



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MISSION VALLEY YMCA

COVERED POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM	Lap Swim 5:00AM-8:00AM	Lap Swim 5:00AM-8:00AM	Lap Swim 5:00AM-8:00AM	Lap Swim 5:00AM-8:00AM	Lap Swim 5:00AM-8:00AM		
6:00AM							
7:00AM							
8:00AM	Water Ex 8:15AM— 12:00PM	Water Ex 8:15AM— 11:00AM	Water Ex 8:15AM—12:00PM	Water Ex 8:15AM— 11:00AM	Water Ex 8:15AM— 12:00PM	Lap Swim 7:00AM— 1:00PM	Lap Swim 8:00AM— 1:00PM
9:00AM							
10:00AM							
11:00AM	Lap Swim 12:00PM-1:00PM	Lap Swim 11:00AM— 1:00PM	Lap Swim 12:00PM-1:00PM	Lap Swim 11:00AM— 1:00PM	Lap Swim 12:00PM-1:00PM	Family Swim 1:00PM— 3:00PM	Family Swim 1:00PM— 3:00PM
12:00PM							
1:00PM	CAMP SWIM ON- LY 1:00PM-3:00PM	CAMP SWIM ON- LY 1:00PM-3:00PM	CAMP SWIM ON- LY 1:00PM-3:00PM	CAMP SWIM ON- LY 1:00PM-3:00PM	CAMP SWIM ON- LY 1:00PM-3:00PM		
2:00PM							
3:00PM							
4:00PM	Lap Swim 3:00PM—8:00PM	Lap Swim 3:00PM—8:00PM	Lap Swim 3:00PM—8:00PM	Lap Swim 3:00PM—8:00PM	Lap Swim 3:00PM—8:00PM		
5:00PM							
6:00PM							
7:00PM							
8:00PM							

OUTDOOR POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
5:00AM	Lap Swim 5:00AM-12:00PM	Lap Swim 5:00AM-6:00AM	Lap Swim 5:00AM-6:00AM	Lap Swim 5:00AM-6:00AM	Lap Swim 5:00AM-12:00PM					
6:00 AM		Masters Swim 6:00AM—7:00AM	Masters Swim 6:00AM—7:00AM	Masters Swim 6:00AM—7:00AM						
7:00AM		Lap Swim 7:00AM-12:00PM	Lap Swim 7:00AM-12:00PM	Lap Swim 7:00AM-12:00PM				Lap Swim 7:00AM-12:00PM	Lap Swim 5:00AM-12:00PM	Lap Swim 7:00AM— 8:00AM
8:00AM										Masters Swim 8:00AM— 9:00AM
9:00AM										
10:00AM		Masters Swim 12:00PM— 1:00PM	Masters Swim 12:00PM— 1:00PM	Masters Swim 12:00PM—1:00PM				Masters Swim 12:00PM— 1:00PM	Masters Swim 12:00PM— 1:00PM	Lap Swim 9:00AM— 3:00PM
11:00AM										
12:00PM	Lap Swim 1:00PM—4:00PM	Lap Swim 1:00PM—4:00PM	Lap Swim 1:00PM—4:00PM	Lap Swim 1:00PM—4:00PM	Lap Swim 1:00PM—4:00PM					
1:00PM										
2:00PM										
3:00PM	Youth Swim Team 4:00PM—6:00PM	Youth Swim Team 4:00PM—6:00PM	Youth Swim Team 4:00PM—6:00PM	Youth Swim Team 4:00PM—6:00PM	Youth Swim Team 4:00PM—6:00PM	Lap Swim 1:00PM—5:00PM				
4:00PM										
5:00PM	Lap Swim 6:00PM—8:00PM	Lap Swim 6:00PM—8:00PM	Lap Swim 6:00PM—8:00PM	Lap Swim 6:00PM—8:00PM	Lap Swim 6:00PM—8:00PM	Youth Swim Team 5:00PM—6:00PM				
6:00PM										
7:00PM										
8:00PM										

PLEASE NOTE: Lap Swimming is for people 12 and up ONLY. Family swim time is reserved for families who wish to bring children younger than 12. Anyone younger than 12 wishing to lap swim MUST pass a swim test.