



# GIAMMONA POOL

131 WESTMOOR AVENUE (650) 991-8022

DALY CITY PARKS AND RECREATION MAIN OFFICE (650) 991-8001.

The Giammona-Westmoor Pool is a year-round indoor, heated swim facility with a diving board & 10' waterslide. The pool temperature is approximately 82 degrees. The pool is located at the south end of Westmoor High School.

Parking is available in the school parking lot off Westmoor Avenue or on Edgemont Dr., the western border street. Dressing room and showers are provided. A clothes and valuables check-in is available upon request.

LEAVE ALL VALUABLES AT HOME.

## ~~SWIMMING CLASS DESCRIPTIONS~~

### ~~INFANT AND TODDLER CLASSES~~

#### ~~TINY TOT TADPOLES:~~

~~Ages 6 mos. - 5 yrs. Accompanied by parent/guardian, tadpoles are introduced to the water environment, basic swim skills and water safety through games, songs and the use of toys.~~

#### ~~DUCKLINGS: Ages 3-5 yrs.~~

~~A child's 1st swim class without parental assistance. Water adjustment, pool safety, underwater exploration, kicking, stroke readiness are introduced.~~

### ~~YOUTH CLASSES Ages 6-17 yrs. (Levels I-III)~~

~~Must be at least 48" tall OR of adequate skill level.~~

~~**LEVEL I: GUPPIES** - Introduction to Water Skills: emphasize water adjustment, basic breathing, floating, kicking, gliding (front to back), treading recover to vertical position.~~

~~**LEVEL II: JELLYFISH** - Fundamental Aquatics Skills: front/back float with no support and with glide; introduction to elementary backstroke arms, front crawl: backcrawl, finning; treading and jumping.~~

~~**LEVEL III: SEA HORSE** - Stroke Development: front crawl, back crawl; treading, knee dive; elementary backstroke, butterfly kick, sidestroke and deep water swimming.~~

~~**LEVEL IV: OTTERS** - Stroke Improvement: front/back crawl, sidestroke, elementary backstroke, breaststroke, and butterfly; treading, diving, feet first surface dive, and open turns.~~

~~**LEVEL V: SEA LIONS** - Stroke Refinement: front/back/sidestroke, elementary backstroke, butterfly, and breaststroke for distance; diving, treading; and flip turns.~~

~~**LEVEL VI: PORPOISE** - Swimming and Skill Proficiency Refine strokes for efficiency, endurance and ease. Swim 20 yds. surface dive & retrieve object from bottom. Swim back to Start Point. Swim for greater distance (500 yds).~~

~~**LEVEL VII: SHARKS** - Fundamentals of Diving: Swim front, back, side strokes; competitive flip turns for distance; feet first/head first entry from 1 meter dive board.~~

#### ~~LEVEL VIII: STINGRAY/MARLINS~~

~~Lifeguard Readiness and Fitness: swim for distances using combination of all strokes; all turns (open & flip); dives from starting blocks; tread 10 minutes; water rescue skills; 15-20 minute swim test with turns.~~

**REGISTER FOR CLASSES NOW!  
VISIT [WWW.IPLAYDALYCITY.ORG](http://WWW.IPLAYDALYCITY.ORG)**

### ~~SWIMMER AIDE:~~

~~If you enjoy working with children, love the water and want to give back to the community... sign up to be a swimmers' aide.~~

~~**Prerequisite:** Must be Level 5 - Sea Lions or above skill level and at least 11 years of age. Assist swim instructors with swim lessons; develop professionalism and leadership skills, earn community service hours and participate in a 30-minute swim work out weekly! Awards after completion of each session (in addition to certificate of acknowledgement):~~

~~**Session 1:** 2 movie tickets~~

~~**Session 2:** Swim Aide rash guard~~

~~**Session 3:** movie tickets & whistle~~

~~**Session 4:** Swim Aide t-shirt~~

~~**Session 5:** 20% off coupon (for JLSA, Guard Start, or Lifeguard class) & drawstring backpack~~

~~**Session 6:** Swim Aide sweatshirt~~

~~See Saturday and Sunday Lessons for class codes.~~

### ~~WATER AEROBICS \*ABSOLUTELY NO SWIMMING SKILLS REQUIRED!~~

~~January 11 - April 14 (no class 1/18, 2/15, 4/5, 4/7)~~

~~M & W, 7:00pm-8:00pm~~

~~Tone up and slim down your body! Develop cardio respiratory fitness, enabling you to burn up calories more efficiently. Benefits to this water resistance exercise class includes working your muscles and joints at the same time. Take advantage of this exciting class! \$8 drop-in fee. 10 class punch card \$60 res/\$72 non-res.~~

### ~~PRIVATE & SEMI-PRIVATE SWIMMING LESSONS~~

~~Promotes safety, security, and personal development. \$25 per 1/2 hour class. Private lessons are taught during recreation and lap swim hours (see pool hours for more detailed information) and payment is made at the pool through the senior guard. To be referred to an instructor or for more information, call (650) 991-8005. Please pay by check or credit card.~~

### ~~DOLPHINS SWIM TEAM~~

~~U.S. Swimming Age group team for boys and girls ages 5-18. Practice is Monday through Friday, 5:00pm-7:30pm at Giammona Pool. Visit the Pool Monday-Friday at 5:30pm to speak with a coach and/or to try out. For more information please visit: [www.dalycitydolphins.org](http://www.dalycitydolphins.org)~~

### ~~TEEN/ADULTS CLASSES 13 yrs. and up~~

#### ~~BEGINNER TEEN/ADULT I, II (continuation of I):~~

~~Raises the comfort level, establishes natural buoyancy movement, and develops basic strokes.~~

#### ~~INTERMEDIATE TEEN/ADULT III:~~

~~Builds upon skills learned in the beginner adult level and become more comfortable with deeper water.~~

## ~~POOL PARTY~~

~~Westmoor/Giammona Pool~~

~~Plan your next party at the Giammona Pool and you will have a SPLASH with everyone!~~

~~For more information, please call (650) 991-8001 or for more information on other facility rentals, please refer to page 30.~~

**POOL HOURS**

Hours of operation effective **January 9, 2010.**

**Rec Swim Schedule\***

Saturday: 12:30pm-2:30pm  
 Sunday: 12:30pm-2:30pm

**Lap Swim & Therapy Pool Schedule\***

Mon-Thur: 7:30pm-8:30pm  
 Saturday: 7:30am-8:45am  
 Sunday: 7:30am-8:45am  
 11:00am-12:15pm

\*Hours subject to change

**ADMISSION PRICES**

Youth & Seniors: \$3

(\$2 with ID showing Daly City residency)

Adults: \$4

(\$3 with ID showing Daly City residency)

You can save by purchasing swim passes which are good for 14 visits to the pool. Passes may be purchased from the Pool Cashier during recreation and lap swim times.

We **DO NOT** accept cash for pool passes. We only accept Visa, MasterCard, personal checks, money orders and cashier checks.

Youth & Senior Passes: \$35

(\$24 with ID showing Daly City residency)

Adult Passes: \$48

(\$35 with ID showing Daly City residency)

**CALNDAR OF EVENT & SPECIAL DAYS**

**January 9:** Pool Opens for Winter season!

**January 18, February 15, April 4:**

Pool closed for Holiday

**March 8:** Look for Spring Brochure!

**April 5-9:** Lifeguard Class, Aqua Swim Camp, Guard Start

For more info. call: (650) 991-8005

**TUESDAY AND THURSDAY LESSONS**

**Session 1:** January 12 - February 4 (8 classes)

**Session 2:** February 11 - March 9

**Session 3:** March 16 - April 15 (no class 4/6, 4/8)

Fee: \$48 Res/\$60 Non-Res (8 classes)

\*Tadpoles/Ducklings \$53 Res/\$65 Non-Res

CLASS	TIME	S. 1	S. 2	S. 3
Ducklings*	6:30p-7:00p	6084	6085	6086
Level I: Guppies	6:30p-7:00p	6087	6089	6091
	7:00p-7:30p	6088	6090	6092
Level II: Jellyfish	6:30p-7:00p	6093	6095	6097
	7:30p-8:00p	6094	6096	6098
Level III: Sea Horse	7:00p-7:30p	6100	6102	6104
	7:30p-8:00p	6101	6103	6105
Level IV: Otters	7:00p-7:30p	6106	6107	6108
Level V: Sea Lions	7:30p-8:00p	6110	6111	6112



**HAVE A SPLASH OF A TIME!**

**SUNDAY LESSONS**

**Session 1:** January 10 - February 21 (7 classes)

**Session 2:** February 28 - April 18; no class 4/4

Fee: \$43 Res/\$55 Non-Res (7 classes)

\*Tadpoles/Ducklings \$48 Res/\$60 Non-Res

CLASS	TIME	S. 1	S. 2
Tadpoles*	10:30a - 11:00a		6116
Ducklings*	10:00a - 10:30a	6117	6120
	11:15a - 11:45a		6123
	3:00p - 3:30p	6118	6121
	3:30p - 4:00p	6119	6122
Level I: Guppies	9:30a - 10:00a		6130
	10:00a - 10:30a		6131
	10:30a - 11:00a	6127	6132
	11:15a - 11:45a	6125	6126
	3:30p - 4:00p	6128	6133
	4:00p - 4:30p	6129	6134
	4:30p - 5:00p	6124	6135
Level II: Jellyfish	9:00a - 9:30a	6136	6142
	9:30a - 10:00a		6143
	10:30a - 11:00a	6138	6144
	11:15a - 11:45a		6148
	3:00p - 3:30p	6139	6145
	4:00p - 4:30p	6140	6146
	4:30p - 5:00p	6141	6147
Level III: Sea Horse	9:00a - 9:30a		6155
	9:30a - 10:00a	6149	
	10:00a - 10:30a	6150	6156
	11:15a - 11:45a	6151	6157
	11:45a - 12:15p		6160
	3:00p - 3:30p	6152	6158
	4:30p - 5:00p	6153	6159
Level IV: Otters	9:00a - 9:30a	6161	6165
	9:30a - 10:00a	6162	6166
	11:45a - 12:15p		6169
	3:30p - 4:00p	6163	6167
	4:00p - 4:30p	6164	6168
Level V: Sea Lions	9:00a - 9:30a	6171	6174
	11:45a - 12:15p	6172	6175
	3:00p - 3:30p	6173	6176
Level VI: Porpoise	11:45a - 12:15p	6178	6180
	3:30p - 4:00p	6179	6181
Level VII: Sharks	4:00p - 4:30p	6182	6183
Level VIII: Stingray	4:30p - 5:00p	6184	6185
Swim Aide**	9:00a - 12:15p	6195	6197
	3:00p - 5:00p	6196	6198
Beg. Teen/Adult I	9:30a - 10:00a	6187	6189
Beg. Teen/Adult II	10:00a - 10:30a	6188	6190
Int. Teen/Adult III	10:30a - 11:00a	6191	6192

**SATURDAY LESSONS**

Session 1: January 9 - February 20, (7 Classes)

Session 2: February 27 - April 17  
(7 Classes, no classes 4/3)

Fee: \$43 Res/\$55 Non-Res

\*Tadpoles/Ducklings \$48 Res/\$60 Non-Res

CLASS	TIME	S. 1	S. 2
Tadpoles*	10:45a - 11:15a		6077
Ducklings*	9:00a - 9:30a	6013	6016
	9:30a - 10:00a	6014	6018
	11:15a - 11:45a	6015	6017
Level I: Guppies	9:30a - 10:00a	6021	6025
	10:00a - 10:30a	6022	6026
	11:15a - 11:45a	6023	6027
	11:45a - 12:15p	6024	6028
Level II: Jellyfish	9:00a - 9:30a	6034	6029
	9:30a - 10:00a	6033	6035
	10:45a - 11:15a	6032	6036
	11:15a - 11:45a		6037
	11:45a - 12:15p	6031	6038
Level III: Sea Horse	9:00a - 9:30a	6039	6043
	10:00a - 10:30a	6040	6044
	10:45a - 11:15a	6041	6045
	11:45a - 12:15p	6042	6046
Level IV: Otters	9:00a - 9:30a	6053	6058
	10:00a - 10:30a	6054	6059
	11:15a - 11:45a	6056	6061
Level V: Sea Lions	10:45a - 11:15a	6063	6065
	11:15a - 11:45a	6064	6066
	11:45a - 12:15p		6067
Level VI: Porpoise	10:45a - 11:15a	6068	6070
	11:45a - 12:15p	6069	6071
Level VII: Sharks	10:00a - 10:30a	6072	6073
Level VIII: Stingray	9:30a - 10:00a	6074	6075
Swim Aide**	9:00a-12:15p	6193	6194

**MONDAY/WEDNESDAY LESSONS**

Session 1: January 11 - February 8 (no class 1/18)

Session 2: February 10 - March 10 (no class 2/15)

Session 3: March 15 - April 14 (no class 4/5, 4/7)

Fee: \$48 Res/\$60 Non-Res. (8 classes)

CLASS	TIME	S. 1	S. 2	S. 3
Beg. Teen/Adult I, II	7:00p - 7:30p	6078	6079	6080
Int. Teen/Adult III	7:30p - 8:00p	6199	6200	6201
Water Aerobics	7:00p - 8:00p	\$60 res/\$72 non-res (10 visit pass)/\$8 drop-in		

**WINTER 2010  
IMPORTANT  
REGISTRATION  
INFORMATION**

Pre-registration will be accepted at the Daly City Parks and Recreation Main Office,

111 Lake Merced Blvd.

by mail, fax, walk-in, or internet. Each aquatic session has a specific "Received by Date."

All pre-registration must reach our office by the session's "Received by Date" in order to be processed.

No exceptions.

The dates are as follows: (first come, first serve... enrollment based upon spaces available in class)

**Pre-registration at the Main Office Accepted NOW through the Received by Date (Due at office)**

Session	Class Start Date	Pre-Reg. Due at Office	Reg. Accepted at Pool
<b>I. Sat</b>	Sat. Jan. 9	Thurs. Jan. 7	Sat. Jan. 9 & after
	<b>Sun</b>	Sun. Jan. 10	Thurs. Jan. 7 Sat. Jan. 9 & after
		<b>M/W</b>	Mon. Jan. 11
<b>T/Th</b>	Tues. Jan. 12	Thurs. Jan. 7	Sat. Jan. 9 & after
<b>II. M/W T/TH</b>	Wed. Feb. 10	Tues. Feb. 9	Wed. Feb. 10 & after
	Thurs. Feb. 11	Tues. Feb. 9	Wed. Feb. 10 & after
<b>SAT SUN</b>	Sat. Feb. 27	Thurs. Feb. 25	Sat. Feb. 27 & after
	Sun. Feb. 28	Thurs. Feb. 25	Sat. Feb. 27 & after
<b>III. M/W T/TH</b>	Mon. Mar. 15	Fri. Mar. 12	Mon. Mar. 15 & after
	Tues. Mar. 16	Fri. Mar. 12	Mon. Mar. 15 & after

**Register early!  
Space is limited!**

To register by internet, you must set up an account. For more information, please call (650) 991-8001.