



POOL SCHEDULE

Santa Monica Family YMCA

Effective September 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 (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
10 AM								
11 AM	Lap Swim (6L) 11:00am-4:30pm		Lap Swim (6L) 11:00am-4:30pm		Lap Swim (6L) 11:00am-4:30pm	Lap Swim (6L) 11:00am-7:30pm		Lap Swim (6L) 12:00pm-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-6:30pm	Lap Swim (4L) Swim Lessons (2L) 4:30pm-7:30pm	Lap Swim (4L) Swim Lessons (2L) 4:30pm-6:30pm	Lap Swim (6L) 6:30pm-7:30pm			
5 PM								
6 PM								
7 PM	Lap Swim (6L) 6:30pm-7:30pm	Lap Swim (6L) 6:30pm-7:30pm	Lap Swim (6L) 6:30pm-7:30pm	Lap Swim (6L) 6:30pm-7:30pm	Lap Swim (6L) 6:30pm-7:30pm			

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				Water Aerobics 8:45am-9:45am	Water Aerobics 8:45am-9:45am	Swim Lessons 9:00am-12:00pm
8 AM										
9 AM										
10 AM		Open Swim 9:45am-3:30pm		Open Swim 9:45am-3:30pm		Open Swim 9:45am-3:30pm	Open Swim 9:45am-3:30pm	Open Swim 6:00am-7:30pm	Open Swim 12:00pm-4:30pm	Open Swim 9:45am-4:30pm
11 AM										
12 PM										
1 PM										
2 PM										
3 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			
4 PM										
5 PM										
6 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	Open Swim 6:30pm-7:30pm					
7 PM										

SPA HOURS

Monday - Friday: 6:00am - 7:30pm
Saturday & Sunday: 8:00-4:30pm

STEAM/SAUNA

Steam & sauna close 30 minutes prior to facility closure

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.