

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

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**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

SPRING 2012

Swimming Pool Hours
Horas De Natatorio

Times subject to change without notice

Pool Closed Mondays

Tues. – Fri.3:00 p.m. - 5:00 p.m.Rec. Swim
Wed., Fri.7:00 p.m. - 8:00 p.m.Rec. Swim
Tues., Thurs.5:00 p.m. - 8:00 p.m. Adult Night
Friday Night7:00 p.m. - 8:00 p.m. Family Night
Sat & Sun.1:00 p.m. - 5:00 p.m.Rec. & Lap Swim

Lap Swimming Hours
Horas De Ensayo

Tues. – Fri.12:30 p.m. - 2:30 p.m.Adult/Senior Swim
Tues. – Fri.3:00 p.m. - 5:00 p.m.Limited Lap Swim
Tues. – Fri.7:00 p.m. - 8:00 p.m.Limited Lap Swim
Sat & Sun1:00 p.m. - 5:00 p.m.Limited Lap Swim

Holiday Closures
Dias Festivos Cerrado

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/ LA City Library card		\$2.00
SENIORS	(65 & Up)	FREE
Persons with Disabilities		FREE

***NOTE:** Each child 6 & Under must be accompanied by an adult (18+ years old) on a one-to-one ratio. 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 for missed classes.
- 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.

WATER WALKING / LAP SWIM

Tuesday – Friday	12:30pm – 2:30pm
(Limited availability)	3:00pm – 5:00pm
(Adults / Seniors only, deep end not available).....	5:00 pm – 7:00pm
.....	7:00pm – 8:00pm
Saturday – Sunday (Limited availability)	1:00pm – 5:00 pm

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)

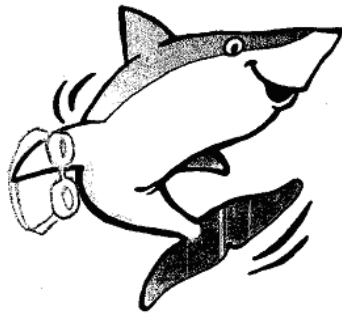
Private & Semi-Private lessons provide personalized instruction to adults and youth ages 4 and older. Lessons are 25 minutes in length. Lesson schedule is based on staff availability. Registration rules apply and participants must register for a minimum of four lessons.

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



MAKO SHARKS

AQUACISE

Each workout is approximately 50 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. **A minimum of 4 participants is required at start of class.** Self-guided workout available if minimum is not reached.

Cost: 10 class = 18 yrs. – 64 yrs. \$45.00
 64 and older..... \$45.00

Walk Up \$4.50

Continuous Enrollment

Classes offered TBA

Tuesday and Thursday

Zero - impact: 1:00 p.m. – 2:00 p.m.

High - Impact: 7:00 p.m. – 8:00 p.m.

NOVICE 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 water polo and synchronized swimming for the winter season. All meet times and locations will be announced.

Registration: \$40.00 for one team, \$35.00 for additional team

NOVICE SYNCHRONIZED SWIMMING

Length of Season TBA
 Workouts Tuesday & Thursday, 5:00pm – 7:00pm
 Fee See Novice Team Sports

NOVICE WATER POLO

Length of Season TBA
 Workouts Wednesday, Friday, 5:00pm – 7:00pm
 Fee See Novice Team Sports

L.A. CITY LIFEGUARD PRE-ACADEMY TRAINING

Train to become a Lifeguard with City of Los Angeles. We will teach you the skills needed to pass the LA City Lifeguard Academy. Cost: \$30.00

Session # 1 Tues. & Thurs. 6:00 p.m. - 9:00 p.m. TBA

<u>Lifeguard Test</u>	<u>Location</u>
Sunday, March 4, 2012 Time: 8:00 am	John C. Argue Swim Stadium 3980 Bill Robertson Lane (formerly S. Menlo Ave.) Los Angeles, CA 90037 (213) 763-0129

ADULT FITNESS PROGRAM (Cardio Machines & Pool Usage)

\$3.50 per admission

Tuesday - Friday 12:30 p.m. – 2:30 p.m.
 3:00 p.m. – 5:00 p.m.
 7:00 p.m. – 9:00 p.m.
 Saturday 1:00 p.m. – 5:00 p.m.

Improve cardiovascular endurance, strength, and flexibility. Self-guided workout. Includes use of cardio machines and swimming pool.

GROUP LESSONS

Session #1 Wed., Fri. 2/1/12 - 2/24/12
 Session #2 Tues., Thurs. 1/31/12 - 2/23/12
 Session #3 Sat. 2/4/12 - 3/17/12
 Session #4 Wed. Fri. 2/29/12 - 3/23/12
 Session #5 Tues., Thurs. 2/28/12 - 3/22/12
 Session #6 Sat. 3/24/12 - 5/5/12
 Session #7 Wed., Fri. 3/28/12 - 4/20/12
 Session #8 Tues., Thurs. 3/27/12 - 4/19/12
 Session #9 Wed., Fri. 4/25/12 - 5/18/12
 Session #10 Tues., Thurs. 4/24/12 - 5/17/12
 Session #11 Wed., Fri. 5/23/12 - 6/15/12
 Session #12 Tues., Thurs. 5/22/12 - 6/14/12

LESSON FEES

Wed., Fri., 8 Lessons/4 weeks..... Youth \$20.00, Adult \$40.00
 Tues., Thurs. 8 Lessons/4 weeks..... Youth \$20.00, Adult \$40.00
 Sat 7 Lessons/7 weeks..... Youth \$20.00, Adult \$40.00

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

YOUTH LESSONS

Water Confidence Wed. Fri. 4:30 p.m. - 4:55 p.m.
 Beginner Wed. Fri. 5:00 p.m. - 5:25 p.m.
 Advanced Beginner Wed. Fri. 5:30 p.m. - 5:55 p.m.
 Intermediate Wed. Fri. 6:00 p.m. - 6:25 p.m.
 Swimmer 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.
 Water Confidence Sat 1:00 p.m. - 1:25 p.m.
 Beginner Sat 1:30 p.m. - 1:55 p.m.
 Advanced Beginner Sat 2:00 p.m. - 2:25 p.m.
 Intermediate Sat 2:30 p.m. - 2:55 p.m.

ADULT LESSONS

Non-Swimmer Tues., Thurs. 7:00 p.m. - 7:25 p.m.
 Intermediate Tues., Thurs. 7:30 p.m. - 7:55 p.m.

SENIOR LESSONS

Non-Swimmer Tues., Thurs. 12:30 p.m. - 12:55 p.m.
 Intermediate Tues., Thurs. 1:00 p.m. - 1:25 p.m.