

# AQUATICS CENTER AT COPLEY-PRICE FAMILY YMCA SUMMER 2018



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>OUTDOOR POOL OPEN SWIM</b>	10a.m. - 12p.m.	10a.m. - 12p.m.	10a.m. - 12p.m.	10a.m. - 12p.m.	10a.m. - 12p.m.	9a.m. - 2p.m.	
<b>INDOOR POOL OPEN SWIM</b>	12p.m.-9:30p.m.	12p.m.-9:30p.m.	12p.m.-9:30p.m.	12p.m.-9:30p.m.	12p.m.-8:30p.m.	1p.m.-5:30p.m.	8a.m. - 4:30p.m.
<b>OUTDOOR POOL LAP SWIM</b> (See Notes Below)	5a.m. - 9:30p.m.	5a.m. - 9:30p.m.	5a.m. - 9:30p.m.	5a.m. - 9:30p.m.	5a.m. - 8:30p.m.	7a.m. - 5:30p.m.	8a.m. - 4:30p.m.
<b>INDOOR POOL LAP SWIM</b> (See Notes Below)	5a.m. - 4p.m. 7p.m. - 9:30 p.m.	5a.m. - 4p.m. 7p.m. - 9:30p.m.	5a.m. - 4p.m. 7p.m. - 9:30p.m.	5a.m. - 4p.m. 7p.m. - 9:30p.m.	5a.m. - 4p.m. 7p.m. - 9:30p.m.	7a.m. - 5:30p.m.	8a.m. - 4:30p.m.
<b>SPLASH PAD</b>	9a.m. - 8p.m.	9a.m. - 8p.m.	9a.m. - 8p.m.	9a.m. - 8p.m.	9a.m. - 8p.m.	9a.m. - 5:30p.m.	9a.m. - 4:30p.m.

## POOL HOURS

**Mon. - Thu.** 5 a.m. - 9:30 p.m.  
**Friday** 5 a.m. - 8:30 p.m.  
**Saturday** 7 a.m. - 5:30 p.m.  
**Sunday** 8 a.m. - 4:30 p.m.

## SPA HOURS

**Mon. - Thu.** 5 a.m. - 9:30 p.m.  
**Friday** 5 a.m. - 8:30 p.m.  
**Saturday** 7 a.m. - 12 p.m.  
**Sunday** 8 a.m. - 4:30 p.m.

### OUTDOOR POOL LIMITED LAP LANES:

#### MONDAY - FRIDAY

6 lanes available open - 10 a.m.  
4 lanes available 10 a.m. - 12 p.m.  
3 lanes available 12 p.m. - 4:30 p.m.  
2 lanes available 4:30 p.m. - 8:00 p.m.  
6 lanes available 8:00 p.m. - close

#### SATURDAY

4 lanes available 9 a.m. - 2 p.m.  
6 lanes available 2 p.m. - close

#### SUNDAY

6 lanes available all day

### INDOOR POOL LIMITED LAP LANES:

#### MONDAY - FRIDAY

2 lanes available 5 a.m. - 9 a.m.  
1 lane available 9 a.m. - 12 p.m.  
2 lanes available 12 p.m. - 4 p.m.  
No lap swim 4 p.m. - 7 p.m.  
2 lane available 7 p.m. - close

#### SATURDAY & SUNDAY

1 lane available all day

### 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.