



FOR YOUTH DEVELOPMENT®

CHINO VALLEY YMCA POOL SCHEDULE

***Please note that
schedule is
subject to change.***

Lap Swim:

2 or more swimmers
MUST split the lane
or circle swim.

Water Walking:

OPEN to swimmers who want to walk/job and exercise w/out an instructor. Must share lane.

Aqua Fit:

Dec/Jan: 2 lanes
open for lap swim
during Aqua Fit

Family Open Swim:

Adult must be in the water with swimmer at all time, please read Pool Rules.

Pre Comp and Swim Team: Pool is CLOSED during this time to allow our swim team to practice.

Inclement Weather Policy:

The pool will close due to lightning or thunder for 30 mins. Every occurrence of lightning and thunder will restart the 30 mins. The pool may close for safety reasons during high winds, extreme heat, or poor air quality.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-8:45 Lap Swim (5 Lanes)	5:45-8:45 Lap Swim (5 Lanes)	5:45-8:45 Lap Swim (5 Lanes)	5:45-8:45 Lap Swim (5 Lanes)	5:45-8:45 Lap Swim (5 Lanes)	7:00-8:45 Lap Swim (5 Lanes)	10:00-Noon Lap Swim (6 Lanes)
6:00-8:00 Water Walking (1 Lane)	6:00-8:00 Water Walking (1 Lane)	6:00-8:00 Water Walking (1 Lane)	6:00-8:00 Water Walking (1 Lane)	6:00-8:00 Water Walking (1 Lane)	7:00-8:00 Water Walking (1 Lane)	10:00-Noon Private Swim Lessons (1 Lane)
9:00-9:50 Aqua Fit	9:00-9:50 10:00-10:50 Aqua Fit	9:00-9:50 Aqua Fit	9:00-9:50 10:00-10:50 Aqua Fit	9:00-9:50 Aqua Fit	9:00-9:50 Aqua Fit	
Lap Swim (2 Lanes)	Lap Swim (2 Lanes)	Lap Swim (2 Lanes)	Lap Swim (2 Lanes)	Lap Swim (2 Lanes)		
10:00-1:00 Lap Swim (6 Lanes)	11:00-1:00 Lap Swim (6 Lanes)	10:00-1:00 Lap Swim (6 Lanes)	11:00-1:00 Lap Swim (6 Lanes)	10:00-1:00 Lap Swim (6 Lanes)	11:00-2:00 Swim Lessons	12:15-1:00 Lap Swim (6 Lanes)
1:00-3:00 Lap Swim (3 Lanes) Water Walking (1 Lane) Family Swim (2 lanes)	1:00-3:00 Lap Swim (3 Lanes) Water Walking (1 Lane) Family Swim (2 lanes)	1:00-3:00 Lap Swim (3 Lanes) Water Walking (1 Lane) Family Swim (2 lanes)	1:00-3:00 Lap Swim (3 Lanes) Water Walking (1 Lane) Family Swim (2 lanes)	1:00-3:00 Lap Swim (3 Lanes) Water Walking (1 Lane) Family Swim (2 lanes)	2:00-3:45 Lap Swim (3 Lanes) Family Swim (3 lanes)	
3:00-5:15 Swim Lessons (4 Lanes) Lap Swim (2 Lanes)	3:00-5:15 Swim Lessons (4 Lanes) Lap Swim (2 Lanes)	3:00-5:15 Swim Lessons (4 Lanes) Lap Swim (2 Lanes)	3:00-5:15 Swim Lessons (4 Lanes) Lap Swim (2 Lanes)	3:00-5:15 Lap Swim (4 Lanes)		
5:15-8:00 Pre Comp & Swim Team	5:15-8:00 Pre Comp & Swim Team	5:15-8:00 Pre Comp & Swim Team	5:15-8:00 Pre Comp & Swim Team	5:15-8:00 Pre Comp & Swim Team		
8:00-8:45 Lap Swim	8:00-8:45 Lap Swim	8:00-8:45 Lap Swim	8:00-8:45 Lap Swim	8:00-8:45 Lap Swim		



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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Chino Valley YMCA Pool Rules

**To ensure everyone's safety
and enjoyment, please always follow these rules.
Lifeguards have final authority.**

Safety Rules

- No swimming is allowed when a lifeguard is not on duty.
- Children under 15 years old must pass a swim test before entering the pool.
- Children wearing a red wristband must have an adult in the pool with them and within arm's length at all times.
- No diving, flips, back dives, or backward entries. Always enter the water feet first, facing forward.
- Proper swimwear is required. Gym shorts, cut-off jeans, cotton clothing, and disposable diapers are not permitted.
- Children who are not potty-trained must wear a double diaper: one reusable swim diaper and one disposable swim diaper underneath.
- Only U.S. Coast Guard-approved life jackets and wearable foam flotation devices are allowed, upon lifeguards approval
- Running, horseplay, or rough behavior is not permitted on the pool deck, in the water, or in locker rooms.
- Breathe-holding activities (including underwater challenges) are not allowed.
- Do not hang on lap lanes, float lines, ladders, or handrails.
- **Please do not distract or engage lifeguards while they are on duty.**

Food & Beverages

- Only water is allowed in the pool area.
- Food, candy, gum, and other beverages are not permitted.
- Glass containers or glassware are strictly prohibited on the pool deck.

Parent/Guardian Guidelines

- Parents and guardians should remain in the designated seating area (bench section).

**Chino Valley YMCA
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