

Indoor Pool Schedule

JULY 2024

UPDATED 6.28.2024

ymcasuperiorcal.org

(916)988-1727

Rollingwood YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Pool 5:30am - 9:30am	Open Pool 5:30am - 9:30am	Open Pool 5:30am - 12:30pm	Open Pool 5:30am - 9:30am	Open Pool 5:30am - 9:30am	Open Pool 7:00am - 10:30am	Open Pool 7:00am - 6:45pm
Splash & Tone 9:30am - 10:30am	Splash & Tone 9:30am - 10:30am		Splash & Tone 9:30am - 10:30am			
Open Pool 10:30am - 12:30pm	Arthritis 10:45am - 11:45am	Swim Lessons 12:30pm - 3:30pm	Arthritis 10:45am - 11:45am	Open Pool 10:30am - 8:45pm	Aqua Blast 10:30am - 11:30am	Open Pool 11:30am - 6:45pm 1 - 2 Lanes Used for Swim Lessons
Swim Lessons 12:30pm - 3:30pm	Swim Lessons 12:30pm - 3:30pm		Swim Lessons 12:30pm - 3:30pm		Swim Lessons 12:30pm - 3:30pm	
Open Pool 4pm - 6:00pm	Open Pool 4pm - 6:00pm	Open Pool 4pm - 6:00pm	Open Pool 4pm - 6:00pm	Open Pool 10:30am - 8:45pm		Pool Hours: Monday-Friday: 5:30am - 8:45pm Saturday & Sunday: 7:00am - 6:45pm
Aqua Blast 6:00pm - 7:00pm	Open Pool 6pm - 8:45pm	Aqua Blast 6:00pm - 7:00pm	Open Pool 6pm - 8:45pm			
Open Pool 7:00pm - 8:45pm		Open Pool 7:00pm - 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.

***Starting June 10th, summer camp will use the pool during open pool time. ***



Outdoor Pool Schedule

JULY 2024

UPDATED 6.28.2024

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(916)988-1727

Rollingwood YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Pool 5:30am - 6:00am	Open Pool 5:30am - 7:00am	Open Pool 5:30am - 6:00am	Open Pool 5:30am - 7:00am	Open Pool 5:30am - 6:00am	Open Pool 7:00am - 10:30am	Open Pool 7:00am - 6:45pm
Master Swim 6:00am - 7:00am		Master Swim 6:00am - 7:00am		Master Swim 6:00am - 7:00am		
Swim Team 7:00am - 9:30am	Swim Team 7:00am - 9:30am	Swim Team 7:00am - 9:30am	Swim Team 7:00am - 9:30am	Swim Team 7:00am - 9:30am		
Swim FUNDamentals 9:30am - 10:30am 10:30am - 11:30am	Open Pool 9:30am - 4:00pm Summer Camp: Shallow alcove & 1 lane from 12pm - 2pm	Swim FUNDamentals 9:30am - 10:30am 10:30am - 11:30am	Open Pool 9:30am - 4:00pm Summer Camp: Shallow alcove & 1 lane from 12pm - 2pm	Open Pool 9:30am - 4:00pm Summer Camp: Shallow alcove & 1 lane from 12pm - 2pm	Aqua Blast 10:30am - 11:30am	
Open Pool 11:30am - 4:00pm Summer Camp: Shallow alcove & 1 lane from 12pm - 2pm		Open Pool 11:30am - 4:00pm Summer Camp: Shallow alcove & 1 lane from 12pm - 2pm			Open Pool 11:30am - 4:00pm Summer Camp: Shallow alcove & 1 lane from 12pm - 2pm	
Swim Team 4pm - 8:30pm 1 lane may be open 6:54pm - 8:30pm	Swim Team 4pm - 8:30pm 1 lane may be open 6:54pm - 8:30pm	Swim Team 4pm - 8:30pm 1 lane may be open 6:54pm - 8:30pm	Swim Team 4pm - 8:30pm 1 lane may be open 6:54pm - 8:30pm	Swim Team 4pm - 8:30pm 1 lane may be open 6:54pm - 8:30pm		
Open Pool 8:30pm - 9pm	Open Pool 8:30pm - 9pm	Open Pool 8:30pm - 9pm	Open Pool 8:30pm - 9pm	Open Pool 8:30pm - 9pm		

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.

*Starting June 10th, summer camp will use the pool during open pool time. *

