

POOL SCHEDULE

FALL 2024



YMCA OF SAN DIEGO COUNTY
COMMUNITY
WELL-BEING
& BELONGING

INDOOR POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
5:00 AM	LAP SWIM 5:00AM-8:00AM	LAP SWIM 5:00AM-8:00AM	LAP SWIM 5:00AM-8:00AM	LAP SWIM 5:00AM-8:00AM	LAP SWIM 5:00AM-8:00AM	LAP SWIM 6:00AM-8:00AM SWIM LESSONS 8:00AM - 1:00PM LAP SWIM* 8:00AM-1:00PM	LAP SWIM* 7:00AM-5:00PM SPLASH BALL 12:00PM-1:00PM		
6:00AM									
7:00AM									
8:00AM	WATER EXERCISE** 8:15AM-11:15AM	WATER EXERCISE** 8:15AM-12:15PM	WATER EXERCISE** 8:15AM-11:15AM	WATER EXERCISE** 8:15AM-12:15PM					
9:00AM									
10:00AM									
11:00AM	PRE/POST HIP & KNEE REHAB (\$) 11:15AM-12:00PM	PRE/POST HIP & KNEE REHAB (\$) 11:15AM-12:00PM	PRE/POST HIP & KNEE REHAB (\$) 11:15AM-12:00PM	PRE/POST HIP & KNEE REHAB (\$) 11:15AM-12:00PM					
12:00PM									
1:00PM	LAP SWIM 12:15 PM-3:00PM	LAP SWIM 11:15AM-3:00PM	LAP SWIM 12:15PM-3:00PM	LAP SWIM 11:15AM-3:00PM	LAP SWIM 12:15PM-3:00PM			FAMILY SWIM 1:00PM-5:00PM LAP SWIM* 1:00PM-5:00PM	FAMILY SWIM 1:00PM-5:00PM LAP SWIM* 1:00PM-5:00PM
2:00PM									
3:00PM	SWIMMING LESSONS 3:00PM-7:15PM	SWIMMING LESSONS 3:00PM-7:15PM	SWIMMING LESSONS 3:00PM-7:15PM	SWIMMING LESSONS 3:00PM-7:15PM	LAP SWIM* 3:00PM-8:00PM SPLASH BALL 4:30PM-5:30PM OPEN/FAMILY SWIM 4:00PM-8:00PM				
4:00PM									
5:00PM									
6:00PM	LAP SWIM* 3:00PM-8:00PM	LAP SWIM* 3:00PM-8:00PM	LAP SWIM* 3:00PM-8:00PM	LAP SWIM* 3:00PM-8:00PM	LAP SWIM* 3:00PM-8:00PM				
7:00PM									
8:00PM									

OUTDOOR POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00AM	LAP SWIM 5:00AM-6:00AM	LAP SWIM 5:00AM-6:00AM	LAP SWIM 5:00AM-6:00AM	LAP SWIM 5:00AM-6:00AM	LAP SWIM 5:00AM-6:00AM	LAP SWIM 6:00AM-8:00AM MASTERS SWIM* 8:00AM-9:30AM LAP SWIM 8:00AM-5:00PM	LAP SWIM 7:00AM-5:00PM
6:00 AM	MASTERS SWIM* 6:00AM-7:00AM	MASTERS SWIM* 6:00AM-7:00AM	MASTERS SWIM* 6:00AM-7:00AM	MASTERS SWIM* 6:00AM-7:00AM	MASTERS SWIM* 6:00AM-7:00AM		
7:00AM	MASTERS SWIM* 7:00AM-8:00AM	MASTERS SWIM* 7:00AM-8:00AM	MASTERS SWIM* 7:00AM-8:00AM	MASTERS SWIM* 7:00AM-8:00AM	MASTERS SWIM* 7:00AM-8:00AM		
8:00AM	WATER EXERCISE 8:10AM- 9:00AM (5 lanes)	LAP SWIM 6:00AM-12:00PM	WATER EXERCISE 8:10AM- 9:00AM (5 lanes)	WATER EXERCISE 8:10AM- 9:00AM (5 lanes)	WATER EXERCISE 8:10AM- 9:00AM (5 lanes)		
9:00AM							
10:00AM							
11:00AM	LAP SWIM* 6:00AM-12:00PM		LAP SWIM* 6:00AM-12:00PM	LAP SWIM* 6:00AM-12:00PM	LAP SWIM* 6:00AM-12:00PM		
12:00PM	MASTERS SWIM* 12:00PM-1:00PM	MASTERS SWIM* 12:00PM-1:00PM	MASTERS SWIM* 12:00PM-1:00PM	MASTERS SWIM* 12:00PM-1:00PM	MASTERS SWIM* 12:00PM-1:00PM		
1:00PM	LAP SWIM 1:00PM-4:00PM	LAP SWIM 1:00PM-4:00PM	LAP SWIM 1:00PM-4:00PM	LAP SWIM 1:00PM-4:00PM	LAP SWIM 1:00PM-4:30PM		
2:00PM							
3:00PM							
4:00PM	YOUTH SWIM TEAM 4:00PM-6:00PM	YOUTH SWIM TEAM 4:00PM-6:00PM	YOUTH SWIM TEAM 4:00PM-6:00PM	YOUTH SWIM TEAM 4:00PM-6:00PM	YOUTH SWIM TEAM 4:30PM-6:00PM		
5:00PM							
6:00PM	LAP SWIM* 4:00PM-8:00PM	LAP SWIM* 4:00PM-8:00PM	LAP SWIM* 4:00PM-8:00PM	LAP SWIM* 4:00PM-8:00PM	LAP SWIM* 4:30PM-8:00PM		
7:00PM							
8:00PM							

PLEASE NOTE:

- LAP SWIM Ages 12 and Up
- FAMILY SWIM reserved for families who wish to bring children younger than 12. Anyone younger than 12 wishing to lap swim MUST pass a swim test.

* Limited lanes available for lap swim during programs

** No lap swim during indoor water exercise

SPA HOURS

MONDAY-FRIDAY

5am-8pm

SATURDAY

6am-5pm

SUNDAY

7am-3pm