

AQUATICS CENTER AT COPLEY-PRICE FAMILY YMCA WINTER 2020



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OUTDOOR POOL OPEN SWIM						9am - 2pm	
INDOOR POOL OPEN SWIM	12pm-4:45pm 6:45- 8:30 pm	12-4:45pm 6:45- 8:30 pm	12pm-4:45pm 6:45- 8:30 pm	12pm-4:45pm 6:45- 8:30 pm	12-8:30pm	2-5:30pm	8am - 4:30pm
OUTDOOR POOL LAP SWIM (See Notes Below)	5am - 8:30pm	5am - 8:30pm	5am - 8:30pm	5am - 8:30pm	5am - 8:30pm	7am- 5:30pm	8am - 4:30pm
INDOOR POOL LAP SWIM (See Notes Below)	5am - 8:30pm	5am - 8:30pm	5am - 8:30pm	5am - 8:30pm	5am - 8:30pm	7am - 5:30pm	8am - 4:30pm
SPLASH PAD	9am - 8pm	9am - 8pm	9am - 8pm	9am - 8pm	9am - 8pm	9am - 5:30pm.	9am - 4:30pm

POOL HOURS

Mon. - Thurs. 5 am - 8:30 pm
Friday 5 am - 8:30 pm
Saturday 7 am - 5:30 pm
Sunday 8 am - 4:30 pm

SPA HOURS

Mon. - Thurs. 5 am - 8:30 pm
Friday 5 am - 8:30 pm
Saturday 7 am - 12 pm
Sunday 8 am - 4:30 pm

OUTDOOR POOL LIMITED LAP LANES:

MONDAY - FRIDAY

6 lanes available open - 10 am
4 lanes available 10 am - 12 pm
3 lanes available 12 - 4:30 pm
2 lanes available 4:30 - 7:30 pm
6 lanes available 7:30 pm - close

SATURDAY

4 lanes available 9 am - 2 pm
6 lanes available 2 pm - close

SUNDAY

6 lanes available all day

INDOOR POOL LIMITED LAP LANES:

MONDAY - FRIDAY

2 lanes available 5 - 9 am
1 lane available 9 am - 12 pm
2 lanes available 12 - 4 pm
1 lane available 4 - 7 pm
2 lane available 7 pm - close

SATURDAY & SUNDAY

1 lane available all day

YMCA OF SAN DIEGO COUNTY 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 12 years old must meet one of the following:
 - Successfully pass a swim test (25 yards continuous swim and tread water for one minute) OR
 - Stand comfortably chest deep water in the entire swim zone OR
 - Wearing a properly fitted United States Coast Guard (USCG) approved Personal Flotation Device (PFD or lifejacket) OR
 - Be within arms reach of adult (only one non-swimmer per adult)
- Recreational diving permitted in 9 feet of water or more
- Please walk on pool deck
- Prolonged underwater breath holding is dangerous and not permitted
- USCG approved lifejacket may be used
- 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
- Please shower before entering the pool
- Eating is permitted in designated areas only
- Appropriate swimming attire must be worn at all times (cut-offs, jeans, etc. are not permitted). No cotton allowed.