

# Colina del Sol Pool

4150 54<sup>th</sup> Place San Diego, CA 92105  
 (619)235-1147 • www.sandiego.gov

## SUMMER

**Effective June 17th**

### LAP SWIM

<b>Friday</b>	10:00am-5:00pm
<b>Sunday</b>	11:00am-4:00pm

### RECREATIONAL SWIM

<b>Friday</b>	11:00am-3:00pm
<b>Sunday</b>	11:00am-4:00pm

### POOL CLOSED

June 19<sup>th</sup>, July 4<sup>th</sup>, and September 2<sup>nd</sup>

### FACILITY ADMISSION & PASSES

	Adults	Child/Senior/Disabled
<b>Drop In</b>	\$4.00	\$2.00
<b>10 Swim Pass</b>	\$30.00	\$15.00
<b>30 Swim Pass</b>	\$80.00	\$40.00

All Aquatic Programs, Schedules, and Fees may change due to enrollment and/or be cancelled without notice



- Passes expire one year from the date of issue and can be used at any City Pool
- All persons entering the facility during Recreation and Lap Swim times **MUST** pay the admission fee and wear proper swim attire always.
- **No re-entry is allowed.**
- Specific lanes/areas will be designated for Lap & Recreational swimming; however, the pool may be utilized for other programs during designated Lap/Recreational swim times.
- A paying parent or responsible adult in a swimsuit must accompany children under 7 years of age or less than four feet tall. While in the water, a parent or responsible adult must remain within arm's reach of the child.
- The City of San Diego Swimming Pools may close without notice during inclement weather conditions.

### YOUTH SWIM TEAM

Youth Swim Team is a recreational swim organization which offers a quality, safe program that is committed to introducing and developing basic competitive swim skills while promoting fun and team spirit.

**Prerequisite:** ages 6-17; 25 yards each of front crawl, back crawl, & breaststroke, and 15 yards butterfly; passing of Competitive Skills course; or Pool Manager's approval.

**Monday & Wednesday** 5:00pm-6:30pm

**Must register Monthly** \$29.00 per month  
*Due by first of the month*

### YOUTH WATER POLO

Participants are introduced to basic water polo skills with an emphasis on teamwork, fun, and sportsmanship

**Prerequisite:** ages 9-17; continuously swim 200 yards front crawl and tread water for 1 minute; passing of water polo Basics course; or Pool Manager's approval.

**Tuesday & Thursday** 5:00pm-6:30pm

**Must register Monthly** \$29.00 per month  
*Due by first of the month*

### WATER FITNESS

**Agua Cumbias-** This is a total body conditioning class; multi-level, low impact, cardio-respiratory workout held in deep & shallow water. Flexibility, muscular strength, and endurance are emphasized. Participants do not need to know how to swim; but should be comfortable in deep water.

**Sunday** 11:00am-12:00pm

\$33 for 10 classes \$4 per class



# Swimming Lessons

## REGISTRATION

To view class times and availability, or create an account please go to: [SDRecConnect.com](https://sdrecconnect.com)

Pool staff is available to help with all registration concerns.

**Participants must be evaluated by staff prior to registration to enroll in higher level classes.**

## PARENTS

An appropriate swimsuit is always required. Swim diapers are required for children under 4 years old regardless of toilet training.

If you have a child under the age of 8, a parent or responsible adult must always remain in the facility during Programs.

Unprotected skin can burn FAST!  
Apply sunscreen with SPF 30 (or above) 30 minutes before going outside.

## Jr Pool Guards

4/90 Minute Sessions

Fridays and Sundays (6+ Years)

Fridays	June 21 <sup>st</sup> – July 12 <sup>th</sup> July 19 <sup>th</sup> – August 9 <sup>th</sup>
Sundays	June 23 <sup>rd</sup> – July 14 <sup>th</sup> July 21 <sup>st</sup> – August 11 <sup>th</sup>

The City of San Diego Aquatics Junior Lifeguard Program is a modified version of the American Red Cross' Junior Lifeguarding class. This program provides a foundation of aquatic leadership knowledge and skills for future successful completion of the Red Cross Lifeguarding Course. Participants will work towards being able to pass the Water Competency Test and will learn: Fitness and Swimming Skills; Prevention of Aquatic Accidents; Response to Aquatic Emergencies; First Aid & CPR Skills and will be introduced to many important skills and aspects of being a

As a recipient of federal funds, the City of San Diego cannot discriminate against anyone based on race, color, creed, sex, age, national origin or ancestry, religion, pregnancy, physical or mental disability, veteran status, marital status, medical condition, gender (transsexual and transgender), sexual orientation, as well as any other category protected by federal, state or local laws. If anyone believes, he or she has been discriminated against, he or she may file a complaint alleging the discrimination with the City of San Diego Park and Recreation Department (contact Deputy Director (619) 525-8235) 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.

## Session Dates

8/30-Minute lessons

Monday-Thursday

Session 1	June 17 <sup>th</sup> – June 27 <sup>th*</sup>
Session 2	July 1 <sup>st</sup> – July 11 <sup>th*</sup>
Session 3	July 15 <sup>th</sup> – July 25 <sup>th</sup>
Session 4	July 29 <sup>th</sup> – August 8 <sup>th</sup>

## Adult Lessons (16+ Years)

60 Minutes, Once per week

Sundays	11:00am-12:00pm
Tuesdays	5:30pm-6:30pm
Fridays	10:00am-11:00am 3:00pm-4:00pm 4:00pm-5:00pm

Adults of all skill levels are welcome from beginner to seasoned lap swimmer. This course is designed for participants 16 years and older. Session Dates and pricing will vary based on class.

## LESSON FEES

Select beginner level swim lessons will be \$5 courtesy of the American Red Cross Centennial Campaign. Upper level swim lessons will be standard cost, however will be eligible for the cities fee waiver program. Staff is available to answer questions on swim lesson pricing and fee waivers.

Large Group	\$52
Small Group	\$76
Jr Pool Guards	\$78
Adult	Prices vary per class

## REFUND & CLASS CANCELLATIONS

There are **NO REFUNDS**. Full refunds will only be granted if class is cancelled by the Pool Manager.

Aquatic Programs are run assuming minimum numbers are met. If registration does not meet the stated minimum, the program will be cancelled. In this case, you will be notified, and staff will try to find another class that will meet your needs, or you will receive a FULL REFUND.