

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 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 for more and to register

San Francisco Recreation and Parks
Department
Senior Swimming Instructor: Steve
Shames
19th Ave & Wawona St.
San Francisco, Ca

General Manager - Phil Ginsburg



Sava Pool

Winter 2011 Schedule



San Francisco Recreation and
Parks Department

Tel: 415.661-6327

Monday

Lap Swim	6:00am-7:00am
SFUSD Phys Ed	7:00am-9:00am
<i>Water Exercise</i>	<i>9:30am-10:30am</i>
Senior Swim/Special Needs	9:30am-11:00am
Lap Swim	12:30-2:00pm
Recreation Swim	2:30-3:30pm
Swim Teams	4:00-6:00pm
Lap Swim	6:30-8:00pm

Tuesday

Lap Swim	6:00am-7:00am
SFUSD Phys Ed	7:00am-9:00am
Senior Swim/Special Needs	9:30am-11:00am
<i>Tiny Tots*</i>	<i>11:00am-11:30am</i>
Swim Teams	4:00-6:00pm
Special Olympics	6:30-8:00pm



Wednesday

Lap Swim	6:00am-7:00am
SFUSD Phys Ed	7:00am-9:00am
Senior Swim/Special Needs	9:30am-11:00am
Lap Swim	12:30-2:00pm
Recreation Swim	2:30-3:30pm
Swim Teams	4:00-5:30pm
<i>Youth Lessons 1*</i>	<i>5:45-6:25pm</i>
<i>Youth Lessons 3*</i>	<i>5:45-6:25pm</i>
<i>Youth Lessons 5*</i>	<i>5:45-6:25pm</i>
<i>Adult Lessons (Beginner) *</i>	<i>6:30-7:15pm</i>
<i>Adult Lessons (Intermediate) *</i>	<i>6:30-7:15pm</i>
<i>Adult Lessons (Beginner) *</i>	<i>7:20-8:00pm</i>
<i>Adult Lessons (Intermediate) *</i>	<i>7:20-8:00pm</i>
<i>Water Exercise</i>	<i>7pm-8:00pm</i>

Thursday

Lap Swim	6am-7:00am
SFUSD Phys Ed	7:00am-9:00am
Senior Swim/Special Needs	9:30am-11:00am
Lap Swim	12:30-2:00pm
Recreation Swim	2:30-3:30pm
Swim Teams	4:00-6:00pm
Lap Swim	6:30-8:00pm

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

Friday

Lap Swim	6am-7:00am
SFUSD Phys Ed	7:00am-9:00am
Water Exercise (1 Lane)	9:30-10:30am
Senior Swim/Special Needs	9:30am-11:00am
Lap Swim	12:30-2:00pm
Recreation Swim	2:30-3:30pm
Swim Teams	4:00-5:30pm
Recreation Swim	6:30-8pm

Saturday

Lap Swim	8:30am-10am
<i>Tiny Tots*</i>	<i>10am-10:30am</i>
<i>Youth Lessons 1*</i>	<i>10:30am-11:15am</i>
<i>Youth Lessons 3*</i>	<i>10:30am-11:15am</i>
<i>Youth Lessons 1*</i>	<i>11:15-11:55am</i>
<i>Youth Lessons 3*</i>	<i>11:15-11:55am</i>
<i>Youth Lessons 5*</i>	<i>11:15-11:55am</i>
Recreation Swim	12:30-2:00pm

Sunday

Adult Swimming Workout*	9:00am-10:00am
<i>Youth lessons 1,3,5*</i>	<i>10am-10:30am</i>
<i>Youth lessons 1,3,5*</i>	<i>10:45-11:15am</i>
<i>Youth lessons 1,3,5*</i>	<i>11:30-12:00N</i>
Recreation Swim	1:00pm-2:30pm

** Registration Required*

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