

**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

Fall 2009

POOL HOURS

Times subject to change without notice

Recreation Swim

Monday – Friday12:00 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

Monday – Friday 6:00 a.m. - 8:00 a.m.

Saturday & Sunday12:00 p.m. - 1:00 p.m.

2 Lanes Available for Lap Swim during Recreational Swim

HOLIDAY SCHEDULE

Mon., Oct. 12 Columbus Day..... Closed

Wed., Nov. 11 Veteran's Day Closed

Thurs., Nov. 26 Thanksgiving Day Closed

***Pool will be closed Dec. 21, 2009 – Jan. 30, 2010
to meet compliance with the Virginia Graeme Baker Act.***

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.

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

NOVICE SWIM TEAM

Length of Season..... September – December
Workouts Monday, Wednesday, Friday 4:00 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

NOVICE SPRINGBOARD DIVING

Length of Season..... September - December
Workouts Tuesday, Thursday 4:00 p.m. – 5:00 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/ Library card.....	\$2.00
SENIORS (65 & Up)	FREE
Persons with Disabilities.....	FREE

***NOTE:** Each child 6 & Under 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.

LA CITY PRE-ACADEMY TRAINING (LAC-PAT)

COST: \$30.00

This course is designed for individuals interested in becoming LA City Lifeguards. Swim conditioning and preparing for the LA City Lifeguard test are included. This course will prepare participants for the LA City Lifeguard Academy. Candidates must pass a swimming skills pre-test.

Tuesday & Thursday 5:00 p.m. – 9:00 p.m.
Session # 1..... September 28– November 30

Swim Workout

Monday & Wednesday 5:00 p.m. – 7:00 p.m.

LIFEGUARD TEST

Location: John C. Argue Swim Stadium
(213) 763-0129
3980 S Menlo Ave.
Los Angeles, CA 90037

Date & Time: Test upcoming in March 2010

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 cancellation

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

MONDAY, WEDNESDAY & FRIDAY

9 Lessons/3 weeks.....	YOUTH \$20.00
Session # 1.....	Sept. 21 - Oct. 9
Session # 2.....	Oct. 12 - Oct. 30
Session # 3.....	Nov. 2 - Nov. 20
Session # 4.....	Nov. 23 - Dec. 11

TUESDAY & THURSDAY

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

No class on: 10/12, 11/11, 11/26

YOUTH LESSONS

Parent/child.....	Mon., Wed., Fri.	3:30 p.m. - 3:55 p.m.
Water Confidence	Mon., Wed., Fri.	4:00 p.m. - 4:25 p.m.
Beginner	Mon., Wed., Fri.	4:30 p.m. - 4:55 p.m.
Adv. Beginner	Mon., Wed., Fri.	5:00 p.m. - 5:25 p.m.
Intermediate.....	Mon., Wed., Fri.	5:30 p.m. - 5:55 p.m.
Swimmer.....	Mon., Wed., Fri.	6:00 p.m. - 6:25 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.

AQUACISE PROGRAM

Adults \$4.50 per class, Seniors \$4.00 per class
Minimum of 5 people are needed to teach a class.
5 week session \$45.00 per session, Seniors \$40.00 per session.

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

Session #1Tuesday, Thursday.....September 22 – October 22
..... 6:00 p.m. – 7:00 p.m.

Session #2Tuesday, Thursday.....October 27 – December 1
..... 6:00 p.m. – 7:00 p.m.

No class on 11/26.