



The City of San Diego Park and Recreation Department
"We Enrich Lives through Quality Parks and Programs"

BENEFITS OF WATER FITNESS

- Reduces Stress
- Increases flexibility through range of motion
 - Easy on joints
 - Burns fat
- Cardio-respiratory fitness
- Tones muscle using the water's Resistance
 - Designed to accommodate swimmers and non-swimmers
 - All ages can participate



The City of San Diego Park and Recreation Department Water Fitness classes are designed for those who wish to engage in an effective low-impact physical exercise program. Flexibility, endurance, strength, and coordination are emphasized while eliminating stress on the joints and back.

The Water Fitness Program benefits the beginning participant to athletes looking for a low to non-impact cross training option. Those with medical concerns, swimmers and non-swimmers or those who just enjoy organized fitness programs held outside under the San Diego sun are welcome! (Consult your physician first before attempting physical exercise.) Hats, sunglasses, sunscreen are recommended to protect against harmful UVA/UVB rays.

All water fitness instructors are certified by the City of San Diego.

Aqua shoes or clean tennis shoes are highly recommended for all classes.

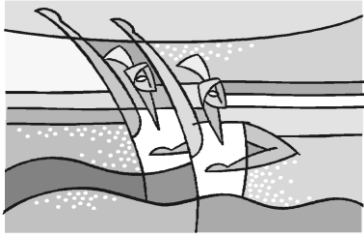
FEES

\$3.50 per class / \$30.00 10 class pass

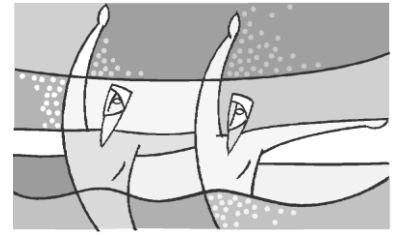
DEEP H2O WORKOUT - This challenging workout is conducted in deep water. Buoyant and resistive water exercise equipment is provided. Class includes warm-up, cardio-respiratory workout, strengthening and abdominal work, followed by a cool-down period. Deep water exercise is non-impact and provides resistance to all major muscle groups. (Participants must feel comfortable in deep water.)

ABC (Aquatic Body Conditioning) - A total body conditioning class. Multi-level, low impact, cardio-respiratory workout held primarily in shallow water. Flexibility, muscular strength and endurance are emphasized. Participants need not know how to swim.

AQUA FIT (ARTHRITIS) - This class is designed for the senior citizen who would like a fun and relaxing way to exercise! It is low-impact class, great for cardio-respiratory fitness and rehabilitation. Exercise is a safe way to lower blood and cholesterol levels and increase muscle strength to enhance daily life. All equipment is provided.



CITY OF SAN DIEGO POOLS



TIMES AND DAYS MAY VARY BY POOL.
NOT ALL CLASSES ARE TAUGHT AT EVERY POOL.
CALL YOUR LOCAL POOL FOR MORE INFORMATION.

ALLIED GARDENS

(619) 235-1143

6707 Glenroy Street

ABC Monday/Wednesday/Friday 8:00 am - 9:00 am

BUD KEARNS

(619) 692-4920

2229 Morley Field Drive

ABC Monday/Wednesday/Friday 9:00 am - 10:00 am

ABC Tuesday/Thursday 5:00 pm - 6:00 pm

CARMEL VALLEY

(858) 552-1623

3777 Townsgate Drive

ABC Monday/Wednesday/Friday 10:30 am - 11:30 am

CITY HEIGHTS SWIM CENTER

(619) 641-6126

4380 Landis Street

ABC Monday/Wednesday/Friday 9:00 am - 10:00 am

CLAIREMONT

(858) 581-9923

3600 Clairemont Drive

ABC Tuesday/Thursday 4:00 pm - 5:00 pm

COLINA DEL SOL

(619) 235-1147

4150 54th Place

ABC Tuesday/Thursday 5:30 pm - 6:30 pm

KEARNY MESA

(858) 573-1389

3170 Armstrong Street

ARTHRITIS Monday/Wednesday/Friday 9:00 am - 10:00 am

DEEP Tuesday/Thursday 5:00 pm - 6:00 pm

MARTIN LUTHER KING, JR.

(619) 527-3451

6401 Skyline Drive

ABC Monday/Wednesday 6:00 pm - 7:00 pm

MEMORIAL PARK

(619) 235-1139

2902 Marcy Avenue

ABC Tuesday/Thursday 6:45 pm - 7:45 pm

NED BAUMER/MIRAMAR COLLEGE

(858) 538-8083

10440 Black Mountain Road, P100

ABC Monday/Wednesday/Friday 9:30 am - 10:30 am

SWANSON

(858) 552-1653

3585 Governor Drive

ABC Monday/Wednesday/Friday 8:30 am - 9:30 am

TIERRASANTA

(858) 636-4837

11238 Clairemont Mesa Blvd

DEEP Monday - Friday 10:30 am - 11:30 am

DEEP Tuesday/Thursday 6:15 pm - 7:15 pm

DEEP Saturday 12:00 pm - 1:00 pm

VISTA TERRACE

(619) 424-0469

301 Athey Avenue

OUR POOLS ARE HEATED

CHECK OUT THE OTHER AQUATIC PROGRAMS OFFERED AT YOUR CITY POOL.



- SWIMMING LESSONS FOR ALL AGES
 - YOUTH SWIM TEAM
 - YOUTH WATER POLO
 - ADULT LAP SWIM
 - RECREATION SWIM



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 either 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.

