

INDOOR ACTIVITY POOL SCHEDULE

There's a group waiting for you at the Y!

Effective February 27 – March 11, 2012



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Pool Closed for Cleaning		6 - 7 a.m. H2O Power Hour Joy	6 - 7 a.m. H2O Power Hour Joy	6 - 7 a.m. H2O Power Hour Becky		
		7 a.m. – 8 a.m. Open Swim	7 a.m. – 8 a.m. Open Swim	7 a.m. – 8 a.m. Open Swim		
	8 - 9 a.m. Aqua Aerobics Eileen	8 - 9 a.m. Aqua Aerobics Joy	8 - 9 a.m. Aqua Aerobics Joy	8 - 9 a.m. Aqua Aerobics Anza	8 - 9 a.m. Aqua Aerobics Lori	
	9 - 10 a.m. Swim Lessons	9 - 10 a.m. Swim Lessons	9 - 10 a.m. Swim Lessons	9 - 10 a.m. Swim Lessons	9 a.m. – 12 noon Open Swim	9 - 10 a.m. Aqua Aerobics Rotates
	10:15 – 11:15 a.m. Aqua Zumba	10 a.m. – 12 noon Open Swim	10 a.m. – 12 noon Open Swim	10 a.m. – 12 noon Open Swim		10 a.m. – 3 p.m. Open Swim
	12 noon -1 p.m. Aqua Aerobics Alex	12 noon -1 p.m. Aqua Aerobics Anza	12 noon -1 p.m. Aqua Aerobics Alex/Eileen	12 noon -1 p.m. Aqua Aerobics Alex	12 noon -1 p.m. Aqua Aerobics Kathy	
	1:15 – 2:15 p.m. Arthritis Class Eileen	1:15 – 2:15 p.m. Arthritis Class Anza	1:15 – 2:15 p.m. Arthritis Class Eileen	1:15 – 2:15 p.m. Arthritis Class Anza	1:15 – 2:15 p.m. Arthritis Class Lori	
	2:30 – 3:30 p.m. Shasta Estates	2:15 – 3 p.m. Adult Water Walking / Swim	2:30 – 3:30 p.m. Shasta Estates	2:15 – 3 p.m. Adult Water Walking / Swim	2:15 – 3 p.m. Adult Water Walking / Swim	
	3:30 – 5:30 p.m. Open Swim	3 – 5:30 p.m. Open Swim	3:30 – 5:30 p.m. Open Swim	3 – 5:30 p.m. Open Swim	3 – 5:30 p.m. Open Swim	Indoor pool closes at 3 p.m.
	5:30 - 6:30 p.m. Aqua Aerobics Rachael	5:30 - 6:30 p.m. Aqua Aerobics Marsha	5:30 - 6:30 p.m. Aqua Aerobics Lori	5:30 - 6:30 p.m. Aqua Aerobics Marsha	5:30 - 6:30 p.m. Aqua Zumba Alex	
6:30 – 7:30 p.m. Swim Lessons Indoor pool closes at 8 p.m.	6:30 – 7:30 p.m. Swim Lessons Indoor pool closes at 8 p.m.	6:30 – 7:30 p.m. Swim Lessons Indoor pool closes at 8 p.m.	6:30 – 7:30 p.m. Swim Lessons Indoor pool closes at 8 p.m.	Indoor pool closes at 6:30 p.m.		

All children 12 and under must have direct adult (18+ yrs) supervision. All non-potty trained children must wear a swim diaper.
All non-swimmers must have body to body contact with an adult (18+ yrs). This schedule is subject to change without notice.

Our Mission:

To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

Contact 246-9622 or visit www.sfymca.org

Sheri Richmond, Healthy Living Director
Joy Wilson, Group Exercise Coordinator - Water