



2008 FALL PROGRAM

LA84 FOUNDATION / JOHN C. ARGUE SWIM STADIUM

(213) 763-0125 or (213) 763-0129

Hours of Operation:

Monday - Friday 11:00 am – 5:00 pm

Saturday 1:00 pm – 5:00 pm

Sunday 1:00 pm – 5:00 pm

Recreational Swim

Monday-Friday 1:00-5:00 pm

Saturday-Sunday 1:00-5:00 pm

Free for children (ages 17 and under)

Adults (ages 65 and older), and special needs members
(all ages) Free

Adults (18 to 64) pay \$2.50.

\$2.00 with LA City Library Card

*Adults must accompany each child under 7. Swim diapers are
required for all swimmers under the age of 3.*

Adult Lap Swim

Monday-Friday 11:00 am-3:00 pm: 8 Lanes

3:00 pm-5:00 pm: 4 Lanes

Saturday 1:00 pm-5:00 pm: 4 Lanes

Sunday 1:00 pm-5:00 pm: 4 Lanes

Fee: \$50.00 for 30 admissions

\$2.50 for each facility visit.

25 Minute Private/Semi-Private Lessons (September 17, 2008 to December 8, 2008)

Friday 1:00 pm to 5:00 pm

Sunday 1:00 pm to 3:00 pm

- Instruction is on a one-to-one ratio
- Open to all skill levels
- \$66.00 for private (1 person) or \$88.00 for semi-private (2 persons)
- Registration for private lessons is limited to 2 half-hour slots per family.
- An adult must accompany children 4-6 years of age.

Session One: Lessons begin on Monday September 22, 2008 to October 16, 2008

Session One: Registration opens on Monday September 15, 2008 and closes on Friday September 19, 2008

Session Two: Lessons begin on Monday October 20, 2008 to November 20, 2008

Session Two: Registration opens on Monday October 17, 2008 and closes on Friday October 19, 2008

Youth Group Swimming Lessons (ages 7-17)
Fall Quarter: September 22, 2008 to November 20, 2008

Infant-Preschool Aquatics Program

Parents and children are introduced to basic water safety in a comfortable environment. Children **must** be accompanied by an adult.

M/W	1:30 pm-1:55 pm	Fee: \$20.00 per session	Age: 4 to 6 years old
M/W	3:00 pm-3:25 pm	Fee: \$20.00 per session	Age: 4 to 6 years old
M/W	6:00 pm-6:25 pm	Fee: \$20.00 per session	Age: 4 to 6 years old
T/Th	3:30pm-3:55 pm	Fee \$20.00 per session	Age:4 to 6 years old

Level 1: Water Confidence

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.

M/W	4:00 pm-4:25 pm	Fee: \$6.00 per session
T/Th	5:00 pm-5:25 pm	Fee: \$6.00 per session

Level 2: Beginner

Participants continue to learn locomotion skills including front and back crawl and swimming in deep water.

M/W	4:00-4:25 pm	Fee: \$6.00 per session
M/W	5:30-5:55 pm	Fee: \$6.00 per session
T/TH	4:30-4:55 pm	Fee: \$6.00 per session
T/TH	5:00-5:25 pm	Fee: \$6.00 per session

Level 3: Advanced Beginner

Participants learn elementary backstroke and continue to improve on front and back crawl.

M/W	5:00-5:25 pm	Fee: \$6.00 per session
T/Th	4:00-4:25 pm	Fee: \$6.00 per session

Level 4: Intermediate

Participants learn breaststroke and sidestroke skills.

M/W	4:30-4:55 pm	Fee: \$6.00 per session
T/Th	3:30-3:55 pm	Fee: \$6.00 per session

Level 5/6: Swimmer/Advanced Swimmer

Participants refine strokes and learn additional aquatic skills such as butterfly stroke and springboard diving. Emphasis is placed on increased yardage and an introduction to advanced swimming turns.

M/W	4:00-4:25 pm	Fee: \$6.00 per session
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Adult Group Swimming Lessons (ages 18 & over)
Fall Quarter: September 22, 2008 to November 20, 2008

Level 1: Water Confidence

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.

M/W	12:00-12:25 pm	Fee: \$20.40 for 8 lessons
M/W	5:30-5:55 pm	Fee: \$20.40 for 8 lessons
T/TH	1:00-1:25 pm	Fee: \$20.40 for 8 lessons

Level 2: Beginner

Participants continue to learn locomotion skills including front and back crawl and swimming in deep water.

M/W	12:30-12:55 pm	Fee: \$20.40 for 8 lessons
T/TH	5:30-5:55 pm	Fee: \$20.40 for 8 lessons
M/W	5:30-5:55 pm	Fee: \$20.40 for 8 lessons

Level 3: Advanced Beginner

Participants learn elementary backstroke and continue to improve on front and back crawl.

M/W	2:00-2:25 pm	Fee: \$20.40 for 8 lessons
T/TH	4:30-4:55 pm	Fee: \$20.40 for 8 lessons

Level 4: Intermediate

Participants learn breaststroke and sidestroke skills.

M/W	5:00-5:25 pm	Fee: \$20.40 for 8 lessons
T/TH	4:00-4:25 pm	Fee: \$20.40 for 8 lessons

Level 5/6: Swimmer/Advanced Swimmer

Participants refine strokes and learn additional aquatic skills such as butterfly stroke and springboard diving. Emphasis is placed on increased yardage and an introduction to advanced swimming turns.

M/W	4:30-4:55 pm	Fee: \$20.40 for 8 lessons
T/TH	3:30-3:55 pm	Fee: \$20.40 for 8 lessons

Senior Group Swimming Lessons (ages 65 & over)
Fall Quarter: September 22, 2008 to November 20, 2008

Level 1: Water Confidence

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.

T/TH 2:00-2:25 pm Fee: \$6.00 per session

Level 2: Beginner

Participants continue to learn locomotion skills including front and back crawl and swimming in deep water.

M/W 2:30-2:55 pm Fee: \$6.00 per session

T/TH 1:30-1:55pm Fee: \$6.00 per session

Level 3: Advanced Beginner

Participants learn elementary backstroke and continue to improve on front and back crawl.

M/W 11:30-11:55am Fee: \$6.00 per session

T/TH 11:30-11:55am Fee: \$6.00 per session

AQUACISE : Monday Wednesday & Fridays 5:00pm. – 6:00 pm

This class offers low to high intensity workouts that promotes cardiovascular fitness, conditioning, increased Flexibility and range of motion. ***Only for Adults and seniors***

Fee \$50.00 for 30 sessions

Novice Team Sports (ages 7-17)
Fall Quarter: September 22, 2008 to November 30, 2008

Novice Team Sports (ages 7-17):

Swim Team September to December

Requires a minimum Level 3 (Advanced Beginner) swimming skill. Verification of skill level by coach or pool manager is required. Previous experience is not necessary. Practices begin the week of September 17, 2007.

M/W/F 4:00-5:30pm Fee: \$30.00 per season. Each additional family member pays \$15.00.

Swim meet are held 2 times a month on Saturday mornings from 8:00 am to 12:00 noon.

Diving Team September to December

Requires a minimum Level 3 (Advanced Beginner) swimming skill. Verification of skill level by coach or pool manager is required. Previous experience is not necessary. Practices begin the week of September 17, 2007.

Friday/ Sat / Sun. 3:00-5:00pm Fee: \$30.00 per season. Each additional family member pays \$15.00.

Special Olympics Swim Team:

This swim team is designed for patrons, & athletes with disabilities, who want to train and compete in Special Olympic events. Students do not need swimming ability. See instructor for enrollment information.

FRIDAY 3:30-4:30pm Fee: \$6.00

Competitive Youth Swim Team: Year round

This is a highly-competitive swim program designed to train and develop swimmers to compete at the National level through United States Swimming competitions. See Coach Carl Beard for more information.

M-F 5:30-7:30 pm Fee: \$20.00 per month (this dose not include swim meets entry fees).

JOB OPPORTUNITY

Lifeguard Training Program (ages 16 & over):

This course is designed for individuals interested in becoming LA City Lifeguards. Students are certified in American Red Cross *C.P.R. for the Professional Rescuer, First Aid, and Life guarding*. Students are also conditioned for swimming and preparedness for the LA City Lifeguard Test.

Sat/Sun 12:00-3:00 pm Fee: \$75.00 September 28, 2008 to December 8, 2008

Lifeguard Test Dates: T.B.A Wages: \$14.64 per hour

General Information:

- Lane lines may be removed 10 minutes prior to recreational swim or swim lesson times.
- Locker rooms will close 15 minutes after the pool closes.
- Valuable items should be stored in security lockers. Please check with the front desk for details.
- Swim diapers are required for all swimmers under the age of 3.