

# PROGRAM POOL SCHEDULE

Effective January 1, 2022



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:45 – 6:30 a.m. Aqua Aerobics Anza	5:45 – 6:30 a.m. Aqua Aerobics Allison	5:45 – 6:30 a.m. Aqua Aerobics Anza	5:45 – 6:30 a.m. Aqua Aerobics Allison		
	6:45 – 7:30 am Aqua HIIT Anza	6:45 – 7:45 a.m. Aqua Zumba Ali	6:45 – 7:30 a.m. Aqua HIIT Anza	6:45 – 7:45 a.m. Aqua Zumba Alex	6:45 – 7:30 a.m. Aqua HIIT Anza	
	8 – 8:45 a.m. Aqua Aerobics Eileen	8 – 8:45 a.m. Aqua Aerobics Lori	8 – 8:45 a.m. Aqua Aerobics Kathy	8 – 8:45 a.m. Aqua Aerobics Lori	8 – 8:45 a.m. Aqua Aerobics Lori	9 – 10 a.m. Aqua Aerobics Rotating Instructors 1 <sup>st</sup> –Kathy 2 <sup>nd</sup> –Kathy 3 <sup>rd</sup> –Allison 4 <sup>th</sup> –Lori 5 <sup>th</sup> –Kathy
	9 – 11:30 a.m. Swim Lessons	9 – 11:30 a.m. Swim Lessons	9 – 11:30 a.m. Swim Lessons	9 – 11:30 a.m. Swim Lessons	9 – 11:00 a.m. Open	
	10:30 – 11:30 a.m. Open (shared)	10:30 – 11: 30a.m. Open (shared)	10:30 – 11:30 a.m. Open (shared)	10:30 – 11:30 a.m. Open (shared)	11 – 11:45 a.m. Cal Vet Class	10 - 12 p.m. Open
12 – 3 pm Open	12 – 1 p.m. Aqua Aerobics Lori	12 – 1 p.m. Aqua Aerobics Lori	12 – 1 p.m. Aqua Aerobics Eileen	12 – 1 p.m. Aqua Aerobics Eileen	12 – 1 p.m. Aqua Aerobics Kathy	
	1:15 – 2:15 p.m. Aqua Arthritis Eileen	1:15 – 2:15 p.m. Adult Open Swim & Water Walking	1:15 – 2:15 p.m. Aqua Arthritis Eileen	1:15 – 2:15 p.m. Adult Open Swim & Water Walking	1:15 – 2:15 p.m. Aqua Arthritis Shannon	1- 4 p.m. Open
	4:00 – 5:00 p.m. Open	4:00 – 5:00 p.m. Open	4:00 – 5:00 p.m. Open	4:00 – 5:00 p.m. Open	4:00 – 5:00 p.m. Open	
	5:00 – 5:30 p.m. Swim Lessons	5:00 – 5:30 p.m. Swim Lessons	5:00 – 5:30 p.m. Swim Lessons	5:00 – 5:30 p.m. Swim Lessons		
	5:30 – 6:15 p.m. Aqua HIIT Anza	5:30 – 6:30 p.m. Aqua Zumba Alex	5:30 – 6:15 p.m. Aqua HIIT Anza	5:30 – 6:30 p.m. Aqua Aerobics Lori	5:30 – 6:30 p.m. Aqua Fusion Shannon	
	6:30 – 7:30 p.m. Open (shared)	6:30 – 7:30 p.m. Open (Shared)	6:30 – 7:30 p.m. Open	6:30 – 7:30 p.m. Open	6:30 – 7:45 p.m. CLOSED	
	6:30-7:30 Swim Lessons	6:30-7:30 Swim Lessons				

Schedules may change without prior notice. Private swim lessons may take place at any time.

Swim diapers required for people unable to independently use the bathroom.

Children under 11 must be accompanied by an adult. Children 6 and under must be in direct contact with an adult in the water.

# PROGRAM POOL SCHEDULE

Effective March 1, 2021



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## **Open Swim is not permitted during Swim Lessons.**

Pool Schedules may change without prior notice. Private lessons may take place at any time.

Children 6 years and under must be in direct contact with an adult.

Children 11 years and under must have an adult on deck.

## **Reservations required.**

Contact 246-9622 or visit [sfymca.org](http://sfymca.org)

Rachel Forero, Director of Aquatics