

# INDOOR POOL SUMMER SCHEDULE

Effective September 1, 2018



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:45 – 7:45 a.m. H2O Power Hour Anza	6:45 – 7:45 a.m. H2O Power Hour Kathleen	6:45 – 7:45 a.m. H2O Power Hour Anza	6:45 – 7:45 a.m. H2O Power Hour Kathleen	6:45 – 7:45 a.m. H2O Power Hour Anza	
	8 – 9 a.m. Aqua Aerobics Eileen	8 – 9 a.m. Aqua Aerobics Lori	8 – 9 a.m. Aqua Aerobics Kathy	8 – 9 a.m. Aqua Aerobics Lori	8 – 9 a.m. Aqua Aerobics Lori	
	9 – 10:30 a.m. Swim Lessons	9 – 12 p.m. Open Swim	9 – 10:30 a.m. Swim Lessons	9 – 12 p.m. Open Swim	9 – 12 p.m. Open Swim	9 – 10 a.m. 1 <sup>st</sup> - Aqua Aerobics Kathy 2 <sup>nd</sup> , 3 <sup>rd</sup> -Aqua Aerobics/Pilates Shannon 4 <sup>th</sup> – Aqua Aerobics Lori 5 <sup>th</sup> – Aqua Aerobics Kathy
	10:30 – 12 p.m. Open Swim		10:30 – 12 p.m. Open Swim			
12 – 3 p.m. Open Swim	12 – 1 p.m. Aqua Aerobics Lori	12 – 1 p.m. Aqua Aerobics Lori	12 – 1 p.m. Aqua Aerobics Lori/Eileen	12 – 1 p.m. Aqua Pilates Leah	12 – 1 p.m. Aqua Aerobics Kathy	
	1:15 – 2:15 p.m. Aqua Arthritis Eileen	1:15 – 2:15 p.m. Aqua Arthritis Lori	1:15 – 2:15 p.m. Aqua Arthritis Eileen	1:15 – 2:15 p.m. Aqua Arthritis Leah	1:15 – 2:15 p.m. Aqua Arthritis Shannon	
	2:15 – 3 p.m. Adult Open Swim & Water Walking	2:15 – 3 p.m. Adult Open Swim & Water Walking	2:15 – 3 p.m. Adult Open Swim & Water Walking	2:15 – 3 p.m. Adult Open Swim & Water Walking	2:15 – 3 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. Open Swim	1 – 5 p.m. Open Swim
	5:30 – 6:30 p.m. Aqua Aerobics Anza	5:30 – 6:30 p.m. Aqua Zumba Alex	5:30 – 6:30 p.m. Aqua Aerobics Anza	5:30 – 6:30 p.m. Aqua Aerobics Lori	5:30 – 6:30 p.m. Aqua Zumba Alex	
	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. Open Swim	

Free swim during swim lessons is up to the discretion of the instructors, and will be permitted if space is available and if it does not detract from the learning environment. Pool schedules may change without prior notice.

Children 6 years and under must be in direct contact with an adult.  
Children 10 years and under must have an adult on deck.  
Anyone age 10 or above may participate in aqua aerobics.

Contact 246-9622 or visit [sfymca.org](http://sfymca.org)  
Rachel Forero, Aquatics Manager