

# RANCHO FAMILY YMCA MAIN POOL Schedule June 16th – July 31st, 2008

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Adult Lap Swim 5:30-8:00 4 Adult lap lanes	Coached Masters 5:30-6:30 4 lap lanes Adult Lap Swim Open Area	Adult Lap Swim 5:30-8:00 4 Adult lap lanes	Coached Masters 5:30-6:30 4 lap lanes Adult Lap Swim Open Area	Adult Lap Swim 5:30-8:00 4 Adult lap lanes	Masters 7:00-8:00 (Non coached) Adult Lap Swim 7:00-8:00 4 Adult lap lanes	 <b>Rancho Family YMCA</b> 9410 Fairgrove Lane San Diego, CA 92129 (858) 484-8788
3 Adult lap lanes Water Exercise 8:00-9:00 Arthritis Exercise 9:00-10:00	6:30-8:00 3 Adult lap lanes Water Exercise 8:00-9:00	3 Adult lap lanes Water Exercise 8:00-9:00 Arthritis Exercise 9:00-10:00	6:30-8:00 3 Adult lap lanes Water Exercise 8:00-9:00	3 Adult lap lanes Water Exercise 8:00-9:00 Arthritis Exercise 9:00-10:00	Water Exercise 8:00-9:00 2 Adult lap lanes	
Lessons 9:00-12:00 2 Adult lap lanes	Lessons 9:00-12:00 2 Adult lap lanes	Lessons 9:00-12:00 2 Adult lap lanes	Lessons 9:00-12:00 2 Adult lap lanes	Lessons 9:00-12:00 2 Adult lap lanes	Lessons 9:00-12:00 1 Adult lap lanes	Adult Lap Swim 9:00-12:00 4 Adult lap lanes
Adult Lap Swim 12:00-12:45 3 lap lanes	Adult Lap Swim 12:00-12:45 3 lap lanes	Adult Lap Swim 12:00-12:45 3 lap lanes	Adult Lap Swim 12:00-12:45 3 lap lanes	Adult Lap Swim 12:00-12:45 3 lap lanes	Youth Swim Team 12:15-1:15 1 Adult lap lanes	Open Swim 12:00-4:45 2 Adult lap lanes
Open Swim 1:00-3:00 1 Adult lap lane 1 Youth lap lane	Open Swim 1:00-3:00 1 Adult lap lane 1 Youth lap lane	Open Swim 1:00-3:00 1 Adult lap lane 1 Youth lap lane	Open Swim 1:00-3:00 1 Adult lap lane 1 Youth lap lane	Open Swim 1:00-5:00 1 Adult lap lane 1 Youth lap lane	Open Swim 1:15-6:00 1 Adult lap lane 1 Youth lap lane	
Lessons 3:15-6:00pm 1 Adult lap lane	Lessons 3:15-6:00pm 1 Adult lap lane	Lessons 3:15-6:00pm 1 Adult lap lane	Lessons 3:15-6:00pm 1 Adult lap lane	Family Swim 5:00-7:00 3 Adult lap lanes	Adult Lap Swim 6:00-6:45 4 Adult lap lanes	
Youth Swim Team 6:00-7:00 1 Adult lap lane Water Exercise 6:05-7:00	Youth Swim Team 6:00-7:00 1 Adult Lap Swim Water Exercise 6:20-7:15	Youth Swim Team 6:00-7:00 1 Adult lap lane	Youth Swim Team 6:00-7:00 1 Adult Lap Swim Water Exercise 6:20-7:15	<b>Members Only Family Fun Night 7:00 – 8:45 2 Lap Lanes 1 Youth Lane</b>	<p><b>Everyone is Welcome!</b>            Membership benefits includes FREE recreational or lap swim.            Non-members pay an entrance fee to enter <u>or</u> utilize the pools. We appreciate your HONESTY!            Daily Pool Use Fee:  <b>Youth \$1.50    Adult \$5.00</b></p> 	
Adult Lessons 7:00-7:45 Open Swim 7:00-9:00 1 Adult lap lane 1 Youth lap lane	Coached Masters 7:00 – 8:00 Family Swim 7:00-9:00 1 Adult lap lanes 1 Youth lane	Adult Lessons 7:00-7:45 Open Swim 7:00-9:00 1 Adult lap lane 1 Youth lap lane	Coached Masters 7:00 – 8:00 Family Swim 7:00-9:00 1 Adult lap lanes 1 Youth lane			