

The City of San Diego is offering a **FREE** day to promote **Water Safety Education for Parents and their Toddlers under 4 years of age.**
Sponsored by the **San Diego Junior Lifeguard Foundation**
and the **Park and Recreation Department**

This water orientation workshop is designed to teach the parent or responsible adult how to safely and effectively manage their infant or toddler in the water and to teach basic water safety skills. It is not designed to teach children to survive in the water on their own. Parents and toddlers learn together to increase a child's comfort level in the water and build a foundation of basic skills, such as arm and leg movements and breath control. The workshop is fun-filled and emphasizes water safety concepts, while encouraging a healthy recreational activity that you and your toddler can enjoy.



PARENTS AND TODDLERS ARE REQUIRED TO BE IN PROPER SWIM ATTIRE
SWIM DIAPERS ARE REQUIRED FOR ALL TODDLERS, SWIM DIAPERS WILL BE PROVIDED
PLEASE CONTACT THE FOLLOWING POOLS FOR MORE INFORMATION



Saturday, July 2
10am-12pm
City Heights Swim Center
4380 Landis Street
619-641-6126

Saturday, July 23
10am-12pm
Martin Luther King, Jr Pool
6401 Skyline Drive
619-527-3451

Saturday, August 13
10am-12pm
Colina Del Sol Pool
4150 54th Place
619-235-1147

Saturday, August 20
10am-12pm
Memorial Park Pool
2902 Marcy Ave
619-235-1139

Saturday, September 10
10am-12pm
Vista Terrace Pool
301 Athey Ave
619-424-0469

Saturday, September 24
10am-12pm
Kearny Mesa Pool
3170 Armstrong Street
858-573-1389

As a recipient of federal funds, the city of San Diego cannot discriminate against anyone on the basis of race, color, creed, sex, age, national origin or ancestry, religion, pregnancy, physical or mental disability, veteran status, marital status, medical condition, gender (transsexual and transgender), sexual orientation, as well as any other category protected by federal, state or local laws. If anyone believes, he or she has been discriminated against, he or she may file a complaint alleging the discrimination with the City of San Diego Park and Recreation Department (contact Deputy Director (619) 525-8235) or the Office of Equal Opportunity, U.S. Department of the Interior, Washington, D.C. 20240. This information is available in alternative formats upon request.