

HOME OF  
**TEAM POSEIDON**

FALL 2024

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**BANNING  
COMMUNITY POOL**

1450 N. Avalon Blvd., Wilmington, CA 90744, (310) 548 - 7420

POOL HOURS

September 8 - December 15

Recreational Swim

Mondays.....4:00 p.m. - 7:00 p.m.  
Tuesday - Friday.....4:00 p.m. - 6:00 p.m.  
Saturday & Sunday.....1:00 p.m. - 4:55 p.m.

Adult Lap Swim

25-yard lanes

Saturday & Sunday.....12:00 p.m. - 4:55 p.m.  
Mondays.....4:00 p.m. - 8:00 p.m.

REGISTRATION

LEARN TO SWIM

Session #1..Saturday, September 14..9:00 a.m.  
Session #2...Saturday, October 12.....9:00 a.m.  
Session #3..Saturday, November 9...9:00 a.m.

TEAMS

Saturday August 24.....9:00 a.m.



ADMISSION FEES

ADULTS..... (18 - 49).....\$4.00  
YOUTH..... (0 - 17).....\$1.00  
ADULTS..... (50 & Up).....\$1.00  
Persons with Disabilities.....\$1.00

30 ADMISSIONS

ADULT - Lap Pass.....\$88.00  
ADMISSION PASS -  
(Older Adult, Persons w Disab., Youth).....\$25.00

Groups or individuals desiring to provide coaching or instruction at 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/aquatics](http://LAParks.org/aquatics).

HOLIDAY POOL CLOSURE

Indigenous Day.....Monday, October 14.....CLOSED  
Veterans Day.....Monday, November 11.....CLOSED  
Thanksgiving.....Thursday & Friday..Nov. 28-29...CLOSED  
Christmas.....Wednesday December 25.....CLOSED  
New Years.....Wednesday January 1.....CLOSED

**PLAYLA TEAM SPORTS**

Designed for the entry-level competitors' ages 7-17 yrs., proof of age required at time of registration. Participants will compete in a Department-sponsored league. Participants must have completed ARC Intermediate - Level 4. All meet times and locations will be announced at facility prior to event. Athletes must attend a minimum of 2 - 3 practices a week in order to remain on the team.

**PLAYLA SPRINGBOARD DIVING**

Registration: \$10.00

Includes instruction on 1 meter board. Training emphasis is on technique to accomplish basic dives.

Season

September 17 - December 20

Workout

Wednesday & Friday 5:00 p.m. - 6:00 p.m.

**PLAYLA USA SWIM TEAM**

Registration: \$10.00

PLAYLA is a USA-sanctioned Swim Team designed to provide Athletes, Parents and Coaches with enhanced training and educational resources. This program will offer high-performance training to qualified athletes ages 7-17 years old. Athletes will be instructed by a USA Swimming certified coaches to develop their competitive skills in all strokes, with enhanced workout times and dryland training. All athletes must qualify for the program.

Season.....September 17 - December 20

Workout.....Tuesday - Friday 6:30 p.m. - 8:00 p.m.



# LEARN TO SWIM PROGRAM

- Registration Cost: \$10 for Youth
- Register in-person and online ([www.swimla.org](http://www.swimla.org)).
- No telephone registration.
- Lessons Available for ages 3 and up
- Lessons are 25 minutes in length.
- Fees must be paid at the time of registration.
- Payable by: Cash, Visa & Mastercard, Check
- Make checks payable to:  
*L.A. City Department of Recreation and Parks*
- No refunds unless a session is canceled
- All refunds will be assessed an administration fee of 10%
- Swim assessment is required prior to registration
- Classes may be subject to cancellation and/or changes.
- No Classes will be offered Thanksgiving week, (11/25 - 11/29)

For a description of all Learn to Swim Levels you can visit: <https://www.laparks.org/aquatic/learn>

## REGISTRATION DATES

- Session 1.....Saturday, Sept 14.....9:00 a.m.
- Session 2.....Saturday, Oct 12.....9:00 a.m.
- Session 3.....Saturday, Nov 9.....9:00 a.m.

## SESSION DATES

- Series 1.....Saturday, Sept 14 - Friday, Oct 11
- Series 2.....Saturday, Oct 12 - Friday, Nov 8
- Series 3.....Saturday, Nov 9 - Friday, Dec 13

All Registrations begin at 9:00 am, In person and online at [SwimLA.org](http://SwimLA.org)



Scan To Register!

## YOUTH LESSONS Ages 3 - 17

### TUESDAY & THURSDAY

- Intermediate.....4:05 p.m. - 4:30 p.m.
- Beginner.....4:05 p.m. - 4:30 p.m.
- Adv. Beginner.....4:35 p.m. - 5:00 p.m.
- Water Confidence.....5:05 p.m. - 5:30 p.m.
- Pre-School Aqua #3.....5:35 p.m. - 6:00 p.m.

### WEDNESDAY & FRIDAY

- Adv. Beginner.....4:05 p.m. - 4:30 p.m.
- Swimmer.....4:05 p.m. - 4:30 p.m.
- Water Confidence.....4:35 p.m. - 5:00 p.m.
- Beginner.....5:05 p.m. - 5:30 p.m.
- Pre-School Aqua #1.....5:35 p.m. - 6:00 p.m.

### SATURDAY & SUNDAY

- Adaptive.....12:35 p.m. - 1:00 p.m.
- Beginner.....1:05 p.m. - 1:30 p.m.

## ADULT LESSONS Ages 18 & Older

- **Adult Beginner**  
Help participants gain basic aquatic skills and swimming strokes.
- **Adult Adv. Beginner**  
Introduce participants to stroke technique and improve aquatic skills.

### TUESDAY & THURSDAY

- Beginner.....5:35 p.m. - 6:00 p.m.

## ADULT SWIM FITNESS

Series of 10 classes \$55

Improve stroke mechanics and conditioning with exercises from all aquatic sports and activities.

- September 17 - October 17....Tue. & Thu. 7:00 p.m. - 8:00 p.m.
- October 22 - November 21.....Tue. & Thu. 7:00 p.m. - 8:00 p.m.



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## PRIVATE & SEMI-PRIVATE LESSONS

(Inquire with Pool Clerk/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.

- PRIVATE, (1 on 1) 4 lessons = \$108.00
- SEMI-PRIVATE (2 students only) 4 lessons = \$160.00

\*Cancellation or Rescheduling of classes must be requested 2 days prior to upcoming lesson

## POOL HOUSE RULES

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

- Floating apparatus, glass objects, or containers of any kind.
- Sports or swim equipment; scuba equipment; electronic equipment.

Soap showers must be taken before entering the pool area.  
Smoking is prohibited.

Eating and/or drinking not allowed (bleacher area & pool deck).

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 within arms reach.
- 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.