



Summer Swim Availability (Effective June 12th)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lap Swim 6 Lanes 5:30-6:00am	Lap Swim 6 Lanes 5:30-6:00am	Lap Swim 6 Lanes 5:30-6:00am	Lap Swim 6 Lanes 5:30-6:00am	Lap Swim 6 Lanes 5:30-6:00am		
Masters 6 Lanes 6:00-7:00am	Masters 6 Lanes 6:00-7:00am	Masters 6 Lanes 6:00-7:00am	Masters 6 Lanes 6:00-7:00am	Masters 6 Lanes 6:00-7:00am	Masters 6 Lanes 6:00-7:15am	
Lap Swim 6 Lanes 7:00-9:30am	Lap Swim 6 Lanes 7:00-9:30am	Lap Swim 6 Lanes 7:00-9:30am	Lap Swim 6 Lanes 7:00-9:30am	Lap Swim 6 Lanes 7:00-8:30am	Masters 6 Lanes 7:15-8:30am	
H2O Bootcamp Express 2 Lanes + Deep End 8:30-9:20am	Wet Sweat Deep End 8:30-9:15am	H2O Bootcamp Express 2 Lanes + Deep End 8:30-9:20am	Wet Sweat Deep End 8:30-9:15am	H2O/Beat Bootcamp 2 Lanes + Deep End 8:30-9:30am	Wet Sweat Deep End 8:30-9:15am	
Lane Change YARDS 9:00-9:15am	Lane Change YARDS 9:00-9:15am	Lane Change YARDS 9:00-9:15am	Lane Change YARDS 9:00-9:15am	Lap Swim 2-3 Lanes 9:00-11:00am	Masters 6 Lanes 8:30-9:45am	
Swim School Shallow End 9:15am-6:30pm	Swim School Shallow End 9:15am-6:30pm	Swim School Shallow End 9:15am-6:30pm	Swim School Shallow End 9:15am-6:30pm	Rec Swim 1-2 Lanes 9:00-11:00am	Lap Swim 2-4 Lanes 9:45am-9:30pm	
Lap Swim 2-5 Lanes 9:15am-12:00pm	Masters 5 Lanes 9:30-10:30am	Lap Swim 2-5 Lanes 9:15am-12:00pm	Masters 5 Lanes 9:30-10:30am	PCC Staff Training 2 Lanes & Deep End 9:30-11:30am	Rec Swim 1-3 Lanes 9:45am-9:30pm	
Rec Swim Shallow End 9:15am-2:00pm	Rec Swim Shallow End 9:30am-2:00pm	Rec Swim Shallow End 9:15am-2:00pm	Rec Swim Shallow End 9:30am-2:00pm	Masters 6 Lanes 12:00-1:00pm	Swim Lessons 1 Lane 9:45am-9:30pm	Lap Swim 2-4 Lanes 12:00-7:30pm
Masters 5 Lanes 12:00-1:00pm	Lap Swim 5 Lanes 10:30am-12:00pm	Masters 5 Lanes 12:00-1:00pm	Lap Swim 5 Lanes 10:30am-12:00pm	Lap Swim 2-5 Lanes 1:00-9:30pm		Rec Swim 1-3 Lanes 12:00-7:30pm
Lap Swim 5 Lanes 1:00-2:00pm	Masters 5 Lanes 12:00-1:00pm	Lap Swim 5 Lanes 1:00-2:00pm	Masters 5 Lanes 12:00-1:00pm	Rec Swim 1-3 lanes 1:00-9:30pm		Swim Lessons 1 Lane 12:00-7:30pm
Lap Swim 2 Lanes 2:00-6:30pm	Rec Swim Shallow End/Deep End 2:00-6:30pm	Lap Swim 2 Lanes 2:00-6:30pm	Rec Swim Shallow End/Deep End 2:00-6:30pm		<p>-Lifeguards will be on duty Monday through Saturday from 1:00pm - 7:00pm and from 12:00pm - 7pm on Sundays from June 12th until August 20th.</p> <p>-While lifeguards are on duty, adult breaks will be taken every hour on the hour.</p> <p>-In accordance with California law, children under the age of 14 must be closely supervised by an adult, even with lifeguards present.</p> <p>-The diving board will be open daily from 2:00-5:00pm. Two (2) lifeguards must be on duty in order for the diving board to be used.</p> <p>**PCC STAFF RESERVES THE RIGHT TO CHANGE THIS SCHEDULE AS NEEDED</p>	
Rec Swim Shallow End/Deep End 2:00-6:30pm	Lap Swim 2 Lanes 2:00-6:30pm	Rec Swim Shallow End/Deep End 2:00-6:30pm	Lap Swim 2 Lanes 2:00-6:30pm			
Lane Change METERS 6:30-6:45pm	Lane Change METERS 6:30-6:45pm	Lane Change METERS 6:30-6:45pm	Lane Change METERS 6:30-6:45pm			
Wet Sweat Deep End 6:00-6:45pm	Lap Swim 2-5 Lanes 6:30-9:30pm	Wet Sweat Deep End 6:00-6:45pm	Lap Swim 2-5 Lanes 6:30-9:30pm			
Masters 6 Lanes 6:45-8:00pm	Rec Swim 1-2 Lanes 6:30-9:30pm	Masters 6 Lanes 6:45-8:00pm	Rec Swim 1-2 Lanes 6:30-9:30pm			
Lap Swim 2-5 Lanes 8:00-9:30pm		Lap Swim 2-5 Lanes 8:00-9:30pm				
Rec Swim 1-2 Lanes 8:00-9:30pm		Rec Swim 1-2 Lanes 8:00-9:30pm				

Summer Information and Rules:

- **Recreational Swimming:** Recreational swimmers may use the deep end (when it is available), and the lap lane closest to the Center lobby. Depending on demand, a second lane may be opened by a PCC staff member for additional recreational use.
- **Lap Swimming:** More than one person may use a lap lane. If two people are using a lane, "split the lane" (swim on one side of the black line only, while the other swimmer remains on the other side). If more than two people are using the lane, "circle swim" counterclockwise (swim to the right of the black line).
- Children who are not toilet trained must wear a disposable swim diaper **with** a reusable swim diaper over to prevent any leakage. Even still, if a child has a fecal release, they will need to be removed from the water immediately. If any fecal matter is released into the pool water, in most cases the pool will be closed anywhere from 1 to 24 hours depending on the Health Department's direction.

Main Pool Rules: The main pool is open for lap and recreational swimming at certain times throughout the day and varies throughout the year. Some scheduled workouts use all the lanes for a period of time. Please check the schedule before coming to swim in order to avoid pool usage during these times.

- No running.
- No glass containers.
- No floating devices.
- No sitting or floating on lane lines.
- No diving in shallow water.
- No dunking or horseplay.
- Kickboards, fins, snorkels, and water fitness equipment are for lap swimming and fitness groups only.
- No inflatable toy, balls, etc.

Baby Pool Rules:

- The baby pool is only to be used by children 5 years of age and under. Children must be under the direct supervision of a person 18 years of age or older.
- Floating devices are not permitted. However, pool toys are permitted. Center toys and equipment are reserved for our aquatics programs only.

Hot Tub Rules:

- Anyone under 16 years of age must be supervised by an adult in the hot tub area.
- When the hot tub is crowded, please limit use to 5 minutes.
- Children must be toilet trained in order to use the hot tub. No diapers of any kind allowed.
- No glass containers in the hot tub area.

Diving Board Rules:

- Only one person on the board at a time.
- Forward jumps or dives only.
- Swimmer must go directly to the ladder after going off the board.
- Swimmer on board must wait until the person in front of him/her has reached the ladder before jumping.
- One bounce only.
- No running on board.
- No reverse or inward jumps or dives.
- Use board at own risk.
- Diving board may be closed by any PCC employee if the rules are not being followed.

Island Day Rules: *Visit <http://www.peninsulacommunitycenter.com/> for Island Day dates.*

- Children 14 and under must take a swim test BEFORE using the Island
- Do not use the Island until signaled by a Lifeguard to do so.
- Do not jump or dive onto the island. This may cause the Island to pop and be shut down.
- No hanging on the ropes that attach the island to the lane lines.
- During the 10 minute adult break adults may use the Island.
- Island may be closed by any PCC employee if the rules are not being followed.
- People who fall off the Island must swim to the nearest wall and exit. There is no climbing back on once fallen off.
- Use the Island at your own risk.

Pool, Baby Pool and Hot Tub Hours:

Monday - Friday from 5:30 AM until
9:30 PM
Saturday from 6:00 AM until 9:30 PM
Sunday from 12:00 PM until 7:30 PM