

CITY OF LOS ANGELES DEPARTMENT OF RECREATIONS AND PARKS
 EXPO CENTER | JOHN C. ARGUE SWIM STADIUM
WINTER/SPRING 2025 📞 (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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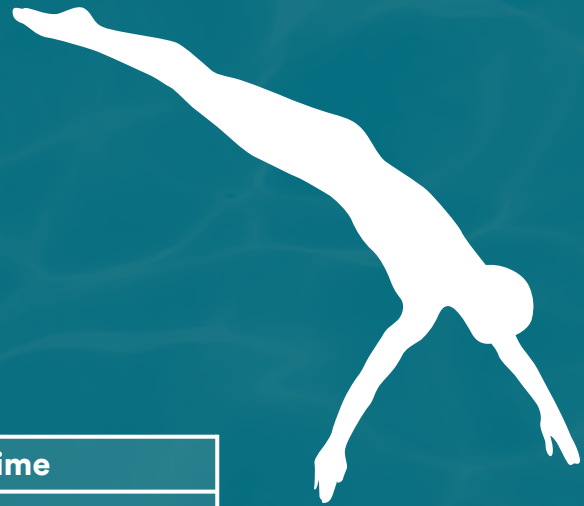
ADAPTIVE AQUATICS

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	February 1st	February 3rd	February 27th
2	March 1st	March 3rd	March 27th
3	March 29th	March 31st	April 24th
4	April 26th	April 28th	May 22nd



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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

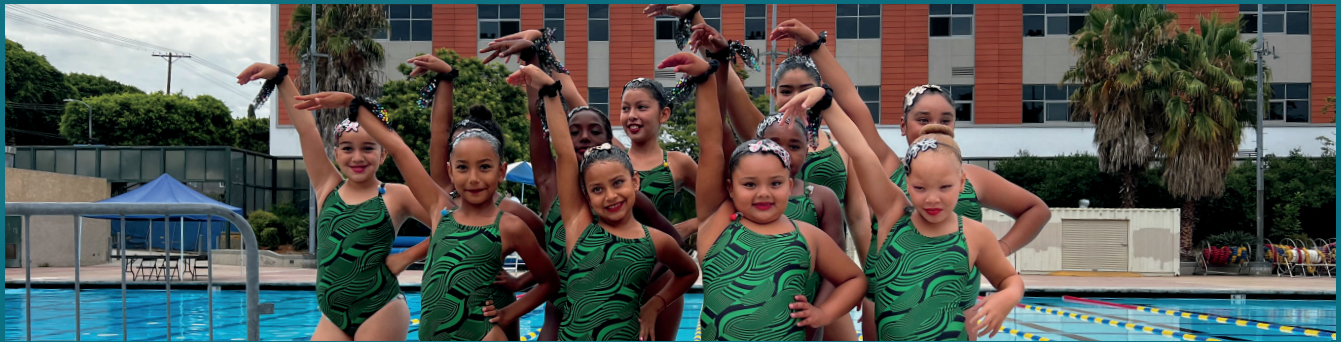
Levels	Description	Days	Time
LVL 1 - Water Confidence	Introduction to water safety and water acclimation. This beginner level teaches buoyancy in water and basic locomotion skills. Breathing and alternative arm action techniques are introduced.	Monday / Wednesday	5:00 pm - 5:25 pm
		Tuesday / Thursday	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 - 4:55 pm
		Tuesday / Thursday	4:30 pm - 4:55 pm



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TEAM SCHEDULES

Team	Classes Begin	Days	Time
PLAYLA USA Swim Team	March 3, 2025	Monday - Friday	5:00 pm - 7:00 pm
Water Polo	March 3, 2025	Monday & Wednesday Friday	6:30 pm - 8:30 pm 5:00 pm - 6:00 pm
Artistic Swimming	March 3, 2025	Monday & Wednesday Friday	5:00 pm - 6:30 pm 5:00 pm - 7:00 pm

REQUIERMENTS

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

REGISTRATION

- **Registration** starts March 1st, at 9:00 a.m.
- **Practice** begins March 3rd, 2025

YOUTH FITNESS CLASSES | \$20

Classes	Classes Begin	Days	Time
Dive Team Clinic	February 10, 2025	Monday	4:30 pm - 5:30 pm