

**Effective April 1st, 2025**

# Vista Terrace Pool

301 Athey Ave, San Diego, CA 92173  
619-424-0469 [www.sandiego.gov](http://www.sandiego.gov)

## WATER WALKING

Come enjoy the warm water in a designated area! Water walking can reduce stress on the joints while still strengthening and building muscles.

Monday, Tuesday, Thursday, Friday 2:00pm - 3:00pm

## LAP SWIM and RECREATION SWIM

Monday, Tuesday, Thursday, Friday  
2:00pm - 6:00pm

## POOL CLOSURE DATES

**May 21st and May 26th**

### Facility Admission

Adults (16 & older) \$5.00

Child/Disabled/Senior \$2.50

### 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.
- 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.

**Tues & Thurs 4:30pm - 5:30pm**

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

### YOUTH Water Polo (ages 9-17)

**Youth Water Polo** 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 and Fri 5:30pm - 7:00pm**

**\$33.00 per month**

(Fees are due by the 1st of each month)



### 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 & Thursday 5:30pm - 7:00pm**

**\$33.00 per month**

(Fees are due by the 1st of each month)



# 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 **12:00pm** 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.

**Pool staff is available to assist with all on-line and walk-in registration concerns.**

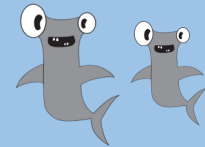
## FREE NEW CLASS! Water Competency

**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.



Session Dates	Meeting days	Registration Dates	
<b>SPRING LESSONS</b>		<b>8/30 minute classes</b>	
<b>#3 - Apr 1st—Apr 11th</b>	<b>Monday/Tuesday/Thursday /Friday</b>	<b>March 29th, 2025</b>	<b>12:00 p.m.</b>
<b>#4 - Apr 14th—Apr 25th</b>	<b>Monday/Tuesday/Thursday /Friday</b>	<b>April 12th, 2025</b>	<b>12:00 p.m.</b>
<b>#5 - May 12th—May 23rd</b>	<b>Monday/Tuesday/Thursday /Friday</b>	<b>May 3rd, 2025</b>	<b>12:00 p.m.</b>