



# POOL SCHEDULE

## Santa Monica Family YMCA

Effective August 1, 2024

### LAP POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6 AM	Lap Swim (6L) 6:00am-10:00am	Lap Swim (6L) 6:00am-4:30pm	Lap Swim (6L) 6:00am-10:00am	Lap Swim (6L) 6:00am-4:30pm	Lap Swim (6L) 6:00am-10:00am	Lap Swim (6L) 8:00am-9:00am	Lap Swim (6L) 8am-4:30pm
7 AM							
8 AM							
9 AM	Lap Swim (3L) Water Aerobics (3L) 10:00am-11:00am	Lap Swim (6L) 6:00am-4:30pm	Lap Swim (3L) Water Aerobics (3L) 10:00am-11:00am	Lap Swim (6L) 6:00am-4:30pm	Lap Swim (3L) Water Aerobics (3L) 10:00am-11:00am	Lap Swim (4L) Swim Lessons (2L) 9:00am-12:00pm	Lap Swim (6L) 8am-4:30pm
10 AM							
11 AM	Lap Swim (6L) 11:00am-4:30pm	Lap Swim (4L) Swim Lessons (2L) 4:30pm-6:00pm	Lap Swim (6L) 11:00am-4:30pm	Lap Swim (4L) Swim Lessons (2L) 4:30pm-6:00pm	Lap Swim (6L) 11:00am-7:30pm	Lap Swim (6L) 12:00pm-4:30pm	Lap Swim (6L) 8am-4:30pm
12 PM							
1 PM							
2 PM							
3 PM							
4 PM	Lap Swim (4L) Swim Lessons (2L) 4:30pm-7:30pm	Lap Swim (4L) Swim Lessons (2L) 4:30pm-6:00pm	Lap Swim (4L) Swim Lessons (2L) 4:30pm-7:30pm	Lap Swim (4L) Swim Lessons (2L) 4:30pm-6:00pm	Lap Swim (4L) Swim Lessons (2L) 4:30pm-6:00pm	Lap Swim (6L) 12:00pm-4:30pm	Lap Swim (6L) 8am-4:30pm
5 PM							
6 PM	Lap Swim (6L) 6:00pm-7:00pm	Lap Swim (6L) 6:00pm-7:00pm	Lap Swim (6L) 6:00pm-7:00pm	Lap Swim (6L) 6:00pm-7:00pm	Lap Swim (6L) 6:00pm-7:00pm	Lap Swim (6L) 6:00pm-7:00pm	Lap Swim (6L) 6:00pm-7:00pm
7 PM							

### TRAINING POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6 AM	Open Swim 6:00am-3:30pm	Open Swim 6:00am-8:45am	Open Swim 6:00am-3:30pm	Open Swim 6:00am-8:45am	Open Swim 6:00am-7:30pm	Open Swim 8:00am-9:00am	Open Swim 8:00am-8:45am	
7 AM		Water Aerobics 8:45am-9:45am		Water Aerobics 8:45am-9:45am				
8 AM		Open Swim 9:45am-3:30pm		Open Swim 9:45am-3:30pm				Water Aerobics 8:45am-9:45am
9 AM		Summer Camp 11:00am-12:00pm		Summer Camp 11:00am-12:00pm				Open Swim 9:45am-3:30pm
10 AM		Summer Camp 1:00pm-2:00pm		Summer Camp 1:00pm-2:00pm				Summer Camp 11:00am-12:00pm
11 AM		Open Swim 2:00pm-3:30pm		Open Swim 2:00pm-3:30pm				Summer Camp 1:00pm-2:00pm
12 PM		Closed for Swim Lessons 3:30pm-6:30pm		Closed for Swim Lessons 3:30pm-6:30pm				Open Swim 2:00pm-3:30pm
1 PM		Open Swim 6:30pm-7:30pm		Open Swim 6:30pm-7:30pm				Closed for Swim Lessons 3:30pm-6:30pm
2 PM		Open Swim 6:30pm-7:30pm		Open Swim 6:30pm-7:30pm				Open Swim 2:00pm-3:30pm
3 PM		Open Swim 6:30pm-7:30pm		Open Swim 6:30pm-7:30pm				Open Swim 6:30pm-7:30pm

**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.