

El Cerrito Swim Center – Spring 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: Thru June 9, 2019

Adult Programs	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim (3+ Lanes) Lap Swim shares the pool with other programs.	6am–8am 9am–2pm	6am–2pm	6am–2pm	6am–2pm	6am–2pm	10am–1pm	8:30am–1pm
	6pm–7:30pm	6pm–7:30pm	6pm–7:30pm	6pm–7:30pm	6pm–7pm	1pm–3:30pm* *shares with Rec Swim	1pm–3:30pm* *shares with Rec Swim
Water Walking (lane 0: shallow lane only)	6am–8am 10:30am–2pm	6am–2pm	6am–9am 10:30am–2pm	6am–2pm	6am–2pm	12:30pm-2pm	11am–2pm
Water Aerobics* 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) 12pm–1pm (D) 6:30pm–7:30pm (D)		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.							
Independent Exercise (lane 0, 1)		9-10am		9–10am			
EC Aquatic Masters	6am–7am 7am–8am	6am–7am 7am–8am	6am–7am 7am–8am	6am–7am 7am–8am	6am–7am 7am–8am	8am–9:30am	8:30am–10am
Water Polo		7:30pm–9pm		7:30pm–9pm			
Adult Swim Lessons	6pm–7:30pm		6pm–7:30pm			8am–11am	

Family Swim & Program Times: Thru June 9, 2019

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



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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

Lap Swim Ages 14 & Up	Water Walking Ages 14 & Up	Water Aerobics Ages 18 & Up	Independent Exercise 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.
El Cerrito Aquatic Masters 19 & Up	East Bay Masters Water Polo Families with kids 12 & Under	Gators Swim Club Ages 7-18	Youth Pre-Team 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.
rECreation Swim All ages with supervision	Mini-rECreation Swim Families with kids 12 & Under	Splash Park Families with kids 6 & Under	Swim Lessons 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 toddler 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!



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Swim Center Fees

subject to change after 7/1/19

Lap Swim/Water Walking/Ind. Exercise	rECreation Swim / Mini-rECreation Swim	Water Aerobics
<p>Drop In: \$6</p> <p>10-Swim Pass \$47 Resident/\$59 Non-Resident \$38 Senior Resident/\$47 Senior Non-Resident</p> <p>30 Day Pass \$88 Resident/\$110 Non-Resident \$70 Senior Resident/\$88 Senior Non-Resident</p> <p>90 Day Pass \$246 Resident/\$312 Non-Resident \$192 Senior Resident/\$246 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>Child (1-6 years) \$3 Youth (7-17 years) \$4 Adult (18+ years) \$6 Non-Swimmer \$3</p> <hr/> <p>Child 30 Day Pass \$43 Resident/\$52 Non-Resident</p> <p>Youth 30 Day Pass \$48 Resident/\$56 Non-Resident</p> <p>Child 10-Swim Pass \$25 Resident/\$30 Non-Resident</p> <p>Youth 10-Swim Pass \$35 Resident/\$40 Non-Resident</p> <p>Family Season Pass (valid 6/1/19 – 9/30/19) \$376 Resident/\$424 Non-Resident (up to 5 family members)</p> <hr/> <p style="text-align: center;">Splash Park ONLY</p> <p>Drop In: \$3</p> <p>10-Swim Pass (valid April – October) Resident: \$21 Resident/\$26 Non-Resident (Splash Park rates only valid during splash park times)</p>	<p>Drop In: \$10</p> <p>4-Punch Pass \$30 Resident/\$36 Non-Resident \$25 Senior Resident/\$28 Senior Non-Resident</p> <p>10-Punch Pass \$68 Resident/\$85 Non-Resident \$55 Senior Resident/\$68 Senior Non-Resident</p> <p>15-Punch Pass \$92 Resident/\$115 Non-Resident \$74 Senior Resident/\$92 Senior Non-Resident</p>
	<p style="text-align: center;">Modified Pool Schedules & Closures</p> <p>Holiday Schedule: Memorial Day Monday May 27 Masters & Water Aerobics: 8am – 9am Lap Swim: 9am – 2pm rECreation Swim: 10am-2pm</p> <p>Modified Schedule: Friday June 7 Lap Swim: 6am – 1pm Masters: 6am – 7am & 7am – 8am Splash Park: 10am-1pm No Gators Practice, No rEC Swim</p> <p>Modified Schedule: Saturday June 8 & Sunday June 9 Normal Operating Hours Please be aware – Staff training both days. Portions of the pool may be closed for training purposes</p>	<p style="text-align: center;">El Cerrito Aquatic Masters (ECAM)</p> <p>Drop In: \$10</p> <p>10-Workout Pass \$90 Resident/\$100 Non-Resident \$72 Senior Resident/\$80 Senior Non-Resident</p> <p>30 Day Pass \$72 Resident \$84 Non-Resident \$59 Senior Resident/\$70 Senior Non-Resident</p> <p>90 Day Pass \$198 Resident/\$237 Non-Resident \$158 Senior-Resident/\$186 Non-Resident Senior</p>