an Ness Aquatic Center (323) 218-7161 5720 2nd Ave, Los Angeles, CA 90043

## **HOURS OF OPERATION**

September 7 - December 6 Recreational Swim & Lap Swim

Lanes subject to availability Slide hours are subject to staff availability

Monday Tuesday-Friday Tuesday-Friday

Saturday & Sunday

2:30 PM-7:00 PM 12:00 PM-2:00 PM 3:00 PM-7:00 PM 1:00 PM-5:00 PM

Times subject to change without notice

Admission Fees	
	CASH ONLY
ADULTS (AGES	18 - 49)

\$4.00 \$1.00 YOUTH (AGES 0 -17) \$1.00 **ADULTS (AGES 50+)** PERSONS WITH DISABILITIES (ALL AGES) \$1.00

\*Each child under the age of 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 or in the water.

Children under the age of 4 must wear a swim diaper.

#### **Admission Passes** CARD/CASH/CHECKS

**30 ADMISSIONS** \$88.00

Adult lap pass (Ages 18-49)

**ADMISSION PASS** 

\$25.00

(YOUTH, ADULTS (AGES 50+), PERSONS W/ DISABILTIES)

No refunds or replacement for lost/stolen passes

## **Holiday Hours**

Monday, October 13, Indigenous Peoples Day - Closed Tuesday, November 11, Veterans Day - Closed Wednesday, November 26, Open 1:00 PM - 5:00 PM Thursday, November 27, Thanksgiving Day - Closed Friday, November 28, Thanksgiving Day - Closed Wednesday, December 24, Open 1:00 PM - 5:00 PM Thursday, December 25, Christmas Day - Closed Wednesday, December 31, Open 1:00 PM - 5:00 PM Thursday, January 1, New Years Day - Closed

> Find us on Social Media!



Register

City of Los Angeles Department of Recreation & Parks

# LEARN TO SWIM

## **Registration Information**

Lessons are 25 minutes in length

No telephone registration

Fees must be paid at the time of registration

No refunds unless session is cancelled

All refunds will be assessed an administration fee of 10%



### **Cost**

Parent & Child \$30.00

(3 months - 3 years old)

Youth Lessons \$10.00

(3-17 years old)

Adult Lessons \$30.00

(18+ years old)

## **Tuesday & Thursday**

#### **Session Dates**

**Session #1:** September 16-October 9 **Sessions #2:** October 14-November 6

Adult Beginner 12:05PM-12:30PM Adult Adv. Beginner 12:35PM-1:00 PM

Parent & Child 3:35 PM-4:00 PM

Adv. Beginner 4:05 PM-4:30 PM Water Confidence 4:35 PM-5:00 PM

Beginner 5:05 PM-5:30 PM

## **Registration Dates**

Session #1: Saturday, September 13
Sessions #2: Saturday, October 11
(Registration opens @ 9:00 AM
Online & In Person)

## Wednesday & Friday

#### **Session Dates**

**Session #1:** September 17-October 10 **Sessions #2:** October 15-November 7

Adult Adv. Beginner 12:05PM-12:30PM
Adult Beginner 12:35PM-1:00 PM
Beginner 3:35 PM-4:00 PM
Adv. Beginner 4:05 PM-4:30 PM
Intermediate 4:35 PM-5:00 PM
Pre-School Aquatics 5:05 PM-5:30 PM

## Saturday & Sunday

#### Session Dates

Session #1: September 13-October 5

Sessions #2: October 11-November 2

Adaptive 1:05 PM-1:30 PM Water Confidence 1:35 PM-2:00 PM

Beginner 2:05 PM-2:30 PM

Pre-School Aquatics 2:35 PM-3:00 PM

Adv. Beginner 3:05 PM-3:30 PM

### **Private & Semi Private Lessons**

Private & Semi Private lessons provide personalized instruction for ages 3 & up.

Lessons are 25 minutes in length.

Lesson schedule is subject to staff availability.

Must register for a minimum of 4 lessons.

#### **Private Lessons**

4 Private Lessons

\$108.00

Semi-Private Lessons

4 Semi-Private Lessons \$160.00

See Manager for availability details.









# TEAM SPORTS

## **Springboard Dive Team**

Ages: 7-17

Diving is classified as an art as well as a sport. The diver must have total body control & good kinesthetic awareness. Divers compete in one-meter springboard events. Workouts are designed to build endurance, refine proper technique & execution of a dive from start to finish.

Tuesday-Friday 4:30 PM-5:30 PM



## Group B Wednesday & Friday Cost: \$10

Group A

Tuesday & Thursday

Length of Season

September 16-December 19 **Dive Registration Date** 

Saturday, September 13 @ 9:00 AM



**Cost:** \$10

**Length of Season** 

August 25-November 28

Swim Registration Date

Saturday, August 23 @ 9:00 AM

**USA Swim Team** 

Tuesday-Friday 5:30 PM-7:00 PM

Designed for the entry-level competitors. Proof of age required at time of registration. Participants will compete in a Department Sponsored League. All meet times & locations will be announced at facility prior to event.



Participants must demonstrate Intermediate (Level 4) Swimming Competency for ALL teams

## **Aquafit Aerobics**

**Zero Impact Workout** 

Wednesdays & Fridays 1:00 PM - 1:45 PM

This calorie burning fitness workout incorporates muscular, cardiovascular & aerobic conditioning. Exercise includes rhythmic activities, muscle strengthening & toning while having fun!

#### Walk-in

Adults (18-49) \$5.00 Adults (50+) \$4.00

#### Series

Adults (18-49) \$45.00 Adults (50+) \$35.00 (10 Classes)

#### **LACPAT**

**Cost: FREE** 

Students are familiarized with Basic Life Support, Basic First Aid & Lifesaving techniques. Conditioning for swimming & preparation for the LA City Pool Lifeguard Academy.

Please see management for more information.

Days: Saturdays
Time: 10:00 AM - 4:30 PM









