**MONDAY—FRIDAY**

**ADULT LAP SWIM (18yrs & up)**
- 6:30am - 8:30am (Competition Pool Only)
- 11:00am - 3:30pm (Competition Pool Only)
- 5:00pm - 7:30pm (Family Pool Only-Limited Lanes)

**RECREATIONAL SWIM**
- 11:00am - 7:30pm (Family Pool Only)

**SATURDAY**

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

**RECREATIONAL SWIM**
- 1:00pm - 4:30pm (Family Pool Only)
- Closed Sunday

**GENERAL ADMISSION**
- 17 years & under .... $1.00
- 18 years to 49 years.. $4.00
- 50 years & older ..... $1.00
- Persons with Disabilities... $1.00

**NOTE:**
- 4 yrs. & under, 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*

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**SPRING Classes and Programs**

**CALL (213) 763-0125**

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

**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
  - USA Swimming Flex Swim membership

- **Team Registration:** $60 per season
- **USA Swimming Flex:** $20 yearly
- **Swim Training**
  - Tue.-Fri. 4:30pm-6:00pm

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**ADULT LAP SWIM**
- Lap Pass:
  - Adult Lap Pass: $88.00 for 30 admission
  - Youth/ Senior Pass: $25.00 for 30 admissions

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**NOVICE TEAMS**
Ages 7-17
- $50.00 per participant
- Requires a minimum of Intermediate (level 4) swimming skills.

**ARTISTIC SWIMMING**
- Mon. 5:00pm - 7:30pm
- Tue./Thu. 5:00pm - 7:00pm

**WATER POLO**
- Mon. 5:30pm - 7:30pm
- Wed./Fri. 6:00pm - 7:30pm

**TECHNIQUE Classes**
- Fee: $30 per Session

**DIVE TEAM**
- Sat. 1:30pm – 3:30pm

**SUMMER 2020**
**Jr. GUARD CAMP**
- Session: 1 June 15 to July 10
- Session: 2 July 13 to Aug. 7
- Program Cost $340 a session ($85 a week)
- Mon. - Fri. 8:00am - 3:00pm
- Limited Enrollment

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**GENERAL INFORMATION and EVENTS**

**IMPORTANT DATES**
- Spring Camp Registration: Register Now
- Spring Class Registration Begins: Feb. 24
- Summer Campership applications submission: Mar. 16 - Apr. 3
- Spring Camp: Apr. 6 - Apr. 10
- Spring Classes Begin: Apr. 06
- Summer Camp Registration Begins: Apr. 13
- Summer Camp Begins: June 15

**EXPO Center and POOL Closed**
- Cesar Chavez: Mar. 30
- Memorial Day: May 25
- Independence Day: July 03
- Labor Day: Sept. 07

**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 facebook.com/expocenterla

City of Los Angeles Department of Recreation and Parks
All classes and programs listed may be subject to change or cancellation.
All refunds will be assessed a 15% administration fee.

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

02-19-20
**EXPO CENTER AQUATICS**
LA84/John C. Argue Swim Stadium

--- SCHEDULE OF CLASSES ---

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<th>ONLINE Registration Available</th>
<th>SPRING Classes and Programs</th>
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**YOUTH GROUP SWIM LESSONS**

- 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 2
  - 6:30pm-6:55pm Level 1

- Ages 7-17 yrs.
- **Level 1 - WATER CONFIDENCE**
  - **Mon./Wed.** 5:00pm-5:25pm Level 1
  - **Tue./Thu.** 5:30pm-5:55pm Level 1

- **Level 2 - BEGINNER**
  - **Mon./Wed.** 5:30pm-5:55pm Level 2
  - 6:00pm-6:25pm Level 2
  - **Tue./Thu.** 5:00pm-5:25pm
  - 5:30pm-5:55pm

- **Level 3 - ADVANCE BEGINNER**
  - **Mon./Wed.** 6:30pm-6:55pm Level 3
  - **Tue./Thu.** 4:30pm-4:55pm Level 3
  - 5:00pm-5:25pm

- **Level 4 - INTERMEDIATE**
  - **Mon./Wed.** 6:30pm-6:55pm Level 4
  - **Tue./Thu.** 4:00pm-4:25pm Level 4

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

- **CALL (213) 763-0125**

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

- **Level 1 - WATER CONFIDENCE**
  - **Mon./Wed.** 12:00pm-12:25pm Level 1
  - **Tue./Thu.** 5:30pm - 5:55pm
  - 6:00pm - 6:25pm

- **Level 2 - BEGINNER**
  - **Mon./Wed.** 1:30am-1:55am Level 2
  - **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.

**AQUACISE**

- **ADULTS & SENIORS**
  - **18+ yrs**
  - Adults - $5.00 per class
  - $45.00 per series (8 lessons)

  - Seniors - $4.00 per class
  - $40.00 per series (8 lessons)

- **Mon./Wed./Fri.**
  - 6:30am–7:30am | 12:00pm-1:00pm
  - 5:00pm-6:00pm

**SPRING Classes and Programs**

- **BOGA FIT**
  - **Tue. / Thu.**
    - 7:30am - 8:30am
    - 7:30pm - 8:30pm

- **SPECIAL OLYMPICS**
  - Students “swimming ability” not required. This class is designed for athletes with disabilities.
  - Fri. 5:00pm - 6:00pm
  - Fee: FREE

- **COMING SOON**

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

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City of Los Angeles Department of Recreation and Parks

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ONLINE REGISTRATION  https://reg.laparks.org
Online Registration Starts at 12:01am and Ends at 11:59pm

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<th><em>Class Descriptions</em> (see listing below)</th>
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<th>Session: 3  Mar. 31 – Apr. 23</th>
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<td>Level 5/6: Swimmer/Adv. Swim</td>
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<td>Level 4: Intermediate</td>
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<td>Level 3: Adv. Beginner &amp;</td>
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<td>Level 2: Beginner</td>
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<tr>
<td>Level 1: Water Confidence &amp; IPAP</td>
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**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 break stroke and sidestroke skills.

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

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**WALK-IN Swim Lessons Registration - (Session 2 – 4)**

*Walk in registration starts 9:00am - Registration may begin early to meet demand

**Session 2: Sat. Feb. 29**  |  **Session 3: Sat. Mar. 28**  |  **Session 4: Sat. Apr. 25**

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

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City of Los Angeles - Mayor Eric Garcetti  |  Councilmember Curren D. Price 9th District

Board of Recreation and Parks Commissioners
Sylvia Patsaouras, President  |  Lynn Alvarez, Vice President
Member - Nicole Chase, Joseph Halper

Recreation and Parks Administration - Michael A. Shull, General Manager
Anthony-Paul Diaz, Esq., Executive Officer

Sophia Pina-Cortez, Assistant General Manager - Special Operations Branch
Belinda Jackson, Executive Director  |  Patricia Delgado, Principal Recreation Supervisor I

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