

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

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

**WESTCHESTER
SWIMMING POOL**

9100 Lincoln Blvd.
Los Angeles, CA 90045
(310) 641 – 8734

SUMMER 2011

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. - 1:00 p.m.
2:00 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.

**Pool or portion of pool subject to close to
accommodate programs and/or team sports.**

Registration will begin Sunday, June 26, at 10 a.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. 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 locations 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 26th. 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., 1:00 p.m. – 2:00 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., 12:00 p.m. – 1:00 p.m.
Age 10 – 17

NOVICE SYNCHRONIZED SWIMMING

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

NOVICE SPRINGBOARD DIVING

Length of Season July 4 – Aug. 20
Workouts Mon. – Fri., 4:00 p.m. – 5:00 p.m.
Age 7 – 17

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

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.



SCHOLARSHIPS

The LA84 Foundation (a legacy of the 1984 Olympic Games) has provided a limited number of swim lesson scholarships at several locations for community youth between 7 and 17 years of age. Scholarships are issued on a first-come-first-served basis for Water Confidence through Swimmer lessons.

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.**

JUNIOR LIFEGUARD TRAINING

Cost..... \$40.00
 Age..... 10 – 17
 Length of Season..... July 4 – Aug. 19
 Meeting Time Mon. – Fri., 5:00 p.m. – 6:00 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.

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.**



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

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 \$40.00, ADULT \$50.00
Session # 1	July 4 - July 15
Session # 2	July 18 - July 29
Session # 3	Aug. 1 - Aug. 12

MONDAY, WEDNESDAY, FRIDAY

12 Lessons/4 weeks.....	YOUTH \$40.00
Session # 1	July 4 - July 29
Session # 2	Aug. 1 - Aug. 26

TUESDAY & THURSDAY

8 Lessons/4 weeks.....	YOUTH \$40.00, ADULT \$50.00
Session # 1	July 5 - July 28
Session # 2	Aug. 2 - Aug. 25

SATURDAY & SUNDAY

8 Lessons/4 weeks.....	YOUTH \$40.00
Session # 1	July 9 - July 31
Session # 2	Aug.6 - Aug. 28

YOUTH LESSONS

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

Water Confidence	Mon., Wed., Fri.	4:00 p.m. - 4:30 p.m.
Beginner	Mon., Wed., Fri.	4:30 p.m. - 5:00 p.m.

Intermediate	Tues., Thurs.	4:00 p.m. - 4:30 p.m.
Adv. Beginner	Tues., Thurs.	4:30 p.m. - 5:00 p.m.

Parent/Child	Sat., Sun.	1:15 p.m. - 1:45 p.m.
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ADULT LESSONS

Adult Level 1-3	Mon., Wed., Fri.	5:00 p.m. - 5:30 p.m.
Adult Level 4-5	Mon., Wed., Fri.	5:30 p.m. - 6:00 p.m.