

INDOOR POOL SCHEDULE

Effective July 1, 2019



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 – 7:30 a.m. Aqua HIIT 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 – 12 p.m. Swim Lessons	9 – 12 a.m. Swim Lessons	9 – 12 p.m. Swim Lessons	9 – 12 p.m. Swim Lessons	9 – 12 p.m. Open Swim	9 – 10 a.m. 1 st - Aqua Aerobics Kathy
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	2 nd , 3 rd -Aqua Aerobics/Pilates Shannon
	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	4 th – Aqua Aerobics Lori
	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	5 th – Aqua Aerobics Kathy
	3 – 5 p.m. Swim Lessons	3 – 5 p.m. Swim Lessons	3 – 5 p.m. Swim Lessons	3 – 5 p.m. Swim Lessons	3 – 5:30 p.m. Open Swim	10 – 1 p.m. Swim Lessons
	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		1 – 5 p.m. Open Swim
	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. 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	

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 10 years and under must have an adult on deck.

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