### 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)

### 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

**Training Schedule**

- **Dry-land workout**
  Tue.-Fri. 5:00pm-5:30pm
- **Swim Training**
  Tue.-Fri. 5:30pm-6:30pm

For more information concerning Team Swim LA call Aquatic office (213) 763-0125

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### GENERAL INFORMATION and EVENTS

#### IMPORTANT DATES

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aquatic Fall Classes Begin</td>
<td>Sept. 23</td>
</tr>
<tr>
<td>EXPO Fall Classes Begin</td>
<td>Oct. 07</td>
</tr>
<tr>
<td>EXPO Halloween FunFest</td>
<td>Oct. 26</td>
</tr>
<tr>
<td>Winter Class Registration Begins</td>
<td>Dec. 02</td>
</tr>
<tr>
<td>EXPO Winter Festival</td>
<td>Dec. 07</td>
</tr>
</tbody>
</table>

#### EXPO Center and POOL Closure dates

- **USC Football:** Sept. 7 / Sept. 20
- **LAFC Soccer:** Sept. 25
- **L. A. Rams Games:** Sept. 15 / Sept. 29 / Oct. 13
- **Columbus Day:** Oct. 14
- **USC Football:** Oct. 19
- **USC Football:** Nov. 2 / Nov. 23
- **L. A. Rams Games:** Nov. 25
- **Thanksgiving:** Nov. 28 / Nov. 29
- **Christmas:** Dec. 25

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

#### 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

09-03-19

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

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### FALL 2019

#### AQUATICS

LA84/John C. Argue Swim Stadium

**ONLINE Registration Begins Sept. 12**

**FALL Classes Begin Sept. 23**

**MONDAY—FRIDAY**

<table>
<thead>
<tr>
<th>Program</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ADULT LAP SWIM</strong> (18yrs &amp; up)</td>
<td>6:30am - 8:30am (Competition Pool Only)</td>
</tr>
<tr>
<td><strong>11:00am - 5:00pm</strong> (Competition Pool Only)</td>
<td></td>
</tr>
<tr>
<td><strong>5:00pm - 7:30pm</strong> (Family Pool Only)</td>
<td></td>
</tr>
<tr>
<td><strong>RECREATIONAL SWIM</strong></td>
<td>11:00am - 7pm (Family Pool Only)</td>
</tr>
</tbody>
</table>

**Saturdays**

<table>
<thead>
<tr>
<th>Program</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ADULT LAP SWIM</strong> (18yrs &amp; up)</td>
<td>1:00pm - 4:30pm (Competition Pool Only)</td>
</tr>
<tr>
<td><strong>1:00pm - 4:30pm</strong> (Family Pool Only)</td>
<td></td>
</tr>
</tbody>
</table>

**GENERAL ADMISSION**

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>17 years &amp; under</td>
<td>$1.00</td>
</tr>
<tr>
<td>18 years to 49 years</td>
<td>$4.00</td>
</tr>
<tr>
<td>50 years &amp; older</td>
<td>$1.00</td>
</tr>
<tr>
<td>Persons with Disabilities</td>
<td>$1.00</td>
</tr>
</tbody>
</table>

**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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### 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**

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

**WATER POLO**

**Tue. / Thu.** 5:00pm – 6:00pm

**ARTISTIC SWIMMING**

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

**WINTER Jr. GUARD CAMP**

December 23 to January 10

Fee: $45 a week
Actual Program Cost $85*

*$40 is subsidized by the generous donations from The Friends of EXPO Center.

Mon. - Fri. 8:00am - 3:00pm

Limited Enrollment

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#### 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

---

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

LA84/John C. Argue Swim Stadium

SCHEDULE OF CLASSES

ONLINE Registration Begins Sept. 12

CALL (213) 763-0125

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

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

Level 1 - WATER CONFIDENCE
Mon./Wed. 12pm - 12:25pm | 4pm - 4:25pm
Tue./Thur. 1pm - 1:25pm | 6pm - 6:25pm

Level 2 - BEGINNER
Mon./Wed. 12:30pm - 12:55pm | 6pm - 6:25pm
Tue./Thur. 5:30pm - 5:55pm

Level 3 - ADVANCED BEGINNER
Mon./Wed. 11:30am - 11:55am | 4:30pm - 4:55pm
Tue./Thur. 4:30pm - 4:55pm

Level 4 - INTERMEDIATE
Tue./Thur. 4:00pm - 4:25pm

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-hour slots per family.

Ages 4-6 Parent must accompany child in the water.

Session 1: Sept. 20, 27 | Oct. 4, 11
Session 2: Oct. 18, 25 | Nov. 1, 8
Session 3: Nov. 15, 22 | Dec. 6, 13

Level 5 & 6 - SWIMMERS/ADV. SWIMMERS
Tue./Thur. 4:00pm - 4:25pm

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.

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

https://reg.laparks.org

Online Registration: starts Saturday at 9:00am and closes Tuesday at 11:59pm

### Walk-In Swim Lessons Registration (Session 1-3)

<table>
<thead>
<tr>
<th>Session</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session 1: Sat. Sept. 21</td>
<td>Sept. 23 - Oct. 17</td>
</tr>
<tr>
<td>Session 3: Sat. Nov. 16</td>
<td>Nov. 18 - Dec. 19</td>
</tr>
</tbody>
</table>

### Levels

- **Level 1:** Water Confidence & IPAP
- **Level 2:** Beginner
- **Level 3:** Adv. Beginner
- **Level 4:** Intermediate Level
- **5/6:** Swimmer/Adv. Swim

### Online Registration Dates for ALL LEVELS

<table>
<thead>
<tr>
<th>Session</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session 1: Sat. Sept. 21</td>
<td>Sept. 12 to Sept. 24</td>
</tr>
<tr>
<td>Session 3: Sat. Nov. 16</td>
<td>Nov. 16 to Nov. 19</td>
</tr>
</tbody>
</table>

### 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 1

## Aquatic 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/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.

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09-03-19
EXPO CENTER FALL 2019

TAKE THE LIFEGUARD CHALLENGE - OCT. 6 9:00am - 1:00pm

How to become a Los Angeles City Lifeguard
- Swim a 200 yard lifeguard medley (breaststroke, backstroke, sidestroke and front crawl) within proper form in 3 minutes and 52 seconds.
- Perform the L.A. City Dummy Tow Swim under 1 minute and 18 seconds.
- Retrieve a 10 pound diving brick off the bottom of a 10 feet pool.
- Swim 25 yards in 18 seconds or less.
- Tread water with a 10 pound diving brick for 1 minute.

Interested in working for us, but won’t be 17 by next summer? That’s O.K.
If you are over the age 15 you can become a Locker Attendant if interested email citywide.aquatics@lacity.org

For more information email: Bit.Ly/20lacitylifeguard or call Aquatic office (213) 763-0125

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

EXPO Center provides affordable programs and services. Be sure to check out some of the Programs we offer below

## YOUTH

<table>
<thead>
<tr>
<th>Program</th>
<th>Ages</th>
<th>Register Date</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>TRACK</td>
<td>7-15</td>
<td>Register Now</td>
<td>$25</td>
</tr>
<tr>
<td>GPLA VOLLEYBALL CLINIC</td>
<td>8-15</td>
<td>Register Now</td>
<td>$10</td>
</tr>
<tr>
<td>VOLLEYBALL CLINIC GIRLS</td>
<td>15-17</td>
<td>Register Now</td>
<td>$35</td>
</tr>
<tr>
<td>GPLA BASKETBALL CLINIC</td>
<td>8-15</td>
<td>Register Now</td>
<td>$10</td>
</tr>
<tr>
<td>Jr.CLIPPERS BASKETBALL</td>
<td>6-15</td>
<td>Register Now</td>
<td>$55</td>
</tr>
<tr>
<td>BASKETBALL CLINIC</td>
<td>9-15</td>
<td>Register Now</td>
<td>$30</td>
</tr>
<tr>
<td>COED FLAG FOOTBALL LEAGUE</td>
<td>9-15</td>
<td>Register Now</td>
<td>$55</td>
</tr>
<tr>
<td>COED SOCCER CLINIC</td>
<td>5-17</td>
<td>Register Now</td>
<td></td>
</tr>
<tr>
<td>DANCE &amp; CHEER</td>
<td>5-12</td>
<td>Tue./Thur. 6-7pm</td>
<td>$30</td>
</tr>
<tr>
<td>MARTIAL ARTS</td>
<td>5-15</td>
<td>Mon./Wed. 6-8pm</td>
<td>$40</td>
</tr>
<tr>
<td>ZUMBA CLASS</td>
<td>All Ages</td>
<td>Mon./Fri. 7-8pm</td>
<td>FREE</td>
</tr>
</tbody>
</table>

## TEENS

The Clubhouse @ EXPO Center
CLASS PARKS CLUBS PROGRAMS
YOUTH FX URBAN MEDIA PROGRAM

## ADULTS & SENIORS

<table>
<thead>
<tr>
<th>Program</th>
<th>Ages</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>MAMBO MANIA</td>
<td>11-17</td>
<td>Mon.-Thu. 2:30 - 7:30pm</td>
</tr>
<tr>
<td>SENIOR BOXING</td>
<td>11-17</td>
<td>Mon.-Thu. 12:30 - 1:30pm</td>
</tr>
<tr>
<td>SQUARE DANCE</td>
<td>11-17</td>
<td>Thu. 7:30 - 9:30pm</td>
</tr>
<tr>
<td>CRAFT CLUB</td>
<td>11-17</td>
<td>Fri. 11am - 1pm</td>
</tr>
</tbody>
</table>

(Call (213) 763-0118 for class schedules and fees)