### LESSON CATEGORIES & REQUIREMENTS

Preschool Aquatics: 4 yrs. – 6 yrs. Children: 7 yrs. – 17 yrs. Adult: 18 & older

<u>Tiny Tots\* / Preschool Aquatics (Level 1 to 3)</u> – Children must be accompanied by an adult. Parent and child are introduced to basic water safety in a comfortable environment.

\*TINY TOTS: 4 STUDENTS MAXIMUM ENROLLED. NO PARENT IN THE WATER REQUIRED.

<u>Water Confidence (Level 1)</u> – 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.

<u>**Beginner** (Level 2)</u> – Participants learn alternating skills including combined arm and leg actions on front and back and swimming in chest-deep water.

<u>Advanced Beginner (Level 3)</u> – 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.

<u>Swimmer (Level 5)</u> – 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.

### PRIVATE & SEMI-PRIVATE LESSONS \*INQUIRE WITH POOL CLERK OR MANAGER FOR SCHEDULING

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.

Learn to Stand Up Paddle is a program designed for youth to learn basic SUP skills through education and on-site instruction, Learn water safety and beach safety, and how to stand on a paddle board.



Online Registration Begins January 4 @ 9 a.m. February 1 @ 9a.m. Price: \$10 Ages: 9 -17 Days: Saturday & Sunday Time: 9 a.m. - 2 p.m.\*



#### CITY OF LOS ANGELES



DEPARTMENT OF RECREATION & PARKS BOARD OF COMMISSIONERS

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AQUATIC FACILITY MANAGER II Pedro Melendez

AQUATIC FACILITY MANAGER I

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. LOS ANGELES, CA 90039 (323) 906-7953 CITYWIDE.AQUATICS@LACITY.ORG CITY OF LOS ANGELES DEPARTMENT OF RECREATION AND PARKS CITYWIDE AQUATICS DIVISION



# **Algin Sutton Swimming Pool**

8800 S. Hoover St. Los Angeles, CA 90044 (323) 789 - 2826 alginsutton.pool@lacity.org

#### Winter / Spring 2025 POOL HOURS

#### \*TIMES SUBJECT TO CHANGE WITHOUT NOTICE\*

**Recreational Swim & Lap Swim** 

Monday	Closed.
Tuesday - Friday	12:00 p.m 7:00 p.m.
Saturday & Sunday	1:00 p.m 5:00 p.m.

#### **HOLIDAY CLOSURES**

March 31 May 26

ADMISSION FEES	
ADULT (18 - 49 YRS OLD)	\$4.00
YOUTH (0 - 17 YRS OLD)	\$1.00
ADULT (50 + YRS OLD)	\$1.00
PERSONS WITH DISABILITIES	\$1.00
PASSES AVAILABLE*	
ADULT LAP PASS - \$88.00 (30 Entries)	
YOUTH, ADULT (50+), PERSONS WITH DISABILITIES ADMISSION PASS - \$25.00 (30 Entries)	

\*FEES SUBJECT TO CHANGE



### **Team Registration**

Saturday, January 25, 2025 9:00 a.m. Last Day to enroll is February 28, 2025

> Session Dates January 28 - April 25, 2025



Ages 7-17 Tuesday - Friday Registration: \$10 per session



**Artistic Swim** 4:00 p.m. - 5:00 p.m.



**Water Polo** 5:00 p.m. - 6:00 p.m.

#### Swim Team 5:30 p.m. - 6:00 p.m. [Dry Land] 6:00 p.m. - 7:00 p.m. [Swimming]



LAC-PAT (Age 16 +) Tuesday & Thursday

4:00 p.m. - 7:00 p.m.

# AQUA FIT - CARDIO (AQUACISE)

Water exercise for swimmers and non-swimmers. Increases flexibility range of motion & provides cardiovascular workout. Exercise includes rhythmic activities, muscle strengthening and toning. Series = 10 classes

#### \*INQUIRE WITH POOL CLERK FOR DETAILS.

Adult (18-49): \$45 Series or \$5 per class Adult (50+): \$35 Series or \$4 per class

Wednesday - Friday..... 6:00 p.m. - 6:45 p.m.

# Swim Lesson Registration

Learn-to-Swim Group Lessons

Youth: \$ 10.00 Adult (18 +): \$30.00 Tiny Tots: \$80.00 \*

#### \* 4 STUDENTS MAXIMUM

Lesson Registration can be done online at LAPARKS.ORG or via the LA Parks app or in person at Algin Sutton Pool. Registration is on a first come first serve basis.





# Registration Dates (4 weeks/ 8 lessons)

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Session 1	Saturday, January 4 @ 9 a.m.
Session 2	Saturday, February 1 @ 9 a.m.
Session 3	Saturday, March 1 @ 9 a.m.
Session 4	Saturday, March 29 @ 9 a.m.
Session 5	Saturday, April 26 @ 9 a.m.

### **Session Dates**

Session 1Jar	nuary 7 - January 31
Session 2Fel	oruary 4 - February 28
Session 3Ma	rch $1 - March 28$
Session 4Api	ril 1 - Anril 25
Session 5Api	ril 29 - May 23

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

Adult (18 +), Youth, Persons with Disabilities

## <u>Private Lessons</u>

1 Private Lesson: \$27.00 4 Private Lessons = \$108.00

<u>Semi - Private (2 Students only)</u> \$20.00 Per lesson per student x 2 students = \$40.00 **4 Lessons = \$160.00** 

# Swim Lesson Schedule

# Tue & Thu

Preschool Aquatics 1	4:30 p.m 4:55 p.m.
Beginner (Level 2)	5:00 p.m 5:25 p.m.
Adv. Beginner (Level 3)	5:30 p.m 5:55 p.m.
Adult Beginner	6:00 p.m 6:25 p.m.
Adult Intermediate	6:30 p.m 6:55 p.m.

# Wed & Fri

Adult Beginner	1:00 p.m 1:25 p.m.
Adult Intermediate	1:30 p.m 1:55 p.m.
Adaptive	4:30 p.m 4:55 p.m.
Tiny Tots *	5:00 p.m 5:25 p.m.
Intermediate (Level 4)	5:30 p.m 5:55 p.m.
Water Confidence (Level 1)	6:00 p.m 6:25 p.m.
Adv. Beginner (Level 3)	6:30 p.m 6:55 p.m.
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# Sat & Sun

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Adult	4:00 p.m 4:25 p.m.
Tiny Tots *	3:30 p.m 4:00 p.m.
Intermediate (Level 4)	3:00 p.m 3:25 p.m.
Adv. Beginner (Level 3)	2:30 p.m 2:55 p.m.
Beginner (Level 2)	2:00 p.m 2:25 p.m.
Water Confidence (Level 1)	1:30 p.m 1:55 p.m.
Preschool Aquatics 1	1:00 p.m 1:25 p.m.

# Privates

#### \*INQUIRE WITH POOL CLERK OR MANAGER FOR SCHEDULING

1:00 p.m 1:25 p.m.	2:00 p.m 2:25 p.m.
1:30 p.m 1:55 p.m.	2:30 p.m 2:55 p.m.
*THE CLASSES AND PROGRAMS IN THIS BROCHURE MAY BE SUBJECT TO	
CHANGE/CANCELLATION	