

SAN DIEGO-IMPERIAL (SI) LOCAL MASTERS SWIM COMMITTEE (LMSC)

<http://www.simastersswim.org>

MASTERS SWIM WORKOUT & LAP SWIM LOCATIONS for San Diego County and Imperial County. SI LMSC is the local governing body for United States Masters swimming (USMS).

SI LMSC would like to recognize the following local clubs and workout groups which actively support USMS by hosting masters swimming competitions, by encouraging swimmer participation in USMS sanctioned and recognized events, by providing information about masters swimming and masters events, and /or by assisting with masters swimming administrative and governance tasks at the local SI LMSC level and/or national USMS level during this past year:

San Diego Swim Masters (SDSM) club

La Jolla Swim Masters (LJSM) and its workout group at Coggan Family Aquatic Complex in La Jolla
Heartland Swim Association Masters (HSAM) and its workout group

Different Strokes Swim Team Workout group

Carlsbad Masters (CARL)

This active support is crucial to maintaining the United States Masters Swimming (USMS) organization in our area. SI LMSC would like to encourage all workout groups and clubs to participate more actively in USMS, to promote USMS as an organization, and to support masters swimming events such as USMS sanctioned and recognized pool competitions, USMS sanctioned long distance open water events and postal pool events, and USMS fitness events.

Please E-mail workout updates or new locations to: SI LMSC Secretary "SISecretary (at) usms (dot) org"

To deter SPAM and E-mail address harvesting programs, E-mail addresses are listed with the word "(at)" in place of the symbol "@" and the word "(dot)" in place of the symbol "." . Be sure to use the symbols "@" and "." when E-mailing.

Call the workout location to verify workout times and check the workout web sites for current information.

ALLIED GARDENS

San Diego City Pool, Allied Gardens Pool, 6707 Glenroy Street, San Diego, CA 92120; INFO: 619-235-1143 pool Lap Swim; Pool closed 3 mos/yr, closure dates at <http://www.sandiego.gov/park-and-recreation/pdf/poolschedule.pdf>

BRAWLEY

Brawley Lions Center, 225 A Street, Brawley, CA 92227-1504; 50m x 25 yd Outdoor Pool open April-October; Parks & Rec Info: 760-344-5675

CARLSBAD

Carlsbad Community Swim Complex, 3401 Monroe St., Carlsbad, CA 92008-2092; 25 m x 25 yd pool, 760/602-4685

CARLSBAD MASTERS (CARL)WORKOUTS: M-F 6-7:30 AM; M-F 12-1:30 PM; Sat 8:00-9:15 AM

LAP SWIM SCHEDULE on WEB PAGE: <http://www.carlsbadca.gov/recreation/swim.html> (click on "Facility Schedule")

CARMEL MOUNTAIN RANCH/ POWAY

Frog's Club One, 12171 World Trade Drive, San Diego, CA 92128-3709; 25 yd pool; Lap Swim Info: 858/674-4480

Web Page: www.clubone.com/main.htm?action_id=7&parent_content_id=29

CARMEL VALLEY

Carmel Valley Community Park, 3777 Townsgate Dr, San Diego, CA, 92130-2595; 25 yd pool; no lockers; 858/552-1623

San Diego City Pool - Lap Swim Hours subject to change: M-F 6-8 AM, 12-4 PM, 6-7:30 PM; Sat 10 AM – 3 PM

Call for City Pool Closure Dates; POOL WEB PAGE: <http://www.cvsd.com/RecCenter/pool.html> ("Pool Brochure" Link)

CARMEL VALLEY

Pacific Athletic club, 12000 Carmel Country Rd, San Diego, CA 92130; two 25 yd pools; Info: 858/509-9933

Web Page: <http://www.pacsandiego.com/>

CHULA VISTA

South Bay Family YMCA, 1201 Paseo Magda, Chula Vista, CA 91910-7785; Outdoor 25 yd, 619-421-8805 x2114
YMCA Web Site: www.southbay.ymca.org, POOL SCHEDULE: <http://southbay.ymca.org/pdf/PoolSchedule.pdf>
MASTERS WORKOUTS: M,W,F 6:00-7:00 AM and Tu,Th 9:15-10:15 AM
LAP SWIM: <http://southbay.ymca.org/aquatics.php>; M-F 5-8 AM; Sat 7-9 AM, 4:45-6:45 PM; Sun 9AM-12PM, 3:45-4:45PM

CHULA VISTA

City of Chula Vista Recreation Facilities
WEB SITE: http://www.chulavistaca.gov/City_Services/Community_Services/Recreation/RecreationFacilities

CHULA VISTA

Loma Verde Pool, 1420 Loma Lane, Chula Vista, CA 91911-5310; Outdoor 25 yd x 50 meter pool 619/691-5081
LAP SWIM: M-F 6 AM - 8 AM; 11 AM- 1 PM; lockers not available
http://www.chulavistaca.gov/City_Services/Community_Services/Recreation/RecreationFacilities/lomaverde_pool.asp

CHULA VISTA, DOWNTOWN

Park Way Pool, 385 Park Way, Chula Vista, CA 91910-3809; 25 yd x 33 meter outdoor pool, 619/691-5088
LAP SWIM: M-F 6 AM - 8 AM ; 11 AM- 1 PM; lockers not available
http://www.chulavistaca.gov/City_Services/Community_Services/Recreation/RecreationFacilities/parkway_pool.asp

CITY HEIGHTS

San Diego City Pool, City Heights Swim Center, 4380 Landis St, San Diego, CA 92105; 619-641-6126 pool, call for hrs.

CLAIREMONT

San Diego City Pool, Clairemont Pool, 3600 Clairemont Dr, San Diego, CA 92117; 858-581-9923 pool, call for hrs.

COLINA DEL SOL

San Diego City Pool, Colina Del Sol Pool, 4150 54th Place, San Diego, CA 92115, 619-235-1147 pool – call for hrs.

CORONADO

Coronado Municipal Pool, 1845 Strand Way, Coronado CA 92118-3005; 25 yd x 50 meter (10 lane) Pool 619/522-7803)
CORONADO MASTERS ASSN WORKOUTS: M-W-F 6-8 PM (long course) INFO: David Lamott 619/222-3436
CMA/Masters Workouts Web Site: <http://www.eteamz.com/cmaswimmers/>

CORONADO Naval Amphibious Base

NAB, Coronado; Outdoor 50m pool; Military, Retirees, etc., with base access

DSST, DIFFERENT STROKES SWIM TEAM (Gay & Lesbian)

INFO: 619-525-7946; DSST WEB SITE: www.dsst.org **DIFFERENT STROKES SWIM TEAM**
WORKOUT: M,W,F 7:15-8:15 PM at City Heights 25 yd Pool (619-641-6106) 4380 Landis St, San Diego, CA 92105-2621
WORKOUT: Tu, Th 7:15-8:15 PM at La Mesa Municipal 25 m Pool (619-667-1494), 5100 Memorial Dr., La Mesa, 91941
WORKOUT: Sun 9:30-11 AM at Cameron Family YMCA 25 yd Pool (619-449-9622), 10123 Hoffman Dr, Santee 92071

EL CAJON - Grossmont Union School District Pools in EL CAJON

Grossmont Union School District Pools, <http://www.ghusd.net/depts/aquatics>, 619-644-8172 for lap swim hours
El Cajon Valley High School, 1035 E. Madison Ave, El Cajon, CA 92021-6226
25yd x 25m outdoor pool; Pool/Lap Swim Info. 619-644-8172; WORKOUTS: M-W-F 5:30-7 AM

EL CAJON - Grossmont Union School District Pools in EL CAJON

Grossmont Union School District Pools, <http://www.ghusd.net/depts/aquatics>, 619-644-8172 for lap swim hours
Montgomery Pool, 1570 Melody Lane, El Cajon, CA

EL CAJON - Grossmont Union School District Pools in EL CAJON

Grossmont Union School District Pools, <http://www.ghusd.net/depts/aquatics>, 619-644-8172 for lap swim hours
Valhalla High School 1725 Hillsdale Rd, El Cajon, CA

EL CAJON

Pure fitness Valley Athletic Club, 522 Jamacha Rd, El Cajon, CA 92019; Info: 619-579-1818
Outdoor 3-lane 25 yd pool; membership fee and monthly fee; WORKOUTS – call Tom Stone 619-277-2690
WEB SITE: www.purefitness.cc

EL CAJON

El Cajon City Community Recreation Centers, Fletcher Hills Center, 2345 Center Pl, El Cajon, CA 92020
(address for location only, not a mailing address), near Fletcher Pkwy at Center Place & Garfield
INFO: 619-441-1672; Pool M-F 2:30-6 PM WEB SITE: www.ci.el-cajon.ca.us/dept/rec/community.html

ENCINITAS

North Coast/Magdelana Ecke YMCA, 200 Saxony Rd, Encinitas CA 92024-2720; Info. 760/942-9622 x1251
25 yd x 25 meter competition pool & 25 yd x 5 lane instructional pool; LAP SWIM: 5:30 AM – 9 PM
WORKOUTS: M, W, F 7-8 AM (call to verify); WEB SITE: <http://ecke.ymca.org/>

ESCONDIDO

PALOMAR YMCA, 1050 N. Broadway, Escondido 92026-3044; Outdoor 25 m pool; 760/745-7490
WEB SITE: <http://palomar.ymca.org/> LAP SWIM: M-F 6-8:25 AM, 9:45AM- 4PM, 6-7 PM; Sat 7AM- 4PM; Sun 12-4PM

ESCONDIDO

Escondido Washington Park Municipal Pool, 501 N. Rose, Escondido, CA 92027
Outdoor 25 yd Pool 760-839-4660 or 760-839-4691 (recording); <http://www.ci.escondido.ca.us/glance/pools/washington>

ESCONDIDO

James A. Stone Municipal Pool at Grape Day Park, 131 West Woodward Avenue, Escondido, CA, 92025; 760-839-4810
Outdoor 25 yd Pool 760-839-4691 (recording); WEB SITE: www.ci.escondido.ca.us/glance/pools/stone/index.html

FALLBROOK

Fallbrook Union high School Pool, 2400 S. Stage Coach Ln, Fallbrook, CA 92028; 760-723-6300 (high school)

KEARNY MESA

Toby Wells YMCA, 5105 Overland Avenue, San Diego, CA 92123-1238; 858-496-9622 (Toby Wells YMCA)

KEARNY MESA

San Diego City Pool, Kearney Mesa, 3170 Armstrong St, San Diego, CA 92111, Pool 858-573-1389 - call for hours

KROC SALVATION ARMY CENTER

Ray and Joan Kroc Corps Community Center, 6845 University Ave, San Diego, CA 92115-5829; 619-269-1460 (pool)
25 yd x 25 m & 25 yd x 25 yd outdoor pools; WEB SITE: <http://www.kroccenter.org/facilities.aquatics.html>

LA JOLLA

Coggan Family Aquatic Complex, 800 Nautilus St, La Jolla CA 92037-6158; adjacent to/east of La Jolla High School
25 yd x 50 m Outdoor pool; pool telephone 858/456-0945; Pool web site: www.cfaquatics.org

LA JOLLA SWIM MASTERS WORKOUTS: M-F 6-7:30 AM, 12-1:30 PM, MWF 6-7:30 PM; Sat & Sun 9-10:30 AM (earlier 8-9:30 during summer); MASTERS INFO: check Masters Calendar of Events on Coggan web site
LAP SWIM: M-F 6 AM-1:30 PM, 4-8 PM; Sat/Sun 9 AM-4 PM; Summer hours are longer, please check.

LA JOLLA COVE

La Jolla Cove, Pacific Ocean, La Jolla, CA GROUP SWIMS: almost daily AM (LA JOLLA COVE SWIM CLUB)
LJSC WEB SITE: "<http://www.lajollacoveswimclub.org>" LJSC INFO. ADDRESS: PO Box 427, La Jolla 92038

LA JOLLA Golden Triangle Area

Larry M Lawrence Jewish Community Center, 4126 Executive Dr, La Jolla, CA 92037-1348; 858-457-3030 x1127
Outdoor 50m pool, LAP SWIM: M-Th 6 AM-7:30 PM; F 6 AM–5 PM; Sat 11 AM–5 PM; Sun, 8:30 AM–5 PM; Web site:
<http://www.lfjcc.org/about/contact.php>; WORKOUTS: M-F 6-7:30 AM & 12-1:30 PM; M-Th 6-7:30 PM; Sun 8:30-9:45 AM

LA JOLLA North Torrey Pines Area

Shiley Sports & Health Center, 10820 N. Torrey Pines Rd, La Jolla, CA 92037-1036; Outdoor 4 lane x ~25yd Pool (short)
WORKOUTS: M-W-F 12-1 PM, 1-2 PM; 858-554-3488; WEB SITE: <http://www.scrippshealth.org/Locations.asp?ID=135>

LAKESIDE

Unlimited Swimming, 12025 Riverside Dr, Lakeside CA 92040-2328; Private, Outdoor 5 lane x 25 m pool 619/390-3900
WORKOUTS: M,W,F 5-6:30 AM; Tu,Th 9:30-11 AM; M,W,Th 7:15-8:30 PM; INFO: dkilmer(AT)aol(DOT)com

LAKESIDE - Grossmont Union School District Pools in LAKESIDE

(Grossmont Union School District pool, <http://www.ghusd.net/depts/aquatics>, 619-644-8172 for lap swim hours)
El Capitan High School Pool, 10410 Ashwood St, Lakeside, Ca 92040-2406; 25 yd x 25 m outdoor pool

LA MESA

Grossmont High School, 1100 Murray Dr., La Mesa, CA 91944; Outdoor 25 yd x 25 m pool/lap swim 619-698-2502
WORKOUTS: M-F 5:30-7 AM **HEARTLAND SWIM ASSOCIATION MASTERS**
MASTERS INFO: C. Hay 619/464-8680, email: chay(AT)cox(DOT)net

LA MESA

La Mesa Municipal Pool, 5100 Memorial Dr, La Mesa, CA 91941-3856; Outdoor 25 yd x 25 m pool 619-667-1494
Info. Recording 619-466-4177; WORKOUTS: M-F 5:15 - 6:15 AM; M-F 5 - 6 PM; SAT 9 - 10 AM;
WEB SITE: <http://www.cityoflamesa.com/Departments/CommunityServices/Aquatics.htm>

LA MESA

East County Family YMCA (Davis/Grossmont YMCA), 8881 Dallas St., La Mesa, CA 91942; 619-464-1323
Pool: 5 lane x 25 yd WEB SITE: www.eastcounty.ymca.org

MIRA MESA

San Diego City Pool, NED BAUMER Aquatic Center, 10440 Black Mountain Rd, San Diego, CA 92126-2910
INFO: 858-538-8083; 25 yd x 25 m pool (adjacent to Miramar College)

MISSION BEACH

Mission Beach Plunge, 3115 Ocean Front Wk, San Diego, CA 92109; Indoor 20 yd x 58 1/3 yd pool; LAP SWIMMING
INFO: Wave House Athletic Club 858/228-9300; Web site: <http://www.wavehouseathleticclub.com/content.aspx?id=30>

MISSION VALLEY YMCA

Mission Valley Family YMCA, 5505 Friars Rd., San Diego, CA 92110-2629; <http://www.missionvalley.ymca.org/english>
POOL: 25 yd x 25 m; 619-298-3576; INFO: Matt Pentland 619-298-3576 x 1216
WORKOUTS: M-F 5:30-6:30, 6:30-7:30, 7:30-8:30 AM; 12-1 PM; M-F 6-7 PM (sometimes M,W,F); Sat. 7:30-9 AM
WEB SITE: <http://www.missionvalley.ymca.org/english/pdfs/skdv-mv-pool-haz.pdf>
Need MV Y membership, membership at another Y plus small fee, or pay for a day pass in order to workout or lap swim.
LAP SWIM M-F 4:30 – 8:25 AM, 11:30 AM – 10:45 PM; Sat. 7 – 8:05 AM, 12 – 7:45 PM; Sun. 7 AM – 7:45 PM

MORLEY FIELD

San Diego City Pool, BUD KEARNS Memorial Pool, 2229 Morley Field Dr., San Diego 92101; 619-692-4920 pool

NATIONAL CITY

Las Palmas Park Pool, 1800 E 22nd St, National City, CA, 91950; 619-336-6756; Outdoor 50 m x 25 yd pool; Lap Swim
Info. 619/336-4298; LAP SWIM: M-Sun 11AM-7PM; GENERAL National City WEB SITE: www.ci.national-city.ca.us

NAVAL MEDICAL CENTER SAN DIEGO HOSPITAL

NMCSD, BALBOA NAVAL HOSPITAL Outdoor 25 m military facility pool (eligible personnel only)
Military and Affiliates, Civil Service, Retirees, Dependents WORKOUT: Tu & Th 6-7AM

OCEANSIDE

City of Oceanside Municipal Pools WEB SITE: <http://www.ci.oceanside.ca.us/Datarelation.aspx?Content=114>
Brooks St Pool, 130 Brooks St, Oceanside CA 92054; 33 1/3 yd outdoor pool; Pool/Lap Swim INFO: 760/435-5225;
Marshall St Pool (summers only), 1404 Marshall St., Oceanside, CA - 25 yd outdoor pool; INFO: 760/435-5535

PENASQUITOS/ SCRIPPS RANCH/POWAY

Rancho Family YMCA, 9410 Fairgrove Lane, San Diego, CA 92129-2634; Indoor 25 yd Pool 858-484-8788
Coached workouts T/Th 5:30–6:30 AM; Posted workout (no coach) Sat 7–8 AM; LAP SWIM: call for schedule
Web: www.rancho.ymca.org; Info: Aquatics Coordinator Eryn Baird, 858-484-8788 or ebaird@ymca.org

POINT LOMA

Peninsula Family YMCA, 4390 Valeta St., San Diego, CA 92107; Outdoor 25 m pool; Pool/Lap Swim INFO: 619/226-8888
WORKOUTS: M-F 5:30–8:30 AM, 12-1 PM; M/W 6:70-7:30 PM; <http://peninsula.ymca.org/programs/pool/masters.htm>

POINT LOMA

Peninsula Athletic Club, 2751 Roosevelt Rd, San Diego 92106; (former NTC); Indoor 25 m pool; INFO: 619/224-4644

POWAY/ CARMEL MOUNTAIN RANCH/ RANCHO PENASQUITOS

Frog's Club One, 12171 World Trade Dr., San Diego, CA 92128; 25yd Outdoor Pool 858/674-4480
http://www.frogsfit.com/?action=cl1pub_club_home&ClubID=29

POWAY

Rancho Arbolitos Swim & Tennis Club, 14343 Silverset St, Poway, CA 92064; 6 lane x 25 yd outdoor pool
Poway Masters WORKOUTS: MWF 5:30 AM - 6:30 AM web site - <http://www.powaymasters.com>

POWAY

Stoneridge Country Club, 17166 Stoneridge CC Lane, Poway 92064; 25 m Outdoor pool open 5 AM - 9:30 PM
WORKOUTS/LAP SWIM INFO: 858/487-2138 ; Adult Masters Swimmer welcome to workout with youth swim team

POWAY

Poway Community Swim Center, 13094 Bowron Rd, Poway Outdoor 25 yd x 50 m pool; POOL INFO: 858/679-4250
Programs Info: 858/679-4343; WEB SITE: http://www.ci.poway.ca.us/comm_park/swim_center.html

RAMONA

San Vicente Inn & Golf Course, 24157 San Vicente Rd, Ramona, CA 92065
Private Club in San Diego Country Estates; 760/789-9006; Outdoor Pool, WORKOUTS: Tu/Th 5:30-6:45PM, SAT 8AM

SAN DIEGO CITY POOLS

SAN DIEGO SWIM HOTLINE: 619/685-1322, call for cost and hours and closure dates
Aquatics Programs Web Site: <http://www.sandiego.gov/park-and-recreation/aquatics/index.shtml>; On a rotating basis, pools are closed for 3 mos/year; closure dates at <http://www.sandiego.gov/park-and-recreation/pdf/poolschedule.pdf>

SD CITY ALLIED GARDENS

6707 Glenroy Street, San Diego, CA 92120; 619-235-1143 pool

SD CITY BUD KEARNS Memorial

2229 Morley Field Dr., San Diego 92101; 619-692-4920 pool

SD CITY CARMEL VALLEY Community Park

3777 Townsgate Dr, San Diego, CA, 92130; 858-552-1623 pool

SD CITY CITY HEIGHTS Swim Center

4380 Landis St, San Diego, CA 92105; 619-641-6126 pool

SD CITY CLAIREMONT

3600 Clairemont Dr, San Diego, CA 92117; 858-581-9923 pool

SD CITY COLINA DEL SOL

4150 54th Place, San Diego, CA 92115, 619-235-1147 pool

SD CITY KEARNEY MESA

3170 Armstrong St, San Diego, CA 92111, 858-573-1389 pool

SD CITY MARTIN LUTHER KING JR.

6401 Skyline Dr, San Diego, CA 92114, 619-262-9388 pool

SD CITY MEMORIAL

2902 Marcy Ave., San Diego, CA 92113, 619-235-1139 pool

SD CITY NED BAUMER Aquatic Center /MIRA MESA

10440 Black Mountain Rd, San Diego, 92126, 858-538-8083

SD CITY SWANSON /UNIVERSITY CITY

3585 Governor Dr, San Diego, CA 92122, 858-552-1653

SD CITY TIERRASANTA /MISSION TRAILS

11238 Clairemont Mesa Blvd, San Diego, CA 92124; 858-636-4837

SD CITY VISTA TERRACE /SAN YSIDRO

301 Athey Ave., San Ysidro, CA 92173; 619-424-0469

SAN MARCOS

San Marcos City Pools INFO: 760/744-9000; pools are closed Fall and Winter, call for exact dates and hours
Aquatics Web Site <http://www.ci.san-marcos.ca.us/departments.asp?id=1627>

Woodland Park Aquatic Complex, 671 Woodland Pkwy, San Marcos, CA 92069; 25 m Pool

Las Posas Pool, corner of Las Posas & Borden Rd, north of Palomar College, San Marcos, CA; 25 yd Pool

SAN YSIDRO

San Diego City Pool, VISTA TERRACE Pool, 301 Athey Ave., San Ysidro, CA 92173; 619-424-0469

SANTEE - Grossmont Union School District Pools in SANTEE

(Grossmont Union School District pool, <http://www.ghusd.net/depts/aquatics>, 619-644-8172 for lap swim hours)
Santana High School Pool, 9915 Magnolia Ave., Santee, CA 92071, Outdoor 25 yd x 25 m

SANTEE

East County Family YMCA - Cameron Family YMCA branch , 10123 Riverwalk Dr, Santee 92071 (619-449-9622)

WEB SITE: <http://www.eastcounty.ymca.org/cameron/english/index.html>

Pool: 25 yd outdoor pool; Aquatics Director & Masters Coach – Elaine Garcia 619-449-9622 x1108

EAST COUNTY FAMILY YMCA MASTERS (SI LMSC Registered Club #44-029, ECFY)

Masters workouts: M-W-F 12–1 PM; M-W-F 5-6 PM

SCRIPPS RANCH

Scripps Ranch Swim & Racquet Club (Private club), Aviary Pool and Scripps Trails Pool (both 6 lane x 25 yd)

WEB SITE: <http://www.srsrc.com/aquatics/aquatics.html>

AQUATICS DEPT. INFO: 858/271-6222

Aviary Pool, 9875 Aviary Dr, San Diego, CA 92131; Workouts: M,W 7:45-8:45 PM (June-Aug);

Scripps Trails Pool, 10216 Scripps Trails, San Diego, CA 92131; Coached workouts: M,W,F 5:30-6:45 AM; M,W 7:45-8:45 PM (Sept-May); Uncoached Workouts (posted only) at Scripps Trails M,W,F 12-1 PM; Sunday 7-8:15 AM

SOLANA BEACH

Boys & Girls Club of San Dieguito Aquatics Center; 533 Lomas Santa Fe Dr., Solana Beach 92075; 858-755-4904

Pardee Aquatics Center - outdoor 25yd 10 lane competition pool & 25yd 6 lane activity pool;

Pool/LAP SWIM INFO: 858/755-4904, email: [aquatics\(AT\)positiveplaces\(DOT\)org](mailto:aquatics(AT)positiveplaces(DOT)org)

SOLANA BEACH SWIM MASTERS WEB SITE: <http://www.positiveplacesd.org> (click on aquatics & aquatics teams, Solana Beach Swim Masters); Info: Aquatics Director and Head Coach Joe Benjamin 760-420-7193

WORKOUTS: M-F 5:15-6:30AM; M-F 6:30-7:45AM; M-F 11:45AM-1PM; Sat 10-11:30 AM

SOUTHWESTERN COLLEGE Southwestern College, pool on campus

SPRING VALLEY - Grossmont Union School District Pools in SPRING VALLEY

(Grossmont Union School District pool, <http://www.ghusd.net/depts/aquatics>, 619-644-8172 for lap swim hours)

Monte Vista High School, 3230 Sweetwater Springs Blvd, Spring Valley 91977; 25 yd x 25 m pool;

SPRING VALLEY - Grossmont Union School District Pools in SPRING VALLEY

(Grossmont Union School District pool, <http://www.ghusd.net/depts/aquatics>, 619-644-8172 for lap swim hours)

Mount Miguel High School, 1800 Sweetwater Rd, Spring Valley, 91977; Outdoor 25 yd x 25 m pool

SPRING VALLEY/RANCHO SAN DIEGO (South Bay Area)

Frog's Club One, 3511 Sweetwater Springs Blvd, Spring Valley CA 91978; Indoor 25 yd x 5 lane pool;

Lap Swim Info: 619/670-1937 Web Page: www.clubone.com/scheduler/index.htm?action=scheduler&clubID=41

TIERRASANTA/MISSION TRAILS

San Diego City Pool, Tierrasanta Park & Recreation Center, 11238 Clairemont Mesa Blvd, San Diego, CA 92124

25 yd x 25 m outdoor pool; Pool/Lap Swim 858/636-4837; Call for San Diego city pool closure dates

UCSD (University of California, San Diego)

University of CA at San Diego, La Jolla, CA 92093; Outdoor 50m x 25yd Canyonview Aquatics Complex Pools

PARKING PERMIT: Mon-Fri Parking Permit required or use meters;

WORKOUTS: M-F 6-7:30AM, 7:30-9AM, 12-1:30PM; M-Th 6-7:30PM; Sat 7:30-9AM; Sun 8-9:30AM

INFO: 858/534-8124 or 858/534-4037; Web Site: <http://www-rec.ucsd.edu/mstr/>; sickie@ucsd.edu

UNIVERSITY CITY

San Diego City Pool, SWANSON PARK Pool, 3585 Governor Dr, San Diego, CA 92122, 858-552-1653, call for hours

USD (University of San Diego)

University of San Diego, 5998 Alcalá Park, San Diego, CA 92110; Outdoor 25 yd x 12 lane pool

NO LONGER OFFERING MASTERS WORKOUTS

US NAVY SAN DIEGO - 32nd Street Naval Station

32nd St. NAVAL STATION; Indoor 50m pool (military); LAP SWIM/WORKOUTS: Must have base access

VISTA

The Wave Waterpark, 161 Recreation Drive, Vista, CA 92083; LAP SWIM in competition pool

GEN. INFO: 760-940-9283 or AQUATICS 760-726-1340 x 1552; call for open dates and hours