



3170 Armstrong St • San Diego CA 92111 • (858)573-1389 • www.sandiego.gov

Winter/Spring 2017 January 9 – June 18, 2017

LAP SWIM

Monday/Wednesday/Friday	7:30am-10:30am
Monday-Friday	3:00pm-6:00pm
Saturday	12:00pm-3:00pm
Sunday	Closed

*Limited lap lanes available; sharing is required and appreciated.

RECREATION SWIM

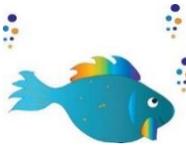
Monday-Friday	3:00pm-6:00pm
Saturday	12:00pm-3:00pm
Sunday	Closed

Memorial Day Hours:

May 29, 2017	12:00pm-4:00pm
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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

POOL CLOSED the following Holidays, and Staff Trainings: January 16, 2017; February 20 2017; March 31, 2017; April 16, 2017; May 12, 2017; June 10, 2017.

Please visit our other City Pools. Most of the City Pools offer a variety of programs and times for Lap/Recreational Swims. To view a listing of programs, locations and closure periods of all City of San Diego's Swimming Pools visit: <http://www.sandiego.gov/park-and-recreation/centers/aquatics/index.shtml>

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.

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

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

YOUTH SWIM TEAM (ages 6-17)

Successful completion of Competitive Skills or Pool Manager's approval.

White & Silver Level

Monday/Wednesday/Friday 6:00pm-7:00pm

\$27.00/Month

(Fees are due at the beginning of each month)



YOUTH WATER POLO (ages 9-17)

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

Tuesday & Thursday 6:30pm - 8:00pm

\$27.00/Month

(Fees are due at the beginning of each month)

WATER FITNESS

Aquatic Body Conditioning (ABC)

Class conducted in shallow water, participants do not need to know how to swim.

Monday/Wednesday/Friday 8:00am - 9:00am

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

Arthritis: Participants perform gentle stretching and strengthening exercises; movement is performed at a low to moderate intensity to develop muscular strength, endurance and increase range-of-motion.

Mon/Wed/Fri 9:15am - 10:15am

Adults/Seniors \$3.50/class

DISCOUNT PASS \$30.00/10 classes

- 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.

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.

REGISTRATION OPENS AT 12:00PM (NOON)

Tues/Thursdays	8/40 minute classes	\$54.00/\$81.00
Semi-private	5/30 minute classes	\$151.00
Private	5/30 minute classes	\$181.00

Class Times: 4:00-4:40pm & 4:45-5:25pm

Spring Sessions	Session Dates	Registration Dates
Spring 1 (T/Th)	March 7-30	Saturday, March 4
Spring 2 (T/Th)	April 4-27	Saturday, April 1
Spring 3 (T/Th)	May 2-25	Saturday, April 29

***Additional classes may be available; staff permitting. Please call the Pool Manager for more information.**

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)

S.A.V.E PROGRAM

Memorial Park Pool

Saturdays & Sundays February 4-March 4, 2017
Tryouts @ 9:00am @ Memorial Park Pool

Memorial Park Pool (619)235-1139
2902 Marcy Ave, San Diego, CA 92113



OTHER AQUATIC SAFETY COURSES

For information on other aquatic safety classes, please send an email to AskParks@sandiego.gov

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**.

ADAPTIVE AQUATICS

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.**

Carmel Valley (858)552-1623	Kearny Mesa (858)573-1389	Memorial (619)235-1139
Ned Baumer (858)538-8083	City Heights (619)641-6126	Vista Terrace (619)424-0469

- 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.

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.