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.

<table>
<thead>
<tr>
<th>Fee</th>
<th>Drop-In</th>
<th>10-Swim</th>
<th>Monthly</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adults</td>
<td>$7</td>
<td>$66</td>
<td>$82</td>
</tr>
<tr>
<td>Seniors/Disabled</td>
<td>$5</td>
<td>$40</td>
<td>$57</td>
</tr>
</tbody>
</table>

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!

<table>
<thead>
<tr>
<th>Fee</th>
<th>Monthly</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth</td>
<td>$75</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Fee</th>
<th>Drop-In</th>
<th>10-Swim</th>
<th>Monthly</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adults</td>
<td>$6</td>
<td>$51</td>
<td>$73</td>
</tr>
<tr>
<td>Seniors/Youth/Disabled</td>
<td>$3</td>
<td>$22</td>
<td>$37</td>
</tr>
</tbody>
</table>

Fitness Workout | AGES 18+
A one hour coached workout designed to enhance fitness.

<table>
<thead>
<tr>
<th>Fee</th>
<th>Drop-In</th>
<th>10-Swim</th>
<th>Monthly</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adults</td>
<td>$7</td>
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</tr>
<tr>
<td>Seniors/Disabled</td>
<td>$5</td>
<td>$40</td>
<td>$57</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Fee</th>
<th>Drop-In</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adults</td>
<td>$6</td>
</tr>
<tr>
<td>Seniors/Disabled</td>
<td>$3</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Fee</th>
<th>Drop-In</th>
<th>10-Swim</th>
<th>Monthly</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adults</td>
<td>$6</td>
<td>$51</td>
<td>$73</td>
</tr>
<tr>
<td>Seniors/Youth/Disabled</td>
<td>$3</td>
<td>$22</td>
<td>$37</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Lessons</th>
<th>Resident Fee</th>
<th>Non-resident Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Private</td>
<td>$30</td>
<td>$36</td>
</tr>
<tr>
<td>Semi-private (up to 2)</td>
<td>$50</td>
<td>$60</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Fee</th>
<th>Drop-In</th>
<th>10-Swim</th>
<th>Monthly</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adults</td>
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<tr>
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<td>$3</td>
<td>$22</td>
<td>$37</td>
</tr>
</tbody>
</table>

Stroke Technique Class
AGES 18+
An ongoing class for intermediate and advanced adults focusing on improving technique for more efficient swimming.

<table>
<thead>
<tr>
<th>Fee</th>
<th>Drop-In</th>
<th>10-Swim</th>
<th>Monthly</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adults</td>
<td>$7</td>
<td>$66</td>
<td>$82</td>
</tr>
</tbody>
</table>

Senior Exercise Class | AGES 55+
An instructor led movement class designed especially for seniors, set to lively music.

<table>
<thead>
<tr>
<th>Drop-in</th>
<th>6 classes</th>
<th>2 wk session</th>
<th>2 sessions</th>
</tr>
</thead>
<tbody>
<tr>
<td>$5</td>
<td>$22.50</td>
<td>$33</td>
<td>$57</td>
</tr>
</tbody>
</table>

Senior Disabled Quiet Swim
AGES 55+
Space dedicated to senior and disabled swimmers.

<table>
<thead>
<tr>
<th>Fees</th>
<th>Drop-In</th>
<th>10-Swim</th>
<th>Monthly</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seniors/Disabled</td>
<td>$3</td>
<td>$22</td>
<td>$37</td>
</tr>
</tbody>
</table>

Water Aerobics | AGES 18+
An exercise class set in chest deep water, promoting toning, flexibility and cardio fitness.

<table>
<thead>
<tr>
<th>Fees</th>
<th>Drop-In</th>
<th>10-Swim</th>
<th>Monthly</th>
</tr>
</thead>
<tbody>
<tr>
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</tr>
</tbody>
</table>
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.

### King Pool Fall 2014

<table>
<thead>
<tr>
<th>PROGRAMS</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Berkeley Aquatic Masters</td>
<td>6:00–7:30am</td>
<td>7:00–8:30pm</td>
<td>6:00–7:30am</td>
<td>7:00–8:30am</td>
<td>6:00–7:30am</td>
<td>8:00–9:30am</td>
<td>9:15–10:45am</td>
</tr>
<tr>
<td>Independent Exercise</td>
<td>6:00–8:30am</td>
<td>5:30–8:30pm</td>
<td>6:00–8:30am</td>
<td>6:00–8:30am</td>
<td>6:00–8:30am</td>
<td>12:00–1:30pm</td>
<td>12:00–1:30pm</td>
</tr>
<tr>
<td>Fitness Workout</td>
<td>6:30–7:30am</td>
<td>6:30–7:30am</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lap Swim</td>
<td>7:30–8:30am</td>
<td>5:30–7:00pm</td>
<td>7:30–8:30am</td>
<td>5:30–7:00pm</td>
<td>6:00–8:30am</td>
<td>11:00am–1:30pm</td>
<td></td>
</tr>
<tr>
<td>Berkeley Barracudas</td>
<td>4:00–5:30pm</td>
<td>4:00–5:30pm</td>
<td>4:00–5:30pm</td>
<td>4:00–5:30pm</td>
<td>4:00–5:30pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Learn to Swim</td>
<td>5:30pm</td>
<td>5:30pm</td>
<td>5:30pm</td>
<td>5:30pm</td>
<td>5:30pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Family Swim</td>
<td>7:00–8:30pm</td>
<td>7:00–8:30pm</td>
<td>7:00–8:30pm</td>
<td>7:00–8:30pm</td>
<td>7:00–8:30pm</td>
<td>7:00–8:30pm</td>
<td>11:00am–12:00pm</td>
</tr>
<tr>
<td>Private Lessons</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>10:00am</td>
<td>10:00am</td>
</tr>
<tr>
<td>Stroke Technique</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>10:00am</td>
<td>10:00am</td>
</tr>
<tr>
<td>Water Aerobics</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>11:00am</td>
<td>11:00am</td>
</tr>
<tr>
<td>Pool Closed</td>
<td>8:30am–4:00pm</td>
<td>8:30am–4:00pm</td>
<td>8:30am–4:00pm</td>
<td>8:30am–4:00pm</td>
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</tr>
</tbody>
</table>

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 2014

<table>
<thead>
<tr>
<th>PROGRAMS</th>
<th>MON</th>
<th>TUE</th>
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<td>8:00–9:30am</td>
<td>9:15–10:45am</td>
</tr>
<tr>
<td>Pool Closed</td>
<td>10:00–10:30am</td>
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<td>10:00–10:30am</td>
<td>10:00–10:30am</td>
<td>10:00–10:30am</td>
</tr>
<tr>
<td>Independent Exercise</td>
<td>6:00–8:30am</td>
<td>10:00am–1:00pm</td>
<td>7:30–8:30am</td>
<td>10:00am–1:00pm</td>
<td>5:30–8:30am</td>
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</tr>
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<td></td>
</tr>
<tr>
<td>Lap Swim</td>
<td>7:30–8:30am</td>
<td>11:00am–1:00pm</td>
<td>6:00–8:30am</td>
<td>11:00am–1:00pm</td>
<td>5:30–8:30am</td>
<td>7:00–8:30am</td>
<td>11:00am–1:00pm</td>
</tr>
<tr>
<td>Senior Exercise</td>
<td>10:30–11:30am</td>
<td>10:30–11:30am</td>
<td>10:30–11:30am</td>
<td>10:30–11:30am</td>
<td>10:30–11:30am</td>
<td>10:30–11:30am</td>
<td>10:30–11:30am</td>
</tr>
<tr>
<td>Senior &amp; Disabled Swim</td>
<td>10:30–11:30am</td>
<td>10:30–11:30am</td>
<td>10:30–11:30am</td>
<td>10:30–11:30am</td>
<td>10:30–11:30am</td>
<td>10:30–11:30am</td>
<td>10:30–11:30am</td>
</tr>
<tr>
<td>Family Swim</td>
<td>10:30am–1:00pm</td>
<td>10:30am–1:00pm</td>
<td>10:30am–1:00pm</td>
<td>10:30am–1:00pm</td>
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<td>4:00–5:30pm</td>
<td>4:00–5:30pm</td>
<td>4:00–5:30pm</td>
</tr>
<tr>
<td>Private Lessons</td>
<td></td>
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<td></td>
<td></td>
<td>10:00am</td>
<td>10:00am</td>
</tr>
<tr>
<td>Stroke Technique</td>
<td></td>
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<td></td>
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<td></td>
<td>11:00am</td>
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</tr>
<tr>
<td>Water Aerobics</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>11:00am–12:00pm</td>
<td>11:00am–12:00pm</td>
</tr>
</tbody>
</table>
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

<table>
<thead>
<tr>
<th>PROGRAMS</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Berkeley Aquatics</td>
<td>8:30–10:00am</td>
<td>8:30–10:00am</td>
<td>8:30–10:00am</td>
<td>8:30–10:00am</td>
<td>8:30–10:00am</td>
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<tr>
<td>Masters</td>
<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pool Closed</td>
<td>10:00–10:30am</td>
<td>8:30–10:30am</td>
<td>10:00–10:30am</td>
<td>10:00–10:30am</td>
<td>10:00–10:30am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Senior Exercise</td>
<td>10:30–11:30am</td>
<td>10:30–11:30am</td>
<td>10:30–11:30am</td>
<td>10:30–11:30am</td>
<td>10:30–11:30am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Senior &amp; Disabled</td>
<td>10:30–11:30am</td>
<td>10:30–11:30am</td>
<td>10:30–11:30am</td>
<td>10:30–11:30am</td>
<td>10:30–11:30am</td>
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</tr>
<tr>
<td>Quiet Swim</td>
<td></td>
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</tr>
<tr>
<td>Independent Exercise</td>
<td>10:30am–1:00pm</td>
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<td>10:30am–1:00pm</td>
<td>10:30am–1:00pm</td>
<td></td>
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</tr>
<tr>
<td>Lap Swim</td>
<td>11:30am–1:00pm</td>
<td>11:30am–1:00pm</td>
<td>11:30am–1:00pm</td>
<td>11:30am–1:00pm</td>
<td>11:30am–1:00pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Family Swim</td>
<td>10:30am–1:00pm</td>
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<td>10:30am–1:00pm</td>
<td>10:30am–1:00pm</td>
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<td></td>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Fee (res/non)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>M-Th</td>
<td>See schedule</td>
<td>$72/$86</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(below)</td>
<td></td>
</tr>
</tbody>
</table>

American Red Cross

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.

<table>
<thead>
<tr>
<th>Location: King Pool</th>
</tr>
</thead>
<tbody>
<tr>
<td>Required Pre-Course Date</td>
</tr>
<tr>
<td>Dec 6</td>
</tr>
</tbody>
</table>

Schedule

- Dec 6: Sa 1:30-2:30pm
- Dec 8: 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