



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

### 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 and Lap Swim times MUST pay the admission fee.

- Discount passes are available for purchase and can be used at all City pools.
- Discount passes expire one year from the date of issue.
- Children under 7 years of age or less than four feet tall must be accompanied by a parent or responsible adult in a swim suit at all times, including in the water, on the deck and in the restroom. While in the water, a parent or responsible adult must remain within arms reach of the child.

### FEES AND SCHEDULES

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

### SAFETY CHECK

There may be ten minute safety checks conducted every half hour or every hour during Recreational Swim hours.

Families and groups can swim during designated recreational swim times in a supervised atmosphere. Lap lanes are also available during designated times for those seeking fitness and conditioning. Specific areas of the pool and designated lanes will be made available for many other aquatic programs that require pool space. The pool facility schedules indicate the days and times of all programs.

### RECREATIONAL SWIM/KIDDIE POOLS/SLIDES

Monday - Friday	1:00 pm - 4:00 pm
Saturday & Sunday	12:00 pm - 4:00 pm

### LAP SWIM

Monday - Friday	6:00 am - 8:00 am
	11:00 am - 4:00 pm
	6:30 pm - 9:00 pm
Saturday & Sunday	11:00 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.

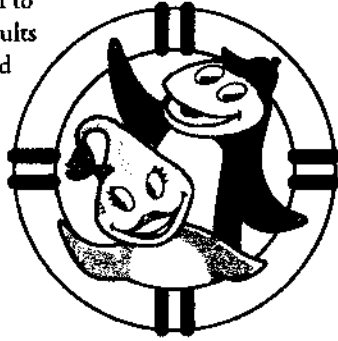
**POOL WILL BE CLOSED:**  
June 10 - 14, 2002



Log on: [www.sandiego.gov](http://www.sandiego.gov)  
E-Mail: [Gus&Goldie@sandiego.gov](mailto:Gus&Goldie@sandiego.gov)

# City of San Diego Learn to Swim Program ☆

The Learn to Swim Program is designed to teach swimming to children through adults of all skills and abilities in a positive, and safe environment. The City of San Diego offers year-round swim lessons in a fun manner, placing the emphasis on logical skill progression, water safety awareness and endurance. The leaders of this program are friendly, professional and enthusiastic American Red Cross certified instructors.



Course descriptions and age ranges should be used as suggested guidelines for appropriate student enrollment. Students are more accurately assessed on the first day of class for their individual skills and abilities. Students may be transferred to a different class level or be required to repeat a class level. The Pool Manager should be informed of any special needs of the students before the first class session begins.

## PRIVATE/SEMI-PRIVATE LESSONS

Private or semi-private classes are available for special needs or personal instruction. The instructor will concentrate on the skills custom suited for the participant. The Pool Manager can be contacted for more information and the scheduling of private lessons.

## PARENT/TOT (6 months to 3 years\*)

The instructors teach and demonstrate swimming techniques to the parents enabling them to safely assist the child in adjusting to the water and understanding pool safety rules. This class is taught with a positive approach placing an emphasis on fun and games.

## TINY TOTS (3\* to 5 years)

Prerequisites: The child is able to understand and obey instructions. Songs and games allow Tiny Tots to adjust to the water and be introduced to basic skills. The class is conducted without parent participation.

## ADVANCED TOTS (3\* to 5 years)

Prerequisites: Successful completion of Tiny Tots or the ability to perform Beginner One skills. Students continue to develop basic swimming skills and coordination while increasing water safety awareness.

## SUPER TOTS (3\* to 5 years)

Prerequisites: Successful completion of Advanced Tots skills. Super Tots are introduced to the skill of side breathing and learn to swim greater distances both on their front and back sides.

\*Children age 3 and under are required to wear a tight-fitting "swimsuit diaper" or tight-fitting plastic pants under a swimsuit.



**BEGINNER CLASSES** are split into three levels based on skills and the development of each child.

## BEGINNER I (ages 6 and up)

This class is designed for the older child who has had no formal swimming instruction. Students are introduced to the early and basic skills of swimming, as well as pool safety practices.

## BEGINNER II (ages 6 and up)

Prerequisites: Successful completion of Super Tots or Beginner I class or the ability to perform the same skills. Students are taught to coordinate multiple skills from an effective crawlstroke with side breathing to swimming across the pool with progressive attention to safety and rescue.

## BEGINNER III (ages 6 and up)

Prerequisites: Successful completion of the Beginner II class or the ability to perform the same skills. Swimmers in this class will strengthen their endurance and coordination of the crawlstroke, be introduced to the skills of elementary backstroke, learn to dive from the side of the pool and increase their knowledge of safety and rescue.

## ADVANCED BEGINNER (ages 6 and up)

Prerequisites: Successful completion of the Beginner III class or the ability to perform the same skills. Instructors stress the importance of swimming endurance and efficiency in deeper water and teach the skills of standing front dives, tread water and continue educating the skills of safety and rescue.

## INTERMEDIATE (ages 6 and up)

Prerequisites: Successful completion of the Advanced Beginner class or the ability to perform the same skills. Continued progress in the crawlstroke and elementary backstroke, is expected of the participants of this class. Participants are introduced to the sidestroke and breaststroke and continue to work on advanced safety and rescue skills.

## SWIMMER (ages 6 and up)

Prerequisites: Successful completion of the Intermediate class or the ability to perform the same skills. Students perfect their technique and build endurance in crawlstroke, elementary backstroke, and safety and rescue skills. Students are introduced to the back crawl stroke, surface dives and entries to the water.

## ADVANCED SWIMMER (ages 6 and up)

Prerequisites: Successful completion of the Swimmer class or the ability to perform the same skills. Students continue to build endurance in the front crawl, elementary backstroke, sidestroke, breaststroke and back crawl. Students are introduced to the butterfly stroke, turns, competitive swimming and water polo.

## ADULT LESSONS (ages 15 and up)

Adults are taught individually and as part of a group in a multi-level class of students with varied skills from beginning through advanced.

# SWIM LESSON SCHEDULE★

## REGISTRATION DATES

Mail-In registrations begin May 20, 2002. Drop in registrations begin June 15, 2002.

- Payments by cash or check only. Make checks payable to "City Treasurer" for the total amount. NO credit cards.

Sessions are 10 days, Monday through Friday for 30 minutes each day. (Days may not be substituted.)

Large Group (6+) fee is \$29.25 per person for Beginner 2, Beginner 3 and Advance Beginner, and Intermediate.

Small Group (3-5) 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.

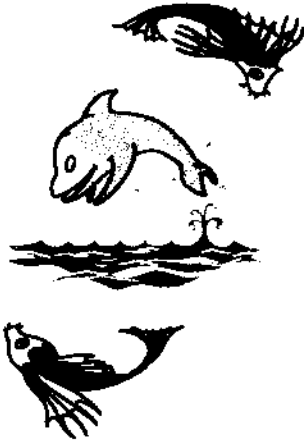
\$65.75/student semi-private (2) \$83.00/student private

For mail-in registration. Look for the specific pool facility schedule when selecting classes and times desired. Each participant may be registered for ONLY 2 sessions in advance. Participants will be evaluated on the first day of class and may be transferred to a more appropriate level for his/her skills. Some classes may be combined with 2 or more levels if the minimum enrollment is not met. It is recommended that the Pool Manager be contacted to determine exactly what level is appropriate for the swimmer.

Please note:

- A self addressed stamped envelope must accompany the mail-in registration for receipt and confirmation.
- Fee waiver applications must be submitted and approved prior to mailing in registration.
- Walk in and drop off registrations will only be accepted after June 15, 2002.
- Mail-in registrations postmarked prior to May 20, 2002 will be processed on May 20, 2002.
- Faxed forms will not be accepted.
- Mail form and payment to:

City of San Diego Aquatics District  
Learn-To-Swim Registration  
1250 Sixth Avenue, 4th Floor  
San Diego, CA 92101



*During swim lessons, all parents must remain in the snack area at all times.*

## SESSION DATES

- Session I June 24 - July 5
- Session II July 8 - July 19
- Session III July 22 - August 2
- Session IV August 5 - August 16
- Session V August 19 - August 30

## MORNING CLASSES

9:00 am - 9:30 am	TT	AT	ST	INT
9:40 am - 10:10 am	P/T	TT	B1	B2
10:20 am - 10:50 am	TT	ST	B2	AB
11:00 am - 11:30 am	P/T	AT	B1	B3

## AFTERNOON CLASSES

4:00 pm - 4:30 pm	TT	AT	B1	B2
4:40 pm - 5:10 pm	TT	AT	B1	INT
5:20 pm - 5:50 pm	TT	ST	B2	B3
6:00 pm - 6:30 pm	P/T	ST	B1	ADULT

## 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!

## SATURDAY CLASSES (60 minutes/5 weeks)

- Session I June 22 - July 27
- Session II August 3 - September 31
- 11:00 am - 12:00 pm P/T TT AT

## POOL RENTAL

All City pools are available to rent for exclusive use or shared use purposes including school activities, athletic team activities, family get-togethers, company parties, special events and celebrations. More information may be obtained from the Pool Manager.

## REFUND POLICY

Extra care should be given to the selection of any classes. There are NO REFUNDS. Class transfers or credit towards another aquatic program may be requested and must be authorized by the Pool Manager.

## EMERGENCY TESTING

All City pool personnel are subject to emergency testing at any time called "Red Shirt Drills". Patron patience and cooperation during these drills are greatly appreciated.

## 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 or 25 yards on their back. Emphasis is on stroke improvement, endurance, speed and sportsmanship.



Swim meets are held on weekends.

Fee\*\*: \$28.60/month

Monday - Friday

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

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

*During swim team, all parents must remain in the snack area at all times.*

### 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 competitive diving techniques.

Meets are on weekends twice a month.

Fee\*\*: \$39.60/month plus USA membership fee.

Monday - Friday

6:00 pm - 7:30 pm



### MASTERS (ADULT) SWIM ☆

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

Fee\*\*: \$27.90/month

Monday, Wednesday, Friday

6:00 am - 7:30 am

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

## 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

This program is a total body conditioning class. This class is a multi-level, low impact, cardio-respiratory workout that is held primarily in shallow water. The emphasizes of this class is placed on flexibility, muscular strength and endurance. Participants need not know how to swim.

Monday, Wednesday, Friday 8:00 am - 9:00 am

Saturday 11:00 am - 12:00 pm

### 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.

**Optional:** United States Water Polo membership is available at an additional cost.

Games are on Tuesday or Thursday evening once a week.

Fee\*\*: \$26.40/Month

Monday - Friday

8:00 am - 9:00 am



YOUTH WATER POLO LEAGUE  
ESTABLISHED 1987

☆A limited number of scholarships and fee waivers (based on financial need) are available. Please contact the Pool Manager for more information.

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.





THE CITY OF SAN DIEGO

www.sandiego.gov

# MAIL IN LEARN-TO-SWIM PROGRAM REGISTRATION, WAIVER, AND RELEASE OF LIABILITY FORM

POOL: \_\_\_\_\_

PLEASE PRINT Participant's Last Name: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Address: \_\_\_\_\_ Apt. #: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone #: ( ) \_\_\_\_\_ Work Phone: ( ) \_\_\_\_\_ Emergency Phone: ( ) \_\_\_\_\_

Make check payable to City Treasurer. NOTE: A \$20.00 charge on all returned checks.

Print Name	Birth Date	Class Title (See page 8)	1st Choice Session & Time	2nd Choice Session & Time	3rd Choice Session & Time	Fee (See page 8)
Sample: Sally Swimmer	11/22/96	Beginner I	Session I 4:00 pm	Session I 4:40 pm	Session II 4:00 pm	29.25
"We Enrich Lives Through Quality Parks and Programs."						Total Enclosed

In consideration of being allowed to participate in this City of San Diego Class/Activity, I acknowledge and agree that:

- The City of San Diego does not maintain health insurance for injuries to the participant that may arise out of involvement in this class/activity.
- By virtue of participation, **PARTICIPANTS RISK BODILY INJURY INCLUDING, BUT NOT LIMITED TO, PARALYSIS, DISMEMBERMENT, DEATH, AND OTHER LOSS** including damage to property.
- I KNOWINGLY AND FREELY ASSUME ALL SUCH RISK FOR MY CHILD (AND/OR MYSELF).**
- I RELEASE AND HOLD HARMLESS AND PROMISE NOT TO SUE THE CITY OF SAN DIEGO,** its officers, agents or employee with respect to any and all such injury including, but not limited to, paralysis, dismemberment, death or loss except that injury or loss which results from gross negligence or willful or wanton misconduct of one of those individuals or organizations.
- I agree to inform my child that he/she must follow (or I agree to follow) all safety rules as well as any others given during this class/activity including during lessons, practice, meets, special events, field trips, games or tournaments.
- I hereby authorize and give my consent for medical care to be given in an emergency situation to the below named child (or to myself) while participating in this activity including during lessons, practice, meets, special events, field trips, games or tournaments.
- THIS AGREEMENT IS BINDING ON MY HEIRS, PERSONAL REPRESENTATIVES, NEXT OF KIN, SPOUSE AND ASSIGNS.**
- I hereby give permission for the following named child (or myself) to be photographed, videotaped or recorded for publicity purposes and that I waive all claims for compensation.
- I certify to the best of my knowledge, my child's (or my) current physical condition is satisfactory for participation in this class/activity, and that he/she is (or I) am free of any health problem that would affect his/her (or my) ability to participate. Please note: Individuals with health conditions such as, but not limited to, chronic allergies (i.e. asthma), seizures, and epilepsy, may not participate until a medical clearance has been submitted. In addition, the coach/instructor/leader must be notified of any health condition prior to participation.

Participant's Signature (if participant is 18 years or older): \_\_\_\_\_ Date Signed: \_\_\_\_/\_\_\_\_/\_\_\_\_

Parent/Guardian signature required if participant is 17 years of age or younger.

This is to certify that as a parent/guardian of this participant, I do consent to his/her waiver and release as set forth above. I realize that participation in this program is voluntary.

Parent/Guardian Name (print): \_\_\_\_\_ Relationship: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date Signed: \_\_\_\_/\_\_\_\_/\_\_\_\_

APPROVED BY THE CITY ATTORNEY 6/00

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PRINTED ON RECYCLED PAPER.

# How to Complete the Mail In Learn-to-swim Program Registration, Waiver, and Release of Liability Form

MAIL IN REGISTRATIONS START MAY 20, 2002

Please print all required information. Sign where indicated.

Enter participant's first & last name and his/her birthdate. Use one participant per form. This form may be duplicated for additional participants.

Look for the specific pool facility schedule when selecting classes and times desired. Each participant may be registered for ONLY 2 sessions in advance. Participants will be evaluated on the first day of class and may be transferred to a more appropriate level for his/her skills. Some classes may be combined with 2 or more levels if the minimum enrollment is not met. It is recommended that the Pool Manager be contacted to determine exactly what level is appropriate for the swimmer.

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Mail form and payment to:  
City of San Diego Aquatics District  
Learn-To-Swim Registration  
1250 Sixth Avenue, 4th Floor  
San Diego, CA 92101