

# Team Sports

**Age 7- 17:** Age verification is required and must be on file before the first meet, or the participant will not be allowed to compete.

**Minimum Skill Level:** Level 4/ Intermediate

## Water Polo

**Registration:** Saturday, March 1, 9:00 am - 1:00 pm

**Session:** March 4 - May 30

**Cost:** \$50.00

**Training:** Tue - Fri 4:00 pm - 5:00 pm

## Artistic Swimming

**Registration:** Saturday, March 1, 9:00 am - 1:00 pm

**Session:** March 4 - May 30

**Cost:** \$50.00

**Training:** Tue - Fri 5:00 pm - 6:00 pm



## PlayLA Aquatics USA Swim Team

**Registration:** Saturday, March 1, 9:00 am - 1:00 pm

**Session:** March 4 - May 18

**Cost:** \$10.00

**Dry-Land Workout:** Tue - Fri 4:30 pm - 5:00 pm

**Training:** Tue - Fri 5:00 pm - 6:00 pm

Groups or individuals desiring to provide coaching at a City of Los Angeles swimming pool must obtain a permit. Private instruction (one-on-one) is not permissible. Permit guidelines and applications can be obtained online at [LAParks.org](http://LAParks.org).

## Private Lessons

**Private Lessons: \$108.00 (4 Lessons)**

**Semi-Private Lessons: \$160.00 (4 Lessons)**

**Saturdays & Sundays**

Session #	Registration	Lesson Dates
Session #3	March 1st	March 2 - March 29
Session #4	March 29th	March 30 - April 20
Session #5	April 26th	April 27- May 18

*Each lesson is 25 minutes in duration. Requests for instructor can be made prior, but are not guaranteed.*

# HOURS OF OPERATION

## Adult Lap Swimming

**\*\*\*There will be no lanes available during recreational swim times.\*\*\***

**Monday** 2:30 pm - 7:00 pm

**Tuesday - Friday** 6:30 am - 2:00 pm

6:00 pm - 9:00 pm

**Saturday** 9:00 am - 1:00 pm

**Sunday** 10:00 am - 1:00 pm

## Recreational Swim

**Monday** 2:30 pm - 7:00 pm

**Tuesday - Friday** 3:30 pm - 6:00 pm

**Saturday & Sunday** 1:00 pm - 5:00 pm

## Aqua Jogging

Aqua jogging is allowed during times other than those posted, ONLY if it does not interfere with lap swimming, diving, or facility programming.

**Tuesday - Friday** 6:30 am - 2:00 pm (1 lane)

**Saturday** 9:00 am - 1:00 pm (1 lane)

1:00 pm - 5:00 pm (deep end)

**Sunday** 10:00 am - 1:00 pm (1 lane)

1:00 pm - 5:00 pm (deep end)

## Diving Board Hours

**Saturday & Sunday** 1:00 pm - 5:00 pm

## Holiday Hours

**Sunday, March 16th CLOSED**

**Monday, March 31st CLOSED**

**Monday, May 26th CLOSED**

As a covered entity under Title II of the Americans with Disabilities Act, the City of Los Angeles does not discriminate on the basis of disability and, upon request, will provide reasonable accommodation to ensure equal access to its programs, services and activities.

# WESTWOOD SWIMMING POOL

*Sea Monsters*



April 1st - May 31st

# Spring 2025



## Our Location

1350 S. Sepulveda Blvd.

Los Angeles, CA 90025

## Our Contact

(310) 478-7019

[westwood.pool@lacity.org](mailto:westwood.pool@lacity.org)

[laparks.org/aquatic/year-round/westwood-pool](http://laparks.org/aquatic/year-round/westwood-pool)

## Our Social Media

@westwoodpool.lacityparks

\*Listed programs in brochure may be subject to change without prior notice.

# ADMISSION FEES

**CASH ONLY**  
**NO REFUNDS**

## Single Entry Admission Per Day

Youth (Age 17 & Under)	\$1.00
Adults (Age 18-49)	\$4.00
Adults (Ages 50+)	\$1.00
Persons with Disabilities (All Ages)	\$1.00

## Admission Pass

Adults (30 Admissions)	\$88.00
Adults 50+ (30 Admissions)	\$25.00
Persons with Disabilities	\$25.00

**\*All Pass Sales Are Final, No Refunds Or Replacements.**

# Water Exercise

01

**Aqua Fit - High Impact** Tue & Thu: 9:00 am

This calorie-burning fitness workout incorporates muscular, cardiovascular and aerobic conditioning. Exercise includes rhythmic activities, muscle strengthening and toning while having fun.

02

**Aqua Fit - Flex Stretch:** Wed & Fri: 9:00 am

A low impact stretching and walking class that moves at a leisurely pace. This class promotes flexibility, improves posture and increases cardiovascular endurance.

03

**Aqua Fit - Zero Impact:** Tue & Thu: 7:00 pm

A deep-water exercise class that strengthens and builds muscle tone without impact to the joints. Belts will be provided or you may bring your own. Participants must be able to swim in deep water.

### Guest Pass:

**45 min / 8 classes**

Adult (18-49) \$6.00

Adult (18-49) \$44.00

Adult (50+) \$5.00

Adult (50+) \$36.00

# Lesson Registration & Information

Registration will NOT be accepted over the phone.

Online and in-person registration is available.

Preschool / Tiny Tots: 3yrs. - 6yrs.

Youth: 7 yrs. - 17 yrs.

Adult: 18 yrs+

**Fees must be paid at the time of registration. No exceptions. Make checks payable to:**

L.A. City Department of Recreation and Parks.

Cash, Check, Money Order, VISA and MASTER Card accepted.

No refunds or transfers unless class is canceled.

No make-ups for participant absences and posted holidays.

Proof of age required for children under 7 prior to registration by birth certificate or passport.

## Lesson Cost

Tiny Tots: \$80.00 / Youth Lessons: \$67.00 / Adult Lessons: \$67.00

## Group Lessons

**Tiny Tots**

Tue & Thu 3:30 pm

Wed & Fri 3:30 pm

**Swimmers\***

Wed & Fri 5:30 pm

**Adaptive**

Tue & Thu 5:30 pm

**Adult Beginner**

Tue & Thu 7:30 am

Wed & Fri 6:00 pm

**Preschool**

(parent must be in the water with child)

Tue & Thu 4:00 pm

**Beginners\***

Wed & Fri 4:00 pm

**Advanced Beginner\***

Tue & Thu 5:00 pm

**Intermediate\***

Wed & Fri 5:00 pm

\*Swim Assessment required

## Walk - In Registration: 9:00 am - 1:00 pm

Online registration begins at 9:00 am

Session #	Registration	Lesson Dates
Session #3	Sat. March 1	March 4 - March 28
Session #4	Sat. March 29	April 29 - May 23
Session #5	Sat. April 26	April 29 - May 23

# General Rules & Info

- Children under seven (7), must be accompanied by a guardian 16 years or older on a one to one ratio, within arm's reach at all times. (LAMC 63.44 E)
- Children under nine (9) may use a restroom of either gender. (LAMC 63.44 F)
- Children under four (4) must wear an approved swim diaper or plastic pants with elastic around the waist and legs.
- Patrons under the influence of alcohol or narcotics will be denied entry.
- Smoking and all electronic smoking devices are prohibited a minimum of 20 feet from all park grounds. (LAMC 63.44 B 24)
- Patrons with nasal or eye discharges, open wounds, bandages, or active diarrhea will be denied entry.
- Pets are not allowed. Service Animals are welcomed.
- Check all valuables with the Pool Clerk.
- The following personal items are not permitted in the swimming pool or deck areas: Recreational wheeled vehicles, roller blades, bicycles, skateboards, etc. Glass objects or containers of any kind.
- Cellphones and other recording devices are not permitted to be used in the locker rooms and under water.
- Eating and / or drinking is only allowed in designated areas, if any.
- Foul or abusive language will not be tolerated.
- Proper swim attire is as follows: Swimsuits with proper lining and rash guard swimwear. Inappropriate swim attire is as follows: Cut-offs, bike shorts, and all other street clothing. Thongs and leotards.
- US Coast Guard approved life vests are permitted. Parents/Guardians must stay within arm's reach of a child at all times. Life vests are not permitted in deep water.
- Please take a soap shower before entering the pool area.
- Patrons may not enter the pool unless there is a lifeguard on the tower.
- During recreational hours, all patrons will be asked to take a swim test before entering the deep end of the pool. This test will consist of two lengths of the pool swimming freestyle (Front Crawl), with an effective supporting kick.
- For the safety of the public there is no: running, horse play, snapping towels, climbing, sitting on, and jumping from fences or guard structures, diving into shallow water, swimming in the diving area, hypoxic training or prolonged underwater swimming, diving off the ladder rails or using them as horizontal or parallel bars, & hanging on the safety rope / lane lines, unless in danger. Participating in other dangerous practices as determined by lifesaving staff.
- Interfering with a lifeguard rescue, or calling for help unless in distress is not permitted.
- Locker rooms close 15 minutes after the end of patron's session.
- Clothed patrons must be seated on the bleachers if they are not swimming.
- Kickboards and pull buoys are provided during lap swimming and aqua jogging hours only, no equipment will be provided during recreational swim hours. All other equipment is for facility programs.
- Adult lap swim is reserved for persons 18 years of age and older.

Employee interpretation of rules shall be final.

\*Follow all session and registration dates for group lessons.