

POOL RULES

Pool employee interpretation of rules shall be final.

- Entrance is denied to:
 - Children under 7 without an adult
 - Children under 4 without a swim diaper
 - Persons under the influence
 - Persons with colds, cough, and open wounds.
- Please check in all valuables with clerk.
- All patrons must either wear swim trunks with drawstring and netting or a bathing suit. No basketball shorts, underwear or gym clothes.
- No shirts allowed on deck on in the water. Only rash guards are allowed.
- Smoking is prohibited.
- Soap showers must be taken before entering the water.
- Foul or derogatory language will not be tolerated.
- No eating or drinking on deck. Only water or sports drinks in non breakable containers.
- No running on deck
- No diving in shallow water
- No climbing, jumping or sitting on guard towers.
- No hypoxic training (extreme breath holding)
- All patrons who wish to enter deep water must pass a swim test per visit to facility.
- Kickboards and pool buoys are provided only during lap swim hours.
- **Do not interfere with a lifeguard rescue.**

LESSON LEVEL DESCRIPTIONS

Preschool Aquatics
Children must be accompanied by an adult. Parent and child are introduced to basic water safety in a comfortable environment.

Water Confidence (Level 1)
Introduction to water safety and acclimation. Floating 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)
Participants learn alternating skills including combined arm and leg actions on front and back and swimming in chest-deep water.

Advanced Beginner (Level 3)
Participants learn advanced skill, dolphin and scissor kicks, rotary breathing, and progressive skills leading to diving, freestyle and elementary backstroke.

Intermediate (Level 4)
Refine freestyle and elementary backstroke. Introduction to backstroke, breaststroke, sidestroke and butterfly. Turns and surface dives introduced.

Swimmer (Level 5)
Refine strokes and improve conditioning. Learn additional aquatic skills such as surface dives, flip turns, and improve diving into the pool, refine performance of all six swimming strokes.

FEES & HOURS

Fees

Adults (18-49): \$4.00
Youth (17 & Under): \$1.00
Persons with Disabilities: \$1.00
Adults 50+: \$1.00

Adult Lap Pass - \$88.00 for 30 Admissions
Admission Pass - \$25.00 for 30 Admissions
(Admission Pass for Persons w/ Disabilities and Adults 50+)
Summer Youth Pass - \$10.00 for Unlimited Entries for Children through Labor Day

Adult Lap Swim

Monday - Friday 6 am - 10 am 12 pm - 9 pm	Saturday 9 am - 5 pm
Wednesday & Friday 50 meter swim 6 am - 10 am	Sunday 12 pm - 5 pm

Recreational Swim

Monday - Friday
12 pm - 9:00 pm
Saturday - Sunday
12 pm - 5 pm

Wading Pool*

**Subject to staffing availability*
Monday - Friday
12 pm - 7 pm
Saturday - Sunday
12 pm - 5 pm

Diving Board

Monday - Friday
12 pm - 2 pm
Tue/Thu/Fri
7 pm - 9 pm
Saturday - Sunday
12 pm - 5 pm

Holiday Hours & Closures

Wednesday, June 19th	Pool Closed
Thursday, July 4th	1pm - 5pm
Monday, September 2nd	1pm - 5pm

CITY OF LOS ANGELES DEPARTMENT OF RECREATION & PARKS

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JORGE PEREZ



VAN NUYS SHERMAN OAKS AQUATIC CENTER



SUMMER 2024

JUNE 9 - SEPTEMBER 7, 2024

14201 Huston St. Sherman Oaks, CA 91423

(818) 783 6721 | vnso.pool@lacity.org

@vnso.pool



TEAM SPORTS

Team Registration: Sunday, June 2
 Season Dates: June 17 - August 9
 Participants must be 7-17 years old and have passed Level 4 (Intermediate)*

Dive Team

Practice: 2:00 pm - 3:00 pm

Cost: \$50

Junior Lifeguards (Ages 9-17)

*100 yard freestyle swim

Practice: 3:00 pm - 4:00 pm

Cost: \$50

USA Swim Team

Practice: 3:30 pm - 5:00 pm

Cost: \$50

Artistic Swimming

Practice: 4:00 pm - 5:00 pm

Cost: \$50

Water Polo

Practice: 5:00 pm - 6:00 pm (A&B Group)
 6:00 pm - 7:00 pm (C&D Group)

Cost: \$50

CLASSES*

Tiny Tots Class - \$80

Adult Group Lessons - \$67

Youth Group Lessons - \$67

Private Lessons (set of 4) - \$108

Semi-Private (set of 4) - \$160

*In-person registration and online registration through reg.laparks.org will begin at 9 a.m. on day of registration.



GROUP LESSONS Monday - Friday

Youth Lessons - Mornings

Preschool	11:00 am - 11:25 am
Tiny Tots	11:30 am - 11:55 pm
Water Confidence	12:00 pm - 12:25 pm
Beginner	11:00 am - 11:25 am
Advance Beginner	11:30 am - 11:55 pm
Intermediate	12:00 pm - 12:25 pm

Youth Lessons - Evenings

Tiny Tots	4:00 pm - 4:25 pm
Preschool	5:00 pm - 5:25 pm
Water Confidence	4:30 pm - 4:55 pm
Beginner	5:30 pm - 5:55 pm
Advanced Beginner	5:30 pm - 5:55 pm
Intermediate	4:30 pm - 4:55 pm
Swimmer	5:00 pm - 5:25 pm
Adaptive	6:00 pm - 6:25 pm

Adult Lessons - Mornings

Beginner	8:00 am - 8:25 am
Intermediate	8:30 am - 8:55 am

Adult Lessons - Evenings

Beginner	6:00 pm - 6:25 pm
Intermediate	6:30 pm - 6:55 pm

*Classes are subject to change

SESSION & REGISTRATION DATES

Registration Dates

Session 1	June 1
Session 2	June 29
Session 3	July 13
Session 4	July 27
Session 5	August 10

Session Dates

Session 1	June 17 - June 28
Session 2	July 1 - July 12
Session 3	July 15 - July 26
Session 4	July 29 - August 9
Session 5	August 12 - August 23

- No telephone registration.
- Fees must be paid at the time of registration.
- Checks payable to: *City of L.A. Dept. of Rec. & Parks*
- **No refunds will be approved unless a series is cancelled.**
- If approval is given, refunds will be assessed an administrative fee of 10%.
- **A swim assessment at the pool is required prior to registration if the participant is 7 or older.**

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.

PRIVATE LESSONS

Time slots occur on Saturdays between 8am - 12pm and Sundays between 9am - 12pm
 *These are reserved on a first come, first served basis, and scheduled based on staffing availability.

*In person registration ONLY

Private (4 Lessons) - \$108

Semi-Private (4 Lessons) - \$160

Session Dates

Days	Dates	Registration
Sat. or Sun.	June 16 - July 6 June 16 - July 7	June 1
Sat. or Sun.	July 13 - Aug. 3 July 14 - Aug. 4	June 29
Sat. or Sun.	Aug. 10 - Aug. 31 Aug. 11 - Sept. 1	July 13

ADDITIONAL PROGRAMMING

Level 6 (Youth Aquatic Fitness)

Practice: Monday - Friday: 4:00 pm - 4:45 pm
 Cost: \$55 for 10 classes, or \$6 per class

Adult Lap Swim Fitness (18+)

Practice: Tues/Thurs: 7:00 am - 7:45 am
 Cost: \$55 for 10 classes, or \$6 per class

Adult BOGAFit

Practice: Sunday: 11:00 am - 11:45 am

Cost: \$55 for 10 classes, or \$6 per class

Aqua Fit (Aquacise)

Practice: Monday - Saturday: 12:30 pm - 1:15 pm
 Cost: \$55 series, or \$6 per class (Adults 18-49)
 \$45 series, or \$5 per class (Adults 50+)

Adult Water Polo

Practice: Monday, Wednesday; 7:30 pm - 9:00 pm
 Cost: \$6 per participant, limit 24