



January 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 (6) 6:30-4:00PM	Lap Swim (6) 6:30-8:15AM	Lap Swim (6) 6:30-4:00PM	Lap Swim (6) 6:30-8:15AM	Lap Swim (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							
11:00AM							
12:00PM	Lap Swim (6) 9:00-4:00PM	Lap Swim (6) 6:30-4:00PM					
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) Swim Lessons, 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) Swim Lessons 7:00-8:00PM		
8:00PM							

• Registration required— Masters Swim, Swim Team and Swim Lessons

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	Swim Lessons & Water Walking 8:00-12:45PM	
7:00AM							
8:00AM							
9:00AM	Aqua Arthritis 9:15-10:00AM	Water Walking & Open Swim 8:00-4:00PM	Water Walking & Open Swim 9:00-10:00AM	Aqua Interval 9:15-10:00AM	Water Walking & Open Swim 9:00-4:00PM		
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 11:00-4:00PM		Water Walking & Open Swim 10:45-4:00PM	Water Walking & Open Swim 11:00-4:00PM			
12:00PM							
1:00PM							
2:00PM							
3:00PM							
4:00PM							
5:00PM	Open Swim & Swim Lessons 4:00-7:45PM	Open Swim & Swim Lessons 4:00-7:45PM	Open Swim & Swim Lessons 4:00-7:45PM	Open Swim & Swim Lessons 4:00-7:45PM	Open Swim & Swim Lessons 4:00-7:45PM		
6:00PM							
7:00PM							
8:00PM							

* Schedule subject to