



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# AQUATICS PROGRAM

JOE AND MARY MOTTINO FAMILY YMCA

## NOVEMBER 2018–MARCH 2019 FAMILY SWIM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00am–9:00pm (Shallow Area)	5:00am–9:00pm (Shallow Area)	5:00am–9:00pm (Shallow Area)	5:00am–9:00pm (Shallow Area)	5:00am–12:00pm (Shallow Area)	7:00am–9:00am (Shallow Area)
9:00am–11:00am (Lanes 1 & 2)	9:00am–11:00am (Lanes 1 & 2)	9:00am–11:00am (Lanes 1 & 2)	9:00am–11:00am (Lanes 1 & 2)	12:00pm–3:30pm (Shallow Area & 6)	9:00am–1:00pm (Lanes 1 & 2)
11:00am–12:00pm (Shallow Area)	11:00am–12:00pm (Shallow Area)	11:00am–12:00pm (Shallow Area)	11:00am–12:00pm (Shallow Area)	3:30pm–4:30pm (Shallow Area)	12:00pm–4:30pm (Shallow Area & 5,6)
12:00pm–3:30pm (Shallow Area & 6)	12:00pm–3:30pm (Shallow Area & 6)	12:00pm–3:30pm (Shallow Area & 6)	12:00pm–3:30pm (Shallow Area & 6)	4:30pm–8:15pm (Shallow Area)	
3:30pm–4:30pm (Shallow Area)	3:30pm–4:30pm (Shallow Area)	3:30pm–4:30pm (Shallow Area)	3:30pm–4:30pm (Shallow Area)		
4:30pm–8:15pm (Shallow Area)	4:30pm–8:15pm (Shallow Area)	4:30pm–8:15pm (Shallow Area)	4:30pm–8:15pm (Shallow Area)		
					<b>SUNDAY</b>
					11:00am–3:00pm (Shallow Area open 9:00am–3:30pm)

**PLEASE SHOWER OFF BEFORE GETTING INTO THE POOL.**

### RULES

1. YMCA Lifeguard has final authority.
2. It's the rule, one long whistle – exit the pool immediately.
3. For your safety, children 6 and under must be actively supervised by an adult, 18 years or older.
4. All patrons under 18 years old must meet ONE of the following:
  - Successfully pass a swim test (25 yards continuous swim and tread water for one minute)
  - Stand comfortably in chest deep water in the entire swim zone
  - Wear a properly fitted United States Coast Guard (USCG) approved Personal Flotation Device (PFD or lifejacket).
  - Be within arm's reach of an adult (only one non-swimmer per adult).
5. Please walk on the pool deck.
6. Prolonged underwater breath holding is dangerous and prohibited.
7. USCG approved lifejacket may be used.
8. All pool equipment must be used appropriately.
9. Swimming without a certified lifeguard on duty is prohibited.
10. Swim diapers are required for swimmers who are not potty-trained.
11. Schedule is subject to change.
12. Showering before entering the pool is required.
13. To avoid accidents, when entering an occupied lane, please acknowledge to the current swimmer that you are there.
14. Pool Temperature will remain at 82°F throughout the year. Our guidelines from YMCA of the USA and YMCA of San Diego Country are as follows: Pool water temperature is no less than 78°F for lap and recreation swims and no less than 80°F for instructional programs.

### Swim Test

To ensure safety please have your child take our swim test. Once they have successfully passed the swim test their name will be placed on our PASSED SWIM TEST ROSTER. On their next swim, just find a lifeguard who will check their name and give them a green wrist band!

### WHAT IS THE SWIM TEST?

In order to receive a green wristband and swim without a parent in the pool your child must complete:

- 25 yard swim. (swim from one end of the pool to the other) We are looking for a strong confident swimmer.
- Tread water for 1 minute.
- If your child is 48 inches or taller they may swim alone in the shallow area. If they are 48 inches that means they can stand chest deep in that swim area. They may not enter the other swim zone without successful completion of the swim test.

**FAMILY SWIM HOURS | M-F: 5:00 AM–8:15 PM, SATURDAY: 7:00 AM–4:30 PM, SUNDAY: 9:00 AM–3:30 PM.**

**Questions? Call the Aquatics Director, at 760.758.0808 ext. 14007.**



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JOE AND MARY MOTTINO FAMILY YMCA

## NOVEMBER 2018-MARCH 2019 LAP SWIM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00am-7:00am (6 lanes)	5:00am-8:00am (6 lanes)	5:00am-7:00am (6 lanes)	5:00am-8:00am (6 lanes)	5:00am-7:00am (6 lanes)	7:00am-8:00am (2 lanes)
7:00am-8:00am (3 lanes)	8:00am-9:00am (3 lanes)	7:00am-8:00am (3 lanes)	8:00am-9:00am (3 lanes)	7:00am-8:00am (3 lanes)	Masters (4 lanes)
8:00am-9:00am (6 lanes)	9:00am-11:00am (3 lanes)	8:00am-9:00am (6 lanes)	9:00am-11:00am (3 lanes)	8:00am-11:00am (5 lanes)	8:00am-9:00am (5 lanes)
9:00am-11:00am (3 lanes)	11:00am-12:00pm (3 lanes)	9:00am-11:00am (3 lanes)	11:00am-12:00pm (3 lanes)	11:00am-12:00pm (3 lanes)	9:30am-1:00pm (3 lanes)
11:00am-12:00pm (3 lanes)	12:00pm-3:30pm (5 lanes)	11:00am-12:00pm (3 lanes)	12:00pm-3:30pm (5 lanes)	12:00pm-4:30pm (5 lanes)	1:00pm-4:30pm (5 lanes)
12:00pm-3:30pm (5 lanes)	3:30pm-6:30pm (2 lanes)	12:00pm-3:30pm (5 lanes)	3:30pm-6:30pm (2 lanes)	4:30pm-7:00pm (2 lanes)	
3:30pm-6:30pm (2 lanes)	6:30pm-8:15pm (5 lanes)	3:30pm-7:30pm (2 lanes)	6:30pm-8:15pm (5 lanes)	7:00pm-8:15pm (5 lanes)	
6:30pm-8:15pm (5 lanes)		7:30pm-8:15pm (5 lanes)			<b>SUNDAY</b>
					9:00am-3:30pm *(4 lanes)

PLEASE SHOWER OFF BEFORE GETTING INTO THE POOL.

### Lanes Available

Please note that the lanes available are based on the programming that will be occurring at that time.

### Masters Swim

Member benefit and a great work out to start your day! This is a coached swim class and a good fit if you are training for a triathlon or just want to get back into swimming!

### Pool Temperature

Please note that the pool temperature will remain 82°F throughout the year. Our guidelines from YMCA of the USA and the YMCA of San Diego County are as follows: Pool water temperature is no less than 78°F for lap and recreation swims and no less than 80°F for instructional programs. Pool temperature for Parent-Child classes is maintained at 82°F.

Please take the outdoor temperature into consideration when using our outdoor aquatic facility as wind chill and low sunlight can contribute to the fluctuation of your body temperature.

\*Multiple activities are often scheduled in this pool at the same time.

### Lap Swimming Tips

To avoid accidents, when entering an occupied lane please get the swimmer's acknowledgement that you are there.

Please get kickboards, pull buoys, etc. before entering the pool.

### Directions

If there are 1 or 2 swimmers in a lane, they may elect to split the lane in half. The entrance of a third person immediately changes the lane to "circle" swimming format.

If you have a question about the pool or the programming at the pool please see a Lifeguard first or the Aquatic Director. You may also contact us at [memartinez@ymca.org](mailto:memartinez@ymca.org).