



The Pool at Pomeroy Recreation & Rehabilitation Center serves nearly 2,000 people a month with its full calendar of group classes and recreational swim times. Heated to approximately 92 degrees, PRRC's pool is the only publicly accessible warm water pool in a 40-mile radius.

Therapeutic exercise and swim lessons are offered to community members aged six months through adult and for clients enrolled at the Pomeroy Recreation & Rehabilitation Center. Staff is certified in Lifeguarding, Water Safety Instruction, First Aid and CPR-FPR (CPR for the Professional Rescuer).

POMEROY POOL
CONTACT INFORMATION
 415.665.4241 or 415.665.4100 x542
 aquatics@prrcsf.org



Our Pool has won the Bay Area Parent Silver Medal for the Best Swim Classes in the City



POMEROY RECREATION & REHABILITATION CENTER
 207 Skyline Blvd, SF
 (entrance on Herbst Rd)
 Between Lake Merced & San Francisco Zoo
 WWW.PRRCSSF.ORG

KIDS' SWIM LESSONS

we teach kids to swim in our 92' salt water pool!

Experienced Instructors

Special Needs Families Welcome!



CUTTLEFISH WATER ADAPTATION PROGRAM

Parent / Toddler Swim classes for children 6 months to 5 years of age

The Cuttlefish Swim Program focuses on having fun in the water while adapting your child to an aquatic environment.. The class involves a song group, structured lessons, and free time with parent/adult in the water.



PENGUIN LEARN-TO-SWIM PROGRAM

Parent / Child Swim classes for children 3 to 6 years of age

Learn swim skills in a low pressure, fun environment. Swimmers should be comfortable putting their face in the water, and be ready to follow directions in a class setting. Classes are 45 Min. in length and involve a structured swim lesson with parent/adult in the water.



SEA OTTER SWIM PROGRAM

Swim classes for children 5 - 12 years of age

Group swimming lessons for children 5 years and older (must be at least 44 inches tall). Class is taught without a parent/adult in the water. There are three levels to steadily improve your child's swimming skills. Classes are 30 minutes in length, with 6-8 students each class.



RECREATION SWIM

Open Swim time for Parents and Children. (limited to 2 children per adult)

Our Recreation Swim is designed for families wanting to have a great time together, while their children are adapting to the water. We have plenty of water toys and swim equipment available for use. Sessions are 6-8 weeks long; sorry, no drop-ins.

Children must be accompanied by an adult. No instruction is provided.

SCHEDULES & FEES AT WWW.PRRCSF.ORG/AQUATICS