

# MISSION VALLEY YMCA POOL SCHEDULE • MARCH

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

**MONTHLY UPDATES:**  
 - During program hours, limited lap lane availability.  
 - Outdoor pool closed March 10, 8am-4pm for YMCA fundraising event.

**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

