

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

SI LMSC is the local governing body for United States Masters Swimming (USMS) - Update #040511

<http://www.simastersswim.org>

MASTERS SWIM WORKOUT & LAP SWIM LOCATIONS for San Diego County and Imperial County. Since some information changes, please verify workout times and check the web sites for current information.

SI LMSC would like to recognize the following local clubs and workout groups for hosting masters swimming competitions, encouraging swimmer participation in USMS sanctioned and recognized events, providing masters swimming and event information, and/or 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

Heartland Swim Association Masters (HSAM) club and its workout group

Different Strokes Swim Team Workout group affiliated with the SDSM club

This active support is important for maintaining the local SI LMSC organization as well as US Masters Swimming. SI LMSC encourages all workout groups and clubs to participate more actively in USMS, to promote USMS, and to support USMS sanctioned and recognized pool competitions, USMS sanctioned long distance open water events and postal pool events, and USMS fitness and other 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.

ALLIED GARDENS

San Diego City Pool, Allied Gardens Pool, 6707 Glenroy Street, San Diego, CA 92120; INFO: 619-235-1143 pool Lap Swim; Pool closures, 6 wks/yr 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; 50m x 25 yd Outdoor Pool ; seasonal, call for closures and hours (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 6-7:15 AM; M-F 12-1:15 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: call 858-552-1623 for current hours

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>

SDSM 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

Loma Verde Pool, 1420 Loma Lane, Chula Vista, CA 91911-5310; Outdoor 25 yd x 50 meter pool 619/691-5081

LAP SWIM: M,W,F 6:00 AM – 7:30 AM; M – F 11:00 AM – 1:00 PM; M – F 5:00 – 7:00 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: 11 AM- 1 PM; call to verify hours; lockers not available
http://www.chulavistaca.gov/City_Services/Community_Services/Recreation/RecreationFacilities/parkway_pool.asp

CHULA VISTA

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

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 619-522-2426
CORONADO MASTERS ASSN WORKOUTS: M-W-F 6-8 PM – Call David Lamott 619/222-3436 for exact information about masters workout time and location; 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**
DSST workouts out at various pools. The workout pools/times/locations calendar is at http://dsst.org/ne_calendar.htm.
Maps to the various pools can be found at http://dsst.org/si_pools.htm
WORKOUT: M,F 7:00-8:15 PM at Brian Bent Memorial Pool @ Coronado High School, 818 6th St., Coronado, CA 92118
WORKOUT: W 7:00-8:15 PM at Tierra Santa Municipal Pool (858-636-4837), 11238 Clairemont Mesa Blvd, SD 92124
WORKOUT: 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-LA MESA - Grossmont Union School District Pools in EL CAJON

Grossmont High School, 1100 Murray Dr., La Mesa, CA 91944; Pool/Lap Swim Info. 619-644-8172;
Outdoor 25 yd x 25 m pool/lap swim 619-698-2502;

HEARTLAND SWIM ASSOCIATION MASTERS WORKOUTS: M-W-F 5:30-7 AM, call to verify
Coach Contact: Chuck Hay 619-464-8680, email: [chay\(AT\)cox\(DOT\)net](mailto:chay(AT)cox(DOT)net); Pool 619-698-2502
Grossmont Union School District Pools, <http://www.ghusd.net/depts/aquatics>, 619-644-8172 for lap swim hours

EL CAJON - Grossmont Union School District Pools in EL CAJON

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, call to verify
Grossmont Union School District Pools, <http://www.ghusd.net/depts/aquatics>, 619-644-8172 for lap swim hours

EL CAJON - Grossmont Union School District Pools in EL CAJON

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

EL CAJON - Grossmont Union School District Pools in EL CAJON

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

EL CAJON

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

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; WEB SITE: www.purefitness.cc

EL CENTRO

Central High School Pool, Holt St. El Centro, California ; possible lap swim

ENCINITAS

North Coast/Magdalena 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 pool; LAP SWIM: 5:30AM-9 PM; WEB SITE: <http://ecke.ymca.org/>
WORKOUTS: M - F 6:00 – 7:15 AM; M – F 11:45 AM – 1:00 PM; Sat 7:15 – 8 AM; Sun 9:45 – 11 AM;

ESCONDIDO

Escondido Washington Park Municipal Pool, 501 N. Rose, Escondido, CA 92027; 760-839-4382
Outdoor 25 yd Pool 760-839-4660 or 760-839-4691 (recording); <http://www.ci.escondido.ca.us/glance/pools/Washington>

ESC Escondido Swim Club Workout Times: Mon,Wed,Fri 5:30am to 7am

Web Site: <http://www.esccswim.net/id8.html> Record Last Updated: 8/27/10

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 AM – 4 PM; M – F 6-7 PM; Sat 7 AM- 3 PM; Sun 12 – 2 PM

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 – 7:30 PM; Sat/Sun 9 AM - 3 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)

LA JOLLA COVE SWIM CLUB LJSC WEB SITE: "<http://www.lajollacoveswimclub.org>," 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 9 – 10:30 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 and 1-2 PM; 858-554-3488; WEB SITE: <http://www.scrippshealth.org/Locations.asp?ID=135>

LA JOLLA YMCA

La Jolla YMCA, 8355 Cliffridge Ave. La Jolla, CA 92037; Contacts: 858-453-3483

Lap Swim: Lap swimming M-F 5:00am-8am, 10-2pm, 6:30-8:30pm, S/S 12-5pm; Members free, others, call for fee

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

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/Departments/CommunityServices/Aquatics.htm>

LA MESA MASTERS (LMM) WORKOUTS: M-F 5:15 - 6:15 AM; Web Site: <http://www.cityoflamesa.com/aquatics>

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 (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;

EAST COUNTY FAMILY YMCA MASTERS WORKOUTS: Tu & Th 9:30 – 10:30 AM

LA MESA

Grossmont High School, 1100 Murray Dr., La Mesa, CA 91944; Outdoor 25 yd x 25 m pool/lap swim 619-698-2502

HEARTLAND SWIM ASSOCIATION MASTERS WORKOUTS: M-F 5:30-7 AM

MASTERS INFO: C. Hay 619-464-8680, email: [chay\(AT\)cox\(DOT\)net](mailto:chay(AT)cox(DOT)net)

LA MESA

Helix High School Pool, 7323 University Ave. La Mesa, California; 619-462-5580; Call for lap swim hours

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

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; 619-298-3576; INFO: 619-298-3576 x 1216

POOL: 25 yd x 25 m; WEB SITE: <http://www.missionvalley.ymca.org/english/pdfs/sked-mv-pool-haz.pdf>

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

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; Lap swim

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 NMCS, BALBOA NAVAL HOSPITAL

Outdoor 25 m military facility pool -Military & Affiliates, Civil Service, Retirees, Dependents WORKOUT: Tu & Th 6-7AM

OCEANSIDE

Joe and Mary Mottino YMCA, 4701 Mesa Drive Oceanside, California; Web Site: <http://Mottino.ymca.org/aquatics.html>

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

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) Tues & Thurs. 7 – 8 PM; Sat 7–8 AM;
LAP SWIM: call for schedule Web: www.rancho.ymca.org; 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
WORKOUTS: M, W, F 12-1 PM; <http://peninsula.ymca.org/programs/pool/masters.htm>

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=c11pub_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 Coach: Dan Peck, [dan\(AT\)pacificswim\(DOT\)com](mailto:dan(AT)pacificswim(DOT)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>;
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, 619-262-9388 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 <http://www.ghusd.net/depts/aquatics>, 619-644-8172
Santana High School Pool, 9915 Magnolia Ave., Santee, CA 92071, Outdoor 25 yd x 25 m; call for lap swim hours

SANTEE

East County Family YMCA - Cameron Family YMCA branch , 10123 Riverwalk Dr, Santee 92071 (619-449-9622)
Pool: 25 yd outdoor pool; WEB SITE: <http://www.eastcounty.ymca.org/cameron/english/index.html>

EAST COUNTY FAMILY YMCA MASTERS Aquatics Director & Masters Coach – Elaine Hartmann 619-449-9622 x1108
Masters workouts: at Cameron Y on M-W-F 12–1 PM; M-W-F 5-6 PM; at Davis Y, La Mesa on Tu & Th 9:30-10:30 AM

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/aquatics.html> AQUATICS DEPT. INFO: 858/271-6222

Aviary Pool, 9875 Aviary Dr, San Diego, CA 92131; Call for lap and workout hours

Scripps Trails Pool, 10216 Scripps Trails, San Diego, CA 92131; Coached workouts: M,W,F 5:30-6:30 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 Pardee Aquatics Center; 533 Lomas Santa Fe Dr., Solana Beach 92075; Outdoor 25yd 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> (click aquatics & aquatics teams, 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 10-11:30 AM

SOUTHWESTERN COLLEGE Southwestern College, pool on campus

SPRING VALLEY - Grossmont Union School District <http://www.ghusd.net/depts/aquatics>, 619-644-8172 lap swim hrs
Monte Vista High School, 3230 Sweetwater Springs Blvd, Spring Valley 91977; 25 yd x 25 m pool;

SPRING VALLEY - Grossmont Union School District <http://www.ghusd.net/depts/aquatics>, 619-644-8172 for lap swim hrs
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 required; INFO: 858-534-8124 or -4037; Web Site: <http://www-rec.ucsd.edu/mstr/>

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

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) USD, 5998 Alcalá Pk, San Diego, CA 92110; Outdoor 25 yd, 12 lanes; NO WORKOUT

US NAVY SAN DIEGO - 32nd Street Naval Station

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

VALLEY CENTER

Adams Community Park , 28751 Cole Grade Road Valley Center, CA Web Site: <http://www.vcparks.net/facilities.html>

Lap Swim / Workout Times: MWF 7 - 9 a.m. and 6:30 - 7:30 p.m. Sat 8 - 9 a.m.; Pool Manager (760) 749-1304;

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