

# Indoor Pool Schedule

OCTOBER 2024

UPDATED 9.24.2024

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 - 6:00pm	Open Pool 5:30am - 9:30am	Open Pool 5:30am - 9:30am	Open Pool 7am - 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	Splash & Tone 9:30am - 10:30am	Splash & Tone 9:30am - 10:30am		Open Pool 7:00am - 6:45pm	
Open Pool 10:30am - 6:00pm	Arthritis 10:45am - 11:45am		Arthritis 10:45am - 11:45am	Open Pool 11:45am - 4:00pm	Open Pool 11:45am - 4:00pm		Aqua Blast 10:30am - 11:30am	
	Open Pool 11:45am - 4:00pm		Open Pool 11:45am - 4:00pm				Open Pool 11:30am - 6:45pm	
Aqua Blast 6:00pm - 7:00pm	Swim Lessons 4:00pm - 7:00pm		Aqua Blast 6:00pm - 7:00pm	Swim Lessons 4:00pm - 7:00pm	Open Pool 10:30am - 8:45pm		Pool Closed October 27th, Staff Training. 12pm - 2pm.	Pool Hours: Monday-Friday: 5:30am - 8:45pm Saturday & Sunday: 7:00am - 6:45pm
	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.

**\* Open House Event, Saturday October 26th. Flyer to come soon! \***



# Outdoor Pool Schedule

OCTOBER 2024

UPDATED 9.24.2024

ymcasuperiorcal.org

(916)988-1727

Rollingwood YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Pool 5:30am - 6:00am	Open Pool 5:00am - 4:30pm	Open Pool 5:30am - 6:00am	Open Pool 5:00am - 4:30pm	Open Pool 5:30am - 6:00am	Open Pool 7:00am - 6:45pm	Open Pool 7:00am - 6:45pm
Master Swim 6:00am - 7:00am		Master Swim 6:00am - 7:00am		Master Swim 6:00am - 7:00am		
Open Pool 7:00am - 9:30am		Open Pool 7:00am - 9:30am				
Swim FUNDamentals 9:30am - 10:30am 10:30am - 11:30am		Swim FUNDamentals 9:30am - 10:30am 10:30am - 11:30am				
Open Pool 11:30am - 9:00pm		Open Pool 11:30am - 9:00pm		Open Pool 7:00am - 4:30pm		
	Swim Clinic 4:30pm - 7:00pm		Swim Clinic 4:30pm - 7:00pm		Swim Clinic 4:30pm - 7:00pm	
	Open Pool 7:00pm - 9:00pm		Open Pool 7:00pm - 9:00pm		Open Pool 7:00pm - 9:00pm	
					Pool Closed October 27th, Staff Training. 12pm - 2pm.	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.

**\* Open House Event, Saturday October 26th. Flyer to come soon! \***

