

# FALL 2024

UPDATED November 06, 2024



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September 08, 2024 - January 01, 2025

## ADMISSION FEES

Admission Fees	Admission Passes (30 Entries)
Youth (0-17).....\$1	Adult Lap Pass.....\$88
Adult (18-49).....\$4	Adult (50+) Pass.....\$25
Adult (50+).....\$1	Persons w/Disabilities....\$25
Persons w/Disabilities....\$1	Youth Pass.....\$25

## HOURS OF OPERATION

## LAP SWIM HOURS

Saturday - Sunday: 1PM-5PM	Saturday - Sunday: 1PM-5PM
Monday: Closed	Monday: Closed
Tuesday - Friday: 3:30PM-8PM	Tuesday - Friday: 6:30PM-8PM

## HOLIDAY CLOSURES

Thanksgiving	Thursday November 28-Friday November 29, 2024
Christmas	Wednesday December 25, 2024
New Years Day	Wednesday January 01, 2025

## PlayLA USA Swimming



The PlayLA Youth and Adaptive Youth Sports Program is made possible by the LA28 Olympic and Paralympic Games. Athletes compete in a department-sponsored league. All team members must attend a minimum of 3 workouts per week and compete in 1 competitive event.

\*Athletes must be between the 7-17 years old and have passed Learn to swim level 4 (Intermediate)

Team Registration	Fall: August 24, 2024 @9AM
•In person or Online @www.laparks.org	Winter: November 9,2024 @9AM
Season Begins:	Fall: August 26, 2024 Winter: December 2, 2024
Season Ends:	Fall: November 22, 2024 Winter: February 28, 2025
Practice Times:	Tuesday thru Friday 5PM - 6:30PM
Fees:	\$10



## Private Swim Lessons

•Private & Semi-Private Classes provide personalized instruction to adults and youth ages 3 and older.

•Classes are 25 minutes in length.

•Registration rules apply and participants must register for 4 classes.

•Maximum of TWO participants per SEMI-PRIVATE CLASS.

•First session Registration will take place:

**Saturday September 14, 2024**

All subsequent registrations will take place on final day of previous series during operational hours.

\*Private lesson Registration is in-person only\*



## Private Classes Fees

Privates (1:1)	4 Classes @ \$27 ea. = \$108.00
Semi-Privates	4 Classes @ \$40 ea. = \$160.00



## Swim Assessments

A swim assessment is required to sign up for swimming lessons. Assessments are given by a life-guard or manager to determine the swimming skills level of the participant. Assessments can be done during recreational hours. No appointments needed.

## 8 Day Group Swim Lessons

- Online registration : [www.laparks.org](http://www.laparks.org)
- No over the phone registrations.
- Lesson are 25 minutes in length.
- Levels 1-5 are limited to 10 participants per class.
- Adaptive classes are limited to 3 participants per class
- Fees must be paid at the time of registration. No exceptions
- No refunds unless session is canceled
- Students who miss the first 2 classes will be dropped

## Fees Per Session (Group Swim Lessons)

**Adults 18+**  
\$30

**Adaptive Youth (Ages 3-17)**



Registration Website QR Code



Session #	Registration	Begins	Ends
Session 1	September 14	September 17	October 11
Session 2	October 12	October 15	November 8
Session 3*	November 9	November 12	December 13

\* Session #3 No Classes week of November 24th

## Group Swim Lesson Descriptions

### Preschool Aquatics (Ages 3–6)

Preschool Aquatics Lvl. 1-2: (Same as Water Confidence)	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. Introduction to combined arm and leg movement on front and back
Preschool Aquatics Lvl. 3: (Same as Beginner)	Continued refinement of front crawl and back crawl. Introduction to side breathing and treading water

### Learn to Swim (Ages 7-17)

Level 1 : Water Confidence	Participants will learn how to open eyes underwater and retrieve objects, bobbing, floating on front & back, gliding on front & back, rolling from front to back and back to front, combined arm and leg actions on front and back for 3 body lengths.
Level 2 : Beginner	Participants learn to enter/exit the pool, have breath control, front/back floats, basic water safety and are introduced to Front Crawl.
Level 3 : Advanced Beginner	Participants learn to master Front Crawl, introduced to Breaststroke kick, Side-stroke kick, and Elementary Backstroke.
Level 4 : Intermediate	Participants learn the Breaststroke, Back Crawl, and the Sidestroke
Level 5 : Swimmer	Coordination & refinement of strokes and improve conditioning. Learn additional aquatic skills such as flip turns, & improve diving into the pool.
Level 6 : Advanced Swimmer	Refine strokes so participants swim them with greater efficiency and effectiveness over longer distances.

### Adult Classes

Adult Beginner	Help participants gain basic aquatic skills
Adult Intermediate	Improve participants' proficiency in basic aquatic skills and the six basic swimming strokes

## Swim Lesson Schedule Fall 2024 (Weekdays)

### Classes Available

Tuesday/Thursday or Wednesday/Friday

Class Level	Time
Water Confidence	4PM—4:25PM
Adv. Swimmer	4:30PM—4:55PM
Beginner	5PM—5:25PM
<del>Intermediate</del> -Adv. Beginner	5:30PM—5:55PM
Preschool 1-2	6PM—6:25PM
Preschool 3	6:30PM—6:55PM
<del>Adv. Beginner</del> -Intermediate	6:30PM – 6:55PM
Swimmer	7PM –7:25PM
Adult Beg.	7PM—7:25PM



## Swim Lesson Schedule Fall 2024 (Weekends)

### Classes Available Saturday/Sunday

Class Level	Time
Adult Beginner	1PM-1:25PM
Preschool 1-2	1:30PM-1:55PM
Preschool 3	2PM-2:25PM
<del>Water Con.</del> Intermediate	2:30PM-2:55PM
Beginners	3PM-3:25PM
Adv. Beginners	3:30PM-3:55PM
Adaptive	4PM-4:25PM
Adult Intermediate	4:30PM- 4:55PM

Please Note: All programs including lap lane availability and Listed Hours are subject to change without prior notice