



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		Lap Swim (6) 8am-4:30pm		
7 AM									
8 AM						Lap Swim (6) 8am-9am			
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									
2 PM		Lap Swim (6) 12pm-4:30pm							
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	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									
8 AM		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	
9 AM									Closed for Water Aerobics 8:45am-9:45am
10 AM								Closed for Swim Lessons 9am-11:15am	
11 AM									
12 PM		Rec Swim 9:45am-3:30pm		Rec Swim 9:45am-3:30pm			Rec Swim 9:45am-4:30pm		
1 PM									
2 PM						Rec Swim 11:15am-4:30pm			
3 PM									
4 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					
5 PM									
6 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					
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.