

MISSION VALLEY YMCA

Hours: Mon. to Thurs. 4:30 am — 10:00 pm
Friday 4:30 am — 9:30 pm
Saturday 7:00 am — 8:30 pm
Sunday 7:00 am — 7:30 pm



HAZARD (outdoor) POOL SCHEDULE

**November 9, 2009 -
December 10, 2009**

*Schedule subject
to change.*

LAP SWIM

*(Non-members: \$10 day pass fee.)
(Must be 13 to swim in lap lanes.)*

Monday - Friday

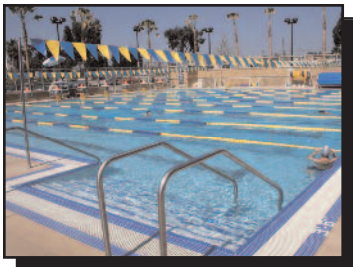
4:30 am — 5:25 am (10 lanes)
5:25 am — 9:35 am (4-5 lanes)
9:35 am — 11:55 am (6-10 lanes)
11:55 am — 1:05 pm (4-5 lanes)
1:05 pm — 4:25 pm (5-10 lanes)
4:25 pm — 7:00 pm (2-3 lanes)
7:05 pm — 10:00 pm (6-10 lanes)

Saturday

7:00 am — 7:25 am (6-10 lanes)
7:25 am — 9:05 am (3 lanes)
9:05 am — 11:05 am (5 lanes)
11:05 am — 12:40 pm (4 lanes)
12:40 pm — 8:30 pm (6-10 lanes)

Sunday

7:00 am — 7:30 pm (6-10 lanes)



Water Exercise

Visit our website
<http://missionvalley.ymca.org>
or pick up a water exercise
schedule
for classes and times

SCUBA

For more information,
call 619-298-3576, ext. 4000



YMCA MASTERS SWIM

(Members only: \$25 per month)

Monday - Friday

5:30 am — 6:30 am (5-6 lanes)
6:30 am — 7:30 am (5-6 lanes)
7:30 am — 8:30 am (5-6 lanes)
12:00 pm — 1:00 pm (5-6 lanes)
6:00 pm — 7:00 pm (3 lanes)

Saturday

7:30 am — 9:00 am (7 lanes)

**For more information about
Mission Valley YMCA Aquatics
Programs
please contact us at
619-298-3576
or visit us on the web at
www.missionvalley.ymca.org**

**Program fees may vary, please see the
Customer Service Desk for details**

POOL RULES:

1. You must **shower** before entering the pool or spa.
2. **No** running, diving, rough housing, back flips, food, drinks, or gum allowed.
(water in plastic container only).
3. **No children under the age of 5 allowed in the spa at any time.**
4. You must wear a swimsuit at all times; no cutoffs etc.
5. Must be 13 years or older to swim in lap lanes.
6. Noodles, kickboards, water weights, and pull buoys are for swim lessons, swim team, and aquatic fitness classes.
7. Only **U.S. Coast Guard** approved personal flotation devices are permitted in pool.
8. Paying open/recreation swim does not permit you to use lap lanes.

YAQUATICS™

We build strong kids, strong families, strong communities.