

Pool Hours

Summer Schedule: August 8, 2009 - August 15, 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Rec Swim 1:00pm - 3:30pm	Lap Swim 5:00am - 6:45am	Lap Swim 5:00am - 6:45am	Lap Swim 5:00am - 6:45am	Lap Swim 5:00am - 6:45am	Lap Swim 5:00am - 6:45am	Lap Swim 5:00am - 6:45am	
	Please do not enter the pool until 5am when the Lifeguard is ready and lane lines are in! Thank you!						Lap Swim 7:30am - 10:15am
	Pool Closed-RHS 6:45am - 7:45am	Pool Closed-RHS 6:45am - 7:45am	Pool Closed-RHS 6:45am - 7:45am	Pool Closed-RHS 6:45am - 7:45am	Pool Closed-RHS 6:45am - 7:45am	Pool Closed-RHS 6:45am - 7:45am	
	Aqua Fitness- Sanndy 8:00am - 8:45am	Lap Swim 7:45am - 8:45am	Aqua Fitness- Sanndy 8:00am - 8:45am	Lap Swim 7:45am - 8:45am	Aqua Fitness- Sanndy 8:00am - 8:45am	Aqua Fitness- Sanndy 8:00am - 8:45am	Aqua Fitness-Ilka 10:30am-11:30am
	Deep Water Walking- Sanndy 8:45am - 9:30am		Deep Water Walking- Sanndy 8:45am - 9:30am		Deep Water Walking- Sanndy 8:45am - 9:30am		
	Pool/Spa Closed Swim Lessons 9:00am - 10:30am	Pool/Spa Closed Swim Lessons 9:00am - 10:30am	Pool/Spa Closed Swim Lessons 9:00am - 10:30am	Pool/Spa Closed Swim Lessons 9:00am - 10:30am	Pool/Spa Closed Swim Lessons 9:00am - 10:30am	Pool/Spa Closed Swim Lessons 9:00am - 10:30am	Pool/Spa Closed Swim Lessons 11:30am - 1:00pm
Adult Lap Swim Only 1 lane reserved for private swim 10:45am - 1:45pm	Adult Lap Swim Only 1 lane reserved for private swim 10:45am - 1:45pm	Adult Lap Swim Only 1 lane reserved for private swim 10:45am - 1:45pm	Adult Lap Swim Only 1 lane reserved for private swim 10:45am - 1:45pm	Adult Lap Swim Only 1 lane reserved for private swim 10:45am - 1:45pm	Adult Lap Swim Only 1 lane reserved for private swim 10:45am - 1:45pm		
Lap Swim 3:45pm - 5:30pm	Pool/Spa Closed- Camp Swim 2:00pm - 3:00pm	Pool/Spa Closed- Camp Swim 2:00pm - 3:00pm	Pool/Spa Closed- Camp Swim 2:00pm - 3:00pm	Pool/Spa Closed- Camp Swim 2:00pm - 3:00pm	Pool/Spa Closed- Camp Swim 2:00pm - 3:00pm		
Pool Closes 5:30pm	Rec Swim 3:15pm - 5:30pm Adult Lap Swim Only 2 lanes 3:15pm - 5:30pm	Rec Swim 3:15pm - 5:30pm Adult Lap Swim Only 2 lanes 3:15pm - 5:30pm	Rec Swim 3:15pm - 5:30pm Adult Lap Swim Only 2 lanes 3:15pm - 5:30pm	Rec Swim 3:15pm - 5:30pm Adult Lap Swim Only 2 lanes 3:15pm - 5:30pm	Rec Swim 3:15pm - 5:30pm Adult Lap Swim Only 2 lanes 3:15pm - 5:30pm	Rec Swim 1:00pm - 4:00pm	
	Pool/Spa Closed Swim Lessons 5:30pm - 6:30pm	Pool/Spa Closed Swim Lessons 5:30pm - 6:30pm	Pool/Spa Closed Swim Lessons 5:30pm - 6:30pm	Pool/Spa Closed Swim Lessons 5:30pm - 6:30pm	Pool/Spa Closed Swim Lessons 5:30pm - 6:30pm	Pool/Spa Closed Swim Lessons 5:30pm - 6:30pm	Lap Swim 4:15pm - 6:30pm
	Aqua Fitness- Sally 6:30pm - 7:15pm	Aqua Fitness- Ilka 6:30pm - 7:15pm	Aqua Fitness- Sally 6:30pm - 7:15pm	Aqua Fitness- Ilka 6:30pm - 7:15pm	Aqua Fitness- Ilka 6:30pm - 7:15pm	Youth Swim Conditioning 6:30pm - 7:30pm	
	Youth Swim Conditioning 6:30pm - 7:30pm	Lap Swim - 2 lanes only 6:30pm - 7:45pm	Youth Swim Conditioning 6:30pm - 7:30pm	Lap Swim - 2 lanes only 6:30pm - 7:45pm	Lap Swim - 2 lanes only 6:30pm - 7:45pm	Rec Swim 6:30pm - 9:15pm	
	Lap Swim 7:30pm - 9:15pm	Lap Swim 7:45pm - 9:15pm	Lap Swim 7:30pm - 9:15pm	Lap Swim 7:45pm - 9:15pm	Lap Swim 7:45pm - 9:15pm	Lap Swim - 2 lanes only 7:30pm - 9:15pm	Pool Closes 6:30pm
	Pool/Spa Closes 9:15pm	Pool/Spa Closes 9:15pm	Pool/Spa Closes 9:15pm	Pool/Spa Closes 9:15pm	Pool/Spa Closes 9:15pm		

Pool and spa are closed during all swim lessons

Please see reverse side for rules and spa hours
Santa Maria Valley YMCA Pool Rules

- No obscenities or inappropriate language allowed
- No running
- All swimmers must shower before entering the pool
- No food, drinks, or glass bottles allowed on the pool deck
- Proper swim attire must be worn at all times. No cut offs or t-shirts allowed at anytime. Rash guards or wetsuits are allowed
- Children 5 and older must use gender appropriate locker rooms
- Spitting, blowing of the nose or discharge of bodily waste in the pool is prohibited
- Sitting or hanging on lane lines is prohibited

Spa Rules

- You must be 18 or older (or with a parent/guardian) to be permitted in the spa area
- The spa is closed during all swim lessons and camp swim
- Maximum capacity is 4 people
- Time in the spa is not to exceed 20 minutes

Rec Swim

- All personal floatation devices must be Coast Guard approved. Children wearing lifejackets must stay in the shallow end ONLY.
- Use swim diapers only with small children
- No inflatable toys, kickboards, dive sticks/rings, noodles, or “swim aides” allowed in the pool.
- No running
- Use the diving board one person at a time. Only one bounce
- Dive only in the deep-end, over 9ft mark
- No pushing, dunking, wrestling, splashing, or engaging in any horse play

Lap Swim

- No children under the age of 18 allowed during “adult only lap swim.”
A child can be approved for adult lap swim if the Aquatics Dept is called and child passes a swim test. (must be able to swim full lap w/o stopping) Call Aquatics office to make an appointment. Parent or Guardian MUST be in the water with child when lap swimming
- Sitting or hanging on lane lines is prohibited
- You MUST share a lane if asked
- If more than 2 swimmers in a lane everyone must circle swim
- 1 lane is reserved for private lessons during lap swim (not applicable when only 2 lanes). You may be asked to move lanes if needed

Pool and Spa Hours (please note exceptions on front)

Monday - Friday 5:00am - 9:15pm

Saturday 7:30am - 6:30pm

Sunday 1:00pm - 5:30pm

The pool schedule is subject to change. Please check flyers and postings throughout the YMCA for changes.

Schedule available online: www.smvymca.org

These rules are made for the safety and accommodation of 6,000 members