February 4th, 2020 - June 6th, 2020

3704 Verdugo Road
Los Angeles, CA 90065
(323) 226-1670

E-mail: rap.glassellparkpool@lacity.org
Website: www.laparks.org/aquatics

*The classes and programs in this brochure may be subject to cancellation.*
**Fees & Hours of Operations**

**Admission Fees**

- **Adults** (Ages 18 - 49): $4.00
- **Youth** (Ages 17 & under): $1.00
- **Older Adults** (Ages 50 & up): $1.00
- **Persons with Disabilities** (All ages): $1.00

**30 Admissions**

- Adult Lap Pass: $88.00
- Admission Pass (Youth, Older Adults & Persons w/ Disabilities): $25.00

**Recreational Swim**

*(Pool closed Mondays until June 15th, 2020)*

- Tuesday - Friday: 12:00 p.m. - 2:30 p.m.
  3:30 p.m. - 7:00 p.m.
- Saturday & Sunday: 1:00 p.m. - 5:00 p.m.

**Lap Swim**

- Tuesday - Friday: 6:00 a.m. - 8:00 a.m.
  *Limited lap lanes available.*

**Team Work Outs**

**Tuesday - Friday**

- **Swim Team**: 5:30 p.m. - 7:00 p.m.
- **Artistic Swimming**: 5:00 p.m. - 6:00 p.m.
- **Water Polo**: 4:00 p.m. - 5:00 p.m.
Aquacise

Series: Adults - $50.00, Seniors - $45.00
Walk-in: Adults - $5.00, Seniors - $4.50

- This calorie burning fitness workout incorporates muscular cardiovascular and aerobic conditioning.
- Exercise includes rhythmic activities, muscles strengthening and toning.
- All classes are 50 minutes.
- Inquire with Pool Manager and/or Pool Clerk for further details.

### Tuesday & Thursday

<table>
<thead>
<tr>
<th>Series</th>
<th>Registration Date</th>
<th>Start Date</th>
<th>End Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2/1/20</td>
<td>2/4/20</td>
<td>3/12/20</td>
</tr>
</tbody>
</table>
A swim assessment is required prior to enrollment for ALL swim lessons.

Swim Assessment Certificate

Participant’s Name

Team/Lesson

Date/Time

AM/PM

Testing Proctor

Assessments do not guarantee a spot on team or lesson. Registration is done on a first-come first-served basis. This certificate must be presented to register.

EXIT ASSESSMENT

WATER CONFIDENCE (LEVEL 1)
- Enter independently, travel 5 yds. & bob 5 times.
- Push off wall, front glide 2 body lengths, roll to back float for 5 seconds, roll to front float for 5 seconds.

BEGINNERS (LEVEL 2)
- In chest deep water front float 15 sec., swim 5 body lengths.
- Back float 15 sec., roll to front, then recover.
- Front crawl using arm & leg action for 5 body lengths, roll to back float 15 sec., roll to front, continue to swim 5 body lengths.

MUST PASS LEVEL 2 OR PRESCHOOL LEVEL 3 TO REGISTER FOR LEVEL 3

ADVANCE BEGINNERS (LEVEL 3)
- Jump into deep water & tread or float 1 min., swim front crawl and/or elementary backstroke 25 yd.
- Push off in streamlined position, front crawl 15 yd., swim back to starting point elementary backstroke 15 yd.

INTERMEDIATE (LEVEL 4)
- Jump into deep water, swim front crawl for 25 yd., return swimming elementary backstroke 25 yd.
- Swim Breaststroke 15 yd., return to starting point swimming back crawl 15 yd.
- Submerge & swim 3-5 body lengths underwater, return to surface.

MUST PASS LEVEL 4 TO JOIN SWIM TEAM, WATER POLO, SYNCHRO, & DIVE TEAM

SWIMMER (LEVEL 6)
- Perform a shallow dive into deep water, swim front crawl for 50 yd. using appropriate flip turn, then swim elementary backstroke for 50 yd.
- Breaststroke for 25 yd., return to starting point swimming back crawl for 25 yd.

ADVANCED SWIMMER (LEVEL 6)
- Swim 600 yd. continuously, using any 3 strokes of choice, swimming at least 50 yd. of each stroke.
### Description of Swim Lessons

#### PRESCHOOL AQUATICS (Levels 1-3)
**Ages: 4-6; must be accompanied by a parent/guardian in the water.**

<table>
<thead>
<tr>
<th>Level</th>
<th>Class Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Preschool Aquatics</td>
<td></td>
</tr>
<tr>
<td>Level 1</td>
<td>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 and perform arm and leg actions on front and back.</td>
</tr>
<tr>
<td>Level 2</td>
<td>Participants will learn how to open eyes underwater and retrieve objects, bobbing, floating on front and back, gliding on front and back, rolling from front to back and back to front, combined arm and leg actions on front and back for 3 body lengths.</td>
</tr>
<tr>
<td>Level 3</td>
<td>Children will increase proficiency and build on the basic aquatic skills learned in Preschool Aquatics Levels 1 and 2. Participants will learn to enter chest-deep water by jumping in, fully submerge and hold breath for 10 seconds, rotary breathing, front float 10 seconds, back float 15 seconds, change direction of travel while swimming on front and back, tread water for 30 seconds in shoulder deep water, combined arm and leg actions on front for 5 body lengths.</td>
</tr>
</tbody>
</table>

#### LEARN-TO-SWIM (LEVELS 1-6)

<table>
<thead>
<tr>
<th>Level</th>
<th>Class Description</th>
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</thead>
<tbody>
<tr>
<td>Water Confidence</td>
<td></td>
</tr>
<tr>
<td>Level 1</td>
<td>Introduction to water safety and water acclimation. This beginner level teaches buoyancy in water and basic locomotion skills. Kicking, breathing and alternative arm action techniques are introduced.</td>
</tr>
<tr>
<td>Beginners</td>
<td></td>
</tr>
<tr>
<td>Level 2</td>
<td>Participants learn locomotion skills including combined arm and leg actions on front and back and swimming in chest-deep water.</td>
</tr>
<tr>
<td>Advanced Beginners</td>
<td></td>
</tr>
<tr>
<td>Level 3</td>
<td>Participants learn the Front Crawl, Breaststroke kick, Sidestroke kick, and the Elementary Backstroke.</td>
</tr>
<tr>
<td>Intermediate</td>
<td></td>
</tr>
<tr>
<td>Level 4</td>
<td>Participants learn the Breaststroke, Butterfly, Back Crawl, and the Sidestroke.</td>
</tr>
<tr>
<td>Swimmer</td>
<td></td>
</tr>
<tr>
<td>Level 5</td>
<td>Help participants refine their performance of all six swimming strokes (i.e. Front Crawl, Back Crawl, Butterfly, Breaststroke, Elementary Backstroke, and Sidestroke).</td>
</tr>
<tr>
<td>Advanced Swimmer</td>
<td></td>
</tr>
<tr>
<td>Level 6</td>
<td>Refine strokes so participants swim them with greater efficiency and effectiveness over longer distances.</td>
</tr>
</tbody>
</table>

#### ADULT SWIM (LEVELS 1-3)

<table>
<thead>
<tr>
<th>Level</th>
<th>Class Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult Beginners</td>
<td></td>
</tr>
<tr>
<td>Level 1</td>
<td>Help participants gain basic aquatic skills and swimming strokes.</td>
</tr>
<tr>
<td>Adult Intermediate</td>
<td></td>
</tr>
<tr>
<td>Level 2</td>
<td>Improve participants’ proficiency in basic aquatic skills and the six basic swimming strokes.</td>
</tr>
<tr>
<td>Adult Swimmer</td>
<td></td>
</tr>
<tr>
<td>Level 3</td>
<td>Refine participants’ front crawl, back stroke, and breaststroke and turns and build endurance.</td>
</tr>
</tbody>
</table>
Lesson & Program Registration

- Registration for Group Swim Lessons, will begin at **9:00 a.m.** on the dates listed accordingly by class series.
- 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 series is cancelled.
- Lessons are **25 minutes** in length.
- All refunds will be assessed an administration fee of **10%.**
- A swim assessment is required prior to enrollment for all class levels.
- Swim instruction will be provided from the pool deck.
- **Tiny Tots** - $80.00      /     **Youth** - $30.00      /     **Adult** - $30.00

<table>
<thead>
<tr>
<th>Series</th>
<th>Registration Date</th>
<th>Days</th>
<th>Starting Date</th>
<th>Ending Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2/01/20</td>
<td>T/TH</td>
<td>2/4/20</td>
<td>2/27/20</td>
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<tr>
<td></td>
<td></td>
<td>W/F</td>
<td>2/5/20</td>
<td>2/28/20</td>
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<td></td>
<td></td>
<td>S/S</td>
<td>2/8/20</td>
<td>3/1/20</td>
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<tr>
<td></td>
<td></td>
<td>S/S</td>
<td>3/7/20</td>
<td>3/29/20</td>
</tr>
<tr>
<td></td>
<td></td>
<td>W/F</td>
<td>4/1/20</td>
<td>4/24/20</td>
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<tr>
<td></td>
<td></td>
<td>W/F</td>
<td>4/29/20</td>
<td>5/22/20</td>
</tr>
<tr>
<td></td>
<td></td>
<td>S/S</td>
<td>5/2/20</td>
<td>5/24/20</td>
</tr>
</tbody>
</table>

As a covered entity under Title II of the American with Disabilities Act, the City of Los Angeles does not discriminate on the basis of disability and, upon request, will provide reasonable accommodation to ensure equal access to its programs, services and activities.
## Tuesday & Thursday

<table>
<thead>
<tr>
<th>Class Level</th>
<th>Start Time</th>
<th>End Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult Beginner</td>
<td>12:05 p.m.</td>
<td>12:30 p.m.</td>
</tr>
<tr>
<td>Preschool Aquatics</td>
<td>12:35 p.m.</td>
<td>1:00 p.m.</td>
</tr>
<tr>
<td>Water Confidence</td>
<td>3:35 p.m.</td>
<td>4:00 p.m.</td>
</tr>
<tr>
<td>Beginner</td>
<td>4:05 p.m.</td>
<td>4:30 p.m.</td>
</tr>
<tr>
<td>Advanced Beginner</td>
<td>4:35 p.m.</td>
<td>5:00 p.m.</td>
</tr>
<tr>
<td>Intermediate</td>
<td>5:05 p.m.</td>
<td>5:30 p.m.</td>
</tr>
<tr>
<td>Preschool Aquatics Level 1</td>
<td>5:35 p.m.</td>
<td>6:00 p.m.</td>
</tr>
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## Wednesday & Friday

<table>
<thead>
<tr>
<th>Class Level</th>
<th>Start Time</th>
<th>End Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult Intermediate</td>
<td>12:05 p.m.</td>
<td>12:30 p.m.</td>
</tr>
<tr>
<td>Tiny Tots</td>
<td>12:35 p.m.</td>
<td>1:00 p.m.</td>
</tr>
<tr>
<td>Youth Fitness</td>
<td>4:05 p.m.</td>
<td>4:30 p.m.</td>
</tr>
<tr>
<td>Advanced Beginner</td>
<td>4:35 p.m.</td>
<td>5:00 p.m.</td>
</tr>
<tr>
<td>Beginner</td>
<td>5:05 p.m.</td>
<td>5:30 p.m.</td>
</tr>
<tr>
<td>Tiny Tots</td>
<td>5:35 p.m.</td>
<td>6:00 p.m.</td>
</tr>
<tr>
<td>Adult Beginner</td>
<td>6:05 p.m.</td>
<td>6:30 p.m.</td>
</tr>
<tr>
<td>Adult Intermediate/Swimmer</td>
<td>6:35 p.m.</td>
<td>7:00 p.m.</td>
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</tbody>
</table>

### Notes:
- Classes and times are subject to change during the Fall season.
- See Manager or Pool Clerk for updates prior to Registration.

## Saturday & Sunday

<table>
<thead>
<tr>
<th>Class Level</th>
<th>Start Time</th>
<th>End Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water Confidence</td>
<td>1:05 p.m.</td>
<td>1:35 p.m.</td>
</tr>
<tr>
<td>Beginner</td>
<td>1:35 p.m.</td>
<td>2:00 p.m.</td>
</tr>
<tr>
<td>Advanced Beginner</td>
<td>2:05 p.m.</td>
<td>2:30 p.m.</td>
</tr>
<tr>
<td>Intermediate</td>
<td>2:35 p.m.</td>
<td>3:00 p.m.</td>
</tr>
</tbody>
</table>
Private & Semi-Private lessons provide personalized instruction to adults and youths ages 4 and older. Lessons are 25 minutes in length. Registration rules apply and participants must register for 4 lessons. Maximum of two participants per semi-private lesson. Registration for the 1st Series will take place Saturday, February 1, 2020 at 9:00 a.m.

**Private Lessons: Adult, Child, Senior, Adaptive**  
4 Lessons @ $27.00 each = $108.00

**Semi-Private Lessons (2 students only):**  
Adult, Child, Senior, Adaptive  
4 Lessons @ $40.00 each = $160.00

<table>
<thead>
<tr>
<th>Session</th>
<th>Week Day</th>
<th>Registration Date</th>
<th>Start Date</th>
<th>End Date</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Saturdays</td>
<td>2/1/20</td>
<td>2/8/20</td>
<td>2/29/20</td>
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<tr>
<td></td>
<td>Sundays</td>
<td>2/1/20</td>
<td>2/9/20</td>
<td>3/1/20</td>
</tr>
<tr>
<td>2</td>
<td>Saturdays</td>
<td>2/29/20</td>
<td>3/7/20</td>
<td>3/28/20</td>
</tr>
<tr>
<td>4</td>
<td>Saturdays</td>
<td>4/25/20</td>
<td>5/2/20</td>
<td>5/23/20</td>
</tr>
<tr>
<td></td>
<td>Sundays</td>
<td>4/25/20</td>
<td>5/3/20</td>
<td>5/24/20</td>
</tr>
</tbody>
</table>

As a covered entity under Title II of the American with Disabilities Act, the City of Los Angeles does not discriminate on the basis of disability and, upon request, will provide reasonable accommodation to ensure equal access to its programs, services and activities.
• Designed for entry-level athletes ages 7 - 17.
• The year-round program is a Department-Sponsored League in partnership with U.S.A. Swimming.
• U.S.A. Swimming Membership provides athletes and parents with enhanced training and educational resources.
• All meet times and locations will be announced.
• An awards banquet will be scheduled.

Registration requirements

• Assessment to demonstrate intermediate level swimming
• USA Swimming Flex Swim membership.

Team Registration: $60.00 per season
U.S.A. Swimming Flex membership: $20.00 yearly

Tuesday - Friday

Team Swim LA | 5:30 pm - 7:00 pm

Novice Team Sports

• Designed for entry-level competitors.
• 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 registration.

• Participants must demonstrate level 4 swimming competency or higher.
• All event times and locations will be announced.
• Registration: $50.00 for one team, $45.00 for additional team.
• A swim assessment is required prior to enrollment for all novice team sports.
• Registration for Novice Teams will begin Saturday, February 1, 2020 at 9:00 a.m.

Tuesday - Friday

Water Polo | 4:00 p.m. - 4:55 p.m.
Artistic Swimming | 5:00 p.m. – 5:55 p.m.
**Pool Rules**

Pool employee interpretation of rules shall be final.

- **Entrance is denied to:**
  1. Children under seven (7), unless accompanied by an adult on a one to one ratio.
  2. Children under the age of four (4) without an approved "swim diaper" or plastic pants with elastic around the waist and legs.
  3. Persons under the influence of alcohol or narcotics.
  4. Persons with colds, coughs, nasal or eye discharges, skin eruptions, open wounds, open sores or bandages.
  5. Pets.

- **Please check all your valuables with the clerk.**

- **Personal property not permitted in the swimming pool or deck area includes:**
  1. Street clothes, shoes, and carrying bags of all types.
  2. Floating apparatus, glass objects or containers of any kind.
  3. Sports or swim equipment; scuba equipment; electronic equipment.
  4. 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).**
  1. 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:**
  1. Running on the pool deck.
  2. Climbing, sitting on, and jumping from storage benches or guard structures.
  3. Diving into shallow water.
  4. Double bouncing or crowding dive structures.
  5. Swimming in the diving area.
  6. Horse playing on the deck or in the pool at any time.
  7. Snapping towels.
  8. 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**

- No lap lanes available for lap swim during recreational swimming hours unless stated in brochure.

- Locker rooms close 15 minutes after end of session.

- **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.

- Kickboards, pull buoys are provided during lap swimming hours only, no equipment will be provided during recreational swim hours. All other equipment is for facility programs.

- Water is the only beverage allowed on the pool deck (no glass containers). There is no food or gum chewing allowed in the pool area, except during posted special events.

- The shallow end will be cleared of all patrons during shallow water exercise classes. Please refer to class schedule for times.

- **Patrons that attempt to participate in exercise classes without having registered for classes will be asked to leave facility.**
Lap Swim Rules & Etiquette

- A minimum of 2 lap lanes available during Recreational Swim hours.
- Lap swimmers must share lanes. Each lane can accommodate up to seven (7) swimmers.
- 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 by staying either on the right or left 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.
- Turn 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.

Space is limited during ALL public swim hours.

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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Lynn Alvarez

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