



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# AQUATICS PROGRAM & FITNESS SCHEDULE

PALOMAR FAMILY YMCA



## SUMMER 2017 LAP POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lap Swim (All Lanes) 5:30-8:30 am	Lap Swim (All Lanes) 5:30-8:30 am	Lap Swim (All Lanes) 5:30-8:30 am	Lap Swim (All Lanes) 5:30-8:30 am	Lap Swim (All Lanes) 5:30-8:30 am	Lap Swim (All Lanes) 7:00-8:30 am
Aquafit (4 Lanes) 8:30-9:30 am	Aquafit (4 Lanes) 8:30-9:30 am	Aquafit (4 Lanes) 8:30-9:30 am	Aquafit (4 Lanes) 8:30-9:30 am	Aquafit (4 Lanes) 8:30-9:30 am	Aquafit (4 Lanes) 8:00-9:00 am
Lap Swim (3 Lanes) 9:30-3:30 pm	Lap Swim (3 Lanes) 9:30-3:00 pm	Lap Swim (3 Lanes) 9:30-3:00 pm	Lap Swim (3 Lanes) 9:30-3:00 pm		Swim Lessons (3 Lanes) 9:00-2:00 pm
Swim Lessons (2 Lanes) 3:00-6:50 pm		Swim Lessons (2 Lanes) 3:00-6:50 pm		Lap Swim (3 Lanes) 9:30-3:30 pm	Water Polo (1 Lane) 10:00-11:00 pm
Pre-Team (2 Lanes) 4:00-5:00 pm	Swim Lessons (2 Lanes) 3:00-6:50 pm	Pre-Team (2 Lanes) 4:00-5:00 pm	Swim Lessons (2 Lanes) 3:00-6:50 pm		Lap Swim (All Lanes) 2:00-4:30 pm
Swim Team (3 Lanes) 5:00-6:30 pm	Swim Team (3 Lanes) 5:00-6:30 pm	Swim Team (3 Lanes) 5:00-6:30 pm	Swim Team (3 Lanes) 5:00-6:30 pm		Pool Closes 4:30 pm
Aqua Fit (2 Lanes) 6:00-7:00 pm	Water Polo (1 Lane/Deep) 4:30-5:30 pm	Masters Swim (2 Lanes) 5:45-7:15 pm	Water Polo (1 Lane/Deep) 4:30-5:30 pm	Pre-Team (2 Lanes) 4:00-5:00 pm	
Lap Swim (All Lanes) 6:30-8:30 pm	Lap Swim (All Lanes) 6:30-8:30 pm	Lap Swim (All Lanes) 6:30-8:30 pm	Lap Swim (All Lanes) 6:30-8:30 pm	Swim Team (3 Lanes) 5:00-6:30 pm	<b>SUNDAY</b>
				Lap Swim (All Lanes) 6:30-7:30 pm	Lap Swim (All Lanes) 9:00-4:30 am
Pool Closes 8:30 pm	Pool Closes 8:30 pm	Pool Closes 8:30 pm	Pool Closes 8:30 pm	Pool Closes 7:30 pm	Pool Closes 4:30 pm

SHADED AREAS = REGISTERED PROGRAM PARTICIPANTS ONLY

**Getting Started** A great place to begin or restart your exercise program.

## FAMILY SWIM TIMES

MON-THUR	FRIDAY	SATURDAY	SUNDAY
5:30am-4:00pm Shallow/Deep		7:00am-9:00am Shallow/Deep	
<b>NO FAMILY SWIM</b> 4:00pm-6:00pm	5:30am-7:30pm (ALL DAY) Shallow/Deep Areas	<b>FAMILY SWIM</b> Dependant on availability	9:00am-4:30pm (ALL DAY) Shallow/Deep Areas
6:00pm-8:00pm Shallow/Deep		1:30pm-4:30pm Shallow/Deep	

CLASSES NOT SHADED ARE FREE FOR MEMBERS (NON-MEMBERS PAY DAY USE FEE).

Schedule subject to change.

Private Swim Lessons are scheduled throughout the year & may utilize a lap lane at any time.

### Questions?

Call the Aquatics Director at 760.745.7490 ext.13 193

**SEE BACK FOR THE FULL SET OF POOL RULES**

# 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 1 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.
  - Be within arm's 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 lifejackets **ONLY** may be used.
- **No inflatables** of any kind are permitted
- 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
- Showering before entering the pool is required.
- Pool is maintained at 81°F year round.

# Lap Swimming Rules:

- To avoid accidents, when entering an occupied lane, acknowledge to the current swimmer that you are there.
- If there are 1 or 2 swimmers in a lane, they may elect to split the lane in half and each swimmer take a side. The entrance of a third swimmer immediately changes the lane to "circle" swimming format.
- Be aware that sharing a lane will often be required during busy pool times.
- Try to choose a lane with swimmers that most nearly match your speed.

# Therapy Pool:

- Pool Temperatures will remain at 98°F
- For Ages **12+ ONLY**
- **DO NOT SUBMERGE!**

## Swim Test Information:

Swim tests are regularly administered. To ensure safety, please have your child take our swim test. Once they have successfully passed the test, their name will be kept on the list. Next time the swimmer will just need to get a wristband from a lifeguard. The list is posted for up to one month. Swim test must be re-taken in the next month.

### Swim Wristbands:

**RED** – Must wear a lifejacket at all times

**YELLOW** – Shallow area **ONLY** (swimmer meets the height requirement to not wear a lifejacket)

**GREEN** – Can swim in all areas of the pool.