

# 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	7:00-9:00am	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	7:00-9:00am	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	7:00-9:00am	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	7:00-9:00am	9:00am - 5:30pm

### Temporary Aquatic Center Closures for March 9 – March 17:

Saturday, March 9: 9:00am – 6:00pm

Thursday, March 14: 4:30 – 7:00pm

Sunday, March 10: 10:00 – 11:00am  
12:00 – 1:00pm  
2:00 – 3:00pm  
4:00 – 6:00pm

Friday, March 15: 5:00 – 6:00pm

Saturday, March 16: 9:00am – 6:00pm

Monday, March 11: 5:00 – 6:00pm

Sunday, March 17: 10:00 – 11:00am  
12:00 – 1:00pm  
2:00 – 3:00pm  
4:00 – 6:00pm

Tuesday, March 12: 4:30 – 7:00pm

Wednesday, March 13: 4:30 – 7:00pm

#### POOL HOURS

<b>Recreation Pool</b>	<b>Lap Pool</b>
Mon–Thurs: 5:00am–9:30pm	Mon–Thu: 5:00am–9:30pm
Fri: 5:00am–8:30pm	Fri: 5:00am–8:30pm
Sat: 7:00–9:00am	Sat: 7:00–9:00am
Sun: 7:00–5:30am	Sun: 7:00am–5:30pm

#### SPA HOURS

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

#### CLIMBING WALL HOURS:

Monday – Friday: 6:00pm – 7:00pm  
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)



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Updated: 3/6/19



## MARCH 2019 AQUATICS CLASSES – LA JOLLA 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 - Bet		8:00-8:50 <b>Aqua Fit</b> REC - Sallie		9:05-9:55 <b>Aqua Fit</b> REC - Susana		8:00-8:50 <b>Aqua Fit</b> REC - Michelle
9:00-9:50 <b>Aqua Deep Interval</b> REC - Matthew		8:30-9:20 <b>Aqua Deep Interval</b> REC - Marion	9:00-9:50 <b>Aqua Deep Interval</b> REC - Sallie	9:30-10:20 <b>Aqua Jogging</b> LAP - Sallie		
10:00-10:50 <b>Deep Aqua Fit</b> REC - Matthew		9:25-10:15 <b>Deep Aqua Fit</b> REC - Marion		11:00-11:50 <b>Aqua Fit</b> REC - Sallie		
11:00-11:50 <b>Aqua Fit</b> REC - Matthew		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 - Kayla	6:00-7:00 <b>Masters Swim (\$)</b> LAP - Tony	12:00-1:00 <b>Masters Swim (\$)</b> LAP - Kayla	6:00-7:00 <b>Masters Swim (\$)</b> LAP - Tony		<p><b>NEW PARTICIPANTS:</b> Please introduce yourself to the instructor at beginning of class.</p> <p><b>Deep -</b> Non-impact exercise in deep water with assistance of a flotation belt.</p> <p><b>REC:</b> Recreational Pool</p> <p><b>LAP:</b> Lap Pool</p>	
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.