WOODLAND HILLS
SWIMMING POOL
5858 Shoup Ave,
Woodland Hills, CA 91367
(818) 704 – 1509

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.

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

ADMISSION FEES

| AQUATIC FACILITY INFORMATION, FEES AND RULES |
|-------------------------------|-------------|
| 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     | $1.00       |

SPONSORSHIPS & SCHOLARSHIPS
The City of Los Angeles Department of Recreation and Parks is proud to announce its 14th year of joint-partnership with Kaiser Permanente.

Kaiser Permanente Sponsorships for 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 or in person at designated local pools.
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.

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 - $67.00 ADULT - $67.00

• Online and In-person registration available
• Online registration limited to 5/session
• 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 5:00 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

GROUP LESSON SESSIONS
MONTDAY 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.
Beginner .................. Mon - Fri 11:00 a.m. – 11:25 a.m.
Beginner .................. Mon - Fri 11:00 a.m. – 11:25 a.m.
Beginner .................. Mon - Fri 11:30 a.m. – 11:55 a.m.
Beginner .................. Mon - Fri 11:30 a.m. – 11:55 a.m.

Session 3 – 4

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.
Beginner .................. Mon - Fri 1:00 p.m. – 1:25 p.m.
Swimmers .......... Mon - Fri 3:00 p.m. – 3:25 p.m.
Beginner .................. Mon - Fri 3:30 p.m. – 3:55 p.m.
Beginner .................. Mon - Fri 4:00 p.m. – 4:25 p.m.
Beginner .................. Mon - Fri 4:30 p.m. – 4:55 p.m.
Beginner .................. Mon - Fri 5:00 p.m. – 5:25 p.m.
Beginner .................. Mon - Fri 5:30 p.m. – 5:55 p.m.
Intermediate ............. Mon - Fri 6:00 p.m. – 6:25 p.m.
Swimmers .......... 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 5

Please see pool clerk for details

Session 5

Intermediate ............. Mon - Fri 4:00 p.m. – 4:25 p.m.
Beginner .................. Mon - Fri 4:30 p.m. – 4:55 p.m.
Beginner .................. Mon - Fri 5:00 p.m. – 5:25 p.m.
Beginner .................. Mon - Fri 5:30 p.m. – 5:55 p.m.
Beginner .................. 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*

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

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 locations 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 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.