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 bring a towel.
- There is a locker room and showers for your use.