

SAN DIEGO-IMPERIAL LOCAL MASTERS SWIM COMMITTEE (SI LMSC)
<http://www.simastersswim.org> Pool status & hours are subject to change. (061226)

MASTERS SWIM WORKOUT & LAP SWIM LOCATIONS

For changes to San Diego County and Imperial County Masters/Adult workout and lap swim locations, mail updates to SI LMSC, 5666 La Jolla Blvd, PMB 244, La Jolla CA 92037.

Please check the facility's web site or telephone to **verify workout times** and current information. SI LMSC encourages clubs and workout groups to participate in, promote, and support USMS events and to make masters workouts available to everyone.

ALLIED GARDENS – San Diego Municipal Pool

San Diego City Pool, Allied Gardens Pool, 6707 Glenroy Street, San Diego, CA 92120; 619-235-1143
See <https://www.sandiego.gov/pools/allied-gardens-pool> for pool information.
City Pools Lap and Recreational Swim Schedule and Information: <http://www.sandiego.gov/pools>

BRAWLEY

Brawley Lions Recreation Center, 225 A Street, Brawley, CA 92227-1504; 50 m x 25 yd Outdoor Pool
Pool Info: **Pool closed for major remodel through June 2026.** Call 760-344-5675 for updates
See <https://www.brawley-ca.gov/residents/news/lions-center-pool-project-update>

BORDER VIEW FAMILY YMCA (San Ysidro)

3601 Arey Drive, San Diego, CA 92154; <https://www.ymcasd.org/locations/border-view-family-ymca>
Call for pool hours. Ph 619-428-9622; Contact Aquatics Director Jesus Aguirre at jaaguirre@ymcasd.org.

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.
Info: 760-725-4344, <https://pendleton.usmc-mccs.org/recreation-fitness/recreation/aquatics/13-area-pool>

CARLSBAD – Alga Norte Park Aquatic Center, 6565 Alicante Rd, Carlsbad, CA 92009, (442-339-5777)

50m x 25yd bulkhead & 25yd x12 lane pool;
WORKOUTS: M-F 6-7:15 AM; M-F 12-1:15 PM; Sat 8-9:15 AM, Sun 8:00-9:15AM (long course);
Workout drop-ins allowed. WEB <https://www.carlsbadca.gov/departments/parks-recreation/aquatics>

CARLSBAD Pool temporarily closed for major renovation, reopen fall 2026

Carlsbad Community Swim Complex, 3401 Monroe St., Carlsbad, CA 92008; 25 m x 25 yd pool,
442-339-2685 lap swim: <https://www.carlsbadca.gov/departments/parks-recreation/aquatics>

CARMEL VALLEY (San Diego) – San Diego City Municipal Outdoor 25 yd Pool (no lockers)

Carmel Valley Community Park, 3777 Townsgate Dr, San Diego, CA, 92130-2595; 858-552-1623
City Pools Lap and Recreational Swim Schedule and Information: <http://www.sandiego.gov/pools/> /pools
does not work – use drop down menu “Resident Resources “ then click on pools.

CHULA VISTA

Southwestern College Wellness & Aquatic Complex, 900 Otay Lakes Rd, Bldg 15000, Chula Vista, CA 91910-7297. Questions 619-482-6327, Email SWCWAC@swccd.edu (Southwestern Community College District; Website: <https://www.swccd.edu/swc-community/wellness-and-aquatics-complex/index.aspx>
Three Pools: (1) 50 m x 25 yd competition pool, (2) 50 m x 25 yd multipurpose bulkhead pool, & (3) 25 yd x 6 lane warm water instructional pool.

CHULA VISTA (City of Chula Vista Recreation Facilities)

Loma Verde 1420 Loma Lane, Chula Vista, CA 91911-5310; 619-409-1988. Outdoor 25 yd x 50 m competition pool and 25 yd x 11 m Instruction/Recreation pool (5 lanes). Info: <https://www.chulavistaca.gov/departments/parks-and-recreation/community-centers/loma-verde-aquatic-center>

CHULA VISTA

Parkway pool, 385 Parkway, Chula Vista, CA 91910, 619-409-1986; 6 lane 25 yd outdoor pool
LAP SWIM: seasonal hours; call or check online; lockers not available Parkway Aquatic Center:
<https://www.chulavistaca.gov/departments/parks-and-recreation/community-centers/parkway-aquatic-center>

CHULA VISTA- NEW PROGRAM

South Bay Family YMCA, 1201 Paseo Magda, Chula Vista, CA 91910-7785; 619-421-9622 x1770 (pool)
Outdoor 25 yd pool. YMCA Web Site: <https://www.ymcasd.org/southbay>.
NEW masters swim practices: M,W,F 5:30 – 6:30 am. Contact MacKenzie Bell, mbell@ymcasd.org for specific costs and information. Free drop-in for first practice; non-YMCA members are welcome.

CITY HEIGHTS – San Diego Municipal Pool

San Diego City Pool, City Heights Swim Center, 4380 Landis St, San Diego, CA 92105; 619-641-6126.
City Pools Lap and Recreational Swim Schedule and Information: <https://www.sandiego.gov/pools>

CLAIREMONT –

San Diego City Pool, Clairemont Pool, 3600 Clairemont Dr, San Diego, CA 92117; 858-581-9923, pool.
City Pools Lap and Recreational Swim Schedule and Information: <https://www.sandiego.gov/pools>

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.
City Pools Lap and Recreational Swim Schedule and Information: <https://www.sandiego.gov/pools>

CORONADO

Brian Bent Memorial Aquatics Center (BBMAC, Coronado High School), 818 6th St., Coronado, CA 92118
General information – 619-437-0227; info@bbmac.org or <http://bbmac.org>; 50 m x 25 yd bulkhead pool.
USMS club: **CORONADO MASTERS ASSOCIATION (CMA)**; web site <https://www.swimcma.org/>
COACHED WORKOUTS: M-W-F 6-7AM, all levels, general fitness, competitive (USMS), & triathletes
Drop ins allowed, USMS membership required. Coaches: Rhonda Sund and Brooke Barnum
Contact: swimcma@gmail.com for more information

CORONADO

Coronado Municipal Pool, 1845 Strand Way, Coronado CA 92118-3005;
Check <https://www.coronado.ca.us/311/Aquatics-Center> for status, update, and hours.
25 yd x 50 meter (10 lane) Competition Pool 619-522-2464; Lap swim 5:30AM-1PM;
25 yd Recreation Pool (86-87° F) warm – for lap swim times, see Aquatic Center Hours

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, W, Th, F 2:15 - 6:00 pm; Tuesday 1 - 6pm.
Web site: <https://www.cityofelcajon.us/your-government/departments/recreation/recreation-centers>

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 link
<http://www.guhds.net/Departments/Business-Services/Facilities-and-Construction/Aquatics/index.html>
USMS club: **HEARTLAND SWIM ASSOCIATION MASTERS (HSAM)**, for Masters info., see
https://www.gomotionapp.com/team/sihsa/page/team-registration?reg_id=27839
WORKOUTS: M, W, F 5:15 - 6:45 AM, Coach Carli Willis at Grossmont High School.

EL CAJON Grossmont Union School District Pool

Valhalla High School 1725 Hillsdale Road, El Cajon, CA 92109;
USMS club: **TRINITY AQUATICS MASTERS (TRIM)** for all skill levels (competition, triathletes, & fitness).
WORKOUTS: M-F 7-8PM. Contact Kristen Payton: 619-395-7160 or TAquaticsMasters@gmail.com .

EL CAJON - Grossmont Union School District Pool

El Cajon Valley High School, 1035 E. Madison Ave, El Cajon, CA 92021-6226; Outdoor 25yd x 25m pool; Pool/swim info. 619-644-8172; WORKOUTS: M-W-F 5:30-7 AM, call to verify; See seasonal brochure): <http://www.guhsd.net/Departments/Business-Services/Facilities-and-Construction/Aquatics/index.html>

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)

<https://www.guhsd.net/Departments/Business-Services/Facilities-and-Construction/Aquatics/index.html>

EL CAJON - Grossmont Union School District Pool

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

Swim schedule (click on seasonal brochure for swim times):

<http://www.guhsd.net/Departments/Business-Services/Facilities-and-Construction/Aquatics/index.html>

ENCINITAS

North Coast/Magdalena Ecke YMCA, 200 Saxony Rd, Encinitas CA 92024; Info. 760-942-9622 x1253
25 yd x 25 meter competition pool & 25 yd x 5 lane pool, North County Swim Masters workout group.

<https://www.ymcasd.org/locations/magdalena-ecke-family-ymca>

ESCONDIDO

Baker Family Branch Boys and Girls Club, 835 West 15th Ave, Escondido, CA, 92025.

USMS club: **RENEGADE AQUATIC MASTERS (RAQ)**, Coaches Jadan Smithers (760-291-7052)

jadan.smithers@gmail.com and Scott Smithers (scottsmithers319@gmail.com);

WORKOUTS: M, W, F 7-8:30 am & 8:30-10 am.

<https://www.sdyouth.org/branch/neville-helen-baker-family-branch/>

ESCONDIDO

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

Web site: <https://www.ymca.org/locations/palomar-family-ymca> ; LAP SWIM: call or check web site.

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. Website <https://escondido.gov>

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; Website: <https://escondido.gov>

FALLBROOK

Fallbrook Union High School Pool, 2400 S. Stage Coach Ln, Fallbrook, CA 92028 (HS 760-723-6300)

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

KEARNY MESA

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

<https://www.ymcasd.org/locations/toby-wells-ymca>

KEARNY MESA – San Diego Municipal Pool

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

City Pools Lap and Recreational Swim Schedule and Information: <http://www.sandiego.gov/pools>

KROC – aka THE SALVATION ARMY RAY & JOAN KROC CENTER at SAN DIEGO

Kroc Community Ctr, 6845 University Ave, San Diego, CA 92115-5829; 619-269-1506

25 yd x 25 m & 25 yd x 25 yd outdoor pools; WEB SITE: <https://sd.kroccenter.org/kroc-san-diego/>

USMS Club: **The Salvation Army Kroc Center San Diego (KCSD)**; Workouts: Tu&F 6-7a, Su8:45-9:45a

Website - <https://sd.kroccenter.org/kroc-san-diego/adult-swim-club> Kroc membership includes workouts; added fee for guests or visiting US Masters Members. Lap swim, coached swimming, adult learn to swim

LA JOLLA Coggan Family Aquatic Complex (next to La Jolla High School), 800 Nautilus St, La Jolla, CA 92037-6158; 858-456-0945; 25 yd x 50 m outdoor pool; Web site: <http://www.cogganaquatics.org/>; USMS club **WIND-N-SEA MASTERS (WIND)**, masters workout (drop ins allowed at \$20/work-out) Workouts: M-F 6-7:30AM & 12-1:30PM; SAT 8-9:30; <https://www.cogganaquatics.org/masters-swimming> Lap swim schedule: <https://www.cogganaquatics.org/lap-swim>
LAP SWIM: M-F Late Aug. to Mid June (school year) 6 AM - 3:00 PM; Sat/Sun 8 AM - 2 PM.
LAP SWIM: M-F Mid June to Late Aug. (summer) 6 AM-8 PM, Sat/Sun 8 AM – 5 PM.

LA JOLLA COVE, Pacific Ocean, La Jolla, CA
La Jolla Cove Swim Club, POB 427, La Jolla 92038. LJCS web site: <http://www.lajollacoveswimclub.com>,
Ocean practice/swims - almost daily AM groups swims starting in the La Jolla Cove or La Jolla Shores

LA JOLLA Dan McKinney YMCA

La Jolla YMCA, 8355 Cliffridge Ave. La Jolla, CA 92037; 858-453-3483.
<https://www.ymcasd.org/locations/dan-mckinney-family-ymca>; two outdoor pools (80 F & 85 F); lap swim and adult workouts see monthly schedule under pool hours, listed as masters swim:
<https://www.ymcasd.org/wp-content/uploads/2025/08/August-11-31-DM-Pool-Schedule.pdf>

LA JOLLA Golden Triangle Area

Larry M Lawrence Jewish Community Center, 4126 Executive Dr, La Jolla, CA 92037; 858-362-1126.
Masters practices: M-F 6-7:30am, 12-1:30pm, T&Th 5:30-6:30pm, Sun 8:30-10 am; outdoor 50 m pool; for LFJCC members by reservation; Web site: <http://www.lfjcc.org/qualcomm/mastersswimming.aspx>.
LAP SWIM: M-Th 6 am-8:30 pm; F 6 am-5:30 pm, Sat-Sun 7 am - 5:30pm;
<http://www.lfjcc.org/qualcomm/aquatics.aspx>

LA JOLLA North Torrey Pines Area - Shiley Sports & Fitness Center, 10820 N. Torrey Pines Rd, La Jolla, CA 92037-1036; 858-554-3488; Outdoor 4 lane x ~25yd pool; parking fee; Web site:
<https://www.scripps.org/locations/specialty-centers/scripps-shiley-pavilion/shiley-sports-and-fitness-center?tab=overview>

LA JOLLA, University of California, San Diego (UCSD), La Jolla, CA 92093;
Outdoor 50m x 25yd Canyonview Aquatics Complex; PARKING: Permit required;
Web Site: <https://recreation.ucsd.edu/competitive-sports/masters/>
WORKOUTS: M-F 6-7:30AM, 7:30-9AM; M-Th 6-7:30PM; Sat 7:30-9AM; Canyonview Aquatics Center 858-534-6034, Some workout members belong to USMS club **SAN DIEGO SWIM MASTERS (SDSM)**.

LAKESIDE - Grossmont Union School District Pool

El Capitan High School, 10410 Ashwood St, Lakeside, CA 92040; 25 yd x 25 m outdoor; lap swim info. 619-644-8172, <https://www.guhds.net/Departments/Business-Services/Facilities-and-Construction/Aquatics/index.html>

LA MESA

Helix High School Pool, 7323 University Ave. La Mesa, California; 619-644-8172.
Call for lap swim hours; 25 yd x 8 lane outdoor L-shaped pool
<https://www.guhds.net/Departments/Business-Services/Facilities-and-Construction/Aquatics/Locations/index.html>

LA MESA

La Mesa Municipal Pool, 5100 Memorial Dr, La Mesa, CA 91941-3856; outdoor 25 yd x 25 m pool
WEB SITE: <http://www.cityoflamesa.us/915/Aquatics>; Lap swim hours 619-667-1494; Info. 619-466-4177

LA MESA

East County Family YMCA (John A Davis/Grossmont YMCA), 8881 Dallas St., La Mesa, CA 91942; 619-464-9622; 5 lane x 25 yd pool; WEB SITE: info: <https://www.ymca.org/locations/john-davis-family-ymca>

MIRA MESA – San Diego Municipal Pool

San Diego City Pool, NED BAUMER Aquatic Center, 10440 Black Mountain Rd, San Diego, CA 92126.
Info: 858-538-8083; 25ydx25m pool (next to Miramar College);
City Pools Lap and Recreational Swim Schedule and Information: <https://www.sandiego.gov/pools>

MISSION BEACH

The Plunge at Fit Mission Beach in Belmont Park, 3115 Ocean Front Walk, San Diego, CA 92109
Info: Fit athletic club <https://fitathletic.com/club/mission-beach/> Indoor pool;; 858-779-1672
LAP SWIM: M,Tu,W,Th,F,Sa,Su 7 am – 7 pm. Website: <https://plungemasters.com>
USMS Club: **PLUNGE MASTERS (PLUNJ)** WORKOUTS: M-F 6-7 am;
Masters info: info@plungemasters.com or Michael Kirkpatrick, michael@plungemasters.com

MISSION VALLEY YMCA

Mission Valley Family YMCA, 5505 Friars Rd., San Diego, CA 92110-2629; 619-298-3576; indoor & outdoor 25yd x 25 m pools; WEB SITE: <https://www.ymcasd.org/locations/mission-valley-ymca>
Aquatics Director: Jordan Van Norman, jvannorman@ymcasd.org, 619-298-3576 ext. 2067. USMS Club: **SAN DIEGO SWIM MASTERS (SDSM)** Workouts: M-F 6–7 am, 7–8 am, and 12-1 pm; Sat 8 – 9:30 am. Masters fees are \$50/mo (Y-member) and \$66/mo (participants). Daily fee is \$10 per Y member; drop-in fee is \$25/ day. Lap swim hours are subject to seasonal change. For pool schedule, go to the MVY home page <https://www.ymcasd.org/locations/mission-valley-ymca>, scroll to the bottom, click "Pool Schedule."

MORLEY FIELD / NORTH PARK – San Diego Municipal Pool

San Diego City Pool, BUD KEARNS Memorial Pool, 2229 Morley Field Dr., San Diego 92101; 619-692-4920; pool dimensions are 22 yd x 44 yd (12 lanes at 22 yd length, not standard 25 yd length). City Pools Lap and Recreational Swim Schedule and Information: <https://www.sandiego.gov/pools>

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; Email laspalmaspoolnc@gmail.com
Masters workouts: 6-7 am Tues (SCY) and 6-7 AM Fri (LCM) - for all levels of swimmers.
Aq. info - <https://www.nationalcityca.gov/government/community-services/las-palmas-pool>

NAVAL MEDICAL CENTER SAN DIEGO HOSPITAL NMCS D, BALBOA NAVAL HOSPITAL

Outdoor 25 m Admiral Baker pool -Military & Affiliates, Civil Service, Retirees, Dependents.
Info: 619-532-5757; <https://sandiego.navylifeww.com/fitness/aquatics>

NAVAL BASE SAN DIEGO, Bldg. 3279A, Naval Base San Diego (NBSD), San Diego, CA 92136
Admiral Prout (NBSD) pool 619-520-3048. Mon-Thu: 5 am-7 pm; Fri: 5 am-6 pm; Sat-Sun: 9 am-2 pm;
Mon/Wed/Fri/Sun: Long Course 50 Meters; Tues/Thurs/Sat: 25 Yards

OCEANSIDE

Joe and Mary Mottino YMCA, 4701 Mesa Drive Oceanside, CA 92056; 760-758-0808 for information;
<https://www.ymcasd.org/locations/joe-and-mary-mottino-family-ymca> 25y x 6 lane heated outdoor pool

OCEANSIDE City of Oceanside Municipal Pools:

Web site: <https://www.ci.oceanside.ca.us/government/parks-recreation/aquatics>

- **Wm A Wagner Aquatic Center** (aka El Corazon Aquatic Ctr) 760-435--5370, 3306 Senior Center Dr, Oceanside, CA, 92056. Lap Swim: M-F 6-8 am & 9 am-7 pm, Sat & Sun 10 am–5 pm; Adult Learn to Swim. USMS Club: **OCEANSIDE MASTERS CLUB (OCSMC)** WORKOUTS: M,W,F 6 am, at El Corazon Aquatic Center. Info: Vanessa Boon, 760-681-6018, OsideMasters@gmail.com.
- **Marshall St Pool** 760-435-5535 (summers only), 1404 Marshall St., Oceanside, CA - 25 yd outdoor
- **Brooks St Pool**, 130 Brooks St, Oceanside CA 92054; 33 1/3 yd outdoor pool; Pool info: 760-435-5225; Lap swim: M/Tu/W/Th/F 6 am-1:15 pm; Sat & Sun 10:15 am-1:15 pm.

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)
Pool Schedule Web: <https://www.ymcasd.org/locations/rancho-family-ymca> ; Aquatics info. 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, <https://www.ymcasd.org/locations/t-claude-and-gladys-b-ryan-family-ymca>

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

Poway Community Swim Center, 13094 Civic Center Drive, Poway 92064; Outdoor 25 yd x 50 m pool; Swim Center INFO: 858-668-4680 WEB SITE: <http://poway.org/489/Swim-Center>

RAMONA

Private San Diego Country Estates Association, 24157 San Vicente Rd, Ramona, CA 92065; <http://www.sdcea.net/>

SAN DIEGO – COPLEY YMCA, 3901 Landis St., San Diego, CA 92105; 619-280-9622.

<https://www.ymcasd.org/locations/copley-price-family-ymca>

SAN DIEGO – JACKIE ROBINSON YMCA

151 YMCA Way, San Diego, CA 92012, Lap Swim, 619-264-0144, General Hours M-TH 5:30am-9 pm; F 5:30a-8p; Sat 8am-5pm, Sun – closed; <https://www.ymcasd.org/locations/jackie-robinson-family-ymca>

SAN DIEGO – TOBY WELLS YMCA - 5105 Overland Dr., San Diego, CA, 92123

619-496-9622; Lap Swim: <https://www.ymcasd.org/locations/toby-wells-ymca>

SAN DIEGO – Mount Carmel High School

9550 Carmel Mountain Rd., San Diego, CA 92130; pool phone 858-484-2715.

25yd x 25 m pool; Lap Swim Info: 858-484-2715

https://www.powayusd.com/apps/pages/index.jsp?uREC_ID=3741339&type=d&pREC_ID=2434772

SAN DIEGO CITY POOLS

City Pools Lap and Recreational Swim Schedule and Information: <https://www.sandiego.gov/pools>

Check schedules; San Diego City budget cuts affect pool hours.

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 x 44 yd)

SD CITY CARMEL MT COMMUNITY POOL 12159 World Trade Dr, San Diego, 92128; 858-581-9954

SD CITY CARMEL VALLEY Community Prk 3777 Townsgate Dr, San Diego, CA, 92130; 858-552-1623

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 closed major renovations**

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 Ctr (Mira Mesa) 10440 Black Mountain Rd, SD, 92126, 858-538-8083

SD CITY STANDLEY AQUATIC CENTER (University City, joint use facility with San Diego Unified School District), 3605 Governor Dr, San Diego, CA 92122, 619-605-2170

SD CITY SWANSON MEMORIAL (University City) 3585 Governor Dr, San Diego, 92122, 858-552-1653

SD CITY TIERRASANTA/Mission Trails 11238 Clairemont Mesa Blvd, San Diego, 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: Premier Aquatics, (949) 716-3333 admin@swimpsa.com

-Las Posas Pool, Las Posas & Borden Rd, San Marcos, CA; 25 yd Pool; 760-599-9783.

-Woodland Park Aquatic Complex, 671 Woodland Pkwy, San Marcos, 92069; 25 m pool; 760-746-2028,

<https://www.sanmarcosca.gov/Parks-Recreation/Pools-Programs>

SAN YSIDRO

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

City Pools Lap and Recreational Swim Schedule and Information: <https://www.sandiego.gov/pools>

SANTEE

Grossmont Union School District; Santana High School Pool, 9915 Magnolia Ave., Santee, CA 92071; Outdoor 25 yd x 25 m pool; Call 619-644-8172 for lap swim hours;
<https://www.guhsd.net/Departments/Business-Services/Facilities-and-Construction/Aquatics/index.html>

SANTEE

East County Family YMCA - Cameron Family YMCA branch, 10123 Riverwalk Dr, Santee, 92071; 619-449-9622 Pool: 25 yd outdoor- Lap swim: <https://www.ymcasd.org/locations/cameron-family-ymca>

SCRIPPS RANCH

Scripps Ranch Swim & Racquet Club (Private), Aviary Pool and Scripps Trails Pool (both 6 lane x 25yd) Web site: <http://www.srsr.com/>, Aquatics Dept. Info: 858-271-6222 or 858-271-4231.
Call for lap and workout hours for Aviary Pool (9875 Aviary Dr, San Diego, CA 92131) and for Scripps Trails Pool (10216 Scripps Trails, San Diego, CA 92131).

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;
WEB SITE: <http://bgcsandieguito.org/>; Email: aquatics@positiveplaces.org; 858-755-4904
AQUATICS WEB SITE: <https://bgcsandieguito.org/programs/pardee-aquatics-center/>
Aquatics Director & SBSM Head Coach Joe Benjamin 858-755-4904, jbenjamin@bgcGreaterTogether.org
USMS club **SOLANA BEACH SWIM MASTERS (SBSM)**
WEB SITE: <https://bgcgreatertogether.org/programs/pardee-aquatics-center/adult-programs/#masters>
WORKOUTS (summer): M-F 5-6:15 AM; M-F 11:45 AM-1 PM; Sat 11 AM -12:15 PM; Sun 9:45 -11 AM

SOUTHWESTERN COLLEGE, CHULA VISTA (Southwestern Community College District); Southwestern College Wellness & Aquatic Complex, 900 Otay Lakes Rd, Bldg 15000, Chula Vista, CA 91910-7297. Questions 619-482-6327, Email SWCWAC@swccd.edu; 3 Pools: (1) 50 m x 25 yd competition pool, (2) 50 m x 25 yd multipurpose bulkhead pool, & (3) 25 yd x 6 lane warm water instructional pool.
Website: <https://www.swccd.edu/swc-community/wellness-and-aquatics-complex/index.aspx>

SPRING VALLEY

East County Family Y (McGrath YMCA), 12006 Campo Rd., Spring Valley, CA 91978, 619-462-9622 Heated, outdoor pool & heated covered pool; <https://www.ymcasd.org/locations/mcgrath-family-ymca>
Masters Swim: M,W,F 6-7am; Tu & Th 12-1 pm; Lap Swim: M-F 6a-7p, Sat 8a-5p, Sun 8a-3p. See schedules: <https://www.ymcasd.org/wp-content/uploads/2025/08/McGrath-Pool-Schedule-Fall-2025-rev.-2.pdf>

SPRING VALLEY - Grossmont Union School District 619-644-8172 lap swim hours
<http://www.guhsd.net/Departments/Business-Services/Facilities-and-Construction/Aquatics/index.html>
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

TIERRASANTA / MISSION TRAILS – San Diego Municipal Pool, 25 yd x 25 m outdoor 858-636-4837 Tierrasanta Park & Recreation Center, 11238 Clairemont Mesa Blvd, San Diego, CA 92124;
City Pools Lap and Recreational Swim Schedule and Information: <https://www.sandiego.gov/pools>

UNIVERSITY CITY (Swanson Park) – San Diego City Municipal Pool, 3585 Governor Dr, San Diego, CA 92122, 858-552-1653.
City Pools Lap and Recreational Swim Schedule and Information: <https://www.sandiego.gov/pools>

UNIVERSITY CITY (Standley Aquatic Center, joint use facility w/ San Diego Unified School District), 3605 Governor Dr, San Diego, CA 92122, 619-605-2170;
City Pools Lap and Recreational Swim Schedule and Information: <https://www.sandiego.gov/pools>

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
WebSite: <https://www.sandiego.edu/campusrecreation/recreation-classes/>

US NAVY SAN DIEGO FACILITIES

Base access required; Navy Region Southwest Aquatics <https://sandiego.navylifefsw.com/fitness/aquatics>

VALLEY CENTER Adams Community Park, 28751 Cole Grade Road, Valley Center, CA; Pool Mgr (760) 749-1304; Web Site: <https://www.sdparks.org/content/sdparks/en/park-pages/AdamsCountyPark.html>; call for hrs.

VENTURA COVE, SAN DIEGO BAY

SWIMS OPEN WATERS (SOWS) workouts: M 7-8 am, counterclockwise swim around 5 buoys at Ventura Cove (accessible from W. Mission Bay Drive, near Ventura Cove Beach & Ventura Cove Park). Website: <https://www.swimopenwaters.com/> ; Info. sidneymrussell@gmail.com,

VISTA The Wave Waterpark, 101 Wave Drive, Vista, CA 92083; LAP SWIM in competition pool
GEN. INFO: 760-940-9283 <http://www.thewavewaterpark.com/programs/lap-swim>

YMCA – Find a Masters Swim Program at a YMCA Branch <https://www.ymcasd.org/masters-swim>