



JUNE 19 – AUGUST 25, 2017 V2

WEST CAMPUS POOL

2100 BROWNING ST. (AT ADDISON) 510 981-5125



Please help us conserve water by limiting your shower to 5 minutes only. Thanks!

Please pay exact admission fee, cash or check only. NO change given and NO credit/debit cards. Thanks.

YOUTH SWIM LESSONS

Pre-School Aquatics Ages 3 - 5

The City of Berkeley uses the American Red Cross curriculum to introduce the aquatic environment, basic aquatic skills and water safety in a fun, safe and supportive setting.

Level P1: Introduction to Water Skills

Level P2: Elementary Water Skills

Level P3: Basic Aquatic Skills

Learn to Swim Program Ages 6 - 17

We offer six levels of Red Cross Learn to Swim classes. Participants start with basic skills and build a repertoire of six swimming strokes, aquatic skills and water safety knowledge as they progress through the levels.

Please note: Participants must have the independence to be in the water with instructor while parent or guardian watches from the bleachers.

Levels 1 - 6

Sessions & Times & Levels

Session 1: Jun 19 - 29

Session 2: Jul 3 - 13*

Session 3: Jul 17 - 27

Session 4: July 31 - Aug 10

Session 5: Aug 14 - 24

Monday - Thursday

*No class on July 4th. Make up on July 7th.

10:00 - 10:25 AM P1 - P3, Levels 1 - 4

10:30 - 10:55 AM P1 - P3, Levels 1 - 4

11:00 AM - 11:25 AM P1 - P3, Levels 1 - 4

11:30 AM - 11:55 AM P1 - P3, Levels 1 - 3 & Level 5/6

Online registration is available.

Residents \$72.00 • Non-Residents \$86.00

LAP SWIM

Monday - Friday

12:00 - 1:00 PM

Drop-In: Adult \$6.00 • Sen/Dis/Yth \$3.00

PUBLIC SWIM

Children 6 years & under must be accompanied in the water by parent or guardian. Dive pool is not available for lap swimming at this time.

Monday - Friday

1:00 - 4:00 PM

Drop-In: Adult \$6.00 • Sen/Dis/Yth \$3.00

FAMILY SWIM

Time for families together in the shallow end. Children 7 & under or less than 48" must be accompanied in the water by parent or guardian.

Monday - Friday

9:00 - 10:00 AM

12:00 - 1:00 PM

Adult \$6.00/Senior, Disabled, Youth \$3.00

INDEPENDENT EXERCISE

Time to exercise in diving pool without an instructor. Diving board is not available.

Monday - Friday

9:00 - 10:00 AM

12:00 - 1:00 PM

Adult \$6.00/Senior, Disabled, Youth \$3.00

SENIOR & DISABLED SWIM

Swim time for seniors (55 & older) and disabled swimmers. Lanes are limited due to Senior Exercise class.

Monday - Friday

9:00 - 10:00 AM (limited lanes)

Drop-In \$3.00 / 10-Swim Card \$22.00

SENIOR WATER EXERCISE

An instructor led class blending stretching and cardio routines.

Monday - Friday

9:00 - 10:00 AM

Drop-In: \$5.00 /6-Class Card: \$22.50

BERKELEY BARRACUDAS

Year round swim team and stroke development program for ages 4 - 17.

Prerequisites: to ensure that participants are water safe, they must display ability to float on front and back, kick on front without kickboard and follow directions from on deck coach.

Monday - Friday

4:30 - 6:00pm

Month: \$75.00

PUBLIC TRANSIT

Buses: 51, 51B, 72, 88

Parking: Parking lot near pool.

All programs may be subject to change without notice.