



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

NED BAUMER MIRAMAR COLLEGE AQUATIC CENTER

10440 BLACK MOUNTIAN ROAD ♦ SAN DIEGO, CA 92126 ♦ (858) 538-8083



FALL SCHEDULE 2009



EFFECTIVE: AUGUST 31-DECEMBER 19, 2009

LAP SWIM

Monday - Thursday 7:00 a.m -11:15 a.m
 Saturday & Sunday 12:00 p.m - 3:00 p.m

RECREATIONAL SWIM (Rec Pool)

Monday - Friday 11:00 a.m -3:00 p.m
 Saturday & Sunday 12:00 p.m- 3:00 p.m
Large Slide closes for the season beginning October 3, 2009

CHILDREN'S POOL (Closes 9/27)

Monday - Friday 11:00 a.m - 3:00 p.m
 Saturday & Sunday 12:00 p.m - 3:00 p.m

POOL CLOSED SUNDAYS STARTING November 1.

All persons entering the facility during Recreation and Lap Swimming MUST pay admission fee.

- Children under 7 years of age or less than four feet tall must be accompanied by a paying parent or a 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.

FACILITY ADMISSIONS FEES

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

DISCOUNT PASS FEES

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

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

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.

WATER FITNESS



DEEP WATER WORKOUT

This challenging workout is conducted in deep water. Class includes warm-up, cardio-respiratory workout, strengthening and abdominal work, and a cool-down.
Class ends September 26.

Saturday 10:00 a.m - 11:00 a.m

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 9:30a.m-10:30a.m

Water Fitness Fees:

Adult/Senior Drop-in \$3.50/class
 Discount Pass \$30./ 10 classes

POOL CLOSURES

Closed Sundays starting November 1
 November 11, 26, 27

Pool will be closed December 20 – January 17, 2010



All Aquatic Programs, Schedules and Fees may change and/or be Cancelled without notice.

NON-RESIDENTS MUST PAY TWICE THE RESIDENT RATE.



All City of San Diego Parks, Pools and Beaches are smoke free

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



Monday, Wednesday, Friday 5:30-6:30 p.m.
Fees: \$25.00/Month
 No practice: Nov 11, 27

YOUTH WATER POLO

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 6 to 17 years of age.



Tuesday & Thursday 5:30-7:00 p.m.
Fees: \$25.00/Month
 No practice: Nov 26

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

DONATIONS- By donating 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

SWIMMING LESSONS

Registration hours Monday-Thursday 9-12 pm and 3-6pm; Saturday/Sunday 12-2:30pm.
Registration begins August 17

Monday/Wednesday 8/40 minute classes
Session 1 September 14-October 7, 2009

4:00-4:40pm	Tiny Tots	Adv. Tots	Super Tots
4:45-5:25pm	Tiny Tots	Beginner 2	Beginner 1
5:30-6:10pm	Adv. Tots	Beginner 2	Beginner 3
6:15-6:55pm	Adults		

Session 2 October 12-November 4, 2009

4:00-4:40pm	Tiny Tots	Adv. Tots	Super Tots
4:45-5:25pm	Tiny Tots	Super Tots	Beginner 3
5:30-6:10pm	Beginner 1	Beginner 2	Super Tots

Tuesday/Thursday 8/40 minute classes
Session A September 15-October 8, 2009

4:00-4:40pm	Tiny Tots	Adv. Tots	
4:45-5:25pm	Tiny Tots	Beginner 3	Super Tots
5:30-6:10pm	Beginner 1	Beginner 2	

Session B October 13-November 5, 2009

4:00-4:40pm	Tiny Tots	Adv. Tots	
4:45-5:25pm	Tiny Tots	Beginner 3	Super Tots
5:30-6:10pm	Beginner 1	Beginner 2	

FEES:

Tiny Tots, Adv. Tot, Super Tots	\$80.75
Beginner 1, 2 and 3; Adults	\$53.75

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**

KEEPING THE POOLS 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.
 - Children 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"

