

## Pool Schedule -beginning Sept 1-Dec 31, 2018 (estimated end date)

# Plunge CLOSED for repair and maintenance

**Richmond Swim Center** – 4300 Cutting Blvd 510-620-6654 (next to Kennedy High School, at S. 45<sup>th</sup> Street)

Program	Monday 6a-2p/4-8p	Tuesday 6a-2p/4-8p	Wednesday 6a-2p/4-8p	Thursday 6a-2p/4-8p	Friday 6a-2p/4-7p	Saturday 8a-12:30/1:30-4p	Sunday 8a-12:30p/1:30-4p
<b>Adult Lap Swim*</b>	6a-2p 4-8p	6a-2p 4-8p	6a-2p 4-8p	6a-2p 4-8p	6a-2p 4-7p	8a-12:30p	8a-12:30p
<b>DEEP Water Walking</b> <i>1 lane</i>	6a-12p 1-2p 7-8p	6a-12p 1-2p	6a-12p 1-2p 6-8p	6a-12p 1-2p	6a-2p 4-7p	10:30a-12:30p	8-10:30a 11:30-12:30a
<b>SHALLOW Water Walking</b> <i># of lanes in parenthesis</i>	6-10a (1) 10a-12p (2) 1-2p (2) 4-6p (1) 7-8p (2)	6-8a (1) 10a-12p (2) 12-1p (1) 1-2p (2) 4-5p 6-8p (1)	10a-12p (2) 1-2p (2) 4-6p (1) 7-8p (2)	6-8a (1) 10a-12p (2) 12-2p (1) 4-5p(1) 6-8p (1)	6-8a (2) 9-10a (half lane) 10a-12p (2) 1-2p (2) 5:30-7p (1)	8-9:30a (1) 9:30-10:30a (half lane)	8a-12:30p (1-2 lanes)
<b>Water Fitness</b>	8-9a <b>Self-Paced</b> 9-9:50a <b>Instructor</b>	8-9a <b>Self-Paced</b> 9-9:50a <b>Instructor</b>	8-9a <b>Self-Paced</b> 9-9:50a <b>Instructor</b>	8-9a <b>Self-Paced</b> 9-9:50a <b>Instructor</b>	8-9a <b>Self-Paced</b>		
<b>Aqua Zumba</b>	6:30-7:30p				9:00-10:00a	9:30-10:30a	
<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>Recreation Swim</b>						1:30-4p	1:30-4p
<b>Swim Lessons</b>					RFOR (shallow) 4:15-5:30p Date TBD	10:30a-12:30p	
<b>FAST Swim Team</b>		5-6:30p (2 lanes)		5-6:30p (2 lanes)		10:30a-12p (2 lanes)	10:30-11:30a (2 lanes)
<b>Richmond Swims</b> M = Masters SF = Sailfish team	12-1 (M: 3 lanes) 4-6p (SF: 3 lanes) 6-7p (M: 3 lanes)	6-7a (M-3 lanes) 12-1p (M: 3 lanes) 4-5p (SF: 3 lanes) 5-6 (SF: 2 shallow) 6:30-7:30p (M: 3 lanes)	12-1 (M: lanes) 4-6p (SF: 3 lanes) 6-7p (M: 3 lanes)	6-7a (M-3 lanes) 12-1p (M: 3 lanes) 4-5p (SF: 3 lanes) 5-6 (SF: 2 shallow) 6:30-7:30p (M: 3 lanes)	12-1 (M: 3 lanes) 4-7p (SF: 3 lanes)	8-9:30a (M: 3 lanes)	

**Lap Swim** – ages 16 & up; must continuously swim laps. Sharing lanes is expected and required. Split the lane for 2 swimmers & circle swim (counter-clockwise) for 3 or more.

**Aqua Zumba** - 18 & up; Participants pay for class only, and must sign in each time. Staying after class requires additional fee. If showers are full, a 10 min grace period is allowed.

**Water Fitness:** Instructor leads participants through in-water exercises. No experience necessary and all are welcome. “Self-paced” portions have no instructor, but participants typically guide group through various exercises.

**Tot Splash** – for parents or caregivers and their tots who are 5 & under. Parents must remain with child in shallow area.

**Deep Water Walking-** a lane that ranges from 4-7 ft. deep designated for those who want to do water exercises while suspended in deeper water. Lane sharing required.

**Shallow Water Walking** – 1-2 lanes ranging from 3-4 ft. deep designated for those who want to walk back & forth in the lane or do stationary exercises in shallow water. Lane sharing required.

**Peak hours** – during peak hours (especially during FAST & Richmond Swim practice sessions) some lap swim lanes will be limited and designated in shallow end.

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

**Adult Drop-in Fees for Lap Swim, Water Walking, Water Fitness & Rec Swim**

\$5 Resident

\$6.25 Non-Resident

**Youth Drop-in Fees for Rec Swim**

***\*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 (must show ID to verify residency)**

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.

**\*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).

**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.

**Swim Lessons:** Lessons are available on Saturdays from February – November. During the summer season, additional weekday (Mon-Th) lessons are available. Registration required. Please check Swim Lesson schedule for registration information and appropriate levels. Register online: <https://apm.activecommunities.com/richmond>

**Email updates:** Please leave your email with our staff if you would like to receive updates about schedule changes, unexpected closures or other occasional pool information.