



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

**Pool Schedule**  
 September 1 – May 31  
 (June-August Separate Summer Schedule)

**Mon-Fri Pool Hours:** 5:30am-8:30pm  
**Sat Pool Hours:** 7:00am-4:00pm  
**Sunday:** 8:00am-3:00pm

**NEWPORT-MESA FAMILY YMCA**  
 2300 University Dr  
 Newport Beach, CA 92660  
 (949) 642-9990

**SWIM TOWARDS A HEALTHIER YOU**

<b>(L = Lanes)</b>							
	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>5:30-Noon</b>	Lap 5L	Lap 5L	Lap 5L	Lap 5L	Lap 5L	Lap 5L 7-10:00AM	Lap 5L 8-11:30AM
<b>12:00-1:00</b>	Lap 4L Family 1L	Lap 4L Family 1L	Lap 4L Family 1L	Lap 4L Family 1L	Lap 4L Family 1L	Lap 4L 10:00-4:PM	Lap 4L 11:30-3PM
<b>1:00-2:00</b>	Lap 3L Aqua 2L Family 1L	Lap 4L Family 1L	Lap 3L Aqua 2L Family 1L	Lap 4L Family 1L	Lap 3L Aqua 2L Family 1L	Family 2L 12:00-4PM	Family 2L 11:30-3PM
<b>2:00-3:00</b>	Lap 3L Family 2L P.T. 1L	Lap 4L Family 2L	Lap 3L Family 2L P.T. 1L	Lap 4L Family 2L	Lap 3L Family 2L P.T. 1L	<ul style="list-style-type: none"> <li>• All children under 14 years of age must Be supervised by an adult</li> <li>• Scuba rentals may take one lap lane</li> <li>• Due to safety we may have to close pool due to weather or chemical imbalance</li> <li>• Lifeguard class takes one lap lane Sat/Sun each month</li> <li>• Family swim may share space with swim lessons and aqua classes</li> <li>• Physical Therapy may use lane 1</li> <li>• Schedule is subject to change</li> </ul>	
<b>3:00-4:00</b>	Lap 4L Family 1L	Lap 4L Family 1L	Lap 4L Family 1L	Lap 4L Family 1L	Lap 4L Family 1L		
<b>4:00-5:00</b>	Lap 2L	Lap 3L	Lap 2L	Lap 3L	Lap 2L		
<b>5:00-6:00</b>	Lap 3L	<b>No Lap Swim</b>	Lap 3L	<b>No Lap Swim</b>	Lap 2L		
<b>6:00-6:30</b>	Lap 4L		Lap 4L				
<b>6:30-7:00</b>	Lap 4L	Lap 3L	Lap 4L	Lap 3L	Lap 4L		
<b>7:00-8:30</b>	Lap 5L Family 1L	Lap 4L Family 2L	Lap 5L Family 1L	Lap 3L Special Oly 2L Family 1L	Lap 4L Family 2L		