



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DIVE RIGHT IN!

Fullerton Family YMCA Pool Schedule

Pool Hours:
Monday-Friday: 5:30am – 9:30pm

Saturday: 7am – 4:30pm
Sunday: 10am – 4:30pm

For more information contact:
krivasacosta@ymcaoc.org

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-7:55AM Lap (5 Lanes)	5:30-7:55AM Lap (5 Lanes)	5:30-7:55AM Lap (5 Lanes)	5:30-7:55AM Lap (5 Lanes)	5:30-7:55AM Lap (5 Lanes)	7:00- 7:55 AM Lap (5 Lanes)	Closed
8:00 -8:55 AM Aqua Fit	8:00 -8:55 AM Aqua Fit	8:00 -8:55 AM Aqua Fit	8:00 -8:55 AM Aqua Fit	8:00 -8:55 AM Aqua Fit	8:00 -8:55 AM Aqua Fit	8:00- 10:00 AM Y - Team
9:00 -9:55 AM Arthritis	9:00 -9:55 AM Aqua Zumba	9:00 -9:55 AM Arthritis	9:00 -9:55 AM Aqua Zumba	9:00 -9:55 AM Arthritis	9:00-12:00 Group Lessons	
10:00 -10:55AM Deep Aqua Fit	10:00 -10:55AM Aqua Fit	10:00 -10:55AM Aqua Fit	10:00 -10:55AM Aqua Fit	10:00 -10:55AM Aqua Fit		
11:00-12:55 PM Lap (4 Lanes)	11:00-12:55 PM Lap (2 Lanes) - Open (3 Lanes)	11:00-12:55 PM Lap (4 Lanes)	11:00-12:55 PM Lap (2 Lanes) - Open (3 Lanes)	11:00-11:55 PM Lap (5 Lanes)	12:00- 1:00 PM Lap (2) - Open (3)	12:00-4:30 PM Lap (2 Lanes) - Open (3 Lanes)
					12:00- 1:00 PM Lap (2 Lanes)	
1:00 -1:55 PM Aqua Fit	1:00-2:00 PM Lap (2 Lanes)	1:00 -1:55 PM Aqua Fit	1:00-2:00 PM Lap (2 Lanes)	1:00 -1:55 PM Aqua Fit	2:00-3:00 PM Y-Polo Team - Open - Shallow Side Only (3) - Lap (2)	
2:00-3:25 PM Lap (2 Lanes) - Open (3 Lanes)	2:00-3:25 PM Lap (2 Lanes) - Open (3 Lanes)	2:00-3:25 PM Lap (2 Lanes) - Open (3 Lanes)	2:00-3:25 PM Lap (2 Lanes) - Open (3 Lanes)	2:00- 3:00 PM Lap (2) - Open (3)	3:00-4:30 PM Lap (2 Lanes) - Open (3 Lanes)	
				3:00- 4:30 PM Lap (2) - Open (2)		
3:30-5:30 Group Lessons	3:30-7:00 Group Lessons	3:30-5:30 Group Lessons	3:30-7:00 Group Lessons	4:30-5:30 PM Y-Polo Team - Open	<p>For the safety of your family and children any child under the age of 14 will be swim tested.</p> <p>-</p> <p>Everyone is welcome here at the Y! As a part of our community we encourage a culture where we share the water. Please be courteous and respectful of everyone using the pool facility. Thank you!</p>	
5:30-8:25 PM - Y - Team		5:30-8:25 PM - Y - Team		5:30-8:25 PM - Y - Team		
8:30- 9:30 PM Lap (2 Lanes) - Open (3 Lanes)	8:00- 9:00 PM Open (3 Lanes)	8:30- 9:30 PM Lap (2 Lanes) - Open (3 Lanes)	8:00- 9:00 PM Open (3 Lanes)	8:30- 9:30 PM Lap (2 Lanes) - Open (3 Lanes)		
	9:00- 9:30 PM Lap (2 Lanes) - Open (3 Lanes)		9:00- 9:30 PM Lap (2 Lanes) - Open (3 Lanes)			

Due to safety we may close the pool in the event of poor weather conditions or chemical imbalances – Effective May 1, 2016
Schedule Update Effective: January 4, 2020



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DIVE RIGHT IN!

Fullerton Family YMCA Pool Schedule

Pool Hours:
Monday-Friday: 5:30am – 9:30pm
Saturday: 7am – 4:30pm
Sunday: 10am – 4:30pm

For more information contact:
Kristina Rivas Acosta - krivasacosta@ymcaoc.org

LAP:

Come and enjoy a good work out where the pool is reserved for swimming laps. Up to 3 people per lane; for a maximum of 45 minutes. Please, if there are more people than lanes, we encourage an environment where we share the space with other swimmers!

LESSONS:

Learn to swim at the Y! **The pool closes to all** except those enrolled in swim lessons. During this time you, or someone you know, can learn to swim in one of our many classes taught by one of our skilled swim instructors!

LAP & OPEN:

Come enjoy the pool! During this time we have two lanes available for those wanting to swim back and forth and get some exercise. We also provide a space for you to relax or enjoy some much needed time with family and friends.

Kids younger than 14 need to take our swim test. If your child does NOT pass the test you WILL have to get in the water with them. Only one non-swimmer per one adult is allowed in the water at the same time.

Y-Team:

Come try out for our YMCA swim team! Tryouts are scheduled with the Head Coach. The swimmer must perform the following skills for swim one of our coaches: 100 meter (4 laps) freestyle with flip-turns, 50 meter (2 Laps) Butterfly, 50 meter (2 Laps) Backstroke, 50 meter (2 Laps) Breaststroke, and One (1) competitive dive. For more information email the Head Coach asumioka@ymcaoc.org

H2O Fit/Zumba@:

Jump in and take advantage of this low impact exercise guided by a certified instructor, these classes are included in your membership!

Due to safety we may close the pool in the event of poor weather conditions or chemical imbalances – Effective May 1, 2016

FULLERTON FAMILY YMCA | 2000 Youth Way, Fullerton, CA 92832 | (714) 879-9622 | ymcaoc.org/fullerton