

## LAP SWIM

**Monday - Thursday** 12:00pm-1:45pm  
2:45pm-4:00pm

**Sunday** 12:00pm-3:00pm

## RECREATION SWIM

**Tuesday & Thursday** 12:00pm-1:45pm  
2:45pm-4:00pm

**Sunday** 12:00pm-3:00pm

## **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

**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.

**Tuesday, Thursday and Sunday** 10:00am-11:00am

**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.

**Tuesday, Thursday and Sunday** 11:00am-12:00pm  
**Wednesday** 5:00pm-6:00pm

**\$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. Tryouts must be scheduled with coach or Pool Manager.

**Tuesday & Thursday** 5:00pm-6:00pm

**\$27.00 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.

**Monday & Wednesday** 5:00pm-6:00pm

**\$27.00 per month**

(Fees are due at the beginning of each month)





# 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.

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

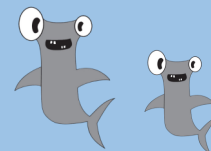
## FREE NEW CLASS! Water Competency

**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. Exit the pool without using a ladder, gutter, or assistance.



Session	Dates	Meeting Days	Registration Dates
1	June 9-June 18 (No class June 19)	Monday—Thursday	Sunday, June 1 @Noon
2	June 23-July 3	Monday—Thursday	Sunday, June 1 @Noon
3	July 7-July 17	Monday—Thursday	Sunday, June 15 @Noon
4	July 21- July 31	Monday—Thursday	Sunday, June 29 @Noon
DI	Drop In Lessons June 15-July 27	Sundays	Contact Pool Manager for more information

Reduced cost of swim lessons are made possible by generous donations from:



San Diego  
Parks Foundation