

Recreational swim hours, fees, and dates may be subject to change. Before you visit, please call your local pool (page 8) to confirm recreational swim information. Note: Most fee-based programs are not affected by any potential budget reductions.

Learn to Swim

The mission of the Aquatics Section is to provide safe, fun, educational, water-related experiences for all people.

Swim Lessons - Join us in an exciting swim program designed to fit any age group and ability level. Our two-tiered lesson program provides participants with a positive learning experience and teaches lifelong swimming skills. We have made many changes to our preschool swim lessons, and now offer two levels of Parent Participation (Blowfish and Shrimp) which replaces Parents & Tots classes. Bubble Blowers is now "water orientation" (Starfish) held in either "big" pools or in play pools. Sea Horses (Beginner), Sea Turtles (Intermediate), Sea Eels (Advanced), Adult and Access Aquatics lessons will continue as usual with name changes as noted. Please be aware of the name changes of youth lessons listed above and in the fee table and class descriptions. There are no specific age requirements other than for Pre-school lessons and Adult lessons. Sun and water safety information will be integrated into lessons. Swim lessons utilize components of the American Red Cross and other Learn-to-Swim programs.

Beginning April 6th, register online or at selected community centers for all aquatics programs. Online registration is now free!

All classes are filled on a first come-first served basis. Classes that do not meet the minimum number required to hold a class will be cancelled.

SESSION DATES & REGISTRATION DATES

Session Dates

Deadline to Register via on-line, mail, or walk-in.
Postmarks not accepted.

Session 1 / June 22-July 3	(Session 1 registration not accepted at pools)	June 17
Session 2 / July 6-July 17		June 24
Session 3 / July 20-July 31		July 8
Session 4 / August 3-August 14		July 22

You may still sign up at the pool beginning the Saturday **after** the registration deadline (where space is still available), except for session 1 only.

Registrations/Transfers/Refunds

Be sure to select a first, second and third choice on the registration form to ensure enrollment into a class. Call 808-6060 to request a transfer to another class before the registration deadline. All transfers and refunds made by payees will be subject to a \$5 transaction fee per participant. Requests for refunds on swim lessons, swim team and junior lifeguard must be signed by the appropriate pool manager and submitted to Coloma Community Center no later than September 30th. Refund request forms are available at the pool. If the Aquatics Section changes or cancels a class and/or program, refunds, credits or transfers will be transacted without the \$5 fee.

Fees (May be subject to change)

Adult Swim lessons	\$46
Group Learn-To-Swim Lessons..... (4-6 students per instructor)	\$46
Blowfish..... (6-24 mos with parent)	\$25
Shrimp (25 mos-4 yrs with parent)	\$25
Starfish (formerly Bubble Blowers, 4-5 yrs)	\$25
Access Aquatics (Lessons for special needs - see description)	TBA
Summer Swim League	\$79
Junior Lifeguard Academy	\$39
Water Aerobics (8-punch card)	\$20 for 8 classes
Water Aerobics (one visit)	\$4
Lap Swim (one visit)	\$5
Lap Swim (20-punch card)	\$50

Easy Ways to Register for Aquatics Programs!

Register online at <http://www.parksandrecreation.cityofsacramento.org> for all aquatics programs.

Mail in registration form and correct payment to:

- Aquatics Registration, 4623 T Street, Sacramento, CA 95819 (deadlines apply)

Register at selected Community Centers:

- Coloma Com. Center, 4623 T Street, 10am-4pm, Mon.- Fri.
- Belle Cooledge Com. Center, 5699 So. Land Park Drive, 8am-4pm, Mon.- Fri.
- South Natomas Com. Center, 2921 Truxel Rd, 10am-5:30pm, Mon.- Fri.

Registrations accepted at pools on a limited basis
Please call 808-2306 or email aquatics@cityofsacramento.org for more information.

Infant/Pre-School Lesson Program

Aquatics experts agree that most children under age four are not ready to learn how to swim on their own. Children between the ages of 6 months and four years respond well to familiar adults in a water environment. Blowfish and Shrimp classes not only provide information and techniques for parents to orient their children to the water, but also offer a fun, safe environment in which to play together.

Class Length/Class Days

Blowfish and Shrimp run for 30 minutes over three days within a one-week session. Starfish are 40 minutes and run for 3 days within a one-week session. Starfish classes at Play Pools run for one week, M-Th for 30 minutes. Check each pool description for specific days and times classes are offered.

Blowfish (infant/child ages 6-24 months with adult)

Parents or guardians work in tandem with the instructor to introduce infants and young children to the joy and risks of the water environment. Formerly called Parents & Tots, this class is not designed to teach your infant/tot to swim independently, but it will increase his/her comfort level in and around the water. Learn how to be safe in and around the water by using positive water adjustment techniques, games, and songs. Includes water safety instruction for parents & guardians. This is a one-week class. Water is NOT heated. Parent/guardian must be at least 16 years old at the start of class and be able to be in water. Infants must be able to hold heads up.

Swim diapers are required.

Shrimp (child aged 25 mos to 4 yrs with adult)

This second level of parents and tots employs the best of both worlds with young children ages 2-4 years in the water with parents. Parents/guardians work in tandem with the instructor to introduce young children to the joy and risks of the water environment. This class is not designed to teach your toddler to swim independently, but it will increase his/her comfort level in and around the water. Learn how to be safe in and around the water by using positive water adjustment techniques, games, and songs. Includes water safety instruction for parents & guardians. This is a one-week class. Water is NOT heated. Parent/guardian must be at least 16 years old at the start of class and be able to be in water. **Swim diapers are required.**

Starfish (ages 4-5 yrs)

Formerly Bubble Blowers, this class is designed for toddlers ages 4-5 years who are non-swimmers or first time group lesson participants to explore basic water readiness skills. These skills include water adjustment activities, introduction to floating on front and back and elementary propulsion, and basic water safety skills. Classes are held in "big" pools and play pools. Note that many children may stay in this level for several sessions/seasons, depending upon ability. This is NOT a parent participation class. Parents are required to observe lessons from the parent viewing area available at each pool facility.

Learn-To-Swim Program

Youth learn-to-swim classes are 40 minutes in length and run for 6 days (Mon/Wed/Fri or Tu/Wed/Th) over the course of the two week session. Check each pool description for specific days and times classes are offered. Parents are required to observe lessons from the parent viewing area available at each pool facility.

Sea Horses—Beginner

"Sea Horses" are cute, playful creatures, but not great swimmers. This class is designed for first time swim lesson participants OR Starfish "graduates." Sea Horses lessons are also for children who have not yet successfully completed the Beginner requirements. Emphasis is placed on water adjustment, safe water entry and exit, and basic swimming skills. These skills include underwater bobbing, independent floating on front and back, kicking on front and back with assistance, and basic water safety. Participants are also introduced to swimming on front and back. Children are water tested at the first class and placed into appropriate levels. Note that many children may stay in this level for several sessions/seasons, depending upon ability. Classes are held in water depth of 3 to 4 ½ feet.

Sea Turtles—Intermediate

Young "Sea Turtles" explore their aquatic environment protected by their shells, but learn to swim quickly. "Sea Turtles" is for participants who have successfully completed Sea Horse level or meet the necessary skill level. Participants will build upon swimming skills focusing on front crawl, back crawl, and side-to-side breathing. This level will also increase swimming endurance and coordination as well as introduce breaststroke and elementary backstroke. Water safety is re-enforced. Note that many children may stay in this level for several sessions/seasons, depending upon ability. Classes may be held in water depth of 3 to 6 feet.

Sea Eels—Advanced

"Sea Eels" are slippery little critters who are strong, graceful swimmers! "Sea Eels" is designed for participants who have successfully completed the Sea Turtle level or meet the necessary skill level. Participants will learn butterfly and sidestroke while increasing distance and improving endurance. Stroke technique is introduced as well as water safety and first aid skills. Note that many children may stay in this level for several sessions/seasons, depending upon ability. Classes are held in the deep end of the pool.

Adult (14+ years)

This class is for those participants who are fearful of the water, new to swimming or just want specific stroke technique. Skills are taught based on the participant's need. Adult lessons are offered at Pannell Meadowview, Natomas HS, Clunie, and Tahoe Pools.

Stroke & Turn (7-17 years)

Recommended for swim team participants but open to youth and teens who would like to improve their strokes and turns. Offered only at limited pool locations during the first week of swim team practice and again in the first session.

Access Aquatics

Access Aquatics are swim lessons offered to children, teens, and adults with special needs. Lessons are tailored to meet the needs of the individual. Qualified instructors will focus on strengths to enhance swimming skills and abilities. An individual with a disability (as defined by ADA) is a person who has a physical or mental impairment that substantially limits one or more major life activities. If a participant cannot be mainstreamed into a traditional group swim lesson, then a private lesson will be arranged on an availability basis. Access Aquatics lessons are offered at Pannell Meadowview Pool, Clunie, Tahoe, Oki, and Doyle Pools. See each pool description for class times. Call 808-2306 or email aquatics@cityofsacramento.org for more information.

Tips on Placing Your Child in the Right Lesson

- At the beginning of the season, we suggest you repeat the last level that was completed the summer before.
- It is easier to move a child up a level than to move them down.
- Swim Lesson staff shall make the final decision in placement of child into the most appropriate class level based on their skill.
- Do not over-schedule your child. One lesson per day is enough.

Helpful Hints for Parents and Guardians:

Regardless of your child's swimming ability, you can play a critical role in guiding, caring for, supervising, motivating, and working with your child during this experience. Prepare your child for this experience by visiting the pool where you will take the class. The following are some suggestions to help you provide the best experience for your child.

- Be on time • Encourage safety around anybody of water • Follow the pool rules
- Attend every lesson • Have patience • Provide encouragement
- Be positive • Give praise • Practice, practice, practice.

Junior Lifeguard Academy

Do you want to get ready for an exciting career as a Lifeguard? Sacramento Junior Lifeguard Academy provides a foundation of lifeguarding and life skills, making a smooth transition to the Sacramento Lifeguard Academy. Sacramento Junior Lifeguard Academy focuses on the five key areas: prevention of aquatic accidents, fitness, and swimming skills, response in an emergency, leadership skills, and professionalism as a lifeguard. Training consists of classroom work, lectures, video presentations, and teambuilding activities. New this year are two separate sessions for ages 11-12 years and 13-15 years. Class "graduation" day will be announced at each pool. Prerequisites: Ability to swim the front crawl for 25 yards continuously. The program is offered at selected pools.

Check each pool listing for availability.

Water Aerobics

Adults 16 years and up are encouraged to shape up with Water Aerobics! Regular physical activity has been associated with better health and longer life. Water exercise is low impact and offers up to 12 pounds of resistance, and can improve your cardiovascular system as well as help fight obesity. This class is offered at Pannell Meadowview Pool, Clunie, and Natomas HS Pools. Sign up by purchasing a \$20 punch card (good for 8 classes) or pay \$4 per visit at the pool. Punch card is non-refundable. Ask about free classes sponsored by 50+ Wellness program. Check each pool description for times & dates.

Daily Public Swim Admission

You must pay to enter the pool facility, whether or not you swim.

Children (17 years & under).....\$1.00
 Adults (18 & over).....\$2.00

Lap Swim (at participating locations).....per visit \$5
 Punch card for 20 swims.....\$50

Water Aerobics (at participating locations)..... per visit \$4
 Punch card for 8 classes.....\$20

Inquire at each pool for frequent swimmer rates.

There are no refunds on pool admissions or punch cards.

Frequent Swimmer Cards

For those who swim almost every day or for those who like the convenience, you can save money by purchasing a frequent swimmer punch card.

# of swims	Youth 17 & under	Adult
10	\$9	\$18
20	\$16	\$32
30	\$21	\$42

Unused swims may be carried over to next year. Card is good at any City swimming pool location and will be available at each pool beginning 6/18.

Pool Rentals

Are you looking for a great place to hold your summer party that is cool and refreshing? Rent a swimming pool or wading pool! Any municipal pool can be rented for private use when it is not programmed by the Department of Parks and Recreation. Minimum rental is two hours and includes lifeguard staff. All rentals must be made 14 days prior to the event and must be made in person at the Coloma Community Center. All fees (including deposit of \$150-\$300) are due at the time the reservation is made. Reservations can be made at Coloma Community Center, 4623 T Street. Check for pool availability by calling 808-6060. Rental rates for Clunie and Pannell Meadowview are on page 9.

Rental Rates for Swimming Pools (*max is 200)

# of Guests	2 hours	Each additional hour
1-100	\$320	\$130 per hour
101-200*	\$450	\$130 per hour

\$150/\$300 deposit is required.

Rental Rates for Play Pools (see page 8 for locations)

2 hours	\$90
Each additional hour.	\$45

\$100 deposit is required.

Adult Lap Swim

Regular physical activity has been associated with better health and longer life. According to the Department of Health & Human Services, 61% of adults in the U.S. are overweight! Swimming laps for exercise will help fight obesity. Most swimming pools offer special lap swim times during mornings, evenings and weekends. Lap swim is for 16 years and up. Sign up at the pool for a \$50 punch card (good for 20 swims). "Long course" lap swim is available at Clunie Pool on a limited basis. Call your neighborhood pool for days and times.

Guests visiting our pools will find lifts at the following locations:

Clunie Pool, Doyle Pool, Johnston Pool, Mangan Pool, Natomas High School Pool, Oki Pool, Southside Pool, and Tahoe Pool.

*Pannell Meadowview Pool
is fully accessible.*

**Register Online for Swim Lessons, Swim Team,
and Junior Lifeguard
See Page 2 for More Information.**



Recreational Swim League

The Aquatics Section sponsors a city-wide swim team program designed to introduce swimmers to the environment of competitive swimming. Studies have shown that many children and teens are diagnosed with "adult" diseases such as diabetes and obesity from lack of regular physical exercise. Children and teens should spend an average of 60 minutes of daily physical activity. Although our league is recreational, our rules are consistent with the U.S. Swimming rules. Our 13 pools are combined into six swim teams. During the season, swimmers will compete in dual meets against other city teams in the program. Parents are responsible for participants' transportation to and from swim meets. Practices are one hour per day, easily fulfilling the requirement for consistent physical activity! Each team is coached by lifeguard staff selected by the Aquatics Section. Swim coaches coach the swimmers and give instruction.

Eligibility

Age: *7 to 17 years old. Proof of birth (certificate, etc) required. *Note minimum age restriction.

Skills

Minimum of beginning swimming skills (i.e. front crawl with breathing), ability to safely swim in deep water without help, and be able to swim one lap continuously. Children will be water tested during the first few days of practice. The swim team is NOT a substitute for swim lessons. Children who cannot meet these safety standards will not be eligible to swim on a team and will either be transferred into lessons or given a refund.

Meets

To be eligible to swim in event trials and league championships, swimmers must participate in three (3) dual meets and one event trials meet--no exceptions. Prior membership: Swimmer is ineligible if he/she swam or practiced on another competitive swim team or club from January through June 2009 (exception high school-sponsored teams).

Important Dates

Practice begins 6/15. Dual meets are held on Saturday mornings beginning 6/27 through 7/25. Freestyle, backstroke and individual medley (IM) trials will be held on Saturday, 8/1 at Oki Pool (Oki, CMM, Hall) and at Doyle Pool (Doyle/Natomas, Clunie, TMS), at 9am. League Championships will be held on Saturday and Sunday, 8/8 through 8/9. (Dates may be subject to change).

Registration and Fees

Only online registration will be accepted (see pg. 2 for registration info). Deadline to register in order to be able to participate in dual meets is Friday, 6/19. Signed and completed registration form, medical release form, and hold-harmless agreement must be on file at the pool before child enters the water for practices. Failure to provide all paperwork may result in ineligibility.

Parent Assistance

Parents/guardians are required to volunteer at swim meets a minimum of five hours for the season. Parents are responsible for participating in team meetings and fund raising activities. Contact your swim team coach or pool manager for dates and details after 6/15.

Swim League Championships:

New changes to 2009 season:

1. Eligible swimmers may swim a total of FIVE (5) events at league championships.
2. Eligible swimmers must now pre-register to participate in swim league championship. A \$10 fee must accompany league championship registration. That deadline is after the 4th dual meet (exact date TBA). Registration fees can only be paid online or with credit card at pool or community center. The \$10 fee can also be paid at time of initial registration.

Stroke and Turn Classes

Stroke and Turn classes taught by staff are available to swim league participants interested in improving their strokes during the first week of swim practice and the first session of swim lessons. Check the lesson schedule for dates and times.

Participant Behavior

If your child's behavior interferes with the program or results in disciplinary action during the course of the swim season, your child shall be expelled from the program. Inappropriate parent or guardian behavior can also result in your child being removed from the program. Our philosophy is aligned with PCA (Positive Coaching Alliance). "Honor the Game!"

Parent Orientation Meeting

All are invited to attend.

City staff will answer questions about the swim team program.

Pick up Parent Handbook and other important information.

DATE: Tuesday, June 2, 6:00pm,

Coloma Community Center Auditorium, 4623 T St.

SWIM LEAGUE 2009 IMPORTANT DATES

Dual Meet Schedule available online.

August 1 North Trials..... Morning..... Doyle Pool
August 1 South Trials..... Morning..... Oki Pool

**League Championships
August 8th & 9th
at Pannell Meadowview Pool**

Keep up to date, online, at:

<http://www.cityofsacramento.org/parksandrecreation/recreation/aquatics/swimteam.htm>

Register Online for Swim Team - See Page 2 for More Information.

City Pool Directory

Swimming Pool	Address	Phone	Dates	Page
Bertha Henschel Park Play Pool	A St & 45 th St	277-6071	6/18-8/23	8
Cabrillo Pool / Wading Pool	1648 65 th Ave	433-6271	6/18-8/23	10
Clunie Pool / Wading Pool	Alhambra & McKinley Blvd.	808-5301	6/18-9/7	9
Colonial Park Play Pool	18 th Ave & 53 rd St	277-6072	6/18-8/21	8
Doyle Pool / Wading Pool	Brewerton & Mendel Way	566-6420	6/18-8/23	10
Glenn Hall Pool	Carlson & Sandburg Drs.	277-6071	6/18-8/23	11
Johnston Pool / Wading Pool	231 Eleanor Ave	808-6421	6/18-8/16	12
Mama Marks Park Play Pool	Roanoke Ave & Belden St	566-6410	6/18-8/14	8
Mangan Pool	2230 34 th Ave	433-6272	6/18-8/23	12
McClatchy Park Pool / Wading Pool	35 th St & 5 th Ave	264-6041	6/18-8/23	13
Natomas High School Pool	3301 Fong Ranch Road	566-3644	6/18-8/23	13
Oki Pool / Wading Pool	Wisemann Dr & Cliffwood Way	277-6160	6/18-8/23	14
Pannell Meadowview Pool / Wading Pool	2450 Meadowview Rd	808-6622	6/18-9/7	15
Robertson Park Play Pool	3525 Norwood Ave	808-6421	6/18-8/16	8
Sim Pool				Closed
Southside Pool / Wading Pool	6 th & U Sts	808-5331	6/18-8/16	16
Tahoe Pool / Training Pool	3535 59 th St	277-6072	6/18-8/23	16
Wm. Land Park Play Pool	Riverside Blvd. and 13th Ave	433-6272	6/18-8/23	8

Play Pools

Bertha Henschel Play Pool

Located at A Street and 45th Street
 Phone: 277-6071
 Pool operates 6/18-8/23.
Recreational Swim Hours:
 Mon-Fri 12nn-4pm, Sat/Sun 1-5pm.
Recreation Swim - Free Admission
 Swim Classes are M-Th. Each session runs one week (4 days). Classes are 30 minutes. Register for Starfish lessons at Glenn Hall Pool

STARFISH \$25

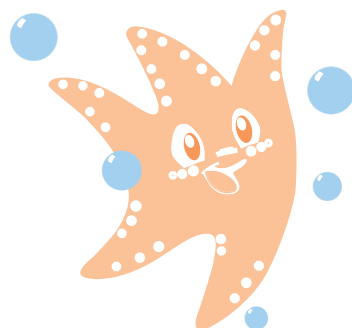
COURSE#	TIMES	DATES
43552	11:15-11:45am	6/22-6/25
43553	4:15-4:45pm	6/22-6/25
43554	11:15-11:45am	6/29-7/2
43555	4:15-4:45pm	6/29-7/2
43556	11:15-11:45am	7/6-7/9
43557	4:15-4:45pm	7/6-7/9
43558	11:15-11:45am	7/13-7/16
43559	4:15-4:45pm	7/13-7/16
43560	11:15-11:45am	7/20-7/23
43561	4:15-4:45pm	7/20-7/23
43562	11:15-11:45am	7/27-7/30
43563	4:15-4:45pm	7/27-7/30
43564	11:15-11:45am	8/3-8/6
43565	4:15-4:45pm	8/3-8/6

Colonial Play Pool

Located at 18th Ave and 53rd Street
 Phone: 277-6072
 Pool operates 6/18-8/21
Recreational Swim Hours: Mon-Fri 1-5pm
Recreational Swim - Free Admission

Mama Marks Play Pool

Located at Roanoke Ave and Belden
 Phone: 808-6421
 Pool Operates 6/18-8/14
Recreational Swim Hours: M-F 12-4pm.
Recreational Swim - Free Admission



William Land Park Play Pool

Located at Riverside Blvd and 13th Ave.
 Phone: 433-6272
 Pool Operates 6/18-8/23
Recreational Swim Hours:
 M-F 11am-3pm, Sat/Sun 1-5pm
Recreational Swim - Free Admission
 Swim Classes at W. Land Park Play Pool are M-Th. Each session runs one week (4 days). Classes are 30 minutes.
 Register for Starfish lessons at Mangan Park Pool.

STARFISH \$25

COURSE#	TIMES	DATES
43566	9:40-10:10am	6/22-6/25
43567	10:15-10:45am	6/22-6/25
45652	9:40-10:10am	6/29-7/2
45653	10:15-10:45am	6/29-7/2
43568	9:40-10:10am	7/6-7/9
43569	10:15-10:45am	7/6-7/9
43570	9:40-10:10am	7/13-7/16
43571	10:15-10:45am	7/13-7/16
43572	9:40-10:10am	7/20-7/23
43573	10:15-10:45am	7/20-7/23
43574	9:40-10:10am	7/27-7/30
43575	10:15-10:45am	7/27-7/30
43576	9:40-10:10am	8/3-8/6
43577	10:15-10:45am	8/3-8/6

Robertson Play Pool

Located at 3525 Norwood Ave
 Phone: 808-6421
 Pool Operates 6/18-8/16
Recreational Swim Hours:
 Mon-Fri 1-5pm, Sat/Sun 1-5pm
Recreational Swim - Free Admission

Play Pool Rentals

Are you looking for a great place for young children to have a summer party that is cool and refreshing? Any play pool can be rented for private use when it is not programmed by the Department of Parks and Recreation. Minimum rental is two hours and includes lifeguard staff. All rentals must be made 14 days prior to the event and must be made in person at the Coloma Community Center. All fees (including deposit) are due at the time the reservation is made. Reservations can be made at Coloma Community Center, 4623 T Street. Check for pool availability by calling 808-6060.

Rental Rates for Play Pools
 2 hours.....\$90
 Each additional hour.....\$45

Clunie Pool & Wading Pool

Located near Clunie Community Center in McKinley Park
at 601 Alhambra Blvd and F Street - 808-5301

Pool operates 6/18-9/7.

Recreational Swim Hours are: Mon/Fri 1-7pm, Tue/Wed/Thu 1-5pm, Sat/Sun 1-7pm.

Pre-season Dates: 5/23-6/14: Recreational Swim Hours: Sat/Sun 1-5pm.

Memorial Day and Labor Day Holidays—Recreational Swim 1-5pm.

Swim classes at Clunie Pool are offered on Tue/Wed/Thu. Each session runs two weeks—3 days each week (6 days). Classes are 40 minutes.

SEA HORSES \$46

COURSE#	TIMES	DATES
42753.....	11:20am-12pm	6/23-7/2
42754.....	12:05-12:45pm	6/23-7/2
42755.....	5:15-5:55pm	6/23-7/2
42756.....	6-6:40pm	6/23-7/2
42757.....	6:45-7:25pm	6/23-7/2
42758.....	11:20am-12pm	7/7-7/16
42759.....	12:05-12:45pm	7/7-7/16
42760.....	5:15-5:55pm	7/7-7/16
42761.....	6-6:40pm	7/7-7/16
42762.....	6:45-7:25pm	7/7-7/16
42763.....	11:20am-12pm	7/21-7/30
42764.....	12:05-12:45pm	7/21-7/30
42765.....	5:15-5:55pm	7/21-7/30
42766.....	6-6:40pm	7/21-7/30
42767.....	6:45-7:25pm	7/21-7/30
42768.....	11:20am-12pm	8/4-8/13
42769.....	12:05-12:45pm	8/4-8/13
42770.....	5:15-5:55pm	8/4-8/13
42771.....	6-6:40pm	8/4-8/13
42772.....	6:45-7:25pm	8/4-8/13

SEA TURTLES \$46

COURSE#	TIMES	DATES
42786.....	11:20am-12pm	6/23-7/2
42787.....	5:15-5:55pm	6/23-7/2
42788.....	6-6:40pm	6/23-7/2
42789.....	11:20am-12pm	7/7-7/16
42790.....	5:15-5:55pm	7/7-7/16
42791.....	6-6:40pm	7/7-7/16
42779.....	11:20am-12pm	7/21-7/30
42780.....	5:15-5:55pm	7/21-7/30
42781.....	6-6:40pm	7/21-7/30
42792.....	11:20am-12pm	8/4-8/13
42793.....	5:15-5:55pm	8/4-8/13
42794.....	6-6:40pm	8/4-8/13

SEA EELS \$46

COURSE#	TIMES	DATES
42777.....	12:05-12:45pm	7/7-7/16
42778.....	6:45-7:25pm	7/7-7/16
42782.....	12:05-12:45pm	7/21-7/30
42783.....	6:45-7:25pm	7/21-7/30
42784.....	12:05-12:45pm	8/4-8/13
42785.....	6:45-7:25pm	8/4-8/13

ADULT SWIM LESSON \$46

COURSE#	TIMES	DATES
42773.....	6:45-7:25pm	6/23-7/2
42774.....	6:45-7:25pm	7/7-7/16
42775.....	6:45-7:25pm	7/21-7/30
42776.....	6:45-7:25pm	8/4-8/13

WATER AEROBICS

\$20 Punch Card

Dates: 6/16 - 9/3

COURSE#	TIMES	DAYS
46303.....	6:30-7:30pm	T/Th

STROKE & TURN CLINIC \$46

COURSE#	TIMES	DATES
46004.....	11-12pm	6/15-6/18
46005.....	6-7pm	6/15-6/18
43604.....	12:05-12:45pm	6/23-7/2
43605.....	6:45-7:25pm	6/23-7/2

LAP SWIM

Each Visit \$5 / Punch Card \$50

Dates: 5/23-9/7

COURSE#	TIMES	DAYS
46302.....	11am-1pm	Sa/Sun
46302.....	4-7pm	M-F

Long Course Dates: 6/15-9/3

COURSE#	TIMES	DAYS
46302.....	5:30-7am	M-Th

MARLINS SWIM TEAM \$79

COURSE#	TIMES	DATES
43602.....	10-11am	6/15-8/7
43603.....	7:30-8:30pm	6/15-8/7

Register Online for Swim Lessons, Swim Team, and Junior Lifeguard
See Page 2 for More Information.

Rental Rates for Clunie and Pannell Meadowview Pools

# of guests	2 hours	Each additional hour*	Meadowview Slide**
1-100	\$450	\$130 per hour	\$70 (min 2 hours)
101-200	\$580	\$130 per hour	\$70 (min 2 hours)
201-300	\$710	\$130 per hour	\$70 (min 2 hours)
301-400	\$840	\$130 per hour	\$70 (min 2 hours)

*Additional hours are the same amount for any number of participants.

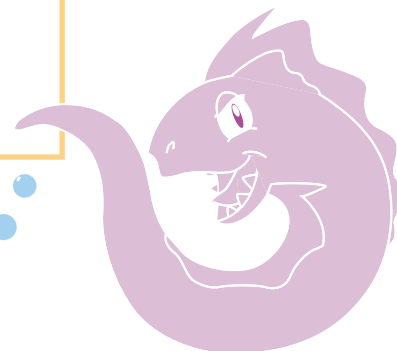
**Rental rate of slide is the same amount for any number of participants.

\$300 deposit is required.

The area code for all phone numbers is 916 unless otherwise indicated.

Guests visiting our pools will find lifts at the following locations:
Clunie Pool, Doyle Pool, Johnston Pool, Mangan Pool, Natomas High School Pool, Oki Pool, Southside Pool, and Tahoe Pool.

Pannell Meadowview Pool is fully accessible.



Cabrillo Pool & Wading Pool

Located in Cabrillo Park at 1648 65th Avenue - 433-6271

Pool operates 6/18-8/23. Recreational Swim Hours: M/F 1-7pm, Tue/Wed/Thu 1-5pm, Sat/Sun 1-5pm.

SEA HORSES \$46

COURSE#	TIMES	DATES
48113	11:20am-12pm	6/23-7/2
48117	12:05-12:45pm	6/23-7/2
42797	5:15-5:55pm	6/23-7/2
42798	6-6:40pm	6/23-7/2
48114	11:20am-12pm	7/7-7/16
48118	12:05-12:45pm	7/7-7/16
42799	5:15-5:55pm	7/7-7/16
42800	6-6:40pm	7/7-7/16
48115	11:20am-12pm	7/21-7/30
48119	12:05-12:45pm	7/21-7/30
42801	5:15-5:55pm	7/21-7/30
42802	6-6:40pm	7/21-7/30
48116	11:20am-12pm	8/4-8/13
48120	12:05-12:45pm	8/4-8/13
42803	5:15-5:55pm	8/4-8/13
42804	6-6:40pm	8/4-8/13

SEA TURTLES \$46

COURSE#	TIMES	DATES
48121	11:20am-12pm	6/23-7/2
42805	5:15-5:55pm	6/23-7/2
48122	11:20am-12pm	7/7-7/16
42806	5:15-5:55pm	7/7-7/16
48123	11:20am-12pm	7/21-7/30
42807	5:15-5:55pm	7/21-7/30
48124	11:20am-12pm	8/4-8/13
42808	5:15-5:55pm	8/4-8/13

SEA EELS \$46

COURSE#	TIMES	DATES
48110	12:05-12:45pm	7/7-7/16
42752	6-6:40pm	7/7-7/16
48111	12:05-12:45pm	7/21-7/30
42795	6-6:40pm	7/21-7/30
48112	12:05-12:45pm	8/4-8/13
42796	6-6:40pm	8/4-8/13

SHRIMP \$25

COURSE#	TIMES	DATES
46203	12:05-12:35pm	6/30-7/2
46202	5:15-5:45pm	6/30-7/2
46204	12:05-12:35pm	7/14-7/16
46205	5:15-5:45pm	7/14-7/16
46206	12:05-12:35pm	7/28-7/30
46207	5:15-5:45pm	7/28-7/30

BLOWFISH \$25

COURSE#	TIMES	DATES
46208	12:05-12:35pm	6/23-6/25
46209	5:15-5:45pm	6/23-6/25
46210	12:05-12:35pm	7/7-7/9
46211	5:15-5:45pm	7/7-7/9
46212	12:05-12:35pm	7/21-7/23
46213	5:15-5:45pm	7/21-7/23

Swim classes at Cabrillo Pool are offered on Tu/Wed/Th. Each session runs two weeks—3 days each week (6 days). Classes are 40 minutes.

JR. LIFEGUARD ACADEMY \$39

MONDAY - FRIDAY
4PM - 7PM

COURSE#	AGE	DATES
46554	11-12yrs	7/20-7/24
46555	13-15yrs	7/27-7/31

Doyle Pool & Wading Pool

Located in Northgate Park at Brewerton and Mendel Way - 566-6420

Pool operates 6/18-8/23. Recreational Swim Hours: Mon/Fri 1-7pm, Tue/Wed/Thu 1-5pm, Sat/Sun 1-5pm.

SEA HORSES \$46

COURSE#	TIMES	DATES
46510	11:20am-12pm	6/23-7/2
46511	12:05-12:45pm	6/23-7/2
42812	5:15-5:55pm	6/23-7/2
42813	6-6:40pm	6/23-7/2
46454	11:20am-12pm	7/7-7/16
46455	12:05-12:45pm	7/7-7/16
42814	5:15-5:55pm	7/7-7/16
42815	6-6:40pm	7/7-7/16
46512	11:20am-12pm	7/21-7/30
46513	12:05-12:45pm	7/21-7/30
42816	5:15-5:55pm	7/21-7/30
42817	6-6:40pm	7/21-7/30
46514	11:20am-12pm	8/4-8/13
46515	12:05-12:45pm	8/4-8/13
42852	5:15-5:55pm	8/4-8/13
42853	6-6:40pm	8/4-8/13

SEA TURTLES \$46

COURSE#	TIMES	DATES
46502	11:20am-12pm	6/23-7/2
46503	12:05-12:45pm	6/23-7/2
42854	5:15-5:55pm	6/23-7/2
42855	6-6:40pm	6/23-7/2
46504	11:20am-12pm	7/7-7/16
46505	12:05-12:45pm	7/7-7/16
42856	5:15-5:55pm	7/7-7/16
42857	6-6:40pm	7/7-7/16
46506	11:20am-12pm	7/21-7/30
46507	12:05-12:45pm	7/21-7/30
42858	5:15-5:55pm	7/21-7/30
42859	6-6:40pm	7/21-7/30
46508	11:20am-12pm	8/4-8/13
46509	12:05-12:45pm	8/4-8/13
42860	5:15-5:55pm	8/4-8/13
42861	6-6:40pm	8/4-8/13

SEA EELS \$46

COURSE#	TIMES	DATES
42809	6-6:40pm	7/7-7/16
42810	6-6:40pm	7/21-7/30
42811	6-6:40pm	8/4-8/13

BLOWFISH \$25

COURSE#	TIMES	DATES
46102	6-6:30pm	6/23-6/25
46103	6-6:30pm	7/7-7/9
46104	6-6:30pm	7/21-7/23

SHRIMP \$25

COURSE#	TIMES	DATES
46252	5:15-5:45pm	6/30-7/2
46253	5:15-5:45pm	7/14-7/16
46254	5:15-5:45pm	7/28-7/30

STARFISH \$25

COURSE#	TIMES	DATES
46052	12:05-12:45pm	6/23-6/25
43668	5:15-5:55pm	6/23-6/25
46053	12:05-12:45pm	7/7-7/9
43669	5:15-5:55pm	7/7-7/9
46054	12:05-12:45pm	7/21-7/23
43670	5:15-5:55pm	7/21-7/23
46055	12:05-12:45pm	8/4-8/6
43671	5:15-5:55pm	8/4-8/6

Swim classes at Doyle Pool are offered on Tue/Wed/Thu. Each session runs two weeks—3 days each week (6 days). Classes are 40 minutes.

JR. LIFEGUARD ACADEMY \$39

MONDAY - FRIDAY
4PM - 7PM

COURSE#	AGE	DATES
46556	11-12yrs	7/20-7/24
46557	13-15yrs	7/27-7/31

STROKE AND TURN CLINIC \$46

COURSE#	TIMES	DATES
46006	11-12pm	6/15-6/18
43606	11:20am-12:10pm	6/23-7/2

DOLPHINS SWIM TEAM \$79

COURSE#	TIMES	DATES
43608	9:30-10:30am	6/15-8/7

Guests visiting our pools will find lifts at the following locations:
Clunie Pool, Doyle Pool, Johnston Pool, Mangan Pool, Natomas High School Pool, Oki Pool, Southside Pool, and Tahoe Pool.

Pannell Meadowview Pool is fully accessible.



Glenn Hall Pool

Located in Glenn Hall Park at Carlson and Sandburg Drives - 277-6071

Pool operates 6/18-8/23. Recreational Swim Hours: Mon/Wed/Fri 1-5pm, Tue/Thu 1-7pm, Sat/Sun 1-5pm.

Lap swim hours (6/22-8/14): M/W/F 11:30am-12:45pm, & 5:15-7:15pm

Swim classes at Glenn Hall Pool are offered on Mon/Wed/Fri. Each session runs two weeks—3 days each week (6 days). Classes are 40 minutes.

SEA HORSES \$46

COURSE#	TIMES	DATES
42868.....	11:20am-12pm	6/22-7/3
42869.....	12:05-12:45pm	6/22-7/3
42870.....	5:15-5:55pm	6/22-7/3
42871.....	6-6:40pm	6/22-7/3
42872.....	11:20am-12pm	7/6-7/17
42873.....	12:05-12:45pm	7/6-7/17
42874.....	5:15-5:55pm	7/6-7/17
42875.....	6-6:40pm	7/6-7/17
42876.....	11:20am-12pm	7/20-7/31
42877.....	12:05-12:45pm	7/20-7/31
42878.....	5:15-5:45pm	7/20-7/31
42879.....	6-6:40pm	7/20-7/31
42880.....	11:20am-12pm	8/3-8/14
42881.....	12:05-12:45pm	8/3-8/14
42882.....	5:15-5:55pm	8/3-8/14
42883.....	6-6:40pm	8/3-8/14

SEA TURTLES \$46

COURSE#	TIMES	DATES
42884.....	11:20am-12pm	6/22-7/3
42885.....	5:15-5:55pm	6/22-7/3
42886.....	6-6:40pm	6/22-7/3
42887.....	11:20am-12pm	7/6-7/17
42888.....	5:15-5:55pm	7/6-7/17
42889.....	6-6:40pm	7/6-7/17
42890.....	11:20am-12pm	7/20-7/31
42891.....	5:15-5:55pm	7/20-7/31
42892.....	6-6:40pm	7/20-7/31
42893.....	11:20am-12pm	8/3-8/14
42894.....	5:15-5:55pm	8/3-8/14
42895.....	6-6:40pm	8/3-8/14

SEA EELS \$46

COURSE#	TIMES	DATES
42862.....	12:05-12:45pm	7/6-7/17
42863.....	6-6:40pm	7/6-7/17
42864.....	12:05-12:45pm	7/20-7/31
42865.....	6-6:40pm	7/20-7/31
42866.....	12:05-12:45pm	8/3-8/14
42867.....	6-6:40pm	8/3-8/14

BLOWFISH \$25

COURSE#	TIMES	DATES
46105.....	11:20-11:50am	6/22-6/26
46106.....	11:20-11:50am	7/6-7/10
46107.....	11:20-11:50am	7/20-7/24

SHRIMP \$25

COURSE#	TIMES	DATES
46255.....	11:20-11:50am	6/29-7/3
46256.....	11:20-11:50am	7/13-7/17
46257.....	11:20-11:50am	7/27-7/31

LAP SWIM

Dates: 6/22-8/14

Each Visit \$5

Punch Card \$50

COURSE#	TIMES	DAYS
46302.....	11:30am-12:45pm	M/W/F
46302.....	5:15-7pm	M/W/F

STROKE & TURN CLINIC \$46

COURSE#	TIMES	DATES
46007.....	11-12pm	6/15-6/18
46008.....	6-7pm	6/15-6/18
43609.....	12:05-12:45pm	6/22-7/3
43610.....	6-6:40pm	6/22-7/3

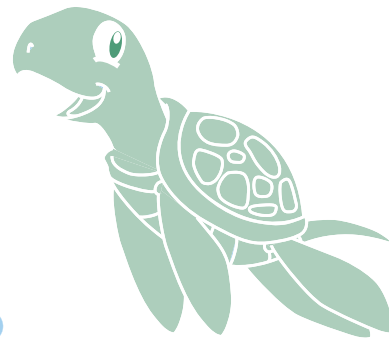
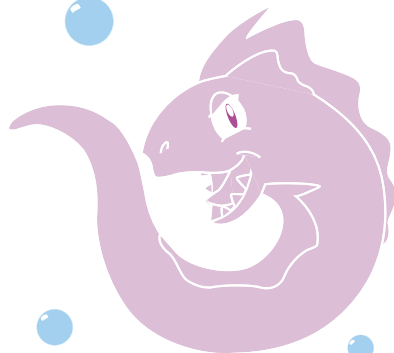
RIVER RATS SWIM TEAM \$79

COURSE#	TIMES	DATES
43611.....	10-11am	6/15-8/7

JR. LIFEGUARD ACADEMY \$39

MONDAY - FRIDAY
4PM - 7PM

COURSE#	AGE	DATES
46558.....	11-12yrs	7/20-7/24
46560.....	13-15yrs	7/27-7/31



Personal Flotation Devices - PFDs or lifejackets are allowed to be worn at pools if they are Coast Guard-approved Type I, II or III. With children 6 years old or younger, the PFD must have a crotch strap. No water wings, "floaties," swim suits with built-in flotation, or other type of flotation devices are allowed—NO EXCEPTIONS. Parent/guardian must accompany child(ren) wearing PFDs. For more information, please see the pool manager.

Goggles

Goggles may be worn during recreational swim ONLY if they are shatterproof polycarbonate lenses. Bring goggles to the pool for approval by pool staff.

Johnston Pool & Wading Pool

Located adjacent to Johnston Community Center at 231 Eleanor Avenue - 808-6421

Pool operates 6/18-8/16. Recreational Swim Hours: Mon/Wed/Fri 1-5pm, Tue/Thu 1-7pm, Sat/Sun 1-5pm.

Swim classes at Johnston Pool are offered on Mon/Wed/Fri. Each session runs two weeks—3 days each week (6 days). Classes are 40 minutes.

SEA HORSES/SEA TURTLES \$46

COURSE#	TIMES	DATES
42899.....	5:15-5:55pm	6/22-7/3
42900.....	6-6:40pm	6/22-7/3
42901.....	5:15-5:55pm	7/6-7/17
42902.....	6-6:40pm	7/6-7/17
42903.....	5:15-5:55pm	7/20-7/31
42904.....	6-6:40pm	7/20-7/31
42905.....	5:15-5:55pm	8/3-8/14
42906.....	6-6:40pm	8/3-8/14

SEA EELS \$46

COURSE#	TIMES	DATES
42896.....	6-6:40pm	7/6-7/17
42897.....	6-6:40pm	7/20-7/31
42898.....	6-6:40pm	8/3-8/14

BLOWFISH \$25

COURSE#	TIMES	DATES
46258.....	6-6:30pm	6/22-6/26
46259.....	6-6:30pm	7/6-7/10
46260.....	6-6:30pm	7/20-7/24

SHRIMP \$25

COURSE#	TIMES	DATES
46261.....	6-6:30pm	6/29-7/3
46262.....	6-6:30pm	7/13-7/17
46263.....	6-6:30pm	7/27-7/31

STARFISH \$25

COURSE#	TIMES	DATES
43672.....	5:15-5:55pm	6/22-6/26
43673.....	5:15-5:55pm	7/6-7/10
43674.....	5:15-5:55pm	7/20-7/24



Guests visiting our pools will find lifts at the following locations:
Clunie Pool, Doyle Pool, Johnston Pool, Mangan Pool, Natomas High School Pool, Oki Pool, Southside Pool, and Tahoe Pool.

Pannell Meadowview Pool is fully accessible.

Register Online for Swim Lessons, Swim Team, and Junior Lifeguard
See Page 2 for More Information.

Mangan Pool

Located in Mangan Park at 2230 34th Avenue - 433-6272

Pool operates 6/18-8/16. Recreational Swim Hours: Mon/Wed/Fri 1-5pm, Tue/Thu 1-7pm, Sat/Sun 1-5pm.

Swim classes at Mangan Pool are offered on Mon/Wed/Fri. Each session runs two weeks—3 days each week (6 days). Classes are 40 minutes.

SEA HORSES \$46

COURSE#	TIMES	DATES
42910.....	5:15-5:55pm	6/22-7/3
42911.....	6-6:40pm	6/22-7/3
42912.....	5:15-5:55pm	7/6-7/17
42913.....	6-6:40pm	7/6-7/17
42914.....	5:15-5:55pm	7/20-7/31
42915.....	6-6:40pm	7/20-7/31
42916.....	5:15-5:55pm	8/3-8/14
42917.....	6-6:40pm	8/3-8/14

SEA EELS \$46

COURSE#	TIMES	DATES
42907.....	6-6:40pm	7/6-7/17
42908.....	6-6:40pm	7/20-7/31
42909.....	6-6:40pm	8/3-8/14

BLOWFISH \$25

COURSE#	TIMES	DATES
46264.....	5:15-5:45pm	6/22-6/26
46265.....	5:15-5:45pm	7/6-7/10
46266.....	5:15-5:45pm	7/20-7/24

MANGAN KILLER WHALES SWIM TEAM \$79

COURSE#	TIMES	DATES
43614.....	7-8pm	6/15-8/7

STROKE & TURN CLINIC \$46

COURSE#	TIMES	DATES
46009.....	5:45-6:45pm	6/15-6/18
43613.....	6-6:40pm	6/22-7/3

SEA TURTLES \$46

COURSE#	TIMES	DATES
42918.....	5:15-5:55pm	6/22-7/3
42919.....	6-6:40pm	6/22-7/3
42920.....	5:15-5:55pm	7/6-7/17
42921.....	6-6:40pm	7/6-7/17
42922.....	5:15-5:55pm	7/20-7/31
42923.....	6-6:40pm	7/20-7/31
42924.....	5:15-5:55pm	8/3-8/14
42925.....	6-6:40pm	8/3-8/14

JR. LIFEGUARD ACADEMY \$39

MONDAY - FRIDAY
4PM - 7PM

COURSE#	AGE	DATES
46563.....	11-12yrs	7/20-7/24
46565.....	13-15yrs	7/27-7/31

Guests visiting our pools will find lifts at the following locations:
Clunie Pool, Doyle Pool, Johnston Pool, Mangan Pool, Natomas High School Pool, Oki Pool, Southside Pool, and Tahoe Pool.

Pannell Meadowview Pool is fully accessible.

Register Online for Swim Lessons, Swim Team, and Junior Lifeguard
See Page 2 for More Information.

Personal Flotation Devices - PFDs or lifejackets are allowed to be worn at pools if they are Coast Guard-approved Type I, II or III. With children 6 years old or younger, the PFD must have a crotch strap. No water wings, "floaties," swim suits with built-in flotation, or other type of flotation devices are allowed—NO EXCEPTIONS. Parent/guardian must accompany child(ren) wearing PFDs. For more information, please see the pool manager.

Goggles
Goggles may be worn during recreational swim ONLY if they are shatterproof polycarbonate lenses. Bring goggles to the pool for approval by pool staff.

McClatchy Park Pool & Wading Pool

Located in McClatchy Park at 35th Street and 5th Avenue - 277-6041

Pool operates 6/18-8/23. Recreational Swim Hours: Mon/Fri 1-7pm, Tue/Wed/Thu 1-5pm, Sat/Sun 1-5pm:

Swim classes at McClatchy Park Pool are offered on Tue/Wed/Thu. Each session runs two weeks—3 days each week (6 days). Classes are 40 minutes.

SEA HORSES/SEA TURTLES \$46

COURSE#	TIMES	DATES
42929.....	10:35-11:15am.....	6/23-7/2
42930.....	10:35-11:15am.....	7/7-7/16
42931.....	10:35-11:15am.....	7/21-7/30
42932.....	10:35-11:15am.....	8/4-8/13

BLOWFISH \$25

COURSE#	TIMES	DATES
46267.....	11:20-11:50am.....	6/23-6/25
46268.....	11:20-11:50am.....	7/7-7/9
46269.....	11:20-11:50am.....	7/21-7/23

JR. LIFEGUARD ACADEMY \$39

MONDAY - FRIDAY
10 AM - 1 PM

COURSE#	AGE	DATES
46561.....	11-12yrs.....	7/20-7/24
46562.....	13-15yrs.....	7/27-7/31

STARFISH \$25

COURSE#	TIMES	DATES
43676.....	10:35-11:15am.....	6/23-6/25
43677.....	10:35-11:15am.....	7/7-7/9
43678.....	10:35-11:15am.....	7/21-7/23

SEA EELS \$46

COURSE#	TIMES	DATES
42926.....	11:20am-12pm.....	7/7-7/16
42927.....	11:20am-12pm.....	7/21-7/30
42928.....	11:20am-12pm.....	8/4-8/13

SHRIMP \$25

COURSE#	TIMES	DATES
46270.....	11:20-11:50am.....	6/30-7/2
46271.....	11:20-11:50am.....	7/14-7/16
46272.....	11:20-11:50am.....	7/28-7/30

Natomas High School Pool

Located at Natomas High School 3301 Fong Ranch Road – 566-3644

Near Truxel Rd & San Juan Ave

Summer hours begin 6/18-8/23. Recreational Swim Hours: Mon-Fri 1-4pm, Closed weekends.

Note: Pool hours and dates may vary while school is in session.

Swim classes at Natomas HS Pool are offered on Mon/Wed/Fri. Each session runs two weeks—3 days each week (6 days). Classes are 40 minutes.

SEA HORSES \$46

COURSE#	TIMES	DATES
42946.....	10:35-11:15am.....	6/22-7/3
42947.....	11:20am-12pm.....	6/22-7/3
42948.....	12:05-12:45pm.....	6/22-7/3
42949.....	4:15-4:55pm.....	6/22-7/3
42950.....	5-5:40pm.....	6/22-7/3
42951.....	5:45-6:25pm.....	6/22-7/3
42952.....	6:30-7:10pm.....	6/22-7/3
42953.....	10:35-11:15am.....	7/6-7/17
42954.....	11:20am-12pm.....	7/6-7/17
42955.....	12:05-12:45pm.....	7/6-7/17
42956.....	4:15-4:55pm.....	7/6-7/17
42957.....	5-5:40pm.....	7/6-7/17
42958.....	5:45-6:25pm.....	7/6-7/17
42959.....	6:30-7:10pm.....	7/6-7/17
42960.....	10:35-11:15am.....	7/20-7/31
42961.....	11:20am-12pm.....	7/20-7/31
42962.....	12:05-12:45pm.....	7/20-7/31
42963.....	4:15-4:55pm.....	7/20-7/31
42964.....	5-5:40pm.....	7/20-7/31
42965.....	5:45-6:25pm.....	7/20-7/31
42966.....	6:30-7:10pm.....	7/20-7/31
42967.....	10:35-11:15am.....	8/3-8/14
42968.....	11:20am-12pm.....	8/3-8/14
42969.....	12:05-12:45pm.....	8/3-8/14
42970.....	4:15-4:55pm.....	8/3-8/14
42971.....	5-5:40pm.....	8/3-8/14
42972.....	5:45-6:25pm.....	8/3-8/14
42973.....	6:30-7:10pm.....	8/3-8/14

SEA TURTLES \$46

COURSE#	TIMES	DATES
42974.....	11:20am-12pm.....	6/22-7/3
42975.....	4:15-4:55pm.....	6/22-7/3
42976.....	5-5:40pm.....	6/22-7/3
42977.....	5:45-6:25pm.....	6/22-7/3
42978.....	6:30-7:10pm.....	6/22-7/3
42979.....	11:20am-12pm.....	7/6-7/17
42980.....	4:15-4:55pm.....	7/6-7/17
42981.....	5-5:40pm.....	7/6-7/17
42982.....	5:45-6:25pm.....	7/6-7/17
42983.....	6:30-7:10pm.....	7/6-7/17
42984.....	11:20am-12pm.....	7/20-7/31
42985.....	4:15-4:55pm.....	7/20-7/31
42986.....	5-5:40pm.....	7/20-7/31
42987.....	5:45-6:25pm.....	7/20-7/31
42988.....	6:30-7:10pm.....	7/20-7/31
42989.....	11:20am-12pm.....	8/3-8/14
42990.....	4:15-4:55pm.....	8/3-8/14
42991.....	5-5:40pm.....	8/3-8/14
42992.....	5:45-6:25pm.....	8/3-8/14
42993.....	6:30-7:10pm.....	8/3-8/14

SEA EELS \$46

COURSE#	TIMES	DATES
42937.....	12:05-12:45pm.....	7/6-7/17
42938.....	5:45-6:25pm.....	7/6-7/17
42939.....	6:30-7:10pm.....	7/6-7/17
42940.....	12:05-12:45pm.....	7/20-7/31
42941.....	5:45-6:25pm.....	7/20-7/31
42942.....	6:30-7:10pm.....	7/20-7/31
42943.....	12:05-12:45pm.....	8/3-8/14
42944.....	5:45-6:25pm.....	8/3-8/14
42945.....	6:30-7:10pm.....	8/3-8/14
42991.....	5-5:40pm.....	8/3-8/14
42992.....	5:45-6:25pm.....	8/3-8/14
42993.....	6:30-7:10pm.....	8/3-8/14

LAP SWIM

Dates: 6/15-8/22
Each Visit \$5
Punch Card \$50

COURSE#	TIMES	DAYS
46302.....	11am-12:45pm.....	M-F
46302.....	4:30-7pm.....	M-Th
46302.....	11am-12:45pm.....	Sa

ADULT SWIM LESSONS \$46

COURSE#	TIMES	DATES
42933.....	6:30-7:10pm.....	6/22-7/3
42934.....	6:30-7:10pm.....	7/6-7/17
42935.....	6:30-7:10pm.....	7/20-7/31
42936.....	6:30-7:10pm.....	8/3-8/14

BLOWFISH \$25

COURSE#	TIMES	DATES
46273.....	12:05-12:35pm.....	6/22-6/26
46274.....	12:05-12:35pm.....	7/6-7/10
46275.....	12:05-12:35pm.....	7/20-7/24

SHRIMP \$25

COURSE#	TIMES	DATES
46276.....	12:05-12:35pm.....	6/29-7/3
46277.....	12:05-12:35pm.....	7/13-7/17
46278.....	12:05-12:35pm.....	7/27-7/31

DOLPHINS SWIM TEAM \$79

COURSE#	TIMES	DATES
43617.....	7:15-8:15pm.....	6/15-8/7

STROKE & TURN CLINIC \$46

COURSE#	TIMES	DATES
46010.....	6-7pm.....	6/15-6/18
43615.....	12:05-12:45pm.....	6/22-7/3
43616.....	5:45-6:25pm.....	6/22-7/3
46002.....	6:30-7:10pm.....	6/22-7/3

WATER AEROBICS

\$20 Punch Card
Dates: 6/16 - 8/22

COURSE#	TIMES	DAYS
46303.....	6:30-7:30pm.....	T/Th
46303.....	11am-12pm.....	Sat

Guests visiting our pools will find lifts at the following locations:
Clunie Pool, Doyle Pool, Johnston Pool, Mangan Pool, Natomas High School Pool, Oki Pool, Southside Pool, and Tahoe Pool.

Pannell Meadowview Pool is fully accessible.

Oki Pool & Wading Pool

Located in Oki Park at Wissemann Dr. and Cliffwood Way - 277-6160

Pool operates 6/18-8/23. Recreational Swim Hours: Mon/Wed/Fri 1-5pm, Tue/Thu 1-7pm, Sat/Sun 1-5pm.

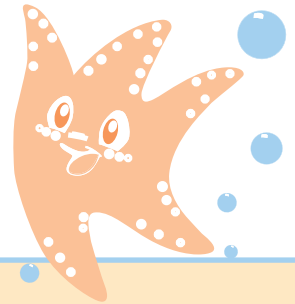
Swim classes at Oki Pool are offered on Mon/Wed/Fri. Each session runs two weeks—3 days each week (6 days). Classes are 40 minutes.

Register Online for Swim Lessons, Swim Team, and Junior Lifeguard
See Page 2 for More Information.

Guests visiting our pools will find lifts at the following locations: Clunie Pool, Doyle Pool, Johnston Pool, Mangan Pool, Natomas High School Pool, Oki Pool, Southside Pool, and Tahoe Pool.

Pannell Meadowview Pool is fully accessible.

See page 4 for Aquatics registration information



SEA HORSES \$46

COURSE#	TIMES	DATES
43000.....	11:20am-12pm	6/22-7/3
43001.....	12:05-12:45pm	6/22-7/3
43002.....	5:15-5:55pm	6/22-7/3
43003.....	6-6:40pm	6/22-7/3
43004.....	11:20am-12pm	7/6-7/17
43005.....	12:05-12:45pm	7/6-7/17
43006.....	5:15-5:45pm	7/6-7/17
43007.....	6-6:40pm	7/6-7/17
43008.....	11:20am-12pm	7/20-7/31
43009.....	12:05-12:45pm	7/20-7/31
43010.....	5:15-5:55pm	7/20-7/31
43011.....	6-6:40pm	7/20-7/31
43012.....	11:20am-12pm	8/3-8/14
43013.....	12:05-12:45pm	8/3-8/14
43014.....	5:15-5:55pm	8/3-8/14
43015.....	6-6:40pm	8/3-8/14

SEA TURTLES \$46

COURSE#	TIMES	DATES
43016.....	11:20am-12pm	6/22-7/3
43017.....	5:15-5:55pm	6/22-7/3
43018.....	6-6:40pm	6/22-7/3
43019.....	11:20am-12pm	7/6-7/17
43020.....	5:15-5:55pm	7/6-7/17
43021.....	6-6:40pm	7/6-7/17
43022.....	11:20am-12pm	7/20-7/31
43023.....	5:15-5:55pm	7/20-7/31
43024.....	6-6:40pm	7/20-7/31
43025.....	11:20am-12pm	8/3-8/14
43026.....	5:15-5:55pm	8/3-8/14
43027.....	6-6:40pm	8/3-8/14

SEA EELS \$46

COURSE#	TIMES	DATES
42994.....	12:05-12:45pm	7/6-7/17
42995.....	6-6:40pm	7/6-7/17
42996.....	12:05-12:45pm	7/20-7/31
42997.....	6-6:40pm	7/20-7/31
42998.....	12:05-12:45pm	8/3-8/14
42999.....	6-6:40pm	8/3-8/14

MANTARAYS SWIM TEAM \$79

COURSE#	TIMES	DATES
43621.....	7-8pm	6/15-8/7

STROKE & TURN CLINIC \$46

COURSE#	TIMES	DATES
46011.....	5:45-6:45pm	6/15-6/18
43618.....	11:20am-12pm	6/22-7/3
43619.....	6-6:40pm	6/22-7/3

BLOWFISH \$25

COURSE#	TIMES	DATES
46108.....	11:20-11:50am	6/22-6/26
46109.....	11:20-11:50am	7/6-7/10
46110.....	11:20-11:50am	7/20-7/24

SHRIMP \$25

COURSE#	TIMES	DATES
46304.....	5:15-5:45pm	6/22-6/26
46305.....	5:15-5:45pm	7/6-7/10
46306.....	5:15-5:45pm	7/20-7/24

STARFISH \$25

COURSE#	TIMES	DATES
43680.....	12:05-12:45pm	6/22-6/26
43681.....	5:15-5:55pm	6/22-6/26
43682.....	12:05-12:45pm	7/6-7/10
43683.....	5:15-5:55pm	7/6-7/10
43684.....	12:05-12:45pm	7/20-7/24
43685.....	5:15-5:55pm	7/20-7/24



Pool Rentals

Are you looking for a great place to hold your summer party that is cool and refreshing? Rent a swimming pool or wading pool! Any municipal pool can be rented for private use when it is not programmed by the Department of Parks and Recreation. Minimum rental is two hours and includes lifeguard staff. All rentals must be made 14 days prior to the event and must be made in person at the Coloma Community Center. All fees (including deposit of \$150-\$300) are due at the time the reservation is made. Reservations can be made at Coloma Community Center, 4623 T Street. Check for pool availability by calling 808-6060. Rental rates for Clunie and Pannell Meadowview are on page 9.

Rental Rates for Swimming Pools (*max is 200)

# of Guests	2 hours	Each additional hour
1-100	\$320	\$130 per hour
101-200*	\$450	\$130 per hour

\$150/\$300 deposit is required.

Rental Rates for Play Pools (see page 8 for locations)

2 hours	\$90
Each additional hour.	\$45

\$100 deposit is required.

Personal Flotation Devices - PFDs or lifejackets are allowed to be worn at pools if they are Coast Guard-approved Type I, II or III. With children 6 years old or younger, the PFD must have a crotch strap. No water wings, "floaties," swim suits with built-in flotation, or other type of flotation devices are allowed—NO EXCEPTIONS. Parent/guardian must accompany child(ren) wearing PFDs. For more information, please see the pool manager.

Goggles

Goggles may be worn during recreational swim ONLY if they are shatterproof polycarbonate lenses. Bring goggles to the pool for approval by pool staff.

Pannell Meadowview Pool

Located near Samuel C. Pannell Meadowview Community Center at 2450 Meadowview Road - 808-6622

Pool operates 6/18-9/7. Summer recreational swim hours are: Mon/Wed/Fri 1-5pm, Tue/Thu 1-7pm, Sat/Sun 1-7pm. Memorial Day and Labor Day Holidays—Recreational Swim 1-5pm.

Swim classes at Pannell Meadowview Pool are offered on Mon/Wed/Fri. Each session runs two weeks—3 days each week (6 days). Classes are 40 minutes.

SEA HORSES \$46

COURSE#	TIMES	DATES
43065	5:15-5:55pm	6/22-7/3
43066	6-6:40pm	6/22-7/3
43067	6:45-7:25pm	6/22-7/3
43071	5:15-5:55pm	7/6-7/17
43072	6-6:40pm	7/6-7/17
43073	6:45-7:25pm	7/6-7/17
43077	5:15-5:55pm	7/20-8/1
43078	6-6:40pm	7/20-8/1
43079	6:45-7:25pm	7/20-8/1
43083	5:15-5:55pm	8/3-8/14
43084	6-6:40pm	8/3-8/14

SEA TURTLES \$46

COURSE#	TIMES	DATES
43087	5:15-5:55pm	6/22-7/3
43088	6-6:40pm	6/22-7/3
43091	5:15-5:55pm	7/6-7/17
43092	6-6:40pm	7/6-7/17
43095	5:15-5:55pm	7/20-8/1
43096	6-6:40pm	7/20-8/1
43099	5:15-5:55pm	8/3-8/14
43100	6-6:40pm	8/3-8/14

SEA EELS \$46

COURSE#	TIMES	DATES
43057	6:45-7:25pm	7/6-7/17
43059	6:45-7:25pm	7/20-8/1
43061	6:45-7:25pm	8/3-8/14

ADULT SWIM LESSONS \$46

COURSE#	TIMES	DATES
43052	6:45-7:25pm	6/22-7/3
43053	6:45-7:25pm	7/6-7/17
43054	6:45-7:25pm	7/20-8/1
43055	6:45-7:25pm	8/3-8/14

WATER AEROBICS

\$20 Punch Card

Dates: 6/16 - 9/6

COURSE#	TIMES	DAYS
46303	7:30-8:30pm	T/Th
46303	10-11am	M/W/Sa

STARFISH \$25

COURSE#	TIMES	DATES
43703	5:15-5:55pm	6/22-6/26
43705	5:15-5:55pm	7/6-7/10
43707	5:15-5:55pm	7/20-7/24
43709	5:15-5:55pm	8/3-8/7

KILLER WHALES SWIM TEAM \$79

COURSE#	TIMES	DATES
43621	11:30am-12:30pm	6/15-8/7

STROKE & TURN CLINIC \$46

COURSE#	TIMES	DATES
46012	10:15-11:15am	6/15-6/18
43622	12:05-12:45pm	6/22-7/3
43623	6:45-7:25pm	6/22-7/3

Guests visiting our pools will find lifts at the following locations: Clunie Pool, Doyle Pool, Johnston Pool, Mangan Pool, Natomas High School Pool, Oki Pool, Southside Pool, and Tahoe Pool.

Pannell Meadowview Pool is fully accessible.

LAP SWIM

Dates: 6/15 - 9/06

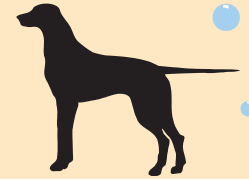
Each Visit \$5

Punch Card \$50

COURSE#	TIMES	DAYS
46302	11am-1pm	Sa/Sun
46302	6-8am	T/Th
46302	10:30am-12:45pm	M-F
46302	5:15-7:15pm	T/Th

*Dates and times subject to change

Doggy Dip Day



Sat and Sun 10/24 & 25, 10am-2pm

Bring your dog swimming to this fun, annual event.

\$5.00 per dog (must be accompanied by owner); no more than 3 dogs per adult.

Call 808-6622 or 808-2306 for more information.

Rental Rates for Pannell Meadowview and Clunie Pools

# of guests	2 hours	Each additional hour*	Meadowview Slide**
1-100	\$450	\$130 per hour	\$70 (min 2 hours)
101-200	\$580	\$130 per hour	\$70 (min 2 hours)
201-300	\$710	\$130 per hour	\$70 (min 2 hours)
301-400	\$840	\$130 per hour	\$70 (min 2 hours)

\$150-300 deposit required.

*Additional hours are the same amount for any number of participants.

**Rental rate of slide is the same amount for any number of participants.

Pannell Meadowview Wading Pool Rental Rates

Fee: 2 hours for \$90. Each additional hour is \$45. Only the wading pool can be rented.

Available for reservation Sunday mornings only from 9am-12:45pm—dates are limited, please call 808-6060.

About Pannell Meadowview Pool

The state-of-the-art Pannell Meadowview Recreational Pool is our premier aquatics facility. The eight-lane, 25-yard long competition pool includes a beach-type entry with an interactive water play structure. A 22-foot-tall slide takes you on a two-and-a-half loop, 156-foot-long journey. The pool is heated to 80 degrees in the non-summer months. Other amenities include lounge chairs and picnic tables. The zero-depth entry feature of this pool makes entry and exiting a breeze for those with physical disabilities. An adaptive "aqua chair" is available for swimmers to transfer into and roll into the pool for easy entrance and exit. Restrooms are fully accessible.

Keep up to date on Lap Swim & Swim League at:

<http://www.cityofsacramento.org/parksandrecreation/recreation/aquatics/lap.htm>

<http://www.cityofsacramento.org/parksandrecreation/recreation/aquatics/swimteam.htm>

Southside Pool & Wading Pool

Located in Southside Park at 6th and U Streets - 808-5331

Pool operates 6/18-8/16. Recreational Swim Hours: Mon/Wed/Fri 1-5pm, Tue/Thu 1-7pm, Sat/Sun 1-5pm.

Swim classes at Southside Pool are offered on Mon/Wed/Fri. Each session runs two weeks—3 days each week (6 days). Classes are 40 minutes.

SEA HORSES \$46

COURSE#	TIMES	DATES
43104.....	5:15-5:55pm.....	6/22-7/3
43105.....	6-6:40pm.....	6/22-7/3
43106.....	6:45-7:25pm.....	6/22-7/3
43107.....	5:15-5:55pm.....	7/6-7/17
43108.....	6-6:40pm.....	7/6-7/17
43109.....	6:45-7:25pm.....	7/6-7/17
43110.....	5:15-5:55pm.....	7/20-7/31
43111.....	6-6:40pm.....	7/20-7/31
43112.....	6:45-7:25pm.....	7/20-7/31
43113.....	5:15-5:55pm.....	8/3-8/14
43114.....	6-6:40pm.....	8/3-8/14
43115.....	6:45-7:25pm.....	8/3-8/14

SEA TURTLES \$46

COURSE#	TIMES	DATES
43116.....	5:15-5:55pm.....	6/22-7/3
43117.....	6-6:40pm.....	6/22-7/3
43118.....	5:15-5:55pm.....	7/6-7/17
43119.....	6-6:40pm.....	7/6-7/17
43120.....	5:15-5:55pm.....	7/20-7/31
43121.....	6-6:40pm.....	7/20-7/31
43122.....	5:15-5:55pm.....	8/3-8/14
43123.....	6-6:40pm.....	8/3-8/14

BLOWFISH \$25

COURSE#	TIMES	DATES
46307.....	5:15-5:45pm.....	6/22-6/26
46308.....	5:15-5:45pm.....	7/6-7/10
46309.....	5:15-5:45pm.....	7/20-7/24

SHRIMP \$25

COURSE#	TIMES	DATES
46310.....	5:15-5:45pm.....	6/29-7/3
46311.....	5:15-5:45pm.....	7/13-7/17
46312.....	5:15-5:45pm.....	7/27-7/31

STARFISH \$25

COURSE#	TIMES	DATES
43687.....	5:15-5:55pm.....	6/22-6/26
43688.....	5:15-5:55pm.....	7/6-7/10
43689.....	5:15-5:55pm.....	7/20-7/24

LAP SWIM

Dates: 5/26-9/11
Each Visit \$5
Punch Card \$50

COURSE#	TIMES	DAYS
46302.....	11am-1pm.....	M-F

WATER AEROBICS

\$20 Punch Card
Dates: 6/16 - 8/13

COURSE#	TIMES	DAYS
46303.....	11-11:45am.....	T/Th

TORPEDOS SWIM TEAM \$79

COURSE#	TIMES	DATES
43625.....	9:45-10:45am.....	6/15-8/7

See page 4 for Aquatics registration information

Guests visiting our pools will find lifts at the following locations:
Clunie Pool, Doyle Pool, Johnston Pool, Mangan Pool, Natomas High School Pool, Oki Pool, Southside Pool, and Tahoe Pool.

Pannell Meadowview Pool is fully accessible.

SEA EELS \$46

COURSE#	TIMES	DATES
43101.....	6-6:40pm.....	7/6-7/17
43102.....	6-6:40pm.....	7/20-7/31
43103.....	6-6:40pm.....	8/3-8/14

Tahoe Pool & Training Pool*

Located in Tahoe Park at 3535 59th Street -277-6072

Pool operates 6/18-8/23. Recreational Swim Hours: Mon/Wed/Fri 1-5pm, Tue/Thu 1-7pm, Sat/Sun 1-5pm.

Swim classes at Tahoe Pool are offered on Mon/Wed/Fri. Each session runs two weeks—3 days each week (6 days). Classes are 40 minutes.

SEA HORSES \$46

COURSE#	TIMES	DATES
43131.....	11:20am-12pm.....	6/22-7/3
43132.....	12:05-12:45pm.....	6/22-7/3
43133.....	5:15-5:55pm.....	6/22-7/3
43134.....	6-6:40pm.....	6/22-7/3
43135.....	10:35-11:15am.....	7/6-7/17
43136.....	11:20am-12pm.....	7/6-7/17
43137.....	12:05-12:45pm.....	7/6-7/17
43138.....	5:15-5:55pm.....	7/6-7/17
43139.....	6-6:40pm.....	7/6-7/17
43140.....	10:35-11:15am.....	7/20-7/31
43141.....	11:20am-12pm.....	7/20-7/31
43142.....	12:05-12:45pm.....	7/20-7/31
43143.....	5:15-5:55pm.....	7/20-7/31
43144.....	6-6:40pm.....	7/20-7/31
43145.....	10:35-11:15am.....	8/3-8/14
43146.....	11:20am-12pm.....	8/3-8/14
43147.....	12:05-12:45pm.....	8/3-8/14
43148.....	5:15-5:55pm.....	8/3-8/14
43149.....	6-6:40pm.....	8/3-8/14

SEA TURTLES \$46

COURSE#	TIMES	DATES
43150.....	10:35-11:15am.....	6/22-7/3
43151.....	11:20am-12pm.....	6/22-7/3
43152.....	5:15-5:55pm.....	6/22-7/3
43153.....	6-6:40pm.....	6/22-7/3
43154.....	10:35-11:15am.....	7/6-7/17
43155.....	11:20am-12pm.....	7/6-7/17
43156.....	5:15-5:55pm.....	7/6-7/17
43157.....	6-6:40pm.....	7/6-7/17
43158.....	10:35-11:15am.....	7/20-7/31
43159.....	11:20am-12pm.....	7/20-7/31
43160.....	5:15-5:55pm.....	7/20-7/31
43161.....	6-6:40pm.....	7/20-7/31
43162.....	10:35-11:15am.....	8/3-8/14
43163.....	11:20am-12pm.....	8/3-8/14
43164.....	5:15-5:55pm.....	8/3-8/14

BLOWFISH \$25

COURSE#	TIMES	DATES
46111.....	10:35-11:05am.....	6/22-6/26
46112.....	6-6:30pm.....	6/22-6/26
46113.....	10:35-11:05am.....	7/6-7/10
46114.....	6-6:30pm.....	7/6-7/10
46115.....	10:35-11:05am.....	7/20-7/24
46116.....	6-6:30pm.....	7/20-7/24

SHRIMP \$25

COURSE#	TIMES	DATES
46152.....	5:15-5:45pm.....	6/22-6/26
46153.....	5:15-5:45pm.....	7/6-7/10
46154.....	5:15-5:45pm.....	7/20-7/24

ADULT LESSONS \$46

COURSE#	TIMES	DATES
46752.....	6:45-7:45pm.....	6/22-7/3
46753.....	6:45-7:45pm.....	7/6-7/17
46754.....	6:45-7:45pm.....	7/20-7/31

SEA EELS \$46

COURSE#	TIMES	DATES
43124.....	12:05-12:45pm.....	7/6-7/17
43125.....	6:45-7:25pm.....	7/6-7/17
43126.....	12:05-12:45pm.....	7/20-7/31
43127.....	6:45-7:25pm.....	7/20-7/31
43128.....	12:05-12:45pm.....	8/3-8/14
43129.....	6:45-7:25pm.....	8/3-8/14

STROKE & TURN CLINIC \$46

COURSE#	TIMES	DATES
46003.....	6-7pm.....	6/15-6/18
43626.....	10:35-11:15am.....	6/22-7/3
43627.....	6:45-7:25pm.....	6/22-7/3

WATER AEROBICS

\$20 Punch Card
Dates: 6/16 - 8/20

COURSE#	TIMES	DAYS
46303.....	9-10am.....	T/Th
46303.....	5:30-6:30pm.....	T/Th

JR. LIFEGUARD ACADEMY \$39

MONDAY - FRIDAY
4 PM - 7 PM

COURSE#	AGE	DATES
46566.....	11-12yrs.....	7/20-7/24
46567.....	13-15yrs.....	7/27-7/31

TORPEDOS SWIM TEAM \$79

COURSE#	TIMES	DATES
43628.....	7:30-8:30pm.....	6/15-8/7



*Training Pool is 3 feet Deep

Pool Admission/Card Fees
See page 6 for Daily Admission fees and Frequent Swimmer Card fees.