

Admissions

5.00 for adults 18 years and older

\$1.00 for children 17 years and under

(Water Aerobics classes add an additional dollar)

For lessons: Go to www.sfreconline.org

The San Francisco Recreation and Park Department prohibits discrimination on the basis of race, religion, color, national origin, age, sex, sexual orientation, or disability in its programs and activities. If persons feel that they have been discriminated against in any department activity, program or facility, they may file a complaint with this department at McLaren Lodge, Fell and Stanyan Sts., Golden Gate Park, SF CA 94117 or with the Office of Equal Opportunity, US Department of the Interior, Washington, DC 20240. For more information on program accessibility for persons with disabilities, write to the department or call or call 831-2700. Deaf access please use C.R.S. 800-735-2929. for MUNI information call 311

Safety Staff is the final authority on safe behavior within the facility. Failure to follow safety direction issued by staff may result in your ejection.

Visit us at www.sfrecpark.org for more info



Swimming Lessons:

Tots: The program aims to promote the Red Cross water safety knowledge and skills, aquatic adjustment, and swimming readiness skills, as well as fun enjoyment in the water. The parent is the primary instructor for their child and will accompany the child into the water during instruction. The parent must dress in a swim suit. Toddlers who are not potty trained must wear swim diapers. Pre-schoolers: ratio 1 adult per child

Youth-1: Participants will acquaint themselves with the aquatic environment. Topics covered in this class include breathing control, floating, prone glide, back float, arm strokes and kicking, and other elementary skills.

Youth-3 is designed for participants who have developed the elementary skills of swimming. Participants will be able to develop the front crawl stroke and back crawl techniques. This class is designed to improve stamina and coordination.

Youth-5: These levels will coordinate, refine, and polish all the skills learned in previous levels. The butterfly stroke, open turns and surface dives will be introduced. Emphasis is placed on developing efficiency, power, and endurance.

Adult -1 Participants will acquaint themselves with the aquatic environment. Topics covered in this class include breathing control, floating, prone glide, back float, arm strokes and kicking, and other elementary skills.

Adult -3 is designed for participants who have developed the elementary skills of swimming. Participants will be able to develop the front crawl stroke and back crawl techniques.

San Francisco Recreation and Parks
Department
Senior Swimming Instructor: Kathy Matias
51 Havelock St.
San Francisco, Ca

General Manager - Phil Ginsburg



Updated 12/16/11

Balboa Pool

Winter 2012 Schedule



January 3-March 10, 2012

San Francisco Recreation and
Parks Department

Tel: 415.337.4701

Lap Swimming

Day	Starts	Ends
Monday	1:00PM	2:00PM
Monday	6:30PM	7:30PM
Tuesday	6:15AM	8:00AM
Tuesday	11:00AM	Noon
Wednesday	10:00AM	Noon
Wednesday	12:30PM	2:00PM
Wednesday	6:30PM	7:30PM
Thursday	6:15AM	8:00AM
Thursday	11:00AM	Noon
Thursday	12:30PM	2:00PM
Friday	10:00AM	Noon
Friday	12:30PM	2:00PM
Friday	6:30PM	7:30PM
Saturday	3:30PM	4:30PM

Water Exercise

Day	Starts	Ends
Tuesday	10:00AM	11:00AM
Tuesday	6:30PM	7:30PM
Wednesday*	11:00AM	Noon
Thursday	10:00AM	11:00AM
Thursday	6:30PM	7:30PM
Friday*	11:00AM	Noon
Saturday	9:00AM	10:00AM

Swim Lessons

Day	Type	Starts	Finish
Monday	Tots	2:30PM	3:00PM
Monday	Youth-3	4:10PM	4:50PM
Tuesday	Youth-1	4:10PM	4:50PM
Wednesday	Tots	10:30AM	11:00AM
Wednesday	Youth-3	4:10PM	4:50PM
Thursday	Youth-1	4:10PM	4:50PM
Friday	Tots	10:30AM	11:00AM
Friday	Youth-5	4:10PM	4:50PM
Saturday	Youth-5	9:00AM	9:40AM
Saturday	Tots (3U)	10:00AM	10:30AM
Saturday	Tots	10:30AM	11:00AM
Saturday	Youth-3	11:00AM	11:40AM
Saturday	Youth-1	11:50AM	12:30PM
Saturday	Adults-1	11:50AM	12:30PM

* is a senior only exercise program

** (no swim on 3/2, 3/9 and 3/15)

Recreation Swim

Day	Starts	Finish
Monday	3:00PM	4:00PM
Tuesday	3:00PM	4:00PM
Wednesday	3:00PM	4:00PM
Thursday**	3:00PM	4:00PM
Friday**	3:00PM	4:00PM
Saturday	1:30PM	3:15PM

Seniors/Special Needs

Day	Starts	Finish
Tuesday	9:00 AM	10:00 AM
Wednesday	9:00 AM	10:00 AM
Thursday	9:00 AM	10:00 AM
Friday	9:00 AM	10:00 AM

Balboa Sharks: Age Group Swim Team

Monday-Friday 5:00PM-6:30PM Team members

This schedule does not include school groups, rentals and partners who use this facility.

Our mission is to provide enriching recreational activities, maintain beautiful parks and preserve the environment for the well-being of our diverse community.

