



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

Tierrasanta Pool

11238 Clairemont Mesa Blvd ♦ San Diego, CA 92124

(858) 636-4837 ♦ www.sandiego.gov

FALL 2011

August 29 thru December 4, 2011

August 29 thru September 5

Lap Swim

Monday-Thursday	9:00am-3:55pm 5:00pm-8:00pm*
Friday	12:00pm-5:00pm*
Saturday & Sunday	12:00pm-3:30pm

*Lap lanes are limited in the evenings (2-3 lanes)

Recreational Swim

Monday-Friday	12:00pm-4:00pm
Saturday & Sunday	12:00pm-3:30pm

Children's Pool

Monday-Friday	10:00am-4:00pm
Saturday & Sunday	12:00pm-3:30pm

Labor Day

12:00pm-3:00pm

September 6 thru December 4

Lap Swim

Monday-Friday	10:00am-1:00pm
Monday-Thursday	2:00pm-4:30pm* 6:00pm-7:30pm*
Friday	2:00pm-6:00pm*
Saturday & Sunday**	12:00pm-3:00pm

*Lap lanes are limited in the evenings (2-3 lanes)

Recreational Swim

Monday-Friday	10:00am-1:00pm 2:00pm-4:00pm
Saturday & Sunday**	12:00pm-3:00pm

Children's Pool (closes October 28)

Monday-Friday	10:00am-1:00pm 2:00pm-4:00pm
Saturday & Sunday**	12:00pm-3:00pm

Pool closed Saturday/Sunday September 10 & 11

****CLOSED Sundays starting October 16**

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

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

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 CPII Division, (619)525-8235.

•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.

•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.

POOL Closures: Saturday/Sunday September 10 & 11; Sundays starting October 16; Friday, November 11; Thursday, November 24; December 5 thru January 16, 2012.

Please visit our other City Pools during the closure period of December 5 thru January 15, 2012. Most of the City Pools offer a variety of programs and times for Lap/Recreational Swims, Water Fitness, Learn to Swim classes, Youth Swim Team and Water Polo.

Visit <http://www.sandiego.gov/park-and-recreation/> for all 13 City of San Diego Swimming Pools for programs, locations and closure periods. Please visit the following pools during Tierrasanta Pool closure period.

Clairemont Pool (during December 5-January 15)
 3605 Clairemont Drive 858-581-9923

Swanson Pool (during December 5-31)
 3585 Governor Drive 858-552-1653

Allied Gardens Pool (during December 5-January 15)
 6707 Glenroy Street 619-235-1143

Kearny Mesa Pool (during January 3-15)
 3170 Armstrong 858-573-1389

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

Deep H2o Workout - This challenging workout is conducted in deep water. Class includes warm-up, cardio-respiratory workout, strengthening, abdominal work, and a cool down.

Monday - Friday 10:30am-11:30am
 Saturday 12:00pm-1:00pm

No class Saturday September 10

Fees: Adult/Senior Drop-in \$3.50/class
 Discount Pass \$30.00/10 classes

City Of San Diego Swim League

City of San Diego Swimming (CSDS) is a Recreational swim organization for youth 6-17 years old, which offers a quality, safe and affordable 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:** Successful completion of Competitive Skills I course and or Pool Manager's approval.



*Begins Monday, September 12, 2011
 (No practice August 29-September 9)*

Monday, Wednesday, Friday 4:30-5:30pm
Fees: \$25.00/Month

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 9-17 years of age.



*Tuesday, September 13 - 29, 2011
 (No practice August 29-September 9)*

Tuesday & Thursday 4:30-6:00pm
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 please abide by the "no street shoes on the pool deck"

Fall Swimming Lessons

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>

Session 1 September 12 - September 23
Session 2 September 26 - October 7
Session 3 October 10 - October 19
Session 4 October 24 - November 2
Mon/Wed/Fri 6/50 minute classes

4:00- 4:50pm	Competitive Skills I
5:00- 5:50pm	Competitive Skills II



Session 1 September 13-October 6
Session 2 October 11-November 3
Tuesday /Thursday 8/40 minute classes

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

All classes are small group*

Fees: Resident Non-Resident
Small Group \$81.00 \$162.00
Semi Private \$151.00 \$302.00
 Semi- Private Students must register together and be at same swimming ability. 5/30 minute lessons
Private \$181.00 \$362.00
 5/30 minute lessons

NON-RESIDENTS MUST PAY TWICE THE RESIDENT RATE

REFUND POLICY

Extra care should be given to the selection of classes. **There are NO REFUNDS.** Class transfers 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 City of San Diego Parks, Pool and Beaches are
 Smoke Free*