

Kearny Mesa Pool

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



May 31–June 25, 2023

Due to a staffing shortage, the Kearny Mesa Pool is open limited hours.

Lap and Recreational Swim

Tuesday & Thursday	12:00pm-5:00pm
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All Aquatic Programs, Schedules, and Fees may change due to enrollment and/or be cancelled without notice.

Water Fitness

Adults 16+/Seniors
Drop-in fee: \$4.00/class
Discount Pass: \$33.00/10 classes

Arthritis:

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

Tuesday/Thursday 10:00am-11:00am

Aquatic Body Conditioning (ABC):

This is a total body conditioning class; multi-level, low impact, cardiorespiratory workout held in shallow and deep water.

Tuesday/Thursday 11:00am-12:00pm

Facility Admissions

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

Discount Passes

Adults (16 & older)	\$80.00 / 30 swims \$30.00 / 10 swims
Child/Disabled/Senior	\$40.00 / 30 swims \$15.00 / 10 swims

Swim Team (ages 6–17)

Swim Team is a recreational swim program 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 may participate in swim meet competitions with other City of San Diego swimming pools. Prerequisite: Swimmers must be able to demonstrate 25 yards of front crawl, breaststroke, back stroke and 15 yards of butterfly. Tryouts must be scheduled with a coach or Pool Manager.

Fees: \$29.00 per month

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

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.

The City of

SAN DIEGO

Parks and Recreation Department

Spring

REV - 3/20/23

POOL GUARD TRAINING

**Apply
here**



Questions?

Contact **Kathy Castello**
KCastello@sandiego.gov
(619) 533-4017

Starting Pay:

- **\$17.71** - Pool Guard I (16+)
- Candidates receive paid training once they've successfully completed a medical and background check, and have signed employment paperwork.

Hiring Hall Exam:

- Continuous 300 yd swim (12 lengths, no stopping)
- Tread water for two minutes (legs only)
- Swim 20 yards, surface dive 7 - 10 ft. to retrieve a 10 lb object. Swim 20 yd on your back to return to the starting wall while holding the object with both hands & with your face out of the water, and climb out within 1 min 40 sec.

Step 1

Submit online application
(must be 16 years old or older)

Step 2

Attend hiring hall and receive information to schedule/attend a background, physical & fingerprinting appointment. Select a Pool Guard Training class.

Step 3

Begin paid employment by attending first day of pre-selected Pool Guard Training class.

Step 4

Successfully complete pool guard training within 90 days of signing employment paperwork.

Step 5

Receive worksite assignment and contact supervisor for work shifts.