



POOL SCHEDULE

Santa Monica Family YMCA

Updated 7/1/26

LAP POOL

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

TRAINING POOL

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

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 that are not potty-trained must wear a swim diaper.
- 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 life jackets and wearable foam flotation devices are allowed.
- Children under the age of five using approved life jackets 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 items are prohibited in the pool area.