

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

CLEVELAND AQUATICS



SPRING 2025 PROGRAM

January 4th through May 30th

Phone: (818) 756-9798

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Website: www.laparks.org/aquatics

8120 Vanalden Ave. Reseda, CA 91335



@clevelandpool.lacityparks

The classes and programs in this brochure may be subject to cancellation.

Fees & Hours of Operation

YOUTH (Ages 17 & under) \$1.00

ADULTS (Ages 18 - 49) \$4.00

ADULTS 50+ (Ages 50 & up) \$1.00

Persons with Disabilities (All ages) \$1.00

Spring 2025 January 4th - May 30th

RECREATIONAL SWIM

Monday - Friday 4:30 p.m. - 9:00 p.m.

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

LAP SWIM

Monday - Friday 5:00 p.m. - 9:00 p.m.

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

Lap lane reservations can be made over the phone and begin at the bottom of the hour (weekdays), top of the hour (weekends). Reservations are for 1 hour.

HOLIDAY CLOSURES

Dr. Martin Luther King Jr. Day - Monday, January 20th

Presidents Day - Monday, February 17th

Cesar Chavez Day - Monday, March 31st

Memorial Day - Monday, May 26th



Available Group Lessons

Preschool Aquatics (Ages 3-6)

Level	Class Description
Preschool Aquatics Level 1	Children will learn how to enter and exit the water independently, submerge mouth underwater and blow bubbles for 3 seconds, glide on front for 2 body lengths then roll to back and float for 3 seconds.
Preschool Aquatics Level 2	Introduction to combined arm and leg movement on front and back
Preschool Aquatics Level 3	Continued refinement of front crawl and back crawl. Introduction to side breathing and treading water

Learn To Swim (Ages 7 - 17)

Level	Class Description
Beginners Level 2	Participants learn to enter/exit the pool, have breath control, front/back floats, basic water safety and are introduced to Front Crawl
Advanced Beginners Level 3	Participants learn to master Front Crawl, introduction to Breaststroke kick, Sidestroke kick, and Elementary Backstroke.
Intermediate Level 4	Participants learn the Breaststroke, Back Crawl, and the Sidestroke
Swimmer Level 5	Refinement of breaststroke. Introduction to butterfly. Mastery of front and back crawl required.
Advanced Swimmer Level 6	Refine strokes so participants swim them with greater efficiency and effectiveness over longer distances.

Adult Swimming Lessons 18 & Up

Level	Class Description
Adult Level 1 - Beginner	Help participants gain basic aquatic skills and swimming strokes.
Adult Level 2 - Swimmer	Improve participants' proficiency in basic aquatic skills and the six basic swimming strokes.



Lesson Registration

Classes & Program Information

- **PlayLA Youth and Adaptive Youth Sports Programs are made possible by the LA28 Olympic and Paralympic games.**
 - **No telephone registration.**
 - Classes are **25 minutes** in length.
 - All refunds will be assessed an administrative fee of **10%**.
 - A swim assessment is required prior to enrollment for **Levels 3 & higher.**
 - Swim instruction will be provided from the pool deck.
 - Registration will be held both online and in-person.
 - Half of total class capacity will be reserved for online enrollment
 - **All registrations will begin at 9:00am on the indicated date**
 - **Students who miss the first two classes will be dropped**
- Youth & Adaptive Lesson - \$67 Adult Lessons- \$67**
Waivers available for those who qualify. Ask for details

Tuesday - Friday Swim Classes

Session	Registration Date	Class Dates
Session 1	Saturday, January 4th @ 9:00 a.m.	January 4th - January 31st
Session 2	Saturday, February 1st @ 9:00 a.m.	February 1st - February 28th
Session 3	Saturday, March 1st @ 9:00 a.m.	March 1st - March 28th
Session 4	Saturday, March 29th @ 9:00am	March 29th - April 25th
Session 5	Saturday, April 26th @ 9:00 a.m.	April 26th- May 23rd

Group Lesson Schedule



4 Weeks / 8 Lessons Tuesday through Friday

Class Time	Tuesday & Thursday	Wednesday & Friday
4:30 p.m. - 4:55 p.m.	Level 5 Swimmer Level 6 Adv. Swimmer	Level 5 Swimmer Level 6 Adv. Swimmer
5:00 p.m. - 5:25 p.m.	Level 3 Adv. Beginner Level 4 Intermediate	Level 3 Adv. Beginner Level 4 Intermediate
5:30 p.m. - 5:55 p.m.	Level 2 Beginner	Level 2 Beginner
6:00 p.m. - 6:25 p.m.	Preschool 1 & 2	Preschool 3
6:30 p.m. - 6:55 p.m.	ADA Beginner	ADA Swimmer
7:30 p.m. - 7:55 p.m.	Adult Beginner	Adult Swimmer

4 Weeks / 8 Lessons Saturday & Sunday

Class Time	Saturday & Sunday
1:00 pm - 1:25 pm	Adaptive Swimmer
1:30pm - 1:55pm	Adaptive Beginner

- * **Assessment Required for Levels 3 & up**
- * **Children under the age of four (4) are required to wear a "swim diaper"**
- * **Each child under the age of Seven (7) must be accompanied by an adult in the water and around the facility.**

Private & Semi-Private Lessons

Classes & Program Registration

- Private & Semi-Private Classes provide personalized instruction to adults and youth ages 3 and older.
- Classes are 55 minutes in length.
- Registration rules apply and participants **must** register for 2 classes.
- Maximum of **TWO** participants per **SEMI-PRIVATE CLASS**.
- **First session Registration** will take place:
 - Saturday, January 4th, 2025

Private lesson Registration is in-person only

Private Class Price Breakdown:
2 classes at \$54.00 each = \$108.00

Semi-Private Price Breakdown:
2 classes at \$80.00 each = \$160.00



Available Timeslots

Mondays

4:30 p.m. - 5:25 p.m.

5:30 p.m. - 6:25 p.m.

6:30 p.m. - 7:25 p.m.

7:30 p.m. - 8:25 p.m.

Tiny Tots

Classes & Program Registration

- Tiny Tots lessons provide small group instruction for youth ages 3 to 6 years old.
- Lessons are designed for first time swimmers.
- Classes are 25 minutes in length.
- Instructors are in the water with students.
- Parents are NOT required to be in water during the lesson, but each child under the age of Seven (7) must be accompanied by an individual adult
- Maximum of 3 participants per class.
- Registration is conducted concurrently with the commencement of the first class of a new session.
- Children under the age of four (4) are required to wear a "swim diaper" or plastic pants with elastic around the waist and legs.

Tiny Tots Price:
8 classes - \$80.00

Registration - Session 1:
January 4th, 2025 @ 9:00 am

Tiny Tots Schedule

Level	Start Time	End Time
Starfish	2:00 p.m. 2:30 p.m.	2:25 p.m. 2:55 p.m.
Minnow	3:00 p.m.	3:25 p.m.
Seahorse	3:30 p.m.	3:55 p.m.

Level Description

Level	Class Description
Tiny Tots - Starfish	For first time swimmers. Students will be taught to enter/exit the pool, have breath control, front/back floats and basic water safety
Tiny Tots - Minnow	Skills in Starfish are required. Opening of eyes and object retrieval underwater. Introduction of rotary arms and kicks during front and back glide
Tiny Tots - Seahorse	Skills in Minnow are required. Refinement of front crawl stroke. Introduction to side breathing.

NOVICE TEAM SPORTS

- Designed for entry-level competitors Ages 7-17.
- Participants must demonstrate the skills completed at Lesson Level 4 or higher.
 - Level 4 Intermediate
 - Jump into deep water, swim front crawl for 25 yards, return swimming elementary backstroke 25 yards
 - Swim Breaststroke 15 yards, return to starting point swimming back-crawl 15 yards
 - Submerge & swim 3-5 body-lengths underwater, return to surface.
- All event times and locations will be announced.
- A swim assessment is required prior to enrollment for all novice team sports.
- Registration will take place online and in person.

Novice Sports League

Registration Date	Spring Season
Saturday, March 1st, 2025	March 4th - May 30th



TEAMS OFFERED

NOVICE TEAM SPORTS

Artistic Swimming (Synchronized Swim Team)

- o *Artistic Swimming is a team sport which combines swimming, gymnastics, and ballet. Athletes demonstrate strength, performance artistry, and acrobatics. All athletic moves are synchronized to other swimmers and music. Designed for entry-level competitors. Attendance is incredibly important due to the group performance aspect of the sport. Routines are created with each athlete performing scored portions that build on each other.*

Water Polo

- o *Water Polo is a close contact sport where two groups of 7 players attempt to score by throwing a ball into a goal for 4 quarters. The sport is a combination of swimming, soccer and hockey. It is played in the deep end of the pool where players cannot stand. Designed for entry level competitors.*

Novice Team - \$50

Waivers available for those who qualify. Ask for details

Team Sports Schedule

Sport	Start Time	End Time	Days
Water Polo Group A (Ages 7-12)	4:30 p.m.	5:30 p.m.	Begins: Tuesday, March 4th Ends: Friday, May 30th
Water Polo Group B (Ages 13-17)	7:30 p.m.	8:30 p.m.	Begins: Tuesday, March 4th Ends: Friday, May 30th
Artistic Swimming	5:30 p.m.	6:30 p.m.	Begins: Tuesday, March 4th Ends: Friday, May 30th





PlayLA USA Swim



PlayLA USA Swim Team is a USA Swimming sanctioned Swim Team offered by the City of Los Angeles Department of Recreation & Parks in Partnership with USA Swimming. It is designed to provide athletes, parents and coaches with enhanced training and educational resources. Athletes will be instructed by USA Swimming certified coaches to develop their competitive skills in all strokes, with enhanced workout times and dryland training.

Requirement:

Successful completion of Level 4 Intermediate

Registration: Saturday, March 1st @ 9am In person and online

Practice Time:

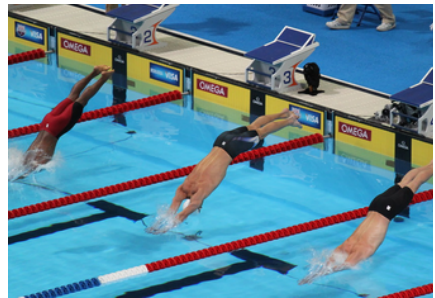
6:00 p.m.-7:30 p.m.

USA Swim Team - \$10

Waivers available for those who qualify. Ask for details

Program Information

Registration Date	Practice Dates
Saturday, March 1st, 2024 at 9:00 a.m.	Monday, March 3rd - Friday, May 30th



Youth Fitness

- **Level 4: Intermediate - Swimming competency or higher is required to enroll into this program.**
- Participants continue to refine all strokes with an emphasis on increased endurance and overall fitness level.
- Great first step for athletes looking to join our USA Swim Team
- No required competitions.
- Open Registration for the 1st Series will take place **Saturday, January 4th at 9:00 AM.**
- Series and registration will follow the Swim Lesson schedule

Saturday & Sunday = \$36/ 8 Classes

Program Information

Practice Days	Registration Date	Start Time	End Time
Saturday/Sunday	Saturday, January 4th at 9:00 AM.	4:00 p.m.	4:55 p.m.



**CITY OF LOS ANGELES
DEPARTMENT OF RECREATION AND PARKS**

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