

POOL USE SCHEDULE

Updated 6/20/19

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
Family Swim 5:30-8:00						
Aqua Aerobics 8:30-9:20 Ilan	Aqua Aerobics 8:30-9:20 Aliya	Aqua Aerobics 8:30-9:20 Ilan	Aqua Aerobics 8:30-9:20 Jeanette	Aqua Aerobics 8:30-9:20 Ilan	Aqua Zumba 8:00-8:50 Vanina	Family Swim 7:00-9:00
Aqua Aerobics 9:30-10:20 Kelvin	Aqua Aerobics 9:30-10:20 Aliya	Aqua Aerobics 9:30-10:20 Kelvin		Aqua Aerobics 9:30-10:20 Kelvin	Swim Lessons 9:00am-1:30pm	Aqua Aerobics 9:00-9:50 Suzan
School Group 11:00-11:30						
Family Swim 11:30-1:00						
Gentle Aerobics 1:10-2:00pm Kelvin	Gentle Aerobics 1:10-2:00pm Jeanette	Gentle Aerobics 1:10-2:00pm Kelvin	Gentle Aerobics 1:10-2:00pm Ilan	Gentle Aerobics 1:10-2:00pm Joe	Family Swim 1:00-7:25pm	Family Swim 10:30-7:25pm
Family Swim 2:30-5:00pm Private Swim Lessons 3:00-5:00pm						
Swim Lessons 5:00-7:35pm	Swim Lessons 5:00-7:20pm	Swim Lessons 5:00-7:35pm	Swim Lessons 5:00-7:20pm	Family Swim 2:30-9:25pm	Pool Close 7:30pm	Pool Close 7:30pm
	Masters 6:30-7:30pm		Masters 6:30-7:30pm			
Family Swim 7:30-9:25pm						
Aqua Aerobics 7:40-8:30 Joe		Aqua Aerobics 7:40-8:30 Joe				
Pool Close 9:30pm	Pool Close 9:30pm	Pool Close 9:30pm	Pool Close 9:30pm	Pool Close 9:30pm		

Pool closes 5:00pm
3rd Sunday of every
month for Lifeguard



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.

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.