

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.

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



KEEPING THE POOLS CLEAN & OPEN

- 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.
- Children less than 4 years of age and younger are required to wear a tight fitting "swimsuit diaper" regardless of toilet training. Please check condition of diaper regularly.
- 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.



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



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

WWW.SANDIEGO.GOV

Swanson Pool

3585 Governor Drive ♦ SAN DIEGO, CA 92122

(858) 552-1653 www.sandiego.gov

Fall/Winter/Spring

September 8, 2015 - June 24, 2016

Pool Closed January 4, 2016 - March 27, 2016

LAP SWIM

Mon/Wed/Fri	7:30am-1:00pm
Mon/Wed	6:00pm-7:00pm
Tue/Thur	4:00pm-6:00pm
Saturday	12:00-3:00pm

RECREATIONAL SWIM

Mon/Wed/Fri	10:30am-1:00pm
Mon/Wed	6:00pm-7:00pm
Tue/Thur	4:00pm-6:00pm
Saturday	12:00pm-3:00pm

FACILITY ADMISSION

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

DISCOUNT PASS FEES

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

POOL CLOSURES:

The pool will be closed on the following days:
November 11, November 26, December 25, 2015, January 1, 2016, and March 31.

12/24 & 12/31 hours 12:00-3:00pm
11/25 & 11/27 hours 7:30 – 3:00pm

• 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 arms reach of the child

• The City of San Diego Swimming Pools may close without notice during inclement weather conditions.

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.

SWIMMING LESSONS

ON LINE REGISTRATION

On-line and walk-in registration opens at **12:00 p.m.** on the registration dates listed below the session dates. **Log on to 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.**

Each session is 8/40 minute lessons

Fall Lessons

Tuesday/Thursday

Session A: September 15 – October 8, 2015
Registration begins Aug 29, at 12:00pm
Session B: October 13 – November 5, 2015
Registration begins Oct 3, at 12:00pm

Spring Lessons

Tuesday/Thursday

Session B: April 5 – 28, 2016
Registration begins Apr 2 at 12:00pm
Session C: May 3 – May 26, 2016
Registration begins April 30 at 12:00pm

Competitive Skills Fall

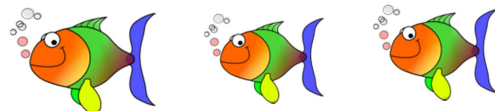
Session 1: Sept 14 – Oct 7, 2015
Registration begins Aug 29 at 12:00pm
Session 2: Oct 12 – Nov 4, 2015
Registration begins Oct 3 at 12:00pm

Competitive Skills Spring

Session 2: April 4 – April 27, 2016
Registration begins Mar 26 at 12:00pm
Session 3: May 2 – May 26, 2016
Registration begins April 23 at 12:00pm

LESSON FEES:

	<u>Resident</u>
Large Group	\$54.00
Small Group	\$81.00
Semi-Private Lessons (5/30 minute lessons)	\$151.00
Private Lessons (5/30 minute lessons)	\$181.00
Non-Residents pay twice the Resident Fee	



- It is important to enroll your child in the correct class; necessary transfers may result in the change of class days and times. For specific information on class prerequisites or levels placement, please contact Pool Staff.

- An appropriate swimsuit is required at all times. Swim diapers are required for children under 4

- It is important to enroll your child in the correct class; necessary transfers may result in the change of class days and times. For specific information on class prerequisites or levels placement, please contact Pool Staff.

- 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 practice

To ensure your child is enrolled in the correct level, please review prerequisites or see staff for more info.

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.

Mon/Wed/Fri 8:15am-9:15am

Arthritis: This class is approved by the Arthritis foundation. Specially trained and certified instructors lead this class. Participants perform gentle stretching and strengthening exercises in the water. Movement is performed at a low to moderate intensity to develop muscular strength, endurance and increase range-of-motion. Arthritis is not necessary to enroll in this class.

Mon/Wed/Fri 9:30am-10:30am

Adults/Seniors \$3.50/class
DISCOUNT PASS \$30.00/10 Classes

American Red Cross Classes:

Please contact site Pool Manager for fees, dates, times and prerequisites.

Lifeguard Training Courses

WAVE class Oct 3 – Nov 1 @ Mem
SAVE class Feb 20 – Mar 20 @ CH
LGT class Oct 97 – Nov 56 @ CV

Water Safety Instructor Courses

Winter Vacation @ TCP
Memorial Day Blowout @ TCP

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.

Tuesday/Thursday



4:30pm-6:00pm \$25.00/Month

(Fees are due at the beginning of each month)

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 Level 3, Competitive Skills course or Pool Manager's approval.

White Level:

Mon/Wed/Friday 4:00pm-5:00pm
\$25.00 per month

Silver Level:

Mon/Wed/Friday 5:00pm-6:00pm
Tue/Thur 6:00pm-7:00pm
\$35.00 per month

(Fees are due at the beginning of each month)

