

OUTDOOR POOL SCHEDULE

Effective October 1-30, 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12 – 3 pm	5 am – 8 pm	5 am – 8 pm	5 am – 8 pm	5 am – 8 pm	5 am – 8 pm	8 am – 5 pm
Open Swim Lap Swim	Open Swim Lap Swim	Open Swim Lap Swim	Open Swim Lap Swim	Open Swim Lap Swim	Open Swim Lap Swim	Open Swim Lap Swim

6:45 – 7:45 am	6:45 – 7:45 am	6:45 – 7:45 am	6:45 – 7:45 am	6:45 – 7:45 am	6:45 – 7:45 am	
Aqua Aerobics w/ Anza	Aqua Aerobics w/ Kathleen	Aqua Aerobics w/ Anza	Aqua Aerobics w/ Kathleen	Aqua Aerobics w/ Kathleen	Aqua Aerobics w/ Anza	
Lap Swim 4 Lanes	Lap Swim 4 Lanes	Lap Swim 4 Lanes	Lap Swim 4 Lanes	Lap Swim 4 Lanes	Lap Swim 4 Lanes	
8 – 9 am	8 – 9 am	8 – 9 am	8 – 9 am	8 – 9 am	8 – 9 am	
Aqua Aerobics w/ Eileen	Aqua Aerobics w/ Lori	Aqua Aerobics w/ Kathy	Aqua Aerobics w/ Kathleen	Aqua Aerobics w/ Lori	Aqua Aerobics w/ Lori	
Lap Swim 4 Lanes	Lap Swim 4 Lanes	Lap Swim 4 Lanes	Lap Swim 4 Lanes	Lap Swim 4 Lanes	Lap Swim 4 Lanes	9 – 10 am
12 – 1 pm	12 – 1 pm	12 – 1 pm	12 – 1 pm	12 – 1 pm	12 – 1 pm	Aqua Aerobics
Aqua Aerobics w/ Lori	Aqua Aerobics w/ Lori	Aqua Aerobics w/ Lori/Eileen	Aqua Aerobics w/ Shannon	Aqua Aerobics w/ Kathy	Aqua Aerobics w/ Kathy	Lap Swim 4 Lanes
Lap Swim 4 Lanes	Lap Swim 4 Lanes	Lap Swim 4 Lanes	Lap Swim 4 Lanes	Lap Swim 4 Lanes	Lap Swim 4 Lanes	
3 – 5:30 pm		3 – 5:30 pm		3 – 5:30 pm		
Swim Lessons		Swim Lessons		Swim Lessons		
Lap Swim 4 Lanes		Lap Swim 4 Lanes		Lap Swim 4 Lanes		
5:30 – 6:30 pm	5:30 – 6:30 pm	5:30 – 6:30 pm	5:30 – 6:30 pm	5:30 – 6:30 pm	5:30 – 6:30 pm	
Aqua Aerobics w/ Anza	Aqua Aerobics w/ Alex	Aqua Aerobics w/ Anza	Aqua Aerobics w/ Lori	Aqua Aerobics w/ Alex	Aqua Aerobics w/ Alex	
ACA Practice	ACA Practice		ACA Practice	ACA Practice	ACA Practice	
Lap Swim 1 Lane	Lap Swim 1 Lane	Lap Swim 4 Lanes	Lap Swim 1 Lane	Lap Swim 1 Lane	Lap Swim 1 Lane	
6:30 – 8 pm	6:30 – 8 pm	6:30 – 8 pm	6:30 – 8 pm	6:30 – 8 pm	6:30 – 8 pm	
Swim Lessons	ACA Practice	Swim Lessons	ACA Practice	Swim Lessons	Swim Lessons	
ACA Practice	Lap Swim 2 Lanes	Lap Swim 4 Lanes	Lap Swim 2 Lanes	ACA Practice	ACA Practice	
Lap Swim 1 Lane				Lap Swim 1 Lane	Lap Swim 1 Lane	

Outdoor Pool Schedule has been adjusted to accommodate Indoor Pool Closure. Schedule may change without prior notice.



SAFE POOLS HAVE RULES

- Swimming without a lifeguard present is prohibited.
- Breath-holding activities are not permitted.
- Proper swimming attire must be worn at all times. Swim diapers are required for children who have not learned to use the potty.
- Please walk at all times.
- Please keep all food and drink in the picnic area.
- Unsafe activities will be stopped immediately.
- Children under the age of 11 must have an adult in the pool area with them.
- Non-swimmers under the age of 11 must be within arm’s reach of an adult in the water or in a USCG Approved life jacket.
- Hanging on the lane lines is not permitted.
- Enter the water facing forward.
- Diving is not permitted.
- Mermaid tails and monofins are not permitted.
- Persons with bandages, open cuts and wounds are not allowed in the pool.
- Lap lanes are for lap swimming only. The large area is reserved for Open Swim.
- Lap lanes must be shared if other swimmers are waiting.
- Please put all lap swimming and water fitness equipment away using it.
- The lifeguard has the final authority.

POOL LAYOUT

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Shallow Area
Aqua Aerobics/ Swim Lessons	Aqua Aerobics/ Swim Lessons	ACA Practice	ACA Practice	ACA Practice			Open Swim	Swim Lessons

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