

Here is a list of Masters swim programs. Masters swimming is for adults 18 years old and up. You can join the team just to workout and get in shape. They will take all abilities so don't worry if you don't feel like a swimmer.

Burbank

[Southern Pacific](#) LMSC

Verdugo Pool/McCambridge Park Pool

3201 W. Verdugo/1515 N Glenoaks Blvd. Burbank, California

Lap Swim / Workout Times: Verdugo:M-F 11:50-12:50 and 18:00-19:30, Sat 10:30-12:30.

McCambridge: Call for hours

Contacts: (818) 238-5391

Web Site: <http://www.burbank.com/parks.shtml>

Miscellaneous Info: Call for hours

Record Last Updated: 2/1/06

Calabasas - CTSC Calabasas Masters

[Southern Pacific](#) LMSC

Calabasas Tennis and Swim Center

23400 Park Sorrento Calabasas, California

Lap Swim / Workout Times: TTh 6:30-7:45 pm, sa 7-8:30 am

Contacts: Raine Kishimoto, lkishimoto@cityofcalabasas.com, 818-222-2782x110

Record Last Updated: 2/3/06

Chino - CVYM Chino Valley YMCA Masters

[Southern Pacific](#) LMSC

Chino Valley YMCA

5665 Edison Ave Chino, California

Lap Swim / Workout Times: MWF 6-8 am, 11 am-1 pm

Contacts: Terry Callies, swim.cvymca@verizon.net, 909-591-2919

Record Last Updated: 2/1/06

Culver City - SCAQ Southern California Aquatics

[Southern Pacific](#) LMSC

Culver City Municipal Plunge

4117 Overland Avenue Culver City, California

Lap Swim / Workout Times: MWF: 6 & 7 am, noon, 5:15 pm

Contacts: office: 310-390-5700, workout schedule: 310-390-7946, email: scaq@swim.net

Web Site: <http://www.swim.net>

Miscellaneous Info: All levels of swimmers welcome.

Record Last Updated: 2/1/06

El Segundo - SLUG El Segundo Masters

[Southern Pacific](#) LMSC

El Segundo HS, Urho Sarri Pool

219 W. Mariposa Ave. El Segundo, California

Lap Swim / Workout Times: M-F 5:45-7am

Contacts: City of El Segundo 310-524-2738 (pool)

Miscellaneous Info: 25 yard 8 lane outdoor pool, coach on deck

Record Last Updated: 2/3/06

Hollywood - HWYM Hollywood Wilshire YMCA

[Southern Pacific](#) LMSC

Hollywood HS, Hollywood YMCA

Hollywood, California

Lap Swim / Workout Times: TTh - 7-8:30 pm

Contacts: Ricardo Espinoza, ricardoespinoza@ymcala.org, 213-639-7537

Record Last Updated: 5/27/04

Los Angeles - COLA City of Los Angeles Masters

[Southern Pacific](#) LMSC

various locations (10 sites)

Los Angeles, California

Lap Swim / Workout Times:

Contacts: Ricardo Vera, rvera@rap.lacity.org, 323-906-7953

Miscellaneous Info: Banning Pool, Cleveland Pool, LA Swim Stadium, Peck Park Pool, Richard Alatorre Pool, Roosevelt Pool, VNSO, Venice Pool, Westwood Pool

Record Last Updated: 3/29/06

Los Angeles - KDYM Ketchum-Downtown YMCA Masters

[Southern Pacific](#) LMSC

Ketchum-Downtown YMCA

401 S Hope St Los Angeles, California

Lap Swim / Workout Times: MWF 6:30-7:30 am

Contacts: Maritza Arevalo, maritzaarevalo@ymcala.org, 213-639-7436

Web Site: <http://www.ymcala.org>

Record Last Updated: 2/3/06

Los Angeles - MSCM Meridian Swim Club

[Southern Pacific](#) LMSC

Meridian Sports Club, Park LaBrea

5801 Sixth St Los Angeles, California

Lap Swim / Workout Times: M-Th 6:45-8:15 am, TTh 7:30-9pm, Sat 7-8:30 am

Contacts: vanessa Mesia, mesiaullrich@juno.com, 310-729-2971

Web Site: <http://meridiansportsclub.com>

Record Last Updated: 2/2/06

Los Angeles - SCAQ Southern California Aquatics

[Southern Pacific](#) LMSC

Westwood Recreation Center

1350 Sepulveda Blvd Los Angeles, California

Lap Swim / Workout Times: M-T: 5:30 & 6:30 am, MTTh: 12 noon, MW: 6:30 pm, TTh: 6:00 pm

Contacts: office: 310-390-5700, workout schedule: 310-390-7946, email: scaq@swim.net

Web Site: <http://www.swim.net>

Miscellaneous Info: All ages and levels of swimmers welcome. We offer 60+ weekly workouts at pools in Culver City, Santa Monica, Westchester(LMU), Westwood, Venice, Echo Park, and Van Nuys. We also offer technique clinics, beginner lessons, and ocean workouts and clinics.

Record Last Updated: 4/2/02

Los Angeles - UCLA UCLA Bruin Masters

[Southern Pacific](#) LMSC

Student Activity Center pool

UCLA Campus Los Angeles, California

Lap Swim / Workout Times: M-F 5:45 am, 6:45 am, 10 am, 11 am, noon, 6pm; Sa 8 am, 9:15 am

Contacts: Gerry Rodrigues, swimpro@pacbell.net, 310-702-9327

Miscellaneous Info: Call for details and parking directions

Record Last Updated: 5/17/06

Los Angeles - SCAQ USC - Trojan Masters

[Southern Pacific](#) LMSC

U of Southern Cal, McDonald Swim Stadium

1026 W. 34th Street Los Angeles, California

Lap Swim / Workout Times: MWF 6-7 pm, MWF 12-1 pm

Contacts: SCAQ office 310-390-5700

Web Site: <http://www.SWIM.net/SCAQ>

Miscellaneous Info: 50 meter x 25 yard outdoor, 25 yard diving well

Record Last Updated: 10/19/04

Pasadena - CTM Caltech Masters

[Southern Pacific](#) LMSC

California Inst Of Technology

California and Wilson Pasadena, California

Lap Swim / Workout Times: M-Th 7-8:30 pm, Sat 7-8:30am; morning practices on weekdays in summer
Contacts: Suzanne Dodd (626)449-7536 or sdodd@ipac.caltech.edu, Clinton Dodd (626)395-6853
Miscellaneous Info: 2 - eight lane 25 yard outdoor pools
Record Last Updated: 2/1/06

Pasadena - ROSE Rose Bowl Masters

[Southern Pacific](#) LMSC
Rose Bowl Aquatic Center
360 N. Arroyo Blvd Pasadena, California
Lap Swim / Workout Times: M-Sa 6-7:30 am; M-F 6:30-7:30 pm
Contacts: Chad Durieux, cdurieux@rosebowlaquatics.org, 626-564-0330
Web Site: <http://www.rosebowlaquatics.com>
Miscellaneous Info: (2) 25 yrd x 50 meter outdoor heated pools
Record Last Updated: 2/2/06

Santa Clarita - SCMC Santa Clarita Masters Club

[Southern Pacific](#) LMSC
Santa Clarita Aquatics Center
20850 Centre Pointe Parkway Santa Clarita, California
Lap Swim / Workout Times: M-F 5:30-7 am, MWF 12-1:30 pm, M-F 6-7:30 pm; Sa 10-11:30 am
Contacts: Douglas Botton, dbotton@santa-clarita.com, 661-284-1470 or 661-284-1471
Web Site: <http://www.scaquatics.org>
Miscellaneous Info: additional lap swim times available
Record Last Updated: 2/2/06

Santa Monica - SCAQ Southern California Aquatics

[Southern Pacific](#) LMSC
Santa Monica College, Santa Monica High School
SMC: 1700 Pico Blvd; SMHS: 601 Pico Blvd Santa Monica, California
Lap Swim / Workout Times: MWF: 6:45 pm, Sat: 4:30 pm, Sun: 4:00 pm
Contacts: office: 310-390-5700, workout schedule: 310-390-7946, email: scaq@swim.net
Web Site: <http://www.swim.net/>
Miscellaneous Info: All ages and levels of swimmers welcome. We offer 60+ weekly workouts at pools in Culver City, Santa Monica, Westchester(LMU), Westwood, Venice, Echo Park, and Van Nuys. We also offer technique clinics, beginner lessons, and ocean workouts and clinics.
Record Last Updated: 4/2/02

Simi Valley - CSAM Conejo Simi Aquatic Masters

[Southern Pacific](#) LMSC
Rancho Simi Park Pool & Thousand Oaks HS
Corner of Royal Ave and Erringer Simi Valley, California
Lap Swim / Workout Times: check website or call
Contacts: Jon Irwin, jirwin@earthlink.net, 310-658-7276
Web Site: <http://www.csaswim.com>
Map URL: [Click here](#) for map to pool
Miscellaneous Info: 50 meter x 25 yard outdoor pool open year round, workout yardage for all abilities
Record Last Updated: 2/2/06

Thousand Oaks - DSSM Daland Swim School Masters

[Southern Pacific](#) LMSC
Daland Swim School
135 E. Wilbur Road Thousand Oaks, California
Lap Swim / Workout Times: MWF - 6:00-7:30 PM; TTh - 6:00-7:30 AM
Contacts: Peter Daland, peter@dalandswim.com, (805)495-5210
Web Site: <http://www.dalandswim.com>
Miscellaneous Info: 25 yd, 6 lanes, outdoors in summer, indoors in winter.

Record Last Updated: 2/3/06

Van Nuys - COLA City of Los Angeles Masters

[Southern Pacific](#) LMSC

Venice Pool, Westwood Pool

Van Nuys, California

Lap Swim / Workout Times:

Contacts: Ricardo Vera, rvera@rap.lacity.org, 323-906-7953

Record Last Updated: 5/27/04

Walnut - MSAM Mt. San Antonio Masters

[Southern Pacific](#) LMSC

Mt. San Antonio College

1100 North Grand Ave Walnut, California

Lap Swim / Workout Times: M-Th 5-6 pm and 6-7 pm

Contacts: Francis Neric, fneric@mtsac.edu, 562-713-4555

Record Last Updated: 8/29/06