

CELES KING III SWIMMING POOL

5001 Rodeo Rd.
Los Angeles, CA 90016
(213) 847 – 3406

SPRING 2012

POOL HOURS

Times subject to change without notice

Pool Closed Mondays

Recreational Swim

Tuesday – Friday..... 3:30 p.m. - 5:00 p.m.
Saturday & Sunday 1:00 p.m. - 5:00 p.m.

Adult Lap Swimming

(Minimum 2 lanes available)

Tuesday – Friday..... 5:30 a.m. - 9:30 a.m.
..... 3:30 p.m. - 5:00 p.m.
Tues., Wed., Fri..... 7:00 p.m. - 8:00 p.m.
Saturday 9:00 a.m. - 12:00 p.m.

Family Night

Thursday..... 7:00 p.m. - 8:00 p.m.

Holidays – Pool Closed

FAMILY NIGHT

All children under 17 must be with parent or guardian

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. Participants compete in a Department sponsored league. Participants must demonstrate an intermediate level swimming competency. All meet times and locations will be announced

Registration: \$40.00 for one team
\$35.00 for additional team

*Team members must attend a minimum of 3 workouts per week to compete in meets.

NOVICE SYNCHRONIZED SWIMMING (Ages 7-17)

Length of Season January 2012 – May 2012
Workouts..... Tuesday – Friday, 5:00 p.m. – 6:00 p.m.

NOVICE WATER POLO (Ages 7-17)

Length of Season January 2012 – May 2012
Workouts..... Tuesday – Friday 6:00 p.m. – 7:00 p.m.

CITY OF LOS ANGELES DEPARTMENT OF RECREATION & PARKS

Board of Commissioners

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

General Manager

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Operations

Assistant General Manager

Kevin Regan

Citywide Aquatics Division

Acting Principal Recreation Supervisor I

Trish Delgado

Aquatic Director

Jon Kopitzke

Acting Aquatic Director

Andre Brent

Aquatic Facility Manager I

John Lopez

Pool Manager I

Jessica Kellogg
Francisco Alfaro

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



ADMISSION FEES

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

***NOTE:** Each child under 7 must be accompanied by an adult (18+ years old) on a one-on-one ratio. 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.

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



AQUACISE

Course fee - \$35.00 per Session (4 weeks)
 \$30.00 for Seniors
 \$4.50 per walk-in, \$4.00 for seniors

Aquacise .. Tues. & Wed.. 7:00 p.m. - 8:00 p.m.
 Step..... Friday..... 7:00 p.m. - 8:00 p.m.
 Step..... Saturday 9:30 a.m. - 10:30 a.m.
 Aquacise Saturday .. 10:45 a.m. - 11:45 a.m.

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

Session # 1 Feb. 1 - Feb. 29
 Session # 3 Mar. 2 - Mar. 31
 Session # 4 Apr. 2 - Apr. 30
 Session # 5 May 2 - May 30
 Session # 6 June 1 - June 30

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.
- 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 as well as entering and exiting pool on own.

Beginner – Continue to learn basic skills including combined arm and leg action on front and back. Front and back floats and glides. Introduction to swimming in the deep end.

Advance Beginner – Front Crawl & Elementary Backstroke. Dolphin and Scissor kicks. Treading water and introduction to diving into pool.

Intermediate –Front Crawl & Elementary Backstroke are refined. Introduction to Backstroke, Breaststroke, Sidestroke and Butterfly. Turns and surface dives introduced.

Swimmer – Refine strokes and improve conditioning. Learn additional surface dives, flip turns and improve diving into pool.

Advanced Swimmer- Increase fitness level and ability to swim longer distances. Offered with either Fitness Swimmer or Fundamentals of Springboard Diving modules to prepare for novice competitive programs.

Novice Teams – Designed for entry level after lessons – See Manager

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.

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

10 Lessons/5 weeks YOUTH \$20.00

* indicates holiday within session.

Spring sessions

Session # 1 Tues. & ThursFeb. 14 - Mar. 16
 Session # 2 Wed. & Fri.....Feb. 15 - Mar. 17
 Session # 3Tues. & Thurs.....Mar. 20 - April 19
 Session # 4Wed. & Fri.....Mar. 21 - April 20
 Session # 5Tues. & Thurs..... Apr. 24 - May 24
 Session # 6 Wed. & Fri..... Apr. 25 - May 25

PRIVATE LESSONS

Saturdays only ...4 weeks ..between 9 – 11:30 am 4 classes

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

YOUTH LESSONS

Water Confidence Tu & Th / W & F4:30 p.m. - 5:00 p.m.
 Beginner Tu & Th / W & F6:00 p.m. - 6:30 p.m.
 Advanced Beginner Tu & Th / W & F5:30 p.m. - 6:00 p.m.
 Intermediate/Swimmer.... Tu & Th / W & F5:00 p.m. - 5:30 p.m.
 Parent/Child..... Tu & Th / W & F6:30 p.m. - 7:00 p.m.

L.A. CITY LIFEGUARD PRE-ACADEMY TRAINING:

COST: \$30.00

The LAC-PAT course is designed for individual interested in becoming Los Angeles City Lifeguards.

The course will prepare participants for the Los Angeles City Lifeguard Academy. Candidates must pass a swimming skill pre-test. Candidate must be 17 years old by the beginning of the Lifeguard Academy

See manager for details.