

MISSION VALLEY AQUATIC CENTER

POOL SCHEDULE

RECREATION POOL



YMCA OF SAN DIEGO COUNTY
COMMUNITY
WELL-BEING
& BELONGING

	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) 7:00AM-8:00AM
8AM							
9AM						LAP SWIM (2) 8:00AM-1:00PM	LAP SWIM (2) 8:00AM-1:00PM
10AM	WATER X (5) 8:15AM-12:15AM	WATER X (5) 8:15AM-11:15AM	WATER X (5) 8:15AM-12:15AM	WATER X (5) 8:15AM-11:15AM	WATER X (5) 8:15AM-12:15AM	SWIM LESSONS (3) 8:00AM-1:00PM	SWIM LESSONS (3) 8:00AM-1:00PM
11AM							
12PM				LAP SWIM (4)	LAP SWIM (5) 12:15PM-3:00PM		
1PM	LAP SWIM (5) 12:15PM-3:00PM	LAP SWIM (4)	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
2PM		WATER REHAB (1) 11:15AM-12:00PM (1)					
3PM						FAMILY SWIM (3) 1:00PM-5:30PM	FAMILY SWIM (3) 1:00PM-5:30PM
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	POOL CLOSES AT 5:30PM	POOL CLOSES AT 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:
JAN 1ST '26 - MARCH 1ST '26

*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

Family Swim Hours

Monday - Thursday	3PM - 8:30PM
Friday	3PM - 8:30PM
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!

POOL SCHEDULE



LAP POOL

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

From:

JAN 1st '26 - MAR 1st '26

*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	6AM - 5:30PM
Sunday	7AM - 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

Jordan Van Norman: Aquatics Coordinator - jvannorman@ymcasd.org
Jose Gallardo: Head Youth Swim Coach - jgallardo@ymcasd.org

Spa Closures:

Tuesdays: 6:00AM - 11:00AM

This schedule is subject to change as needed.



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