

**CITY OF LOS ANGELES**  
**DEPARTMENT OF RECREATION & PARKS**

**Board of Commissioners**  
 Barry A. Sanders - President  
 Luis A. Sánchez – Vice President  
 Johnathan Williams – Member  
 Judith Valles – Member  
 W. Jerome Stanley – Member

**General Manager**  
 Jon Kirk Mukri

**Executive Officer**  
 Regina Adams

**Operations West**

**Assistant General Manager**  
 Kevin Regan

**Superintendent of the West Region**  
 Sophia Pina-Cortez

**Principal Recreation Supervisor II**  
 Lydia Ritzman

**Citywide Aquatics Division**

**Principal Recreation Supervisor I**  
 Mary Bingham

**Aquatic Directors**  
 Trish Delgado  
 Jon Kopitzke

**Aquatic Facility Manager II**  
 Louie Rivera

**Pool Manager I**  
 Elizabeth Benavides  
 Windie Beranek

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

**FREMONT**  
**SWIMMING POOL**

7630 S. Towne Avenue  
 Los Angeles, CA 90003  
 (213) 847-3401

**Winter/Spring 2010**



**Swimming Pool Hours**  
**January 1 – June 18**

*Recreational Swim & Lap Swim – 3 lanes*  
 Monday – Friday 3:30 p.m. - 6:00 p.m.  
 7:00 p.m. - 8:30 p.m.  
 Saturday & Sunday 1:00 p.m. - 5:00 p.m.

**Closed on the following holidays**

Christmas ..... Friday, Dec. 25  
 New Years Day ..... Friday, Jan. 1  
 Martin Luther King, Jr. Day .... Monday, Jan. 18  
 Presidents Day ..... Monday, Feb. 15  
 Cesar Chavez Day ..... Wednesday, March 31  
 Memorial Day ..... Monday, May 31

*\*Times subject to change without notice\**

[www.LAPARKS.org](http://www.LAPARKS.org)

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

**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 Inner-tube Water Polo, Swimming, Synchronized Swimming, Diving. All meet times and locations will be announced.

Registration: \$30.00 for one team, \$20.00 for additional team or family member  
 (Fees includes t-shirt and awards)

A team sport awards banquet is scheduled at the end of the season. Athletes who compete in two or more meets and/or sports will receive a combined participation award.

**NOVICE SYNCHRONIZED SWIMMING**

Length of Season ..... January - May  
 Workouts ..... Tuesday & Thursday, 5:00 p.m. – 6:30 p.m.  
 Age ..... 7- 17

**NOVICE WATER POLO**

Length of Season ..... January - May  
 Workouts ..... Monday, Wednesday, Friday, 5:00 p.m. – 6:30 p.m.  
 Age ..... 7- 17

Awards: First through fourth place ribbons to be awarded at the first five meets. Medals awarded for first, second, and third place at final meet.

**LOS ANGELES CITY PRE-ACADEMY TRAINING**

**COST: \$30.00**

This course is designed for individuals interested in becoming LA City Lifeguards. Students are taught Lifeguard, CPR, and first aid skills. Swim conditioning and preparing for the LA City Lifeguard test are also included. Candidates must pass a swimming skills 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.

Session # 1 Tuesday & Thursday 6:00 p.m. – 9:00 p.m. TBA

Lifeguard workout - free  
 Ongoing during regular hours of operation.

**Lifeguard Test**

**Location:** John C. Argue Swim Stadium  
 (213) 763-0129  
 3980 S. Menlo Ave  
 Los Angeles, CA 90037

**Date & Time:** March 6, 2010 at 9 a.m.

*Lifeguard test date subject to change or cancellation.*

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., C.A., 90027  
 (323) 906-7953  
 Citywide.Aquatics@lacity.org

## ADMISSION FEES

|                                    |        |
|------------------------------------|--------|
| CHILDREN* ..... (17 & Under) ..... | FREE   |
| ADULTS ..... (18 – 64).....        | \$2.50 |
| ADULTS w/Library card.....         | \$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.



### Water Safety Instructor Course

\$100.00

Monday/Wednesday

Dates: TBA

See Pool Manager for details.

## 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 and Parks**
- No refunds unless a class is canceled.
- Lessons are 25 minutes in length.

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

## 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 Water Confidence. An evaluation to determine the student's correct level may be requested.

## 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.

**PRIVATE LESSONS** : Adult, Child, Senior, Adaptive

1 private lesson = \$20.00, 4 private lessons = \$80.00

**SEMI-PRIVATE LESSONS ( 2 students only )**

Adult, Child, Senior, Adaptive

\$16.50 per lesson per student x 2 students = \$33.00, 4 lessons = \$132.00

# LEARN TO SWIM

## GROUP LESSONS

### MONDAY, WEDNESDAY, FRIDAY

|                          |                   |
|--------------------------|-------------------|
| 12 Lessons/4 weeks ..... | YOUTH \$20.00     |
| Session # 1 .....        | Jan. 4 - Jan. 29  |
| Session # 2 .....        | Feb. 1 - Feb. 26  |
| Session # 3 .....        | Mar. 1 - Mar. 26  |
| Session # 4 .....        | Mar. 29 - Apr. 23 |
| Session # 5 .....        | Apr. 26 - May 21  |
| Session # 6 .....        | May 24 - June 18  |

### TUESDAY, THURSDAY

|                         |                              |
|-------------------------|------------------------------|
| 8 Lessons/4 weeks ..... | YOUTH \$20.00, ADULT \$40.00 |
| Session # 1 .....       | Jan. 5 - Jan. 28             |
| Session # 2 .....       | Feb. 2 - Feb. 25             |
| Session # 3 .....       | Mar. 2 - Mar. 25             |
| Session # 4 .....       | Mar. 30 - Apr. 22            |
| Session # 5 .....       | Apr. 27 - May 20             |
| Session # 6 .....       | May 25 - June 17             |

### MONDAY – FRIDAY

|                          |                   |
|--------------------------|-------------------|
| 10 Lessons/2 weeks ..... | YOUTH \$20.00     |
| Session # 1 .....        | Jan. 4 - Jan. 15  |
| Session # 2 .....        | Jan. 18 - Jan. 29 |
| Session # 3 .....        | Feb. 1 - Feb. 12  |
| Session # 4 .....        | Feb. 15 - Feb. 26 |
| Session # 5 .....        | Mar. 1 - Mar. 12  |
| Session # 6 .....        | Mar. 15 - Mar. 26 |
| Session # 7 .....        | Mar. 29 - Apr. 9  |
| Session # 8 .....        | Apr. 12 - Apr. 23 |
| Session # 9 .....        | Apr. 26 - May 7   |
| Session # 10 .....       | May 10 - May 21   |
| Session # 11 .....       | May 24 - June 4   |
| Session # 12 .....       | June 7 - June 18  |

## SWIMMING LESSONS

### YOUTH

|                            |                   |                       |
|----------------------------|-------------------|-----------------------|
| Beginner.....              | Mon/Wed/Fri ..... | 5:00 p.m. - 5:30 p.m. |
| Adv. Beginner .....        | Mon/Wed/Fri ..... | 5:30 p.m. - 6:00 p.m. |
| Intermediate/Swimmer ..... | Mon/Wed/Fri ..... | 6:00 p.m. - 6:30 p.m. |
| Beginner.....              | Tues/Thurs .....  | 5:00 p.m. - 5:30 p.m. |
| Adv. Beginner .....        | Tues/Thurs .....  | 5:30 p.m. - 6:00 p.m. |
| Parent/Child .....         | Tues/Thurs .....  | 6:00 p.m. - 6:30 p.m. |

### ADULT

|                   |                  |                       |
|-------------------|------------------|-----------------------|
| Non-Swimmer ..... | Tues/Thurs ..... | 7:00 p.m. - 7:30 p.m. |
| Swimmer .....     | Tues/Thurs ..... | 7:30 p.m. - 8:00 p.m. |

### ADAPTIVE

|               |                 |                       |
|---------------|-----------------|-----------------------|
| Adaptive..... | Mon - Fri ..... | 4:30 p.m. - 5:00 p.m. |
|---------------|-----------------|-----------------------|