



Winter POOL SCHEDULE

RANCHO FAMILY YMCA

MAIN POOL LAP

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:20 AM		Masters Swim 5:20-6:20AM		Masters Swim 5:20-6:20AM			
6:30AM	Lap Swim (5-6) 6:30-4:00PM	Lap Swim (6) 6:30-8:15AM	Lap Swim (5-6) 6:30-4:00PM	Lap Swim (6) 6:30-8:15AM	Lap Swim (5-6) 6:30-4:00PM	Lap Swim (4) & Swim Lessons 8:00-1:00PM	
7:00AM							
8:00AM		Lap Swim (3) & Deep Water Aerobics 8:15-9:00AM		Lap Swim (3) & Deep Water Aerobics 8:15-9:00AM			
9:00AM							
10:00AM		Lap Swim (5-6) 9:00-4:00PM		Lap Swim (5-6) 6:30-4:00PM			
11:00AM							
12:00PM							
1:00PM							
2:00PM							
3:00PM							
4:00PM	Lap Swim (1-2) Swim Lessons, Swim Team 4:00-6:00PM	Lap Swim (1-2) Swim Lessons, Swim Team 4:00-6:00PM	Lap Swim (1-2) Swim Lessons, Swim Team 4:00-6:00PM	Lap Swim (1-2) Swim Lessons, Swim Team 4:00-6:00PM	Lap Swim (2) Advanced Adaptive Swim Team 4:00-6:00PM		
5:00PM							
6:00PM							
7:00PM	Lap Swim (1) Swim Team 7:00-8:00PM	Lap Swim (1) Swim Team 7:00-8:00PM	Lap Swim (1) Swim Team 7:00-8:00PM	Lap Swim (1) Swim Team 7:00-8:00PM	Lap Swim (5) 7:00-8:00PM		
8:00PM							

- Registration required— Masters Swim, Swim Team and Swim Lessons
- Schedule subject to change

MAIN POOL SHALLOW ZONE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM	Water Walking 6:30-9:15AM	Water Walking 6:30 -8:15AM	Water Walking 6:30-8:15AM	Water Walking 6:30-9:15AM	Water Walking 6:30-8:15AM		
7:00AM							
8:00AM	Aqua Interval 8:15AM-9:00AM	Water Walking & Open Swim 8:00AM-6:30PM	Aqua Interval 8:15-9:00AM	Aqua Interval 8:15-9:00AM	Aqua Interval 8:15-9:00AM	Swim Lessons 8:00-12:45PM	
9:00AM	Aqua Interval 9:15-10:00AM		Aqua Interval 9:15-10:00AM	Aqua Interval 9:15-10:00AM	Aqua Interval 9:15AM-10:00AM		
10:00AM	Aqua Arthritis 10:15-11:00AM		Aqua Zumba 10:00-10:45AM	Aqua Arthritis 10:15-11:00AM			
11:00AM	Water Walking & Open Swim 11:00-7:45PM		Water Walking & Open Swim 10:45-7:45PM	Water Walking & Open Swim 11:00-7:45PM	Water Walking & Open Swim 10:00AM-7:45PM		
12:00PM							
1:00PM							
2:00PM							
3:00PM							
4:00PM							
5:00PM	Swim Lessons 3:30-7:45PM	Swim Lessons 3:30-7:45PM	Swim Lessons 3:30-7:45PM	Swim Lessons 3:30-7:45PM			
6:00PM							
7:00PM							
8:00PM							

Pool Holiday Closures: 12/26-12/29