



Fall 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 (4-6) 6:00AM-4:00PM	Lap Swim (2-6) 6:00AM-8:15AM	Lap Swim (4-6) 6:00AM-4:00PM	Lap Swim (2-6) 6:00AM-8:15AM	Lap Swim (4-6) 6:00AM-4:00PM		Lap Swim (4-6) 8:00AM-11:45AM	
7:00AM								
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		Lap Swim (4-6) 9:00AM-4:00PM		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-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
- Camp Swim In Lanes 1 & 2 11:30am-12:30pm M-F
- 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-8:00AM	Water Walking 6:00AM-8:15AM	Water Walking 6:00AM-9:15AM	Water Walking 6:00AM-8:15AM		
7:00AM							
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	Water Walking & Open Swim 7:00AM-9:00AM	Swim Lessons & Water Walking & Family Swim 8:00AM- 11:45AM
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		
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	
12:00PM							
1:00PM							
2:00PM							
3:00PM	Swim Lessons 3:30PM-7:45PM	Swim Lessons 3:30PM-7:45PM	Swim Lessons 3:30PM-7:45PM	Swim Lessons 3:30PM-7:45PM	Swim Lessons 2:30PM-7:45PM		
4:00PM							
5:00PM							
6:00PM							
7:00PM	Open Swim 7:00PM-7:45PM	Open Swim 7:00PM-7:45PM	Open Swim 7:00PM-7:45PM	Open Swim 7:00PM-7:45PM	Open Swim 6:45PM-7:45PM		
8:00PM							

Activity Pool Hours

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Family Swim 4:00PM-6:30PM	Family Swim 4:00PM-6:30PM	Family Swim 4:00PM-6:30PM	Family Swim 4:00PM-6:30PM	Family Swim 4:00PM-6:30PM	Family Swim 9:30AM-2:45PM	Closed