



BURBANK YMCA POOL SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AS OF JANUARY 30th 2023

Note: Pool closes 30 minutes prior to building closing

LAP SWIM						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30a-7:00a 4 Lanes (Swim Teams 4 Lanes)	5:30a-7:00a 3 Lanes (Swim Teams 5 Lanes)	5:30a-7:00a 4 Lanes (Swim Team 4 Lanes)	5:30a-7:00a 3 Lanes (Swim Team 5 Lanes)	5:30a-7:00a 4 Lanes (Swim Team 4 Lanes)	7:00a-9:00a 2 Lanes (Swim Team 6 Lanes)	8:00a-8:30a 8 Lanes
7:00a-9:00a 7 Lanes	7:00a-9:00a 7 Lanes	7:00a-9:00a 7 Lanes	7:00a-9:00a 7 Lanes	7:00a-9:00a 7 Lanes	9:00a-10:30a 6 Lanes (Lessons 2 Lanes)	8:30a-9:30a 5 Lanes (Lessons 2 Lanes)
9:00a-10:00a 5 Lanes (Water Fitness 3 Lanes)	9:00a-10:00a 5 Lanes (Water Fitness 3 Lanes)	9:00a-10:00a 5 Lanes (H2O Boot Camp 3 Lanes)	9:00a-10:00a 5 Lanes (Aqua Zumba 3 Lanes)	9:00a-10:00a 5 Lanes (Water Fitness 3 Lanes)	10:30a-1:00p 2 Lanes (Swim Team & Lessons 6 Lanes)	9:30a- 11:00a 6 Lanes (Lessons 2 Lanes)
10:00p-3:30p 7 Lanes (Swim Angel Fish 1 Lane)	10:00a-12p 7 Lanes	10:00a-12:00p 7 Lanes	10:00a-12:00p 7 Lanes	10:00a-12:00p 7 Lanes	1:00p-2:00p 4 Lanes (Swim Team & Open Swim 4 lanes)	11:00a-1:00p 3 Lanes (Swim Team & Lessons 5 lanes)
No Lanes Available 3:30p-4:30p	12:00p-1:00p 5 Lanes (Deep Water Fitness 3 Lanes)	12:00p-2:00p 8 Lanes	12:00p-1:00p 5 Lanes (Deep Water Fitness 3 Lanes)	12:00p-3:30p 8 Lanes	2:00p-4p 1 Lane (Swim Team)	1pm- 3:30pm 8 Lanes
4:30p-7:00p 1 Lane (Swim Team & Lessons 7 Lanes)	1:00p-3:30p 8 Lanes	2:00p-3:30p 7 Lanes (Swim Angel Fish 1 Lane)	1:00p-3:30p 8 Lanes	No Lanes Available 3:30p-6:30p	4:00p-4:30p 7 Lanes	
No Lanes Available 7:00p-8:00p	6:00p-7:00p 1 Lane (Swim Team & Lessons 7 Lanes)	3:30p-6:00p 1 Lane (Swim Team & Lessons 7 Lanes)	3:30p-6:00p 1 Lane (Swim Team & Lessons 7 Lanes)			
8:00p-8:30p 5 Lanes (RMHS Swim Team 3 Lanes)	8:00p-8:30p 5 Lanes (RMHS Swim Team 3 Lanes)	8:00p-8:30p 5 Lanes (RMHS Swim Team 3 Lanes)	8:00p-8:30p 5 Lanes (RMHS Swim Team 3 Lanes)			

OPEN SWIM / WATER WALKING IN LANE 1 (Lap Pool)						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30a-9:00a 10:00a-12:00p	7:30a-9:00a 10:00a-12:00p	7:30a-9:00a 10:00a-12:00p	7:00a-9:00a 10:00a-12:00p	7:30a-9:00a 10:00a-12:00p	1:00p-4:30p	

FAMILY SWIM						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:00p-7:00p ZEP Pool		5:00p-7:00p ZEP Pool	4:00p-6:30p ZEP Pool	1:00p-3:30p ZEP Pool	1:30p-3:30p ZEP Pool

As a reminder, we try to utilize lane one as an accessible for all lane, specifically for persons needing the use of the walk in stairs or chair lift. While this is an open lane most of the day, we ask that this lane be left open for persons specifically needing this space that cannot otherwise utilize other lanes in the pool. As a note, lane one is utilized for swim lessons in the afternoons and on the weekends so our youth and preschool aged swim lesson participants can easily and safely access this pool space.

We also ask that when sharing lane space with others, to please be aware and courteous of your surroundings and others around you

Pool Schedule is subject to change based on programming needs. Thank you for your patience!

SAFE POOLS HAVE RULES



All kids shorter than 65 inches must pass a safety swim test

Only Coast Guard-approved personal flotation devices (PFDs) allowed



Unsafe behavior, as determined by the lifeguard, is prohibited

No glass allowed on the pool deck



- Do not enter the pool if you suspect you have or have a communicable disease or an open cut or blister.
- Wear Family appropriate and clean swim attire only.
- Shower, using warm Water and soap, before entering the pool or after use of toilet facilities.
- Children in diapers must wear a reusable plastic pant with snug elasticized legs and waistband.
- Diving is prohibited in Water less than 9 feet deep.
- Spitting, spouting Water from mouth or blowing the nose in the pool is prohibited.
- No extended breath-holding or hyperventilation.
- Only U.S. Coast Guard approved lifejackets and wearable foam flotation devices are allowed. Users must remain within arm's reach of an adult.
- Do not run or engage in rough play in the pool area or locker rooms.
- Diaper changing in the pool area is prohibited. Please use locker rooms.
- Do not bring animals into the pool area.
- Do not bring food, drink, gum or tobacco into the pool area.
- Glass and items that could shatter are prohibited in the pool area.
- Children under the age of 7 must accompanied by an adult in the Water.