



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RANCHO FAMILY YMCA AQUATICS SCHEDULE

MAIN POOL

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

Family Activities Schedule:

Aqua track is closed for the season. It will re-open in June.

Activity Pool is closed for the season . It will reopen mid April.

Please ask about our basketball hoop during open swim.



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OPEN SWIM TIMES

MAIN POOL

MONDAY	11:00-3:30PM	TUESDAY	9:30-3:30PM	WEDNESDAY	11:00-3:30PM	THURSDAY	9:30-3:30PM	FRIDAY	11:00-3:45PM	SATURDAY	12:30-2:50 PM (3.5 section only)	SUNDAY	9:30 AM- 12:30 PM (3.5 Section Only)
	8:15 PM- 9:00 PM		8:15 PM- 9:00 PM		8:15 PM- 9:00 PM		6:30-9:00 PM (Both Sections)		3:45 PM - 7:30 PM (3.5 Section Only)		2:50-6:45PM (both sections)		12:30 PM - 4:34 PM (Both)

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.

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

Open Swim Entrance Fees (non-members):

Youth \$5.00 (17 & under)

Adult \$10.00