

# MISSION VALLEY YMCA POOL SCHEDULE • SEPTEMBER

	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	10:05-11 a.m. WATER EXERCISE	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		12-1 p.m. MASTERS SWIM		12-1 p.m. MASTERS SWIM		12-1 p.m. MASTERS SWIM		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		3-6 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	5:30-6:30 p.m. SPLASH BALL	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							
		6:45-7:45 p.m. MASTERS SWIM				6:45-7:45 p.m. MASTERS SWIM								
8:00	7:10-7:40 p.m. ADULT SWIM LESSONS		6:45-8:50 p.m. SHORES WATER POLO		7:10-7:40 p.m. ADULT SWIM LESSONS		6:45-8:50 p.m. SHORES WATER POLO							
										7-8:30 p.m. WATER POLO				
9:00		7:30-9:30 p.m. YMCA POLO LEAGUE	7:30-9:30 p.m. PUBLIC SWIM			7:45-9 p.m. DSST	7:30-9:30 p.m. PUBLIC SWIM							

## POOL HOURS

Monday - Thursday: 4:30 am - 9:30 pm  
 Friday: 4:30 am - 8:30 pm  
 Saturday: 6:00 am - 7:00 pm  
 Sunday: 6:30 am - 6:00 pm

## MEMBER/FAMILY SWIM (INDOOR)

Monday - Thursday: 11:45 am - 9:30 pm  
 Friday: 11:45 am - 8:30 pm  
 Saturday: 12:45 - 7:00 pm  
 Sunday: 12:45 - 6:00 pm

## PUBLIC SWIM (INDOOR)

Monday - Thursday: 3:00 - 4:00 pm  
 Tuesday - Thursday: 7:30 - 9:30 pm  
 Saturday: 3:00 - 7:00 pm  
 Sunday: 3:00 - 6:00 pm



# MISSION VALLEY YMCA POOL LANE AVAILABILITY • SEPTEMBER

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						2-3	
8:30-9:00	4	4	4	4	4		
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			3-4		3-4		
7:30-8:00		2		2*			
8:00-8:30							
8:30-9:00	6-10						
9:00-9:30		10	10	10			