



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
	10-minute Safety Break	6:30 - 7:30am U.S. Masters Swim Team Practice		10-minute Safety Break	6:30 - 7:30am U.S. Masters Swim Team Practice	7:00 - 8:00am Swim Team Practice
9:00 - 9:45am Aqua Class	8:00 - 8:45am Aqua Class	7:30 - 8:50am Lap Swim 5 Lanes	8:00 - 8:45am Aqua Class	7:30 - 8:50am Lap Swim 5 Lanes	8:00 - 8:45am Lap Swim 5 Lanes	8:00 - 9:50am Lap Swim 5 Lanes
	10-minute Safety Break	9:00 - 9:45am Aqua Class		10-minute Safety Break	9:00 - 9:50am Lap Swim 4 Lanes (Maxum Therapy)	
10:00 - 12:50pm Open Swim 3 Lanes Lap Swim 2 Lanes	9:00 - 10:50am Lap Swim 2 Lanes Open Swim 3 Lanes	10:00 - 12:50pm Open Swim 3 Lanes Lap Swim 2 Lanes	9:00 - 10:50am Lap Swim 2 Lanes Open Swim 3 Lanes	9:00 - 9:50am Lap Swim 4 Lanes (Maxum Therapy)	10:00 - 12:00pm Group Lessons	10:00-1:45pm Open Swim Only 5 Lanes
	10-minute Safety Break			11:00 - 11:45am Aqua Class		
1:00 - 1:50pm Lap Swim 5 Lanes	11:00 - 11:45am Aqua Class	12:00 - 12:50pm Lap Swim 2 Lanes (Core Therapy)	11:00 - 11:45am Aqua Class	12:00 - 12:50pm Lap Swim 2 Lanes (Core Therapy)	12:00 - 1:45pm Lap Swim 2 Lanes Open Swim 3 Lanes	12:00 - 1:45pm Lap Swim 2 Lanes Open Swim 3 Lanes
	10-minute Safety Break			12:00 - 12:50pm Lap Swim 2 Lanes (Core Therapy)		
2:00 - 2:45pm Aqua Class	1:00 - 1:50pm Open Swim 3 Lanes Lap Swim 2 Lanes	1:00 - 1:50pm Lap Swim 5 Lanes	1:00 - 1:50pm Open Swim 3 Lanes Lap Swim 2 Lanes	1:00 - 1:50pm Lap Swim 5 Lanes	2:00 - 4:30pm Private Lessons Reservation only	2:00 - 4:00pm Programming Reservation only
	10-minute Safety Break			2:00 - 2:50pm Lap Swim 3 Lanes (Maxum Therapy)		
3:00 - 5:00pm Group Lessons	2:00 - 2:50pm Lap Swim 3 Lanes (Maxum Therapy)	2:00 - 2:45pm Aqua Class	2:00 - 2:50pm Lap Swim 3 Lanes (Maxum Therapy)	2:00 - 2:45pm Aqua Class	3:00 - 4:50pm Open Swim Only 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
	10-minute Safety Break			3:00 - 5:00pm Group Lessons		
5:00 - 6:00pm Lap Swim Only 2 Lanes Swim Team 3 Lanes	3:00 - 5:00pm Group Lessons	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	6:00 - 7:00pm Lap Swim Only 3 Lanes	All U.S. Masters Swim Team Practices Reservation Only
	10-minute Safety Break			5:00 - 5:50pm Open Swim Only 5 Lanes		
6:00 - 8:00pm Swim Team Practice	5:00 - 5:50pm Open Swim Only 5 Lanes	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	
	10-minute Safety Break			6:00 - 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	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. All Aqua Fit Participants must check in with the instructor before class. Waitlisted participants must receive permission from the instructor before entering the water if space is permitted.

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.

Effective October 1st, 2024

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



AQUATICS GENERAL INFORMATION

FULLERTON FAMILY YMCA POOL SCHEDULE

LAP LANES

All Lap Lanes are first come, first serve. The max capacity of a lane is 3 lap swimmers. Swimmers will swim in either a circle pattern or lane split down the middle. 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

Yellow wristband: can stand up in shallow water w/o head going under; has not passed swim test

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.

- Safety Breaks are implemented for programming transitions. You may be asked to exit the water during these times so Lifeguards can set the pool for the following session.