

# EXPO CENTER SPRING 2023



## AQUATICS

LA84/John C. Argue Swim Stadium

Online Registration Begins MARCH 4      SPRING Classes Begin MARCH 6

### MONDAY— FRIDAY

#### ADULT LAP SWIM (18yrs & up)

7:30am – 4:00pm  
(Competition Pool Only)

5:30pm - 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\*

**(213) 763-0125**

#### LAP PASS

##### Adult Lap Pass

Youth - 50 Adults  
\$88.00 for 30 admission

##### 50+ Adults and

Persons with Disabilities 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

#### Training Schedule

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

For more information concerning Team Swim LA call Aquatic office (213) 763-0125

#### NOVICE TEAMS

Ages 7-17

Practice  
March - May

\$10.00 entire season

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

#### WATER POLO

Mon. / Wed.

6:30pm – 8:30pm

Fri. 7:00pm - 8:00pm

#### ARTISTIC SWIMMING

Mon. / Wed.

5:00pm - 6:30pm

Fri. 5:00pm - 7:00pm

#### YOUTH FITNESS CLASS

\$20 per Session

#### DIVING

Tue. / Thu.

5:30pm 6:15pm

## GENERAL INFORMATION and EVENTS

#### IMPORTANT DATES

Spring Class Registration Begins	March 6
Summer Camp Registration Begins	March 25
Spring Classes Begin	April 10
Summer Camp Begins	June 12



#### EXPO Center and POOL Closed

Cesar Chavez	March 27
Memorial Day	May 29

Scheduling of Special Events at LA Coliseum and LAFC 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

@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

03-24-23

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

# SPRING 2023

# AQUATICS

LA84/John C. Argue Swim Stadium

## SCHEDULE OF CLASSES

Online Registration Begins **MAR 4**

**SPRING** Classes Begin **MARCH 6**

**(213) 763-0125**

### 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.*

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

Tue./Thu. 6:00pm-6:25pm **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

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

**\$30.00** per session  
25 minutes per lesson

#### Level 1- WATER CONFIDENCE

Tue./Thu. 1:00pm-1:25pm | 6:00pm-6:25pm

#### Level 2 - BEGINNER

Mon./Wed. 1:00pm-1:25pm | 6:00pm-6:25pm

#### Level 3 - ADVANCED BEGINNER/ INTERMEDIATE

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

### PRIVATE SWIM LESSONS

(Ages 3 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.**

- Friday Only -

See Pool Clerk for Scheduling  
Days and Times

- 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.

### AQUACISE ADULTS & SENIORS

18+ yrs

Adults - \$5.00 per class  
\$40.00 per series (8 classes)

Seniors - \$4.00 per class  
\$32.00 per series (8 classes)

**Mon./Wed.**

12:00pm-1:00pm | 5:00pm-6:00pm

### BOGA FIT

Friday

1:00pm-2:00pm | 6:00pm-7:00pm  
Fees: Adult - \$10.00 walking  
\$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**

**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](http://laparks.org/expo)  
City of Los Angeles Department of Recreation and Parks

@expocenterla

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# 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 3 – 5)

SESSIONS: (3) Sat. March 4 | (4) Sat. April 1 | (5) Sat. April 29

SWIM CLASSES	SESSION: 3 March 6 – March 31	SESSION: 4 April 3 – April 28	SESSION: 5 May 1 – May 26
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<b>Level 1</b>	<b>Water Confidence</b>	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.	
<b>Level 2</b>	<b>Beginner</b>	Learn locomotion skills including front and back crawl and swimming in semi deep water.	
<b>Level 3</b>	<b>Advance Beginner</b>	Learn elementary backstroke and continue to improve front and back crawl.	
<b>Level 4</b>	<b>Intermediate</b>	Learn breaststroke and sidestroke skills.	
<b>Level 5/6</b>	<b>Swimmer/Advance Swimmer</b>	Participants refine strokes and learn aquatic skills such as butterfly stroke.	

### WALK-IN TEAMS Registration WELCOME!

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

### LIFEGUARD POP-UP TEST to become a LOS ANGELES CITY LIFGUARD

- Swim a 200 yard lifeguard medley (breaststroke, backstroke, sidestroke and front crawl) within proper form in 3minutes and 52 seconds.
- Perform the L.A. City Dummy Tow Swim under 1 minute and 18 seconds

Interested in working for us, must 17 by summer?

If you are over the age 15 you can become a Locker Attendant if interested email [citywide.aquatics@lacity.org](mailto:citywide.aquatics@lacity.org)



**For information concerning dates and times Call Aquatic office (323) 906-7953**

**LAC-PAT** - For updated information concerning LAC-PAT call Aquatic office.

**Aquatic Office Hours Mon. - Fri. 9:00am-7:00pm | Sat. 1:00pm-4:30pm | Sun. Closed**

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[laparks.org/expo/aquatic](http://laparks.org/expo/aquatic)

[f](https://www.facebook.com/expocenterla) [@expocenterla](https://www.instagram.com/expocenterla)

City of Los Angeles Department of Recreation and Parks

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03-23-23

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