

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

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

GLASSELL POOL

3704 VERDUGO RD.
LOS ANGELES, CA 90065
(323) 226-1670

SPRING 2025

POOL HOURS

Monday.....4:00pm-8:00pm
Tuesday-Friday.....6:00am-8:00am
Tuesday-Friday.....12:00pm-8:00pm
Saturday & Sunday.....1:00pm-5:00pm

HOLIDAY CLOSURES

Presidents' Day.....Monday, February 17, 2025
Cesar Chavez Day.....Monday, March 31, 2025
Memorial Day.....Monday, May 26, 2025
Juneteenth.....Thursday, June 19, 2025

WWW.LAPARKS.ORG

POOL INSTAGRAM: GLASSELLPOOLLACITYPARKS

POOL EMAIL: RAP.GLASSELLPARKPOOL@LACITY.ORG

ADMISSION FEES

ADULT (AGES 18-49).....\$4.00
YOUTH (AGES 17& UNDER).....\$1.00
ADULTS (AGES 50+).....\$1.00
ADAPTIVE (ALL AGES).....\$1.00

PASSES (30 ADMISSIONS)

ADULTS (18-49).....\$88.00
YOUTH, ADULTS 50+ & ADAPTIVE\$25.00

AQUATIC FACILITY RULES

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 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.

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

SWIM LESSON DESCRIPTIONS

ANYONE INTERESTED IN JOINING A SWIMMING LESSON MUST RECEIVE A SWIM ASSESSMENT BEFORE REGISTRATION

Adaptive- For persons with mental or physical disabilities, this program helps participants to learn and improve skills, maintain and increase physical fitness, achieve success and receive recognition, and experience self-actualization in a regular aquatics environment.

Preschool Aquatics (Levels 1-3)- Children must be accompanied by an adult. Parent and child are introduced to basic water safety in a comfortable environment.

Tiny Tots (3 to 6yrs)- Children entering this class do not need to be accompanied by an adult. Four maximum children registered during this class. Children are introduced to basic water safety in a comfortable environment.

Water Confidence (Level 1) (3 to 17yrs) – 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) (3 to 17yrs) – Continue to learn basic skills including combined arm and leg action on front and back. Front and back floats and glides. Introduction to swimming in the deep end.

Advance Beginner (Level 3) (3 to 17yrs) – Front Crawl & Elementary Backstroke. Dolphin and Scissor kicks. Treading water and introduction to diving into pool.

Intermediate (Level 4) (3 to 17yrs)- Front Crawl & Elementary Backstroke are refined. Introduction to Backstroke, Breaststroke, Sidestroke and Butterfly. Turns and surface dives introduced.

Swimmer (Level 5) (3 to 17yrs) – Refine strokes and improve conditioning. Learn additional surface dives, flip turns and improve diving into pool.

Adult Beginner - Help participants gain basic aquatic skills and swimming strokes. Learn basic skills including combined arm and leg action on front and back. Front and back floats and glides. Introduction to swimming in the deep end.

Adult Intermediate- Improve participants' proficiency in basic aquatic skills and the six basic swimming strokes. Front Crawl & Elementary Backstroke are refined. Introduction to Backstroke, Breaststroke, Sidestroke and Butterfly. Turns and surface dives introduced.

Adult Swimmer - Refine strokes and improve conditioning. Learn additional surface dives, flip turns and improve diving into pool

Children Ages 7-17 interested in joining Team Sports must pass Level 4 to join Swim Team, Water Polo, and Synchro.

BE ADVISED: Private instruction (one-on-one) is not permitted.

TEAM SPORTS

DESIGNED FOR ENTRY-LEVEL ATHLETES AGES 7 - 17. THE YEAR-ROUND PROGRAM IS A DEPARTMENT-SPONSORED LEAGUE IN PARTNERSHIP WITH U.S.A. SWIMMING. U.S.A. SWIMMING MEMBERSHIP PROVIDES ATHLETES AND PARENTS WITH ENHANCED TRAINING AND EDUCATIONAL RESOURCES. THE PLAYLA YOUTH AND ADAPTIVE YOUTH SPORTS PROGRAM IS MADE POSSIBLE BY THE LA28 OLYMPIC AND PARALYMPIC GAMES. ALL MEET TIMES AND LOCATIONS WILL BE ANNOUNCED. AN AWARDS BANQUET WILL BE SCHEDULED.

REGISTRATION REQUIREMENTS:

ASSESSMENT TO DEMONSTRATE INTERMEDIATE LEVEL SWIMMING

PARTICIPANTS MUST ATTEND A MINIMUM OF 3 WORKOUTS PER WEEK. REGISTRATION WILL START:		
		
SATURDAY, MARCH 1, 2025 AT 9:00 AM		
FEE	SEASON DATES	PRACTICE DATES
USA SWIM TEAM \$10 AGES 7 - 17	MONDAY, MARCH 3, 2025 - FRIDAY, MAY 30 2025	MON - FRI 6:00PM - 7:30PM
FEE	SEASON DATES	PRACTICE DATES
NOVICE WATER POLO \$10 AGES 10 - 17	MONDAY, MARCH 3, 2025 - FRIDAY, MAY 30 2025	TUE, WED, & FRI 5:30PM - 7:30PM
FEE	SEASON DATES	PRACTICE DATES
NOVICE ARTISTIC SWIM \$10 AGES 7 - 17	MONDAY, MARCH 3, 2025 - FRIDAY, MAY 30 2025	MON - FRI 4:30PM - 5:30PM

GROUP LESSON REGISTRATION

-IF YOU HAVE REGISTERED WITH US OR WITH RECREATION & PARKS IN THE PAST THEN YOU HAVE AN ACCOUNT ALREADY! PLEASE CALL US AT THE POOL (323) 226-1670 IF YOU NEED HELP ACCESSING YOUR ACCOUNT OR RESETTING YOUR PASSWORD.

-ONLINE REGISTRATION PLEASE VISIT LAPARKS.ORG. WE CANNOT TAKE ANY TELEPHONE REGISTRATION. FEES MUST BE PAID AT THE TIME OF REGISTRATION. NO EXCEPTIONS.

-MAKE CHECKS PAYABLE TO: CITY OF LA. DEPARTMENT OF RECREATION AND PARKS

NO REFUNDS UNLESS SESSION IS CANCELLED. LESSONS ARE 25 MINUTES IN LENGTH. ALL REFUNDS WILL BE ASSESSED WITH AN ADMINISTRATION FEE OF 10%.

YOUTH - \$10.00 ADULT - \$30.00 TINT TOTS - \$80.00

GROUP LESSON SESSIONS

SWIMLA.ORG ONLINE OR IN-PERSON - SEE DATES BELOW.

**TUESDAY/THURSDAY, WEDNESDAY/ FRIDAY OR SATURDAY/SUNDAY
8 LESSONS/4 WEEKS..... YOUTH/ADULT**

**SESSION 3.....MARCH 01 - MARCH 28
SESSION 4.....MARCH 29 - ARIL 25
SESSION 5.....APRIL 26 - MAY 23**

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 SHEDULE IS BASED ON STAFF AVAILABILITY. REGOISTRATION RULES APPLY AND PARTICIPANTS MUST REGISTER FOR A MINIMUM OF FOUR LESSON.

REGISTRATION SESSION 1 TBD

PRIVATE LESSONS

ADULT, CHILD, SENIOR, ADAPTIVE
4 PRIVATE LESSONS = \$108.00

SEMI-PRIVATE LESSONS (2 STUDENTS ONLY)

ADULT, CHILD, SENIOR, ADAPTIVE
4 LESSONS = \$160.00

GROUP LESSON SCHEDULE

SESSIONS 3-5

TUESDAY/THURSDAY

YOUTH LESSONS

ADAPTIVE..... 6:30PM - 6:55PM
TINY TOTS.....6:00PM - 6:25PM
PRESCHOOL4:30PM - 4:55PM
WATER CONFIDENCE.....5:00PM - 5:25PM
BEGINNER.....5:30PM - 5:55PM
ADV. BEGINNER.....4:30PM - 4:55PM
INTERMEDIATE.....4:00PM - 4:25PM
SWIMMER.....5:00PM - 5:25PM

ADULT LESSONS

BEGINNER.....12:00PM - 12:25PM
7:00PM - 7:25PM
INTERMEDIATE.....12:30PM - 12:55PM
7:30PM - 7:55PM

WEDNESDAY/FRIDAY

YOUTH LESSONS

ADAPTIVE.....4:00PM - 4:25PM
TINY TOTS.....5:00PM - 5:25PM
PRESCHOOL5:30PM - 5:55PM
WATER CONFIDENCE.....6:00PM - 6:25PM
BEGINNER.....4:30PM - 4:55PM
ADV. BEGINNER.....5:00PM - 5:25PM
INTERMEDIATE.....4:30PM - 4:55PM
SWIMMER.....6:30PM - 6:55PM

ADULT LESSONS

BEGINNER.....12:00PM - 12:25PM
7:00PM - 7:25PM
INTERMEDIATE.....12:30PM - 12:55PM
7:30PM - 7:55PM

SATURDAY/SUNDAY

YOUTH LESSONS

ADAPTIVE..... 1:30PM - 1:55PM
TINY TOTS.....1:00PM - 1:25PM
PRESCHOOL2:30PM - 2:55PM
WATER CONFIDENCE.....2:00PM - 2:25PM
BEGINNER.....3:00PM - 3:25PM
ADV. BEGINNER.....3:30PM - 3:55PM
INTERMEDIATE.....4:00PM - 4:25PM
SWIMMER.....4:30PM - 4:55PM

ADULT LESSONS

BEGINNER.....1:00PM - 1:25PM
INTERMEDIATE.....1:30PM - 1:55PM

TINY TOTS SWIM LESSONS

- FEE: \$80.00 PER CHILD
- AGES: 3-6 YEARS OLD. PARENTS ARE NOT REQUIRED TO BE IN THE WATER
- CLASS SIZE: 4 PARTICIPANTS MAXIMUM - - 2 MINIMUM TO HOLD CLASS.
- THIS PROGRAM HELPS PARTICIPANTS TO LEARN AND IMPROVE SKILLS, ACHIEVE SUCCESS, RECEIVE RECOGNITION, AND EXPERIENCE SELF-ACTUALIZATION IN AN AQUATICS ENVIRONMENT.

AQUAFIT

(WATER EXERCISE)

Offers a low to high intensity work out that promote cardiovascular fitness, conditioning, increased flexibility, and a range of motion

Tuesday and Thursday (1:00pm- 1:50pm)
Wednesday and Friday (6:00pm-6:50pm)

FEE

AGES 18 - 49:
\$5.00 PER CLASS OR \$45.00 FOR 10 CLASSES
AGES 50 AND OVER:
\$4.00 PER CLASS OR \$35.00 FOR 10 CLASSES

