



CITY OF LOS ANGELES
DEPARTMENT OF RECREATION AND PARKS

CITYWIDE AQUATICS DIVISION
3900 Chevy Chase Drive, Los Angeles, CA 90039
Phone: (323) 906-7953 Fax: (818) 243-6495
Email: citywide.aquatics@lacity.org

TO: OPEN WATER LIFEGUARD I CANDIDATES
FROM: EDWIN REALEGENO - ACADEMY TRAINING OFFICER
SUBJECT: OWL ACADEMY TRAINING

Congratulations, you have successfully passed the Open Water Lifeguard Swim Test. Please accept this notice as a temporary admission to the upcoming Open Water Lifeguard Academy. Your full admission is conditioned on the successful passing of the following: Medical Testing, Application, Orientation, Background (Live Scan), and Submit all required documentation asked by HR and CWA.

Note: All Academy Locations, Dates and Times are subject to change.

Academy Orientation:

Date: March 22 nd , 2026 Time: 8:00 a.m. – 6:00 p.m.	Location: Cabrillo Beach 3800 Stephen M White Dr. San Pedro, CA 90731 (310) 548-7554	Candidates will be expected to swim on Orientation Day
--	---	--

Academy Dates: All training will be held from 8:00 AM to approximately 6:00 PM.

Date	Location	Date	Location
Day 1 – 03/28/26	Cabrillo Beach / Hansen Dam	Day 7 – 04/19/26	Cabrillo Beach / Hansen Dam
Day 2 – 03/29/26	Cabrillo Beach / Hansen Dam	Day 8 – 04/25/26	Cabrillo Beach / Hansen Dam
Day 3 – 04/04/26	Cabrillo Beach / Hansen Dam	Day 9 – 04/26/26	Cabrillo Beach / Hansen Dam
Day 4 – 04/11/26	Cabrillo Beach / Hansen Dam	Day 10 – 05/02/26	Cabrillo Beach / Hansen Dam
Day 5 – 04/12/26	Cabrillo Beach / Hansen Dam	Make-Up –05/03/26	Cabrillo Beach / Hansen Dam
Day 6 – 04/18/26	Cabrillo Beach / Hansen Dam		

Graduation:

Date: May 9 th , 2026 Start Time For Guest: 10:00 a.m.	Location: Cabrillo Marine Aquarium 3720 Stephen M White Dr. San Pedro, CA 90731
--	---



CITY OF LOS ANGELES
 DEPARTMENT OF RECREATION AND PARKS

CITYWIDE AQUATICS DIVISION
 3900 Chevy Chase Drive, Los Angeles, CA 90039
 Phone: (323) 906-7953 Fax: (818) 243-6495
 Email: citywide.aquatics@lacity.org

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:

<ul style="list-style-type: none"> ● Trunks (navy blue – <u>issued</u>) ● T- shirt (navy blue – <u>issued</u>) ● Swim suit (women only – navy blue one- piece– <u>not</u> issued) ● Rescue mask <u>and</u> fanny pack (<u>issued</u>) ● Sweats and crewneck sweater (navy blue – plain - <u>not</u> issued) 	<ul style="list-style-type: none"> ● Running shoes and white socks (<u>not</u> issued) ● Pencil / Pen (- <u>not</u> issued) ● Wrist watch (waterproof) (<u>not</u> issued) ● One or more towels (<u>not</u> issued) ● Snacks and fluids (not issued) ● Lunch (not issued) ● Recommended: Beanie (navy blue – plain not issued)
--	--

*All equipment issued by L.A. City will be provided at Orientation: 03/22/26

**Candidates are required to bring all other items listed above on Orientation Day: 03/22/26