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FAII 2024 SEPTEMBER 8 - DECEMBER 28

POOL HOURS

TIME SUBJECT TO CHANGE WITHOUT NOTICE



Recreational Swim & Lap Swim

LANES SUBJECT TO AVAILABILITY

Monday 2:30 p.m. - 7:00 p.m. 12:00 p.m. - 2:00 p.m.

Tuesday-Friday 3:00 p.m. - 7:00 p.m. Tuesday-Friday

Saturday & Sunday 1:00 p.m. - 5:00 p.m.

HOLIDAY CLOSURES

Monday, October 14 Friday, November 29 Monday, November 11 Wednesday, December 25 Thursday, November 28

Admission Fees*

PERSONS WITH DISABILITIES

ADULTS (18 - 49) \$4.00 **ADULT LAP PASS** \$88.00 **YOUTH* (0 - 17) ADMISSION PASS** \$25.00 \$1.00 **ADULTS 50+** \$1.00

NOTE: Each child 6 & under must be accompanied by an adult. The adult must be within one arm's length of the child at all times, whether on the pool deck or in the water

Children under the age of 4 must wear a swim diaper.

\$1.00

- PUBLIC SWIM ATTIRE Swim Suits, Swim trunks with liner (exception board shorts providing coverage), must be worn by persons in the POOL AREA.
- All patrons must wear proper swimming attire in order to be allowed in the pool.
- All patrons must shower before entering pool.
- Lap lane availability subject to change without notice.
- NO FOOD OR DRINKS (unless it's plastic water containers) ARE PERMITTED ON THE POOL DECK.

Groups or individuals desiring to provide coaching or instruction at City of Los Angeles swimming pools must obtain a permit. Private instruction (one-on-one) is not permissible. Permit guidelines and applications can be obtained online at LAParks.org.



Lessons are 25 minutes in length.

No telephone registration.

Fees must be paid at the time of registration.

No refunds unless session is cancelled.

All refunds will be assessed an administration fee of 10%.

Cost:

Youth Lessons (3-17 years old): \$10 Adult Lessons (18+ years old): \$30

Tuesday & Thursday Dates

	Start Date	End Date
Session 1	September 17	October 10
Session 2	October 15	November 7
Session 3	November 12*	December 1

Registration Dates

Session 1:	September 14	9:00 a.m.
Session 2:	October 12	9:00 a.m.
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Tuesday & Thursday Classes

Adv. Beginner	4:05 p.m 4:30 p.m.
Water Confidence	4:35 p.m 5:00 p.m.
Beginner	5:05 p.m 5:30 p.m.
Pre-School Aquatics	5:35 p.m 6:00 p.m.

Wednesday & Friday Dates

	Start Date	End Date
Session 1	September 18	October 11
Session 2	October 16	November 8
Session 3	November 13*	December 13

No Class on 11/29

Wednesday & Friday Classes

Beginner	4:05 p.m 4:30 p.m.
Adv. Beginner	4:35 p.m 5:00 p.m.
Intermediate	5:05 p.m 5:30 p.m.
Pre-School Aquatics	5:35 p.m 6:00 p.m.
Adult Beginner	6:05 p.m 6:30 p.m.
Inter/Adv. Adult	6:35 p.m 7:00 p.m.

Saturday & Sunday Dates

	Start Date	<u>End Date</u>
ession 1	September 14	October 06
	October 12	November 3
ession 3	November 9	December 8

06

Saturdavs & Sundav Classes

Adv. Beginner	1:05 p.m 1:30 p.m.
Water Confidence	1:35 p.m 2:00 p.m.
Beginner	2:05 p.m 2:30 p.m.
Pre-School Aquatics	2:35 p.m 3:00 p.m.
Persons w/Disabilities	3:05 p.m 3:30 p.m.

Private & Semi Private lessons provided personalized instruction to adults or youth ages 3 and older. Lessons are 25 minutes in length. Scheduling is subject to availability, must register for a minimum of four lessons.

See Manager for more details & availability.

Private Lessons: 4 private lessons, \$108.00 Semi-Private Lessons (2 students): 4 private lessons, \$160.00









Registration:

September 15 @ 9:00 a.m.

Length of Season:

September 17-December 20

SPRING BOARD DIVE TEAM

MUST DEMONSTRATE INTERMEDIATE-LEVEL 4 SWIMMING SKILLS.

Cost: \$10

Ages: 7-17

Diving is classified as an art as well as a sport. The diver must have total body control and good kinesthetic awareness. Divers compete in one-meter springboard events. Workouts are designed to build endurance, refine proper technique and execution of a dive from start to finish.

> Group A Tuesday & Thursday 5:00 pm-6:00 pm Group B Wednesday & Friday 5:00 pm-6:00 pm



Cost: \$10 **Ages: 7-17**

Designed for the entry-level competitors' ages 7-17 yrs., proof of age required at time of registration. Participants will compete in a Department-sponsored league. All meet times and locations will be announced at facility prior to event.

Practice:

Tuesday-Friday 5:30 p.m.-7:00p.m.



Students are familiarized with Basic Life Support, Basic First Aid, and Lifesaving techniques; conditioned for swimming and prepared for the LA City Pool Lifeguard Academy.

Please see management for more information.

Days: Saturday

Time: 10:00 a.m.- 4:30 p.m.

AQUACISE

Shallow Water Exercise for swimmers and non swimmers. Increases flexibility range of motion & provides a cardiovascular workout.



Walk-in:

Adults \$5.00 Adults 50+ \$4.00 Series (10 Classes):

Adults \$45.00 Adults 50+ \$35.00

Tuesday & Thursday:

6:00 p.m.-6:45 p.m.

Wednesday & Friday:

