



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



LINCOLN PARK POOL



FALL 2024

EFFECTIVE: September 8, 2024 - December 28, 2024

3501 VALLEY BLVD.

LOS ANGELES, CA 90031

(323) 276 - 7174 LINCOLNPARK.POOL@LACITY.ORG

WWW.LAPARKS.ORG/AQUATIC/YEAR-ROUND/LINCOLN-PARK-POOL

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.

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

Fees & Hours of Operation

Admission Fees

Adults (18-49)	\$4.00
Youth (17 & under)	\$1.00
Adults 50+.....	\$1.00
Persons with Disabilities	\$1.00

*CASH ONLY
FOR
DAILY ENTRIES*

30 Admissions at any Los Angeles City Pool

Adult Lap Pass (18-49).....	\$88.00
Admission Pass	\$25.00

(Youth, Adults 50+, Persons w/ Disabilities)

Please bring exact change

Recreational & Lap Swimming Hours

September 8, 2024 - December 31, 2024

Monday.....2:30 P.M.-7P.M.

Tuesday-Friday.....12 P.M.-7P.M.

Saturday and Sunday.....1P.M.-5P.M.

Holiday Closures

Indigenous People's Day

Monday, October 14th.....Pool Closed

Veterans Day

Monday, November 11th.....Pool Closed

Thanksgiving Day

Thursday & Friday, November 28th & 29th..... Pool Closed

Christmas Day

Wednesday, December 25th.....Pool Closed

New Years Day

Wednesday, January 1st.....Pool Closed



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.

Please check all your valuables with the clerk.

Proper swim wear is required (no cotton t-shirts or basketball shorts).

Life Vests must be coast guard approved.

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.

There is no eating, gum chewing, and/or drinking allowed in the pool area & bleacher area.

- 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 Rec. swim area.

Hypoxic training or prolonged underwater swimming is not allowed.

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.

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



LAP SWIM RULES AND ETIQUETTE



- » Lap swimming is reserved for persons 18 years of age and older.
- » Lap swimming times are located in the pool schedule.
- » Lap lanes are marked: “fast”, “medium”, and “slow” to accommodate varied swimming abilities.
- » Lap swimmers must use the appropriate lane designation according to swimming ability.
- » Lap swimmers must share lanes. A lane can accommodate up to seven (7) swimmers.
- » 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 by staying either on the right or left side of the lane. Three or more lap swimmers must circle-swim the length of the lane counter-clockwise.
- » Lap swimming requires continuous progress across the pool.
- » Turn 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.
- » Do not lap swim in recreational swimming area (area without lap lane lines).
- » No lap swimming in deep end area when diving board is open.

General Information



- NO LAP LANES ARE AVAILABLE FOR LAP SWIM DURING RECREATIONAL SWIMMING HOURS UNLESS STATED IN BROCHURE.
- LOCKER ROOMS CLOSE 15 MINUTES AFTER END OF SESSION.
- **NON-SWIMMERS, CLOTHED PATRONS MUST WAIT OUTSIDE.**
- 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 LENGTHS 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.
- **GROUPS OR INDIVIDUALS DESIRING TO PROVIDE COACHING OR INSTRUCTION AT CITY OF LA POOLS MUST OBTAIN A PERMIT. PRIVATE INSTRUCTION (ONE ON ONE) IS NOT PERMISSIBLE FROM POOL DECK OR IN THE WATER.**

SWIM LESSON DESCRIPTIONS

Anyone interested in joining a swimming lesson must receive a swim assessment before registration.

Preschool Aquatics Levels 1-3 – Children must be accompanied by an adult. Parent and child are introduced to basic water safety in a comfortable environment.

Tiny Tots Levels 1-3 - Children entering this class do not need to be accompanied by an adult. 4 maximum children registered during this class. Child is introduced to basic water safety in a comfortable environment.

Water Confidence (Level 1) – Introduction to water safety and water acclimation. Buoyancy in water and basic skills will be taught. Kicking, breathing, and alternate arm action techniques are introduced as well as entering and exiting pool on own.

Beginner (Level 2) – Continue to learn basic skills including combined arm and leg action on front and back. Front and back floats and glides. Introduction to swimming in the deep end.

Advanced Beginner (Level 3) – Front Crawl & Elementary Backstroke. Dolphin and Scissor kicks. Treading water and introduction to diving into pool.

Intermediate (Level 4) – Front Crawl & Elementary Backstroke are refined. Introduction to Backstroke, Breaststroke, Sidestroke and Butterfly. Turns and surface dives introduced.

Swimmer (Level 5) – Refine strokes and improve conditioning. Learn additional surface dives, flip turns and improve diving into pool.

Adult Beginner - Help participants gain basic aquatic skills and swimming strokes. Learn basic skills including combined arm and leg action on front and back. Front and back floats and glides. Introduction to swimming in the deep end.

Adult Intermediate - Improve participants' proficiency in basic aquatic skills and the six basic swimming strokes. Front Crawl & Elementary Backstroke are refined. Introduction to Backstroke, Breaststroke, Sidestroke and Butterfly. Turns and surface dives introduced.

Adult Swimmer - Refine strokes and improve conditioning. Learn additional surface dives, flip turns and improve diving into pool

Any child ages 7-17 interested in joining our Team Sports must demonstrate an intermediate (Level 4) ability to qualify.



BE ADVISED

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 permitted.

GROUP SWIM LESSONS

Anyone interested in joining a swimming lesson must receive a swim assessment before registration.

Online

LESSON & PROGRAM REGISTRATION

Registration is available:
Online or IN-PERSON - see dates below.



-If you have registered with us or Recreation & Parks in the past then you have an account already! Please call us at the pool (323) 276-7174 if you need help accessing your account or resetting your password.

-ONLINE Registration please visit laparks.org. We cannot take any telephone registration. Fees must be paid at the time of registration.

NO EXCEPTIONS.

-MAKE CHECKS PAYABLE TO: CITY OF L.A. DEPARTMENT OF RECREATION AND PARKS

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 Wednesday & Friday Saturday & Sunday	9/17/24 9/18/24 9/14/24	10/10/24 10/11/24 10/06/24		9/14/24
#2	Tuesday & Thursday Wednesday & Friday Saturday & Sunday	10/15/24 10/16/24 10/12/24	11/07/24 11/08/24 11/3/24		10/12/24
#3	Tuesday & Thursday Wednesday & Friday Saturday & Sunday	11/12/24 11/13/24 11/9/24	12/05/24 12/06/24 12/01/24		11/9/24
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.					
			ADULT, CHILD, ADULTS 50+, ADAPTIVE		
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	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 All levels	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



TINY TOTS SWIM LESSONS

Fall Classes

Class Size: 4 Participants Maximum - 2 Minimum to hold class.

Fee: \$80.00 per child

Ages: 3-6 years old. PARENTS ARE NOT REQUIRED TO BE IN THE WATER.
In water Instruction. **Please see Pool Clerk to schedule class.**



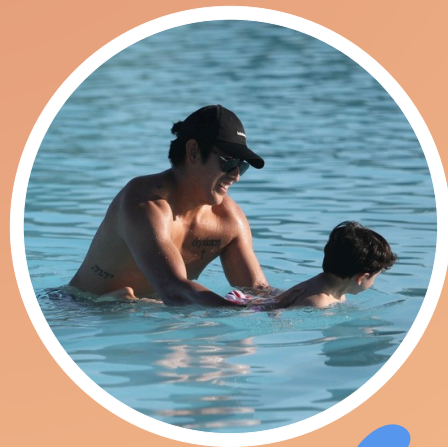
Level 1 Starfish: Enter water independently, travel 5yd & bob 5 times. Push off wall, front glide 2 body lengths, roll to back float for 5 seconds, roll to front float for 5 seconds.



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.



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. Team Registration cost \$10.00 per season



TEAM SWIM LA

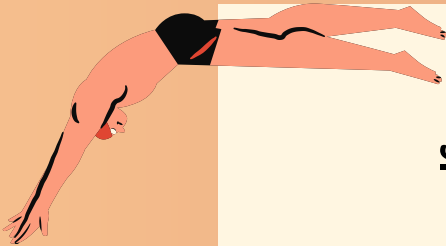
Days: Tuesday - Friday

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

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



Team Swim LA: Is designed for entry-level athletes ages 7-17. 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.



Springboard Dive Team

Days: Tuesday- Friday

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

Participants must attend a minimum of 3 workouts per week

Registration will Start:

Saturday, August 24 at 9:00 AM



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



ADULT 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.

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

**Aqua-Fit Class - 4 participants minimum registered to hold class
Please see Pool Clerk at front desk for class times.**



BE AN LA CITY LIFEGUARD



Qualification :

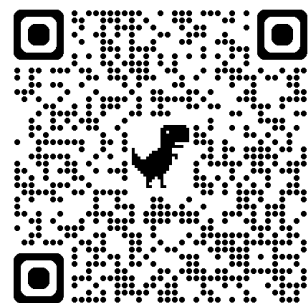
- ✓ Must be 17 years old by June 1st 2025
- ✓ Must pass the Lifeguard Test
- ✓ TESTING CRITERIA:
 - 70 - foot Dummy Tow under 1 minute 18 seconds to continue to the medley swim.
 - 200 Meter Medley Swim (breast, back, side, and crawl stroke) will need to be completed in under 3 minutes 52 seconds.

Los Angeles City Pre Academy Training (LAC- PAT) Offered here

- The Los Angeles City Pre-Academy Training (LAC-PAT) must be completed after successfully taking the lifeguard test.
- Registration Fee: TBD (Includes materials and workouts) Class time: TBD

Register to take test:

bit.ly/22lacitylifeguard



Apply now!

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



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