



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

HUBERT HUMPHREY AQUATIC CENTER



SUMMER 2009

12560 Filmore St.
Pacoima, CA 91331
(818) 896-0067

Pool Hours

Weekdays

June 20 – July 2..... 3:30 p.m.-8 p.m.
July 3..... 1 p.m. – 5 p.m.
July 6-August 29 10 a.m.-Noon

1 p.m.-5 p.m.
6 p.m.-8 p.m.

August 30-September 4..... 3:30 p.m.-8 p.m.
September 7 1 p.m. – 5 p.m.

Weekends

June 20 – September 6 1 p.m.-5 p.m.

Summer Night Lights

July 6 – August 29 Wednesday – Saturday
Pool open until 9 p.m.

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

*Persons with disabilities are welcome to participate in our
programs and classes. Reasonable accommodations will be
made with prior arrangements.*

Rev. 6/4/09

WELCOME TO HUBERT HUMPHREY

If you have any comments or concerns about the facility, programs, or staff, please feel free to email or call me at the phone number on the front:

Kevin J Davis

Aquatic Facility Manager II
Kevin.J.Davis@LaCity.Org

or contact the Aquatic Headquarters at:

3401 Riverside Drive, L.A., C.A., 90027,
(323) 906-7953 FAX (323) 906-7963
Citywide.Aquatics@LaCity.Org

CITY OF LOS ANGELES DEPARTMENT OF RECREATION AND PARKS

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Aquatic Director

Jon Kopitzke

Aquatic Facility Manager II

Kevin Davis

ADMISSION FEES

GENERAL ADMISSIONS

CHILDREN* (17 & Under)..... FREE
ADULTS (18-64).....\$2.50
ADULTS (With LA City Library Card)\$2.00
SENIORS (65 & Up)..... FREE
PERSONS WITH DISABILITIES FREE

*NOTE: An adult must accompany each child under 7. The adult must be within one arm's length of the child at all times, whether on the pool deck or in the water.

PUBLIC SWIMMING: Swimsuits and swim trunks with liner with the exception of board shorts providing coverage, must be worn by persons in the pool area. Children under the age of 4 must wear a swim diaper.

LAP SWIMMING: Adults may purchase discount lap swimming passes at \$30 for 25 admissions.

GROUP ADMISSIONS

Any large organized group needs to file a permit request with the manager at least 2 weeks in advance. Contact the facility for more information. The facility is also available for rental during non-operational hours.

REGISTRATION POLICY

- ✓ Pre-registration for all activities 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 Dept. of Recreation and Parks
No refunds unless a class is canceled
- ✓ Swim instruction will be given from the pool deck.

SESSION SCHEDULE

	Mon-Fri (2 wks)	Sat/Sun (4 wks)
# 1	July 6 – July 17	July 11 – Aug. 2
# 2	July 20 – July 31	
# 3	Aug. 3 – Aug. 14	Aug. 8 – Aug. 30
# 4	Aug. 17 – Aug. 28	

Hubert Humphrey Aquatic Center - MS 642A
12560 Filmore St.
Pacoima, CA 91331

YOUTH TEAM SPORTS

Designed for entry-level competitors ages 7-17 (*water polo: ages 10-17*). Proof of age required. Participants compete in a Department-sponsored league. Participants must demonstrate an intermediate level swimming competency. All sports require a minimum number of practices for participants to be eligible for competitions.

Registration: \$30.00 for one participant, \$20.00 for additional family member

Exception: Inner-tube water polo \$10.00, free if registered in another sport

SWIMMING

Practice: Mon-Fri 4 p.m.

Competitions: Saturday mornings (see coach for times/locations)

SYNCHRONIZED SWIMMING

Practice: Mon-Fri 5 p.m.

Clinics/Competitions: Sunday evenings (see coach for times/locations)

INNER-TUBE WATER POLO

Practice: Mon-Fri 5 p.m.

Competitions: Monday afternoons (see coach for times/locations)

SPRINGBOARD DIVING

Practice: Mon-Fri 3 p.m.

Competitions: Sunday mornings (see coach for times/locations)

WATER POLO

Practice: Mon-Fri 7 p.m.

Competitions: Various days (see coach for times/locations)

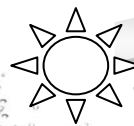
A team sport awards banquet will be scheduled at the end of the season. Athletes who compete in a minimum number of meets and/or sports will receive a combined participation award.

SPONSORSHIPS

The LA84 Foundation (a legacy of the 1984 Olympic Games) has provided a limited number of team sport sponsorships for community youth between 7 and 17 years of age. Sponsorships are issued on a first-come-first-serve basis for **NOVICE DIVING, SWIMMING, WATER POLO AND SYNCHRONIZED TEAM SPORTS ONLY.** Please check with the Pool Manager for more details.

 KAISER PERMANENTE

Operation
SPLASH



The City of Los Angeles Department of Recreation and Parks is proud to announce a joint-partnership with Kaiser Permanente.

Kaiser Permanente Sponsorships for Learn to Swim available on a first come, first serve basis. Inquire w/ Pool Manager

A Commitment to “Healthy Neighborhoods”

YOUTH SWIMMING LESSONS

Each lesson is approximately 25 minutes long

CATEGORIES & REQUIREMENT

Children (4-6 yrs.) \$20 per session

Parent/Child (34900): Parents and children will participate in several guided practice sessions that help children learn elementary skills. *Adult participation required.*

(4) Mon-Fri 11:30 a.m.; 6 p.m.

(5-6) Mon-Fri 11 a.m.; 6:30 p.m.

Youths (7-17 yrs.) \$20 per session

Water Confidence (34901): Student learn buoyancy in water and basic skills. Kicking, breathing, and alternate arm action are introduced.

Mon-Fri 2:30 p.m.; 5 p.m. Sat/Sun 2:30 p.m.

Beginner (34902): Students are introduced to basic skills including floating, front and back crawl and swimming in deep water.

Prerequisite: Seven years of age or older.

Mon-Fri 11 a.m.; 3 p.m., 5:30 p.m.; Sat/Sun 3 p.m.

Advanced Beginner (34903): Students are introduced elementary backstroke and learn to refine the front and back crawl.

Prerequisite: Must be able to step from pool side into chest-deep water, move into a front float for 5 seconds, roll over to a back float, return to standing position, then move into a back float for 5 seconds and return to a standing position. **AND**

Push off and swim using a combination of arm and leg movements for 15 feet on the front, push off and swim using a combination of arm movement for 15 feet on the back.

Mon-Fri 10:30 a.m.; 3:30 p.m. Sat/Sun 3:30 p.m.

Intermediate (34904): Students are introduced to breaststroke and sidestroke skills. Refine previous skills.

Prerequisite: Must be able to jump into chest-deep water from the side, swim front crawl for 15 yards with face in the water and rhythmic breathing pattern (to front or side), maintain position by treading or floating for 30 seconds and swim back crawl for 15 yards.

Mon-Fri 10:30 a.m.; 4 p.m.

Sat/Sun 4 p.m.

Swimmer (34905): Students refine previously learned strokes and are taught additional aquatic skills such as butterfly stroke and springboard diving.

Prerequisite: Must be able to perform a feet-first entry into chest-deep water, swim front crawl for 25 yards, maintain position on back 1 minute in deep water (float or sculling), and swim elementary backstroke for 15 yards **AND**

Swim breaststroke 15 yards, tread water for 1 minute, swim back crawl 25 yards.

Mon-Fri 10 a.m.; 4:30 p.m.

Sat/Sun 4:30 p.m.

PRIVATE & SEMI-PRIVATE LESSONS

(Ask Pool Clerk or Manager about scheduling)

This lesson program provides personalized instruction to adults and youth ages 4 and older. Lessons are 25 minutes in length. Group registration rules apply and students must register for a minimum of four lessons.

PRIVATE LESSONS (1 student per instructor)

4 private lessons: \$66.00 (\$16.50 per lesson)

SEMI-PRIVATE LESSONS (2 per instructor)

All levels (Students must have similar skills)

4 semi-private lessons: \$88.00 (\$22.00 per lesson)

ADVANCED TRAINING

PRE ACADEMY TRAINING \$30.00

This course is designed for individuals interested in becoming **L.A. City Lifeguards**. Students are familiarized with Basic CPR, First Aid, and Lifesaving techniques. Swim conditioning and preparing for the City Lifeguard test are also included. Candidates must pass a swimming skill pre-test.

Wed & Fri: 7 p.m. – 9 p.m. July 29 (5 weeks)

Saturdays: 4:30 p.m. – 7:30 p.m. (9 weeks)

JUNIOR LIFEGUARDS

Program participants learn basic lifeguard skills and participate in Junior Lifeguard competitions with other Los Angeles City pools. (*Cost \$40.00*)

Training: Mon-Fri 3 p.m.-4 p.m.

Competitions: Aug. 16/John C. Argue Swim Stadium

POOL LIFEGUARD TESTING

September 12, 2009

Lifeguard test @ 9 a.m.

JOHN C. ARGUE SWIM STADIUM

3980 S. Menlo Ave., Los Angeles, CA 90037.

(213) 763-0129

See the job bulletin for more information.

ADULT PROGRAMS

All classes are arranged in 4-week sessions
\$3 per class

WATER EXERCISE

Offers low intensity workouts that promote cardiovascular fitness, conditioning, increased flexibility and range of motion

Mon-Fri 6:30 p.m.

GROUP SWIMMING LESSONS

\$40.00 registration fee per session

Beginner

Mon-Fri 10 a.m.; 7:30 p.m.