

RECREATION SWIM

Monday - Thursday

11:30am – 3:00pm

Sunday

11:30am – 4:30pm

The operation of the diving board is dependent on staff availability, number of patrons and programs. Please call ahead.

LAP SWIM

Monday - Thursday

11:30am – 3:00pm

Sunday

11:30am – 4:30pm

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

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: Must be able to demonstrate 25 yards of front crawl, backstroke, breaststroke and 15 yards of butterfly. Ages 6-17.

Practice: Tuesday and 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 and 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 5-8 or 9-12

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

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.

Tuesday and Thursday

6:00pm-7:00pm

\$5.00 daily or \$39/10 classes

A waiver form must be completed annually.



SWIMMING LESSONS



BEFORE SWIMMING LESSON REGISTRATION:

Returning Participants:

Check with pool staff to ensure the correct prerequisite skills are listed in your SDRecConnect account. Without them, the system (ActiveNet) will block registration for upper-level lessons.

First-Time Participants:

Contact pool staff to schedule a participant assessment and set up your SDRecConnect account. All new participants must be evaluated before registering. NO REFUNDS unless class is cancelled by Pool Manager.

REGISTRATION

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! Water Competency Lessons

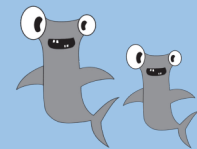
Participants may register for one session at a time. Enrollment in multiple sessions will result in removal from all but the first registered class. Once a session is completed, participants become eligible to register for another. Please consult pool staff for class availability and registration dates.

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:

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.



Session Dates	Meeting days	Registration Start Dates	
SUMMER SWIM LESSONS			
#1 June 1st - June 11th	Mon - Thurs	May 17th, 2026	12:00 p.m.
#2 June 15th - June 25th	Mon - Thurs	May 17th, 2026	12:00 p.m.
#3 June 29th - July 9th	Mon - Thurs	Jun 28th, 2026	12:00 p.m.
#4 July 13th - July 23th	Mon - Thurs	Jul 12th, 2026	12:00 p.m.
#S1 May 31st - June 29th	Sundays	May 17th, 2026	12:00 p.m.
#S2 July 5th - July 28th	Sundays	Jun 28th, 2026	12:00 p.m.