



Effective March 7, 2022

LAP SWIM

Mon/Wed/Fri	6:30am-8:30am 2:00pm-7:00pm
Tue/Thurs	2:00pm-5:00pm

RECREATIONAL SWIM

Mon/Wed/Fri	2:00pm-4:00pm
Tue/Thurs	2:00pm-5:00pm

WATER FITNESS

Aquatic Body Conditioning (ABC)—This is a total body conditioning class; Multi-level, low impact, cardiorespiratory workout held in shallow water. Flexibility, muscular strength and endurance are emphasized. Participants do not need to know how to swim.

Mon/Wed/Fri	8:40am-9:40am
Tue/Thu	5:30pm-6:30pm

ATTENTION: lap lanes may be limited to 1-2 lanes based on pool programs. Sharing a lane with other swimmers will be required during these times.

Facility Admissions

Child/Disabled/Senior	\$2.00
Adults (16 & older)	\$4.00

Discount Passes

Adults (16 & older)	\$85.00/ 30 swims \$30.00/ 10 swims
Child/Disabled/Senior	\$40.00/ 30 swims \$15.00/ 10 swims

All Aquatic Programs, Schedules, and Fees may change due to enrollment and/or be cancelled without notice

YOUTH SWIM TEAM (ages 6-17)

Youth Swim Team is a recreational swim organization for youth 6-17 years old, which offers a quality, safe program that is committed to introducing and developing basic competitive swim skills while promoting fun and team spirit.

Prerequisite: Completion of Level 3, Competitive Skills course, or Pool Manager's approval.

Mon/Wed/Fri 4:00pm-5:00pm

\$28.00 per month

(Fees are due at the beginning of each month)

YOUTH WATER POLO (ages 9-17)

Participants are introduced to basic water polo skills with an emphasis on teamwork, fun, and sportsmanship.

Prerequisite: 200 yards continuous swim and 1 minute of treading water.

Tue/Thur 3:30pm-5:00pm

\$28.00 per month

(Fees are due at the beginning of each month)

- Passes expire one year from the date of issue and can be used at any City Pool
- All persons entering the facility during Recreation and Lap Swim times **MUST** pay the admission fee and wear proper swim attire always. **Re-entry is not allowed.**
- Specific lanes/areas will be designated for Lap & Recreational swimming, however, the pool may be utilized for other programs during designated Lap/Recreational swim times
- A paying parent or responsible adult in a swimsuit must accompany children under 7 years of age or less than four feet tall. While in the water, a parent or responsible adult must remain within arm's reach of the child
- The City of San Diego Swimming Pools may close without notice during inclement weather conditions.

POOL CLOSURES

March 31, April 21, May 12, 30, June 4

High school swim meets may impact lap swim hours, please call the pool in advance.

As a recipient of federal funds, the City of San Diego cannot discriminate against anyone on the basis of race, color, creed, sex, age, national origin or ancestry, religion, pregnancy, physical or mental disability, veteran status, marital status, medical condition, gender (transsexual and transgender), sexual orientation, as well as any other category protected by federal, state or local laws. If anyone believes, he or she has been discriminated against, he or she may file a complaint alleging the discrimination with the City of San Diego Park and Recreation Department (contact Deputy Director (619) 525-8235) or the Office of Equal Opportunity, U.S. Department of the Interior, Washington, D.C. 20240. This information is available in alternative formats upon request.