

# SAN DIEGO) City Heights Swim Center

Parks and Recreation Department

WINTER 2024

4380 Landis Street San Diego, CA 92105 (619)641-6126 • www.sandiego.gov/pools

## **Effective January 8th, 2024**

#### LAP SWIM

Sunday 11:00am - 3:00pm Monday/Wednesday/Friday\* 2:00pm - 5:00pm Tuesday/Thursday\* 2:00pm - 6:30 pm

\*Limited Lap Swim Lanes Available

## **RECREATIONAL SWIM**

Sunday 11:00am - 3:00pm **Monday - Friday** 2:00pm - 5:00pm

## SLIDE & CHILDREN'S POOL

The operation of aquatic attractions is dependent on staff availability, number of patrons and pool programs. Please call ahead.

The Children's Pool is closed for the season.

### POOL CLOSED

January 15th, February 19th, April 1st 2024

## **FACILITY ADMISSION & PASSES**

	Adults	Child/Senior/Disabled
Drop In	\$4.00	\$2.00
10 Swim Pass	\$30.00	\$15.00
30 Swim Pass	\$80.00	\$40.00

All Aquatic Programs, Schedules, and Fees may change due to enrollment and/or be cancelled without notice

- Passes expire one year from the date of issue and can be used at any City Pool
- All persons entering the facility during Recreation and Lap Swim times MUST pay the admission fee and wear proper swim attire always. No re-entry is allowed.
- Specific lanes/areas will be designated for Lap & Recreational swimming; however, the pool may be utilized for other programs during designated Lap/Recreational swim times.
- A paying parent or responsible adult in a swimsuit must accompany children under 7 years of age or less than four feet tall. While in the water, a parent or responsible adult must remain within arm's reach of the child.
- The City of San Diego Swimming Pools may close without notice during inclement weather conditions.

### YOUTH SWIM TEAM

Youth Swim Team is a recreational swim organization for youth 6-17 years old, which offers a quality, safe program that is committed to introducing and developing basic competitive swim skills while promoting fun and team spirit.

**Prerequisite:** ages 6-17; 25 yards each of front crawl, back crawl, & breaststroke, and 15 yards butterfly; passing of Competitive Skills course; or Pool Manager's approval.

Monday & Wednesday 5:00pm-6:30pm

**Must register Monthly** Due the 1<sup>ST</sup> of the month

\$29.00 per month

## YOUTH WATER POLO

Participants are introduced to basic water polo skills emphasis on teamwork. sportsmanship

**Prerequisite:** Ages 9-17; continuously swim 200 yards front crawl and tread water for 1 minute; passing of Water Polo Basics course; or Pool Manager's approval.

Tuesday & Thursday 5:00pm-6:30pm

**Must register Monthly** Due by first of the month

\$29.00 per month

## **WATER FITNESS**

Agua Cumbia- This is a total body conditioning class; multi-level, low impact, cardio-respiratory workout held in deep & shallow water. Flexibility, muscular strength, and endurance are emphasized. Participants do not need to know how to swim; but should be comfortable in deep water.

Monday & Wednesday	5:15-6:15pm
Sunday	11:00-12:00pm
\$33 for 10 classes	\$4 per class

## **FULL-TIME POSITIONS IN AQUATICS**

## **Swimming Pool Manager III**

**EXPERIENCE:** One year of full-time experience as an Assistant Manager or Manager of a swimming pool which provides an organized aquatic instruction program.

## **Swimming Pool Manager II**

**EXPERIENCE:** Six months of full-time experience as an Assistant Manager or Manager of a swimming pool which provides an organized aquatic instruction program.

## **Swimming Pool Manager I**

**EXPERIENCE:** Six months of full-time experience as a Swimming Instructor, Assistant Manager or Manager of a swimming pool which provides an organized aquatic instruction program.

#### **CERTIFICATES:** You must have ALL the following valid certificates:

- 1. American Red Cross Lifeguarding/First Aid Certificate.
- 2. American Red Cross Emergency Medical Response Certificate or higher level
- 3. American Red Cross Water Safety Instructor (WSI) Certificate.
- American Red Cross CPR/Automated External Defibrillator (AED) for Lifeguard Certificate or American Red Cross CPR for the Professional Rescuer/AED Essentials Certificate.

#### **Pool Guard II**

#### **CERTIFICATES**: You must have ALL the following valid certificates:

- 1. American Red Cross Lifeguarding/First Aid Certificate.
- 2. American Red Cross CPR/Automated External Defibrillator (AED) for Lifeguard Certificate.
- 3. American Red Cross First Aid for Public Safety Personnel (Title 22) Certificate.
  - Possession of a Lifeguarding/First Aid Certificate is NOT qualifying for this certificate.
- 4. American Red Cross Water Safety Instructor (WSI) Certificate.

**PERFORMANCE TEST:** The performance test is a pass/fail examination which consists of the following two timed events:

- A 300-yard swim test using the front crawl that must be completed in 6 MINUTES OR LESS.
- An object retrieval/active victim rescue which includes swimming approximately 25 yards using
  any approach stroke; performing a surface dive to locate and recover an object at a depth of up
  to 12 feet; performing a victim rescue using the breaststroke or front crawl approach stroke;
  and removing the victim from the water.



For more information regarding certificate requirements and the performance test for hourly positions in Aquatics (Pool Guard I) please visit sandiego.gov or call the nearest city pool.

As a recipient of federal funds, the City of San Diego cannot discriminate against anyone based on race, color, creed, sex, age, national origin or ancestry, religion, pregnancy, physical or mental disability, veteran status, marital status, medical condition, gender (transsexual and transgender), sexual orientation, as well as any other category protected by federal, state, or local laws. If anyone believes, he or she has been discriminated against, he or she may file a complaint alleging the discrimination with the City of San Diego Park and Recreation Department (contact Deputy Director (619) 525–8235) or the Office of Equal Opportunity, U.S. Department of the Interior, Washington, D.C. 20240. This information is available in alternative formats upon request.