CITY OF LOS ANGELES
DEPARTMENT OF RECREATION & PARKS

LACES
AQUATIC CENTER
5931 W. 18th Street
Los Angeles, CA 90035
(323) 933-8345

Winter/Spring 2020

Pool Hours
*Times subject to change without notice*

February 2 to May 24

**Lap Swim**
(18 yrs & over only)
Tuesday-Thursday 8:00 am-9:00 pm (18 yards)
Saturday & Sunday 11:00 am-1:00 pm (25 yards)

**Recreational Swim**
Friday..............................6:19 pm-9:00 pm
Saturday & Sunday................1:15 pm-5:00 pm

**Registration Dates**

**Group Lessons**
Session #1, February 1...............................9:00 am
Session #2, February 29............................9:00 am
Session #3, March 28...............................9:00 am
Session #4, April 25...............................9:00 am

**Team Sports**
Sunday, February 2...............................9:00 am

**Pool Closures**
Pool Closed on Mondays............................9:00 am
New Years’ Day.................................January 1
Cesar Chavez Day...............................April 3

Admission Fees

- Adults ....................(18 - 49) ..................$4.00
- Youth* ...............(17 & Under) ..........$1.00
- Seniors ...............(50 & up) ........ $1.00
- Persons with Disabilities ..........$1.00

- Adult Lap Pass...........(30 admissions)......$88.00
- Admission Pass ..........(30 admissions)......$25.00
- Youth, Seniors, Persons w/ Disabilities

*Note: Each child under 7 yrs. old must be accompanied by an adult 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, in the water,
or locker rooms.
Children under the age of 4 must wear a swim diaper.

Swim Attire - Swim suits and swim trunks with liner (exception of board shorts providing coverage), must
be worn in the pool area.
White t-shirts or white rash guards will not be allowed while in the pool or on deck.

Group 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 permitted.

Private & Semi-Private Lessons

Saturday & Sunday 11:00 am - 1:00 pm
(Inquire with Pool Clerk or Manager for Scheduling)

Private & Semi-Private lessons provide personalized instruction to adults and youth, ages 4 and older. Private
lesson schedule is held on staff availability. Lessons are 25 minutes in length. Registration rules apply.
Participants must register for a minimum of 4 lessons. Maximum of two participants per semi-private lesson.

Private: 4 lessons @ $27.00 ea = $108.00
Semi-Private: 4 lessons @ $40.00 ea = $160.00

Aquazenba

A high energy class which utilizes dance moves to get you moving and help get a cardio workout.
Ideal for Non-swimmers too! Not recommended for those just beginning an exercise program.

Walk-in: $6.00
Session: $44.00
8 classes per session

Tuesday & Thursday ..............................8:00 pm - 9:00 pm
Session #1 .....................................Feb 4 - Feb 27
Session #2 ......................................Mar 3 - Mar 26
Session #3 ......................................Mar 31 - Apr 23
Session #4 ......................................Apr 28 - May 21

As a covered entity under Title II of the Americans 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.

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

Revised: 2/20/20
Novice Team Sports

Novice Dive Team is designed for entry-level competitors ages 7-17. Proof of age required. Participants compete in a department-sponsored league. Participants must demonstrate an Intermediate level swimming competency. All meet times and locations will be announced.

An awards banquet is scheduled for the last week of Spring season. Participants must attend practices in order to compete.

Registration Fee: $50.00, $45.00 for additional team

Length of Season
February 4 to May 8

Los Angeles City Pre-Academy Training

Registration Fee: $40.00 (Includes materials and workouts)

Tuesday & Thursday 8:00 pm - 9:00 pm

The Lifeguard Challenge & Module #1 of LAC-PAT must be completed prior to taking the Lifeguard test. Participants 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 age 16 years old to register and 17 years old by June 1, 2020 in order to be employed as a lifeguard.

For more details about LAC-PAT and workouts, see Aquatic Facility Manager.

Learn To Swim

Lesson Registration Guidelines

- Registration begins at 9:00 am the Saturday prior to the session start date. Online & Walk-in
- No telephone registration.
- Fees must be paid at the time of registration. No exceptions.
- Check payable to: City of LA Dept. of Rec. & Parks.

Group Lesson Categories

Tiny Tots & Preschool: 4 yrs - 6 yrs
Children: 7 yrs - 17 yrs
Adult: 18 & older

Tiny Tots - Limited to 4 participants. Parent not required to be in water. In water instruction.

Preschool Aquatics (Level 1-3) - Parent must accompany child in water. Parent and child are introduced to basic water safety and skills.

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

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

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

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

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

Group Lesson Dates

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<tr>
<th>Tiny Tots - $80.00</th>
<th>Youth - $30.00</th>
<th>Adult - $30.00</th>
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<tbody>
<tr>
<td>4 weeks/8 lessons</td>
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Tuesday & Thursday

| Session # 1 | Feb 4 - Feb 27 |
| Session # 2 | Mar 3 - Mar 26 |
| Session # 3 | Apr 3 - Apr 23 |
| Session # 4 | May 21 |

Wednesday & Friday

| Session # 2 | Mar 4 - Mar 27 |
| Session # 3 | Apr 24 |
| Session # 4 | Apr 29 - May 22 |

Saturday & Sunday

| Session # 2 | May 7 - May 29 |
| Session # 3 | Apr 26 |
| Session # 4 | May 24 |

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Tuesday & Thursday

| Beginner | Tue & Thu | 6:35 pm - 7:00 pm |
| Advance Beginner | Tue & Thu | 7:05 pm - 7:40 pm |
| Intermediate | Tue & Thu | 7:35 pm - 8:00 pm |
| Tiny Tots | Tue & Thu | 7:35 pm - 8:00 pm |

Wednesday & Friday

| Water Confidence | Wed & Fri | 6:35 pm - 7:00 pm |
| Advance Beginner | Wed & Fri | 6:35 pm - 7:00 pm |
| Beginner | Wed & Fri | 7:05 pm - 7:40 pm |
| Intermediate | Wed & Fri | 7:35 pm - 8:00 pm |
| Pre-School | Wed & Fri | 7:35 pm - 8:00 pm |
| Swimmer | Wed & Fri | 7:35 pm - 8:00 pm |

Saturday & Sunday

| Adaptive | Sat & Sun | 12:35 pm - 1:00 pm |
| Tiny Tots | Sat & Sun | 1:35 pm - 2:00 pm |
| Pre-School | Sat & Sun | 2:05 pm - 2:30 pm |
| Water Confidence | Sat & Sun | 2:35 pm - 3:00 pm |
| Beginner | Sat & Sun | 3:05 pm - 3:30 pm |
| Intermediate | Sat & Sun | 4:05 pm - 4:30 pm |
| Swimmer | Sat & Sun | 4:35 pm - 5:00 pm |

Youth Lessons

Tuesday & Thursday

| Beginner | Tue & Thu | 6:35 pm - 7:00 pm |
| Advance Beginner | Tue & Thu | 7:05 pm - 7:40 pm |
| Intermediate | Tue & Thu | 7:35 pm - 8:00 pm |
| Tiny Tots | Tue & Thu | 7:35 pm - 8:00 pm |

Wednesday & Friday

| Water Confidence | Wed & Fri | 6:35 pm - 7:00 pm |
| Advance Beginner | Wed & Fri | 6:35 pm - 7:00 pm |
| Beginner | Wed & Fri | 7:05 pm - 7:40 pm |
| Intermediate | Wed & Fri | 7:35 pm - 8:00 pm |
| Pre-School | Wed & Fri | 7:35 pm - 8:00 pm |
| Swimmer | Wed & Fri | 7:35 pm - 8:00 pm |

Saturday & Sunday

| Adaptive | Sat & Sun | 12:35 pm - 1:00 pm |
| Tiny Tots | Sat & Sun | 1:35 pm - 2:00 pm |
| Pre-School | Sat & Sun | 2:05 pm - 2:30 pm |
| Water Confidence | Sat & Sun | 2:35 pm - 3:00 pm |
| Beginner | Sat & Sun | 3:05 pm - 3:30 pm |
| Intermediate | Sat & Sun | 4:05 pm - 4:30 pm |
| Swimmer | Sat & Sun | 4:35 pm - 5:00 pm |

Adult Lessons

| Beginner | Tue & Thu | 8:05 pm - 8:30 pm |
| Intermediate | Tue & Thu | 8:35 pm - 9:00 pm |
| Beginner | Wed & Fri | 7:35 pm - 8:00 pm |
| Intermediate | Wed & Fri | 8:05 pm - 8:30 pm |

Artistic Swim

Training Schedule
Tuesday & Thursday
6:30 pm - 8:00 pm

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. All meet times and location will be announced.

Registration requirements: 1. Assessment to demonstrate Intermediate level swimming competency. 2. USA Swimming Flex Swim membership.

Swim Registration Fee: $60.00 per season
USA Swimming Flex Membership: $20.00 yearly

Water Polo

Training Schedule
Tuesday & Thursday
6:30 pm - 8:00 pm

No refunds unless a session is canceled.
All refunds will be assessed an administration fee.
Lessons are 25 minutes in length.
A swim assessment is required.
Visit https://reg.laparks.org to register online.