

Aquatics



AQUATICS PROGRAMS

Berkeley Aquatic Masters

AGES 18+



Year round swim team providing structured, coached workouts for adult competitive and fitness swimmers, and triathletes. New swimmers welcome.

Fee	Drop-In	10-Swim	Monthly
Adults	\$7	\$66	\$82
Seniors/Disabled	\$5	\$40	\$57

Berkeley Barracudas | AGES 4-17

Year round competitive swim team and stroke development. Coached groups for beginner, intermediate and advanced swimmers. Minimum ability: independent floating and the ability to follow directions. New swimmers welcome! We swim rain or shine!



Fee	Monthly
Youth	\$75

Family Swim | ALL AGES

Time for Family Swim in the shallow section of the pool. Youth 6 yrs & under, or less than 48" tall, must be accompanied in the water and on the deck by a parent or adult guardian. Limit 2 children per adult. No flotation devices, snorkels or masks. Only 25 people will be admitted at one time.

Fee	Drop-In	10-Swim	Monthly
Adults	\$6	\$51	\$73
Seniors/Youth/Disabled	\$3	\$22	\$37

Fitness Workout | AGES 18+

A one hour coached workout designed to enhance fitness.

Fee	Drop-In	10-Swim	Monthly
Adults	\$7	\$66	\$82
Seniors/Disabled	\$5	\$40	\$57

Independent Exercise | AGES 18+

Time to exercise in the deep pool (10-12 ft deep) without an instructor. The diving board will not be available for the use at this time.

Fee	Drop-In
Adults	\$6
Seniors/Disabled	\$3

Lap Swim | ALL AGES

Swim time in an organized lane environment. Note: During certain times, Instructional/Coached programs will have priority in lane assignment and space.

Fee	Drop-In	10-Swim	Monthly
Adults	\$6	\$51	\$73
Seniors/Youth/Disabled	\$3	\$22	\$37

Private/Semi Private Lessons

ALL AGES

25 minute private and semi-private lessons taught by certified Red Cross instructors. Limited spaces available. Lessons must be reserved and paid for at least three days in advance. Specific instructors may not be available.

Lessons	Resident Fee	Non-resident Fee
Private	\$30	\$36
Semi-private (up to 2)	\$50	\$60

Public Swim | ALL AGES

Children 6 & under or under 42" tall, must be accompanied on deck and in the pool by a parent or guardian, 18 years or older. A swim test must be passed to be admitted to the deep area of the pools. No flotation devices, snorkels, masks, allowed.

Fee	Drop-In	10-Swim	Monthly
Adults	\$6	\$51	\$73
Seniors/Youth/Disabled	\$3	\$22	\$37

Stroke Technique Class

AGES 18+

An ongoing class for intermediate and advanced adults focusing on improving technique for more efficient swimming.

Fee	Drop-In	10-Swim	Monthly
Adults	\$7	\$66	\$82

Senior Exercise Class | AGES 55+

An instructor led movement class designed especially for seniors, set to lively music.

Drop-in	6 classes	2 wk session	2 sessions
\$5	\$22.50	\$33	\$57

Senior Disabled Quiet Swim

AGES 55+

Space dedicated to senior and disabled swimmers.

Fees	Drop-In	10-Swim	Monthly
Seniors/ Disabled	\$3	\$22	\$37

Water Aerobics | AGES 18+

An exercise class set in chest deep water, promoting toning, flexibility and cardio fitness.

Fees	Drop-In	10-Swim	Monthly
Adults	\$7	\$66	\$82
Seniors/ Disabled	\$5	\$40	\$57

Aquatics

King Pool Fall 2014 | 1700 Hopkins Street (at Colusa Ave) | Berkeley, CA 94707 | 510-981-5105

Due to King Middle School P.E. program accommodations, weekday mid-day programs at King Pool will relocate to West Campus Pool on August 25 – September 26.

August 24 – September 27		● One lane only *One lane from 11:00–11:30am					
PROGRAMS	MON	TUE	WED	THU	FRI	SAT	SUN
Berkeley Aquatic Masters	6:00-7:30am	7:00-8:30pm	6:00-7:30pm	7:00-8:30am	6:00-7:30am	8:00-9:30am	9:15-10:45am
Independent Exercise	6:00-8:30am 5:30-8:30pm	6:00-8:30am 5:30-8:30pm	6:00-8:30am 5:30-8:30pm	6:00-8:30am 5:30-8:30pm	6:00-8:30am 5:30-8:30pm	12:00-1:30pm	12:00-1:30pm
Fitness Workout		6:30-7:30am		6:30-7:30am			
Lap Swim	7:30-8:30am 5:30-8:30pm	6:00-8:30am 5:30-7:00pm *7:00-8:30pm	7:30-8:30am 5:30-8:30pm	6:00-8:30am 5:30-7:00pm *7:00-8:30pm	7:30-8:30am 5:30-8:30pm	7:00-8:00am *11:00am-1:30pm	*11:00am-1:30pm
Berkeley Barracudas	4:00-5:30pm	4:00-5:30pm	4:00-5:30pm	4:00-5:30pm	4:00-5:30pm		
Learn to Swim	5:30pm 6:00pm 6:30pm	5:30pm 6:00pm 6:30pm	5:30pm 6:00pm 6:30pm	5:30pm 6:00pm 6:30pm			
Family Swim	7:00-8:30pm	7:00-8:30pm	7:00-8:30pm	7:00-8:30pm	5:30-8:30pm		
Private Lessons						10:00am 10:30am 11:00am 11:30am	10:00am 10:30am 11:00am 11:30am
Stroke Technique						10:00-11:30am	
Water Aerobics							11:00am-12:00pm
Pool Closed	8:30am-4:00pm	8:30am-4:00pm	8:30am-4:00pm	8:30am-4:00pm	8:30am-4:00pm		

King Pool Holiday 2014 | 1700 Hopkins Street (at Colusa Ave) | Berkeley, CA 94707 | 510-981-5105

Please note: Pool is closed Monday/Wednesday/Friday 10:00-10:30am.

King Pool Holiday Break Closure Dates: December 24, 2014 – January 1, 2015

September 28 – December 31		● One lane only *One lane from 11:00–11:30am					
PROGRAMS	MON	TUE	WED	THU	FRI	SAT	SUN
Berkeley Aquatic Masters	6:00-7:30am 8:30-10:00am	7:00-8:30pm	6:00-7:30am 8:30-10:00am	7:00-8:30pm	6:00-7:30am 8:30-10:00am	8:00-9:30am	9:15-10:45am
Pool Closed	10:00-10:30am	8:30-10:30am	10:00-10:30am	8:30-10:30am	10:00-10:30		
Independent Exercise	6:00-8:30am 10:30am-1:00pm 5:30-8:30pm	6:00-8:30am 10:30am-1:00pm 5:30-8:30pm	6:00-8:30am 10:30am-1:00pm 5:30-8:30pm	6:00-8:30am 10:30am-1:00pm 5:30-8:30pm	6:00-8:30am 10:30am-1:00pm 5:30-8:30pm	12:00-1:30pm	12:00-1:30pm
Fitness Workout		6:30-7:30am		6:30-7:30am			
Lap Swim	7:30-8:30am 11:30am-1:00pm 5:30-8:30pm	6:00-8:30am 11:30am-1:00pm 5:30-7:00pm ●7:00-8:30pm	7:30-8:30am 11:30am-1:00pm 5:30-8:30pm	6:00-8:30am 11:30am-1:00pm 5:30-7:00pm ●7:00-8:30pm	7:30-8:30am 11:30am-1:00pm 5:30-8:30pm	7:00-8:00am *11:00am-1:30pm	*11:00am-1:30pm
Senior Exercise	10:30-11:30am	10:30-11:30am	10:30-11:30am	10:30-11:30am	10:30-11:30am		
Senior & Disabled Quiet Swim	10:30-11:30am	10:30-11:30am	10:30-11:30am	10:30-11:30am	10:30-11:30am		
Family Swim	10:30am-1:00pm 5:30-7:00pm	10:30am-1:00pm 5:30-7:00pm	10:30am-1:00pm 5:30-7:00pm	10:30am-1:00pm 5:30-7:00pm	10:30am-1:00pm 5:30-7:00pm	12:00-1:30pm	12:00-1:30pm
Berkeley Barracudas	4:00-5:30pm	4:00-5:30pm	4:00-5:30pm	4:00-5:30pm	4:00-5:30pm		
Private Lessons						10:00am 10:30am 11:00am 11:30am	
Stroke Technique						10:00-11:30am	
Water Aerobics							11:00am-12:00pm

Aquatics

West Campus Pool Fall 2014 | 2100 Browning (at Addison Street) | Berkeley, CA 94702 | 510-981-5125

*Please note that pool will be closed Monday/Wednesday/Friday 10:00 – 10:30am

August 25 – September 26							
PROGRAMS	MON	TUE	WED	THU	FRI	SAT	SUN
Berkeley Aquatics Masters	8:30-10:00am		8:30-10:00am		8:30-10:00am		
Pool Closed	10:00-10:30am	8:30-10:30am	10:00-10:30am	8:30-10:30am	10:00-10:30am		
Senior Exercise	10:30-11:30am	10:30-11:30am	10:30-11:30am	10:30-11:30am	10:30-11:30am		
Senior & Disabled Quiet Swim	10:30-11:30am	10:30-11:30am	10:30-11:30am	10:30-11:30am	10:30-11:30am		
Independent Exercise	10:30am-1:00pm	10:30am-1:00pm	10:30am-1:00pm	10:30am-1:00pm	10:30am-1:00pm		
Lap Swim	11:30am-1:00pm	11:30am-1:00pm	11:30am-1:00pm	11:30am-1:00pm	11:30am-1:00pm		
Family Swim	10:30am-1:00pm	10:30am-1:00pm	10:30am-1:00pm	10:30am-1:00pm	10:30am-1:00pm		



American Red Cross

Red Cross Learn to Swim Classes

Group swim lessons for youth with certified Red Cross instructors. Eight, 25 minute lessons during a 2-week session. Register online or at the Recreation Office.

Location: King Pool

Date	Day	Time	Fee (res/non)
See schedule (below)	M-Th	See schedule (below)	\$72/\$86

TIMES	LEVELS	SESSION 1 Sep 2-11*	SESSION 2 Sep 15-25
5:30-5:55pm	Pre-Level 1	12065	12075
	Pre-Level 2	12066	12076
6:00-6:25pm	Pre-Level 3	12069	12081
	Level 1	12068	12082
6:30-6:55pm	Level 2	12071	12078
	Level 3	12072	12079

* No class Sept 1. Makeup class will be on Friday, Sept 5.

* Classes may be combined if enrollment is low.

Pre-School Level 1 (AGES 3-5)

Introduction to Water Skills

Participants will experience supported floating, kicking and blowing bubbles, and learn water safety skills. No experience is necessary.

Pre-School Level 2 (AGES 3-5)

Elementary Water Skills

Participants will experience assisted floating, kicking, bobbing, and learn water safety skills.

Pre-School Level 3 (AGES 3-5)

Basic Aquatic Skills

Participants will experience independent locomotion, treading water, and learn water safety skills.

Level 1 (AGES 6-18)

Introduction to Water Skills

Participants will learn supported floating, kicking and blowing bubbles, and learn water safety skills. No experience or skills necessary.

Level 2 (AGES 6-18)

Fundamental Aquatic Skills

Participants will learn independent locomotion skills on front and back, and develop a foundation for swimming strokes.

Level 3 (AGES 6-18)

Stroke Development

Participants will learn side breathing for front crawl, develop further stroke skills, and are introduced to deep water.

American Red Cross Lifeguard Training | AGES 15+

The purpose of the American Red Cross Lifeguarding course is to teach participants the knowledge and skills needed to prevent and respond to aquatic emergencies. The course content and activities prepare participants to recognize and respond quickly and effectively to emergencies and prevent drowning and injuries.

*NOTE: Do not pay until AFTER you have passed the Pre-course session. Limited space available. To reserve your space, call (510) 981-5151.

Location: King Pool

Required Pre-Course Date	Day	Time	Fee (includes materials)
Dec 6	Sa	1:30-2:30pm	\$200*
Schedule			
Dec 14	Su	9:00am-5:00pm	
Dec 15	M	5:00-8:00pm	
Dec 16	Tu	5:00-8:00pm	
Dec 17	W	5:00-8:00pm	
Dec 18	Th	5:00-8:00pm	
Dec 20	Sa	5:00-8:00pm	