

June 20– July 31 Schedule



Monday:

9:00am–12:00pm: Lap swim
11:00am–12:00pm: Aqua Zumba
12:00pm–3:45pm: Open Swim
4:00pm–6:00pm: Lap swim (3 lanes available)

Tuesday:

9:00am–12:00pm: Lap swim
10:30am–11:30am: Water Aerobics
12:00pm–3:45pm: Open Swim
4:00pm–6:00pm: Lap swim (3 lanes available)

Wednesday:

9:00am–12:00pm: Lap swim
11:00am–12:00pm: Splash & Tone
12:00pm–3:45pm: Open Swim
4:00pm–6:00pm: Lap swim (3 lanes available)

Thursday:

9:00am–12:00pm: Lap swim
10:30am–11:30pm: Deep Water Aerobics
12:00pm–3:45pm: Open Swim
4:00pm–6:00pm: Lap swim (3 lanes available)

Friday:

9:00am–12:00pm: Lap swim
11:00am–12:00pm: Aqua Zumba
12:00pm–3:45pm: Open Swim
4:00pm–6:00pm: Lap swim (3 lanes available)

Saturday:

9:00am–12:00am: Lap Swim
12:00pm–3:45pm: Open Swim

Sunday

8:00am–8:50am & 9:00am–9:50am: Glide fit classes
***Registration required for glide fit classes**
10:00am–1:45pm: Open swim

Drop in fees: \$6 adult, \$4 child, \$5 teen, \$4 senior
10 swim punch passes: \$40 adult, \$25 child, \$30 teen, \$25 senior

**** Hours are subject to change. Please call ahead or follow us on Facebook for immediate updates.**

Front desk: 530-274-4739 | Facebook: Gold Country YMCA

Upcoming closure dates:

Saturday June 21st, Saturday June 28th, Friday July 4th, Saturday July 19th