

# MISSION VALLEY YMCA GYMNASIUM SCHEDULE - Winter 2025 (Jan-Mar)

the Y YMCA	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST
5:00 AM	Adult Open Basketball	Adult Open Basketball	Adult Open Basketball	Adult Open Basketball	Adult Open Basketball	Adult Open Basketball	Adult Open Basketball	Adult Open Basketball	Adult Open Basketball	Adult Open Basketball				
6:00 AM	5-7 am	5-8 am	5-7 am	5-8 am	5-7 am	5-8 am	5-7 am	5-8 am	5-7 am	5-8 am	Adult Open Basketball	Adult Open Basketball		
7:00 AM									Intermediate/Advanced Adult Pickleball	Intermediate Adult Pickleball	6-8 am	6-8 am	Adult Open Basketball	Adult Open Basketball
8:00 AM	Intermediate/Advanced Adult Pickleball	Intermediate/Advanced Adult Pickleball	Beginner/Low Intermediate Adult Pickleball	Beginner/Low Intermediate Adult Pickleball	Intermediate/Advanced Adult PB	Intermediate/Advanced Adult PB	Beginner/Low Intermediate Adult Pickleball	Beginner/Low Intermediate Adult PB	Beginner/Low Intermediate Adult PB	Beginner/Low Intermediate Adult PB			7-9:30 am	7-9:30 am
9:00 AM	7-11 am	8-11 am	7-11 am	8-11 am	7-11 am	8-11 am	7-11 am	8-11 am	7-9:30 am	8-9:30 am				
10:00 AM									Beginner/Low Intermediate Adult PB	Beginner/Low Intermediate Adult PB				
11:00 AM	Adult Pick Up Basketball	Adult Pick Up Basketball	Adult Pick Up	PB Lessons (\$)	Adult Pick Up Basketball	Adult Pick Up Basketball	Adult Pick Up	PB Lessons (\$)	Adult Pick Up Basketball	Adult Pick Up Basketball	Family Open Play Basketball	Family Open Play Basketball	Women's Basketball 50+	Women's Basketball 50+
12:00 PM	11-1:30 pm	11-3 pm	11-12 pm	11-12 pm	11-1:30pm	11-1 pm	11-12 pm	11-12 pm	11-1:30 pm	11-1 pm	8 am-4 pm	8 am-4 pm	9:30-3 pm	9:30-4 pm
1:00 PM			Men's Basketball (45+)	Men's Basketball (45+)		WBB 50+ 1-2 pm	Men's Basketball (45+)	Men's Basketball (45+)		WBB 50+ 1-2 pm				
2:00 PM	Adult Pick Up Volleyball		12-3 pm	12-3 pm	Adult Pick Up Volleyball	Adult Pick Up 2-3 pm	12-3 pm	12-3 pm	Adult Pick Up Volleyball	Men's Bball (45+) 2-3 pm				
3:00 PM	1:30-4:30pm	PB Lessons (\$)	Open Play	PB Lessons (\$)	1:30-4:30 pm	PB Lessons (\$)	Family Open Play Basketball	PB Lessons (\$)	1:30-4 pm	PB Lessons (\$)			Family PB	
4:00 PM		3-5 pm	3-4:30 pm	3-5 pm		3-5 pm	3-5 pm	3-5 pm	Open Play Basketball	Open Play Basketball				
5:00 PM									4-5:30 pm	4-5:30 pm	All Levels 13+ Pickleball	All Levels Adult Pickleball	Family Open Play Basketball	Open Play Basketball
6:00 PM											4:15-5:50pm	4:15-5:50 pm	4:30-5:50 pm	4-5:50 pm
7:00 PM	Sports Programming	Sports Programming	Sports Programming	Sports Programming	Sports Programming	Sports Programming	Sports Programming	Sports Programming	All Levels Adult Pickleball	All Levels 13+ Pickleball	<b>BASKETBALL COURT CLOSURES:</b> 1/16: Closed for Pickleball 10-11:30 am 1/30: Closed for Pickleball 3-4:30 pm 2/20: Closed for Pickleball 10-11:30 am 3/27: Closed for Pickleball 10-11:30 am			
8:00 PM	4:30-8:50 pm	5-8:50 pm	4:30-8:50 pm	5-8:50 pm	4:30-8 pm	4:30-8 pm	4:30-8:50 pm	5-8:50 pm	5:30-8:50 pm	5:30-8:50 pm				
9:00 PM														

CHILDREN ARE NOT ALLOWED IN THE COURTS DURING PICK UP GAMES | AGES 12 AND UNDER MUST BE ACCOMPANIED BY AN ADULT AT ALL TIMES | ADULT = 18+ AGES 13+ ARE ABLE TO USE THE COURTS DURING BASKETBALL OPEN PLAY WITHOUT ADULT PRESENT | TIME ALLOTTED IS FOR SET-UP AND BREAKDOWN

Text MVGYM to 619-558-5388 to receive gymnasium updates on your phone.