



YMCA OF SAN DIEGO COUNTY
COMMUNITY
WELL-BEING
& BELONGING

WINTER 2025 POOL SCHEDULE MAGDALENA ECKE YMCA

COMPETITION POOL *number of swimming lanes available in parenthesis

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	Masters Swim (4) 6:05-7:05AM	Master's Swim LCC Water Polo/ Swim Lap Swim (4) 6:05-7:15AM	Masters Swim (4) 6:05-7:05AM	Master's Swim LCC Water Polo/ Swim Lap Swim (4) 6:05-7:15AM	Master's Swim Lap Swim (4) 6:05-7:15AM	Lap Swim (11) 7:05-8:00AM	
7:00 AM							
8:00 AM	Lap Swim (11) 7:15AM-12:00PM	Lap Swim (11) 7:15AM-12:00PM	Lap Swim (11) 7:15AM-12:00PM	Lap Swim (11) 7:15AM-12:00PM	Lap Swim (11) 7:15AM-12:00PM	Master's Swim Lap Swim (5) 8:00-9:15AM	Lap Swim (11) 7:05-9:45AM
9:00 AM							
10:00 AM						Swim Lessons (2) Lap Swim (5) LCC Polo/Swim (3) 9:30-11:30AM	Master's Swim (5) 9:45-11:00AM
11:00 AM							
12:00 PM	Master's Swim Lap Swim (4) 12:00PM-1:15PM	Master's Swim Lap Swim (4) 12:00PM-1:15PM	Master's Swim Lap Swim (4) 12:00PM-1:15PM	Master's Swim Lap Swim (4) 12:00PM-1:15PM	Master's Swim Lap Swim (4) 12:00PM-1:15PM	Swim Lessons (2) Lap Swim (9) 11:30AM-1:00PM	Lap Swim (11) 11:00AM-4:45PM
1:00 PM	Lap Swim (11) 1:15-4:00PM	Lap Swim (11) 1:15-4:00PM	Lap Swim (11) 1:15-4:00PM	Lap Swim (11) 1:15-4:00PM	Lap Swim (11) 1:15-4:00PM	Special Olympics (5) Lap Swim (6) 1:00-2:00PM	
2:00 PM							
3:00 PM						Swim Lessons (2) Lap Swim (9) 2:00-4:45PM	
4:00 PM	Swim Team Lap Swim (4) 4:00-6:00PM	Swim Team Lap Swim (4) 4:00-6:00PM	Swim Team Lap Swim (4) 4:00-6:00PM	Swim Team Lap Swim (4) 4:00-6:00PM	Swim Team Lap Swim (4) 4:00-6:00PM	Schedule subject to change, any number of lanes may be used for swim lessons, swim team or training at any given time. Sign Up for Text Alerts Text: 619-558-5388 ECKEPOOL for Aquatics Up-dates & ECKEWATERX for class information	
5:00 PM							
6:00 PM	Lap Swim (4) 6:00-8:15PM	Lap Swim (4) 6:00-8:15PM	Lap Swim (4) 6:00-8:15PM	Lap Swim (4) 6:00-8:15PM	Lap Swim (4) 6:00-8:15PM		
7:00 PM	LCC Polo/Swim 6:00-8:00PM	LCC Polo/Swim 6:00-8:00PM	LCC Polo/Swim 6:00-8:00PM	LCC Polo/Swim 6:00-8:00PM	LCC Polo/Swim 6:00-8:00PM		
8:00 PM							

Pool Rules:

- Parents are responsible for watching their children while in the swimming pool
- All persons must shower before using the swimming pools
- Please respect the decisions of the lifeguards
- Walk at all times during any activity
- Diving in the instructional pool is not allowed
- Food, drinks and glass bottles are not permitted on the pool deck
- Foul language, pushing and horseplay are prohibited

- All swimmers must wear swim attire
- T-Shirts are not allowed in the pool • Only noodles & lifejackets are allowed during Family Swim. Inflatable devices are not permitted.
- Swimmers who are not potty-trained must wear a swim diaper, including all swimmers under age 3
- Children 6 & under must be accompanied by an adult into the swimming pool
- Children 7 & older may swim without an adult after passing a swim test. Adult must remain in the facility
- Non-swimmers must wear a lifejacket or be

- within arms reach of a parent at all times
- Any child playing in the splash pad must be accompanied by an adult
- Talking should be kept to a minimum during all water ex classes • Swimmers must agree to share a lane with another swimmer, and circle swimming is mandatory for lanes with more than 2 people
- Starting blocks are only for use during organized programs
- Lap swimming is for swimmers ages 7-17 who pass a swim test, of adults 18 & older
- All swimmers under 18 must pass a swim test, wear a USCG approved flotation device, or be within arm's reach of a parent



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WINTER 2025 POOL SCHEDULE MAGDALENA ECKE YMCA INSTRUCTIONAL POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:00 AM	CLOSED 6:00 - 7:00 AM							
7:00 AM	Lap/Open Swim (2) 7:00-8:30AM	Lap/Open Swim (2) 7:00-8:30AM	Lap/Open Swim (2) 7:00-8:30AM	Lap/Open Swim (2) 7:00-8:30AM	Lap/Open Swim (2) 7:00-8:30AM	CLOSED 7:00 - 8:00AM		
8:00 AM	Swim Lessons Lap/Open Swim (2) 8:30-9:25AM	Swim Lessons Lap/Open Swim (2) 8:30-9:25AM	Swim Lessons Lap/Open Swim (2) 8:30-11:55AM	Swim Lessons Lap/Open Swim (2) 8:30-9:25AM	Swim Lessons Lap/Open Swim (2) 7:00 -11:55AM	Swim Lessons Only No Lap/Open Swim 8:05AM-12:00PM	Lap/Family Swim (2) Swim Lessons 8:05-8:55AM	
9:00 AM	Water Exercise ONLY No Lap/Open Swim 9:30-10:25AM	Water Exercise ONLY No Lap/Open Swim 9:30-10:25AM		Water Exercise ONLY No Lap Swim 9:30-10:25AM			Water Exercise ONLY No Lap /Open Swim 12:00PM-12:50PM	Lap/Family Swim (1) Swim Lessons (2) 10:00 AM-3:45PM
10:00 AM								
11:00 AM								
12:00 PM	Lap/Open Swim (2) 10:30AM-2:55PM	Lap/Open Swim (2) 10:30AM-2:55PM	Water Exercise ONLY No Lap /Open Swim 12:00-12:50PM	Lap/Open Swim (2) 10:30AM-2:55PM	Water Exercise ONLY No Lap /Open Swim 12:00PM-12:50PM	Lap/Family Swim (2) 12:00-3:45PM		
1:00 PM			Lap/Open Swim (2) 1:00-2:55PM	Lap/Open Swim (2) 1:00PM-2:55PM				
2:00 PM								
3:00 PM	Swim Lessons Only No Lap/Open Swim 3:00-6:00PM	Swim Lessons Only No Lap/Open Swim 3:00-6:00PM	Swim Lessons Only No Lap/Open Swim 3:00-6:00PM	Swim Lessons Only No Lap/Open Swim 3:00-6:00PM	Swim Lessons Only No Lap/Open Swim 3:00-6:00PM	CLOSED 4PM-5PM		
4:00 PM								
5:00 PM								
6:00 PM	Swim Lessons 6:00-6:30PM Lap/Open Swim (2) 6:00-7:30PM	Swim Lessons 6:00-6:30PM Lap/Open Swim (2) 6:00-7:30PM	Swim Lessons 6:00-6:30PM Lap/Open Swim (2) 6:00-7:30PM	Swim Lessons 6:00-6:30PM Lap/Open Swim (2) 6:00-7:30PM	Lap/Open Swim (2) 6:00-7:30PM			
7:00 PM								
8:00 PM	CLOSED 7:30-8:15PM							

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