SD Parks and Recreation

Effective June 27, 2023

TIERRASANTA POOL
11238 Clairemont Mesa Blvd. San Diego, CA 92124
858-636-4837 www.sandiego.gov

LAP SWIM

Tuesday-Friday	11:00am-3:00pm
	*6:00pm-800pm
Saturday	11:00am-3:00pm

RECREATION SWIM

Tuesday-Friday	11:00am-3:00pm
Wednesday/Friday	*6:00pm-800pm
Saturday	11:00am-3:00pm

POOL CLOSURE DATES   July 4 and September 4

Facility Admission
| Adults (16 & older) | $4.00 |
| Child/Disabled/Senior | $2.00 |

Discount Passes
Adults (16 & older)	$85.00/ 30 swims
	$30.00/ 10 swims
Child/Disabled/Senior	$40.00/ 30 swims
	$15.00/ 10 swims

- 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 always. **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 8 years of age or less than four feet tall.

WATER FITNESS

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

Wednesday/Friday   **10:00am-11:00am** $4.00 per class or $33.00/10 classes pass

Deep Water- This is a total body conditioning class; Multi-level, no impact, cardio respiratory workout held in deep water. Flexibility, muscular strength and endurance are emphasized. Buoyant and resistive water exercise equipment is provided. Participants must feel comfortable in deep water (10 ft. deep).

YOUTH 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

YOUTH WATER POLO TEAM (ages 9-17)

City of San Diego Water Polo League is recreational level water polo program for youth ages 9-17, which offers a safe and affordable program that is committed to introducing basic water polo skills and game concepts while promoting teamwork and perseverance.

Prerequisite: Players must be able to demonstrate 200 yards of continuous swim and one minute of treading water. Tryouts must be scheduled with coach Pool Manager.

SWIMMING LESSONS

ON LINE REGISTRATION
Online and Walk-in registration opens at **12:00pm** on the registration dates listed by session dates.
To view class times and availability log on to the online registration site.

IMPORTANT INFORMATION
Please read before you register for any swim lessons.

All pools will have 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.

KEEPING THE POOLS CLEAN & OPEN
-Please take a rinse off 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 it's too late.
-An appropriate swimsuit is always required. No cotton fabrics.
-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.
-After using the restroom, thoroughly cleanse (especially the diaper area) with soap and water before swimming.

Children under the age of 8, must have a parent or responsible adult remain in the spectator area

Session Dates	Meeting Days	Registration Dates
Session 1 June 27-July 20	Tuesday & Thursday	Saturday, June 3
Session 1 June 28-July 21	Wednesday & Friday	Saturday, June 3
Session 2 July 25-August 17	Tuesday & Thursday	Saturday, July 22
Session 2 July 26- Aug 18	Wednesday & Friday	Saturday, July 22

Now Hiring Pool Guards and Pool Managers

1. Submit online application (must be 16 years old or older) Current City Jobs | Personnel Department | City of San Diego Official Website

2. Attend hiring try-out to receive information to schedule/attend a background, physical & fingerprinting appointment. Select a Pool Guard Training class.

Try-Out Requirements:

Continuous 300 yd swim (12 lengths, no stopping)

Tread water for two minutes (legs only)

Swim 20 yards, surface dive 7-10 feet to retrieve a 10 pound object. Swim 20 yards on your back to return to the starting wall while holding the object with both hands & with your face out of the water, and then climb out of the pool. All combined to be com-

Apply