

POOL SCHEDULE

DAN MCKINNEY RECREATION POOL



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6AM	6am-9:15am Lap Swim (4)	6am-9:15am Lap Swim (4)	6am-9:15am Lap Swim (4)	6am-9:15am Lap Swim (4)	6am-9:15am Lap Swim (4)		
7AM						7-9:15am Lap Swim (4)	
8AM	8-8:50 Aqua Fit (1) Lap Swim (3)	8-8:50am Aqua Fit	8-8:50am Aqua Fit	8-8:50 Aqua Fit (1) Lap Swim (3)	8-8:50am Aqua Fit	8:10am-9:00am Aqua Fit	8-9:15am Lap Swim (4)
9AM	8:50-11am Lap Swim (4)	9:15-12pm Lap Swim (2) Lessons (2)	9:15-9:45am Lap Swim (2) Lessons (2)	8:50-10am Lap Swim (4)	9:15-9:45am Lap Swim (2) Lessons (2)	9:15am-12:45pm Lap Swim (1) Lessons (3) *No family swim during lessons*	8am-5pm Family Swim
10AM				10am-12pm Lap Swim (2) Lessons (2)			9:15am-12pm Lap Swim (1) Lessons (3)
11AM	11-11:50am Aqua Fit Lap Swim (4)		11-11:50am Aqua fit Lap Swim (4)		11-11:50am Aqua Fit Lap Swim (4)	11:30am-6pm Family Swim	10-10:50am Aqua Zumba
12PM	12-3:30pm Lap Swim (4)	12-3pm Lap Swim (4)	12-3:30pm Lap Swim (4)	12-3pm Lap Swim (4)	12-3:30pm Lap Swim (4)	12:45pm-6pm Lap Swim (4)	12pm-5pm Lap Swim (4)
1PM							
2PM							
3PM	3:30-7pm Lap Swim (2) Lessons (2)	3-7pm Lap Swim (1) Lessons (3)	3:30-7pm Lap Swim (2) Lessons (2)	3-7pm Lap Swim (1) Lessons (3)	3:30-7pm Lap Swim (1) Lessons (3)		
4PM							
5PM							
6PM							
7PM	7pm-8:30pm Lap Swim (4)	7pm-8:30pm Lap Swim (4)	7pm-8:30pm Lap Swim (4)	7pm-8:30pm Lap Swim (4)	7pm-7:30pm Lap Swim (4)		
8PM							

From:
OCTOBER 1-31

*Number of swimming lanes available in parentheses

During peak hours, family swim will have 10 minute breaks at the top of every hour.

Family Swim Hours:

Monday - Thursday	9AM - 8:30PM
Friday	9AM - 7:30 PM
Saturday	11:30AM - 6 PM
Sunday	8AM - 5PM

Splash Pad Hours:

Mon-Thursday	8AM-8PM
Friday	8AM-7PM
Saturday	7AM - 6PM
Sunday	8AM - 5PM

RULES:

Children 13 and under 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 USCG 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:

*Saturday family swim is only available after 11:30AM.

NO SWIM LESSONS- Oct 12th
due to scheduled power outage

POOL SCHEDULE

DAN MCKINNEY LAP POOL



YMCA OF SAN DIEGO COUNTY
COMMUNITY
WELL-BEING
& BELONGING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6AM	6am-7am Masters (4) Lap Swim (4)	6am-8am Lap Swim (8)	6am-7am Masters (4) Lap Swim (4)	6am-8am Lap Swim (8)	6am-7am Masters (4) Lap Swim (4)			
7AM	7am-4pm Lap Swim (8)		8am-9am Masters (5)		7am-4pm Lap Swim (8)	9am-5pm Lap Swim (8)	7am-8am Lap Swim (8)	
8AM		8am-9am Masters (5)		8am-9am Masters (4)			8am-5pm Lap Swim (8)	
9AM		9am-5pm Lap Swim (8)		9am-5pm Lap Swim (8)				9am-11:30am Lap Swim (8)
10AM								11:30am-12:30pm *dates vary* Pre-Team(4) Lap Swim (4)
11AM								
12PM								
1PM								
2PM								
3PM								
4PM	4-6pm Y-Swim Team (5) Lap Swim (3)	9am-5pm Lap Swim (8)	4-6pm Y-Swim Team (5) Lap Swim (3)	9am-5pm Lap Swim (8)	4pm-6:30pm Y-Swim Team (4) Lap Swim (4)	12:30-6pm Lap Swim (8) October 25th 12pm-5pm only 2 Lap Lanes available CAF Swim		
5PM	6-7pm Y-Swim Team (4) Masters (2)		6-7pm Y-Swim Team (4) Masters (2)		5pm-8pm Y-Swim Team (4) Lap Swim (4)			
7PM	7pm-8:30pm Lap Swim (8)	8pm-8:30pm	7pm-8:30pm Lap Swim (8)	8pm-8:30pm				
8PM								

From:
OCTOBER 1-31

*Number of swimming lanes available in parentheses

During peak hours, family swim will have 10 minute breaks at the top of every hour.

Spa Hours*:

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

Sauna Hours:

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

CONTACTS:

Xavier Chavoya: Aquatics Coordinator
Email - xchavoya@ymcasd.org

Rebekah Mora: Aquatics Coordinator
Email - rmora1@ymcasd.org

Elise Sanzeri: Head Swim Coach
Email - esanzeri@ymcasd.org

ADDITIONAL NOTES:

For member safety the spa will be closed when baseball is being played at the field behind the spa.

October 25th

-only 2 lap lanes available from 12-5pm CAF Swim

ANN WOOLLEY AQUATIC CENTER

POOL SCHEDULE

RECREATION POOL



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6AM	6am-3pm Lap Swim (4)	6am-3pm Lap Swim (4)	6am-3pm Lap Swim (4)	6am-3pm Lap Swim (4)	6am-3pm Lap Swim (4)		
7AM						7-8:30am Lap Swim (4)	
8AM	8-8:50am Aqua Fit	8-8:50am Aqua Fit	8-8:50am Aqua Fit	8-8:50am Aqua Fit	8-8:50am Aqua Fit	8-8:50am Aqua Fit 8:30am-12:45pm Lap Swim (2) Lessons (2)	8am-10am Lap Swim (4)
9AM							
10AM							10-10:50am Aqua Zumba
11AM	11-11:50am Aqua Fit		11-11:50am Aqua Fit		11-11:50am Aqua Fit		
12PM							
1PM							
2PM							
3PM						12:45pm-6pm Lap Swim (4)	
4PM	3pm-7pm Lap Swim (2)	3pm-7pm Lap Swim (2)	3pm-7pm Lap Swim (2)	3pm-7pm Lap Swim (2)	3pm-7pm Lap Swim (2)		
5PM	Lessons (2)	Lessons (2)	Lessons (2)	Lessons (2)	Lessons (2)		
6PM							
7PM	7pm-8:30pm Lap Swim (4)	7pm-8:30pm Lap Swim (4)	7pm-8:30pm Lap Swim (4)	7pm-8:30pm Lap Swim (4)	7pm-7:30pm Lap Swim (4)		
8PM							

From:
JANUARY 16 – JANUARY 31

*Number of swimming lanes available in parentheses
During peak hours, family swim will have 10 minute breaks at the top of every hour.

HOURS OF OPERATION

Family Swim Hours

Monday - Thursday	9AM - 8:30PM
Friday	9AM - 7:30PM
Saturday	7AM - 6PM
Sunday	8AM - 5PM

Splash Pad Hours

Monday - Thursday	9AM - 8PM
Friday	9AM - 7PM
Saturday	7AM - 6PM
Sunday	8AM - 5PM

The Splash Pad may be closed for private birthday parties between 11:30am-4:30pm on Saturdays and Sundays

RULES:

Children 13 and under 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

Octob Swim Lesson Registration opens as of September 15th for members and September 17th for non-members.

No swim lessons or swim team practice on Halloween October 31



LEARN MORE!

ANN WOOLLEY AQUATIC CENTER

POOL SCHEDULE

LAP POOL



YMCA OF SAN DIEGO COUNTY
**COMMUNITY
WELL-BEING
& BELONGING**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY			
6AM	6am-7am Masters (4) Lap Swim (4)	6am-8am Lap Swim (8)	6am-7am Masters (4) Lap Swim (4)	6am-8am Lap Swim (8)	6am-7am Masters (4) Lap Swim (4)					
7AM	7am-4pm Lap Swim (8)		7am-4pm Lap Swim (8)		7am-4pm Lap Swim (8)	7am-8am Lap Swim (8)				
8AM		8am-9am Masters (4) Lap Swim (4)		8am-9am Masters (4) Lap Swim (4)		8am-9am Masters (4) Lap Swim (4)	8am-5pm Lap Swim (8)			
9AM		9am-5pm Lap Swim (8)		9am-5pm Lap Swim (8)		9am-10am Lap Swim (8)				
10AM						10am-11:30am *dates vary* Y-Swim Team (4) Lap Swim (4)				
11AM										
12PM										
1PM										
2PM										
3PM										
4PM	4pm-6pm Y-Swim Team (4) Lap Swim (4)	5pm-8pm Y-Swim Team (4) Lap Swim (4)	4pm-6pm Y-Swim Team (4) Lap Swim (4)	5pm-8pm Y-Swim Team (4) Lap Swim (4)	4pm-6:30pm Y-Swim Team (4) Lap Swim (4)					
5PM										
6PM	6pm-7pm Y-Swim Team (3)		6pm-7pm Y-Swim Team (3)							
7PM	7pm-8:30pm Lap Swim (8)	8pm-8:30pm Lap Swim (8)	7pm-8:30pm Lap Swim (8)	8pm-8:30pm Lap Swim (8)	6:30pm-7:30pm Lap Swim (8)					
8PM										

From:
JANUARY 16 – JANUARY 31

*Number of swimming lanes available in parentheses

During peak hours, family swim will have 10 minute breaks at the top of every hour.

HOURS OF OPERATION

Spa Hours*

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

Sauna Hours

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

*Note: For member safety the spa will be closed when baseball is being played at the field behind the spa.

Baseball Season Spa Closures:

Monday – Friday: 4:45pm – 6pm

Saturdays: 8am – 6pm

Sundays: 10am – 5pm

This schedule is subject to change as needed.

Emily Farkas: Aquatics Director – efarkas@ymcasd.org
Xavier Chavoya: Aquatics Coordinator – xchavoya@ymcasd.org
Rebekah Mora: Aquatics Coordinator – rmora1@ymcasd.org
Elise Sanzeri: Head Swim Coach – esanzeri@ymcasd.org



LEARN MORE!