



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# AQUATICS PROGRAM & FITNESS SCHEDULE

MAGDALENA ECKE FAMILY YMCA

## THRU JUNE 17, 2018 INSTRUCTIONAL POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Family Swim 7:00-8:00 am	Family Swim 7:00-8:00 am	Family Swim 7:00-8:00 am	Family Swim 7:00-8:00 am	Family Swim 7:00-8:00 am	Swim Lessons 8:00 am-12:00 pm
Aqua Fit 8:00-8:55 am	Adaptive Aquatics Lessons 8:00-9:00 am	Aqua Fit 8:00-8:55 am	Adaptive Aquatics Lessons 8:00-9:00 am	Aqua Fit 8:00-8:55 am	Family Swim 12:10-5:55 pm
Swim Lessons 9:00-11:00 am	Swim Lessons 9:00-11:00 am	Swim Lessons 9:00-11:00 am	Swim Lessons 9:00-11:00 am	Private Swim Lessons 9:00 am-1:00 pm	<b>SUNDAY</b>
Family Swim 11:00 am-1:00 pm	Hydro Healing 11:00-11:55 am	Family Swim 11:00 am-1:00 pm	Hydro Healing 11:00-11:55 am	Family Swim 9:00 am-1:00 pm	Aqua Mind Body 9:00-9:55 am
Therapeutic Swim 1:00-2:00 pm	Family Swim 12:00-1:00 pm	Therapeutic Swim 1:00-2:00 pm	Family Swim 12:00-1:00 pm	Therapeutic Swim 1:00-2:00 pm	Aqua Fit 10:00-10:55 am
Aqua Fit 2:00-2:55 pm	Therapeutic Swim 1:00-3:00 pm	Aqua Fit 2:00-2:55 pm	Therapeutic Swim 1:00-3:00 pm	Aqua Interval 2:00-2:55 pm	Family Swim 11:00 am-5:55 pm
Swim Lessons 3:00-5:50 pm	Swim Lessons 3:00-6:25 pm	Swim Lessons 3:00-5:50 pm	Swim Lessons 3:00-6:25 pm	Family Swim 3:00-8:30 PM	
BREAK 5:50-6:00 pm	BREAK 6:25-6:30 pm	BREAK 5:50-6:00 pm	BREAK 6:25-6:30 pm	Private Swim Lessons 3:00 pm-8:30 pm	
Family Swim 6-8:30 pm	Family Swim 6:30-8:30 pm	Family Swim 6-8:30 pm	Family Swim 6:30-8:30 pm		
	Deep Water 6:30-7:25 pm		Deep Water 6:30-7:25 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.
- All family swim participants must check in with the Courtesy Counter to obtain a wrist band for use of the pool during family swim times. Members will have their membership verified, and non-members will pay for a day use pass.
- 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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# AQUATICS PROGRAM & FITNESS SCHEDULE

MAGDALENA ECKE FAMILY YMCA

## THRU JUNE 17, 2018 COMPETITION POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>LAP SWIMMING:</b> 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.</p>					
<p>Masters Swim (8) 6:00-7:15 am</p> <p>Masters Swim (8) 11:45 am-1:00 pm</p> <p>Swim Lessons (3) Swim Team (5) 3:30-4:00 pm</p> <p>Swim Lessons (3) Swim Team (6) 4:00-4:30 pm</p> <p>Swim Lessons (1) Swim Team (8) 4:30-5:40 pm</p> <p>Swim Team (8) 5:30-7:00 pm</p> <p>La Costa Canyon 7:00-7:30 pm (5) 7:30-9:00 pm (7)</p>	<p>Masters Swim (8) 6:00-7:15 am</p> <p>Deep Water (2) 7:15-8:00 am</p> <p>Deep Water (2) 8:15-9:00 am</p> <p>Masters Swim (8) 11:45 am-1:00 pm</p> <p>Swim Lessons (3) Swim Team (5) 3:30-4:00 pm</p> <p>Swim Lessons (3) Swim Team (6) 4:00-4:30 pm</p> <p>Swim Lessons (3) Swim Team (6) 4:00-4:50 pm</p> <p>Swim Lessons (2) Swim Team (7) 4:50-6:25 pm</p> <p>Swim Team (8) 6:15-7:00 pm</p> <p>La Costa Canyon 7:00-7:30 pm (5) 7:30-9:00 pm (7)</p>	<p>Masters Swim (8) 6:00-7:15 am</p> <p>Masters Swim (8) 11:45 am-1:00 pm</p> <p>Swim Lessons (3) Swim Team (5) 3:30-4:00 pm</p> <p>Swim Lessons (3) Swim Team (6) 4:00-4:30 pm</p> <p>Swim Lessons (1) Swim Team (8) 4:30-5:40 pm</p> <p>Swim Team (8) 5:30-7:00 pm</p> <p>La Costa Canyon 7:00-7:30 pm (5) 7:30-9:00 pm (7)</p>	<p>Masters Swim (8) 6:00-7:15 am</p> <p>Deep Water (2) 7:15-8:00 am</p> <p>Deep Water (2) 8:15-9:00 am</p> <p>Masters Swim (8) 11:45 am-1:00 pm</p> <p>Swim Lessons (3) Swim Team (5) 3:30-4:00 pm</p> <p>Swim Lessons (3) Swim Team (6) 4:00-4:50 pm</p> <p>Swim Lessons (3) Swim Team (6) 4:00-4:50 pm</p> <p>Swim Lessons (2) Swim Team (7) 4:50-6:25 pm</p> <p>Swim Team (8) 6:15-7:00 pm</p> <p>La Costa Canyon 7:00-7:30 pm (5) 7:30-9:00 pm (7)</p>	<p>Masters Swim (8) 6:00-7:15 am</p> <p>Private Swim Lessons 9:00-11:45 am (1)</p> <p>Masters Swim (8) 11:45 am-1:00 pm</p> <p>Swim Team (5) 3:30-4:15 pm</p> <p>Swim Team (8) 4:15-7:00 pm</p> <p>La Costa Canyon 7:00-7:30 pm (5) 7:30-9:00 pm (7)</p>	<p>Masters Swim (8) 7:15-8:30 am</p> <p>Deep Water (2) 8:35-9:30 am</p> <p>Swim Lessons (5) 9:00 am-12:00 pm</p> <p style="text-align: center;"><b>SUNDAY</b></p> <p>Masters Swim (9) 9:45-11:00 am</p>
				<p><b>MASTER SWIM FREE FOR MEMBERS</b></p> <p>Work on improving strokes, speed and endurance!</p> <p>See schedule for days and times offered.</p>	

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.

**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.**