



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CHINO VALLEY YMCA POOL SCHEDULE

*Please note that
schedule is subject
to change.*

Pool is CLOSED
Monday-Friday from
2:00-5:00pm &
Saturday
2:00-2:15PM

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 lighting or thunder
for 30 mins. Every
occurrence of lighting
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 |
|---|---|---|---|---|---|--|
| 5:30-8:45 Lap Swim (5 Lanes) | 5:30-8:45 Lap Swim (5 Lanes) | 5:30-8:45 Lap Swim (5 Lanes) | 5:30-8:45 Lap Swim (5 Lanes) | 5:30-8:45 Lap Swim (5 Lanes) | 7:00-8:45 Lap Swim (5 Lanes) | 8:00-12:00pm Lap Swim (3 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) | 7:00-8:45 Water Walking (1 Lane) | 8:00-12:00pm Open Swim (2 Lanes) |
| 9:00-9:45 Aqua Fit | 9:00-9:45 Aqua Fit | 9:00-9:45 Aqua Fit | 9:00-9:45 Aqua Fit | 9:00-9:45 Aqua Fit | 9:00-9:45 Aqua Fit | 10:00-12:00pm Private Swim Lessons (1 Lane) |
| Lap Swim (2 Lanes) | 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) | 10:00-1:00 Lap Swim (6 Lanes) | 10:00-1:00 Lap Swim (6 Lanes) | 10:00-1:00 Lap Swim (6 Lanes) | 10:00-1:00 Lap Swim (6 Lanes) | 10:00-2:00 Swim Lessons | |
| 1:00-2:00 Lap Swim (3 Lanes) | 1:00-2:00 Lap Swim (3 Lanes) | 1:00-2:00 Lap Swim (3 Lanes) | 1:00-2:00 Lap Swim (3 Lanes) | 1:00-2:00 Lap Swim (3 Lanes) | 2:15-3:45 Lap Swim (3 Lanes) | |
| Water Walking (1 Lane) | Water Walking (1 Lane) | Water Walking (1 Lane) | Water Walking (1 Lane) | Water Walking (1 Lane) | Family Swim (3 lanes) | |
| Family Swim (2 lanes) | Family Swim (2 lanes) | Family Swim (2 lanes) | Family Swim (2 lanes) | Family Swim (2 lanes) | | |
| 5:00-8:00 Swim Lessons/ Pre Comp (4 Lanes) | 5:00-8:00 Swim Lessons/ Pre Comp (4 Lanes) | 5:00-8:00 Swim Lessons/ Pre Comp (4 Lanes) | 5:00-8:00 Swim Lessons/ Pre Comp (4 Lanes) | 5:00-8:45 Lap Swim (4 Lanes) | | |
| Lap Swim (2 Lanes) | Lap Swim (2 Lanes) | Lap Swim (2 Lanes) | Lap Swim (2 Lanes) | 5:00-8:45 Open Swim (2 Lanes) | | |
| 8:00-8:45 Lap Swim (6 Lanes) | 8:00-8:45 Lap Swim (6 Lanes) | 8:00-8:45 Lap Swim (6 Lanes) | 8:00-8:45 Lap Swim (6 Lanes) | | | |

Rev for Jan 2026



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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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