

MISSION VALLEY YMCA POOL SCHEDULE • JUNE

	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		8:40-10:40 a.m. WATER EXERCISE	8:05-11:35 a.m. WATER EXERCISE	8:40-9:35 a.m. WATER EXERCISE		8:40-9:35 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	9:30-11:30 a.m. SWIM LESSONS		9:30-11:30 a.m. SWIM LESSONS		9:30-11:30 a.m. SWIM LESSONS		9:30-11:30 a.m. SWIM LESSONS		8:05-11:35 a.m. WATER EXERCISE			9-12:45 p.m. SWIM LESSONS	10:05-11 a.m. WATER EXERCISE	9-12:45 p.m. SWIM LESSONS
11:00														
12:00	11:45 a.m. - 4:15 p.m. MEMBER/FAMILY SWIM		11:45 a.m. - 4:15 p.m. MEMBER/FAMILY SWIM		11:45 a.m. - 4:15 p.m. MEMBER/FAMILY SWIM		11:45 a.m. - 4:15 p.m. MEMBER/FAMILY SWIM		11:45 a.m. - 8:30 p.m. MEMBER/FAMILY SWIM	11:30-1 p.m. MASTERS SWIM		1-2 p.m. SPLASH BALL	11:05-12:35 p.m. DSST RENTAL	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				12:45-7 p.m. MEMBER/FAMILY SWIM		
2:00	1:00-3:00 p.m. CAMP SWIM	1:05-1:55 p.m. WATER EXERCISE	1:00-3:00 p.m. CAMP SWIM		1:00-3:00 p.m. CAMP SWIM		1:00-3:00 p.m. CAMP SWIM			1:05-1:55 p.m. WATER EXERCISE				9-11 a.m. ADULT DROP IN WATER POLO
3:00				3-7 p.m. YOUTH SWIM TEAM		3-7 p.m. YOUTH SWIM TEAM		3-7 p.m. YOUTH SWIM TEAM				3-7 p.m. PUBLIC SWIM		
4:00	3-4 p.m. PUBLIC SWIM	3-7 p.m. YOUTH SWIM TEAM	3-4 p.m. PUBLIC SWIM		3-4 p.m. PUBLIC SWIM	3-7 p.m. YOUTH SWIM TEAM	3-4 p.m. PUBLIC SWIM	3-7 p.m. YOUTH SWIM TEAM	3-4 p.m. PUBLIC SWIM	3-7 p.m. YOUTH SWIM TEAM				3-6 p.m. PUBLIC SWIM
5:00	4:15 - 7:55 p.m. SWIM LESSONS		4:15 - 7:55 p.m. SWIM LESSONS		4:15 - 7:55 p.m. SWIM LESSONS		4:15 - 7:55 p.m. SWIM LESSONS			4-8 p.m. SWIM LESSONS				
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		6:45-7:45 p.m. MASTERS SWIM	6:45-7:35 p.m. WATER EXERCISE		6:45-7:35 p.m. WATER EXERCISE	6:45-7:45 p.m. MASTERS SWIM	6:45-7:35 p.m. WATER EXERCISE							
8:00	7:15-9:30 p.m. FAMILY SWIM		7:30-9:30 p.m. PUBLIC/FAMILY SWIM	7:00-9:00 p.m. SHORES WATER POLO RENTAL	7:15-9:30 p.m. FAMILY SWIM	7:45-9 p.m. DSST RENTAL	7:30-9:30 p.m. FAMILY SWIM	7:00-9:00 p.m. SHORES WATER POLO RENTAL			6:40-8:30 p.m. ADULT DROP IN WATER POLO			
9:00														

MONTHLY UPDATES:

- Sunday, June 2: Pool opens at 1:00pm due to Rock n' Roll Marathon.
- Sunday, June 9: All pools closed for annual aquatics staff training.
- Sunday, June 16: All YMCA's open to the community in observance of Father's Day.

POOL HOURS

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

MEMBER/FAMILY SWIM (INDOOR)

Mon. - Thurs.: 11:45am-4:15pm • 7:30-9:30pm
 Friday: 11:45am-8:30pm
 Saturday: 12:45-7:00pm
 Sunday: 12:45-6:00pm

PUBLIC SWIM (INDOOR)

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

