



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

WWW.SANDIEGO.GOV

# CARMEL VALLEY POOL

**FALL 2011**  
**3777 TOWNSGATE DRIVE**  
**SAN DIEGO 92130 • (858) 552-1623**  
**AUGUST 29-NOVEMBER 5, 2011**

## Adult Lap Swim

Monday/Wednesday/Friday	6:00am-9:00am
	10:00am-4:00pm
Monday, Wednesday & Friday	6:00pm-7:30pm
Tuesday & Thursday	5:30pm -7:30pm
Saturday	12:00pm-3:00pm
Sunday (9/4-9/25) **	12:00pm-3:00pm

## Recreational Swim

Monday/Wednesday/Friday*	12:00pm-3:30pm
Saturday	12:00pm-3:00pm
Sunday (9/4-9/25) **	12:00pm-3:00pm

**\*Shallow end only Monday/Wednesday/Friday**

**\*\* Closed Sundays starting October 2**

<b>Monday, September 5</b>	<b>12:00-3:00pm</b>
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## Children's Pool

Monday/Wednesday/Friday	12:00pm-3:30pm
Saturday	12:00pm-3:00pm

## Large Slides (through Labor Day Weekend only)

Saturday/Sunday	12:00pm-3:00pm
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**\*\*Slides closed September 6, 2011– May 26, 2012**

**The Child Structure and Slides are subject to closure at anytime**

## Pool Closures:

September 6-11, 2011  
 Sundays starting October 2  
 November 07, 2011 through February 12, 2012.

## FACILITY ADMISSIONS FEES

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

## DISCOUNT PASS FEES

Adults (16 & older)	\$100.00/30swims
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**

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

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, contact the Volunteer Office at (619)533-4017 or visit [www.sandiego.gov/park-and-recreation/general-info/volunteer.shtm](http://www.sandiego.gov/park-and-recreation/general-info/volunteer.shtm)

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.

## Pool Closures:

Please visit our other City Pools during the closure period of **November 7 thru February 12, 2012**. Most of the City Pools offer a variety of programs and times for Lap/Recreational Swims, Water Fitness, Learn to Swim classes, Youth Swim Team and Water Polo.

Visit <http://www.sandiego.gov/park-and-recreation/> for all 13 City of San Diego Swimming Pools for programs, locations and closure periods.

**Swanson Pool** (during November 7-December 29)  
 3585 Governor Drive 858-552-1653

**Ned Baumer Miramar College Aquatic Center**  
 (during Nov 7- Dec 17 and Jan 23-Feb 12)  
 10440 Black Mountain Rd. 858-538-8083

•**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 to be on the pool deck.**

•**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 and in the water at all times. 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.**

**All Aquatic Programs, Schedules and Fees may change and/or be Cancelled without notice.**

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

## WATER FITNESS –AQUAFIT

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

**Monday, Wednesday, Friday 10:30am-11:30am**

### Water Fitness Fees:

**Adult/Senior Drop-in \$3.50/class**  
**Discount Pass \$30.00/10 classes**

## GROUP SWIMMING LESSONS

Mail in registration: August 15–August 26

Walk in Registration begins September 3

Monday & Wednesday (4 weeks) 8/35 minute classes

Session 1 September 12–October 5

Session 2 October 10–November 2

3:45–4:20pm	Tiny Tot	Beginner 3
4:25–5:00pm	Advanced Tot	Advanced Beginner
5:05–5:40pm	Super Tot	Intermediate

Tuesday & Thursday (4 weeks) 8/35 minute classes

Session A September 13–October 6

Session B October 11–November 3

3:30–4:05pm	Super Tot	Beginner 1
4:10–4:45 pm	Advanced Tot	Beginner 2
4:50–5:25pm	Tiny Tot	Beginner 3

## PRIVATE/SEMI PRIVATE LESSONS

Tuesday & Thursday (Five 30 minute lessons)

Session 1 September 13–27

Session 2 October 4–18

Time: 5:30–6:00 pm only Tuesday & Thursday

Course descriptions and age ranges should be used as suggested guidelines for appropriate student enrollment. For full descriptions of all classes please contact the Pool Staff or log on to:

<http://www.sandiego.gov/park-and-recreation/aquatics>

**Fees:**                      **Resident**                      **Non-Resident**

**Large Group                      \$54.00                      \$108.00**

Beg. 1, Beg. 2, Beg. 3, Advanced Beginner, Intermediate

**Small Group                      \$81.00                      \$162.00**

Tiny Tot, Advanced Tot, Super Tot

**Semi Private                      \$151.00                      \$302.00**

Semi- Students must register together and be at same swimming ability. 5/30 minute lessons

**Private                      \$181.00                      \$362.00**

5/30 minute lessons

## REFUND POLICY

Extra care should be given to the selection of classes. **There are NO REFUNDS OR CREDITS. Full refund will be granted only if class is cancelled by the Pool Manager**



All City of San Diego Parks, Pool and Beaches are  
Smoke Free

## CITY OF SAN DIEGO SWIM LEAGUE

City of San Diego Swimming (CSDS) is a Recreational swim organization for youth 6-17 years old, which offers a quality, safe and affordable program that is committed to introducing and developing basic competitive swim skills while promoting fun and team spirit. Swimmers are required to 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. Try out is required prior to season start date and are limited to the following dates and times:

**FALL SEASON September 12<sup>th</sup> - November 5<sup>th</sup>**

Swim Try outs August 31<sup>st</sup> between 4:00 and 6:00pm  
Mandatory Parent Meeting Friday Sept. 2nd 5:30-6:00

Practice starts: Monday September 12

No practice August 29–September 9

### WHITE TEAM 1

Mon/Wed/Fri

SILVER TEAM

Mon/Wed/Fri

Fee:



4:00pm-5:00pm

5:00pm-6:00pm

\$25.00/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 9-17 years of age.

Starts: Tuesday, September 13

No practice August 29–September 9

Tues/Thurs

Fee:



4:00pm - 5:30pm

\$25.00/Month

## HEALTHY SWIMMING

### 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 less than 4 years of age 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 and not at poolside. Germs can be spread in and around the pool.
- Wash your child thoroughly (especially the rear end) with soap and water before swimming. Invisible amounts of fecal matter can end up in the pool.
- All 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.