

Spring POOL SCHEDULE



RANCHO FAMILY YMCA

MAIN POOL LAP

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	Lap Swim (5-6) 5:30AM-6:00AM	Masters Swim (1) 5:30AM-6:30AM	Lap Swim (5-6) 5:30AM-6:00AM	Masters Swim (1) 5:30AM-6:30AM	Lap Swim (5-6) 5:30AM-6:00AM		
6:00AM	Lap Swim (4-6) 6:00AM-4:00PM	Lap Swim (5-6) 6:30AM-8:15AM	Lap Swim (4-6) 6:00AM-4:00PM	Lap Swim (5-6) 6:30AM-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							
10:00AM						Swim Lessons 9:00AM-1:00PM	
11:00AM							
12:00PM				Lap Swim (4-6) 9:00AM-4:00PM		Lap Swim (4-6) 9:00AM-4:00PM	
1:00PM					Lap Swim (6) 1:00PM-2:45PM		
2:00PM	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) 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-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-7:45M		
8:15PM	Lap Swim (5) 8:00PM-8:15PM						

- 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
5:30AM	Water Walking 5:30AM-8:15AM	Water Walking 5:30AM-8:15AM	Water Walking 5:30AM-8:15AM		Water Walking 5:30AM-8:15AM		
7:00AM				Water Walking 5:30AM-9:15AM			
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		Swim Lessons & Family Swim 9:00AM-1:00PM	
11:00AM					Water Walking & Open Swim 10:00AM-3:30PM		
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 & Family Swim 1:00PM-2:45PM	
2:00PM							
3:00PM							
4:00PM					Swim Lessons & Family Swim 2:30PM-7:45PM		
5:00PM	Swim Lessons & Family Swim 3:30PM-7:45PM						
6:00PM							
7:00PM	Open Swim 7:00PM-8:15PM	Open Swim 7:00PM-8:15PM	Open Swim 7:00PM-8:15PM	Open Swim 6:00PM-8:15PM	Open Swim 6:00PM-8:15PM		
8:15PM							

Activity Pool Hours

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Closed	Closed	Closed	Closed	Family Swim 4:00PM-7:30PM	Family Swim 9:00AM-2:45PM	Closed