

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

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

**VENICE  
SWIMMING POOL**

2490 Walgrove Ave.  
Los Angeles, CA 90066  
(310) 575 - 8260

**FALL 2009**

**POOL HOURS**

**Sept. 7, 2009 – Nov. 22, 2009**

**ADULT LAP SWIM**

Mon., Wed., Fri..... 6:00 p.m. - 9:00 p.m.  
Tues. & Thurs. .... 6:30 p.m. - 9:00 p.m.  
Saturday & Sunday .... 11:00 a.m. - 1:00 p.m.  
4:00 p.m. - 5:00 p.m.

**RECREATIONAL SWIMMING**

Tuesday & Thursday.... 4:30 p.m. - 6:30 p.m.  
Friday ..... 7:00 p.m. - 9:00 p.m.  
Saturday & Sunday ..... 1:00 p.m. - 3:45 p.m.

**HOLIDAY HOURS**

Monday, Oct. 12 Columbus Day.....Closed  
Wednesday, Nov. 11 Veterans Day .....Closed

**Pool will be closed November 22 – January 5,  
2010 to meet compliance with the Virginia  
Graeme Baker Act.**

**www.LAparks.org**

**\*Program subject to change without notice.\***

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.

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

A Team sport awards banquet is scheduled for December. Athletes who compete in two or more meets will receive participation awards.

**NOVICE SWIM TEAM**

Length of Season ..... Sept. 28 – Dec. 2009  
Workouts..... Mon., Wed., Fri., 4:30 p.m. – 5:30 p.m.

**NOVICE SPRINGBOARD DIVING**

Length of Season ..... Sept. 29 – Dec. 2009  
Workouts .. Tues. & Thurs., 4:30 p.m. – 5:30 p.m.

\*Swim team members must attend a minimum of 2 workouts per week to compete in swim meets.

**SPECIAL OLYMPICS**

Mon., Wed., Fri. .... 5:00p.m.- 6:00p.m.  
Designed to prepare participants to compete in Special Olympics competitions.

**LA CITY LIFEGUARD PRE-ACADEMY TRAINING**

**REGISTRATION: \$30.00**

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.

Tuesday & Thursday ..... 6:00 p.m. – 9:00 p.m.

See manager for details.

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

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

Citywide.aquatics@lacity.org

Rev: 9/16/2009

## 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 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.

Hours of operation and 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. Limited space for registration available, limited walk-in space available.

Session # 1.....Sept. 14 - Oct. 16  
 Session # 2.....Oct. 19 - Nov. 20

Mon., Wed., Fri. ....6:00 p.m. – 7:00 p.m.

Adults \$35.00, Seniors \$30.00

\$ 4.50 per walk-in, \$4.00 for seniors (No registration required)

- Registration begins one week prior to the start date during regular business hours.
- Fee must be paid at the time of registration.
- NO EXCEPTIONS
- Make checks payable to:
- City of L.A. Department of Recreation and Parks
- No refunds unless class is cancelled.
- Class is 45 minutes in length.
- All refunds will be assessed an administration fee.

# LEARN TO SWIM

### YOUTH LESSONS

Intermediate .....	T, TH .....	4:30 p.m. - 5:00 p.m.
Adv. Beginner.....	T, TH .....	5:00 p.m. - 5:30 p.m.
Beginner.....	T, TH .....	5:30 p.m. - 6:00 p.m.
Water Confidence.....	T, TH .....	6:00 p.m. - 6:30 p.m.
Parent/Child .....	Sat. ....	12:30 p.m. - 1:00 p.m.

### ADULT LESSONS

Non-Swimmer .....	T, TH .....	6:30 p.m. - 7:00 p.m.
Swimmer .....	T, TH .....	7:00 p.m. - 7:30 p.m.

### LESSON REGISTRATION

- Registration for series #1 begins one week prior to the series start date.
- Registration for series #2 will begin on the last day of the prior series, during regular business hours.
- No telephone registration.
- Fees must be paid at the time of registration. NO EXCEPTIONS.
- Make checks payable to:  
**City of L.A. Department of Recreation and Parks**
- No refunds unless class is cancelled.
- Lessons are 25 minutes in length.
- All refunds will be assessed an administration fee.
- Swim instruction will be given from the pool deck.

### PROGRAM DATES

#### TUESDAY & THURSDAY

8 Lessons/4 weeks .....ADULT \$50.00, YOUTH \$40.00  
 Session # 1.....Sept. 22 - Oct. 15  
 Session # 2.....Oct. 20 - Nov. 12

#### SATURDAY

8 Lessons/8 weeks .....YOUTH \$40.00  
 Session # 1.....Oct. 3 - Nov. 21

### GROUP LESSONS CATEGORIES & REQUIREMENTS

**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 are 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.

**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 and springboard diving.

### 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 follows group lesson dates, based on staff availability. Maximum of two participants per semi-private lesson.

**Saturday dates:** Oct. 3 – Oct. 24      Oct. 31 – Nov. 21      **Sunday dates:** Sept. 27 – Oct. 18      Oct. 25 – Nov. 15

Saturday or Sunday ..... 11:00 a.m. – 12:30 p.m.

Child or Adult Private: 4 lessons @ \$20.00 = \$80.00 per session      Child or Adult Semi-Private: 4 lessons @ \$33.00 = \$132.00 per session