



BULLETIN

City of Los Angeles Department of Recreation and Parks

1200 West 7th Street, Los Angeles, CA 90017 - (213) 928-9200 fax (213) 928-9288

Contact: Jane Kolb
213-928-9294; cell: 323-816-6712
email: Jane.Kolb@lacity.org

COOL OFF AT CITY OF LOS ANGELES SITES

June 19, 2008 – Looking for a place to cool off? All City of Los Angeles Department of Recreation and Parks Senior Centers will be open during regular hours on Friday. Sr. Centers are closed on the weekends. For specific weekday hours, please call the center.

The Department also has over 180 recreation centers and park facilities that are open daily. To cool off at a park this weekend, find a center in your area by calling **311**.

The City's 72 libraries also offer a respite from the heat. For locations, hours and more information visit www.lapl.org. or call **311**.

If a splash in the pool sounds cool, 34 seasonal pools open on Saturday, June 21 at 1 p.m. and on the same day, 17 year-round facilities start summer schedules. Free swimming is available for children from 17 and younger, seniors age 65 or older and the disabled. Adults swim for \$2.50 or \$2.00 with a City library card. Pool addresses and hours can be accessed on the department's web site, <http://www.laparks.org/dos/aquatic/aquatic.htm>.

For information about the Department of Recreation and Parks, cooling off sites, programs, pools and parks, the public should call **311** or visit the website www.laparks.org.

Recreation and Parks Senior Centers and Pool lists are attached.

City of Los Angeles – Department of Recreation and Parks - Senior Centers.

<u>AHMANSON SENIOR CENTER</u>	3990 S. Menlo Ave. Los Angeles, CA 90037	(213) 763-0118
<u>ANDERSON SENIOR CENTER</u>	828 S. Mesa Street San Pedro, CA 90731	(310) 548-7596
<u>BETTY HILL SENIOR CENTER</u>	3570 S. Denker Ave. Los Angeles, CA 90018	(323) 733-1946
<u>BOYLE HEIGHTS SENIOR CENTER</u>	2839 E. 3rd Street Los Angeles, CA 90033	(323) 264-5757
<u>CANOGA PARK SENIOR CENTER</u>	7326 Jordan Ave. Canoga Park, CA 91303	(818) 340-2633
<u>CLAUDE PEPPER SENIOR CENTER</u>	1762 S. La Cienega Blvd. Los Angeles, CA 90035	(310) 559-9677
<u>COSTELLO SENIOR CENTER</u>	3121 E. Olympic Blvd. Los Angeles, CA 90023	(213) 485-9143
<u>EL SERENO SENIOR CENTER</u>	4818 Klamath Street Los Angeles, CA 90032	(323) 222-2040
<u>FAIRFAX SENIOR CENTER</u>	7929 Melrose Ave. Los Angeles, CA 90046	(323) 653-1824
<u>FELICIA MAHOOD SENIOR CENTER</u>	11338 Santa Monica Blvd. Los Angeles, CA 90025	(310) 479-4119
<u>HIGHLAND PARK SENIOR CENTER</u>	6152 N. Figueroa Street Los Angeles, CA 90042	(323) 256-6866
<u>JIM GILLIAM SENIOR CENTER</u>	4000 S. La Brea Ave. Los Angeles, CA 90008	(323) 291-5969
<u>LAS PALMAS SENIOR CENTER</u>	1820 N. Las Palmas Ave. Los Angeles, CA 90028	(323) 465-7787
<u>LINCOLN HEIGHTS SENIOR CENTER</u>	2323 Workman Street Los Angeles, CA 90031	(323) 225-9339
<u>LINCOLN PARK SENIOR CENTER</u>	3501 Valley Blvd. Los Angeles, CA 90031	(213) 847-1727
<u>MID-VALLEY SENIOR CENTER</u>	14450 Valerio Street Van Nuys, CA 91406	(818) 785-8488
<u>MONTECITO HEIGHTS SENIOR CENTER</u>	4545 Homer Street Los Angeles, CA 90031	(213) 485-8550
<u>MT. CARMEL SENIOR CENTER</u>	830 W. 70th Street Los Angeles, CA 90044	(323) 789-2821
<u>NORTH HOLLYWOOD SENIOR CENTER</u>	11430 Chandler Blvd. North Hollywood, CA 91601	(818) 763-5361
<u>SLAUSON SENIOR CENTER</u>	5306 S. Compton Los Angeles, CA 90011	(323) 233-1174

<u>SUNLAND SENIOR CENTER</u>	8640 Fenwick Ave. Sunland, CA 91040	(818) 353-9571
<u>VAN NUYS MULTI-PURPOSE SENIOR CENTER</u>	6514 Sylmar Ave. Van Nuys, CA 91401	(818) 756-8727
<u>VAN NUYS-SHERMAN OAKS SENIOR CENTER</u>	5040 Van Nuys Blvd. Sherman Oaks, CA 91423	(818) 756-9146
<u>VINEYARD SENIOR CENTER</u>	2942 Vineyard Ave. Los Angeles, CA 90016	(323) 732-2469
<u>WATTS SENIOR CENTER</u>	1657 East Century Blvd. Los Angeles, CA 90002	(323) 564-9440
<u>WEST WILSHIRE SENIOR CENTER</u>	141 S Gardner Ave. Los Angeles, CA 90036	(323) 939-0263
<u>WESTCHESTER SENIOR CENTER</u>	8740 Lincoln Blvd. Los Angeles, CA 90045	(310) 649-3317
<u>WESTMINSTER SENIOR CENTER</u>	1234 Pacific Ave. Venice, CA 90291	(310) 392-5566
<u>WILKINSON MULTIPURPOSE SENIOR CENTER</u>	8956 Vanalden Ave. Northridge, CA 91324	(818) 756-7741
<u>WILMINGTON SENIOR CENTER</u>	1371 Eubank Street Wilmington, CA 90744	(310) 518-4533

**CITY OF LOS ANGELES
DEPARTMENT OF RECREATION AND PARKS
AQUATICS FACILITIES**

1. BANNING HIGH SCHOOL	1450 N. AVALON BLVD., WILMINGTON 90744	(310) 548-7420
2. CELES KING III (INDOOR)	5001 RODEO RD., LOS ANGELES 90016	(213) 847-3406
3. CLEVELAND HIGH SCHOOL (INDOOR)	8120 VANALDEN AVE., RESEDA 91335	(818) 756-9798
4. ECHO DEEP (INDOOR)	1419 COLTON ST., LOS ANGELES 90026	(213) 481-2640
5. ELEANOR GREEN (E.G.) ROBERTS (INDOOR)	4526 PICO BLVD., LOS ANGELES 90019	(323) 936-8483
6. FREMONT HIGH SCHOOL (INDOOR)	7630 TOWNE AVE., LOS ANGELES 90003	(213) 847-3401
7. GLASSELL PARK	3704 VERDUGO RD., LOS ANGELES 90065	(323) 226-1670
8. HANSEN DAM SWIM LAKE	11798 FOOTHILL BLVD., LAKE VIEW TERRACE 91342	(818) 899-3779
9. HUBERT HUMPHREY	12560 FILMORE ST., PACOIMA 91331	(818) 896-0067
10. JOHN C. ARGUE SWIM STADIUM	3980 S. MENLO AVE., LOS ANGELES 90037	(213) 763-0125
11. L.A.C.E.S. (INDOOR)	5931 W. 18th St., LOS ANGELES 90035	(213) 847-3401
12. PECK PARK	560 N. WESTERN AVE., SAN PEDRO 90732	(310) 548-2434
13. RICHARD ALATORRE (INDOOR)	4721 KLAMATH ST., LOS ANGELES 90032	(323) 276-3042
14. ROOSEVELT HIGH SCHOOL	456 S. MATHEWS ST. LOS ANGELES 90033	(213) 485-7391
15. VAN NUYS – SHERMAN OAKS	14201 HUSTON ST., VAN NUYS 91423	(818) 783-6721
16. VENICE HIGH SCHOOL (INDOOR)	2490 WALGROVE AVE., LOS ANGELES 90066	(310) 575-8260
17. WESTWOOD (INDOOR)	1350 S. SEPULVEDA BLVD., LOS ANGELES 90025	(310) 478-7019

SEASONAL POOLS – opening June 21, 2008

1. ALGIN SUTTON	8800 S. HOOVER ST., LOS ANGELES 90044	(323) 789-2826
2. CENTRAL	1357 E. 22nd ST., LOS ANGELES 90011	(213) 765-0565
3. CHEVIOT HILLS	2693 MOTOR AVE., LOS ANGELES 90064	(310) 202-2844
4. COSTELLO	3121 E. OLYMPIC BLVD., LOS ANGELES 90023	(323) 526-3073
5. FERNANGELES	8851 LAUREL CANYON BLVD., SUN VALLEY 91352	(818) 756-9365
6. GRANADA HILLS	16730 CHATSWORTH ST., GRANADA HILLS 91344	(818) 360-7107
7. GREEN MEADOWS	431 E. 89th ST., LOS ANGELES 90003	(323) 789-2726
8. GRIFFITH	3401 RIVERSIDE DR., LOS ANGELES 90027	(323) 644-6878
9. HARBOR	1221 N. FIGUEROA PL., WILMINGTON 90744	(310) 835-6590
10. HIGHLAND	6150 PIEDMONT AVE., LOS ANGELES 90042	(323) 226-1669
11. HOLLYWOOD	1122 COLE AVE., LOS ANGELES 90038	(323) 957-4501
12. LANARK	21817 STRATHERN ST., CANOGA PARK 91304	(818) 756-9364
13. LINCOLN	3501 VALLEY BLVD., LOS ANGELES 90031	(213) 847-3382
14. MAR VISTA	11655 PALMS BLVD., LOS ANGELES 90066	(310) 390-2016
15. NORTH HOLLYWOOD	5301 TUJUNGA AVE., NORTH HOLLYWOOD 91601	(818) 755-7654
16. NORTHRIDGE	10088 RESEDA BLVD., NORTHRIDGE, 91324	(818) 756-9360
17. PAN PACIFIC	141 S. GARDNER ST., LOS ANGELES 90036	(323) 957-4524
18. PECAN	120 S. GLESS ST., LOS ANGELES 90033	(323) 526-3042
19. RESEDA	18411 VICTORY BLVD., RESEDA 91335	(818) 756-9361
20. RITCHIE VALENS	10731 LAUREL CANYON BLVD., PACOIMA 91331	(818) 834-5176
21. ROSS SNYDER	1501 E. 41st ST., LOS ANGELES 90011	(213) 847-3430
22. RUSTIC CANYON	601 LATIMER RD., PACIFIC PALISADES 90402	(310) 230-0137
23. SEPULVEDA	8737 KESTER AVE., PANORAMA CITY 91402	(818) 894-0144
24. SOUTH PARK	345 E. 51st ST., LOS ANGELES 90011	(323) 846-5366
25. STONER	1831 STONER AVE., LOS ANGELES 90025	(310) 575-8286
26. SUN VALLEY	8123 VINELAND AVE., SUN VALLEY 91352	(818) 756-9367
27. SYLMAR	13109 BORDEN AVE., SYLMAR 91342	(818) 367-6727
28. VALLEY PLAZA	6715 LAURELGROVE AVE., N. HOLLYWOOD 91606	(818) 756-9362
29. VAN NESS	5720 2nd AVE., LOS ANGELES 90043	(323) 290-3134
30. VERDUGO HILLS	10654 IRMA AVE., TUJUNGA 91042	(818) 353-1365
31. WESTCHESTER	9100 LINCOLN BLVD., LOS ANGELES 90045	(310) 342-3164
32. WOODLAND HILLS	5858 SHOUP AVE., WOODLAND HILLS 91367	(818) 756-9363
33. YOSEMITE	1840 YOSEMITE DR., LOS ANGELES 90041	(323) 226-1668
34. 109th STREET	1500 E. 109th ST., LOS ANGELES 90059	(323) 789-2731



Surviving the Heat

Tips from the L.A. County Health Department

If you plan to be outdoors, please take precautions to protect yourself from the heat. Symptoms of dehydration and heat cramps include dizziness, fatigue, faintness, headaches, muscle cramps, and increased thirst. Individuals with these symptoms should be removed to a cooler, shaded place and given water or sport drinks. More severe symptoms (such as disorientation, pale and clammy skin, a rapid and weak pulse, and/or fast and shallow breathing) may indicate heat exhaustion or impending heat stroke and require immediate medical attention.

Health department officials recommend several ways to manage the heat:

Wear light, loose-fitting clothing.

Drink water often; don't wait until you are thirsty.

Offer assistance to shut-ins in your neighborhood; check on them frequently during hot weather.

During peak heat hours stay in an air-conditioned area. If you don't have access to air conditioning in your home, visit public facilities such as shopping malls, parks, and libraries to stay cool. Cooling stations are available in many areas. (*call 311 for city facilities*)

Avoid unnecessary exertion if you are outside or in a non-air conditioned building.

Avoid unnecessary sun exposure. When in the sun, wear a hat, preferably with a wide brim.

If you know seniors or people whose immune and respiratory systems are not working properly or who live alone, check on them regularly to make sure they are staying cool. An early warning sign of heat-related illnesses is diminished judgment. The use of the buddy system is important in all situations. Check on seniors frequently. Never leave children, elderly people or pets unattended in closed cars or other vehicles, since temperatures can quickly rise to life-threatening levels.