

**June 17 - August 10, 2024**



### LAP SWIM

Monday -Thursday 12:00pm-3:00pm  
Saturday 12:00pm-5:00pm

### RECREATION SWIM

Monday -Thursday 1:00pm-3:00pm  
Saturday 1:00pm-5:00pm

**CLOSED ON FRIDAYS & SUNDAYS POOL CLOSURE DATES JUNE 19TH**

### Facility Admission

Adults (16 & older) \$4.00  
Child/Disabled/Senior \$2.00

### Discount Passes

Adults (16 & older) \$80.00/ 30 swims  
\$30.00/ 10 swims  
Child/Disabled/Senior \$40.00/ 30 swims  
\$15.00/ 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. The City of San Diego Swimming Pools may close without notice during inclement weather conditions.

## 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.

<b>Mon. - Thu. 8:30am-9:30am (6/17-6/30)</b>	<b>Mon. &amp; Wed 11am-12pm (7/1-8/7)</b>	<b>Sat 12-1pm</b>
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**Arthritis Class:** Participants perform gentle stretching and strengthening exercises; movement is performed at a low intensity to develop muscular strength, endurance and increase range-of-motion.

<b>Mon. - Thu. 11am-12pm (6/17-6/30)</b>	<b>Tue. &amp; Thu. 11am-12pm (7/1-8/7)</b>	<b>Sat 11am- 12pm</b>
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**\$4.00 per class or \$33.00/10 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.

**Monday - Thursday 4:30pm-5:45pm**

**\$41.00 per month**  
(Fees are due at the beginning of each month)



# SWIMMING LESSONS

## ON LINE REGISTRATION

Online and Walk-in registration opens at **12:00pm** on the registration dates listed by session dates.  
**To view class times and availability log on to the online registration site.**  
 Go to [SDRecConnect.com](http://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.**

### IMPORTANT INFORMATION

*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 pre-requisite skills are listed on their [SDRecConnect](http://SDRecConnect.com) 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](http://SDRecConnect.com) account.

**Participants must be evaluated by staff prior to registration.**

**NO REFUNDS unless class is cancelled by Pool Manager**  
**\*No class June 19 and July 4th, no make-ups**

**Children under the age of 8, must have a parent or responsible adult remain in the spectator area at all times during Swim Lesson, and Swim Team Programs**

### 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. Patrons are not permitted to swim in the pool if they are suffering from an illness that causes diarrhea or have had diarrhea in the past two weeks. You can spread germs in the water and make other people sick.

Session Dates	Meeting Days	Registration Dates	Fees
Session 1    June 17 - June 27 <small>*No Class on 6/19/24</small>	Monday-Thursday	Saturday, June 1	\$63.00
Session 2    July 1- July 11 <small>*No Class on 7/4/24</small>	Monday-Thursday	Saturday, June 29	\$63.00
Session 3    July 15 - July 25	Monday-Thursday	Saturday , July 13	\$76.00
Session 4    July 29 - August 8	Monday-Thursday	Saturday, July 27	\$76.00

### Swim Lesson Times

9:30am	10:05am	10:40am
2:25pm	3:00pm	3:35pm
4:10pm	4:45pm	

### Saturday Swim Lessons - Fees: \$81.00

June 29 - August 3, 2024

1-1:45pm	2-2:45pm	3-3:45pm
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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 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.