



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RANCHO FAMILY YMCA

OCTOBER: AQUATICS CENTER SCHEDULE

POOL: 85° – 87° SPA: 100° – 102°

	MON	TUES	WED	THURS	FRI	SAT	SUN
LAP SWIM	5:30a-9:45p	5:30a-9:45p	5:30a-9:45p	5:30a-9:45p	5:30a-8:45p	7:00a-6:45p	9:00a-4:45p
PLEASE REFER TO BACK PAGE FOR LAP LANE AVAILABILITY							
YOUTH SWIM TEAM	5:00-8:30p	5:00-8:30p	5:00-8:30p	5:00-8:30p	5:00-8:30p	NONE	NONE
REGISTRATION REQUIRED							
GROUP SWIM LESSONS	3:30-7:30p	3:30-8:30p	3:30-7:30p	3:30-8:30p	3:30-7:30p	9:00a-2:30p	10:00a-1:00p
REGISTRATION REQUIRED							
MASTERS SWIM TEAM	NONE	5:35-6:35a	5:35-6:35a	5:35-6:35a	NONE	NONE	NONE
WATER EXERCISE	8:30-10:45a 6:35-7:30p	7:00-9:30a 6:35-7:30p	8:30-10:45a 6:35-7:30p	7:00-9:30a	7:30-10:45a	8:00-9:00a	NONE
FAMILY SWIM	11:00-3:30p 7:30p-9:30p	11:00-3:30p 8:30p-9:30p	11:00-3:30p 7:30p-9:30p	11:00-3:30p 8:30p-9:30p	11:00-8:30p	12:30-6:30p	9:30-4:30p
ACTIVITY POOL	NONE	NONE	NONE	NONE	3:30-6:30p	1:00-6:00p	11:00-4:00p

Questions? Contact Scott Johnson, Aquatics Director – scjohnson@ymca.org

ANNOUNCEMENTS:

- Pool closed at 4:00p on October 26th for our annual "Halloween at the Y" event which runs 5:00-8:00p – Register at Front Desk and come join the fun for FREE!

OPEN SWIM ENTRANCE FEES (NON-MEMBER):

- Adults: \$10.00 • Youth (17 & Under): \$5.00

FOR THE SAFETY OF OUR MEMBERS AND PARTICIPANTS:

- If you hear One Long Whistle you must clear the pool immediately.
- Obey the Lifeguard(s) on duty – no exceptions.
- Children 6 and under must be actively supervised by an adult, 18 years or older.
- Appropriate swim attire must be worn at all times (no cotton, jeans, or cutoffs).
- Lap swim and water exercise classes are available for ages 12 years and older.
- Please be sure that children use the restroom or are wearing a swim diaper before entering the pool. In addition, please do not allow your child to swim if he/she is sick, has an upset stomach or has recently eaten. Health regulations mandate that we close the pool for up to 15 hours should an accident occur.
- To ensure the safety of all aquatic participants, YMCA policy states that all youth (under the age of 18) meet one of the following requirements to enter the pool:
 - Pass the swim test. The test consists of 25 yards face down crawl stroke and one minute treading water.
 - Remain within an arm's length of an adult in the water or be able to stand with the surface of the water at least at their armpits.
 - Wear a properly fitted PFD. PFD's are strongly recommended to all swimmers under the age of 7.
 - Actively participating in a swim lesson.



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OCTOBER POOL LAP LANE AVAILABILITY

	MON	TUES	WED	THUR	FRI	SAT	SUN				
5:30 AM	5-6	1-2	5-6	1-2	3-4	3-4					
6:00 AM								1-2			
6:30 AM											
7:00 AM				2-3	2-3						
7:30 AM											
8:00 AM	4-5	3-4	4-5	3-4	2-3	3-4	3-4				
8:30 AM											
9:00 AM											
9:30 AM											
10:00 AM											
10:30 AM											
11:00 AM											
11:30 AM											
12:00 PM											
12:30 PM											
1:00 PM	3-4	3-4	3-4	3-4	3-4	3-4	3-4				
1:30 PM											
2:00 PM											
2:30 PM											
3:00 PM											
3:30 PM											
4:00 PM											
4:30 PM											
5:00 PM	1-2	1-2	1-2	1-2	1-2	1-2	Close at 4:45				
5:30 PM											
6:00 PM								2-3	1-2	2-3	
6:30 PM											
7:00 PM		4-5		4-5		Close at 6:45					
7:30 PM	3-4	3-4	3-4	3-4	3-4	3-4					
8:00 PM											
8:30 PM	5-6	5-6	5-6	5-6	Close at 8:45	3-4					
9:00 PM											
9:30 PM											
10:00 PM	Close at 9:45	Close at 9:45	Close at 9:45	Close at 9:45							

Number indicates the number of lap lanes that are available on designated day and time. Effective OCT 1, 2018