



POOL SCHEDULE DAN MCKINNEY FAMILY YMCA

Starting September 1st

COMPETITION POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday						
6AM	Lap Swim (4) Master Swim (4) 6AM-7AM	Lap Swim (8) 6AM-8AM	Lap Swim (4) Master Swim (4) 6AM-7AM	Lap Swim (8) 6AM-8AM	Lap Swim (4) Master Swim (4) 6AM-7AM	<p>*Schedule is Subject to Change *Please shower prior to entering water</p>							
7AM	Lap Swim (8) 7AM-4PM	Lap Swim (4) Master Swim (4) 8am-9am	Lap Swim (8) 7AM-4PM	Lap Swim (4) Master Swim (4) 8am-9am	Lap Swim (8) 7AM-4PM			Lap Swim (8) 7AM-8AM	Lap Swim (8) 8AM-5PM				
8AM		Lap Swim (4) Masters Swim (4) 8AM-9AM		Lap Swim (8) 9AM-5PM				Lap Swim (4) Y Swim Team (4) 9AM-11:30AM					
9AM		Lap Swim (8) 9AM-5PM						Lap Swim (8) 11:30AM-6PM					
10AM								Lap Swim (4) Y Swim Team (4) 4PM-5PM		Lap Swim (4) Y Swim Team (4) 4PM-5PM			
11AM											Lap Swim (3) Y Swim Team (5) 5PM-6PM	Lap Swim (3) Y Swim Team (5) 5PM-6PM	
12PM													Lap Swim (3) Y Swim Team (5) 6PM-7PM
1PM	Lap Swim (3) Y Swim Team (5) 7PM-8PM		Team Elite (8) 7PM-8:30PM										
2PM				Lap Swim (3) Y Swim Team (5) 7PM-8PM	Lap Swim (8) 8PM-8:30PM								
3PM		Team Elite (8) 7PM-8:30PM											
4PM								Team Elite (8) 7PM-8:30PM		Lap Swim (8) 8PM-8:30PM			
5PM											Team Elite (8) 7PM-8:30PM	Lap Swim (8) 8PM-8:30PM	
6PM						Team Elite (8) 7PM-8:30PM	Lap Swim (8) 8PM-8:30PM						
7PM	Team Elite (8) 7PM-8:30PM		Lap Swim (8) 8PM-8:30PM										
8PM				Team Elite (8) 7PM-8:30PM	Lap Swim (8) 8PM-8:30PM								

SPA

Mondays-Thursdays	6AM-8:30PM	Saturdays	7AM-6PM
Fridays	6AM-7:30PM	Sundays	8AM-5PM

SAUNA

Mondays-Thursdays	6AM-8:30PM	Saturdays	7AM-6PM
Fridays	6AM-7:30PM	Sundays	8AM-5PM

Be Advised: For patron safety, we may have to close the Spa with little warning if baseball is being played at the field behind the Spa.

Text DMPOOL to (619) 558-5388 to register for text alerts about pool closures and stay up to date!



Starting September 1st

POOL SCHEDULE DAN MCKINNEY FAMILY YMCA

RECREATION POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6AM						*Schedule is Subject to Change *Please shower prior to entering water	
7AM							
8AM	Lap Swim (4) 6AM-3PM	Lap Swim (4) 6AM-3PM	Aqua Deep 8AM-9AM Lap Swim (4) 6AM-9:30AM	Lap Swim (4) 6AM-3PM	Lap Swim (4) 6AM-3PM	Aqua Fit 8:15AM-9:05AM Lap Swim (4) 6AM-8:30AM	Lap Swim (4) 8AM-9AM
9AM	Aqua Fit 8AM-9AM	Aqua Fit 8:10AM-9AM		Aqua Fit 8AM-9AM	Aqua Fit 8AM-9AM		
10AM	Aqua Fit 11AM-11:50AM	Parent/Child Class 10AM-10:30AM	VA (1) 9:30AM-11AM Lap Swim (3) 9:30AM-11AM	Parent/Child Class 10AM-10:30AM		Swim Lessons (3) Lap Swim (1) 8:30AM-12PM	Aqua Zumba 10am-11am Swim Lessons (1) Lap Swim (3) 9AM-11AM
11AM							
12PM			Lap Swim (4) 11AM-3PM			Swim Lessons (2) Lap Swim (2) 12PM-3PM	
1PM							Lap Swim (4) 11AM-5PM
2PM							
3PM						Lap Swim (4) 3PM-6PM	
4PM	Swim Lessons (3) Lap Swim (1) 3PM-7PM	Swim Lessons (3) Lap Swim (1) 3PM-7PM	Swim Lessons (3) Lap Swim (1) 3PM-7PM	Swim Lessons (3) Lap Swim (1) 3PM-7PM	Swim Lessons (3) Lap Swim (1) 3PM-7PM		
5PM							
6PM						Children 17 and under MUST take the swim test to swim without an adult. If swim test is not passed, an adult MUST be in the water within arm's reach at all times.	
7PM	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) 7PM-7:30PM		
8PM							

FAMILY SWIM

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

SPLASH PAD

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

Text DMPOOL to (619) 558-5388 to register for text alerts about pool closures and stay up to date!

Be Advised: The Splash Pad may be closed for Birthday Parties on Saturdays and Sundays. The Splash Pad is for Family use only.

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, 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.
- All swim neckbands must be returned to a lifeguard before leaving the pool. Please do not take it home!

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).