

LESSON CATEGORIES & REQUIREMENTS

Preschool Aquatics: 3 yrs. – 6 yrs.  
Children: 7 yrs. – 17 yrs. Adult: 18 & older

**Tiny Tots\* / Preschool Aquatics (Level 1 to 3)** – A Parent or Guardian age 16 or older is required to be in the water with their child at all times.

**Water Confidence (Level 1)** : 6 months - 3 years old.  
Parents will be taught various supporting holding and supporting techniques such as: the hug position, chin support, shoulder support on front,hip straddle shoulder support from the side, as well as skill cueing to support safe water skills. Participants will learn to enter and exit the water with support and independently, breath control skills: blowing bubbles on the surface, blowing bubbles with mouth and nose submerged, Underwater exploration, Submerge mouth, nose and eyes, Buoyancy skills: front glide, back glide back float, changing direction skills rolling from front to back and rolling from back to front, introduction to swim skills on front: leg action and arm action as well as water safety skills: The importance of wearing a life jacket, how to call for help, the importance of knowing first aid and CPR and Basic water safety rules.

**Beginner (Level 2)** : 6 months - 3 years old.  
Parents will be taught various supporting holding and supporting techniques such as: the hip support on front and back, back to chest chin position, back support and arm strokes shoulder support on front, as well as skill cueing to support safe water skills. Participants will learn to enter and exit the water from various positions with support and independently, breath control skills: Underwater exploration, opening eyes and retrieving objects below the surface, retrieving submerged objects, bobbing and exploring indepently. Buoyancy skills: front glide, front glide to the wall, front float, back glide, back float, changing direction skills rolling from front to back and rolling from back to front, swim skills on front: leg action and arm action on front and back, combined actions with breathing and assistance.

**Advanced Beginner (Level 3)** – Participants learn advanced skill, dolphin and scissor kicks, rotary breathing, and 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, refine their performance of all six swimming strokes.

PRIVATE & SEMI-PRIVATE LESSONS

*\*INQUIRE WITH POOL CLERK OR MANAGER FOR SCHEDULING*

Private & Semi-Private lessons provide personalized instruction to adults and youth ages 3 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.

Learn to surf is a newer program where our Youth will get the opportunity to go to the beach, learn water and beach safety and best of all learn how to stand on a surfboard and catch a wave!

Online Registration Begins  
**August 24, 2024**  
Price: \$10  
Ages: 9-17  
Days: Saturday & Sunday  
Time: 9 a.m. - 2p.m.\*



CITY OF LOS ANGELES



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



Algin Sutton Swimming Pool

8800 S. Hoover St.  
Los Angeles, CA 90044  
(323) 789 - 2826  
alginsutton.pool@lacity.org

FALL 2025  
September 7 - January 3  
POOL HOURS

*\*TIMES SUBJECT TO CHANGE WITHOUT NOTICE\**

Recreational Swim & Lap Swim

Monday - Tuesday..... Closed  
Wednesday - Friday.....12:00 p.m. - 7:00 p.m.  
Saturday & Sunday..... 1:00 p.m. - 5:00 p.m.

HOLIDAY HOURS

Nov. 11 Veteran’s Day Closed  
Nov. 26 1pm - 5pm  
Nov. 27 & 28 Thanksgiving Day Closed  
Dec. 24 Christmas Day Closed  
Dec. 25 Christmas Day Closed  
Dec. 31 New Year’s Eve. Day Closed  
Jan. 1, 2026 New Year’s Day Closed

ADMISSION FEES

ADULT (18 - 49 YRS OLD)	\$4.00
YOUTH (0 - 17 YRS OLD)	\$1.00
ADULT (50 + YRS OLD)	\$1.00
PERSONS WITH DISABILITIES	\$1.00

PASSES AVAILABLE

ADULT LAP PASS - \$88.00 (30 Entries)
YOUTH, ADULT (50+), PERSONS WITH DISABILITIES ADMISSION PASS - \$25.00 (30 Entries)

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



3900 Chevy Chase Dr.  
Los Angeles, CA 90039  
(323) 906-7953  
citywide.aquatics@lacity.org



## Team Registration

**Saturday, August 23 @ 9:00 a.m.**

Ages 7-17

Tuesday- Friday

**Registration: \$10 per session**

**Session Dates**

**Tuesday August 26 - Friday November 28**

## Springboard Diving

4:00 p.m. - 5:00 p.m.

## USA Swim Team

5:00 p.m. - 5:30 p.m. [Dry Land]

5:30 p.m. - 6:30 p.m. [Swimming]

The Play LA Youth and Adaptive Youth Sports Program is made possible by the LA28 Olympic and Paralympic Games.

## **LA City Pre-Academy Training (LAC-PAT)**

Ages 16 & Over

Tuesday & Thursday

4:00 p.m. - 7:00 p.m.

Registration: FREE



## **Aqua Fit-Cardio**

Water exercise for swimmers and non-swimmers. Increases flexibility range of motion & provides cardiovascular workout. Exercise includes rhythmic activities, muscle strengthening and toning.

Series = 10 classes

**\*INQUIRE WITH POOL CLERK FOR DETAILS.**

**ADULT (18-49): \$45 SERIES OR \$5 WALK-IN**

**Adult (50+): \$40 Series or \$4 walk-in**

**Wednesday & Friday..... 6:00 p.m. - 6:45 p.m.**

## **Swim Lesson Registration**

### **LEARN-TO-SWIM Group Lessons**

**Youth: \$10.00**

**Adult (18 +): \$30.00**

**Parent and Child : \$30.00**

**Tiny Tots: \$80.00 \***

**\* 4 STUDENTS MAXIMUM**

Lesson Registration can be done online at LAPARKS.ORG

or via the LA Parks app or in person at Algin Sutton Pool.

Registration is on a first come first serve basis.



### **Registration Dates**

**(4 weeks / 8 lessons)**

Session #1 ..... Saturday, September 13 @ 9 a.m.

Session #2 ..... Saturday, October 11 @ 9 a.m.

Session#3 ... Saturday, November 8 @ 9 a.m.

### **Week Dates**

Session #1 ..... September 15 - October 10

Session #2 ..... October 13 - November 7

Session #3.....November 12- December 12

### **Weekend Dates**

Session #3 ..... November 8 - November 30

### **Private & Semi Private Lesson**

*Youth, Adult (18+), Adaptive*

#### **PRIVATE LESSONS**

4 Private Lessons = \$108.00

#### **SEMI-PRIVATE LESSONS (2 Students only)**

4 Lessons = \$160.00

Please note online registration is limited. If an activity says it is available but you receive an Online Registration Limit/Activity enrollment error it means the online spots have already been filled and you need to register at the pool. Additionally, if it says "Call Facility," you must register at the pool. We apologize for the inconvenience. Participants will only be able to enroll in one lesson per session from home. If you want additional lessons you will need to register at the pool.

# **Swim Lesson Schedule**

## **Wed & Fri**

Sr. Water Walking	12:15 p.m. - 1:00 p.m.
Adult Adv. Beginner	1:00 p.m. - 1:25 p.m.
Adult Beginner	1:30 p.m. - 1:55 p.m.
Shallow Water Walk	2:00 p.m. - 2:45 p.m.
Adult Beginner	4:00 p.m. - 4:25 p.m.
Tiny Tots *	4:30 p.m. - 4:55 p.m.
Water Confidence (Level 1)	5:00 p.m. - 5:25 p.m.
Intermediate (Level 4)	5:30 p.m. - 5:55 p.m.
Adv. Beginner (Level 3)	6:00 p.m. - 6:25 p.m.
Intermediate (Level 4)	6:30 p.m. - 6:55 p.m.

## **Sat & Sun**

Tiny Tots	1:00 p.m. - 1:25 p.m.
Preschool Aquatics 1	1:30 p.m. - 1:55 p.m.
Beginner (Level 2)	2:00 p.m. - 2:25 p.m.
Adv. Beginner (Level 3)	2:30 p.m. - 2:55 p.m.
Intermediate (Level 4)	3:00 p.m. - 3:25 p.m.

## **Privates**

**\*INQUIRE WITH POOL CLERK OR MANAGER FOR SCHEDULING**

**3:30 p.m. - 3:55 p.m.**

**4:00 p.m. - 4:25 p.m.**

**4:30 p.m. - 4:55 p.m.**

**\*THE CLASSES AND PROGRAMS IN THIS BROCHURE MAY BE SUBJECT TO CHANGE/CANCELLATION**