



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 Master's Team 5 lanes | 6:00 - 7:00am Master's Team 5 lanes |
| | 8:15-9:00 Aqua Class | 6:30 - 7:30am Master's Team 5 lanes | | 6:30 - 7:30am Master's Team 5 lanes | 6:30 - 7:30am Master's Team 5 lanes | 7:00 - 8:00am Swim Team Practice |
| 9:00 - 9:45am Aqua Class | | 9:10 - 10:50am Lap Swim 3 Lanes | 9:00 - 9:45am Aqua Class | 9:00 - 10:50am Lap Swim 3 Lanes | 9:00 - 9:50am Lap Swim - 4 lanes | 9:00 - 9:45am Aqua Class |
| 10:00-11:00am Lap Swim - 3 lanes | Open Swim 2 Lanes | 10:00-11:00am Lap Swim - 3 lanes | Open Swim 2 Lanes | Maxum Therapy - 1 lane | 9:00 - 9:50am Lap Swim - 4 lanes | |
| OC Motion - 1 lane | 11:00 - 11:45am Aqua Class | OC Motion - 1 lane | 11:00 - 11:45am Aqua Class | 10:00 - 11:00am Lap Swim - 2 lanes | 10:00 - 12:00pm Group Lessons | 10:00-12:00pm Open Swim Only 4 Lanes |
| 11:00 - 12:50pm Open Swim 3 Lanes | | 11:00 - 12:50pm Open Swim 3 Lanes | | 11:00 - 12:50pm Open Swim 3 Lanes | | Open Swim - 2 lanes |
| Lap Swim 2 Lanes | 12:00 - 12:50pm Lap Swim - 2 lanes | Lap Swim 2 Lanes | 12:00 - 12:50pm Lap Swim - 2 lanes | OC Motion - 1 lane | Open Swim 3 Lanes | |
| | Core Therapy - 3 lanes | | Core Therapy - 3 lanes | Core Therapy - 3 lanes | | |
| 1:00 - 1:50pm Lap Swim 5 Lanes | 1:00 - 1:50pm Open Swim 3 Lanes | 1:00 - 1:50pm Lap Swim 5 Lanes | 1:00 - 1:50pm Open Swim 3 Lanes | 1:00 - 1:50pm Open Swim 3 Lanes | Lap Swim 2 Lanes | |
| | Lap Swim 2 Lanes | | Lap Swim 2 Lanes | Lap Swim 2 Lanes | Open Swim 3 Lanes | |
| 2:00 - 2:45pm Aqua Class | 2:00 - 2:50pm Lap Swim 3 Lanes | 2:00 - 2:45pm Aqua Class | 2:00 - 2:50pm Lap Swim 3 Lanes | 2:00 - 2:45pm Aqua Class | 2:00 - 4:30pm Private Lessons Reservation only | 2:00 - 4:00pm Programming Reservation only |
| | (Maxum Therapy) 1 lane | | (Maxum Therapy) 1 lane | | | |
| 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 | <p>Aquatics Director Patrick Sturzenacker psturzenacker@ymcaoc.org</p> <p>Program Coordinator Ashley Petrella apetrella@ymcaoc.org</p> <p>Head Swim Team Coach Sterling Applebaum sapplebaum@ymcaoc.org</p> | |
| 5:00 - 6:00pm Lap Swim Only 2 Lanes | 5:00 - 5:50pm Open Swim Only | 5:00 - 6:00pm Lap Swim Only 2 Lanes | 5:00 - 5:50pm Open Swim Only | 5:00-6:00pm Swim Team 3 Lanes | | |
| Swim Team 3 Lanes | 5 Lanes | Swim Team 3 Lanes | 5 Lanes | 6:00-7:00pm Lap Swim Only 3 Lanes | | |
| 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 | 7:00 - 8:00pm Swim Team Practice | | |
| 10 Minute Safety Breaks • see back for more detail | 8:00 - 9:00pm Master's Team 5 lanes | 8:00 - 9:00pm Master's Team 5 lanes | 8:00 - 9:00pm Master's Team 5 lanes | All U.S. Masters Swim Team Practices Reserves all 5 lanes - Registration required | | |

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.

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

Effective January 2nd, 2025