

INDOOR POOL SUMMER SCHEDULE

Effective July 9, 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	
	9:00 – 11:45 a.m. Swim Lessons	9:00 – 11:45 a.m. Swim Lessons	9:00 – 11:45 a.m. Swim Lessons	9:00– 11:45 a.m. Swim Lessons	9:00 – 11:45 a.m. Open Swim	9 – 10 a.m. 1 st - Aqua Aerobics Kathy 2 nd , 3 rd -Aqua Aerobics/Pilates Shannon 4 th – Aqua Aerobics Lori 5 th – Aqua Aerobics Kathy
12:00 – 3:00 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 – 2:45 p.m. Adult Open Swim & Water Walking	2:15 – 2:45 p.m. Adult Open Swim & Water Walking	2:15 – 2:45 p.m. Adult Open Swim & Water Walking	2:15 – 2:45 p.m. Adult Open Swim & Water Walking	2:15 – 2:45 p.m. Adult Open Swim & Water Walking	10 a.m. – 1 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. Swim Lessons	3 – 5:30 p.m. Open Swim	1:00 – 5:00 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	

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.

Contact 246-9622 or visit sfymca.org
Rachel Forero, Aquatics Manager