

FALL 2016 NEWSLETTER

ORANGE POOL | 1 West Orange Avenue | South San Francisco | California | 94080
www.ssf.net | T: (650) 875-6973

FALL SCHEDULE

Effective August 15th November 30th



Upcoming Events at Orange Pool

Friday Nights

Family Night-Open Rec Swim:
7PM-8:30PM

Mondays 9/13-11/1

Drop In Aqua Zumba:
1:15PM-2:15PM



MONDAY, AUGUST
15TH-SATURDAY, SEPTEMBER 3RD

ADULT LAP SWIM (16 yrs and up)-
Monday through Friday: 5:30am-9:15am
Saturdays: 7:30am-8:45am
Sundays: 7:30am-9:30am

DROP-IN PARENTS AND CHILD REC SWIM
(Ages: 4 months-5 years)-
Monday, Wednesday Friday: 9:30am-10:30am

ADULT REC SWIM (18yrs and up)-
Monday, Wednesday Friday:
10:45am-1:00pm
Tuesday and Thursday: 9:30am-12:00pm
Tuesday Evening: 7:45pm-9:30pm
Sunday: 10:00am-12:00pm

DROP-IN ZUMBA (Summer Ends August 29th)
Mondays: 1:15pm-2:15pm

OPEN RECREATION (All Ages)-
Friday Night (Family Night): 7:00pm-8:30pm
Saturday: 1:30pm-3:00pm
Sunday: 12:30pm-2:00pm

Sunday, September 4th-
Wednesday, November 30th

ADULT LAP SWIM (16 yrs. and up)-
Monday through Friday: 5:30am-9:15am
Saturdays: 7:30am-8:45am
Sundays: 7:30am-9:30am

DROP-IN PARENTS AND CHILD REC SWIM
(Ages: 4 mos. - 5 yrs.)-
Monday, Wednesday Friday:
9:30am-10:30am

ADULT REC SWIM (18yrs and up)-
Monday through Friday: 10:45am-1:00pm
Tuesday Evening: 7:45pm-9:30pm
Sunday: 10:00am-12:00pm

DROP-IN ZUMBA (Dates: 9/13-11/1)
Mondays: 1:15pm-2:15pm

OPEN RECREATION (All Ages)-
Friday Night (Family Night): 7:00pm-8:30pm
Saturday: 1:30pm-3:00pm
Sunday: 12:30pm-2:00pm

★ winter closure ★
December 1, 2016- January 3, 2017

Important Announcement

WINTER CLOSURE: Orange Pool will be CLOSED December 1, 2016-January 3, 2017 for our annual Winter Maintenance. This year we will be draining the pool entirely, fixing any cracks in the plaster we may find, acid washing the shell of the pool and cleaning out the filters. We will also be bringing in outside help to steam clean the lobby, bathroom floors as well as the locker room and shower room floors. We know it is difficult on our community to be without a pool for a month, but please bear with us while we take the time for much needed maintenance. If we finish earlier than expected we will open early. Please make sure your home and email address is up to date in our system so we can contact you, please also keep an eye on our social media and webpage for more information.

www.ssf.net

More Important News

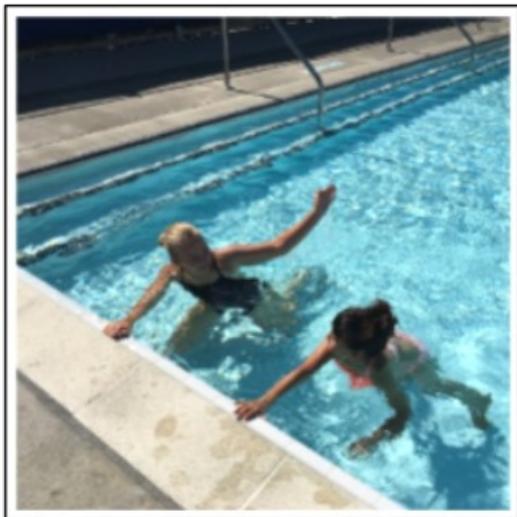
Benefits of Swimming

W

hat are the benefits of swimming? Lifesav-

ing, health and wellness, fitness, social activity, positive environment and lifelong activity. Swimming promotes fitness and teaches a child to strive for physical achievement. Many super-stars in other sports started out as swimmers and gained strength and coordination that helped them to excel. Swimming is an outstanding activity for people of all ages. Swimming is relatively injury free in comparison to other youth sports. Swimming cultivates a positive mental attitude and high self-esteem.

(Read more at usaswimming.org)



Summer Recap

T

hank you to all those who participated in our Summer 2016 aquatic

programs! This year we enjoyed providing free programs at El Camino High School's pool; which included a Water Polo Clinic, Swim Team Clinic and learn to swim classes.

At Orange Pool we were happy to offer extended hours of Open Recreation Swim- 7 days a week. This helped us to accommodate more community members as we usually reach capacity daily during the summer.

We are also happy to announce that this summer we assisted over 1,600 children build upon their swim safety skills. Participation in formal swimming lessons can reduce the risk of drowning by 88% among children aged 1 to 4 years old. (Source: Pediatrics & Adolescent Medicine 2009).

We also conducted our first ever Junior Lifeguard Camp in June. Six participant's ages 11-15 years old participated in activities teaching them basic water safety skills, rescue skills, teamwork and an introduction to First Aid and CPR. This is an excellent course for a teen to take if interested in future Lifeguard Certification.

Spotlight on SSF Parks and Recreation Aquatics Program

THE DAILY JOURNAL The Peninsula's homepage

July 25, 2016, 05:00 AM By Austin Walsh Daily

South San Francisco kids learning to swim, young adults looking to hone their aquatic sport skills and adults seeking exercise opportunities have a new place to get in their kicks and strokes. The outdoor pool at El Camino High School, 1320 El Camino Real, opened to the public Thursday, July 21, for the first time in years, offering residents a variety of swimming fitness programs to enjoy for a limited time over the summer.

The pool has been reserved for students since 2009, but under a collaborative effort between the city and school district, programs will be hosted at the school campus until Tuesday, Aug. 5, said Lindsay Pinell, the city's Recreation and Community Services supervisor. The temporary program will be an asset for South San Francisco residents, said Pinell.

"We look forward to this being successful and hopefully we can continue this in the future," she said. "We want to contribute to the health and wellness and water safety of the community, so this is one of our ways of implementing that for everyone." Youngsters between the ages of 8 and 17 interested in joining a swim team can get free exposure and training from a coach on Tuesdays and Thursdays from 11:30 a.m. until noon, and on those same days young adults between 13 and 17 can drop in any time to learn the basics of water polo.

The pool's six lanes will be open for lap swimming each weekday between 1:30 p.m. and 4 p.m. for those wanting some exercise, and on Mondays, Wednesdays and Fridays a basic water safety class for children between ages 5 and 15 will be held.

The open pool will cost \$5.50 for adults and \$4.50 for children, and the water safety program is free, but the classes are full and a waiting list has formed to enter, said Pinell.

City officials who will operate the programs are enthusiastic about making the facility available to residents, said Pinell. "We are very excited to be able to open up

the pool to the community," she said.

City and school officials reached a cost sharing agreement paying toward pool maintenance and upkeep while it is open to the public, said Pinell.

Shawnterra Moore, superintendent of the South San Francisco Unified School District, said in an email she was pleased to work with city officials on an initiative to benefit residents. "We will always look for ways to collaborate with the city and all of our other partners," she said. "We are glad we are able to provide this as an option for our community members."

The city has hosted programs at the pool in the past, said Pinell, but budget cuts during the Great Recession trimmed staff levels so low that the services could not continue. But as the city's economy has rebounded over recent years, Pinell said officials have identified the school pool programs as one of a variety of community enhancement initiatives they plan to pursue.

The city operates an indoor pool at Orange Park, but space is limited and demand is so high from residents, officials sought ways to improve the aquatic offerings. "We want to expand and reach more of the community that wants these programs," she said. "This is the best way to see what the demand is, if we were to open it up in the summer."

A successful pilot program could breed more opportunities for collaboration between the city and school district on sharing the pool, said Pinell. "They were very open and excited to let us try this again, and then we will come back to the table and go from there for the future," she said. But as the pool is officially open, Pinell said she looks forward to the entire South San Francisco community using it. "It seems like people are excited and they are going to enjoy it for the upcoming two weeks," she said. austin@smdailyjournal.com (650) 344-5200 ext. 105

<http://www.smdailyjournal.com/articles/news/2016-07-25/school-pool-opens-to-south-san-francisco-el-camino-high-school-aquatic-facility-available-to-residents-under-pilot-program/1776425165565.html>

KEEP IN TOUCH WITH **SOUTH SAN FRANCISCO PARKS AND RECREATION** THROUGH OUR SOCIAL MEDIA PAGES! THERE IS ALWAYS SOMETHING GOING ON IN OUR CITY THAT WE WANT TO SHARE WITH YOU! WE ALSO WANT TO SEE HOW YOU ARE GETTING OUT AND ENJOYING OUR PARKS, FACILITIES AND PROGRAMS. SO SHARE YOUR PICTURES AND FEEDBACK WITH US AS WELL.



FOLLOW US TODAY!



WREATH MAKING WORKSHOP

JOIN US! SUNDAY DECEMBER 4 9:00AM or 1:00PM

A FUNDRAISER FOR IMPROVING PUBLIC PLACES
WWW.SSF.NET OR CALL (650) 829-3811

Special Events in the Community

SSF Friends of Parks and Recreation's
3rd Annual Chili Cook Off
Saturday, September 10, 2016 | 11am-2pm | Joseph A. Fernekes Building, Orange Memorial Park.

Admission: Tickets are \$10, and gets you admission into this fun community event and a chili tasting kit.

Concert in the Park
September 24th at Orange Memorial Park, 12pm-5pm, Free Admission.

Music | Food & Drinks | Family Activities

South San Francisco Cultural Arts Commission General Art Show
Friday, October 14, 2016 | 6:00pm-8:00pm
Saturday, October 15, 2016 | 10:00am-4:00pm
Municipal Services Building, 33 Arroyo Drive
Call 829-3800 for more information.

2016 Halloween Extravaganza
Saturday, October 22, 2016 | 5:00pm-8:00pm
Municipal Services Building, 33 Arroyo Drive
Haunted House, Game Room and Entertainment. Advance ticket sales recommended. Call 829-3800 for more information.

36th Annual Holiday Boutique
Friday, November 4, 2016 | 9:00am-2:00pm
Municipal Services Building, 33 Arroyo Drive
For more information call 829-3820 and ask for Laura or Fran.

43rd Annual Thanksgiving 5K Fun Run
Saturday, November 19, 2016 | 9:00am
Genentech. Call 829-3800 for more information.