

LAP SWIM

Monday—Friday	8:00am-4:00pm
Monday & Wednesday	5:00pm-7:30pm
Saturday	12:00pm-4:00pm
Sunday Session I	11:00am-12:45pm
Session II	1:15pm-3:00pm

RECREATION SWIM

Monday—Friday	1:00pm-4:00pm
Thursday, Friday	5:00pm-8:00pm
Saturday	1:00pm-4:00pm
	5:00pm-8:00pm
Sunday Session I	11:00am-12:45pm
Session II	1:15pm-3:00pm

The operation of the slide and children's pool are dependent on staff availability, number of patrons and pool programs. PLEASE CALL AHEAD

POOL CLOSURE DATES June 19 and July 4

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 & Recreation swim, 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 deep water. Flexibility and endurance are emphasized. Waiver form must be completed annually. Participants do not need to know how to swim.

Monday & Wednesday	5:30pm-6:30pm
Sunday	11:00am-12pm

\$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. Try-outs must be scheduled with coach or Pool Manager.

Monday & Wednesday & Friday	5:00pm-6:30pm
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\$33.00 per month

(Fees are due at the beginning of each month)

NEW CLASS

JR WATER POLO (ages 5-8)

A fun swim lesson focused on teaching kids basic swimming skills while introducing them to the sport of water polo. Instructors are in the water with participants.

Sunday	3:00pm-4:00pm
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SWIMMING LESSONS



BEFORE SWIMMING LESSON REGISTRATION:

All pools 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, contact pool staff to schedule a participant assessment and help create an [SDRecConnect](#) account.

Participants must be evaluated by staff prior to registration.

REGISTRATION

Online and Walk-in registration opens at **12:00pm** on the registration dates listed by session dates.

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

After creating an account for yourself, add your family members.

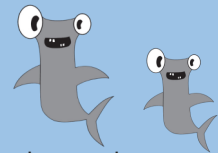
FREE NEW CLASS! Water Competency

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.



Session	Dates	Meeting Days	Registration Dates
1	June 16-June 26 (No class June 19)	Monday—Thursday	Wednesday, June 11 @Noon
2	June 30-July 10	Monday—Thursday	Wednesday, June 11 @Noon
3	July 14-July 24	Monday—Thursday	Sunday, June 29 @9am
DI	Drop In Lessons	Fridays and Saturdays	Contact Pool Manager for more information