

TEAM SPORTS

Registration: Begins Saturday, March 1st @ 9am

Season Dates: March 4 - May 30

Artistic Swimming Tuesday - Friday

Practice: 4:00 pm - 5:00 pm

Cost: \$50



USA Swim Team Tuesday - Friday

Limited to 60 Participants

Group A: (ages 7-12) 4:30 pm - 6:00 pm

Group B: (ages 13-17) 5:30 pm - 7:00 pm

Cost: \$10

USA Water Polo (Invite Only)

In-Person and Photo ID required

Tuesday/Thursday

Practice: 5:00 pm - 7:00 pm **12u & 14u**

Wednesday/Friday

Practice: 5:00 pm - 7:00 pm **16u & 18u**

Cost: \$10

LESSONS

All lessons are on a first come, first served basis and scheduled based on staffing availability.

Tiny Tots Class - \$80

Adult Group Lessons - \$67

Youth Group Lessons - \$67

- No telephone registration.
- Fees must be paid at the time of registration.
- Checks payable to: *City of L.A. Dept. of Rec. & Parks*
- **No refunds will be approved unless a series is cancelled.**
- If approval is given, refunds will be assessed an administrative fee of 10%.
- **ALL CHILDREN UNDER THE AGE OF 7, MUST BE ACCOMPANIED BY AN ADULT PARENT/GUARDIAN IN THE WATER**



GROUP LESSONS WEEKDAYS

Youth Lessons - Tuesday & Thursday

Tiny Tots	4:30 pm - 4:55 pm
Adaptive	5:00 pm - 5:25 pm
Water Confidence	5:30 pm - 5:55 pm
Beginner	6:00 pm - 6:25 pm
Intermediate	6:30 pm - 6:55 pm

Youth Lessons - Wednesday & Friday

Tiny Tots	4:30 pm - 4:55 pm
Preschool Aquatics	5:00 pm - 5:25 pm
Beginner	5:30 pm - 5:55 pm
Adv. Beginner	6:00 pm - 6:25 pm
Swimmer	6:30 pm - 6:55 pm

Adult Lessons - Tuesday & Thursday Wednesday & Friday

Beginner	8:00 am - 8:25 am
Intermediate	8:30 am - 8:55 am
Beginner	6:30 pm - 6:55 pm
Intermediate	7:00 pm - 7:25 pm

**Swim Lessons are subject to change*

In-person registration and online registration through reg.laparks.org will begin at 9 am on day of registration.

SESSION & REGISTRATION DATES

Registration Dates

Session 1	March 1
Session 2	March 29
Session 3	April 26

Session Dates

Session 1	Tue/Thu	March 4 - March 27
	Wed/Fri	March 5 - March 28
Session 2	Tue/Thu	April 1 - April 24
	Wed/Fri	April 2 - April 25
Session 3	Tue/Thu	April 29 - May 22
	Wed/Fri	April 30 - May 23

*Swim assessment required if the participant is 7 years of age or older.
Swim Lessons begin at age 3.*

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.

PRIVATE LESSONS

Saturdays between 9am - 12pm

Sundays/Mondays between 12pm - 4:30pm

**Scheduled based on staffing availability.*

****In person registration ONLY***

Private (4 Lessons) - \$108

Semi-Private (4 Lessons) - \$160

Days	Dates	Registration
Sun. or Sat.	Mar 2 - Mar 23 Mar 8 - Mar 29	March 1
Sun. or Sat.	Mar 30 - Apr 20 Mar 5 - Apr 26	March 29
Sun. or Sat.	Apr 27 - May 18 May 3 - May 24	April 26

ADDITIONAL PROGRAMMING

Youth Aquatic Fitness

***Must pass Level 4 to join**

Practice: Tuesday - Friday: 4:00 pm - 4:45 pm

Cost: \$55 for 10 classes or \$6 per class

Adult Lap Swim Fitness (18+)

Practice: Tuesday - Friday: 7:00 am - 7:45 am

Cost: \$55 for 10 classes or \$6 per class

Adult BOGAFit

Practice: Sunday: 12:30 pm - 1:15 pm

Cost: \$55 for 10 classes, or \$6 per class

Aqua Fit (Aquacise)

Practice: Tuesday - Saturday: 12:30 pm - 1:15 pm

Cost: \$55 series, or \$6 per class (Adults 18-49)
\$45 series, or \$5 per class (Adults 50+)

Adult Water Polo (Self-Directed) 18+

Practice: Wednesday & Friday: 7:30 pm - 9:00 pm

Cost: \$6 per participant, limited to 24 participants

POOL RULES

Pool employee interpretation of rules shall be final.

- Entrance is denied to:
 - Children under 7 without an adult within arms reach at all times
 - Children under 4 without a swim diaper
 - Persons under the influence
 - Persons with colds, cough, and open wounds.
- Please check in all valuables with clerk.
- All patrons must either wear swim trunks with drawstring and netting or a bathing suit. No basketball shorts, underwear or gym clothes.
- No shirts allowed on deck on in the water. Only rash guards are allowed.
- Smoking is prohibited.
- Soap showers must be taken before entering the water.
- Foul or derogatory language will not be tolerated.
- No eating or drinking on deck. Only water or sports drinks in non breakable containers.
- No running on deck
- No diving in shallow water
- No climbing, jumping or sitting on guard towers.
- No hypoxic training (extreme breath holding)
- All patrons who wish to enter deep water must pass a swim test per visit to facility.
- Kickboards and pool buoys are provided only during lap swim hours.
- Do not interfere with a lifeguard rescue.**

LESSON LEVELS

Preschool Aquatics

Children must be accompanied by an adult. Parent and child are introduced to basic water safety in a comfortable environment.

Water Confidence (Level 1)

Introduction to water safety and acclimation. Floating 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)

Participants learn alternating skills including combined arm and leg actions on front and back and swimming in chest-deep water.

Advanced Beginner (Level 3)

Participants learn advanced skill, dolphin and scissor kicks, rotary breathing, and progressive skills leading to diving, freestyle and elementary backstroke.

Intermediate (Level 4)

Refine freestyle and elementary backstroke. Introduction to backstroke, breaststroke, sidestroke and butterfly. Turns and surface dives introduced.

Swimmer (Level 5)

Refine strokes and improve conditioning. Learn additional aquatic skills such as surface dives, flip turns, and improve diving into the pool, refine performance of all six swimming strokes.

FEES & HOURS

Fees

Youth (17 & Under): \$1.00
 Adults (18-49): \$4.00
 Adults (50+): \$1.00
 Persons w/ Disabilities: \$1.00

Adult Lap Pass - \$88.00 for 30 Admissions
 Admission Pass - \$25.00 for 30 Admissions
(Admission Pass for Persons w/ Disabilities and Adults (50+))

Adult Lap Swim

Monday 12 pm - 5 pm	Saturday 9 am - 5 pm
Tuesday - Friday 6 am - 10 am 12 pm - 9 pm	Sunday 12 pm - 5pm

Recreational Swim

Monday
12 pm - 5 pm
Tuesday - Friday
12 pm - 9 pm
Saturday - Sunday
12 pm - 5 pm

Diving Board

Monday - Friday
12 pm - 4:00 pm
Saturday - Sunday
12 pm - 5 pm

Holiday Closures

Monday, March 31 Pool Closed
 Monday, May 26 Pool Closed

CITY OF LOS ANGELES DEPARTMENT OF RECREATION & PARKS

GENERAL MANAGER
JIMMY KIM

EXECUTIVE OFFICER
MATTHEW RUDNICK

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VAN NUYS SHERMAN OAKS AQUATIC CENTER



SPRING 2025

MARCH 1 - JUNE 7

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