



PRESS RELEASE

City of Los Alamitos
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Los Alamitos Aquatics Program

Los Alamitos, CA – The Los Alamitos Recreation and Community Services Department is excited to announce the return of the Los Alamitos Aquatics Program in partnership with the Los Alamitos Unified School District. The Aquatics Program takes place at Los Alamitos High School (3591 W. Cerritos Avenue, Los Alamitos), with a new state of the art 50-meter Olympic swimming pool complex. The program entails multiple offerings that include Youth Swim Lessons, Recreation Swim and Adult Lap Swim.

The pool is open on Mondays, Wednesdays, and Fridays from 10:30 a.m. – 1:30 p.m. with a variety of different programs available. The program kicked off on June 12, 2023, and runs until August 11, 2023. Pool dates and time are subject to change.

Youth Swim Lessons are offered on Mondays and Wednesdays, classes are 25 minutes in length and meet once per week for 4 weeks. This summer, there are two sessions of lessons available. Session 1 is from June 12 and runs until July 14 with no classes the week of July 3rd. Session 2 begins July 16 and runs until August 11. There are currently 7 different skill levels being offered, those include Parent & Me, Tiny Tots 1, Tiny Tots 2, Level 1, Level 2, Level 3, and Level 4. All levels are designed to teach swimmers new skills while helping them build on skills that they learned in previous levels. Additionally, all swim lessons are taught by staff who are certified by the American Red Cross in Water Safety Instruction.

Adult Lap Swim is offered on Mondays, Wednesdays, and Fridays during regular pool hours of 10:30 am – 1:30 pm. Reservations are required to be made ahead of time on MyRec, the Recreation Department's registration software. Reservations are \$4.00 each time.

Recreations Swim is only offered on Fridays at the pool from 10:30 am – 1:30 pm and is free for anyone who wants to participate, but reservations are required to be made ahead of time on MyRec. All participants under the age of 5 must be accompanied by an adult, one – on – one at all times in the water and an adult must always remain within arm's reach of the child. Participants that wish to enter the deep end are required to take a



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swim test, and they must be able to swim one full length of the pool unassisted and without struggle.

This is truly a program that you do not want to miss out on. The return of the program is off to a great start and the Recreation & Community Services Department is excited to bring back this popular program for the community to offer lower cost options and to help assist the community to become more water safe!

For additional information on registration and for a listing of all the programs available, please visit the Recreation & Community Services website at www.cityoflosalamitos.org/recreation or contact the Los Alamitos Recreation and Community Services Department at (562) 430-1073.

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