



POOL SCHEDULE

Santa Monica Family YMCA

Updated 6/1/26

LAP POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6 AM	Lap Swim (6L) 5:30am-10:00am	Lap Swim (6L) 5:30am-4:05pm	Lap Swim (6L) 5:30am-10:00am	Lap Swim (6L) 5:30am-4:05pm	Lap Swim (6L) 5:30am-10:00am	Lap Swim (6L) 7:30am-9:00am	Lap Swim (6L) 7:30am-4:30pm
7 AM							
8 AM							
9 AM	Lap Swim (3L) Water Aerobics (3L) 10:00am-11:00am	Lap Swim (6L) 5:30am-4:05pm	Lap Swim (3L) Water Aerobics (3L) 10:00am-11:00am	Lap Swim (6L) 5:30am-4:05pm	Lap Swim (3L) Water Aerobics (3L) 10:00am-11:00am	Lap Swim (4L) Swim Lessons (2L) 9:00am-12:30pm	Lap Swim (6L) 7:30am-4:30pm
10 AM							
11 AM	Lap Swim (6L) 11:00am-4:05pm	Lap Swim (6L) 5:30am-4:05pm	Lap Swim (6L) 11:00am-4:05pm	Lap Swim (6L) 5:30am-4:05pm	Lap Swim (6L) 11:00am-8:00pm	Lap Swim (6L) 12:30pm-5:00pm	Lap Swim (6L) 7:30am-4:30pm
12 PM							
1 PM							
2 PM							
3 PM	Lap Swim (4L) Swim Lessons (2L) 4:05pm-8pm	Lap Swim (4L) Swim Lessons (2L) 4:05pm-8pm	Lap Swim (4L) Swim Lessons (2L) 4:05pm-8pm	Lap Swim (4L) Swim Lessons (2L) 4:05pm-8pm	Tentatively Lap Swim (5L) Swim Lessons (1L) 5:30pm-7:00pm	Lap Swim (6L) 12:30pm-5:00pm	Lap Swim (6L) 7:30am-4:30pm
4 PM							
5 PM							
6 PM							
7 PM	Lap Swim (4L) Swim Lessons (2L) 4:05pm-8pm	Lap Swim (4L) Swim Lessons (2L) 4:05pm-8pm	Lap Swim (4L) Swim Lessons (2L) 4:05pm-8pm	Lap Swim (4L) Swim Lessons (2L) 4:05pm-8pm	Tentatively Lap Swim (5L) Swim Lessons (1L) 5:30pm-7:00pm	Lap Swim (6L) 12:30pm-5:00pm	Lap Swim (6L) 7:30am-4:30pm
4 PM							
5 PM							
6 PM							

TRAINING POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
6 AM	Open Swim 5:30am-3:30pm	Open Swim 5:30am-8:45am	Open Swim 5:30am-9:30am	Open Swim 5:30am-8:45am	Open Swim 5:30am-9:30am	Open Swim 7:30am-9:00am	Open Swim 7:30am-8:45am		
7 AM		Water Aerobics 8:45am-9:45am		YMCA Camp Swim 9:30am-12:00pm			Water Aerobics 8:45am-9:45am	YMCA Camp Swim 9:30am-12:00pm	Water Aerobics 8:45am-9:45am
8 AM		Open Swim 5:30am-3:30pm	Open Swim 9:45am-3:30pm		Open Swim 9:45am-3:30pm		Open Swim 9:45am-3:30pm		Open Swim 9:00am-12:30pm
9 AM				Open Swim 5:30am-3:30pm				Open Swim 9:45am-3:30pm	
10 AM		Open Swim 5:30am-3:30pm	Open Swim 9:45am-3:30pm		Open Swim 9:45am-3:30pm		Open Swim 9:45am-3:30pm		Open Swim 9:00am-12:30pm
11 AM				Open Swim 5:30am-3:30pm				Open Swim 9:45am-3:30pm	
12 PM		Open Swim 5:30am-3:30pm	Open Swim 9:45am-3:30pm		Open Swim 9:45am-3:30pm		Open Swim 9:45am-3:30pm		Open Swim 9:00am-12:30pm
1 PM	Open Swim 5:30am-3:30pm			Open Swim 9:45am-3:30pm		Open Swim 9:45am-3:30pm		Open Swim 9:45am-3:30pm	
2 PM		Open Swim 5:30am-3:30pm	Open Swim 9:45am-3:30pm		Open Swim 9:45am-3:30pm		Open Swim 9:45am-3:30pm		Open Swim 9:00am-12:30pm
3 PM	Open Swim 5:30am-3:30pm			Open Swim 9:45am-3:30pm		Open Swim 9:45am-3:30pm		Open Swim 9:45am-3:30pm	
4 PM		Open Swim 5:30am-3:30pm	Open Swim 9:45am-3:30pm		Open Swim 9:45am-3:30pm		Open Swim 9:45am-3:30pm		Open Swim 9:00am-12:30pm
5 PM	Open Swim 5:30am-3:30pm			Open Swim 9:45am-3:30pm		Open Swim 9:45am-3:30pm		Open Swim 9:45am-3:30pm	
6 PM		Open Swim 5:30am-3:30pm	Open Swim 9:45am-3:30pm		Open Swim 9:45am-3:30pm		Open Swim 9:45am-3:30pm		Open Swim 9:00am-12:30pm
7 PM	Open Swim 5:30am-3:30pm			Open Swim 9:45am-3:30pm		Open Swim 9:45am-3:30pm		Open Swim 9:45am-3:30pm	
7 PM		Open Swim 5:30am-3:30pm	Open Swim 9:45am-3:30pm		Open Swim 9:45am-3:30pm		Open Swim 9:45am-3:30pm		Open Swim 9:00am-12:30pm

SPA HOURS

Monday - Friday: 5:30am - 8:00pm
 Saturday: 7:30am - 5:00pm
 Sunday: 7:30am - 4:30pm

STEAM/SAUNA

Steam and 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.