



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATICS SCHEDULE

February 6-March 11, 2012

RANCHO FAMILY YMCA

Schedule subject to change

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