



KING POOL SCHEDULE (October 5 – October 18)

| PROGRAMS | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-------------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|
| Lap Swim | 7:00am-10:45am 5:30pm-8:15pm | 7:00am-10:45am 5:30pm-8:15pm | 7:00am-10:45am 5:30pm-8:15pm | 7:00am-10:45am 5:30pm-8:15pm | 7:00am-10:45am 5:30pm-8:15pm | 9:00am-12:45pm 5:30pm-8:15pm | 9:00am-12:45pm 5:30pm-8:15pm |
| Independent Exercise (Dive Tank) | 7:00am-10:45am 5:30pm-8:15pm | 7:00am-10:45am 5:30pm-8:15pm | 7:00am-10:45am 5:30pm-8:15pm | 7:00am-10:45am 5:30pm-8:15pm | 7:00am-10:45am 5:30pm-8:15pm | 9:00am-12:45pm 5:30pm-8:15pm | 9:00am-12:45pm 5:30pm-8:15pm |
| Independent Exercise (Shallow Pool) | 7:00am-9:45am 7:30pm-8:15pm | 7:00am-9:45am 7:30pm-8:15pm | 7:00am-9:45am 7:30pm-8:15pm | 7:00am-9:45am 7:30pm-8:15pm | 7:00am-9:45am 7:30pm-8:15pm | 9:00am-10:45am 7:30pm-8:15pm | 9:00am-10:45am 7:30pm-8:15pm |
| Family Swim (Shallow Pool) | 10:00am-10:45am 5:30pm-7:15pm | 10:00am-10:45am 5:30pm-7:15pm | 10:00am-10:45am 5:30pm-7:15pm | 10:00am-10:45am 5:30pm-7:15pm | 10:00am-10:45am 5:30pm-7:15pm | 11:00am-12:45pm 5:30pm-7:15pm | 11:00am-12:45pm 5:30pm-7:15pm |
| Barracudas Training Camp* | | 3:30pm-4:15pm 4:30pm-5:15pm | | 3:30pm-4:15pm 4:30pm-5:15pm | | | |
| Every Kid 2 Swim* (Starts 10/17) | | | | | | 2:00pm-2:45pm 3:00pm-3:45pm | |
| Lifeguard Cert Course (10/4-10/17) | 3:00pm-5:00pm | | 3:00pm-5:00pm | | 3:00pm-5:00pm | | |

COVID-19 POOL GUIDELINES

- You must register online for slots in order to swim. **NO DROP-INS ALLOWED!**
 - Adults: \$6 Seniors/Youth/Disabled: \$3
- Register Here: <https://secure.rec1.com/CA/berkeley-ca/catalog>
- All participants must wear a mask at all times, except when in the water.
- Wellness checks will be administered by staff during check-in.
- Please come ready to swim. Locker Rooms are **CLOSED** (except for bathroom use).
- Swim times are for 45-minute blocks. Swimmers will have 5 minutes to exit the pool and facility.
 - Only one registration per day between both pools is allowed.
- Lap Swim (16+): One (1) Swimmer per lane
- Independent Exercise (Dive Tank) (18+): King Pool – Three (3) Swimmers; West Campus Pool – Four (4) Swimmers
- Independent Exercise (Shallow Pool) (18+): One swimmer per time slot (two allowed, if from same household)
- Family Swim (Shallow Pool) (All Ages): 2-5 swimmers per time slot (must be from same household; must have at least one adult in water)

MUST REGISTER ONLINE! (No Drop-ins Allowed)
<https://secure.rec1.com/CA/berkeley-ca/catalog>

- Residents:** Registration starts 9:00am on Wednesday for following week (Monday-Sunday)
- Non-Residents:** Registration starts 9:00am on Friday for following week (Monday-Sunday)

King Pool Operational Hours (10/5/20 – 10/18/20):

- Monday-Friday: 7:00am-10:45am, 5:30pm-8:15pm
- Saturday-Sunday: 9:00am-12:45pm, 5:30pm-8:15pm



Program Descriptions

Lap Swim (Ages 16+): Swim time in an organized lane environment. Swimmers will be limited to one swimmer per lane in order to comply with the current Health Order. Advanced registration is required.

Independent Exercise (Dive Tank) (Ages 18+): Time to exercise in the deep pool (10-12 ft deep) without an instructor. Swimmers are limited to a total of three (3) at King Pool or four (4) at West Campus Pool to comply with the current Health Order. Each swimmer will have their own lane. Advanced Registration is required.

Independent Exercise (Shallow Pool) (Ages 18+): Time to exercise in the shallow pool (3 ½ ft deep) without an instructor. Swimmers are limited to a total of one (1) per time slot, or two (2) if the second swimmer is from the same household, to comply with the current Health Order. Advanced Registration is required.

Every Kid 2 Swim (3rd-5th Grade): Free swim lessons for 3rd through 5th graders, offered in partnership with Berkeley Unified School District's BEARS Program. Participants will receive three 45-minute swim lessons on consecutive Saturdays within a cohort group, as outlined in the latest Health Order.

Barracudas Training Camp (Ages 5-17): Participants will swim in a cohort group as outlined in the latest Health Order. Each group will work with our experienced coaches to build their swimming skills and efficiencies. Spots will be allocated to interested returning Barracudas participants utilizing a first come first served online reservation system.

Family Swim (Shallow Pool) (All Ages): Time to swim in the shallow pool (3 ½ ft deep) without an instructor. Swimmers are limited to a total 2-5 swimmers per time slot, all from the same household, to comply with the current Health Order. An adult must be in the water at all times. Advanced Registration is required.