

General Admission

Child.....	(Under 7)	Free*
Youth	(7-17).....	Free
Adult	(18 -64).....	\$2.50**
Seniors	(65 & Up)	Free
Persons With Disabilities	(All ages)	Free

* All children under seven require adult supervision. An adult can only supervise a maximum of one child under seven in the swim area. Multiple children require multiple adults. Adults supervising children must remain no more than one arm's length from the child at all times and accompany the child into the water (with proper attire).

**Adults showing a LA City Library Card will receive a 50 cent discount on general admission.

Dress Requirements – Swim suits, swim trunks with liner or “board shorts” providing adequate coverage **must be worn by anyone in the swimming area.** Basketball and soccer shorts are NOT acceptable. Rash guards, wet suits, and other items designed for use in the water may be worn in addition to, but not in place of, swim suits. **Children under the age of four must wear swim pants.** Inflatable floatation devices, including “water wings,” are NOT allowed.

Registration Rules

- ✓ Registration for the first session of a season begins one week before the session begins. All other registration begins on the last day of the previous session.
- ✓ No telephone/online registration.
- ✓ Fees must be paid at the time of registration -- NO EXCEPTIONS.
- ✓ Make checks payable to: **City of Los Angeles.**
- ✓ No refunds unless a class is canceled.
- ✓ Visa and MasterCard accepted. No debit or American Express cards please.

Fitness Programs

Aquacise (Tue/Thu)	7:00 p.m. – 7:45 p.m.
10 lessons	\$40.00
14 lessons	\$50.00
Walk-in (single class).....	\$4.50
Lap Pass (30 admissions)*	\$55.00
Fitness Training**	\$50.00/month
Tue –Fri	6:30 p.m. – 8:00 p.m.

* Adults may purchase discount lap swimming passes at the front desk. Ask a clerk for more information.

**All participants must demonstrate appropriate skill level before enrolling. Check with the instructor or a manager.

Spring 2012

Jan 10 to June 22



INDOOR SWIMMING POOL

8120 Vanalden Ave., Reseda, CA 91335

Cleveland.Pool@LaCity.org

(818) 756 – 9798

POOL HOURS

Family Swim

Tue – Fri 6:30 p.m.-8:00 p.m.

Sat/Sun..... 1:00 p.m.-5:00 p.m.

Adult Lap Swim*

Tue – Fri. 4:30 p.m.-8:00 p.m.

Sat/Sun..... 1:00 p.m.-5:00 p.m.

*Youths may use lap lanes with manager approval. Fees apply.

Public Springboard Diving

Sat/Sun..... 2:00 p.m.-5:00 p.m.

Important Dates

Jan 1-9 Winter break (pool closed)

April 8..... Easter (pool open)

June 8..... Spring sports banquet

June 9 Summer registration begins

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

The information contained in this brochure is subject to change without prior notice.

Cleveland HS Pool
8120 Vanalden Ave.
Reseda, CA 91335

Novice Team Sports

Programs are designed for entry-level competitors. Proof of age required. Participants compete in a department-sponsored league. Participants must demonstrate at least a Level 4 (Swimmer) competency. All meet times and locations will be announced. Novice swim and dive teams are not offered during the Spring.

Fee: \$40.00 (A \$5.00 discount for each additional team.

Ask for details. Fee includes awards).

Season Dates: Jan 17 – May 12.

Ages: 7 – 17 years

Water Polo

- *Red Group:* Tue – Fri. 4:45 p.m. – 5:30 p.m.
- *Black Group:* Tue – Fri. 5:30 p.m. – 6:15 p.m.

Synchronized Swimming

- *All levels:* Tue – Fri. 6:30 p.m. – 8:00 p.m.

Lifeguard Training

LA City Pre-Academy Training (LAC PAT) must be completed by all potential LA City lifeguards prior to attending the LA City Lifeguard Academy. Students are taught skills in four modules (see below); do swim conditioning and prepare for the LA City lifeguard test on Mar 4. **Modules may be taken out of order.** Makeup classes will be offered in March and April.

- *Orientation/Interview Skills:* Jan 11 (Wed).
- *Water Rescue Skills:* Jan 13–27 (Wed/Fri).
- *Spinal Injury Management:* Feb 1–15 (Wed/Fri).
- *CPR/AED Skills:* Feb 17–Mar 2 (Wed/Fri).

Time: 6:00 p.m. – 9:00 p.m. (All classes)

Fee: \$30.00 (Includes cost of textbook).

Water Safety Instructor

The Water Safety Instructor (WSI) course trains instructor candidates to teach water safety classes, including the Basic Water Rescue and Personal Water Safety courses, six levels of Learn-to-Swim, three levels of Preschool Aquatics and two levels of Parent and Child Aquatics. Candidates are required to:

- ✓ Be at least 16 years of age on or before the last day of the instructor course.
- ✓ Possess a Fundamentals of Instructor Training Certificate or a current national Health and Safety Services Instructor Authorization Certificate issued within the last year by the end of the course.
- ✓ Successfully complete the pre-course session.

Fee: \$100.00 (Includes cost of textbook).

Dates: Feb 11–Mar 3 (Sat) 9 a.m. – 4 p.m.

Lesson Schedule

8 Lessons/4 wks	Tue/Thu	Sat/Sun
Session #1	Jan 17–Feb 9	Jan 21–Feb 12
Session #2	Feb 14–Mar 15	Feb 18–Mar 18
Session #3	Mar 20–Apr 5	Mar 24–Apr 8 [^]
Session #4	Apr 10–May 3	Apr 14–May 6
Session #5	May 8–May 31	May 12–Jun 3

[^]Pool open for Easter (April 8).

Child/Youth \$40.00 – Adult \$50.00

Child: 4 – 6 years (Adult participation required)

Parent/Child –Parent and child are introduced to basic water safety in a comfortable environment.

Pre-School – In this level, students learn buoyancy in water and basic aquatic skills. Kicking, breathing, and alternate arm action techniques are introduced.

Youth & Adult: 7 years and up

Level 2/Beginner – In this level, students continue to learn skills including front and back crawl and swimming in deep water.

Level 3/Advanced Beginner – In this level, students learn elementary backstroke and continue to improve on front, back crawl and an introduction to breaststroke.

Level 4/Intermediate – In this level, students learn breaststroke, sidestroke and are introduced to butterfly.

Level 5/Swimmer – In this level, students will refine previously learned strokes and learn additional aquatic skills such as springboard diving, synchronized swimming skills and Junior Lifeguarding philosophy.

Level 6/Advanced Swimmer – In this level, students continue to refine and build on those skills learned in previous levels with a focus on endurance.

Class Days And Times*

Level	Tue/Thu	Sat/Sun
Parent/Child	6:00 p.m.	1:30 p.m.
Pre-School	5:30 p.m.	2:00 p.m.
Level 2	n/a**	2:30 p.m.
Level 3	4:30 p.m.	3:00 p.m.
Level 4	5:00 p.m.	3:30 p.m.
Level 5	6:30 p.m.	4:00 p.m.
Level 6	7:00 p.m.	n/a**
Adult (Levels 1 & 2)	7:30 p.m.	4:30 p.m.
Adult (Levels 3 & 4)	n/a**	n/a**

* Classes require a minimum of students. Interested parties can be placed on a waiting list and notified when the minimum number is reached.

**Not currently offered.

Private and Semi-Private Lessons

*Wed/Fri, and Sat/Sun times available.
Check with the clerk for staff availability.*

Private and Semi-Private lessons provide a more personalized instruction to students ages four and older. Lessons are 25 minutes in length. To insure continuity in the instructors' schedules, classes have been organized into blocks. Check with a clerk or manager for registration dates, times and requirements. **Make-ups are not allowed unless the facility cancels the class.**

Private Lessons

\$80.00 per student per block

Semi-Private Lessons

\$66.00 per student per block

Student Assessments

To help ensure that swimmers are placed in the appropriate class(es) and/or team(s), all students are **strongly encouraged** to come in and be assessed by an instructor prior to registering for the first time (not necessary for Aquacise or continuing students).

Assessments can be done after 6:30 p.m. on weekdays, during open hours on weekends, or by appointment. Assessments take approximately five minutes.

Please speak to a manager or clerk for further details.

City of Los Angeles Department of Recreation & Parks

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