

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 in spectator area.
- 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 shewing, 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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City of Los Angeles Department of Recreation and Parks Citywide Aquatics Division



HEY ROOKIE SWIMMING POOL

Summer 2025 | June 1 - Sep. 6
3351 S. Gaffey St. San Pedro, CA 90731

Recreational & Lap Swim Hours

Day	Recreational Swim	Adult Lap Swim
Mon - Fri	1:00p - 4:00 p	10:00a - 1:00p
Mon - Fri	-----	6:00p - 7:00p
Sat & Sun	1:00p - 5:00p	1:00p - 5:00p
Holidays	1:00p - 5:00p	-----

Holidays

Fri. July 4	Independence Day
Mon. Sept. 1	Labor Day

Pool Closure

Thu. June 19	Juneteenth
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Limited lanes during recreation and programming



(310) 521 - 9017



@heyrookiepool.lacityparks



Heyrookie.pool@lacity.org



laparks.org

Admission Fees:

Walk-in Entry:

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

Lap Pass/Admission Pass:

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

All pass sales are final, no refunds or replacements

Lesson Fees

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

Important program information

Registration is available in person at the facility and online registration is available at 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

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

Program Registration

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

Monday - Friday

Session:	Registration Date:	Schedule:
Session # 1	May 31	June 16 - June 27
Session # 2	June 28	June 30 - July 11
Session # 3	July 12	July 14 - July 25
Session # 4	July 26	July 28 - Aug. 8
Session # 5	Aug. 9	Aug. 11 - Aug 22

Saturday & Sunday

Session # 1	May 31	June 14 - July 6
Session # 2	July 12	July 12 - Aug. 8



SwimLA.org



reg.LaParks.org

Lesson Schedule

Monday - Friday

Class	Time
Water Confidence	10:00 a.m. - 10:25 a.m.
Swimmer	10:00 a.m. - 10:25 a.m.
Beginner	10:30 a.m. - 10:55 a.m.
Intermediate	10:30 a.m. - 10:55 a.m.
Adv. Beginner	11:00 a.m. - 11:25 a.m.
Pre-School Aquatics	11:30 a.m. - 11:55 a.m.
Pre-School Aquatics	4:00 p.m. - 4:25 p.m.
Water Confidence	4:30 p.m. - 4:55 p.m.
Beginner	5:00 p.m. - 5:25 p.m.
Adv. Beginner	5:30 p.m. - 5:55 p.m.

Saturday & Sunday

Class	Time
Tiny Tots	12:00 p.m. - 12:25 p.m.
Adult	12:30 p.m. - 12:55 p.m.
Adaptive	12:30 p.m. - 12:55 p.m.
Private	Inquire with Clerk



Team:

Registration Date:

Jr. Guards (9-17yrs) - \$50 April 26 at 9:00 am

USA PlayLA Teams - \$10 June 1 at 9:00 am

Registration requirements: Swim Assessment to demonstrate the required swimming ability.

Practice Days and Times

USA PlayLA Artistic Swim

Monday - Friday | 3pm - 4pm | June 16 - August 8

Jr Lifeguard

Monday - Friday | 4pm - 5pm | June 16 - August 8

USA PlayLA Water Polo

Monday - Friday | 5pm - 6pm | June 16 - August 8

USA PlayLA Swim Team

Monday - Friday | 6pm - 7pm | June 16 - August 8

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

Adult Water Exercise

Full Session

Walk-In

\$45 Adult: 18-49

\$5 Adult: 18-49

\$35 Adult: 50+

\$4 Adult: 50+

Aquafit - Cardio

Monday - 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

Mon - Fri | 8a - 8:45a and 9a - 9:45a

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.

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.