

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

<http://www.simastersswim.org>

MASTERS SWIM WORKOUT & LAP SWIM LOCATIONS

(070118 A Stengel)

SI LMSC recognizes the **San Diego Swim Masters (SDSM) club** 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 <https://www.sandiego.gov/sites/default/files/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

3601 Arey Drive, San Diego, CA 92154, phone 619-428-9622; <https://www.ymca.org/locations/border-view-family-ymca>

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
USMS club **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/default.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: <https://www.sandiego.gov/sites/default/files/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: 858-242-4453; Lap swim – call for hours or see <https://fitathletic.com/club/carmel-mountain/>

CHULA VISTA

Health First Fitness Club on the campus of Southwestern College, 900 Otay Lakes Rd. Bldg. 15000, Chula Vista.
Telephone 619-421-6700, Ext. 5668; (1) 50 m x 25 yd competition pool, (1) 50 m x 25 yd multipurpose bulkhead pool & (1) 25 yd x 6 lane warm water instructional pool; Contact: Steve Wiggs, swiggs@swccd.edu, 619-481-2475
USMS club **HFFC MASTERS SWIM CLUB (HFFM)** workouts: M-F 5:30-7AM; M-F 5:30-7PM; SAT 7-8:30PM;
Note: 50m Long Course: Saturday morning. Other workouts are 25 yd short course.
Facebook link: <https://www.facebook.com/HealthFirstFitnessClub/>

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: <https://www.ymca.org/locations/south-bay-family-ymca> , pool schedule 619-421-9622

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 <https://www.sandiego.gov/sites/default/files/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 <https://www.sandiego.gov/sites/default/files/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 <https://www.sandiego.gov/sites/default/files/poolschedule.pdf>

CORONADO

Coronado Municipal Pool, 1845 Strand Way, Coronado CA 92118-3005; 25 yd x 50 meter (10 lane) Pool 619-522-2464
USMS club **CORONADO MASTERS ASSOCIATION (CMA)** workouts web site: <http://www.eteamz.com/cmaswimmers/>
WORKOUTS: M-W-F 6:15 – 7:15 PM

CORONADO

Brian Bent Memorial Pool at Coronado High School, 818 6th St., Coronado, CA 92118, 50 m x 25 yd bulkhead pool
No open swim, lap swim, or masters workout hours. Information – 619-437-0227; info@bbmac.org

DSST, DIFFERENT STROKES SWIM TEAM (Gay & Lesbian)

DIFFERENT STROKES SWIM TEAM (web site www.dsst.org) workouts are at various pools. USMS membership is required; DSST members belong to the USMS club **SAN DIEGO SWIM MASTERS (SDSM)**. The workout pools/times weekly schedule is at http://www.dsst.org/content.aspx?page_id=22&club_id=291830&module_id=194603. The monthly calendar/workout schedule is at http://www.dsst.org/content.aspx?page_id=2&club_id=291830. For information and a map link for a specific swim practice, click on the location on the calendar. Swim practice Information and map 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 7-8:30 pm at Brian Bent Memorial Pool at 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.guhsd.net/Departments/Business-Services/Facilities-and-Construction/Aquatics/index.html>
USMS club: **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.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) <http://www.guhsd.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-and-Construction/Aquatics/index.html> ,
click on seasonal brochure for swim times

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-and-Construction/Aquatics/index.html>

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

North County Swim Masters workout group: 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

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

USMS club: **Renegade Aquatics Masters (RAQ)**, Coaches Jadan Smithers jadan.smithers@gmail.com (760-291-7052) and Scott Smithers (scottsmithers319@gmail.com); WORKOUTS/Practices: M, W, F 7-8:30 am & 8:30-10 am.

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, 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)
<https://www.ymca.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 - call for hours
Pool closures, 6 wks/yr or more, listed at <https://www.sandiego.gov/sites/default/files/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; 619-269-1505

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

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

USMS club: The **SALVATION ARMY KROC CENTER SAN DIEGO (KCSD)**

KCSD Coach Edie Jacobsen, workouts – M-F 5:45-6:45 am & M,W,F 6:45-7:45 am

USMS club: **SAN DIEGO ADULT LEARN TO SWIM (ALTS)**, Edie Jacobsen (sdalts@att.net),

Learn to swim appointment available upon request; web site - <http://www.sandiegoadultlearntoswim.com/>

LA JOLLA COVE, Pacific Ocean, La Jolla, CA (almost daily AM groups swims)
La Jolla Cove Swim Club (LJSC) web site: <http://www.lajollacoveswimclub.com>, 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; 858-362-1126.
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/F 1-2 PM; 858-554-3488;
WEB SITE: <https://www.scripps.org/locations/specialty-centers/scripps-shiley-pavilion/shiley-sports-and-fitness-center?tab=overview>

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: <http://www.cogganaquatics.org/>
LAP SWIM: M-F Late August to Early June (during 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.
USMS club **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.windnseamasters.com/>

LA JOLLA YMCA also known as McKinney La Jolla YMCA

La Jolla YMCA, 8355 Cliffridge Ave. La Jolla, CA 92037; 858-453-3483; <https://www.ymca.org/locations/dan-mckinney-family-ymca> ; Indoor and outdoor pools; lap swim and masters workouts (see schedule listed under masters workouts).
Masters workout- <https://www.ymca.org/sites/default/files/assets/branch/la-jolla/McKinney%20Aquatics%20Schedule.pdf>

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; 25 yd x 25 m outdoor; lap swim info. 619-644-8172
Lap swim times: <http://www.guhsd.net/Departments/Business-Services/Facilities-and-Construction/Aquatics/index.html>

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

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.us/915/Aquatics>
La Mesa Masters (LMM) workout group: 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 & lap swim information: <https://www.ymca.org/locations/john-davis-family-ymca>
USMS club **EAST COUNTY FAMILY YMCA MASTERS (ECFY)** WORKOUTS: M, W, TH 5:30 AM – 6:30 AM

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 5-11:15 AM, Sat 12-3 PM
Pool closure dates listed at <https://www.sandiego.gov/sites/default/files/poolschedule.pdf>
Lap swim information: <https://www.sandiego.gov/park-and-recreation/centers/aquatics/nedbaumer>

MISSION BEACH Indoor 20 x 58 1/3yd POOL CLOSED FOR RENOVATION; <http://www.belmontpark.com/athleticclub/>
Mission Beach Plunge, Wave House Athletic Club, 3115 Ocean Front Walk, San Diego, CA 92109; 858-228-9300

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: <https://www.ymca.org/locations/mission-valley-ymca> ;
Masters workout info. is located at: <https://www.ymca.org/about-y/news-center/aquatics-health-programs/masters-swim>
USMS Club: **SAN DIEGO SWIM MASTERS (SDSM)**
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 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 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, listed at <https://www.sandiego.gov/sites/default/files/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;
No membership required. Aq. info - <http://www.nationalcityca.gov/city-government/community-services/las-palmas-pool>
or email Laspalmas.pool(at)yahoo.com
USMS Club: **LAS PALMAS POOL MASTERS (LPPM)**; web site <https://www.teamunify.com/Home.jsp?team=silppm>
Masters workouts: M-Th 6-7:15 am & 7:30-8:45 am; head coach: Ruthy Vesler, email= ruth.vesler(at)teamexos.com

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; <https://www.ymca.org/locations/joe-and-mary-mottino-family-ymca> 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;
USMS club **OCEANSIDE SEA SLUGS (OSS)**; workouts M-F 6-7:45 am, (ndavidson(at)ci.oceanside.ca.us)
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 times, Web: <https://www.ymca.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
LAP SWIM: <https://www.ymca.org/locations/peninsula-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: 858-668-4682 or 858-668-4683; pool closed through summer 2018 check web site for updates.
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;
USMS club: **RAMONA MASTERS (RW)**; 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, 16601 Nighthawk Ln, San Diego, CA 92127;
USMS club **NIGHTHAWK MASTERS SWIM (NHMS)**, M-W-F 5:30-7 am;
Coach Sara Escobedo ([sescobedo\(at\)powayUSD.com](mailto:sescobedo@powayUSD.com))

SAN DIEGO – COPLEY YMCA, 3901 Landis St., San Diego, CA 92105; 619-283-2251;
<https://www.ymca.org/locations/copley-price-family-ymca>

SAN DIEGO – TOBY WELLS YMCA
5105 Overland Dr., San Diego, CA, 92123; 619-280-9622; Lap Swim: <https://www.ymca.org/locations/toby-wells-ymca>

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 <https://www.sandiego.gov/sites/default/files/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: 858-484-2715

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.san-marcos.net/play/aquatics>
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; <https://www.sandiego.gov/park-and-recreation/centers/aquatics/vistaterrace>

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.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: call for hours or check web site: <https://www.ymca.org/locations/cameron-family-ymca>

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.srsr.com/> , AQUATICS DEPT. INFO: 858-271-6222. Call for lap and workout hours for
Aviary Pool, 9875 Aviary Dr, San Diego, CA 92131 & Scripps Trails, 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; email: [aquatics\(at\)positive places.org](mailto:aquatics@positiveplaces.org); 858-755-4904
WEB SITE: <http://bgcsandieguito.org/>; Aquatics: <http://bgcsandieguito.org/programs/aquatics/>; Aquatics Director and SBSM Head Coach Joe Benjamin 760-420-7193;
USMS club **SOLANA BEACH SWIM MASTERS (SBSM)** <http://bgcsandieguito.org/programs/aquatics/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 (see entry under CHULA VISTA)

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

SPRING VALLEY

East County Family Y (McGrath YMCA), 12006 Campo Rd., Spring Valley, CA 91978, 619-462-9622
Heated, outdoor pool; <https://www.ymca.org/locations/mcgrath-family-ymca>
USMS club **EAST COUNTY FAMILY YMCA MASTERS (ECFY)** workouts: confirm days, times, location, and rates.
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 <https://www.sandiego.gov/sites/default/files/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: <https://recreation.ucsd.edu/competitive-sports/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
Some workout group members belong to the USMS club **SAN DIEGO SWIM MASTERS (SDSM)**.

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 <https://www.sandiego.gov/sites/default/files/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\(at\)sandiego.edu](mailto: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: <https://www.navylifefsw.com/>

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>