



# Dan McKinney YMCA Pool Schedule

## RECREATION POOL

June 10th - August 9th 2024

\*number of swimming lanes available in parenthesis

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6AM	6am-1pm Lap Swim (4)	6am-1pm Lap Swim (4)	6am-1pm Lap Swim (4)	6am-1pm Lap Swim (4)	6am-1pm Lap Swim (4)		
7AM						7am-8:30am Lap Swim (4)	
8AM	8am-8:50am Aqua Fit	8am-8:50am Aqua Fit	8am-8:50am Aqua Fit	8am-8:50am Aqua Fit	8am-8:50am Aqua Fit	8:30am-9:20am Aqua Fit	8am-10am Lap Swim (4)
8:30AM						8:30am-12pm Swim Lessons (1) Lap Swim (3)	
9AM							
10AM	10am-11am Splash Camp	10am-11am Splash Camp	10am-11am Splash Camp	10am-11am Splash Camp	10am-11am Splash Camp		10am-10:50am Aqua Zumba
11AM	11am-11:50am Aqua Fit				11am-11:50am Aqua Fit	*limited family swim area during lessons*	
12PM							
1PM	1pm-3pm Camp Swim (4)	1pm-3pm Camp Swim (4)	1pm-3pm Camp Swim (4)	1pm-3pm Camp Swim (4)	1pm-3pm Camp Swim (4)		10am-5pm Lap Swim (4)
2PM						12pm-6pm Lap Swim (4)	
3PM	3:30pm-7pm Lap Swim (3)	3:30pm-7pm Lap Swim (3)	3:30pm-7pm Lap Swim (3)	3:30pm-7pm Lap Swim (3)	3:30pm-7pm Lap Swim (3)		
4PM	Swim Lessons (1)	Swim Lessons (1)	Swim Lessons (1)	Swim Lessons (1)	Swim Lessons (1)		
5PM	*limited family swim area during lessons*	*limited family swim area during lessons*	*limited family swim area during lessons*	*limited family swim area during lessons*	*limited family swim area during lessons*		
6PM							
7PM					7pm-7:30pm Lap Swim (4)		
8PM	7pm-8:30pm Lap Swim (4)	7pm-8:30pm Lap Swim (4)	7pm-8:30pm Lap Swim (4)	7pm-8:30pm Lap Swim (4)			
8:30PM							

### 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

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

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

### Keep Our Children Safe:

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 with 1 adult in the pool = 1 child **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 ages 7-12 must have adult supervision within the area, even if the swim test has been passed.

### June 9th:

All YMCA pools closed for Aquatics training.

### M-F, June 10th—Aug. 9th:

- All lap lanes in the family pool reserved for Camp Swim from 1pm-3pm.
- Family swim area is limited 10am-11am
- Splash Pad closed: 9:15am-11am, 1pm-2pm

Scan for digital schedule:





# Dan McKinney YMCA Pool Schedule

## LAP POOL

June 10th - August 9th 2024

\*number of swimming lanes available in parenthesis

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6AM	6am-7am Masters Swim (4) Lap Swim (4)	6am-8am Lap Swim (8)	6am-7am Masters Swim (4) Lap Swim (4)	6am-8am Lap Swim (8)	6am-7am Masters Swim (4) Lap Swim (4)		
7AM	7am-4pm Lap Swim (8)		8am-9am Masters Swim (4) Lap Swim (4)				
8AM		9am-5pm Lap Swim (8)	9am-5pm Lap Swim (8)	8am-9am Masters Swim (4) Lap Swim (4)	8am-9am Masters Swim (4) Lap Swim (4)		
8:30AM		9am-5pm Lap Swim (8)	9am-5pm Lap Swim (8)	9am-5pm Lap Swim (8)	9am-10am Lap Swim (8)		
9AM		9am-5pm Lap Swim (8)	9am-5pm Lap Swim (8)	9am-5pm Lap Swim (8)	10am-11:30am Y Swim Team (4) Lap Swim (4)		
10AM		9am-5pm Lap Swim (8)	9am-5pm Lap Swim (8)	9am-5pm Lap Swim (8)	11:30am-6pm Lap Swim (8)		
11AM	4pm-6pm Y Swim Team (5) Lap Swim (3)	5pm-7pm Y Swim Team (5) Lap Swim (3)	4pm-6pm Y Swim Team (5) Lap Swim (3)	5pm-7pm Y Swim Team (5) Lap Swim (3)	4pm-6pm Y Swim Team (5) Lap Swim (3)		8am-5pm Lap Swim (8)
12PM			6pm-7pm Y Swim Team (4) Masters Swim (2) Lap Swim (2)				
1PM	7pm-8:30pm Lap Swim (8)	7pm-8pm Y Swim Team (3) Lap Swim (5)	7pm-8:30pm Lap Swim (8)	7pm-8pm Y Swim Team (3) Lap Swim (5)	7pm-7:30pm Lap Swim (8)		
2PM		8pm-8:30pm Lap Swim (8)		8pm-8:30pm Lap Swim (8)			
3PM	7pm-8:30pm Lap Swim (8)	8pm-8:30pm Lap Swim (8)	7pm-8:30pm Lap Swim (8)	8pm-8:30pm Lap Swim (8)			
4PM	7pm-8:30pm Lap Swim (8)	8pm-8:30pm Lap Swim (8)	7pm-8:30pm Lap Swim (8)	8pm-8:30pm Lap Swim (8)			
5PM	7pm-8:30pm Lap Swim (8)	8pm-8:30pm Lap Swim (8)	7pm-8:30pm Lap Swim (8)	8pm-8:30pm Lap Swim (8)			
6PM	7pm-8:30pm Lap Swim (8)	8pm-8:30pm Lap Swim (8)	7pm-8:30pm Lap Swim (8)	8pm-8:30pm Lap Swim (8)			
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)			
8PM	7pm-8:30pm Lap Swim (8)	8pm-8:30pm Lap Swim (8)	7pm-8:30pm Lap Swim (8)	8pm-8:30pm Lap Swim (8)			
8:30PM	7pm-8:30pm Lap Swim (8)	8pm-8:30pm Lap Swim (8)	7pm-8:30pm Lap Swim (8)	8pm-8:30pm Lap Swim (8)			

**Lanes may be closed with little warning to host swim tryouts.**

### \*Spa Hours

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

**\*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.**

### Sauna Hours

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

Emily Farkas, Aquatics Director – [efarkas@ymcasd.org](mailto:efarkas@ymcasd.org)  
 Xavier Chavoya, Aquatics Coordinator—[xchavoya@ymcasd.org](mailto:xchavoya@ymcasd.org)  
 Rebekah Mora, Aquatics Coordinator –[rmora1@ymcasd.org](mailto:rmora1@ymcasd.org)  
 Elise Sanzeri, Head Swim Coach – [esanzeri@ymcasd.org](mailto:esanzeri@ymcasd.org)

## YMCA Pool Rules

### **-YMCA Lifeguard has final authority.**

- It's the rule, one long whistle—exit the pool immediately.
- For your safety, children 6 and under must be actively supervised in the water by an adult 16 years or older.
  - Children ages 7-12 must have adult supervision within the area, even if the swim test has been passed.
- Recreational Diving is prohibited in water less than 9 feet deep.
- Please walk on the pool deck.
- Breath holding for longer than 10 seconds is prohibited, please refrain from swimming over half the distance of the pool without taking a breath.
- United States Coast Guard approved lifejackets may be used.
- All pool equipment must be used appropriately.
- Swimming without a certified lifeguard on duty is prohibited.
- All children under age 4 MUST wear a reusable swim diaper regardless of toilet training.
- Please shower before entering the pool.
- Eating is permitted in designated areas only.
- Appropriate swimming attire must be worn at all times (cut-offs, jeans, inappropriate, immodest, or sexually revealing attire etc. are not permitted).
- All personal trainers and swim instructors are hired by the YMCA and non-YMCA personal trainers or swim instructors are prohibited from conducting personal training sessions or lessons at YMCA facilities.
- Do not perform flips, spins, back dives/jumps.
- No glass of any kind on the pool deck.
- All swimmers must sit/lay at least 3 feet from side of pool to keep a clear path in case of emergency.
- Water wings, inner tubes, rafts, or other flotation that inflates with air and mermaid tails are prohibited.
- The Spa and Sauna are for ages 13 and older only.
- Shoes, socks, and exercise attire of any kind is prohibited in the Sauna.

**Rules will be enforced by all YMCA employees. Failure to follow the rules may result in removal from the premises without refunds or credits, and any other action that management deems appropriate.**

## YMCA Swim Test Policy

- For ages 13 and under.
- Must be taken every time child visits our pool if they want to swim without an adult in the water.
- If a single adult has two children who have not taken the swim test, at least one must wear a lifejacket for their safety.

### **Yellow Swim Test (Shallow Water)**

- Tread water for 30 seconds without stopping and keeping head above the water.
- Swim freestyle/breaststroke with confidence from the rope divider to the stairs without stopping (face should not be up the entire time for freestyle).

### **Green Swim Test (Deep Water and Lap Lanes)**

- Tread water for 1 minute without stopping and keeping head above the water.
- Swim freestyle/breaststroke with confidence for one length of the pool (25 yards) without stopping (face should not be up the entire time for freestyle).