



# 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 - 6:30am Lap Swim 5 Lanes	5:30 - 7:50am Lap Swim 5 Lanes	5:30 - 6:30am 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	9:00 - 9:45am Aqua Class	9:00 - 10:50am Lap Swim 2 Lanes	9:00 - 9:50am Lap Swim 4 Lanes	9:00 - 9:45am Aqua Class	8:00 - 9:50am Lap Swim 5 Lanes
10:00 - 11:00am Group Lessons 2 Lanes Lap Swim 3 Lanes	10:00 - 11:00am Open Swim 3 Lanes	10:00 - 11:00am Group Lessons 2 Lanes Lap Swim 3 Lanes	10:00 - 11:00am Open Swim 3 Lanes	10:00 - 11:50pm Lap Swim 2 Lanes Open Swim 3 Lanes		
11:00 - 1:50pm Lap Swim 2 Lanes Open Swim 3 Lanes	11:00 - 11:45am Aqua Class	11:00 - 1:50pm Lap Swim 2 Lanes Open Swim 3 Lanes	11:00 - 11:45am Aqua Class	11:00 - 11:45am Aqua Class	12:00 - 1:45pm Lap Swim 2 Lanes Open Swim 3 Lanes	10:00-1:45pm Open Swim Only 5 Lanes
	12:00 - 12:50pm Lap Swim 2 Lanes		12:00 - 12:50pm Lap Swim 2 Lanes	12:00 - 12:50pm Lap Swim 2 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 4 Lanes	2:00 - 2:45pm Aqua Class	2:00 - 2:50pm Lap Swim 4 Lanes	2:00 - 2:45pm Aqua Class	2:00 - 4:30pm Private Lessons Reservation only	2:00 - 4:00pm Jr. Guards 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	<b>Aquatics Director</b> Patrick Sturzenacker psturzenacker@ymcaoc.org  <b>Program Coordinator</b> Ashley Petrella apetrella@ymcaoc.org  <b>Head Swim Team Coach</b> 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	All U.S. Masters Swim Team Practices Reservation Only		

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](http://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](mailto: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.