

Pool Schedule – Spring 2018 (Mar 1-June 8, 2018)



Richmond Plunge – 1 E. Richmond Ave. 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 | 9:30-11:30a | 9:30-11:30a |
| Water Fitness | | Self-Paced 8-9:50a | | Self-Paced 8-9:50a | | | |
| Aqua Zumba | 6:30-7:30p | | | | | 10-11:00a | |
| Tot Splash** | 10-11a | | 10-11a | | | | |
| Masters & Team (4 right lanes) | 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 |
|---------------------------------------|-----------------------|--------------------------------|-----------------------|--------------------------------|---------------------|---|------------------------|
| Adult Lap Swim* | 6-11a | 8-11a 4:30-7p | 6-11a | 8-11a 4:30-7p | 7-11:30a | 10:30a-12:30p | 8-10a |
| Water Walking | 6-11a | 8-11a 4:30-7p | 6-11a | 8-11a 4:30-7p | 7-8a 9:30-11:30a | | |
| Water Fitness | Self-Paced 8-9:50a | | Self-Paced 8-9:50a | | Self-Paced 8-9a | | |
| Aqua Zumba | | | | | 9:00-10:00a | | |
| Tot Splash | 9:45-10:45a | 9:45-10:45a | 9:45-10:45a | 9:45-10:45a | 9:45-10:45a | | |
| Family Recreation Swim | | 5-6:30p <i>Shallow only</i> | | 5-6:30p <i>Shallow only</i> | | 1:30-4p | 1:30-4p |
| Swim Lessons | | | | | | 10:30a-12:30p <i>(beginning Feb 3)</i> | |
| FAST Team (1-2 left lanes) | | 5-6:30p | 6-7a | 5-6:30p | | 10:30a-12p | 8:30-9:30a |

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

Lap Swim, Water Walking & 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 Resident
\$2.50 Non-resident

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

Pool Rules - See website or posted signs for more information. For the safety of our patrons and staff, Lifeguards have the authority to interpret and enforce the rules.

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

Water Fitness: Classes are "self-paced" with participants frequently guiding class through various exercises.

Sharing Lanes: all Lap Swimmers must share lanes. Please ask if you need assistance understanding when to "split" a lane vs. circle swimming.

***Ages & 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. Strong lap swimmers who are under 16 may ask for an exception which requires a test (strictly by appointment only).

Aqua Zumba is 18 & older only. Participants pay for class only. Staying after class requires additional fee.

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

Appropriate Swim Attire (swimwear) is required for safety and pool maintenance. No street clothes, cotton shorts, t-shirts, etc. All babies and toddlers under 4 must wear a swim diaper (no regular diapers).

Coaching/Instruction: Professional instruction or coaching may only be provided at our pools through City of Richmond programs, official partners or those who have rental contracts.