



Allied Gardens Pool

6707 Glenroy St. San Diego, CA 92120
(619)235-1143 • www.sandiego.gov

Effective April 1, 2025

LAP SWIM

Mon/Wed/Fri	8:00am-12:00pm 2:00pm-7:00pm
Tuesday/Thursday	2:00pm-5:00pm
Saturday	12:00pm - 4:00pm

REC SWIM

Mon/Wed/Fri	9:30am - 12:00pm
Monday-Friday	2:00pm - 4:00pm
Saturday	12:00pm - 4:00pm

WATER FITNESS

Aquatic Body Conditioning (ABC)—This is a total body conditioning class; multi-level, low impact, cardiorespiratory workout held in shallow water. Flexibility, muscular strength and endurance are emphasized. Participants do not need to know how to swim.

Tue/Thu	5:30pm-6:30pm
Mon/Wed/Fri	8:00am-9:00am
Saturday	2:45pm-3:45pm
\$5.00 per class or \$39.00/10 classes pass	

ATTENTION: Lap lanes may be limited to 1-2 lanes based on pool programs. Sharing a lane with other swimmers will be required during these times.

Facility Admissions

Child/Disabled/Senior	\$2.25
Adults (16 & older)	\$5.00

Discount Passes

Adults (16 & older)	\$96.00/ 30 swims \$36.00/ 10 swims
Child/Disabled/Senior	\$48.00/ 30 swims \$18.00/ 10 swims

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

YOUTH WATER POLO (ages 9-17)

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. Games are held on Fridays & Saturdays.

Prerequisite: For ages 9-17, passing of Water Polo Tryout, or Pool Managers approval.

Tue/Thurs 6:00pm-7:30pm

\$33.00 per month

(Fees are due at the beginning of each month)

YOUTH SWIM TEAM (ages 6-17)

Youth Swim Team is a recreational swim organization for youth 6-17 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.

Prerequisite: Completion of Level 3, Competitive Skills course, or Pool Manager's approval.

Mon/Wed/Fri 6:00pm-7:00pm

\$33.00 per month

(Fees are due at the beginning of each month)

- Passes expire one year from the date of issue and can be used at any City Pool
- All persons entering the facility during Recreation and Lap Swim times **MUST** pay the admission fee and wear proper swim attire always. **No re-entry is allowed.**
- 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.
- 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.

POOL CLOSURES: March 31, May 21, May 26, June 7, June 19, July 4, September 1

High School practice/games may impact lap swim hours, please call the pool in advance.



SWIMMING LESSONS



BEFORE SWIMMING LESSON REGISTRATION:

Returning Participants:

Check with pool staff to ensure the correct prerequisite skills are listed in your SDRecConnect account. Without them, the system (ActiveNet) will block registration for upper-level lessons.

First-Time Participants:

Contact pool staff to schedule a participant assessment and set up your SDRecConnect account. All new participants must be evaluated before registering. NO REFUNDS unless class is cancelled by Pool Manager.

REGISTRATION

Online and Walk-in registration opens at **12:00pm** on the registration dates listed by session dates.

Go to SDRecConnect.com to create an account prior to coming to the pool to register.

After creating an account for yourself, add your family members.



To view class times and availability log on to the online registration site.

Go to SDRecConnect.com to create an account, register for a class or to view class schedules.

After creating an account for yourself, add your family members.

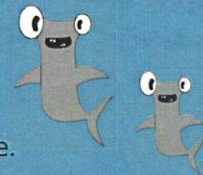
Pool staff is available to assist with all on-line and walk-in registration concerns.

FREE NEW CLASS! Water Competency

Participants may register for one session at a time. Enrollment in multiple sessions will result in removal from all but the first registered class. Once a session is completed, participants become eligible to register for another. Please consult pool staff for class availability and registration dates.

This class focuses on foundational water safety and swimming skills. Goggles are not permitted at this level. Participants will work toward mastering the **Water Competency Sequence**, which must be completed in the following order, without pauses, assistance, or touching the wall:

1. Jump into deep water (overhead depth), surface, and recover.
 2. Float on the back or tread water for 1 minute.
 3. Rotate 360° and orient toward the designated exit.
 4. Swim 25 yards using front crawl with rhythmic breathing or elementary backstroke.
- Exit the pool without using a ladder, gutter, or assistance.



Important: Participants who demonstrate the ability to pass the full Water Competency Sequence during the first class will be withdrawn and directed to register for a more appropriate level. Please note that space in advanced-level classes is not guaranteed, so it is important to register for the correct level class. If you are unsure of your placement, we recommend scheduling a skills assessment with pool staff before registering.

Please ask pool staff for upcoming lesson schedule.