

youth aquatics lessons

april-june 2020

Mission Bay - Weekend \$175/210

Saturday 4/18-6/13 (7 classes; no class 5/9 and 5/23)

8:30-9:10 am		9:20-10:00 am		10:10-10:40 am		10:30-11:10 am		10:40-11:10 am	
Pre-School	1700.451	Pre-School	1700.452	Parent/Child A	1600.451	Fitness Swim**	1707.451	Parent/Child B	1600.452
Level 1	1701.451	Level 1	1701.452						
Level 3	1703.451	Level 2	1702.451						
Level 4	1704.451	Level 3	1703.452						
		Level 6	1706.451						
11:20 am-12:00 pm		12:10-12:50 pm							
Pre-School	1700.453	Pre-School	1700.454						
Level 1	1701.453	Level 2	1702.453						
Level 2	1702.452	Level 3	1703.453						
Level 4	1704.452	Level 6	1706.452						
Level 5	1705.451								

Sunday 4/19-6/14 (7 classes; no class 5/10 and 5/24)

8:30-9:10 am		9:20-10:00 am		10:10-10:40 am		10:30-11:10 am		10:40-11:10 am	
Pre-School	1700.455	Pre-School	1700.456	Parent/Child A	1600.453	Fitness Swim**	1707.452	Parent/Child B	1600.454
Level 1	1701.454	Level 2	1702.454						
Level 3	1703.454	Level 5	1705.452						
Level 4	1704.453	Level 6	1706.453						
11:20 am-12:00 pm		12:10-12:50 pm							
Pre-School	1700.457	Pre-School	1700.458						
Level 1	1701.455	Level 1	1701.456						
Level 2	1702.455	Level 3	1703.456						
Level 3	1703.455	Level 5	1705.453						
Level 4	1704.454								

Schedules are subject to change. Level descriptions are available at tiny.ucsf.edu/ucsfaquatics.

**outdoor pool

Mission Bay - Weekday Parent/Child \$175/210

Monday 4/20-6/15 (7 classes; no class 5/11 and 5/25)

11:00-11:30 am		11:30 am-12:00 pm	
Parent/Child Level A	1601.451	Parent/Child Level B	1601.452

Mission Bay - Weekday Kids Pre-Team \$105/133

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.

(7 classes; no class 5/11-5/15 and 5/25-5/29)			
Monday	4/20-6/15	6:00-7:00 pm	1820.451
Wednesday	4/22-6/17	6:00-7:00 pm	1820.452
Friday	4/24-6/19	6:00-7:00 pm	1820.453

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

- Level 1 Guppy
- Level 2 Sea Turtle
- Level 3 Angelfish
- Level 4 Seal
- Level 5 Dolphin
- Level 6 Shark

Spring 2020 Registration start dates

Members: 3/19 at 10:00 am

Non-members: 3/20 at 10:00 am

(Lessons start 4/18/20)

Summer 2020 Registration start dates

Members: 6/18 at 10:00 am

Non-members: 6/19 at 10:00 am

(Lessons start 7/18/20)

Fall 2020 Registration start dates

Members: 9/17 at 10:00 am

Non-members: 9/18 at 10:00 am

(Lessons start 10/10/20)

Due to holidays, pool maintenance, and trainings, no classes take place on the following dates: (5/9-5/15 and 5/23-5/29)

Millberry Fitness & Recreation Center
415.476.1115

Bakar Fitness & Recreation Center
415.514.4545

To receive news and updates, e-mail
aquatics@ucsf.edu

Register at: tiny.ucsf.edu/ucsfaquatics