



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

Ned Baumer Miramar College Aquatic Center

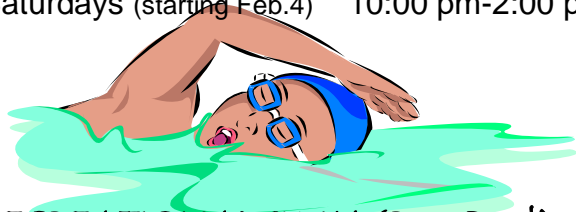
Winter/Spring

10440 Black Mountain Rd • San Diego, CA 92126
 (858) 538-8083 • www.sandiego.gov

January 23-May 28, 2012

LAP SWIM

Monday -Friday 8:00 am-1:30 pm
 Saturdays (starting Feb.4) 10:00 pm-2:00 pm



RECREATIONAL SWIM (Rec. Pool)

Monday- Friday 11:00 am-3:00 pm
 Saturdays (starting Feb.4) 12:00 pm-2:00 pm

Slide closed until June 18

Memorial Day	12:00 pm-3:00
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CHILDREN'S POOL- Starting April 9

Monday- Friday 11:00 am-2:00 pm
 Saturday 12:00 pm-2:00 pm

POOL CLOSURES

Sundays; Monday, Feb 20; Friday March 30;
 Saturday May 5; May 29 thru June 17;

Slide closed until June 18

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.

Rentals- All City Pools are available to rent for exclusive or shared use. For more information, please contact the Pool Manager.

Emergency Testing- All City pool personnel are subject to emergency testing at anytime. Patron patience and cooperation during these drills are greatly appreciated

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.shtm

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.

- Specific lanes/areas will be designated for Lap & Recreational swimming, however, the pool may 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.

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**

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



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

WATER FITNESS CLASSES

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 9:30 - 10:30am

Arthritis Exercise

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.

Tues/ Thurs 9:30 - 10:30am

Water Fitness Fees:

Adult/Senior Drop-in \$3.50/class

Discount Pass \$30.00/10 classes

YOUTH SWIM TEAM (Begins February 6)

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 Or Pool Manager's approval.



Monday/ Wednesday/ Friday

5:30-6:30pm

Fee: \$25.00/Month (Fees are due at the beginning of ea. 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". Please check condition of diaper regularly.
- Change swim diapers in the restroom or a diaper changing area; **not in the pool area.** Germs can be spread in and around the pool.
- 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.
- Please do not swallow pool water. Avoid getting water in your mouth.

SWIMMING LESSONS

Beginning 9:00 a.m. on March 5, 2012 you may register for swimming lessons over the Internet using a credit card at

<http://activenet.active.com/sdparkandrec>.

You will also be able to register in person at the swimming pool (**Please contact the pool for office registration hours**). Before registering online you must first follow the simple instruction to create an online account. We suggest you go to the website now to create an account and review class availability to make your registration easier on March 5.

Monday/Wednesday 8/40 minute classes

Session 1 April 2-April 25

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

Session 2 April 30-May 23

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



Tuesday/Thursday 8/40 minute classes

Session A April 3-April 26

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

Session B May 1-May 24

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

Fees: (Per person) Resident Non-Resident
Large Group \$54.00 \$108.00

(Beginner 1, 2, 3 and Adult Lessons)

Small Group * \$81.00 \$162.00

(Tiny Tots, Adv. Tot, Super Tots)

NON-RESIDENTS MUST PAY TWICE THE RESIDENT RATE.

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.