

City of Los Angeles
Department of Recreation and Parks
CITYWIDE AQUATICS DIVISION

VAN NUYS/SHERMAN OAKS AQUATIC CENTER



WINTER/SPRING 2016

Effective October 6, 2015 - June 6, 2016
(ALL LESSONS WILL BEGIN OCTOBER 6, 2015)



14201 Huston Street
Van Nuys, CA 91423
(818) 783 - 6721



Persons with disabilities are welcome to participate in programs and classes. Reasonable accommodations will be provided upon request. To ensure availability, you are advised to make your request at least 72 hours prior to the program or class you wish to participate.

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

FEES & HOURS OF OPERATIONS

V.N.S.O Pool - 14201 Huston Street, Van Nuys, CA 91423 - (818) 783 - 6721

Effective October 06, 2015 - June 6, 2016

POOL CLOSED MONDAYS, BEGINNING SEPTEMBER 14

ADMISSION FEES

ADULT(18 - 64 YEARS)..... \$3.50

ADULT LAP PASS - \$87.50 for 30 Admissions

CHILDREN(17 & UNDER)..... \$1.00

SENIORS \$1.00

PERSONS W DISABILITIES (ALL AGES) ... \$1.00

ADMISSION PASS - \$25.00 for 30 Admissions

(Admission Pass for Children, Seniors, & Persons with Disabilities)

ADULT LAP SWIM

(NUMBER OF LANES AVAILABLE VARY DAILY)

TUESDAY - FRIDAY

6:00 a.m. - 10:00 a.m.

12:00 p.m. - 8:30 p.m.

SATURDAY

9:00 a.m. - 5:00 p.m.

SUNDAY

12:00 p.m. - 5:00 p.m.

(Pool Closed Tuesday - Friday, 10 a.m. - 12 p.m.
for Maintenance)

50 meter lap swimming - Wednesday & Friday morning
ONLY until February

RECREATIONAL SWIM

TUESDAY - FRIDAY

12:00 p.m. - 8:30 p.m.

SATURDAY & SUNDAY

12:00 p.m. - 5:00 p.m.

DIVING BOARD HOURS

(Hours are subject to change without notice)

Tuesday - Friday12:00 p.m. - 2:00 p.m.

Saturday1:00 p.m. - 2:00 p.m.

.....3:30 p.m. - 5:00 p.m.

Sunday.....12:00 p.m. - 5:00 p.m.



ADULT SWIM WORKOUT
VNSO lap swimmers, tria triletes INVITED!
Try a coached SCAG swim at the pool,
get a free tech analysis and video.
rsvp: SWIM.net or 310.390.5700

WADING POOL
CLOSED UNTIL SUMMER 2016

Groups or individuals desiring to provide coaching City of Los Angeles swimming pools must obtain a permit. Private instruction (one-on-one) is not permissible. Permit guidelines and applications can be obtained online at LAParks.org, aquatic link.

For your safety, please read the Pool Rules, General Information, and Lap Swim Rules and Etiquette.

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 checked with the Pool Clerk.
- * Clothed 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

WALK-IN REGISTRATION:

YOUTH - \$40.00 ADULT - \$50.00

- * Swim assessments for session #1: September 29th - October 4th, time: 4:00 p.m. - 7:00 p.m.
- * 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.
- * All refunds will be assessed an administration fee.
- * Registration will close after the 2nd day of the current class session.

YOUTH LESSONS

Preschool Lvl 1 & 2 Wed. & Fri.....4:30 p.m. - 4:55 p.m.
 Beginner..... Wed. & Fri.....5:00 p.m. - 5:25 p.m.
 Beginner..... Tue. & Thu.....4:30 p.m. - 4:55 p.m.
 Adv. Beginner..... Tue. & Thu.....5:00 p.m. - 5:25 p.m.
 Preschool Lvl 3..... Tue. & Thu.....5:00 p.m. - 5:25 p.m.
 Adv. Beginner..... Wed. & Fri.....6:00 p.m. - 6:25 p.m.
 Intermediate Wed. & Fri.....6:30 p.m. - 6:55 p.m.
 Swimmer Tue. & Thu.....5:00 p.m. - 5:25 p.m.
 Adaptive Tue. & Thu.....6:00 p.m. - 6:25 p.m.

Springboard Diving Class

Wed & Fri.5:00 p.m. - 5:25 p.m.

ADULT LESSONS

Beginner.....Tue. & Thu.....9:00 a.m. - 9:25 a.m.
 Beginner.....Tue. & Thu.....6:00 p.m. - 6:25 p.m.
 IntermediateTue. & Thu.....9:30 a.m. - 9:55 a.m.
 IntermediateTue. & Thu.....6:30 p.m. - 6:55 p.m.



FALL 2015 - GROUP SWIM LESSONS (8 LESSONS/4 WEEKS)

SESSION	DAYS	BEGINS	ENDS	REGISTRATION DATE
#1	Tue & Thu	October 6	October 29	September 29
#2	Tue & Thu	November 3	December 1	October 27
#3	Tue & Thu	December 3	December 31	November 24
#1	Wed & Fri	October 7	October 30	September 29
#2	Wed & Fri	November 4	November 27	October 27
#3	Wed & Fri	December 2	December 30	November 24

WINTER/SPRING 2016 - GROUP SWIM LESSONS (8 LESSONS/4 WEEKS)

#1	Tue & Thu	January 19	February 11	January 13
#2	Tue & Thu	February 16	March 10	February 09
#3	Tue & Thu	March 15	April 07	March 08
#4	Tue & Thu	April 12	May 05	April 05
#5	Tue & Thu	May 10	June 02	May 03
#1	Wed & Fri	January 20	February 12	January 13
#2	Wed & Fri	February 17	March 11	February 10
#3	Wed & Fri	March 16	April 08	March 09
#4	Wed & Fri	April 13	May 06	April 06
#5	Wed & Fri	May 11	June 03	May 04

DESCRIPTION OF SWIM CLASSES

CLASS TITLE	LEVEL	CLASS DESCRIPTION
Preschool Aquatics (Water Acclimation)	Level 1	Children will learn how to enter and exit the water independently, submerge mouth underwater and blow bubbles for 3 seconds, glide on front for 2 body lengths then roll to back and float for 3 seconds and perform arm and leg actions on front and back.
Preschool Aquatics (Water Confidence)	Level 2	Children will build on and improve skills learned in Preschool Aquatics 1. Participants will learn how to open eyes underwater and retrieve objects, bobbing, floating on front and back, gliding on front and back, rolling from front to back and back to front, combined arm and leg actions on front and back for 3 body lengths.
Preschool Aquatics (Beginner)	Level 3	Children will increase proficiency and build on the basic aquatic skills learned in Preschool Aquatics Levels 1 and 2. Participants will learn to enter chest deep water by jumping in, fully submerge and hold breath for 10 seconds, rotary breathing, front float 10 seconds, back float 15 seconds, change direction of travel while swimming on front and back, tread water for 30 seconds in shoulder deep water, combined arm and leg actions on front for 5 body lengths.
Water Confidence	Level I	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.
Beginner	Level II	Participants learn locomotion skills including front and back crawl and swimming in semi deep water.
Advance Beginner	Level III	Participants learn elementary backstroke and continue to improve on front and back crawl.
Intermediate	Level IV	Participants learn breaststroke and sidestroke skills.
Swimmer	Level V	Participants refine strokes and learn additional aquatic skills such as the butterfly stroke.
Advance Swimmer	Level VI	Participants continue to refine all strokes with an emphasis on increased yardage and an introduction to advanced swimming turns.
Learning The Basics (Adult Beginner)	Level 1	Help participants gain basic aquatic skills and swimming strokes.
Improving Skills And Swimming Strokes (Adult Intermediate)	Level 2	Improve participants' proficiency in basic aquatic skills and the six basic swimming strokes.
Swimming For Fitness (Adult Swimmer)	Level 3	Refine participants' front crawl, back stroke, and breaststroke and turns and build endurance.

TEAM SPORTS

TEAM PARTICIPANT REQUIREMENTS

- ◆ 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 Synchronized Swimming, Water Polo, Swimming, and Diving.
- ◆ All meet times and locations will be announced.
- ◆ Registration: \$50.00 for one team, \$45.00 for additional team. (Includes T-Shirt and Award)
- ◆ Team Tryouts: Speak with Pool Manager or Team Coach.
- ◆ **A skills evaluation will be required and given by a coach or pool manager.**

FALL 2015

NOVICE SWIMMING

Age Limit: 7 - 17 years old
Days: Tuesday - Friday
Workouts: 5:30 p.m. - 6:30 p.m.
Dates: October 6, 2015 - December, 2015

NOVICE SPRINGBOARD DIVING

Age Limit: 7 - 17 years old
Days: Wednesday & Friday
Workouts: 5:30 p.m. - 7:00 p.m.
Dates: October 6, 2015 - December, 2015

SPRING 2016

NOVICE WATER POLO

Age Limit: 7 - 17 years old
Workout Tuesday & Thursday 5:00 p.m. - 6:00 p.m.
Workout Wednesday 6:00 p.m. - 7:00 p.m.
Workout Friday 6:00 p.m. - 8:30 p.m.
Dates: January 2016 - May 2016

NOVICE SYNCHRONIZED SWIMMING

Age Limit: 7 - 17 years old
Conditioning Tuesday & Thursday 6:00 p.m. - 7:00 p.m.
Workouts Wednesday & Friday 5:00 p.m. - 6:00 p.m.
Dates: January 2016 - May 2016

FITNESS PROGRAMS

ADULT FITNESS PROGRAMS

1. ADULT WATER AEROBICS: \$5.00 per class

Aquacise: This calorie-burning fitness workout incorporates muscular, cardiovascular and aerobic conditioning. Exercise includes rhythmic activities, muscle strengthening and toning while having fun. All classes are 45 minutes in length. Ages 18 and Over.

AQUACISE - (Continuous Enrollment)

Days:..... Tuesday - Friday

Time:..... 12:30 pm - 1:15 pm

Time:..... 5:30 pm - 6:15 pm

2. ADULT WATER POLO: (Non-Coached) \$5.00 per entry

Workouts..... Wednesday 7:00 p.m. - 8:30 p.m.

..... Saturday 2:00 p.m. - 3:30 p.m.

3. ADULT SWIM INSTRUCTION - \$50.00 Per Session (Follow Group Lesson Dates)

Tuesday & Thursday..... 7:00 p.m. - 7:30 p.m.

YOUTH AQUATIC FITNESS PROGRAM - \$40.00 / MONTHLY

- * Improve conditioning & stroke mechanics
- * Get certified in American Red Cross Level 6 fitness swimmer
- * Prepare for Los Angeles City Lifeguard Pre-Academy Training

Ages: 9 - 17 yrs. old

Date: October - June

Days:..... Wednesday & Friday

Time:..... 4:30 p.m. - 5:30 p.m.

LOS ANGELES CITY LIFEGUARD PRE-ACADEMY TRAINING

Take the challenge...become a City of Los Angeles Lifeguard

Registration Fee: **\$50.00** (Includes materials and workouts)

The Lifeguard Challenge & Module #1 of LAC-PAT must be completed prior to taking the lifeguard test (**February 21, 2016**). Students are familiarized with Basic Life Support, Basic First Aid, and Lifesaving techniques; conditioned for swimming and prepared for the Lifeguard interview. You must be a minimum age 16 years old to register and 17 years old by May 29, 2016 in order to be employed as a lifeguard.

For more details about LAC-PAT and workouts, see pool manager

You can also visit us on the web: <http://www.laparks.org/dos/aquatic/aquatic.htm> under Job Training.

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

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