

Effective April 1, 2025

CARMEL MOUNTAIN POOL

12159 World Trade Dr, San Diego, CA 92128

(858) 581-9954 www.sandiego.gov/pools

LAP SWIM

Mon/Wed/Fri	7:00 a.m. - 6:00 p.m.
Tues/Thurs	10:00 a.m. - 6:00 p.m.
Saturday	12:00 p.m. - 4:00 p.m.

Limited lanes available during scheduled programs listed below.

Sharing lanes may be required during busy periods.

RECREATION SWIM

Saturday	12:00 p.m. - 4:00 p.m.
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Facility Admission

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

Discount Passes

Adults (16 & older)	\$96.00/ 30 swims \$36.00/ 10 swims
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Child/Disabled/Senior	\$48.00/ 30 swims \$18.00/ 10 swims
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All aquatic programs, schedules, and fees may change and/or be cancelled without notice.

WATER FITNESS



Aquatic Body Conditioning (ABC)—This is a total-body strength and conditioning class that offers a multi-level, low-impact, cardiovascular workout in shallow water. The class emphasizes flexibility and endurance. A waiver form must be completed annually. Participants do not need to know how to swim but must be comfortable in the water.

Mon/Wed/Fri	9:15 a.m.- 10:15 a.m.
Saturday	10:15 a.m.- 11:15 a.m.

\$5.00 per class or \$39.00 for a 10-class pass

- 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 8 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.



YOUTH SWIM TEAM (ages 6-17)

City of San Diego Swim League is a recreational level swim program for youth 6-17 years old, which offers a safe and affordable program that is committed to introducing and developing basic competitive swim skills while promoting fun and team spirit.

Prerequisite: Swimmers must be able to demonstrate 25 yards of front crawl, breaststroke, back stroke and 15 yards of butterfly. Tryouts must be scheduled with coach or Pool Manager.

Monday/Wednesday/Friday 5:00 p.m. - 6:00 p.m.**\$33.00 per month**

(Fees are due at the beginning of each month)



A swim lesson focused on teaching youth basic swimming skills and introducing swimmers ages 8-12 to the sport of water polo. Learn basic passing, shooting, offense and defense in this introductory water polo course taught in shallow water.

Prerequisite: Completion of Level 1**Tuesday/Thursday 4:30 p.m. - 6:00 p.m.****\$33 per month**

(Fees are due at the beginning of each month)



SWIMMING LESSONS

Coming Summer 2025



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

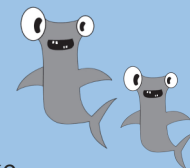
Participants may register for one session at a time. Enrollment in multiple sessions will result in removal from all but the first registered class. Once a session is completed, participants become eligible to register for another. Please consult pool staff for class availability and registration dates.

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.