

El Cerrito Swim Center – Fall 2019 Pool Schedule

7007 Moeser Lane - El Cerrito, CA 94530 - Phone: 510-559-7011 - Fax: 510-528-9413 - Email: recreation@ci.el-cerrito.ca.us - www.el-cerrito.org/swim center

Management reserves the right to change the schedule. Please check online for the most current schedule

Please check in at the swim window prior to entering the facility.

If lifeguards are rotating, please WAIT at the swim window to be checked in prior to entering or drop pass card in plastic box provided.



Adult Programs: Beginning August 19, 2019

| Adult Programs | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---------------------------|---|---------------------------|------------------------------|-------------------------------------|-------------------------------------|
| Lap Swim (3+ Lanes) Lap Swim shares the pool with other programs. | 6am–2pm** | 6am–2pm | 6am–2pm | 6am–2pm | 6am–2pm | 10am–4pm* | 8:30am–4pm* |
| | 6pm–7:30pm | 6pm–7:30pm | 6pm–7:30pm | 6pm–7:30pm | 6pm–7:30pm | *1pm–4pm shares with Rec Swim | *1pm–4pm shares with Rec Swim |
| **Please note the pool will remain open every Monday from 8am-9am during yard maintenance. | | | | | | | |
| Water Walking (lane 0: shallow lane only) | 6am–8:30am 10:30am–2pm | 6am–8:30am 10:30am–2pm | 6am–8:30am 10:30am–2pm | 6am–8:30am 10:30am–2pm | 6am–8:30am 10:30am–2pm | | 11:30am- 12:30pm |
| Water Aerobics* Independent Exercise S=shallow water (lane 0) D=deep water (lane 1,2) | 9am–10am (S) 12pm–1pm (D) 6:30pm–7:30pm (D) | 9am–10am (S) | 9am–10am (S) 12pm–1pm (D) 6:30pm–7:30pm (D) | 9am–10am (S) | 9am–10am (S) 12pm-1pm (D) | 8am–9am (S/D) | 10:30am- 11:30am (D) |
| *Water Aerobics depends on instructor's availability. Front Office staff will let you know if there is an instructor that day. If no instructor, Independent Exercise will take place at Lap Swim prices. | | | | | | | |
| EC Aquatic Masters | 6am–7am 7am–8am | 6am–7am 7am–8am | 6am–7am 7am–8am | 6am–7am 7am–8am | 6am–7am 7am–8am | 8:30am–10am | 8:30am–10am |
| Water Polo | | 7:30pm–9pm | | 7:30pm–9pm | | | |
| Adult Swim Lessons | 6pm–6:30pm | 6pm–6:30pm | 6pm–6:30pm | 6pm–6:30pm | 6pm–6:30pm | 9am-12pm | |

Family Swim & Program Times: Beginning August 19, 2019

| Programs | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|--|--|--|--------------------------------------|--------------------------------------|
| rECreation Swim (Activity Pool & Splash Park) | | | | | 3:45pm–6pm | 1pm–4pm* *shares with Lap Swim | 1pm–4pm* *shares with Lap Swim |
| Splash Park (Splash Park only) | 10am–2pm | 10am–2pm | 10am–2pm | 10am–2pm | 10am–2pm | 10am–12pm | 10am–12pm |
| Tot Splash (Activity Pool & Splash Park No water slide or features) | 4pm–5:30pm* *shares with lessons | 4pm–5:30pm* *shares with lessons | 4pm–5:30pm* *shares with lessons | 4pm–5:30pm* *shares with lessons | | | |
| Youth Swim Lessons | 4pm–7pm | 4pm–7pm | 4pm–7pm | 4pm–7pm | | 9am–12pm | |
| Gators Swim Club Pre = Pre-Team SD=Stroke Development JR = Junior Group SR = Senior Group | SD: 3:45pm–4:45pm JR: 4pm-5:30pm SR: 4:45pm-6:15pm* Pre: 5:40pm–6:30pm *SR Dryland | SD: 3:45pm–4:45pm JR: 4pm-5:30pm* SR: 4:45pm-6:15pm Pre: 5:40pm–6:30pm *JR Dryland | SD: 3:45pm–4:45pm JR: 4pm-5:30pm SR: 4:45pm-6:15pm* Pre: No Practice *SR Dryland | SD: 3:45pm–4:45pm JR: 4pm-5:30pm* SR: 4:45pm-6:15pm Pre: 5:40pm–6:30pm *JR Dryland | SD: 3:45pm–4:45pm JR: 4pm-5:30pm SR: 4:45pm-6:15pm Pre: 5:40pm–6:30pm | | |



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Swim Center Fees

| Lap Swim/Water Walking/Ind. Exercise | rECreation Swim | Water Aerobics |
|---|--|---|
| <p>Until 9/1/19 Drop In: \$6 10-Swim Pass \$47 Resident/\$59 Non-Resident \$38 Senior Resident/\$47 Senior Non-Resident 30 Day Pass \$88 Resident/\$110 Non-Resident \$70 Senior Resident/\$88 Senior Non-Resident 90 Day Pass \$246 Resident/\$312 Non-Resident \$192 Senior Resident/\$246 Senior Non-Resident</p> <p>Beginning 9/1/19 Drop In: \$7 10-Swim Pass \$49 Resident/\$61 Non-Resident \$39 Senior Resident/\$49 Senior Non-Resident 30 Day Pass \$88 Resident/\$110 Non-Resident \$70 Senior Resident/\$88 Senior Non-Resident 90 Day Pass \$246 Resident/\$312 Non-Resident \$197 Senior Resident/\$250 Senior Non-Resident</p> <p>Senior is ages 60 or over</p> <p>Drop in and Passes valid for Lap Swim, Water Walking and Independent Exercise</p> | <p>Until 9/1/19 Child (1-6 years) \$3 Youth (7-17 years) \$4 Adult (18+ years) \$6 Non-Swimmer \$3 Beginning 9/1/19 Child (1-6 years) \$3 Youth (7-17 years) \$4 Adult (18+ years) \$7 Non-Swimmer \$3</p> <p>Until 9/1/19 Child 30 Day Pass Child 10-Swim Pass \$43 Res/\$52 NRes \$25 Res/\$30 NRes Youth 30 Day Pass Youth 10-Swim Pass \$48 Res/\$56 NRes \$35 Res/\$40 NRes Family Season Pass (valid 6/1/19 – 9/30/19) \$376 Resident/\$424 Non-Resident (up to 5 family members) Beginning 9/1/19 Child 30 Day Pass Child 10-Swim Pass \$45 Res/\$54 NRes \$25 Res/\$30 NRes Youth 30 Day Pass Youth 10-Swim Pass \$50 Res/\$58 NRes \$35 Res/\$40 NRes Family Season Pass (valid 6/1/19 – 9/30/19) \$388 Resident/\$437 Non-Resident (up to 5 family members)</p> <p style="text-align: center;">Splash Park & Tot Splash</p> <p>Until 9/1/19 Drop In: \$3 10-Swim Pass (valid April – October) Resident: \$21 Resident/\$26 Non-Resident (Splash Park rates only valid during splash park times)</p> <p>Beginning 9/1/19 Drop In: \$3 10-Swim Pass (valid April – October) Resident: \$22 Resident/\$27 Non-Resident (Splash Park rates only valid during splash park times)</p> | <p>Until 9/1/19 Drop In: \$10 4-Punch Pass \$30 Res/\$36 NRes/\$25 SrRes/\$28 Sr NRes 10-Punch Pass \$68 Res/\$85 NRes/\$55 SrRes/\$68 Sr NRes 15-Punch Pass \$92 Res/\$115 NRes/\$74 SrRes/\$92 SrNRes</p> <p>Beginning 9/1/19 Drop In: \$10 4-Punch Pass \$31 Res/\$38 NRes/\$25 SrRes/\$30 SrNRes 10-Punch Pass \$71 Res/\$88 NRes/\$57 SrRes/\$70 SrNRes 15-Punch Pass \$95 Res/\$119 NRes/\$76 SrRes/\$95 SrNRes</p> <p style="text-align: center;">El Cerrito Aquatic Masters (ECAM)</p> <p>Until 9/1/19 Drop In: \$10 10-Workout Pass \$90 Res/\$100 NRes/\$72 SrRes/\$80 Sr NRes 30 Day Pass \$72 Res/\$84 NRes/\$59 SrRes/\$70 SrNRes 90 Day Pass \$198 Res/\$237 NRes/\$158 SrRes/\$186 SrNRes Beginning 9/1/19 Drop In: \$11 10-Workout Pass \$93 Res/\$103 NRes/\$74 SrRes/\$82 Sr NRes 30 Day Pass \$77 Res/\$90 NRes/\$62 SrRes/\$72 SrNRes 90 Day Pass \$207 Res/\$246 NRes/\$166 SrRes/\$197 SrNRes</p> |



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Note to Swimmers

All patrons must check in at the Front Window prior to entering the facility. If lifeguards are rotating, please WAIT at the Front Window to be checked in prior to entering. Rotations can take up to 5 minutes. If you need to renew or purchase a pass, please plan to arrive a few minutes early to complete the process prior to swimming. Swimmers must exit the locker rooms and facility no later than **20 minutes** after the scheduled program so that we may facilitate maintenance and set up. El Cerrito Swim Center is not responsible for lost or stolen items. Do not leave belongings unattended. Lockers are available for use in the locker rooms, please bring your own lock. Locks left on lockers at the close of business will be cut off and belongings will be put in lost and found. Lost and found items are donated to Good Will monthly.

Program Descriptions

| <u>Lap Swim</u> Ages 14 & Up | <u>Water Walking</u> Ages 14 & Up | <u>Water Aerobics</u> Ages 18 & Up | <u>Independent Exercise</u> Ages 18 & Up |
|---|---|---|--|
| For those interested in fitness through swimming. Swimmers must engage in continuous lap swim and observe proper lap swim etiquette. Lap swim times share pool space with other programs. | For non-lap swim, independent aquatic exercise activities in shallow water. Aquatic exercise equipment not available for use. | A co-ed exercise class in Deep (D) or Shallow (S) water. Workouts are led by certified instructors and designed for all fitness levels. | A time for non-lap swim independent aquatic exercise activities. Independent Exercise takes place in one deep lane and shares shallow lane with water walking. |
| <u>El Cerrito Aquatic Masters</u> 19 & Up | <u>East Bay Masters Water Polo</u> Families with kids 12 & Under | <u>Gators Swim Club</u> Ages 7-18 | <u>Youth Pre-Team</u> Ages 7-13 |
| Designed for adults interested in swimming competitively or just getting in shape. Coached workouts focus on endurance, technique and overall fitness. Must register with USMS | Co-ed water polo club where anyone who wants to play can do so in an informal yet competitive setting. For more information, visit www.playwaterpolo.com | Year-round USA Swimming program broken into three levels: Stroke Development, Junior Group and Senior Group. Must register with USA Swimming. | Year-round program transitioning from Swim Lessons to Swim Team, introducing swimmers to concepts and techniques of competitive swimming. |
| <u>rECreation Swim</u> All ages with supervision | <u>Tot Splash</u> Families with kids 8 & Under | <u>Splash Park</u> Families with kids 6 & Under | <u>Swim Lessons</u> All Ages |
| Swim time for all ages to have fun in the water. Takes place in Activity Pool and Splash Park. No diving boards. | With access to the Splash Park and limited access to the Activity Pool, a great time for families with younger children. Pool space is shared with Swim Lessons, no slide or feature area. | A non-lifeguarded area of the Swim Center for families with young children who enjoy playing in the water. | Pre-register online at www.el-cerrito.org/onlinereg to learn how to swim! |