



**CITY OF LOS ANGELES**  
DEPARTMENT OF RECREATION AND PARKS

**CITYWIDE AQUATICS DIVISION**  
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**How to Prepare:**

The Open Water Lifeguard Academy consists of 100 hours of vigorous training, studying and teamwork. The physical aspect of the academy requires constant running and swimming. We recommend swimming 3-4x a week. Do some sand and trail running. Body weight training such as squats, push-ups, lunges & planks are highly recommended. We highly encourage you to create groups and train together for this academy!

**Example Workout:**

- Monday: Ocean swim & Dryland workout
- Tuesday: Light run 1-2 miles & core
- Wednesday: Ocean swim & sand runs
- Thursday: Run intervals 4x800m sprints
- Friday: Ocean Swim & dryland workout
- Saturday: Long run 3-5 miles & core
- Sunday: Active rest day

**Running and Swimming Standards:**

- Timed mile run UNDER 8 minutes & 30 seconds
- 1000 meter swim UNDER 19 minutes & 59 seconds
- 2 scored Physical Trainings per day
- Acclimation to low temperature waters (60 degrees and below)

**You must bring the following items every day:**

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| <ul style="list-style-type: none"><li>• Trunks (navy blue – <u>issued</u>)</li><li>• T- shirt (navy blue – <u>issued</u>)</li><li>• Swim suit (women only – navy blue one- piece– <u>not</u> issued)</li><li>• Rescue mask <u>and</u> fanny pack (<u>issued</u>)</li><li>• Sweats and crewneck sweater (navy blue – plain - <u>not</u> issued)</li></ul> | <ul style="list-style-type: none"><li>• Running shoes and white socks ( <u>not</u> issued)</li><li>• Pencil / Pen (- <u>not</u> issued)</li><li>• Wrist watch (waterproof) ( <u>not</u> issued )</li><li>• One or more towels ( <u>not</u> issued )</li><li>• Snacks and fluids (not issued)</li><li>• Lunch (not issued)</li><li>• Recommended: Beanie (navy blue – plain not issued)</li></ul> |
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\*All equipment issued by L.A. City will be provided at Orientation: 3/25/23

\*\*Candidates are required to bring all other items listed above on Orientation Day: 3/25/23