



# 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							
9:00 AM	Lap Swim (11) 7:15AM-12:00PM	Master's Swim Lap Swim (5) 8:00-9:15AM	Lap Swim (11) 7:05-9:45AM				
10:00 AM						Swim Lessons (2)	Master's Swim (5) 9:45-11:00AM
11:00 AM						Lap Swim (8) 9:30-12:00PM	
12:00 PM	Master's Swim Lap Swim (4) 12:00PM-1:15PM						
1:00 PM						Swim Lessons (2)	Lap Swim (11) 11:00AM-4:45PM
2:00 PM	Lap Swim (11) 1:15-4:00PM	Lap Swim (9) 12:00-4:45PM					
3:00 PM							
4:00 PM	Swim Team Lap Swim (4)						
5:00 PM	4:00-6:00PM	4:00-6:00PM	4:00-6:00PM	4:00-6:00PM	4:00-6:00PM		
6:00 PM							
7:00 PM	LCC (6) Lap Swim (4) 6:00-8:15PM						
8:00 PM							

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

## 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



YMCA OF SAN DIEGO COUNTY  
COMMUNITY  
WELL-BEING  
& BELONGING

WINTER 2025-2026 POOL SCHEDULE MAGDALENA ECKE YMCA  
**INSTRUCTIONAL POOL**

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

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