

# Carmel Valley Pool

3777 Townsgate Dr. 858-552-1623  
San Diego Ca. 92130 [www.sandiego.gov](http://www.sandiego.gov)



## Winter 2018/Spring 2019

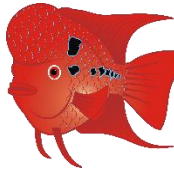
### February 4, 2019 - June 16, 2019

#### FACILITY ADMISSION

Adults ( 16 years & up)	\$4.00
Child/Senior/Disability	\$2.00

#### DISCOUNT PASS FEES

Adults ( 16 years & up)	\$85 / 30 swims
	\$30 / 10 swims
Child/Disability/	\$40 / 30 swims
Senior (62 years & up)	\$15 / 10 swims



#### LAP SWIM/ WATER WALKING

Monday/Wednesday/Friday	6:00am-8:30am 9:30am-1:30pm 6:00pm-7:30pm
Tuesday/Thursday	4:00pm-7:30pm
Saturday	12:00am-4:00pm

*\*Limited space available; sharing & circle swimming may be required and appreciated*

#### RECREATIONAL SWIM

Monday/Wednesday/Friday	11:00am-1:30pm
Saturday	12:00pm-4:00pm

#### HOLIDAY HOURS 12:00pm-4:00pm

November 23, 2018, & May 27, 2019

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

#### YOUTH SWIM TEAM (6-17 years)

Enrollment is available upon successful completion of Competitive Skills or Pool Manager's approval.



White	4:00pm-5:00pm	Mon/Wed/Fri
Silver	5:00pm-6:00pm	Mon/Wed/Fri

\*Tryouts held last Friday of each month at 6pm. **\$27/ month**  
Contact Pool Manager for more information.

No Practice December 3, 2018- February 3, 2019

### Annual Pool Closure

**December 3, 2018- February 3, 2019**

To see details about all City of San Diego's Swimming Pools visit:  
<http://www.sandiego.gov/park-and-recreation/centers/aquatics/index.shtml>

**POOL CLOSED** for the following Holidays and Staff Trainings :  
November 12, 22, 2018; February 18, April 1, May 9 & June 8



#### DID YOU KNOW...

- Passes expire one year from the date of issue and can be used at any City of San Diego Pool.
- All persons entering the facility during Recreation and Lap Swim times MUST pay the admission fee and wear proper swim attire at all times. Non-paying patrons must remain in the designated spectator area. **No re-entry is allowed.**
- A paying adult in a swimsuit must accompany children under 7 years of age or less than four feet tall & must remain within arm's reach of the child.

#### WATER FITNESS

**Aquatic Body Conditioning (ABC)**- Total body conditioning class; multi-level and low impact. Class conducted in shallow and deep water.

Mon/Wed/Fri 10:00am-11:00am

Adults/Seniors	DISCOUNT PASS
\$3.50 / class	\$30 / 10 classes



No class December 3, 2018- February 3, 2019

## ONLINE REGISTRATION

Online and Walk-in registration begins at 12:00 p.m. on the registration dates listed next to the session dates. To view class times and to create an account log on to the registration site **SDRecConnect.com**

**Prior to registering**, all participants will need to confirm with pool staff the correct level to enroll in. *If prerequisites are not met, Activenet will not allow you to register for any upper level lessons.*

To view session dates, registration dates, class times and classes available please call staff or go to **SDRecConnect.com** and filter by the 'Carmel Valley Pool'.

Large Group	\$54	8/ 40 minute classes
Private	\$181	5/ 30 minute classes
Semi-Private	\$151	5/ 30 minute classes

## REFUND / CLASS CANCELLATIONS POLICY

There are **NO REFUNDS**. Refunds will only be granted if class is cancelled by the Pool Manager. Aquatic Programs are run assuming minimum numbers are met. If registration does not meet the stated minimum, the program will be cancelled. In this case you will be notified and staff will try to find another class that will meet your needs or you can apply for a refund.

## SOME THINGS TO KNOW BEFORE YOUR LESSON

- An appropriate swimsuit is always required. Swim diapers are required for children under 4 years old regardless of toilet training.
- If you have a child under the age of 7, a parent or responsible adult must always stay in the spectator area during swimming lessons and swim team practice.
- Patrons are not permitted to swim in the pool if they are suffering from an illness that causes diarrhea or have had diarrhea in the past two weeks. You can spread germs in the water and make other people sick.

## ADAPTED AQUATICS

Swimming lessons for individuals with disabilities, ages four and older. Lessons based on students abilities. Inclusion support is available for those who are able to participate in the Learn to Swim Program. Please contact the following pools for more information.

Carmel Valley (858)552-1623	Colina Del Sol (619)235-1147	Kearny Mesa (858)573-1389
Martin Luther King (619)527-3451	Ned Baumer (858)538-8083	Vista Terrace (619)424-0469

## NOW HIRING!

Are you interested in becoming a Pool Guard for the City of San Diego? The Aquatics department hires year-round, with interviews every few months. Contact your local Pool Manager for details or take one of our classes offered below!

## LIFEGUARDING CLASSES

Want to learn how to save a life and get certified to work as a Pool Guard for the City of San Diego? The WAVE/SAVE Lifeguarding classes are designed to offer individuals training at an affordable cost. Contact the Pool Manager if interested for more information!

**\$85 (\$50 class fee & \$35 Red Cross certification)**

### W.A.V.E. PROGRAM



#### Colina Del Sol Pool

Fridays & Sundays September 28-November 4, 2018  
Tryouts @ CDS Pool 5:00pm September 28  
Colina Del Sol Pool 619-235-1147

### S.A.V.E. PROGRAM



#### Martin Luther King Jr. Pool

Saturdays & Sundays February 2-March 3, 2019  
Tryouts @ MLK Pool 9:00am February 2  
MLK Pool 619-527-3451

**RENTALS:** All City Pools are available to rent for exclusive or shared use. For more information, please contact the Pool Manager.

**SAFETY CHECKS:** There may be ten-minute safety checks conducted every half hour or every hour during Recreational Swim hours.

**EMERGENCY TESTING:** All City pool personnel are subject to emergency testing at any time. Patron patience and cooperation during these drills are greatly appreciated.

**VOLUNTEERS NEEDED!** Call the Volunteer Office at (619)533-4017 or visit <http://www.sandiego.gov/park-and-recreation/general-info/employment/volunteer/index.shtml>

**DONATIONS:** For more information on how you can make a donation, please contact David Monroe, Deputy Director, CPII Division, (619)525-8235

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