Scripps Ranch Pool

**Address:** Scripps Ranch Swim & Racquet Club:
9875 Aviary Dr.,
San Diego, CA 92131

**Phone Number:** 619-810-0007

Coming from the clinic
- Take a left onto Scripps Ranch Blvd.
- Left on Aviary, then make your first left into the pool complex.
- Park at top of the hill and check in at the front gate.

Protocols

- Sign in when you get there.
- The person at the desk will tell you where to go when you sign in.

What to bring?
- Towel, sunscreen & sunglasses and anything else you would normally bring with you when going to a pool for an hour.
- Some may also prefer to bring a hat or wear a shirt since the pool is outside.
- They provide lockers, but no locks. If you prefer to lock your items up, please bring a personal lock.
- You can also leave your items out by the pool if you like.

**NOTE:**

- Your therapist is coming directly over from the clinic and may arrive 5-10 minutes after your scheduled appointment time.
- If it is your first time to the pool, please wait for your therapist before getting in the water.
- If you are a returning patient, you may get started with whatever exercises you and your therapist previously discussed.
- The lifeguards can help you get any equipment you might need to start warming up, but please do not go into the equipment room without asking the lifeguard.
- Your appointment will run anywhere between 30 and 50 minutes depending on your specific needs and rehab plan.
- Please be dressed ready to get in the water at your scheduled appointment time.

Please call if you have any questions. Thank you :)