



# POOL SCHEDULE

(Spring 2018)

| Time           | Monday                          | Tuesday                                | Wednesday                       | Thursday                               | Friday                          | Saturday   | Sunday                                   |
|----------------|---------------------------------|--|---------------------------------|--|---------------------------------|--|--|
| 5:30 – 8:30 AM | Lap Swim (6)                    | Lap Swim (6)                           | Lap Swim (6)                    | Lap Swim (6)                           | Lap Swim (6)                    | (opens at 6am) Lap Swim (6)                        |  |
| 8:30 – 9:30    | Water Volleyball / Lap Swim (2) | Aqua Fit - Genevieve                   | Water Volleyball / Lap Swim (2) | Aqua Boot Camp - Genevieve             | Water Volleyball / Lap Swim (2) | (starts at 8am) Aqua Fit - Elizabeth (ends at 9am) |  |
| 9:30 – 10:00   | Water Volleyball / Lap Swim (2) | (9:30) Rec Swim / Lap Swim (3)         | Water Volleyball / Lap Swim (2) | Rec Swim / Lap Swim (3)                | Water Volleyball / Lap Swim (2) | Swim Lessons / Lap Swim (2)                        |  |
| 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 (2)                        | 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 (2)                        | 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 (3)     | Swim Lessons / Rec Swim / Lap Swim (2) | Swim Lessons / Lap Swim (3)     | 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 (3)     | Swim Lessons / Rec Swim / Lap Swim (2) | Swim Lessons / Lap Swim (3)     | Swim Lessons / Rec Swim / Lap Swim (2) | Rec Swim / Lap Swim (3)         | Rec Swim / Lap Swim (3) (closes at 5:30)           | Rec Swim / Lap Swim (3) (closes at 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](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 is only permitted in designated areas.
- 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 or lap swim during aqua aerobic classes unless otherwise noted on the schedule.
- Please tie back all long hair in hopes to avoid loose hair floating about the pool.
- The YMCA of Greater Long Beach adheres to all California State and Local Health Department regulations and YMCA standards for pool safety. The lifeguards have final authority in all matters pertaining to conduct of members and guests in the pool area. Failure to obey the lifeguards may result in the loss of privileges.

**Please help us keep our pool clean! When members 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!**