

Pool Hours February 1, 2012 - February 12, 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Rec Swim 1:00pm - 3:30pm	Lap Swim 5:00am - 7:45am	Lap Swim 1 lane reserved for private swim 5:00am - 3:00pm	Lap Swim 5:00am - 7:45am	Lap Swim 1 lane reserved for private swim 5:00am - 3:00pm	Lap Swim 5:00am - 7:45am	Lap Swim 7:30am - 8:45am	
	Aqua Fitness- Sanndy 8:00am - 8:45am		Aqua Fitness- Sanndy 8:00am - 8:45am		Aqua Fitness- Sanndy 8:00am - 8:45am	Aqua Fitness 9:00am-10:00am	
	Deep Water Walking- Sanndy 8:45am - 9:30am		Deep Water Walking- Sanndy 8:45am - 9:30am		Deep Water Walking- Sanndy 8:45am - 9:30am	Deep Water Walking- Sanndy 8:45am - 9:30am	2 Lap Lanes Only 8:45am - 10:15am
	Lap Swim 1 lane reserved for private swim 9:45am - 3:00pm		Lap Swim 1 lane reserved for private swim 9:45am - 3:00pm		Lap Swim 1 lane reserved for private swim 9:45am - 3:00pm	Lap Swim 1 lane reserved for private swim 9:45am - 1:45pm	Lap Swim 1 lane reserved for private swim 10:15am - 12:45pm
Lap Swim 3:45pm - 5:30pm	Rec Swim 3:15pm - 5:00pm 2 Lap Lanes Only 3:15pm - 5:00pm	Rec Swim 3:15pm - 5:00pm 2 Lap Lanes Only 3:15pm - 5:00pm	Rec Swim 3:15pm - 5:00pm 2 Lap Lanes Only 3:15pm - 5:00pm	Rec Swim 3:15pm - 5:00pm 2 Lap Lanes Only 3:15pm - 5:00pm	Rec Swim 3:15pm - 5:00pm 2 Lap Lanes Only 3:15pm - 5:00pm	Rec Swim 1:00pm - 3:30pm	
	Lap Swim 5:15pm - 6:15pm 2 Lap Lanes Only 6:15pm - 7:15pm	Lap Swim 5:15pm - 6:30pm Youth Swim Conditioning 6:30pm - 7:00pm	Lap Swim 5:15pm - 6:15pm 2 Lap Lanes Only 6:15pm - 7:15pm	Lap Swim 5:15pm - 6:30pm Youth Swim Conditioning 6:30pm - 7:00pm	Lap Swim 5:15pm - 6:45pm	Lap Swim 3:45pm - 6:30pm	
	Water Fitness 6:30pm - 7:15pm Lap Swim 7:30pm - 9:15pm	2 Lap Lanes Only 6:30pm - 7:00pm Lap Swim 7:00pm - 9:15pm	Water Fitness 6:30pm - 7:15pm Lap Swim 7:30pm - 9:15pm	Water Fitness 6:30pm - 7:00pm Lap Swim 7:00pm - 9:15pm	Rec Swim 7:00pm - 9:15pm Lap Swim - 2 lanes only 7:00pm - 9:15pm	Pool Closes 6:30pm	
Pool Closes 5:30pm							
Pool/Spa Closes 5:30pm	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/Spa Closes 6:30pm	

Shaded boxes are a change in schedule

* 1 lane is reserved for private swim lessons during lap swim at all times.

* The Spa will be closed Wednesday from 2:00pm - 3:00pm for maintenance.

Pool Schedule subject to change. Lifeguard has discretion to change schedule if needed.



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



Pool Hours

February 12, 2012 - February 19, 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Rec Swim 1:00pm - 3:30pm	Lap Swim 5:00am - 7:45am	Lap Swim 1 lane reserved for private swim 5:00am - 3:15pm	Lap Swim 5:00am - 7:45am	Lap Swim 1 lane reserved for private swim 5:00am - 9:15am	Lap Swim 5:00am - 5:45am	Lap Swim 7:30am - 8:15am	
	Aqua Fitness- Sanndy 8:00am - 8:45am		Aqua Fitness- Sanndy 8:00am - 8:45am		Tri Training 5:45am - 6:30am	Tri Training 8:15am - 9:00am	
	Deep Water Walking- Sanndy 8:45am - 9:30am		Deep Water Walking- Sanndy 8:45am - 9:30am	Tri Training 9:15am - 10:00am	Lap Swim 6:30am - 7:45am	Aqua Fitness-Ilka/Ester 9:00am-10:00am	
	Lap Swim 1 lane reserved for private swim 9:45am - 10:15am		Lap Swim 1 lane reserved for private swim 9:45am - 3:15pm	Lap Swim 1 lane reserved for private swim 9:45am - 3:15pm	Lap Swim 10:00am - 3:15pm	Aqua Fitness- Sanndy 8:00am - 8:45am	2 Lap Lanes Only 9:00am - 10:15am
	Tri Training 10:15am - 11:00am					Deep Water Walking- Sanndy 8:45am - 9:30am	Tri Training 10:15am - 11:00am
Lap Swim 3:45pm - 5:30pm	Lap Swim 11:00am - 3:15pm				Lap Swim 1 lane reserved for private swim 9:45am - 3:15pm	Lap Swim 1 lane reserved for private swim 11:00am - 12:45pm	
	Rec Swim 3:15pm - 5:00pm 2 Lap Lanes Only 3:15pm - 5:45pm	Rec Swim 3:15pm - 5:00pm 2 Lap Lanes Only 3:15pm - 5:15pm	Rec Swim 3:15pm - 5:00pm 2 Lap Lanes Only 3:15pm - 5:45pm	Rec Swim 3:15pm - 5:00pm 2 Lap Lanes Only 3:15pm - 5:15pm	Rec Swim 3:15pm - 5:00pm 2 Lap Lanes Only 3:15pm - 5:15pm	Rec Swim 1:00pm - 3:30pm	
Pool Closes 5:30pm	Tri Training 5:45pm - 6:30pm	Lap Swim 5:15pm - 6:30pm	Tri Training 5:45pm - 6:30pm	Lap Swim 5:15pm - 6:30pm	Lap Swim 1 lane reserved for private swim 5:15pm - 6:45pm	Lap Swim 3:45pm - 6:30pm	
	Aqua Fitness- Sally 6:30pm - 7:15pm	Youth Swim Conditioning 6:30pm - 7:00pm	Aqua Fitness- Sally 6:30pm - 7:15pm	Youth Swim Conditioning 6:30pm - 7:00pm	Rec Swim 7:00pm - 9:15pm	Pool Closes 6:30pm	
	2 Lap Lanes Only 6:30pm - 7:00pm	2 Lap Lanes Only 6:30pm - 7:00pm	2 Lap Lanes Only 6:30pm - 7:00pm	Aqua Fitness- Samantha 6:30pm - 7:15pm			
	Lap Swim 7:30pm - 9:15pm	Lap Swim 7:00pm - 9:15pm	Lap Swim 7:30pm - 9:15pm	Lap Swim 7:30pm - 9:15pm	Lap Swim - 2 lanes only 7:00pm - 9:15pm		
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			

Shaded boxes are a change in schedule

* 1 lane is reserved for private swim lessons during lap swim at all times.

* The Spa will be closed Wednesday from 2:00pm - 3:00pm for maintenance.

* The Pool will be closed for Tri Training Feb. 13th 10:15am - 11:00am & 5:45pm - 6:30pm, Feb. 15th 5:45pm - 6:30pm
 Feb. 16th 9:15am - 10:00am, Feb. 17th 5:45am - 6:30am, Feb. 18th 8:15am - 9:00am & 10:15am - 11:00am.

Pool Schedule subject to change. Lifeguard has discretion to change schedule if needed.

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, gum, 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, rolling over, 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.
- Children are required to pass a swim test for diving board or deep end use
- Non swimmers are required to stay in the shallow end
- 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

- Sitting, rolling over, 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 at all times.
- Adult Lap Swim: No one under the age of 18 years old.

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