



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

COLINA DEL SOL POOL

4150 54TH Place • San Diego, CA 92115 • (619) 235-1147 • www.sandiego.gov

FALL 2011 PROGRAM

HOURS EFFECTIVE SEPTEMBER 6 – NOVEMBER 4, 2011

LAP SWIM

Monday – Friday 3:30 pm – 6:30 pm
(Space may be limited due to other programming)
 Saturday 1:00 pm – 4:00 pm
(Saturday hours end 10/1/11.)

RECREATION SWIM

Monday – Friday 3:30 pm – 6:30 pm
(Space may be limited due to other programming)
 Saturday 1:00 pm – 4:00 pm
(Saturday hours end 10/1/11.)

Specific lanes/areas will be designated for Lap & Recreational swimming, however, pool may be utilized for other programs during designated Lap/Recreational swim times.

FACILITY ADMISSION FEES

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

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 arms reach of the child.

DISCOUNT PASS FEES

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

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

WATER FITNESS

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

Tuesday, Thursday 5:30 pm – 6:30 pm
 \$3.50/class
 DISCOUNT PASS \$30.00/10 Classes

KEEPING THE POOL CLEAN & OPEN

- When the pool is contaminated with fecal matter, the pool must close.
- Children should use the restroom before entering the pool, wash their hands with soap and water and shower.
- Children 3 years of age and younger are required to wear a tight fitting "swimsuit diaper" or tight fitting plastic pants and a swimsuit.
- 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.
- Patrons must abide by the "no street shoes on the pool deck" rule



All City of San Diego parks, pools, and beaches are smoke free

YOUTH WATER POLO

Participants, ages 9-17 years old are introduced to basic water polo skills with emphasis on teamwork and sportsmanship. Participants must be able to swim 200 yards continuously and tread water for one minute. Tuesday, Thursday 4:00 pm – 5:30 pm \$25.00/Month

SWIMMING LESSONS

Classes are held on Monday/Wednesday. Session consists of eight 40 minute classes.

FEES:	Resident	Non-Resident
Large Group	\$54.00	\$108.00

September 12 – October 5

4:00 pm – 4:40 pm	Tiny Tot	Beg. 3
4:45 pm – 5:25 pm	Adv. Tots	Beg. 1
5:30 pm – 6:10 pm	Tiny Tots	Beg. 2

EMERGENCY TESTING

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

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.

NON-RESIDENTS

Rates listed are for residents only. Proof of residency will be required. Non-residents must pay twice the resident rate.

- **City of San Diego Swimming Pools may close without notice during inclement weather conditions.**
- **All Aquatics programs, schedules and fees may change and/or be cancelled without notice.**

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, Wednesday, Friday 4:30 pm – 5:30 pm \$25.00/Month

SILVER TEAM

Monday – Friday 5:30 pm – 6:30 pm \$35.00/Month

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 the class is canceled by the Pool Manager.

SAFETY CHECKS

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

VOLUNTEERS NEEDED!

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 visit www.sandiego.gov/park-and-recreation/general-info/volunteer.shtml or contact the Volunteer Office at (619) 533-4017.

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.

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 either 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.