

MISSION VALLEY YMCA GYMNASIUM SCHEDULE – Last updated February 1, 2024

the Y YMCA	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY						
	WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST					
5:00 AM	Adult Open Basketball 5 am–7 am	Adult Open Basketball 5 am–8 am	Adult Open Basketball 5 am–7 am	Adult Open Basketball 5 am–8 am	Adult Open Basketball 5 am–7 am	Adult Open Basketball 5 am–8 am	Adult Open Basketball 5 am–7 am	Adult Open Basketball 5 am–8 am	Adult Open Basketball 5 am–7 am	Adult Open Basketball 5 am–8 am									
6:00 AM																			
7:00 AM									Intermediate/ Advanced Adult Pickleball 7–9:30 am	Adult Open Basketball 5 am–8 am	Adult Open Basketball 6 am–8 am	Adult Open Basketball 6 am–8 am	Adult Open Basketball 7–9:30 am	Adult Open Basketball 7–9:30 am					
8:00 AM	Intermediate/ Advanced Adult Pickleball 7 am–11 am	Intermediate/ Advanced Adult Pickleball	Beginner/Low Intermediate Adult Pickleball 7 am–11 am	Beginner/Low Intermediate Adult Pickleball	Intermediate/ Advanced Adult PB 7 am–11 am	Intermediate/ Advanced Adult PB 8 am–11 am	Beginner/Low Intermediate Adult Pickleball 7 am–11 am	Beginner/Low Intermediate Adult PB 8 am–11 am							Intermediate Advanced Adult PB 8–9:30 am				
9:00 AM									Beginner/Low Intermediate Adult PB 9:30–11 am	Beginner/Low Intermediate Adult PB 9:30–11 am	Youth Sports 8:00 am– 12:30 pm	Youth Sports 8:00 am– 12:30 pm	Women's Basketball 55+ 9:30–3 pm	Women's Basketball 55+ 9:30–4 pm					
10:00 AM		8 am–11 am		8 am–11 am		8 am–11 am		8 am–11 am											
11:00 AM	Adult Pick Up Basketball 11 am– 1:30 pm	Adult Pick Up Basketball 11 am–3 pm	Adult Pick Up 11 am–12 pm	PB Lessons (\$) 11am–12 pm	Adult Pick Up Basketball 11 am– 1:30pm	Adult Pick Up Basketball 11 am–1 pm	Adult Pick Up 11 am–12 pm	PB Lessons (\$) 11am–12 pm	Adult Pick Up Basketball 11 am– 1:30 pm	Adult Pick Up Basketball 11 am–1 pm									
12:00 PM					Men's Basketball (45+)	Men's Basketball (45+)		WBB 55+ 1–2 pm	Men's Basketball (45+)	Men's Basketball (45+)						WBB 55+ 1–2 pm			
1:00 PM																			
2:00 PM	Adult Pick Up Volleyball 1:30–4 pm		12 pm–3 pm	12 pm–3 pm	Adult Pick Up Volleyball 1:30–4 pm	Adult Pick Up 2–3 pm	12 pm–3 pm	12 pm–3 pm	Adult Pick Up Volleyball 1:30–4 pm	Men's Bball (45+) 2–3 pm	Open Play Basketball (Youth) 1:00 – 3:45 pm	Open Play Basketball 1:00 – 3:45 pm							
3:00 PM		PB Lessons (\$) 3–4 pm	Open Play 3–4 pm	PB Lessons (\$) 3–4 pm		PB Lessons (\$) 3–4 pm	Open Play Basketball 3–5 pm	PB Lessons (\$) 3–4 pm		PB Lessons (\$) 3–4 pm			Family PB 3–4:30pm						
4:00 PM	Open Play Basketball 4 pm–6 pm	Open Play Basketball 4 pm–6 pm	Youth Sports 4 pm–6pm	Open Play Basketball 4 pm–6 pm	Youth Sports 4–8:50 pm	Youth Sports 4–8:50 pm		Open Play 4–5 pm	Open Play Basketball 4–5:30 pm	Open Play Basketball 4–5:30 pm	All Levels Adult PB 3:45–5pm	All Levels Adult Pickleball 3:45–5:50 pm	Open Play Basketball 4:30–5:50 pm	Open Play Basketball 4–5:50 pm					
5:00 PM									Youth Sports 5–6pm	Youth Sports 5–6pm						Open Play Basketball 5–5:50 pm			
6:00 PM	Adult Basketball League 6–8:50 pm	Adult Basketball League 6–8:50 pm	Adult Volleyball League 6–8:50 pm	Adult Volleyball League 6–8:50 pm			Youth Sports 4–8:50 pm	Youth Sports 4–8:50 pm	Women's Basketball 55+ 6–8:30 pm	Women's Basketball 55+ 6–8:30 pm	All Levels Adult Pickleball 5:30–8:50 pm	All Levels Adult Pickleball 5:30–8:50 pm	<div>IMPORTANT DATES (not shown on schedule): Sat., Feb 13 Gymnasium closed NOON -CLOSE Pickleball Clinics: Tuesday Feb. 13th, 10–11:30am Beginner clinic Wednesday Feb. 21st Pickleball Injury prevention 3–4pm Wednesday Feb. 28th Pickleball Injury prevention 3–4pm Friday Feb. 23rd8am–9:30am Intermediate clinic</div>						
7:00 PM																			
8:00 PM																			
9:00 PM																			