

MISSION VALLEY YMCA GYMNASIUM SCHEDULE - Winter 2025 (Jan-Mar)

the Y YMCA	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY									
	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2								
5:00 AM	Adult Open Basketball	Adult Open Basketball	Adult Open Basketball	Adult Open Basketball	Adult Open Basketball	Adult Open Basketball	Adult Open Basketball	Adult Open Basketball	Adult Open Basketball	Adult Open Basketball												
6:00 AM	5-7 am	5-8 am	5-7 am	5-8 am	5-7 am	5-8 am	5-7 am	5-8 am	5-7 am	5-8 am	Adult Open Basketball	Adult Open Basketball										
7:00 AM	Intermediate/Advanced Adult Pickleball 7-11 am	Intermediate/Advanced Adult Pickleball 8-11 am	Beginner/Low Intermediate Adult Pickleball 7-11 am	Beginner/Low Intermediate Adult Pickleball 8-11 am	Intermediate/Advanced Adult PB 7-11 am	Intermediate/Advanced Adult PB 8-11 am	Beginner/Low Intermediate Adult Pickleball 7-11 am	Beginner/Low Intermediate Adult PB 8 am-11 am	Intermediate/Advanced Adult Pickleball 7-9:30 am	Intermediate Advanced Adult PB 8-9:30 am	Youth Sports Programming 8 am-4 pm	Youth Sports Programming Basketball 8 am-4 pm	Adult Open Basketball 7-9:30 am	Adult Open Basketball 7-9:30 am								
8:00 AM																						
9:00 AM																						
10:00 AM	8-11 am	8-11 am	8-11 am	8-11 am	8-11 am	8-11 am	8-11 am	9:30-11 am	9:30-11 am													
11:00 AM	Adult Pick Up Basketball	Adult Pick Up Basketball	Adult Pick Up	PB Lessons (\$)	Adult Pick Up Basketball	Adult Pick Up Basketball	Adult Pick Up	PB Lessons (\$)	Adult Pick Up Basketball	Adult Pick Up Basketball			Women's Basketball 50+ 9:30-3 pm	Women's Basketball 50+ 9:30-4 pm								
12:00 PM	11-1:30 pm	11-3 pm	11-12 pm	11-12 pm	11-1:30 pm	11-1 pm	11-12 pm	11-12 pm	11-1:30 pm	11-1 pm												
1:00 PM	Adult Pick Up Volleyball 1:30-4:30 pm	PB Lessons (\$) 3-5 pm	Men's Basketball (45+) 12-3 pm	Men's Basketball (45+) 12-3 pm	Adult Pick Up Volleyball 1:30-4:30 pm	WBB 50+ 1-2 pm	Adult Pick Up 2-3 pm	Family Open Play Basketball 3-4:00 pm	PB Lessons (\$) 3-4:15 pm	Adult Pick Up Volleyball 1:30-4 pm	WBB 50+ 1-2 pm	Men's Bball (45+) 2-3 pm			PB Lessons (\$) 3-4 pm							
2:00 PM																						
3:00 PM																						
4:00 PM			Open Play 3-4:30 pm	PB Lessons (\$) 3-5 pm																		
5:00 PM	Sports Programming 4:30-8:50 pm	Sports Programming 5-8:50 pm	Sports Programming 4:30-8:50 pm	Sports Programming 5-8:50 pm	Sports Programming 4:30-8 pm	Sports Programming 4:30-8 pm	Sports Programming 4:00-8:50 pm	Sports Programming 4:15 pm-8:50 pm	All Levels Adult Pickleball 5:30-8:50 pm	All Levels 13+ Pickleball 5:30-8:50 pm	All Levels 13+ Pickleball 4:15-5:50 pm	All Levels Adult Pickleball 4:15-5:50 pm	Family Open Play Basketball 4:30-5:50 pm	Open Play Basketball 4-5:50 pm								
6:00 PM																						
7:00 PM																						
8:00 PM																						
9:00 PM																						

BASKETBALL COURT CLOSURES:
 3/27: Closed for Pickleball 10-11:30 am
 Text MVGYM to 619-558-5388 to receive gymnasium updates on your phone.

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 ALLOTTED IS FOR SET-UP AND BREAKDOWN