

# youth aquatics lessons

july-september 2018

## Parnassus - Weekend \$197/280

### Saturday 7/14-9/22 (10 classes; no class 9/1)

8:00-8:40 am		8:45-9:25 am		9:30-10:10 am		10:15-10:55 am		11:00-11:30 am	
Pre-School	1150.101	Pre-School	1150.102	Pre-School	1150.103	Pre-School	1150.104	Parent/Child A	1110.101
Sea Turtle	1270.101	Guppy	1170.101	Angelfish	1370.102	Sea Turtle	1270.102	Fitness Swim*	1770.101
Angelfish	1370.101	Shark	1670.101	Seal	1470.101	Dolphin	1570.101		
11:30 am-12:00 pm		12:05-12:45 pm							
Parent/Child B	1110.102	Pre-School	1150.105						
		Guppy	1170.102						
		Seal	1470.102						

### Sunday 7/15-9/23 (10 classes; no class 9/2)

8:00-8:40 am		8:45-9:25 am		9:30-10:10 am		10:15-10:55 am		11:00-11:30 am	
Pre-School	1150.106	Pre-School	1150.107	Pre-School	1150.108	Pre-School	1150.109	Parent/Child A	1110.103
Sea Turtle	1270.103	Guppy	1170.103	Sea Turtle	1270.104	Guppy	1170.104	Fitness Swim*	1770.102
Seal	1470.103	Shark	1670.102	Angelfish	1370.103	Dolphin	1570.102		
11:30 am-12:00 pm		12:05-12:45 pm							
Parent/Child B	1110.104	Pre-School	1150.110						
		Angelfish	1370.104						
		Dolphin	1570.103						

Schedules are subject to change. Level descriptions are available at [tiny.ucsf.edu/ucsfaquatics](http://tiny.ucsf.edu/ucsfaquatics).

\*40 minute class (ends at 11:40 am)

## Mission Bay - Weekend \$197/280

### Saturday 7/14-9/22 (10 classes; no class 9/1)

8:00-8:40 am		8:45-9:25 am		9:30-10:10 am		10:15-10:55 am		11:00-11:30 am	
Pre-School	1150.151	Pre-School	1150.152	Pre-School	1150.153	Pre-School	1150.154	Parent/Child A	1110.151
Angelfish	1370.151	Guppy	1170.151	Angelfish	1370.152	Guppy	1170.152	Fitness Swim**	1770.151
Seal	1470.151	Sea Turtle	1270.151	Seal	1470.152	Sea Turtle	1270.152		
		Dolphin	1570.151			Shark	1670.151		
11:30 am-12:00 pm		12:05-12:45 pm		12:50-1:30 pm		1:35-2:15 pm			
Parent/Child B	1110.152	Pre-School	1150.155	Pre-School	1150.156	Guppy	1170.154		
		Guppy	1170.153	Seal	1470.153	Sea Turtle	1270.154		
		Sea Turtle	1270.153	Dolphin	1570.152	Angelfish	1370.153		
		Shark	1670.152						

### Sunday 7/15-9/23 (10 classes; no class 9/2)

8:00-8:40 am		8:45-9:25 am		9:30-10:10 am		10:15-10:55 am		11:00-11:30 am	
Pre-School	1150.157	Pre-School	1150.158	Pre-School	1150.159	Pre-School	1150.160	Parent/Child A	1110.153
Seal	1470.154	Sea Turtle	1270.155	Guppy	1170.155	Guppy	1170.156	Fitness Swim**	1770.152
Shark	1670.153	Angelfish	1370.154	Sea Turtle	1270.156	Sea Turtle	1270.157		
		Shark	1670.154	Angelfish	1370.155	Dolphin	1570.153		
11:30 am-12:00 pm		12:05-12:45 pm		12:50-1:30 pm		1:35-2:15 pm		2:30-3:00 pm	
Parent/Child B	1110.154	Pre-School	1150.161	Pre-School	1150.162	Pre-School	1150.163	Parent/Child A&B	1110.155
		Sea Turtle	1270.158	Sea Turtle	1270.159	Guppy	1170.157		
		Angelfish	1370.156	Seal	1470.155	Shark	1670.155		
		Dolphin	1570.154	Dolphin	1570.155				

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\*\*outdoor pool; 40 minute class (ends at 11:40 am)

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## Mission Bay - Weekday Parent/Child \$197/280

Monday 7/16-9/24 (10 classes; no class 9/3)

11:00-11:30 am		11:30 am-12:00 pm	
Parent/Child Level A	1100.151	Parent/Child Level B	1100.152

## Mission Bay - Weekday Children's Swim \$197/280

On the first day of class, students are assessed and placed with others of the same skill level.

### Parent/Child A & B

Ages 6 months to 3 years old

### Pre-School Lessons

Ages 3 to 5 years old

### Children's Swim Lessons

Ages 6 to 15 years old

Levels 1-2 Beginner (Guppy-Sea Turtle)

Levels 3-4 Intermediate (Angelfish-Seal)

Levels 5-6 Advanced (Dolphin-Shark)

Pre-school (10 classes; no class 9/3-9/6)			
M	7/16-9/24	3:45-4:25 pm	1800.151
Tu	7/17-9/25	5:30-6:10 pm	1800.152
W	7/18-9/26	3:45-4:25 pm	1800.153
Th	7/19-9/27	5:30-6:10 pm	1800.154

Levels 1-2 (10 classes; no class 9/3-9/6)			
M	7/16-9/24	4:30-5:10 pm	1801.151
Tu	7/17-9/25	6:15-6:55 pm	1801.152
W	7/18-9/26	4:30-5:10 pm	1801.153
Th	7/19-9/27	6:15-6:55 pm	1801.154

Levels 3-4 (10 classes; no class 9/3-9/6)			
M	7/16-9/24	3:45-4:25 pm	1802.151
Tu	7/17-9/25	5:30-6:10 pm	1802.152
W	7/18-9/26	3:45-4:25 pm	1802.153
Th	7/19-9/27	5:30-6:10 pm	1802.154

Levels 5-6 (10 classes; no class 9/3-9/6)			
M	7/16-9/24	4:30-5:10 pm	1803.151
Tu	7/17-9/25	6:15-6:55 pm	1803.152
W	7/18-9/26	4:30-5:10 pm	1803.153
Th	7/19-9/27	6:15-6:55 pm	1803.154

## Mission Bay - Weekday Kids Pre-Team \$120/160

This competitive swimming class is designed for children who have graduated from the UCSF swim lessons program. The class explores and refines the four competitive strokes, flip turns, starts, and speed during each 60-minute session.

(10 classes; no class 9/3, 9/5, and 9/7)			
M	7/16-9/24	6:00-7:00 pm	1820.151
W	7/18-9/26	6:00-7:00 pm	1820.152
F	7/20-9/28	6:00-7:00 pm	1820.153

Due to holidays, pool maintenance, and trainings, no classes take place on the following dates: 9/1-9/7

## Registration start dates

Members: 6/21 at 10:00 am

Non-members: 6/22 at 10:00 am

Register at: [tiny.ucsf.edu/ucsfaquatics](http://tiny.ucsf.edu/ucsfaquatics)

Millberry Fitness & Recreation Center 415.476.1115

Bakar Fitness & Recreation Center 415.514.4545

To receive news and updates, e-mail [aquatics@ucsf.edu](mailto:aquatics@ucsf.edu)