

Effective June 18, 2024

LAP SWIM

Tuesday-Friday 11:00 am-2:45pm
Saturdays 11:00 am-3:00 pm

Closed Sundays and Mondays

RECREATION SWIM

Tuesday-Friday 11:00 am-2:45pm
Saturdays 11:00 am- 3:00 pm

Closed Sundays and Mondays

POOL CLOSURE DATES June 19 July 4 and September 4

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.

WATER FITNESS

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

Deep end classes- Wed/Fri/Sat 11:00am-12:00pm \$4.00 per class or \$33.00/10 classes pass

↓ **Effective June 1st** ↓

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.



Wednesday & Friday 4:30pm-6:00pm
\$29.00 per month
(Fees are due at the beginning of each month)

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.

Tuesday & Thursday 4:30pm-6:00pm
\$29.00 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 to create an account, register for a class or to view class schedules.

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 prerequisite 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

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

Children under the age of 8, must have a parent or responsible adult remain in the spectator area

| Session Dates | Meeting Days | Registration Dates |
|-----------------------------|--------------------|--------------------|
| Session 1 June 18-July 11 | Tuesday & Thursday | Saturday, June 1 |
| Session 1 June 19-July 12 | Wednesday & Friday | Saturday, June 1 |
| Session 2 July 16-August 8 | Tuesday & Thursday | Saturday, July 13 |
| Session 2 July 17- August 9 | Wednesday & Friday | Saturday, July 13 |

Class Times: 3:30 pm - 4:00 pm

Tuesday/Thursday

4:05 pm - 4:35 pm

&

4:40 pm - 5:10 pm

Wednesday/Friday

5:15 pm - 5:45 pm

5:50 pm - 6:20 pm

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.