SUMMER 2019

LA84/John C. Argue Swim Stadium

SCHEDULE OF CLASSES

ONLINE Registration: Lessons June 12 | Teams June 9 | Classes Begin June 17

MONDAY—FRIDAY
Adult Lap Swim (18yrs & up)
6:30 - 8:30am
11:00am – 4:00pm
Limited lanes available after 1:00pm
(Competition Pool Only)
5:00 -7:30pm
(Family Pool Only)
Recreational Swim
1:00 - 4:00pm

SATURDAY & SUNDAY
Adult Lap Swim (18yrs & up)
1:00 - 4:30pm
(Competition Pool Only)
Recreational Swim
1:00 – 4:30pm

GENERAL ADMISSION
17 years & under .... $1.00
18 years to 64 years.. $4.00
65 years & older...... $1.00

Persons with Disabilities... $1.00
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*

CALL (213) 763-0125

LAP PASS and
HEALTH CLUB
Adult Lap Pass:
$88.00 for 30 admission
Youth/ Senior Pass:
$25.00 for 30 admissions
Adult Health Club Pass
$70.00 for 3 months
(Pool use, Fitness, and Weight room
Aquatic Fitness Classes not included)

Jr. LIFEGUARD CAMP
June 10 - August 2
Ages: 9-17
$340 per session*

Register Now *4 weeks per session
Session 1: June 10 - July 5
Session 2: July 8 - Aug. 2

Junior Guard program allows youths an
opportunity to improve their swimming skills,
receive a basic understanding of water rescue,
first aid, snorkeling skills and small craft skills.
More information call (213) 765-0125

NOVICE TEAMS
Ages 7-17  Fee: $50 per participant
Registration Begins: June 15
Practice: June 17 - Aug. 23
Requires a minimum of Intermediate
(level 4) swimming skills.

SWIM TEAM
Mon. - Fri.
Group A 4:00pm - 5:00pm
Group B 5:00pm - 6:00pm

WATER POLO
Mon. - Fri.
6:00pm – 7:00pm

ARTISTIC SWIMMING
(SYNCHRONIZED)
Mon. - Fri.
5:00pm – 6:00pm

SPRING BOARD DIVING
Mon. - Fri.
4:00pm – 5:00pm

JUNIOR LIFEGUARDS
Fee: $40.00
Mon. - Fri.
1:00pm – 2:00pm

"Groups or individuals desiring to provide coaching or instruction at City of Los Angeles swimming pools must obtain a permit.
Private instruction (one-on-one) is not permissible. Permit guidelines and applications can be obtained online at LAParks.org, aquatic link."

IMPORTANT DATES

Summer Camp Registration/Jr. Lifeguard Camp Register Now!
Summer Class Registration Begins May 28
Summer Camps/Jr. Lifeguard Camp Begins June 10 - Aug. 9
Aquatic Summer Classes Begins June 17
EXPO Summer Classes Begins July 08
Fall Class Registration Begins Aug. 26
Fall Classes Begin Oct. 07

Scheduling of Special Events at LA Coliseum and LAFC may cause additional
days/time of closure to EXPO Center and LA84/John C. Argue Swim Stadium.

EXPO Center and POOL Closed
Independence Day July 4
Los Angeles Rams Games Aug. 24
USC Football Aug. 31 / Sept. 7 / Sept. 20
Labor Day Sept. 2
Los Angeles Rams Games Sept. 15 / Sept. 29 / Oct. 13
USC Football Oct. 19 / Nov. 2 / Nov. 23
Columbus Day Oct. 14
Los Angeles Rams Games Nov. 17 / Nov. 25 / Dec. 8 / Dec. 29
(Early Closure for LAFC games call EXPO Center for exact times)

GENERAL INFORMATION and EVENTS

Office Hours Mon. - Fri. 9:00am-7:00pm  |  Sat. / Sun. 1:00pm-4:30pm  |  Email: expoaquaticcenter@gmail.com
3980 Bill Robertson Lane Los Angeles, CA 90037 laparks.org/expo /aquatic 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.
06-05-19
**EXPO CENTER AQUATICS**
LA84/John C. Argue Swim Stadium

--- SCHEDULE OF CLASSES ---

**ONLINE Lessons Registration Begins June 12**  
**SUMMER Programs Begin June 17**

### YOUTH GROUP SWIM LESSONS

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

<table>
<thead>
<tr>
<th>Ages 4-6 yrs.</th>
<th>Mon. - Fri.</th>
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</thead>
<tbody>
<tr>
<td>INFANT- PRESCHOOL AQUATIC PROGRAM</td>
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<tr>
<td>Parents and children are introduced to basic water safety in a comfortable environment.</td>
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<tr>
<td><strong>Level 1 &amp; 2</strong></td>
<td>9:30 - 9:55am</td>
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<tr>
<td>5:00 - 5:25pm</td>
<td>5:30 - 5:55pm</td>
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<tr>
<td>6:30 - 6:55pm</td>
<td>7:00 - 7:25pm</td>
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<tr>
<td><strong>Level 3</strong></td>
<td>10:30 - 10:55am</td>
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<tr>
<td>- Children must be accompanied by an adult. -</td>
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</table>

<table>
<thead>
<tr>
<th>Ages 7-17 yrs.</th>
<th>Mon. - Fri.</th>
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<tbody>
<tr>
<td>Level 1 - WATER CONFIDENCE</td>
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<tr>
<td>Intro to water safety and water acclamation.</td>
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<tr>
<td>9 - 9:25am</td>
<td>9:30 - 9:55am</td>
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<tr>
<td>10:30 - 10:55am</td>
<td>4:30 - 4:55pm</td>
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<tr>
<td>5:30 - 5:55pm</td>
<td>6 - 6:25pm</td>
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<tr>
<td>7 - 7:25pm</td>
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</tbody>
</table>

| Level 2 - BEGINNER |
| Learn locomotion skills including front and back crawl, and swimming in deep water. |
| 9 - 9:25am | 9:30 - 9:55am | 10 - 10:25am |
| 10:30 - 10:55am | 4:30 - 4:55pm | 5 - 5:25pm |
| 5:30 - 5:55pm | 6 - 6:25pm | 6:30 - 6:55pm |
| 7 - 7:25pm |

| Level 3 - ADVANCED BEGINNER |
| Participants learn elementary backstroke. |
| 9 - 9:25am | 9:30 - 9:55am | 10 - 10:25am |
| 10:30 - 10:55am | 4:30 - 4:55pm | 5 - 5:25pm |
| 5:30 - 5:55pm | 6 - 6:25pm | 6:30 - 6:55pm |
| 7 - 7:25pm |

| Level 4 - INTERMEDIATE |
| Learn breaststroke and sidestroke skills. |
| 9 - 9:25am | 10 - 10:25am | 4:30 - 4:55pm |
| 6:30 - 6:55pm |

| Level 5 & 6 - SWIMMERS/ADV. SWIMMERS |
| 10:30 - 10:55am | 4:30 - 4:55pm |

### CALL (213) 763-0125

**ADULT & SENIORS GROUP SWIM LESSONS**

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

<table>
<thead>
<tr>
<th>Ages 18+ yrs.</th>
<th>Mon. - Fri.</th>
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<tbody>
<tr>
<td>Level 1 - WATER CONFIDENCE</td>
<td></td>
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<tr>
<td>11:00am - 11:25am</td>
<td>12:00pm - 12:25pm</td>
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<tr>
<td>6:30pm - 6:55pm</td>
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</tbody>
</table>

| Level 2 - BEGINNER |
| 11:30am - 11:55am | 12:30pm - 12:55pm |
| 6:00pm - 6:25pm | 7:00pm - 7:25pm |

| Level 3 - ADVANCED BEGINNER |
| 11:00am - 11:25am | 4:30pm - 4:55pm |
| 6:30pm - 6:55pm |

| Level 4 - INTERMEDIATE |
| 5:00pm - 5:30pm |

### PRIVATE SWIM LESSONS

**FRIDAYS ONLY**

Registration: June 9th  
Fees: 4 lessons of 25 min each  
(1 Person) *Private $108.00  
(2 Persons) Semi–Private $160.00

**Instruction:**  
*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. Adults must accompany children 4-6.

### AQUACISE for ADULTS & SENIORS

**Mon./ Wed./ Fri.**  
6:30 – 7:30am | 12 - 1pm | 5 - 6pm  
Fee: $4.50 per class for Adults  
$4.00 per class for Seniors

--- COMING SOON ---

### HYDRORIDER

**Tue. - Thu.**  
7:30am - 8:30am  
7:30pm - 8:30pm

### BOGA FIT

**Mon./ Wed./ Fri.**  
7:30am - 8:30am  
7:30pm - 8:30pm

### ADAPTIVE AQUATICS

Students “swimming ability” not required. This class is designed for athletes with disabilities.  
Fri. 5:00pm - 6:00pm  
Fee: $20.00 per month

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- 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.

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

**Email:** expoaquaticcenter@gmail.com

3980 Bill Robertson Lane (Los Angeles, CA 90037)  
laparks.org/expo/aquatic  
facebook.com/expocenterla

City of Los Angeles Department of Recreation and Parks  
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.
## SCHEDULE OF SWIM LESSONS

### ONLINE REGISTRATION

**REGISTER at: SWIMLA.ORG**

Online Registration starts at 12:01am and ends 11:59pm

<table>
<thead>
<tr>
<th>SWIM CLASSES</th>
<th>SESSION: 1</th>
<th>SESSION: 2</th>
<th>SESSION: 3</th>
<th>SESSION: 4</th>
<th>SESSION: 5</th>
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<tbody>
<tr>
<td></td>
<td>June 17 - June 28</td>
<td>July 1 - July 12</td>
<td>July 15 - July 26</td>
<td>July 29 - Aug. 09</td>
<td>Aug. 12 - Aug. 23</td>
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<thead>
<tr>
<th>Level 1: Water Confidence &amp; IPAP</th>
<th>JUNE 12 to JUNE 14</th>
<th>JUNE 26 to JUNE 28</th>
<th>JULY 10 to JULY 12</th>
<th>JULY 24 to JULY 26</th>
<th>AUG. 7 to AUG. 9</th>
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<tbody>
<tr>
<td>Level 2: Beginner</td>
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<td>Level 3: Adv. Beginner</td>
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<td>Level 4: Intermediate Level</td>
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<td>5/6: Swimmer/ Adv. Swim</td>
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<tr>
<td>Adult Lessons &amp; Private Lessons</td>
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### ONLINE REGISTRATION DATES for ALL LEVELS

**WALK-IN SWIM Lessons** Registration starts at 9:00am (Session 1 - 5)

- **Session 1**: June 15
- **Session 2**: June 30
- **Session 3**: July 13
- **Session 4**: July 28
- **Session 5**: Aug. 10

**WALK-IN TEAMS** Registration June 9 starts at 9:00am

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