

Colina del Sol Pool

4150 54th Place, CA 92105
 (619)254-1147 • www.sandiego.gov

June 28 - August 20, 2022

SUMMER

LAP SWIM

Saturday 11:00am-5:00pm
Tuesday and Thursday 12:00pm-7:00pm
*limited lanes between
 5:00pm-6:30pm*

RECREATIONAL SWIM

Saturday 11:00am-5:00pm
Tuesday and Thursday 12:00pm-4:00pm

POOL CLOSED

June 22-24, July 4, Sep 5

FACILITY ADMISSION & PASSES

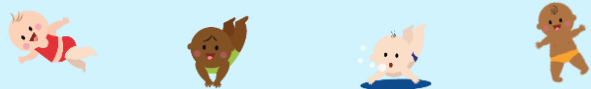
	Adults	Child/Senior/Disabled
Drop In	\$4.00	\$2.00
10 Swim Pass	\$30.00	\$15.00
30 Swim Pass	\$80.00	\$40.00

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

Parent & Tot Pop Up Workshops

Saturday July 16 at MLK Jr Pool, 11am
Sunday, July 24 at Memorial Pool, 11am
Friday, August 12 at Kearny Mesa Pool, 12pm

Free water safety education and swim instruction for children ages 6 months – 3 years. Parent must enter the water. Swim diapers required.



TEAM SOL

YOUTH SWIM TEAM

Youth Swim Team is a recreational swim activity 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: For ages 6-17, passing of Competitive Skills course, or Pool Manager's approval.

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

Must register Monthly \$29.00 per month
Due prior to 1st practice

- 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 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

REGISTRATION

To view class times and availability, or create an account please go to: [SDRecConnect.com](https://sdrecconnect.com)

Pool staff is available to help with all registration concerns.

Participants must be evaluated by staff prior to registration to enroll in higher level classes.

PARENTS

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 remain in the spectator area during Programs.

Unprotected skin can burn FAST! Apply sunscreen with SPF 30 (or above) 30 minutes before going outside.

SESSION DATES

6/40-minute lessons

Session 1	6/28 – 7/9	T/Th/Sat
Session 2	7/12 – 7/23	T/Th/Sat
Session 3	7/26 – 8/6	T/Th/Sat
Session 4	8/9 – 8/20	T/Th/Sat

CLASS TIMES

Sessions 1-4	4:00	4:45	5:30
Saturdays	2:30	3:15	4:00

LESSON FEES

ALL LESSONS ARE FREE TO COMMUNITY MEMBERS, COURTESY OF THE PREVENT DROWNING FOUNDATION OF SAN DIEGO

REFUND & CLASS CANCELLATIONS

Due to swim lessons being free of charge, no make-ups will be offered. Failure to attend the first day or alert staff to your absence will result in withdrawal from the rest of the session.



CITY HEIGHTS POOL GUARD RECRUIT ACADEMY SD

QUESTIONS?
EMAIL RAE WEBER AT
AWEBER@SANDIEGO.GOV

\$15/hr paid lifeguard training after completion of 3 sessions & background check

REQUIREMENTS

- No swimming skills necessary
- Must attend at least 3 sessions (structured swim or individual practice)
- Commitment to pursue lifeguarding certification and employment with the City of San Diego

SESSIONS

STRUCTURED SWIM W/ INSTRUCTOR

Sunday 11 am - 12 pm

INDIVIDUAL PRACTICE

Monday 12 pm - 6:30 pm

Wednesday 12 pm - 6:30 pm

Sunday 11 am - 4 pm



City Heights Swim Center: 4380 Landis St
San Diego, CA 92105 - (619) 641-6126

Movies in the Pool

Saturday, September 10th

6:30pm - 8:30pm

