



SSF PARKS AND RECREATION DEPARTMENT

DROP-IN CLASS SCHEDULE

FALL 2019

SEPTEMBER 1 - DECEMBER 15



Class:	Days:	Dates:	Times:	Ages:	Location:	Fee:
Adult Lap Swim	Refer to the current Aquatics schedule at ssf.net/rec				Orange Pool	Fees listed online.
Aqua Zumba	W	Sep 11-Dec 11	1:15pm-2:15pm	16 & up	Orange Pool	\$6
Badminton	Su	Sep 11-Dec 11	9:15am-12:00pm	All ages	Terrabay Gymnasium	Juniors (17Y & under): \$4 Adults (18Y & over): \$6 Seniors (55Y & over): \$4
Basketball	M-F	Sep 3-Dec 11	12pm-3pm	All ages	Terrabay Gymnasium	Juniors (17Y & under): \$3
	S	Sep 7-Dec 11	12pm-3pm	17 & under	Terrabay Gymnasium	Adults (18Y & over): \$4
	Su	Sep 8-Dec 11	12:30pm-3pm	All ages	Terrabay Gymnasium	Seniors (55Y & over): \$3
Fitness Room	Daily	Ongoing	Mon-Fri: 9am-8pm Sat/Sun: 9am-3pm	16 & up	Terrabay Gym Room	\$2.25
Fitness Room	Daily	Ongoing	Mon-Sat: 9am-3pm Sun: 12pm-3pm	50 & up	Magnolia Center 3rd Floor	Free for seniors only. Doctors approval for gym equipment use, required.
Futsal	F	Sep 6-Dec 11	7pm-9pm	14 & up	Terrabay Gymnasium	Juniors (17Y & under): \$3 Adults (18Y & over): \$4
Lap Swim	Refer to the current Aquatics schedule at www.ssf.net/rec				Orange Park Pool	Fees listed online.
Open Rec Swim	Refer to the current Aquatics schedule at www.ssf.net/rec				Orange Park Pool	Fees listed online.
Pickleball	M	Sep 9-Dec 9	7pm-9pm	18 & up	Terrabay Gymnasium	\$4
Pilates	M, W	Sep 9-Dec 11	9:15am-10:15am	14 & up	MSB - Social Hall	\$6
Ping Pong	M	Ongoing	12:30pm-2:30pm	50 & up	Magnolia - Social Hall	Suggested donation: \$5-\$10
	W	Ongoing	9:30pm-2:30pm	50 & up	Magnolia - Social Hall	Seniors only
Table Tennis	M,W,TH	Sep 9-Dec 12	6pm-9pm	14 & up	Magnolia- 3rd Floor	\$4

Prices subject to change... **No class** dates listed on the current Fall Activity Guide.

Continue to backside!

Class:	Days:	Dates:	Times:	Ages:	Location:	Fee:
Tai Chi - BEG	F	Ongoing	11am-12pm	50 & up	Magnolia - 1st Floor	Suggested donation: \$5-\$10 Seniors only
Tai Chi - ADV	F	Ongoing	10am-11pm	50 & up	Magnolia - 1st Floor	
Tai Chi - Advanced BEG	TH	Ongoing	10am-11am	50 & up	MSB- Marie Peterson Room	Suggested donation: \$5-\$10 Seniors only
Tai Chi - BEG	TH	Ongoing	11am-12pm	50 & up	MSB- Marie Peterson Room	
Tai Chi - ADV	M	Ongoing	9:30am-10:30am	50 & up	MSB- Marie Peterson Room	
Zumba	T	Sep 10-Dec 10	9:15am-10:15am	16 & up	Orange Park- Fernekes Building	\$6
	TH	Sep 12-Dec 12	9:15am-10:15am	16 & up	Orange Park- Fernekes Building	\$6
	TH	Sep 12-Dec 12	5pm-6pm	16 & up	MSB- Marie Peterson Room	\$6
	F	Sep 13-Dec 13	9:15am-10:15am	16 & up	MSB- Butterfly Room	\$6

HAVE YOU HEARD ABOUT GET MOVING SSF?



The Parks and Recreation Department has an exciting new scholarship program called **Get Moving South San Francisco!** in partnership with Kaiser Permanente Northern California Community Benefit Program.

Get Moving SSF! is a community benefit program that offers scholarships of up to \$50 per to register for classes, programs and designated services offered through the Parks and Recreation Department. In addition to the scholarship, a qualifying recipient will receive a swag bag.

Scholarship applications will be available starting August 1, 2019. Complete a scholarship application in advance to qualify early, before the first day of Resident Registration for Recreation & Aquatic classes on August 12, 2019.

For more information about the program or to submit an application, please visit our website at www.ssf.net/rec or call 650-829-3800.

Orange Memorial Pool

1 West Orange Avenue
South San Francisco, CA 94080

Please visit the Aquatics webpage to view the current pool schedule and fees at www.ssf.net/rec

For further assistance, please call the Aquatics Division at 650-875-6973.



SSF Parks & Recreation Dept.
33 Arroyo Drive
South San Francisco, CA 94080
www.ssf.net/rec