

CITY OF LOS ANGELES



DEPARTMENT OF RECREATION & PARKS

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AQUATIC FACILITY MANAGER II

Rogelio Fernandez

If you have a concern, complaint, or compliment about the facility or programs, please feel free to speak to the pool manager or contact the Citywide Aquatics Office at:
3900 Chevy Chase Dr. L.A., CA 90039
(323) 906-7953
citywide.aquatics@lacity.org

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



PARK PROUD LA

HEY ROOKIE
SWIMMING POOL

3351 S. Gaffey Street
San Pedro, CA 90731
(310) 521-9017

heyrookie.pool@lacity.org

Winter/Spring
2020

HOURS OF OPERATION

Effective: December 29, 2019 - May 24, 2020

*Pool closed on Mondays

Recreational & Lap Swimming

Minimum 2 lap lanes during recreational swim
Tuesday - Friday 1:00 p.m. - 3:00 p.m.
Saturday & Sunday 1:00 p.m. - 5:00 p.m.

Lap Swimming

Tuesday - Friday 10:00 a.m. - 12:00 p.m.

Holiday Hours

Tuesday, December 31, 2019 - 1:00 p.m. - 5:00 p.m.
Wednesday, January 1, 2020 - Pool Closed

*Times subject to change without notice

www.LAPARKS.org

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.

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 demonstrate an intermediate level swimming competency. All meet times and locations will be announced. Our team mascot is the Harbor Seal.

Team Swim LA

The year-round program is a department-sponsored league in partnership with USA Swimming. USA Swimming Membership provides athletes and parents with enhanced training and educational resources.

Team Registration: \$60.00 per season
USA Swimming Flex membership: \$20.00 yearly

Length of Season: Year-round
Workout Days: Tuesday - Friday
Team Practice Times: 3:30 p.m. - 5:00 p.m.
Competition Day: Saturdays

Artistic Swim Team

Team Registration: \$50.00

Length of Season: February 4 - May 8, 2020
Workout Days: Tuesday and Thursday
Team Practice Times: 3:30 p.m. - 5:00 p.m.
Competition Day: Saturdays

Water Polo

Team Registration: \$50.00

Length of Season: February 4 - May 8, 2020
Workout Days: Wednesday and Friday
Team Practice Times: 3:30 p.m. - 5:00 p.m.
Competition Day: Sundays



Life is better when you're Swimming!

ADMISSION FEES

Fees subject to change without notice

Adults (18 – 49 yrs. old)	\$4.00
Youth* (0 – 17 yrs. old)	\$1.00
Seniors (50 yrs. old & up)	\$1.00
Persons with Disabilities	\$1.00
Adult Lap Pass - 18 – 49 yrs. old (30 Admissions).....	\$88.00
Admission Pass - Youth, Seniors, Persons w/ Disabilities (30 Admissions).....	\$25.00

***NOTE:** Each child under the age of 7 must be accompanied by an adult (18+ years old) on a one-to-one ratio. The adult must be within one arm's length of the child at all times, whether on the pool deck or in the water.

Children under the age of 4 must wear a swim diaper.

SWIM ATTIRE – Swim suits, Swim trunks with liner (exception board shorts providing coverage), must be worn by persons in the pool area. White t-shirts or white rash guards will not be allowed while in the water or on the pool deck.

Lap lane availability subject to change without notice.

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

AQUACISE

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

Walk-in: ADULT \$6.00/SENIOR \$4.00

Registration per series: ADULT \$55.00/ SENIOR \$35.00

Classes: Tuesday - Saturday 12:00 p.m. – 12:45 p.m.

- **No refunds unless a class is canceled.**
- **This Class is 45 minutes in length.**

LEARN TO SWIM

GROUP LESSONS CATEGORIES & REQUIREMENTS

Preschool: 4 yrs. – 6 yrs. **Children:** 7 yrs. – 17 yrs. **Adult:** 18 yrs. & older

Preschool Aquatics (Levels 1-3) – Child must be accompanied by an adult. Parent and child are introduced to basic water safety and skills.

Water Confidence (Level 1) – Introduction to water safety, water acclimation, kicking, breathing, arm action, floating and basic skills.

Beginner (Level 2) – Begin to develop front and back strokes and swimming in deep water.

Advance Beginner (Level 3) –Introduction to diving, elementary backstroke, dolphin & scissor kicks. Further develop front and back strokes.

Intermediate (Level 4) – Refine crawl and elementary backstroke. Introduction to breaststroke, side-stroke & butterfly. Turns & surface dives.

Swimmer (Level 5) – Refine strokes, improve conditioning and diving into the pool. Learn additional aquatic skills such as flip turns.

LESSON REGISTRATION

- **Session #1: Saturday, January 4, 2020**
- **Session #2: Saturday, February 1, 2020**
- **Session #3: Saturday, February 29, 2020**
- **Session #4: Saturday, March 28, 2020**
- **Session #5: Saturday, April 25, 2020**
- Online registration is available.
- Fees must be paid at the time of registration.
- **NO EXCEPTIONS.**
- Checks payable to:
City of L.A. Dept. of Rec. & Parks
- No refunds unless a session is canceled.
- Lessons are 25 minutes in length.
- Swim instruction will be given from either the pool deck or in the water.
- Refunds will be assessed an administrative fee of 10%.
- **A swim assessment is required before registering for a class.**



These classes are for children ages 4-6 who have had swim lessons or know how to swim. Parents are not required to be in the water with their children. Children will be introduced to water safety, arm and leg action on front and back, front crawl and elementary backstroke.

Registration Fee:.....\$80.00
Days:Tue. & Thu.
Time:.....3:00 p.m. - 3:25 p.m.

Tiny Tots follows our Group Lesson Registration and Session dates. Lessons are 25 minutes in length. 8 lessons, 2 times a week for 4 weeks. Smaller class (4 participants max).



PLEASE SEE STAFF TO REQUEST ASSISTANCE

- It is the policy of the City of L.A. to provide access to its programs, services & activities for persons with disabilities in accordance with Title II of the ADA.

GROUP LESSONS DATES

4 weeks/8 lessons

YOUTH \$67.00 ADULT \$67.00

Tuesdays & Thursdays

Session #1.....	Jan. 7 - Jan. 30
Session #2.....	Feb. 4 - Feb. 27
Session #3.....	Mar. 3 - Mar. 26
Session #4.....	Mar. 31 - Apr. 23
Session #5.....	Apr. 28 - May 21

Wednesdays & Fridays

Session #1.....	Jan. 8 - Jan. 31
Session #2.....	Feb. 5 - Feb. 28
Session #3.....	Mar. 4 - Mar. 27
Session #4.....	Apr. 1 - Apr. 24
Session #5.....	Apr. 29 - May 22

Saturdays & Sundays

Session #1.....	Jan. 11 - Feb. 2
Session #2.....	Feb. 8 - Mar. 1
Session #3.....	Mar. 7 - Mar. 29
Session #4.....	Apr. 4 - Apr. 26
Session #5.....	May 2 - May. 24

YOUTH LESSONS SCHEDULE

Wednesdays & Fridays

Preschool Aquatics.....	3:30 p.m. - 3:55 p.m.
Beginner.....	4:00 p.m. - 4:25 p.m.
Intermediate.....	4:30 p.m. - 4:55 p.m.

Tuesdays & Thursdays

Water Confidence.....	3:30 p.m. - 3:55p.m.
Adv. Beginner.....	4:00 p.m. - 4:25 p.m.
Swimmer.....	4:30 p.m. - 4:55 p.m.

Saturdays & Sundays

Adult Beginner.....	1:00 p.m. - 1:25 p.m.
Water Confidence.....	1:30 p.m. - 1:55 p.m.
Beginner.....	2:00 p.m. - 2:25 p.m.
Adv. Beginner.....	2:30 p.m. - 2:55 p.m.