



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



# ***COLINA DEL SOL POOL***

***4150 54th Place • San Diego, CA 92115***

***619) 235-1147 • [www.sandiego.gov](http://www.sandiego.gov)***

## ***SUMMER 2007 PROGRAM***



***Effective: June 24 - September 3, 2007***

***PROGRAMS AND FEES ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE.  
NON-RESIDENTS MUST PAY TWICE THE RESIDENT RATE.***



# 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.

- **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.

- **PARENT/TOT** (6 months to 3 years\*) With an emphasis on fun and games, our instructors demonstrate swimming techniques that you will use to safely assist your child in adjusting to the water and understanding pool safety rules. This class requires a parent or other responsible adult to participate in the water with the child.

- **TINY TOTS** (3\* to 5 years) Prerequisites: The child must be able to understand and obey instructions. Fun songs and games allow Tiny Tots to adjust to the water and be introduced to basic swimming 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.

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

- **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.

- **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☆

Ten 35 minute classes

Monday - Friday

\$53.75

Session I June 25 - July 6 (No classes July 4th)

Session II July 9 - July 20

Session III July 23 - August 3

Session IV August 6 - August 17

Session V August 20 - August 31

## MORNING CLASSES

10:00 am - 10:30 am B2 TT

10:40 am - 11:10 am B1 AT

11:20 am - 11:50 am AT B3

## AFTERNOON CLASSES

3:30 pm - 4:00 pm TT B3

4:10 pm - 4:40 pm AT B1

4:50 pm - 5:20 pm TT B2

5:30 pm - 6:00 pm PT Adult

6:10 pm - 6:40 pm B1 B2



## CSDS☆

### *City of San Diego Swim League*

City of San Diego Swimming (CSDS) is a multi-cultural recreational swim organization for youth ages 5 - 17 years old, which offers a quality, safe and affordable program that is committed to developing well-balanced athletes who compete at the local level. The goal of CSDS is to encourage personal challenges through competition and organized practices; and to promote spirit by supporting each other, working together and **HAVING FUN!** Prerequisite for joining CSDS is successful completion of Competitive Skills I course or Pool Manager's approval.

#### **WHITE**

**Monday, Wednesday, Friday** 5:00 pm - 6:00 pm

June/July \$25.30

August \$22.00

#### **SILVER**

**Monday - Friday** 6:00 pm - 7:00 pm

June/July \$35.20

August \$31.90



### **YOUTH 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

Ages 6 - 17

**Tuesday & Thursday** 4:30 pm - 6:00 pm

June/July \$19.80

August \$20.90



## DIVE IN MOVIE

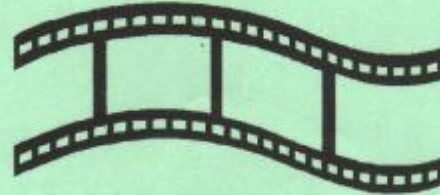
July 13, 2007

8:00 pm - 10:00 pm

(movie yet to be determined)

\$1.50 Child/Senior/Disabled

\$5.00 Adults



## WATER FITNESS

### **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.

**Monday, Wednesday, Friday** 9:00 am - 10:00 am

**Tuesday & Thursday** 6:00 pm - 7:00 pm

Drop-in fee: \$9.50/class

Registration packages:

Senior & Disabled \$2.50/class

Adult \$9.00/class



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

- 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.

***NON-RESIDENTS MUST PAY  
TWICE THE RESIDENT RATE.***



# GENERAL INFORMATION

## LAP SWIM

Monday – Friday 9:00 am - 7:00 pm  
Saturday & Sunday 12:00 pm - 4:00 pm

## RECREATIONAL SWIM

Monday – Friday 10:00 am - 4:30 pm  
Saturday & Sunday 12:00 pm - 4:00 pm  
September 3, 2007 12:00 pm - 4:00 pm

Specific lanes/areas will be designated for Lap/Recreational swimming, however, pool may be utilized for other programs during designated Lap/Recreational swim times.

## FACILITY ADMISSION

Adults \$5.00 admission  
Child/Disabled/Senior \$1.50 admission

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.

## 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.

## SAFETY CHECKS

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

## EMERGENCY TESTING

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

## 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.

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

## 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.



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 DISTRICT MANAGER (619) 685-1308) 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.

PRINTED ON RECYCLED PAPER. The logo for Resource Center Creation, featuring the words 'RESOURCE CENTER CREATION' in a bold, sans-serif font, with a stylized star or flower-like graphic to the right.