

# City Heights Swim Center

4380 Landis Street, San Diego, CA. 92105

619-641-6126 [www.sandiego.gov](http://www.sandiego.gov)



**Effective April 1st, 2025**

## LAP SWIM

<b>Sunday</b>	11:00am-3:00pm
<b>Monday—Friday</b>	2:00pm-6:30pm

## RECREATIONAL SWIM

<b>Sunday</b>	11:00am-3:00pm
<b>Monday—Friday</b>	2:00pm-5:00pm

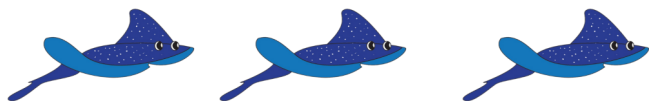
## SLIDE & CHILDREN'S POOL

*The operation of the slide and children's pool are dependent on staff availability, number of patrons and pool programs.*

**Please call ahead.**

## POOL CLOSED

**May 19th, May 21th, May 26th**



- 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.

## FACILITY ADMISSION & PASSES

	Adults	Child/Senior/Disabled
<b>Drop In</b>	\$5.00	\$2.25
<b>10 Swim Pass</b>	\$36.00	\$18.00
<b>30 Swim Pass</b>	\$96.00	\$48.00

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

## YOUTH SWIM TEAM

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 5:00-6:30pm**

**\$33.00 per month**

(Fees are due at the beginning of each month)

## WATER FITNESS

**Agua Cumbias-** This is a total body conditioning class; multi-level, low impact, cardio-respiratory workout held in deep & shallow water. Flexibility, muscular strength, and endurance are emphasized. Participants do not need to know how to swim; but should be comfortable in deep water.

**Monday & Wednesday 5:30-6:30pm**

**Sunday 11:00am-12:00pm**

**\$5.00 per class or \$39.00/10 classes**

As a recipient of federal funds, the City of San Diego cannot discriminate against anyone based on 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 Deputy Director (619) 525-8235) 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.



# 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 **12:30pm** on the registration dates listed by session dates.

Go to [SDRecConnect.com](https://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](https://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.

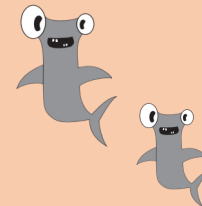
## FREE NEW CLASS! Water Competency

**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.



Session Dates	Meeting Days	Registration Dates
April 27th—June 1st	Sundays	Wednesday, April 2nd
April 21st—May 14th	Mondays & Wednesdays	Wednesday, April 2nd
April 22nd—May 15th	Tuesdays & Thursdays	Wednesday, April 2nd