

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

CLEVELAND AQUATICS



SUMMER 2024 PROGRAM

June 2nd to September 7th

Phone: (818) 756-9798

E-mail: cleveland.pool@lacity.org

Website: www.laparks.org/aquatics

8120 Vanalden Ave. Reseda, CA 91335



@cleveland.sharks

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

Fees & Hours of Operation

YOUTH (Ages 17 & under) \$1.00
ADULTS (Ages 18 - 49) \$4.00
ADULTS 50+ (Ages 50 & up) \$1.00
Persons with Disabilities (All ages) \$1.00

SUMMER PASS

(Memorial Day - Labor Day)

YOUTH (Ages 17 & under) \$10.00

LAP PASSES

(30 Entries | No Expiration)

ADULTS (Ages 18 - 49) \$88.00

ADULTS 50+ (Ages 50 & up) | YOUTH (Ages 17 & under) | Persons with Disabilities (All ages) \$25.00

Summer 2024 Schedule

June 9th - June 15th / August 13th - September 30th
Monday - Friday 4:30 p.m. - 9:00 p.m.
Saturday & Sunday 1:00 p.m. - 5:00 p.m.

June 17th - August 9th (Pool closed June 19)

Monday - Friday 1:00 p.m. - 9:00 p.m.
Saturday & Sunday 1:00 p.m. - 5:00 p.m.

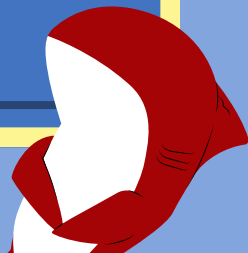
LAP SWIM (June 17th-August 9th)

Monday - Friday 1:00 p.m. - 9:00 p.m.
Saturday & Sunday 1:00 p.m. - 5:00 p.m.

Lap lane reservations can be made over the phone and begin at the bottom of the hour (weekdays), top of the hour (weekends). Reservations are for 1 hour.

HOLIDAY HOURS

Juneteenth - June 19th - **CLOSED**
July 4th, September 2nd - **1pm - 5pm**



Available Group Lessons

Preschool Aquatics (Ages 3-6)

Level	Class Description
Preschool Aquatics Level 1	Children will learn how to enter and exit the water independently, submerge mouth underwater and blow bubbles for 3 seconds, glide on front for 2 body lengths then roll to back and float for 3 seconds.
Preschool Aquatics Level 2	Introduction to combined arm and leg movement on front and back
Preschool Aquatics Level 3	Continued refinement of front crawl and back crawl. Introduction to side breathing and treading water

Learn To Swim (Ages 7 - 17)

Level	Class Description
Beginners Level 2	Participants learn to enter/exit the pool, have breath control, front/back floats, basic water safety and are introduced to Front Crawl
Advanced Beginners Level 3	Participants learn to master Front Crawl, introduced to Breaststroke kick, Sidestroke kick, and Elementary Backstroke.
Intermediate Level 4	Participants learn the Breaststroke, Back Crawl, and the Sidestroke
Swimmer Level 5	Refinement of breaststroke. Introduction to butterfly. Mastery of front and back crawl required.
Advanced Swimmer Level 6	Refine strokes so participants swim them with greater efficiency and effectiveness over longer distances.

Adult Swimming Lessons 18 & Up

Level	Class Description
Adult Beginners Level 1	Help participants gain basic aquatic skills and swimming strokes.
Adult Swimmer Level 2	Improve participants' proficiency in basic aquatic skills and the six basic swimming strokes.

Lesson Registration

Classes & Program Information

- **PlayLA Youth and Adaptive Youth Sports Programs are made possible by the LA28 Olympic and Paralympic games.**
- **No telephone registration.**
- **Classes are 25 minutes** in length.
- All refunds will be assessed an administrative fee of **10%**.
- A swim assessment is required prior to enrollment for **Levels 3 & higher.**
- Registration will be held both online and in-person.
 - Half of total class capacity will be reserved for online enrollment
- **All registrations will begin at 9:00am on the indicated date**
- **Session 1 and 2 will have 9 lessons due to Juneteenth and 4th of July.**
- **Students who miss the first two classes will be dropped**

***Assessment Required for Levels 3 & up**

***Children under the age of four (4) are required to wear a swim diaper**

*** Children under the age of Seven (7) must be accompanied by an adult in the water and around the facility.**

*****No class June 19th*****

Youth & Adaptive Lesson - \$67 Adult Lessons- \$67.00

Waivers available for those who qualify. Ask for details.

Tuesday - Friday Swim Classes

Session	Registration Date	Class Dates	Class Capacity
Session 1	June 1st @ 9:00 a.m.	June 17th - June 28th (No class 6/19)	10
Session 2	June 29th @ 9:00 a.m.	July 1st - July 12th	10
Session 3	July 13th @ 9:00 a.m.	July 15th - July 26th	10
Session 4	July 27th @ 9:00 a.m.	July 29th - August 9th	10
Session 5	August 10th @ 9:00 a.m.	August 12th - August 23rd	10

Group Lesson Schedule



2 Weeks / 10 Lessons
Monday through Friday

Class Level	Lessons
10:00 am - 10:25 am	Preschool Aquatics 1+2
10:30 am - 10:55 am	Level 4 Intermediate
11:00 am - 11:25 am	Level 3 Advanced Beginner
11:30 am - 11:55 am	Level 5 Swimmer
12:00 pm - 12:25 pm	Level 6 Advanced Swimmer
12:30 pm - 12:55pm	Level 2 Beginner
1:00 pm - 1:25 pm	Level 1 Water Confidence
1:30 pm - 1:55 pm	Preschool Aquatics 3
3:00 pm - 3:25 pm	Adaptive Beginner
3:30 pm - 3:55 pm	Level 2 Beginner
4:00 pm - 4:25 pm	Level 3 Advanced Beginner
4:30 pm - 4:55 pm	Level 4 Intermediate
5:00 pm - 5:25 pm	Level 5 Swimmer
5:30 pm - 5:55 pm	Level 6 Advanced Swimmer
6:00 pm - 6:25pm	Adult Beginner
6:30 pm - 6:55 pm	Adult Swimmer

Tiny Tots

- Tiny Tots lessons provide small group instruction for youth ages 3 to 6 years old.
- Lessons are designed for first time swimmers.
- Classes are 25 minutes in length.
- Instructors are in the water with students.
- Parents are **NOT** required to be in water.
- Maximum of 3 participants per class.
- Registration for the 1st Series will take place **Saturday, January 6th**
- Children under the age of four (4) are required to wear a "swim diaper" or plastic pants with elastic around the waist and legs.
- All refunds will be assessed an administrative fee of 10%.

Classes offered Tuesday/Thursday or Wednesday/Friday

Registration Fee : 8 classes - \$80

Tiny Tots Schedule

Level	Time
Starfish	2:00PM - 2:25PM
Minnow	2:30PM - 2:55PM
Level Description	
Level	Description
Tiny Tots - Starfish	For first time swimmers. Students will be taught to enter/exit the pool, have breath control, front/back floats and basic water safety
Tiny Tots - Minnow	Skills in Starfish are required. Opening of eyes and object retrieval underwater. Introduction of rotary arms and kicks during front and back glide



Jr. Lifeguard



- Offered to participants ages **9 through 17**.
- Jr. Lifeguards are introduced to skills which are a basis of Lifeguard Training for the City of Los Angeles.
- The training includes Lifeguarding skills, water safety, CPR, First Aid, emergency response, small crafts, swim lessons.
- The cost of the program will include one Junior Lifeguard T-shirt, bus transportation to selected events, materials, and instruction.
- Program limited to 20 participants.
- Registration will take place online and in person.
- Program cost: \$40

Registration Schedule

Session	Registration Date	Start Time	End Time	Class Dates
Session 1	Sunday, June 2nd @ 9AM	1:00 PM	1:55 PM	Monday, June 12 - Friday, August 18



TEAM SPORTS

- **Designed for entry-level competitors Ages 7-17.**
- **Proof of age required.**
 - Age verification must be completed before the first meet, or the participant will not be allowed to compete.
- Participants must compete in Department-sponsored competitions or forfeit their registration.
- Participants must demonstrate the skills of a Level 4 Lesson or higher.
 - Level 4 Intermediate
 - Jump into deep water, swim front crawl for 25 yards, return swimming elementary backstroke 25 yards
 - Swim Breaststroke 15 yards, return to starting point swimming back-crawl 15 yards
 - Submerge & swim 3-5 body-lengths underwater, return to surface.
- All event times and locations will be announced.
- A swim assessment is required prior to enrollment for all novice team sports.
- Registration for the Team Sports will begin:
 - Sunday, June 2nd 2024 at 9:00 a.m.
- Registration will take place online and in person.



TEAMS OFFERED

NOVICE TEAM SPORTS

Artistic Swimming (Synchronized Swim Team)

- *Artistic Swimming is a team sport which combines swimming, gymnastics, and ballet. Athletes demonstrate strength, performance artistry, and acrobatics. All athletic moves are synchronized to other swimmers and music.*

Water Polo

- *Water Polo is a close contact sport where two groups of 7 players attempt to score by throwing a ball into a goal. The sport is a combination of swimming, soccer and hockey. It is played in the deep end of the pool where players cannot stand.*

Dive Team

- *Dive is a sport where athletes vault themselves off a platform into various acrobatic and gymnastic positions. Basic skills such as walking off the diving board to more advanced maneuvers like a front somersault will be taught.*

Registration Fee - \$50

***Additional team registrations are \$45**

Waivers available for those who qualify. Ask for details

Team Sports Schedule

Sport	Start Time	End Time	Days
Dive Team	2:00 p.m.	3:00 p.m.	Begins: Monday June 17 Ends: Friday August 9
Artistic Swimming	3:00 p.m.	4:00 p.m.	Begins: Monday June 17 Ends: Friday August 9
Water Polo Group A (Ages 7-12)	6:00 p.m.	7:00 p.m.	Begins: Monday June 17 Ends: Friday August 9
Water Polo Group B (Ages 13-17)	7:00 p.m.	8:00 p.m.	Begins: Monday June 17 Ends: Friday August 9





PlayLA USA Swim



PlayLA USA Swim Team is a USA Swimming sanctioned Swim Team offered by the City of Los Angeles Department of Recreation & Parks in Partnership with USA Swimming. It 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.

Requirement:

Successful completion of Level 4 Intermediate

Registration: Saturday, June 2 @ 9am In person and online

Practice Times:

Swim Team A : 4:00 p.m.-5:00 p.m.

Swim Team B : 5:00 p.m.-6:00 p.m.

Team Registration - \$50

Waivers available for those who qualify. Ask for details

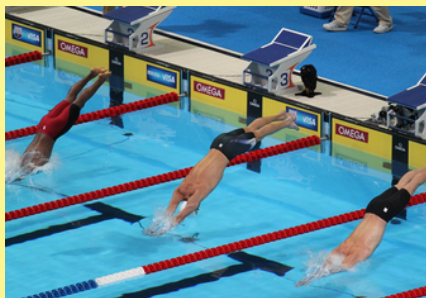
Program Information

Registration Date

Practice Dates

Sunday, June 2, 2024 at 9:00 a.m.

Monday June 17 - Friday August 9



Pool Rules

Pool employee interpretation of rules shall be final.

- **Entrance is denied to:**
 - Children under seven (7), unless accompanied by an adult on a one to 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.
- **Please check all your valuables with the clerk.**
- **Personal property not permitted in the swimming pool or deck area includes:**
 - Street clothes, shoes, and carrying bags of all types.
 - Floating apparatus, glass objects or containers of any kind.
 - Sports or swim equipment; scuba equipment; electronic equipment.
 - Wheeled vehicles (roller blades, bicycles, skateboards, etc...)
- **Soap showers must be taken before entering the pool area.**
- **Smoking is prohibited.**
- **Eating and/or drinking not allowed (bleacher area & pool deck).**
 - Only water and/or sports drinks in plastic containers will be allowed on the pool deck.
- **Foul or abusive language will not be tolerated.**
- **For the safety of the public there is no:**
 - Running on the pool deck.
 - Climbing, sitting on, and jumping from storage benches or guard structures.
 - Diving into shallow water.
 - Double bouncing or crowding dive structures.
 - Swimming in the diving area.
 - Horse playing on the deck or in the pool at any time.
 - Participating in other dangerous practices as determined by lifesaving staff.
- **No lap swimming in Rec. swim area.**
- **Hypoxic training or prolonged underwater swimming is not allowed.**
- **Do not interfere with a lifeguard rescue, or call for help unless in distress.**

GENERAL INFORMATION

- **Clothed patrons must be seated on the bleachers if they are not swimming.**
- During recreational hours, all patrons will be asked to take a swim test before entering the deep end of the pool and using the diving board. This test will consist of two length of the pool swimming freestyle (Front Crawl), with an effective supporting kick.

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DEPARTMENT OF RECREATION AND PARKS**

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