City of Los Angeles Department of Recreation and Parks

FALL 2023
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*
**Co-Rec BASKETBALL - CLASS**
Register: Aug. 21  8 Week Session
Start date: Oct. 3  Fees: $10
Tue. Ages: 5-10  6:00pm - 7:00pm
Tue. Ages: 11-15  7:15pm - 8:15pm
Start date: Oct. 5  Fees: $10
Thu. - Ages: 5-10  6:00pm - 7:00pm
Thu. - Ages: 11-15  7:15pm - 8:15pm

**GIRLS VOLLEYBALL - LEAGUE**
Register Now!  10 Week Session
Start date: Oct. 02  Fees: $10
Mon. / Fri.
Ages: 8-10 (Minors)  6:00pm
Ages: 11-13 (Majors)  7:00pm
Ages: 14-15 (Juniors)  7:00pm

**GIRLS SOCCER - CLASS**
Register Now!  10 Week Session
Start date: Oct. 03  Fees: $10
Mon./Wed./ Fri.
Ages: 8-10 (Minors)  7:00pm
Ages: 11-15 (Majors)  8:00pm

**GIRLS BASKETBALL - CLASS**
Register: Aug. 21  8 Week Session
Start date: Oct. 3  Fees: $10
Tue. - Ages: 8-10  6:00pm
Tue. - Ages: 11-15  7:15pm
Start date: Oct. 5  Fees: $10
Thu. - Ages: 8-10  6:00pm
Thu. - Ages: 11-15  7:15pm

**SOCCER - CLINIC**
Mon./ Wed./ Fri.
Ages: 5 – 8  6:00pm
Ages: 11-12  7:00pm
Ages: 13-15  8:00pm

**KARATE**
Fees: $10
October 3 to December 1
Ages: 5-8  Mon. 6:00pm - 7:00pm
Ages: 9-12  Mon. 7:15pm - 8:15pm
October 5 to December 1
Ages: 5-8  Wed. 6:00pm - 7:00pm
Ages: 9-12  Wed. 7:15pm - 8:15pm

**JOIN THE CLUBHOUSE!!**
Ages: 11-17

**GOAL SETTER**

**GENERAL INFORMATION and EVENTS**

**EXPO Center and POOL Closure dates**
USC Football Aug. 26 / Sept. 02 / Sept. 9  Veteran’s Day  Nov. 10
Labor Day Sept. 4  Thanksgiving Nov. 23 / Nov. 24
Indigenous Peoples Day Oct. 09  Christmas Dec. 25
USC Football Oct. 7 / Oct. 21  New Year’s Jan. 01
USC Football Nov. 4 / Nov. 18

**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

**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**
FALL 2023

YOUTH & TEENS
Roy A. Anderson Recreation Center

SCHEDULE OF CLASSES

Registration Begins AUG. 21 CALL (213) 763-0114 Classes Begin OCT. 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

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, 32nd and KippVida.
(Pickup is available within 3 mile radius from EXPO, with 3 or more kids per school)

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

EXPO CAMPS

WINTER CAMP
December 18 to January 5

Ages: 6-12  Hours: 7:30am - 6pm
Registration begins: Oct. 18
Limited Enrollment
Camp offers: Creative activities, indoor games, winter D.I.Y. projects, sports and much more!
Campers MUST bring their own lunch. Afternoon snacks provided.

Fee $140
Week 1: includes field trip
Mon.- Fri.  Dec. 18-22

Fee $120
Week 2: - Tue.-Fri.  Dec. 26 - Dec. 29
Week 3: - Tue.- Fri.  Jan. 2 - 5
Closed Dec. 25 and Jan. 1
Call information camp (213) 763-0114

EXPO CAMPS

CLASS PARK DROP IN
December 18 - January 5

Ages: 13-17

Hours: 10:00am - 4:00pm

For information
Call (213) 763-0114 - Ext. 227

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

EXPO Center and POOL Closure dates
USC Football     Aug. 26 / Sept. 02 / Sept. 9
Labor Day         Sept. 4
Indigenous Peoples Day  Oct. 09
USC Football       Oct. 7 / Oct. 21
USC Football       Nov. 4 / Nov. 18

Veteran’s Day     Nov. 10
Thanksgiving       Nov. 23 / Nov. 24
Christmas          Dec. 25
New Year’s         Jan. 01
YOUTH FX
URBAN MEDIA PROGRAM:
Ages: 13-17
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.

Music Production
Filmmaking
Audio Mixing and Mastering

JOIN THE CLUBHOUSE!! Ages: 11-17

The Clubhouse
WHERE TECHNOLOGY MEETS IMAGINATION
@ EXPO CENTER
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 technical, 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 23 years.

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

The Clubhouse Hours:
Open Lab  Mon-Thu. 3:00pm-8:00pm
Fri. 3:00pm-9:00pm
Sat. 9:00am-1:00pm

Be Creative @ The Clubhouse!
Digital Portfolios
Graphic Design
Photography
Youth Radio: Podcasts
For more information call (213) 763-0114 Ext. 257

CALL (213) 763-0114

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.
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 (213) 763-0114 Ext. 257

JOIN THE CLUBHOUSE!! Ages: 11-17

The COLLEGE READINESS PROGRAM
Preparing Young Minds for Success in College Life
Topics include:
- Financial aid,
- Scholarships,
- Campus life
- and
- Self Evaluation
- Guest Speakers

Wednesday’s
October 4 - November 1
(4 sessions)
5:00pm - 6:00pm

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

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

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

rev08-25-23
FALL 2023
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
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
Fri.  12:00pm - 2:00pm
Come in and learn how to enhance your writing skills.

BOOK CLUB
Fri.  12:00pm - 2:00pm
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-12:00 pm  |  Thu.  11:00am-12:00pm
Sessions are instructed by a certified trainer in the fitness room at Roy 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

SENIO PROGRAMS

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

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

ART CLASS
Create art projects
Mon.  10:00am – 12:00pm

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

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

LINE DANCE
Mon.  12:30pm – 2:30pm

SQUARE DANCE
Thu.  7:30pm – 9:00pm
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)*

**Schedule:**
- Mon./ Wed. 12:00pm – 1:00pm
- 5:00pm – 6:00pm

Register for classes at Roy A. Anderson Recreation Center.

**HEALTH & FITNESS CENTER**

(Membership)
Allows access to fitness center, weight room, and open gym.

**FITNESS PASS:**
- **QUARTERLY:** Adults 18+ yrs $50
  - Adults 55+yrs $30
- **MONTHLY:** Adults 18+ yrs $20
  - Adults 55+yrs $10
- **DAILY PASS:** Adults 18+ yrs $5
  - Adults 55+yrs $3

**TOTAL BODY SPIN BIKE CLASS**

Tue. / Thu. / Sat.
- 7:00am | 8:00am
- 8:00am | 9:00am
- 9:30am | 10:30am

Fee: $40 each session

**EXPO CENTER**

ADULTS & SENIORS
Roy A. Anderson Recreation Center

**SCHEDULE OF CLASSES**

Registration Begins AUG. 21

**HEALTH & FITNESS**

Get FIT at EXPO

FITNESS SESSIONS
October 02 - November 11
November 13 - December 23

**RECREATION CLASSES**

**EXPO Center and POOL Closure 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. 9

**Labor Day**
- Sept. 4

**Indigenous Peoples Day**
- Oct. 09

**USC Football**
- Oct. 7 / Oct. 21

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**Veteran’s Day**
- Nov. 10

**Thanksgiving**
- Nov. 23 / Nov. 24

**Christmas**
- Dec. 25

**New Year’s**
- Jan. 01

**IMPORTANT DATES**

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Rev08-23-23
**EXPO CENTER  FALL 2023**

**AQUATICS**

**LA84/John C. Argue Swim Stadium**

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

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**MONDAY— FRIDAY**
- **ADULT LAP SWIM (18yrs & up)**
  - 7:30am – 4:00pm  
  (Competition Pool Only)
  - 5:00pm - 6:30pm  
  (Family Pool Only)
  Limited lanes based on classes

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

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

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

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**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 in a 1:1 ratio. (One child to one adult)
- *All Prices subject to change*

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**LAP PASS**
- **Adult Lap Pass**
  - $88.00 for 30 admission

- **Youth, 50+ Adults and Persons with Disabilities Pass**
  - $25.00 for 30 admissions

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**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.

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**SWIM TEAM**
- **Mon. - Thu.** 5:00pm - 6:30pm

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**SPRING BOARD DIVING**
- **Tue. / Thu.** 4:30pm - 7:00pm

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**YOUTH FITNESS CLASSES**
- Fee: $20 per Session

**WATER POLO**
- Friday
  - 6:30pm – 8:00pm

**ARTISTIC SWIMMING**
- Friday
  - 5:00pm - 6:30pm

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**WINTER 2023**
- **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

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

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**GENERAL INFORMATION and EVENTS**

**IMPORTANT DATES**
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  Aug. 21
- Aquatic Fall Registration Begins  
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- Aquatic Fall Classes Begin  
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- EXPO Halloween FunFest  
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  Nov. 27

**EXPO Center and POOL Closure dates**
- USC Football  
  Aug. 26 / Sept. 02 / Sept. 9
- Labor Day  
  Sept. 4
- Indigenous Peoples Day  
  Oct. 09
- USC Football  
  Oct. 21
- USC Football  
  Nov. 4 / Nov. 18
- Veteran’s Day  
  Nov. 10
- Thanksgiving  
  Nov. 23 / Nov. 24
- Christmas  
  Dec. 25
- New Year’s  
  Jan. 01

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laparks.org/expo  
@expocenterla

City of Los Angeles Department of Recreation and Parks

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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

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. 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

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

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

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

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

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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>
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</thead>
<tbody>
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<td></td>
<td>Sept. 18 - Oct. 13</td>
<td>Oct. 16 – Nov. 10</td>
<td>Nov. 13 – Dec. 15</td>
</tr>
<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>
<td></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>
<tr>
<td>Level 5/6</td>
<td>Swimmer/Advance. Swimmer</td>
<td>Participants refine strokes and learn aquatic skills such as butterfly stroke.</td>
<td></td>
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</tbody>
</table>

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 @expocenterla

City of Los Angeles Department of Recreation and Parks
All classes and programs listed may be subject to change or cancellation.
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.

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