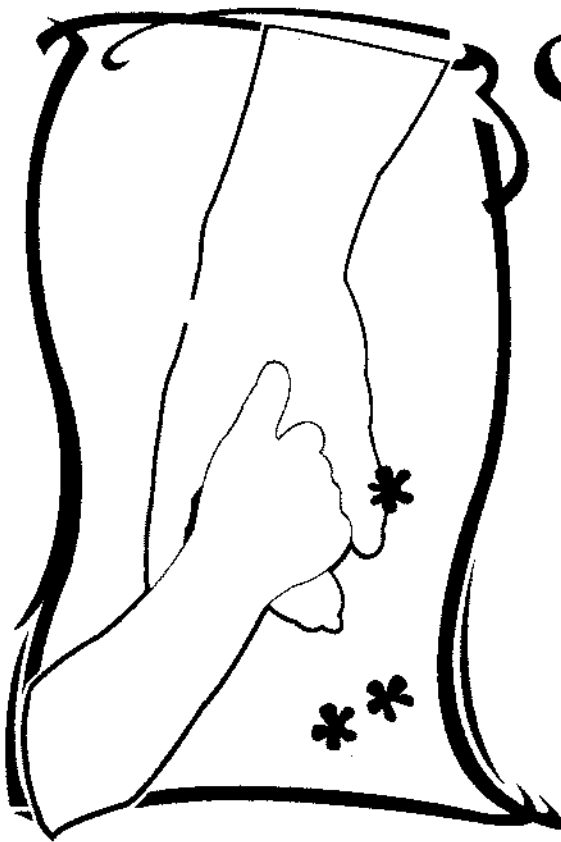




THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT
 "WE ENRICH LIVES THROUGH QUALITY PARKS AND PROGRAMS"



Carmel Valley Pool

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

Spring 2003 Schedule

FACILITY ADMISSION FEES

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. The slide and children's play structure are subject to closure without notice at anytime.

SAFETY CHECK

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

Log on: www.sandiego.gov
 E-Mail: aquatics@sandiego.gov



Effective Dates:

March 1 - June 22, 2003

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

| | |
|-----------------------------|--------------------|
| Monday - Friday | 12:00 pm - 4:00 pm |
| Saturday (large slide open) | 12:00 pm - 3:00 pm |
| Sunday | CLOSED |

LAP SWIM

| | |
|-----------------|--------------------|
| Monday - Friday | 6:00 am - 8:00 am |
| | 12:00 pm - 4:00 pm |
| | 6:00 pm - 7:30 pm |
| Saturday | 11:00 am - 3:00 pm |
| Sunday | CLOSED |

KIDDIE POOL

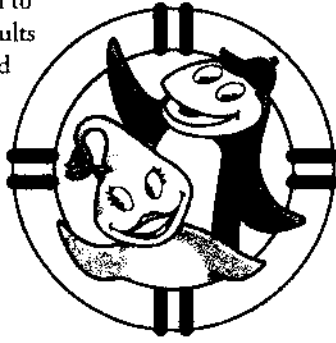
| | |
|-----------------|--------------------|
| Monday - Friday | 12:00 pm - 4:00 pm |
| Saturday | 11:00 am - 3:00 pm |
| Sunday | CLOSED |

Closure Dates:

June 16 - 22, 2003

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. Parents should contact the Pool Manager for assistance in determining class level. Students may be 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, treading 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 LESSONS

CLASS SPACE IS LIMITED!

- * **DURING SWIM LESSONS, ALL PARENTS MUST REMAIN IN THE VIEWING AREA AT ALL TIMES.**
- * Registration for swim lessons is taken on a first come first serve basis.
- * Mail in registrations begins February 10, 2003. Walk-in registration begins March 1, 2003 at 11:00 am.
- * Payments are accepted by cash or check only. Make checks payable to "City Treasurer".
NO credit cards are accepted.
- * Low income discounts and scholarships are available (See Pool Manager for more details.)
for those people who are in need with documentation.



GROUP LESSONS:

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.

Class days and times may not be substituted.

MONDAY - WEDNESDAY - FRIDAY AFTERNOON

| | | | | |
|-------------------|-----|----|----|-------|
| 4:00 pm - 4:35 pm | TT | ST | B1 | AB |
| 4:40 pm - 5:15 pm | TT | AT | B2 | INT |
| 5:20 pm - 5:55 pm | P/T | AT | B3 | ADULT |

9 days/35 minute classes

| | |
|-------------|---------------------------|
| SESSION I | March 3 - March 21, 2003 |
| SESSION II | March 24 - April 11, 2003 |
| SESSION III | April 14 - May 2, 2003 |
| SESSION IV | May 5 - May 23, 2003 |

PRIVATE LESSONS

Lessons are 5 days for 30 minutes each day.

Fee is \$83.00. Tuesday & Thursday

| |
|-------------------|
| 4:00 pm - 4:30 pm |
| 4:30 pm - 5:00 pm |
| 5:00 pm - 5:30 pm |
| 5:30 pm - 6:00 pm |

| | |
|--------|--------------------------|
| Blue | March 4 , March 18,2003 |
| Red | March 20 - April 3, 2003 |
| Green | April 8 - April 22, 2003 |
| Orange | April 24 - May 8, 2003 |
| Pink | May 13 - May 27, 2003 |



PLEASE HELP KEEP OUR POOL OPEN!

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

- * Children's diapers should not be changed at the pool-side, only in the restroom and changing areas.
- * Children 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.
- * Children should use the restroom and wash their hands with soap and water before entering the pool.
- * 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.
- * Everyone should abide by the "no street shoes on the pool deck rule". Fecal matter and other debris can be tracked into the pool area on the soles of shoes!

POOL RENTAL

All City pools are available to rent for exclusive use or shared use purposes including school activities or athletic team activities, family get-togethers, company parties and 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. Full refund will be granted only if the class is canceled by the pool.

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**: \$22.00/month

Monday, Wednesday, Friday

CSDS Bronze 4:00 pm - 5:00 pm

CSDS Silver 5:00 pm - 6:00 pm

During swim team, all parents must remain in the viewing 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**: \$24.20/month plus USA membership fee.

Monday, Wednesday, Friday

CSDS Gold 6:00 pm - 7:30 pm

MASTERS (ADULT) SWIM★

Participants burn fat, tone muscles, increase flexibility and increase cardio-respiratory fitness! This unique program allows the choice of a swim workout or deep water conditioning workout prepared by the coach. Enrollees may participate in one or both activities each day. Swimming workouts are designed to challenge participants with emphasis on personal gains, stroke technique, strength and endurance.

Fee**: \$26.40/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 1:00 pm - 2:00 pm

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.

Fee**: \$22.00/Month

Tuesday & Thursday

4:30 pm - 6:00 pm



YOUTH WATER POLO LEAGUE
ESTABLISHED 1967

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

