

MISSION VALLEY YMCA POOL SCHEDULE • APRIL

	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														
9:00	8:05-11:35 a.m. WATER EXERCISE	8:40-9:35 a.m. WATER EXERCISE	7-11:45 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	7-11:45 a.m. WATER EXERCISE	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											9-12:45 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. - 9:30 p.m. MEMBER/FAMILY SWIM	12-1 p.m. MASTERS SWIM	11:45 a.m. - 9:30 p.m. MEMBER/FAMILY SWIM	12-1 p.m. MASTERS SWIM	11:45 a.m. - 9:30 p.m. MEMBER/FAMILY SWIM	12-1 p.m. MASTERS SWIM	11:45 a.m. - 9:30 p.m. MEMBER/FAMILY SWIM	12-1 p.m. MASTERS 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	
1:00														
2:00		1:05-1:55 p.m. WATER EXERCISE												
3:00														
4:00	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	3-4 p.m. PUBLIC SWIM	3-7 p.m. YOUTH SWIM TEAM	3-4 p.m. PUBLIC SWIM	3-7 p.m. YOUTH SWIM TEAM				
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		4:15 - 7:55 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	6:45-7:35 p.m. WATER EXERCISE	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								
8:00			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						
9:00														

MONTHLY UPDATES:
- All YMCA's will be closed Sunday, April 21 in observance of Easter.

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

