

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

**WINTER 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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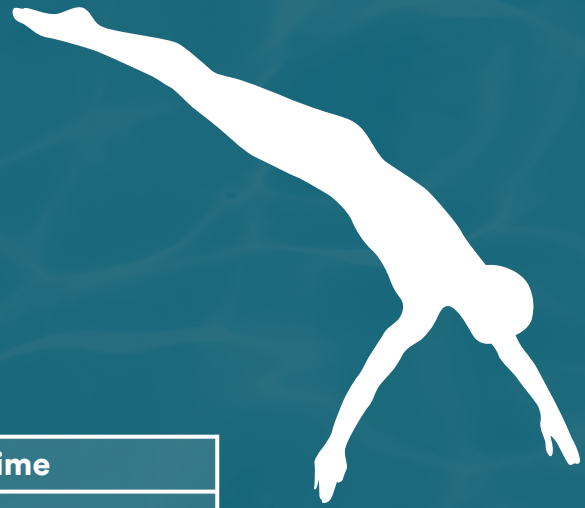
## ADAPTIVE AQUATICS

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](http://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 <b>must</b> 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

- **Registration** starts January 27th, at 9:00 a.m.
- **Practice** begins January 30th

## 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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# JR LIFEGUARD

**AGES 9 - 17**

**MONDAY - FRIDAY**

# CAMP

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)**

**CONTACT [EXPO.POOL@LACITY.ORG](mailto:EXPO.POOL@LACITY.ORG) FOR  
 MORE INFORMATION**

@EXPO.POOL\_LACITY

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.

## 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](mailto:citywide.aquatics@lacity.org)

