

# Dan McKinney YMCA

## Pool Schedule



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Lap Pool Lap Swim</b>	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
<b>*Limited Lanes</b>	4:00-8:00pm	4:00-7:00pm	4:00-8:00pm	4:00-7:00pm	4:00-7:00pm	7:00-9:00am	
<b>Recreation Pool Lap Swim</b>	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
<b>Recreation Pool Open Swim</b>	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
<b>Splash Pad</b>	9:00am - 7:00pm	9:00am - 7:00pm	9:00am - 7:00pm	9:00am - 7:00pm	9:00am - 7:00pm	7:00am-5:30pm	9:00am - 5:30pm

### POOL HOURS

#### Recreation Pool

Mon-Thurs: 5:00am-9:30pm  
Fri: 5:00am-8:30pm  
Sat: 7:00am-5:30pm  
Sun: 7:00-5:30am

#### Lap Pool

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

### SPA HOURS

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

### 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.

### ROCK WALL HOURS:

Tuesday/Thursday/Friday: 4:00-5:00pm

Saturday - Sunday: 2:00pm - 4:00pm

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

### 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)



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Updated:8/29/19



## SEPTEMBER 2019 AQUATICS CLASSES – DAN MCKINNEY FAMILY YMCA

MONDAY AM	TUESDAY AM	WEDNESDAY AM	THURSDAY AM	FRIDAY AM	SATURDAY AM
6:00-7:00 <b>Masters Swim (\$)</b> LAP - Tony	8:15-9:05 <b>Aqua Deep STRENGTH</b> REC - Claire	6:00-7:00 <b>Masters Swim (\$)</b> LAP - Tony	8:15-9:05 <b>Aqua Deep STRENGTH</b> REC - Claire	6:00-7:00 <b>Masters Swim (\$)</b> LAP - Tony	7:00-8:30 <b>Masters Swim (\$)</b> LAP - Tony
8:00-8:50 <b>Aqua Fit</b> REC - Susana	9:15-10:05 <b>Aqua Mind Body</b> REC - Claire	8:00-8:50 <b>Aqua Fit</b> REC - Sallie	9:15-10:05 <b>Aqua Strength</b> REC - Claire	8:00-8:50 <b>Aqua Fit</b> REC - Michelle	7:00 - 8:00 <b>Aqua Jogging</b> REC - Sallie
9:00-9:50 <b>Aqua Deep Interval</b> REC - Staff		8:30-9:20 <b>Aqua Deep Interval</b> REC - Marion		9:00-9:50 <b>Aqua Deep Interval</b> REC - Sallie	8:00 - 9:00 <b>Aqua Fit</b> LAP - Sallie
10:00-10:50 <b>Deep Aqua Fit</b> REC - Staff		9:25-10:15 <b>Deep Aqua Fit</b> REC - Marion		11:00-11:50 <b>Aqua Fit</b> REC - Sallie	9:00 - 9:45 <b>Aqua Interval</b> REC - Sallie
11:00-11:50 <b>Aqua Fit</b> REC - Staff		11:00-11:50 <b>Aqua Fit</b> REC - Sallie			
MONDAY PM	TUESDAY PM	WEDNESDAY PM	THURSDAY PM	FRIDAY PM	
12:00-1:00 <b>Masters Swim (\$)</b> LAP - Tony		12:00-1:00 <b>Masters Swim (\$)</b> LAP - Tony			<b>REC:</b> Recreational Pool  <b>LAP:</b> Lap Pool
6:00-6:50 <b>Aqua Fit</b> REC - Delia		6:00-6:50 <b>Aqua Fit</b> REC - Delia			

**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**

**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.