



# POOL SCHEDULE\*

## McGRATH FAMILY YMCA

### OUTDOOR POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:00 AM	Masters Swim (4) 6AM-7AM  Lap Swim (6) 6AM-7AM	Lap Swim (10) 6AM-9AM	Masters Swim (4) 6AM-7AM  Lap Swim (6) 6AM-7AM	Lap Swim (10) 6AM-9AM	Masters Swim (4) 6AM-7AM  Lap Swim (6) 6AM-7AM			
7:00AM	Lap Swim (10) 7AM-11AM		Lap Swim (10) 7AM-10AM		Lap Swim (7) 9AM-10AM  Swim Team (3) 9AM-11AM			Lap Swim (10) 7AM-10AM
8:00AM								
9:00AM		Lap Swim (7) 9AM-10AM  Swim Team (3) 9AM-11AM		Lap Swim (10) 7AM-10AM		Lap Swim (7) 9AM-10AM  Swim Team (3) 9AM-11AM	Lap Swim (10) 7AM-10AM	
10:00AM	Lap Swim (10) 7AM-11AM	Lap Swim (4) 10AM-11AM  Swim Team (3) 9AM-11AM  Cajon Valley Swim Lessons (3) 10AM-11:15AM	Lap Swim (7) 10AM-11AM  Cajon Valley Swim Lessons (3) 10AM-11:15AM	Lap Swim (4) 10AM-11AM  Swim Team (3) 9AM-11AM  Cajon Valley Swim Lessons (3) 10AM-11:15AM	Lap Swim (7) 10AM-11AM  Cajon Valley Swim Lessons (3) 10AM-11:15AM	Lap Swim (8) 8AM-1PM  Family Swim (2) 8AM-1PM	Lap Swim (10) 8AM-3PM	
11:00AM	Family Swim (2) 11AM-7PM  Lap Swim (8) 11AM-4PM	Family Swim (2) 11:15AM-7PM  Lap Swim (8) 11:15AM-12PM	Family Swim (2) 11AM-7PM  Lap Swim (8) 11AM-4PM	Family Swim (2) 11:15AM-7PM  Lap Swim (8) 11:15AM-12PM	Family Swim (2) 11:15AM-2PM			
12:00PM		Masters Swim (4) 12PM-1PM  Lap Swim (4) 12PM-1PM		Masters Swim (4) 12PM-1PM  Lap Swim (4) 12PM-1PM	Lap Swim (8) 11:15AM-2PM			
1:00PM		Lap Swim (8) 1PM-4PM		Lap Swim (8) 1PM-4PM	Lap Swim (8) 1PM-4PM	Lap Swim (10) 2PM-4PM		
2:00PM								
3:00PM								
4:00PM	Swim Team (5) 4PM-7PM  Lap Swim (3) 4PM-7PM	Swim Team (3) 4PM-5PM  Lap Swim (3) 4PM-5PM	Swim Team (5) 4PM-7PM  Lap Swim (3) 4PM-7PM	Swim Team (3) 4PM-5PM  Lap Swim (3) 4PM-5PM	Swim Team (5) 4PM-7PM  Lap Swim (3) 4PM-7PM	Lap Swim (10) 1PM-5PM		
5:00PM	Lap Swim (3) 4PM-7PM	Lap Swim (8) 5PM-7PM	Lap Swim (3) 4PM-7PM	Lap Swim (8) 5PM-7PM	Lap Swim (3) 4PM-7PM			
6:00PM								
7:00PM								

### COVERED POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	Lap Swim (6) 6AM-12PM	Lap Swim (6) 6AM-10:10AM	Lap Swim (6) 6AM-10:10AM	Lap Swim (6) 6AM-10:10AM	Lap Swim (6) 6AM-12PM		
7:00AM							
8:00AM							
9:00AM	Camp Swim 11AM-2PM	Aqua Zumba* 10:15AM-11AM	Aqua Fit* 10:15AM-11AM	Aqua Zumba* 10:15AM-11AM	Camp Swim 11AM-2PM	Swim Lessons (4) 8AM-1PM	Family Swim (3) 8AM-3PM
10:00AM							
11:00AM							
12:00PM	Lap Swim (6) 2PM-3PM	Camp Swim 11AM-2PM	Camp Swim 11AM-2PM	Camp Swim 11AM-2PM	Camp Swim 11AM-2PM	Lap Swim (2) 8AM-1PM	Lap Swim (2) 8AM-3PM
1:00PM							
2:00PM							
3:00PM	Swim Lessons (4) 3PM-7PM	Lap Swim (6) 2PM-3PM	Lap Swim (6) 2PM-3PM	Lap Swim (6) 2PM-3PM	Family Swim (3) 2PM-7PM	Family Swim (3) 1PM-5PM	Lap Swim (2) 1PM-5PM
4:00PM							
5:00PM							
6:00PM	Lap Swim (2) 3PM-7PM	Swim Lessons (4) 3PM-7PM	Swim Lessons (4) 3PM-7PM	Swim Lessons (4) 3PM-7PM	Lap Swim (3) 2PM-7PM	Lap Swim (2) 1PM-5PM	
7:00PM							



# POOL SCHEDULE

## McGRATH FAMILY YMCA

### YMCA Pool Rules\*

- YMCA Lifeguard has final authority.
- Photography is strictly prohibited on the pool deck.
- Swimming without a YMCA Lifeguard is prohibited.
- If you hear one long whistle blast, you must exit the pool immediately.
- Lap swim times are intended for water exercise and lap swimming only. Those who are perceived to be playing will be asked to exit the water. Please see our Pool Schedule for Family Swim hours.
- Please shower before entering the pool.
- Children ages 13 and under must pass a swim test to lap swim.
- If a lap lane is already occupied by a lap swimmer/water walker, additional swimmers must give notice of joining their lane with mutual acknowledgement to avoid collisions/accidents.
- No breath holding beyond half of the length of the pool.
- All pool equipment must be used properly.
- No glass of any kind on the pool deck.
- Eating is permitted in designated areas only (e.g. Splash Pad picnic tables).
- All personal trainers and swim instructors are hired by the YMCA and non-YMCA personal trainers or swim instructors are prohibited from conducting personal training sessions or lessons at YMCA facilities.
- Spa is for persons ages 13 and over only.
  - Do not submerge, swim or exercise in the Spa.
- Aquatics Programming has priority of shared areas.
- Lap lanes may be used for swim lessons or training at any given time.

### Open/Family Swim Rules\*

- Children 6 and under must be accompanied by an adult 16 years or older in the water within arm's reach.
  - Children ages 7-12 must have adult supervision within the facility.
- Height checks and swim tests will be conducted for those who wish to access deeper areas of the pool.
- No jumping, throwing, twisting or diving.
- No inflatable flotation devices. Only United States Coast Guard approved life jackets/flotation devices are allowed.
- No YMCA pool equipment is allowed during Family Swim times.
- All children age 3 and under must wear a swim diaper regardless of toilet training.

### Swim Test

- Must be taken every pool visit when children want to access deeper areas of the pool.
- 1 minute of treading water without stopping. Must keep head and mouth clear of water

#### AND

- Swim 25 yards of front crawl (face should not be up the entire time) or breaststroke without stopping.

\*Full pool rules are listed outside the locker room entrance & inside the Covered Pool