



2010

BERKELEY HIGH WARM POOL

2246 MILVIA ST. (AT DURANT) ENTER AT GATE BY PORTABLES 510 644-6843



PUBLIC SWIM

Swimmers of all ages improve flexibility and endurance in our heated indoor pool. Children 6 & under must be within arms reach at all times.

Wednesday
7:30 - 8:30 PM

Youth/Sen./Dis.\$2.50 / Adults \$5.50

PRIVATE SWIM LESSONS

Twenty five-minute private & semi-private lesson for children and adults of all swim levels. Lessons are only available during regular program hours. Instructor availability varies.

Private \$30 Resident / \$35 Non-Resident

Semi-private (up to 3, same level)
Resident \$50 / Non-Resident \$55
Advance sign up at pool.

SWIMMIN' & SLIMMIN'

Swimmin' and Slimmin' will help you get a great overall body workout. Experience swimming is not required. Class meets in faster swim lane. Class is ongoing.

Monday & Wednesday
6:30 - 7:30 PM

Pre-registration required. You may register at Recreation Office, 1947 Center St. or Live Oak Community Center, 1301 Shattuck Ave.

For more information, please call Saidah Jones (instructor) at: (510) 967-2363 or e-mail at: healthybayfitness@gmail.com.

ARTHRITIS CLASS

Gentle water exercises for seniors & disabled.

Saturday
9:00 - 10:00 AM

Drop-In: \$4.50 / 10 Swim Card \$37.00

SENIOR & DISABLED SWIM

For seniors (55 & older) and disabled swimmers who are interested in aquatic exercise and swimming in a heated (92°) indoor pool. Please note: Faster lane is closed Mon & Wed 6:30 - 7:30 PM during Swimmin' and Slimmin' Class.

Monday, Wednesday, Friday
4:30 - 7:30 PM

Sunday
1:00 - 4:00 PM

Drop-In \$2.50 / 10-Swim Card \$20.00

Quiet Swim

Senior & Disabled Swim in deep end during Arthritis and Spirit Walking classes. We ask that swimmers keep their voices down to avoid disturbing class participants.

Monday
7:30 - 8:30 PM

Wednesday
3:30 - 4:30 PM

Saturday
9:00 - 11:00 AM

Youth/Sen./Dis.\$2.50

SPIRIT WALKERS

An aquatic blend of ancient movement practices

Monday
7:30 - 8:30 PM

Wednesday
3:30 - 4:30 PM

Drop-In: \$4.50 / 10 Swim Card \$37.00

PUBLIC TRANSIT

Buses: 15, 18, 51

Parking: Limited parking for persons with disabilities.

PARENT & TOT

Parents are in the pool with their toddlers and infants for this popular water adjustment class. Swim diapers required. Red Cross recommends that infants be at least 6 months old to participate.

Friday

3:30 - 4:00 PM
4:00 - 4:30 PM

Saturday

10:00 - 10:30 AM
10:30 - 11:00 AM
Drop-In: \$6.50 / 10 Classes \$61.00

POLICIES

Attendants

Safety is our first concern. Lifeguards may require patrons to have an attendant accompany them in the water, assist in changing, and help in wheelchair transfers. Attendants are not charged admission.

Guests

Patrons are allowed to bring one paying guest. Guests are expected to follow rules and policies

Children

Children are allowed during Senior and Disabled Swim only if they are disabled or are the guest of a senior or disabled patron. To provide a safe and comfortable environment for our senior and disabled patrons during this program, children must be closely supervised and within arms reach *at all times*. Non toilet trained children are required to wear swim diapers while in the pool.

All programs may be subject to change without notice.

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