



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# RANCHO FAMILY YMCA AQUATICS SCHEDULE

Updated—August 2017

## MAIN POOL

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>5:30-8:30 AM</b> 4-6 Lap Lanes	<b>5:35-6:35AM</b> 2 Lap Lanes 4 Coached Masters	<b>5:35-6:35AM</b> 2 Lap Lanes 4 Coached Masters	<b>5:35-6:35AM</b> 2 Lap Lanes 4 Coached Masters	<b>5:30-7:30 AM</b> 4 Lap Lanes	<b>7:00-9:00 AM</b> 4 Lap Lanes	<b>9:00-10:00 AM</b> 4 Lap Lanes
	<b>6:35-8:00 AM</b> 3 Lap Lanes	<b>6:35-8:30 AM</b> 3 Lap Lanes	<b>6:35-8:00 AM</b> 3 Lap Lanes	<b>7:30-10:45 AM</b> 3 Lap Lanes		
<b>8:30-3:30 PM</b> 4 Lap Lanes	<b>8:00-11:15 AM</b> 3-4 Lap Lanes	<b>8:30-3:30 PM</b> 4 Lap Lanes	<b>8:00-11:15 AM</b> 3-4 Lap Lanes	<b>10:45-3:30 PM</b> 4 Lap Lanes	<b>9:00-12:15 PM</b> 2 Lap Lanes	<b>10:00-1:15 PM</b> 3 Lap Lanes
	<b>11:15-3:30 PM</b> 4 Lap Lanes		<b>11:15-3:30 PM</b> 4 Lap Lanes		<b>12:15-6:45PM</b> 4 Lap Lanes	<b>1:15-4:45 PM</b> 4 Lap Lanes
<b>3:30-5:00 PM</b> 2 Lap Lanes	<b>3:30-5:00 PM</b> 2 Lap Lanes	<b>3:30-5:00 PM</b> 2 Lap Lanes	<b>3:30-5:00 PM</b> 2-3 Lap Lanes	<b>3:30-5:00 PM</b> 2 Lap Lanes		
<b>5:00-7:00 PM</b> 2 Lap Lanes 1 Swim Team	<b>5:00-7:00 PM</b> 2 Lap Lanes 1 Swim Team	<b>5:00-7:00 PM</b> 2 Lap Lanes 1 Swim Team	<b>5:00-7:00 PM</b> 2 Lap Lanes 1 Swim Team	<b>5:00-6:00 PM</b> 2 Lap Lanes 3 Lap Swim Team		
<b>7:00-7:30PM</b> 4 Lap Lanes	<b>7:00-7:30PM</b> 4 Lap Lanes	<b>7:00-7:30PM</b> 4 Lap Lanes	<b>7:00-7:30PM</b> 4 Lap Lanes	<b>6:00-6:30 PM</b> 2 Lap Lanes 2 Lap Swim Team		
<b>7:30-8:30 PM</b> 2 Lap Lanes 4 Swim Team	<b>7:30-8:30 PM</b> 2 Lap Lanes 4 Swim Team	<b>7:30-8:30 PM</b> 2 Lap Lanes 4 Swim Team	<b>7:30-8:30 PM</b> 2 Lap Lanes 4 Lap Swim Team	<b>6:30-7:00 PM</b> 2 Lap Lanes 2 Lap Swim Team		
<b>8:30-9:00 PM</b> 3 Lap Lanes 2 Swim Team	<b>8:30-9:00 PM</b> 3 Lap Lanes 2 Swim Team	<b>8:30-9:00 PM</b> 2-3 Lap Lanes 2 Swim Team	<b>8:30-9:00 PM</b> 3 Lap Lanes 2 Swim Team	<b>7:00-7:30 PM</b> 4 Lap Lanes		
<b>9:00-9:30PM</b> 6 Lap Lanes	<b>9:00-9:30PM</b> 6 Lap Lanes	<b>9:00-9:30 PM</b> 6 Lap Lanes	<b>9:00-9:30PM</b> 6 Lap Lanes	<b>7:30-8:45 PM</b> 2 Lap Lanes 4 Lap Swim Team		

**Family Activities  
Schedule:**  
Aqua track is closed  
for the season. It will  
re-open in June.  
Please ask about our  
basketball hoop during  
open swim.



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# RANCHO FAMILY YMCA

## OPEN SWIM TIMES | Effective August 28th

MAIN POOL

Activity Pool

DAY	MAIN POOL	ACTIVITY POOL
MONDAY	11:00 - 3:30 PM 8:15 - 9:00 PM	Closed
TUESDAY	9:30 - 3:30 PM 8:15 - 9:00 PM	Closed
WEDNESDAY	11:00 - 3:30 PM 8:15 - 9:00 PM	Closed
THURSDAY	9:30 - 3:30 PM 6:30 - 9:00 PM	4:00 - 7:00 PM
FRIDAY	11:00 - 8:45 PM	4:00 - 7:00 PM
SATURDAY	12:30 - 6:45 PM	11:00 - 5:00 PM
SUNDAY	9:30 - 4:45 PM	10:00 - 4:00 PM

Open Swim may be limited to shallow water when there is not a Lifeguard available to conduct a swim test.

All People Entering the YMCA Must be Members or Pay the Pool Entrance Fee

**POOL RULES:** One long whistle sound means to clear the pool immediately.

- Please obey Lifeguard(s) on duty.
- Please, no videotaping.
- WALK Slowly. For your safety, DO NOT RUN.
- Breath-holding or prolonged underwater swimming activities are prohibited.
- Food and gum are not allowed in the pool area. Beverages allowed in sealed plastic containers. No GLASS.
- Acceptable, clean swimming attire must be worn by all persons using the pool. Street clothing is not permitted.
- All Youth must meet one of the following:
  1. A child must be able to stand comfortably in chest deep water
  2. Pass the swim test
  3. Wear a Coast Guard approved personal flotation devices (PFD)
- Please promote the use of the bathroom before entering the water.
- Please do not swim if you have open cuts, sores, or infections of any kind.
- Please do not swim if you have been sick to the stomach or irregular within the past two weeks.
- Swim diapers are required for children who have not been potty trained.
- Only standing front dives are permitted in water over 6 feet deep.
- Only Coast Guard approved PFDs will be allowed in the pool.
- Any child 6 and under must be accompanied by an adult in the pool and be within an arms length at all times.
- Please use the family changing areas when changing your children. Changing on the pool deck is prohibited.
- Only standing front dives are permitted in water over 6 feet deep.

**SPA RULES:**

- Children must be 12 to use the spa
- Shower off before entering the spa
- Limit Spa exposure to 15 minutes
- Do not use the spa with a pre-existing medical condition without first consult your doctor.
- Do not use spa under the influence of drugs or alcohol

**SLIDE RULES:**

- Must be at least 48" tall and under 300lbs to ride.
- Please wait to ride the slide until the lifeguard has given permission.
- Only one rider at a time.
- Please ride feet first on your back with your arms and hands inside at all times.
- Slide will be open every 30 minutes when there is a slide attendant available.

**OPEN SWIM FEES (PARTICIPANTS):**

- Youth \$5.00 (17 & under)
- Adult \$10.00

**Everyone is Welcome!**