

EXPO CENTER
LA84 FOUNDATION /JOHN C. ARGUE
SWIM STADIUM
(213) 763-0125 or (213) 763-0129
2009 Winter Program

Hours of Operation:

Monday-Friday	10:00 am –4 pm
Saturday	1:00pm –5 pm
Sunday	1:00pm –5 pm

Recreational Swim

Monday-Friday 10:00-4:00 pm
Saturday-Sunday 1:00-5:00 pm
Free for children (ages 17 and under)
Adults (ages 65 and older), and special needs members (all ages) Free
Adults (18 to 64) pay \$2.50.
\$2.00 with LA City Library Card
Adults must accompany each child under 7. Swim diapers are required for all swimmers under the age of 3.

Adult Lap Swim

Monday-Friday 10:00 am-4:00 pm: 4 Lanes

Saturday 1:00 pm-5:00 pm: 4 Lanes
Sunday 1:00 pm-5:00 pm: 4 Lanes

Fee: \$55.00 for 30 admissions
\$2.50 for each facility visit.

25 Minute Private/Semi-Private Lessons (January 16, 2009 to May 29, 2009)

Friday 1:00 pm to 4:00 pm
Sunday 1:00 pm to 3:00 pm

- Instruction is on a one-to-one ratio
- Open to all skill levels
- \$66.00 for private (1 person) or \$88.00 for semi-private (2 persons)
- Registration for private lessons is limited to 2 half-hour slots per family.
- An adult must accompany children 4-6 years of age.

Session One: Lessons begin on Monday January 12, 2009 to February 5, 2009

Session Two: Lessons begin on Monday February 9, 2009 to March 5, 2009

Session Three: Lessons begin on Monday March 9, 2009 to April 2, 2009

Session Four: Lessons begin on Monday April 6, 2009 to April 30, 2009

Session Five: Lessons begin on Monday May 4, 2009 to May 28, 2009

Registration for all lessons begin one week prior to the first day of the particular swim session

<p>Youth Group Swimming Lessons (ages 7-17) Winter Quarter: January 12, 2009 to March 12, 2009</p>

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
M/W	6:00 pm-6:25 pm	Fee: \$20.00 per session	Age: 4 to 6 years old
T/Th	3:30pm-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
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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	5:00-5:25 pm	Fee: \$20.00 per session
M/W	5:30-5:55 pm	Fee: \$20.00 per session
T/TH	4:30-4:55 pm	Fee: \$20.00 per session
T/TH	5:00-5:25 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	5:00-5:25 pm	Fee: \$20.00 per session
M/W	4:30-4:55 pm	Fee: \$20.00 per session
T/Th	4:00-4:25 pm	Fee: \$20.00 per session
T/TH	5:00-5:25 pm	Fee: \$20.00 per session

Level 4: Intermediate

Participants learn breaststroke and sidestroke skills.

M/W	5:30-5:55 pm	Fee: \$20.00 per session
T/Th	3:30-3:55 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.

T/TH	5:00-5:55 pm	Fee: \$20.00 per session
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<p style="text-align: center;">Adult Group Swimming Lessons (ages 18 & over) Winter Quarter: January 12, 2009 to March 12, 2009</p>

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	12:00-12:25 pm	Fee:\$40.00 for 8 lessons
T/TH	1:00-1:25 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	12:30-12:55 pm	Fee: \$40.00 for 8 lessons
T/TH	5:30-5:55 pm	Fee: \$40.00 for 8 lessons
M/W	5:30-5:55 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	2:00-2:25 pm	Fee: \$40.00 for 8 lessons
T/TH	4:30-4:55 pm	Fee: \$40.00 for 8 lessons

Level 4: Intermediate

Participants learn breaststroke and sidestroke skills.

M/W	5:00-5:25 pm	Fee: \$40.00 for 8 lessons
T/TH	4:30-4:55 pm	Fee: \$40.00 for 8 lessons

Novice Team Sports (ages 7-17)
Winter Quarter: January 12, 2009 to March 12, 2009

Novice Team Sports (ages 7-17):

Water polo February to May

Requires a minimum Level 3 (Advanced Beginner) swimming skill. Verification of skill level by coach or pool manager is required. Previous experience is not necessary. Practices begin the week of February 2, 2009

M/W/F 4:00-5:30pm Fee: \$30.00 per season. Each additional family member pays \$15.00.

Games are held 2 times a month on Saturday mornings from 8:00 am to 12:00 noon.

Synchronized Swimming February to May

Requires a minimum Level 3 (Advanced Beginner) swimming skill. Verification of skill level by coach or pool manager is required. Previous experience is not necessary. Practices begin the week of February 2, 2009

Friday/ Sat / Sun. 3:00-5:00pm Fee: \$30.00 per season. Each additional family member pays \$15.00.

Meets are held 2 times a month on Saturday mornings from 8:00 am to 12:00 noon.

Special Olympics Swim Team: February to May

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 3:30-4:30pm Fee: \$20.00

Competitive Youth Swim Team: Year round

This is a highly-competitive swim program designed to train and develop swimmers to compete at the National level through United States Swimming competitions. See Coach Carl Beard for more information.

M-F 5:30-7:30 pm Fee: \$20.00 per month (this dose not include swim meets entry fees).

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 Red Cross ***C.P.R. for the Professional Rescuer, First Aid, and Life guarding***. Students are also conditioned for swimming and preparedness for the LA City Lifeguard Test.

Sat/Sun 12:00-3:00 pm Mondays & Wednesday 6:00 PM – 9:00 PM Fee: \$75.00

Lifeguard Test Dates: MARCH 8, 2009 & April 4, 2009. 8:00 am.

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 under the age of 3.