



October 6, 2007- April 30, 2008

KING POOL



1700 Hopkins (at Colusa) 510 644-8518

All programs are subject to change without notice.

LAP SWIM

Swimming in an organized lap swim environment

Monday - Friday

6:00 - 8:30 AM, 5:30 - 7:00 PM
7:00 - 8:30 PM (one lane only)

Monday, Wednesday, Friday

10:00 AM - 2:00 PM

Tuesday & Thursday

11:00 AM - 2:00 PM

Saturday & Sunday

7:00 - 8:00 AM (Sat. only)
12:00 - 1:30 PM, 3:30 - 5:30 PM

Drop-In

Adults \$5.00/ Senior/Disabled \$2.00

10 Swim Card

Adult \$43.00/ Senior/Disabled \$18.00

Monthly Card

Adult \$64.00/ Senior/Disabled \$32.00

BERKELEY BARRACUDAS YOUTH SWIM TEAM

Stroke development and conditioning in a fun team environment. Level 3 swimming ability. New swimmers welcome!
Ages 4-18.

October 8 - TBA

Monday - Friday

4:00 - 5:30 PM

Monthly card \$69.00

ADULT STROKE TECHNIQUE

Intermediate and advanced swimmers work on improving stroke efficiency.

Saturday

10:00 - 11:30 AM

Monday, Wednesday, Friday

8:30 - 10:00 AM

Drop-In \$6.00/ 10-Swims \$56.00

WATER AEROBICS

Tone & strengthen with this fun, low-impact cardio workout with an experienced instructor in shallow water.

Sunday

11:00 AM - 12:00 PM

Drop-In: \$6.00/ 10 Classes: \$56.00

SENIOR WATER AEROBICS

Monday & Wednesday

2:00 - 3:00 PM

Tuesday & Thursday

10:00 - 11:00 AM

This class is offered through the Berkeley Adult School. Enroll with instructor.

BERKELEY AQUATICS MASTERS ADULT SWIM TEAM

Structured, coached workouts for adults. No previous competitive experience necessary. US Masters membership required.

Monday, Wednesday, Friday

6:00 - 7:30 AM

Monday - Friday

7:00 - 8:30 PM

Saturday

8:00 - 9:30 AM

Sunday

9:15 - 10:45 AM

Drop-In: \$6.00/ Monthly Card: \$69.00

FAMILY SWIM

Swim time for parents and children in shallow section of pool. Children must be under seven & accompanied by an adult within arms reach.

Monday, Wednesday, Friday

5:30 - 7:00 PM

Saturday & Sunday

3:30 - 5:30 PM

Youth \$2.00/ Adults \$5.00

10 Swim Card

Adult \$43.00

Senior/Disabled/Youth \$18.00

PRIVATE SWIM LESSONS

Twenty-five minute private & semi-private lessons for children and adults of all swim levels.

Schedule with pool manager.

Call 644-8518.

Private \$20.00

Semi-Private (for group of 3 kids max.)
\$39.00

ADULT SWIM LESSONS

Beginning, intermediate & advanced levels. All levels welcome!

Saturday

10:00 - 11:00 AM

9 classes

Adults \$59.00/ Seniors/Disabled \$56.00

Drop-in \$6.00

PUBLIC SWIM

Saturday & Sunday

1:30 - 3:30 PM

Youth \$2.00/ Adults \$5.00

Children 6 & under must be accompanied in the water by an adult.

PUBLIC TRANSIT

King: Bus 9 every 15 min. during rush hour, 30 min. during regular hrs.

Street parking available.

RENT THE POOL

Birthday Parties • Special Occasions •

On-going Groups

Call to reserve pool, date & time in advance

510- 981-5151

ADULT FITNESS WORKOUT

An organized fitness class for adults. Open to all adults.

Tuesday & Thursday

6:30 - 7:30 AM

Drop-In: \$6.00/ 10 Classes: \$56.00

WILLARD POOL

2701 Telegraph (at Derby)
510 644-8519

WEST CAMPUS POOL

2100 Browning (at Addison)
510 644-8520

KING POOL

1700 Hopkins (at Colusa)
510 644-8518

BHS WARM POOL

2246 Milvia (at Durant)
510 644-6843

PARKS RECREATION & WATERFRONT - RECREATION DIVISION

510 981-5150 • FAX: 510 981-5160 • TDD 510 981-6713 • Email: recreation@ci.berkeley.ca.us