# AQUATICS

## Online Registration Begins SEPT. 16  |  FALL Classes Begin SEPT. 18

| MONDAY— FRIDAY | | FALLYOUTH FITNESS CLASSES |
|----------------|----------------|
| ADULT LAP SWIM (18yrs & up) | (213) 763-0125 | Fee: $20 per Session |
| 7:30am – 4:00pm | LAP PASS | WATER POLO |
| (Competition Pool Only) | Adult Lap Pass | Friday |
| 5:00pm - 6:30pm | $88.00 for 30 admission | 6:30pm – 8:00pm |
| (Family Pool Only) | Youth, 50+ Adults and Persons with Disabilities Pass | ARTISTIC SWIMMING |
| Limited lanes based on classes | $25.00 for 30 admissions | Friday |
| RECREATIONAL SWIM | | 5:00pm - 6:30pm |
| 1:00pm - 5:00pm | NOVICE TEAMS | |
| (Family Pool Only) | Ages 7-17 | |
| SATURDAY | Registration begins Sept. 16 | |
| ADULT LAP SWIM (18yrs & up) | Practice begins Sept. 18 | |
| 1:00pm - 4:30pm | $10.00 per participant | |
| (Competition Pool Only) | Requires a minimum of Intermediate (level 4) swimming skills. | |
| RECREATIONAL SWIM | SWIM TEAM | |
| 1:00pm - 4:30pm | Mon. - Thu. 5:00pm - 6:30pm | |
| Closed Sunday | SPRING BOARD DIVING | |
| GENERAL ADMISSION | Tue. / Thu. 4:30pm - 7:00pm | |
| 17 years & under .... $1.00 | For more information | |
| 18 years to 49 years .... $4.00 | call Aquatic office (213) 763-0125 | |
| 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* | | |

## GENERAL INFORMATION and EVENTS

### IMPORTANT DATES

- Fall Class Registration Begins: Aug. 21
- Aquatic Fall Registration Begins: Sept. 16
- Aquatic Fall Classes Begin: Sept. 18
- Fall Classes Begin: Oct. 02
- EXPO Halloween FunFest: Oct. 31
- Winter Classes Registration Begins: Nov. 27
- USC Football: Aug. 26 / Sept. 02 / Sept. 09
- Labor Day: Sept. 4
- Indigenous Peoples Day: Oct. 09
- USC Football: Oct. 7 / Oct. 21
- USC Football: Nov. 4 / Nov. 18

### LAP PASS

- Adult Lap Pass: $88.00 for 30 admission
- Youth, 50+ Adults and Persons with Disabilities Pass: $25.00 for 30 admissions

### NOVICE TEAMS

- Ages 7-17
- Registration begins Sept. 16
- Practice begins Sept. 18
- $10.00 per participant
- Requires a minimum of Intermediate (level 4) swimming skills.

### SWIM TEAM

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

### SPRING BOARD DIVING

- Tue. / Thu. 4:30pm - 7:00pm

### JUNIOR Lifeguard CAMP

- Pre-registration: Dec. 1 - Dec. 15
- Ages: 9-17
- 8:00am - 4:00pm
- $190 per session
- $25 registration fee (one time, non-refundable)
- Session 1: Dec. 20 - Jan. 5

### WINTER 2023

- For more information call Aquatic office (213) 763-0125

### EXPO Center and POOL Closure dates

- Veteran’s Day: Nov. 10
- Thanksgiving: Nov. 23 / Nov. 24
- Christmas: Dec. 25
- New Year’s: Jan. 01

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
@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. Please be aware that some accommodation may take 30 days or longer. Please submit your request for an accommodation as soon as possible.
**FALL 2023**

**AQUATICS**

LA84/John C. Argue Swim Stadium

--- **SCHEDULE OF CLASSES** ---

Online Registration Begins SEPT. 16

**FALL Classes Begin SEPT. 18**

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**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

**ADULT 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**

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

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**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.**

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**ADAPTIVE AQUATICS**

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

**Fri. 5:30pm-6:30pm**

**Fee: Free**

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**AQUACISE**

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

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**BOGA FIT**

**Friday**

- 6:00pm - 7:00pm

**Fees:** Adult - $10.00 walk-in

$90.00 series of 10 classes

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**ADULT GROUP SWIM LESSONS**

**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 - SWIMMERS**

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

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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

IN PERSON Swim Lessons Registration (Session 1 - 3)

<table>
<thead>
<tr>
<th>SWIM CLASSES</th>
<th>SESSION: 1</th>
<th>SESSION: 2</th>
<th>SESSION: 3</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Sept. 18 - Oct. 13</td>
<td>Oct. 16 - Nov. 10</td>
<td>Nov. 13 – Dec. 15</td>
</tr>
</tbody>
</table>

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 breaststroke and sidestroke skills.

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

IN PERSON TEAMS Registration Sept. 16 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.

Aquatic Office Hours Mon. - Fri. 7:30am-7:00pm | Sat. 1:00pm-4:30pm | Sun. Closed
3980 Bill Robertson Lane, Los Angeles, CA 90037 laparks.org/expo/aquatic
City of Los Angeles Department of Recreation and Parks
All classes and programs listed may be subject to change or cancellation.

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8-25-23