

SOUTH BAY FAMILY YMCA AQUATIC CENTER

POOL SCHEDULE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5AM	Masters Swim 5:30-6:30am (2 lap lanes available)		Masters Swim 5:30-6:30am (2 lap lanes available)		Masters Swim 5:30-6:30am (2 lap lanes available)		
6AM							
7AM	Water Exercise Class: Aquafit (Shallow) 7:30-8:15am (4 lap lanes available during class)		Water Exercise Class: Aquafit (Shallow) 7:30-8:15am (4 lap lanes available during class)		Water Exercise Class: Aquafit (Shallow) 7:30-8:15am (4 lap lanes available during class)		
8AM		Aquafit (Deep Water) 8:30-9:15am (2 lap lanes available during class)				Aquafit (Deep Water) 8:30-9:15am (2 lap lanes available during class)	
9AM							
10AM		Aquafit (Deep Water) 10:30-11:15am (2 lap lanes available during class)	Aquafit (Deep Water) 10:30-11:15am (2 lap lanes available during class)	Aquafit (Deep Water) 10:30-11:15am (2 lap lanes available during class)	Aquafit (Deep Water) 10:30-11:15am (2 lap lanes available during class)	Swim Lessons 8:15-1:00pm (3 lap lanes available)	Swim Lessons 8:15-1:00pm (3 lap lanes available)
11AM							
12PM							
1PM							
2PM	Swim Lessons 2:45-7:30pm	Swim Lessons 2:45-7:30pm	Swim Lessons 2:45-7:30pm	Swim Lessons 2:45-7:30pm	Swim Lessons 2:45-7:30pm		
3PM							
4PM	SwimTeam 4:00-7:00pm (1 lap lane available)	SwimTeam 4:00-7:00pm (1 lap lane available)	SwimTeam 4:00-7:00pm (1 lap lane available)	SwimTeam 4:00-7:00pm (1 lap lane available)	Swim Lessons 2:45-7:30pm (2 lap lanes available)		
5PM							
6PM							
7PM							
8PM							

SPA Draining/Maintenance: 6:00AM-3:00PM | Every Friday

Schedule subject to change, any number of lanes may be used for swim lessons, swim team, or training at any given time.

Hours of Operation

Monday - Friday	5AM - 7:50PM
Saturday	8AM - 2:50PM
Sunday	9AM - 12:50PM

Swim Time

Lap Swim	All Day
Free Swim	All Day
Swim Lessons	2:45-7:30PM

RULES:

Anyone under 18 MUST take swim test to swim in the deep end.

Children 13 and under either must pass a swim test or pass a height check to be in the pool without an adult.

An adult can have up to two non-swimmers in the water with them. 1 of the non-swimmers will be required to wear a coast guard approved life jacket.

Children 6 and under MUST be actively supervised by an adult.

Children 7-12 that have passed the swim or height test do not need to have a guardian on deck but must be in the facility at all times.

SIGN UP FOR TEXT ALERTS

Text: 619-558-5388
SBPOOL for Aquatics Up-dates

SBGROUPEX for Aquafit class information



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