

# SWANSON POOL

3585 Governor Drive, CA 92122

## LAP SWIM

Monday - Thursday 10:00am-12:30pm  
 Monday - Thursday 1:00pm-3:00pm  
 Friday 1:00pm-3:00pm  
 Saturday 10:00am-3:00pm

## RECREATION SWIM

Monday - Thursday 1:00pm-3:00pm  
 Saturday 1:00pm-3:00pm

## CLOSED ON SUNDAYS

## 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.

Monday & Wednesday 11:15am-12:15pm  
 Saturday 10:00am-11:00am



**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 11:15am-12:15pm

\$5.00 Drop-in \$39.00 /10 Classes

SWANSON POOL

# STANDLEY POOL

3605 Governor Drive, CA 92122

## LAP SWIM

Monday & Wednesday 9:30am-12:30pm  
 Monday & Wednesday 1:00pm-4:45pm  
 Monday Evening 6:15pm-8:30pm  
 Tuesday & Thursday 7:00am-12:30pm  
 Tuesday & Thursday 1:00pm-4:45pm  
 Sunday 11:00am-4:00pm

## RECREATION SWIM

Monday - Thursday 1:00pm-3:00pm  
 Saturday 1:00pm-3:45pm

## CLOSED ON FRIDAYS & SATURDAYS

## 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 WATER**  
 Monday - Thursday 9:30am-10:30am  
 Sunday 11:00am-12:00pm



\$5.00 Drop-in \$39.00 /10 Classes

STANDLEY POOL



# SWANSON/STANDLEY AQUATIC CENTER

[www.sandiego.gov/pools](http://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.

## 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.
- \*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.



# 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.**  
**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](#) 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 online 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/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.
5. 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.**

# Swim Lessons & Registration Dates



Session	Dates	Meeting Days	Registration Dates	Fees
1	June 9 - June 18 (no class June 19)	Mon. - Thur.	Sat. May 31	\$49.00
2	June 23 - July 3	Mon. - Thur.	Sat. June 21	\$56.00
3	July 7 - July 17	Mon. - Thur.	Sat. July 5	\$56.00
4	July 21 - July 31	Mon. - Thur.	Sat. July 19	\$56.00
SA	June 21 - July 26	Saturdays	Sat. May 31	\$63.00
SU	June 29 - August 3	Sundays	Sat. June 21	\$63.00

## **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, breast-stroke, back stroke and 15 yards of butterfly. Tryouts must be scheduled with coach or Pool Manager.

**Monday—Thursday 5:00pm-6:00pm**

**\$40.00 per month**

(Fees are due at the beginning of each month)



## **YOUTH WATER POLO (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—Thursday 6:00pm-7:00pm**

**\$40.00 per month**

(Fees are due at the beginning of each month)

