

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		9:00am-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) Swim Lessons (3)
10AM		11:30am-12:30pm Aqua Fit		11:30am-12:30pm Aqua Fit			10:00-11:00am Aqua Zumba
11AM	9:00am-3:00pm Lap Swim (4)		9:00am-3:00pm Lap Swim (4)		9:00am-3:00pm Lap Swim (4)	NO FAMILY SWIM UNTIL 12PM	
12PM	11:00am-12:00pm Aqua Fit		11:00am-12:00pm Aqua Fit		11:00am-12:00pm Aqua Fit		
1PM		12:00-3:00pm Lap Swim (4)		12:00-3:00pm Lap Swim (4)			
2PM							12:45-5:00pm Lap Swim (4)
3PM						12:45-6:00pm Lap Swim (4)	
4PM	3:00-7:00pm Lap Swim (1) Swim Lessons (3)	3:00-7:00pm Lap Swim (1) Swim Lessons (3)	3:00-7:00pm Lap Swim (1) Swim Lessons (3)	3:00-7:00pm Lap Swim (1) Swim Lessons (3)	3:00-7:00pm Lap Swim (1) Swim Lessons (3)		
5PM							
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:
OCTOBER – NOVEMBER 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	12PM - 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.

**Pool space may be impacted
November 21-24 due to lifeguard
training.**

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-4:30pm Lap Swim (8)		8:00-9:00am Lap Swim (3) Masters (5)		7:00am-4:30pm Lap Swim (8)	8:00-9:00am Lap Swim (3) Masters (5)		7:00am-5:30pm Lap Swim (8)	7:00-8:00am Lap Swim (8)
8AM		9:00am-4:30pm Lap Swim (8)		9:00am-4:30pm Lap Swim (8)			9:00am-4:30pm Lap Swim (8)		8:00-9:00am Lap Swim (4) Masters (4)
9AM			9:00am-6:00pm Lap Swim (8)						
10AM									
11AM									
12PM									
1PM									
2PM									
3PM									
4PM	4:30-7:00pm Lap Swim (3) Swim Team (5)	4:30-7:00pm Lap Swim (3) Swim Team (5)	4:30-7:00pm Lap Swim (3) Swim Team (5)	4:30-7:00pm Lap Swim (3) Swim Team (5)	5:30-7:00pm Lap Swim (3) Swim Team (5)				
5PM									
6PM									
7PM	7:00-8:00pm Masters (3) Lap Swim (5)	7:00-8:30pm Lap Swim (8)	7:00-8:00pm Masters (3) Lap Swim (5)	7:00-8:30pm Lap Swim (8)	7:00-7:30pm Lap Swim (8)				
8PM	8:00-8:30pm Lap Swim (8)		8:00-8:30pm Lap Swim (8)						

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Spa Hours*:

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

Sauna Hours:

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

CONTACTS:

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Katie Smith: Aquatics Coordinator
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La Jolla Lightning Youth Swim Team
Email – ljswimteam@ymcasd.org

ADDITIONAL NOTES:

Baseball Spa Closures (Fall Season)

Sundays: 9:30am – 4pm

*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.

**Lap lanes may be limited on
October 24 due to CAF event.**