



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# DIVE RIGHT IN!

## Newport-Mesa Family YMCA Lap Pool Schedule

**Pool Hours:**  
Monday-Friday: 5:30am – 7:45pm  
Saturday: 7am – 2:45pm  
Sunday: 7am – 1:45pm

**For more information contact:**  
Kristen Freund – [Kfreund@ymcaoc.org](mailto:Kfreund@ymcaoc.org)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM to 10:45 PM	<b>Lap</b> (6 Lanes)	<b>Lap</b> (6 Lanes)	<b>Lap</b> (6 Lanes)	<b>Lap</b> (6 Lanes)	<b>Lap</b> (6 Lanes)		
10:45 AM to 1:00 PM	<b>Lap</b> (6 Lanes)	<b>Lap</b> (6 Lanes)	<b>Lap</b> (6 Lanes)	<b>Lap</b> (6 Lanes)	<b>Lap</b> (6 Lanes)		
1:00 PM to 3:00 PM	<b>Family 12:30-2:45pm</b> (2 Lanes) - <b>Lap</b> (4 Lanes)	<b>Family 12:30-2:45pm</b> (2 Lanes) - <b>Lap</b> (4 Lanes)	<b>Aqua Fit 1:15pm-2pm</b> (2 Lanes) - <b>Lesson</b> (2 Lanes) - <b>Lap</b> (2 Lanes)	<b>Family 12:30-2:45pm</b> (2 Lanes) - <b>Lap</b> (4 Lanes)	<b>Aqua Fit 1:15pm-2pm</b> (2 Lanes) - <b>Lap</b> (4 Lanes)	Pool Opens at 7:00 AM	Pool Opens at 7:00 AM
						<b>Lap</b> (6 Lanes) 9am to 12pm <b>Lessons</b> (3 Lanes) - <b>Lap</b> (3-4 Lanes)	
3:00 PM to 6:00 PM	<b>Lesson 3pm-6:00 pm</b> (2 Lanes) - <b>Youth Swim Team 5pm-6pm</b> (2 Lanes) - <b>Jr. Guards</b> (2 Lanes)	<b>Lesson 3pm-6:00 pm</b> (2 Lanes) - <b>Youth Swim Team 5pm-6pm</b> (2 Lanes) - <b>Jr. Guards</b> (2 Lanes)	<b>Lesson 3pm-6:00 pm</b> (2 Lanes) - <b>Youth Swim Team 5pm-6pm</b> (2 Lanes) - <b>Jr. Guards</b> (2 Lanes)	<b>Lesson 3pm 6:00pm</b> (2 Lanes) - <b>Youth Swim Team 5pm-6pm</b> (2 Lanes) - <b>Jr. Guards</b> (2 Lanes)	<b>Lesson 3pm-5:30 pm</b> (2 Lanes) - <b>Lap</b> (4 Lanes)	<b>Lap</b> (4 Lanes) - <b>Family 12:30-2:45pm</b> (2 Lanes)	<b>Lap</b> (4 Lanes) - <b>Family 12:30-1:45pm</b> (2 Lanes)
6:00 PM to 7:45 PM	<b>Lap</b> (4 Lanes) - <b>Family 6pm-7:45pm</b> (2 Lanes)	<b>Lap</b> (4 Lanes) - <b>Family 6pm-7:45pm</b> (2 Lanes)	<b>Lap</b> (4 Lanes) - <b>Family 6pm-7:45pm</b> (2 Lanes)	<b>Lap</b> (4 Lanes) - <b>Family 6pm-7:45pm</b> (2 Lanes)	<b>Lap</b> (4 Lanes) - <b>Family 5pm-7:45pm</b> (2 Lanes)	Pool Closes at 2:45 PM	Pool Closes at 1:45 PM

Due to safety, we may close the pool in the event of poor weather conditions or chemical imbalances – Effective September 1, 2022