### AQUATICS PROGRAM & FITNESS SCHEDULE

**MAGDALENA ECKE FAMILY YMCA**

**FALL 2019**

#### INSTRUCTIONAL POOL

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Open Recreational Swim 7:00-8:00 am</td>
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<td>Open Recreational Swim 8:00 am-12:30 pm</td>
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<tr>
<td>Aqua Fit 8:00-8:50 am</td>
<td>Adaptive Aquatics Adult Lessons (1st &amp; 3rd week of the month) 8:00-9:00 am</td>
<td>Aqua Fit 8:00-8:50 am</td>
<td>Aqua Fit 8:00-8:50 am</td>
<td>Aqua Fit 8:00-8:50 am</td>
<td>Swim Lessons 8:00-8:50 am</td>
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<tr>
<td>Swim Lessons 9:00-11:15 am</td>
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<td>Swim Lessons 9:00-11:15 am</td>
<td>Private Swim Lessons 9:00 am-1:00 pm</td>
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<tr>
<td>Open Recreational Swim 11:15 am-2:00 pm</td>
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<td>Open Recreational Swim 11:15 am-2:00 pm</td>
<td>Open Recreational Swim 11:15 am-2:00 pm</td>
<td>Open Recreational Swim 9:00 am-2:00 pm</td>
<td>Special Olympics (2 Lanes) Feb. 11-June 3</td>
</tr>
<tr>
<td>Aqua Fit 2:00-2:50 pm</td>
<td>Hydro Healing 11:15 am-12:05 pm</td>
<td>Aqua Fit 2:00-2:50 pm</td>
<td>Aqua Fit 2:00-2:50 pm</td>
<td>Aqua Interval 2:00-2:50 pm</td>
<td>Aqua Mind Body 9:00-9:50 am</td>
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<tr>
<td>Swim Lessons 3:00-6:30 pm</td>
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<td>Swim Lessons 3:00-6:30 pm</td>
<td>Aqua Mind Body 10:00-10:50 am</td>
</tr>
<tr>
<td>Open Recreational Swim 6:30-8:30 pm</td>
<td>Deep Water 6:30-7:20 pm</td>
<td>Deep Water 6:30-8:30 pm</td>
<td>Deep Water 6:30-8:30 pm</td>
<td>Open Recreational Swim 3:00 pm-8:30 pm</td>
<td>Open Recreational Swim 11:00 am-5:55 pm</td>
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</tbody>
</table>

#### SHADED AREAS = REGISTERED PROGRAM PARTICIPANTS ONLY

#### RULES

1. Parents are responsible for watching their children while in the swimming pools.
2. All persons must shower before using the swimming pools.
3. Please respect the decisions of the lifeguards.
4. Walk at all times during any activity.
5. Diving in the Instructional Pool is not allowed.
6. Food, drinks and glass bottles are not permitted on pool deck.
7. Foul language, pushing or horseplay is prohibited.
8. All swimming participants must wear a swim suit, no jeans or cut-offs.
9. Tee shirts will not be allowed into the pool.
10. Only noodles and lifejackets are allowed during family swim. Inflatable devices are not permitted.
11. Children 3 years and under must wear a swim diaper in the pool at all times.
12. Children 6 years and under must be accompanied by an adult into the swimming pool at all times.
13. Children 7 years and above may swim without an adult after passing a swim test. Adult must remain in facility.
14. Non-swimmers must wear a lifejacket or be within arms reach of a parent during all activities.
15. Any child playing in the splash pad must be accompanied by an adult at all times.
16. 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.
# AQUATICS PROGRAM & FITNESS SCHEDULE

## MAGDALENA ECKE FAMILY YMCA

### FALL 2019

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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</thead>
<tbody>
<tr>
<td>Masters Swim (8) 6:00-7:15 am</td>
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<td>Masters Swim (8) 7:15-8:30 am</td>
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<tr>
<td>Deep H2O Aerobics (3) 7:15-8:00 am</td>
<td>Deep H2O Aerobics (3) 8:15-9:00 am</td>
<td>Masters Swim (8) 11:45 am-1:00 pm</td>
<td>Masters Swim (8) 11:45 am-1:00 pm</td>
<td>Deep H2O Aerobics (3) 7:15-8:00 am</td>
<td>Swim Team (5) 3:30-4:15 pm</td>
<td>Deep H2O Aerobics (3) 8:15-9:00 am</td>
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<tr>
<td>Swim Lessons (3) Swim Team (5) 3:30-4:00 pm</td>
<td>Swim Lessons (3) Swim Team (5) 3:30-4:00 pm</td>
<td>Swim Lessons (3) Swim Team (6) 4:00-4:30 pm</td>
<td>Swim Lessons (1) Swim Team (8) 4:30-5:40 pm</td>
<td>Swim Team (5) 3:30-5:00 pm</td>
<td>Swim Team (8) 4:15-7:00 pm</td>
<td>Swim Lessons (4) 9:00 am-11:10 pm</td>
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<tr>
<td>Swim Team (8) 6:15-7:00 pm</td>
<td>Swim Team (8) 4:30-5:40 pm</td>
<td>Swim Team (7) 5:30-7:00 pm</td>
<td>Swim Lessons (2) Swim Team (7) 4:50-6:25 pm</td>
<td>La Costa Canyon 7:00-7:30 pm (5)</td>
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<td>Masters Swim (9) 9:45-11:00 am</td>
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<td>La Costa Canyon 7:00-7:30 pm (5)</td>
<td>Swim Team (8) 3:30-4:00 pm</td>
<td>Swim Lessons (2) Swim Team (7) 4:50-6:25 pm</td>
<td>Swim Lessons (2) Swim Team (7) 4:50-6:25 pm</td>
<td>Swim Team (8) 6:15-7:00 pm</td>
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<tr>
<td>7:30-9:15 pm (7)</td>
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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.

**FALL 2019 COMPETITION POOL**

**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.

**SHAD ED AREAS = REGISTERED PROGRAM PARTICIPANTS ONLY**

**MASTER SWIM FREE FOR MEMBERS**

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

**POOL ALERTS**

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

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