



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WINTER/SPRING 2012

LETTERMAN POOL LAP AND REC SCHEDULE: UPDATED 1/18/2012

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 -7am	Lap (2)	NO LAP 6:00-7:00	Lap (2)	NO LAP 6:00-7:00	Lap (2)		
7-8am	Lap (2) Rec (1)	Lap (3)	Lap (2) Rec (1)	Lap (3)	Lap (2) Rec (1)	Lap (2) at 7:30 NO LAP 7:00-7:30	Lap (4) Rec (2)
8-9am	Lap (4) Rec (2)	Lap (4) Rec (2)	Lap (4) Rec (2)	Lap (4) Rec (2)	Lap (4) Rec (2)	Lap (3) Rec (2)	Lap (3) Rec (2)
9-10am	Lap (1) DEEP REC OPEN	Lap (1)	Lap (1) DEEP REC OPEN	Lap (1)	Lap (1) DEEP REC OPEN	Lap till 9:30 (1) NO LAP 9:30-10	Lap (2) DEEP REC OPEN
10 -11am	Lap (3) DEEP REC OPEN	Lap (4) Rec (2)	Lap (2) DEEP REC OPEN	Lap (4) Rec (2)	Lap (3) Rec (3)	Lap (3)	Lap (2) Rec (1)
11-12pm	Lap (4) Rec (2)	Lap (4) Rec (2)	Lap (4) Rec (2)	Lap (4) Rec (2)	Lap (4) Rec (2)	Lap (3)	Lap (3) Rec (1)
12-1pm	Lap (3)	Lap (4) Rec (2)	Lap (3)	Lap (4) Rec (2)	Lap (3)	Lap (3) Rec (2) at 12:30	Lap (3) Rec (2)
1-3pm	Lap (4) Rec (2)	Lap (4) Rec (2)	Lap (4) Rec (2)	Lap (4) Rec (2)	Lap (4) Rec (2)	Lap (4) Rec /Lesson (2)	Lap (4) Rec /Lesson (2)
3-4pm	Lap (4) till 3:30 Lap (1) 3:30-4:20	Lap (4) till 3:30 Lap (1) 3:30-4:20	NO LAP	Lap (4) till 3:30 Lap (1) 3:30-4:20	NO LAP	Lap (3) Rec (2)	Lap (3) Rec (2)
4-6pm	Lap (1) 3:30-4:20 NO LAP 4:20-6:15	Lap (3) at 5:30 NO LAP 4:20-5:30	NO LAP 3:20-6:15	Lap (3) at 5:30 NO LAP 4:20-5:30	Lap (1) 4:30-6:00 NO LAP 3:00-4:30	Lap (3) Rec (2)	Lap (3) Rec (2)
6-7pm	Lap (2) at 6:15	Lap (4) till 6:45 Rec (1)	Lap (2) at 6:15	Lap (4) till 6:45 Rec (1)	Lap (2) at 6:15		
7-8pm	Lap (2-3) Rec (1)	NO LAP 6:45-8:00	Lap (2-3) Rec (1)	NO LAP 6:45-8:00	Lap (4) Rec (2)		
8-9pm	Lap (4) Rec (2)	Lap (2) Rec (1)	Lap (4) till 8:30 Rec (2) NO LAP 8:30-9:30	Lap (2) Rec (1)	Lap (1)	SMALL POOL CLOSURE: MON – FRI: 12 – 2pm MON/WED/FRI: 8 – 9am SAT/SUN: 9 – 1pm	
9-9:30pm	Lap (4) Rec (2)	Lap (4) Rec (2)	NO LAP	Lap (4) Rec (2)	NO LAP		

Presidio Community YMCA
Letterman Pool
1151 Gorgas Avenue
San Francisco, CA 94129
415 – 447 – 9680

PROGRAM SCHEDULE OTHER SIDE →



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LETTERMAN POOL PROGRAM SCHEDULE: UPDATED 1/18/2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MASTERS 6:00-7:00am Michele	MASTERS 6:00-7:00am Brian	MASTERS 6:00-7:00am Oleg	MASTERS 6:00-7:00am Brian	MASTERS 6:00-7:00am Oleg		
MASTERS 7:00-8:00am Michele	TRI-SWIM\$ 7:00-8:00am Shannon	MASTERS 7:00-8:00am Oleg	TRI-SWIM\$ 7:00-8:00am Shannon	MASTERS 7:00-8:00am Oleg	SWIM TEAM \$ 6:00-7:30am David F.	
BEG. EXERCISE 8:00-9:00am Beth THERAPY POOL		BEG. EXERCISE 8:00-9:00am Beth THERAPY POOL				
H2O AEROBICS (SHALLOW) 9:00-10:00am Beth	H2O AEROBICS (SHALLOW) 9:00-10:00am Alicia H2O AEROBICS (DEEP) 9:00-10:00am Annette	H2O AEROBICS (SHALLOW) 9:00-10:00am Beth	H2O AEROBICS (SHALLOW) 9:00-10:00am Alicia H2O AEROBICS (DEEP) 9:00-10:00am Annette	H2O AEROBICS (SHALLOW) 9:00-10:00am Annette	H2O AEROBICS (SHALLOW) 9:00-10:00am John H2O AEROBICS (DEEP) 9:00-10:00am Annette	H2O AEROBICS (SHALLOW) 9:00-10:00am Jacqui
SWIM LESSONS \$ 9:00-11:00am	SWIM LESSONS \$ 9:00-11:00am	SWIM LESSONS \$ 9:00-11:00am	SWIM LESSONS \$ 9:00-11:00am		SWIM LESSONS \$ 9:00-1:00pm	SWIM LESSONS \$ 9:00-1:00pm
		H2O AEROBICS (SHALLOW) 10:00-11:00am Beth			SWIM TEAM \$ 10-12pm David F.	
MASTERS 12:00-1:00pm Michele		MASTERS 12:00-1:00pm Oleg		MASTERS 12:00-1:00pm Oleg		
SWIM LESSONS \$ 3:45-6:00pm	SWIM LESSONS \$ 3:45-6:00pm	SWIM LESSONS \$ 3:45-6:00pm	SWIM LESSONS \$ 3:45-6:00pm			
SWIM TEAM \$ 3:30-7:00pm David F.	SWIM TEAM \$ 3:30-5:30pm David F.	SWIM TEAM \$ 3:30-7:00pm David F.	SWIM TEAM \$ 3:30-5:30pm David F.	SWIM TEAM \$ 3:30-7:00pm David F.		
MASTERS 7:00-8:00pm Gavin	H2O AEROBICS (DEEP) 6:45-7:45pm Annette H2O AEROBICS (SHALLOW) 7:00-8:00pm Sandra/ Kelsey	MASTERS 7:00-8:00pm Alexa	H2O AEROBICS (SHALLOW) 7:00-8:00pm Annette			
	MASTERS 8:00-9:00pm Gavin	WATER POLO 8:30-9:30pm Matt N.	MASTERS 8:00-9:00pm Gavin	H2O HOCKEY 8:00-9:45pm Carolyn/ Elaine		