

COMPETITION POOL *number of swimming lanes available in parenthesis

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	Masters Swim Lap Swim (4) 6:05-7:05AM	Master's Swim Lap Swim (4) 6:05-7:15AM	Masters Swim Lap Swim (4) 6:05-7:05AM	Master's Swim Lap Swim (4) 6:05-7:15AM	Master's Swim Lap Swim (4) 6:05-7:15AM		
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 (8) 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) 2:00-4:45PM	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		
2:00 PM							
3:00 PM							
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 (10) 6:00-8:15PM	Lap Swim (10) 6:00-8:15PM	Lap Swim (10) 6:00-8:15PM	Lap Swim (10) 6:00-8:15PM	Lap Swim (10) 6:00-8:15PM		
7:00 PM							
8:00 PM							

June 19th – Normal Hours | July 4th – Pool Open 7:30AM–12:30PM

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

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) 8:30–10:25AM	Swim Lessons Lap/Open Swim (2) 8:30–9:25AM	Swim Lessons Lap/Open Swim (2) 8:30 –10:25AM	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 Swim 9:30–10:25AM	Water Exercise Only No Lap Swim 9:00 –9:55AM
10:00 AM								
11:00 AM	NO OPEN SWIM – CAMP SWIM ONLY 10:30AM–12:00PM	NO OPEN SWIM – CAMP SWIM ONLY 10:30AM–12:00PM		NO OPEN SWIM – CAMP SWIM ONLY 10:30AM–12:00PM			NO OPEN SWIM – CAMP SWIM ONLY 10:30AM–12:00PM	NO OPEN SWIM – CAMP SWIM ONLY 10:30AM–12:00PM
12:00 PM	Swim Lessons Lap/Open Swim (2) 12:00PM–12:55PM	Swim Lessons Lap/Open Swim (2) 12:00PM–12:55PM	Water Exercise ONLY No Lap /Open Swim 12:00–12:50PM	Swim Lessons Lap/Open Swim (2) 12:00PM–12:55PM	Water Exercise ONLY No Lap /Open Swim 12:00PM–12:50PM	Lap/Family Swim (2) 12:00–3:45PM	Lap/Family Swim (1) Swim Lessons (2) 10:00 AM–3:45PM	
1:00 PM	NO OPEN SWIM – CAMP SWIM 1:00PM – 2:00PM	NO OPEN SWIM – CAMP SWIM 1:00PM – 2:00PM	NO OPEN SWIM – CAMP SWIM 1:00PM – 2:00PM	NO OPEN SWIM – CAMP SWIM 1:00PM – 2:00PM	NO OPEN SWIM – CAMP SWIM 1:00PM – 2:00PM			
2:00 PM	Lap/Open Swim (2) 2:00–2:55PM	Lap/Open Swim (2) 2:00–2:55PM	Lap/Open Swim (2) 2:00–2:55PM	Lap/Open Swim (2) 2:00–2:55PM	Lap/Open Swim (2) 2:00–2:55PM			
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			
4:00 PM								
5:00 PM								
6:00 PM	Swim Lessons 6:00–6:30PM Lap/Open Swim (2)	Swim Lessons 6:00–6:30PM Lap/Open Swim (2)	Swim Lessons 6:00–6:30PM Lap/Open Swim (2)	Swim Lessons 6:00–6:30PM Lap/Open Swim (2)	Lap/Open Swim (2) 6:00–7:30PM	June 19th – Normal Hours July 4th – Pool Open 7:30AM–12:30PM		
7:00 PM	6:00–7:30PM	6:00–7:30PM	6:00–7:30PM	6:00–7:30PM				
8:00 PM	CLOSED 7:30–8:15PM							

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