

Millberry Fitness & Recreation Center at UCSF Parnassus

Spring 2008

April 1 – June 30

Schedules are subject to change

Visit www.campuslifetimeservices.ucsf.edu

Millberry Fitness & Recreation Center Hours 476-1115

Mon-Fri: 5:30am-10:00pm Sat-Sun: 7:30am-8:00pm

Member Services 476-0348

Mon-Thu: 9:00am-8:00pm Fri: 9:00am-7:00pm Sat: 9:00am-5:00pm

Holiday Schedule

Memorial Day - Mon, May 26 Closed

Lap Swim Schedule

Mon 6:00-10:00am, 11:00am-2:00pm, 3:00-7:30pm
 Tue 7:30am-2:30pm, 4:00-9:00pm
 Wed 6:00am-2:00pm, 3:00-7:30pm
 Thu 7:30am-2:30pm, 3:30-9:00pm
 Fri 6:00am-2:00pm, 3:00-9:00pm
 Sat 2:00-2:30pm, 5:30-8:00pm
 Sun 1:00-2:30pm, 5:30-7:00pm

Family Swim Schedule

Adult participation required; 2 children per adult.

Sat, Sun 2:30-4:30pm

Gymnasium – Open Gym Schedule

For scheduled drop-in sports time, check www.recports.ucsf.edu

Gymnasium reopens Jan 7

Mon 5:30am-3:15pm
 Tue, Wed 12:00-1:00pm
 Thu 5:30am-12:00pm
 Fri 5:30am-12:15pm
 Sat 7:30-11:00am
 Sun 7:30am-3:00pm

Squash*/Raquetball Court Reservations 476-1115##

Mon-Fri 5:30am-9:00pm
 Sat, Sun 7:30am-7:00pm

Online booking service for members and students: www.xpiron.com/schedule/ucsf

* Squash Court reservations are for 45 minutes

Music Room Reservations 476-2035

Mon-Fri 8:30am-10:00pm
 Sat 8:30am-8:00pm
 Sun 12:30-8:00pm

Massage Service Appointments 476-1115##

Mon-Fri 8:00am-9:30pm*
 Sat, Sun 9:00am-7:30pm*

Online booking service for members and students: www.xpiron.com/schedule/ucsf

*Massage hours subject to change

Game Room 476-2035

Mon-Fri 8:30am-10:00pm
 Sat 8:30am-8:00pm
 Sun 12:30-8:00pm

Outdoor Programs - Office hours: 476-2078

Mon-Thu 11:00am-1:00pm

FREE

for UCSF Students and Fitness & Recreation Center Members *



Give us 20 Minutes and we'll give you some of the hottest exercises to tone your abs. Don't miss it!

Mon, Wed & Fri 12:30-12:50pm
 Tue & Fri 7:20-7:40am

* Arrive early and secure your spot on the stretching area.

Updates: www.campuslifetimeservices.ucsf.edu/mps



Bakar Fitness & Recreation Center at UCSF Mission Bay

Spring 2008

April 1 – June 30

Schedules are subject to change

Visit www.campuslifetimeservices.ucsf.edu

Bakar Fitness & Recreation Center Hours 514-4545

Mon-Fri: 5:30am-10:00pm Sat-Sun: 7:30am-8:00pm

Member Services 476-5646

Mon-Thu: 9:00am-8:00pm Fri: 9:00am-7:00pm Sat: 9:00am-5:00pm

Holiday Schedule

Memorial Day - Mon, May 26 Closed

Kids Club Reservations 514-4544

Mon-Fri: 8:00am-1:00pm, 3:00-8:00pm Sat-Sun: 8:00am-1:00pm

Outdoor Pool - Lap Swim Schedule

Mon-Fri: 5:30am-9:30pm Sat-Sun: 7:30am-7:30pm

*2 to 3 lanes available at the following times:

Mon 5:30-8:30am, 7:00pm-8:30pm
 Tue 11:30am-1:00pm, 7:00-8:30pm
 Wed 5:30-8:30am
 Thu 11:30am-1:00pm, 7:00-8:30pm
 Fri 5:30-8:30am
 Sat, Sun 7:30-9:00am, 11:30am-5:00pm

Indoor Pool - Lap Swim Schedule

Mon 5:30-9:00am, 1:00-3:00pm
 Tue 5:30-9:00am, 12:00-3:00pm, 8:00-9:00pm
 Wed 5:30-6:30am, 7:30-9:00am, 10:15-11:00am, 1:00-3:00pm
 Thu 5:30-9:00am, 12:00-3:00pm, 8:00-9:00pm
 Fri 5:30-9:00am, 10:15-11:00am, 1:00-3:00pm
 Sat, Sun 7:30-9:00am

Outdoor Pool - Family Swim Schedule

Adult participation required; 2 children per adult; Child guest fees apply for ages over 3 years

Sat: 11:30am-2:30pm Sun: 2:30-5:00pm

Indoor Pool - Family Swim Schedule

Adult participation required; 2 children per adult; Child guest fees apply for ages over 3 years

Shallow area (2¹/₂ ft.) available during lap swim times

Mon, Wed 5:00-6:00pm
 Tue 4:00-6:00pm
 Thu 3:00-6:00pm
 Fri 4:00-6:00pm, 7:00-9:00pm
 Sat, Sun 4:00-7:30pm

Gymnasium – Open Gym Schedule

For scheduled drop-in sports time, check www.recports.ucsf.edu

Mon-Fri: 5:30am-12:00pm Sat-Sun: 7:30am-3:00pm

Squash*/Racquetball Courts Reservations 514-4545##

Mon-Fri: 5:30am-9:00pm Sat-Sun: 7:30am-7:00pm

Online booking service for members, students and employees: www.xpiron.com/schedule/ucsf

* Squash Court reservations are for 45 minutes

Massage Service Appointment 514-4592##

Mon-Fri: 9:00am-9:30pm* Sat-Sun: 9:00am-7:30pm*

Online booking service for members and students: www.xpiron.com/schedule/ucsf

*Massage hours subject to change

Game Room 514-4545

Mon-Fri: 5:30am-10:00pm Sat-Sun: 7:30am-8:00pm

Outdoor Programs - Office hours: 476-2078

Mon-Thu 4:00-6:00pm

FREE

for UCSF Students and Fitness & Recreation Center Members *



Tone your abs, meet up with other members and experience a workout like no other.

Wed 5:00pm
 Sat 12:00-12:30pm

* Sign up at the Service Desk. Class meets in Studio 1.