

DAN MCKINNEY FAMILY YMCA

Lap Lane Schedule



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Comp Pool Lanes	6:00am - 7:00pm	6:00am - 8:00pm	6:00am - 7:00pm	6:00am - 8:00pm	6:00am - 7:00pm	8:00am-3:00pm	8:00am - 3:00pm
*Limited Lanes	5:00-6:00pm	1:30-3pm, 5-8pm	5:00-6:00pm	1:30-3pm, 5-8pm		12:00-3:00pm	
Recreation Pool Lanes	6:00am - 8:00pm	6:00am - 8:00pm	6:00am - 8:00pm	6:00am - 8:00pm	6:00am - 7:00pm	8:00am-3:00pm	8:00am-3:00pm
*Limited Lanes	3:00-6:00pm		3:00-6:00pm	3:00-6:00pm	3:00-6:00pm	8:00am-12:00pm	8:00am-12:00pm
Recreation Pool Open Swim	6:00am - 8:00pm	6:00am - 8:00pm	6:00am - 8:00pm	6:00am - 8:00pm	6:00am - 7:00pm	8:00am-3:00pm	8:00am-3:00pm
*Limited Space	8-9am, 1-6pm	8-11:30am, 1-3pm	11:00am-6:00pm	8-11:30am, 1-6pm	1:00-6:00pm	8:00am-12:00pm	8:00am-12:00pm
Splash Pad	11:00am - 7:00pm	11:00am - 7:00pm	11:00am - 7:00pm	11:00am - 7:00pm	11:00am - 7:00pm	8:00am-3:00pm	8:00am-3:00pm

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
 - Must be within arms reach of an adult
 - Each adult can accompany two non-swimmers in the water but one must be wearing a lifejacket
- 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)