

MISSION VALLEY YMCA

POOL SCHEDULE

FALL 2025



INDOOR POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM	LAP SWIM 5:00AM-8:00AM	LAP SWIM 5:00AM-8:00AM	LAP SWIM 5:00AM-8:00AM	LAP SWIM 5:00AM-8:00AM	LAP SWIM 5:00AM-8:00AM	LAP SWIM 6:00AM—8:00AM <hr/> SWIM LESSONS 8:00AM - 1:00PM LAP SWIM* 8:00AM-1:00PM	LAP SWIM* 7:00AM—5:00PM SPLASH BALL 12:00PM-1:00PM
6:00AM							
7:00AM							
8:00AM	WATER EXERCISE** 8:15AM—12:15PM	WATER EXERCISE** 8:15AM—11:15AM	WATER EXERCISE** 8:15AM—12:15PM	WATER EXERCISE** 8:15AM—11:15AM	WATER EXERCISE** 8:15AM—12:15PM		
9:00AM							
10:00AM		PRE/POST HIP & KNEE REHAB (\$) 11:15AM—12:00PM		PRE/POST HIP & KNEE REHAB (\$) 11:15AM—12:00PM			
11:00AM							
12:00PM	LAP SWIM 12:15 PM—3:00PM	LAP SWIM 11:15AM—3:00PM	LAP SWIM 12:15PM—3:00PM	LAP SWIM 11:15AM—3:00PM	LAP SWIM 12:15PM—3:00PM	FAMILY SWIM 1:00PM—5:00PM LAP SWIM* 1:00PM-5:00PM	FAMILY SWIM 1:00PM—5:00PM LAP SWIM* 1:00PM-5:00PM
1:00PM							
2:00PM							
3:00PM	SWIMMING LESSONS 3:00PM-7:15PM LAP SWIM* 3:00PM-8:00PM	SWIMMING LESSONS 3:00PM-7:15PM LAP SWIM* 3:00PM-8:00PM	SWIMMING LESSONS 3:00PM-7:15PM LAP SWIM* 3:00PM-8:00PM	SWIMMING LESSONS 3:00PM-7:15PM LAP SWIM* 3:00PM-8:00PM	LAP SWIM* 3:00PM-8:00PM		
4:00PM					SPLASH BALL 4:30PM-5:30PM		
5:00PM							
6:00PM					OPEN/FAMILY SWIM 4:00PM—8:00PM		
7:00PM							
8:00PM							

OUTDOOR POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00AM	LAP SWIM 5:00AM-6:00AM	LAP SWIM 5:00AM-6:00AM	LAP SWIM 5:00AM-6:00AM	LAP SWIM 5:00AM-6:00AM	LAP SWIM 5:00AM-6:00AM		
6:00 AM	MASTERS SWIM* 6:00AM—7:00AM	MASTERS SWIM* 6:00AM—7:00AM	MASTERS SWIM* 6:00AM—7:00AM	MASTERS SWIM* 6:00AM—7:00AM	MASTERS SWIM* 6:00AM—7:00AM		
7:00AM	MASTERS SWIM* 7:00AM—8:00AM	MASTERS SWIM* 7:00AM—8:00AM	MASTERS SWIM* 7:00AM—8:00AM	MASTERS SWIM* 7:00AM—8:00AM	MASTERS SWIM* 7:00AM—8:00AM	MASTERS SWIM* 8:00AM—9:30AM	LAP SWIM 7:00AM—5:00PM
8:00AM	WATER EXERCISE 8:10AM– 9:00AM (5 lanes)	LAP SWIM 6:00AM-12:00PM	WATER EXERCISE 8:10AM– 9:00AM (5 lanes)	WATER EXERCISE 8:10AM– 9:00AM (5 lanes)	WATER EXERCISE 8:10AM– 9:00AM (5 lanes)		
9:00AM							
10:00AM							
11:00AM							
12:00PM	MASTERS SWIM* 12:00PM—1:00PM	MASTERS SWIM* 12:00PM—1:00PM	MASTERS SWIM* 12:00PM—1:00PM	MASTERS SWIM* 12:00PM—1:00PM	MASTERS SWIM* 12:00PM—1:00PM	LAP SWIM 8:00AM—5:00PM	
1:00PM	LAP SWIM 1:00PM—4:15PM	LAP SWIM 1:00PM—4:15PM	LAP SWIM 1:00PM—4:15PM	LAP SWIM 1:00PM—4:15PM	LAP SWIM 1:00PM—4:30PM		
2:00PM							
3:00PM							
4:00PM	YOUTH SWIM TEAM 4:15PM—6:30PM	YOUTH SWIM TEAM 4:15PM—6:30PM	YOUTH SWIM TEAM 4:15PM—6:30PM	YOUTH SWIM TEAM 4:15PM—6:30PM	YOUTH SWIM TEAM 4:30PM—6:30PM		
5:00PM							
6:00PM	LAP SWIM* 4:00PM—8:00PM	LAP SWIM* 4:00PM—8:00PM	LAP SWIM* 4:00PM—8:00PM	LAP SWIM* 4:00PM—8:00PM	LAP SWIM* 4:30PM—8:00PM		
7:00PM							
8:00PM							

PLEASE NOTE:

- LAP SWIM Ages 12 and Up
- FAMILY SWIM reserved for families who wish to bring children younger than 12. Anyone younger than 12 wishing to lap swim MUST pass a swim test. Family swim is only available at the times scheduled above

* Limited lanes available for lap swim during programs

** No lap swim during indoor water exercise

SPA HOURS

MONDAY—FRIDAY

5am-8pm

Spas closed Tuesdays from 6am -11am

SATURDAY

6am-5pm

SUNDAY

7am-5pm