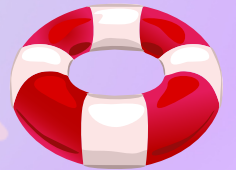




CITY OF LOS ANGELES
DEPARTMENT OF RECREATION AND PARKS
CITYWIDE AQUATICS DIVISION



LINCOLN PARK POOL



Winter / Spring 2024

EFFECTIVE: JANUARY 2, 2024 - JUNE 8, 2024

3501 VALLEY BLVD.
LOS ANGELES, CA 90031
(323) 276 - 7174

WWW.LAPARKS.ORG/AQUATIC/YEAR-ROUND/LINCOLN-PARK-POOL



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.

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

Fees & Hours of Operation

Admission Fees-

Adults (18-49)	\$4.00
Youth (17 & under)	\$1.00
Adults 50+.....	\$1.00
Persons with Disabilities	\$1.00

CASH ONLY
FOR
DAILY ENTRIES*

30 Admissions at any Los Angeles City Pool

Adult Lap Pass (18-49).....	\$88.00
Admission Pass	\$25.00
(Youth, Adults 50+, Persons w/ Disabilities)	

Please bring exact change

Recreational & Lap Swimming Hours-

Monday.....	2:30 P.M.-7:00 P.M.
Tuesday- Friday.....	12:00 P.M.-7:00 P.M.
Saturday & Sunday.....	1:00 P.M.-5:00 P.M.

Holiday Closures

New Year's Day

Monday, January 1, 2024.....POOL CLOSED

Dr. Martin Luther King Jr. Day

Monday, January 15, 2024POOL CLOSED

Presidents' Day

Monday, February 19, 2024..... POOL CLOSED

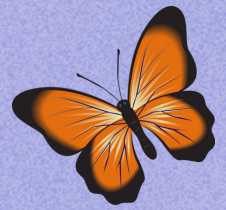
Cesar Chavez Day

Monday, March 25, 2024.....POOL CLOSED

Memorial Day

Monday, May 27, 2024.....POOL CLOSED

POOL RULES



Pool employee interpretation of rules shall be final.

Entrance is denied to:

- i. Children under seven (7), unless accompanied by an adult on a one to one ratio.
- ii. Children under the age of four (4) without an approved "swim diaper" or plastic pants with elastic around the waist and legs.
- iii. Persons under the influence of alcohol or narcotics.
- iv. Persons with colds, coughs, nasal or eye discharges, skin eruptions, open wounds, open sores or bandages.
- v. Pets.

• **Please check all your valuables with the clerk.**

• **Personal property not permitted in the swimming pool or deck area includes:**

- i. Street clothes, shoes, and carrying bags of all types.
- ii. Floating apparatus, glass objects or containers of any kind.
- iii. Sports or swim equipment; scuba equipment; electronic equipment.
- iv. Wheeled vehicles (roller blades, bicycles, skateboards, etc...)

• **Soap showers must be taken before entering the pool area.**

• **Smoking is prohibited.**

• **Eating and/or drinking not allowed (bleacher area & pool deck).**

- i. Only water and/or sports drinks in plastic containers will be allowed on the pool deck.

• **Foul or abusive language will not be tolerated.**

• **For the safety of the public there is no:**

- i. Running on the pool deck.
- ii. Climbing, sitting on, and jumping from storage benches or guard structures.
- iii. Diving into shallow water.
- iv. Double bouncing or crowding dive structures.
- v. Swimming in the diving area.
- vi. Horse playing on the deck or in the pool at any time.
- vii. Snapping towels.
- viii. Participating in other dangerous practices as determined by lifesaving staff. No lap swimming in Rec. swim area.

• **Hypoxic training or prolonged underwater swimming is not allowed.**

• **Do not interfere with a lifeguard rescue, or call for help unless in distress.**



LAP SWIM RULES AND ETIQUETTE



- » Lap swimming is reserved for persons 18 years of age and older.
- » Lap swimming times are located in the pool schedule.
- » Lap lanes are marked: “fast, medium, and slow” to accommodate varied swimming abilities.
- » Lap swimmers must use the appropriate lane designation according to swimming ability.
- » Lap swimmers must share lanes. A lane can accommodate up to seven (7) swimmers.
- » Lap swimmers entering a lane must be certain the occupant(s) are aware of their presence in order to determine the swimming pattern to share the lane
- » Two lap swimmers per lane may split the lane by staying either on the right or left side of the lane. Three or more lap swimmers must circle-swim the length of the lane counter-clockwise.
- » Lap swimming requires continuous progress across the pool.
- » Turn at the wall can be dangerous. Lap swimmers must leave enough room at each wall to make safe turns.
- » Lane passing can be dangerous. Swimmers must exercise caution approaching the turn-wall and should allow faster swimmers to proceed unimpeded to expedite overtaking.
- » Do not lap swim in recreational swimming area (area without lap lane lines).
- » No lap swimming in deep end area when diving board is open.

General Information



- NO LAP LANES ARE AVAILABLE FOR LAP SWIM DURING RECREATIONAL SWIMMING HOURS UNLESS STATED IN BROCHURE.
- LOCKER ROOMS CLOSE 15 MINUTES AFTER END OF SESSION.
- NON-SWIMMERS, CLOTHED PATRONS MUST WAIT OUTSIDE.
- 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 PROVIDED DURING RECREATIONAL SWIM HOURS. ALL OTHER EQUIPMENT IS FOR FACILITY PROGRAMS.
- WATER AND SPORT DRINKS ARE THE ONLY FOOD OR DRINK ALLOWED ON THE POOL DECK. THERE IS NO OTHER EATING OR GUM CHEWING ALLOWED IN THE POOL AREA, EXCEPT DURING POSTED SPECIAL EVENTS.
- THE SHALLOW END WILL BE CLEARED OF ALL PATRONS DURING SHALLOW WATER EXERCISE CLASSES. PLEASE REFER TO CLASS SCHEDULE FOR TIMES.
- **GROUPS OR INDIVIDUALS DESIRING TO PROVIDE COACHING OR INSTRUCTION AT CITY OF LA POOLS MUST OBTAIN A PERMIT. PRIVATE INSTRUCTION (ONE ON ONE) IS NOT PERMISSIBLE FROM POOL DECK OR IN THE WATER.**

SWIM LESSON DESCRIPTIONS

Anyone interested in joining a swimming lesson must receive a swim assessment before registration.

Preschool Aquatics 1-3 – Children must be accompanied by an adult. Parent and child are introduced to basic water safety in a comfortable environment.

Tiny Tots Level 1-3 - Children entering this class do not need to be accompanied by an adult. 4 maximum children registered during this class. Child is introduced to basic water safety in a comfortable environment.

Water Confidence (Level 1) – Introduction to water safety and water acclimation. Buoyancy in water and basic skills will be taught. Kicking, breathing, and alternate arm action techniques are introduced as well as entering and exiting pool on own.

Beginner (Level 2) – Continue to learn basic skills including combined arm and leg action on front and back. Front and back floats and glides. Introduction to swimming in the deep end.

Advance Beginner (Level 3) – Front Crawl & Elementary Backstroke. Dolphin and Scissor kicks. Treading water and introduction to diving into pool.

Intermediate (Level 4) – Front Crawl & Elementary Backstroke are refined. Introduction to Backstroke, Breaststroke, Sidestroke and Butterfly. Turns and surface dives introduced.

Swimmer (Level 5) – Refine strokes and improve conditioning. Learn additional surface dives, flip turns and improve diving into pool.

Adult Beginner - Help participants gain basic aquatic skills and swimming strokes. Learn basic skills including combined arm and leg action on front and back. Front and back floats and glides. Introduction to swimming in the deep end.

Adult Intermediate - Improve participants' proficiency in basic aquatic skills and the six basic swimming strokes. Front Crawl & Elementary Backstroke are refined. Introduction to Backstroke, Breaststroke, Sidestroke and Butterfly. Turns and surface dives introduced.

Adult Swimmer - Refine strokes and improve conditioning. Learn additional surface dives, flip turns and improve diving into pool

Any Child Age 7-17 interested in joining Team Sports must pass Level 4 to join Swim Team, Water Polo, Synchro, and Dive Team.

BE ADVISED

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 permitted.

GROUP SWIM LESSONS

Anyone interested in joining a swimming lesson must receive a swim assessment before registration.



Online

LESSON & PROGRAM REGISTRATION

Registration is available:
Online or IN-PERSON - see dates below.



-If you have registered with us or Recreation & Parks in the past then you have an account already! Please call us at the pool (323) 276-7174 if you need help accessing your account or resetting your password.

-ONLINE Registration please visit laparks.org. We cannot take any telephone registration. Fees must be paid at the time of registration.

NO EXCEPTIONS.

-MAKE CHECKS PAYABLE TO: CITY OF L.A. DEPARTMENT OF RECREATION AND PARKS

No refunds unless session is cancelled. Lessons are 25 minutes in length. All refunds will be assessed with an administration fee of 10%.

YOUTH - \$10.00 ADULT - \$30.00

Youth Lessons Summer Sessions

8 Lessons (25 min) *Last day to register is the 3rd class of each session

Sessions	Days	BEGINS	ENDS	Registration @9am
#1	Tue. & Thur. Wed. & Fri Sat. & Sun	01/09/24 01/10/24 01/06/24	02/01/24 02/02/24 01/28/24	01/06/24
#2	Tues.& Thur. Wed. & Fri Sat. & Sun.	02/06/24 02/07/24 02/03/24	02/29/24 03/01/24 02/25/23	02/03/24
#3	Tue.& Thur. Wed. & Fri. Sat. & Sun.	03/05/24 03/06/24 03/02/24	03/28/24 03/29/24 03/24/24	03/02/24
#4	Tue. & Thur. Wed. & Fri Sat. & Sun.	04/02/24 04/03/24 03/30/24	04/25/24 04/26/24 04/21/24	03/30/23
#5	Tue. & Thur. Wed. & Fri. Sat. & Sun.	04/30/24 05/01/24 04/27/24	05/23/24 05/24/24 05/19/24	04/27/24

Private & Semi-private lessons

Private & Semi-Private lessons provide personalized instruction to adults and youth ages 3 and older. Lessons are 25 minutes in length. Lesson schedule is based on staff availability. Registration rules apply and participants must register for a minimum of four lessons.

	ADULT, CHILD, ADULTS 50+, ADAPTIVE
PRIVATE	4 lessons = \$108.00
SEMI-PRIVATE	4 Lessons = \$160.00



Lesson schedule



During the Week Youth Lessons Tuesday & Thursday : 8 weeks (25 min)

Lesson	Time
Beginner Level 2	4:30 p.m. - 4:55 p.m.
Advanced Beginner Level 3	5:00 p.m.- 5:25 p.m.
Youth Adaptive All levels	5:30 p.m. - 5:55 p.m.
Adult Beginners	6:00 p.m. - 6:25 p.m.

Weekend Youth Lessons Wednesday & Friday: 8 weeks (25 min)

Lesson	Time
Beginner Level 2	4:00 p.m. - 4:25 p.m.
Advanced Beginner Level 3	4:30 p.m. - 4:55 p.m.
Intermediate Level 4	5:00 p.m. - 5:25 p.m.
Youth Adaptive	5:30 p.m. - 5:55 p.m.
Adult Intermediate	6:00 p.m. - 6:25 p.m.

Weekend Youth Lessons Saturday and Sunday: 8 Lessons

Lesson	Time
Preschool Aquatics All Levels	1:00 p.m. - 1:25 p.m.
Beginner Level 2	1:30 p.m. - 1:55 p.m.
Intermediate Level 4	2:00 p.m. - 2:25 p.m.
Swimmers	2:30 p.m. - 2:55 p.m.
Adult Beginners/Intermediate	3:00 p.m. - 3:25 p.m.



TINY TOTS SWIM LESSONS

Fall classes

-Class Size: 4 Participants Maximum - 2 Minimum to hold class.

-Fee: \$80.00 per child

Ages: 3-6 years old. PARENTS ARE NOT REQUIRED TO BE IN THE WATER.

In water Instruction. Please see Pool Clerk to schedule class.

Swim Lesson Levels:

Level 1 Starfish

Level 2 Seahorse

Level 3 Shark Pups



AQUA-FIT

(Water Exercise)

Workout sessions are 45 minutes in length and offer a variety of low to high intensity workouts that help promote aerobic conditioning and cardiovascular fitness, along with stamina and endurance while swimming.

Cost: Adults \$5.00 per walk-in, \$45 for 10 classes

Adults 50+ \$4.00 per walk-in, \$35 for 10 classes

Aqua-Fit Class - 4 participants minimum registered to hold class

TBD - Please see Pool Clerk at front desk



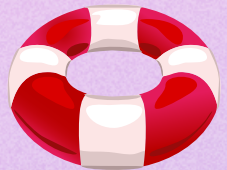
LA IS FOR **EVERY ONE**

TEAM SPORTS



Our novice program is.....

- Designed for entry-level competitors. Ages 7 to 17.
- Proof of age is required. Age verification must be completed before the first meet, or the participant will not be allowed to compete. Participants will compete in a Department-sponsored league.
- Participants must demonstrate an intermediate level swimming competency to be eligible to register with a team.
- The Novice Team Sports for Winter/Spring 2024 season are Swim Team and Springboard Dive.
- Registration: \$10.00 swim team and \$10.00 for dive.
- All meet times and locations will be announced.



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
- Registration Requirements
- Assessment to demonstrate intermediate level swimming
- Team Registration cost \$10.00 per season

Participants must attend a minimum of 3 workouts per week

Registration will Start:

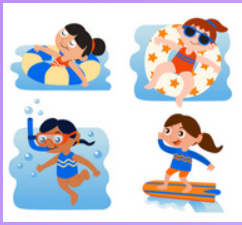


Saturday, January 27, 2024 at 9:00 AM



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





Winter/spring Teams' Information



Start Date: January 30, 2024
End date: April 19, 2024

Artistic Swim

DAYS: TUESDAY - FRIDAY
WORKOUTS: 3:30 P.M. - 4:30 P.M.



Water Polo

DAYS: TUESDAY - FRIDAY
WORKOUTS: 4:30 P.M. - 5:30 P.M.



TEAM SWIM LA

DAYS: TUESDAY - FRIDAY
DRYLAND WORKOUT: 5:30P.M.-6:00 P.M.
SWIM WORKOUT: 6:00 P.M-7:00 P.M.



Be an LA CITY LIFEGUARD!

LOS ANGELES CITY PRE ACADEMY TRAINING (LAC-PAT) OFFERED HERE

Registration Fee: TBD (Includes materials and workouts) Class time: TBD



The Los Angeles City Pre-Academy Training (LAC-PAT) must be completed after successfully taking the lifeguard test.

Register to take test now - click on bit.ly link below:

<http://bit.ly/lacitylifeguardtest>

Multiple test locations

LAC-PAT Students are familiarized with: Basic Life Support, Basic First Aid, and Lifesaving techniques; conditioned for swimming and prepared for the best job in the world - Lifeguarding.

You must be a minimum age of 16 years old to register and 17 years of age by June 1st, 2024 in order to be employed as a lifeguard with the City of Los Angeles for the summer 2024 season.



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

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Jimmy Kim

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Cathie Santo Domingo

Recreational Services Branch
Belinda Jackson

Citywide Aquatics Division
Superintendent of Aquatics and Emergency Management
Traci Goldberg

Principal Recreation Supervisor II
Maha Yateem

Principal Recreation Supervisor I
Andre Brent

Aquatic Directors
Melanie Escamilla
Carlos Espinoza

Aquatic Facility Managers
Ingrid Gonzalez
Ivan Rodriguez

