

Carmel Valley Pool

3777 Townsgate Drive, 92130
(858)552-1623

Effective August 10th
Pool Closed
Fridays and Saturdays

RECREATION SWIM	Monday–Thursday	12:30 p.m.–3:00 p.m.
		3:00 p.m.–5:00 p.m. (beachfront only)
	Sunday	12:30 p.m.–4:00 p.m.

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	11:00 a.m.–5:00 p.m.
	Sunday	12:30 p.m.–4:00 p.m.

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 trainings and drills will occur without advance notice.
- Organized activities require management approval in advance

ALL CITY POOLS WILL BE CLOSED

SEPTEMBER 7, NOVEMBER 11 and 26

YOUTH TEAMS			
SWIM	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.		
	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 p.m.–6:00 p.m.
	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 butterfly.	
	Practice:	Monday through Thursday	6:00 p.m.–7:00 p.m.
WATER POLO	Fee:	\$42.00 per month (due at the beginning of each month)	
	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	12:30 p.m.–1:30 p.m.
	Prerequisite:	Youth Level must be able to demonstrate 200 yards of continuous swim and one minute of treading water. Ages 9–17.	
	Practice:	Wednesday	5:00 p.m.–6:00 p.m.
	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–Thursday	11:30 a.m.–12:30 p.m.	\$5.00 daily or \$39/10 classes	
Sunday	11:00 a.m.–12:00 p.m.	\$5.00 daily or \$39/10 classes	

Carmel Valley Pool

3777 Townsgate Drive, 92130
(858)552-1623

Effective August 10th
Pool Closed
Fridays and Saturdays

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*

Fall 2026 Swim Lessons

Session	Dates	Meeting Days	Registration Dates	Fees
Session 1	August 18-Sept 10	T/Th	August 9th	Large group \$60 Small group \$92
Session 2	Sept15-October 8	T/Th	September 13	Large group \$60 Small group \$92
Session 3	October 13-Nov 5	T/Th	October 11	Large group \$60 Small group \$92
Adult Class Sunday	8/30, 9/6, 9/13, and 9/20	Sunday	August 23	\$23 per class
Adult Class Sunday	10/4, 10/11, and 10/18	Sunday	September 27	\$23 per class

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