

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

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CITYWIDE AQUATICS DIVISION

Aquatic Directors

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Jon Kopitzke

Aquatic Facility Manager II

Richard V. Rincón

Aquatic Facility Manager I

Alejandro Mendoza

Pool Manager I

Ignacio Berumen

If you have a concern, complaint, or compliment about the facility or programs, please feel free to speak to the manager or contact the Citywide Aquatics Office at:

3401 Riverside Dr. L.A., CA 90027

(323) 906-7953

citywide.aquatics@lacity.org

Rev: 2/18/2010

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

PECK

SWIMMING POOL

560 N. Western Avenue
San Pedro, CA 90732
(310) 548-2434

SPRING 2010

POOL HOURS

January 18, 2010 – June 18, 2010

LAP SWIM

Monday- Friday 6:00 p.m. - 8:00 p.m.
Saturday & Sunday ... 1:00 p.m. - 5:00 p.m.

RECREATIONAL SWIMMING

Monday- Friday 3:30 p.m. - 6:00 p.m.
Saturday & Sunday 1:00 p.m. - 5:00 p.m.

HOLIDAY HOURS

Pool Closed....Jan. 18 MLK Day
Pool Closed....Feb. 15 President's Day
Pool Closed....Mar. 29 ... Cesar Chavez Day
Pool Closed....May 31 Memorial Day

WWW.LAPARKS.ORG

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

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 ages 7-17. Proof of age required. Participants compete in a department-sponsored league. Participants must demonstrate an intermediate-level swimming competency. All meet times and locations will be announced. A team sport awards banquet is scheduled for June. Athletes who compete in two or more meets will receive participation awards.

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

-NOVICE SYNCHRONIZED SWIM-

-NOVICE WATER POLO-

Length of Season January 19 – June
Tues. & Thurs., 4:30 p.m. – 6:00 p.m.

Length of Season January 20 – June
Mon., Wed. & Fri. 5:00 p.m. – 6:00 p.m.

-C.O.L.A. SWIM TEAM-

COLA Swim Team participates a USA Swimming competitions on a year-round basis. Participants compete against swimmers of the same age and level. Try-out necessary to join. Limited number of participants.

Ages: 7 -17 Workouts: Monday, Wednesday, Friday...6:00 p.m. - 8:00 p.m.

LA CITY LIFEGUARD PRE-ACADEMY TRAINING

REGISTRATION: \$30.00

Tuesday & Thursday6:00 p.m. – 9:00 p.m.

The **LAC PAT** must be completed prior to attending the LA City Lifeguard Academy. Students are familiarized with Basic C.P.R., First Aid, and Lifesaving techniques; conditioned for swimming and prepared for the Lifeguard interview. Minimum age 16. Candidates should be able to do the following:

1. Swim 300 yards continuously.
2. Starting in the water, swim 20 yards using front crawl or breaststroke, perform a surface dive to minimum depth of 7-10 ft, retrieve a 10 lb. object, return to the surface and swim 20 yd. back to the starting point with the object and exit the water without a ladder or steps, within 1 min. and 40 sec.

<u>Module 1</u>	<u>Module 2</u>	<u>Module 3</u>	<u>Module 4</u>
<u>Series 1</u> .. 1/19/10 – 2/02/10.....	2/04/10 – 2/18/10....	2/23/10 – 3/09/10	3/03/10

- Fees must be paid at the time of registration. NO EXCEPTIONS.
- Checks payable to: **City of Los Angeles, Department of Recreation & Parks**
- No refunds unless a class is canceled.
- All refunds will be assessed an administration fee.

POOL LIFEGUARD TEST: Minimum 17 years by May 23, 2010
Sat. March 6, 2010, 9:00 a.m @ John C. Argue Swim Stadium.

ADMISSION FEES

fees subject to change without notice

CHILDREN*	(17 & Under).....	FREE
ADULTS	(18 - 64)	\$2.50
ADULTS w/ L.A. City 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, Swim trunks with liner (exception board shorts providing coverage), must be worn by persons in the pool area. **White t-shirts or white rash guards will not be allowed, while in the pool or on deck.

LAP SWIMMING - At least three lanes are available.
Discount lap swimming passes are \$55 for 30 admissions.

Lap lane availability subject to change without notice.

AQUACISE

The techniques used in shallow water exercises are designed for swimmer and non-swimmers. Aquacise increases flexibility and stamina, range of motion & provides a cardiovascular workout. Registration required for morning session. Class subject to cancelation due lack of participation.

MORNING CLASS: Tues. and Thurs.... 8:30 a.m. – 9:30 a.m.
Cost: \$37.50

Series # 1January 05 - February 04
Series # 2 February 16 - March 18

- Registration during regular business hours.
- Fees must be paid at the time of registration. NO EXCEPTIONS.
- Make checks payable to: **City of L.A., Dept of Recreation & Parks**
- No refunds unless a class is cancelled.
- All refunds will be assessed an administration fee.

Swim lap pass not honored during morning Aquacise class. No individual entry fee accepted. Lap swimmers must register & pay same series cost of Aquacise.

AFTERNOON CLASS: Tues. and Thurs...6:00 p.m. – 7:00 p.m.
Cost: \$3.50 walk-in entry

LEARN TO SWIM

GROUP LESSONS

CATEGORIES & REQUIREMENTS

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

Parent/Child – Child 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, water acclimation, kicking, breathing, and alternate arm action techniques. Buoyancy in water and basic skills are taught.

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

Advance 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.

LESSON REGISTRATION

- Pre-registration for the series begins one week prior to the series start date, during regular business hours.
- No telephone registration.
- Fees must be paid at the time of registration. NO EXCEPTIONS.
- Checks payable to:
City of L.A. Dept. of Recreation and Parks
- No refunds unless a class is canceled.
- Lessons are 25 minutes in length.
- Swim instruction will be given from the pool deck.
- All refunds will be assessed an administration fee.

PRIVATE & SEMI-PRIVATE LESSONS

Private & Semi-Private lessons provide personalized instruction to adults and youth ages 4 and older. Lessons are 25 minutes in length. Registration rules apply and participants must register for four lessons. Private lesson schedule is based on staff availability.

Maximum of two participants per semi-private lesson. Inquire with Pool Clerk or Manager for scheduling.

Child or Adult Private: 4 lessons @ \$20.00=\$80.00

Semi-Private: 4 lessons @ \$33.00=\$132.00

PROGRAM DATES

MONDAY & WEDNESDAY

5 weeks.....YOUTH \$32.00
Series # 1..... Feb. 01 - Mar. 03
Series # 2..... Mar. 08 - Apr. 07
Series # 3..... Apr. 12 - May 12
Series # 4..... May 17 - Jun. 16

TUESDAY & THURSDAY

5 weeks... ADULT \$40.00, YOUTH \$32.00
Series # 1..... Feb. 02 - Mar. 04
Series # 2..... Mar. 09 - Apr. 08
Series # 3..... Apr. 13 - May 13
Series # 4..... May 18 - Jun. 17

SATURDAYS

5 weeks..... YOUTH \$32.00
Series # 1..... Feb. 06 - Mar. 06
Series # 2..... Mar. 13 - Apr. 10
Series # 3..... Apr. 17 - May 15

YOUTH LESSONS

Beginner..... T, TH ...3:35 p.m. - 4:00 p.m.
Adv. Beginner.. T, TH ...4:00 p.m. - 4:30 p.m.

Intermediate ... M, W ...3:35 p.m. - 4:00 p.m.
Swimmer M, W ...4:00 p.m. - 4:30 p.m.

Parent/Child Sat.1:30 p.m. - 2:00 p.m.

ADULT LESSONS

Swimmer T, TH ...7:00 p.m. - 7:30 p.m.
Non-Swimmer . T, TH ...7:30 p.m. - 8:00 p.m.