



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MISSION VALLEY YMCA POOL SCHEDULE

WINTER 2023

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-12:15PM	*Water Ex 8:15AM-11:15AM	*Water Ex 8:15AM-12:15PM	*Water Ex 8:15AM-11:15AM	*Water Ex 8:15AM-12:15PM	Lap Swim 6:00AM-5:00PM	Lap Swim 7:00AM-5:00PM
9:00AM							
10:00AM							
11:00AM	Lap Swim 12:15PM-3:00PM	Lap Swim 11:15AM-3:00PM	Lap Swim 12:15PM-3:00PM	Lap Swim 11:15AM-3:00PM	Lap Swim 12:15PM-3:00PM	Open/Family Swim 1:00PM-5:00PM	Open/Family Swim 1:00PM-5:00PM
12:00PM							
1:00PM							
2:00PM	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	Open/Family Swim 4:00PM-8:00PM	
3:00PM							
4:00PM							
5:00PM	Lap Swim 3:00PM-8:00PM	Lap Swim 3:00PM-8:00PM	Lap Swim 3:00PM-8:00PM	Lap Swim 3:00PM-8:00PM	Open/Family Swim 4:00PM-8:00PM		
6:00PM							
7:00PM							
8:00PM							

OUTDOOR POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
5:00AM	Lap Swim 5:00AM-6:00AM	Lap Swim 5:00AM-6:00AM	Lap Swim 5:00AM-6:00AM	Lap Swim 5:00AM-6:00AM	Lap Swim 5:00AM-6:00AM				
6:00 AM	*Masters Swim 6:00AM-7:00AM	*Masters Swim 6:00AM-7:00AM	*Masters Swim 6:00AM-7:00AM	*Masters Swim 6:00AM-7:00AM	*Masters Swim 6:00AM-7:00AM				
7:00AM	Lap Swim 6:00AM-12:00PM	*Masters Swim 7:00AM-8:00AM	Lap Swim 6:00AM-12:00PM	*Masters Swim 7:00AM-8:00AM	Lap Swim 6:00AM-12:00PM	Lap Swim 6:00AM-8:00AM			
8:00AM		Lap Swim 6:00AM-12:00PM		Lap Swim 6:00AM-12:00PM		Lap Swim 6:00AM-12:00PM	Lap Swim 6:00AM-12:00PM	*Masters Swim 8:00AM-9:30AM	
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 8:00AM-5:00PM	Lap Swim 7:00AM-5:00PM		
11:00AM									
12:00PM									
1:00PM	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				
2:00PM									
3:00PM									
4:00PM	*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				
5:00PM									
6:00PM	Lap Swim 5:00PM-8:00PM	Lap Swim 5:00PM-8:00PM	Lap Swim 5:00PM-8:00PM	Lap Swim 5:00PM-8:00PM	Lap Swim 5:00PM-8:00PM				
7:00PM									
8:00PM									

Please Note:

Lap Swimming is for people 12 and up. 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.

*During Masters Swim and OUTDOOR Water Ex there are LIMITED LANES AVAILABLE FOR LAP SWIM

*During Youth Swim Team and Water Exercise (indoors) there is NO open lap swim.

Spa Hours	Water Ex Class Schedule
Monday—Friday	Indoor Pool (Shallow Water)
5am-8pm	8:15am-9am, 9:15am-10am, 10:15am-11am Mon-Fri
Saturday	11:15am-12pm Mon/Wed/Fri
6am-5pm	11:15am-12pm Tue/Thur (Knee/Hip Rehab \$)
Sunday	Outdoor Pool (Deep Water)
7am-3pm	8:00am-8:45am Mon/Wed/Thur/Fri
	6:05pm-6:50pm Mon/Wed/Fri