

## 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, Wednesday, Friday 5:00-6:00pm**

**No Practice: July 4, Sept. 2**

**\$27.00/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. 4:30-6:00pm**

**NO Practice: July 4, Sept. 2**

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



## WATER FITNESS-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).

**Monday, Wednesday, Friday, Saturday**  
**10:30am-11:30am**

**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



# TIERRASANTA POOL

11238 Clairemont Mesa Blvd.

San Diego, CA 92124

858-636-4837 [www.sandiego.gov](http://www.sandiego.gov)

## SUMMER June 17 - September 2, 2019

### Lap Swim\*

Monday - Friday	10:00am- 4:30pm
Tuesday & Thursday	6:00pm-8:00pm
Saturday	10:00pm-3:00pm
Sunday	12:00pm-3:00pm

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

### Recreational Swim (Main Pool)

Mon. - Fri.	12:00pm-3:45pm
Saturday/Sunday	12:00pm-3:00pm

### Children's Pool

Mon/Wed/Fri	12:00am-3:30pm
Tuesday & Thursday	10:00pm-3:00pm
Saturday/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 THE POOL.

- 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.

**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-Friday (2-weeks) 5/30 min. lessons**  
**\*No classes on July 4<sup>th</sup>; Make ups on July 5<sup>th</sup>**  
**\*\*Session 5 Limited Lessons offered**

### SESSION TIMES

4:00pm	4:40pm	5:20pm	6:00pm
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### 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. 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.

## 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

