

Colina Del Sol Pool

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



Fall 2018 | Spring 2019

September 4, 2018 - June 16, 2019

LAP & RECREATIONAL SWIM

Mon/Wed/Fri	8:30am-10:30am
Monday-Friday	3:30 pm-7:30 pm
Saturday	12:00 pm-3:00 pm



*Limited lap lanes available, sharing is required and appreciated

HOLIDAY HOURS 12:00pm-4:00pm

November 23, 2018, & May 27, 2019

Annual Pool Closure

December 31, 2018 – January 27, 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, December 25, 2018 &
April 1, May 9 & June 8 2019

- 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.

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

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/Senior/Disability	\$40 / 30 swims
	\$15 / 10 swims

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.



Mon/Wed/Fri	5:00-6:00 pm	\$27 /month
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No practice December 31, 2018- February 24, 2019

YOUTH WATER POLO (9-17 years)

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



Tuesday/Thursday	4:30pm-6:00 pm	\$27 /month
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No practice December 31, 2018- February 24, 2019

WATER FITNESS

Aquatic Body Conditioning (ABC) Class conducted in shallow water, no swimming skills required.



Mon/Wed/Fri	9:00am-10:00am
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Adults/Seniors	\$3.50 / class
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DISCOUNT PASS	\$30 / 10 classes
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No class December 31, 2018- February 24, 2019

Learn to Swim

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 need to confirm prerequisites eligibility with pool staff. *If prerequisites are not met, Activenet will not allow you to register for any upper level lessons.*

A Lottery System is implemented for lesson registration. Please contact Pool staff for any questions or assistance prior to registration day.

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

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 in 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

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 regular scheduled group lessons. 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

As a recipient of federal funds, the city of San Diego cannot discriminate against anyone based on 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.