



Dan McKinney YMCA Pool Schedule

RECREATION POOL

February 2025

*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-1pm Swim Lessons (2) Lap Swim (2)	10am-10:50am Aqua Zumba
9AM						*limited family swim area during lessons*	
10AM							
11AM	11am-11:50am Aqua Fit		11am-11:50am Aqua Fit		11am-11:50am Aqua Fit		
12PM							
1PM							10am-5pm Lap Swim (4)
2PM						1pm-6pm Lap Swim (4)	
3PM	3pm-7pm Lap Swim (3)	3pm-7pm Lap Swim (3)	3pm-7pm Lap Swim (3)	3pm-7pm Lap Swim (3)	3pm-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-8pm Swim Team (1) Lap Swim (3)		7pm-8pm Swim Team (1) Lap Swim (3)		7pm-7:30pm Swim Team (1) Lap Swim (3)	During peak hours, family swim will take 10 minute breaks ever hour.	
8PM		7pm-8:30pm Lap Swim (4)		7pm-8:30pm Lap Swim (4)			
8:30PM	8pm-8:30pm Lap Swim (4)		8pm-8:30pm Lap Swim (4)				

Family Swim Hours

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

*Splash Pad Hours

Monday-Thursday	10:15AM-8PM
Friday	10:15AM-7PM
Saturday	7AM-6PM
Sunday	8AM-5PM

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.

*March swim lesson registration opens February 15th for members, and February 17th for non-members.



Dan McKinney YMCA Pool Schedule

LAP POOL

February 2025

*number of swimming lanes available in parenthesis

	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 (4) Lap Swim (4)				
8AM		9am-5pm Lap Swim (8)	7am-4pm Lap Swim (8)	9am-5pm Lap Swim (8)	9am-10am Lap Swim (8)	8am-9am Masters (4) Lap Swim (4)	
8:30AM					10am-11:30am Swim Team (4) Lap Swim (4)	8am-5pm Lap Swim (8)	
9AM							11:30am-6pm Lap Swim (8)
10AM							
11AM							
12PM	4pm-6pm Swim Team (4) Lap Swim (4)	5pm-8pm Swim Team (4) Lap Swim (4)	6pm-7pm Swim Team (4) Masters (2) Lap Swim (2)	5pm-8pm Swim Team (4) Lap Swim (4)	4pm-7pm Swim Team (4) Lap Swim (4)	Lanes may be closed with little warning to host swim tryouts.	
1PM							
2PM	6pm-7pm Swim Team (4) Masters (2) Lap Swim (2)	7pm-8:30pm Swim Team (4) Lap Swim (4)	7pm-8:30pm Swim Team (4) Lap Swim (4)	8pm-8:30pm Lap Swim (4)	7pm-7:30pm Swim Team (4) Lap Swim (4)		
3PM							
4PM	7pm-8:30pm Swim Team (4) Lap Swim (4)	8pm-8:30pm Lap Swim (8)	8pm-8:30pm Lap Swim (4)	8pm-8:30pm Lap Swim (8)			
5PM							
6PM	7pm-8:30pm Swim Team (4) Lap Swim (4)	8pm-8:30pm Lap Swim (8)	8pm-8:30pm Lap Swim (4)	8pm-8:30pm Lap Swim (8)			
7PM							
8PM	7pm-8:30pm Swim Team (4) Lap Swim (4)	8pm-8:30pm Lap Swim (8)	8pm-8:30pm Lap Swim (4)	8pm-8:30pm Lap Swim (8)			
8:30PM							

Sauna Hours

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

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.

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

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).