

Dan McKinney Family 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	7:00am-5:30pm	7:00am - 5:30pm
*Limited Lanes	4:00-8:00pm	4:00-8:00pm	4:00-8:00pm	4:00-8:00pm	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	7:00am-5:30pm	7:00am - 5:30pm
*Limited Lanes	3:00-6:00pm	3:00-6:00pm	3:00-6:00pm	3:00-6:00pm	3:00-6:00pm	8:00am-3:00pm	8:00am-3:00pm
Recreation Pool Open Swim	5:00am - 9:30pm	5:00am - 9:30pm	5:00am - 9:30pm	5:00am - 9:30pm	5:00am - 8:30pm	7:00am-5:30pm	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	7:00am-5:30pm	9:00am - 5:30pm

TEMPORARY AQUATIC CENTER CLOSURES IN MARCH:

Please check our website at ymcasd.org/mckinney to stay up to date with weekly closures due to La Jolla Youth Baseball season. Your safety is our top priority and we are working diligently with the city and youth league on a resolution.

POOL HOURS

Recreation Pool

Mon-Thurs: 5:00am-9:30pm
Fri: 5:00am-8:30pm
Sat: 7:00am-5:30pm
Sun: 7:00-5:30am

Lap Pool

Mon-Thu: 5:00am-9:30pm
Fri: 5:00am-8:30pm
Sat: 7:00am-5:30pm
Sun: 7:00am-5:30pm

SPA HOURS

Mon – Thu: 5:00am-9:30pm
Fri: 5:00am – 8:30pm
Sat: 7:00am-5:30pm
Sun: 7:00am-5:30pm

Water Aerobics Class Key

AF – Aqua Fit
AHE – Aqua HIIT Express (lap pool)
AI – Aqua Interval /Deep (rec pool)
AS – Aqua Strength/Deep (lap pool)
DAF – Deep Aqua Fit
HH – Hydro Healing
All water aerobics classes are 50 minutes.

ROCK WALL HOURS:

Closed during winter season

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)



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Updated: 02/25/2020



MARCH 2020 AQUATICS CLASSES – DAN MCKINNEY FAMILY 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 (\$) REC - Tony
8:00-8:50 Aqua Fit REC - Susana	9:15-10:05 Aqua Interval REC - Claire	8:00-8:50 Aqua Fit REC - Claire	9:15-10:05 Aqua Interval REC - Claire	8:00-8:50 Aqua Fit REC - Michelle	7:00 - 8:00 Aqua Jogging REC - Staff
9:00-9:50 Aqua Deep Interval REC - Christine		9:00-9:55am Aqua Dance REC - Eliis		9:00-9:50 Aqua Mind-Body REC - Christine	8:00 - 9:00 Aqua Fit REC - Staff
10:00-10:50 Deep Aqua Fit REC - Christine		11:00-11:50 Aqua Fit REC- Staff		11:00-11:50 Aqua Fit REC - Delia	9:00 - 9:50 Aqua Fit REC - Staff
11:00-11:50 Aqua Fit REC - Eliis					
MONDAY PM	TUESDAY PM	WEDNESDAY PM	THURSDAY PM	FRIDAY PM	
12:00-1:00 Masters Swim (\$) LAP - Tony	6:00-7:00 Masters Swim (\$) LAP - Lindsay	12:00-1:00 Masters Swim (\$) LAP - Tony	6:00-7:00 Masters Swim (\$) LAP - Lindsay	12:00-1:00 Masters Swim (\$) LAP - Tony	REC: Recreational Pool LAP: Lap Pool
5:30-6:20 Aqua Fit REC - Delia		5:30-6:20 Aqua Fit REC - Delia		5:30-6:20 Aqua Fit REC - Susana	
6:00-7:00 Masters Swim (\$) LAP - Lindsay				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.

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**

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.