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

VAN NUYS/SHERMAN OAKS
AQUATIC CENTER

SPRING 2020

Effective February 2020 – June 2020
14201 Huston Street
Van Nuys, CA 91423
(818) 783 - 6721
vnso.pool@lacity.org

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.*
Groups or individuals desiring to provide coaching at a City of Los Angeles swimming pool must obtain a permit. Private instruction (one-on-one) is not permissible. Permit guidelines and applications can be obtained online at LAParks.org.

For your safety, please read the Pool Rules, General Information, and Lap Swim Rules and Etiquette prior to entering the pool.

## FEES & HOURS of OPERATION

### ADMISSION FEES
(PAY WITH EXACT CHANGE IN U.S. CURRENCY)

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult (18 - 49 yrs.)</td>
<td>$4.00</td>
</tr>
<tr>
<td>Youth (0 - 17 yrs.)</td>
<td>$1.00</td>
</tr>
<tr>
<td>Older Adult (50 yrs.&amp; Up)</td>
<td>$1.00</td>
</tr>
<tr>
<td>Persons with Disabilities (All Ages)</td>
<td>$1.00</td>
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</tbody>
</table>

### ADMISSION PASS

<table>
<thead>
<tr>
<th>Description</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult Lap Swim Pass (30 admission)</td>
<td>$88.00</td>
</tr>
<tr>
<td>Admission Pass (Youth, Senior, Persons with Disabilities) (30 admissions)</td>
<td>$25.00</td>
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</tbody>
</table>

### ADULT LAP SWIM
(NUMBER OF LANES AVAILABLE VARY DAILY)

<table>
<thead>
<tr>
<th>Day</th>
<th>Hours</th>
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</thead>
<tbody>
<tr>
<td>Tuesday - Friday</td>
<td>6:00 a.m. - 10:00 a.m.</td>
</tr>
<tr>
<td></td>
<td>12:00 p.m. - 8:30 p.m.</td>
</tr>
<tr>
<td>Saturday</td>
<td>9:00 a.m. - 5:00 p.m.</td>
</tr>
<tr>
<td>Sunday</td>
<td>12:00 p.m. - 5:00 p.m.</td>
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50 METERS LAP SWIMMING will return in Summer 2020.

### YOUTH RECREATIONAL / LAP SWIM
(SHALLOW END ONLY FOR RECREATIONAL SWIM)

<table>
<thead>
<tr>
<th>Day</th>
<th>Hours</th>
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</thead>
<tbody>
<tr>
<td>Tuesday - Friday</td>
<td>12:00 p.m. - 8:30 p.m.</td>
</tr>
<tr>
<td>Saturday &amp; Sunday</td>
<td>12:00 p.m. - 5:00 p.m.</td>
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### DIVING BOARD HOURS

<table>
<thead>
<tr>
<th>Day</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday - Friday</td>
<td>12:00 p.m. - 3:00 p.m.</td>
</tr>
<tr>
<td>Saturday &amp; Sunday</td>
<td>12:00 p.m. - 5:00 p.m.</td>
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### WADING POOL
CLOSED UNTIL SUMMER 2020

### HOLIDAY CLOSURES

All Holiday closures this season occur on Mondays, when we are closed to the public as normally scheduled.

◊ Groups or individuals desiring to provide coaching at a City of Los Angeles swimming pool must obtain a permit. Private instruction (one-on-one) is not permissible. Permit guidelines and applications can be obtained online at LAParks.org.
◊ For your safety, please read the Pool Rules, General Information, and Lap Swim Rules and Etiquette prior to entering the pool.
POOL RULES
Pool employee interpretation of rules shall be final.

Entrance is denied to:
  - Children under seven (7), unless accompanied by an adult on a one to one ratio. Must be within arms reach.
  - Children under the age of four (4) without an approved "swim diaper" or plastic pants with elastic around the waist and legs.
  - Persons under the influence of alcohol or narcotics.
  - Persons with colds, coughs, nasal or eye discharges, skin eruptions, open wounds, open sores or bandages.
  - Pets.

Please check all your valuables with the clerk.

Personal property not permitted in the swimming pool or deck area includes:
  - Street clothes, shoes, and carrying bags of all types.
  - Floating apparatus, glass objects or containers of any kind.
  - Sports or swim equipment; electronic equipment.
  - Wheeled vehicles (roller blades, bicycles, skateboards, etc…)

Soap showers must be taken before entering the pool area.
Smoking is prohibited.
Eating and/or drinking allowed only in designated areas.
Foul or abusive language will not be tolerated.

For the safety of the public there is no:
  - Running on the pool deck.
  - Climbing, sitting on, and jumping from fences or guard structures.
  - Diving into shallow water. Double bouncing or crowding dive structures.
  - Swimming in the diving area. Horse playing on the deck or in the pool at any time.
  - Snapping towels.
  - Participating in other dangerous practices as determined by lifesaving staff.

Hypoxic training or prolonged underwater swimming is not allowed.
Do not interfere with a lifeguard rescue, or call for help unless in distress.

GENERAL INFORMATION

- No lap lanes available for lap swim during recreational swimming hours unless stated in brochure.
- Locker rooms close 15 minutes after end of session.
- Valuable items should be checked with the Pool Clerk.
- Clothed patrons must be seated on the bleachers if they are not swimming.
- Water is the only beverage allowed on the pool deck (no glass containers). There is no eating or gum chewing allowed in the pool area, except during posted special events.
- 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 and pull buoys are provided during lap swimming and aqua jogging hours only, no equipment will be provided during recreational swim hours. All other equipment is for facility programs.
- The shallow end will be cleared of all patrons during shallow water exercise classes. Please refer to class schedule for times. Patrons that attempt to participate in exercise classes without having registered for classes will be asked to leave facility.
- Aqua jogging is allowed during times other than those posted, only if it does not interfere with lap swimming or facility programming.

LAP SWIM RULES AND ETIQUETTE

- Adult lap swim is reserved for persons 18 years of age and older. Youth lap swim is for persons 17 years of age and under.
- Lap swim 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 may 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.
GROUP LESSON REGISTRATION:

TINY TOTS - $80  YOUTH - $67.00  ADULT - $67.00

- Registration for Session #1 begins on Saturday February 29th at 9am in person at the pool and online via the [www.reg.laparks.org](http://www.reg.laparks.org) website. If you have registered with us or the Recreation camps in the past, then you have an online account already! Please call us at the pool if you need help accessing your account or resetting your password.
- Walk-in registration and online registration will begin at 9 a.m. - 3 p.m.
- No telephone registration.
- Fees must be paid at the time of registration. NO EXCEPTIONS.
- Checks payable to: City of L.A. Dept. of Rec. & Parks
- No refunds will be approved unless a series is cancelled.
- If approval is given, refunds will be assessed an administrative fee of 10%.
- A free swim assessment at the pool is required prior to registration.

**DESCRIPTION OF SWIM CLASSES**

CHILDREN AGES 4 - 6 MUST BE ACCOMPANIED BY A PARENT / GUARDIAN IN THE WATER

<table>
<thead>
<tr>
<th>CLASS TITLE</th>
<th>LEVEL</th>
<th>CLASS DESCRIPTION</th>
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</thead>
</table>
| *Tiny Tots / Preschool Aquatics Ages 4 - 6 | Level 1 | *Tiny Tots: 4 students maximum enrolled, No parent in the water required.  
Children will learn how to enter and exit the water independently, submerge face 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 combined arm and leg actions on front and back. Parent within arms distance of their child including in the water is required for Preschool Aquatics. |
<p>| Water Confidence             | Level 1 | 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. |
| Beginner                     | Level 2 | Participants learn locomotion skills including combined arm and leg actions on front and back and swimming in chest-deep water. |
| Advanced Beginner            | Level 3 | Participants learn the Front Crawl, Breaststroke kick, Sidestroke kick, and the Elementary Backstroke. |
| Intermediate                 | Level 4 | Participants learn the Breaststroke, Butterfly, Back Crawl, and the Sidestroke. |
| Swimmer                      | Level 5 | Participants learn to refine their performance of all six swimming strokes (i.e. Front Crawl, Back Crawl, Butterfly, Breaststroke, Elementary Backstroke, and Sidestroke). |
| Advanced Swimmer             | Level 6 | Refine strokes so participants swim them with greater efficiency and effectiveness over longer distances. |
| Adult Beginner               | Level 1 | Participants gain basic aquatic skills and swimming strokes. |
| Adult Intermediate           | Level 2 | Improve participants' proficiency in basic aquatic skills and the six basic swimming strokes. |
| Adaptive Aquatics            | Level 1 | Adaptive Aquatics is a swim lesson program open for adult and youth participants with disabilities. This is a group lesson, where the instructor incorporates water safety and swimming fundamentals, while accommodating the needs of each individual. Aids are encouraged to get in the water with their participant at no extra cost, but are not mandated to unless specifically needed for medical or safety reasons. |</p>
<table>
<thead>
<tr>
<th>Winter 2020</th>
<th>Group Lesson Dates (Sessions: 8 Lessons / 4 Weeks)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session</td>
<td>Days</td>
</tr>
<tr>
<td>#1</td>
<td>Tue &amp; Thu, Wed &amp; Fri, or Sat &amp; Sun</td>
</tr>
<tr>
<td>#2</td>
<td>Tue &amp; Thu, Wed &amp; Fri, or Sat &amp; Sun</td>
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<table>
<thead>
<tr>
<th>Spring 2020</th>
<th>Group Lesson Dates (Sessions: 8 Lessons / 4 Weeks)</th>
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<tbody>
<tr>
<td>Session</td>
<td>Days</td>
</tr>
<tr>
<td>#1</td>
<td>Tue &amp; Thu, Wed &amp; Fri, or Sat &amp; Sun</td>
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<tr>
<td>#2</td>
<td>Tue &amp; Thu, Wed &amp; Fri, or Sat &amp; Sun</td>
</tr>
<tr>
<td>#3</td>
<td>Tue &amp; Thu, Wed &amp; Fri, or Sat &amp; Sun</td>
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Youth Lessons

| Tuesday and Thursday Class | | | |
|---------------------------|--|----------------------------------|
| Tiny Tots                 | 4:30 p.m. - 4:55 p.m. | |
| Water Confidence          | 5:30 p.m. - 5:55 p.m. | |
| Swimmer                   | 5:00 p.m. - 5:25 p.m. | |
| Adv. Beginner             | 6:00 p.m. - 6:25 p.m. | |

| Wednesday and Friday Class | | | |
|----------------------------|----------------------------------|
| Tiny Tots                 | 4:30 p.m. - 4:55 p.m. | |
| Preschool                 | 5:30 p.m. - 5:55 p.m. | |
| Beginner                  | 6:00 p.m. - 6:25 p.m. | |
| Adv. Beginner             | 6:30 p.m. - 6:55 p.m. | |
| Intermediate              | 5:00 p.m. - 5:25 p.m. | |

| Saturday and Sunday Class | | | |
|--------------------------|----------------------------------|
| Water Confidence         | 12:00 p.m. - 12:25 p.m. | |
| Beginner                 | 12:30 p.m. - 12:55 p.m. | |
| Adv. Beginner            | 1:00 p.m. - 1:25 p.m. | |
| Intermediate             | 1:30 p.m. - 1:55 p.m. | |
| Adaptive                 | 2:00 p.m. - 2:25 p.m. | |

Adult Lessons

| Tuesday and Thursday Class | | | |
|---------------------------|--|----------------------------------|
| Beginner                  | 8:00 a.m. - 8:25 a.m. | |
| Intermediate              | 8:30 a.m. - 8:55 a.m. | |

| Wednesday and Friday Class | | | |
|---------------------------|--|----------------------------------|
| Beginner                  | 6:30 p.m. - 6:55 p.m. | |
| Intermediate              | 7:00 p.m. - 7:25 p.m. | |

| Saturday and Sunday Class | | | |
|--------------------------|--|----------------------------------|
| Adaptive                 | 2:00 p.m. - 2:25 p.m. | |

PRIVATE & SEMI-PRIVATE LESSONS

- Provides personalized instruction to adults and youth ages 4 yrs. and older.
- Registration rules apply and participants must register for four lessons.
- Inquire with Pool Clerk or Manager for scheduling.
- Maximum of two participants per semi-private lesson.
- Lessons are 25 minutes in length and begin every half hour:
  Saturdays: 9:00 a.m. - 12:00 p.m.

<table>
<thead>
<tr>
<th>PRIVATE</th>
<th>SEMI-PRIVATE</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 Private Lessons = $108.00</td>
<td>4 Lessons = $160.00</td>
</tr>
</tbody>
</table>
NOVICE TEAMS REGISTRATION
AGES 7 TO 17

SEE TEAM PRICING BELOW, INCLUDES T-SHIRT AND AWARD, $45.00 FOR EACH ADDITIONAL TEAM (PER PARTICIPANT)

- Walk-in and Online Registration: 9 a.m. - 3 p.m.
- Spring teams begin Saturday, February 1st - March 7th, or when program is full.
- No telephone registration.
- Teams include Artistic Swimming, Swimming, and Water Polo.
- Fees must be paid at the time of registration. NO EXCEPTIONS.
- Checks payable to: City of L.A. Dept. of Rec. & Parks
- Refunds will be assessed and have an administration fee of 10%.
- Participants compete in a City of L.A. Dept. of Rec. & Parks sponsored league.
- All meet times and locations will be announced.
- A skills evaluation will be required and given by a Coach or Pool Manager.
- Participants must demonstrate an Intermediate (Level 4) swimming competency to be eligible to register.
- Team evaluations/tryouts: Inquire with Pool Clerk for details.

TEAM SWIM LA

- 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.
- An awards banquet will be scheduled.
- USA Swimming Flex Swim membership: $20.00 yearly
- Team Registration: $60.00 per season

Dry-land workout...Tuesday - Friday.............................................................. 5:00 p.m. - 5:30 p.m.
Swim Training.......Tuesday - Friday.............................................................. 5:30 p.m. - 6:30 p.m.

ARTISTIC SWIMMING TEAM
LIMITED TO 20 PARTICIPANTS

- Team Registration: $50.00 per season

Tuesday - Friday....................................................................................... 4:00 p.m. - 5:00 p.m.

WATER POLO TEAM
EACH GROUP IS LIMITED 26 PARTICIPANTS

- Team Registration: $50.00 per season

Group A: ages 7 - 9       Group C: ages 13-15
Group B: ages 10-12      Group D: ages 16-17

Group A & B... Tuesday - Friday.............................................................. 5:00 p.m. - 6:00 p.m.
Group C & D... Tuesday - Friday.............................................................. 6:00 p.m. - 7:00 p.m.
ADULT WATER POLO (SELF-DIRECTED)
AGES 18 AND OVER, LIMITED TO 27 PARTICIPANTS, $5.00 PER ENTRY
* This is a non-coached program where minimum skills level is Intermediate (Level 4) swimming competency.
* Scrimmage type workout where 2 or 3 teams will compete in round robin scrimmages under the supervision of a lifeguard who will act as referee.

Wednesday.………………………………………………………………………………………………...…….…... 8:00 p.m. - 9:30 p.m.

LEVEL 6 (YOUTH AQUATIC FITNESS)
$55.00 SERIES (PRE-REGISTRATION REQUIRED) OR $6.00 PER CLASS
* Participants must demonstrate an Intermediate (Level 4) swimming competency.
* Improve conditioning and stroke mechanics with exercises from all aquatic sports and activities.
* Inquire with Pool Clerk for details.

Tuesday / Thursday……………………………………………………………………………………...…….…... 5:00 p.m. - 5:25 p.m.
Wednesday / Friday………………………………………………………………………………………………...…….…... 5:00 p.m. - 5:25 p.m.

ADULT WATER AEROBICS (AQUACISE)
ADULT, $55.00 SERIES (PRE-REGISTRATION REQUIRED) OR $6.00 PER CLASS
SENIOR, $35.00 SERIES (PRE-REGISTRATION REQUIRED) OR $4.00 PER CLASS
* This calorie-burning fitness workout incorporates muscular, cardiovascular and aerobic conditioning.
* Exercise includes rhythmic activities, muscle strengthening and toning.
* All classes are 45 minutes in length.
* Inquire with Pool Clerk for details.

Tuesday - Saturday…………………………………………………………………………………………...…….…... 12:30 p.m. - 1:15 p.m.
Tuesday - Friday………………………………………………………………………………………………….... 7:00 p.m. - 7:45 p.m.

ADULT BOGAFIT
AGES 18 AND OVER, $55.00 SERIES (PRE-REGISTRATION REQUIRED) OR $6.00 PER CLASS
* A fitness class that utilizes a floating board with carefully selected sets of movements that intensify each workout.
* Builds strength, deepens flexibility, improves balance and coordination.
* This 45 minute class challenges all levels.

Tuesday - Friday………………………………………………………………………………………………...…….…... 9:15 a.m. - 10:00 a.m.
Saturday - Sunday………………………………………………………………………………………………….. 4:00 p.m. - 4:45 p.m.

ADULT WATER POLO (SELF-DIRECTED)
AGES 18 AND OVER, LIMITED TO 27 PARTICIPANTS, $5.00 PER ENTRY
* This is a non-coached program where minimum skills level is Intermediate (Level 4) swimming competency.
* Scrimmage type workout where 2 or 3 teams will compete in round robin scrimmages under the supervision of a lifeguard who will act as referee.

Los Angeles City Pre-Academy Training (LAC-PAT)

AGE 17 BY MAY 31ST, $40.00 for the course
* Students become familiarized with Basic Life Support, Basic First Aid, and Lifesaving techniques, and are conditioned for the LA City Pool Lifeguard Academy.
* The cost covers the materials for the training.
* Inquire with Pool Clerk for details.

Los Angeles City Pre-Academy Training (LAC-PAT)

Module 3: Tu/Th February 11 - February 20 or Sun February 16 - February 23
Module 1: Tu/Th February 25 - March 5 or Sun March 1 - March 8
Module 2: Tu/Th March 10 - March 19 or Sun March 15 - March 22

Tuesday / Thursday……………………………………………………………………………………...…….…... 5:30 p.m. - 8:30 p.m.
Sunday………………………………………………………………………………………………………………. 10:00 a.m. - 4:30 p.m.
CITY OF LOS ANGELES DEPARTMENT OF RECREATION & PARKS

BOARD OF COMMISSIONERS
SYLVIA PATSAOURAS - PRESIDENT
LYNN ALVAREZ - VICE PRESIDENT
NICOLE CHASE - MEMBER
PILAR DIAZ - MEMBER
JOSEPH HALPER- MEMBER

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MICHAEL A. SHULL

EXECUTIVE OFFICER
ANTHONY-PAUL (AP) DIAZ, ESQ.

ASSISTANT GENERAL MANAGERS
SPECIAL OPERATIONS BRANCH
SOPHIA PIÑA- CORTEZ

PLANNING, MAINTENANCE & CONSTRUCTION BRANCH
CATHIE SANTO DOMINGO

RECREATIONAL SERVICES BRANCH
VICKI ISRAEL

CITYWIDE AQUATICS DIVISION
SUPERINTENDENT
JIMMY KIM

PRINCIPAL RECREATION SUPERVISOR I
ANDRE BRENT

AQUATIC DIRECTORS
KELLY CALDWELL
CARLOS ESPINOZA
MAHA YATEEM

Aquatic Facility Manager II
ADALBERTO MARROQUIN

Aquatic Facility Manager I
BIANCA GARCIA-ZAMORA
Bianca.GarciaZamora@lacity.org
MONIQUE GELINEAU
Monique.Gelineau@lacity.org

If you have a concern, complaint, or compliment about the facility or programs, please feel free to speak to the manager on duty, email the Aquatic Facility Manager I’s using their emails provided above, or contact the Citywide Aquatics office at:

Citywide Aquatics
3900 Chevy Chase Dr., L.A., CA 90039