AFTER SCHOOL ENRICHMENT PROGRAM
Ages: 6-12 Hours: 2-6 pm
**Registration Begins July 03**
Registration Fee: $20 (One time, non refundable)
Fee: *$55 per week
Walking Pick Up Locations: 32nd Street, Science Center (walking pick ups rain or shine)

AFTER SCHOOL

MIDDLE SCHOOL - HIGH SCHOOL AFTERSCHOOL PICK UP PROGRAM
Ages: 13-17 Hours: 2-7:30pm
Registration Fee: $20 (One time, non refundable)
Fee: *$45 per week
Pick Up Locations: 32nd Street, Foshay

*Fees may be subsidized by the generous donations from The Friends of EXPO Center. - Limited Enrollment -

Call ASEP Office for information Ext. 228
SUMMER 2019
YOUTH & TEENS
Roy A. Anderson Recreation Center

SCHEDULE OF CLASSES

The Clubhouse

SUMMER PROGRAM
June 10 – August 9
Ages: 11-17 4:00pm - 7:00pm
Mon. - Fri.

The Clubhouse @EXPO Center is a safe out-of-school digital design studio where young people express themselves through "STEAM"-STEM and the arts.

Must registered as a CLASS PARKS or CLUBHOUSE member to participate
Space is Limited!
For information call EXPO Center CLASS PARKS office (213) 763-0114 Ext. 255/259

C2C PATHWAYS
COLLEGE CAMPUS TOURS
The Clubhouse @ EXPO Center, Clubhouse-to-College/Clubhouse-to-Career (C2C) program supports our clubhouse members in planning for the future and assist them in realizing their potential and The young people with the skills and knowledge to help members explore career options, provides college campus tours.
For more information on The Clubhouse College C2C Programs, Call (213) 763-0114 Ext. 213

YOUTH FX
URBAN MEDIA PROGRAM
Introduces and provides young people, access to music and multimedia production tools and teaches high-tech skills to use them. Based on the belief that young people can use video, music, photography and multimedia to spark social change in their community. The young people work with Media Mentors on projects and learn to use the latest software, such as Final Cut, Logic, and Ableton, along with Photos, After Effects and Illustrator.

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 contact Melody V. Gutierrez, (213) 763-0114 Ext. 213

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 213 or email Melody.Valenzuela@lacity.org.

FALL TUTORING PROGRAM
Must be member of The Clubhouse @ EXPO Center.
For more information call (213)763-0118

Persons with disabilities are encouraged to participate in our programs and classes. Reasonable accommodations will be made with prior arrangements.
SUMMER 2019

SENIOR CENTER

SCHEDULE OF CLASSES

AHMANSON SENIOR CENTER  CALL (213) 763-0118

HOURS of OPERATION   Mon. - Fri.  9 am - 5 pm
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 CLASSES
State-of-the-art computer training for senior/adults.
Register Now
Must Pre-Register
Classes begin the week of July 8
Tue. Advanced 9:30am - 12pm
Wed. Intermediate 9:30am - 12pm
Thu. Open Lab 10am – 1pm
Fri. Beginners 10:30am - 12:30pm
*Computer Lab access for Ahmanson Senior Center registered members
Location: Computer Lab

HEALTH & FITNESS

SENIOR CIRCUIT TRAINING
Tone, shape, and sculpt in a class setting. Improve your posture and get results.
Mon. / Thu.  11 am - 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 high fun, full-body workout—one hour of cardio dance followed by 1/2 hour of Yoga Suave (gentle flow yoga and guided meditation).
Tue. / Thu.  9:30 - 11:00am

SENIOR BOXING CLASS
Learn the basic skills /techniques of boxing.
Mon./Tue./ Fri.  12:30 - 1:30pm

LOW IMPACT - VIDEO EXERCISE
Follow along with an instructor and enjoy a mixture of exercise routines.
Fri.  9:30 - 11am

SOCIAL CAFÉ   (Members Only)
Mon. - Fri.  9 am - 4 pm
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

CALL (213) 763-0118

NEW KARAOKE
Wed.  1:30pm - 3:30pm

NEW FRIDAY AFTERNOON MOVIES
Fri.  1:30pm - 3:30pm

NEW CYBER-SENIORS TECH TRAINING PROGRAM
June 10 - August 9
Mon. - Wed.  9:00am - 11:30am

SENIOR PROGRAMS

SALSA CLASS
Tue./ Thu.  11am - 12pm
**Fri.  11am - 12pm  **Fee $2 per class only

SQUARE DANCE CLUB
Join the Guys & Dolls Square Dance Club and kick up your boots.
Thu.  7:30pm - 9:30pm
*3rd Fri. of the month $3 per class only

KNITTING & CROCHETING CLUB
Sewing and crafting while socializing
Wed.  10am - 4pm

CRAFT CLUB
Create fun craft projects while socializing with your friends.
Fri.  11am – 1pm

QUILTING CLUB
Learn various styles of quilting while completing your projects.
Wed.  10am - 4pm

LOW IMPACT - VIDEO EXERCISE
Follow along with an instructor and enjoy a mixture of exercise routines.
Fri.  9:30 - 11am

Ahmanson Senior Center   Hours of Operation:  Mon. - Fri.  9:00am - 5:00pm  |  Sat. and Sun. Closed
3990 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 are subject to cancellation. All refunds will be assessed an 15% fee.

06-03-19

Persons with disabilities are encouraged to participate in our programs and classes. Reasonable accommodations will be made with prior arrangements.
AQUACISE CLASS for ADULTS & SENIORS
This class offers low to high intensity workouts that promotes cardio vascular fitness, conditioning, increased flexibility, and range of motion.

Adults: 18-54 $4.50 per class $45.00 per month
Seniors: 55+ $4.00 per class $40.00 per month

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

Get FIT at EXPO
FITNESS SESSIONS
May 21 - June 28 | July 8 - Aug 16

FITNESS CLASSES - FEES All Ages
(1) 6 week session $60 | (2) 6 week session $100

Sun Rise Fitness Mon./Wed./Fri. 6:15-7:15am
Circuit Training Mon./Wed./Fri. 7:15-8:15am
Total Body Fitness Mon./Wed./Fri. 8:30-9:30am
Universal Fitness Tue. 6:30-7:30pm
Rose Garden Boot Camp Fitness
Location: Exposition Park Rose Garden
Sat. 6:30-8:30am

SPIN BIKE CLASS
Tue. /Thur. Fee: $20 each class
6:15 - 6:45am | 7:15 - 7:45am
8:30 - 9:00am
Sat. (Every 3rd Sat. of month) Fee: $40 each class
7:00 - 8:00am

BOXING CARDIO $30 each class
Mon./Wed./Fri 7 - 8am | 8 - 9am

SPIN BIKE CLASS
Tue. /Thur. Fee: $20 each class
6:15 - 6:45am | 7:15 - 7:45am
8:30 - 9:00am
Sat. (Every 3rd Sat. of month) Fee: $40 each class
7:00 - 8:00am

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
( Diese class offers low to high intensity workouts that promotes cardio vascular fitness, conditioning, increased flexibility, and range of motion.

Adults: 18-54 $4.50 per class $45.00 per month
Seniors: 55+ $4.00 per class $40.00 per month

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

Register for classes at Roy A. Anderson Recreation Center.
### SUMMER 2019

**AQUATICS**

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

--- **SCHEDULE OF CLASSES** ---

<table>
<thead>
<tr>
<th>ONLINE Registration: Lessons June 12</th>
<th>Teams June 9</th>
<th>Classes Begin June 17</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MONDAY—FRIDAY</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Adult Lap Swim (18yrs &amp; up)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:30 - 8:30am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11:00am – 4:00pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(Competition Pool Only)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:00 - 7:30pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(Family Pool Only)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Recreational Swim</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:00 - 4:00pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>SATURDAY &amp; SUNDAY</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Adult Lap Swim (18yrs &amp; up)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:00 - 4:30pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(Competition Pool Only)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Recreational Swim</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:00 - 4:30pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>GENERAL ADMISSION</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17 years &amp; under</td>
<td>$1.00</td>
<td></td>
</tr>
<tr>
<td>18 years to 64 years</td>
<td>$4.00</td>
<td></td>
</tr>
<tr>
<td>65 years &amp; older</td>
<td>$1.00</td>
<td></td>
</tr>
<tr>
<td>Persons with Disabilities…</td>
<td>$1.00</td>
<td></td>
</tr>
<tr>
<td>4 yrs. &amp; under, swim diaper required.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6 yrs. &amp; under, must be accompanied by adult on a 1:1 ratio. (One child to one adult)</td>
<td></td>
<td></td>
</tr>
<tr>
<td><em>All prices subject to change</em></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**NOVICE TEAMS**

- Ages 7-17
- Fee: $50 per participant

**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*

**ARTISTIC SWIMMING** (SYNCHRONIZED)

- Mon. - Fri.
- 5:00pm – 6:00pm

**WATER POLO**

- Mon. - Fri.
- 6:00pm – 7:00pm

**SPRING BOARD DIVING**

- Mon. - Fri.
- 4:00pm – 5:00pm

**JUNIOR LIFEGUARDS**

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

---

**GENERAL INFORMATION and EVENTS**

**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
- USC Football: Oct. 19 / Nov. 2 / Nov. 23
- Columbus Day: Oct. 14
- Los Angeles Rams Games: Nov. 17 / Nov. 25 / Dec. 8 / Dec. 29

(For LAFC games call EXPO Center for exact times)

**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

**Register Now**

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.

Register Now: (213) 765-0125

**JUNIOR LIFEGUARDS**

Fee: $40.00

**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.
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 -

Ages 4-6 yrs.  Mon. - Fri.
INFANT- PRESCHOOL AQUATIC PROGRAM
Parents and children are introduced to basic water safety in a comfortable environment.
Level 1 & 2  9:30 - 9:55am | 10:00 - 10:25am
5:00 - 5:25pm | 5:30 - 5:55pm
6:30 - 6:55pm | 7:00 - 7:25pm
Level 3  10:30 - 10:55am | 6:00 - 6:30pm
- Children must be accompanied by an adult.

Ages 7-17 yrs.  Mon. - Fri.
Level 1- WATER CONFIDENCE
Intro to water safety and water acclamation.
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 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 -

Ages 18+ yrs.  Mon. - Fri.

Level 1 - WATER CONFIDENCE
11:00am - 11:25am | 12:00pm - 12:25pm
6:30pm - 6:55pm

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.

HYDRORIDER
Tue. - Thu.
7:30am - 8:30am
7:30pm - 8:30pm
Sat.
11am - 12pm

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

- 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.

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.

06-05-19
## 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>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>June 17 -</td>
<td>July 1 -</td>
<td>July 15 -</td>
<td>July 29 -</td>
<td>Aug. 12 -</td>
</tr>
<tr>
<td></td>
<td>June 28</td>
<td>July 12</td>
<td>July 26</td>
<td>Aug. 09</td>
<td>Aug. 23</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Level 1: Water Confidence &amp; IPAP</th>
<th>ONLINE REGISTRATION DATES for ALL LEVELS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level 2: Beginner</td>
<td>JUNE 12 to JUNE 14</td>
</tr>
<tr>
<td>Level 3: Adv. Beginner</td>
<td>JUNE 26 to JUNE 28</td>
</tr>
<tr>
<td>Level 4: Intermediate Level</td>
<td>JULY 10 to JULY 12</td>
</tr>
<tr>
<td>5/6: Swimmer/Adv. Swim</td>
<td>JULY 24 to JULY 26</td>
</tr>
<tr>
<td>Adult Lessons &amp; Private Lessons</td>
<td>AUG. 7 to AUG. 9</td>
</tr>
</tbody>
</table>

### 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.

---

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, Pilar Diaz, 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