



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Facility Hours

Mon-Fri: 5:00am - 10:00pm
Sat-Sun: 7:00am - 8:00pm

Social Media

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Stonestown Family YMCA

333 Eucalyptus Drive
San Francisco, CA 94132
415.242.7100
www.ymcasf.org/stonestown

Pool Schedule

NEW SCHEDULE STARTING FEB 13th!! Winter 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LAP SWIM 5:00 - 8:30am	LAP SWIM 5:00 - 8:30am	LAP SWIM 5:00 - 8:30am	LAP SWIM 5:00 - 8:30am	LAP SWIM 5:00 - 8:30am	LAP SWIM 7:00 - 8:50am	LAP SWIM 7:00 - 8:55am 4 lanes
AEROBICS & RUNNING 8:35 - 9:35am	½ AEROBICS ½ REC. SWIM 8:35 - 9:35am	AEROBICS & RUNNING 8:35 - 9:35am	½ AEROBICS ½ REC. SWIM 8:35 - 9:35am	AEROBICS & RUNNING 8:35 - 9:35am	AEROBICS & RUNNING 9:00 - 10:00am	9:00 - 10:00am 2 lanes
WALKING & RUNNING 9:45 - 10:45am	AEROBICS & RUNNING 9:45 - 10:45am	WALKING & RUNNING 9:45 - 10:45am	½ RUNNING ½ REC. SWIM 9:45 - 10:45am	WALKING & RUNNING 9:45 - 10:45am	YOUTH SWIM LESSONS 10:05am - 1:40pm First Mates: 1 lane 12:40 - 1:40pm	PIRATES SWIM TEAM (Red Group) 9:00 - 10:00am 2 lanes
REC. SWIM 10:50 - 11:55am Lap Swim: 1 lane Pr. Lessons: 1 lane	REC. SWIM 10:50 - 11:55am Lap Swim: 1 lane Pr. Lessons: 1 lane	REC. SWIM 10:50 - 11:55am Lap Swim: 1 lane Pr. Lessons: 1 lane	REC. SWIM 10:50 - 11:55am Lap Swim: 1 lane Pr. Lessons: 1 lane	REC. SWIM 10:50 - 11:55am Lap Swim: 1 lane Pr. Lessons: 1 lane	REC. SWIM 1:45 - 5:10pm Pr. Lessons: 2 lanes	YOUTH SWIM LESSONS 10:05 - 10:35am Lap Swim: 1 lane
LAP SWIM 12:00 - 2:00pm	LAP SWIM 12:00 - 2:00pm	LAP SWIM 12:00 - 2:00pm	LAP SWIM 12:00 - 2:00pm	LAP SWIM 12:00 - 2:00pm	LAP SWIM 5:15 - 7:50pm	YOUTH SWIM LESSONS 10:35am - 11:55am First Mates: 1 lane 11:15am - 12:15pm
REC. SWIM 2:05 - 3:15pm Lap Swim: 1 lane Pr. Lessons: 1 lane	REC. SWIM 2:05 - 3:15pm Lap Swim: 1 lane Pr. Lessons: 1 lane	REC. SWIM 2:05 - 3:15pm Lap Swim: 1 lane Pr. Lessons: 1 lane	REC. SWIM 2:05 - 3:15pm Lap Swim: 1 lane Pr. Lessons: 1 lane	REC. SWIM 2:05 - 5:50pm Pr. Lessons: 2 lane		REC. SWIM 12:00 - 4:00pm Pr. Lessons: 1-2 lanes
YOUTH SWIM LESSONS 3:20 - 4:30pm	YOUTH SWIM LESSONS 3:20 - 5:35pm First Mates: 1 lane 4:30 - 5:30pm	YOUTH SWIM LESSONS 3:20 - 4:30pm	YOUTH SWIM LESSONS 3:20 - 5:35pm First Mates: 1 lane 4:30 - 5:30pm	REC. SWIM 5:55 - 6:55pm		PIRATES SWIM TEAM (Blue Group) 4:05 - 5:20pm
PIRATES SWIM TEAM (Blue Group) 4:30 - 5:30pm	PIRATES SWIM TEAM (Red Group) 4:30 - 5:35pm	PIRATES SWIM TEAM (Blue Group) 4:30 - 5:30pm	PIRATES SWIM TEAM (Red Group) 4:30 - 5:35pm	PIRATES SWIM TEAM (Blue Group) 7:00 - 8:15pm Pr. Lessons: 1 lane		LAP SWIM 5:25 - 7:50pm
LAP SWIM 5:35 - 6:35pm		LAP SWIM 5:35 - 6:35pm		LAP SWIM 8:20 - 9:50pm		
SWIM LESSONS 6:40 - 8:30pm First Mates: 1 lane 7:50 - 8:50pm	LAP SWIM 5:40 - 7:20pm	SWIM LESSONS 6:40 - 8:30pm First Mates: 1 lane 7:50 - 8:50pm	LAP SWIM 5:40 - 7:20pm			
REC. SWIM 8:35 - 9:50pm Lap Swim: 1 lane @ 8:50pm Pr. Lessons: 1 lane	AEROBICS & RUNNING: AQUA ZUMBA 7:30 - 8:30pm	REC. SWIM 8:35 - 9:50pm Lap Swim: 1 lane @ 8:50pm Pr. Lessons: 1 lane	AEROBICS & RUNNING Pr. Lessons: 1 lane 7:30 - 8:30pm			
	LAP SWIM 8:35 - 9:50pm Pr. Lessons: 1 lane		LAP SWIM 8:35 - 9:50pm Pr. Lessons: 1 lane			

FAMILY POOL NIGHT: 1st and 3rd Fridays of the month (6:30 - 8:00pm)

ADULT STROKE DEVELOPMENT CLINIC (1-2 lanes): 1st and 3rd Sundays of the month (5:15 - 6:15pm)



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POOL RULES

- **Instructors & Lifeguards:** He/she is responsible for the safety of all swimmers and has final authority over pool matters.
- **Water Fitness:** Classes are group activities. Individual exercise routines are not permitted during a scheduled class session. Please be on time. Please refrain from conversation while a class is in session.
- **Personal Items:** Personal items may not be kept in the pool area. Utilize locker rooms or lock box to secure all clothing and valuables.
- **Be Considerate:** Please shower before entering the pool. Be mindful of other swimmers.
- **Equipment:** Please bring your own goggles and water exercise equipment.
- **Safety:** Do not run in the pool area. Remain observant at all times.
- **Youth (13 and under):** Youth ages 13 and under must be supervised by parent/guardian unless attending swim lessons.
- **Contact Your Physician:** Please speak to your doctor before beginning any exercise program.

SWIM SCHEDULE DESCRIPTIONS

- **Recreation Swim (Rec. Swim):** Recreation Swim is set aside for those who want to drop in for a relaxing swim or just a dip in the pool. There are times when a lane is set aside for lap swimming. Recreation Swim schedule may change during YMCA program events.
- **Lap Swim:** Lap Swim is offered at specific times throughout the day. A lap lane is often available during Recreation Swim times. Swimmers must be 14 years or older to participate in Lap Swim. Private lessons may be taught to members capable of swimming laps during designated times.
- **Water Walking:** Shallow water class using big, fluid movements. This is ideal for members suffering from joint immobility.
- **Water Aerobics:** Shallow water class offering the same intensity as non-aquatic classes, making this a popular choice for all fitness levels.
- **Deep Water Aerobics (Running):** Challenging high-intensity deep water workout. Ideal for members with back, hip or knee problems. Please bring your own water belts.
- **Other Amenities:** Spa and sauna are available on the pool deck for facility member use.

SWIM LESSONS

For detailed information about swim lessons, please pick up a swim lesson flyer or speak with our Membership Services Staff.

Students with no previous swimming experience are welcome to sign up for classes. To schedule an evaluation for class placement, please contact Courtney Wheelock at (415) 242-7132.

Registration can be done online at enroll.ymcasf.org or in person at our Membership Services Desk. Registration will remain open for the duration of each session. Priority registration is available to currently enrolled participants. Open registration is available to all other members for each session.

- Parent/Child: 6 months – 3 years old
- Preschool Classes: 3 – 5 years old
- Youth Classes: 6 – 13 years old
- Adult Classes: 14+ years old
- First Mates (Pre-Swim Team): 6 – 18 years old
- Pirates (Swim Team – Blue Group & Red Group): 6-18 years old