



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DIVE RIGHT IN!

Newport-Mesa Family YMCA

Summer Lap Pool Schedule: June - August

Pool Hours:

Monday-Friday: 5:30am – 8:30pm

Saturday: 7am – 5:30pm

Sunday: 8am – 3:30pm

For more information contact:

Ivan Montano – imontano@ymcaoc.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:30 AM to 9:25 AM	Lap (6 Lanes)	Lap (6 Lanes)	Lap (6 Lanes)	Lap (6 Lanes)	Lap (6 Lanes)	Pool Opens at 7:00 AM	Pool Opens at 8:00 AM	
9:30 AM to 12:55 PM	Camps (2 Lanes) - Lap (4 Lanes)	Camps (2 Lanes) - Lap (4 Lanes)	Camps (2 Lanes) - Lap (4 Lanes)	Camps (2 Lanes) - Lap (4 Lanes)	Camps (2 Lanes) - Lap (4 Lanes)			Lap (6 Lanes) Group Lessons (4 Lanes)
1:00 PM to 1:55 PM	Aqua Fit (2 Lanes) - Lap (2 Lanes)	Lap (4 Lanes)	Aqua Fit (2 Lanes) - Lap (2 Lanes)	Lap (4 Lanes)	Aqua Fit (2 Lanes) - Lap (2 Lanes)	Lap (4 Lanes) - Family (2 Lanes)	Lap (4 Lanes) - Family (2 Lanes)	
2:00 PM to 3:55 PM	Lap (4 Lanes) - Family (2 Lanes)	Lap (4 Lanes) - Family (2 Lanes)	Lap (4 Lanes) - Family (2 Lanes)	Lap (4 Lanes) - Family (2 Lanes)	Lap (4 Lanes) - Family (2 Lanes)			Pool Closes at 3:30 PM
4:00 PM to 4:55 PM	Group Lessons (4 Lanes) - Lap (2 Lanes)	Group Lessons (4 Lanes) - Lap (2 Lanes)	Group Lessons (4 Lanes) - Lap (2 Lanes)	Group Lessons (4 Lanes) - Lap (2 Lanes)	Group Lessons (4 Lanes) - Lap (2 Lanes)			
5:00 PM to 5:55 PM	Group Lessons (3 Lanes) - Y – Team (3 Lanes)	Group Lessons (3 Lanes) - Y – Team (3 Lanes)	Group Lessons (3 Lanes) - Y – Team (3 Lanes)	Group Lessons (3 Lanes) - Y – Team (3 Lanes)	Group Lessons (3 Lanes) - Y – Team (3 Lanes)	Pool Closes at 5:30 PM	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!	
6:00 PM to 8:30 PM	Lap (3 Lanes) - Family (3 Lanes)	Lap (3 Lanes) - Family (3 Lanes)	Lap (3 Lanes) - Family (3 Lanes)	Lap (3 Lanes) - Family (3 Lanes)	Lap (3 Lanes) - Family (3 Lanes)			

Due to safety, we may close the pool in the event of poor weather conditions or chemical imbalances – Effective June 1, 2019



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Camps:

Learning does not stop during the summer. Sign your kids up for our safe, fun, and memorable summer camps. Have your kids come and spend the day with us learning new skills and making new friends! Camps run from 9:30am through 2:30pm.

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! 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 & Family:

Come enjoy the pool! During this time, we have 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 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).

Aqua Fit:

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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NEWPORT-MESA FAMILY YMCA | 2300 University Dr., Newport Beach, CA 92660 | (949) 942-9990 | ymcaoc.org/nm