

MISSION VALLEY AQUATIC CENTER

POOL SCHEDULE

INDOOR POOL



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4AM	LAP SWIM (6) 4:30AM-8:00AM	LAP SWIM (6) 4:30AM-7:45AM	LAP SWIM (6) 4:30AM-8:00AM	LAP SWIM (6) 4:30AM-8:00AM	LAP SWIM (6) 4:30AM-7:45AM		
5AM							
6AM							
7AM							
8AM	WATER X (6) 8:15AM-12:15PM	WATER X (6) 8:00AM-9:50AM	WATER X (6) 8:15AM-12:15PM	WATER X (6) 8:15AM-11:15AM	WATER X (6) 8:00AM-9:50AM	LAP SWIM (3) SWIM LESSONS (3) 8:15AM-12:15PM	LAP SWIM (3) SWIM LESSONS (3) 8:15AM-12:15PM
9AM							
10AM							
11AM							
12PM							
1PM	LAP SWIM (4) FAMILY SWIM (2) 12:15PM- 3:00PM	KNEE & HIP REHAB (3) LAP SWIM (3) 12:15PM-1:00PM	LAP SWIM (4) FAMILY SWIM (2) 12:15PM- 3:00PM	KNEE & HIP REHAB (3) LAP SWIM (3) 12:15PM-1:00PM	LAP SWIM (4) FAMILY SWIM(2) 1:15PM-3:00PM	LAP SWIM (4) FAMILY SWIM (2) 12:15PM-7:00PM	LAP SWIM (4) FAMILY SWIM (2) 12:15PM-6:00PM *POOL CLOSES AT 5:30PM OCT 11th NOV 8th DEC 13th FOR STAFF TRAINING
2PM							
3PM	LAP SWIM (1) FAMILY SWIM (2) SWIM LESSONS (3) 3:00PM-7:15PM	LAP SWIM (1) FAMILY SWIM (2) SWIM LESSONS (3) 3:00PM-7:15PM	LAP SWIM (1) FAMILY SWIM (2) SWIM LESSONS (3) 3:00PM-7:15PM	LAP SWIM (1) FAMILY SWIM (2) SWIM LESSONS (3) 3:00PM-7:15PM	LAP SWIM (2) FAMILY SWIM (2) SWIM LESSONS (2) 3:00PM-7:15PM		
4PM							
5PM							
6PM							
7PM							
8PM	LAP SWIM (4) FAMILY SWIM (2) 7:15PM-9:30PM	LAP SWIM (4) FAMILY SWIM (2) 7:15PM-9:30PM	LAP SWIM (4) FAMILY SWIM (2) 7:15PM-9:30PM	LAP SWIM (4) FAMILY SWIM (2) 7:15PM-9:30PM	LAP SWIM (4) FAMILY SWIM(2) 7:15PM-9:00PM		
9PM							
10PM							

From:
OCTOBER 2026

INDOOR POOL HOURS

Family Swim Hours

Monday	12:15-9:30pm
Tuesday	1:00-9:30pm
Wednesday	12:15-9:30pm
Thursday	1:00-9:30pm
Friday	1:15-9:00pm
Saturday	6-8:30am, 12:15-7:00pm
Sunday	6-8:30am, 12:15-7:00pm

*Spa is closed every Tuesday from 6am-11am for matinance

FAMILY SWIM RULES:

1. All Ages Welcome
2. No Lap Swimming
3. Children 13 and under MUST pass the swim test to swim without an adult.
4. An adult MUST be in the water with non-swimmers, within arms reach.
5. 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.
6. Children 6 and under must be actively supervised in the water by an adult 16 years or older.
7. 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

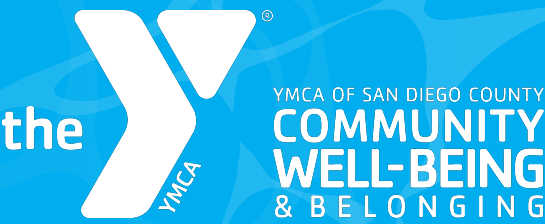


LEARN MORE!

MISSION VALLEY AQUATIC CENTER

POOL SCHEDULE

OUTDOOR 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	LAP SWIM (10) 6:30AM-6:00PM	
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) LAP SWIM (5) 8:10AM-9:00AM	LAP SWIM (10) 8:00AM-12:00PM	WATER X (5) LAP SWIM (5) 8:10AM-9:00AM	WATER X (5) LAP SWIM (5) 8:10AM-9:00AM	WATER X (5) LAP SWIM (5) 8:10AM-9:00AM	MASTERS (8) LAP SWIM (2) 8:00AM-9:30AM		
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	LAP SWIM (10) 9:00AM-12:00PM		YOUTH SWIM TEAM (5) LAP SWIM (5) 9:30AM-11:00AM
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) 11:00AM-7:00PM	*POOL CLOSSES AT 5:30PM OCT 11th NOV 8th DEC 13th FOR STAFF TRAINING	
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) SWIM LESSONS (1)* LAP SWIM (2) 4:15PM-6:15PM	YOUTH SWIM TEAM (7) SWIM LESSONS (1)* LAP SWIM (2) 4:15PM-6:15PM	YOUTH SWIM TEAM (7) SWIM LESSONS (1) LAP SWIM (2) 4:15PM-6:15PM	YOUTH SWIM TEAM (7) SWIM LESSONS (1)* LAP SWIM (2) 4:15PM-6:15PM	YOUTH SWIM TEAM (7) LAP SWIM (3) 4:15PM-6:15PM			
5PM	WATER X (5) LAP SWIM (5) 6:05PM-6:55PM		WATER X (5) LAP SWIM (5) 6:05PM-6:55PM		WATER X (5) LAP SWIM (5) 6:05PM-6:55PM			WATER X (5) LAP SWIM (5) 6:05PM-6:55PM
6PM								
7PM	LAP SWIM (10) 7:00PM- 9:30PM	LAP SWIM (10) 6:15PM- 9:30PM	LAP SWIM (10) 7:00PM- 9:30PM	LAP SWIM (10) 6:15PM- 9:30PM	LAP SWIM (10) 7:00PM- 9:00PM			
8PM								
9PM								
10PM								

From:
AUGUST 2026 – DECEMBER 2026

OUTDOOR POOL HOURS

POOL HOURS

Monday	4:30am-9:30pm
Tuesday	4:30am-9:30pm
Wednesday	4:30am-9:30pm
Thursday	4:30am-9:30pm
Friday	4:30am-9:00pm
Saturday	6:00am-7:00pm
Sunday	6:30pm-6:00pm

*Spa is closed every Tuesday from 6am-11am for matinance

CONTACTS:

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MVPOOL for aquatics and
MVWATERX for Water Exercise

OUTDOOR POOL SWIM LESSONS

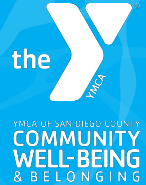
Between 4-7pm we will intermittently have swim lessons reducing lap swim lanes by 1. We will have a sign out showing when lane is reserved



LEARN MORE!

POOL SCHEDULE

OUTDOOR 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) LAP SWIM (5) 8:10AM-9:00AM		WATER X (5) LAP SWIM (5) 8:10AM-9:00AM	WATER X (5) LAP SWIM (5) 8:10AM-9:00AM	WATER X (5) LAP SWIM (5) 8:10AM-9:00AM	MASTERS(8) LAP SWIM (2) 8:00AM-9:30AM	
9AM		LAP SWIM (10) 8:00AM-12:00PM					LAP SWIM (10) 6:30AM-6:00PM
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	YOUTH SWIM TEAM (5) LAP SWIM (5) 9:30AM-11:00AM	
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		
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		DEEP WATER X (3) 1:00pm-2:00pm LAP SWIM (7) 1:00PM-4:15PM	LAP SWIM (10) 11:00AM-7:00PM	
2PM		LAP SWIM (10) 1:00PM-4:15PM		LAP SWIM (10) 1:00PM-4:15PM			
3PM							
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7PM							
8PM	LAP SWIM (10) 7:00PM- 9:30PM	LAP SWIM (10) 6:15PM- 9:30PM	LAP SWIM (10) 7:00PM- 9:30PM	LAP SWIM (10) 6:15PM- 9:30PM	LAP SWIM (10) 7:00PM- 9:00PM		
9PM							
10PM							

*POOL CLOSES AT 5:30PM
OCT 11th
NOV 8th
DEC 13th
FOR STAFF TRAINING

AUGUST 2026 – DECEMBER 2026

OUTDOOR POOL HOURS:

Monday	4:30am-9:30pm
Tuesday	4:30am-9:30pm
Wednesday	4:30am-9:30pm
Thursday	4:30am-9:30pm
Friday	4:30am-9:00pm
Saturday	6:00am-7:00pm
Sunday	6:30am-6:00pm

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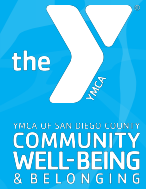
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5AM							
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7AM							
9AM		WATER X (6) 8:00AM-9:50AM		WATER X (6) 8:15AM-11:15AM	WATER X (6) 8:00AM-9:50AM	LAP SWIM (3) SWIM LESSONS (3) 8:15AM-12:15PM	LAP SWIM (3) SWIM LESSONS (3) 8:15AM-12:15PM
10AM	WATER X (6) 8:15AM-12:15PM	GRANT SWIM LESSONS (6) 10:00AM-12:00PM	WATER X (6) 8:15AM-12:15PM	Lap Swim (3) 11:15am-12:00pm	GRANT SWIM LESSONS (6) 10:00AM-1:00PM		
11AM							
12PM							
1PM	LAP SWIM (4) FAMILY SWIM (2) 12:15PM-3:00PM	KNEE & HIP REHAB (3) LAP SWIM (3) 12:15PM-1:00PM	LAP SWIM (4) FAMILY SWIM (2) 12:15PM-3:00PM	KNEE & HIP REHAB (3) LAP SWIM (3) 12:15PM-1:00PM	LAP SWIM (4) FAMILY SWIM (2) 1:15PM-3:00PM	LAP SWIM (4) FAMILY SWIM (2) 12:15PM-7:00PM	LAP SWIM (4) FAMILY SWIM (2) 12:15PM-6:00PM
2PM		LAP SWIM (4) FAMILY SWIM (2) 1:00PM- 3:00PM		LAP SWIM (4) FAMILY SWIM (2) 1:00PM- 3:00PM			*POOL CLOSES AT 5:30PM
3PM							OCT 11th NOV 8th DEC 13th
4PM	LAP SWIM (1) FAMILY SWIM (2) SWIM LESSONS (3) 3:00PM-7:15PM	LAP SWIM (1) FAMILY SWIM (2) SWIM LESSONS (3) 3:00PM-7:15PM	LAP SWIM (1) FAMILY SWIM (2) SWIM LESSONS (3) 3:00PM-7:15PM	LAP SWIM (1) FAMILY SWIM (2) SWIM LESSONS (3) 3:00PM-7:15PM	LAP SWIM (2) FAMILY SWIM (2) SWIM LESSONS (2) 3:00PM-7:15PM		FOR STAFF TRAINING
5PM							
6PM							
7PM							
8PM	LAP SWIM (4) FAMILY SWIM (2) 7:15PM-9:30PM	LAP SWIM (4) FAMILY SWIM (2) 7:15PM-9:30PM	LAP SWIM (4) FAMILY SWIM (2) 7:15PM-9:30PM	LAP SWIM (4) FAMILY SWIM (2) 7:15PM-9:30PM	LAP SWIM (4) FAMILY SWIM (2) 7:15PM-9:00PM		
9PM							
10PM							

OCTOBER 2026

FAMILY SWIM HOURS

Monday	12:15-9:30pm
Tuesday	12:15-9:30pm
Wednesday	12:15-9:30pm
Thursday	12:15-9:30pm
Friday	1:15-9:00pm
Saturday	6-8:30am, 12:15-7:00pm
Sunday	6:30-8:30am, 12:15-6pm

FAMILY SWIM RULES:

1. All Ages Welcome
2. No Lap Swimming
3. Children 13 and under MUST pass the swim test to swim without an adult.
4. An adult MUST be in the water with non-swimmers, within arms reach.
5. 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.
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