

**CITY OF LOS ANGELES**



**DEPARTMENT OF RECREATION & PARKS**

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 ANDRE BRENT

**AQUATIC DIRECTORS**  
 KELLY CALDWELL  
 CARLOS ESPINOZA  
 MAHA YATEEM

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

3900 Chevy Chase Dr.  
 L.A., CA 90039  
 (323) 906-7953

[citywide.aquatics@lacity.org](mailto:citywide.aquatics@lacity.org)

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

**RESEDA  
 SWIMMING POOL**

18411 Victory Blvd.  
 Reseda, CA 91335  
 (818) 996 – 6834

**SUMMER 2019  
 POOL HOURS**

*\*Times subject to change without notice\**

**OPENING DAY, June 8**

Saturday ..... 1:00 p.m. - 5:00 p.m.

**June 9 – June 15**

M-F Recreational Swim ..... 2:00 p.m. - 6:00 p.m.  
 Saturday & Sunday ..... 1:00 p.m. - 5:00 p.m.

**June 16 – August 17**

M-F Recreational Swim ..... 12:00 p.m. - 2:00 p.m.  
 ..... 3:00 p.m. - 7:00 p.m.  
 Saturday & Sunday ..... 1:00 p.m. - 5:00 p.m.

**August 18 – September 2**

M-F Recreational Swim ..... 2:00 p.m. - 6:00 p.m.  
 Saturday & Sunday ..... 1:00 p.m. - 5:00 p.m.

**Holiday hours**

Independence Day,  
 Thursday, July 4 ..... 1:00 p.m. - 5:00 p.m.  
 Labor Day, Monday, Sept. 2. 1:00 p.m. - 5:00 p.m.



[www.LAPARKS.org](http://www.LAPARKS.org)

**AQUATIC FACILITY INFORMATION,  
 FEES AND RULES**

ADMISSION FEES	
ADULTS (18 – 49 YRS OLD)	\$4.00
YOUTH (0 – 17 YRS OLD)	\$1.00
OLDER ADULTS (50 & UP YRS OLD)	\$1.00
PERSONS WITH DISABILITIES (All ages)	\$1.00
PASSES AVAILABLE*	
ADULT LAP PASS - \$88.00 (30 Entries)	
YOUTH, OLDER ADULTS, PERSONS W/ DISABILITIES ADMISSION PASS - \$25.00 (30 Entries)	
YOUTH SUMMER SWIM PASS - \$10.00 (Unlimited entry, May 27 – September 2)	

\*Fees subject to change

**POOL RULES**

For the safety of the public and pool employees, the City of Los Angeles has set the following rules to create a safe swimming environment for all patrons. Staff interpretations of rules are final.

- Children under 7 years of age 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.
- Children under 4 years of age must wear an approved "swim diaper."
- All swimmers must wear proper swim attire to be allowed into the pool.
- Proper swim attire includes a swimsuit or swim trunks with liner (except board shorts). No cotton shirts, socks, or undergarments are allowed into the water.
- White t-shirt or white rash-guards are not allowed in the pool area.
- All patrons must take a soap shower before entering the pool.
- Patrons wishing to swim in the deep water section of the pool will be asked to complete a swim test to assess for swimming proficiency.
- Do not interfere with a lifeguard rescue or call for help unless in distress.
- The consumption and storage of food/drinks is not allowed on the pool deck, with the exception of water in non-breakable containers.
- No refunds on admission, an Admission Voucher will be issued.

PLEASE SEE STAFF TO REQUEST ASSISTANCE



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.

**SPONSORSHIPS & SCHOLARSHIPS**



The **LA84 Foundation** (a legacy of the 1984 Olympic Games) has provided a limited number of team sports sponsorships for community youth between 7 and 17 years of age. Sponsorships are issued on a first come, first served basis for **NOVICE SWIM TEAM, DIVE TEAM, AND ARTISTIC SWIM TEAM ONLY.**

**One LA84 sponsorship per participant.**

The City of Los Angeles Department of Recreation and Parks is proud to announce its 14<sup>th</sup> year of joint-partnership with Kaiser Permanente.



**Kaiser Permanente Sponsorships for SWIM LESSONS and JUNIOR LIFEGUARD PROGRAM\*** are available on a first come, first served basis.

**\*One KP Jr LG sponsorship per participant.**



SwimLA ensures that youth in every LA City community, have an opportunity to learn to swim by offering lessons at a low cost. Scholarships are available to qualified patrons, on a first come, first served basis.

Sign up at [www.SWIMLA.org](http://www.SWIMLA.org) or in person at designated local pools.

Team Sports and Junior Lifeguard  
REGISTRATION OPENS  
Sunday, June 9, 2019 at 9 a.m.

### JUNIOR LIFEGUARD PROGRAM

Ages 10 – 17

\$40.00

June 17 – August 9  
2:00 p.m. – 3:00 p.m.

The Junior Guard program allows youths between **10-17 years** of age an opportunity to improve their swimming skills, receive a basic understanding of water rescue, first aid, beginning and intermediate snorkeling skills and canoeing skills. The cost of the program will include one Junior Lifeguard T-shirt, bus transportation to selected events, materials, and instruction. This program is not eligible for the two team discount rate. **Program limited to 20 participants. This program is not eligible for an additional team discount. Check with pool clerk for last day to register.**

### NOVICE TEAM SPORTS

Ages 7 – 17

\$45.00 for one team

\$40.00 for each additional team

Designed for entry-level competitors. Proof of age required. Age verification must be completed before the first meet, or the participant will not be allowed to compete. Participants compete in a Department-sponsored Swimming league. Participants must demonstrate an intermediate level swimming competency. All meet times and locations will be announced. Fees includes t-shirt and awards. A team sport awards banquet is scheduled for the last week of summer. Athletes who compete in two or more meets and/or sports will receive a combined participation award.

\*Team members must attend a minimum of 2 workouts per week to compete in meets.

#### SWIM TEAM

June 17 – August 9

Monday - Friday, 5:00 p.m. – 6:00 p.m.

#### ARTISTIC SWIM TEAM

June 17 – August 9

Monday - Friday, 4:00 p.m. - 5:00 p.m.

#### SPRINGBOARD DIVING TEAM

June 17 – August 9

Monday - Friday, 3:00 p.m. – 4:00 p.m.

## PRIVATE & SEMI-PRIVATE LESSONS

(Inquire with Pool Clerk or 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. Registration rules apply and participants must register for a minimum of four lessons.

### PRIVATE LESSONS

Adult, Child, Senior, Adaptive

1 Private Lesson: \$27.00,

4 Private Lessons = \$108.00

### SEMI-PRIVATE LESSONS (2 Students only)

Adult, Child, Senior, Adaptive

\$20.00 Per lesson per student x 2 students = \$40.00

4 Lessons = \$160.00

## GROUP LESSON REGISTRATION INFORMATION

YOUTH - \$30.00 ADULT - \$30.00

- Online and In-person registration available
- Online registration limited to 5/lesson
- Make checks payable to:  
**L.A. City Department of Recreation and Parks**
- No refunds unless a class is canceled.
- All refunds will be assessed an administration fee.
- Lessons are 25 minutes in length.
- A swim assessment may be required prior to registration.
- Fees must be paid at the time of registration.  
NO EXCEPTIONS.

### MONDAY – FRIDAY

Session 1 Registration begins

Saturday, June 15, at 9:00 a.m.

Session 2-5 Registration

Saturday after end of previous session at 9:00 a.m.

### SATURDAY & SUNDAY

Session 1 Registration

Saturday, June 15 at 9:00 a.m.

Session 2 Registration: Last day of session 1

## GROUP LESSON SESSIONS

### MONDAY THROUGH FRIDAY

10 Lessons/2 weeks .....YOUTH/ADULT

Session 1.....June 17 - June 28

Session 2.....July 1 - July 12

Session 3.....July 15 - July 26

Session 4.....July 29 - Aug 9

### (Late Afternoon Lessons ONLY)

Session 5.....Aug 12 - Aug 23

### SATURDAY & SUNDAY

8 Lessons/4 weeks ..... ADAPTIVE

Session 1.....June 22 - July 14

Session 2.....July 20 - Aug 11

## LESSON CATEGORIES & REQUIREMENTS

Preschool Aquatics: 4 yrs. – 6 yrs.

Children: 7 yrs. – 17 yrs. Adult: 18 & older

**Preschool Aquatics (Level 1 to 3)** – Children must be accompanied by an adult. Parent and child are 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)** – Participants learn alternating skills including combined arm and leg actions on front and back and swimming in chest-deep water.

**Advanced Beginner (Level 3)** – Participants learn advanced skill, dolphin and scissor kicks, rotary breathing, and progressive skills leading to diving, front crawl and elementary backstroke.

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

**Swimmer (Level 5)** – Refine strokes and improve conditioning. Learn additional aquatic skills such as surface dives, flip turns, and improve diving into the pool, refine their performance of all six swimming strokes.

## GROUP LESSONS SCHEDULE

### Sessions 1 – 2

Preschool Aquatics ..Mon - Fri	10:00 a.m. - 10:25 a.m.
Water Confidence ....Mon - Fri	10:00 a.m. - 10:25 a.m.
Intermediate.....Mon - Fri	10:00 a.m. - 10:25 a.m.
Water Confidence ....Mon - Fri	10:30 a.m. - 10:55 a.m.
Beginner .....Mon - Fri	10:30 a.m. - 10:55 a.m.
Adv. Beginner .....Mon - Fri	10:30 a.m. - 10:55 a.m.
Water Confidence ....Mon - Fri	11:00 a.m. - 11:25 a.m.
Beginner .....Mon - Fri	11:00 a.m. - 11:25 a.m.
Adv. Beginner .....Mon - Fri	11:00 a.m. - 11:25 a.m.
Preschool Aquatics ..Mon - Fri	11:30 a.m. - 11:55 a.m.
Beginner .....Mon - Fri	11:30 a.m. - 11:55 a.m.
Adv. Beginner .....Mon - Fri	11:30 a.m. - 11:55 a.m.

Preschool Aquatics ..Mon - Fri	12:00 p.m. - 12:25 p.m.
Intermediate.....Mon - Fri	12:00 p.m. - 12:25 p.m.
Water Confidence ....Mon - Fri	12:30 p.m. - 12:55 p.m.
Beginner .....Mon - Fri	12:30 p.m. - 12:55 p.m.
Beginner .....Mon - Fri	1:00 p.m. - 1:25 p.m.
Adv. Beginner .....Mon - Fri	1:00 p.m. - 1:25 p.m.
Preschool Aquatics ..Mon - Fri	1:30 p.m. - 1:55 p.m.
Beginner .....Mon - Fri	1:30 p.m. - 1:55 p.m.

Swimmers.....Mon - Fri	3:00 p.m. - 3:25 p.m.
Beginner .....Mon - Fri	3:30 p.m. - 3:55 p.m.
Adv. Beginner .....Mon - Fri	4:00 p.m. - 4:25 p.m.
Water Confidence ....Mon - Fri	4:30 p.m. - 4:55 p.m.
Beginner .....Mon - Fri	5:00 p.m. - 5:25 p.m.
Adv. Beginner .....Mon - Fri	5:30 p.m. - 5:55 p.m.
Intermediate.....Mon - Fri	6:00 p.m. - 6:25 p.m.
Preschool Aquatics ..Mon - Fri	6:30 p.m. - 6:55 p.m.

### ADULT LESSONS

Adult .....Mon - Fri 6:30 p.m. - 6:55 p.m.

### ADAPTIVE LESSONS

Adaptive.....Mon - Fri 6:00 p.m. - 6:25 p.m.

Adaptive.....Sat & Sun 1:00 p.m. - 1:25 p.m.

Adaptive.....Sat & Sun 1:30 p.m. - 1:55 p.m.

### Sessions 3 – 4

Please see pool clerk for details

### Session 5

Intermediate.....Mon - Fri 4:00 p.m. - 4:25 p.m.

Adv. Beginner .....Mon - Fri 4:30 p.m. - 4:55 p.m.

**Adaptive** .....Mon - Fri 5:00 p.m. - 5:25 p.m.

**Adult** .....Mon - Fri 5:30 p.m. - 5:55 p.m.

Adv. Beginner.....Mon - Fri 6:00 p.m. - 6:25 p.m.

Intermediate.....Mon - Fri 6:00 p.m. - 6:25 p.m.

Beginner .....Mon - Fri 6:30 p.m. - 6:55 p.m.

Preschool Aquatics ..Mon - Fri 6:30 p.m. - 6:55 p.m.

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