

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

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Jon Kopitzke

**Acting Aquatic Director**  
Andre Brent

**Aquatic Facility Manager I**  
Ingrid Gonzalez



Scan this QR code to get to the pool website!

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**

**E.G. ROBERTS  
AQUATIC CENTER**

4526 W. Pico Blvd.  
Los Angeles, CA 90019  
(323) 936 – 8483

**SPRING 2012**

POOL CLOSED MONDAYS

**Recreational Swim**  
**Horas Recreativas**

Tue. & Thurs.....4:30 p.m. - 6:30 p.m.  
Wed. & Fri.....4:30 p.m. - 5:30 p.m.  
Sat. & Sun. ....1:00 p.m. - 5:00 p.m.

**Lap swimming - limited lanes**

Wed & Fri.....4:30 p.m. - 6:30 p.m.  
..... 18 yard lanes  
Tues. & Thurs.....7:00 p.m. - 8:00 p.m.  
..... 25 yard lanes  
Wed. & Fri.....4:30 p.m. - 8:00 p.m.  
Sat. & Sun. ....1:00 p.m. - 5:00 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.

**LEARN-TO-SWIM LESSON REGISTRATION**

- Pre-registration for each 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 cancelled.
- Lessons are 25 minutes in length
- All refunds will be assessed an administrative fee.

**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** – 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.

**Beginner** – Continue to learn skills including front and back crawl and swimming in deep water.

**Advanced Beginner** – Learn elementary backstroke and continue to improve on front and back crawl.

**Intermediate** – Learn breaststroke and sidestroke skills.

**Swimmer** – Refine strokes and learn additional aquatic skills such as butterfly stroke and springboard diving.

- American Red Cross card showing proof of correct level may be required for swim lessons after Water Confidence.
- An evaluation to determine the student's correct level may be requested.

**ADMISSION FEES**

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

**\*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.

**PUBLIC SWIMMING** – Swim suits, swim trunks with liner (exception board shorts providing coverage), must be worn by persons in the pool area. Children under the age of 4 must wear a swim diaper.

**LAP SWIMMING** – Adults may purchase lap swimming passes at \$55 for 30 admissions. (Savings of \$20.00).

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

## PRIVATE & SEMI-PRIVATE LESSONS

(Inquire with Manager for Scheduling)

Private & Semi-Private lessons provide personalized instruction to adults and youth ages 4 and older. Lessons are 30 minutes in length. Lesson schedule is based on staff availability. Registration rules apply and participants must register for a minimum of four (4) lessons.

Private lessons to be schedule at facility and/or staff availability.

### PRIVATE LESSONS:

Adult, Child, Senior  
4 private lessons = \$80.00

### SEMI-PRIVATE LESSONS (2 students)

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

## AQUACISE

Workout sessions are 45 minutes in length and offer a variety of low to high intensity workouts that help promote aerobic conditioning and cardiovascular fitness, along with stamina and endurance while swimming.

Cost: \$40.00 Adults  
\$4.50 per walk-in session

4 week sessions: #1: Feb. 7 - March 2  
#2: March 6 - March 30  
#3: April 3 - April 27  
#4: May 1 - May 25  
#5: May 29 - June 22

### Aquacise Fitness Class

Shallow water workouts: Wed. & Fri.  
7:00 p.m. – 7:45 p.m.

Deep water workouts: Tues. & Thurs.  
7:00 p.m. – 7:45 p.m.

## TEAM SPORTS

Designed for novice level competitors ages 7 - 17. Proof of age required. Participants compete in a department-sponsored league. Participants must demonstrate an intermediate level swimming competency. Teams include water polo and synchronized swimming. All meet times and locations will be announced. Team banquet scheduled for June.

- Registration: \$40.00 for one team, \$35.00 for additional team.



## NOVICE WATER POLO

Length of Season ..... February – June 2012  
Workouts ..... Wednesday & Friday 5:00 p.m. – 6:30 p.m.

## NOVICE SYNCHRONIZED SWIMMING

Length of Season ..... February – June 2012  
Workouts ..... Tuesday & Thursday 5:00 p.m. – 6:30 p.m.

## L.A. CITY LIFEGUARD PRE-ACADEMY TRAINING

Times and Days – 5pm – 8pm / Wednesday & Friday

The **LAC-PAT** course must be completed prior to attending the LA City Lifeguard Academy. Students are familiarized with Basic C.P.R., First Aid, and Lifesaving techniques; conditioned for swimming and prepared for the Lifeguard interview. Minimum age 16 years old. Candidates should be able to do the following:

1. Swim 300 yards continuously.
2. Starting in the water, swim 20 yards using front crawl or breaststroke, perform a surface dive to minimum depth of 7-10 ft, retrieve a 10 lb. object, return to the surface and swim 20 yd. back to the starting point with the object and exit the water without a ladder or steps, within 1 min. and 40 sec.

## LESSON FEES

CHILDREN ..... **\$20.00 per session**  
ADULTS ..... **\$40.00 per session**

## GROUP LESSONS

### Wednesday & Friday

Session #1.....Wed. & Fri..... February 8 - March 9  
Session #2.....Wed. & Fri..... March 14 - April 13  
Session #3.....Wed. & Fri..... April 18 - May 18

### Tuesday & Thursday

Session #1.....Tues. & Thurs..... February 7 - March 8  
Session #2.....Tues. & Thurs..... March 13 - April 12  
Session #3.....Tues. & Thurs..... April 17 - May 17

*Swim for a healthy you*

## YOUTH LESSONS

Beginner..... Wed. & Fri. .... 4:30 p.m. - 4:55 p.m.  
Adv. Beginner..... Wed. & Fri. .... 5:00 p.m. - 5:25 p.m.  
Intermediate ..... Wed. & Fri. .... 5:30 p.m. - 5:55 p.m.  
Swimmers..... Wed. & Fri. .... 6:00 p.m. - 6:25 p.m.

Beginner ..... Tues. & Thurs. .... 4:30 p.m. - 4:55 p.m.  
Water Confidence..... Tues. & Thurs. .... 4:30 p.m. - 4:55 p.m.  
Parent/Child..... Tues. & Thurs. .... 6:00 p.m. - 6:25 p.m.  
Adaptive ..... Tues. & Thurs. .... 5:00 p.m. - 5:25 p.m.  
Adaptive ..... Tues. & Thurs. .... 5:30 p.m. - 5:55 p.m.  
Adaptive ..... Tues. & Thurs. .... 6:30 p.m. - 6:55 p.m.

## ADULT LESSONS

Non-Swimmer..... Tues. & Thurs. .... 7:00 p.m. - 7:25 p.m.  
Swimmer ..... Tues. & Thurs. .... 7:30 p.m. - 7:55 p.m.

## LIFEGUARD TEST

**Location: John C. Argue Swim Stadium - (213) 763-0129**  
3980 Bill Robertson Lane (S Menlo Ave.), Los Angeles, CA 90037

**Date & Time: Sunday, March 4, 2012 @ 8:00am**