

## Entrance is Denied to:

- Children under 7, unless accompanied by an adult on a one to one ratio, and within arms reach at all times.
- Children under the age of four (4) without an approved “swim diaper” or plastic pants with elastic around the waist and legs.
- Persons under the influence of alcohol or narcotics
- Persons with colds, coughs, nasal or eye discharges, skin eruptions, open wounds, open sores, or bandages.
- Pets
- Non-Swimmers. Clothed patrons must wait outside.
- Soap showers must be taken before entering the pool area.

## Personal Property Not Permitted:

- Street clothes, shoes, and carrying bags of all types
  - Proper swim wear is required (no cotton t-shirts or basketball shorts)
- Floating apparatus, glass objects or containers of any kind
  - Life vests must have a U.S. Coast Guard Approval Number on them.
- Sports equipment; scuba equipment; electronic equipment
- Wheeled vehicles (roller blades, bicycles, skateboards, etc...)
- There is no eating, gum chewing, and/or drinking allowed
- Only water or sports drinks in plastic containers will be allowed.
- Please check all valuables with the clerk

## For the safety of the public there is no:

- Running on the pool deck
- Climbing, sitting on and jumping from storage benches or guard structures
- Diving into shallow water
- Double bouncing or crowding dive structures
- Swimming in the diving area
- Horse playing on the deck or in the pool at any time
- Snapping towels
- Participating in other dangerous activities as determined by lifesaving staff.
- Lap Swimming in Rec swim area
- Hypoxic training or prolonged underwater swimming
- No person shall be allowed to conduct swimming, diving, or other aquatics instruction unless legal use of the pool is obtained through permit access
- Foul or abusive language will not be tolerated
- Smoking
- To use the deep end of the pool you must take a swim test, this test will consist of two lengths of the pool swimming freestyle (crawl), with an effective supporting kick.
- Do not interfere with a lifeguard rescue or call for help unless in distress.

\*Employee interpretations of rules is final.

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

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## Principal Recreation Supervisor I

Andre Brent

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Carlos Espinoza

Monique Schwaneman

Peter Schwaneman

## Aquatic Facility Manager

Ghenwa Haddad



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



# HEY ROOKIE

## SWIMMING POOL

FALL 2024 | SEPT. 8 - DEC. 28

3351 S. Gaffey St. San Pedro, CA 90731

## Recreational & Lap Swim Hours

Day	Recreational Swim	Adult Lap Swim
Tue - Fri	1:00pm - 3:30pm	10:00am - 3:30pm
Sat & Sun	1:00pm - 5:00pm	1:00pm - 5:00pm

## Pool Closures

Mon. Oct. 14	Columbus Day
Mon. Nov. 11	Veteran's Day
Thu. & Fri. Nov. 28 & 29	Thanksgiving Holiday
Wed. Dec 25	Christmas Holiday



(310) 521 - 9017

@heyrookiepool.lacityparks

Heyrookie.pool@lacity.org



laparks.org

## Admission Fees:

### Walk-in Entry:

<b>Adult (18-49)</b>	\$4.00
<b>Youth (0-17)</b>	\$1.00
<b>Adults (50+)</b>	\$1.00
<b>Person w/ Disability</b>	\$1.00

### Lap Pass/Admission Pass:

<b>Adult (18-49)</b>	\$88.00
<b>Youth (0-17)</b>	\$25.00
<b>Adults (50+)</b>	\$25.00
<b>Person w/ Disability</b>	\$25.00

\*All pass sales are final, no refunds or replacements\*

## Swim Lessons

Registration is available in person at the facility and online registration is available at [swimla.org](http://swimla.org) starting at 9am on the registration dates listed. Registration will not be accepted over the phone.

Preschool and Tiny Tots: 3-6 yrs  
 Youth: 7-17yrs Adult: 18 yrs & older.

Fees must be paid at the time of registration. No Exceptions.

Make checks payable to:

**L.A. City Department of Recreation and Parks.**

Cash, Check, Money Order, VISA and MASTER card accepted.

No refunds or transfers unless class is cancelled.

No make-ups for participant absences and posted holidays.

Proof of age required for children under 7 prior to registration by birth certificate or passport

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.

## Lesson Registration

### Online and In-Person Registration 9:00am

Session #	Registration	Lessons
Session # 1	Sept. 14	Sept. 14 - Oct. 11
Session # 2	Oct. 12	Oct. 12 - Nov. 8
Session # 3	Nov. 9	Nov. 9 - Dec. 13

SCAN



SwimLA.org

SCAN



reg.LaParks.org

## Lesson Fees

Youth Lessons	Tiny Tots	Adult Lessons
<b>\$10</b>	<b>\$80</b>	<b>\$30</b>
Private Lessons <b>\$108</b> 4 Lessons	Lessons are <b>25 Minutes</b> in length	

## Lesson Hours

### Tuesday & Thursday

Class	Time
Pre-School Aquatics	3:30pm - 3:55pm
Water Confidence	4:00pm - 4:25pm
Beginner	4:30pm - 4:55pm

### Wednesday & Friday

Class	Time
Advanced Beginner	3:30pm - 3:55pm
Intermediate	4:00pm - 4:25pm
Swimmer	4:30pm - 4:55pm

### Saturday & Sunday

Class	Time
Tiny Tots	1:00pm - 1:25pm
Adult	1:30pm - 1:55pm
Adaptive	2:00pm - 2:25pm
Private	Inquire with Clerk

## Fall Team Sports



### Registration

**Saturday, August 24th | 9:00am**

#### Registration requirements:

Swim Assessment to demonstrate an Intermediate Level 4 swimming ability.

Athletes ages 7-17\*

**\$10**

### USA PlayLA Swim Team

Tuesday - Friday | 3:30pm - 5:00pm | Aug. 27 - Dec. 20

The PlayLA Youth and Adaptive Youth Sports Program is made possible by the LA28 Olympic and Paralympic Games.

## Adult Water Exercise

**10 Classes**

**45 Minutes**

### Full Session

**\$45** Adult / 18-49  
**\$35** Adult / 50+

### Walk-In

**\$5** Adult / 18-49  
**\$4** Adult / 50+

### Aquafit - Cardio

**Tuesday & Thursday | Wednesday & Friday | 12:00pm - 12:45pm**

The techniques used in shallow and deep water exercise are designed for swimmers and non-swimmers. Water aerobics increases flexibility, balance, stamina, range of motion & provides a cardiovascular workout.

### Adult Aquatic Fitness

**Saturday & Sunday | 12:00pm - 12:45pm**

\*New\* This adult conditioning class will help build your endurance in swimming and provide a structured work out set as a group. Lanes will be divided by swimming levels.

\*Listed Programs in this brochure may be subject to change or cancellation.\*

