SUMMER 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		
7:00AM						Lap Swim (4-6) 7:00AM-1:00PM	
8:00AM		Lap Swim (3) & Deep Water Aerobics 8:15AM-9:00AM		Lap Swim (3) & Deep Water Aerobics 8:15AM-9:00AM			Lap Swim (6) 8:00AM-11:45AM
9:00AM		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							
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-8:00PM	Lap Swim (1) Swim Team 7:30PM-8:00PM	Lap Swim (1) Swim Team 7:30PM-8:00PM	Lap Swim (1) Swim Team 7:30PM-8:00PM	Lap Swim (5) 6:00PM-8:00PM		
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**
- **Camp Swim Mon-Fri 11am-3pm**

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		
7:00AM						Water Walking & Open Swim 7:00AM-9:00PM	
8:00AM	Aqua Interval 8:15AM-9:00AM	Water Walking & Open Swim 8:00AM-3:30PM	Aqua Interval 8:15AM-9:00AM		Aqua Interval 8:15AM-9:00AM		Water Walking & Open Swim 8:00AM-11:45AM
9:00AM	Aqua Interval 9:15AM-10:00AM		Aqua Interval 9:15AM-10:00AM	Aqua Interval 9:15AM-10:00AM	Aqua Interval 9:15AM-10:00AM	Swim Lessons 9:00AM-1:00PM	
10:00AM	Aqua Arthritis 10:15AM-11:00AM		Aqua Zumba 10:00AM-10:45AM	Aqua Arthritis 10:15AM-11:00AM	Water Walking & Open Swim 10:00AM-7:45PM		
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						Water Walking & Open Swim 1:00AM-2:45PM	
2:00PM							
3:00PM							
4:00PM	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		
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			
8:00PM							

Activity Pool Hours

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