

WHAAC FALL 2024



5858 Shoup Ave. Woodland Hills, CA
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WoodlandHills.pool@lacity.org
September 10, 2024 - January 01, 2025

ADMISSION FEES

Admission Fees

Youth (0-17).....	\$1
Adult (18-49).....	\$4
Adult (50+).....	\$1
Persons w/Disabilities.....	\$1

HOURS OF OPERATION

LAP SWIM HOURS

Saturday – Sunday: 1PM–5PM	Saturday – Sunday: 1PM–5PM
Monday: Closed	Monday: Closed
Tuesday - Friday: 12PM-8PM	Tuesday - Friday: 12PM-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 In-person or Online @ www.laparks.org	Fall: September 14, 2024 Winter: November 9, 2024 Registration opens at 9AM
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Season Begins:	Fall: September 17, 2024 Winter: December 2, 2024
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Season Ends:	Fall: November 22, 2024 Winter: February 28, 2025
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Practice Times:	Tuesday thru Friday 6:00PM - 7:30PM
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Fees:	\$10
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Springboard Dive Team

***Athletes must be between 7-17 years old and have passed Learn to Swim level 4**

Season Begins/Ends:	Sept. 17 - Dec. 22, 2024
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Practice Times:	Tues.-Fri. 5:00PM - 6:00PM
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Fees:	\$50
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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
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Semi-Privates	4 Classes @ \$40 ea. = \$160.00
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Swim Assessments

A swim assessment is required to sign up for swimming lessons. Assessments are given by a lifeguard 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
- No over the phone registrations.
- Lesson are 25 minutes in length.
- Levels 1-5 are limited to 10 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+
\$67

Youth (Ages 3-17)
\$67



Registration Website QR Code



Session#	Registration	Begins	Ends
Session 1	Sept. 14	Sept. 17	Oct. 11
Session 2	Oct. 12	Oct. 15	Nov. 8
Session 3	Nov. 9	Nov. 12	Dec. 13

Session #3 No class 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 and swimming strokes.
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
Tiny Tots	3:30PM-3:55PM
Adaptive	4PM-4:25PM
Water Confidence	4:30PM-4:55PM
Beginner	5PM-5:25PM
Intermediate	5:30PM-5:55PM
Preschool (3y-6y)	6PM-6:25
Swimmer	6:30PM-6:55PM
Adv. Beginner	7PM-7:25PM
Adult	7:30PM-7:55PM



Swim Lesson Schedule Fall 2024 (Weekends)

Classes Available Saturday/Sunday

Class Level	Time
Adaptive	1PM-1:25Pm
Water Confidence	1:30PM-1:55PM
Beginner	2PM-2:25PM
Preschool 1-2	2:30PM-2:55PM
Beginners Adv.	3PM-3:25PM
Adult Beginner	3:30PM-3:55PM
Intermediate	4PM-4:25PM
Adult Advance	4:30PM– 4:55PM

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