

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

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

**FREMONT  
SWIMMING POOL**

7630 S. Towne Avenue  
Los Angeles, CA 90003  
(213) 847-3401

Winter/Spring 2012



**Swimming Pool Hours**

January 10 – June 16

*Recreational Swim & Lap Swim – 3 lanes*

Tuesday – Friday..... 4:30 p.m. - 8:00 p.m.  
Saturday & Sun ..... 1:00 p.m. - 5:00 p.m.

*\*Times subject to change without notice\**

**[www.LAPARKS.ORG](http://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 the entry-level competitors' ages 7-17 yrs, proof of age required at time of registration. Participants will compete in a Department-sponsored league. Participants must demonstrate an intermediate level swimming competency. Teams include Water Polo, Swimming, Synchronized Swimming, and Diving. All meet times and locations will be announced.

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

A team sport awards banquet is scheduled at the end of the sports season. Athletes must compete in two or more meets and/or sports competitions to be eligible. Participants will receive a combined participation award.

**NOVICE SYNCHRONIZED SWIMMING**

Length of Season..... September - December  
Workout Days & Times ..... Tuesday & Thursday (5:00 p.m. to 6:30 p.m.)

**NOVICE WATER POLO**

Length of Season..... September - December  
Workout Days & Times ..... Wednesday, Friday (5:00 p.m. – 6:30 p.m.)

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

The LAC-PAT must be completed prior to attending the LA CITY LIFEGUARD ACADEMY. Students will be familiarized with basic concepts of C.P.R., First Aid and Lifesaving techniques. Preparation for the oral interview will also be covered in the class. Conditioning in preparation for the following swim test below:

1. Swim 500 yards, continuously, 200 yards front crawl, 100 yards breaststroke, 200 yards crawl and/or breaststroke.
2. Swim 20 yards, perform a surface dive to a minimum depth of 7 feet, retrieve a 10 lb. object, return to the surface and swim 20 yards back to the starting point.

Participation in the class is highly recommended so as not to disrupt the class and the participant in a fluid learning environment.

**COST:** \$30.00 (Includes Pocket Mask and Participant Manual) **LOCATION:** FREMONT POOL

**DAYS and TIMES:** Tuesdays & Thursdays from 6:00pm - 9:00pm (Begins January 12)

If you have a concern or a complaint about the facility or programs, please feel free to speak to the manager or contact the aquatic office at:

3401 Riverside Drive  
L.A., C.A., 90027  
(323) 906-7953

[Citywide.Aquatics@lacity.org](mailto:Citywide.Aquatics@lacity.org)

## ADMISSION FEES

CHILDREN*(17 & Under) .....	FREE
ADULTS (18 - 64) .....	\$2.50
ADULTS w/ Library Card .....	\$2.00
SENIORS (65 & Older) .....	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)

## LESSON FEES

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

## GROUP LESSONS

### Wednesday & Friday

#### 8 Lessons/4 weeks

Session #1.....	Wed/ Fri.....	Jan. 25	-	Feb. 24
Session #2.....	Wed/ Fri.....	Feb. 29	-	Mar. 30
Session #3.....	Wed/ Fri.....	Apr. 04	-	May 04
Session #4.....	Wed/ Fri.....	May 09	-	June 08

### Tuesday & Thursday

Session #1.....	Tue/Thu.....	Jan. 24	-	Feb. 23
Session #2.....	Tue/Thu.....	Feb. 28	-	Mar. 29
Session #3.....	Tue/Thu.....	Apr. 03	-	May 03
Session #3.....	Tue/Thu.....	May 08	-	June 07

## 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 by the second class date.
- Lessons are 25 minutes in length.
- Swim instruction will be given from deck.

## YOUTH LESSONS

Beginner.....	Wed. & Fri.....	5:00 p.m.	-	5:30 p.m.
Adv. Beginner.....	Wed. & Fri.....	5:30 p.m.	-	6:00 p.m.
Intermediate.....	Wed. & Fri.....	6:00 p.m.	-	6:30 p.m.
Swimmer.....	Wed. & Fri.....	6:30 p.m.	-	7:00 p.m.

Water Confidence.....	Tues. & Thurs.....	5:00 p.m.	-	5:30 p.m.
Beginner.....	Tues. & Thurs.....	5:30 p.m.	-	6:00 p.m.
Adv. Beginner.....	Tues. & Thurs.....	6:00 p.m.	-	6:30 p.m.
Parent/Child.....	Tues. & Thurs.....	6:30 p.m.	-	7:00 p.m.
Intermediate.....	Tues. & Thurs.....	6:30 p.m.	-	7:00 p.m.

## ADAPTIVE

Adaptive.....	Tues. - Fri.....	4:30 p.m.	-	5:00 p.m.
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## ADULT LESSONS

Non-Swimmer.....	Wed. & Fri.....	7:00 p.m.	-	7:30 p.m.
Swimmer.....	Tues. & Thurs.....	7:00 p.m.	-	7:30 p.m.

*Swim for a healthy you*

## 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 the pool on their own.

**Beginner** - Continue to learn basic skills including combined arm & leg action on front & back. Front & back floats and glides. Introduction to swimming in deep water

**Advanced Beginner** - Front Crawl & Elementary Backstroke. Dolphin and Scissor kicks. Treading water & introduction to diving into pool.

**Intermediate** - Front Crawl & Elementary Backstroke are refined. Introduction to 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.

- American Red Cross card showing proof of correct level may be required for swim lessons after Water Confidence.

## 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