

**WATER EXERCISE- Deep Water Fitness**

This challenging workout is conducted in deep water. Buoyant and resistive water exercise equipment is provided. Class includes warm-up, cardio-respiratory workout, strengthening and abdominal work, followed by a cool down period. Deep-water exercise is non-impact and provides resistance to all major muscle groups. (Participants must feel comfortable in deep water)

Monday-Thursday 10:30am -11:30am  
 Monday/Wednesday 5:30pm - 6:30pm  
 Friday/ Saturday 12:00pm - 1:00pm



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

**YOUTH SWIM TEAM**

(5-17 YEARS C)

No practice on July 4 & September 3

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 and/or Pool Manager's approval.



White Level \$25.00/Month  
 Monday, Wednesday, Friday 4:00-5:00pm  
Silver Level \$35.00/Month  
 Monday-Friday 4:00-5:00pm

**YOUTH WATER POLO**

(9-17 YEARS OLD)

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

Games are on Friday.

Tuesday/Thursday 5:00-6:30pm \$25.00/Month



**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

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

**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.



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

[WWW.SANDIEGO.GOV](http://WWW.SANDIEGO.GOV)

**TIERRA SANTA POOL**

11238 CLAIREMONT MESA BLVD • SAN DIEGO, CA 92124 • (858) 636-4837



**SUMMER 2012**

June 18 thru September 3



**LAP SWIM**

Monday-Thursday 9:00am - 3:55pm  
 7:00pm - 8:00pm  
 Friday 12:00pm - 5:00pm  
 Saturday/Sunday 12:00pm - 3:30pm

**RECREATIONAL SWIM**

Monday-Friday 12:00pm - 3:55pm  
 Saturday/Sunday 12:00pm - 3:30pm

**CHILDREN'S POOL**

Monday-Thursday 10:00am - 3:55pm  
 Friday 12:00pm - 5:00pm  
 Saturday/Sunday 12:00pm - 3:30pm

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

**FACILITY ADMISSIONS FEES**

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

**DISCOUNT PASS FEES**

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



- Passes expire one year from the date of issue and can be used at any City Pools.
- 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 arm's reach of the child
- The City of San Diego Swimming Pools may close without notice during inclement weather conditions.

**All aquatic programs, schedules and fees may change and/or cancelled without notice**



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



# SUMMER SWIMMING LESSONS SCHEDULE



Mon.-Thurs. (2 weeks) 8/40 minute lessons

**\*All Morning lessons, Parent/Tot, Tiny Tots, Adv. Tots, Super Tots and Adults are Small Group \$81.00**

Session 1 June 18-June 28

Registration: June 11- June 18

9:30am	10:15am	4:00pm	4:45pm	5:30pm	6:15pm
Tiny Tots*	Parent /Tot*	Tiny Tots*	Super Tots*	Adv. Tots*	Parent/Tot*
Beginner 2*	Adv. Tots*	Beginner 1	Beginner 2	Beginner 3	Tiny Tots*
Beginner 3*	Beginner 1*		Comp. Skills 1	Comp. Skills 2	Adv. Beginner

Session 2 July 2-July 12 (No class on 7/4makeup class on Fri 7/6) Registration: June 27-July 2

9:30am	10:15am	4:00pm	4:45pm	5:30pm	6:15pm	7:00pm
Tiny Tots*	Parent /Tot*	Tiny Tots*	Adv. Tots*	Parent/Tot*	Super Tots	Adults
Beginner 2*	Adv. Tots*	Beginner 2	Beginner 3	Tiny Tots*	Beginner 1	
Beginner 3*	Beginner 1*		Comp. Skills 2	Comp. Skills 1	Adv. Beginner	

Session 3 July 16-July 26

Registration: July 11-July 16

9:30am	10:15am	4:00pm	4:45pm	5:30pm	6:15pm
Tiny Tots*	Parent /Tot*	Tiny Tots*	Super Tots*	Adv. Tots*	Parent/Tot*
Beginner 2*	Adv. Tots*	Beginner 1	Beginner 2	Adv. Beginner	TinyTots*
Beginner 3*	Beginner 1*		Comp. Skills 1	Comp. Skills 2	Beginner 3

Session 4 July 30-August 9

Registration July 25-July 30

9:30am	10:15am	4:00pm	4:45pm	5:30pm	6:15pm	7:00pm
Tiny Tots*	Parent /Tot*	Tiny Tots*	Super Tots*	Parent/Tot*	Adv. Tots*	Adults
Beginner 2*	Adv. Tots*	Beginner 2	Adv. Beginner	Tiny Tots*	Beginner 1	
Beginner 3*	Beginner 1*		Comp. Skills 2	Comp. Skills 1	Beginner 3	

Session 5 August 13-August 23

Registration August 8-13

9:30am	10:15am	4:00pm	4:45pm	5:30pm	6:15pm
Tiny Tots*	Parent /Tot*	Tiny Tots*	Super Tots*	Adv. Tots*	Parent/Tot
Beginner 2*	Adv. Tots*	Beginner 1	Beginner 2	Beginner 3	TinyTots*
Beginner 3*	Beginner 1*		Comp. Skills 1	Comp. Skills 2	Adv. Beginner

For information on where to place your child, please log on to <http://www.sandiego.gov/park-and-recreation/aquatics/itsprerequisites.shtml> to view the Learn-to-Swim prerequisites page. For full descriptions of all classes please contact the pool staff. **NON-RESIDENTS Proof of residency will be required. Non-residents must pay twice the resident rate.**



<b>LESSON FEES:</b>	Resident	Non-Resident
<b>Large Group</b>	\$54.00	\$108.00
<b>Small Group*</b>	\$81.00	\$162.00 *All morning lessons & Adult, Tiny Tots, Adv. Tot, Super Tots
<b>Semi-Private Lessons*</b>	\$151.00	\$302.00 (5/30 minute lessons)
<b>Private Lessons*</b>	\$181.00	\$362.00 (5/30 minute lessons)

(\*Private and Semi-private registration is taken in person at the pool only.)

## Online Registration is here for group swim lessons!

Online registration opens at **6:00 a.m.** on the registration dates listed next to session dates. You may now register online for swimming lessons using the Online Activity Registration System. Log on at [SDRecConnect](http://SDRecConnect) or [www.activenet.active.com/sdparkandrec](http://www.activenet.active.com/sdparkandrec).

### New Accounts

Click on the Create Account\*\*\* button. Fill out the New Account Request form completely, including all required fields, (Birth date, Gender, Email Address, etc.) and click submit. Please submit your request only once. You will receive an email with a link to activate your account.

**\*\*\*Important!:** If you are registering a child for an activity, please use **your own** information when completing the New Account Request form, NOT the information of the child you wish to register for an activity. Once you have input your information, you will have the opportunity to add family members. **If you need help** please click the FAQs (Frequently Asked Questions) button in the online registration page for information.

**You will also be able to register in person at the swimming pool (Please contact the pool for office registration hours)**

**REFUND POLICY-** Patrons should put extra care into the selection of classes. There are NO REFUNDS. Class CREDITS will be granted and must be requested and authorized by the Pool Manager, seventy-two (72) hours prior to class start date. CREDITS will be credited to patrons ACTIVE NET ACCOUNT. Full refunds 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.
- Take your children on restroom breaks and check diapers often.
- Children less than 4 years of age 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.**
- 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.
- Practice good hygiene. Shower with soap before swimming and wash your hands after using the restroom or changing diapers



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