

## YOUTH WATER POLO

Participants are introduced to basic water polo skills with emphasis on teamwork and sportsman-ship. Participants must be able to swim 200 yards continuously and tread water for one minute.

### Youngers ages 6-13

Tues/Thurs 5:00pm-6:30pm



### Olders ages 14-17

Mon/Wed 5:00pm-6:30pm

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

## YOUTH SWIM TEAM

City of San Diego Swimming (CSDS) is a recreational swim organization for youth ages 5-17 years old, which offers a quality, safe program that is committed to developing basic competitive swim skills while promoting fun and team spirit. Swimmers are encouraged to participate in swim meet competitions with other City of San Diego pools. Prerequisite: completion of Competitive Skills I course or Pool Manager's approval.

### WHITE TEAM

Monday-Thursday  
5:00pm - 6:15pm

**\$35.00/Month**

(Fees are due at the beginning of ea. month)

### COMPETITIVE SKILLS TEAM

Tuesday/Wednesday/Thursday  
6:30pm - 7:30pm

**\$25.00/Month**

(Fees are due at the beginning of ea. month)

### SILVER TEAM

Monday-Thursday  
6:30pm - 7:45pm



## WATER FITNESS

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

Mon/Wed/Fri 9:00am-10:00am  
Tues/Thurs 6:30pm-7:30pm

Adults/Seniors \$3.50/ class

**DISCOUNT PASS \$30.00/10 classes**



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



**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

# City Heights Swim Center

4380 Landis Street ♦ San Diego, CA 92105 ♦ (619) 641-6126



## Summer 2012

June 18 - September 3



### LAP SWIM

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

**July 4/September 3**  
**12:00pm-4:00pm**

### RECREATIONAL SWIM

Monday-Friday 12:00pm-4:00pm  
Monday/Wednesday 6:30pm-8:00pm  
Saturday/Sunday 12:00pm-4:00pm

### FACILITY ADMISSION FEES

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

### DISCOUNT PASS FEES

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

**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 any time. Patron patience and cooperation during these drills are greatly appreciated.

**RENTALS**-All City pools are available to rent for exclusive or shared use (birthday parties, school activities, athletic team activities, company parties, special events, etc.) More information may be obtained from the Pool Manager.

**Passes expire one year from the date of issue and can be used at any City of San Diego pool.**

- Specific lanes/areas will be designated for Lap & Recreational swimming, however, 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.
- 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 an arm's reach of the child
- The City of San Diego Swimming Pools may close without notice during inclement weather conditions

## 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. **To view class times and availability log on to online registration site.** You may now register online for swimming lessons using the Online Activity Registration System.

Log on at [SDRecConnect](http://SDRecConnect) or [www.activenet.active.com/sdparkandrec](http://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.

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.



## 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 "swimsuit 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 diaper

## REFUND POLICY


Patrons should take 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.

## SESSION DATES

<b>Session I</b>	<b>June 18-28</b>	<b>Registration June 11-18</b>
	<b>On-site registration begins June 11 @ 3:00pm.</b>	
<b>Session II</b>	<b>July 2-12</b>	<b>Registration June 27-July 2</b>
	<i>(No class on 7/4makeup class on Fri 7/6)</i>	
<b>Session III</b>	<b>July 16-26</b>	<b>Registration July 11-16</b>
<b>Session IV</b>	<b>July 30-August 9</b>	<b>Registration July 25- 30</b>
<b>Session V</b>	<b>August 13-23</b>	<b>Registration August 8-13</b>

**NON-RESIDENTS:** Proof of residency will be required. Non-residents must pay twice the resident rate.

## LESSON FEES

	<b>Resident</b>		<b>Non-Resident</b>
<b>Large Group</b>	\$54.00		\$108.00
<b>Small Group*</b>	\$81.00		\$162.00
<b>Semi-Private</b>	\$151.00		\$302.00
<b>Private</b>	\$181.00		\$362.00

(Private & semi-private lessons are 5/30 minute lessons)

**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.

**VOLUNTEERSNEEDED!**-Ongoing opportunities are available at recreation centers, pools 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 contact the Volunteer Office at (619)533-4017 or visit [www.sandiego.gov/park-and-recreation/general-info/volunteer.shtml](http://www.sandiego.gov/park-and-recreation/general-info/volunteer.shtml)

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.