

Pool Rules

ENTRANCE IS DENIED TO:

- Children under seven (7), unless accompanied by an adult on a one to one ratio, and within arms reach at all times.
- 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.
- Non- Swimmers, Clothed Patrons Must Wait Outside
- Soap showers must be taken before entering the pool area.

Proper swim wear is required (no cotton t-shirts or basketball shorts). Life Vests must be coast guard approved.

PERSONAL PROPERTY NOT PERMITTED 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...)
- There is no eating, gum chewing, and/or drinking allowed.
- Only water or sports drinks in plastic containers will be allowed.

Please check all your valuables with the clerk.

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 Rec. swim area.
- Hypoxic training or prolonged underwater swimming
- No person shall be allowed to conduct swimming, diving, or other aquatics instruction unless legal use of the pool is obtained through the permit process.
- Foul or abusive language will not be tolerated.
- Smoking
- To use the deep end of the pool you must take a swim test, this test will consist of two lengths of the pool swimming freestyle (Front Crawl), with an effective supporting kick.
- Do not interfere with a lifeguard rescue or call for help unless in distress.

EMPLOYEE INTERPRETATION OF RULES SHALL BE FINAL



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City of Los Angeles Department of Recreation and Parks Citywide Aquatics Division



Lincoln Park Pool Fall 2024



September 8, 2024 - December 28, 2024

📍 3501 Valley Blvd. Los Angeles, CA 90031

☎ (323) 276-7174 ✉ Lincolnpark.pool@lacity.org

📷 @lincolnparkpool.lacityparks 🌐 www.Laparks.org

Recreational & Lap Swimming Hours:

Monday:2:30pm-7:00pm
Tuesday-Friday.....12:00pm-7:00pm
Saturday and Sunday.....1:00pm-5:00pm

Holiday Pool Closures:

Indigenous People's Day (10/14), Veterans Day (11/10),
Thanksgiving (11/28,11/29), Christmas (12/25), New Years (1/1)

Admission Fees	
Adult (18-49)	\$4.00
Youth (17 & Under)	\$1.00
Adult 50+ / Person with Disabilities	\$1.00
Admission Pass	
Adult Lap Pass (18-49)	\$88.00
Admission Pass (youth, 50+, person w/ disabilities)	\$25.00





Programs

\$80 Tiny Tots Swim Lessons

★ Class Size

4 Participants Maximum - 2 Minimum to hold class



★ Ages 3-6 years old

Parents are not required to be in the water. In water Instruction.

★ 3 levels

- **Level 1 Starfish:** Enter water independently, travel 5yd & bob 5 times. Push off wall, front glide 2 body lengths, roll to back float for 5 seconds, roll to front float for 5 seconds.
- **Level 2 Seahorse:** Front float and back float for 15 seconds. Front crawl using arm and leg action for 5 body lengths.
- **Level 3 Shark Pups:** Jump into deep water and tread or float for 1 minute, swim front crawl and or elementary backstroke 25 yds.

\$5 Aqua Fit



★ Water Exercise

Workout sessions are 45 minutes in length and offer a variety of low to high intensity workouts that help promote aerobic conditioning and cardiovascular fitness, along with stamina and endurance while swimming.

★ Price \$

Cost: Adults \$5.00 per walk-in, \$45 for 10 classes
Adults 50+ \$4.00 per walk-in, \$35 for 10 classes

★ Days:

Please see Pool Clerk at front desk for class times.
4 participants minimum registered to hold class

Lessons

LESSON & PROGRAM REGISTRATION

Registration is available:

Online or IN-PERSON - see dates below.

No refunds unless session is cancelled. Lessons are 25 minutes in length. Refunds are not guaranteed and will be assessed on a case by case basis, with an administrative fee of 10%.

YOUTH - \$10.00 ADULT - \$30.00

Youth Lessons Summer Sessions 8 Lessons (25 min) *Last day to register is the 3rd class of each session				
Sessions	Days	BEGINS	ENDS	Registration @9am
#1	Tuesday & Thursday	9/17/24	10/10/24	9/14/24
	Wednesday & Friday	9/18/24	10/11/24	
	Saturday & Sunday	9/14/24	10/06/24	
#2	Tuesday & Thursday	10/15/24	11/07/24	10/12/24
	Wednesday & Friday	10/16/24	11/08/24	
	Saturday & Sunday	10/12/24	11/3/24	
#3	Tuesday & Thursday	11/12/24	12/05/24	11/9/24
	Wednesday & Friday	11/13/24	12/06/24	
	Saturday & Sunday	11/9/24	12/01/24	
Private & Semi-private lessons				
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. See Pool Clerk for time slots.				
PRIVATE		4 lessons = \$108.00		
SEMI-PRIVATE		4 Lessons = \$160.00		

Lesson Schedule

During the Week Youth Lessons Tuesday & Thursday : 8 weeks (25 min)	
Lesson	Time
Beginners LVL 2	4:30 PM - 4:55 PM
Advanced Beginners LVL 3	5:00 PM - 5:25 PM
Adaptive	5:30 PM - 5:55 PM
Adult Beginner	6:00 PM - 6:25 PM
During the Week Youth Lessons Wednesday & Friday : 8 weeks (25 min)	
Lesson	Time
Beginner LVL 2	4:00 PM - 4:25 PM
Advanced Beginner LVL 3	4:30 PM - 4:55 PM
Intermediate LVL 4	5:00 PM - 5:25 PM
Preschool Aquatics	5:30 PM - 5:55 PM
Adaptive	6:00 PM - 6:25 PM
Weekend Youth Lessons Saturday and Sunday: 8 Lessons (25 min)	
Lesson	Time
Preschool Aquatics	1:00 PM - 1:25 PM
Water Confidence LVL 1	1:30 PM - 1:55 PM
Beginners LVL 2	2:00 PM - 2:25 PM
Swimmers LVL 5	2:30 PM - 2:55 PM
Adult Beginners/Intermediate	3:00 PM - 3:25 PM
Adaptive	3:30PM - 3:55 PM

Fall Teams



Start Date: September 17, 2024

End Date: December 20, 2024

Ages 7 to 17. Participants will compete in a Department-sponsored league. Participants must demonstrate an intermediate level swimming competency to be eligible to register with a team.

Participants must attend a minimum of 3 workouts per week

**Registration will Start:
Saturday, August 24 at 9:00 AM**

Team Swim LA

\$10

Team Swim LA: Is designed for entry-level athletes The year-round program is a department-sponsored league in partnership with USA Swimming. USA Swimming Membership provides athletes and parents with enhanced training and educational resources.



Days: Tuesday -Friday

Dryland Workout: 5:00 p.m. - 5:30 p.m.

Swim Workout: 5:30 p.m. - 6:30 p.m.

Springboard Dive Team

\$10

Days: Tuesday - Friday



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



The PlayLA Youth and Adaptive Youth Sports Program is made possible by the LA28 Olympic and Paralympic Games



BE AN LA CITY LIFEGUARD

bit.ly/22lacitylifeguard

Register to take test:

Apply now!

