



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PASADENA-SIERRA MADRE YMCA POOL

WINTER 2023

- Swimmers 12+ may participate in lap swimming; ability determined by the Lifeguard
- During OPEN SWIM we welcome swimmers of all ages
- Lane capacity is currently 3 swimmers per lane
- Reservations are REQUIRED for all pool activities
- Please be advised: the pool closes for 30 mins from 4p –4:30p Monday-Friday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 – 8:30am Lap Swim (6 Lanes)	6– 8:30am Lap Swim (6 Lanes)	6—8:30am Lap Swim (6 Lanes)	6 -8:30a Lap Swim (6 Lanes)	6 -10am Lap Swim (6 Lanes)	7a- 12:30p Lap Swim 11:30a-12:30p Open Swim
9 – 9:45am Water Fitness 10-10:30am Open Swim	9 – 9:45am Water Fitness 10-10:30am Open Swim	9 -9:45am Water Fitness 10-10:30am Open Swim	9-9:45am Water Fitness 10-10:30am Open Swim	10-10:30am Open Swim	
2-4pm Open Swim 2-6:30pm Lap Swim (3 Lanes) Closed 4-4:30pm	2-4pm Open Swim 2- 6:30pm Lap Swim (3 Lanes) Closed 4-4:30pm	2-4pm Open Swim 2- 6:30pm Lap Swim (3 Lanes) Closed 4-4:30pm	2-4 pm Open Swim 2—6:30pm Lap Swim (3 Lanes) Closed 4-4:30pm	2 -3pm Lap Swim / Water Fitness 3 - 6:30pm Lap Swim / Open Swim Closed 4-4:30pm	