



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# RANCHO FAMILY YMCA

Updated: June , 2017

## AQUATICS SCHEDULE | June 12<sup>th</sup> through August 20<sup>th</sup>

### MAIN POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-8:30 AM 6 Lap Lanes	5:35-6:35 AM 2 Lap Lanes 4 Coached Mas- ters	5:35-6:35 AM 2 Lap Lanes 4 Coached Mas- ters	5:35-6:35 AM 2 Lap Lanes 4 Coached Mas- ters	5:30-7:30 AM 6 Lap Lanes	7:00-9:00 AM 4 Lap Lanes	9:00-10:00 AM 4 Lap Lanes
8:30-1:00PM 4 Lap Lanes	6:30-7:00AM 6 Lap lanes	6:35-8:30AM 6 Lap Lanes	6:30-7:00AM 6 Lap lanes	7:30-8:30AM 3 Lap Lanes	9:00-12:15 PM 2 Lap Lanes	
	7:00-9:30AM 3 Lap Lanes		7:00-9:30AM 3 Lap Lanes			10:00-1:15 PM 2 Lap Lanes
	9:00AM - 1:00PM 3 Lap Lanes	8:30-1:00 PM 3 Lap Lanes	9:00AM - 1:00PM 3 Lap Lanes	8:30-3:30 PM 4 Lap Lanes	12:15-6:45PM 4 Lap Lanes	1:15-4:45 PM 3 Lap Lanes
1:00-3:00PM 2 Lap Lanes	1:00-3:00 PM 2 Lap Lanes	1:00-3:00PM 2 Lap Lanes	1:00-3:00 PM 2 Lap Lanes			
3:00-5:00 PM 3 Lap Lanes	3:00-7:00 PM 3 Lap Lanes	3:00-5:00 PM 3 Lap Lanes	3:00-7:00 PM 3 Lap Lanes	3:30-6:30 PM 2 Lap Lanes		
5:00-8:15PM 2 Lap Lanes		5:00-8:15PM 2 Lap Lanes				
8:15-9:00PM 4 Lap Lanes	7:00-9:00PM 4 Lap Lanes	8:15-9:00PM 4 Lap Lanes	7:00-9:00PM 4 Lap Lanes	6:30-8:45PM 4 Lap Lanes		
9:00-9:30PM 6 Lap Lanes	9:00-9:30PM 6 Lap Lanes	9:00-9:30 PM 6 Lap Lanes	9:00-9:30PM 6 Lap Lanes			

### Family Activities Schedule:

T/Th - 2:00-3:00pm

M/W- 1:00-3:00pm

M/W- 8:00-9:00pm

- May include Aqua Track or Basketball hoop
- July 7th- 6:45-8:45PM Sports In The Pool (Aqua Track, Basketball Etc.)
- Aug. 4th- 7:30-9:30PM Flick ` N Float
- Sep. 23rd 3:00- 5:00PM End of Summer BBQ

Limited lanes in afternoon due to summer activities and programs.

\*\*Pool Impacted times: Camp kids will be at the Activity pool from 10:30AM-12:00PM and at both pools from 12:30-2:00PM.

Any questions please ask the Aquatics staff.



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# OPEN SWIM TIMES | June 12<sup>th</sup> through August 20<sup>th</sup>

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Main Pool</b>	7:00 – 9:00AM 12:00 – 3:30PM 7:30-9:00 PM	7:00 – 9:00AM 12:00 – 3:30PM 6:30-9:00 PM	7:00 – 9:00AM 12:00 – 3:30PM 7:30-9:00 PM	7:00 – 9:00AM 12:00 – 3:30PM 6:30-9:00 PM	7:00-12:00PM 12:00-8:45PM	12:30-6:45 PM	1:00-4:45 PM
<b>Activity Pool</b>	12:30 – 7:00PM	12:30 – 7:00PM	12:30 – 7:00PM	12:30 – 7:00PM	12:30 – 7:00PM	11:00–5:00pm	10:00–4:00PM

Open Swim may be limited to shallow water when there is not a Lifeguard available to conduct a swim test.

**All People Entering the YMCA Must be Members or Pay the Pool Entrance Fee**

**Pool Rules: One long whistle sound means to clear the pool immediately.**

- Please obey Lifeguard(s) on duty.
- Please, no videotaping.
- WALK Slowly. For your safety, DO NOT RUN.
- Breath-holding or prolonged underwater swimming activities are prohibited.
- Food and gum are not allowed in the pool area. Beverages permitted in sealed non-breakable container. No GLASS.
- Acceptable, clean swimming attire must be worn by all persons using the pool. Street clothing is not permitted.
- All Youth must meet one of the following:
  1. A child must be able to stand comfortably in chest deep water
  2. Pass the swim test
  3. Wear a Coast Guard approved personal flotation devices (PFD)
- Please promote the use of the bathroom before entering the water.
- Please do not swim if you have open cuts, sores, or infections of any kind.
- Please do not swim if you have been sick to the stomach or irregular within the past two weeks.
- Swim diapers are required for children who have not been potty trained.
- Only standing front dives are permitted in water over 6 feet deep.
- Only Coast Guard approved PFDs will be allowed in the pool.
- Any child 6 and under must be accompanied by an adult in the pool and be within an arms length at all times.
- Please use the family changing areas when changing your children. Changing on the pool deck is prohibited

### Spa Rules

- Children must be 12 to use the spa
- Shower off before entering the spa
- Limit Spa exposure to 15 minutes
- Do not use the spa with a pre-existing medical condition without first consult your doctor.
- Do not use spa under the influence of drugs or alcohol

### Slide Rules

- Must be at least 48" tall and under 300 lbs to ride.
- Please wait to ride the slide until the lifeguard has given permission.
- Only one rider at a time.
- Please ride feet first on your back with your arms and hands inside at all times.

### Open Swim Entrance Fees (non-members):

Youth \$5.00 (17 & under)

Adult \$10.00

Everyone is Welcome!