

## Admission Fees:

### Walk-in Entry:

Youth (0-17)	\$1.00
Adult (18-49)	\$4.00
Adult (50+)	\$1.00
Person w/ Disability	\$1.00

**Walk In Admissions are cash only. Exact change is required for entry.**

### Lap Pass/Admission Pass:

Youth (0-17)	\$25.00
Adult (18-49)	\$88.00
Adult (50+)	\$25.00
Person w/ Disability	\$25.00

**All pass sales are final, no refunds or replacements**

**For the safety of the public there is no:**

- Running on the pool deck
- Climbing, sitting on and jumping from storage benches 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 activities as determined by lifesaving staff.
- No lap Swimming or equipment in Rec swim area
  - Ex. fins, kickboards, pull buoys, masks and snorkels, etc.
- Hypoxic training or prolonged underwater swimming
- No person shall be allowed to conduct swimming, diving, or other aquatics instruction unless legal use of the pool is obtained through permit access
- Foul or abusive language will not be tolerated
- Smoking
- To use the deep end of the pool you must take a swim test, this test will consist of two lengths of the pool swimming freestyle (crawl), with an effective supporting kick.
- Do not interfere with a lifeguard rescue or call for help unless in distress.

## Personal Property Not Permitted:

- Street clothes, shoes, and carrying bags of all types
  - Proper swim wear is required (no cotton t-shirts, basketball shorts or athletic clothing)
- Floating apparatus, glass objects or containers of any kind
  - Life vests must have a U.S. Coast Guard Approval Number on them.
- Sports equipment; scuba equipment; electronic equipment
- Wheeled vehicles (roller blades, bicycles, skateboards, etc...)
- There is no eating, gum chewing, and/or drinks allowed
  - Exception is water or sports drinks in plastic containers.
- Please check all valuables with the clerk

## Entrance is Denied to:

- Children under 7, unless accompanied by an adult on a one to one ratio, and within arms reach at all times.
- 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
- Non-Swimmers. Clothed patrons must wait in spectator area.
- Showers must be taken before entering the pool area.

**Employee interpretation of rules is final.**

### Citywide Aquatics Contact Information

(323)906-7953

citywide.aquatics@lacity.org

**Information in this brochure is subject to change or cancellation without prior notice.**

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

### Board of Commissioners

#### President

Renata Simril

#### General Manager

Jimmy Kim

### Assistant General Managers

#### Special Operations Branch

Brenda Aguirre

### Citywide Aquatics Division

### Superintendent of Aquatics and Emergency Management

Gary Singer

### Principal Recreation Supervisor II

Maha Yateem

### Principal Recreation Supervisor I

Andre Brent

### Aquatic Directors

Carlos Espinoza

Maria Gudino

Ivan Rodriguez

Peter Schwaneman

**If you are a person with a disability and require accommodation to participate in a City of Los Angeles Department of Recreation and Parks program, service, or activity, requests may be made by calling the facility (facility phone number here), or 711 for CA Relay, ten days in advance of the event. We will do our best to fulfill requests with less than ten business days' notice.**

**If a participant requires a one to one aide, requests will be fulfilled within seven business days of receiving required paperwork and documentation needed to issue a Right of Entry Permit to the agency providing the aide.**



# HEY ROOKIE SWIMMING POOL

**Spring 2026**

3351 S. Gaffey St. San Pedro, CA 90731

## Recreational & Lap Swim Hours

Day	Rec Swim	Lap Swim
Monday	Pool Closed	Pool Closed
Tue - Fri	1:00 p.m. - 3:25 p.m.	9:00 a.m. - 3:25 p.m.
Sat & Sun	1:00 p.m. - 4:55 p.m.	1:00 p.m. - 4:55 p.m.

**\*Limited lanes during recreation and programming\***

## Holiday Hours

Wed. 12/31/25	New Year's Eve	1:00p - 4:55p
Thu. 1/1/26	New Year's Day	Pool Closed
Mon. 1/19	Dr. MLK Day	Pool Closed
Wed. 1/28 - 3/15	Annual Maintenance	Pool Closed
Mon. 3/30	Cesar Chavez Day	Pool Closed
Mon 5/25	Memorial Day	Pool Closed
Fri 6/19	Juneteenth	Pool Closed



(310) 521 - 9017



@heyrookiepool.lacityparks



Heyrookie.pool@lacity.org



LAparks.org

## Program Registration

Online and In-Person Registration 9:00am

Session:	Registration:	Schedule:
Session # 4	March 28	March 28 - April 24
Session # 5	April 25	April 25 - May 22

### Lesson Fees

Youth <b>\$10</b>	Tiny Tots <b>\$80</b>	Toddler & Adult <b>\$30</b>
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Private Lessons  
**\$108**  
4 Lessons

Lessons are  
**25 Minutes**  
in length

SCAN



SwimLA.org



SCAN



reg.LaParks.org

### Important Program Information

- Registration is available in person at the facility and online registration is available at [swimla.org](http://swimla.org) starting at 9am on the registration dates listed.
- Registration will **not** be accepted over the phone.
  - Toddler\*: 6 months - 3 years
  - Preschool and Tiny Tots\*: 3-6 yrs
    - \*Toddler and Preschool Aquatics classes require an adult in the water with the participant at all times.
  - Youth: 7-17yrs
  - Adult: 18 yrs & older.
- Fees must be paid at the time of registration. No Exceptions.
- Cash, Check, Money Order, VISA and MASTER card accepted.
  - Make checks payable to: **L.A. City Department of Recreation and Parks.**
- No refunds or transfers unless class is cancelled.
- No make-ups for participant absences and posted holidays.
- Proof of age required for children under 7 prior to registration by birth certificate or passport

**\*Aquatic Programming is subject to change or cancellation without prior notice.\***

## Youth Lessons

Class	Time
<b>Tuesday &amp; Thursday</b>	
Toddler*	11:00 a.m. - 11:25 a.m.
Tiny Tots (Starfish)	11:30 a.m. - 11:55 a.m.
Water Confidence	3:30 p.m. - 3:55 p.m.
Beginner	4:00 p.m. - 4:25 p.m.
Advanced Beginner	4:30 p.m. - 4:55 p.m.

<b>Wednesday &amp; Friday</b>	
Intermediate Swimmer	4:00 p.m. - 4:25 p.m.
	4:30 p.m. - 4:55 p.m.

<b>Saturday &amp; Sunday</b>	
Pre-School Aquatics 1*	12:00 p.m. - 12:25 p.m.
Adult Adv. Beginner	12:30 p.m. - 12:55 p.m.

*\*Pre-School Aquatics and Toddler Classes require an adult in the water with the participant at all times*

### Adult Lessons

<b>Saturday &amp; Sunday</b>	
Adult Beginner	1:00 p.m. - 1:25 p.m.

### Adaptive Lessons

Adaptive swim lessons are for ages 4 and up with physical or cognitive needs. Group instruction covers water safety and swim basics, tailored to each person's abilities. Aides are welcome in the water if needed.

<b>Saturday &amp; Sunday</b>	
Youth Adaptive	12:30 p.m. - 12:55 p.m.
Adult Adaptive	1:30 p.m. - 1:55 p.m.

### Private Lessons

Private Lessons are available on varying times and dates to fit your schedule. Lessons feature one on one instruction with a lifeguard in the water. Private Lessons are available for participants 6 months and above and are tailored to fit individual needs and ability.

**Please inquire with the clerk for scheduling**

### More Information

For information on Learn to Swim Levels, please visit <https://www.laparks.org/aquatic/learn>



## Programs

### Adult Water Exercise

Full Session (8 Classes)	Walk-In (1 Class)
<b>\$36</b> Adult: 18-49	<b>\$5</b> Adult: 18-49
<b>\$28</b> Adult: 50+	<b>\$4</b> Adult: 50+

*Sessions are aligned with program registrations and schedule dates. Participants can select either Tuesday & Thursday or Wednesday & Friday Sessions at time of Registration*

### Aquafit - Cardio

**Tuesday - Friday | 12:05 p.m. - 12:50 p.m.**  
The techniques used in shallow and deep water exercise are designed for swimmers and non-swimmers. Water aerobics increases flexibility, balance, stamina, range of motion and provides a cardiovascular workout.

### Youth Sports

### PLAYLA Novice Waterpolo

**Registration Date:**  
February 28 at 9:00 am  
**Registration is \$10 per athlete per season**

**Practice Schedule**  
Tuesday and Thursday | 3:30 p.m. - 4:55 p.m. \*  
Saturdays | 12:00 p.m. - 1 p.m. \*  
February 28th - May 22nd

**\*During Pool Closure, Team Practice will be held at Banning Pool. Practice Times may vary - Dates TBA**

### Novice Artistic Swim

**Registration Date:**  
February 28 at 9:00 am  
**Registration is \$10 per athlete per season**

**Practice Schedule**  
Wednesday and Fridays | 3:30 p.m. - 4:55 p.m. \*  
February 28th - May 22nd  
**\*During Pool Closure, Team Practice will be held at Banning Pool. Practice Times may vary - Dates TBA**



PLAYLA is a USA Sanctioned Swim Team designed to provide Athletes, Parents and Coaches with enhanced training and educational resources. This program will offer high performance training and educational to qualified athletes aged 7 - 17 years old. Athletes are instructed by USA Swimming Certified coaches to develop their competitive Skills in all strokes, with enhanced workout times and dryland training.

**Registration requirements:** Swim Assessment to demonstrate the required swimming ability is required prior to registration.

### WINTER SWIM TEAM

**Registration Date:**  
November 8 at 9:00 am  
**Registration is \$10 per athlete per season**

**Practice Schedule**  
Tuesday - Thursday | 3:30 p.m. - 4:55 p.m. \*  
December 2nd, 2025 - February 27th, 2026

### SPRING SWIM TEAM

**Registration Date:**  
February 28 at 9:00 am  
**Registration is \$10 per athlete per season**

**Practice Schedule**  
Wednesday and Friday | 3:30 p.m. - 4:55 p.m. \*  
Sundays | 12:00 p.m. - 1:00 p.m. \*  
February 28th - May 26th

**\*During Pool Closure, Swim Team Practice will be held at Banning Pool. Practice Times may vary - Dates TBA**



### Hey Rookie Harbor Seals

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