

Aquatic Schedule

September 2025
Updated 9.02.25

ymcasuperiorcal.org

(916)452-9622

Sacramento YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim 5:30am - 10:15am	Lap Swim 5:30am - 11am	Lap Swim 5:30am - 10:15am	Lap Swim / Navy Swim Test 5:30am - 9:30am Special Aquatics Programming 9:30am-10:45am 3 Lanes for Lap Swim	Lap Swim 5:30am - 10:15am		
Water Arthritis 10:30am - 11:15am	Water Aerobics 11am - 11:45am	Water Arthritis 10:30am - 11:15am	Water Aerobics 11am - 11:45am	Water Arthritis 10:30am - 11:15am	Lap Swim 7am - 9am	
Lap Swim / Self Exercise 11:30am - 1pm	Lap Swim / Self Exercise 12pm - 2pm	Lap Swim / Self Exercise 11:30am - 1pm	Lap Swim / Self Exercise 12pm - 2pm	Lap Swim / Self Exercise 11:30am - 1pm	Swim Lessons 9am - 2pm all lanes are used for swim lessons there is no lap swim available at this time	Lap Swim 9am - 2pm 1 - 2 lanes in use for swim lessons
Water Exercise 1pm - 2pm		Water Exercise 1pm - 2pm		Water Exercise 1pm - 2pm		
Open Swim 2pm - 3:30pm 3 Lanes for Lap Swim	Open Swim 2pm - 3:30pm 3 Lanes for Lap Swim	Open Swim 2pm - 3:30pm 3 Lanes for Lap Swim	Open Swim 2pm - 3:30pm 3 Lanes for Lap Swim	Open Swim 2pm - 3:30pm 3 Lanes for Lap Swim	Family Swim 2:15pm - 5:45pm 2 lanes for lap swim	Family Swim 2pm - 5:45pm 2 lanes for lap swim
Swim Lessons 3:30pm - 5pm 1 Lane for Lap Swim	Swim Lessons 3:30pm - 5pm 1 Lane for Lap Swim	Swim Lessons 3:30pm - 5pm 1 Lane for Lap Swim	Swim Lessons 3:30pm - 5pm 1 Lane for Lap Swim	1 - 2 Lanes for Swim Lessons		
Lap Swim / Swim Lessons 5pm - 6pm 2-3 Lanes for Lap Swim	Lap Swim / Swim Lessons 5pm - 6pm 2-3 Lanes for Lap Swim	Lap Swim / Swim Lessons 5pm - 6pm 2-3 Lanes for Lap Swim	Lap Swim / Swim Lessons 5pm - 6pm 2-3 Lanes for Lap Swim	Lap Swim 5pm - 6pm 1 - 2 Lanes for Swim Lessons		
Swim Lessons 6pm - 7pm No Lap Swim	Swim Lessons 6pm - 7pm No Lap Swim	Swim Lessons 6pm - 7pm No Lap Swim	Swim Lessons 6pm - 7pm No Lap Swim	Open Swim 6pm - 7:45pm 3 Lanes for Lap Swim		
Aqua Power 7pm - 8:00pm \$\$\$	Water Aerobics / Lap Swim 7pm - 8:15pm	Open Swim 7pm - 8:45pm	Water Aerobics / Lap Swim 7pm - 8:15pm	1 - 2 Lanes for Swim Lessons		
Open Swim 7pm - 8:45pm	Open Swim 8:15pm - 8:45pm		Open Swim 8:15pm - 8:45pm			

Pool Hours:

Monday-Thursday: 5:30am - 8:45pm
Friday: 5:30am - 7:45pm
Saturday: 7:00am - 5:45pm
Sunday: 9:00am - 5:45pm



Lifeguard Classes:

9/19
9/20
9/21

* Please allow lifeguards 3 - 5 minutes in between each activity to get the pool set up. *



CLASS DESCRIPTION:

Aquatic Staff Training: Specific space in the pool (sometimes the whole pool) will be closed for a staff training. Conducted for both lifeguards and swim instructors.

Family Swim: The Pool is sectioned off into two sections. 3 lanes being in the pool to be used for adult lap swim, and an open area for Families to use the pool.

Lap Swim: All Lanes are in the pool for swimmers to use the pool for laps.

Lap Swim: 2-3 Lanes will be open for lap swim. Other lanes will be closed for programing.

Lap Swim/Water Exercise: At this time you can either swim laps or use a lane at either end of the pool to self water exercise.

Lifeguard Training: 2-3 lanes of the pool will be closed for conducting lifeguard classes.

Lifeguard Instructor Training: 2-3 lanes of the pool will be closed for conducting lifeguard instructor classes.

Navy Swim Test: On these days we rent out a specific amount of space in the pool ahead of time for the US Navy to come and swim test their candidates.

Open Swim: The pool is divided in half with 3 lanes in the pool for lap swim and 3 lanes removed from the pool for Families to come to use the pool.

S.N.A.P: S.N.A.P is our special needs Aquatics Program. Working with the school district we provide Aquatic therapy to the Adaptive PE Program. During this time we use 3-5 Lanes of the pool. We will keep 1-2 lanes in for lap swimming but be aware that during this time the pool can be a very busy and loud.

Swim Lessons/Lap Swim: 3-5 Lanes of the pool will be used for swim lessons. 1 Lane will be open for lap swim. Lap swim lanes will be clearly marked. There is no open swim at this time. There is no water walking at this time.

Water Aerobics: Water aerobics is a beneficial all-over workout with a lower risk of injury than its land-based equivalent. This form of water exercise is also suitable for people of all ages, including older people, and can quickly improve your overall fitness. Done mostly vertically and without swimming typically in waist deep or deeper water, it is a type of resistance training. This class is for Adults. Kids are allowed to be in the class but they must be actively participating with the class. This is not a free swim time.

Water Arthritis: This class is designed so that you can move your body without adding excess strain on your joints and muscles. It is hosted in warm water and you do exercises approved by the arthritis foundation. Don't worry about swimming, this class takes place in shallow water allowing you to focus on activities like daily moving, moving a joint through its range of motions, and holding it in a gentle stretch. You will also be guided through walking, gentle stretching, flexing, and extension exercises as well.

Water Exercise: Water exercise classes are a fun way to use the resistance and buoyancy of the water to improve cardiovascular fitness, strength, and flexibility. classes combine light to moderate aerobic workout with exercises in the shallow and deep water to help increase endurance, core strength, and flexibility. Water exercise is perfect if you're looking for a fun, low impact workout.

Water Movement: An instructional class of aerobic movements performed in the water, to improve body conditioning, cardiovascular fitness, and flexibility. This class is for Adults. Kids are allowed to be in the class but they must be actively participating with the class. This is not a free swim time.