



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

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



Carmel Valley Pool Winter Program

Schedule is effective until
February 28, 2005

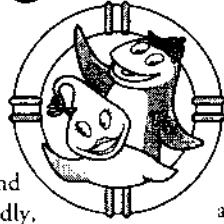


SWIM HOTLINE
We value your feedback.
Call: (619) 685-1322 or
E-Mail: aquatics@sandiego.gov

PROGRAMS AND FEES ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE.

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 registration will begin February 12, 2005. Walk in Registration begins February 26 at 11:00 am.
- 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.

If you are interested in swim lessons during this winter schedule please contact the pool for specific information.

GROUP LESSONS

MONDAY, WEDNESDAY, FRIDAY 3 weeks/35 minute

Session 1 March 7 - March 25

Session 2 March 28 - April 15

Session 3 April 18 - May 6

Session 4 May 9 - May 27

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)



PRIVATE LESSONS

TUESDAY, THURSDAY

5 days/30 minute

Blue March 8 - March 22

Red March 24 - April 7

Green April 12 - April 26

Orange April 28 - May 12

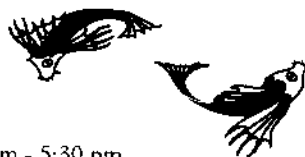
Purple May 17 - May 31

4:00 pm - 4:30 pm 5:00 pm - 5:30 pm

4:30 pm - 5:00 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 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 \$24.20/Month**

ADULT WATER POLO

Water polo is a fun energetic sport which emphasizes swimming ability, conditioning and teamwork. Participation in this Adult Water Polo program will give interested adults a place to learn the fundamentals of water polo, receive a structured workout and give participants an opportunity to compete. Participation in this recreation level program will offer you the opportunity to socialize, take part in a developmental sports program and enjoy a fun workout

Saturday 11:00 am - 12:00 pm \$24.00/Month

☆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.

The **White Level** is for the swimmer who is new to competitive swimming. The focus of the White Level is placed on the instruction and technique of the four competitive strokes (freestyle, backstroke, breaststroke and butterfly) in a fun and social environment. Competition among the 13 City pools is scheduled year around.

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.

CLASS	TIME	FEE**
Monday, Wednesday, Friday		
CSDS White	4:00 pm - 5:00 pm	\$22.00/month
CSDS Silver	5:00 pm - 6:00 pm	\$22.00/month
Monday, Wednesday, Thursday, Friday		
CSDS Blue	6:00 pm - 7:30 pm	\$30.80/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.

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

WATER FITNESS

Adults (Monthly registration only.): \$9.00/class
Child/Seniors/disabled (Monthly registration only.): \$2.50/class
Drop-ins \$9.50/class

ABC (Aquatic Body Conditioning)

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

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

**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

Monday - Friday

12:00 pm - 4:00 pm

Monday - Friday

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.

