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

HUBERT HUMPHREY AQUATIC CENTER

FALL 2019 - SPRING 2020

EFFECTIVE SEPTEMBER 8, 2019 - JUNE 13, 2020
12560 FILMORE STREET, PACOIMA, CA 91331 ~ 818-896-0067

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

HTTPS://WWW.LAPARKS.ORG/RECCENTER/HUBERTHUMPHREY
FEES & HOURS OF OPERATIONS

Effective September 8, 2019 - June 13, 2020

ADULT (18 - 49 YEARS): $4.00
CHILDREN (17 & UNDER): $1.00
SENIORS (50 & OLDER): $1.00
PERSONS WITH DISABILITIES (ALL AGES) $1.00

ADULT LAP PASS - $88.00 FOR 30 ADMISSIONS
ADMISSION PASS- $25.00 FOR 30 ADMISSIONS
(Admission Pass for Children, Seniors, & Persons with Disabilities).

RECREATIONAL SWIM
Pool Closed on Mondays.

TUESDAY - FRIDAY
4:30 p.m. – 8:00 p.m.

SATURDAY & SUNDAY
1:00 p.m. – 5:00 p.m.

LAP SWIMMING
Pool Closed on Mondays.

TUESDAY - FRIDAY
4:30 p.m. – 5:00 p.m.
7:00 p.m. – 8:00 p.m.

SATURDAY & SUNDAY
1:00 p.m. – 5:00 p.m.

**Only 1 shared lane available from 7:00 p.m. to 8:00 p.m. **

HOLIDAY POOL CLOSURE SCHEDULE

THANKSGIVING DAY..THURSDAY, NOVEMBER 28,2019
THANKSGIVING DAY......FRIDAY, NOVEMBER 29,2019
CHRISTMAS DAY......WEDNESDAY, DECEMBER 25,2019
NEW YEAR’S DAY.......WEDNESDAY, JANUARY 1, 2020
CESAR CHAVEZ DAY..........FRIDAY. APRIL 3, 2020

WINTER CLOSURE

PLEASE BE ADVISED THAT THE POOL MAY BE CLOSED FOR MAINTENANCE AND REPAIR BETWEEN THE MONTHS OF DECEMBER AND JANUARY.

SEE POOL CLERK OR MANAGER FOR DETAILS.
POOL RULES

- 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 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 or bandage.
  5. Pets.
- Please check all of 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 vehicle (roller blades, bicycles, skateboards, etc...)
  5. Smoking is prohibited.
- Soap showers must be taken before entering the pool area.

GENERAL INFORMATION

- No lap lanes are available for lap swim during recreational swimming hours unless stated in the 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 lengths 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 provide during recreational swim hours. All other equipment is for facility programs.
- Water and sport drinks are the only beverages allowed on the pool deck. There is no eating or gum chewing allowed in the pool area, except during posted special events.
- Designated areas in the shallow end will be cleared of patrons, during shallow water exercise classes or swim lessons.
- Patrons that attempt to participate in exercise classes without having registered will be asked to leave the facility.

NOTE:
Groups or individuals desiring to provide coaching at City of Los Angeles swimming pools must obtain a permit. Private instruction (one-on-one) is no permissible. Permit guidelines and applications can be obtained at LAParks.org, aquatic link.

Pool employee interpretation of rules shall be final.
## DESCRIPTION OF SWIM LESSONS

### Preschool Aquatics
- **(Water Acclimation)**  
  *Ages 4 - 6*  
  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 and perform arm and leg actions of front and back.  
  *Parent must accompany child in water.*

### Preschool Aquatics
- **(Water Confidence)**  
  *Ages 4 - 6*  
  Level 2
  - Children will build on and improve skills learned in Preschool Aquatics 1. Participants will learn how to open eyes underwater and retrieve objects, bobbling, 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.  
  *Parent must accompany child in water.*

### Preschool Aquatics
- **(Beginner)**  
  *Ages 4 - 6*  
  Level 3
  - 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, fulling 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.  
  *Parent must accompany child in water.*

### Water Confidence
- **Level 1**  
  - 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.

### Beginner
- **Level 2**  
  - Participants learn locomotion skills including front and back crawl and swimming in semi deep water.

### Advance Beginner
- **Level 3**  
  - Participants learn elementary backstroke and continue to improve on front and back crawl.

### Intermediate
- **Level 4**  
  - Participants learn breaststroke and sidestroke skills.

### Swimmer
- **Level 5**  
  - Participants refine strokes and learn additional aquatics skills such as the butterfly.

### Advance Swimmer
- **Level 6**  
  - Participants continue to refine all strokes with an emphasis on increased yardage.

### Learn The Basics
- **(Adult Beginner)**  
  - Level 1
  - Help participants gain basic aquatic skills and swimming strokes.

### Improving Skills & Swimming strokes
- **(Adult Intermediate)**  
  - Level 2
  - Improve participants’ proficiency in basic aquatic skills and the six basic swimming strokes.

### Swimming For Fitness
- **(Adult Swimmer)**  
  - Level 3
  - Refine participants’ front crawl, back stroke, and breast stroke and turns and build...
# GROUP LESSONS

FEE: $30.00 FOR YOUTH LESSONS / $30 FOR ADULT LESSONS  
EACH CLASS IS 25 MINUTES

## FALL 2019

### WEEKDAYS

#### SESSION #1
REGISTRATION: SEPT. 21, 2019  
SESSION: SEPT. 24, 2019–OCT. 20, 2019

#### SESSION #2:
REGISTRATION: OCT. 19, 2019  
SESSION: OCT. 22, 2019–NOV. 17, 2019

#### SESSION #3:
REGISTRATION: NOV 16, 2019  
SESSION: NOV 19, 2019–DEC. 22, 2019  
NOTE: THANKSGIVING NO LESSONS

### YOUTH LESSONS (Minimum 7 years old)
- Level 1 – Tue & Thu…4:30 p.m. – 4:55 p.m.  
  Wed & Fri…4:30 p.m. – 4:55 p.m.
- Level 2 – Tue & Thu….5:00 p.m. – 5:25 p.m.  
  Wed & Fri…5:00 p.m. – 5:25 p.m.
- Level 3 – Tue & Thu….5:30 p.m. – 5:55 p.m.  
  Wed & Fri…5:30 p.m. – 5:55 p.m.
- Level 4 – Tue & Thu….6:30 p.m. – 6:55 p.m.  
  Wed & Fri…6:30 p.m. – 6:55 p.m.
- Level 5 – Tue & Thu….7:00 p.m. – 7:25 p.m.

### ADULT LESSONS (Minimum 15 years old)
- Adult Level 1  
  Tue & Thu…7:30 p.m. – 7:55 p.m.  
  Wed & Fri…7:30 p.m. – 7:55 p.m.
- Adult Level 2  
  Tue & Thu…7:30 p.m. – 7:55 p.m.  
  Wed & Fri….7:30 p.m. – 7:55 p.m.

### PRESCHOOL AQUATICS (4 - 6 years old)
- Level 1—Tue & Thu…..6:00 p.m. – 6:25 p.m.  
  Wed & Fri……6:00 p.m. – 6:25 p.m.

### SATURDAY & SUNDAY

#### SESSION #1
REGISTRATION: OCT 19, 2019  
SESSION: OCT 22, 2019 - NOV 17, 2019

#### SESSION #2:
REGISTRATION: NOV. 16, 2019  
SESSION: NOV 19, 2019– DEC 22, 2019

### YOUTH LESSONS (Minimum 7 years old)
- Level 1 – Sat & Sun….1:30 p.m. – 1:55 p.m.
- Level 2 – Sat & Sun....2:00 p.m. – 2:25 p.m.
- Level 3 – Sat & Sun....2:30 p.m. – 2:55 p.m.
- Level 4 – Sat & Sun….3:00 p.m. – 3:25 p.m.
- Level 5 – Sat & Sun....3:30 p.m. – 3:55 p.m.

### PRESCHOOL AQUATICS (4 - 6 years old)
- Level 1 – Sat & Sun 1:00 p.m. – 1:25 p.m.

### TINY TOTS (4 - 6 years old) - Parent not required in the water
- Cost of Session.............$80.00
- StarFish – Sat & Sun 2:00 p.m. – 2:25 p.m.

### IMPORTANT INFORMATION: NO EXCEPTIONS
- **American Red Cross** card showing proof of correct level will be required for swim lessons after Level 2.
- An evaluation to determine the student’s correct level will be requested if a card is not provided.
- Registration will not be accepted over the phone. Payment must be received at the time of registration in the form of cash, check, money order, Visa or Mastercard.  
  **Make checks payable to: L.A. City Dept. of Recreation and Parks.**
- Proof of age will be required for children under 8 prior to registration by birth certificate or passport.

No refunds or transfers will be granted unless management cancels class.  
There are no make-ups for participant absences or illness.
SPRING 2020
WEEKDAYS

SESSION #1
REGISTRATION: JAN. 4, 2020
SESSION: JAN 7 - FEB 2, 2020

SESSION #2:
REGISTRATION: FEB. 1 - FEB. 9, 2020
SESSION: FEB. 4 – MAR. 1, 2020

SESSION #3:
REGISTRATION: FEB. 29 - MAR 8, 2020
SESSION: MAR. 3 - MAR 29, 2020

SESSION #4
REGISTRATION: MAR. 28 - APR. 5, 2020
SESSION: MAR. 31 - APR. 26, 2020

SESSION #5
REGISTRATION: APR. 25 - MAY 3, 2020
SESSION: APR. 28 - MAY 24, 2020

YOUTH LESSONS (Minimum 7 years old)
• Level 1 – Tue & Thu…4:30 p.m. – 4:55 p.m.
  Wed & Fri…..4:30 p.m. – 4:55 p.m.
• Level 2 – Tue & Thu…..5:00 p.m. – 5:25 p.m.
  Wed & Fri…5:00 p.m. – 5:25 p.m.
• Level 3 – Tue & Thu….5:30 p.m. – 5:55 p.m.
  Wed & Fri…5:30 p.m. – 5:55 p.m.
• Level 4 – Tue & Thu…6:30 p.m. – 6:55 p.m.
  Wed & Fri…6:30 p.m. – 6:55 p.m.
• Level 5 – Tue & Thu…..7:00 p.m. – 7:25 p.m.
  Wed & Fri…7:00 p.m. – 7:25 p.m.

ADULT LESSONS (Minimum 15 years old)
• Adult Level 1 Tue & Thu..7:30 p.m. – 7:55 p.m.
  Wed & Fri ...7:30 p.m. – 7:55 p.m.
• Adult Level 2 Tue & Thu..7:30 p.m. – 7:55 p.m.
  Wed & Fri...7:30 p.m. – 7:55 p.m.

PRESCHOOL AQUATICS (4 - 6 years old)
• Level 1 – Tue & Thu….6:00 p.m. – 6:25 p.m.
  Wed & Fri….6:00 p.m. – 6:25 p.m.

SATURDAY & SUNDAY

SESSION #1
REGISTRATION: JANUARY 4, 2020
SESSION: TBA

SESSION #2:
REGISTRATION: TBA
SESSION: TBA

YOUTH LESSONS (Minimum 7 years old)
• Level 1 – Sat & Sun….1:30 p.m. – 1:55 p.m.
• Level 2 – Sat & Sun….2:00 p.m. – 2:25 p.m.
• Level 3 – Sat & Sun….2:30 p.m. – 2:55 p.m.
• Level 4 – Sat & Sun….3:00 p.m. – 3:25 p.m.
• Level 5 – Sat & Sun….3:30 p.m. – 3:55 p.m.

PRESCHOOL AQUATICS (4 - 6 years old)
• Level 1 – Sat & Sun 1:00 p.m. – 1:25 p.m.

TINY TOTS (4 - 6 years old) - Parent not required in the water
Cost of Session .............. $80.00
• StarFish – Sat & Sun 2:00 p.m. – 2:25 p.m.

PRIVATE & SEMI-PRIVATE LESSONS
PRIVATE: $7 PER LESSON  SEMI-PRIVATE: $40 PER LESSON

IMPORTANT INFORMATION:
Each lesson is 25 minutes long.
• Private & Semi-Private lessons provide personalized instruction.
• An adult must accompany children 4 – 6 years old on a one to one ratio in Semi-Private ONLY.
• An instructor may be substituted as one of the adults for semi-private lessons.
• Registration rules apply: participants must register for a minimum of 4 lessons.
• Lesson schedule is based on staff availability.
• Maximum of 2 participants per semi-private lessons.
TEAM SPORTS

FALL 2019 / SPRING 2020

TEAM SWIM LA

- Team Swim LA is designed for entry-level athletes ages 7-17.
- 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.

TRAINING SCHEDULE
BEGINNER’S WORK OUT: 5:00 p.m. - 6:00 p.m.
ADVANCED WORKOUT: 6:00 p.m. - 7:00 p.m.
DAYS: Tuesdays - Fridays

All meet times and locations will be announced.
An awards banquet will be scheduled.

FALL 2019 TEAM SPORTS SEASON:
SEASON Dates: September 24, 2019 – MAY 15, 2020

REGISTRATION INFORMATION:
SUNDAY, SEPTEMBER 22, 2019

REGISTRATION REQUIREMENTS:
ASSESSMENT TO DEMONSTRATE INTERMEDIATE LEVEL SWIMMING
USA SWIMMING FLEX SWIM MEMBERSHIP

TEAM REGISTRATION: $60.00 per season
USA Swimming Flex Membership: $20 yearly
SPRING 2020

NOVICE ARTISTIC SWIMMING

AGE LIMIT: 7 – 17 years old
DAYS: Tuesday – Friday
WORKOUTS: 4:30 p.m. – 6:00 p.m.

NOVICE WATER POLO

TIMES BASED ON LEVEL
AGE LIMIT: 7 – 17 years old
DAYS: Tuesday – Friday
WORKOUTS: 6:00 p.m. – 7:30 p.m.

REGISTRATION INFORMATION:

SPRING 2020 TEAM SPORTS:
SATURDAY, FEBRUARY 4, 2020 - MAY 15, 2020

SPRING TEAM FEES: $50.00 for one team & $45.00 for second team

- Proof of age is required.
- For youths ages 7 – 17 with a skill of Level 4. (See Descriptions of Swim Classes section).
- Participants new to the sport are required to complete a skills evaluation prior to registration.
- A skills evaluation will be required and given by a Coach or Pool Manager.
- Designed for entry level competitors.
- Participants must attend a minimum of 3 workouts per week and compete in swim meets.
- All meet times and locations will be announced.
- Checks payable to: City of L.A. Dept. of Rec. & Parks

NO EXCEPTIONS.

Participants compete in a City of Los Angeles Department of Rec & Parks sponsored league.
AQUACISE

WEDNESDAY & FRIDAY: 7:00 P.M - 7:45 P.M.

SESSION #1
REGISTRATION: SATURDAY, SEPTEMBER 21, 2019
SESSION: SEPTEMBER 25, 2019 - OCTOBER 18, 2019

WALK IN FEE: $5.00 for Adults, $4.00 for Seniors
(1 WALK IN = 1 DAY 1 LESSON)
SESSION FEE: $36.00 for Adults, $28.00 for Seniors

IMPORTANT INFORMATION: ALL CLASSES ARE 45 MINUTES IN LENGTH
- This calorie-burning fitness workout incorporates muscular, cardiovascular, and aerobic conditioning.
- Exercise includes rhythmic activities, muscle strengthening, and toning while having fun.
- Please inquire with Pool Clerk for Details.
L.A. CITY LIFEGUARD
PRE-ACADEMY TRAINING

Take the challenge...

BECOME A CITY OF LOS ANGELES LIFEGUARD

REGISTRATION FEES: $20.00* (Includes materials & workouts)

The Lifeguard Challenge & Module #1 of LAC-PAT must be completed prior to taking the lifeguard test (TBA). Students are familiarized with Basic Life Support, Basic First Aid, and Lifesaving techniques; conditioned for swimming and prepared for the Lifeguard interview. You must be a minimum of 16 years old to register and 17 years of age by May 31, 2019 in order to be employed as a lifeguard.

For more details about LAC-PAT and workouts, see pool manager.
You can also visit us on the web: http://www.laparks.org/aquatic/lifeguard-training (Job Training)

LAC – PAT 2019 / 2020
SESSION #1 .......... OCTOBER 15, 2019 - NOVEMBER 14, 2019
SESSION #2 .......... FEBRUARY 4, 2020 - MARCH 5, 2020

Class Date / Times: Tuesdays & Thursdays ................. 5:00 p.m. - 8:00 p.m.

*Dates/Times subject to change.
CITY OF LOS ANGELES

DEPARTMENT OF RECREATION & PARKS

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