MISSION VALLEY AQUATIC CENTER

POOL SCHEDULE

the YMCA

YMCA OF SAN DIEGO COUNTY
COMMUNITY WELL-BEING & BELONGING

INDOOR POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4AM	LAP SWIM (6) 4:30AM-8:00AM	LAP SWIM (6) 4:30AM-8:00AM	LAP SWIM (6) 4:30AM-8:00AM	LAP SWIM (6) 4:30AM-8:00AM	LAP SWIM (6) 4:30AM-8:00AM		
5AM							
6AM						LAP SWIM (4) FAMILY SWIM (2) 6:00AM-8:15AM	LAP SWIM (4) FAMILY SWIM (2) 6:30AM-8:15AM
7AM							
8AM	WATER X (6) 8:15AM-12:15PM	WATER X (6) 8:15AM-11:15AM	WATER X (6) 8:15AM-12:15PM	WATER X (6) 8:15AM-11:15AM	WATER X (6) 8:15AM-12:15PM	LAP SWIM (3) SWIM LESSONS (3) 8:15AM-12:15PM	LAP SWIM (3) SWIM LESSONS (3) 8:15AM-12:15PM
9AM							
10AM		LAP SWIM (3) KNEE & HIP REHAB (3) 11:15AM-12:00PM		LAP SWIM (3) KNEE & HIP REHAB (3) 11:15AM- 12:00PM			
11AM							
12PM							
1PM	LAP SWIM (4) FAMILY SWIM (2) 12:15PM- 3:00PM	LAP SWIM (4) FAMILY SWIM (2) 12:00PM- 3:00PM	LAP SWIM (4) FAMILY SWIM (2) 12:15PM- 3:00PM	LAP SWIM (4) FAMILY SWIM (2) 12:00PM- 3:00PM	LAP SWIM (4) FAMILY SWIM(2) 12:15PM-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
2PM							
3PM	LAP SWIM (2) FAMILY SWIM (2) SWIM LESSONS (2) 3:00PM-7:15PM	LAP SWIM (2) FAMILY SWIM (2) SWIM LESSONS (2) 3:00PM-7:15PM	LAP SWIM (2) FAMILY SWIM (2) SWIM LESSONS (2) 3:00PM-7:15PM	LAP SWIM (2) FAMILY SWIM (2) SWIM LESSONS (2) 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:
NOVEMBER 2026

INDOOR POOL HOURS

Family Swim Hours

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

*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 MVPOOL for aquatics and MVWATERX for Water Exercise

LEARN MORE!

MISSION VALLEY AQUATIC CENTER

POOL SCHEDULE

the YMCA

YMCA OF SAN DIEGO COUNTY
COMMUNITY WELL-BEING & BELONGING

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	LAP SWIM (10) 6:30AM-6:00PM
7AM							
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	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 CLOSES 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		*POOL CLOSES AT 5:30PM
2PM							
3PM							SEPT 13th OCT 11th NOV 8th DEC 13th
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	POOL CLOSES AT 7:00PM	
5PM							
6PM	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		
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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Text Alerts: Text
858-293-9617
MVPOOL for aquatics and
MVWATERX for Water Exercise

OUTDOOR POOL SWIM LESSONS

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

LEARN MORE!