

Admissions

5.00 for adults 18 years and older

\$1.00 for children 17 years and under

Water Aerobics classes

\$7.00 for adults 18 years and older

\$2.00 for children 17 years and under

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.

Go to www.sfreconline.org to register

San Francisco Recreation and Parks
Department
Senior Swimming Instructor: Don Lane
5701 3rd Street
San Francisco, Ca

General Manager—Phil Ginsburg



Updated 8/11/11

ML King Jr Pool

Winter 2012 Schedule



January 3—March 10 2012

San Francisco Recreation and
Parks Department

Tel: 415.822-2807

TUESDAY

Disabled Water Exercise	10:30-11:45am
Lap Swim <u>Deep Water Only</u>	10:30-12:00pm
Recreation Swim	3:00-4:00pm
Lap Swim, <u>Deep Water Only</u>	3:00-4:00 pm
Youth Swim Team	4:30- 6:30pm
MLK youth swim team lesson	4:40-5:10pm
Lap Swim	5:30-6:30pm

WEDNESDAY

Lap Swim/Personal Exercise	10:30-1:30pm
Recreation Swim	3:00-4:00pm
Lap Swim <u>Deep Water Only</u>	3:00-4:00pm
Youth Swim Team	4:30-6:30pm
MLK youth swim team lessons	4:40-5:10 pm
Lap Swim	6:30-7:30pm
Adult Water Aerobics	6:30-7:30pm

THURSDAY

Disabled Water Exercise	10:30-11:45am
Lap Swim	10:30-1:30pm
Recreation Swim	3:00-4:00pm
Lap Swim <u>Deep Water Only</u>	3:00-4:00 pm
Youth Swim Team	4:30-6:30pm
MLK youth swim team Lessons	4:40-5:10pm
Lap Swim	5:30-6:30pm

FRIDAY

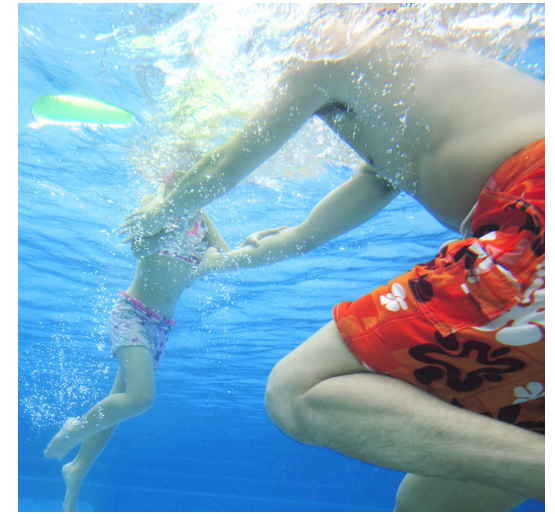
Lap Swim/Personal Exercise	10:30-1:30pm
Recreation Swim	3:00-4:00pm
Lap Swim <u>Deep Water Only</u>	3:00-4:00pm
Youth Swim team	4:30-6:30pm
MLK youth swim team lesson	4:40-5:10pm
Lap Swim	6:30-7:30pm
Adult Swimming Workout course	6:30-7:30 pm

SATURDAY

Lap Swim	9:30-11:30am
<u>Deep Water Only</u>	
Adult beginning lessons	9:30-10:10am
Children's beginning Lessons	10:15-10:55am
Pre-school Lessons	11:00-11:30am
Youth Swim Team training	11:30-1:00pm
Recreation Swim	2:00-3:15pm
Lap Swim	3:30-4:30 pm

SUNDAY

Family Swim	10:15-12:00pm
Lap Swim	10:15-12:00pm
<u>Deep Water Only</u>	
Recreation Swim	12:30-2:00pm



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