

MISSION VALLEY YMCA POOL SCHEDULE • JULY

| | 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 | | | |
| 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 | 2:30 - 7:55 p.m. YOUTH SWIM LESSONS | 1:05-1:55 p.m. WATER TRAINING | 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 | | | 1:05-1:55 p.m. WATER TRAINING | | | 1-3 p.m. SPLASH BALL | 1-3 p.m. WATER POLO |
| 3:00 | 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 | | | |
| 4:00 | | | | | | | | | | | | | | |
| 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 6/29/18



MISSION VALLEY YMCA POOL LANE AVAILABILITY • JULY

| 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 | | | | | | 5 | 6-10 |
| 10:00-10:30 | | 6-7 | | | 6 | | |
| 10:30-11:00 | 3-4 | | 3-4 | 3-4 | | | |
| 11:00-11:30 | | 3-4 | | | | | |
| 11:30-12:00 | | | | | 3-4 | | |
| 12:00-12:30 | 3-4 | 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 | | | |

MONTHLY UPDATES:

- **SUNDAY, JULY 1**- Impacted lap lanes 8am-1pm for novice swim meet.
- **WEDNESDAY, JULY 4**- Facility hours are 7am-2pm in observance of Independence Day. Pools hours are 7am-1pm.
- **JULY 9-13 AND JULY 16-20**: 2-4 lap lanes of outdoor pool will be used for swim week, 10am-12pm and 2-4pm.