

MISSION VALLEY YMCA POOL SCHEDULE • AUGUST

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	INDOOR (PRATT)	OUTDOOR (HAZARD)	INDOOR (PRATT)	OUTDOOR (HAZARD)	INDOOR (PRATT)	OUTDOOR (HAZARD)	INDOOR (PRATT)	OUTDOOR (HAZARD)	INDOOR (PRATT)	OUTDOOR (HAZARD)	INDOOR (PRATT)	OUTDOOR (HAZARD)	INDOOR (PRATT)	OUTDOOR (HAZARD)
4:30														
5:00														
6:00														
7:00	6:30-7:20 a.m. WATER EXERCISE	5:30-8:30 a.m. MASTERS SWIM		5:30-8:30 a.m. MASTERS SWIM	6:30-7:20 a.m. WATER EXERCISE	5:30-8:30 a.m. MASTERS SWIM		5:30-8:30 a.m. MASTERS SWIM	6:30-7:20 a.m. WATER EXERCISE	5:30-8:30 a.m. MASTERS SWIM				
8:00			7-11:45 a.m. WATER EXERCISE				7-11:45 a.m. WATER EXERCISE							
9:00	8:05-11:35 a.m. WATER EXERCISE	8:40-9:35 a.m. WATER EXERCISE	9:45-11:45 a.m. YOUTH SWIM LESSONS	8:40-10:40 a.m. WATER EXERCISE	8:05-11:35 a.m. WATER EXERCISE	8:40-9:35 a.m. WATER EXERCISE	9:45-11:45 a.m. YOUTH SWIM LESSONS	8:40-9:35 a.m. WATER EXERCISE	8:05-11:35 a.m. WATER EXERCISE	8:40-10:40 a.m. WATER EXERCISE	8-9:45 a.m. WATER EXERCISE	7:30-9 a.m. MASTERS SWIM		
10:00	9:45-11:45 a.m. YOUTH SWIM LESSONS	9:45-11:45 a.m. SWIM TEAM	10:45-11:45 a.m. SWIM TEAM		9:45-11:45 a.m. YOUTH SWIM LESSONS	9:45-11:45 a.m. SWIM TEAM	10:45-11:45 a.m. SWIM TEAM		9:45-11:45 a.m. YOUTH SWIM LESSON	9:45-11:45 a.m. SWIM TEAM	9-12:45 p.m. YOUTH SWIM LESSONS		9-12:45 p.m. YOUTH SWIM LESSONS	
11:00														
12:00	11:45 a.m. - 9:30 p.m. MEMBER/FAMILY SWIM		11:45 a.m. - 9:30 p.m. MEMBER/FAMILY SWIM		11:45 a.m. - 9:30 p.m. MEMBER/FAMILY SWIM		11:45 a.m. - 9:30 p.m. MEMBER/FAMILY SWIM		11:45 a.m. - 8:30 p.m. MEMBER/FAMILY SWIM	11:30-1 p.m. MASTERS SWIM		11:05-12:35 p.m. DSST	12:45-6 p.m. MEMBER/FAMILY SWIM	
1:00	12:30 - 3 p.m. SUMMER CAMP	12-1 p.m. MASTERS SWIM	12:30 - 3 p.m. SUMMER CAMP	12-1 p.m. MASTERS SWIM	12:30 - 3 p.m. SUMMER CAMP	12-1 p.m. MASTERS SWIM	12:30 - 3 p.m. SUMMER CAMP	12-1 p.m. MASTERS SWIM						
2:00		1:05-1:55 p.m. WATER TRAINING								1:05-1:55 p.m. WATER TRAINING			1-3 p.m. SPLASH BALL	1-3 p.m. WATER POLO
3:00	2:30 - 7:55 p.m. YOUTH SWIM LESSONS		2:30 - 7:55 p.m. YOUTH SWIM LESSONS		2:30 - 7:55 p.m. YOUTH SWIM LESSONS		2:30 - 7:55 p.m. YOUTH SWIM LESSONS							
4:00	3-4 p.m. PUBLIC SWIM	3-7 p.m. SEALS SWIM TEAM	3-4 p.m. PUBLIC SWIM	3-7 p.m. SEALS SWIM TEAM	3-4 p.m. PUBLIC SWIM	3-7 p.m. SEALS SWIM TEAM	3-4 p.m. PUBLIC SWIM	3-7 p.m. SEALS SWIM TEAM	3-4 p.m. PUBLIC SWIM	3-7 p.m. SEALS SWIM TEAM	3-7 p.m. PUBLIC SWIM			
5:00														
6:00	5:30-7 p.m. SWIM TEAM	5:45-6:35 p.m. WATER EXERCISE	5:30-7 p.m. SWIM TEAM	5:45-6:35 p.m. WATER EXERCISE	5:30-7 p.m. SWIM TEAM	5:45-6:35 p.m. WATER EXERCISE	5:30-7 p.m. SWIM TEAM	5:45-6:35 p.m. WATER EXERCISE	5:30-7 p.m. SWIM TEAM	5:45-6:35 p.m. WATER EXERCISE				
7:00	6:45-7:35 p.m. WATER EXERCISE		6:45-7:35 p.m. WATER EXERCISE		6:45-7:35 p.m. WATER EXERCISE		6:45-7:35 p.m. WATER EXERCISE		6:45-7:35 p.m. WATER EXERCISE					
8:00	7:10-7:40 p.m. ADULT SWIM LESSONS	6:45-7:45 p.m. MASTERS SWIM	6:45-8:50 p.m. SHORES WATER POLO	7:10-7:40 p.m. ADULT SWIM LESSONS	7:10-7:40 p.m. ADULT SWIM LESSONS		7:30-9:30 p.m. PUBLIC SWIM							
9:00		7:30-9:30 p.m. YMCA POLO LEAGUE												

(INDOOR) MEMBER/FAMILY SWIM — Monday - Thursday: 11:45 a.m. - 9:30 p.m. Friday: 11:45 a.m. - 8:30 p.m. Saturday: 12:45-7 p.m. Sunday 12:45-6 p.m.

(INDOOR) PUBLIC SWIM — Monday - Friday: 3-4 p.m. Tuesday - Thursday: 7:30-9:30 p.m. Saturday: 3-7 p.m. Sunday: 3-6 p.m.

MISSION VALLEY YMCA POOL HOURS

Mon. - Thu.: 4:30 a.m. - 9:30 p.m. Friday: 4:30 a.m. - 8:30 p.m. Saturday: 6 a.m. - 7 p.m. Sunday: 6:30 a.m. - 6 p.m.

Revised 8/1/18



MISSION VALLEY YMCA POOL LANE AVAILABILITY • AUGUST

MISSION VALLEY INDOOR POOL (PRATT)							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:30-5:00							
5:00-5:30	5	5	5	5	5		
5:30-6:00							
6:00-6:30							
6:30-7:00	4	5	4	5	4	6	6
7:00-7:30							
7:30-8:00	2-4	2-4	2-4	2-4	2-4		
8:00-8:30							1-2
8:30-9:00							
9:00-9:30							
9:30-10:00	0-1	0-1	0-1	0-1	0-1		
10:00-10:30						0	
10:30-11:00							0
11:00-11:30							
11:30-12:00							
12:00-12:30							
12:30-1:00							
1:00-1:30	1-2	1-2	1-2	1-2	1-2		
1:30-2:00							
2:00-2:30							
2:30-3:00							
3:00-3:30	2-3	2-3	2-3	2-3	2-3		3
3:30-4:00						3	
4:00-4:15	0-1	0-1	0-1	0-1			
4:15-5:00					1-2		
5:00-5:45							
5:45-6:15							
6:15-6:40	0	0	0	0			
6:40-7:00							
7:00-7:30							
7:30-8:00	1-2	1-2	1-2	1-2	3		
8:00-8:30							
8:30-9:00	3	3	3	3			
9:00-9:30							

MISSION VALLEY OUTDOOR POOL (HAZARD)							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:30-5:00							
5:00-5:30	10	10	10	10	10		
5:30-6:00							
6:00-6:30							
6:30-7:00	2-4	2-4	2-4	2-4	2-4	6-10	
7:00-7:30							
7:30-8:00							
8:00-8:30							
8:30-9:00	4	4	4	4	4	2-3	
9:00-9:30							
9:30-10:00							6-10
10:00-10:30		6-7			6	5	
10:30-11:00	3-4		3-4	3-4			
11:00-11:30		3-4			3-4		
11:30-12:00						3-4	
12:00-12:30	3-4	3-4	3-4	3-4	3-4		
12:30-1:00							
1:00-1:30							
1:30-2:00	5-8	5-8	5-8	5-8	5-8	4-5	4
2:00-2:30							
2:30-3:00							
3:00-3:30	6-10	6-10	6-10	6-10	6-10		
3:30-4:00							
4:00-4:15	2-4	2-4	2-4	2-4	2-4		
4:15-5:00						8	9
5:00-5:45		2-4	2-3	2-4	2-3		
5:45-6:15							
6:15-6:40	2-3	3-4		3-4			
6:40-7:00							
7:00-7:30							
7:30-8:00		2	3-4	2*	3-4		
8:00-8:30							
8:30-9:00	6-10						
9:00-9:30		10	10	10			