

HAVE YOU BEEN SWIM TESTED?

During Family (recreational) swims, swim testing is required of all children under the age of 13 (and some adults at the lifeguard's discretion) to determine ability and supervision requirements. A passing score and colored wrist band assignment are determined by aquatic staff on duty.

All tested children and their swimming ability must be instantly recognizable by the lifeguard on duty. Therefore, all children will wear a wristband indicating in which section of the pool they may swim, i.e., GREEN can swim anywhere in the pool; ORANGE is classified as a non-swimmer or someone who refused swim testing.

If someone cannot pass the deep water swim test, they will be classified as a "non-swimmer." If the participant is unwilling to take the swim test, they will be classified as a "non-swimmer." All children who are classified as "non-swimmers" must be under parental supervision in the water and one arm length away at all times. Lifejackets are available for use, but DO NOT replace active supervision.

- Children ages 6 years and younger must be accompanied by an adult 16 years of age or older. No exceptions.
- Children ages 7-11 years may swim alone, but a parent/guardian must be in the El Camino YMCA facility.

TEACHING POOL (FAMILY & SPECIAL NEEDS SWIM)

Friday 11:00 am – 6:30 pm
Saturday 3:00 pm – 6:30 pm
Sunday 10:30 am – 6:30 pm

POOL SCHEDULE

January 30 – March 25, 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 – 8:40am Lap Swim (5)	5:30 – 9:55am Lap Swim (5)	5:30 – 8:40am Lap Swim (5)	5:30 – 9:55am Lap Swim (5)	5:30 – 8:40am Lap Swim (5)	7:00 – 8:25am Lap Swim (5)	7:00 – 8:25am Lap Swim (5)
8:45 – 9:40am Aqua Aerobics (4) Lap Swim (1)	10:00 – 10:55am Aqua Advance (4) Lap Swim (1)	8:45 – 9:40am Aqua Aerobics (4) Lap Swim (1)	10:00 – 10:55am Aqua Advance (4) Lap Swim (1)	8:45 – 9:40am Aqua Aerobics (4) Lap Swim (1)	8:30 – 10:00am Masters Swim (6)	8:30 – 10:00am Masters Swim (6)
9:45 – 10:55am Lap Swim (5)	11:00am – 2:55 pm Lap Swim (5)	9:45 – 10:55am Navy Swim (3) Lap Swim (2)	11:00am – 2:55pm Lap Swim (5)	9:45 – 10:55am Lap Swim (5)	10:00 – 10:55am Aqua Aerobics (3) Group Swim Lessons (3)	10:00am – 6:30pm Lap Swim (3) Family Swim (2)
11:00 – 11:55am Aqua Fit (4) Lap Swim (1)	3:00 – 3:55 pm Arthritis Aquatics (4) Group Swim Lessons (1)	11:00 – 11:55am Aqua Fit (4) Lap Swim (1)	3:00 – 3:55 pm Arthritis Aquatics (4) Group Swim Lessons (1)	11:00 – 11:55am Aqua Aerobics (4) Lap Swim (1)	11:00am – 3:00pm Group Swim Lessons (4) Lap Swim (1)	
12:00 – 4:00pm Lap Swim (5)	4:00 – 5:00pm Youth Swim Team (4) Lap Swim (1)	12:00 – 4:00pm Lap Swim (5)	4:00 – 5:00pm Youth Swim Team (4) Lap Swim (1)	12:00 – 2:55pm Lap Swim (5)	3:00 – 6:30pm Lap Swim (3) Family Swim (2)	
4:00 – 7:00pm Group Swim Lessons (4) Lap Swim (1)	5:00 – 5:55pm Group Swim Lessons (4) Lap Swim (1)	4:00 – 7:00pm Group Swim Lessons (4) Lap Swim (1)	5:00 – 5:55pm Group Swim Lessons (4) Lap Swim (1)	3:00 – 3:55pm Arthritis Aquatics (4) Lap Swim (1)		
7:00 – 7:55pm Aqua Aerobics (4) Lap Swim (1)	6:00 – 7:00 pm Aqua Zumba (3) Group Swim Lessons (3)	7:00 – 7:55pm Aqua Aerobics (4) Lap Swim (1)	6:00 – 7:00 pm Aqua Zumba (3) Group Swim Lessons (3)	4:00 – 6:25pm Lap Swim (5)		
8:00 – 9:30pm Lap Swim (5)	7:00 – 8:30pm Masters Swim (6)	8:00 – 9:30pm Lap Swim (5)	7:00 – 8:30pm Masters Swim (6)	6:30 – 7:25pm Aqua Aerobics (4) Lap Swim (1)		
	8:30 – 9:30pm Lap Swim (5)		8:30 – 9:30pm Lap Swim (5)	7:30 – 8:30pm Lap Swim (5)		

LEGEND NOTES

(#) lanes assigned to activity
 Private Swim Lessons are offered **at all times**
 except during Masters Swim.



AQUATICS CLASS DESCRIPTIONS

Whether you want to learn how to swim, exercise, or just unwind and have fun in the water, with two outdoor swimming pools, El Camino YMCA has an aquatic program for you.

Aqua Group Ex

Water group exercise classes are a wonderful alternative to "land" exercises. With water exercise, there is less impact on your joints, but you still receive the same cardiovascular workout. All lap levels and non-swimmers are welcome.

AQUA ADVANCE Increases your cardio strength and flexibility while using aqua fitness equipment.

AQUA AEROBICS A vigorous workout including cardio, strength and flexibility exercises.

AQUA FIT Moderate-level workout for returning to exercise or focusing on moderate-level cardio, strength and flexibility. \$

AQUA MULTI Combines Aqua Fit and Aqua Aerobics, focusing on moderate-intensity cardio, strength and flexibility. \$

AQUA NOODLES An intense core and balance workout engaging all your stabilizing muscles. Advanced level.

AQUA ZUMBA A "pool party" for all ages, integrating Latin-based dance with traditional aqua fitness.

ARTHRITIS AQUATICS Gentle aqua class for arthritis sufferers. Fee for all participants. Register through Foothill College.

Family Swim

Special times are available for anyone interested in enjoying the swimming pool in a fun, relaxing environment. Children age 6 and under must have direct adult supervision and contact in the water at all times.

Lap Swim

Lap swim is for members who wish to swim laps. Swimmers must be able to swim the full length of the pool continuously and without support. If space is available, exercising, walking, and floating are permitted during Lap swim.

Swim Lessons

Learn how to swim at the YMCA. Swim lessons are taught by certified swim instructors. Private and Group Swim Lessons are available for all ages and swimming abilities.

Youth Swim Team (Ages 6 - 14)

Youth Swim Team is a year-round team that meets twice a week and competes in various meets throughout the year.

Masters Swim Team (Ages 18+)

Enjoy a coached workout with our adult swim team. Our coaches will help you meet your swimming goals. Masters is a year-round team that meets four times weekly.

GENERAL POOL RULES & INFORMATION

General Pool Rules and Information

- 1 In accordance with California Health and Safety code, be sure to shower before entering the pool.
- 2 Horseplay or other unsafe behavior is not permitted.
- 3 A swim test to assess your ability may be required.
- 4 Adhere to all rules enforced by lifeguards.
- 5 Be sure to wear conservative swim attire.
- 6 Only Coast Guard-approved flotation devices may be used in the pool.
- 7 During Family Swim, only one child under age 6 per one parent is permitted.
- 8 Photography is not permitted on the pool deck.

General Information

- Adhere to all instructions by our lifeguards.
- Pools close one-half hour before facility closure. Exit the pool as soon as the last activity ends.
- The pool schedule is subject to change at any time. Changes will be posted at our Member Services Desk.

Attention Lap Swimmers

- During times of high volume, circle swim may be necessary; be sure to notify current lane swimmers of your entry into their lane.
- Lanes may be removed to accommodate Private Swim Lessons.
- We reserve the right to conduct trainings and drills at any time.
- For your safety, the pool will be cleared and closed for 30 minutes after thunder and/or lightning.

AQUATICS HOTLINE • 650 429 1355

Updated daily with pool hours, classes, and lap lane availability.

If you have questions or comments, please contact Andrew Matthews at 650 429 1320 or amatthews@ymcasv.org.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TEACHING VALUES ONE LAP AT A TIME

Pool Schedule
EL CAMINO YMCA



JANUARY 30 - MARCH 25, 2012

At the Y, our swim lessons build skills, confidence and character. We teach people of all ages and abilities how to be safe in the water while exercising and having fun. Whether you're splashing around with us for the first time or improving your stroke technique, you'll feel secure knowing that we're here to support you.