

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

<http://www.simastersswim.org>

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

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

## **San Diego Swim Masters (SDSM)**

**Swim Smarter Masters (SSM) and its workout group at Coggan Family Aquatic Complex in La Jolla**  
**Heartland Swim Association Masters (HSAM) and its workout group**  
**Coronado Masters Association (CMA) and the workout group at the Coronado Municipal pool**  
**Different Strokes Swim Team Workout group**  
**Carlsbad Masters (CARL)**

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

Please E-mail workout updates or new locations to: SI LMSC Secretary "SISecretary (at) usms (dot) org"  
To deter SPAM and E-mail address harvesting programs, E-mail addresses are listed with the word "(at)" in place of the symbol "@" and the word "(dot)" in place of the symbol "." . Be sure to use the symbols "@" and "." when E-mailing.

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

## **ALLIED GARDENS**

San Diego City Pool, Allied Gardens Pool, 6707 Glenroy Street, San Diego, CA 92120;  
INFO: 619-235-1143 pool; Lap Swim; Call for San Diego city pool closure dates

## **BRAWLEY**

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

## **CARLSBAD**

Carlsbad Community Swim Complex, 3401 Monroe St., Carlsbad, CA 92008-2092; 25 m x 25 yd pool, 760/602-4685  
**CARLSBAD MASTERS (CARL)WORKOUTS:** M-F 6-7:30 AM; M-F 12-1:30 PM; Sat 8:00-9:15 AM  
LAP SWIM SCHEDULE on WEB PAGE: <http://www.carlsbadca.gov/recreation/swim.html> (click on "Facility Schedule")

## **CARMEL MOUNTAIN RANCH/ POWAY**

Frog's Club One, 12171 World Trade Drive, San Diego, CA 92128-3709; 25 yd pool; Lap Swim Info: 858/674-4480  
Web Page: [www.clubone.com/main.htm?action\\_id=7&parent\\_content\\_id=29](http://www.clubone.com/main.htm?action_id=7&parent_content_id=29)

## **CARMEL VALLEY**

Carmel Valley Community Park, 3777 Townsgate Dr, San Diego, CA, 92130-2595; 25 yd pool; no lockers; 858/552-1623  
San Diego City Pool - Lap Swim Hours subject to change: M-F 6-8 AM, 12-4 PM, 6-7:30 PM; Sat 10 AM – 3 PM  
Call for City Pool Closure Dates; POOL WEB PAGE: <http://www.cvsd.com/RecCenter/pool.html> ("Pool Brochure" Link)

## **CARMEL VALLEY**

Pacific Athletic club, 12000 Carmel Country Rd, San Diego, CA 92130; two 25 yd pools; Info: 858/509-9933  
Web Page: <http://www.pacsandiego.com/>

### **CHULA VISTA**

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

### **CHULA VISTA**

City of Chula Vista Recreation Facilities  
WEB SITE: [http://www.chulavistaca.gov/City\\_Services/Community\\_Services/Recreation/RecreationFacilities](http://www.chulavistaca.gov/City_Services/Community_Services/Recreation/RecreationFacilities)

### **CHULA VISTA**

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

### **CHULA VISTA, DOWNTOWN**

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

### **CITY HEIGHTS**

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

### **CLAIREMONT**

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

### **COLINA DEL SOL**

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

### **CORONADO**

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

### **CORONADO Naval Amphibious Base**

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

### **DSST, DIFFERENT STROKES SWIM TEAM (Gay & Lesbian)**

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

### **EL CAJON - Grossmont Union School District Pools in EL CAJON**

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

### **EL CAJON - Grossmont Union School District Pools in EL CAJON**

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

### **EL CAJON - Grossmont Union School District Pools in EL CAJON**

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

### **EL CAJON**

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

### **EL CAJON**

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

### **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 instructional pool; LAP SWIM: 5:30 AM – 9 PM  
WORKOUTS: M, W, F 7-8 AM (call to verify); WEB SITE: <http://ecke.ymca.org/>

### **ESCONDIDO**

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

### **ESCONDIDO**

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

### **ESCONDIDO**

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

**SWIM SMARTER MASTERS** WORKOUTS: M-F 6-7:30 AM, 12-1:30 PM, 6-7:30 PM; Sat & Sun 9-10:30 AM (varies, check web site, earlier during summer); MASTERS INFO: Dan Peck "danp(AT)swimsmarter(DOT)com"  
MASTERS WEB SITE: [www.swimsmarter.com](http://www.swimsmarter.com) LAP SWIM: M-F 6 AM-1:30 PM, 4-8 PM; Sat/Sun 9 AM-4 PM

### **LA JOLLA COVE**

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

### **LA JOLLA Golden Triangle Area**

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

### **LA JOLLA North Torrey Pines Area**

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

### **LAKESIDE**

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

### **LAKESIDE - Grossmont Union School District Pools in LAKESIDE**

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

### **LA MESA**

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

### **LA MESA**

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

### **LA MESA**

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

### **MIRA MESA**

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

### **MISSION BEACH**

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

### **MISSION VALLEY YMCA**

Mission Valley Family YMCA, 5505 Friars Rd., San Diego, CA 92110-2629; <http://www.missionvalley.ymca.org/english>  
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  
POOL: 25 yd x 25 m; 619-298-3576; INFO: Matt Pentland 619-298-3576 x 1216  
WORKOUTS: M-F 5:30-6:30, 6:30-7:30, 7:30-8:30 AM; 12-1 PM; M,W,F 6-7 PM; Sat. 7:30-9 AM  
WEB SITE: <http://www.missionvalley.ymca.org/english/pdfs/sked-mv-pool-haz.pdf>

### **MORLEY FIELD**

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

### **NATIONAL CITY**

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

### **NAVAL MEDICAL CENTER SAN DIEGO HOSPITAL**

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

### **OCEANSIDE**

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

### **PENASQUITOS/ SCRIPPS RANCH/POWAY**

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

### **POINT LOMA**

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

### **POINT LOMA**

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

### **POWAY/ CARMEL MOUNTAIN RANCH/ RANCHO PENASQUITOS**

Frog's Club One, 12171 World Trade Dr., San Diego, CA 92128; 25yd Outdoor Pool 858/674-4480  
[http://www.frogsfit.com/?action=cl1pub\\_club\\_home&ClubID=29](http://www.frogsfit.com/?action=cl1pub_club_home&ClubID=29)

### **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](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>

Pool Closure Document to June 2006: <http://www.sandiego.gov/park-and-recreation/pdf/poolclosuresFY06.pdf>

#### **SD CITY ALLIED GARDENS**

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

#### **SD CITY BUD KEARNS Memorial**

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

#### **SD CITY CARMEL VALLEY Community Park**

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

#### **SD CITY CITY HEIGHTS Swim Center**

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

#### **SD CITY CLAIREMONT**

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

#### **SD CITY COLINA DEL SOL**

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

#### **SD CITY KEARNEY MESA**

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

#### **SD CITY MARTIN LUTHER KING JR.**

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

#### **SD CITY MEMORIAL**

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

#### **SD CITY NED BAUMER Aquatic Center /MIRA MESA**

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

#### **SD CITY SWANSON /UNIVERSITY CITY**

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

#### **SD CITY TIERRASANTA /MISSION TRAILS**

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

#### **SD CITY VISTA TERRACE /SAN YSIDRO**

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

### **SAN MARCOS**

San Marcos City Pools INFO: 760/744-9000; pools are closed Fall and Winter, call for exact dates and hours

Aquatics Web Site <http://www.ci.san-marcos.ca.us/departments.asp?id=1627>

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

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

### **SAN YSIDRO**

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

### **SANTEE - Grossmont Union School District Pools in SANTEE**

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

Santana High School Pool, 9915 Magnolia Ave., Santee, CA 92071, Outdoor 25 yd x 25 m

### **SANTEE**

Cameron Family YMCA, 10123 Hoffman Dr, Santee 92071-5295; 25 yd Pool (619-449-9622),

### **SCRIPPS RANCH**

Scripps Ranch Swim & Racquet Club (Private club), Aviary Pool and Scripps Trails Pool (both 6 lane x 25 yd)  
WEB SITE: <http://www.srsrc.com/aquatics/aquatics.html> AQUATICS DEPT. INFO: 858/271-6222  
Aviary Pool, 9875 Aviary Dr, San Diego, CA 92131; Workouts: M,W 7:45-8:45 PM (June-Aug);  
Scripps Trails Pool, 10216 Scripps Trails, San Diego, CA 92131; Coached workouts: M,W,F 5:30-6:45 AM; M,W 7:45-8:45 PM (Sept-May); Uncoached Workouts (posted only) at Scripps Trails M,W,F 12-1 PM; Sunday 7-8:15 AM

### **SOLANA BEACH**

Boys & Girls Club of San Dieguito Aquatics Center; 533 Lomas Santa Fe Dr., Solana Beach 92075  
Outdoor 25yd 6 lane; Pool/LAP SWIM INFO: 858/755-4904, email: [aquatics\(AT\)bgcsd\(DOT\)org](mailto:aquatics(AT)bgcsd(DOT)org)  
SOLANA BEACH SWIM MASTERS WEB SITE: <http://www.bgcsdto.org/masters.htm>; Info: Joe Benjamin 760-966-1701  
WORKOUTS: M-F 5:15-6:30AM; M-F 6:30-7:45AM; M-F 11:30AM-1PM; Sat 10-11:30 AM

**SOUTHWESTERN COLLEGE** Southwestern College, pool on campus

### **SPRING VALLEY - Grossmont Union School District Pools in SPRING VALLEY**

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

### **SPRING VALLEY - Grossmont Union School District Pools in SPRING VALLEY**

(Grossmont Union School District pool, <http://www.ghusd.net/depts/aquatics>, 619-644-8172 for lap swim hours)  
Mount Miguel High School, 1800 Sweetwater Rd, Spring Valley, 91977; Outdoor 25 yd x 25 m pool

### **SPRING VALLEY/RANCHO SAN DIEGO (South Bay Area)**

Frog's Club One, 3511 Sweetwater Springs Blvd, Spring Valley CA 91978; Indoor 25 yd x 5 lane pool;  
Lap Swim Info: 619/670-1937 Web Page: [www.clubone.com/scheduler/index.htm?action=scheduler&clubID=41](http://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 Pool  
PARKING PERMIT: Mon-Fri Parking Permit required or use meters;  
WORKOUTS: M-F 6-7:30AM, 7:30-9AM, 12-1:30PM; M-Th 6-7:30PM; Sat 7:30-9AM; Sun 8-9:30AM  
INFO: 858/534-8124 or 858/534-4037; Web Site: <http://www-rec.ucsd.edu/mstr/>; [sickie@ucsd.edu](mailto:sickie@ucsd.edu)

### **UNIVERSITY CITY**

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

### **USD (University of San Diego )**

University of San Diego, 5998 Alcalá Park, San Diego, CA 92110; Outdoor 25 yd x 12 lane pool  
WORKOUTS: M-Tu-Th 5:45-6:45 AM; Sat 10-11:15 AM; INFO: 619/260-2372 Mike Keeler

### **US NAVY SAN DIEGO - 32nd Street Naval Station**

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

### **VISTA**

The Wave Waterpark, 161 Recreation Drive, Vista, CA 92083; LAP SWIM in competition pool  
GEN. INFO: 760-940-9283 or AQUATICS 760-726-1340 x 1552; call for open dates and hours