

CITY OF LOS ANGELES
DEPARTMENT OF RECREATION AND PARKS

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Aquatic Facility Manager I
 Vilma Boada

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

RICHARD ALATORRE
SWIMMING POOL

4721 Klamath St.
 Los Angeles, CA 90032
 (323) 276- 3042

FALL/WINTER

September 2009 to December 28, 2009

Swimming Pool Hours
Horas De Natatorio

Times subject to change without notice

Mon. – Fri.3:00 p.m. - 5:00 p.m.Rec. Swim
 Mon., Wed., Fri.7:00 p.m. - 9:00 p.m.Rec. Swim
 Tues., Thurs.7:00 p.m. - 9:00 p.m.Adult Night
 Friday Night7:00 p.m. - 9:00 p.m.Family Night
 Sat & Sun.1:00 p.m. - 5:00 p.m.Rec. & Lap Swim

Lap Swimming Hours
Horas De Ensayo

Mon. – Fri.12:30 p.m. - 2:30 p.m.Adult/Senior Swim
 Mon. – Fri.3:30 p.m. - 5:00 p.m.Limited Lap Swim
 Mon. – Fri.7:00 p.m. - 9:00 p.m.Limited Lap Swim
 Sat & Sun1:00 p.m. - 5:00 p.m.Limited Lap Swim

Holiday Hours
Horario De Dias Festivos

October 12 Columbus Day Pool Closed
 November 11 Veterans Day Pool Closed
 November 26 Thanksgiving Day Pool Closed
 November 27 1:00 p.m. – 5:00 p.m.
 December 24 Christmas Eve 1:00 p.m. – 5:00 p.m.
 December 25 Christmas Day Pool Closed

Pool will be closed December 28 – February 6, 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.

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.

PUBLIC SWIMMING – Swim suits, swim trunks with liner (exception 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 lap swimming passes at \$55 for 30 admissions. (Savings of \$20.00).

LEARN-TO-SWIM LESSON REGISTRATION

- Pre-registration for each 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
- We do not accept credit cards
- No make-ups.
- All refunds will be assessed an administrative fee.

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 and enter water with child. 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.

Successful completion of class is required to register for the next level. An evaluation to determine the student's correct level may be requested.

TEAM SPORTS

Designed for novice level competitors ages 7 - 17. Proof of age required. Participants compete in a Department-sponsored league. Participants must demonstrate an intermediate level swimming competency. Teams include swimming and diving for the Fall season. All meet times and locations will be announced.

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

An awards banquet for all teams is to be announced. Athletes who compete in two or more meets will receive participation awards. See pool manager for more information.

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

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)

Adult, Child, Senior, Adaptive

\$16.50 per lesson per student x 2 students = \$33.00

4 lessons = \$132.00

NOVICE SWIM TEAM

Length of SeasonSeptember 20 – December 18

WorkoutsMonday, Wednesday, & Friday, 5:00 p.m. – 7:00 p.m.*

Age 7- 17

NOVICE SPRINGBOARD DIVING

Length of SeasonSeptember 20 – December 17

WorkoutsTues., Thurs., 5:00 p.m. – 6:30 p.m.

Age7 – 17



MAKO SHARKS

GROUP LESSONS

Session #1 Mon., Wed., Fri.....Sept. 28 - Oct. 16

Session #2 Tues., Thurs.....Sept. 29 - Oct. 22

Session #3 Sat. Oct. 3 - Oct. 24

Session #4 Mon. Wed. Fri..... Oct. 13 - Nov. 6

Session #5 Tues., Thurs..... Oct. 27 - Nov. 19

Session #6 Sat. Oct. 31 - Nov. 21

Session #7 Mon., Wed., Fri..... Nov. 9 - Nov. 27

Session #8 Tues., Thurs..... Nov. 24 - Dec. 17

Session #9 Sat. Nov. 28 - Dec. 19

Session #10 Mon., Wed., Fri..... Nov. 30 - Dec. 18

No class on Oct. 12, Nov. 11, Nov. 26, Nov. 27.

LESSON FEES

Mon., Wed., Fri., 9 Lessons/3 weeks..... Youth \$20.00, Adult \$40.00

Tues., Thurs. 8 Lessons/4 weeks..... Youth \$20.00, Adult \$40.00

Sat 4 Lessons/4 weeks..... Youth \$20.00, Adult \$40.00

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

AQUACISE

Each workout is approximately 45 minutes in length and it offers low to high intensity workouts that promote cardiovascular fitness, conditioning, increased flexibility and range of motion. The techniques used in shallow water exercises are designed for swimmers and non-swimmers.

Cost: 5 week session

18 yrs. – 64 yrs.\$45.00

64 and older.....\$40.00

Walk Up Admission.....\$4.50

Continuous Enrollment

Zero - impact: Monday, Wednesday, Friday

1:00 p.m. – 2:00 p.m.

High - Impact: Tuesday, Thursday,

7:00 p.m. – 8:00 p.m.

LA CITY PRE-ACADEMY TRAINING (LAC-PAT)

Train to become a Lifeguard with City of Los Angeles. We will teach you the skills needed to pass the LA City Lifeguard Academy.

Tuesday & Thursday 6:00 p.m. - 9:00 p.m..... TBA

LIFEGUARD TEST

Test in March, 2010.

CARDIO MACHINES & POOL USAGE

\$3.50 per admission

Monday - Friday 12:30 p.m. – 2:30 p.m.

..... 3:30 p.m. – 5:00 p.m.

..... 7:00 p.m. – 9:00 p.m.

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

Improve cardiovascular endurance, strength, and flexibility. Workouts include cardio machines, weight training, and swimming. All workouts are self-guided.

YOUTH LESSONS

Beginner Mon. Wed. Fri..... 4:00 p.m. - 4:25 p.m.

Water Confidence Mon. Wed. Fri..... 4:30 p.m. - 4:55 p.m.

Beginner Mon. Wed. Fri..... 5:00 p.m. - 5:25 p.m.

Advanced Beginner Mon. Wed. Fri..... 5:30 p.m. - 5:55 p.m.

Intermediate Mon. Wed. Fri..... 6:00 p.m. - 6:25 p.m.

Swimmer Mon. Wed. Fri..... 6:30 p.m. - 6:55 p.m.

Parent/Child Tues. & Thurs. 6:30 p.m. - 6:55 p.m.

Parent/Child Sat 1:00 p.m. - 1:25 p.m.

Beginner Sat 1:00 p.m. - 1:25 p.m.

Advanced Beginner Sat 1:30 p.m. - 1:55 p.m.

Water Confidence Sat 1:30 p.m. - 1:55 p.m.

Intermediate Sat 2:00 p.m. - 2:25 p.m.

Swimmer Sat 2:00 p.m. - 2:25 p.m.

ADULT LESSONS

Non-Swimmer Tues., Thurs. 7:00 p.m. - 7:30 p.m.

Intermediate Tues., Thurs. 7:30 p.m. - 7:55 p.m.

SENIOR LESSONS

Non-Swimmer Tues., Thurs. 12:30 p.m. - 1:00 p.m.

Intermediate Tues., Thurs. 1:00 p.m. - 1:30 p.m.