

FALL PROGRAM 2009

EXPO CENTER
3980 S. Menlo Ave.
Los Angeles, CA. 90037
(213) 763-0125

LA84 FOUNDATION
JOHN C. ARGUE
SWIM STADIUM

revision 8.10.09

Monday - Friday

Adult Lap Swim (18 yrs & up) ... 11:00 am - 3:00 pm
Recreational Swim 11:00 am - 4:00 pm

Saturday & Sunday

Adult Lap Swim (18 yrs & up) ... 1:00 pm - 5:00 pm
Recreational Swim 1:00 pm - 4:00 pm

General Admission

17 years & under Free
18 years to 64 years \$2.50 \$2.00 with LA City Library Card
65 years & older Free
Persons with Disabilities Free
Adult Health Club Pass \$45.00 for 3 months (Pool use, Fitness room, & Weight room)
Adult Lap Pass \$55.00 for 30 admissions (Pool use only!)

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

Group Swim Lessons

Youth (7 – 17 years old) \$20.00 per session
Adult (18 years & older) \$40.00 per session

Session One: Sept. 21, 2009 to Oct. 16, 2009 Registration: Sept. 14, 2009
 • Holiday - Monday, Oct. 12th
 • Make-up - Friday, Oct. 16th
Session Two: Oct. 19, 2009 to Nov. 13, 2009 Registration: Oct. 17, 2009
 • Holiday - Wednesday, Nov. 11th
 • Make-up - Friday, Nov. 13th

Private/Semi-Private

September 18th to November 15th

- Registration: Sept. 14, 2009
- Registration: Oct. 17, 2009
- **Friday Classes: 4 lessons of 25 min 1:00 pm – 4:00 pm**
- **Sunday Classes: 4 lessons of 25 min 1:00 pm – 3:00 pm**
- Private instruction is a one-to-one ratio & Semi-private is a two-to-one ratio
- (1 person) Private \$80.00 or (2 persons) Semi-private \$132.00
- Registration for private lessons is limited to 2 half-hour slots per family.
- An adult must accompany children 4-6 years of age.

<p>Youth Group Swimming Lessons (ages 7-17) Fall Quarter: September 21, 2009 to November 13, 2009</p>
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Infant-Preschool Aquatics Program

Parents and children are introduced to basic water safety in a comfortable environment. Children **must** be accompanied by an adult.

M/W	1:30 pm - 1:55 pm	Fee: \$20.00 per session	Age: 4 to 6 years old
M/W	3:00 pm - 3:25 pm	Fee: \$20.00 per session	Age: 4 to 6 years old
T/Th	10:30 am - 10:25 am	Fee: \$20.00 per session	Age: 4 to 6 years old
T/Th	3:30 pm - 3:55 pm	Fee \$20.00 per session	Age:4 to 6 years old

Level 1: Water Confidence

Introduction to water safety and water acclimation. This beginner level teaches buoyancy in water and basic locomotion skills. Kicking, breathing, and alternative arm action techniques are introduced.

M/W	4:00 pm - 4:25 pm	Fee: \$20.00 per session
T/Th	5:30 pm - 5:55 pm	Fee: \$20.00 per session

Level 2: Beginner

Participants continue to learn locomotion skills including front and back crawl and swimming in deep water.

M/W	4:00 pm - 4:25 pm	Fee: \$20.00 per session
M/W	5:30 pm - 5:55 pm	Fee: \$20.00 per session
T/Th	4:30 pm - 4:55 pm	Fee: \$20.00 per session
T/Th	5:00 pm - 5:25 pm	Fee: \$20.00 per session

Level 3: Advanced Beginner

Participants learn elementary backstroke and continue to improve on front and back crawl.

M/W	5:00 pm - 5:25 pm	Fee: \$20.00 per session
T/Th	4:00 pm - 4:25 pm	Fee: \$20.00 per session

Level 4: Intermediate

Participants learn breaststroke and sidestroke skills.

M/W	4:30 pm - 4:55 pm	Fee: \$20.00 per session
T/Th	3:30 pm - 3:55 pm	Fee: \$20.00 per session

Level 5/6: Swimmer/Advanced Swimmer

Participants refine strokes and learn additional aquatic skills such as butterfly stroke and springboard diving. Emphasis is placed on increased yardage and an introduction to advanced swimming turns.

M/W	4:00 pm - 4:55 pm	Fee: \$20.00 per session
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Adult Group Swimming Lessons (ages 18 & over)
Fall Quarter: September 21, 2009 to November 13, 2009

Level 1: Water Confidence

Introduction to water safety and water acclimation. This beginner level teaches buoyancy in water and basic locomotion skills. Kicking, breathing, and alternative arm action techniques are introduced.

M/W	12:00 pm - 12:25 pm	Fee: \$40.00 for 8 lessons
M/W	5:30 pm – 5:55 pm	Fee: \$40.00 for 8 lessons
T/TH	1:00 pm - 1:25 pm	Fee: \$40.00 for 8 lessons

Level 2: Beginner

Participants continue to learn locomotion skills including front and back crawl and swimming in deep water.

M/W	12:30 pm - 12:55 pm	Fee: \$40.00 for 8 lessons
M/W	5:30 pm - 5:55 pm	Fee: \$40.00 for 8 lessons
T/Th	5:30 pm - 5:55 pm	Fee: \$40.00 for 8 lessons

Level 3: Advanced Beginner

Participants learn elementary backstroke and continue to improve on front and back crawl.

M/W	2:00 pm - 2:25 pm	Fee: \$40.00 for 8 lessons
T/TH	4:30 pm - 4:55 pm	Fee: \$40.00 for 8 lessons

Level 4: Intermediate

Participants learn breaststroke and sidestroke skills.

M/W	5:00 pm - 5:25 pm	Fee: \$40.00 for 8 lessons
T/TH	4:00 pm - 4:25 pm	Fee: \$40.00 for 8 lessons

Level 5/6: Swimmer/Advanced Swimmer

Participants refine strokes and learn additional aquatic skills such as butterfly stroke and springboard diving. Emphasis is placed on increased yardage and an introduction to advanced swimming turns.

M/W	4:30 pm - 4:55 pm	Fee: \$40.00 for 8 lessons
T/Th	3:30 pm - 3:55 pm	Fee: \$40.00 for 8 lessons

Senior Group Swimming Lessons (ages 65 & over)
Fall Quarter: September 21, 2009 to November 13, 2009

Level 1: Water Confidence

Introduction to water safety and water acclimation. This beginner level teaches buoyancy in water and basic locomotion skills. Kicking, breathing, and alternative arm action techniques are introduced.

T/TH	2:00 pm - 2:25 pm	Fee: \$40.00 per session
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Level 2: Beginner

Participants continue to learn locomotion skills including front and back crawl and swimming in deep water.

M/W	2:30 pm - 2:55 pm	Fee: \$40.00 per session
T/TH	1:30 pm - 1:55 pm	Fee: \$40.00 per session

Level 3: Advanced Beginner

Participants learn elementary backstroke and continue to improve on front and back crawl.

M/W	11:30 am - 11:55am	Fee: \$40.00 per session
T/TH	11:30 am - 11:55am	Fee: \$40.00 per session

AQUACISE :

Seniors Mon/Wed/Fri 12:00 pm – 1:00 pm

Adults Mon/Wed/Fri 5:00 pm – 6:00 pm

Minimum age: 18 years old

Fee \$50.00 for 30 sessions

This class offers low to high intensity workouts that promotes cardiovascular fitness, conditioning, increased flexibility and range of motion.

Novice Team Sports (ages 7-17)
Fall Quarter: September 14, 2009 to December 5, 2009

Novice Team Sports (ages 7-17):

Swim Team: September 14th to December 5th

Previous experience is not necessary. Practices begin the week of September 14, 2009

Mon / Wed / Fri 4:00 pm - 5:30 pm Fee: \$30.00 per season. Each additional family member pays \$15.00.

Springboard Diving: September 14th to December 5th

Previous experience is not necessary. Practices begin the week of September 14, 2009

Fri / Sat / Sun. 4:00 pm - 5:30 pm Fee: \$30.00 per season. Each additional family member pays \$15.00.

Special Olympics Swim Team: September 14th to December 5th

This swim team is designed for patrons, & athletes with disabilities, who want to train and compete in Special Olympic events. Students do not need swimming ability. See instructor for enrollment information.

FRIDAY 3:30 pm - 4:30 pm Fee: \$6.00 per session

COLA Swimming & Water Polo

Elite Swimming & Water Polo programs: Year round

These are highly-competitive programs designed to train and develop athletes to compete at the National level through United States Swimming and United States Water Polo.

- Monday – Friday: COLA SWIM 4:30-7:00 pm
- Monday – Friday: COLA WATER POLO 6:00-8:00 pm
- Ages: 7 – 18 yrs
- Monthly Pool Fee: \$20.00 per month per sport
- Additional registration fee for USS and/or USWP
- Additional fees for each competition

JOB OPPORTUNITY

Lifeguard Training Program (ages 16 & over):

This course is designed for individuals interested in becoming LA City Lifeguards. Students are certified in American Heart Association **Basic C.P.R.**, **First Aid**, and **Life saving techniques**. Students are also conditioned for swimming and prepared for the LA City Lifeguard Test.

Sat/Sun 1:00 pm - 4:00 pm Fee: \$30.00

Wed/Fri 6:00 pm - 9:00 pm Fee: \$30.00

Lifeguard Test:

- TBA – www.laparks.org click on “Aquatics”

Wages: \$14.64 per hour

General Information:

- Lane lines may be removed 10 minutes prior to recreational swim or swim lesson times.
- Locker rooms will close 15 minutes after the pool closes.
- Valuable items should be stored in security lockers. Please check with the front desk for details.
- Swim diapers are required for all swimmers 3 yrs old and younger.

EXPO CENTER
LA84/John C. Argue Swim Stadium

All facilities will be closed to the public on the following dates:

- Saturday, September 5, 2009 USC vs San Jose
- Monday, September 7, 2009 Labor Day
- Saturday, September 26, 2009 USC vs Washington State
- Monday, October 12, 2009 Columbus Day
- Saturday, October 24, 2009 USC vs Oregon State
- Wednesday, November 11, 2009 Veterans Day
- Saturday, November 14, 2009 USC vs Stanford
- Thursday, November 26, 2009 Thanksgiving (day)
- Friday, November 27, 2009 Thanksgiving (holiday)
- Saturday, November 28, 2009 USC vs UCLA
- Saturday, December 5, 2009 USC vs Arizona State
- Friday, December 25, 2009 Christmas Day

* Scheduling of special events at the LA Coliseum & Memorial Center are out of our control and may cause additional days of closure to the Expo Center & LA84/John C. Argue Swim Stadium.