

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

DYMALLY POOL



SUMMER 2024

Effective June 1, 2024 - September 7, 2024

8800 S. San Pedro
Los Angeles, CA 90003
(323) 789—2726

www.laparks.org - Click on Aquatics

Email: Dymally.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.

Programs & Class times in this brochure may be subject to cancellation without notice.

Fees & Hours of Operations

ADMISSION FEES

Adults (50 yrs. & Up).....	\$1.00
ADULT (18-49 yrs.).....	\$4.00
YOUTH (0 – 17 yrs.)	\$1.00
Persons with Disabilities (All Ages)	\$1.00

ADMISSION PASSES/30 ADMITS

Adult Lap Pass (Good at all LACITY pools)	\$88.00
Admission Pass (Adult 50+, Persons w/ Disabilities)	\$25.00
Youth Summer Swim Pass (Valid <u>May 27 to Sept 2</u>)	\$10.00

RECREATIONAL SWIMMING & DIVING BOARD

June 3 - June 15

Tuesday - Friday	4:30 p.m. - 8:00 p.m.
Saturday & Sunday	1:00 p.m. - 5:00 p.m.

June 16 - August 10

Monday - Friday	2:00 p.m. - 4:00 p.m.
Monday - Friday	7:00 p.m. - 8:30 p.m.
Saturday & Sunday	1:00 p.m. - 5:00 p.m.

August 11 - September 7

Tuesday - Friday	4:30 p.m. - 8:00 p.m.
Saturday & Sunday	1:00 p.m. - 5:00 p.m.

Holiday Hours

June 19.....	Pool Closed
July 4 & September 2.....	1:00 p.m. – 5:00 p.m.

ADULT LAP SWIMMING

June 16 - August 10

Monday - Friday.....	10:00 a.m. - 12:00 p.m.
Saturday & Sunday.....	12:00 p.m. - 2:00 p.m.

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, click on the Aquatics link.

POOL RULES

Pool employee interpretation of rules shall be final.

- **Entrance is denied to:**
 - i. Children under seven (7), unless accompanied by an adult on a one to one ratio.
 - ii. Children under the age of four (4) without an approved "swim diaper" or plastic pants with elastic around the waist and legs.
 - iii. Persons under the influence of alcohol or narcotics.
 - iv. Persons with colds, coughs, nasal or eye discharges, skin eruptions, open wounds, open sores or bandages.
 - v. Pets.
- **Please check all your valuables with the pool clerk.**
- **Personal property not permitted in the swimming pool or deck area includes:**
 - i. Street clothes, shoes, and carrying bags of all types.
 - ii. Floating apparatus, glass objects or containers of any kind.
 - iii. Sports or swim equipment; scuba equipment; electronic equipment.
 - iv. Wheeled vehicles (roller blades, bicycles, skateboards, etc...)
- **Soap showers must be taken before entering the pool area.**
- **Smoking is prohibited.**
- **Eating and/or drinking not allowed (bleacher area & pool deck).**
 - i. Only water and/or sports drinks in plastic containers will be allowed on the pool deck.
- **Foul or abusive language will not be tolerated.**
- **For the safety of the public there is no:**
 - i. Running on the pool deck.
 - ii. Climbing, sitting on, and jumping from storage benches or guard structures.
 - iii. Diving into shallow water.
 - iv. Double bouncing or crowding dive structures.
 - v. Swimming in the diving area.
 - vi. Horse playing on the deck or in the pool at any time.
 - vii. Snapping towels.
 - viii. Participating in other dangerous practices as determined by lifesaving staff. No lap swimming in Rec. swim area.
- **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 are available for lap swim during recreational swimming hours unless stated in brochure.
- Locker rooms close 15 minutes after swimming pool has closed.
- **Clothed patrons must be seated on the bleachers if they are not swimming.**
- 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 length of the pool swimming freestyle (Front Crawl), with an effective supporting kick.
- Kickboards, Pull buoys are provided during Lap swimming hours only, no equipment will be provided during recreational swim hours. All other equipment is for facility programs.
- Water and Sport Drinks are the only food or drink allowed on the pool deck. There is no other eating or gum chewing allowed in the pool area, except during posted special events.
- 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.

A SWIM ASSESSMENT TO DETERMINE THE STUDENT'S CORRECT LEVEL IS REQUIRED

PRIOR TO REGISTRATION.

SWIM LESSON DESCRIPTION

Preschool Aquatics (PSA)1-3 – Children ages 3-6 yrs. Old 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 and perform arm and leg actions on front and back.

NEW Now offering the **Tiny Tots** program: Smaller class size 4 participants max. Ages 4 - 6 years old. Parents not required to be in water. In water instruction.

Swim lesson levels include: Starfish level 1, Seahorse level 2, Shark Pups level 3

Water Confidence (Level I) – Participants will learn how to open eyes underwater and retrieve objects, bobbing, floating on front and back, gliding on front and back, rolling from front to back and back to front, combined arm and leg actions on front and back for 3 body lengths.

Beginner (Level II) – Participants will learn to enter chest deep water by jumping in, fully submerge and hold breath for 10 seconds, rotary breathing, front float 10 seconds, back float 15 seconds, change direction of travel while swimming on front and back, tread water for 30 seconds in shoulder-deep water, combined arm and leg actions on front for 5 body lengths.

Advance Beginner (Level III) – Learn dolphin and scissor kicks, rotary breathing, and progressive skills leading to diving, front crawl and elementary backstroke.

Intermediate (Level IV) – Refine crawl and elementary backstroke. Introduction to back crawl, breaststroke, sidestroke and butterfly. Turns and surface dives introduced.

Swimmer (Level V) – Refine strokes and improve conditioning. Learn additional aquatic skills such as surface dives, flip turns, and improve diving into the pool.



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

PRIVATE & SEMI-PRIVATE LESSONS

Private & Semi-Private lessons provide personalized instruction to adults and youth ages 4 & 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 4 lessons.

PRIVATE

MAXIMUM 1 PARTICIPANT

1 Private Lesson = \$27.00

4 Private Lessons = \$108.00

SEMI-PRIVATE

MINIMUM 2 PARTICIPANTS

1 Semi-Private Swim Lesson= \$40

4 Semi Private Lessons = \$160

Swim Lesson Information

LEARN TO SWIM PROGRAM

- Walk-In Registration will begin on JUNE 1 2024 @ 9:00 am or Online at (www.swimla.org)
- Fees must be paid at the time of registration. NO EXCEPTIONS.
- Payments of Cash, Visa & Mastercard, Checks made payable to: ***"L.A. CITY DEPARTMENT OF RECREATION AND PARKS"***
- Lessons are 25 minutes in length. 10 lessons = 5 days a week for 2 weeks.
- No refunds unless class is cancelled. NO MAKE UP LESSONS.
- All refunds will be assessed an administration fee of %10.
- Summer 2024 will be sponsored by Swim LA & Kaiser Operation Splash

YOUTH COST - \$ 10.00

SWIM LESSON REGISTRATION DATES

Swim Lesson Sessions	Begins	Ends	Date & Time
Session # 1 (Mon—Fri)	June 17	July 28	June 1 (9:00 am)
Session #2 (Mon—Fri)	July 1	July 12	June 29 (9:00 am)
Session # 3 (Mon—Fri)	July 15	July 26	July 13 (9:00 am)
Session # 4 (Mon—Fri)	July 29	August 9	July 27 (9:00 am)
Session # 5 (Afternoon Only)	August 12	August 23	August 10 (9:00 am)

Kaiser Permanente Sponsorships for Learn to Swim & Junior Lifeguard Program available on a first come, first serve basis. Sponsorships does **not** include Private or Semi-private lessons.



YOUTH SWIM LESSONS MORNING

Monday - Friday	Begins	Ends
Water Confidence	10:00 am	10:25 am
Preschool Aquatics 1	10:30 am	10:55 am
Beginners	11:00 am	11:25 am
Advance Beginner	11:00 am	11:25 am
Intermediate	11:30 am	11:55 am
Adaptive	11:30 am	11:55 am



TINY TOTS



Tiny Tot lessons provide children ages 3-6 yrs old with small group instructions.

- ◆ Parent are NOT required to be in the water with their child.
- ◆ Instructors are in the water with students.
- ◆ Maximum of 3 participants per class.
- ◆ Classes are 25min in length, 2 x week for 4 weeks
- ◆ Fee is \$80.00

Registration: Saturday June 1 & Saturday July 13 @ 9:00 a.m.

Series Date # 1: June 15 - July 7 (STARFISH)

Series Dates # 2: July 13 - August 4 (SEAHORSE)

Time:.....Saturday & Sunday, 12:00 p.m.-12:25 p.m.

Swim for a healthier You!



ADULT SWIM LESSONS/EVENING

Class Level	Class Begins	Class Ends
Adult Beginner	6:00 p.m.	6:25 p.m.
Adult Advanced	6:30 p.m.	6:55 p.m.
Class Dates # 1	June 18	July 11
Class Dates # 2	July 16	August 8
Class Days	Tuesdays	Thursdays

Team Sports

Registration Information

- ◆ *Sport Teams registration* for Summer 2024 will be June 2 @ 9:00 a.m.
- ◆ Summer teams include: *Swimming, Artistic Swimming, Diving and Water Polo.*
- ◆ Designed for entry-level competitors.
- ◆ A skills evaluation will be required and given by a coach or pool manager.
- ◆ 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 league.
- ◆ Participants **Must demonstrate Intermediate level swimming** competency.
- ◆ All meet times and locations will be announced prior to start of season.
- ◆ **Novice Team Registration Fee: \$10.00 for one team.**

Summer Season Length

Monday June 17, 2024 - Friday, August 9, 2024

Age Limit: 7 - 17 years old

SWIMMING



Workout Days:.....Monday - Friday

Team Practice Times:.....4:00 p.m. - 5:00 p.m.

Competition Day.....Saturdays

NOVICE SPRINGBOARD DIVING



Workout Days.....Monday - Friday

Team Practice Times.....12:00 p.m. - 1:00 p.m.

Competition Day.....Sundays

NOVICE ARTISTIC SWIMMING



Workout Days:.....Monday - Friday

Team Practice Times.....5:00 p.m. - 6:00 p.m.

Competition Day.....Sundays

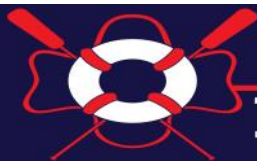
NOVICE WATER POLO



Workout Days:.....Monday - Friday

Team Practice Times.....6:00 p.m. - 7:00 p.m.

Competition Day.....Saturdays



CITY OF LOS ANGELES JUNIOR LIFEGUARDS

JUNIOR LIFEGUARD PROGRAM - \$50.00

Program meets Monday – Friday...12:00 p.m. – 1:00 p.m.

Registration Begins.....June 2 @ 9:00 a.m.

Length of Season..... June 17 – August 9

The Junior Guard program allows youths between **9 - 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. **Participants must PASS Level 6 Swimmer. Program limited to 20 participants.** This program is not eligible for an additional team discount. Check with pool clerk for last day to register.

Swim for a healthier you!



AQUAFIT

This class offers a variety of low to high intensity workouts that help promote aerobic conditioning and cardiovascular fitness. **A minimum of 3 participants needed to conduct a class.**

\$5.00 Adults / \$4.00 for Seniors, per Walk-In Class

Session #1 :6/18/24 - 7/11/24

Session #2 :7/16/24 - 8/08/24

Shallow Water

Tuesday & Thursday

10:00 a.m.– 10:45am



LA PARKS



SWIM LA



**DYMALLY
POOL**



@iswimla



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

BOARD OF COMMISSIONERS

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RECREATIONAL SERVICE BRANCH

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CITYWIDE AQUATICS DIVISION

SUPERINTENDENT

Traci Goldberg

PRINCIPAL RECREATION SUPERVISOR II

Maha Yateem

PRINCIPAL RECREATION SUPERVISOR I

Andre Brent

AQUATIC DIRECTORS

Carlos Espinosa

Melanie Escamilla

Monique Schwaneman

Peter Schwaneman

AQUATIC FACILITY MANAGERS

Nivar Rivera

Guillermo Yanes

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.
L.A., CA 90039
(323) 906-7953
citywide.aquatics@lacity.org

