

Allied Gardens Swimming Pool

6707 Glenroy Street, 92120
(619)235-1143
Swimming Pool Manager: Lane Harris

effective June 1
POOL CLOSED
on Sundays

RECREATION SWIM	Monday, Wednesday, Friday Tuesday, Thursday Saturday	9:30am-11:30am, 12:30pm-2:30pm 11:00am-1:00pm, 6:00pm-7:00pm 1:00pm-4:00pm
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The operation of the diving board is dependent on staff availability, number of patrons and programs. Please call ahead.

LAP SWIM	Monday, Wednesday, Friday Tuesday and Thursday Saturday	7:30am-11:30am, 12:30pm-6:00pm 11:00am-1:00pm, 2:00pm-7:00pm 1:00pm-4:00pm
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Limited lap lanes during some scheduled programs. Lane sharing and circle swimming is required. Please call ahead.

FACILITY ADMISSION	Adults (16 and older) Child/Senior/Disabled	daily \$5.00 daily \$2.25	passes \$96/30 swims or \$36/10 swims passes \$48/30 swims or \$18/10 swims
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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.

- 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.
- Emergency training and drills will occur without advance notice.

ALL CITY POOLS WILL BE CLOSED JUNE 19
ALLIED GARDENS POOL WILL BE CLOSED JULY 4

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:	Gold Level must be able to demonstrate 25 yards of front crawl, backstroke, breaststroke and 15 yards of butterfly. Ages 6-17. Silver Level must be able to demonstrate 25 yards of front crawl, backstroke with a basic understanding of breaststroke or completion of Level 3 swim lesson. Ages 6-17.
	Practice:	Monday/Wednesday/Friday 6:00pm-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:	Tuesday and Thursday 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 5-8 or 9-12
	Practice:	Saturday 3:00pm-4:00pm
	Fee:	\$21.00 per month (due at beginning of each month)

Tryouts must be scheduled with Coach or Pool Manager. Team sizes are limited by pool space and Coach to participant ratio

WATER FITNESS	Aquatic Body Conditioning -Total-body strength and conditioning class that offers multi-level, low impact, cardiovascular workout in shallow water. This class will emphasize flexibility and endurance. Participants do not need to know how to swim but must be comfortable in the water.		
	Monday/Wednesday/Friday	8:00am-9:00am	\$5.00 daily or \$39/10 classes
	Tuesday/Thursday	5:30pm-6:30pm	\$5.00 daily or \$39/10 classes

Water Polo Water Fit-Blends water fitness conditioning with basic water polo skills to build endurance, upper body strength, awareness, and confidence in deep water. Emphasizes safe technique, controlled partner work, and scalable drills for mixed abilities. Participants must be comfortable in deep water.

Saturday (DEEP WATER)	1:30pm-2:30pm	\$5.00 daily or \$39/10 classes
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A waiver form must be completed annually.