

**CITY OF LOS ANGELES  
DEPARTMENT OF RECREATION & PARKS**

**Board of Commissioners**

Sylvia Patsouras – President  
Lynn Alvarez – Vice President  
Melba Culpepper – Member  
Misty M. Sanford – Member  
Pilar Diaz – Member

**General Manager**

Michael A. Shull

**Executive Officer/Chief of Staff**

Anthony-Paul (AP) Diaz, Esq.

**Assistant General Manager**

**Special Operations**

Sophia Pina-Cortez

**Citywide Aquatics Division**

**Executive Director**

Belinda Jackson

**Principal Recreation Supervisor I**

Trish Delgado

**Aquatic Director**

Andre Brent

Carlos Espinoza

Maha Yateem

**Aquatic Facility Manager I**

Sarah Samantilla



**PARK PROUD LA**

If you have a concern, complaint or a compliment about the facility or programs, please feel free to speak to the manager or contact the Citywide Aquatics Office at:

**3401 Riverside Drive  
L.A., CA 90027  
(323) 906-7953**

[citywide.aquatics@lacity.org](mailto:citywide.aquatics@lacity.org)  
[www.LAPARKS.org](http://www.LAPARKS.org)

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

**LACES  
SWIMMING POOL**

**5931 W. 18<sup>th</sup> Street  
Los Angeles, CA 90035  
(323) 933-8345**

**Fall 2017**

**Pool Hours**

**September 10 – December 31**

Tue - Fri ..... 5:30 p.m. - 9:00 p.m.

**Lap Swim - (Limited Lanes)  
(18 yrs. & older only)**

Tuesday & Thursday ..... 7:45 p.m. - 9:00 p.m.  
Wednesday ..... 7:30 p.m. - 9:00 p.m.  
Saturday & Sunday ..... 11:00 a.m. - 1:00 p.m.

**September 10 – December 31**

**Recreation Swim**

Friday ..... 7:45 p.m. - 9:00 p.m.  
Saturday & Sunday ..... 1:00 p.m. - 5:00 p.m.

**Pool Closures**

All Monday's Starting Sept. 11  
Veteran's Day Observed, Nov. 10  
Thanksgiving, Nov. 23 and Nov. 24  
Christmas Day, Dec. 25

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

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. Proof of age required. Participants compete in a department-sponsored league. Participants must demonstrate an intermediate-level swimming. All meet times and locations will be announced.

**Registration: \$50.00 for one team, \$45.00 for additional team.**

A team sport awards ceremony will be scheduled for December. Athletes who compete in two or more meets will receive participation award.

**Dive Team**

Length of Season ..... September 12 – December 21, 2017  
Workouts ..... Tuesday & Thursday 5:30 p.m. – 7:30 p.m.  
Age ..... 7 – 17

**Swim Team**

Length of Season ..... September 13 – December 22, 2017  
Workouts ..... Wednesday & Friday – Ages 7-11 5:30 p.m. – 6:30 p.m.\*  
Workouts ..... Wednesday & Friday – Ages 12-17 6:30 p.m. – 7:30 p.m.\*

\*Team members must attend all workouts per week to participate at swim meets.

**Aqua Zumba**

Zumba: This is 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.

Adults \$40/ Seniors \$35 ..... Wed & Fri ..... 8:00 p.m. - 8:45 p.m.

Session #1	Sep. 20	-	Oct. 20
Session #2	Oct. 25	-	Nov. 28
Session #3	Nov. 29	-	Dec. 29

**Los Angeles City Pre-Academy Training**

Registration Fee: \$50.00 (Includes materials and workouts)

The Lifeguard Challenge & Module #1 of LAC-PAT must be completed prior to taking the lifeguard test (**February 2018**). 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 age 16 years old to register and 17 years old by May 31, 2018 in order to be employed as a lifeguard.

**For more details about LAC-PAT and workouts, see Pool Manager.**

# LEARN TO SWIM PROGRAM

## Admission Fees

Adults.....(18 – 64).....	\$3.50
Youth*.....(0 – 17).....	\$1.00
Seniors.....(65 & Up).....	\$1.00
Persons with Disabilities.....	\$1.00
Adult Lap Pass.....	\$87.50
Admission Pass**.....	\$25.00

**\*Note:** Each child under 7 must be accompanied by an adult. 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.**

**Recreation Swim** – Swim suits, Swim trunks with liner (exception board shorts providing coverage), must be worn by persons in the pool area.

**Lap Swim** - Adults may purchase discount lap swimming passes at \$87.50 for 30 admissions. At least three lanes are available. Hours of operation and lap lane availability subject to change.

**\*\*Youth/Older Adult/Persons With Disability**  
Discounted pass at \$25 for 30 admissions

All patrons must wear proper swim attire in order to be allowed in the pool.

All patrons must shower before entering pool.

## Lesson Registration

- Pre-registration for the session begins the Sunday prior to the session start date.
- No telephone registration.
- Fees must be paid at the time of registration.
- No Exceptions
- Make checks payable to:  
**L.A. CITY DEPARTMENT OF RECREATION & PARKS**
- No refunds unless a class is canceled.
- Lessons are 25 minute in length.
- All refunds will be assessed an administration fee.

CLASS TITLE	CLASS DESCRIPTION
<b>Preschool Aquatics 4 - 6 yrs old (Level I)</b>	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.
<b>Preschool Aquatics 4 - 6 yrs old (Level II)</b>	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.
<b>Preschool Aquatics 4 - 6 yrs old (Level III)</b>	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.
<b>Water Confidence (Level 1)</b>	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.
<b>Beginner (Level 2)</b>	Participants learn locomotion skills including front and back crawl and swimming in semi deep water.
<b>Advance Beginner (Level 3)</b>	Participants learn elementary backstroke and continue to improve on front and back crawl.
<b>Intermediate (Level 4)</b>	Participants learn breaststroke and sidestroke skills.
<b>Swimmer (Level 5)</b>	Participants refine strokes and learn additional aquatic skills such as the butterfly stroke.

### Tuesday & Thursday

8 to 10 Lessons .....Youth \$40.00, Adult \$50.00

Session #1	Sep. 19	-	Oct. 19
Session #2	Oct. 24	-	Nov. 21
Session #3	Nov. 28	-	Dec. 28

(No class 11/23 - Pool Closed)

### Wednesday & Friday

8 to 10 Lessons .....Youth \$40.00, Adult \$50.00

Session #1	Sep. 20	-	Oct. 20
Session #2	Oct. 25	-	Nov. 17
Session #3	Nov. 29	-	Dec. 29

(No class 11/10 and 11/24 - Pool Closed)

### Saturday & Sunday

8 Lessons .....Youth \$40.00, Adult \$50.00

Session #1	Sep. 23	-	Oct. 15
Session #2	Oct. 21	-	Nov. 12
Session #3	Nov. 18	-	Dec. 17

(No class 11/25 and 11/26)

## Youth Swim Lessons

Water Confidence .....	Tue. & Thu.....	5:35 p.m. - 6:00 p.m.
Beginner.....	Tue. & Thu.....	5:35 p.m. - 6:00 p.m.
Intermediate .....	Tue. & Thu.....	5:35 p.m. - 6:00 p.m.
Preschool Level I & II .....	Tue. & Thu.....	6:05 p.m. - 6:30 p.m.
Adv. Beginner.....	Tue. & Thu.....	6:05 p.m. - 6:30 p.m.
Swimmer .....	Tue. & Thu.....	6:05 p.m. - 6:30 p.m.
Beginner.....	Tue. & Thu.....	6:35 p.m. - 7:00 p.m.
Adv. Beginner.....	Tue. & Thu.....	6:35 p.m. - 7:00 p.m.
Intermediate .....	Tue. & Thu.....	6:35 p.m. - 7:00 p.m.
Preschool Level III.....	Tue. & Thu.....	7:05 p.m. - 7:30 p.m.
Adv. Beginner.....	Tue. & Thu.....	7:05 p.m. - 7:30 p.m.
Swimmer .....	Tue. & Thu.....	7:05 p.m. - 7:30 p.m.

□

Intermediate .....	Wed. & Fri.....	6:35 p.m. - 7:00 p.m.
Swimmer .....	Wed. & Fri.....	7:05 p.m. - 7:30 p.m.

□

Preschool Level I-III .....	Sat. & Sun.....	1:05 p.m. - 1:30 p.m.
Water Confidence .....	Sat. & Sun.....	1:35 p.m. - 2:00 p.m.
Beginner.....	Sat. & Sun.....	2:05 p.m. - 2:30 p.m.
Adv. Beginner .....	Sat. & Sun.....	2:35 p.m. - 3:00 p.m.
Intermediate .....	Sat. & Sun.....	3:05 p.m. - 3:30 p.m.
Swimmer .....	Sat. & Sun.....	3:35 p.m. - 4:00 p.m.

## Adult Lessons

Beginner.....	Tue. & Thu.....	7:35 p.m. - 8:00 p.m.
Beginner.....	Sat. & Sun.....	11:35 a.m. - 12:00 p.m.

## Adaptive Lessons

Ages 7 & up welcome.....Sat. & Sun.....11:05 a.m. - 11:30 a.m.

## Private & Semi-Private Lessons

(Inquire with Pool Manager for Scheduling)

Private & semi-private lessons provide personalized instruction to adults and youth ages 4 and older. Lessons are 25 minutes in length. Lesson schedule is based on staff availability. Participants must register for four (4) lessons. Maximum of two (2) participants per semi-private lesson. Participants must be in the same swim level to register for semi-private lessons.

Wednesday .....	7:30 p.m. – 8:00 p.m.
Saturday & Sunday .....	11:00 a.m. – 1:00 p.m.

	<b>4 Lessons</b>
Fee:	Private \$108.00 per session
	Semi-Private \$160.00 per session