POOL SCHEDULE

Santa Monica Family YMCA

Effective 11/01/26

LAP POOL

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

TRAINING POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6AM	Open Swim 5:30am–3:00pm	Open Swim 5:30am–8:45am	Open Swim 5:30am–3:00pm	Open Swim 5:30am–8:45am	Open Swim 5:30am–10:00am	Open Swim 7:30am–9:00am	Open Swim 7:30am–8:45am
7AM							
8AM							
9AM		Water Aerobics 8:45am–9:45am		Water Aerobics 8:45am–9:45am		Swim Lessons 9:00am–12:30pm	Water Aerobics 8:45am–9:45am
10AM		Early Learning Center 10:00–11:00am		Early Learning Center 10:00–11:00am	Swim Lessons 10:00–11:40am		Swim Lessons 10:00am–2:00pm
11AM		Open Swim 11:00am–3:00pm		Open Swim 11:00am–3:00pm			Half of pool available for Open Swim
12PM					Open Swim 11:40am–4:00pm		
1PM						Open Swim 12:30pm–5:00pm	Open Swim 2:00pm–4:30pm
2PM							
3PM	Closed for Swim Lessons 3:00pm–7:30pm	Closed for Swim Lessons 3:00pm–7:30pm	Closed for Swim Lessons 3:00pm–7:30pm	Closed for Swim Lessons 3:00pm–7:30pm			
4PM					After School Enrichment 4:00pm–5:00pm		
5PM					Open Swim 5:00pm–8:00pm		
6PM							
7PM	Open Swim 7:30pm–8:00pm	Open Swim 7:30pm–8:00pm	Open Swim 7:30pm–8:00pm	Open Swim 7:30pm–8:00pm			

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 SWIM LESSONS

VISIT OUR AQUATICS PAGE ONLINE!