

# POOL SCHEDULE

## RECREATION POOL



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6AM	6:00-8:00am Lap Swim (4)	6:00-9:15am Lap Swim (4)  8:00-9:00am Aqua Fit		6:00-8:00am Lap Swim (4)			
7AM							
8AM	8:00-9:00am Lap Swim (3) Aqua Fit (1)			8:00-9:00am Lap Swim (3) Aqua Fit (1)		8:00-9:00am Aqua Fit	8:00-9:15am Lap Swim (4)
9AM	9:00am-3:30pm Lap Swim (4)  11:00am-12:00pm Aqua Fit	9:15am-12:00pm Lap Swim (2) Swim Lessons (2)	6:00am-3:30pm Lap Swim (4)	9:15am-12:00pm Lap Swim (2) Swim Lessons (2)	6:00am-3:30pm Lap Swim (4)  8:00-9:00am Aqua Fit  11:00am-12:00pm Aqua Fit	9:15am-12:45pm Lap Swim (1) Lessons (3)  <b>NO FAMILY SWIM UNTIL 11:30AM</b>	9:15am-12:45pm Lap Swim (1) Swim Lessons (3)  10:00-11:00am Aqua Zumba
10AM							
11AM			8:00-9:00am Aqua Fit  11:00am-12:00pm Aqua Fit				
12PM		12:00-3:30pm Lap Swim (4)  12:00pm-1:00pm Aqua Fit		12:00-3:30pm Lap Swim (4)			
1PM							
2PM							12:45-5:00pm Lap Swim (4)
3PM						12:45-6:00pm Lap Swim (4)	
4PM	3:30-7:00pm Lap Swim (2) Swim Lessons (2)	3:30-7:00pm Lap Swim (2) Swim Lessons (2)	3:30-7:00pm Lap Swim (2) Swim Lessons (2)	3:30-7:00pm Lap Swim (2) Swim Lessons (2)	3:30-7:00pm Lap Swim (1) Swim Lessons (3)		
5PM							
6PM							
7PM	7:00-8:30pm Lap Swim (4)	7:00-8:30pm Lap Swim (4)	7:00-8:30pm Lap Swim (4)	7:00-8:30pm Lap Swim (4)	7:00-7:30pm Lap Swim (4)		
8PM							

From:  
**MARCH 1 - 31, 2026**

\*Number of swimming lanes available in parentheses  
Lane availability is not guaranteed and is subject to change based on program needs.  
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 - 7:30PM
Saturday	11:30AM - 6PM
Sunday	8AM - 5PM

### Splash Pad Hours:

Monday - Thursday	9AM - 8:00PM
Friday	9AM - 7:00PM
Saturday	7AM - 6PM
Sunday	8AM - 5PM

### RULES:

**Children under 13** 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.

### ADDITIONAL NOTES:

**Swim Lesson Registration** opens every month on the 15th for members and on the 17th for non-members.

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

**Lifeguard Trainings** on March 21, 22, 28, & 29 may impact lane availability.

# POOL SCHEDULE

## LAP POOL



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
6AM	6:00-7:00am Lap Swim (4) Masters (4)	6:00-8:00am Lap Swim (8)	6:00-7:00am Lap Swim (4) Masters (4)	6:00-8:00am Lap Swim (8)	6:00-7:00am Lap Swim (4) Masters (4)				
7AM								7:00-8:00am Lap Swim (8)	
8AM	7:00am-4:00pm Lap Swim (8)	8:00-9:00am Lap Swim (3) Masters (5)	7:00am-4:00pm Lap Swim (8)	8:00-9:00am Lap Swim (3) Masters (5)	7:00am-4:00pm Lap Swim (8)	8:00-9:00am Lap Swim (4) Masters (4)	8:00am-5:00pm Lap Swim (8)		
9AM									
10AM									
11AM									
12PM									
1PM		9:00am-5:00pm Lap Swim (8)		9:00am-5:00pm Lap Swim (8)		9:00am-6:00pm Lap Swim (8)			
2PM									
3PM									
4PM	4:00-6:00pm Lap Swim (3) Swim Team (5)		4:00-6:00pm Lap Swim (3) Swim Team (5)		4:00-6:00pm Lap Swim (4) Swim Team (4)				
5PM									
6PM	6:00-7:00pm Lap Swim (2) Swim Team (4) Masters (2)	5:00-8:00pm Lap Swim (3) Swim Team (5)	6:00-7:00pm Lap Swim (2) Swim Team (4) Masters (2)	5:00-8:00pm Lap Swim (4) Swim Team (4)	6:00-7:30pm Lap Swim (8)				
7PM	7:00-8:30pm Lap Swim (8)	8:00-8:30pm Lap Swim (8)	7:00-8:30pm Lap Swim (8)	8:00-8:30pm Lap Swim (8)					
8PM									

From:  
**MARCH 1 - 31, 2026**

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### 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:

**Julie Mocabee:** Aquatics Director  
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**Alix Leslie:** Aquatics Coordinator  
Email - [aleslie@ymcasd.org](mailto:aleslie@ymcasd.org)

**La Jolla Lightning Youth Swim Team**  
Email - [ljswimteam@ymcasd.org](mailto:ljswimteam@ymcasd.org)

### ADDITIONAL NOTES:

#### Baseball Season Spa Closures

**Monday - Friday:** 4:45-6pm

**Saturdays:** 8am - 6pm

**Sundays:** 10am - 5pm

\*Note: For member safety the spa will be closed when baseball is being played at the field behind the spa. This schedule is subject to change as needed.

**Swim Meet 3/15 - Lap pool and Spa closed all day**