

Torrance-South Bay YMCA
2900 West Sepulveda Boulevard
Torrance, CA 90505
310-325-5885
www.ymcala.org/tsb

For more information,
please contact Art De La
Rosa, Aquatic Director, at
310.325.5885 x7488 or
through email at
artdelarosa@ymcala.org

Mission Statement

The Torrance YMCA puts Ju-
deo-Christian principles into
practice through programs
that build healthy spirit, mind
and body for all.

Financial Assistance

Torrance YMCA member-
ship and programs are open
to everyone who desires
to participate. Financial
assistance, to the extent
possible, is made available to
those residing in our service
area through the generosity
of our donors. Please pick up
an application from the front
desk.

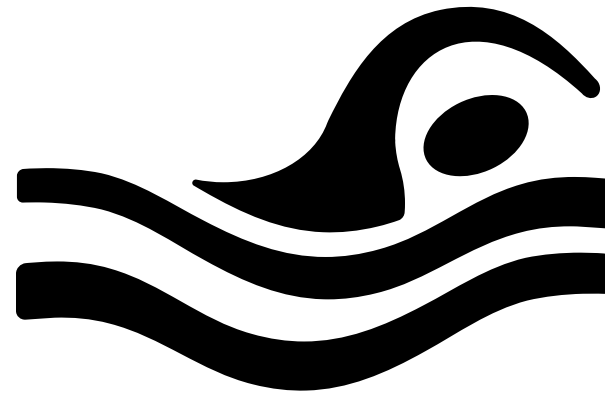
**When entering the pool you
must tap the other swimmer to
communicate new counterclockwise
swim pattern.**

**Lane speed markers are relative.
Please swim in the lane with those
whose speed closely matches your
own.**

Torrance-South Bay YMCA
Aquatics

POOL SCHEDULE

SPRING I 2010 (MAR 29 - MAY 1)



East pool

Monday/Wednesday

5am-8am 5 lap lanes/1 walking lane
8am-12pm Watercise Only
12pm-1pm 2 lap lanes/
watercise(Mondays Only)/Open Swim
1pm-2:30pm 3 lap lanes/Open Swim
2:30pm-3:30pm 1 Lesson Lane/2 lap
lanes/open swim
3:30pm-4pm 4 Lap Lanes/open swim
4pm-4:30pm 3 Lesson Lanes/1 Lap
Lane/Open swim
4:30pm-5:30pm 4 Lesson Lanes/open
swim
5:30pm-6:30pm 3 Lesson Lanes/1 Lap
Lane/open swim
6:30pm-7:30pm 4 Lesson Lanes/open
swim
7:30pm-8:30pm 1 lesson lane(Adult
lesson ends at 7:45pm)/1 lap lane/open
swim/Watercise
8:30pm-9:45pm Open swim/4 lap lanes

Tuesday/Thursday

5am-9am 5 Lap lanes/1 walking lane
9am-11am Watercise Only
11am-12pm Watercise /open swim
12pm-1:30pm Open swim/3 lap lanes
1:30pm-2:30pm Open swim/2 lap lanes/
Watercise
2:30pm-3:30pm open swim/ 4 Lap Lanes
3:30pm-5:30pm 4 lesson lanes/open
swim
5:30pm-6:30pm 1 Lesson Lane/water-
cise/Wetball/open swim
6:30pm-7pm 3 Lesson lanes /1 Lap
Lanes/open swim
7pm-8pm 4 Lesson Lanes/open swim
8pm-9pm Watercise/1 lap lane/1 lesson
lane (Adult ends at 8:15pm)/open swim
9pm-9:45pm 4 lap lanes/open swim

Friday

5am-8am 5 Lap lanes/1 walking lane
8am-12pm Watercise Only
12pm-1pm 2 lap lanes/watercise/open
swim

1pm-3:30pm Open swim/3 lap lanes
3:30pm-5:45pm 4 Lesson lanes/open
swim
5:45pm-6:45pm Watercise/1 lesson
lane/1 lap lanes/open swim
6:45pm-7:30pm Open swim/4 lap lanes
7:30pm-8:15pm 1 Lesson lane/3 lap
lanes/open swim
8:15pm-9:45pm Open swim/4 lap lanes

Saturday

6am-7:15am 5 lap lanes/1 walking lane
7:15am-8:30am Watercise/3 lap lanes
8:30am-9:15am 4 Lap Lanes/open swim
9:15am-11:30am 3 Lesson lanes/1 lap
lane/open swim
11:30am-12pm 2 lesson lane/2 lap lanes/
open swim
12pm-1:30pm 4 Lesson lanes/open swim
1:30pm-3pm 3 Lesson lanes/1 lap lane/
open swim
3pm-7:45pm Open swim/3 lap lanes

Sunday

6am-9am 5 lap lanes/1 walking lane
9am-10am Watercise only
10am-12pm Watercise/open swim/1
lesson lane
12pm-5:45pm Open swim/3 lap lanes

**Due to unforeseeable
pool closures, scheduled
availability may be
changed.**

**Lifeguards have final say
in all matters.**

**Private swim lessons may
affect the swim schedule.**

Instructional Pool

Monday/Wednesday

5am-7am Adult Swim
7am-9am Open Arthritis/Adult Swim
9am-1pm Arthritis Classes
1pm-3:30pm Family Swim
3:30pm-4:30pm Lessons Only
4:30pm-5pm Lessons & Family Swim
5pm-5:30pm Lessons Only
5:30pm-6:30pm Lessons & Family Swim
6:30pm-7pm Lessons Only
7pm-7:30pm Lessons & Family Swim
7:30pm-9:45pm Family Swim

Tuesday/Thursday

5am-7am Adult Swim
7am-9am Open Arthritis/Adult Swim
9am-11am Arthritis Classes
11am-12:30pm Parent-Child Lessons
12:30-1:30pm Arthritis Class
1:30pm-3:30pm Family Swim
3:30pm-4:30pm Lessons & Family
Swim
4:30pm-5pm Lessons Only
5pm-5:30pm Lessons & Family Swim
5:30pm-6:30pm Lessons Only
6:30pm-8pm Lessons & Family Swim
8pm-9:45pm Family Swim

Friday

5am-7am Adult Swim
7am-9am Open Arthritis/Adult
Swim
9am-10am Arthritis Classes
10am-12:45pm Lessons Only
12:45pm-3pm Family Swim
3pm-6pm Lessons & Family Swim
6pm-9:45pm Family Swim

Saturday

6am-9am Family Swim
9am-9:30am Lessons Only
9:30am-10:30am Lessons & Family
Swim
10:30am-11am Lessons Only
11am-11:30am Lessons & Family Swim
11:30am-3pm Lessons Only

3pm-7:45pm Family Swim

Sunday

6am-5:45pm Family Swim

West Pool

Monday/Wednesday

5am-5:30pm 4 Lap Lanes
5:30pm-6:30pm 2 Lap/2 Lesson Lanes
6:30pm-9:45pm 4 Lap Lanes

Tuesday/Thursday

5am-6:30pm 4 Lap Lanes
6:30pm-7:30pm 2 Lap/2 Lesson Lanes
7:30pm-9:45pm 4 Lap Lanes

Friday

5am-4:30pm 4 Lap lanes
4:30pm-7:30pm 2 Lap/2 Lesson Lanes
7:30pm-9:45pm 4 Lap Lanes

Saturday

6am-12pm 4 Lap Lanes
12pm-3:15pm 2 Lap/2 Lesson Lanes
3:15pm-7:45pm 4 Lap Lanes

Sunday

6am-5:45pm 4 Lap Lanes

**Break week dates are May
3 - May 8.**

**During break week there will
be no swim lessons.**