



Richmond Municipal Natatorium (The Plunge) 1 E. Richmond Ave. 510-620-6820 - effective June 16, 2021

Monday 7a-1p/4p-7p	Tuesday 7a-1p	Wednesday 7a-1p	Thursday 7a-1p	Friday 10a-1p; 4-7p	Saturday 8a-1p	Sunday 12p-3p
7am – 7:45am	7am – 7:45am	7am – 7:45am	7am – 7:45am			
8am – 8:45am	8am – 8:45am	8am – 8:45am	8am – 8:45am		8am – 8:45am **Masters-4 lanes	
9am – 9:45am	9am – 9:45am	9am – 9:45am	9am – 9:45am		9am – 9:45am **Masters-4 lanes	
10am – 10:45am	10am – 10:45am	10am – 10:45am	10am – 10:45am	10am – 10:45am	10am – 10:45am	
11am – 11:45am	11am – 11:45am	11am – 11:45am	11am – 11:45am	11am – 11:45am	11:00am-11:45am	
12pm – 1pm *For disabled/elderly **Masters-4 lanes	12pm – 1pm *For disabled/elderly	12pm – 1pm *For disabled/elderly **Masters-4 lanes	12pm – 1pm *For disabled/elderly	12pm – 1pm *For disabled/elderly **Masters-4 lanes	12:00-1:00pm *For disabled/elderly	12pm-12:45pm
						1pm – 1:45pm
						2pm – 3pm *For disabled/elderly
4pm - 4:45pm				4pm - 4:45pm		
5pm – 5:45pm **Masters-4 lanes				5pm – 5:45pm **Masters-4 lanes		
6pm – 6:45pm **Masters-4 lanes				6pm – 6:45pm **Masters-4 lanes		

Deep Lanes: 4-7' deep		
Location	Capacity	Description
Lane 1	1	Deep water walking & exercise only; need to “hug the wall”; Ladder access no lap swimming.
Lanes 2,3,4,5,6,7,8	7	Lap swimming or deep water walking/exercising
Lane 9	1	Deep water walking & exercise only; need to “hug the wall”; Ladder & Lift chair access no lap swimming.
Shallow Lanes: 3-4' deep		
Lanes 10-11, 14-15	4	Shallow water walking/exercise or shallow lap swimming
Lanes 12 & 13	2	Shallow water walking/exercise or shallow lap swimming; Ladder & Lift chair access

No SHOES, No SHIRT, No Problem. **No MASK, NO ENTRANCE.** Locker room/showers are off limits. **No changing in the facility** (including bathroom stalls).

Richmond Swim Center (RSC) 4300 Cutting Blvd. (enter on S. 45th) 510-620-6654- effective June1, 2021



Monday 7a-10a	Tuesday 5-8p	Wednesday 7-10a	Thursday 5-8p	Friday 7-10a	Saturday 12-3p	Sunday 8a-1p
7am – 7:45am		7am – 7:45am		7am – 7:45am		
8am – 8:45am		8am – 8:45am		8am – 8:45am		8am – 8:45am
9am – 9:45am		9am – 9:45am		9am – 9:45am		9am – 9:45am
						10am – 10:45am
						11:00am-11:45am
					12pm – 12:45pm	12:00-1:00pm *For disabled/elderly
					1pm-1:45pm	
					2pm – 3pm *For disabled/elderly	
	5pm - 5:45pm		5pm - 5:45pm			
	6pm – 6:45pm		6pm – 6:45pm			
	7pm – 7:45pm		7pm – 7:45pm			

Deep Lanes: 4-7' deep		
Location	Capacity	Description
Lane 1	1	Lap Swimming or deep water walking/exercise; Ladder access.
Lanes 2-5	4	Lap Swimming or deep water walking/exercise
Lane 6	1	Lap Swimming or deep water walking/exercise; Ladder and lift chair access. May not be used for backstroke due to edges
Shallow Lanes: 4' deep		
Lanes 7 & 8	1	Shallow water walking/exercise or Lap swimming. May not be used for backstroke due to edges. Ladder and Lift chair access

No SHOES, No SHIRT, No Problem. **No MASK, NO ENTRANCE.** Locker room/showers are off limits. **No changing in the facility** (including bathroom stalls).

Program Descriptions

All Swimming activity must be done in the center of the lane, or toward the side “hugging” the edge of the pool to adhere to strict physical distancing guidelines. Unfortunately, there is no Recreational swimming (playing) allowed during this initial reopening period.

Pool Use Program Fees: \$7 for Richmond residents; \$8.75 for non-residents

Lap Swim – ages 16 & up; must continuously swim laps. Deep and shallow lanes are available for lap swimming.

Deep Water Walking - Lanes that ranges from 4-7 ft. deep designated for those who want to do water exercises in deeper water.

Shallow Water Walking – Lanes ranging from 3-4 ft. deep for those who want to walk back & forth or do stationary exercises in shallow water.

***For disabled/elderly** - We have a large community of disabled and elderly patrons who need extra time to enter and exit the facility. We ask that all other patrons avoid coming during the last hour so that our disabled/elderly community can use the pool with a little extra time to exit the pool and facility. If there are reservation openings 48 hours prior to this time slot, it can be reserved by anyone.

****Masters** –beginning 6/16 lanes 1-5 will not be available during these blocks of time when Masters workouts will be resuming.

Email updates: Please send your full name in an email to richmondplunge@ci.richmond.ca.us if you would like to receive updates about Richmond pools.

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

Additional Pool Rules for COVID-19

- No drop-ins (reservation/registration only). No cash/payments or reservation/ registration on site.
- All registration and waivers must be completed online at <https://apm.activecommunities.com/richmond> or in person via appointment at Registration office (510)620-6793.
- Please pre-shower prior to arrival
- Patrons will be checked in after answering Health Screening questions before coming into facility. Please take temperature before arrival.
- **Arrive and leave wearing swimsuits. No changing or locker room usage.** Showers on deck at RSC may be used & toilets/sinks may be used if needed BUT only during patrons reserved swim time. (No showers on deck at Plunge).
- Avoid touching handles and surfaces. Walk straight through to pool deck, no stopping in locker rooms.
- Records of attendance will be kept for the purpose of contact tracing, if needed. No visitors or non-registered patrons may enter the building. Please ask staff if you require a caregiver’s assistance.

- Abide by ground and other markings for distancing and designated areas for belongings.
- No shared equipment (bring own kickboards, noodles, etc.)
- Enter and exit through designated doors.
- One person per lane (swim in center of lane)
- Adults only (ages 16+) during initial opening phase.

Activities Permitted During this time

- Lap swimming
- Deep Water exercise & water walking (vertical)
- Shallow water exercise & water walking

Activities Not Yet Resuming

- Congregating or talking “over lanes” to others
- Shower and Locker room use
- Most Rental Group (FAST & Sailfish, Kayak, Barbara’s Aquatic class)
- Any Classes: Aqua Zumba, Swim Lessons, Water Fitness class, Little Splashers
- Recreation Swim/Tot Splash