



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATICS CENTER AT COPLEY-PRICE FAMILY YMCA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OUTDOOR POOL OPEN SWIM						9 a.m. - 2 p.m.	
INDOOR POOL OPEN SWIM	12 p.m. - 9:30 p.m.	12 p.m. - 9:30 p.m.	12 p.m. - 9:30 p.m.	12 p.m. - 9:30 p.m.	12 p.m. - 8:30 p.m.	1 p.m. - 5:30 p.m.	8 a.m. - 4:30 p.m.
OUTDOOR POOL LAP SWIM (See Notes Below)	5 a.m. - 9:30 p.m.	5 a.m. - 9:30 p.m.	5 a.m. - 9:30 p.m.	5 a.m. - 9:30 p.m.	5 a.m. - 8:30 p.m.	7 a.m. - 5:30 p.m.	8 a.m. - 4:30 p.m.
INDOOR POOL LAP SWIM (See Notes Below)	5 a.m. - 4 p.m. 7 p.m. - 9:30 p.m.	5 a.m. - 4 p.m. 7 p.m. - 9:30 p.m.	5 a.m. - 4 p.m. 7 p.m. - 9:30 p.m.	5 a.m. - 4 p.m. 7 p.m. - 9:30 p.m.	5 a.m. - 4 p.m. 7 p.m. - 8:30 p.m.	7 a.m. - 5:30 p.m.	8 a.m. - 4:30 p.m.
SPLASH PAD	9 a.m. - 8 p.m.	9 a.m. - 8 p.m.	9 a.m. - 8 p.m.	9 a.m. - 8 p.m.	9 a.m. - 8 p.m.	9 a.m. - 5:30 p.m.	9 a.m. - 4:30 p.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 - 9 a.m.
3 lanes available 9 a.m. - 4 p.m.
2 lanes available 4 p.m. - 6:30 p.m.
4 lanes available 6:30 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. - 4:00 p.m.
No lap swim 4 p.m. - 7:30 p.m.
2 lane available 7:30 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)

ymca.org/copleyprice