



DIVE RIGHT IN!

FULLERTON FAMILY YMCA POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 – 8:50am Lap Swim 5 Lanes	5:30 – 7:50am Lap Swim 5 Lanes	5:30 – 6:20am Lap Swim 5 Lanes	5:30 – 7:50am Lap Swim 5 Lanes	5:30 – 6:20am Lap Swim 5 Lanes	6:00 – 7:00am U.S. Masters Swim Team Practice	6:00 – 7:00am U.S. Masters Swim Team Practice
	8:00 – 8:45am Aqua Class	6:30 – 7:30am U.S. Masters Swim Team Practice		6:30 – 7:30am U.S. Masters Swim Team Practice	7:00 – 8:00am Swim Team Practice	7:00 – 8:00am Swim Team Practice
9:00 – 9:45am Aqua Class	9:00 – 10:50am Lap Swim 2 Lanes Open Swim 3 Lanes	9:00 – 9:45am Aqua Class	9:00 – 11:50am Lap Swim 2 Lanes Open Swim 3 Lanes	9:00 – 9:50am Lap Swim 2 Lanes Open Swim 2 Lanes	9:00 – 9:45am Aqua Class	8:10 – 1:45pm Lap Swim 2 Lanes Open Swim 3 Lanes
10:00 – 11:00am Group Lessons 3 Lanes Lap Swim 2 Lanes	11:00 – 11:45am Aqua Class	10:00 – 11:00am Group Lessons 3 Lanes Lap Swim 2 Lanes	11:00 – 11:45am Aqua Class	10:00 – 11:50pm Lap Swim 2 Lanes Open Swim 3 Lanes		
11:00 – 1:50pm Lap Swim 2 Lanes Open Swim 3 Lanes	12:00 – 12:50pm Lap Swim 2 Lanes	11:00 – 1:50pm Lap Swim 2 Lanes Open Swim 3 Lanes	12:00 – 12:50pm Lap Swim 2 Lanes	12:00 – 12:50pm Lap Swim 2 Lanes	12:00 – 1:45pm Lap Swim 2 Lanes Open Swim 3 Lanes	
	1:00 – 1:50pm Lap Swim 2 Lanes Open Swim 3 Lanes		1:00 – 1:50pm Lap Swim 2 Lanes Open Swim 3 Lanes	1:00 – 1:50pm Lap Swim 2 Lanes Open Swim 3 Lanes		
2:00 – 2:45pm Aqua Class	2:00 – 2:50pm Lap Swim 2 Lanes Open Swim 2 Lanes	2:00 – 2:45pm Aqua Class	2:00 – 2:50pm Lap Swim 2 Lanes Open Swim 2 Lanes	2:00 – 2:45pm Aqua Class	2:00 – 4:30pm Private Lessons Reservation only	2:00 – 4:00pm Junior Lifeguarding Reservation only
3:00 – 5:00pm Group Lessons	3:00 – 5:00pm Group Lessons	3:00 – 5:00pm Group Lessons	3:00 – 5:00pm Group Lessons	3:00 – 4:50pm Open Swim Only 3 Lanes		
5:00 – 6:00pm Lap Swim Only 2 Lanes Swim Team 3 Lanes	5:00 – 5:50pm Open Swim Only 5 Lanes	5:00 – 6:00pm Lap Swim Only 2 Lanes Swim Team 3 Lanes	5:00 – 5:50pm Open Swim Only 5 Lanes	5:00-6:00pm Swim Team 3 Lanes	Aquatics Director Patrick Sturzenacker psturzenacker@ymcaoc.org Program Coordinator Ashley Petrella apetrella@ymcaoc.org Head Swim Team Coach Sterling Applebaum sapplebaum@ymcaoc.org	
6:00 – 8:00pm Swim Team Practice	6:00 – 8:00pm Swim Team Practice	6:00 – 8:00pm Swim Team Practice	6:00 – 8:00pm Swim Team Practice	6:00-7:00pm Lap Swim Only 3 Lanes		
				7:00 – 8:00pm Swim Team Practice		
	8:00 – 9:00pm U.S. Masters Swim Team Practice	8:00 – 9:00pm U.S. Masters Swim Team Practice	8:00 – 9:00pm U.S. Masters Swim Team Practice	Two lanes available for use during U.S. Masters Swim Team Practice.		

Reservations open 48 hours prior to your selected time for classes in any of our studios. All classes require a reservation to participate. Reservations open 72 hours prior to your selected time for classes in the pool. To register for class, please log on to our website at www.ymcaoc.org or download our Orange County YMCA app.

Fullerton Family YMCA | 2000 Youth Way | Fullerton, CA 92835 | (714) 879-9622

Effective July 1 – September 30, 2024



AQUATICS GENERAL INFORMATION

FULLERTON FAMILY YMCA POOL SCHEDULE

LAP LANES

All Lap Lanes are first come serve. The max capacity of a lane is 3 lap swimmers. With 3 lap swimmers in a lane, swimmers will swim in a circle swim pattern. To be in a lap lane you must be swimming consistently.

OPEN SWIM

Any child 14 and under must have wristbands

Green wristband: passed swim test, can use pool independently

Red wristband: must be accompanied by parent

1:2 ratio - 1 parent: 2 children

Swim Test:

- 1 Lap across the pool independently
- 30 seconds of treading water or floating on back
- Climb out of the pool without using a ladder or stairs

PRIVATE LESSONS

Reservation required to enroll. Contact the Aquatics Coordinator, Ashley Petrella, for more information at apetrella@ymcaoc.org

SWIM TEAMS

Youth Competitive (Ages 5 -17) | YOC Lionfish - Head Coach Sterling Applebaum

Master's (Ages 18+) | YOC Waterdogs - Head Coach Patrick Sturzenacker

“WHEN ARE MONTHLY SWIM LESSONS OPEN FOR REGISTRATION?”

Swim lessons open for registration on the 15th of every month.