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

											23. 6.6 7 ., 232 .			
the	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
S. S	WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST
5:00 AM	Adult Open Basketball	Adult Open	Adult Open Basketball	Adult Open	Adult Open Basketball	Adult Open	Adult Open Basketball	Adult Open	Adult Open Basketball	Adult Open				
6:00 AM	5 am-7 am	Basketball	5 am-7 am	Basketball 5 am-8 am	5 am-7 am	Basketball	5 am-7 am	Basketball	5 am-7 am	Basketball	Adult Open Basketball	Adult Open Basketball		
7:00 AM		5 am-8 am		J alli-o alli		5 am-8 am		5 am-8 am	Intermediate/ Advanced	5 am-8 am	6 am-8 am	6 am-8 am	Adult Open	Adult Open
8:00 AM	Intermediate/ Advanced Adult Pickleball	Intermediate/ Advanced Adult	Beginner/Low Intermediate Adult Pickleball	Beginner/Low Intermediate	Intermediate/ Advanced Adult PB	Intermediate/	Beginner/Low Intermediate Adult Pickleball	Beginner/Low Intermediate	Adult Pickleball 7-9:30 am	Intermediate Advanced Adult PB 8–9:30 am			Basketball 7-9:30 am	Basketball 7-9:30 am
9:00 AM	7 am-11 am	Pickleball	7 am-11 am	Adult Pickleball	7 am-11 am	Adult PB	7 am-11 am	Adult PB	Beginner/Low	Beginner/Low	Youth	Youth		
10:00 AM		8 am-11 am		8 am-11 am		8 am-11 am		8 am-11 am	Intermediate Adult PB 9:30-11 am	Intermediate Adult PB 9:30–11 am	Sports 8:00 am-	Sports 8:00 am-		
11:00 AM	Adult Pick Up		Adult Pick Up 11 am-12 pm	PB Lessons (\$) 11am-12 pm	Adult Pick Up	Adult Pick Up	Adult Pick Up 11 am-12 pm	PB Lessons (\$) 11am-12 pm	Adult Pick Up	Adult Pick Up	12:30 pm	12:30 pm	Women's Basketball	
12:00 PM	Basketball 11 am-	Adult Pick Up	Men's	Men's	Basketball 11 am-	Basketball 11 am-1 pm	Men's	Men's	Basketball 11 am-	Basketball 11 am-1 pm			55+ 9:30-3 pm	Women's Basketball 55+
1:00 PM	1:30 pm	Basketball 11 am-3 pm	Basketball (45+)	Basketball (45+)	1:30pm	WBB 55+ 1-2 pm	Basketball (45+)	Basketball (45+)	1:30 pm	WBB 55+ 1-2 pm	Open Play	Open Play		9:30-4 pm
2:00 PM	Adult Pick Up Volleyball		12 pm-3 pm	12 pm-3 pm	Adult Pick Up Volleyball	Adult Pick Up 2–3 pm	12 pm-3 pm	12 pm-3 pm	Adult Pick Up Volleyball	Men's Bball (45+) 2-3 pm	Basketball (Youth) 1:00 -	Basketball 1:00 - 3:45		
3:00 PM	1:30-4 pm	PB Lessons (\$) 3-4 pm	Open Play 3–4 pm	PB Lessons (\$) 3–4 pm		PB Lessons (\$) 3-4 pm	Open Play Basketball	PB Lessons (\$) 3-4 pm		PB Lessons (\$) 3-4 pm	3:45 pm	pm	Family PB 3-4:30pm	
4:00 PM	Open Play Basketball	Open Play Basketball	Youth Sports	Open Play Basketball			3-5 pm	Open Play 4–5 pm	Open Play Basketball	Open Play Basketball	All Levels Adult PB 3:45-5pm	All Levels		On an Plan
5:00 PM	4 pm-6 pm	4 pm-6 pm	4 pm-6pm	4 pm-6 pm			Youth Sports 5-6pm	Youth Sports 5-6pm	4-5:30 pm	4-5:30 pm	Open Play	Adult Pickleball 3:45-	Open Play Basketball 4:30-5:50	Open Play Basketball 4-5:50 pm
6:00 PM					Youth Sports	Youth Sports	Women's	Women's	All Levels	All Levels	Basketball 5-5:50 pm	5:50 pm	pm	
7:00 PM	Adult Basketball	Adult Basketball	Adult Volleyball	Adult Volleyball	4-8:50 pm	4-8:50 pm	Basketball 55+ 6-8:30 pm	Basketball 55+ 6-8:30 pm	Adult Pickleball	Adult Pickleball			ot shown on sc osed NOON -C	•
8:00 PM	League 6-8:50 pm	League 6-8:50 pm	League 6-8:50 pm	League 6-8:50 pm			Open Play 8:30-	Open Play 8:30-	5:30- 8:50 pm	5:30- 8:50 pm	Pickleball Cli Tuesday Feb. 1	nics: 3th, 10-11:30aı	m Beginner clinio I Injury preventio	:

8:50 pm

8:50 pm

CHILDREN ARE NOT ALLOWED IN THE COURTS DURING PICK UP GAMES AGES 12 AND UNDER MUST BE ACCOMPANIED BY AN ADULT AT ALL TIMES ADULT = 18+
AGES 13+ ARE ABLE TO USE THE COURTS DURING BASKETBALL OPEN PLAY WITHOUT ADULT PRESENT TIME ALLOTED IS FOR SET-UP AND BREAKDOWN

9:00 PM

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 Thursday Feb. 29th3pm-4:30pm beginner Clinic

\$ = fee-based programs Open Play = Basketball