

LAP SWIM	Monday, Wednesday, Friday	12:00pm-7:00pm
	Tuesday and Thursday	10:15am-5:30pm
	Saturday	10:15am-3:30pm
	*Saturday 6/20 & 7/18	10:15am-1:00pm
	<i>*Limited lap lanes available after 1pm. Lane sharing and circle swimming is required.</i>	
RECREATION SWIM	Monday and Wednesday	12:00pm-4:00pm
	Tuesday and Thursday	1:00pm-4:00pm
	Friday	12:00pm-7:00pm
	Saturday	10:15am-3:30pm
	*Saturday 6/20 & 7/18	10:15am-1:00pm

FACILITY ADMISSION	Adults (16 and older)	daily \$5.00	passes \$96/30 swims or \$36/10 swims
	Child/Senior/Disabled	daily \$2.25	passes \$48/30 swims or \$18/10 swims
<i>*Passes are valid for 1 year from date of purchase and can be utilized at any City of San Diego swimming pool. No replacement for lost or stolen passes.</i>			

- All persons entering the facility must pay the admission fee and wear proper swim attire in the water. No re-entry is allowed.
- A paying guardian in a swimsuit must accompany children under 8 years of age or less than four feet tall and must remain within arms reach of the child at all times.
- All aquatics programs, schedules and fees may change and or be cancelled without notice.
- Only service animals trained to aid a person with a disability are allowed in the facility, but not in the water.
- Please follow all posted rules and adhere to directions from aquatic staff.

POOL OPEN HOLIDAY HOURS: Friday, 3rd of July & Saturday, 4th of July, 2026 from 12:00-4:00PM
ALL CITY POOLS WILL BE CLOSED JUNE 19th, 2026

YOUTH TEAMS	The City of San Diego Youth Aquatic League is a recreational level swim and water polo program. We offer safe and affordable aquatic sports, dedicated to introducing and developing basic skills, while promoting fun, water safety and team spirit. Inter-league swim meets and water polo games take place year-round.			
SWIM	Prerequisite:	Must be able to demonstrate 25 yards of front crawl, backstroke, breaststroke and 15 yards of butterfly. Ages 6-17.		
	Practice:	Tuesday, Thursday	5:30pm-7:00pm	
	Fee:	\$35.00 per month (due at beginning of each month)		
WATER POLO	Prerequisite:	Youth Level must be able to demonstrate 200 yards of continuous swim and one minute of treading water. Ages 9-17.		
	Practice:	Monday, Wednesday	5:30pm-7:00pm	
	Fee:	\$35.00 per month (due at beginning of each month)		
		Junior Level has no prerequisite and is focused on teaching water safety and competency, while introducing the basics of water polo. Ages 6-12.		
	Practice:	Friday	3:00-4:00pm	
	Saturday	2:00pm-3:00pm		
Fee:	\$28.00 per month (due at beginning of each month)			
<i>*Tryouts must be scheduled with Coach or Pool Manager. Team sizes are limited by pool space and Coach to participant ratio.</i>				

WATER FITNESS	Aquatic Body Conditioning-Total-body strength and conditioning class that offers multi-level, low impact, cardiovascular workout in deep water. This class will emphasize flexibility and endurance. Participants do not need to know how to swim but must be comfortable in the water.		
	Tuesday & Thursday (DEEP WATER)	9:00am-10:00am	\$5.00 daily or \$39/10 classes
	Saturday (DEEP WATER)	9:00am-10:00am & 10:30-11:30am	\$5.00 daily or \$39/10 classes

**A waiver form must be completed annually.*

Summer 2026 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 [SDRec-Connect](#) 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 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: Jump into deep water (overhead depth), surface, and recover, Float on the back or tread water for 1 minute., Rotate 360° and orient toward the designated exit. Swim 25 yards using front crawl with rhythmic breathing or elementary backstroke. 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.

Monday-Thursday	1:00- 1:30pm	1:40- 2:10pm	2:20- 2:50pm	3:00- 3:30pm	3:40- 4:10pm	4:20- 4:50pm	5:00- 5:30pm	5:40- 6:10pm	6:20- 6:50pm
Fridays	3:00- 3:30pm	3:40- 4:10pm	4:20- 4:50pm	5:00- 5:30pm	5:40- 6:10pm				
Saturday <i>*Private Lessons</i>	12:00- 12:30pm	12:35- 1:05pm	1:10- 1:40pm	1:45- 2:15pm	2:20- 2:50pm				

Children under the age of 8, must have a parent or responsible adult remain in the spectator area at all times during Swim Lesson, and Swim Team Programs.

Session	Dates	Registration Dates
1	JUNE 1st-14th	Saturday, May 16th at 12:00pm (noon) Online & In-person
2	JUNE 15th-28th <i>*No class June 19th</i>	Saturday, May 16th at 12:00pm (noon) Online & In-person
3	JUNE 29th-JULY 12th <i>*No class July 4th</i>	Saturday, June 27th at 12:00pm (noon) Online & In-person
4	JULY 13th-26th	Saturday, July 11th at 12:00pm (noon) Online & In-person
5	JULY 27th-AUGUST 9th	Saturday, July 25th at 12:00pm (noon) Online & In-person