

Effective: June 18, 2001 to September 9, 2001



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

CARMEL VALLEY POOL

3777 Townsgate Drive ☆ San Diego, CA 92130 ☆ (858) 552-1623

Summer Schedule 2001



FACILITY ADMISSION FEE

Children/Senior/Disabled	\$1.50/visit or \$25.00/pass*
Adults	\$2.00/visit or \$35.00/pass*
	*20 swims per pass

- * All persons entering the facility during Recreation/Lap Swim time MUST pay an admission fee.
- * Discount passes are available and can be used at all City pools. Discount passes expire one year from issue date.
- * Children under 7 years of age or less than four feet tall must be accompanied by a parent or responsible person in a swim suit at all times (including in the water, on the deck and in the restroom). While in the water, parent/responsible adult must remain within arms reach of child.

FEES AND SCHEDULES

Fees and Schedules are subject to change without notice.
Slide and child structure are subject to closure without notice.



Log on: www.sandiego.gov
E-Mail: Gus&Goldie@sdcity.sanet.gov

Families and groups are encouraged to swim during designated recreational swim times. Lap lanes are also available during designated times for those seeking the fitness and conditioning benefits of the aquatic environment. Because of other programs in the pool and demand for pool space, specific areas of the pool and designated lanes will be available for such activities

SAFETY CHECK

The pool staff will be conducting Safety Checks every hour during Recreational Swim. LAP swimmers are excluded. Please use this time for a rest period, snack or restroom break.

RECREATION SWIM

Monday through Friday	1:00 pm - 4:00 pm
Friday Fun Night	7:00 pm - 9:00 pm
Saturday & Sunday	11:00 am - 4:00 pm

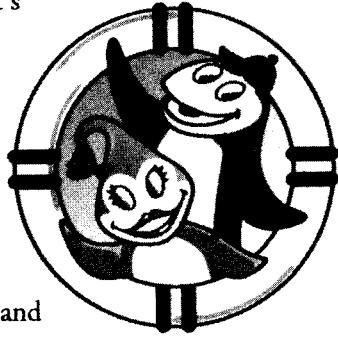
LAP SWIM

Monday through Friday	6:00 am - 8:00 am
	11:00 am - 4:00 pm
	7:00 pm - 9:00 pm
Saturday & Sunday	10:00 am - 4:00 pm

BE ADVISED: Certain Tuesdays and Thursday evening lap swim will be canceled due to hosting Youth Water Polo meets. We will post those dates in advance. Thank you for your patience.

City of San Diego Learn to Swim Program★

The Park & Recreation Department's Learn-To-Swim Program is led by friendly, enthusiastic and American Red Cross certified instructors. We strive to provide a positive, happy, and safe experience for all participants. With an emphasis on fun, we offer year-round swim lessons which emphasize logical skill progression, water safety awareness, and endurance.



Students are assessed on their individual ability, and it may be necessary to repeat a level. Please use the age ranges as suggested guidelines to enroll your child in the most appropriate course. For more information, please refer to the Learn-To-Swim Program Parent Handbook.

PRIVATE AND SEMI-PRIVATE SWIM LESSONS

If you have special needs or want personal instruction, private or semi-private classes may be for you. Your instructor will concentrate on the skills you wish to learn. For more information contact the Pool Manager.

PARENT & TOT (6 months to 3 years*)

With an emphasis on fun and games, our instructors demonstrate swimming techniques that you will use to safely assist your child in adjusting to the water and understanding pool safety rules.

TINY TOTS (3* to 5 years)

Prerequisites: Child must be able to understand and obey instructions. Songs and games allow Tiny Tots to adjust to the water and be introduced to basic skills. Class conducted without parent participation.

ADVANCED TOTS (3* to 5 years)

Prerequisites: See Tiny Tots, plus successful completion of Tiny Tots or Beginner One skills. Students continue to develop basic swimming coordination.

SUPER TOTS (3* to 5 years)

Prerequisites: See Tiny Tots, plus successful completion of Advanced Tots skills. Super Tots are introduced to side breathing and learn to swim greater distances on their front and on their back.

*Children age 3 and under must wear a tight-fitting "swimsuit diaper" or tight-fitting plastic pants under a swimsuit.

Beginner classes are split into three levels because of the skills taught at each level and the differences in children's development.

BEGINNER I (ages 6 and up)

This class is for the older child who has not had any formal swimming instruction. Students will be introduced to the basics of swimming.

BEGINNER II (ages 6 and up)

Prerequisites: Successful completion of Super Tots or Beginner I skills. Students "put it all together," learning to swim across the pool using an effective crawlstroke with side breathing.

BEGINNER III (ages 6 and up)

Prerequisites: Successful completion of Beginner II skills. Swimmers will strengthen their endurance and coordination of the crawlstroke and will be introduced to diving from the side of the pool.

ADVANCED BEGINNER (ages 6 and up)

Prerequisites: Successful completion of Beginner III skills. Instructors stress the importance of swimming endurance and efficiency in deeper water, as well as learning standing front dives and how to tread water.

INTERMEDIATE (ages 6 and up)

Prerequisites: Successful completion of Advanced Beginner skills. Students are introduced to sidestroke and breaststroke and **continue to work on advanced safety and rescue skills.**

SWIMMER (ages 6 and up)

Prerequisites: Successful completion of Intermediate skills. Students perfect their technique and build endurance in crawlstroke, elementary backstroke, back crawl and breaststroke. Students are introduced to butterfly.

ADVANCED SWIMMER (ages 6 and up)

Prerequisites: Successful completion of Swimmer skills. Students continue to build endurance and focus on competitive swimming and water polo skills.

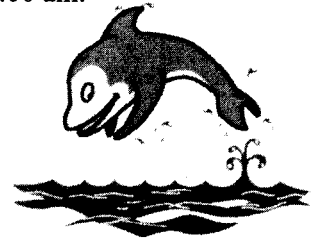
ADULT LESSONS (ages 15 and up)

For adults, we offer a multi-level class where beginning and advanced students are taught individually and as part of a group according to their ability and goals.

SWIM LESSONS

REGISTRATION WILL BE DONE BY USING THE LOTTERY SYSTEM

- * Each family will be allowed to pull one number from a box, starting 7:30 am.
- * Please do not arrive any earlier than 7:30 am. Arriving early will not provide you with a lower number.
- * You will line up in groups of 1 - 25, 26 - 50, 51 - 75, 76 - 100, etc. and registration will start at 8:00 am.
- * Children under the age of 18 must be registered by their parent or legal guardian.
- * Please have alternative selections if your first choice is not available.
- * Payments by cash or check only. Make checks payable to "City Treasurer". NO credit cards.
- * NO phone in or mail in registrations.
- * Staff will be available on registration day to assist you in making your selections.
- * Low income discounts and scholarships are available (See Pool Manager for more details.)
- * Session 6 will only have afternoon classes.



Sessions are 10 days, Monday through Friday for 35 minutes each day. (Days may not be substituted.)
 Large Group fee is \$29.25 per person for Beginner 2, Beginner 3 and Advance Beginner, and Intermediate.
 Small Group fee is \$44.00 per person for Parent Tot, Tiny Tots, Advance Tots, Super Tots, Beginner 1 and Adult.
 Saturday sessions are 5 weeks for 45 minutes each day. Small Group (no more than 4) \$44.00 per person.

SWIM LESSON SCHEDULE

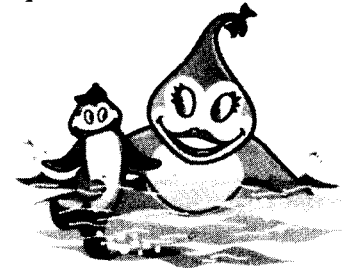
REGISTRATION: June 9, 2001

SESSION 1 June 18 - June 29
 SESSION 2 July 2 - July 13
 SATURDAY 1 June 23, June 30, July 14 & July 21



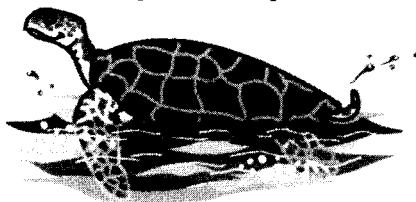
REGISTRATION: July 7, 2001

SESSION 3 July 16 - July 27
 SESSION 4 July 30 - August 10
 SATURDAY 2 July 28, August 4, August 11,
 August 18 & August 25



REGISTRATION: August 4, 2001

SESSION 5 August 13 - August 24
 SESSION 6 August 27 - September 7



MORNING CLASSES

9:00 am - 9:35 am	TT	AT	ST	B1	INT
9:40 am - 10:15 am	PT	TT	B1	B2	B3
10:20 am - 10:55 am	TT	ST	B2	AB	INT
11:00 am - 11:35 am	PT	TT	B1	B3	AT

AFTERNOON CLASSES

4:00 pm - 4:35 pm	TT	AT	B1	B2
4:40 pm - 5:15 pm	TT	AT	B1	AB
5:20 pm - 5:55 pm	TT	ST	B2	B3
6:00 pm - 6:35 pm	PT	ST	B1	ADULT

SATURDAY CLASSES

10:00 am - 10:45 am	PT	TT	AT
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PLEASE HELP KEEP OUR POOL OPEN!

Did you know that if the pool is contaminated with fecal matter, the pool has to be closed?

- * Don't change your child's diapers at pool-side (change them in the restroom/changing area.)
- * Don't allow your child to swim in the pool if they are suffering from an illness that causes diarrhea or have had diarrhea in the past two weeks.
- * Have your child use the restroom before entering the pool (and wash their hands with soap and water.)
- * Children 3 years of age or younger are required to wear a tight fitting "swimsuit diaper" or tight fitting plastic pants and a swim suit.
- * Abide by our "no street shoes on the pool deck rule". Fecal matter and other debris can be tracked into the pool area on your shoes!

POOL RENTAL

Rent the entire pool or just specific areas for your school activities, company parties, family get-togethers and special events. For more information, contact the Pool Manager.

REFUND POLICY

Please double check the classes you have chosen. There will be NO REFUNDS. You may request a transfer or credit. This option can be authorized by the Pool Manager only.

EMERGENCY TESTING

Be advised that pool personnel are subject to emergency testing at any time

RECREATIONAL LEVEL

SWIM TEAM★ (ages 5 to 17)

This program introduces basic competitive swimming skills to youth. Swimmers must be able to swim 25 yards on their front and 25 yards on their back. Emphasis is on stroke improvement, endurance, speed and sportsman/womanship. Swim meets are held on weekends.



Fee**:	June 1	\$42.00
	July 2	\$42.00
	August 1	\$42.00
	September 3	\$22.00

Monday through Friday

5 - 8 year olds 4:00 pm to 5:00 pm

9 - 17 year olds 5:00 pm to 6:00 pm

USA SWIMMING★ (ages 5 to 18)

A more competitive program that will help youth to develop swimming skills, advanced strength, endurance and self discipline. Swimmers are taught stroke mechanics and other competitive techniques.



Meets are on weekends twice a month.

Monday through Friday 6:00 pm - 7:00 pm

Fee**:	June 1	\$42.00
	July 2	\$42.00
	August 1	\$42.00
	September 3	\$27.50

(plus USA membership fee).

MASTERS (ADULT) SWIM★

Masters swimming workouts are designed to meet the individual needs and abilities from the beginner to competitive level swimmer. Emphasis is placed on personal gains, stroke technique, strength and endurance and physical fitness.

Fee: \$31.00/month

Monday/Wednesday/Friday

6:00 am - 7:30 am

WATER FITNESS



Adults: \$4.00/class

\$35.00/pass (10 classes)

Seniors/disabled: \$2.50/class

\$20.00/pass (10 classes)



ABC

AQUATIC BODY CONDITIONING

A total body conditioning class. Multi-level, low impact, cardio-respiratory workout held primarily in shallow water. Flexibility, muscular strength and endurance are emphasized. Participants need not know how to swim.

Saturday

10:00 am - 11:00 am

Tuesday & Thursday

10:00 am - 11:00 am



WATER POLO★

(ages 9 to 17)

Participants are introduced to basic water polo skills with emphasis on teamwork and sportsmanship. Participants must be able to swim 200 yards continuously and tread water for one minute.

Games are on Tuesdays and Thursday nights.

Fee**:

June 1 \$42.00

July 2 \$42.00

August 1 \$42.00

September 3 \$22.00

Monday through Friday

8:00 am - 9:00 am



****Please remember, space is limited,
and fees are payable by the first workout day of each month.**

AS A RECIPIENT OF FEDERAL FUNDS, THE CITY OF SAN DIEGO CANNOT DISCRIMINATE AGAINST ANYONE ON THE BASIS OF RACE, COLOR, GENDER, RELIGIOUS CREED, MARITAL STATUS, SEXUAL ORIENTATION, ANCESTRY, NATIONAL ORIGIN, AGE, MENTAL OR PHYSICAL DISABILITY, MEDICAL CONDITION (INCLUDING HIV, AIDS & AIDS-RELATED COMPLEX). IF ANYONE BELIEVES HE OR SHE HAS BEEN DISCRIMINATED AGAINST, HE OR SHE MAY FILE A COMPLAINT ALLEGING THE DISCRIMINATION WITH EITHER THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT (CONTACT THE DISTRICT MANAGER AT (619) 685-1304) 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

