

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													
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				
7:00													
8:00		7-11:45 a.m. WATER EXERCISE				7-11:45 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	8:40-10:40 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		
9:00													
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	
10:00													
11:00													
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		
12:00													
	12-1 p.m. MASTERS SWIM		12-1 p.m. MASTERS SWIM		12-1 p.m. MASTERS SWIM		12-1 p.m. MASTERS SWIM						
1:00													
	1:05-1:55 p.m. WATER TRAINING				1:05-1:55 p.m. WATER TRAINING				1:05-1:55 p.m. WATER TRAINING				
2:00													
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		2:30-7:55 p.m. YOUTH SWIM LESSONS		12:45-7 p.m. MEMBER/FAMILY SWIM		12:45-6 p.m. MEMBER/FAMILY SWIM	1-2:30 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		3-6 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				
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					
7:00													
6:45-7:45 p.m. MASTERS SWIM		6:45-7:45 p.m. MASTERS SWIM		6:45-7:45 p.m. MASTERS SWIM		6:45-7:45 p.m. MASTERS SWIM		6:45-7:45 p.m. MASTERS SWIM					
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		6:45-8:50 p.m. SHORES WATER POLO					
8:00													
		7:30-9:30 p.m. PUBLIC SWIM			7:45-9 p.m. DSST			7:30-9:30 p.m. PUBLIC SWIM					
9:00													

(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 8/31/17



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							
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:

- Monday, September 4 - All pools will be open 7 a.m. - 1 p.m. in observation of Labor Day.