

# 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) 9:30–12:00PM	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) 12:00–4:45PM	Lap Swim (11) 11:00AM–4:45PM
1:00 PM							
2:00 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		
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							
7:00 PM							
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



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
6:00 AM	CLOSED 6:00 – 7:00 AM						
7:00 AM	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	
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) 8:30 –11:55AM	Swim Lessons <u>Only</u> No Lap/Open Swim 8:05AM– 12:00PM	Lap/Family Swim (2) 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
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	Lap/Family Swim (1) Swim Lessons (2) 10:00 AM– 3:45PM
1:00 PM			Lap/Open Swim (2) 1:00–2:55PM		Lap/Open Swim (2) 1:00–2:55PM		
2:00 PM							
3:00 PM	Swim Lessons <u>Only</u> No Lap/Open Swim 3:00–6:00PM	Swim Lessons <u>Only</u> No Lap/Open Swim 3:00–6:00PM	Swim Lessons <u>Only</u> No Lap/Open Swim 3:00–6:00PM	Swim Lessons <u>Only</u> No Lap/Open Swim 3:00–6:00PM	Swim Lessons (2) Lap/Open Swim (2) 3:00–6:00PM	CLOSED 4PM–5PM	
4:00 PM							
5:00 PM							
6:00 PM	Swim Lessons (2) 6:00–6:30PM Lap/Open Swim (2) 6:00–7:30PM	Swim Lessons (2) 6:00–6:30PM Lap/Open Swim (2) 6:00–7:30PM	Swim Lessons (2) 6:00–6:30PM Lap/Open Swim (2) 6:00–7:30PM	Swim Lessons (2) 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						

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