

# SOUTH BAY FAMILY YMCA AQUATIC CENTER

# POOL SCHEDULE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5AM							
6AM							
7AM	Water Exercise Class: Aquafit (Shallow) 7:30-8:15am (4 lap lanes available during class)		Water Exercise Class: Aquafit (Shallow) 7:30-8:15am (4 lap lanes available during class)				
8AM							
9AM							
10AM		Aquafit (Deep Water) 10:30-11:15am (2 lap lanes available during class)	Aquafit (Deep Water) 10:30-11:15am (2 lap lanes available during class)	Aquafit (Deep Water) 10:30-11:15am (2 lap lanes available during class)	Aquafit (Deep Water) 10:30-11:15am (2 lap lanes available during class)	Swim Lessons 8:15am-12:30pm	Swim Lessons 9:00am-1:00pm
11AM							
12PM							
1PM							
2PM	Swim Lessons 2:45-7:30pm	Swim Lessons 2:45-7:30pm	Swim Lessons 2:45-7:30pm	Swim Lessons 2:45-7:30pm			
3PM							
4PM							
5PM	SwimTeam 4:00-7:00pm (1 Lap lane available)	SwimTeam 4:00-7:00pm (1 Lap lane available)	SwimTeam 4:00-7:00pm (1 Lap lane available)	SwimTeam 4:00-7:00pm (1 Lap lane available)	Swim Lessons 2:45-7:30pm		
6PM							
7PM							
8PM							

**SPA Draining/Maintenance: 6:00AM-3:00PM | Every Friday**

Schedule subject to change, any number of lanes may be used for swim lessons, swim team or training at any given time.

## Hours of Operation

Monday - Friday	5AM - 7:50PM
Saturday	8AM - 2:50PM
Sunday	9AM - 12:50PM

## Swim Time

Lap Swim	All Day
Free Swim	All Day
Swim Lessons	2:45-7:30PM

## RULES:

**Anyone under 18** MUST take swim test to swim in the deep end.

**Children 13 and under** either must pass a swim test or pass a height check to be in the pool without an adult.

**An adult** can have up to two non-swimmers in the water with them. 1 of the non-swimmers will be required to wear a coast guard approved life jacket.

**Children 6 and under** MUST be actively supervised by an adult.

**Children 7-12** that have passed the swim or height test do not need to have a guardian on deck but must be in the facility at all times.

## SIGN UP FOR TEXT ALERTS

Text: 619-558-5388  
SBPOOL for Aquatics Up-dates

SBGROUPEX for Aquafit class information



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