



PALOMAR FAMILY YMCA August 2015 Aquatics Schedule

LAP POOL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30a - 8:30a (6 Lanes)	5:30a - 8:30a (6 Lanes)	5:30a - 8:30a (6 Lanes)	5:30a - 8:30a (6 Lanes)	5:30a - 8:30a (6 Lanes)	7:00a - 8:30a (6 Lanes)	9:00a - 4:30p (4 Lanes)
8:30a - 9:30a (2 Lanes)	8:30a - 9:30a (2 Lanes)	8:30a - 9:30a (2 Lanes)	8:30a - 9:30a (2 Lanes)	8:30a - 9:30a (2 Lanes)	8:30a - 9:30a (2 Lanes)	
9:30a - 12:00p (3 Lanes)	9:30a - 12:00p (3 Lanes)	9:30a - 12:00p (3 Lanes)	9:30a - 12:00p (3 Lanes)	9:30a - 12:00p (6 Lanes)	9:30a - 3:00p (3 Lanes)	
12:00p - 3:00p (3 Lanes)*	12:00p - 3:00p (3 Lanes)*	12:00p - 3:00p (3 Lanes)*	12:00p - 3:00p (3 Lanes)*	12:00p - 3:00p (3 Lanes)*	3:00p - 4:30p (6 Lanes)	
3:00p - 5:00p (3 Lanes)	3:00p - 5:00p (3 Lanes)	3:00p - 5:00p (3 Lanes)	3:00p - 5:00p (3 Lanes)	3:00p - 5:00p (5 Lanes)		
5:00p - 8:30p (1-2 Lanes)	5:00p - 8:30p (1-2 Lanes)	5:00p - 8:30p (1-2 Lanes)	5:00p - 8:30p (1-2 Lanes)	5:00p - 8:30p (1-2 Lanes)		

Lap lane availability is subject to change based on programming that will be occurring simultaneously.

PROGRAM SCHEDULES

MASTERS SWIM:

Monday - Friday
6:30p - 8:30p

SWIM TEAM:

Monday - Friday
5:00p - 7:00p

SWIM LESSONS:

Monday - Thursday
9:30a - 12:00p
3:00p - 5:00p
7:00p - 8:30p

Saturday
9:30a - 3:00p

CAMP SWIM:

Monday - Friday
12:00p - 3:00p

FAMILY SWIM:

Monday - Friday
5:00a - 8:30p

Saturday
7:00a - 4:30p

Sunday
9:00a - 4:30p

*Schedules subject to change

Pool Rules:

- YMCA Lifeguard has final authority.
- It's the rule, one long whistle - exit the pool immediately.
- For your safety, children 6 and under must be actively supervised by an adult, 18 years or older.
- All patrons under 18 years old must meet **ONE** of the following:
 - Successfully pass a swim test (25 yards continuous swim and tread water for one minute)
 - Stand comfortably in chest deep water in the entire swim zone
 - Wear a properly fitted United States Coast Guard (USCG) approved Personal Flotation Device (PFD or lifejacket).
 - Be within arms reach of an adult (only one non-swimmer per adult).
- Please walk on the pool deck.
- Prolonged underwater breath holding is dangerous and prohibited.
- USCG approved lifejacket may be used.
- All pool equipment must be used appropriately.
- Swimming without a certified lifeguard on duty is prohibited.
- Swim diapers are required for swimmers who are not potty-trained.
- Schedule is subject to change.
- Showering before entering the pool is required.
- To avoid accidents, when entering an occupied lane, please acknowledge to the current swimmer that you are there. Please get kickboards, pull bouys, etc. before entering pool.
- If there are 1 or 2 swimmers in a lane, they may elect to split the lane in half. The entrance of a third person immediately changes the lane to "circle" swimming format.
- Please try to choose a lane with swimmers that most nearly match your speed.
- Pool Temperature will remain at 82°F throughout the year. Our guidelines from YMCA of the USA and YMCA of San Diego County are as follows:
 - Pool water temperature is no less than 78°F for lap and recreation swims and no less than 80°F for instructional programs.
 - Pool temperature for parent-child classes is maintained at 82°F.