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

ADULT LAP SWIM (18yrs & up)
7:30am – 4:00pm
Mon. - Thu.  |  Fri.
5:00pm - 7:00pm | 5:00pm - 6:30pm
 limited lanes based on classes

RECREATIONAL SWIM
1:00pm - 5:00pm
Family Pool Only

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

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*

(213) 763-0125
LAP PASS
Adult Lap Pass
$88.00 for 30 admission
Youth, 50+ Adults and Persons with Disabilities Pass
$25.00 for 30 admissions

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

WINTER 2023
JUNIOR Lifeguard CAMP
Pre-registration
Dec. 1 - Dec. 15
Ages: 9-17
Session 1: $120 per session
Session 2&3: $100 per session
$25 registration fee (one time, non-refundable)
Session 1: Dec. 18 - Dec. 22
Session 2: Dec. 26 - Dec. 29
Session 3: Jan. 02 - Jan. 05
For more information call Aquatic office (213) 763-0125

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

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 Stadium.

EXPO 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
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

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.
YOUTH GROUP
SWIM LESSONS
FREE per session
25 minutes per lesson

AGES 3-6 yrs.
INFANT-PRESCHOOL
AQUATIC PROGRAM
Children must be accompanied by an adult.

<table>
<thead>
<tr>
<th>Mon./Wed.</th>
<th>Tue./Thur.</th>
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<tbody>
<tr>
<td>4:00pm-4:25pm</td>
<td>6:00pm-6:25pm</td>
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</tbody>
</table>

Level 1 - WATER CONFIDENCE
Mon./Wed. 5:00pm-5:25pm
Tue./Thur. 5:30pm-5:55pm

Level 2 - BEGINNER
Mon./Wed. 5:30pm-5:55pm
                     6:00pm-6:25pm
Tue./Thur. 5:00pm-5:25pm
                     5:30pm-5:55pm

Level 3 - ADVANCED BEGINNER
Mon./Wed. 4:30pm - 4:55pm
Tue./Thur. 4:30pm - 4:55pm

AGES 7-17 yrs.
Level 1 - WATER CONFIDENCE
Mon./Wed. 5:00pm-5:25pm
Tue./Thur. 5:30pm-5:55pm

Level 2 - BEGINNER
Mon./Wed. 5:30pm-5:55pm
6:00pm-6:25pm
Tue./Thur. 5:00pm-5:25pm
5:30pm-5:55pm

Level 3 - ADVANCE BEGINNER
Mon./Wed. 4:30pm-6:55pm
Tue./Thur. 4:30pm-4:55pm
5:00pm-5:25pm

Level 4 - INTERMEDIATE
Mon./Wed. 6:30pm-6:55pm
Tue./Thur. 4:00pm-4:25pm

Level 5 - SWIMMERS
Tue./Thur. 4:00pm-4:25pm

PRIVATE SWIM LESSONS
Fees: 4 lessons of 25 min each
(1 person) *Private $108.00
(2 persons) *Semi-Private $160.00

*Private: is a one-to-one ratio
*Semi-private: is a two-to-one ratio

Registration: Private lessons are limited to 2 half-hours slots per family.
Ages 3-6 - Parent must accompany child in the water.

– Friday Only –
See Pool Clerk for Scheduling

AQUATICISE
18+ yrs
Adults - $5.00 per class
$40.00 per series (8 lessons)
Adults 50+ - $4.00 per class
$32.00 per series (8 lessons)

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

BOGA FIT
Friday
6:00pm - 7:00pm
Fees: Adult - $10.00 walk-in
$90.00 series of 10 classes

ADAPTIVE AQUATICS
Students “swimming ability” not required. This class is designed for athletes with disabilities.

Fri. 5:30pm-6:30pm
Fee: Free

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.

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.

11-21-23
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>
</tr>
</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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<tr>
<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 Swimmer</td>
<td>Participants refine strokes and learn aquatic skills such as butterfly stroke.</td>
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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 3minutes 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.

Aquatic Office Hours  Mon. - Fri. 9:00am-7:00pm  |  Sat. 1:00pm-4:30pm  |  Sun. Closed
3980 Bill Robertson Lane, Los Angeles, CA 90037  laparks.org/expo/aquatic  @expocenterla

City of Los Angeles Department of Recreation and Parks
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