

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

Mon. - Thurs.
4:00-5:15pm

SILVER LEVEL

Mon. - Thurs.
5:15-6:30pm

No Practice: July 4, Sept. 2

\$38.00/Month
(Fees are due at the beginning
of each 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.

Tues. & Thurs. 6:30-8:00pm

NO Practice: July 4, Sept. 2

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



WATER FITNESS - Aquatic Body Conditioning

(ABC): This is a total body conditioning class; Multi-level, low impact, cardio respiratory workout held in shallow water.

Monday/Wednesday/Friday 8:00-9:00am
Tuesday & Thursdays 6:30-7:30pm

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.

Monday/Wednesday/Friday 9:15-10:15am
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.

The City of
SAN DIEGO
Parks and Recreation Department



KEARNY MESA POOL

3170 Armstrong St. San Diego, CA. 92111

858-573-1389 www.sandiego.gov

SUMMER June 17- Sept. 2, 2019

Lap Swim*

| | |
|-----------------|---------------------------------|
| Mon. & Wed. | 7:30am- 4:00pm 6:30pm-8:00pm |
| Tue. & Thu. | 12:00pm-4:00pm |
| Friday | 7:30am-3:00pm |
| Saturday/Sunday | 12:00pm-3:00pm |

*Limited Lane & pool space available;
sharing and circle swimming may be
required and is appreciated.

Recreational Swim

Monday-Sunday 12:00pm-3:00pm

July 4 & September 2

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 |

• SHOWERS ARE REQUIRED BEFORE ENTERING POOL

- 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 always wear proper swim attire.
- 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, and must remain in the water and within arm's reach of the child at all times.
- The City of San Diego Swimming Pools may close without notice during inclement weather conditions.

**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.**

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 |
| **Private | \$181.00 |

***Parent /Tot and all Tot Classes are Small Group**

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 **REFUND**.

- 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.

SESSION AND REGISTRATION DATES

| Session Dates | Registration Dates |
|--------------------------|---------------------|
| Session 1 June 17-27 | Saturday, June 1 |
| Session 2 * July 1-11 | Saturday, June 29 |
| Session 3 July 15-25 | Saturday, July 13 |
| Session 4 July 29- Aug 8 | Saturday, July 27 |
| Session 5** Aug 12-22 | Saturday, August 10 |

Registration opens at 12:00 pm (noon)
Mon-Thurs (2-weeks) 8/40 min. lessons
***No classes on July 4th; Make ups on July 5th**
****Session 5 Limited Lessons offered**

SESSION TIMES

| Afternoon | 3:00 | 3:45 | 4:30 | 5:15 |
|-----------|------|------|------|------|
|-----------|------|------|------|------|



IMPORTANT INFORMATION REGARDING LESSON REGISTRATION

Please read before you register for any swim lessons.

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 and help create an [SDRecConnect](#) account.

Participants must be evaluated by staff prior to registration.

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 can participate in the regular scheduled group lessons. **Classes are conducted on Saturdays. Cost: \$54.00 for 8/30-minute lessons.**

Please contact the following pools for more information.

NED BAUMER
(858)538-8083

COLINA DEL SOL
(619)235-1147

CARMEL VALLEY
(858)552-1623

MEMORIAL PARK
(619)235-1139

KEARNY MESA
(858)573-1389

VISTA TERRACE
(619)424-0469

MARTIN LUTHER KING, JR.
(619)527-3451

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. Invisable 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

SUMMER SAFETY SPLASH TOUR

The City of San Diego and the YMCA of San Diego County have teamed up to host community water safety event at Carmel Valley Swimming Pool. This event is open to the public and free of charge. Come enjoy swim time, water safety activities, resource booths, refreshments and FUN!



JULY 27, 2019
12:00-4:00pm



CARMEL VALLEY POOL
3777 Townsgate Dr.
San Diego, CA 92130
(858)552-1623



PREVENT DROWNING
 FOUNDATION OF SAN DIEGO

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.



Allied Gardens June 22 12:30-2:30pm
Tierrasanta July 27 10am-12pm
Vista Terrace Aug. 31 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

