

# POOL SCHEDULE

## POOL SCHEDULE - FALL 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LAP SWIM 5:00 AM - 8:30 AM					LAP SWIM 7:00 AM - 8:50 AM	LAP SWIM 7:00 AM - 10:00 AM
AEROBICS & RUNNING 8:35 AM - 9:35 AM	½ AEROBICS ½ REC. SWIM 8:35 AM - 9:35 AM	AEROBICS & RUNNING 8:35 AM - 9:35 AM	½ AEROBICS ½ REC. SWIM 8:35 AM - 9:35 AM	AEROBICS & RUNNING 8:35 AM - 9:35 AM	AEROBICS & RUNNING 9:00 AM - 10:00 AM	
WALKING & RUNNING 9:45 AM - 10:45 AM	½ RUNNING ½ REC. SWIM 9:45 AM - 10:45 AM	WALKING & RUNNING 9:45 AM - 10:45 AM	½ RUNNING ½ REC. SWIM 9:45 AM - 10:45 AM	WALKING & RUNNING 9:45 AM - 10:45 AM		YOUTH LESSONS LAP SWIM - 2 LANES 10:00 AM - 11:10 AM
REC. SWIM (LAP SWIM - 1 LANE; PR. LESSONS - 1 LANE) 10:50 AM - 11:55 AM  SPECTRUM (SHALLOW) 11:00 AM - 12:00 PM				REC. SWIM LAP SWIM - 1 LANE PR. LESSONS - 1 LANE  10:50 AM - 11:55 AM	YOUTH LESSONS 10:05 AM - 2:20 PM	YOUTH LESSONS LAP SWIM - 1 LANE 11:10 AM - 11:55 AM
LAP SWIM 12:00 PM - 2:00 PM						REC SWIM PR. LESSONS - 1 LANE 12:00 PM - 5:10 PM
REC. SWIM (LAP SWIM - 1 LANE; PR. LESSONS - 1 LANE) 2:05 PM - 3:15 PM				½ REC. SWIM ½ PR. LESSONS PR. LESSONS - 2 LANES 2:05 PM - 5:00 PM	REC. SWIM PR. LESSONS - 2 LANES 2:25 PM - 5:10 PM	
YOUTH LESSONS 3:20 PM - 4:30 PM	YOUTH LESSONS 3:20 PM - 5:30 PM	YOUTH LESSONS 3:20 PM - 4:30 PM	YOUTH LESSONS 3:20 PM - 5:30 PM			SWIM TEAM TBA
SWIM TEAM 4:30 PM - 5:30 PM		SWIM TEAM 4:30 PM - 5:30 PM		REC. SWIM		
LAP SWIM 5:35 PM - 6:35 PM	LAP SWIM 5:35 PM - 7:20 PM	LAP SWIM 5:35 PM - 6:35 PM	LAP SWIM 5:35 PM - 7:20 PM	5:00 PM - 8:00 PM  "Family Pool Night" - 1st and 3rd Friday of the month (6:30 PM - 8:00 PM)	LAP SWIM 5:15 PM - 7:50 PM	
YOUTH & ADULT LESSONS 6:40 PM - 8:30 PM	AEROBICS (AQUA ZUMBA) & RUNNING 7:30 PM - 8:30 PM	YOUTH & ADULT LESSONS 6:40 PM - 8:30 PM	AEROBICS & RUNNING PR. LESSONS - 1 LANE 7:30 PM - 8:30 PM			
REC. SWIM (LAP SWIM - 1 LANE; PR. LESSONS - 1 LANE) 8:35 PM - 9:50 PM				LAP SWIM 8:05 PM - 9:50 PM		

## POOL RULES...

- **Instructors and Lifeguards:** He/she is responsible for the safety of all members/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 or guardian unless attending swimming lessons.
- **Contact your physician:** Please speak to your doctor before beginning any exercise program.

## INFORMATION...

- **Recreational Swim (Rec. Swim):** Recreational swim time is set aside for those who would like to drop in for a relaxing swim or just to play around. There are times when a lane is set aside for swimming laps. Pool schedule during Rec. Swim may change due to special programming.
- **Lap Swim:** Lap swim is offered at specific times throughout the day. A lap lane is often available during Rec. Swim times. Swimmers must be 14 years or older during lap swim times. Private lessons may be taught to members capable of swimming laps during designated times.
- **Water Walking:** Shallow water class using big easy movements. 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 in the pool area for facility member use.
- **Family Pool Night:** The 1st and 3rd Friday of each month from 6:30 PM - 8:00 PM. Participate in family games,

## SWIM LESSONS...

For detailed information about swim lessons, please pick up a swim lesson flyer or speak to our membership services staff at the front desk.

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

Registration can be done online at [enroll.ymcasf.org](http://enroll.ymcasf.org) or in person at our membership services desk. Registration will remain open for the duration of each season. 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)
- **Swim Team:** (6 - 18 years old)