

Kearny Mesa Swimming Pool

3170 Armstrong St, 92111
(858)573-1389
Swimming Pool Manager: Jorge Clayton

Schedule effective June 1st
POOL CLOSED on
Fridays & Saturdays

RECREATION SWIM

Monday & Wednesday	1:15pm-2:45 and 3:15pm-4:45pm
Tuesday & Thursday	2:00pm-4:00pm
Sunday	2:30pm-5:30pm

Pool space may be limited, due to scheduled programs. Please call ahead.

LAP SWIM

Monday & Wednesday	1:15pm-5:00pm
Tuesday & Thursday	10:00am-12:30pm and 4:00pm-5:30pm
Sunday	10:00am-12:30pm and 4:00pm-5:30pm

**Limited lap lanes during 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.
- Emergency trainings and drills will occur without advance notice .

ALL CITY POOLS WILL BE CLOSED JUNE 19

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 50 yards of front crawl, backstroke, breaststroke and 25 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 5:00pm-6:00pm
Fee: \$28.00 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 4:30pm-5:30pm
Fee: \$28.00 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: Sunday 1:30pm-2:30pm
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.

Tuesday/Thursday/Sunday 10:00am-11:00am \$5.00 daily or \$39/10 classes

Arthritis Class

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

A waiver form must be completed annually.