

Pool Schedule – Summer 2017 (June 12 – Aug 18, 2017)



Richmond Plunge – 1 Garrard Blvd 510-620-6820

| Program | Monday 6a-1p/4-7:30p | Tuesday 6a-1p/4-7p | Wednesday 6a-1p/4-7p | Thursday 6a-1p/4-7p | Friday 8a-1p/4-7p | Saturday 8a-11:30a | Sunday 8a-11:30a |
|---|-------------------------|-----------------------|-------------------------|---------------------------------|----------------------|-----------------------|---------------------|
| Adult Lap Swim | 6a-1p 4-7:30p | 6a-1p 4-7p | 6a-1p 4-7p | 6a-1p 4-7p | 8a-1p 4-7p | 8-11:30a | 8-11:30a |
| Water Walking* | 10a-12p 4-7 | 10a-12p 4-7p | 10a-12p 4-7p | 10a-12p 4-7p | 10a-12p 4-7p | 8-11:30a | 8-11:30a |
| Water Fitness | | Self-Paced 8-9:50a | | 8-9a Self-Paced 9-9:50 CLASS | | | |
| Aqua Zumba | 6:30-7:30p | | | | | 10-11:00a | |
| Tot Splash | 10-11a | | 10-11a | | | | |
| Masters & Team <i>(4 right lanes)</i> | 12-1p 4-7p | 6-7a 12-1p 4-7p | 12-1p 4-7p | 6-7a 12-1p 4-7p | 12-1p 4-7p | 8-9:30a | |

Richmond Swim Center – 4300 Cutting Blvd 510-620-6654

| Program | Monday 6a-11a/1:30-4p/ 4:30-6:45p | Tuesday 1:30-4/4:30-7:30p | Wednesday 6a-11a/1:30-4p/ 4:30-6:45p | Thursday 1:30-4/4:30-7:30p | Friday 7a-11:30a | Saturday 10:30-12:30/1:30-4p | Sunday 8-10/1:30-4p |
|---|---|------------------------------|--|-------------------------------|---------------------|---------------------------------|------------------------|
| Adult Lap Swim | 6-11a 4:30-6:45p | 4:30-7:30p | 6-11a 4:30-6:45p | 4:30-7:30p | 7-11:30a | 10:30a-12:30p | 8-10a |
| Water Walking | 6-11a | 6:30-7:30p | 6-11a | 6:30-7:30p | 7-9a 10-11:30a | | |
| Water Fitness | Self-Paced 8-9:50a | | 8-9a Self-Paced 9-9:50 CLASS | | Self-Paced 8-9a | | |
| Aqua Zumba | | | | | 9:00-10:00a | | |
| Tot Splash | 9:45-10:45a | | 9:45-10:45a | | 9:45-10:45a | | |
| Family Recreation Swim | 1:30-4p | 1:30-4p | 1:30-4p | 1:30-4p | | 1:30-4p | 1:30-4p |
| Swim Lessons | 4:15-6:45p | 4:15-6:45p | 4:15-6:45p | 4:15-6:45p | | 10:30a-12:30p | |
| FAST Team <i>(2 left lanes)</i> | 6-7a | 5:30-6:30p | 6-7a | 5:30-6:30p | | 10:30a-12p | 8-9:30a |

Fewer lanes may be available for lap swim & water walking during Family Rec Swim & masters/swim team hours. Please ask for more information.

Water Fitness: Instructor-led class only where indicated. Otherwise, self-paced with other participants.

Sharing Lanes: all Lap Swimmers must share lanes. Please ask a Lifeguard if you need assistance.

Admission and Supervision requirements: Children 8 and under must be within arm's reach of adult who is in the pool (no more than 2 children per adult).

Children 9-13 must have parent supervising in the facility. Lap Swim & Water walking is for ages 16 & older. Aqua Zumba is 18 & older only.

***Aqua Shoes**-recommended in shallow end at Plunge pool, and required for all Tot Splash participants.

Appropriate Swim Attire is required for safety and pool maintenance. No street clothes, oversized shirts, etc.

Pool Rules - See website or posted signs for more information.

CASH or CHECKS (w/ ID) are accepted forms of payment

Lap Swim Fees

\$5 Resident

\$6.25 Non-Resident

Water Walking Fees

\$5 Resident

\$6.25 Non-Resident

Self-Paced Water Fitness Fees

\$5 Resident

\$6.25 Non-Resident

Rec Swim Fees

Adults (18+)

\$5 Resident

\$6.25 Non-Resident

***Children (under 18)**

\$3 Resident

\$3.75 Non-Resident

Tot Splash Fees

Adult & Child (0-5years)

\$2 each

Aqua Zumba Fees

\$8 Drop-in Resident

\$10 Drop-in Non-Resident

Passes

Green- 15 visits

\$67.50 R/ \$84.50 NR

Gold- 30 visits

\$135.00 R/ \$168.75 NR

Platinum- 45 visits

\$202.50 R/ \$253 NR

Youth Pass- 10 visits

\$20 R/ \$25 NR

Aqua Zumba Pass- 10 visits

\$80 R/ \$100 NR