

MISSION VALLEY AQUATIC CENTER

POOL SCHEDULE

RECREATION POOL



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5AM							
6AM	LAP SWIM (5) 5:00AM-8:00AM	LAP SWIM (5) 5:00AM-8:00AM	LAP SWIM (5) 5:00AM-8:00AM	LAP SWIM (5) 5:00AM-8:00AM	LAP SWIM (5) 5:00AM-8:00AM	LAP SWIM (5) 6:00AM-8:00AM	
7AM							LAP SWIM (5) 6:00AM-8:00AM
8AM							
9AM		WATER X (5) 8:00AM-9:50AM		WATER X (5) 8:00AM-9:50AM			
10AM							
11AM	WATER X (5) 8:15AM-12:15AM		WATER X (5) 8:15AM-12:15AM	GRANT LESSONS 10:00AM-12:00PM		FAMILY SWIM (2) 8:00AM-1:00PM	FAMILY SWIM (2) 8:00AM-1:00PM
12PM		GRANT LESSONS 10:00AM-1PM				SWIM LESSONS (3) 8:00AM-1:00PM	SWIM LESSONS (3) 8:00AM-1:00PM
1PM				LAP SWIM (4)			
2PM	LAP SWIM (5) 12:15PM-3:00PM	LAP SWIM (4) WATER REHAB (1) 11:15AM-12:00PM (1)	LAP SWIM (5) 12:15PM-3:00PM	WATER REHAB (1) 11:15AM-12:00PM	LAP SWIM (5) 12:15PM-3:00PM	LAP SWIM (2) 1:00PM-5:30PM	LAP SWIM (2) 1:00PM-5:30PM
3PM							
4PM	FAMILY SWIM (2) 3:00PM-8:00PM	FAMILY SWIM (2) 3:00PM-8:00PM	FAMILY SWIM (2) 3:00PM-8:00PM	FAMILY SWIM (2) 3:00PM-8:00PM	FAMILY SWIM (2) 3:00PM-8:00PM	FAMILY SWIM (3) 1:00PM-5:30PM	FAMILY SWIM (3) 1:00PM-5:30PM
5PM							
6PM	SWIM LESSONS (3) 3:00PM-7:15PM	SWIM LESSONS (3) 3:00PM-7:15PM	SWIM LESSONS (3) 3:00PM-7:15PM	SWIM LESSONS (3) 3:00PM-7:15PM	SWIM LESSONS (3) 3:00PM-7:15PM		
7PM							
8PM	LAP SWIM (5) 7:15PM-8:30PM	LAP SWIM (5) 7:15PM-8:30PM	LAP SWIM (5) 7:15PM-8:30PM	LAP SWIM (5) 7:15PM-8:30PM	LAP SWIM (5) 7:15PM-8:30PM		

From:

OCT 14TH '25 – NOV 6TH '25

*Number of swimming lanes available in parentheses

During peak hours, family swim will have 10 minute breaks at the top of every hour.

HOURS OF OPERATION

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Family Swim Hours

Monday - Thursday	3PM - 8:00PM
Friday	3PM - 8:00PM
Saturday	8AM - 5:30PM
Sunday	8AM - 5:30PM

Spa Hours

Weekdays (Except Tues)	5AM - 8:30PM
Tuesday	11AM - 8:30PM
Saturday	6AM - 5:30PM
Sunday	7AM - 5:30PM

RULES:

Children 13 and under MUST pass the swim test to swim without an adult.

An adult MUST be in the water with non-swimmers, within arms reach.

Adult to child ratio: If more than 1 child per 1 adult in the pool, the other children MUST pass the swim test or wear a Coast Guard approved life vest.

Children 6 and under must be actively supervised in the water by an adult 16 years or older.

Children 7-12 must have adult supervision within the area, even if the swim test has been passed

November Swim Lesson Registration opens as of October 15th for members and October 17th for non-members.

No swim lessons or swim team practice on Halloween October 31



LEARN MORE!

MISSION VALLEY AQUATIC CENTER

POOL SCHEDULE

LAP POOL



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5AM	LAP SWIM (10) 5:00AM-6:00AM	LAP SWIM (10) 5:00AM-6:00AM	LAP SWIM (10) 5:00AM-6:00AM	LAP SWIM (10) 5:00AM-6:00AM	LAP SWIM (10) 5:00AM-6:00AM			
6AM	LAP SWIM (4) MASTERS (6) 6:00AM-7:00AM	LAP SWIM (4) MASTERS (6)	LAP SWIM (4) MASTERS (6)	LAP SWIM (4) MASTERS (6)	LAP SWIM (4) MASTERS (6) 6:00AM-7:00AM	LAP SWIM (10) 6:00AM-8:00AM		
7AM	LAP SWIM (4) MASTERS (6) 7:00AM-8:00AM	LAP SWIM (4) MASTERS (6)	LAP SWIM (4) MASTERS (6)	LAP SWIM (4) MASTERS (6)	LAP SWIM (4) MASTERS (6)			
8AM	WATER X (5) 8:15AM-9:00AM LAP SWIM (5)	LAP SWIM (10) 8:00AM-12:00PM	WATER X (5) 8:15AM-9:00AM LAP SWIM (5)	LAP SWIM (10) 8:00AM-12:00PM	WATER X (5) 8:15AM-9:00AM LAP SWIM (5)	LAP SWIM (4) MASTERS (6) 8:00AM-9:30AM	LAP SWIM (10) 7:00AM-5:30PM POOL CLOSSES AT 5:30	
9AM	LAP SWIM (10) 9:00AM-12:00PM		LAP SWIM (10) 9:00AM-12:00PM		LAP SWIM (10) 9:00AM-12:00PM	LAP SWIM (10) 9:00AM-12:00PM		LAP SWIM (10) 9:00AM-12:00PM
10AM								
11AM								
12PM	LAP SWIM (4) MASTERS (6)	LAP SWIM (4) MASTERS (6)	LAP SWIM (4) MASTERS (6)	LAP SWIM (4) MASTERS (6)	LAP SWIM (4) MASTERS (6)			
1PM	LAP SWIM (10) 1:00PM-4:15PM	LAP SWIM (10) 1:00PM-4:15PM	LAP SWIM (10) 1:00PM-4:15PM	LAP SWIM (10) 1:00PM-4:15PM	LAP SWIM (10) 1:00PM-4:15PM	LAP SWIM (10) 9:30AM-5:30PM		
2PM						POOL CLOSSES AT 5:30		
3PM								
4PM	YOUTH SWIM TEAM (6) 4:15PM-6:30PM LAP SWIM (5) 4:15PM-6:30PM	YOUTH SWIM TEAM (6) 4:15PM-6:30PM LAP SWIM (5) 4:15PM-6:30PM	YOUTH SWIM TEAM (6) 4:15PM-6:30PM LAP SWIM (5) 4:15PM-6:30PM	YOUTH SWIM TEAM (6) 4:15PM-6:30PM LAP SWIM (5) 4:15PM-6:30PM	YOUTH SWIM TEAM (6) 4:15PM-6:30PM LAP SWIM (5) 4:15PM-6:30PM			
5PM								
6PM								
7PM	LAP SWIM (10) 6:30PM- 8:30PM	LAP SWIM (10) 6:30PM- 8:30PM	LAP SWIM (10) 6:30PM- 8:30PM	LAP SWIM (10) 6:30PM- 8:30PM	LAP SWIM (10) 6:30PM- 8:30PM			
8PM								

From:

*Number of swimming lanes available in parentheses
During peak hours, family swim will have 10 minute breaks at the top of every hour.

HOURS OF OPERATION

Spa Hours*

Monday -Friday*	5 AM - 8:30PM
Saturday	6 AM - 5:30PM
Sunday	7 AM - 5:30PM

Pool Hours

Monday - Friday	5AM - 8:30PM
Saturday	6AM - 5:30PM
Sunday	7AM - 5:30PM

*Note: Spas are monitored by video camera and count towards lifeguard/member ratios.
**Spas drains will be Tuesdays from 6:00AM-11:00AM

Spa Closures:

Tuesdays: 6:00AM - 11:00AM
This schedule is subject to change as needed.



LEARN MORE!

Jordan Van Norman: Aquatics Director - jvannorman@ymcasd.org
Maya Hill: Aquatics Coordinator - mhill@ymcasd.org
Jose Gallardo: Head Youth Swim Coach - Jgallardo@ymcasd.org