



POOL SCHEDULE

Santa Monica Family YMCA

Updated 8/23/2025

LAP POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Lap Swim (6L) 6:00 AM – 10:00 AM	Lap Swim (6L) 6:00 AM – 4:00 PM	Lap Swim (6L) 6:00 AM – 10:00 AM	Lap Swim (6L) 6:00 AM – 4:00 PM	Lap Swim (6L) 6:00 AM – 10:00 AM	Lap Swim (6L) 8:00 AM – 9:00 AM	Lap Swim (6L) 8:00 AM – 4:30 PM	
Lap Swim (3L) / Water Aerobics (3L) 10:00 AM – 11:00 AM		Lap Swim (3L) / Water Aerobics (3L) 10:00 AM – 11:00 AM		Lap Swim (3L) / Water Aerobics (3L) 10:00 AM – 11:00 AM	Lap Swim (5L) Swim Lessons (1L) 9:00 AM – 12:30 PM		
Lap Swim (6L) 11:00 AM – 4:00PM		Lap Swim (6L) 11:00 AM – 4:00PM		Lap Swim (6L) 11:00 AM – 4:00PM	Lap Swim (6L) 11:00 AM – 4:00PM		Lap Swim (6L) 12:30 PM – 4:30 PM
Lap Swim (5L) Swim Lessons (1L) 4:00 PM – 7:30 PM		Lap Swim (5L) Swim Lessons (1L) 4:00 PM – 7:30 PM			Lap Swim (5L) Swim Lessons (1L) 4:00 PM – 7:30 PM		

TRAINING POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Open Swim 6:00 AM – 3:30 PM	Open Swim 6:00 AM – 8:45 AM	Open Swim 6:00AM – 3:30 PM	Open Swim 6:00 AM – 8:45 AM	Open Swim 6:00AM – 7:30 PM			
	Water Aerobics 8:45 AM – 9:45 AM				Open Swim 8:00 AM – 9:00 AM	Open Swim 8:00 AM – 8:45 AM	
	Open Swim 9:45 AM – 3:30 PM				Swim Lessons 9:00 AM – 12:30 PM	Water Aerobics 8:45 AM – 9:45 AM	
					Open Swim 12:30 PM – 4:30 PM	Open Swim 9:45 AM – 4:30 PM	
Closed for Swim Lessons 3:30 PM – 6:50 PM	Closed for Swim Lessons 3:30 PM – 6:50 PM	Closed for Swim Lessons 3:30 PM – 6:50 PM	Closed for Swim Lessons 3:30 PM – 6:50 PM				
Open Swim 6:50 PM – 7:30 PM	Open Swim 6:50 PM – 7:30 PM	Open Swim 6:50 PM – 7:30 PM	Open Swim 6:50 PM – 7:30 PM				
SPA HOURS Monday – Friday: 6:00am – 7:30pm Saturday & Sunday: 8:00–4:30pm			STEAM/SAUNA Steam and sauna close 30 minutes prior to facility closure				