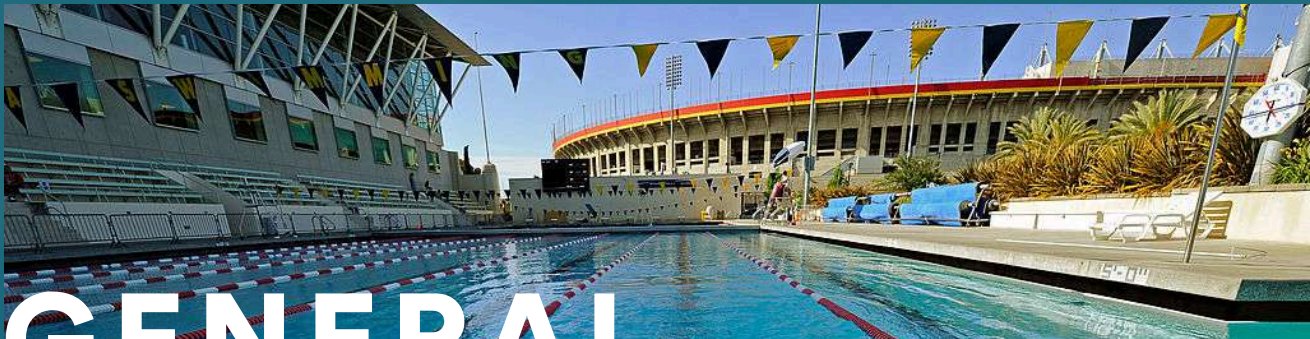


CITY OF LOS ANGELES DEPARTMENT OF RECREATIONS AND PARKS  
 EXPO CENTER | JOHN C. ARGUE SWIM STADIUM  
 SUMMER 2024



# 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 (\$10 Unlimited Entry 05/10 - 09/02)
18 Years - 49 Years	\$88 for 30 Admissions
50 Years & Over	\$25 for 30 Admissions

## RECREATIONAL SWIM

Days	Time
Monday - Friday	1:00 pm - 4:00 pm
Saturday - Sunday	1:00 pm - 4:30 pm

*\*All prices are subject to change\**

## ADULT LAP SWIM (18+)

Days	Time	Pool
Monday - Friday	7:30 am - 3:00 pm	Competition Pool Only
	6:00 pm - 8:00 pm	Competition Pool Only (2 Lanes)
Saturday - Sunday	1:00 pm - 4:30 am	Competition Pool Only

### 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
FREE	Friday	5:00 pm - 6:00 pm

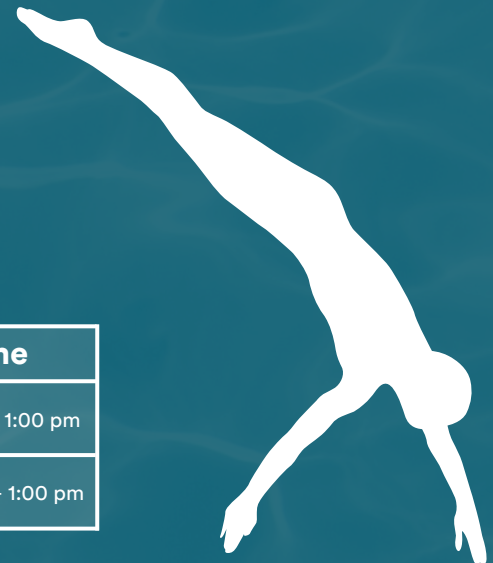
Students "swimming ability" not required. This class is designed for athletes with disabilities.

## BOGA FIT

Price	Days	Time
\$10.00 per class \$90 per series (10 Classes)	Wednesday & Friday	8:00 am - 9:00 am

## AQUACISE (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
59 Years & Over	\$4.00 per class \$32 per series (8 Classes)	Monday & Wednesday	12:00 pm - 1:00 pm



## PRIVATE SWIM LESSONS

Days	Ages	Privacy	Pricing
Friday & Saturday 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 LESSON**  
**ADULT GROUP (18+ YRS OLD) \$30 PER LESSON**

- Walk-in registration starts at 9:00 a.m. (Sessions 1-5) 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
- 10 Lessons Total
- 25 Minute Classes
- 10 Participants Each Level

Session #	Registration Date	Start Date	End Date
1	June 1st	June 17th	June 27th
2	June 29th	July 1st	July 11th
3	July 13th	July 15th	July 25th
4	July 27th	July 29th	August 8th
5	August 10th	August 12th	August 22nd



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## LEARN TO SWIM LEVELS

### Ages 3 - 6

Levels		Description	Days	Time
Infant - Preschool Aquatics	LVL 1 & 2	Parents and children are introduced to basic water safety in a comfortable environment.	Monday - Thursday	9:30 am - 10:00 am 10:00 am - 10:25 am 5:30 pm - 5:55 pm 6:30 pm - 6:55 pm 7:00 pm - 7:25 pm
	LVL 3	Children <b>must</b> be accompanied by an adult.	Monday - Thursday	10:30 am - 10:55 am 6:00 pm - 6:30 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 - Thursday	9:30 am - 9:55 am 10:00 am - 10:25 am 4:30 pm - 4:55 pm 6:00 pm - 6:25 pm
LVL 2 - Beginners	Learn locomotion skills Including front and back crawl and swimming in semi deep water.	Monday - Thursday	9:00 am - 9:25 am 10:00 am - 10:25 am 11:00 am - 11:25 am 4:30 pm - 4:55pm 5:30 pm - 5:55 pm
LVL 3 - Advanced Beginners	Learn elementary backstroke and continue to improve front and back crawl.	Monday - Thursday	9:30 am - 9:55 am 10:30 am - 10:55 am 12:00 pm - 12:25 pm 4:00 pm - 4:25 pm 4:30 pm - 4:55 pm 7:00 pm - 7:25 pm
LVL - 4 Intermediate	Learn breaststroke and backstroke skills.	Monday - Thursday	9:00 am - 9:25 am 11:30 am - 11:55 am 6:30 pm - 6:55 pm
LVL 5 & 6 Swimmers & Advanced Swimmers	Participants refine strokes and learn aquatic skills such as the butterfly stroke and more.	Monday - Thursday	11:00 am - 11:25 am 3:30 pm - 3:55 pm

### Ages 18+

Levels for Ages 18+	Description	Days	Time
LVL 1 & 2 - Beginner/Water Confidence	Introduction to water safety and water acclimation.	Monday - Thursday	11:30 am - 11:55 am 12:30 pm - 12:55 pm 7:30 pm - 7:55 pm
LVL 3 & 4 - Advanced Beginner	This level teaches basic locomotion skills. breathing and alternative arm action techniques are introduced.	Monday - Thursday	11:00 am - 11:25 am 7:30 pm - 7:55 pm



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# TEAM SCHEDULES

Team	Practice Dates	Days	Time	
Swim Team	June 17 - August 9	Monday - Friday	Group A 4 pm - 5 pm	Group B 5 pm - 6 pm
Water Polo	June 17 - August 9	Monday - Friday	6:00 pm - 7:00 pm	
Artistic Swimming	June 17 - August 9	Monday - Friday	5:00 pm - 6:00 pm	
Spring Board Diving	June 17 - August 9	Monday - Friday	4:00 pm - 5:00 pm	
Junior Lifeguards	June 17 - August 9	Monday - Friday	1:00 pm - 2:00 pm	

## REQUIERMENTS

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

## REGISTRATION

- **Walk-in team registration** starts June 2nd, at 9:00 a.m.
- **Online team registration** starts June 2nd, at 9:00 am

## JR LIFEGUARD REQUIREMENTS

- Ages 9-17
- \$50 Fee

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**AGES 9 - 17**

**MONDAY - FRIDAY**

**CAMP**

Session #	Session Price	Time	Start Date	End Date
1	\$112	8:00 am - 3:00 pm	June 12th	June 21st
2	\$144	8:00 am - 3:00 pm	June 24th	July 5th
3	\$160	8:00 am - 3:00 pm	July 10th	July 21st
4	\$160	8:00 am - 3:00 pm	July 24th	August 11th

**REGISTER NOW**  
**(ONE TIME \$25 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.

**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 O.K! 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)

