



LARGE POOL SCHEDULE

Effective March 2008

Lap Swim

4 lanes available unless otherwise stated
Lanes divided by speed

Monday

5:30 – 9:55 am*
12:00 – 1:25 pm
6:00 – 9:30 pm*

Tuesday

5:30 – 9:55 am
12:00 – 1:25 pm
2:30 – 3:30 pm*
6:00 – 7:30 pm*
8:30 – 9:30 pm

Wednesday

5:30 – 9:55 am*
12:00 – 1:25 pm
6:00 – 9:30 pm*

Thursday

5:30 – 9:55 am*
12:00 – 1:25 pm
2:30 – 3:30 pm*
6:00 – 7:30 pm*
8:30 – 9:30 pm

Friday

5:30 – 9:55 am*
12:00 – 1:25 pm
6:00 – 9:30 pm*

Saturday

7:00 am – 1:30 pm*
4:30 – 7:30 pm

Sunday

7:00 am – 12:30 pm*
5:00 – 7:30 pm

* Notes:

M/W/F 8:55 – 9:55 am one lane
M/W/F 6:00 – 8:30 pm two lanes
T/TH 2:30 – 3:30 pm two lanes
T/TH 6:00 – 7:30 pm two lanes
SAT 9:30 – 12:00 pm two lanes minimum
SUN 11:30 – 12:30 pm one lane Tai Chi
Swim Lessons may be taught during lap swim.
Lap swim is for patrons 13+.

M-TH 3:30-5:00 pm the pool is reserved for swimming lessons.



Family Recreational Swim

Monday/Wednesday/Friday 7:30 – 8:30 pm
Tuesday & Thursday 2:30 – 3:25 pm
Friday 3:00 – 5:00 pm
7:30 – 8:30 pm
Saturday 1:30 – 4:30 pm
Sunday 12:30 – 5:00 pm

Family Lap Swim

Tuesday & Thursday 7:30 – 8:30 pm

Notes:

Children age 6 and under need to be accompanied by an adult at all times in pool. Children age 7-9 must have an adult in the pool area. Children 10-12 must have an adult in the YMCA facility. All non/beginner swimmers must be supervised by an adult or guardian while swimming.

Aqua Aerobics

Monday thru Friday 11:00 – 11:55 am
Monday thru Friday 5:00 – 5:55 pm
Sunday 4:00 – 5:00 pm

Senior Exercise

Monday/ Wednesday/ Friday 1:30 – 2:25 pm

*Arthritis Exercise

Monday thru Friday 10:00 – 10:55 am
Tuesday & Thursday 1:30 – 2:25 pm

* Doctor's written permission required.
Pick up permission form in the Member Center.

*Adult Open Exercise (half the pool)

Monday/ Wednesday/ Friday 2:30 – 3:25 pm
* reserved for patrons 15+

Pre/Postnatal Exercise Class

Monday/ Wednesday/ Friday 9:00 – 9:55 am

North Santa Rosa PT (half the pool)

Monday/ Wednesday/ Friday 2:30 – 3:25 pm

