

Admission Fees:

Walk-in Entry:

Youth (0-17)	\$1.00
Adult (18-49)	\$4.00
Adult (50+)	\$1.00
Person w/ Disability	\$1.00

Walk In Admissions are cash only.
Exact change is required for entry.

Lap Pass/Admission Pass:

Youth (0-17)	\$25.00
Adult (18-49)	\$88.00
Adult (50+)	\$25.00
Person w/ Disability	\$25.00

All pass sales are final, no refunds or replacements

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
- Snapping towels
- Participating in other dangerous activities as determined by lifesaving staff.
- No lap Swimming or equipment in Rec swim area
 - Ex. fins, kickboards, pull buoys, masks and snorkels, etc.
- Hypoxic training or prolonged underwater swimming
- No person shall be allowed to conduct swimming, diving, or other aquatics instruction unless legal use of the pool is obtained through permit access
- Foul or abusive language will not be tolerated
- Smoking
- To use the deep end of the pool you must take a swim test, this test will consist of two lengths of the pool swimming freestyle (crawl), with an effective supporting kick.
- Do not interfere with a lifeguard rescue or call for help unless in distress.

Personal Property Not Permitted:

- Street clothes, shoes, and carrying bags of all types
 - Proper swim wear is required (no cotton t-shirts, basketball shorts or athletic clothing)
- Floating apparatus, glass objects or containers of any kind
 - Life vests must have a U.S. Coast Guard Approval Number on them.
- Sports equipment; scuba equipment; electronic equipment
- Wheeled vehicles (roller blades, bicycles, skateboards, etc...)
- There is no eating, gum chewing, and/or drinks allowed
 - Exception is water or sports drinks in plastic containers.
- Please check all valuables with the clerk

Entrance is Denied to:

- Children under 7, unless accompanied by an adult on a one to one ratio, and within arms reach at all times.
- 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
- Non-Swimmers. Clothed patrons must wait in spectator area.
- Showers must be taken before entering the pool area.

Employee interpretation of rules is final.

Citywide Aquatics Contact Information

(323)906-7953
citywide.aquatics@lacity.org

Information in this brochure is subject to change or cancellation without prior notice.

City of Los Angeles
Department of Recreation and Parks
Citywide Aquatics Division

Board of Commissioners

President

Renata Simril

General Manager

Jimmy Kim

Assistant General Managers

Special Operations Branch

Brenda Aguirre

Citywide Aquatics Division

Superintendent of Aquatics and Emergency Management

Gary Singer

Principal Recreation Supervisor II

Maha Yateem

Principal Recreation Supervisor I

Andre Brent

Aquatic Directors

Carlos Espinoza

Maria Gudino

Ivan Rodriguez

Peter Schwaneman

If you are a person with a disability and require accommodation to participate in a City of Los Angeles Department of Recreation and Parks program, service, or activity, requests may be made by calling the facility (facility phone number here), or 711 for CA Relay, ten days in advance of the event. We will do our best to fulfill requests with less than ten business days' notice.

If a participant requires a one to one aide, requests will be fulfilled within seven business days of receiving required paperwork and documentation needed to issue a Right of Entry Permit to the agency providing the aide.



HEY ROOKIE
SWIMMING POOL

Fall 2025

3351 S. Gaffey St. San Pedro, CA 90731

Recreational & Lap Swim Hours

Day	Rec Swim	Lap Swim
Monday	Pool Closed	Pool Closed
Tue- Fri	1:00 p.m. - 3:25 p.m.	9:00 a.m. - 3:25 p.m.
Sat & Sun	1:00 p.m. - 4:55 p.m.	12:00 p.m. - 4:55 p.m.

Limited lanes during recreation and programming

Holiday Hours

Tue. 11/11	Veteran's Day	Pool Closed
Thu. 11/27	Thanksgiving	Pool Closed
Fri. 11/28	Thanksgiving	Pool Closed
Wed. 12/24	Christmas Eve	1:00p - 4:55p
Thu. 12/25	Christmas Day	Pool Closed
Wed. 12/31	New Year's Eve	1:00p - 4:55p
Thu. 1/1/26	New Year's Day	Pool Closed



(310) 521 - 9017



@heyrookiepool.lacityparks



Heyrookie.pool@lacity.org



LAparks.org

Program Registration

Online and In-Person Registration 9:00am


Session:	Registration:	Schedule:
Session # 1	Sept. 13	Sept. 14 - Oct. 11
Session # 2	Oct. 11	Oct. 12 - Nov. 8
Session # 3	Nov. 8	Nov. 9 - Dec. 13


Lesson Fees


Youth \$10	Tiny Tots \$80	Toddler & Adult \$30
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Private Lessons
\$108
4 Lessons

Lessons are
25 Minutes
in length

SCANSwimLA.org



SCANreg.LaParks.org

Important Program Information

- Registration is available in person at the facility and online registration is available at swimla.org starting at 9am on the registration dates listed.
- Registration will **not** be accepted over the phone.
 - Toddler***: 6 months - 3 years
 - Preschool and Tiny Tots***: 3-6 yrs
 - *Toddler and Preschool Aquatics classes require an adult in the water with the participant at all times.
 - Youth**: 7-17yrs
 - Adult**: 18 yrs & older.
- Fees must be paid at the time of registration. No Exceptions.
- Cash, Check , Money Order, VISA and MASTER card accepted.
 - Make checks payable to: **L.A. City Department of Recreation and Parks.**
- No refunds or transfers unless class is cancelled.
- No make-ups for participant absences and posted holidays.
- Proof of age required for children under 7 prior to registration by birth certificate or passport

Aquatic Programming is subject to change or cancellation without prior notice.

Youth Lesson Schedule

Class	Tuesday & Thursday	Time
Toddler*		11:00 a.m. - 11:25 a.m.
Tiny Tots (Starfish)		11:30 a.m. - 11:55 a.m.
Pre-School Aquatics*		3:30 p.m. - 3:55 p.m.
Water Confidence		4:00 p.m. - 4:25 p.m.
Beginner		4:30 p.m. - 4:55 p.m.
	Wednesday & Friday	
Pre-School Aquatics*		11:00 a.m. - 11:25 a.m.
Tiny Tots (Minnow)		11:30 a.m. - 11:55 a.m.
Adv. Beginner		3:30 p.m. - 3:55 p.m.
Intermediate		4:00 p.m. - 4:25 p.m.
Swimmer		4:30 p.m. - 4:55 p.m.
	Saturday & Sunday	
Pre-School Aquatics*		12:00 p.m. - 12:25 p.m.

**Pre-School Aquatics and Toddler Classes require an adult in the water with the participant at all times*

Additional Details

Toddler:

A parent or guardian (16+) must be in the water with their child. Parents learn support techniques, while children practice basic swim and safety skills, breath control, and floating. Additional education includes using life jackets, calling for help, and CPR awareness.

Tiny Tots:


Starfish: For first time swimmers. Students will be taught how to enter/exit the pool, breathing control, front/back floats and basic water safety.

Minnows: Skills in Starfish are required. Opening of eyes and object retrieval underwater. Intro to arm rotation, kicking, and front/back glides.

Tiny Tots does not require an adult in the water with the participant.

More Information

For information on Learn to Swim Levels, please visit <https://www.laparks.org/aquatic/learn>



Adult Lessons and Programs

Adult Lessons

Tuesday & Thursday

Adult Beginner 10:30 a.m. - 10:55 a.m.

Wednesday & Friday

Adult Adv Beg 10:30 a.m. - 10:55 a.m.

Saturday & Sunday

Adult Beginner 12:30 p.m. - 12:55 p.m.

Adult Water Exercise

Full Session (8 Classes)

Walk-In (1 Class)

\$36 Adult: 18-49 \$5 Adult: 18-49

\$28 Adult: 50+ \$4 Adult: 50+

Sessions are aligned with program registrations and schedule dates. Participants can select either Tuesday & Thursday or Wednesday & Friday Sessions at time of Registration

Aquafit - Cardio

Tuesday - Friday | 12:05 p.m. - 12:50 p.m.

The techniques used in shallow and deep water exercise are designed for swimmers and non-swimmers. Water aerobics increases flexibility, balance, stamina, range of motion and provides a cardiovascular workout.

Adaptive Lessons

Adaptive swim lessons are for ages 4 and up with physical or cognitive needs. Group instruction covers water safety and swim basics, tailored to each person's abilities. Aides are welcome in the water if needed.

Saturday & Sunday

Youth Adaptive 1:00 p.m. - 1:25 p.m.

Adult Adaptive 1:30 p.m. - 1:55 p.m.



PLAYLA USA Swim Team

PLAYLA is a USA Sanctioned Swim Team designed to provide Athletes, Parents and Coaches with enhanced training and educational resources. This program will offer high performance training and educational to qualified athletes aged 7 - 17 years old. Athletes are instructed by USA Swimming Certified coaches to develop their competitive Skills in all strokes, with enhanced workout times and dryland training.

Registration Date:

August 23 at 9:00 am

Registration is \$10 per athlete per season

Registration requirements: Swim Assessment to demonstrate the required swimming ability is required prior to registration.

Practice Schedule

Tuesday- Friday | 3:30 p.m. - 4:55 p.m.

August 25 - November 26



Hey Rookie Harbor Seals

The PlayLA Youth and Adaptive Youth Sports Program is made possible by the LA28 Olympic and Paralympic Games.

Private Lessons

Private Lessons are available on varying times and dates to fit your schedule. Lessons feature one on one instruction with a lifeguard in the water. Private Lessons are available for participants 6 months and above and are tailored to fit individual needs and ability.

Please inquire with the clerk for scheduling