



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATICS PROGRAM & FITNESS SCHEDULE

MAGDALENA ECKE FAMILY YMCA

POOL ALERTS

Text code **ECKEPOOLS** to **84483** to receive alerts regarding pool & jacuzzi closures.

FALL 2018

INSTRUCTIONAL POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Recreational Swim 7:00-8:00 am	Open Recreational Swim 7:00-8:00 am	Open Recreational Swim 7:00-8:00 am	Open Recreational Swim 7:00-8:00 am	Open Recreational Swim 7:00-8:00 am	Swim Lessons 8:00 am-12:30 pm
Aqua Fit 8:00-8:50 am	Adaptive Aquatics Adult Lessons (1 ST & 3 RD week of the month) 8:00-9:00 am	Aqua Fit 8:00-8:50 am	Adaptive Aquatics Adult Lessons 8:00-9:00 am	Aqua Fit 8:00-8:50 am	Open Recreational Swim 12:30-5:55 pm
Swim Lessons 9:00-11:15 am	Swim Lessons 9:00-11:15 am	Swim Lessons 9:00-11:15 am	Swim Lessons 9:00-11:15 am	Private Swim Lessons 9:00 am-1:00 pm	Special Olympics (2 Lanes) 12:00-1:00 pm Feb. 11-June 3
Open Recreational Swim 11:15 am-2:00 pm	Hydro Healing 11:15 am-12:05 pm	Open Recreational Swim 11:15 am-2:00 pm	Hydro Healing 11:15 am-12:05 pm	Open Recreational Swim 9:00 am-2:00 pm	
Aqua Fit 2:00-2:50 pm	Open Recreational Swim 12:00-3:00 pm	Aqua Fit 2:00-2:50 pm	Open Recreational Swim 12:00-3:00 pm	Aqua Interval 2:00-2:50 pm	SUNDAY
Swim Lessons 3:00-6:30 pm	Swim Lessons 3:00-6:30 pm	Swim Lessons 3:00-6:30 pm	Swim Lessons 3:00-6:30 pm	Open Recreational Swim 3:00-8:30 PM	Aqua Mind Body 9:00-9:50 am
Open Recreational Swim 6:30-8:30 pm	Open Recreational Swim 6:30-8:30 pm	Open Recreational Swim 6:30-8:30 pm	Open Recreational Swim 6:30-8:30 pm	Private Swim Lessons 3:00 pm-8:30 pm	Aqua Fit 10:00-10:50 am
	Open Recreational Swim 6:30-8:30 pm		Deep Water 6:30-7:20 pm		Open Recreational Swim 11:00 am-5:55 pm

SHADED AREAS = REGISTERED PROGRAM PARTICIPANTS ONLY

RULES

- Parents are responsible for watching their children while in the swimming pools.
- All persons must shower before using the swimming pools.
- Please respect the decisions of the lifeguards.
- Walk at all times during any activity.
- Diving in the Instructional Pool is not allowed.
- Food, drinks and glass bottles are not permitted on pool deck.
- Foul language, pushing or horseplay is prohibited.
- All swimming participants must wear a swim suit, no jeans or cut-offs.
- Tee shirts will not be allowed into the pool.
- Only noodles and lifejackets are allowed during family swim. Inflatable devices are not permitted.
- Children 3 years and under must wear a swim diaper in the pool at all times.
- Children 6 years and under must be accompanied by an adult into the swimming pool at all times.
- Children 7 years and above may swim without an adult after passing a swim test. Adult must remain in facility.
- Non-swimmers must wear a lifejacket or be within arms reach of a parent during all activities.
- Any child playing in the splash pad must be accompanied by an adult at all times.
- Talking should be kept to a minimum during all water aerobic classes.

INSTRUCTIONAL POOL HOURS | M-F: 7:00 AM-8:30 PM, SATURDAY: 8:00 AM-5:55 PM & SUNDAY: 9:00 AM-5:55 PM. CLASSES NOT SHADED ARE FREE FOR MEMBERS (NON-MEMBERS PAY DAY USE FEE). Schedule subject to change. Questions? Call the Aquatics Director, at 760.942.9622 x12565.



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FALL 2018 COMPETITION POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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LAP SWIMMING: There are (11) lanes in our Competition Pool. All lanes will be open for lap swimming during open pool hours except during times below when programs are running. Numbers in parenthesis indicate number of lanes used for these programs. Any additional open lanes may be used for lap swimming.

Masters Swim (8) 6:00-7:15 am	Masters Swim (8) 6:00-7:15 am	Masters Swim (8) 6:00-7:15 am	Masters Swim (8) 6:00-7:15 am	Masters Swim (8) 6:00-7:15 am	Masters Swim (8) 7:15-8:30 am
HC YOGA (3) 9:10-10:00 am	Deep H2O Aerobics (3) 7:15-8:00 am	HC INTRO (3) 8:30-9:20 am	Deep H2O Aerobics (3) 7:15-8:00 am	Masters Swim (8) 11:45 am-1:00 pm	Deep H2O Aerobics (3) 8:40-9:30 am
Masters Swim (8) 11:45 am-1:00 pm	Deep H2O Aerobics (3) 8:15-9:00 am	Masters Swim (8) 11:45 am-1:00 pm	Deep H2O Aerobics (3) 8:15-9:00 am	Swim Team (5) 3:30-4:15 pm	Swim Lessons (1) 8:30 am-9:00 pm
Swim Lessons (3) Swim Team (5) 3:30-4:00 pm	HC PILATES (3) 9:10-10:00 am	Swim Lessons (3) Swim Team (5) 3:30-4:00 pm	HC PILATES (3) 9:10-10:00 am	Swim Team (8) 4:15-7:00 pm	Swim Lessons (4) 9:00 am-11:10 pm
Swim Lessons (3) Swim Team (6) 4:00-4:30 pm	Masters Swim (8) 11:45 am-1:00 pm	Swim Lessons (3) Swim Team (6) 4:00-4:30 pm	HC PILATES (3) 9:10-10:00 am	La Costa Canyon 7:00-7:30 pm (5) 7:30-9:15 pm (7)	SUNDAY
Swim Lessons (1) Swim Team (8) 4:30-5:40 pm	Swim Lessons (3) Swim Team (5) 3:30-4:00 pm	Swim Lessons (1) Swim Team (8) 4:30-5:40 pm	Masters Swim (8) 11:45 am-1:00 pm		HC YOGA/FIT (3) 8:00-8:55 am
Swim Team (8) 5:30-7:00 pm	Swim Lessons (3) Swim Team (6) 4:00-4:50 pm	Swim Team (8) 5:30-7:00 pm	Swim Lessons (3) Swim Team (5) 3:30-4:00 pm		Masters Swim (9) 9:45-11:00 am
La Costa Canyon 7:00-7:30 pm (5) 7:30-9:15 pm (7)	Swim Team (8) 6:15-7:00 pm	La Costa Canyon 7:00-7:30 pm (5) 7:30-9:15 pm (7)	Swim Lessons (3) Swim Team (6) 4:00-4:50 pm		
	La Costa Canyon 7:00-7:30 pm (5) 7:30-9:15 pm (7)		Swim Lessons (2) Swim Team (7) 4:50-6:25 pm		
			Swim Team (8) 6:15-7:00 pm		
			La Costa Canyon 7:00-7:30 pm (5) 7:30-9:15 pm (7)		

SHADED AREAS = REGISTERED PROGRAM PARTICIPANTS ONLY

RULES

1. A shower is required before entering the pool.
2. Lap swimming is limited to 6 people per lane.
3. Circle swimming is mandatory for lanes with more than 2 people.
4. Lap swimming is permitted for capable children 7 years of age and older with constant parental supervision.
5. No food or glass bottles are permitted on the pool deck. Water bottles for lap swimming are allowed.
6. Starting blocks are not for use during lap swimming time.
7. Please walk at all times when out of the pool.
8. Talking should be kept to a minimum during all water aerobic classes.

MASTER SWIM FREE FOR MEMBERS

- Work on improving strokes, speed and endurance!
- See schedule for days and times offered.

COMPETITION POOL HOURS | M-F: 5:00 AM-9:45 PM, SATURDAY & SUNDAY: 7:00 AM-5:55 PM. CLASSES NOT SHADED ARE FREE FOR MEMBERS (NON-MEMBERS PAY DAY USE FEE). Schedule subject to change. Questions? Call the Aquatics Director at 760.942.9622 x12565.