

# MISSION VALLEY YMCA POOL SCHEDULE • MAY

	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											11:45 a.m. - 4:15 p.m. MEMBER/FAMILY SWIM	11:05-12:35 p.m. DSST RENTAL	12:45-6 p.m. MEMBER/FAMILY SWIM	
12:00	11:45 a.m. - 4:15 p.m. MEMBER/FAMILY SWIM	12-1 p.m. MASTERS SWIM	11:45 a.m. - 4:15 p.m. MEMBER/FAMILY SWIM	12-1 p.m. MASTERS SWIM	11:45 a.m. - 4:15 p.m. MEMBER/FAMILY SWIM	12-1 p.m. MASTERS SWIM	11:45 a.m. - 4:15 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	12:45-7 p.m. MEMBER/FAMILY SWIM		1-2 p.m. SPLASH BALL	9-11 a.m. ADULT DROP IN WATER POLO
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	3-7 p.m. PUBLIC SWIM		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		4:15 - 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	7:15-9:30 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, May 12: All YMCA's open to the community in observance of Mother's Day.
- Monday, May 27: All YMCA's open 7:00am-2:00pm in observance of Memorial 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

