Summer POOL SCHEDULE

RANCHO FAMILY YMCA

MAIN POOL LAP

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	Lap Swim (5-6) 5:30AM-6:00AM	Masters Swim (1) 5:30AM-6:30AM	Lap Swim (5-6) 5:30AM-6:00AM	Masters Swim (1) 5:30AM-6:30AM	Lap Swim (5-6) 5:30AM-6:00AM		
6:00AM	Lap Swim (4-6) 6:00AM-4:00PM	Lap Swim (5-6) 6:30AM-8:15AM	Lap Swim (4-6) 6:00AM-4:00PM	Lap Swim (5-6) 6:30AM-8:15AM	Lap Swim (4-6) 6:00AM-4:00PM		
7:00AM						Lap Swim (4-6) 7:00AM-1:00PM	
8:00AM		Lap Swim (3) & Deep Water Aerobics 8:15AM-9:00AM		Lap Swim (3) & Deep Water Aerobics 8:15AM-9:00AM			Lap Swim (4-6) 8:00AM-2:45AM
9:00AM		Lap Swim (4-6) 9:00AM-4:00PM		Lap Swim (4-6) 9:00AM-4:00PM		Swim Lessons 9:00AM-1:00PM	
10:00AM							
11:00AM							
12:00PM							
1:00PM						Lap Swim (6) 1:00PM-2:45PM	
2:00PM	Swim Team Tryouts In Lane 1 3:00PM-4:00PM	Swim Team Tryouts In Lane 1 3:00PM-4:00PM	Swim Team Tryouts In Lane 1 3:00PM-4:00PM	Swim Team Tryouts In Lane 1 3:00PM-4:00PM	Swim Team Tryouts In Lane 1 3:00PM-4:00PM		
3:00PM							
4:00PM	Lap Swim (1) Swim Lessons, Swim Team 4:00PM-7:30PM	Lap Swim (1) Swim Lessons, Swim Team 4:00PM-7:30PM	Lap Swim (1) Swim Lessons, Swim Team 4:00PM-7:30PM	Lap Swim (1) Swim Lessons, Swim Team 4:00PM-7:30PM	Lap Swim (1) Advanced Adaptive Swim Team 4:00PM-6:00PM		
5:00PM							
6:00PM							
7:00PM	Lap Swim (1) Swim Team 7:30PM-8:00PM	Lap Swim (1) Swim Team 7:30PM-7:45PM	Lap Swim (1) Swim Team 7:30PM-7:45PM	Lap Swim (1) Swim Team 7:30PM-7:45PM	Lap Swim (5) 6:00PM-7:45M		
8:15PM	Lap Swim (5) 8:00PM-8:15PM	Lap Swim (5) 8:00PM-8:15PM	Lap Swim (5) 8:00PM-8:15PM	Lap Swim (5) 8:00PM-8:15PM	Lap Swim (5) 8:00PM-8:15PM		

- **Registration required— Masters Swim, Swim Team and Swim Lessons**
- **Number in parentheses are available lap lanes at that time**
- **Swim Lessons M-F 9am-11am**
- **Camp Swim Lanes 1& 2 From 11am-1pm Activity Pool 11am-2pm**

MAIN POOL SHALLOW ZONE

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

Activity Pool Hours

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Family Swim 3:30PM-7:30PM	**Family Swim 3:30PM-7:30PM**	**Family Swim 3:30PM-7:30PM**	**Family Swim 3:30PM-7:30PM**	**Family Swim 3:30PM-7:30PM**	**Family Swim 9:00AM-2:45PM**	**Family Swim 1:30PM-2:45PM**