

Spring 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 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 | 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 | |
| 4:00PM | Lap Swim (1) Swim Lessons, | Lap Swim (1) Swim Lessons, | Lap Swim (1) Swim Lessons, | Lap Swim (1) Swim Lessons, | Lap Swim (1) Advanced Adaptive | | |
| 5:00PM 6:00PM | Swim Team 4:00PM-7:30PM | Swim Team 4:00PM-7:30PM | Swim Team 4:00PM-7:30PM | Swim Team 4:00PM-7:30PM | Swim Team 4:00PM-6:00PM | | |
| 7:00PM | 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 | | |
| 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 & | 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 | Water Walking & Open Swim 11:00AM-3:30PM | Open Swim 10:00AM-3:30PM | Water Walking & Open Swim | |
| 2:00PM 3:00PM | 11.00AM-3.50FM | | 10:45AM-3:30PM | 11.00AN-3.30FN | | 1:00AM-2:45PM | |
| 4:00PM 5:00PM 6:00PM | Swim Lessons & Family Swim 3:30PM-7:45PM | Swim Lessons 2:30PM-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 6:45PM-7:45PM | | |

Activity Pool Hours

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|---------|-----------|----------|------------------------------|-------------------------------|--------|
| | | | | | | |
| Closed | Closed | Closed | Closed | Family Swim 3:30PM-7:15PM | Family Swim 10:00AM-2:30PM | Closed |
| | | | | | | |