

## 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/](http://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](mailto: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](mailto:info@bbmac.org)

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

DIFFERENT STROKES SWIM TEAM (web site [www.dsst.org](http://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](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](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](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](mailto:jadan.smithers@gmail.com) (760-291-7052) and Scott Smithers ([scottsmithers319@gmail.com](mailto: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](mailto: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.guhds.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>