

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

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Citywide Aquatics Division

Aquatic Directors

Trish Delgado
Jon Kopitzke

Aquatic Facility Manger III

Andre Brent

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

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

**WOODLAND HILLS
SWIMMING POOL**

5858 Shoup Ave.
Woodland Hills, CA 91367
(818) 756 – 9363

SUMMER 2010

POOL HOURS

Times subject to change without notice

OPENING DAY – June 26

Saturday1:00 p.m. - 5:00 p.m.

June 27 – July 4

Monday – Friday2:00 p.m. - 6:00 p.m.
Saturday & Sunday 1:00 p.m. - 5:00 p.m.

July 5 – August 22

Monday – Friday11:00 a.m. - 2:00 p.m.
4:00 p.m. - 7:00 p.m.
Saturday & Sunday1:00 p.m. - 5:00 p.m.

August 23 – August 29

Monday – Friday2:00 p.m. - 6:00 p.m.
Saturday & Sunday 1:00 p.m. - 5:00 p.m.

Deep end subject to closure at Manager’s Discretion

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 Inner-tube Water Polo, Swimming, Synchronized Swimming, and Springboard Diving. All meet times and location will be announced.

Registration: \$30.00 for one team, \$20.00 for additional team or family member

*Exception: Inner-tube water polo: \$10.00
(Fees includes t-shirt and awards)*

A team sport awards banquet is scheduled for Friday, August 27th. Athletes who compete in two or more meets and/or sports will receive a combined participation award.



NOVICE SWIM TEAM

Length of Season July 5 – Aug. 28
Workouts Mon. – Fri., 5:30 p.m. – 6:30 p.m.*
..... Practice between June 22 – July 3, 4:30pm – 5:30pm
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.

INNER-TUBE WATER POLO

Length of Season July 5 – Aug. 5
Workouts Mon. – Fri., 3:30 p.m. – 4:30 p.m.
Age 10 – 17

NOVICE SYNCHRONIZED SWIMMING

Length of Season July 5 – Aug. 22
Workouts Mon. – Fri., 3:30 p.m. – 4:30 p.m.
Age 7 – 17

NOVICE SPRINGBOARD DIVING

Length of Season July 5 – Aug. 21
Workouts Mon. – Fri., 6:00 p.m. – 7:00 p.m.
Age 7 – 17

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 7 & 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.

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.



SCHOLARSHIPS

The LA84 Foundation (a legacy of the 1984 Olympic Games) has provided a limited number of swim lesson scholarships at several locations for community youth between 7 and 17 years of age. 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.

SPONSORSHIP

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 AND SYNCHRONIZED SWIMMING TEAM SPORTS ONLY**. Please check with the Pool Manager to determine if your pool is a participating facility.

JUNIOR LIFEGUARD TRAINING

Cost..... \$40.00
 Age..... 10 – 17
 Length of Season..... July 5 – Aug. 22
 Meeting Time Mon. – Fri., 4:30 p.m. – 5:30 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, 2009. No exceptions.** See Junior Lifeguard brochure for more details.

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.
- **First day of Registration: Sunday, June 27 @ 2pm**
- Swim instruction will be given from the pool deck.

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

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.**



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

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

GROUP LESSONS

MONDAY THROUGH FRIDAY

| | |
|-------------------------|-------------------|
| 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 |

MONDAY, WEDNESDAY, FRIDAY

| | |
|------------------------|-------------------|
| 9 Lessons/3 weeks..... | YOUTH \$40.00 |
| Session # 1..... | July 5 - July 23 |
| Session # 2..... | July 26 - Aug. 13 |

TUESDAY & THURSDAY

| | |
|------------------------|------------------------------|
| 6 Lessons/3 weeks..... | YOUTH \$40.00, ADULT \$50.00 |
| Session # 1..... | July 5 - July 22 |
| Session # 2..... | July 27 - Aug. 12 |

PARENT/CHILD LESSONS (Age 4y-6y)

| | | |
|--------------------|-------------------|-----------------------|
| Parent/Child | Mon. – Fri..... | 1:00 p.m. - 1:30 p.m. |
| Parent/Child | Tues., Thurs..... | 5:30 p.m. - 6:00 p.m. |

YOUTH LESSONS (Age 7y-17y)

| | | |
|------------------------|-------------------|------------------------|
| Water Confidence | Mon. – Fri..... | 12:30 p.m. - 1:00 p.m. |
| Water Confidence | Tues., Thurs..... | 5:00 p.m. - 5:30 p.m. |

| | | |
|----------------|----------------------|-------------------------|
| Beginner | Mon. – Fri..... | 12:00 p.m. - 12:30 p.m. |
| Beginner | Mon., Wed., Fri..... | 4:30 p.m. - 5:00 p.m. |
| Beginner | Mon., Wed., Fri..... | 5:30 p.m. - 6:00 p.m. |

| | | |
|---------------------|----------------------|-------------------------|
| Adv. Beginner | Mon. – Fri..... | 11:30 a.m. - 12:00 p.m. |
| Adv. Beginner | Mon., Wed., Fri..... | 4:00 p.m. - 4:30 p.m. |
| Adv. Beginner | Mon., Wed., Fri..... | 5:00 p.m. - 5:30 p.m. |

| | | |
|--------------------|----------------------|-------------------------|
| Intermediate | Mon. – Fri..... | 11:00 a.m. - 11:30 a.m. |
| Intermediate | Mon., Wed., Fri..... | 6:30 p.m. - 7:00 p.m. |

ADULT LESSONS

| | | |
|------------|-------------------|-----------------------|
| Adult..... | Tues., Thurs..... | 6:30 p.m. - 7:00 p.m. |
|------------|-------------------|-----------------------|