

City of Los Angeles
Department of Recreation and Parks
Citywide Aquatics Division

VAN NUYS SHERMAN OAKS

AQUATIC CENTER



WINTER & SPRING 2023

Effective January 2023 – May 2023



14201 Huston Street
Van Nuys, CA 91423
(818) 783 - 6721



www.laparks.org/dos/aquatic/yr_round.htm

As a covered entity under Title II of the Americans with Disabilities Act, the City of Los Angeles does not discriminate on the basis of disability and, upon request, will provide reasonable accommodation to ensure equal access to its programs, services, and activities.

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

FEES & HOURS of OPERATION

ADMISSION FEES

(PAY WITH EXACT CHANGE IN U.S. CURRENCY)

Adult (18 - 49 yrs.).....	\$4.00
Youth (0 - 17 yrs.).....	\$1.00
Older Adult (50 yrs. & Up).....	\$1.00
Persons with Disabilities (All Ages).....	\$1.00

ADMISSION PASS ES

Adult Lap Swim Pass (30 admissions).....	\$88.00
Admission Pass (Youth, Senior, Persons with Disabilities) (30 admissions).....	\$25.00

ADULT LAP SWIM

(NUMBER OF LANES AVAILABLE VARY DAILY)

Monday.....	12:00 p.m. - 4:30 p.m.
Tuesday - Friday.....	6:00 a.m. - 10:00 a.m. 12:00 p.m. - 8:30 p.m.
Saturday.....	9:00 a.m. - 5:00 p.m.
Sunday.....	12:00 p.m. - 5:00 p.m.

50 METER LAP LANES will not be available during the Winter & Spring seasons. .

YOUTH RECREATIONAL / LAP SWIM

(SHALLOW END ONLY FOR RECREATIONAL SWIM)

Tuesday - Friday.....	12:00 p.m. - 8:30 p.m.
Saturday & Sunday.....	12:00 p.m. - 5:00 p.m.

DIVING BOARD HOURS

Tuesday - Friday.....	12:00 p.m. - 3:00 p.m.
Saturday & Sunday.....	12:00 p.m. - 5:00 p.m.

WADING POOL

CLOSED UNTIL SUMMER 2023

HOLIDAY CLOSURES

New Year's Day: Sunday, January 1st	President's Day: Monday, February 20th
New Year's Day (Observed): Monday, January 2nd	Cesar Chavez Day: Monday, March 27th
Dr. Martin Luther King Jr. Day: Monday, January 16th	Memorial Day: Monday, May 29th

- ◇ Groups or individuals desiring to provide coaching at a City of Los Angeles swimming pool must obtain a permit. Private instruction (one-on-one) is not permissible. Permit guidelines and applications can be obtained online at LAParks.org.
- ◇ For your safety, please read the Pool Rules, General Information, and Lap Swim Rules and Etiquette prior to entering the pool.

POOL RULES

Pool employee interpretation of rules shall be final.

Entrance is denied to:

- Children under seven (7), unless accompanied by an adult on a one to one ratio. Must be within arms reach.
- Children under the age of four (4) without an approved "swim diaper" or plastic pants with elastic around the waist and legs.
- Persons under the influence of alcohol or narcotics.
- Persons with colds, coughs, nasal or eye discharges, skin eruptions, open wounds, open sores or bandages.
- Pets.

Please check all your valuables with the clerk.

Personal property not permitted in the swimming pool or deck area includes:

- Street clothes, shoes, and carrying bags of all types.
- Floating apparatus, glass objects or containers of any kind.
- Sports or swim equipment; electronic equipment.
- Wheeled vehicles (roller blades, bicycles, skateboards, etc...)
- Weapons of any kind.

Soap showers must be taken before entering the pool area.

Smoking is prohibited.

Eating and/or drinking allowed only in designated areas.

Foul or abusive language will not be tolerated.

For the safety of the public there is no:

- Running on the pool deck.
- Climbing, sitting on, and jumping from fences or guard structures.
- Diving into shallow water. Double bouncing or crowding dive structures.
- Swimming in the diving area. Horse playing on the deck or in the pool at any time.
- Snapping towels.
- Participating in other dangerous practices as determined by lifesaving staff.

Hypoxic training or prolonged underwater swimming is not allowed.

Do not interfere with a lifeguard rescue, or call for help unless in distress.

GENERAL INFORMATION

- * No lap lanes available for lap swim during recreational swimming hours unless stated in brochure.
- * Locker rooms close 15 minutes after end of session.
- * Valuable items should be checked with the Pool Clerk.
- * Clothed patrons must be seated on the bleachers if they are not swimming.
- * Water is the only beverage allowed on the pool deck (no glass containers). There is no eating or gum chewing allowed in the pool area, except during posted special events.
- * During recreational hours, all patrons will be asked to take a swim test before entering the deep end of the pool and using the diving board. This test will consist of two lengths of the pool swimming freestyle (Front Crawl), with an effective supporting kick.
- * Kickboards and pull buoys are provided during lap swimming and aqua jogging hours only, no equipment will be provided during recreational swim hours. All other equipment is for facility programs.
- * The shallow end will be cleared of all patrons during shallow water exercise classes. Please refer to class schedule for times. Patrons that attempt to participate in exercise classes without having registered for classes will be asked to leave facility.
- * Aqua jogging is allowed during times other than those posted, only if it does not interfere with lap swimming, diving, or facility programming.

LAP SWIM RULES AND ETIQUETTE

- * Adult lap swim is reserved for persons 18 years of age and older. Youth lap swim is for persons 17 years of age and under.
- * Lap swim times are located in the pool schedule.
- * Lap lanes may be closed for an activity, and will be marked with a sign indicating that.
- * Lap swimmers must use the appropriate lane designation according to swimming ability.
- * Lap swimmers may share lanes. A lane can accommodate up to seven (7) swimmers.
- * Lap swimmers entering a lane must be certain the occupant(s) are aware of their presence in order to determine the swimming pattern to share the lane
- * Two lap swimmers per lane may split the lane by staying either on the right or left side of the lane. Three or more lap swimmers must circle-swim the length of the lane counter-clockwise.
- * Lap swimming requires continuous progress across the pool.
- * Turning at the wall can be dangerous. Lap swimmers must leave enough room at each wall to make safe turns.
- * Lane passing can be dangerous. Swimmers must exercise caution approaching the turn-wall and should allow faster swimmers to proceed unimpeded to expedite overtaking.

GROUP SWIM LESSONS

GROUP LESSON REGISTRATION:

TINY TOTS - \$80

YOUTH - \$67.00

ADULT - \$67.00

◆ Registration for Session #1 begins on Sunday January 7th at 9am in person at the pool and online via the www.reg.laparks.org website. If you have registered with us or the Recreation camps in the past, then you have an online account already! Please call us at the pool if you need help accessing your account or resetting your password.

Walk - in Registration and Online Registration will begin at 9 a.m.– 4 p.m.

- ◆ No telephone registration.
- ◆ Fees must be paid at the time of registration. NO EXCEPTIONS.
- ◆ Checks payable to: City of L.A. Dept. of Rec. & Parks
- ◆ No refunds will be approved unless a series is cancelled.
- ◆ If approval is given, refunds will be assessed an administrative fee of 10%.
- ◆ A free swim assessment at the pool is required prior to registration during the pool's open recreation times.
- ◆ Lessons are 25 minutes in length.

DESCRIPTION OF SWIM CLASSES

CHILDREN AGES 4 - 6 MUST BE ACCOMPANIED BY A PARENT / GUARDIAN IN THE WATER

CLASS TITLE	LEVEL	CLASS DESCRIPTION
*Tiny Tots / Preschool Aquatics Ages 4 - 6	Level 1	*Tiny Tots: 4 students maximum enrolled, No parent in the water required. Children will learn how to enter and exit the water independently, submerge face underwater and blow bubbles for 3 seconds, glide on front for 2 body lengths then roll to back and float for 3 seconds, and perform combined arm and leg actions on front and back. Parent within arms distance of their child including in the water is required for Preschool Aquatics.
Water Confidence	Level 1	Introduction to water safety and water acclimation. This beginner level teaches buoyancy in water and basic locomotion skills. Kicking, breathing and alternative arm action techniques are introduced.
Beginner	Level 2	Participants learn locomotion skills including combined arm and leg actions on front and back and swimming in chest-deep water.
Advanced Beginner	Level 3	Participants learn the Front Crawl, Breaststroke kick, Sidestroke kick, and the Elementary Backstroke.
Intermediate	Level 4	Participants learn the Breaststroke, Butterfly, Back Crawl, and the Sidestroke.
Swimmer	Level 5	Participants learn to refine their performance of all six swimming strokes (i.e. Front Crawl, Back Crawl, Butterfly, Breaststroke, Elementary Backstroke, and Sidestroke).
Advanced Swimmer	Level 6	Refine strokes so participants swim them with greater efficiency and effectiveness over longer distances.
Adult Beginner	Level 1	Participants gain basic aquatic skills and swimming strokes.
Adult Intermediate	Level 2	Improve participants' proficiency in basic aquatic skills and the six basic swimming strokes.
Adaptive Aquatics	Level 1	Adaptive Aquatics is a swim lesson program open for adult and youth participants who need special accommodation. This is a group lesson, where the instructor incorporates water safety and swimming fundamentals, while accommodating the needs of each individual. Aides are encouraged to get in the water with their participant at no extra cost, but are not mandated to unless specifically needed for medical or safety reasons.

LESSONS DATES & TIMES

SPRING 2022 GROUP LESSON DATES (SESSIONS: 8 LESSONS / 4 WEEKS)

SESSION	DAYS	BEGINS	ENDS	REGISTRATION DATES
#1	Tue & Thu, Wed & Fri	January 10	February 3rd	Saturday, January 7th
#2	Tue & Thu, Wed & Fri	February 7th	March 3rd	Saturday, February 4th
#3	Tue & Thu, Wed & Fri	March 7th	March 31st	Saturday, March 4th
#4	Tue & Thu, Wed & Fri	April 4th	April 28th	Saturday, April 1st
#5	Tue & Thu, Wed & Fri	May 1st	May 26th	Saturday, April 29th

Youth Lessons

Tuesday and Thursday Classes

Tiny Tots.....	3:30 p.m. - 3:55 p.m.
Water Confidence	4:00 p.m. - 4:25 p.m.
Adv. Beginner	4:30 p.m. - 4:55 p.m.
Adaptive.....	5:00 p.m. - 5:25 p.m.
Intermediate	5:30 p.m. - 5:55 p.m.

Wednesday and Friday Classes

Tiny Tots.....	3:30 p.m. - 3:55 p.m.
Preschool Aquatics	4:00 p.m. - 4:25 p.m.
Beginners	4:30 p.m. - 4:55 p.m.
Adv. Beginner	5:00 p.m. - 5:25 p.m.
Intermediate	5:30 p.m. - 5:55 p.m.

Adult Lessons

Tuesday and Thursday Classes

Beginner.....	8:00 a.m. - 8:25 a.m.
Beginner.....	6:00 p.m. - 6:25 p.m.
Intermediate.....	8:30 a.m. - 8:55 a.m.
Intermediate.....	6:30 p.m. - 6:55 p.m.

Saturday and Sunday Classes

Adaptive Beginners	2:00 p.m. - 2:25 p.m.
Adaptive Intermediate	2:30 p.m. - 2:55 p.m.

PRIVATE & SEMI-PRIVATE LESSONS

- ◆ Provides personalized instruction to adults and youth ages 4 yrs. and older.
- ◆ Registration rules apply and participants must register for four lessons.
- ◆ Inquire with Pool Clerk or Manager for scheduling.
- ◆ In person registration only for this program.
- ◆ Maximum of two participants per semi-private lesson.
- ◆ Lessons are 25 minutes in length and begin every half hour:

Saturdays: 9:00 a.m. - 12:00 p.m.

Tues. & Thur. 1:30pm - 3:30pm

Sundays: 12:00 p.m. - 4:00 p.m.

Wed. & Fri. 1:30pm - 3:30pm

PRIVATE

ADULT, CHILD, SENIOR, and ADAPTIVE

4 Private Lessons = **\$108.00**

SEMI-PRIVATE

ADULT, CHILD, SENIOR, and ADAPTIVE

4 Lessons = **\$160.00**

TEAM SPORTS

NOVICE TEAMS REGISTRATION

AGES 7 TO 17

SEE TEAM PRICING BELOW, INCLUDES T-SHIRT AND AWARD, \$45.00 FOR EACH ADDITIONAL TEAM (PER PARTICIPANT)

- * Walk-in and Online Registration : 9 a.m. - 4 p.m.
 - * **Spring teams registration begins Saturday, January 28th.**
 - * **Last day to register for a Spring team sport is Friday, March 3rd.**
- * No telephone registration.
- * Spring season teams include Artistic Swimming, Swimming, and Water Polo.
- * Spring Season dates: February 7, 2023 - May 19, 2023.
- * Fees must be paid at the time of registration. NO EXCEPTIONS.
- * Checks payable to: City of L.A. Dept. of Rec. & Parks
- * Refunds will be assessed and have an administration fee of 10%.
- * Participants compete in a City of L.A. Dept. of Rec. & Parks sponsored league.
- * All meet times and locations will be announced.
- * A skills evaluation will be required and given by a Coach or Pool Manager.
- * Participants must demonstrate an Intermediate (Level 4) swimming competency to be eligible to register.

SPRING 2023 TEAMS

TEAM SWIM LA

LIMITED TO 60 PARTICIPANTS

- * Team Registration: \$60.00 per season
- * This is a sport that is offered year round.

Dry-land workout.....Tuesday - Friday.....	5:00 p.m. - 5:30 p.m.
Swim Training.....Tuesday - Friday.....	5:30 p.m. - 6:30 p.m.

ARTISTIC SWIMMING TEAM

LIMITED TO 30 PARTICIPANTS

- * Team Registration: \$50.00 per season

Tuesday - Friday.....	4:00 p.m. - 5:00 p.m.
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WATER POLO TEAM

EACH GROUP IS LIMITED 24 PARTICIPANTS

- * Team Registration: \$50.00 per season

Group A: ages 7 - 9 Group C: ages 13-15
Group B: ages 10-12 Group D: ages 16-17

Group A & B... Tuesday - Friday.....	5:00 p.m. - 6:00 p.m.
Group C & D... Tuesday - Friday.....	6:00 p.m. - 7:00 p.m.

PROGRAMS

LEVEL 6 (YOUTH AQUATIC FITNESS)

\$55.00 SERIES (PRE-REGISTRATION REQUIRED) OR \$6.00 PER CLASS

- * Participants must demonstrate an Intermediate (Level 4) swimming competency.
- * Improve conditioning and stroke mechanics with exercises from all aquatic sports and activities.

Tuesday / Thursday..... 5:00 p.m. - 5:25 p.m.
Wednesday / Friday..... 5:00 p.m. - 5:25 p.m.

ADULT AQUATIC FITNESS

ADULT, \$55.00 SERIES (PRE-REGISTRATION REQUIRED) OR \$6.00 PER CLASS

- * Participants must demonstrate an Intermediate (Level 3) swimming competency.
- * Improve conditioning and stroke mechanics in a non-competitive and structured workout class.

Tuesday - Friday..... 9:00 a.m. - 9:45 a.m.
Tuesday - Friday..... 7:00 p.m. - 7:45 p.m.

ADULT WATER AEROBICS (AQUACISE)

ADULT, \$55.00 SERIES (PRE-REGISTRATION REQUIRED) OR \$6.00 PER CLASS

SENIOR, \$45.00 SERIES (PRE-REGISTRATION REQUIRED) OR \$5.00 PER CLASS

- * This calorie-burning fitness workout incorporates muscular, cardiovascular and aerobic conditioning.
- * Exercise includes rhythmic activities, muscle strengthening and toning.
- * All classes are 45 minutes in length.

Tuesday - Saturday..... 12:30 p.m. - 1:15 p.m.

ADULT BOGAFIT

AGES 18 AND OVER, \$55.00 SERIES (PRE-REGISTRATION REQUIRED) OR \$6.00 PER CLASS

- * A fitness class that utilizes a floating board with carefully selected sets of movements that intensify each workout.
- * Builds strength, deepens flexibility, improves balance and coordination.
- * This 45 minute class challenges all levels.

Sunday..... 12:30 p.m. - 1:15 p.m.

ADULT WATER POLO (SELF-DIRECTED)

AGES 18 AND OVER, LIMITED TO 24 PARTICIPANTS, \$5.00 PER ENTRY

- * This is a non-coached program where minimum skills level is Intermediate (Level 4) swimming competency.
- * Scrimmage type workout where 2 or 3 teams will compete in round robin scrimmages under a self appointed referee.

Wednesday..... 7:00 p.m. - 8:30 p.m.

CITY OF LOS ANGELES DEPARTMENT OF RECREATION & PARKS

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MELANIE ESCAMILLA

CARLOS ESPINOZA

MAHA YATEEM

AQUATIC FACILITY MANAGER II

MONIQUE SCHWANEMAN

Monique.Schwaneman@lacity.org



If you have a concern, suggestion, or compliment about the facility or our programs, please speak to the manager on duty, email us at vnso.pool@lacity.org or the Aquatic Facility Manager using their email provided above, or contact the Citywide Aquatics office at:



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