



AUGUST 23 – SEPTEMBER 26, 2008 WEST CAMPUS POOL

2100 BROWNING (AT ADDISON) 510 644-8520



ADULT STROKE TECHNIQUE

Intermediate and advanced swimmers work on improving stroke efficiency.

Monday, Wednesday, Friday
9:00 – 10:30 AM

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

DEEP WATER EXERCISE

Space to do deep-water exercise in the diving pool. (No instructor)

Monday-Friday
9:00 – 10:30 AM
12:00 – 2:00 PM

Seniors \$2.00 Adults \$5.00

PRIVATE SWIM LESSONS

One twenty-five minute lesson for children and adults of all swim levels.

Call pools in advance to schedule:

BHS

Monday, 3:30 – 4:30 PM

BHS Pool: 510-644-6843

KING

Saturday & Sunday, 10:00 AM – 12:00 PM

King Pool: 510-644-8518

Private \$20.00
Semi-Private \$39.00
(up to 3; same level)

LAP SWIM

Open to all interested in fitness swimming in an organized environment.

(Lane availability may vary)

Monday - Friday
12:00 – 2:00 PM

Drop-In
Adult \$5.00
Senior/Disabled \$2.00

10 Swim Card
Adults \$43.00
Senior/Disabled \$18.00

Monthly Card
Adults \$64.00
Senior/Disabled \$31.00

RENT THE POOL

Birthday Parties & Other Special Occasions
On-going Groups.

Call to reserve dates & times in advance

Programs may be subject to
change without notice.

Phone is only answered
during program times.

TINY TOT TIME

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

Monday - Friday

12:00 - 2:00 PM

Youth \$2.00 • Adults \$5.00

SENIOR WATER AEROBICS

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

Monday - Friday
11:00 AM – 12:00 PM

This is a Berkeley Adult School class. Enroll with instructor.

PUBLIC TRANSIT

Bus: 51 every 10 min.

Parking: Lot adjacent to street.

West Campus and Willard Pools will be closed September 27, 2008 thru April 30, 2009

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