



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DIVE RIGHT IN!

Fullerton Family YMCA Pool Schedule

Pool Hours:
Monday-Friday: 5:30am – 9:30pm
Saturday: 7am – 4:30pm
Sunday: 10am – 4:30pm

For more information contact:
Ivan Montano - imontano@ymcaoc.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM to 7:55 AM	Lap (5 Lanes)	Lap (5 Lanes)	Lap (5 Lanes)	Lap (5 Lanes)	Lap (5 Lanes)	Lap (5 Lanes)	
8:00 AM to 8:55 AM	Aqua Fit	Aqua Fit	Aqua Fit	Aqua Fit	Aqua Fit	Aqua Fit	Y - Team
9:00 AM to 9:55 AM	Aqua Fit Arthritis	Aqua Zumba	Aqua Fit Arthritis	Aqua Fit	Aqua Fit Arthritis	Group Lessons	
10:00 AM to 10:55 AM	Deep Aqua Fit	Aqua Fit	Aqua Fit	Aqua Fit	Aqua Fit		
11:00 AM to 11:55 AM	Lap (5 Lanes)	Lap (2 Lanes)	Lap (5 Lanes)	Lap (2 Lanes)	Lap (5 Lanes)		Lap (5 Lanes)
12:00 PM to 12:55 PM	Lap (2 Lanes)	Open (3 Shallow Lanes)	Lap (2 Lanes)	Open (3 Shallow Lanes)	Lap (2 Lanes)	Lap (2 Lanes) - Open (3 Lanes)	Lap (2 Lanes) - Open (3 Lanes)
1:00 PM to 1:55 PM	Aqua Fit	Lap (2 Lanes)	Aqua Fit	Lap (2 Lanes)	Aqua Fit	Polo Buddies - Open (2 Lanes)	Polo Buddies - Open (2 Lanes)
2:00 PM to 3:25 PM	Lap (2 Lanes) - Open (3 Lanes)	Lap (2 Lanes) - Open (3 Lanes)	Lap (2 Lanes) - Open (3 Lanes)	Lap (2 Lanes) - Open (3 Lanes)	Lap (2 Lanes) - Open (2 Lanes) - Jr. Guards (4pm to 5pm) (1 Lane)	Lap (2 Lanes) - Open (3 Lanes)	Lap (2 Lanes) - Open (3 Lanes)
3:30 PM to 5:25 PM	Group Lessons	Group Lessons	Group Lessons	Group Lessons	Jr. Guards (4pm to 5pm) (1 Lane)	Everyone is welcome here at the Y! As a part of our community, we encourage a culture where we share the water. Please be courteous and respectful of everyone using the pool facility. Thank you!	
5:30 PM to 7:55 PM	Y - Team		Lap (2 Lanes)				Y - Team
8:00 PM to 9:30 PM	Lap (2 Lanes) - Open (3 Lanes)		Lap (2 Lanes) - Open (3 Lanes)	Lap (2 Lane)	Lap (2 Lanes) - Open (3 Lanes)		

Due to safety we may close the pool in the event of poor weather conditions or chemical imbalances – Effective May 1, 2016



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Lap:

Come and enjoy a good work out where the pool is reserved for swimming laps. Up to three (3) people per lane; for a maximum of 45 minutes. Please, if there are more people than lanes, we encourage an environment where we share the space with other swimmers!

Group Lessons:

Learn to swim at the Y! **The pool closes to all** except those enrolled in swim lessons. During this time you, or someone you know, can learn to swim in one of our many classes taught by one of our skilled swim instructors! For more information email us at imontano@ymcaoc.org.

Lap & Open:

Come enjoy the pool! During this time, we have two lanes available for those wanting to swim back and forth and get some exercise. We also provide a space for you to relax or enjoy some much-needed time with family and friends.

Kids younger than 14 need to take our swim test. If your child does NOT pass the test, you WILL have to get in the water with them. Only one non-swimmer per one adult is allowed in the water at the same time.

Y-Team:

Come try out for our YMCA swim team! Tryouts are Fridays at 5pm. The swimmer must perform the following skills for swim one of our coaches: 100 meter (4 laps) freestyle with flip-turns, 50 meter (2 Laps) Butterfly, 50 meter (2 Laps) Backstroke, 50 meter (2 Laps) Breaststroke, and One (1) competitive dive. None of these are timed.

Jr. Guards:

This class prepares students to become familiar with Lifeguarding, CPR, First Aid techniques and procedures. A Certified Instructor will cover in-water and out of the water skills with participants.

Aqua Fit/Zumba:

Jump in and take advantage of this low impact exercise guided by a certified instructor, these classes are included in your membership!

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FULLERTON FAMILY YMCA | 2000 Youth Way, Fullerton, CA 92835 | (714) 879-9622 | ymcaoc.org/fullerton