

Pool Schedule – Winter-Spring 2020 Mar 1-June 5, 2020



Pool Schedule is subject to change. Please check website for updates.

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

| Program | Monday 7a-2p/4-7:30p | Tuesday 6a-1p/4-7p | Wednesday 7a-2p /4-7p | Thursday 6a-1p/4-7p | Friday 7a-1p /4-7p | Saturday 8a-12p | Sunday 8a-12p/1:30-4p |
|--|-------------------------|---------------------------------------|--------------------------|---------------------------------------|----------------------------|--------------------|--------------------------|
| Adult Lap Swim & Shallow Water walking | 7a-2p 4-7:30p | 6a-1p 4-7p | 7a-2p 4-7p | 6a-1p 4-7p | 7a-1p 4-7p | 8a-12p | 8a-12p |
| Deep Water Walking (½- 1 lane) | 7a-12p; 1-2p 4-6:30p | 10a-12p 4-7p | 7a-12p; 1-2p 4-7p | 10a-12p 4-7p | 7a-12p 4-7p | 9:30a-12:00p | 8a-12p |
| Water Fitness | | 8-9a Self-Paced 9-9:45a Instructor | | 8-9a Self-Paced 9-9:45a Instructor | | | |
| Aqua Zumba | 6:30-7:30p | | | | | 10-11:00a | |
| *Tot Splash | 10-11a | | 10-11a | | 10-11a | | 10-11a |
| Little Splashers class (no drop-ins) | | | | 10-10:30a | | | |
| *Family Recreation Swim | | | | | 4:30-6:30p Shallow only | | 1:30-4p |
| **Sailfish Team & Masters (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 (RSC) – 4300 Cutting Blvd 510-620-6654

| Program | Monday 6-11a | Tuesday 7a-12p/4:30-7p | Wednesday 6-11a | Thursday 7a-12p/4:30-7p | Friday 7a-12p | Saturday 8:30a-12:30p/1:30-4p | Sunday 8:30a-12:30p |
|--|---------------------------------------|---------------------------|---------------------------------------|----------------------------|------------------|----------------------------------|------------------------|
| Adult Lap Swim & Shallow Water walking | 6-11a 8-10:30a (1/2 lane) | 7a-12p 4:30-7p | 6-11a 8-10a (1/2 lane) | 7-12p 4:30-7p | 7a-12p | 8:30a-12:30p | 8:30a-12:30p |
| Deep Water Walking | 6-11a | 7a-12p; 4:30-7p | 6-11a | 7a-12p; 4:30-7p | 7a-12p | 8:30-10:30a | 8:30a-12:30p |
| Water Fitness | 8-9a Self-Paced 9-9:50a Instructor | | 8-9a Self-Paced 9-9:50a Instructor | | 8-9a Self-Paced | | |
| 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 |
| Little Splashers class (no drop-ins) | 10-10:30a | | | | | | |
| *Family Recreation Swim | | 5-6:30p Shallow only | | 5-6:30p Shallow only | | 1:30-4p | |
| Swim Lessons | | | | | | 10:30a-12:30p | |
| **FAST Team (3 lanes) | | 5-6:30p | | 5-6:30p | | 10:30a-12p | |
| **Barbara's Aquatic Fitness Class (shallow) | | 11a-12p | | 11a-12p | | | |

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. 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 official instructor.

Tot Splash – unstructured shallow area play time 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, occasionally with lap swimmers and other programs. During Swim Lessons, classes may need to take over the entire shallow water walking area.

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.

FOR THE FOLLOWING PROGRAMS THAT ARE NOT THROUGH CITY OF RICHMOND, PLEASE CONTACT THE RESPECTIVE ORGANIZATION OR INSTRUCTOR

Sailfish Team & Masters program at Plunge – (Richmond Swims) richmondswims.org

FAST Team at RSC - (Future Aquatic Swim Team) futureaquatics.org

Barbara’s Aquatic Fitness Class at RSC - (Barbara Hauser)- ptabahbah@aol.com or 510-847-5056

CASH or CHECKS ONLY (ID is required with check or purchase of pass)

Adult Drop-in Fees for Lap Swim, Water Walking, Water Fitness & Rec 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 (price per person)

\$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/TOT SPLASH 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- no drop-in exception tests).

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 & Masters workouts, and other classes) some lap swim lanes will be limited 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 lane availability at a specific time.

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.

Scheduled Pool Closure Dates (check website for updated notices)

5/25 Memorial Day

6/6-7 Staff Training

7/4 Independence Day