

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

CLEVELAND AQUATICS



FALL 2024 PROGRAM

September 8th through December 28th

Phone: (818) 756-9798

E-mail: cleveland.pool@lacity.org

Website: www.laparks.org/aquatics

8120 Vanalden Ave. Reseda, CA 91335



@clevelandpool.lacityparks

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

Fees & Hours of Operation

ADULTS (Ages 18 - 49) \$4.00
YOUTH (Ages 17 & under) \$1.00
ADULTS 50+ (Ages 50 & up) \$1.00
Persons with Disabilities (All ages) \$1.00

Fall 2024 September 8th - December 28th

RECREATIONAL SWIM

Monday - Friday 4:30 p.m. - 9:00 p.m.
Saturday & Sunday 1:00 p.m. - 5:00 p.m.

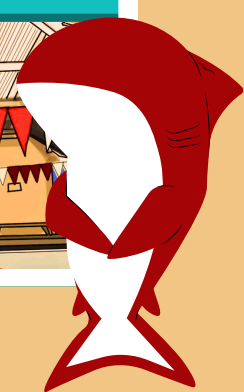
LAP SWIM

Monday - Friday 5:00 p.m. - 9:00 p.m.
Saturday & Sunday 1:00 p.m. - 5:00 p.m.

Reservations can be made over the phone and begin at the bottom of the hour (weekdays), top of the hour (weekends).

HOLIDAY CLOSURES

Indigenous People's Day - October 14th
Veterans Day - November 11th
Thanksgiving - November 28th - November 29th
Christmas - December 25th
New Years Day - January 1st



Available Group Lessons

Preschool Aquatics (Ages 4-6)

Level	Class Description
Preschool Aquatics 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.
Preschool Aquatics Level 2	Introduction to combined arm and leg movement on front and back
Preschool Aquatics Level 3	Continued refinement of front crawl and back crawl. Introduction to side breathing and treading water

Learn To Swim (Ages 7 - 17)

Level	Class Description
Beginners Level 2	Participants learn locomotion skills including combined arm and leg actions on front and back and swimming in chest-deep water.
Advanced Beginners Level 3	Participants learn the Front Crawl, Breaststroke kick, Sidestroke kick, and the Elementary Backstroke.
Intermediate Level 4	Participants learn the Breaststroke, Back Crawl, and the Sidestroke
Swimmer Level 5	Refinement of breaststroke. Introduction to butterfly. Proficiency in front crawl and back crawl required.
Advanced Swimmer Level 6	Refine strokes so participants swim them with greater efficiency and effectiveness over longer distances.

Adult Swimming Lessons 18 & Up

Level	Class Description
Adult Beginners Level 1	Help participants gain basic aquatic skills and swimming strokes.
Adult Swimmer Level 2	Improve participants' proficiency in basic aquatic skills and the six basic swimming strokes.



Lesson Registration

Classes & Program Registration

- Registration for group swim classes are listed accordingly by session number.
- **No telephone registration.**
- Classes are **25 minutes** in length.
- All refunds will be assessed an administration fee of **10%**.
- A swim assessment is required prior to enrollment for **Levels 3 & higher.**
- Registration will be held both online and in-person.
 - Half of total class capacity will be reserved for online enrollment
- **All registrations will begin at 9:00am on the indicated date**
- **Session #3 one week longer to account for Thanksgiving**

Youth & Adaptive Lesson - \$67

Adult Lessons- \$67

Tuesday - Friday Swim Classes

Session	Registration Date	Class Dates
Session 1	September 14th 9:00 am	September 17th - October 11th
Session 2	October 12th 9:00 am	October 15th - November 8th
Session 3	November 9th 9:00 am	November 12th - December 13th

Saturday & Sunday Swim Classes

Session	Registration Date	Class Dates
Session 1	September 14th 9:00 am	September 14th - October 6th
Session 2	October 12th 9:00 am	October 12th - November 2nd

Group Lesson Schedule



4 Weeks / 8 Lessons Tuesday through Friday

Class Time	Tuesday & Thursday	Wednesday & Friday
4:30pm - 4:55pm	Level 5 Swimmer Level 6 Advanced Swimmer	Level 5 Swimmer Level 6 Advanced Swimmer
5:00 pm - 5:25 pm	Level 3 Advanced Beginner Level 4 Intermediate	Level 3 Advanced Beginner Level 4 Intermediate
5:30 pm - 5:55 pm	Level 2 Beginner	Level 2 Beginner
6:00 pm - 6:25 pm	Preschool 1 & 2	Preschool 3
6:30 pm - 6:55 pm	Adaptive Beginner	Adaptive Swimmer
7:30 pm - 7:55 pm	Adult Beginner	Adult Swimmer

4 Weeks / 8 Lessons Saturday & Sunday

Class Time	Saturday/Sunday
1:00 pm - 1:25 pm	Adaptive Swimmer
1:30pm - 1:55pm	Adaptive Beginner

Assessment Required for Levels 3 & up
Children under the age of four (4) are required to wear a "swim diaper"

Each child under the age of Seven (7) must be accompanied by an adult in the water and around the facility.

Tiny Tots

Classes & Program Registration

- Tiny Tots lessons provide small group instruction for youth ages 3 to 6 years old.
- Lessons are designed for first time swimmers.
- Classes are 25 minutes in length.
- Instructors are in the water with students.
- Parents are NOT required to be in water.
- Maximum of FOUR participants per class.
- Registration for the 1st Series will take place **Saturday, September 14th, 2024.**
- Children under the age of four (4) are required to wear a "swim diaper" or plastic pants with elastic around the waist and legs.

Classes offered Saturdays & Sundays

Tiny Tots Price:
8 classes - \$80.00

Tiny Tots Schedule

Level	Start Time	End Time
Level 1 Starfish	2:00 pm 2:30 pm	2:25 pm 2:55 pm
Level 2 Minnow	3:00 pm	3:25 pm
Level 3 Seahorse	3:30 pm	3:55 pm

Level Description

Level	Class Description
Level 1 Starfish	For first time swimmers. Students will be taught to enter/exit the pool, have breath control, front/back floats and basic water safety
Level 2 Minnow	Skills in Starfish are required. Opening of eyes and object retrieval underwater. Introduction of rotary arms and kicks during front and back glide
Level 3 Seahorse	Skills in Minnow are required. Refinement of front crawl stroke. Introduction to side breathing.

TEAMS OFFERED

NOVICE TEAM SPORTS

Dive Team

Price: \$50

- Registration August 24th @ 9am
- Designed for entry level competitors ages 7-17
- Successful completion of Level 4 Intermediate required to enroll
- Season: September 10 - November 23
- The sport of plunging into water, usually head foremost, performed with the addition of gymnastic and acrobatic stunts. Athletes will be taught the fundamentals of the "approach", proper water entry and body positioning.



Dive Team Schedule

Sport	Start Time	End Time	Practice Dates
Dive Team	5:30 PM	6:30 PM	Tuesday, September 10th - Friday November 22 20th





PLAYLA USA - Swim TEAM



TEAM SWIM LA (TSLA) is a USA Swimming sanctioned Swim Team offered by the City of Los Angeles Department of Recreation & Parks in Partnership with USA Swimming. TSLA is designed to provide athletes, parents and coaches with enhanced training and educational resources. Athletes will be instructed by USA Swimming certified coaches to develop their competitive skills in all strokes, with enhanced workout times and dryland training.

Price: \$10

Requirement:

Successful completion of Level 4 Intermediate

Registration: Saturday, August 24th @ 9am

Practice Times:

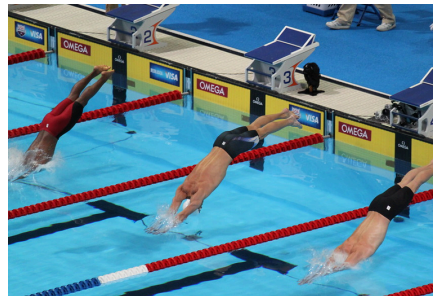
Team A : 6:30pm-7:30pm

Team B : 7:00pm-8:30pm

**Athletes will be assessed the first week of practice to determine group.*

Program Information

Registration Date	Practice Dates
Saturday August 24th @ 9am	August 26th - November 22



Youth Fitness



Youth Fitness

- **Level 4: Intermediate - Swimming competency or higher is required to enroll into this program.**
- Participants continue to refine all strokes with an emphasis on increased endurance and overall fitness level.
- No required competitions.
- Open Registration for the 1st Series will take place **Sunday, September 17th at 9:00 AM.**
- Series and registration will follow the Swim Lesson schedule

Saturday & Sunday = \$36

Program Information

Practice Days	Registration Date	Start Time	End Time
Saturday/Sunday	Sunday, September 15th @ 9:00 AM	4:00 PM	4:45 PM



Pool Rules

Pool employee interpretation of rules shall be final.

- **Entrance is denied to:**
 - Children under seven (7) must be accompanied by an adult (within arms reach) at all times on a 1 to 1 ratio inside the facility.
 - 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; scuba 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 not allowed (bleacher area & pool deck).**
 - Only water and/or sports drinks in plastic containers will be allowed on the pool deck.
- **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 storage benches 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.
- **No lap swimming in recreational swim area.**
- **Hypoxic training or prolonged underwater swimming is not allowed.**
- **Do not interfere with a lifeguard rescue, or call for help unless in distress.**

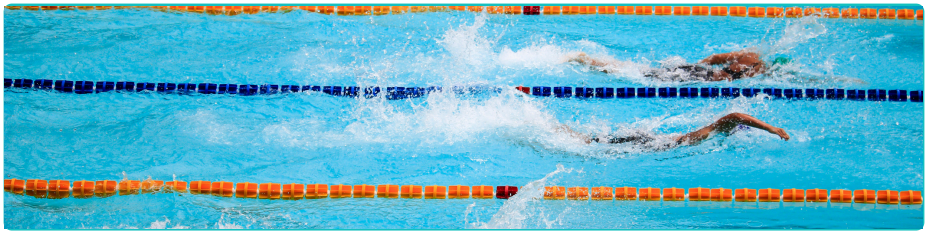
GENERAL INFORMATION

- **Clothed patrons must be seated on the bleachers if they are not swimming.**
- 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 two length of the pool swimming freestyle (Front Crawl), with an effective supporting kick.

Lap Swimming Etiquette

- Lap swimmers are encouraged to make reservations 24 hours in advance, by phone only. Reservations are for 1 hour only.
 - Busiest times are Monday-Friday; 5:30 pm - 8:30 pm. Reservations are encouraged.
- **Lap swimmers must share lanes.**
 - Up to 4 people can be assigned to a lane.
- 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 swimming side by side, remaining on the left or right side of the lane.
- Three or more lap swimmers must circle-swim the length of the lane counter-clockwise. Refer to posted sign.
- Lap swimming requires continuous progress across the pool.
- Turns 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.

As a covered entity under Title II of the Americans with Disabilities Act, the City of Los Angeles does not discriminate on the basis of disability and, upon request, will provide reasonable accommodation to ensure equal access to its programs, services and activities.



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

**CITY OF LOS ANGELES
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