



Hours
 Mon-Fri: 5:30 am-9:45pm
 Sat: 8:00 am-7:45 pm
 Sun: 9:00 am-5:45 pm

Aquatics
Department:
 415 615 1305

Embarcadero YMCA
 169 Steuart Street
 San Francisco, CA 94105
 415 957 9622
www.ymcasf.org/embarcadero

AQUATICS LAP POOL SCHEDULE (25 METERS)

Fall 2011

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30AM							
6:00AM	Masters (3) 6:00-7:30a		Masters (3) 6:00-7:30a		Masters (3) 6:00-7:30a		
7:00AM							
8:00AM							
9:00AM							
10:00AM						Youth Programs (2-3) 8:00-12:15p	Swim Team (2-3) 9:30-11:00a
11:00AM							
12:00PM	All 5 lanes open	All 5 lanes open	All 5 lanes open	All 5 lanes open	All 5 lanes open		
1:00PM						Adult Lessons (1-2) 12:15-1:15p	
2:00PM							All 5 lanes open
3:00PM							
4:00PM						All 5 lanes open	
5:00PM							Pool Closes at 5:45pm
6:00PM	Swim Team (2) 5:30-6:30p	Adult Lessons (1) 6:00-7:00p	Swim Team (2) 5:30-6:30p	Adult Lessons (1) 6:00-7:00p			
7:00PM	Adult Lessons (1) 6:30-7:30p	Masters (2-3) 7:00-8:00p	Adult Lessons (1) 6:30-7:30p	Masters (2-3) 7:00-8:00pm		Pool Closes at 7:45pm	
8:00PM	All 5 lanes open	All 5 lanes open	All 5 lanes open	All 5 lanes open			
9:00PM							
9:45PM	Pool Closes at 9:45 pm	Pool Closes at 9:45 pm	Pool Closes at 9:45 pm	Pool Closes at 9:45 pm	Pool Closes at 9:45 pm		
Announcements:							
One lane may be closed periodically throughout the day for rec swim. These closures will happen during non-peak times. Thank you for your cooperation.							

() – Number of lanes used by the activity

Schedule is subject to change at any time.

Doesn't include private swim lessons, which are schedule by appointment by calling 415 615 1305



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AQUATICS ACTIVITY POOL SCHEDULE (10 METERS)

Fall 2011

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30AM	OPEN	Pool Closed 7:00-7:30a	OPEN	Pool Closed 7:00-7:30a	OPEN	Aqua Fitness 8:15-9:00a	OPEN
6:00AM							
7:00AM							
8:00AM	Modified Aqua Moves 9:20-10:10a	Pool Closed 10:15-10:45a	Modified Aqua Moves 9:20-10:10a	Modified Aqua Moves 9:20-10:10a	OPEN	Youth Swim Lessons 9:00-12:15p	OPEN
9:00AM							
10:00AM	OPEN	Pool Closed 10:15-10:45a	OPEN	Pool Closed 10:15-10:45a	OPEN	Arthritis Class 12:15-1:15p	Aqua Boot Camp 10:00-11:00a
11:00AM							
12:00PM	Aqua Fitness 12:30-1:10p	Aqua Running 12:30-1:00p	Aqua Boot Camp 12:30-1:10p	Aqua Running 12:30-1:15p	OPEN	Possible Birthday Party 1:30-3:00p Call Ahead	OPEN
1:00PM							
2:00PM	OPEN	OPEN	Arthritis Class 1:30-2:30p Aqua Therapy 2:00-3:00p	OPEN	OPEN	Possible Birthday Party 1:30-3:00p Call Ahead	Possible Birthday Party 1:30-3:00p Call Ahead
3:00PM							
4:00PM							
5:00PM	Aqua Fitness 6:00-7:00p	Aqua Fitness 6:00-7:00p	OPEN	Aqua Fitness 6:00-7:00p	OPEN	Pool Closed 5:30-6:00p	Pool Closes at 5:45p
6:00PM							
7:00PM	Adult Lessons 7:30-8:30p	Adult Lessons 7:00-8:00p	Adult Lessons 7:30-8:30p	Adult Lessons 7:00-8:00p	OPEN	Pool Closes at 7:45p	Special Events: Possible birthday parties on Saturday and Sunday afternoons. Please call ahead to check if the activity pool is open. 415 957 9622
8:00PM							
9:00PM	Pool Closes at 9:45p	Pool Closes at 9:45p	Pool Closes at 9:45p	Pool Closes at 9:45p	Pool Closes at 9:45p	Pool Closes at 9:45p	Special Events: Possible birthday parties on Saturday and Sunday afternoons. Please call ahead to check if the activity pool is open. 415 957 9622
9:45PM							

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Doesn't include private swim lessons, which are schedule by appointment by calling 415 615 1305