

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

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CITYWIDE AQUATICS DIVISION

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Aquatic Directors
Jon Kopitzke

Aquatic Facility Manager III
Andre Brent

Aquatic Facility Manager
Adolfo Aguilar

If you have a concern, complaint or compliment 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

Rev: 11/21/2011

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

VENICE SWIMMING POOL

2490 Walgrove Ave.
Los Angeles, CA 90066
(310) 575 - 8260

SPRING 2012

**January 2012 – June 2012
POOL HOURS**

LAP SWIM

(Limited Space Available)

Tuesday - Friday..... 6:30 p.m. - 8:00 p.m.
Saturday & Sunday ... 1:00 p.m. - 5:00 p.m.

RECREATIONAL SWIMMING

**(Limited Space Available)
(Diving Board Closed)**

Tuesday & Thursday .. 4:30 p.m. - 6:30 p.m.
Saturday & Sunday 2:00 p.m. - 5:00 p.m.

HOLIDAY CLOSED

www.LAparks.org

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

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 ages 7-17. Proof of age required. Participants compete in a department-sponsored league. Participants must demonstrate an intermediate-level swimming competency. All meet times and locations will be announced.

Registration: \$40.00 for one team, \$35.00 for additional team
(Fee includes t-shirt and awards)

A Team sport awards banquet is scheduled for June. Athletes who compete in two or more meets will receive participation awards.

- NOVICE WATER POLO -

Length of Season.....January 17 – June 8
Wed. & Fri. 4:30 p.m. – 6:00 p.m.

- NOVICE SYNCHRO -

Length of SeasonJanuary 17 – June 8
Tues. & Thurs. 4:30 p.m. – 6:00 p.m.

WATER AEROBICS

The techniques used in shallow water exercises are designed for swimmer and non-swimmers. Aquacise increases flexibility and stamina, range of motion & provides a cardiovascular workout. Limited space for registration available, limited walk-in space available.

Session # 1 Jan. 18 - Feb. 24
Session # 2 Feb. 29 - Apr. 06
Session # 3 Apr. 17 - May 18
Session # 5..... May 23 - June 29

Wed. & Fri. 6:00 p.m. – 7:00 p.m.

Adults \$40.00, seniors \$35.00
\$4.50 per walk-in, \$4.00 for seniors (No registration required)

- Registration begins one week prior to the start date during regular business hours.
- 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 cancelled.
- All refunds will be assessed an administration fee.

SPECIAL OLYMPICS

Tuesday and Thursday6:00p.m. - 7:00p.m.

Designed to prepare participants to compete in Special Olympics competitions.

ADMISSION FEES

Fees subject to change without notice

CHILDREN*..... (17 & Under).....	FREE
ADULTS..... (18 - 64).....	\$2.50
ADULTS w/ L.A. City Library card..... (18 - 64).....	\$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. **White t-shirts will not be allowed, while in the pool or on deck.

LAP SWIMMING - At least three lanes are available. Discount lap swimming passes are \$55 for 30 admissions.

LA CITY LIFEGUARD PRE-ACADEMY TRAINING

REGISTRATION: \$30.00

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.
- Fees must be paid at the time of registration. NO EXCEPTIONS.
 - Checks payable to: **L.A. CITY DEPARTMENT OF RECREATION & PARKS**
 - No refunds unless a class is canceled.
 - All refunds will be assessed an administration fee.

POOL LIFEGUARD TEST

Location: John C. Argue Swim Stadium
(213) 763-0129
3980 S Menlo Ave.
Los Angeles, CA 90037

For Test Date:
See Pool Manager for details.

LEARN TO SWIM

LESSON REGISTRATION

- Pre-registration for the session 1 begins one week prior to the session start date. Registration for sessions # 2, 3, & 4 will begin on the last day of the prior session, during regular business hours.
- No telephone registration.
- Fees must be paid at the time of registration. NO EXCEPTIONS.
- 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 administration fee.

YOUTH LESSONS

Adaptive.....	M, W.....	5:30 p.m. - 6:00 p.m.
Beginner.....	T, TH.....	4:30 p.m. - 5:00 p.m.
Adv. Beginner ...	T, TH.....	5:00 p.m. - 5:30 p.m.
Intermediate.....	T, TH.....	5:30 p.m. - 6:00 p.m.
Parent/Child.....	Sat.....	1:00 p.m. - 1:25 p.m.

ADULT LESSONS

Swimmer.....	T, TH.....	7:00 p.m. - 7:30 p.m.
Non-Swimmer ...	T, TH.....	7:30 p.m. - 8:00 p.m.

GROUP LESSONS

CATEGORIES & REQUIREMENTS

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) – Continue to learn basic skills including combined arm and leg action on front and back. Front and back floats and glides. Introduction to swimming in the deep end.

Advanced Beginner (Level 3) – Front Crawl & Elementary Backstroke. Dolphin and Scissor kicks. Treading water and introduction to diving into pool.

Intermediate (Level 4) – Front Crawl & Elementary Backstroke are refined. Introduction to Backstroke, Breaststroke, Sidestroke and Butterfly. Turns and surface dives introduced.

Swimmer (Level 5) – Refine strokes and improve conditioning. Learn additional surface dives, flip turns and improve diving into pool.

Advanced Swimmer (Level 6) - Increase fitness level and ability to swim longer distances. Offered with either Fitness Swimmer or Fundamentals of Springboard Diving modules to prepare for novice competitive programs.

Adaptive – a class specifically for persons with disabilities, has a smaller participant to teacher ratio.

PROGRAM DATES

TUESDAY & THURSDAY

4 weeks ..	ADULT \$50.00, YOUTH \$40.00
Session # 1.....	Jan.17 - Feb. 09
Session # 2.....	Feb.14 - Mar. 08
Session # 3.....	Mar.13 - Apr. 05
Session # 4.....	Apr. 10 - May 03
Session # 5.....	May 08 - May 31

SATURDAY

8 weeks .Group Lessons:	YOUTH \$40.00
Session # 1.....	Jan. 21 - Mar. 10
Session # 2.....	Mar. 17 - May 05

PRIVATE & SEMI-PRIVATE LESSONS

Private & Semi-Private lessons provide personalized instruction to adults and youth ages 4 and older. Lessons are 25 minutes in length. Registration rules apply and participants must register for four lessons. Private lesson schedule follows group lesson dates, based on staff availability. Maximum of two participants per semi-private lesson. Inquire with Pool Clerk or Manager for Scheduling:
Sat. or Sun. 1:00 p.m. – 2:00 p.m.

Child or Adult Private = \$160.00 per session Child or Adult Semi-Private = \$264.00 per session