

# MISSION VALLEY YMCA POOL SCHEDULE

Summer 2025 – Starting June 2nd



## 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	Lap Swim 6:00AM - 8:00AM	*Lap Swim 7:00AM - 5:00PM
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	Swim Lessons 8:00AM - 1:00PM	Splash Ball 12:00PM - 1:00PM
9:00AM							
10:00AM							
11:00AM	Camp Only 12:00PM - 3:00PM	*Pre/ Post Hip & Knee Rehab (\$) 11:15AM - 12:00PM	Camp Only 12:00PM - 3:00PM	*Pre/ Post Hip & Knee Rehab (\$) 11:15AM - 12:00PM	Camp Only 12:00PM - 3:00PM	*Lap Swim 8:00AM - 1:00PM	Family Swim 1:00PM - 5:00PM
12:00PM							
1:00PM							
2:00PM	Swimming Lessons 3:00PM - 7:15PM	Camp Only 12:00PM - 3:00PM	Swimming Lessons 3:00PM - 7:15PM	Camp Only 12:00PM - 3:00PM	Swimming Lessons 3:00PM - 7:15PM	*Lap Swim 1:00PM - 5:00PM	*Lap Swim 1:00PM - 5:00PM
3:00PM							
4:00PM							
5:00PM	*Lap Swim 3:00PM - 8:00PM	Swimming Lessons 3:00PM - 7:15PM	*Lap Swim 3:00PM - 8:00PM	Swimming Lessons 3:00PM - 7:15PM	*Lap Swim 3:00PM - 8:00PM	Splash Ball 4:30PM - 5:30PM	Family Swim 1:00PM - 5:00PM
6:00PM							
7:00PM							
8:00PM	Open/Family Swim 4:00PM - 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	*Lap Swim 1:00PM - 5:00PM
6:00PM							
7:00PM							

## 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	Lap Swim 6:00AM - 8:00AM	Lap Swim 7:00AM - 5:00PM
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		
8:00AM	Water Exercise 8:10AM - 9:00AM (5 lanes)	*Lap Swim 6:00AM - 12:00PM	Water Exercise 8:10AM - 9:00AM (5 lanes)	Water Exercise 8:10AM - 9:00AM (5 lanes)	Water Exercise 8:10AM - 9:00AM (5 lanes)	*Masters Swim 8:00AM - 9:30AM	Lap Swim 7:00AM - 5:00PM
9:00AM							
10:00AM							
11:00AM	*Lap Swim 6:00AM - 12:00PM	*Lap Swim 6:00AM - 12:00PM	*Lap Swim 6:00AM - 12:00PM	*Lap Swim 6:00AM - 12:00PM	*Lap Swim 6:00AM - 12:00PM	*Lap Swim 8:00AM - 5:00PM	
12:00PM							
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 - 4:30PM	*Youth Swim Team 4:30PM—6:00PM	
3:00PM							
4:00PM							
5:00PM	*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	*Youth Swim Team 4:30PM—6:00PM	
6:00PM							
7:00PM							
8:00PM	*Lap Swim 4:00PM - 8:00PM	*Lap Swim 4:00PM - 8:00PM	*Lap Swim 4:00PM - 8:00PM	*Lap Swim 4:00PM - 8:00PM	*Lap Swim 4:00PM - 8:00PM	*Lap Swim 4:00PM - 8:00PM	
7:00PM							
8:00PM							

### PLEASE NOTE:

Lap Swim is for ages 12 and up

Family swim 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. Family swim is only available at the times scheduled above.

\* Limited lanes available for lap swim during Masters Swim, Youth Swim Team, and outdoor Water Exercise

\*\*No lap swim available during indoor water exercise

### Spa Hours

**Monday — Friday**

5am-8pm

Spas closed Tuesdays from 6am-11am

**Saturday**

6am-5pm

**Sunday**

7am-5pm

# MISSION VALLEY YMCA POOL SCHEDULE



## YMCA Pool Rules

- YMCA Lifeguard has final authority.
- Photography is strictly prohibited on the pool deck.
- Swimming without a YMCA Lifeguard is prohibited.
- If you hear one long whistle blast, you must exit the pool immediately.
- Lap swim times are intended for water exercise and lap swimming only. Those who are perceived to be playing will be asked to exit the water. Please see our Pool Schedule for Family Swim hours.
- Please shower before entering the pool.
- Children ages 13 and under must pass a swim test to lap swim.
- If a lap lane is already occupied by a lap swimmer/water walker, additional swimmers must give notice of joining their lane with mutual acknowledgement to avoid collisions/accidents.
- No breath holding beyond half of the length of the pool.
- All pool equipment must be used properly.
- No glass of any kind on the pool deck.
- Eating is permitted in designated areas only (e.g. Splash Pad picnic tables).
- All personal trainers and swim instructors are hired by the YMCA and non-YMCA personal trainers or swim instructors are prohibited from conducting personal training sessions or lessons at YMCA facilities.
- Spa is for persons ages 13 and over only.
  - Do not submerge, swim or exercise in the Spa.
- Aquatics Programming has priority of shared areas.
- Lap lanes may be used for swim lessons or training at any given time.

## Open/Family Swim Rules

- Children 6 and under must be accompanied by an adult 16 years or older in the water within arm's reach.
  - Children ages 7-12 must have adult supervision within the facility.
- Height checks and swim tests will be conducted for those who wish to access deeper areas of the pool.
- No jumping, throwing, twisting or diving.
- No inflatable flotation devices. Only United States Coast Guard approved life jackets/flotation devices are allowed.
- No YMCA pool equipment is allowed during Family Swim times.
- All children age 3 and under must wear a swim diaper regardless of toilet training.

## Swim Test

- Must be taken every pool visit when children want to access deeper areas of the pool.
- 1 minute of treading water without stopping. Must keep head and mouth clear of water AND swim 25 yards of front crawl (face should not be up the entire time) or breaststroke without stopping.

**A complete list of pool rules is posted on the pool deck. All members and guests are expected to follow all posted rules and staff instructions for everyone's safety.**