

CITY OF LOS ANGELES
DEPARTMENT OF RECREATION AND PARKS

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 Candy Spelling - Member
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Citywide Aquatics Division

Principal Recreation Supervisor I
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 Jon Kopitzke

Aquatic Facility Manager II
 Essam Tawdy

Aquatic Facility Manager I
 Walter Tobar

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

VAN NUYS
SHERMAN-OAKS
SWIMMING POOL

14201 Huston St.
 Van Nuys, CA 91423
 (818) 783-6721

SUMMER
2009

POOL HOURS

June 20 – September 7

Recreational Swim

Monday-Friday 11:00 a.m. – 2:00 p.m.
 3:00 p.m. – 8:30 p.m.

Saturday & Sundays 12:00 p.m. - 5:00 p.m.

Adult Lap Swim

Monday-Friday 6:00 a.m. – 9:00 a.m.
 11:00 a.m. – 8:30 p.m.

Saturday 9:00 a.m. – 5:00 p.m.
 Sunday 12:00 p.m. – 5:00 p.m.

Diving Board Hours

To be posted

Wading Pool Hours

To be posted

HOLIDAY HOURS

Friday, July 3 1:00 p.m. – 5:00 p.m.
 Monday, Sept. 7 1:00 p.m. – 5:00 p.m.

www.LAPARKS.org

Persons with disabilities are welcome to participate in our programs and classes. Reasonable accommodations will be made with prior arrangements.

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

TEAM SPORTS

Designed for entry-level competitors. Proof of age required. Participants compete in a Department-sponsored league. Participants must demonstrate an intermediate level swimming competency. Teams include Synchronized Swimming & Water Polo. All meet times and locations will be announced.

Registration: \$30.00 for one team, \$20.00 for additional team or family member

NOVICE SWIM TEAM

Length of Season July 6 – August 29
 Workouts. Group I Mon – Fri. 4:00 p.m. -5:00 p.m.
 Group II..... Mon –Fri. 5:00 p.m. – 6:00 p.m.

NOVICE WATER POLO

Length of Season July 6 – August 30
 Workouts Group I 13 yrs. & Under: Mon., Wed., Fri. 5:00 p.m. - 6:00 p.m.
 Group II 14 yrs. & Up: Mon., Wed., & Fri., 6:00 p.m. - 7:00 p.m.

NOVICE SPRINGBOARD DIVING

Length of Season July 6 – August 22
 Workouts Monday - Friday 2:00 p.m. - 3:00 p.m.

SYNCHRONIZED SWIMMING

Length of Season July 6 – August 23
 Workouts..... Monday - Friday, 4:00 p.m. - 5:00 p.m.
 Age 7 – 17

U.S. SWIM TEAM

Workouts Monday - Friday, 5:00 p.m. - 7:00 p.m.
 Cost \$20/month
 Age 7- 17

U.S. SYNCHRONIZED SWIMMING

Workouts Tuesday & Thursday, 5:30 p.m. - 8:30 p.m.
 Saturday, 7:30 a.m. - 11:30 a.m.
 Age 7- 17
 Advanced Synchro competes in United States Synchro competitions. See coach for fees.

If you have a concern or a complaint about the facility or programs, please feel free to speak to the manager or contact the aquatic office at:

3401 Riverside Drive
 L.A., CA 90027
 (323) 906-7953

Citywide.Aquatics@lacity.org

ADMISSION FEES

CHILDREN*	(17 & Under)	FREE
ADULTS	(18 - 64)	\$2.50
ADULTS WITH LIBRARY CARD (18 – 64)		\$2.00
SENIORS	(65 & Up)	FREE
Persons with Disabilities		FREE

***NOTE:** * Each child under 7 must be accompanied by an adult. The adult must be within one arm's length of the child at all times, whether on the pool deck or in the water.

*Children under the age of 4 must wear a swim diaper.

PUBLIC SWIMMING – Swim suits and swim trunks with liner with the exception of board shorts providing coverage, must be worn by persons in the pool area.

LAP SWIMMING-Adults may purchase discount lap swimming passes at \$55 for 30 admissions.

Adult Swim Stroke Evaluation Program focuses on improving swim strokes during lap swim time and may be scheduled at the convenience of the swimmer.

JUNIOR LIFEGUARD PROGRAM

Cost	\$40.00
Age	10 – 17
Length of Season	July 6 – Aug. 23
Meeting Time	Mon. – Fri., 1:00 p.m. – 2:00 p.m.

Program participants learn basic lifeguard skills and participate in Junior Lifeguard competitions with other Los Angeles City pools. Fee includes one Junior Lifeguard T-shirt, bus transportation to selected events, materials, and instruction. **Program limited to 20 participants. Last day to register: Friday, July 17, 2009. No exceptions.** See Junior Lifeguard brochure for more details.

LA CITY PRE ACADEMY TRAINING

Course is designed for individuals 16 and older interested in becoming **L.A. City Lifeguards**. Students are familiarized with Basic CPR, First Aid, and Lifesaving techniques; conditioned for swimming and prepared for the Lifeguard interview. Candidates must pass a swimming skill pre-test:

1. Swim 500 yards, continuous; 200 yards front crawl, 100 yards breaststroke, 200 yards crawl and/or breaststroke.
2. Swim 20 yards, perform a surface dive to a minimum depth of 7 feet, retrieve a 10 lb. object, return to the surface and swim 20 yards back to the starting point.

CANDIDATE WORKOUT - FREE

Ongoing during regular hours of operation.

LAC PAT: Cost \$30

#1: 7/13/09 – 8/26/08 Mon. & Wed. 5:30 pm – 8:30 pm	#2: 7/18/09 – 8/29/08 Saturday 9:00 am – 4:00 pm
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Lifeguard Testing

Candidate must be 17 by November 22, 2009

Test #1 Sat. September 12, 2009 @ 9:00 a.m.

John C. Argue Swim Stadium

3980 S. Menlo Ave. Los Angeles, CA 90037 (213) 763-0129

LEARN TO SWIM

LEARN-TO-SWIM LESSON REGISTRATION

- Pre-registration for the session begins one week prior to the session start date.
- No telephone registration.
- Fees must be paid at the time of registration. NO EXCEPTIONS.
- Make checks payable to:
L.A. City Department of Recreation & Parks
- No refunds unless a class is cancelled.
- All lessons are 25 minutes in length.
- Swim instruction will be given from the pool deck.

GROUP LESSONS

MONDAY THROUGH FRIDAY

10 Lessons/2 weeks	YOUTH \$40.00
Session # 1.....	July 6 - July 17
Session # 2.....	July 20 - July 31
Session # 3.....	Aug. 3 - Aug. 14
Session # 4.....	Aug. 17 - Aug. 28

MONDAY, WEDNESDAY, FRIDAY

9 Lessons/3 weeks	YOUTH \$40.00
Session # 1.....	July 6 - July 24
Session # 2.....	July 27 - Aug. 14
Session # 3.....	Aug. 17 - Sept. 4

TUESDAY & THURSDAY

8 Lessons/4 weeks	YOUTH \$40.00, ADULT \$50.00
Session # 1.....	July 7 - July 30
Session # 2.....	Aug. 4 - Aug. 27

YOUTH LESSONS

Swimmer	Mon. – Fri.	11:00 a.m. - 11:25 a.m.
Beginner.....	Mon. – Fri.	11:00 a.m. - 11:25 a.m.
Intermediate	Mon. – Fri.	11:30 a.m. - 11:55 a.m.
Water Confidence.....	Mon. – Fri.	11:30 a.m. - 11:55 a.m.
Beginner.....	Mon. – Fri.	12:00 p.m. - 12:25 p.m.
Adv. Beginner.....	Mon. – Fri.	12:00 p.m. - 12:25 p.m.
Parent/Child	Mon. – Fri.	12:30 p.m. - 12:55 p.m.
Adv. Beginner.....	Mon. – Fri.	12:30 p.m. - 12:55 p.m.
Water Confidence.....	Mon. – Fri.	1:00 p.m. - 1:25 p.m.
Beginner.....	Mon. – Fri.	1:00 p.m. - 1:25 p.m.
Intermediate	Mon. – Fri.	1:30 p.m. - 1:55 p.m.
Water Confidence.....	Mon. – Fri.	1:30 p.m. - 1:55 p.m.
Adaptive	Mon., Wed., Fri.	4:30 p.m. - 4:55 p.m.
Beginner.....	Mon., Wed., Fri.	5:00 p.m. - 5:25 p.m.
Adv. Beginner.....	Mon., Wed., Fri.	5:00 p.m. - 5:25 p.m.
Beginner.....	Mon., Wed., Fri.	5:30 p.m. - 5:55 p.m.
Intermediate	Mon., Wed., Fri.	5:30 p.m. - 5:55 p.m.
Swimmer	Tues., Thurs.	4:00 p.m. - 4:25 p.m.
Beginner.....	Tues., Thurs.	4:30 p.m. - 4:55 p.m.
Adv. Beginner.....	Tues., Thurs.	5:00 p.m. - 5:25 p.m.
Parent/Child	Tues., Thurs.	5:00 p.m. - 5:25 p.m.
Beginner.....	Tues., Thurs.	5:30 p.m. - 5:55 p.m.

ADULT LESSONS

Adult Non-Swimmer.....	Tues., Thurs.	6:00 p.m. - 6:25 p.m.
Adult -Swimmer	Tues., Thurs.	6:30 p.m. - 6:55 p.m.

GROUP LESSONS CATEGORIES & REQUIREMENT

Parent/Child: 4 yrs. – 6 yrs. Children: 7 yrs. – 17 yrs. Adult: 18 & older

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

Water Confidence – 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.

Beginner – Continue to learn skills including front and back crawl and swimming in deep water.

Advanced Beginner – Learn elementary backstroke and continue to improve on front and back crawl.

Intermediate – Learn breaststroke and sidestroke skills.

Swimmer – Refine strokes and learn additional aquatic skills such as butterfly stroke and springboard diving

****American Red Cross Card showing proof of correct level may be required for swim lessons after level II. An evaluation to determine the student's correct level may be required.**

PRIVATE & SEMI-PRIVATE LESSONS

(Inquire with Pool Clerk or Manager for Scheduling)

Private & Semi-Private lessons provide personalized instruction to adults and youth ages 4 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. Lessons offered for adult, child, senior, and adaptive.

PRIVATE LESSONS

1 private lesson: \$20.00; 4 private lessons: \$80.00

SEMI-PRIVATE LESSONS (2 students only)

\$16.50 per lesson per student; \$16.50 per lesson per student x 2 students x 4 classes: \$132.00

ADULT FITNESS PROGRAMS

FEE: Adult \$5.00 per class

Seniors \$4.00 per class

1. ADULT SWIM FITNESS: \$5.00 per class or \$75.00 per Session

- Program offered for adults 18 & older who want to pursue an organized swim workout.

Session # 1	Mon, Wed.	June 29 – September 2	6:00 p.m. – 7:00 p.m.
Session # 2	Tues., Thurs,	June 30 – September 3	6:00 p.m. – 7:00 p.m.

2. ADULT WATER EXERCISE CLASS: \$5.00 per class or \$75.00 per Session

- Offers low to high intensity workouts that promote cardiovascular fitness, conditioning, increased flexibility, range and motion.

Session # A	Mon, Wed.	June 29 – September 2	5:00 p.m. – 5:45 p.m.
Session # B	Tues., Thurs,	June 30 – September 3	4:00 p.m. – 4:45 p.m.

3. ADULT WATER POLO: (Non-Coached) \$3.00 per entry

Workouts.....Monday, Wednesday 7:00 p.m. - 8:30 p.m.



ABC's of a Safe Summer
July 5, 2009
2pm-3pm