



# DIVE RIGHT IN!

## FULLERTON FAMILY YMCA FALL 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
		6:30 – 7:30am Master’s Team 5 lanes		6:30 – 7:30am Master’s Team 5 lanes	7:00 – 8:00am Swim Team 5 Lanes	7:00 – 8:00am Swim Team 5 Lanes
	8:00 – 9:00am 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 – 8:50am Lap Swim 3-5 Lanes Stroke Clinic 1-2 Lanes	8:00 – 8:50am Lap Swim 3-5 Lanes Stroke Clinic 1-2 Lanes
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 – 11:00am Group Lessons	9:00 – 12:00pm 2 lanes Private Lessons
10:00-11:00am NO OPEN SWIM Lap Swim – 3 lanes	Open Swim 2 Lanes	10:00-11:00am NO OPEN SWIM Lap Swim – 3 lanes	Open Swim 2 Lanes	Maxum Therapy – 1 lane		9:00 – 12:00pm Lap Swim 3 Lanes
OC Motion – 1 lane		OC Motion – 1 lane		10:00 – 11:50am Lap Swim – 2 lanes Open Swim – 2 lanes		
11:00 – 12:50pm Open Swim 3 Lanes Lap Swim 2 Lanes	11:00 – 11:45am Aqua Class	11:00 – 12:50pm Open Swim 3 Lanes Lap Swim 2 Lanes	11:00 – 11:45am Aqua Class	OC Motion – Shallow end	11:15-12:00pm Aqua Class 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	12:00 – 2:00pm Water Polo & Private Lessons 5 Lanes	12:00-1:45pm Open Swim 5 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 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		
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 – 4:45pm Open Swim 3 lanes Lap Swim 2 lanes	10 Minute Safety Breaks • see back for details
	(Maxum Therapy) 1 lane		(Maxum Therapy) 1 lane			Pool = 5 lanes total Lane availability may vary with coinciding programs (e.g. 3-5 lanes)
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 3 Lanes		
5:00 – 6:00pm Lap Swim – 2 Lanes	5:00 – 5:50pm Open Swim 5 Lanes	5:00 – 6:00pm Lap Swim – 2 Lanes	5:00 – 5:50pm Open Swim 5 Lanes	5:00-6:00pm Swim Team 3 Lanes	<u>Aquatics Director:</u> David Fahey dfahey@ymcaoc.org  <u>Program Coordinator:</u> Ashley Petrella apetrella@ymcaoc.org  <u>Head Swim Team Coach:</u> Sterling Applebaum sapplebaum@ymcaoc.org	
Swim Team 3 Lanes		Swim Team 3 Lanes		6:00-7:00pm Lap Swim 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		
	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 September 1, 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 moving consistently.

### OPEN SWIM

Any child 14 years and under must receive wristbands before entering the water for Open Swim

#### Swim Test:

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

#### Green wristband:

Passed swim test  
Can use open pool independently

#### Yellow wristband:

Has not passed swim test  
Can stand in shallow water  
Shallow end access only

#### Red wristband:

Has not passed swim test  
Cannot stand in shallow water  
Must be accompanied by parent at all times  
1:2 ratio – 1 parent: 2 children

### PRIVATE LESSONS

Reservation required to enroll. Contact the Aquatics Coordinator, Ashley Petrella, for more information at [apetrella@ymcaoc.org](mailto:apetrella@ymcaoc.org)

### TEAMS

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

Try Out required to enroll. Contact Sterling Applebaum for more information at [sapplebaum@ymcaoc.org](mailto:sapplebaum@ymcaoc.org)

USA Master's (Ages 18+) | YOC Waterdogs

No Tryout Required. Contact Sterling Applebaum for more information at [sapplebaum@ymcaoc.org](mailto:sapplebaum@ymcaoc.org)

Water Polo Academy (Ages 10–17)

Tryout Required to enroll. Contact Ashley Petrella for more information at [apetrella@ymcaoc.org](mailto:apetrella@ymcaoc.org)

## “WHEN ARE MONTHLY SWIM LESSONS OPEN FOR REGISTRATION?”

Swim lessons open for registration on the 15th of every month for the following month's programming (ex. Registration for February opens on January 15th.)

- **Safety Breaks** are implemented for programming transitions. You may be asked to exit the water during these 10-minute periods at a time so staff can set the pool for the following sessions while ensuring maintaining safety.