

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.



SPONSORSHIP

The LA84 Foundation (a legacy of the 1984 Olympic Games) has provided a limited number of team sport 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 AND SYNCHRONIZED SWIMMING TEAM SPORTS ONLY.** Please check with the Pool Manager to determine if your pool is a participating facility.

JUNIOR LIFEGUARD PROGRAM

Cost	\$40.00
Age	10 – 17
Length of Season.....	July 5 – Aug. 22
Meeting Time	Mon. – Fri., 2:00 p.m. – 3:00 p.m.

Program participants learn basic lifeguard skills and participate in Junior Lifeguard competitions with other Los Angeles City pools. Fee includes one Junior Lifeguard T-shirt, bus transportation to selected events, materials, and instruction. **Program limited to 20 participants. Last day to register: Monday, July 12, 2010. No exceptions.** See Junior Lifeguard brochure for more details.



Operation SPLASH



The City of Los Angeles Department of Recreation and Parks is proud to announce a joint-partnership with Kaiser Permanente.

Kaiser Permanente Sponsorships for Learn to Swim available on a first come, first serve basis. Inquire w/ Pool Manager

A Commitment to “Healthy Neighborhoods”

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.

****American Red Cross Card showing proof of correct level may be required for swim lessons after Level 2. An evaluation to determine the student’s correct level may be required.**

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

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

LEARN TO SWIM

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.

GROUP LESSONS

MONDAY THROUGH FRIDAY

10 Lessons/2 weeks	YOUTH \$20.00, ADULT \$40.00
Session # 1	July 5 - July 16
Session # 2	July 19 - July 30
Session # 3	Aug. 2 - Aug. 13
Session # 4 (late afternoon only)	Aug. 16 - Aug. 29

YOUTH LESSONS

Beginner.....	Mon. – Fri.	11:00 a.m. - 11:30 a.m.
Intermediate	Mon. – Fri.	11:00 a.m. - 11:30 a.m.
Adv. Beginner	Mon. – Fri.	11:30 a.m. - 12:00 p.m.
Water Confidence	Mon. – Fri.	11:30 a.m. - 12:00 p.m.
Parent/Child	Mon. – Fri.	12:00 p.m. - 12:30 p.m.
Beginner.....	Mon. – Fri.	12:00 p.m. - 12:30 p.m.
Intermediate	Mon. – Fri.	12:30 p.m. - 1:00 p.m.
Beginner.....	Mon. – Fri.	12:30 p.m. - 1:00 p.m.

Beginner.....	Mon. – Fri.	4:00 p.m. - 4:30 p.m.
Adv. Beginner	Mon. – Fri.	4:30 p.m. - 5:00 p.m.
Parent/Child	Mon. – Fri.	5:00 p.m. - 5:30 p.m.

ADULT LESSONS

Adult Non-Swimmer	Mon. – Fri.	5:00 p.m. - 5:30 p.m.
Adult Swimmer.....	Mon. – Fri.	5:30 p.m. - 6:00 p.m.

ABC's of a Safe Summer
July 11, 2010
2pm-3pm