

Indoor Pool Schedule

Fall/Winter 2025

UPDATED 9.27.2025

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

ymcasuperiorcal.org

(916)988-1727

Rollingwood YMCA

| | | | | | | |
|--|--|--|--|--|---|---|
| Open Pool 5:30am - 9:30am | Open Pool 5:30am - 9:30am | Open Pool 5:30am - 4:30pm | Open Pool 5:30am - 9:30am | Open Pool 5:30am - 9:30am | | |
| Splash & Tone 9:30am - 10:30am | Splash & Tone 9:30am - 10:30am | | Splash & Tone 9:30am - 10:30am | Splash & Tone 9:30am - 10:30am | Open Pool 7am - 11:30am | Open Pool 7:00am - 12:00pm |
| Open Pool 10:30am - 12:00pm | Arthritis 10:45am - 11:45am | | Arthritis 10:45am - 11:45am | | Aqua Blast 10:30am-11:30am | |
| Swim Lessons 1 Lane 12:00pm - 2:00pm | | Swim Lessons 1 Lane 12:00pm - 2:00pm | | | Swim Lessons 2 Lanes 11:30am-3:00pm | Aqua Zumba 12:00pm-1:00pm |
| Open Pool 2:00pm - 3:00pm | Open Pool 11:45am - 3:00pm | Open Pool 2:00pm - 3:00pm | Open Pool 11:45am - 3:00pm | Open Pool 10:30am - 4:15pm | | |
| Swim Lessons 2 Lanes 3:00pm - 5:00pm | Swim Lessons 2-3 Lanes 3:00pm - 7:30pm | Swim Lessons 2 Lanes 3:00pm - 5:00pm | Swim Lessons 2-3 Lanes 3:00pm - 7:30pm | Swim Clinic 1 Lane 4:15pm - 4:45pm | Open Pool 3:00pm - 6:45pm | Open Pool 1:00am - 6:45pm |
| Aqua Blast 5:15pm-6:15pm | Swim Clinic 1 Lane 4:15pm - 4:45pm | Aqua Blast 5:15pm-6:15pm | Swim Clinic 1 Lane 4:15pm - 4:45pm | | | |
| Open Pool 6:15pm - 8:45pm | Open Pool 7:30pm - 8:45pm | Open Pool 6:15pm - 8:45pm | Open Pool 7:30pm - 8:45pm | Open Pool 4:45pm - 8:45pm | | Pool Hours: Monday-Friday: 5:30am - 8:45pm Saturday & Sunday: 7:00am - 6:45pm |

Aqua Blast: This total body water workout helps build cardiovascular endurance while pushing a broader range of muscular strength and motion in your upper body, lower body, and core. Kick your aqua fitness up a notch with Aqua Blast.

Splash & Tone: Have fun and tone your entire body with this low-intensity cardio class. We combine water aerobics and strength training with bells, noodles, and balance work to strengthen muscles and shed calories. Enjoy toning your body to fun music, and get inspired by our high-energy instructors.

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.

Swim Lessons/Lap Swim: 1-2 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.

Swim Lessons: The pool will be used for just swim lesson programming at this time. For more information on swim lessons, please see front desk.

Outdoor Pool Schedule

Fall/Winter 2025

UPDATED 9.27.2025

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Open Pool

5:30am - 6:00am

Master Swim
All Lanes

6:00am - 7:00am

Open Pool

7:00am - 10:30pm

Swim
FUNDamentals
All Lanes

10:30am -11:30am

Open Pool

11:30am - 5:15pm

Open Pool

5:30am - 6:00am

Master Swim
All Lanes

6:00am - 7:00am

Open Pool

7:00am - 10:30pm

Swim
FUNDamentals
All Lanes

10:30am -11:30am

Open Pool

11:30am - 5:15pm

Open Pool

5:30am - 4:15pm

Swim Clinic

4:15pm-6:30pm

Open Pool

6:30am - 8:45pm

Open Pool

5:30am - 4:15pm

Swim Clinic

4:15pm-6:30pm

Open Pool

6:30am - 8:45pm

Open Pool

5:30am - 6:00am

Master Swim
All Lanes

6:00am - 7:00am

Open Pool

7:00am - 4:15pm

Swim Clinic

4:15pm-6:30pm

Open Pool

6:30am - 8:45pm

Open Pool

11:30am - 6:45pm

Open Pool

7:00am - 6:45pm

Pool Hours:

Monday-Friday:

5:30am - 8:45pm

Saturday & Sunday:

7:00am - 6:45pm

Master's Swimming: This excellent one hour workout focuses on fundamentals, stroke technique, conditioning and stamina building. Whether you want to compete, improve or maintain your fitness, or just come have fun swimming, Master Swimming can be right for you! *There is a coach on deck during every Masters workout.

Open Pool: At this time you can either swim laps or use a lane at either end of the pool to self water exercise.

Swim FUNDamentals: This class focuses on swim technique for adults who want to improve upon or learn swim strokes and build workouts. Strokes will be broken down by function; kicking, arm movement, breathing and body position. Everyone is welcome whether you are a seasoned swimmer looking to improve or a new swimmer learning the basics.

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