



# 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 Open Swim 2 Lanes	9:00 - 9:45am Aqua Class	9:00 - 10:50am Lap Swim 3 Lanes Open Swim 2 Lanes	9:00 - 9:50am Lap Swim - 4 lanes	9:00 - 9:45am Aqua Class
	10:00-11:00am NO OPEN SWIM Lap Swim - 3 lanes		10:00-11:00am NO OPEN SWIM Lap Swim - 3 lanes		Maxum Therapy - 1 lane	
11:00 - 12:50pm Open Swim	11:00 - 11:45am Aqua Class	11:00 - 12:50pm Open Swim	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
Lap Swim 2 Lanes	12:00 - 12:50pm Lap Swim - 2 lanes Core Therapy - 3 lanes	Lap Swim 2 Lanes	12:00 - 12:50pm Lap Swim - 2 lanes Core Therapy - 3 lanes	12:00 - 12:50pm Lap Swim - 2 lanes Core Therapy - 3 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	1:00 - 1:50pm Open Swim 3 Lanes Lap Swim 2 Lanes	1:00 - 1:50pm Open Swim 3 Lanes Lap Swim 2 Lanes	12:00 - 1:45pm Lap Swim 2 Lanes Open Swim 3 Lanes	12:00-1:45pm Open Swim Only 5 Lanes
2:00 - 2:45pm Aqua Class	2:00 - 2:50pm Lap Swim 3 Lanes (Maxum Therapy) 1 lane	2:00 - 2:45pm Aqua Class	2:00 - 2:50pm Lap Swim 3 Lanes (Maxum Therapy) 1 lane	2:00 - 2:45pm Aqua Class		
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><b>Aquatics Director</b> Patrick Sturzenacker psturzenacker@ymcaoc.org</p> <p><b>Program Coordinator</b> Ashley Petrella apetrella@ymcaoc.org</p> <p><b>Head Swim Team Coach</b> 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](http://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



# 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](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.

- Safety Breaks are implemented for programming transitions. You may be asked to exit the water during these 10-minute periods so Lifeguards can set the pool for the following session.