

YOUTH SWIM TEAM

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:** Completion of Competitive Skills I course and/or Pool Manager's approval.

White Level and Silver Level

Monday-Thursday 5:00pm-6:15pm
\$35.00/Month (fees are due at the beginning of ea. month)



YOUTH WATER POLO

Participants 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 and Thursday 3:30pm-5:00pm
\$25.00/Month (fees are due at the beginning of ea. month)

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
8:00am-9:00am



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

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.

Monday/Wednesday/ Friday
9:00am-10:00am

Adult/Senior Drop-in \$3.50/class

Discount Pass \$30.00/10 classes

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

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.



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

www.sandiego.gov



3170 Armstrong Street ♦ San Diego, CA 92111 ♦ (858)573-1389

SUMMER 2012

June 18-September 3

LAP SWIM

| | |
|------------------|---|
| Monday/Wednesday | 8:00am-11:00am 12:30pm-5:00pm** 6:15pm - 8:30pm |
| Tuesday/Thursday | 12:30pm-3:00pm 6:15pm - 8:30pm |
| Friday | 8:00am - 3:00pm |
| Saturday/Sunday | 12:00pm-3:00pm |

** Limited lanes available for evening lap swim

RECREATIONAL SWIM

| | |
|-----------------|----------------|
| Monday-Friday | 12:30pm-3:00pm |
| Saturday/Sunday | 12:00pm-3:00pm |

JULY 4 & SEPTEMBER 3 12:00pm-3:00pm



FACILITY ADMISSIONS FEES

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

DISCOUNT PASS FEES

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

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

•All persons entering the facility during Recreation and Lap Swim times MUST pay the admission fee and wear proper swim attire at all times.

•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

•A paying parent or responsible adult in a swimsuit must accompany children under 7 years of age or less than four feet tall. While in the water, a parent or responsible adult must remain within arm's reach of the child

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

•The City of San Diego Swimming Pools may close without notice during inclement weather condition

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

SUMMER SWIMMING LESSONS

MORNING SESSIONS

Mon/Wed/Fri (3 weeks)

9/35 minute lessons

Session A: June 18 – July 6 Classes for this session are 40 minutes No class on 7/4 Registration June 11-18

| | | |
|---------------|------------|------------|
| 11:00-11:40am | Tiny Tots | Beginner 1 |
| 11:45-12:25pm | Beginner 1 | Parent Tot |

Session B: July 9 – July 27

Registration July 3-9

| | | |
|---------------|-----------|------------|
| 11:00-11:35am | Tiny Tot | Beginner 1 |
| 11:40-12:15am | Adv. Tots | Beginner 2 |

Session C: July 30 – August 17

Registration July 25-30

| | | |
|---------------|-----------|------------|
| 11:00-11:35am | Tiny Tots | Beginner 1 |
| 11:40-12:15am | Adv. Tots | Parent Tot |

AFTERNOON SESSIONS

Mon.–Thurs. (2 weeks)

8/40 minute lessons

Session 1: June 18 – June 28

Registration June 11-18

| | | | |
|-------------|----------------------|------------|------------|
| 2:35-3:15pm | Competitive Skills I | | |
| 3:20-4:00pm | Beginner 1 | Beginner 2 | Beginner 3 |
| 4:05-4:45pm | Tiny Tots | Adv. Tots | Beginner 2 |
| 5:00-5:40pm | Parent Tot | Tiny Tots | Beginner 1 |

Session 2: July 2 – July 12

(no class 7/4, make up 7/6)

Registration June 27–July 2

| | | | |
|-------------|-----------------------|------------|------------|
| 2:35-3:15pm | Competitive Skills II | | |
| 3:20-4:00pm | Beginner 1 | Beginner 2 | Beginner 3 |
| 4:05-4:45pm | Tiny Tots | Adv. Tots | Beginner 2 |
| 5:00-5:40pm | Parent Tot | Tiny Tots | Beginner 1 |

Session 3: July 16 – July 26

Registration July 11-16

| | | | |
|-------------|------------|------------|------------|
| 2:35-3:15pm | Beginner 2 | | |
| 3:20-4:00pm | Beginner 1 | Beginner 2 | Beginner 3 |
| 4:05-4:45pm | Tiny Tots | Adv. Tots | Beginner 1 |
| 5:00-5:40pm | Tiny Tots | Super Tots | Adult |

Session 4: July 30 – August 9

Registration July 25-30

| | | | |
|-------------|----------------------|------------|------------|
| 2:35-3:15pm | Competitive Skills I | | |
| 3:20-4:00pm | Beginner 1 | Beginner 2 | Beginner 3 |
| 4:05-4:45pm | Tiny Tot | Adv. Tots | Beginner 2 |
| 5:00-5:40pm | Tiny Tots | Super Tots | Beginner 1 |

Session 5: August 13 – August 23

Registration August 8-13

| | | | |
|-------------|-----------------------|------------|------------|
| 2:35-3:15pm | Competitive Skills II | | |
| 3:20-4:00pm | Beginner 1 | Beginner 2 | Beginner 3 |
| 4:05-4:45pm | Tiny Tot | Adv. Tots | Beginner 2 |
| 5:00-5:40pm | Tiny Tots | Super Tots | Beginner 1 |

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.



All City of San Diego Parks, Pools and Beaches are Smoke Free

LESSON FEES

| | Resident | Non-Resident |
|----------------|----------|--------------|
| Large Group | \$54.00 | \$108.00 |
| Small Group | \$81.00 | \$162.00 |
| Semi-Private * | \$151.00 | \$302.00 |
| Private * | \$181.00 | \$362.00 |

Semi and Private lessons are 5/30 minute lessons. Private and Semi-private registration is taken in person at the pool only.

NON-RESIDENTS MUST PAY TWICE THE RESIDENT RATE.

REFUND POLICY

Patrons should put 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.

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. You may now register online for swimming lessons using the Online Activity Registration System. Log on at SDRecConnect or www.activenet.active.com/sdparkandrec

New Accounts

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. **You will also be able to register in person at the swimming pool (Please contact the pool for office registration hours)**

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 diapers

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