

WATER FITNESS

Aquatic Body Conditioning (ABC)-This is a total body conditioning class; Multi-level, low impact, cardio respiratory work out held in shallow water. Flexibility, muscular strength and endurance are emphasized. Participants need not know how to swim.

Tuesday/Thursday 5:00pm-6:00pm

Deep Water-This challenging workout is conducted in deep water. Buoyant and resistive water exercise equipment is provided. Class includes warm-up, cardio-respiratory workout, strengthening and abdominal work, followed by a cool down period. Deep-water exercise is non-impact and provides resistance to all major muscle groups. (Participants must feel comfortable in deep water)

Monday/Wednesday 9:00am-10:00am Saturday 11:00am-12:00pm

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



YOUTH SWIM TEAM (6-17 years old)

The 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. Swimmers participate in swim meet competitions with other City of San Diego swimming pools. **Prerequisite:** Ability to swim 25 yards of all four competitive strokes; Freestyle, backstroke, breaststroke, and butterfly. **Prerequisite:** Completion of Competitive Skills I & II courses and/or Pool Manager's approval

Monday-Friday 5:00 pm - 6:00 pm

\$35.00/Month (Fees are due at the beginning of ea. Month)



YOUTH WATER POLO (9-17 years old)

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.

Tuesday/ Thursday 4:30pm-6:00pm

\$25.00/Month (Fees are due at the beginning of ea. Month)



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 CPII Division, (619)525-8235.

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



All City of San Diego Parks, Pools and Beaches are smoke free



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

WWW.SANDIEGO.GOV



BUD KEARNS POOL

2229 Morley Field Drive ♦ San Diego, CA 92104

(619) 692-4920

SUMMER 2012

JUNE 18 thru SEPTEMBER 3

Lap Swim

Monday-Thursday 8:00am - 5:00pm
6:00pm - 8:00pm*
Friday 12:00pm - 5:00pm
Saturday /Sunday 12:00pm - 4:00pm

Recreational Swim

Monday-Thursday 12:00pm - 2:30pm
6:00pm - 8:00pm*
Friday 12:00pm - 5:00pm
Saturday /Sunday 12:00pm - 4:00pm

***Limited lanes available in the evenings**

July 4 & September 3 12:00pm - 4:00pm

Facility Admissions Fees

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

Discount Pass Fees

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

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

All aquatic programs, schedules and fees may change and/or cancelled without notice

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

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



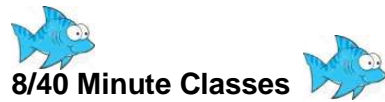
• All persons entering the facility during Recreation and Lap Swim times MUST pay the admission fee and wear proper swim attire at all times.

• Children under 7 years of age or less than four feet tall must be accompanied by a paying parent or responsible adult in a swimsuit at all times. While in the water, a parent or responsible adult must remain within arms reach of the child

• The City of San Diego Swimming Pools may close without notice during inclement weather conditions



SWIMMING LESSONS



Monday-Thursday
Session 1 June 18-June 28

8/40 Minute Classes
Registration June 11- 18

9:00am	9:45am	10:30am	11:15am	2:45pm	3:30pm	4:15pm
Super Tot	Adv. Tot	Tiny Tots	Parent Tot	Parent Tot	Tiny Tot	Adv. Tot
Beginner 1	Beginner 1	Adv.Beginner	Adv. Tot	Beginner 1	Super Tot	Beginner 1
Tiny Tots	Beginner 2	Adults	Beginner 3	Beginner 2	Beginner 2	Adv.Beginner
				Beginner 3	Beginner 3	Adults

Session 2 July 2-July 12 (No class on 7/4makeup class on Fri 7/6) **Registration June 27-July 2**

9:00am	9:45am	10:30am	11:15am	2:45pm	3:30pm	4:15pm
Tiny Tots	Tiny Tots	Adv. Tots	Parent Tot	Parent Tot	Tiny Tots	Super Tots
Adv. Tots	Beg inner 1	Beginner 1	Adv. Tot	Beg 1	Adv. Tots	Beginner 1
Beginner 1	Beginner 2	Adults	Adv.Beginner	Beg 2	Beginner 2	Adults
				Beg 3	Adv.Beginner	Comp Skills

Session 3 July 16-July 26 **Registration July 11-16**

9:00am	9:45am	10:30am	11:15am	2:45pm	3:30pm	4:15pm
Super Tot	Adv. Tot	Tiny Tots	Parent Tot	Parent Tot	Tiny Tot	Adv. Tot
Beginner 1	Beginner 1	Adv.Beginner	Adv. Tot	Beginner 1	Super Tot	Beginner 1
Tiny Tots	Beginner 2	Adults	Beginner 3	Beginner 2	Beginner 2	Adv.Beginner
				Beginner 3	Beginner 3	Adults

Session 4 July 30-August 9 **Registration July 25-30**

9:00am	9:45am	10:30am	11:15am	2:45pm	3:30pm	4:15pm
Tiny Tots	Tiny Tots	Adv. Tots	Parent Tot	Parent Tot	Tiny Tots	Super Tots
Adv. Tots	Beginner 1	Beginner 1	Adv. Tot	Beg 1	Adv. Tots	Beginner 1
Beginner 1	Beginner 2	Adults	Adv.Beginner	Beg 2	Beginner 2	Adults
				Beg 3	Adv.Beginner	Comp Skills

Session 5 August 13-August 23 **Registration August 8- 13**

9:00am	9:45am	10:30am	11:15am	2:45pm	3:30pm	4:15pm
Super Tot	Adv. Tot	Tiny Tots	Parent Tot	Parent Tot	Tiny Tot	Adv. Tot
Beginner 1	Beginner 1	Adv.Beginner	Adv. Tot	Beginner 1	Super Tot	Beginner 1
Tiny Tots	Beginner 2	Adults	Beginner 3	Beginner 2	Beginner 2	Adv.Beginner
				Beginner 3	Beginner 3	Adults

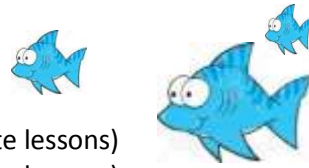
Session A June 23-August 11 Saturday Lessons **Registration June 11-23**

11:00am-11:40am	Parent Tot	Comp. Skills
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For information on where to place your child, please log on to <http://www.sandiego.gov/park-and-recreation/aquatics/itsprerequisites.shtml> to view the Learn-to-Swim prerequisites page. For full descriptions of all classes please contact the pool staff. **Non-Residents pay twice the resident fee.**

LESSON FEES:

	Resident	Non-Resident
Large Group	\$54.00	\$108.00
Small Group	\$81.00	\$162.00
Semi-Private Lessons	\$151.00	\$302.00 (5/30 minute lessons)
Private Lessons	\$181.00	\$362.00 (5/30 minute lessons)



Online Registration is here for group swim lessons!

Online registration opens at 6:00 a.m. on the registration dates listed next to session dates. You may now register online for swimming lessons using the Online Activity Registration System. Log on at SDRecConnect or www.activenet.active.com/sdparkandrec.

NewAccounts

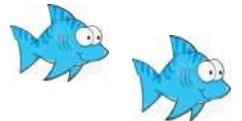
Click on the Create Account*** button. Fill out the New Account Request form completely, including all required fields, (Birth date, Gender, Email Address, etc.) and click submit. Please submit your request only once. You will receive an email with a link to activate your account.

*****Important!** If you are registering a child for an activity, please use **your own** information when completing the New Account Request form, NOT the information of the child you wish to register for an activity. Once you have input your information, you will have the opportunity to add family members. **If you need help** please click the FAQs (Frequently Asked Questions) button in the online registration page for information.

You will also be able to register in person at the swimming pool (Please contact the pool for office registration hours).

REFUND POLICY- Patrons should put extra care into the selection of classes. There are **NO REFUNDS**. Class **CREDITS** will be granted and must be requested and authorized by the Pool Manager, seventy-two (72) hours prior to class start date. **CREDITS** will be credited to patrons **ACTIVE NET ACCOUNT**. Full refunds will be granted only if class is cancelled by the Pool Manager.

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.
- Children 3 years of age and younger are required to wear a tight fitting "swim diaper". Please check condition of diaper regularly.
- Change swim diapers in the restroom or a diaper changing area; **not in the pool area**.
- 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.
- Practice good hygiene. Shower with soap before swimming and wash your hands after using the restroom or changing diapers

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