City of Los Angeles Department of Recreation and Parks

WINTER 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

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.
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WINTER 2023
YOUTH & TEENS
Roy A. Anderson Recreation Center
— SCHEDULE OF CLASSES —

Registration Begins NOV. 21  CALL (213) 763-0114  Classes Begin JAN. 9

PRESCHOOL
RALPH M. PARSONS  Ages: 3-5
Mon. - Fri.  7am - 6pm

Full-Day Preschool
- 7:00am - 6:00pm  $160 wk

Kindergarten Care
- 2:00pm - 6:00pm  $60 wk

Call for more information
(213) 763-5119

EXPO CAMPS
WINTER 2022 CAMP
December 19 - January 6
Ages: 6-12  Hours: 7:30am - 6:00pm
REGISTER NOW!
Limited Enrollment

Camp offers: Creative activities, indoor games, winter DIY projects, sports and much more!
Campers MUST bring their own lunch.
Afternoon snacks provided.

Fee $120
Week 1: Mon.- Fri.  Dec. 19 - 23

Fee $100
Week 2: - Tue.-Fri.  Dec. 27 - Dec. 30
Week 3: - Tue.- Fri.  Jan. 3 - 6

Closed Dec. 26 and Jan. 2
Limited number of scholarships available on a first come, first served basis.
Camp information call (213) 763-0114

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 and Menlo Ave.
(Pickup is available within 3 mile radius from EXPO, with 3 or more kids per school)
Call ASEP Office for information
(213) 763-0114 Ext. 228

EXPO CENTER and POOL Closed
Christmas  Dec. 26  Cesar Chavez Day  Mar. 27
New Years  Jan. 02
Martin Luther King Jr. Day  Jan. 16
NASCAR Event  Feb. 05
Presidents Day  Feb. 20

GENERAL INFORMATION and EVENTS

IMPORTANT DATES
EXPO Winter Classes Registration begins  Nov. 21
EXPO Winter Festival  Dec. 17
Winter Camp Begins  Dec. 19
Aquatic/EXPO Winter Classes begin  Jan. 09
Spring Class Registration begins  Feb. 21

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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 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 - 4:00pm

Be Creative @ The Clubhouse!

Digital Portfolios
Canvas Art
Graphic Design
Photography
Youth Radio: Podcasts

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

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, please call (213) 763-0114 Ext. 257.

Monday – Thursday
3:00pm - 8:00pm

Friday
3:00pm - 8:00pm

Ages: 11-17

S.T.E.A.M.
Field Trips

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

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

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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 at (213)763-0114 Ext. 257

JOIN THE CLUBHOUSE!! Ages: 11-17

TO REGISTER ONLINE go to http://bit.ly/EXPOandersonRC

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The TEEN LEADERSHIP PROGRAM
Preparing Young Minds for Success in College Life
Topics include:
Financial Literacy
Professional Development
Job Interviews
Resume Writing
Self Evaluation
Guest Speakers

Tuesday and Thursday
January 17 - March 2
(4 sessions)
6:00pm - 8:00pm
For information call (213) 763-0114 Ext. 257

Becoming Fearless
Means Feeling Fear
But Doing It Anyway

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COMPUTER OPEN LAB
Mon. / Wed.  9:30am - 12:00pm
*Computer Lab access for Ahmanson Senior Center registered members
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
Come in and learn how to enhance your writing skills.
Fri.  12:00pm - 2:00pm

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

SENIOR CIRCUIT TRAINING
Tone, shape, and sculpt in a class setting. Improve your posture and get results.
Tue. 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 fun, full-body workout-one hour of cardio dance.
Tue./ Thu.  9:30am - 10:30am

VIDEO EXERCISE CLASS
Fun way to exercise while working on balance and hand eye coordination.
Tues.  12:00pm - 1:00pm

KNITTING & CROCHETING CLUB
Sewing and crafting while socializing
Wed.  10am - 3pm

CRAFT CLUB
Create fun craft projects while socializing with your friends.
Fri.  10am – 12pm

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

EDUCATION

HEALTH & FITNESS

SENIO PROGRAMS

CALL (213) 763-0118
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:**
- **18-49 yrs:** $5.00 per class
- **$40.00 per series* (8 classes)

**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.*

Persons with disabilities are encouraged to participate in our programs and classes. Reasonable accommodations will be made with prior arrangements.
Ages 7 - 17
January 17 - Registration and Practice begins
$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

TECHNIQUE Classes
Fee: $20 per Session
SWIMMING
Mon. - Wed.
5:00pm - 5:45pm
DIVING
Tue. / Thu.
5:30pm - 6:15pm
## WINTER 2023

**AQUATICS**

LA84/John C. Argue Swim Stadium

### SCHEDULE OF CLASSES

**Online Registration Begins JAN. 14**

**WINTER Classes Begin JAN. 17**

### YOUTH GROUP SWIM LESSONS

- **FREE 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 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.)

- **Level 1 - WATER CONFIDENCE**
  Mon./Wed.  12:00pm-12:25pm | 4:00pm-4:25pm
  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.  11:30am-11:55am | 4:30pm-4:55pm
  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.

– **Friday and Saturday Only** - See Pool Clerk for Scheduling Days and Times

### 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)

**Bo.** 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

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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 1 – 4)**


<table>
<thead>
<tr>
<th>SWIM CLASSES</th>
<th>SESSION: 1</th>
<th>SESSION: 2</th>
<th>SESSION: 3</th>
<th>SESSION: 4</th>
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</thead>
<tbody>
<tr>
<td>Level 1 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 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 Advance Beginner</td>
<td>Learn elementary backstroke and continue to improve front and back crawl.</td>
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<tr>
<td>Level 4 Intermediate</td>
<td>Learn breaststroke and sidestroke skills.</td>
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<tr>
<td>Level 5/6 Swimmer/Advance Swimmer</td>
<td>Participants refine strokes and learn aquatic skills such as butterfly stroke.</td>
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**WALK-IN TEAMS Registration Mon. January 14 starts at 10:00am**

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 in 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 email citywide.aquatics@lacity.org

**For information concerning dates and times Call Aquatic office (213) 763-0125**

**LAC-PAT - For updated information concerning LAC-PAT call Aquatic office (213) 763-0125.**
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!

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11-09-22