



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

# GLASSELL POOL

WINTER

DECEMBER 01, 2024 - FEBRUARY 28, 2025

3704 VERDUGO RD.

LOS ANGELES, CA 90065

(323) 226-1670

[WWW.LAPARKS.ORG](http://WWW.LAPARKS.ORG)

POOL EMAIL:

[RAP.GLASSELLPARKPOOL@LACITY.ORG](mailto:RAP.GLASSELLPARKPOOL@LACITY.ORG)

INSTAGRAM: [GLASSELLPOOL](https://www.instagram.com/GLASSELLPOOL)

\*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\*



# 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

# HOURS OF OPERATION

(POOL CLOSED MONDAYS UNTIL JUNE 2025)

TUESDAY-FRIDAY.....6:00AM-8:00AM

TUESDAY-FRIDAY.....12:00PM-8:00PM

SATURDAY & SUNDAY.....1:00PM-5:00PM

# HOLIDAY CLOSURES

NEW YEARS DAY.....WEDNESDAY, JANUARY 1, 2025

DR. MARTIN LUTHER KING JR. DAY.....MONDAY, JANUARY 20, 2025

PRESIDENTS DAY.....MONDAY, FEBRUARY 17, 2025



# 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 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.



# SWIM LESSON DESCRIPTIONS

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

Adaptive (Level A) - 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 (Level 1-3) (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) - 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) - 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) - Front Crawl & Elementary Backstroke. Dolphin and Scissor kicks. Treading water and introduction to diving into pool.

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

Swimmer (Level 5) - 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 5 to join Swim Team, Water Polo, and Synchro.

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





# LAP SWIM RULES AND ETIQUETTE

- A MINIMUM OF 2 LAP LANES AVAILABLE DURING RECREATIONAL SWIM TIMES
- LAP SWIMMERS MUST SHARE LANES. EACH LANE CAN ACCOMMODATE UP TO SEVEN (7) SWIMMERS. LAP SWIMMERS ENTERING A LANE MUST BE CERTAIN THE OCCUPANT(S) ARE AWARE OF THEIR PRESENCE IN ORDER TO DETERMINE THE SWIMMING PATTERN TO SHARE THE LANE.
- TWO LAP SWIMMERS PER LANE MAY SPLIT THE LANE BY STAYING EITHER ON THE RIGHT OR LEFT SIDE OF THE LANE. THREE OR MORE LAP SWIMMERS MUST CIRCLE-SWIM THE LENGTH OF THE LANE COUNTER-CLOCKWISE. REFER TO POSTED SIGN.
- LAP SWIMMING REQUIRES CONTINUOUS PROGRESS ACROSS THE POOL.
- TURN AT THE WALL CAN BE DANGEROUS. LAP SWIMMERS MUST LEAVE ENOUGH ROOM AT EACH WALL TO MAKE SAFE TURNS.
- LANE PASSING CAN BE DANGEROUS. SWIMMERS MUST EXERCISE CAUTION APPROACHING THE TURN-WALL AND SHOULD ALLOW FASTER SWIMMERS TO PROCEED UNIMPEDED TO EXPEDITE OVERTAKING
- DO NOT LAP SWIM IN RECREATIONAL SWIMMING AREA (AREA WITHOUT LAP LANE LINES).
- NO LAP SWIMMING IN DEEP END AREA WHEN DIVING BOARD IS OPEN.

## GENERAL INFORMATION

- A MINIMUM OF 2 LAP LANES AVAILABLE DURING RECREATIONAL SWIM TIMES
- LOCKER ROOMS CLOSE 15 MINUTES AFTER END OF SESSION.
- NON-SWIMMERS, CLOTHED PATRONS MUST WAIT OUTSIDE.
- DURING RECREATIONAL HOURS, ALL PATRONS WILL BE ASKED TO TAKE A SWIM TEST BEFORE ENTERING THE DEEP END OF THE POOL. THIS TEST WILL CONSIST OF TWO LENGTHS 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 PERMITTED ON THE POOL DECK. THERE IS NO EATING OR GUM CHEWING ALLOWED IN THE POOL AREA.
- THE SHALLOW END WILL BE CLEARED OF ALL PATRONS DURING SHALLOW WATER EXERCISE CLASSES. PLEASE REFER TO CLASS SCHEDULE FOR TIMES.
- GROUPS OR INDIVIDUALS DESIRING TO PROVIDE COACHING OR INSTRUCTION AT CITY OF LA POOLS MUST OBTAIN A PERMIT. PRIVATE INSTRUCTION (ONE ON ONE) IS NOT PERMITTED





# GROUP SWIM LESSONS

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

## LESSON & PROGRAM REGISTRATION

Registration is available: [Swimla.org](http://Swimla.org)

Online or In-person - see dates below.

-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](http://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 L.A. DEPARTMENT OF RECREATION AND PARKS](http://CITY OF L.A. 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%.

TINT TOTS - \$80.00

ADULT - \$30.00

YOUTH - \$10.00

### LESSONS

**CLASSES : 4 weeks 8 Lessons (25 min)**

**\*Last day to register is the 3rd class of each session\***

Session	Days	Registration @ 9am	Begins the week of	Ends the week of
#1	Tue & Thur Wed & Fri Sat & Sun	01/04/25	01/04/25	01/31/25
#2	Tue & Thur Wed & Fri Sat & Sun	02/01/25	02/01/25	02/28/25

### PRIVATE & SEMI-PRIVATE LESSONS

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.

	ADULT, CHILD, ADULTS 50+, ADAPTIVE
PRIVATE	4 lessons = \$108.00
SEMI-PRIVATE	4 Lessons = \$160.00



# LESSON SCHEDULE

## YOUTH LESSONS

	Tuesday/Thursday Session 1-2	Wednesday/Friday Session 1-2	Saturday/Sunday Session 1-2
Adaptive	6:30 pm - 6:55 pm	4:00 pm - 4:25 pm	1:30 pm - 1:55pm
Tiny Tots	6:00 pm - 6:25 pm	5:00 pm - 5:25 pm	1:00 pm - 1:25 pm
Preschool 1	4:30 pm - 4:55 pm	5:30 pm - 5:55 pm	2:30 pm - 2:55 pm
Water Confidence	5:00 pm - 5:25 pm	6:00 pm - 6:25 pm	2:00 pm - 2:25 pm
Beginner	5:30 pm - 5:55 pm	4:30 pm - 4:55 pm	3:00 pm - 3:25 pm
Advanced Beginner	4:30 pm - 4:55 pm	5:00 pm - 5:25 pm	3:30 pm - 3:55 pm
Intermediate	4:00 pm - 4:25 pm	4:30 pm - 4:55 pm	4:00 pm - 4:55 pm
Swimmer	5:00 pm - 5:25 pm	6:30 pm - 6:55 pm	4:30 pm - 4:55 pm

## ADULT LESSONS

	Tuesday/Thursday	Wednesday/Friday	Saturday/Sunday
Beginner	12:00pm - 12:25 pm 7:00 pm - 7:25 pm	12:00pm - 12:25 pm 7:00 pm - 7:25 pm	1:00 pm - 1:25 pm
Intermediate	12:30pm - 12:55 pm 7:30 pm - 7:55 pm	12:30pm - 12:55 pm 7:30 pm - 7:55 pm	1:30 pm - 1:55 pm

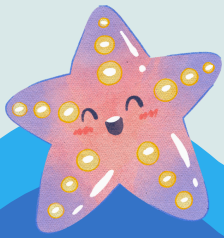
\*THE CLASSES AND PROGRAMS IN THIS BROCHURE MAY BE SUBJECT TO CANCELLATION.\*



# 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.

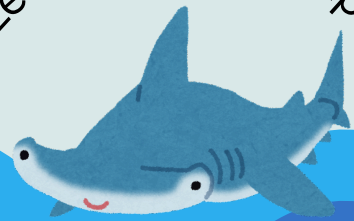
Level 1 - Starfish



Level 2 - Seahorse



Level 3 - Shark Pups



## SWIM LESSON LEVELS

# AQUAFIT

(WATER EXERCISE)

**TUESDAY AND THURSDAY (1:00PM- 1:50PM)**

**&**

**WEDNESDAY AND FRIDAY (6:00PM-6:50PM)**

**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**

Workout sessions are 50 minutes in length and offer a variety of low to high intensity workouts that help promote aerobic conditioning and cardiovascular fitness, along with stamina and endurance while swimming.



# TEAM SPORTS

Registration requirements:

Assessment to demonstrate level 5, swimmer.

All meet times and locations TBA

U.S.A. Team 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.

PARTICIPANTS MUST ATTEND A MINIMUM OF 3 WORKOUTS PER WEEK.  
REGISTRATION WILL START:

**SATURDAY, NOVEMBER 9, 2024 AT 9:00 AM**



<p><u>FEE</u> USA SWIM TEAM \$10 AGES 7 - 17</p>	<p><u>SESSION DATES</u> TUESDAY, DEC 3, 2024 - FRIDAY, FEB 28, 2025</p>	<p><u>PRACTICE DATES</u> TUE THRU FRI 6:30PM - 8:00PM</p>
<p><u>FEE</u> USA WATER POLO \$10 AGES 10 - 17</p>	<p><u>SESSION DATES</u> WEDNESDAY, DEC 4, 2024 - FRIDAY, FEB 28 2025</p>	<p><u>PRACTICE DATES</u> WED AND FRI 5:30PM - 7:30PM</p>

# A SWIM ASSESSMENT IS REQUIRED PRIOR TO ENROLLMENT FOR ALL SWIM LESSONS



## Swim Assessment Certificate

Participant's Name  Age  Birthday

Facility

Team/Lesson Level (reference back)

Date/Time

Testing Proctor

Notes

Assessments do not guarantee a spot on teams or lessons. Registration is done on a first-come first-served basis. This certificate must be presented to register.

City of Los Angeles  
Dept. of Rec. and Parks  
Citywide Aquatics



## Assessment Level

### Water Confidence (Level 1)

- Enter Independently, travel 5 yd. & bob 5 times.
- Push off wall, front glide 2 body lengths, roll to back float for 5 seconds, roll to front float for 5 seconds.

### Beginners (Level 2)

- In chest deep water front float 15 sec., swim 5 body lengths.
- Back float 15 sec., roll to front, then recover.
- Front crawl using arm & leg action for 5 body lengths, roll to back float 15 sec., roll to front, continue to swim 5 body lengths.

**Must pass Lvl. 2 or Preschool Lvl. 3 to register for Lvl. 3**

### Advanced Beginner (Level 3)

- Jump into deep water & tread or float 1 min., swim front crawl and/or elementary backstroke 25 yd.
- Push off in streamline position, front crawl 15 yd., swim back to starting point elementary backstroke 15yd.

### Intermediate (Level 4)

- Jump into deep water, swim front crawl for 25 yd., return swimming elementary backstroke 25 yd.
- Swim breaststroke 15 yd., return to starting point swimming back crawl 15 yd.
- Submerge & swim 3-5 body lengths underwater, return to surface.

**Must pass Lvl. 4 to join Swim Team, Water Polo, Artistic Swim, & Dive**

### Swimmer (Level 5)

- Perform a shallow dive into deep water, swim front crawl for 50 yd. using appropriate flip turn, then swim elementary backstroke for 50 yd.
- Breaststroke for 25 yd., return to starting point swimming back crawl for 25 yd.

### Advanced Swimmer (Level 6)

- Swim 500 yd. continuously, using any 3 strokes of choice, swimming at least 50 yd. of each stroke.

**Must pass Lvl. 6 to join the "Learn to Surf" program and Jr. Lifeguards or pass the following exam:**

- 100 yd. medley. (25 yd. of each stroke: breast stroke, back crawl, sidestroke, and front crawl)
- 200 yd. free style.





# BE AN LA CITY EMPLOYEE!

Register now - click on bit.ly link below:

<http://bit.ly/cwahiring>

The Los Angeles City Pre-Academy Training (LAC-PAT) must be completed after successfully taking the lifeguard test.

Multiple test locations

LAC-PAT Students are familiarized with: Basic Life Support, Basic First Aid, and Lifesaving techniques; conditioned for swimming and prepared for the best job in the world - Lifeguarding.

You must be a minimum age of 16 years old to register and 17 years of age by June 1st, 2025 in order to be employed as a lifeguard with the City of Los Angeles for the summer 2025 season.

Registration Fee: FREE

(Includes materials and workouts)

Class time: Tuesday & Thursday 5pm-7pm



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

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