

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

CLEVELAND AQUATICS



SPRING 2024 PROGRAM

January 2nd through June 8th

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

Spring 2024 January 2nd - June 8

RECREATIONAL SWIM

Monday - Friday 4:30 p.m. - 9:00 p.m.

Saturday & Sunday 1:00 p.m. - 5:00 p.m.

LAP SWIM

Monday - Friday 5:30 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.

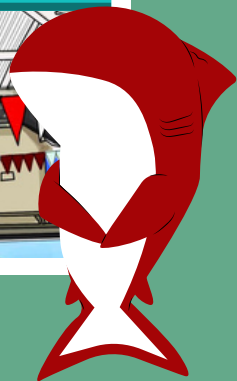
HOLIDAY CLOSURES

Dr. Martin Luther King Jr. Day - January 15th

Presidents Day - February 19th

Cesar Chavez Day - March 25th

Memorial Day - May 27th



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.**
- Swim instruction will be provided from the pool deck.
- 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**
- **Students who miss the first two classes will be dropped**

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	January 6th @ 9:00 a.m.	January 9th - February 2nd	10
Session 2	February 3rd @ 9:00 a.m.	February 6th - March 1st	10
Session 3	March 2nd @ 9:00 a.m.	March 5th - March 29th	10
Session 4	March 30th @ 9:00 a.m.	April 2nd - April 26th	10
Session 5	April 27th @ 9:00 a.m.	April 30th - May 24th	10

Group Lesson Schedule



4 Weeks / 8 Lessons
Tuesday through Friday

Class Time	Tuesday & Thursday	Wednesday & Friday
4:30 p.m. - 4:55 p.m.	Adaptive Beginner	Adaptive Swimmer
5:00 p.m. - 5:25 p.m.	Preschool Aquatics 1+2	Preschool Aquatics 3
5:30 p.m. - 5:55 p.m.	Level 2 Beginner Level 4 Intermediate*	Level 2 Beginner Level 4 Intermediate*
6:00 p.m. - 6:25 p.m.	Level 3 Advanced Beginner*	Level 3 Advanced Beginner*
6:30 p.m. - 6:55 p.m.	Level 6 Adv. Swimmer*	Level 6 Adv. Swimmer*
7:00 p.m. - 7:25 p.m.	Level 5 Swimmer*	Level 5 Swimmer*
7:30 p.m. - 7:55 p.m.	Adult Beginner	Adult Swimmer

Lesson Schedule

***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.**



Private & Semi-Private Lessons

Classes & Program Registration

- Private & Semi-Private Classes provide personalized instruction to adults and youth ages 3 and older.
- Classes are 25 minutes in length.
- Registration rules apply and participants **must** register for **4 classes**.
- Maximum of **TWO** participants per **SEMI-PRIVATE CLASS**.
- **First session Registration** will take place:
 - **Saturday, January 6th, 2024**
- All subsequent registrations will take place on **final day** of previous series during operational hours.

Private lesson Registration is in-person only

Private Class Price Breakdown: *Semi-Private Price Breakdown:*
4 classes at \$27.00 each = \$108.00 4 classes at \$40.00 each = \$160.00



Timeslots

Mondays	Tuesday - Friday (Twice a week)	Saturday - Sunday
4:30 p.m. - 5:25 p.m.	7:00 p.m. - 7:25 p.m.	11:00 a.m. - 11:25 a.m.
5:30 p.m. - 6:25 p.m.	7:30 p.m. - 7:55 p.m.	11:30 a.m. - 11:55 a.m.
6:30 p.m. - 7:25 p.m.	N/A	12:00 p.m. - 12:25 p.m.
7:30 p.m. - 8:25 p.m.	N/A	12:30 p.m. - 12:55 p.m.

Tiny Tots

Classes & Program Registration

- 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 Saturdays & Sundays

Tiny Tots Price :
8 classes - \$80.00

Tiny Tots Schedule

Level	Start Time	End Time
Starfish	1:00 p.m. 2:00 p.m.	1:25 p.m. 2:25 p.m.
Minnow	1:30 p.m.	1:55 a.m.
Seahorse	2:30 p.m.	2:55 p.m.

Level Description

Level	Class 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
Tiny Tots - Seahorse	Skills in Minnow are required. Refinement of front crawl stroke. Introduction to side breathing.

NOVICE 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 completed at Lesson Level 4 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 Novice Teams will begin:
 - Saturday, January 27, 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. Designed for entry-level competitors. Attendance is incredibly important due to the group performance aspect of the sport. Routines are created with each athlete performing scored portions that build on each other.*

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 for 4 quarters. The sport is a combination of swimming, soccer and hockey. It is played in the deep end of the pool where players cannot stand. Designed for entry level competitors.*

Novice Team - \$50

Waivers available for those who qualify. Ask for details

Team Sports Schedule

Sport	Start Time	End Time	Days
Artistic Swimming	4:30 p.m.	5:30 p.m.	Begins: Tuesday January 30 Ends: Friday April 19
Water Polo Group A (Ages 7-12)	6:30 p.m.	7:30 p.m.	Begins: Tuesday January 30 Ends: Friday April 19
Water Polo Group B (Ages 13-17)	7:30 p.m.	8:30 p.m.	Begins: Tuesday January 30 Ends: Friday April 19





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, January 27 @ 9am In person and online

Practice Times:

Swim Team A : 4:30 p.m.-5:30 p.m.

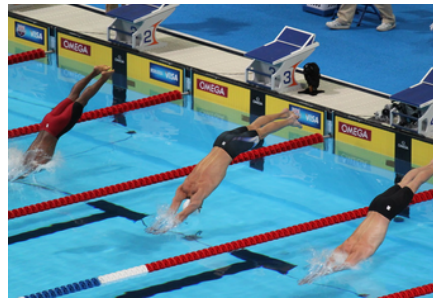
Swim Team B : 5:30 p.m.-6:30 p.m.

Novice Team - \$50

Waivers available for those who qualify. Ask for details

Program Information

Registration Date	Practice Dates
Saturday, January 27, 2024 at 9:00 a.m.	Tuesday January 30 - Friday April 19



Youth Fitness

- **Level 4: Intermediate - Swimming competency or higher is required to enroll into this program.**
- Participants continue to refine all strokes with an emphasis on increased endurance and overall fitness level.
- Great first step for athletes looking to join our USA Swim Team
- No required competitions.
- Open Registration for the 1st Series will take place **Saturday, January 6th at 9:00 AM.**
- Series and registration will follow the Swim Lesson schedule

Monday-Friday = \$90 Saturday & Sunday = \$36

Program Information

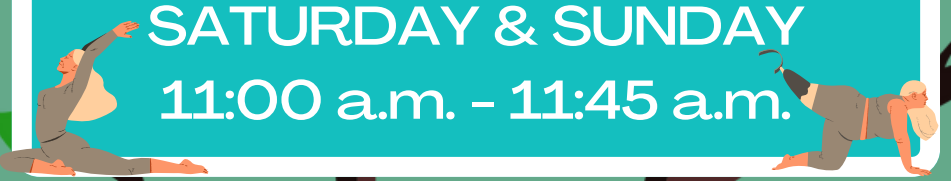
Practice Days	Registration Date	Start Time	End Time
Saturday/Sunday	Saturday, January 6th at 9:00 AM.	4:00 p.m.	4:55 p.m.
Monday-Friday	Saturday, January 6th at 9:00 AM.	7:30 p.m.	8:25 p.m.



BOGA Fit



BOGA FIT
GET YOUR BOGA ON



SATURDAY & SUNDAY
11:00 a.m. - 11:45 a.m.

- A fitness class that utilizes both calisthenics and yoga on a 9 ft. floating fitness mat
- Builds strength, deepens flexibility, improves balance and coordination
- This 45 min. class is a great workout for all fitness levels
- Participants must be 18 years or older
- Adults 18 and over \$5 per class or \$45 (series of 10 classes)



Aqua Fit



SATURDAY & SUNDAY
3:00 p.m. – 3:45 p.m.

- Upeat water workout that improves overall muscular and cardiovascular health
- Class is open to all ages and fitness levels. Pool temperature at 87 degrees.
- All equipment provided
- Adults \$55 (series of 10 classes) or \$6.00 per class
- Adults 50 and over \$45 (series of 10 classes) or \$5.00 per class



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.**

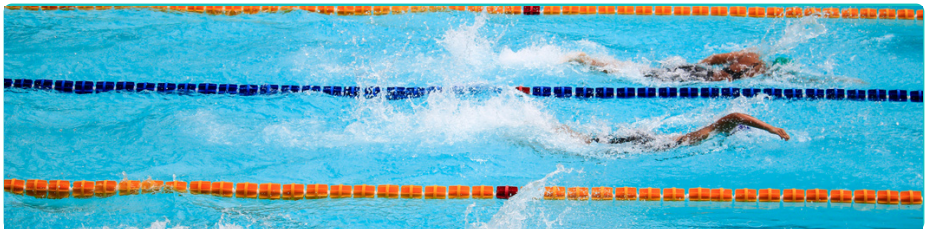
GENERAL INFORMATION

- **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.

Lap Swimming Etiquette

- Lap swimmers are encouraged to make reservations 24 hours in advance, by phone only. Reservations are for 1 hour.
 - Lap swimming is available Monday-Friday 5:30 p.m. - 8:30 p.m.
 - Saturday/Sunday 1:00 p.m. - 5:00 p.m.
- **Lap swimmers must share lanes.**
 - Up to 4 people can be assigned to a lane.
- Lap swimmers entering a lane must be certain the occupant(s) are aware of their presence in order to determine the swimming pattern to share the lane.
- Two lap swimmers per lane may split the lane swimming side by side, remaining on the left or right side of the lane.
- Three or more lap swimmers must circle-swim the length of the lane counter-clockwise. Refer to posted sign.
- Lap swimming requires continuous progress across the pool.
- Turns at the wall can be dangerous. Lap swimmers must leave enough room at each wall to make safe turns.
- Lane passing can be dangerous. Swimmers must exercise caution approaching the turn-wall and should allow faster swimmers to proceed unimpeded to expedite overtaking.

For your safety, please read the Pool Rules, General Information, and Lap Swim Rules and Etiquette prior to entering the pool.



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

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

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