## LESSON CATEGORIES & REQUIREMENTS

Preschool Aquatics: 3 yrs. – 6 yrs. Children: 7 yrs. – 17 yrs. Adult: 18 & older

<u>Tiny Tots\* / Preschool Aquatics (Level 1 to 3)</u> – Children must be accompanied by an adult. Parent and child are introduced to basic water safety in a comfortable environment.

\*TINY TOTS: 4 STUDENTS MAXIMUM ENROLLED. NO PARENT IN THE WATER REQUIRED.

<u>Water Confidence (Level 1)</u> – 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.

<u>Beginner (Level 2)</u> – Participants learn alternating skills including combined arm and leg actions on front and back and swimming in chest-deep water.

<u>Advanced Beginner (Level 3)</u> – Participants learn advanced skill, dolphin and scissor kicks, rotary breathing, and progressive skills leading to diving, front crawl and elementary backstroke.

<u>Intermediate (Level 4)</u> – Refine crawl and elementary backstroke. Introduction to back crawl, breaststroke, sidestroke and butterfly. Turns and surface dives introduced.

<u>Swimmer (Level 5)</u> – Refine strokes and improve conditioning. Learn additional aquatic skills such as surface dives, flip turns, and improve diving into the pool, refine their performance of all six swimming strokes.

## PRIVATE & SEMI-PRIVATE LESSONS

\*INQUIRE WITH POOL CLERK OR MANAGER FOR SCHEDULING

Private & Semi-Private lessons provide personalized instruction to adults and youth ages 3 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.

Learn to surf is a newer program where our Youth will get the opportunity to go to the beach, learn water and beach safety and best of all learn how to stand on a surfboard

and catch a wave!
Online Registration Begins

August 24, 2024 Price: \$10 Ages: 9-17

Days: Saturday & Sunday
Time: 9 a.m. - 2p.m.\*



#### CITY OF LOS ANGELES



# DEPARTMENT OF RECREATION & PARKS BOARD OF COMMISSIONERS

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#### CITYWIDE AQUATICS DIVISION

PRINCIPAL RECREATION SUPERVISOR II

Maha Yateem

#### PRINCIPAL RECREATION SUPERVISOR I

Andre Brent

#### AQUATIC DIRECTOR

Peter Schwaneman

#### **AQUATIC FACILITY MANAGER II**

Pedro Melendez

#### **AQUATIC FACILITY MANAGER I**

Genesis Elizarraras

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:



3900 Chevy Chase Dr. Los Angeles, CA 90039 (323) 906-7953

citywide.aquatics@lacity.org



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



## **Algin Sutton Swimming Pool**

8800 S. Hoover St. Los Angeles, CA 90044 (323) 789 - 2826 alginsutton.pool@lacity.org

## Fall/Winter 2024

September 8 - December 28 POOL HOURS

\*TIMES SUBJECT TO CHANGE WITHOUT NOTICE\*

**Recreational Swim & Lap Swim** 

Monday	2:30 p.m 7:00 p.m.
Tuesday - Friday	12:00 p.m 7:00 p.m.
Saturday & Sunday	1:00 p.m 5:00 p.m.

#### **HOLIDAY CLOSURES**

October 14 November 11 November 28-29 December 25

ADMISSION FEES		
ADULT (18 - 49 YRS OLD)	\$4.00	
YOUTH (0 - 17 YRS OLD)	\$1.00	
ADULT (50 + YRS OLD)	\$1.00	
PERSONS WITH DISABILITIES	\$1.00	

## PASSES AVAILABLE

ADULT LAP PASS - \$88.00 (30 Entries)

YOUTH, ADULT (50+), PERSONS WITH DISABILITIES ADMISSION PASS - \$25.00 (30 Entries)



Saturday, August 24 @ 9:00 a.m. Ages 7-17 Tuesday- Friday

Registration: \$10 per session **Session Dates Tuesday August 27 - Friday November 23** 



## **Springboard Diving**

4:00 p.m. - 5:00 p.m.



## **USA Swim Team**

5:00 p.m. - 5:30 p.m. [Dry Land] 5:30 p.m. - 6:30 p.m. [Swimming]

The Play LA Youth and Adaptive Youth Sports Program is made possible by the LA28 Olympic and Paralympic Games.

## **LA City Pre-Academy Training (LAC-PAT)**

Ages 16 & Over Tuesday & Thursday 4:00 p.m. - 7:00 p.m. Registration: FREE



## **Aqua Fit-Cardio**

Water exercise for swimmers and non-swimmers. Increases flexibility range of motion & provides cardiovascular workout. Exercise includes rhythmic activities, muscle strengthening and toning. Series = 10 classes

\*INQUIRE WITH POOL CLERK FOR DETAILS.

ADULT (18-49): \$45 SERIES OR \$5 WALK-IN Adult (50+): \$35 Series or \$4 walk-in Wednesday & Friday......... 6:00 p.m. - 6:45 p.m.

## **Swim Lesson Registration**

## **LEARN-TO-SWIM Group Lessons**

Youth: \$10.00 Adult (18 +): \$30.00 Tiny Tots: \$80.00 \*

#### \* 4 STUDENTS MAXIMUM

Lesson Registration can be done online at LAPARKS.ORG or via the LA Parks app or in person at Algin Sutton Pool. Registration is on a first come first serve basis.







## **Registration Dates** (4 weeks/ 8 lessons)

Session #1 ..... Saturday, September 14 @ 9a.m. Session #2 ...... Saturday, October 12 @ 9 a.m. Session #3 ...... Saturday, November 9 @ 9 a.m.

## **Session Dates**

Session #1	September 14 - October 11
Session #2	October 12 - November 8
Session #3	November 9 - December 13

## **Private & Semi Private Lesson**

Youth, Adult (18+), Adaptive

#### **PRIVATE LESSONS**

4 Private Lessons = \$108.00

## **SEMI-PRIVATE LESSONS (2 Students only)**

4 Lessons = \$160.00

# Swim Lesson Schedule Tue & Thu

Preschool Aquatics 1	4:30 p.m 4:55 p.m.
Beginner (Level 2)	5:00 p.m 5:25 p.m.
Adv. Beginner (Level 3)	5:30 p.m 5:55 p.m.
Adult Swim Lesson	6:00 p.m 6:25 p.m.
Adaptive Swim Lesson	6:30 p.m 6:55 p.m.

## Wed & Fri

Adult Swim Lesson	4:30 p.m 4:55 p.m.
Intermediate (Level 4)	5:30 p.m 5:55 p.m.
Water Confidence (Level 1)	6:00 p.m 6:25 p.m.
Adv. Beginner (Level 3)	6:30 p.m 6:55 p.m.

## Sat & Sun

Prescribol Aqualics 1	1.00 p.m 1.25 p.m.
Water Confidence (Level 1)	1:30 p.m 1:55 p.m.
Beginner (Level 2)	2:00 p.m 2:25 p.m.
Adv. Beginner (Level 3)	2:30 p.m 2:55 p.m.
Intermediate (Level 4)	3:00 p.m 3:25 p.m.

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## **Privates**

#### stINQUIRE WITH POOL CLERK OR MANAGER FOR SCHEDULING

1:00 p.m 1:25 p.m.	2:00 p.m 2:25 p.m.
1:30 p.m 1:55 p.m.	2:30 p.m 2:55 p.m.

\*THE CLASSES AND PROGRAMS IN THIS BROCHURE MAY BE SUBJECT TO CHANGE/CANCELLATION