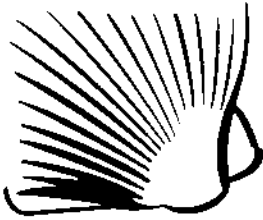




THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT
"WE ENRICH LIVES THROUGH QUALITY PARKS AND PROGRAMS"



Carmel Valley Pool

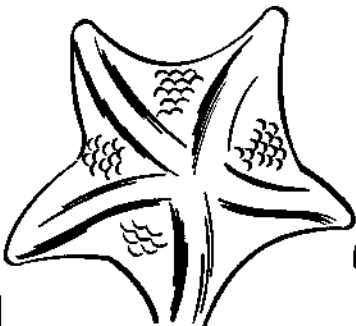
3777 Townsgate Drive
San Diego, CA 92130
(858) 552-1623
www.sandiego.gov



Fall Program

Effective:

September 6 - November 19, 2004

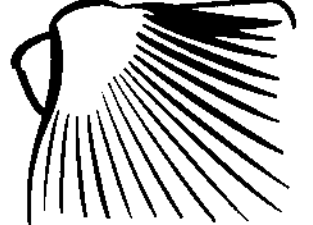


SWIM HOTLINE

We value your feedback.

Call: (619) 685-1322 or

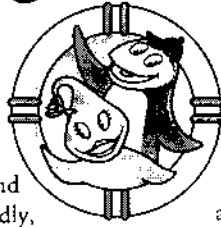
E-Mail: aquatics@sandiego.gov



Programs and fees are subject to change based on City Council adoption of budget.

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.



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.

YOUTH CONDITIONING I (ages 11-15) The purpose of this class is to introduce lifestyle fitness concepts, establish strength training, and flexibility.

YOUTH CONDITIONING II (ages 11-15) Prerequisite: Successful completion of Youth Conditioning I. The instructor guides students to identify personal fitness goals and implement them utilizing the properties of water.

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.

SWIM LESSON SCHEDULES ☆

(CLASS SPACE IS LIMITED.)

- During swim lessons, all parents must remain in the snack/viewing area at all times.
- Registration is taken on a first come first serve basis.
- Mail in registrations begin August 23, 2004.
Walk in/drop off registrations begin Saturday, September 11, 2004.
- Payments are accepted by cash or check only. Make checks payable to "City Treasurer". NO credit cards are accepted.
- Class days and times may not be substituted.

MONDAY, WEDNESDAY, FRIDAY

3 weeks/35 minute Group Lessons

Session 1 September 13 - October 1

Session 2 October 4 - October 22

Session 3 October 25 - November 12

4:00 pm - 4:35 pm TT B2 AB

4:40 pm - 5:15 pm AT B1 INT

5:20 pm - 5:55 pm PT ST B3

Large Group (6+) \$53.75 Resident/\$107.50 Non-Resident
(Beginner 2, Beginner 3, Advance Beginner and Intermediate.)

Small Group (3-5) \$80.75 Resident/\$161.50 Non-Resident
(Parent Tot, Tiny Tots, Advance Tots, Super Tots and Beginner 1)



TUESDAY, THURSDAY

5 days/30 minute Private Lessons

Blue September 14 - September 28

Red September 30 - October 14

Green October 19 - November 2

Orange November 4 - November 18

4:00 pm - 4:30 pm

4:30 pm - 5:00 pm

5:00 pm - 5:30 pm

5:30 pm - 6:00 pm

Private Lessons \$180.00 Resident/\$360.00 Non-Resident

Semi Private Lessons \$150.00 Resident/\$300.00 Non-Resident



WATER FITNESS

Adults (Monthly registration only.): \$9.00/class

Child/Seniors/disabled (Monthly registration only.): \$2.50/class

Drop-ins \$9.50/class

CARDIOBLAST

Utilizing various aquatic exercise equipment and stations, this strength and cardio-conditioning class suits the most athletic body to the person looking for a fast-paced, high-intensity class.

Tuesday & Thursday 1:00 pm - 2:00 pm



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

CSDSL - City of San Diego Swim League ☆

The CSDSL is a multi-level progressive swim program that offers a range of competitive swimming opportunities. The levels of commitment, training and performance increase with each level of participation.

Competitive Skills I The Competitive Skills classes are designed for the students interested in the fast track to joining the City of San Diego Swim Team without taking the standard progression of the Learn to Swim Program. The Competitive Skills classes teach swimmers all aspects of the strokes, turns and starts and prepares the swimmer for competition. Stroke alignment and balance will be taught in addition to biomechanics for the freestyle and backstroke competitive swimming strokes

Competitive Skills II Stroke styles, timing, balance, stroke alignment and bio-mechanics of the short axis strokes: butterfly and breaststroke, will be taught.

The **Silver level** introduces the athlete to the more structured competitive aspect of swimming. Training and swim meets are planned around the development of the athletes. Competition among the 13 City pools is scheduled year around and competition in sanctioned swim meets may begin at this level with USA (United States Swimming Association) swimming membership.

The **Blue Level** is the most advanced level of competition. This level is for USA members only and membership to USA Swimming is required. Participation in many local and western states swim meets are scheduled for these advanced swimmers. The short course season is September through April and the long course season is May through August.

Monday, Wednesday, Friday

CLASS	TIME	FEE**
Competitive Skills I/II	4:00 pm - 5:00 pm	\$22.00/month
CSDS Silver	5:00 pm - 6:00 pm	\$22.00/month
CSDS Blue	6:00 pm - 7:30 pm	\$24.20/month

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

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**:

\$72.00/month Monday, Wednesday, Friday 6:00 am - 7:00 am

WATER POLO ☆

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.

Tuesday - Thursday 4:30 pm - 6:00 pm
Fee**: \$24.20/Month Games: Saturday Morning

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

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.

SAFETY CHECK

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

RENTALS

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.

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.

- The City of San Diego Swimming Pools may close without notice during inclement weather conditions.
- All Aquatics programs, schedules and fees may change and/or be cancelled without notice.

VOLUNTEERS NEEDED!

Ongoing opportunities are available at recreation centers, pools 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) 685-1324 or visit www.sandiego.gov/park-and-recreation/general-info/volunteer.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 (619) 533-6434.

FACILITY ADMISSION FEES

Children/Senior/Disabled

\$1.50/visit or \$25.00/20 swims pass

Adults

\$5.00/visit or \$95.00/20 swims 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.

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 AND KIDDIE POOL

Monday - Friday

12:00 pm - 4:00 pm

Saturday

12:00 pm - 3:00 pm

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

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

KEEPING THE POOLS CLEAN AND OPEN

- When the pool is contaminated with fecal matter, the pool must close.
- Children should use the restroom before entering the pool, wash their hands with soap and water and shower.
- Children 3 years of age and younger are required to wear a tight fitting "swimsuit diaper" or tight fitting plastic pants and a swim suit.
- 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.
- Patrons must abide by the "no street shoes on the pool deck" rule.



MAIL - IN REGISTRATION FOR LEARN TO SWIM PROGRAM

MAIL IN REGISTRATION STARTS: August 23, 2004

Note: Registration postmarked August 23rd and after will be processed in the order received, registration postmarked prior to August 23rd will be processed after the 23rd

Walk-In Registration begins on: September 11th at 11:00am.

Mail-In Registration Instructions:

- Each participant needs their own registration form (on the back of this form). This form may be duplicated for additional participants.
- All required information should be printed and signed where indicated.
- Classes and times should be checked for accuracy to avoid any delays in the mail-in process.
- Each participant may be registered for 2 sessions at a time.
- A self addressed stamped envelope **MUST** be enclosed to receive confirmation of classes and your receipt.
- Mail in registration is for the Learn to Swim Programs only, all other registrations are taken in person.
- If registering more than one child, enclose all registration forms and checks in the same envelope to ensure they are processed together.
- Fee waiver applications must be submitted and approved prior to mailing in registration.
- Payment amounts should be checked for accuracy to avoid untimely delays in the mail-in process.
- Payment is accepted by check only.
- Checks are made payable to "City Treasurer" for the total amount.
- There are **NO REFUNDS**, classes must be selected accounting for vacations and other activities of the participants.
- Please allow 2 weeks for processing.
- Faxed forms are not accepted.

Mail form and payment to:

Carmel Valley Swimming Pool
Learn-To-Swim Registration
3777 Townsgate Dr.
San Diego, CA 92130



THE CITY OF SAN DIEGO

www.sandiego.gov

PARK AND RECREATION DEPARTMENT 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	1st Choice Session & Time	2nd Choice Session & Time	3rd Choice Session & Time	Fee
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 & Programs" Total Included						

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: ____/____/____