

# FITNESS POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lap Swim (5) Private (1) ★ 6:15-8:25 am	Lap Swim (5) Private (1) ★ 6:15-7:25 am	Lap Swim (5) Private (1) ★ 6:15-8:25 am	Lap Swim (5) Private (1) ★ 6:15-7:25 am	Lap Swim (5) Private (1) ★ 6:15-8:25 am	Lap Swim (5) Private (1) ★ 7:00-7:55 am	
Lap Swim (3) Shallow Water Fitness Class (3) 8:30-9:25 am	Lap Swim (3-4) Deep Water Fitness Class (2-3) 7:30-8:25 am	Lap Swim (3) Deep Water Fitness Class (3) 8:30-9:25 am	Lap Swim (3-4) Deep Water Fitness Class (2-3) 7:30-8:25 am	Lap Swim (3) Shallow Water Fitness Class (3) 8:30-9:25 am	Lap Swim (3) Deep Water Fitness Class (3) 8:00-8:55 am	
	Lap Swim (5) Private (1) ★ 8:30-11:25 am		Lap Swim (5) Private (1) ★ 8:30-11:25 am	Lap Swim (5) Private (1) ★ 9:30-10:30 am	Lap Swim (3) Aqua Boot Camp (3) 9:00-9:55 am	
Lap Swim (5) Private (1) ★ 9:30 am - 3:55 pm	Adult Fitness Swim (2-3) Lap Swim (3-4) 11:30 am - 12:25 pm	Lap Swim (5) Private (1) ★ 9:30 am - 3:55 pm	Adult Fitness Swim (2-3) Lap Swim (3-4) 11:30 am - 12:25 pm	Lap Swim (4) Open Swim (2) 10:30 am - 2:30 pm	Adult Circle Swim (3) Youth Swim Club (3) ★ 10:00 am - 1:30 pm	
	Lap Swim (5) Private (1) ★ 12:30-3:55 pm		Lap Swim (5) Private (1) ★ 12:30-3:55 pm	Lap Swim (5) Private (1) ★ 2:30-3:55 pm		
Circle Swim (3) Youth Swim Club (3) 4:00-5:00 pm	Circle Swim (3) Youth Swim Club (3) 4:00-5:00 pm	Circle Swim (3) Youth Swim Club (3) 4:00-5:00 pm	Circle Swim (3) Youth Swim Club (3) 4:00-5:00 pm	Special Needs Aquatic Program (SNAP) (1) Adult Lap Swim (4) Youth Circle Swim (1) ★ 3:55-5:40 pm		Lap Swim (5) Private (1) ★ 9:00 am - 8:00 pm
Adult Circle Swim (3) Youth Swim Club (3) 5:00-5:40 pm	Adult Circle Swim (3) Youth Swim Club (3) 5:00-5:40 pm	Adult Circle Swim (3) Youth Swim Club (3) ★ 5:00-5:40 pm	Adult Circle Swim (3) Youth Swim Club (3) 5:00-5:40 pm			
Circle Swim (3) Youth Swim Club (3) ★ 5:45-6:40 pm	Adult Circle Swim (4) Youth Swim Lessons (1) Private (1) ★ 5:40-6:15 pm	Circle Swim (3) Youth Swim Club (3) 5:45-6:40 pm	Adult Circle Swim (4) Youth Swim Lessons (1) Private (1) ★ 5:40-6:15 pm	Adult Circle Swim (4) Youth Circle Swim (1) ★ Private (1) ★ 5:40-6:40 pm		
Circle Swim (2-3) Adult Swim Lessons (1) Deep Water Fitness Class (2-3) 6:45-7:30 pm	Circle Swim (5) Private (1) ★ 6:15-7:00 pm	Circle Swim (2-3) Adult Swim Lessons (1) Private (1) ★ 6:45-7:30 pm	Circle Swim (5) Private (1) ★ 6:15-7:00 pm		Circle Swim (5) Private (1) ★ 6:45-8:00 pm	
Adult Fitness Swim (2-3) Circle Swim (3-4) Private (1) ★ 7:30-8:30 pm	Circle Swim (3-4) Deep Water Fitness Class (2-3) Private (1) ★ 7:00-7:45 pm	Adult Fitness Swim (2-3) Circle Swim (3-4) Private (1) ★ 7:30-8:30 pm	Circle Swim (3-4) Deep Water Fitness Class (2-3) Private (1) ★ 7:00-7:45 pm			
Circle Swim (5) Private (1) ★ 8:30-9:45 pm	Circle Swim (5) Private (1) ★ 7:50-9:45 pm	Circle Swim (5) Private (1) ★ 8:30-9:45 pm	Circle Swim (5) Private (1) ★ 7:50-9:45 pm	Schedules are subject to change		

★ Available for private swim lessons

# INSTRUCTIONAL POOL SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Individual Adult Exercise 6:15-8:25 am	Individual Adult Exercise 6:15-8:55 am	Individual Adult Exercise 6:15-8:25 am	Individual Adult Exercise 6:15-8:55 am	Individual Adult Exercise 6:15-8:25 am	Individual Adult Exercise Adult Swim Lessons 7:00-8:45 am	
Open Swim 8:30-9:20 am ★	Little Splashers Open Swim 9:00-9:35 am	Open Swim 8:30-9:20 am ★	Little Splashers Open Swim 9:00-9:35 am	Open Swim 8:30-9:20 am ★		Individual Adult Exercise 9:00-11:00 am
Aqua Zumba 9:25-10:10 am	Open Swim 9:40-10:10 am ★	Aqua Pilates 9:25-10:10 am	Open Swim 9:40-10:10 am ★	Aqua Zumba 9:25-10:10 am		
Shallow Water Fitness Class 10:15-11:00 am	Shallow Water Fitness Class 10:15-11:00 am	Shallow Water Fitness Class 10:15-11:00 am	Shallow Water Fitness Class 10:15-11:00 am	Shallow Water Fitness Class 10:15-11:00 am	Swim Lessons 8:50 am - 12:40 pm ★	Open Swim 11:00 am - 1:00 pm ★
Open Swim 11:05 am - 12:30 pm ★	Open Swim 11:05-11:40 am ★	Individual Adult Gentle Water Exercise 11:05 am - 12:30 pm	Open Swim 11:05 - 11:40 am ★			
Arthritis Class 12:35-1:30 pm	Adaptive Fitness 11:45 am - 12:45 pm	Arthritis Class 12:35-1:30 pm	Adaptive Fitness 11:45 am - 12:45 pm	Individual Adult Gentle Water Exercise 11:05 am - 1:55 pm	Open Swim 12:45 - 4:00 pm ★	Family Swim 1:00-3:00 pm ★
Open Swim 1:35-3:45 pm ★	Open Swim 12:50-3:15 pm ★	Open Swim 1:35-3:45 pm ★	Open Swim 12:50-3:15 pm ★			
Swim Lessons 3:50-6:10 pm ★	Swim Lessons 3:20-6:45 pm ★	Swim Lessons 3:50-6:10 pm ★	Swim Lessons 3:20-6:45 pm ★	Open Swim 2:00-8:00 pm ★ Special Needs Aquatic Program (SNAP) 3:30-6:00 pm	Family Swim 4:00-8:00 pm ★	Open Swim 3:00 - 8:00 pm ★
Little Splashers Family Swim 6:15-7:00 pm ★	Swim Lessons Open Swim 6:50-7:45 pm	Little Splashers Family Swim 6:15-7:00 pm ★	Swim Lessons Open Swim 6:50-7:45 pm			
Open Swim 7:05-9:45 pm ★	Open Swim 7:45-9:45 pm ★	Open Swim 7:05-9:45 pm ★	Open Swim 7:45-9:45 pm ★	Schedules are subject to change		

Schedules are subject to change



# EXPLORE THE BENEFITS OF WATER

Pool Schedules  
PALO ALTO FAMILY YMCA

JANUARY 2 – MARCH 31



## WHAT'S HAPPENING IN THE POOL THIS SEASON

### Swimming Stroke Clinic

A 90-minute clinic, which consists of a short lecture, selected drills highlighting correct and incorrect stroke mechanics, and in-water instruction.

- **Freestyle**  
Wednesday, Jan 25  
6:30 – 8:00pm
- **Backstroke**  
Wednesday, Feb 29  
6:30 – 8:00pm
- **Breaststroke**  
Wednesday, Mar 28  
6:30 – 8:00pm
- **Butterfly stroke**  
Wednesday, Apr 25  
6:30 – 8:00pm

## SCHEDULE DESCRIPTIONS

### ADULT FITNESS SWIM (Ages 13+)

A coached fitness swim for members and guests. Participants must swim a minimum of 1500 yards and pass a swim assessment to participate.

### ADAPTIVE FITNESS CLASS (Ages 13+)

A water fitness class for members and guests seeking a low intensity workout with adaptive moves for specific needs.

### ARTHRITIS CLASS (Ages 13+)

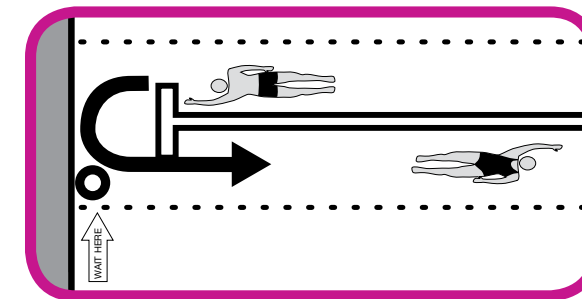
A water fitness class for members and guests with arthritis and other special needs.

### CIRCLE SWIM / ADULT CIRCLE SWIM (Ages 13+)

Traditional lap swimming with the structure of speed designated lanes. The circle swim format creates a smoother swimming experience for pool patrons of all speeds. Lifeguards are readily available for assistance.

#### Things to Remember:

- Choose a lane appropriate for your swimming pace. The lifeguard may assign you to a lane based on your speed.
- Swim single-file and counter clockwise.
- Wait at the wall to allow faster swimmers to pass.



## POOL RULES

### Aquatics/Swimming Guidelines & Etiquette

- In compliance with California State Law, participants must take a cleansing shower prior to entering a public pool.
- Swimmers with communicable disease or open wounds may not use the pools or spa.
- Expecting, urinating and defecating in the pool is prohibited.
- Anyone who does not have full control of their bowels must wear plastic pants with elastic banding around the legs.
- Hair, shoulder length or longer, must be tied back or in a swim cap.
- No running, fighting, horseplay, excessive splashing, offensive language, or unnecessary loud noises.
- No Diving. Enter the water feet-first, facing the water. For your safety, diving, back jumps, and twisting jumps are not permitted.
- Only plastic bottles are allowed on the pool deck. Food, gum and glass containers are not allowed.
- Walk on the pool deck at all times.
- If maximum capacity is reached, you will be asked to wait until pool space is available.

### PALO ALTO FAMILY YMCA

3412 Ross Road • Palo Alto, CA 94303  
650 856 9622 • paloaltofamilyymca.org

### DEEP WATER FITNESS (Ages 13+)

A traditional deep water fitness class for members and guests.

### FAMILY SWIM (All ages)

Reserved for youth and families. Youth under the age of 8 years old must pass a swim test to participate without direct adult supervision and to enter the deep side of the pool.

### INDIVIDUAL ADULT EXERCISE (Ages 13+)

Reserved for gentle lap swimming, water running and water walking for members and guests 13 and older.

### LAP SWIM / ADULT LAP SWIM (All ages)

Lap swimming, water running and water walking for members and guests. Youth 6-12 years old must pass the swim test and lap swim assessment to participate. Only youth 13 and over may swim laps during adult lap swim.

### OPEN SWIM (All ages)

Reserved for casual and recreation swimmers. Youth under the age of 8 years old must pass a swim test to participate without direct adult supervision and to enter the deep side of the pool.

### PRIVATE LESSONS (All ages)

Space is reserved for private swim lessons.

### SHALLOW WATER FITNESS CLASS (Ages 13+)

A traditional shallow water fitness class for members and guests.

### SPECIAL NEEDS AQUATIC PROGRAM (SNAP)

A special need aquatic program offered by the United Cerebral Palsy of the Golden Gate.

### SWIM LESSONS (All ages)

Reserved for youth and adult swim lessons. See tri-fold for specific sessions and dates.

- Members are not allowed to bring guests to teach private lessons. Working with members of the same household is acceptable.
- Wear swimsuits/swim trunks of appropriate style.
- Distracting the attention of the lifeguard is dangerous and prohibited.
- The lifeguard has final authority.
- Failure to comply with the above rules may result in your membership privileges being revoked.

### Swim Testing

To ensure member safety, our staff must administer a swim test for every child, age 8 and under, who wishes to swim without adult supervision. Once your child passes the swim test, your child will receive a wristband that reflects their ability to swim unsupervised. If a child cannot pass the swim test he or she must have adult supervision within arm's reach in the water at all times.