

Pool Schedule – Summer 2018 (June 9-Aug 19, 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		8-9a Self-Paced 9-9:50a Instructor		8-9a Self-Paced 9-9:50a Instructor			
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 (entrance on S. 45th Street) 510-620-6654

Program	Monday 6a-11a/1:30-3:45p/4:15-7p	Tuesday 8-11a/1:30-3:45p/4:15-7p	Wednesday 6a-11a/1:30-3:45p/4:15-7p	Thursday 8-11a/1:30-3:45p/4:15-7p	Friday 7a-11:30a	Saturday 10:30-12:30/1:30-4p	Sunday 8-10/1:30-4p
Adult Lap Swim*	6-11a 4:15-7p	8-11a 4:15-7p	6-11a 4:15-7p	8-11a 4:15-7p	7-11:30a	10:30a-12:30p	8-10a
Water Walking	6-11a	8-11a	6-11a	8-11a	7-8a 10-11:30a		
Water Fitness	8-9a Self-Paced 9-9:45a Instructor		8-9a Self-Paced 9-9:45a Instructor		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*	1:30-3:45p	1:30-3:45p	1:30-3:45p	1:30-3:45p		1:30-3:45p	1:30-3:45p
Swim Lessons	4:15-6:45p	4:15-6:45p	4:15-6:45p	4:15-6:45p		10:30a-12:30p	
FAST Team (1-2 left lanes)		5-6:30p		5-6:30p		10:30a-12p	

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: Instructor-led classes indicated. Other times 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 (18+) who is in the pool (no more than 2 children per adult). Children 9-13 must have parent or adult 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.