

# Winter POOL SCHEDULE



## RANCHO FAMILY YMCA MAIN POOL LAP

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
5:20 AM		Masters Swim 5:20AM-6:30AM		Masters Swim 5:20AM-6:30AM					
6:00AM	Lap Swim (5-6) 6:00AM-4:00PM	Lap Swim (2-6) 6:00AM-8:15AM	Lap Swim (5-6) 6:00AM-4:00PM	Lap Swim (2-6) 6:00AM-8:15AM	Lap Swim (5-6) 6:00AM-4:00PM	Lap Swim (4-6) 7:00AM-1:00PM	Lap Swim (5-6) 8:00AM-11:45AM		
7:00AM		Lap Swim (3) & Deep Water Aerobics 8:15AM-9:00AM		Lap Swim (3) & Deep Water Aerobics 8:15AM-9:00AM					
8:00AM									
9:00AM		Lap Swim (5-6) 9:00AM-4:00PM		Lap Swim (5-6) 9:00AM-4:00PM		Lap Swim (5-6) 9:00AM-4:00PM		Lap Swim (5-6) 9:00AM-4:00PM	Swim Lessons 9:00AM-1:00PM
10:00AM									
11:00AM									
12:00PM									
1:00PM	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	Lap Swim (6) 1:00PM-2:45PM			
2:00PM									
3:00PM	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				
4:00PM									
5:00PM									
6:00PM	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 (1) Swim Team 7:30PM-7:45PM	Lap Swim (5) 6:00PM-7:45PM				
7:00PM									
8:00PM									

- Registration required— Masters Swim, Swim Team and Swim Lessons
- Schedule subject to change
- Number in parentheses are available lap lanes at that time

## MAIN POOL SHALLOW ZONE

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

## Activity Pool Hours

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Closed	Closed	Closed	Closed	Closed	Closed	Closed