



SCRIPPS RANCH | 9972 Scripps Ranch Blvd, San Diego, CA 92131  
SCRIPPS RANCH (POOL) | 9875 Aviary Dr, San Diego, CA 92131  
MISSION BEACH | 2999 Mission Blvd. Suite 101, San Diego, CA 92109  
LA JOLLA | 3535 General Atomics Ct Suite 100, San Diego, CA 92121  
LA JOLLA UTC | 10300 Campus Pointe Dr, San Diego, CA 92121  
LA JOLLA (POOL) | 8930 University Center Ln, San Diego, CA 92122  
DOWNTOWN | 501 West Broadway, San Diego, CA 92101  
CORONADO | 543 Orange Ave, Coronado, CA 92118  
CORONADO (POOL) | 818 Sixth St. (inside BBMAC), Coronado, CA 92118  
CARMEL VALLEY | 12625 High Bluff Dr Suite 105, San Diego, CA 92130  
CARMEL VALLEY (POOL) | 3777 Townsgate Dr, San Diego, CA 92130  
MAILING ADDRESS | 3639 Midway Dr, San Diego, CA 92110

## Carmel Valley Pool

**Address:** Carmel Valley Rec Center  
3777 Townsgate Dr., San Diego, CA 92130  
**Phone Number:** 858-227-9707



### Directions

#### Coming from I-5 South

- Take exit 24 onto Del Mar Heights Rd.
- Turn left onto Del Mar Heights Rd.
- Turn right onto El Camino Real.
- Turn left onto Townsgate Dr.
- Destination will be on your right.

#### Coming from I-5 North

- Take exit 33B onto Carmel Valley Rd.
- Turn right onto Carmel Valley Rd.
- Turn left onto El Camino Real.
- Turn right onto Townsgate Dr.
- Destination will be on your right.

### Coming from 56 East

- Take exit 1B onto El Camino Real toward I-5.
- Turn right onto El Camino Real.
- Turn right onto Townsgate Dr.
- Destination will be on your right.

### Protocols

- Enter the double doors.



- Let the front desk person know you are here for therapy with Water & Sports Physical Therapy.
- They will direct you as to where to go.
- Please come in your swimsuit and and bring a towel.
- There is a locker room and showers for your use.