



POOL SCHEDULE

(Fall 2017)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 – 8:00 AM	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	(6am) Lap Swim (6)	
8:00 – 8:30	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Aqua Fit - Elizabeth	
8:30 – 10:00	Water Volleyball / Lap Swim (2)	Aqua Fit - Genevieve (9:30)	Water Volleyball / Lap Swim (2)	Aqua Fit - Genevieve (9:30)	Water Volleyball / Lap Swim (2)	Swim Lessons / Lap Swim (1)	
10:00 – 11:00	Aqua Fit - Elana	Rec Swim / Lap Swim (3)	Aqua Fit - Genevieve	Rec Swim / Lap Swim (3)	Aqua Fit - Elana	Swim Lessons / Lap Swim (1)	Rec Swim / Lap Swim (3)
11:00 – 12:00	Rec Swim / Lap Swim (3)	Rec Swim / Lap Swim (3)	Rec Swim / Lap Swim (3)	Rec Swim / Lap Swim (3)	Rec Swim / Lap Swim (3)	Swim Lessons / Lap Swim (1)	Rec Swim / Lap Swim (3)
12:00 – 1:00	Rec Swim / Lap Swim (3)	Rec Swim / Lap Swim (3)	Rec Swim / Lap Swim (3)	Rec Swim / Lap Swim (3)	Rec Swim / Lap Swim (3)	Rec Swim / Lap Swim (3)	Rec Swim / Lap Swim (3)
1:00 – 3:00	Rec Swim / Lap Swim (3)	Rec Swim / Lap Swim (3)	Rec Swim / Lap Swim (3)	Rec Swim / Lap Swim (3)	Rec Swim / Lap Swim (3)	Rec Swim / Lap Swim (3)	Rec Swim / Lap Swim (3)
3:00 – 3:30	Rec Swim / Lap Swim (3)	Rec Swim / Lap Swim (3)	Rec Swim / Lap Swim (3)	Rec Swim / Lap Swim (3)	Rec Swim / Lap Swim (3)	Rec Swim / Lap Swim (3)	Rec Swim / Lap Swim (3)
3:30 – 4:00	Swim Lessons / Lap Swim (2)	Swim Lessons / Rec Swim/ Lap Swim (2)	Swim Lessons / Lap Swim (2)	Swim Lessons / Rec Swim/ Lap Swim (2)	Rec Swim / Lap Swim (3)	Rec Swim / Lap Swim (3)	Rec Swim / Lap Swim (3)
4:00 – 5:00	Swim Lessons / Lap Swim (2)	Swim Lessons / Rec Swim/ Lap Swim (2)	Swim Lessons / Lap Swim (2)	Swim Lessons / Rec Swim/ Lap Swim (2)	Rec Swim / Lap Swim (3)	Rec Swim / Lap Swim (3) (5:30)	Rec Swim / Lap Swim (3) (5:30)
5:00 – 6:30	Swim Lessons / Swim Team	Swim Lessons / Swim Team	Swim Lessons / Swim Team	Swim Lessons / Swim Team	Rec Swim / Swim Team		
6:30 – 7:30	Aqua Fit - Manuel	Deep Water - Marilynn/ Rec Swim	Aqua Fit - Manuel	Deep Water - Marilynn/ Rec Swim	Rec Swim / Lap Swim (3)		
7:30 – 9:30 PM	Rec Swim / Lap Swim (3)	Rec Swim / Lap Swim (3)	Rec Swim / Lap Swim (3)	Rec Swim / Lap Swim (3)	Rec Swim / Lap Swim (3)		

LAKWOOD FAMILY YMCA
 5835 E. Carson St.
 Lakewood, CA 90713
 (562) 425-7431

- The (#) after Lap Swim are the number of lap lanes available.
- Schedule is subject to change at any time.
- For more information, please contact Karina Weiss at karina.weiss@lbymca.org

POOL POLICIES

- All swimmers must shower off before entering the pool.
- Swimmers who appear to be afflicted with cuts, skin diseases, communicable diseases, cold, fever or infections are prohibited from entering the water.
- No spitting or bodily fluids in the pool.
- Glass and other hazardous objects are prohibited within the pool area or bathroom facilities.
- Children under the age of 14 must take and pass a swim test in order to swim without a parent. Those who cannot pass the swim test must be accompanied by a parent, within arm's reach, at all times.
- All parents with children under the age of 14 are required to be at the facility at all times.
- Diving in the shallow end is not permitted.
- No running.
- No rough play is permitted in the pool area except for supervised water sports.
- Any person suspected of being under the influence of alcohol or drugs is prohibited from entering the pool.
- No street clothing allowed in the pool. All swimmers must wear appropriate swim clothing only.
- Consumption of food, beverages, and tobacco products in the swimming pool and spa is forbidden.
- All animals, with the exception of service animals, are prohibited from entering the pool area.
- The pool will be closed during severe or dangerous weather conditions, in the event of chemical imbalances or bodily accidents.
- No deck changing allowed. Please use the locker room facilities.
- No binding of legs, or mono-fins allowed.
- There is NO rec swim during aqua aerobic classes.
- Ages for Spa and Sauna are 16 and older. No exceptions.
- Please tie all long hair back in hopes to avoid loose hair floating around the pool.

Please help us keep our pool clean! When you shower off before getting in the pool, our pool stays clean and we use less chemicals!

Stay sun safe! Apply sunscreen at least 20 minutes before going outside and/or getting in the water. Reapply every 2 hours!