

ROOSEVELT HIGH SCHOOL SWIMMING POOL

WINTER & SPRING 2025: JANUARY 1 - JUNE 7

Roosevelt.Pool@lacity.org • (213) 485-7391 • 456 S Matthews St Los Angeles, CA 90033

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

Admission Fees

Daily Admission		Lap Pass/ Admission Pass	
Adult (18-49)	\$4.00	Adult (18-49)	\$88.00
Older Adults (50+)	\$1.00	Adults (50+)	\$25.00
Youth (0-17)	\$1.00	Youth (0-17)	\$25.00
Persons w/ Disabilities	\$1.00	Persons w/ Disabilities	\$25.00

All pass sales are final, no refunds or replacements

Hours of Operation

Tuesday - Friday 3:30 PM - 8:00 PM
 Saturday & Sunday 1:00 PM - 5:00 PM

Youth Team Sports

Season: January 25 - May 31

Registration: Saturday January 25, 2025 @ 9:00 AM

Registration Requirements: Assessment to demonstrate Intermediate level swimming (Level 4)

Ages: 7-17 Fee: \$10

Artistic Swim	Tuesday & Thursday	4:30 PM - 6:00 PM
Water Polo	Wednesday & Friday	4:30 PM - 6:00 PM



Session	Dates	Registration
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Winter Session:	12/03/2024 - 02/28/2025	11/09/2025 @ 9:00 AM
Spring Session:	03/04/2025 - 05/31/2025	01/25/2025 @ 9:00 AM

Registration Requirements: Assessment to demonstrate Intermediate level swimming (Level 4)

Ages: 7-17 Fee: \$10

Tuesday - Friday: 6:00 PM - 7:00 PM

Lesson Registration

Lessons are 25 minutes in length.

No telephone registration.

Fees must be paid at the time of registration.

No refunds unless session is cancelled.

All refunds will include an administrative fee of 10%.

Tiny Tots: \$80 Ages: 3-6

Youth Group Classes: \$10 Ages 7-17

Adult Group Classes: \$30 Ages 18+

Session	Session Dates	Registration
Session 1	01/04/2025 - 01/31/2025	01/04/2025 @ 9:00 AM
Session 2	02/01/2025 - 02/28/2025	02/01/2024 @ 9:00 AM
Session 3	03/01/2025 - 03/28/2025	03/01/2024 @ 9:00 AM
Session 4	03/29/2025 - 04/25/2025	03/29/2024 @ 9:00 AM
Session 5	04/26/2025 - 05/23/2025	04/26/2024 @ 9:00 AM

Group Lesson Schedule

Tuesday & Thursday	Wednesday & Friday
4:00 PM - 4:25 PM: PSA	4:00 PM - 4:25 PM: Adaptive
4:30 PM - 4:55 PM: Level 1	4:30 PM - 4:55 PM: PSA
5:00 PM - 5:25 PM: Level 2	5:00 PM - 5:25 PM: Level 2
5:30 PM - 5:55 PM: Level 3	5:30 PM - 5:55 PM: Level 3
6:00 PM - 6:25 PM: Level 4	6:00 PM - 6:25 PM: Level 4
6:30 PM - 6:55 PM: Adult	7:00 PM - 7:25 PM: Adult

Saturday & Sunday

1:00 PM - 1:25 PM Tiny Tots	2:30 PM - 2:55 PM Level 2
1:30 PM - 1:55 PM Adaptive	3:00 PM - 3:25 PM Level 3
2:00 PM - 2:25 PM Level 1	3:30 PM - 3:55 PM Adult

Listed Programs in this brochure may be subject to change without prior notice



LAC-PAT

Age: 16+ **Fee:** Free

LA City Pre Academy Training Class
Prepare to be a Lifeguard with the City of Los Angeles. Class consists of 3 Modules covering:

**Basic First Aid
CPR**

**LA City Lifeguarding Skills
Swim Conditioning**

Inquire with management for class information.

Adult Programming

Lap Swim

Lap swim is available daily during our normal hours of operation and is included with daily admission.

Tuesday - Friday: 25 Yard lanes

Saturday & Sunday: 50 Yard lanes

Hot Tub/Spa

Our Hot Tub/Spa is available daily during our normal hours of operation and is included with daily admission.

Aqua Fit - Aerobics

Shallow and deep water exercise are designed for swimmers and non-swimmers. Water aerobics increases flexibility, balance, stamina, range of motion & provides a cardiovascular workout.

Program Fee

Adult (18-49)	\$5.00
Older Adults (50+)	\$4.00
Persons w/ Disabilities	\$4.00

Tuesday - Friday: 3:30 PM - 4:30 PM

Water Polo

Self Directed workouts for participants 18+
Limited to 24 participants per day.

Friday: 6:30 PM - 8:00 PM

Fee: \$6

Swim Lesson Information

Tiny Tots: 4 students maximum enrolled, No parent in the water required. Children will learn how to enter and exit the water independently, submerge face 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 combined arm and leg actions on front and back. **Age: 3-6**

Preschool Aquatics: Class follows the same curriculum as *Tiny Tots*. Parent within arms distance of their child including in the water is required for Preschool Aquatics. **Age: 3-6**

Water Confidence Level 1: Introduction to water safety and water acclimation. This beginner level teaches buoyancy in water and basic locomotion skills. Kicking, breathing and alternative arm action techniques are introduced. **Age: 7-17**

Beginner Level 2: Participants learn locomotion skills including combined arm and leg actions on front and back and swimming in chest-deep water. **Age: 7-17**

Advanced Beginner Level 3: Participants learn the Front Crawl, Breaststroke kick, Sidestroke kick, and the Elementary Backstroke. Intermediate Level 4 Participants learn the Breaststroke, Butterfly, Back Crawl, and the Sidestroke. **Age: 7-17**

Swimmer Level 5: Participants learn to refine their performance of all six swimming strokes (i.e. Front Crawl, Back Crawl, Butterfly, Breaststroke, Elementary Backstroke, and Sidestroke). **Age: 7-17**

Adult Beginner Level 1: Participants gain basic aquatic skills and swimming strokes. **Age: 18+**

Adult Intermediate Level 2: Improve participants' proficiency in basic aquatic skills and the six basic swimming strokes. **Age: 18+**

Adaptive Aquatics: Level 1 Adaptive Aquatics is a swim lesson program open for adult and youth participants who need special accommodation. This is a group lesson, where the instructor incorporates water safety and swimming fundamentals, while accommodating the needs of each individual. Aides are encouraged to get in the water with their participant at no extra cost, but are not mandated to unless specifically needed for medical or safety reasons.

Aquatic Facility Information

Entrance is Denied to:

1. Children under seven (7), unless accompanied by an adult on a one-to-one ratio.
2. Children under the age of four (4) without an approved "swim diaper" or plastic pants with elastic around the waist and legs.

Also, please adhere to the following:

1. Proper swim attire is as follows;
 - a. Men must wear swim trunks with a liner AND a drawstring, board shorts are acceptable,
 - b. Females must wear a bathing suit, may be a one-piece or two-piece.
2. Inappropriate swim attire is as follows:
 - a. No cut-offs, bike shorts, basketball shorts, or street shorts,
 - b. No white t-shirts or white rash guards or shirts of any kind,
 - c. Swimsuit must cover the buttocks, no thongs,
 - d. No bodysuits or leotards.

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.

