

Dan McKinney YMCA

Pool Schedule



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	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	7:00-9:00am	7:00am - 5:30pm
*Limited Lanes	4:00-8:00pm	4:00-7:00pm	4:00-8:00pm	4:00-7:00pm	4:00-7:00pm	7:00-9:00am	
Recreation Pool Lap Swim	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
Recreation Pool Open Swim	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
Splash Pad	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 through March 31:

Monday, March 25: 5:00 – 6:00 pm
 Tuesday, March 26: No closures*
 Wednesday, March 27: No closures*
 Thursday, March 28: No closures*
 Friday, March 29: 5:00 – 6:00 pm
 Saturday, March 30: 11:00am – 12:00pm*
 Sunday, March 31: 10:00am – 11:00am,
 12:00 – 1:00pm,
 2:00 – 3:00pm,
 4:00 – 6:00pm

*Last minute practices may be added and we will do our best to communicate any changes.

POOL HOURS

Recreation Pool	Lap Pool
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: 3/25/19



MARCH 2019 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 - Claire	6:00-7:00 Masters Swim (\$) LAP - Tony	8:15-9:05 Aqua Deep STRENGTH REC - Claire	6:00-7:00 Masters Swim (\$) LAP - Tony	7:00-8:30 Masters Swim (\$) LAP - Tony
8:00-8:50 Aqua Fit REC - Bet		8:00-8:50 Aqua Fit REC - Sallie	9:05-9:55 Aqua Fit REC - Susana	8:00-8:50 Aqua Fit REC - Michelle	8:30-9:20 Aqua Fit REC - Sallie
9:00-9:50 Aqua Deep Interval REC - Matthew		8:30-9:20 Aqua Deep Interval REC - Marion		9:00-9:50 Aqua Deep Interval REC - Sallie	9:30-10:20 Aqua Jogging LAP - Sallie
10:00-10:50 Deep Aqua Fit REC - Matthew		9:25-10:15 Deep Aqua Fit REC - Marion		11:00-11:50 Aqua Fit REC - Sallie	
11:00-11:50 Aqua Fit REC - Matthew		11:00-11:50 Aqua Fit REC - Sallie			
MONDAY PM	TUESDAY PM	WEDNESDAY PM	THURSDAY PM	FRIDAY PM	
12:00-1:00 Masters Swim (\$) LAP - Kayla	6:00-7:00 Masters Swim (\$) LAP - Tony	12:00-1:00 Masters Swim (\$) LAP - Kayla	6:00-7:00 Masters Swim (\$) LAP - Tony		
6:00-6:50 Aqua Fit REC - Delia		6:00-6:50 Aqua Fit REC - Delia			

NEW PARTICIPANTS:
Please introduce yourself to the instructor at beginning of class.

Deep -
Non-impact exercise in deep water with assistance of a flotation belt.

REC:
Recreational Pool

LAP: Lap Pool

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.