

Admissions

5.00 for adults 18 years and older

\$1.00 for children 17 years and under

(Water Aerobics classes add 2 additional 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 directions 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 appropriate swim wear. 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.

Notes: C = cool, W= warm, T = Therapy lane/area, * = Registration required

San Francisco Recreation & Park Department
General Manager, Philip A Ginsburg
Mayor, Ed Lee

Facility Supervisor: Greg Scott

661 Lombard St. at Mason

San Francisco, CA 94133



North Beach Aquatic Center

WINTER 2012 Schedule
1/3—3/10/12



San Francisco Recreation
and Parks Department
Tel: 415.391-0407

Website:

www.sfrecrepark.org

Tuesday

Laps	c	10:00—11:30am
Recreation	w	3:15—4:30pm
Swim Team	c	3:15—5:00pm
*Adult Lessons (Beg) w		5:15—6:00pm
Laps	c	5:30—7:00pm
#Water Aerobics w		6:10—7:00pm

Facility closed 12noon to 3:15pm for training.

Wednesday

Laps	w/c/t	6:00—8:00am
Laps	w/c	8:30—9:30am
Senior Laps	w/c/t	10:45—11:45am
Laps	c	Noon—1:00pm
*Senior Exercise w		12:10—1:00pm
Laps	c	2:30—3:45pm
Recreation	w	2:30—3:30pm
*Tot Lessons	w	3:30—4:00pm
*Youth 1	w	4:00—4:40pm
*Youth 3	w/c	4:00—4:40pm
*Youth 5	w/c	4:45—5:25pm

Thursday

Laps	c	10:00—11:30am
Laps	w/c/t	Noon—1:00pm
Laps	c	2:30—3:30pm
Swim Team	c	3:30—5:00pm
Recreation (Adults) w		2:30—3:30pm
Recreation (Youth) w		3:30—4:30pm
*Adult Lessons (Adv) w		5:15—6:00pm
Laps	c	5:30—7:00pm
#Water Aerobics w		6:10—7:00pm

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

*** = Registration Required**

c = Cool temperature

w = Warm temperature

= Deep Water

t = Therapy Lane / Area

Children who are not potty trained must wear a swim diaper.

Adults with small children must maintain physical contact with them at all times.

Friday

Laps	w/c/t	6:00—8:00am
Laps	w/c	8:30—9:30am
Laps	c	10:00—11:30am
Laps	w/c	Noon—1:00pm
*Senior Exercise w		12:10—1:00pm
Recreation (Adults) w		2:30—3:30pm
Recreation (Youth) w		3:30—4:30pm
Laps	w/t	5:00—5:50pm
Laps	c	5:00—7:00pm
Recreation	w	6:00—7:00pm

Saturday

Laps	w/c/t	8:15—9:15am
Laps	c	10:30—12:00n
Youth 5*	c	9:20—10:00am
Youth 3*	w	9:20—10:00am
Youth 1*	w	10:00—10:40am
Tot Lessons*	w	10:50—11:20am
Tot Lessons* (Adv)	w	11:30—12:00n
Recreation/Laps	w/c	1:30—3:00pm
Laps	c	3:30—4:30pm
Azure*	w	4:15—4:45pm

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

