

# POOL USE SCHEDULE

Updated 1/22/19

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pool Open 5:30	Pool Open 5:30	Pool Open 5:30	Pool Open 5:30	Pool Open 5:30	Pool Open 7:00	Pool Open 7:00
<b>Aqua Aerobics</b> 8:30-9:20 Ilan	<b>Aqua Aerobics</b> 8:30-9:20 Aliya	<b>Aqua Aerobics</b> 8:30-9:20 Ilan	<b>Aqua Aerobics</b> 8:30-9:20 Jeanette	<b>Aqua Aerobics</b> 8:30-9:20 Ilan	<b>Aqua Zumba</b> 8:00-8:50 Vanina	
<b>Aqua Aerobics</b> 9:30-10:20 Kelvin	<b>Aqua Aerobics</b> 9:30-10:20 Aliya	<b>Aqua Aerobics</b> 9:30-10:20 Kelvin		<b>Aqua Aerobics</b> 9:30-10:20 Kelvin	<b>Swim Lessons</b> 9:00am-1:30pm	<b>Aqua Aerobics</b> 9:00-9:50 Suzan
<b>School Group 11:00-11:30</b>						<b>Family Swim</b> 10:30-7:25pm
<b>Family Swim 11:30-1:00</b>					<b>Family Swim</b> 1:00-7:25pm	
<b>Gentle Aerobics</b> 1:10-2:00pm Kelvin	<b>Gentle Aerobics</b> 1:10-2:00pm Jeanette	<b>Gentle Aerobics</b> 1:10-2:00pm Kelvin	<b>Gentle Aerobics</b> 1:10-2:00pm Ilan	<b>Gentle Aerobics</b> 1:10-2:00pm Joe		<b>Family Swim</b> 2:30-9:25pm
<b>Family Swim 2:30-5:00pm</b> <b>Private Swim Lessons 3:00-5:00pm</b>					<b>Family Swim</b> 2:30-9:25pm	
<b>Swim Lessons</b> 5:00-7:15pm	<b>Swim Lessons</b> 5:00-7:15pm	<b>Swim Lessons</b> 5:00-7:15pm	<b>Swim Lessons</b> 5:00-7:15pm			<b>Family Swim</b> 2:30-9:25pm
	<b>Masters</b> 6:30-7:30pm		<b>Masters</b> 6:30-7:30pm		<b>Family Swim</b> 2:30-9:25pm	
<b>Aqua Aerobics</b> 7:40-8:30 Diana	<b>Aqua Aerobics</b> 7:40-8:30 Joe	<b>Family Swim</b> 7:30-9:25pm	<b>Aqua Aerobics</b> 7:40-8:30 Joe			<b>Family Swim</b> 2:30-9:25pm
<b>Pool Close</b> 9:30pm	<b>Pool Close</b> 9:30pm	<b>Pool Close</b> 9:30pm	<b>Pool Close</b> 9:30pm	<b>Pool Close</b> 9:30pm	<b>Pool Close</b> 7:30pm	

5:00pm 3<sup>rd</sup> Sunday of every month for Lifeguard Training



**Family Swim.** Free for our facility members. Youth 12 years and under must be accompanied by an adult.



**Swim Lessons.** To sign up for swim lessons download the App: YMCA of the East Bay, or visit [ymcaeastbay.org/register](http://ymcaeastbay.org/register).

You can view class schedules and register for Swim Lessons!

**DOWNLOAD OUR NEW APP!**



YMCA OF THE EAST BAY



FOR YOUTH DEVELOPMENT®  
**FOR HEALTHY LIVING**  
 FOR SOCIAL RESPONSIBILITY

# AQUATICS

## OPEN LAP SWIM SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 Lanes 5:30-8:30 am	5 Lanes 5:30-8:30 am	5 Lanes 5:30-8:30 am	5 Lanes 5:30-8:30 am	5 Lanes 5:30-8:30 am	5 Lanes 7:00-8:00 am	5 Lanes 7:00-8:00 am
3 Lanes 8:30-9:30 am	5 Lanes 8:30-9:30 am	3 Lanes 8:30-9:30 am	3 Lanes 8:30-9:30 am	3 Lanes 8:30-9:30 am	3 Lanes 8:00-9:00 am	5 Lanes 8:00-9:00 am
3 Lanes 9:30-10:30 am	3 Lanes 9:30-10:30 am	3 Lanes 9:30-10:30 am	5 Lanes 9:30-10:30 am	3 Lanes 9:30-10:30 am	2 Lanes 9:00-1:30 pm	5 Lanes 9:00-10:30 pm
5 Lanes 10:30-11:00 am	5 Lanes 10:30-11:00 am	5 Lanes 10:30-11:00 am	5 Lanes 10:30-11:00 am	5 Lanes 10:30-11:00 am	3 Lanes 1:30-7:30 pm	3 Lanes 10:30-7:30 pm
3 Lanes 11:00-2:00 pm	3 Lanes 11:00-2:00 pm	3 Lanes 11:00-2:00 pm	3 Lanes 11:00-2:00 pm	3 Lanes 11:00-2:00 pm		
5 Lanes 2:00-2:30 pm	5 Lanes 2:00-2:30 pm	5 Lanes 2:00-2:30 pm	5 Lanes 2:00-2:30 pm	5 Lanes 2:00-2:30 pm		
3 Lanes 2:30-6:30 pm	3 Lanes 2:30-6:30 pm	3 Lanes 2:30-6:30 pm	3 Lanes 2:30-6:30 pm	3 Lanes 2:30-6:30 pm		
3 Lanes 6:30-7:30 pm	2 Lanes 6:30-7:30 pm	3 Lanes 6:30-7:30 pm	2 Lanes 6:30-7:30 pm	3 Lanes 6:30-7:30 pm		
3 Lanes 7:30-9:25pm	3 Lanes 7:30-9:25pm	3 Lanes 7:30-9:25pm	3 Lanes 7:30-9:25pm	3 Lanes 7:30-9:25pm		

### General Lane Usage

#### Aqua Aerobics Classes

1-13 Bathers	2 Lanes
14-24 Bathers	3 Lanes
25+ Bathers	4 Lanes

#### Water Walking

1-5 Walkers	1 Lane
6-13 Walkers	2 Lanes
14-24 Walkers	3 Lanes

## SHARING LANES

We're all in this together. So it's important that we work together to share our pool. Please follow these simple steps to help you enjoy your swim and avoid injuries or accidents.

### 1. Find Your Speed

Lap lanes are separated by speed: SLOW, MEDIUM, and FAST. Try to find a lane with people swimming at your pace.

### 2. Let Others Know

To avoid injury, check with other swimmers in the lane before swimming. Either split the lane or circle counter-clockwise.

### 3. Enjoy Your Swim!

If you need any assistance, ask one of the Lifeguards on duty. Please follow Lifeguards' instructions.