

CITY OF LOS ANGELES
DEPARTMENT OF RECREATION & PARKS

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Aquatic Director
Jon Kopitzke

Acting Aquatic Director
Andre Brent

Aquatic Facility Manager II
Richard Rincon

Aquatic Facility Manager I
Ghenwa Haddad

If you have a concern, complaint, or compliment about the facility or programs, please feel free to speak to the manager or contact the Citywide Aquatics Office at:

3401 Riverside Dr. L.A., CA 90027
(323) 906-7953
citywide.aquatics@lacity.org

Revised: 1/19/2012

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

ECHO INDOOR
SWIMMING POOL

1419 Colton Street
Los Angeles, CA 90026
(213) 481-2640

SPRING 2012

-POOL CLOSED MONDAYS-

RECREATIONAL SWIM

Tuesday - Friday 3:00 p.m. - 9:00 p.m.
Saturday & Sunday 1:00 p.m. - 5:00 p.m.

LAP SWIMMING

Tuesday - Friday 6:00 a.m. - 7:30 a.m.
lap pass required for entry

Tuesday - Friday 12:30 p.m. - 2:30 p.m.
3:00 p.m. - 9:00 p.m.

Saturday & Sunday 12:00 p.m. - 5:00 p.m.

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

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 ages 7-17. 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. All meet times and locations will be announced.

Registration: \$40.00 for one team, \$35.00 for additional team
(Fees includes t-shirt and awards)

A team sport awards banquet will be scheduled. Athletes who compete in two or more meets and/or sports will receive a combined participation award.

NOVICE SYNCHRONIZED SWIMMING

Length of Season January - May
Workouts Tuesday - Friday, 4:00 p.m. - 5:30 p.m.

NOVICE WATER POLO

Length of Season January - May
Workouts Tuesday - Friday, 5:30 p.m. - 7:00 p.m.

LA CITY LIFEGUARD PRE-ACADEMY TRAINING

REGISTRATION: \$30.00

The **LAC PAT** 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. 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.

Classes

Tuesday & Thursday.....6:00 p.m. - 9:00 p.m.

Workouts

Wednesday & Friday.....6:00 p.m. - 8:00 p.m.

LEARN TO SWIM

ADMISSION FEES

fees subject to change without notice

CHILDREN*	(17 & Under)	FREE
ADULTS	(18 - 64)	\$2.50
ADULTS w/ L.A. City Library card	(18 - 64)	\$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 an one-to-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. **White t-shirts or white rash guards will not be allowed, while in the pool or on deck.

LAP SWIMMING - Discount lap swim passes are \$55 for 30 admissions. Lap pass required for entry during morning lap swim hours.

Lap lane availability subject to change without notice.

WATER AEROBICS

The techniques used in shallow water exercises are designed for swimmer and non-swimmers. Water aerobics increases flexibility and stamina, range of motion & provides a cardiovascular workout.

REGISTRATION \$35.00

\$5.00 per walk-in

Wednesday & Friday

Beginner 7:00 p.m. - 7:45 p.m.

Advanced Beginner 8:00 p.m. - 8:45 p.m.

Series # 5.....Feb. 15 - Mar. 16

Series # 6.....Mar. 21 - Apr. 20

Series # 7.....Apr. 25 - May 25

- Registration during regular business hours.
- Fees must be paid at the time of registration. NO EXCEPTIONS.
- Make checks payable to:
City of L.A., Dept of Recreation & Parks
- No refunds unless a class is cancelled.
- Lessons are 45 minutes in length.
- All refunds will be assessed an administration fee

GROUP LESSONS CATEGORIES & REQUIREMENTS

Parent/Child: 4 yrs. - 6 yrs. Children: 7 yrs. - 17 yrs. Adult: 18 & older

Parent/Child - Child 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, water acclimation, kicking, breathing, and alternate arm action techniques. Buoyancy in water and basic skills are taught.

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

Advance 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.

PROGRAM DATES

TUESDAY & THURSDAY

10 lessons...YOUTH \$20.00, ADULT \$40.00

Series # 5Feb. 14 - Mar. 15

Series # 6Mar. 20 - Apr. 19

Series # 7Apr. 24 - May 24



LESSON REGISTRATION

- Pre-registration for the series begins one week prior to the series start date, during regular business hours.
- No telephone registration.
- Fees must be paid at the time of registration. NO EXCEPTIONS.
- Checks payable to:
City of L.A. Dept. 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.
- All refunds will be assessed an administration fee.

YOUTH LESSONS

Water confidence .. T, TH .. 4:30 p.m. - 5:00 p.m.

Beginner..... T, TH .. 5:00 p.m. - 5:30 p.m.

Adv. Beginner..... T, TH .. 5:30 p.m. - 6:00 p.m.

Intermediate T, TH .. 6:00 p.m. - 6:30 p.m.

Swimmer T, TH .. 6:30 p.m. - 7:00 p.m.

Parent/Child T, TH .. 6:30 p.m. - 7:00 p.m.

ADULT LESSONS

Non-Swimmer T, TH .. 7:00 p.m. - 7:30 p.m.

Intermediate T, TH .. 7:00 p.m. - 7:30 p.m.

Swimmer T, TH .. 7:30 p.m. - 8:00 p.m.

PRIVATE & SEMI-PRIVATE LESSONS

Private & Semi-Private lessons provide personalized instruction to adults and youth ages 4 and older. Lessons are 25 minutes in length. Registration rules apply and participants must register for four lessons. Private lesson schedule is based on staff availability. Maximum of two participants per semi-private lesson. Inquire with Pool Clerk or Manager for scheduling.

Child or Adult Private: 4 lessons @ \$20.00 ea. = \$80.00 Semi-Private: 4 lessons @ \$33.00 ea. = \$132.00