



POOL SCHEDULE

Santa Monica Family YMCA

Effective March 27, 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		
7 AM							
8 AM						Lap Swim (6) 8am-9am	Lap Swim (6) 8am-4:30pm
9 AM							
10 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	Lap Swim (4) Swim Lessons (2) 9am-12pm			
11 AM	Lap Swim (6) 11am-4:30pm		Lap Swim (6) 11am-4:30pm		Lap Swim (6) 11am-7:30pm		
12 PM							
1 PM						Lap Swim (6) 12pm-4:30pm	
2 PM							
3 PM							
4 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			
5 PM							
6 PM							
7 PM							

TRAINING POOL

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

SPA HOURS
6:00am - 7:30pm

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.

STEAM/SAUNA

5:00am - 8:00pm

SIGN UP FOR LESSONS!



- 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.