

CITY OF LOS ANGELES DEPARTMENT OF RECREATION AND PARKS  
 EXPO CENTER | JOHN C. ARGUE SWIM STADIUM  
**FALL/WINTER 2025**      📞 (213) 851-3294



# GENERAL INFORMATION

## GENERAL ADMISSION

Ages	Price
17 Years & Under	\$1.00
18 Years - 49 Years	\$4.00
50 Years & Over	\$1.00

## LAP PASS

Ages	Price
17 Years & Under	\$25 for 30 Admissions
18 Years - 49 Years	\$88 for 30 Admissions
50 Years & Over	\$25 for 30 Admissions

## RECREATIONAL SWIM

Days	Time
Monday - Friday	1:00 pm - 5:00 pm
Saturday	1:00 pm - 4:30 pm
Sunday	Closed

## LAP SWIM

Days	Time	Pool
Monday - Friday	7:30 am - 4:00 pm	Competition Pool Only
Monday - Friday	7:30 pm - 8:30 pm	Competition Pool Only
Saturday	1:00 pm - 4:00 pm	Competition Pool Only
Sunday	CLOSED	

## POOL CLOSURES & SPECIAL HOURS

Indigenous People's Day Monday, Oct 13  
 Veterans Day Tuesday, Nov 11  
 Thanksgiving Thursday, Nov 27 - Friday, Nov 28  
 Christmas Eve, 1:00 pm - 5:00 pm  
 Christmas Day, Thursday Dec 25  
 New Years Eve, 1:00 pm - 5:00 pm  
 New Years Day, Thursday Jan 1

LIMITED LANES AVAILABLE      \*All prices are subject to change\*

### Persons with Disabilities \$1.00

Under 4 years, swim diaper required. 6 years & under, must be accompanied by adult on a 1 : 1 ratio. (One child to one adult)



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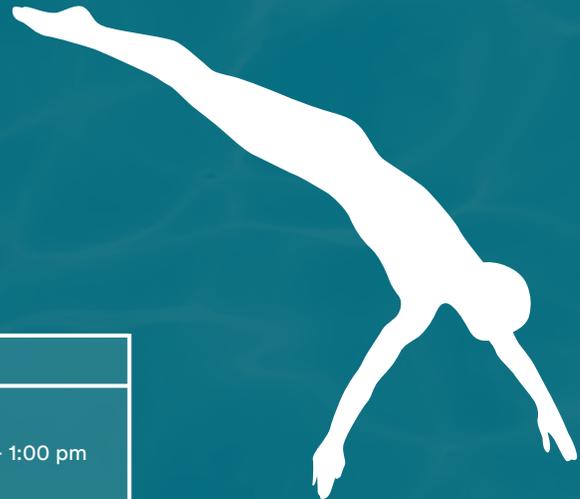
## ADAPTIVE AQUATICS

Price	Days	Time
\$10	Friday	5:30pm - 6:30pm

Students "swimming ability" not required. This class is designed for athletes with disabilities.

## AQUA FIT (18+)

Ages	Price	Days	Time
18 - 49 Years	\$5.00 per class \$40 per series (8 Classes)	Monday & Wednesday	12:00 pm - 1:00 pm
50 Years & Over	\$4.00 per class \$32 per series (8 Classes)		



## PRIVATE SWIM LESSONS *Registration: June 1st*

Days	Ages	Privacy	Pricing
Friday ONLY	Ages 3-6 must be accompanied by an adult in the water.	*Private: is a one-to-one ratio (1 person)	Private \$108.00 (4 lessons 25 min)
		*Semi-private: is a two-to-one ratio (2 persons)	Semi-Private \$160.00 (4 lessons 25 min)

If you are a person with a disability and require accommodation to participate in a City of Los Angeles Department of Recreation and Parks program, service, or activity, requests may be made by calling the facility (213) 851-3294 or 711 for CA Relay, ten days in advance of the event. We will do our best to fulfill requests with less than ten business days' notice.

If a participant requires a one to one aide, requests will be fulfilled within seven business days of receiving required paperwork and documentation needed to issue a Right of Entry Permit to the agency providing the aide.

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# SWIMMING LESSONS

**TODDLER GROUP (6 MO-3 YRS OLD) \$30 PER SESSION**  
**YOUTH GROUP (3-17 YRS OLD) \$10 PER SESSION**  
**ADULT GROUP (18+ YRS OLD) \$30 PER SESSION**

- Walk-in registration starts at 9:00 a.m.
- (Sessions 1 & 2) see registration dates below.
- Online registration starts at 9:00 a.m.
- Register at [SWIMLA.ORG](http://SWIMLA.ORG)
- First Come, First Served
- Swim Assessment Required
- 8 Lessons Total
- 25 Minute Classes
- 10 Participants Each Level

Session #	Registration Date	Start Date	End Date
1	September 13 <sup>th</sup>	September 15 <sup>th</sup>	October 9 <sup>th</sup>
2	October 12 <sup>th</sup>	October 13 <sup>th</sup>	November 6 <sup>th</sup>

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## Ages 3 - 6

Levels		Description	Days	Time
Preschool Aquatics	LVL 1 & LVL 2	A parent or guardian (age 18+) must accompany their child in the water. Parents and children are introduced to basic water safety in a comfortable environment.	Monday / Wednesday	4:00 pm - 4:25 pm
			Tuesday / Thursday	6:00 pm - 6:25 pm
	LVL 3	A parent or guardian (age 18+) must accompany their child in the water. Participants learn alternating skills including combined arm and leg actions on front, back and swimming in chest - deep water.	Monday / Wednesday	4:30 pm - 4:55 pm
Parent & Child Aquatics		A parent or guardian (age 18+) must accompany their child in the water. Adults will learn supportive holds and cueing techniques, while children build water comfort and foundational swim skills. Activities include assisted and independent water entry/exit, breath control, underwater exploration, buoyancy and basic swim movements.	Monday / Wednesday	4:00 pm - 4:25 pm

## Ages 7 - 17

Levels	Description	Days	Time
LVL 1 - Water Confidence	Introduction to water safety and water acclimation. This beginner level teaches buoyancy in water and basic locomotion skills. breathing and alternative arm action techniques are introduced.	Monday / Wednesday	5:00 pm - 5:25 pm
		Tuesday / Thursday	5:30 pm - 5:55 pm
LVL 2 - Beginners	Learn locomotion skills including front and back crawl and swimming in semi deep water.	Monday / Wednesday	5:30 pm - 5:55 pm 6:00 pm - 6:25 pm
		Tuesday / Thursday	5:00 pm - 5:25 pm 5:30 pm - 5:55pm
LVL 3 - Advanced Beginners	Learn elementary backstroke and continue to improve front and back crawl.	Monday / Wednesday	6:30 pm - 6:55 pm
		Tuesday / Thursday	4:30 pm - 4:55pm 5:00 pm - 5:25 pm
LVL - 4 Intermediate	Learn breaststroke and backstroke skills.	Monday / Wednesday	6:30 pm - 6:55 pm
		Tuesday / Thursday	4:00 pm - 4:25 pm
LVL 5 & 6 Swimmers & Advanced Swimmers	Participants refine strokes and learn aquatic skills such as the butterfly stroke and more.	Tuesday / Thursday	4:00 pm - 4:25 pm

## Ages 18+

Levels for Ages 18+	Description	Days	Time
LVL 1 - Water Confidence	Introduction to water safety and water acclimation.	Tuesday / Thursday	1:00 pm- 1:25 am   6:00 pm - 6:25 pm
LVL 2 - Beginner	Water safety and water acclimation.	Monday / Wednesday	1:00 pm- 1:25 am   6:00 pm - 6:25 pm
LVL 3 & 4 - Advanced Beginner	This level teaches basic locomotion skills, breathing, and alternative arm action techniques are introduced.	Monday / Wednesday	4:30 pm - 4:55 pm
		Tuesday / Thursday	4:30 pm - 4:55 pm

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# TEAM SCHEDULES

Team	Classes Begin	Days	Time
PLAYLA USA Swim Team	September 8 - November 22	Monday - Friday	5:30 pm - 7:30 pm
Dive Team	September 16 - December 19	Mon   Wed   Fri	5:00 pm - 6:30 pm 5:00 pm - 7:00 pm

## REQUIREMENTS

- Ages 7-17 (must pass a level 4 minimum swimming skill)
- \$10 per participant

## REGISTRATION

- **USA Swim Team Registration** starts August 23<sup>rd</sup>, at 9:00 a.m.
- **Artistic Swim Team, Dive Team, & Water Polo Registration** starts September 13<sup>th</sup>, at 9:00 am

## YOUTH FITNESS CLASSES | \$20

Classes	Classes Begin	Days	Time
Artistic Swim Team Clinic	September 16 <sup>th</sup> , 2025	Monday	4:30 pm - 5:30 pm
Water Polo Team Clinics	September 19 <sup>th</sup> , 2025	Fridays	6:30 pm - 7:30 pm



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# JR. LIFEGUARD CAMP

**DECEMBER 15<sup>TH</sup> 2025 - JANUARY 9<sup>TH</sup> 2026**

Monday - Friday 8:00 am - 3:00 pm

## ACTIVITIES

- Swim Skills Training
- Team Building
- Outdoor Games
- Kayaking, Surfing, Fishing
- Lifeguard Skills LAC-PAT
- Educational Nature walk

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.