



# POOL SCHEDULE

(June - August 2017)

Mid day lessons and summer day camp pool hours will begin on June 19th.

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 – 9:00	Lap Swim (6)	(8:30) Aqua Fit - Genevieve	Water Volleyball / Lap Swim (2)	Aqua Boot Camp - Genevieve	Lap Swim (6)	Aqua Fit - Elizabeth	
9:00 – 10:00	Water Volleyball / Lap Swim (2)	(9:30) Rec Swim / Lap Swim (3)	Water Volleyball / Lap Swim (2)	Lessons/Rec Swim / Lap Swim (3)	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	Swim Lessons/Rec Swim / Lap Swim (2)	Swim Lessons/Rec Swim / Lap Swim (2)	Swim Lessons/Rec Swim / Lap Swim (2)	Swim Lessons/Rec Swim / Lap Swim (2)	Rec Swim / Lap Swim (3)	Swim Lessons / Lap Swim (1)	Rec Swim / Lap Swim (3)
12:00 – 1:00	Swim Lessons/Rec Swim / Lap Swim (2)	Swim Lessons/Rec Swim / Lap Swim (2)	Swim Lessons/Rec Swim / 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)
1:00 – 3:00	Day Camp/ Rec Swim / Lap Swim (1)	Day Camp/ Rec Swim / Lap Swim (1)	Day Camp/ Rec Swim / Lap Swim (1)	Day Camp/ Rec Swim / Lap Swim (1)	Day Camp/ Rec Swim / Lap Swim (1)	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	Rec Swim / Lap Swim (3)	
6:30 – 7:30	Aqua Fit - Manuel	Deep Water - Marilyn/ Rec Swim	Aqua Fit - Manuel	Deep Water - Marilyn/ Rec Swim	Rec Swim / Lap Swim (3)	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](mailto: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.
- Ages for Spa and Sauna are 16 and older. No exceptions.
- 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.

**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 this summer! Apply sunscreen at least 20 minutes before going outside and/or getting in the water. Reapply every 2 hours!**