

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

Diving

Registration: Saturday, September 13, 9:00 am – 1:00 pm

Session: September 16th – December 19th

Cost: \$50.00

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

PlayLA Aquatics USA Swim Team

Registration: Saturday, August 23, 9:00 am – 1:00 pm

Session: August 26th – November 23rd

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.

Private Lessons

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

Private Lessons Cost

Private Lessons: \$108.00 (4 Lessons)

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

Saturdays & Sundays

Session #	Registration	Lesson Dates
Session #1	Sat. Sept. 13	Sept. 14 - Oct. 11
Session #3	Sat. Nov. 8	Nov. 9 - Dec. 6

***No Lessons September 26th - November 8th**

Hours of Operation

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
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Holiday Hours

Monday October 13th CLOSED

Tuesday November 11th CLOSED

Thu & Fri November 27th - 28th CLOSED

Thursday December 25th CLOSED

Thursday January 1st CLOSED

If you are a person with a disability and require accommodation to participate in a City of Los Angeles Department of Recreation and Parks program, service, or activity, requests may be made by calling the facility (facility phone number here), or 711 for CA Relay, ten days in advance of the event. We will do our best to fulfill requests with less than ten business days' notice. If a participant requires a one to one aide, requests will be fulfilled within seven business days of receiving required paperwork and documentation needed to issue a Right of Entry Permit to the agency providing the aide.

WESTWOOD SWIMMING POOL

Sea Monsters



Sept. 7th - Jan. 3rd

Fall 2025



Our Location

1350 S. Sepulveda Blvd.
Los Angeles, CA 90025

Our Contact

(310) 478-7019

westwood.pool@lacity.org

laparks.org/aquatic/year-round/westwood-pool

Our Social Media

@westwoodpool

*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.

Parent and Child 6 months - 3 yrs.

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 10:00 am

Wed & Fri 10:00 am

Tue & Thu 4:00 pm

Wed & Fri 3:30 pm

Advanced Beginner*

Wed & Fri 5:00 pm

Intermediate*

Wed & Fri 5:30 pm

Parent Child

(parent must be in the water with child)

Tue & Thu 3:30 pm

Adaptive

Tue & Thu 5:30 pm

Preschool

(parent must be in the water with child)

Tue & Thu 4:30 pm

Adult Beginner

Tue & Thu 7:30 am

Wed & Fri 6:00 pm

Water Confidence

Wed & Fri 4:00 pm

Adult Adv Beg

Wed & Fri 8:00 am

Tues & Thu 6:30 pm

Beginners*

Tue & Thu 5:00 pm

Wed & Fri 4:30 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. Nov. 8	Nov. 12 - Dec. 12

***No Lessons Sept 26th - Nov 11th**

General Rules & Info

- Children under age 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 age nine (9) may use a restroom of either gender. (LAMC 63.44 F)
- Children under age 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 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 swim 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.

Employee interpretation of rules shall be final.

Rev. 9/10/25

*Follow all session and registration dates for group lessons.