

MISSION VALLEY AQUATIC CENTER

POOL SCHEDULE

RECREATION POOL



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4AM	POOL OPENS AT 4:30 AM LAP SWIM (5) 4:30AM-8:00AM	POOL OPENS AT 4:30 AM LAP SWIM (5) 4:30AM-8:00AM	POOL OPENS AT 4:30 AM LAP SWIM (5) 4:30AM-8:00AM	POOL OPENS AT 4:30 AM LAP SWIM (5) 4:30AM-8:00AM	POOL OPENS AT 4:30 AM LAP SWIM (5) 4:30AM-8:00AM	POOL OPENS AT 6:00AM	POOL OPENS AT 6:00AM
5AM							
6AM						LAP SWIM (5) 6:00AM-8:00AM	LAP SWIM (5) 6:00AM-8:00AM
7AM							
8AM	WATER X (5) 8:15AM-12:15PM	WATER X (5) 8:15AM-11:15AM	WATER X (5) 8:15AM-12:15PM	WATER X (5) 8:15AM-11:15AM	WATER X (5) 8:15AM-12:15PM	LAP SWIM (2) 8:00AM-1:00PM	LAP SWIM (2) 8:00AM-1:00PM
9AM							
10AM		Lap Swim (4) 11:15am -12:00pm Knee & Hip Rehab 11:15am- 12:00pm		Lap Swim (4) 11:15am -12:00pm Knee & Hip Rehab 11:15am- 12:00pm			
11AM							
12PM	Camp Swim 12:30pm- 2:45pm All LANES	Camp Swim 12:30pm - 2:45pm All LANES	Camp Swim 12:30pm- 2:45pm All LANES	Camp Swim 12:30pm- 2:45pm All LANES	Camp Swim 12:30pm- 2:45pm All LANES	LAP SWIM (2) 1:00PM-7:00PM	LAP SWIM (2) 1:00PM-6:00PM
1PM							
2PM							
3PM							
4PM	FAMILY SWIM (2) 3:00PM-8:00PM	FAMILY SWIM (2) 3:00PM-8:00PM	FAMILY SWIM (2) 3:00PM-8:00PM	FAMILY SWIM (2) 3:00PM-8:00PM	FAMILY SWIM (2) 3:00PM-8:00PM	FAMILY SWIM (3) 1:00PM-7:00PM	FAMILY SWIM (3) 1:00PM-6:00PM
5PM							
6PM							
7PM							
8PM	LAP SWIM (3) 7:15PM-9:30PM	LAP SWIM (3) 7:15PM-9:30PM	LAP SWIM (3) 7:15PM-9:30PM	LAP SWIM (3) 7:15PM-9:30PM	LAP SWIM (3) 7:15PM-9:00PM	POOL CLOSING AT 7:00PM	POOL CLOSING AT 6:00PM
9PM							
10PM							

From: **JUNE 2026 - AUGUST 2026**

HOURS OF OPERATION

Family Swim Hours

Monday - Thursday	3PM - 8PM
Friday	3PM - 8PM
Saturday	1PM - 7PM
Sunday	1PM - 6PM

Spa Hours

Weekdays (Except Tues)	4:30AM - 9:30PM
Tuesday	11AM - 9:30PM
Saturday	6AM - 7PM
Sunday	6:30AM - 6PM

RULES:

Children 13 and under MUST pass the swim test to swim without an adult.

An adult MUST be in the water with non-swimmers, within arms reach.

Adult to child ratio: If more than 1 child per 1 adult in the pool, the other children MUST pass the swim test or wear a Coast Guard approved life vest.

Children 6 and under must be actively supervised in the water by an adult 16 years or older.

Children 7-12 must have adult supervision within the area, even if the swim test has been passed

CONTACT

For any inquiries, please email MVAQUATICS@YMCASD.ORG

Text Alerts: Text 858-293-9617 MVPPOOL for aquatics and MVWATERX for Water Exercise



LEARN MORE!

POOL SCHEDULE

LAP POOL



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4AM	LAP SWIM (10) 4:30AM-6:00AM	LAP SWIM (10) 4:30AM-6:00AM	LAP SWIM (10) 4:30AM-6:00AM	LAP SWIM (10) 4:30AM-6:00AM	LAP SWIM (10) 4:30AM-6:00AM		
5AM							
6AM	MASTERS (7) LAP SWIM (3) 6:00AM-7:00AM	MASTERS (7) LAP SWIM (3) 6:00AM-7:00AM	MASTERS (7) LAP SWIM (3) 6:00AM-7:00AM	MASTERS (7) LAP SWIM (3) 6:00AM-7:00AM	MASTERS (7) LAP SWIM (3) 6:00AM-7:00AM	LAP SWIM (10) 6:00AM-8:00AM	
7AM	7:00AM-8:00AM	7:00AM-8:00AM	7:00AM-8:00AM	7:00AM-8:00AM	7:00AM-8:00AM		
8AM	WATER X (5) 8:10AM-9:00AM LAP SWIM (5)		WATER X (5) 8:10AM-9:00AM LAP SWIM (5)	WATER X (5) 8:10AM-9:00AM LAP SWIM (5)	WATER X (5) 8:10AM-9:00AM LAP SWIM (5)	MASTERS (8) LAP SWIM	
9AM		LAP SWIM (10) 8:00AM-12:00PM					
10AM	LAP SWIM (10) 9:00AM-12:00PM		LAP SWIM (10) 9:00AM-12:00PM	LAP SWIM (10) 9:00AM-12:00PM	LAP SWIM (10) 9:00AM-12:00PM		LAP SWIM (10) 6:30AM-5:30PM
11AM							
12PM	MASTERS (7) LAP SWIM (3) 12:00PM-1:00PM	MASTERS (7) LAP SWIM (3) 12:00PM-1:00PM	MASTERS (7) LAP SWIM (3) 12:00PM-1:00PM	MASTERS (7) LAP SWIM (3) 12:00PM-1:00PM	MASTERS (7) LAP SWIM (3) 12:00PM-1:00PM	LAP SWIM (10) 9:30AM-5:30PM	
1PM	DEEP WATER X (3) 1:00pm-2:00pm		DEEP WATER X (3) 1:00pm-2:00pm		DEEP WATER X (3) 1:00pm-2:00pm		POOL CLOSING AT 6:00PM
2PM	LAP SWIM (7) 1:00PM-4:15PM	LAP SWIM (10) 1:00PM-4:15PM	LAP SWIM (7) 1:00PM-4:15PM	LAP SWIM (10) 1:00PM-4:15PM	LAP SWIM (7) 1:00PM-4:15PM		
3PM						POOL CLOSING AT 7:00PM	
4PM	YOUTH SWIM TEAM (7) 4:15PM-6:30PM	YOUTH SWIM TEAM (7) 4:15PM-6:30PM	YOUTH SWIM TEAM (7) 4:15PM-6:30PM	YOUTH SWIM TEAM (7) 4:15PM-6:30PM	YOUTH SWIM TEAM (7) 4:15PM-6:30PM		
5PM	LAP SWIM (3) 4:15PM-7:00PM	LAP SWIM (3) 4:15PM-7:00PM	LAP SWIM (3) 4:15PM-7:00PM	LAP SWIM (3) 4:15PM-7:00PM	LAP SWIM (3) 4:15PM-7:00PM		
6PM	WATER X (5) 6:05PM-6:55PM		WATER X (5) 6:05PM-6:55PM		WATER X (5) 6:05PM-6:55PM		
7PM							
8PM	LAP SWIM (4) 7:00PM- 9:30PM	LAP SWIM (4) 7:00PM- 9:30PM	LAP SWIM (4) 7:00PM- 9:30PM	LAP SWIM (4) 7:00PM- 9:30PM	LAP SWIM (10) 7:00PM- 9:00PM		
9PM							
10PM							

*Number of swimming lanes available in parentheses

During peak hours, family swim will have 10 minute breaks at the top of every hour.

JUNE 2026 - AUGUST 2026

Spa Hours*:

Monday - Friday*	4:30AM-9:30PM
Tuesday	11AM - 9:30PM
Saturday	6AM - 7PM
Sunday	6:30AM - 6PM

Pool Hours:

Monday - Thursday	4:30AM-9:30PM
Friday	4:30AM-9:30PM
Saturday	6AM - 7PM
Sunday	6:30AM - 6PM

CONTACTS:

For any inquiries please email
MVAQUATICS@YMCASD.ORG

Text Alerts: Text 858-293-9617
 MVPOOL for aquatics and MVWATERX
 for Water Exercise

SCHEDULE CHANGES

Schedule subject to change, any number of lanes may be used for swim lessons, swim team, or training at any given time