

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

**Board of Commissioners**  
 Barry A. Sanders - President  
 Lynn Alvarez – Member  
 W. Jerome Stanley – Member  
 Jill T. Werner – Member  
 Johnathan Williams – Member

**General Manager**  
 Jon Kirk Mukri

**Executive Officer**  
 Regina Adams

**Operations Branch**  
**Assistant General Manager**  
 Kevin Regan

**Citywide Aquatics Division**  
**Acting Principal Recreation Supervisor I**  
 Trish Delgado

**Aquatic Director**  
 Jon Kopitzke

**Acting Aquatic Director**  
 Andre Brent

**Pool Manager II**  
 Alana Stonehocker

**Pool Manager I**  
 Guillermo Centeno

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

Revised: 5/10/11

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

**VALLEY PLAZA**  
**SWIMMING POOL**

6715 Laurel Grove Ave.  
 North Hollywood, CA 91606  
 (818) 756 - 9362

**SUMMER 2011**



**A Commitment to**  
**“Healthy Neighborhoods”**

**POOL HOURS**

*\*Times subject to change without notice\**

**OPENING DAY – June 25**

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

**June 26 – 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 21**

Monday – Friday.....11:00 a.m. - 2:00 p.m.  
 3:00 p.m. - 6:00 p.m.  
 Saturday & Sunday .....1:00 p.m. - 5:00 p.m.

**August 22 – August 28**

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

*Registration will begin Sunday, June 26, at 10 a.m.*

[www.LAPARKS.org](http://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. Age verification must be completed before the first meet, or the participant will not be allowed to compete. Participants compete in a Department-sponsored league. Participants must demonstrate an intermediate-level swimming competency. Teams include Inner-tube Water Polo, Swimming, Synchronized Swimming, and Springboard Diving. All meet times and location will be announced.

Registration: \$40.00 for one team, \$35.00 for additional team  
*Exception:* Inner-tube water polo: \$20.00, free if registered in another sport  
 (Fees includes t-shirt and awards)

A team sport awards banquet is scheduled for Friday, August 26<sup>th</sup>. Athletes who compete in two or more meets and/or sports will receive a combined participation award.



**NOVICE SWIM TEAM**

Length of Season.....July 4 – Aug. 27  
 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.*

**INNER-TUBE WATER POLO**

Length of Season.....July 4 – Aug. 4  
 Workouts..... Mon. – Fri., 3:00 p.m. – 4:00 p.m.  
 Age ..... 10 – 17

**NOVICE SPRINGBOARD DIVING**

Length of Season.....July 4 – Aug. 20  
 Workouts..... Mon. - Fri., 1:00 p.m. – 2:00 p.m.  
 Age ..... 7 – 17

**NOVICE SYNCHRONIZED SWIMMING**

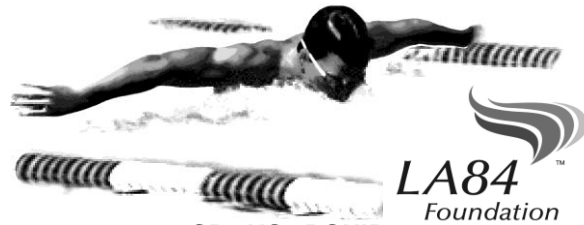
Length of Season.....July 4 – Aug. 21  
 Workouts..... Mon. – Fri., 2:00 p.m. – 3:00 p.m.  
 Age ..... 7 – 17

**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 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 4 – Aug. 19  
 Meeting Time..... Mon. – Fri., 4:00 p.m. – 5:00 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: Monday, July 4, 2011. 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”**

**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.

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

**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 (Level 1)** – 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 as well as entering and exiting pool on own.

**Beginner (Level 2)** – Learn safety skills including floats and treading water, and progressive skills leading to front crawl including combined arm and leg action.

**Advanced Beginner (Level 3)** – Learn dolphin and scissor kicks, rotary breathing, progressive skills leading to diving, front crawl and elementary backstroke.

**Intermediate (Level 4)** – Refine crawl and elementary backstroke. Introduction to back crawl, breaststroke, sidestroke and butterfly. Turns and surface dives introduced.

**Swimmer (Level 5)** – Refine strokes and improve conditioning. Learn additional aquatic skills such as surface dives, flip turns, and improve diving into the pool.

**\*\*American Red Cross Card showing proof of correct level may be required for swim lessons after Level 2. An evaluation to determine the student’s correct level may be required.**

**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**

**MONDAY THROUGH FRIDAY**

10 Lessons/2 weeks.....	YOUTH \$20.00
Session # 1 .....	July 4 - July 15
Session # 2 .....	July 18 - July 29
Session # 3 .....	Aug. 1 - Aug. 12
Session # 4 (late afternoon only) .....	Aug. 15 - Aug. 26

**MONDAY, WEDNESDAY, FRIDAY**

12 Lessons/4 weeks.....	YOUTH \$20.00
Session # 1 .....	July 4 - July 29
Session # 2 .....	Aug. 1 - Aug. 26

**TUESDAY & THURSDAY**

8 Lessons/4 weeks.....	ADULT \$40.00
Session # 1 .....	July 5 - July 28
Session # 2 .....	Aug. 2 - Aug. 25

**YOUTH LESSONS**

Swimmer	Mon. – Fri.	11:00 a.m. - 11:25 a.m.
Intermediate	Mon. – Fri.	11:30 a.m. - 11:55 a.m.
Water Confidence	Mon. – Fri.	11:30 a.m. - 11:55 a.m.
Beginner	Mon. – Fri.	12:00 p.m. - 12:25 p.m.
Adv. Beginner	Mon. – Fri.	12:00 p.m. - 12:25 p.m.
Intermediate	Mon. – Fri.	12:30 p.m. - 12:55 p.m.
Beginner	Mon. – Fri.	12:30 p.m. - 12:55 p.m.
Adv. Beginner	Mon. – Fri.	1:00 p.m. - 1:25 p.m.
Parent/Child	Mon. – Fri.	1:30 p.m. - 1:55 p.m.
Water Confidence	Mon. – Fri.	4:00 p.m. - 4:25 p.m.
Adv. Beginner	Mon. – Fri.	4:30 p.m. - 4:55 p.m.

Beginner	Mon., Wed., Fri	5:00 p.m. - 5:25 p.m.
Parent/Child	Mon., Wed., Fri	5:30 p.m. - 5:55 p.m.

**ADULT LESSONS**

Adult Level 1-3	Tues., Thurs.	5:00 p.m. - 5:25 p.m.
Adult Level 4-5	Tues., Thurs.	5:30 p.m. - 5:55 p.m.



ABC's of a Safe Summer  
 July 10, 2011  
 2pm-3pm