

youth aquatics lessons

october-december 2017

Parnassus - Weekend \$82/116

(Register online starting 10/12)

Saturday 10/21-11/18 (5 classes)

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	1150.201	Pre-School	1150.202	Pre-School	1150.203	Pre-School	1150.204	Parent/Child A	1110.201
Sea Turtle	1270.201	Guppy	1170.201	Angelfish	1370.202	Sea Turtle	1270.202	Fitness Swim*	1770.201
Angelfish	1370.201	Shark	1670.201	Seal	1470.201	Dolphin	1570.201		
11:30 am-12:00 pm		12:05-12:45 pm							
Parent/Child B	1110.202	Pre-School	1150.205						
		Guppy	1170.202						
		Seal	1470.202						

Sunday 10/22-11/19 (5 classes)

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	1150.206	Pre-School	1150.207	Pre-School	1150.208	Pre-School	1150.209	Parent/Child A	1110.203
Sea Turtle	1270.203	Guppy	1170.203	Sea Turtle	1270.204	Guppy	1170.204	Fitness Swim*	1770.202
Seal	1470.203	Shark	1670.202	Angelfish	1370.203	Seal	1470.204		
11:30 am-12:00 pm		12:05-12:45 pm							
Parent/Child B	1110.204	Pre-School	1150.210						
		Angelfish	1370.204						
		Dolphin	1570.202						

Schedules are subject to change.

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

Mission Bay - Weekend \$82/116

(Register online starting 10/12)

Saturday 10/21-11/18 (5 classes)

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	1150.251	Pre-School	1150.252	Pre-School	1150.253	Pre-School	1150.254	Parent/Child A	1110.251
Angelfish	1370.251	Guppy	1170.251	Guppy	1170.252	Guppy	1170.253	Fitness Swim**	1770.251
Seal	1470.251	Sea Turtle	1270.251	Sea Turtle	1270.252	Sea Turtle	1270.253		
Shark	1670.251	Angelfish	1370.252	Angelfish	1370.253	Seal	1470.253		
		Dolphin	1570.251	Seal	1470.252	Shark	1670.252		
11:30 am-12:00 pm		12:05-12:45 pm		12:50-1:30 pm		1:35-2:15 pm			
Parent/Child B	1110.252	Pre-School	1150.255	Pre-School	1150.256	Pre-School	1150.257		
		Guppy	1170.254	Angelfish	1370.254	Guppy	1170.255		
		Sea Turtle	1270.254	Seal	1470.254	Sea Turtle	1270.255		
		Dolphin	1570.252	Dolphin	1570.253	Angelfish	1370.255		
		Shark	1670.253			Seal	1470.255		

Sunday 10/22-11/19 (5 classes)

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	1150.258	Pre-School	1150.259	Pre-School	1150.260	Pre-School	1150.261	Parent/Child A	1110.253
Seal	1470.256	Sea Turtle	1270.256	Guppy	1170.256	Guppy	1170.257	Fitness Swim**	1770.252
Shark	1670.254	Angelfish	1370.256	Sea Turtle	1270.257	Sea Turtle	1270.258		
		Shark	1670.255	Angelfish	1370.257	Dolphin	1570.255		
				Dolphin	1570.254	Shark	1670.256		
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	1110.254	Pre-School	1150.262	Pre-School	1150.263	Pre-School	1150.264	Parent/Child A&B	1110.255
		Sea Turtle	1270.259	Sea Turtle	1270.260	Guppy	1170.258		
		Angelfish	1370.258	Seal	1470.257	Seal	1470.258		
		Dolphin	1570.256	Dolphin	1570.257	Shark	1670.257		

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

To be added to email list, e-mail aquatics@ucsf.edu, or call 415.514.4837

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october-december 2017

Mission Bay - Weekday Parent/Child

(Register online starting 9/11)

Monday 10/9-11/6 (5 classes) \$80/110

11:00-11:30 am		11:30 am-12:00 pm	
Parent/Child Level A	1100.251	Parent/Child Level B	1100.252

Monday 11/13-12/18 (5 classes; no class 11/20) \$80/110

11:00-11:30 am		11:30 am-12:00 pm	
Parent/Child Level A	1100.253	Parent/Child Level B	1100.254

Mission Bay - Weekday Learn to Swim \$115/150

(Register online starting 9/11)

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:

10/2-10/5, 11/20-11/23, 12/25-12/28

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	10/9-11/6	3:45-4:25 pm	1800.251
Tu	10/10-11/7	5:30-6:10 pm	1800.252
W	10/11-11/8	3:45-4:25 pm	1800.253
Th	10/12-11/9	5:30-6:10 pm	1800.254

Session 2 (no class 11/20-11/23)			
M	11/13-12/18	3:45-4:25 pm	1800.255
Tu	11/14-12/19	5:30-6:10 pm	1800.256
W	11/15-12/20	3:45-4:25 pm	1800.257
Th	11/16-12/21	5:30-6:10 pm	1800.258

Levels 1-2			
Session 1			
M	10/9-11/6	4:30-5:10 pm	1801.251
Tu	10/10-11/7	6:15-6:55 pm	1801.252
W	10/11-11/8	4:30-5:10 pm	1801.253
Th	10/12-11/9	6:15-6:55 pm	1801.254

Session 2 (no class 11/20-11/23)			
M	11/13-12/18	4:30-5:10 pm	1801.255
Tu	11/14-12/19	6:15-6:55 pm	1801.256
W	11/15-12/20	4:30-5:10 pm	1801.257
Th	11/16-12/21	6:15-6:55 pm	1801.258

Levels 3-4			
Session 1			
M	10/9-11/6	3:45-4:25 pm	1802.251
Tu	10/10-11/7	5:30-6:10 pm	1802.252
W	10/11-11/8	3:45-4:25 pm	1802.253
Th	10/12-11/9	5:30-6:10 pm	1802.254

Session 2 (no class 11/20-11/23)			
M	11/13-12/18	3:45-4:25 pm	1802.255
Tu	11/14-12/19	5:30-6:10 pm	1802.256
W	11/15-12/20	3:45-4:25 pm	1802.257
Th	11/16-12/21	5:30-6:10 pm	1802.258

Levels 5-6			
Session 1			
M	10/9-11/6	4:30-5:10 pm	1803.251
Tu	10/10-11/7	6:15-6:55 pm	1803.252
W	10/11-11/8	4:30-5:10 pm	1803.253
Th	10/12-11/9	6:15-6:55 pm	1803.254

Session 2 (no class 11/20-11/23)			
M	11/13-12/18	4:30-5:10 pm	1803.255
Tu	11/14-12/19	6:15-6:55 pm	1803.256
W	11/15-12/20	4:30-5:10 pm	1803.257
Th	11/16-12/21	6:15-6:55 pm	1803.258