



## Pool Schedule – Summer 2019 (June 8-Aug 18, 2019)

### Richmond Plunge – 1 E. Richmond Ave. 510-620-6820

Program	Monday 7a-1p/1:30-3:30p/4-7:30p	Tuesday 6a-1p/1:30-3:30p/4-7p	Wednesday 7a-1p/1:30-3:30p/4-7p	Thursday 6a-1p/1:30-3:30p/4-7p	Friday 7a-1p /4-7p	Saturday 8a-12p	Sunday 8a-12p/1:30-3:30p
<b>Adult Lap Swim &amp; Shallow Water walking</b> <i>(limited space available during evening lessons)</i>	7a-1p 4-7:30p	6a-1p 4-7p	7a-1p 4-7p	6a-1p 4-7p	7a-1p 4-7p	8a-12p	8a-12p
<b>Deep Water Walking</b> <i>(½- 1 lane)</i>	7a-12p 4-6:30p	10a-12p 4-7p	7a-12p 4-7p	10a-12p 4-7p	7a-12p 4-7p	9:30a-12:00p	8a-12:00p
<b>Water Fitness</b>		8-9a Self-Paced 9-9:45a Instructor		8-9a Self-Paced 9-9:45a Instructor			
<b>Aqua Zumba</b>	6:30-7:30p					10-11:00a	
<b>Tot Splash</b>	10-11a		10-11a		10-11a		10-11a
<b>Little Splashers class</b>				10-10:30a			
<b>Family Recreation Swim</b>	1:30-3:30	1:30-3:30	1:30-3:30	1:30-3:30*	4:30-6:30p <i>Shallow area</i>		1:30-3:30p
<b>Swim Lessons</b>	4:15-6:45p	4:15-6:45p	4:15-6:45p	4:15-6:45p			
<b>Richmond Swims Masters &amp; Sailfish 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 (RSC) – 4300 Cutting Blvd 510-620-6654

Program	Monday 6-11a	Tuesday 7a-12p/1:30-4/4:30-7p	Wednesday 6-11a/1:30- 4	Thursday 7a-12p/1:30-4/4:30-7p	Friday 7a-12p	Saturday 8:30a-12:30p/1:30-4p	Sunday 8:30a-12:30p
<b>Adult Lap Swim &amp; Shallow Water walking</b>	6-11a	7a-12p 4:30-7p	6-11a	7-12p 4:30-7p	7a-12p	8:30a-12:30p	8:30a-12:30p
<b>Deep Water Walking</b> <i>(1 lane)</i>	6-11a	7a-12p 4:30-7p	6-11a	7a-12p 4:30-7p	7a-12p	8:30-10:30a	8:30a-12:30p
<b>Water Fitness</b>	8-9a Self-Paced 9-9:50a Instructor		8-9a Self-Paced 9-9:50a Instructor		8-9a Self-Paced		
<b>Aqua Zumba</b>					9:00-10:00a		
<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>Little Splashers class</b>	10-10:30a						
<b>Family Recreation Swim</b>		1:30-4p*	1:30-4p	1:30-4p*		1:30-4p	
<b>Swim Lessons</b>						10:30a-12:30p	
<b>FAST Team</b> (2-3 left lanes)		5-6:30p		5-6:30p		10:30a-12p	10:30-11:30a

\*camps scheduled to attend Rec Swim during these sessions

## PROGRAM DESCRIPTIONS

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

**Aqua Zumba** - 18 & up; Participants pay for class only, and must sign in each time. Please enter pool at class start time, and exit pool at end of class. Arriving early or staying after class requires additional fee. If showers are full, a 10 min grace period is allowed after class.

**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** – unstructured shallow area play time especially for parents or caregivers and their tots who are 5 & under. Parents must remain with child. Not available during Little Splashers class.

**Little Splashers** - instructor-led class for tots (6 months-4 years) with their parent or caregiver. Please arrive for beginning of class, and exit pool at end of class. **Advanced registration required.**

**Deep Water Walking**- a single 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. Stationary exercisers should stay toward the wall side of the lane to allow passing for those who are “walking” the length of the lane. Lane availability is limited at times. Check the schedule

**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.

**Family Recreation Swim** – during weekdays sessions, families are welcome to enjoy portions of the shallow end for recreational playtime. During weekend sessions, deep and shallow areas are available for recreational playtime (at designated pools/times) with limited lanes available for Lap swim, if space allows. Please see “Ages & Supervision Requirements” for more information.

**Swim Lessons** – Lessons for adults, teens and children are offered on Saturdays from February – November at RSC. During the summer season, additional weekday (Mon-Th) lessons are offered at the Plunge. See the box for more information about lessons and registration.

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

### Adult Drop-in Fees for Lap Swim, Water Walking, Water Fitness & Family Recreation Swim

\$5 Resident

\$6.25 Non-Resident

### Youth Drop-in Fees (under 18)–check program age requirements

\$3 Resident

\$3.75 Non-Resident

### Tot Splash Fees

#### **Adult & Child**

\$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.

**\*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 & Little Splashers:** Registration required. Please check Swim Lesson schedule for registration information and appropriate levels. No refunds or credits for missed classes or incorrect enrollment. Register online: <https://apm.activecommunities.com/richmond>

**Peak hours** – during peak hours (especially team and Masters workouts, Swim Lessons and other classes) some lap swim lanes will be limited and/or designated in different areas. Some water walking lanes will be limited or not available. During Recreation Swim, some lap swim lanes are typically available, as space allows. Please ask staff if you need information about specific days or times.

**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.

### **Upcoming Scheduled Pool Closure Dates** (check website for updated notices)

June 1-2	Closed for Summer Staff Training
July 4	Independence Day
Sept 2	Labor Day
Sept 9	Admissions Day
Oct 14	Indigenous Peoples Day
Nov 11	Veterans Day