

# INDOOR POOL FALL SCHEDULE

Effective September 5, 2017



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 Kathleen	8 – 9 a.m. Aqua Aerobics Lori	
	9:15 – 10:30 a.m. Swim Lessons	9 – 10 a.m. Open Swim	9:15 – 10:30 a.m. Swim Lessons	9 – 10 a.m. Open Swim	9 – 10 a.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
		Closed		Closed	Closed	4 <sup>th</sup> – Aqua Aerobics Lori
	10:30 a.m. – 12 p.m. Open Swim	11 a.m. – 12 p.m. Open Swim	10:30 a.m. – 12 p.m. Open Swim	11 a.m. – 12 p.m. Open Swim	11 a.m. – 12 p.m. Open Swim	5 <sup>th</sup> – Aqua Aerobics Kathy
	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 Shannon	12 – 1 p.m. Aqua Aerobics Kathy	
12 p.m. – 3 p.m. Open Swim	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 Shannon	1:15 – 2:15 p.m. Aqua Arthritis Lori	10 a.m. – 5 p.m. Open Swim
	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 – 4:30 p.m. Open Swim	3 – 5:30 p.m. Swim Lessons	3 – 4:30 p.m. Open Swim	3 – 4:30 p.m. Open Swim	
		Closed		Closed	Closed	
	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 – 7:35 p.m. Swim Lessons	6:30-7:30 p.m. Open Swim	6:30-7:30 p.m. Swim Lessons	6:30 – 7:30 p.m. Open Swim	6:30-7:30 p.m. Open Swim	Swim lesson make-up day on 9/5 – no open swim.

Use of the indoor pool during swim lessons is up to the discretion of the instructors, and will be permitted as long as it does not detract from the learning environment. Pool Schedules may change without prior notice.

Children 6 and under must be in direct contact with an adult.  
An adult must be on the deck with anyone under the age of 11 years.  
Anyone age 10 or above may participate in aqua aerobics classes or open swim without an adult.

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