City of Los Angeles Department of Recreation and Parks

WINTER 2024

EXPO CENTER

Hours: Mon. - Fri. 6:00am - 8:00pm | Sat. 9:00am - 5:00pm | Sun. Closed
3980 Bill Robertson Lane, Los Angeles, CA 90037
laparks.org/expo @expocenterla

All classes and programs are subject to cancellation. All refunds will be assessed a 15% fee.

*Persons with disabilities are welcomed to participate in our classes and programs. Reasonable accommodations will be made with prior arrangements. Please be aware that some accommodations may take 30 days or longer. Please submit your request for an accommodation as soon as possible*
EXPO CENTER
YOUTH & TEENS
Roy A. Anderson Recreation Center

— SCHEDULE OF CLASSES —

Registration Begins NOV. 06  CALL (213) 763-0114  Classes Begin JAN. 3

SPORTS

PLAYLA

SOCCER - LEAGUES  Fees: $10
January 2 to March 22
League evaluation days - Proof of age required
Dec. 15: Minors @ 6pm | Majors @ 7pm
Juniors @ 8pm

Ages: 5-6 (Tiny Kickers) Mon./Wed./Fri. 6:00pm-9:00pm
Ages: 7-8 (Little Kickers) Mon./Wed./Fri. 6:00pm-9:00pm
Ages: 9-10 (Minors) Mon./Wed./Fri. 6:00pm-9:00pm
Ages: 11-13 (Majors) Mon./Wed./Fri. 6:00pm-9:00pm
Ages: 14-15 (Juniors) Mon./Wed./Fri. 6:00pm-9:00pm
Practice days/times are TBA and are based on coach availability

BASKETBALL - LEAGUES  Fees: $10
January 9 to March 13
League evaluation days - Proof of age required
Dec. 12: Minors @ 6pm | Majors @ 7pm
Juniors @ 8pm

Ages: 5-6 (Rookies) Mon./Tue./Thur./Fri. 6:00pm-9:00pm
Ages: 7-8 (Pee Wees) Mon./Tue./Thur./Fri. 6:00pm-9:00pm
Ages: 9-10 (Minors) Mon./Tue./Thur./Fri. 6:00pm-9:00pm
Ages: 11-13 (Majors) Mon./Tue./Thur./Fri. 6:00pm-9:00pm
Ages: 14-15 (Juniors) Mon./Tue./Thur./Fri. 6:00pm-9:00pm
Practice days/times are TBA and are based on coach availability

SPORTS

GPLA

GIRLS SOCCER - LEAGUE  Fees: $10
January 2 to March 22
League evaluation days - Proof of age required
Dec. 15: Minors @ 6pm | Majors @ 7pm
Juniors @ 8pm

Ages: 8-10 (Minors) Mon./Wed./Fri. 6:00pm-9:00pm
Ages: 11-13 (Majors) Mon./Wed./Fri. 6:00pm-9:00pm
Ages: 14-15 (Juniors) Mon./Wed./Fri. 6:00pm-9:00pm
Practice days/times are TBA and are based on coach availability

GIRLS BASKETBALL - LEAGUE  Fees: $10
January 2 to March 22
League evaluation days - Proof of age required
Dec. 14: Minors @ 6pm | Majors @ 7pm

Ages: 8-10 (Minors) Mon./Tue./Thur./Fri. 6:00pm-9:00pm
Ages: 11-13 (Majors) Mon./Tue./Thur./Fri. 6:00pm-9:00pm

KARATE - CLASS  Fees: $10
January 2 to March 22

Ages: 5-15  Mon. 6:00pm - 7:00pm
Ages: 5-15  Mon. 7:00pm - 8:00pm

RECREATIONAL

PLAYLA

JOIN THE CLUBHOUSE!!  Ages: 11-17

EXPO CENTER and POOL Closed
Christmas  Dec. 25  Cesar Chavez Day  Mar. 25
New Years  Jan. 01
Martin Luther King Jr. Day  Jan. 15
NASCAR Event  Feb. 04
Presidents Day  Feb. 19

IMPORTANT DATES
EXPO Winter Classes Registration begins  Nov. 06
EXPO Winter Festival  Dec. 09
Winter Camp Begins  Dec. 18
Aquatic/EXPO Winter Classes begin  Jan. 08
Spring Class Registration begins  Feb. 20

Scheduling of Special Events at LA Coliseum and LAFC games may cause additional days of closure to EXPO Center and LA84/John C. Argue Swim Pool.

General Information and Events

Persons with disabilities are encouraged to participate in our programs and classes. Reasonable accommodations will be made with prior arrangements.

City of Los Angeles Department of Recreation and Parks
All classes and programs are subject to cancellation. All refunds will be assessed an 15% fee.

11-21-23

Hours of Operation:  Mon. - Fri. 6:00am - 8:00pm  |  Sat. 9:00am - 5:00pm  |  Sun. Closed
3980 Bill Robertson Lane, Los Angeles, CA 90037  laparks.org/expo  @expocenterla
WINTER 2024
YOUTH & TEENS
Roy A. Anderson Recreation Center
— SCHEDULE OF CLASSES —

Registration Begins NOV. 06  CALL (213) 763-0114  Classes Begin JAN. 2

PRESCHOOL

RALPH M. PARSONS  Ages: 3-5
Mon. - Fri.  7am - 6pm

Full-Day Preschool
- 7:00am - 6:00pm  $160 wk

Kindergarten
- 2:00pm - 6:00pm  $60 wk

Call for more information
(213) 763-5119

EXPO CAMPS

WINTER 2023 CAMP
December 18 - January 5
Ages: 6-12  Hours: 7:30am - 6:00pm

REGISTER NOW!
Limited Enrollment

Camp offers: Creative activities, indoor games, winter DIY projects, sports and much more!
Campers MUST bring their own lunch.
Afternoon snacks provided.

Fee $120
Week 1: Mon.– Fri.  Dec. 18 - 22

Fee $100
Week 2: - Tue.–Fri.  Dec. 26 - Dec. 29
Week 3: - Tue.–Fri.  Jan. 3 - 6

Closed Dec. 26 and Jan. 2
Limited number of scholarships available on a first come, first served basis.

Camp information call (213) 763-0114

AFTER SCHOOL

AFTER SCHOOL ENRICHMENT PROGRAM

Fee: $45  (Cost $60 with $15 subsidy)
Grades: 1st - 5th  Hours: 2pm - 6pm

Walking Pick Up Locations:
Science Center and Menlo Ave.
(Pickup is available within 3 mile radius from EXPO, with 3 or more kids per school)

Call ASEP Office for information
(213) 763-0114 Ext.228

EXPO CENTER and POOL Closed
Christmas  Dec. 25  Cesar Chavez Day  Mar. 25
New Years  Jan. 01
Martin Luther King Jr. Day  Jan. 15
NASCAR Event  Feb. 04
Presidents Day  Feb. 19

GENERAL INFORMATION and EVENTS

IMPORTANT DATES
EXPO Winter Classes Registration begins  Nov. 06
EXPO Winter Festival  Dec. 09
Winter Camp Begins  Dec. 18
Aquatic/EXPO Winter Classes begin  Jan. 02
Spring Class Registration begins  Feb. 20

EXPO Center and POOL Closed
Christmas  Dec. 25
New Years  Jan. 01
Martin Luther King Jr. Day  Jan. 15
NASCAR Event  Feb. 04
Presidents Day  Feb. 19

Hours of Operation: Mon. - Fri. 6:00am - 8:00pm  |  Sat. 9:00am - 5:00pm  |  Sun. Closed
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City of Los Angeles Department of Recreation and Parks
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11-21-23
A safe out-of-school digital design studio where young people express themselves through "STEAM"-STEM and the arts. Members engage with high-end technologies, supported by Mentors and take ownership of their learning, while developing technological, workforce and leadership skills.

The Clubhouse @ EXPO Center

The Clubhouse @ EXPO Center is part of The Clubhouse Network, An international community of 100 Clubhouses located in 19 countries, providing youth with life-changing opportunities for 23 years.

For more information visit
The Clubhouse Network
www.theclubhosenetwork.org

Digital Portfolios
Canvas Art
Graphic Design
Photography
Youth Radio: Podcasts

For more information call
(213) 763-0114 Ext. 257

JOIN THE CLUBHOUSE!! Ages 11-17

BECOME A MENTOR in The Clubhouse @ EXPO Center
Make a difference in a young person’s life, join a unique community of young people and adults who create, invent, and explore together using the latest technology! If you are interested in mentoring at our Clubhouse, please call (213) 763-0114 Ext. 257.
EXPO CENTER
YOUTH & TEENS
Roy A. Anderson Recreation Center
CALL (213) 763-0114

EXPO Center TEEN COUNCIL
Are you a High School student and interested in providing leadership for Teens at the EXPO Center?

The EXPO Center invites you to apply for the Teen Council and lead the way for your age group and make a difference for Teens in South Los Angeles.

The Teen Council makes recommendations to the EXPO Center management on the delivery of teen programs, facilities, activities, services and policies.

For more information call (213) 763-0114 Ext. 257

EXPO CLUBHOUSE MENTORSHIP PROGRAM
Clubhouse members are grouped with Professional mentors. Clubhouse Mentors support members as they connect their interests with their technology skills.

Mentors vary in age, background, interest and skills, current mentors include university students, artists, educators, graphic designers and Clubhouse Alumni.

To learn more about the Mentorship Program, please contact the Clubhouse at (213) 763-0114 Ext. 257

JOIN THE CLUBHOUSE!! Ages: 11-17

The TEEN LEADERSHIP PROGRAM
Preparing Young Minds for Success in College Life

Topics include:
- Financial Literacy
- Professional Development
- Job Interviews
- Resume Writing
- Self Evaluation
- Guest Speakers

Tuesday and Thursday
January 16 - March 1
(4 sessions)
6:00pm - 8:00pm

For information call (213) 763-0114 Ext. 257

BECOME A MENTOR in The Clubhouse @ EXPO Center
Make a difference in a young person’s life, join a unique community of young people and adults who create, invent, and explore together using the latest in technology!

If you are interested in mentoring at our Clubhouse, please call (213) 763-0114 Ext. 257

TO REGISTER ONLINE go to http://bit.ly/EXPOandersonRC

Persons with disabilities are encouraged to participate in our programs and classes. Reasonable accommodations will be made with prior arrangements.
WINTER 2024
SENIOR CENTER
SCHEDULE OF CLASSES

AHMANSON SENIOR CENTER  CALL (213) 763-0118

HOURS of OPERATION  Mon. - Fri.  8:00am - 4:00pm
MONTHLY PROGRAM FEE:  $10.00 - 55 years old and up | $15.00 - 18-54 years old
CLASSES included with Monthly Program Fee - Due 1st of each Month  (Checks payable to the City of LA)
Some activities, programs, or events may have additional fees. All classes and programs listed may be subject
to change or cancellation.

Persons with disabilities are encouraged to participate in our programs and classes. Reasonable accommodations will be made
with prior arrangements.

EDUCATION

COMPUTER CLASS
Mon. / Wed.  9:30am - 11:00am
Learn from an instructor on how to use a computer.

COMPUTER OPEN LAB
Tues. 9:00am - 12:00pm
Come in and use the computers to sharpen your skills. An instructor will not be available.
Location:  Ahmanson Computer Lab

ENGLISH NOW - ESL CLASS
Begins February 2024
Students develop listening and speaking skills in English. It is a multi-level class FREE to Ahmanson Senior Center members.
Thu.  9:30am - 10:30am
Fri.  10:30am - 11:30am

CREATIVE WRITING CLASS
Mon.  11:00am - 1:00pm
Come in and learn how to enhance your writing skills.

BOOK CLUB
Fri.  12:30pm - 2:30pm
Come in to read exciting new books, and engage in discussions.

SOCIAL CAFÉ  (Members Only)
Mon. - Fri.  9am - 4pm
Come enjoy yourself in our Social Café. You can watch TV, play games, read books/magazines, or simply socialize with friends.
Contact Senior Center office for more information (213) 763-0118

HEALTH & FITNESS

SENIOR CIRCUIT TRAINING
Tone, shape, and sculpt in a class setting. Improve your posture and get results.
Tue.  11:00am-12:00pm  |  Thu.  11:00am-12:00pm
Sessions are instructed by a certified trainer in the fitness room at Ray A. Anderson Recreation Center.

MAMBO MANIA
Dance away the pounds with this fun, full-body workout—one hour of cardio dance.
Tue./ Thu.  9:30am - 10:30am

SALSA CLASS - BEGINNERS
Wed.  11:00am – 12:00pm

SALSA CLASS
Tues./Thur.  11:00am – 12:00pm

LINE DANCE - BEGINNERS
Mon.  11:00am – 12:00pm

LINE DANCE
Mon.  12:30pm – 2:30pm

ZUMBA
Fridays.  9:30am – 10:30am

SQUARE DANCE
Thu.  7:30pm – 9:00pm

CREATIVE WRITING CLASS
Mon.  11:00am - 1:00pm
Come in and learn how to enhance your writing skills.

ART CLASS
Mon.  10:00am – 12:00pm

QUILTING CLUB
Wed.  10:00am - 12:00pm
Learn various styles of quilting while completing your projects.
Wed.  10:00am - 3:00pm

CRAFT CLUB
Fri.  10:00am – 12:00pm
Create fun craft projects

SALSA CLASS
Wed.  11:00am - 12:00pm

SALSA CLASS
Tues./Thur.  11:00am - 12:00pm

LINE DANCE
Mon.  11:00am - 12:00pm

LINE DANCE
Mon.  12:30pm - 2:30pm

ZUMBA
Fridays.  9:30am - 10:30am

KNITTING & CROCHETING CLUB
Create something great while socializing
Wed.  10:00am - 3:00pm

SOCIAL CAFÉ  (Members Only)
Mon. - Fri.  9am - 4pm
Come enjoy yourself in our Social Café. You can watch TV, play games, read books/magazines, or simply socialize with friends.
Contact Senior Center office for more information (213) 763-0118

PERSONS WITH DISABILITIES ARE ENCOURAGED TO PARTICIPATE IN OUR PROGRAMS AND CLASSES. REASONABLE ACCOMMODATIONS WILL BE MADE WITH PRIOR ARRANGEMENTS. PLEASE BE AWARE THAT SOME ACCOMMODATION MAY TAKE 30 DAYS OR LONGER. PLEASE SUBMIT YOUR REQUEST FOR AN ACCOMMODATION AS SOON AS POSSIBLE.

Ahmanson Senior Center  Hours of Operation:  Mon. - Fri.  8:00am - 4:00pm  |  Sat. and Sun. Closed
3990 Bill Robertson Lane, Los Angeles, CA 90037  laparks.org/expo
City of Los Angeles Department of Recreation and Parks
All classes and programs are subject to cancellation. All refunds will be assessed an 15% fee.

11-21-23
AQUACISE CLASS for ADULTS
This class offers low to high intensity workouts that promotes cardio vascular fitness, conditioning, increased flexibility, and range of motion.

Adults: 18-49yrs $5.00 per class $40.00 per series*
Adults 50+yrs $4.00 per class $32.00 per series*(8 classes)

Mon./ Wed.
12:00pm – 1:00pm | 5:00pm – 6:00pm

Register for classes at Roy A. Anderson Recreation Center.

GENERAL INFORMATION

IMPORTANT DATES
EXPO Winter Classes Registration begins Nov. 06
EXPO Winter Festival Dec. 09
Winter Camp Begins Dec. 18
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Spring Class Registration begins Feb. 20

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Christmas Dec. 25
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NASCAR Event Feb. 04
Presidents Day Feb. 19
Cesar Chavez Day Mar. 25

Scheduling of Special Events at LA Coliseum and LANC games may cause additional days of closure to EXPO Center and LA84/John C. Argue Swim

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WINTER AQUATICS
LA84/John C. Argue Swim Stadium

**WATER POLO**
Mon. / Wed. 6:30pm – 8:30pm
Fri. 5:00pm – 6:00pm

**MONDAY - FRIDAY**
**ADULT LAP SWIM** (18yrs & up)
7:30am – 4:00pm
(Competition Pool Only)

Mon. - Thu. | Fri. 5:00pm - 7:00pm | 5:00pm - 6:30pm
(Family Pool Only)
Limited lanes based on classes

**RECREATIONAL SWIM**
1:00pm - 5:00pm
(Family Pool Only)

**SATURDAY**
**ADULT LAP SWIM** (18yrs & up)
1:00pm - 4:30pm
(Competition Pool Only)

**RECREATIONAL SWIM**
1:00pm - 4:30pm
Closed Sunday

**GENERAL ADMISSION**
17 years & under .... $1.00
18 years to 49 years .... $4.00
50+ Adults .... $1.00
Persons with Disabilities .... $1.00

**NOTE:**
Under 4 yrs., swim diaper required.
6 yrs. & under, must be accompanied by adult on a 1:1 ratio. (One child to one adult)

*All Prices subject to change*

**PLAYLA USA**
Ages 7-17 is designed for entry-level athletes.
The year-round program is a department sponsored league in partnership with USA Swimming.

**Registration requirements**
- Assessment to demonstrate intermediate level swimming
- $10.00 per participant

**Training Schedule**
Mon. - Thu. 5:00pm - 7:00pm

**NOVICE TEAMS**
Ages 7-17
Registration begins Jan. 27
Practice begins Jan. 30
$10.00 per participant

**ARTISTIC SWIMMING**
Mon./Wed. 5:00pm - 6:30pm
Fri. 5:00pm - 7:00pm

**EXPO CENTER and POOL Closed**
Christmas Dec. 25
New Years Jan. 01
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NASCAR Event Feb. 04
Presidents Day Feb. 19

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*All Prices subject to change*
<table>
<thead>
<tr>
<th>Class Type</th>
<th>Age Range</th>
<th>Time</th>
<th>Instructor</th>
<th>Fee</th>
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<tbody>
<tr>
<td><strong>YOUTH GROUP SWIM LESSONS</strong></td>
<td>3-6 yrs.</td>
<td>Mon./Wed. 4:00pm-4:25pm</td>
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<td>$108.00</td>
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<td>Tue./Thur. 6:00pm-6:25pm</td>
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<tr>
<td><strong>ADULT GROUP SWIM LESSONS (18+ yrs.)</strong></td>
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<tr>
<td>Level 1 - WATER CONFIDENCE</td>
<td>3-6 yrs.</td>
<td>Tue./Thur. 1:00pm-1:25pm</td>
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<td>$30.00 per session</td>
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<td>6:00pm-6:25pm</td>
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<td>25 minutes per lesson</td>
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<tr>
<td>Level 2 - BEGINNER</td>
<td>7-17 yrs.</td>
<td>Mon./Wed. 1:00pm-1:25pm</td>
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<td>$40.00 per series (8 lessons)</td>
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<tr>
<td>Level 3 - ADVANCED BEGINNER</td>
<td>7-17 yrs.</td>
<td>Mon./Wed. 4:30pm-4:55pm</td>
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<td>$40.00 per series (8 lessons)</td>
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<td>Tue./Thur. 4:30pm-4:55pm</td>
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<tr>
<td>Level 4 - INTERMEDIATE</td>
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<td>Level 5 - SWIMMERS</td>
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<td>AQUACISE</td>
<td>18+ yrs</td>
<td>Adults - $5.00 per class</td>
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<td>Adults 50+ - $4.00 per class</td>
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<td>$32.00 per series (8 lessons)</td>
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<td>BOGA FIT</td>
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<td>Adults - $10.00 walk-in</td>
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<td>$90.00 series of 10 classes</td>
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<td>AQUACISE</td>
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<td>12:00pm-1:00pm</td>
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<td>5:00pm-6:00pm</td>
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<tr>
<td>ADAPTIVE AQUATICS</td>
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<td>Students “swimming ability” not required. This class is designed for athletes with disabilities.</td>
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<td>Fri. 5:30pm-6:30pm</td>
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<td>Fee: Free</td>
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**Space in class is limited, registrations taken on a first come first serve basis until class is full. No refunds unless class is cancelled by facility.**

**All prices subject to change without notice. All classes and programs in this schedule are subject to change or cancellation.**

**All refunds will be assessed an 15% administrative fee.**
**EXPO CENTER**

**AQUATICS**

LA84/John C.Argue Swim Stadium

- SCHEDULE OF SWIM CLASSES -

**ONLINE REGISTRATION**

https://reg.laparks.org

Online Registration: starts Saturday at 9:00am and closes Tuesday at 11:59pm

**WALK - IN Swim Lessons Registration  (Session 1 – 5)**

SESSIONS: (1) Sat. Jan. 6 | (2) Sat. Feb. 3 | (3) Sat. Mar. 2 | (4) Sat. Mar. 30 | (5) Sat. Apr. 27

<table>
<thead>
<tr>
<th>SWIM CLASSES</th>
<th>SESSION: 1 Jan. 8 - Feb. 1</th>
<th>SESSION: 2 Feb. 5 – Feb. 29</th>
<th>SESSION: 3 Mar. 4 – Mar. 28</th>
<th>SESSION: 4 Apr. 1 – Apr. 25</th>
<th>SESSION: 5 Apr. 29 – May 16</th>
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</thead>
<tbody>
<tr>
<td>Level 1</td>
<td>Water Confidence</td>
<td>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.</td>
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<tr>
<td>Level 2</td>
<td>Beginner</td>
<td>Learn locomotion skills including front and back crawl and swimming in semi deep water.</td>
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<td>Level 3</td>
<td>Advance Beginner</td>
<td>Learn elementary backstroke and continue to improve front and back crawl.</td>
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<tr>
<td>Level 4</td>
<td>Intermediate</td>
<td>Learn breaststroke and sidestroke skills.</td>
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<tr>
<td>Level 5/6</td>
<td>Swimmer/Advance.</td>
<td>Participants refine strokes and learn aquatic skills such as butterfly stroke.</td>
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</tbody>
</table>

**IN PERSON TEAMS Registration Jan. 27 starts at 9:00am**

There are no classes on holidays and there will be no make ups.

**Take the LIFEGUARD CHALLENGE - How to become a LOS ANGELES CITY LIFEGUARD**

- Swim a 200 yard lifeguard medley (breaststroke, backstroke, sidestroke and front crawl) within proper form under 3 minutes and 52 seconds.
- Perform the L.A. City Dummy Tow Swim under 1 minute and 18 seconds
- Retrieve a 10 pound diving brick off the bottom of a 10 feet pool
- Swim 25 yards in 18 seconds or less
- Tread water with a 10 pound diving brick for 1 minute

Interested in working for us, but won’t be 17 by next summer? That’s O.K!
If you are over the age 15 you can become a Locker Attendant if interested visit citywide.aquatics@lacity.org

**For information concerning dates and times Call Aquatic Head Quarter (323) 906-7953.**

**LAC-PAT - For updated information concerning LAC-PAT call EXPO Aquatic office (213) 763-0125.**
Follow these Steps

HOW TO BECOME A VOLUNTEER?
- Choose a program or event to volunteer your time and talents!
- Contact program staff to arrange an interview.
- Complete the Volunteer Application Form and Volunteer Questionnaire.
- Get fingerprinted at EXPO Center and pass background check. It’s free!
- After clearance, staff will contact you for assignment and orientation!

For more information Call (213) 763-0114

EXPO CENTER
VOLUNTEER INFORMATION

Ready to Become A Volunteer!!

Get involved! Build your community through people, programs, and events at EXPO CENTER!

WHY BECOME A VOLUNTEER?
- Give back to the community
- Improve the quality of life in South Los Angeles
- Gain valuable skills and experience
- Practice and strengthen leadership skills
- Meet new people
- Help EXPO Center bring programs and services to more people
- Have fun and utilize your unique skills

EXPO Center values inclusivity and encourages persons with disabilities to volunteer. Certain assignments may have specific ability requirements. Speak with the program’s staff to discuss necessary accommodation.