

SWIMMING LESSONS

All sessions are 8/40 minute classes

Session 1 Monday/Wednesday September 12-October 5

10:40-11:20am	Tiny Tot		
4:00-4:40pm	Tiny Tot	Beg1	Beg 2
4:45-5:25pm	Tiny Tot	Adv Tot	Beg 3
5:30-6:10pm	Super Tot	Beg 2	Adults

Session 2 Monday/Wednesday October 10-November 2

4:00-4:40pm	Tiny Tot	Adv Tot	Beg2
4:45-5:25pm	Tiny Tot	Beg 1	Beg3
5:30-6:10pm	Super Tot	Beg 2	Adults

Session A Tuesday/Thursday September 13-October 6

10:40-11:20am	Tiny Tot		
4:00-4:40pm	Tiny Tot	Beg 1	
4:45-5:25pm	Super Tot	Adults	

Session B Tuesday/Thursday October 11-November 3

4:00-4:40pm	Tiny Tot	Beg 1	
4:45-5:25pm	Beg 2	Adv Tot	

LESSON FEES:

	Resident	Non-Resident
Large Group	\$54.00	\$108.00
Small Group*	\$81.00	\$162.00
(*All Tiny Tots/ADV. Tots and Super Tot Classes are Small Group)		
Private Lessons	\$181.00	\$362.00
(private lessons are 5/30 minute lessons)		

NON-RESIDENTS MUST PAY TWICE THE RESIDENT RATE

Course descriptions and age ranges should be used as suggested guidelines for appropriate student enrollment. For full descriptions of all classes please contact the Pool Manager or log on to:

<http://www.sandiego.gov/park-and-recreation/aquatics>

REFUND POLICY- Extra care should be given to the selection of classes. **There are NO REFUNDS. Full refund will be granted only if class is cancelled by the Pool Manager**

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 CPlI Division, (619)525-8235.

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

Monday/ Wednesday/Friday

4:45-5:45 pm

FEES: \$25.00/Month

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" or tight fitting plastic pants and a swimsuit.
 - 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.
 - Don't 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 diapers.
- Patrons must abide by the "no street shoes on the pool deck rule"

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.