



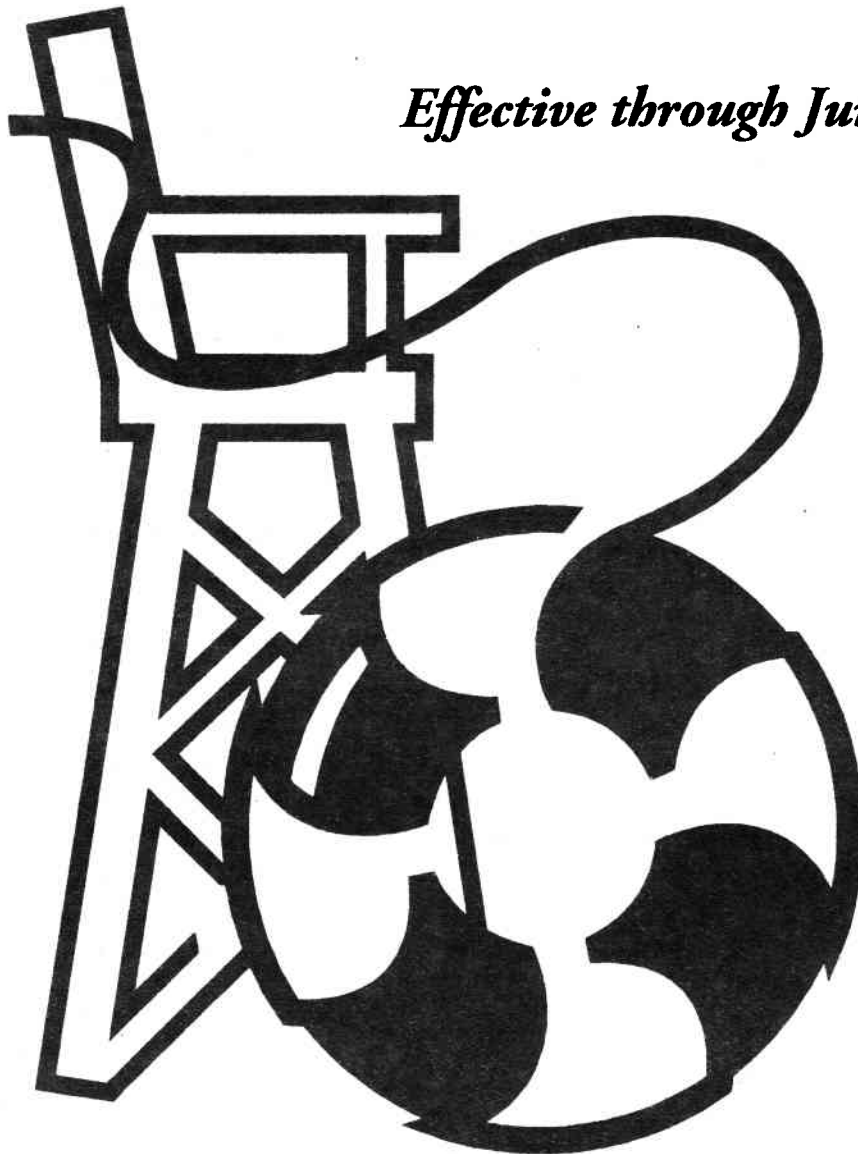
THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT
"WE ENRICH LIVES THROUGH QUALITY PARKS AND PROGRAMS"

CARMEL VALLEY POOL

SPRING PROGRAM

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

Effective through June 25, 2006



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 in a positive, fun and safe environment. The City of San Diego offers year-round swim lessons, placing the emphasis on logical skill progression, water safety awareness and endurance. Instructors are all certified by the American Red Cross.

Course descriptions and age ranges should be used as suggested guidelines for appropriate student enrollment. Parents should log on to <http://www.sandiego.gov/park-and-recreation/aquatics> for full description of all classes or contact the Pool Manager. 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.

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.

CHILDREN SWIMMING LESSONS (6 years and up) Lessons include Beginner 1, Beginner 2, Beginner 3, Advanced Beginner, Intermediate, Swimmer and Advanced Swimmer.

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.

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

SWIM LESSON SCHEDULES

- 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. **(Class space is limited.)**
- Mail in registrations begin March 20, 2006. Walk in/drop off registrations begin Saturday, April 1, 2006 at 11:00 am.
- Payments are accepted by cash, check or credit card. Make checks payable to "City Treasurer".
- Class days and times may not be substituted.

MONDAY, WEDNESDAY, FRIDAY

Group Lessons: 9 days/35 minute

Session 1 April 3 - April 21

Session 2 April 24 - May 12

Session 3 May 15 - June 2

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

4:40 pm - 5:15 pm AT B1 B3

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

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

Private Lessons: 5 days/30 minute

Blue April 4 - April 18

Red April 20 - May 4

Green May 9 - May 23

Yellow May 25 - June 8

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



CSDS City of San Diego Swim ☆*

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.

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.

WHITE LEVEL

Monday, Wednesday, Friday	4:00 pm - 5:00 pm
\$15.40/March	\$20.90/May
\$16.50/April	\$20.90/June

SILVER LEVEL

Will have two practice options:

1) Monday, Wednesday, Friday	5:00 pm - 6:00 pm
\$15.40/March	\$20.90/May
\$16.50/April	\$20.90/June
2) Monday - Friday	6:00 pm - 7:00 pm
\$26.40/March	\$30.80/May
\$25.30/April	\$30.80/June

COMPETITIVE SKILLS I & II

Session 1 April 3 - April 21

Session 2 April 24 - May 12

Session 3 May 15 - June 2

Monday - Friday	3:20 pm - 3:55 pm
\$53.75/session	

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



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
\$16.50/March	\$17.05/ May
\$15.40/April	\$17.05/June

WATER FITNESS

Drop-ins \$9.50/class

Monthly registration:

Adults \$9.00/class

Child/Seniors/disabled: \$2.50/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 8:00 am - 9:00 am

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



LIFEGUARD TRAINING

March 18, 19, 25, 26, April 1 and 2, 2006

Saturdays and Sundays 9:00 am - 3:00 pm
\$167.75 plus ARC support service fees, books and pocket mask.

**Please contact pool staff for registration information.*

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

**No Water Polo/CSDS/Swim Lessons on February 20, March 31, May 29 and June 21, 2006.*

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 (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 paying parent or responsible adult in a swimsuit at all times. While in the water, a parent or responsible adult must remain within arms reach of the child.

RECREATIONAL SWIM

Monday - Friday* 12:00 pm - 4:00 pm
Saturday* ** 12:00 pm - 3:00 pm

*Child structure is open.

**Slide is open.

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

LAP SWIM

Monday, Wednesday Friday 6:00 am - 8:00 am
Tuesday & Thursday 6:00 am - 9:00 am
Monday - Friday 12:00 pm - 4:00 pm
Monday - Friday 6:00 pm - 7:30 pm
Saturday 11:00 am - 3:00 pm
Memorial Day, May 29, 2006 11:00 am - 3:00 pm

Families and groups are encouraged to swim during designated recreational swim times in a supervised unstructured atmosphere. NOTE: Specific lanes/areas will be designated for Lap/Recreational swimming, however, pool may be utilized for other programs during designated Lap/Recreational swim times.

- *The pool will be closed February 20, March 31 and June 21, 2006.*

SAFETY CHECK

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

REFUND POLICY

Extra care should be given to the selection of 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 Manager.

- The City of San Diego Swimming Pools may close without notice during inclement weather conditions.

EMERGENCY TESTING

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

RENTALS

All City pools are available to rent for exclusive or shared use (birthday parties, school activities, athletic team activities, company parties, special events, etc.). More information may be obtained from the Pool Manager.

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 Stacey Lo Medico, Deputy Director CPII Division, (619) 685-1306.

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, or visit www.sandiego.gov/park-and-recreation/general-info/volunteer.shtml or contact the Volunteer Office at (619) 685-1324.

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.
- All Aquatics programs, schedules and fees may change and/or be cancelled without notice.

