los Angeles, CA 90037

**Date & Time:** Sunday, March 4, 2012 @ 8:00am

## 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.
- All refunds will be assessed an administrative fee.

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

## 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 Water Confidence. An evaluation to determine the student's correct level may be requested.

## 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.

**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

# LEARN TO SWIM

## GROUP LESSONS WEDNESDAY & FRIDAY

10 Lessons/5 weeks .....	YOUTH \$20.00
Session # 2 .....	Jan. 25 - Feb. 24
Session # 4 .....	Feb. 29 - Mar. 30
Session # 6 .....	Apr. 04 - May 04
Session # 8 .....	May 09 - June 08

## TUESDAY & THURSDAY

10 Lessons/5 weeks .....	YOUTH \$20.00, ADULT \$40.00
Session # 1 .....	Jan. 24 - Feb. 23
Session # 3 .....	Feb. 28 - Mar. 29
Session # 5 .....	Apr. 03 - May 03
Session # 7 .....	May 08 - June 07

## YOUTH LESSONS

Water Confidence .....	Wed. & Fri. ....	3:30 p.m. - 3:55 p.m.
Beginner .....	Wed. & Fri. ....	4:00 p.m. - 4:25 p.m.
Adv. Beginner .....	Wed. & Fri. ....	4:30 p.m. - 4:55 p.m.
Intermediate .....	Wed. & Fri. ....	5:00 p.m. - 5:25 p.m.
Swimmer .....	Wed. & Fri. ....	5:30 p.m. - 5:55 p.m.
Adv. Swimmer .....	Wed. & Fri. ....	6:00 p.m. - 6:25 p.m.
Parent/Child .....	Tues. & Thurs. ....	4:30 p.m. - 4:55 p.m.

## ADULT LESSONS

Adult Non-Swimmer .....	Tues., & Thurs. ....	5:00 p.m. - 5:25 p.m.
Adult Swimmer .....	Tues. & Thurs. ....	5:30 p.m. - 5:55 p.m.

## ADULT FITNESS PROGRAMS

**FEE: Adult \$4.50 per class, Seniors \$4.00 per class**

A minimum of 5 people are needed to teach a class.

### AQUACISE CLASS:

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

5 week session: Adults \$45 per session, Seniors \$40 per session.  
 Tue. & Thu. .... January – June 16 ..... 6:00 p.m. – 6:55 p.m.