



Fall 2017/Spring 2018 September 5, 2017 - June 18, 2018

Lap Swim

Monday/Wednesday/Friday	10:00am-4:30pm
Tuesday & Thursday	12:00pm-4:30pm
Monday-Thursday	6:00pm-7:30pm
Saturday	11:00am-3:00pm
Sunday	12:00pm-3:00pm

Recreational Swim

Monday-Sunday	12:00pm-3:00pm
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Facility Admission

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

Discount Pass Fees

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

Holiday Hours

Labor Day Sept. 4, 2017	12:00-4:00pm
Veteran's Day observed Fri. Nov. 10, 2017-	Closed
Friday Nov. 24, 2017	12:00-4:00pm
Memorial Day May 28, 2018	12:00-4:00pm

POOL CLOSED February 19 - March 18, 2018

WATER FITNESS

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

Monday/Wednesday/Friday	10:00am-11:00am
Tuesday & Thursday	5:00pm-6:00pm

WATER FITNESS-DEEP WATER

This is a total body conditioning class; Multi-level, low impact, cardio respiratory work out held in deep water. Flexibility, muscular strength and endurance are emphasized. The deep-water exercise is non-impact and provides resistance to all major muscle groups. Buoyant and resistive water exercise equipment is provided. Participants must feel comfortable in deep water

Saturday	11:00am-12:00pm
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Adults/Seniors	\$3.50/class
DISCOUNT PASS	\$30.00/10 Classes



POOL CLOSURES

February 19 - March 18, 2018

Nov. 10, Nov. 23, Dec. 25, 2017; Jan. 1, Jan 15, March 30, April 1, May 10 and June 9, 2018.

Please visit our other City Pools during the closure period. Most of the City Pools offer a variety of programs and times for Lap/Recreational Swims, Water Fitness, Learn to Swim classes, Youth Swim Team and Water Polo. For a listing of all 13 City of San Diego Pools for programs, locations and closure periods visit <http://www.sandiego.gov/park-and-recreation/centers/aquatics/index.shtml>

- 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 at all times. **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 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.

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.

SWIMMING LESSONS

ON LINE REGISTRATION

Online and Walk-in registration opens 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](#).**

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 you will need to contact pool staff to schedule a participant assessment and help create an [SDRecConnect](#) account.

Pool staff is available to provide assistance with all on-line and walk-in registration concerns. Please call prior to registration day.

8/40 Minute Lessons; Fee \$54.00

Registration opens at 12:00pm (Noon)

Lesson times: 3:30pm, 4:15pm, & 5:00pm

Session	Session Dates	Registration
Fall 1 (M/W)	Sept. 11-Oct. 4	Saturday, September 9
Fall 2 (M/W)	Oct. 9-Nov. 1	Saturday, October 7

LIFEGUARDING CLASSES

The Winter Aquatic Vocational Education (W.A.V.E) and (S.A.V.E) Spring Aquatic Vocational Education Programs offers individuals and opportunity to participate in a Lifeguard Training Course offered at an affordable cost. The Program is limited to 30 participants. Attendance at all scheduled classes is mandatory. Upon successful completion of this course, candidates are required to complete at least 30 hours of volunteer work at an authorized aquatic facility. **Please contact the Pool manager to receive more information.**

Cost: \$85.00

(\$50.00 class fee and \$35.00 Red Cross certification)

W.A.V.E PROGRAM

Ned Baumer Miramar College Aquatics Center
10440 Black Mountain Road
(858)538-8083

Saturdays & Sundays Oct. 7-Nov. 5, 2017
Tryouts @ 9:00am sharp October 7th



S.A.V.E PROGRAM

City Heights Swim Center
4380 Landis Street
619-641-6126

Saturdays & Sundays February 3-March 4, 2018
Tryouts @ 9:00am sharp February 3rd

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. Swimmers participate in swim meet competitions with other City of San Diego swimming pools. **Prerequisite:** Completion of Competitive Skills course or Pool Manager's approval.

Monday/Wednesday/Friday 4:30pm-5:30pm
\$27.00/Month



YOUTH WATER POLO (ages 9-17)

Participants must be able to swim 200 yards continuously and tread water for one minute.

Tuesday & Thursday 4:30pm-6:00pm
\$27.00/Month

REFUND / CLASS CANCELLATION POLICY

There are **NO REFUNDS**. Full refunds will only be granted only 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 will receive a **FULL REFUND**.

- It is important to enroll your child in the correct class; necessary transfers may result in the change of class days and times.
- **To ensure your child is enrolled in the correct level please contact pool staff on class prerequisites and class assessment.**
- An appropriate swimsuit is required at all times. 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 remain in the spectator area at all times, 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.

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.