

Learn to Swim

Pool hours, dates & programming may be affected due to potential budget reductions beginning July 1, 2011. Recreational swim hours, fees, and dates may be subject to change. We regretfully cannot take any program registration payments at City pool facilities.

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

Swim Lessons - Adventures Under the Sea: 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. Our lesson program continues to offer pre-school levels: Parent Participation (Blowfish), Starfish, "water orientation" classes held in play/wading pools. Beginner (Sea Horses), Intermediate (Sea Turtles), Advanced (Sea Eels), Adult and Access Aquatics lessons. 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 May 2nd register online or at selected community centers for all aquatics programs. Online registration is free! All classes are filled on a first come-first served basis. Classes that do not meet the minimum numbers required to hold a class will be cancelled.

Easy Ways to Register for Aquatics Programs!

Register online:

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

Mail in registration form and correct payment to:

Registration, 4623 T St, Sacramento, CA 95819 (deadlines apply)

Walk-In registration at selected Community Centers:

- Coloma Com. Center, 4623 T St, 10am-4pm, Mon-Thur
- Belle Cooledge Com. Center, 5699 So. Land Park Drive, 8am-4pm, Tu/Th/Fri
- Pannell Meadowview Com. Ctr 2450 Meadowview Rd, 8:30-4:30pm, M/W/Th/F
- South Natomas Com. Center, 2921 Truxel Rd, 10am-5:30pm, Mon-Thur

Fees (May be subject to change)

Group Learn-To-Swim Lessons	(4-6 students per instructor) (Sea Horses, Sea Turtles, Sea Eels) ...	\$56
Blowfish	(6 months - 3 years with adult)	\$35
Starfish	(4-5 yrs)	\$35
Access Aquatics	(Lessons for special needs - see description)	\$65
Private Swim Lessons	(arranged by request)	(3 Days) \$65
Summer Swim League	\$89
Junior Lifeguard Academy	\$39
*Water Aerobics	(10-punch card)	\$30
Water Aerobics	(one visit)	\$6
Lap Swim	(one visit)	\$5
Lap Swim	(20-punch card)	\$50

*Free with 50+ Wellness Eligibility

SESSION DATES & REGISTRATION DATES

Session Dates	Deadline to Register
Session 1 / June 27-July 9	June 23
Session 2 / July 11-July 22	July 7
Session 3 / July 25-August 5	July 21
Session 4 / August 8-August 19	August 4

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

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 or e-mail sacrecreation@cityofsacramento.org 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.



City Pool Directory

Cabrillo Pool, Mangan Pool, Oki Pool, Southside Pool, Tahoe Pool are closed.

Swimming Pool	Address	Phone	Dates	Page
Cabrillo Pool / Wading Pool	1648 65 th Ave	433-6271	Closed
Clunie Pool / Wading Pool	Alhambra & McKinley Blvd.	808-5301	6/21-9/4	6
Doyle Pool / Wading Pool	Brewerton & Mendel Way	566-6420	6/13-8/7	7
Glenn Hall Pool	Carlson & Sandburg Drs	277-6071	Closed for recreational swim*	8
Johnston Pool / Wading Pool	231 Eleanor Ave	808-6421	6/13-8/7	7
Mangan Pool	2230 34 th Ave	433-6272	Closed
McClatchy Park Pool / Wading Pool	35 th St & 5 th Ave	277-6041	6/20-8/28	9
Natomas High School Pool	3301 Fong Ranch Road	566-3644	Closed for recreational swim*	9
Oki Pool / Wading Pool	Wissemann Dr & Cliffwood Way	277-6160	Closed
Pannell Meadowview Pool / Wading Pool	2450 Meadowview Rd	808-6622	6/21-9/6	10
Sim Pool (George Sim Pool)	6207 Logan Street	808-3768	6/21-8/29	8
Southside Pool / Wading Pool	6 th & U Sts	808-5331	Closed
Tahoe Pool / Training Pool	3535 59 th St	277-6072	Closed

Play Pools

Bertha Henschel Park Play Pool	A St & 45th St	808-5301	6/21-8/28	5
Colonial Park Play Pool	18th Ave & 53rd St	277-6041	6/21-8/22	5
Mama Marks Park Play Pool	Roanoke Ave & Belden St	808-6421	6/13-8/5	5
Robertson Park Play Pool	3525 Norwood Ave	808-6421	6/13-8/7	5
Wm. Land Park Play Pool	Riverside Blvd. and 13th Ave.	277-6041	6/21-8/22	5

Swim Lesson Class Descriptions

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. Teaching the adults, parents and guardians of these young children about water safety and the limitations their children will have around water is very important. Blowfish 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 run for 30 minutes over three days within a one-week session. Starfish lessons are 40 minutes and run for 3 days within a one-week session. Check each pool description for specific days and times classes are offered.

Blowfish (infant/child ages 6 mos to 3 yrs w/adult)

Parents or guardians work in tandem with the instructor to introduce infants and young children up to 3 years old to the joy and risks of the water environment. 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 the water. Infants must be able to hold heads up. Swim diapers are required.

Starfish (ages 4-5 yrs)

This class is designed for children ages 4-5 years who are non-swimmers or first time group lesson participants to explore basic water readiness skills. Participants will build on these skills when they progress through the Learn-to-Swim levels. 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 wading pools. Classes are one week in duration for three 40-minute class sessions. *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.

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
- Follow the pool rules
- Attend every lesson
- Provide encouragement
- Encourage safety around anybody of water
- Have patience
- Be positive
- Give praise
- Be prepared to supervise your child(ren) during recreational swim
- Practice, practice, practice.

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.
- Most children remain in the same level for two or more sessions.
- 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.

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 a 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 Level

"Sea Horses" are cute, playful creatures, but not great swimmers. This class is designed for first time swim lesson participants OR Starfish "graduates." These beginner-level 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 comfort level and ability. Classes are held in water depth of 3 to 4 ½ feet.

Sea Turtles—Intermediate Level

Young "Sea Turtles" explore their aquatic environment protected by their shells, but learn to swim quickly. This is an intermediate level for participants who have successfully completed the Sea Horse level or have met 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 Level

"Sea Eels" are slippery little critters who are strong, graceful swimmers! This is an advanced level 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 techniques are 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.

Combined Sea Horses/Sea Turtles

This class is offered as a combination of Sea Horses & Sea Turtles which will teach elements of both classes. Please see each description for details.

Adult Swim Lessons on Next Page

Swim Lesson Class Descriptions (Continued)

Adult Swim Lessons (14+ years)

Two levels of Adult lessons are offered to accommodate new swimmers and those who want more advanced instruction. Swimming is a life-long fitness and leisure activity where one can enjoy lap swim, water aerobics, and other outdoor water activities. Adult lessons are offered at Pannell Meadowview, Natomas HS, and Clunie Pools.

Adult—Level One

This class is for those participants who are fearful of the water and new to swimming. Skills are taught based on the participant's need.

Adult—Level Two

This class will be taught to adults who are comfortable in the water and want to improve specific stroke techniques.

Private Swim Lessons

Private swim lessons can be arranged at most swimming pools on an "as-needed" basis. Learn-to-swim levels (Sea Horses, Sea Turtles & Sea Eels) and Adult are taught one-on-one with one instructor and one student. Private lessons are not just for beginner levels but for experienced students as well. Classes are generally held the second week of the session for three days on the same schedule as group lessons. (No private lessons for Blowfish or Starfish).

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 session.

Access Aquatics

Access Aquatics are swim lessons offered to children, teens, and adults with special needs. 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, Clunie & Doyle Pools. See each pool description for class times. Call 808-2306 or e-mail aquatics@cityofsacramento.org for more information.

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 team-building activities. There 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.

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 online or at the pool for a \$50 punch card (good for 20 swims). Call your neighborhood pool for days and times.

Water Aerobics

Adults 16 years and older 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, 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, Tahoe, Southside and Natomas HS Pools. Sign up by purchasing a \$30 punch card (good for 10 classes) or pay \$6 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.

Personal Flotation Devices

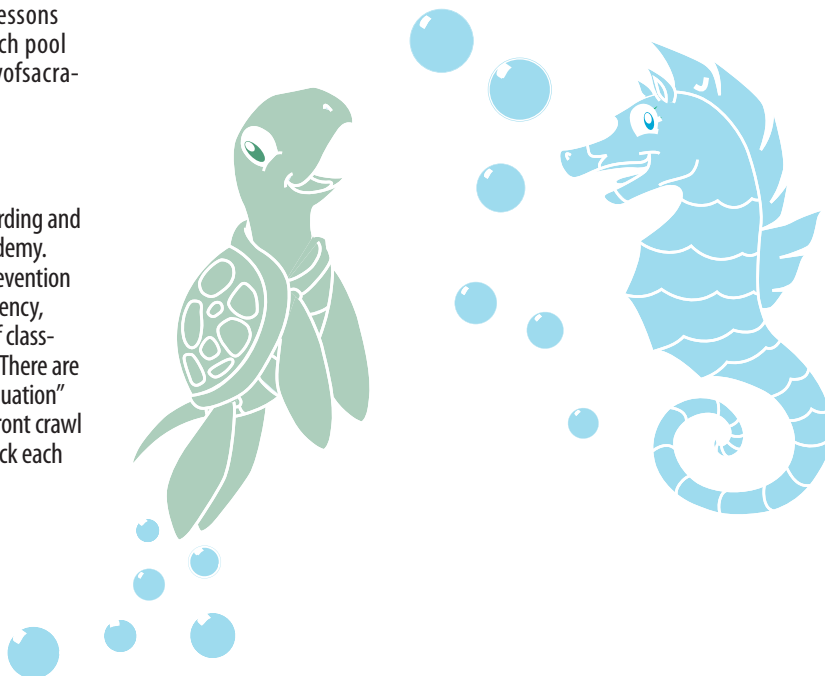
PFDs or lifejackets are allowed to be worn at pools if they are Coast Guard-approved Type I, II or III. With children 6 years old or younger, the PFD must have a crotch strap. No water wings, "floaties," swim suits with built-in flotation, or other type of flotation devices are allowed—NO EXCEPTIONS. 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.

Register Online for Swim Lessons, Swim Team, and Junior Lifeguard

<http://www.parksandreconline.cityofsacramento.org>



Recreational Swim League

The Aquatics Section sponsors a city-wide swim team program designed to introduce swimmers to the environment of competitive swimming. Although our league is recreational, our rules are consistent with the U.S. Swimming rules. Our 6 pools are combined into four 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, 4 days a week. Each team is coached by lifeguard staff selected by the Aquatics Section.

Eligibility

Age: *7 o 17. Proof of birth (certificate, etc) required.
(*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. *Children who cannot meet these safety standards will not be eligible to swim in the league 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 two (2) dual meets. No Exceptions. *Prior membership: Swimmer is ineligible if he/she swam or practiced on another competitive swim team or club from January through June 2011 (exception high school-sponsored teams).*

Important Dates

Practice begins the week of June 27. Dual meets are held on Saturday mornings July 9, 16, 23. Selected event trials will be held on Saturday July 30 at Natomas HS Pool. League Championships will be held on Saturday & Sunday, Aug. 6 & 7 at Pannell Meadowview Pool. (Dates and locations may be subject to change.)

Registration

Registration will be accepted via online and at selected community centers. Registration at pools will not be accepted. Deadline to register in order to be able to participate in dual meets is Friday, July 1. 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.*

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 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 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 6/21.

Parent Orientation Meeting

New parents are encouraged to attend.

City staff will answer questions about the swim team program.

Pick up Parent Handbook and other important information.

DATE: Tuesday, June 7, 6:00pm, Coloma Com Ctr Auditorium

City of Sacramento Swim League 2011 Dual Meet Schedule

DATE	VISITOR	HOME	LOCATION
JULY 9	GLENN HALL	DJN	DOYLE POOL
JULY 9	CLUNIE	PMM	PANNELL MDVW POOL
JULY 16	DJN	CLUNIE (HOME)	DOYLE POOL
JULY 16	PMM	GLENN HALL (HOME)	PANNELL MDVW POOL
JULY 23	CLUNIE	GLENN HALL (HOME)	DOYLE POOL
JULY 23	DJN	PMM	PANNELL MDVW POOL
JULY 30	EVENT TRIALS	MORNING (ALL TEAMS)	NATOMAS HS POOL

Dual Meets start at 8:30am SHARP!

Warm up: home team—7:30am/visitor—7:45am

Clunie = Clunie Marlins

DJN = Doyle/Johnston/Natomas Dolphins

Glenn Hall = Glenn Hall River Rats

PMM = Pannell Meadowview/ McClatchy Park Killer Whales

* Because of the shortened league, all meets are held in 25 yard pools. Clunie and Hall will be designated home teams where appropriate.

Pool Addresses:

Pannell Meadowview Pool—2450 Meadowview Rd near 24th Street

Doyle Pool—Brewerton & Mendel Streets in Northgate Park

Natomas HS Pool—3301 Fong Ranch Rd, near San Juan & Truxel in Natomas High School

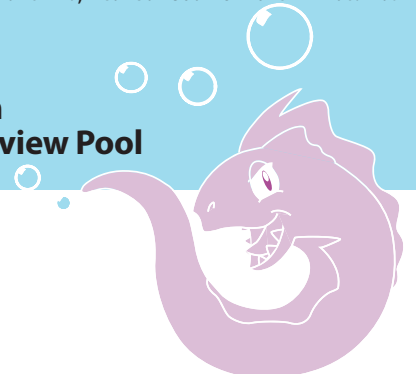
Championships

August 6th and 7th

@ Pannell Meadowview Pool

Keep up to date, online, at:

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



Rental Rates and Play Pool Listings

Pool Rentals

Are you looking for a great place to hold your summer party that is cool and refreshing? Rent a swimming pool or play 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 10 business days prior to the event and must be made in person at the Coloma Community Center. All fees (including deposit of \$100-\$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 808-2306.

Rental Rates for Swimming Pools

# of Guests	2 hours	Each additional hour
1-100	\$320	\$140 per hour
101-200*	\$460	\$140 per hour

\$150 or \$300 deposit is required.
(*max is 200)

Rental Rates for Play Pools

2 hours	\$130
Each additional hour.	\$65

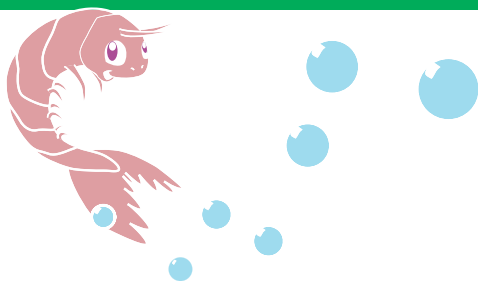
\$100 deposit is required

Rental Rates for Clunie and Pannell Meadowview Pools

# of guests	2 hours	Each additional hour*
1-100	\$450	\$140 per hour
101-200	\$580	\$140 per hour

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

\$150 or \$300 deposit is required.



Frequent Swimmer Cards

If you swim almost every day or 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

Unused swims may be carried over to next year.

Card is good at any City swimming pool location.

Bertha Henschel Play Pool

A & 45th Streets / Phone: 808-5301 (Clunie Pool)

Pool operates 6/21-8/28

Recreation Swim - Free Admission Hours:

Tu-Fri 12nn-4 pm, Sat/Sun 1-5 pm

CLOSED on MONDAYS

Colonial Play Pool

18th Avenue & 53rd Street,

Phone: 277-6041 (McClatchy Park Pool)

Pool operates 6/20-8/25

Recreation Swim - Free Admission Hours:

M-Th 1-5 pm

CLOSED on FRIDAYS

Mama Marks

Roanoke Ave & Belden Street,

Phone: 808-6421 (Johnston Pool)

Pool Operates 6/13-8/5

Recreation Swim - Free Admission Hours:

Mo/Tu/We/Fr 12-4 pm

CLOSED on THU/SAT/SUN

Robertson

3525 Norwood Ave.,

Phone: 808-6421 (Johnston Pool)

Pool Operates 6/13-8/7

Recreational Swim - Free Admission Hours:

Mo/We/Fri/Sa/Sun, 1-5 pm

CLOSED on TU/THU

William Land Park

Riverside Blvd & 13th Ave.

Phone: 277-6041 (McClatchy Park Pool)

Pool Operates 6/20-8/28

Recreational Swim - Free Admission Hours:

Mo-Th 11 am-3 pm, Sat/Sun 1-5 pm

CLOSED on FRIDAYS

Clunie Pool & Wading Pool

Near Clunie Com Ctr. In McKinley Park, 601 Alhambra Blvd & F St - 808-5301

Pool operates: 6/21-9/4 - Closed Mondays

Recreational swim: Tu/W/Th 1-5 pm, Fri/Sat/Sun 1-7 pm

Pre-season recreational swim: Sat/Sun 1-5 pm, 5/28-6/19

Pre-season lap swim: Sat/Sun 11 am-1 pm, Tu-Fr 4-7 pm, 5/28-6/19

SWIM CLASSES AT CLUNIE POOL & WADING POOL ARE OFFERED ON TUE/WED/THU. EACH SESSION RUNS TWO WEEKS—3 DAYS EACH WEEK (6 DAYS). CLASSES ARE 40 MINUTES.

SEA HORSES \$56

COURSE#	TIMES	DATES
84523.....	11:20am-12pm	6/28-7/7
84524.....	12:05-12:45pm	6/28-7/7
84525.....	5:15-5:55pm	6/28-7/7
84526.....	6-6:40pm	6/28-7/7
84527.....	6:45-7:25pm	6/28-7/7
84528.....	11:20am-12pm	7/12-7/21
84529.....	12:05-12:45pm	7/12-7/21
84530.....	5:15-5:55pm	7/12-7/21
84531.....	6-6:40pm	7/12-7/21
84532.....	6:45-7:25pm	7/12-7/21
84533.....	11:20am-12pm	7/26-8/4
84534.....	12:05-12:45pm	7/26-8/4
84535.....	5:15-5:55pm	7/26-8/4
84536.....	6-6:40pm	7/26-8/4
84537.....	6:45-7:25pm	7/26-8/4
84538.....	11:20am-12pm	8/9-8/18
84539.....	12:05-12:45pm	8/9-8/18
84540.....	5:15-5:55pm	8/9-8/18
84541.....	6-6:40pm	8/9-8/18
84542.....	6:45-7:25pm	8/9-8/18

SEA TURTLES \$56

COURSE#	TIMES	DATES
84543.....	11:20am-12pm	6/28-7/7
84544.....	5:15-5:55pm	6/28-7/7
4545.....	6-6:40pm	6/28-7/7
84546.....	11:20am-12pm	7/12-7/21
84547.....	5:15-5:55pm	7/12-7/21
84548.....	6-6:40pm	7/12-7/21
84549.....	11:20am-12pm	7/26-8/4
84550.....	5:15-5:55pm	7/26-8/4
84551.....	6-6:40pm	7/26-8/4
84552.....	11:20am-12pm	8/9-8/18
84553.....	5:15-5:55pm	8/9-8/18
84554.....	6-6:40pm	8/9-8/18

SEA EELS \$56

COURSE#	TIMES	DATES
84555.....	12:05-12:45pm	7/12-7/21
84556.....	6:45-7:25pm	7/12-7/21
84557.....	12:05-12:45pm	7/26-8/4
84558.....	6:45-7:25pm	7/26-8/4
84559.....	12:05-12:45pm	8/9-8/18
84560.....	6:45-7:25pm	8/9-8/18

BLOWFISH \$35

COURSE#	TIMES	DATES
84571.....	11:20-11:50am	6/28-6/30
84574.....	5:15-5:45pm	7/5-7/7
84572.....	11:20-11:50am	7/12-7/14
84575.....	5:15-5:45pm	7/19-7/21
84573.....	11:20-11:50am	7/26-7/28
84576.....	5:15-5:45pm	8/2-8/4

STARFISH \$35

COURSE#	TIMES	DATES
84561.....	12:05-12:45pm	6/28-6/30
84562.....	5:15-5:55pm	6/28-6/30
84563.....	12:05-12:45pm	7/5-7/7
84564.....	5:15-5:55pm	7/5-7/7
84565.....	12:05-12:45pm	7/12-7/14
84566.....	5:15-5:55pm	7/12-7/14
84567.....	12:05-12:45pm	7/19-7/21
84568.....	5:15-5:55pm	7/19-7/21
84569.....	12:05-12:45pm	7/26-7/28
84570.....	5:15-5:55pm	7/26-7/28
84578.....	12:05-12:45pm	8/2-8/4
84577.....	5:15-5:55pm	8/2-8/4

ADULT LESSONS \$56

LEVEL ONE

COURSE#	TIMES	DATES
85675.....	6:45-7:25pm	6/28-7/7
85676.....	6:45-7:25pm	7/26-8/4

LEVEL TWO

COURSE#	TIMES	DATES
85673.....	6:45-7:25pm	7/12-7/21
85674.....	6:45-7:25pm	8/9-8/18

JR. LIFEGUARD ACADEMY \$39

COURSE#	TIMES	DATES
87088.....	5:30-7:30pm	7/12-7/21

LAP SWIM

Dates: 5/28-9/4—Fee: \$50

COURSE#	TIMES	DAYS
89128.....	4-7pm	Tu-Fri
89128.....	11am-1pm	Sa/Su

WATER AEROBICS

Dates: 6/21-8/18—Fee: \$28

COURSE#	TIMES	DAYS
89129.....	6:30-7:30pm	T/Th
89129.....	12-1pm	Sa/Su

STROKE & TURN CLINIC \$56

COURSE#	TIMES	DATES
87077.....	12:05-12:45pm	6/28-7/7
87078.....	6:45-7:25pm	6/28-7/7

MARLINS SWIM

TEAM \$89

COURSE#	TIMES	DATES
86873.....	10-11am	6/28-8/5
86874.....	7:30-8:30pm	6/28-8/5

Play Pool

Bertha Henschel

A & 45th Streets.

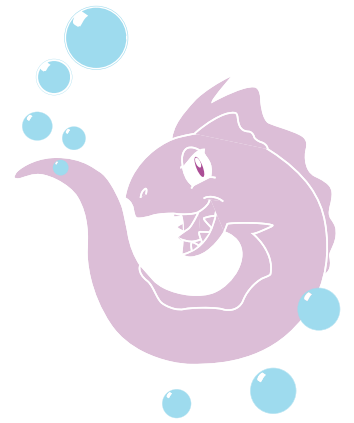
Phone: 808-5301 (Clunie Pool)

Pool operates 6/21-8/28. Recreational Swim Hours:

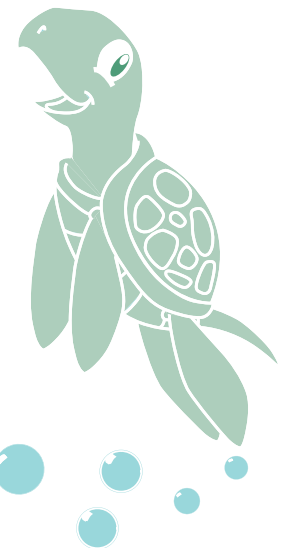
Tu-Fri 12nn-4pm, Sat/Sun 1-5pm.

Recreation Swim - Free Admission

CLOSED: MONDAYS



Pool Access for Persons with Disabilities
Pannell Meadowview has an aquachair



Pool Access for Persons with Disabilities
Guests visiting our pools will find lifts at all City pool locations.

Rental Rates for Clunie and Pannell Meadowview Pools

# of guests	2 hours	Each additional hour*
1-100	\$450	\$140 per hour
101-200	\$580	\$140 per hour

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

\$150 or \$300 deposit is required.

See page 8 for more information.

Doyle Pool

In Northgate Park at Brewerton & Mendel Way - 566-6420

Pool Operates: 6/14-8/7 - Closed Mondays

Recreational Swim Hours: Tu-Fr 1-5 pm, Sat/Sun 1-7 pm

SWIM CLASSES AT DOYLE POOL AND WADING POOL ARE OFFERED ON TUE/WED/THU. EACH SESSION RUNS TWO WEEKS—3 DAYS EACH WEEK (6 DAYS). CLASSES ARE 40 MINUTES.

SEA HORSES \$56

COURSE#	TIMES	DATES
85684.....	11:20am-12pm	6/28-7/7
85685.....	12:05-12:45pm	6/28-7/7
85682.....	5:15-5:55pm	6/28-7/7
85683.....	6-6:40pm	6/28-7/7
87128.....	6:45-7:25pm	6/28-7/7
85688.....	11:20am-12pm	7/12-7/21
85689.....	12:05-12:45pm	7/12-7/21
85686.....	5:15-5:55pm	7/12-7/21
85687.....	6-6:40pm	7/12-7/21
87129.....	6:45-7:25pm	7/12-7/21
85692.....	11:20am-12pm	7/26-8/4
85693.....	12:05-12:45pm	7/26-8/4
85690.....	5:15-5:55pm	7/26-8/4
85691.....	6-6:40pm	7/26-8/4
87130.....	6:45-7:25pm	7/26-8/4

SEA TURTLES \$56

COURSE#	TIMES	DATES
85696.....	11:20am-12pm	6/28-7/7
85697.....	12:05-12:45pm	6/28-7/7
85694.....	5:15-5:55pm	6/28-7/7
85695.....	6-6:40pm	6/28-7/7
87131.....	6:45-7:25pm	6/28-7/7
85700.....	11:20am-12pm	7/12-7/21
85701.....	12:05-12:45pm	7/12-7/21
85698.....	5:15-5:55pm	7/12-7/21
85699.....	6-6:40pm	7/12-7/21
87132.....	6:45-7:25pm	7/12-7/21
85704.....	11:20am-12pm	7/26-8/4
85705.....	12:05-12:45pm	7/26-8/4
85702.....	5:15-5:55pm	7/26-8/4
85703.....	6-6:40pm	7/26-8/4
87133.....	6:45-7:25pm	7/26-8/4

SEA EELS \$56

COURSE#	TIMES	DATES
85680.....	6-6:40pm	7/12-7/21
85681.....	6-6:40pm	7/26-8/4

BLOWFISH \$35

COURSE#	TIMES	DATES
87123.....	5:15-5:45pm	6/28-6/30
85677.....	6-6:30pm	6/28-6/30
87124.....	5:15-5:45pm	7/5-7/7
87098.....	6-6:30pm	7/5-7/7
87125.....	5:15-5:45pm	7/12-7/14
85678.....	6-6:30pm	7/12-7/14
87126.....	5:15-5:45pm	7/19-7/21
87099.....	6-6:30pm	7/19-7/21
87127.....	5:15-5:45pm	7/26-7/28
85679.....	6-6:30pm	7/26-7/28

STARFISH \$35

COURSE#	TIMES	DATES
85707.....	12:05-12:45pm	6/28-6/30
85706.....	5:15-5:55pm	6/28-6/30
87100.....	6-6:40pm	6/28-6/30
87105.....	5:15-5:55pm	7/5-7/7
87104.....	6-6:40pm	7/5-7/7
85709.....	12:05-12:45pm	7/12-7/14
85708.....	5:15-5:55pm	7/12-7/14
87106.....	5:15-5:55pm	7/12-7/14
87101.....	6-6:40pm	7/12-7/14
87103.....	5:15-5:55pm	7/19-7/21
87107.....	6-6:40pm	7/19-7/21
85711.....	12:05-12:45pm	7/26-7/28
85710.....	5:15-5:55pm	7/26-7/28
87108.....	5:15-5:55pm	7/26-7/28
87102.....	6-6:40pm	7/26-7/28

JR. LIFEGUARD ACADEMY \$39

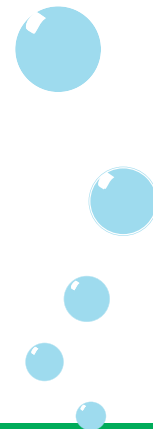
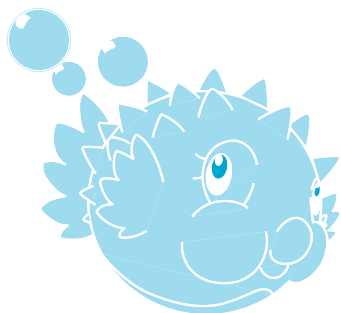
COURSE#	TIMES	DATES
87073.....	5:30-7:30pm	7/12-7/21

STROKE AND TURN CLINIC \$56

COURSE#	TIMES	DATES
87079.....	11am-12:10pm	6/28-7/7

DOLPHINS SWIM TEAM \$89

COURSE#	TIMES	DATES
86875.....	9:30-10:30am	6/28-8/5



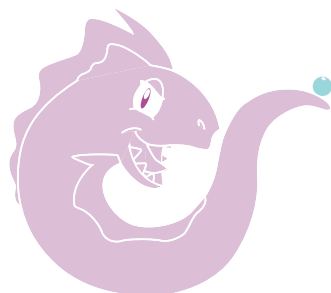
Johnston Pool & Wading Pool

Adjacent to Johnston Community Center at 231 Eleanor Ave. - 808-6421

Dates Of Operation: 6/13-8/7 - Closed Thursdays

Recreational Swim Hours: Mo/Tu/We/Fr 1-5 pm | Sat/Sun 1-5 pm

For swimming lessons see
Doyle & Natomas HS Pools



Play Pools

Mama Marks

Roanoke Ave & Belden Street,
Phone: 808-6421 (Johnston Pool).

Pool Operates 6/13-8/5.

Recreational Swim Hours:

Mo/Tu/We/Fr 12-4pm.

Recreational Swim - Free Admission

CLOSED: THU/SAT/SUN.

Robertson

3525 Norwood Ave,
Phone: 808-6421 (Johnston Pool).

Pool Operates 6/13-8/7.

Recreational Swim Hours:

Mo/We/Fri/Sa/Sun, 1-5pm.

Recreational Swim - Free Admissio

CLOSED: TU/THU.

George Sim Pool

Located adjacent to George Sim Community Center at 6207 Logan Street - 808-3768

Pool Operates: 6/21-8/28 - Closed Mondays

Recreational Swim Hours: Tu-Fr 1-5 pm, Sat/Sun 1-5 pm

SWIM CLASSES AT GEORGE SIM POOL ARE OFFERED ON TU/WE/TH. EACH SESSION RUNS TWO WEEKS—3 DAYS EACH WEEK (6 DAYS). CLASSES ARE 40 MINUTES.

SEA HORSES \$56

COURSE#	TIMES	DATES
86376	5:15-5:55pm	6/28-7/7
86377	6-6:40pm	6/28-7/7
86378	5:15-5:55pm	7/12-7/21
86379	6-6:40pm	7/12-7/21
86380	5:15-5:55pm	7/26-8/4
86381	6-6:40pm	7/26-8/4
86382	5:15-5:55pm	8/9-8/18
86383	6-6:40pm	8/9-8/18

SEA TURTLES \$56

COURSE#	TIMES	DATES
86384	5:15-5:55pm	6/28-7/7
86385	5:15-5:55pm	7/12-7/21
86386	5:15-5:55pm	7/26-8/4
86387	5:15-5:55pm	8/9-8/18

SEA EELS \$56

COURSE#	TIMES	DATES
86373	6-6:40pm	7/12-7/21
86374	6-6:40pm	7/26-8/4
86375	6-6:40pm	8/9-8/18

STARFISH \$35

COURSE#	TIMES	DATES
86388	5:15-5:55pm	6/28-6/30
86389	5:15-5:55pm	7/12-7/14
86390	5:15-5:55pm	7/26-7/28



Glenn Hall Pool

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

Closed for Recreational Swim

Aquatics Programs are offered: 6/27-8/19

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 \$56

COURSE#	TIMES	DATES
86400	11:20am-12pm	6/27-7/8
86401	12:05-12:45pm	6/27-7/8
86402	5:15-5:55pm	6/27-7/8
86403	6-6:40pm	6/27-7/8
86404	11:20am-12pm	7/11-7/22
86405	12:05-12:45pm	7/11-7/22
86406	5:15-5:55pm	7/11-7/22
86407	6-6:40pm	7/11-7/22
86408	11:20am-12pm	7/25-8/5
86409	12:05-12:45pm	7/25-8/5
86410	5:15-5:45pm	7/25-8/5
86411	6-6:40pm	7/25-8/5
86412	11:20am-12pm	8/8-8/19
86413	12:05-12:45pm	8/8-8/19
86414	5:15-5:55pm	8/8-8/19
86415	6-6:40pm	8/8-8/19

SEA TURTLES \$56

COURSE#	TIMES	DATES
86416	11:20am-12pm	6/27-7/8
86417	5:15-5:55pm	6/27-7/8
86418	6-6:40pm	6/27-7/8
86419	11:20am-12pm	7/11-7/22
86420	5:15-5:55pm	7/11-7/22
86421	6-6:40pm	7/11-7/22
86422	11:20am-12pm	7/25-8/5
86423	5:15-5:55pm	7/25-8/5
86424	6-6:40pm	7/25-8/5
86425	11:20am-12pm	8/8-8/19
86426	5:15-5:55pm	8/8-8/19
86427	6-6:40pm	8/8-8/19

SEA EELS \$56

COURSE#	TIMES	DATES
86394	12:05-12:45pm	7/11-7/22
86395	6-6:40pm	7/11-7/22
86396	12:05-12:45pm	7/25-8/5
86397	6-6:40pm	7/25-8/5
86398	12:05-12:45pm	8/8-8/19
86399	6-6:40pm	8/8-8/19

BLOWFISH \$35

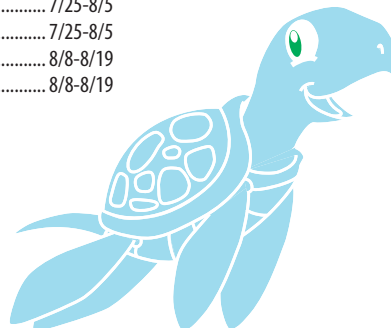
COURSE#	TIMES	DATES
86391	11:20-11:50am	6/27-7/1
86392	11:20-11:50am	7/11-7/15
86393	11:20-11:50am	7/25-7/29

STROKE & TURN CLINIC \$56

COURSE#	TIMES	DATES
87080	12:05-12:45pm	6/27-7/8
87081	6-6:40pm	6/27-7/8

RIVER RATS SWIM TEAM \$89

COURSE#	TIMES	DATES
86876	10-11am	6/27-8/5
86877	7:15-8:15pm	6/27-8/5



Natomas High School Pool

At Natomas High School near Truxel Rd & San Juan Ave at 3301 Fong Ranch Rd – 566-3644.

Closed for recreational swim

Aquatics programs are offered: 6/27-8/6

Additional Event Closures: Pool closed Saturday, 7/30 for Swim Team event trials

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 \$56

COURSE#	TIMES	DATES
86593.....	10:35-11:15am.....	6/27-7/8
86594.....	11:20am-12pm.....	6/27-7/8
86595.....	12:05-12:45pm.....	6/27-7/8
86596.....	4:15-4:55pm.....	6/27-7/8
86597.....	5-5:40pm.....	6/27-7/8
86598.....	5:45-6:25pm.....	6/27-7/8
86599.....	6:30-7:10pm.....	6/27-7/8
86600.....	10:35-11:15am.....	7/11-7/22
86601.....	11:20am-12pm.....	7/11-7/22
86602.....	12:05-12:45pm.....	7/11-7/22
86603.....	4:15-4:55pm.....	7/11-7/22
86604.....	5-5:40pm.....	7/11-7/22
86605.....	5:45-6:25pm.....	7/11-7/22
86606.....	6:30-7:10pm.....	7/11-7/22
86607.....	10:35-11:15am.....	7/25-8/5
86608.....	11:20am-12pm.....	7/25-8/5
86609.....	12:05-12:45pm.....	7/25-8/5
86610.....	4:15-4:55pm.....	7/25-8/5
86611.....	5-5:40pm.....	7/25-8/5
86612.....	5:45-6:25pm.....	7/25-8/5
86613.....	6:30-7:10pm.....	7/25-8/5

SEA TURTLES \$56

COURSE#	TIMES	DATES
86621.....	11:20am-12pm.....	6/27-7/8
86622.....	4:15-4:55pm.....	6/27-7/8
86623.....	5-5:40pm.....	6/27-7/8
86624.....	5:45-6:25pm.....	6/27-7/8
86625.....	6:30-7:10pm.....	6/27-7/8
86626.....	11:20am-12pm.....	7/11-7/22
86627.....	4:15-4:55pm.....	7/11-7/22
86628.....	5-5:40pm.....	7/11-7/22
86629.....	5:45-6:25pm.....	7/11-7/22
86630.....	6:30-7:10pm.....	7/11-7/22
86631.....	11:20am-12pm.....	7/25-8/5
86632.....	4:15-4:55pm.....	7/25-8/5
86633.....	5-5:40pm.....	7/25-8/5
86634.....	5:45-6:25pm.....	7/25-8/5
86635.....	6:30-7:10pm.....	7/25-8/5

BLOWFISH \$35

COURSE#	TIMES	DATES
86581.....	12:05-12:35pm.....	6/27-7/1
86582.....	12:05-12:35pm.....	7/11-7/15
86583.....	12:05-12:35pm.....	7/25-7/29

ADULT LESSONS \$56

LEVEL ONE

COURSE#	TIMES	DATES
86579.....	6:30-7:10pm.....	6/27-7/8
86580.....	6:30-7:10pm.....	7/25-8/5

LEVEL TWO

COURSE#	TIMES	DATES
86577.....	6:30-7:10pm.....	7/11-7/22

LAP SWIM

Dates: 6/27-8/6—Fee: \$50

COURSE#	TIMES	DAYS
89128.....	11am-12:45pm.....	M-F
89128.....	4:30-7pm.....	M-F
89128.....	11am-12:45pm.....	Sa

WATER AEROBICS

Dates: 6/27-8/6—Fee: \$28

COURSE#	TIMES	DAYS
89129.....	6:30-7:30pm.....	T/Th
89129.....	11am-12pm.....	Sa

STROKE AND TURN CLINIC \$56

COURSE#	TIMES	DATES
87082.....	12:05-12:45pm.....	6/27-7/8
87083.....	5:45-6:25pm.....	6/27-7/8
87084.....	6:30-7:10pm.....	6/27-7/8

DOLPHINS SWIM TEAM \$89

COURSE#	TIMES	DATES
86878.....	7:15-8:15pm.....	6/28-8/5

Pool Access for Persons with Disabilities Guests visiting our pools will find lifts at all City pool locations.



SEA EELS \$56

COURSE#	TIMES	DATES
86584.....	12:05-12:45pm.....	7/11-7/22
86585.....	5:45-6:25pm.....	7/11-7/22
86586.....	6:30-7:10pm.....	7/11-7/22
86587.....	12:05-12:45pm.....	7/25-8/5
86588.....	5:45-6:25pm.....	7/25-8/5
86589.....	6:30-7:10pm.....	7/25-8/5

McClatchy Park Pool & Wading Pool

35th St & 5th Ave - 277-6041

Pool operates: 6/20-8/28 - Closed Fridays

Recreational Swim Hours: Mo-Th 1-5pm, Sat/Sun 1-5pm

SEA HORSES - SEA TURTLES \$56

COURSE#	TIMES	DATES
85717.....	5:15-5:55pm.....	6/28-7/7
87094.....	6-6:40pm.....	6/28-7/7
85718.....	5:15-5:55pm.....	7/12-7/21
87095.....	6-6:40pm.....	7/12-7/21
85719.....	5:15-5:55pm.....	7/26-8/4
87096.....	6-6:40pm.....	7/26-8/4
85720.....	5:15-5:55pm.....	8/9-8/18
87097.....	6-6:40pm.....	8/9-8/18

STARFISH \$35

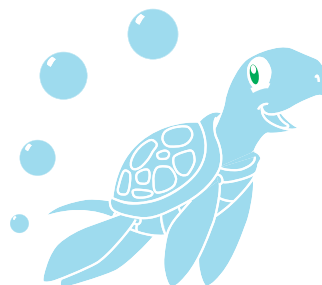
COURSE#	TIMES	DATES
85721.....	5:15-5:55pm.....	6/28-6/30
87092.....	5:15-5:55pm.....	7/5-7/7
85722.....	5:15-5:55pm.....	7/12-7/14
87093.....	5:15-5:55pm.....	7/19-7/21
85723.....	5:15-5:55pm.....	7/26-7/28

BLOWFISH \$35

COURSE#	TIMES	DATES
85712.....	5:15-5:45pm.....	6/28-6/30
87090.....	5:15-5:45pm.....	7/5-7/7
85713.....	5:15-5:45pm.....	7/12-7/14
87091.....	5:15-5:45pm.....	7/19-7/21
89273.....	5:15-5:45pm.....	7/26-7/28

SEA EELS \$56

COURSE#	TIMES	DATES
85714.....	6-6:40pm.....	7/12-7/21
85715.....	6-6:40pm.....	7/26-8/4
85716.....	6-6:40pm.....	8/9-8/18



Jr. Lifeguard Academy \$39

COURSE#	TIMES	DATES
87075.....	5:30-7:30pm.....	7/12-7/21

LAP SWIM \$50

Dates: 6/27-8/18

COURSE#	TIMES	DAYS
89128.....	5:30-7pm.....	T/W/Th

SWIM CLASSES AT MCCLATCHY PARK POOL & WADING POOL ARE OFFERED ON TUE/WED/THU. EACH SESSION RUNS TWO WEEKS—3 DAYS EACH WEEK (6 DAYS). CLASSES ARE 40 MINUTES.

Play Pools

Colonial

18th Avenue & 53rd Street,
Phone: 277-6041 (McClatchy Park Pool).
Pool operates 6/20-8/25.
Recreational Swim Hours: M-Th 1-5pm.
Recreational Swim - Free Admission
CLOSED: FRIDAYS

William Land Park

Riverside Blvd & 13th Ave.
Phone: 277-6041 (McClatchy Park Pool).
Pool Operates 6/20-8/28.
Recreational Swim Hours:
Mo-Th 11am-3pm, Sat/Sun 1-5pm
Recreational Swim - Free Admission
CLOSED: FRIDAYS

Pannell Meadowview Pool

2450 Meadowview Road - 808-6622

Pool Operates: 6/20-9/5

Summer Recreational Swim Hours: Mo, Wed, Th, Fri 1-5pm / Sat-Sun 1-7pm - Closed Tuesdays

Additional Event Closures: Pool closed Friday - Sunday, 8/5-8/7 for Swim Team Championships

SWIM CLASSES AT PANNELL MEADOWVIEW POOL & WADING POOL ARE OFFERED ON MON/WED/FRI. EACH SESSION RUNS TWO WEEKS—3 DAYS EACH WEEK (6 DAYS). CLASSES ARE 40 MINUTES.

SEA HORSES \$56

COURSE#	TIMES	DATES
89192.....	12:05-12:45pm	6/27-7/8
85731.....	5:15-5:55pm	6/27-7/8
85732.....	6-6:40pm	6/27-7/8
85733.....	6:45-7:25pm	6/27-7/8
89193.....	12:05-12:45pm	7/11-7/22
85734.....	5:15-5:55pm	7/11-7/22
85735.....	6-6:40pm	7/11-7/22
85736.....	6:45-7:25pm	7/11-7/22
89194.....	12:05-12:45pm	7/25-8/5
85737.....	5:15-5:55pm	7/25-8/5
85738.....	6-6:40pm	7/25-8/5
85739.....	6:45-7:25pm	7/25-8/5
89195.....	12:05-12:45pm	8/8-8/19
85740.....	5:15-5:55pm	8/8-8/19
85741.....	6-6:40pm	8/8-8/19

SEA TURTLES \$56

COURSE#	TIMES	DATES
85742.....	5:15-5:55pm	6/27-7/8
85743.....	6-6:40pm	6/27-7/8
85744.....	5:15-5:55pm	7/11-7/22
85745.....	6-6:40pm	7/11-7/22
85746.....	5:15-5:55pm	7/25-8/5
85747.....	6-6:40pm	7/25-8/5
85748.....	5:15-5:55pm	8/8-8/19
85749.....	6-6:40pm	8/8-8/19

SEA EELS \$56

COURSE#	TIMES	DATES
85728.....	6:45-7:25pm	7/11-7/22
85729.....	6:45-7:25pm	7/25-8/5
85730.....	6:45-7:25pm	8/8-8/19

BLOWFISH \$35

COURSE#	TIMES	DATES
89173.....	12:05-12:35pm	6/27-7/1
89123.....	6-6:30pm	6/27-7/1
89174.....	12:05-12:35pm	7/4-7/8
89124.....	6-6:30pm	7/4-7/8
89175.....	12:05-12:35pm	7/11-7/15
89125.....	6-6:30pm	7/11-7/15
89176.....	12:05-12:35pm	7/18-7/22
89126.....	6-6:30pm	7/18-7/22
89177.....	12:05-12:35pm	7/25-7/29
89180.....	6-6:30pm	7/25-7/29
89178.....	12:05-12:35pm	8/1-8/5
89180.....	6-6:30pm	8/1-8/5
89179.....	12:05-12:35pm	8/8-8/12
89127.....	6-6:30pm	8/8-8/12

STARFISH \$35

COURSE#	TIMES	DATES
85750.....	12:05-12:45pm	6/27-7/1
89188.....	5:15-5:55pm	6/27-7/1
89182.....	12:05-12:45pm	7/4-7/8
89189.....	5:15-5:55pm	7/4-7/8
89183.....	12:05-12:45pm	7/11-7/15
85751.....	5:15-5:55pm	7/11-7/15
89184.....	12:05-12:45pm	7/18-7/22
89190.....	5:15-5:55pm	7/18-7/22
89185.....	12:05-12:45pm	7/25-7/29
85752.....	5:15-5:55pm	7/25-7/29
89186.....	12:05-12:45pm	8/1-8/5
89191.....	5:15-5:55pm	8/1-8/5
89187.....	12:05-12:45pm	8/8-8/12
85753.....	5:15-5:55pm	8/8-8/12

ADULT LESSONS \$56

LEVEL ONE

COURSE#	TIMES	DATES
85726.....	6:45-7:25pm	6/27-7/8
85727.....	6:45-7:25pm	7/25-8/5

LEVEL TWO

COURSE#	TIMES	DATES
85724.....	6:45-7:25pm	7/11-7/22
85725.....	6:45-7:25pm	8/8-8/19

Jr. Lifeguard Academy \$39

COURSE#	TIMES	DATES
87089.....	5:30-7:30pm	7/11-7/22

LAP SWIM \$50

Dates: 6/20-9/2

COURSE#	TIMES	DAYS
89128.....	5:15-7pm	M/W/F
89128.....	11am-12:45pm	Su

Dates & hours may change without notice.

WATER AEROBICS \$28

Dates: 6/20-8/19

COURSE#	TIMES	DAYS
89129.....	12-1pm	M/W/F/Su
89129.....	5:30-6:30pm	Th

STROKE AND TURN CLINIC \$56

COURSE#	TIMES	DATES
87086.....	6-6:40pm	6/27-7/8

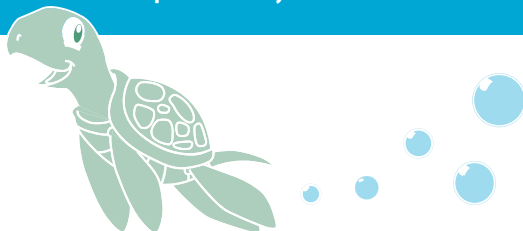
KILLER WHALES SWIM TEAM \$89

COURSE#	TIMES	DATES
89223.....	10:30-11:30 am	6/27-8/5
86879.....	7-8 pm	6/27-8/5



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.



Pannell Meadowview Pool Rental Rates

# of guests	2 hrs	Each addtnl. hour
1-100	\$450	\$140 per hour
101-200	\$580	\$140 per hour

\$150 or \$300 deposit is required.

Pannell Meadowview Play Pool:

Fee:
2 hrs for \$130.
Each additional hour, \$65.
\$100 deposit is required

Reservation Times:
Sunday mornings only from 9am-12:45pm—dates are limited, please call 808-2306.