

Admissions

5.00 for adults 18 years and older

\$1.00 for children 17 years and under

(Water Aerobics classes add an additional 2 dollars)

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.



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. Level 4 students will review previous level swimming skills and be introduced to new swimming strokes. 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 courses are designed for all levels of swimmers, from no swimming skills, to advanced swimming skills.

Go to www.sfreconline.org for more and to register

San Francisco Recreation and Parks
Department
Senior Swimming Instructor: Bart Ribotta
1701 Visitacion St
San Francisco, Ca

General Manager - Phil Ginsburg



Updated 11/30/11

Coffman Pool WINTER 2012 Schedule



January 7-March 10

San Francisco Recreation and
Parks Department

Tel: 415.337.9085

COFFMAN SWIMMING POOL WINTER 2012 SCHEDULE

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lap swim 9:30-10:45 am	Tot lesson* 9:30-10 am	Schools 9:30-10:45 am	Schools 9:30-10:45 am	Youth lesson* levels 1-2 9:30-10:10 am
	Adult lesson* 10-10:45 am			Tot lesson*/Semi-Private lesson* 10:30-11 am
Senior Special needs 11-12 noon	Water Exercise 11-11:50 am	Senior Special needs 11-12 noon	Water Exercise 11-11:50 am	Semi-Private lessons* 11-11:30; 11:30-noon
Staff Training Pool Cleaning 1-3 pm	Lap swim 12-1 pm	Lap swim 12-1 pm	Lap swim 12-1 pm	Family swim 11-12 noon
Recreation swim 3-4 pm	Recreation swim 2:30-3:45 pm	Recreation swim 2:30-4 pm	Recreation swim 2:30-3:45 pm	Recreation swim 1:30-3 pm
	Private lessons* 3:15-3:45; 4-4:30 pm		Private lessons* 3:15-3:45; 4-4:30 pm	
Lap swim 4:30-5:30 pm	Youth lesson* levels 1-2 4-4:40 pm	Lap swim 4:30-5:30 pm	Youth lesson* levels 1-2 4-4:40 pm	Lap swim 3:30-5 pm
	Swim club 4:30-5:30		Swim club 4:30-5:30	
	Youth lesson* levels 3-4 4:50-5:30		Adult lesson* all levels 4:45-5:30	

*** Pre-registration is required for all lessons.**

To register, see pool manager, go to www.sfreconline.org, or call (415) 831-6800.

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