



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

Bob Sierra Pool hours  
M-F 5:30am-9:00pm  
Saturday 7:00-12:00pm  
Sundays: closed  
Extended weekend hours mid-October

## **Bob Sierra YMCA Pool Schedule 8/22-10/30/2011**

### **Monday**

5:30-7:55am Lap Swim/water walking  
8:00-9:00 am Water Fitness (2-3 lanes)/ Lap Swim (2)  
9:00-9:45am Gym n Swim Class  
9:45-12:00pm Water Fitness(2-3)/Lap (2-3)  
12:05-3:25pm Lap Swim (3 lanes)  
12:30-1:45pm Swim lessons (2 lanes)/family swim (1)/Lap (3)  
3:30 -5:15pm Lessons (3 lanes)/ **Lap (2)**/ family swim (1)  
5:20-6:30pm Lessons (2)/ **Lap (2)**/ family swim (2)  
6:35-9:00pm Lap swim/family swim

### **Tuesday**

5:30-9:00am Lap Swim/water walking (**no lap 9-10am**)  
9:00-10:00am Lessons (2)/Water Fitness (2-3) 'til 10am  
10:00-11:30am Masters Swim Class (3 lanes)/lessons (2)  
10:00-11:00am **Lap swim (1 lane)**  
11:05-11:45am Lap swim (3)/lessons (2)/open swim (1)  
11:45-3:55pm lap swim 3-4/family/open swim  
4:00-5:00pm Water Fitness (2 lanes)/**Lap (2)**/ Family (1)  
5:00-6:45pm Lessons (3 lanes)/ **Lap (2)**/ Family (1)  
6:50-7:45pm Lessons (2)/ **Lap (3)** / Family (1)  
7:45-9:00pm Lap swim/family swim

### **Wednesday**

5:30-7:55am Lap Swim/water walking  
8:00-12:00pm Water Fitness (2-3 lanes)/ Lap Swim (2)  
9:00-9:45am Gym n Swim Class  
12:05-3:25pm Lap Swim (3-4 lanes)  
12:30-1:45pm Swim lessons (2 lanes)/family swim (1)/Lap (3)  
3:30 -5:15pm Lessons (3 lanes)/ **Lap (2)**/ family swim (1)  
5:20-6:30pm Lessons (2)/ **Lap (2)**/ family swim (2)  
6:35-9:00pm Lap swim/family swim

### **Thursday**

5:30-9:00am Lap Swim \* (**2 lanes 9-9:15, no lap 9:15-10 am**)  
9:00-11:45am Swim Lessons (2)/Water Fitness (2) 'til 10:00am  
10:00-11:30am Masters Swim Class (2-3 lanes)/lessons (2)  
10:00-11:00am **Lap swim (1 lane)**  
11:05-11:45am Lap swim (3)/swim lessons (2)/family swim (1)  
11:50-5:00pm lap swim( 3-4)/family swim  
5:00-6:45pm Lessons (3 lanes)/Water Fitness (1-2)/**Lap (1)**  
6:50-7:45pm Lessons (2)/ **Lap (3)**/ family (1)  
7:45-9:00pm lap swim/family swim

### **Friday**

5:30-7:55am Lap Swim \***see note re: 9:15 lessons below**  
8:00-12:00pm Water Fitness (2-3 lanes)/ Lap Swim (2-3)  
9:00-10:00 Preschool Swim Class (1-2 lanes)  
12:05-3:25pm Lap Swim (4) /Family/Open Swim  
3:30-5:15pm Lap (3-4)/family swim (2)\***see note below**  
5:20-6:30 Lap (2)/ family swim (2) \***see note below**  
6:30-9:00 Lap swim/family swim

### **Saturday**

7:00-7:55am Lap Swim/Water Walking  
8:00-9:10am Water Fitness (2-3)/Lap swim (3-4)  
9:15-12:00pm Lessons (3)/**lap swim (2)**/family swim (1)

*\*\*Note regarding Fridays: 9:15-11:00 am and 3:30-6:30pm we will have make-up lessons (3 lanes) at the Bob Sierra pool in the event of cancellations during the week.*

*\*\*Tuesday/Thursday 5:00-7:30pm make-up lessons will be held Fridays at the Bob pool or YFC pool as needed.*

#### **Reminders for pool use:**

- **Children 4 and younger must have an adult in the water, within arms' reach at all times. This applies to the Bob Sierra pool, YFC pool and Water Park.**
- Those wearing flotation devices must have an adult in the water, within arms; reach at all times.
- Children 5 to 12 must have an adult (18 or older) in the pool area at all times.
- Those 17 and younger must pass the deep end swim test in order to use the slides and deep end area at the YFC and Bob Sierra pools.
- Food and drink are prohibited on the pool deck per Florida State Bathing Code.
- **Circle swim is enforced with 3 or more lap swimmers in a lane. 2 or less will use split lane swimming.**

*Please take note of available lane space throughout the day " (#)" indicates lanes or space designated for activities listed. Thank you for your cooperation!*

#### **Bob Sierra YMCA**

4015 Ragg Road Tampa, FL 33617

P 813.269.9404 F 813.264.4807 www.tampaymca.org