



POOL SCHEDULE

Santa Monica Family YMCA

Effective March 1, 2024

LAP POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6 AM	Lap Swim (6) 6am-10am	Lap Swim (6) 6am-4:30pm	Lap Swim (6) 6am-10am	Lap Swim (6) 6am-4:30pm	Lap Swim (6) 6am-10am	Lap Swim (6) 8am-9am	Lap Swim (6) 8am-4:30pm	
7 AM			Lap Swim (3) Water Aerobics (3) 10am-11am		Lap Swim (3) Water Aerobics (3) 10am-11am			Lap Swim (3) Water Aerobics (3) 10am-11am
8 AM					Lap Swim (6) 11am-4:30pm	Lap Swim (6) 11am-4:30pm		
9 AM								
10 AM								
11 AM								
12 PM								
1 PM	Lap Swim (4) Swim Lessons (2) 4:30pm-7:30pm	Lap Swim (4) Swim Lessons (2) 4:30pm-7:30pm	Lap Swim (4) Swim Lessons (2) 4:30pm-7:30pm	Lap Swim (4) Swim Lessons (2) 4:30pm-7:30pm				
2 PM								
3 PM								
4 PM								
5 PM								
6 PM								
7 PM								

TRAINING POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6 AM	Rec Swim 6am-3:30pm	Rec Swim 6am-8:45am	Rec Swim 6am-3:30pm	Rec Swim 6am-8:45am	Rec Swim 6am-7:30pm			
7 AM		Closed for Water Aerobics 8:45am-9:45am		Closed for Water Aerobics 8:45am-9:45am		Closed for Water Aerobics 8:45am-9:45am	Rec Swim 8am-9am	Rec Swim 8am-8:45am
8 AM								
9 AM								
10 AM								
11 AM								
12 PM								
1 PM	Closed for Swim Lessons 3:30pm-6:30pm	Closed for Swim Lessons 3:30pm-6:30pm	Closed for Swim Lessons 3:30pm-6:30pm	Closed for Swim Lessons 3:30pm-6:30pm				
2 PM								
3 PM	Rec Swim 6:30pm-7:30pm	Rec Swim 6:30pm-7:30pm	Rec Swim 6:30pm-7:30pm	Rec Swim 6:30pm-7:30pm				
4 PM								
5 PM								
6 PM								
7 PM								

SPA HOURS
6:00am - 7:30pm

STEAM/SAUNA
5:00am - 8:00pm

SIGN UP FOR LESSONS!



POOL RULES

- During Water Aerobics/Swim Lessons, Training Pool is closed for Recreational Swimming.
- Swim caps required: Caps available for purchase at front desk or see guard for loaner caps.
- Do not enter the pool if you suspect you have or have a communicable disease or an open cut or blister.
- Wear clean swim attire only.
- Shower, using warm water and soap, before entering the pool or after use of toilet facilities.
- Children in diapers must wear a reusable plastic pant with snug elasticized legs and waistband.
- Diving is prohibited in water less than 9 feet deep.
- Spitting, spouting water from mouth or blowing the nose in the pool is prohibited.
- No extended breath-holding or hyperventilation.
- Only U.S. Coast Guard approved lifejackets and wearable foam flotation devices are allowed.
- **Children under the age of five using approved lifejackets must remain within arm's reach of an adult.**
- Do not run or engage in rough play in the pool area or locker rooms.
- Diaper changing in the pool area is prohibited. Please use locker rooms.
- Toys/balls/inflatables are prohibited.
- Do not bring animals into the pool area.
- Do not bring food, drink, gum or tobacco into the pool area.
- Glass and shatterable items are prohibited in the pool area.