City of Los Angeles Department of Recreation and Parks

FALL 2019

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 facebook.com/expocenterla

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.
EXPO CENTER
YOUTH & TEENS
Roy A. Anderson Recreation Center

— SCHEDULE OF CLASSES —

Registration Begins AUG. 26 CALL (213) 763-0114 Classes Begin OCT. 7

SPORTS

GPLA BASKETBALL CLINIC
Learn fundamentals & basic skills.
Ages: 8-15 Fee: $10

BASKETBALL CLINIC
Learn basic basketball skills for boys and girls.
Ages: 7-15 Fee: $30

WINTER BASKETBALL
Learn basketball skills for boys & girls
Ages: 5-15 Fee: $55
Registration begins: Oct. 1
* includes: uniform, trophy, staff and officails fees

RECREATIONAL

DANCE & CHEER
Fee: $30
Day/Time: Mon./Wed. 6-8pm Ages: 5-12 / 12-14

MARTIAL ARTS
Fee: $40
Day/Time: Mon./Wed. 6-8pm Ages: 5-15

ZUMBA CLASS
Fee: FREE
Day/Time: Mon./Wed. 4:30-5:30pm Fri. 6-7pm
Sat. 3:30-4:30pm

GYMNASTICS
Fee: FREE
Introduction to basic tumbling
Day/Time: Sat. 12:30-1:30pm | 1:30-3pm Ages: 5-17

WINTER CAMP
December 23 - January 10
Ages: 6-10 Hours: 7:30am - 6pm
Registration begins: Oct. 17 Limited Enrollment
One-time, non-refundable registration of $20 due at sign up.
Camp offers: Creative activities, indoor games, winter DIY projects, sports and much more! Campers MUST bring their own lunch. Afternoon snacks provided.
Fee: $120 per week
Week 1 - Mon.- Fri. Dec. 23-27 Friday Field Trip: Knott’s "Merry" Farm
Week 2 - Tues.-Thu. Dec. 30-Jan. 3 Friday Field Trip: John’s Incredible Pizza
Week 3 - Tues.- Fri. Jan. 6-10 Friday Field Trip: Pershing Square Ice Skating
* Closed Dec. 25 and Jan. 1
Field trips are subject to change

AFTER SCHOOL

AFTER SCHOOL ENRICHMENT PROGRAM
Grades: 1st - 5th Hours: 2 - 6pm
Registration Fee: $20 (One time, non refundable)
Fee: $40 per week Actual program cost *$55

Walking Pick Up Locations: 32nd Street, Science Center (walking picks up rain or shine)

MIDDLE SCHOOL AFTER SCHOOL PICK UP PROGRAM
Grades: 6th - 8th Hours: 2 - 3pm
Registration Fee: $20 (One time, non refundable)
Fee: $30 per week
Walking Pick Up Locations: 32nd Street
Van Pick Up: Foshay
Call ASEP Office for information Ext.228

EXPO CAMPS

WINTER CAMP
December 23 - January 10
Grades: 6th - 8th
Teens build friendships and have opportunities to participate in the camp activities. Weekly field trips
Fee: $120 weekly fee Limited Enrollment
Week 1 - Mon.- Fri. Dec. 23-27
Knot’s "Merry" Farm
Week 2 - Tues.-Thu. Dec. 30-Jan. 3
John’s Incredible Pizza
Week 3 - Tues.- Fri. Jan. 6-10
Pershing Square Ice Skating
Field trips are subject to change
Camp information call (213) 763-0114 Ext. 259/286

GENERAL INFORMATION and EVENTS

EXPO CENTER and POOL Closure dates
USC Football Sept. 7 / Sept. 20 Veteran’s Day Nov. 11
L. A. Rams Games Sept. 15 / Sept. 29/ Oct. 13 Thanksgiving Nov. 28 / Nov. 29
Columbus Day Oct. 14 Christmas Dec. 25
USC Football Oct. 19
USC Football Nov. 2 / Nov. 23
L. A. Rams Games Nov. 25

IMPORTANT DATES
Fall Class Registration Begins Aug. 26
Fall Classes Begin Oct. 07
EXPO Halloween FunFest Oct. 26
Winter Classes Registration Begins Dec. 02
EXPO Winter Festival Dec. 07

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

General Information

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Rev 8-27-19
FALL 2019
YOUTH & TEENS
Roy A. Anderson Recreation Center

— SCHEDULE OF CLASSES —

The Clubhouse

is 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 over 22 years. For more information visit The Clubhouse Network www.theclubhousenetwork.org

The Clubhouse Hours:
Open Lab Mon.-Thu. 2:30-4:30pm
Homework Assistance: Mon.-Thu. 2:30-7:30pm
Be Creative @ The Clubhouse!
Digital Portfolios Mon./Wed./Thu. 3:30-5pm
Canvas Art Mon./Wed. 3:30-5:30pm
Healthy Bites Mon. 6-7:00pm
Graphic Design
6th-8th Mon. 4:00-5:00pm
9th-12th Mon./Wed. 4:30-5:30pm
Photography
6th-8th Tue. 4:00-5:00pm
9th-12th Tue./Thu. 5:00-6:00pm
Youth Radio: Podcasts
6th-8th Wed./Thu. 4:00-5:30pm
9th-12th Wed./Thu. 6:00-7:00pm
Programming with Raspberry Pi
6th-8th Mon. 5:30-6:30pm
9th-12th Tue. 6:00-7:00pm

YOUTH FX URBAN MEDIA PROGRAM:
Introduces and provides young people access to music and video production software and equipment to create multimedia projects that spark social change in their community. The young people work with Media Mentors on program and gain skills using the latest software, such as Final Cut, Logic and Adobe Creative Suite.

Music Production (6th-8th) Mon./Wed. 3:30-4:30pm (9th-12th) Mon./Tue./Wed./Thu. 4:30-5:30pm
Audio Mixing & Mastering (6th-8th) Mon./Wed. 5:30-6:30pm (9th-12th) Tue./Thu. 5:30-6:30pm
Mobile Journalism Wed. 4:30-6pm
Filmmaking (6th-8th) Mon./Wed. 4:30-5:30pm (9th-12th) Mon./Wed. 3:30-4:30pm
Girls in Media Program (6th-8th) Thu. 4:30-5:45pm (9th-12th) Thu. 6:00-7:15pm

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 (213) 763.0114 Ext. 286

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. 286

CALL (213) 763-0114

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. 259 / 286.

2020 TEEN LEADERSHIP PROGRAM
WINTER Program Dates
JANUARY 6 to MARCH 4
Program meets: Mon./Wed. 5:30 - 7:30pm
Registration begins: Mon. Nov. 4, 2019
For information call (213) 763-0114 Ext. 286

TEEN CLUB PROGRAM
Mon.-Thu. 2:30-7:30pm  Fri. 2:30-8pm
Ages: 11-17

Power Hour Mon.-Thu. 2:30-7:30pm
Teen Fitness/Eat Smart Mon.-Thu. 3:30-4:30pm
Minute to Win It! Mon.-Thu. 2:30-7:30pm
Teen Voices Mon.-Thu. 5:30-6:30pm
Fun Zone Mon.-Thu. 7:00-7:30pm

Fun Zone Fri. 2:30-4pm
Sports Madness Fri. 4-5pm
Cooking101 Fri. 5-5:30pm
Artsy Crafts Fri. 5-5:30pm
Snack Attack Fri. 5:30-6pm
Video Gaming Fri. 6-6:30pm
Movie Time Fri. 6:30-8pm

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

JOIN THE CLUBHOUSE!! Ages: 11-17

REV 8-27-19
Persons with disabilities are encouraged to participate in our programs and classes. Reasonable accommodations will be made with prior arrangements.
# COMPUTER CLASSES
State-of-the-art computer training for senior and adults.  
- Funded by The Friends of EXPO Center  
*Must Pre-Register  
Registration begins Aug. 26  
Classes begin the week of Oct. 1 - Dec. 3  

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<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Description</th>
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<tbody>
<tr>
<td>Tue.</td>
<td>Advanced 9:30am - 12pm</td>
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<tr>
<td>Wed.</td>
<td>Intermediate 9:30am - 12pm</td>
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<td>Thu.</td>
<td>Open Lab 10am – 1pm</td>
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<tr>
<td>Fri.</td>
<td>Beginners 10:30am - 12:30pm</td>
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*Computer Lab access for Ahmanson Senior Center registered members  

Location: Computer Lab

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# 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

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# EDUCATION

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# HEALTH & FITNESS

**SENIOR CIRCUIT TRAINING**  
Tone, shape, and sculpt in a class setting.  
Improve your posture and get results.  
Mon. 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 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  
- Funded by The Friends of EXPO Center

**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

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# SENIOR PROGRAMS

**SALSA CLASS**  
Tue./ Thu. 11am - 12pm  
- Beginners Fri. 10am - 11am  
- Intermediate Fri. 11am - 12pm

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

**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

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**COMMENTS**

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

Get Fit at EXPO

**FITNESS SESSIONS**

- **Oct. 7 - Nov. 15** | **Nov. 18 - Dec. 27**

**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./Thu. 6:15 - 7:15am | 7:15 - 8:15am
- 8:30 - 9:30am

Sat. (Every 3rd Sat. of month) Fee: $40 each class 7:00 - 8:00am

**BOXING CARDIO** $30 each class

- Mon./Wed./Fri. 7 - 8am

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**HEALTH & FITNESS CENTER (Membership)**

- Allows access to fitness center, weight room, lap swim and open gym.

**FITNESS PASS:**

- **QUARTERLY:**
  - Adults 18+: $70
  - Seniors 55+: $40

- Lap Swimming included with quarterly fitness fees.

- **MONTHLY:**
  - Adults 18+: $35
  - Seniors 55+: $15

- **DAY PASS:**
  - Adults 18+: $5
  - Seniors 55+: $3

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**RECREATION CLASSES**

**ZUMBA DANCE** (All Ages)

- Learn Zumba dance steps and movement with this high energy exercise class.

  Fee: FREE

- Day/Time: Mon./Wed. 4:30-5:30pm
- Fri. 6-7pm | Sat. 3:30-4:30pm

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**AQUACISE CLASS** for ADULTS & SENIORS

- This class offers low to high intensity workouts that promotes cardiovascular 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.

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**GENERAL INFORMATION**

**IMPORTANT DATES**

- Fall Class Registration Begins Aug. 26
- Fall Classes Begin Oct. 07
- EXPO Halloween FunFest Oct. 26
- Winter Class Registration Begins Dec. 02
- EXPO Winter Festival Dec. 07

**EXPO Center and POOL Closure dates**

- USC Football Sept. 7 / Sept. 20
- Columbus Day Oct. 14
- USC Football Oct. 19
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## AQUATICS

### LA84/John C. Argue Swim Stadium

**FALL 2019**

**ONLINE Registration Begins Sept. 21**

**FALL Programs Begin Sept. 23**

### Important Dates

- **Aquatic Fall Classes Begin**: Sept. 23
- **EXPO Fall Classes Begin**: Oct. 07
- **EXPO Halloween FunFest**: Oct. 26
- **Winter Class Registration Begins**: Dec. 02
- **EXPO Winter Festival**: Dec. 07

### EXPO Center and Pool Closure Dates

- USC Football: Sept. 7 / Sept. 20
- LAFC Soccer: Sept. 25
- Columbus Day: Oct. 14
- USC Football: Oct. 19
- USC Football: Nov. 2 / Nov. 23

### Water Polo

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

### Synchronized

- **Tue./Thu.**: 5:00pm - 6:00pm

### General Information and Events

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**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

(Use, Fitness, and Weight room)

### AQUACISE

- **ADULTS & SENIORS**
  - Ages: 18+
  - Adults: $4.50 per class
  - Seniors: $4.00 per class

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

### NOVICE TEAMS

- **Ages 7-17**
- **Registration begins**: Sept. 22
- **Practice begins**: Sept. 23
- **$50.00 per participant**

**Requires a minimum of Intermediate (level 4) swimming skills.**

### SPRING BOARD DIVING

- **Tue./Thu.**: 5:00pm - 7:00pm
- **Fri.**: 5:00pm - 6:00pm

### TECHNIQUE Classes

- **Fee**: $20 per Session

- **WATER POLO**
  - **Wed. / Fri.**
  - 5:00pm – 6:00pm

### WINTER Jr. GUARD CAMP

- **December 16 to January 3**

**LAC-PAT**

- **Date/Time/Fee - TBD**

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

**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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**Office Hours**

- **Mon. - Fri.**: 9:00am - 7:00pm
- **Sat.**: 1:00pm - 4:30pm
- **Sun.**: Closed
Fees: 4 lessons of 25 min each
(1 person) *
Private
$108.00
(2 persons)
Semi – Private
$160.00
*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.

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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**FALL 2019 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

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<th>SESSION: 1</th>
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<td>Level 1: Water Confidence &amp; IPAP</td>
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<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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<td>Adult Lessons &amp; Private Lessons</td>
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**WALK-IN Swim Lessons Registration - (Session 1-3)**

- Session 1: Sat. Sept. 21
- Session 2: Sun. Oct. 20
- Session 3: Sat. Nov. 16

**WALK-IN TEAMS Registration Sun Sept. 22 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

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

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