



Dan McKinney YMCA Pool Schedule

RECREATION POOL

April - June 9, 2024

*number of swimming lanes available in parenthesis

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6AM	6am-3:30pm Lap Swim (4)	6am-3:30pm Lap Swim (4)	6am-9:30am Lap Swim (4)	6am-3:30pm Lap Swim (4)	6am-3:30pm Lap Swim (4)	7am-8:30am Lap Swim (4)	
7AM							
8AM	8am-8:50am Aqua Fit	8am-8:50am Aqua Fit	8am-8:50am Aqua Fit	8am-8:50am Aqua Fit	8am-8:50am Aqua Fit	8:30am-9:20am Aqua Fit	8am-10am Lap Swim (4)
8:30AM						8:30am-12pm Swim Lessons (1) Lap Swim (3)	10am-10:50am Aqua Zumba
9AM							
10AM						*limited family swim area during lessons*	
11AM	11am-11:50am Aqua Fit				11am-11:50am Aqua Fit		
12PM			11am-3:30pm Lap Swim (4)			12pm-6pm Lap Swim (4)	10am-5pm Lap Swim (4)
1PM		12:20pm-3:10pm PE Class (no family swim)					
2PM						12pm-6pm Lap Swim (4)	
3PM	3:30pm-7pm Lap Swim (3)	3:30pm-7pm Lap Swim (3)	3:30pm-7pm Lap Swim (3)	3:30pm-7pm Lap Swim (3)	3:30pm-7pm Lap Swim (3)		
4PM	Swim Lessons (1)	Swim Lessons (1)	Swim Lessons (1)	Swim Lessons (1)	Swim Lessons (1)		
5PM							
6PM	*limited family swim area during lessons*	*limited family swim area during lessons*	*limited family swim area during lessons*	*limited family swim area during lessons*	*limited family swim area during lessons*		
7PM						7pm-7:30pm Lap Swim (4)	
8PM	7pm-8:30pm Lap Swim (4)	7pm-8:30pm Lap Swim (4)	7pm-8:30pm Lap Swim (4)	7pm-8:30pm Lap Swim (4)	7pm-8:30pm Lap Swim (4)		
8:30PM							

Stay up to date on pool closures:
Text DMPOOL to (619)558-5388 to register for text alerts.

Family Swim Hours

Monday-Thursday	9AM-8:30PM
Friday	9AM-7:30PM
Saturday	7AM-6PM
Sunday	8AM-5PM

*Splash Pad Hours

Monday-Thursday	9AM-8PM
Friday	9AM-7PM
Saturday	7AM-6PM
Sunday	8AM-5PM

*Splash Pad may be closed for private Birthday Parties between 10am-4pm on Saturdays and Sundays.

During summer, family swim will have 10 minute breaks at the top of every hour.

Keep Our Children Safe:

Children 13 and under **MUST** pass the swim test to swim without an adult.

An adult **MUST** be in the water with non-swimmers, within arms reach.

Adult to child ratio: If more than 1 child with 1 adult in the pool = 1 child **MUST** pass the swim test **OR** wear a Coast Guard approved life vest.

Children 6 and under must be actively supervised in the water by an adult 16 years or older.

Children ages 7-12 must have adult supervision within the area, even if the swim test has been passed.

Important Dates:

April 30-May 21: Shallow family swim area limited for PE class, Tuesdays 12:20pm-3:10pm

Beginning May 1st: Family swim area limited during afternoon swim lessons.

June 9: All YMCA pools closed for Aquatics training.

June 10: First day of Camps



Dan McKinney YMCA Pool Schedule

LAP POOL

April - June 9, 2024

*number of swimming lanes available in parenthesis

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6AM	6am-7am Masters Swim (4) Lap Swim (4)	6am-8am Lap Swim (8)	6am-7am Masters Swim (4) Lap Swim (4)	6am-8am Lap Swim (8)	6am-7am Masters Swim (4) Lap Swim (4)		
7AM	7am-4pm Lap Swim (8)		8am-9am Masters Swim (4) Lap Swim (4)				
8AM				8am-9am Masters Swim (4) Lap Swim (4)			
8:30AM					9am-10am Lap Swim (8)		
9AM					10am-11:30am Y Swim Team (4) Lap Swim (4)		
10AM		9am-5pm Lap Swim (8)	7am-4pm Lap Swim (8)	9am-5pm Lap Swim (8)			8am-5pm Lap Swim (8)
11AM							
12PM							
1PM							
2PM						11:30am-6pm Lap Swim (8)	
3PM							
4PM	4pm-6pm Y Swim Team (5) Lap Swim (3)		4pm-6pm Y Swim Team (4) Lap Swim (4)		4pm-6pm Y Swim Team (4) Lap Swim (4)		
5PM		5pm-7pm Y Swim Team (5) Lap Swim (3)		5pm-7pm Y Swim Team (5) Lap Swim (3)			
6PM	6pm-7pm Y Swim Team (3) Masters Swim (3) Lap Swim (2)		6pm-7pm Y Swim Team (3) Masters Swim (3) Lap Swim (2)		6pm-7pm Y Swim Team (3) Lap Swim (5)		Lanes may be closed with little warning to host swim tryouts.
7PM		7pm-8pm Y Swim Team (3) Lap Swim (5)		7pm-8pm Y Swim Team (3) Lap Swim (5)	7pm-7:30pm Lap Swim (8)		
8PM	7pm-8:30pm Lap Swim (8)		7pm-8:30pm Lap Swim (8)				
8:30PM		8pm-8:30pm Lap Swim (8)		8pm-8:30pm Lap Swim (8)			

*Spa Hours

Monday-Thursday	6AM-8:30PM
Friday	6AM-7:30PM
Saturday	7AM-8AM
Sunday	8AM-10AM

***For member safety the spa will be closed when baseball is being played at the field behind the spa.**

Baseball Season Spa Closures:

**Monday-Friday 4:45pm-6pm
Saturdays 8am-6pm
Sundays 10am-5pm**

***This schedule is subject to change as needed.**

Sauna Hours

Monday-Thursday	6AM-8:30PM
Friday	6AM-7:30PM
Saturday	7AM-6PM
Sunday	8AM-5PM

Emily Farkas, Aquatics Director – efarkas@ymcasd.org
 Xavier Chavoya, Aquatics Coordinator – xchavoya@ymcasd.org
 Elise Sanzeri, Head Swim Coach – esanzeri@ymcasd.org

YMCA Pool Rules

-YMCA Lifeguard has final authority.

- It's the rule, one long whistle—exit the pool immediately.
- For your safety, children 6 and under must be actively supervised in the water by an adult 16 years or older.
 - Children ages 7-12 must have adult supervision within the area, even if the swim test has been passed.
- Recreational Diving is prohibited in water less than 9 feet deep.
- Please walk on the pool deck.
- Breath holding for longer than 10 seconds is prohibited, please refrain from swimming over half the distance of the pool without taking a breath.
- United States Coast Guard approved lifejackets may be used.
- All pool equipment must be used appropriately.
- Swimming without a certified lifeguard on duty is prohibited.
- All children under age 4 MUST wear a reusable swim diaper regardless of toilet training.
- Please shower before entering the pool.
- Eating is permitted in designated areas only.
- Appropriate swimming attire must be worn at all times (cut-offs, jeans, inappropriate, immodest, or sexually revealing attire etc. are not permitted).
- All personal trainers and swim instructors are hired by the YMCA and non-YMCA personal trainers or swim instructors are prohibited from conducting personal training sessions or lessons at YMCA facilities.
- Do not perform flips, spins, back dives/jumps.
- No glass of any kind on the pool deck.
- All swimmers must sit/lay at least 3 feet from side of pool to keep a clear path in case of emergency.
- Water wings, inner tubes, rafts, or other flotation that inflates with air and mermaid tails are prohibited.
- The Spa and Sauna are for ages 13 and older only.
- Shoes, socks, and exercise attire of any kind is prohibited in the Sauna.

Rules will be enforced by all YMCA employees. Failure to follow the rules may result in removal from the premises without refunds or credits, and any other action that management deems appropriate.

YMCA Swim Test Policy

- For ages 13 and under.
- Must be taken every time child visits our pool if they want to swim without an adult in the water.
- If a single adult has two children who have not taken the swim test, at least one must wear a lifejacket for their safety.

Yellow Swim Test (Shallow Water)

- Tread water for 30 seconds without stopping and keeping head above the water.
- Swim freestyle/breaststroke with confidence from the rope divider to the stairs without stopping (face should not be up the entire time for freestyle).

Green Swim Test (Deep Water and Lap Lanes)

- Tread water for 1 minute without stopping and keeping head above the water.
- Swim freestyle/breaststroke with confidence for one length of the pool (25 yards) without stopping (face should not be up the entire time for freestyle).