

August 18th– August 31st Schedule



Upcoming closure dates:
Closed September 1st for Labor Day

Monday:

9:00am–12:00pm: Lap swim
11:00am–12:00pm: Aqua Zumba
12:00pm–2:00pm: Open Swim
4:00pm–6:00pm: Lap swim (4 lanes available)

Tuesday:

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

Wednesday:

9:00am–12:00pm: Lap swim
11:00am–12:00pm: Splash & Tone
12:00pm–2:00pm: Open Swim
4:00pm–6:00pm: Lap swim (4 lanes available)

Thursday

***pool closed 9:00am–12:00pm Thursday August 21st**

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

Friday:

9:00am–12:00pm: Lap swim
11:00am–12:00pm: Aqua Zumba
12:00pm–2:00pm: Open Swim
4:00pm–6:00pm: Lap swim (4 lanes available)

Saturday:

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

Sunday

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

***New extended hours starting September 2nd!!**



Fall Schedule

Starting Tuesday September 2nd

Upcoming closure dates:
Closed September 1st for Labor Day

Monday:

8:30am-12:00pm: Lap swim
11:00am-12:00pm: Aqua Zumba
3:00pm-4:00pm: Lap swim (all lanes available)
4:00pm-6:00pm: Lap swim (4 lanes available)

Tuesday:

6:00am-8:00am Lap Swim (4 lanes available)
8:00am-12:00pm: Lap swim (all lanes available)
10:30am-11:30am: Water Aerobics
3:00pm-4:00pm: Lap swim (all lanes available)
4:00pm-6:00pm: Lap swim (4 lanes available)

Wednesday:

8:30am-12:00pm: Lap swim
11:00am-12:00pm: Splash and Tone
3:00pm-4:00pm: Lap swim (all lanes available)
4:00pm-6:00pm: Lap swim (4 lanes available)

Thursday

6:00am-8:00am Lap Swim (4 lanes available)
8:00am-12:00pm: Lap swim (all lanes available)
10:30am-11:30am: Water Aerobics
3:00pm-4:00pm: Lap swim (all lanes available)
4:00pm-6:00pm: Lap swim (4 lanes available)

Friday

8:30am-12:00pm: Lap swim
11:00am-12:00pm: Aqua Zumba
3:00pm-4:00pm: Lap swim (all lanes available)
4:00pm-6:00pm: Lap swim (4 lanes available)

Saturday:

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

Sunday

9:00am-10:00: Glide yoga (must pre-register for class, limited boards available)
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

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