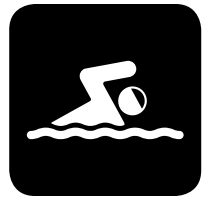




# Pool Schedule



# AQUATICS CENTER AT COPLEY-PRICE FAMILY YMCA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>OUTDOOR POOL OPEN SWIM</b>	12:00p-4:00p	12:00p-4:00p	12:00p-4:00p	12:00p-4:00p	12:00p-4:00p	9:00a-2:00p	
<b>INDOOR POOL OPEN SWIM</b>	12:00p-9:30p	12:00p-9:30p	12:00p-9:30p	12:00p-9:30p	12:00p-8:30p	12:00p-5:30p	8:00a-4:30p
<b>OUTDOOR POOL LAP SWIM</b> (See Notes Below)	5:00a-9:30p	5:00a-9:30p	5:00a-9:30p	5:00a-9:30p	5:00a-8:30p	7:00a-5:30p	8:00a-4:30p
<b>INDOOR POOL LAP SWIM</b> (See Notes Below)	5:00a-4:00p Limited lanes 7:00p-9:30p	5:00a-4:00p Limited lanes 7:00p-9:30p	5:00a-4:00p Limited lanes 7:00p-9:30p	5:00a-4:00p Limited lanes 7:00p-9:30p	5:00a-4:00p Limited lanes 7:00p-9:30p	7:00a-5:30p Limited lanes	8:00a-4:30p Limited lanes
<b>SPLASH PAD</b>	9:00a-8:00p	9:00a-8:00p	9:00a-8:00p	9:00a-8:00p	9:00a-8:00p	9:00a-5:30p	9:00a-4:30p
<b>WATER AEROBICS</b> 12 years & up (See Notes Below)	8:00a DW 9:00a AI ⚙️ 11:00a AF ⚙️ 7:00p Z	8:00a AF 9:00a Z 11:00a HH	8:00a DW 9:00a AI ⚙️ 11:00a AF ⚙️ 7:00p Z	8:00a AF 9:00a Z 11:00a HH	8:00a AF 9:00 AF 11:00a AF	8:00a HH	

### POOL HOURS

**Mon. – Thu.** 5:00 a.m. – 9:30 p.m.  
**Friday** 5:00 a.m. – 8:30 p.m.  
**Saturday** 7:00 a.m. – 5:30 p.m.  
**Sunday** 8:00 a.m. – 4:30 p.m.

### SPA HOURS

**Mon. – Thu.** 5:00 a.m. – 9:30 p.m.  
**Friday** 5:00 a.m. – 8:30 p.m.  
**Saturday** 7:00 a.m. – 12:00 p.m.  
**Sunday** 8:00 a.m. – 4:30 p.m.

#### OUTDOOR POOL LIMITED LAP LANES:

3 lap lanes available from 12:00 p.m. to 4:00 p.m.  
 2 lap lanes available from 4:00 p.m. to 6:30 p.m.  
 3 lap lanes available from 9:00 a.m. – 12:00 p.m. on Mon/Wed

#### INDOOR POOL LIMITED LAP LANES:

**MONDAY – FRIDAY**  
 2 lanes available from 5:00 a.m. – 9:00 a.m.  
 1 lane available from 9:00 a.m. – 12:00 p.m.  
 2 lanes available from 12:00 p.m. – 4:00 p.m.  
 No lap swim from 4:00 p.m. – 7:00 p.m.  
 1 lane available from 7:00 p.m. – close

**SATURDAY & SUNDAY**  
 2 lanes available all day

#### YMCA OF SAN DIEGO COUNTY POOL RULES

- YMCA Lifeguard has final authority
- It's the rule, one long whistle - exit the pool immediately
- For your safety, children 6 and under must be actively supervised by an adult 18 years or older
- All patrons under 12 years old must meet one of the following:
  - Successfully pass a swim test (25 yards continuous swim and tread water for one minute) OR
  - Stand comfortably chest deep water in the entire swim zone OR
  - Wearing a properly fitted United States Coast Guard (USCG) approved Personal Flotation Device (PFD or lifejacket) OR
  - Be within arms reach of adult (only one non-swimmer per adult)
- Recreational diving permitted in 9 feet of water or more
- Please walk on pool deck
- Prolonged underwater breath holding is dangerous and not permitted
- USCG approved lifejacket may be used
- All pool equipment must be used appropriately
- Swimming without a certified lifeguard on duty is prohibited
- Swim diapers are required for swimmers who are not potty-trained
- Please shower before entering the pool
- Eating is permitted in designated areas only
- Appropriate swimming attire must be worn at all times (cut-offs, jeans, etc. are not permitted)

#### WATER AEROBICS CLASS KEY:

AF — Aqua Fit (Traditional Water Exercise)  
 AI — Aqua Interval  
 DW — Deep Water  
 HH — Hydro Healing (Arthritis)  
 Z — Aqua Zumba  
 ⚙️ — Class Held In Outdoor Pool

**All Water Aerobics  
classes are  
55 minutes**