

**Please read before you register for 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 Active-Net 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**

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.**

1.Go to [SDRecConnect.com](#) to create an account, register for a class or to view class schedules.

2.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.**

**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**

**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Participants who demonstrate the ability to pass the full Water Competency Sequence during the first class will be withdrawn and directed to register for a more appropriate level.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.**

**ADULT SWIM LESSONS**

Session	Dates	Meeting Days	Times	Registration	Fees
Session 2	Mar. 22 - Apr. 26	Saturdays	2-2:45pm	Saturday, Mar. 15	\$81.00
Session 3	May 3 - May 31	Saturdays	2-2:45pm	Saturday, April 26	\$82.50

**FITNESS SWIMMER - JR. GUARDS**

Session	Dates	Meeting Days	Times	Registration	Fees
Session 2	Apr. 12 - May 3	Saturdays	3-3:45pm	Saturday, Mar. 29	\$66.00

**SPRING SWIM LESSONS**

Session	Dates	Meeting Days	Times	Registration	Fees
Session 2	Apr. 1 - Apr. 24	Tues. & Thur.	4pm & 4:35pm	Saturday, Mar. 29	\$88.00
Session 3	Apr. 29 - May 22	Tues. & Thur.	4pm & 4:35pm	Saturday, April 26	\$88.00



Parks and Recreation

*Effective APRIL 1, 2025*



**SWANSON/STANDLEY AQUATIC CENTER**

[www.sandiego.gov/pools](#) - Swanson (858) 552-1653 \* Standley (619) 605-2170

**Facility Admission**

Adults (16 & older) \$5.00

Child/Disabled/Senior \$2.25

**Discount Swim 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 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 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. City of San Diego Swimming Pools may close without notice during inclement weather conditions.

**WATER FITNESS**

Aquatic Body Conditioning (ABC)

Arthritis

**\$5.00 per class**

**\$39.00/10 classes pass**

**KEEPING THE POOLS CLEAN & OPEN**

\*Please 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.

\*An appropriate swimsuit is 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.

\*Patrons are not permitted to swim in the pool if they have diarrhea or have had diarrhea in the past two weeks. You can spread germs in the water and make other people sick.

# SWANSON POOL

3585 Governor Drive, CA 92122

## LAP SWIM

Tuesday-Friday 11:00am-3:00pm

Saturday 11:30am-3:45pm

## RECREATIONAL SWIM

Tuesday-Friday 1:00pm-3:00pm

Saturday 1:00pm-3:45pm

**CLOSED ON SUNDAYS & MONDAYS**

**ALL CITY POOLS CLOSED ON March 31st, May 26th, June 7th & June 19th**

## 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.

**Wed & Fri 11:00am - 12:00pm**

**Saturday 11:30am - 12:30pm**

**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.

**Tue & Thu 11:00am - 12:00pm**

## 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 & Wednesday & Thursday 4:00pm-5:00pm**

**\$33.00 per month**

(Fees are due at the beginning of each month)



# STANDLEY POOL

3605 Governor Drive, CA 92122

## LAP SWIM

Mon & Wed 7:00pm-8:30pm

Tue 7:00am-2:00pm

\*Thu 7am-11am & 12-2pm

Sunday 11:00am-5:00pm

## RECREATION SWIM

Mon & Wed 7:00pm-8:30pm

(Shallow End Only)

Sunday 12:00pm-5:00pm

**CLOSED ON FRIDAYS & SATURDAYS**

**STANDLEY POOL WILL BE CLOSED ON**

**March 31st, May 4th, May 26th, June 7th & June 19th**

**\*Standley will CLOSE at 10:30am on Thursday, April 24th, May 1st, & May 8th**

## 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.

### DEEP WATER

**Tuesday & Thursday 9:30am-10:30am**

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



## YOUTH WATER POLO TEAM (ages 9-17)

City of San Diego Water Polo League is recreational level water polo program for youth ages 9-17, which offers a safe and affordable program that is committed to introducing basic water polo skills and game concepts while promoting teamwork and perseverance.

**Prerequisite:** Players must be able to demonstrate 200 yards of continuous swim and one minute of treading water. Tryouts must be scheduled with coach or Pool Manager.

**Monday & Wednesday 7:00pm-8:30pm**

**\$33.00 per month**

(Fees are due at the beginning of each month)

