

Effective 4/4/25

4150 54th Place San Diego, CA 92105
(619)235-1147 · www.sandiego.gov

LAP SWIM

Tuesday & Thursday 11:00am-6:00pm
Saturday 12:00pm-4:00pm

RECREATION SWIM

Tuesday & Thursday 12:30pm-5:00pm
Saturday 1:30pm-4:00pm

POOL CLOSURE DATES: May 21st & 26th

DELAYED OPENING AT 1:00PM ON 5/27/25

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

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.

- 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.

WATER FITNESS

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

Tuesday and Thursday - 11:15am-12:15pm & 5:30pm-6:30pm

Saturday - 12:15pm-1:15pm

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

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.

Tuesday and Thursday 5:00pm-6:30pm

\$33.00 per month

(Fees are due at the beginning of each month)



SPRING 2025 SWIM LESSONS **IMPORTANT INFORMATION**

Dates:	Times:	Skill Level:	Registration:
Tuesday & Thursday	3:00pm- 3:40pm	Tiny Tots (3-5yo) & Water Competency (WC) (6-15yo)	S1—open until 4/8/25 S2— 4/19/25 at 12:00pm S3—5/10/25 at 12:00pm
Session 1: 04/01-04/17			
Session 2: 04/22-05/08	4:00pm-4:40pm	Tiny Tots (3-5yo) & WC (6-15yo)	
Session 3: 05/13-05/29	6:00pm-6:40pm	WC Adult (16yo & up)	
Saturday	1:30pm-2:30pm	WC (6-15yo) & Adult (16yo & up)	S1—open until 4/12/25 S2— 5/3/25 at 12:00pm
Session 1: 04/05—04/26	2:40pm-3:40pm	WC (6-15yo) & Adult (16yo & up)	
Session 2: 05/10-05/31			

ENROLLMENT IS OPEN UNTIL THE 3RD DAY OF CLASS

Please read before you register for any swim lessons.

All pools will have requirements for swim lesson registration. **Prior to registering**, all returning participants will need to confirm with pool staff to ensure the correct prerequisite skills are listed on their [SDRecConnect](#) account. Otherwise ActiveNet will not allow you to register for any upper level lessons.

If this is the first time registering for lessons with the City of San Diego you will need to contact pool staff to schedule a participant assessment and help create an [SDRecConnect](#) account.

Participants must be evaluated by staff prior to registration.

NO REFUNDS unless class is cancelled by Pool Manager

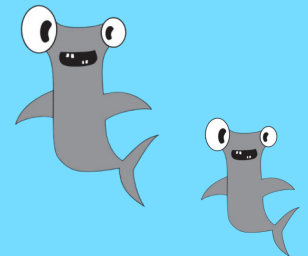
FREE NEW CLASS! Water Competency

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.
5. Exit the pool without using a ladder, gutter, or assistance.



KEEPING THE POOLS CLEAN & OPEN

- Please take a rinse off before entering the water.
- When the pool is contaminated with fecal matter, the pool must close.
- Take your children on restroom breaks and check diapers often. Waiting to hear "I have to go", may mean it's too late.
- An appropriate swimsuit is always required. No cotton fabrics.
- Swim diapers are required for children under 4 years old regardless of toilet training.
- 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.