

# 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



# PRATT (indoor) POOL SCHEDULE

September 7, 2009 - Schedule subject to change.  
December 10, 2009



## LIGHT LAP SWIM

Light lap swim, Aqua-Jog, senior swim.  
(Non-members: \$10 day pass fee.)  
(Must be 13 to swim in lap lanes.)

### **Mon / Wed / Friday**

4:30 am — 7:55 am (4-6 lanes)  
3:00 pm — 5:25 pm (2 lanes)  
8:20 pm — 10:00 pm (3 lanes)

### **Tuesday/Thursday**

4:30 am — 7:55 am (4-6 lanes)  
7:55 am — 9:05 am (1-2 lanes)  
3:00 pm — 5:25 pm (2 lanes)  
5:25 pm — 6:30 pm (1 lane)  
8:05 pm — 10:00 pm (3 lanes)

#### Friday only:

5:30 pm — 9:30 pm (1-3 lanes)

### **Saturday**

7:00 am — 7:55 am (6 lanes)  
12:30 pm — 8:30 pm (3-4 lanes)

### **Sunday**

7:00 am — 12:30 pm (6 lanes)  
12:30 pm — 7:30 pm (3-4 lanes)

## Water Exercise

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

# YAQUATICS™

We build strong kids, strong families, strong communities.

## SWIM ACADEMY

(90° DEGREE WATER; CLOSED ROOF)  
See Brochure for age appropriate levels.

### **Monday/Wednesday**

4:30 pm — 8:15 pm (3-6 lanes)

### **Tuesday/Thursday**

10:20 am — 12:00 pm (2 lanes)

4:15 pm — 7:05 pm (3 lanes)

### **Saturday**

9:30 am — 11:10 am (3-6 lanes)

## FAMILY SWIM

Members Only. Members may bring children.  
(Light Lap Swim only if lanes available; up to the discretion of Management)

### **Monday/Wednesday**

3:00 pm — 4:20 pm (2 lanes)

8:20 pm — 10:00 pm (3 lanes)

### **Tuesday/Thursday**

3:00 pm — 6:30 pm (2 lanes)

8:20 pm — 10:00 pm (3 lanes)

#### Friday only:

4:20 pm — 9:30 pm (1-3 lanes)

### **Saturday**

12:30 pm — 8:30 pm (2-3 lanes)

### **Sunday**

12:30 pm — 7:30 pm (2-3 lanes)



## OPEN/RECREATION SWIM

(Non-members: \$5 adult, \$1.50 children, senior, and disabled; no lanes available for laps)

### **Monday - Thursday**

8:30 pm — 10:00 pm (3 lanes)

### **Friday**

7:35 pm — 9:30 pm (3 lanes)

### **Saturday/Sunday**

12:30 pm — 4:00 pm (3 lanes)

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

**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](http://www.missionvalley.ymca.org)**

## 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. Children under the age of 3 must wear a swim diaper.
5. You must wear a swimsuit at all times; no cutoffs etc.
6. Children **8 years and younger must** be accompanied by an adult in the pool; children **ages 9-12 must** have an adult present on the pool deck.
7. Noodles, kickboards, water weights, and pull buoys are for swim lessons, swim team, and aquatic fitness classes.
8. Only **U.S. Coast Guard** approved personal flotation devices are permitted in pool.
9. Paying open/recreation swim does not permit you to use lap lanes.