



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# AQUATICS SCHEDULE

January 2-February 5, 2012

RANCHO FAMILY YMCA

*\*Schedule subject to change\**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>MORNING/AFTERNOON</b>	<b>5:30-8:30</b> 4 Adult Lap Swim	<b>5:30-6:30</b> 5 Coached Masters 1 Adult Lap Swim	<b>5:30-8:30</b> 4 Adult Lap Swim	<b>5:30-6:30</b> 5 Coached Masters 1 Adult Lap Swim	<b>5:30-8:30</b> 4 Adult Lap Swim	<b>7:00-8:00</b> Masters 7:00-8:00 (Non coached) 1+ Adult Lap Swim	<b>9:00-12:00</b> 4 Adult Lap Swim
	<b>8:30-9:30am</b> 3 Adult lap lanes Water Exercise	<b>6:30-8:00</b> 3 Adult lap lanes	<b>8:30-9:30am</b> 3 Adult lap lanes Water Exercise	<b>6:30-8:00</b> 3 Adult lap lanes	<b>8:30-9:30am</b> 3 Adult lap lanes Water Exercise	<b>8:00-9:00</b> Water Exercise 2 Adult lap lanes	
	<b>9:45-10:45am</b> Arthritis Exercise	<b>7-7:55am</b> Deep Water Exercise	<b>9:45-10:45am</b> Arthritis Exercise	<b>7-7:55am</b> Deep Water Exercise	<b>9:45-10:45am</b> Arthritis Exercise		
		<b>8:00-8:55am</b> Water Exercise		<b>8:00-8:55am</b> Water Exercise			
	<b>10:45-12:00</b> 3 Adult lap lane Open Swim	<b>9:00-12:00</b> 3 Adult lap lane Open Swim	<b>10:45-12:00</b> 3 Adult lap lane Open Swim	<b>9:00-12:00</b> 3 Adult lap lane Open Swim	<b>10:45-12:00</b> 3 Adult lap lane Open Swim	<b>9:00-12:15</b> Swim Lessons <b>NO OPEN SWIM</b> 1 Adult lap lanes	
	<b>12:00-1:00</b> 3 Adult lap lanes Adult Open Swim	<b>12:00-1:00</b> 3 Adult lap lanes Adult Open Swim	<b>12:00-1:00</b> 3 Adult lap lanes Adult Open Swim	<b>12:00-1:00</b> 3 Adult lap lanes Adult Open Swim	<b>12:00-1:00</b> 3 Adult lap lanes Adult Open Swim	<b>12:15-1:15</b> Youth Swim Team Adult Swim Lessons 1 Adult lap lanes	<b>12:00-4:45</b> Open Swim 2 Adult Lap Swim
	<b>1:00-3:15</b> 1 Adult lap lane 1 Youth lap lane Open Swim	<b>1:00-3:15</b> 1 Adult lap lane 1 Youth lap lane Open Swim	<b>1:00-3:15</b> 1 Adult lap lane 1 Youth lap lane Open Swim	<b>1:00-3:15</b> 1 Adult lap lane 1 Youth lap lane Open Swim	<b>1:00-5:00</b> 2 Adult lap lane 1 Youth lap lane Open Swim	<b>1:15-6:00</b> Open Swim 2 Adult lap lane 1 Youth lap lane	
	<b>3:20-6:30</b> Swim Lessons 1 Adult lap lane <b>NO OPEN SWIM</b>	<b>3:20-6:30</b> Swim Lessons 1 Adult lap lane <b>NO OPEN SWIM</b>	<b>3:20-6:30</b> Swim Lessons 1 Adult lap lane <b>NO OPEN SWIM</b>	<b>3:20-6:30</b> Swim Lessons 1 Adult lap lane <b>NO OPEN SWIM</b>	<b>3:00-7:40</b> 4½ ft Swim Lessons <b>5:00-7:00</b> Family Swim 2 Adult lap lane 1 Youth lap lane		
	<b>6:00-7:00</b> 4 Youth Swim Team 1 Swim Lesson lane 1 Adult lap lane <b>NO OPEN SWIM</b>	<b>6:00-7:00</b> 4 Youth Swim Team 1 Swim Lesson lane 1 Adult lap lane <b>NO OPEN SWIM</b>	<b>6:00-7:00</b> 4 Youth Swim Team 1 Swim Lesson lane 1 Adult lap lane <b>NO OPEN SWIM</b>	<b>6:00-7:00</b> 4 Youth Swim Team 1 Swim Lesson lane 1 Adult lap lane <b>NO OPEN SWIM</b>	<b>7:00-8:45</b> <b>Members Only</b> <b>Family Fun Night</b> & <b>2 Adult Lap Lanes</b> <b>1 Youth Lane</b>	<b>6:00-6:45</b> 4 Adult Lap Swim Adult Open Swim	
	<b>6:35-7:30</b> 4½ ft Water Exercise	<b>6:35-7:30</b> 4½ ft Water Exercise	<b>6:35-7:30</b> 4½ ft Water Exercise	<b>6:35-7:30</b> 4½ ft Water Exercise			
<b>7:30-8:15</b> 4ft & 1 Adult Lessons	<b>7:30 - 8:30</b> 1-2 Masters (No Coach)	<b>7:30-8:15</b> 4ft & 1 Adult Lessons	<b>7:30 - 8:30</b> 1-2 Masters (No Coach)				
<b>7:05-9:00</b> Open Swim (3 ½ ft area only until 7:30) 1 Adult lap lane 1 Youth lap lane	<b>7:05-9:00</b> Family Swim 1 Adult lap lanes 1 Youth lane	<b>7:05-9:00</b> Open Swim (3 ½ ft area only until 7:30) 1 Adult lap lane 1 Youth lap lane	<b>7:05-9:00</b> Family Swim 1 Adult lap lanes 1 Youth lane				

**Daily Pool Entrance Fee:**  
**Youth \$3.00 Adult \$5.00**

**Everyone is Welcome!**

Membership benefits includes FREE recreational or lap swim. Non-members pay an entrance fee to enter or utilize the pools. We appreciate your HONESTY!

*We now sell wetsuits at the Front Desk to help keep your child warm year-round!  
Continuous lessons is best to keep your child progressing.*