

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

Board of Commissioners

Barry A. Sanders - President
Lynn Alvarez - Vice President
W. Jerome Stanley- Member
Jill T. Werner - Member
Johnathan Williams - Member

General Manager

Jon Kirk Mukri

Executive Officer

Regina Adams

Operations West

Assistant General Manager

Kevin Regan

Citywide Aquatics Division

Acting Principle Recreation Supervisor I

Trish Delgado

Aquatic Director

Jon Kopitzke

Acting Aquatic Director

Andre Brent

Aquatic Facility Manager I

Wendy Escobar

If you have a concern, complaint or a compliment 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

Revised: 12/30/11

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



**5931 W. 18th Street
Los Angeles, CA 90035
(323) 933-8345**



POOL HOURS

January 1 – June 16, 2012

Tues- Fri.....5:00 p.m. - 9:00 p.m.

**LAP SWIMMING - (Limited Lanes)
(18 yrs. & Older ONLY)**

Tuesday – Friday..... 7:00 p.m. - 9:00 p.m.

Saturday & Sunday 12:00 p.m. - 3:00 p.m.

January 6 – June 16, 2012

RECREATIONAL SWIMMING

Friday8:00 p.m. - 9:00 p.m.

Saturday & Sunday 1:00 p.m. - 5:00 p.m.

POOL CLOSED

.....EVERY MONDAY.....
Jan 2nd and 16
February 20th

www.LAPARKS.org

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

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

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. All meet times and locations will be announced.

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

A team sport awards ceremony scheduled for May. Athletes who compete in two or more meets will receive participation award.



NOVICE WATER POLO TEAM

Length of Season January 4 – May 2012
Workouts Wednesday & Friday 5:30 pm – 7:00 pm *
Age 7 – 16

* Team members must attend a minimum of 2 workouts per week to participate at swim meets.

NOVICE SYNCHRONIZE TEAM

Length of Season January 3 – May 2012
Workouts Tuesday & Thursday 5:30 pm -7:00 pm *
Age 7- 17

*Team members must attend a minimum of 2 workouts per week to participate at swim meets.

SPECIAL OLYMPICS

Length of Season January 3 – May 2012
Workouts Tuesday & Thursday 5:30 pm -6:30 pm *
Age.....Starting at 7yrs old

ADMISSION FEES

CHILDREN*	(17 & Under)	FREE
ADULTS	(18 - 64)	\$2.50
ADULTS w/ L.A. City Library Card		\$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, in the water or locker rooms.

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. At least two lanes are available. Hours of operation and lap lane availability subject to change.

All patrons must wear proper swim attire to enter the pool.

All patrons must shower before entering pool.

LESSON REGISTRATION

- Pre-registration for the session begins the Friday 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 & Parks

- No refunds unless a class is canceled.
- Lessons are 25 minute in length.

LEARN TO SWIM

YOUTH SWIMMING LESSONS

Adv. Beginner.....	WF.....	6:00PM -	6:25 PM
Beginner.....	WF.....	6:30PM -	6:55 PM
Parent /Child.....	WF.....	7:00PM -	7:25 PM
Beginner.....	TTH.....	5:30PM -	5:55 PM
Adv. Beginner.....	TTH.....	6:00PM -	6:25 PM
Intermediate.....	TTH.....	6:30PM -	6:55 PM
Beginner.....	SAT & SUN.....	12:30PM -	12:55 PM
Adv. Beginner.....	SAT & SUN.....	1:00PM -	1:25PM
Swimmers.....	SAT & SUN.....	1:30 PM -	1:55 PM

GROUP SWIMMING LESSONS

Youth Lesson - \$40.00

Tuesdays & Thursdays.....4 weeks

Session #1.....	January 10 - February 2
Session #2.....	February 7 - March 1
Session #3.....	March 6 - March 29
Session #4.....	April 3 - April 26
Session #5.....	May 1 - May 24
Session #6.....	May 29 - June 21

Wednesdays & Fridays.....4 weeks

Session #1.....	January 11 - February 3
Session #2.....	February 8 - March 2
Session #3.....	March 7 - March 30
Session #4.....	April 4 - April 27
Session #5.....	May 2 - May 25
Session #6.....	May 30 - June 22

ADULT LESSONS

Adult Swimmer.....	W, F.....	7:00 PM -	7:25 PM
Adult Non-Swimmer.....	T, TH.....	7:30 PM -	7:55 PM

L.A. CITY LIFEGUARD PRE-ACADEMY TRAINING

The **LAC-PAT** 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 swimming skills pre-test.

Thursdays and Saturdays **Session # 1.....** Jan. 3 – Feb. 23

LIFEGUARD TEST

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

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

GROUP LESSONS CATEGORIES & REQUIREMENTS

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.

Advance 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.

PRIVATE & SEMI-PRIVATE LESSONS

(Inquire with Pool 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 four lessons. Maximum of two participants per semi-private lesson.

4 Lessons can be arranged: **OR** **8 Lessons can be arranged:**

Tue or Thu. 6:30p.m. – 7:30p.m. Sat. or Sun. 12:00 p.m. – 2:00p.m.

Fee: Private \$80.00 per session Private \$160.00 per session
Semi-private \$132.00 per session Semi-private \$264.00 per session

AQUACISE CLASSES

Workout sessions are 45 minutes in length and offer a variety of low to high intensity workouts that help promote aerobic conditioning and cardiovascular fitness, along with stamina and endurance while swimming.

Full course fee: \$45.00 for 10 classes

Walk-in fee: \$ 4.50 per class

Class Session #1..... January 10 - February 9, 2012 / **Class Session #2.....** February 14 – March 15, 2012
Class Session #3..... March 20 - April 19, 2012 / **Class Session #4.....** April 24 - May 24, 2012

Tue & Thu..... 7:45p – 8:30p