



City of Los Angeles  
Department of Recreation and Parks  
Citywide Aquatics Division



# Fall-Winter 2025



September 07th, 2025

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December 27th, 2025

5858 Shoup Ave  
Woodland Hills, CA 91367  
(818) 704-1509

**Questions? Send an email to receive pool information.**  
**Pool Email: [woodlandhills.pool@lacity.org](mailto:woodlandhills.pool@lacity.org)**

<https://www.laparks.org/aquatic/year-round>

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. Please call or Email the Facility.

# **POOL RULES**

Pool employee interpretation of rules shall be final.

Entrance is denied to:

- Children under seven (7), unless accompanied by an adult on a one to one ratio.
- Children under the age of four (4) without an approved "swim diaper" or plastic pants with elastic around the waist and legs.
- Persons under the influence of alcohol or narcotics.
- Persons with colds, coughs, nasal or eye discharges, skin eruptions, open wounds, open sores or bandages.
- Pets. Service animals allowed in the facility but not in the pool water or showers.

Please check all your valuables with the clerk.

Life vest must have a U.S. Coast Guard Approval Number. Bathing suits with built-in flotation are not approved

Personal property not permitted in the swimming pool or deck area includes:

- Street clothes, shoes, and carrying bags of all types.
- Floating apparatus, glass objects or containers of any kind.
- Sports or swim equipment; electronic equipment.
- Wheeled vehicles (roller blades, bicycles, skateboards, etc...)

Soap showers must be taken before entering the pool area. Five minute maximum shower time allowed

Smoking is prohibited. Phone use in locker rooms prohibited

Eating and/or drinking allowed only in designated areas.

Foul or abusive language will not be tolerated.

For the safety of the public there is no:

- Running on the pool deck.
- Climbing, sitting on, and jumping from fences or guard structures.
- Diving into shallow water.
- Double bouncing or crowding dive structures.
- Swimming in the diving area.
- Horse playing on the deck or in the pool at any time.
- Snapping towels.
- Participating in other dangerous practices as determined by lifesaving staff.

Hypoxic training or prolonged underwater swimming is not allowed.

Do not interfere with a lifeguard rescue, or call for help unless in distress.

## **GENERAL INFORMATION**

- \* 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).
- \* No lap lanes are available for lap swim during recreational swimming hours unless stated in brochure.
- \* Locker rooms close 15 minutes after end of session.
- \* Valuable items should be checked with the Pool Clerk.
- \* Clothed patrons must be outside the facility if they are not swimming.
- \* No food or drink allowed in the pool area.
- \* During recreational hours, all patrons will be asked to take a swim test before entering the deep end of the pool and using the diving board. This test will consist of one length of the pool swimming freestyle (Front Crawl), with an effective supporting kick.
- \* Kickboards, Pull buoys and Water Noodles 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.
- \* Water and Sport Drinks are the only food or drink allowed on the pool deck. There is no other eating or gum chewing allowed in the pool area, except during posted special events.
- \* The shallow end will be cleared of all patrons during shallow water exercise classes. Please refer to class schedule for times. Patrons that attempt to participate in exercise classes without having registered for classes will be asked to leave facility.
- \* Aqua Jogging is allowed during times other than those posted, only if it does not interfere with lap swimming or facility programming.
- \* No person over eight (8) years of age shall enter or use any restroom in a park designated for persons of the other sex.

## **LAP SWIM RULES AND ETIQUETTE**

- \* Lap swimming is reserved for persons 18 years of age and older.
- \* Lap swimming times are located in the pool schedule.
- \* Lap lanes are marked: "fast, medium, and slow" to accommodate varied swimming abilities.
- \* Lap swimmers must use the appropriate lane designation according to swimming ability.
- \* Lap swimmers may share lanes. A lane can accommodate up to seven (7) swimmers.
- \* Lap swimmers entering a lane must be certain the occupant(s) are aware of their presence in order to determine the swimming pattern to share the lane
- \* Two lap swimmers per lane may split the lane by staying either on the right or left side of the lane. Three or more lap swimmers must circle-swim the length of the lane counter-clockwise.
- \* Lap swimming requires continuous progress across the pool.
- \* Turn at the wall can be dangerous. Lap swimmers must leave enough room at each wall to make safe turns.
- \* Lane passing can be dangerous. Swimmers must exercise caution approaching the turn-wall and should allow faster swimmers to proceed unimpeded to expedite overtaking.

# FEES & HOURS of OPERATIONS

## ADMISSION FEES

Adult( Ages 18 - 49 years) .....	\$4.00
Children( Ages 17 & Under) .....	\$1.00
Adult( Ages 50+) .....	\$1.00
Adaptive (All Ages).....	\$1.00

## ADMISSION PASS (30 Admissions)

Adult Pass (Ages 18-49) .....	\$88.00
Youth, Adult (Ages 50+) & Adaptive Pass.....	\$25.00

## POOL CLOSURES

- Veterans Day, Tuesday, Nov. 11, 2025
- Thanksgiving, Thu & Fri Nov. 27 & 28, 2025

Yearly Maintenance  
December 1 through January  
Pool closed

***No Public Showers During Lessons & Teams***

## RECREATIONAL & LAP SWIM

TUESDAY - FRIDAY  
12:00 p.m. - 7:00 p.m.

SATURDAY & SUNDAY  
1:00 p.m. - 5:00 p.m.

## DIVING BOARD

MONDAY - FRIDAY  
1:00 p.m. - 3:00 p.m.

SATURDAY & SUNDAY  
1:00 p.m. - 4:00 p.m.

## Pool Permit Request

Have your next party at the Pool

- \* The pool is available for rental, for private parties during non public hours. Staff is provided. A two hour rental minimum is required.
- ◇ ***Group, or individual, 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.***
- ◇ For your safety, please read the Pool Rules, General Information, and Lap Swim Rules and Etiquette prior to entering the pool. ~To fill out a permit, click here: [POOL PERMIT APPLICATION](#) ~



# GROUP SWIM LESSONS

## GROUP LESSON INFORMATION:

**YOUTH - \$67 (Ages 3 - 17)** **TINY TOTS \$80.00 (Ages 3- 6)** **ADULT - \$67.00 (Ages 18 and up)**

- ♦ SwimLA program offers low-cost lesson for ages 3-17.
- ♦ Register online at [www.swimla.org](http://www.swimla.org) or Walk-in Registration from 9am – 12pm and no telephone registration.
- ♦ Fees must be paid at the time of registration. NO EXCEPTIONS.
- ♦ Make Checks payable to: City of L.A. Dept. of Rec. & Parks
- ♦ A refund may be issued if the session is cancelled. No make up lessons.
- ♦ A 10% administrative fee will be assessed if a refund is requested.
- ♦ A swim assessment is required.
- ♦ 10 participants per a group lesson.
- ♦ Children ages 3 - 6 must be accompanied by Parent/Guardian on a one to one ratio.
- ♦ 10 Lessons for 2 weeks (Mon-Fri.) and 8 Lessons for 4 weeks (Sat. & Sun.). Lessons are 25 minutes.



## DESCRIPTION OF SWIM CLASSES

CLASS TITLE	LEVEL	CLASS DESCRIPTION
Adaptive Ages 3 - 17	Level A	For persons with mental or physical disabilities, this program helps participants to learn and improve skills, maintain and increase physical fitness, achieve success and receive recognition, and experience self-actualization in a regular aquatics environment.
Tiny Tots Ages 3 - 6	Level 1-3	4 children max per class. Parents are not required to be in the water. In water Instruction. This program helps participants to learn and improve skills, achieve success and receive recognition, and experience self-actualization aquatics environment. Class must have at least 3 children, if not the class is cancelled.
Preschool Aquatics (Water Acclimation) Ages 3 - 6	Level 1	Children will learn how to enter and exit the water independently, submerge mouth underwater and blow bubbles for 3 seconds, glide on front for 2 body lengths then roll to back and float for 3 seconds and perform arm and leg actions on front and back.
Preschool Aquatics (Water Confidence) Ages 3 - 6	Level 2	Children will build on and improve skills learned in Preschool Aquatics 1. Participants will learn how to open eyes underwater and retrieve objects, bobbing, floating on front and back, gliding on front and back, rolling from front to back and back to front, combined arm and leg actions on front and back for 3 body lengths.
Preschool Aquatics (Beginner) Ages 3 - 6	Level 3	Children will increase proficiency and build on the basic aquatic skills learned in Preschool Aquatics Levels 1 and 2. Participants will learn to enter chest-deep water by jumping in, fully submerge and hold breath for 10 seconds, rotary breathing, front float 10 seconds, back float 15 seconds, change direction of travel while swimming on front and back, tread water for 30 seconds in shoulder deep water, combined arm and leg actions on front for 5 body lengths.
Water Confidence Ages 7 - 17	Level 1	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.
Beginner Ages 7 - 17	Level 2	Participants learn locomotion skills including combined arm and leg actions on front and back and swimming in chest-deep water.
Advanced Beginner Ages 7 - 17	Level 3	Participants learn the Front Crawl, Breaststroke kick, Sidestroke kick, and the Elementary Backstroke
Intermediate Ages 7 - 17	Level 4	Participants learn the Breaststroke, Butterfly, Back Crawl, and the Sidestroke.
Swimmer Ages 7 - 17	Level 5	Help participants refine their performance of all six swimming strokes (i.e. Front Crawl, Back Crawl, Butterfly, Breaststroke, Elementary Backstroke, and Sidestroke).
Advanced Swimmer Ages 7 - 17	Level 6	Refine strokes so participants swim them with greater efficiency and effectiveness over longer distances
Adult Beginner (18+)	Level 1	Help participants gain basic aquatic skills and swimming strokes
Adult Intermediate (18+)	Level 2	Improve participants' proficiency in basic aquatic skills and the six basic swimming strokes.
Adult Swimmer (18+)	Level 3	Refine participants' front crawl, back stroke, and breaststroke and turns and build endurance.

# DATES & TIMES

## GROUP LESSON DATES (10 LESSONS / 2 WEEKS)

Registration Times 9am - 12pm or online click here [www.swimla.org](http://www.swimla.org)

SESSIONS	DAYS	BEGINS	ENDS	REGISTRATION DATE
#1	Tue/Thurs	Sept. 16th	Oct. 9th	Sept. 13th
#2	Tue/Thurs	Oct. 14th	Nov. 06th	Oct. 11th
#1	Wed/Fri	Sept. 17th	Oct. 10th	Sept. 13th
#2	Wed/Fri	Oct. 15th	Nov. 07th	Oct. 11th
#1	Sat/Sun	Sept. 13th	Oct. 05th	Sept. 13th
#2	Sat/Sun	Oct. 11th	Nov. 02nd	Oct. 11th

## YOUTH LESSONS

	Tue. & Thur.	Wed. & Fri.	Weekends
Adaptive	3:30 p.m. - 3:55 p.m.	3:30 p.m. - 3:55 p.m.	1:00 p.m. - 1:25 p.m.
Preschool 1 & 2	4:00 p.m. - 4:25 p.m.	4:00 p.m. - 4:25 p.m.	2:00 p.m. - 2:25 p.m.
Water Confidence	4:30 p.m. - 4:55 p.m.	4:30 p.m. - 4:55 p.m.	2:30 p.m. - 2:55 p.m.
Advanced Beginner	5:00 p.m. - 5:25 p.m.	5:00 p.m. - 5:25 p.m.	3:30 p.m. - 3:55 p.m.
Beginner	5:30 p.m. - 5:55 p.m.	5:30 p.m. - 5:55 p.m.	4:30 p.m. - 4:55 p.m.
Intermediate	6:30 p.m. - 6:55 p.m.	6:30 p.m. - 6:55 p.m.	4:30 p.m. - 4:55 p.m.

## ADULT LESSONS

	Tue. & Thur.	Wed. & Fri.	Weekends
Beginner	6:00 p.m. - 6:25 p.m.	6:00 p.m. - 6:25 p.m.	
Intermediate	2:00 p.m. - 2:25 p.m.	2:00 p.m. - 2:25 p.m.	

\*The classes and programs in this brochure may be subject to cancellation.\*

# YOUTH ACTIVITIES

## SPRINGBOARD DIVING TEAM INFORMATION

AGES 7 TO 17, Limited to 20 Participants

Cost is \$50.00 per season

Tuesday - Friday.....5:00 p.m. - 5:50 p.m.

## USA SWIM TEAM INFORMATION

AGES 7 TO 17, Limited 40 Participants

Cost is \$10.00 per season

Tuesday - Friday.....5:30 p.m. - 7:00 p.m.

- \* Season dates: Tuesday September 16th - Friday December 19th, 2025
- \* Register online at [www.swimla.org](http://www.swimla.org) or click here: [SWIM LA REGISTRATION](#)
- \* Walk-in Registration on Saturday, September 13th, 2025 at 9:00 am. - 12:00 p.m.
- \* No telephone registration.
- \* Team registration ends on Saturday, October 11th, 2025, or when Team is full.
- \* Fees must be paid at the time of registration. NO EXCEPTIONS.
- \* Make Checks payable to: City of L.A. Dept. of Rec. & Parks.
- \* A refund may be issued if the session is cancelled. No make up lessons.
- \* A 10% administrative fee will be assessed if a refund is requested.
- \* The year-round program is a department –sponsored league in partnership with USA Swimming.
- \* All meet times and locations will be announced.
- \* USA Swimming Membership provides athletes and parents with enhanced training and educational resources.
- \* Team Swim LA is designed for entry-level. A skills evaluation will be required. Must demonstrate an Intermediate (Level 4) swimming competency.
- \* Team Banquet Thursday, December 11th, 2025 from 5:00 pm - 8:00pm. Awards will be held for 2 weeks.
- \* Participant with excessive absentees (5 Days) will forfeit their spot and other Participant will be added.



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## PRIVATE & SEMI-PRIVATE LESSONS

- \* Provides personalized instruction to adults and youth ages 3 yrs. and older.
- \* Registration rules apply and participants must register for four lessons min.
- \* Inquire with Clerk for scheduling.
- \* Lessons are 25 minutes and begin on every half hour.
- \* Lessons on Sunday & Saturday or when the Swim Instructors' are scheduled.

### **PRIVATE**

### **Maximum of 1 Participant**

4 Private Lessons = **\$108.00**

1 Private Lesson = **\$27.00**

### **SEMI-PRIVATE**

### **No More Than 2 Participants**

4 Private Lessons = **\$160.00**

1 Semi-Private Lesson = **\$40.00**



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