



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

A SPLASH OF FUN

Aquatics
PALOMAR FAMILY YMCA

SPRING POOL SCHEDULE

LAP SWIM

MONDAY-THURSDAY

5:30am-8:30pm

FRIDAYS

5:30am-7:30pm

SATURDAYS

7:00am-4:30pm

SUNDAYS

9:00am-4:30pm

RECREATIONAL SWIM

MONDAY-THURSDAY

5:30am-8:30pm

FRIDAYS

5:30am-7:30pm

SATURDAYS

7:00am-9:00am
1:00pm-4:30pm

SUNDAYS

9:00am-4:30pm

FOR MORE INFORMATION, VISIT OUR WEBSITE
YMCASD.org/Palomar

OUR MISSION

The YMCA of San Diego County is dedicated to improving the quality of human life and to helping all people realize their fullest potential as children of God through the development of the spirit, mind and body.