

AQUATICS CENTER AT COPLEY-PRICE FAMILY YMCA WINTER 2019



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|-------------------------|------------------------|------------------------|------------------------|------------------------|---------------|--------------|
| OUTDOOR POOL OPEN SWIM | 10am - 12pm | 10am - 12pm | 10am - 12pm | 10am - 12pm | 10am - 12pm | 9am - 2pm | |
| INDOOR POOL OPEN SWIM | 12pm-8:30pm | 12-8:30pm | 12-8:30pm | 12-8:30pm | 12-8:30pm | 1-5:30pm | 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 - 4pm 7- 8:30 pm | 5am - 4pm 7- 8:30pm | 5am - 4pm 7- 8:30pm | 5am - 4pm 7- 8:30pm | 5am - 4pm 7- 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. - Fri. 5 am - 8:30 pm
Saturday 7 am - 5:30 pm
Sunday 8 am - 4:30 pm

SPA HOURS

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

OUTDOOR POOL LIMITED LAP LANES:

| | |
|-----------------------------------|--------------------------------|
| MONDAY - FRIDAY | SATURDAY |
| 6 lanes available open - 10 am | 4 lanes available 9 am - 2 pm |
| 4 lanes available 10 am - 12 pm | 6 lanes available 2 pm - close |
| 3 lanes available 12 - 4:30 pm | |
| 2 lanes available 4:30 - 8:00 pm | SUNDAY |
| 6 lanes available 8:00 pm - close | 6 lanes available all day |

INDOOR POOL LIMITED LAP LANES:

| | |
|-------------------------------|------------------------------|
| MONDAY - FRIDAY | SATURDAY & SUNDAY |
| 2 lanes available 5 - 9 am | 1 lane available all day |
| 1 lane available 9 am - 12 pm | |
| 2 lanes available 12 - 4 pm | |
| No lap swim 4 - 7 pm | |
| 2 lane available 7 pm - close | |

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.