



# 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 Adults (18Y & over): \$6 Seniors (55Y & over): \$2
Basketball	M-F	Ongoing	12:00pm-3:00pm	All ages	Terrabay Gymnasium	Juniors (17Y & under): \$3 Adults (18Y & over): \$4 Seniors (55Y & over): \$3
	S	Ongoing	12:00pm-3:00pm	Juniors Only	Terrabay Gymnasium	
	Su	Ongoing	12:30pm-3:00pm	All ages	Terrabay Gymnasium	
Fitness Room	M-Th	Ongoing	9:00am-8:00pm	16 & up	Terrabay Gym Room	\$2.25
	F		12:00pm-4:00pm	16 & up	Terrabay Gym Room	
	Sat/Su		9:00am-3:00pm	16 & up	Terrabay Gym Room	
Fitness Room	Mon-Sat: Su	Ongoing	9:00am-3:00pm 12:00pm-3:00pm	50 & up	Magnolia Center 3rd Floor	<b>Free for seniors only.</b> Doctors approval for gym equipment use, <b>required.</b>
Futsal	F	Ongoing	7:00pm-9:00pm	All ages	Terrabay Gymnasium	Juniors (17Y & under): \$3 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: Adult: \$6 Child: \$5
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	
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	Ongoing	12:30pm-2:30pm	50 & up	Magnolia - Social Hall	Suggested donation: \$5-\$10 <b>Seniors only</b>
	W	Ongoing	9:30pm-2:30pm	50 & up	Magnolia - Social Hall	
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
Tai Chi - ADV	F	Ongoing	10:00am-11:00pm	50 & up	Magnolia - 1st Floor	<b>Seniors only</b>
Tai Chi - Advanced BEG	Th	Ongoing	10:00am-11:00am	50 & up	MSB - Dance Studio	Suggested donation: \$5-\$10 <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)