



# SSF PARKS AND RECREATION DEPARTMENT

## DROP-IN CLASS SCHEDULE

### WINTER 2020

#### JANUARY 6 - MARCH 8



| Class:         | Days:               | Dates:                        | Times:   | Ages:                                | Location:  | Fee:   |
|----------------|---------------------|-------------------------------|--|--------------------------------------|--|--|
| Adult Lap Swim |                     |                               | Refer to the current Aquatics schedule at <a href="http://www.ssf.net/rec">www.ssf.net/rec</a> |                                      | Orange Pool  | General Admission, Adult: \$6  |
| Aqua Zumba     | W                   | Jan 8-Feb 26                  | 1:15pm-2:15pm  | 16 & up                              | Orange Pool  | \$6  |
| Badminton      | Su                  | Ongoing                       | 9:15am-12:00pm   | All ages                             | Terrabay Gymnasium   | Juniors (17Y & under): \$4<br>Adults (18Y & over): \$6<br>Seniors (55Y & over): \$2        |
| Basketball     | M-F<br>S<br>Su      | Ongoing<br>Ongoing<br>Ongoing | 12:00pm-3:00pm<br>12:00pm-3:00pm<br>12:30pm-3:00pm   | All ages<br>Juniors Only<br>All ages | Terrabay Gymnasium<br>Terrabay Gymnasium<br>Terrabay Gymnasium | Juniors (17Y & under): \$3<br>Adults (18Y & over): \$4<br>Seniors (55Y & over): \$3        |
| Fitness Room   | M-Th<br>F<br>Sat/Su | Ongoing                       | 9:00am-8:00pm<br>12:00pm-4:00pm<br>9:00am-3:00pm   | 16 & up<br>16 & up<br>16 & up        | Terrabay Gym Room<br>Terrabay Gym Room<br>Terrabay Gym Room    | \$2.25   |
| Fitness Room   | Mon-Sat:<br>Su      | Ongoing                       | 9:00am-3:00pm<br>12:00pm-3:00pm  | 50 & up                              | Magnolia Center<br>3rd Floor                                   | <b>Free for seniors only.</b><br>Doctors approval for gym equipment use, <b>required</b> . |
| Futsal         | F                   | Ongoing                       | 7:00pm-9:00pm  | All ages                             | Terrabay Gymnasium   | Juniors (17Y & under): \$3<br>Adults (18Y & over): \$4                                     |
| Lap Swim       |                     |                               | Refer to the current Aquatics schedule at <a href="http://www.ssf.net/rec">www.ssf.net/rec</a> |                                      | Orange Park Pool   | General Admission:<br>Adult: \$6   |
| Open Rec Swim  |                     |                               | Refer to the current Aquatics schedule at <a href="http://www.ssf.net/rec">www.ssf.net/rec</a> |                                      | Orange Park Pool   | Child: \$5   |
| Pickleball     | M                   | Jan 6-Mar 2                   | 7:00pm-9:00pm  | 18 & up                              | Terrabay Gymnasium   | \$3  |
| Pilates        | M, W                | Jan 6-Mar 4                   | 9:15am-10:15am   | 14 & up                              | MSB - Social Hall  | \$6  |
| Ping Pong      | M<br>W              | Ongoing<br>Ongoing            | 12:30pm-2:30pm<br>9:30pm-2:30pm  | 50 & up<br>50 & up                   | Magnolia - Social Hall<br>Magnolia - Social Hall               | Suggested donation:<br>\$5-\$10<br><b>Seniors only</b>                                     |
| Table Tennis   | M,Th                | Jan 6-Mar 5                   | 6:00pm-9:00pm  | 14 & up                              | Magnolia- 3rd Floor  | \$4  |

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

**Continue to backside!**

| Class:                 | Days: | Dates:       | Times:          | Ages:   | Location:                      | Fee:  |
|------------------------|-------|--------------|-----------------|---------|--------------------------------|---|
| Tai Chi - BEG          | F     | Ongoing      | 11:00am-12:00pm | 50 & up | Magnolia - 1st Floor           | Suggested donation: \$5-\$10<br><b>Seniors only</b> |
| Tai Chi - ADV          | F     | Ongoing      | 10:00am-11:00pm | 50 & up | Magnolia - 1st Floor           |   |
| Tai Chi - Advanced BEG | Th    | Ongoing      | 10:00am-11:00am | 50 & up | MSB - Dance Studio             | Suggested donation: \$5-\$10<br><b>Seniors only</b> |
| Tai Chi - BEG          | Th    | Ongoing      | 11:00am-12:00pm | 50 & up | MSB - Dance Studio             |   |
| Tai Chi - ADV          | M     | Ongoing      | 9:30am-10:30am  | 50 & up | MSB - Dance Studio             |   |
| Zumba                  | Tu    | Jan 7-Feb 25 | 9:15am-10:15am  | 16 & up | Orange Park- Fernekes Building | \$6   |
|                        | Th    | Jan 9-Mar 5  | 9:15am-10:15am  | 16 & up | Orange Park- Fernekes Building | \$6   |
|                        | Th    | Jan 9-Mar 5  | 5:00pm-6:00pm   | 16 & up | MSB- Marie Peterson Room       | \$6   |
|                        | F     | Jan 10-Mar 6 | 9:15am-10:15am  | 16 & up | Orange Park- Fernekes Building | \$6   |

**Holiday Closures:** 1/20/2020 (Martin Luther King Day), 2/17/2020 (President's Day)

## 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 person 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 are now available. Complete a scholarship application in advance to qualify early, before the first day of Resident Registration for Recreation & Aquatic classes on December 2, 2019.

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

### Orange 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/](http://www.ssf.net/).

Script cards and monthly passes are available for purchase. For further assistance, please call the Aquatics Division at 650-875-6973.



City of South San Francisco  
Parks & Recreation Department  
33 Arroyo Drive  
South San Francisco, CA 94080  
P: |(650) 829-3800, W: | [www.ssf.net/rec](http://www.ssf.net/rec)