



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FAMILY SWIM SCHEDULE

AUGUST 15<sup>TH</sup> UPDATE 2016 – FAMILY SWIM, ACTIVITY POOL, & SLIDE

## Family Swim Schedule

Pool Schedule August  
15th 2016

\*Schedule is subject to change. Multiple activities are often scheduled in this pool at the same time.

### Activity pool Change!

The activity pool will be open from 3-6:30 during the week starting on Aug 15th

### Activity Pool Tips

Please note that children fewer than 48 inches in height may not be in the activity pool without a parent. The height requirement for the slide is also 48.

**Purple Wrist band:** means you are 48inch and can stand comfortably in the shallow water and ride the slide.

**Green Wristband:** Can swim in all areas.

**Swim Test:** To ensure safety please have your child take our swim test. Once they have successfully passed the test their name will be taken down and they will then on their next swim just find a lifeguard who will check their name and give them a Green wrist band!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-12:00 (shallow area)	7:00-9:00 (shallow area)	9:00-3:30 (shallow area & 2 lanes)				
12:00-3:00 (shallow area & 2 lanes)	12:00-4:30 (shallow area & 2 lanes)					
3:00-6:30 (Activity pool and slide area)						
*6:30-8:00 (shallow area & 2 lanes)						

- 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:
  - 1) Successfully pass a swim test (25 yards continuous swim and tread water for one minute)
  - 2) Stand comfortably in chest deep water in the entire swim zone
  - 3) Wear a properly fitted United States Coast Guard (USCG) approved Personal Flotation Device (PFD or lifejacket).
  - 4) 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 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.
- Pool Temperature will remain at 82°F throughout the year. Our guidelines from YMCA of the USA and YMCA of San Diego Country 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.



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## LAP SWIM POOL SCHEDULE

Pool Schedule  
August 15th, 2016

Multiple activities are often scheduled in this pool at the same time.

**Lap Swimming Tips**  
To avoid accidents, when entering an occupied lane, please get the first swimmer's acknowledgement that you are there. Please get kickboards, pull buoys, etc. before entering the pool.

**Directions**  
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.

**Speed**  
Please try to choose a lane with swimmers that most nearly match your speed.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:00-7:00 (all lanes)	5:00-8:00 (all lanes)	5:00-7:00 (all lanes)	5:00-8:00 (all lanes)	5:00-7:00 (all lanes)	7:00-8:00 (4 lanes)	9:00-3:00 (3 lanes)
	7:00-8:00 (3 lanes)	8:00-9:00 (3 lanes)	7:00-8:00 (3 lanes)	8:00-9:00 (3 lanes)	7:00-8:00 (3 lanes)	8:00-9:00 (3 lanes)	
	8:00-11:00 (4 lanes)	9:00-11:00 (4 lanes)	8:00-11:00 (4 lanes)	9:00-11:00 (4 lanes)	8:00-11:00 (4 lanes)	9:00-12:00 (3 lanes)	
	11:00-12:00 (3 lane)	12:00-4:00 (4 lanes)					
	12:00-4:00 (4 lanes)						
	4:00-7:00 (1 lane)						
	7:00-8:00 (all lanes)						

### Lanes Available

Please note that the lanes available are based on the programming that will be occurring at that time.

### Pool Temperature

Please note that the pool temperature will remain 82 degrees throughout the year. Our guidelines from YMCA of the USA and the 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.

Please take the outdoor temperature into consideration when using our outdoor aquatic facility as wind chill and low sunlight can contribute to the fluctuation of your body temperature.

**Showering before entering the pool is required.**