



Parks & Recreation

Fall Activity Guide



SLORECACTIVITIES.ORG

SIGN UP TODAY!

We Are Paperless!

For years the City of San Luis Obispo has strived to be green and change our ways. The City is happy to introduce an online interactive PDF to help register for the Parks and Recreation activities!

How To Register

Sign up online at SLORecActivities.org

Questions? Call (805) 781-7300

Pre-registration is strongly encouraged to avoid class cancellation.

FOLLOW US ON SOCIAL MEDIA!



@SLOPARKSANDREC



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Activities & Sports

Youth Evolution Soccer Santa Rosa Park 1050 Oak St.

[Click here to sign up!](#)

PROGRAM	AGES	DAY	DATES	TIMES	COST
Baby Kickers	2-3.5	Sat	Oct. 23 – Nov 15.	9:00- 9:30am	\$100
Level 1	3.5-4.5	Mon	Oct. 18-Nov. 15	3:10-3:40pm	\$100
Level 1	3.5-4.5	Sat	Oct. 23 – Nov. 20	9:40-10:15am	\$100
Level 2	5-7	Mon	Oct. 18-Nov. 15	3:40-4:20pm	\$100
Leve 2	5-7	Sat	Oct. 23 – Nov. 20	10:20-11:05am	\$100
Level 3	7-11	Mon	Oct. 18-Nov. 15	4:20-5:15pm	\$100
Level 3	7-11	Sat	Oct. 23 – Nov. 20	11:05-11:55am	\$100
Level 4	12-13	Mon	Oct. 18-Nov. 15	4:20-5:15pm	\$100
Level 4	12-13	Sat	Oct. 23 – Nov. 20	11:05-11:55pm	\$100

PROGRAM DESCRIPTIONS

Level 1: Learn fundamental movement skills and build overall motor skills. This course is designed for children to learn the fundamentals of Soccer. The program focuses on technique using activities that subsequently help build on each other, helping the children to gradually increase their ability to learn basic soccer skills by also helping to establish a fun, nurturing atmosphere for the children.

Level 2: This course will focus on dribbling, passing, shot technique and teamwork. Children will be introduced to fitness and sportsmanship, providing an opportunity for children to be challenged through fun games and team interaction. Following our motto, Play, Learn, and Grow, children will now be introduced to a variety skill that will improve their overall motor skills to play the sport of Soccer.

Level 3: The level 3 course is aimed to improve large motor skills, spatial awareness, and teamwork. The instructor will focus on fitness, agility, drills become a bit more advanced and teach children how to perform under pressure. Drills are focused on more complex activities that include fast breaks and multiple defensive structures. Your child will now learn explosive plays, improve their footwork, and develop their range and accuracy of shooting.

Level 4: The level 4 course is aimed to improve large motor skills, spatial awareness, and teamwork. The instructor will focus on agility, fitness, drills that become a bit more advanced and teach children how to perform under pressure. Drills are focused on more complex activities that include fast breaks and multiple defensive structures. Your Teen will now learn explosive plays, improve their footwork, and develop their range and accuracy of shooting.



Activities & Sports

Youth Evolution Basketball

Santa Rosa Park – Roller Rink 1050 Oak St.

[Click here to sign up!](#)

PROGRAM	AGES	DAY	DATES	TIMES	COST
Level 1	3.5 -5	Mon	Oct. 25-Nov. 22	3:00- 3:35pm	\$99
Level 2	5 -7	Mon	Oct. 25-Nov. 22	3:40- 4:25pm	\$99
Level 3	7 -11	Mon	Oct. 25-Nov. 22	4:25- 5:10pm	\$99



PROGRAM DESCRIPTIONS

Level 1: Learn fundamental movement skills and build overall motor skills. This course is designed for children to learn the fundamental concepts of basketball. The program focuses on technique through the use of activities that subsequently help build on each other, helping the children to gradually increase their ability to do the basic skill to help them play the sport of basketball

Level 2: This course will focus on dribbling, passing, shot technique and teamwork. Adjustable hoops and appropriately sized basketballs are used to always provide just the right amount of challenge. The children will soon explore the sport of Basketball with a variety of activities and games the program has in play

Level 3: The level 3 course is aimed to improve large motor skills, spatial awareness, and teamwork. The instructor will focus on agility, drills become a bit more advanced and teach children how to perform under pressure of the clock and their opponents. Drills are focused on more complex activities that include fast breaks, coordinated offensive plays, and multiple defensive structures. Your child will now learn explosive plays, improve their footwork, and develop their range and accuracy of shooting.

Roller Fun 101 | AGES 8+

Santa Rosa Park – Roller Rink 1050 Oak St.

[Click here to sign up!](#)

Introduces the participant to a safe roller-skating environment with experienced instructors. Skaters will smile while learning how to safely stop, fall, switch directions, cut, transition, skate backwards, basic jumping and cross overs forward and backwards. Skate it out old skool style with music to incorporate your new skills. Course emphasis is on safety and knowledge. Each skater will receive a discount code for use at SLO Derby Warehouse skate shop (curbside up only please). REQUIRED: HELMET, KNEE, ELBOW, WRIST GUARDS quad skates or blades.



DAY	DATES	TIMES	COST
Sat	Sept. 4 – Sept 25	10:30 -12:00pm	\$50
Sat	Oct. 2 – Oct 23	10:30 -12:00pm	\$50
Sat	Nov. 6 – Nov27	10:30 -12:00pm	\$50

Activities & Sports

Recreation Adult Softball League 16+

[Click here to sign up!](#)

EL Chorro Softball Fields 2990 Dairy Creek Rd
Highway 1

Santa Rosa Park 1150 Oak St.

The Fall adult softball season includes men's and coed divisions with lower & middle divisions of play in each league. A Women's division is also available.

Teams should consist of 12-18 players. Each day has a maximum of 18-20 teams total. Each team should have a designated Manager who is responsible for registering the entire team. Games take place weekday nights. League coordinator reserves right to place teams according to past results, divisions needs. Rain will cancel. Adult Softball Rain-Out Hotline: (805) 781-7301.

- Mondays: Men's Lower and Middle
- Tuesdays: Coed Lower, Middle and YPNG
- Wednesdays: Coed Lower and Middle, Men's Middle
- Thursdays: Coed Lower and Middle, Women's and / or Men's Lower
- Fridays: Women's TBD, Men's 35+ TBD



AGES	REGISTRATION	DAYS	DATES	TIMES	COST
16+	June 14 -July 25	Mon-Fri	Aug 2 - Oct 21	6:30pm– 10:00pm	\$577 / team

Ultimate Pick-Up | Ages 16+

Ultimate Pick-Up Damon Garcia Sports Fields 680 Industrial Way

[Click here to sign up!](#)

Ultimate Pick-Up is sponsored by CC Ultimate and the Parks and Recreation Department. Ultimate Pick-Up combines the non-stop movement and athletic endurance of soccer with the aerial passing skills of football. Ultimate Pick-Up is governed by Spirit of the Game™, a tradition of sportsmanship that places the responsibility for fair play on the players rather than referees. Bring a White and Dark colored shirt, cleats and water each week. Must be pre-registered. Rain will cancel. Drop in is \$5, Season Pass is \$15 and Annual Pass is \$30. For more information for Summer League play to be held June 18-Sept 10 and to register go to <https://www.facebook.com/centralcoastultimate>. Info and location will be under Events

Program	Ages	Days	Dates	Times	Cost
Ultimate Pickup					
Ultimate @ Damon	16+	Tues	Sept 7 – Dec 21	6:30 p.m. -9:00 p.m.	\$5 / \$15 / \$30

Activities & Sports

CC Soccer | Damon-Garcia Sports Field 680 Industrial Way

Click here to sign up!

The Parks and Recreation Department has teamed up with Central Coast Soccer to offer an adult co-ed league for all levels. Players may sign-up as an individual or register as a group of three. For more information and to register visit www.ccsoccer.com.

Program	Ages	Reg	Days	Dates	Times	Cost
Coed Soccer	18+	8/20	Tues	Sept 7-Nov 2	6:00-9:00pm	\$56
Coed Soccer	18+	9/24	Tues	Nov 9-Jan 4	6:00-9:00pm	\$63

Men's 35+ Soccer Damon-Garcia Sports Field 680 Industrial Way

Click here to sign up!

The Parks and Recreation Department is partnering with Central Coast Soccer to offer a soccer league for men ages 35+, designed to be fun for players of all levels. Players may sign-up as an individual or register as a group of five. For more information and to register visit www.ccsoccer.com.

Ages	Reg	Days	Dates	Times	Cost
18+	8/1	Thurs	Sept 9-Nov 4	6:00-9:00pm	\$88
18+	9/6	Thurs	Nov 11-Jan 6	6:00-9:00pm	\$88



Youth Basketball | **Click here to sign up!**

Local Elementary Schools, Taylor Gym
& Ludwick Community Center

The Parks and Recreation Department in partnership with the SLO County YMCA will host the Youth Basketball program. The program teaches the fundamentals of basketball while focusing on participation, cooperation and team spirit. Teams are formed according to age divisions and school sites. To register, visit the SLO YMCA web-site at www.sloymca.org. Practices are held on weekdays and start in December. Games held on Saturdays. 60+ Volunteer coaches are needed to make this program successful. Coaches meeting December 11th, 5pm at Ludwick Center.

GRADES	REG	DAYS	DATES	TIMES	COST
K-8th	Sept 27 – Dec 12 Sat (games)	Mon-Fri (practice)	Jan 3 – Mar 5	TBA	Register www.sloymca.org

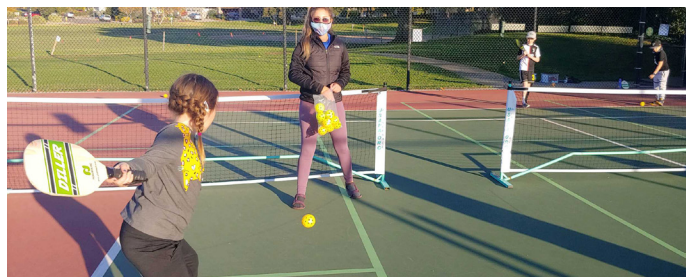
Activities & Sports

Pickleball Clinics and Games | French Park Tennis Court

[Click here to sign up!](#)

Pickle-what? Imagine playing ping pong but standing on the table with a larger racquet and a whiffle ball. It is a lot of fun. Come learn this new sport in a relaxed and fun environment. Kids will progressively learn the sport throughout the 3-week class. All equipment provided and staff will follow all County Health Department and CDC safety guidelines.

- Date: 9/14/2021 – 9/30/2021 | Days: Tuesdays & Thursdays
- Session 1: 3:45pm-4:45pm
- Session 2: 5:00pm – 6:00pm
- Age: Ages 8-14
- Cost: \$55.00
- Maximum Registrations: 28



Pickleball (Drop-In)

Come learn how to play Pickle Ball. Pickle Ball is Americas Fastest Growing Sport. It is like tennis, but played on a smaller court. Easy to learn.... serve underhand....great exerciselow impact. So just come and drop in and play at various City locations.

PROGRAM	DAYS	DATES	TIMES	COST
Meadow Park 2333 Meadow Street	Mon, Wed, Fri	Sept-Dec	9:00 am- 11:30 am	FREE

PROGRAM	DAYS	DATES	TIMES	COST
French Park 1035 Fuller Rd	Tues, Thur	Sept-Dec	9:00 am- 11:30 am	FREE

PROGRAM	DAYS	DATES	TIMES	COST
French Park 1035 Fuller Rd	Mon, Thur, Fri	Sept-Dec	8:00 am– 12:00 pm	FREE

Join the SLO Pickleball Club for drop in play at French Tennis Court Sat and Sun mornings 9am to 11am. Subject to Availability. For more info go to www.slopickleball.org

Activities & Sports

Tennis: DM Pro Tennis Lessons

Islay Park Tennis Court 1151 Tank Farm Road

[Click here to sign up!](#)

Conditioning and fitness are some of the benefits for those who participate in the high-energy sport of tennis. This activity is available to all ages and ability levels. Guided training and assistance is provided to support any goal, from the development of basic skills to top competition. Consultation with instructors is available. Multilingual instruction in English, Spanish, and Italian are available.

PROGRAM	AGES	DAY	DATES	TIMES	COST
Lessons and Training	17+	TBD	TBD	TBD	TBD
Lessons and Training	6-16	TBD	TBD	TBD	TBD



Right Brain Money

Retirement planning

Senior Center

Attend this course and learn how to create a plan and retire early! Fun, comprehensive, and interactive overview of the traditionally dry world of retirement planning. Students will learn how to integrate finances with goals and values, use tax law changes to their advantage and learn how to properly allocate assets within an IRA or employer retirement plan (401k, 403b, etc.)

PROGRAM	AGES	DAY	DATES	TIMES	COST
Session 1	18-99	Tue	Oct. 19, 26	6:30 pm	\$59
Session 2	18-99	Sat	Oct. 23, 30	6:30 pm	\$59

Activities & Sports

Fit 'N' Fun Camp | Santa Rosa Park 1050 Oak St. | Ages 7-14

Click here to sign up!

Info: 3-week session to improve your speed, agility, endurance, and develop a healthier you. For all levels of kid athlete – just challenge yourself using a variety of obstacles. See an improvement in your sports in this camp. Class is designed to work hard but in a fun atmosphere – but always to leave with a smile and some good memories. Staff will follow all County Health Department and CDC safety guidelines.

- Date: 9/13/2021 – 9/29/2021
- Days: Mondays & Wednesdays
- Session 1: 3:45pm-4:45pm
- Session 2: 5:00pm – 6:00pm
- Cost: \$55.00
- Maximum Registrations: 60



Charly's Zumba Fitness | Ages 5+

Meadow Park 2333 Meadow St.

Click here to sign up!

Start your week with a fun dance workout or enjoy your every Monday lunch break. Get yourself ready for the week with a 50-minute Zumba workout at Meadow Park.

PROGRAM	AGES	DAY	DATES	TIMES	COST
1 class pass	5-99	Th	Sept. 2. – Sept. 30	5:30 pm	\$8
1 class pass	5-99	Th	Oct. 7. – Sept. 28	5:30 pm	\$8

PROGRAM	AGES	DAY	DATES	TIMES	COST
4 class pass	5-99	Th	Sept. 7. – Sept. 28	5:30 pm	\$30
4 class pass	5-99	Th	Oct. 7. – Sept. 28	5:30 pm	\$30

Surfing Lessons with Sandbar Surf Company | Ages 7+

Pismo Beach

Click here to sign up!

Fall is in the air and there is no better place to be than the beach! Sandbar Surf School's Camps are designed for both children and adults. Whether learning for the first time or experienced and looking to pick up tips from a professional, expect quality instruction, dynamic curriculum, and a safety-first attitude from well-versed instructors. Wetsuits and surfboards are provided to fit every profile and ability level. See you at the beach! Choose which day of the week you would like to start your lesson and enjoy the ride! Contact Sandbar Surf to schedule your class dates: 805-835-7873

PROGRAM	AGES	DATES	TIMES	COST
3 Day Camp	7+	Sept 1 – Nov 30	8:45 -11am	\$186
5 Day Camp	7+	Sept 1 – Nov 30	8:45 -11am	\$285



Activities & Sports

Boomer Softball (Drop-In) | Santa Rosa Park 1150 Oak St.

A great way for our older Active Adults to enjoy America's favorite pastime. Bring a bat and glove and meet at Santa Rosa Park for a game of softball. Players may join on a drop-in basis.

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Boomer Softball	50+	Tues	Sept-Dec	10:00 am- 1:00 pm	FREE

Volleyball (Drop-In) | Ludwick Community Center Gym 864 Santa Rosa St.

Volleyball is a great way to exercise and have fun with your friends. Drop in and pick up a game of volleyball with other volleyball enthusiasts!

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Indoor Volleyball	All	Wed	Sept-Dec	7:00 pm- 9:00 pm	FREE
Indoor Volleyball	All	Sun	Sept-Dec	7:30 pm- 9:30 pm	FREE

Table Tennis (Drop-In) Ludwick Community Center Gym 864 Santa Rosa Street

You can't beat the price on this one! Table tennis is open to all ages and ability levels. Table Tennis is played on an ongoing basis, three times a week.

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Table Tennis	All	Tues, Thurs	Sept-Dec	7:00 pm- 10:00 pm	FREE
Table Tennis	All	Sun	Sept-Dec	4:00 pm- 7:00 pm	FREE

Drop- In Dodgeball | Ludwick Community Center 864 Santa Rosa St.

Come out and practice the "5 D's of Dodgeball - Dodge, Duck, Dip, Dive and Dodge". Dodgeball is open to all ages and ability levels and is always a good time.

Program	Ages	Days	Dates	Times	Cost
Indoor Dodgeball	All	Thursdays	Sept- Dec	5:00 p.m.- 7:00 p.m.	FREE

Drop- In Basketball | Ludwick Community Center 864 Santa Rosa St.

New program being offered at the LCC. Drop in Basketball 4v4 on Friday nights is sure to be a hit. Drop in and pick up a game of Basketball with other basketball enthusiasts!

PROGRAM	AGES	DAYS	DATES	TIMES	COST
Indoor Basketball	All	Fridays	Sept-Dec	6:00 p.m. - 9:00 p.m.	FREE

Community Events

New! Monday Meet-Up!

Coming this summer to a neighborhood park near YOU! Enjoy local food trucks, local music, and local entertainment! Details for each date will be posted the week of the scheduled date, so be sure to check back!

- Monday, August 2, 5:30 pm - 8:00 pm @ Throop Park
- Monday, August 23, 5:30 pm - 8:00 pm @ Sinsheimer Park (Helena Cul-de-sac)
- Monday, September 13, 5:30 pm - 8:00 pm @ Emerson Park (1341 Nipomo St.)

PRESENTED BY THE CITY OF SAN LUIS OBISPO PARKS & RECREATION DEPARTMENT

MONDAY MEET UP!



FOOD TRUCKS | LIVE MUSIC | LIVE ENTERTAINMENT
@ A LOCAL PARK NEAR YOU!

MONDAY, JULY 26 @ DEVAUL PARK
MONDAY, AUGUST 2 @ THROOP PARK
MONDAY, AUGUST 23 @ SINSHEIMER PARK (HELENA CUL-DE-SAC)

FREE ENTRY

MORE INFO WILL BE POSTED TO SLORECEVENTS.ORG

 Parks & Recreation

Movies at the Jack House Gardens returns this August! *FREE* ALL AGES!

Enjoy a FREE movie on the lawn of the gardens on the following dates:

- Aug 7 at 8pm – Minions
- Aug 14 – Aladdin *Live Action version
- Aug 21 – Lion King *Live Action version

Feel free to bring chairs, blankets and snacks to enjoy the movie!

The City of San Luis Obispo Parks and Recreation Department presents

Movies at the Jack House Gardens are BACK!



Bring a blanket, some snacks + enjoy a movie on the lawn starting at 8:00 pm!



FREE August 7 **FREE August 14** **FREE August 21**

536 Marsh St. SLO | 805-781-7300 | [@sloparksandrec](https://www.sloparksandrec.org) | sloparksandrec.org

Community Events

Boo Bash Haunted Park | October 29 5:00 pm *FREE* All Ages!

At Meadow Park 2333 Meadow St

Join the Parks and Recreation Department for a family friendly costume party and haunted house. Youngsters (and their families) will enjoy food, games and activities, as well as partake in a spooky haunted park. All Boo Bash attendees are asked to bring a canned food to be donated to the Food Bank Coalition of SLO County. Concluding the night, enjoy the kid-friendly outdoor Movie Curious George: A Boo Fest on the Meadow Park lawn under the stars.

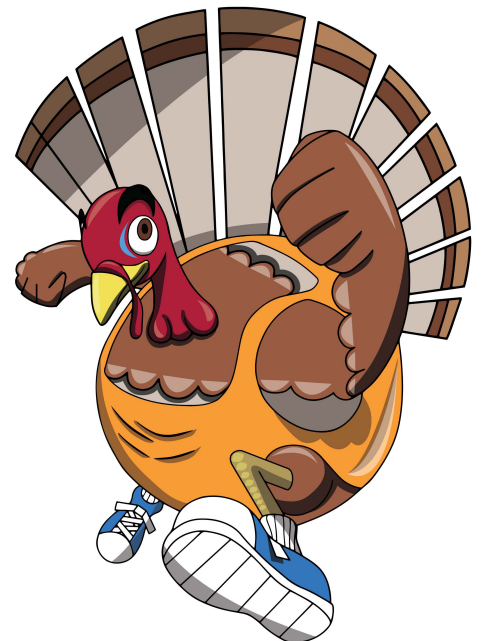


Gobble Wobble – Thanksgiving 5K Fun Run & Walk

Laguna Lake Golf Course 11175 Los Osos Valley Rd.

Thanksgiving Day Family Fun Run! Come get your “Gobble” on with a 2.5K walk or 5K run around the Laguna Lake Golf Course. It’s fun for the whole family! Donate a non-perishable food item on race day for a free child entry. One registration gets you entry to both events – run the 5K then walk it with the whole family. Walkers will start at end of runners pack for the beginning of the ‘race’.

AGES	DAYS	DATES	TIMES	COST
0-17	Thur	Nov 25	9:00 am– 9:30 am	\$5.00
17+	Thur	Nov 25	9:00 am– 9:30 am	\$10.00
Family	Thur	Nov 25	9:00 am– 9:30 am	\$20.00



Laguna Lake Golf Course

11175 Los Osos Valley Rd. | 805-781-7309 | slocity.org/lagunalakegolfcourse

Summer hours: Open daily 8:00 am - 7:00 pm

Open Days on the Greens!

Not a golfer? That's okay!

Visit and enjoy Live Music, Open Space, and Coastal Craving Hawaiian Shaved Ice!

Bring your own soccer ball for FootGolf, a chair or blanket and enjoy the closed course!

Open to all ages + FREE Entry

📍 11175 Los Osos Valley Rd.
July 11, August 15, September 12
Noon – 7:00 pm



Kids Play Free!

Kids 12 and under play
FREE
with a paying Adult,
June 1 - August 31
the Laguna Lake Golf Course!

Book your Tee Time today!



Ranger Service



Wednesday Workdays - Volunteer with us!

A weekly opportunity for volunteers to gather and work on specific sections of the open space in need of maintenance. Tools and training are provided, all are welcome. Workdays run 3-4 hours every Wednesday morning.

For more information, email ngrether@slocity.org

SLO Swim Center



SLO Swim Center | 902 Southwood Drive, SLO | 805-781-7288 | sloswimcenter.org
Information reading: 805-781-7284 | rec_aquatics@slocity.org

The SLO Swim Center will be closed for its annual cleaning/maintenance period from August 16 – September 12, 2021. The swim center will re-open on September 13, 2021, for normal fall programming.

Office Hours of Operation:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Closed	6:00 – 8:00 am	6:00 – 8:00 am	6:00 – 8:00 am	6:00 – 8:00 am	6:00 – 8:00 am	Closed
11:30 – 1:30 pm	11:30 – 1:30 pm	11:30 – 1:30 pm	11:30 – 1:30 pm	11:30 – 1:30 pm	11:30 – 1:30 pm	11:30 – 1:30 pm
Closed	2:00 – 3:30 pm	2:00 – 3:30 pm	2:00 – 3:30 pm	2:00 – 3:30 pm	2:00 – 3:30 pm	Closed
Closed	5:30 – 7:00 pm	5:30 – 7:00 pm	5:30 – 7:00 pm	5:30 – 7:00 pm	5:30 – 7:00 pm	Closed

Office Hours are when a SLO Swim Center recreation cashier is at the facility to answer phone calls and to provide program registration services, along with daily entry services.

Fees:	Daily Rate
Youth - 17 and under	\$3.50
Adults - 18 to 54	\$4.00
Senior - 55+	\$3.50

Passes	Swim Script (10 visits)	Monthly	Warm Water Exercise (10 visits)
Youth - 17 and under	\$31.50	\$52.50	\$50.00
Adults - 18 to 54	\$36.00	\$60.00	\$50.00
Senior - 55+	\$31.50	\$52.50	\$50.00

Daily rates, swim script, and monthly passes allow guest access to all Water Exercise Classes, except Warm Water Exercise. Guests will need to purchase a Warm Water Exercise Pass to participate in that specific program.

SLO Swim Center Program Refunds

- Refunds will only be issued in the event the facility is closed within the first 10 minutes of admission. A swim pass will be issued in lieu of a refund in the event that more than 10 minutes have elapsed since entry into the facility.

The Olympic Pool: 50 meters by 25 yards pool, maintained at approximately 80 degrees and is easily accessible for patrons of all ages.



Pass Refund Policy:

- The SLO Swim Center will only offer a refund for passes if the pass has not been used previously.
- Refunds for passes cannot be prorated for the time/amount remaining on the unused portion of the pass.

The Therapy Pool: maintained at approximately 90 degrees and is easily accessible for patrons of all ages.



SLO Swim Center

Learn, Swim, and Grow in the H2O 4th Tuesday of each Month

Children learn naturally when they read, sing, talk, and play! Our interactive Storytime combines reading, swimming, and fun for children of all ages. Storytime will focus on water safety books like (Llama, Llama Learns to Swim, Rande's First Swim, Froggy Learns to Swim, and many more). Come down to Reader's Reef for a fun Storytime and water play. All children who participate in the Learn, Swim, and Grow in the H2O Storytime, will have the opportunity to stay and swim for free at the SLO Swim Center's noon therapy pool hours from 11:30 to 1:20 pm. Parents will need to pay for entry to the pool.

Storytime: 11:00 am - 11:30 am | FREE!

Swim Play: 11:30 am - 1:20 pm

Children – Free; Adults – \$4.00



Lap Swim Hours | September 13 – December 5

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Closed	6:00 – 8:00 am	6:00 – 8:00 am	6:00 – 8:00 am	6:00 – 8:00 am	6:00 – 8:00 am	Closed
11:30 – 1:30 pm	11:30 – 1:30 pm	11:30 – 1:30 pm	11:30 – 1:30 pm	11:30 – 1:30 pm	11:30 – 1:30 pm	11:30 – 1:30 pm
Closed	2:00 – 3:30 pm	2:00 – 3:30 pm	2:00 – 3:30 pm	2:00 – 3:30 pm	2:00 – 3:30 pm	Closed
Closed	5:30 – 7:00 pm	5:30 – 7:00 pm	5:30 – 7:00 pm	5:30 – 7:00 pm	5:30 – 7:00 pm	Closed

The lap swim program may be utilized for several types of aquatics activities including swimming, walking, physical wellness, aqua jogging, triathlon training, or working one-on-one with children.

- AM Lap Swim is configured in the 50-meter length on Monday, Wednesday, Friday and is configured in the 25-yard length on Tuesday, Thursday.
- Afternoon and PM Lap Swim is configured in the 25-yard length.
- Lap swim at 2:00 pm will be located in the shallow section of the Olympic Pool – 8 lanes available.
- When there are more than 2 guests in a lane, please use a circle swimming pattern to exercise.

Therapy Pool Hours | September 13 – December 5

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:30 – 1:20 pm	11:30 – 1:20 pm	11:30 – 1:20 pm	11:30 – 1:20 pm	11:30 – 1:20 pm	11:30 – 1:20 pm	11:30 – 1:20 pm

The therapy pool may be utilized for several types of aquatics activities including recreational swimming, walking, physical wellness, or working one-on-one with children.

- The deep portion of the therapy pool is reserved for adult use only from 11:30 - 1:20 pm.
- On Tuesday and Thursday from 12:40 - 1:30 pm, an Aqua Pilates class will be held in the deep section of the therapy pool.

Family Recreational Swim Pool Hours | September 13 – December 5

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Closed	5:30 - 6:50 pm	5:30 - 6:50 pm	5:30 - 6:50 pm	5:30 - 6:50 pm	5:30 - 6:50 pm	Closed

Family Rec Swim will be held in the therapy pool and may be utilized for several types of aquatics activities including recreational swimming, physical wellness, or working one-on-one with children.

SLO Swim Center

Aqua Aerobics | September 13 – December 5

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No Class	11:40 – 12:30 pm	11:40 – 12:30 pm	11:40 – 12:30 pm	11:40 – 12:30 pm	11:40 – 12:30 pm	11:40 – 12:30 pm

Aqua Aerobics is a guided workout designed to combine aerobic conditioning with strength training, muscular endurance, and flexibility. The class structure and routine maybe adapted to individual needs with the assistance of the instructors.

- The 11:40 am class is conducted in the shallow end of the main pool.

Aqua Pilates | September 13 – December 5

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No Class	No Class	12:40 -1:30 pm	No Class	12:40 -1:30 pm	No Class	No Class

Aqua Pilates is an introduction to core-centered (abdominal muscles and Lower back) poses and positions that help with posture, balance, and flexibility. All the movements are based on the principles of concentration, control, fluid movements, precise breathing, and strengthening of the torso. Participants are led through a progressive routine that continues to challenge them as they increase their strength and flexibility.

- The 12:40 pm class is conducted in the deep end of the therapy pool.

Deep Water Exercise | September 13 – December 5

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No Class	12:40 - 1:30 pm	No Class	12:40 - 1:30 pm	No Class	12:40 -1:30 pm	No Class

Deep Water Exercise is a high energy, no impact, fun fitness class in which you perform a range of aerobic moves. The class will emphasize on cardiovascular endurance, muscle strength, flexibility, range of motion, and core strengthening.

- The 12:40 pm class is conducted in the deep end of the main pool.
- Aqua exercising belts will be available for guests to use on a first come, first serve basis. You are welcome to bring your own aqua exercising belt if you choose to do so.

Warm Water Exercise | September 13 – December 5

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No Class	7:00 – 8:00 am	No Class	7:00 – 8:00 am	No Class	7:00 – 8:00 am	No Class
No Class	8:00 – 9:00 am	No Class	8:00 – 9:00 am	No Class	8:00 – 9:00 am	No Class

Warm Water Exercise is held in the therapy pool. Participants are led through a series of exercises designed to increase range of motion and flexibility. This class is great for adults on any age, including recovering injuries and/or arthritic conditions who are capable of participating in a fitness program without assistance.

- To participate in the Warm Water Exercise class, participants will need to purchase a Warm Water Exercise pass for \$50. Warm Water Exercise passes must be purchased during open office hours.



Registration for Swim Lessons is as Easy as....



Session 1	Session 2	Session 3	Session 4
Sept. 20 – Oct. 1	Oct 4 – Oct. 15	Oct. 18 – Oct. 29	Nov. 1 – Nov.12

All sessions are for 2 weeks. All lessons are for 30 minutes. **Private Lessons:** Mon, Wed, Fri: \$110.00; Tues, Thurs: \$74.00



Mon, Wed, Fri 4:10-4:40 pm	Mon, Wed, Fri 4:50-5:20 pm	Tues, Thurs 4:10-4:40 pm	Tues, Thurs 4:50-5:20 pm
Private	Private	Private	Private
Private	Private	Private	Private



Click here for the full Swim Lesson Guide or visit www.sloswimcenter.org

Register at sloreactivities.org or at one of the following locations:

SLO Parks and Recreation Main Office - 1341 Nipomo Street, San Luis Obispo

SLO Swim Center - 902 Southwood Drive, San Luis Obispo

Fall registration begins August 2, 2021 at 9:00 am. For more information please call the SLO Swim Center at 805-781-7288

Swim Lesson Program Overview:

The mission of our swim lesson program is to provide quality swim lessons where students are engaged in learning, having fun, and promoting a lifelong love of the water and swimming. Our goal is that every student finishes their lesson at the SLO Swim Center with a positive experience in the water. Staff focuses on the fundamentals of water safety, stroke development and refinement.

Class Information:

- Students must be the proper age and skill level on the first day of class. If a student does not meet the minimum requirements for age or ability, every effort will be made to transfer the student to a class at his/her level. If space is not available, a transfer to a different time slot or a later session will be offered. If a transfer cannot be completed a credit on account will be offered.
- Children must be between the ages of 3-5 to enroll in the beginner program. Children must be a minimum age of 6 years to enroll in the Level 1 class and children must be a minimum age of 5 years of age to enroll in Level 2-5. Private lessons are offered to children between the ages 3-17 years of age.
- Please read the level descriptions carefully and select the appropriate level for your child based on their current skills.
- It is not uncommon for a child to stay in a particular level for several sessions before successful completion.
- Children not potty trained and in diapers must wear a swim diaper during class. Swim diapers may be purchased at the pool front counter.
- Appropriate swim attire is required – in an attempt to keep our pool running efficiently no street clothes are allowed in the pool at any time.

Withdrawals/Credits/Refunds:

- Please call the SLO Swim Center for all withdrawals at 805-781-7288 and ask to speak with the Aquatics Specialist or the Recreation Coordinator.
- Classes missed for vacation, injury, illness or any other individual reason cannot be made up and are not eligible for credits or refunds.
- Refunds are not available for Swim Lessons, however credits may be provided if notified 48 hours before the first lesson starts. If you need to cancel within 48 hours of the first lesson start time, you will receive 75% of the program cost credited to your account.

Inclusion and Accommodation Requests:

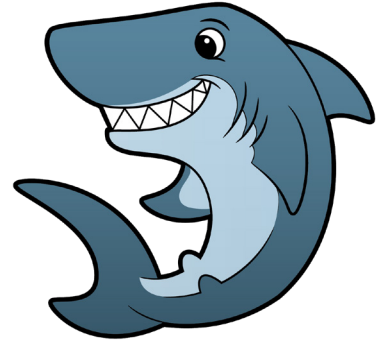
Providing inclusive access to our camp and aquatic programs for children and families is a key mission for the City of San Luis Obispo. If your child requires accommodations, please call the SLO Swim Center at 805-781-7288 and ask to speak with the Aquatics Specialist or the Recreation Coordinator. We will make every effort to accommodate the needs of each child.

SLO Swim Center

PRIVATE LESSONS

Private Swim Lessons: (ages 3 to 17) [Click here to sign up!](#)

Class Objective: A private swimming lesson is designed to maximize the individual instruction given to a particular student with a one-to-one student to teacher ratio. Semi-private lessons are available for family members or close friends that have a similar swimming ability. The first student pays the full private fee; the second student pay half the price. Enroll the first child to secure an opening and enrollment of additional students will take place the first day of the lesson.



Prerequisites: No prior instructional experience necessary. Takes Place in the Therapy Pool or Main Pool.

Maximum Class Size: 1 Student to 1 Instructor, unless a semi-private lesson (max 3 kids) is requested.

Session	Openings	Ages	Days	Dates	Times	Fee
Session 1	2 Openings	3 to 17	Mon, Wed, Fri	Sept. 20 – Oct. 1	4:10 – 4:40 pm	\$110.00
Session 1	2 Openings	3 to 17	Mon, Wed, Fri	Sept. 20 – Oct. 1	4:50 – 5:20 pm	\$110.00
Session 1	2 Openings	3 to 17	Tues, Thurs	Sept. 21 – Sept. 30	4:10 – 4:40 pm	\$74.00
Session 1	2 Openings	3 to 17	Tues, Thurs	Sept. 21 – Sept. 30	4:50 – 5:20 pm	\$74.00
Session 2	2 Openings	3 to 17	Mon, Wed, Fri	Oct 4 – Oct. 15	4:10 – 4:40 pm	\$110.00
Session 2	2 Openings	3 to 17	Mon, Wed, Fri	Oct 4 – Oct. 15	4:50 – 5:20 pm	\$110.00
Session 2	2 Openings	3 to 17	Tues, Thurs	Oct 5 – Oct. 14	4:10 – 4:40 pm	\$74.00
Session 2	2 Openings	3 to 17	Tues, Thurs	Oct 5 – Oct. 14	4:50 – 5:20 pm	\$74.00
Session 3	2 Openings	3 to 17	Mon, Wed, Fri	Oct. 18 – Oct. 29	4:10 – 4:40 pm	\$110.00
Session 3	2 Openings	3 to 17	Mon, Wed, Fri	Oct. 18 – Oct. 29	4:50 – 5:20 pm	\$110.00
Session 3	2 Openings	3 to 17	Tues, Thurs	Oct. 19 – Oct. 28	4:10 – 4:40 pm	\$74.00
Session 3	2 Openings	3 to 17	Tues, Thurs	Oct. 19 – Oct. 28	4:50 – 5:20 pm	\$74.00
Session 4	2 Openings	3 to 17	Mon, Wed, Fri	Nov. 1 – Nov.12	4:10 – 4:40 pm	\$110.00
Session 4	2 Openings	3 to 17	Mon, Wed, Fri	Nov. 1 – Nov.12	4:50 – 5:20 pm	\$110.00
Session 4	2 Openings	3 to 17	Tues, Thurs	Nov. 2 – Nov.11	4:10 – 4:40 pm	\$74.00
Session 4	2 Openings	3 to 17	Tues, Thurs	Nov. 2 – Nov.11	4:50 – 5:20 pm	\$74.00



Youth Services

School Year 2021-22 [Click here to sign up!](#)

At this time the City will move ahead with a drop-in child care option (meaning you will only pay for the care you use). This will allow the City to provide more care slots to families. This is based on the most current guidance and guaranteed space at school sites. SHOULD there be a change in guidance regarding cohorts or maximum capacity, City staff will communicate and may need to un-enroll families to comply with all guidance. This is not preferred but would be outside of the City's control.

Program Care Times: (Bishop's Peak, CL Smith, Hawthorne, Pacheco, Sinsheimer)

Morning: 7 am – start of school

TK/Kinder: Varies on school site (between 8:15 am – 2:45 pm).

- TK Care only provided at CL Smith, Bishop's Peak and Sinsheimer. Preschool care NOT provided.

Afterschool: release of school day – 6 pm

Important Dates:

- July 1-July 9: Returning Family Registration (open to families who attended SPARK in the 2020-21 school year)
- July 14-23: Enrollment from Lottery
- July 26: Open Enrollment –
For any family not yet registered on returning or lottery list.
- July 30: All Paperwork Due
- August 19: First Day of School

