



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

Claremont Pool

3605 Claremont Drive • San Diego CA 92117

(858)581-9923 • www.sandiego.gov

Fall/Winter

August 29, 2011 thru February 19, 2012

LAP SWIM

Monday thru Thursday 11:00am - 7:30pm
Friday 11:00pm - 4:00pm
Saturday/Sunday 12:00pm - 3:00pm

RECREATIONAL SWIM

Monday thru Friday 11:00pm - 4:00pm
Saturday/Sunday 12:00pm - 3:00pm

LABOR DAY –September 5 12:00-3:00pm

****Starting September 6, diving board will be open on weekends only.**

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.

POOL CLOSED:

Friday, November 11th;
Thursday, November 24;
Sunday & Monday, December 25 & 26 and
January 1 & 2, 2012; Monday, January 16;
February 20 thru March 18



EMERGENCY TESTING

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

SAFETY CHECKS

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

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

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". 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.
- Please do not swallow pool water. Avoid getting water in your mouth.
- Practice good hygiene.
- Shower with soap before swimming and wash your hands after using the toilet or changing diaper.

•Specific lanes/areas will be designated for Lap & Recreational swimming, however, the pool may be utilized for other programs

•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.

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

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 4:00pm-5:00pm

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



CITY OF SAN DIEGO SWIM LEAGUE

No practice August 29-September 9

Prerequisite: Pool Manager's approval
 City of San Diego Swimming (CSDS) is a recreational swim organization for youth 5-17 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 are encouraged to participate in swim meet competitions with other City of San Diego swimming pools.

Starts: September 12
Monday thru Thursday



4:45pm-6:00pm

Fees: \$35.00/Month

YOUTH WATER POLO

No practice August 29-September 9

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.

Starts: September 13 thru October 27
Tuesday and Thursday

6:00pm-7:30pm

Fee: \$25.00/Month

SWIM LESSONS

Registration Begins August 27, during hours of operation. Please contact Pool Manager if you have a special request. You may always schedule private or semi-private classes as well. Pool manager will take an interest list for request and do their best to accommodate patrons.

Monday/Wednesday 8/40 minute classes

Session 1 September 12-October 5

4:00-4:40pm	Tiny Tots	Beg 3/Adv Beg
4:40-5:20pm	Adv Tot/Super Tot	Beg 1/Beg 2

Session 2 October 10-November 2

4:00-4:40pm	Tiny Tots	Beg 3/Adv Beg
4:40-5:20pm	Adv Tot/Super Tot	Beg 1/Beg 2

Tuesday/Thursday 8/40 minute classes

Session A September 13-October 6

4:00-4:40pm	Adv Tot	Beg 1/Beg 2
4:40-5:20pm	Tiny Tot	

Session B October 11-October November 3

4:00-4:40pm	Adv Tot	Beg 1/Beg 2
4:40-5:20pm	Tiny Tot	

Fees: Resident Non-Resident

Large Group \$54.00 \$108.00

Small Group \$81.00 \$162.00

Semi Private \$151.00 \$302.00

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

Private \$181.00 \$362.00

5/30 minute lessons

Non-Residents must pay twice the resident rate.

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**

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, Pool and Beaches are
 Smoke Free**