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.

WHITE LEVEL
Monday-Thursday
4:00-5:15pm
$38.00/Month

No Practice: July 4 & September 3

(Fees are due at the beginning of the month)

SILVER LEVEL
Monday-Thursday
4:45-6:00pm
$38.00/Month

YOUTH WATER POLO (ages 9- 17)

Participants are introduced to basic water polo skills with an emphasis on teamwork, fun, and sportsmanship. Participants must be able to swim 200 yards continuously and tread water for one minute. Games are held on Saturdays.

Monday-Thursday
3:30-4:15pm

$27.00/Month
(Fees are due at the beginning of each month)

WATER FITNESS

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

Mon/Wed/Fri
9:00-10:00am

Adults/Seniors
$3.50/class
DISCOUNT PASS
$30.00/10 Classes

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!
Ongoing opportunities are available at the recreation centers, pool and regional parks throughout the City, as well as with senior and therapeutic recreation programs. If you would like to volunteer, please see staff for more information, contact the Volunteer Office at (619)533-4017 or visit http://www.sandiego.gov/park-and-recreation/general-info/employment/ volunteer/index.shtml

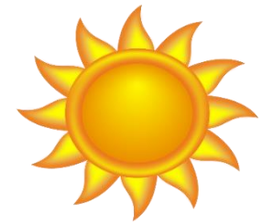
DONATIONS:
By donating to our park system, you can help the park and Recreation Department to enrich the lives of others through quality parks and programs. Your gift will help ensure that we meet the needs of the community, including people of all ages, abilities and income levels through recreation, natural open space parks, neighborhood parks, and aquatics programs. For more information on how you can become a donor to your favorite park, pool or recreation program, please call David Monroe, Deputy Director, CPII Division, (619)525-8235.

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.

Park & Recreation

COLINA DEL SOL POOL

4150 54th Place San Diego CA 92105
(619)235-1147 • www.sandiego.gov



SUMMER

June 18 – September 3, 2018

Recreation Swim

Monday-Friday	12:00pm-3:00pm
Saturday/Sunday	12:00pm-3:00pm

Lap Swim

Mon/Wed/Fri	8:30am-10:30am
Monday-Friday	12:00pm-3:00pm
Saturday/Sunday	12:00pm-3:00pm

July 4 & September 3

12:00pm-4:00pm

Facility Admissions

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

Discount Passes

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

JUNIOR LIFEGUARD PROGRAM

This is a free program offered to children 9-17 years of age. There are no prerequisites and swimming instruction is a class component. This program provides a foundation of aquatic leadership, knowledge, and skills in preparation of future participation in an American Red Cross Lifeguarding Course.

Contact pool staff for registration details.

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

- 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.
- 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.

All City of San Diego Parks, Pools and Beaches are Smoke Free.

SWIMMING LESSONS

ON LINE REGISTRATION

Online and Walk-in registration opens at **12:00 p.m.** on the registration dates listed by session dates. **To view class times and availability log on to online registration site.**
Go to **SDRecConnect** to create an account, register for a class or to view class schedules. After creating an account for yourself, add your family members. **Pool staff is available to provide assistance with all on-line and walk-in registration concerns.**

LESSON FEES

Large Group	$54.00
Small Group	$81.00
Semi-Private	$151.00 (5/30 min. classes)
Private	$181.00 (5/30 min. classes)

Parents:

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

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.**

SESSION AND REGISTRATION DATES

Session Dates	Registration Dates
Session 1 June 18-June 28	Saturday, June 2
Session 2 July 2-12*	Saturday, June 2
Session 3 July 16-26	Saturday, July 14
Session 4 July 30-Aug 9	Saturday, July 14
Session 5 Aug 13-23	Saturday, Aug 11

Registration opens at 12:00 pm (noon)
Mon-Thurs (2-weeks) 8/40 min. lessons
***Session 2 No classes on 7/4;**
Make-ups on 7/6

SESSION TIMES

Afternoon	3:45pm	4:30pm	5:15pm	6:00pm

IMPORTANT INFORMATION REGARDING LESSON REGISTRATION

All pools will have new 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** 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. Pool staff can also assist you in creating your **SDRecConnect** account. **Participants must be evaluated by staff prior to registration.**

Sunday Fun Days:

Stay cool at the pool and grab your swimsuit and sunscreen! There will be fun activities, music and an inflatable obstacle course from 12:00-3:00pm!

Come join in the fun at the following pool locations:

Martin Luther King Jr. Pool; July 29th
Allied Gardens Pool; August 5th
Carmel Valley Pool; August 12th
Vista Terrace Pool; August 19th

Contact pool of choice for more information.

ADAPTIVE AQUATICS

Our goal is to teach confidence and water safety skill to each participant within a positive, happy and safe environment. We are here to provide instructional classes designed for individuals with disabilities, ages four and older, by teaching each student based on their abilities; and when possible, transition participants into regularly scheduled group lessons. As part of the transition process, the aquatics department also offers inclusion support for those who are able to participate in the regular scheduled group lessons.

Please contact the following pools for more information:

NED BAUMER (858)538-8083	**COLINA DEL SOL** (619)235-1147
KEARNY MESA (858)573-1389	**MARTIN LUTHER KING JR.** (619)527-3451
CARMEL VALLEY (858)552-1623	**VISTA TERRACE** (619)424-0469

Classes are conducted on Saturdays
Cost: $54.00 for 8/30 minute lessons.

KEEPING THE POOLS CLEAN & OPEN

- Please take a thorough shower 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 that it's too late.
- An appropriate swimsuit is required at all times. 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.** Germs can be spread in and around the pool.
- After using the restroom, thoroughly cleanse (especially the diaper area) with soap and water before swimming. Invisible amounts of fecal matter can be spread into the pool.
- 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.

CITYWIDE EVENTS/PROGRAMS

Run, walk, swim, golf, skate, bike, hike, or recreate your way to health in 2018. Visit various Recreation Centers between June 16 and August 18 to complete activities and receive your very own SD Parks Fitness Goal Book to help you establish and achieve your fitness goals. Participate in the 2 month program with free and easy registration at your local Park and Recreation facility or at **sdrecconnect.com**

Calling All Pups!
"Barks Fit" participants will receive a bandana at the events.
Tag your snaps and selfies with #ParksFitSD
Kickoff Event - 1 Mile Fun Run & Festivities
Saturday, June 16, 2018 at 8:00am
Dolores Magdaleno Memorial Recreation Center, 2902 Marcy Ave., San Diego 92113
Finale Event - 5K Run/Walk & Family Celebration
Saturday, August 18, 2018 at 7:30am
NTC Park, 2455 Cushing Rd, San Diego 92106
Stay Fit San Diego!
Visit: www.sandiego.gov/parksfitsd
for more information.

Proudly Presented by:

Parent and Tot Workshops

The City of San Diego is offering a FREE day to promote Water Safety Education for Parents and their Toddlers under 4 years of age.

Bud Kearns Pool	**6/30; 10am-12pm**
Tierrasanta Pool	**7/7; 10am-12pm**
Martin Luther King Jr. Pool	**7/21; 12pm-2pm**
Clairemont Pool	**8/11; 10am-12pm**
Memorial Park Pool	**8/18; 10am-12pm**
Vista Terrace Pool	**9/29; 10am-12pm**

PARENTS AND TODDLERS ARE REQUIRED TO BE IN PROPER SWIM ATTIRE. SWIM DIAPERS ARE REQUIRED FOR ALL TODDLERS, SWIM DIAPERS WILL BE PROVIDED.