

AQUATICS CENTER AT MISSION VALLEY YMCA SEPTEMBER 2019



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
INDOOR POOL FAMILY SWIM	11:45am-4:15pm 7:15-9:30pm	11:45am-4:15pm 7:15-9:30pm	11:45am-4:15pm 7:15-9:30pm	11:45am-4:15pm 7:15-9:30pm	11:45am- 8:30pm	12:45-7:00pm	12:45-6:00pm
OUTDOOR POOL LAP SWIM (See Notes Below)	4:30am-9:30pm	4:30am-9:30pm	4:30am-9:30pm	4:30am-9:30pm	4:30am-8:30pm	6:00am-7:00pm	6:30am-6:00pm
INDOOR POOL LAP SWIM (See Notes Below)	4:30-9:00am 10:00am- 9:30pm	4:30-9:00am 10:00am- 9:30pm	4:30-9:00am 10:00am- 9:30pm	4:30-9:00am 10:00am- 9:30pm	4:30-8:00am 10:00am- 8:30pm	6:00am-7:00pm	6:30am-6:00pm
PUBLIC SWIM	3:00-4:00pm	3:00-4:00pm 7:30-9:30pm	3:00-4:00pm 7:30-9:30pm	3:00-4:00pm 7:30-9:30pm	3:00-4:00pm	3:00-7:00pm	3:00-6:00pm

MONTHLY UPDATES

- Monday, September 2:
All YMCA's open to the community 7:00am-2:00pm (pool closes at 1:30pm) in observance of Labor Day. See modified schedule, no water exercise classes.
- Sunday, September 28:
Outdoor pool closed from 6:30am-3:30pm due to Senior Games event. Normal lap swimming will resume from 3:30pm-6pm.

MASTER SWIM TIMES

Monday-Friday: 5:30am, 6:30am
7:30am, 12:00pm

Monday/Wednesday: 6:45pm

Saturday: 7:30am

OUTDOOR POOL LIMITED LAP LANES (NUMBER LISTED AVAILABLE):

MONDAY - FRIDAY

5:30am-1:00pm: 3-6 lanes

3:00-7:45pm: 2-4 lanes

7:00-9:00pm: 4 lanes

SATURDAY

7:30-9:00am: 3 lanes

10:05am-12:35pm: 4 lanes

SUNDAY

9:00-11:00am: 4 lanes

INDOOR POOL LIMITED LAP LANES (NUMBER LISTED AVAILABLE):

MONDAY - FRIDAY

6:30-11:45am: 2 lanes

11:45am-4:15pm: 3 lanes

4:15-7:55pm: 1-3 lanes

SATURDAY & SUNDAY

8:00am-2:00pm: 1-3 lanes

PUBLIC SWIM

City of San Diego residents may utilize pool for nominal fee of \$5/adults, \$4/seniors, \$2/children (13 and younger)

YMCA OF SAN DIEGO COUNTY POOL RULES

- YMCA Lifeguard has final authority
- It's the rule, one long whistle - exit the pool immediately
- For your safety, children 6 and under must be actively supervised by an adult 18 years or older
- All patrons under 12 years old must meet one of the following:
 - Successfully pass a swim test (25 yards continuous swim and tread water for one minute) OR
 - Stand comfortably chest deep water in the entire swim zone OR
 - Wearing a properly fitted United States Coast Guard (USCG) approved Personal Flotation Device (PFD or lifejacket) OR
 - Be within arms reach of adult (only one non-swimmer per adult)
- Recreational diving permitted in 9 feet of water or more
- Please walk on pool deck
- Prolonged underwater breath holding is dangerous and not permitted
- USCG approved lifejacket may be used
- All pool equipment must be used appropriately
- Swimming without a certified lifeguard on duty is prohibited
- Swim diapers are required for swimmers who are not potty-trained
- Please shower before entering the pool
- Eating is permitted in designated areas only
- Appropriate swimming attire must be worn at all times (cut-offs, jeans, etc. are not permitted). No cotton allowed.
- No one under 13 allowed in spas.