Mike Shellito Indoor Pool

10210 Fairway Drive, Roseville
(916) 772-PLAY (option #5)

CITY OF ROSEVILLE CALIFORNIA
Parks, Recreation & Libraries

Facility & Group Exercise Schedule - November 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Lap Swim 5:30-9:25am	Adult Lap Swim 5:30-8:50am	Adult Lap Swim 5:30-9:25am	Adult Lap Swim 5:30-8:50am	Adult Lap Swim 5:30-9:25am	Adult Lap Swim 6:00-9:30am	
Open Exercise 5:30-7:10am Warming Pool	Open Exercise 5:30-7:10am Warming Pool	Open Exercise 5:30-7:10am Warming Pool	Open Exercise 5:30-7:10am Warming Pool	Open Exercise 5:30-8:25am Warming Pool	Open Exercise 6:00-8:25am Warming Pool	
Shallow H2O Fit* 7:15-8:00am Leslie Warming Pool (32)	Shallow H2O Fit* 7:15-8:00am Leslie B Warming Pool (32)	Shallow H2O Fit* 7:15-8:00am Leslie Warming Pool (32)	Shallow H2O Fit* 7:15-8:00am Leslie B Warming Pool (32)			
Aqua Yoga* 8:30-9:25am Alicia/Susan Warming Pool (22)	Shallow H2O Fit* 8:15-9:00am Leslie B Warming Pool (32)	Aqua Yoga* 8:30-9:25am Susan/Staff Warming Pool (22)	Shallow H2O Fit* 8:15-9:00am Leslie B Warming Pool (32)	Aqua Yoga* 8:30-9:25am Alicia/Susan Warming Pool (22)	Shallow H2O Fit* 8:30-9:20am Leslie B Warming Pool (32)	
Open Exercise 9:30-10:15am Warming Pool	Hydro Fusion* 9:05-9:55am Shelly Lap/Warming	Open Exercise 9:30-10:15am Warming Pool	Hydro Fusion* 9:05-9:55am Shelly Lap/Warming	Open Exercise 9:30-10:15am Warming Pool		
Off the Deep End 9:35-10:25am Ceren Lap Pool	Parent Tot 10:00-11:20am Warming Pool	Off the Deep End 9:35-10:25am Marla Lap Pool	Parent Tot 10:00-11:20am Warming Pool	Off the Deep End 9:35-10:25am Tracy Lap Pool		
Hydro Fusion* 10:30-11:20am Lisa Lap/Warming	Aqua Bootcamp 10:15-11:00am Shelly Lap Pool	Hydro Fusion* 10:30-11:20am Lisa Lap/Warming	Aqua Bootcamp 10:15-11:00am John Lap Pool	Hydro Fusion* 10:30-11:20am Lisa Lap/Warming	Swim Lessons 10:00am-1:00pm	Adult Lap Swim 10:20am-12:45pm
Arthritis Chair Exercise 10:30-11:15am Christine Land Class Mtg Rm	Arthritis Aquatics* 11:30am-12:15pm Shelly Warming Pool (32)	Arthritis Chair Exercise 10:30-11:15am Marla Land Class Mtg Rm	Arthritis Aquatics* 11:30am-12:15pm Bridget Warming Pool (32)	Shallow H20 Fit* 11:30am-12:15pm Marla Warming Pool (32)		Aqua Yoga* 10:30-11:20am Debbie Warming Pool (25)
Arthritis Aquatics* 11:30am-12:15pm Christine Warming Pool (32)		Shallow H2O Fit* 11:30am-12:15pm Mark Warming Pool (32)				
Adult Lap Swim 11:30am-1:00pm	Adult Lap Swim 11:30am-1:00pm	Adult Lap Swim 11:30am-1:00pm	Adult Lap Swim 11:30am-1:00pm	Adult Lap Swim 11:30am-1:00pm		Parent Tot 11:30am-12:45pm Warming Pool
Open Exercise 12:25-1:00pm Warming Pool	Arthritis Aquatics* 12:20-1:05pm Shelly Warming Pool (32)	Arthritis Aquatics* 12:20-1:05pm Marla Warming Pool (32)	Arthritis Aquatics* 12:20-1:05pm Bridget Warming Pool (32)	Arthritis Chair 12:20-1:05pm Marla Land Class Mtg Rm	Recreational Swim 1:00-4:00pm	Recreational Swim 1:00-4:00pm
Pools Closed 1:00-3:45pm	Pools Closed 1:00-3:45pm	Pools Closed 1:00-3:45pm	Pools Closed 1:00-3:45pm	Pools Closed 1:00 - 6:30pm	*Aqua Fitness classes are on first come, first served basis. All Warming Pool classes require a wristband. Wristbands can be collected no earlier than one (1) hour prior to class start time. For live updates on whether a class is cancelled or if there is a substitue instructor, please visit **roseville.ca.gov/fitness**.	
Swim Lessons 4:15pm-6:45pm	Swim Lessons 4:15pm-6:45pm	Swim Lessons 4:15pm-6:45pm	Swim Lessons 4:15pm-6:45pm			
Open Exercise 6:55-9:00pm Warming Pool	Aqua Zumba 6:55-7:40pm Debbie Warming Pool (32)	Open Exercise 6:55-9:00pm Warming Pool	Open Exercise 6:55-7:15pm Warming Pool	Open Exercise 6:35-8:00pm Warming Pool		
	Open Exercise 7:45-9:00pm Warming Pool		Aqua Bootcamp* 7:30-8:15pm Shelly Warming Pool (32)			
Adult Lap Swim 6:55-9:00pm	Adult Lap Swim 6:55-9:00pm	Adult Lap Swim 6:55-9:00pm	Adult Lap Swim 6:55pm-9:00pm	Adult Lap Swim 6:35-8:00pm		

Additional information:

Modified Hours:
Veteran's Day
November 11
7:00am - 11:00am
NO Group Fitness

FULL FACILITY CLOSURE:
Due to preventative winter maintenance, the Mike Shellito Indoor Pool will be **CLOSED** from November 23 - November 25. We will be closed for the Thanksgiving holiday on November 26, and will reopen to our normal schedule on November 27.

For additional information on all aquatic facilities, please visit roseville.ca.gov/aquatics

Class Descriptions

Mike Shellito Indoor Pool

$15 DROP IN OR INCLUDED WITH MEMBERSHIP

WATER FITNESS CLASSES | AGES 13 +

Arthritis Aquatic Program: Gain strength and flexibility without putting excess strain on your joints.

Arthritis Chair Exercise (LAND): The Arthritis Exercise Program is specifically designed for people with arthritis. The class uses gentle activities to help increase joint flexibility and range of motion and help maintain muscle strength.

Aqua Bootcamp: Aerobic activities mixed with high-energy anaerobic training. Easy to follow- challenge your workout and improve overall fitness.

Aqua Yoga: This class uses gentle movements in water so the body is not stressed. Great for those suffering from arthritis, swollen joints, or balance issues. No yoga experience required.

Aqua Zumba: A water-based fun fitness program that combines music with easy-to-follow dance moves. It is a total body workout and also helps improve cognitive function and coordination.

Hydro Fusion: This class includes cardio and toning exercises, including resistance and intervals. Make the class as challenging as you'd like, and all fitness levels are welcome. Class takes place in both pools, so you can choose the shallow or deep section.

Off The Deep End: Deep water aerobic conditioning designed to increase endurance, strength, flexibility and motor coordination.
**Swimming competency required. Must be able to recover from a face down and face up position while wearing floatation equipment.*

Shallow H2O Fit: Designed to be a fun and gravity free workout for people of all ages and abilities.
Emphasis is on cardiovascular conditioning and strengthening using water as resistance. Swimming competency is not required. Takes place in the warming pool.

Zumba Fusion: A fusion of water-based Zumba with toning exercises, resitance, and interval training.

KIDS AND FAMILY SWIM TIMES

Rec Swim - All Ages: Warming Pool and Lap Pool open for play. Inflatable obstacle course is set up during Rec Swims. An unassisted, 15 yard swim test must be passed to go to the inflatable. Spray ground is open during summer months. $8.00 per person, or included for members and summer swim pass holders. Under age 2 free with adult admission.

Parent Tot Playtime: Children 6 years and younger can attend. Adult swimmers (18+) must be present/in water. Warming pool open with toys provided.
$5.00 per adult /child pair. $3.00 for additional swimmers (6 and under or 18+).
Included with fitness membership and summer swim pass.

LAP SWIM | AGES 13+

Designed for swimmers of all levels. Lanes, kickboards, pull buoys, pace clock, and sample workouts are available for your use.

Lap Swim Rules:
1. Before entering a lane, make others aware of your presence
2. No diving. All entries must be feet first.
3. If there are no open lanes allow additional swimmers into your lane.
4. If only two swimmers are in a lane you may split the lane. If there are more than two, we ask that you circle swim. (Swim on the right hand side of the lane)
5. Swim at your own pace, but do not stop in the middle of the pool or swim vertically.
6. Only pass another swimmer in your lane at the wall.

OPEN EXERCISE | AGES 13+

This program takes place in our Warming Pool and is designed for those who would like to create their own workout. You may engage in water walking, jogging, stationary exercises, traveling exercises, and self lead physical therapy. Lap swimming for open exercise will be permitted only during lap swimming hours.

Equipment provided includes: high and low density foam noodles, foam resistance weights, flotation belts, and kickboards.

As several types of workouts are permitted during this time, please be considerate of others using the space. If you need assistance coordinating with others using the pool, please ask a staff member.

All instructors have a unique approach to teaching water fitness, and may select music to play from a variety of genres. At times there may be subs. We encourage you to exeprience all of our great Instructors. Warming Pool classes are filled by a wristband system.