POOL SCHEDULE
McGRATH FAMILY YMCA
OUTDOOR POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	Masters Swim (4) 6AM-7AM Lap Swim (6) 6AM-7AM		Masters Swim (4) 6AM-7AM Lap Swim (6) 6AM-7AM		Masters Swim (4) 6AM-7AM Lap Swim (6) 6AM-7AM		
7:00AM							
8:00AM						Lap Swim (10) 8AM-9AM	
9:00AM		Lap Swim (10) 6AM-12PM		Lap Swim (10) 6AM-12PM		Aqua Zumba (4)* 9AM-10AM *First 4 shallow-lanes. May enter 15 min. prior Lap Swim (6) 9AM-10AM	
10:00AM	Lap Swim (10) 7AM-3PM		Lap Swim (10) 7AM-3PM				
11:00AM					Lap Swim (10) 7AM-4:30PM	Lap Swim (8) 10AM-1PM Family Swim (2) 10AM-1PM	Lap Swim (10) 8AM-3PM
12:00PM		Masters Swim (4) 12PM-1PM Lap Swim (4) 12PM-1PM		Masters Swim (4) 12PM-1PM Lap Swim (4) 12PM-1PM			
1:00PM		Lap Swim (10) 1PM-3PM		Lap Swim (8) 1PM-3PM		Lap Swim (10) 1PM-5PM	
2:00PM							
3:00PM	Family Swim (2) 3PM-7PM Lap Swim (8)	Family Swim (2) 3PM-7PM Lap Swim (8) 3PM-5PM	Family Swim (2) 3PM-7PM Lap Swim (8)	Family Swim (2) 3PM-7PM Lap Swim (8) 3PM-4PM			
4:00PM	Swim Team (4)* 4PM-7PM *May take up to 6 lanes 5:30PM-7PM Lap Swim (4)		Swim Team (4)* 4PM-7PM *May take up to 6 lanes 5:30PM-7PM Lap Swim (4)		Swim Team (4)* 4PM-7PM *May take up to 6 lanes 5:30PM-7PM Lap Swim (6)		
5:00PM		Swim Team (4) 5PM-7PM Lap Swim (4) 5PM-7PM		Swim Team (4) 5PM-7PM Lap Swim (4) 5PM-7PM			
6:00PM							
7:00PM							

COVERED POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	Lap Swim (6) 6AM-11AM	Lap Swim (6) 6AM-10AM	Lap Swim (6) 6AM-10AM	Lap Swim (6) 6AM-10AM	Lap Swim (6) 6AM-11AM		
7:00AM							
8:00AM						Swim Lessons (4) 8AM-1PM Lap Swim (2) 8AM-1PM	Family Swim (3) 8AM-3PM Lap Swim (2) 8AM-3PM
9:00AM							
10:00AM		Aqua Zumba 10:15AM-11AM	Aqua Fit 10:15AM-11AM	Aqua Fit 10:15AM-11AM			
11:00AM	Family Swim (2) 11AM-3PM Lap Swim (4) 11AM-3PM	Family Swim (2) 11AM-3PM Lap Swim (4) 11AM-3PM	Family Swim (2) 11AM-3PM Lap Swim (4) 11AM-3PM	Family Swim (2) 11AM-3PM Lap Swim (4) 11AM-3PM	Family Swim (3) 11AM-7PM Lap Swim (2) 11AM-7PM		
12:00PM							
1:00PM						Family Swim (3) 1PM-5PM Lap Swim (2) 1PM-5PM	
2:00PM							
3:00PM	Swim Lessons (4) 3PM-7PM Lap Swim (2) 3PM-7PM	Swim Lessons (4) 3PM-7PM Lap Swim (2) 3PM-4:30PM	Swim Lessons (4) 3PM-7PM Lap Swim (2) 3PM-7PM	Swim Lessons (4) 3PM-7PM Lap Swim (2) 3PM-4:30PM			
4:00PM		Swim Team (2) 4:30PM-5:30PM		Swim Team (2) 4:30PM-5:30PM			
5:00PM							
6:00PM		Lap Swim (2) 5:30PM-7PM		Lap Swim (2) 5:30PM-7PM			PINK BOXES: NO LAP SWIM
7:00PM							

NOTES:

- **LAP LANES MUST BE SHARED. NUMBER OF LAP LANES AVAILABLE IN PARENTHESIS**
- **FOR POOL CLOSURES/UPDATES, PLEASE SIGN UP FOR TEXT ALERTS.**
  - **TEXT "MGPOOL" AND/OR "MGWATEREX" TO 619-558-5388.**

EFFECTIVE 10/03/2023

***SCHEDULE SUBJECT TO CHANGE**

SEE REVERSE SIDE FOR POOL RULES AND SWIM TEST STANDARDS

POOL SCHEDULE
McGRATH FAMILY YMCA

YMCA Pool Rules

- YMCA Lifeguard has final authority.
- Swimming without a YMCA Lifeguard is prohibited.
- If you hear one long whistle blast, you must exit the pool immediately.
- Lap swim times are intended for water exercise and lap swimming only. Those who are perceived to be playing will be asked to exit the water. Please see our Pool Schedule for Family Swim hours.
- Please shower before entering the pool.
- Children under the age of 12 must pass a swim test to lap swim.
- If a lap lane is already occupied by a lap swimmer/water walker, additional swimmers must give notice of joining their lane with mutual acknowledgement to avoid collisions/accidents.
- No breath holding beyond the half length of the pool.
- All pool equipment must be used properly.
- No glass of any kind on the pool deck.
- Photography is prohibited.
- Eating is permitted in designated areas only (e.g. Splash Pad picnic tables).
- All personal trainers and swim instructors are hired by the YMCA and non-YMCA personal trainers or swim instructors are prohibited from conducting personal training sessions or lessons at YMCA facilities.
- Spa is for persons ages 13 and over only.
    - Do not submerge, swim or exercise in the Spa.
- Aquatics Programming has priority of shared areas.
- Lap lanes may be used for swim lessons or training at any given time.

Open/Family Swim Rules

- Children 6 and under must be accompanied by an adult 16 years or older in the water within arm's reach.
    - Children ages 7-12 must have adult supervision within the facility.
- Height checks and swim tests will be conducted for those who wish to access deeper areas of the pool.
- No jumping, throwing, twisting or diving.
- No inflatable flotation devices. Only United States Coast Guard approved life jackets/flotation devices are allowed.
- No YMCA pool equipment is allowed during Family Swim times.
- All children age 3 and under must wear a swim diaper regardless of toilet training.

Swim Test

- Must be taken every pool visit when children want to access deeper areas of the pool.
- 1 minute of treading water without stopping. Must keep head and mouth clear of water

AND

- Swim 25 yards of front crawl (face should not be up the entire time) or breaststroke without stopping.

*Full pool rules are listed outside the locker room entrance & inside the Covered Pool