



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LA JOLLA YMCA
8355 Cliffridge Ave.
La Jolla, CA 92037
ymca.org/lajolla
(858) 453-3483

Pool Schedule

Ann Woolley Aquatics Center – LA JOLLA YMCA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lap Pool Lap Swim	5:00am - 9:30pm	5:00am - 9:30pm	5:00am - 9:30pm	5:00am - 9:30pm	5:00am - 8:30pm	7:00am - 5:30pm	7:00am - 5:30pm
*Limited Lanes	4:00-8:00pm	4:00-6:15pm	4:00-8:00pm	4:00-6:15pm	4:00-7:00pm	9:00-11:00am	
Recreation Pool Lap Swim	5:00am - 7:00pm	5:00am - 7:00pm	5:00am - 7:00pm	5:00am - 7:00pm	5:00am - 7:00pm	8:30am - 5:30pm	8:30am - 5:30pm
Recreation Pool Open Swim	9:00am - 7:00pm	9:00am - 7:00pm	9:00am - 7:00pm	9:00am - 7:00pm	9:00am - 7:00pm	9:00am - 5:30pm	8:30am - 5:30pm
Splash Pad	9:00am - 7:00pm	9:00am - 7:00pm	9:00am - 7:00pm	9:00am - 7:00pm	9:00am - 7:00pm	9:00am - 5:30pm	9:00am - 5:30pm
Water Aerobics	8:00am AF 8:30am AI 9:25am DAF 11:00am HH 6:00pm AF	8:15am AS 8:40am AF 10:00am AHE	8:00am AF 8:30am AI 9:25am DAF 11:00am HH 6:00pm AF	8:15am AS 8:40am AF 10:00am AHE	8:00am AF 8:30am AI 9:25am DAF 11:00am HH 6:00pm AF	8:30am AF	



POOL HOURS

Recreation Pool
Mon-Fri: 5:00am-7:00pm
Sat/Sun: 7:00am-5:30pm

Lap Pool
Mon-Thu: 5:00am-9:30pm
Fri: 5:00am-8:30pm
Sat/Sun: 7:00am-5:30pm

SPA HOURS

Mon – Thu: 5:00am-9:30pm
Fri: 5:00am – 8:30pm
Sat/Sun: 7:00am-5:30pm

Please note during peak hours, lap lanes may be limited.
Please understand that circle swimming will be required.

CLIMBING WALL HOURS:

Monday - Friday: 6:00pm - 7:00pm
Saturday - Sunday: 2:00pm - 4:00pm

Water Aerobics Class Key

AF – Aqua Fit
AHE – Aqua HIIT Express (lap pool)
AI – Aqua Interval /Deep (rec pool)
AS – Aqua Strength/Deep (lap pool)
DAF – Deep Aqua Fit
HH – Hydro Healing
All water aerobics classes are 50 minutes.

YMCA OF SAN DIEGO COUNTY POOL RULES

- YMCA lifeguard has final authority
- It's the rule, one long whistle – exit the pool immediately
- For your safety, children 6 or under must be actively supervised by an adult 18 years or older
- All patrons under 12 years old must meet one of the following:
 - Successfully pass a swim test (25 yards continuous swim and tread water for one minute) OR
 - Stand comfortably in chest deep water in the entire swim zone OR
 - Wearing a properly fitted United States Coast Guard (USCG) approved Personal Flotation Device (PFD or lifejacket) OR
 - Be within arms reach of adult (only one non-swimmer per adult)
- No diving permitted
- Please walk on pool deck
- Prolonged underwater breath holding is dangerous and is prohibited
- USCG approved lifejacket & water noodles may be used
- All pool equipment must be used appropriately
- Swimming without a certified lifeguard on duty is prohibited
- Reusable swim diapers are required for swimmers under 4 years old
- Please shower before entering pool
- Eating is permitted in designated areas only
- Appropriate swimming attire must be worn at all times (cut-offs, jeans, etc are not permitted)



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Updated: 9/28/18



OCTOBER 2018 AQUATICS CLASSES - LA JOLLA YMCA

MONDAY AM	TUESDAY AM	WEDNESDAY AM	THURSDAY AM	FRIDAY AM	SATURDAY AM
6:00-7:00 Masters Swim (\$) LAP - Tony	8:15-9:05 Aqua Deep STRENGTH REC - Sara S	6:00-7:00 Masters Swim (\$) LAP - Tony	8:15-9:05 Aqua Deep STRENGTH REC - Claire	8:00-8:50 Aqua Fit REC - Michelle	7:00-8:30 Masters Swim (\$) LAP - Tony
8:00-8:50 Aqua Fit REC - Simone	9:05-9:55 Aqua Fit REC - Tori	8:00-8:50 Aqua Fit REC - Simone	9:05-9:55 Aqua Fit REC - Susana	9:00-9:50 Aqua Deep Interval REC - Sallie	8:30-9:20 Aqua Fit REC - Sallie
9:00-9:50 Aqua Deep Interval REC - Kristi	10:00-10:50 Aqua Zumba ® REC - Tori	8:30-9:20 Aqua Deep Interval REC - Marion		11:00-11:50 Aqua Fit REC - Staff	9:30-10:20 Aqua Jogging LAP - Sallie
10:00-10:50 Deep Aqua Fit REC - Kristi		9:25-10:15 Deep Aqua Fit REC - Marion			<div style="background-color: black; color: white; padding: 5px; text-align: center;"> NEW PARTICIPANTS: Please introduce yourself to the instructor at beginning of class. </div>
11:00-11:50 Aqua Fit REC - Kristi		11:00-11:50 Aqua Fit REC - Staff			
MONDAY PM	TUESDAY PM	WEDNESDAY PM	THURSDAY PM	FRIDAY PM	
6:00-6:50 Aqua Fit REC - Delia	6:00-7:00 Masters Swim (\$) LAP - Tony	6:00-6:50 Aqua Fit REC - Delia	6:00-7:00 Masters Swim (\$) LAP - Tony	6:00-6:50 Aqua Fit REC - Susana	<div style="background-color: black; color: white; padding: 5px; text-align: center;"> Deep - Non-impact exercise in deep water with assistance of a flotation belt. </div>
					<div style="background-color: black; color: white; padding: 5px; text-align: center;"> REC: Recreational Pool </div>
					<div style="background-color: black; color: white; padding: 5px; text-align: center;"> LAP: Lap Pool </div>

Aqua Deep Strength - A tough workout that utilizes resistive equipment to strengthen the whole body. **CF, CS, MS**

Aqua Deep Interval - A tough workout that utilizes intervals and high intensity activity in deep water with assistance of flotation belt. **CF, CS, MS, B**

Aqua Fit - Low impact water exercise in shallow water, non-swimmers welcome. **CF, CS, MS, B**

Aqua Interval - A tough workout that utilizes intervals and high intensity activity. **CF, CS, MS, B**

Aqua Jogging - A combination of cardio, balance, strength and stretching through walking, jogging and interval training. **MS, CS, CF, B, CH, F**

Aqua Zumba - Water resistance with a Zumba philosophy offers a low-impact, high-energy aquatic pool party

Masters Swim - Coached workout focused on speed, endurance and technique for int. to adv. swimmers and triathletes ages 18+. **MS, CS, CF**

Workout of the Day - A coached swim workout focused on technique development, speed, endurance and comfort level in the water. Suitable for beginners and intermediate lap swimmers ages 15+. **MS, CS, CF**

MS = MUSCULAR STRENGTH: Increases strength and enhances muscular development and coordination.

F = FLEXIBILITY: Enhances the mind/body connection improving coordination and reducing stress. Enhance joint range of motion.

CS = CORE STABILITY: Strengthens the deep abdominal muscles and improves postural alignment.

CF = CARDIOVASCULAR FITNESS: Strengthens the heart and lungs for efficiency.

B = BALANCE: Improves proprioception and reduces the risk of falling.

CH = COGNITIVE HEALTH: Enhances neuromuscular activity and helps improve mind/body connection through specified movement patterns.