

OUTDOOR POOL SCHEDULE

Effective February 7, 2019



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5 a.m.	Pool Closed	5 am – 8 pm Open & Lap Swim	5 am – 8 pm Open & Lap Swim 12 pm – 12:45pm Cardio Swimming 12:45 pm – 1:45 pm Y Masters	5 am – 8 pm Open & Lap Swim	5 am – 8 pm Open & Lap Swim	5 am – 8 pm Open & Lap Swim	Pool Closed
6 a.m.							
7 a.m.							
8 a.m.							8 am – 10 am 4 – 5 lanes Shasta Sharks
9 a.m.							
10 a.m.							
11 a.m.	12 – 3 pm Open Swim	5 am – 8 pm Open & Lap Swim	5 am – 8 pm Open & Lap Swim 12 pm – 12:45pm Cardio Swimming 12:45 pm – 1:45 pm Y Masters	5 am – 8 pm Open & Lap Swim	5 am – 8 pm Open & Lap Swim	5 am – 8 pm Open & Lap Swim	10 am – 5 pm Open Swim
12 p.m.							
1 p.m.							
2 p.m.							
3 p.m.	Pool Closed	4 pm – 6:15 pm 4 lanes Shasta Sharks	4 pm – 6:15 pm 4 lanes Shasta Sharks	4 pm – 6:15 pm 4 lanes Shasta Sharks	4 pm – 6:15 pm 4 lanes Shasta Sharks	4 pm – 6:15 pm 4 lanes Shasta Sharks	Pool Closed
4 p.m.							
5 p.m.							
6 p.m.							
7 p.m.							Open & Lap Swim
8 p.m.	Pool Closed	Pool Closed	Pool Closed	Pool Closed	Pool Closed		

Children 6 and under must be in direct contact with an adult.

Children 10 years and under must pass a swim test and have an adult present on deck.

Contact 246-9622 or visit sfymca.org

Rachel Forero, Aquatics Manager