



THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT
"WE ENRICH LIVES THROUGH QUALITY PARKS AND PROGRAMS"

WWW.SANDIEGO.GOV

ALLIED GARDENS POOL

6707 GLENROY STREET ♦ SAN DIEGO, CA 92120

(619) 235-7143



JUNE 20-SEPTEMBER 5

LAP SWIM

Monday/Wednesday	6:30am-6:30pm
Tuesday/Thursday	8:00am-6:30pm
Friday	6:30am-9:00am
	12:30pm-6:30pm
Saturday/Sunday	12:00pm-4:00pm

RECREATIONAL SWIM

Monday-Friday	12:30pm-3:30pm
Saturday/Sunday	12:00pm-4:00pm

July 4 & September 5	12:00-4:00pm
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Dive in Movie Night

Friday August 26 8:00pm-9:30pm

Facility Admission

Pool Closed August 5 - 6 for
California State Games

FACILITY ADMISSIONS FEES

Adults (16 & older)	\$4.00
Child/Disabled/Senior	\$2.00

DISCOUNT PASS FEES

Adults (16 & older)	\$100.00/ 30 swims
Adults (16 & older)	\$35.00/ 10 swims
Child/Disabled/Senior	\$45.00/ 30 swims
Child/Disabled/Senior	\$15.00/ 10 swims

• Passes expire one year from the date of issue and can be used at any City Pools.

• 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.

• All persons entering the facility during Recreation and Lap Swim times MUST pay the admission fee and wear proper swim attire at all 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.

WATER FITNESS

ABC, Aquatic Body Conditioning- is a medium paced cardiovascular workout (in shallow water) designed for an overall body exercise emphasizing all the major muscle groups.

Monday/Wednesday/Friday	8:00am-9:00am
Tuesday/Thursday	5:30pm-6:30pm

Adults/Seniors	\$3.50/class
Discount Pass	\$30.00/10 classes

CITY OF SAN DIEGO SWIMMING

City of San Diego Swimming (CSDS) 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. Swimmers participate in swim meet competitions with other City of San Diego swimming pools. **Prerequisite:** Completion of Competitive Skills I course or Pool Manager's approval.

White Team

Monday-Friday	4:30pm-5:30pm
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Fee: \$35.00/Month or \$25.00/Month (3 x week)
(Fees are due at the beginning of ea. month)

Silver Team

Monday-Friday	5:30pm-6:30pm
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Fee: \$35.00/Month
(Fees are due at the beginning of ea. month)

YOUTH WATER POLO

Participants are introduced to basic water polo skills with an emphasis on teamwork, fun, and sportsmanship. Participants must be able to swim 200 yards continuously and tread water for one minute. Ages 9 to 17 years of age. Games are on Friday.

Monday/Wednesday (13 & under)	8:00-9:30am
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Tuesday/Thursday (14 & older)	8:00-9:30am
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Fee: \$25.00/Month
(Fees are due at the beginning of ea. month)

RENTALS

All City Pools are available to rent for exclusive or shared use. For more information, please contact the Pool Manager.

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

Non-residents must pay twice the Resident rate



ALL CITY OF SAN DIEGO PARKS, POOL AND BEACHES ARE SMOKE FREE

SAFETY CHECKS

There may be ten-minute safety checks conducted every half hour or every hour during Recreational Swim hours.

EMERGENCY TESTING

All City pool personnel are subject to emergency testing at anytime. Patron patience and cooperation during these drills are greatly appreciated

VOLUNTEERS NEEDED!

Ongoing opportunities are available at the recreation centers, pool and regional parks throughout the City, as well as with senior and therapeutic recreation programs. If you would like to volunteer, please see staff for more information, or visit www.sandiego.gov/park-and-recreation/general-info/volunteer.shtml or contact the Volunteer Office at (619)533-4017

DONATIONS

By donating to our park system, you can help the park and Recreation Department to enrich the lives of others through quality parks and programs. Your gift will help ensure that we meet the needs of the community, including people of all ages, abilities and income levels through recreation, natural open space parks, neighborhood parks, and aquatics programs. For more information on how you can become a donor to your favorite park, pool or recreation program, please call David Monroe, Deputy Director C/PD Division, (619)525-8235.

KEEPING THE POOLS CLEAN & OPEN

- When the pool is contaminated with fecal matter, the pool must close.
- Take your children on restroom breaks and check diapers often. Waiting to hear "I have to go" may mean that it's too late.
- Children 3 years of age and younger are required to wear a tight fitting "swimsuit diaper". Please check condition of diaper regularly.
- Change swim diapers in the restroom or a diaper changing area; **not in the pool area**. Germs can be spread in and around the pool.
- After using the restroom, thoroughly cleanse (especially the diaper area) with soap and water before swimming. Invisible amounts of fecal matter can be spread into the pool.
- Patrons are not permitted to swim in the pool if they are suffering from an illness that causes diarrhea or have had diarrhea in the past two weeks. You can spread germs in the water and make other people sick.

As a recipient of federal funds, the city of San Diego cannot discriminate against anyone on the basis of 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 District Manager (619) 533-6526) 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.

SWIMMING LESSONS

Course prerequisites and age ranges should be used as suggested guidelines for appropriate student enrollment. For prerequisites of all classes please log on to <http://www.sandiego.gov/park-and-recreation/aquatics> or contact the Pool Manager.

Mail-in registration begins May 16 and ends June 3. Registration packets will be available at the pool. Walk-in registration begins June 13.

Sessions are Monday thru Thursday 8/40 minute classes.

***Session 2 there will be NO classes on Monday, July 4, there will be a make-up class on Friday July 8.**

SESSION 1		June 20-June 30
SESSION 2		July 5-July 14 *
SESSION 3		July 18-July 28
SESSION 4		August 1-August 11
SESSION 5		August 15-August 25

<u>LESSON FEES:</u>	Resident	Non-Resident
Large Group	\$54.00	\$108.00
Small Group	\$81.00	\$162.00
(8/40 minute lessons – can be arranged through the manager if you have at least 4 participants of similar abilities)		
Semi-Private Lessons	\$151.00	\$302.00
Private Lessons	\$181.00	\$362.00
(Private & semi-private lessons are 5/30 minute lessons)		
**Semi-private participants must be of similar ability		

Morning Lessons

9:30-10:10 am	Tots	Beginner 1
10:15-10:55 am	Adv. & Super Tots	Beginner 2
11:00-11:40 am	Tots	Beginner 3
11:45-12:25 am	Beginner 1	Parent/Tot

Afternoon Lessons

3:35-4:15pm	Tots	Beg 2	Comp Skills
4:20-5:00pm	Tots	Adv. & Super Tots	Beg 2
5:05-5:45pm	Tots	Beg 1	Parent/Tot
5:50-6:30pm	Beg 1	Beg 3	

REFUND POLICY

Extra care should be given to the selection of classes. **There are NO REFUNDS.** Class transfers or credit towards another aquatic program may be requested and must be authorized by the Pool Manager. **Full refund will be granted only if class is cancelled by the Pool Manager.**