

# 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								Lap Swim (11) 7:05-8:00AM	
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						Swim Lessons (2) Lap Swim (8) 9:30-11:30AM	Master's Swim (5) 9:45-11:00AM		
10:00 AM									
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) 1:15-2:00PM				
2:00 PM					Lap Swim (4) 2:00-4:00PM				
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	LCC (6) Lap Swim (4) 6:00-8:00PM	LCC (6) Lap Swim (4) 6:00-8:00PM	LCC (6) Lap Swim (4) 6:00-8:00PM	LCC (6) Lap Swim (4) 6:00-8:00PM	LCC (6) Lap Swim (4) 6:00-8:00PM				
7:00 PM									
8:00 PM									

## Labor Day 9/1 Pool Hours: 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 10:30AM–12:00PM	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 /Open Swim 12:00PM–12:50PM
10:00 AM	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		Lap/Open Swim (2) 1:00–2:55PM	Lap/Family Swim (2) 12:00–3:45PM	Lap/Family Swim (1) Swim Lessons (2) 10:00 AM–3:45PM
11:00 AM			Lap/Open Swim (2) 2:00–2:55PM						
12:00 PM									
1:00 PM									
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	LABOR DAY Pool Open 7:30AM–12:30PM			
7:00 PM									
8:00 PM	CLOSED 7:30–8:15PM								

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Up-dates & ECKEWATERX for class information