



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATICS PROGRAM & AQUA FITNESS SCHEDULE PALOMAR FAMILY YMCA

SUMMER 2018

LAP POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lap Swim (All Lanes) 5:30-8:20 am	Lap Swim (All Lanes) 5:30-8:20 am	Lap Swim (All Lanes) 5:30-8:20 am	Lap Swim (All Lanes) 5:30-8:20 am	Lap Swim (All Lanes) 5:30-8:20 am	Lap Swim (All Lanes) 7:00-8:20 am
Aquafit (4 Lanes) 8:30-9:30 am	Aquafit (4 Lanes) 8:30-9:30 am	Aquafit (4 Lanes) 8:30-9:30 am	Aquafit (4 Lanes) 8:30-9:30 am	Aquafit (4 Lanes) 8:30-9:30 am	Aquafit (4 Lanes) 8:00-9:00 am
Swim Lessons (3 Lanes) 9:00 am-12:00 pm	Swim Lessons (3 Lanes) 9:00 am-12:00 pm	Swim Lessons (3 Lanes) 9:00 am-12:00 pm	Swim Lessons (3 Lanes) 9:00 am-12:00 pm	Lap Swim (3 Lanes) 9:30 am-3:00 pm	Swim Lessons (3 Lanes) 9:00 am-2:00 pm
Lap Swim (3 Lanes) 9:30 am-3:30 pm	Lap Swim (3 Lanes) 9:30 am-3:30 pm	Lap Swim (3 Lanes) 9:30 am-3:30 pm	Lap Swim (3 Lanes) 9:30 am-3:30 pm	CAMP Swim 10:00 am-12:00 pm	Lap Swim (All Lanes) 2:00-4:30 pm
CAMP Swim 10:00 am-12:00 pm	CAMP Swim 10:00 am-12:00 pm	CAMP Swim 10:00 am-12:00 pm	CAMP Swim 10:00 am-12:00 pm	CAMP Swim 1:00 pm-3:00 pm	Pool Closes 4:30 pm
CAMP Swim 1:00 pm-3:00 pm	CAMP Swim 1:00 pm-3:00 pm	CAMP Swim 1:00 pm-3:00 pm	CAMP Swim 1:00 pm-3:00 pm	Pre-Team (2 Lanes) 4:00-5:00 pm	
Swim Lessons (2 Lanes) 3:00-6:50 pm	Swim Lessons (2 Lanes) 3:00-6:50 pm	Swim Lessons (2 Lanes) 3:00-6:50 pm	Swim Lessons (2 Lanes) 3:00-6:50 pm	Swim Team (3 Lanes) 4:30-6:00 pm	
Pre-Team (2 Lanes) 4:00-5:00 pm	Swim Team (3 Lanes) 4:30-6:00 pm	Pre-Team (2 Lanes) 4:00-5:00 pm	Swim Team (3 Lanes) 4:30-6:00 pm	Lap Swim (3-5 Lanes) 6:00-7:30 pm	
Swim Team (3 Lanes) 4:30-6:00 pm	Lap Swim (3-5 Lanes) 6:00-8:30 pm	Swim Team (3 Lanes) 4:30-6:00 pm	Lap Swim (3-5 Lanes) 6:00-8:30 pm		
Aqua Fit (2 Lanes) 6:00-7:00 pm		Lap Swim (3-5 Lanes) 6:00-8:30 pm			
Lap Swim (3-5 Lanes) 6:00-8:30 pm					
Pool Closes 8:30 pm	Pool Closes 8:30 pm	Pool Closes 8:30 pm	Pool Closes 8:30 pm	Pool Closes 7:30 pm	
					SUNDAY
					Lap Swim (All Lanes) 9:00 am-4:30 pm
					Pool Closes 4:30 pm

SHADED AREAS = REGISTERED PROGRAM PARTICIPANTS ONLY

Getting Started A great place to begin or restart your exercise program.

FAMILY SWIM IS NOW AVAILABLE!

MON-THUR	FRIDAY	SATURDAY	SUNDAY
5:30am-8:00pm (ALL DAY) Shallow/Deep Areas	5:30am-7:30pm (ALL DAY) Shallow/Deep Areas	7:00am-4:30pm (ALL DAY) Shallow/Deep Areas	9:00am-4:30pm (ALL DAY) Shallow/Deep Areas

CLASSES NOT SHADED ARE FREE FOR MEMBERS (NON-MEMBERS PAY DAY USE FEE).

Schedule subject to change.

Private Swim Lessons are scheduled throughout the year & may utilize a lap lane at any time.

Questions?

Please email the Aquatics Director, Dylan Leon at dleon@ymca.org or call 760.745.7490 ext.13193.

SEE BACK FOR THE FULL SET OF POOL RULES



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Pool Rules:

- **YMCA LIFEGUARD HAS FINAL AUTHORITY.**
- It's the rule, one long whistle -exit the pool immediately.
- For your safety, children 6 and under must be actively supervised by an adult, 18 years or older.
- **All patrons under 18 years old must meet ONE of the following:**
 - Successfully pass a swim test (25 yards continuous swim and tread water for 1 minute).
 - Stand comfortably in chest deep water in the entire swim zone.
 - Wear a properly fitted United States Coast Guard (USCG) approved Personal Flotation Device.
 - Be within arm's reach of an adult (only one non-swimmer per adult)
- Please **WALK** on the pool deck.
- Prolonged underwater breath holding is dangerous and prohibited.
- USCG approved lifejackets **ONLY** may be used.
- **No inflatables** of any kind are permitted
- All pool equipment must be used appropriately.
- Swimming without a certified lifeguard on duty is prohibited.
- Swim diapers are required for swimmers who are not potty-trained
- Showering before entering the pool is required.
- Pool is maintained at 81°F year round.

Lap Swimming Rules:

- To avoid accidents, when entering an occupied lane, acknowledge to the current swimmer that you are there.
- If there are 1 or 2 swimmers in a lane, they may elect to split the lane in half and each swimmer take a side. The entrance of a third swimmer immediately changes the lane to "circle" swimming format.
- Be aware that sharing a lane will often be required during busy pool times.
- Try to choose a lane with swimmers that most nearly match your speed.

Therapy Pool:

- Pool Temperatures will remain at 98°F
- For Ages **12+ ONLY**
- **DO NOT SUBMERGE!**

Swim Test Information:

Swim tests are regularly administered. To ensure safety, please have your child take our swim test. Once they have successfully passed the test, their name will be kept on the list. Next time the swimmer will just need to get a wristband from a lifeguard. The list is posted for up to one month. Swim test must be re-taken in the next month.