City of Los Angeles LA Parks

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Aquatic Facility Manager I Jessica Ojeda

323-906-7953

5001 Obama Blvd Los Angeles, CA 90016 213-847-3406



January 1st - June 8th

Persons with disabilities are welcome to participate in programs and classes. Reasonable accommodations will be provided upon request. To ensure availability, you are advised to make your request at least 72 hours prior to the program or class you wish to participate. The classes and programs in this

City of Los Angeles Recreation & Parks Citywide Aquatics









VISIT

SCAN



Pool Rules

Pool employee interpretation of the rules shall be final.

Entrance is denied to

- Children under seven (7) unless accompanied by an adult on a oneto-one ratio.
- Children under the age of four (4) without an approved "swim diaper" or plastic pants with elastic around the waist and legs.
- Persons under the influence of alcohol or narcotics.
- Persons with colds, coughs, nasal or eye discharges, skin eruptions, open wounds, open sores, or bandages.
- · Pets are not allowed.
- Please check all your valuables with the clerk.

Personal property not permitted in the swimming pool or deck area includes:

- Street clothes, workout clothes, shoes, carrying bags of all types, glass objects or containers of any kind Sport or swim equipment; scuba equipment; electronics.
- Life vest must have U.S. Coastguard Approval Stamp #
- Wheeled vehicles (roller blades, bicycles, skateboards, etc.)
- Soap showers must be taken before entering the pool area.
- Smoking/Vaping is prohibited.
- Eating and/or drinking is not allowed on pool area.
- Only water and/or sports drinks is plastic containers will be allowed on the pool deck.
- Foul or abrasive language will not be tolerated

For the safety of the public there is no:

- Running on pool deck.
- Climbing, sitting, or jumping from guard structures
- Diving into shallow water
- Double bouncing or crowing dive structures
- Swimming in the diving area
- Horse playing on deck or in pool at any time
- Snapping towels
- No lap swimming in Rec swim area
- Participating in other dangerous practices as determined by lifesaving staff.
- Hypoxic training or prolonged underwater swimming is not allowed.

DO NOT INTERFERE WITH A LIFEGUARD RESCUE OR CALL FOR HELP UNLESS IN DISTRESS.

Fees

Hours of Operations

Mon	3:30pm - 8:00pm *
Tue - Fri	6:00am - 9:30am
	3:30pm - 6:00pm*
	7:00pm - 8:00 pm *
Sat	9:00am - 12:00pm
Sat & Sun	1:00pm - 5:00pm *

*Lap swim limited to 2.5 lanes during rec swim hours *Children must be accompanied by an adult to use Lap lanes

Holiday Hours

Sat & Sun.....1:00pm - 5:00pm

Monday, Jan 1st	New Years Day	Closed
Monday, Jan 15th	.Dr Martin Luther King Jr Day	Closed
Monday, February 19th	Presidents Day	Closed
Monday, March 25th	Cesar Chavez Day	Closed
Monday, May 27th	Memorial Day	Closed

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Group Lessons

- Online Registration: <u>www.laparks.org</u> (No phone registrations)
- 5 spots to <u>online</u> registration and 5 spots to <u>in person</u> registration. A total of 10 participants per class. Tiny Tots has a 4 participant max.
- Fees must be paid at time of registration. No exceptions.
- Make Checks payable to: City of L.A. Department of Recreation & Parks
- No Refunds unless session is canceled.
- Lessons are 25 minutes. If late, we do not make up time.
- Swim instruction will be given from the pool deck.

Fees Per Session		
Adults	Tiny Tots	Ages 3 - 17
\$30	\$80	\$10

Session #	Registration	Begins	Ends
Session 1	Jan 6th	Jan 6th	Feb 2nd
Session 2	Feb 3rd	Feb 3rd	Mar 1st
Session 3	Mar 2nd	Mar 2nd	Mar 29th
Session 4	Mar 30th	Mar 30th	Apr 26th
Session 5	Apr 27th	Apr 27th	May 24th

*Classes subject to cancellation due to special events or facility operations. No make up's available due to shorten season.

Private & Semi-Private Lessons

Private and semi-private lessons provide personalized instruction to adults or youth ages 3 and older. Lessons are 25 minutes in length. Scheduling is subject to availability, must register for a minimum of four (4) lessons. See manager for more details and availability.

Private Lessons: 4 lessons - \$108.00

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

Swim Lessons Schedule:

Class Level	Time	Days
Swimmer	4:00pm - 4:25pm	Tue & Thu
Intermediate	4:30pm - 4:55pm	Tue & Thu
Advance Beginners	5:00pm - 5:25pm	Tue & Thu
Beginner	5:30pm - 5:55pm	Tue & Thu
Water Confidence	6:00pm - 6:25pm	Tue & Thu
Tiny Tots	6:30pm - 6:55pm	Tue & Thu
Adult Non-Swimmer	7:00pm - 7:25pm	Tue & Thu
Adult Swimmer	7:30pm - 7:55pm	Tue & Thu

Class Level	Time	Days
Water Confidence	4:00pm - 4:25pm	Wed & Fri
Beginner	4:30pm - 4:55pm	Wed & Fri
Advance Beginners	5:00pm - 5:25pm	Wed & Fri
Preschool Aquatics	5:30pm - 5:55pm	Wed & Fri
Tiny Tots	6:00pm - 6:25pm	Wed & Fri
Intermediate	7:00pm - 7:25pm	Wed & Fri
Swimmer	7:30pm - 7:55pm	Wed & Fri

Class Level	Time	Days
Adaptive	1:30pm - 1:55pm	Sat & Sun
Tiny Tots	2:00pm - 2:25pm	Sat & Sun

Swim Lesson Assessment

- A skills evaluation is required to sign up for swimming lessons.
 Assessments are given by a lifeguard or manager to determine the swimming skill level (see page 3 & 4 for more information).
- Swim lesson assessment offer during recreational hours, subject to cancellation due to staff shortage.

Inquire with Pool Clerk



Aquatic Sports



January 30th - April 19th

Ages	Fee	Days	Registration
7 - 17	\$10	Tue - Fri	Jan 27th - Mar 1st

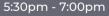
- The PlayLA Youth and Adaptive Youth Sports Program is made possible by the LA28 Olympic and Paralympic Games.
- Participants compete in a department-sponsored league.
- Participants must demonstrate an intermediate level swimming competency.
- A skill evaluation will be required and given by a coach or pool manager.
- All team members must attend a minimum of 3 workouts per week and compete in 2 competitive events.



Summer 2024

4:00pm - 5:00pm







5:00pm - 6:00pm

PlayLA USA is a USA Swimming sanctioned Swim Team offered by the City of Los Angeles Department of Recreation & Parks in partnership with USA Swimming. PlayLA USA is designed to provide athletes, parents and coaches with enhanced training and educational resources. Athletes will be instructed by USA Swimming certified coaches to develop their competitive skills in all strokes, with enhanced workout times and dryland training.

All athletes must register with USA Swimming (Fee not included)

Aqua Fit - Cardio

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

Registration begins one week prior to the first of the month.

Monthly Fee	
\$45	Adults (50+) \$35

Walk-In Fee	
Adults \$5	Adults (50+) \$4



Mon, Wed, Fri......6:30pm - 7:30pm Saturday's......9:30am - 10:30am 10:35am - 11:35am

*Classes subject to cancellation due to special events.

Aqua Fit - Mobility

A low impact water mobility exercise class where no swimming skills are needed. This class is designed to improve range of motion, strength and cardiovascular endurance. Class will be a series of 24 to complete.



Sessio	Session Fee	
\$60	\$40	

Walk-In Fee	
Adults \$3	Adults (50+) \$2

Tue - Fri.....7:00 am - 8:00 am

Session #	Registration	Begins	Ends
Session 1	Dec 26th	Jan 2nd	Feb 9th
Session 2	Feb 5th	Feb 13th	Mar 22nd
Session 3	Mar 18th	Mar 26th	May 3rd
Session 4	Apr 29th	May 7th	June 14th