



AQUATIC CENTER SCHEDULE

Burbank Community YMCA

Effective January 02, 2024

(subject to change at any time)

For information please check our website or contact our Associate Director of Aquatics, Susan, at svisokey@burbankymca.org

Lap Swim

All lap swim takes place in our lap pool

Monday	7:00am-11:45am	4 lanes
Tuesday	7:00am-9:45am 7:00pm-7:45pm	4 lanes 4 lanes
Wednesday	7:00am-11:45am	4 lanes
Thursday	7:00am-9:45am 7:00pm-7:45pm	4 lanes 4 lanes
Friday	7:00am-11:45am	4 lanes
Saturday	9:00am-9:45am 12:30pm-2:30pm	2 lanes 1 lane

Adult Open Swim

Monday	7:00am-10:45am	Training Pool
Tuesday	7:00am-7:45am 11:00am-11:45am	Training Pool TP & Lap
Wednesday	7:00am-10:45am	Training Pool
Thursday	7:00am-7:45am 11:00am-11:45am	Training Pool TP & Lap
Friday	7:00am-8:45am	Training Pool
Saturday	8:00am-8:45am	Training Pool

Family Open Swim

Monday	11:00am-11:45am 7:00pm-7:45pm	Training Pool
Tuesday	7:00pm-7:45pm	Training Pool
Wednesday	11:00am-11:45am 7:00pm-7:45pm	Training Pool
Thursday	7:00pm-7:45pm	Training Pool
Friday	9:00am-11:45am	Training Pool
Saturday	12:30pm-2:30pm	TP & Lap

Water Fitness Classes

Monday	7:15pm-8:15pm	Aqua Burn Bootcamp	Lap Pool
Tuesday	8:00am-8:45am 9:00am-9:45am 10:00am-10:45am	Hot Potato Slow Flow H2O Slow Flow H2O	Training Pool Training Pool TP & Lap
Wednesday	7:15pm-8:15pm	Aqua Burn Bootcamp	Lap Pool
Thursday	9:00am-9:45am 10:00am-10:45am	Slow Flow H2O Slow Flow H2O	Training Pool TP & Lap
Friday	n/a	n/a	n/a
Saturday	8:05am-8:50am	Aquatic Finning	Lap Pool

Swim Lessons

Please note that the lap pool and training pool are closed during swim lessons - between 3:00pm and 7:00pm

Monday—Friday	3:00pm-7:30pm
Saturday	9:00am-12:15pm 1:00pm—2:30pm

Jacuzzi

Monday—Thursday	7:00am-11:45am 4:00pm-5:45pm 6:00pm-7:45pm
Friday	7:00am-11:45am
Saturday	8:00am-12:15pm 12:30pm-2:30pm

**TP—Training Pool (small pool)
Lap—Lap Pool**

Please see backside for rules and guidelines.



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The pool deck will be closed for 15 minutes to allow the lifeguard a break every hour.

Lap Swim

- All swimmers are subject to a swim test for safety reasons.
- Ages 14+ Exceptions may be made by aquatic staff after completing a swim evaluation.
- 3 swimmers per lane max.

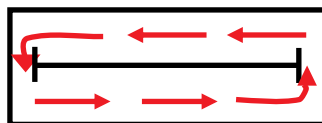
Lap Swim Etiquette

- Choose a lane according to your skill level, but pick an empty lane first.
- Lap lanes are first come first serve. During peak hours it may become necessary for you to circle swim (see diagram below) with other swimmers.
- Lifeguards may ask you to switch lanes. Please accommodate their request.
- When entering a lane with other swimmers, notify them that you will be joining them.
- Always complete laps of the pool.
- Be aware of your space in the lane and other swimmers.

2 swimmers—split the lane



3 swimmers—circle swim



Family Open Swim Rules

- Pool equipment is not available for use
- Adult must be with a child under the age of 8 at all times. One adult for every two children in the water.
- US Coast Guard approved lifejacket must be provided by parent when entering the pool for non-swimmers.
- No jumping or diving in the training pool. Jumping or diving is only permitted in the lap pool at 9ft depth.
- A swim test is required to go into the deep end.
- Family Open swim is open to all members and ages; not just families with children.

Water Fitness Classes

Please visit our website for classes and descriptions.

- Ages 18+
- Capacity for the training pool is 12 people during water fitness classes.

Hot Potato

- Ages 14+
- This is not an instructor led class.

General Pool Rules & Spa Rules

For the complete list of rules please see the signage on the pool deck or visit our website.

- Listen to the lifeguard at all times. They have final say on all pool rules.
- You must take a shower before entering the pool.
- All swimmers are subject to a Swim Test.
- No running on the pool deck.
- No diving or jumping in the training pool or spa. Diving is only permitted in the lap pool at the 9ft depth.
- No rough housing, chicken fights, dunking, or piggyback rides.
- No food, gum, or drinks. (plastic water bottles are ok)
- Changing clothes or dressing on the pool deck will not be permitted.
- Limit your time in the spa to 15 minutes
- Exercising in the Spa is not permitted