

MISSION VALLEY AQUATIC CENTER

POOL SCHEDULE

RECREATION POOL



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4AM	LAP SWIM (5) 4:30AM-8:00AM	LAP SWIM (5) 4:30AM-8:00AM	LAP SWIM (5) 4:30AM-8:00AM	LAP SWIM (5) 4:30AM-8:00AM	LAP SWIM (5) 4:30AM-8:00AM		LAP SWIM (5) 6:00AM-8:00AM
5AM							
6AM							
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		SWIM LESSONS (3) 8:00AM-1:00PM	SWIM LESSONS (3) 8:00AM-1:00PM
11AM							
12PM							
1PM	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 FAMILY SWIM (3) 1:00PM-7:00PM POOL CLOSSES AT 7:00PM	LAP SWIM (2) 1:00PM-6:00PM FAMILY SWIM (3) 1:00PM-6:00PM POOL CLOSSES AT 6:00PM
2PM							
3PM	FAMILY SWIM (2) 3:00PM-8:00PM SWIM LESSONS (3) 3:00PM-7:15PM	FAMILY SWIM (2) 3:00PM-8:00PM SWIM LESSONS (3) 3:00PM-7:15PM	FAMILY SWIM (2) 3:00PM-8:00PM SWIM LESSONS (3) 3:00PM-7:15PM	FAMILY SWIM (2) 3:00PM-8:00PM SWIM LESSONS (3) 3:00PM-7:15PM	FAMILY SWIM (2) 3:00PM-8:00PM		
4PM							
5PM							
6PM							
7PM							
8PM	LAP SWIM (3) 7:15PM-9:30PM POOL CLOSSES AT 9:30PM	LAP SWIM (3) 7:15PM-9:30PM POOL CLOSSES AT 9:30PM	LAP SWIM (3) 7:15PM-9:30PM POOL CLOSSES AT 9:30PM	LAP SWIM (3) 7:15PM-9:30PM POOL CLOSSES AT 9:30PM	LAP SWIM (3) 7:15PM-9:00PM POOL CLOSSES AT 9:00PM		
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!

MISSION VALLEY AQUATIC CENTER

POOL SCHEDULE



	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	6:00AM-7:00AM	7:00AM-8:00AM	7:00AM-8:00AM	7:00AM-8:00AM			
8AM	WATER X (5) 8:10AM-9:00AM LAP SWIM (5)	LAP SWIM (10) 8:00AM-12:00PM	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 (2) 8:00AM-9:30AM	LAP SWIM (10) 6:30AM-6:00PM	
9AM	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			
10AM								
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-7:00PM	POOL CLOSSES AT 6:00PM	
1PM	DEEP WATER X (3) 1:00pm-2:00pm LAP SWIM (7) 1:00PM-4:15PM	LAP SWIM (10) 1:00PM-4:15PM	DEEP WATER X (3) 1:00pm-2:00pm LAP SWIM (7) 1:00PM-4:15PM	LAP SWIM (10) 1:00PM-4:15PM	DEEP WATER X (3) 1:00pm-2:00pm LAP SWIM (7) 1:00PM-4:15PM			
2PM								
3PM								
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	7:00PM		
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			
6PM	WATER X (5) 6:05PM-6:55PM		WATER X (5) 6:05PM-6:55PM		WATER X (5) 6:05PM-6:55PM			
7PM	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
8PM								
9PM								
10PM								

JUNE 2026 – AUGUST 2026

HOURS OF OPERATION

SPA HOURS :

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

POOL HOURS

Weekdays (Except Tues)	4:30AM - 9:30PM
Tuesday	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



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 7:00AM-8:00AM	MASTERS (7) LAP SWIM (3) 6:00AM-7:00AM 7:00AM-8:00AM	MASTERS (7) LAP SWIM (3) 6:00AM-7:00AM 7:00AM-8:00AM	MASTERS (7) LAP SWIM (3) 6:00AM-7:00AM 7:00AM-8:00AM	MASTERS (7) LAP SWIM (3) 6:00AM-7:00AM 7:00AM-8:00AM	LAP SWIM (10) 6:00AM-8:00AM	
7AM							
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	LAP SWIM (10) 6:30AM-5:30PM
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		
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-7:00PM	
1PM	DEEP WATER X (3) 1:00pm-2:00pm LAP SWIM (7) 1:00PM-4:15PM		DEEP WATER X (3) 1:00pm-2:00pm LAP SWIM (7) 1:00PM-4:15PM	LAP SWIM (10) 1:00PM-4:15PM	DEEP WATER X (3) 1:00pm-2:00pm LAP SWIM (7) 1:00PM-4:15PM		
2PM		LAP SWIM (10) 1:00PM-4:15PM					
3PM							
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							

POOL
CLOSES AT
6:00PM

*POOL
CLOSES AT
5:30PM

JUNE 14TH
JULY 12TH
AUGUST 9TH

JUNE 2026 - AUGUST 2026

*Number of swimming lanes available in parentheses

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

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

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SCHEDULE CHANGES

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