

### WATER FITNESS

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

Monday/Wednesday 6:00-7:00pm

**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.

### 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.

Monday-Thursday

White Level Silver Level  
4:00pm-5:15pm 5:00pm-6:15pm

**\$35.00/Month**  
(Fees are due at the beginning of each month)

### COMPETITIVE SKILLS

Prerequisite for Swim Team

Monday-Thursday 4:00pm-4:40pm

**\$54.00/2 week session**  
(See lesson schedule for registration and session dates)



### 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 Fridays and Saturdays.

Tuesday-Thursday 6:15pm-7:45pm

**\$25.00/Month**  
(Fees are due at the beginning of each month)

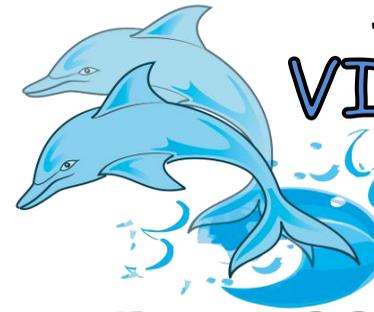
### WATER POLO BASICS

Monday-Thursday 6:00pm-6:40pm

**\$54.00/2 week session**  
(See lesson schedule for registration and session dates)



THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT  
"WE ENRICH LIVES THROUGH QUALITY PARKS AND PROGRAMS"



# VISTA TERRACE POOL

301 ATHEY AVE ♦ SAN DIEGO, CA 92173

(619)424-0469 ♦ [www.sandiego.gov](http://www.sandiego.gov)

## SUMMER 2015

June 22 to September 7, 2015

### Lap Swim

Mon-Fri 12:00pm-4:00pm  
Mon/Wed\* 6:00pm-7:00pm  
Tues/Thurs\* 6:00pm-7:30pm  
Saturday 11:00am-4:00pm  
Sunday 12:00pm-4:00pm  
\*Limited lanes for evening lap swim

### Recreational Swim

Mon-Thurs 12:00pm-3:00pm  
Friday 12:00pm-4:00pm  
Saturday 11:00am-4:00pm  
Sunday 12:00pm-4:00pm

**July 3, 4 & September 7**  
**12:00pm-4:00pm**

### Facility Admissions

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

### Discount Passes

Adults (16 & older) \$100.00 / 30 swims  
Adults (16 & older) \$35.00 / 10 swims  
Child/Disabled/Senior \$45.00 / 30 swims  
Child/Disabled/Senior \$15.00 / 10 swims

**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 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.

### SPECIAL EVENTS

**Family Night July 17 & August 28**  
**Parent and Tot Workshop August 29**  
Contact Staff for more information.



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

## SWIMMING LESSONS

### ON LINE REGISTRATION

On-line and walk-in registration opens at **12:00 p.m.** on the registration dates listed beside session dates. **Log on to [SDRecConnect.com](http://SDRecConnect.com)** 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.**

### SESSION & REGISTRATION DATES

SESSION	SESSION DATES	REGISTRATION DATES
<b>SESSION 1</b>	June 22-July 2	Saturday, June 13
<b>SATURDAY</b>	June 27-Aug 22	Saturday, June 13
<b>SESSION 2</b>	July 6-July 16	Saturday, June 13
<b>SESSION 3</b>	July 20-July 30	Saturday, July 11
<b>SESSION 4</b>	August 3-13	Saturday, July 25
<b>SESSION 5</b>	August 17-27	Saturday, August 8



#### SESSION 1 Fee: \$54.00

<b>3:05pm</b>	Tiny Tots	Advanced Tots	Level 1
<b>3:50pm</b>	Tiny Tots	Level 2	Level 3
<b>4:00pm</b>	Competitive Skills		
<b>4:35pm</b>	Super Tots	Level 1	Level 2
<b>5:20pm</b>	Level 3	Adults	
<b>6:00pm</b>	Water Polo Basics		

#### SESSION 2 Fee: \$54.00

<b>11:00am</b>	Parent Tot	Level 1	
<b>11:45am</b>	Level 2		
<b>3:05pm</b>	Tiny Tots	Advanced Tots	Level 1
<b>3:50pm</b>	Tiny Tots	Level 2	Level 3
<b>4:00pm</b>	Competitive Skills		
<b>4:35pm</b>	Super Tots	Level 1	Level 2
<b>5:20pm</b>	Level 3	Adults	
<b>6:00pm</b>	Water Polo Basics		

#### SESSION 3, 4 & 5 Fee: \$54.00

<b>4:00pm</b>	Tiny Tots	Advanced Tots	Level 1
<b>4:00pm</b>	Competitive Skills		
<b>4:45pm</b>	Tiny Tots	Level 2	Level 3
<b>5:30pm</b>	Super Tot	Level 1	Level 2
<b>6:00pm</b>	Water Polo Basics		
<b>6:15pm</b>	Level 3	Adults	

#### SATURDAY Fee: \$54.00

<b>11:15am</b>	Parent/Tot	
<b>12:00pm</b>	Level 1	
<b>12:45pm</b>	Adult	

### LESSON FEES

Large Group	\$54.00
<b>Small Group*</b>	\$81.00
<b>Semi-Private Lessons*</b>	\$151.00
(5/30 minute lessons)	
<b>Private Lessons*</b>	\$181.00
(5/30 minute lessons)	

**Non-Residents pay twice the Resident Fee**

### Keeping The Pools Clean And Open

- Please take a through 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.

### ADAPTIVE AQUATICS

Swimming and Water Safety instruction is offered for individuals with disabilities 4 years and older. Medical clearance is requested and also participants must receive a water adjustment evaluation prior to registration. Please contact the Pool Manager for more information.

**Saturdays, 8/30 minute classes, starting June 27.**

### REFUND POLICY

Patrons should put extra care into the selection of classes. There are **NO REFUNDS.** Full refunds will be granted only if class is cancelled by the Pool Manager.

## SWIMMING LESSONS LEVELS AND OBJECTIVES

### 6 months to 3 years

#### PARENT and TOT (P/T)

This water orientation class is designed to teach the parent or responsible adult how to safely and effectively manage their infant or toddler in the water and to teach basic water safety skills. It is not designed to teach children to survive in the water on their own. Participants will remain in this class until they turn 3 years of age.

### 3 to 5 years

#### TINY TOT: Water Adjustment (TT)

This introductory class is designed for new participants and will encourage confidence, skill development and fun through water adjustment activities. Participants will remain in this level until they are comfortable in the water and follow directions without tears or cries for parents, and are competent in the skills listed below. Participants must be comfortable performing skills without the use of goggles.

#### ADVANCED TOT: Fundamental Skills (AT)

Successfully pass or be competent in all skills required in the Tiny Tot Water Adjustment skills. This class is designed for participants to become proficient in fundamental aquatic skills, and to introduce more advanced safety concepts and skills.

#### SUPER TOT: Stroke Development (ST)

Successfully pass or be competent in all skills and objectives for Advanced Tot. This class is designed for participants to master basic swimming skills, develop and coordinate strokes, and to increase stamina and pool safety awareness

- It is important to enroll your child in the correct class; necessary transfers may result in the change of class days and times.
- 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.

•For specific information on class prerequisites or levels placement, please contact Pool Staff or visit <http://www.sandiego.gov/park-and-recreation/centers/aquatics/itsprerequisites.shtml>

### 6 to 15 years

#### LEVEL 1: Fundamental Skills (L1)

There is no prerequisite for this class. It is designed for children with little or no experience in the water. This class is designed for participants to become proficient in fundamental aquatic skills, and to introduce more advanced safety concepts and skills.

#### LEVEL 2: Stroke Development (L2)

Successfully pass or be competent in all skills and objectives for Advanced Tot or Level 1. This class is designed for participants to master basic swimming skills, develop and coordinate strokes, and to increase stamina and pool safety awareness.

#### LEVEL 3: Stroke Improvement (L3)

Successfully pass or be competent in all skills and objectives for Super Tot or Level 2.

#### FITNESS SWIMMER: Stroke Refinement (FS)

Successfully pass or be competent in all skills and objectives Level 3. This class is designed to refine participant's strokes and skills by utilizing a variety of water activities, including fitness, endurance swimming, and personal safety skills.

#### COMPETITIVE SKILLS: Stroke Refinement (CS)

Successfully pass or be competent in all skills and objectives Level 3. This class is designed to refine participant's strokes, increase endurance and to introduce new skills to prepare for the City of San Diego Recreational Level Swim Team.

#### WATER POLO BASICS: Introduction to Water Polo (WP)

Successfully pass or be competent in all skills and objectives Level 3. This class is designed to increase endurance in and to introduce new skills to prepare for the City of San Diego Recreational Level Water Polo team.

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.