

Winter POOL SCHEDULE

RANCHO FAMILY YMCA MAIN POOL LAP

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	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 (4-6) 6:00AM-4:00PM		Lap Swim (4-6) 6:00AM-4:00PM		Lap Swim (4-6) 6:00AM-4:00PM	Swim Lessons 9:00AM-1:00PM	Lap Swim (4-6) 8:00AM-11:45AM
12:00PM 1:00PM		Lap Swim (4-6) 9:00AM-4:00PM		Lap Swim (4-6) 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 5:00PM	Lap Swim (1) Swim Lessons, Swim Team	Lap Swim (1) Swim Lessons, Swim Team	Lap Swim (1) Swim Lessons, Swim Team	Lap Swim (1) Swim Lessons, Swim Team	Lap Swim (1) Advanced Adaptive Swim Team		
6:00PM	4:00PM-7:30PM	4:00PM-7:30PM	4:00PM-7:30PM	4:00PM-7:30PM	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 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 & Family Swim 9:00AM-1:00PM	Family 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 & Family Swim	
2:00PM 3:00PM	11.00AM 3.50FM		10:45AM-3:30PM	11.00AM 3.30M		1:00PM-2:45PM	
4:00PM 5:00PM 6:00PM	Swim Lessons & Family Swim 3:30PM-7:45PM	Swim Lessons & Family Swim 2:30PM-7:45PM					
7:00PM 8:00PM	Open Swim 7:00PM-7:45PM	Open Swim 6:00PM-7:45PM	Open Swim 7:00PM-7:45PM	Open Swim 6:00PM-7:45PM	Open Swim 6:00PM-7:45PM		

Activity Pool Hours

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Closed	Closed	Closed	Closed	Closed	Closed	Closed
2.200						31300