



Pool Schedule

EL CAMINO YMCA

February 3rd - March 29 2020

FACILITY HOURS

M-FRI 4:30 a - 10:00 p
SAT 6:00 a - 7:00 p
SUN 7:00 a - 7:00 p

POOL HOURS

M-FRI 5:30 a - 9:30 p
SAT 6:00 a - 6:30 p
SUN 7:00 a - 6:30 p

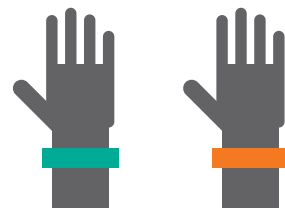
KID'S CLUB 1 HOURS

M-FRI 8:00 a - 2:30 p
 4:00 p - 8:00 p
SAT 8:00 a - 4:00 p
SUN 8:00 a - 2:00 p

KID'S CLUB TOO HOURS

M-FRI 4:00 p - 7:00 p
SAT/SUN 9:00 a - 2:00 p

SWIM CHECK



All swimmers 12 and younger will be swim tested and need to wear either a **green(can swim)** or **orange(non-swimmer)** wristband. Orange banded children must be an arms-length away from parents. Each adult can have a maximum of two non-swimming children. To be swim tested, please see the lifeguard.

ALL SWIMMERS PLEASE NOTE:

The Aquatics Department reserves the right to conduct trainings and drills anytime. All instruction in the pool must be conducted by El Camino YMCA staff.

YMCA staff has the authority to stop any activity that is deemed unsafe. Please abide by their requests.

JOIN. GIVE. VOLUNTEER.

To become a member, make a donation or volunteer your time, please visit ymcasv.org or call 650-969-9622

MONDAY

5:30 am - 8:40 am
 Lap Swim (5)
 Family Swim (1)

8:45 am - 9:40 am
 Aqua Aerobics (4)
 Lap Swim (2)

9:45 am - 10:55 am
 Lap Swim (5)
 Family Swim (1)

11:00 am - 11:55 am
 Aqua Aerobics (4)
 Lap Swim (2)

12:00 pm - 2:55 pm
 Lap Swim (5)
 Family Swim (1)

3:00 pm - 3:55 pm
 Arthritis Aquatics (4)
 Swim Lessons(2)
No Lap Swim @ 3:30 pm

4:00 pm - 6:40 pm
 Lap Swim (4)
 Swim Lessons (2)

6:45 pm - 6:55 pm
 Lap Swim (6)

7:00 pm - 7:55 pm
 Aqua Aerobics (4)
 Lap Swim (2)

8:00 pm - 9:30 pm
 Lap Swim (5)
 Family Swim (1)

TUESDAY

5:30 am - 9:55 am
 Lap Swim (5) Family
 Swim (1)

10:00 am - 10:55 am
 Aqua Advance (4)
 Lap Swim (2)

11:00 am - 3:25 pm
 Lap Swim (5)
 Family Swim (1)

3:30 pm - 4:10 pm
 Lap Swim (4)
 Swim Lessons (2)

4:15 pm - 5:15 pm
 Swim Team/Lesson(6)
No Lap Swim

5:20 pm - 6:40 pm
 Lap Swim (4)
 Swim Lessons (2)

6:45 pm - 7:05 pm
 Lap Swim (5)
 Family Swim (1)

7:10 - 8:40 pm
 Masters Swim (6)
No Lap Swim

8:45 pm - 9:30 pm
 Lap Swim (5)
 Family Swim (1)

WEDNESDAY

5:30 am - 8:55 am
 Lap Swim (5) Family
 Swim (1)

9:00 am - 9:55 am
 Aqua Aerobics (6)
No Lap Swim

10:00 am - 10:20 am
 Navy Swim (5)
 Lap Swim (1)

10:25am - 10:55 am
 Lap Swim (5)
 Family Swim (1)

11:00 am - 11:45 am
 Lap Swim (3)
 Aqua Yoga (3)

11:45 pm - 2:55 pm
 Lap Swim (5)
 Family Swim (1)

3:00 pm - 3:55 pm
 Arthritis Aquatics (4)
 Swim Lessons(2)
No Lap Swim @ 3:30 pm
4:00 pm - 4:55 pm Lap
 Swim (4)

5:00pm-6:30pm
 Swim Lessons (2)

5:00pm-6:30pm
 Swim Team (3)
 Swim Lesson (2)
 Lap Swim (1)

6:35 pm- 6:55 pm
 Lap Swim (6)

7:00 pm-7:55 pm
 Aqua Aerobics (4)
 Lap Swim (2)

8:00 pm - 9:30 pm
 Lap Swim (5)
 Family Swim (1)

THURSDAY

5:30 am - 7:55 am
 Lap Swim (5)
 Family Swim (1)

8:00 am - 8:40 am
 Lap Swim (4)
 Swim Lessons (1)
 Family Swim (1)

8:45 am - 9:55 am
 Lap Swim (5)
 Family Swim (1)

10:00 am - 10:55 am
 Aqua Advance (4)
 Lap Swim (2)

11:00 am - 3:25 pm
 Lap Swim (5)
 Family Swim (1)

3:30 pm - 4:10pm
 Lap Swim (4)
 Swim Lessons (2)

4:15 pm - 5:15 pm
 Swim Team/Lessons(6)
No Lap Swim

5:20 pm - 7:05 pm
 Lap Swim (4)
 Swim Lessons (2)

7:10 pm - 8:40 pm
 Masters Swim (6)
No Lap Swim

8:45 pm - 9:30 pm
 Lap Swim (5)
 Family Swim (1)

FRIDAY

5:30 am - 7:25 am
 Lap Swim (5)
 Family Swim (1)

7:30 am - 8:55 am
 Lap Swim (4)
 Swim Lessons (1)
 Family Swim (1)

9:00 am - 9:55 am
 Pool Circuit (5)
 Lap Swim (1)

10:00 am - 10:55 am
 Lap Swim (5)
 Family Swim (1)

11:00 am - 11:55am
 Aqua Aerobics (5)
 Lap Swim (1)

12:00 pm - 2:55 pm
 Lap Swim (5)
 Family Swim (1)

3:00 pm - 3:55 pm
 Arthritis Aquatics (4)
 Lap Swim (2)

4:00 pm - 6:55 pm
 Lap Swim (4)
 Family Swim (2)

7:00 pm - 7:55 pm
 Aqua Aerobics (4)
 Lap Swim (2)

8:00 pm - 8:30 pm
 Lap Swim (4)
 Family Swim (2)

SATURDAY

6:00 am - 8:20 am
 Lap Swim (5)
 Family Swim (1)

8:25 am - 9:55 am
 Masters Swim (6)
No Lap Swim

10:00 am - 10:55 am
 Aqua Aerobics (4)
 Swim Lessons (2)
No Lap Swim

11:00 am - 2:40 pm
 Lap Swim (3)
 Swim Lessons (2)
 Staff Training (1)

2:45 pm - 6:30 pm
 Lap Swim (3)
 Family Swim (2)
 Staff Training (1)

SUNDAY

7:00 am - 8:25 am
 Lap Swim (5)
 Family Swim (1)

8:30 am - 10:00 am
 Masters Swim (6)
No Lap Swim

10:05am-11:30am
 Swim Team (3)
 Lesson (1)
 Lap Swim (2)

11:35 am - 2:40 pm
 Lap Swim (3)
 Swim Lessons (1)
 Family Swim (1)
 Staff Training (1)

2:45 am - 6:30 pm
 Lap Swim (3)
 Family Swim (2)
 Staff Training (1)

SMALL POOL HOURS
Closed For The Winter

LEGEND (#) lanes assigned to activity

- NOTES**
- Private Swim Lessons are offered at all times except during Swim Team and AM Aqua Aerobics, Aqua Zumba.
 - Schedule subject to change due to trainings and events
 - Aquatics staff hold the right to change lane offerings as needed

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 Aerobics A vigorous workout including cardio, strength and flexibility exercises.

Aqua Exercise for Arthritis Gentle aqua class for arthritis sufferers.

FAMILY SWIM

Special times are available for anyone interested in enjoying the swimming pool in a fun, relaxing environment. Children age 7 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.

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.

FOR MORE INFORMATION

For information about the Swim Schedule, please contact:

Maxwell Braxton-Taylor at 650 429 1371
maxwell.taylor@ymcasv.org

For information about Aqua Group Ex classes, please contact:

Shanon Prestrong at 650 429 1339
shanon.prestrong@ymcasv.org

EL CAMINO YMCA

2400 Grant Road, Mountain View CA 94040
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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATICS SCHEDULE

EL CAMINO YMCA



February 3 - March 29, 2020

Lap Swim | Family Swim | Aqua Fitness | Swim Team | Swimming Lessons

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.

