

City of Los Angeles Department of Recreation and Parks

SPRING 2020



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

[f](#) [@expocenterla](#)

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

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



EXPO CENTER YOUTH & TEENS

Roy A. Anderson Recreation Center

SCHEDULE OF CLASSES

Registration Begins **FEB. 24**

CALL (213) 763-0114

Classes Begin **APR. 6**

SPORTS & LEAGUES

REGISTER NOW!
REGISTRATION ENDS MAR. 28

GPLA GIRLS VOLLEYBALL
Ages: 8-15 *Fee: \$10
Evaluation Dates/Times Tues. Mar. 24 6-8pm &
Thu. Mar. 26 6-8pm

GPLA GIRLS SOFTBALL
Ages: 8-13 *Fee: \$10
Evaluation Dates/Times Tues. Mar. 24 6-8pm
Thu. Mar. 26 6-8pm
* includes: uniform, trophy, staff and officials fees



BASEBALL LEAGUES-COED
LEAGUE Begins April 14 Fees: \$10
T-BALL COED 6U Ages 5-6
COACH-PITCH 8U Ages 7-8
Evaluation Dates/Times Tues. Mar. 24 6pm

SPRING TRACK CLINIC-COED
Ages: 5-15 Fees: \$10
Register Now
Registration ends Sat. Mar. 28

Call Sports office (213) 763-0115 Ext. 253

PRESCHOOL

RALPH M. PARSONS Ages: 3-5
Mon. - Fri. 7am - 6pm
Registration Fee: \$25 One time non-refundable
Full-Day Preschool 7am-6pm \$160 wk
Half-Day Preschool 7am-12pm \$90 wk
After School Kinder 2-6pm \$50 wk
Walking Pick Ups Science Center School only
For more information call (213) 763-5119

AFTER SCHOOL

AFTER SCHOOL ENRICHMENT PROGRAM

Grades: 1-5 Hours: 2-6 pm
Registration Fee: \$20 (One time, non refundable)
Fee: \$40 per week Actual program cost *\$60.

*\$20 is subsidized by the generous donations from
The Friends of EXPO Center. - Limited Enrollment -

Walking Pick Up Locations: 32nd Street,
Science Center. (Walking pick ups rain or shine)

Van Pick Up Weemes, and Foshay

MIDDLE SCHOOL AFTER SCHOOL PICK UP PROGRAM

Grades: 6 - 8 Hours: 2-3pm
Registration Fee: \$20 (One time, non refundable)
Fee: \$30 per week

Walking Pick Up Locations: 32nd Street

Van Pick Up: Foshay

Call ASEP office for information Ext. 228

RECREATIONAL

DANCE & CHEER Fee: \$10
Day/Time: Mon./Wed./Fri. 6-8pm Ages: 5-12
Day/Time: Mon./Wed./Fri. 6-8pm Ages: 12-14

MARTIAL ARTS Fee: \$10
Day/Time: Mon./Wed. 6-8pm Ages: 5-15

ZUMBA CLASS Fee: \$10
Day/Time: Mon./Wed. 5-6pm (All Ages)
Day/Time: Tue./Thu. 6:30-7:30am

GYMNASTICS (Tumbling) Ages: 5-17 Fee: \$10
Day/Time: Sat. 12:30-1:15 | 1:30-2:30 | 2:30-4pm

EXPO CAMPS

SPRING CAMP

Apr. 6 - Apr. 10

Register NOW! Hours: 7:30am - 6pm
\$20 One time registration fee non-refundable

Day Camp Grades: 1-5 Fee: \$140
Teen Adventure Grades: 6 - 8 Fee: \$140

SUMMER CAMPS

June 15 - August 7

Registration Opens: Mon. Apr. 13

Camp EXPO has a wide selection of programs:
Day, Teen, & Jr. Lifeguard Programs.

Camps-Day: Grades 1-5 | Teen: Grades 6-8
Jr. Lifeguard: Ages 9-17

Hours: 7:30am - 6pm

Registration Fee: \$20 One time non-refundable
Camp Fee: \$140

Must be paid Friday prior to week of attendance

Camp information - Call (213) 763-0114
Day/Teen Camp - Ext. 227 & 228
Jr. Lifeguard - Ext. 208

CAMPERSHIPS

EXPO Summer Camps

Campership applications available Mon. Feb. 24

**** APPLICATION SUBMISSION ****
Begins: Mon. Mar. 16 - Ends: Fri. Apr. 3

Limited Camperships Available are given on a
first come, first served basis for qualified applicants
and are not guaranteed.

Seasonal Camps information or questions call:
(213) 763-0114 Ext. 227 & 228

JOIN THE CLUBHOUSE!! Ages: 11-17

GENERAL INFORMATION and EVENTS

IMPORTANT DATES

Spring Camp Registration	Register Now
Spring Class Registration Begins	Feb. 24
Summer Campership applications submission	Mar. 16 - Apr. 3
Spring Camp	Apr. 6 - Apr. 10
Spring Classes Begin	Apr. 06
Summer Camp Registration Begins	Apr. 13

Summer Camp Begins June 15

EXPO Center and POOL Closed

Cesar Chavez Mar. 30

Memorial Day May 25

Independence Day July 03

Labor Day Sept. 7

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

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 | facebook.com/expocenterla

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.

02-19-20

SPRING 2020 YOUTH & TEENS

Roy A. Anderson Recreation Center

— SCHEDULE OF CLASSES —

The Clubhouse

Ages 11-17

CALL (213) 763-0114



is 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 is part of The Clubhouse Network, an international community of 100 Clubhouses located in 19 countries, providing youth with life-changing opportunities for over 22 years.

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

Be Creative @ The Clubhouse!

The Clubhouse Hours:

Open Lab Tue.-Thu. 2:30-3:30pm

Canvas Art Mon./Wed. 3:30-5:30pm

Graphic Design Wed. 4:00-5:30pm

Photography Tue. 4:00-6:00pm

Youth Radio: Podcasts

Thu. 4:00-5:30pm | Wed. 6:00-7:00pm

Programming with Raspberry Pi

Tue. 6:00-7:30pm



YOUTH FX URBAN MEDIA PROGRAM:

Introduces and provides young people access to music and video production software and equipment to create multimedia

projects that spark social change in their community.

The young people work with Media Mentors on program and gain skills using the latest software, such as Final Cut, Logic and Adobe Creative Suite.

YOUTH FX URBAN MEDIA PROGRAM:

Music Production Mon.-Thu. 3:30-5:00pm

Mon.-Thu. 5:00-6:30pm

Audio Mixing & Mastering Mon.-Thu. 6:30-7:30pm

Music Video Production Thu. 5:00-7:00pm

Girls in Media Program Thu. 4:30-5:45pm

Thu. 6:00-7:15pm

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 (213) 763.0114 Ext. 286

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. 286



Mon.-Thu. 2:30-7:30pm **Fri. 2:30-8pm**

Ages: 11-17

Think Green! Mon. 4:30-5:30pm

Power Hour Mon. 2:30-3:30pm

Teen Fitness/Eat Smart Mon. 3:30-4:30pm

Minute to Win It! Mon. 6:30-7pm

Life Skills 101 Mon. 5:30-6:30pm

Fun Zone Mon. 7:00-7:30pm

Fun Zone & Computer Lab Fri. 2:30-4pm

Sports Madness Fri. 4-5pm

Cooking 101 & Snack Attack Fri. 5-6pm

Video Gaming Fri. 6-6:30pm

Movie Time Fri. 6:30-7:45pm

Saturday – Specialty Workshops & Field Trips, Community Service and Special Events.

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 in technology!

If you are interested in mentoring at our Clubhouse, call (213) 763-0114 Ext. 213 or email thai.buckman@lacity.org.



C2C PATHWAYS COLLEGE CAMPUS TOURS

For information on

The Clubhouse College C2C Programs,
Call (213) 763-0114 Ext. 286

Space is Limited!

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 | facebook.com/expocenterla

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

02-19-20

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



SPRING 2020 SENIOR CENTER

— SCHEDULE OF CLASSES —

AHMANSON SENIOR CENTER

CALL (213) 763-0118

HOURS of OPERATION Mon. - Fri. 9:00am - 5:00pm

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 CLASSES

State-of-the-art computer training for senior and adults.

- Funded by The Friends of EXPO Center -

***Must Pre-Register**

Registration begins March 10

Classes begin the week of Apr. 7 - June 2

Tue. Advanced 9:30am - 12pm

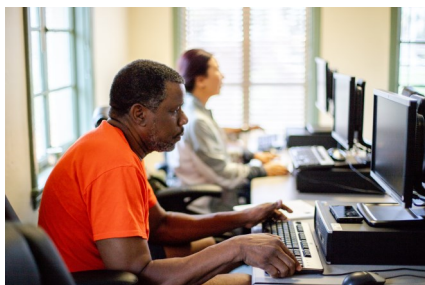
Wed. Intermediate 9:30am - 12pm

Thu. Open Lab 10am - 1pm

Fri. Beginners 10:30am - 12:30pm

***Computer Lab access for Ahmanson Senior Center registered members**

Location: Computer Lab



SOCIAL CAFÉ (Members Only)

Mon. - Fri. 9 am - 4 pm

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.

Mon. 11am - 12 pm | Thu. 11am - 12 pm

Sessions are two times per week with a trainer who will assist in the fitness room in Roy Anderson Building.

MAMBO MANIA

Dance away the pounds with this high fun, full-body workout-one hour of cardio dance followed by 1/2 hour of Yoga Suave (gentle flow yoga and guided meditation).

Tue./ Thu. 9:30 - 11:00am

- Funded by The Friends of EXPO Center -

SENIOR BOXING CLASS

Learn the basic skills/techniques of boxing.

Mon./ Tue./ Fri. 12:00 - 1:00pm



LOW IMPACT - VIDEO EXERCISE

Follow along with an instructor and enjoy a mixture of exercise routines.

Fri. 9:30 - 11am

SENIOR PROGRAMS

SALSA CLASS

Tue./ Thu. 11am - 12pm

Friday classes \$2 per member

- Beginners Fri. 11am - 12pm

- Intermediate Fri. 12pm - 1pm

SQUARE DANCE CLUB

Join the Guys & Dolls Square Dance Club and kick up your boots.

Practice -Thu. 7:30pm - 9:30pm

DANCE

-3rd Fri. of the month \$3 per member

KNITTING & CROCHETING CLUB

Sewing and crafting while socializing

Wed. 10am - 4pm

CRAFT CLUB

Create fun craft projects while socializing with your friends.

Fri. 11am - 1pm

QUILTING CLUB

Learn various styles of quilting while completing your projects.

Wed. 10am - 4pm

ENGLISH NOW

ESL Class, students develop listening and speaking skills in English. It is a multi-level class. FREE to Ahmanson Senior Center members. Tue. / Thu. 11am - 12pm

Senior Cafe

Ahmanson Senior Center Hours of Operation: Mon. - Fri. 9:00am - 5:00pm | Sat. and Sun. Closed

3990 Bill Robertson Lane, Los Angeles, CA 90037

laparks.org/expo | facebook.com/expocenterla

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

02-19-2020

EXPO CENTER **ADULTS & SENIORS**

Roy A. Anderson Recreation Center

— SCHEDULE OF CLASSES —

Registration Begins **FEB. 24**

CALL (213) 763-0114

Classes Begin **APR. 6**

HEALTH & FITNESS

Get **FIT** at **EXPO**
FITNESS SESSIONS

April 6 - May 16 | May 18 - June 27

FITNESS CLASSES - FEES All Ages

(1) 6 week session \$60

(2) 6 week session \$100

Sun Rise Fitness Mon./Wed./Fri. 6:15-7:15am

Circuit Training Mon./Wed./Fri. 7:15-8:15am

Total Body Fitness Mon./Wed./Fri. 8:30-9:30am

Universal Fitness Tue. 6:30-7:30pm

Rose Garden Boot Camp Fitness
 at Exposition Park Rose Garden Sat. 6:30-8:30am

Elite Spin Bike Class Tue./Thu. 6:15-7:15am
 7:15 - 8:15am | 8:30 - 9:30am



BOXING CARDIO All Ages Fee:\$30
 Mon./ Wed./ Fri. 7:00 - 8:00am

HEALTH & FITNESS CENTER (Membership)

Allows access to fitness
 center and weight room.



FITNESS PASS: (3 months)

QUARTELY: Adults 18+ \$50
Seniors 55+ \$30

MONTHLY: Adults 18+ \$20
Seniors 55+ \$10

DAY PASS: Adults 18+ \$5
Seniors 55+ \$3



RECREATION CLASSES

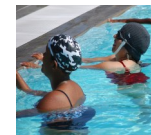
ZUMBA DANCE (All Ages)

Fee: \$10

Learn Zumba dance steps and
 movement with this high energy
 exercise class.

Mon./Wed. 5:00-6:00pm

Tue./Thu. 6:30-7:30am



AQUACISE CLASS for ADULTS & SENIORS

This class offers low to high
 intensity workouts that pro-
 motes cardio vascular fitness, conditioning,
 increased flexibility, and range of motion.

Adults: 18-54 \$4.50 per class
\$45.00 per month

Seniors: 55+ \$4.00 per class
\$40.00 per month

Mon./ Wed./ Fri.
6:30 - 7:30am | 12 - 1pm | 5 - 6 pm

Register for classes at Roy A. Anderson

GENERAL INFORMATION

IMPORTANT DATES

Spring Camp Registration	Register Now
Spring Class Registration Begins	Feb. 24
Summer Campership applications submission	Mar. 16 - Apr. 3
Spring Camp	Apr. 6 - Apr. 10
Spring Classes Begin	Apr. 06
Summer Camp Registration Begins	Apr. 13
Summer Camp Begins	June 15



EXPO Center and POOL Closed

Cesar Chavez	Mar. 30
Memorial Day	May 25
Independence Day	July 03
Labor Day	Sept. 07

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

Hours of Operation: Mon. - Fri. 6:00am - 8:00pm | Sat. 9:00am - 5:00pm | Sun. Closed

3980 S. Bill Robertson Lane, Los Angeles, CA 90037 laparks.org/expo | facebook.com/expocenterla

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.

02-19-2020



SPRING 2020 AQUATICS

LA84/John C. Argue Swim Stadium

ONLINE Registration Available

SPRING Classes and Programs

MONDAY— FRIDAY

ADULT LAP SWIM (18yrs & up)

6:30am - 8:30am
(Competition Pool Only)

11:00am - 3:30pm
(Competition Pool Only)

5:00pm - 7:30pm
(Family Pool Only-Limited Lanes)

RECREATIONAL SWIM

11:00am - 7:30pm
(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 years & older \$1.00

Persons with Disabilities... \$1.00

NOTE:

4 yrs. & under, 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

CALL (213) 763-0125

LAP PASS

Adult Lap Pass:

\$88.00 for 30 admission

Youth/ Senior Pass:

\$25.00 for 30 admissions

TEAM SWIM LA

Team Swim LA is designed for entry-level athletes ages 7-17. The year-round program is a department-sponsored league in partnership with USA Swimming.

Registration requirements

- Assessment to demonstrate intermediate level swimming
- USA Swimming Flex Swim membership

Team Registration: \$60 per season

USA Swimming Flex: \$20 yearly

Swim Training

Tue.-Fri. 4:30pm-6:00pm



NOVICE TEAMS

Ages 7-17

\$50.00 per participant

Requires a minimum of Intermediate (level 4) swimming skills.

ARTISTIC SWIMMING

Mon. 5:00pm - 7:30pm

Tue./Thu. 5:00pm - 7:00pm

WATER POLO

Mon. 5:30pm - 7:30pm

Wed./Fri. 6:00pm - 7:30pm

TECHNIQUE Classes

Fee: \$30 per Session

DIVE TEAM

Sat.

1:30pm - 3:30pm

SUMMER 2020 Jr. GUARD CAMP

Ages 9-17

Session: 1 June 15 to July 10

Session: 2 July 13 to Aug. 7

Program Cost \$340 a Session (\$85 a week)

Mon. - Fri. 8:00am - 3:00pm

Limited Enrollment

GENERAL INFORMATION and EVENTS

IMPORTANT DATES

Spring Camp Registration
Spring Class Registration Begins
Summer Campership applications submission
Spring Camp
Spring Classes Begin
Summer Camp Registration Begins
Summer Camp Begins

Register Now
Feb. 24
Mar. 16 - Apr. 3
Apr. 6 - Apr. 10
Apr. 06
Apr. 13
June 15



EXPO Center and POOL Closed

Cesar Chavez
Memorial Day
Independence Day
Labor Day

Mar. 30
May 25
July 03
Sept. 07

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 | facebook.com/expocenterla

City of Los Angeles Department of Recreation and Parks

All classes and programs listed may be subject to change or cancellation.

All refunds will be assessed a 15% administration fee

02-24-20

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



EXPO CENTER AQUATICS

LA84/John C. Argue Swim Stadium



— SCHEDULE OF CLASSES —

ONLINE Registration Available

SPRING Classes and Programs

YOUTH GROUP SWIM LESSONS

\$30.00 per session
25 minutes per lesson

AGES 4-6 yrs. INFANT-PRESCHOOL AQUATIC PROGRAM

Children must be accompanied by an adult.

Mon./Wed. 4:00pm-4:25pm **Level 1**
4:30pm-4:55pm **Level 3**

Tue./Thu. 6:00pm-6:25pm **Level 2**
6:30pm-6:55pm **Level 1**

AGES 7-17 yrs.

Level 1 - WATER CONFIDENCE

Mon./Wed. 5:00pm-5:25pm
Tue./Thu. 5:30pm-5:55pm

Level 2 - BEGINNER

Mon./Wed. 5:30pm-5:55pm
6:00pm-6:25pm
Tue./Thu. 5:00pm-5:25pm
5:30pm-5:55pm

Level 3 - ADVANCE BEGINNER

Mon./Wed. 6:30pm-6:55pm
Tue./Thu. 4:30pm-4:55pm
5:00pm-5:25pm

Level 4 - INTERMEDIATE

Mon./Wed. 6:30pm-6:55pm
Tue./Thu. 4:00pm-4:25pm

Level 5 & 6 - SWIMMERS/ ADV. SWIMMERS

Tue./Thu. 4:00pm-4:25pm

CALL (213) 763-0125

ADULT & SENIORS GROUP SWIM LESSONS (18+ yrs.)

\$30.00 per session
25 minutes per lesson

Level 1 - WATER CONFIDENCE

Level 2 - BEGINNER

Mon./Wed. 12:00pm-12:25pm
Tue./Thu. 5:30pm - 5:55pm
6:00pm - 6:25pm

Level 3 - ADVANCED BEGINNER

Level 4 - INTERMEDIATE

Mon./Wed. 11:30am-11:55am
Tue./Thu. 4:30pm - 4:55pm

PRIVATE SWIM LESSONS

(Ages 4 and up)

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 for private lessons
is limited to 2 half-hours slots per family.

**Ages 4-6 Parent must accompany
child in the water.**

- Note: Space in class is limited, registrations taken on a first come first serve basis until class is full.
- All prices subject to change without notice.
- The classes and programs in this brochure may be subject to change or cancellation.
- Patrons with disabilities are welcome to participate in our programs and classes. Reasonable accommodations will be made with prior arrangements.
- **No refunds unless class is cancelled by facility.**
- **All refunds will be assessed a 15% administrative fee.**

AQUACISE ADULTS & SENIORS

18+ yrs

Adults - \$5.00 per class
\$45.00 per series (8 lessons)

Seniors - \$4.00 per class
\$40.00 per series (8 lessons)

Mon./ Wed./ Fri.

6:30am-7:30am | 12:00pm-1:00pm
5:00pm-6:00pm



BOGA FIT

Tue. / Thu.

7:30am - 8:30am
7:30pm - 8:30pm

Daily Walk in Admission \$15
Monthly Pass \$110

SPECIAL OLYMPICS

Students "swimming ability"
not required. This class is designed
for athletes with disabilities.

Fri. 5:00pm - 6:00pm

Fee: FREE

Aquatics 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
City of Los Angeles Department of Recreation and Parks

All classes and programs listed may be subject to change or cancellation.

02-24-20

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



SPRING 2020 AQUATICS

LA84/John C. Argue Swim Stadium

- SCHEDULE OF SWIM CLASSES -

ONLINE REGISTRATION <https://reg.laparks.org>

Online Registration Starts Sat. at 9:00am and Ends Tue. at 11:59pm

Class Descriptions (see listing below)	Session: 2 Mar. 2 - Mar. 26	Session: 3 Mar. 31 - Apr. 23	Session: 4 Apr. 27 - May 21
	Online Registration Dates		
Level 5/6: Swimmer/Adv. Swim Level 4: Intermediate	Feb. 29	Mar. 28	Apr. 25
Level 3: Adv. Beginner & Level 2: Beginner	to Mar. 3	to Mar. 31	to Apr. 28
Level 1: Water Confidence & IPAP			

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.

Level 2. Beginner - Learn locomotion skills including front and back crawl and swimming in semi deep water.

Level 3. Advance Beginner - Learn elementary backstroke and continue to improve front and back crawl.

Level 4. Intermediate - Learn break stroke and sidestroke skills.

Level 5/6 Swimmer/Adv. Swimmer - Participants refine strokes and learn aquatic skills such as butterfly stroke.

WALK - IN Swim Lessons Registration (Session 2 - 4)

Walk in registration starts 9:00am - Registration may begin early to meet demand

Session 2: Sat. Feb. 29 | Session 3: Sat. Mar. 28 | Session 4: Sat. Apr. 25

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

City of Los Angeles - Mayor *Eric Garcetti*

Councilmember *Curren D. Price 9th District*

Board of Recreation and Parks Commissioners

Sylvia Patsouras, *President* | Lynn Alvarez, *Vice President*

Member - *Nicole Chase, Joseph Halper*

Recreation and Parks Administration - Michael A. Shull, *General Manager*

Anthony-Paul Diaz, Esq., *Executive Officer*

Sophia Pina-Cortez, *Assistant General Manager - Special Operations Branch*

Belinda Jackson, *Executive Director* | Patricia Delgado, *Principal Recreation Supervisor I*



PARKPROUDLA



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

facebook.com/expocenterla

City of Los Angeles Department of Recreation and Parks

All classes and programs listed may be subject to change or cancellation.

02-24-20

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