

youth aquatics lessons

august-october 2017

Parnassus - Weekend \$130/185

(Register online starting 8/3)

Saturday 8/12-10/7 (8 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	1150.101	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	Guppy	1170.102	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	1170.103						
		Seal	1470.102						

Sunday 8/13-10/8 (8 classes; no class 9/3)

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	1270.102	Guppy	1170.104	Sea Turtle	1270.103	Guppy	1170.105	Fitness Swim*	1770.102
Seal	1470.103	Shark	1670.102	Angelfish	1370.103	Seal	1470.104		
11:30 am-12:00 pm		12:05-12:45 pm							
Parent/Child B	1110.104	Pre-School	1150.110						
		Angelfish	1370.104						
		Dolphin	1570.102						

Schedules are subject to change.

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

Mission Bay - Weekend \$130/185

(Register online starting 8/3)

Saturday 8/12-10/7 (8 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	1150.151	Pre-School	1150.152	Pre-School	1150.153	Pre-School	1150.154	Parent/Child A	1110.151
Angelfish	1370.151	Guppy	1170.151	Guppy	1170.152	Guppy	1170.153	Fitness Swim**	1770.151
Seal	1470.151	Sea Turtle	1270.151	Sea Turtle	1270.152	Sea Turtle	1270.153		
Shark	1670.151	Angelfish	1370.152	Angelfish	1370.153	Seal	1470.153		
		Dolphin	1570.151	Seal	1470.152	Shark	1670.152		
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	Pre-School	1150.157		
		Guppy	1170.154	Angelfish	1370.154	Guppy	1170.155		
		Sea Turtle	1270.154	Seal	1470.154	Sea Turtle	1270.155		
		Dolphin	1570.152	Dolphin	1570.153	Angelfish	1370.155		
		Shark	1670.153			Seal	1470.155		

Sunday 8/13-10/8 (8 classes; no class 9/3)

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	1150.158	Pre-School	1150.159	Pre-School	1150.160	Pre-School	1150.161	Parent/Child A	1110.153
Seal	1470.156	Sea Turtle	1270.156	Guppy	1170.156	Guppy	1170.157	Fitness Swim**	1770.152
Shark	1670.154	Angelfish	1370.156	Sea Turtle	1270.157	Sea Turtle	1270.158		
		Shark	1670.155	Angelfish	1370.157	Dolphin	1570.155		
				Dolphin	1570.154	Shark	1670.156		
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	1150.162	Pre-School	1150.163	Pre-School	1150.164	Parent/Child A&B	1110.155
		Sea Turtle	1270.159	Sea Turtle	1270.160	Guppy	1170.158		
		Angelfish	1370.158	Seal	1470.157	Seal	1470.158		
		Dolphin	1570.156	Dolphin	1570.157	Shark	1670.157		

Schedules are subject to change. Level descriptions are available online and in the Fitness & Recreation catalog.

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

Register at: campusliveservices.ucsf.edu/fitnessrecreation

For more information, e-mail aquatics@ucsf.edu, or call 415.514.4837

youth aquatics lessons

July-September 2017

Mission Bay - Weekday Parent/Child (Register online starting 6/11)

Monday 7/10-8/7 (5 classes) \$80/110			
11:00-11:30 am		11:30 am-12:00 pm	
Parent/Child Level A	1100.151	Parent/Child Level B	1100.152

Monday 8/21-9/25 (5 classes; no class 9/4) \$80/110			
11:00-11:30 am		11:30 am-12:00 pm	
Parent/Child Level A	1100.153	Parent/Child Level B	1100.154

Mission Bay - Weekday Learn to Swim \$115/150 (Register online starting 6/11)

On the first day of class, students are assessed and placed with others of the same skill level. Classes are held once a week with a total of five classes per session.

Pre-School Lessons

- Ages 3 to 5 years old
- No parent participation
 - Little or no previous water experience
 - Will learn basic aquatic skills, water safety, and simultaneous arm and leg actions on front and back.

Children's Swim Lessons

- Ages 6 to 15 years old
- Levels 1-2 Beginner (Guppy-Sea Turtle)
Prerequisites:
- Little or no previous water experience
 - Will learn basic aquatic skills, water safety, and simultaneous arm and leg actions on front and back.

- Levels 3-4 Intermediate (Angelfish-Seal)
Prerequisites:
- Able to swim using combined arm and leg actions at least 5 yards independently
 - Able to float for 15 seconds on front and back
 - Able to tread for 15 seconds

- Levels 5-6 Advanced (Dolphin-Shark)
Prerequisites:
- Able to tread for 2 minutes
 - Able to swim 25 yards of front crawl and 25 yards of elementary backstroke
 - Able to swim 15 yards of breaststroke, 15 yards of backstroke, and 15 yards of sidestroke
 - Able to swim 15 yards of butterfly

Due to holidays, pool maintenance, and trainings, no classes take place on the following dates:
6/26-7/6, 8/14-8/17, and 9/4-9/7

Millberry Fitness & Recreation Center
500 Parnassus Avenue | 415.476.1115

Bakar Fitness & Recreation Center
1675 Owens Street | 415.514.4545

Pre-school			
Session 1			
M	7/10-8/7	3:45-4:25 pm	1800.151
Tu	7/11-8/8	5:30-6:10 pm	1800.152
W	7/12-8/9	3:45-4:25 pm	1800.153
Th	7/13-8/10	5:30-6:10 pm	1800.154
Session 2 (no class 9/4-9/7)			
M	8/21-9/25	3:45-4:25 pm	1800.155
Tu	8/22-9/26	5:30-6:10 pm	1800.156
W	8/23-9/27	3:45-4:25 pm	1800.157
Th	8/24-9/28	5:30-6:10 pm	1800.158
Levels 1-2			
Session 1			
M	7/10-8/7	4:30-5:10 pm	1801.151
Tu	7/11-8/8	6:15-6:55 pm	1801.152
W	7/12-8/9	4:30-5:10 pm	1801.153
Th	7/13-8/10	6:15-6:55 pm	1801.154
Session 2 (no class 9/4-9/7)			
M	8/21-9/25	4:30-5:10 pm	1801.155
Tu	8/22-9/26	6:15-6:55 pm	1801.156
W	8/23-9/27	4:30-5:10 pm	1801.157
Th	8/24-9/28	6:15-6:55 pm	1801.158
Levels 3-4			
Session 1			
M	7/10-8/7	3:45-4:25 pm	1802.151
Tu	7/11-8/8	5:30-6:10 pm	1802.152
W	7/12-8/9	3:45-4:25 pm	1802.153
Th	7/13-8/10	5:30-6:10 pm	1802.154
Session 2 (no class 9/4-9/7)			
M	8/21-9/25	3:45-4:25 pm	1802.155
Tu	8/22-9/26	5:30-6:10 pm	1802.156
W	8/23-9/27	3:45-4:25 pm	1802.157
Th	8/24-9/28	5:30-6:10 pm	1802.158
Levels 5-6			
Session 1			
M	7/10-8/7	4:30-5:10 pm	1803.151
Tu	7/11-8/8	6:15-6:55 pm	1803.152
W	7/12-8/9	4:30-5:10 pm	1803.153
Th	7/13-8/10	6:15-6:55 pm	1803.154
Session 2 (no class 9/4-9/7)			
M	8/21-9/25	4:30-5:10 pm	1803.155
Tu	8/22-9/26	6:15-6:55 pm	1803.156
W	8/23-9/27	4:30-5:10 pm	1803.157
Th	8/24-9/28	6:15-6:55 pm	1803.158