

# Indoor Pool Schedule

DECEMBER 2024

UPDATED 11.13.2024

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

ymcasuperiorcal.org

(916)988-1727

Rollingwood YMCA

Open Pool 5:30am - 9:30am	Open Pool 5:30am - 9:30am		Open Pool 5:30am - 9:30am	Open Pool 5:30am - 9:30am		
Splash & Tone 9:30am - 10:30am	Splash & Tone 9:30am - 10:30am	Open Pool 5:30am - 6:00pm	Splash & Tone 9:30am - 10:30am	Splash & Tone 9:30am - 10:30am		Open Pool 7:00am - 6:45pm
	Arthritis 10:45am - 11:45am		Arthritis 10:45am - 11:45am		Aqua Blast 10:30am - 11:30am	
Open Pool 10:30am - 6:00pm	Open Pool 11:45am - 4:00pm		Open Pool 11:45am - 4:00pm	Open Pool 10:30am - 4:30pm	Open Pool 11:30am - 6:45pm	
Aqua Blast 6:00pm - 7:00pm	Swim Lessons & Swim Clinic 4:00pm - 7:00pm	Aqua Blast 6:00pm - 7:00pm	Swim Lessons & Swim Clinic 4:00pm - 7:00pm	Swim Clinic 4:30pm - 7:00pm		Pool Hours: Monday-Friday: 5:30am - 8:45pm Saturday & Sunday: 7:00am - 6:45pm
Open Pool 7:00pm - 8:45pm	Open Pool 7pm - 8:45pm	Open Pool 7:00pm - 8:45pm	Open Pool 7pm - 8:45pm	Open Pool 7pm - 8:45pm		

Aqua Blast: This total body water workout helps build cardiovascular endurance while pushing a broader range of muscular strength and motion in your upper body, lower body, and core. Kick your aqua fitness up a notch with Aqua Blast.

Splash & Tone: Have fun and tone your entire body with this low-intensity cardio class. We combine water aerobics and strength training with bells, noodles, and balance work to strengthen muscles and shed calories. Enjoy toning your body to fun music, and get inspired by our high-energy instructors.

Water Arthritis: This class is designed so that you can move your body without adding excess strain on your joints and muscles. It is hosted in warm water and you do exercises approved by the arthritis foundation. Don't worry about swimming, this class takes place in shallow water allowing you to focus on activities like daily moving, moving a joint through its range of motions, and holding it in a gentle stretch. You will also be guided through walking, gentle stretching, flexing, and extension exercises as well.

Swim Lessons/Lap Swim: 1-2 Lanes of the pool will be used for swim lessons. 1 Lane will be open for lap swim. Lap swim lanes will be clearly marked.

Swim Lessons: The pool will be used for just swim lesson programming at this time. For more information on swim lessons, please see front desk.

**\* SPECIAL HOLIDAY HOURS\***

December 13th, Swim With Santa Event (Indoor Pool Only), 5:00pm-7:00pm  
 December 24th, 5:30am - 2:00pm  
 December 25th, CLOSED  
 December 26th, 7:00am - 9:00pm  
 December 31st, 5:30am - 6:00pm

**MONTHLY POOL CLOSURE**

Both Pools Will Be Closed For Monthly In-Service Training. Our Next In-Service Date Is: Sunday, December 15th from 12pm-2pm



# Outdoor Pool Schedule

DECEMBER 2024

UPDATED 11.13.2024

ymcasuperiorcal.org

(916)988-1727

Rollingwood YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Pool</b> 5:30am - 6:00am	<b>Open Pool</b> 5:00am - 9:00pm	<b>Open Pool</b> 5:30am - 6:00am	<b>Open Pool</b> 5:00am - 9:00pm	<b>Open Pool</b> 5:30am - 6:00am	<b>Open Pool</b> 7:00am - 6:45pm	<b>Open Pool</b> 7:00am - 6:45pm
<b>Master Swim</b> 6:00am - 7:00am		<b>Master Swim</b> 6:00am - 7:00am		<b>Master Swim</b> 6:00am - 7:00am		
<b>Open Pool</b> 7:00am - 9:30am		<b>Open Pool</b> 7:00am - 9:30am				
<b>Swim FUNDamentals</b> 9:30am - 10:30am 10:30am - 11:30am		<b>Swim FUNDamentals</b> 9:30am - 10:30am 10:30am - 11:30am				
<b>Open Pool</b> 11:30am - 9:00pm		<b>Open Pool</b> 11:30am - 9:00pm		<b>Open Pool</b> 7:00am - 9:00pm		

**Pool Hours:**  
 Monday-Friday:  
 5:30am - 8:45pm  
 Saturday & Sunday:  
 7:00am - 6:45pm

**Master's Swimming:** This excellent one hour workout focuses on fundamentals, stroke technique, conditioning and stamina building. Whether you want to compete, improve or maintain your fitness, or just come have fun swimming, Master Swimming can be right for you! \*There is a coach on deck during every Masters workout.

**Open Pool:** At this time you can either swim laps or use a lane at either end of the pool to self water exercise.

**Swim FUNDamentals:** This class focuses on swim technique for adults who want to improve upon or learn swim strokes and build workouts. Strokes will be broken down by function; kicking, arm movement, breathing and body position. Everyone is welcome whether you are a seasoned swimmer looking to improve or a new swimmer learning the basics.

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