

City of Los Angeles  
Department of Recreation and Parks  
Citywide Aquatics Division

# Westwood Pool



## Fall 2011 – Winter/Spring 2012

Effective September 19, 2011 to June 25, 2012

*Citywide Aquatics is a founding member  
of the Southern California Public Pool Operators  
Association and has been an active member since 1953.*

**1350 Sepulveda Blvd.  
Los Angeles, CA 90025  
(310) 478-7019**

**[WWW.LAPARKS.ORG/DOS/AQUATIC/WESTWOOD.HTM](http://WWW.LAPARKS.ORG/DOS/AQUATIC/WESTWOOD.HTM)**

Persons with disabilities are welcome to participate in our programs and classes.  
Reasonable accommodations will be made with prior arrangement.

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

# Operation Hours & Fees

Effective September 19, 2011 thru June 25, 2012

## ADULT LAP SWIM

(Lanes marked slow, med., fast)

**TUESDAY - FRIDAY**

6:30 a.m. - 2:00 p.m.

6:00 p.m. - 9:00 p.m.

Showers available: 6:30 a.m. - 12:45 p.m.

**SATURDAY**

9:00 a.m. - 12:45 p.m.

**SUNDAY**

10:00 a.m. - 12:45 p.m.

1:00 p.m. - 5:00 p.m. (Three Lanes)

(Pool Closed Tuesday-Friday from 2p-3p for Maintenance)

## RECREATIONAL SWIM

**TUESDAY - FRIDAY**

3:00 p.m. - 5:00 p.m.

**SATURDAY & SUNDAY**

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

## “FAMILY NIGHTS”

**WEDNESDAY**

7:00 p.m. - 9:00 p.m.

(Shallow Area Only)

**FRIDAY**

(Shallow & Deep Area)

6:00 p.m. - 9:00 p.m.

Pool will be closed December 20, 2011 thru January 10, 2012

## AQUA JOGGING

(Lane available)

**TUESDAY - THURSDAY**

8:15 a.m. - 12:00 p.m.

**TUESDAY - THURSDAY**

8:00 pm - 9:00 PM

**FRIDAY, SATURDAY, & SUNDAY**

10:00 a.m. - 12:45 p.m.

### ADMISSION FEES

Adults (18 - 64 years).....\$2.50

Library Card.....\$2.00

Children (17 & under)..... FREE

Seniors (65 & Older)..... FREE

Adaptive (all ages) ..... FREE

### ADULT LAP PASS

\$55 for 30 admissions

For your safety, please read the pool rules, general information, and lap swim rules and etiquette prior to entering the pool

# Pool Rules

*Pool employee interpretation of rules shall be final.*

## **Entrance is denied to:**

- Children under seven (7), unless accompanied by an adult on a one to one ratio.
- Children under the age of four (4) without an approved "swim diaper" or plastic pants with elastic around the waist and legs.
- Persons under the influence of alcohol or narcotics.
- Persons with colds, coughs, nasal or eye discharges, skin eruptions, open wounds, open sores or bandages.
- Pets.

## **Please check all your valuables with the clerk.**

## **Personal property not permitted in the swimming pool or deck area includes:**

- Street clothes, shoes, and carrying bags of all types.
- Floating apparatus, glass objects or containers of any kind.
- Sports or swim equipment; electronic equipment.
- Wheeled vehicles (roller blades, bicycles, skateboards, etc...)

## **Soap showers must be taken before entering the pool area.**

## **Smoking is prohibited.**

## **Eating and/or drinking allowed only in designated areas.**

## **Foul or abusive language will not be tolerated.**

## **For the safety of the public there is no:**

- Running on the pool deck.
- Climbing, sitting on, and jumping from fences or guard structures.
- Diving into shallow water.
- Double bouncing or crowding dive structures.
- Swimming in the diving area.
- Horse playing on the deck or in the pool at any time.
- Snapping towels.
- Participating in other dangerous practices as determined by lifesaving staff.

## **Hypoxic training or prolonged underwater swimming is not allowed.**

## **Do not interfere with a lifeguard rescue, or call for help unless in distress.**

## General Information

- ✓ No lap lanes are available for lap swim during recreational swimming hours unless stated in brochure.
- ✓ Locker rooms close 15 minutes after end of session.
- ✓ Valuable items should be stored in the security lockers located in the lobby or checked with the Pool Clerk.
- ✓ **Patrons must be seated on the bleachers if they are not swimming.**
- ✓ **No food or drink allowed in the bleacher area.**
- ✓ During recreational hours, all patrons will be asked to take a swim test before entering the deep end of the pool and using the diving board. This test will consist of one length of the pool swimming freestyle (Front Crawl), with an effective supporting kick.
- ✓ Kickboards, Pull buoys and Water Noodles are provided during Lap swimming and Aqua jogging hours only, no equipment will be provided during recreational swim hours. All other equipment is for facility programs.
- ✓ Water and Sport Drinks are the only food or drink allowed on the pool deck. There is no other eating or gum chewing allowed in the pool area, except during posted special events.
- ✓ The shallow end will be cleared of all patrons during shallow water exercise classes. Please refer to class schedule for times. Patrons that attempt to participate in exercise classes without having registered for classes will be asked to leave facility.
- ✓ Aqua Jogging is allowed during times other than those posted, only if it does not interfere with lap swimming or facility programming.

## Lap Swim Rules and Etiquette

- Lap swimming is reserved for persons 18 years of age and older.
- Lap swimming times are located in the pool schedule.
- Lap lanes are marked: "fast, medium, and slow" to accommodate varied swimming abilities.
- Lap swimmers must use the appropriate lane designation according to swimming ability.
- Lap swimmers may share lanes. A lane can accommodate up to seven (7) swimmers.
- Lap swimmers entering a lane must be certain the occupant(s) are aware of their presence in order to determine the swimming pattern to share the lane
- Two lap swimmers per lane may split the lane by staying either on the right or left side of the lane. Three or more lap swimmers must circle-swim the length of the lane counter-clockwise.
- Lap swimming requires continuous progress across the pool.
- Turn at the wall can be dangerous. Lap swimmers must leave enough room at each wall to make safe turns.
- Lane passing can be dangerous. Swimmers must exercise caution approaching the turn-wall and should allow faster swimmers to proceed unimpeded to expedite overtaking.

# Group Swim Lessons

## Swim Lesson Description

**Parent & Child Classes:** An adult must accompany each child. Parents and children are introduced to basic water safety.

**Level I - Water Confidence:** Introduction to water safety and water acclimation. This beginner level teaches buoyancy in water and basic locomotion skills. Kicking, breathing and alternative arm action techniques are introduced.

**Level II – Beginner:** Participants learn locomotion skills including front and back crawl and swimming in semi deep water.

**Level III - Adv. Beginner:** Participants learn elementary backstroke and continue to improve on front and back crawl.

**Level IV – Intermediate:** Participants learn breaststroke and sidestroke skills.

**Level V– Swimmer:** Participants refine strokes and learn additional aquatic skills such as the butterfly stroke.

**Level VI – Adv. Swimmer:** Participants continue to refine all strokes with an emphasis on increased yardage and an introduction to advanced swimming turns.

### FALL LESSONS 2011

**Session 1:** September 20 – October 28  
**Walk-in:** September 17 & September 18  
**Mail-in:** September 5 - September 14

**Session 2:** November 1 - December 9  
**Walk-in:** October 29 & October 30  
**Online:** October 26 – October 28

### WINTER/SPRING 2012

**Session 3:** January 10 - February 17  
**Walk-in:** January 7 & 8  
**Mail-in:** December 26 - January 4

**Session 4:** February 21 – March 30  
**Walk-in:** February 18 & February 19  
**Online:** February 15 – February 17

**Session 5:** April 3 - May 11  
**Walk-in:** March 31 & April 1  
**Online:** March 28 – March 30

### Parent and Child

(Minimum 4 years old)

### Adult's Lessons (Minimum 15 years old)

- |                              |  |   |
|------------------------------|--|---|
| 1. Wed. & Fri. ....6:00 p.m. | 3. Non-Swimmer...Wed. & Fri. ....8:30 a.m. | 7. Non-Swimmer ..Wed. & Fri. ....7:30 p.m.  |
| 2. Tues. & Thurs...6:00 p.m. | 4. Non-Swimmer...Tues. & Thurs...8:00 a.m. | 8. Non-Swimmer ..Tues. & Thurs...7:00 p.m.  |
|                              | 5. Swimmer .....Wed. & Fri. ....8:00 a.m.  | 9. Swimmer ..... Wed. & Fri. ....7:00 p.m.  |
|                              | 6. Swimmer .....Tues. & Thurs...8:30 a.m.  | 10. Swimmer ..... Tues. & Thurs...7:30 p.m. |

### Youth Lessons (Minimum 7 yrs. old)

Level I	11. Wed. & Fri.	6:30 p.m.	Level III	16. Tues. & Thurs.	5:30 p.m.
	12. Tues. & Thurs.	5:00 p.m.	Level IV	17. Wed. & Fri.	5:00 p.m.
Level II	13. Wed. & Fri.	5:30 p.m.		18. Tues. & Thurs.	5:30 p.m.
	14. Tues. & Thurs.	4:30 p.m.	Level V	19. Wed. & Fri.	4:00 p.m.
Level III	15. Wed. & Fri.	4:30 p.m.	Level VI	20. Tues. & Thurs.	6:30 p.m.
				21. Tues. & Thurs.	4:00 p.m.

**FEE: \$48.00 for Youth Lessons**

**\$60.00 for Adult Lessons**

**Each class is 25 minutes.**

#### Walk-in registration:

- ✓ Walk-in registration hours are from **10 a.m. – 2 p.m.**
- ✓ American Red Cross card showing proof of correct level will be required for swim lessons after Level 2. An evaluation to determine the student's correct level may be requested.
- ✓ Registration will not be accepted over the phone. Payment must be received at the time of registration in the form of cash, check, or money order. Make checks payable to: **L.A. City Dept. of Recreation and Parks.**
- ✓ **Proof of age will be required for children under 8 prior to registration by birth certificate or passport.**
- ✓ **No refunds or transfers will be granted unless class is cancelled by management.** There are no make-ups for participant absences or illness.

# Private/ Semi-Private Lessons

## FALL 2011

**Session 1:** September 24–October 30  
**Walk-in:** September 17 & September 18  
**Mail-in:** September 5 - September 14

**Session 2:** November 5 - December 11  
**Walk-in:** October 29 & October 30

## WINTER/SPRING 2012

**Session 3:** January 14 - February 19  
**Walk-in:** January 7 & 8  
**Mail-in:** December 26 - January 4

**Session 4:** February 25 – April 2  
**Walk-in:** February 18 & February 19

**Session 5:** April 7 - May 13  
**Walk-in:** March 31 & April 1

The 25-minute lessons begin every half hour on

**Sat: 9:30 a.m. – 2:00 p.m. & Sun: 10:30 a.m. – 3:00 p.m.**

Registration for private lessons is limited to 2 half-hour slots per family per day.

An adult must accompany children 4 - 6 years old on a one to one ratio.

An instructor may be substituted as one of the adults for private or semi-private lessons.

### Private Lessons

Instruction is on a one to one ratio. Open to all skill levels lessons.

Fee: \$120.00 for 6 lessons or 12 lessons for \$240.00.

### Semi-Private Lessons

You must provide all participants for semi-private

6 Lessons for \$198.00 or 12 lessons for \$396.00.



# Adaptive Private Lessons

Sunday.....3:00 pm - 4:00 pm

Follows all registration dates for group lessons.

6 Lessons.....\$ 120.00 per 1/2 hours

6 Lessons.....\$ 240.00 per 1 hour

# Team Sports

## Novice Teams Sports:

For youths ages 7-17 with a minimum of level 3 skills. Verification of skill level or a skill evaluation by coach or pool manager is required.

Novice Teams Fee: \$40.00 for the season (Includes T-Shirt), and  
\$35.00 for the second novice sport team registration.

## FALL TEAMS 2011

### NOVICE SWIM TEAM

Age Limit: ..... 7 - 17 years old  
Days: ..... Tuesday - Friday  
Workouts: ..... 4:00 pm - 5:00 pm  
Dates: ..... September 19 - December

### NOVICE DIVE TEAM

Age Limit: ..... 7 - 17 years old  
Days: ..... Tuesday - Friday  
Workouts: ..... 5:00 pm - 6:00 pm  
Dates: ..... September 19 - December



## WINTER-SPRING TEAMS 2012

### NOVICE WATERPOLO TEAM

Age Limit: ..... 7 - 17 years old  
Days: ..... Tuesday - Friday  
Workouts: ..... 4:00 pm - 5:00 pm  
Dates: ..... January 9 - May

### NOVICE SYNCHRONIZED SWIM TEAM

Age Limit: ..... 7 - 17 years old  
Days: ..... Tuesday-Friday  
Workouts: ..... 5:00 pm - 6:00 pm  
Dates: ..... January 9 - May

# LA City Pre Academy Training

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.



**Fee: \$30.00 (Books, materials, and certification fee)**

<b>Session # 1</b> Wednesday & Friday 6:00 pm - 9:00 pm Date: TBA	<b>Session # 2</b> Wednesday & Friday 6:00 pm - 9:00 pm Date: TBA	<b>Session # 3</b> Wednesday & Friday 6:00 pm - 9:00 pm Date: TBA
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## Water Safety Instructor

The American Red Cross Water Safety Instructor Course provides instructor candidates with the training needed to teach courses in the American Red Cross Swimming and Water Safety Program by developing their understanding of how to use the course materials, how to conduct training sessions and how to evaluate participants' progress.

**SPRING 2012**  
**Days: Tuesday & Thursday**  
**Date: February 14– April 5**  
**Time: 6:00 pm-9:00 pm**

# Water Exercise Classes

A class may be canceled if less than 14 people sign up.

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ZERO	7:30 am (# 22)	7:30 am (# 23)	7:30 am (# 24)	7:30 am (# 25)
AQUA	9:30 am (# 26)		9:30 am (# 27)	
FLEX		11:15 am (# 28)		11:15 am (# 29)
ZERO	7:00 pm (# 30)		7:00 pm (# 31)	

**Note: The number in parenthesis refers to the class code.**

## SESSION DATES

### FALL 2011

**Session 1:** September 20 – December 9  
**Walk In:** September 17 - September 18  
**Mail In:** September 5- September 14

**Fee: \$96.00(\$91.00 for age 65 & up) = 2 classes**

**Session is 12 weeks**

### WINTER/SPRING 2012

**Session 2:** January 10 – March 16  
**Walk In:** January 8 & 9  
**Mail In:** December 26 – January 4

**Session 3:** March 27 – June 4  
**Walk In:** March 14 – March 23

**Fee: \$80.00(\$75.00 for age 65 & up) = 2 classes**  
**Sessions are 10 weeks**

**FEE PER SESSION: \$10.00 for each additional class throughout session**  
**\$ 10.00 administrative fee per person for registration after posted dates.**  
**Mix & match any day, any time, any class - 2 classes minimum**

The water exercise program is available at various days and times to allow you to personalize an ideal workout schedule. All classes are 45 minutes in length. For the minimum fee per session you may select any water exercise class listed which includes two classes a week. Extra classes of your choice may be added for an additional \$10.00 per class.

**Flex Stretch:** A low impact stretching and walking class that moves at a leisurely pace. This class promotes flexibility, improves posture and increases cardiovascular endurance. Enjoy the rewards of working out using a safe and effective exercise program.

**Aquacise:** This calorie-burning fitness workout incorporates muscular, cardiovascular and aerobic conditioning. Exercise includes rhythmic activities, muscle strengthening and toning while having fun.

**Zero Impact Exercise:** A deep-water exercise class that strengthens and builds muscle tone without impact to the joints. Belts will be provided or you may bring your own. Participants must be able to swim in deep water.

# Registration Information

**Please Note:** *Fall 2011* mail in registration begins **Monday, September 5**. Applications **postmarked prior to September 5, 2011 will be returned to sender**. Applications **postmarked after September 14, 2011 will be returned to sender**. Winter mail in registration begins Monday, December 26. **Applications postmarked prior to December 26, 2011 will be returned to sender. Applications postmarked after January 4, 2012 will be returned to sender.**

Applications will **NOT** be accepted without separate checks and a **stamped self-addressed envelope**. In the event your first choice is filled, please indicate an acceptable alternate choice(s).

**MAKE CHECK OR MONEY ORDERS PAYABLE TO: "L.A. City Department of Recreation and Parks"**

## PLEASE DO NOT MAIL CASH

Only pre-printed bank checks with California addresses will be accepted. Please write your driver's license number on the front of each check.

## PRIVATE & SEMI-PRIVATE LESSON REGISTRATION

**A limit of two per family.** Private/Semi-Private students may request a range of times. The student(s) will be placed in any available slot during that time range. Please follow the steps above to complete the registration process.

## WATER EXERCISE

Please follow the steps above to complete the registration process. Participants must be at least 14 years of age. **There are no discounts for late registration.** Patrons engaging in any exercise program are advised to consult with a physician first.

## AFTER YOU ENROLL

After you have submitted your registration form, you will receive a receipt in the mail confirming enrollment in the class, the time and date you requested. In the event you do not receive your receipt prior to your first class, call the pool to verify enrollment status. If you are on the waiting list, your check will be returned. If an opening occurs, you will be contacted. (Please do not attend the first class).

## REGISTRATION FORM:

**Mail To: Westwood Swimming Pool  
1350 Sepulveda Blvd.  
Los Angeles, CA 90025**

*Pool Classes Only -- Please Print Clearly. Use One Form Per Family.*

Last Name (Parent/guardian's name if any participant is under 18)		First Name	
Address		City	Zip
Day Phone ( )	Night ( )	Emergency ( )	

Participant First & Last Name			Age	Birthday
Name Of Class	Class#(1st Choice)	Fee	Class#(2nd Choice)	Fee
Participant First & Last Name			Age	Birthday
Name Of Class	Class#(1st Choice)	Fee	Class#(2nd Choice)	Fee
Participant First & Last Name			Age	Birthday
Name Of Class	Class#(1st Choice)	Fee	Class#(2nd Choice)	Fee

\*\*\*\*\*Class Refund Policy - Please Read & Sign \*\*\*\*\*

1. No refunds or transfers unless class is canceled by pool staff.
2. There are no make ups for absences, illnesses or holidays listed in brochure.

I have read and understand the refund policy.

Signature: \_\_\_\_\_

Date: / / 20\_\_

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

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**City of Los Angeles  
Department of Recreation and Parks  
Westwood Pool Stop # 672  
(310) 478-7019 FAX (310) 478-0602  
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