



AQUATIC SUMMER PROGRAM 2008



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

LA84 FOUNDATION
JOHN C. ARGUE
SWIM STADIUM

Monday - Friday

Adult Lap Swim (18 yrs & up) ... 10:00 am - 4:00 pm
Recreational Swim 1:00 pm - 4:00 pm

Saturday & Sunday

Adult Lap Swim (18 yrs & up) ... 1:00 pm - 4:30 pm
Recreational Swim 1:00 pm - 4:30 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 \$40.00 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: June 30 - July 10 Registration: Sat, June 28th @ 9:00 am
Session Two: July 14 - July 24 Registration: Sat, July 12th @ 9:00 am
Session Three: July 28 - Aug 07 Registration: Sat, July 26th @ 9:00 am
Session Four: Aug 11 - Aug 21 Registration: Sat, August 9th @ 9:00 am

Private/Semi-Private 4 Lessons of 25 minutes

Session One:

Registration: Sat., June 28th @ 9:00 am
Lesson #1 July 11th
Lesson #2 July 18th
Lesson #3 July 25th
Lesson #4 August 1st

Session Two:

Registration: Sat., July 26th @ 9:00 am
Lesson #1 August 8th
Lesson #2 August 15th
Lesson #3 August 22nd
Lesson #4 August 29th

- **Fridays only!**
- Private instruction is a one-to-one ratio & Semi-private is a two-to-one ratio
- (1 person) Private \$66.00 or (2 persons) Semi-private \$88.00
- Registration for private lessons is limited to 2 half-hour slots per family.

Summer Quarter: June 30, 2008 to August 21, 2008

Youth: Group Swimming Lessons (ages 7-17)

Monday thru Thursday 9:00 am – 1:00 pm

Session One:	June 30 - July 10	Registration:	Sat, June 28 th @ 9:00 am
Session Two:	July 14 – July 24	Registration:	Sat, July 12 th @ 9:00 am
Session Three:	July 28 – Aug 07	Registration:	Sat, July 26 th @ 9:00 am
Session Four:	Aug 11 – Aug 21	Registration:	Sat, August 9 th @ 9:00 am

❖ Infant-Preschool Aquatics Program

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

MONDAY thru THURSDAY Fee: \$20.00 per session @ 8 lessons Age: 4 to 6 years old
12:00 pm - 12:25 pm

❖ 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.

MONDAY thru THURSDAY Fee: \$20.00 per session @ 8 lessons Age 7 to 17 years old
12:00 pm - 12:25 pm

❖ Level 2: Beginner

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

MONDAY thru THURSDAY Fee: \$20.00 per session @ 8 lessons Age 7 to 17 years old
9:00 am – 9:25 am
9:30 am – 9:55 am
12:00 pm – 12:25 pm
12:30 pm – 12:55 pm

❖ Level 3: Advanced Beginner

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

MONDAY thru THURSDAY Fee: \$20.00 per session @ 8 lessons Age 7 to 17 years old
9:00 am – 9:25 am
9:30 am – 9:55 am
12:00 pm – 12:25 pm
12:30 pm – 12:55 pm

❖ Level 4: Intermediate

Participants learn breaststroke and sidestroke skills.

MONDAY thru THURSDAY Fee: \$20.00 per session @ 8 lessons Age 7 to 17 years old
10:00 am – 10:25 am
10:30 am – 10:55 am

❖ 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.

MONDAY thru THURSDAY Fee: \$20.00 per session @ 8 lessons Age 7 to 17 years old
10:00 am – 10:25 am
10:30 am – 10:55 am

Summer Quarter: June 30, 2008 to August 21, 2008

Youth: Group Swimming Lessons (ages 7-17)

Monday thru Thursday 4:30 pm – 7:00 pm

Session One:	June 30 - July 10	Registration:	Sat, June 28 th @ 9:00 am
Session Two:	July 14 – July 24	Registration:	Sat, July 12 th @ 9:00 am
Session Three:	July 28 – Aug 07	Registration:	Sat, July 26 th @ 9:00 am
Session Four:	Aug 11 – Aug 21	Registration:	Sat, August 9 th @ 9:00 am

❖ Infant-Preschool Aquatics Program

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

MONDAY thru THURSDAY Fee: \$20.00 per session @ 8 lessons Age: 4 to 6 years old
5:30 pm – 5:55 pm
6:30 pm – 6:55 pm

❖ 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.

MONDAY thru THURSDAY Fee: \$20.00 per session @ 8 lessons Age 7 to 17 years old
4:30 pm – 4:55 pm
6:30 pm – 6:55 pm

❖ Level 2: Beginner

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

MONDAY thru THURSDAY Fee: \$20.00 per session @ 8 lessons Age 7 to 17 years old
4:30 pm – 4:55 pm
5:00 pm – 5:25 pm
5:30 pm – 5:55 pm
6:30 pm – 6:55 pm

❖ Level 3: Advanced Beginner

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

MONDAY thru THURSDAY Fee: \$20.00 per session @ 8 lessons Age 7 to 17 years old
5:00 pm – 5:25 pm
6:00 pm – 6:25 pm

❖ Level 4: Intermediate

Participants learn breaststroke and sidestroke skills.

MONDAY thru THURSDAY Fee: \$20.00 per session @ 8 lessons Age 7 to 17 years old
6:00 pm – 6:25pm

Summer Quarter: June 30, 2008 to August 21, 2008

Adult & Seniors Group Swimming Lessons (ages 18 & over)

Monday thru Thursday 12:00pm - 1:00pm & 4:00pm - 5:00pm

Session One:	June 30 - July 10	Registration: Sat, June 28 th @ 9:00 am
Session Two:	July 14 - July 24	Registration: Sat, July 12 th @ 9:00 am
Session Three:	July 28 - Aug 07	Registration: Sat, July 26 th @ 9:00 am
Session Four:	Aug 11 - Aug 21	Registration: Sat, August 9 th @ 9:00 am

❖ 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.

MONDAY thru THURSDAY Fee: \$20.00 per session @ 8 lessons Age 18 years & up

12:00 pm - 12:25 pm

❖ Level 2: Beginner

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

MONDAY thru THURSDAY Fee: \$20.00 per session @ 8 lessons Age 18 years & up

12:00 pm - 12:25 pm

❖ Level 3: Advanced Beginner

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

MONDAY thru THURSDAY Fee: \$20.00 per session @ 8 lessons Age 18 years & up

12:30 pm - 12:55 pm

❖ Level 4: Intermediate

Participants learn breaststroke and sidestroke skills.

MONDAY thru THURSDAY Fee: \$20.00 per session @ 8 lessons Age 18 years & up

12:30 - 12:55 pm

❖ Aquacise Class Adults & Seniors

This one of a kind class will give participants a low to high intensity water workout program that promotes cardiovascular strength and fitness.

WEDNESDAY & FRIDAY Fee: \$32.50 for 25 admissions Age 18 & over

7:00 pm - 7:45 pm (Wednesday)

6:00 pm - 7:00 pm (Friday)

Summer Quarter: June 30, 2008 to August 22, 2008
Novice Team Sports (ages 7-17)

❖ **Jr. Lifeguard Program:**

Requires a minimum Level 4 (Intermediate) swimming skill level.

This program consists of learning lifeguarding skills, such as: scanning the water for distressed swimmers, making rescues, learning CPR & First Aid. In addition, all participants will assist with teaching lessons to the youth and participate in the Jr. Lifeguard Competitions.

MONDAY - FRIDAY

Fee: \$30.00 per season. Each additional family member pays \$ 20.00.

10:00 am – 3:00 pm

❖ **Water Polo (Novice & USWP)**

Requires a minimum Level 4 (Intermediate) swimming skill level.

Water Polo is a fun fast-paced team sport that is played by boys & girls. Prior water polo experience is not necessary.

MONDAY - THURSDAY

Fee: \$30.00 per season. Each additional family member pays \$ 20.00.

10:00 am – 12:00 pm

6:30 pm – 8:00 pm

❖ **Novice Springboard Diving:**

Requires a minimum Level 4 (Intermediate) swimming skill level.

This is a highly-competitive Novice (beginner) diving team compotion program designed to train and develop divers to compete at local, district and regional swim meets.

MONDAY - FRIDAY

Fee: \$30.00 per season. Each additional family member pays \$ 20.00.

4:00 pm – 5:00 pm

❖ **Novice Synchronize Swimming:**

Requires a minimum Level 4 (Intermediate) swimming skill level.

Verification of skill level by coach or pool manager is required. Prior Synchronized Swimming experience is not necessary.

MONDAY - FRIDAY

Fee: \$30.00 per season. Each additional family member pays \$20.00.

4:00 pm - 5:00 pm

❖ **Novice Swim team:**

Requires a minimum Level 4 (Intermediate) swimming skill level.

This is a highly-competitive Novice (beginner) swim team compotion program designed to train and develop swimmers to compete at local, district and regional swim meets.

MONDAY - FRIDAY

Fee: \$30.00 per season. Each additional family member pays \$ 20.00.

5:00 pm – 6:30 pm

❖ **Special Olympics Swim Team:**

Students “swimming ability” not required.

This swim team is designed for athletes with disabilities, who want to train and compete in Special Olympic events.

See pool manager for enrollment information.

FRIDAY & SUNDAY

Fee: \$6.00 per month.

4:30 pm - 5:30 pm

Competitive Youth Swim Team: C.O.L.A.

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.

MONDAY - FRIDAY

Fee: \$20.00 per month plus swim meets entry fees.

5:00 - 7:00 pm