

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

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 CPIO Division, (619)525-8235.

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 3 years of age and younger are required to wear a tight fitting "swimsuit diaper" regardless of toilet training. 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.

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.



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

CARMEL VALLEY POOL

3777 TOWNSGATE DRIVE
 SAN DIEGO, CA. 92130
 (858) 552-1623

SPRING 2012

February 13 thru June 17

Lap Swim

Mon/Wed/Fri 6:00am-9:00am
 10:00am-4:00pm
 Mon-Fri 6:00pm-7:30pm
 Saturday 12:00pm-3:00pm

Recreational Swim

Mon/Wed/Fri* 12:00pm-3:30pm
 Saturday 12:00pm-3:00pm
 *Shallow end only Mon/Wed/Fri

Children's Pool (opens April 7)

Mon/Wed/Fri 12:00pm-3:30pm
 Saturday 12:00pm-3:00pm

Large Slides (closed until May 28)

Saturday 12:00pm-3:00pm

Memorial Day 12:00pm-3:00pm

Pool Closures:

Sundays; Friday, March 30; Thursday, May 10; Saturday June 2

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/Senior

\$15.00/10swims
 \$45.00/30swims

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 and 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.
- 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.

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.

Monday/Wednesday/Friday 10:30am -11:30am

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

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:** Ability to swim 25 yards of all four competitive strokes; Freestyle, backstroke, breaststroke, and butterfly. Try outs are required prior to season start date and are limited to the following dates and times for spring season: (February 13th - June 17th) February 13th 5:00pm or February 15th at 6:00pm

WHITE TEAM **Monday/Wednesday/Friday 4:00 pm - 5:00 pm**

SILVER TEAM **Monday/ Wednesday/Friday 5:00 pm - 6:00 pm**



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

YOUTH WATER POLO – Starts May 1 (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 4:00pm-5:30pm

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

REFUND POLICY

Extra care should be given to the selection of classes. **There are NO REFUNDS.** Class transfers 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.**



SWIMMING LESSONS



Beginning 9:00 a.m. on March 5, 2012 you may register for swimming lessons over the Internet using a credit card at <http://activenet.active.com/sdparkandrec>.

You will also be able to register in person at the swimming pool (**Please contact the pool for office registration hours**). Before registering online you must first follow the simple instruction to create an online account. We suggest you go to the website now to create an account and review class availability to make your registration easier on March 5.

Sessions are 8/40 minute classes

Session 1	Monday/Wednesday	April 2-April 25
3:45-4:25pm	Beginner 3	*Tiny Tot
4:30-5:10pm	Advanced Beginner	*Advanced Tot
5:15-5:55pm	Intermediate	*Super Tot
Session 2	Monday/Wednesday	April 30-May23
3:45-4:25pm	Beginner 3	*Tiny Tot
4:30-5:10pm	Advanced Beginner	*Advanced Tot
5:15-5:55pm	Intermediate	*Super Tot
6:00-6:40pm	*Adult	
Session A	Tuesday/Thursday	April 3-April 26
3:45-4:25pm	Beginner 1	*Super Tot
4:30-5:10pm	Beginner 2	*Advanced Tot
5:15-5:55pm	Beginner 3	*Tiny Tot
Session B	Tuesday/Thursday	May 1-May 29**
3:45-4:25pm	Beginner 1	*Super Tot
4:30-5:10pm	Beginner 2	*Advanced Tot
5:15-5:55pm	Beginner 3	*Tiny Tot
6:00-6:40pm	*Adult	

** (No class Thursday May 10- Makeup class will be Tuesday May 29)

*All Tot and Adult classes are small group price.

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



Semi-private lessons students must register together and be at the same swimming ability. Private and Semi-Private classes are 5/30 minute classes, please arrange classes with the Pool Manager.

Non-Residents must pay twice the resident rate.