

Swimming Pool Phone Number (650) 616-7191

2016 Swim Season: June 6-September 29

June 13-August 13

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim 6:30am-7:45am	Water Aerobics 9:30am-10:30am	Water Aerobics 9:30am-10:30am				
Water Aerobics 8:00am-9:00am	Water Aerobics 8:00am-9:00am	Water Aerobics 8:00am-9:00am	Water Aerobics 8:00am-9:00am	Water Aerobics 8:00am-9:00am	Lap Swim 10:45am-12:45pm	Lap Swim 10:45am-12:45pm
Rec Swim 1:00-3:30pm	Rec Swim 1:00-4:00pm	Rec Swim 1:00-4:00pm				
Water Aerobics 7:05pm-8:05pm	Water Aerobics 7:05pm-8:05pm	Water Aerobics 7:05pm-8:05pm	Water Aerobics 7:05pm-8:05pm	The Swimming Pool is available for private parties on Fridays, Saturdays, and Sundays after 4:30pm. For further information, call (650) 616-7180.		
Lap Swim 8:15pm-9:15pm	Lap Swim 8:15pm-9:15pm	Lap Swim 8:15pm-9:15pm	Lap Swim 8:15pm-9:15pm			

June 6-June 12 & August 15-August 28 (no weekday Rec Swim)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim 6:30am-7:45am	Water Aerobics 9:30am-10:30am	Water Aerobics 9:30am-10:30am				
Water Aerobics 8:00am-9:00am	Water Aerobics 8:00am-9:00am	Water Aerobics 8:00am-9:00am	Water Aerobics 8:00am-9:00am	Water Aerobics 8:00am-9:00am	Lap Swim 10:45am-12:45pm	Lap Swim 10:45am-12:45pm
Water Aerobics 7:05pm-8:05pm	Water Aerobics 7:05pm-8:05pm	Water Aerobics 7:05pm-8:05pm	Water Aerobics 7:05pm-8:05pm		Rec Swim 1:00-4:00pm	Rec Swim 1:00-4:00pm
Lap Swim 8:15pm-9:15pm	Lap Swim 8:15pm-9:15pm	Lap Swim 8:15pm-9:15pm	Lap Swim 8:15pm-9:15pm			

Swimming Pool Phone Number (650) 616-7191

2016 Swim Season: June 6-September 29

August 29-September 29 (no weekday Rec Swim)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Aerobics 6:00pm- 7:00pm	Water Aerobics 6:00pm- 7:00pm	Water Aerobics 6:00pm- 7:00pm	Water Aerobics 6:00pm- 7:00pm		Rec Swim 1:00- 4:00pm	Rec Swim 1:00- 4:00pm
Lap Swim 7:15pm- 8:30pm	Lap Swim 7:15pm- 8:30pm	Lap Swim 7:15pm- 8:30pm	Lap Swim 7:15pm- 8:30pm			

Recreational Swim

Children under 10 must be accompanied by a paying adult.

0-2 years: Free

3-54 years: \$3 per person

55 & over: \$2.50 per person

Family (up to 5 people): \$12

25 Use Pass: \$62.50

50 Use Pass: \$125

Season Pass: \$280 Resident

\$295 Non-resident

Lap Swim

All swimmers must swim laps

Drop In: \$4 per person

10 Use Pass: \$35 Resident

\$38 Non-resident

Summer Season Pass: \$145 Resident,

\$160 Non-resident

Water Aerobics

Ages 12 & over

Drop-In: \$4.50 per person

10 Use Pass: \$40 Resident

\$42 Non-resident

Summer Season Pass: \$200 Resident,

\$215 Non-resident



Swimming Lessons For 6 Months To 3 Year Olds

All group swimming lessons are Monday-Thursday for two weeks (8 classes) Group lessons will have six or seven students per one instructor. Private lessons will consist of four half hour lessons, with one child and one instructor. Prices and times for private lessons are on page 20. If you have any questions regarding lessons, feel free to call The San Bruno Park Pool at (650) 616-7191 after June 8 or Brian Noce, Recreation Coordinator at (650) 616-7184.

Pre-Tiny Tots (parent/guardian involvement mandatory)

The Pre-Tiny Tot class is designed for children 6 - 35 months (6 months to 2 years 11 months) and their parent/adult. This class is held in the big pool and will teach adults basic water adjustment and safety skills for their children. This is an orientation to swim lessons.

Days	Times	Session 1 6/6-6/9 \$30R/\$38NR	Session 2 6/13-6/23 \$60R/\$75NR	Session 3 6/27-7/7 \$53R/\$68NR <small>No class 7/4</small>	Session 4 7/11-7/21 \$60R/\$75NR	Session 5 7/25-8/4 \$60R/\$75NR	Session 6 8/8-8/18 \$60R/\$75NR
M-Th	11:15-11:45am		1401.302	1401.303	1401.304	1401.305	
M-Th	5:25-5:55pm	1402.301	1402.302	1402.303	1402.304	1402.305	1402.306

Days	Times	Session 7 8/22-9/1 \$60R/\$75NR	Session 8 9/5-9/15 \$60R/\$75NR	Session 9 9/19-9/29 \$60R/\$75NR
M-Th	5:25-5:55pm	1402.307	1402.308	1402.309

Tiny Tots (no parent involvement)

The Tiny Tots classes are for children comfortable in a structured class setting with no parent involvement. This entry-level class is taught primarily in 1 foot of water and will teach the toddlers to become comfortable in the water. 3 Year Olds Only.

Days	Times	Session 1 6/6-6/9 \$30R/\$38NR	Session 2 6/13-6/23 \$60R/\$75NR	Session 3 6/27-7/7 \$53R/\$68NR <small>No class 7/4</small>	Session 4 7/11-7/21 \$60R/\$75NR	Session 5 7/25-8/4 \$60R/\$75NR	Session 6 8/8-8/18 \$60R/\$75NR
M-Th	10:00-10:30am		1501.302	1501.303	1501.304	1501.305	
M-Th	12:15-12:45pm		1502.302	1502.303	1502.304	1502.305	
M-Th	4:45-5:15pm	1503.301	1503.302	1503.303	1503.304	1503.305	1503.306
M-Th	5:25-5:55pm	1504.301	1504.302	1504.303	1504.304	1504.305	1504.306

Days	Times	Session 7 8/22-9/1 \$60R/\$75NR	Session 8 9/5-9/15 \$60R/\$75NR	Session 9 9/19-9/29 \$60R/\$75NR
M-Th	4:45-5:15pm	1503.307	1503.308	1503.309
M-Th	5:25-5:55pm	1504.307	1504.308	1504.309

Swimming Lessons For Ages 3 Year Olds

Super Tiny Tots (no parent/guardian involvement)

This class is designed for children ages 3 years old who are already comfortable in the water and can completely submerge their head under water. This class will be taught in the big pool. Children must have completed the Tiny Tots level and be comfortable in the big pool prior to enrolling. This is a perfect class for toddlers that can swim on their own, but are too young for the Level 1 class. 3 Year Olds Only.

Days	Times	Session 1 6/6-6/9 \$30R/\$38NR	Session 2 6/13-6/23 \$60R/\$75NR	Session 3 6/27-7/7 \$53R/\$68NR <small>No class 7/4</small>	Session 4 7/11-7/21 \$60R/\$75NR	Session 5 7/25-8/4 \$60R/\$75NR	Session 6 8/8-8/18 \$60R/\$75NR
M-Th	11:45am-12:15pm		1601.302	1601.303	1601.304	1601.305	
M-Th	5:25-5:55pm	1602.301	1602.302	1602.303	1602.304	1602.305	1602.306
M-Th	6:25-6:55pm	1603.301	1603.302	1603.303	1603.304	1603.305	1603.306

Days	Times	Session 7 8/22-9/1 \$60R/\$75NR	Session 8 9/5-9/15 \$60R/\$75NR	Session 9 9/19-9/29 \$60R/\$75NR
M-Th	5:25-5:55pm	1604.307	1604.308	1604.309

Swimming Lessons For Ages 4 Years & Up

Level 1: Water Exploration

Prerequisite: 4 years old with little or no swimming experience. At this level, students will learn to put their face in the water and enjoy the water safely. To pass this level, children must swim 5 yards independently. The course is taught primarily in the 3 ½ foot area of the pool. Ages 4 & over. (We recommend beginners 12 and older schedule an Adult Lesson or Private Lesson.)

Days	Times	Session 1 6/6-6/9 \$30R/\$38NR	Session 2 6/13-6/23 \$60R/\$75NR	Session 3 6/27-7/7 \$53R/\$68NR <small>No class 7/4</small>	Session 4 7/11-7/21 \$60R/\$75NR	Session 5 7/25-8/4 \$60R/\$75NR	Session 6 8/8-8/18 \$60R/\$75NR
M-Th	9:30-10:00am		0101.302	0101.303	0101.304	0101.305	
M-Th	10:00-10:30am		0102.302	0102.303	0102.304	0102.305	
M-Th	10:30-11:00am		0103.302	0103.303	0103.304	0103.305	
M-Th	11:15-11:45am		0104.302	0104.303	0104.304	0104.305	
M-Th	11:45am-12:15pm		0105.302	0105.303	0105.304	0105.305	
M-Th	12:15-12:45pm		0106.302	0106.303	0106.304	0106.305	
M-Th	3:45-4:15pm	0107.301	0107.302	0107.303	0107.304	0107.305	0107.306
M-Th	4:15-4:45pm	0108.301	0108.302	0108.303	0108.304	0108.305	0108.306
M-Th	4:45-5:15pm	0109.301	0109.302	0109.303	0109.304	0109.305	0109.306
M-Th	5:25-5:55pm	0110.301	0110.302	0110.303	0110.304	0110.305	0110.306
M-Th	5:55-6:25pm	0111.301	0111.302	0111.303	0111.304	0111.305	0111.306

Days	Times	Session 7 8/22-9/1 \$60R/\$75NR	Session 8 9/5-9/15 \$60R/\$75NR	Session 9 9/19-9/29 \$60R/\$75NR
M-Th	4:15-4:45pm	0109.307	0109.308	0109.309
M-Th	4:45-5:15pm	0110.307	0110.308	0110.309
M-Th	5:25-5:55pm	0111.307	0111.308	0111.309

Level 2: Primary Skills

Prerequisite: Completion of Level 1 or can swim 5 yards on their own. To pass this level, students must swim 20 yards of front crawl and 20 yard of back crawl. This class is often repeated. Ages 4 and over.

Days	Times	Session 1 6/6-6/9 \$30R/\$38NR	Session 2 6/13-6/23 \$60R/\$75NR	Session 3 6/27-7/7 \$53R/\$68NR <small>No class 7/4</small>	Session 4 7/11-7/21 \$60R/\$75NR	Session 5 7/25-8/4 \$60R/\$75NR	Session 6 8/8-8/18 \$60R/\$75NR
M-Th	9:30-10:00am		0201.302	0201.303	0201.304	0201.305	
M-Th	10:00-10:30am		0202.302	0202.303	0202.304	0202.305	
M-Th	10:30-11:00am		0203.302	0203.303	0203.304	0203.305	
M-Th	11:15-11:45am		0204.302	0204.303	0204.304	0204.305	
M-Th	11:45am-12:15pm		0205.302	0205.303	0205.304	0205.305	
M-Th	12:15-12:45pm		0206.302	0206.303	0206.304	0206.305	
M-Th	3:45-4:15pm	0207.301	0207.302	0207.303	0207.304	0207.305	0207.306
M-Th	4:15-4:45pm	0208.301	0208.302	0208.303	0208.304	0208.305	0208.306
M-Th	4:45-5:15pm	0209.301	0209.302	0209.303	0209.304	0209.305	0209.306
M-Th	5:25-5:55pm	0210.301	0210.302	0210.303	0210.304	0210.305	0210.306
M-Th	5:55-6:25pm	0211.301	0211.302	0211.303	0211.304	0211.305	0211.306
M-Th	6:25-6:55pm	0212.301	0212.302	0212.303	0212.304	0212.305	0212.306
Days	Times	Session 7 8/22-9/1 \$60R/\$75NR	Session 8 9/5-9/15 \$60R/\$75NR	Session 9 9/19-9/29 \$60R/\$75NR			
M-Th	4:15-4:45pm	0209.307	0209.308	0209.309			
M-Th	4:45-5:15pm	0210.307	0210.308	0210.309			
M-Th	5:25-5:55pm	0211.307	0211.308	0211.309			

Level 3: Stroke Readiness

Prerequisite: Level 2 certificate or can swim 20 yards front crawl independently. Students must be able to tread water and be comfortable in deep water prior to enrollment. This class focuses on stroke and side breathing refinement. The course is taught in the 4-5 foot area of the pool. Ages 4 & over.

Days	Times	Session 1 6/6-6/9 \$30R/\$38NR	Session 2 6/13-6/23 \$60R/\$75NR	Session 3 6/27-7/7 \$53R/\$68NR <small>No class 7/4</small>	Session 4 7/11-7/21 \$60R/\$75NR	Session 5 7/25-8/4 \$60R/\$75NR	Session 6 8/8-8/18 \$60R/\$75NR
M-Th	9:30-10:00am		0301.302	0301.303	0301.304	0301.305	
M-Th	10:00-10:30am		0302.302	0302.303	0302.304	0302.305	
M-Th	10:30-11:00am		0303.302	0303.303	0303.304	0303.305	
M-Th	11:45am-12:15pm		0304.302	0304.303	0304.304	0304.305	
M-Th	3:45-4:15pm	0305.301	0305.302	0305.303	0305.304	0305.305	0305.306
M-Th	4:15-4:45pm	0306.301	0306.302	0306.303	0306.304	0306.305	0306.306
M-Th	4:45-5:15pm	0307.301	0307.302	0307.303	0307.304	0307.305	0307.306
M-Th	5:55-6:25pm	0308.301	0308.302	0308.303	0308.304	0308.305	0308.306
M-Th	6:25-6:55pm	0309.301	0309.302	0309.303	0309.304	0309.305	0309.306
Days	Times	Session 7 8/22-9/1 \$60R/\$75NR	Session 8 9/5-9/15 \$60R/\$75NR	Session 9 9/19-9/29 \$60R/\$75NR			
M-Th	4:15-4:45pm	0306.307	0306.308	0306.309			
M-Th	4:45-5:15pm	0307.307	0307.308	0307.309			

Level 4: Stroke Development

Prerequisite: Level 3 certificate. This class includes "lap swimming". Students must be able to swim 25 yards comfortably. Students continue to refine learned strokes and are introduced to breaststroke, sidestroke, and turning at the wall. The course is taught in the 5-10 foot area. Ages 6 & over.

Days	Times	Session 1 6/6-6/9 \$30R/\$38NR	Session 2 6/13-6/23 \$60R/\$75NR	Session 3 6/27-7/7 \$53R/\$68NR <small>No class 7/4</small>	Session 4 7/11-7/21 \$60R/\$75NR	Session 5 7/25-8/4 \$60R/\$75NR	Session 6 8/8-8/18 \$60R/\$75NR
M-Th	11:15-11:45am		0401.302	0401.303	0401.304	0401.305	
M-Th	12:15-12:45pm		0402.302	0402.303	0402.304	0402.305	
M-Th	4:15-4:45pm	0403.301	0403.302	0403.303	0403.304	0403.305	0403.306
M-Th	4:45-5:15pm	0404.301	0404.302	0404.303	0404.304	0404.305	0404.306
M-Th	6:25-6:55pm	0405.301	0405.302	0405.303	0405.304	0405.305	0405.306
Days	Times	Session 7 8/22-9/1 \$60R/\$75NR	Session 8 9/5-9/15 \$60R/\$75NR	Session 9 9/19-9/29 \$60R/\$75NR			
M-Th	4:15-4:45pm	0403.307	0403.308	0403.309			
M-Th	4:45-5:15pm	0404.307	0404.308	0404.309			

Level 5: Stroke Refinement

Prerequisite: Level 4 certificate. Students refine and gain endurance for key strokes and are introduced to butterfly and open turns. This course is taught in the lanes with a length of 25 yards. Ages 6 & over.

Days	Times	Session 1 6/6-6/9 \$30R/\$38NR	Session 2 6/13-6/23 \$60R/\$75NR	Session 3 6/27-7/7 \$53R/\$68NR <small>No class 7/4</small>	Session 4 7/11-7/21 \$60R/\$75NR	Session 5 7/25-8/4 \$60R/\$75NR	Session 6 8/8-8/18 \$60R/\$75NR
M-Th	10:00-10:30am		0501.302	0501.303	0501.304	0501.305	
M-Th	3:45-4:15pm	0502.301	0502.302	0502.303	0502.304	0502.305	0502.306
M-Th	5:25-5:55pm	0503.301	0503.302	0503.303	0503.304	0503.305	0503.306
Days	Times	Session 7 8/22-9/1 \$60R/\$75NR	Session 8 9/5-9/15 \$60R/\$75NR	Session 9 9/19-9/29 \$60R/\$75NR			
M-Th	5:25-5:55pm	0503.307	0503.308	0503.309			

Level 6: Swimming & Skill Proficiency

Prerequisite: Level 5 certificate and all strokes are refined. Students will polish strokes to swim with more ease, efficiency, power, and smoothness over greater distances. Introduces additional turns (flip turns and backstroke turns). Ages 6 & over.

Days	Times	Session 1 6/6-6/9 \$30R/\$38NR	Session 2 6/13-6/23 \$60R/\$75NR	Session 3 6/27-7/7 \$53R/\$68NR <small>No class 7/4</small>	Session 4 7/11-7/21 \$60R/\$75NR	Session 5 7/25-8/4 \$60R/\$75NR	Session 6 8/8-8/18 \$60R/\$75NR
M-Th	9:30-10:00am		0601.302	0601.303	0601.304	0601.305	
M-Th	5:55-6:25pm	0602.301	0602.302	0602.303	0602.304	0602.305	0602.306
Days	Times	Session 7 8/22-9/1 \$60R/\$75NR	Session 8 9/5-9/15 \$60R/\$75NR	Session 9 9/19-9/29 \$60R/\$75NR			
M-Th	5:25-5:55pm	0603.307	0603.308	0603.309			

Adult Swim Lessons

This course is designed for teens and adults who have never taken swimming lessons before, or who have a fear or apprehension of water. Sessions are four classes, each one hour long. Ages 12 & over.

Days	Times	Session 1 6/13-6/16 \$30R/\$38NR	Session 2 6/20-6/23 \$60R/\$75NR	Session 3 6/27-6/30 \$60R/\$75NR	Session 4 7/11-7/14 \$60R/\$75NR	Session 5 7/18-7/21 \$60R/\$75NR
M-Th	7:00am-8:00am		0802.302	0802.303		
M-Th	8:05pm-9:05pm	0802.301			0802.304	0802.305

Private Lessons (4 Classes)

This class offers participants who are beginning to swim, or wanting to improve their skills, a chance to work one-on-one with an instructor for four consecutive classes. Private lessons can be the appropriate setting to assist you or your child in water confidence or skill refinement. Each session consists of four half hour lessons.

Ages 3 & over.

(Maximum of 1 student to 1 teacher)

Days	Times	Session 1 6/6-6/9 \$125R/140NR	Session 2 6/13-6/16 \$125R/140NR	Session 3 6/20-6/23 \$125R/140NR	Session 4 6/27-6/30 \$125R/140NR	Session 5 7/5-7/7 \$95R/110NR	Session 6 7/11-7/14 125R/\$140NR
M-Th	9:00-9:30am		1001.302	1001.303	1001.304	1001.305	1001.306
M-Th	10:30-11:00am		1002.302	1002.303	1002.304	1002.305	1002.306
M-Th	11:15-11:45am		1003.302	1003.303	1003.304	1003.305	1003.306
M-Th	3:15-3:45pm	1004.301	1004.302	1004.303	1004.304	1004.305	1004.306
M-Th	3:45-4:15pm	1005.301	1005.302	1005.303	1005.304	1005.305	1005.306
M-Th	4:15-4:45pm	1006.301	1006.302	1006.303	1006.304	1006.305	1006.306
M-Th	5:55-6:25pm	1007.301	1007.302	1007.303	1007.304	1007.305	1007.306
M-Th	6:25-6:55pm	1008.301	1008.302	1008.303	1008.304	1008.305	1008.306

Days	Times	Session 7 7/18-7/21 \$125R/140NR	Session 8 7/25-7/28 \$125R/140NR	Session 9 8/1-8/4 \$125R/140NR	Session 10 8/8-8/11 \$125R/140NR	Session 11 8/15-8/18 \$125R/140NR	Session 12 8/22-8/25 \$125R/140NR
M-Th	9:00-9:30am	1001.307	1001.308	1001.309	1001.310		
M-Th	10:30-11:00am	1002.307	1002.308	1002.309	1002.310		
M-Th	11:15-11:45am	1003.307	1003.308	1003.309	1003.310		
M-Th	3:15-3:45pm	1004.307	1004.308	1004.309	1004.310		
M-Th	3:45-4:15pm	1005.307	1005.308	1005.309	1005.310		
M-Th	4:15-4:45pm	1006.307	1006.308	1006.309	1006.310	1006.311	1006.312
M-Th	5:55-6:25pm	1007.307	1007.308	1007.309	1007.310	1007.311	1007.312
M-Th	6:25-6:55pm	1008.307	1008.308	1008.309	1008.310	1008.311	1008.312