

## Pool Schedule – Fall/Winter (beginning Aug 19, 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
<b>Adult Lap Swim</b>	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
<b>Water Walking*</b>	10a-12p 4-7	10a-12p 4-7p	10a-12p 4-7p	10a-12p 4-7p	10a-12p 4-7p	9:30-11:30a	9:30-11:30a
<b>Water Fitness</b>		Self-Paced 8-9:50a		8-9a Self-Paced 9-9:50 CLASS			
<b>Aqua Zumba</b>	6:30-7:30p					10-11:00a	
<b>Tot Splash*</b>	10-11a		10-11a				
<b>Masters &amp; Team</b> <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	Tuesday 8-11a/4:30-7p	Wednesday 6a-11a	Thursday 8-11a/4:30-7p	Friday 7a-11:30a	Saturday 10:30-12:30/1:30-4p	Sunday 8-10/1:30-4p
<b>Adult Lap Swim</b>	6-11a	8-11a 4:30-7p	6-11a	8-11a 4:30-7p	7-11:30a	10:30a-12:30p	8-10a
<b>Water Walking</b>	6-11a	8-11a 4:30-7p	6-11a	8-11a 4:30-7p	7-8a 9:30-11:30a		
<b>Water Fitness</b>	Self-Paced 8-9:50a		8-9a Self-Paced 9-9:50 CLASS		Self-Paced 8-9a		
<b>Aqua Zumba</b>					8:30-9:30a		
<b>Tot Splash</b>	9:45-10:45a	9:45-10:45a	9:45-10:45a	9:45-10:45a	9:45-10:45a		
<b>Family Recreation Swim</b>		5-6:30p <i>Shallow only</i>		5-6:30p <i>Shallow only</i>		1:30-4p	1:30-4p
<b>Swim Lessons</b>						10:30a-12:30p	
<b>FAST Team</b> <i>(2 left lanes)</i>	6-7a	5:30-6:30p	6-7a	5:30-6:30p		10:30a-12p	8-9:30a

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

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 (swimwear)** is required for safety and pool maintenance. No street clothes, cotton shorts, t-shirts, etc.

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