

## EMERGENCY TESTING

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

## SAFETY CHECKS

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 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 David Monroe, Deputy Director CPII Division, (619)525-8235

## VOLUNTEERS NEEDED!

Ongoing opportunities are available at the recreation centers, pool 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)533-4017

## HEALTHY SWIMMING KEEPING THE POOLS CLEAN & OPEN

- When the pool is contaminated with fecal matter, the pool must close.
- Take your children on restroom breaks and check diapers often. Waiting to hear "I have to go" may mean that it is too late.
- Children 3 years of age and younger are required to wear a tight fitting "swimsuit diaper". Please check condition of diaper regularly.
- Change swim diapers in the restroom or a diaper changing area and not at poolside. Germs can be spread in and around the pool.
- After using the restroom, thoroughly cleanse (especially the diaper area) with soap and water before swimming. Invisible amounts of fecal matter can be spread into the pool.
- Patrons 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. Germs can spread in the water and make others sick.
- Please do not swallow pool water. Avoid getting water in your mouth.
- Practice good hygiene. Shower with soap before swimming and wash your hands after using the toilet or a changing diaper.



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

[www.sandiego.gov](http://www.sandiego.gov)

# CLAIREMONT POOL

3605 CLAIREMONT DRIVE

SAN DIEGO CA 92117 • (858) 581-9923

## SPRING 2012

March 19-June 17

### LAP SWIM

Monday- Thursday 11:00am-7:30pm  
Friday 11:00am-4:00pm  
Saturday/Sunday 12:00pm-3:00pm

### RECREATIONAL SWIM

Monday-Friday 11:00pm-4:00pm  
Saturday/Sunday 12:00pm-3:00pm  
**Diving Board open weekends only.**

MEMORIAL DAY 12:00pm-3:00pm

### POOL CLOSED

Friday, March 30; Thursday, May 10  
Saturday / Sunday May 5 & 6;  
Saturday June 2

### FACILITY ADMISSIONS FEES

Adults (16 & older) \$4.00  
Child/Disabled/Senior \$2.00

### DISCOUNT PASS FEES

**Adults (16 & older)**  
\$35.00/10swims  
\$100.00/30swims

### **Child/Disabled/Senior**

\$15.00/10swims  
\$45.00/30swims

***Passes expire one year from the date of issue and can be used at any City Pools.***

- Specific lanes/areas will be designated for Lap & Recreational swimming, however; the pool may be utilized for other programs during designated Lap and Recreational swim times.
- All persons entering the facility during Recreation and Lap Swim times MUST pay the admission fee and wear proper swim attire at all times.
- 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 and in the water at all times. While in the water, a parent or responsible adult must remain within arms reach of the child.
- The City of San Diego Swimming Pools may close without notice during inclement weather conditions.

**All aquatic programs, schedules and fees may change and /or be cancelled without notice.**

## WATER FITNESS

### **Aquatic Body Conditioning (ABC)**

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

**Tuesday/Thursday 4:00pm-5:00pm**

**Adults/Seniors \$3.50/class**  
**Discount Pass \$30.00/10classes**



### **YOUTH SWIM TEAM – Starts March 19 (5-17 years old)**

City of San Diego Swimming (CSDS) is a recreational swim organization for youth 5-17 years old, which offers a quality, safe program that is committed to introducing and developing basic competitive swim skills while promoting fun and team spirit. Swimmers are encouraged to participate in swim meet competitions with other City of San Diego swimming pools.

**Prerequisite:** Pool Manager's approval

**Monday thru Thursday 4:45pm-6:00pm**



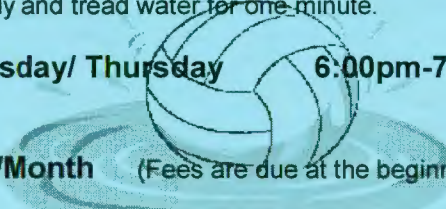
**Fees: \$35.00/Month** (Fees are due at the beginning of ea. Month)

### **YOUTH WATER POLO – Starts May 1 (9-17 years old)**

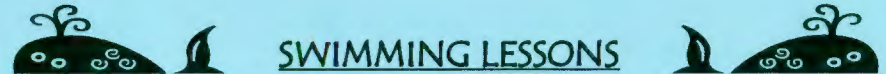
Participants are introduced to basic water polo skills with an emphasis on teamwork, fun, and sportsmanship. Participants must be able to swim 200 yards continuously and tread water for one minute.

**Tuesday/ Thursday 6:00pm-7:30pm**

**Fees: \$25.00/Month** (Fees are due at the beginning of ea. Month)



As a recipient of federal funds, the city of San Diego cannot discriminate against anyone on the basis of 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 District Manager (619) 533-6526) 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



## SWIMMING LESSONS


**Beginning 9:00 a.m. on March 5, 2012 you may register for swimming lessons over the Internet using a credit card at <http://activenet.active.com/sdparkandrec>.**

You will also be able to register in person at the swimming pool (Please contact the pool for office registration hours). Before registering online you must first follow the simple instruction to create an online account. We suggest you go to the website now to create an account and review class availability to make your registration easier on March 5.

**Sessions are 8/ 40 minute classes.**

<b>Session 1</b>	<b>Monday/Wednesday</b>	<b>April 30-May 23</b>
4:00-4:40pm	Tiny Tots	Beg 3/Adv Beg
4:45-5:25pm	Adv Tot/Super Tot	Beg 1/Beg 2

<b>Session A</b>	<b>Tuesday/Thursday</b>	<b>May 1-May 29</b>
(No class Thursday May 10- Makeup class Tuesday May 29)		
4:00-4:40pm	Adv Tot	Beg 1/Beg 2
4:45-5:25pm	Tiny Tot	

<b>Fees:</b>	<b>Resident</b>	<b>Non-Resident</b>		
Large Group	\$54.00	\$108.00		
Small Group	\$81.00	\$162.00		
Semi Private	\$151.00	\$302.00		(5/30 minute lessons)
Private	\$181.00	\$362.00		(5/30 minute lessons)

**Semi-private lessons students must register together and be at the same swimming ability. Private and Semi-Private classes are 5/30 minute classes, please arrange classes with the Pool Manager.**

**Non-Residents must pay twice the resident rate.**

### **REFUND POLICY**

Extra care should be given to the selection of classes. **There are NO REFUNDS.** Class transfers towards another aquatic program may be requested and must be authorized by the Pool Manager. **Full refund will be granted only if class is cancelled by the Pool Manager**



**All City of San Diego Parks, Pools and Beaches are Smoke Free**