

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

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

**LANARK
SWIMMING POOL**

21817 Strathern
Canoga Park, 91304
(818) 756-9364

SUMMER 2009



**A Commitment to
“Healthy Neighborhoods”**

POOL HOURS

Times subject to change without notice

OPENING DAY – June 20
Saturday.....1:00 p.m. - 5:00 p.m.

June 21 – July 3
Monday – Friday.....2:00 p.m. - 6:00 p.m.
Saturday & Sunday..... 1:00 p.m. - 5:00 p.m.

July 4 - August 29
Monday – Friday.....11:00 a.m. - 1:00 p.m.
2:00 p.m. - 6:00 p.m.
Saturday & Sunday 1:00 p.m. - 5:00 p.m.

August 30 – September 6
Monday – Friday.....2:00 p.m. - 6:00 p.m.
Saturday & Sunday..... 1:00 p.m. - 5:00 p.m.

September 7 (Labor Day)
Monday1:00 p.m. - 5:00 p.m.

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

Registration: \$30.00 for one team, \$20.00 for additional team or family member
Exception: Inner-tube water polo: \$10.00, free if registered in another sport.
(Fees includes t-shirt and awards)

A team sport awards banquet is scheduled for Friday, August 28th. Athletes who compete in two or more meets and/or sports will receive a combined participation award.

NOVICE SWIM TEAM

Length of SeasonJuly 6 – Aug. 29
Workouts..... Mon. – Fri., 5:00 p.m. – 6:00 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 fourth place ribbons to be awarded at the first five meets. Medals awarded for first, second, and third place at final meet.

INNER-TUBE WATER POLO

Length of SeasonJuly 6 – Aug. 13
Workouts..... Mon. – Fri., 3:00 p.m. – 4:00 p.m.
Age 10 – 17

NOVICE SYNCHRONIZED SWIMMING

Length of SeasonJuly 6 – Aug. 23
Workouts..... Mon. – Fri., 1:00 p.m. – 2:00 p.m.
Age 7 – 17

NOVICE SPRINGBOARD DIVING

Length of SeasonJuly 6 – Aug. 22
Workouts..... Mon. – Fri., 3:00 p.m. – 4:00 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 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 and swim trunks with liner with the exception of board shorts providing coverage, must be worn by persons in the pool area.



SPONSORSHIP

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-served basis for **NOVICE DIVING, SWIMMING AND SYNCHRONIZED SWIMMING TEAM SPORTS ONLY.** Please check with the Pool Manager to determine if your pool is a participating facility.

JUNIOR LIFEGUARD PROGRAM

Cost	\$40.00
Age	10 – 17
Length of Season.....	July 6 – Aug. 23
Meeting Time	Mon. – Fri., 2:00 p.m. – 3:00 p.m.

Program participants learn basic lifeguard skills and participate in Junior Lifeguard competitions with other Los Angeles City pools. Fee includes one Junior Lifeguard T-shirt, bus transportation to selected events, materials, and instruction. **Program limited to 20 participants. Last day to register: Friday, July 17, 2009. No exceptions.** See Junior Lifeguard brochure for more details.



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”

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.

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.

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.

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

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

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.
- Swim instruction will be given from the pool deck.

GROUP LESSONS

MONDAY THROUGH FRIDAY

10 Lessons/2 weeks	YOUTH \$20.00, ADULT \$40.00
Session # 1	July 6 - July 17
Session # 2	July 20 - July 31
Session # 3	Aug. 3 - Aug. 14
Session # 4	Aug. 17 - Aug. 28

YOUTH LESSONS

Beginner.....	Mon. – Fri.	11:00 a.m. - 11:30 a.m.
Intermediate	Mon. – Fri.	11:00 a.m. - 11:30 a.m.
Adv. Beginner	Mon. – Fri.	11:30 a.m. - 12:00 p.m.
Water Confidence	Mon. – Fri.	11:30 a.m. - 12:00 p.m.
Parent/Child	Mon. – Fri.	12:00 p.m. - 12:30 p.m.
Beginner.....	Mon. – Fri.	12:00 p.m. - 12:30 p.m.
Intermediate	Mon. – Fri.	12:30 p.m. - 1:00 p.m.
Beginner.....	Mon. – Fri.	12:30 p.m. - 1:00 p.m.

Beginner.....	Mon. – Fri.	4:00 p.m. - 4:30 p.m.
Adv. Beginner	Mon. – Fri.	4:30 p.m. - 5:00 p.m.
Parent/Child	Mon. – Fri.	5:00 p.m. - 5:30 p.m.

ADULT LESSONS

Adult Non-Swimmer	Mon. – Fri.	5:00 p.m. - 5:30 p.m.
Adult Swimmer.....	Mon. – Fri.	5:30 p.m. - 6:00 p.m.

	<p>ABC's of a Safe Summer July 5, 2009 2pm-3pm</p>
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