

Terra Linda Community Pool

670 Del Ganado Road • (415)485-3346

Season Pass Rates

Terra Linda Community Pool Daily Admission

Adult San Rafael Resident (16 and older)	\$5
Adult Non-Resident (16 and older)	\$9
Youth San Rafael Resident (12 months to 15 years old)	\$4
Youth Non-Resident (12 months to 15 years old)	\$7

SCHEDULE DETAILS

SHARED SPACE: Classes/Programs may be going on during Lap/Public Swim Times.

DIVING BOARD: The Diving Board is open during public swim times. It may be closed at the discretion of the staff due to attendance or programming. Please call ahead if you want to know if the diving board is open.
415-485-3346

TOT POOL: The tot pool is open for parents of non-swimmers under the age of 6. The Tot Pool opens earlier than public swim but again is only for non-swimmers. Parents with children who can swim will need to wait to enter until Public Swim.

**Now Hiring:
Lifeguards
Swim Instructors
& Pool Attendants**

**Call 485-3344
for more information
or an application.**



Four Easy Ways To Register...

- **PHONE:** 415-485-3333
- **FAX:** 415-485-3186
- **ON-LINE:** <http://eplay.livelifelocally.com>
- **WALK-IN:** Any of our four Community Centers

If you choose to mail the registration form (page 57), insert it along with a payment for the full amount made payable to the City of San Rafael, apply postage and mail it to 618 B Street, San Rafael, CA 94901. If you choose to fax the form after you complete it, fax it to the number listed above and be sure to include your credit card number for payment.

Late Summer Pool Schedule

July 11-August 21

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim 8-11	Lap Swim 6-9:30am WaterGym 10-11	Lap Swim 6-9:30	Lap Swim 6-9:30am WaterGym 10-11	Lap Swim 6-9:30	Closed for regular maintenance until 12	Lap Swim 8-11am
Tot Pool 8-6	Group Swim Lessons 9-12pm <i>(swim lessons end on 8/18)</i>	Group Swim Lessons 9-12pm <i>(swim lessons end on 8/18)</i>	Group Swim Lessons 9-12pm <i>(swim lessons end on 8/18)</i>	Group Swim Lessons 9-12pm <i>(swim lessons end on 8/18)</i>		Tot Pool 8-6
Public Swim 11-6	Lap Swim 11-12:30 Tot Pool 9-7:30*	Lap Swim 11-12:30 Tot Pool 9-7:30*	Lap Swim 11-12:30 Tot Pool 9-7:30*	Lap Swim 11-12:30 Tot Pool open 9-7:30*	Lap Swim 12-1:30 Tot Pool open 12-6:30	Public Swim 11-6
	Public Swim 12-6:30	Public Swim 12-6:30	Public Swim 12-6:30	Public Swim 12-6:30	Public Swim 12-6:30	
	Lap Swim 5:30-7:30	Lap Swim 5:30-7:30	Lap Swim 5:30-7:30	Lap Swim 5:30-7:30		

*** Tot pool opens at 9:00 am until August 18. After August 18, tot pool opens at 10 on Monday/Wednesday and 11am on Tuesday/Thursday.**

Fall Pool Schedule

August 21-September 23

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim 8-11	Lap Swim 6-9:30am WaterGym 10-11	Lap Swim 6-9:30am	Lap Swim 6-9:30am WaterGym 10-11	Lap Swim 6-9:30am	Closed for regular maintenance until 12	Lap Swim 8-11am
Tot Pool 8-6	Lap Swim 11-1:30 Tot Pool 10-7:30	Lap Swim 11-1:30 Tot Pool 11-7:30	Lap Swim 11-1:30 Tot Pool 10-7:30	Lap Swim 11-1:30 Tot Pool 11-7:30	Lap Swim 12-1:30	Tot Pool 8-6
Public Swim 11-6	Public Swim 1:30-6	Public Swim 1:30-6	Public Swim 1:30-6	Public Swim 1:30-6	Public Swim 12-6 Tot Pool open 12-6	Public Swim 11-6
	Lap Swim 5:30-7:30	Lap Swim 5:30-7:30	Lap Swim 5:30-7:30	Lap Swim 5:30-7:30		

Pool Parties

Looking for the perfect birthday party location or a place for your next family reunion? Book your next party at the Terra Linda Pool. Pool parties can be reserved during public swim times. Cost for the party is \$35/hour and \$4 per person (is free for season pass holders). There is a two hour minimum. This fee includes pool access, two tables under shade structure on the pool deck. For an additional \$10 per hour you may reserve a picnic site in the adjoining park, if available. Book your party early, as this is a popular function.

***Mid Week Pool Party Special:
Book your party during the week
and save 50% off
your hourly rental fee!***

WaterGym

Enjoy a highly specialized deepwater workout that teaches you how to effectively use the water surrounding your body as a powerful, multi-exercise workout station. Each one-hour class systematically guides you through a non-impact, full-bodied aerobic and strengthening workout that mimics many land-based movements such as weight lifting, running and cross-country skiing, while at the same time protecting your joints from the stresses and damage of these land-based workouts. See the WaterGym website for pricing and scheduling at the Terra Linda Community Pool –

www.waterym.com.

Mon & Wed. April – Sept. 10:00am-11:00am

Swim Diaper Policy:

Children 3 & under or those that are not potty trained must wear an approved swim diaper. Reusable swim diapers are for sale at the kiosk. Approved diapers are those that are reusable, double lined with elastic banding around the waist and legs that create a snug and comfortable fit. Disposable diapers, such as Huggies, are not allowed to be worn solely but may be worn underneath the approved diaper. You may purchase an approved diaper for \$9 at the lifeguard kiosk or a loaner one can be provided to you with collateral for no additional charge.

Tot Pool Use:

The tot pool is for non-swimmers under the age of six with a parent or adult chaperone. You may utilize the tot pool during Lap Swim hours if you are coming to use the pool with a non-swimmer. Lifejackets and flotation devices such as kickboards are not allowed in the tot pool. Toys that do not interfere with the ability to see all users in the pool and those that will not clog the filtration system are okay for use. Please ask the lifeguard on duty if you have any questions. **Maximum capacity is 18.** **The tot pool is not guarded and parents are required to watch their children.**

Basic Rules:

Please remember, glass containers, alcohol and smoking are not allowed in the pool or pool area. Alcohol is also not allowed in the park. Ice chests and coolers will be searched. Identification is needed if you are planning to pay the San Rafael Resident rate. All patrons entering the pool area are required to pay the drop in fee or have a season pass. If you do not have proper identification, you will be charged the Non-Resident rate. Children under 12 must be accompanied by an adult.

Flotation Devices:

Coast Guard approved life jackets are allowed for non-swimmers. Please note, all non-swimmers must remain in the shallow area and a parent/guardian must remain in the water within arms reach at all times. Non-swimmers are not allowed in deep water. We have a limited number of life-jackets available to borrow with collateral but you are encouraged to bring your own.

Lap Swim Etiquette:

If all lanes are full, please share your lane. Once a third swimmer has joined your lane, please circle swim. We do not identify lanes according to speed. We rely on swimmers to determine what swimmers best meet their level and ability. To ensure everyone's safety, please identify yourself to other swimmers before entering a lane.

Aquatic Classes

Lifeguard Training Program

Get a head start on this Summer's job market. The purpose of the American Red Cross Lifeguard Training Course is to teach lifeguard candidates the skills and knowledge needed to prevent and respond to aquatic emergencies. The course content and activities prepare candidates to recognize and respond quickly and effectively to emergencies and prevent drownings and injuries. To be eligible for the LGT course, candidates must be 15 years of age on or before the final scheduled session of the course. In addition, candidates must also successfully complete various swimming prerequisites.

Age: 15 & Up

Sun Aug 28-Sep, 4,11 8:00 AM-6:00 PM
\$179(R)/\$183(N) 14678

Fall Swim Program

In the fall swim program all competitive swim strokes, turns and finishes will be taught and reviewed. The fall swimming program will allow your child to continue to work on their technique and stamina. This program will allow summer league swimmers a little more pool time before the winter break. Come enjoy fall while getting some exercise and activity!! No Class Labor Day, September 5. Prorated Classes are available at a different fee but must be done in advance. Please call 485-3344 for more information.

Age: 6-18

Mon-Fri Aug 15-Sept 16
\$161(R)/177(N)

Practice Time/Age Category:

Age 8 & Under	3:15-3:45pm
Age 9-10	3:45-4:30pm
Age 11-14	4:30-5:30pm

TERRA LINDA COMMUNITY POOL HAPPY FISH SWIM SCHOOL

We offer a wide variety of group and private swim lessons! The Happy Fish Swim School emphasizes fun and safety in the aquatic environment through guided instruction by a professional swim instructor. Why not make this the year you dive right into aquatics?

Group lessons are available for children as young as 6 months! Private and group weekend lessons begin as early

as mid April and continue through the summer! Our intensive summer swim program starts June 13, 2011. It's never too late to start thinking about skills that are not only fun but could also save you or your child's life.

Once your child has successfully demonstrated all required skills, he or she is eligible to move to the next level. Please read the level descriptions below and pick the level that your child has not successfully mastered the skills.

Happy Fish Swim School Group Swim Lesson Policies:

- If you sign your child up for a level that they have successfully mastered, we will transfer your child to another level at no charge to you. During the lesson, instructors may move your child up or down a level to accommodate your swimmer's abilities.
- If a level does not meet the minimum registration, we may combine levels of students with similar skill ability.
- Refunds, credits or transfers may be requested a minimum of two working days prior to the start of a session. No refunds, credits or transfers will be provided less than two working days in advance. Transfer requests from different session dates will be assessed a \$5 trans-

- fer fee. Requests must be done in writing or in person.
- If you are coming to the TL Pool for a group or private swim lesson, you may arrive at the pool fifteen minutes prior to the lesson and stay fifteen minutes after the lesson is over. If you or any one else in your party would like to stay and swim, you must pay the daily admission fee or have a season pass.
- Children who are 3 & Under or are not potty-trained must wear an approved Swim Diaper. Please see the Swim Diaper Policy section.

Unfortunately, we can not take requests for specific instructors for group lessons. If you would like a specific instructor, please inquire about private lessons.

HAPPY FISH SWIM SCHOOL LEVEL CHART

Level Name	Key Points Emphasized	Skills Needed to Pass Level	Length of Class	Instructor/ Student Ratio
Pink Puffer Fishies - Water Baby	* Blowing bubbles, jumping, basic arm circles & floating * Slight submersion practiced * Begins to swim with instructor * Songs & Games * Parent participation required * Best for kids 6 - 36 months	* Child comfortable in water with instructor for short periods * Child must want to be there and has fun playing in the water	30	1:12
Level 1 - Orange Octopi	* Learns basic water safety * Actively interacts with instructor * "Swimming is Fun!" emphasized with games * No parent participation * Great beginning class for kids age 3-5	* Fully comfortable in water with instructor for entire class period * designed to only take 1 time	30	1:3
Level 2 - Silver Sea Lions	* Fundamental water skills and aquatic safety taught * Full Face Submersion * Familiarity with flotation devices and basic water terms like floating	* Child is excited & pushes the learning process to try harder * Child holds onto wall alone	30	1:3
Level 3- Spring Green Stingrays	* Alternating arm circles and kicking together * Begins discussion of breathing * Learn how to jump in & swim directly to wall	* Fully submerges face 3 times with bobs * Pushes off wall to instructor alone	30	1:4
Level 4 - Jewel Blue Jellyfish	* Builds swimming stamina * Begins work on backstroke, breaststroke, treading water * Discussion of streamline and body position	* Able to swim front crawl at least 4 body lengths * Able to push off wall on back * Able to streamline kick for 10 yards	30	1:4
Level 5 - Teal Tiger Sharks	* Builds up to 25 yards front crawl with side-breathing * Practices breaststroke, backstroke, treading water & diving * Learns dolphin kicking	* Able to swim 25 yards front crawl * Comfortable practicing other strokes and diving	30	1:5
Level 6- Purple Piranhas	* Works on swimming 50 yards front crawl * Practices swimming refined strokes * Begins work on turning, diving and butterfly * Provides students with skills needed to start a Jr. Orca Program	* Able to swim multiple laps during lesson with breaks in between * Able to maintain streamline and balance in water	40	1:6
Level 7 - Rainbow Fish	* Learns techniques for competitive swimming including racing dives, breathing strategies, turns & endurance practice * Provides students with skills necessary to successfully start a swim team	* Able to swim multiple laps during lesson * Can successfully swim all 4 strokes, tread water for 3 min, dive and flip turn	40	1:6

**Swim Lessons Fill Quickly.
Register Early — 485-3344.**

Monday/Wednesday

Session 1: 8/29, 8/31, 9/7

Level 1	Orange Octopi 16405	3:25 - 3:55pm	\$31R/\$33NR
Level 1	Orange Octopi 16406	4:00 - 4:30pm	\$31R/\$33NR
Level 2	Silver Sea Lions 16404	2:50 - 3:20pm	\$31R/\$33NR
Level 2	Silver Sea Lions 16407	4:35 - 5:05pm	\$31R/\$33NR
Level 3	Spring Green Stingrays 16403	2:15 - 2:45pm	\$31R/\$33NR
Level 4	Jewel Blue Jellyfish 16408	5:10 - 5:40pm	\$31R/\$33NR

Session 2: 9/12, 9/14, 9/19, 9/21

Level 1	Orange Octopi 16411	3:25 - 3:55pm	\$40R/\$42NR
Level 1	Orange Octopi 16412	4:00 - 4:30pm	\$40R/\$42NR
Level 2	Silver Sea Lions 16410	2:50 - 3:20pm	\$40R/\$42NR
Level 2	Silver Sea Lions 16413	4:35 - 5:05pm	\$40R/\$42NR
Level 3	Spring Green Stingrays 16409	2:15 - 2:45pm	\$40R/\$42NR
Level 4	Jewel Blue Jellyfish 16414	5:10 - 5:40pm	\$40R/\$42NR

Tuesday/Thursday

Session 1: 8/30, 9/1, 9/8

Level 1	Orange Octopi 16416	2:50 - 3:20pm	\$40R/\$42NR
Level 1	Orange Octopi 16418	4:00 - 4:30pm	\$40R/\$42NR
Level 2	Silver Sea Lions 16415	2:15 - 2:45pm	\$40R/\$42NR
Level 3	Spring Green Stingrays 16419	3:25 - 3:55pm	\$40R/\$42NR
Level 4	Jewel Blue Jellyfish 16414	4:35 - 5:05pm	\$40R/\$42NR
Level 5	Tiger Sharks 16420	5:10 - 5:40pm	\$40R/\$42NR

Session 2: 9/13, 9/15, 9/20, 9/22

Level 1	Orange Octopi 16422	2:50 - 3:20pm	\$40R/\$42NR
Level 1	Orange Octopi 16424	4:00 - 4:30pm	\$40R/\$42NR
Level 2	Silver Sea Lions 16421	2:15 - 2:45pm	\$40R/\$42NR
Level 3	Spring Green Stingrays 16423	3:25 - 3:55pm	\$40R/\$42NR
Level 4	Jewel Blue Jellyfish 16425	4:35 - 5:05pm	\$40R/\$42NR
Level 5	Tiger Sharks 16426	5:10 - 5:40pm	\$40R/\$42NR



Hamilton Community Pool

203 El Bonito Rd. Novato CA 94949

(415) 883-7126: Pool Phone • (415) 485-3344: Terra Linda Community Center

www.cityofsanrafael.org

Hamilton Community Pool Daily Admission

Adult Novato Resident (16 and older)	\$5
Adult Non-Resident (16 and older)	\$9
Youth Novato Resident (12 months to 15 years old)	\$4
Youth Non-Resident (12 months to 15 years old)	\$7

Hamilton Schedule Details

SHARED SPACE: Classes/Programs may be going on during Lap/Public Swim Times.

ACTIVITY POOL: The slide may be closed during Adult Swim times. Activity Pool often opens before public swim. Please note, the big pool is not open for free swim use unless directed by staff or it is public swim.

POOL CLOSURE: To ensure public safety, we may reduce attendance due to a shortage of staff or reaching maximum capacity/hot days. We staff based on a guard to swimmer ratio. If it is a hot day or peak attendance might be expected, please call ahead.

Summer Pool Schedule

June 14-August 21

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim 8-11am		Lap Swim 6-9:45am Watergym 10-11		Lap Swim 6-9:45am Watergym 10-11	Closed for regular maintenance until 11	Lap Swim 8-11am
Activity Pool 10-6	Activity Pool 9-6:30 Lap Swim 11-12:30	Activity Pool 9-6:30 Lap Swim 11-12:30	Activity Pool 9-6:30 Lap Swim 11-12:30	Activity Pool 9-6:30 Lap Swim 11-12:30	Activity Pool 11-6 Lap Swim 11-12:30	Activity Pool 10-6
Public Swim 11-6pm	Public Swim 12-6:30	Public Swim 12-6:30	Public Swim 12-6:30	Public Swim 12-6:30	Public Swim 12-6:30	Public Swim 11-6
	Lap Swim 5:30-7:30	Lap Swim 5:30-7:30	Lap Swim 5:30-7:30	Lap Swim 5:30-7:30		



**Pool Schedule
August 22-September 5**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim 8-11am		Lap Swim 6-9:45am Watergym 10-11		Lap Swim 6-9:45am Watergym 10-11	Closed for regular maintenance until 11	Lap Swim 8-11am
Activity Pool 10-6	Activity Pool 11-6:30 Lap Swim 11-12:30	Activity Pool 10-6:30 Lap Swim 11-12:30	Activity Pool 11-6:30 Lap Swim 11-12:30	Activity Pool 10-6:30 Lap Swim 11-12:30	Activity Pool 11-6:30 Lap Swim 11-12:30	Activity Pool 10-6
Public Swim 11-6pm	Public Swim 12-6:30	Public Swim 12-6:30	Public Swim 12-6:30	Public Swim 12-6:30	Public Swim 12-6:30	Public Swim 11-6
	Lap Swim 5:30-7:30	Lap Swim 5:30-7:30	Lap Swim 5:30-7:30	Lap Swim 5:30-7:30		

**Pool Schedule
September 6 – September 23**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim 8-11am	Pool Closed	Pool Closed	Lap Swim 6-9:45am	Lap Swim 6-9:45am Watergym 10-11	Closed for regular maintenance until 11	Lap Swim 8-11am
Activity Pool 10-6	Pool Closed	Pool Closed	Activity Pool 10-6:30 Lap Swim 11-12:30	Activity Pool 10-6:30 Lap Swim 11-12:30	Activity Pool 11-6:30 Lap Swim 11-12:30	Activity Pool 10-6
Public Swim 11-6pm	Pool Closed	Pool Closed	Public Swim 12-6:30	Public Swim 12-6:30	Public Swim 12-6:30	Public Swim 11-6pm
			Lap Swim 5:30-7:30	Lap Swim 5:30-7:30		

HAPPY FISH SWIM SCHOOL

The Happy Fish Swim School emphasizes fun and safety in the aquatic environment through guided instruction by a professional swim instructor. Group lessons are available for children as young as 6 months! See level breakdown chart and policy information under Terra Linda Aquatics.

To register for Group /Private Swim Lessons at Hamilton Pool:

Call: (415) 485-3344

Email: terralindapool@cityofsanrafael.org

Happy Fish Swim School Group Swim Lesson Policies:

- If you sign your child up for a level that they have successfully mastered, we will transfer your child to another level at no charge to you. During the lesson, instructors may move your child up or down a level to accommodate your swimmer's abilities.
- If a level does not meet the minimum registration, we may combine levels of students with similar skill ability.
- Refunds, credits or transfers may be requested a minimum of two working days prior to the start of a session. No refunds, credits or transfers will be provided less than two working days in advance. Transfer requests from different session dates

will be assessed a \$5 transfer fee. Requests must be done in writing or in person.

- If you are coming to the TL Pool for a group or private swim lesson, you may arrive at the pool fifteen minutes prior to the lesson and stay fifteen minutes after the lesson is over. If you or any one else in your party would like to stay and swim, you must pay the daily admission fee or have a season pass.
- Children who are 3 & Under or are not potty-trained must wear an approved Swim Diaper. Please see the Swim Diaper Policy section.

Unfortunately, we can not take requests for specific instructors for group lessons. If you would like a specific instructor, please inquire about private lessons.

Wednesday/Thursday

Session 1: 8/31, 9/1, 9/7, 9/8

Level 1	Orange Octopi		
	16429	1:40 - 2:10pm	\$40R/\$43NR
	16430	2:50 - 3:10pm	\$40R/\$43NR
Level 2	Silver Sea Lions		
	16433	2:15 - 2:45pm	\$40R/\$43NR
	16434	3:25 - 3:55pm	\$40R/\$43NR
Level 3	Spring Green Stingrays		
	16437	4:00 - 4:30pm	\$40R/\$43NR
Level 4	Jewel Blue Jellyfish		
	16439	4:35 - 5:05pm	\$40R/\$43NR
Level 5	Tiger Sharks		
	16441	5:10 - 5:40pm	\$40R/\$43NR

Session 2: 9/14, 9/15, 9/21, 9/22

Level 1	Orange Octopi		
	16431	1:40 - 2:10pm	\$40R/\$43NR
	16432	2:50 - 3:10pm	\$40R/\$43NR
Level 2	Silver Sea Lions		
	16435	2:15 - 2:45pm	\$40R/\$43NR
	16436	3:25 - 3:55pm	\$40R/\$43NR
Level 3	Spring Green Stingrays		
	16438	4:00 - 4:30pm	\$40R/\$43NR
Level 4	Jewel Blue Jellyfish		
	16440	4:35 - 5:05pm	\$40R/\$43NR
Level 5	Tiger Sharks		
	16442	5:10 - 5:40pm	\$40R/\$43NR



Do you have a special ability, talent or hobby to share? Would you like to make some extra money? We are looking for instructors to teach classes for children, teen, adults or seniors. If you are interested in teaching, please call.

**Swim Lessons Fill Quickly.
Register Early — 485-3344.**