

Carmel Valley Pool

3777 Townsgate Drive, 92130
(858)552-1623

Effective June 1st
Pool Closed
Fridays and Saturdays

RECREATION SWIM	Monday-Thursday	12:30pm-2:00pm
	Sunday	2:30pm-4:00pm

The operation of the slides is dependent on staff availability, number of patrons and programs. Please call ahead. The children's pool is closed.

LAP SWIM	Monday-Thursday	11:00am-2:00pm
	Sunday	2:00pm-4:00pm

Limited lap lanes during some scheduled programs. Lane sharing and circle swimming is required. Please call ahead.

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

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.

ALL CITY POOLS WILL BE CLOSED

JUNE 19TH

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

Fee: \$35.00 per month (due at the beginning of each month)

Prerequisite: **Gold Level** must be able to demonstrate 25 yards of front crawl, backstroke, breaststroke and 15 yards of butterfly. Ages 6-17.

Practice: Monday-Thursday 6:00pm-7:00pm

Fee: \$42.00 per month (due at the beginning of each month)

WATER POLO

Prerequisite: **Junior Level** has no prerequisite and is focused on teaching water safety and competency, while introducing the basics of water polo. Ages 5-12.

Practice: Sunday 1:00pm-2:00pm

Prerequisite: **Youth Level** must be able to demonstrate 200 yards of continuous swim and one minute of treading water. Ages 9-17.

Practice: Wednesday 5:00pm-6:00pm

Fee: \$21.00 per month (due at the beginning of each month)

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-Thursday 11:30am-12:30pm \$5.00 daily or \$39/10 classes

Sunday 1:00pm-2:00pm \$5.00 daily or \$39/10 classes

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BEFORE 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 INSTRUCTIONS:

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 Water Competency CLASS

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

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.

**Participants who demonstrate the ability to pass the full Water Competency Sequence during the first class will be withdrawn and directed to register for*

Session	Dates	Meeting	Registration	Fees
Session 1	June 1-June 14	M-Th	May 17	Large group \$60 Small group \$92
Session 2	June 15-June 28	M-Th	May 17	Large group \$60 Small group \$92
Session 3	June 29-July 12	M-Th	June 28	Large group \$60 Small group \$92
Session 4	July 13-July 26	M-Th	July 12	Large group \$60 Small group \$92
Session 5	July 27-August 9	M-Th	July 26	Large group \$60 Small group \$92

Please speak with pool manager regarding additional or individualized needs for aquatic program participation