

INDOOR POOL SCHEDULE

Effective December 1, 2018



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:45 – 7:30 a.m. Aqua HIIT Anza	6:45 – 7:45 a.m. H2O Power Hour Jessica	6:45 – 7:30 a.m. Aqua HIIT Anza	6:45 – 7:45 a.m. H2O Power Hour Jessica	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 – 12 p.m. Open Swim*	9 – 12 p.m. Open Swim	9 – 12 p.m. Open Swim*	9 – 12 p.m. Open Swim	9 – 12 p.m. Open Swim	9 – 10 a.m. 1 st - Aqua Aerobics Kathy 2 nd , 3 rd -Aqua Aerobics/Pilates Shannon
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	4 th – Aqua Aerobics Lori
	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	5 th – Aqua Aerobics Kathy
	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	10 – 5 p.m. Open Swim*
Swim Lessons will resume in January!	3 – 5 p.m. Open Swim	3 – 5 p.m. Open Swim	3 – 5 p.m. Open Swim*	3 – 5 p.m. Open Swim*	3 – 5:30 p.m. Open Swim	
	5 – 5:30 p.m. Sharks Stroke Development	5 – 5:30 p.m. Sharks Stroke Development	5 – 5:30 p.m. Sharks Stroke Development	5 – 5:30 p.m. Sharks Stroke Development		
	5:30 – 6:15 p.m. Aqua HIIT Anza	5:30 – 6:30 p.m. Aqua Zumba Alex	5:30 – 6:15 p.m. Aqua HIIT 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. Open Swim*	6:30 – 7:45 p.m. Open Swim	6:30 – 7:45 p.m. Open Swim*	6:30 – 7:45 p.m. Open Swim*	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
Rachel Forero, Aquatics Manager