



CHINO VALLEY YMCA POOL SCHEDULE

LAP SWIM

Lane availability is subject to change at any time.

MON	TUES	WED	THUR	FRI	SAT	SUN
5:30a-8:45a (5 Lanes)	5:30a-8:45a (5 Lanes)	5:30a-8:45a (5 Lanes)	5:30a-8:45a (5 Lanes)	5:30a-8:45a (5 Lanes)	7:00a-8:45a (5 Lanes)	8:00a-1:45p (3 Lanes)
10:00a-5:45p (4 Lanes)	10:00a-5:00p (4 Lanes)	10:00a-5:45p (4 Lanes)	10:00a-5:00p (4 Lanes)	10:00a-4:45p (4 Lanes)	2:15p-3:45p (3 Lanes)	
8:00p-8:45p (4 Lanes)	8:00p-8:45p (4 Lanes)	8:00p-8:45p (4 Lanes)	8:00p-8:45p (4 Lanes)	6:00p-8:45pm (3 Lanes)		

WATER FITNESS CLASSES

MON	TUES	WED	THUR	FRI	SAT	SUN
9:00a-9:45a Aqua Fit (ALL Lanes)	9:00a-9:45a Aqua Fit (ALL Lanes)	9:00a-9:45a Aqua Fit (ALL Lanes)	9:00a-9:45a Aqua Fit (ALL Lanes)	9:00a-9:45a Aqua Fit (ALL Lanes)	9:00a-9:45a Aqua Fit (ALL Lanes)	
				5:00p-5:45p H2O Splash! All Lanes		

WATER WALKING

MON	TUES	WED	THUR	FRI	SAT	SUN
6:00a-8:45a (1 Lane)	6:00a-8:45a (1 Lane)	6:00a-8:45a (1 Lane)	6:00a-8:45a (1 Lane)	6:00a-8:45a (1 Lane)	7:00a-8:45a (1 Lane)	
12:00p-3:00p (1 Lane)	12:00p-3:00p (1 Lane)	12:00p-3:00p (1 Lane)	12:00p-3:00p (1 Lane)	12:00p-3:00p (1 Lane)		

SWIM LESSONS/SWIM TEAM/WATER POLO

MON	TUES	WED	THUR	FRI	SAT	SUN
3:30p-6:30p Swim Lessons (2 Lanes)	4:00p-6:30p Swim Lessons (2 Lanes)	4:00p-6:30p Swim Lessons (2 Lanes)	4:00p-6:30p Swim Lessons (2 Lanes)	4:00p-5:00p Water Polo (2 Lanes)	10:00a-1:30p Swim Lessons (ALL Lanes)	10:00a-1:30p Swim Lessons (1 Lane)
6:00p-8:00p Swim Team (ALL Lanes)	5:15p-8:00p Pre Comp Swim Team (ALL Lanes)	6:00p-8:00p Swim Team (ALL Lanes)	5:15p-8:00p Pre Comp Swim Team (ALL Lanes)	6:00p-8:00p Swim Team (3 Lanes)		

FAMILY OPEN SWIM

MON	TUES	WED	THUR	FRI	SAT	SUN
12:00p-3:00p Family Open Swim (2 Lanes)	12:00p-3:00p Family Open Swim (2 Lanes)	12:00p-3:00p Family Open Swim (2 Lanes)	12:00p-3:00p Family Open Swim (2 Lanes)	12:00p-3:00p Family Open Swim (2 Lanes)	1:30p-3:45p Family Open Swim (2 Lanes)	8:00a-1:45p Family Open Swim (2 Lanes)
8:00p-8:45p Family Open Swim (2 Lanes)	8:00p-8:45p Family Open Swim (2 Lanes)	8:00p-8:45p Family Open Swim (2 Lanes)	8:00p-8:45p Family Open Swim (3 Lanes)	8:00p-8:45p Family Open Swim (3 Lanes)		

Revised: 8.10.26