



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MISSION VALLEY YMCA POOL SCHEDULE Spring 2024

## ACTIVITY 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						Lap Swim 6:00AM-8:00AM	Lap Swim 7:00AM-5:00PM
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	Swimming Lessons 8:00AM - 1:00PM *Lap Swimming 8:00AM-1:00PM	Splash Ball 12:00PM-1:00PM
9:00AM							
10:00AM							
11:00AM							
12:00PM	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 *Lap Swimming 1:00PM-5:00PM	Open/Family Swim 1:00PM-5:00PM *Lap Swimming 1:00PM-5:00PM
1:00PM							
2:00PM	Swimming Lessons						
3:00PM	Swimming Lessons 3:00PM-7:15PM	Swimming Lessons 3:00PM-7:15PM	Swimming Lessons 3:00PM-7:15PM	Swimming Lessons 3:00PM-7:15PM	*Lap Swim 3:00PM-8:00PM  Splash Ball 4:30PM-5:30PM		
4:00PM							
5:00PM							
6:00PM	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		
7:00PM							
8:00PM							

## COMPETITION 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	*Masters Swim 7:00AM-8:00AM	*Masters Swim 7:00AM-8:00AM	*Masters Swim 7:00AM-8:00AM	*Masters Swim 7:00AM-8:00AM	*Masters Swim 7:00AM-8:00AM	Lap Swim 6:00AM-8:00AM	
8:00AM	Water Exercise 8:05AM- 8:55AM (4 lanes)  Lap Swim 6:00AM-12:00PM	Lap Swim 6:00AM-12:00PM	Water Exercise 8:05AM- 8:55AM (4 lanes)  Lap Swim 6:00AM- 12:00PM	Water Exercise 8:05AM- 8:55AM (4 lanes)  Lap Swim 6:00AM-12:00PM	Water Exercise 8:05AM- 8:55AM (4 lanes)  Lap Swim 6:00AM- 12:00PM	*Masters Swim 8:00AM-9:30AM	
9:00AM							
10:00AM							
11:00AM							
12:00PM	*Masters Swim 12:00PM-1:00PM	*Masters Swim 12:00PM-1:00PM	*Masters Swim 12:00PM-1:00PM	*Masters Swim 12:00PM-1:00PM	*Masters Swim 12:00PM-1:00PM	Lap Swim 9:30AM-5:00PM	Lap Swim 7:00AM-5:00PM
1:00PM							
2:00PM	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-5:00PM		
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							
7:00PM	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		
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.

\*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

Monday-Friday

5am-8pm

Saturday

6am-5pm

Sunday

7am-3pm

### Water Ex Class Schedule

#### Indoor Pool (Shallow Water)

8:15am-9am, 9:15am-10am, 10:15am-11am Mon-Fri

11:15am-12pm Mon/Wed/Fri

11:15am-12pm Tue/Thur (Knee/Hip Rehab \$)

#### Outdoor Pool (Deep Water)

8:00am-8:45am Mon/Wed/Thur/Fri

6:05pm-6:50pm Mon/Wed/Fri