

Effective June 25, 2023

RECREATION SWIM

Sunday	12:00pm-1:45pm
Sunday	2:15pm - 4:00pm
Monday - Thursday	12:00pm-3:00pm

LAP SWIM

Sunday	11:00am - 4:00pm
Monday - Thursday	10:00am - 3:00pm

Facility Admission

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

Discount Passes

Adults (16 & older)	\$80.00/ 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

CLOSURE DATES July 4 and September 4



YOUTH WATER POLO TEAM (ages 9-17)

City of San Diego Water Polo League is recreational level water polo program for youth ages 9-17, which offers a safe and affordable program that is committed to introducing basic water polo skills and game concepts while promoting teamwork and perseverance.

Prerequisite: Players must be able to demonstrate 200 yards of continuous swim and one minute of treading water. Tryouts must be scheduled with coach or Pool Manager.

Tuesday and Thursday
5:00pm-6:30pm

\$29.00 per month

(Fees are due at the beginning of each month)



SLIDE & CHILDREN'S POOL

The operation of the slide and children's pool are dependent on staff availability, number of patrons and pool programs so **PLEASE CALL AHEAD.**

- 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. **No re-entry is 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 8 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.

WATER FITNESS

AguaCumbia—This is a total body strength and conditioning class; Multi-level, low impact, cardiorespiratory dance workout held in shallow water to the sounds of Latin music. Waiver form must be completed annually. Participants do not need to know how to swim.

Monday & Wednesday 5:15pm - 6:15pm

\$4.00 per class or \$33.00/10 classes pass



YOUTH SWIM TEAM (ages 6-17)

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.

Prerequisite: Swimmers must be able to demonstrate 25 yards of front crawl, breaststroke, back stroke and 15 yards of butterfly. Tryouts must be scheduled with coach or Pool Manager.

Monday and Wednesday
5:00p - 6:30p

\$29.00 per month

(Fees are due at the beginning of each month)



SWIMMING LESSONS

IN PERSON REGISTRATION ONLY

Walk-in registration opens 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.

IMPORTANT INFORMATION

Please read before you register for any swim lessons.

All pools will 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](http://SDRecConnect.com) 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 you will need to contact pool staff to schedule a participant assessment and help create an [SDRecConnect](http://SDRecConnect.com) account.

**Participants must be evaluated by staff prior to registration.
NO REFUNDS**

** No class July 4th. No make up lessons*

KEEPING THE POOLS CLEAN & OPEN

- Please take a rinse off before entering the water.
- When the pool is contaminated with fecal matter, the pool must close.
- Take your children on restroom breaks and check diapers often. Waiting to hear "I have to go", may mean it's too late.
- An appropriate swimsuit is always required. No cotton fabrics.
- Swim diapers are required for children under 4 years old regardless of toilet training.
- Change swim diapers in the restroom or a diaper changing area; not in the pool area.
- After using the restroom, thoroughly cleanse (especially the diaper area) with soap and water before swimming.

Sponsored by	Session Dates	Meeting Days	Registration Begins	Cost
	Session 1* June 26 - July 6	Monday—Thursday	Saturday, June 3	\$5
	Session 2 July 10 - July 20	Monday—Thursday	Saturday, June 3	\$5
	Session A June 26 - July 19	Monday & Wednesday	Saturday, June 3	\$5
	Session ADULT July 2 - July 23	Sunday	Saturday, June 3	\$5

Children under the age of 8, must have a parent or responsible adult remain in the spectator area at all times during Swim Lesson and Swim Team Programs

July 6th—August 17th, 2023
Thursdays from 5:00pm—8:00pm
FREE recreational swim
for the whole family!
www.comeplaysd.com



Now Hiring Pool Guards and Pool Managers

Apply here:



Try-Out Requirements:

- Continuous 300 yd swim (12 lengths, no stopping)
- Tread water for two minutes (legs only)
- Swim 20 yards, surface dive 7-10 feet to retrieve a 10 pound object. Swim 20 yards on your back to return to the start wall while holding the object with both hands & with your face out of the water, and then

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.