

MISSION VALLEY AQUATIC CENTER

POOL SCHEDULE

RECREATION POOL



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

From: **MAR '26 - MAY '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 - 8PM
Friday	3PM - 8PM
Saturday	1PM - 7PM
Sunday	1PM - 6PM

Spa Hours

Weekdays (Except Tues)	4:30AM - 9:30PM
Tuesday	11AM - 9:30PM
Saturday	6AM - 7PM
Sunday	6:30AM - 6PM

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

CONTACT

For any inquiries, please email MVAQUATICS@YMCASD.ORG

Text Alerts: Text 858-293-9617 MVPOOL for aquatics and MVWATERX for Water Exercise



LEARN MORE!

MISSION VALLEY AQUATIC CENTER POOL SCHEDULE



LAP POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4AM	LAP SWIM (10) 4:30AM-6:00AM	LAP SWIM (10) 4:30AM-6:00AM	LAP SWIM (10) 4:30AM-6:00AM	LAP SWIM (10) 4:30AM-6:00AM	LAP SWIM (10) 4:30AM-6:00AM		
5AM							
6AM	MASTERS (7) LAP SWIM (3) 6:00AM-7:00AM	MASTERS (7) LAP SWIM (3) 6:00AM-7:00AM	MASTERS (7) LAP SWIM (3) 6:00AM-7:00AM	MASTERS (7) LAP SWIM (3) 6:00AM-7:00AM	MASTERS (7) LAP SWIM (3) 6:00AM-7:00AM	LAP SWIM (10) 6:00AM-8:00AM	
7AM	7:00AM-8:00AM	7:00AM-8:00AM	7:00AM-8:00AM	7:00AM-8:00AM	7:00AM-8:00AM		
8AM	WATER X (5) 8:10AM-9:00AM LAP SWIM (5)		WATER X (5) 8:10AM-9:00AM LAP SWIM (5)	WATER X (5) 8:10AM-9:00AM LAP SWIM (5)	WATER X (5) 8:10AM-9:00AM LAP SWIM (5)	MASTERS (8) LAP SWIM (2) 8:00AM-9:30AM	
9AM		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	LAP SWIM (10) 9:00AM-12:00PM		LAP SWIM (10) 6:30AM-6:00PM
11AM							
12PM	MASTERS (7) LAP SWIM (3) 12:00PM-1:00PM	MASTERS (7) LAP SWIM (3) 12:00PM-1:00PM	MASTERS (7) LAP SWIM (3) 12:00PM-1:00PM	MASTERS (7) LAP SWIM (3) 12:00PM-1:00PM	MASTERS (7) LAP SWIM (3) 12:00PM-1:00PM		
1PM						LAP SWIM (10) 9:30AM-7:00PM	POOL CLOSING AT 6:00PM
2PM	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		
3PM						POOL CLOSING AT 7:00PM	
4PM	YOUTH SWIM TEAM (7) 4:15PM-6:30PM		YOUTH SWIM TEAM (7) 4:15PM-6:30PM		YOUTH SWIM TEAM (7) 4:15PM-6:30PM		
5PM	LAP SWIM (3) 4:15PM-7:00PM	YOUTH SWIM TEAM (7) 4:15PM-6:30PM LAP SWIM (3) 4:15PM-7:00PM	LAP SWIM (3) 4:15PM-7:00PM	YOUTH SWIM TEAM (7) 4:15PM-6:30PM LAP SWIM (3) 4:15PM-7:00PM	LAP SWIM (3) 4:15PM-7:00PM		
6PM	WATER X (5) 6:05PM-6:55PM		WATER X (5) 6:05PM-6:55PM		WATER X (5) 6:05PM-6:55PM		
7PM							
8PM	PLHS SWIM (6) 7:00PM-8:30PM	PLHS SWIM (6) 7:00PM-8:30PM	PLHS SWIM (6) 7:00PM-8:30PM	PLHS SWIM (6) 7:00PM-8:30PM			
9PM	LAP SWIM (4) 7:00PM- 9:30PM	LAP SWIM (4) 7:00PM- 9:30PM	LAP SWIM (4) 7:00PM- 9:30PM	LAP SWIM (4) 7:00PM- 9:30PM	LAP SWIM (10) 7:00PM- 9:00PM		
10PM							

From: **MAR '26 - MAY '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 -Thursday*	4:30AM - 9:30PM
Friday	4:30AM - 9PM
Saturday	6AM - 7PM
Sunday	6:30AM - 6PM

Pool Hours

Monday - Thursday	4:30AM - 9:30PM
Friday	4:30AM-9PM
Saturday	6AM - 7PM
Sunday	6:30AM - 6PM

*Note: Spas are monitored by video camera and count towards lifeguard/member ratios.

SCHEDULE CHANGES

Schedule subject to change, any number of lanes may be used for swim lessons, swim team, or training at any given time

CONTACT

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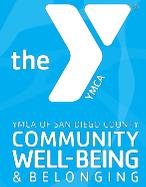
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MVPOOL for aquatics and MVWATERX for Water Exercise



LEARN MORE!

POOL SCHEDULE

RECREATION POOL



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

From: **MAR '26 - MAY '26**

*Number of swimming lanes available in parentheses
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Family Swim Hours:

Monday - Thursday	3PM - 8PM
Friday	3PM - 8PM
Saturday	1PM - 7PM
Sunday	1PM - 6PM

Splash Pad Hours:

Weekdays (Except Tues)	4:30AM-9:30PM
Tuesday	11AM - 9:30PM
Saturday	6AM - 7PM
Sunday	6:30AM - 6PM

RULES:

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

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 MVPOOL for aquatics and
 MVWATERX for Water Exercise

POOL SCHEDULE

LAP POOL



YOUNG MEN'S CHRISTIAN ASSOCIATION
YOUTH OF SAN DIEGO COUNTY
COMMUNITY WELL-BEING & BELONGING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4AM	LAP SWIM (10) 4:30AM-6:00AM	LAP SWIM (10) 4:30AM-6:00AM	LAP SWIM (10) 4:30AM-6:00AM	LAP SWIM (10) 4:30AM-6:00AM	LAP SWIM (10) 4:30AM-6:00AM		
5AM							
6AM	MASTERS (7) LAP SWIM (3) 6:00AM-7:00AM	MASTERS (7) LAP SWIM (3) 6:00AM-7:00AM	MASTERS (7) LAP SWIM (3) 6:00AM-7:00AM	MASTERS (7) LAP SWIM (3) 6:00AM-7:00AM	MASTERS (7) LAP SWIM (3) 6:00AM-7:00AM	LAP SWIM (10) 6:00AM-8:00AM	
7AM	7:00AM-8:00AM	7:00AM-8:00AM	7:00AM-8:00AM	7:00AM-8:00AM	7:00AM-8:00AM		
8AM	WATER X (5) 8:10AM-9:00AM LAP SWIM (5)		WATER X (5) 8:10AM-9:00AM LAP SWIM (5)	WATER X (5) 8:10AM-9:00AM LAP SWIM (5)	WATER X (5) 8:10AM-9:00AM LAP SWIM (5)	MASTERS (8) LAP SWIM (2) 8:00AM-9:30AM	
9AM		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	LAP SWIM (10) 9:00AM-12:00PM		LAP SWIM (10) 6:30AM-5:30PM
11AM							
12PM	MASTERS (7) LAP SWIM (3) 12:00PM-1:00PM	MASTERS (7) LAP SWIM (3) 12:00PM-1:00PM	MASTERS (7) LAP SWIM (3) 12:00PM-1:00PM	MASTERS (7) LAP SWIM (3) 12:00PM-1:00PM	MASTERS (7) LAP SWIM (3) 12:00PM-1:00PM		POOL CLOSING AT 6:00PM
1PM						LAP SWIM (10) 9:30AM-5:30PM	
2PM	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	POOL CLOSING AT 7:00PM	
3PM							
4PM	YOUTH SWIM TEAM (7) 4:15PM-6:30PM		YOUTH SWIM TEAM (7) 4:15PM-6:30PM		YOUTH SWIM TEAM (7) 4:15PM-6:30PM		
5PM	LAP SWIM (3) 4:15PM-7:00PM	YOUTH SWIM TEAM (7) 4:15PM-6:30PM LAP SWIM (3) 4:15PM-7:00PM	LAP SWIM (3) 4:15PM-7:00PM	YOUTH SWIM TEAM (7) 4:15PM-6:30PM LAP SWIM (3) 4:15PM-7:00PM	LAP SWIM (3) 4:15PM-7:00PM		
6PM	WATER X (5) 6:05PM-6:55PM		WATER X (5) 6:05PM-6:55PM		WATER X (5) 6:05PM-6:55PM		
7PM	PLHS SWIM (6) 7:00PM-8:30PM	PLHS SWIM (6) 7:00PM-8:30PM	PLHS SWIM (6) 7:00PM-8:30PM	PLHS SWIM (6) 7:00PM-8:30PM			
8PM							
9PM	LAP SWIM (4) 7:00PM- 9:30PM	LAP SWIM (4) 7:00PM- 9:30PM	LAP SWIM (4) 7:00PM- 9:30PM	LAP SWIM (4) 7:00PM- 9:30PM	LAP SWIM (10) 7:00PM- 9:00PM		
10PM							

From: **MAR '26 - MAY '26**

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

Spa Hours*:

Monday - Friday*	4:30AM-9:30PM
Tuesday	11AM - 9:30PM
Saturday	6AM - 7PM
Sunday	6:30AM - 6PM

Pool Hours:

Monday - Thursday	4:30AM-9:30PM
Friday	4:30AM-9:30PM
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