



Thousand Oaks Pool Schedules

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

August 28th – October 15th

OUTDOOR POOL WILL BE CLOSING OCTOBER 15th FOR THE FALL

Outdoor Pool (OP) Schedule

	Outdoor Pool	Baby Pool	Slides
Monday-Friday	6:00am-11:00am & 4:00pm-8:00pm * Open swim from 6am-11am & 4pm-8pm * 1 lap lanes available During Open Swim	4:00pm-8:00pm	NOT OPEN
Saturday	7:00am-7:30pm * 1 lap lane available	8:00am-7:30pm	12:00pm-7:00pm
Sunday	1:00pm-6:30pm * 1 lap lane available	1:00pm-6:30pm	1:00pm-6:30pm

Indoor Pool (IP) Schedule

	Indoor Pool Hours	Open Swim Hours
Monday/Wednesday	8:00am-12:00pm 4:00pm-9:00pm	8:00am-9:00am, 7:45pm-9:00pm
Tuesday/ Thursday	8:00am-12:00pm 4:00pm-9:00pm	8am-9:00am, 11:15am-12:00pm, 8:00pm-9:00pm
Friday	8:00am-12:00pm 4:00pm-9:00pm	9:00am- 12:00pm, 4:00pm-9:00pm
Saturday	8:00am-4:00pm	12:30pm-4:00pm
Sunday	2:00pm-5:00pm	2:00pm-5:00pm

Aquatics Group Exercise Schedule

*Location of class to be determined by instructor (Weather Permitting)		
Monday	NO CLASSES SCHEDULED	
Tuesday	Water Aerobics- Loyda 9:00am-10:00am	Water Aerobics-Cheryl 7:00pm-7:55pm
Wednesday	NO CLASSES SCHEDULED	
Thursday	Water Fit- Loyda 9:00am-10:00am	Water Fit-Cheryl 7:00pm-7:55pm
Friday	Water Fit – Cheryl 8:00am-8:55am	
Saturday	Water Aerobics- Loyda 8:00am-8:55am	Water Fit-Julie 9:45am-10:40am



POOL RULES AND PROCEDURES

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1. For your safety, running and horse play are not permitted.
2. No jumping near underwater benches.
3. Keep off lane lines and life lines.
4. Breath holding and prolonged underwater swimming is prohibited.
5. Swimming is prohibited in the slide area.
6. A parent must be in the water within arm's reach of children ages 6 and under. Parents may sit on the edge of the pool if child ages 5-6 have successfully completed a swim test.
7. Children ages 7-12 may use the swimming pool with a parent in the YMCA facility and after successfully completing a swim test.
8. Participants under the age of 18 must successfully complete a swim test before using the slide. **Wristbands must be worn to gain access to the slides.**
9. Food and glass containers are not permitted on the pool deck.
10. In the case of inclement weather, the pool will be closed for 30 minutes after the last sign storm. Signs of a storm include, but are not limited to, thunder, lightning, and hard rain.
11. Lap lanes are for lap swim only. Please be CARING and circle swim so others may share the lane.
12. Please RESPECT others by showering before entering the pool.
13. Please be HONEST: Children who are not potty trained must wear approved swim diapers. Diapers and swim diapers must be changed in appropriate changing places.
14. Please be RESPONSIBLE: Diving is not permitted.
15. Please be RESPONSIBLE: Participants who do not successfully complete the swim test must be accompanied by a parent/guardian (adult 18 or older) and may be asked to wear coast guard approved life jacket.
16. Please be RESPONSIBLE: Children may use non-inflatable flotation devices as long as accompanied by an adult within arm's reach at all times.
17. Please be RESPECTFUL: Appropriate swim attire only; cut-offs and denim shorts are prohibited. All swim attire must be appropriate to maintain a family environment. Bathing suits must be worn.
18. Please be RESPECTFUL and follow lifeguard's instructions at all times.

SWIM TEST AND SLIDE PROCEDURES

1. A parent must be in the water within arm's reach of children ages 6 and under. Parents may sit on the edge of pool if child ages 5 & 6 have successfully completed the swim test and wears the **GREEN** wrist band. Parents may sit on edge of baby pool if child ages 2-6 can move around safely with water at chest level.
2. Upon PASSING the swim test, children ages 7 -12 wearing the **GREEN** wrist band may use the swimming pool while a parent remains in the facility.
3. Children ages 7 -12, that DO NOT PASS the swim test, will be given a **RED** wrist band. The child may play in the pool if a parent is in the water and remains within arm's reach of the child. The parent may remain on the pool deck if the child can move around safely with water at chest level. See lifeguard for questions.
4. Children ages 13 -18 will be required to take a swim test.
5. Participants under the age of 18 must successfully complete a swim test before using the slide. Wristbands must be worn to gain access to the slides.
6. Anyone sliding down the slide will only go down either sitting or lying down feet first.

**Please contact Rebecca Gaines if you have any questions at
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