



# AQUATIC CENTER SCHEDULE

Burbank Community YMCA

**April 2024**

(subject to change at any time)

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

<b>Lap Swim</b>		
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

<b>Adult Open Swim</b>		
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	Training Pool
Friday	7:00am-8:45am	Training Pool
Saturday	8:00am-8:45am	Training Pool

<b>Family Open Swim</b>		
Monday	11:00am-11:45am 7:00pm-8:00pm	Training Pool
Tuesday	7:00pm-7:45pm*	Training Pool
Wednesday	11:00am-11:45am 7:00pm-pm	Training Pool
Thursday	7:00pm-7:45pm*	Training Pool
Friday	9:00am-11:45am	Training Pool
Saturday	12:30pm-2:30pm	TP & Lap

<b>Water Fitness Classes</b>			
Monday	7:15pm-8:00pm	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
		*cancelled until further notice*	
Wednesday	7:15pm-8:00pm	Aqua Burn Bootcamp	Lap Pool
Thursday	8:00am-8:45am 9:00am-9:45am 10:00am-10:45am	Hot Potato 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

<b>Swim Lessons</b>	
Please note that the lap pool and training pool are closed for swim lessons - between 3:00pm and 7:00pm	
Monday-Friday	3:00pm-7:30pm
Thursday	11:00am-11:45am
Saturday	9:00am-12:15pm

<b>Jacuzzi</b>	
Monday - Thursday	4:00pm-7:45pm *closed from 5:45pm-6:00pm*
Saturday	9:00am - 12:15pm 12:30pm - 2:30pm

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

Please see backside for rules and guidelines.

\* half of the pool will be designated to swim lessons



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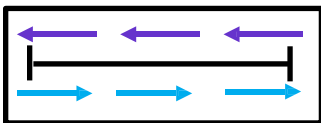
## Lap Swim

- 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.

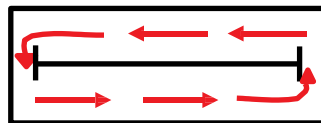
## Lap Swim Etiquette

- 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