

EXPO CENTER FALL 2019

AQUATICS

LA84/John C. Argue Swim Stadium



ONLINE Registration Begins Sept. 12

FALL Classes Begin Sept. 23

MONDAY— FRIDAY

ADULT LAP SWIM (18yrs & up)

6:30am - 8:30am
(Competition Pool Only)

11:00am – 5:00pm
(Competition Pool Only)

5:00pm - 7:30pm
(Family Pool Only)

RECREATIONAL SWIM

11:00am - 7pm
(Family Pool Only)

SATURDAY

ADULT LAP SWIM (18yrs & up)

1:00pm - 4:30pm
(Competition Pool Only)

RECREATIONAL SWIM

1:00pm – 4:30pm
Closed Sunday

GENERAL ADMISSION

17 years & under \$1.00

18 years to 49 years.. \$4.00

50 years & older \$1.00

Persons with Disabilities... \$1.00

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

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

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

TECHNIQUE Classes

Fee: \$20 per Session

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

GENERAL INFORMATION and EVENTS

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
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.

FALL 2019 AQUATICS

LA84/John C. Argue Swim Stadium

SCHEDULE OF CLASSES

ONLINE Registration Begins Sept. 12

FALL Classes Begin Sept. 23

YOUTH GROUP SWIM LESSONS

\$30.00 per session
25 minutes per lesson

AGES 4-6 yrs. INFANT-PRESCHOOL AQUATIC PROGRAM

Children must be accompanied by an adult.

Mon./Wed. 4:00pm-4:25pm Level 1
4:30pm-4:55pm Level 3

Tue./Thu. 6:00pm-6:25pm Level 2
6:30pm-6:55pm Level 1

AGES 7-17 yrs.

Level 1 - WATER CONFIDENCE

Mon./Wed. 5:00pm-5:25pm
Tue./Thu. 5:30pm-5:55pm

Level 2 - BEGINNER

Mon./Wed. 5:30pm-5:55pm
6:00pm-6:25pm
Tue./Thu. 5:00pm-5:25pm
5:30pm-5:55pm

Level 3 - ADVANCE BEGINNER

Mon./Wed. 6:30pm-6:55pm
Tue./Thu. 4:30pm-4:55pm
5:00pm-5:25pm

Level 4 - INTERMEDIATE

Mon./Wed. 6:30pm-6:55pm
Tue./Thu. 4:00pm-4:25pm

Level 5 & 6 - SWIMMERS/ ADV. SWIMMERS

Tue./Thu. 4:00pm-4:25pm

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./Thu. 1pm -1:25pm | 6pm - 6:25pm

Level 2 - BEGINNER

Mon./Wed. 12:30pm-12:25pm | 6pm-6:25pm
Tue./Thu. 5:30pm - 5:55pm

Level 3 - ADVANCED BEGINNER

Mon./Wed. 11:30am-11:55am | 4:30pm-4:55pm
Tue./Thu. 4:30pm - 4:55pm

Level 4 - INTERMEDIATE

Tue./Thu. 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-hours 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

- 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.

AQUACISE ADULTS & SENIORS

18+ yrs

Adults - \$5.00 per class
\$45.00 per series (8 lessons)

Seniors - \$4.00 per class
\$40.00 per series (8 lessons)

Mon./ Wed./ Fri.

6:30am-7:30am | 12:00pm-1:00pm
5:00pm-6:00pm

COMING SOON



BOGA FIT

Mon./ Wed./ Fri.

7:30am - 8:30am

7:30pm - 8:30pm

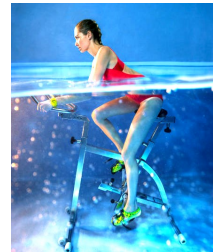
HYDRORIDER

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

Aquatics 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
City of Los Angeles Department of Recreation and Parks

All classes and programs listed may be subject to change or cancellation.

09-03-19

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

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

WALK - IN Swim Lessons Registration (Session 1 - 3)

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

| SWIM CLASSES | SESSION: 1 Sept. 23 - Oct. 17 | SESSION: 2 Oct. 21 - Nov. 14 | SESSION: 3 Nov. 18 - Dec. 19 |
|---|---|------------------------------------|------------------------------------|
| Level 1: Water Confidence & IPAP | Online Registration Dates for ALL LEVELS | | |
| Level 2: Beginner Level 3: Adv. Beginner | Sept. 12 to Sept. 24 | Oct. 19 to Oct. 22 | Nov. 16 to Nov. 19 |
| Level 4: Intermediate Level 5/6: Swimmer/Adv. Swim - | | | |
| Adult Lessons & Private Lessons | | | |

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*



PARKPROUDLA

Board of Recreation and Parks Commissioners
Sylvia Patsouras, 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

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.



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 3minutes 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](https://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

| | | |
|----------------------------------|--------------------|--|
| TRACK | Ages: 7-15 | Register Now Fee: \$25 |
| GPLA VOLLEYBALL CLINIC | Ages: 8-15 | Register Now Fee: \$10 |
| VOLLEYBALL CLINIC GIRLS | Ages: 15-17 | Register Now Fee: \$35 |
| GPLA BASKETBALL CLINIC | Ages: 8-15 | Register Now Fee: \$10 |
| Jr.CLIPPERS BASKETBALL | Ages: 5-15 | Register Now COED Fee: \$55 |
| BASKETBALL CLINIC | Ages: 7-15 | Register Now COED Fee: \$30 |
| COED FLAG FOOTBALL LEAGUE | Ages: 9-15 | Register Now Fee: \$55 |
| COED SOCCER CLINIC | Ages 5-17 | Register Now |
| DANCE & CHEER | Ages: 5-12 | Tue./Thu. 6-7pm Ages: 12-14 Tue./Thu. 7-8pm Fee: \$30 |
| MARTIAL ARTS | Ages: 5-15 | Mon./Wed. 6-8pm Fee: \$40 |
| ZUMBA CLASS | All Ages | Mon./Fri. 7-8pm Sat. 2:30 - 4:30pm FREE |

TEENS

| | | |
|-------------------------------------|--------------------|---------------------------------------|
| The Clubhouse @ EXPO Center | Ages: 11-17 | Mon-Thu. 2:30 - 7:30pm |
| CLASS PARKS CLUBS PROGRAMS | Ages: 11-17 | Mon-Thu 2:30 - 7:30pm Fri. 2:30 - 8pm |
| YOUTH FX URBAN MEDIA PROGRAM | Ages: 11-17 | |

ADULTS & SENIORS

| | | | |
|----------------------|---------------------------------|------------------------------------|-------------------------|
| MAMBO MANIA | Tue./ Thu. 9:30 - 11:00am | SALSA CLASS | Tue./ Thu. 11:00 - 12pm |
| SENIOR BOXING | Mon./ Tue./ Fri. 12:30 - 1:30pm | LOW IMPACT - VIDEO EXERCISE | Fri. 9:30 - 11am |
| SQUARE DANCE | Thu. 7:30 - 9:30pm | KNITTING & CROCHETING | Wed. 10am - 4pm |
| CRAFT CLUB | Fri. 11am - 1pm | | |

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

Hours of Operation: 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

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

09-03-19

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