



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JULY POOL SCHEDULE

McGrath Family Pool, Toby Wells YMCA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LAP SWIM	5:00a - 8:30a 9:35a - 9:15p	5:00a - 9:15p	5:00a - 8:30a 9:35a - 9:15p	5:00a - 9:15p	5:00a - 8:15p	6:30a - 5:45p	6:30a - 4:45p
PLEASE REFER TO BACK PAGE FOR LAP LANE AVAILABILITY							
YOUTH SWIM TEAM	4:15p - 6:00p	4:15p - 6:00p	4:15p - 6:00p	4:15p - 6:00p	NONE	NONE	NONE
GROUP SWIM LESSONS <small>(registration required)</small>	4:15p - 7:40p	4:15p - 7:40p	4:15p - 7:40p	4:15p - 7:40p	NONE	9:00a - 12:00p	9:00a - 11:30a
WATER EXERCISE	8:40a - 10:30a 6:25p - 7:20p	8:40a - 10:30a	8:40a - 10:30a 6:25p - 7:20p	8:40a - 10:30a	8:40a - 10:30a 6:05p - 7:00p	8:05a - 8:55a	NONE
FAMILY SWIM	12:30p - 6:00p 7:30p - 9:15p	12:00p - 6:00p 7:10p - 9:15p	12:30p - 6:00p 7:30p - 9:15p	12:00p - 6:00p 7:10p - 9:15p	12:30p - 8:15p	12:30p - 5:45p slide 1:15p - 4:15p	10:00a - 4:45p

POOL: 84° - 86°

SPA: 101° - 103°

TOBY WELLS YMCA POOL HOURS

Mon. - Thurs. 5:00 a.m. - 9:15 p.m. **Friday** 5:00 a.m. - 8:15 p.m.
Saturday 6:30 a.m. - 5:45 p.m. **Sunday** 6:30 a.m. - 4:45 p.m.
Second Sunday of every month 6:30 a.m. - 4:30 p.m.

SLIDE HOURS:

Saturday 1:15 p.m. - 4:15 p.m.
Must be 48 inches to ride

EVENTS:

Summer Camp:
Monday - Friday • 11:30 a.m. - 3:30 p.m.

Additional programs that limit lap lanes:

Sharp Rental:
Monday/Wednesday/Fridays 11:30 a.m. - 1:00 p.m.
Developmental Preschool:
Wednesday/Friday 8:30 a.m. - 11:30 a.m.
Splashball:
Sundays 2:15-3:15 p.m. • Fridays 4:15-5:15 p.m.

FOR THE SAFETY OF OUR MEMBERS AND PARTICIPANTS:

1. Children 6 and under must be actively supervised by an adult, 18 years or older.
2. Appropriate swim attire must be worn at all times (no cotton, jeans, or cutoffs).
3. Lap swim and water exercise classes are available for ages 12 years and older.
4. Please be sure that children use the restroom or are wearing a swim diaper before entering the pool. In addition, please do not allow your child to swim if he/she is sick, has an upset stomach or has recently eaten. Health regulations mandate that we close the pool for up to 15 hours should an accident occur.
5. To ensure the safety of all aquatic participants, YMCA policy states that all youth (under the age of 18) meet one of the following requirements to enter the pool:
 - Pass the swim test. The test consists of 25 yards face down crawl stroke and one minute treading water.
 - Remain within an arm's length of an adult in the water or be able to stand with the surface of the water at least at their armpits.
 - Wear a properly fitted PFD. PFD's are strongly recommended to all swimmers under the age of 7.
 - Actively participating in a swim lesson.

***If the pool deck temperature reaches 95°, the roof panels are to remain open.**

TOBY WELLS YMCA

5105 Overland Avenue • San Diego, CA 92123 • 858-496-9622 • ymca.org/tobywells

Revised: 6/28/17

TOBY WELLS YMCA POOL LANE AVAILABILITY JULY 2017

TOBY WELLS INDOOR POOL (MCGRATH)							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:30-5:00							
5:00-5:30							
5:30-6:00							
6:00-6:30							
6:30-7:00	6	6	6	6	6		
7:00-7:30						6	6
7:30-8:00							6
8:00-8:30						2	
8:30-9:00	0	2-3	0	2-3	2		
9:00-9:30							
9:30-10:00	1-2	1-2	1-2	1-2	1	1-2	
10:00-10:30							
10:30-11:00							2-4
11:00-11:30							
11:30-12:00							
12:00-12:30						2	
12:30-1:00							
1:00-1:30	2	2	2	2	2		
1:30-2:00							
2:00-2:30							2-3
2:30-3:00							
3:00-3:30							
3:30-4:00						3	3-4
4:00-4:15							
4:15-5:00	1-2	1-2	1-2	1-2	4		
5:00-5:45							
5:45-6:15	0-1	0-1	0-1	0-1			
6:15-6:40	1-2	1-2	1-2	1-2	2		
6:40-7:00							
7:00-7:30							
7:30-8:00	2	2	2	2	3		
8:00-8:30							
8:30-9:00							
9:00-9:30	4	4	4	4			
9:30-10:00							

MONTHLY UPDATES:

- **Tuesday, July 4:** Facility will open at 7 a.m. and close at 2 p.m. in observance of Independence Day.
- **Summer camp 11:30 a.m. - 3:30 p.m., Monday-Friday.**