

## **Spring POOL SCHEDULE**

## **RANCHO FAMILY YMCA MAIN POOL LAP**

						MITTOUL E/M		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:20 AM		Masters Swim 5:20AM-6:30AM		Masters Swim 5:20AM-6:30AM				
6:00AM 7:00AM		Lap Swim (2-6) 6:00AM-8:15AM		Lap Swim (2-6) 6:00AM-8:15AM				
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) 7:00AM-1:00PM		
9:00AM 10:00AM 11:00AM	Lap Swim (5-6) 6:00AM-4:00PM		Lap Swim (5-6) 6:00AM-4:00PM		Lap Swim (5-6) 6:00AM-4:00PM	Swim Lessons 9:00AM-1:00PM	Lap Swim (5-6) 8:00AM-11:45AM	
12:00PM 1:00PM		Lap Swim (5-6) 9:00AM-4:00PM		Lap Swim (5-6) 9:00AM-4:00PM				
2:00PM 3:00PM	Swim Team Tryouts In Lane 1 3:00PM-4:00PM	Lap Swim (6) 1:00PM-2:45PM						
4:00PM 5:00PM	Lap Swim (1) Swim Lessons, Swim Team 4:00PM-7:30PM	Lap Swim (1) Advanced Adaptive Swim Team 4:00PM-6:00PM						
6:00PM 7:00PM	Lap Swim (1) Swim Team 7:30PM-7:45PM	Lap Swim (5) 6:00PM-7:45PM						
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 7:00AM	Water Walking 6:00AM-8:15AM	Water Walking 6:00AM-8:00AM	Water Walking 6:00AM-8:15AM	Water Walking	Water Walking 6:00AM-8:15AM	Water Walking &	
8:00AM	Aqua Interval 8:15AM-9:00AM	Water Walking & Open Swim 8:00AM-9:00AM	Aqua Interval 8:15AM-9:00AM	6:00AM-9:15AM	Aqua Interval 8:15AM-9:00AM	Open Swim 7:00AM-9:00AM	Swim Lessons
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		Water Walking &
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  Swim Lessons & Family Swim 2:30PM-7:45PM	Swim Lessons 9:00AM-1:00PM	Open Swim 8:00AM- 11:45AM
11:00AM 12:00PM 1:00PM	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 & Open Swim 1:00AM-2:45PM	
2:00PM 3:00PM							
4:00PM 5:00PM	Swim Lessons & Family Swim 3:30PM-7:45PM	Swim Lessons & Family Swim	Swim Lessons & Family Swim 3:30PM-7:45PM	Swim Lessons & Family Swim 3:30PM-7:45PM			
6:00PM		3:30PM-7:45PM					
7:00PM 8:00PM	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		

## **Activity Pool Hours**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Closed	Closed	Closed	Closed	Closed	Family Swim 10:00AM-2:30PM	Closed