



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

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# KEARNYMESA POOL

3170 Armstrong Street • San Diego, CA 92111

(858)573-1389

FALL 2011

August 29 thru September 25, 2011

## LAP SWIM

Monday/Wednesday/Friday	8:00am-10:00am
Monday – Friday	3:00pm -6:00pm
Saturday	12:00pm-3:00pm
Sunday (until September 4 <sup>th</sup> )	12:00pm-3:00pm

## RECREATIONAL SWIM

Monday – Friday	3:00pm - 6:00pm
Saturday	12:00pm-3:00pm
Sunday (until September 4 <sup>th</sup> )	12:00pm-3:00pm

**LABOR DAY –September 5 12:00-3:00pm**

## POOL CLOSED:

Sundays starting September 11

September 26, 2011 thru January 2, 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
- 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.
- 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 arms 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.**

**Non-Residents Must Pay Twice the Resident Rate.**

## 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.

**Mon/Wed/Fri 8:00am-9:00am**  
*Arthritis*

This class is approved by the Arthritis foundation. Specially trained and certified instructors lead this class. Participants perform gentle stretching and strengthening exercises in the water. Movement is performed at a low to moderate intensity to develop muscular strength, endurance and increase range-of-motion. Arthritis is not necessary to enroll in this class.

**Mon/Wed/Fri 9:00am-10:00am**

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

## 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

## 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



**All San Diego Parks, Pools and Beaches are smoke free.**

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.

## CITY OF SAN DIEGO SWIM LEAGUE

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.

**Prerequisite:** Pool Manager's approval

No practice August 29-September 9



Starts: September 12

**White and Silver Level**

**Monday/ Wednesday/ Friday**

**6:00 pm-7:00pm**

**Fees: \$25.00/Month September 12-30**

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

## 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, 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)

## 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**

## 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

### Pool Closure:

Please visit our other City Pools during the closure period of September 26 thru January 2, 2012. Most of the City Pools offer a variety of programs and times for Lap/Recreational Swims, Water Fitness, Learn to Swim classes, and Youth Swim Team and Water Polo.

#### **Clairemont Pool**

3605 Clairemont Drive 858-581-9923

#### **Swanson Pool** (University City area)

3585 Governor Drive 858-552-1653

#### **Tierrasanta Community Pool**

12238 Clairemont Mesa Blvd 858-636-4837

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

