

PROGRAM POOL SCHEDULE

Effective August 5, 2020



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:45 – 7:30 a.m. Aqua HIIT Anza	6:45 – 7:45 a.m. H2O Power Hour Jessica	6:45 – 7:30 a.m. Aqua HIIT Anza	6:45 – 7:45 a.m. H2O Power Hour Jessica	6:45 – 7:30 a.m. Aqua HIIT Anza	
	8 – 8:45 a.m. Aqua Aerobics Eileen	8 – 9 a.m. CLOSED	8 – 8:45 a.m. Aqua Aerobics Kathy	8 – 9 a.m. CLOSED	8 – 8:45 a.m. Aqua Aerobics Lori	9 – 10 a.m. 1 st - Aqua Aerobics Kathy 2 nd , 3 rd -Aqua Aerobics/Pilates Shannon
	9 – 12 p.m. Swim Lesson	9 – 12 p.m. Swim Lessons	9 – 12 p.m. Swim Lessons	9 – 12 p.m. Swim Lessons	9 – 12 p.m. CLOSED	4 th – Aqua Aerobics Lori 5 th – Aqua Aerobics Kathy
12 – 1 p.m. CLOSED	12 – 1 p.m. Aqua Aerobics Lori	12 – 1 p.m. Aqua Aerobics Lori	12 – 1 p.m. Aqua Aerobics Eileen	12 – 1 p.m. Aqua Aerobics Eileen	12 – 1 p.m. Aqua Aerobics Kathy	10:00 am -12:30 pm Swim Lessons
1:15 – 2:30 p.m. Adult Open Swim & Water Walking	1:15 – 2:15 p.m. Aqua Arthritis Eileen	1:15 – 2:30 p.m. Adult Open Swim & Water Walking	1:15 – 2:15 p.m. Aqua Arthritis Eileen	1:15 – 2:30 p.m. Adult Open Swim & Water Walking	1:15 – 2:15 p.m. Aqua Arthritis Shannon	1:15 – 2:30 p.m. Adult Open Swim & Water Walking
	3 – 5:30 p.m. Swim Lessons	3 – 5:30 p.m. Swim Lessons	3 – 5:30 p.m. Swim Lessons	3 – 5:30 p.m. Swim Lessons	3 – 5:30 p.m. CLOSED	
	5:30 – 6:15 p.m. Aqua HIIT Anza	5:30 – 6:30 p.m. Aqua Aerobics Kathy	5:30 – 6:15 p.m. Aqua HIIT Anza	5:30 – 6:30 p.m. Aqua Aerobics Lori	5:30 – 6:30 p.m. Aqua Fusion Shannon	
	6:30 – 7:45 p.m. Swim Lessons	6:30 – 7:45 p.m. Swim Lessons	6:30 – 7:45 p.m. Swim Lessons	6:30 – 7:45 p.m. Swim Lessons	6:30 – 7:45 p.m. CLOSED	

Open Swim is not permitted during Swim Lessons.

Pool Schedules may change without prior notice. Private lessons may take place at any time.
Children 6 years and under must be in direct contact with an adult.
Children 11 years and under must have an adult on deck.

Contact 246-9622 or visit sfymca.org
Rachel Forero, Aquatics Manager