

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

<http://www.simastersswim.org>

MASTERS SWIM WORKOUT & LAP SWIM LOCATIONS 061217 –Update A. Stengel

San Diego County and Imperial County Places to Swim can be found on the USMS web site at:

<http://www.usms.org/placswim/placswimform.php?LMSCID=44>

Places to Swim throughout the country can be found on the USMS web site at:

http://www.usms.org/placswim/?utm_campaign=top_nav&utm_medium=local_programs

SI LMSC recognizes the **San Diego Swim Masters (SDSM) club and the Carlsbad Swim Masters (CARL)** for hosting masters swimming competitions. Support of the local San Diego - Imperial LMSC organization is appreciated. SI LMSC encourages clubs and workout groups to participate in, promote, and support USMS events and to make masters workouts available to everyone.

San Diego County and Imperial County Masters Swim Workout & Lap Swim Locations

E-mail workout or lap swim changes or new locations to: SI LMSC Secretary "SISecretary(at)usms(dot)org".

Please check the facility's web site or telephone to verify workout times and current information.

ALLIED GARDENS – San Diego Municipal Pool

San Diego City Pool, Allied Gardens Pool, 6707 Glenroy Street, San Diego, CA 92120; INFO: 619-235-1143 pool

Lap Swim Information: <http://www.sandiego.gov/park-and-recreation/centers/aquatics/alliedgardens.shtml>

Pool closures, 6 weeks/year or more, listed at <http://www.sandiego.gov/park-and-recreation/pdf/poolschedule.pdf>.

BRAWLEY

Brawley Lions Center, 225 A Street, Brawley, CA 92227-1504; 50 meter x 25 yard Outdoor L-shaped Pool

Imperial Valley Desert Aquatics Adult Swim Workout information 760-604-5375;

Lap swim: M-F 5-7pm; Info:760-344-5725, <http://www.brawley-ca.gov/community-/parks-and-recreation/lions-center-pool/>

BORDER VIEW YMCA

(South of Chula Vista, just North of I-905) 3601 Arey Drive, San Diego, CA 92154, phone 619-428-9622;

<http://www.ymca.org/borderview/programs/healthy-living/aquatics3.html>

CAMP PENDLETON

Camp Pendleton Tri Team – open to active-duty service members, dependents, and civilians stationed aboard Camp Pendleton to bring together the community of endurance athletes

Information: 760-725-4344, www.mccscp.com/aquatics/

CARLSBAD – Alga Norte Park Aquatic Center, 6565 Alicante Rd, Carlsbad, CA 92009. Telephone 760-268-4777

50 m x 25 yd bulkhead pool and a 25 yd x 12 lane pool; **Contact:** Jeff Gross, jeff@fullcommitment.com, 760-522-7097

CARLSBAD MASTERS (CARL) WORKOUTS: M-F 5:45-7 AM; M-F 12-1:15 PM; M-Th 5:45-7 PM, Sat 8-9:30 AM, Sun 9:30-11 AM; Note: 50m Long Course: T/Th morning, T/Th noon, Sunday. Other workouts are 25 yd short course.

WEB <http://www.carlsbadca.gov/services/depts/parks/programs/aquatics/alganorteaquatic.asp>

CARLSBAD

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

LAP SWIM: check web site, <http://www.carlsbadca.gov/services/depts/parks/programs/aquatics/default.asp>

CARMEL VALLEY – San Diego Municipal Pool

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

San Diego City Pool - Information: <http://www.sandiego.gov/park-and-recreation/centers/aquatics/carmelvalley.shtml>

City Pool Closure Dates: <http://www.sandiego.gov/park-and-recreation/pdf/poolschedule.pdf>

CARMEL MOUNTAIN RANCH/ POWAY

Fitness Athletic LLC, 12171 World Trade Drive, San Diego, CA 92128-3709; 25 yd x 25 m pool;

Info: 858-674-4480; Lap swim – call for hours or see <http://fitathletic.com/club/carmel-mountain-ranch/>

CHULA VISTA

Loma Verde Pool, 1420 Loma Lane, Chula Vista, CA 91911-5310; Outdoor 25 yd x 50 meter pool 619-409-1987
Parkway Pool, 385 Parkway, Chula Vista, CA 91910, 619-409-1985; City of Chula Vista Recreation Facilities
LAP SWIM: hours change seasonally; please call or check online; lockers not available
<http://www.chulavistaca.gov/departments/recreation/about-us/aquatic-programs>

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 619-421-9622
POOL & LAP SWIM SCHEDULE: <http://www.ymca.org/southbay/programs/aquatics/pool-schedule.html>

CITY HEIGHTS – San Diego Municipal Pool

San Diego City Pool, City Heights Swim Center, 4380 Landis St, San Diego, CA 92105; 619-641-6126 pool, call for hrs.
Lap swim information: <http://www.sandiego.gov/park-and-recreation/centers/aquatics/cityheights.shtml>
Pool closures, 6 wks/yr or more, listed at <http://www.sandiego.gov/park-and-recreation/pdf/poolschedule.pdf>

CLAIREMONT – San Diego Municipal Pool

San Diego City Pool, Clairemont Pool, 3600 Clairemont Dr, San Diego, CA 92117; 858-581-9923 pool, call for hrs.
Lap swim information: <http://www.sandiego.gov/park-and-recreation/centers/aquatics/clairemont.shtml>
Pool closures, 6 wks/yr or more, listed at <http://www.sandiego.gov/park-and-recreation/pdf/poolschedule.pdf>

COLINA DEL SOL – San Diego Municipal Pool

San Diego City Pool, Colina Del Sol Pool, 4150 54th Place, San Diego, CA 92115, 619-235-1147 pool – call for hrs.
Lap swim information: <http://www.sandiego.gov/park-and-recreation/centers/aquatics/colinadelsol.shtml>
Pool closures, 6 wks/yr or more, listed at <http://www.sandiego.gov/park-and-recreation/pdf/poolschedule.pdf>

CORONADO

Coronado Municipal Pool, 1845 Strand Way, Coronado CA 92118-3005; 25 yd x 50 meter (10 lane) Pool 619-522-2464
CORONADO MASTERS ASSOCIATION (CMA) Masters Workouts Web Site: <http://www.eteamz.com/cmaswimmers/>
WORKOUTS: M-W-F 6:15 – 7:15 PM – Call David Lamott 619-222-3436 for information about masters workout

CORONADO

Brian Bent Memorial Pool at Coronado High School, 818 6th St., Coronado, CA 92118, 50 m x 25 yd bulkhead pool
Adult Swim: Information – Emmett Walling, [ewalling\(at\)USC\(dot\)edu](mailto:ewalling@USC.edu); 732-610-9545 Workouts: Tu & Th 5:30 – 6:45 am;
Web site- http://www.swimcnsa.org/TabGeneric.jsp?_tabid_=71943&team=sicnsa

DSST, DIFFERENT STROKES SWIM TEAM (Gay & Lesbian)

DSST WEB SITE: www.dsst.org **DIFFERENT STROKES SWIM TEAM**; DSST workouts are at various pools.
The workout pools/times/locations weekly schedule is at
http://www.dsst.org/content.aspx?page_id=22&club_id=291830&module_id=194603.
The monthly event calendar/workout schedule is at http://www.dsst.org/content.aspx?page_id=2&club_id=291830.
For information and a link to a map for a particular workout, click on the swim practice location on the calendar.
Information and a map to the swim practice location for the current day can be found at
http://www.dsst.org/content.aspx?page_id=87&club_id=291830&item_id=541837
WORKOUT: M,F 7:00-8:30 pm at Brian Bent Memorial Pool @ Coronado High School, 818 6th St., Coronado, CA 92118
WORKOUT: W 7:45-9 pm & Sat 11:05 am – 12:35 pm at Mission Valley Y, 5505 Friars Road, San Diego, CA 92110
WORKOUT: Sun 9:30 - 11 am at Cameron Family YMCA 25 yd Pool (619-449-9622), 10123 Riverwalk Dr, Santee 92071

EL CAJON - Grossmont Union School District Pool

Grossmont High School, 1100 Murray Dr., El Cajon, CA 92020; Pool/Lap Swim Info. 619-644-8172; Outdoor 25 yd x 25 m
Lap Swim Schedule <http://www.guhd.net/departments/business-services/facilities-management/aquatics>
HEARTLAND SWIM ASSOCIATION MASTERS (HSAM) WORKOUTS: M-W-F 5:15-6:30 AM, call to verify
Coach Contact: Krissy Payton, (619) 733-6943, email: [hsamasters\(AT\)aol\(DOT\)com](mailto:hsamasters(AT)aol(DOT)com)

EL CAJON - Grossmont Union School District Pool

El Cajon Valley High School, 1035 E. Madison Ave, El Cajon, CA 92021-6226; Pool/Lap Swim Info. 619-644-8172
Outdoor 25yd x 25m pool; WORKOUTS: M-W-F 5:30-7 AM, call to verify; Swim Schedule (click on seasonal brochure):
<http://www.guhd.net/departments/business-services/facilities-management/aquatics>

EL CAJON - Grossmont Union School District Pool

Montgomery Pool, 1570 Melody Lane, El Cajon, CA; Pool/Lap Swim Info. 619-644-8172

Swim Schedule: <http://www.guhsd.net/departments/business-services/facilities-management/aquatics>, click on seasonal brochure for swim times

EL CAJON - Grossmont Union School District Pool

Valhalla High School 1725 Hillsdale Rd, El Cajon, CA; Pool/Swim Info. 619-644-8172; Swim Schedule (click on seasonal brochure for swim times) <http://www.guhsd.net/departments/business-services/facilities-management/aquatics>

EL CAJON – Fletcher Hills Center

El Cajon City Community Fletcher Hills Recreation Center, near Fletcher Pkwy at 2345 Center Place & Garfield, El Cajon; INFO: 619-441-1672; Pool M-F 2:30-6 PM

WEB SITE: <http://www.guhsd.net/departments/business-services/facilities-management/aquatics>

EL CENTRO

Central High School Pool, 1001 Brighton Ave, El Centro, CA; 760-336-4300/4443, seasonal call for lap swim hours.

ENCINITAS

North Coast/Magdalena Ecke YMCA, 200 Saxony Rd, Encinitas CA 92024-2720; Info. 760-942-9622 x1253

25 yd x 25 meter competition pool & 25 yd x 5 lane pool; LAP SWIM: M-F 5 am-9:55 pm; Sat & Sun 7 am-5:55 pm

WEB SITE: <http://www.ymca.org/ecke/aquatics/masters-swim.html>

NORTH COUNTY SWIM MASTERS (NCSM): M-F 6–7:15 am; M-F 11:45 am–1 pm; Sat 7:15–8:30 am; Sun 9:45–11 am

ESCONDIDO

PALOMAR YMCA, 1050 N. Broadway, Escondido 92026-3044; Outdoor 25 m pool; 760-745-7490

WEB SITE: <http://www.ymca.org/palomar/aquatics-complex.html>

LAP SWIM: call or check web site, subject to change, M-F 6 am - 7:30 pm; Sat 7 am - 3 pm; Sun 12 pm – 3 pm

ESCONDIDO

Escondido Washington Park Municipal Pool, 501 N. Rose, Escondido, CA 92027; 760-839-4382; or 760-839-4660

Outdoor 25 yd Pool 760-839-4691 (recording); WEB Site <http://recreation.escondido.org/community-pools.aspx>

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: <http://recreation.escondido.org/community-pools.aspx>

FALLBROOK

Fallbrook Union High School Pool, 2400 S. Stage Coach Ln, Fallbrook, CA 92028;

Fallbrook Adult Swim: <http://www.swimfast.com>; Info SeanMary(at)aol(dot)com, 760-728-9244

High School info 760-723-6300; <http://www.fallbrookhs.org/FHS/Events/4939-Public-Recreational-Swim---FHS-Pool.html>

KEARNY MESA

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

Web site: <http://www.ymca.org/missionvalley/programs/fitness/schedules.html>

KEARNY MESA – San Diego Municipal Pool

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

Pool closures, 6 wks/yr or more, listed at <http://www.sandiego.gov/park-and-recreation/pdf/poolschedule.pdf>

Lap swim information: <http://www.sandiego.gov/park-and-recreation/centers/aquatics/kearnymesa.shtml>

KROC SALVATION ARMY CENTER, SAN DIEGO

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; Lap Swim M-F 5:30 am - 8:30pm, Sat & Sun 8 am – 5:30 pm

Coached adult swim workout – M,W,F 5:45-6:45 am effective 7/18/16

WEB SITE: <http://www.sd.kroccenter.org/aquatics.html>

LA JOLLA Golden Triangle Area

Larry M Lawrence Jewish Community Center, 4126 Executive Dr, La Jolla, CA 92037-1348; 858-362-1126.

Outdoor 50m pool, MASTERS WORKOUTS: M-F 6-7:30 AM & 12-1:30 PM; Sun 9 – 10:30 AM

WEB SITE re MASTERS WORKOUTS: <http://www.lfjcc.org/qualcomm/mastersswimming.aspx>

LAP SWIM: M-Th 6 AM-7:30 PM; F 6 AM–5 PM; Sat & Sun 8:30 AM–5 PM; <http://www.lfjcc.org/qualcomm/aquatics.aspx>

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-Th 12-1 and M/W/F1-2 PM; 858-554-3488;

WEB SITE: http://www.scripps.org/services/integrative-medicine/programs-and-services__shiley-sport-and-health-center

LA JOLLA COVE

La Jolla Cove, Pacific Ocean, La Jolla, CA GROUP SWIMS: almost daily AM (LA JOLLA COVE SWIM CLUB)

LA JOLLA COVE SWIM CLUB (LJSC) WEB SITE: "<http://www.lajollacoveswimclub.com>," PO Box 427, La Jolla 92038

LA JOLLA near La Jolla High School

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

LAP SWIM: M-F Late August to Early June (School year) 6 AM-2 PM, 5–8 PM; Sat/Sun 8 AM - 3 PM.

LAP SWIM: M-F Early June to Late August (Summer) 6 AM-8 PM, Sat/Sun 8 AM – 5 PM.

WIND-N-SEA MASTERS (WIND) Masters Workout (pay pool entry fee + additional charge for workout):

M-F 6-7:30 AM & 12-1:30 PM; Sat 8-9:30 AM; <http://www.windseamasters.com/>

LA JOLLA YMCA

La Jolla YMCA, 8355 Cliffridge Ave. La Jolla, CA 92037; 858-453-3483; <http://www.ymca.org/lajolla>

Indoor and outdoor pool; Lap Swim: Call for hours and schedule.

LAKESIDE

Unlimited Swimming, 12025 Riverside Dr, Lakeside CA 92040-2328; Private, Outdoor 5 lane x 25 m pool 619-390-3900

WORKOUTS(call to confirm): 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 Pool

El Capitan High School, 10410 Ashwood St, Lakeside, Ca 92040-2406; 25 yd x 25 m outdoor; lap swim info. 619-644-8172

Lap Swim Schedule: <http://www.guhsd.net/departments/business-services/facilities-management/aquatics>

LA MESA

Helix High School Pool, 7323 University Ave. La Mesa, California; 619-644-1940; Call for lap swim hours

25 yd x 8 lane outdoor L-shaped pool

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; WEB SITE: <http://www.cityoflamesa.com/index.aspx?NID=1099>

LA MESA MASTERS (LMM) WORKOUTS: M-F 5:15-6:15 am;

Adult lap swim M-F 6:30-7:45 am, 11:30-1:30 pm, 6-7:15 pm, Sat 11:45-1:15;

LA MESA

East County Family YMCA (John A 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/masters-swim-.html

EAST COUNTY FAMILY YMCA MASTERS (ECFY) WORKOUTS: M, W, TH 5:30 AM – 6:30 AM

Lap Swim: <http://www.ymca.org/eastcounty/masters-swim-.html>

MIRA MESA – San Diego Municipal Pool

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); LAP SWIM: M-F 7-11:15 AM, Sat 12-3 PM

Pool closure dates listed at <http://www.sandiego.gov/park-and-recreation/pdf/poolschedule.pdf>

Lap swim information: <http://www.sandiego.gov/park-and-recreation/centers/aquatics/nedbaumer.shtml>

MISSION BEACH

POOL CLOSED FOR RENOVATION

Mission Beach Plunge, Wave House Athletic Club, 3115 Ocean Front Walk, San Diego, CA 92109; 858-228-9300; Indoor 20 yd x 58 1/3 yd pool closed for remodel; call for status; <http://www.belmontpark.com/theplunge/>.

MISSION VALLEY YMCA

Mission Valley Family YMCA, 5505 Friars Rd., San Diego, CA 92110-2629; 619-298-3576; 2 pools (indoor & outdoor) POOL: 25 yd x 25 m; WEB SITE: <http://www.ymca.org/missionvalley>

Masters workout information is located at: <http://www.ymca.org/missionvalley/masters-swim.html>

SDSM WORKOUTS: M-F 5:30-6:30, 6:30-7:30, 7:30-8:30 AM; 12-1 PM; M,W,F 6:45-7:45 PM; Sat. 7:30-9 AM

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

Adult Swim/Aquatics: <http://www.ymca.org/missionvalley>

MORLEY FIELD – San Diego Municipal Pool

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

Pool closures, 6 wks/yr or more, listed at <http://www.sandiego.gov/park-and-recreation/pdf/poolschedule.pdf>

Lap swim information: <http://www.sandiego.gov/park-and-recreation/centers/aquatics/budkearns.shtml>

NATIONAL CITY

Las Palmas Park Camacho Pool, 1800 E 22nd St, National City, CA, 91950; 619-336-6758; Outdoor 50 m x 25 yd pool;

Info- <http://www.nationalcityca.gov/government/community-services/las-palmas-pool/las-palmas-pool-swim-schedule>

NAVAL FACILITIES + NAVAL MEDICAL CENTER SAN DIEGO HOSPITAL NMCS, BALBOA NAVAL HOSPITAL

Outdoor 25 m military facility pool -Military & Affiliates, Civil Service, Retirees, Dependents

Information: 619-532-5757; <http://navylifesw.com/sandiego/fitness/aquatics>

OCEANSIDE

Joe and Mary Mottino YMCA, 4701 Mesa Drive Oceanside, CA 92056; <http://www.mottino.ymca.org/yprog/cat1208.html>

25y x 6 lane heated outdoor pool; 760-758-0808; Lap Swim: call or check schedule for exact lap swim hours.

Masters workout: M,W,F 5:30-6:30 am; Tu & Th 9-10 am; M & W 7 – 8 pm; Sat 7 – 8 am

OCEANSIDE

City of Oceanside Municipal Pools, WEB SITE: <http://www.ci.oceanside.ca.us/gov/ns/parks/pools.asp>

Brooks St Pool, 130 Brooks St, Oceanside CA 92054; 33 1/3 yd outdoor pool; Pool INFO: 760-435-5225;

OCEANSIDE SWIM MASTERS (OSM): WORKOUTS M-F 6-7:30 am;

Lap swim info 760-435-5222; Lap swim M, Tu, Th, F 6am-1:15pm; W 6-9 am, sat & Sun 10:15 am-1:15 pm

Marshall St Pool (open 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, W, Th 5:30–6:30 AM; Posted workout (no coach) Tues & Thurs. 7 – 8 PM; Sat 7–8 AM;

LAP SWIM: call for schedule Web: <http://www.ymca.org/rancho> ; Info: Aquatics Coordinator 858-484-8788.

POINT LOMA

Peninsula Family YMCA, 4390 Valeta St, San Diego, CA 92107; Outdoor 25 m pool; Pool/Lap Swim INFO: 619-226-8888

LAP SWIM: <http://www.ymca.org/peninsula>

POWAY

Rancho Arbolitos Swim & Tennis Club, 14343 Silverset St, Poway, CA 92064; 6 lane x 25 yd outdoor pool; 858-486-3670

Private club; Call for workout and lap swim times; <http://ranchoarbolitos.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

<http://www.stoneridgeclub.com/>

POWAY

Poway Community Swim Center, 13094 Civic Center Drive, Poway 92064; Outdoor 25 yd x 50 m pool;

Swim Center INFO: 858-668-4682 or 858-668-4683; WEB SITE: <http://poway.org/489/Swim-Center>

RAMONA

San Vicente Inn & Golf Course, 24157 San Vicente Rd, Ramona, CA 92065; Private Club in San Diego Country Estates;

RAMONA MASTERS: call to confirm hours; 760-789-9066 or 760-789-4146;

Outdoor Pool, WORKOUTS: Tu/Th 5:30-6:45PM, SAT 8AM; <http://www.sdcea.net/Recreation/aquatics.aspx>

SAN DIEGO – 4S RANCH – DEL NORTE HIGH SCHOOL

DEL NORTE HIGH SCHOOL, 16601 Nighthawk Ln, San Diego, CA 92127

NIGHTHAWK MASTERS SWIM (Masters Club), M-W-F 5:45-6:45 am;

Information: Coach Sara Escobedo, 858-442-2902, sescobedo@powayusd.com

http://www.delnortenighthawks.com/apps/pages/index.jsp?uREC_ID=162082&type=d&pREC_ID=301305

SAN DIEGO

COPLEY YMCA, 3901 Landis St., San Diego, CA 92105; 619-283-2251; <http://www.ymca.org/copleyprice>

Pool schedule: <http://www.ymca.org/copleyprice/class-schedules.html>

SAN DIEGO TOBY WELLS YMCA, 5105 Overland Dr., San Diego, CA, 92123; 619-280-9622

Lap Swimming: <http://www.missionvalley.ymca.org/programs/fitness/schedules.html>

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/centers/aquatics/>;

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 (22 yd length)

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, 619-527-3451 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 DIEGO – Mount Carmel High School

9550 Carmel Mountain Rd., San Diego, CA 92130; 858-484-8512, 858-484-2715; <http://www.mchsaquatics.com/>

25yd x 25 m pool; Lap Swim Info: <http://www.mchsaquatics.com/>

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/index.aspx?page=187>

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; San Diego City Pools

<http://www.sandiego.gov/park-and-recreation/centers/aquatics>

SANTEE - Grossmont Union School District

Santana High School Pool, 9915 Magnolia Ave., Santee, CA 92071; 619-644-8172; Outdoor 25 yd x 25 m;

Call for lap swim hours; <http://www.guhds.net/departments/business-services/facilities-management/aquatics>

SANTEE

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

Pool: 25 yd outdoor- Lap swim: call for hours or check web site; WEB SITE: <http://www.ymca.org/eastcounty>

SCRIPPS RANCH

Scripps Ranch Swim & Racquet Club (Private club), Aviary Pool and Scripps Trails Pool (both 6 lane x 25 yd)
WEB SITE: <https://www.srsrsc.com/lap-swimming> AQUATICS DEPT. INFO: 858-271-6222
Aviary Pool, 9875 Aviary Dr, San Diego, CA 92131; Call for lap and workout hours
Scripps Trails, 10216 Scripps Trails, San Diego, CA 92131; Workouts: call for hours

SOLANA BEACH

Boys & Girls Club of San Dieguito Pardee Aquatics Center; 533 Lomas Santa Fe Dr., Solana Beach 92075;
Outdoor 25yd x 25 m 10 lane pool & 25yd 6 lane warmer pool; email: [aquatics\(AT\)positiveplaces\(DOT\)org](mailto:aquatics(AT)positiveplaces(DOT)org); 858-755-4904
WEB SITE: <http://www.positiveplacesd.org>; Aquatics: <http://positiveplacesd.org/programs/aquatics/>
Solana Beach Swim Masters; <http://positiveplacesd.org/programs/aquatics/solana-beach-swim-masters/>
Aquatics Director and Head Coach Joe Benjamin 760-420-7193 **SOLANA BEACH SWIM MASTERS**
WORKOUTS: M-F 5:15-6:30AM; M-F 6:30-7:45AM; M-F 11:45AM-1PM; Sat & Sun 10:45-11:45 AM

SOUTHWESTERN COLLEGE Southwestern College

New aquatics complex under construction to be completed in 2018.

SPRING VALLEY - Grossmont Union School District 619-644-8172 lap swim hrs

<http://www.guhsd.net/departments/business-services/facilities-management/aquatics>
Monte Vista High School, 3230 Sweetwater Springs Blvd, Spring Valley 91977; 25 yd x 25 m pool;
Mount Miguel High School, 1800 Sweetwater Rd, Spring Valley, 91977; Outdoor 25 yd x 25 m pool

SPRING VALLEY

East County Family Y (McGrath YMCA), 12006 Campo Rd., Spring Valley, CA 91978, 619-462-9622

Heated, outdoor pool; <http://www.ymca.org/eastcounty>

EAST COUNTY FAMILY YMCA MASTERS WORKOUTS: check to confirm days, times, location, and rates.

Coach: Elliot Casey direct contact 336-906-4863; web site: <http://www.ymca.org/eastcounty/masters-swim-.html>

ECFY Masters Workouts at Cameron Y: Mon, Wed, Fri 6 – 7 pm

ECFY Masters Workouts at Davis Y: Mon, Wed, Fri 9 – 10:30 am

ECFY Masters Workouts at McGrath Y: Mon-Thurs 5:30 – 6:30 am; Mon & Wed 12 – 1 pm; Mon, Tues & Thurs 5 - 6 pm.

TIERRASANTA/MISSION TRAILS – San Diego Municipal Pool

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

Pool closure dates listed at <http://www.sandiego.gov/park-and-recreation/pdf/poolschedule.pdf>

Lap swim information: <http://www.sandiego.gov/park-and-recreation/centers/aquatics/tierrasanta.shtml>

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 required; Web Site: <http://recreation.ucsd.edu/Masters/masters/>

WORKOUTS: M-F 6-7:30AM, 7:30-9AM, 11:30 AM-1:00PM; M-Th 6-7:30PM; Sat 7:30-9AM; Sun 9-10:30AM

Canyonview Aquatics Center 858-534-6034

UNIVERSITY CITY (Swanson Park) – San Diego Municipal Pool

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

Pool closures, 6 wks/yr or more, listed at <http://www.sandiego.gov/park-and-recreation/pdf/poolschedule.pdf>

Lap swim information: <http://www.sandiego.gov/park-and-recreation/centers/aquatics/swanson.shtml>

USD (University of San Diego) USD, 5998 Alcalá Pk, San Diego, CA 92110; Outdoor 25 yd, 12 lanes;

Contacts: Campus Recreation Office 619-260-4533; Serena Boyd, serenaboyd@sandiego.edu

Lap Swim / Workout Times: Masters Swim Mon-Thurs from 5:30-6:30 PM; summer hours public lap swim as well

WebSite: <https://www.sandiego.edu/campusrecreation/summer-swim.php>

US NAVY SAN DIEGO FACILITIES

Must have base access

Navy Region Southwest Aquatics: <http://www.navywmrsandiego.com/recreation/aquatics>

VALLEY CENTER

Adams Community Park, 28751 Cole Grade Road Valley Center, CA; Pool Manager (760) 749-1304;
Web Site: <http://valleycenterparks.com/pool.html>
Lap Swim / Workout Times: MWF 7 - 9 a.m. and 6:30 - 7:30 p.m. Sat 8 - 9 a.m.; call to verify pool hours

VISTA The Wave Waterpark, 101 Wave 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
<http://www.thewavewaterpark.com/programs/lap-swim>