

# RANCHO FAMILY YMCA MAIN POOL Schedule October 12-November 15, 2009

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Adult Lap Swim 5:30-8:30 4 Adult lap lanes	Masters (Coached) 5:30-6:30 4 lap lanes Adult Lap Swim Open Area	Adult Lap Swim 5:30-8:30 4 Adult lap lanes	Masters (Coached) 5:30-6:30 4 lap lanes Adult Lap Swim Open Area	Adult Lap Swim 5:30-8:30 4 Adult lap lanes	Masters 7:00-8:00 (Non coached) Adult Lap Swim 7:00-8:00 4 Adult lap lanes	 <p><b>Rancho Family YMCA</b> 9410 Fairgrove Lane San Diego, CA 92129 (858) 484-8788 www.rancho.ymca.org</p>
3 Adult lap lanes Water Exercise 8:30-9:30 Arthritis Exercise 9:45-10:45	6:30-8:00 3 Adult lap lanes Water Exercise 8:00-9:00	3 Adult lap lanes Water Exercise 8:30-9:30 Arthritis Exercise 9:45-10:45	6:30-8:00 3 Adult lap lanes Water Exercise 8:00-9:00	3 Adult lap lanes Water Exercise 8:30-9:30 Arthritis Exercise 9:45-10:45	Water Exercise 8:00-9:00 2 Adult lap lanes	
Open Swim 9:00-12:00 3 Adult lap lanes	Lessons 9:00-12:00 3 Adult lap lanes Limited Open Swim	Open Swim 9:00-12:00 3 Adult lap lanes	Lessons 9:00-12:00 3 Adult lap lanes Limited Open Swim	Open Swim 9:00-12:00 3 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 Open Swim 12:00-12:45 3 lap lanes	Adult Lap Swim 12:00-12:45 3 lap lanes	Adult Lap Swim Open Swim 12:00-12:45 3 lap lanes	Adult Lap Swim 12:00-12:45 3 lap lanes	Adult Lap Swim Open Swim 12:00-12:45 3 lap lanes	Youth Swim Team Adult Swim Lessons 12:15-1:15 1 Adult lap lanes	Open Swim 12:00-4:45 2 Adult lap lanes
Open Swim 1:00-3:15 2 Adult lap lane 1 Youth lap lane	Open Swim 1:00-3:15 2 Adult lap lane 1 Youth lap lane	Open Swim 1:00-3:15 2 Adult lap lane 1 Youth lap lane	Open Swim 1:00-3:15 2 Adult lap lane 1 Youth lap lane	Open Swim 1:00-5:00 2 Adult lap lane 1 Youth lap lane	Open Swim 1:15-6:00 2 Adult lap lane 1 Youth lap lane	<i>Register NOW for the November Scuba class!</i>
Lessons 3:30-6:15pm 1 Adult lap lane	Lessons 3:30-6:15pm 1 Adult lap lane	Lessons 3:30-6:15pm 1 Adult lap lane	Lessons 3:30-6:15pm 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	<i>Come join us for our first Swim Meet on November 22<sup>nd</sup>! Support your Rancho Riptides!</i>
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 6:30-7:25	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 6:30-7:25	<p><b>Members Only Family Fun Night 7:00 – 8:45 2 Lap Lanes 1 Youth Lane</b></p>	<p><b>Everyone is Welcome!</b> Membership benefits includes FREE recreational or lap swim. Non-members pay an entrance fee to enter or utilize the pools. We appreciate your HONESTY! Daily Pool Use Fee: <b>Youth \$2.00 Adult \$5.00</b></p> 	
Adult Lessons 7:05-7:50 Open Swim 7:00-9:00 1 Adult lap lane 1 Youth lap lane	Masters (Non coached) 7:00 – 8:00 Family Swim 7:00-9:00 1 Adult lap lanes 1 Youth lane	Adult Lessons 7:05-7:50 Open Swim 7:00-9:00 1 Adult lap lane 1 Youth lap lane	Masters (Non coached) 7:00 – 8:00 Family Swim 7:00-9:00 1 Adult lap lanes 1 Youth lane			