

Martin Luther King Jr. Aquatic Center

5701 3rd Street, San Francisco CA 94124

Spring 2020, 3/1 - 6/5 (closed May 25 for holiday observance)

(415) 822-2807

Registration for lessons & membership passes www.sfrecpark.org/register
Scholastic Swim Season may affect lap swim lanes on Mon./Thurs.




Pool Manager:
Al Hardy
al.hardy@sfgov.org

Assistant Pool Manager:
Greg Giesecker
gregory.giesecker@sfgov.org


Our mission is to provide enriching recreational activities, maintain beautiful parks, and preserve the environment for the well-being of our diverse community.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	Lap Swim (Adult Fitness) 10:30am - 1:30pm	Lap Swim (Adult Fitness) 10:30am - 1:30pm	Aquafit Yoga 10:30am - 11:30am (Drop-in Program)	Lap Swim (Adult Fitness) 10:30am - 1:30pm	Tsunami Masters Swim Team 8:30am - 9:30am	 SAN FRANCISCO RECREATION & PARKS	
	Aquafit Yoga 10:30am - 11:30am (Drop-in Program)	Bayview YMCA Water Exercise 12:30pm - 1:30pm	All City Pools Closed 12:00pm - 3:00pm All Rec & Park pools closed for cleaning, maintenance, and safety training. Spring swim team season may affect available lap lanes*	Deep Water Yoga 11:30am - 12:30pm (Drop-in Program)	Swim Lessons* 9:30am - 12:30pm For lesson times... www.sfrecpark.org/register		
	Recreation Swim (Public) 3:00pm - 4:00pm	Recreation Swim (Public) 3:00pm - 4:00pm		Recreation Swim (Public) 3:00pm - 4:00pm	Swim Lessons* 9:30am - 12:30pm For lesson times... www.sfrecpark.org/register		
	Blue Dolphins Youth Swim Team 5:00pm - 6:00pm						Child/Guardian Swim & Lap (Fitness) 10:00am - 12:00pm
	Parent & Toddler Lessons 4:30pm - 5:00pm	Swim Lessons** 4:30pm - 6:30pm	Single Visit Admissions: Adults \$7.00 Children \$1.00 Children under 48" or in the small pool must be accompanied by an adult at all times. Lifeguards have final say on rules & safety. *Pre-registration for classes required.		Recreation Swim (Public) 2:00pm - 3:15pm		Recreation Swim (Public) 12:30pm - 2:00pm
	Lap Swim (5 lanes) (Adult Fitness) 4:00pm - 6:00pm	Swim Lessons** 5:00pm - 6:30pm	Bayview Seniors Water Exercise 6:30pm - 7:30pm		Lap Swim (Adult or Lap Fitness) 3:30pm-4:30pm		Masters Water Polo 2:30pm - 4:30pm
	Bayview Seniors Water Exercise 6:30pm - 7:30pm	Lap Swim (Adult Fitness) 6:30pm - 7:30pm	Lap Swim (Adult Fitness) 6:30pm - 7:30pm	Lap Swim (5 lanes) (Adult Fitness) 5:30pm - 6:30pm*	Lap Swim (Adult Fitness) 6:30pm - 7:30pm		
	Sea Lion Underwater Hockey & Rugby 7:30pm - 10:00pm	Masters Water Polo (advanced) 7:00pm - 9:30pm	Tsunami Syncro Swim 7:30pm - 9:30pm	Masters Water Polo 6:30pm - 9:30pm	Sea Lion Underwater Hockey (youth) 6:30pm - 8:30pm		
							Water exercise brought to you by...

The San Francisco Recreation and Park Department prohibits discrimination on the basis of race, religion, color, national origin, age, sex, sexual orientation, or disability in its programs and activities. If persons feel that they have been discriminated against in any department activity, program or facility, they may file a complaint with the department at McLaren Lodge, Fell and Stanyan Sts., Golden Gate Park, SF, CA 94117 or with the Office of Equal Opportunity, US Department of the Interior, Washington, DC 20240. For more information on program accessibility for persons with disabilities, write to the department or call (415) 831-2700. Deaf access please use C.R.S. 800-735-2929 for MUNI information call 311.

MARTIN LUTHER KING, JR. 游泳池 - 5701 3rd Street; (415) 822-2807 

活動	課程編號	星期	日期	時間	年齡	費用
成人游泳課 - 學習基礎技巧	24909	週六	3/28-5/23	11:15am-11:45am	18歲以上	\$68
游泳課 - 第1級	24951	週六	3/28-5/23	10:05am-10:35am	6-17歲	\$32
游泳課第1級	24950	週二	3/24-5/19	5:05pm-5:35pm	6-17歲	\$32
游泳課第1級	24949	週三	3/25-5/20	5:05pm-5:35pm	6-17歲	\$32
游泳課 - 第1級	24948	週六	3/28-5/23	9:30am-10:00am	6-17歲	\$32
游泳課 - 第2級	25005	週二	3/24-5/19	5:05pm-5:35pm	6-17歲	\$32
游泳課 - 第2級	25006	週三	3/25-5/20	5:05pm-5:35pm	6-17歲	\$32
游泳課 - 第2級	25003	週六	3/28-5/23	9:30am-10:00am	6-17歲	\$32
游泳課 - 第2級	25004	週六	3/28-5/23	10:05am-10:35am	6-17歲	\$32
游泳課 - 第3級	25034	週二	3/24-5/19	5:40pm-6:10pm	6-17歲	\$32
游泳課 - 第3級	25035	週三	3/25-5/20	5:40pm-6:10pm	6-17歲	\$32
游泳課 - 第3級	25036	週六	3/28-5/23	11:50am-12:20pm	6-17歲	\$32
游泳課 - 第4級	25060	週三	3/25-5/20	5:40pm-6:10pm	6-17歲	\$32
游泳課 - 第4級	25061	週六	3/28-5/23	11:50am-12:20pm	6-17歲	\$32
家長與兒童水中技巧介紹	25102	週六	3/28-5/23	10:40am-11:10am	6個月-5歲	\$54
家長與兒童水中技巧介紹	25103	週二	3/24-5/19	4:30pm-5:00pm	6個月-5歲	\$54

PISCINA MARTIN LUTHER KING, JR.: 5701 3rd Street; (415) 822-2807 

ACTIVIDAD	N.º DE CURSO	DÍAS	FECHAS	HORARIOS	EDADES	TARIFAS
Natación para adultos: aprendizaje de los aspectos básicos	24909	Sá.	3/28-5/23	11:15 a. m.-11:45 a. m.	18 años o más	USD 68
Aprender a nadar: nivel 1	24951	Sá.	3/28-5/23	10:05 a. m.-10:35 a. m.	6-17 años	USD 32
Aprender a nadar: nivel 1	24950	Ma.	3/24-5/19	5:05 p. m.-5:35 p. m.	6-17 años	USD 32
Aprender a nadar: nivel 1	24949	Mi.	3/25-5/20	5:05 p. m.-5:35 p. m.	6-17 años	USD 32
Aprender a nadar: nivel 1	24948	Sá.	3/28-5/23	9:30 a. m.-10:00 a. m.	6-17 años	USD 32
Aprender a nadar: nivel 2	25005	Ma.	3/24-5/19	5:05 p. m.-5:35 p. m.	6-17 años	USD 32
Aprender a nadar: nivel 2	25006	Mi.	3/25-5/20	5:05 p. m.-5:35 p. m.	6-17 años	USD 32
Aprender a nadar: nivel 2	25003	Sá.	3/28-5/23	9:30 a. m.-10:00 a. m.	6-17 años	USD 32
Aprender a nadar: nivel 2	25004	Sá.	3/28-5/23	10:05 a. m.-10:35 a. m.	6-17 años	USD 32
Aprende a nadar: nivel 3	25034	Ma.	3/24-5/19	5:40 p. m.-6:10 p. m.	6-17 años	USD 32
Aprende a nadar: nivel 3	25035	Mi.	3/25-5/20	5:40 p. m.-6:10 p. m.	6-17 años	USD 32
Aprende a nadar: nivel 3	25036	Sá.	3/28-5/23	11:50 a. m.-12:20 p. m.	6-17 años	USD 32
Aprende a nadar: nivel 4	25060	Mi.	3/25-5/20	5:40 p. m.-6:10 p. m.	6-17 años	USD 32
Aprende a nadar: nivel 4	25061	Sá.	3/28-5/23	11:50 a. m.-12:20 p. m.	6-17 años	USD 32
Introducción al agua para padres e hijos	25102	Sá.	3/28-5/23	10:40 a. m.-11:10 a. m.	6 meses-5 años	USD 54
Introducción al agua para padres e hijos	25103	Ma.	3/24-5/19	4:30 p. m.-5:00 p. m.	6 meses-5 años	USD 54