

INDOOR POOL WINTER SCHEDULE

Effective January 16, 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 a.m. Open Swim	9 – 10 a.m. Open Swim	9 – 10 a.m. Open Swim	9 – 10 a.m. Open Swim	9 – 10 a.m. Open Swim	9 – 10 a.m. 1 st - Aqua Aerobics Kathy 2 nd , 3 rd -Aqua Aerobics/Pilates Shannon
	Closed	Closed	Closed	Closed	Closed	4 th – Aqua Aerobics Lori 5 th – Aqua Aerobics Kathy
12 p.m. – 3 p.m. Open Swim	11 a.m. – 12 p.m. Open Swim	11 a.m. – 12 p.m. Open Swim	11 a.m. – 12 p.m. Open Swim	11 a.m. – 12 p.m. Open Swim	11 a.m. – 12 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	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 p.m. Home School PE	3 – 5:30 p.m. Swim Lessons	3 – 4 p.m. Home School PE	3 – 4:30 p.m. Open Swim	
		4 – 4:30 pm Swim Skill Assessments		4 – 4:30 pm Swim Skill Assessments	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 – 7:30 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	

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
Rachel Forero, Aquatics Manager