

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

DYMALLY POOL



FALL/WINTER 2024

Effective September 14, 2024 - January 1, 2025

8800 South San Pedro
Los Angeles, CA 90003
(213) 789 - 2726

www.laparks.org - Click on Aquatics

Email: Dymally.pool@lacity.org

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.

Programs & Class times in this brochure may be subject to cancellation without notice.

Fees & Hours of Operation

ADMISSION FEES

Persons with Disabilities (All Ages)	\$1.00
Adults (50 +).....	\$1.00
Adults (18-49 yrs.).....	\$4.00
Youth (0 – 17 yrs.).....	\$1.00

ADMISSION PASSES

Adult Lap Pass (Accepted at all LACITY pools).....	\$88.00
Admission Pass (Adult 50+, Persons w/ Disabilities).....	\$25.00

Passes are good for 30 admissions

RECREATIONAL SWIMMING & DIVING BOARD

Sept 8 - January 1

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

Saturday & Sunday 1:00 p.m. - 5:00 p.m.

Holiday Hours

Thanksgiving Holiday.....Nov 28 & 29 (Pool Closed)

Christmas Holiday.....December 25 (Pool Closed)

New Years Day 2025.....January 1 (Pool Closed)

ADULT LAP SWIMMING

September 8 - January 1

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

Saturday & Sunday.....1:00 p.m. - 4:00 p.m.

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, click on the Aquatics link.

POOL RULES

Pool employee interpretation of rules shall be final.

- **Entrance is denied to:**
 - i. Children under seven (7), unless accompanied by an adult (18+) on a one to one ratio.
 - ii. Children under the age of four (4) without an approved "swim diaper" or plastic pants with elastic around the waist and legs.
 - iii. Persons under the influence of alcohol or narcotics.
 - iv. Persons with colds, coughs, nasal or eye discharges, skin eruptions, open wounds, open sores or bandages.
 - v. Pets of any kind (Qualified animals must be prescreened)
- **Please check all valuables with the pool clerk prior to entry**
- **Personal property not permitted in the swimming pool or deck area includes:**
 - i. Street clothes, shoes, and carrying bags of all types.
 - ii. Floating apparatus, glass objects or containers of any kind.
 - iii. Sports or swim equipment; scuba equipment; electronic equipment.
 - iv. Wheeled vehicles (roller blades, bicycles, skateboards, etc...)
- **Soap showers must be taken before entering the pool water.**
- **Smoking or vaping is prohibited in and around pool area.**
- **Eating and/or drinking is not allowed (bleachers & pool deck).**
 - i. 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:**
 - i. Running on the pool deck.
 - ii. Climbing, sitting on, and jumping from storage benches or guard structures.
 - iii. Diving into shallow water.
 - iv. Double bouncing or crowding dive structures.
 - v. Swimming in the diving area.
 - vi. Horse playing on the deck or in the pool at any time.
 - vii. Snapping towels.
 - viii. Participating in other dangerous practices as determined by lifesaving staff. No lap swimming in Rec. 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

- No lap lanes are available for lap swim during recreational swimming hours unless stated in brochure.
- Locker rooms close 15 minutes after swimming pool has closed.
- **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.
- Kickboards, Pull buoys are provided during Lap swimming 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.

SWIM LESSON DESCRIPTION

Preschool Aquatics (PSA) 1-3 – Children ages 3-6 yrs. Old 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.

NEW Now offering the **Tiny Tots** program: Smaller class size 4 participants max. Ages 3 - 6 years old. Parents are not required to be in the water. In water instruction Swim lesson levels include: Starfish level 1, Seahorse level 2, Shark Pups level 3

Water Confidence (Level I) – 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.

Beginner (Level II) – 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.

Advance Beginner (Level III) – Learn dolphin and scissor kicks, rotary breathing, and progressive skills leading to diving, front crawl and elementary backstroke.

Intermediate (Level IV) – Refine crawl and elementary backstroke. Introduction to back crawl, breaststroke, sidestroke and butterfly. Turns and surface dives introduced.

Swimmer (Level V) – Refine strokes and improve conditioning. Learn additional aquatic skills such as surface dives, flip turns, and improve diving into the pool.

A SWIM ASSESSMENT TO DETERMINE THE STUDENT'S CORRECT LEVEL IS



PRIVATE & SEMI-PRIVATE LESSONS

Private & Semi-Private lessons provide personalized instruction to adults and youth ages 3 & 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 4 lessons.

PRIVATE

MAXIMUM 1 PARTICIPANT

1 Private Lesson = \$27.00

4 Private Lessons = \$108.00

SEMI-PRIVATE

MINIMUM 2 PARTICIPANTS

1 Semi-Private Swim Lesson= \$40

4 Semi Private Lessons = \$160

Swim Lesson Information

LEARN TO SWIM PROGRAM

- Walk-In Registration will begin on September 14 2024 @ 9:00 am or Online at (www.swimla.org)
- Fees must be paid at the time of registration. NO EXCEPTIONS.
- Payments of Cash, Visa & Mastercard accepted
- Checks made payable to:
 “L.A. CITY DEPARTMENT OF RECREATION AND PARKS”
- Lessons are 25 minutes in length.
- 8 lessons = 2 lessons x 4 weeks
- NO refunds unless class is cancelled.
- NO MAKE UP LESSONS.
- All refunds will be assessed an administration fee of %10.

YOUTH COST - \$ 10.00



SwimLA ensures that youth in every LA City community, have an opportunity to learn to swim by offering lessons at a low cost. Scholarships are available to qualified patrons, on a first come, first served basis. **Sign up at SwimLA.org or in person.**

SWIM LESSON REGISTRATION

Swim Lesson Sessions	Lesson Begins	Lesson Ends	Registration Date & Time
Session # 1	Sept. 17	Oct. 11	Sept. 14 (9:00 am)
Session #2	Oct. 15	Nov. 8	Oct. 12 (9:00 am)
Session # 3	Nov. 12	Dec. 13	Nov. 9 (9:00 am)

Kaiser Permanente Sponsorships for Learn to Swim & Junior Lifeguard Program available on a first come, first serve basis. Sponsorships does **not** include Private or Semi-private lessons.



SWIM LESSON SCHEDULE OF CLASSES

	Begins	Ends
Tuesday & Thursday		
Beginners	4:30 pm	4:55 pm
Advance Beginner	5:00 pm	5:25 pm
Intermediate	5:30 pm	5:55 pm
Wednesday & Friday		
Advanced Beginners	4:30 pm	4:55 pm
Beginners	5:00 pm	5:25 pm
Swimmer	5:30 pm	5:55 pm
Saturday & Sunday		
Water Confidence	12:00 pm	12:25 pm
Private	12:30 pm	12:55 pm
Adult Beginner	1:00 pm	1:25 pm
Adaptive	1:00 pm	1:25 pm



TINY TOTS



Tiny Tot lessons provide children ages 3-6 years old with small group instructions.

- ◆ Parent/Guardian NOT required to be in the water with child.
- ◆ Instructors are in the water with students.
- ◆ Maximum of 3 participants per class.
- ◆ Classes are 25min in length, 2 x week for 4 weeks
- ◆ Fee is \$80.00

Registration: Saturday Sept 14 & Saturday Oct 12 @ 9:00 a.m.

Series Date # 1: Sept. 14 - Oct 6 (STARFISH)

Series Dates # 2: Oct. 12 - Nov. 3 (SEAHORSE)

Time:.....Saturday & Sunday, 1:30 p.m.-1:55 p.m.

Swim for a healthier You



Team Sports

Registration Information

- ◆ *Sport Teams registration* for Fall 2024 will be August 24 @ 9:00 a.m.
- ◆ Fall teams include: *Swimming, Diving*
- ◆ Designed for entry-level competitors.
- ◆ A skills evaluation will be required and given by a coach or pool manager.
- ◆ 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 Intermediate level swimming** competency.
- ◆ All meet times and locations will be announced prior to start of season.
- ◆ **Novice Team Registration Fee: \$10.00 for one team.**

Fall Season Length
Tuesday Aug. 27, 2024 - Friday, December 20, 2024
Age Limit: 7 - 17 years old



SWIMMING

Workout Days:.....Tuesday through Friday
Team Practice Times:.....5:00 p.m. - 6:30 p.m.
Competition Day:.....Saturdays





CITY OF LOS ANGELES
JUNIOR LIFEGUARDS

JUNIOR LIFEGUARD PROGRAM - \$50.00

Length of Season..... June – August

The Junior Guard program allows youths between **9 - 17 years** of age an opportunity to improve their swimming skills, receive a basic understanding of water rescue, first aid, beginning and intermediate snorkeling skills and canoeing skills. The cost of the program will include one Junior Lifeguard T-shirt, bus transportation to selected events, materials, and instruction. **Participants must PASS Level 6 Swimmer. Program limited to 20 participants.** This program is not eligible for an additional team discount.

This is a **Summer ONLY** Program. If you have any questions about our Jr Lifeguard Programs, please inquire with the facility manager .



AQUAFIT

This class offers a variety of low to high intensity workouts that help promote aerobic conditioning and cardiovascular fitness. **A minimum of 3 participants needed to conduct a class.**

\$5.00 Adults / \$4.00 for Adults 50+, per Walk-In Class

Session #1 :9/14/24 - 11/16/24

Shallow Water	Saturdays	2:00 p.m.– 2:45 p.m.
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LA PARKS



SWIM LA



**DYMALLY
POOL**



@iswimla



"Use of these school premises has been granted pursuant to the provisions of Sections 17400, et seq., of the Education Code of the State of California to «Licensee» from the Board of Education of the Los Angeles Unified School District. The Board of Education does not sponsor or take responsibility, nor does it necessarily endorse any of the activities, statements, or opinions which may be expressed at this meeting or activity"

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

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RECREATIONAL SERVICE BRANCH

Chinyere Stoneham

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Maha Yateem

PRINCIPAL RECREATION SUPERVISOR I

Andre Brent

AQUATIC DIRECTORS

Carlos Espinosa
Melanie Escamilla
Monique Schwaneman
Peter Schwaneman

AQUATIC FACILITY MANAGERS

Nivar Rivera
Guillermo Yanes

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.

L.A., CA 90039

(323) 906-7953

citywide.aquatics@lacity.org



**Parks
Make
Life
Better!**