The Helix (Irrigation) Water District (WD) provides potable water and water facility-related park and recreation services within the Cities of El Cajon, La Mesa, and Lemon Grove; and the unincorporated community of Spring Valley and surrounding unincorporated areas.

The District was established in 1913 as the La Mesa, Lemon Grove, and Spring Valley Irrigation District (ID). In 1926, the ID purchased the Cuyamaca Water Company and acquired an operating water system of wells, flumes, dams, and reservoirs. In 1954, the ID absorbed the El Cajon Valley Irrigation District and in 1956 began doing business as the Helix Water District. In 1980, the Crest Public Utility District (PUD) was dissolved and responsibility for providing water service within the boundary of the former PUD was transferred to the Helix WD.

Territory within the Helix WD is highly urbanized; 98 percent of district customers are residential or industrial users. The District was a founding member of the San Diego County Water Authority (SDCWA) and more than 80 percent the district water supply is imported through the SDCWA. The Helix WD has an agreement with SDCWA, Padre Dam Municipal Water District, Otay Water District, and Lakeside Water District to reduce demand on SDCWA facilities by providing regional water treatment at the Helix WD R. M. Levy Water Treatment Plant.

The Helix WD owns Lake Jennings and Lake Cuyamaca. The District administers extensive recreational facilities at Lake Jennings. Lake Cuyamaca was developed as a storage reservoir for the Helix WD and recreational facilities associated with the Lake are operated by the Lake Cuyamaca Recreation and Park District under a lease agreement.

The Helix WD cooperates with the County of San Diego, Grossmont Union High School District, and the Cities of La Mesa and El Cajon in the Harry Griffen Park Joint Powers Agency (JPA). The WD’s 30-million gallon Grossmont Reservoir lies beneath the 50-acre park site; the WD maintains the reservoir and the JPA maintains all park infrastructure.

LAFCO approved a sphere-of-influence for the Helix WD in 1983 that is generally coterminous with the district boundary.