AQUATICS

LA84/John C. Argue Swim Stadium

Online Registration Begins JAN. 14   WINTER Classes Begin JAN. 17

(213) 763-0125

MONDAY— FRIDAY
ADULT LAP SWIM (18yrs & up)
7:30am – 3:30pm
(Competition Pool Only)
5:00pm - 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)

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

WINTER 2022
JUNIOR Lifeguard CAMP
Pre-registration
Dec. 1 - Dec. 16

Weeks date:
Dec. 19 - Dec. 23
Dec. 27 - Dec. 30
Jan. 03 - Jan. 10

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

NOVICE TEAMS
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

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

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

Scheduling of Special Events at LA Coliseum and LAC games 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

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

11-09-22
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

(213) 763-0125

ADULT & SENIORS GROUP SWIM LESSONS (18+ yrs.)
$30.00 per session
25 minutes per lesson

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. 11:00am-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)

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

- 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.

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

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.

11-09-22
# 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>
</tr>
</thead>
<tbody>
<tr>
<td>Level 1</td>
<td>Water Confidence</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Level 2</td>
<td>Beginner</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Level 3</td>
<td>Advance Beginner</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Level 4</td>
<td>Intermediate</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Level 5/6</td>
<td>Swimmer/Advance</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Swimmer</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- 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.

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

- Learn elementary backstroke and continue to improve front and back crawl.

- Learn breaststroke and sidestroke skills.

- Participants refine strokes and learn aquatic skills such as butterfly stroke.

- 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.