

# POOL SCHEDULE

## RECREATION POOL



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5AM							
6AM	5:30-8:00am Lap Swim (4)	5:30-9:00am Lap Swim (4)	5:30-9:00am Lap Swim (4)	5:30-8:00am Lap Swim (4)	5:30-9:00am Lap Swim (4)		
7AM	8:00-9:00am Lap Swim (3) Aqua Fit (1)	8:00-9:00am Aqua Fit	8:00-9:00am Aqua Fit	8:00-9:00pm Lap Swim (3) Aqua Fit (1)	8:00-9:00am Aqua Fit	7:00-9:15am Lap Swim (4)	
8AM						8:00-9:00am Aqua Fit	8:00-9:15am Lap Swim (4)
9AM	9:00-11:00am Swim Lessons (2) Lap Swim (2)		9:00-11:00am Swim Lessons (2) Lap Swim (2)		9:00am-11:00am Swim Lessons (2) Lap Swim (2)		9:15am-12:45pm Lap Swim (1) Swim Lessons (3)
10AM		9:00am-12:00pm Swim Lessons (2) Lap Swim (2)		9:00-12:00pm Swim Lessons (2) Lap Swim (2)		9:15am-12:45pm Lap Swim (1) Lessons (3)	10:00-11:00am Aqua Zumba
11AM	11:00am-1:00pm Lap Swim (4)	11:30am-12:30pm Aqua Fit	11:00am-1:00pm Lap Swim (4)	11:30am-12:30pm Aqua Fit	11:00am-1:00pm Lap Swim (4)	<b>NO FAMILY SWIM UNTIL 11:30AM</b>	
12PM	11:00am-12:00pm Aqua Fit		11:00am-12:00pm Aqua Fit		11:00am-12:00pm Aqua Fit		
1PM	1:00-3:00pm Camp Swim (2) Lap Swim (2)	1:00-3:00pm Camp Swim (2) Lap Swim (2)	1:00-3:00pm Camp Swim (2) Lap Swim (2)	1:00-3:00pm Camp Swim (2) Lap Swim (2)	1:00-3:00pm Camp Swim (2) Lap Swim (2)		12:45-5:00pm Lap Swim (4)
2PM							
3PM						12:45-6:00pm Lap Swim (4)	
4PM	3:30-7:00pm Lap Swim (1)	3:30-7:00pm Lap Swim (1)	3:30-7:00pm Lap Swim (1)	3:30-7:00pm Lap Swim (1)	3:30-7:00pm Lap Swim (1)		
5PM	Swim Lessons (3)	Swim Lessons (3)	Swim Lessons (3)	Swim Lessons (3)	Swim Lessons (3)		
6PM							
7PM	7:00-8:30pm Lap Swim (4)	7:00-8:30pm Lap Swim (4)	7:00-8:30pm Lap Swim (4)	7:00-8:30pm Lap Swim (4)	7:00-7:30pm Lap Swim (4)		
8PM							

From:  
**JULY 1 - AUGUST 9, 2026**

\*Number of swimming lanes available in parentheses  
Lane availability is not guaranteed and is subject to change based on program needs.  
During peak hours, family swim will have 10 minute breaks at the top of every hour.

### Family Swim Hours:

Monday - Thursday	6AM - 8:30PM
Friday	6AM - 7:30PM
Saturday	11:30AM - 6PM
Sunday	8AM - 5PM

### Splash Pad Hours:

Monday - Thursday	9AM - 8:00PM
Friday	9AM - 7:00PM
Saturday	7AM - 6PM
Sunday	8AM - 5PM

### RULES:

**Children under 13** 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 per 1 adult in the pool, the other children 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 7-12** must have adult supervision within the area, even if the swim test has been passed.

### ADDITIONAL NOTES:

The Splash Pad may be closed for private birthday parties from 4:00-6:00pm on Fridays, 11:30am-4:30pm on Saturdays and Sundays.

Splash Pad reserved for Camp 9:45-11:30am, 1:00-2:00pm Monday-Friday.

**Camp Swim is shared with family swim. Space may be limited.**

# POOL SCHEDULE

## LAP POOL



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5AM	5:30-6:00am Lap Swim (8)	5:30-8:00am Lap Swim (8)	5:30-6:00am Lap Swim (8)	5:30-8:00am Lap Swim (8)	5:30-6:00am Lap Swim (8)			
6AM	6:00-7:00am Lap Swim (4) Masters (4)		6:00-7:00am Lap Swim (4) Masters (4)		6:00-7:00am Lap Swim (4) Masters (4)			
7AM	7:00am-4:00pm Lap Swim (8)	8:00-9:00am Lap Swim (3) Masters (5)	7:00am-4:00pm Lap Swim (8)	8:00-9:00am Lap Swim (3) Masters (5)	7:00am-5:00pm Lap Swim (8)	7:00-8:00am Lap Swim (8)	8:00am-5:00pm Lap Swim (8)	
8AM		9:00am-4:00pm Lap Swim (8)		9:00am-4:00pm Lap Swim (8)		9:00am-6:00pm Lap Swim (8)		
9AM		4:00-6:00pm Lap Swim (3) Swim Team (5)		4:00-7:00pm Lap Swim (3) Swim Team (5)		4:00-7:00pm Lap Swim (3) Swim Team (5)		5:00-7:00pm Lap Swim (3) Swim Team (5)
10AM								
11AM		7:00-8:30pm Lap Swim (8)		8:00-8:30pm Lap Swim (8)		7:00-8:30pm Lap Swim (8)		8:00-8:30pm Lap Swim (8)
12PM								
1PM								
2PM								
3PM								
4PM								
5PM								
6PM								
7PM								
8PM								

From:  
**JULY 1 - AUGUST 9, 2026**

\*Number of swimming lanes available in parentheses  
Lane availability is not guaranteed and is subject to change based on program needs.  
During peak hours, family swim will have 10 minute breaks at the top of every hour.

### Spa Hours\*:

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

### Sauna Hours:

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

### CONTACTS:

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**La Jolla Lightning Youth Swim Team**  
Email - [ljswimteam@ymcasd.org](mailto:ljswimteam@ymcasd.org)

### ADDITIONAL NOTES:

#### Baseball Season Spa Closures

**Monday - Friday:** 4:30-6pm

**Saturdays:** 8am - 6pm

**Sundays:** 10am - 5pm

\*Note: For member safety the spa will be closed when baseball is being played at the field behind the spa. This schedule is subject to change as needed.