

youth aquatics lessons

january-february 2018

Parnassus - Weekend \$130/185

(Register online starting 12/21)

Saturday 1/6-2/24 (8 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	1150.301	Pre-School	1150.302	Pre-School	1150.303	Pre-School	1150.304	Parent/Child A	1110.301
Sea Turtle	1270.301	Guppy	1170.301	Angelfish	1370.302	Sea Turtle	1270.302	Fitness Swim*	1770.301
Angelfish	1370.301	Shark	1670.301	Seal	1470.301	Dolphin	1570.301		
11:30 am-12:00 pm		12:05-12:45 pm							
Parent/Child B	1110.302	Pre-School	1150.305						
		Guppy	1170.302						
		Seal	1470.302						

Sunday 1/7-2/25 (8 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	1150.306	Pre-School	1150.307	Pre-School	1150.308	Pre-School	1150.309	Parent/Child A	1110.303
Sea Turtle	1270.303	Guppy	1170.303	Sea Turtle	1270.304	Guppy	1170.304	Fitness Swim*	1770.302
Seal	1470.303	Shark	1670.302	Angelfish	1370.303	Dolphin	1570.302		
11:30 am-12:00 pm		12:05-12:45 pm							
Parent/Child B	1110.304	Pre-School	1150.310						
		Angelfish	1370.304						
		Dolphin	1570.303						

Schedules are subject to change.

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

Mission Bay - Weekend \$130/185

(Register online starting 12/21)

Saturday 1/6-2/24 (8 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	1150.351	Pre-School	1150.352	Pre-School	1150.353	Pre-School	1150.354	Parent/Child A	1110.351
Angelfish	1370.351	Guppy	1170.351	Angelfish	1370.352	Guppy	1170.352	Fitness Swim**	1770.351
Seal	1470.351	Sea Turtle	1270.351	Seal	1470.352	Sea Turtle	1270.352		
		Dolphin	1570.351			Shark	1670.351		
11:30 am-12:00 pm		12:05-12:45 pm		12:50-1:30 pm		1:35-2:15 pm			
Parent/Child B	1110.352	Pre-School	1150.355	Pre-School	1150.356	Guppy	1170.354		
		Guppy	1170.353	Seal	1470.353	Sea Turtle	1270.354		
		Sea Turtle	1270.353	Dolphin	1570.352	Angelfish	1370.353		
		Shark	1670.352						

Sunday 1/7-2/25 (8 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	1150.357	Pre-School	1150.358	Pre-School	1150.359	Pre-School	1150.360	Parent/Child A	1110.353
Seal	1470.354	Sea Turtle	1270.355	Guppy	1170.355	Guppy	1170.356	Fitness Swim**	1770.352
Shark	1670.353	Angelfish	1370.354	Sea Turtle	1270.356	Sea Turtle	1270.357		
		Shark	1670.354	Angelfish	1370.355	Dolphin	1570.353		
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	1110.354	Pre-School	1150.361	Pre-School	1150.362	Pre-School	1150.363	Parent/Child A&B	1110.355
		Sea Turtle	1270.358	Sea Turtle	1270.359	Guppy	1170.357		
		Angelfish	1370.356	Seal	1470.355	Shark	1670.355		
		Dolphin	1570.354	Dolphin	1570.355				

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

youth aquatics lessons

january-march 2018

Mission Bay - Weekday Parent/Child

(Register online starting 12/11)

Monday 1/8-2/12 (5 classes; no class 1/15) \$80/110

11:00-11:30 am		11:30 am-12:00 pm	
Parent/Child Level A	1100.351	Parent/Child Level B	1100.352

Monday 2/26-3/26 (5 classes) \$80/110

11:00-11:30 am		11:30 am-12:00 pm	
Parent/Child Level A	1100.353	Parent/Child Level B	1100.354

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

(Register online starting 12/11)

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: 1/15-1/18

Millberry Fitness & Recreation Center

500 Parnassus Avenue | 415.476.1115

Bakar Fitness & Recreation Center

1675 Owens Street | 415.514.4545

Pre-school

Session 1 (no class 1/15-1/18)

M	1/8-2/12	3:45-4:25 pm	1800.351
Tu	1/9-2/13	5:30-6:10 pm	1800.352
W	1/10-2/14	3:45-4:25 pm	1800.353
Th	1/11-2/15	5:30-6:10 pm	1800.354

Session 2

M	2/26-3/26	3:45-4:25 pm	1800.355
Tu	2/27-3/27	5:30-6:10 pm	1800.356
W	2/28-3/28	3:45-4:25 pm	1800.357
Th	3/1-3/29	5:30-6:10 pm	1800.358

Levels 1-2

Session 1 (no class 1/15-1/18)

M	1/8-2/12	4:30-5:10 pm	1801.351
Tu	1/9-2/13	6:15-6:55 pm	1801.352
W	1/10-2/14	4:30-5:10 pm	1801.353
Th	1/11-2/15	6:15-6:55 pm	1801.354

Session 2

M	2/26-3/26	4:30-5:10 pm	1801.355
Tu	2/27-3/27	6:15-6:55 pm	1801.356
W	2/28-3/28	4:30-5:10 pm	1801.357
Th	3/1-3/29	6:15-6:55 pm	1801.358

Levels 3-4

Session 1 (no class 1/15-1/18)

M	1/8-2/12	3:45-4:25 pm	1802.351
Tu	1/9-2/13	5:30-6:10 pm	1802.352
W	1/10-2/14	3:45-4:25 pm	1802.353
Th	1/11-2/15	5:30-6:10 pm	1802.354

Session 2

M	2/26-3/26	3:45-4:25 pm	1802.355
Tu	2/27-3/27	5:30-6:10 pm	1802.356
W	2/28-3/28	3:45-4:25 pm	1802.357
Th	3/1-3/29	5:30-6:10 pm	1802.358

Levels 5-6

Session 1 (no class 1/15-1/18)

M	1/8-2/12	4:30-5:10 pm	1803.351
Tu	1/9-2/13	6:15-6:55 pm	1803.352
W	1/10-2/14	4:30-5:10 pm	1803.353
Th	1/11-2/15	6:15-6:55 pm	1803.354

Session 2

M	2/26-3/26	4:30-5:10 pm	1803.355
Tu	2/27-3/27	6:15-6:55 pm	1803.356
W	2/28-3/28	4:30-5:10 pm	1803.357
Th	3/1-3/29	6:15-6:55 pm	1803.358