



# YOUTH AND ADAPTIVE YOUTH SPORTS

## Summer 2025: Rec Swim Team



Program Requirements: Ages 7-17  
Check-In: 7am-8am      Start Time: 8:30am

**\$10**  
and up

DAY	EVENT	LOCATION Valley/Pacific/Metro
Sat. July 5	Meet 1	Northridge/JT Harvard/LACES
Sat. July 19	Meet 2	Northridge/JT Harvard/LACES
Sat. August 2	Qualifier Meet	Northridge/JT Harvard/LACES
Sat. August 9	Championship	Lincoln

**REGISTRATION BEGINS JUNE 1<sup>ST</sup> @ 9AM**  
**SIGN UP AT A YEAR-ROUND POOL OR VISIT**  
**LAPARKS.ORG/DISCOVER-ACTIVITIES**



**Scan Here**



Persons with disabilities are welcome to participate in our aquatic programs.  
Reasonable accommodations will be made with prior arrangements.

City of Los Angeles  
Dept. of Recreation & Parks  
laparks.org/aquatics  
citywide.aquatics@lacity.org  
323-906-7953

Made possible by the LA28 Olympic and Paralympic Games



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