

**CITY OF LOS ANGELES  
DEPARTMENT OF RECREATION & PARKS**

Barry A. Sanders - President  
Luis A. Sánchez – Vice President  
W. Jerome Stanley – Member  
Jill T. Werner – Member  
Johnathan Williams – Member

**General Manager**  
Jon Kirk Mukri

**Executive Officer**  
Regina Adams

**Operations West**

**Assistant General Manager**  
Kevin Regan

**Citywide Aquatics Division**

**Aquatic Directors**  
Trish Delgado  
Jon Kopitzke

**Aquatic Facility Manager III**  
Andre Brent

**Seasonal Aquatic Director**  
Kevin Davis

**Pool Manager II**  
Kelly Caldwell

**Pool Manager I**  
Christina Taggart  
Deborah Hefter

If you have a concern or a complaint about the facility or programs, please feel free to speak to the manager or contact the Citywide Aquatics Office at:

3401 Riverside Drive  
L.A., CA 90027  
(323) 906-7953  
citywide.aquatics@lacity.org



ABC's of a Safe  
Summer  
July 11, 2010

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

**CLEVELAND**

**SWIMMING POOL**

8120 Vanalden Ave.  
Reseda, CA 91335  
(818) 756-9798

**SUMMER 2010**

**POOL HOURS**

**OPENING DAY June 26**

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

**June 27 – July 4**

Mon. – Fri..... 2:00 p.m. - 5:30 p.m.  
Mon. – Fri..... 7:30 p.m. - 9:00 p.m.  
Sat. & Sun..... 1:00 p.m. - 5:00 p.m.

**July 5 (Independence Day observed)**

Fri..... 1:00 p.m. - 5:00 p.m.

**July 6 - August 22**

Mon. – Fri....Lessons & Lap Swim... 10:00 a.m. - 12:00 p.m.  
1:00 p.m. - 5:00 p.m.  
Mon. – Fri..... 3 Lanes Lap Swim ... 7:30 p.m. - 9:00 p.m.  
Sat. & Sun..... 3 Lanes Lap Swim.... 1:00 p.m. - 5:00 p.m.

**August 23 – September 5**

Mon. – Fri..... 2:00 p.m. - 5:00 p.m.  
Mon. – Fri..... 7:30 p.m. - 9:00 p.m.  
Sat. & Sun..... 3 Lanes Lap Swim ... 1:00 p.m. - 5:00 p.m.

**September 6 (Labor Day)  
POOL CLOSED**

**September 7 – September 12**

Mon. – Fri..... 3 Lanes Lap Swim..... 4:30 p.m. - 6:00 p.m.  
7:30 p.m. - 9:00 p.m.  
Sat. & Sun..... 3 Lanes Lap Swim..... 12:00 p.m. - 6:00 p.m.

**www.LAPARKS.org**

Persons with disabilities are welcome to participate in our programs and classes. Reasonable accommodations will be made with prior arrangements

**TEAM SPORTS**

Designed for entry-level competitors. Proof of age required. Age verification must be completed before the first meet, or the participant will not be allowed to compete. Participants compete in a Department-sponsored league. Participants must demonstrate an intermediate level swimming competency. Teams include Novice Swimming, Novice Synchronized Swimming, Novice Diving, and Novice Water polo. All meet times and locations will be announced.

Registration: \$30.00 for one team, \$20.00 for additional team or family member  
(Fee includes t-shirt and awards)

A team sport awards banquet will be held at the end of the summer. Athletes who compete in two or more meets and/or sports will receive a combined participation award.

**NOVICE SWIM TEAM**

Seasons Begins ..... July 5  
Workouts for ages 10 & under..... Mon. – Fri., 9:00 am. – 10:00a.m.\*  
Workouts for ages 11+..... Mon. – Fri., 4:00 p.m. – 5:00 p.m.\*  
Age..... 7- 17

\*Swim team members must attend a minimum of 2 workouts per week to compete in swim meets

Awards: First through fourth place ribbons to be awarded at the first five meets. Medals awarded for first, second, and third place at final meet.

**NOVICE SPRINGBOARD DIVING**

Seasons Begins ..... July 5  
Workouts ..... Tue and Thu 2:00 p.m. – 4:00 p.m.  
Age..... 7 – 17

**NOVICE SYNCHRONIZED SWIMMING**

Seasons Begins ..... July 5  
Workouts ..... Mon. - Fri., 12:00 p.m. – 1:00 p.m.  
Age..... 7 – 17

**TRADITIONAL WATER POLO**

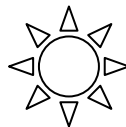
Seasons Begins ..... July 5  
Workouts ..... Mon., Wed., Fri., 2:00 p.m. – 4:00 p.m.  
Cost..... \$30/Season  
Age Groups..... 10 & under, 14 & under, 16 & under

**COLA AQUATICS USA Swimming Team**

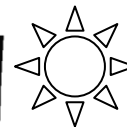
Must Attend at least 3 practices per week

Workouts ..... Mon. – Fri., 5:00 p.m. – 7:00 p.m.  
Try Outs..... Ask Pool Clerk  
Cost..... \$20/month  
Age..... 7 -17

**(Year-Round Program USA Certified Swim Coach )  
MUST ATTEND 3 PRATICES A WEEK**



# LEARN TO SWIM



## ADMISSION FEES

CHILDREN*	(17 & Under)	FREE
ADULTS	(18 - 64)	\$2.50
ADULTS w/ Library card		\$2.00
SENIORS	(65 & Up)	FREE
Persons with Disabilities		FREE

\*NOTE: Each child under 7 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.

**PUBLIC SWIMMING** – Swim suits and swim trunks with liner with the exception of board shorts providing coverage, **must be worn by persons in the pool area. NO B-BALL SHORTS.**

**LAP SWIMMING** - Adults may purchase discount lap swimming passes at \$55 for 30 admissions.

## SCHOLARSHIPS & SPONSORSHIPS

The LA84 Foundation (a legacy of the 1984 Olympic Games) has provided a limited number of team sports sponsorships for community youth between 7 and 17 years of age. Sponsorships are issued on a first-come-first-served basis for **NOVICE DIVING, SWIMMING, TRADITIONAL WATER POLO AND SYNCHRONIZED SWIMMING TEAM SPORTS ONLY.** Scholarships are issued on a first-come-first-served basis for **Water Confidence through Swimmer lessons.** Please check with the Pool Manager to determine if your pool is a participating facility.

## JUNIOR LIFEGUARD TRAINING

Registration Fee ..... (for t-shirt and awards) \$40.00  
 Age ..... 10 – 17  
 Length of Season ..... July 6 – Aug. 23  
 Meeting Time..... Mon., - Fri., 1:00 p.m. – 2:00 p.m.

Program participants learn basic lifeguard skills and participate in competitions with other L.A. City pools.

## AQUACISE

10 lessons.....\$40.00  
 Walk-in (single class)..... \$4.50  
 Tues., Thurs. .... 6:30 p.m. – 7:15 p.m.  
 Mon, Wed, Fri.....(Shallow workout) 8:00 a.m.-8:45 a.m.  
 Tue, Thu.....(Deep workout)....8:00a.m.- 8:45a.m.

Offers low to high intensity workouts that promote cardiovascular fitness, conditioning, increased flexibility and range of motion.

## GROUP LESSONS CATEGORIES & REQUIREMENT

**Parent/Child:** 4 yrs. – 6 yrs. **Children:** 7 yrs. – 17 yrs. **Adult:** 18 & older

**Parent/Child** – 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 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)** – Learn safety skills including floats and treading water, and progressive skills leading to front crawl including combined arm and leg action.

**Advanced Beginner (Level 3)** – Learn dolphin and scissor kicks, rotary breathing, progressive skills leading to diving, front crawl and elementary backstroke.

**Intermediate (Level 4)** – Refine crawl and elementary backstroke. Introduction to back crawl, 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.

*\*The classes and programs in this brochure may be subject to cancellation.\**

## YOUTH LESSONS

Adv. Swimmer .....	Mon. – Fri.....	10:00 a.m. - 10:25 a.m.
Beginner .....	Mon. – Fri.....	10:00 a.m. - 10:25 a.m.
Intermediate.....	Mon. – Fri.....	10:00 a.m. - 10:25 a.m.
Beginner .....	Mon. – Fri.....	10:30 a.m. - 10:55 a.m.
Adv. Beginner .....	Mon. – Fri.....	10:30 a.m. - 10:55 a.m.
Swimmer.....	Mon. – Fri.....	10:30 a.m. - 10:55 a.m.
Beginner .....	Mon. – Fri.....	11:00 a.m. - 11:25 a.m.
Adv. Beginner .....	Mon. – Fri.....	11:00 a.m. - 11:25 a.m.
Intermediate.....	Mon. – Fri.....	11:00 a.m. - 11:25 a.m.
Water Confidence .....	Mon. – Fri.....	11:30 a.m. - 11:55 p.m.
Beginner .....	Mon. – Fri.....	11:30 a.m. - 11:55 p.m.
Parent/Child .....	Mon. – Fri.....	11:30 a.m. - 11:55 p.m.
Parent/Child .....	Mon. – Fri.....	6:00 p.m. - 6:25 p.m.

## ADULT LESSONS

Adult Swimmer.....	Mon. – Fri.....	7:30 p.m. - 7:55 p.m.
Adult Non-Swimmer.....	Mon. – Fri.....	8:00 p.m. - 8:25 p.m.

## Masters Swim Team

Mon, Wed, Fri. .... :8:00 a.m.-8:55 a.m.

## LEARN-TO-SWIM LESSON REGISTRATION

- Pre-registration for the session begins one week prior to the session start date.
- No telephone registration.
- Fees must be paid at the time of registration. **NO EXCEPTIONS.**
- Make checks payable to:  
**L.A. City Department of Recreation and Parks**
- No refunds unless a class is canceled.
- Lessons are 25 minutes in length.
- Swim instruction will be given from the pool deck.



A Commitment to "Healthy Neighborhoods"

## GROUP LESSONS

MONDAY THROUGH FRIDAY

### Morning Sessions

10 Lessons/2 weeks	YOUTH \$40.00
... Session # 1 .....	July 5..-July 16
... Session # 2 .....	July 19..-July 30
... Session # 3 .....	Aug. 2..-Aug. 13

### Evening Sessions

10 Lessons/2 weeks	ADULTS \$50.00
... Session # 1 .....	July 5..-July 16
... Session # 2 .....	July 19..-July 30
... Session # 3 .....	Aug. 2..-Aug. 13
... Session # 4 .....	Aug. 16..-Aug. 27

## PRIVATE & SEMI-PRIVATE LESSONS

(Inquire with Pool Clerk or Manager for Scheduling)

Private & Semi-Private lessons provide personalized instruction to adults and youth ages 4 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.**

### PRIVATE LESSONS: Adult, Child, Senior, Adaptive

1 private lesson = \$20.00, 4 private lessons = \$80.00

### SEMI-PRIVATE LESSONS ( 2 students only )

Adult, Child, Senior, Adaptive  
 \$16.50 per lesson per student x 2 students = \$ 33.00,  
 4 lessons = \$132.00