



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# RANCHO FAMILY YMCA

## JANUARY: AQUATICS CENTER SCHEDULE

POOL: 85° – 87° SPA: 100° – 102°

	MON	TUES	WED	THURS	FRI	SAT	SUN
<b>LAP SWIM</b>	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
<b>***PLEASE REFER TO BACK PAGE FOR LAP LANE AVAILABILITY***</b>							
<b>YOUTH SWIM TEAM</b>	5:00-8:30p	5:00-8:30p	5:00-8:30p	5:00-8:30p	5:00-8:30p	NONE	NONE
<b>REGISTRATION REQUIRED</b>							
<b>GROUP SWIM LESSONS</b>	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
<b>REGISTRATION REQUIRED</b>							
<b>MASTERS SWIM TEAM</b>	NONE	5:35-6:35a	5:35-6:35a	5:35-6:35a	NONE	NONE	NONE
<b>WATER EXERCISE</b>	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
<b>FAMILY SWIM</b>	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
<b>ACTIVITY POOL</b>	<b>CLOSED FOR THE SEASON</b>						

Questions? Contact Scott Johnson, Aquatics Director – [scjohnson@ymca.org](mailto:scjohnson@ymca.org)

### ANNOUNCEMENTS:

- January 1<sup>st</sup> New Year's Day – 7:00am-4:00pm

### OPEN SWIM ENTRANCE FEES (NON-MEMBER):

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

### FOR THE SAFETY OF OUR MEMBERS AND PARTICIPANTS:

1. If you hear One Long Whistle you must clear the pool immediately.
2. Obey the Lifeguard(s) on duty – no exceptions.
3. Children 6 and under must be actively supervised by an adult, 18 years or older.
4. Appropriate swim attire must be worn at all times (no cotton, jeans, or cutoffs).
5. Lap swim and water exercise classes are available for ages 12 years and older.
6. 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.
7. 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.



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## JANUARY 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							
6:30 AM		2-3					
7:00 AM				2-3			
7:30 AM		2-3					
8:00 AM	4-5		3-4	4-5	3-4	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							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM	2-4	3-4	2-4	3-4	3-4	3-4	
4:00 PM							
4:30 PM							
5:00 PM	1-2	1-2	1-2	1-2	3-4	Close at 4:45	
5:30 PM		2-3					
6:00 PM		2-3					
6:30 PM		4-5					
7:00 PM	3-4	3-4	3-4	3-4	3-4	Close at 6:45	
7:30 PM							
8:00 PM							
8:30 PM	5-6	5-6	5-6	5-6	3-4	Close at 8:45	
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 DEC 1, 2018