

PROGRAM POOL SCHEDULE

Effective June 10, 2022



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:45 – 6:30 a.m. Aqua Aerobics Anza	5:45 – 6:30 a.m. Aqua Aerobics Allison	5:45 – 6:30 a.m. Aqua Aerobics Anza	5:45 – 6:30 a.m. Aqua Aerobics Allison		
	6:45 – 7:30 am Aqua HIIT Anza	6:45 – 7:45 a.m. Aqua Zumba Alex	6:45 – 7:30 a.m. Aqua HIIT Anza	6:45 – 7:45 a.m. Aqua Zumba Alex	6:45 – 7:30 a.m. Aqua HIIT Anza	
	8 – 8:45 a.m. Aqua Aerobics Eileen	8 – 8:45 a.m. Aqua Aerobics Lori	8 – 8:45 a.m. Aqua Aerobics Kathy	8 – 8:45 a.m. Aqua Aerobics Lori	8 – 8:45 a.m. Aqua Aerobics Lori	
	9 – 11:30 a.m. Swim Lessons	9 – 11:30 a.m. Swim Lessons	9 – 11:30 a.m. Swim Lessons	9 – 11:30 a.m. Swim Lessons	9 – 11:00 a.m. Open	9 – 10 a.m. Aqua Aerobics Rotating Instructors 1 st –Kathy 2 nd –Kathy 3 rd –Allison 4 th –Lori 5 th –Kathy
					11 – 11:45 a.m. Cal Vet Class Shannon	10 –1:30 p.m. Swim Lessons
12:00 – 3:00 p.m. Open	12 – 1 p.m. Aqua Aerobics Lori	12 – 1 p.m. Aqua Aerobics Lori	12 – 1 p.m. Aqua Aerobics Eileen	12 – 1 p.m. Aqua Aerobics Eileen	12 – 1 p.m. Aqua Aerobics Kathy	
	1:15 – 2:15 p.m. Aqua Arthritis Eileen	1:15 – 2:15 p.m. Adult Open Swim & Water Walking	1:15 – 2:15 p.m. Aqua Arthritis Eileen	1:15 – 2:15 p.m. Adult Open Swim & Water Walking	1:15 – 2:15 p.m. Aqua Arthritis Shannon	1:30 – 5:00 p.m. Open
	2:45 – 5:30 p.m. Swim Lessons	2:45 – 5:30 p.m. Swim Lessons	2:45 – 5:30 p.m. Swim Lessons	2:45 – 5:30 p.m. Swim Lessons	4:00 – 5:00 p.m. Open	
	5:30 – 6:15 p.m. Aqua Aerobics Shannon	5:30 – 6:30 p.m. Aqua Zumba Alex	5:30 – 6:15 p.m. Aqua HIIT Allison	5:30 – 6:30 p.m. Aqua Aerobics Lori	5:30 – 6:30 p.m. Aqua HIIT Allison	
	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. CLOSED	

Schedules may change without prior notice. Private swim lessons may take place at any time.

Swim diapers required for people unable to independently use the bathroom.

Children under 11 must be accompanied by an adult. Children 6 and under must be in direct contact with an adult in the water.

PROGRAM POOL SCHEDULE

Effective March 1, 2021



FOR YOUTH DEVELOPMENT
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Open Swim is not permitted during Swim Lessons.

Pool Schedules may change without prior notice. Private lessons may take place at any time.

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

Children 11 years and under must have an adult on deck.

Reservations required.

Contact 246-9622 or visit sfymca.org

Rachel Forero, Director of Aquatics