

## **Swanson Pool**

3585 Governor Drive St. San Diego, CA 92122 (858) 552-1653 • www.sandiego.gov/pools



May 31 – June 25, 2023

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

<u>Lap and Recreational Swim</u>		
Monday & Wednesday	11:15am-4:00pm	
Friday	12:00pm-3:00pm	

# Closures & Observed Holiday Hours

Sat. June 17, 2023 - ALL POOLS CLOSED for staff training

Mon. June 19 - CLOSED

#### **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.

Monday/Wednesday 11:15am-12:15pm

### **Aquatic Body Conditioning (ABC):**

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

Monday/Wednesday 10:00am-11:00am

Facility Admissions	
Child/Disabled/Senior	\$2.00
Adults (16 & older)	\$4.00
<u>Discount Passes</u>	
Adults (16 & older)	\$80.00 / 30 swims \$30.00 / 10 swims
Child/Disabled/Senior	\$40.00 / 30 swims \$15.00 /10 swims

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

## Swim Team (ages 6-17)

City of San Diego Swim League is a recreational level swim program for youth 6-17 years old, which offers a safe and affordable program that is committed to introducing and developing basic competitive swim skills while promoting fun and team spirit.

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 coach or Pool Manager.

Practice starts June 27, 2023

Tuesday - Friday 4:00 - 5:15pm

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.

# **POOL GUARD TRAINING**

# Apply here



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

#### Starting Pay:

\$17.71 - Pool Guard I (16+)

Step 4

Step 5

 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 i	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.

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

Receive worksite assignment and contact supervisor for work shifts.