

CITY OF LOS ANGELES
DEPARTMENT OF RECREATION AND PARKS

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Aquatic Director
 Jon Kopitzke

Acting Aquatic Director
 Andre Brent

Aquatic Facility Manager II
 Carlos Espinoza

Aquatic Facility Manager I
 John Burrough

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., C.A., 90027
 (323) 906-7953
 citywide.aquatics@lacity.org

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

ROOSEVELT
SWIMMING POOL

456 S. Mathews St.
 Los Angeles, CA 90033
 (213) 485 - 7391

Spring 2012

Swimming Pool and Lap Swim Hours
Horas De Natatorio y Ensayo

Times subject to change without notice

Pool Closed Mondays

Tues. – Fri..... (Limited Lanes) 3:30 p.m. - 8:00 p.m.

Saturday & Sunday 1:00 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 Swimming and Diving. 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 February - June
 Workouts..... Tuesday & Thursday, 4:00 p.m. – 6:00 p.m.
 Age 7 – 17

NOVICE WATER POLO

Length of Season February - June
 Workouts..... Tuesday, Wednesday, Friday 5:00 p.m. – 7:00 p.m.
 Age 7 – 16

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 under 7 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. 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. No street clothing will be allowed during recreational swimming.

LAP SWIMMING - Adults may purchase discount lap swimming passes at \$55 for 30 admissions.

AQUATIC FITNESS

ACONDICIONAMIENTO FISICO ACUATICO

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. Workouts are 45 minutes in length.

Walk-up registration \$4.50

Continuous Enrollment

Classes start: TBA

Shallow water workouts:..... 6:15pm - 7:00pm

Class Meets..... Tuesday & Thursday

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.
- 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. 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.

Novice Teams – See Manager

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

GROUP LESSONS

TUESDAY & THURSDAY

8 lessons/4 weeks YOUTH \$20.00, ADULT \$40.00

Session # 1.....	Jan. 17	-	Feb. 9
Session # 2.....	Feb. 14	-	Mar. 8
Session # 3.....	Mar. 13	-	Apr. 5
Session # 4.....	Apr. 10	-	May 3
Session # 5.....	May 8	-	May 31

SWIMMING LESSONS
LECCIONES DE NATACION

YOUTH / NIÑOS

Adaptive	Tues. & Thurs.	4:30 p.m.	-	5:00 p.m.
Parent/Child	Tues. & Thurs.	5:30 p.m.	-	5:30 p.m.
Water Confidence	Tues. & Thurs.	5:00 p.m.	-	6:00 p.m.
Beginner.....	Tues. & Thurs.	6:00 p.m.	-	6:30 p.m.
Advanced Beginner.....	Tues. & Thurs.	6:30 p.m.	-	7:00 p.m.
Intermediate	Tues. & Thurs.	7:00 p.m.	-	7:30 p.m.

ADULT / ADULTOS

Adult Beginner Tues. & Thurs 5:30 p.m. - 6:00 p.m.

L.A. CITY LIFEGUARD PRE-ACADEMY TRAINING

To be announced

The **LAC-PAT** must be completed prior to attending the LA City Lifeguard Academy. Students are familiarized with Basic C.P.R., First Aid, and Lifesaving techniques; conditioned for swimming and prepared for the Lifeguard interview. Minimum age 16. Candidates should be able to do the following:

1. Swim 300 yards continuously.
2. Starting in the water, swim 20 yards using front crawl or breaststroke, perform a surface dive to minimum depth of 7-10 ft, retrieve a 10 lb. object, return to the surface and swim 20 yd. back to the starting point with the object and exit the water without a ladder or steps, within 1 min. and 40 sec.

Lifeguard Test

Sunday, March 4, 2012 @ 8:00am

Location:

John C. Argue Swim Stadium
3980 Bill Robertson Lane
Los Angeles, CA 90037
(213)763-0129