

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

Board of Commissioners
Barry A. Sanders - President
Luis A. Sánchez – Vice President
Jill T. Werner – Member
Johnathan Williams – Member
W. Jerome Stanley – Member

General Manager
Jon Kirk Mukri

Executive Officer
Regina Adams

Operations West

Assistant General Manager
Kevin Regan

Citywide Aquatics Division

Aquatic Directors
Trish Delgado
Jon Kopitzke

Aquatic Facility Manger III
Andre Brent

Aquatic Facility Manager II
Rafael Chang

**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

SUMMER 2010



**A Commitment to
“Healthy Neighborhoods”**

Recreational Swim Hours
June 26 – September 3

Mon. – Fri.	12:30 p.m. - 2:30 p.m.
	3:00 p.m. - 5:00 p.m.
Mon. – Thurs.	7:00 p.m. - 9:00 p.m.
Saturday & Sunday	12:00 p.m. - 5:00 p.m.

Adult Night

Friday	7:00 p.m. - 9:00 p.m.
--------	-----------------------

Lap Swimming Hours

Mon. – Fri.	6:00 a.m. - 7:30 a.m.
Saturday & Sunday	12:00 p.m. - 1:00 p.m.

Holiday Hours

Friday, July 3	1:00 p.m. - 5:00 p.m.
Monday, Sept. 7	1:00 p.m. - 5:00 p.m.

Times subject to change without notice

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. 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. Teams include Inner-tube Water Polo, Swimming, Synchronized Swimming, Diving. All meet times and locations will be announced.

Registration: \$30.00 for one team, \$20.00 for additional team or family member
(Fees includes t-shirt and awards)

A team sport awards banquet is scheduled for Friday, August 27th. Athletes who compete in two or more meets and/or sports will receive a combined participation award.

NOVICE SPRINGBOARD DIVING

Length of Season	July 6 – Aug. 21
Workouts	Monday - Friday, 4:30 p.m. – 5:30 p.m.
Age	7- 17

NOVICE SWIM TEAM

Length of Season	July 6 – Aug. 28
Workouts	Monday - Friday, 5:00 p.m. – 6:00 p.m.
Age	7- 17

Awards: First through fourth place ribbons to be awarded at the first five meets. Medals awarded for first, second, and third place at final meet.

NOVICE SYNCHRONIZED SWIMMING

Length of Season	July 6 – Aug. 22
Workouts	Monday- Friday, 5:00 p.m. – 6:00 p.m.
Age	7- 17

NOVICE WATER POLO

Length of Season	July 6 – August 29
Workouts	Monday- Friday, 6:00 p.m. – 7:00 p.m.
Age	7 – 16

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

ADMISSION FEES

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

***NOTE:** Each child under 7 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 and swim trunks with liner with the exception of 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.



SPONSORSHIP

The LA84 Foundation (a legacy of the 1984 Olympic Games) has provided a limited number of team sport sponsorships for community youth between 7 and 17 years of age. Sponsorships are issued on a first-come-first-served basis for **NOVICE DIVING, SWIMMING AND SYNCHRONIZED SWIMMING TEAM SPORTS ONLY**. Please check with the Pool Manager to determine if your pool is a participating facility.

JUNIOR LIFEGUARD PROGRAM

Cost..... \$40.00
 Age..... 10 – 17
 Length of Season..... July 6 – Aug. 22
 Meeting Time Mon. – Fri., 4:00 p.m. – 5:00 p.m.

Program participants learn basic lifeguard skills and participate in Junior Lifeguard competitions with other Los Angeles City pools. Fee includes one Junior Lifeguard T-shirt, bus transportation to selected events, materials, and instruction. **Program limited to 20 participants. Last day to register: Monday, July 12, 2010. No exceptions.** See Junior Lifeguard brochure for more details.



Operation SPLASH



The City of Los Angeles Department of Recreation and Parks is proud to announce a joint-partnership with Kaiser Permanente.

Kaiser Permanente Sponsorships for Learn to Swim available on a first come, first serve basis. Inquire w/ Pool Manager

A Commitment to "Healthy Neighborhoods"

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.
- Swim instruction will be given from deck.

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

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 (Level 1) – 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 (Level 2) – Learn safety skills including floats and treading water, and progressive skills leading to front crawl including combined arm and leg action.

Advanced Beginner (Level 3) – Learn dolphin and scissor kicks, rotary breathing, progressive skills leading to diving, front crawl and elementary backstroke.

Intermediate (Level 4) – Refine crawl and elementary backstroke. Introduction to back crawl, breaststroke, sidestroke and butterfly. Turns and surface dives introduced.

Swimmer (Level 5) – Refine strokes and improve conditioning. Learn additional aquatic skills such as surface dives, flip turns, and improve diving into the pool.

****American Red Cross Card showing proof of correct level may be required for swim lessons after Level 2. An evaluation to determine the student's correct level may be required.**

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

LEARN TO SWIM

GROUP LESSONS

MONDAY - FRIDAY

10 Lessons/2 weeks	YOUTH \$20.00, ADULT \$40.00
Session # 1	June 21 - July 02
Session # 2	July 05 - July 16
Session # 3	July 19 - July 30
Session # 4	Aug. 02 - Aug. 13
Session # 5	Aug. 16 - Aug. 27
Session # 6	Aug. 30 - Sept. 10

SWIMMING LESSONS

YOUTH

Water Confidence	Monday - Friday	12:30 p.m. - 1:00 p.m.
Beginner	Monday - Friday	1:00 p.m. - 1:30 p.m.
Advanced Beginner	Monday - Friday	1:30 p.m. - 2:00 p.m.
Intermediate	Monday - Friday	2:00 p.m. - 2:30 p.m.
Water Confidence	Monday - Friday	4:30 p.m. - 5:00 p.m.
Beginner	Monday - Friday	5:00 p.m. - 5:30 p.m.
Adv. Beginner	Monday - Friday	5:30 p.m. - 6:00 p.m.
Beginner	Monday - Friday	6:00 p.m. - 6:30 p.m.
Swimmer	Monday - Friday	6:30 p.m. - 7:00 p.m.
Parent/Child	Monday - Friday	6:30 p.m. - 7:00 p.m.

ADULT

Non-Swimmer	Monday - Friday	7:00 p.m. - 7:30 p.m.
Intermediate	Monday - Friday	7:30 p.m. - 8:00 p.m.
Swimmer	Monday - Friday	8:00 p.m. - 8:30 p.m.

AQUATIC FITNESS

\$5.00

Offers low to high intensity workouts that promote cardiovascular fitness, conditioning, increased flexibility and range of motion. Workouts are 45 minutes in length.

Beginner:	Mon., Wed. & Fri.	7:00 p.m. – 7:45 p.m.
Advanced Beginner	Mon., Wed. & Fri.	8:00 p.m. – 8:45 p.m.

Session # 1	July 5 - July 23
Session # 2	July 26 - Aug. 13
Session # 3	Aug. 16 - Sept. 3
Session # 4	Sept. 6 - Sept. 24



ABC's of a Safe Summer
 July 11, 2010
 2pm-3pm