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PUBLIC SWIM ATTIRE - Swim Suits, Swim trunks with liner (exception boar shorts providing coverage), must be worn by persons in the POOL AREA.

- All patrons must wear proper swimming attire in order to be allowed in the pool.
- All patrons must shower before entering pool.
- Lap lane availability subject to change without notice.
- NO FOOD OR DRINKS (unless it's plastic water containers) IS PERMITTED ON THE POOL DECK.

Groups or individuals desiring to provide coaching or instruction at City of Los Angeles swimming pools must obtain a permit. Private instruction (one-on-one) is not permissible. Permit guidelines and applications can be obtained online at LAParks.org.

vanness.pool@lacity.org



Registration Information

Lessons are 25 minutes in length. No telephone registration. Fees must be paid at the time of registration. No refunds unless session is cancelled. All refunds will be assessed an administration fee of 10%.

Cost:

Youth Lessons (4-17 years old): \$10 Adult Lessons (18+ vears old): \$30

Tuesday & Thursday Dates

Session 1 Session 2 Session 3 Session 4 Session 5	<u>Start Date</u> January 9 February 6 March 5 April 2 April 30	End Date February 1 February 29 March 28 April 25 May 23
Session 5	April 30	May 23

Wednesday & Friday Dates

	Start Date	End Date
Session 1	January 10	February 2
Session 2	February 7	March 1
Session 3	March 6	March 29
Session 4	April 3	April 26
Session 5	May 1	May 24

<u>Saturdays & Sunday Dates</u>

End Date

January 28

February 25

March 24

April 21

Mav 21

Start Date Session 1 January 6 Session 2 February 3 Session 3 March 2 Session 4 March 30 Session 5 April 27

Saturdays & Sunday Classes

Water Confidence	1:35 p.m 2:00 p.m.
Intermediate	1:35 p.m 2:00 p.m.
Beginner	2:05 p.m 2:30 p.m.
Adv. Beginner	2:05 p.m 2:30 p.m.
Pre-School Aquatics	2:35 p.m 3:00 p.m.

PRIVATE & SEMI-PRIVATE LESSONS

Private & Semi Private lessons provided personalized instruction to adults or youth ages 4 and older. Lessons are 25 minutes in length. Scheduling is subject to availability, must register for a minimum of four lessons.

See Manager for more details & availability.

Private Lessons: 4 private lessons, \$108.00 Semi-Private Lessons (2 students): 4 private lessons, \$160.00



Registration Dates

Session 1:	January 6	@ 9:00 a.m.
Session 2:	February 3	@ 9:00 a.m.
Session 3:	March 2	@ 9:00 a.m.
Session 4:	March 30	@ 9:00 a.m.
Session 5:	April 27	@ 9:00 a.m.
Tuesday & Thursday Classes		

Water Confidence	4:05 p.m 4:30 p.m.
Pre-School Aquatics (Lvl.2)	4:05 p.m 4:30 p.m.
Intermediate	4:35 p.m 5:00 p.m.
Adv. Beginner	4:35 p.m 5:00 p.m.
Beginner	5:05 p.m 5:30 p.m.
Persons W/Disabilities	5:05 p.m 5:30 p.m.
Pre-School Aquatics (Lvl 1)	5:35 p.m 6:00 p.m.

Wednesday & Friday Classes

	Tudy Glubbeb
Beginner	4:05 p.m 4:30 p.m.
Adv. Beginner	4:35 p.m 5:00 p.m.
Pre-School Aquatics (Lvl.1)	4:35 p.m 5:00 p.m.
Water Confidence	5:05 p.m 5:30 p.m.
Pre-School Aquatics (Lvl.2)	5:05 p.m 5:30 p.m
Intermediate	5:35 p.m 6:00 p.m.
Adult Beginner	6:05 p.m 6:30 p.m.
Inter/Adv. Adult	6:35 p.m 7:00 p.m.

Registration:

Length of Season: January 30-April 19

January 27 @ 9:00 a.m.

Cost: \$10

WATER POLO

Ages: 7-17

Wednesday & Friday 5:00 p.m. - 6:00 p.m.

ARTISTIC SWIM

Tuesday & Thursday 5:00 p.m. - 6:00 p.m.





Aaes: 7-1'

Cost: \$10

Participants will work on building their competitive swimming skills, strengthen their physical condition, and perfect their stroke techniques.

NOVICE SWIM TEAM

Practice: Tuesday-Friday 6:00 p.m.-7:00p.m.



USA sanctioned Swim Team designed to provide Athletes, Parents and Coaches with enhanced training and educational resources. All Athletes must qualify for the program.

Practice: Tuesday-Friday 5:00 p.m.-7:00p.m.



Students are familiarized with Basic Life Support, Basic First Aid, and Lifesaving techniques; conditioned for swimming and prepared for the LA City Pool Lifeguard Academy.

Please see management for more information.

Days: Tuesdays & Thursday Time: 5:00 p.m.- 7:00 p.m.



Shallow Water Exercise for swimmers and non swimmers. Increases flexibility range of motion & provides a cardiovascular workout.



Walk-in: Series (10 Classes): Adults \$5.00 Adults 50+ \$4.00

Adults \$45.00 Adults 50+ \$35.00

Tuesday & Thursday: 6:00 p.m.-6:45 p.m. Wednesday & Friday : 1:00 p.m.-1:45 p.m.

