



**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](http://www.ymcasf.org/embarcadero)

## AQUATICS LAP POOL SCHEDULE (25 METERS)

**January 2012**

	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) 7:00-8:00p		Pool Closes at 7:45pm	
8:00PM	All 5 lanes open	All 5 lanes open	All 5 lanes open	All 5 lanes open		<b>Announcements:</b>	
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		

() – 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)

**January 2012**

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

Schedule is subject to change at any time.

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