

## 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 or Pool Manager's approval.

**Monday-Thursday: 4:30-5:45pm**  
**\$35.00/Month** (Fees are due at the beginning of ea. Month)

## COMPETITIVE SKILLS

Teaches swimmers all aspects of competitive strokes, is a prerequisite to joining swim team. Ages 5-17 years old. **Classes are 8/40-minute classes.**

**Monday-Thursday: 5:50-6:30pm**  
**\$54.00/ 2-week session**  
 (Session 1-4 only) See session dates under lesson schedule

## 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 9 to 17 years of age.

**(June 20-August 11)**

**Mondays and Wednesdays**  
**Older 14-17 year olds 9:30am-11:00am**  
**Younger 9-13 year olds 10:30am-12:00pm**  
**\$25.00/Month** (Fees are due at the beginning of ea. Month)

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

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

## ADAPTED AQUATICS

Swimming and Water Safety Instruction is offered for individuals with disabilities 3 years to Adult. Medical clearance is requested. See Pool manager for more information.

**Classes are \$54.00 for eight 40-minute classes.**  
**Saturdays 10:00 am 10:45am 11:20am**

## WATER EXERCISE

**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 9:30am-10:30am**

**Arthritis Exercise Class**- 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 9:30am-10:30am**

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

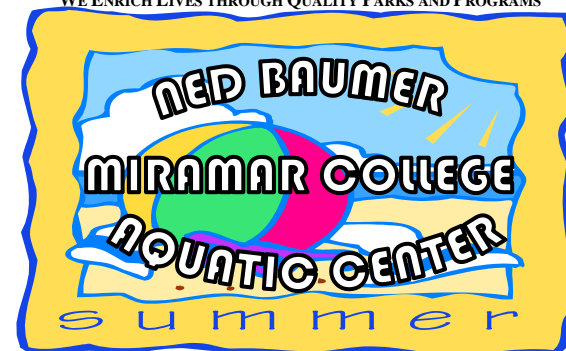
**Weights/Walk and Water Exercise**- Class includes 20 minutes of light weight training in chairs, 20 minutes of dry land walking and 50 minutes of water exercise with Zumba (Latin music and moves) in shallow water.

**Saturdays (June 26-August 14) 8:30am-10:00am**  
**\$54.00/8wk session (minimum of 10 students)**

- 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.
- 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 arms reach of the child.
- The City of San Diego Swimming Pools may close without notice during inclement weather conditions.



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



**JUNE 20- AUGUST 28, 2011**

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

### Lap Swim

Monday-Thursday	6:30am - 4:30pm
**Starting 8/15	7:45am - 4:30pm
**Starting 8/22	7:45am-12:30pm
Friday**until 8/19	12:00pm-3:00pm
<b>**Starting 8/15 Lap Pool hours change</b>	
<b>8/26 Lap Pool will close on Fridays</b>	
Saturday	10:00am-3:00pm
Sunday	12:00pm-3:00pm

### Recreational Swim & Children's Pool

Monday –Sunday 12:00pm-3:00pm

July 4<sup>th</sup> & September 5<sup>th</sup> 12:00pm-3:00pm

### Facility Admissions Fee

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

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

### Pool Closures:

**Sunday 7/31 & Saturday 8/27**

**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, and (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](http://www.sandiego.gov/park-and-recreation/general-info/volunteer.shtml) or contact the Volunteer Office at (619)533-4017

**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

**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

**SUMMER SWIMMING LESSONS SCHEDULE**

**SESSION 1 June 20-June 30 (Mon-Thurs) 8/40 minute classes**

9:00am	9:45am	10:30am	11:15am	3:00pm	3:45pm	4:30pm	5:15pm	6:00pm
Int/swim	Tiny Tot*	Tiny Tot*	Parent/Tot	Tiny Tot*	Super Tot*	Tiny Tot*	Parent Tot	Adult Beg
Beg 1	Adv. Tot*	Super Tot*	Tiny Tot*	Adv. Tot*	Beg1	Adv. Tot*	Super Tot*	
	Adv. Beg	Beg 2	Beg 1	Beg1	Beg2	Beg 1	Beg 2	6:45pm
		Beg3/Adv.Beg		Beg 2	Beg3			Adult Adv

**SESSION 2 July 5-July 14 (Mon-Thurs) 8/40 minute classes (no class on 7/4, make-up class on 7/8)**

9:00am	9:45am	10:30am	11:15am	3:00pm	3:45pm	4:30pm	5:15pm	6:00pm
Tiny Tot*	Tiny Tot*	Tiny Tot*	Parent/Tot	Tiny Tot*	Tiny Tot*	Tiny Tot*	Parent Tot	Adult Beg
Adv. Tot*	Adv. Tot*	Super Tot*	Tiny Tot*	Adv. Tot*	Super Tot*	Adv. Tot*	Super Tot*	
Beg 1		Beg 2	Adv. Tot*	Beg1	Beg1	Beg 1	Beg 2	6:45pm
		Beg3	Beg 1	Beg 2	Beg3/Adv.Beg	Int/swim		Adult Adv

**SESSION 3 July 19-July 28 (Mon-Thurs) 8/40 minute classes**

9:00am	9:45am	10:30am	11:15am	3:00pm	3:45pm	4:30pm	5:15pm	6:00pm
Tiny Tot*	Tiny Tot*	Super Tot*	Parent/Tot	Tiny Tot*	Adv Tot*	TinyTot*	Parent Tot	Adult Beg
Adv. Tot*	Adv. Tot*	Beg 1	Tiny Tot*	Adv. Tot*	Super Tot*	Adv Tot*	Super Tot*	
Beg 1	Adv. Beg	Beg 2	Adv. Tot*	Beg1	Beg1	Beg 1	Beg 2	6:45pm
Int/Swim		Beg3/Adv.Beg	Beg 1	Beg 2	Beg3/Adv.Beg	Int/Swim		Adult Adv

**SESSION 4 August 1-August 11 (Mon-Thurs) 8/40 minute classes**

9:00am	9:45am	10:30am	11:15am	3:00pm	3:45pm	4:30pm	5:15pm	6:00pm
Tiny Tot*	Tiny Tot*	Tiny Tot*	Parent/Tot	Tiny Tot*	Tiny Tot*	Tiny Tot*	Parent Tot	Adult Beg
Adv. Tot*	Adv. Tot*	Super Tot*	Tiny Tot*	Adv. Tot*	Super Tot*	Adv. Tot*	Super Tot*	
Beg 3		Beg 2	Adv. Tot*	Beg1	Beg1	Beg 1	Beg 2	6:45pm
		Beg3/Adv.Beg	Beg 1	Beg 2	Beg3/Adv.Beg	Int/Swim		Adult Adv

**SESSION 5 August 15-August 25 (Mon-Thurs) 8/40 minute classes**

9:00am	9:45am	10:30am	11:15am	3:00pm	3:45pm	4:30pm	5:15pm	6:00pm
Adv. Tot*	Tiny Tot*	Tiny Tot*	Parent/Tot	Tiny Tot*	Tiny Tot*	Tiny Tot*	Parent Tot	Adult Beg
Beg1	Super Tot*	Super Tot*	Adv Tot*	Adv. Tot*	Adv. Tot*	Adv. Tot*	Super Tot*	
	Int/Swim	Beg 2	Beg 1	Super Tot*	Super Tot*	Beg 2	Beg 3	6:45pm
		Beg3/Adv.Beg	Beg 2	Beg 1	Beg 1	Adv. Beg		Adult Adv

**LESSON FEES:**

	Resident	Non-Resident
<b>Large Group</b>	\$ 54.00	\$108.00
<b>Small Group*</b>	\$ 81.00	\$162.00
<b>Semi-Private Lessons</b>	\$151.00	\$302.00

Semi-private participants must be of similar ability.  
(5/30 minute lessons)  
**Private Lessons** \$181.00 \$362.00  
(5/30 minute lessons)

**Non-Residents must Pay twice the Resident Rate**  
**\*All Tiny Tot, Adv Tot and Super Tot are Small group**



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

Course prerequisites and age ranges should be used as suggested guidelines for appropriate student enrollment. For prerequisites of all classes please contact the Pool Manager or log on to <http://www.sandiego.gov/park-and-recreation/aquatics>

**Mail-in registration begins May 16 and ends June 3. Registration packets will be available at the pool on May 16 and online Midnight May 15. Walk-in registration begins June 11.**

**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.**