

RECREATION SWIM	Monday and Wednesday Sunday	1:30 p.m. – 4:00 p.m. 12:00 p.m. – 3:00p.m.
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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- Thursday Friday Sunday	1:30 p.m. – 4:30 p.m. 2:30 p.m. – 4:30 p.m. 11:00 a.m. – 4:00p.m.
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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)	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. **

**An SDRconnect.com/ActiveNet account is required to purchase swim 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

November 11, 26, 27 December 24,25, 31 January 1

YOUTH SWIM TEAM The City of San Diego swim League is a recreational level swim program for youth 6-17 years old, which offers a safe and affordable program that is committed to introducing and developing basic competitive swim skills, while promoting fun and team spirit

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

Practice: Monday/Wednesday 4:30 p.m. – 5:30 p.m. *(Starting November)

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

JUNIOR WATER POLO **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 3:00 p.m. – 4:00 p.m. *(Starting November)

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 5:00 p.m. – 6:00 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

*(Starting November)

A waiver form must be completed annually.

Fall 2026 Swim Lessons

Session	Dates	Meeting Days	Registration Dates
Session 1	November 3-19	Tuesdays/ Thursdays	Sunday October 24

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 SDRcConnect 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 SDRcConnect account.

Participants must be evaluated by staff prior to registration.

NO REFUNDS unless class is cancelled by Pool Manager. NO REFUNDS for grant funded programs

REGISTRATION INSTRUCTIONS:

Visit [SDRecConnect.com](https://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 your profile. You can then register for classes, view class schedules, and check class availability online.

Pool staff is available to assist with all online and walk-in registration concerns.

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 a more appropriate level. Please note that space in advanced-level classes is not guaranteed, so it is important to register for the correct level class. If you are unsure of your placement, we recommend scheduling a skills assessment with pool staff before registering.