

Come Out and Swim!



City of Sacramento,
Department of Parks and Recreation

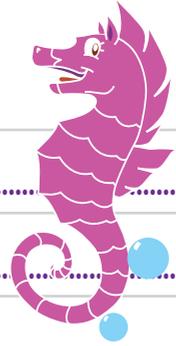


THANK YOU
SAVE MART
SUPERMARKETS

The City of Sacramento would like to extend a heartfelt "thank you" to Save Mart and the Sacramento community for saving the City pools. Children and adults alike will continue to enjoy the swimming pools and the recreational benefits they offer to our community.

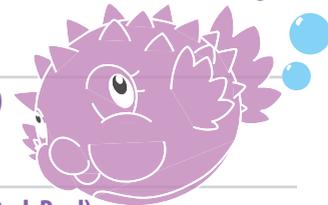
City Pool Directory

Cabrillo, Glenn Hall, Mangan, Oki, Southside, & Tahoe Pools are Closed



Clunie Pool - Closed Monday 808-5301.....	Alhambra & McKinley Boulevard.	Open 5/26 - 9/3	Page 6
Doyle Pool - Closed Monday 566-6420.....	Brewerton and Mendel Way	Open 6/12 - 8/12	Page 5
Johnston Pool - Closed Thursday 808-6421.....	231 Eleanor Avenue.....	Open 6/11 - 8/12	Page 4
McClatchy Park Pool - Closed Friday 264-6041.....	35th Street & 5th Avenue	Open 6/18 - 8/26	Page 6
Natomas High School Pool - Open for Programs 566-3644.....	3301 Fong Ranch Road	Closed for Rec. Swim	Page 5
Pannell Meadowview Pool - Closed Tuesday 808-6622.....	2450 Meadowview Road.....	Open 6/18 - 9/3	Page 7
George Sim Pool - Closed Monday 808-3768.....	6207 Logan Street	Open 6/19 - 8/26	Page 7

Play Pools



From an Anonymous Save Mart Campaign Donor:

"I can't think of a more important part of any child's summer than having access to a safe place to swim. Our city pools provide part-time employment for young people, and they are an integral part of our parks and recreation system. Without pools, many families and kids will find themselves trying to cool down in the dangerous waters of the American and Sacramento Rivers."

Bertha Henschel Park Play Pool - A & 45th Streets. Ph: 808-5301 (Clunie Pool)

Pool operates 6/19-8/26. Recreational Swim Hours: Tu-Fri 12nn-4pm, Sat/Sun 1-5pm. Free Admission. CLOSED MONDAYS.

Colonial Play Pool - 18th Avenue & 53rd Street, Phone: 277-6041 (McClatchy Park Pool).

Pool operates 6/18-8/23. Recreational Swim Hours: M-Th 1-5pm, Free Admission. CLOSED FRI/SAT/SUN.

Mama Marks Park Play Pool - Roanoke Ave & Belden Street, Phone: 566-6410 (Johnston Pool).

Pool Operates 6/11-8/10. Recreational Swim Hours: M/Tu/W/Fr 12-4pm. Free Admission. CLOSED THU/SAT/SUN.

Robertson Park Play Pool - 3525 Norwood Ave, Phone: 566-6410 (Johnston Pool).

Recreational Swim Hours: M/W/Th/Fri/Sa/Sun, 1-5pm. Free Admission. Pool Operates 6/11-8/12. CLOSED TU/THU.

William Land Park Play Pool - Riverside Blvd & 13th Ave. Phone: 808-6622 (Pannell Meadowview Pool).

Pool Operates 6/18-8/26. Recreational Swim Hours: M-Fr 11am-3pm, Sat/Sun 1-5pm. Free Admission. CLOSED TUESDAYS.



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CITY OF SACRAMENTO



DEPARTMENT OF PARKS AND RECREATION

DEPARTMENT OF PARKS AND RECREATION

Staff

- James L. Combs, Director
- Dave Mitchell, Operations Manager
- Shannon Brown, Parks and Operations Services Manager
- Alan Tomiyama, Recreation Services Manager
- Sylvia Fort, Recreation Services Manager
- Lori Harder, Administrative Services Manager
- JP Tindell, Park Planning and Development Services Manager
- Vincene Rogers Jones, Neighborhood Services Division Manager

General Department Information

916-808-5200 • 915 I Street, Fifth Floor
Sacramento, CA 95814

www.cityofsacramento.org/parksandrecreation

Park Permits and Facility Rentals

916-808-6060 • 4623 T Street, Sacramento, CA 95819
sacrecreation@cityofsacramento.org
www.cityofsacramento.org/activitypermits

Commission

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- Jonathan Rewers, Chair, District 2
- Jeff Harris, District 3
- Dave O'Toole, District 4
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Seasonal Program Directory

This publication is the seasonal program directory of the department of Parks and Recreation. Although this publication was prepared on the basis of the best information available at the time, all information including locations, dates, times, fees, etc. is subject to change without notice. All fees listed in this publication are subject to change.

CALL
我們講中文
Hablamos español
Мы говорим по-русски
ພວກເຮົາເວົ້າພາສາລາວ
Peb hais lus Hmoob
Chúng tôi nói tiếng Việt

Beginning July 1, 2012, pool hours, dates, and programming may be affected due to potential budget reductions.

Registration & Fee Information

Registration Deadlines:

Beginning April 16th 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. We cannot take payments at City pool facilities.

Session Dates	Deadline to register
<i>Register via online, mail, or walk-in. Postmarks not accepted</i>	
Session 1. June 25-July 6	June 21
Session 2. July 9-July 20	July 5
Session 3. July 23-August 3	July 19
Session 4. August 6-August 17.....	August 2

Easy Ways to Register for Aquatics Programs!

- For all Aquatics Programs, you can register online:
<http://www.parksandrecreation.cityofsacramento.org>
- You can mail registration form and correct payment to:
Aquatics Registration, 4623 T St, Sacramento, CA 95819
(deadlines apply)
- Walk-In registration is permitted at selected Community Centers:
 - Coloma CC, 4623 T St
Mo-Th: 10am-4pm
 - Pannell Meadowview CC 2450 Meadowview Rd
M/W/Th/F: 8:30am-9pm and Sat.: 9am-12n
 - South Natomas CC, 2921 Truxel Rd
Mo-Th: 8:30am-8pm / Sat: 11-3pm

Registrations/Transfers/Refunds:

We know that plans can change! To request a refund or transfer, call 808-2306 or email sacrecreation@cityofsacramento.org before the registration deadline. Requests for refunds must be in writing and forms are available at the pool or at community centers and can be submitted electronically or via fax, walk-in or mail. All transfers and refunds will be subject to a \$5 transaction fee per participant. If the Aquatics Section changes or cancels a class, those refunds, credits or transfers will be transacted without the \$5 fee.

Fees:

Group Learn-To-Swim Lessons	\$56
(Sea Shrimp, Sea Horses, Sea Turtles, Sea Eels, Adult)	
Blowfish..... (6mos-3yrs w/adult)	\$35
Starfish	\$35
(3-5 yrs).....	
Access Aquatics	\$65
Private Swim Lessons	\$75
Summer Swim League	\$89
Junior Lifeguard Academy.....	\$39
Lap Swim	\$5
(one visit)	
Lap Swim	\$50
(20 Punch Card)	
Water Aerobics	\$6
(one visit)	
*Water Aerobics	\$30
(10-punch card).....	
*Free with 50+ Wellness Eligibility	

Frequent Swimmer Cards

For those who swim almost every day or who like the convenience, you can save money by purchasing a frequent swimmer punch card. Purchases can only be made online or at selected community centers; not at pools. Unused swims may be carried over to next year. Card is good at any open City swimming pool.

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

Swim Lesson Class Descriptions

For full descriptions, visit:

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

Infant/Pre-School Lesson Program

Classes are 30-40 minutes in length and run for one week (3 days, M/W/F or Tu/W/Th).

Blowfish (infant/child ages 6 mo to 3 yrs with adult)

Starfish (ages 3-5 yrs) Classes are held in wading pools.

Learn-To-Swim Program

Youth learn-to-swim classes are 40 minutes in length and run for 6 days (M/W/Fri or Tu/W/Th) over a two week session.

Sea Shrimp—Beginner Level 1 NEW

Sea Horses—Beginner Level 2

Sea Turtles—Intermediate Level

Sea Eels—Advanced Level

Adult Swim Lessons 14+ years

Two levels of adult lessons are offered at Pannell Meadowview, Natomas HS & Clunie Pools.

Private Swim Lessons

Private swim lessons can be arranged on an “as-needed” but limited 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. Private lessons are only offered at Johnston & Sim Pools during group lesson hours. Call 808-2306 or email aquatics@cityofsacramento.org for more information. Must be willing to register in person at Coloma Community Center.

Access Aquatics

Access Aquatics are swim lessons offered to children, teens, and adults with disabilities and special needs. Qualified instructors will focus on strengths to enhance swimming skills and abilities. 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 Johnston & Sim Pools during group lesson hours. Call 808-2306 or e-mail aquatics@cityofsacramento.org for more information. Must be willing to register in person at Coloma Community Center.

Stroke & Turn 7-17 years

For youth swim team participants who would like to improve their strokes and turns. Offered only at limited pool locations during Session 1.

Lap Swim 16+ years

Contact your neighborhood pool for days and times.

Water Aerobics 16+ years

Water aerobic activity offers low impact exercise that provides up to 12 pounds of resistance. Classes are offered at Clunie, Natomas HS, and Pannell Meadowview Pools. Ask about free classes sponsored by 50+ Wellness program. Check each pool description for times & dates

Junior Lifeguard Academy

Do you want to get ready for an exciting career as a Lifeguard? This program 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, presented in one two-week session for youth 12-15 years. Training consists of classroom work, lectures, video presentations and teambuilding activities. Class “graduation” day (Sun. 7/22, 10am at George Sim Pool) is an opportunity for junior guards to exhibit their new skills to family and friends! Prerequisites: Ability to swim the front crawl for 25 yards continuously. The program is offered at selected pools. Check each pool listing for availability.

DAILY PUBLIC SWIM ADMISSION

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

Children (17 years & under)..... \$1
 Adults (18 + years) \$2

Recreational Swim League

For more detailed information visit:

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

The Aquatics Section sponsors a city-wide recreational swim team program designed to introduce swimmers to the environment of competitive swimming.

Three pools - Doyle, Clunie, Pannell Meadowview make up the three swim teams that will compete in dual meets against each other. 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 to 17 years old. Age verification (birth certificate, etc) required.
 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.

Dual Meets:

Three teams swim each other twice resulting in 4 dual meets per team. Meets are held at Natomas HS Pool and Pannell Meadowview Pool.

Important Dates:

There are NO Event Trials or League Championships:

Practice begins the week of June 18. Dual meets are held on Saturday mornings June 30, July 7, 14, 21, 28, and August 4. Each team has two byes.

Registration:

Registration will be accepted 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, June 29.

POOL RENTALS

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 10 days prior to the event, in person, at the Coloma Community Center (4623 T St.). All fees (including deposit of \$100-\$300) are due at the time the reservation is made. Check for pool availability by calling 808-2306.

Rental Rates for Swimming Pools (*max is 200)

# of Guests	2 hours	Each additional hour
1-100	\$320	\$140 per hour
101-200*	\$560	\$140 per hour

\$150 or \$300 deposit is required

Rental Rates for Play Pools (see page 2 for locations)

2 hours	\$130
Each additional hour	\$65

\$100 deposit is required

Doggy Dip Day is Back!

Saturday Oct. 20, 10am-2pm

Sunday Oct. 21, 11am-3pm

\$5 per dog

Bring your dogs swimming to a Safe, Clean Pool!

Phone: 808-2306

Email: aquatics@cityofsacramento.org

Website: www.cityofsacramento.org/parksandrecreation/recreation/aquatics/



Pool Listings

North Area



JOHNSTON POOL

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

CLOSED THURSDAYS

Pool operates 6/11-8/12. Recreational Swim Hours: M/Tu/W/Fr 1-5pm, Sat/Sun 1-5pm.

For swimming lessons, see Doyle & Natomas HS Pools

North Area

Doyle Pool and Wading Pool

Located in Northgate Park at Brewerton and Mendel Way /566-6420 / Operates 6/12-8/12. **CLOSED MONDAYS.**
Recreational Swim Hours: Tu-Fr 1-5pm, Sat/Sun 1-6pm.

BLOWFISH \$35

COURSE#	TIMES	DATES
104937	5:15-5:45p	6/26-6/28
104936	6:05-6:35p	6/26-6/28
104939	5:15-5:45p	7/3-7/5
104938	6:05-6:30p	7/3-7/5
104941	5:15-5:45p	7/10-7/12
104940	6:05-6:35p	7/10-7/12
104943	5:15-5:45p	7/17-7/19
104942	6:05-6:35p	7/17-7/19
104945	5:15-5:45p	7/24-7/26
104944	6:05-6:35p	7/24-7/26

STARFISH \$35

COURSE#	TIMES	DATES
104980	12:10-12:50p	6/26-6/28
104978	5:15-5:55p	6/26-6/28
104979	6:05-6:45p	6/26-6/28
108923	12:10-12:50p	7/3-7/5
104982	5:15-5:55p	7/3-7/5
104981	6:05-6:45p	7/3-7/5
104984	12:10-12:50p	7/10-7/12

104983	5:15-5:55p	7/10-7/12
104985	6:05-6:45p	7/10-7/12
108924	12:10-12:50p	7/17-7/19
104987	5:15-5:55p	7/17-7/19
104988	6:05-6:45p	7/17-7/19
104990	12:10-12:50p	7/24-7/26
104989	5:15-5:55p	7/24-7/26
104991	6:05-6:45p	7/24-7/26

SEA HORSES \$56

COURSE#	TIMES	DATES
104951	11:20-12p	6/26-7/5
104952	12:10-12:50p	6/26-7/5
104948	5:15-5:55p	6/26-7/5
104949	6:05-6:45p	6/26-7/5
104950	6:55-7:35p	6/26-7/5
104955	11:20-12p	7/10-7/19
104956	12:10-12:50p	7/10-7/19
104953	5:15-5:55p	7/10-7/19
104954	6:05-6:45p	7/10-7/19
104957	6:55-7:35p	7/10-7/19
104961	11:20-12p	7/24-8/2

SEA TURTLES \$56

COURSE#	TIMES	DATES
104966	11:20-12p	6/26-7/5
104967	12:10-12:50p	6/26-7/5
104963	5:15-5:55p	6/26-7/5
104964	6:05-6:45p	6/26-7/5
104965	6:55-7:35p	6/26-7/5
104971	11:20-12p	7/10-7/19
104972	12:10-12:50p	7/10-7/19
104968	5:15-5:55p	7/10-7/19
104969	6:05-6:45p	7/10-7/19
104970	6:55-7:35p	7/10-7/19
104975	11:20-12p	7/24-8/2
104976	12:10-12:50p	7/24-8/2
104973	5:15-5:55p	7/24-8/2
104974	6:05-6:45p	7/24-8/2
104977	6:55-7:35p	7/24-8/2

Natomas High School Pool

Located at Natomas High School Near Truxel Rd & San Juan Ave at 3301 Fong Ranch Road – 566-3644.
CLOSED for Recreational Swim. Aquatics programs are offered.

BLOWFISH \$35

COURSE#	TIMES	DATES
104891	11:35a-12:15p	6/25-6/29
104892	11:35a-12:15p	7/9-7/13
104893	11:35a-12:15p	7/23-7/27

SEA HORSES \$56

COURSE#	TIMES	DATES
104900	10:45-11:25a	6/25-7/6
104901	11:35a-12:15p	6/25-7/6
104902	4-4:40p	6/25-7/6
104903	4:50-5:30p	6/25-7/6
104904	5:40-6:20p	6/25-7/6
104906	6:30-7:10p	6/25-7/6
104907	10:45-11:25a	7/9-7/20
104908	11:35a-12:15p	7/9-7/20
104910	4-4:40p	7/9-7/20
104911	4:50-5:30p	7/9-7/20
104913	5:40-6:20p	7/9-7/20
104912	6:30-7:10p	7/9-7/20
104914	10:45-11:25a	7/23-8/3
104915	11:35a-12:15p	7/23-8/3
104917	4-4:40p	7/23-8/3
104918	4:50-5:30p	7/23-8/3
104919	5:40-6:20p	7/23-8/3
104920	6:30-7:10p	7/23-8/3

NEW - SEA SHRIMP \$56

COURSE#	TIMES	DATES
106431	11:35a-12:15p	6/25-7/6
106434	5:40-6:20p	6/25-7/6
106432	11:35a-12:15p	7/9-7/20
106435	5:40-6:20p	7/9-7/20
106433	11:35a-12:15p	7/23-8/3
106436	5:40-6:20p	7/23-8/3

SEA TURTLES \$56

COURSE#	TIMES	DATES
104921	11:35a-12:15p	6/25-7/6
104922	4-4:40p	6/25-7/6
104923	4:50-5:30p	6/25-7/6
104924	5:40-6:20p	6/25-7/6
104925	6:30-7:10p	6/25-7/6
104926	11:35a-12:15p	7/9-7/20
104927	4-4:40p	7/9-7/20
104928	4:50-5:30p	7/9-7/20
104929	5:40-6:20p	7/9-7/20
104930	6:30-7:10p	7/9-7/20
104931	11:35a-12:15p	7/23-8/3
104932	4-4:40p	7/23-8/3
104933	4:50-5:30p	7/23-8/3
104934	5:40-6:20p	7/23-8/3
104935	6:30-7:10p	7/23-8/3

SEA EELS \$56

COURSE#	TIMES	DATES
104894	11:35a-12:15p	7/9-7/20
104895	5:40-6:20p	7/9-7/20
104896	6:30-7:10p	7/9-7/20
104897	11:35a-12:15p	7/23-8/3
104898	5:40-6:20p	7/23-8/3
104899	6:30-7:10p	7/23-8/3

DOLPHINS SWIM TEAM \$89

COURSE#	TIMES	DATES
105581	9:30-10:30a	6/19-8/4
105578	7:15-8:15p	6/19-8/4

ADULT LESSONS LEVEL ONE \$56

COURSE#	TIMES	DATES
104774	6:30-7:10p	6/25-7/6
104777	7:20-8p	6/25-7/6
104778	6:30-7:10p	7/23-8/3
104775	7:20-8p	7/23-8/3

ADULT LESSONS LEVEL TWO \$56

COURSE#	TIMES	DATES
104776	6:30-7:10p	7/9-7/20
104779	7:20-8p	7/9-7/20

Swim classes

at Doyle Pool & wading pool are offered on Tue/Wed/Thu.

SEA EELS \$56

COURSE#	TIMES	DATES
104946	6:05-6:45p	7/10-7/19
104947	6:05-6:45p	7/24-8/2

JR. LIFEGUARD ACADEMY \$39

COURSE#	TIMES	DATES
104674	5:30-7:30p	7/10-7/19

DOLPHINS SWIM TEAM \$89

COURSE#	TIMES	DATES
105581	9:30-10:30a	6/19-8/4
105578	7:15-8:15p	6/19-8/4

*Practices held at Natomas HS Pool

ADULT LESSONS LEVEL ONE \$56

COURSE#	TIMES	DATES
104780	6:55-7:35p	6/26-7/5
104781	6:55-7:35p	7/10-7/19
104782	6:55-7:35p	7/24-8/2

Swim classes

at Natomas HS Pool are offered on Mon/Wed/Fri.

WATER AEROBICS

Dates: 6/25-8/4
Fee: \$30 Punch Card
\$6 Daily Admission

COURSE#	TIMES	DAYS
TBA	11am-12p	Sa
TBA	6:30-7:30p	M-F

STROKE & TURN CLINIC \$56

COURSE#	TIMES	DATES
105586	12:10-12:50p	6/25-7/6
105587	5:40-6:20p	6/25-7/6
105588	6:30-7:10p	6/25-7/6

LAP SWIM

Dates: 6/25-8/4
Fee: \$50 punch card
\$5 Daily Admission

COURSE#	TIMES	DAYS
TBA	11am-12:45p	Sa
TBA	4:30-7p	M-F

Central City Area

Clunie Pool & Wading Pool

Located in McKinley Park at 601 Alhambra Blvd & F Street, adjacent to Clunie Community Center - 808-5301.

Pool operates 6/19-9/3. Recreational Swim Hours are: Tu/W/Th/Fr 1-5pm, Sat/Sun 1-6pm.

CLOSED MONDAYS (open Memorial Day and Labor Day).

Pre-season Recreational Swim: Sat/Sun 1-5pm only, 5/26-6/17

BLOWFISH \$35

COURSE#	TIMES	DATES
103727	11:20-11:50a	6/26-6/28
103736	5:15-5:45p	6/26-6/28
103733	11:20-11:50a	7/3-7/5
103730	5:15-5:45p	7/3-7/5
103728	11:20-11:50a	7/10-7/12
103737	5:15-5:45p	7/10-7/12
103734	11:20-11:50a	7/17-7/19
103731	5:15-5:45p	7/17-7/19
103729	11:20-11:50a	7/24-7/26
103738	5:15-5:45p	7/24-7/26
103735	11:20-11:50a	7/31-8/2
103732	5:15-5:45p	7/31-8/2

STARFISH \$35

COURSE#	TIMES	DATES
103739	12:10-12:50p	6/26-6/28
103744	5:15-5:55p	6/26-6/28
103740	12:10-12:50p	7/3-7/5
103745	5:15-5:55p	7/3-7/5
103741	12:10-12:50p	7/10-7/12
103746	5:15-5:55p	7/10-7/12
103742	12:10-12:50p	7/17-7/19
103747	5:15-5:55p	7/17-7/19
103743	12:10-12:50p	7/24-7/26
103748	5:15-5:55p	7/24-7/26
103750	12:10-12:50p	7/31-8/2
103749	5:15-5:55p	7/31-8/2

NEW - SEA SHRIMP \$56

COURSE#	TIMES	DATES
106423	12:10-12:50p	6/26-7/5
106427	6:05-6:45p	6/26-7/5

106424	12:10-12:50p	7/10-7/19
106428	6:05-6:45p	7/10-7/19
106425	12:10-12:50p	7/24-8/2
106429	6:05-6:45p	7/24-8/2
106426	12:10-12:50p	8/7-8/16
106430	6:05-6:45p	8/7-8/16

SEA HORSES \$56

COURSE#	TIMES	DATES
103773	11:20-12p	6/26-7/5
103774	12:10-12:50p	6/26-7/5
103775	5:15-5:55p	6/26-7/5
103776	6:05-6:45p	6/26-7/5
103777	6:55-7:35p	6/26-7/5
103778	11:20-12p	7/10-7/19
103779	12:10-12:50p	7/10-7/19
103780	5:15-5:55p	7/10-7/19
103781	6:05-6:45p	7/10-7/19
103782	6:55-7:35p	7/10-7/19
103783	11:20-12p	7/24-8/2
103784	12:10-12:50p	7/24-8/2
103785	5:15-5:55p	7/24-8/2
103786	6:05-6:45p	7/24-8/2
103787	6:55-7:35p	7/24-8/2
103788	11:20-12p	8/7-8/16
103789	12:10-12:50p	8/7-8/16
103790	5:15-5:55p	8/7-8/16
103791	6:05-6:45p	8/7-8/16
103792	6:55-7:35p	8/7-8/16

SEA TURTLES \$56

COURSE#	TIMES	DATES
103795	6:05am-6:45p	6/26-7/5
103793	11:20-12p	6/26-7/5
103794	5:15-5:55p	6/26-7/5

103796	11:20-12p	7/10-7/19
103797	5:15-5:55p	7/10-7/19
103798	6:05-6:45p	7/10-7/19
103799	11:20-12p	7/24-8/2
103800	5:15-5:55p	7/24-8/2
103801	6:05-6:45p	7/24-8/2
103802	11:20-12p	8/7-8/16
103803	5:15-5:55p	8/7-8/16
103804	6:05-6:45p	8/7-8/16

SEA EELS \$56

COURSE#	TIMES	DATES
103805	12:10-12:50p	7/10-7/19
103806	6:55-7:35p	7/10-7/19
103807	12:10-12:50p	7/24-8/2
103808	6:55-7:35p	7/24-8/2
103809	12:10-12:50p	8/7-8/16
103810	6:55-7:35p	8/7-8/16

WATER AEROBICS

Dates: 6/19-8/25

Fee: \$30 Punch Card

\$6 Daily Admission

COURSE#	TIMES	DAYS
TBA	11a-12p	Sa/Su
TBA	6:30-7:30p	T/Th

STROKE & TURN CLINIC \$56

COURSE#	TIMES	DATES
105582	12:10-12:50p	6/26-7/5
105583	6:55-7:35p	6/26-7/5

JR. LIFEGUARD ACADEMY \$39

COURSE#	TIMES	DATES
104675	5:30-7:30p	7/10-7/19

Swim classes

at Clunie Pool & wading pool are offered on Tue/Wed/Thu.

CLUNIE IS CLOSED FOR LIFEGUARD STAFF TRAINING ON THESE DAYS:

SUN 6/3 & SAT 6/9

MARLINS SWIM TEAM \$89

COURSE#	TIMES	DATES
105574	10-11a	6/19-8/4
105575	7:30-8:30p	6/19-8/4

ADULT LESSONS LEVEL ONE \$56

COURSE#	TIMES	DATES
103723	6:55-7:35p	6/26-7/5
104073	6:05-6:45p	7/10-7/19
103724	6:55-7:35p	7/24-8/2
104074	6:05-6:45p	8/7-8/16

ADULT LESSONS LEVEL TWO \$56

COURSE#	TIMES	DATES
103725	6:05-6:45p	6/26-7/5
104076	6:55-7:35p	7/10-7/19
104075	6:05-6:45p	7/24-8/2
103726	6:55-7:35p	8/7-8/16

LAP SWIM

Dates: 5/26-9/3

Fee: \$50 punch card

\$5 Daily Admission

COURSE#	TIMES	DAYS
TBA	11a-12:45p	Sa/Su
TBA	4-7p	Tu-F

McClatchy Park Pool & Wading Pool

Located in McClatchy Park at 35th Street and 5th Avenue - 277-6041. **CLOSED FRIDAYS.**

Pool operates 6/18-8/26. Recreational Swim Hours: M-Th 1-5pm, Sat/Sun 1-5pm.

BLOWFISH \$35

COURSE#	TIMES	DATES
104126	5:15-5:45p	6/26-6/28
104128	5:15-5:45p	7/3-7/5
104127	5:15-5:45p	7/10-7/12
104129	5:15-5:45p	7/17-7/19
104130	5:15-5:45p	7/24-7/26

STARFISH \$35

COURSE#	TIMES	DATES
104139	5:15-5:55p	6/26-6/28
104142	5:15-5:55p	7/3-7/5
104140	5:15-5:55p	7/10-7/12

104143	5:15-5:55p	7/17-7/19
104141	5:15-5:55p	7/24-7/26

SEA HORSES \$56

COURSE#	TIMES	DATES
104131	5:15-5:55p	6/26-7/5
104135	6:05-6:45p	6/26-7/5
104132	5:15-5:55p	7/10-7/19
104136	6:05-6:45p	7/10-7/19
104133	5:15-5:55p	7/24-8/2
104137	6:05-6:45p	7/24-8/2
104134	5:15-5:55p	8/7-8/16
104138	6:05-6:45p	8/7-8/16

SEA TURTLES \$56

COURSE#	TIMES	DATES
104144	6:05-6:45p	6/26-7/5
104145	6:05-6:45p	7/10-7/19
104146	6:05-6:45p	7/24-8/2
104147	6:05-6:45p	8/7-8/16

SEA EELS \$56

COURSE#	TIMES	DATES
104123	6:05-6:45p	7/10-7/19
104124	6:05-6:45p	7/24-8/2
104125	6:05-6:45p	8/7-8/16

Swim classes

at McClatchy Park Pool & wading pool are offered on Tue/Wed/Thu.



South Area

George Sim Pool & Wading Pool

Located adjacent to George Sim Community Center at 6207 Logan Street – 808-3768.
Pool operates 6/19-8/26. Recreational Swim Hours: Tu-Fr 1-5pm, Sat/Sun 1-5pm. **CLOSED MONDAYS.**

STARFISH \$35

COURSE#	TIMES	DATES
104888	5:15-5:55p	6/26-6/28
104889	5:15-5:55p	7/10-7/12
104890	5:15-5:55p	7/24-7/26



SEA HORSES \$56

COURSE#	TIMES	DATES
104876	5:15-5:55p	6/26-7/5
104877	6:05-6:45p	6/26-7/5
104878	5:15-5:55p	7/10-7/19
104879	6:05-6:45p	7/10-7/19
104880	5:15-5:55p	7/24-8/2
104881	6:05-6:45p	7/24-8/2
104882	5:15-5:55p	8/7-8/16
104883	6:05-6:45p	8/7-8/16

SEA TURTLES \$56

COURSE#	TIMES	DATES
104884	5:15-5:55p	6/26-7/5
104885	5:15-5:55p	7/10-7/19
104886	5:15-5:55p	7/24-8/2
104887	5:15-5:55p	8/7-8/16

SEA EELS \$56

COURSE#	TIMES	DATES
104873	6:05-6:45p	7/10-7/19
104874	6:05-6:45p	7/24-8/2
104875	6:05-6:45p	8/7-8/16

Swim classes

at George Sim Pool are offered on Tu/We/Th.



Pannell Meadowview Pool & Wading Pool

Located near Samuel C. Pannell Meadowview Community Center / 2450 Meadowview Road - 808-6622.
Pool operates 6/18-9/3. Recreational swim: M/W/Th/Fri 1-5pm, Sat/Sun 1-6 pm. **CLOSED TUESDAYS.**

BLOWFISH \$35

COURSE#	TIMES	DATES
104182	12:05-12:35p	6/25-6/29
104177	6:05-6:35p	6/25-6/29
104183	12:05-12:35p	7/2-7/6
104178	6:05-6:35p	7/2-7/6
104184	12:05-12:35p	7/9-7/13
104179	6:05-6:35p	7/9-7/13
104185	12:05-12:35p	7/16-7/20
104180	6:05-6:35p	7/16-7/20
104186	12:05-12:35p	7/23-7/27
104189	6:05-6:35p	7/23-7/27
104187	12:05-12:35p	7/30-8/3
104190	6:05-6:35p	7/30-8/3
104188	12:05-12:35p	8/6-8/10
104181	6:05-6:35p	8/6-8/10

NEW - SEA SHRIMP \$56

COURSE#	TIMES	DATES
104783	12:05-12:45p	6/25-7/6
104787	5:15-5:55p	6/25-7/6
104784	12:05-12:45p	7/9-7/20
104788	5:15-5:55p	7/9-7/20
104785	12:05-12:45p	7/23-8/3
104789	5:15-5:55p	7/23-8/3
104786	12:05-12:45p	8/6-8/17
104790	5:15-5:55p	8/6-8/17

SEA TURTLES \$56

COURSE#	TIMES	DATES
104209	5:15-5:55p	6/25-7/6
104210	6:05-6:45p	6/25-7/6
104211	5:15-5:55p	7/9-7/20
104212	6:05-6:45p	7/9-7/20
104213	5:15-5:55p	7/23-8/3
104214	6:05-6:45p	7/23-8/3
104215	5:15-5:55p	8/6-8/17
104216	6:05-6:45p	8/6-8/17

SEA EELS \$56

COURSE#	TIMES	DATES
104191	6:55-7:35p	7/9-7/20
104192	6:55-7:35p	7/23-8/3
104193	6:55-7:35p	8/6-8/17

SEA HORSES \$56

COURSE#	TIMES	DATES
104197	12:10-12:50p	6/25-7/6
104194	5:15-5:55p	6/25-7/6
104195	6:05-6:45p	6/25-7/6
104196	6:50-7:35p	6/25-7/6
104198	12:10-12:50p	7/9-7/20
104200	5:15-5:55p	7/9-7/20

104201	6:05-6:45p	7/9-7/20
104202	6:55-7:35p	7/9-7/20
104199	12:10-12:50p	7/23-8/3
104204	5:15-5:55p	7/23-8/3
104205	6:05-6:45p	7/23-8/3
104206	6:55-7:35p	7/23-8/3
104203	12:10-12:50p	8/6-8/17
104207	5:15-5:55p	8/6-8/17
104208	6:05-6:45p	8/6-8/17

ADULT LESSON LEVEL ONE \$56

COURSE#	TIMES	DATES
104173	6:55-7:35p	6/25-7/6
104174	6:55-7:35p	7/23-8/3

ADULT LESSON LEVEL TWO \$56

COURSE#	TIMES	DATES
104175	6:55-7:35p	7/9-7/20
104176	6:55-7:35p	8/6-8/17

JR. LIFEGUARD ACADEMY \$39

COURSE#	TIMES	DATES
104677	5:30-7:30p	7/9-7/20

STROKE & TURN CLINIC \$56

COURSE#	TIMES	DATES
105589	6:10-6:50p	6/25-7/6

Swim classes

at Pannell Meadowview Pool & wading pool are offered on Mon/Wed/Fri.

KILLER WHALES SWIM TEAM

\$89

COURSE#	TIMES	DATES
105580	10:30-11:30a	6/18-8/4
105579	7-8p	6/18-8/4

LAP SWIM

Dates: 6/18-9/3

\$50 punch card

\$5 Daily Admission

COURSE#	TIMES	DAYS
TBA	5:15-7p	M/W/F
TBA	11am-12:45p	Sun

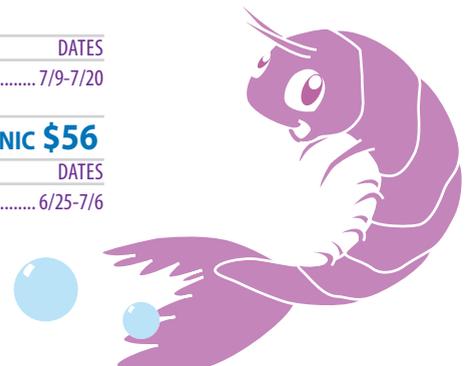
WATER AEROBICS

Dates: 6/18-8/26

\$30 Punch Card

\$6 Daily Admission

COURSE#	TIMES	DAYS
TBA	11:45a-12:45p	M/W/F/Su
TBA	5:30-6:30p	Th





Water Safety Tips

If you live in Sacramento, you know how hot the summers can be. Swimming, whether in a pool or other bodies of water, has always been a great way to cool off!

The City of Sacramento Department of Parks and Recreation wants everyone to consider safety when choosing to swim in public or private pools, lakes, rivers and open water. Park and recreation agencies have gradually been closing swimming pools in the Sacramento region causing people to consider open waterways as an option to cool off.

Most drowning injuries and deaths are preventable.

Please familiarize yourself with these water safety tips:

- Swim in lifeguarded areas and designated swimming areas.
- Actively watch children while they are swimming. Don't leave unattended, even for a moment.
- Teach kids never to swim alone. Children under age 12 should be escorted by a responsible adult.
- Don't dive into water less than 5 feet deep.
- Know that any child can get in trouble in the water, even if he is wearing a life jacket or has taken swimming lessons.
- Make sure kids take swimming lessons when they're ready, usually after age 4.
- Sign up for CPR and First Aid classes.
- Use lifejackets (U.S. Coast Guard-approved) whenever possible (do not use water wings or swim suits with built-in flotation). Free in certain river areas in Sacramento.
- In open water, be knowledgeable about the water environment and its potential hazards (season, temperature, currents, obstructions).
- Kids and adults should wear U.S. Coast Guard-approved life jackets (PFDs) any time when in or near open bodies of water or participating in water sports.
- Adults—please don't mix alcohol and drugs with swimming and boating. Even strong adult swimmers can overestimate their swimming abilities and drown if under the influence of drugs or alcohol.

- More than 1,000 children die from drowning in the United States each year.
- Drowning injuries are the second leading cause of accidental trauma in children in the United States.
- Children older than 4 are more likely to drown while swimming.
- Boys are four to six times more likely than girls to suffer a drowning injury, possibly because they drink alcohol while swimming or overestimate their swimming skills.