

Indoor Pool Schedule

FEBRUARY 2025

UPDATED 1.28.2025

ymcasuperiorcal.org

(916)988-1727

Rollingwood YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Open Pool 5:30am - 6:00am	Open Pool 5:30am - 9:30am	Open Pool 5:30am - 6:00am	Open Pool 5:30am - 9:30am	Open Pool 5:30am - 6:00am			
Masters Swim All Lanes 6:00am - 7:00am		Masters Swim All Lanes 6:00am - 7:00am		Masters Swim All Lanes 6:00am - 7:00am	Masters Swim All Lanes 6:00am - 7:00am		
Open Pool 7:00am - 9:30am		Open Pool 7:00am - 10:30pm		Open Pool 7:00am - 10:30pm	Open Pool 7:00am - 9:30am	Open Pool 7am - 10:15am	
Splash & Tone 9:30am - 10:30am		Splash & Tone 9:30am - 10:30am			Splash & Tone 9:30am - 10:30am	Splash & Tone 9:30am - 10:30am	
Swim FUNdamentals All Lanes 10:30am - 11:30am	Arthritis 10:45am - 11:45am	Swim FUNdamentals All Lanes 10:30am - 11:30am	Arthritis 10:45am - 11:45am		Aqua Blast 10:15am - 11:15am	Open Pool 7:00am - 6:45pm	
Open Pool 11:30am - 4:30pm	Open Pool 11:45am - 5:00pm	Open Pool 11:30am - 3:00pm	Open Pool 11:45am - 5:00pm	Open Pool 10:30am - 8:45pm	Swim Lessons 2 Lanes 11:30am - 3:30pm		
Swim Lessons 2 Lanes 3:00pm - 6:00pm	Swim Lessons 2 Lanes 5:00pm - 7:00pm	Swim Lessons 2 Lanes 3:00pm - 6:00pm	Swim Lessons 2 Lanes 5:00pm - 7:00pm		Open Pool 11:30am - 3:30pm 1 Lane 3:00pm - 6:45pm All Lanes		
Aqua Blast 6:00pm - 7:15pm		Aqua Blast 6:00pm - 7:15pm					
Open Pool 7:15pm - 8:45pm	Open Pool 7pm - 8:45pm	Open Pool 7:15pm - 8:45pm	Open Pool 7pm - 8:45pm			Pool Hours: Monday-Friday: 5:30am - 8:45pm Saturday & Sunday: 7:00am - 6:45pm	

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.

OUTDOOR POOL CLOSED

February 1st - February 28th

Outdoor Pool Will Be Closed For Maintenance And Improvements That Include:

- Improving Covered Spaces
- Replacing Fixtures
- Installing An Outdoor Shower
- Deep Cleaning Outdoor Hot Tub
- Updating Mechanical Units
- Repairing Grout

MONTHLY POOL CLOSURE

Both Pools Will Be Closed For Monthly In-Service

Training. Our Next In-Service Date Is:
Sunday, February 16th from 12pm-2pm

