

# PROGRAM POOL SCHEDULE

Effective November 23, 2020



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:45 – 7:30 am Aqua HIIT Anza	6:45 – 7:45 a.m. H2O Power Hour Jessica	6:45 – 7:30 a.m. Aqua HIIT Anza	6:45 – 7:45 a.m. H2O Power Hour Jessica	6:45 – 7:30 a.m. Aqua HIIT Anza	
	8 – 8:45 a.m. Aqua Aerobics Kathy (Eileen)	8 – 9 a.m. CLOSED	8 – 8:45 a.m. Aqua Aerobics Kathy	8 – 9 a.m. CLOSED	8 – 8:45 a.m. Aqua Aerobics Lori	9 – 10 a.m. 1 <sup>st</sup> - Aqua Aerobics Kathy 2 <sup>nd</sup> , 3 <sup>rd</sup> -Aqua Aerobics/Pilates Shannon
	9 – 10:30 am Swim Lessons	9 – 10:30 am Swim Lessons	9 – 10:30 am Swim Lessons	9 – 10:30 am Swim Lessons	9 – 10:00 am CLOSED	4 <sup>th</sup> – Aqua Aerobics Lori
	10:00 - 11:00am Open	10:00 - 11:00am Open	10:00 - 11:00am Open	10:00 - 11:00am Open	10:00 - 11:00am Open	5 <sup>th</sup> – Aqua Aerobics Kathy
	12 – 1 p.m. Aqua Aerobics Lori	12 – 1 p.m. Aqua Aerobics Lori	12 – 1 p.m. Aqua Aerobics Shannon (Eileen)	12 – 1 p.m. Aqua Aerobics Shannon (Eileen)	12 – 1 p.m. Aqua Aerobics Kathy	10:00 am - 12:30 pm Swim Lessons
12:30 – 2:30 pm Open	1:15 – 2:15 pm Aqua Arthritis Shannon (Eileen)	1:15 – 2:15 pm Adult Open Swim & Water Walking	1:15 – 2:15 pm Aqua Arthritis Shannon (Eileen)	1:15 – 2:15 pm Adult Open Swim & Water Walking	1:15 – 2:15 pm Aqua Arthritis Shannon	1:15 – 2:30 pm Open
	3 – 5:30 p.m. Swim Lessons	3 – 5:30 p.m. Swim Lessons	3 – 5:30 p.m. Swim Lessons	3 – 5:30 p.m. Swim Lessons	3 – 5:30 p.m. CLOSED	
	5:30 – 6:15 p.m. Aqua HIIT Anza	5:30 – 6:30 p.m. Aqua Aerobics Kathy	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 – 7:45 p.m. Swim Lessons	6:30 – 7:45 p.m. Swim Lessons	6:30 – 7:45 p.m. Swim Lessons	6:30 – 7:45 p.m. Swim Lessons	6:30 – 7:45 p.m. CLOSED	

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

**Reservations required.**

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.

Contact 246-9622 or visit sfymca.org  
Rachel Forero, Aquatics Manager