

CITY OF LOS ANGELES DEPARTMENT OF RECREATIONS AND PARKS
 EXPO CENTER | JOHN C. ARGUE SWIM STADIUM

FALL 2024 📞 (213) 763-0125



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 |

ADULT LAP SWIM (18+)

| Days | Time | Pool |
|-----------------|-------------------|-----------------------|
| Monday - Friday | 7:30 am - 4:00 pm | Competition Pool Only |
| Monday - Friday | 6:00 pm - 7:30 pm | Family Pool Only |
| Saturday | 1:00 pm - 4:30 pm | Competition Pool Only |
| Sunday | CLOSED | |

All prices are subject to change

LIMITED LANES AVAILABLE

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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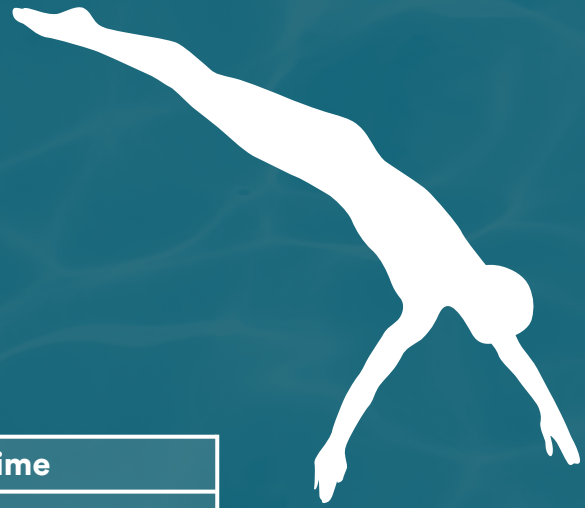
ADAPTIVE AQUATICS

| 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) | | 5:00 pm - 6:00 pm |



PRIVATE SWIM LESSONS

| 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) |

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SWIMMING LESSONS



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 1-3) see registration dates below.
- **Online registration** starts at 9:00 a.m.
Register at 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 14th | September 16th | October 10th |
| 2 | October 12th | October 15th | November 7th |
| 3 | November 9th | November 12th | December 12th |



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SWIM LEVELS

Ages 3 - 6

| Levels | | Description | Days | Time |
|---------------------------------|-------|---|--------------------|-------------------|
| Infant Preschool Aquatics | LVL 1 | 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 | Children must be accompanied by an adult. | Monday / Wednesday | 4:30 pm - 4:55 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 - Advanced Beginner | This level teaches basic locomotion skills, breathing, and alternative arm action techniques are introduced. | Monday / Wednesday | 4:30 pm - 4:45 pm |
| | | Tuesday / Thursday | 4:30 pm - 4:45 pm |



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TEAM SCHEDULES

| Team | Classes Begin | Days | Time |
|----------------------|---------------|--------------------|---------------------------------------|
| PLAYLA USA Swim Team | August 26th | Monday - Friday | 5:00 pm - 7:00 pm |
| Diving Team | August 26th | Wednesday Friday | 4:30 pm - 6:00 pm 5:00 pm - 7:00 pm |

REQUIERMENTS

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

REGISTRATION

- **Walk-in team registration** starts August 24th, at 9:00 a.m.
- **Online team registration** starts August 24th, at 9:00 am

YOUTH FITNESS CLASSES | \$20

| Classes | Classes Begin | Days | Time |
|--------------------------|----------------|--------|-------------------|
| Water Polo Clinic | September 20th | Monday | 6:00 pm - 8:00 pm |
| Artistic Swimming Clinic | September 16th | Friday | 5:00 pm - 7:00 pm |

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WINTER 2024



JR LIFEGUARD

CAMP

AGES 9 - 17
MONDAY - FRIDAY

| Session # | Session Price | Time | Start Date | End Date |
|-----------|---------------|-------------------|---------------|-------------|
| 1 | \$180 | 8:00 am - 3:00 pm | December 16th | January 3rd |

**REGISTER DECEMBER 2ND
 (ONE TIME \$25 REGISTRATION FEE)**

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.

CONTACT EXPO.POOL@LACITY.ORG FOR MORE INFORMATION

17+? BECOME A LOS ANGELES CITY LIFEGUARD

- Swim a 200-yard lifeguard medley (breaststroke, backstroke, sidestroke, & 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 foot 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 okay! If you are over the age of 15 you can become a Locker Attendant if interested email citywide.aquatics@lacity.org

