



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATICS SCHEDULE

SUMMER

PENINSULA FAMILY YMCA
Schedule Subject to Change

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	5:30-7:30 5-6 Lap (6:30-7:30) 1 Water Walking	5:30-7:30 6 Lap	5:30-7:30 6 Lap	5:30-7:30 6 Lap	5:30-7:30 5-6 Lap (6:30-7:30) 1 Water Walking	7:00-8:30 6 Lap	*Family Swim All Day
	7:30-8:30 3 Lap 3 AquaFit	7:30-8:30 4 Lap 2 AquaFit	7:30-8:30 3 Lap 3 AquaFit	7:30-8:30 4 Lap 2 AquaFit	7:30-8:30 3 Lap 3 AquaFit		
	8:30-9:30 5-6 Lap (9am-11pm) 1-2 Lessons	8:30-9:30 5-6 Lap (9am-11pm) 1-2 Lessons	8:30-9:30 5-6 Lap (9am-11pm) 1-2 Lessons	8:30-9:30 5-6 Lap (9am-11pm) 1-2 Lessons	8:30-10:00 3-4 Lap 2-3 Lessons	8:30-1:30 3-4 Lap 1-3 Lessons	
	9:30-11:00 2 Lap 4 55+ swim Lessons in Shallow Water	9:30-11:00 2 Lap 4 55+ swim Lessons in Shallow Water	9:30-11:00 2 Lap 4 55+ swim Lessons in Shallow Water	9:30-11:00 2 Lap 4 55+ swim Lessons in Shallow Water	10:00-11:00 6 Lap Lessons in Shallow Water		10:00-1:00 6 Lap Family Swim
	11:00-12:00 3 Lap 3 AquaFit	11:00-12:00 4 Lap 2 AquaFit	11:00-12:00 3 Lap 3 AquaFit	11:00-12:00 4 Lap 2 AquaFit	11:00-12:00 3 Lap 3 AquaFit		
	12:00-1:30 4-5 Lap 1-2 Lessons	12:00-1:30 4-5 Lap 1-2 Lessons	12:00-2:00 4-5 Lap (1pm-2:00pm) 1-2 Sharp Hospital	12:00-1:30 4-5 Lap 1-2 Lessons	12:00-1:30 4-5 Lap 1-2 Lesson		1:00-3:00 3-4 Lap 2-3 Swim Team Family Swim
	1:30-3:00 4 Lap 2 SWIM CAMP	1:30-3:00 4 Lap 2 SWIM CAMP	2:00-3:00 4 Lap 2 SWIM CAMP	1:30-3:00 4 Lap 2 SWIM CAMP	1:30-3:00 4 Lap 2 SWIM CAMP	1:30-5:00 6 Lap Family Swim	
	3:00-3:30 5 Lap Family Swim-Shallow Water	3:00-4:00 4-5 Lap 1-2 Lessons Family Swim-Shallow Water	3:00-3:30 5 Lap Family Swim-Shallow Water	3:00-4:00 4-5 Lap 1-2 Lessons Family Swim-Shallow Water	3:00-4:00 4-5 Lap 1-2 Lessons Family Swim-Shallow Water		3:00-5:30 5-6 Lap Family Swim
	3:30-4:00 5-6 Lap Lessons in shallow water	4:00-6:00 6 Swim Team Lessons in shallow water	3:30-4:00 5-6 Lap Lessons in shallow water	4:00-6:00 6 Swim Team Lessons in shallow water	4:00-6:00 6 Swim Team Lessons in shallow water		
	4:00-6:00 6 Swim Team Lessons in shallow water	6:00-7:30 3-4 Lap 2 Lessons Family Swim-Shallow Water	4:00-6:00 6 Swim Team Lessons in shallow water	6:00-7:30 3-4 Lap 2 Lessons Family Swim-Shallow Water	6:00-7:30 4 Lap 2 Swim Team Family Swim-Shallow Water	5:00-5:30 4 Lap 2 Swim Team Family Swim-Shallow Water	
6:00-7:30 3-4 Lap 2 Lessons Family Swim-Shallow Water	7:30-8:30 5-6 Lap 1 Lessons Family Swim-Shallow Water	6:00-7:30 2 Lap 2 Lessons (6:30 - 8:00) 2 Water Polo Family Swim-Shallow Water	7:30-8:30 5-6 Lap 1 Lessons Family Swim-Shallow Water	7:30-8:30 5-6 Lap 1 Lessons Family Swim-Shallow Water			
7:30-8:30 5-6 Lap 1 Lessons Family Swim-Shallow Water		7:30-8:30 5-6 Lap 1 Lessons Family Swim-Shallow Water					
PM							

FAMILY OPEN SWIM TIMES

MONDAY/WEDNESDAY

3:00PM- 3:30PM

6:00PM-8:30PM

TUES/THURS/FRIDAY

3:00PM- 4:00PM

6:00PM-8:30PM

SATURDAY

1:30PM-5:30PM

SUNDAY

10:00AM-5:30PM

Please Note:

The pool closes 30 minutes prior to the branch closing everyday!



POOL RULES

- YMCA lifeguard has final authority
 - Rescue drills performed weekly. Long whistle: EXIT THE POOL
 - Children age 6 and under must be actively supervised by an adult 18 years or older
 - All patrons under age 18 must meet one of the following:
 - Successfully pass a swim test (25 yards continuous swim and tread water for one minute) OR
 - Stand comfortably in chest deep water in the entire swim zone OR
 - Wear a properly fitted United States Coast Guard (USCG) approved Personal Flotation Device (PFD) or life jacket OR
 - Be within arm's reach of an adult (only one nonswimmer per adult).
 - Recreational diving permitted in 9 or more feet of water.
 - Please walk on pool deck.
 - Prolonged underwater breath holding is dangerous and prohibited.
 - USCG-approved life jacket and water noodles may be used.
 - All pool equipment must be used appropriately.
 - Swimming without a certified lifeguard on duty is prohibited.
 - Swim diapers are required for children 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).
 - Children 3 years of age and under must wear a swim diaper.
 - Children ages 8 & younger must be accompanied by an adult in the pool.
 - Children ages 9-12 must have an adult present on the pool deck.
 - No children under the age of 13 allowed in the outdoor pool.
 - You must wear a swim suit at all times; no cutoffs, etc.
 - Aquatic equipment (noodles, kick boards, water weights, pull buoys, etc.) are for swim lessons, swim team, and aquatic fitness classes only.
 - You may bring your own aquatic equipment (noodles, kickboards, water weights, pull buoys, toys, etc.) for your personal use. Please use equipment as intended or the lifeguard on duty may revoke this privilege.
 - Only U.S. Coast Guard approved Personal Flotation Devices are permitted in the pool
- Paying Family/Open swim participants are not permitted use of the lap swim lanes.
No hypoxic training.